

Hereford Couriers 5K Series Team Results 2022

Male

Position	Bib	Name	Club	Race 1	Race 2	Race 3	Overall	Team Total
1	17	Luke Mason	Hereford Couriers A	17:28	17:00	16:34	51:02	212:45
	31	Ben Skinner	Hereford Couriers A	17:57	17:26	17:41	53:04	
	253	William Morris	Hereford Couriers A	18:20	18:05	17:51	54:16	
	44	Dan Phillips	Hereford Couriers A	18:17	18:11	17:55	54:23	
2	159	Chris Grubb	Ledbury & District Harriers	16:07	16:14	18:05	50:26	213:29
	177	David Bannister	Ledbury & District Harriers	18:10	17:34	17:33	53:17	
	102	Steve Rooke	Ledbury & District Harriers	17:29	17:50	18:07	53:26	
	353	Martin Williams	Ledbury & District Harriers	18:53	18:49	18:38	56:20	
3	86	James Rose	Severn AC	17:22	16:59	17:17	51:38	214:38
	164	Archie Fox	Severn AC	17:30	17:20	17:18	52:08	
	76	David Clarke	Severn AC	18:18	18:24	18:24	55:06	
	84	James Smith	Severn AC	18:53	18:57	17:56	55:46	
4	290	Ryan Lawrence	Hereford Couriers B	18:05	18:51	17:46	54:42	222:44
	333	Ryan Knight	Hereford Couriers B	17:02	21:15	16:42	54:59	
	85	Brandon Adams	Hereford Couriers B	19:41	18:37	17:26	55:44	
	90	George Ware	Hereford Couriers B	19:05	19:00	19:14	57:19	
5	244	Eric Apperley	Croft Ambrey RC	16:25	15:45	16:07	48:17	227:24
	347	Jasper Robinson	Croft Ambrey RC	18:13	18:26	18:49	55:28	
	368	Simon Norwood	Croft Ambrey RC	19:24	19:05	18:53	57:22	
	157	Roland Preece	Croft Ambrey RC	21:52	22:37	21:48	66:17	
6	230	Kevin Kerrigan	Hereford Couriers C	19:46	18:57	18:36	57:19	234:20
	33	Daniel Spear	Hereford Couriers C	19:28	19:15	18:52	57:35	
	361	Adam Corbett	Hereford Couriers C	19:55	19:50	19:10	58:55	
	264	Carl Ridsdale	Hereford Couriers C	21:46	19:42	19:03	60:31	

7	69	Christopher Cleary	Hereford Couriers D	19:28	20:13	21:11	60:52	247:40
	207	Richie Richards	Hereford Couriers D	20:39	20:04	20:12	60:55	
	101	Martin Carter	Hereford Couriers D	20:45	20:22	21:14	62:21	
	148	Jonathan Davey	Hereford Couriers D	21:46	21:02	20:44	63:32	

8	137	Robert Connell	Hereford Couriers E	21:25	21:22	21:05	63:52	268:56
	285	Jacob Porter	Hereford Couriers E	23:11	22:15	22:14	67:40	
	292	Guy Jenkins	Hereford Couriers E	23:06	22:19	22:45	68:10	
	284	Steve Herington	Hereford Couriers E	23:35	22:55	22:44	69:14	

9	187	Ben James	Hereford Couriers F	25:43	25:21	24:07	75:11	301:58
	236	Gerald Gobey	Hereford Couriers F	25:04	24:52	25:34	75:30	
	249	Chris Campbell	Hereford Couriers F	25:25	25:01	25:12	75:38	
	147	Kevin Barnes	Hereford Couriers F	24:47	25:19	25:33	75:39	

10	191	Paul Dodd	Chepstow Harriers	18:28	18:29	18:30	55:27	312:12
	342	Ross Howells	Chepstow Harriers	18:43	18:35	18:36	55:54	
	113	Stephen Owen	Chepstow Harriers	19:58	20:04	20:10	60:12	
	384	Syd Wheeler	Chepstow Harriers	44:49	47:33	48:17	140:39	

Female

Position	Bib	Name	Club	Race 1	Race 2	Race 3	Overall	Team Total
1	325	Charlotte Broadhurst	Croft Ambrey RC	18:43	18:50	19:22	56:55	249:44
	132	Mia Davies	Croft Ambrey RC	20:38	20:01	20:31	61:10	
	232	Kelly Bowen	Croft Ambrey RC	20:11	20:59	20:18	61:28	
	160	Bronwyn Preece	Croft Ambrey RC	23:44	23:12	23:15	70:11	

2	203	Joanna Eddy	Hereford Couriers A	19:58	19:40	21:00	60:38	257:35
	153	Christina Plant	Hereford Couriers A	21:38	21:31	21:06	64:15	
	318	Lucy Jarvis	Hereford Couriers A	21:49	21:56	21:11	64:56	
	146	Kimberley Pickett	Hereford Couriers A	23:08	22:24	22:14	67:46	

3	198	Kirsty Jenkins	Hereford Couriers B	22:12	22:50	22:52	67:54	285:17
	319	Amy Smith	Hereford Couriers B	22:51	22:29	22:35	67:55	
	227	Nikki Tyler	Hereford Couriers B	24:10	23:20	24:05	71:35	
	327	Hannah Campbell	Hereford Couriers B	25:37	26:20	25:56	77:53	

4	323	Kate Green	Ledbury & District Harriers	22:03	21:49	22:20	66:12	309:21
	530	Ella Hogan	Ledbury & District Harriers	26:09	24:47	25:41	76:37	
	224	Sian Aubrey	Ledbury & District Harriers	27:41	27:23	27:45	82:49	
	339	Victoria Band	Ledbury & District Harriers	28:17	27:41	27:45	83:43	

5	260	Samantha Stacey	Hereford Couriers C	26:13	27:08	26:12	79:33	347:10
	166	Kirsten Mason	Hereford Couriers C	27:10	27:49	27:31	82:30	
	122	Rachelle Prothero	Hereford Couriers C	29:00	29:52	27:44	86:36	
	43	Liz Fishpool	Hereford Couriers C	32:51	32:56	32:44	98:31	