

Hereford Couriers 5k Series (Race 2)

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	07:22	07:23	14:45
2.	492	Ben Robinson	2nd	MSen	2nd	Gloucester AC	1	07:22	07:25	14:47
3.	329	Adam Peacock	3rd	MSen	3rd	Bromsgrove and Redditch	1	07:22	07:32	14:54
4.	126	Charlie Jones	4th	MSen	4th	Western Tempo	1	07:28	07:33	15:01
5.	268	Henry James	5th	MSen	5th	Western Tempo	1	07:23	07:40	15:03
6.	371	Rhys Park	6th	MSen	6th	Western Tempo	1	07:26	07:39	15:05
7.	212	Alex Lee	7th	MSen	7th	Western Tempo	1	07:25	07:42	15:07
8.	395	Richard de-Camps	8th	MSen	8th	Cheltenham & County Harriers	1	07:28	07:40	15:08
9.	327	Alex Rawlings	9th	MSen	9th	Severn AC	1	07:25	07:46	15:11
10.	256	Marcus England	10th	MSen	10th	Western Tempo	1	07:33	07:42	15:15
11.	254	Alexander Jones	11th	MSen	11th	Western Tempo	1	07:32	07:51	15:23
12.	238	Ben Price	12th	MSen	12th	Western Tempo	1	07:28	07:55	15:23
13.	213	James Vaughan	13th	M U17	1st	Western Tempo	1	07:24	08:06	15:30
14.	246	Reece Ashfield	14th	MSen	13th	Western Tempo	1	07:31	08:03	15:34
15.	450	Harry Davies	15th	MSen	14th	Newport Harriers	1	07:41	07:57	15:38
16.	340	Will Cheek	16th	MSen	15th	North Somerset AC	1	07:43	07:56	15:39
17.	326	Finley Smith	17th	MSen	16th	Worcester AC	1	07:39	08:06	15:45
18.	184	David Aubrey	18th	MSen	17th	Western Tempo	1	07:48	08:00	15:48
19.	217	Anthony Bailey	19th	M45-49	1st	Western Tempo	1	07:54	08:07	16:01
20.	19	Sam Butler	20th	MSen	18th	Presteigne Pacers	1	08:00	08:05	16:05
21.	124	Eric Apperley	21st	MSen	19th	Croft Ambrey RC	1	08:05	08:01	16:06
22.	193	Tim Iveson	22nd	MSen	20th	Builth & District	1	07:58	08:08	16:06
23.	168	Jon Barnes	23rd	MSen	21st	Chepstow Harriers	1	07:54	08:16	16:10
24.	261	Tom RADLEY	24th	MSen	22nd	Western Tempo	1	07:54	08:18	16:12
25.	244	Mark James	25th	M40-44	1st	Western Tempo	1	07:59	08:15	16:14
26.	379	Richard Millier	26th	MSen	23rd	San Domenico RC	1	08:08	08:06	16:14
27.	434	Henry Evans	27th	M10-14	1st	Newport Harriers	1	08:00	08:17	16:17
28.	473	Jacob Griffiths	28th	MSen	24th	Pontypridd Roadents AC	1	07:57	08:21	16:18
29.	345	KARL WELBORN	29th	MSen	25th	Birmingham Running Athletics & Tri	1	07:39	08:39	16:18
30.	419	Lewis Sternkopf	30th	MSen	26th	Worcester AC	1	07:57	08:28	16:25
31.	81	Matthew Brunnock	31st	M U17	2nd	Hereford & County AC	1	07:56	08:31	16:27

