

Hereford Couriers Spring 5K Series

Race 3 - 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	07:36	07:41	Wave1
2.	303	Brychan Price Davies	M	Brecon AC	15:34	SM	2nd	07:36	07:58	Wave1
3.	7	Alastair Cambell	M	Stroud & District AC	15:40	SM	3rd	07:41	07:59	Wave1
4.	226	David Aubrey	M	Western Tempo	15:43	SM	4th	07:47	07:56	Wave1
5.	243	Steve Turner	M	Birmingham Running Athletics & Triathlon Club (BRAT)	15:44	SM	5th	07:48	07:56	Wave1
6.	54	Sam Butler	M	Western Tempo	15:46	SM	6th	07:50	07:56	Wave1
7.	219	Eliot Taylor	M	Western Tempo	15:47	SM	7th	07:48	07:59	Wave1
8.	96	Alex Doherty	M	Western Tempo	15:47	SM	8th	07:50	07:57	Wave1
9.	355	Henry White	M	Halo Sports Foundation	15:50	MU15	1st	07:50	08:00	Wave1
10.	337	Louie Lambeth	M	Wolverhampton & Bilston	15:54	MU20	1st	07:49	08:05	Wave1
11.	527	William Cheek	M	North Somerset AC	15:59	SM	9th	07:50	08:09	Wave1
12.	244	Eric Apperley	M	Croft Ambrey RC	16:07	SM	10th	08:04	08:03	Wave1
13.	255	Connor Middleton	M	Shrewsbury AC	16:08	SM	11th	07:55	08:13	Wave1
14.	392	Alex Logan	M	Ludlow Runners	16:17	VetM40	1st	08:02	08:15	Wave1
15.	262	Huw Evans	M	Parc Bryn Bach Running Club	16:20	VetM50	1st	08:04	08:16	Wave1
16.	388	Kristan McKenna	M		16:20	VetM40	2nd	07:58	08:22	Wave1
17.	188	Mark James	M	Western Tempo	16:28	VetM45	1st	08:09	08:19	Wave1
18.	241	Alexander Hills	M	Worcester AC	16:28	SM	12th	08:13	08:15	Wave1
19.	17	Luke Mason	M	Hereford Couriers	16:34	SM	13th	08:12	08:22	Wave1
20.	316	Marcus Bennetto	M	Forest of Dean AC	16:34	SM	14th	08:04	08:30	Wave1
21.	62	Thomas Birley	M	Worcester AC	16:39	MU20	2nd	08:18	08:21	Wave1
22.	333	Ryan Knight	M	Hereford Couriers	16:42	SM	15th	08:14	08:28	Wave1
23.	205	Sean Taylor	M	Torfaen Runners	17:17	VetM45	2nd	08:35	08:42	Wave1
24.	86	James Rose	M	Severn AC	17:17	VetM40	3rd	08:36	08:41	Wave1
25.	164	Archie Fox	M	Severn AC	17:18	SM	16th	08:32	08:46	Wave1
26.	48	Steven Harris	M	Forest of Dean AC	17:20	VetM45	3rd	08:36	08:44	Wave1
27.	391	Rob Nicholls	M	Spirit Of Monmouth	17:23	SM	17th	08:30	08:53	Wave1



