

# Hereford Couriers Christmas 10K 2022



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	265	Ben Jones	M	Cambridge & Coleridge AC	32:47	SM	1st
2.	361	Eric Apperley	M	Croft Ambrey RC	34:25	SM	2nd
3.	51	Dan Geisler	M		34:36	SM	3rd
4.	140	Thomas Birley	M	Western Tempo	34:43	MU20	1st
5.	358	Gareth Leek	M	Croft Ambrey RC	35:29	SM	4th
6.	381	Mark Lamonby	M	Croft Ambrey RC	35:31	SM	5th
7.	290	Cory Sherwin	M	Forest of Dean AC	35:37	SM	6th
8.	9	Luke Mason	M	Hereford Couriers	35:55	SM	7th
9.	266	Gavin Jones	M	Monross Trailblazers	35:57	SM	8th
10.	101	Sam Juson	M	Croft Ambrey RC	35:58	SM	9th
11.	79	Henry Pugh	M	Malvern Joggers	36:00	SM	10th
12.	226	Andrew Tyler	M	Hereford Couriers	36:14	VetM50	1st
13.	174	Danny Glebocki	M	The Stragglers Running Club	37:10	SM	11th
14.	160	William Kennedy	M	Western Tempo	37:14	MU20	2nd
15.	50	Kieran Deegan	M	Black Pear Joggers	37:17	SM	12th
16.	267	Scott Jones	M	Western Tempo	37:23	MU20	3rd
17.	219	Martin Shaw	M		37:28	VetM50	2nd
18.	131	Rob Aze	M		37:30	SM	13th
19.	161	Thomas Kennedy	M	North Gloucestershire Orienteering Club	37:32	MU20	4th
20.	202	William Morris	M	Hereford Couriers	37:40	SM	14th
21.	229	Ryan Lawrence	M	Hereford Couriers	37:42	SM	15th
22.	294	Lee Price	M	Builth & District	37:47	VetM45	1st
23.	302	Chris Attwood	M	Black Pear Joggers	37:52	VetM45	2nd
24.	341	David Bannister	M	Ledbury & District Harriers	38:09	VetM45	3rd
25.	103	Nigel Dexter	M	Droitwich AC	38:13	SM	16th
26.	155	Lee Kibble	M	Forest of Dean AC	38:20	SM	17th
27.	316	Luke Jones	M		38:23	MU20	5th



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
28.	269	Adam Knights	M	Black Pear Joggers	38:28	SM	18th
29.	119	Jon Newey	M	Black Pear Joggers	38:35	VetM50	3rd
30.	144	Robert Pritchard	M	Chepstow Harriers	38:44	VetM40	1st
31.	278	Hugh Davies	M	Worcester AC	38:54	VetM50	4th
32.	352	Tomos Roberts	M	Cardiff AAC	39:18	SM	19th
33.	378	Jasper Craib	M		39:40	SM	20th
34.	276	Matthew Sullivan	M	Builth & District	40:00	SM	21st
35.	196	Tom Smith	M		40:14	VetM45	4th
36.	53	Addy Carter	F	Hereford Couriers	40:20	SF	1st
37.	117	Charlie Bendall	M	Chepstow Harriers	40:28	SM	22nd
38.	309	Simon Norwood	M	Croft Ambrey RC	40:29	VetM50	5th
39.	295	Richard Williams	M	Wye Valley Runners	40:37	SM	23rd
40.	350	Andy Dunn	M		40:42	VetM45	5th
41.	121	Josh Bell	M	Malvern Joggers	40:45	SM	24th
42.	359	Jeremy Jehan	M	Wye Valley Runners	40:47	VetM50	6th
43.	151	Megan Judge	F	Black Pear Joggers	40:49	SF	2nd
44.	66	Carl Morgan	M		41:01	VetM40	2nd
45.	301	Sam Newman	M	Hereford Couriers	41:15	SM	25th
46.	385	Neil Grinnell	M	Ledbury & District Harriers	41:20	VetM45	6th
47.	391	Peter Koval	M		41:34	SM	26th
48.	186	Michael Jones	M		41:38	VetM50	7th
49.	348	Martin Lloyd	M	Hereford Couriers	41:38	VetM40	3rd
50.	364	Daniel Spear	M	Hereford Couriers	41:41	SM	27th
51.	298	David Prosser-painting	M		41:45	VetM45	7th
52.	58	Jon Phillips	M	Hereford Couriers	41:45	SM	28th
53.	305	Sophie Cook	F	Builth & District	41:49	VetF40	1st
54.	376	Steven Noble	M	Egdon Heath Harriers	41:53	SM	29th



