SInS Day 1 - Ludlow

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RESULTS - PROVISIONAL

Course 2 - 7.1km 70m

Pos	Name	Club	Age Class	Time	Behind
1st	Kieran Rose	HOC	M18	**55:20**	

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RESULTS - PROVISIONAL

Course 3A - 5.5km 60m

Pos	Name	Club	Age Class	Time	Behind
1st	Ian Farrell	MDOC	M40	**47:03**	
2nd	Amy Fox	HOC	W40	**69:41**	+22:38

Course 3B - 5.6km 70m

Pos	Name	Club	Age Class	Time	Behind
	Sharon Finch	OD	W55	**m1 w16**	

Course 4A - 5.2km 55m

Pos	Name	Club	Age Class	Time	Behind
1st	Scott Carr	IND	M40	**43:03**	

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RESULTS - PROVISIONAL

Course 5A - 3.9km 35m

Pos	Name	Club	Age Class	Time	Behind
1st	Robert King	AIRE	M65	**30:56**	
2nd	Martyn Roome	SROC	M70	**31:22**	+0:26
3rd	Ranald Macdonald	DVO	M70	**42:31**	+11:35
4th	Leokadia Acres	IND	W45	**52:25**	+21:29
	Richard McDonald	BOK	M50	**m21**	

Course 5B - 3km 25m

Pos	Name	Club	Age Class	Time	Behind
	Natalia Barker-Pilsworth	RAFO	W50	**m17**	

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RESULTS - PROVISIONAL

Course 6 - 3.6km 30m

Pos	Name	Club	Age Class	Time	Behind
1st	Antony Mee	SMOC	M50	**34:21**	
2nd	Kotomi Carr	IND	W45	**43:32**	+9:11

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RESULTS - PROVISIONAL

Course 7 - 1.8km 15m

Pos	Name	Club	Age Class	Time	Behind
1st	Jessica Weaver	WRE	W16	**18:06**	
2nd	Susan Roberts	HOC	W75	**32:32**	+14:26

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RESULTS - PROVISIONAL

Course 8 - 1.1km 10m

Pos	Name	Club	Age Class	Time	Behind
1st	Francesca Coupe	WRE	W12	**12:00**	
2nd	Alan Yeadon	SARUM	M85	**56:01**	+44:01
	Seren Brett	DVO	W12	**m15**	

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RESULTS - PROVISIONAL

MO - 8.6km 75m

Pos	Name	Club	Age Class	Time	Behind
1st	Adam Fieldhouse	QO	M21	**38:40**	
2nd	Chloe Potter	SYO	W21	**40:41**	+2:01
3rd	Robert Holdway	POTOC	M40	**40:48**	+2:08
4th	Richard Cronin	NGOC	M35	**42:00**	+3:20
5th	Eoghan Wiles	SOC	M21	**42:01**	+3:21
6th	Daniel Weaver	DEE	M21	**42:20**	+3:40
7th	Alex Matthew	EUOC	M21	**43:18**	+4:38
8th	Kin Wai Lee	HOC	M35	**43:39**	+4:59
9th	Steve Blackmore	HOC	M45	**43:40**	+5:00
10th	Daniel Hodson	HH	M21	**43:47**	+5:07
11th	Luke Bennett	DFOK	M18	**44:18**	+5:38
12th	Sam Cottle	BOK	M21	**44:59**	+6:19
13th	Ben Crone	HOC	M35	**46:14**	+7:34
14th	Matt Haines	SLOW	M21	**46:23**	+7:43
15th	Robert Fieldhouse	QO	M21	**46:50**	+8:10
16th	Tom Alcock	WIM	M21	**46:56**	+8:16
17th	Dave Schorah	NOC	M35	**46:58**	+8:18
18th	Freddie Lake	SBOC	M20	**47:02**	+8:22
19th	Richard David Price	HOC	M21	**47:03**	+8:23
20th	Yordan Kolev	SLOW	M35	**47:18**	+8:38
21st	Joel McGraw	UBOC	M21	**47:23**	+8:43
22nd	Jack Knight	KERNO	M20	**48:03**	+9:23
23rd	Andrew Snell	SOC	M50	**48:05**	+9:25
24th	Philip Johnston-Davis	RAFO	M50	**48:13**	+9:33
25th	Robert Elston	SARUM	M21	**49:07**	+10:27
26th	Laurence Bell	NOR	M35	**51:33**	+12:53
27th	Adrian Pickles	WRE	M65	**51:57**	+13:17
28th	Christopher Sanderson	BOF	M35	**52:32**	+13:52
29th	Alex Fielding	HH	M21	**53:52**	+15:12
30th	Tom Knight	KERNO	M18	**54:47**	+16:07
31st	Matt Eaton	WAOC	M35	**55:22**	+16:42
32nd	George Rennie	WCOC	M18	**55:29**	+16:49
33rd	Gilbert Lee	DEE	M35	**61:08**	+22:28
34th	George Martin	CLOK	M20	**61:57**	+23:17
35th	Oliver Lewis	QO	M18	**65:08**	+26:28
36th	Davide Foffa	HOC	M35	**66:57**	+28:17
37th	Adam Bushnell	WCH	M35	**67:01**	+28:21
38th	James Thomas	HOC	M35	**69:35**	+30:55
39th	Richard Dixon	BAOC	M35	**70:01**	+31:21
	Ashley Buxton	DVO	M35	**w13**	
	Lawrence Ferrett	SBOC	M21	**m18**	
	Thomas Jarvis	RAFO	M21	**m5**	
	Russell Finch	OD	M60	**m6**	
	Tim Jones	IND	M55	**mF**	

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RESULTS - PROVISIONAL

MV - 7.1km 70m

Pos	Name	Club	Age Class	Time	Behind
1st	David Alcock	AIRE	M45	**34:12**	
2nd	Phillip Winskill	WCOC	M50	**34:37**	+0:25
3rd	Rhys Manning	SWOC	M40	**34:46**	+0:34
4th	Ben Chesters	DEVON	M45	**35:11**	+0:59
5th	Nigel Bunn	TVOC	M60	**35:22**	+1:10
6th	Jamie Rennie	WCOC	M55	**35:27**	+1:15
7th	John Embrey	SROC	M65	**36:35**	+2:23
8th	David Bowman	AIRE	M50	**36:51**	+2:39
9th	Ash Field	SYO	M40	**36:56**	+2:44
10th	Gareth Radcliffe	SUFFOC	M45	**38:02**	+3:50
11th	Tim Kieniewicz	WRE	M40	**38:49**	+4:37
12th	Richard Barrett	BAOC	M55	**39:06**	+4:54
13th	Tommi Grover	BOK	M45	**39:15**	+5:03
14th	Paul Craddy	BOK	M40	**39:40**	+5:28
15th	Daniel Cowley	NOR	M40	**40:20**	+6:08
16th	Tom Matthew	SROC	M50	**40:25**	+6:13
17th	Christopher McCartney	HOC	M55	**40:47**	+6:35
18th	David Aldridge	HOC	M45	**40:57**	+6:45
19th=	Rolf Crook	AIRE	M50	**41:22**	+7:10
19th=	John Oakes	WIM	M50	**41:22**	+7:10
21st	Thomas Lewis	WRE	M40	**41:25**	+7:13
22nd	Ben Green	TVOC	M45	**41:30**	+7:18
23rd	Robert Atkins	HOC	M45	**41:51**	+7:39
24th	Clive Richardson	WRE	M55	**41:55**	+7:43
25th	John Methven	BKO	M55	**42:17**	+8:05
26th	Ivan Tang	OD	M50	**42:48**	+8:36
27th	Brian Cowe	WAOC	M45	**43:13**	+9:01
28th	Philip Harvey	WIM	M50	**43:19**	+9:07
29th	Jolyon Medlock	WSX	M50	**43:32**	+9:20
30th	Andrew Smith	MDOC	M50	**43:54**	+9:42
31st	Chris Atkins	BOK	M45	**43:56**	+9:44
32nd	Paul Fox	SN	M60	**44:03**	+9:51
33rd	Ian Hopkins	WRE	M55	**45:11**	+10:59
34th	Philip Bartram	NOR	M50	**45:12**	+11:00
35th	Will Kromhout	QO	M50	**46:08**	+11:56
36th	Keith Bennett	DFOK	M50	**46:21**	+12:09
37th	Dave Chaffey	DVO	M60	**46:55**	+12:43
38th	Alex Hudson	HOC	M40	**46:59**	+12:47
39th	Stuart Mccreadie	WIM	M40	**47:42**	+13:30
40th	Andrew Weaver	WRE	M45	**48:11**	+13:59
41st	Richard Powell	WAOC	M45	**48:24**	+14:12
42nd	Edward Stott	SLOW	M40	**49:15**	+15:03
43rd	Steve Wilson	PFO	M50	**49:30**	+15:18
44th	Dickson Chungyin Tam	HH	M45	**51:44**	+17:32
45th	Peter Rose	HOC	M45	**53:00**	+18:48
46th	Paul Gregson	OD	M45	**54:26**	+20:14
47th	David Harrison	EPOC	M50	**55:53**	+21:41
48th	Simon Branford	WIM	M45	**56:30**	+22:18
49th	Chris Tolley	LEI	M40	**57:47**	+23:35
50th	Alex Fox	HOC	M40	**58:35**	+24:23
51st	Kwokkay Lo	HOC	M45	**58:47**	+24:35
52nd	Eric Heritage	WRE	M65	**60:22**	+26:10
	Eric Leung	IND	M45	**m16-17**	
	Simon Hodgson	SYO	M50	**m9**	
	Neville Baker	TVOC	M70	**m5**	
	David Dixon	HH	M50	**m5**	

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RESULTS - PROVISIONAL

MSV - 5.5km 60m

Pos	Name	Club	Age Class	Time	Behind
1st	David Hodson	HH	M60	**30:17**	
2nd	Andrew Henderson	WAOC	M60	**31:44**	+1:27
3rd	David Lawson	OD	M60	**32:07**	+1:50
4th	Mike Brett	BAOC	M60	**32:17**	+2:00
5th	Jonathan Whilock	POTOC	M55	**32:23**	+2:06
6th	Craig Smith	BOK	M55	**32:25**	+2:08
7th=	Richard Pay	WRE	M60	**32:57**	+2:40
7th=	Jon Hateley	DEE	M60	**32:57**	+2:40
9th	Niall Reynolds	SBOC	M60	**33:04**	+2:47
10th	Paul Gebbett	BOK	M55	**33:30**	+3:13
11th	David Cladingboel	LEI	M55	**33:42**	+3:25
12th	John Tzanetis	DFOK	M55	**34:06**	+3:49
13th	Charles Gook	BADO	M55	**34:10**	+3:53
14th	Charles Mayes	CLOK	M55	**34:20**	+4:03
15th	Mark Adams	HH	M60	**34:27**	+4:10
16th	Chris Rampton	WAOC	M60	**34:35**	+4:18
17th	David Williams	HOC	M60	**34:36**	+4:19
18th	Andrew Reynolds	DEVON	M55	**35:17**	+5:00
19th	Dan Parker	BL	M60	**35:18**	+5:01
20th	Paul Norman	SYO	M60	**35:22**	+5:05
21st	Richard Bostock	DFOK	M60	**35:28**	+5:11
22nd	Ian Byrne	SMOC	M65	**36:37**	+6:20
23rd	Steve Bailey	SN	M65	**37:07**	+6:50
24th	Nick Martin	CLOK	M55	**37:22**	+7:05
25th	Marcus Tett	WRE	M60	**38:08**	+7:51
26th	Kevin Howe	BOK	M60	**38:11**	+7:54
27th	Tony Udris	SYO	M55	**38:13**	+7:56
28th	Joe Parkinson	NGOC	M60	**38:16**	+7:59
29th	Doug Wilson	NGOC	M55	**38:47**	+8:30
30th	Duncan Innes	SWOC	M60	**38:51**	+8:34
31st	Mark Light	SOC	M55	**38:58**	+8:41
32nd	Ian Marshall	AIRE	M60	**39:06**	+8:49
33rd=	Ian Gamlen	HOC	M60	**39:10**	+8:53
33rd=	Gerry Allan	BAOC	M55	**39:10**	+8:53
35th	Andy Rimes	QO	M60	**39:15**	+8:58
36th	Philip Bostock	NGOC	M60	**39:39**	+9:22
37th	Derick Mercer	BKO	M60	**39:43**	+9:26
38th	David Faulkner	BOK	M60	**39:45**	+9:28
39th	Christopher Ashenden	SN	M60	**40:09**	+9:52
40th	Adrian Wise	SN	M60	**40:15**	+9:58
41st	Craig Blackford	BADO	M55	**40:29**	+10:12
42nd	Steve Edgar	LEI	M55	**40:47**	+10:30
43rd	Paul Bryce	NGOC	M55	**41:02**	+10:45
44th	Karl Kingsman	HOC	M60	**42:20**	+12:03
45th	Andy Ellis	PFO	M65	**42:50**	+12:33
46th	Peter Martin	MV	M60	**43:46**	+13:29
47th	Andy Barker-Pilsworth	RAFO	M55	**43:58**	+13:41
48th=	Mark Tipuric	WRE	M60	**44:35**	+14:18
48th=	Andrew Evans	DFOK	M70	**44:35**	+14:18
50th	Dennis Hooton	EBOR	M60	**44:38**	+14:21
51st	Clive Caffall	NGOC	M60	**46:11**	+15:54
52nd	David Pal	WRE	M55	**46:14**	+15:57
53rd	Ian Chafer	HOC	M60	**48:14**	+17:57
54th	Ian Wells	RAFO	M70	**50:03**	+19:46
55th	Rew Francis	HOC	M60	**50:38**	+20:21
56th	Adrian Bailey	HOC	M55	**51:17**	+21:00
57th	Paul Hammond	HOC	M60	**52:03**	+21:46
58th	Chris Hooker	SO	M60	**52:59**	+22:42
59th	Jeremy Geere	HOC	M60	**54:04**	+23:47

