

# Hereford Couriers 5k Series

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
1.	226	Dominic James	1st	MSen	1st	Western Tempo	1	07:26	07:18	14:44
2.	457	Abed Teweldebrhan	2nd	MSen	2nd	Newport Harriers	1	07:26	07:20	14:46
3.	492	Ben Robinson	3rd	MSen	3rd	Gloucester AC	1	07:26	07:21	14:47
4.	455	Nicholas Barry	4th	MSen	4th	Sale Harriers Manchester	1	07:26	07:24	14:50
5.	268	Henry James	5th	MSen	5th	Western Tempo	1	07:27	07:26	14:53
6.	212	Alex Lee	6th	MSen	6th	Western Tempo	1	07:26	07:33	14:59
7.	371	Rhys Park	7th	MSen	7th	Western Tempo	1	07:26	07:36	15:02
8.	126	Charlie Jones	8th	MSen	8th	Western Tempo	1	07:29	07:34	15:03
9.	449	Craig Williams	9th	MSen	9th	Newport Harriers	1	07:31	07:33	15:04
10.	327	Alex Rawlings	10th	MSen	10th	Severn AC	1	07:27	07:51	15:18
11.	395	Richard de-Camps	11th	MSen	11th	Cheltenham & County Harriers	1	07:26	07:52	15:18
12.	256	Marcus England	12th	MSen	12th	Western Tempo	1	07:32	07:48	15:20
13.	345	KARL WELBORN	13th	MSen	13th	Birmingham Running Athletics & Tri	1	07:31	07:49	15:20
14.	332	Seamus Robinson	14th	M U17	1st	Westbury Harriers	1	07:29	07:57	15:26
15.	204	Brychan Price-Davies	15th	MSen	14th	Brecon AC	1	07:29	07:58	15:27
16.	326	Finley Smith	16th	MSen	15th	Worcester AC	1	07:32	07:57	15:29
17.	184	David Aubrey	17th	MSen	16th	Western Tempo	1	07:39	07:54	15:33
18.	254	Alexander Jones	18th	MSen	17th	Western Tempo	1	07:36	08:05	15:41
19.	340	Will Cheek	19th	MSen	18th	North Somerset AC	1	07:42	08:00	15:42
20.	488	Geraint Williams	20th	MSen	19th	Neath Harriers	1	07:51	07:58	15:49
21.	369	Steve Kenyon	21st	MSen	20th	Gloucester AC	1	07:47	08:03	15:50
22.	217	Anthony Bailey	22nd	M45-49	1st	Western Tempo	1	07:51	07:59	15:50
23.	470	Artie Savage-Swaine	23rd	M U17	2nd	Westbury Harriers	1	07:47	08:06	15:53
24.	261	Tom RADLEY	24th	MSen	21st	Western Tempo	1	07:44	08:18	16:02
25.	450	Harry Davies	25th	MSen	22nd	Newport Harriers	1	07:45	08:20	16:05
26.	244	Mark James	26th	M40-44	1st	Western Tempo	1	07:58	08:09	16:07
27.	419	Lewis Sternkopf	27th	MSen	23rd	Worcester AC	1	07:42	08:29	16:11
28.	264	John Parker	28th	M45-49	2nd	Western Tempo	1	07:56	08:17	16:13
29.	298	Marc Fallows	29th	M45-49	3rd	Western Tempo	1	08:00	08:14	16:14
30.	246	Reece Ashfield	30th	MSen	24th	Western Tempo	1	07:27	08:52	16:19
31.	81	Matthew Brunnock	31st	M U17	3rd	Hereford & County AC	1	07:55	08:29	16:24

