

# Croft Castle Winter XC - COMBINED Results By % WR

Weather: Fine, dry, perfect autumn day

Date: 14 November 2021

Total Runners: 231

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Woods , Robin	00:31:34	VM 40-44	44	M	3	92.98%	Builth & District R.	00:00			1
2	Fisher, Andy	00:33:41	VM 50-54	50	M	18	91.49%	Hereford Triathlon	00:00			1
3	Shingler, Jamie	00:33:20	VM 45-49	47	M	16	90.45%	Ludlow Runners	00:00			1
4	Gray, Luke	00:32:41	VM 35-39	36	M	11	88.12%	Monross Trailblaze	00:00			1
5	Jones, Christian	00:35:00	VM 50-54	50	M	23	88.05%	Wye Valley Runner	00:00			1
6	Morris, Donna	00:35:29	VW 35-39	38	F	1	87.93%	Builth & District R.	00:00			1
7	Robinson, Ashley	00:43:42	VM 70-74	71	M	84	87.76%	Croft Ambrey R.C.	00:00			1
8	James, Matt	00:32:55	VM 35-39	36	M	12	87.49%	Hereford Couriers	00:00			1
9	Edwards, Jan	00:47:39	VW 65-69	65	F	35	87.48%	Wye Valley Runner	00:00			1
10	Iveson, Tim	00:31:59	VM 35-39	39	M	6	86.35%	Builth & District R.	00:00			1
11	Logan, Alex	00:33:16	VM 40-44	42	M	15	85.92%	Ludlow Runners	00:00			1
12	Grubb, Chris	00:32:25	VM 40-44	40	M	9	85.81%	Ledbury & District	00:00			1
13	Tyler, Andrew	00:35:41	VM 45-49	49	M	28	85.75%	Hereford Couriers	00:00			1
14	Perratt, Oliver	00:30:40	SM	30	M	1	85.38%	Ludlow Runners	00:00			1
15	Shaw, Lorna	00:45:22	VW 60-64	61	F	21	85.34%	Wye Valley Runner	00:00			1
16	Herington, Steve	00:45:53	VM 70-74	73	M	105	84.74%	Hereford Couriers	00:00			1
17	Rees, Joanne	00:39:37	VW 45-49	47	F	4	84.73%	Builth & District R.	00:00			1
18	Price, Lee	00:35:23	VM 45-49	46	M	25	84.64%	Builth & District R.	00:00			1
19	Rees, Stafford	00:36:43	VM 50-54	51	M	30	84.48%	Builth & District R.	00:00			1
20	Yapp, Matthew	00:31:03	SM	23	M	2	84.33%	Croft Ambrey R.C.	00:00			1
21	Taylor, Adrian	00:37:04	VM 50-54	52	M	32	84.22%	Presteigne Pacers	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
22	Fulford, Amy Rose	00:39:54	VW 45-49	47	F	5	84.13%	Ludlow Runners	00:00			1
23	Price, Ian	00:46:55	VM 70-74	73	M	113	82.88%	Croft Ambrey R.C.	00:00			1
24	Whitmarsh, Guy	00:49:19	VM 75-79	77	M	122	82.56%	Croft Ambrey R.C.	00:00			1
25	Butler, Sam	00:31:43	SM	27	M	4	82.55%	Presteigne Pacers	00:00			1
26	Yapp, Aidan	00:32:28	JM U20	18	M	10	82.44%	Croft Ambrey R.C.	00:00			1
27	Apperley, Eric	00:31:46	SM	26	M	5	82.42%	Croft Ambrey R.C.	00:00			1
28	Shaw, Mike	00:46:28	VM 70-74	70	M	109	81.92%	Hereford Triathlon	00:00			1
29	Gunner, Gary	00:48:15	VM 75-79	75	M	117	81.69%	Croft Ambrey R.C.	00:00			1
30	Lamonby, Mark	00:32:11	SM	32	M	7	81.36%	Croft Ambrey R.C.	00:00			1
31	Skinner, Ben	00:35:24	VM 35-39	36	M	26	81.36%	Hereford Couriers	00:00			1
32	Rogers, James	00:33:01	VM 35-39	35	M	14	81.32%	Hereford Couriers	00:00			1
33	Leek, Gareth	00:32:14	SM	31	M	8	81.23%	Croft Ambrey R.C.	00:00			1
