

Hereford Couriers Spring 5K Series

Race 3 - Wave 2 Results



Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank	Lap1	Lap2	Wave
1.	72	Andy Ware	M	Hereford Couriers	18:46	VetM50	1st	09:21	09:25	Wave2
2.	368	Simon Norwood	M	Croft Ambrey RC	18:53	VetM50	2nd	09:16	09:37	Wave2
3.	139	Matt Ansfield	M		18:57	VetM45	1st	09:16	09:41	Wave2
4.	361	Adam Corbett	M	Hereford Couriers	19:10	MU20	1st	09:26	09:44	Wave2
5.	278	Nicholas Beach	M	Wolverhampton & Bilston	19:14	VetM40	1st	09:28	09:46	Wave2
6.	90	George Ware	M	Hereford Couriers	19:14	SM	1st	09:25	09:49	Wave2
7.	100	Simeon Foreman	M	Malvern Buzzards Running Club	19:17	VetM45	2nd	09:19	09:58	Wave2
8.	273	Martin Lloyd	M		19:19	VetM40	2nd	09:29	09:50	Wave2
9.	325	Charlotte Broadhurst	F	Croft Ambrey RC	19:22	FU20	1st	09:18	10:04	Wave2
10.	2	Sarah Morris	F	Black Pear Joggers	19:32	VetF35	1st	09:42	09:50	Wave2
11.	503	Nick Hitchings	M	Worcester	19:32	VetM50	3rd	09:42	09:50	Wave2
12.	81	David Howells	M	Severn AC	19:39	VetM55	1st	09:54	09:45	Wave2
13.	276	Steve Bradley	M	Cheltenham and County Harriers	19:46	VetM50	4th	10:04	09:42	Wave2
14.	235	Chris Nicholls	M	Tewkesbury Running Club	19:47	VetM40	3rd	09:34	10:13	Wave2
15.	553	Thomas Dawson	M		19:48	VetM40	4th	09:42	10:06	Wave2
16.	556	Tim Giles	M	Ludlow Runners	19:52	VetM45	3rd	09:42	10:10	Wave2
17.	301	David Klotz	M	Wye Valley Runners	20:04	VetM40	5th	09:58	10:06	Wave2
18.	113	Stephen Owen	M	Chepstow Harriers	20:10	VetM65	1st	09:54	10:16	Wave2
19.	207	Richie Richards	M	Hereford Couriers	20:12	VetM55	2nd	09:53	10:19	Wave2
20.	103	Peter Darwen	M	Black Pear Joggers	20:13	VetM55	3rd	10:02	10:11	Wave2
21.	11	Paul Millsom	M	Vegan Runners UK	20:14	VetM65	2nd	09:59	10:15	Wave2
22.	232	Kelly Bowen	F	Croft Ambrey RC	20:18	VetF35	2nd	10:02	10:16	Wave2
23.	201	Fred Tyler	M	Hereford & County AC	20:18	MU13	1st	10:04	10:14	Wave2
24.	16	Isobel Watt	F	Cheltenham and County Harriers	20:21	FU15	1st	10:03	10:18	Wave2
25.	340	Stephen Goodridge	M	Hay Hotfooters	20:21	VetM55	4th	09:58	10:23	Wave2
26.	132	Mia Davies	F	Croft Ambrey RC	20:31	SF	1st	10:06	10:25	Wave2
27.	373	Darcy Clarke	F	Hereford & County AC	20:34	FU15	2nd	10:04	10:30	Wave2



