**Shobdon Wood Race 2019, Trophy Winners**

**FEMALE WINNERS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prize Cat** | **Forename** | **Surname** | **Club** | **Time** |  |
| **1st Female** | Ffion | Gilbert | Ludlow Runners | 41:41 |  |
| **2nd Female** | Ann | Nixon | Forest of Dean AC | 42:46 | Course record: FV60 |
| **3rd Female** | Alice | Godding | Ludlow Runners | 44:02 |  |
| **Age Group** | |  |  |  |  |
| **J girl** | Aiobh | Clarke | Teme Leisure Tri Club | 47:58 | Course record: J girl |
| **JF** | Addy | Carter | Hay Hotfooters | 45:05 |  |
| **FV35** | Hayley | Jennings | Ludlow Runners | 47:27 |  |
| **FV40** | Monique | Horne |  | 49:12 |  |
| **FV45** | Emma | Jones | Croft Ambrey RC | 47:00 |  |
| **FV50** | Linda | Hammond | Rhayader Running Club | 54:43 |  |
| **FV55** | Flora | Gunner | Croft Ambrey | 53:05 |  |
| **FV60** | Jan | Edwards | Wye Valley Runners | 53:31 |  |
| **FV65** | Liz | Bowers | Worcester AC | 52:28 |  |
| **FV70** | Sybil | Marsh | Ludlow Runners | 70:12 |  |
| **FEMALE TEAM: Ludlow Runners** | | |  |  |  |
| **Overall Position** | |  |  |  |  |
| **21** | Ffion | Gilbert | Ludlow Runners | 41:41 |  |
| **28** | Alice | Godding | Ludlow Runners | 44:02 |  |
| **38** | Shannon | Gilbert | Ludlow Runners | 46:08 |  |

**MALE WINNERS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prize Cat** | **Forename** | **Surname** | **Club** | **Time** |  |
| **1st Male** | Mike | Pfeiffer | Builth & District RC | 34:30 | Course record: MV50 |
| **2nd Male** | Dave | Aubrey | Cheltenham & County Harriers | 34:54 |  |
| **3rd Male** | Matt | Yapp | Ludlow Runners | 35:01 |  |
| **Age Group** | **Forename** | **Surname** | **Club** |  |  |
| **J boy** | Aidan | Yapp |  | 35:34 | Course record: J boy |
| **JM** | Jasper | Robinson | Croft Ambrey RC | 44:54 |  |
| **V40** | Mark | Fenn |  | 36:53 |  |
| **V45** | Glyn | Williams | Croft Ambrey RC | 39:03 |  |
| **V50** | Nigel | Taylor | Croft Ambrey RC | 41:34 |  |
| **V55** | Andy | Phelps | Headington Road Runners | 40:51 |  |
| **V60** | Edward | Davies | Maldwyn Harriers | 40:58 |  |
| **V65** | Ashley | Robinson | Croft Ambrey RC | 48:21 |  |
| **V70** | Steve | Herington | Hereford Couriers | 47:25 |  |
| **V75** | Brian | Symonds | Wye Valley Runners | 56:44 | Course record: MV75 |
| **First Male team: Croft Ambrey RC** | | |  |  |  |
| **Overall Pos** |  |  |  |  |  |
| **5** | Gareth | Leek | Croft Ambrey RC | 36:01 |  |
| **9** | Glyn | Williams | Croft Ambrey RC | 39:03 |  |
| **10** | Will | Gore | Croft Ambrey RC | 39:13 |  |