

## Age Group Results

Pos	Bib	Name	Time	Pos	Bib	Name	Time
<b>Female 10-14</b>				<b>Female 35-39</b>			
1.	335	Ellis Woolley	19:48	1.	286	Donna Morris	17:52
2.	390	Ruby Buggins	21:45	2.	497	Natasha White	18:25
3.	381	Milly Foster	22:27	3.	207	Liza Bradshaw	18:29
4.	405	Lois Erwin	22:28	4.	325	Claire Thomas	18:32
5.	406	Chloe coleridge	23:12	5.	303	Hannah Fletcher	19:17
6.	141	Bailey Ward	30:10	6.	78	Kelly Bowen	19:27
<b>Female U17</b>				7.	276	Charlie Hunting	19:43
1.	200	Charlotte Broadhurst	18:52	8.	308	Dana Machackova	19:59
2.	415	Lily Williams	19:26	9.	251	Aimee Ferguson	20:10
3.	45	Eva Tyler	19:40	10.	368	Ruth Hayden-Cox	20:53
<b>Female 20-34</b>				11.	148	Sarah Morris	21:13
1.	501	Becki Timmings	17:04	12.	153	Joanne Tilby	22:36
2.	320	Rosie Hamilton-James	17:20	13.	100	Gemma Davies	26:12
3.	173	Rachel Underhill	18:26	14.	192	SIAN DAVID	28:10
4.	311	Hannah Havelock-Allan	18:33	15.	409	Suzy Siddall	34:36
5.	444	Addy Carter	18:48	<b>Female 40-44</b>			
6.	428	Amber Watson	18:50	1.	95	Samantha Harris.	17:59
7.	152	Alice Godding	18:55	2.	211	Katie Nimmo	19:50
8.	312	Steph Clutterbuck	18:58	3.	105	Joanna Eddy	19:51
9.	442	Ellie Robinson	19:25	4.	500	Catherine Hutchison	19:59
10.	188	Izzy Axford	21:18	5.	411	Gintare Gaigaliene	20:16
11.	300	Shana Stewardson	21:26	6.	309	Jennifer Clarke	21:35
12.	169	Emily Yarnold	21:44	7.	506	Emma King	21:43
13.	30	Robyn Gore	22:01	8.	367	Victoria Watkins	21:48
14.	285	Lauren Williams	22:06	9.	299	Emma Stewardson	22:46
15.	220	Rachel Booth	22:55	10.	72	Julie Neave	23:35
16.	54	Thea Preece	22:55	11.	84	Lucia Demkova	24:24
17.	460	Emily Wilcox	23:05	12.	247	Sarah Taylor	25:32
18.	478	Rose Parsons	23:20	13.	402	Shellie Reeves	26:03
19.	366	Mell Schofield	23:25	14.	258	Katherine Byron-Daniel	26:19
20.	472	Olivia Smith	23:55	15.	85	Louise Reeves	26:25
21.	262	Nicole Radley	24:03	<b>Female 45-49</b>			
22.	183	Allie Sims	24:17	1.	426	Sophie Morris	19:46
23.	494	Kamilla Bosley	26:31	2.	176	Vanessa Lawson	21:17
24.	115	Hannah Campbell	26:50	3.	291	Emma Jones	21:52
25.	425	Charlie-Ann Neave	27:04	4.	196	Victoria Jones	23:30
26.	113	sophie wilcocks	27:05	5.	431	Stephanie Main	23:34
27.	222	Laura Jenkins	27:17	6.	414	Carrie Williams	23:49
28.	317	Charlotte House	28:31	7.	310	Catherine Gilbert	23:50
29.	146	Tammy Whittle	34:36	8.	163	Yvonne Gajny	24:04
30.	147	Clare Corefield	34:36	9.	274	Victoria Woodhall	24:08
31.	75	Liz Fishpool	36:00	10.	46	Bronwen Tyler-Jones	24:12
32.	215	Aine McGovern	37:57	11.	361	Bryony Dean	25:04
33.	231	Blathnaid Mahon	37:57	12.	374	Robin Finlay	25:27
34.	29	Emi-Lou Barker	50:15	13.	186	SARA ROPER	25:33
				14.	134	Deanna Mammatt	26:14

