

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Clara Evans	Hereford & County A.C.	J.F.	34.44
2	Sue Davies	Croft Ambrey R.C.	FV45	36.18
3	Sarah Holton	Hereford Triathlon Club	FV35	36.57
4	Kathryn King	Wye Valley Runners	S.F.	37.55
5	Leah Coxon	Wye Valley Runners	S.F.	38.17
6	Alison Cooke	Hereford Couriers	FV50	38.34
7	Kylie Mansfield	Hereford Triathlon Club	S.F.	39.32
8	Linda Smith	Croft Ambrey R.C.	FV45	39.35
9	Becci Ansfield	Wye Valley Runners	FV35	40.12
10	Nicola Goodwin	Hereford Triathlon Club	FV35	40.40
11	Jo Marriott	Croft Ambrey R.C.	FV40	41.29
12	Rita Tomkins	Presteigne Pacers	FV50	42.10
13	Jan Edwards	Wye Valley Runners	FV55	43.01
14	Lucy Thomas	Wye Valley Runners	S.F.	43.25
15	Sam Harper	Croft Ambrey R.C.	FV35	44.40
16	Joyce Warburton	Hereford Triathlon Club	FV40	44.51
17	Angela Price	Hay Hotfooters	FV40	45.02
18	Lyn Compton	Wye Valley Runners	FV45	45.26
19	Sarah Cole	Wye Valley Runners	FV35	46.25
20	Sarah Coggins	Ledbury & District Harriers	FV50	46.39
21	Charlotte Hoare	Croft Ambrey R.C.	J. (U.17)	47.09
22	Rachel Jones	Hay Hotfooters	FV40	47.21
23	Rachel Nelson	Croft Ambrey R.C.	FV40	48.12
24	Suzannah English	Hay Hotfooters	FV55	48.50
25	Felicity Gill	Hay Hotfooters	S.F.	49.23
26	Sheridan Butterfield	Wye Valley Runners	FV40	51.54
27	Sarah Wilding	Presteigne Pacers	FV40	52.32
28	Paula Randall	Presteigne Pacers	S.F.	53.54
29	Harriet English	Hay Hotfooters	FV55	56.16
30	Donna Evans	Presteigne Pacers	FV45	57.13
31	Jo Preece	Presteigne Pacers	FV45	58.47
32	Helen Jones	Builth & District R.C.	FV45	60.47
33	Carol Stocker	Presteigne Pacers	FV55	68.20

34	Claire Milner	Hay Hotfooters	FV55	71.01