

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
1.	492	Ben Robinson	1st	MSen	1st	Gloucester AC	1	07:14	07:26	14:40
2.	329	Adam Peacock	2nd	MSen	2nd	Bromsgrove and Redditch	1	07:14	07:32	14:46
3.	371	Rhys Park	3rd	MSen	3rd	Western Tempo	1	07:21	07:32	14:53
4.	126	Charlie Jones	4th	MSen	4th	Western Tempo	1	07:21	07:33	14:54
5.	395	Richard de-Camps	5th	MSen	5th	Cheltenham & County Harriers	1	07:21	07:35	14:56
6.	268	Henry James	6th	MU20	1st	Western Tempo	1	07:17	07:41	14:58
7.	327	Alex Rawlings	7th	MU20	2nd	Severn AC	1	07:20	07:39	14:59
8.	212	Alex Lee	8th	MSen	6th	Western Tempo	1	07:30	07:46	15:16
9.	340	Will Cheek	9th	MU20	3rd	North Somerset AC	1	07:31	07:59	15:30
10.	450	Harry Davies	10th	MSen	7th	Newport Harriers	1	07:35	07:56	15:31
11.	254	Alexander Jones	11th	MSen	8th	Western Tempo	1	07:31	08:07	15:38
12.	128	Lee Kibble	12th	MSen	9th	Forest of Dean AC	1	07:59	07:49	15:48
13.	171	Rob Davies	13th	MSen	10th	Amman Valley Harriers	1	07:52	08:01	15:53
14.	193	Tim Iveson	14th	MSen	11th	Builth & District	1	07:54	08:03	15:57
15.	217	Anthony Bailey	15th	M45-49	1st	Western Tempo	1	07:45	08:19	16:04
16.	246	Reece Ashfield	16th	MSen	12th	Western Tempo	1	07:24	08:44	16:08
17.	369	Steve Kenyon	17th	MSen	13th	Gloucester AC	1	07:47	08:26	16:13
18.	19	Sam Butler	18th	MSen	14th	Presteigne Pacers	1	08:02	08:13	16:15
19.	124	Eric Apperley	19th	MSen	15th	Croft Ambrey RC	1	08:13	08:03	16:16
20.	244	Mark James	20th	M40-44	1st	Western Tempo	1	07:59	08:17	16:16
21.	388	William New	21st	MSen	16th	Western Tempo	1	08:11	08:14	16:25
22.	155	martin norton	22nd	MSen	17th	Lliswerry Runners	1	08:12	08:14	16:26
23.	298	Marc Fallows	23rd	M45-49	2nd	Western Tempo	1	08:01	08:25	16:26
24.	440	Joseph Reardon	24th	MU20	4th		1	08:00	08:27	16:27
25.	253	Peter Ryder	25th	MSen	18th	Aberdare Valley AAC	1	08:09	08:23	16:32
26.	399	Phil Morris	26th	M40-44	2nd	Builth & District	1	08:07	08:26	16:33
27.	151	Alex Logan	27th	M40-44	3rd		1	08:23	08:14	16:37
28.	284	William Maul	28th	MSen	19th	Hereford Couriers	1	08:20	08:20	16:40
29.	11	Cory Sherwin	29th	MSen	20th	Forest of Dean AC	1	08:18	08:23	16:41
30.	465	Mark Jennings	30th	M45-49	3rd	Micky Morris Racing Team	1	08:11	08:31	16:42
31.	503	Andy Raynor	31st	MSen	21st	Forest of Dean AC	1	08:13	08:31	16:44

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32.	245	Rachel Brown	1st	F35-39	1st	Western Tempo	1	08:12	08:33	16:45
33.	149	Declan Miller	32nd	MSen	22nd	Ludlow Runners	1	08:22	08:24	16:46
34.	353	Andrew Drake	33rd	MSen	23rd	Bristol and West AC	1	08:10	08:36	16:46
35.	237	Steve Linton	34th	M45-49	4th	Western Tempo	1	08:09	08:38	16:47
36.	473	Jacob Griffiths	35th	MU20	5th	Pontypridd Roadents AC	1	07:59	08:49	16:48
37.	292	Henry WHITE	36th	M10-14	1st	Hereford Ghost Runner	1	08:13	08:35	16:48
