

<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>Age Category</b>	<b>Club</b>	<b>Race 1 Time</b>	<b>Race 2 Time</b>	<b>Race 3 Time</b>	<b>Race 4 Time</b>	<b>Total</b>
117	Jemma Radmore	F	Female Under 20	Ludlow Runners		00:36:11	00:36:16	00:41:18	<b>01:53:45</b>
34	Lauren Pullen	F	Female Under 20	Hereford Couriers RC		00:42:46	00:45:56	00:52:03	<b>02:20:45</b>
339	Louis Ansfield	M	Male Under 17	Western Tempo	00:23:02	00:13:24	00:13:50	00:00:00	<b>00:50:16</b>
176	Callum Morris	M	Male Under 17	Builth & District		00:18:19	00:19:15	00:21:36	<b>00:59:10</b>
134	Aidan Yapp	M	Male Under 20	Ludlow Runners	00:34:06	00:00:00	00:25:25	00:28:22	<b>01:27:53</b>
86	Laura Lelievre	F	Senior Female	MonRoss Trailblazers		00:30:50	00:32:08	00:35:53	<b>01:38:51</b>
115	Eilish Gilbert	F	Senior Female	Ludlow Runners		00:31:02	00:33:06	00:36:58	<b>01:41:06</b>
35	Lucy Jarvis	F	Senior Female	Hereford Couriers RC		00:33:15	00:34:16	00:39:59	<b>01:47:30</b>
1	Abi Knight	F	Senior Female	Hereford Couriers RC	00:00:00	00:34:24	00:36:29	00:40:40	<b>01:51:33</b>
19	Emma Price	F	Senior Female	Hereford Couriers RC		00:36:50	00:36:45	00:40:51	<b>01:54:26</b>
13	Clare Evans	F	Senior Female	Hereford Couriers RC		00:35:45	00:37:09	00:41:47	<b>01:54:41</b>
29	Kimberley Langford	F	Senior Female	Hereford Couriers RC		00:37:44	00:36:09	00:41:35	<b>01:55:28</b>
207	Mel Sadie	F	Senior Female	Builth & District	00:46:29	00:32:57	00:00:00	00:37:15	<b>01:56:41</b>
352	Mia Davies	F	Senior Female	Croft Ambrey RC	00:47:32	00:32:54	00:00:00	00:39:58	<b>02:00:24</b>
285	Kate Phipps	F	Senior Female	Wye Valley Runners		00:41:05	00:39:55	00:48:28	<b>02:09:28</b>
342	Bronwyn Preece	F	Senior Female	Croft Ambrey RC	00:52:21	00:36:39	00:00:00	00:41:40	<b>02:10:40</b>
428	Katie Francis	F	Senior Female	Wye Valley Runners	00:58:09	00:41:04	00:39:52	00:00:00	<b>02:19:05</b>
138	Matthew Yapp	M	Senior Male	Ludlow Runners		00:24:27	00:25:14	00:28:26	<b>01:18:07</b>
188	Wyndham Turner	M	Senior Male	Builth & District		00:24:20	00:25:37	00:29:05	<b>01:19:02</b>
369	Sam Juson	M	Senior Male	Croft Ambrey RC		00:24:44	00:25:42	00:29:51	<b>01:20:17</b>
382	Gareth Leek	M	Senior Male	Croft Ambrey RC		00:24:50	00:26:35	00:30:11	<b>01:21:36</b>
237	Michael Dymond	M	Senior Male	Malvern Buzzards Running Club		00:26:05	00:26:39	00:30:18	<b>01:23:02</b>
56	William Morris	M	Senior Male	Hereford Couriers RC		00:26:00	00:27:18	00:30:33	<b>01:23:51</b>
