



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	96	Jamie Shingler	M	Ludlow Runners	39:43	Vet 50 Male	1st
2.	122	Alex Logan	M	Ludlow Runners	39:54	Vet 45 Male	1st
3.	112	Todd Wright	M		41:06	Senior Male	1st
4.	33	Jake Elliott	M	Deepfest	43:41	Senior Male	2nd
5.	70	Ethan Millard	M		45:41	Senior Male	3rd
6.	69	Archie Melvin	M		45:45	Senior Male	4th
7.	10	Keith Barrow	M		45:59	Vet 40 Male	1st
8.	65	Alastair Macnaughton	M		46:23	Senior Male	5th
9.	21	Martin Carter	M	Hereford Couriers	46:36	Vet 55 Male	1st
10.	22	Talfryn Carter	M	Hereford Couriers	47:46	Male Under 20	1st
11.	54	Shavaun Jordan	F	Cleobury Mortimer Running Club	47:47	Vet 40 Female	1st
12.	51	Martyn Jones	M		48:16	Vet 40 Male	2nd
13.	79	Jonathan Neville	M	Forest of Dean AC	48:41	Senior Male	6th
14.	66	Hugo Marsh	M	Deepfest	48:42	Senior Male	7th
15.	36	Oliver Fearn	M	Kidderminster and Stourport	48:43	Male Under 20	2nd
16.	68	Josh McMahon	M	Wye Valley Runners	48:54	Senior Male	8th
17.	80	Mary Ann O'Neill	F	Wrekin Road Runners	49:16	Vet 50 Female	1st
18.	43	Sam Henley	M		50:36	Senior Male	9th
19.	106	Scott Wakefield	M		50:56	Vet 40 Male	3rd
20.	48	James Hollis	M	Cleobury Mortimer Running Club	50:58	Vet 55 Male	2nd
21.	87	Kris Pugh	M		51:09	Senior Male	10th
22.	83	Phil Parry	M	Hereford Couriers	51:19	Vet 40 Male	4th
23.	37	Robin Fearn	M	Kidderminster and Stourport	51:45	Vet 50 Male	2nd
24.	113	Jack Calvert	M		51:49	Senior Male	11th
25.	8	Elliott Baddeley	M	Hereford Couriers	52:16	Senior Male	12th
26.	104	Calum Urquhart	M		52:41	Vet 50 Male	3rd
27.	110	James Whittall	M		52:48	Senior Male	13th
28.	3	David Archer	M	Wyre Forest Hash House Harriers	53:16	Vet 50 Male	4th
29.	60	Jeremy Latham	M		53:30	Vet 60 Male	1st
30.	105	Andrew Wadsworth	M	Sparkhill Harriers	53:42	Vet 60 Male	2nd
31.	119	Emily Davis	F		53:45	Senior Female	1st
32.	78	Bonnie Murphy	F	Deepfest	53:45	Senior Female	2nd
33.	32	David Elks	M	Ledbury & District Harriers	54:31	Vet 45 Male	2nd
34.	98	Paul Stevens	M	Bridgnorth Running Club	55:04	Vet 50 Male	5th
35.	13	Justin Bond	M	Shropshire Shufflers	55:32	Vet 45 Male	3rd
36.	120	William Irving	M	Deepfest	55:33	Senior Male	14th
37.	50	Philip Rawson Howarth	M	Wrekin Road Runners	55:43	Vet 70 Male	1st
38.	29	Claudia Copeland	F		55:49	Senior Female	3rd
39.	53	Wesley Jones	M	Hereford Couriers	56:09	Vet 40 Male	5th
40.	4	Paul Astin	M		56:26	Vet 60 Male	3rd
41.	14	Natalie Bower	F		56:27	Senior Female	4th
42.	59	Angus Kirby	M	Ludlow Runners	57:40	Vet 60 Male	4th
43.	84	Jon Pilon	M	Cleobury Mortimer Running Club	57:45	Vet 40 Male	6th





