

Coppett Hill Race: ALL

Goodrich: 5 Miles
 Saturday 21-Mar-2026 at 13:00
 Organised by: FODAC

Race Results

Pos	Bib	Name	Cat	Club	Race Time	AG Time	AG%	Gender Pos	Cat Pos
1	216	Rhys GOODRICK	M Senior	Vegan Runners Uk	00:37:14	00:37:14	57.26%	1	1
2	187	Tomas BLACK	M Senior	Mynyddwyr De Cymru (mdc)	00:37:33	00:37:33	56.76%	2	2
3	209	Jonathan FORD	M Senior	Mynydd Du	00:38:24	00:37:44	56.48%	3	3
4	274	Wyndham TURNER	M Senior	Mynydd Du	00:39:28	00:38:47	54.95%	4	4
5	206	Wilf EVANS	M Senior	Cdf Runners	00:39:48	00:39:47	53.58%	5	5
6	190	Jonah BYRNE	M Senior	Cdf Runners	00:40:43	00:40:43	52.35%	6	6
7	228	Tony JAMES	M Senior	Unattached	00:40:52	00:40:30	52.63%	7	7
8	247	Benjamin MOON	M V40	Mynyddwyr De Cymru (mdc)	00:40:59	00:37:29	56.86%	8	1
9	253	Tony PARKER	M V40	Basingstoke And Mid Hampshire Ac	00:41:09	00:39:25	54.07%	9	2
10	266	Ben SPENCE	M Senior	Unattached	00:42:08	00:42:08	50.60%	10	8
11	225	Dan HOOPER	M V50	Sarnhelen	00:44:25	00:38:42	55.08%	11	1
12	273	Tom TURNER	M V40	Mynydd Du	00:44:37	00:40:49	52.22%	12	3
13	236	Ian LUKE	M V50	Poole Runners	00:44:50	00:39:24	54.10%	13	2
14	199	Simon DANIEL	M V50	Bristol Up & Runners	00:45:04	00:39:36	53.82%	14	3
15	197	Ryan COOK	M V40	Unattached	00:45:14	00:41:42	51.11%	15	4
16	243	Chris MEDCALF	M V50	San Domenico Rc	00:45:30	00:39:59	53.31%	16	4
17	262	Wes SHELDON	M V40	Mynydd Du	00:45:40	00:41:07	51.83%	17	5
18	276	Ian WHISTANCE	M V50	Mynydd Du	00:45:56	00:39:22	54.15%	18	5
19	263	Tom SCRIVENS	M Senior	Unattached	00:46:26	00:46:10	46.16%	19	9
20	252	Darren OULD	M Senior	Mdc	00:46:40	00:46:24	45.93%	20	10
21	244	Dale MEEK	M Senior	Mynydd Du	00:46:51	00:45:32	46.81%	21	11
22	278	David WOOD	M V40	Wye Valley Runners	00:46:59	00:44:41	47.70%	22	6
23	258	Rhian PROBERT	F V50	Mynydd Du	00:47:10	00:38:58	62.09%	1	1
24	254	Dean PERRY	M V40	Unattached	00:47:35	00:45:16	47.10%	23	7
25	207	Mike FAWCETT	M V50	Mynydd Du	00:47:47	00:39:14	54.34%	24	6
26	275	Martin WEBB	M V60	Mynydd Du	00:47:53	00:38:36	55.21%	25	1
27	235	Ben LOWE	M V40	Stroud & District Ac	00:48:15	00:43:27	49.06%	26	8
28	231	Briony LATTER	F Senior	Mynyddwyr De Cymru (mdc)	00:48:25	00:48:12	50.20%	2	1
29	265	Peter SOWERBY	M V60	Brecon Ac	00:48:27	00:38:43	55.06%	27	2
30	222	Stewart HARDING	M V40	Cdf Runners	00:49:39	00:47:13	45.14%	28	9
31	264	Chris SMART	M V60	Hereford Couriers	00:49:44	00:40:28	52.68%	29	3
32	229	Craig JONES	M V50	Gog Triathlon	00:50:11	00:42:17	50.42%	30	7
33	193	Jack CAPON	M Senior	Forest Of Dean Ac	00:50:17	00:49:39	42.93%	31	12
34	198	Amy COX	F Senior	Cdf Runners	00:50:18	00:50:18	48.10%	3	2
35	277	Marc WHITING	M V60	Weston Athletic Club	00:50:19	00:40:56	52.08%	32	4
36	8	Christopher FLETCHER	M V50	Unattached	00:50:38	00:43:01	49.54%	33	8
37	201	Daf DAVIES	M V40	Vegan Runners Uk	00:50:46	00:45:20	47.02%	34	10
38	242	Emma McWILLIAMS	F V40	Mynydd Du	00:51:31	00:48:40	49.72%	4	1
39	239	Paul MAMMATT	M V50	Hereford Triathlon Club	00:53:08	00:44:23	48.03%	35	9
40	269	Debbie STENNER	F V50	Mynydd Du	00:53:26	00:46:21	52.21%	5	2
41	268	Thomas STECKIOW	M V60	Basingstoke & Mid Hants Ac	00:53:28	00:41:57	50.81%	36	5
42	232	Matthew LAWSON	M V50	Chepstow Harriers	00:53:32	00:44:43	47.67%	37	10