81	Gavin Jones	M	Senior Male	MonRoss Trailblazers		00:26:06	00:28:08	00:30:55	<b>01:25:09</b>
47	Ryan Lawrence	M	Senior Male	Hereford Couriers RC		00:26:29	00:27:24	00:31:20	<b>01:25:13</b>
375	Eric Apperley	M	Senior Male	Croft Ambrey RC	00:32:49	00:23:34	00:00:00	00:29:23	<b>01:25:46</b>
361	Joseph Lynch	M	Senior Male	Croft Ambrey RC		00:28:49	00:29:47	00:33:48	<b>01:32:24</b>
132	Declan Miller	M	Senior Male	Ludlow Runners	00:36:28	00:28:09	00:28:34	00:00:00	<b>01:33:11</b>
70	Grant White	M	Senior Male	MonRoss Trailblazers		00:29:49	00:30:47	00:34:34	<b>01:35:10</b>
20	Harry Woodhouse	M	Senior Male	Hereford Couriers RC	00:37:43	00:27:21	00:00:00	00:31:35	<b>01:36:39</b>
69	Allen Edwards	M	Senior Male	Hereford Couriers RC	00:00:00	00:31:23	00:32:43	00:35:56	<b>01:40:02</b>

159	Jack O'Shea	M	Senior Male	Hereford Triathlon Club	00:00:00	00:32:30	00:33:08	00:37:01	<b>01:42:39</b>
267	Daniel Francis	M	Senior Male	Wye Valley Runners	00:45:48	00:32:42	00:33:52	00:00:00	<b>01:52:22</b>
171	Jake Fowler	M	Senior Male	Hereford Triathlon Club	00:00:00	00:36:50	00:36:40	00:41:30	<b>01:55:00</b>
8	Chris Cleary	M	Senior Male	Hereford Couriers RC	00:45:34	00:33:49	00:00:00	00:40:22	<b>01:59:45</b>
340	Kelly Bowen	F	Vet 35 Female	Croft Ambrey RC		00:32:44	00:33:54	00:39:11	<b>01:45:49</b>
393	Hannah Fletcher	F	Vet 35 Female	Croft Ambrey RC	00:41:50	00:30:17	00:00:00	00:35:03	<b>01:47:10</b>
230	Lisa Boucher	F	Vet 35 Female	Builth & District		00:33:51	00:34:16	00:40:24	<b>01:48:31</b>
72	Vanessa Ball	F	Vet 35 Female	MonRoss Trailblazers		00:33:43	00:35:07	00:44:02	<b>01:52:52</b>
242	Barbara Gawlak	F	Vet 35 Female	Malvern Buzzards Running Club	00:47:59	00:35:34	00:00:00	00:42:55	<b>02:06:28</b>
71	Soph Williams	F	Vet 35 Female	MonRoss Trailblazers	00:50:03	00:00:00	00:37:19	00:44:10	<b>02:11:32</b>
208	Avril Hardwick	F	Vet 35 Female	Builth & District	01:07:44	00:45:39	00:48:09	00:00:00	<b>02:41:32</b>
394	Alison Davies	F	Vet 35 Female	Croft Ambrey RC	01:07:26	00:00:00	00:46:16	00:50:46	<b>02:44:28</b>
250	Richard Walsh	M	Vet 35 Male	Malvern Buzzards Running Club	00:00:00	00:26:18	00:26:52	00:31:13	<b>01:24:23</b>
187	Tom Turner	M	Vet 35 Male	Builth & District	00:00:00	00:27:13	00:27:40	00:30:36	<b>01:25:29</b>
74	Rob Nichols	M	Vet 35 Male	MonRoss Trailblazers		00:26:58	00:27:57	00:31:18	<b>01:26:13</b>
144	Peter Koval	M	Vet 35 Male	Hereford Triathlon Club		00:27:32	00:28:49	00:32:44	<b>01:29:05</b>