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Pos	Bib	Name	Time	Pos	Bib	Name	Time
15.	487	Lisa Morgan	27:19	5.	422	Andrew Jeavons	16:38
16.	190	Victoria Band	27:30	6.	454	Thomas Kennedy	18:24
17.	34	Lisa Gray	28:19	7.	295	Ned Collins	19:16
<b>Female 50-54</b>				<b>Male 20-34</b>			
1.	185	Cherry Fowler	18:59	1.	226	Dominic James	14:44
2.	230	Sheryl Evans	21:36	2.	457	Abed Teweldebrhan	14:46
3.	166	Jo Marriott	22:21	3.	492	Ben Robinson	14:47
4.	502	Nicola Tyler	22:59	4.	455	Nicholas Barry	14:50
5.	471	Jane Woolley	23:09	5.	268	Henry James	14:53
6.	456	Lorraine Griffiths	23:10	6.	212	Alex Lee	14:59
7.	352	Sherryl Hall	23:37	7.	371	Rhys Park	15:02
8.	25	Ruth Jones	23:46	8.	126	Charlie Jones	15:03
9.	82	Jo Griffiths	25:16	9.	449	Craig Williams	15:04
10.	179	Sonia Unsted	27:06	10.	327	Alex Rawlings	15:18
11.	364	Sarah Broadhurst	27:17	11.	395	Richard de-Camps	15:18
12.	76	Theresa Jones	29:36	12.	256	Marcus England	15:20
13.	438	Elinor Cordiner	30:55	13.	345	KARL WELBORN	15:20
14.	270	Suzanne Field	31:58	14.	204	Brychan Price-Davies	15:27
15.	336	Denise Emmett	35:19	15.	326	Finley Smith	15:29
16.	338	Paula Andrews	35:32	16.	184	David Aubrey	15:33
<b>Female 55-59</b>				17.	254	Alexander Jones	15:41
1.	8	Lynne Compton	23:32	18.	340	Will Cheek	15:42
2.	481	Stephanie King	25:40	19.	488	Geraint Williams	15:49
3.	469	Helen Wilcox	30:05	20.	369	Steve Kenyon	15:50
4.	430	Jayne Hayward	35:34	21.	261	Tom RADLEY	16:02
<b>Female 60-64</b>				22.	450	Harry Davies	16:05
1.	27	Lesley Ashton	25:02	23.	419	Lewis Sternkopf	16:11
<b>Female 65-69</b>				24.	246	Reece Ashfield	16:19
1.	14	Jan Edwards	23:54	25.	473	Jacob Griffiths	16:24
<b>Female 70-74</b>				26.	19	Sam Butler	16:24
1.	504	Eleanor Robinson	27:39	27.	294	Joe Collins	16:32
2.	108	Margaret Crosswell	28:09	28.	155	martin norton	16:34
3.	316	Carole Clark	29:31	29.	124	Eric Apperley	16:34
<b>Female 75-79</b>				30.	11	Cory Sherwin	16:35
1.	104	Patricia marshall	31:55	31.	499	Ross Purchase	16:37
<b>Male 10-14</b>				32.	307	Sebastian Clarke	16:37
1.	292	Henry WHITE	16:32	33.	489	Owen Graham	16:40
2.	434	Henry Evans	16:42	34.	165	Robert Pritchard	16:41
3.	80	Louis Ansfield	20:11	35.	394	Luke Carroll	16:44
<b>Male U17</b>				36.	229	Lee Simms	16:45
1.	332	Seamus Robinson	15:26	37.	284	William Maul	16:45
2.	470	Artie Savage-Swaine	15:53	38.	440	Joseph Reardon	16:46
3.	81	Matthew Brunnock	16:24	39.	149	Declan Miller	16:47
4.	463	Thomas Birley	16:37	40.	223	Gavin Jones	16:48
				41.	485	Ben Harle	16:49
				42.	410	Adam Pollock	16:50
				43.	384	Sam Mayglothling	17:00
				44.	194	Matt James	17:02