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32.	155	martin norton	32nd	MSen	27th	Lliswerry Runners	1	08:04	08:23	16:27
33.	292	Henry WHITE	33rd	M10-14	2nd	Hereford Ghost Runner	1	08:06	08:22	16:28
34.	435	Huw Evans	34th	M45-49	2nd	Les Croupiers	1	08:01	08:28	16:29
35.	440	Joseph Reardon	35th	MSen	28th		1	07:59	08:30	16:29
36.	237	Steve Linton	36th	M45-49	3rd	Western Tempo	1	08:15	08:18	16:33
37.	463	Thomas Birley	37th	M U17	3rd	Worcester AC	1	08:09	08:25	16:34
38.	298	Marc Fallows	38th	M45-49	4th	Western Tempo	1	08:11	08:26	16:37
39.	394	Luke Carroll	39th	MSen	29th	Western Tempo	1	08:03	08:36	16:39
40.	304	Jamie Shingler	40th	M45-49	5th	Ludlow Runners	1	08:22	08:17	16:39
41.	151	Alex Logan	41st	M40-44	2nd		1	08:23	08:17	16:40
42.	333	Mark Fritchley	42nd	MSen	30th	Worcester AC	1	08:11	08:31	16:42
43.	229	Lee Simms	43rd	MSen	31st		1	08:10	08:37	16:47
44.	399	Phil Morris	44th	M40-44	3rd	Builth & District	1	08:11	08:38	16:49
45.	401	Adrian Williams	45th	M45-49	6th	Western Tempo	1	08:16	08:35	16:51
46.	346	Athanasios Tsolakis	46th	M45-49	7th	Birmingham Running Athletics & Tri	1	08:12	08:40	16:52
47.	324	David Johnson	47th	M40-44	4th	Western Tempo	1	08:17	08:36	16:53
48.	149	Declan Miller	48th	MSen	32nd	Ludlow Runners	1	08:23	08:30	16:53
49.	485	Ben Harle	49th	MSen	33rd	Worcester Athletics Club	1	08:16	08:38	16:54
50.	384	Sam Mayglothling	50th	MSen	34th	Wye Valley Runners	1	08:21	08:38	16:59
51.	284	William Maul	51st	MSen	35th	Hereford Couriers	1	08:10	08:49	16:59
52.	410	Adam Pollock	52nd	MSen	36th	Worcester AC	1	08:17	08:46	17:03
53.	453	William Kennedy	53rd	MSen	37th		1	08:22	08:42	17:04
54.	294	Joe Collins	54th	MSen	38th	Hay Hotfooters	1	08:23	08:44	17:07
55.	347	Adrian Taylor	55th	M50-54	1st	Presteigne Pacers	1	08:23	08:49	17:12
56.	48	James Rose	56th	M40-44	5th	Severn AC	1	08:36	08:40	17:16
57.	378	Mark Killeen	57th	MSen	39th		1	08:46	08:30	17:16
58.	194	Matt James	58th	MSen	40th	Hereford Couriers	1	08:23	08:53	17:16
59.	286	Donna Morris	1st	F35-39	1st	Builth & District	1	08:24	08:52	17:16
60.	165	Robert Pritchard	59th	MSen	41st	Chepstow Harriers	1	08:28	08:50	17:18
61.	475	Matthew Marston	60th	MSen	42nd		1	08:25	08:53	17:18
62.	301	David Bannister	61st	M45-49	8th	Ledbury & District Harriers	1	08:35	08:43	17:18

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
63.	255	Ollie Evans	62nd	MSen	43rd	Wolverhampton & Bilston	1	08:22	08:59	17:21
64.	233	James Rogers	63rd	MSen	44th	Hereford Couriers	1	08:43	08:39	17:22
65.	351	Stuart Cox	64th	MSen	45th		1	08:38	08:45	17:23
66.	383	Rob Kerr	65th	M40-44	6th	SYTri	1	08:41	08:46	17:27
67.	343	James Morgan	66th	M40-44	7th	Hereford Triathlon Club	1	08:34	08:53	17:27
68.	465	Mark Jennings	67th	M45-49	9th	Micky Morris Racing Team	1	08:43	08:46	17:29
69.	328	Robbie Campbell	68th	MSen	46th	Worcester AC	1	08:33	08:58	17:31
70.	380	Martin Foster	69th	M45-49	10th	Almost Athletes	1	08:39	08:53	17:32
71.	187	Darren Broady	70th	MSen	47th	Western Tempo	1	08:43	08:50	17:33
72.	90	Richard Cronin	71st	MSen	48th	Forest of Dean AC	1	08:40	08:55	17:35
73.	77	Scott Jones	72nd	MSen	49th	Croft Ambrey RC	1	08:42	08:54	17:36
74.	182	Dean Jones	73rd	MSen	50th	Hereford Couriers	1	08:27	09:11	17:38
75.	162	Alan Mayo-Evans	74th	MSen	51st	Hereford Couriers	1	08:45	08:54	17:39
76.	225	Mark Sprigings	75th	MSen	52nd	Western Tempo	1	08:44	08:57	17:41
77.	357	Andrew Tyler	76th	M45-49	11th	Hereford Couriers	1	08:38	09:06	17:44
78.	412	Adrian Lewis	77th	M45-49	12th	Aberdare Valley AAC	1	08:43	09:06	17:49
79.	404	David Clarke	78th	M50-54	2nd	Severn AC	1	08:44	09:05	17:49
80.	277	Jonathan Hiscock	79th	M45-49	13th	Western Tempo	1	08:44	09:05	17:49
81.	320	Rosie Hamilton-James	2nd	FSen	1st	Westbury Harriers	1	08:34	09:16	17:50
82.	349	Connor Cashmore	80th	MSen	53rd		1	08:43	09:09	17:52
83.	64	Daniel Phillips	81st	M40-44	8th	Hereford Couriers	1	08:41	09:13	17:54
84.	462	Nathan Reeks	82nd	MSen	54th	MMRT	1	08:43	09:11	17:54
85.	218	Jonathan Floyd	83rd	M40-44	9th	Western Tempo	1	08:47	09:09	17:56
86.	474	Peter Woodward	84th	MSen	55th	Forest of Dean AC	1	08:48	09:10	17:58
87.	167	Katy Roy	3rd	F35-39	2nd	Chepstow Harriers	1	08:49	09:14	18:03
88.	181	Paul Dodd	85th	M60-64	1st	Chepstow Harriers	1	08:58	09:12	18:10
89.	209	Peter Carmichael	86th	MSen	56th	Western Tempo	1	09:12	09:02	18:14
90.	260	Jasper Robinson	87th	MSen	57th	Croft Ambrey RC	1	08:39	09:36	18:15
91.	40	Matt Lambourne	88th	MSen	58th	Western Tempo	1	09:02	09:15	18:17
92.	216	Clark Lawson	89th	MSen	59th	Western Tempo	1	08:54	09:28	18:22
93.	242	Nick Hitchings	90th	M50-54	3rd	Worcester AC	1	08:59	09:24	18:23