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
55.	287	Martin Williams	M	Ledbury & District Harriers	41:55	VetM40	4th
56.	230	Martin Carter	M	Hereford Couriers	42:09	VetM55	1st
57.	386	Keith Barrow	M		42:09	VetM40	5th
58.	125	Nerijus Zukauskas	M		42:12	VetM40	6th
59.	141	Jennifer Cashmore	F		42:15	VetF55	1st
60.	349	Lea Wood	M	Wye Valley Runners	42:20	SM	30th
61.	291	Kieran Price	M		42:24	SM	31st
62.	339	Joanna Eddy	F	Hereford Couriers	42:40	VetF45	1st
63.	60	Niki Morgan	F	Chepstow Harriers	42:41	VetF55	2nd
64.	563	Oliver Steels	M		42:51	SM	32nd
65.	254	Neil McNish	M		42:53	VetM50	8th
66.	105	Ben Toon	M	Malvern Joggers	42:57	VetM40	7th
67.	284	Clive Andrews	M	Black Pear Joggers	43:02	VetM55	2nd
68.	181	Matthew Cook	M		43:02	VetM50	9th
69.	282	Matthew Robinson	M	Stevenage Striders	43:18	SM	33rd
70.	166	Joe Summers	M	Sarn Helen	43:21	SM	34th
71.	288	Ryan Lyttle	M	Black Pear Joggers	43:33	SM	35th
72.	240	Graeme Walker	M	Hereford Couriers	43:39	VetM55	3rd
73.	303	Evie Hawkesford - Johnson	F	Worcester AC	43:43	FU20	1st
74.	375	Keldan Lewis	M		43:56	SM	36th
75.	272	Tom Turner	M	Hereford Couriers	43:57	SM	37th
76.	69	Jess Sullivan	F	Hereford Couriers	43:59	VetF35	1st
77.	84	Richie Richards	M	Hereford Couriers	44:07	VetM55	4th
78.	200	Laura Hands	F	Hereford Couriers	44:09	SF	3rd
79.	366	Paul Saville	M	Lonely Goat RC	44:20	VetM50	10th
80.	264	David Leather	M	Black Pear Joggers	44:27	VetM55	5th
81.	224	Eva Tyler	F	Hereford & County AC	44:33	FU17	1st



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
82.	104	Terry O'Brien	M		44:39	VetM65	1st
83.	132	Andrew Wathen	M		44:39	VetM40	8th
84.	11	Paul Millsom	M	Vegan Runners UK	44:44	VetM65	2nd
85.	261	Richard Drewett	M	Black Pear Joggers	44:57	VetM60	1st
86.	163	Will Connell	M	Hereford Couriers	45:06	SM	38th
87.	236	Ben Weeks	M	Droitwich AC	45:07	SM	39th
88.	249	Toby Redsull	M		45:15	MU20	6th
89.	95	Robert Kerr	M	Ledbury & District Harriers	45:17	VetM65	3rd
90.	274	Paul Kemp	M	Wye Valley Runners	45:20	VetM45	8th
91.	171	Neil Gamble	M	Aberystwyth AC	45:24	VetM50	11th
92.	220	Adam Houchen	M		45:30	VetM45	9th
93.	373	Clint Welson	M		45:33	VetM45	10th
94.	256	Sophie Fennell	F		45:45	SF	4th
95.	102	Jonathan Gledhill	M	Hereford Couriers	45:53	VetM45	11th
96.	343	Tim Fry	M	Lliswerry Runners	46:02	VetM45	12th
97.	64	Simon Rusling	M		46:15	VetM40	9th
98.	327	Michael Evans	M	Dragons Running Club	46:17	VetM55	6th
99.	165	Lou Summers	F	Sarn Helen	46:22	VetF55	3rd
100.	400	Sam Leather	M		46:26	SM	40th
101.	136	Richard Alcock	M		46:29	VetM50	12th
102.	323	Robert Price	M	Builth & District	46:30	VetM50	13th
103.	89	Barry Griffiths	M	Brecon AC	46:31	VetM55	7th
104.	250	James Jones	M	Builth & District	46:36	SM	41st
105.	310	Wayne Hartley	M	Black Pear Joggers	46:39	VetM45	13th
106.	260	Albert Ballinger	M	Black Pear Joggers	46:42	SM	42nd
107.	81	Chris Reed	M	Malvern Joggers	46:46	VetM40	10th
108.	393	Robert Gilligan	M	Wye Valley Runners	46:49	VetM55	8th