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Pos	Bib	Name	Time	Pos	Bib	Name	Time
45.	344	Matthew Flynn	17:08	94.	375	Matthew Leyshon	21:55
46.	255	Ollie Evans	17:10	95.	356	Christian Mason	22:01
47.	351	Stuart Cox	17:10	96.	387	Joel Bayliss	22:17
48.	386	Ross Cameron	17:15	97.	331	Richard Atkinson	22:22
49.	475	Matthew Marston	17:17	98.	96	Thomas Powell	22:42
50.	334	Luke Sheppard	17:19	99.	314	greg nicholls	22:57
51.	378	Mark Killeen	17:19	100.	396	Ben Goddard	23:55
52.	453	William Kennedy	17:21	101.	305	Jacob Porter	24:57
53.	365	Dan Schofield	17:35	102.	362	Joe Brimfield	25:20
54.	225	Mark Sprigings	17:40	103.	49	Ben Padian	25:39
55.	90	Richard Cronin	17:44	104.	459	Jonathan Meadows	26:10
56.	162	Alan Mayo-Evans	17:44	105.	41	Jake Cullum-Hollins	26:33
57.	349	Connor Cashmore	17:51	106.	9	Adam Haywood	27:25
58.	216	Clark Lawson	17:53	107.	73	George Neave	28:38
59.	350	Connor Franklin	17:57	108.	289	Chris Gray	28:48
60.	462	Nathan Reeks	18:00	109.	288	Carl Jones	28:50
61.	187	Darren Broady	18:14	110.	505	Richard Bloomer	28:53
62.	260	Jasper Robinson	18:22	111.	479	Dave Mitchell-haywood	30:33
63.	474	Peter Woodward	18:24	112.	119	Liam Curtis-Moore	42:33
64.	150	Daniel spear	18:46	<b>Male 40-44</b>			
65.	209	Peter Carmichael	18:51	1.	244	Mark James	16:07
66.	198	Ed Bullock	18:58	2.	399	Phil Morris	16:54
67.	313	Matt Hnatiw	19:07	3.	324	David Johnson	16:55
68.	393	Stuart Davies	19:11	4.	151	Alex Logan	17:00
69.	447	Kieran Slatter	19:27	5.	297	Scott Kennedy	17:13
70.	358	Kevin kerrigan	19:40	6.	467	Sean Taylor	17:16
71.	170	George Blackmore	19:49	7.	343	James Morgan	17:36
72.	214	Steven Rowley	19:50	8.	218	Jonathan Floyd	17:46
73.	129	Ben Skinner	19:50	9.	468	Tom Grady	17:52
74.	203	Grant White	19:52	10.	206	James Bingham	17:53
75.	296	Christopher Cleary	19:55	11.	64	Daniel Phillips	17:54
76.	219	Jamie Griffiths	19:56	12.	208	Martin Soakell	18:13
77.	458	Stephen Adams	20:07	13.	164	Paul Kemp	18:24
78.	234	Sam Juson	20:08	14.	191	Colin Lambourne	18:46
79.	372	Luke Harris	20:08	15.	239	Mark Radon	18:47
80.	189	Jason Griffiths	20:08	16.	127	martin williams	18:51
81.	249	Carl Ridsdale	20:16	17.	101	David Collyer	19:11
82.	446	Oliver Steels	20:16	18.	363	Gavin McCaugherty	19:25
83.	486	Matt Watkins	20:18	19.	122	Rob Potter	19:39
84.	400	Spencer Napolitano	20:19	20.	142	Tim Fry	21:29
85.	99	Kit Williams	20:34	21.	175	Tom Annetts	22:40
86.	43	Gareth Lloyd	20:42	22.	279	Stephen Galligan	22:48
87.	161	Dan Hardy	20:59	23.	59	Kevin Duggan	23:02
88.	10	Marc Kendrick	21:02	24.	436	Matt Taylor	23:03
89.	160	Andrew Barber	21:07	25.	62	Stuart Taylor	25:39
90.	445	Keldan Lewis	21:14	26.	403	Steve Travis	26:01
91.	52	Ben Glinos	21:20	27.	437	Chris Reeves	26:47
92.	448	Liam Jones	21:27	28.	23	Andrew William Philip Knott	31:46
93.	250	Daniel Mapp	21:40				

