

Hereford Couriers 5K Series Results 2022

Pos.	Bib	Name	Gender	Club	Race 1	Race 2	Race 3	Overall	Age Cat	Rank
1	308	Charlie Jones	M	Western Tempo	15:18	15:17	15:17	45:52	SM	1st
2	7	Alastair Cambell	M	Stroud & District AC	15:31	15:35	15:40	46:46	SM	2nd
3	219	Eliot Taylor	M	Western Tempo	15:55	15:41	15:47	47:23	SM	3rd
4	54	Sam Butler	M	Western Tempo	15:57	15:47	15:46	47:30	SM	4th
5	337	Louie Lambeth	M	Wolverhampton & Bilston	16:04	15:49	15:54	47:47	MU20	1st
6	355	Henry White	M	Halo Sports Foundation	16:17	16:05	15:50	48:12	MU15	1st
7	244	Eric Apperley	M	Croft Ambrey RC	16:25	15:45	16:07	48:17	SM	5th
8	255	Connor Middleton	M	Shrewsbury AC	16:32	16:06	16:08	48:46	SM	6th
9	388	Kristan McKenna	M		16:17	16:20	16:20	48:57	VetM40	1st
10	316	Marcus Bennetto	M	Forest of Dean AC	16:19	16:10	16:34	49:03	SM	7th
11	262	Huw Evans	M	Parc Bryn Bach Running Club	16:30	16:21	16:20	49:11	VetM50	1st
12	392	Alex Logan	M	Ludlow Runners	16:40	16:25	16:17	49:22	VetM40	2nd
13	62	Thomas Birley	M	Worcester AC	16:29	16:46	16:39	49:54	MU20	2nd
14	241	Alexander Hills	M	Worcester AC	16:43	16:47	16:28	49:58	SM	8th
15	159	Chris Grubb	M	Ledbury & District Harriers	16:07	16:14	18:05	50:26	VetM40	3rd
16	205	Sean Taylor	M	Torfaen Runners	17:07	16:30	17:17	50:54	VetM45	1st
17	17	Luke Mason	M	Hereford Couriers	17:28	17:00	16:34	51:02	SM	9th
18	86	James Rose	M	Severn AC	17:22	16:59	17:17	51:38	VetM40	4th
19	48	Steven Harris	M	Forest of Dean AC	17:23	17:06	17:20	51:49	VetM45	2nd
20	378	Oscar Nash	M	Newport Harriers	17:12	16:56	17:47	51:55	MU15	2nd
21	164	Archie Fox	M	Severn AC	17:30	17:20	17:18	52:08	SM	10th
22	391	Rob Nicholls	M	Spirit Of Monmouth	17:34	17:47	17:23	52:44	SM	11th
23	31	Ben Skinner	M	Hereford Couriers	17:57	17:26	17:41	53:04	SM	12th
24	177	David Bannister	M	Ledbury & District Harriers	18:10	17:34	17:33	53:17	VetM45	3rd
25	102	Steve Rooke	M	Ledbury & District Harriers	17:29	17:50	18:07	53:26	VetM50	2nd
26	65	Stephen Snead	M	Cleobury Mortimer Running Club	17:51	17:36	17:59	53:26	VetM50	3rd
27	382	Lucas Salvage	M	Newport Harriers	17:51	17:46	17:57	53:34	MU15	3rd
28	504	Mark Howard	M		18:02	18:29	17:40	54:11	SM	13th
29	253	William Morris	M	Hereford Couriers	18:20	18:05	17:51	54:16	SM	14th

30	345	Vaughn Hughes	M	Newport Harriers	18:24	17:53	18:00	54:17	MU15	4th
31	44	Dan Phillips	M	Hereford Couriers	18:17	18:11	17:55	54:23	VetM40	5th
32	290	Ryan Lawrence	M	Hereford Couriers	18:05	18:51	17:46	54:42	SM	15th
33	333	Ryan Knight	M	Hereford Couriers	17:02	21:15	16:42	54:59	SM	16th
34	76	David Clarke	M	Severn AC	18:18	18:24	18:24	55:06	VetM50	4th
35	394	Gavin McCaugherty	M		18:27	18:14	18:29	55:10	VetM40	6th
36	191	Paul Dodd	M	Chepstow Harriers	18:28	18:29	18:30	55:27	VetM60	1st
