

Hereford 5k Series

Series Results (Scored on Time)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race 1	Race 2	Race 3	Total
1.	492	Ben Robinson	1st	MSen	1st	Gloucester AC	14:47	14:47	14:40	44:14
2.	268	Henry James	2nd	MU20	1st	Western Tempo	14:53	15:03	14:58	44:54
3.	126	Charlie Jones	3rd	MSen	2nd	Western Tempo	15:03	15:01	14:54	44:58
4.	371	Rhys Park	4th	MSen	3rd	Western Tempo	15:02	15:05	14:53	45:00
5.	212	Alex Lee	5th	MSen	4th	Western Tempo	14:59	15:07	15:16	45:22
6.	395	Richard de-Camps	6th	MSen	5th	Gloucester AC	15:18	15:08	14:56	45:22
7.	327	Alex Rawlings	7th	MU20	2nd	Severn AC	15:18	15:11	14:59	45:28
8.	254	Alexander Jones	8th	MSen	6th	Western Tempo	15:41	15:23	15:38	46:42
9.	340	Will Cheek	9th	MU20	3rd	North Somerset AC	15:42	15:39	15:30	46:51
10.	450	Harry Davies	10th	MSen	7th	Newport Harriers	16:05	15:38	15:31	47:14
11.	217	Anthony Bailey	11th	M45-49	1st	Western Tempo	15:50	16:01	16:04	47:55
12.	246	Reece Ashfield	12th	MSen	8th	Western Tempo	16:19	15:34	16:08	48:01
13.	244	Mark James	13th	M40-44	1st	Western Tempo	16:07	16:14	16:16	48:37
14.	19	Sam Butler	14th	MSen	9th	Presteigne Pacers	16:24	16:05	16:15	48:44
15.	124	Eric Apperley	15th	MSen	10th	Croft Ambrey RC	16:34	16:06	16:16	48:56
16.	298	Marc Fallows	16th	M45-49	2nd	Western Tempo	16:14	16:37	16:26	49:17
17.	155	martin norton	17th	MSen	11th	Lliswerry Runners	16:34	16:27	16:26	49:27
18.	473	Jacob Griffiths	18th	MU20	4th	Pontypridd Roadents AC	16:24	16:18	16:48	49:30
19.	440	Joseph Reardon	19th	MU20	5th		16:46	16:29	16:27	49:42
20.	292	Henry WHITE	20th	M10-14	1st	Hereford Ghost Runner	16:32	16:28	16:48	49:48
21.	345	KARL WELBORN	21st	MSen	12th	Birmingham Running Athletics & Tri	15:20	16:18	18:12	49:50
22.	463	Thomas Birley	22nd	M U17	1st	Worcester AC	16:37	16:34	17:01	50:12
23.	346	Athanasios Tsolakis	23rd	M45-49	3rd	Birmingham Running Athletics & Tri	16:32	16:52	16:49	50:13
24.	399	Phil Morris	24th	M40-44	2nd	Builth & District	16:54	16:49	16:33	50:16
25.	151	Alex Logan	25th	M40-44	3rd		17:00	16:40	16:37	50:17
26.	304	Jamie Shingler	26th	M45-49	4th	Ludlow Runners	16:41	16:39	16:58	50:18
27.	284	William Maul	27th	MSen	13th	Hereford Couriers	16:45	16:59	16:40	50:24
28.	149	Declan Miller	28th	MSen	14th	Ludlow Runners	16:47	16:53	16:46	50:26
29.	237	Steve Linton	29th	M45-49	5th	Western Tempo	17:14	16:33	16:47	50:34
30.	294	Joe Collins	30th	MU20	6th	Hay Hotfooters	16:32	17:07	17:12	50:51
31.	229	Lee Simms	31st	MSen	15th		16:45	16:47	17:25	50:57

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race 1	Race 2	Race 3	Total
32.	194	Matt James	32nd	MSen	16th	Hereford Couriers	17:02	17:16	17:01	51:19
33.	453	William Kennedy	33rd	MU20	7th		17:21	17:04	17:01	51:26