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Pos	Bib	Name	Time
<b>Male 45-49</b>			
1.	217	Anthony Bailey	15:50
2.	264	John Parker	16:13
3.	298	Marc Fallows	16:14
4.	421	Mike Jeavons	16:26
5.	346	Athanasios Tsolakis	16:32
6.	304	Jamie Shingler	16:41
7.	401	Adrian Williams	16:53
8.	319	Max Sheppard	16:56
9.	237	Steve Linton	17:14
10.	465	Mark Jennings	17:15
11.	380	Martin Foster	17:20
12.	484	christian harle	17:23
13.	357	Andrew Tyler	17:41
14.	412	Adrian Lewis	17:53
15.	145	Stephen Snead	18:46
16.	416	Robert Stephens	18:50
17.	359	Andy Prophet	19:04
18.	114	Jeremy Jehan	19:05
19.	202	Steve Bradley	19:28
20.	35	Tim Giles	19:47
21.	4	Neil Grinnell	19:54
22.	79	Matt Anfield	20:11
23.	429	Richard Matthews	20:25
24.	480	Giles Stokes	21:09
25.	172	Jonathan Sanderson	24:00
26.	103	Paul Gilbert	24:47
27.	417	Scott Powell	26:07
28.	452	Jonathan Kennedy	26:20
<b>Male 50-54</b>			
1.	347	Adrian Taylor	16:56
2.	404	David Clarke	17:44
3.	86	Leyton Fleet	18:35
4.	418	Stefan Sternkopf	19:01
5.	407	Paul Davies	19:04
6.	110	David Howells	19:15
7.	177	Matthew Lawson	20:02
8.	197	Greg Jones	20:21
9.	133	Paul Mammatt	20:41
10.	201	James Fletcher	21:09
11.	389	Craig Buggins	21:25
12.	495	Simon Cook	21:30
13.	83	John Jaspers	21:42
14.	391	John Maddy	22:24
15.	373	DAVID GREEN	22:42
16.	97	Christopher Berry	23:10
17.	51	David Barrett	24:02
18.	318	chris lea	24:51

Pos	Bib	Name	Time
19.	91	Jason Ross-Collins	25:27
20.	339	Graham Andrews	30:53
21.	337	Scott Emmett	30:54
22.	130	Chris Ruck	32:10
<b>Male 55-59</b>			
1.	275	chris james	18:18
2.	355	Richard Hughes	18:32
3.	2	Graeme Walker	19:37
4.	195	Andrew Kaye	20:16
5.	252	Barry Griffiths	20:40
6.	341	Peter Darwen	20:49
7.	28	Martin Carter	21:16
8.	424	Robert Gilligan	21:23
9.	241	Chris Riley	22:25
10.	158	Paul Roberts	23:10
11.	55	Ralph Lloyd	23:55
12.	111	Richard Andrews	24:22
13.	266	Kevin Barnes	26:59
14.	413	Steve Nicoll	27:06
<b>Male 60-64</b>			
1.	181	Paul Dodd	18:14
2.	282	Nick Holliday	18:27
3.	498	John Willson	19:03
4.	87	Mark Williamson	20:40
5.	427	mark neal	20:44
6.	42	keith williams	21:40
7.	53	William Connell	22:23
8.	443	Darryn Mcatee	23:00
9.	58	Michael Bryant	23:47
10.	439	Robert Benjamin	24:08
11.	65	Bryan Lloyd Lloyd	24:26
12.	66	Paul Downey	25:19
13.	70	Peter Covington-Jones	25:56
14.	257	Brent Lawson	26:15
15.	483	Stephen Hobson	27:11
16.	370	Chris Campbell	27:38
17.	39	John Noonan	35:00
<b>Male 65-69</b>			
1.	26	Paul Millsom	20:25
2.	94	michael Strange	20:35
3.	89	Alan Robertson	21:52
4.	315	Clive Richardson	22:32
5.	138	Mike Chipping	22:43
6.	232	john bilbao	24:49
7.	240	Alastair Mackenzie	26:44
8.	205	Richard Tyler	28:32

# Hereford Couriers 5k Series

## Age Group Results



Pos	Bib	Name	Time	Pos	Bib	Name	Time
<b>Male 70-74</b>							
1.	287	David James	20:57				
2.	60	Ashley Robinson	21:35				
3.	348	Gregory Leyshon	23:23				
4.	272	Steve Herington	23:41				
5.	433	Tony McMahon	25:12				
6.	385	Mike Shaw	25:28				
7.	432	Tom Davies	30:42				
8.	21	Peter Smith	32:06				
<b>Male 75-79</b>							
1.	15	Brian Symonds	28:01				
<b>Male 80+</b>							
1.	235	Bryan Markham	33:05				

Number of records: 366