37	347	Jasper Robinson	M	Croft Ambrey RC	18:13	18:26	18:49	55:28	SM	17th
38	47	Samantha Harris	F	Forest of Dean AC	18:37	18:31	18:25	55:33	VetF40	1st
39	85	Brandon Adams	M	Hereford Couriers	19:41	18:37	17:26	55:44	SM	18th
40	84	James Smith	M	Severn AC	18:53	18:57	17:56	55:46	VetM40	7th
41	342	Ross Howells	M	Chepstow Harriers	18:43	18:35	18:36	55:54	SM	19th
42	136	Rachel Underhill	F	Western Tempo	18:44	18:37	18:37	55:58	SF	1st
43	140	Louis Ansfield	M	Hereford & County AC	18:28	18:53	18:45	56:06	MU15	5th
44	176	Peter Woodward	M	Forest of Dean AC	16:27	15:56	23:52	56:15	SM	20th
45	353	Martin Williams	M	Ledbury & District Harriers	18:53	18:49	18:38	56:20	VetM40	8th
46	70	Paul Kemp	M	Wye Valley Runners	18:44	18:47	19:04	56:35	VetM45	4th
47	325	Charlotte Broadhurst	F	Croft Ambrey RC	18:43	18:50	19:22	56:55	FU20	1st
48	90	George Ware	M	Hereford Couriers	19:05	19:00	19:14	57:19	SM	21st
49	230	Kevin Kerrigan	M	Hereford Couriers	19:46	18:57	18:36	57:19	SM	22nd
50	368	Simon Norwood	M	Croft Ambrey RC	19:24	19:05	18:53	57:22	VetM50	5th
51	115	Niki Morgan	F	Chepstow Harriers	19:26	18:53	19:08	57:27	VetF55	1st
52	33	Daniel Spear	M	Hereford Couriers	19:28	19:15	18:52	57:35	SM	23rd
53	273	Martin Lloyd	M		19:31	18:57	19:19	57:47	VetM40	9th
54	200	Cherry Fowler	F	Chepstow Harriers	19:32	19:24	18:59	57:55	VetF50	1st
55	235	Chris Nicholls	M	Tewkesbury Running Club	19:25	18:56	19:47	58:08	VetM40	10th
56	152	Alex Jenkins	M	Severn AC	19:14	19:26	19:33	58:13	SM	24th
57	100	Simeon Foreman	M	Malvern Buzzards Running Club	19:50	19:36	19:17	58:43	VetM45	5th
58	361	Adam Corbett	M	Hereford Couriers	19:55	19:50	19:10	58:55	MU20	3rd
59	278	Nicholas Beach	M	Wolverhampton & Bilston	20:17	19:47	19:14	59:18	VetM40	11th
60	364	Darren Gibbons	M		20:06	19:50	19:36	59:32	SM	25th
61	276	Steve Bradley	M	Cheltenham and County Harriers	20:19	19:28	19:46	59:33	VetM50	6th

62	338	Andy Taylor	M		21:00	19:45	19:23	60:08	VetM50	7th
63	2	Sarah Morris	F	Black Pear Joggers	20:53	19:45	19:32	60:10	VetF35	1st
64	113	Stephen Owen	M	Chepstow Harriers	19:58	20:04	20:10	60:12	VetM65	1st
65	264	Carl Ridsdale	M	Hereford Couriers	21:46	19:42	19:03	60:31	SM	26th
66	203	Joanna Eddy	F	Hereford Couriers	19:58	19:40	21:00	60:38	VetF45	1st
67	553	Thomas Dawson	M		19:18	21:34	19:48	60:40	VetM40	12th
68	16	Isobel Watt	F	Cheltenham and County Harriers	20:14	20:16	20:21	60:51	FU15	1st
69	69	Christopher Cleary	M	Hereford Couriers	19:28	20:13	21:11	60:52	SM	27th
70	207	Richie Richards	M	Hereford Couriers	20:39	20:04	20:12	60:55	VetM55	1st
71	202	Fred Tyler	M	Hereford & County AC	20:34	20:06	20:18	60:58	MU13	1st
72	11	Paul Millsom	M	Vegan Runners UK	20:40	20:09	20:14	61:03	VetM65	2nd