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
94.	12	William Gore	91st	MSen	60th	Croft Ambrey RC	1	09:11	09:12	18:23
95.	107	Ryan Knight	92nd	MSen	61st	Hereford Couriers	2	09:09	09:14	18:23
96.	145	Stephen Snead	93rd	M45-49	14th	Cleobury Mortimer Running Club	1	09:02	09:21	18:23
97.	44	David O'Connell	94th	MSen	62nd	Presteigne Pacers	2	09:04	09:24	18:28
98.	454	Thomas Kennedy	95th	M U17	4th		1	09:03	09:26	18:29
99.	164	Paul Kemp	96th	M40-44	10th	Wye Valley Runners	1	09:02	09:28	18:30
100.	173	Rachel Underhill	4th	FSen	2nd	Western Tempo	1	09:03	09:27	18:30
101.	88	Dan Sandford	97th	M45-49	15th	Forest of Dean AC	1	09:12	09:22	18:34
102.	275	chris james	98th	M55-59	1st	Western Tempo	1	09:07	09:28	18:35
103.	150	Daniel spear	99th	MSen	63rd		2	09:10	09:27	18:37
104.	248	Alex Haines	100th	M50-54	4th	Midland Masters AC	1	08:51	09:48	18:39
105.	416	Robert Stephens	101st	M45-49	16th	Brecon AC	2	09:13	09:28	18:41
106.	207	Liza Bradshaw	5th	F35-39	3rd	CLC Striders	1	09:10	09:36	18:46
107.	325	Claire Thomas	6th	F35-39	4th	Ludlow Runners	1	09:12	09:35	18:47
108.	185	Cherry Fowler	7th	F50-54	1st	Chepstow Harriers	1	09:21	09:30	18:51
109.	312	Steph Clutterbuck	8th	FSen	3rd		1	09:11	09:40	18:51
110.	199	Mark Keeling	102nd	M50-54	5th	Severn Athletic Club	2	09:31	09:25	18:56
111.	303	Hannah Fletcher	9th	F35-39	5th	Croft Ambrey RC	1	09:25	09:33	18:58
112.	110	David Howells	103rd	M50-54	6th	Severn AC	2	09:32	09:26	18:58
113.	442	Ellie Robinson	10th	FSen	4th	Newport Harriers	1	09:20	09:39	18:59
114.	498	John Willson	104th	M60-64	2nd	CLC Striders	1	09:21	09:40	19:01
115.	418	Stefan Sternkopf	105th	M50-54	7th	Worcester AC	1	09:18	09:43	19:01
116.	493	Louise Mitchell	11th	F35-39	6th	Canis Sports Fife	1	09:17	09:47	19:04
117.	200	Charlotte Broadhurst	12th	F U17	1st		2	09:14	09:51	19:05
118.	239	Mark Radon	106th	M40-44	11th		1	08:52	10:14	19:06
119.	497	Natasha White	13th	F35-39	7th		1	09:06	10:01	19:07
120.	198	Ed Bullock	107th	MSen	64th		2	09:09	09:59	19:08
121.	79	Matt Ansfield	108th	M45-49	17th		2	09:30	09:41	19:11
122.	482	Lea Wood	109th	MSen	65th	Wye Valley Runners	1	09:24	09:48	19:12
123.	152	Alice Godding	14th	FSen	5th	Croft Ambrey RC	2	09:23	09:51	19:14
124.	4	Neil Grinnell	110th	M45-49	18th	Ledbury & District Harriers	2	09:30	09:46	19:16

