

Time

Position	Number	M/F	Name	Cat	Club	Time
1	221	M	Warren Miles	MV40	Worcester AC	01:12:58
2	252	M	Tim Iveson	MS	Builth and District	01:14:30
3	238	M	Jonathan Barnes	MS	Hereford and County AC	01:16:58
4	228	M	Carl Gilmour	MV40	Hay Hotfooters	01:17:34
5	220	M	David Ameghino	MS	Croft Ambrey	01:19:58
6	230	M	Matt Biggs	MS	None	01:21:35
7	215	M	Rhodri Evans	MS	Pontypridd Roadents	01:21:57
8	251	M	Paul Taylor	MV40	Hay Hotfooters	01:23:07
9	249	M	David Lowthian	MV40	Severn AC	01:23:11
10	244	F	Kim Drinkwater	FS	Gloucester Athletics Club	01:23:21
11	248	M	John Parry	MV50	Builth and District	01:23:27
12	212	M	Lee Masters	MS	Hogweed Trotters	01:24:23
13	226	M	Neil Lewis	MV40	Hereford Couriers	01:24:44
14	245	M	Paul Drinkwater	MV50	None	01:25:31
15	227	M	Steve herrington	MV60	Hereford Couriers	01:26:27
16	240	F	Alison Cooke	FV45	Hereford Couriers	01:27:39
17	225	M	Paddy Nugent	MV40	WVR	01:28:01
18	236	M	Malcolm Edwards	MS	WVR	01:28:21
19	241	M	Ashley Cooke	MV50	Croft Ambrey	01:28:48
20	216	M	Alex Ochom	MS	None	01:29:15
21	243	M	Steve Harrhy	MV40	Liswerry	01:29:17
22	207	M	Matt Stezaker	M40	WVR	01:29:31
23	204	M	Mike Jones	MV40	None	01:30:23
24	235	M	Ian Davies	MV50	Builth and District	01:31:32
25	205	F	Lily Dyu	F35	Hay Hotfooters	01:31:33
26	210	M	Jason Smith	MS	WVR	01:32:24
27	239	M	Kevin Barnes	MV40	Hereford Couriers	01:33:43
28	247	M	Harry Franklin	MV60	WVR	01:34:53
29	202	M	Chris Mason	MV40	WVR	01:35:01
30	257	M	Stephen Oliver	MV40	Shrewsbury AC	01:36:04
31	201	F	Imme Davies	F35	WVR	01:36:09
32	237	F	AnneMarie Evans	FV35	Parc Bryn Bach	01:36:12
33	234	M	Gareth Jones	MV40	Sarn Helen	01:41:35
34	231	F	Alex O'Brien	FS	None	01:43:22
35	254	M	Richard Fleming	MS	None	01:44:02
36	222	F	Jennie Conti	FV55	Builth and District	01:44:28
37	246	F	Tracy Edwards	FV35	Rhondda Valley Runners	01:44:31
38	232	M	James Horton	MS	None	01:45:12
39	203	M	Martin Carter	MV40	None	01:46:41
40	218	F	Ruth Newman	FV35	Vegan Runners	01:47:00
41	256	F	Katie Price	FS	None	01:47:20
42	233	F	Jan Jones	FV35	Sarn Helen	01:48:42
43	214	F	Annette Davies	F35	Builth and District	01:49:28
44	223	F	Emma Conti	FV35	Builth and District	01:49:28
45	217	M	Mark Nichols	MV50	None	01:50:10
46	253	M	James Llewellyn	MS	None	01:51:25
47	250	F	Michelle Louise Woods	FS	Builth and District	01:52:03
48	206	M	Dr Peter Horvath-Howard	M40	Hay Hotfooters	01:56:52
49	219	M	Julian Greenway	MV40	None	01:56:22
50	255	F	Justine Turner	FS	Builth and District	01:59:26
51	258	M	Hadyn Davies	MV60	None	01:59:27
52	242	F	Joanne Williams	FV35	Builth and District	01:59:31
53	229	M	Tim Jones	MV40	None	02:00:26
	200	M	Tim Noller	M40	None	
	208	M	kevin Kilmartin	MS	Black Pear Joggers	
	209	M	Phil Taylor	MS	WVR	
	211	F	Alison Beak	FV35	None	
	213	F	Dawn Kenwright	F45	Sarn Helen	
	224	M	David Williams	MV40	None	