34.	465	Mark Jennings	34th	M45-49	6th	Micky Morris Racing Team	17:15	17:29	16:42	51:26
35.	347	Adrian Taylor	35th	M50-54	1st	Presteigne Pacers	16:56	17:12	17:25	51:33
36.	255	Ollie Evans	36th	MSen	17th	Wolverhampton & Bilston	17:10	17:21	17:16	51:47
37.	351	Stuart Cox	37th	MSen	18th		17:10	17:23	17:23	51:56
38.	475	Matthew Marston	38th	MSen	19th		17:17	17:18	17:35	52:10
39.	165	Robert Pritchard	39th	MSen	20th	Chepstow Harriers	16:41	17:18	18:13	52:12
40.	286	Donna Morris	1st	F35-39	1st	Builth & District	17:52	17:16	17:08	52:16
41.	380	Martin Foster	40th	M45-49	7th	Almost Athletes	17:20	17:32	17:34	52:26
42.	343	James Morgan	41st	M40-44	4th	Hereford Triathlon Club	17:36	17:27	17:32	52:35
43.	357	Andrew Tyler	42nd	M45-49	8th	Hereford Couriers	17:41	17:44	17:37	53:02
44.	225	Mark Sprigings	43rd	MSen	21st	Western Tempo	17:40	17:41	17:52	53:13
45.	349	Connor Cashmore	44th	MSen	22nd		17:51	17:52	17:43	53:26
46.	404	David Clarke	45th	M50-54	2nd	Severn AC	17:44	17:49	18:05	53:38
47.	462	Nathan Reeks	46th	MSen	23rd	MMRT	18:00	17:54	18:04	53:58
48.	90	Richard Cronin	47th	MSen	24th	Forest of Dean AC	17:44	17:35	19:08	54:27
49.	474	Peter Woodward	48th	MSen	25th	Forest of Dean AC	18:24	17:58	18:10	54:32
50.	454	Thomas Kennedy	49th	M U17	2nd		18:24	18:29	18:08	55:01
51.	181	Paul Dodd	50th	M60-64	1st	Chepstow Harriers	18:14	18:10	18:40	55:04
52.	145	Stephen Snead	51st	M45-49	9th	Cleobury Mortimer Running Club	18:46	18:23	18:13	55:22
53.	173	Rachel Underhill	2nd	FSen	1st	Western Tempo	18:26	18:30	18:27	55:23
54.	260	Jasper Robinson	52nd	MSen	26th	Croft Ambrey RC	18:22	18:15	18:51	55:28
55.	187	Darren Broady	53rd	MSen	27th	Western Tempo	18:14	17:33	20:16	56:03
56.	325	Claire Thomas	3rd	F35-39	2nd	Ludlow Runners	18:32	18:47	18:46	56:05
57.	150	Daniel spear	54th	MSen	28th		18:46	18:37	18:58	56:21
58.	185	Cherry Fowler	4th	F50-54	1st	Chepstow Harriers	18:59	18:51	18:42	56:32
59.	497	Natasha White	5th	F35-39	3rd		18:25	19:07	19:03	56:35
60.	198	Ed Bullock	55th	MSen	29th		18:58	19:08	18:51	56:57
61.	200	Charlotte Broadhurst	6th	F U17	1st		18:52	19:05	19:02	56:59
62.	239	Mark Radon	56th	M40-44	5th		18:47	19:06	19:15	57:08

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race 1	Race 2	Race 3	Total
63.	4	Neil Grinnell	57th	M45-49	10th	Ledbury & District Harriers	19:54	19:16	18:09	57:19
64.	114	Jeremy Jehan	58th	M45-49	11th	Wye Valley Runners	19:05	19:17	18:58	57:20
65.	498	John Willson	59th	M60-64	2nd	CLC Striders	19:03	19:01	19:22	57:26
66.	127	martin williams	60th	M40-44	6th		18:51	19:22	19:22	57:35
67.	303	Hannah Fletcher	7th	F35-39	4th	Croft Ambrey RC	19:17	18:58	19:22	57:37