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32.	473	Jacob Griffiths	32nd	MSen	25th	Pontypridd Roadents AC	1	08:05	08:19	16:24
33.	19	Sam Butler	33rd	MSen	26th	Presteigne Pacers	1	08:06	08:18	16:24
34.	421	Mike Jeavons	34th	M45-49	4th	Worcester AC	1	08:00	08:26	16:26
35.	346	Athanasios Tsolakis	35th	M45-49	5th	Birmingham Running Athletics & Tri	1	08:06	08:26	16:32
36.	292	Henry WHITE	36th	M10-14	1st	Hereford Ghost Runner	1	08:04	08:28	16:32
37.	294	Joe Collins	37th	MSen	27th	Hay Hotfooters	1	08:10	08:22	16:32
38.	155	martin norton	38th	MSen	28th	Lliswerry Runners	1	08:18	08:16	16:34
39.	124	Eric Apperley	39th	MSen	29th	Croft Ambrey RC	1	08:22	08:12	16:34
40.	11	Cory Sherwin	40th	MSen	30th	Forest of Dean AC	1	08:25	08:10	16:35
41.	463	Thomas Birley	41st	M U17	4th	Worcester AC	1	08:19	08:18	16:37
42.	499	Ross Purchase	42nd	MSen	31st	Neath Harriers	1	08:11	08:26	16:37
43.	307	Sebastian Clarke	43rd	MSen	32nd	Severn AC	1	08:10	08:27	16:37
44.	422	Andrew Jeavons	44th	M U17	5th	Worcester AC	1	08:08	08:30	16:38
45.	489	Owen Graham	45th	MSen	33rd	Hereford Couriers	1	07:55	08:45	16:40
46.	165	Robert Pritchard	46th	MSen	34th	Chepstow Harriers	1	08:25	08:16	16:41
47.	304	Jamie Shingler	47th	M45-49	6th	Ludlow Runners	1	08:22	08:19	16:41
48.	434	Henry Evans	48th	M10-14	2nd	Newport Harriers	1	08:10	08:32	16:42
49.	394	Luke Carroll	49th	MSen	35th	Western Tempo	1	08:20	08:24	16:44
50.	229	Lee Simms	50th	MSen	36th		1	08:16	08:29	16:45
51.	284	William Maul	51st	MSen	37th	Hereford Couriers	1	08:14	08:31	16:45
52.	440	Joseph Reardon	52nd	MSen	38th		1	08:02	08:44	16:46
53.	149	Declan Miller	53rd	MSen	39th	Ludlow Runners	1	08:21	08:26	16:47
54.	223	Gavin Jones	54th	MSen	40th	Monross Trailblazers	1	08:25	08:23	16:48
55.	485	Ben Harle	55th	MSen	41st	Worcester Athletics Club	1	08:18	08:31	16:49
56.	410	Adam Pollock	56th	MSen	42nd	Worcester AC	1	08:21	08:29	16:50
57.	401	Adrian Williams	57th	M45-49	7th	Western Tempo	1	08:21	08:32	16:53
58.	399	Phil Morris	58th	M40-44	2nd	Builth & District	1	08:15	08:39	16:54
59.	324	David Johnson	59th	M40-44	3rd	Western Tempo	1	08:31	08:24	16:55
60.	319	Max Sheppard	60th	M45-49	8th		1	08:20	08:36	16:56
61.	347	Adrian Taylor	61st	M50-54	1st	Presteigne Pacers	1	08:21	08:35	16:56
62.	384	Sam Mayglothling	62nd	MSen	43rd	Wye Valley Runners	1	08:21	08:39	17:00

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
63.	151	Alex Logan	63rd	M40-44	4th		1	08:20	08:40	17:00
64.	194	Matt James	64th	MSen	44th	Hereford Couriers	1	08:19	08:43	17:02
65.	501	Becki Timmings	1st	FSen	1st	Birmingham Running Athletics & Tri	1	08:23	08:41	17:04
66.	344	Matthew Flynn	65th	MSen	45th	Western Tempo	1	08:26	08:42	17:08
67.	255	Ollie Evans	66th	MSen	46th	Wolverhampton & Bilston	1	08:17	08:53	17:10
68.	351	Stuart Cox	67th	MSen	47th		1	08:23	08:47	17:10
69.	297	Scott Kennedy	68th	M40-44	5th	Hereford Couriers	1	08:27	08:46	17:13
70.	237	Steve Linton	69th	M45-49	9th	Western Tempo	1	08:22	08:52	17:14
71.	386	Ross Cameron	70th	MSen	48th	Hereford Couriers	1	08:13	09:02	17:15
72.	465	Mark Jennings	71st	M45-49	10th	Micky Morris Racing Team	1	08:29	08:46	17:15
73.	467	Sean Taylor	72nd	M40-44	6th		1	08:31	08:45	17:16
74.	475	Matthew Marston	73rd	MSen	49th		1	08:23	08:54	17:17
75.	334	Luke Sheppard	74th	MSen	50th	Worcester AC	1	08:26	08:53	17:19
76.	378	Mark Killeen	75th	MSen	51st		1	08:36	08:43	17:19
77.	320	Rosie Hamilton-James	2nd	FSen	2nd	Westbury Harriers	1	08:27	08:53	17:20
78.	380	Martin Foster	76th	M45-49	11th	Almost Athletes	1	08:35	08:45	17:20
79.	453	William Kennedy	77th	MSen	52nd		1	08:29	08:52	17:21
80.	484	christian harle	78th	M45-49	12th	Worcester Atheltics Club	1	08:38	08:45	17:23
81.	365	Dan Schofield	79th	MSen	53rd	Western Tempo	1	08:41	08:54	17:35
82.	343	James Morgan	80th	M40-44	7th	Hereford Triathlon Club	1	08:40	08:56	17:36
83.	225	Mark Sprigings	81st	MSen	54th	Western Tempo	1	08:37	09:03	17:40
84.	357	Andrew Tyler	82nd	M45-49	13th	Hereford Couriers	1	08:40	09:01	17:41
85.	90	Richard Cronin	83rd	MSen	55th	Forest of Dean AC	1	08:47	08:57	17:44
86.	404	David Clarke	84th	M50-54	2nd	Severn AC	1	08:44	09:00	17:44
87.	162	Alan Mayo-Evans	85th	MSen	56th	Hereford Couriers	1	08:58	08:46	17:44
88.	218	Jonathan Floyd	86th	M40-44	8th	Western Tempo	1	08:55	08:51	17:46
89.	349	Connor Cashmore	87th	MSen	57th		1	08:37	09:14	17:51
90.	468	Tom Grady	88th	M40-44	9th	Hereford Couriers	1	08:36	09:16	17:52
91.	286	Donna Morris	3rd	F35-39	1st	Builth & District	1	08:44	09:08	17:52
92.	206	James Bingham	89th	M40-44	10th	Western Tempo	1	08:57	08:56	17:53
93.	412	Adrian Lewis	90th	M45-49	14th	Aberdare Valley AAC	1	08:48	09:05	17:53

