

BIB	NAME	GENDER	CLUB	AGE CATEGORY	RACE 1 TIME	RACE 2 TIME	RACE 3 TIME	SERIES RESULTS
90	Henry White	M	Halo Sports Foundation	Male Under 17	00:15:27	00:15:33	00:15:35	00:46:35
165	Eric Apperley	M	Croft Ambrey RC	Senior Male	00:15:28	00:15:48	00:15:49	00:47:05
217	Robin Woods	M	Builth & District Running Club	Vet 45 Male	00:16:02	00:16:00	00:16:19	00:48:21
35	Mark James	M	Western Tempo	Vet 45 Male	00:15:54	00:16:27	00:16:38	00:48:59
170	Tim Iveson	M	Builth & District Running Club	Vet 40 Male	00:16:29	00:16:15	00:16:19	00:49:03
111	Mark Thomas	M	Croft Ambrey RC	Vet 45 Male	00:16:12	00:16:26	00:16:30	00:49:08
37	Sam Juson	M	Croft Ambrey RC	Senior Male	00:16:14	00:16:37	00:16:40	00:49:31
31	Luke Mason	M	Hereford Couriers	Vet 35 Male	00:16:53	00:16:36	00:16:56	00:50:25
264	Lauren Cooper	F	Parc Bryn Bach Running Club	Senior Female	00:16:55	00:17:06	00:17:25	00:51:26
51	Gwynant Jones	M	Maldwyn Harriers	Senior Male	00:17:26	00:17:15	00:17:04	00:51:45
72	Harry Woodhouse	M	Hereford couriers	Senior Male	00:17:19	00:17:16	00:17:10	00:51:45
117	Christopher Brown	M	Severn AC	Vet 40 Male	00:17:07	00:17:30	00:17:17	00:51:54
282	Thomas Kennedy	M	North Gloucestershire Orienteering C	Male Under 20	00:17:57	00:17:03	00:16:56	00:51:56
338	Jamie Carroll	M	Shrewsbury AC	Vet 35 Male	00:17:05	00:17:02	00:17:56	00:52:03
670	Ben White	M	Team Bath Athletic Club	Vet 35 Male	00:17:45	00:17:44	00:17:56	00:53:25
73	James Smith	M	Severn AC	Vet 40 Male	00:18:22	00:17:46	00:17:25	00:53:33
103	Stephen Snead	M	Hereford Couriers	Vet 50 Male	00:17:53	00:17:52	00:18:08	00:53:53
125	Nigel Dexter	M	Droitwich AC	Vet 35 Male	00:17:56	00:18:07	00:17:57	00:54:00
259	Ryan Lawrence	M	Hereford Couriers	Senior Male	00:18:17	00:17:48	00:18:14	00:54:19
55	Mike Mansfield	M	Gloucester AAC	Vet 50 Male	00:18:10	00:17:59	00:18:18	00:54:27
198	Ryan Knight	M	Hereford Couriers	Senior Male	00:16:35	00:16:36	00:21:27	00:54:38
247	Amy Penn	F	Forest of Dean AC	Senior Female	00:18:04	00:18:30	00:18:23	00:54:57
145	Vaughn Hughes	M	Newport Harriers	Male Under 17	00:18:17	00:18:24	00:18:21	00:55:02
128	David Clarke	M	Severn AC	Vet 50 Male	00:18:29	00:18:37	00:18:34	00:55:40
296	Colin Parry	M	Forest of Dean AC	Vet 40 Male	00:18:36	00:18:42	00:18:53	00:56:11
227	Daniel Spear	M	Hereford Couriers	Vet 35 Male	00:18:50	00:18:36	00:18:58	00:56:24
215	Andy Taylor	M		Vet 50 Male	00:19:17	00:18:34	00:18:36	00:56:27
129	Helen Knight	F	CLC Striders	Vet 40 Female	00:18:34	00:19:05	00:18:51	00:56:30
140	Isobel Watt	F	Cheltenham and County Harriers	Female Under 17	00:19:09	00:18:34	00:19:30	00:57:13
105	Evie Hawkesford - Jhr	F	Worcester AC	Female Under 20	00:18:40	00:18:42	00:19:56	00:57:18
64	James Jones	M	Builth & District Running Club	Senior Male	00:19:09	00:18:57	00:19:23	00:57:29
161	Charlie Partridge	M		Male Under 15	00:19:59	00:18:49	00:18:44	00:57:32

225	Brittany Teague	F	Western Tempo	Senior Female	00:19:13	00:19:33	00:19:04	00:57:50