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28.	148	Jonathan Davey	M	Hereford Couriers	20:44	VetM55	5th	10:10	10:34	Wave2
29.	181	Mark Hookins	M	Hereford Couriers	20:53	VetM50	5th	10:25	10:28	Wave2
30.	193	Amelia Louth	F	Caistor Running Club	20:54	SF	2nd	10:03	10:51	Wave2
31.	386	Oliver Clarke	M		20:55	VetM40	6th	10:26	10:29	Wave2
32.	145	Jacob Stuffins	M	Hereford & County AC	20:56	MU15	1st	10:22	10:34	Wave2
33.	203	Joanna Eddy	F	Hereford Couriers	21:00	VetF45	1st	09:44	11:16	Wave2
34.	137	Robert Connell	M	Hereford Couriers	21:05	VetM60	1st	10:11	10:54	Wave2
35.	153	Christina Plant	F	Hereford Couriers	21:06	VetF35	3rd	10:36	10:30	Wave2
36.	69	Christopher Cleary	M	Hereford Couriers	21:11	SM	2nd	10:21	10:50	Wave2
37.	318	Lucy Jarvis	F	Hereford Couriers	21:11	SF	3rd	10:21	10:50	Wave2
38.	67	Dan Hardy	M		21:11	SM	3rd	10:28	10:43	Wave2
39.	101	Martin Carter	M	Hereford Couriers	21:14	VetM55	6th	10:56	10:18	Wave2
40.	142	Thomas Powell	M	Ludlow Runners	21:19	SM	4th	10:29	10:50	Wave2
41.	237	Barry Griffiths	M	Brecon AC	21:28	VetM55	7th	10:33	10:55	Wave2
42.	233	Joseph Leahy	M	Hereford & County AC	21:30	MU17	1st	10:28	11:02	Wave2
43.	151	David Green	M	Hereford Couriers	21:34	VetM55	8th	10:40	10:54	Wave2
44.	372	Hannah Hadley	F	Hereford & County AC	21:40	FU15	3rd	10:23	11:17	Wave2
45.	296	Laura Hands	F	Hereford Couriers	21:41	SF	4th	10:31	11:10	Wave2
46.	19	Milly Foster	F	Cheltenham and County Harriers	21:46	FU17	1st	10:47	10:59	Wave2
47.	63	James Vidler	M	Wye Valley Runners	21:48	VetM60	2nd	10:46	11:02	Wave2
48.	157	Roland Preece	M	Croft Ambrey RC	21:48	VetM55	9th	10:58	10:50	Wave2
49.	194	Chris Riley	M		21:54	VetM60	3rd	10:42	11:12	Wave2
50.	32	Jemma Radmore	F	Ludlow Runners	22:07	FU20	2nd	10:49	11:18	Wave2
51.	56	Joanne Tilby	F	Croft Ambrey RC	22:13	VetF40	1st	11:08	11:05	Wave2
52.	285	Jacob Porter	M	Hereford Couriers	22:14	SM	5th	10:40	11:34	Wave2
53.	146	Kimberley Pickett	F	Hereford Couriers	22:14	VetF35	4th	11:02	11:12	Wave2
54.	165	Paddy Nugent	M	Wye Valley Runners	22:18	VetM60	4th	11:09	11:09	Wave2