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
94.	216	Clark Lawson	91st	MSen	58th	Western Tempo	1	08:56	08:57	17:53
95.	64	Daniel Phillips	92nd	M40-44	11th	Hereford Couriers	1	08:55	08:59	17:54
96.	350	Connor Franklin	93rd	MSen	59th		1	08:37	09:20	17:57
97.	95	Samantha Harris.	4th	F40-44	1st	Forest of Dean AC	1	08:52	09:07	17:59
98.	462	Nathan Reeks	94th	MSen	60th	MMRT	1	08:53	09:07	18:00
99.	208	Martin Soakell	95th	M40-44	12th	Western Tempo	1	09:02	09:11	18:13
100.	187	Darren Broady	96th	MSen	61st	Western Tempo	1	08:50	09:24	18:14
101.	181	Paul Dodd	97th	M60-64	1st	Chepstow Harriers	1	08:58	09:16	18:14
102.	275	chris james	98th	M55-59	1st	Western Tempo	1	09:08	09:10	18:18
103.	260	Jasper Robinson	99th	MSen	62nd	Croft Ambrey RC	2	08:51	09:31	18:22
104.	454	Thomas Kennedy	100th	M U17	6th		1	09:03	09:21	18:24
105.	164	Paul Kemp	101st	M40-44	13th	Wye Valley Runners	1	09:09	09:15	18:24
106.	474	Peter Woodward	102nd	MSen	63rd	Forest of Dean AC	1	08:54	09:30	18:24
107.	497	Natasha White	5th	F35-39	2nd		1	09:01	09:24	18:25
108.	173	Rachel Underhill	6th	FSen	3rd	Western Tempo	1	09:03	09:23	18:26
109.	282	Nick Holliday	103rd	M60-64	2nd	Cheltenham & County Harriers	1	09:12	09:15	18:27
110.	207	Liza Bradshaw	7th	F35-39	3rd	CLC Striders	1	09:03	09:26	18:29
111.	355	Richard Hughes	104th	M55-59	2nd	Hereford Couriers	1	09:04	09:28	18:32
112.	325	Claire Thomas	8th	F35-39	4th	Ludlow Runners	1	09:08	09:24	18:32
113.	311	Hannah Havelock-Allan	9th	FSen	4th	Western Tempo	1	09:08	09:25	18:33
114.	86	Leyton Fleet	105th	M50-54	3rd	Forest of Dean AC	1	09:01	09:34	18:35
115.	150	Daniel spear	106th	MSen	64th		2	09:16	09:30	18:46
116.	191	Colin Lambourne	107th	M40-44	14th	Hereford Couriers	1	09:08	09:38	18:46
117.	145	Stephen Snead	108th	M45-49	15th	Cleobury Mortimer Running Club	2	09:15	09:31	18:46
118.	239	Mark Radon	109th	M40-44	15th		1	08:52	09:55	18:47
119.	444	Addy Carter	10th	FSen	5th	Hereford Couriers	2	09:19	09:29	18:48
120.	428	Amber Watson	11th	FSen	6th	Western Tempo	1	09:08	09:42	18:50
121.	416	Robert Stephens	110th	M45-49	16th	Brecon AC	2	09:19	09:31	18:50
122.	209	Peter Carmichael	111th	MSen	65th	Western Tempo	1	09:33	09:18	18:51
123.	127	martin williams	112th	M40-44	16th		2	09:15	09:36	18:51
124.	200	Charlotte Broadhurst	12th	F U17	1st		2	09:17	09:35	18:52