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
109.	157	Mark Hookins	M	Hereford Couriers	46:57	VetM55	9th
110.	52	Sarah Henderson	F	@club_coaction	47:13	SF	5th
111.	370	Ali Hardaway	M	Builth & District	47:15	VetM55	10th
112.	560	Kimberley Langford	F	Hereford Couriers	47:19	SF	6th
113.	559	Christopher Cleary	M	Hereford Couriers	47:20	SM	43rd
114.	289	Jonathan Aze	M		47:30	SM	44th
115.	162	Robert Connell	M	Hereford Couriers	47:31	VetM60	2nd
116.	56	Adam Zielinski	M		47:40	VetM40	11th
117.	374	Ben Probert	M		47:42	SM	45th
118.	139	Catherine Finlay	F	Monross Trailblazers	47:50	VetF45	2nd
119.	372	Tim Fawbert	M	Wye Valley Runners	48:01	VetM50	14th
120.	168	Jake Summers	M		48:01	SM	46th
121.	167	Polly Summers	F	Torfaen Runners	48:03	SF	7th
122.	152	Kevin Turner	M		48:25	VetM45	14th
123.	369	Ben Brown	M	Hereford Couriers	48:25	SM	47th
124.	363	Philip Marsh	M		48:26	SM	48th
125.	111	James Gulliver	M		48:29	SM	49th
126.	194	Kieran Merrick	M	Hereford Couriers	48:34	SM	50th
127.	99	Stephen Head	M	Dumfries Harriers	48:41	VetM65	4th
128.	218	Pawel Gusciora	M		48:48	SM	51st
129.	221	Sam Morgan	M		48:50	SM	52nd
130.	10	Michael Powell	M	Hereford Couriers	48:57	VetM50	15th
131.	195	Paul Cooke	M		49:00	VetM50	16th
132.	252	Mike Howard	M		49:02	VetM40	12th
133.	394	Rebecca Dixon	F	Penny Lane Striders	49:02	SF	8th
134.	222	Sam Bainbridge	M		49:12	SM	53rd
135.	275	Dave Williams	M	Black Pear Joggers	49:13	VetM45	15th



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
136.	283	Matthew Capel	M	Black Pear Joggers	49:13	VetM40	13th
137.	27	Mick Collins	M	Hay Hotfooters	49:14	VetM55	11th
138.	245	Mike Bending	M		49:25	VetM60	3rd
139.	135	Emma Davies	F	Monross Trailblazers	49:26	VetF50	1st
140.	331	Steve Herington	M	Hereford Couriers	49:31	VetM70	1st
141.	243	Keith Smith	M	Kingswood Triathlon Club	49:38	VetM60	4th
142.	112	Tom Head	M		49:40	VetM55	12th
143.	317	Maria Richards	F	Pont-Y-Pwl & District Runners	49:53	VetF45	3rd
144.	223	Coby Jones	M		49:59	SM	54th
145.	201	Daniel Mapp	M	Hereford Couriers	50:05	SM	55th
146.	396	Jack Edwards	M		50:05	MU17	1st
147.	397	Darren Edwards	M		50:05	VetM50	17th
148.	564	Shaun Hoyes	M	Wye Valley Runners	50:06	VetM60	5th
149.	170	Andrew Cadmore	M		50:15	VetM50	18th
150.	86	Edward Hogan	M	Ledbury & District Harriers	50:16	VetM45	16th
151.	92	Jon Gray	M	Malvern Joggers	50:16	VetM60	6th
152.	379	Lydia Watson	F		50:20	SF	9th
153.	169	Ceri Summers	F		50:22	FU20	2nd
154.	329	Adam Gray	M	Monross Trailblazers	50:22	SM	56th
155.	255	Lloyd Sussex	M	Black Pear Joggers	50:26	VetM50	19th
156.	199	Imogen Vanhegan-Harris	F	Warwick University Athletics and Cross Country Club	50:38	SF	10th
157.	26	Sharon Collins	F	Hay Hotfooters	50:39	VetF55	4th
158.	158	Tom Verheyden	M		50:41	SM	57th
159.	262	Lynne Compton	F	Wye Valley Runners	50:46	VetF55	5th
160.	562	Abi Knight	F	Hereford Couriers	50:52	SF	11th
161.	380	Daniel Francis	M		50:57	SM	58th
162.	271	Katie Leather	F		51:00	SF	12th



