

# Jon Ward 5K 2022

## Overall Results



| Pos. | Bib | Name              | Club                           | Gender | Age Cat | Rank | Lap 1 | Lap 2 | Time  |
|------|-----|-------------------|--------------------------------|--------|---------|------|-------|-------|-------|
| 1.   | 80  | Dan Owen          | Western Tempo                  | M      | SM      | 1st  | 07:42 | 07:49 | 15:31 |
| 2.   | 19  | Malachi Cashmore  | Club Coaction                  | M      | SM      | 2nd  | 07:42 | 07:57 | 15:39 |
| 3.   | 52  | Eric Apperley     | Croft Ambrey RC                | M      | SM      | 3rd  | 07:58 | 08:16 | 16:14 |
| 4.   | 43  | Malachy Clarke    | Hereford & County AC           | M      | MU20    | 1st  | 08:05 | 08:39 | 16:44 |
| 5.   | 17  | Gareth Leek       | Croft Ambrey RC                | M      | SM      | 4th  | 08:17 | 08:29 | 16:46 |
| 6.   | 41  | William Kennedy   | Western Tempo                  | M      | MU20    | 2nd  | 08:21 | 08:26 | 16:47 |
| 7.   | 55  | Brandon Adams     | Hereford Couriers              | M      | SM      | 5th  | 08:30 | 08:27 | 16:57 |
| 8.   | 74  | Phil Morris       | Builth & District Running Club | M      | VetM40  | 1st  | 08:22 | 08:37 | 16:59 |
| 9.   | 59  | Lauren Cooper     | Parc Bryn Bach Running Club    | F      | SF      | 1st  | 08:31 | 08:33 | 17:04 |
| 10.  | 9   | Luke Mason        | Hereford Couriers              | M      | SM      | 6th  | 08:20 | 09:03 | 17:23 |
| 11.  | 73  | Donna Morris      | Builth & District Running Club | F      | VetF35  | 1st  | 08:34 | 08:53 | 17:27 |
| 12.  | 31  | Aaron Warburton   | Oswestry Olympians             | M      | MU17    | 1st  | 08:26 | 09:23 | 17:49 |
| 13.  | 42  | Thomas Kennedy    |                                | M      | MU17    | 2nd  | 08:37 | 09:20 | 17:57 |
| 14.  | 67  | Lee Price         | Builth & District Running Club | M      | VetM45  | 1st  | 08:40 | 09:19 | 17:59 |
| 15.  | 36  | Ashley Crawford   |                                | M      | SM      | 7th  | 09:02 | 09:26 | 18:28 |
| 16.  | 66  | William Morris    | Hereford Couriers              | M      | SM      | 8th  | 09:35 | 09:18 | 18:53 |
| 17.  | 8   | Sunin Patel       | Wrekin Road Runners            | M      | VetM40  | 2nd  | 09:25 | 09:48 | 19:13 |
| 18.  | 10  | Emma Powell       | Western Tempo                  | F      | FU20    | 1st  | 10:12 | 09:42 | 19:54 |
| 19.  | 38  | Oliver Pigott     |                                | M      | SM      | 9th  | 09:52 | 10:09 | 20:01 |
| 20.  | 69  | Chris Cleary      | Hereford Couriers              | M      | SM      | 10th | 10:06 | 10:12 | 20:18 |
| 21.  | 11  | Andy Millard      | Pont-y-pwl & District Runners  | M      | VetM55  | 1st  | 10:13 | 10:30 | 20:43 |
| 22.  | 56  | Carl Ridsdale     | Hereford Couriers              | M      | SM      | 11th | 09:46 | 11:20 | 21:06 |
| 23.  | 70  | Jonathan Gledhill | Hereford Couriers              | M      | VetM40  | 3rd  | 10:02 | 11:04 | 21:06 |
| 24.  | 12  | James O'Brien     | Hereford Couriers              | M      | VetM40  | 4th  | 10:05 | 11:03 | 21:08 |
| 25.  | 79  | Jonathan Meadows  | Monross Trailblazers           | M      | SM      | 12th | 10:28 | 10:53 | 21:21 |
| 26.  | 23  | Michael Deller    | Fareham Running Club           | M      | SM      | 13th | 10:36 | 10:47 | 21:23 |
| 27.  | 33  | Ben Tippins       |                                | M      | VetM40  | 5th  | 10:04 | 11:22 | 21:26 |



