

Hereford Couriers Spring 5K Series

Race 2 - Wave 2 Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Lap1	Lap2	Wave
1.	353	Martin Williams	M	Ledbury & District Harriers	18:49	VetM40	1st	09:14	09:35	Wave2
2.	290	Ryan Lawrence	M	Hereford Couriers	18:51	SM	1st	09:44	09:07	Wave2
3.	235	Chris Nicholls	M	Tewkesbury Running Club	18:56	VetM40	2nd	09:12	09:44	Wave2
4.	84	James Smith	M	Severn AC	18:57	VetM40	3rd	09:28	09:29	Wave2
5.	273	Martin Lloyd	M		18:57	VetM40	4th	09:32	09:25	Wave2
6.	90	George Ware	M	Hereford Couriers	19:00	SM	2nd	09:33	09:27	Wave2
7.	368	Simon Norwood	M	Croft Ambrey RC	19:05	VetM50	1st	09:23	09:42	Wave2
8.	215	Matt Lambourne	M	Western Tempo	19:08	SM	3rd	09:27	09:41	Wave2
9.	139	Matt Anfield	M		19:13	VetM45	1st	09:29	09:44	Wave2
10.	33	Daniel Spear	M	Hereford Couriers	19:15	SM	4th	09:41	09:34	Wave2
11.	276	Steve Bradley	M	Cheltenham and County Harriers	19:28	VetM50	2nd	09:59	09:29	Wave2
12.	100	Simeon Foreman	M	Malvern Buzzards Running Club	19:36	VetM45	2nd	09:30	10:06	Wave2
13.	203	Joanna Eddy	F	Hereford Couriers	19:40	VetF45	1st	09:50	09:50	Wave2
14.	264	Carl Ridsdale	M	Hereford Couriers	19:42	SM	5th	09:47	09:55	Wave2
15.	2	Sarah Morris	F	Black Pear Joggers	19:45	VetF35	1st	09:52	09:53	Wave2
16.	338	Andy Taylor	M		19:45	VetM50	3rd	09:44	10:01	Wave2
17.	278	Nicholas Beach	M	Wolverhampton & Bilston	19:47	VetM40	5th	09:43	10:04	Wave2
18.	361	Adam Corbett	M	Hereford Couriers	19:50	MU20	1st	09:49	10:01	Wave2
19.	364	Darren Gibbons	M		19:50	SM	6th	09:40	10:10	Wave2
20.	132	Mia Davies	F	Croft Ambrey RC	20:01	SF	1st	10:04	09:57	Wave2
21.	207	Richie Richards	M	Hereford Couriers	20:04	VetM55	1st	09:51	10:13	Wave2
22.	113	Stephen Owen	M	Chepstow Harriers	20:04	VetM65	1st	09:57	10:07	Wave2
23.	202	Fred Tyler	M	Hereford & County AC	20:06	MU13	1st	10:03	10:03	Wave2
24.	548	Will Connell	M	Hereford Couriers	20:09	SM	7th	09:57	10:12	Wave2
25.	307	Kevin Garness	M	Black Pear Joggers	20:09	VetM40	6th	10:01	10:08	Wave2
26.	11	Paul Millsom	M	Vegan Runners UK	20:09	VetM65	2nd	09:59	10:10	Wave2
27.	274	Paul Saville	M	Lonely Goat RC	20:11	VetM50	4th	10:06	10:05	Wave2



