

Overall Results

Pos	Bib	Name	M/F	AG	Club	Virtual	Lap1	Lap2	Time
1.	202	Dominic James	1st	1st	Western Tempo		07:36	07:28	15:03
2.	109	Ben Price	2nd	1st	Western Tempo		07:36	07:32	15:08
3.	137	Rhys Park	3rd	2nd	Western Tempo		07:36	07:38	15:13
4.	197	Richard De Camps	4th	3rd	Cheltenham and County		07:37	07:39	15:15
5.	207	Dan Owen	5th	4th	Western Tempo		07:37	07:47	15:23
6.	181	Charlie Jones	6th	5th	Western Tempo		07:39	07:47	15:25
7.	75	Henry James	7th	1st	Western Tempo		07:38	07:56	15:34
8.	41	Elliot Taylor	8th	6th	Western Tempo		07:42	07:55	15:35
9.	111	Marcus England	9th	2nd	Western Tempo		07:41	07:58	15:38
10.	155	David Aubrey	10th	7th	Western Tempo		08:06	08:01	16:05
11.	50	James Vaughan	11th	2nd			07:46	08:22	16:07
12.	104	Rob Davies	12th	8th	Amman Valley Harriers		07:47	08:26	16:11
13.	86	Tom Radley	13th	9th	Western Tempo		08:07	08:09	16:13
14.	52	Alexander Jones	14th	10th	Western Tempo		08:07	08:25	16:30
15.	113	Martyn Winsor	15th	3rd	Chepstow Harriers		08:17	08:20	16:34
16.	211	Richard Bayliss	16th	1st	Bourneville Harriers		08:08	08:30	16:36
17.	90	Hallam Girardet	17th	11th	Mynydd Du		08:28	08:23	16:45
18.	216	Will Trew	18th	2nd	Chippenham Harriers		08:17	08:32	16:46
19.	89	Daniel Bazzard	19th	12th	CLC Striders		08:19	08:33	16:49
20.	43	Robert Pritchard	20th	4th	Chepstow Harriers		08:36	08:32	17:03
21.	54	Gavin Jones	21st	13th	Monross Trailblazers		08:29	08:47	17:09
22.	91	Sam Butler	22nd	14th	Presteigne Pacers Running		08:38	08:40	17:15
23.	196	Ryan Knight	23rd	15th	Hereford Couriers		08:38	08:44	17:16
24.	198	Jamie Shingler	24th	1st	Ludlow Runners		08:40	08:43	17:16
25.	175	Steven Harris	25th	3rd	Forest of Dean AC		08:42	08:42	17:17
26.	213	Chris James	26th	16th			08:29	08:52	17:19
27.	88	David Johnson	27th	4th	Western Tempo		08:42	08:43	17:19
28.	44	Thomas Synge Curtis	28th	5th	Hereford Couriers		08:41	08:46	17:21
29.	47	Christopher Hayes	29th	17th	Western Tempo		08:37	08:49	17:21
30.	82	Steven Flowers	30th	6th	Wye Valley Runners		08:38	08:52	17:25
31.	121	Phil Morris	31st	5th	Builth and District		08:43	08:53	17:25
32.	62	Steve Linton	32nd	2nd	Western Tempo		08:36	08:57	17:28
33.	48	Martin Foster	33rd	6th	Almost Athletes		08:43	08:54	17:30
34.	72	Tim Cooke	34th	7th	Armed Forces		08:36	09:03	17:32
35.	96	William Maul	35th	18th	Hereford Couriers		08:43	08:59	17:32
36.	199	Jemma Cooper	1st	1st	Western Tempo		08:51	08:49	17:33
37.	192	Henry White	36th	1st	Hereford Ghost Runners		08:30	09:12	17:38
38.	45	Katie Synge Curtis	2nd	2nd	Hereford Couriers		08:51	09:00	17:44
39.	189	Natalie Hackett	3rd	3rd	Hallamshire Harriers		08:51	09:01	17:44
40.	224	Gareth Jenkins	37th	1st	Moray Road Runners	Yes	08:52	08:53	17:45
41.	125	Darren Broady	38th	19th	Hereford Couriers		08:52	09:04	17:48