68.	359	Andy Prophett	61st	M45-49	12th	Western Tempo	19:04	19:26	19:08	57:38
69.	152	Alice Godding	8th	F Sen	2nd	Croft Ambrey RC	18:55	19:14	19:31	57:40
70.	295	Ned Collins	62nd	M U17	3rd	Hay Hotfooters	19:16	19:21	19:03	57:40
71.	407	Paul Davies	63rd	M50-54	3rd	Wye Valley Runners	19:04	19:41	19:10	57:55
72.	442	Ellie Robinson	9th	F U20	1st	Newport Harriers	19:25	18:59	19:42	58:06
73.	296	Christopher Cleary	64th	M Sen	30th	Hereford Couriers	19:55	19:24	18:56	58:15
74.	363	Gavin McCaugherty	65th	M40-44	7th		19:25	19:18	19:45	58:28
75.	78	Kelly Bowen	10th	F35-39	5th	Croft Ambrey RC	19:27	19:26	19:41	58:34
76.	393	Stuart Davies	66th	M Sen	31st	Hereford Couriers	19:11	19:34	19:57	58:42
77.	80	Louis Ansfield	67th	M10-14	2nd	Ghost Runners	20:11	19:25	19:21	58:57
78.	415	Lily Williams	11th	F U17	2nd	Newport Harriers	19:26	19:27	20:06	58:59
79.	313	Matt Hnatiw	68th	M Sen	32nd		19:07	19:29	20:25	59:01
80.	79	Matt Ansfield	69th	M45-49	13th		20:11	19:11	19:44	59:06
81.	223	Gavin Jones	70th	M Sen	33rd	Monross Trailblazers	16:48	25:22	17:02	59:12
82.	43	Gareth Lloyd	71st	M Sen	34th	Presteigne Pacers	20:42	19:27	19:38	59:47
83.	249	Carl Ridsdale	72nd	M Sen	35th		20:16	19:42	20:05	1:00:03
84.	45	Eva Tyler	12th	F U17	3rd	Hereford & County AC	19:40	20:17	20:07	1:00:04
85.	335	Ellis Woolley	13th	F10-14	1st	Cheltenham & County Harriers	19:48	20:09	20:09	1:00:06
86.	276	Charlie Hunting	14th	F35-39	6th	Western Tempo	19:43	20:05	20:29	1:00:17
87.	189	Jason Griffiths	73rd	M Sen	36th		20:08	19:55	20:16	1:00:19
88.	203	Grant White	74th	M Sen	37th	Monross Trailblazers	19:52	20:21	20:07	1:00:20
89.	195	Andrew Kaye	75th	M55-59	1st	Forest of Dean AC	20:16	19:50	20:15	1:00:21
90.	35	Tim Giles	76th	M45-49	14th	Ludlow Runners	19:47	20:15	20:21	1:00:23
91.	197	Greg Jones	77th	M50-54	4th	Croft Ambrey RC	20:21	20:07	19:57	1:00:25
92.	429	Richard Matthews	78th	M45-49	15th	Aberdare Valley AAC	20:25	20:13	20:03	1:00:41
93.	446	Oliver Steels	79th	M Sen	38th	Run to Explore	20:16	20:08	20:17	1:00:41

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race 1	Race 2	Race 3	Total
94.	500	Catherine Hutchison	15th	F40-44	1st	Worcester AC	19:59	20:15	20:51	1:01:05
95.	129	Ben Skinner	80th	MSen	39th	Hereford Couriers	19:50	21:42	19:34	1:01:06
96.	251	Aimee Ferguson	16th	F35-39	7th	Aberdare Valley AAC	20:10	20:15	21:00	1:01:25
97.	252	Barry Griffiths	81st	M55-59	2nd	Brecon Athletic Club	20:40	20:11	20:46	1:01:37
98.	26	Paul Millsom	82nd	M65-69	1st	Vegan Runners UK	20:25	20:52	20:23	1:01:40
99.	148	Sarah Morris	17th	F35-39	8th	Black Pear Joggers	21:13	20:33	19:57	1:01:43
100.	486	Matt Watkins	83rd	MSen	40th		20:18	20:33	20:56	1:01:47