73	132	Mia Davies	F	Croft Ambrey RC	20:38	20:01	20:31	61:10	SF	2nd
74	28	Tim Giles	M	Ludlow Runners	21:03	20:19	19:52	61:14	VetM45	6th
75	373	Darcy Clarke	F	Hereford & County AC	20:01	20:41	20:34	61:16	FU15	2nd
76	232	Kelly Bowen	F	Croft Ambrey RC	20:11	20:59	20:18	61:28	VetF35	2nd
77	340	Stephen Goodridge	M	Hay Hotfooters	21:01	20:23	20:21	61:45	VetM55	2nd
78	101	Martin Carter	M	Hereford Couriers	20:45	20:22	21:14	62:21	VetM55	3rd
79	193	Amelia Louth	F	Caistor Running Club	20:54	21:05	20:54	62:53	SF	3rd
80	148	Jonathan Davey	M	Hereford Couriers	21:46	21:02	20:44	63:32	VetM55	4th
81	67	Dan Hardy	M		21:34	21:05	21:11	63:50	SM	28th
82	237	Barry Griffiths	M	Brecon AC	21:11	21:13	21:28	63:52	VetM55	5th
83	137	Robert Connell	M	Hereford Couriers	21:25	21:22	21:05	63:52	VetM60	2nd
84	142	Thomas Powell	M	Ludlow Runners	21:09	21:34	21:19	64:02	SM	29th
85	153	Christina Plant	F	Hereford Couriers	21:38	21:31	21:06	64:15	VetF35	3rd
86	318	Lucy Jarvis	F	Hereford Couriers	21:49	21:56	21:11	64:56	SF	4th
87	145	Jacob Stuffins	M	Hereford & County AC	21:54	22:13	20:56	65:03	MU15	6th
88	37	Jennifer Clarke	F		21:35	21:42	22:19	65:36	VetF40	2nd
89	372	Hannah Hadley	F	Hereford & County AC	22:10	21:56	21:40	65:46	FU15	3rd
90	509	Linda White	F		21:54	21:51	22:20	66:05	VetF50	2nd
91	32	Jemma Radmore	F	Ludlow Runners	22:16	21:43	22:07	66:06	FU20	2nd
92	323	Kate Green	F	Ledbury & District Harriers	22:03	21:49	22:20	66:12	VetF55	2nd
93	157	Roland Preece	M	Croft Ambrey RC	21:52	22:37	21:48	66:17	VetM55	6th

94	63	James Vidler	M	Wye Valley Runners	22:56	22:02	21:48	66:46	VetM60	3rd
95	194	Chris Riley	M		22:49	22:12	21:54	66:55	VetM60	4th
96	82	Matthew Leyshon	M	Severn AC	21:34	23:01	22:24	66:59	VetM40	13th
97	375	Haf Rees	F	Hereford & County AC	22:46	22:19	22:19	67:24	FU15	4th
98	162	Rebecca Ansfield	F		22:46	22:22	22:23	67:31	VetF45	2nd
99	285	Jacob Porter	M	Hereford Couriers	23:11	22:15	22:14	67:40	SM	30th
100	146	Kimberley Pickett	F	Hereford Couriers	23:08	22:24	22:14	67:46	VetF35	4th
101	198	Kirsty Jenkins	F	Hereford Couriers	22:12	22:50	22:52	67:54	SF	5th
102	319	Amy Smith	F	Hereford Couriers	22:51	22:29	22:35	67:55	VetF35	5th
103	505	Zac Clarke	M		23:25	21:47	22:54	68:06	SM	31st
104	292	Guy Jenkins	M	Hereford Couriers	23:06	22:19	22:45	68:10	VetM60	5th
105	165	Paddy Nugent	M	Wye Valley Runners	23:13	22:43	22:18	68:14	VetM60	6th
106	343	Charlie Simms	M		23:44	22:13	22:44	68:41	MU15	7th
107	94	Emma King	F	Spirit Of Monmouth	24:39	21:40	22:28	68:47	VetF40	3rd
108	20	Emily Gould	F	Ludlow Runners	23:06	22:39	23:06	68:51	SF	6th
109	83	Steve Roode	M	Lonely Goat RC	23:05	23:04	22:53	69:02	VetM55	7th
110	288	Sherryl Hall	F	Forest of Dean Athletic club	23:09	22:53	23:10	69:12	VetF55	3rd