42.	215	Dan Schofield	39th	20th	Western Tempo		08:41	09:18	17:55
43.	66	James Bingham	40th	7th	Western Tempo		09:11	09:00	18:02
44.	174	Samantha Harris	4th	1st	Forest of Dean AC		09:12	09:06	18:08
45.	120	Donna Morris	5th	1st	Builth and District		09:12	09:10	18:11
46.	164	David O'Connell	41st	21st	Presteigne Pacers Running		08:58	09:22	18:11
47.	187	Jonathan Floyd	42nd	8th	Western Tempo		09:09	09:14	18:13
48.	112	David Wheeler	43rd	22nd	Chepstow Harriers		09:13	09:11	18:15
49.	58	Amber Watson	6th	4th	Western Tempo		08:59	09:27	18:18
50.	208	Alan Mayo Evans	44th	23rd			09:06	09:26	18:25
51.	67	John Withers	45th	1st	Severn AC		09:37	09:18	18:27

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52.	179	Katy Roy	7th	2nd	Chepstow Harriers		09:11	09:27	18:29
53.	188	Jake Underhill	46th	8th	Hereford Couriers		09:13	09:24	18:29
54.	241	Ben Skinner	47th	9th	Hereford Couriers	Yes	09:17	09:17	18:34
55.	49	Bryan Vaughan	48th	2nd	Western Tempo		09:16	09:31	18:37
56.	20	John Anderson	49th	9th	Moray road runners	Yes	09:21	09:21	18:42
57.	57	Naomi Eaton	8th	3rd			09:16	09:42	18:48
58.	132	Daniel Phillips	50th	10th			09:16	09:47	18:50
59.	150	Amber Bullingham	9th	5th	Western Tempo		09:29	09:40	18:59
60.	108	Alex Haines	51st	3rd	Midland Masters AC		09:09	09:58	19:00
61.	135	Claire Thomas	10th	4th	Ludlow Runners		09:36	09:40	19:05
62.	64	David Howells	52nd	4th	Severn AC		10:05	09:36	19:10
63.	201	Chris James	53rd	2nd			10:09	09:39	19:12
64.	85	Richard Hughes	54th	3rd	Hereford Couriers		09:39	09:47	19:15
65.	102	Christopher Cleary	55th	24th	Western Tempo		09:35	10:05	19:24
66.	142	David Collyer	56th	10th	Ledbury & District Harriers		10:16	09:57	19:26
67.	56	Sunin Patel	57th	11th	Wrekin Road Runners		09:55	10:00	19:29
68.	145	Neil Grinnell	58th	11th	Ledbury & District Harriers		09:49	09:56	19:30
69.	133	Martin Williams	59th	12th			09:49	09:59	19:33
70.	177	Gareth Lloyd	60th	25th	Presteigne Pacers Running		09:36	10:16	19:39
71.	98	Christopher Law	61st	4th	Ledbury & District Harriers		10:17	10:08	19:53
72.	84	Charlotte Broadhurst	11th	1st			10:18	10:08	19:53
73.	65	Chloe Wheeler	12th	6th	Western Tempo		10:33	09:54	19:53
74.	37	Daniel Spear	62nd	26th	Ludlow Runners		10:33	10:12	20:12
75.	103	Ed Bullock	63rd	27th			10:43	10:06	20:13
76.	139	Hannah Fletcher	13th	5th	Croft Ambrey RC		10:33	10:13	20:13
77.	101	Luke Harris	64th	28th			10:27	10:16	20:15
78.	28	Kyle Craig Turner	65th	29th		Yes	10:15	10:14	20:29
79.	206	Katherine Smith	14th	2nd	Pershore Plum Plodders		10:32	10:33	20:31
80.	240	Ed Dunbar	66th	13th	Moray Road Runners	Yes	10:16	10:15	20:31
81.	166	Kyle Dovey	67th	30th	Hereford Couriers		10:29	10:32	20:33
82.	217	James Fletcher	68th	5th	Monross Trailblazers		10:39	10:34	20:38