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RESULTS - PROVISIONAL

MSV - 5.5km 60m

Pos	Name	Club	Age Class	Time	Behind
60th	Jonathan Lee	LEI	M60	**54:12**	+23:55
61st	Mark Dawson	CLOK	M60	**55:31**	+25:14
62nd	Kai hong Lee	WAOC	M55	**55:51**	+25:34
63rd	Andrew Leedham	LOC	M60	**65:38**	+35:21
	Roy McGregor	SROC	M55	**m13**	
	Guy Lidbury	HAVOC	M55	**m15**	
	Charlie Adams	SYO	M60	**m15**	
	Dorien James	SMOC	M60	**m8**	
	Roger Thetford	TVOC	M60	**m15 m19**	
	Kevin Fielding	HH	M55	**m11**	
	Steve Chafer	LEI	M55	**m11**	
	Peter Langmaid	HOC	M55	**m11**	
	Andy Johnson	HOC	M60	**m15**	
	Brendan Bolland	WAROC	M55	**m11**	
	David Potter	BOK	M60	**m15**	
	John Ferris-Worth	BL	M60	**m11**	
	Greg Best	NGOC	M60	**m20**	
	Sunning Leung	SMOC	M60	**m11**	

MUV - 5.2km 55m

Pos	Name	Club	Age Class	Time	Behind
1st	James Clemence	SWOC	M65	**30:16**	
2nd	Mike Johnson	SROC	M65	**30:49**	+0:33
3rd	Christopher Kelsey	BOK	M65	**31:51**	+1:35
4th	Paul Bradbury	SYO	M65	**31:55**	+1:39
5th	Mike Frizzell	BADO	M65	**32:03**	+1:47
6th	Brian Pearson	QO	M65	**32:39**	+2:23
7th	Mike Snell	ERYRI	M65	**33:07**	+2:51
8th	Peter Haynes	WAOC	M65	**33:17**	+3:01
9th	Dave Brown	HALO	M65	**33:38**	+3:22
10th	Ian Moran	SOC	M65	**33:50**	+3:34
11th	Ian Ditchfield	MV	M65	**33:55**	+3:39
12th	Paul Lane	SARUM	M65	**34:24**	+4:08
13th	Lawrence Jones	WRE	M70	**35:02**	+4:46
14th	John Britton	MDOC	M70	**35:05**	+4:49
15th	Graham Johnson	DVO	M70	**35:11**	+4:55
16th	Nick Dennis	BOK	M65	**35:19**	+5:03
17th	Mark Saunders	BOK	M65	**35:20**	+5:04
18th=	Dave Bales	BOF	M70	**35:30**	+5:14
18th=	Philip Eeles	SOC	M70	**35:30**	+5:14
20th	Mark Pearson	WRE	M65	**35:55**	+5:39
21st	Andrew Quickfall	SROC	M65	**36:38**	+6:22
22nd	Rob Hick	WSX	M65	**37:28**	+7:12
23rd	Mike Goldthorpe	WRE	M65	**37:29**	+7:13
24th	Ray Collins	WCH	M70	**37:41**	+7:25
25th	Andrew Yeates	WCH	M65	**38:14**	+7:58
26th	Alan Pucill	NGOC	M65	**38:47**	+8:31
27th	Martin Cook	SMOC	M65	**38:57**	+8:41
28th	Andrew Lewsley	BL	M70	**39:41**	+9:25
29th=	Anthony Lloyd	BOK	M70	**39:48**	+9:32
29th=	Noel Schorah	DEE	M65	**39:48**	+9:32
31st	Richard Cummings	WCOC	M65	**39:58**	+9:42
32nd	Richard Rogers	WRE	M60	**40:03**	+9:47
33rd	Stephen Eastley	BL	M70	**40:42**	+10:26
34th	Ray Toomer	QO	M70	**40:46**	+10:30
35th	Eddie Whittle	BKO	M55	**40:49**	+10:33
36th	Andrew Parkinson	SO	M70	**40:53**	+10:37
37th	Vincent Joyce	SO	M70	**41:40**	+11:24
38th	Ian Prosser	BAOC	M65	**41:53**	+11:37
39th	Zbig Gebka	HAVOC	M65	**41:54**	+11:38
40th	John Brammer	DEE	M65	**42:01**	+11:45
41st	Nick Campbell	DEE	M65	**42:02**	+11:46
42nd	Stan Alexander	OD	M70	**42:08**	+11:52
43rd	Chris Moncaster	KERNO	M70	**42:10**	+11:54
44th=	John Lebeter	CLARO	M70	**43:13**	+12:57
44th=	Stefan Stasiuk	BKO	M70	**43:13**	+12:57
46th	Paul Goodhead	DVO	M60	**43:23**	+13:07
47th	Fred Miller	NATO	M70	**43:26**	+13:10
48th	Andy Hemsted	HOC	M75	**44:20**	+14:04
49th	Rod Postlethwaite	WRE	M70	**44:28**	+14:12
50th	Alan West	LEI	M65	**44:36**	+14:20
51st	Ian Byford	HH	M65	**44:58**	+14:42
52nd	Colin Hicks	SOC	M70	**45:04**	+14:48
53rd	Mike Capper	WAOC	M70	**45:07**	+14:51
54th	Graham Batty	HAVOC	M65	**45:10**	+14:54
55th	Peter Dudman	SO	M70	**45:32**	+15:16
56th	John Hopper	DVO	M70	**45:43**	+15:27
57th	Alan Leakey	SLOW	M70	**45:55**	+15:39
58th	Chris Johnson	BOK	M70	**46:58**	+16:42
59th	John Broadhead	LOC	M70	**47:21**	+17:05

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RESULTS - PROVISIONAL

MUV - 5.2km 55m

Pos	Name	Club	Age Class	Time	Behind
60th	Andy Thornton	MDOC	M65	**47:28**	+17:12
61st	Mikhail Gryaznevich	TVOC	M70	**47:56**	+17:40
62nd	David Lloyd	LOC	M70	**47:59**	+17:43
63rd	Russell Buxton	DVO	M65	**48:03**	+17:47
64th	Jonathan Hurford	BOK	M70	**48:04**	+17:48
65th	David Rosen	SROC	M70	**48:08**	+17:52
66th	Michael Leake	IND	M65	**48:27**	+18:11
67th	Peter Dargue	LEI	M70	**50:45**	+20:29
68th	David Bliss	PFO	M65	**52:36**	+22:20
69th	John Birtwistle	CLARO	M65	**53:31**	+23:15
70th	Stephen Round	SELOC	M70	**55:17**	+25:01
71st	Graham Nilsen	DEE	M65	**61:10**	+30:54
72nd	Graham Urquhart	OD	M70	**66:39**	+36:23
73rd	Gary Wakerley	NGOC	M65	**73:06**	+42:50
	Mike Capper	WAOC	M70	**mF**	
	Mark Collins	DFOK	M65	**m21**	
	Matthew Cochrane	SROC	M70	**m11**	
	James Askew	NGOC	M65	**m20**	
	Richard Lewis	WRE	M70	**m13-15**	
	John Simmons	BOK	M70	**m11**	

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RESULTS - PROVISIONAL

MHV - 3.9km 35m

Pos	Name	Club	Age Class	Time	Behind
1st	David Palmer	BOK	M75	**32:04**	
2nd	Peter Carey	OD	M80	**33:29**	+1:25
3rd	Ian Cooper	SYO	M75	**34:45**	+2:41
4th	Michael Bickle	WAOC	M75	**34:53**	+2:49
5th	Doug Dickinson	DVO	M80	**35:45**	+3:41
6th	Colin Best	SYO	M75	**37:28**	+5:24
7th	David Mullins	SARUM	M75	**38:46**	+6:42
8th	Roger Hargreaves	KERNO	M75	**39:13**	+7:09
9th	John Nuttall	SELOC	M80	**39:20**	+7:16
10th	Rex Bleakman	DVO	M80	**39:52**	+7:48
11th	Jim Mallinson	SLOW	M75	**40:30**	+8:26
12th	Christopher Moon	BOK	M75	**41:02**	+8:58
13th	Mike Wimpenny	DEVON	M75	**41:05**	+9:01
14th	Christopher Branford	WIM	M75	**41:06**	+9:02
15th	Dave Skidmore	DVO	M75	**42:38**	+10:34
16th	Chris Virgo	DEVON	M75	**42:44**	+10:40
17th	Mick Sadler	HOC	M75	**44:01**	+11:57
18th	Paul Taunton	NGOC	M75	**44:19**	+12:15
19th	Gary Waters	SBOC	M75	**44:33**	+12:29
20th	Stuart Swalwell	DVO	M75	**45:04**	+13:00
21st	Peter Ross	MDOC	M75	**45:10**	+13:06
22nd	Robert Verity	DEE	M80	**46:15**	+14:11
23rd	Michael Hampton	OD	M75	**47:08**	+15:04
24th	Roger Maher	SO	M85	**47:15**	+15:11
25th	Howard Thomas	BOK	M80	**48:55**	+16:51
26th	Philip Cooper	WIM	M75	**49:27**	+17:23
27th	Roger Craddock	QO	M80	**49:43**	+17:39
28th	Martin Cross	WIM	M80	**49:47**	+17:43
29th	Brian Hart	DEVON	M80	**50:22**	+18:18
30th	Peter Yoxall	POTOC	M75	**51:01**	+18:57
31st	David Ball	NOR	M80	**51:08**	+19:04
32nd	Chris Shaw	HAVOC	M75	**56:57**	+24:53
33rd	Simon Ford	LEI	M80	**57:22**	+25:18
34th	David Battison	SARUM	M75	**59:04**	+27:00
35th	John Bowman	OD	M80	**63:31**	+31:27
36th	Rod Shaw	EPOC	M85	**81:54**	+49:50
	Tony Thornley	AIRE	M75	**m15**	
	David May	SLOW	M75	**m16**	
	Mike Atherton	LOC	M80	**mS**	
	Henry Marston	SYO	M75	**m12-13**	
	Barry Houghton	WRE	M75	**m5**	
	Robert Vickers	HOC	M80	**m8**	
	Robert Scott	HOC	M75	**m16**	
	Trevor Roberts	MDOC	M75	**m16**	
	Ian Peirce	SARUM	M80	**m16**	
	Ted McDonald	BOK	M80	**m7**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

