

Hereford Couriers Christmas 10k

Overall Results



Pos	Bib	Name	M/F	Pos	AG	Pos	Club	Gun	Chip
1.	78	Charlie Jones	M	1st	MSen	1st	Western Tempo	33:09	33:08
https://www.youtube.com/embed/V8PtyUyN-14?start=10&end=24&autoplay=1									
2.	169	David Aubrey	M	2nd	MSen	2nd	Western Tempo	34:15	34:14
https://www.youtube.com/embed/V8PtyUyN-14?start=76&end=90&autoplay=1									
3.	268	Malachi Cashmore	M	3rd	M Jun	1st	Malvern Buzzards Running Club	34:54	34:52
https://www.youtube.com/embed/V8PtyUyN-14?start=115&end=129&autoplay=1									
4.	251	Gavin Jones	M	4th	MSen	3rd	Monross Trailblazers	35:05	35:02
https://www.youtube.com/embed/V8PtyUyN-14?start=126&end=140&autoplay=1									
5.	86	Sam Butler	M	5th	MSen	4th	Presteigne Pacers	35:25	35:22
https://www.youtube.com/embed/V8PtyUyN-14?start=147&end=161&autoplay=1									
6.	43	Robert Pritchard	M	6th	MSen	5th	Chepstow Harriers	35:41	35:39
https://www.youtube.com/embed/V8PtyUyN-14?start=163&end=177&autoplay=1									
7.	272	Toby Dickens	M	7th	MSen	6th	Monross Trailblazers	35:43	35:40
https://www.youtube.com/embed/V8PtyUyN-14?start=164&end=178&autoplay=1									
8.	166	Ryan Knight	M	8th	MSen	7th	Hereford Couriers	35:48	35:45
https://www.youtube.com/embed/V8PtyUyN-14?start=169&end=183&autoplay=1									
9.	132	William Maul	M	9th	MSen	8th	Hereford Couriers	35:57	35:53
https://www.youtube.com/embed/V8PtyUyN-14?start=178&end=192&autoplay=1									
10.	243	Toby Austin	M	10th	MSen	9th	Croft Ambrey RC	36:26	36:24
https://www.youtube.com/embed/V8PtyUyN-14?start=207&end=221&autoplay=1									
11.	259	William Kennedy	M	11th	M Jun	2nd		36:41	36:38
https://www.youtube.com/embed/V8PtyUyN-14?start=222&end=236&autoplay=1									
12.	226	Steven Flowers	M	12th	MSen	10th	Wye Valley Runners	36:57	36:55
https://www.youtube.com/embed/V8PtyUyN-14?start=238&end=252&autoplay=1									
13.	102	Eric Apperley	M	13th	MSen	11th	Croft Ambrey RC	37:04	36:58
https://www.youtube.com/embed/V8PtyUyN-14?start=245&end=259&autoplay=1									
14.	219	David Bannister	M	14th	M45	1st	Ledbury & District Harriers	37:09	37:04
https://www.youtube.com/embed/V8PtyUyN-14?start=250&end=264&autoplay=1									
15.	171	Darren Broady	M	15th	MSen	12th	Hereford Couriers	37:18	37:15
https://www.youtube.com/embed/V8PtyUyN-14?start=259&end=273&autoplay=1									
16.	135	Nick Gibbons	M	16th	MSen	13th		37:25	37:21
https://www.youtube.com/embed/V8PtyUyN-14?start=266&end=280&autoplay=1									
17.	107	Ross Cameron	M	17th	MSen	14th	Hereford Couriers	38:16	38:12
https://www.youtube.com/embed/V8PtyUyN-14?start=317&end=331&autoplay=1									
18.	270	James Richards	M	18th	M45	2nd		38:35	38:16
https://www.youtube.com/embed/V8PtyUyN-14?start=336&end=350&autoplay=1									
19.	210	Andrew Tyler	M	19th	M45	3rd	Hereford Couriers	38:44	38:39
https://www.youtube.com/embed/V8PtyUyN-14?start=345&end=359&autoplay=1									
20.	136	Donna Morris	F	1st	F35	1st	Builth & District	38:53	38:44
https://www.youtube.com/embed/V8PtyUyN-14?start=354&end=368&autoplay=1									
21.	42	Simon Richardson	M	20th	MSen	15th	Malvern Joggers	38:52	38:47