38.	346	Athanasios Tsolakis	37th	M45-49	5th	Birmingham Running Athletics & Tri	1	08:12	08:37	16:49
39.	131	Eliot Taylor	38th	MSen	24th	Western Tempo	1	08:28	08:22	16:50
40.	489	Owen Graham	39th	MSen	25th	Hereford Couriers	1	08:06	08:49	16:55
41.	304	Jamie Shingler	40th	M45-49	6th	Ludlow Runners	1	08:26	08:32	16:58
42.	194	Matt James	41st	MSen	26th	Hereford Couriers	1	08:21	08:40	17:01
43.	453	William Kennedy	42nd	MU20	6th		1	08:21	08:40	17:01
44.	463	Thomas Birley	43rd	M U17	1st	Worcester AC	1	08:11	08:50	17:01
45.	223	Gavin Jones	44th	MSen	27th	Monross Trailblazers	1	08:20	08:42	17:02
46.	467	Sean Taylor	45th	M40-44	4th		1	08:25	08:38	17:03
47.	319	Max Sheppard	46th	M45-49	7th		1	08:23	08:40	17:03
48.	301	David Bannister	47th	M45-49	8th	Ledbury & District Harriers	1	08:22	08:42	17:04
49.	107	Ryan Knight	48th	MSen	28th	Hereford Couriers	1	08:21	08:46	17:07
50.	286	Donna Morris	2nd	F35-39	2nd	Builth & District	1	08:26	08:42	17:08
51.	307	Sebastian Clarke	49th	MU20	7th	Severn AC	1	08:31	08:38	17:09
52.	48	James Rose	50th	M40-44	5th	Severn AC	1	08:29	08:42	17:11
53.	344	Matthew Flynn	51st	MSen	29th	Western Tempo	1	08:31	08:40	17:11
54.	294	Joe Collins	52nd	MU20	8th	Hay Hotfooters	1	08:26	08:46	17:12
55.	379	Richard Millier	53rd	MSen	30th	San Domenico RC	1	08:35	08:39	17:14
56.	255	Ollie Evans	54th	MSen	31st	Wolverhampton & Bilston	1	08:22	08:54	17:16
57.	351	Stuart Cox	55th	MSen	32nd		1	08:30	08:53	17:23
58.	468	Tom Grady	56th	M40-44	6th	Hereford Couriers	1	08:28	08:55	17:23
59.	297	Scott Kennedy	57th	M40-44	7th	Hereford Couriers	1	08:26	08:58	17:24
60.	347	Adrian Taylor	58th	M50-54	1st	Presteigne Pacers	1	08:36	08:49	17:25
61.	229	Lee Simms	59th	MSen	33rd		1	08:42	08:43	17:25
62.	277	Jonathan Hiscock	60th	M45-49	9th	Western Tempo	1	08:33	08:55	17:28

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
63.	182	Dean Jones	61st	MSen	34th	Hereford Couriers	1	08:25	09:04	17:29
64.	343	James Morgan	62nd	M40-44	8th	Hereford Triathlon Club	1	08:33	08:59	17:32
65.	380	Martin Foster	63rd	M45-49	10th	Almost Athletes	1	08:36	08:58	17:34
66.	475	Matthew Marston	64th	MSen	35th		1	08:29	09:06	17:35
67.	357	Andrew Tyler	65th	M45-49	11th	Hereford Couriers	1	08:36	09:01	17:37
68.	349	Connor Cashmore	66th	MSen	36th		1	08:45	08:58	17:43
69.	225	Mark Sprigings	67th	MSen	37th	Western Tempo	1	08:33	09:19	17:52
70.	93	steven harris	68th	M40-44	9th	Forest of Dean AC	1	08:55	09:00	17:55
71.	386	Ross Cameron	69th	MSen	38th	Hereford Couriers	1	08:39	09:21	18:00
72.	462	Nathan Reeks	70th	MSen	39th	MMRT	1	08:47	09:17	18:04
73.	404	David Clarke	71st	M50-54	2nd	Severn AC	1	08:51	09:14	18:05
74.	454	Thomas Kennedy	72nd	M U17	2nd		1	08:57	09:11	18:08
75.	95	Samantha Harris.	3rd	F40-44	1st	Forest of Dean AC	1	09:03	09:05	18:08