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55.	37	Jennifer Clarke	F		22:19	VetF40	2nd	10:46	11:33	Wave2
56.	375	Haf Rees	F	Hereford & County AC	22:19	FU15	4th	10:56	11:23	Wave2
57.	509	Linda White	F		22:20	VetF50	1st	11:06	11:14	Wave2
58.	323	Kate Green	F	Ledbury & District Harriers	22:20	VetF55	1st	10:52	11:28	Wave2
59.	45	Richard Atkinson	M		22:21	SM	6th	10:47	11:34	Wave2
60.	162	Rebecca Ansfield	F		22:23	VetF45	2nd	10:55	11:28	Wave2
61.	82	Matthew Leyshon	M	Severn AC	22:24	VetM40	7th	10:46	11:38	Wave2
62.	558	Emma King	F		22:28	VetF40	3rd	11:08	11:20	Wave2
63.	519	Richard Bevan	M	Monross Trailblazers	22:33	VetM45	4th	12:32	10:01	Wave2
64.	319	Amy Smith	F	Hereford Couriers	22:35	VetF35	5th	11:02	11:33	Wave2
65.	510	Adam Went	M		22:37	SM	7th	11:01	11:36	Wave2
66.	284	Steve Herington	M	Hereford Couriers	22:44	VetM70	1st	11:03	11:41	Wave2
67.	343	Charlie Simms	M		22:44	MU15	2nd	11:13	11:31	Wave2
68.	292	Guy Jenkins	M	Hereford Couriers	22:45	VetM60	5th	11:00	11:45	Wave2
69.	554	Ben Brown	M		22:48	SM	8th	10:57	11:51	Wave2
70.	198	Kirsty Jenkins	F	Hereford Couriers	22:52	SF	5th	11:03	11:49	Wave2
71.	83	Steve Roode	M	Lonely Goat RC	22:53	VetM55	10th	11:14	11:39	Wave2
72.	505	Zac Clarke	M		22:54	SM	9th	11:15	11:39	Wave2
73.	515	John Nichols	M	Leominster Runners	22:55	VetM50	6th	11:17	11:38	Wave2
74.	80	Jonathan Meadows	M		23:02	SM	10th	11:13	11:49	Wave2
75.	20	Emily Gould	F	Ludlow Runners	23:06	SF	6th	11:37	11:29	Wave2
76.	311	Lynne Compton	F	Wye Valley Runners	23:07	VetF55	2nd	11:25	11:42	Wave2
77.	288	Sherryl Hall	F	Forest of Dean Athletic club	23:10	VetF55	3rd	11:27	11:43	Wave2
78.	160	Bronwyn Preece	F	Croft Ambrey RC	23:15	SF	7th	11:19	11:56	Wave2
79.	195	Ben Goddard	M	Hereford Couriers	23:17	SM	11th	11:10	12:07	Wave2
80.	335	Lorna Shaw	F	Wye Valley Runners	23:23	VetF60	1st	11:32	11:51	Wave2
81.	314	Yvonne Gajny	F		23:24	VetF45	3rd	11:31	11:53	Wave2



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82.	511	Matt Taylor	M		23:28	VetM45	5th	11:34	11:54	Wave2
83.	348	Ashley Robinson	M	Croft Ambrey RC	23:30	VetM70	2nd	11:41	11:49	Wave2
84.	22	Tom Boog-Scott	M	Ludlow Runners	23:35	VetM70	3rd	11:36	11:59	Wave2
85.	211	Christopher Sandy	M		23:35	VetM40	8th	11:49	11:46	Wave2
86.	344	Mike Evans	M	Chepstow Harriers	23:41	VetM65	3rd	11:36	12:05	Wave2
87.	349	Howard Verran	M	Leominster Runners	23:48	VetM45	6th	11:31	12:17	Wave2
88.	93	Gregory Leyshon	M	Severn Athletic Club	23:52	VetM70	4th	11:39	12:13	Wave2
89.	176	Peter Woodward	M	Forest of Dean AC	23:52	SM	12th	11:41	12:11	Wave2
90.	36	Mary Watkins	F	Forest of Dean AC	23:52	SF	8th	11:41	12:11	Wave2
91.	199	Andy Pearce	M		23:54	VetM45	7th	11:41	12:13	Wave2
92.	167	Brent Lawson	M	Wye Valley Runners	23:54	VetM60	6th	11:47	12:07	Wave2
93.	501	Emma Stewardson	F	Ludlow Runners	24:03	VetF40	4th	12:04	11:59	Wave2
94.	68	Rebecca Cooke	F		24:03	SF	9th	11:32	12:31	Wave2
95.	227	Nikki Tyler	F	Hereford Couriers	24:05	VetF50	2nd	11:51	12:14	Wave2
96.	313	Richard Andrews	M		24:05	VetM55	11th	11:42	12:23	Wave2
97.	187	Ben James	M	Hereford Couriers	24:07	VetM40	9th	11:45	12:22	Wave2
98.	346	Oliver Hughes	M	Lliswerry Runners	24:19	VetM40	10th	11:48	12:31	Wave2
99.	223	Ralph Lloyd	M	Wye Valley Runners	24:36	VetM55	12th	12:18	12:18	Wave2
100.	247	Keith Williams	M		24:38	VetM60	7th	12:17	12:21	Wave2
101.	190	Amy Purvin	F		24:44	SF	10th	12:18	12:26	Wave2
102.	112	Sean Edwards	M		24:51	VetM50	7th	12:14	12:37	Wave2
103.	26	Stuart Taylor	M	Hereford Couriers	25:09	VetM40	11th	12:34	12:35	Wave2
104.	249	Chris Campbell	M	Hereford Couriers	25:12	VetM60	8th	12:19	12:53	Wave2
105.	268	Richard Bloomer	M	Hereford Couriers	25:21	SM	13th	12:25	12:56	Wave2
106.	168	Harriet Brown	F	Black Pear Joggers	25:21	SF	11th	12:19	13:02	Wave2
107.	266	Deanna Mammatt	F		25:25	VetF45	4th	12:48	12:37	Wave2
108.	522	Olivia Hayman	F	Shrewsbury AC	25:30	FU13	1st	11:36	13:54	Wave2