https://www.youtube.com/embed/V8PtyUyN-14?start=354&end=368&autoplay=1									
22.	175	Jake Underhill	M	21st	M40	1st	Hereford Couriers	39:00	38:55
https://www.youtube.com/embed/V8PtyUyN-14?start=361&end=375&autoplay=1									
23.	198	Ryan Lawrence	M	22nd	MSen	16th	Hereford Couriers	39:17	39:08
https://www.youtube.com/embed/V8PtyUyN-14?start=378&end=392&autoplay=1									
24.	61	Nigel Hawkes	M	23rd	MSen	17th		40:05	39:57
https://www.youtube.com/embed/V8PtyUyN-14?start=427&end=441&autoplay=1									

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25.	271	Daniel Scolari	M	24th	MSen	18th	Black Pear Joggers	40:12	40:06
							https://www.youtube.com/embed/V8PtyUyN-14?start=433&end=447&autoplay=1		
26.	214	Colin Lambourne	M	25th	M40	2nd		40:28	40:22
							https://www.youtube.com/embed/V8PtyUyN-14?start=449&end=463&autoplay=1		
27.	228	Paul Kemp	M	26th	M40	3rd	Wye Valley Runners	40:44	40:27
							https://www.youtube.com/embed/V8PtyUyN-14?start=465&end=479&autoplay=1		
28.	76	Jeremy Jehan	M	27th	M45	4th	Wye Valley Runners	40:32	40:27
							https://www.youtube.com/embed/V8PtyUyN-14?start=453&end=467&autoplay=1		
29.	63	Stephen Snead	M	28th	M45	5th	Cleobury Mortimer Running	40:48	40:31
							https://www.youtube.com/embed/V8PtyUyN-14?start=469&end=483&autoplay=1		
30.	232	Daniel Phillips	M	29th	M40	4th		40:41	40:32
							https://www.youtube.com/embed/V8PtyUyN-14?start=462&end=476&autoplay=1		
31.	2	Paul Campbell	M	30th	MSen	19th		40:55	40:38
							https://www.youtube.com/embed/V8PtyUyN-14?start=476&end=490&autoplay=1		
32.	193	Tim Taylor	M	31st	M60	1st	Hereford Couriers	40:53	40:40
							https://www.youtube.com/embed/V8PtyUyN-14?start=474&end=488&autoplay=1		
33.	192	Christopher Cleary	M	32nd	MSen	20th	Hereford Couriers	41:13	41:05
							https://www.youtube.com/embed/V8PtyUyN-14?start=494&end=508&autoplay=1		
34.	254	Kelly Bowen	F	2nd	F35	2nd	Croft Ambrey RC	41:21	41:05
							https://www.youtube.com/embed/V8PtyUyN-14?start=503&end=517&autoplay=1		
35.	122	Daniel Spear	M	33rd	MSen	21st	Ludlow Runners	41:30	41:15
							https://www.youtube.com/embed/V8PtyUyN-14?start=511&end=525&autoplay=1		
36.	258	Alice Godding	F	3rd	FSen	1st	Croft Ambrey RC	41:34	41:18
							https://www.youtube.com/embed/V8PtyUyN-14?start=515&end=529&autoplay=1		
37.	26	Sam Roberts	M	34th	MSen	22nd		41:42	41:27
							https://www.youtube.com/embed/V8PtyUyN-14?start=523&end=537&autoplay=1		
38.	181	Sunin Patel	M	35th	MSen	23rd	Wrekin Road Runners	42:07	41:53
							https://www.youtube.com/embed/V8PtyUyN-14?start=549&end=563&autoplay=1		
39.	247	Oscar Austin	M	36th	M Jun	3rd		42:20	41:57
							https://www.youtube.com/embed/V8PtyUyN-14?start=562&end=576&autoplay=1		
40.	206	Martin Williams	M	37th	M40	5th		42:21	42:10
							https://www.youtube.com/embed/V8PtyUyN-14?start=562&end=576&autoplay=1		
41.	253	Grant White	M	38th	MSen	24th	Monross Trailblazers	42:41	42:30
							https://www.youtube.com/embed/V8PtyUyN-14?start=583&end=597&autoplay=1		
42.	189	Luke Williams	M	39th	MSen	25th		42:58	42:42