68	Fred Tyler	M	Hereford & County AC	Male Under 15	00:19:21	00:19:10	00:19:26	00:57:57
194	Kelsham Hanna	M	Builth & District Running Club	Vet 50 Male	00:19:35	00:19:20	00:19:24	00:58:19
96	Emily Walker	F	Newport Harriers	Female Under 17	00:19:53	00:18:50	00:19:41	00:58:24
76	Thomas Dawson	M		Vet 40 Male	00:19:13	00:19:29	00:20:06	00:58:48
30	Richard Boseley	M	Severn AC	Vet 60 Male	00:19:15	00:19:42	00:19:52	00:58:49
188	Neil McNish	M	Hereford Couriers	Vet 50 Male	00:19:45	00:19:30	00:19:44	00:58:59
32	Simeon Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	00:19:37	00:19:29	00:20:02	00:59:08
155	Neil Gamble	M	Aberystwyth Athletic Club	Vet 50 Male	00:19:47	00:19:45	00:19:58	00:59:30
179	Ben Warburton	M	Hereford & County AC	Male Under 17	00:20:03	00:18:58	00:20:41	00:59:42
284	Rachel Vines	F	CLC Striders	Vet 40 Female	00:19:44	00:20:13	00:20:14	01:00:11
293	Christopher Cleary	M	Hereford Couriers	Senior Male	00:19:45	00:20:46	00:20:02	01:00:33
590	Allen Edwards	M	Hereford Couriers	Senior Male	00:20:12	00:20:05	00:20:27	01:00:44
201	Luke Williams	M	Hereford Couriers	Vet 40 Male	00:20:03	00:20:20	00:20:32	01:00:55
592	Michael Errington	M	Severn AC	Vet 40 Male	00:19:59	00:20:12	00:20:51	01:01:02
586	Robert Kerr	M	Ledbury & District Harriers	Vet 65 Male	00:20:14	00:20:41	00:20:52	01:01:47
300	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	00:20:40	00:20:27	00:20:42	01:01:49
291	Grant White	M	Monross Trailblazers	Senior Male	00:20:14	00:19:47	00:21:50	01:01:51
260	Steve Hartley	M		Vet 60 Male	00:20:36	00:20:18	00:20:58	01:01:52
184	Richie Richards	M	Hereford Couriers	Vet 55 Male	00:20:38	00:21:00	00:20:36	01:02:14
53	Jonathan Davey	M	Hereford Couriers	Vet 55 Male	00:21:16	00:20:39	00:20:41	01:02:36
581	Marcus Price	M	Hereford Couriers	Senior Male	00:20:45	00:20:52	00:21:21	01:02:58
148	Matthew Eyre	M	Army Athletics Association	Vet 40 Male	00:20:39	00:21:40	00:20:59	01:03:18
9	Quisha Cashmore	F		Female Under 15	00:21:52	00:20:45	00:20:56	01:03:33
202	Emma Oldham	F	Worcester AC	Vet 40 Female	00:21:12	00:20:57	00:21:32	01:03:41
572	Stephen Goodridge	M	Brecon AC	Vet 60 Male	00:21:08	00:20:56	00:21:44	01:03:48
34	Adam Zielinski	M		Vet 40 Male	00:20:41	00:20:38	00:22:53	01:04:12
699	Steven Chadwick	M		Senior Male	00:20:57	00:21:12	00:22:18	01:04:27
279	Robert Gilligan	M	Wye Valley Runners	Vet 55 Male	00:21:32	00:21:31	00:21:34	01:04:37
122	Robert Connell	M	Hereford Couriers	Vet 60 Male	00:22:00	00:21:18	00:21:21	01:04:39
65	Barry Griffiths	M	Brecon AC	Vet 55 Male	00:21:23	00:21:41	00:21:47	01:04:51
286	Vanessa Ward	F	Monross Trailblazers	Vet 35 Female	00:21:52	00:21:34	00:21:35	01:05:01
268	Angus Kirby	M	Ludlow Runners	Vet 55 Male	00:21:58	00:21:33	00:21:30	01:05:01
277	Ben Probert	M		Vet 35 Male	00:21:58	00:21:39	00:21:37	01:05:14

89	Rebecca Byford	F	Worcester AC	Senior Female	00:21:49	00:21:31	00:21:57	01:05:17
24	Dan Hardy	M		Vet 35 Male	00:22:00	00:21:51	00:21:34	01:05:25
254	James Powell	M		Senior Male	00:21:59	00:22:02	00:21:37	01:05:38