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109.	297	Liz Davies-Ward	F		25:31	VetF55	4th	12:48	12:43	Wave2
110.	147	Kevin Barnes	M	Hereford Couriers	25:33	VetM55	13th	12:30	13:03	Wave2
111.	236	Gerald Gobey	M	Hereford Couriers	25:34	VetM65	4th	12:34	13:00	Wave2
112.	306	Elizabeth Tindle	F	Halesowen ACC	25:35	VetF60	2nd	12:44	12:51	Wave2
113.	220	Michael Bryant	M	Newent Runners	25:35	VetM60	9th	12:42	12:53	Wave2
114.	530	Ella Hogan	F	Ledbury & District Harriers	25:41	VetF40	5th	12:44	12:57	Wave2
115.	204	Kevin Duggan	M	Presteigne Pacers	25:45	VetM45	8th	13:05	12:40	Wave2
116.	528	Suzanne Purvin	F	Leominster Runners	25:48	VetF60	3rd	12:49	12:59	Wave2
117.	10	Lesley Ashton	F	Vegan Runners UK	25:49	VetF60	4th	12:46	13:03	Wave2
118.	370	Laura Webb	F	Ledbury & District Harriers	25:49	VetF35	6th	12:40	13:09	Wave2
119.	327	Hannah Campbell	F	Hereford Couriers	25:56	SF	12th	13:03	12:53	Wave2
120.	260	Samantha Stacey	F	Hereford Couriers	26:12	VetF40	6th	13:04	13:08	Wave2
121.	317	Mervyn Davis	M	Black Pears Joggers	26:12	VetM70	5th	12:55	13:17	Wave2
122.	50	Karen Thompson	F	Ludlow Runners	26:25	VetF55	5th	12:54	13:31	Wave2
123.	172	Alison Priest	F	Malvern joggers	26:30	VetF55	6th	13:14	13:16	Wave2
124.	169	Lisa Sutton	F		26:40	VetF40	7th	13:08	13:32	Wave2
125.	518	Charlotte Bevan	F		26:43	SF	13th	12:32	14:11	Wave2
126.	238	Paul Evans	M	Brecon AC	26:47	VetM45	9th	13:22	13:25	Wave2
127.	376	Tony May	M		26:48	VetM55	14th	12:59	13:49	Wave2
128.	396	Mark Edwards	M	Hereford Couriers	26:50	VetM60	10th	13:11	13:39	Wave2
129.	257	Helen Baillie	F	Ludlow Runners	26:59	VetF50	3rd	13:23	13:36	Wave2
130.	250	Louise Reeves	F	Croft Ambrey RC	27:00	VetF45	5th	13:25	13:35	Wave2
131.	507	Aaron Higgins	M		27:21	SM	14th	13:58	13:23	Wave2
132.	300	Jonathan Kennedy	M		27:28	VetM45	10th	13:53	13:35	Wave2
133.	166	Kirsten Mason	F	Hereford Couriers	27:31	SF	14th	13:42	13:49	Wave2
134.	360	Ryan Batty	M	Hereford Couriers Running Club	27:36	SM	15th	14:06	13:30	Wave2
135.	15	Martin Foster	M	Bournville Harriers	27:36	VetM65	5th	14:00	13:36	Wave2



