

Hereford Couriers Christmas 10k

Age Group Results



| Pos | Name | Club | Chip |
|--------------|----------------------|----------------|-------|
| F Jun | | | |
| 1. | Charlotte Broadhurst | | 43:18 |
| 2. | Addy Carter | Hay Hotfooters | 46:28 |

| Pos | Name | Club | Chip |
|--------------|------------------|-----------------------------|---------|
| F Sen | | | |
| 1. | Alice Godding | Croft Ambrey RC | 41:18 |
| 2. | Roxane Woodfield | Croft Ambrey RC | 43:21 |
| 3. | Katie Belcher | Croft Ambrey RC | 44:52 |
| 4. | Abi Knight | | 50:24 |
| 5. | Kirsty Jenkins | Hereford Couriers | 51:10 |
| 6. | Thea Preece | Croft Ambrey RC | 52:18 |
| 7. | Bronwyn Preece | Croft Ambrey RC | 54:53 |
| 8. | Hollie Francis | Hereford Couriers | 56:34 |
| 9. | Alice Gilbert | | 57:33 |
| 10. | Emma Tonks | | 59:29 |
| 11. | Jo Woolley | | 59:47 |
| 12. | Sian Bennett | | 1:01:08 |
| 13. | Laura Jenkins | Hereford Couriers | 1:01:38 |
| 14. | SIAN DAVID | Ledbury & District Harriers | 1:03:44 |
| 15. | Hannah Campbell | Hereford Couriers | 1:04:45 |
| 16. | Chloe Brown | Ledbury & District Harriers | 1:05:22 |
| 17. | Sophie Booth | Black Pear Joggers | 1:24:33 |

| Pos | Name | Club | Chip |
|------------|------------------|--------------------|---------|
| F35 | | | |
| 1. | Donna Morris | Builth & District | 38:44 |
| 2. | Kelly Bowen | Croft Ambrey RC | 41:05 |
| 3. | Jane Hayde | Wye Valley Runners | 47:51 |
| 4. | Sophie Williams | Spirit of Monmouth | 49:48 |
| 5. | Monika Gorska | | 51:38 |
| 6. | Jana Cervenanova | | 54:35 |
| 7. | Lucy Capel | Black Pear Joggers | 55:15 |
| 8. | Alyson Kinsey | | 57:36 |
| 9. | Dawn Lane | | 57:59 |
| 10. | EMMA Banks | | 1:05:20 |
| 11. | Emma Mayo-Evans | | 1:11:59 |

| Pos | Name | Club | Chip |
|------------|------------------|-----------------------------|---------|
| F40 | | | |
| 1. | Clare Mallender | Hereford Couriers | 45:56 |
| 2. | Emma Stewardson | | 50:27 |
| 3. | Ella Hogan | Ledbury & District Harriers | 51:54 |
| 4. | Kelly Rose | Hereford Tri Club | 53:26 |
| 5. | Emma Murphy | Hereford Tri Club | 54:57 |
| 6. | Rachel Bannister | Ledbury & District Harriers | 1:00:27 |
| 7. | Joanna Chapman | | 1:00:50 |
| 8. | Rachel Rogers | | 1:01:08 |
| 9. | Hayley Lovatt | | 1:14:35 |
| 10. | Anna | | 1:15:13 |

| Pos | Name | Club | Chip |
|------------|---------------------|-----------------------------|---------|
| F45 | | | |
| 1. | Kate Platt | | 47:24 |
| 2. | Rebecca Ansfield | Wye Valley Runners | 47:55 |
| 3. | Bronwen Tyler-Jones | Hereford Couriers | 52:29 |
| 4. | Bryony Dean | Hereford Couriers | 55:12 |
| 5. | Sara Roper | | 55:35 |
| 6. | Susan Roig | | 58:31 |
| 7. | Sarah Broadhurst | Ludlow Runners | 58:32 |
| 8. | Victoria Band | Ledbury & District Harriers | 59:57 |
| 9. | Inese Robotham | Lonely Goat RC | 1:01:04 |

| Pos | Name | Club | Chip |
|-----|---------------|---------------------|---------|
| 10. | Tanya Clancy | | 1:01:23 |
| 11. | Clare Sims | London City Runners | 1:05:20 |
| 12. | Rachel Dudman | Lonely Goat RC | 1:16:58 |
| 13. | Carrie Orgee | | 1:24:33 |