							https://www.youtube.com/embed/V8PtyUyN-14?start=599&end=613&autoplay=1		
43.	99	Paul Saville	M	40th	M50	1st	Lonely Goat RC	43:14	42:47
							https://www.youtube.com/embed/V8PtyUyN-14?start=615&end=629&autoplay=1		
44.	178	Charlotte Broadhurst	F	4th	F Jun	1st		43:31	43:18
							https://www.youtube.com/embed/V8PtyUyN-14?start=632&end=646&autoplay=1		
45.	90	Roxane Woodfield	F	5th	FSen	2nd	Croft Ambrey RC	43:43	43:21
							https://www.youtube.com/embed/V8PtyUyN-14?start=644&end=658&autoplay=1		
46.	227	Jonny Williams	M	41st	MSen	26th		43:53	43:32
							https://www.youtube.com/embed/V8PtyUyN-14?start=654&end=668&autoplay=1		
47.	209	Chris Law	M	42nd	M55	1st		43:51	43:38
							https://www.youtube.com/embed/V8PtyUyN-14?start=653&end=667&autoplay=1		
48.	225	Stuart Davies	M	43rd	MSen	27th		44:07	43:47
							https://www.youtube.com/embed/V8PtyUyN-14?start=669&end=683&autoplay=1		

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49.	98	Michael Jones	M	44th	M50	2nd		44:31	44:06
							https://www.youtube.com/embed/V8PtyUyN-14?start=692&end=706&autoplay=1		
50.	145	Paddy Nugent	M	45th	M60	2nd	Wye Valley Runners	44:30	44:09
							https://www.youtube.com/embed/V8PtyUyN-14?start=691&end=705&autoplay=1		
51.	250	Shaun Hoyes	M	46th	M55	2nd	Wye Valley Runners	44:39	44:11
							https://www.youtube.com/embed/V8PtyUyN-14?start=700&end=714&autoplay=1		
52.	264	John Brennan	M	47th	M40	6th	Black Pear Joggers	44:48	44:23
							https://www.youtube.com/embed/V8PtyUyN-14?start=709&end=723&autoplay=1		
53.	74	Ross Goodson	M	48th	MSen	28th		44:58	44:23
							https://www.youtube.com/embed/V8PtyUyN-14?start=719&end=733&autoplay=1		
54.	120	Michael Powell	M	49th	M50	3rd	Croft Ambrey RC	44:56	44:26
							https://www.youtube.com/embed/V8PtyUyN-14?start=717&end=731&autoplay=1		
55.	248	Stuart Austin	M	50th	M55	3rd	Croft Ambrey RC	45:03	44:32
							https://www.youtube.com/embed/V8PtyUyN-14?start=724&end=738&autoplay=1		
56.	71	Kit Williams	M	51st	MSen	29th		44:57	44:36
							https://www.youtube.com/embed/V8PtyUyN-14?start=718&end=732&autoplay=1		
57.	57	Marc Kendrick	M	52nd	MSen	30th	Wye Valley Runners	45:06	44:37
							https://www.youtube.com/embed/V8PtyUyN-14?start=727&end=741&autoplay=1		
58.	150	Katie Belcher	F	6th	FSen	3rd	Croft Ambrey RC	45:22	44:52
							https://www.youtube.com/embed/V8PtyUyN-14?start=743&end=757&autoplay=1		
59.	239	Sheryl Evans	F	7th	F50	1st	Hereford Couriers	45:07	44:53
							https://www.youtube.com/embed/V8PtyUyN-14?start=728&end=742&autoplay=1		
60.	104	Martin Carter	M	53rd	M55	4th	Hay Hotfooters	45:21	45:05
							https://www.youtube.com/embed/V8PtyUyN-14?start=742&end=756&autoplay=1		
61.	44	Christopher Wakeman	M	54th	M60	3rd	Shrewsbury AC	45:54	45:35
							https://www.youtube.com/embed/V8PtyUyN-14?start=775&end=789&autoplay=1		
62.	83	Jason Griffiths	M	55th	MSen	31st		46:08	45:41
							https://www.youtube.com/embed/V8PtyUyN-14?start=789&end=803&autoplay=1		
63.	153	Paul Baskeyfield	M	56th	M60	4th	Ludlow Runners	46:04	45:42
							https://www.youtube.com/embed/V8PtyUyN-14?start=785&end=799&autoplay=1		