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
125.	152	Alice Godding	13th	FSen	7th	Croft Ambrey RC	2	09:22	09:33	18:55
126.	198	Ed Bullock	113th	MSen	66th		1	09:21	09:37	18:58
127.	312	Steph Clutterbuck	14th	FSen	8th		1	09:28	09:30	18:58
128.	185	Cherry Fowler	15th	F50-54	1st	Chepstow Harriers	1	09:27	09:32	18:59
129.	418	Stefan Sternkopf	114th	M50-54	4th	Worcester AC	1	09:18	09:43	19:01
130.	498	John Willson	115th	M60-64	3rd	CLC Striders	1	09:29	09:34	19:03
131.	359	Andy Prophett	116th	M45-49	17th	Western Tempo	1	09:29	09:35	19:04
132.	407	Paul Davies	117th	M50-54	5th	Wye Valley Runners	2	09:16	09:48	19:04
133.	114	Jeremy Jehan	118th	M45-49	18th	Wye Valley Runners	1	09:20	09:45	19:05
134.	313	Matt Hnatiw	119th	MSen	67th		1	09:27	09:40	19:07
135.	101	David Collyer	120th	M40-44	17th	Ledbury & District Harriers	2	09:28	09:43	19:11
136.	393	Stuart Davies	121st	MSen	68th	Hereford Couriers	1	09:19	09:52	19:11
137.	110	David Howells	122nd	M50-54	6th	Severn AC	2	09:41	09:34	19:15
138.	295	Ned Collins	123rd	M U17	7th	Hay Hotfooters	2	09:18	09:58	19:16
139.	303	Hannah Fletcher	16th	F35-39	5th	Croft Ambrey RC	1	09:41	09:36	19:17
140.	363	Gavin McCaugherty	124th	M40-44	18th		1	09:34	09:51	19:25
141.	442	Ellie Robinson	17th	FSen	9th	Newport Harriers	1	09:18	10:07	19:25
142.	415	Lily Williams	18th	F U17	2nd	Newport Harriers	1	09:18	10:08	19:26
143.	78	Kelly Bowen	19th	F35-39	6th	Croft Ambrey RC	2	09:42	09:45	19:27
144.	447	Kieran Slatter	125th	MSen	69th		2	10:03	09:24	19:27
145.	202	Steve Bradley	126th	M45-49	19th	Cheltenham & County Harriers	1	09:31	09:57	19:28
146.	2	Graeme Walker	127th	M55-59	3rd	Hereford Couriers	1	09:43	09:54	19:37
147.	122	Rob Potter	128th	M40-44	19th	Monross Trailblazers	2	09:37	10:02	19:39
148.	45	Eva Tyler	20th	F U17	3rd	Hereford & County AC	2	09:45	09:55	19:40
149.	358	Kevin Kerrigan	129th	MSen	70th	Hereford Couriers	1	09:42	09:58	19:40
150.	276	Charlie Hunting	21st	F35-39	7th	Western Tempo	2	09:36	10:07	19:43
151.	426	Sophie Morris	22nd	F45-49	1st		2	09:41	10:05	19:46
152.	35	Tim Giles	130th	M45-49	20th	Ludlow Runners	2	09:35	10:12	19:47
153.	335	Ellis Woolley	23rd	F10-14	1st	Cheltenham & County Harriers	2	09:45	10:03	19:48
154.	170	George Blackmore	131st	MSen	71st		2	09:50	09:59	19:49
155.	214	Steven Rowley	132nd	MSen	72nd	Western Tempo	2	09:55	09:55	19:50

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156.	129	Ben Skinner	133rd	MSen	73rd	Hereford Couriers	1	09:07	10:43	19:50
157.	211	Katie Nimmo	24th	F40-44	2nd	Western Tempo	2	09:39	10:11	19:50
158.	105	Joanna Eddy	25th	F40-44	3rd		2	09:49	10:02	19:51
159.	203	Grant White	134th	MSen	74th	Monross Trailblazers	1	09:36	10:16	19:52
160.	4	Neil Grinnell	135th	M45-49	21st	Ledbury & District Harriers	2	10:05	09:49	19:54
161.	296	Christopher Cleary	136th	MSen	75th	Hereford Couriers	2	09:38	10:17	19:55
162.	219	Jamie Griffiths	137th	MSen	76th		2	09:49	10:07	19:56
163.	500	Catherine Hutchison	26th	F40-44	4th	Worcester AC	2	10:14	09:45	19:59
164.	308	Dana Machackova	27th	F35-39	8th		1	09:54	10:05	19:59
165.	177	Matthew Lawson	138th	M50-54	7th	Chepstow Harriers	2	10:07	09:55	20:02
166.	458	Stephen Adams	139th	MSen	77th		2	10:01	10:06	20:07
167.	234	Sam Juson	140th	MSen	78th	Croft Ambrey RC	2	09:49	10:19	20:08
168.	372	Luke Harris	141st	MSen	79th		2	09:36	10:32	20:08
169.	189	Jason Griffiths	142nd	MSen	80th		2	10:02	10:06	20:08
170.	251	Aimee Ferguson	28th	F35-39	9th	Aberdare Valley AAC	2	10:01	10:09	20:10
171.	79	Matt Ansfield	143rd	M45-49	22nd		2	10:01	10:10	20:11
172.	80	Louis Ansfield	144th	M10-14	3rd	Ghost Runners	2	10:01	10:10	20:11
173.	411	Gintare Gaigaliene	29th	F40-44	5th		2	10:06	10:10	20:16
174.	249	Carl Ridsdale	145th	MSen	81st		2	10:02	10:14	20:16
175.	195	Andrew Kaye	146th	M55-59	4th	Forest of Dean AC	2	09:58	10:18	20:16
176.	446	Oliver Steels	147th	MSen	82nd	Run to Explore	2	09:46	10:30	20:16
177.	486	Matt Watkins	148th	MSen	83rd		2	09:49	10:29	20:18
178.	400	Spencer Napolitano	149th	MSen	84th	Run to Explore	2	09:57	10:22	20:19
179.	197	Greg Jones	150th	M50-54	8th	Croft Ambrey RC	2	10:04	10:17	20:21
180.	429	Richard Matthews	151st	M45-49	23rd	Aberdare Valley AAC	1	10:13	10:12	20:25
181.	26	Paul Millsom	152nd	M65-69	1st	Vegan Runners UK	2	10:02	10:23	20:25
182.	99	Kit Williams	153rd	MSen	85th	Hereford Couriers	2	09:55	10:39	20:34
183.	94	michael Strange	154th	M65-69	2nd	Forest of Dean AC	2	10:09	10:26	20:35
184.	87	Mark Williamson	155th	M60-64	4th	Forest of Dean AC	2	10:19	10:21	20:40
185.	252	Barry Griffiths	156th	M55-59	5th	Brecon Athletic Club	2	10:04	10:36	20:40
186.	133	Paul Mammatt	157th	M50-54	9th		2	10:03	10:38	20:41