111	284	Steve Herington	M	Hereford Couriers	23:35	22:55	22:44	69:14	VetM70	1st
112	510	Adam Went	M		23:44	22:57	22:37	69:18	SM	32nd
113	80	Jonathan Meadows	M		24:11	22:21	23:02	69:34	SM	33rd
114	314	Yvonne Gajny	F		23:17	23:10	23:24	69:51	VetF45	3rd
115	160	Bronwyn Preece	F	Croft Ambrey RC	23:44	23:12	23:15	70:11	SF	7th
116	348	Ashley Robinson	M	Croft Ambrey RC	23:10	23:34	23:30	70:14	VetM70	2nd
117	515	John Nichols	M	Leominster Runners	23:55	23:25	22:55	70:15	VetM50	8th
118	93	Gregory Leyshon	M	Severn Athletic Club	23:26	22:58	23:52	70:16	VetM70	3rd
119	335	Lorna Shaw	F	Wye Valley Runners	23:56	23:25	23:23	70:44	VetF60	1st
120	227	Nikki Tyler	F	Hereford Couriers	24:10	23:20	24:05	71:35	VetF50	3rd
121	68	Rebecca Cooke	F		23:53	23:46	24:03	71:42	SF	8th
122	501	Emma Stewardson	F	Ludlow Runners	23:43	24:09	24:03	71:55	VetF40	4th
123	349	Howard Verran	M	Leominster Runners	24:13	24:04	23:48	72:05	VetM45	7th
124	36	Mary Watkins	F	Forest of Dean AC	24:37	23:39	23:52	72:08	SF	9th
125	522	Olivia Hayman	F	Shrewsbury AC	23:33	23:44	25:30	72:47	FU13	1st

126	199	Andy Pearce	M		25:06	24:01	23:54	73:01	VetM45	8th
127	167	Brent Lowson	M	Wye Valley Runners	25:15	23:58	23:54	73:07	VetM60	7th
128	346	Oliver Hughes	M	Llisbury Runners	24:22	24:31	24:19	73:12	VetM40	14th
129	313	Richard Andrews	M		25:12	24:34	24:05	73:51	VetM55	8th
130	112	Sean Edwards	M		25:23	24:41	24:51	74:55	VetM50	9th
131	187	Ben James	M	Hereford Couriers	25:43	25:21	24:07	75:11	VetM40	15th
132	519	Richard Bevan	M	Monross Trailblazers	26:43	26:02	22:33	75:18	VetM45	9th
133	220	Michael Bryant	M	Newent Runners	25:13	24:41	25:35	75:29	VetM60	8th
134	236	Gerald Gobey	M	Hereford Couriers	25:04	24:52	25:34	75:30	VetM65	3rd
135	249	Chris Campbell	M	Hereford Couriers	25:25	25:01	25:12	75:38	VetM60	9th
136	147	Kevin Barnes	M	Hereford Couriers	24:47	25:19	25:33	75:39	VetM55	9th
137	530	Ella Hogan	F	Ledbury & District Harriers	26:09	24:47	25:41	76:37	VetF40	5th
138	268	Richard Bloomer	M	Hereford Couriers	26:23	25:02	25:21	76:46	SM	34th
139	376	Tony May	M		25:09	25:13	26:48	77:10	VetM55	10th
140	306	Elizabeth Tindle	F	Halesowen ACC	26:11	25:30	25:35	77:16	VetF60	2nd
141	190	Amy Purvin	F		27:04	25:52	24:44	77:40	SF	10th
142	10	Lesley Ashton	F	Vegan Runners UK	26:02	25:51	25:49	77:42	VetF60	3rd
143	327	Hannah Campbell	F	Hereford Couriers	25:37	26:20	25:56	77:53	SF	11th
144	317	Mervyn Davis	M	Black Pears Joggers	25:45	26:12	26:12	78:09	VetM70	4th
145	528	Suzanne Purvin	F	Leominster Runners	26:32	26:58	25:48	79:18	VetF60	4th
146	223	Ralph Lloyd	M	Wye Valley Runners	25:53	28:53	24:36	79:22	VetM55	11th
147	518	Charlotte Bevan	F		26:42	26:02	26:43	79:27	SF	12th