248	Carl Salmon	M	Vet 35 Male	Malvern Buzzards Running Club	00:36:06	00:00:00	00:26:47	00:30:24	<b>01:33:17</b>
14	Daniel Spear	M	Vet 35 Male	Hereford Couriers RC		00:29:39	00:30:21	00:35:20	<b>01:35:20</b>
244	Dave Lawrence	M	Vet 35 Male	Malvern Buzzards Running Club	00:36:13	00:00:00	00:27:12	00:32:19	<b>01:35:44</b>
78	Martin Turner	M	Vet 35 Male	MonRoss Trailblazers		00:30:57	00:31:37	00:37:27	<b>01:40:01</b>
214	Gareth Thomas	M	Vet 35 Male	Builth & District		00:31:49	00:31:57	00:36:31	<b>01:40:17</b>
384	George Thomas	M	Vet 35 Male	Croft Ambrey RC		00:30:31	00:32:24	00:38:31	<b>01:41:26</b>
305	Rhys Asbridge	M	Vet 35 Male	Forest of Dean AC	00:46:42	00:30:01	00:00:00	00:35:45	<b>01:52:28</b>
227	Ben Gaskell	M	Vet 35 Male	Builth & District	00:45:45	00:33:37	00:33:48	00:00:00	<b>01:53:10</b>
157	Christian Mason	M	Vet 35 Male	Hereford Triathlon Club	00:48:02	00:34:02	00:00:00	00:39:32	<b>02:01:36</b>
130	Thomas Powell	M	Vet 35 Male	Ludlow Runners	00:49:24	00:35:43	00:00:00	00:44:03	<b>02:09:10</b>
302	Ashley Davies	M	Vet 35 Male	Wye Valley Runners	00:59:15	00:41:32	00:42:19	00:00:00	<b>02:23:06</b>
113	Claire Thomas	F	Vet 40 Female	Ludlow Runners	00:39:21	00:29:11	00:00:00	00:34:01	<b>01:42:33</b>
2	Amy Smith	F	Vet 40 Female	Hereford Couriers RC	00:00:00	00:34:49	00:34:51	00:39:28	<b>01:49:08</b>
10	Christina Pinto-Pearson	F	Vet 40 Female	Hereford Couriers RC		00:35:51	00:35:20	00:42:34	<b>01:53:45</b>
346	Joanne Tilby	F	Vet 40 Female	Croft Ambrey RC	00:48:22	00:33:34	00:33:55	00:00:00	<b>01:55:51</b>
270	Katherine Hardwick	F	Vet 40 Female	Wye Valley Runners	00:48:28	00:34:18	00:35:23	00:00:00	<b>01:58:09</b>

263	Jo Ellis	F	Vet 40 Female	Wye Valley Runners		00:38:28	00:40:37	00:45:04	<b>02:04:09</b>
298	Emma Harris	F	Vet 40 Female	Wye Valley Runners	00:00:00	00:40:14	00:39:11	00:48:27	<b>02:07:52</b>
97	Lucia Demkova	F	Vet 40 Female	MonRoss Trailblazers	00:52:47	00:00:00	00:39:06	00:46:25	<b>02:18:18</b>
377	Gemma Davies	F	Vet 40 Female	Croft Ambrey RC	00:00:00	00:44:27	00:44:44	00:50:32	<b>02:19:43</b>
129	Alex Logan	M	Vet 40 Male	Ludlow Runners		00:25:58	00:26:04	00:30:39	<b>01:22:41</b>
359	Steve Partridge	M	Vet 40 Male	Croft Ambrey RC	00:00:00	00:29:29	00:31:31	00:35:15	<b>01:36:15</b>
274	David Klotz	M	Vet 40 Male	Wye Valley Runners		00:29:37	00:31:41	00:35:19	<b>01:36:37</b>
36	Luke Williams	M	Vet 40 Male	Hereford Couriers RC		00:30:21	00:30:56	00:35:43	<b>01:37:00</b>
52	Tim Broome	M	Vet 40 Male	Hereford Couriers RC		00:32:36	00:32:37	00:38:18	<b>01:43:31</b>