MJ - 3.6km 30m

Pos	Name	Club	Age Class	Time	Behind
1st	Lawrence Hodgson	SYO	M16	**17:34**	
2nd	James Ewart	LVO	M16	**17:42**	+0:08
3rd	Eoin Simpson	LEI	M16	**17:52**	+0:18
4th	Seb Blackmore	HOC	M14	**18:32**	+0:58
5th	Craig Thompson	HOC	M16	**19:26**	+1:52
6th	Maxwell Groom	SYO	M16	**19:27**	+1:53
7th	Ethan Radcliffe	SUFFOC	M14	**19:57**	+2:23
8th	Alex Darwin	WAOC	M16	**20:01**	+2:27
9th	Peter Blackmore	HOC	M16	**20:27**	+2:53
10th	Adam Landels	OD	M16	**20:44**	+3:10
11th	Jake Bennett	DFOK	M14	**22:44**	+5:10
12th	Aaron Radcliffe	SUFFOC	M16	**26:13**	+8:39
13th	Robertas Stupelis	HOC	M16	**29:41**	+12:07
14th	James Martin	CLOK	M16	**32:18**	+14:44
15th	Russell McCreadie	WIM	M16	**33:39**	+16:05
16th	Isaac Lo	IND	M14	**37:36**	+20:02
17th	Zechariah Leung	IND	M16	**82:19**	+64:45

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RESULTS - PROVISIONAL

MYJ - 1.8km 15m

Pos	Name	Club	Age Class	Time	Behind
1st	Samuel Crook	AIRE	M14	**9:55**	
2nd	Samuel Hudson	HOC	M14	**12:08**	+2:13
3rd	Charlie Alcock	AIRE	M12	**12:34**	+2:39
4th	Alexander Harlock-Askew	NGOC	M12	**13:02**	+3:07
5th	Darrio Mukyiu Tam	HH	M14	**13:21**	+3:26
6th	Douglas Innes-Farr	SWOC	M14	**13:39**	+3:44
7th	Andrew Tang	OD	M14	**14:27**	+4:32
8th	Zebedee Harlock-Askew	NGOC	M12	**15:38**	+5:43
9th	Jago Reynolds	SYO	M14	**15:46**	+5:51
10th	Joey Fox	HOC	M12	**16:06**	+6:11
11th	Josh & Ethan Duncan	IND	M10	**19:33**	+9:38
12th	Manning Rupert	SWOC	M10	**26:45**	+16:50
13th	Gethin Acres-Green	IND	M10	**27:31**	+17:36
14th	Joshua Lo	IND	M12	**33:46**	+23:51
15th	Tristan Mccreadie	WIM	M12	**46:53**	+36:58
	George Ricketts	AIRE	M12	**m6**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

MVYJ - 1.1km 10m

Pos	Name	Club	Age Class	Time	Behind
1st	Sebastian Carr	AIRE	M10	**9:55**	
2nd	Jake Fox	HOC	M10	**10:14**	+0:19
3rd	Timothy Green	TVOC	M10	**11:40**	+1:45
4th	Josh and Ethan Duncan	IND	M10	**13:38**	+3:43
5th	Rory Howsam	IND	M10	**14:48**	+4:53
6th	Danny Fox	HOC	M10	**15:13**	+5:18
7th	Jamie Atkins	HOC	M10	**15:51**	+5:56
8th	Lewis Kieniewicz	WRE	M10	**16:07**	+6:12
9th	Edward Lewis	WRE	M10	**16:12**	+6:17
10th	Thomas Howsam	IND	M10	**17:02**	+7:07
11th	Gabriel Mee	SMOC	M10	**20:37**	+10:42
12th	Robin Green	TVOC	M10	**30:22**	+20:27
	Alfie Alcock	AIRE	M10	**m5**	
	Daniel Tang	OD	M10	**m9 m15**	
	Joby Pinker-Hull	AIRE	M10	**m14**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

WO - 7.1km 70m

Pos	Name	Club	Age Class	Time	Behind
1st	Lyra Medlock	WSX	W18	**38:00**	
2nd	Anna Drinkwater	ERYRI	W21	**39:29**	+1:29
3rd	Laura Barrett	DEVON	W20	**40:22**	+2:22
4th	Sara Currie	BOK	W40	**42:49**	+4:49
5th	Bronwen Mansel	SUFFOC	W21	**43:24**	+5:24
6th	Isla Foffa	HOC	W21	**43:52**	+5:52
7th	Alice Jacobsen	SOC	W21	**44:38**	+6:38
8th	Rachel Potter	BOK	W21	**45:12**	+7:12
9th	Hebe Darwin	WAOC	W18	**46:32**	+8:32
10th	Kirsty Buxton	DVO	W35	**46:42**	+8:42
11th	Sarah Chaffey	LOK	W21	**46:45**	+8:45
12th	Ka Man Leung	HOC	W21	**46:50**	+8:50
13th	Hazel Mudd	QO	W21	**47:09**	+9:09
14th	Kerina Lake	SBOC	W45	**48:16**	+10:16
15th	Rebecca Mayes	CLOK	W18	**48:46**	+10:46
16th	Kirsten Strain	AROS	W35	**49:25**	+11:25
17th	Katherine Finch	LOK	W21	**53:08**	+15:08
18th	Fiona Tam	SLOW	W35	**55:26**	+17:26
19th	Kate Bosher	BOK	W21	**56:49**	+18:49
20th	Marie-Anne Fischer	TVOC	W60	**57:16**	+19:16
21st	Natalie Martin	CLOK	W21	**59:14**	+21:14
22nd	Emily Finch	SBOC	W21	**61:42**	+23:42
23rd	Olivia Radcliffe	SUFFOC	W18	**72:02**	+34:02
	Eva Spurling	WRE	W20	**m2-14 m17**	
	Ali White	BOK	W60	**m8 m23**	
	Niamh Oliver	IND	W21	**w1 m9 rtd**	
	Claire Walthorne	IND	W21	**w1 rtd**	
	Karen Parker	BL	W60	**m17**	

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RESULTS - PROVISIONAL

WV - 5.6km 70m

Pos	Name	Club	Age Class	Time	Behind
1st	Emma Jarrett	WAOC	W45	**32:03**	
2nd	Heather Roome	SROC	W40	**32:35**	+0:32
3rd	Juliette Soulard	OD	W50	**34:34**	+2:31
4th	Heather Kieniewicz	WRE	W40	**35:01**	+2:58
5th	Lizzie Irvine	ERYRI	W40	**36:13**	+4:10
6th	Victoria McCreadie	WIM	W40	**36:22**	+4:19
7th	Emma Harrison	EPOC	W50	**36:26**	+4:23
8th	Kerry Corkery	SARUM	W45	**36:43**	+4:40
9th	Helen Chiswell	DVO	W45	**37:07**	+5:04
10th	Sally Calland	DVO	W50	**37:10**	+5:07
11th	Lisa Methven	BKO	W55	**38:06**	+6:03
12th	Sian Mitchell	HH	W45	**38:40**	+6:37
13th	Louise Reynolds	SYO	W45	**38:41**	+6:38
14th	Catherine Wilson	PFO	W45	**38:49**	+6:46
15th	Christine Farr	SWOC	W50	**39:06**	+7:03
16th	Jo Matthew	SROC	W50	**39:13**	+7:10
17th	Kath Atkins	HOC	W40	**39:52**	+7:49
18th	Helen Bickle	WAOC	W40	**41:02**	+8:59
19th	Freya Askham	SMOC	W50	**41:21**	+9:18
20th	Maria MacKenzie	EBOR	W45	**41:22**	+9:19
21st	Katie Lewis	WRE	W40	**41:25**	+9:22
22nd	Dawn Figg	PFO	W55	**41:54**	+9:51
23rd	Helen Alcock	AIRE	W40	**41:59**	+9:56
24th	Helen Ellis	PFO	W50	**42:02**	+9:59
25th	Toni O'Donovan	LEI	W45	**42:16**	+10:13
26th	Ellen Butcher	PFO	W50	**43:19**	+11:16
27th	Katharine Bartram	NOR	W50	**43:26**	+11:23
28th	Maria Murphy	WRE	W50	**44:20**	+12:17
29th	Katie Swalwell	DVO	W45	**45:03**	+13:00
30th	Sesu Mpala	BAOC	W35	**46:11**	+14:08
31st	Catherine Slade	SAX	W45	**47:55**	+15:52
32nd	Christine Wilson	NGOC	W50	**48:56**	+16:53
33rd	Linda Mudd	QO	W60	**49:41**	+17:38
34th	Tina Bennett	DFOK	W45	**50:40**	+18:37
35th	Joanna Mee	SMOC	W45	**51:17**	+19:14
36th	Ruth Landrigan	BOK	W45	**56:30**	+24:27
37th	Sonia Hudson	HOC	W40	**56:36**	+24:33
38th	Corrie Blackmore	HOC	W45	**56:47**	+24:44
39th	Julia Allinson	WRE	W50	**60:18**	+28:15
40th	Yvonne Green	TVOC	W40	**64:16**	+32:13
41st	Alexandra Radcliffe	SUFFOC	W50	**65:44**	+33:41
42nd	Alison Cowe	WAOC	W50	**67:07**	+35:04
43rd	Sarah Dixon	HH	W50	**68:41**	+36:38
	Johanna Powell	WAOC	W45	**m15**	
	Tess Knight	KERNO	W50	**m15**	
	Rebecca Coupe	WRE	W40	**m9-17 m19-22**	
	Vanessa Howsam	SYO	W50	**m11**	

WSV - 4.6km 55m

Pos	Name	Club	Age Class	Time	Behind
1st	Joyce Marshall	AIRE	W65	**30:14**	
2nd	Alison Simmons	BOK	W70	**30:19**	+0:05
3rd	Julie Ferris-Worth	BL	W55	**30:39**	+0:25
4th	Ginny Hudson	NGOC	W60	**30:45**	+0:31
5th	Karen French	WIM	W55	**30:53**	+0:39
6th	Alice Bedwell	BOK	W65	**30:55**	+0:41
7th	Woo Allen	SN	W60	**31:19**	+1:05
8th	Camilla Darwin	WAOC	W55	**31:28**	+1:14
9th	Judith Wood	PFO	W60	**32:20**	+2:06
10th	Janet Adams	SYO	W60	**32:37**	+2:23
11th	Karen Baker	DEVON	W55	**32:51**	+2:37
12th	Deb Murrell	SROC	W55	**33:00**	+2:46
13th	Bronwen Doyle	SYO	W55	**33:31**	+3:17
14th	Sarah Bayliss	WRE	W55	**33:51**	+3:37
15th	Cat Edwardes	DEVON	W55	**33:59**	+3:45
16th	Rachel Dennis	BOK	W55	**34:12**	+3:58
17th	Kate Brett	BAOC	W60	**35:21**	+5:07
18th	Helen Kelsey	BOK	W65	**35:23**	+5:09
19th	Jill Blount	SO	W65	**35:30**	+5:16
20th	Diane Jacks	WRE	W55	**35:51**	+5:37
21st	Lucy Paton	SN	W60	**36:03**	+5:49
22nd	Eliza Hermann	HH	W60	**36:19**	+6:05
23rd	Carol Prosser	BAOC	W60	**36:26**	+6:12
24th	Julia Crook	AIRE	W55	**37:18**	+7:04
25th	Alison Reynolds	DEVON	W55	**37:24**	+7:10
26th=	Caroline Potter	BOK	W60	**37:36**	+7:22
26th=	Jane Lambert	SO	W65	**37:36**	+7:22
28th	Jane Dring-Morris	LEI	W55	**37:44**	+7:30
29th	Viv Hodson	HH	W60	**37:46**	+7:32
30th	Claire Bushnell	WCH	W60	**37:47**	+7:33
31st	Elizabeth Bales	POTOC	W60	**37:48**	+7:34
32nd	Sharon Bowes	CLARO	W55	**37:51**	+7:37
33rd	Ann Cummings	WCOC	W65	**38:06**	+7:52
34th	Helen Satterthwaite	HH	W55	**38:07**	+7:53
35th	Helen Ashenden	SN	W60	**38:14**	+8:00
36th	Sal Chaffey	DVO	W60	**38:35**	+8:21
37th	Colette Du Toit	NGOC	W60	**39:42**	+9:28
38th	Helen Nisbet	SMOC	W60	**40:21**	+10:07
39th	Carolyn Dent	BOK	W60	**40:28**	+10:14
40th	Margaret Warlow	BOK	W40	**41:43**	+11:29
41st	Jane Blackford	BADO	W55	**42:34**	+12:20
42nd	Patricia Wong	NOC	W55	**42:48**	+12:34
43rd	Fiona Clough	BKO	W60	**43:12**	+12:58
44th	Susan Birtwistle	CLARO	W65	**43:19**	+13:05
45th	Juliet Bentley	SROC	W55	**43:25**	+13:11
46th	Cath Lee	LOC	W60	**43:33**	+13:19
47th	Kim Buxton	DVO	W60	**43:39**	+13:25
48th	Toni Whittle	BKO	W55	**43:46**	+13:32
49th	Anne Kayley-Burgess	DVO	W55	**43:54**	+13:40
50th	Katherine Pike	WIM	W60	**44:13**	+13:59
51st	Miranda Mackereth	HOC	W60	**44:26**	+14:12
52nd=	Jacqueline Tett	IND	W60	**44:37**	+14:23
52nd=	Sally Ross	SBOC	W55	**44:37**	+14:23
54th	Vivianne Lawson	OD	W55	**45:00**	+14:46
55th	Sandra Mather	SMOC	W55	**45:05**	+14:51
56th	Laura Wilcox	WSX	W60	**45:12**	+14:58
57th	Paula Furnival	POTOC	W55	**45:13**	+14:59
58th	Adele Appleby	QO	W60	**45:31**	+15:17
59th	Jennifer Gebka	HAVOC	W60	**45:39**	+15:25