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
125.	114	Jeremy Jehan	111th	M45-49	19th	Wye Valley Runners	1	09:23	09:54	19:17
126.	363	Gavin McCaugherty	112th	M40-44	12th		1	09:35	09:43	19:18
127.	295	Ned Collins	113th	M U17	5th	Hay Hotfooters	1	09:16	10:05	19:21
128.	127	martin williams	114th	M40-44	13th		2	09:08	10:14	19:22
129.	296	Christopher Cleary	115th	MSen	66th	Hereford Couriers	2	09:29	09:55	19:24
130.	80	Louis Ansfield	116th	M10-14	3rd	Ghost Runners	2	09:35	09:50	19:25
131.	78	Kelly Bowen	15th	F35-39	8th	Croft Ambrey RC	2	09:45	09:41	19:26
132.	359	Andy Prophett	117th	M45-49	20th	Western Tempo	1	09:20	10:06	19:26
133.	43	Gareth Lloyd	118th	MSen	67th	Presteigne Pacers	2	09:40	09:47	19:27
134.	415	Lily Williams	16th	F U17	2nd	Newport Harriers	1	09:33	09:54	19:27
135.	313	Matt Hnatiw	119th	MSen	68th		1	09:28	10:01	19:29
136.	191	Colin Lambourne	120th	M40-44	14th	Hereford Couriers	1	09:23	10:10	19:33
137.	393	Stuart Davies	121st	MSen	69th	Hereford Couriers	1	09:23	10:11	19:34
138.	214	Steven Rowley	122nd	MSen	70th	Western Tempo	2	09:43	09:51	19:34
139.	372	Luke Harris	123rd	MSen	71st		2	09:38	10:00	19:38
140.	458	Stephen Adams	124th	MSen	72nd		2	09:40	09:59	19:39
141.	407	Paul Davies	125th	M50-54	8th	Wye Valley Runners	1	09:23	10:18	19:41
142.	249	Carl Ridsdale	126th	MSen	73rd		2	09:44	09:58	19:42
143.	496	Elaine Sherwin	17th	F50-54	2nd	Leamington Cycling & AC	1	09:45	10:00	19:45
144.	195	Andrew Kaye	127th	M55-59	2nd	Forest of Dean AC	2	09:47	10:03	19:50
145.	189	Jason Griffiths	128th	MSen	74th		2	09:49	10:06	19:55
146.	227	Paul Saville	129th	M50-54	9th	Lonely Goat RC	2	09:59	10:05	20:04
147.	276	Charlie Hunting	18th	F35-39	9th	Western Tempo	2	09:45	10:20	20:05
148.	105	Joanna Eddy	19th	F40-44	1st		1	09:44	10:22	20:06
149.	197	Greg Jones	130th	M50-54	10th	Croft Ambrey RC	2	09:47	10:20	20:07
150.	446	Oliver Steels	131st	MSen	75th	Run to Explore	2	09:44	10:24	20:08
151.	335	Ellis Woolley	20th	F10-14	1st	Cheltenham & County Harriers	2	09:52	10:17	20:09
152.	252	Barry Griffiths	132nd	M55-59	3rd	Brecon Athletic Club	2	09:59	10:12	20:11
153.	429	Richard Matthews	133rd	M45-49	21st	Aberdare Valley AAC	1	10:03	10:10	20:13
154.	342	Roxanne Jones	21st	F35-39	10th	Western Tempo	2	09:46	10:29	20:15
155.	500	Catherine Hutchison	22nd	F40-44	2nd	Worcester AC	2	10:14	10:01	20:15