238	Adam Dyson	M	Vet 40 Male	Malvern Buzzards Running Club		00:32:56	00:32:34	00:38:41	<b>01:44:11</b>
245	Tristan May	M	Vet 40 Male	Malvern Buzzards Running Club		00:32:09	00:33:28	00:38:42	<b>01:44:19</b>
294	James Webb	M	Vet 40 Male	Wye Valley Runners	00:58:09	00:40:39	00:39:35	00:00:00	<b>02:18:23</b>
154	Matt Clark	M	Vet 40 Male	Hereford Triathlon Club	01:00:20	00:00:00	00:45:41	00:48:45	<b>02:34:46</b>
111	Amy Fulford	F	Vet 45 Female	Ludlow Runners		00:31:53	00:32:00	00:36:23	<b>01:40:16</b>
174	Joanne Rees	F	Vet 45 Female	Builth & District	00:00:00	00:33:32	00:33:43	00:38:13	<b>01:45:28</b>
12	Clare Mallender	F	Vet 45 Female	Hereford Couriers RC	00:46:27	00:33:35	00:34:24	00:00:00	<b>01:54:26</b>
256	Rebecca Ansfield	F	Vet 45 Female	Wye Valley Runners	00:47:04	00:35:21	00:35:54	00:00:00	<b>01:58:19</b>
317	Sarah Bucknall	F	Vet 45 Female	Forest of Dean AC		00:38:20	00:38:44	00:44:27	<b>02:01:31</b>
77	Chathrine Finlay	F	Vet 45 Female	MonRoss Trailblazers	00:48:29	00:00:00	00:36:01	00:41:13	<b>02:05:43</b>
266	Louisa Foti	F	Vet 45 Female	Wye Valley Runners	00:51:15	00:40:04	00:00:00	00:43:40	<b>02:14:59</b>
291	Hannah Thomas	F	Vet 45 Female	Wye Valley Runners	00:59:15	00:41:24	00:42:09	00:00:00	<b>02:22:48</b>
396	Louise Reeves	F	Vet 45 Female	Croft Ambrey RC	00:00:00	00:46:44	00:45:17	00:54:07	<b>02:26:08</b>
366	Claire Verran	F	Vet 45 Female	Croft Ambrey RC	01:11:36	00:49:45	00:00:00	00:57:15	<b>02:58:36</b>
223	Robin Woods	M	Vet 45 Male	Builth & District		00:24:15	00:25:09	00:28:45	<b>01:18:09</b>
39	Martin Lloyd	M	Vet 45 Male	Hereford Couriers RC		00:28:52	00:29:10	00:33:05	<b>01:31:07</b>
306	Dan Sandford	M	Vet 45 Male	Forest of Dean AC		00:28:27	00:29:32	00:33:51	<b>01:31:50</b>
73	Richard Bevan	M	Vet 45 Male	MonRoss Trailblazers		00:29:55	00:30:23	00:34:03	<b>01:34:21</b>
200	Huw Lewis	M	Vet 45 Male	Builth & District	00:38:35	00:27:35	00:29:27	00:00:00	<b>01:35:37</b>
75	Rob Potter	M	Vet 45 Male	MonRoss Trailblazers		00:30:33	00:30:55	00:36:28	<b>01:37:56</b>
89	Neil Harper	M	Vet 45 Male	MonRoss Trailblazers		00:33:04	00:34:11	00:38:34	<b>01:45:49</b>
333	Stuart Morris	M	Vet 45 Male	Spirit of Monmouth	00:00:00	00:33:15	00:34:42	00:38:43	<b>01:46:40</b>
92	Andy Stephens	M	Vet 45 Male	MonRoss Trailblazers	00:41:32	00:30:43	00:00:00	00:37:10	<b>01:49:25</b>

426	Barry Thompson	M	Vet 45 Male	Ledbury Harriers	00:44:49	00:33:14	00:34:09	00:00:00	<b>01:52:12</b>