101.	411	Gintare Gaigaliene	18th	F40-44	2nd		20:16	20:32	21:01	1:01:49
102.	133	Paul Mammatt	84th	M50-54	5th		20:41	20:38	20:38	1:01:57
103.	188	Izzy Axford	19th	FSen	3rd	Western Tempo	21:18	20:50	20:16	1:02:24
104.	99	Kit Williams	85th	MSen	41st	Hereford Couriers	20:34	20:42	21:16	1:02:32
105.	94	michael Strange	86th	M65-69	2nd	Forest of Dean AC	20:35	21:02	21:01	1:02:38
106.	495	Simon Cook	87th	M50-54	6th		21:30	20:53	20:36	1:02:59
107.	28	Martin Carter	88th	M55-59	3rd	Hereford Couriers	21:16	21:01	20:43	1:03:00
108.	161	Dan Hardy	89th	MSen	42nd		20:59	20:41	21:20	1:03:00
109.	287	David James	90th	M70-74	1st	CLC Striders	20:57	20:58	21:26	1:03:21
110.	160	Andrew Barber	91st	MSen	43rd	Andali fitness	21:07	21:03	21:22	1:03:32
111.	368	Ruth Hayden-Cox	20th	F35-39	9th	Newent Runners	20:53	21:14	21:39	1:03:46
112.	309	Jennifer Clarke	21st	F40-44	3rd		21:35	21:07	21:09	1:03:51
113.	367	Victoria Watkins	22nd	F40-44	4th	Worcester AC	21:48	21:23	20:51	1:04:02
114.	424	Robert Gilligan	92nd	M55-59	4th	Wye Valley Runners	21:23	21:47	20:59	1:04:09
115.	230	Sheryl Evans	23rd	F50-54	2nd	Hereford Couriers	21:36	21:37	21:32	1:04:45
116.	331	Richard Atkinson	93rd	MSen	44th		22:22	21:07	21:17	1:04:46
117.	506	Emma King	24th	F40-44	5th	Spirit of Monmouth	21:43	21:34	21:36	1:04:53
118.	169	Emily Yarnold	25th	FU20	2nd		21:44	21:43	21:31	1:04:58
119.	87	Mark Williamson	94th	M60-64	3rd	Forest of Dean AC	20:40	21:08	23:12	1:05:00
120.	42	keith williams	95th	M60-64	4th		21:40	21:27	22:22	1:05:29
121.	387	Joel Bayliss	96th	MSen	45th		22:17	21:21	21:53	1:05:31
122.	291	Emma Jones	26th	F45-49	1st	Croft Ambrey RC	21:52	22:00	21:58	1:05:50
123.	381	Milly Foster	27th	F10-14	2nd	Cheltenham & County Harriers	22:27	21:31	21:52	1:05:50
124.	83	John Jaspers	97th	M50-54	7th	Hereford Couriers	21:42	21:46	22:28	1:05:56

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125.	89	Alan Robertson	98th	M65-69	3rd	Forest of Dean AC	21:52	22:01	22:07	1:06:00
126.	373	DAVID GREEN	99th	M50-54	8th	Hereford Couriers	22:42	21:14	22:14	1:06:10
127.	375	Matthew Leyshon	100th	MSen	46th		21:55	23:00	21:30	1:06:25
128.	250	Daniel Mapp	101st	MSen	47th	Hereford Couriers	21:40	22:26	22:21	1:06:27
129.	138	Mike Chipping	102nd	M65-69	4th	Bristol and West AC	22:43	22:06	21:51	1:06:40
130.	356	Christian Mason	103rd	MSen	48th		22:01	22:43	22:14	1:06:58
131.	315	Clive Richardson	104th	M65-69	5th	Ludlow Runners	22:32	22:18	22:20	1:07:10
132.	53	William Connell	105th	M60-64	5th	Hereford Couriers	22:23	22:02	23:06	1:07:31
133.	443	Darryn Mcatee	106th	M60-64	6th	Newport Harriers	23:00	22:05	22:33	1:07:38
134.	405	Lois Erwin	28th	F10-14	3rd		22:28	22:59	22:27	1:07:54