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| 28.  | 5   | Graeme Walker         | Hereford Couriers    | M      | VetM55  | 2nd  | 10:54 | 10:44 | 21:38 |
| 29.  | 60  | Russell Limbert       | Ludlow Runners       | M      | VetM55  | 3rd  | 10:33 | 11:16 | 21:49 |
| 30.  | 53  | Kieran Merrick        | Hereford Couriers    | M      | SM      | 14th | 11:08 | 10:53 | 22:01 |
| 31.  | 54  | Paul Cooke            |                      | M      | VetM50  | 1st  | 11:08 | 11:01 | 22:09 |
| 32.  | 58  | Jonathan Davey        | Hereford Couriers    | M      | VetM55  | 4th  | 11:05 | 11:08 | 22:13 |
| 33.  | 39  | Peter Johnson         | Mercia Fell Runners  | M      | VetM65  | 1st  | 10:44 | 11:31 | 22:15 |
| 34.  | 27  | Jonathan Edwards      | Hereford Couriers    | M      | VetM40  | 6th  | 10:33 | 11:45 | 22:18 |
| 35.  | 3   | Richard Atkinson      |                      | M      | SM      | 15th | 11:10 | 11:11 | 22:21 |
| 36.  | 22  | Dan Hardy             |                      | M      | SM      | 16th | 11:05 | 11:35 | 22:40 |
| 37.  | 46  | Steph Main            | Croft Ambrey RC      | F      | VetF50  | 1st  | 11:16 | 11:37 | 22:53 |
| 38.  | 44  | Darcy Clarke          | Hereford & County AC | F      | FU17    | 1st  | 10:45 | 12:15 | 23:00 |
| 39.  | 34  | Jeremy Trumper        |                      | M      | VetM55  | 5th  | 11:30 | 11:33 | 23:03 |
| 40.  | 68  | Kimberley Langford    | Hereford Couriers    | F      | SF      | 2nd  | 11:28 | 11:37 | 23:05 |
| 41.  | 49  | Ryan Knight           | Hereford Couriers    | M      | SM      | 17th | 11:26 | 11:51 | 23:17 |
| 42.  | 51  | Abi Knight            | Hereford Couriers    | F      | SF      | 3rd  | 11:26 | 11:52 | 23:18 |
| 43.  | 57  | Greg Nicholls         | Hereford Couriers    | M      | VetM40  | 7th  | 12:00 | 11:53 | 23:53 |
| 44.  | 77  | Olivia Hayman         | Croft Ambrey RC      | F      | FU13    | 1st  | 10:44 | 13:23 | 24:07 |
| 45.  | 75  | Lorna Shaw            | Wye Valley Runners   | F      | VetF60  | 1st  | 11:51 | 12:20 | 24:11 |
| 46.  | 30  | Richard Bloomer       | Hereford Couriers    | M      | SM      | 18th | 12:58 | 13:22 | 26:20 |
| 47.  | 72  | Chris Campbell        | Hereford Couriers    | M      | VetM60  | 1st  | 13:12 | 13:12 | 26:24 |
| 48.  | 71  | Aaron Bailey          |                      | M      | VetM55  | 6th  | 12:40 | 13:59 | 26:39 |
| 49.  | 84  | Laura Hands           | Hereford Couriers    | F      | SF      | 4th  | 13:39 | 13:09 | 26:48 |
| 50.  | 83  | Adam Mitchell-Haywood | Hereford Couriers    | M      | VetM40  | 8th  | 13:39 | 13:22 | 27:01 |
| 51.  | 82  | Dave Mitchell-Haywood | Hereford Couriers    | M      | SM      | 19th | 13:23 | 14:51 | 28:14 |
| 52.  | 25  | Matthew Morgan        |                      | M      | SM      | 20th | 13:48 | 14:32 | 28:20 |
| 53.  | 61  | Celia Escande         |                      | F      | SF      | 5th  | 13:50 | 14:34 | 28:24 |
| 54.  | 37  | Dan Cleworth          | Hereford Couriers    | M      | VetM45  | 2nd  | 11:40 | 16:46 | 28:26 |



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|------|-----|------------------|------------------------|--------|---------|------|-------|-------|-------|
| 55.  | 2   | Steve Nicoll     | Pershore Plum Plodders | M      | VetM55  | 7th  | 14:06 | 14:23 | 28:29 |
| 56.  | 81  | Carl Hendy       |                        | M      | SM      | 21st | 13:46 | 14:44 | 28:30 |
| 57.  | 24  | Sarah Deller     | Fareham Running Club   | F      | VetF35  | 2nd  | 14:00 | 14:42 | 28:42 |
| 58.  | 35  | Leighton Jones   |                        | M      | VetM60  | 2nd  | 14:06 | 15:26 | 29:32 |
| 59.  | 78  | Hannah Kirby     |                        | F      | SF      | 6th  | 15:40 | 17:04 | 32:44 |
| 60.  | 40  | Martin Foster    | Bournville Harriers    | M      | VetM65  | 2nd  | 16:13 | 16:33 | 32:46 |
| 61.  | 62  | Nick Wood        |                        | M      | VetM55  | 8th  | 15:48 | 17:24 | 33:12 |
| 62.  | 1   | John Noonan      | Hereford Couriers      | M      | VetM60  | 3rd  | 15:53 | 17:33 | 33:26 |
| 63.  | 64  | Sam Moses        |                        | F      | VetF35  | 3rd  | 17:30 | 17:34 | 35:04 |
| 64.  | 65  | Fraser Clark     |                        | M      | SM      | 22nd | 17:31 | 19:21 | 36:52 |
| 65.  | 16  | Scott Jones      |                        | M      | VetM40  | 9th  | 17:30 | 21:06 | 38:36 |
| 66.  | 28  | Christopher Ward |                        | M      | VetM60  | 4th  | 19:24 | 21:13 | 40:37 |
| 67.  | 15  | Trevor Ward      |                        | M      | VetM70  | 1st  | 19:24 | 21:13 | 40:37 |
| 68.  | 20  | Anthony Blake    |                        | M      | VetM55  | 9th  | 23:24 | 26:12 | 49:36 |
| 69.  | 47  | Holly Francis    | Hereford Couriers      | F      | SF      | 7th  | 23:23 | 26:14 | 49:37 |

Number of Records: 69