152	Michael Strange	M	Forest of Dean AC	Vet 65 Male	00:22:15	00:21:46	00:22:06	01:06:07
119	Emma King	F	Llisbury Runners	Vet 40 Female	00:21:52	00:22:23	00:21:54	01:06:09
136	Robert Limb	M		Vet 45 Male	00:23:11	00:21:44	00:21:45	01:06:40
210	Christopher Berry	M	Black Pear Joggers	Vet 55 Male	00:22:56	00:22:01	00:21:51	01:06:48
80	Dan Cleworth	M	Hereford Couriers	Vet 45 Male	00:22:09	00:22:12	00:22:29	01:06:50
25	Cliff wood	M	Black Pear Joggers	Vet 50 Male	00:22:46	00:22:14	00:22:11	01:07:11
233	Edward Hogan	M	Ledbury & District Harriers	Vet 45 Male	00:22:18	00:22:41	00:22:15	01:07:14
675	Matthew Leyshon	M		Vet 40 Male	00:22:39	00:20:44	00:23:53	01:07:16
193	Darren Woodall	M	Hereford Couriers	Vet 45 Male	00:23:06	00:22:38	00:22:22	01:08:06
270	Sarah Askey	F	Hereford Couriers	Vet 55 Female	00:23:03	00:22:12	00:22:57	01:08:12
54	Guy Jenkins	M	Hereford Couriers	Vet 60 Male	00:22:47	00:22:25	00:23:20	01:08:32
683	Ifan Jones	M	Maldwyn Harriers	Vet 55 Male	00:22:58	00:21:54	00:23:41	01:08:33
95	San Walker	F	Newport Harriers	Vet 45 Female	00:23:06	00:22:44	00:22:59	01:08:49
187	Christian Mason	M	Hereford Couriers	Vet 35 Male	00:22:56	00:23:27	00:22:31	01:08:54
253	Daniel Gummery	M		Senior Male	00:22:50	00:22:37	00:23:37	01:09:04
153	Yvonne Gajny	F	Shrewsbury AC	Vet 45 Female	00:22:46	00:23:08	00:23:27	01:09:21
230	Mark Paviour	M	Maldwyn Harriers	Vet 60 Male	00:22:28	00:22:32	00:24:24	01:09:24
222	Olivia Hayman	F	Croft Ambrey RC	Female Under 13	00:22:25	00:23:45	00:23:53	01:10:03
573	Kieran Whittall	M	Hereford Couriers	Senior Male	00:24:12	00:23:08	00:22:52	01:10:12
182	Ben James	M	Hereford Couriers	Vet 40 Male	00:23:30	00:23:40	00:23:21	01:10:31
297	Phil Parry	M	Lonely Goat RC	Vet 40 Male	00:23:58	00:23:06	00:23:56	01:11:00
186	Gerry McGarr	M		Vet 70 Male	00:23:19	00:22:58	00:25:08	01:11:25
273	Paul Roberts	M	Ludlow Runners	Vet 60 Male	00:24:02	00:23:45	00:23:58	01:11:45
223	Nicola Kelly	F	Builth & District Running Club	Vet 50 Female	00:23:59	00:24:21	00:23:54	01:12:14
49	Alan Robertson	M	Forest of Dean AC	Vet 65 Male	00:23:49	00:24:05	00:24:26	01:12:20
587	Caroline Kerr	F	Ledbury & District Harriers	Vet 55 Female	00:24:10	00:23:42	00:24:36	01:12:28
144	Oliver Hughes	M	Llisbury Runners	Vet 40 Male	00:24:35	00:23:31	00:24:44	01:12:50
10	Emily Moseley	F	Ludlow Runners	Vet 35 Female	00:23:58	00:24:52	00:24:07	01:12:57
218	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	00:24:40	00:24:15	00:24:04	01:12:59
3	Samantha Watts	F	Severn AC	Vet 40 Female	00:24:02	00:25:32	00:23:54	01:13:28
271	Ben Goddard	M	Hereford Couriers	Senior Male	00:24:23	00:24:55	00:24:24	01:13:42

176	Tom Boog-Scott	M	Ludlow Runners	Vet 70 Male	00:25:31	00:24:35	00:24:03	01:14:09
142	Gerald Gobey	M	Hereford Couriers	Vet 65 Male	00:24:52	00:24:14	00:25:04	01:14:10
288	Chris Campbell	M	Hereford Couriers	Vet 60 Male	00:24:40	00:25:00	00:24:34	01:14:14
141	Clare Watt	F	Run Mummy Run CRC	Vet 50 Female	00:25:01	00:24:45	00:24:48	01:14:34