135.	96	Thomas Powell	107th	MSen	49th	Ludlow Runners	22:42	22:41	22:33	1:07:56
136.	175	Tom Annetts	108th	M40-44	8th	Chepstow Harriers	22:40	22:33	22:50	1:08:03
137.	460	Emily Wilcox	29th	FU20	3rd	Newport Harriers	23:05	22:28	22:40	1:08:13
138.	314	greg nicholls	109th	MSen	50th	Hereford Couriers	22:57	23:22	22:05	1:08:24
139.	97	Christopher Berry	110th	M50-54	9th	Black Pear Joggers	23:10	22:50	22:25	1:08:25
140.	406	Chloe coleridge	30th	F10-14	4th		23:12	22:45	22:45	1:08:42
141.	158	Paul Roberts	111th	M55-59	5th	Ludlow Runners	23:10	23:09	22:55	1:09:14
142.	502	Nicola Tyler	31st	F50-54	3rd	Hereford Couriers	22:59	23:17	23:06	1:09:22
143.	456	Lorraine Griffiths	32nd	F50-54	4th	Black Pear Joggers	23:10	23:09	23:14	1:09:33
144.	366	Mell Schofield	33rd	FSen	4th	Cheltenham & County Harriers	23:25	22:55	23:14	1:09:34
145.	196	Victoria Jones	34th	F45-49	2nd		23:30	22:52	23:21	1:09:43
146.	478	Rose Parsons	35th	FSen	5th		23:20	23:32	22:52	1:09:44
147.	51	David Barrett	112th	M50-54	10th	Croft Ambrey RC	24:02	23:02	22:42	1:09:46
148.	348	Gregory Leyshon	113th	M70-74	2nd		23:23	23:00	23:27	1:09:50
149.	279	Stephen Galligan	114th	M40-44	9th	Ledbury & District Harriers	22:48	23:34	23:44	1:10:06
150.	471	Jane Woolley	36th	F50-54	5th		23:09	23:19	23:41	1:10:09
151.	172	Jonathan Sanderson	115th	M45-49	16th	Hereford Couriers	24:00	23:29	22:45	1:10:14
152.	352	Sherryl Hall	37th	F50-54	6th	Forest of Dean Athletic club	23:37	23:11	23:28	1:10:16
153.	14	Jan Edwards	38th	F65-69	1st	Wye Valley Runners	23:54	23:05	23:23	1:10:22
154.	220	Rachel Booth	39th	FSen	6th	Black Pear Joggers	22:55	23:45	23:44	1:10:24
155.	8	Lynne Compton	40th	F55-59	1st	Wye Valley Runners	23:32	23:16	23:49	1:10:37

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156.	439	Robert Benjamin	116th	M60-64	7th		24:08	23:39	22:58	1:10:45
157.	58	Michael Bryant	117th	M60-64	8th	Newent Runners	23:47	23:31	23:33	1:10:51
158.	310	Catherine Gilbert	41st	F45-49	3rd		23:50	23:51	23:29	1:11:10
159.	431	Stephanie Main	42nd	F45-49	4th	Croft Ambrey RC	23:34	23:52	23:49	1:11:15
160.	414	Carrie Williams	43rd	F45-49	5th	Chepstow Harriers	23:49	23:51	23:37	1:11:17
161.	84	Lucia Demkova	44th	F40-44	6th	Monross Trailblazers	24:24	23:45	23:29	1:11:38
162.	65	Bryan Lloyd Lloyd	118th	M60-64	9th	Presteigne Pacers	24:26	23:35	23:42	1:11:43
163.	274	Victoria Woodhall	45th	F45-49	6th	Hereford Couriers	24:08	23:56	23:59	1:12:03
164.	55	Ralph Lloyd	119th	M55-59	6th	Wye Valley Runners	23:55	23:52	24:31	1:12:18
165.	46	Bronwen Tyler-Jones	46th	F45-49	7th	Hereford Couriers	24:12	24:16	24:15	1:12:43
166.	163	Yvonne Gajny	47th	F45-49	8th	Stratford Upon Avon AC	24:04	24:10	24:32	1:12:46