SInS Day 1 - Ludlow

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RESULTS - PROVISIONAL

WSV - 4.6km 55m

Pos	Name	Club	Age Class	Time	Behind
60th	Amanda Bailey	SN	W60	**47:37**	+17:23
61st	Karen Quickfall	SROC	W60	**48:02**	+17:48
62nd	Lindsey King	AIRE	W60	**48:17**	+18:03
63rd	Nicola Harvey	WIM	W50	**50:31**	+20:17
64th	Grace Au	SMOC	W60	**50:37**	+20:23
65th	Rhiannon Fadeyibi	NGOC	W60	**50:51**	+20:37
66th	Maggie Hateley	DEE	W60	**51:07**	+20:53
67th	Sarah Bryce	NGOC	W55	**51:56**	+21:42
68th	Vicky Fieldhouse	QO	W60	**52:23**	+22:09
69th	Dave Prescott		M55	**54:50**	+24:36
70th	Wendy West	LEI	W60	**55:12**	+24:58
71st	Alison Yeates	WCH	W55	**57:25**	+27:11
72nd	Ros James	SMOC	W60	**57:48**	+27:34
73rd	Faye Kromhout	QO	W45	**61:38**	+31:24
74th	Sarah Findlay	DFOK	W50	**71:50**	+41:36
75th	Alison Hurford	BOK	W65	**73:46**	+43:32
	Cinnamon Hodgson	SYO	W55	**m18**	
	Nicola Brooke	WSX	W55	**w6**	
	Nicola Hart	DVO	W60	**m20**	
	Louise Light	SOC	W55	**m9-12 m19**	
	Cathy Kelly	AIRE	W60	**m10**	
	Caroline Brammer	DEE	W55	**m19**	

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RESULTS - PROVISIONAL

WUV - 3.9km 35m

Pos	Name	Club	Age Class	Time	Behind
1st	Diana Nicoll	BOK	W65	**30:57**	
2nd	Val Johnson	DVO	W65	**31:53**	+0:56
3rd	Diane Leakey	SLOW	W65	**32:08**	+1:11
4th	Marion Payne-Bird	GO	W65	**32:22**	+1:25
5th	Christine Jepson	SO	W65	**33:05**	+2:08
6th	Kathleen Haynes	WAOC	W65	**33:12**	+2:15
7th	Carol Dredge	WCH	W65	**33:31**	+2:34
8th	Jacqueline Embrey	SROC	W65	**34:54**	+3:57
9th	Jasmine Bennett	SO	W70	**36:54**	+5:57
10th	Jane Kayley-Burgess	DVO	W65	**37:10**	+6:13
11th	Janet Leake	EBOR	W65	**37:14**	+6:17
12th	Ann Harris	SMOC	W70	**37:32**	+6:35
13th	Christine Collins	WCH	W65	**38:08**	+7:11
14th	Rosie Wych	QO	W70	**38:54**	+7:57
15th	Sue Roome	SROC	W70	**39:15**	+8:18
16th	Jillyan Dobby	MDOC	W70	**39:35**	+8:38
17th	Janet Hill	WRE	W70	**39:37**	+8:40
18th	Julie K Astin	WSX	W70	**40:38**	+9:41
19th	Rosalind Taunton	NGOC	W75	**41:44**	+10:47
20th	Jill Manning	SWOC	W75	**42:23**	+11:26
21st	Gillian Prowse	SN	W65	**43:04**	+12:07
22nd	Pam Brown	HALO	W65	**43:16**	+12:19
23rd	Sue Toomer	QO	W70	**43:47**	+12:50
24th	Julie Collins	DFOK	W65	**44:16**	+13:19
25th	Jean Payne	DEE	W70	**44:42**	+13:45
26th	Marie Roberts	MDOC	W65	**44:48**	+13:51
27th	Sue Hooper	HH	W70	**45:39**	+14:42
28th	Ruth Ellis	DVO	W70	**46:18**	+15:21
29th	Rachel Alexander	OD	W65	**46:43**	+15:46
30th	Jill Cochrane	SROC	W65	**50:22**	+19:25
31st	Viv Macdonald	DVO	W70	**51:17**	+20:20
32nd	Gill Sharp	SN	W65	**52:06**	+21:09
33rd	Ruth Rhodes	SO	W80	**53:25**	+22:28
34th	Hazel Bickle	WAOC	W70	**55:11**	+24:14
35th	Jane Campbell	DEE	W65	**55:18**	+24:21
36th	Jean Fitzgerald	SAX	W70	**61:24**	+30:27
37th	Margaret Keeling	DVO	W75	**63:05**	+32:08
38th	Sally Ingram	HOC	W65	**65:05**	+34:08
39th	Elizabeth Urquhart	OD	W70	**67:30**	+36:33
40th	Sindy Chafer	LEI	W55	**67:39**	+36:42
	Anna Nilsen	DEE	W65	**m16**	
	Jacqueline Stevens	WRE	W65	**m21**	
	Rachel Thomas	SMOC	W70	**w22**	
	Stella Lewsley	BL	W70	**m11 m16**	
	Denise Mullins	SARUM	W70	**m11**	
	Susan Hindle	IND	W70	**mS**	

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RESULTS - PROVISIONAL

WHV - 3km 25m

Pos	Name	Club	Age Class	Time	Behind
1st	Sheila Carey	OD	W75	**25:46**	
2nd	Sue Hands	WIM	W75	**30:38**	+4:52
3rd	Diana McClure	SBOC	W75	**31:51**	+6:05
4th	Elsie Hargreaves	KERNO	W75	**32:16**	+6:30
5th	Rosie Shaw	SMOC	W75	**32:30**	+6:44
6th	Jean Lochhead	EPOC	W75	**32:37**	+6:51
7th	Lynn Branford	WIM	W75	**32:45**	+6:59
8th	Miriam Rosen	SROC	W75	**34:00**	+8:14
9th	Jackie Page	EPOC	W75	**34:50**	+9:04
10th	Sally Thomas	BOK	W80	**36:24**	+10:38
11th	Christine King	BOK	W75	**36:37**	+10:51
12th	Anne May	SWOC	W75	**37:30**	+11:44
13th	Barbara Verity	DEE	W75	**40:07**	+14:21
14th	Monika Cooper	SYO	W80	**40:24**	+14:38
15th	Alison Sloman	HOC	W85	**44:37**	+18:51
16th	Liz Yeadon	SARUM	W75	**46:25**	+20:39
17th	Sue Hallett	OD	W75	**47:19**	+21:33
18th	Jean Rostron	POTOC	W80	**48:05**	+22:19
19th	Gillian Cross	WIM	W80	**48:36**	+22:50
20th	Ruth Chesters	DEVON	W75	**49:19**	+23:33
21st	Sue Bicknell	LEI	W80	**51:01**	+25:15
22nd	Di Ford	LEI	W75	**58:32**	+32:46
n/c	Roger Keeling	DVO	M80	**60:30**	
23rd	Freda Peirce	SARUM	W80	**61:53**	+36:07
24th	Pat Hart	DEVON	W80	**77:07**	+51:21
	Julie Brook	MDOC	W75	**m11**	
	Jenny Uff	HOC	W75	**m11**	
	Beryl Pring	SAX	W75	**m11**	

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RESULTS - PROVISIONAL

WJ - 3.6km 30m

Pos	Name	Club	Age Class	Time	Behind
1st	Kate Jarrett	WAOC	W16	**22:28**	
2nd	Abigail Howsam	SYO	W16	**24:33**	+2:05
3rd	Eskarina Medlock	WSX	W16	**24:44**	+2:16
4th	Harriet Allinson	WRE	W16	**26:13**	+3:45
5th	Margaux Hodgson	SYO	W18	**27:14**	+4:46
6th	Grace Allinson	WRE	W16	**30:35**	+8:07
7th	Sofia Mee	SMOC	W16	**40:48**	+18:20

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RESULTS - PROVISIONAL

WYJ - 1.8km 15m

Pos	Name	Club	Age Class	Time	Behind
1st	Ceci Knight	KERNO	W14	**12:08**	
2nd	Alice French	WIM	W14	**12:15**	+0:07
3rd	Cara Tolley	LEI	W14	**12:57**	+0:49
4th	Niamh Mitchell	HH	W14	**13:22**	+1:14
5th	Elysia Cowe	WAOC	W12	**13:35**	+1:27
6th	Penny Pinker-Hull	AIRE	W12	**13:46**	+1:38
7th	Alys Powell	WAOC	W14	**13:56**	+1:48
8th	Sophie Howsam	SYO	W14	**16:17**	+4:09
9th	Pippa Blackmore	HOC	W14	**17:08**	+5:00
10th	Iris Landrigan	BOK	W14	**18:04**	+5:56
11th	Annie Lewis	WRE	W12	**19:27**	+7:19
12th	Isla Findlay	DFOK	W12	**26:05**	+13:57
13th	Georgina Hudson	HOC	W12	**32:39**	+20:31
	Lara Schorah	NOC	W10	**m1 m3**	
	Alethea Carr	AIRE	W14	**m8 m15**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

WVYJ - 1.1km 10m

Pos	Name	Club	Age Class	Time	Behind
1st	Esther Eaton	WAOC	W10	**10:50**	
2nd	Edie Evans	IND	W10	**18:02**	+7:12
3rd	Helen Eaton	WAOC	W10	**19:21**	+8:31
4th	Hana Powell	WAOC	W10	**19:49**	+8:59
5th	Ada Atkins	HOC	W10	**20:06**	+9:16
6th	Elsa Evans	IND	W10	**23:14**	+12:24
7th	Violet Farrell	MDOC	W10	**23:21**	+12:31
8th	Cordelia Slade-Stott	IND	W10	**23:39**	+12:49
	Suranne Tolley	LEI	W10	**m11**	
	Isobel Ricketts	AIRE	W10	**m15**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

1-MO - 8.6km 75m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Adam Fieldhouse	QO	M21	MO	**38:40**	
2nd	Chloe Potter	SYO	W21	MO	**40:41**	+2:01
3rd	Robert Holdway	POTOC	M40	MO	**40:48**	+2:08
4th	Richard Cronin	NGOC	M35	MO	**42:00**	+3:20
5th	Eoghan Wiles	SOC	M21	MO	**42:01**	+3:21
6th	Daniel Weaver	DEE	M21	MO	**42:20**	+3:40
7th	Alex Matthew	EUOC	M21	MO	**43:18**	+4:38
8th	Kin Wai Lee	HOC	M35	MO	**43:39**	+4:59
9th	Steve Blackmore	HOC	M45	MO	**43:40**	+5:00
10th	Daniel Hodson	HH	M21	MO	**43:47**	+5:07
11th	Luke Bennett	DFOK	M18	MO	**44:18**	+5:38
12th	Sam Cottle	BOK	M21	MO	**44:59**	+6:19
13th	Ben Crone	HOC	M35	MO	**46:14**	+7:34
14th	Matt Haines	SLOW	M21	MO	**46:23**	+7:43
15th	Robert Fieldhouse	QO	M21	MO	**46:50**	+8:10
16th	Tom Alcock	WIM	M21	MO	**46:56**	+8:16
17th	Dave Schorah	NOC	M35	MO	**46:58**	+8:18
18th	Freddie Lake	SBOC	M20	MO	**47:02**	+8:22
19th	Richard David Price	HOC	M21	MO	**47:03**	+8:23
20th	Yordan Kolev	SLOW	M35	MO	**47:18**	+8:38
21st	Joel McGraw	UBOC	M21	MO	**47:23**	+8:43
22nd	Jack Knight	KERNO	M20	MO	**48:03**	+9:23
23rd	Andrew Snell	SOC	M50	MO	**48:05**	+9:25
24th	Philip Johnston-Davis	RAFO	M50	MO	**48:13**	+9:33
25th	Robert Elston	SARUM	M21	MO	**49:07**	+10:27
26th	Laurence Bell	NOR	M35	MO	**51:33**	+12:53
27th	Adrian Pickles	WRE	M65	MO	**51:57**	+13:17
28th	Christopher Sanderson	BOF	M35	MO	**52:32**	+13:52
29th	Alex Fielding	HH	M21	MO	**53:52**	+15:12
30th	Tom Knight	KERNO	M18	MO	**54:47**	+16:07
31st	Matt Eaton	WAOC	M35	MO	**55:22**	+16:42
32nd	George Rennie	WCOC	M18	MO	**55:29**	+16:49
33rd	Gilbert Lee	DEE	M35	MO	**61:08**	+22:28
34th	George Martin	CLOK	M20	MO	**61:57**	+23:17
35th	Oliver Lewis	QO	M18	MO	**65:08**	+26:28
36th	Davide Foffa	HOC	M35	MO	**66:57**	+28:17
37th	Adam Bushnell	WCH	M35	MO	**67:01**	+28:21
38th	James Thomas	HOC	M35	MO	**69:35**	+30:55
39th	Richard Dixon	BAOC	M35	MO	**70:01**	+31:21
	Ashley Buxton	DVO	M35	MO	**w13**	
	Lawrence Ferrett	SBOC	M21	MO	**m18**	
	Thomas Jarvis	RAFO	M21	MO	**m5**	
	Russell Finch	OD	M60	MO	**m6**	
	Tim Jones	IND	M55	MO	**mF**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

