

Hereford Couriers Spring 5K Series

Race 2 - Wave 1 Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Lap1	Lap2	Wave
1.	308	Charlie Jones	M	Western Tempo	15:17	SM	1st	07:43	07:34	Wave1
2.	377	Daniel Bodman	M	Parc Bryn Bach Running Club	15:29	SM	2nd	07:43	07:46	Wave1
3.	7	Alastair Cambell	M	Stroud & District AC	15:35	SM	3rd	07:47	07:48	Wave1
4.	226	David Aubrey	M	Western Tempo	15:37	SM	4th	07:47	07:50	Wave1
5.	399	Matthew Brunnock	M	Hereford & County AC	15:40	MU17	1st	07:47	07:53	Wave1
6.	219	Eliot Taylor	M	Western Tempo	15:41	SM	5th	07:47	07:54	Wave1
7.	130	Daniel King	M	Western Tempo	15:42	SM	6th	07:46	07:56	Wave1
8.	244	Eric Apperley	M	Croft Ambrey RC	15:45	SM	7th	07:54	07:51	Wave1
9.	54	Sam Butler	M	Western Tempo	15:47	SM	8th	07:50	07:57	Wave1
10.	385	Tony Farnsworth	M	Worcester AC	15:49	SM	9th	07:51	07:58	Wave1
11.	337	Louie Lambeth	M	Wolverhampton & Bilston	15:49	MU20	1st	07:47	08:02	Wave1
12.	176	Peter Woodward	M	Forest of Dean AC	15:56	SM	10th	08:01	07:55	Wave1
13.	96	Alex Doherty	M	Western Tempo	16:02	SM	11th	07:58	08:04	Wave1
14.	355	Henry White	M	Halo Sports Foundation	16:05	MU15	1st	07:52	08:13	Wave1
15.	255	Connor Middleton	M	Shrewsbury AC	16:06	SM	12th	07:59	08:07	Wave1
16.	184	Lee Aherne	M	Parc Bryn Bach Running Club	16:08	VetM55	1st	08:05	08:03	Wave1
17.	108	Matthew Verran	M	Swansea Harries	16:09	SM	13th	08:02	08:07	Wave1
18.	316	Marcus Bennetto	M	Forest of Dean AC	16:10	SM	14th	07:50	08:20	Wave1
19.	282	Daniel Turner	M	Lawley Running Club	16:12	SM	15th	07:59	08:13	Wave1
20.	64	Tim Iveson	M	Builth & District Running Club	16:14	VetM40	1st	08:01	08:13	Wave1
21.	159	Chris Grubb	M	Ledbury & District Harriers	16:14	VetM40	2nd	07:55	08:19	Wave1
22.	286	Ross Purchase	M	Neath Harriers	16:18	SM	16th	08:07	08:11	Wave1
23.	388	Kristan McKenna	M		16:20	VetM40	3rd	08:00	08:20	Wave1
24.	262	Huw Evans	M	Parc Bryn Bach Running Club	16:21	VetM50	1st	08:02	08:19	Wave1
25.	392	Alex Logan	M	Ludlow Runners	16:25	VetM40	4th	08:10	08:15	Wave1
26.	205	Sean Taylor	M	Torfaen Runners	16:30	VetM45	1st	08:09	08:21	Wave1
27.	14	Luke Gray	M	Monross Trailblazers	16:40	SM	17th	08:11	08:29	Wave1



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28.	62	Thomas Birley	M	Worcester AC	16:46	MU20	2nd	08:21	08:25	Wave1
29.	241	Alexander Hills	M	Worcester AC	16:47	SM	18th	08:10	08:37	Wave1
30.	188	Mark James	M	Western Tempo	16:51	VetM45	2nd	08:20	08:31	Wave1
31.	555	Joe Reardon	M	Parc Bryn Bach Running Club	16:51	MU20	3rd	08:11	08:40	Wave1
32.	378	Oscar Nash	M	Newport Harriers	16:56	MU15	2nd	08:12	08:44	Wave1
33.	86	James Rose	M	Severn AC	16:59	VetM40	5th	08:32	08:27	Wave1
34.	124	Phil Morris	M	Builth & District	17:00	VetM40	6th	08:19	08:41	Wave1
35.	17	Luke Mason	M	Hereford Couriers	17:00	SM	19th	08:14	08:46	Wave1
36.	354	James Morgan	M	Western Tempo	17:04	VetM40	7th	08:29	08:35	Wave1
37.	48	Steven Harris	M	Forest of Dean AC	17:06	VetM45	3rd	08:34	08:32	Wave1
38.	129	George Daly	M	Gloucester AC	17:18	VetM40	8th	08:26	08:52	Wave1
39.	245	Steven Flowers	M	Wye Valley Runners	17:19	SM	20th	08:34	08:45	Wave1
40.	164	Archie Fox	M	Severn AC	17:20	SM	21st	08:36	08:44	Wave1
41.	31	Ben Skinner	M	Hereford Couriers	17:26	SM	22nd	08:48	08:38	Wave1
42.	358	David Smith	M	Western Tempo	17:32	VetM50	2nd	08:35	08:57	Wave1
43.	177	David Bannister	M	Ledbury & District Harriers	17:34	VetM45	4th	08:39	08:55	Wave1
44.	109	Donna Morris	F	Builth & District Running Club	17:35	VetF35	1st	08:38	08:57	Wave1
45.	65	Stephen Snead	M	Cleobury Mortimer Running Club	17:36	VetM50	3rd	08:40	08:56	Wave1
46.	13	Mark Killeen	M	Monross Trailblazers	17:40	SM	23rd	08:56	08:44	Wave1
47.	212	Jonathan Floyd	M	Western Tempo	17:45	VetM40	9th	08:44	09:01	Wave1
48.	382	Lucas Salvage	M	Newport Harriers	17:46	MU15	3rd	08:42	09:04	Wave1
49.	391	Rob Nicholls	M	Spirit Of Monmouth	17:47	SM	24th	08:36	09:11	Wave1
50.	102	Steve Rooke	M	Ledbury & District Harriers	17:50	VetM50	4th	08:39	09:11	Wave1
51.	345	Vaughn Hughes	M	Newport Harriers	17:53	MU15	4th	08:45	09:08	Wave1
52.	99	Harry Woodhouse	M	Hereford Couriers	17:54	SM	25th	08:49	09:05	Wave1
53.	253	William Morris	M	Hereford Couriers	18:05	SM	26th	09:04	09:01	Wave1
54.	66	Simon Fortnam	M	Stroud & District AC	18:11	VetM50	5th	09:07	09:04	Wave1