167.	111	Richard Andrews	120th	M55-59	7th	Hereford Triathlon Club	24:22	24:00	24:41	1:13:03
168.	305	Jacob Porter	121st	MSen	51st	Hereford Couriers	24:57	24:32	24:05	1:13:34
169.	396	Ben Goddard	122nd	MSen	52nd	Hereford Couriers	23:55	24:58	24:42	1:13:35
170.	385	Mike Shaw	123rd	M70-74	3rd		25:28	24:23	23:54	1:13:45
171.	103	Paul Gilbert	124th	M45-49	17th	Hereford Couriers	24:47	24:31	24:50	1:14:08
172.	183	Allie Sims	48th	FSen	7th	Hereford Couriers	24:17	24:21	25:47	1:14:25
173.	362	Joe Brimfield	125th	MSen	53rd		25:20	24:36	25:04	1:15:00
174.	403	Steve Travis	126th	M40-44	10th	Malvern Buzzards RC	26:01	24:08	25:25	1:15:34
175.	402	Shellie Reeves	49th	F40-44	7th	Malvern Buzzards RC	26:03	24:08	25:25	1:15:36
176.	232	john bilbao	127th	M65-69	6th		24:49	24:43	26:13	1:15:45
177.	481	Stephanie King	50th	F55-59	2nd	Croft Ambrey RC	25:40	24:55	25:29	1:16:04
178.	257	Brent Lawson	128th	M60-64	10th	Wye Valley Runners	26:15	25:34	24:34	1:16:23
179.	70	Peter Covington-Jones	129th	M60-64	11th	Forest of Dean AC	25:56	25:06	25:54	1:16:56
180.	27	Lesley Ashton	51st	F60-64	1st	Vegan Runners UK	25:02	26:10	25:58	1:17:10
181.	41	Jake Cullum-Hollins	130th	MSen	54th	Hereford Couriers	26:33	25:12	25:33	1:17:18
182.	62	Stuart Taylor	131st	M40-44	11th	Hereford Couriers	25:39	24:46	28:16	1:18:41
183.	100	Gemma Davies	52nd	F35-39	10th	Croft Ambrey RC	26:12	26:04	26:33	1:18:49
184.	186	SARA ROPER	53rd	F45-49	9th		25:33	26:23	27:01	1:18:57
185.	134	Deanna Mammatt	54th	F45-49	10th		26:14	26:37	26:08	1:18:59
186.	437	Chris Reeves	132nd	M40-44	12th		26:47	25:50	26:32	1:19:09

Hereford 5k Series

Series Results (Scored on Time)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race 1	Race 2	Race 3	Total
187.	258	Katherine Byron-Daniel	55th	F40-44	8th		26:19	26:41	26:48	1:19:48
188.	452	Jonathan Kennedy	133rd	M45-49	18th		26:20	26:30	27:01	1:19:51
189.	113	sophie wilcocks	56th	FSen	8th		27:05	26:33	26:34	1:20:12
190.	494	Kamilla Bosley	57th	FSen	9th		26:31	27:11	26:59	1:20:41
191.	317	Charlotte House	58th	FSen	10th	Hereford Couriers	28:31	26:36	25:47	1:20:54
192.	115	Hannah Campbell	59th	FSen	11th	Hereford Couriers	26:50	26:52	27:17	1:20:59
193.	364	Sarah Broadhurst	60th	F50-54	7th	Ludlow Runners	27:17	27:08	26:57	1:21:22
194.	413	Steve Nicoll	134th	M55-59	8th	Pershore Plum Plodders	27:06	27:26	26:56	1:21:28
195.	483	Stephen Hobson	135th	M60-64	12th	Hereford Couriers	27:11	27:46	26:48	1:21:45
196.	505	Richard Bloomer	136th	MSen	55th		28:53	27:11	26:01	1:22:05
197.	179	Sonia Unsted	61st	F50-54	8th	Chepstow Harriers	27:06	27:21	27:41	1:22:08
198.	266	Kevin Barnes	137th	M55-59	9th	Hereford Couriers	26:59	26:32	28:38	1:22:09