83.	53	Ellis Woolley	15th	1st	Cheltenham and County		10:32	10:36	20:41
84.	69	Nick Beckett	69th	12th			11:00	10:35	20:50
85.	126	Izzy Axford	16th	7th	Hereford Couriers		11:01	10:32	20:58
86.	70	Samuel Twiner	70th	31st			21:53	10:52	21:09
87.	31	Sophie Cook	17th	6th	Builth and District	Yes	10:35	10:34	21:09
88.	32	Jake Caress	71st	32nd		Yes	10:35	10:34	21:09
89.	178	Eva Tyler	18th	2nd	Hereford & County AC		11:03	10:55	21:23
90.	46	Izzie Seal	19th	8th	Hereford Couriers		11:02	11:12	21:39
91.	173	Michael Strange	72nd	1st	Forest of Dean AC		10:51	11:01	21:40
92.	248	Mark Pilgrim	73rd	33rd		Yes	10:52	10:53	21:45
93.	22	Chris Finnigan	74th	34th		Yes	10:53	10:53	21:46
94.	115	Paul Davies	75th	5th	Hereford Couriers		11:16	11:11	21:51
95.	5	Robert Bruce	76th	6th	Moray RoadRunners	Yes	10:56	10:56	21:52
96.	97	Clare Mallender	20th	3rd	Hereford Couriers		11:15	11:16	21:55
97.	77	Shana Stewardson	21st	2nd	Kidderminster and Stourport		11:06	11:28	22:02
98.	185	Clive Richardson	77th	1st	Ludlow Runners		11:38	11:04	22:05
99.	205	Ashley Brown	78th	7th			11:35	11:13	22:09
100.	195	Daniel Mapp	79th	35th	Hereford Couriers		11:38	11:12	22:09
101.	61	Kelly Read	22nd	7th	North Cotswold Tri & Run		11:20	11:37	22:16
102.	146	Andrew Barber	80th	13th	Andali Fitness		11:29	11:34	22:19

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Pos	Bib	Name	M/F	AG	Club	Virtual	Lap1	Lap2	Time
103.	19	Ryan Lawrence	81st	36th	Hereford couriers	Yes	11:12	11:12	22:24
104.	180	Greg Nicholls	82nd	14th			11:54	11:16	22:24
105.	138	Ben Jones	83rd	37th			12:02	11:06	22:26
106.	13	Jon Edwards	84th	14th	Hereford Couriers	Yes	11:14	11:13	22:27
107.	1	Andy Alexander	85th	6th	Moray Road Runners	Yes	11:22	11:21	22:43
108.	21	Dawn Tingle	23rd	8th		Yes	11:24	11:23	22:47
109.	232	Colin Harrower	86th	15th	JMS	Yes	11:24	11:23	22:47
110.	193	David Butler	87th	38th			12:09	11:33	22:51
111.	71	James O'Brien	88th	16th			12:23	11:31	22:53
112.	203	Jane Hayde	24th	9th	Wye Valley Runners		12:07	11:38	23:02
113.	59	Marianne Day	25th	10th	Western Tempo		11:51	12:00	23:09
114.	130	Lauren Williams	26th	9th	Wye Valley Runners		11:52	11:58	23:09
115.	212	Matthew Allen	89th	17th	City of Norwich AC		11:50	12:02	23:10
116.	160	Rachel Booth	27th	10th	Black Pear Joggers		12:14	11:51	23:16
117.	154	Eoin Murphy	90th	15th			12:20	11:54	23:19
118.	87	William Connell	91st	2nd	Hereford Couriers		12:30	11:44	23:26
119.	14	Scott Brown	92nd	39th		Yes	11:45	11:44	23:29
120.	35	Ben Paiden	93rd	40th			12:35	11:48	23:31
121.	157	Paul Roberts	94th	8th	Ludlow Runners		12:32	11:48	23:36
122.	39	Michael Bryant	95th	3rd	Newent Runners		12:34	11:44	23:38
123.	78	Chris Riley	96th	9th			12:51	11:50	23:39
