

# 5K Series 2023 - Race 1

## Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
1	275	Matthew Brunnock	M	Western Tempo	Male Under 20	1st	07:43	07:32	15:15	WAVE1
2	213	Charlie Jones	M	Western Tempo	Vet 35 Male	1st	07:43	07:34	15:17	WAVE1
3	87	Louis Peterson	M	Chiltern Harriers AC	Male Under 20	2nd	07:43	07:38	15:21	WAVE1
4	90	Henry White	M	Halo Sports Foundation	Male Under 17	1st	07:43	07:44	15:27	WAVE1
5	165	Eric Apperley	M	Croft Ambrey RC	Senior Male	1st	07:43	07:45	15:28	WAVE1
6	139	Eliot Taylor	M	Western Tempo	Senior Male	2nd	07:44	07:55	15:39	WAVE1
7	35	Mark James	M	Western Tempo	Vet 45 Male	1st	07:57	07:57	15:54	WAVE1
8	115	David Aubrey	M	Western Tempo	Senior Male	3rd	07:56	08:00	15:56	WAVE1
9	149	Connor Middleton	M	Shrewsbury AC	Senior Male	4th	07:56	08:05	16:01	WAVE1
10	217	Robin Woods	M	Builth & District	Vet 45 Male	2nd	07:51	08:11	16:02	WAVE1
11	79	Tyler Hawley	M	Wolverhampton & Bilston	Male Under 20	3rd	07:59	08:07	16:06	WAVE1
12	67	Ben Hope	M	Severn AC	Senior Male	5th	08:04	08:03	16:07	WAVE1
13	257	Malachy Clarke	M	Hereford & County AC	Male Under 20	4th	07:53	08:14	16:07	WAVE1
14	229	James Neilson	M	Wolverhampton & Bilston	Male Under 17	2nd	07:54	08:16	16:10	WAVE1
15	93	James Durman	M	Shrewsbury AC	Senior Male	6th	08:10	08:02	16:12	WAVE1
16	52	Jamie Lambie	M	Shrewsbury AC	Senior Male	7th	08:17	07:55	16:12	WAVE1
17	111	Mark Thomas	M	Croft Ambrey RC	Vet 45 Male	3rd	08:05	08:07	16:12	WAVE1
18	37	Sam Juson	M	Croft Ambrey RC	Senior Male	8th	08:03	08:11	16:14	WAVE1
19	274	Will Morris	M		Senior Male	9th	08:03	08:15	16:18	WAVE1
20	88	Luke Butler	M	Shrewsbury AC	Vet 35 Male	2nd	08:11	08:17	16:28	WAVE1
21	170	Tim Iveson	M	Builth & District Running Club	Vet 40 Male	1st	08:06	08:23	16:29	WAVE1
22	198	Ryan Knight	M	Hereford Couriers	Senior Male	10th	08:18	08:17	16:35	WAVE1
23	221	Lucas Salvage	M	Newport Harriers	Male Under 15	1st	08:18	08:20	16:38	WAVE1
24	137	Josias Ashby	M	Worcester AC	Male Under 20	5th	08:21	08:29	16:50	WAVE1
25	31	Luke Mason	M	Hereford Couriers	Vet 35 Male	3rd	08:20	08:33	16:53	WAVE1
26	264	Lauren Cooper	F	Parc Bryn Bach Running Club	Senior Female	1st	08:24	08:31	16:55	WAVE1
27	70	Marcus Bennetto	M	Forest of Dean AC	Senior Male	11th	08:18	08:40	16:58	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
28	69	Alex Hills	M	Worcester AC	Senior Male	12th	08:41	08:21	17:02	WAVE1
29	162	Jamie Carroll	M	Shrewsbury AC	Vet 35 Male	4th	08:30	08:35	17:05	WAVE1
30	50	Harvey Bowron	M	Worcester AC	Senior Male	13th	08:24	08:42	17:06	WAVE1
31	117	Christopher Brown	M	Severn AC	Vet 40 Male	2nd	08:34	08:33	17:07	WAVE1
