

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
1.	226	Dominic James	1st	1st	Western Tempo	1	07:26	07:18	14:44
2.	457	Abed Teweldebrhan	2nd	2nd	Newport Harriers	1	07:26	07:20	14:46
3.	492	Ben Robinson	3rd	3rd	Gloucester AC	1	07:26	07:21	14:47
4.	455	Nicholas Barry	4th	4th	Sale Harriers Manchester	1	07:26	07:24	14:50
5.	268	Henry James	5th	5th		1	07:27	07:26	14:53
6.	212	Alex Lee	6th	6th	Western Tempo	1	07:26	07:33	14:59
7.	371	Rhys Park	7th	7th	Western Tempo	1	07:26	07:36	15:02
8.	126	Charlie Jones	8th	8th	Western Tempo	1	07:29	07:34	15:03
9.	449	Craig Williams	9th	9th		1	07:31	07:33	15:04
10.	327	Alex Rawlings	10th	10th	Severn AC	1	07:27	07:51	15:18
11.	395	Richard de-Camps	11th	11th	Cheltenham & County Harriers	1	07:26	07:52	15:18
12.	256	Marcus England	12th	12th	Western Tempo	1	07:32	07:48	15:20
13.	345	KARL WELBORN	13th	13th	Birmingham Running Athletics	1	07:31	07:49	15:20
14.	332	Seamus Robinson	14th	14th	Westbury Harriers	1	07:29	07:57	15:26
15.	204	Brychan Price-Davies	15th	15th	Brecon AC	1	07:29	07:58	15:27
16.	326	Finley Smith	16th	16th	Worcester AC	1	07:32	07:57	15:29
17.	184	David Aubrey	17th	17th	Western Tempo	1	07:39	07:54	15:33
18.	254	Alexander Jones	18th	18th	Western Tempo	1	07:36	08:05	15:41
19.	340	Will Cheek	19th	19th	North Somerset AC	1	07:42	08:00	15:42
20.	488	Geraint Williams	20th	20th	Neath Harriers	1	07:51	07:58	15:49
21.	369	Steve Kenyon	21st	21st	Gloucester AC	1	07:47	08:03	15:50
22.	217	Anthony Bailey	22nd	1st	Western Tempo	1	07:51	07:59	15:50
23.	470	Artie Savage-Swaine	23rd	22nd	Westbury Harriers	1	07:47	08:06	15:53
24.	261	Tom RADLEY	24th	23rd	Western Tempo	1	07:44	08:18	16:02
25.	450	Harry Davies	25th	24th	Newport Harriers	1	07:45	08:20	16:05
26.	244	Mark James	26th	1st	Western Tempo	1	07:58	08:09	16:07
27.	419	Lewis Sternkopf	27th	25th	Worcester AC	1	07:42	08:29	16:11
28.	264	John Parker	28th	2nd	Western Tempo	1	07:56	08:17	16:13
29.	298	Marc Fallows	29th	3rd	Western Tempo	1	08:00	08:14	16:14
30.	246	Reece Ashfield	30th	26th	Western Tempo	1	07:27	08:52	16:19
31.	81	Matthew Brunnock	31st	27th	Hereford & County AC	1	07:55	08:29	16:24
32.	473	Jacob Griffiths	32nd	28th	Pontypridd Roadents AC	1	08:05	08:19	16:24
33.	19	Sam Butler	33rd	29th	Presteigne Pacers	1	08:06	08:18	16:24
34.	421	Mike Jeavons	34th	4th	Worcester AC	1	08:00	08:26	16:26
35.	346	Athanasios Tsolakis	35th	5th	Birmingham Running Athletics	1	08:06	08:26	16:32
36.	292	Henry WHITE	36th	1st	Hereford Ghost Runner	1	08:04	08:28	16:32
37.	294	Joe Collins	37th	30th	Hay Hotfooters	1	08:10	08:22	16:32
38.	155	martin norton	38th	31st	Llisbury Runners	1	08:18	08:16	16:34
39.	124	Eric Apperley	39th	32nd	Croft Ambrey RC	1	08:22	08:12	16:34
40.	11	Cory Sherwin	40th	33rd	Forest of Dean AC	1	08:25	08:10	16:35
41.	463	Thomas Birley	41st	34th	Worcester AC	1	08:19	08:18	16:37
42.	499	Ross Purchase	42nd	35th	Neath Harriers	1	08:11	08:26	16:37
43.	307	Sebastian Clarke	43rd	36th	Severn AC	1	08:10	08:27	16:37
44.	422	Andrew Jeavons	44th	37th	Worcester AC	1	08:08	08:30	16:38
45.	489	Owen Graham	45th	38th		1	07:55	08:45	16:40