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136.	122	Rachelle Prothero	F	Hereford Couriers	27:44	SF	15th	14:00	13:44	Wave2
137.	339	Victoria Band	F	Ledbury Harriers	27:45	VetF45	6th	13:42	14:03	Wave2
138.	224	Sian Aubrey	F	Ledbury & District Harriers	27:45	VetF35	7th	13:42	14:03	Wave2
139.	206	Brian Symonds	M	Wye Valley Runners	27:47	VetM75	1st	13:59	13:48	Wave2
140.	334	Gemma Davies	F	Croft Ambrey RC	27:56	VetF40	8th	13:32	14:24	Wave2
141.	256	Sam Fleming	F	Ludlow Runners	28:03	VetF45	7th	13:40	14:23	Wave2
142.	267	Sarah Cuddy	F	Malvern Buzzards Running Club	28:07	VetF45	8th	13:51	14:16	Wave2
143.	91	Fran Hill	F		28:25	VetF55	7th	14:05	14:20	Wave2
144.	258	Tracy Bridge	F	Ludlow Runners	28:33	VetF50	4th	13:42	14:51	Wave2
145.	134	Vivien Tolley	F	Malvern Joggers	28:44	VetF60	5th	14:03	14:41	Wave2
146.	254	Louise Phillips	F		29:01	VetF50	5th	14:07	14:54	Wave2
147.	289	Margaret Crosswell	F	Worcester AC	29:11	VetF75	1st	14:15	14:56	Wave2
148.	291	Carole Clark	F	Worcester AC	29:53	VetF70	1st	14:58	14:55	Wave2
149.	55	Simon Barnes	M	Hereford Couriers	30:06	VetM65	6th	14:54	15:12	Wave2
150.	208	Theresa Jones	F	Croft Ambrey RC	30:12	VetF50	6th	15:03	15:09	Wave2
151.	315	Stephanie King	F	Croft Ambrey RC	31:20	VetF55	8th	16:49	14:31	Wave2
152.	51	Donna Lewis	F	LudlowRunners	31:21	VetF40	9th	15:35	15:46	Wave2
153.	240	Patricia Marshall	F	Sandhurst Joggers	31:55	VetF75	2nd	15:46	16:09	Wave2
154.	3	John Noonan	M	Hereford Couriers	32:03	VetM60	11th	15:40	16:23	Wave2
155.	502	Sybil Marsh	F	Ludlow Runners	32:09	VetF70	2nd	15:58	16:11	Wave2
156.	312	Andrew Humphreys	M		32:17	VetM55	15th	15:37	16:40	Wave2
157.	43	Liz Fishpool	F	Hereford Couriers	32:44	SF	16th	16:31	16:13	Wave2
158.	29	Linda Davies	F	Leominster Runners	33:04	VetF55	9th	16:22	16:42	Wave2
159.	263	Jayne Cresswell	F	Ledbury Harriers	33:13	VetF50	7th	16:29	16:44	Wave2
160.	239	Julie Neave	F	Hereford Couriers	34:38	VetF40	10th	16:38	18:00	Wave2
161.	222	Chris Ruck	M	Hereford Couriers	34:52	VetM50	8th	16:41	18:11	Wave2
162.	150	Bryan Markham	M	Croft Ambrey RC	35:19	VetM80	1st	17:25	17:54	Wave2



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163.	332	Liam Curtis-Moore	M	Hereford Couriers	35:30	SM	16th	17:30	18:00	Wave2
164.	114	Suzanne Field	F	Croft Ambrey RC	37:18	VetF50	8th	18:23	18:55	Wave2
165.	52	Ruth Jones	F	Ludlow Runners	38:53	VetF45	9th	18:42	20:11	Wave2
166.	27	Ellen Jones	F		39:21	SF	17th	19:07	20:14	Wave2
167.	87	Rachel Dudman	F	Lonely Goat RC	46:16	VetF45	10th	22:48	23:28	Wave2
168.	384	Syd Wheeler	M	Chepstow Harriers	48:17	VetM80	2nd	23:26	24:51	Wave2
169.	356	Peter Smith	M	Wye Valley Runners	54:15	VetM70	6th	26:18	27:57	Wave2

Number of Records: 169