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156.	35	Tim Giles	134th	M45-49	22nd	Ludlow Runners	2	09:50	10:25	20:15
157.	251	Aimee Ferguson	23rd	F35-39	11th	Aberdare Valley AAC	2	09:59	10:16	20:15
158.	45	Eva Tyler	24th	F U17	3rd	Hereford & County AC	2	09:46	10:31	20:17
159.	178	Reuben Lawson	135th	M U17	6th	Chepstow Harriers	2	10:23	09:56	20:19
160.	203	Grant White	136th	MSen	76th	Monross Trailblazers	2	10:07	10:14	20:21
161.	170	George Blackmore	137th	MSen	77th		2	09:52	10:30	20:22
162.	71	Jonathan Edwards	138th	M40-44	15th	Hereford Couriers	2	09:53	10:31	20:24
163.	2	Graeme Walker	139th	M55-59	4th	Hereford Couriers	2	09:51	10:36	20:27
164.	411	Gintare Gaigaliene	25th	F40-44	3rd		1	10:03	10:29	20:32
165.	148	Sarah Morris	26th	F35-39	12th	Black Pear Joggers	2	10:07	10:26	20:33
166.	486	Matt Watkins	140th	MSen	78th		2	10:08	10:25	20:33
167.	133	Paul Mammatt	141st	M50-54	11th		2	10:06	10:32	20:38
168.	161	Dan Hardy	142nd	MSen	79th		2	10:23	10:18	20:41
169.	99	Kit Williams	143rd	MSen	80th	Hereford Couriers	2	10:12	10:30	20:42
170.	188	Izzy Axford	27th	FSen	6th	Western Tempo	2	10:16	10:34	20:50
171.	26	Paul Millsom	144th	M65-69	1st	Vegan Runners UK	2	10:11	10:41	20:52
172.	495	Simon Cook	145th	M50-54	12th		2	10:12	10:41	20:53
173.	219	Jamie Griffiths	146th	MSen	81st		2	09:59	10:55	20:54
174.	287	David James	147th	M70-74	1st	CLC Striders	2	10:19	10:39	20:58
175.	10	Marc Kendrick	148th	MSen	82nd	Wye Valley Runners	2	10:25	10:35	21:00
176.	28	Martin Carter	149th	M55-59	5th	Hereford Couriers	2	10:11	10:50	21:01
177.	94	michael Strange	150th	M65-69	2nd	Forest of Dean AC	2	10:19	10:43	21:02
178.	160	Andrew Barber	151st	MSen	83rd	Andali fitness	2	10:17	10:46	21:03
179.	309	Jennifer Clarke	28th	F40-44	4th		2	10:22	10:45	21:07
180.	331	Richard Atkinson	152nd	MSen	84th		2	10:25	10:42	21:07
181.	87	Mark Williamson	153rd	M60-64	3rd	Forest of Dean AC	2	10:44	10:24	21:08
182.	176	Vanessa Lawson	29th	F45-49	1st	Chepstow Harriers	2	10:27	10:45	21:12
183.	368	Ruth Hayden-Cox	30th	F35-39	13th	Newent Runners	2	10:21	10:53	21:14
184.	373	DAVID GREEN	154th	M50-54	13th	Hereford Couriers	2	10:29	10:45	21:14
185.	354	Chris Smart	155th	M55-59	6th	Hereford Couriers	2	10:31	10:48	21:19
186.	387	Joel Bayliss	156th	MSen	85th		2	10:22	10:59	21:21

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187.	367	Victoria Watkins	31st	F40-44	5th	Worcester AC	2	10:35	10:48	21:23
188.	42	keith williams	157th	M60-64	4th		2	10:48	10:39	21:27
189.	300	Shana Stewardson	32nd	FSen	7th		2	10:26	11:03	21:29
190.	381	Milly Foster	33rd	F10-14	2nd	Cheltenham & County Harriers	2	10:28	11:03	21:31
191.	201	James Fletcher	158th	M50-54	14th	Monross Trailblazers	2	10:29	11:02	21:31
192.	506	Emma King	34th	F40-44	6th	Spirit of Monmouth	2	10:38	10:56	21:34
193.	241	Chris Riley	159th	M55-59	7th		2	10:35	11:01	21:36
194.	230	Sheryl Evans	35th	F50-54	3rd	Hereford Couriers	2	10:37	11:00	21:37
195.	142	Tim Fry	160th	M40-44	16th	Cardiff Amateur Athletic Club	2	10:40	10:59	21:39
196.	129	Ben Skinner	161st	MSen	86th	Hereford Couriers	1	10:22	11:20	21:42
197.	169	Emily Yarnold	36th	FSen	8th		2	10:51	10:52	21:43
198.	83	John Jaspers	162nd	M50-54	15th	Hereford Couriers	2	10:33	11:13	21:46
199.	424	Robert Gilligan	163rd	M55-59	8th	Wye Valley Runners	2	10:54	10:53	21:47
200.	291	Emma Jones	37th	F45-49	2nd	Croft Ambrey RC	2	10:43	11:17	22:00
201.	89	Alan Robertson	164th	M65-69	3rd	Forest of Dean AC	2	10:55	11:06	22:01
202.	53	William Connell	165th	M60-64	5th	Hereford Couriers	2	10:53	11:09	22:02
203.	443	Darryn Mcatee	166th	M60-64	6th	Newport Harriers	2	10:46	11:19	22:05
204.	138	Mike Chipping	167th	M65-69	4th	Bristol and West AC	2	10:57	11:09	22:06
205.	60	Ashley Robinson	168th	M70-74	2nd	Croft Ambrey RC	1	10:47	11:20	22:07
206.	391	John Maddy	169th	M50-54	16th		2	10:55	11:15	22:10
207.	315	Clive Richardson	170th	M65-69	5th	Ludlow Runners	2	10:56	11:22	22:18
208.	166	Jo Marriott	38th	F50-54	4th	Croft Ambrey RC	2	10:59	11:19	22:18
209.	250	Daniel Mapp	171st	MSen	87th	Hereford Couriers	2	10:49	11:37	22:26
210.	460	Emily Wilcox	39th	FSen	9th	Newport Harriers	2	10:52	11:36	22:28
211.	153	Joanne Tilby	40th	F35-39	14th	Croft Ambrey RC	2	11:16	11:14	22:30
212.	175	Tom Annetts	172nd	M40-44	17th	Chepstow Harriers	2	11:01	11:32	22:33
213.	243	Alison Buttle	41st	F45-49	3rd	Black Pear Joggers	2	11:06	11:33	22:39
214.	96	Thomas Powell	173rd	MSen	88th	Ludlow Runners	2	11:00	11:41	22:41
215.	356	Christian Mason	174th	MSen	89th		2	11:19	11:24	22:43
216.	406	Chloe coleridge	42nd	F10-14	3rd		2	11:26	11:19	22:45
217.	59	Kevin Duggan	175th	M40-44	18th	Presteigne Pacers	2	11:05	11:40	22:45