34	Carter, Martin	00:39:48	VM 55-59	56	M	52	80.95%	Hereford Couriers	00:00			1
35	Champken, Tony	00:42:58	VM 65-69	65	M	77	80.76%	Wye Valley Runner	00:00			1
36	Gunner, Flora	00:46:40	VW 55-59	58	F	28	80.32%	Croft Ambrey R.C.	00:00			1
37	Cartwright, Tina	00:51:10	VW 60-64	64	F	54	80.00%	Ludlow Runners	00:00			1
38	Walker, Graeme	00:41:16	VM 55-59	58	M	63	79.81%	Hereford Couriers	00:00			1
39	Matthews, Emma	00:38:54	VW 35-39	36	F	3	79.65%	Builth & District R.	00:00			1
40	Richards, Richie	00:41:26	VM 55-59	58	M	66	79.49%	Hereford Couriers	00:00			1
41	Rudd, Luke	00:32:57	SM	24	M	13	79.46%	Hereford Couriers	00:00			1
42	Bevan, Richard	00:38:10	VM 45-49	47	M	37	79.00%	Monross Trailblaze	00:00			1
43	Law, Chris	00:40:51	VM 55-59	56	M	60	78.87%	Ledbury & District	00:00			1
44	Ware, Andy	00:40:15	VM 50-54	54	M	55	78.63%	Hereford Triathlon	00:00			1
45	Eddy, Joanna	00:41:06	VW 40-44	44	F	8	78.63%	Hereford Couriers	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
46	Crawshaw, Andy	00:41:37	VM 55-59	57	M	68	78.25%	Ledbury & District	00:00			1
47	Ansfield, Matt	00:38:51	VM 45-49	48	M	45	78.21%	Hereford Triathlon	00:00			1
48	George, Richard	00:40:45	VM 55-59	55	M	59	78.20%	Hereford Couriers	00:00			1
49	Nugent, Paddy	00:43:03	VM 60-64	60	M	78	78.16%	Wye Valley Runner	00:00			1
50	Dunn, Mark	00:41:40	VM 55-59	57	M	69	78.16%	Wye Valley Runner	00:00			1
51	Tootell, Laura	00:41:41	VW 45-49	45	F	11	78.13%	Wye Valley Runner	00:00			1
52	Goodridge, Steve	00:42:39	VM 55-59	59	M	74	78.08%	Hay Hotfooters	00:00			1
53	Childs, Nikki	00:48:24	VW 55-59	59	F	41	77.93%	Wye Valley Runner	00:00			1
54	Mason, Luke	00:33:36	SM	34	M	17	77.93%	Hereford Couriers	00:00			1
55	Flowers, Steven	00:35:13	VM 35-39	38	M	24	77.85%	Wye Valley Runner	00:00			1
56	Thompson, Barry	00:38:45	VM 45-49	47	M	44	77.81%	Ledbury & District	00:00			1
57	Turner, Wyndham	00:33:47	SM	33	M	19	77.50%	Builth & District R.	00:00			1
58	Symonds, Brian	00:54:14	VM 75-79	79	M	133	77.47%	Wye Valley Runner	00:00			1
59	Connell, Rob	00:43:48	VM 60-64	61	M	85	77.32%	Hereford Couriers	00:00			1
60	Marriott, Jo	00:46:43	VW 50-54	53	F	29	77.31%	Croft Ambrey R.C.	00:00			1
61	Knight, Ryan	00:33:59	SM	27	M	20	77.05%	Hereford Couriers	00:00			1
62	Austin, Stuart	00:41:50	VM 55-59	56	M	70	77.01%	Croft Ambrey R.C.	00:00			1
63	Garland, Susannah	00:54:09	VW 65-69	65	F	67	76.98%	Hay Hotfooters	00:00			1
64	Williams, David	00:43:17	VM 55-59	59	M	81	76.93%	Hereford Couriers	00:00			1
65	Lawrence, Mark	00:42:49	VM 55-59	58	M	76	76.92%	Hereford Couriers	00:00			1
66	Bowen, Kelly	00:40:19	VW 35-39	36	F	6	76.85%	Croft Ambrey R.C.	00:00			1
67	Godding, Alice	00:38:11	SW	25	F	2	76.69%	Croft Ambrey R.C.	00:00			1
68	Davey, Jonathan	00:42:32	VM 55-59	57	M	73	76.57%	Hereford Couriers	00:00			1