199.	15	Brian Symonds	138th	M75-79	1st	Wye Valley Runners	28:01	27:36	26:51	1:22:28
200.	504	Eleanor Robinson	62nd	F70-74	1st	Ripley Running Club	27:39	27:37	27:12	1:22:28
201.	190	Victoria Band	63rd	F45-49	11th	Ledbury & District Harriers	27:30	27:38	27:23	1:22:31
202.	72	Julie Neave	64th	F40-44	9th		23:35	29:31	29:55	1:23:01
203.	108	Margaret Crosswell	65th	F70-74	2nd	Worcester AC	28:09	27:37	27:35	1:23:21
204.	34	Lisa Gray	66th	F45-49	12th	Croft Ambrey RC	28:19	27:46	27:25	1:23:30
205.	370	Chris Campbell	139th	M60-64	13th		27:38	28:14	27:51	1:23:43
206.	205	Richard Tyler	140th	M65-69	7th	Hereford Couriers	28:32	27:20	28:06	1:23:58
207.	222	Laura Jenkins	67th	FSen	12th	Hereford Couriers	27:17	28:00	29:37	1:24:54
208.	337	Scott Emmett	141st	M50-54	11th		30:54	27:43	28:18	1:26:55
209.	141	Bailey Ward	68th	F10-14	5th	Gloucester AC	30:10	27:55	29:35	1:27:40
210.	9	Adam Haywood	142nd	MSen	56th	Hereford Couriers	27:25	35:40	26:44	1:29:49
211.	469	Helen Wilcox	69th	F55-59	3rd		30:05	29:48	29:56	1:29:49
212.	288	Carl Jones	143rd	MSen	57th		28:50	28:26	32:36	1:29:52
213.	316	Carole Clark	70th	F70-74	3rd	Worcester AC	29:31	29:54	30:55	1:30:20
214.	479	Dave Mitchell-haywood	144th	MSen	58th	Hereford Couriers	30:33	30:49	30:41	1:32:03
215.	432	Tom Davies	145th	M70-74	4th	Croft Ambrey RC	30:42	30:24	32:56	1:34:02
216.	339	Graham Andrews	146th	M50-54	12th		30:53	32:04	31:10	1:34:07
217.	23	Andrew William Philip Knott	147th	M40-44	13th	Forest of Dean AC	31:46	31:37	32:15	1:35:38

Hereford 5k Series

Series Results (Scored on Time)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race 1	Race 2	Race 3	Total
218.	104	Patricia marshall	71st	F75-79	1st	sandhurst joggers	31:55	32:36	32:05	1:36:36
219.	21	Peter Smith	148th	M70-74	5th	Wye Valley Runners	32:06	32:58	34:18	1:39:22
220.	270	Suzanne Field	72nd	F50-54	9th	Croft Ambrey RC	31:58	30:40	36:46	1:39:24
221.	130	Chris Ruck	149th	M50-54	13th	Hereford Couriers	32:10	34:07	33:13	1:39:30
222.	39	John Noonan	150th	M60-64	14th	Hereford Couriers	35:00	33:15	32:31	1:40:46
223.	235	Bryan Markham	151st	M80+	1st	Croft Ambrey RC	33:05	34:04	34:43	1:41:52
224.	146	Tammy Whittle	73rd	F Sen	13th		34:36	34:01	33:44	1:42:21
225.	147	Clare Corefield	74th	F Sen	14th		34:36	34:01	33:45	1:42:22
226.	336	Denise Emmett	75th	F50-54	10th		35:19	33:40	33:23	1:42:22
227.	409	Suzy Siddall	76th	F35-39	11th	Croft Ambrey RC	34:36	33:50	35:06	1:43:32
228.	430	Jayne Hayward	77th	F55-59	4th		35:34	33:58	35:13	1:44:45
229.	75	Liz Fishpool	78th	F Sen	15th	Hereford Couriers	36:00	34:57	35:40	1:46:37
230.	119	Liam Curtis-Moore	152nd	M Sen	59th	Wye Valley Runners	42:33	35:45	35:39	1:53:57

Number of records: 230