151	Kevin Artus	M	Vet 45 Male	Hereford Triathlon Club	00:52:17	00:35:09	00:35:42	00:00:00	<b>02:03:08</b>
365	Howard Verran	M	Vet 45 Male	Croft Ambrey RC	00:48:13	00:34:37	00:00:00	00:41:10	<b>02:04:00</b>
383	Oli Cameron-Swan	M	Vet 45 Male	Croft Ambrey RC		00:40:22	00:40:30	00:46:43	<b>02:07:35</b>
76	Emma Davies	F	Vet 50 Female	MonRoss Trailblazers		00:35:55	00:36:42	00:41:48	<b>01:54:25</b>
168	Jenny Papworth	F	Vet 50 Female	Hereford Triathlon Club		00:37:46	00:38:03	00:44:11	<b>02:00:00</b>
190	Emma Bagshaw	F	Vet 50 Female	Builth & District		00:38:33	00:38:29	00:44:35	<b>02:01:37</b>
401	Rachel Jones	F	Vet 50 Female	Hay Hotfooters	00:52:43	00:39:29	00:38:49	00:00:00	<b>02:11:01</b>
433	Mel Ruck	F	Vet 50 Female	Forest of Dean AC	00:00:00	00:42:06	00:40:28	00:49:28	<b>02:12:02</b>
110	Sarah Edwards	F	Vet 50 Female	Ludlow Runners	00:51:46	00:38:36	00:00:00	00:43:41	<b>02:14:03</b>
373	Steph Main	F	Vet 50 Female	Croft Ambrey RC	00:53:40	00:39:58	00:41:07	00:00:00	<b>02:14:45</b>
295	Julie Whitehouse	F	Vet 50 Female	Wye Valley Runners		00:42:55	00:42:47	00:49:43	<b>02:15:25</b>
357	Clare Preece	F	Vet 50 Female	Croft Ambrey RC	01:14:57	00:44:49	00:00:00	00:52:04	<b>02:51:50</b>
360	Theresa Jones	F	Vet 50 Female	Croft Ambrey RC	01:14:57	00:44:42	00:00:00	00:52:51	<b>02:52:30</b>
196	Wendy Cole	F	Vet 50 Female	Builth & District	01:13:19	00:00:00	00:48:09	00:55:36	<b>02:57:04</b>
273	Jeremy Jehan	M	Vet 50 Male	Wye Valley Runners		00:28:17	00:29:23	00:32:55	<b>01:30:35</b>
143	Andy Taylor	M	Vet 50 Male	Hereford Triathlon Club		00:29:45	00:31:07	00:36:25	<b>01:37:17</b>
149	Matt Ansfield	M	Vet 50 Male	Hereford Triathlon Club	00:39:35	00:28:53	00:29:58	00:00:00	<b>01:38:26</b>
59	Neil McNish	M	Vet 50 Male	Hereford Couriers RC	00:40:00	00:30:44	00:31:01	00:00:00	<b>01:41:45</b>
50	Stephen Snead	M	Vet 50 Male	Hereford Couriers RC	00:38:34	00:00:00	00:29:09	00:34:30	<b>01:42:13</b>
236	Christian Dowle	M	Vet 50 Male	Malvern Buzzards Running Club	00:39:19	00:00:00	00:29:45	00:33:23	<b>01:42:27</b>
309	Julian Boon	M	Vet 50 Male	Forest of Dean AC	00:41:18	00:32:02	00:31:14	00:00:00	<b>01:44:34</b>
348	Paul Parker	M	Vet 50 Male	Croft Ambrey RC		00:32:47	00:32:14	00:40:13	<b>01:45:14</b>
51	Steven Mesham	M	Vet 50 Male	Hereford Couriers RC		00:33:59	00:33:35	00:37:56	<b>01:45:30</b>
170	Vince Playdon	M	Vet 50 Male	Hereford Triathlon Club	00:00:00	00:33:40	00:34:31	00:39:40	<b>01:47:51</b>