32	26	Kristan Humphreys	M	Newport Harriers	Vet 45 Male	4th	08:33	08:39	17:12	WAVE1
33	151	Richard Watkins	M		Senior Male	14th	08:21	08:55	17:16	WAVE1
34	4	Dan Nurse	M	Severn AC	Vet 40 Male	3rd	08:34	08:42	17:16	WAVE1
35	72	Harry Woodhouse	M	Hereford couriers	Senior Male	15th	08:37	08:42	17:19	WAVE1
36	183	William Morris	M	Hereford Couriers	Senior Male	16th	08:37	08:43	17:20	WAVE1
37	262	Lee Price	M	Builth & District	Vet 45 Male	5th	08:35	08:48	17:23	WAVE1
38	51	Gwynant Jones	M	Maldwyn Harriers	Senior Male	17th	08:34	08:52	17:26	WAVE1
39	59	Will Hartop	M	Stroud & District AC	Vet 35 Male	5th	08:52	08:36	17:28	WAVE1
40	92	Matthew Wooden	M	Shrewsbury Athletic Club	Senior Male	18th	08:40	08:48	17:28	WAVE1
41	57	Archie Fox	M	Severn AC	Senior Male	19th	08:40	08:52	17:32	WAVE1
42	163	Louis Ansfield	M	Weston Tempo	Male Under 17	3rd	08:40	08:58	17:38	WAVE1
43	670	Ben White	M	Team Bath Athletic Club	Vet 35 Male	6th	08:45	09:00	17:45	WAVE1
44	181	Cai Rees	M	Hereford Couriers	Male Under 17	4th	08:42	09:10	17:52	WAVE1
45	173	Matt James	M	Hereford Couriers	Vet 35 Male	7th	09:00	08:52	17:52	WAVE1
46	103	Stephen Snead	M	Hereford Couriers	Vet 50 Male	1st	08:58	08:55	17:53	WAVE1
47	15	Nathan Pettit	M	Severn AC	Senior Male	20th	08:52	09:03	17:55	WAVE1
48	125	Nigel Dexter	M	Droitwich AC	Vet 35 Male	8th	08:48	09:08	17:56	WAVE1
49	565	Benjamin Dean	M		Male Under 20	6th	08:41	09:15	17:56	WAVE1
50	282	Thomas Kennedy	M	North Gloucestershire Orienteering Club	Male Under 20	7th	09:01	08:56	17:57	WAVE1
51	570	matthew evans	M	Aberdare Valley Amateur Athletic Club	Vet 35 Male	9th	08:45	09:16	18:01	WAVE1
52	185	Gavin McCaugherty	M	Western Tempo	Vet 40 Male	4th	09:07	08:55	18:02	WAVE1
53	121	Brandon Adams	M	Hereford Couriers	Senior Male	21st	09:00	09:03	18:03	WAVE1
54	247	Amy Penn	F	Forest of Dean AC	Senior Female	2nd	09:01	09:03	18:04	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
55	178	Chris Anderson	M	Severn AC	Vet 35 Male	10th	08:56	09:11	18:07	WAVE1
56	55	Mike Mansfield	M	Gloucester AAC	Vet 50 Male	2nd	09:06	09:04	18:10	WAVE1
57	241	William Maul	M	Hereford Couriers	Senior Male	22nd	09:00	09:11	18:11	WAVE1
58	145	Vaughn Hughes	M	Newport Harriers	Male Under 17	5th	08:57	09:20	18:17	WAVE1
59	574	MILLIE PORTER	F	Gloucester AC	Senior Female	3rd	09:09	09:12	18:21	WAVE1
60	73	James Smith	M	Severn AC	Vet 40 Male	5th	09:01	09:21	18:22	WAVE1
61	276	Lloyd Davies	M	Western Tempo	Senior Male	23rd	08:56	09:28	18:24	WAVE1
62	128	David Clarke	M	Severn AC	Vet 50 Male	3rd	09:10	09:19	18:29	WAVE1
63	132	Nick Hitchings	M	Worcester	Vet 50 Male	4th	09:14	09:16	18:30	WAVE1