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187.	43	Gareth Lloyd	158th	MSen	86th	Presteigne Pacers	2	10:05	10:37	20:42
188.	427	mark neal	159th	M60-64	5th	Aberdare Valley AAC	1	10:12	10:32	20:44
189.	341	Peter Darwen	160th	M55-59	6th	Black Pear Joggers	2	10:31	10:18	20:49
190.	368	Ruth Hayden-Cox	30th	F35-39	10th	Newent Runners	2	10:18	10:35	20:53
191.	287	David James	161st	M70-74	1st	CLC Striders	2	10:24	10:33	20:57
192.	161	Dan Hardy	162nd	MSen	87th		2	10:40	10:19	20:59
193.	10	Marc Kendrick	163rd	MSen	88th	Wye Valley Runners	2	10:24	10:38	21:02
194.	160	Andrew Barber	164th	MSen	89th	Andali fitness	2	10:32	10:35	21:07
195.	480	Giles Stokes	165th	M45-49	24th		2	10:47	10:22	21:09
196.	201	James Fletcher	166th	M50-54	10th	Monross Trailblazers	1	10:11	10:58	21:09
197.	148	Sarah Morris	31st	F35-39	11th	Black Pear Joggers	2	10:33	10:40	21:13
198.	445	Keldan Lewis	167th	MSen	90th		2	10:24	10:50	21:14
199.	28	Martin Carter	168th	M55-59	7th	Hereford Couriers	2	10:18	10:58	21:16
200.	176	Vanessa Lawson	32nd	F45-49	2nd	Chepstow Harriers	2	10:26	10:51	21:17
201.	188	Izzy Axford	33rd	FSen	10th	Western Tempo	2	10:39	10:39	21:18
202.	52	Ben Glinos	169th	MSen	91st	Croft Ambrey RC	2	10:23	10:57	21:20
203.	424	Robert Gilligan	170th	M55-59	8th	Wye Valley Runners	2	10:54	10:29	21:23
204.	389	Craig Buggins	171st	M50-54	11th	Wolverhampton & Bilston	2	10:42	10:43	21:25
205.	300	Shana Stewardson	34th	FSen	11th		2	10:35	10:51	21:26
206.	448	Liam Jones	172nd	MSen	92nd	Run to Explore	2	10:26	11:01	21:27
207.	142	Tim Fry	173rd	M40-44	20th	Cardiff Amateur Athletic Club	2	10:27	11:02	21:29
208.	495	Simon Cook	174th	M50-54	12th		2	10:31	10:59	21:30
209.	309	Jennifer Clarke	35th	F40-44	6th		2	10:41	10:54	21:35
210.	60	Ashley Robinson	175th	M70-74	2nd	Croft Ambrey RC	2	10:39	10:56	21:35
211.	230	Sheryl Evans	36th	F50-54	2nd	Hereford Couriers	2	10:41	10:55	21:36
212.	178	Reuben Lawson	176th	M U17	8th	Chepstow Harriers	2	10:08	11:31	21:39
213.	250	Daniel Mapp	177th	MSen	93rd	Hereford Couriers	2	10:23	11:17	21:40
214.	42	keith williams	178th	M60-64	6th		2	10:48	10:52	21:40
215.	83	John Jaspers	179th	M50-54	13th	Hereford Couriers	2	10:31	11:11	21:42
216.	506	Emma King	37th	F40-44	7th	Spirit of Monmouth	2	10:34	11:09	21:43
217.	169	Emily Yarnold	38th	FSen	12th		2	10:48	10:56	21:44