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Lap1	Lap2	Wave
28.	69	Christopher Cleary	M	Hereford Couriers	20:13	SM	8th	09:50	10:23	Wave2
29.	24	Elaine Sherwin	F	Spa Striders	20:14	VetF50	1st	10:00	10:14	Wave2
30.	16	Isobel Watt	F	Cheltenham and County Harriers	20:16	FU15	1st	10:01	10:15	Wave2
31.	28	Tim Giles	M	Ludlow Runners	20:19	VetM45	3rd	10:01	10:18	Wave2
32.	101	Martin Carter	M	Hereford Couriers	20:22	VetM55	2nd	10:06	10:16	Wave2
33.	340	Stephen Goodridge	M	Hay Hotfooters	20:23	VetM55	3rd	10:12	10:11	Wave2
34.	393	David White	M	Hereford Couriers	20:31	VetM50	5th	10:02	10:29	Wave2
35.	259	Sam Watson	M		20:38	SM	9th	09:58	10:40	Wave2
36.	217	Luke Harris	M		20:39	SM	10th	10:06	10:33	Wave2
37.	373	Darcy Clarke	F	Hereford & County AC	20:41	FU15	2nd	10:02	10:39	Wave2
38.	514	Andrew Wathen	M		20:51	VetM40	7th	10:09	10:42	Wave2
39.	232	Kelly Bowen	F	Croft Ambrey RC	20:59	VetF35	2nd	10:26	10:33	Wave2
40.	362	Chris Smart	M	Hereford Couriers	21:00	VetM55	4th	10:11	10:49	Wave2
41.	148	Jonathan Davey	M	Hereford Couriers	21:02	VetM55	5th	10:29	10:33	Wave2
42.	193	Amelia Louth	F	Caistor Running Club	21:05	SF	2nd	10:08	10:57	Wave2
43.	67	Dan Hardy	M		21:05	SM	11th	10:35	10:30	Wave2
44.	351	Lee Monks	M	Croft Ambrey RC	21:11	SM	12th	10:19	10:52	Wave2
45.	237	Barry Griffiths	M	Brecon AC	21:13	VetM55	6th	10:33	10:40	Wave2
46.	333	Ryan Knight	M	Hereford Couriers	21:15	SM	13th	10:33	10:42	Wave2
47.	329	Clare Mallender	F	Hereford Couriers	21:16	VetF40	1st	10:33	10:43	Wave2
48.	137	Robert Connell	M	Hereford Couriers	21:22	VetM60	1st	10:33	10:49	Wave2
49.	153	Christina Plant	F	Hereford Couriers	21:31	VetF35	3rd	10:34	10:57	Wave2
50.	553	Thomas Dawson	M		21:34	VetM40	8th	11:07	10:27	Wave2
51.	296	Laura Hands	F	Hereford Couriers	21:34	SF	3rd	10:28	11:06	Wave2
52.	142	Thomas Powell	M	Ludlow Runners	21:34	SM	14th	10:42	10:52	Wave2
53.	94	Emma King	F	Spirit Of Monmouth	21:40	VetF40	2nd	10:45	10:55	Wave2
54.	37	Jennifer Clarke	F		21:42	VetF40	3rd	10:41	11:01	Wave2



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55.	366	David Millichap	M	Croft Ambrey RC	21:43	VetM50	6th	10:39	11:04	Wave2
56.	32	Jemma Radmore	F	Ludlow Runners	21:43	FU20	1st	10:42	11:01	Wave2
57.	505	Zac Clarke	M		21:47	SM	15th	10:59	10:48	Wave2
58.	323	Kate Green	F	Ledbury & District Harriers	21:49	VetF55	1st	10:49	11:00	Wave2
59.	509	Linda White	F		21:51	VetF50	2nd	10:56	10:55	Wave2
60.	45	Richard Atkinson	M		21:54	SM	16th	11:06	10:48	Wave2
61.	318	Lucy Jarvis	F	Hereford Couriers	21:56	SF	4th	10:32	11:24	Wave2
62.	372	Hannah Hadley	F	Hereford & County AC	21:56	FU15	3rd	10:40	11:16	Wave2
63.	133	Neil Taylor	M	Croft Ambrey RC	21:57	VetM65	3rd	10:57	11:00	Wave2
64.	63	James Vidler	M	Wye Valley Runners	22:02	VetM60	2nd	10:58	11:04	Wave2
65.	194	Chris Riley	M		22:12	VetM60	3rd	10:59	11:13	Wave2
66.	145	Jacob Stuffins	M	Hereford & County AC	22:13	MU15	1st	10:39	11:34	Wave2
67.	371	Greg Nicholls	M	Hereford Couriers	22:13	VetM40	9th	11:10	11:03	Wave2
68.	343	Charlie Simms	M		22:13	MU15	2nd	11:09	11:04	Wave2
69.	285	Jacob Porter	M	Hereford Couriers	22:15	SM	17th	11:25	10:50	Wave2
70.	375	Haf Rees	F	Hereford & County AC	22:19	FU15	4th	10:56	11:23	Wave2
71.	292	Guy Jenkins	M	Hereford Couriers	22:19	VetM60	4th	11:02	11:17	Wave2
72.	80	Jonathan Meadows	M		22:21	SM	18th	11:09	11:12	Wave2
73.	9	Robert Benjamin	M		22:21	VetM65	4th	11:16	11:05	Wave2
74.	162	Rebecca Ansfield	F		22:22	VetF45	2nd	11:02	11:20	Wave2
75.	146	Kimberley Pickett	F	Hereford Couriers	22:24	VetF35	4th	11:24	11:00	Wave2
76.	56	Joanne Tilby	F	Croft Ambrey RC	22:27	VetF40	4th	11:21	11:06	Wave2
77.	319	Amy Smith	F	Hereford Couriers	22:29	VetF35	5th	11:06	11:23	Wave2
78.	185	Alan Robertson	M	Forest of Dean AC	22:35	VetM65	5th	11:10	11:25	Wave2
79.	246	Sarah Askey	F	Hereford Couriers	22:36	VetF55	2nd	11:12	11:24	Wave2
80.	157	Roland Preece	M	Croft Ambrey RC	22:37	VetM55	7th	10:47	11:50	Wave2
81.	20	Emily Gould	F	Ludlow Runners	22:39	SF	5th	10:58	11:41	Wave2