46.	165	Robert Pritchard	46th	39th	Chepstow Harriers	1	08:25	08:16	16:41
47.	304	Jamie Shingler	47th	6th	Ludlow Runners	1	08:22	08:19	16:41
48.	434	Henry Evans	48th	2nd	Newport Harriers	1	08:10	08:32	16:42
49.	394	Luke Carroll	49th	40th		1	08:20	08:24	16:44

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Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
50.	229	Lee Simms		50th 41st		1	08:16	08:29	16:45
51.	284	William Maul		51st 42nd	Hereford Couriers	1	08:14	08:31	16:45
52.	440	Joseph Reardon		52nd 43rd		1	08:02	08:44	16:46
53.	149	Declan Miller		53rd 44th	Ludlow Runners	1	08:21	08:26	16:47
54.	223	Gavin Jones		54th 45th	Monross Trailblazers	1	08:25	08:23	16:48
55.	485	Ben Harle		55th 46th	Worcester Atheltics Club	1	08:18	08:31	16:49
56.	410	Adam Pollock		56th 47th	Worcester AC	1	08:21	08:29	16:50
57.	401	Adrian Williams		57th 7th	Western Tempo	1	08:21	08:32	16:53
58.	399	Phil Morris		58th 2nd	Builth & District	1	08:15	08:39	16:54
59.	324	David Johnson		59th 3rd	Western Tempo	1	08:31	08:24	16:55
60.	319	Max Sheppard		60th 8th		1	08:20	08:36	16:56
61.	347	Adrian Taylor		61st 1st	Presteigne Pacers	1	08:21	08:35	16:56
62.	384	Sam Mayglothing		62nd 48th	Wye Valley Runners	1	08:21	08:39	17:00
63.	151	Alex Logan		63rd 4th		1	08:20	08:40	17:00
64.	194	Matt James		64th 49th		1	08:19	08:43	17:02
65.	501	Becki Timmings		1st 1st	Birmingham Running Athletics	1	08:23	08:41	17:04
66.	344	Matthew Flynn		65th 50th	Western Tempo	1	08:26	08:42	17:08
67.	255	Ollie Evans		66th 51st	Wolverhampton & Bilston	1	08:17	08:53	17:10
68.	351	Stuart Cox		67th 52nd		1	08:23	08:47	17:10
69.	297	Scott Kennedy		68th 5th	Hereford Couriers	1	08:27	08:46	17:13
70.	237	Steve Linton		69th 9th	Western Tempo	1	08:22	08:52	17:14
71.	386	Ross Cameron		70th 53rd	Hereford Couriers	1	08:13	09:02	17:15
72.	465	Mark Jennings		71st 10th	Micky Morris Racing Team	1	08:29	08:46	17:15
73.	467	Sean Taylor		72nd 6th		1	08:31	08:45	17:16
74.	475	Matthew Marston		73rd 54th		1	08:23	08:54	17:17
75.	334	Luke Sheppard		74th 55th	Worcester AC	1	08:26	08:53	17:19
76.	378	Mark Killeen		75th 56th		1	08:36	08:43	17:19
77.	320	Rosie Hamilton-James		2nd 2nd	Westbury Harriers	1	08:27	08:53	17:20
78.	380	Martin Foster		76th 11th	Almost Athletes	1	08:35	08:45	17:20
79.	453	William Kennedy		77th 57th		1	08:29	08:52	17:21
80.	484	christian harle		78th 12th	Worcester Atheltics Club	1	08:38	08:45	17:23
81.	365	Dan Schofield		79th 58th	Western Tempo	1	08:41	08:54	17:35
82.	343	James Morgan		80th 7th	Hereford Triathlon Club	1	08:40	08:56	17:36
83.	225	Mark Sprigings		81st 59th	Western Tempo	1	08:37	09:03	17:40
84.	357	Andrew Tyler		82nd 13th	Hereford Couriers	1	08:40	09:01	17:41
85.	90	Richard Cronin		83rd 60th	Forest of Dean AC	1	08:47	08:57	17:44
86.	404	David Clarke		84th 2nd	Severn AC	1	08:44	09:00	17:44
87.	162	Alan Mayo-Evans		85th 61st		1	08:58	08:46	17:44
88.	218	Jonathan Floyd		86th 8th	Western Tempo	1	08:55	08:51	17:46
89.	349	Connor Cashmore		87th 62nd		1	08:37	09:14	17:51
90.	468	Tom Grady		88th 9th		1	08:36	09:16	17:52