76.	4	Neil Grinnell	73rd	M45-49	12th	Ledbury & District Harriers	1	09:00	09:09	18:09
77.	474	Peter Woodward	74th	MSen	40th	Forest of Dean AC	1	08:54	09:16	18:10
78.	345	KARL WELBORN	75th	MSen	41st	Birmingham Running Athletics & Tri	1	08:48	09:24	18:12
79.	210	Bryan Vaughan	76th	M50-54	3rd	Western Tempo	1	08:59	09:13	18:12
80.	501	Becki Timmings	4th	FSen	1st	Birmingham Running Athletics & Tri	1	08:48	09:24	18:12
81.	165	Robert Pritchard	77th	MSen	42nd	Chepstow Harriers	1	08:21	09:52	18:13
82.	145	Stephen Snead	78th	M45-49	13th	Cleobury Mortimer Running Club	1	08:56	09:17	18:13
83.	173	Rachel Underhill	5th	FSen	2nd	Western Tempo	1	09:03	09:24	18:27
84.	88	Dan Sandford	79th	M45-49	14th	Forest of Dean AC	1	09:09	09:19	18:28
85.	181	Paul Dodd	80th	M60-64	1st	Chepstow Harriers	1	09:12	09:28	18:40
86.	185	Cherry Fowler	6th	F50-54	1st	Chepstow Harriers	1	09:14	09:28	18:42
87.	350	Connor Franklin	81st	MSen	43rd		1	08:53	09:52	18:45
88.	325	Claire Thomas	7th	F35-39	3rd	Ludlow Runners	1	09:13	09:33	18:46
89.	198	Ed Bullock	82nd	MSen	44th		2	09:30	09:21	18:51
90.	260	Jasper Robinson	83rd	MSen	45th	Croft Ambrey RC	1	08:53	09:58	18:51
91.	296	Christopher Cleary	84th	MSen	46th	Hereford Couriers	2	09:38	09:18	18:56
92.	12	William Gore	85th	MSen	47th	Croft Ambrey RC	1	09:14	09:43	18:57
93.	150	Daniel spear	86th	MSen	48th		2	09:30	09:28	18:58

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
94.	114	Jeremy Jehan	87th	M45-49	15th	Wye Valley Runners	1	09:12	09:46	18:58
95.	200	Charlotte Broadhurst	8th	F U17	1st		2	09:33	09:29	19:02
96.	233	James Rogers	88th	MSen	49th	Hereford Couriers	2	09:34	09:28	19:02
97.	295	Ned Collins	89th	M U17	3rd	Hay Hotfooters	1	09:23	09:40	19:03
98.	497	Natasha White	9th	F35-39	4th		1	09:15	09:48	19:03
99.	90	Richard Cronin	90th	MSen	50th	Forest of Dean AC	1	09:38	09:30	19:08
100.	359	Andy Prophett	91st	M45-49	16th	Western Tempo	1	09:22	09:46	19:08
101.	407	Paul Davies	92nd	M50-54	4th	Wye Valley Runners	1	09:28	09:42	19:10
102.	239	Mark Radon	93rd	M40-44	10th		1	09:05	10:10	19:15
103.	80	Louis Ansfield	94th	M10-14	2nd	Ghost Runners	1	09:25	09:56	19:21
104.	303	Hannah Fletcher	10th	F35-39	5th	Croft Ambrey RC	1	09:35	09:47	19:22
105.	127	martin williams	95th	M40-44	11th		1	09:27	09:55	19:22
106.	498	John Willson	96th	M60-64	2nd	CLC Striders	1	09:32	09:50	19:22
107.	259	Daniel Lewis	97th	M45-49	17th	Wye Valley Runners	1	09:27	09:56	19:23
108.	152	Alice Godding	11th	FSen	3rd	Croft Ambrey RC	2	09:39	09:52	19:31
109.	129	Ben Skinner	98th	MSen	51st	Hereford Couriers	2	09:29	10:05	19:34
110.	157	Wesley Bereza	99th	MSen	52nd	Hereford Couriers	2	09:52	09:43	19:35
111.	43	Gareth Lloyd	100th	MSen	53rd	Presteigne Pacers	2	09:37	10:01	19:38
112.	308	Dana Machackova	12th	F35-39	6th		2	09:43	09:57	19:40
113.	78	Kelly Bowen	13th	F35-39	7th	Croft Ambrey RC	2	09:52	09:49	19:41