148	260	Samantha Stacey	F	Hereford Couriers	26:13	27:08	26:12	79:33	VetF40	6th
149	172	Alison Priest	F	Malvern joggers	26:16	26:54	26:30	79:40	VetF55	4th
150	204	Kevin Duggan	M	Presteigne Pacers	27:28	26:44	25:45	79:57	VetM45	10th
151	50	Karen Thompson	F	Ludlow Runners	26:58	27:15	26:25	80:38	VetF55	5th
152	507	Aaron Higgins	M		25:43	28:06	27:21	81:10	SM	35th
153	166	Kirsten Mason	F	Hereford Couriers	27:10	27:49	27:31	82:30	SF	13th
154	224	Sian Aubrey	F	Ledbury & District Harriers	27:41	27:23	27:45	82:49	VetF35	6th
155	257	Helen Baillie	F	Ludlow Runners	27:59	27:52	26:59	82:50	VetF50	4th
156	315	Stephanie King	F	Croft Ambrey RC	26:35	25:29	31:20	83:24	VetF55	6th
157	339	Victoria Band	F	Ledbury Harriers	28:17	27:41	27:45	83:43	VetF45	4th

158	254	Louise Phillips	F		27:47	27:13	29:01	84:01	VetF50	5th
159	300	Jonathan Kennedy	M		28:12	28:35	27:28	84:15	VetM45	11th
160	256	Sam Fleming	F	Ludlow Runners	28:20	27:58	28:03	84:21	VetF45	5th
161	15	Martin Foster	M	Bournville Harriers	28:35	28:34	27:36	84:45	VetM65	4th
162	134	Vivien Tolley	F	Malvern Joggers	28:17	28:04	28:44	85:05	VetF60	5th
163	289	Margaret Crosswell	F	Worcester AC	28:28	27:56	29:11	85:35	VetF75	1st
164	311	Lynne Compton	F	Wye Valley Runners	31:45	31:06	23:07	85:58	VetF55	7th
165	267	Sarah Cuddy	F	Malvern Buzzards Running Club	28:34	29:24	28:07	86:05	VetF45	6th
166	122	Rachelle Prothero	F	Hereford Couriers	29:00	29:52	27:44	86:36	SF	14th
167	91	Fran Hill	F		30:50	28:52	28:25	88:07	VetF55	8th
168	55	Simon Barnes	M	Hereford Couriers	29:36	29:48	30:06	89:30	VetM65	5th
169	291	Carole Clark	F	Worcester AC	30:41	29:18	29:53	89:52	VetF70	1st
170	51	Donna Lewis	F	LudlowRunners	29:36	29:55	31:21	90:52	VetF40	7th
171	208	Theresa Jones	F	Croft Ambrey RC	30:26	30:29	30:12	91:07	VetF50	6th
172	312	Andrew Humphreys	M		31:45	31:07	32:17	95:09	VetM55	12th
173	240	Patricia Marshall	F	Sandhurst Joggers	32:41	32:02	31:55	96:38	VetF75	2nd
174	3	John Noonan	M	Hereford Couriers	32:44	32:31	32:03	97:18	VetM60	10th
175	43	Liz Fishpool	F	Hereford Couriers	32:51	32:56	32:44	98:31	SF	15th
176	502	Sybil Marsh	F	Ludlow Runners	33:37	32:47	32:09	98:33	VetF70	2nd
177	29	Linda Davies	F	Leominster Runners	34:21	33:21	33:04	100:46	VetF55	9th
178	150	Bryan Markham	M	Croft Ambrey RC	34:19	34:45	35:19	104:23	VetM80	1st
179	263	Jayne Cresswell	F	Ledbury Harriers	32:41	40:29	33:13	106:23	VetF50	7th
180	52	Ruth Jones	F	Ludlow Runners	38:06	37:38	38:53	114:37	VetF45	7th
181	27	Ellen Jones	F		37:34	38:35	39:21	115:30	SF	16th
182	87	Rachel Dudman	F	Lonely Goat RC	40:15	40:29	46:16	127:00	VetF45	8th
183	384	Syd Wheeler	M	Chepstow Harriers	44:49	47:33	48:17	140:39	VetM80	2nd
184	356	Peter Smith	M	Wye Valley Runners	48:14	50:08	54:15	152:37	VetM70	5th