64.	151	John Belcher	M	57th	MSen	32nd		46:14	45:45
							https://www.youtube.com/embed/V8PtyUyN-14?start=795&end=809&autoplay=1		
65.	154	Clare Mallender	F	8th	F40	1st	Hereford Couriers	46:14	45:56
							https://www.youtube.com/embed/V8PtyUyN-14?start=795&end=809&autoplay=1		
66.	70	Kevin Turner	M	58th	M45	6th		47:05	46:15
							https://www.youtube.com/embed/V8PtyUyN-14?start=846&end=860&autoplay=1		
67.	124	Addy Carter	F	9th	F Jun	2nd	Hay Hotfooters	46:57	46:28
							https://www.youtube.com/embed/V8PtyUyN-14?start=838&end=852&autoplay=1		
68.	97	Mark Watkins	M	59th	M50	4th		47:20	46:53
							https://www.youtube.com/embed/V8PtyUyN-14?start=861&end=875&autoplay=1		
69.	114	Damon Tarbath	M	60th	M45	7th		47:28	47:09
							https://www.youtube.com/embed/V8PtyUyN-14?start=869&end=883&autoplay=1		
70.	262	Doug Norton	M	61st	MSen	33rd	Hereford Couriers	47:48	47:17
							https://www.youtube.com/embed/V8PtyUyN-14?start=889&end=903&autoplay=1		
71.	201	David Leonard	M	62nd	M45	8th	Wrekin Road Runners	47:41	47:18
							https://www.youtube.com/embed/V8PtyUyN-14?start=882&end=896&autoplay=1		
72.	195	Kate Platt	F	10th	F45	1st		47:57	47:24
							https://www.youtube.com/embed/V8PtyUyN-14?start=898&end=912&autoplay=1		

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73.	53	Will Connell	M	63rd	M Jun	4th	Cardiff University	47:48	47:24
							https://www.youtube.com/embed/V8PtyUyN-14?start=889&end=903&autoplay=1		
74.	238	Dan Hardy	M	64th	MSen	34th		48:05	47:34
							https://www.youtube.com/embed/V8PtyUyN-14?start=907&end=921&autoplay=1		
75.	62	Jane Hayde	F	11th	F35	3rd	Wye Valley Runners	48:26	47:51
							https://www.youtube.com/embed/V8PtyUyN-14?start=927&end=941&autoplay=1		
76.	130	Rebecca Ansfield	F	12th	F45	2nd	Wye Valley Runners	48:31	47:55
							https://www.youtube.com/embed/V8PtyUyN-14?start=932&end=946&autoplay=1		
77.	20	Daniel Mapp	M	65th	MSen	35th	Hereford Couriers	48:36	48:03
							https://www.youtube.com/embed/V8PtyUyN-14?start=937&end=951&autoplay=1		
78.	165	Richard Atkinson	M	66th	MSen	36th		48:49	48:05
							https://www.youtube.com/embed/V8PtyUyN-14?start=950&end=964&autoplay=1		
79.	190	John Jaspers	M	67th	M50	5th	Croft Ambrey RC	48:54	48:25
							https://www.youtube.com/embed/V8PtyUyN-14?start=955&end=969&autoplay=1		
80.	111	Roland Preece	M	68th	M55	5th	Croft Ambrey RC	49:25	48:50
							https://www.youtube.com/embed/V8PtyUyN-14?start=986&end=1000&autoplay=1		
81.	229	Christian Mason	M	69th	MSen	37th		49:52	49:15
							https://www.youtube.com/embed/V8PtyUyN-14?start=1014&end=1028&autoplay=1		
82.	46	Ian Fuller	M	70th	M50	6th	Malvern Joggers	50:00	49:22
							https://www.youtube.com/embed/V8PtyUyN-14?start=1021&end=1035&autoplay=1		
83.	27	Paul Roberts	M	71st	M55	6th	Ludlow Runners	49:59	49:34
							https://www.youtube.com/embed/V8PtyUyN-14?start=1021&end=1035&autoplay=1		
84.	263	Sophie Williams	F	13th	F35	4th	Spirit of Monmouth	50:22	49:48
							https://www.youtube.com/embed/V8PtyUyN-14?start=1043&end=1057&autoplay=1		