91.	286	Donna Morris		3rd 1st	Builth & District	1	08:44	09:08	17:52
92.	206	James Bingham		89th 10th	Western Tempo	1	08:57	08:56	17:53
93.	412	Adrian Lewis		90th 14th	Aberdare Valley AAC	1	08:48	09:05	17:53
94.	216	Clark Lawson		91st 63rd	Western Tempo	1	08:56	08:57	17:53
95.	64	Daniel Phillips		92nd 11th	Hereford Couriers	1	08:55	08:59	17:54
96.	350	Connor Franklin		93rd 64th		1	08:37	09:20	17:57
97.	95	Samantha Harris.		4th 1st	Forest of Dean AC	1	08:52	09:07	17:59
98.	462	Nathan Reeks		94th 65th	MMRT	1	08:53	09:07	18:00

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Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
99.	208	Martin Soakell	95th	12th	Western Tempo	1	09:02	09:11	18:13
100.	187	Darren Broady	96th	66th	Western Tempo	1	08:50	09:24	18:14
101.	181	Paul Dodd	97th	1st	Chepstow Harriers	1	08:58	09:16	18:14
102.	275	chris james	98th	1st	Western Tempo	1	09:08	09:10	18:18
1.	260	Jasper Robinson	1st	1st	Croft Ambrey RC	2	08:51	09:31	18:22
103.	454	Thomas Kennedy	99th	67th		1	09:03	09:21	18:24
104.	164	Paul Kemp	100th	13th	Wye Valley Runners	1	09:09	09:15	18:24
105.	474	Peter Woodward	101st	68th	Forest of Dean AC	1	08:54	09:30	18:24
106.	497	Natasha White	5th	2nd		1	09:01	09:24	18:25
107.	173	Rachel Underhill	6th	3rd	Western Tempo	1	09:03	09:23	18:26
108.	282	Nick Holliday	102n	2nd	Cheltenham & County Harriers	1	09:12	09:15	18:27
109.	207	Liza Bradshaw	7th	3rd	CLC Striders	1	09:03	09:26	18:29
110.	355	Richard Hughes	103rd	2nd	Hereford Couriers	1	09:04	09:28	18:32
111.	325	Claire Thomas	8th	4th	Ludlow Runners	1	09:08	09:24	18:32
112.	311	Hannah Havelock-Allan	9th	4th	Western Tempo	1	09:08	09:25	18:33
113.	86	Leyton Fleet	104th	3rd	Forest of Dean AC	1	09:01	09:34	18:35
2.	150	Daniel spear	2nd	2nd		2	09:16	09:30	18:46
114.	191	Colin Lambourne	105th	14th		1	09:08	09:38	18:46
3.	145	Stephen Snead	3rd	1st	Cleobury Mortimer Running	2	09:15	09:31	18:46
115.	239	Mark Radon	106th	15th		1	08:52	09:55	18:47
4.	444	Addy Carter	1st	1st	Hereford Couriers	2	09:19	09:29	18:48
116.	428	Amber Watson	10th	5th	Western Tempo	1	09:08	09:42	18:50
5.	416	Robert Stephens	4th	2nd	Brecon AC	2	09:19	09:31	18:50
117.	209	Peter Carmichael	107th	69th	Western Tempo	1	09:33	09:18	18:51
6.	127	martin williams	5th	1st		2	09:15	09:36	18:51
7.	200	Charlotte Broadhurst	2nd	2nd		2	09:17	09:35	18:52
8.	152	Alice Godding	3rd	3rd	Croft Ambrey RC	2	09:22	09:33	18:55
118.	198	Ed Bullock	108th	70th		1	09:21	09:37	18:58
119.	312	Steph Clutterbuck	11th	6th		1	09:28	09:30	18:58
120.	185	Cherry Fowler	12th	1st	Chepstow Harriers	1	09:27	09:32	18:59
121.	418	Stefan Sternkopf	109th	4th	Worcester AC	1	09:18	09:43	19:01
122.	498	John Willson	110th	3rd	CLC Striders	1	09:29	09:34	19:03
123.	359	Andy Prophet	111th	15th	Western Tempo	1	09:29	09:35	19:04
9.	407	Paul Davies	6th	1st	Wye Valley Runners	2	09:16	09:48	19:04
124.	114	Jeremy Jehan	112th	16th	Wye Valley Runners	1	09:20	09:45	19:05
125.	313	Matt Hnatiw	113th	71st		1	09:27	09:40	19:07
10.	101	David Collyer	7th	2nd	Ledbury & District Harriers	2	09:28	09:43	19:11