64	197	Ewelina Ciesielska	F		Vet 35 Female	1st	09:14	09:19	18:33	WAVE1
65	129	Helen Knight	F	CLC Striders	Vet 40 Female	1st	09:14	09:20	18:34	WAVE1
66	296	Colin Parry	M	Forest of Dean AC	Vet 40 Male	6th	09:04	09:32	18:36	WAVE1
67	105	Evie Hawkesford - Johnson	F	Worcester AC	Female Under 20	1st	09:07	09:33	18:40	WAVE1
68	171	Neil Grinnell	M	Ledbury & District Harriers	Vet 45 Male	6th	09:26	09:29	18:55	WAVE1
69	99	Poppy Oliver	F	Forest of Dean AC	Female Under 15	1st	09:18	09:39	18:57	WAVE1
70	100	Ben Oliver	M		Vet 35 Male	11th	09:17	09:40	18:57	WAVE1
71	568	Tirian Ashby	M	Worcester AC	Male Under 20	8th	09:33	09:28	19:01	WAVE1
72	2	Sunin Patel	M	Telford AC	Vet 40 Male	7th	09:17	09:44	19:01	WAVE1
73	101	David Prosser-painting	M		Vet 45 Male	7th	09:33	09:29	19:02	WAVE1
74	84	David Lander	M	Severn AC	Vet 55 Male	1st	09:34	09:35	19:09	WAVE1
75	76	Thomas Dawson	M		Vet 40 Male	8th	09:34	09:39	19:13	WAVE1
76	272	Oliver Smith	M	Halesowen ACC	Male Under 15	2nd	09:23	09:50	19:13	WAVE1
77	225	Brittany Teague	F	Western Tempo	Senior Female	4th	09:37	09:36	19:13	WAVE1
78	30	Richard Boseley	M	Severn AC	Vet 60 Male	1st	09:33	09:42	19:15	WAVE1
79	91	Lucy Hillary	F	Western Tempo	Female Under 15	2nd	09:37	09:45	19:22	WAVE1
80	74	Helen Taylor	F	Telford AC	Senior Female	5th	09:33	09:55	19:28	WAVE1
81	284	Rachel Vines	F	CLC Striders	Vet 40 Female	2nd	09:42	10:02	19:44	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
82	155	Neil Gamble	M	Aberystwyth Athletic Club	Vet 50 Male	5th	09:45	10:02	19:47	WAVE1
83	1000	Andy Tyler	M	Hereford Couriers	Vet 50 Male	6th	09:45	10:26	20:11	WAVE1
84	590	Allen Edwards	M	Hereford Couriers	Senior Male	24th	09:33	10:39	20:12	WAVE1
85	259	Ryan Lawrence	M	Hereford Couriers	Senior Male	1st	09:12	09:05	18:17	WAVE2
86	227	Daniel Spear	M	Hereford Couriers	Vet 35 Male	1st	09:32	09:18	18:50	WAVE2
87	41	Ieuan Vale-Smith	M	Hereford Couriers	Senior Male	2nd	09:46	09:12	18:58	WAVE2
88	295	chris Nicholls	M	Tewkesbury Running Club	Vet 40 Male	1st	09:31	09:29	19:00	WAVE2
89	140	Isobel Watt	F	Cheltenham and County Harriers	Female Under 17	1st	09:22	09:47	19:09	WAVE2
90	64	James Jones	M	Builth & District	Senior Male	3rd	09:35	09:34	19:09	WAVE2
91	215	Andy Taylor	M		Vet 50 Male	1st	09:32	09:45	19:17	WAVE2
92	195	Martin Williams	M	Ledbury & District Harriers	Vet 40 Male	2nd	09:42	09:37	19:19	WAVE2
93	68	Fred Tyler	M	Hereford & County AC	Male Under 15	1st	09:30	09:51	19:21	WAVE2
94	267	Darren Gibbons	M		Vet 35 Male	2nd	09:34	09:58	19:32	WAVE2
95	194	Kelsham Hanna	M	Builth & District	Vet 50 Male	2nd	09:44	09:51	19:35	WAVE2
96	32	Simeon Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	1st	09:42	09:55	19:37	WAVE2