114.	442	Ellie Robinson	14th	FU20	1st	Newport Harriers	1	09:22	10:20	19:42
115.	79	Matt Ansfield	101st	M45-49	18th		1	09:36	10:08	19:44
116.	363	Gavin McCaugherty	102nd	M40-44	12th		1	09:36	10:09	19:45
117.	496	Elaine Sherwin	15th	F50-54	2nd	Leamington Cycling & AC	1	09:51	09:58	19:49
118.	227	Paul Saville	103rd	M50-54	5th	Lonely Goat RC	2	09:50	10:00	19:50
119.	148	Sarah Morris	16th	F35-39	8th	Black Pear Joggers	2	09:51	10:06	19:57
120.	393	Stuart Davies	104th	MSen	54th	Hereford Couriers	1	09:48	10:09	19:57
121.	197	Greg Jones	105th	M50-54	6th	Croft Ambrey RC	2	09:45	10:12	19:57
122.	429	Richard Matthews	106th	M45-49	19th	Aberdare Valley AAC	2	10:05	09:58	20:03
123.	249	Carl Ridsdale	107th	MSen	55th		2	10:01	10:04	20:05
124.	415	Lily Williams	17th	F U17	2nd	Newport Harriers	1	09:44	10:22	20:06

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
125.	203	Grant White	108th	MSen	56th	Monross Trailblazers	2	09:53	10:14	20:07
126.	45	Eva Tyler	18th	F U17	3rd	Hereford & County AC	2	09:59	10:08	20:07
127.	335	Ellis Woolley	19th	F10-14	1st	Cheltenham & County Harriers	2	09:57	10:12	20:09
128.	211	Katie Nimmo	20th	F40-44	2nd	Western Tempo	2	10:01	10:10	20:11
129.	195	Andrew Kaye	109th	M55-59	1st	Forest of Dean AC	2	09:55	10:20	20:15
130.	189	Jason Griffiths	110th	MSen	57th		2	09:59	10:17	20:16
131.	187	Darren Broady	111th	MSen	58th	Western Tempo	2	10:06	10:10	20:16
132.	188	Izzy Axford	21st	FSen	4th	Western Tempo	2	10:07	10:09	20:16
133.	446	Oliver Steels	112th	MSen	59th	Run to Explore	2	09:50	10:27	20:17
134.	35	Tim Giles	113th	M45-49	20th	Ludlow Runners	2	09:50	10:31	20:21
135.	341	Peter Darwen	114th	M55-59	2nd	Black Pear Joggers	2	10:02	10:19	20:21
136.	26	Paul Millsom	115th	M65-69	1st	Vegan Runners UK	2	09:57	10:26	20:23
137.	313	Matt Hnatiw	116th	MSen	60th		1	09:48	10:37	20:25
138.	276	Charlie Hunting	22nd	F35-39	9th	Western Tempo	2	09:56	10:33	20:29
139.	495	Simon Cook	117th	M50-54	7th		2	10:00	10:36	20:36
140.	133	Paul Mammatt	118th	M50-54	8th		2	09:59	10:39	20:38
141.	427	mark neal	119th	M60-64	3rd	Aberdare Valley AAC	2	10:20	10:21	20:41
142.	28	Martin Carter	120th	M55-59	3rd	Hereford Couriers	2	10:05	10:38	20:43
143.	252	Barry Griffiths	121st	M55-59	4th	Brecon Athletic Club	2	10:15	10:31	20:46
144.	500	Catherine Hutchison	23rd	F40-44	3rd	Worcester AC	2	10:14	10:37	20:51
145.	367	Victoria Watkins	24th	F40-44	4th	Worcester AC	2	10:25	10:26	20:51
146.	71	Jonathan Edwards	122nd	M40-44	13th	Hereford Couriers	2	10:02	10:49	20:51
147.	242	Nick Hitchings	123rd	M50-54	9th	Worcester AC	2	09:51	11:02	20:53
148.	486	Matt Watkins	124th	MSen	61st		2	10:19	10:37	20:56
149.	424	Robert Gilligan	125th	M55-59	5th	Wye Valley Runners	2	10:33	10:26	20:59
150.	251	Aimee Ferguson	25th	F35-39	10th	Aberdare Valley AAC	2	10:24	10:36	21:00