| Pos | Name | Club | Chip |
|------------|---------------|--------------------|---------|
| F50 | | | |
| 1. | Sheryl Evans | Hereford Couriers | 44:53 |
| 2. | Sian Champken | Wye Valley Runners | 56:18 |
| 3. | Sarah Elwine | | 1:04:26 |

| Pos | Name | Club | Chip |
|------------|------------------|---------------------|---------|
| F55 | | | |
| 1. | Iza Austin | Croft Ambrey RC | 52:48 |
| 2. | Liz Davies-Ward | Hereford Tri Club | 54:44 |
| 3. | Stephanie King | Croft Ambrey RC | 57:00 |
| 4. | Helen Mansbridge | Lawley Running Club | 1:03:40 |
| 5. | Sue Purvin | | 1:06:43 |

| Pos | Name | Club | Chip |
|------------|---------------|------------------|---------|
| F60 | | | |
| 1. | Lesley Ashton | Vegan Runners UK | 56:00 |
| 2. | Sue Wood | Croft Ambrey RC | 1:02:35 |

| Pos | Name | Club | Chip |
|--------------|------------------|--------------------------|-------|
| M Jun | | | |
| 1. | Malachi Cashmore | Malvern Buzzards Running | 34:52 |
| 2. | William Kennedy | | 36:38 |
| 3. | Oscar Austin | | 41:57 |
| 4. | Will Connell | Cardiff University | 47:24 |

| Pos | Name | Club | Chip |
|-------------|--------------------|----------------------|-------|
| MSen | | | |
| 1. | Charlie Jones | Western Tempo | 33:08 |
| 2. | David Aubrey | Western Tempo | 34:14 |
| 3. | Gavin Jones | Monross Trailblazers | 35:02 |
| 4. | Sam Butler | Presteigne Pacers | 35:22 |
| 5. | Robert Pritchard | Chepstow Harriers | 35:39 |
| 6. | Toby Dickens | Monross Trailblazers | 35:40 |
| 7. | Ryan Knight | Hereford Couriers | 35:45 |
| 8. | William Maul | Hereford Couriers | 35:53 |
| 9. | Toby Austin | Croft Ambrey RC | 36:24 |
| 10. | Steven Flowers | Wye Valley Runners | 36:55 |
| 11. | Eric Apperley | Croft Ambrey RC | 36:58 |
| 12. | Darren Broady | Hereford Couriers | 37:15 |
| 13. | Nick Gibbons | | 37:21 |
| 14. | Ross Cameron | Hereford Couriers | 38:12 |
| 15. | Simon Richardson | Malvern Joggers | 38:47 |
| 16. | Ryan Lawrence | Hereford Couriers | 39:08 |
| 17. | Nigel Hawkes | | 39:57 |
| 18. | Daniel Scolari | Black Pear Joggers | 40:06 |
| 19. | Paul Campbell | | 40:38 |
| 20. | Christopher Cleary | Hereford Couriers | 41:05 |
| 21. | Daniel Spear | Ludlow Runners | 41:15 |
| 22. | Sam Roberts | | 41:27 |
| 23. | Sunin Patel | Wrekin Road Runners | 41:53 |
| 24. | Grant White | Monross Trailblazers | 42:30 |
| 25. | Luke Williams | | 42:42 |
| 26. | Jonny Williams | | 43:32 |
| 27. | Stuart Davies | | 43:47 |
| 28. | Ross Goodson | | 44:23 |
| 29. | Kit Williams | | 44:36 |
| 30. | Marc Kendrick | Wye Valley Runners | 44:37 |
| 31. | Jason Griffiths | | 45:41 |

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Age Group Results



| Pos | Name | Club | Chip |
|-----|---------------------|-------------------|---------|
| 32. | John Belcher | | 45:45 |
| 33. | Doug Norton | Hereford Couriers | 47:17 |
| 34. | Dan Hardy | | 47:34 |
| 35. | Daniel Mapp | Hereford Couriers | 48:03 |
| 36. | Richard Atkinson | | 48:05 |
| 37. | Christian Mason | | 49:15 |
| 38. | David Butler | | 50:24 |
| 39. | Zac Jones | | 51:51 |
| 40. | Arkadiusz Szczupak | | 54:47 |
| 41. | Jake Cullum-Hollins | Hereford Couriers | 56:10 |
| 42. | Ben Padian | | 56:30 |
| 43. | Keldan Lewis | | 58:16 |
| 44. | Carl Jones | | 1:05:58 |
| 45. | Alan Mayo-Evans | | 1:11:59 |
| 46. | Dan Geisler | | 1:24:31 |