2-MV WO - 7.1km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	David Alcock	AIRE	M45	MV	**34:12**	
2nd	Phillip Winskill	WCOC	M50	MV	**34:37**	+0:25
3rd	Rhys Manning	SWOC	M40	MV	**34:46**	+0:34
4th	Ben Chesters	DEVON	M45	MV	**35:11**	+0:59
5th	Nigel Bunn	TVOC	M60	MV	**35:22**	+1:10
6th	Jamie Rennie	WCOC	M55	MV	**35:27**	+1:15
7th	John Embrey	SROC	M65	MV	**36:35**	+2:23
8th	David Bowman	AIRE	M50	MV	**36:51**	+2:39
9th	Ash Field	SYO	M40	MV	**36:56**	+2:44
10th	Lyra Medlock	WSX	W18	WO	**38:00**	+3:48
11th	Gareth Radcliffe	SUFFOC	M45	MV	**38:02**	+3:50
12th	Tim Kieniewicz	WRE	M40	MV	**38:49**	+4:37
13th	Richard Barrett	BAOC	M55	MV	**39:06**	+4:54
14th	Tommi Grover	BOK	M45	MV	**39:15**	+5:03
15th	Anna Drinkwater	ERYRI	W21	WO	**39:29**	+5:17
16th	Paul Craddy	BOK	M40	MV	**39:40**	+5:28
17th	Daniel Cowley	NOR	M40	MV	**40:20**	+6:08
18th	Laura Barrett	DEVON	W20	WO	**40:22**	+6:10
19th	Tom Matthew	SROC	M50	MV	**40:25**	+6:13
20th	Christopher McCartney	HOC	M55	MV	**40:47**	+6:35
21st	David Aldridge	HOC	M45	MV	**40:57**	+6:45
22nd=	Rolf Crook	AIRE	M50	MV	**41:22**	+7:10
22nd=	John Oakes	WIM	M50	MV	**41:22**	+7:10
24th	Thomas Lewis	WRE	M40	MV	**41:25**	+7:13
25th	Ben Green	TVOC	M45	MV	**41:30**	+7:18
26th	Robert Atkins	HOC	M45	MV	**41:51**	+7:39
27th	Clive Richardson	WRE	M55	MV	**41:55**	+7:43
28th	John Methven	BKO	M55	MV	**42:17**	+8:05
29th	Ivan Tang	OD	M50	MV	**42:48**	+8:36
30th	Sara Currie	BOK	W40	WO	**42:49**	+8:37
31st	Brian Cowe	WAOC	M45	MV	**43:13**	+9:01
32nd	Philip Harvey	WIM	M50	MV	**43:19**	+9:07
33rd	Bronwen Mansel	SUFFOC	W21	WO	**43:24**	+9:12
34th	Jolyon Medlock	WSX	M50	MV	**43:32**	+9:20
35th	Isla Foffa	HOC	W21	WO	**43:52**	+9:40
36th	Andrew Smith	MDOC	M50	MV	**43:54**	+9:42
37th	Chris Atkins	BOK	M45	MV	**43:56**	+9:44
38th	Paul Fox	SN	M60	MV	**44:03**	+9:51
39th	Alice Jacobsen	SOC	W21	WO	**44:38**	+10:26
40th	Ian Hopkins	WRE	M55	MV	**45:11**	+10:59
41st=	Rachel Potter	BOK	W21	WO	**45:12**	+11:00
41st=	Philip Bartram	NOR	M50	MV	**45:12**	+11:00
43rd	Will Kromhout	QO	M50	MV	**46:08**	+11:56
44th	Keith Bennett	DFOK	M50	MV	**46:21**	+12:09
45th	Hebe Darwin	WAOC	W18	WO	**46:32**	+12:20
46th	Kirsty Buxton	DVO	W35	WO	**46:42**	+12:30
47th	Sarah Chaffey	LOK	W21	WO	**46:45**	+12:33
48th	Ka Man Leung	HOC	W21	WO	**46:50**	+12:38
49th	Dave Chaffey	DVO	M60	MV	**46:55**	+12:43
50th	Alex Hudson	HOC	M40	MV	**46:59**	+12:47
51st	Hazel Mudd	QO	W21	WO	**47:09**	+12:57
52nd	Stuart Mccreadie	WIM	M40	MV	**47:42**	+13:30
53rd	Andrew Weaver	WRE	M45	MV	**48:11**	+13:59
54th	Kerina Lake	SBOC	W45	WO	**48:16**	+14:04
55th	Richard Powell	WAOC	M45	MV	**48:24**	+14:12
56th	Rebecca Mayes	CLOK	W18	WO	**48:46**	+14:34
57th	Edward Stott	SLOW	M40	MV	**49:15**	+15:03
58th	Kirsten Strain	AROS	W35	WO	**49:25**	+15:13
59th	Steve Wilson	PFO	M50	MV	**49:30**	+15:18

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

2-MV WO - 7.1km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Dickson Chungyin Tam	HH	M45	MV	**51:44**	+17:32
61st	Peter Rose	HOC	M45	MV	**53:00**	+18:48
62nd	Katherine Finch	LOK	W21	WO	**53:08**	+18:56
63rd	Paul Gregson	OD	M45	MV	**54:26**	+20:14
64th	Kieran Rose	HOC	M18	Course 2	**55:20**	+21:08
65th	Fiona Tam	SLOW	W35	WO	**55:26**	+21:14
66th	David Harrison	EPOC	M50	MV	**55:53**	+21:41
67th	Simon Branford	WIM	M45	MV	**56:30**	+22:18
68th	Kate Bosher	BOK	W21	WO	**56:49**	+22:37
69th	Marie-Anne Fischer	TVOC	W60	WO	**57:16**	+23:04
70th	Chris Tolley	LEI	M40	MV	**57:47**	+23:35
71st	Alex Fox	HOC	M40	MV	**58:35**	+24:23
72nd	Kwokkay Lo	HOC	M45	MV	**58:47**	+24:35
73rd	Natalie Martin	CLOK	W21	WO	**59:14**	+25:02
74th	Eric Heritage	WRE	M65	MV	**60:22**	+26:10
75th	Emily Finch	SBOC	W21	WO	**61:42**	+27:30
76th	Olivia Radcliffe	SUFFOC	W18	WO	**72:02**	+37:50
	Eva Spurling	WRE	W20	WO	**m2-14 m17**	
	Claire Walthorne	IND	W21	WO	**w1 rtd**	
	Neville Baker	TVOC	M70	MV	**m5**	
	Simon Hodgson	SYO	M50	MV	**m9**	
	Ali White	BOK	W60	WO	**m8 m23**	
	Karen Parker	BL	W60	WO	**m17**	
	David Dixon	HH	M50	MV	**m5**	
	Niamh Oliver	IND	W21	WO	**w1 m9 rtd**	
	Eric Leung	IND	M45	MV	**m16-17**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

3A-MSV - 5.5km 60m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	David Hodson	HH	M60	MSV	**30:17**	
2nd	Andrew Henderson	WAOC	M60	MSV	**31:44**	+1:27
3rd	David Lawson	OD	M60	MSV	**32:07**	+1:50
4th	Mike Brett	BAOC	M60	MSV	**32:17**	+2:00
5th	Jonathan Whilock	POTOC	M55	MSV	**32:23**	+2:06
6th	Craig Smith	BOK	M55	MSV	**32:25**	+2:08
7th=	Jon Hateley	DEE	M60	MSV	**32:57**	+2:40
7th=	Richard Pay	WRE	M60	MSV	**32:57**	+2:40
9th	Niall Reynolds	SBOC	M60	MSV	**33:04**	+2:47
10th	Paul Gebbett	BOK	M55	MSV	**33:30**	+3:13
11th	David Cladingboel	LEI	M55	MSV	**33:42**	+3:25
12th	John Tzanetis	DFOK	M55	MSV	**34:06**	+3:49
13th	Charles Gook	BADO	M55	MSV	**34:10**	+3:53
14th	Charles Mayes	CLOK	M55	MSV	**34:20**	+4:03
15th	Mark Adams	HH	M60	MSV	**34:27**	+4:10
16th	Chris Rampton	WAOC	M60	MSV	**34:35**	+4:18
17th	David Williams	HOC	M60	MSV	**34:36**	+4:19
18th	Andrew Reynolds	DEVON	M55	MSV	**35:17**	+5:00
19th	Dan Parker	BL	M60	MSV	**35:18**	+5:01
20th	Paul Norman	SYO	M60	MSV	**35:22**	+5:05
21st	Richard Bostock	DFOK	M60	MSV	**35:28**	+5:11
22nd	Ian Byrne	SMOC	M65	MSV	**36:37**	+6:20
23rd	Steve Bailey	SN	M65	MSV	**37:07**	+6:50
24th	Nick Martin	CLOK	M55	MSV	**37:22**	+7:05
25th	Marcus Tett	WRE	M60	MSV	**38:08**	+7:51
26th	Kevin Howe	BOK	M60	MSV	**38:11**	+7:54
27th	Tony Udris	SYO	M55	MSV	**38:13**	+7:56
28th	Joe Parkinson	NGOC	M60	MSV	**38:16**	+7:59
29th	Doug Wilson	NGOC	M55	MSV	**38:47**	+8:30
30th	Duncan Innes	SWOC	M60	MSV	**38:51**	+8:34
31st	Mark Light	SOC	M55	MSV	**38:58**	+8:41
32nd	Ian Marshall	AIRE	M60	MSV	**39:06**	+8:49
33rd=	Gerry Allan	BAOC	M55	MSV	**39:10**	+8:53
33rd=	Ian Gamlen	HOC	M60	MSV	**39:10**	+8:53
35th	Andy Rimes	QO	M60	MSV	**39:15**	+8:58
36th	Philip Bostock	NGOC	M60	MSV	**39:39**	+9:22
37th	Derick Mercer	BKO	M60	MSV	**39:43**	+9:26
38th	David Faulkner	BOK	M60	MSV	**39:45**	+9:28
39th	Christopher Ashenden	SN	M60	MSV	**40:09**	+9:52
40th	Adrian Wise	SN	M60	MSV	**40:15**	+9:58
41st	Craig Blackford	BADO	M55	MSV	**40:29**	+10:12
42nd	Steve Edgar	LEI	M55	MSV	**40:47**	+10:30
43rd	Paul Bryce	NGOC	M55	MSV	**41:02**	+10:45
44th	Karl Kingsman	HOC	M60	MSV	**42:20**	+12:03
45th	Andy Ellis	PFO	M65	MSV	**42:50**	+12:33
46th	Peter Martin	MV	M60	MSV	**43:46**	+13:29
47th	Andy Barker-Pilsworth	RAFO	M55	MSV	**43:58**	+13:41
48th=	Andrew Evans	DFOK	M70	MSV	**44:35**	+14:18
48th=	Mark Tipuric	WRE	M60	MSV	**44:35**	+14:18
50th	Dennis Hooton	EBOR	M60	MSV	**44:38**	+14:21
51st	Clive Caffall	NGOC	M60	MSV	**46:11**	+15:54
52nd	David Pal	WRE	M55	MSV	**46:14**	+15:57
53rd	Ian Farrell	MDOC	M40	Course 3A	**47:03**	+16:46
54th	Ian Chafer	HOC	M60	MSV	**48:14**	+17:57
55th	Ian Wells	RAFO	M70	MSV	**50:03**	+19:46
56th	Rew Francis	HOC	M60	MSV	**50:38**	+20:21
57th	Adrian Bailey	HOC	M55	MSV	**51:17**	+21:00
58th	Paul Hammond	HOC	M60	MSV	**52:03**	+21:46
59th	Chris Hooker	SO	M60	MSV	**52:59**	+22:42