Hereford Couriers 5k Series (Race 2)

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
218.	109	Kelly Murray	43rd	FSen	10th	Hereford Couriers	2	11:20	11:26	22:46
219.	97	Christopher Berry	176th	M50-54	17th	Black Pear Joggers	2	11:18	11:32	22:50
220.	196	Victoria Jones	44th	F45-49	4th		2	11:16	11:36	22:52
221.	299	Emma Stewardson	45th	F40-44	7th		2	11:20	11:33	22:53
222.	272	Steve Herington	177th	M70-74	3rd	Hereford Couriers	2	11:04	11:49	22:53
223.	366	Mell Schofield	46th	FSen	11th	Cheltenham & County Harriers	2	11:21	11:34	22:55
224.	436	Matt Taylor	178th	M40-44	19th		2	11:21	11:35	22:56
225.	405	Lois Erwin	47th	F10-14	4th		2	11:22	11:37	22:59
226.	375	Matthew Leyshon	179th	MSen	90th		2	11:17	11:43	23:00
227.	348	Gregory Leyshon	180th	M70-74	4th		2	11:17	11:43	23:00
228.	51	David Barrett	181st	M50-54	18th	Croft Ambrey RC	2	11:09	11:53	23:02
229.	14	Jan Edwards	48th	F65-69	1st	Wye Valley Runners	2	11:30	11:35	23:05
230.	158	Paul Roberts	182nd	M55-59	9th	Ludlow Runners	2	11:11	11:58	23:09
231.	456	Lorraine Griffiths	49th	F50-54	5th	Black Pear Joggers	2	11:29	11:40	23:09
232.	352	Sherryl Hall	50th	F50-54	6th	Forest of Dean Athletic club	2	11:22	11:49	23:11
233.	8	Lynne Compton	51st	F55-59	1st	Wye Valley Runners	2	11:31	11:45	23:16
234.	502	Nicola Tyler	52nd	F50-54	7th	Hereford Couriers	2	11:27	11:50	23:17
235.	471	Jane Woolley	53rd	F50-54	8th		2	11:41	11:38	23:19
236.	314	greg nicholls	183rd	MSen	91st	Hereford Couriers	2	11:57	11:25	23:22
237.	172	Jonathan Sanderson	184th	M45-49	23rd	Hereford Couriers	2	11:19	12:10	23:29
238.	58	Michael Bryant	185th	M60-64	7th	Newent Runners	2	11:31	12:00	23:31
239.	478	Rose Parsons	54th	FSen	12th		2	11:51	11:41	23:32
240.	279	Stephen Galligan	186th	M40-44	20th	Ledbury & District Harriers	2	11:22	12:12	23:34
241.	65	Bryan Lloyd Lloyd	187th	M60-64	8th	Presteigne Pacers	2	11:38	11:57	23:35
242.	439	Robert Benjamin	188th	M60-64	9th		2	11:39	12:00	23:39
243.	84	Lucia Demkova	55th	F40-44	8th	Monross Trailblazers	2	11:37	12:08	23:45
244.	220	Rachel Booth	56th	FSen	13th	Black Pear Joggers	2	11:35	12:10	23:45
245.	310	Catherine Gilbert	57th	F45-49	5th		2	11:59	11:52	23:51
246.	414	Carrie Williams	58th	F45-49	6th	Chepstow Harriers	2	11:43	12:08	23:51
247.	55	Ralph Lloyd	189th	M55-59	10th	Wye Valley Runners	2	11:36	12:16	23:52
248.	431	Stephanie Main	59th	F45-49	7th	Croft Ambrey RC	2	11:35	12:17	23:52

Hereford Couriers 5k Series (Race 2)