328	Kirk Hill	M	Vet 50 Male	Spirit of Monmouth	00:43:27	00:31:43	00:00:00	00:36:18	<b>01:51:28</b>
335	Nick Sloper	M	Vet 50 Male	Spirit of Monmouth	00:00:00	00:37:04	00:36:20	00:43:36	<b>01:57:00</b>
234	Sarah Armstrong	F	Vet 55 Female	Malvern Buzzards Running Club	00:00:00	00:34:55	00:35:04	00:38:48	<b>01:48:47</b>
268	Kate Green	F	Vet 55 Female	Wye Valley Runners		00:34:25	00:35:39	00:40:56	<b>01:51:00</b>
58	Sarah Askey	F	Vet 55 Female	Hereford Couriers RC		00:36:15	00:35:02	00:40:01	<b>01:51:18</b>
257	Lynne Compton	F	Vet 55 Female	Wye Valley Runners	00:00:00	00:35:17	00:35:45	00:41:03	<b>01:52:05</b>
409	Sharon Collins	F	Vet 55 Female	Hay Hotfooters	00:00:00	00:38:18	00:37:43	00:44:24	<b>02:00:25</b>

198	Celia Speake	F	Vet 55 Female	Builth & District	00:50:15	00:35:47	00:36:37	00:00:00	<b>02:02:39</b>
177	Tina Harrison	F	Vet 55 Female	Builth & District	01:01:54	00:42:14	00:00:00	00:49:26	<b>02:33:34</b>
318	Linda Ingledow	F	Vet 55 Female	Forest of Dean AC		00:59:44	00:58:46	01:09:59	<b>03:08:29</b>
38	Martin Carter	M	Vet 55 Male	Hereford Couriers RC		00:30:29	00:30:33	00:35:24	<b>01:36:26</b>
25	Jonathan Davey	M	Vet 55 Male	Hereford Couriers RC		00:32:08	00:32:14	00:36:28	<b>01:40:50</b>
231	Colin Williams	M	Vet 55 Male	Builth & District	00:00:00	00:33:53	00:34:14	00:37:47	<b>01:45:54</b>
64	Dave Green	M	Vet 55 Male	Hereford Couriers RC	00:00:00	00:34:23	00:34:47	00:39:51	<b>01:49:01</b>
253	Mike Heath	M	Vet 55 Male	Malvern Buzzards Running Club	00:46:20	00:33:11	00:33:45	00:00:00	<b>01:53:16</b>
441	Mike Heath	M	Vet 55 Male	Malvern Buzzards Running Club	00:46:20	00:33:11	00:33:45	00:00:00	<b>01:53:16</b>
432	Daren Smith	M	Vet 55 Male	Forest of Dean AC	00:00:00	00:35:59	00:36:26	00:41:01	<b>01:53:26</b>
350	Tim Jones	M	Vet 55 Male	Croft Ambrey RC	00:00:00	00:35:20	00:38:35	00:39:46	<b>01:53:41</b>
288	Michael Smallwood	M	Vet 55 Male	Wye Valley Runners	00:00:00	00:37:25	00:36:18	00:41:47	<b>01:55:30</b>
329	Andrew Hillis	M	Vet 55 Male	Spirit of Monmouth	00:00:00	00:38:34	00:37:57	00:46:09	<b>02:02:40</b>
146	John Maddy	M	Vet 55 Male	Hereford Triathlon Club	00:48:04	00:36:57	00:00:00	00:44:04	<b>02:09:05</b>
205	Alexander Brown	M	Vet 55 Male	Builth & District	00:51:39	00:37:49	00:40:22	00:00:00	<b>02:09:50</b>
271	Dave Hider	M	Vet 55 Male	Wye Valley Runners		00:48:12	00:52:38	01:00:25	<b>02:41:15</b>
286	Lorna Shaw	F	Vet 60 Female	Wye Valley Runners		00:36:03	00:37:33	00:42:39	<b>01:56:15</b>
