

Table 1

Position	Name	Time	Age Category	Bib No	Club
1	Stefan Sternkopf	42.41	MV50	82	Worcester AC
2	Paul Saville	45.08	MV50	68	Lonely Goat RC
3	David Prosser-Painting	45.43	MV45	29	N/A
4	Ellie Merriman**	46.07	U18	75	Hay Hotfooters
5	Jodie Newell**	46.15	FS	22	N/A
6	Tom Thorneycroft	46.22	MV40	70	Hay Hotfooters
7	Ryan Parker	48.01	MS	35	N/A
8	Brian Morgan	48.11	MV50	47	Hay Hotfooters
9	Christopher Sandy	48.34	MS	65	N/A
10	Bill Jope	49.13	MV50	79	Hay Hotfooters
11	Joanne Eddy**	49.18	FV40	77	N/A
12	Christian Prynne	50.06	MV45	67	Builth & District RC
13	Ruth Pickvance **	50.29	FV55	63	Mynydd Ddu
14	Eddie Short	50.29	MS	73	N/A
15	Julie Cashell**	50.32	FV40	62	Mynydd Ddu
16	Ben Breese	51.24	MS	87	N/A
17	Ian Morgan	51.33	MS	3	Forest of Dean AC
18	Sharon Lindsay**	51.38	FV50	54	Hay Hotfooters
19	Amy Smith**	51.39	FV35	41	Hereford Couriers
20	Eric Apperley	51.49	MV30	23	N/A
21	Peter Cardwardine	51.59	MV60	42	N/A
22	Jane Hayde**	52.35	FV35	59	Wye Valley Runners
23	Andrew Merriman	52.49	MV40	74	Hay Hotfooters
24	Piotr Strensek	52.55	MV60	63	Presteigne Pacers
25	Kathryn Peal**	53.05	FV35	60	Les Croupiers
26	Steve Roode	53.48	MV50	80	Over The Hill Runners
27	Nikki Childs**	53.48	FV55	19	N/A
28	Mark Watkins	53.56	MV50	69	Lonely Goat RC
29	Richard Smedley Stevenson	54.27	MV50	51	Shinfield RC
30	Adrian Jones	54.29	MV65	81	N/A
31	Ashley Davies	54.32	MS	76	Wye Valley Runners
32	Guy Sloane	54.32	MS	31	N/A
33	Sarah Bailey**	54.40	FV35	30	N/A
34	Alasdair Jones	54.50	MV50	49	N/A

Position	Name	Time	Age Category	Bib No	Club
35	Simon Woods	55.04	MS	85	N/A
36	Roland Preece	55.25	MV50	14	Croft Ambrey RC
37	Wesley Davies	55.39	MS	66	Wye Valley Runners
38	Jonathan Sanderson	55.45	MV45	37	N/A
39	C Kimberley**	56.47	FV45	86	N/A
40	Sharon Edelstyn**	56.50	FV45	57	N/A
41	Victoria Woodhall**	56.52	FV40	34	Hereford Couriers
42	Rob Rees	57.31	MV55	48	N/A
43	Nigel Owen	58.12	MV60	51	Hay Hotfooters
44	Felicity Gill**	58.12	FV35	45	Hay Hotfooters
45	Elwina Skolinsowskia**	58.27	FV35	83	Black Pear Joggers
46	Sharon Wood**	59.02	FV55	64	Mynydd Ddu
47	Claire Carden**	59.02	FV45	9	N/A
48	Allastaire Ballantyne	59.16	MV55	43	Hereford Couriers
49	Robert Connor	59.33	MV55	11	N/A
50	Jemima Deacon**	60.00	FV30	5	N/A
51	Francesca Moignard-Howarth**	60.04	FS	21	N/A
52	Helen Culshaw**	60.39	FV40	56	N/A
53	Louise Phillips**	60.54	FV50	18	Presteigne Pacers
54	Martyn Rosser	62.16	MV70	69	Hay Hotfooters
55	Emma Bowen**	62.46	FV55	36	N/A
56	Carol Jones**	63.41	FV50	50	N/A
57	Kerrin Williams	63.48	FV45	55	N/A
58	Tina Lavelle**	63.50	FV60	4	Hay Hotfooters
59	Christopher Daw	64.19	MS	26	Wye Valley Runners
60	Hollie Francis**	64.37	FS	78	Hereford Couriers
61	Millie Jones**	64.44	FS	71	N/A
62	Lesley Miles**	67.26	FV60	84	Hay Hotfooters
63	Glenda Edwards**	67.44	FV55	58	Les Croupiers
64	Michelle Blackwell**	68.11	FV45	12	N/A
65	Sophie Hartman**	68.34	FV45	20	N/A
66	Jacque Purdey**	68.42	FV50	16	N/A
67	Madeleine West**	68.46	FS	17	N/A
68	Sarah Price**	69.11	FV45	23	Hay Hotfooters
69	Lin Leong**	73.32	FV40	6	N/A

Position	Name	Time	Age Category	Bib No	Club
70	Jeanette Pryce**	73.32	FV40	10	N/A
71	Alisa Sylvester**	77.15	FS	44	N/A
72	Sally Sims**	91.32	FV65	38	N/A
73	Barbara Jones**	91.32	FV45	39	N/A

Club Prize: Hay Hotfooters
Full Run winners:

1st boy Ned Collins
1st girl Chloe Morgan