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82.	326	Paul Roberts	M	Ludlow Runners	22:41	VetM55	8th	11:18	11:23	Wave2
83.	165	Paddy Nugent	M	Wye Valley Runners	22:43	VetM60	5th	11:20	11:23	Wave2
84.	30	Kimberley Langford	F	Hereford Couriers	22:49	SF	6th	10:55	11:54	Wave2
85.	233	Joseph Leahy	M	Hereford & County AC	22:50	MU17	1st	10:12	12:38	Wave2
86.	198	Kirsty Jenkins	F	Hereford Couriers	22:50	SF	7th	11:16	11:34	Wave2
87.	288	Sherryl Hall	F	Forest of Dean Athletic club	22:53	VetF55	3rd	11:24	11:29	Wave2
88.	284	Steve Herington	M	Hereford Couriers	22:55	VetM70	1st	11:15	11:40	Wave2
89.	510	Adam Went	M		22:57	SM	19th	11:24	11:33	Wave2
90.	93	Gregory Leyshon	M	Severn Athletic Club	22:58	VetM70	2nd	15:02	07:56	Wave2
91.	82	Matthew Leyshon	M	Severn AC	23:01	VetM40	10th	11:21	11:40	Wave2
92.	211	Christopher Sandy	M		23:03	VetM40	11th	10:59	12:04	Wave2
93.	83	Steve Roode	M	Lonely Goat RC	23:04	VetM55	9th	11:36	11:28	Wave2
94.	314	Yvonne Gajny	F		23:10	VetF45	3rd	11:25	11:45	Wave2
95.	160	Bronwyn Preece	F	Croft Ambrey RC	23:12	SF	8th	11:24	11:48	Wave2
96.	227	Nikki Tyler	F	Hereford Couriers	23:20	VetF50	3rd	11:36	11:44	Wave2
97.	335	Lorna Shaw	F	Wye Valley Runners	23:25	VetF60	1st	11:34	11:51	Wave2
98.	515	John Nichols	M	Leominster Runners	23:25	VetM50	7th	11:37	11:48	Wave2
99.	348	Ashley Robinson	M	Croft Ambrey RC	23:34	VetM70	3rd	11:17	12:17	Wave2
100.	22	Tom Boog-Scott	M	Ludlow Runners	23:39	VetM70	4th	12:01	11:38	Wave2
101.	36	Mary Watkins	F	Forest of Dean AC	23:39	SF	9th	11:40	11:59	Wave2
102.	522	Olivia Hayman	F	Shrewsbury AC	23:44	FU13	1st	11:14	12:30	Wave2
103.	68	Rebecca Cooke	F		23:46	SF	10th	11:31	12:15	Wave2
104.	167	Brent Lowson	M	Wye Valley Runners	23:58	VetM60	6th	12:07	11:51	Wave2
105.	199	Andy Pearce	M		24:01	VetM45	4th	11:50	12:11	Wave2
106.	349	Howard Verran	M	Leominster Runners	24:04	VetM45	5th	11:44	12:20	Wave2
107.	501	Emma Stewardson	F	Ludlow Runners	24:09	VetF40	5th	12:06	12:03	Wave2
108.	511	Matt Taylor	M		24:20	VetM45	6th	11:56	12:24	Wave2