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163.	150	Mike Hayward	M	Croft Ambrey RC	51:19	VetM60	7th
164.	173	Mike Evans	M	Chepstow Harriers	51:21	VetM65	5th
165.	97	Jack Poulton	M		51:24	SM	59th
166.	198	Howard Verran	M	Croft Ambrey RC	51:35	VetM45	17th
167.	127	Izzy Austin	F	Croft Ambrey RC	51:37	VetF55	6th
168.	318	Jacqui Sheldon	F	Black Pear Joggers	51:45	VetF55	7th
169.	68	Stephen Owen	M	Chepstow Harriers	52:05	VetM70	2nd
170.	248	Mark Geary	M		52:06	VetM45	18th
171.	367	Jason Garrahan	M		52:09	VetM50	20th
172.	308	Chris Smith	M		52:12	VetM55	13th
173.	94	Caroline Kerr	F	Ledbury & District Harriers	52:24	VetF55	8th
174.	353	Ben James	M	Hereford Couriers	52:25	VetM40	14th
175.	273	Kirsty Jenkins	F	Hereford Couriers	52:25	SF	13th
176.	190	Nicholas Allen	M	Severn Athletic Club	52:41	VetM60	8th
177.	82	Rachel Reed	F	Malvern Joggers	52:46	VetF40	2nd
178.	338	Nikki Childs	F	Wye Valley Runners	52:51	VetF60	1st
179.	340	John Yarwood	M		52:56	VetM65	6th
180.	32	Roland Preece	M	Croft Ambrey RC	53:02	VetM55	14th
181.	40	Neil Griffiths	M	Malvern Joggers	53:02	VetM50	21st
182.	57	Julie Caseley	F	Malvern Buzzards Running Club	53:07	VetF60	2nd
183.	33	Bronwyn Preece	F	Croft Ambrey RC	53:07	SF	14th
184.	395	Adrian Jones	M		53:09	VetM70	3rd
185.	365	Andrew Hitchings	M		53:14	SM	60th
186.	209	Tim Farndon	M	Hereford Triathlon Club	53:19	VetM45	19th
187.	357	John Bilbao	M	Hereford Triathlon Club	53:19	VetM65	7th
188.	239	Susan Baldwin	F	Tewkesbury Running Club	53:21	VetF60	3rd
189.	234	Lucy Capel	F	Black Pear Joggers	53:25	VetF40	3rd