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

3A-MSV - 5.5km 60m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Jeremy Geere	HOC	M60	MSV	**54:04**	+23:47
61st	Jonathan Lee	LEI	M60	MSV	**54:12**	+23:55
62nd	Mark Dawson	CLOK	M60	MSV	**55:31**	+25:14
63rd	Kai hong Lee	WAOC	M55	MSV	**55:51**	+25:34
64th	Andrew Leedham	LOC	M60	MSV	**65:38**	+35:21
65th	Amy Fox	HOC	W40	Course 3A	**69:41**	+39:24
	Roy McGregor	SROC	M55	MSV	**m13**	
	Guy Lidbury	HAVOC	M55	MSV	**m15**	
	Charlie Adams	SYO	M60	MSV	**m15**	
	Dorien James	SMOC	M60	MSV	**m8**	
	Roger Thetford	TVOC	M60	MSV	**m15 m19**	
	Kevin Fielding	HH	M55	MSV	**m11**	
	Steve Chafer	LEI	M55	MSV	**m11**	
	Peter Langmaid	HOC	M55	MSV	**m11**	
	Andy Johnson	HOC	M60	MSV	**m15**	
	Brendan Bolland	WAROC	M55	MSV	**m11**	
	David Potter	BOK	M60	MSV	**m15**	
	John Ferris-Worth	BL	M60	MSV	**m11**	
	Greg Best	NGOC	M60	MSV	**m20**	
	Sunning Leung	SMOC	M60	MSV	**m11**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

3B-WV - 5.6km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Emma Jarrett	WAOC	W45	WV	**32:03**	
2nd	Heather Roome	SROC	W40	WV	**32:35**	+0:32
3rd	Juliette Soulard	OD	W50	WV	**34:34**	+2:31
4th	Heather Kieniewicz	WRE	W40	WV	**35:01**	+2:58
5th	Lizzie Irvine	ERYRI	W40	WV	**36:13**	+4:10
6th	Victoria McCreadie	WIM	W40	WV	**36:22**	+4:19
7th	Emma Harrison	EPOC	W50	WV	**36:26**	+4:23
8th	Kerry Corkery	SARUM	W45	WV	**36:43**	+4:40
9th	Helen Chiswell	DVO	W45	WV	**37:07**	+5:04
10th	Sally Calland	DVO	W50	WV	**37:10**	+5:07
11th	Lisa Methven	BKO	W55	WV	**38:06**	+6:03
12th	Sian Mitchell	HH	W45	WV	**38:40**	+6:37
13th	Louise Reynolds	SYO	W45	WV	**38:41**	+6:38
14th	Catherine Wilson	PFO	W45	WV	**38:49**	+6:46
15th	Christine Farr	SWOC	W50	WV	**39:06**	+7:03
16th	Jo Matthew	SROC	W50	WV	**39:13**	+7:10
17th	Kath Atkins	HOC	W40	WV	**39:52**	+7:49
18th	Helen Bickle	WAOC	W40	WV	**41:02**	+8:59
19th	Freya Askham	SMOC	W50	WV	**41:21**	+9:18
20th	Maria MacKenzie	EBOR	W45	WV	**41:22**	+9:19
21st	Katie Lewis	WRE	W40	WV	**41:25**	+9:22
22nd	Dawn Figg	PFO	W55	WV	**41:54**	+9:51
23rd	Helen Alcock	AIRE	W40	WV	**41:59**	+9:56
24th	Helen Ellis	PFO	W50	WV	**42:02**	+9:59
25th	Toni O'Donovan	LEI	W45	WV	**42:16**	+10:13
26th	Ellen Butcher	PFO	W50	WV	**43:19**	+11:16
27th	Katharine Bartram	NOR	W50	WV	**43:26**	+11:23
28th	Maria Murphy	WRE	W50	WV	**44:20**	+12:17
29th	Katie Swalwell	DVO	W45	WV	**45:03**	+13:00
30th	Sesu Mpala	BAOC	W35	WV	**46:11**	+14:08
31st	Catherine Slade	SAX	W45	WV	**47:55**	+15:52
32nd	Christine Wilson	NGOC	W50	WV	**48:56**	+16:53
33rd	Linda Mudd	QO	W60	WV	**49:41**	+17:38
34th	Tina Bennett	DFOK	W45	WV	**50:40**	+18:37
35th	Joanna Mee	SMOC	W45	WV	**51:17**	+19:14
36th	Ruth Landrigan	BOK	W45	WV	**56:30**	+24:27
37th	Sonia Hudson	HOC	W40	WV	**56:36**	+24:33
38th	Corrie Blackmore	HOC	W45	WV	**56:47**	+24:44
39th	Julia Allinson	WRE	W50	WV	**60:18**	+28:15
40th	Yvonne Green	TVOC	W40	WV	**64:16**	+32:13
41st	Alexandra Radcliffe	SUFFOC	W50	WV	**65:44**	+33:41
42nd	Alison Cowe	WAOC	W50	WV	**67:07**	+35:04
43rd	Sarah Dixon	HH	W50	WV	**68:41**	+36:38
	Vanessa Howsam	SYO	W50	WV	**m11**	
	Tess Knight	KERNO	W50	WV	**m15**	
	Rebecca Coupe	WRE	W40	WV	**m9-17 m19-22**	
	Johanna Powell	WAOC	W45	WV	**m15**	
	Sharon Finch	OD	W55	Course 3B	**m1 w16**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

4A-MUV - 5.2km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	James Clemence	SWOC	M65	MUV	**30:16**	
2nd	Mike Johnson	SROC	M65	MUV	**30:49**	+0:33
3rd	Christopher Kelsey	BOK	M65	MUV	**31:51**	+1:35
4th	Paul Bradbury	SYO	M65	MUV	**31:55**	+1:39
5th	Mike Frizzell	BADO	M65	MUV	**32:03**	+1:47
6th	Brian Pearson	QO	M65	MUV	**32:39**	+2:23
7th	Mike Snell	ERYRI	M65	MUV	**33:07**	+2:51
8th	Peter Haynes	WAOC	M65	MUV	**33:17**	+3:01
9th	Dave Brown	HALO	M65	MUV	**33:38**	+3:22
10th	Ian Moran	SOC	M65	MUV	**33:50**	+3:34
11th	Ian Ditchfield	MV	M65	MUV	**33:55**	+3:39
12th	Paul Lane	SARUM	M65	MUV	**34:24**	+4:08
13th	Lawrence Jones	WRE	M70	MUV	**35:02**	+4:46
14th	John Britton	MDOC	M70	MUV	**35:05**	+4:49
15th	Graham Johnson	DVO	M70	MUV	**35:11**	+4:55
16th	Nick Dennis	BOK	M65	MUV	**35:19**	+5:03
17th	Mark Saunders	BOK	M65	MUV	**35:20**	+5:04
18th=	Philip Eeles	SOC	M70	MUV	**35:30**	+5:14
18th=	Dave Bales	BOF	M70	MUV	**35:30**	+5:14
20th	Mark Pearson	WRE	M65	MUV	**35:55**	+5:39
21st	Andrew Quickfall	SROC	M65	MUV	**36:38**	+6:22
22nd	Rob Hick	WSX	M65	MUV	**37:28**	+7:12
23rd	Mike Goldthorpe	WRE	M65	MUV	**37:29**	+7:13
24th	Ray Collins	WCH	M70	MUV	**37:41**	+7:25
25th	Andrew Yeates	WCH	M65	MUV	**38:14**	+7:58
26th	Alan Pucill	NGOC	M65	MUV	**38:47**	+8:31
27th	Martin Cook	SMOC	M65	MUV	**38:57**	+8:41
28th	Andrew Lewsley	BL	M70	MUV	**39:41**	+9:25
29th=	Anthony Lloyd	BOK	M70	MUV	**39:48**	+9:32
29th=	Noel Schorah	DEE	M65	MUV	**39:48**	+9:32
31st	Richard Cummings	WCOC	M65	MUV	**39:58**	+9:42
32nd	Richard Rogers	WRE	M60	MUV	**40:03**	+9:47
33rd	Stephen Eastley	BL	M70	MUV	**40:42**	+10:26
34th	Ray Toomer	QO	M70	MUV	**40:46**	+10:30
35th	Eddie Whittle	BKO	M55	MUV	**40:49**	+10:33
36th	Andrew Parkinson	SO	M70	MUV	**40:53**	+10:37
37th	Vincent Joyce	SO	M70	MUV	**41:40**	+11:24
38th	Ian Prosser	BAOC	M65	MUV	**41:53**	+11:37
39th	Zbig Gebka	HAVOC	M65	MUV	**41:54**	+11:38
40th	John Brammer	DEE	M65	MUV	**42:01**	+11:45
41st	Nick Campbell	DEE	M65	MUV	**42:02**	+11:46
42nd	Stan Alexander	OD	M70	MUV	**42:08**	+11:52
43rd	Chris Moncaster	KERNO	M70	MUV	**42:10**	+11:54
44th	Scott Carr	IND	M40	Course 4A	**43:03**	+12:47
45th=	Stefan Stasiuk	BKO	M70	MUV	**43:13**	+12:57
45th=	John Lebeter	CLARO	M70	MUV	**43:13**	+12:57
47th	Paul Goodhead	DVO	M60	MUV	**43:23**	+13:07
48th	Fred Miller	NATO	M70	MUV	**43:26**	+13:10
49th	Andy Hemsted	HOC	M75	MUV	**44:20**	+14:04
50th	Rod Postlethwaite	WRE	M70	MUV	**44:28**	+14:12
51st	Alan West	LEI	M65	MUV	**44:36**	+14:20
52nd	Ian Byford	HH	M65	MUV	**44:58**	+14:42
53rd	Colin Hicks	SOC	M70	MUV	**45:04**	+14:48
54th	Mike Capper	WAOC	M70	MUV	**45:07**	+14:51
55th	Graham Batty	HAVOC	M65	MUV	**45:10**	+14:54
56th	Peter Dudman	SO	M70	MUV	**45:32**	+15:16
57th	John Hopper	DVO	M70	MUV	**45:43**	+15:27
58th	Alan Leakey	SLOW	M70	MUV	**45:55**	+15:39
59th	Chris Johnson	BOK	M70	MUV	**46:58**	+16:42

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

4A-MUV - 5.2km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	John Broadhead	LOC	M70	MUV	**47:21**	+17:05
61st	Andy Thornton	MDOC	M65	MUV	**47:28**	+17:12
62nd	Mikhail Gryaznevich	TVOC	M70	MUV	**47:56**	+17:40
63rd	David Lloyd	LOC	M70	MUV	**47:59**	+17:43
64th	Russell Buxton	DVO	M65	MUV	**48:03**	+17:47
65th	Jonathan Hurford	BOK	M70	MUV	**48:04**	+17:48
66th	David Rosen	SROC	M70	MUV	**48:08**	+17:52
67th	Michael Leake	IND	M65	MUV	**48:27**	+18:11
68th	Peter Dargue	LEI	M70	MUV	**50:45**	+20:29
69th	David Bliss	PFO	M65	MUV	**52:36**	+22:20
70th	John Birtwistle	CLARO	M65	MUV	**53:31**	+23:15
71st	Stephen Round	SELOC	M70	MUV	**55:17**	+25:01
72nd	Graham Nilsen	DEE	M65	MUV	**61:10**	+30:54
73rd	Graham Urquhart	OD	M70	MUV	**66:39**	+36:23
74th	Gary Wakerley	NGOC	M65	MUV	**73:06**	+42:50
	Richard Lewis	WRE	M70	MUV	**m13-15**	
	Mark Collins	DFOK	M65	MUV	**m21**	
	James Askew	NGOC	M65	MUV	**m20**	
	John Simmons	BOK	M70	MUV	**m11**	
	Mike Capper	WAOC	M70	MUV	**mF**	
	Matthew Cochrane	SROC	M70	MUV	**m11**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

