

Runningmonk Trail Events Hergest Ridge 10K - 2023



Overall Results

| Pos. | Bib | Name | Gender | Club | Time | Age Cat | Rank |
|------|-----|--------------------|--------|----------------------|---------|---------|------|
| 1. | 346 | Aled Breeze | M | Maldwyn Harriers | 43:10 | MU20 | 1st |
| 2. | 392 | David O'Brien | M | Hereford Couriers | 49:27 | VetM40 | 1st |
| 3. | 397 | Ffion Price | F | Builth & District RC | 50:26 | SF | 1st |
| 4. | 390 | Fred Morris | M | | 50:33 | VetM50 | 1st |
| 5. | 368 | Daniel Hunter | M | Rhayader RRC | 51:21 | SM | 1st |
| 6. | 366 | Oliver Hughes | M | | 51:43 | SM | 2nd |
| 7. | 356 | Stu Davies | M | | 51:49 | SM | 3rd |
| 8. | 200 | Nigel Taylor | M | Croft Ambrey RC | 52:00 | VetM55 | 1st |
| 9. | 370 | Paul James | M | Builth & District RC | 52:26 | VetM45 | 1st |
| 10. | 347 | Jayne Breeze | F | Maldwyn Harriers | 52:27 | VetF50 | 1st |
| 11. | 371 | Edward John Davies | M | Maldwyn Harriers | 52:37 | VetM65 | 1st |
| 12. | 386 | Jamie Mander | M | | 52:44 | MU17 | 1st |
| 13. | 395 | Helen Owen | F | Maldwyn Harriers | 52:53 | VetF50 | 2nd |
| 14. | 377 | John Langton | M | Mercia | 53:01 | VetM60 | 1st |
| 15. | 388 | Joe Mander | M | | 53:39 | MU17 | 2nd |
| 16. | 357 | James Davis | M | Ludlow Runners | 54:02 | SM | 4th |
| 17. | 195 | Celia Speake | F | Builth & District RC | 54:15 | VetF55 | 1st |
| 18. | 376 | Lee Knight | M | | 54:32 | VetM50 | 2nd |
| 19. | 77 | | | | 55:07 | | 1st |
| 20. | 76 | Robin Vinent | M | | 55:09 | SM | 5th |
| 21. | 373 | Rhys Jones | M | | 55:23 | MU20 | 2nd |
| 22. | 391 | Tomas Morris | M | | 55:23 | MU17 | 3rd |
| 23. | 353 | Sheryl Cleaton | F | | 55:25 | VetF55 | 2nd |
| 24. | 383 | Jacqui Loxam | F | Maldwyn Harriers | 55:38 | VetF40 | 1st |
| 25. | 72 | Shaun Rigby | M | Street Striders | 55:42 | SM | 6th |
| 26. | 396 | Emma Powell | F | Street Striders | 56:00 | SF | 2nd |
| 27. | 379 | Jean-Louis Le Roy | M | | 56:10 | VetM60 | 2nd |
| 28. | 387 | Jenny Mander | F | | 56:15 | VetF35 | 1st |
| 29. | 385 | Dan Mander | M | | 56:15 | VetM40 | 2nd |
| 30. | 342 | John Belcher | M | Kington Runners | 56:29 | SM | 7th |
| 31. | 343 | Ben Ben Kehoe | M | | 56:38 | SM | 8th |
| 32. | 193 | Suzanne Rowlands | F | Maldwyn Harriers | 57:12 | VetF45 | 1st |
| 33. | 381 | martin lloyd | M | Hereford Couriers | 57:17 | VetM45 | 2nd |
| 34. | 194 | Sian Samuel | F | Builth & District RC | 57:41 | VetF40 | 2nd |
| 35. | 73 | Issy Jones | F | Builth & District RC | 57:53 | SF | 3rd |
| 36. | 359 | Podge Edwards | M | | 59:46 | | 1st |
| 37. | 384 | Trudy Macklin | F | Ludlow Runners | 1:00:13 | VetF50 | 3rd |
| 38. | 364 | Keith Helliwell | M | Builth & District RC | 1:02:37 | VetM45 | 3rd |
| 39. | 400 | Kathy Ratcliffe | F | | 1:02:37 | VetF60 | 1st |
| 40. | 355 | Alison Davies | F | Croft Ambrey RC | 1:02:42 | VetF35 | 2nd |
| 41. | 71 | Huw Williams | M | Croft Ambrey RC | 1:02:45 | VetM60 | 3rd |
| 42. | 378 | Tina Lavelle | F | Hay Hotfooters | 1:03:34 | VetF65 | 1st |
| 43. | 363 | Phillip Harris | M | Builth & District RC | 1:03:34 | VetM40 | 3rd |