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190.	59	Naomi Smith	F		53:31	VetF35	2nd
191.	388	Steve Collinge	M		53:33	VetM50	22nd
192.	326	Sharon Woods	F		53:41	VetF60	4th
193.	124	Melanie Graham	F	Builth & District Running Club	54:06	VetF60	5th
194.	225	Bronwen Tyler-Jones	F	Hereford Couriers	54:16	VetF50	2nd
195.	74	John Gardner	M		54:25	VetM50	23rd
196.	286	Kirsty Hall	F		54:25	VetF35	3rd
197.	526	Chris Price	M		54:42	VetM45	20th
198.	529	Alex Isaac	M		54:43	VetM45	21st
199.	321	Charlotte Godsall	F		54:51	VetF45	4th
200.	4	Stuart Taylor	M	Hereford Couriers	54:55	VetM40	15th
201.	279	David Bessant	M	Black Pear Joggers	54:59	VetM55	15th
202.	337	Gail Evans	F	Dragons Running Club	55:02	VetF35	4th
203.	292	Martin Potter	M		55:02	VetM50	24th
204.	232	Zachary Edelstyn	M		55:13	SM	61st
205.	231	Sharon Edelstyn	F		55:15	VetF50	3rd
206.	164	Alan Rowlands	M	Hereford Couriers	55:15	VetM45	22nd
207.	299	Chris Campbell	M	Hereford Couriers	55:27	VetM60	9th
208.	398	Rob Wood	M	Croft Ambrey RC	55:32	VetM65	8th
209.	80	Tyler Griffiths	M		55:35	SM	62nd
210.	371	Richard Andrews	M		55:39	VetM55	16th
211.	189	Ian Bryars	M		56:04	VetM40	16th
212.	281	Paul Taylor	M		56:12	VetM65	9th
213.	41	Malc Gonnella	M	Fairwater Runners Cwmbran	56:17	VetM65	10th
214.	334	Owen Cooper	M	Builth & District	56:22	VetM75	1st
215.	392	Huw Williams	M	Croft Ambrey RC	56:25	VetM60	10th
216.	306	Brenda Avery	F	Chepstow Harriers	56:32	VetF70	1st





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217.	328	Denise Evans	F	Chepstow Harriers	56:49	VetF55	9th
218.	257	Carwyn Evans	M	Dragons Running Club	56:50	VetM55	17th
219.	122	Wesley Jones	M		56:53	VetM40	17th
220.	17	Daniel Tecza	M		57:08	SM	63rd
221.	389	Nicky May	F		57:08	VetF55	10th
222.	342	Rachel Bannister	F	Ledbury & District Harriers	57:10	VetF45	5th
223.	313	Diana Fox	F	Black Pear Joggers	57:14	VetF55	11th
224.	123	Emma Bowen	F		57:24	VetF60	6th
225.	268	Chris Thomson	M		57:36	VetM40	18th
226.	307	Alice Lattey	F		57:39	SF	15th
227.	312	Nick James	M		57:41	VetM40	19th
228.	399	Sue Wood	F	Croft Ambrey RC	57:45	VetF65	1st
229.	215	Ella Hogan	F	Ledbury & District Harriers	57:48	VetF45	6th
230.	270	Celia Escande	F	Hereford Couriers	57:54	SF	16th
231.	244	Stephanie King	F	Croft Ambrey RC	57:56	VetF55	12th
232.	7	Debbie Davies	F		58:01	VetF40	4th
233.	12	Lesley Ashton	F	Vegan Runners UK	58:13	VetF60	7th
234.	182	Sarah Jones	F		58:33	VetF50	4th
235.	47	Charlotte Hyde	F	Hereford Hotsteppers	58:33	VetF45	7th
236.	45	Jamie Dover	M		58:33	VetM55	18th
237.	277	William Pollard	M		58:36	MU20	7th
238.	213	Georgina Dransfield	F	Malvern Joggers	58:40	SF	17th
239.	109	Sarah Cuddy	F	Malvern Buzzards Running Club	58:50	VetF45	8th
240.	382	Leanne Cuthbertson	F		58:51	SF	18th
241.	320	Andy Creber	M	Chepstow Harriers	59:07	VetM60	11th
242.	87	Paul Evans	M	Brecon AC	59:10	VetM45	23rd
243.	332	Amanda Husband	F	Black Pear Joggers	59:11	VetF50	5th



