

Hereford Couriers Christmas 10K 2023



Team Results

Bib	Name	Time	Age Category
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Female

1. Hereford Couriers 1 2:55:33,00

78	Addy Carter	41:39	Senior Female
346	Naomi Prosser	43:28	Senior Female
191	Laura Hands	44:32	Senior Female
277	Clare Mallender	45:54	Vet 45 Female

2. Hereford Couriers 2 3:19:02,00

12	Sarah Askey	48:01	Vet 55 Female
260	Kimberley Langford	48:19	Senior Female
49	michelle bowley	51:14	Vet 55 Female
202	Susie Hay	51:28	Vet 40 Female

3. Malvern Joggers 1 3:19:33,00

292	Lucy McQuoney	48:14	Senior Female
125	Jessica Depper	48:37	Vet 35 Female
199	Vicia Hauser	49:28	Vet 40 Female
278	Kareen Mann	53:14	Vet 65 Female

4. Croft Ambrey RC 1 3:32:59,00

120	Mia Davies	45:48	Senior Female
15	Iiza Austin	53:24	Vet 55 Female
282	Jo Marriott	56:53	Vet 55 Female
193	Samanta Harper Harper	56:54	Vet 45 Female

5. Hereford Couriers 3 3:44:29,00

429	Bronwen Tyler-Jones	54:19	Vet 50 Female
145	Celia Escande	56:13	Senior Female
222	Charlotte Hyde	56:42	Vet 50 Female
122	Bryony Dean	57:15	Vet 45 Female

6. Malvern Buzzards Running Club 1 3:46:09,00

416	Sarah Thomas	50:47	Vet 40 Female
387	Elizabeth Slack	56:09	Vet 65 Female
66	Rachel Buckland	59:36	Vet 55 Female
100	Sarah Cuddy	59:37	Vet 45 Female

7. Wye Valley Runners 1 3:48:22,00

444	Rebecca White	54:56	Vet 40 Female
170	Amy Gilligan	55:32	Senior Female
176	Nicola Goodwin	57:21	Vet 45 Female
341	Eve Price	1:00:33	Vet 45 Female



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8. Croft Ambrey RC 2 4:11:20,00

254	Stephanie King	59:29	Vet 55 Female
59	Anna Bromley	1:03:08	Vet 40 Female
33	Alison Benwell	1:03:14	Vet 60 Female
239	Theresa Jones	1:05:29	Vet 55 Female

9. Hereford Couriers 4 4:16:58,00

161	Hollie Francis	58:20	Senior Female
348	Lauren Pullen	1:02:08	Senior Female
32	Sarah Bennett	1:02:28	Vet 50 Female
144	Sarah Elwine	1:14:02	Vet 50 Female



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Male

1. Croft Ambrey RC 1 2:23:07,00

10	Eric Apperley	33:46	Senior Male
243	Sam Juson	33:50	Senior Male
268	Gareth Leek	35:14	Senior Male
313	Simon Norwood	40:17	Vet 50 Male

2. Hereford Couriers 1 2:26:40,00

266	Ryan Lawrence	36:19	Senior Male
285	Luke Mason	36:36	Senior Male
303	William Morris	36:49	Senior Male
366	James Rogers	36:56	Senior Male

3. Western Tempo 1 2:28:07,00

257	Ryan Knight	35:22	Senior Male
220	Mike Hughes	37:03	Vet 45 Male
395	David Smith	37:24	Vet 55 Male
251	Thomas Kennedy	38:18	Male Under 20

4. Hereford Couriers 2 2:37:22,00

462	Harry Woodhouse	37:07	Senior Male
428	Andrew Tyler	38:09	Vet 50 Male
74	Paul Campbell	40:18	Vet 40 Male
401	Daniel Spear	41:48	Senior Male

5. Hereford Couriers 3 2:50:22,00

84	Christopher Cleary	42:05	Senior Male
291	Neil McNish	42:26	Vet 55 Male
469	Nerijus Zukauskas	42:48	Vet 40 Male
426	Tom Turner	43:03	Senior Male

6. Malvern Buzzards Running Club 1 2:53:10,00

376	Carl Salmon	36:16	Senior Male
225	Shane Jackson	37:45	Senior Male
121	Jay Dawson	49:27	Vet 40 Male
317	Wesley Ogden	49:42	Vet 55 Male

7. Ledbury & District Harriers 1 2:55:01,00

368	Steve Rooke	39:35	Vet 50 Male
184	Neil Grinnell	42:35	Vet 45 Male
455	Martin Williams	43:39	Vet 40 Male
213	Edward Hogan	49:12	Vet 45 Male



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8. Hereford Couriers 4		2:56:48,00	
140	Allen Edwards	43:40	Senior Male
357	Richie Richards	44:06	Vet 60 Male
93	Will Connell	44:12	Senior Male
460	Darren Woodall	44:50	Vet 50 Male
9. Bulth & District Running Club 1		2:59:48,00	
339	Lee Price	37:56	Vet 45 Male
451	Colin Williams	46:49	Vet 55 Male
342	Robert Price	46:55	Vet 50 Male
175	Malc Gonnella	48:08	Vet 65 Male
10. Croft Ambrey RC 2		3:10:26,00	
271	Joseph Lynch	43:18	Senior Male
321	Paul Parker	45:26	Vet 50 Male
402	Toby Spicer	47:23	Vet 45 Male
338	Craig Price	54:19	Vet 40 Male
11. Hereford Couriers 5		3:12:22,00	
431	Graeme Walker	45:22	Vet 60 Male
61	Ben Brown	46:39	Senior Male
232	Guy Jenkins	50:03	Vet 60 Male
286	Christian Mason	50:18	Senior Male
12. Wye Valley Runners 1		3:12:47,00	
290	Josh McMahon	46:02	Senior Male
94	Niall Considine	46:54	Senior Male
162	Daniel Francis	47:45	Senior Male
314	Paddy Nugent	52:06	Vet 60 Male
13. Malvern Joggers 1		3:25:56,00	
345	Chris Prosser	47:06	Senior Male
35	Tristan Berry	48:34	Senior Male
69	Andrew Burbidge	53:58	Vet 40 Male
350	John Raine	56:18	Senior Male
14. Hereford Couriers 6		3:30:53,00	
373	Alan Rowlands	52:15	Vet 45 Male
77	Martin Carter	52:43	Vet 55 Male
206	Steve Herington	52:49	Vet 75 Male
236	Wesley Jones	53:06	Vet 40 Male
15. Croft Ambrey RC 3		3:47:40,00	
459	Rob Wood	55:48	Vet 65 Male
452	Huw Williams	56:53	Vet 60 Male



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283	Crispin Marriott	57:28	Vet 55 Male
16	Stuart Austin	57:31	Vet 55 Male
16.	Hereford Couriers 7		3:48:44,00
231	Harry Jenkins	56:19	Senior Male
129	Jamie Dover	56:42	Vet 55 Male
75	Chris Campbell	57:00	Vet 60 Male
211	Stephen Hobson	58:43	Vet 60 Male
17.	Hereford Couriers 8		4:11:14,00
414	Stuart Taylor	59:15	Vet 40 Male
228	Nick James	1:00:01	Vet 40 Male
327	Steven Pengelly	1:00:14	Vet 50 Male
2	Dave Ainslie	1:11:44	Vet 60 Male

Number of Records: 104