151.	411	Gintare Gaigaliene	26th	F40-44	5th		1	10:22	10:39	21:01
152.	358	Kevin kerrigan	126th	MSen	62nd	Hereford Couriers	2	10:31	10:30	21:01
153.	94	michael Strange	127th	M65-69	2nd	Forest of Dean AC	2	10:26	10:35	21:01
154.	273	Paddy Nugent	128th	M60-64	4th	Wye Valley Runners	2	10:15	10:47	21:02
155.	354	Chris Smart	129th	M55-59	6th	Hereford Couriers	2	10:25	10:41	21:06

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156.	309	Jennifer Clarke	27th	F40-44	6th		2	10:18	10:51	21:09
157.	99	Kit Williams	130th	MSen	63rd	Hereford Couriers	2	10:20	10:56	21:16
158.	331	Richard Atkinson	131st	MSen	64th		2	10:22	10:55	21:17
159.	161	Dan Hardy	132nd	MSen	65th		2	10:38	10:42	21:20
160.	52	Ben Glinos	133rd	MU20	9th	Croft Ambrey RC	2	10:15	11:05	21:20
161.	160	Andrew Barber	134th	MSen	66th	Andali fitness	2	10:21	11:01	21:22
162.	390	Ruby Buggins	28th	F10-14	2nd	Wolverhampton & Bilston	2	10:20	11:06	21:26
163.	287	David James	135th	M70-74	1st	CLC Striders	2	10:32	10:54	21:26
164.	375	Matthew Leyshon	136th	MSen	67th		2	10:17	11:13	21:30
165.	169	Emily Yarnold	29th	FU20	2nd		2	10:36	10:55	21:31
166.	230	Sheryl Evans	30th	F50-54	3rd	Hereford Couriers	2	10:34	10:58	21:32
167.	506	Emma King	31st	F40-44	7th	Spirit of Monmouth	2	10:38	10:58	21:36
168.	389	Craig Buggins	137th	M50-54	10th	Wolverhampton & Bilston	2	10:39	11:00	21:39
169.	368	Ruth Hayden-Cox	32nd	F35-39	11th	Newent Runners	2	10:25	11:14	21:39
170.	138	Mike Chipping	138th	M65-69	3rd	Bristol and West AC	2	10:47	11:04	21:51
171.	381	Milly Foster	33rd	F10-14	3rd	Cheltenham & County Harriers	2	10:35	11:17	21:52
172.	387	Joel Bayliss	139th	MSen	68th		2	10:40	11:13	21:53
173.	291	Emma Jones	34th	F45-49	1st	Croft Ambrey RC	2	10:35	11:23	21:58
174.	314	greg nicholls	140th	MSen	69th	Hereford Couriers	2	11:13	10:52	22:05
175.	89	Alan Robertson	141st	M65-69	4th	Forest of Dean AC	2	11:05	11:02	22:07
176.	24	Mark Hookins	142nd	M50-54	11th	Hereford Couriers	2	11:15	10:53	22:08
177.	356	Christian Mason	143rd	MSen	70th		2	10:39	11:35	22:14
178.	373	DAVID GREEN	144th	M50-54	12th	Hereford Couriers	2	10:35	11:39	22:14
179.	315	Clive Richardson	145th	M65-69	5th	Ludlow Runners	2	10:47	11:33	22:20
180.	250	Daniel Mapp	146th	MSen	71st	Hereford Couriers	2	11:15	11:06	22:21
181.	42	keith williams	147th	M60-64	5th		2	11:22	11:00	22:22
182.	97	Christopher Berry	148th	M50-54	13th	Black Pear Joggers	2	11:10	11:15	22:25
183.	405	Lois Erwin	35th	F10-14	4th		2	11:03	11:24	22:27
184.	83	John Jaspers	149th	M50-54	14th	Hereford Couriers	2	10:46	11:42	22:28
185.	443	Darryn Mcatee	150th	M60-64	6th	Newport Harriers	2	11:09	11:24	22:33
186.	96	Thomas Powell	151st	MSen	72nd	Ludlow Runners	2	10:56	11:37	22:33

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187.	109	Kelly Murray	36th	FSen	5th	Hereford Couriers	2	11:16	11:21	22:37