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
249.	274	Victoria Woodhall	60th	F45-49	8th	Hereford Couriers	2	11:38	12:18	23:56
250.	111	Richard Andrews	190th	M55-59	11th	Hereford Triathlon Club	2	12:04	11:56	24:00
251.	318	chris lea	191st	M50-54	19th	Hereford Triathlon Club	2	11:58	12:10	24:08
252.	402	Shellie Reeves	61st	F40-44	9th	Malvern Buzzards RC	2	11:58	12:10	24:08
253.	403	Steve Travis	192nd	M40-44	21st	Malvern Buzzards RC	2	11:58	12:10	24:08
254.	163	Yvonne Gajny	62nd	F45-49	9th	Stratford Upon Avon AC	2	11:38	12:32	24:10
255.	262	Nicole Radley	63rd	FSen	14th		2	11:55	12:16	24:11
256.	46	Bronwen Tyler-Jones	64th	F45-49	10th	Hereford Couriers	2	11:57	12:19	24:16
257.	183	Allie Sims	65th	FSen	15th	Hereford Couriers	2	12:04	12:17	24:21
258.	385	Mike Shaw	193rd	M70-74	5th		2	11:57	12:26	24:23
259.	103	Paul Gilbert	194th	M45-49	24th	Hereford Couriers	2	12:05	12:26	24:31
260.	305	Jacob Porter	195th	MSen	92nd	Hereford Couriers	2	12:11	12:21	24:32
261.	362	Joe Brimfield	196th	MSen	93rd		2	12:02	12:34	24:36
262.	232	john bilbao	197th	M65-69	6th		2	12:05	12:38	24:43
263.	62	Stuart Taylor	198th	M40-44	22nd	Hereford Couriers	2	11:55	12:51	24:46
264.	481	Stephanie King	66th	F55-59	2nd	Croft Ambrey RC	2	12:14	12:41	24:55
265.	396	Ben Goddard	199th	MSen	94th	Hereford Couriers	2	11:36	13:22	24:58
266.	417	Scott Powell	200th	M45-49	25th	Brecon AC	2	12:11	12:48	24:59
267.	70	Peter Covington-Jones	201st	M60-64	10th	Forest of Dean AC	2	12:36	12:30	25:06
268.	41	Jake Cullum-Hollins	202nd	MSen	95th	Hereford Couriers	2	12:38	12:34	25:12
269.	61	Vanessa Ward	67th	FSen	16th	Monross Trailblazers	2	13:06	12:14	25:20
270.	223	Gavin Jones	203rd	MSen	96th	Monross Trailblazers	2	13:07	12:15	25:22
271.	91	Jason Ross-Collins	204th	M50-54	20th	Forest of Dean AC	2	12:23	13:03	25:26
272.	66	Paul Downey	205th	M60-64	11th		2	12:43	12:50	25:33
273.	257	Brent Lowson	206th	M60-64	12th	Wye Valley Runners	2	12:33	13:01	25:34
274.	136	Vanessa Pegler	68th	F50-54	9th	Forest of Dean AC	2	12:40	13:06	25:46
275.	437	Chris Reeves	207th	M40-44	23rd		2	12:35	13:15	25:50
276.	100	Gemma Davies	69th	F35-39	15th	Croft Ambrey RC	2	12:35	13:29	26:04
277.	27	Lesley Ashton	70th	F60-64	1st	Vegan Runners UK	2	12:51	13:19	26:10
278.	186	SARA ROPER	71st	F45-49	11th		2	13:05	13:18	26:23
279.	452	Jonathan Kennedy	208th	M45-49	26th		2	13:07	13:23	26:30

Hereford Couriers 5k Series (Race 2)