# Hereford Couriers 5k Series

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
218.	390	Ruby Buggins	39th	F10-14	2nd	Wolverhampton & Bilston	2	10:42	11:03	21:45
219.	367	Victoria Watkins	40th	F40-44	8th	Worcester AC	2	11:00	10:48	21:48
220.	291	Emma Jones	41st	F45-49	3rd	Croft Ambrey RC	2	10:44	11:08	21:52
221.	89	Alan Robertson	180th	M65-69	3rd	Forest of Dean AC	2	10:41	11:11	21:52
222.	375	Matthew Leyshon	181st	MSen	94th		2	10:47	11:08	21:55
223.	30	Robyn Gore	42nd	FSen	13th	Croft Ambrey RC	2	10:50	11:11	22:01
224.	356	Christian Mason	182nd	MSen	95th		2	10:38	11:23	22:01
225.	285	Lauren Williams	43rd	FSen	14th		2	10:48	11:18	22:06
226.	387	Joel Bayliss	183rd	MSen	96th		2	11:07	11:10	22:17
227.	166	Jo Marriott	44th	F50-54	3rd	Croft Ambrey RC	2	10:58	11:23	22:21
228.	331	Richard Atkinson	184th	MSen	97th		2	11:15	11:07	22:22
229.	53	William Connell	185th	M60-64	7th	Hereford Couriers	2	10:59	11:24	22:23
230.	391	John Maddy	186th	M50-54	14th		2	10:55	11:29	22:24
231.	241	Chris Riley	187th	M55-59	9th		2	11:03	11:22	22:25
232.	381	Milly Foster	45th	F10-14	3rd	Cheltenham & County Harriers	2	10:49	11:38	22:27
233.	405	Lois Erwin	46th	F10-14	4th		2	10:57	11:31	22:28
234.	315	Clive Richardson	188th	M65-69	4th	Ludlow Runners	2	10:58	11:34	22:32
235.	153	Joanne Tilby	47th	F35-39	12th	Croft Ambrey RC	2	11:20	11:16	22:36
236.	175	Tom Annetts	189th	M40-44	21st	Chepstow Harriers	2	11:05	11:35	22:40
237.	373	DAVID GREEN	190th	M50-54	15th	Hereford Couriers	2	11:19	11:23	22:42
238.	96	Thomas Powell	191st	MSen	98th	Ludlow Runners	2	11:04	11:38	22:42
239.	138	Mike Chipping	192nd	M65-69	5th	Bristol and West AC	2	11:20	11:23	22:43
240.	299	Emma Stewardson	48th	F40-44	9th		2	11:17	11:29	22:46
241.	279	Stephen Galligan	193rd	M40-44	22nd		2	11:24	11:24	22:48
242.	220	Rachel Booth	49th	FSen	15th	Black Pear Joggers	2	11:08	11:47	22:55
243.	54	Thea Preece	50th	FSen	16th	Croft Ambrey RC	2	11:16	11:39	22:55
244.	314	greg nicholls	194th	MSen	99th	Hereford Couriers	2	11:35	11:22	22:57
245.	502	Nicola Tyler	51st	F50-54	4th	Hereford Couriers	2	11:23	11:36	22:59
246.	443	Darryn Mcatee	195th	M60-64	8th	Newport Harriers	2	11:42	11:18	23:00
247.	59	Kevin Duggan	196th	M40-44	23rd	Presteigne Pacers	2	11:20	11:42	23:02
248.	436	Matt Taylor	197th	M40-44	24th		2	11:25	11:38	23:03



# Hereford Couriers 5k Series

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
249.	460	Emily Wilcox	52nd	F Sen	17th	Newport Harriers	2	11:03	12:02	23:05
250.	471	Jane Woolley	53rd	F50-54	5th		2	11:38	11:31	23:09
251.	158	Paul Roberts	198th	M55-59	10th	Ludlow Runners	2	11:24	11:46	23:10
252.	97	Christopher Berry	199th	M50-54	16th	Black Pear Joggers	2	11:26	11:44	23:10
253.	456	Lorraine Griffiths	54th	F50-54	6th	Black Pear Joggers	2	11:32	11:38	23:10
254.	406	Chloe coleridge	55th	F10-14	5th		2	11:30	11:42	23:12
255.	478	Rose Parsons	56th	F Sen	18th		2	11:29	11:51	23:20
256.	348	Gregory Leyshon	200th	M70-74	3rd		2	11:24	11:59	23:23
257.	366	Mell Schofield	57th	F Sen	19th	Cheltenham & County Harriers	2	11:30	11:55	23:25
258.	196	Victoria Jones	58th	F45-49	4th		2	11:38	11:52	23:30
259.	8	Lynne Compton	59th	F55-59	1st	Wye Valley Runners	2	11:47	11:45	23:32
260.	431	Stephanie Main	60th	F45-49	5th	Croft Ambrey RC	2	11:28	12:06	23:34
261.	72	Julie Neave	61st	F40-44	10th		2	11:25	12:10	23:35
262.	352	Sherryl Hall	62nd	F50-54	7th	Forest of Dean Athletic club	2	11:45	11:52	23:37
263.	272	Steve Herington	201st	M70-74	4th	Hereford Couriers	2	11:24	12:17	23:41
264.	25	Ruth Jones	63rd	F50-54	8th	Forest of Dean AC	2	11:58	11:48	23:46
265.	58	Michael Bryant	202nd	M60-64	9th	Newent Runners	2	11:43	12:04	23:47
266.	414	Carrie Williams	64th	F45-49	6th	Chepstow Harriers	2	11:45	12:04	23:49
267.	310	Catherine Gilbert	65th	F45-49	7th		2	11:46	12:04	23:50
268.	14	Jan Edwards	66th	F65-69	1st	Wye Valley Runners	2	12:19	11:35	23:54
269.	396	Ben Goddard	203rd	M Sen	100th	Hereford Couriers	2	11:37	12:18	23:55
270.	55	Ralph Lloyd	204th	M55-59	11th	Wye Valley Runners	2	12:01	11:54	23:55
271.	472	Olivia Smith	67th	F Sen	20th		2	11:33	12:22	23:55
272.	172	Jonathan Sanderson	205th	M45-49	25th	Hereford Couriers	2	11:37	12:23	24:00
273.	51	David Barrett	206th	M50-54	17th	Croft Ambrey RC	2	11:27	12:35	24:02
274.	262	Nicole Radley	68th	F Sen	21st		2	11:48	12:15	24:03
275.	163	Yvonne Gajny	69th	F45-49	8th	Stratford Upon Avon AC	2	11:40	12:24	24:04
276.	439	Robert Benjamin	207th	M60-64	10th		2	11:53	12:15	24:08
277.	274	Victoria Woodhall	70th	F45-49	9th	Hereford Couriers	2	11:53	12:15	24:08
278.	46	Bronwen Tyler-Jones	71st	F45-49	10th	Hereford Couriers	2	11:57	12:15	24:12
279.	183	Allie Sims	72nd	F Sen	22nd	Hereford Couriers	2	11:49	12:28	24:17