124.	76	Emma Stewardson	28th	4th	Kidderminster and Stourport		12:36	11:48	23:40
125.	170	Mike Chipping	97th	2nd	Bristol and West AC		12:32	12:01	23:49
126.	100	Joanne Tilby	29th	11th	Croft Ambrey RC		12:49	11:52	23:50
127.	219	Elspeth Jenkins	30th	1st	Moray Road Runners	Yes	11:55	11:56	23:51
128.	229	Jordan Anderson	98th	41st		Yes	12:01	12:01	24:02
129.	29	J Phillipson	99th	42nd		Yes	12:02	12:02	24:04
130.	149	Kirsty Jenkins	31st	11th	Hereford Couriers		12:54	12:08	24:09
131.	237	Adrian Thompson	100th	16th	None	Yes	12:05	12:05	24:10
132.	7	Ashley Davies	101st	43rd		Yes	12:21	12:00	24:21
133.	162	Stuart Taylor	102nd	18th			12:58	12:27	24:25
134.	11	Colin Cockburn	103rd	7th		Yes	12:14	12:14	24:28
135.	81	Milly Foster	32nd	3rd	Cheltenham and County		12:27	12:45	24:28
136.	246	Hazel Sykes	33rd	12th		Yes	12:15	12:14	24:29
137.	220	Gav Barr	104th	17th		Yes	12:23	12:22	24:45
138.	24	Christopher Brown	105th	44th		Yes	12:28	12:28	24:56
139.	26	James Duncan	106th	45th		Yes	12:30	12:30	25:00
140.	249	Dean Thomas James	107th	46th		Yes	12:30	12:31	25:01
141.	194	Abi Knight	34th	13th			13:12	12:42	25:02
142.	141	Felicity Beavan	35th	14th			13:27	12:32	25:07
143.	186	Bronwen Tyler Jones	36th	1st	Hereford Couriers		13:16	12:49	25:14
144.	23	Richard Newbold	108th	1st		Yes	12:40	12:40	25:20
145.	233	Dorricott Helen	37th	15th	Ruislip Running Club	Yes	12:43	12:42	25:25
146.	38	John Bilbao	109th	3rd			13:37	12:54	25:33
147.	190	Richard Andrews	110th	8th			13:36	12:57	25:37
148.	105	Charlotte Godsall	38th	2nd	Hereford Triathlon Club		13:27	13:07	25:38
149.	242	Davenport Darren	111th	18th	None	Yes	12:53	12:53	25:46
150.	16	Stuart Warriner	112th	19th		Yes	13:04	13:04	26:08
151.	136	Jake Callum Hollins	113th	47th	Hereford Couriers		13:26	13:43	26:18
152.	222	Daniel Rainford	114th	48th	RAF Akrotiri	Yes	13:18	13:17	26:35
153.	227	Jon Ward	115th	20th		Yes	13:18	13:18	26:36

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154.	93	Phoebe Weaver	39th	16th	Cleobury Mortimer Running		14:37	13:20	26:59
155.	131	Stephanie Hinksman	40th	3rd			14:54	13:21	27:03
156.	33	Simon Caldwell	116th	21st		Yes	13:35	13:34	27:09
157.	134	Sara Roper	41st	4th			14:26	13:44	27:09
158.	163	Alastair Mackenzie	117th	4th			14:33	13:40	27:11
159.	184	Lois Erwin	42nd	4th			13:59	14:03	27:15
160.	245	Matthew Mills	118th	22nd		Yes	13:41	13:41	27:22
161.	214	Barbara Bowie	43rd	17th		Yes	13:42	13:41	27:23
162.	99	Rachel Trott	44th	2nd			14:37	13:47	27:27
163.	2	George Sherriffs	119th	10th	100 Marathon Club	Yes	13:47	13:48	27:35
164.	247	Sam Inch	45th	5th		Yes	13:55	13:55	27:50
165.	30	Liz Davies-Ward	46th	1st	Hereford Triathlon Club	Yes	13:57	13:57	27:54
166.	223	Michael Gilhespy	120th	49th		Yes	14:00	14:00	28:00