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43	200	Simon DARKE	M V60	Mdc	00:53:36	00:40:53	52.13%	38	6
44	250	Spencer NAPOLITANO	M Senior	Unattached	00:53:51	00:52:21	40.72%	39	13
45	210	Cherry FOWLER	F V50	Chepstow Harriers	00:53:57	00:44:35	54.28%	6	3
46	261	Bob SALTER	M V60	Unattached	00:54:50	00:41:26	51.44%	40	7
47	240	Michael MARTIN	M V50	Black Pear Joggers	00:55:14	00:47:44	44.66%	41	11
48	213	Martin FRYER	M Senior	Hereford Couriers	00:55:22	00:54:53	38.83%	42	14
49	272	Hayley TURNER	F Senior	Gog Tri	00:55:32	00:54:17	44.58%	7	3
50	251	Adrian NOBLE	M V60	Weston Ac	00:55:37	00:44:02	48.41%	43	8
51	192	Mark CAMERON	M V50	Wfra	00:55:40	00:48:06	44.31%	44	12
52	257	Don POWELL	M V70	Basingstoke & Mid Hants Ac	00:55:42	00:38:26	55.47%	45	1
53	255	George PICKERING	M Senior	Cdf Runners	00:58:12	00:58:12	36.62%	46	15
54	233	Colin LENNOX	M V60	Gloucestershire Mountaineering Club	00:58:25	00:43:43	48.77%	47	9
55	271	Fiona TURNER	F V60	Forest Of Dean Ac	00:58:40	00:43:04	56.19%	8	1
56	241	Paul McAFEE	M V60	Unattached	00:58:57	00:47:32	44.85%	48	10
57	184	Emma BAGLEY	F V50	Mynydd Du	00:59:55	00:52:34	46.03%	9	4
58	215	Sean GIBBS	M Senior	Unattached	01:00:01	00:59:40	35.72%	49	16
59	270	Andy STOTT	M V60	Mdc	01:00:32	00:46:37	45.73%	50	11
60	246	Lottie MILNER	F Senior	Mynydd Du	01:00:52	01:00:51	39.76%	10	4
61	196	Nikki CHILDS	F V60	Mynydd Du	01:00:58	00:45:23	53.32%	11	2
62	238	Ian MACKLIN	M V50	Mynyddwyr De Cymru	01:01:11	00:51:33	41.35%	51	13
63	211	Tim FOWLER	M V60	Basingstoke & Mid Hants Ac	01:02:08	00:46:57	45.40%	52	12
64	220	Flora GUNNER	F V60	Croft Ambrey Running Club	01:02:15	00:46:58	51.52%	12	3
65	185	Andy BAKER	M V50	Fairwater Runners Cwmbran	01:04:01	00:56:42	37.59%	53	14
66	189	Gary BURLEY	M V60	Chepstow Harriers	01:04:06	00:50:45	42.00%	54	13
67	212	Stefanie FRANCIS	F V60	Forest Of Dean Ac	01:04:23	00:50:33	47.87%	13	4
68	202	Bryony DEAN	F V50	Hereford Couriers	01:06:36	00:59:07	40.93%	14	5
69	260	Ellie SALISBURY	F V60	Eryri Harriers	01:09:29	00:51:00	47.44%	15	5
70	219	Gary GUNNER	M V80+	Croft Ambrey Running Club	01:09:48	00:43:31	48.98%	55	1
71	248	Julie-Ann MOORE	F V50	Unattached	01:12:51	01:03:10	38.30%	16	6
72	183	Brenda AVERY	F V70	Chepstow Harriers	01:15:16	00:47:32	50.91%	17	1
73	182	Jasmine ARNOLD	F V60	Forest Of Dean Ac	01:27:05	01:03:01	38.39%	18	6