# Hereford Couriers 5k Series

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
280.	111	Richard Andrews	208th	M55-59	12th	Hereford Triathlon Club	2	12:16	12:06	24:22
281.	84	Lucia Demkova	73rd	F40-44	11th	Monross Trailblazers	2	11:41	12:43	24:24
282.	65	Bryan Lloyd Lloyd	209th	M60-64	11th	Presteigne Pacers	2	11:49	12:37	24:26
283.	103	Paul Gilbert	210th	M45-49	26th	Hereford Couriers	2	12:17	12:30	24:47
284.	232	john bilbao	211th	M65-69	6th		2	12:19	12:30	24:49
285.	318	chris lea	212th	M50-54	18th	Hereford Triathlon Club	2	12:36	12:15	24:51
286.	305	Jacob Porter	213th	MSen	101st	Hereford Couriers	2	12:15	12:42	24:57
287.	27	Lesley Ashton	74th	F60-64	1st	Vegan Runners UK	2	12:20	12:42	25:02
288.	361	Bryony Dean	75th	F45-49	11th	Hereford Couriers	2	12:27	12:37	25:04
289.	433	Tony McMahon	214th	M70-74	5th	Ledbury & District Harriers	2	12:43	12:29	25:12
290.	82	Jo Griffiths	76th	F50-54	9th		2	12:35	12:41	25:16
291.	66	Paul Downey	215th	M60-64	12th		2	12:57	12:22	25:19
292.	362	Joe Brimfield	216th	MSen	102nd		2	12:30	12:50	25:20
293.	91	Jason Ross-Collins	217th	M50-54	19th	Forest of Dean AC	2	12:46	12:41	25:27
294.	374	Robin Finlay	77th	F45-49	12th		2	12:44	12:43	25:27
295.	385	Mike Shaw	218th	M70-74	6th		2	12:44	12:44	25:28
296.	247	Sarah Taylor	78th	F40-44	12th	Cleobury Mortimer Running Club	2	12:43	12:49	25:32
297.	186	SARA ROPER	79th	F45-49	13th		2	12:37	12:56	25:33
298.	49	Ben Padian	219th	MSen	103rd		2	12:34	13:05	25:39
299.	62	Stuart Taylor	220th	M40-44	25th	Hereford Couriers	2	12:26	13:13	25:39
300.	481	Stephanie King	80th	F55-59	2nd	Croft Ambrey RC	2	12:55	12:45	25:40
301.	70	Peter Covington-Jones	221st	M60-64	13th	Forest of Dean AC	2	13:13	12:43	25:56
302.	403	Steve Travis	222nd	M40-44	26th	Malvern Buzzards RC	2	12:47	13:14	26:01
303.	402	Shellie Reeves	81st	F40-44	13th	Malvern Buzzards RC	2	12:46	13:17	26:03
304.	417	Scott Powell	223rd	M45-49	27th	Brecon AC	2	12:17	13:50	26:07
305.	459	Jonathan Meadows	224th	MSen	104th		2	13:01	13:09	26:10
306.	100	Gemma Davies	82nd	F35-39	13th	Croft Ambrey RC	2	12:59	13:13	26:12
307.	134	Deanna Mammatt	83rd	F45-49	14th		2	12:59	13:15	26:14
308.	257	Brent Lowson	225th	M60-64	14th	Wye Valley Runners	2	13:08	13:07	26:15
309.	258	Katherine Byron-Daniel	84th	F40-44	14th		2	12:59	13:20	26:19
310.	452	Jonathan Kennedy	226th	M45-49	28th		2	13:14	13:06	26:20

