

Hereford Couriers Christmas 10K 2022



Team Results

Bib	Name	Time	Age Category
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Female

1. Hereford Couriers 1 2:51:08,00

53	Addy Carter	40:20	Senior Female
339	Joanna Eddy	42:40	Vet 45 Female
69	Jess Sullivan	43:59	Vet 35 Female
200	Laura Hands	44:09	Senior Female

2. Black Pear Joggers 1 3:23:13,00

151	Megan Judge	40:49	Senior Female
318	Jacqui Sheldon	51:45	Vet 55 Female
234	Lucy Capel	53:25	Vet 40 Female
313	Diana Fox	57:14	Vet 55 Female

3. Hereford Couriers 2 3:24:52,00

560	Kimberley Langford	47:19	Senior Female
562	Abi Knight	50:52	Senior Female
273	Kirsty Jenkins	52:25	Senior Female
225	Bronwen Tyler-Jones	54:16	Vet 50 Female

4. Croft Ambrey RC 1 3:40:25,00

127	Iza Austin	51:37	Vet 55 Female
33	Bronwyn Preece	53:07	Senior Female
399	Sue Wood	57:45	Vet 65 Female
244	Stephanie King	57:56	Vet 55 Female

5. Ledbury & District Harriers 1 3:58:23,00

94	Caroline Kerr	52:24	Vet 55 Female
342	Rachel Bannister	57:10	Vet 45 Female
215	Ella Hogan	57:48	Vet 45 Female
88	Debra Lloyd	1:11:01	Vet 60 Female

6. Hereford Couriers 3 4:21:32,00

270	Celia Escande	57:54	Senior Female
293	Samantha Jane	1:05:18	Vet 40 Female
324	Lauren Price	1:05:34	Senior Female
96	Shaz Wood	1:12:46	Vet 50 Female

7. Black Pear Joggers 2 4:21:35,00

332	Amanda Husband	59:11	Vet 50 Female
383	claire shacklock	1:01:17	Vet 40 Female
253	Kirsten Beard	1:04:56	Vet 50 Female
315	Rosie Bligh	1:16:11	Senior Female



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Male

1. Croft Ambrey RC 1 2:21:23,00

361	Eric Apperley	34:25	Senior Male
358	Gareth Leek	35:29	Senior Male
381	Mark Lamonby	35:31	Senior Male
101	Sam Juson	35:58	Senior Male

2. Hereford Couriers 1 2:27:31,00

9	Luke Mason	35:55	Senior Male
226	Andrew Tyler	36:14	Vet 50 Male
202	William Morris	37:40	Senior Male
229	Ryan Lawrence	37:42	Senior Male

3. Black Pear Joggers 1 2:32:12,00

50	Kieran Deegan	37:17	Senior Male
302	Chris Attwood	37:52	Vet 45 Male
269	Adam Knights	38:28	Senior Male
119	Jon Newey	38:35	Vet 50 Male

4. Hereford Couriers 2 2:46:19,00

301	Sam Newman	41:15	Senior Male
348	Martin Lloyd	41:38	Vet 40 Male
364	Daniel Spear	41:41	Senior Male
58	Jon Phillips	41:45	Senior Male

5. Malvern Joggers 1 2:46:28,00

79	Henry Pugh	36:00	Senior Male
121	Josh Bell	40:45	Senior Male
105	Ben Toon	42:57	Vet 40 Male
81	Chris Reed	46:46	Vet 40 Male

6. Ledbury & District Harriers 1 2:46:41,00

341	David Bannister	38:09	Vet 45 Male
385	Neil Grinnell	41:20	Vet 45 Male
287	Martin Williams	41:55	Vet 40 Male
95	Robert Kerr	45:17	Vet 65 Male

7. Wye Valley Runners 1 2:49:04,00

295	Richard Williams	40:37	Senior Male
359	Jeremy Jehan	40:47	Vet 50 Male
349	Lea Wood	42:20	Senior Male
274	Paul Kemp	45:20	Vet 45 Male

8. Bulth & District 1 2:50:53,00

294	Lee Price	37:47	Vet 45 Male
276	Matthew Sullivan	40:00	Senior Male



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323	Robert Price	46:30	Vet 50 Male
250	James Jones	46:36	Senior Male
9.	Hereford Couriers 3	2:53:52,00	
230	Martin Carter	42:09	Vet 55 Male
240	Graeme Walker	43:39	Vet 55 Male
272	Tom Turner	43:57	Senior Male
84	Richie Richards	44:07	Vet 55 Male
10.	Black Pear Joggers 2	2:55:59,00	
284	Clive Andrews	43:02	Vet 55 Male
288	Ryan Lyttle	43:33	Senior Male
264	David Leather	44:27	Vet 55 Male
261	Richard Drewett	44:57	Vet 60 Male
11.	Chepstow Harriers 1	3:02:38,00	
144	Robert Pritchard	38:44	Vet 40 Male
117	Charlie Bendall	40:28	Senior Male
173	Mike Evans	51:21	Vet 65 Male
68	Stephen Owen	52:05	Vet 70 Male
12.	Hereford Couriers 4	3:05:16,00	
163	Will Connell	45:06	Senior Male
102	Jonathan Gledhill	45:53	Vet 45 Male
157	Mark Hookins	46:57	Vet 55 Male
559	Christopher Cleary	47:20	Senior Male
13.	Black Pear Joggers 3	3:11:47,00	
310	Wayne Hartley	46:39	Vet 45 Male
260	Albert Ballinger	46:42	Senior Male
275	Dave Williams	49:13	Vet 45 Male
283	Matthew Capel	49:13	Vet 40 Male
14.	Hereford Couriers 5	3:13:27,00	
162	Robert Connell	47:31	Vet 60 Male
369	Ben Brown	48:25	Senior Male
194	Kieran Merrick	48:34	Senior Male
10	Michael Powell	48:57	Vet 50 Male
15.	Croft Ambrey RC 2	3:16:25,00	
309	Simon Norwood	40:29	Vet 50 Male
150	Mike Hayward	51:19	Vet 60 Male
198	Howard Verran	51:35	Vet 45 Male
32	Roland Preece	53:02	Vet 55 Male
16.	Hereford Couriers 6	3:26:56,00	
331	Steve Herington	49:31	Vet 70 Male
201	Daniel Mapp	50:05	Senior Male



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353	Ben James	52:25	Vet 40 Male
4	Stuart Taylor	54:55	Vet 40 Male
17.	Wye Valley Runners 2	3:27:29,00	
393	Robert Gilligan	46:49	Vet 55 Male
372	Tim Fawbert	48:01	Vet 50 Male
564	Shaun Hoyes	50:06	Vet 60 Male
238	brian Symonds	1:02:33	Vet 80 Male
18.	Malvern Joggers 2	3:48:17,00	
92	Jon Gray	50:16	Vet 60 Male
40	Neil Griffiths	53:02	Vet 50 Male
377	John Raine	59:38	Senior Male
351	Tim Winstanley	1:05:21	Vet 55 Male
19.	Black Pear Joggers 4	3:52:30,00	
255	Lloyd Sussex	50:26	Vet 50 Male
279	David Bessant	54:59	Vet 55 Male
242	Andy Southall	1:01:52	Vet 55 Male
330	Ian Wareing	1:05:13	Vet 40 Male
20.	Hereford Couriers 7	4:04:33,00	
164	Alan Rowlands	55:15	Vet 45 Male
299	Chris Campbell	55:27	Vet 60 Male
206	Adam Mitchell-Haywood	1:04:22	Vet 40 Male
296	Stephen Hobson	1:09:29	Vet 60 Male

Number of Records: 108