126.	393	Stuart Davies	114th	72nd		1	09:19	09:52	19:11
11.	110	David Howells	8th	2nd	Severn AC	2	09:41	09:34	19:15
12.	295	Ned Collins	9th	3rd	Hay Hotfooters	2	09:18	09:58	19:16
127.	303	Hannah Fletcher	13th	5th	Croft Ambrey RC	1	09:41	09:36	19:17
128.	363	Gavin McCaugherty	115th	16th		1	09:34	09:51	19:25
129.	442	Ellie Robinson	14th	7th	Newport Harriers	1	09:18	10:07	19:25
130.	415	Lily Williams	15th	8th	Newport Harriers	1	09:18	10:08	19:26
13.	78	Kelly Bowen	4th	1st	Croft Ambrey RC	2	09:42	09:45	19:27
14.	447	Kieran Slatter	10th	4th		2	10:03	09:24	19:27
131.	202	Steve Bradley	116th	17th	Cheltenham & County Harriers	1	09:31	09:57	19:28
132.	2	Graeme Walker	117th	3rd	Hereford Couriers	1	09:43	09:54	19:37
15.	122	Rob Potter	11th	3rd	Monross Trailblazers	2	09:37	10:02	19:39

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Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
16.	45	Eva Tyler	5th	4th	Hereford & County AC	2	09:45	09:55	19:40
133.	358	Kevin Kerrigan	118th	73rd		1	09:42	09:58	19:40
17.	276	Charlie Hunting	6th	2nd	Western Tempo	2	09:36	10:07	19:43
18.	426	Sophie Morris	7th	1st		2	09:41	10:05	19:46
19.	35	Tim Giles	12th	3rd	Ludlow Runners	2	09:35	10:12	19:47
20.	335	Ellis Woolley	8th	1st	Cheltenham & County Harriers	2	09:45	10:03	19:48
21.	170	George Blackmore	13th	5th		2	09:50	09:59	19:49
22.	214	Steven Rowley	14th	6th	Western Tempo	2	09:55	09:55	19:50
134.	129	Ben Skinner	119th	74th	Hereford Couriers	1	09:07	10:43	19:50
23.	211	Katie Nimmo	9th	1st	Western Tempo	2	09:39	10:11	19:50
24.	105	Joanna Eddy	10th	2nd		2	09:49	10:02	19:51
135.	203	Grant White	120th	75th	Monross Trailblazers	1	09:36	10:16	19:52
25.	4	Neil Grinnell	15th	4th	Ledbury & District Harriers	2	10:05	09:49	19:54
26.	296	Christopher Cleary	16th	7th	Hereford Couriers	2	09:38	10:17	19:55
27.	219	Jamie Griffiths	17th	8th		2	09:49	10:07	19:56
28.	500	Catherine Hutchison	11th	3rd	Worcester AC	2	10:14	09:45	19:59
136.	308	Dana Machackova	16th	6th		1	09:54	10:05	19:59
29.	177	Matthew Lawson	18th	3rd	Chepstow Harriers	2	10:07	09:55	20:02
30.	458	Stephen Adams	19th	9th		2	10:01	10:06	20:07
31.	234	Sam Juson	20th	10th	Croft Ambrey RC	2	09:49	10:19	20:08
32.	372	Luke Harris	21st	11th		2	09:36	10:32	20:08
33.	189	Jason Griffiths	22nd	12th		2	10:02	10:06	20:08
34.	251	Aimee Ferguson	12th	3rd	Aberdare Valley AAC	2	10:01	10:09	20:10
35.	79	Matt Ansfield	23rd	5th		2	10:01	10:10	20:11
36.	80	Louis Ansfield	24th	1st	Ghost Runners	2	10:01	10:10	20:11
37.	411	Gintare Gaigaliene	13th	4th		2	10:06	10:10	20:16
38.	249	Carl Ridsdale	25th	13th		2	10:02	10:14	20:16
39.	195	Andrew Kaye	26th	1st	Forest of Dean AC	2	09:58	10:18	20:16
40.	446	Oliver Steels	27th	14th	Run to Explore	2	09:46	10:30	20:16
41.	486	Matt Watkins	28th	15th		2	09:49	10:29	20:18
42.	400	Spencer Napolitano	29th	16th	Run to Explore	2	09:57	10:22	20:19
43.	197	Greg Jones	30th	4th	Croft Ambrey RC	2	10:04	10:17	20:21
137.	429	Richard Matthews	121st	18th	Aberdare Valley AAC	1	10:13	10:12	20:25
44.	26	Paul Millsom	31st	1st	Vegan Runners UK	2	10:02	10:23	20:25