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28.	85	Brandon Adams	M	Hereford Couriers	17:26	SM	18th	08:48	08:38	Wave1
29.	177	David Bannister	M	Ledbury & District Harriers	17:33	VetM45	4th	08:38	08:55	Wave1
30.	18	Martin Foster	M	Cheltenham and County Harriers	17:39	VetM45	5th	08:40	08:59	Wave1
31.	504	Mark Howard	M		17:40	SM	19th	08:46	08:54	Wave1
32.	31	Ben Skinner	M	Hereford Couriers	17:41	SM	20th	08:45	08:56	Wave1
33.	290	Ryan Lawrence	M	Hereford Couriers	17:46	SM	21st	08:58	08:48	Wave1
34.	378	Oscar Nash	M	Newport Harriers	17:47	MU15	2nd	08:16	09:31	Wave1
35.	44	Dan Phillips	M	Hereford Couriers	17:50	VetM40	4th	08:58	08:52	Wave1
36.	253	William Morris	M	Hereford Couriers	17:51	SM	22nd	08:56	08:55	Wave1
37.	84	James Smith	M	Severn AC	17:56	VetM40	5th	08:48	09:08	Wave1
38.	382	Lucas Salvage	M	Newport Harriers	17:57	MU15	3rd	08:43	09:14	Wave1
39.	65	Stephen Snead	M	Cleobury Mortimer Running Club	17:59	VetM50	2nd	08:50	09:09	Wave1
40.	345	Vaughn Hughes	M	Newport Harriers	18:00	MU15	4th	08:45	09:15	Wave1
41.	159	Chris Grubb	M	Ledbury & District Harriers	18:05	VetM40	6th	09:02	09:03	Wave1
42.	102	Steve Rooke	M	Ledbury & District Harriers	18:07	VetM50	3rd	08:52	09:15	Wave1
43.	66	Simon Fortnam	M	Stroud & District AC	18:13	VetM50	4th	09:10	09:03	Wave1
44.	76	David Clarke	M	Severn AC	18:24	VetM50	5th	09:04	09:20	Wave1
45.	47	Samantha Harris	F	Forest of Dean AC	18:25	VetF40	1st	09:09	09:16	Wave1
46.	4	Clark Lawson	M	Western Tempo	18:27	SM	23rd	09:11	09:16	Wave1
47.	394	Gavin McCaugherty	M		18:29	VetM40	7th	09:14	09:15	Wave1
48.	191	Paul Dodd	M	Chepstow Harriers	18:30	VetM60	1st	09:07	09:23	Wave1
49.	230	Kevin Kerrigan	M	Hereford Couriers	18:36	SM	24th	09:07	09:29	Wave1
50.	342	Ross Howells	M	Chepstow Harriers	18:36	SM	25th	09:06	09:30	Wave1
51.	136	Rachel Underhill	F	Western Tempo	18:37	SF	1st	09:17	09:20	Wave1
52.	353	Martin Williams	M	Ledbury & District Harriers	18:38	VetM40	8th	09:05	09:33	Wave1
53.	141	Evie Hawkesford-Johnson	F	Worcester AC	18:39	FU20	1st	09:05	09:34	Wave1
54.	140	Louis Ansfield	M	Hereford & County AC	18:45	MU15	5th	09:14	09:31	Wave1



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55.	347	Jasper Robinson	M	Croft Ambrey RC	18:49	SM	26th	09:07	09:42	Wave1
56.	33	Daniel Spear	M	Hereford Couriers	18:52	SM	27th	09:11	09:41	Wave1
57.	73	Neil Grinnell	M	Ledbury & District Harriers	18:53	VetM45	6th	09:19	09:34	Wave1
58.	155	Jeremy Jehan	M	Wye Valley Runners	18:58	VetM45	7th	09:19	09:39	Wave1
59.	200	Cherry Fowler	F	Chepstow Harriers	18:59	VetF50	1st	09:27	09:32	Wave1
60.	186	Julian Boon	M	Forest of Dean AC	19:02	VetM50	6th	09:05	09:57	Wave1
61.	264	Carl Ridsdale	M	Hereford Couriers	19:03	SM	28th	09:22	09:41	Wave1
62.	70	Paul Kemp	M	Wye Valley Runners	19:04	VetM45	8th	09:14	09:50	Wave1
63.	115	Niki Morgan	F	Chepstow Harriers	19:08	VetF55	1st	09:28	09:40	Wave1
64.	307	Kevin Garness	M	Black Pear Joggers	19:16	VetM40	9th	09:25	09:51	Wave1
65.	338	Andy Taylor	M		19:23	VetM50	7th	09:25	09:58	Wave1
66.	107	William Gore	M	Croft Ambrey RC	19:28	SM	29th	09:29	09:59	Wave1
67.	152	Alex Jenkins	M	Severn AC	19:33	SM	30th	09:41	09:52	Wave1
68.	364	Darren Gibbons	M		19:36	SM	31st	09:27	10:09	Wave1

Number of Records: 68