188.	54	Thea Preece	37th	FSen	6th	Croft Ambrey RC	2	10:57	11:41	22:38
189.	460	Emily Wilcox	38th	FU20	3rd	Newport Harriers	2	10:54	11:46	22:40
190.	51	David Barrett	152nd	M50-54	15th	Croft Ambrey RC	2	10:55	11:47	22:42
191.	22	Roland Preece	153rd	M55-59	7th	Croft Ambrey RC	2	11:08	11:34	22:42
192.	172	Jonathan Sanderson	154th	M45-49	21st	Hereford Couriers	2	11:04	11:41	22:45
193.	406	Chloe coleridge	39th	F10-14	5th		2	11:15	11:30	22:45
194.	175	Tom Annetts	155th	M40-44	14th	Chepstow Harriers	2	11:09	11:41	22:50
195.	478	Rose Parsons	40th	FSen	7th		2	11:35	11:17	22:52
196.	158	Paul Roberts	156th	M55-59	8th	Ludlow Runners	2	11:18	11:37	22:55
197.	439	Robert Benjamin	157th	M60-64	7th		2	11:17	11:41	22:58
198.	53	William Connell	158th	M60-64	8th	Hereford Couriers	2	11:26	11:40	23:06
199.	502	Nicola Tyler	41st	F50-54	4th	Hereford Couriers	2	11:17	11:49	23:06
200.	87	Mark Williamson	159th	M60-64	9th	Forest of Dean AC	2	11:23	11:49	23:12
201.	366	Mell Schofield	42nd	FSen	8th	Cheltenham & County Harriers	2	11:30	11:44	23:14
202.	456	Lorraine Griffiths	43rd	F50-54	5th	Black Pear Joggers	2	11:27	11:47	23:14
203.	221	Kirsty Jenkins	44th	FSen	9th	Hereford Couriers	2	11:15	12:04	23:19
204.	196	Victoria Jones	45th	F45-49	2nd		2	11:23	11:58	23:21
205.	14	Jan Edwards	46th	F65-69	1st	Wye Valley Runners	2	11:42	11:41	23:23
206.	348	Gregory Leyshon	160th	M70-74	2nd		2	11:23	12:04	23:27
207.	352	Sherryl Hall	47th	F50-54	6th	Forest of Dean Athletic club	2	11:32	11:56	23:28
208.	84	Lucia Demkova	48th	F40-44	8th	Monross Trailblazers	2	11:26	12:03	23:29
209.	400	Spencer Napolitano	161st	MSen	73rd	Run to Explore	2	10:36	12:53	23:29
210.	310	Catherine Gilbert	49th	F45-49	3rd		2	11:41	11:48	23:29
211.	58	Michael Bryant	162nd	M60-64	10th	Newent Runners	2	11:21	12:12	23:33
212.	61	Vanessa Ward	50th	FSen	10th	Monross Trailblazers	2	12:01	11:33	23:34
213.	414	Carrie Williams	51st	F45-49	4th	Chepstow Harriers	2	11:41	11:56	23:37
214.	490	Marianne Day	52nd	F35-39	12th	Western Tempo	2	11:13	12:26	23:39
215.	471	Jane Woolley	53rd	F50-54	7th		2	11:59	11:42	23:41
216.	65	Bryan Lloyd Lloyd	163rd	M60-64	11th	Presteigne Pacers	2	11:32	12:10	23:42
217.	279	Stephen Galligan	164th	M40-44	15th	Ledbury & District Harriers	2	11:42	12:02	23:44

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
218.	220	Rachel Booth	54th	F Sen	11th	Black Pear Joggers	2	11:35	12:09	23:44
219.	8	Lynne Compton	55th	F55-59	1st	Wye Valley Runners	2	11:48	12:01	23:49
220.	431	Stephanie Main	56th	F45-49	5th	Croft Ambrey RC	2	11:30	12:19	23:49
221.	385	Mike Shaw	165th	M70-74	3rd		2	11:46	12:08	23:54
222.	274	Victoria Woodhall	57th	F45-49	6th	Hereford Couriers	2	11:45	12:14	23:59
223.	305	Jacob Porter	166th	M Sen	74th	Hereford Couriers	2	11:39	12:26	24:05