45.	99	Kit Williams	32nd	17th	Hereford Couriers	2	09:55	10:39	20:34
46.	94	Michael Strange	33rd	2nd	Forest of Dean AC	2	10:09	10:26	20:35
47.	87	Mark Williamson	34th	1st	Forest of Dean AC	2	10:19	10:21	20:40
48.	252	Barry Griffiths	35th	2nd	Brecon Athletic Club	2	10:04	10:36	20:40
49.	133	Paul Mammatt	36th	5th		2	10:03	10:38	20:41
50.	43	Gareth Lloyd	37th	18th	Presteigne Pacers	2	10:05	10:37	20:42
138.	427	Mark Neal	122nd	4th	Aberdare Valley AAC	1	10:12	10:32	20:44
51.	341	Peter Darwen	38th	3rd	Black Pear Joggers	2	10:31	10:18	20:49
52.	368	Ruth Hayden-Cox	14th	4th	Newent Runners	2	10:18	10:35	20:53
53.	287	David James	39th	1st	CLC Striders	2	10:24	10:33	20:57
54.	161	Dan Hardy	40th	19th		2	10:40	10:19	20:59
55.	10	Marc Kendrick	41st	20th	Wye Valley Runners	2	10:24	10:38	21:02
56.	160	Andrew Barber	42nd	21st	Andali fitness	2	10:32	10:35	21:07
57.	480	Giles Stokes	43rd	6th		2	10:47	10:22	21:09
139.	201	James Fletcher	123rd	5th	Monross Trailblazers	1	10:11	10:58	21:09

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58.	148	Sarah Morris	15th	5th	Black Pear Joggers	2	10:33	10:40	21:13
59.	445	Keldan Lewis	44th	22nd		2	10:24	10:50	21:14
60.	28	Martin Carter	45th	4th	Hereford Couriers	2	10:18	10:58	21:16
61.	176	Vanessa Lawson	16th	2nd	Chepstow Harriers	2	10:26	10:51	21:17
62.	188	Izzy Axford	17th	5th	Western Tempo	2	10:39	10:39	21:18
63.	52	Ben Glinos	46th	23rd	Croft Ambrey RC	2	10:23	10:57	21:20
64.	424	Robert Gilligan	47th	5th	Wye Valley Runners	2	10:54	10:29	21:23
65.	389	Craig Buggins	48th	6th	Wolverhampton & Bilston	2	10:42	10:43	21:25
66.	300	Shana Stewardson	18th	6th		2	10:35	10:51	21:26
67.	448	Liam Jones	49th	24th	Run to Explore	2	10:26	11:01	21:27
68.	142	Tim Fry	50th	4th	Cardiff Amateur Athletic Club	2	10:27	11:02	21:29
69.	495	Simon Cook	51st	7th		2	10:31	10:59	21:30
70.	309	Jennifer Clarke	19th	5th		2	10:41	10:54	21:35
71.	60	Ashley Robinson	52nd	2nd	Croft Ambrey RC	2	10:39	10:56	21:35
72.	230	Sheryl Evans	20th	1st	Hereford Couriers	2	10:41	10:55	21:36
73.	178	Reuben Lawson	53rd	25th	Chepstow Harriers	2	10:08	11:31	21:39
74.	250	Daniel Mapp	54th	26th	Hereford Couriers	2	10:23	11:17	21:40
75.	42	keith williams	55th	2nd		2	10:48	10:52	21:40
76.	83	John Jaspers	56th	8th	Hereford Couriers	2	10:31	11:11	21:42
77.	506	Emma King	21st	6th	Spirit of Monmouth	2	10:34	11:09	21:43
78.	169	Emily Yarnold	22nd	7th		2	10:48	10:56	21:44
79.	390	Ruby Buggins	23rd	2nd	Wolverhampton & Bilston	2	10:42	11:03	21:45
80.	367	Victoria Watkins	24th	7th	Worcester AC	2	11:00	10:48	21:48
81.	291	Emma Jones	25th	3rd	Croft Ambrey RC	2	10:44	11:08	21:52
82.	89	Alan Robertson	57th	3rd	Forest of Dean AC	2	10:41	11:11	21:52
83.	375	Matthew Leyshon	58th	27th		2	10:47	11:08	21:55
84.	30	Robyn Gore	26th	8th	Croft Ambrey RC	2	10:50	11:11	22:01
85.	356	Christian Mason	59th	28th		2	10:38	11:23	22:01
86.	285	Lauren Williams	27th	9th		2	10:48	11:18	22:06
87.	387	Joel Bayliss	60th	29th		2	11:07	11:10	22:17
88.	166	Jo Marriott	28th	2nd	Croft Ambrey RC	2	10:58	11:23	22:21
89.	331	Richard Atkinson	61st	30th		2	11:15	11:07	22:22