85.	52	William Connell	M	72nd	M60	5th	Hereford Couriers	50:41	50:09
							https://www.youtube.com/embed/V8PtyUyN-14?start=1063&end=1077&autoplay=1		
86.	236	Abi Knight	F	14th	FSen	4th		51:05	50:24
							https://www.youtube.com/embed/V8PtyUyN-14?start=1086&end=1100&autoplay=1		
87.	242	David Butler	M	73rd	MSen	38th		51:04	50:24
							https://www.youtube.com/embed/V8PtyUyN-14?start=1085&end=1099&autoplay=1		
88.	202	Emma Stewardson	F	15th	F40	2nd		50:53	50:27
							https://www.youtube.com/embed/V8PtyUyN-14?start=1074&end=1088&autoplay=1		
89.	58	Kirsty Jenkins	F	16th	FSen	5th	Hereford Couriers	51:51	51:10
							https://www.youtube.com/embed/V8PtyUyN-14?start=1133&end=1147&autoplay=1		
90.	191	Monika Gorska	F	17th	F35	5th		52:15	51:38
							https://www.youtube.com/embed/V8PtyUyN-14?start=1156&end=1170&autoplay=1		
91.	101	Zac Jones	M	74th	MSen	39th		52:30	51:51
							https://www.youtube.com/embed/V8PtyUyN-14?start=1171&end=1185&autoplay=1		
92.	19	Ella Hogan	F	18th	F40	3rd	Ledbury & District Harriers	52:34	51:54
							https://www.youtube.com/embed/V8PtyUyN-14?start=1175&end=1189&autoplay=1		
93.	257	Thea Preece	F	19th	FSen	6th	Croft Ambrey RC	53:01	52:18
							https://www.youtube.com/embed/V8PtyUyN-14?start=1202&end=1216&autoplay=1		
94.	196	Bronwen Tyler-Jones	F	20th	F45	3rd	Hereford Couriers	53:20	52:29
							https://www.youtube.com/embed/V8PtyUyN-14?start=1221&end=1235&autoplay=1		
95.	217	Steve Roode	M	75th	M55	7th	Lonely Goat RC	53:08	52:30
							https://www.youtube.com/embed/V8PtyUyN-14?start=1210&end=1224&autoplay=1		
96.	30	Alexander Brown	M	76th	M50	7th	Builth & District	53:19	52:36
							https://www.youtube.com/embed/V8PtyUyN-14?start=1220&end=1234&autoplay=1		

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97.	179	Richard Andrews	M	77th	M50	8th		53:20	52:38
							https://www.youtube.com/embed/V8PtyUyN-14?start=1221&end=1235&autoplay=1		
98.	241	liza Austin	F	21st	F55	1st	Croft Ambrey RC	53:30	52:48
							https://www.youtube.com/embed/V8PtyUyN-14?start=1231&end=1245&autoplay=1		
99.	5	Michael Bryant	M	78th	M60	6th	Newent Runners	53:33	53:07
							https://www.youtube.com/embed/V8PtyUyN-14?start=1235&end=1249&autoplay=1		
100.	32	Alvin Milner	M	79th	M55	8th		53:59	53:20
							https://www.youtube.com/embed/V8PtyUyN-14?start=1260&end=1274&autoplay=1		
101.	77	Rob Wood	M	80th	M65	1st	Croft Ambrey RC	54:01	53:25
							https://www.youtube.com/embed/V8PtyUyN-14?start=1262&end=1276&autoplay=1		
102.	205	Kelly Rose	F	22nd	F40	4th	Hereford Tri Club	54:07	53:26
							https://www.youtube.com/embed/V8PtyUyN-14?start=1268&end=1282&autoplay=1		
103.	4	Ralph Lloyd	M	81st	M55	9th	Wye Valley Runners	54:58	54:02
							https://www.youtube.com/embed/V8PtyUyN-14?start=1319&end=1333&autoplay=1		
104.	197	Jana Cervenanova	F	23rd	F35	6th		55:07	54:35
							https://www.youtube.com/embed/V8PtyUyN-14?start=1328&end=1342&autoplay=1		
105.	131	Liz Davies-Ward	F	24th	F55	2nd	Hereford Tri Club	55:26	54:44
							https://www.youtube.com/embed/V8PtyUyN-14?start=1347&end=1361&autoplay=1		