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55.	320	Charlie Marshall	M	Western Tempo	18:11	SM	27th	09:00	09:11	Wave1
56.	44	Dan Phillips	M	Hereford Couriers	18:11	VetM40	10th	08:55	09:16	Wave1
57.	394	Gavin McCaugherty	M		18:14	VetM40	11th	09:12	09:02	Wave1
58.	281	Martin Soakell	M	Western Tempo	18:24	VetM45	5th	09:07	09:17	Wave1
59.	76	David Clarke	M	Severn AC	18:24	VetM50	6th	09:07	09:17	Wave1
60.	347	Jasper Robinson	M	Croft Ambrey RC	18:26	SM	28th	09:05	09:21	Wave1
61.	271	Peter Carmichael	M	Western Tempo	18:29	SM	29th	09:10	09:19	Wave1
62.	504	Mark Howard	M		18:29	SM	30th	08:49	09:40	Wave1
63.	191	Paul Dodd	M	Chepstow Harriers	18:29	VetM60	1st	09:11	09:18	Wave1
64.	46	Emma Powell	F	Western Tempo	18:31	FU20	1st	09:12	09:19	Wave1
65.	47	Samantha Harris	F	Forest of Dean AC	18:31	VetF40	1st	09:10	09:21	Wave1
66.	342	Ross Howells	M	Chepstow Harriers	18:35	SM	31st	09:11	09:24	Wave1
67.	136	Rachel Underhill	F	Western Tempo	18:37	SF	1st	09:12	09:25	Wave1
68.	85	Brandon Adams	M	Hereford Couriers	18:37	SM	32nd	09:13	09:24	Wave1
69.	261	Jonathan Ingram	M	Leamington Cycling and Athletic Club	18:38	MU17	2nd	08:48	09:50	Wave1
70.	70	Paul Kemp	M	Wye Valley Runners	18:47	VetM45	6th	09:13	09:34	Wave1
71.	4	Clark Lawson	M	Western Tempo	18:47	SM	33rd	09:18	09:29	Wave1
72.	325	Charlotte Broadhurst	F	Croft Ambrey RC	18:50	FU20	2nd	09:13	09:37	Wave1
73.	115	Niki Morgan	F	Chepstow Harriers	18:53	VetF55	1st	09:22	09:31	Wave1
74.	140	Louis Ansfield	M	Hereford & County AC	18:53	MU15	5th	09:15	09:38	Wave1
75.	552	Ben Dean	M	Hereford Couriers	18:56	MU20	4th	09:10	09:46	Wave1
76.	230	Kevin Kerrigan	M	Hereford Couriers	18:57	SM	34th	09:19	09:38	Wave1
77.	155	Jeremy Jehan	M	Wye Valley Runners	19:00	VetM45	7th	09:21	09:39	Wave1
78.	280	Daniel Scolari	M	Black Pear Joggers	19:04	SM	35th	09:18	09:46	Wave1
79.	374	Cai Rees	M	Hereford & County AC	19:05	MU17	3rd	09:11	09:54	Wave1
80.	186	Julian Boon	M	Forest of Dean AC	19:13	VetM50	7th	09:24	09:49	Wave1
81.	200	Cherry Fowler	F	Chepstow Harriers	19:24	VetF50	1st	09:27	09:57	Wave1



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82.	152	Alex Jenkins	M	Severn AC	19:26	SM	36th	09:17	10:09	Wave1
83.	304	Sabrina Thomas	F	Wolverhampton & Bilston	20:18	VetF35	2nd	09:49	10:29	Wave1
84.	380	Stephen Hale	M	Severn AC	20:26	VetM40	12th	10:11	10:15	Wave1
85.	512	David Lander	M		20:50	VetM55	2nd	10:18	10:32	Wave1

Number of Records: 85