90.	53	William Connell	62nd	3rd	Hereford Couriers	2	10:59	11:24	22:23
91.	391	John Maddy	63rd	9th		2	10:55	11:29	22:24
92.	241	Chris Riley	64th	6th		2	11:03	11:22	22:25
93.	381	Milly Foster	29th	3rd	Cheltenham & County Harriers	2	10:49	11:38	22:27
94.	405	Lois Erwin	30th	4th		2	10:57	11:31	22:28
95.	315	Clive Richardson	65th	4th	Ludlow Runners	2	10:58	11:34	22:32
96.	153	Joanne Tilby	31st	6th	Croft Ambrey RC	2	11:20	11:16	22:36
97.	175	Tom Annetts	66th	5th	Chepstow Harriers	2	11:05	11:35	22:40
98.	373	DAVID GREEN	67th	10th	Hereford Couriers	2	11:19	11:23	22:42
99.	96	Thomas Powell	68th	31st	Ludlow Runners	2	11:04	11:38	22:42
100.	138	Mike Chipping	69th	5th	Bristol and West AC	2	11:20	11:23	22:43
101.	299	Emma Stewardson	32nd	8th		2	11:17	11:29	22:46
102.	279	Stephen Galligan	70th	6th		2	11:24	11:24	22:48
103.	220	Rachel Booth	33rd	10th	Black Pear Joggers	2	11:08	11:47	22:55
104.	54	Thea Preece	34th	11th	Croft Ambrey RC	2	11:16	11:39	22:55
105.	314	greg nicholls	71st	32nd	Hereford Couriers	2	11:35	11:22	22:57
106.	502	Nicola Tyler	35th	3rd	Hereford Couriers	2	11:23	11:36	22:59

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
107.	443	Darryn Mcatee	72nd	4th	Newport Harriers	2	11:42	11:18	23:00
108.	59	Kevin Duggan	73rd	7th	Presteigne Pacers	2	11:20	11:42	23:02
109.	436	Matt Taylor	74th	8th		2	11:25	11:38	23:03
110.	460	Emily Wilcox	36th	12th	Newport Harriers	2	11:03	12:02	23:05
111.	471	Jane Woolley	37th	4th		2	11:38	11:31	23:09
112.	158	Paul Roberts	75th	7th	Ludlow Runners	2	11:24	11:46	23:10
113.	97	Christopher Berry	76th	11th	Black Pear Joggers	2	11:26	11:44	23:10
114.	456	Lorraine Griffiths	38th	5th	Black Pear Joggers	2	11:32	11:38	23:10
115.	406	Chloe coleridge	39th	5th		2	11:30	11:42	23:12
116.	478	Rose Parsons	40th	13th		2	11:29	11:51	23:20
117.	348	Gregory Leyshon	77th	3rd		2	11:24	11:59	23:23
118.	366	Mell Schofield	41st	14th	Cheltenham & County Harriers	2	11:30	11:55	23:25
119.	196	Victoria Jones	42nd	4th		2	11:38	11:52	23:30
120.	8	Lynne Compton	43rd	1st	Wye Valley Runners	2	11:47	11:45	23:32
121.	431	Stephanie Main	44th	5th	Croft Ambrey RC	2	11:28	12:06	23:34
122.	72	Julie Neave	45th	9th		2	11:25	12:10	23:35
123.	352	Sherryl Hall	46th	6th	Forest of Dean Athletic club	2	11:45	11:52	23:37
124.	272	Steve Herington	78th	4th	Hereford Couriers	2	11:24	12:17	23:41
125.	25	Ruth Jones	47th	7th	Forest of Dean AC	2	11:58	11:48	23:46
126.	58	Michael Bryant	79th	5th	Newent Runners	2	11:43	12:04	23:47
127.	414	Carrie Williams	48th	6th	Chepstow Harriers	2	11:45	12:04	23:49
128.	310	Catherine Gilbert	49th	7th		2	11:46	12:04	23:50
129.	14	Jan Edwards	50th	1st	Wye Valley Runners	2	12:19	11:35	23:54
130.	396	Ben Goddard	80th	33rd		2	11:37	12:18	23:55
131.	55	Ralph Lloyd	81st	8th	Wye Valley Runners	2	12:01	11:54	23:55
132.	472	Olivia Smith	51st	15th		2	11:33	12:22	23:55
133.	172	Jonathan Sanderson	82nd	7th	Hereford Couriers	2	11:37	12:23	24:00
134.	51	David Barrett	83rd	12th	Croft Ambrey RC	2	11:27	12:35	24:02
135.	262	Nicole Radley	52nd	16th		2	11:48	12:15	24:03