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Lap1	Lap2	Wave
109.	346	Oliver Hughes	M	Lliswerry Runners	24:31	VetM40	12th	11:42	12:49	Wave2
110.	313	Richard Andrews	M		24:34	VetM55	10th	12:02	12:32	Wave2
111.	220	Michael Bryant	M	Newent Runners	24:41	VetM60	7th	12:05	12:36	Wave2
112.	112	Sean Edwards	M		24:41	VetM50	8th	12:28	12:13	Wave2
113.	530	Ella Hogan	F	Ledbury & District Harriers	24:47	VetF40	6th	12:12	12:35	Wave2
114.	236	Gerald Gobey	M	Hereford Couriers	24:52	VetM65	6th	12:25	12:27	Wave2
115.	249	Chris Campbell	M	Hereford Couriers	25:01	VetM60	8th	12:22	12:39	Wave2
116.	268	Richard Bloomer	M	Hereford Couriers	25:02	SM	20th	12:06	12:56	Wave2
117.	376	Tony May	M		25:13	VetM55	11th	12:16	12:57	Wave2
118.	147	Kevin Barnes	M	Hereford Couriers	25:19	VetM55	12th	12:43	12:36	Wave2
119.	187	Ben James	M	Hereford Couriers	25:21	VetM40	13th	12:35	12:46	Wave2
120.	275	Bryony Dean	F	Hereford Couriers	25:23	VetF45	4th	12:48	12:35	Wave2
121.	238	Paul Evans	M	Brecon AC	25:28	VetM45	7th	12:53	12:35	Wave2
122.	315	Stephanie King	F	Croft Ambrey RC	25:29	VetF55	4th	12:43	12:46	Wave2
123.	306	Elizabeth Tindle	F	Halesowen ACC	25:30	VetF60	2nd	12:32	12:58	Wave2
124.	517	Craig Evans	M		25:41	VetM50	9th	13:06	12:35	Wave2
125.	168	Harriet Brown	F	Black Pear Joggers	25:45	SF	11th	12:48	12:57	Wave2
126.	178	Rachel Bannister	F	Ledbury & District Harriers	25:47	VetF45	5th	12:26	13:21	Wave2
127.	156	Jonathan Sanderson	M	Hereford Couriers	25:49	VetM50	10th	12:36	13:13	Wave2
128.	10	Lesley Ashton	F	Vegan Runners UK	25:51	VetF60	3rd	12:49	13:02	Wave2
129.	190	Amy Purvin	F		25:52	SF	12th	12:51	13:01	Wave2
130.	250	Louise Reeves	F	Croft Ambrey RC	25:53	VetF45	6th	12:53	13:00	Wave2
131.	71	Lisa Gray	F	Croft Ambrey RC	26:00	VetF50	4th	12:49	13:11	Wave2
132.	518	Charlotte Bevan	F		26:02	SF	13th	12:47	13:15	Wave2
133.	519	Richard Bevan	M	Monross Trailblazers	26:02	VetM45	8th	12:46	13:16	Wave2
134.	360	Ryan Batty	M	Hereford Couriers Running Club	26:02	SM	21st	13:01	13:01	Wave2
135.	317	Mervyn Davis	M	Black Pears Joggers	26:12	VetM70	5th	12:50	13:22	Wave2



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136.	327	Hannah Campbell	F	Hereford Couriers	26:20	SF	14th	13:08	13:12	Wave2
137.	38	Debbie Davies	F		26:24	VetF40	7th	12:53	13:31	Wave2
138.	283	Nicola Goodwin	F	Wye Valley Runners	26:26	VetF45	7th	13:09	13:17	Wave2
139.	334	Gemma Davies	F	Croft Ambrey RC	26:30	VetF40	8th	12:54	13:36	Wave2
140.	204	Kevin Duggan	M	Presteigne Pacers	26:44	VetM45	9th	12:44	14:00	Wave2
141.	172	Alison Priest	F	Malvern joggers	26:54	VetF55	5th	13:28	13:26	Wave2
142.	528	Suzanne Purvin	F	Leominster Runners	26:58	VetF60	4th	13:50	13:08	Wave2
143.	169	Lisa Sutton	F		27:04	VetF40	9th	13:12	13:52	Wave2
144.	260	Samantha Stacey	F	Hereford Couriers	27:08	VetF40	10th	13:19	13:49	Wave2
145.	254	Louise Phillips	F		27:13	VetF50	5th	13:24	13:49	Wave2
146.	50	Karen Thompson	F	Ludlow Runners	27:15	VetF55	6th	13:13	14:02	Wave2
147.	224	Sian Aubrey	F	Ledbury & District Harriers	27:23	VetF35	6th	13:42	13:41	Wave2
148.	216	Jason Wild	M		27:25	SM	22nd	13:19	14:06	Wave2
149.	339	Victoria Band	F	Ledbury Harriers	27:41	VetF45	8th	13:50	13:51	Wave2
150.	309	Ali Dolphin	F	Whitchurch Whippets	27:43	VetF60	5th	13:44	13:59	Wave2
151.	123	Christian Mason	M		27:49	SM	23rd	14:16	13:33	Wave2
152.	166	Kirsten Mason	F	Hereford Couriers	27:49	SF	15th	14:16	13:33	Wave2
153.	257	Helen Baillie	F	Ludlow Runners	27:52	VetF50	6th	13:39	14:13	Wave2
154.	289	Margaret Crosswell	F	Worcester AC	27:56	VetF75	1st	13:50	14:06	Wave2
155.	256	Sam Fleming	F	Ludlow Runners	27:58	VetF45	9th	13:39	14:19	Wave2
156.	134	Vivien Tolley	F	Malvern Joggers	28:04	VetF60	6th	14:00	14:04	Wave2
157.	507	Aaron Higgins	M		28:06	SM	24th	13:35	14:31	Wave2
158.	390	George Neave	M		28:10	MU20	2nd	14:24	13:46	Wave2
159.	15	Martin Foster	M	Bournville Harriers	28:34	VetM65	7th	14:25	14:09	Wave2
160.	300	Jonathan Kennedy	M		28:35	VetM45	10th	14:37	13:58	Wave2
161.	91	Fran Hill	F		28:52	VetF55	7th	14:25	14:27	Wave2
162.	365	Nikki Childs	F	Wye Valley Runners	28:52	VetF60	7th	14:59	13:53	Wave2