69	Richardson, Clive	00:45:28	VM 65-69	65	M	99	76.32%	Ludlow Runners	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
70	Ansfield, Rebecca	00:43:20	VW 45-49	46	F	15	76.31%	Wye Valley Runner	00:00			1
71	Bissell, Sue	00:49:50	VW 60-64	60	F	49	76.19%	Hereford Triathlon	00:00			1
72	Collins, Sharon	00:48:59	VW 55-59	57	F	44	76.05%	Hay Hotfooters	00:00			1
73	Taylor, Andy	00:40:18	VM 45-49	49	M	56	75.93%	Hereford Triathlon	00:00			1
74	Jones, Gavin	00:34:31	SM	29	M	21	75.86%	Monross Trailblaze	00:00			1
75	Lawson, Conrad	00:39:30	VM 45-49	46	M	51	75.82%	Hereford Triathlon	00:00			1
76	Taylor, Neil	00:45:35	VM 60-64	64	M	101	75.65%	Croft Ambrey R.C.	00:00			1
77	Millichap, David	00:41:21	VM 50-54	52	M	64	75.49%	Croft Ambrey R.C.	00:00			1
78	Morgan, James	00:36:53	VM 40-44	40	M	31	75.42%	Hereford Triathlon	00:00			1
79	Reynolds, Louise	00:47:58	VW 50-54	53	F	37	75.30%	Croft Ambrey R.C.	00:00			1
80	Vidler, James	00:44:47	VM 60-64	60	M	91	75.14%	Wye Valley Runner	00:00			1
81	Cameron, Ross	00:34:52	SM	22	M	22	75.10%	Hereford Couriers	00:00			1
82	Stephens, Andrew	00:40:11	VM 45-49	47	M	54	75.03%	Monross Trailblaze	00:00			1
83	Austin, Liza	00:49:43	VW 55-59	57	F	48	74.92%	Croft Ambrey R.C.	00:00			1
84	Womack, Grant	00:37:08	VM 40-44	40	M	33	74.91%	Croft Ambrey R.C.	00:00			1
85	Emerson, Nicola	00:43:32	VW 45-49	45	F	16	74.81%	Hereford Triathlon	00:00			1
86	Farrow, Jenny	00:43:38	VW 45-49	45	F	17	74.64%	Builth & District R.	00:00			1
87	Lancaster, Colin	00:45:06	VM 60-64	60	M	96	74.61%	Ludlow Runners	00:00			1
88	Dempsey, Mark	00:49:15	VM 65-69	68	M	121	74.52%	Wye Valley Runner	00:00			1
89	Turner, Thomas	00:38:44	VM 35-39	36	M	43	74.35%	Builth & District R.	00:00			1
90	Edwards, Richard	00:37:15	VM 35-39	39	M	34	74.14%	Builth & District R.	00:00			1
91	Broadhurst, Charlotte	00:42:06	JW U20	17	F	13	74.07%	Croft Ambrey R.C.	00:00			1
92	Boog-Scott, Tom	00:52:11	VM 70-74	72	M	129	74.00%	Ludlow Runners	00:00			1
93	Plant, Christina	00:42:06	VW 35-39	37	F	14	73.83%	Hereford Couriers	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
94	Jones, Dean	00:35:34	SM	34	M	27	73.62%	Hereford Triathlon	00:00			1
95	McDermott, Paul	00:44:30	VM 55-59	57	M	89	73.18%	Hay Hotfooters	00:00			1
96	Main, Steph	00:47:16	VW 45-49	49	F	33	73.13%	Croft Ambrey R.C.	00:00			1
97	Dunster, Kevin	00:45:34	VM 55-59	59	M	100	73.08%	Hay Hotfooters	00:00			1
98	Lawrence, Ryan	00:35:54	SM	30	M	29	72.93%	Hereford Couriers	00:00			1
99	Davies-Ward, Liz	00:51:27	VW 55-59	58	F	55	72.85%	Hereford Triathlon	00:00			1
100	Marsh, Sybil	01:07:16	VW 70-74	74	F	87	72.70%	Ludlow Runners	00:00			1
101	Morgan, Brian	00:43:16	VM 50-54	53	M	80	72.65%	Hay Hotfooters	00:00			1
102	Preece, Roland	00:43:52	VM 55-59	55	M	86	72.64%	Croft Ambrey R.C.	00:00			1