106.	106	Arkadiusz Szczupak	M	82nd	MSen	40th		55:30	54:47
							https://www.youtube.com/embed/V8PtyUyN-14?start=1351&end=1365&autoplay=1		
107.	88	Bronwyn Preece	F	25th	FSen	7th	Croft Ambrey RC	55:35	54:53
							https://www.youtube.com/embed/V8PtyUyN-14?start=1356&end=1370&autoplay=1		
108.	67	Emma Murphy	F	26th	F40	5th	Hereford Tri Club	55:38	54:57
							https://www.youtube.com/embed/V8PtyUyN-14?start=1359&end=1373&autoplay=1		
109.	185	Bryony Dean	F	27th	F45	4th	Hereford Couriers	56:07	55:12
							https://www.youtube.com/embed/V8PtyUyN-14?start=1388&end=1402&autoplay=1		
110.	180	Lucy Capel	F	28th	F35	7th	Black Pear Joggers	55:52	55:15
							https://www.youtube.com/embed/V8PtyUyN-14?start=1373&end=1387&autoplay=1		
111.	215	Owen Cooper	M	83rd	M70	1st	Builth & District	55:55	55:17
							https://www.youtube.com/embed/V8PtyUyN-14?start=1377&end=1391&autoplay=1		
112.	108	Sara Roper	F	29th	F45	5th		56:16	55:35
							https://www.youtube.com/embed/V8PtyUyN-14?start=1397&end=1411&autoplay=1		
113.	9	Lesley Ashton	F	30th	F60	1st	Vegan Runners UK	56:40	56:00
							https://www.youtube.com/embed/V8PtyUyN-14?start=1421&end=1435&autoplay=1		
114.	23	Jake Cullum-Hollins	M	84th	MSen	41st	Hereford Couriers	57:04	56:10
							https://www.youtube.com/embed/V8PtyUyN-14?start=1446&end=1460&autoplay=1		
115.	144	Sian Champken	F	31st	F50	2nd	Wye Valley Runners	57:13	56:18
							https://www.youtube.com/embed/V8PtyUyN-14?start=1454&end=1468&autoplay=1		
116.	12	Ben Padian	M	85th	MSen	42nd		57:14	56:30
							https://www.youtube.com/embed/V8PtyUyN-14?start=1455&end=1469&autoplay=1		
117.	60	Hollie Francis	F	32nd	FSen	8th	Hereford Couriers	57:28	56:34
							https://www.youtube.com/embed/V8PtyUyN-14?start=1469&end=1483&autoplay=1		
118.	69	Mike Hayward	M	86th	M55	10th	Croft Ambrey RC	57:31	56:46
							https://www.youtube.com/embed/V8PtyUyN-14?start=1472&end=1486&autoplay=1		
119.	260	Jonathan Kennedy	M	87th	M45	9th		57:46	56:58
							https://www.youtube.com/embed/V8PtyUyN-14?start=1487&end=1501&autoplay=1		
120.	117	Stephanie King	F	33rd	F55	3rd	Croft Ambrey RC	57:47	57:00
							https://www.youtube.com/embed/V8PtyUyN-14?start=1488&end=1502&autoplay=1		

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Overall Results



Pos	Bib	Name	M/F	Pos	AG	Pos	Club	Gun	Chip
121.	222	Kevin Barnes	M	88th	M55	11th		57:52	57:15
							https://www.youtube.com/embed/V8PtyUyN-14?start=1493&end=1507&autoplay=1		
122.	183	Alan Rowlands	M	89th	M45	10th	Hereford Couriers	58:00	57:20
							https://www.youtube.com/embed/V8PtyUyN-14?start=1501&end=1515&autoplay=1		
123.	231	Alice Gilbert	F	34th	FSen	9th		58:21	57:33
							https://www.youtube.com/embed/V8PtyUyN-14?start=1522&end=1536&autoplay=1		
124.	64	Gareth Kinsey	M	90th	M40	7th		58:24	57:36
							https://www.youtube.com/embed/V8PtyUyN-14?start=1525&end=1539&autoplay=1		
125.	59	Alyson Kinsey	F	35th	F35	8th		58:24	57:36
							https://www.youtube.com/embed/V8PtyUyN-14?start=1525&end=1539&autoplay=1		
126.	91	Dawn Lane	F	36th	F35	9th		58:56	57:59
							https://www.youtube.com/embed/V8PtyUyN-14?start=1557&end=1571&autoplay=1		