4B-WSV - 4.6km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Joyce Marshall	AIRE	W65	WSV	**30:14**	
2nd	Alison Simmons	BOK	W70	WSV	**30:19**	+0:05
3rd	Julie Ferris-Worth	BL	W55	WSV	**30:39**	+0:25
4th	Ginny Hudson	NGOC	W60	WSV	**30:45**	+0:31
5th	Karen French	WIM	W55	WSV	**30:53**	+0:39
6th	Alice Bedwell	BOK	W65	WSV	**30:55**	+0:41
7th	Woo Allen	SN	W60	WSV	**31:19**	+1:05
8th	Camilla Darwin	WAOC	W55	WSV	**31:28**	+1:14
9th	Judith Wood	PFO	W60	WSV	**32:20**	+2:06
10th	Janet Adams	SYO	W60	WSV	**32:37**	+2:23
11th	Karen Baker	DEVON	W55	WSV	**32:51**	+2:37
12th	Deb Murrell	SROC	W55	WSV	**33:00**	+2:46
13th	Bronwen Doyle	SYO	W55	WSV	**33:31**	+3:17
14th	Sarah Bayliss	WRE	W55	WSV	**33:51**	+3:37
15th	Cat Edwardes	DEVON	W55	WSV	**33:59**	+3:45
16th	Rachel Dennis	BOK	W55	WSV	**34:12**	+3:58
17th	Kate Brett	BAOC	W60	WSV	**35:21**	+5:07
18th	Helen Kelsey	BOK	W65	WSV	**35:23**	+5:09
19th	Jill Blount	SO	W65	WSV	**35:30**	+5:16
20th	Diane Jacks	WRE	W55	WSV	**35:51**	+5:37
21st	Lucy Paton	SN	W60	WSV	**36:03**	+5:49
22nd	Eliza Hermann	HH	W60	WSV	**36:19**	+6:05
23rd	Carol Prosser	BAOC	W60	WSV	**36:26**	+6:12
24th	Julia Crook	AIRE	W55	WSV	**37:18**	+7:04
25th	Alison Reynolds	DEVON	W55	WSV	**37:24**	+7:10
26th=	Caroline Potter	BOK	W60	WSV	**37:36**	+7:22
26th=	Jane Lambert	SO	W65	WSV	**37:36**	+7:22
28th	Jane Dring-Morris	LEI	W55	WSV	**37:44**	+7:30
29th	Viv Hodson	HH	W60	WSV	**37:46**	+7:32
30th	Claire Bushnell	WCH	W60	WSV	**37:47**	+7:33
31st	Elizabeth Bales	POTOC	W60	WSV	**37:48**	+7:34
32nd	Sharon Bowes	CLARO	W55	WSV	**37:51**	+7:37
33rd	Ann Cummings	WCOC	W65	WSV	**38:06**	+7:52
34th	Helen Satterthwaite	HH	W55	WSV	**38:07**	+7:53
35th	Helen Ashenden	SN	W60	WSV	**38:14**	+8:00
36th	Sal Chaffey	DVO	W60	WSV	**38:35**	+8:21
37th	Colette Du Toit	NGOC	W60	WSV	**39:42**	+9:28
38th	Helen Nisbet	SMOC	W60	WSV	**40:21**	+10:07
39th	Carolyn Dent	BOK	W60	WSV	**40:28**	+10:14
40th	Margaret Warlow	BOK	W40	WSV	**41:43**	+11:29
41st	Jane Blackford	BADO	W55	WSV	**42:34**	+12:20
42nd	Patricia Wong	NOC	W55	WSV	**42:48**	+12:34
43rd	Fiona Clough	BKO	W60	WSV	**43:12**	+12:58
44th	Susan Birtwistle	CLARO	W65	WSV	**43:19**	+13:05
45th	Juliet Bentley	SROC	W55	WSV	**43:25**	+13:11
46th	Cath Lee	LOC	W60	WSV	**43:33**	+13:19
47th	Kim Buxton	DVO	W60	WSV	**43:39**	+13:25
48th	Toni Whittle	BKO	W55	WSV	**43:46**	+13:32
49th	Anne Kayley-Burgess	DVO	W55	WSV	**43:54**	+13:40
50th	Katherine Pike	WIM	W60	WSV	**44:13**	+13:59
51st	Miranda Mackereth	HOC	W60	WSV	**44:26**	+14:12
52nd=	Jacqueline Tett	IND	W60	WSV	**44:37**	+14:23
52nd=	Sally Ross	SBOC	W55	WSV	**44:37**	+14:23
54th	Vivianne Lawson	OD	W55	WSV	**45:00**	+14:46
55th	Sandra Mather	SMOC	W55	WSV	**45:05**	+14:51
56th	Laura Wilcox	WSX	W60	WSV	**45:12**	+14:58
57th	Paula Furnival	POTOC	W55	WSV	**45:13**	+14:59
58th	Adele Appleby	QO	W60	WSV	**45:31**	+15:17
59th	Jennifer Gebka	HAVOC	W60	WSV	**45:39**	+15:25

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

4B-WSV - 4.6km 55m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Amanda Bailey	SN	W60	WSV	**47:37**	+17:23
61st	Karen Quickfall	SROC	W60	WSV	**48:02**	+17:48
62nd	Lindsey King	AIRE	W60	WSV	**48:17**	+18:03
63rd	Nicola Harvey	WIM	W50	WSV	**50:31**	+20:17
64th	Grace Au	SMOC	W60	WSV	**50:37**	+20:23
65th	Rhiannon Fadeyibi	NGOC	W60	WSV	**50:51**	+20:37
66th	Maggie Hateley	DEE	W60	WSV	**51:07**	+20:53
67th	Sarah Bryce	NGOC	W55	WSV	**51:56**	+21:42
68th	Vicky Fieldhouse	QO	W60	WSV	**52:23**	+22:09
69th	Dave Prescott		M55	WSV	**54:50**	+24:36
70th	Wendy West	LEI	W60	WSV	**55:12**	+24:58
71st	Alison Yeates	WCH	W55	WSV	**57:25**	+27:11
72nd	Ros James	SMOC	W60	WSV	**57:48**	+27:34
73rd	Faye Kromhout	QO	W45	WSV	**61:38**	+31:24
74th	Sarah Findlay	DFOK	W50	WSV	**71:50**	+41:36
75th	Alison Hurford	BOK	W65	WSV	**73:46**	+43:32
	Cinnamon Hodgson	SYO	W55	WSV	**m18**	
	Nicola Brooke	WSX	W55	WSV	**w6**	
	Nicola Hart	DVO	W60	WSV	**m20**	
	Louise Light	SOC	W55	WSV	**m9-12 m19**	
	Cathy Kelly	AIRE	W60	WSV	**m10**	
	Caroline Brammer	DEE	W55	WSV	**m19**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

5A-MHV WUV - 3.9km 35m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Robert King	AIRE	M65	Course 5A	**30:56**	
2nd	Diana Nicoll	BOK	W65	WUV	**30:57**	+0:01
3rd	Martyn Roome	SROC	M70	Course 5A	**31:22**	+0:26
4th	Val Johnson	DVO	W65	WUV	**31:53**	+0:57
5th	David Palmer	BOK	M75	MHV	**32:04**	+1:08
6th	Diane Leakey	SLOW	W65	WUV	**32:08**	+1:12
7th	Marion Payne-Bird	GO	W65	WUV	**32:22**	+1:26
8th	Christine Jepson	SO	W65	WUV	**33:05**	+2:09
9th	Kathleen Haynes	WAOC	W65	WUV	**33:12**	+2:16
10th	Peter Carey	OD	M80	MHV	**33:29**	+2:33
11th	Carol Dredge	WCH	W65	WUV	**33:31**	+2:35
12th	Ian Cooper	SYO	M75	MHV	**34:45**	+3:49
13th	Michael Bickle	WAOC	M75	MHV	**34:53**	+3:57
14th	Jacqueline Embrey	SROC	W65	WUV	**34:54**	+3:58
15th	Doug Dickinson	DVO	M80	MHV	**35:45**	+4:49
16th	Jasmine Bennett	SO	W70	WUV	**36:54**	+5:58
17th	Jane Kayley-Burgess	DVO	W65	WUV	**37:10**	+6:14
18th	Janet Leake	EBOR	W65	WUV	**37:14**	+6:18
19th	Colin Best	SYO	M75	MHV	**37:28**	+6:32
20th	Ann Harris	SMOC	W70	WUV	**37:32**	+6:36
21st	Christine Collins	WCH	W65	WUV	**38:08**	+7:12
22nd	David Mullins	SARUM	M75	MHV	**38:46**	+7:50
23rd	Rosie Wych	QO	W70	WUV	**38:54**	+7:58
24th	Roger Hargreaves	KERNO	M75	MHV	**39:13**	+8:17
25th	Sue Roome	SROC	W70	WUV	**39:15**	+8:19
26th	John Nuttall	SELOC	M80	MHV	**39:20**	+8:24
27th	Jillyan Dobby	MDOC	W70	WUV	**39:35**	+8:39
28th	Janet Hill	WRE	W70	WUV	**39:37**	+8:41
29th	Rex Bleakman	DVO	M80	MHV	**39:52**	+8:56
30th	Jim Mallinson	SLOW	M75	MHV	**40:30**	+9:34
31st	Julie K Astin	WSX	W70	WUV	**40:38**	+9:42
32nd	Christopher Moon	BOK	M75	MHV	**41:02**	+10:06
33rd	Mike Wimpenny	DEVON	M75	MHV	**41:05**	+10:09
34th	Christopher Branford	WIM	M75	MHV	**41:06**	+10:10
35th	Rosalind Taunton	NGOC	W75	WUV	**41:44**	+10:48
36th	Jill Manning	SWOC	W75	WUV	**42:23**	+11:27
37th	Ranald Macdonald	DVO	M70	Course 5A	**42:31**	+11:35
38th	Dave Skidmore	DVO	M75	MHV	**42:38**	+11:42
39th	Chris Virgo	DEVON	M75	MHV	**42:44**	+11:48
40th	Gillian Prowse	SN	W65	WUV	**43:04**	+12:08
41st	Pam Brown	HALO	W65	WUV	**43:16**	+12:20
42nd	Sue Toomer	QO	W70	WUV	**43:47**	+12:51
43rd	Mick Sadler	HOC	M75	MHV	**44:01**	+13:05
44th	Julie Collins	DFOK	W65	WUV	**44:16**	+13:20
45th	Paul Taunton	NGOC	M75	MHV	**44:19**	+13:23
46th	Gary Waters	SBOC	M75	MHV	**44:33**	+13:37
47th	Jean Payne	DEE	W70	WUV	**44:42**	+13:46
48th	Marie Roberts	MDOC	W65	WUV	**44:48**	+13:52
49th	Stuart Swalwell	DVO	M75	MHV	**45:04**	+14:08
50th	Peter Ross	MDOC	M75	MHV	**45:10**	+14:14
51st	Sue Hooper	HH	W70	WUV	**45:39**	+14:43
52nd	Robert Verity	DEE	M80	MHV	**46:15**	+15:19
53rd	Ruth Ellis	DVO	W70	WUV	**46:18**	+15:22
54th	Rachel Alexander	OD	W65	WUV	**46:43**	+15:47
55th	Michael Hampton	OD	M75	MHV	**47:08**	+16:12
56th	Roger Maher	SO	M85	MHV	**47:15**	+16:19
57th	Howard Thomas	BOK	M80	MHV	**48:55**	+17:59
58th	Philip Cooper	WIM	M75	MHV	**49:27**	+18:31
59th	Roger Craddock	QO	M80	MHV	**49:43**	+18:47