208	Deanna Mammatt	F		Vet 45 Female	00:25:13	00:25:10	00:25:37	01:16:00
154	Harry Jenkins	M	Hereford Couriers	Vet 35 Male	00:24:25	00:26:40	00:25:06	01:16:11
160	Tom Payne	M	Severn AC	Vet 40 Male	00:25:23	00:24:35	00:26:20	01:16:18
588	Brent Lawson	M	Wye Valley Runners	Vet 60 Male	00:26:16	00:25:10	00:25:16	01:16:42
248	Joyce Warburton	F		Vet 50 Female	00:25:08	00:25:10	00:26:28	01:16:46
126	Harriet Brown	F	Black Pear Joggers	Senior Female	00:26:09	00:24:48	00:26:08	01:17:05
5	Aaron Higgins	M	Hereford Couriers	Senior Male	00:27:36	00:23:46	00:26:08	01:17:30
127	Lisa Sutton	F		Vet 40 Female	00:26:09	00:26:12	00:26:13	01:18:34
177	Hannah Campbell	F	Hereford Couriers	Senior Female	00:26:18	00:26:29	00:26:20	01:19:07
66	Paul Evans	M	Brecon AC	Vet 45 Male	00:27:31	00:26:53	00:25:02	01:19:26
687	Beth Apperley	F	Hereford Couriers	Senior Female	00:26:59	00:26:30	00:26:39	01:20:08
180	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	00:27:08	00:26:34	00:26:27	01:20:09
281	Jonathan Kennedy	M		Vet 50 Male	00:27:10	00:26:44	00:26:45	01:20:39
38	Emma Foreman	F	Malvern Buzzards Running Club	Vet 50 Female	00:27:29	00:26:55	00:27:16	01:21:40
17	Lesley Ashton	F	Vegan Runners UK	Vet 60 Female	00:26:50	00:28:14	00:27:35	01:22:39
147	Mervyn Davis	M	Black pears Joggers	Vet 75 Male	00:28:04	00:27:16	00:27:30	01:22:50
231	Kelly Jones	F		Vet 35 Female	00:28:04	00:27:31	00:28:23	01:23:58
236	Mike Hayward	M	Croft Ambrey RC	Vet 60 Male	00:28:07	00:27:36	00:28:29	01:24:12
27	Sophie Collier	F	Severn AC	Senior Female	00:25:23	00:28:24	00:30:52	01:24:39
200	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	00:28:50	00:28:13	00:28:14	01:25:17
71	Lauren Pullen	F		Female Under 20	00:30:19	00:28:46	00:27:48	01:26:53
7	Rachel Cashmore	F	Malvern Buzzards Running Club	Vet 50 Female	00:30:16	00:28:48	00:28:15	01:27:19
232	Millie Walters	F		Female Under 17	00:28:01	00:29:36	00:31:44	01:29:21
164	Adam Mitchell-Haywood	M	Hereford Couriers	Vet 40 Male	00:30:51	00:28:19	00:31:04	01:30:14
299	brian Symonds	M	Wye Valley Runners	Vet 80 Male	00:31:10	00:30:11	00:29:36	01:30:57
697	Richard Bloomer	M		Senior Male	00:30:21	00:30:11	00:32:15	01:32:47
255	Nick Paviour	M	Wye Valley Runners	Senior Male	00:30:07	00:30:45	00:32:15	01:33:07
579	Sarah Fowkes	F	Malvern Buzzards Running Club	Vet 60 Female	00:32:26	00:31:23	00:30:23	01:34:12
48	John Noonan	M	Hereford Couriers	Vet 65 Male	00:31:49	00:33:01	00:31:04	01:35:54
219	Lisa Wilkinson	F		Vet 45 Female	00:31:53	00:31:57	00:34:20	01:38:10

242	Joy Baker	F	Ledbury & District Harriers	Vet 50 Female	00:32:27	00:33:31	00:32:24	01:38:22
287	Sybil Marsh	F	Ludlow Runners	Vet 75 Female	00:34:38	00:32:59	00:34:45	01:42:22
593	Audrey Edwards	F	Merthyr running club	Vet 60 Female	00:34:02	00:32:51	00:36:00	01:42:53
578	Hollie Francis	F	Hereford Couriers	Senior Female	00:26:38	00:50:38	00:25:57	01:43:13
575	Harriet Halford	F		Vet 35 Female	00:51:27	00:50:38	00:54:14	02:36:19