M40

| | | | |
|----|-----------------|--------------------|---------|
| 1. | Jake Underhill | Hereford Couriers | 38:55 |
| 2. | Colin Lambourne | | 40:22 |
| 3. | Paul Kemp | Wye Valley Runners | 40:27 |
| 4. | Daniel Phillips | | 40:32 |
| 5. | Martin Williams | | 42:10 |
| 6. | John Brennan | Black Pear Joggers | 44:23 |
| 7. | Gareth Kinsey | | 57:36 |
| 8. | Stuart Taylor | | 1:01:55 |

M45

| | | | |
|-----|------------------|-----------------------------|---------|
| 1. | David Bannister | Ledbury & District Harriers | 37:04 |
| 2. | James Richards | | 38:16 |
| 3. | Andrew Tyler | Hereford Couriers | 38:39 |
| 4. | Jeremy Jehan | Wye Valley Runners | 40:27 |
| 5. | Stephen Snead | Cleobury Mortimer Running | 40:31 |
| 6. | Kevin Turner | | 46:15 |
| 7. | Damon Tarbath | | 47:09 |
| 8. | David Leonard | Wrekin Road Runners | 47:18 |
| 9. | Jonathan Kennedy | | 56:58 |
| 10. | Alan Rowlands | Hereford Couriers | 57:20 |
| 11. | Scott Collison | Black Pear Joggers | 1:24:30 |

M50

| | | | |
|-----|-----------------|-------------------|---------|
| 1. | Paul Saville | Lonely Goat RC | 42:47 |
| 2. | Michael Jones | | 44:06 |
| 3. | Michael Powell | Croft Ambrey RC | 44:26 |
| 4. | Mark Watkins | | 46:53 |
| 5. | John Jaspers | Croft Ambrey RC | 48:25 |
| 6. | Ian Fuller | Malvern Joggers | 49:22 |
| 7. | Alexander Brown | Builth & District | 52:36 |
| 8. | Richard Andrews | | 52:38 |
| 9. | Chris Ruck | Hereford Couriers | 1:12:25 |
| 10. | Unknown Runner | | 1:24:31 |

M55

| | | | |
|----|---------------|--------------------|-------|
| 1. | Chris Law | | 43:38 |
| 2. | Shaun Hoyes | Wye Valley Runners | 44:11 |
| 3. | Stuart Austin | Croft Ambrey RC | 44:32 |
| 4. | Martin Carter | Hay Hotfooters | 45:05 |
| 5. | Roland Preece | Croft Ambrey RC | 48:50 |
| 6. | Paul Roberts | Ludlow Runners | 49:34 |
| 7. | Steve Roode | Lonely Goat RC | 52:30 |

| Pos | Name | Club | Chip |
|-----|--------------|--------------------|-------|
| 8. | Alvin Milner | | 53:20 |
| 9. | Ralph Lloyd | Wye Valley Runners | 54:02 |
| 10. | Mike Hayward | Croft Ambrey RC | 56:46 |
| 11. | Kevin Barnes | | 57:15 |

M60

| | | | |
|-----|------------------|--------------------|---------|
| 1. | Tim Taylor | Hereford Couriers | 40:40 |
| 2. | Paddy Nugent | Wye Valley Runners | 44:09 |
| 3. | Christopher | Shrewsbury AC | 45:35 |
| 4. | Paul Baskeyfield | Ludlow Runners | 45:42 |
| 5. | William Connell | Hereford Couriers | 50:09 |
| 6. | Michael Bryant | Newent Runners | 53:07 |
| 7. | Paul Ward | | 1:08:52 |
| 8. | Brent Lowson | Wye Valley Runners | 1:11:26 |
| 9. | John Noonan | | 1:19:03 |
| 10. | Paul Davies | Hereford Couriers | 1:24:31 |

M65

| | | | |
|----|----------------|-----------------|---------|
| 1. | Rob Wood | Croft Ambrey RC | 53:25 |
| 2. | Richard Tyler | | 1:00:40 |
| 3. | Stephen Reeves | | 1:17:37 |

M70

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|----|-------------|-------------------|-------|
| 1. | Owen Cooper | Builth & District | 55:17 |
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Number of records: 167