224.	46	Bronwen Tyler-Jones	58th	F45-49	7th	Hereford Couriers	2	11:58	12:17	24:15
225.	55	Ralph Lloyd	167th	M55-59	9th	Wye Valley Runners	2	12:10	12:21	24:31
226.	163	Yvonne Gajny	59th	F45-49	8th	Stratford Upon Avon AC	2	11:58	12:34	24:32
227.	257	Brent Lowson	168th	M60-64	12th	Wye Valley Runners	2	12:16	12:18	24:34
228.	111	Richard Andrews	169th	M55-59	10th	Hereford Triathlon Club	2	12:17	12:24	24:41
229.	396	Ben Goddard	170th	M Sen	75th	Hereford Couriers	2	11:43	12:59	24:42
230.	103	Paul Gilbert	171st	M45-49	22nd	Hereford Couriers	2	12:14	12:36	24:50
231.	361	Bryony Dean	60th	F45-49	9th	Hereford Couriers	2	12:19	12:37	24:56
232.	362	Joe Brimfield	172nd	M Sen	76th		2	12:05	12:59	25:04
233.	403	Steve Travis	173rd	M40-44	16th	Malvern Buzzards RC	2	12:32	12:53	25:25
234.	402	Shellie Reeves	61st	F40-44	9th	Malvern Buzzards RC	2	12:33	12:52	25:25
235.	481	Stephanie King	62nd	F55-59	2nd	Croft Ambrey RC	2	12:42	12:47	25:29
236.	41	Jake Cullum-Hollins	174th	M Sen	77th	Hereford Couriers	2	12:45	12:48	25:33
237.	317	Charlotte House	63rd	F Sen	12th	Hereford Couriers	2	12:39	13:08	25:47
238.	183	Allie Sims	64th	F Sen	13th	Hereford Couriers	2	12:30	13:17	25:47
239.	70	Peter Covington-Jones	175th	M60-64	13th	Forest of Dean AC	2	13:06	12:48	25:54
240.	27	Lesley Ashton	65th	F60-64	1st	Vegan Runners UK	2	12:44	13:14	25:58
241.	505	Richard Bloomer	176th	M Sen	78th		2	13:04	12:57	26:01
242.	472	Olivia Smith	66th	F Sen	14th		2	13:08	12:59	26:07
243.	134	Deanna Mammatt	67th	F45-49	10th		2	13:07	13:01	26:08
244.	374	Robin Finlay	68th	F45-49	11th		2	13:06	13:03	26:09
245.	232	john bilbao	177th	M65-69	6th		2	12:29	13:44	26:13
246.	82	Jo Griffiths	69th	F50-54	8th		2	13:06	13:24	26:30
247.	437	Chris Reeves	178th	M40-44	17th		2	13:02	13:30	26:32
248.	100	Gemma Davies	70th	F35-39	13th	Croft Ambrey RC	2	13:02	13:31	26:33

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
249.	113	sophie wilcocks	71st	FSen	15th		2	13:05	13:29	26:34
250.	85	Louise Reeves	72nd	F40-44	10th	Croft Ambrey RC	2	13:07	13:32	26:39
251.	9	Adam Haywood	179th	MSen	79th	Hereford Couriers	2	13:21	13:23	26:44
252.	258	Katherine Byron-Daniel	73rd	F40-44	11th		2	13:05	13:43	26:48
253.	483	Stephen Hobson	180th	M60-64	14th	Hereford Couriers	2	13:14	13:34	26:48
254.	15	Brian Symonds	181st	M75-79	1st	Wye Valley Runners	2	13:25	13:26	26:51
255.	413	Steve Nicoll	182nd	M55-59	11th	Pershore Plum Plodders	2	13:12	13:44	26:56
256.	364	Sarah Broadhurst	74th	F50-54	9th	Ludlow Runners	2	13:25	13:32	26:57
257.	494	Kamilla Bosley	75th	FSen	16th		2	13:28	13:31	26:59
258.	186	SARA ROPER	76th	F45-49	12th		2	13:06	13:55	27:01
259.	452	Jonathan Kennedy	183rd	M45-49	23rd		2	13:23	13:38	27:01
260.	289	Chris Gray	184th	MSen	80th		2	13:05	14:05	27:10
261.	504	Eleanor Robinson	77th	F70-74	1st	Ripley Running Club	2	13:28	13:44	27:12