136.	163	Yvonne Gajny	53rd	8th	Stratford Upon Avon AC	2	11:40	12:24	24:04
137.	439	Robert Benjamin	84th	6th		2	11:53	12:15	24:08
138.	274	Victoria Woodhall	54th	9th	Hereford Couriers	2	11:53	12:15	24:08
139.	46	Bronwen Tyler-Jones	55th	10th	Hereford Couriers	2	11:57	12:15	24:12
140.	183	Allie Sims	56th	17th		2	11:49	12:28	24:17
141.	111	Richard Andrews	85th	9th	Hereford Triathlon Club	2	12:16	12:06	24:22
142.	84	Lucia Demkova	57th	10th	Monross Trailblazers	2	11:41	12:43	24:24
143.	65	Bryan Lloyd Lloyd	86th	7th	Presteigne Pacers	2	11:49	12:37	24:26
144.	103	Paul Gilbert	87th	8th	Hereford Couriers	2	12:17	12:30	24:47
145.	232	john bilbao	88th	6th		2	12:19	12:30	24:49
146.	318	chris lea	89th	13th	Hereford Triathlon Club	2	12:36	12:15	24:51
147.	305	Jacob Porter	90th	34th	Hereford Couriers	2	12:15	12:42	24:57
148.	27	Lesley Ashton	58th	1st	Vegan Runners UK	2	12:20	12:42	25:02
149.	361	Bryony Dean	59th	11th	Hereford Couriers	2	12:27	12:37	25:04
150.	433	Tony McMahon	91st	5th	Ledbury & District Harriers	2	12:43	12:29	25:12
151.	82	Jo Griffiths	60th	8th		2	12:35	12:41	25:16
152.	66	Paul Downey	92nd	8th		2	12:57	12:22	25:19
153.	362	Joe Brimfield	93rd	35th		2	12:30	12:50	25:20
154.	91	Jason Ross-Collins	94th	14th	Forest of Dean AC	2	12:46	12:41	25:27
155.	374	Robin Finlay	61st	12th		2	12:44	12:43	25:27

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
156.	385	Mike Shaw	95th	6th		2	12:44	12:44	25:28
157.	247	Sarah Taylor	62nd	11th	Cleobury Mortimer Running	2	12:43	12:49	25:32
158.	186	SARA ROPER	63rd	13th		2	12:37	12:56	25:33
159.	49	Ben Padian	96th	36th		2	12:34	13:05	25:39
160.	62	Stuart Taylor	97th	9th		2	12:26	13:13	25:39
161.	481	Stephanie King	64th	2nd	Croft Ambrey RC	2	12:55	12:45	25:40
162.	70	Peter Covington-Jones	98th	9th	Forest of Dean AC	2	13:13	12:43	25:56
163.	403	Steve Travis	99th	10th	Malvern Buzzards RC	2	12:47	13:14	26:01
164.	402	Shellie Reeves	65th	12th	Malvern Buzzards RC	2	12:46	13:17	26:03
165.	417	Scott Powell	100th	9th	Brecon AC	2	12:17	13:50	26:07
166.	459	Jonathan Meadows	101st	37th		2	13:01	13:09	26:10
167.	100	Gemma Davies	66th	7th	Croft Ambrey RC	2	12:59	13:13	26:12
168.	134	Deanna Mammatt	67th	14th		2	12:59	13:15	26:14
169.	257	Brent Lowson	102n	10th	Wye Valley Runners	2	13:08	13:07	26:15
170.	258	Katherine Byron-Daniel	68th	13th		2	12:59	13:20	26:19
171.	452	Jonathan Kennedy	103rd	10th		2	13:14	13:06	26:20
172.	85	Louise Reeves	69th	14th	Croft Ambrey RC	2	13:05	13:20	26:25
173.	494	Kamilla Bosley	70th	18th		2	13:18	13:13	26:31
174.	41	Jake Cullum-Hollins	104th	38th	Hereford Couriers	2	13:00	13:33	26:33
175.	240	Alastair Mackenzie	105th	7th		2	13:21	13:23	26:44
176.	437	Chris Reeves	106th	11th		2	13:11	13:36	26:47
177.	115	Hannah Campbell	71st	19th		2	13:15	13:35	26:50
178.	266	Kevin Barnes	107th	10th	Hereford Couriers	2	13:13	13:46	26:59
179.	425	Charlie-Ann Neave	72nd	20th		2	13:19	13:45	27:04
180.	113	sophie wilcocks	73rd	21st		2	13:22	13:43	27:05
181.	179	Sonia Unsted	74th	9th	Chepstow Harriers	2	13:26	13:40	27:06
182.	413	Steve Nicoll	108th	11th	Pershore Plum Plodders	2	13:44	13:22	27:06