103	Griffiths, Eleanor	00:40:21	SW	32	F	7	72.57%	Hay Hotfooters	00:00			1
104	Giles, Tim	00:42:13	VM 45-49	49	M	71	72.48%	Ludlow Runners	00:00			1
105	Phillips, Daniel	00:38:25	VM 40-44	40	M	40	72.41%	Hereford Couriers	00:00			1
106	Richards, Sue	00:57:38	VW 65-69	65	F	74	72.33%	Hay Hotfooters	00:00			1
107	King, Stephanie	00:51:31	VW 55-59	57	F	56	72.31%	Croft Ambrey R.C.	00:00			1
108	Lovejoy, Don	00:51:49	VM 65-69	69	M	126	72.15%	Ludlow Runners	00:00			1
109	Smart, Chris	00:44:43	VM 55-59	56	M	90	72.05%	Hereford Couriers	00:00			1
110	Wilding, Sahrah	00:50:47	VW 50-54	54	F	53	71.78%	Presteigne Pacers	00:00			1
111	Stewardson, Emma	00:44:49	VW 40-44	43	F	19	71.63%	Ludlow Runners	00:00			1
112	Mesham, Steve	00:43:08	VM 50-54	50	M	79	71.45%	Presteigne Pacers	00:00			1
113	Lelievre, Laura	00:41:07	SW	32	F	9	71.22%	Monross Trailblaze	00:00			1
114	Bassi, Tanya	00:45:23	VW 40-44	44	F	22	71.21%	Hereford Triathlon	00:00			1
115	Collins, Mick	00:45:21	VM 55-59	56	M	98	71.04%	Hay Hotfooters	00:00			1
116	Walton, James	00:40:56	VM 40-44	43	M	61	70.77%	Hay Hotfooters	00:00			1
117	Platt, Kate	00:46:44	VW 45-49	46	F	30	70.76%	Hay Hotfooters	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
118	Radon, Mark	00:39:22	VM 40-44	40	M	50	70.66%	Presteigne Pacers	00:00			1
119	Gilbert, Eilish	00:41:27	SW	25	F	10	70.65%	Ludlow Runners	00:00			1
120	Price, Ange	00:50:21	VW 50-54	51	F	52	70.37%	Hay Hotfooters	00:00			1
121	Lavelle, Tina	00:58:12	VW 60-64	64	F	76	70.33%	Hay Hotfooters	00:00			1
122	Smithers, Ellie	00:41:47	SW	25	F	12	70.08%	Hereford Couriers	00:00			1
123	Robinson, Jasper	00:37:22	SM	20	M	35	70.07%	Croft Ambrey R.C.	00:00			1
124	Harris, Dai	00:39:01	VM 35-39	37	M	47	69.76%	Builth & District R.	00:00			1
125	Bullass, Richard	00:37:38	SM	27	M	36	69.57%	Builth & District R.	00:00			1
126	Hookins, Mark	00:45:38	VM 50-54	54	M	102	69.36%	Hereford Couriers	00:00			1
127	Jaspers, John	00:44:53	VM 50-54	51	M	93	69.11%	Hereford Couriers	00:00			1
128	Ruck, Lisa	00:48:36	VW 45-49	47	F	42	69.07%	Hereford Couriers	00:00			1
129	Barrett, Dave	00:45:52	VM 50-54	54	M	104	69.00%	Croft Ambrey R.C.	00:00			1
130	Williams, Kit	00:38:57	VM 35-39	35	M	46	68.93%	Hereford Couriers	00:00			1
131	Bouston, Paul	00:45:39	VM 50-54	53	M	103	68.86%	Hereford Triathlon	00:00			1
132	Webb, Claire	00:49:35	VW 45-49	48	F	47	68.71%	Ludlow Runners	00:00			1
133	Prynne, Christian	00:45:00	VM 50-54	50	M	94	68.48%	Builth & District R.	00:00			1
134	Tilby, Joanne	00:45:59	VW 40-44	40	F	25	68.36%	Croft Ambrey R.C.	00:00			1
135	Mehigan, Simon	00:43:30	VM 45-49	45	M	83	68.35%	Hereford Couriers	00:00			1
136	Woodhouse, Harry	00:38:19	SM	20	M	38	68.33%	Hereford Couriers	00:00			1
137	Pickett, Kimberley	00:45:12	VW 35-39	35	F	20	68.33%	Hereford Couriers	00:00			1