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|------|-----|----------------------------|--------|-----------------------|---------|---------|------|
| 44. | 341 | Henry Beddoes | M | | 1:03:49 | SM | 9th |
| 45. | 351 | Tom Chislett | M | | 1:03:59 | SM | 10th |
| 46. | 191 | Jochen Renwick | M | Running Bear | 1:04:57 | MU17 | 4th |
| 47. | 380 | Rachael Lewis | F | | 1:05:40 | SF | 4th |
| 48. | 398 | Sue Purvin | F | Croft Ambrey RC | 1:06:38 | VetF60 | 2nd |
| 49. | 374 | Sean Jones | M | | 1:06:53 | SM | 11th |
| 50. | 372 | Mark Johnson | M | Lonely Goat | 1:08:31 | VetM60 | 4th |
| 51. | 352 | Zac Clarke | M | | 1:09:07 | VetM40 | 4th |
| 52. | 361 | Kiara Gallop | F | Shrewsbury Renegades | 1:09:32 | VetF45 | 2nd |
| 53. | 70 | Tracie Warner | F | Shrewsbury Renegades | 1:09:36 | VetF45 | 3rd |
| 54. | 197 | Jamie Symonds | M | | 1:09:40 | MU17 | 5th |
| 55. | 367 | Emma Humphreys | F | Shropshire Shufflers | 1:15:41 | VetF45 | 4th |
| 56. | 382 | Sharon Lloyd | F | Maldwyn Harriers | 1:16:25 | VetF50 | 4th |
| 57. | 199 | Helen Taylor | F | | 1:16:26 | VetF50 | 5th |
| 58. | 365 | Jamie Hughes | M | | 1:17:44 | SM | 12th |
| 59. | 349 | Alexander Brown | M | Builth & District RC | 1:17:59 | VetM55 | 2nd |
| 60. | 192 | Shelley Renwick | F | Running Bear | 1:18:14 | VetF50 | 6th |
| 61. | 362 | Margaret Harris | F | Builth & District RC | 1:18:21 | VetF60 | 3rd |
| 62. | 369 | Ben James | M | | 1:18:21 | | 2nd |
| 63. | 348 | Anna Bromley | F | Croft Ambrey RC | 1:18:30 | VetF40 | 3rd |
| 64. | 375 | Nicola Kelly | F | Builth & District RC | 1:18:57 | VetF50 | 7th |
| 65. | 358 | Catherine Ealey-Fitzgerald | F | Rhayader Running club | 1:19:31 | VetF50 | 8th |
| 66. | 74 | Adam Johnstone | M | Builth & District RC | 1:19:42 | VetM50 | 3rd |
| 67. | 393 | Caroline OBrien | F | | 1:20:05 | VetF40 | 4th |
| 68. | 344 | Vanessa Bowers | F | Croft Ambrey RC | 1:20:05 | VetF35 | 3rd |
| 69. | 389 | Stephanie Morgan | F | Builth & District RC | 1:21:38 | | 1st |
| 70. | 350 | Fiona Carmichael | F | | 1:31:39 | VetF50 | 9th |
| 71. | 196 | Carrol Stocker | F | Presteigne Pacers | 1:31:39 | VetF65 | 2nd |
| 72. | 394 | Steve Orrells | M | Maldwyn Harriers | 2:15:58 | VetM70 | 1st |

Number of Records: 72