# Hereford Couriers 5k Series

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
311.	85	Louise Reeves	85th	F40-44	15th	Croft Ambrey RC	2	13:05	13:20	26:25
312.	494	Kamilla Bosley	86th	FSen	23rd		2	13:18	13:13	26:31
313.	41	Jake Cullum-Hollins	227th	MSen	105th	Hereford Couriers	2	13:00	13:33	26:33
314.	240	Alastair Mackenzie	228th	M65-69	7th		2	13:21	13:23	26:44
315.	437	Chris Reeves	229th	M40-44	27th		2	13:11	13:36	26:47
316.	115	Hannah Campbell	87th	FSen	24th	Hereford Couriers	2	13:15	13:35	26:50
317.	266	Kevin Barnes	230th	M55-59	13th	Hereford Couriers	2	13:13	13:46	26:59
318.	425	Charlie-Ann Neave	88th	FSen	25th		2	13:19	13:45	27:04
319.	113	sophie wilcocks	89th	FSen	26th		2	13:22	13:43	27:05
320.	179	Sonia Unsted	90th	F50-54	10th	Chepstow Harriers	2	13:26	13:40	27:06
321.	413	Steve Nicoll	231st	M55-59	14th	Pershore Plum Plodders	2	13:44	13:22	27:06
322.	483	Stephen Hobson	232nd	M60-64	15th	Hereford Couriers	2	13:45	13:26	27:11
323.	222	Laura Jenkins	91st	FSen	27th	Hereford Couriers	2	13:18	13:59	27:17
324.	364	Sarah Broadhurst	92nd	F50-54	11th	Ludlow Runners	2	13:44	13:33	27:17
325.	487	Lisa Morgan	93rd	F45-49	15th		2	13:30	13:49	27:19
326.	9	Adam Haywood	233rd	MSen	106th	Hereford Couriers	2	13:42	13:43	27:25
327.	190	Victoria Band	94th	F45-49	16th	Ledbury & District Harriers	2	13:58	13:32	27:30
328.	370	Chris Campbell	234th	M60-64	16th		2	13:24	14:14	27:38
329.	504	Eleanor Robinson	95th	F70-74	1st	Ripley Running Club	2	13:54	13:45	27:39
330.	15	Brian Symonds	235th	M75-79	1st	Wye Valley Runners	2	13:59	14:02	28:01
331.	108	Margaret Crosswell	96th	F70-74	2nd	Worcester AC	2	13:59	14:10	28:09
332.	192	SIAN DAVID	97th	F35-39	14th	Ledbury & District Harriers	2	14:10	14:00	28:10
333.	34	Lisa Gray	98th	F45-49	17th	Croft Ambrey RC	2	13:56	14:23	28:19
334.	317	Charlotte House	99th	FSen	28th	Hereford Couriers	2	13:38	14:53	28:31
335.	205	Richard Tyler	236th	M65-69	8th	Hereford Couriers	2	14:09	14:23	28:32
336.	73	George Neave	237th	MSen	107th		2	13:24	15:14	28:38
337.	289	Chris Gray	238th	MSen	108th		2	14:03	14:45	28:48
338.	288	Carl Jones	239th	MSen	109th		2	14:02	14:48	28:50
339.	505	Richard Bloomer	240th	MSen	110th		2	13:43	15:10	28:53
340.	316	Carole Clark	100th	F70-74	3rd	Worcester AC	2	14:54	14:37	29:31
341.	76	Theresa Jones	101st	F50-54	12th	Croft Ambrey RC	2	14:27	15:09	29:36

# Hereford Couriers 5k Series

## Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
342.	469	Helen Wilcox	102nd	F55-59	3rd		2	14:37	15:28	30:05
343.	141	Bailey Ward	103rd	F10-14	6th	Gloucester AC	2	14:04	16:06	30:10
344.	479	Dave Mitchell-haywood	241st	MSen	111th	Hereford Couriers	2	14:28	16:05	30:33
345.	432	Tom Davies	242nd	M70-74	7th	Croft Ambrey RC	2	14:46	15:56	30:42
346.	339	Graham Andrews	243rd	M50-54	20th		2	15:24	15:29	30:53
347.	337	Scott Emmett	244th	M50-54	21st		2	15:24	15:30	30:54
348.	438	Elinor Cordiner	104th	F50-54	13th	Pershore Plum Plodders	2	15:23	15:32	30:55
349.	23	Andrew William Philip Knott	245th	M40-44	28th	Forest of Dean AC	2	15:12	16:34	31:46
350.	104	Patricia marshall	105th	F75-79	1st	sandhurst joggers	2	16:00	15:55	31:55
351.	270	Suzanne Field	106th	F50-54	14th	Croft Ambrey RC	2	15:42	16:16	31:58
352.	21	Peter Smith	246th	M70-74	8th	Wye Valley Runners	2	15:46	16:20	32:06
353.	130	Chris Ruck	247th	M50-54	22nd	Hereford Couriers	2	15:11	16:59	32:10
354.	235	Bryan Markham	248th	M80+	1st	Croft Ambrey RC	2	16:27	16:38	33:05
355.	409	Suzy Siddall	107th	F35-39	15th	Croft Ambrey RC	2	17:23	17:13	34:36
356.	146	Tammy Whittle	108th	FSen	29th		2	17:06	17:30	34:36
357.	147	Clare Corefield	109th	FSen	30th		2	17:06	17:30	34:36
358.	39	John Noonan	249th	M60-64	17th	Hereford Couriers	2	16:40	18:20	35:00
359.	336	Denise Emmett	110th	F50-54	15th		2	17:28	17:51	35:19
360.	338	Paula Andrews	111th	F50-54	16th		2	17:27	18:05	35:32
361.	430	Jayne Hayward	112th	F55-59	4th		2	17:44	17:50	35:34
362.	75	Liz Fishpool	113th	FSen	31st	Hereford Couriers	2	17:47	18:13	36:00
363.	215	Aine McGovern	114th	FSen	32nd		2	18:26	19:31	37:57
364.	231	Blathnaid Mahon	115th	FSen	33rd		2	18:26	19:31	37:57
365.	119	Liam Curtis-Moore	250th	MSen	112th	Wye Valley Runners	2	20:02	22:31	42:33
366.	29	Emi-Lou Barker	116th	FSen	34th		2	23:41	26:34	50:15

Number of records: 366