138	Ellis, Jo	00:47:01	VW 40-44	43	F	32	68.27%	Wye Valley Runner	00:00			1
139	Wathen, Andrew	00:42:26	VM 40-44	43	M	72	68.26%	Hereford Triathlon	00:00			1
140	Stanley, Joanne	00:56:44	VW 60-64	61	F	73	68.24%	Ludlow Runners	00:00			1
141	Ware, George	00:38:24	SM	24	M	39	68.19%	Hereford Couriers	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
142	Merrick, Kieran	00:38:34	SM	26	M	41	67.89%	Hereford Couriers	00:00			1
143	Barnes, Kevin	00:48:32	VM 55-59	58	M	119	67.86%	Hereford Couriers	00:00			1
144	Rose, Kelly	00:48:02	VW 45-49	45	F	38	67.80%	Hereford Triathlon	00:00			1
145	Farndon, Tim	00:43:18	VM 40-44	44	M	82	67.78%	Hereford Triathlon	00:00			1
146	Nugent, Peter	00:38:40	SM	29	M	42	67.72%	Wye Valley Runner	00:00			1
147	Morris, Kate	00:46:31	VW 40-44	40	F	27	67.57%	Hereford Couriers	00:00			1
148	Allan, Adrian	00:47:15	VM 55-59	55	M	114	67.44%	Croft Ambrey R.C.	00:00			1
149	Benwell, Alison	00:55:43	VW 55-59	58	F	70	67.27%	Ludlow Runners	00:00			1
150	Price, Gareth	00:41:05	VM 35-39	39	M	62	67.22%	Builth & District R.	00:00			1
151	Bilbao, John	00:52:42	VM 65-69	66	M	130	67.11%	Hereford Triathlon	00:00			1
152	Spear, Daniel	00:39:03	SM	34	M	48	67.05%	Hereford Couriers	00:00			1
153	Smithers, Abbie	00:43:45	SW	24	F	18	66.93%	Hereford Couriers	00:00			1
154	Gray, Lisa	00:52:30	VW 50-54	50	F	61	66.83%	Croft Ambrey R.C.	00:00			1
155	Kitching, Olly	00:39:15	SM	23	M	49	66.71%	Hereford Couriers	00:00			1
156	Brown, Alexander	00:47:48	VM 50-54	54	M	115	66.21%	Builth & District R.	00:00			1
157	Lowson, Brent	00:51:15	VM 60-64	61	M	125	66.08%	Wye Valley Runner	00:00			1
158	Partridge, Steve	00:42:42	VM 40-44	41	M	75	66.04%	Croft Ambrey R.C.	00:00			1
159	Green, David	00:48:00	VM 50-54	54	M	116	65.94%	Hereford Couriers	00:00			1
160	Parker, Paul	00:46:30	VM 45-49	49	M	110	65.81%	Ludlow Runners	00:00			1
161	Dean, Bryony	00:50:17	VW 45-49	46	F	51	65.76%	Hereford Couriers	00:00			1
162	Champken, Sian	00:53:58	VW 50-54	51	F	64	65.66%	Wye Valley Runner	00:00			1
163	Gray, Adam	00:40:01	SM	26	M	53	65.43%	Monross Trailblaze	00:00			1
164	Stokes, Giles	00:46:05	VM 45-49	47	M	107	65.42%	Hereford Triathlon	00:00			1
165	Demkova, Lucia	00:48:03	VW 40-44	40	F	39	65.42%	Monross Trailblaze	00:00			1



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166	Lloyd, Bryan	00:52:02	VM 60-64	61	M	128	65.09%	Presteigne Pacers	00:00			1
167	Juson, Sam	00:40:19	SM	23	M	57	64.94%	Croft Ambrey R.C.	00:00			1
168	Summers, Peter	00:41:22	VM 35-39	35	M	65	64.91%	Hay Hotfooters	00:00			1
169	Smart, Aaron	00:40:39	SM	24	M	58	64.41%	Hereford Couriers	00:00			1
170	Cartwright, Peter	00:53:54	VM 65-69	65	M	132	64.38%	Ludlow Runners	00:00			1
171	Perratt, Laura	00:45:36	SW	30	F	23	64.22%	Ludlow Runners	00:00			1