127.	125	Keldan Lewis	M	91st	MSen	43rd		58:45	58:16
							https://www.youtube.com/embed/V8PtyUyN-14?start=1546&end=1560&autoplay=1		
128.	109	Susan Roig	F	37th	F45	6th		59:20	58:31
							https://www.youtube.com/embed/V8PtyUyN-14?start=1581&end=1595&autoplay=1		
129.	177	Sarah Broadhurst	F	38th	F45	7th	Ludlow Runners	59:18	58:32
							https://www.youtube.com/embed/V8PtyUyN-14?start=1579&end=1593&autoplay=1		
130.	265	Emma Tonks	F	39th	FSen	10th		1:00:13	59:29
							https://www.youtube.com/embed/V8PtyUyN-14?start=1634&end=1648&autoplay=1		
131.	230	Jo Woolley	F	40th	FSen	11th		1:00:35	59:47
							https://www.youtube.com/embed/V8PtyUyN-14?start=1656&end=1670&autoplay=1		
132.	29	Victoria Band	F	41st	F45	8th	Ledbury & District Harriers	1:00:48	59:57
							https://www.youtube.com/embed/V8PtyUyN-14?start=1669&end=1683&autoplay=1		
133.	220	Rachel Bannister	F	42nd	F40	6th	Ledbury & District Harriers	1:01:14	1:00:27
							https://www.youtube.com/embed/V8PtyUyN-14?start=1695&end=1709&autoplay=1		
134.	92	Richard Tyler	M	92nd	M65	2nd		1:01:23	1:00:40
							https://www.youtube.com/embed/V8PtyUyN-14?start=1704&end=1718&autoplay=1		
135.	134	Joanna Chapman	F	43rd	F40	7th		1:01:48	1:00:50
							https://www.youtube.com/embed/V8PtyUyN-14?start=1729&end=1743&autoplay=1		
136.	237	Inese Robotham	F	44th	F45	9th	Lonely Goat RC	1:01:46	1:01:04
							https://www.youtube.com/embed/V8PtyUyN-14?start=1727&end=1741&autoplay=1		
137.	233	Sian Bennett	F	45th	FSen	12th		1:02:06	1:01:08
							https://www.youtube.com/embed/V8PtyUyN-14?start=1747&end=1761&autoplay=1		
138.	221	Rachel Rogers	F	46th	F40	8th		1:02:06	1:01:08
							https://www.youtube.com/embed/V8PtyUyN-14?start=1747&end=1761&autoplay=1		
139.	133	Tanya Clancy	F	47th	F45	10th		1:02:22	1:01:23
							https://www.youtube.com/embed/V8PtyUyN-14?start=1763&end=1777&autoplay=1		
140.	14	Laura Jenkins	F	48th	FSen	13th	Hereford Couriers	1:02:35	1:01:38
							https://www.youtube.com/embed/V8PtyUyN-14?start=1776&end=1790&autoplay=1		
141.	68	Stuart Taylor	M	93rd	M40	8th		1:02:39	1:01:55
							https://www.youtube.com/embed/V8PtyUyN-14?start=1780&end=1794&autoplay=1		
142.	79	Sue Wood	F	49th	F60	2nd	Croft Ambrey RC	1:03:31	1:02:35
							https://www.youtube.com/embed/V8PtyUyN-14?start=1832&end=1846&autoplay=1		
143.	168	Helen Mansbridge	F	50th	F55	4th	Lawley Running Club	1:04:25	1:03:40
							https://www.youtube.com/embed/V8PtyUyN-14?start=1886&end=1900&autoplay=1		
144.	51	SIAN DAVID	F	51st	FSen	14th	Ledbury & District Harriers	1:04:36	1:03:44
							https://www.youtube.com/embed/V8PtyUyN-14?start=1897&end=1911&autoplay=1		

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Overall Results



Pos	Bib	Name	M/F	Pos	AG	Pos	Club	Gun	Chip
145.	182	Sarah Elwine	F	52nd	F50	3rd		1:05:13	1:04:26
							https://www.youtube.com/embed/V8PtyUyN-14?start=1934&end=1948&autoplay=1		
146.	28	Hannah Campbell	F	53rd	FSen	15th	Hereford Couriers	1:05:41	1:04:45
							https://www.youtube.com/embed/V8PtyUyN-14?start=1962&end=1976&autoplay=1		
