



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	460	Luke Mason	M	Hereford Couriers	16:53	Senior Male	1st
2.	462	James Cooke	M	Hereford & County AC	19:29	Male Under 15	1st
3.	475	Richard Flutter	M	Meirionnydd Running Club	20:16	Vet 55 Male	1st
4.	464	Laura Hands	F	Hereford couriers	20:34	Senior Female	1st
5.	468	Clare Hawling	F	Cheltenham and County Harriers	21:54	Vet 60 Female	1st
6.	470	Craig Collier	M	Ludlow Runners	22:14	Senior Male	2nd
7.	467	Ian Hines	M		22:55	Vet 70 Male	1st
8.	481	Josh Austen	M		24:54	Male Under 13	1st
9.	478	Dean Prosser	M		25:40	Vet 50 Male	1st
10.	477	Angie Cathrow	F	Shropshire Shufflers	25:58	Vet 45 Female	1st
11.	483	Darren Hayman	M		26:14	Senior Male	3rd
12.	479	Paul Baskeyfield	M	Ludlow Runners	26:29	Vet 60 Male	1st
13.	473	Lorna Speakman	F		27:29	Senior Female	2nd
14.	482	Olivia Hayman	F	Croft Ambrey RC	27:57	Female Under 13	1st
15.	474	Clare Broome	F	Ludlow Runners	28:38	Vet 45 Female	2nd
16.	469	Sandy Ross	M	Ludlow Runners	30:26	Vet 70 Male	2nd
17.	461	David Steel	M		31:16	Vet 75 Male	1st
18.	472	Gemma Edwards	F	Builth & District	31:43	Senior Female	3rd
19.	466	Hannah Buckley	F		32:09	Senior Female	4th
20.	471	Rebecca Smith	F		32:37	Vet 40 Female	1st
21.	476	melanie jones	F		35:20	Vet 55 Female	1st
22.	465	Margaret Morris	F	Ludlow Runners	35:29	Vet 60 Female	2nd
23.	480	Emma Clare Allaway	F	Ludlow Runners	35:32	Vet 55 Female	2nd
24.	463	Sharron Boog-Scott	F	Ludlow Runners	35:46	Vet 65 Female	1st

Number of Records: 24