183.	483	Stephen Hobson	109th	11th	Hereford Couriers	2	13:45	13:26	27:11
184.	222	Laura Jenkins	75th	22nd	Hereford Couriers	2	13:18	13:59	27:17
185.	364	Sarah Broadhurst	76th	10th	Ludlow Runners	2	13:44	13:33	27:17
186.	487	Lisa Morgan	77th	15th		2	13:30	13:49	27:19
187.	9	Adam Haywood	110th	39th	Hereford Couriers	2	13:42	13:43	27:25
188.	190	Victoria Band	78th	16th	Ledbury & District Harriers	2	13:58	13:32	27:30
189.	370	Chris Campbell	111th	12th		2	13:24	14:14	27:38
190.	504	Eleanor Robinson	79th	1st	Ripley Running Club	2	13:54	13:45	27:39
191.	15	Brian Symonds	112th	7th	Wye Valley Runners	2	13:59	14:02	28:01
192.	108	Margaret Crosswell	80th	2nd	Worcester AC	2	13:59	14:10	28:09
193.	192	SIAN DAVID	81st	8th	Ledbury & District Harriers	2	14:10	14:00	28:10
194.	34	Lisa Gray	82nd	17th	Croft Ambrey RC	2	13:56	14:23	28:19
195.	317	Charlotte House	83rd	23rd		2	13:38	14:53	28:31
196.	205	Richard Tyler	113th	8th	Hereford Couriers	2	14:09	14:23	28:32
197.	73	George Neave	114th	40th		2	13:24	15:14	28:38
198.	289	Chris Gray	115th	41st		2	14:03	14:45	28:48
199.	288	Carl Jones	116th	42nd		2	14:02	14:48	28:50
200.	505	Richard Bloomer	117th	43rd		2	13:43	15:10	28:53
201.	316	Carole Clark	84th	3rd	Worcester AC	2	14:54	14:37	29:31
202.	76	Theresa Jones	85th	11th	Croft Ambrey RC	2	14:27	15:09	29:36
203.	469	Helen Wilcox	86th	3rd		2	14:37	15:28	30:05
204.	141	Bailey Ward	87th	6th	Gloucester AC	2	14:04	16:06	30:10

Hereford Couriers 5k Series

Overall Results



Pos	Bib	Name	M/F	AG	Club	Race	Lap1	Lap2	Time
205.	479	Dave Mitchell-haywood	118th	44th		2	14:28	16:05	30:33
206.	432	Tom Davies	119th	8th	Croft Ambrey RC	2	14:46	15:56	30:42
207.	339	Graham Andrews	120th	15th		2	15:24	15:29	30:53
208.	337	Scott Emmett	121st	16th		2	15:24	15:30	30:54
209.	438	Elinor Cordiner	88th	12th	Pershore Plum Plodders	2	15:23	15:32	30:55
210.	23	Andrew William Philip	122n	12th	Forest of Dean AC	2	15:12	16:34	31:46
211.	104	Patricia marshall	89th	4th	sandhurst joggers	2	16:00	15:55	31:55
212.	270	Suzanne Field	90th	13th	Croft Ambrey RC	2	15:42	16:16	31:58
213.	21	Peter Smith	123rd	9th	Wye Valley Runners	2	15:46	16:20	32:06
214.	130	Chris Ruck	124th	17th	Hereford Couriers	2	15:11	16:59	32:10
215.	235	Bryan Markham	125th	10th	Croft Ambrey RC	2	16:27	16:38	33:05
216.	409	Suzy Siddall	91st	9th	Croft Ambrey RC	2	17:23	17:13	34:36
217.	146	Tammy Whittle	92nd	24th		2	17:06	17:30	34:36
218.	147	Clare Corefield	93rd	25th		2	17:06	17:30	34:36
219.	39	John Noonan	126th	13th	Hereford Couriers	2	16:40	18:20	35:00
220.	336	Denise Emmett	94th	14th		2	17:28	17:51	35:19
221.	338	Paula Andrews	95th	15th		2	17:27	18:05	35:32
222.	430	Jayne Hayward	96th	4th		2	17:44	17:50	35:34
223.	75	Liz Fishpool	97th	26th	Hereford Couriers	2	17:47	18:13	36:00
224.	215	Aine McGovern	98th	27th		2	18:26	19:31	37:57
225.	231	Blathnaid Mahon	99th	28th		2	18:26	19:31	37:57
226.	119	Liam Curtis-Moore	127th	45th	Wye Valley Runners	2	20:02	22:31	42:33
227.	29	Emi-Lou Barker	100th	29th		2	23:41	26:34	50:15

Number of records: 366