262.	240	Alastair Mackenzie	185th	M65-69	7th		2	13:29	13:45	27:14
263.	115	Hannah Campbell	78th	FSen	17th	Hereford Couriers	2	13:32	13:45	27:17
264.	190	Victoria Band	79th	F45-49	13th	Ledbury & District Harriers	2	13:38	13:45	27:23
265.	34	Lisa Gray	80th	F45-49	14th	Croft Ambrey RC	2	13:27	13:58	27:25
266.	108	Margaret Crosswell	81st	F70-74	2nd	Worcester AC	2	13:32	14:03	27:35
267.	179	Sonia Unsted	82nd	F50-54	10th	Chepstow Harriers	2	13:33	14:08	27:41
268.	370	Chris Campbell	186th	M60-64	15th		2	13:27	14:24	27:51
269.	205	Richard Tyler	187th	M65-69	8th	Hereford Couriers	2	13:27	14:39	28:06
270.	62	Stuart Taylor	188th	M40-44	18th	Hereford Couriers	2	14:09	14:07	28:16
271.	337	Scott Emmett	189th	M50-54	16th		2	13:42	14:36	28:18
272.	266	Kevin Barnes	190th	M55-59	12th	Hereford Couriers	2	13:25	15:13	28:38
273.	141	Bailey Ward	83rd	F10-14	6th	Gloucester AC	2	13:50	15:45	29:35
274.	222	Laura Jenkins	84th	FSen	18th	Hereford Couriers	2	14:01	15:36	29:37
275.	247	Sarah Taylor	85th	F40-44	12th	Cleobury Mortimer Running Club	2	13:35	16:11	29:46
276.	72	Julie Neave	86th	F40-44	13th		2	14:03	15:52	29:55
277.	469	Helen Wilcox	87th	F55-59	3rd		2	14:43	15:13	29:56
278.	479	Dave Mitchell-haywood	191st	MSen	81st	Hereford Couriers	2	14:38	16:03	30:41
279.	316	Carole Clark	88th	F70-74	3rd	Worcester AC	2	15:21	15:34	30:55

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
280.	339	Graham Andrews	192nd	M50-54	17th		2	14:42	16:28	31:10
281.	438	Elinor Cordiner	89th	F50-54	11th	Pershore Plum Plodders	2	14:55	16:59	31:54
282.	104	Patricia marshall	90th	F75-79	1st	sandhurst joggers	2	15:59	16:06	32:05
283.	23	Andrew William Philip Knott	193rd	M40-44	19th	Forest of Dean AC	2	15:51	16:24	32:15
284.	39	John Noonan	194th	M60-64	16th	Hereford Couriers	2	16:05	16:26	32:31
285.	288	Carl Jones	195th	MSen	82nd		2	13:24	19:12	32:36
286.	432	Tom Davies	196th	M70-74	4th	Croft Ambrey RC	2	15:03	17:53	32:56
287.	130	Chris Ruck	197th	M50-54	18th	Hereford Couriers	2	15:31	17:42	33:13
288.	336	Denise Emmett	91st	F50-54	12th		2	16:06	17:17	33:23
289.	146	Tammy Whittle	92nd	FSen	19th		2	16:29	17:15	33:44
290.	147	Clare Corefield	93rd	FSen	20th		2	16:29	17:16	33:45
291.	21	Peter Smith	198th	M70-74	5th	Wye Valley Runners	2	16:29	17:49	34:18
292.	235	Bryan Markham	199th	M80+	1st	Croft Ambrey RC	2	16:33	18:10	34:43
293.	409	Suzy Siddall	94th	F35-39	14th	Croft Ambrey RC	2	16:42	18:24	35:06
294.	430	Jayne Hayward	95th	F55-59	4th		2	17:12	18:01	35:13
295.	119	Liam Curtis-Moore	200th	MSen	83rd	Wye Valley Runners	2	17:26	18:13	35:39
296.	75	Liz Fishpool	96th	FSen	21st	Hereford Couriers	2	17:24	18:16	35:40
297.	270	Suzanne Field	97th	F50-54	13th	Croft Ambrey RC	2	15:35	21:11	36:46

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