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

5A-MHV WUV - 3.9km 35m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Martin Cross	WIM	M80	MHV	**49:47**	+18:51
61st=	Jill Cochrane	SROC	W65	WUV	**50:22**	+19:26
61st=	Brian Hart	DEVON	M80	MHV	**50:22**	+19:26
63rd	Peter Yoxall	POTOC	M75	MHV	**51:01**	+20:05
64th	David Ball	NOR	M80	MHV	**51:08**	+20:12
65th	Viv Macdonald	DVO	W70	WUV	**51:17**	+20:21
66th	Gill Sharp	SN	W65	WUV	**52:06**	+21:10
67th	Leokadia Acres	IND	W45	Course 5A	**52:25**	+21:29
68th	Ruth Rhodes	SO	W80	WUV	**53:25**	+22:29
69th	Hazel Bickle	WAOC	W70	WUV	**55:11**	+24:15
70th	Jane Campbell	DEE	W65	WUV	**55:18**	+24:22
71st	Chris Shaw	HAVOC	M75	MHV	**56:57**	+26:01
72nd	Simon Ford	LEI	M80	MHV	**57:22**	+26:26
73rd	David Battison	SARUM	M75	MHV	**59:04**	+28:08
74th	Jean Fitzgerald	SAX	W70	WUV	**61:24**	+30:28
75th	Margaret Keeling	DVO	W75	WUV	**63:05**	+32:09
76th	John Bowman	OD	M80	MHV	**63:31**	+32:35
77th	Sally Ingram	HOC	W65	WUV	**65:05**	+34:09
78th	Elizabeth Urquhart	OD	W70	WUV	**67:30**	+36:34
79th	Sindy Chafer	LEI	W55	WUV	**67:39**	+36:43
80th	Rod Shaw	EPOC	M85	MHV	**81:54**	+50:58
	Barry Houghton	WRE	M75	MHV	**m5**	
	Trevor Roberts	MDOC	M75	MHV	**m16**	
	Richard McDonald	BOK	M50	Course 5A	**m21**	
	Mike Atherton	LOC	M80	MHV	**mS**	
	Robert Vickers	HOC	M80	MHV	**m8**	
	Jacqueline Stevens	WRE	W65	WUV	**m21**	
	Henry Marston	SYO	M75	MHV	**m12-13**	
	Rachel Thomas	SMOC	W70	WUV	**w22**	
	David May	SLOW	M75	MHV	**m16**	
	Susan Hindle	IND	W70	WUV	**mS**	
	Ian Peirce	SARUM	M80	MHV	**m16**	
	Stella Lewsley	BL	W70	WUV	**m11 m16**	
	Tony Thornley	AIRE	M75	MHV	**m15**	
	Ted McDonald	BOK	M80	MHV	**m7**	
	Anna Nilsen	DEE	W65	WUV	**m16**	
	Robert Scott	HOC	M75	MHV	**m16**	
	Denise Mullins	SARUM	W70	WUV	**m11**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

5B-WHV - 3km 25m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Sheila Carey	OD	W75	WHV	**25:46**	
2nd	Sue Hands	WIM	W75	WHV	**30:38**	+4:52
3rd	Diana McClure	SBOC	W75	WHV	**31:51**	+6:05
4th	Elsie Hargreaves	KERNO	W75	WHV	**32:16**	+6:30
5th	Rosie Shaw	SMOC	W75	WHV	**32:30**	+6:44
6th	Jean Lochhead	EPOC	W75	WHV	**32:37**	+6:51
7th	Lynn Branford	WIM	W75	WHV	**32:45**	+6:59
8th	Miriam Rosen	SROC	W75	WHV	**34:00**	+8:14
9th	Jackie Page	EPOC	W75	WHV	**34:50**	+9:04
10th	Sally Thomas	BOK	W80	WHV	**36:24**	+10:38
11th	Christine King	BOK	W75	WHV	**36:37**	+10:51
12th	Anne May	SWOC	W75	WHV	**37:30**	+11:44
13th	Barbara Verity	DEE	W75	WHV	**40:07**	+14:21
14th	Monika Cooper	SYO	W80	WHV	**40:24**	+14:38
15th	Alison Sloman	HOC	W85	WHV	**44:37**	+18:51
16th	Liz Yeadon	SARUM	W75	WHV	**46:25**	+20:39
17th	Sue Hallett	OD	W75	WHV	**47:19**	+21:33
18th	Jean Rostron	POTOC	W80	WHV	**48:05**	+22:19
19th	Gillian Cross	WIM	W80	WHV	**48:36**	+22:50
20th	Ruth Chesters	DEVON	W75	WHV	**49:19**	+23:33
21st	Sue Bicknell	LEI	W80	WHV	**51:01**	+25:15
22nd	Di Ford	LEI	W75	WHV	**58:32**	+32:46
n/c	Roger Keeling	DVO	M80	WHV	**60:30**	
23rd	Freda Peirce	SARUM	W80	WHV	**61:53**	+36:07
24th	Pat Hart	DEVON	W80	WHV	**77:07**	+51:21
	Julie Brook	MDOC	W75	WHV	**m11**	
	Beryl Pring	SAX	W75	WHV	**m11**	
	Jenny Uff	HOC	W75	WHV	**m11**	
	Natalia Barker-Pilsworth	RAFO	W50	Course 5B	**m17**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

6-M16 W16 - 3.6km 30m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Lawrence Hodgson	SYO	M16	MJ	**17:34**	
2nd	James Ewart	LVO	M16	MJ	**17:42**	+0:08
3rd	Eoin Simpson	LEI	M16	MJ	**17:52**	+0:18
4th	Seb Blackmore	HOC	M14	MJ	**18:32**	+0:58
5th	Craig Thompson	HOC	M16	MJ	**19:26**	+1:52
6th	Maxwell Groom	SYO	M16	MJ	**19:27**	+1:53
7th	Ethan Radcliffe	SUFFOC	M14	MJ	**19:57**	+2:23
8th	Alex Darwin	WAOC	M16	MJ	**20:01**	+2:27
9th	Peter Blackmore	HOC	M16	MJ	**20:27**	+2:53
10th	Adam Landels	OD	M16	MJ	**20:44**	+3:10
11th	Kate Jarrett	WAOC	W16	WJ	**22:28**	+4:54
12th	Jake Bennett	DFOK	M14	MJ	**22:44**	+5:10
13th	Abigail Howsam	SYO	W16	WJ	**24:33**	+6:59
14th	Eskarina Medlock	WSX	W16	WJ	**24:44**	+7:10
15th=	Harriet Allinson	WRE	W16	WJ	**26:13**	+8:39
15th=	Aaron Radcliffe	SUFFOC	M16	MJ	**26:13**	+8:39
17th	Margaux Hodgson	SYO	W18	WJ	**27:14**	+9:40
18th	Robertas Stupelis	HOC	M16	MJ	**29:41**	+12:07
19th	Grace Allinson	WRE	W16	WJ	**30:35**	+13:01
20th	James Martin	CLOK	M16	MJ	**32:18**	+14:44
21st	Russell McCreadie	WIM	M16	MJ	**33:39**	+16:05
22nd	Antony Mee	SMOC	M50	Course 6	**34:21**	+16:47
23rd	Isaac Lo	IND	M14	MJ	**37:36**	+20:02
24th	Sofia Mee	SMOC	W16	WJ	**40:48**	+23:14
25th	Kotomi Carr	IND	W45	Course 6	**43:32**	+25:58
26th	Zechariah Leung	IND	M16	MJ	**82:19**	+64:45

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

7-M14 W14 - 1.8km 15m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Samuel Crook	AIRE	M14	MYJ	**9:55**	
2nd=	Ceci Knight	KERNO	W14	WYJ	**12:08**	+2:13
2nd=	Samuel Hudson	HOC	M14	MYJ	**12:08**	+2:13
4th	Alice French	WIM	W14	WYJ	**12:15**	+2:20
5th	Charlie Alcock	AIRE	M12	MYJ	**12:34**	+2:39
6th	Cara Tolley	LEI	W14	WYJ	**12:57**	+3:02
7th	Alexander Harlock-Askew	NGOC	M12	MYJ	**13:02**	+3:07
8th	Darrio Mukyiu Tam	HH	M14	MYJ	**13:21**	+3:26
9th	Niamh Mitchell	HH	W14	WYJ	**13:22**	+3:27
10th	Elysia Cowe	WAOC	W12	WYJ	**13:35**	+3:40
11th	Douglas Innes-Farr	SWOC	M14	MYJ	**13:39**	+3:44
12th	Penny Pinker-Hull	AIRE	W12	WYJ	**13:46**	+3:51
13th	Alys Powell	WAOC	W14	WYJ	**13:56**	+4:01
14th	Andrew Tang	OD	M14	MYJ	**14:27**	+4:32
15th	Zebedee Harlock-Askew	NGOC	M12	MYJ	**15:38**	+5:43
16th	Jago Reynolds	SYO	M14	MYJ	**15:46**	+5:51
17th	Joey Fox	HOC	M12	MYJ	**16:06**	+6:11
18th	Sophie Howsam	SYO	W14	WYJ	**16:17**	+6:22
19th	Pippa Blackmore	HOC	W14	WYJ	**17:08**	+7:13
20th	Iris Landrigan	BOK	W14	WYJ	**18:04**	+8:09
21st	Jessica Weaver	WRE	W16	Course 7	**18:06**	+8:11
22nd	Annie Lewis	WRE	W12	WYJ	**19:27**	+9:32
23rd	Josh & Ethan Duncan	IND	M10	MYJ	**19:33**	+9:38
24th	Isla Findlay	DFOK	W12	WYJ	**26:05**	+16:10
25th	Manning Rupert	SWOC	M10	MYJ	**26:45**	+16:50
26th	Gethin Acres-Green	IND	M10	MYJ	**27:31**	+17:36
27th	Susan Roberts	HOC	W75	Course 7	**32:32**	+22:37
28th	Georgina Hudson	HOC	W12	WYJ	**32:39**	+22:44
29th	Joshua Lo	IND	M12	MYJ	**33:46**	+23:51
30th	Tristan Mccreadie	WIM	M12	MYJ	**46:53**	+36:58
	Alethea Carr	AIRE	W14	WYJ	**m8 m15**	
	George Ricketts	AIRE	M12	MYJ	**m6**	
	Lara Schorah	NOC	W10	WYJ	**m1 m3**	

SInS Day 1 - Ludlow

May 24, 2025

RESULTS - PROVISIONAL

8-M10 W10 - 1.1km 10m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Sebastian Carr	AIRE	M10	MVYJ	**9:55**	
2nd	Jake Fox	HOC	M10	MVYJ	**10:14**	+0:19
3rd	Esther Eaton	WAOC	W10	WVYJ	**10:50**	+0:55
4th	Timothy Green	TVOC	M10	MVYJ	**11:40**	+1:45
5th	Francesca Coupe	WRE	W12	Course 8	**12:00**	+2:05
6th	Josh and Ethan Duncan	IND	M10	MVYJ	**13:38**	+3:43
7th	Rory Howsam	IND	M10	MVYJ	**14:48**	+4:53
8th	Danny Fox	HOC	M10	MVYJ	**15:13**	+5:18
9th	Jamie Atkins	HOC	M10	MVYJ	**15:51**	+5:56
10th	Lewis Kieniewicz	WRE	M10	MVYJ	**16:07**	+6:12
11th	Edward Lewis	WRE	M10	MVYJ	**16:12**	+6:17
12th	Thomas Howsam	IND	M10	MVYJ	**17:02**	+7:07
13th	Edie Evans	IND	W10	WVYJ	**18:02**	+8:07
14th	Helen Eaton	WAOC	W10	WVYJ	**19:21**	+9:26
15th	Hana Powell	WAOC	W10	WVYJ	**19:49**	+9:54
16th	Ada Atkins	HOC	W10	WVYJ	**20:06**	+10:11
17th	Gabriel Mee	SMOC	M10	MVYJ	**20:37**	+10:42
18th	Elsa Evans	IND	W10	WVYJ	**23:14**	+13:19
19th	Violet Farrell	MDOC	W10	WVYJ	**23:21**	+13:26
20th	Cordelia Slade-Stott	IND	W10	WVYJ	**23:39**	+13:44
21st	Robin Green	TVOC	M10	MVYJ	**30:22**	+20:27
22nd	Alan Yeadon	SARUM	M85	Course 8	**56:01**	+46:06
	Joby Pinker-Hull	AIRE	M10	MVYJ	**m14**	
	Suranne Tolley	LEI	W10	WVYJ	**m11**	
	Daniel Tang	OD	M10	MVYJ	**m9 m15**	
	Alfie Alcock	AIRE	M10	MVYJ	**m5**	
	Isobel Ricketts	AIRE	W10	WVYJ	**m15**	
	Seren Brett	DVO	W12	Course 8	**m15**	