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
280.	266	Kevin Barnes	209th	M55-59	12th	Hereford Couriers	2	12:56	13:36	26:32
281.	113	sophie wilcocks	72nd	FSen	17th		2	13:06	13:27	26:33
282.	317	Charlotte House	73rd	FSen	18th	Hereford Couriers	2	13:12	13:24	26:36
283.	134	Deanna Mammatt	74th	F45-49	12th		2	13:13	13:24	26:37
284.	258	Katherine Byron-Daniel	75th	F40-44	10th		2	13:04	13:37	26:41
285.	115	Hannah Campbell	76th	FSen	19th	Hereford Couriers	2	13:21	13:31	26:52
286.	487	Lisa Morgan	77th	F45-49	13th		2	13:22	13:34	26:56
287.	364	Sarah Broadhurst	78th	F50-54	10th	Ludlow Runners	2	13:25	13:43	27:08
288.	494	Kamilla Bosley	79th	FSen	20th		2	13:42	13:29	27:11
289.	505	Richard Bloomer	210th	MSen	97th		2	13:27	13:44	27:11
290.	205	Richard Tyler	211th	M65-69	7th	Hereford Couriers	2	13:37	13:43	27:20
291.	179	Sonia Unsted	80th	F50-54	11th	Chepstow Harriers	2	13:26	13:55	27:21
292.	413	Steve Nicoll	212th	M55-59	13th	Pershore Plum Plodders	2	13:48	13:38	27:26
293.	15	Brian Symonds	213th	M75-79	1st	Wye Valley Runners	2	13:50	13:46	27:36
294.	108	Margaret Crosswell	81st	F70-74	1st	Worcester AC	2	13:35	14:02	27:37
295.	504	Eleanor Robinson	82nd	F70-74	2nd	Ripley Running Club	2	13:28	14:09	27:37
296.	190	Victoria Band	83rd	F45-49	14th	Ledbury & District Harriers	2	13:47	13:51	27:38
297.	337	Scott Emmett	214th	M50-54	21st		2	13:43	14:00	27:43
298.	192	SIAN DAVID	84th	F35-39	16th	Ledbury & District Harriers	2	13:58	13:46	27:44
299.	34	Lisa Gray	85th	F45-49	15th	Croft Ambrey RC	2	13:42	14:04	27:46
300.	483	Stephen Hobson	215th	M60-64	13th	Hereford Couriers	2	14:04	13:42	27:46
301.	141	Bailey Ward	86th	F10-14	5th	Gloucester AC	2	13:47	14:08	27:55
302.	222	Laura Jenkins	87th	FSen	21st	Hereford Couriers	2	13:42	14:18	28:00
303.	370	Chris Campbell	216th	M60-64	14th		2	13:38	14:36	28:14
304.	288	Carl Jones	217th	MSen	98th		2	13:46	14:40	28:26
305.	76	Theresa Jones	88th	F50-54	12th	Croft Ambrey RC	2	14:13	15:02	29:15
306.	72	Julie Neave	89th	F40-44	11th		2	14:16	15:15	29:31
307.	469	Helen Wilcox	90th	F55-59	3rd		2	14:43	15:05	29:48
308.	316	Carole Clark	91st	F70-74	3rd	Worcester AC	2	14:57	14:57	29:54
309.	432	Tom Davies	218th	M70-74	6th	Croft Ambrey RC	2	14:39	15:45	30:24
310.	270	Suzanne Field	92nd	F50-54	13th	Croft Ambrey RC	2	15:10	15:30	30:40

Hereford Couriers 5k Series (Race 2)

Overall Results



Pos	Bib	Name	M/F	AG	AG Pos	Club	Race	Lap1	Lap2	Time
311.	479	Dave Mitchell-haywood	219th	MSen	99th	Hereford Couriers	2	15:00	15:49	30:49
312.	73	George Neave	220th	MSen	100th		2	15:59	15:34	31:33
313.	23	Andrew William Philip Knott	221st	M40-44	24th	Forest of Dean AC	2	15:42	15:55	31:37
314.	339	Graham Andrews	222nd	M50-54	22nd		2	15:40	16:24	32:04
315.	104	Patricia marshall	93rd	F75-79	1st	sandhurst joggers	2	16:17	16:19	32:36
316.	21	Peter Smith	223rd	M70-74	7th	Wye Valley Runners	2	15:59	16:59	32:58
317.	39	John Noonan	224th	M60-64	15th	Hereford Couriers	2	16:24	16:51	33:15
318.	338	Paula Andrews	94th	F50-54	14th		2	18:19	15:21	33:40
319.	336	Denise Emmett	95th	F50-54	15th		2	16:19	17:21	33:40
320.	409	Suzy Siddall	96th	F35-39	17th	Croft Ambrey RC	2	16:40	17:10	33:50
321.	430	Jayne Hayward	97th	F55-59	4th		2	16:58	17:00	33:58
322.	146	Tammy Whittle	98th	FSen	22nd		2	16:38	17:23	34:01
323.	147	Clare Corefield	99th	FSen	23rd		2	16:38	17:23	34:01
324.	130	Chris Ruck	225th	M50-54	23rd	Hereford Couriers	2	16:42	17:25	34:07
325.	215	Aine McGovern	100th	FSen	24th		2	17:19	17:38	34:57
326.	231	Blathnaid Mahon	101st	FSen	25th		2	17:20	17:37	34:57
327.	75	Liz Fishpool	102nd	FSen	26th	Hereford Couriers	2	17:23	17:34	34:57
328.	9	Adam Haywood	226th	MSen	101st	Hereford Couriers	2	18:00	17:40	35:40
329.	119	Liam Curtis-Moore	227th	MSen	102nd	Wye Valley Runners	2	17:24	18:21	35:45

Number of records: 329