167.	221	Stuart Gray	121st	50th	JogScotland Elgin City	Yes	14:10	14:09	28:19
168.	55	Laura Jenkins	47th	18th	Hereford Couriers		15:10	14:25	28:29
169.	114	Jo Woolley	48th	19th			15:27	14:28	28:44
170.	74	Lindsey Morgan	49th	20th	Wye Valley Runners		15:20	14:44	28:58
171.	161	Hannah Campbell	50th	21st	Hereford Couriers		15:09	15:01	29:04
172.	183	Foster Erwin	122nd	3rd			15:42	15:07	29:38
173.	235	Barry Evans	123rd	4th		Yes	14:52	14:53	29:45
174.	148	Richard Atkinson	124th	23rd			15:02	16:09	30:11
175.	152	Stephen Howdle	125th	24th			15:01	16:13	30:15
176.	15	Zak Woods	126th	3rd		Yes	15:21	15:21	30:42
177.	147	Joanna Atkinson	51st	22nd			16:17	15:35	30:52
178.	153	Jessica Howdle	52nd	23rd			16:17	15:35	30:52
179.	25	Alexandra Barnes	53rd	1st		Yes	15:26	15:26	30:52
180.	106	Shaun Polley	127th	25th			16:10	15:59	31:01
181.	27	Hannah Lloyd	54th	2nd		Yes	15:33	15:33	31:06
182.	243	Susie Eastaugh	55th	12th	RAF Akrotiri	Yes	15:34	15:34	31:08
183.	34	Robyn	56th	13th		Yes	15:35	15:35	31:10
184.	6	Debra Bruce	57th	3rd		Yes	15:44	15:43	31:27
185.	238	Caroline Leslie	58th	2nd	Speyrunners	Yes	16:00	16:00	32:00
186.	225	Tom Blow	128th	26th		Yes	16:09	16:09	32:18
187.	4	Robbie Davies	129th	19th		Yes	16:24	16:23	32:47
188.	12	Janella Cockburn	59th	3rd	Jog Scotland Elgin city	Yes	16:26	16:25	32:51
189.	228	Gillian Slattery	60th	5th	Slinn Allstars	Yes	16:38	16:37	33:15
190.	165	Chris Ruck	130th	9th	Hereford Couriers		16:39	17:56	33:23
191.	230	Jenny McDowell	61st	14th		Yes	16:44	16:44	33:28
192.	8	Lorraine Longmuir	62nd	3rd	Jog Scotland Elgin City	Yes	16:57	16:57	33:54
193.	17	Kenneth Mennie	131st	5th		Yes	17:01	17:01	34:02
194.	171	John Noonan	132nd	4th			18:18	17:39	34:27
195.	3	Hazel Carradice	63rd	6th		Yes	17:15	17:14	34:29
196.	122	Peter Smith	133rd	1st	Wye Valley Runners		18:42	18:01	35:27
197.	168	Trish Yeadon	64th	4th			19:29	17:46	35:39
198.	18	Kathleen Shanks	65th	7th		Yes	17:52	17:52	35:44
199.	79	Sybil Marsh	66th	1st	Ludlow Runners		19:25	18:36	36:46
200.	169	Emma Bevan	67th	6th			19:32	18:51	36:47
201.	244	Debbie Davies	68th	3rd	Na	Yes	19:22	19:22	38:44
202.	158	Liam Curtis Moore	134th	51st	Wye Valley Runners		20:22	20:03	38:47
203.	116	Kayleigh Sullivan	69th	24th			20:04	20:04	38:54
204.	10	Audrey Macaulay	70th	7th		Yes	19:38	19:39	39:17

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205.	250	Christopher Atkinson	135th	27th		Yes	19:52	19:53	39:45
206.	231	Rowe Steven	136th	52nd		Yes	22:55	22:55	45:50
207.	124	Vanessa Vanji	137th	20th			27:41	23:18	49:06
208.	159	Curtis Junior Moore	138th	2nd			23:43	28:49	51:46
209.	210	Kelly Marshall	71st	25th	Hereford Couriers		31:08	30:35	59:42
210.	123	Marebella White	72nd	1st			31:07	30:34	59:44

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