172	Stanley, Tony	00:53:27	VM 60-64	63	M	131	64.14%	Ludlow Runners	00:00			1
173	Yapp, Anna	00:45:40	SW	21	F	24	64.12%	Croft Ambrey R.C.	00:00			1
174	Mason, Christian	00:45:10	VM 35-39	36	M	97	63.76%	Hereford Triathlon	00:00			1
175	Roper, Sara	00:53:34	VW 45-49	48	F	63	63.60%	Wye Valley Runner	00:00			1
176	Nash, Phoebe	00:48:45	VW 35-39	35	F	43	63.35%	Ludlow Runners	00:00			1
177	Cleary, Chris	00:41:28	SM	33	M	67	63.14%	Hereford Couriers	00:00			1
178	Ward, Vanessa	00:46:26	SW	34	F	26	63.07%	Monross Trailblaze	00:00			1
179	Jarvis, Lee	00:45:57	VM 40-44	43	M	106	63.04%	Builth & District R.	00:00			1
180	Pascoe, Owain	00:46:36	VM 40-44	44	M	111	62.98%	Wye Valley Runner	00:00			1
181	Preece, Thea	00:46:47	SW	24	F	31	62.59%	Croft Ambrey R.C.	00:00			1
182	Booker, Wendy	00:59:35	VW 55-59	57	F	80	62.52%	Ludlow Runners	00:00			1
183	Markham, Bryan	01:11:05	VM 80-84	81	M	141	62.42%	Croft Ambrey R.C.	00:00			1
184	Thompson, Karen	00:59:40	VW 55-59	56	F	81	62.04%	Ludlow Runners	00:00			1
185	Foster, Ian	00:49:44	VM 50-54	50	M	123	61.96%	Hereford Triathlon	00:00			1
186	Moses, Olivia	00:47:19	SW	23	F	34	61.89%	Croft Ambrey R.C.	00:00			1
187	Hinton, James	00:48:29	VM 45-49	46	M	118	61.77%	Ludlow Runners	00:00			1
188	Collier, Craig	00:44:15	VM 35-39	37	M	88	61.51%	Ludlow Runners	00:00			1
189	Hollis, Mark	00:49:01	VM 45-49	47	M	120	61.51%	Ludlow Runners	00:00			1



Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
190	Davies, Tom	01:03:15	VM 70-74	73	M	138	61.48%	Croft Ambrey R.C.	00:00			1
191	Davies, Emily	00:51:31	VW 40-44	41	F	57	61.44%	Wye Valley Runner	00:00			1
192	Parker, Michele	00:58:49	VW 50-54	53	F	77	61.41%	Ludlow Runners	00:00			1
193	Clarke, Emma	00:47:45	SW	24	F	36	61.33%	Ludlow Runners	00:00			1
194	Whittall, Sophie	00:51:37	VW 40-44	41	F	58	61.32%	Hereford Triathlon	00:00			1
195	Hutchinson, Iain	00:44:48	VM 35-39	38	M	92	61.20%	Hereford Triathlon	00:00			1
196	Jenkins, Kirsty	00:48:07	SW	33	F	40	60.86%	Hereford Couriers	00:00			1
197	Williams, Huw	00:55:44	VM 60-64	61	M	134	60.77%	Croft Ambrey R.C.	00:00			1
198	Yapp, Sally	00:52:27	VW 40-44	42	F	60	60.76%	Croft Ambrey R.C.	00:00			1
199	Coggins, Sarah	01:05:08	VW 60-64	62	F	86	60.59%	Ledbury & District	00:00			1
200	Gibbons, Darren	00:45:01	VM 35-39	37	M	95	60.46%	Hereford Triathlon	00:00			1
201	Reeves, Louise	00:53:28	VW 40-44	44	F	62	60.44%	Croft Ambrey R.C.	00:00			1
202	Gilbert, Paul	00:50:04	VM 45-49	47	M	124	60.22%	Hereford Couriers	00:00			1
203	McDermott, Ruth	01:02:24	VW 55-59	57	F	84	59.70%	Hay Hotfooters	00:00			1
204	Baillie, Helen	00:59:59	VW 50-54	52	F	82	59.66%	Ludlow Runners	00:00			1
205	Young, Nicholas	00:59:30	VM 65-69	66	M	137	59.44%	Ludlow Runners	00:00			1
206	White, Grant	00:44:05	SM	33	M	87	59.40%	Monross Trailblaze	00:00			1