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244.	336	Luke Painter	M		59:12	SM	64th
245.	197	Alexander Brown	M	Builth & District	59:24	VetM55	19th
246.	355	Ian Foster	M		59:30	VetM50	25th
247.	346	Emily Richardson	F		59:37	SF	19th
248.	258	Rachel Freeman	F		59:37	SF	20th
249.	377	John Raine	M	Malvern Joggers	59:38	SM	65th
250.	344	Liz Davies-Ward	F		59:51	VetF60	8th
251.	390	Nicola Goodwin	F	Wye Valley Runners	59:51	VetF45	9th
252.	75	Tina Lavelle	F	Hay Hotfooters	1:00:09	VetF65	2nd
253.	561	Jacqui Wilson	F	Malvern Buzzards Running Club	1:00:55	VetF45	10th
254.	251	Kerrin Williams	F		1:01:05	VetF50	6th
255.	383	claire shacklock	F	Black Pear Joggers	1:01:17	VetF40	5th
256.	44	Rachel Lattey	F		1:01:22	VetF60	9th
257.	242	Andy Southall	M	Black Pear Joggers	1:01:52	VetM55	20th
258.	126	Rob Austen	M		1:01:59	VetM40	20th
259.	34	Clare Preece	F	Croft Ambrey RC	1:02:22	VetF50	7th
260.	333	Wendy Cole	F	Builth & District	1:02:32	VetF50	8th
261.	238	brian Symonds	M	Wye Valley Runners	1:02:33	VetM80	1st
262.	93	Rumana Edwards	F	Malvern Joggers	1:02:52	VetF45	11th
263.	159	Jonathan Kennedy	M		1:02:54	VetM50	26th
264.	46	Isobel Whibley	F		1:03:15	VetF45	12th
265.	300	Alix Mence	F		1:03:15	VetF40	6th
266.	304	Caitlyn Hawkesford-Johnson	F		1:04:12	SF	21st
267.	176	Michelle Rawlings	F		1:04:13	VetF55	13th
268.	206	Adam Mitchell-Haywood	M	Hereford Couriers	1:04:22	VetM40	21st
269.	253	Kirsten Beard	F	Black Pear Joggers	1:04:56	VetF50	9th
270.	147	Charlotte Miller	F		1:05:03	SF	22nd



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271.	330	Ian Wareing	M	Black Pear Joggers	1:05:13	VetM40	22nd
272.	293	Samantha Jane	F	Hereford Couriers	1:05:18	VetF40	7th
273.	351	Tim Winstanley	M	Malvern Joggers	1:05:21	VetM55	21st
274.	335	Lily Painter	F		1:05:23	SF	23rd
275.	120	Lilly Istance	F		1:05:23	SF	24th
276.	285	Theresa Jones	F	Croft Ambrey RC	1:05:31	VetF50	10th
277.	324	Lauren Price	F	Hereford Couriers	1:05:34	SF	25th
278.	8	Adele Jones	F		1:05:44	VetF45	13th
279.	204	Thomas Green	M		1:05:44	SM	66th
280.	237	Emma Robertson	F		1:05:52	VetF45	14th
281.	148	Dave Ainslie	M		1:06:13	VetM60	12th
282.	314	Kate Beevers	F	Hucclecote Harriers	1:07:45	VetF55	14th
283.	368	Grace Huffer	F		1:08:24	FU20	3rd
284.	14	Quinton Tecza	M		1:08:35	VetM60	13th
285.	184	Sara Part	F		1:09:07	VetF50	11th
286.	227	Andrzej Nawrot	M		1:09:15	VetM40	23rd
287.	296	Stephen Hobson	M	Hereford Couriers	1:09:29	VetM60	14th
288.	177	Lisa Wilkinson	F		1:10:12	VetF45	15th
289.	88	Debra Lloyd	F	Ledbury & District Harriers	1:11:01	VetF60	10th
290.	25	Sarah Elwine	F		1:11:56	VetF50	12th
291.	179	Hugh Sweet-Escott	M	Ledbury & District Harriers	1:12:15	VetM65	11th
292.	96	Shaz Wood	F	Hereford Couriers	1:12:46	VetF50	13th
293.	118	Suzanna Lewis	F		1:12:57	VetF35	5th
294.	172	Lynsey Gamble	F	Aberystwyth AC	1:15:03	VetF45	16th
295.	1	John Noonan	M	Hereford Couriers	1:15:20	VetM60	15th
296.	315	Rosie Bligh	F	Black Pear Joggers	1:16:11	SF	26th
297.	18	Nicholas Tecza	M		1:16:59	VetM65	12th



# Hereford Couriers Christmas 10K 2022



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
298.	178	Liz Fishpool	F	Hereford Couriers	1:17:46	SF	27th
299.	134	Suzy Siddall	F	Hereford Couriers	1:30:39	VetF35	6th
300.	362	Alison Apperley	F	Croft Ambrey RC	1:30:49	VetF55	15th

Number of Records: 300