163	Liz Davies Ward	F	Vet 60 Female	Hereford Triathlon Club		00:42:01	00:42:25	00:49:49	<b>02:14:15</b>
235	Julie Caseley	F	Vet 60 Female	Malvern Buzzards Running Club	00:51:10	00:38:01	00:00:00	00:45:31	<b>02:14:42</b>
136	Sally Toye	F	Vet 60 Female	Ludlow Runners		00:43:03	00:44:34	00:50:30	<b>02:18:07</b>
429	Sarah Coggins	F	Vet 60 Female	Ledbury Harriers		00:44:54	00:45:02	00:50:08	<b>02:20:04</b>
408	Sue Hackett	F	Vet 60 Female	Hay Hotfooters	00:59:51	00:00:00	00:42:05	00:47:43	<b>02:29:39</b>
425	Clifford Berry	M	Vet 60 Male	Ledbury Harriers		00:30:00	00:30:34	00:34:11	<b>01:34:45</b>
424	Tym Musgrove	M	Vet 60 Male	Ledbury Harriers		00:35:13	00:35:02	00:39:21	<b>01:49:36</b>
323	Martin Blakebrough	M	Vet 60 Male	Spirit of Monmouth	00:45:12	00:00:00	00:32:36	00:36:42	<b>01:54:30</b>
87	Nigel Baker	M	Vet 60 Male	MonRoss Trailblazers	00:44:20	00:32:38	00:00:00	00:37:55	<b>01:54:53</b>
282	Paddy Nugent	M	Vet 60 Male	Wye Valley Runners		00:37:00	00:37:32	00:43:03	<b>01:57:35</b>
27	Kevin Barnes	M	Vet 60 Male	Hereford Couriers RC		00:38:56	00:38:39	00:44:26	<b>02:02:01</b>
277	Ralph Lloyd	M	Vet 60 Male	Wye Valley Runners	00:50:47	00:00:00	00:39:00	00:46:10	<b>02:15:57</b>
49	Stephen Hobson	M	Vet 60 Male	Hereford Couriers RC	00:56:46	00:00:00	00:43:45	00:51:15	<b>02:31:46</b>
15	Dave Ainslie	M	Vet 60 Male	Hereford Couriers RC		00:52:13	00:50:44	01:05:28	<b>02:48:25</b>
180	Christine Thomas	F	Vet 65 Female	Builth & District	00:00:00	00:42:03	00:44:15	00:49:33	<b>02:15:51</b>

400	Tina Lavelle	F	Vet 65 Female	Hay Hotfooters	00:00:00	00:45:29	00:45:21	00:51:54	<b>02:22:44</b>
430	Robert Kerr	M	Vet 65 Male	Ledbury Harriers	00:44:12	00:00:00	00:32:55	00:36:55	<b>01:54:02</b>
292	Gordon Truluck	M	Vet 65 Male	Wye Valley Runners		00:39:33	00:38:37	00:44:05	<b>02:02:15</b>
197	Malc Gonnella	M	Vet 65 Male	Builth & District	00:49:46	00:37:48	00:35:24	00:00:00	<b>02:02:58</b>
24	John Noonan	M	Vet 65 Male	Hereford Couriers RC	01:14:01	00:53:11	00:54:44	00:00:00	<b>03:01:56</b>
315	Owen McLaughlin	M	Vet 70 Male	Forest of Dean AC		00:34:36	00:34:28	00:40:45	<b>01:49:49</b>
150	Mike Shaw	M	Vet 70 Male	Hereford Triathlon Club	00:00:00	00:38:53	00:39:01	00:46:14	<b>02:04:08</b>
269	Bill Griffiths	M	Vet 70 Male	Wye Valley Runners	01:09:43	00:48:11	00:53:12		<b>02:51:06</b>
105	Sybil Marsh	F	Vet 75 Female	Ludlow Runners	00:00:00	00:52:26	00:53:27	01:01:12	<b>02:47:05</b>
290	brian Symonds	M	Vet 80 Male	Wye Valley Runners		00:47:19	00:49:08	00:58:00	<b>02:34:27</b>