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163.	223	Ralph Lloyd	M	Wye Valley Runners	28:53	VetM55	13th	14:59	13:54	Wave2
164.	206	Brian Symonds	M	Wye Valley Runners	28:53	VetM75	1st	15:00	13:53	Wave2
165.	551	Hayley Colebach	F	Croft Ambrey RC	29:16	VetF35	7th	14:16	15:00	Wave2
166.	291	Carole Clark	F	Worcester AC	29:18	VetF70	1st	14:44	14:34	Wave2
167.	267	Sarah Cuddy	F	Malvern Buzzards Running Club	29:24	VetF45	10th	14:34	14:50	Wave2
168.	55	Simon Barnes	M	Hereford Couriers	29:48	VetM65	8th	14:38	15:10	Wave2
169.	122	Rachelle Prothero	F	Hereford Couriers	29:52	SF	16th	14:25	15:27	Wave2
170.	51	Donna Lewis	F	LudlowRunners	29:55	VetF40	11th	15:08	14:47	Wave2
171.	208	Theresa Jones	F	Croft Ambrey RC	30:29	VetF50	7th	14:48	15:41	Wave2
172.	311	Lynne Compton	F	Wye Valley Runners	31:06	VetF55	8th	15:00	16:06	Wave2
173.	312	Andrew Humphreys	M		31:07	VetM55	14th	15:10	15:57	Wave2
174.	367	Hayley Millichap	F	Croft Ambrey RC	31:25	VetF50	8th	15:20	16:05	Wave2
175.	240	Patricia Marshall	F	Sandhurst Joggers	32:02	VetF75	2nd	16:04	15:58	Wave2
176.	3	John Noonan	M	Hereford Couriers	32:31	VetM60	9th	15:51	16:40	Wave2
177.	502	Sybil Marsh	F	Ludlow Runners	32:47	VetF70	2nd	16:39	16:08	Wave2
178.	43	Liz Fishpool	F	Hereford Couriers	32:56	SF	17th	16:22	16:34	Wave2
179.	265	Nick Wood	M		33:01	VetM55	15th	16:14	16:47	Wave2
180.	29	Linda Davies	F	Leominster Runners	33:21	VetF55	9th	16:11	17:10	Wave2
181.	222	Chris Ruck	M	Hereford Couriers	33:44	VetM50	11th	16:12	17:32	Wave2
182.	549	Tammy Whittle	F		34:09	SF	18th	17:12	16:57	Wave2
183.	150	Bryan Markham	M	Croft Ambrey RC	34:45	VetM80	1st	16:55	17:50	Wave2
184.	210	Rosemary Thomas	F	Ludlow Runners	34:54	VetF60	8th	17:27	17:27	Wave2
185.	52	Ruth Jones	F	Ludlow Runners	37:38	VetF45	11th	18:25	19:13	Wave2
186.	27	Ellen Jones	F		38:35	SF	19th	19:10	19:25	Wave2
187.	87	Rachel Dudman	F	Lonely Goat RC	40:29	VetF45	12th	19:54	20:35	Wave2
188.	263	Jayne Cresswell	F	Ledbury Harriers	40:29	VetF50	9th	19:54	20:35	Wave2
189.	384	Syd Wheeler	M	Chepstow Harriers	47:33	VetM80	2nd	23:07	24:26	Wave2



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190.	356	Peter Smith	M	Wye Valley Runners	50:08	VetM70	6th	24:08	26:00	Wave2

Number of Records: 190