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44.	67	Oliver Marsh	M	Croft Ambrey RC	57:47	Male Under 17	1st
45.	89	Eleanor Rayner	F		57:54	Senior Female	5th
46.	46	Richard Hillier	M	Rhayader Running Club	57:57	Senior Male	15th
47.	91	Clive Richardson	M	Ludlow Runners	58:02	Vet 65 Male	1st
48.	116	Steve Rooney	M	Shropshire Shufflers	58:14	Vet 65 Male	2nd
49.	81	Steph Palfrey	F	Cleobury Mortimer Running Club	58:51	Vet 35 Female	1st
50.	103	Nicholas Tyler	M	Ledbury & District Harriers	59:18	Vet 50 Male	6th
51.	39	Rachel Griffin	F		1:00:12	Vet 35 Female	2nd
52.	12	Tom Beddow	M		1:00:15	Senior Male	16th
53.	100	Jamie Symonds	M	Croft Ambrey RC	1:00:31	Male Under 17	2nd
54.	73	Alastair Moir	M		1:00:39	Vet 60 Male	5th
55.	115	Ashley Davies	M	Wye Valley Runners	1:01:03	Senior Male	17th
56.	118	Ruth Maclaren	F		1:01:45	Vet 50 Female	2nd
57.	92	Moyna Richey	F	Shropshire Shufflers	1:02:08	Vet 50 Female	3rd
58.	117	Lisa Davies	F	Wye Valley Runners	1:02:40	Senior Female	6th
59.	74	Megan Morris	F		1:02:53	Senior Female	7th
60.	49	Aneira Holmes	F	Chubby Mummy Running Club	1:02:59	Vet 40 Female	2nd
61.	101	Matt Thomas	M		1:03:10	Vet 45 Male	4th
62.	47	Emily Holland	F	Hereford Couriers	1:03:11	Senior Female	8th
63.	55	Nicola Kelly	F	Builth & District Running Club	1:03:22	Vet 50 Female	4th
64.	7	Josh Austen	M		1:04:05	Male Under 17	3rd
65.	35	Kay Fearn	F	Kidderminster and Stourport	1:04:17	Vet 50 Female	5th
66.	97	Shara Smithson	F		1:04:36	Vet 50 Female	6th
67.	24	Kay Chesterman	F	Black Pear Joggers	1:05:34	Vet 55 Female	1st
68.	16	Malgorzata Bronisz-Handley	F	Ludlow Runners	1:05:48	Vet 40 Female	3rd
69.	88	Kim Rawlings	F		1:06:02	Vet 35 Female	3rd
70.	109	Chris Whiteley	M	Shropshire Shufflers	1:06:43	Vet 40 Male	7th
71.	121	Rob Reynolds	M	Amazing Feet Running club	1:06:50	Vet 70 Male	2nd
72.	86	Gavin Price	M		1:06:51	Senior Male	18th
73.	85	Steve Price	M	Shropshire Shufflers	1:06:52	Vet 70 Male	3rd
74.	107	Kate Watts	F		1:07:09	Senior Female	9th
75.	28	Rachel Collins	F	Torbay AAC	1:07:16	Vet 55 Female	2nd
76.	5	Rob Austen	M		1:07:42	Senior Male	19th
77.	11	Molly Bashford	M		1:08:19	Senior Male	20th
78.	31	Eleri Edwards	F	Lonely Goat RC	1:08:38	Vet 40 Female	4th
79.	38	Mel Green	F	Wye Valley Runners	1:10:01	Vet 40 Female	5th
80.	63	Nicola Luscott	F	Croft Ambrey RC	1:10:16	Senior Female	10th
81.	15	Charles Bradley	M	Cleobury Mortimer Running Club	1:10:16	Vet 70 Male	4th
82.	45	Janet Hill	F	Ludlow Runners	1:10:23	Vet 65 Female	1st
83.	90	Ray Richards	M		1:10:45	Vet 60 Male	6th
84.	52	Andy Jones	M	Wye Valley Runners	1:11:22	Vet 45 Male	5th
85.	57	Jonathan Kimber	M		1:11:28	Senior Male	21st
86.	64	Frank Luscott	M	Croft Ambrey RC	1:11:43	Vet 65 Male	3rd





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87.	18	Katie Brown	F		1:13:11	Senior Female	11th
88.	62	Chloe Lloyd	F	Ludlow Runners	1:13:58	Senior Female	12th
89.	6	Alex Austen	M		1:14:02	Male Under 20	3rd
90.	82	James Parker	M	Teme Leisure Tri	1:14:03	Senior Male	22nd
91.	30	Melissa Corfield	F	Ludlow Runners	1:14:09	Senior Female	13th
92.	23	Sally Cheshire	F	Wye Valley Runners	1:14:10	Senior Female	14th
93.	42	Glen Hawkins	M		1:14:12	Vet 60 Male	7th
94.	72	Claire Milsom	F	Wye Valley Runners	1:14:29	Vet 35 Female	4th
95.	61	Duncan Lewis	M		1:15:25	Vet 40 Male	8th
96.	56	Reachel Kenny	F	Croft Ambrey RC	1:15:34	Vet 55 Female	3rd
97.	114	Harriet Flint	F	Wye Valley Runners	1:15:50	Senior Female	15th
98.	58	Lizzie Kimber	F	Ludlow Runners	1:19:59	Vet 60 Female	1st
99.	25	Laura Churchus	F	Wye Valley Runners	1:25:09	Senior Female	16th
100.	111	helena Williams	F	Wye Valley Runners	1:25:12	Senior Female	17th
101.	75	Maggie Morris	F	Ludlow Runners	1:31:02	Vet 60 Female	2nd
102.	2	Eileen Alderton	F	Ludlow Runners	1:31:05	Vet 50 Female	7th
103.	1	Catherine Adams	F	Ludlow Runners	1:37:25	Vet 60 Female	3rd
104.	99	Carrol Stocker	F	Presteigne Pacers	1:45:02	Vet 65 Female	2nd

Number of Records: 104