147.	96	EMMA Banks	F	54th	F35	10th		1:06:13	1:05:20
							https://www.youtube.com/embed/V8PtyUyN-14?start=1994&end=2008&autoplay=1		
148.	100	Clare Sims	F	55th	F45	11th	London City Runners	1:06:13	1:05:20
							https://www.youtube.com/embed/V8PtyUyN-14?start=1994&end=2008&autoplay=1		
149.	276	Chloe Brown	F	56th	FSen	16th	Ledbury & District Harriers	1:06:15	1:05:22
							https://www.youtube.com/embed/V8PtyUyN-14?start=1996&end=2010&autoplay=1		
150.	142	Carl Jones	M	94th	MSen	44th		1:06:43	1:05:58
							https://www.youtube.com/embed/V8PtyUyN-14?start=2024&end=2038&autoplay=1		
151.	256	Sue Purvin	F	57th	F55	5th		1:07:33	1:06:43
							https://www.youtube.com/embed/V8PtyUyN-14?start=2074&end=2088&autoplay=1		
152.	261	Paul Ward	M	95th	M60	7th		1:09:35	1:08:52
							https://www.youtube.com/embed/V8PtyUyN-14?start=2196&end=2210&autoplay=1		
153.	126	Brent Lowson	M	96th	M60	8th	Wye Valley Runners	1:12:22	1:11:26
							https://www.youtube.com/embed/V8PtyUyN-14?start=2363&end=2377&autoplay=1		
154.	203	Alan Mayo-Evans	M	97th	MSen	45th		1:12:45	1:11:59
							https://www.youtube.com/embed/V8PtyUyN-14?start=2386&end=2400&autoplay=1		
155.	204	Emma Mayo-Evans	F	58th	F35	11th		1:12:45	1:11:59
							https://www.youtube.com/embed/V8PtyUyN-14?start=2387&end=2401&autoplay=1		
156.	105	Chris Ruck	M	98th	M50	9th	Hereford Couriers	1:13:22	1:12:25
							https://www.youtube.com/embed/V8PtyUyN-14?start=2423&end=2437&autoplay=1		
157.	138	Hayley Lovatt	F	59th	F40	9th		1:15:27	1:14:35
							https://www.youtube.com/embed/V8PtyUyN-14?start=2548&end=2562&autoplay=1		
158.	212	Anna Preece-Williams	F	60th	F40	10th		1:16:06	1:15:13
							https://www.youtube.com/embed/V8PtyUyN-14?start=2587&end=2601&autoplay=1		
159.	216	Rachel Dudman	F	61st	F45	12th	Lonely Goat RC	1:17:55	1:16:58
							https://www.youtube.com/embed/V8PtyUyN-14?start=2697&end=2711&autoplay=1		
160.	176	Stephen Reeves	M	99th	M65	3rd		1:18:36	1:17:37
							https://www.youtube.com/embed/V8PtyUyN-14?start=2737&end=2751&autoplay=1		
161.	13	John Noonan	M	100th	M60	9th		1:20:02	1:19:03
							https://www.youtube.com/embed/V8PtyUyN-14?start=2823&end=2837&autoplay=1		
162.	255	Scott Collison	M	101st	M45	11th	Black Pear Joggers	1:24:30	1:24:30
							https://www.youtube.com/embed/V8PtyUyN-14?start=3091&end=3105&autoplay=1		
163.	275	Dan Geisler	M	102nd	MSen	46th		1:24:31	1:24:31
							https://www.youtube.com/embed/V8PtyUyN-14?start=3092&end=3106&autoplay=1		
164.	16	Paul Davies	M	103rd	M60	10th	Hereford Couriers	1:24:31	1:24:31
							https://www.youtube.com/embed/V8PtyUyN-14?start=3092&end=3106&autoplay=1		
165.	252	Unknown Runner	M	104th	M50	10th		1:24:31	1:24:31
							https://www.youtube.com/embed/V8PtyUyN-14?start=3092&end=3106&autoplay=1		
166.	274	Sophie Booth	F	62nd	FSen	17th	Black Pear Joggers	1:24:33	1:24:33
							https://www.youtube.com/embed/V8PtyUyN-14?start=3094&end=3108&autoplay=1		
167.	266	Carrie Orgee	F	63rd	F45	13th		1:24:33	1:24:33
							https://www.youtube.com/embed/V8PtyUyN-14?start=3094&end=3108&autoplay=1		

Number of records: 167