207	Preece, Bronwen	00:49:19	SW	26	F	45	59.38%	Croft Ambrey R.C.	00:00			1
208	Murphy, Emma	00:54:04	VW 40-44	43	F	65	59.37%	Hereford Triathlon	00:00			1
209	Langford, Kimberley	00:49:31	SW	29	F	46	59.14%	Hereford Couriers	00:00			1
210	Price, Robert	00:51:53	VM 45-49	49	M	127	58.98%	Builth & District R.	00:00			1
211	Harris, Phillip	00:46:51	VM 35-39	39	M	112	58.95%	Builth & District R.	00:00			1
212	Wilding, Lucy	00:50:10	SW	28	F	50	58.37%	Croft Ambrey R.C.	00:00			1
213	Powell, Thomas	00:46:13	VM 35-39	35	M	108	58.10%	Ludlow Runners	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
214	Bridge, Tracy	01:00:22	VW 45-49	49	F	83	57.26%	Ludlow Runners	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
215	Bryan, Christine	00:55:19	VW 40-44	41	F	69	57.22%	Hereford Triathlon	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
216	Haywood, Mike	00:58:33	VM 55-59	59	M	136	56.87%	Croft Ambrey R.C.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
217	Moody, Pamela	00:52:10	SW	31	F	59	56.13%	Hereford Couriers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
218	Davies, Gemma	00:56:15	VW 40-44	40	F	72	55.88%	Croft Ambrey R.C.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
219	Colebatch, Hayley	00:55:47	VW 35-39	37	F	71	55.72%	Croft Ambrey R.C.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
220	Wain-hobson, Tim	01:06:06	VM 65-69	68	M	140	55.52%	Croft Ambrey R.C.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
221	Lovatt, Hayley	00:58:08	VW 40-44	43	F	75	55.22%	Hereford Couriers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
222	Watts, Izzy	00:59:07	VW 40-44	43	F	78	54.30%	Builth & District R.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
223	Gould, Emily	00:54:06	SW	28	F	66	54.13%	Ludlow Runners	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
224	Loh, Helene	00:54:29	SW	28	F	68	53.75%	Croft Ambrey R.C.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
225	Cameron-Swann, Oliver	00:57:25	VM 45-49	47	M	135	52.51%	Croft Ambrey R.C.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
226	Noonan, John	01:05:36	VM 60-64	63	M	139	52.26%	Hereford Couriers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
227	Price, Shannon	00:59:08	SW	27	F	79	49.52%	Builth & District R.	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
228	Stocker, Carrol	01:28:25	VW 65-69	67	F	90	48.39%	Presteigne Pacers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
229	Jenkins, Laura	01:03:44	SW	30	F	85	45.95%	Hereford Couriers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
230	Siddall, Suzy	01:12:19	VW 35-39	38	F	89	43.14%	Hereford Couriers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1
231	Fishpool, Liz	01:12:17	SW	29	F	88	40.51%	Hereford Couriers	00:00	<input type="checkbox"/>	<input type="checkbox"/>	1