97	216	Paul Jones	M	Hereford Couriers	Vet 50 Male	3rd	10:04	09:38	19:42	WAVE2
98	188	Neil McNish	M	Hereford Couriers	Vet 50 Male	4th	09:52	09:53	19:45	WAVE2
99	293	Christopher Cleary	M	Hereford Couriers	Senior Male	4th	09:57	09:48	19:45	WAVE2
100	1	Sarah Morris	F	Black Pear Joggers	Vet 35 Female	1st	09:59	09:50	19:49	WAVE2
101	96	Emily Walker	F	Newport Harriers	Female Under 17	2nd	09:41	10:12	19:53	WAVE2
102	161	Charlie Partridge	M		Male Under 15	2nd	10:03	09:56	19:59	WAVE2
103	592	Michael Errington	M	Severn AC	Vet 40 Male	3rd	09:57	10:02	19:59	WAVE2
104	201	Luke Williams	M	Hereford Couriers	Vet 40 Male	4th	09:57	10:06	20:03	WAVE2
105	179	Ben Warburton	M	Hereford & County AC	Male Under 17	1st	10:05	09:58	20:03	WAVE2
106	220	Pete Walker	M	Shrewsbury AC	Vet 40 Male	5th	10:01	10:06	20:07	WAVE2
107	167	Tim George Giles	M	Ludlow Runners	Vet 50 Male	5th	10:08	10:00	20:08	WAVE2
108	291	Grant White	M	Monross Trailblazers	Senior Male	5th	09:58	10:16	20:14	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
109	586	Robert Kerr	M	Ledbury & District Harriers	Vet 65 Male	1st	09:59	10:15	20:14	WAVE2
110	249	Laura Hands	F	Hereford couriers	Senior Female	1st	10:13	10:08	20:21	WAVE2
111	150	Victoria Watkins	F	Worcester AC	Vet 40 Female	1st	10:21	10:04	20:25	WAVE2
112	104	Peter Darwen	M	Black Pear Joggers	Vet 55 Male	1st	10:15	10:11	20:26	WAVE2
113	191	Oscar Martin	M	Hereford & County AC	Male Under 13	1st	09:48	10:39	20:27	WAVE2
114	251	Jamie Griffiths	M		Vet 40 Male	6th	10:18	10:12	20:30	WAVE2
115	133	Clare Thompson	F	Severn AC	Vet 35 Female	2nd	10:19	10:15	20:34	WAVE2
116	12	Mike Kennedy	M	Almost Athletes	Vet 50 Male	6th	10:22	10:13	20:35	WAVE2
117	260	Steve Hartley	M		Vet 60 Male	1st	10:22	10:14	20:36	WAVE2
118	184	Richie Richards	M	Hereford Couriers	Vet 55 Male	2nd	10:11	10:27	20:38	WAVE2
119	44	Dan Phillips	M	Hereford Couriers	Vet 40 Male	7th	10:12	10:26	20:38	WAVE2
120	576	Chelsea Morris	F		Senior Female	2nd	10:14	10:25	20:39	WAVE2
121	148	Matthew Eyre	M	Army Athletics Association	Vet 40 Male	8th	10:15	10:24	20:39	WAVE2
122	300	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	7th	10:28	10:12	20:40	WAVE2
123	50001	N.N. 50001				1st	10:24	10:17	20:41	WAVE2
124	34	Adam Zielinski	M		Vet 40 Male	9th	10:25	10:16	20:41	WAVE2
125	240	Will Connell	M	Hereford Couriers	Senior Male	6th	10:30	10:13	20:43	WAVE2
126	581	Marcus Price	M	Hereford Couriers	Senior Male	7th	10:23	10:22	20:45	WAVE2
127	214	Izzy Axford	F	Western Tempo	Senior Female	3rd	10:24	10:23	20:47	WAVE2
128	207	Paul Mammatt	M		Vet 50 Male	8th	10:15	10:39	20:54	WAVE2
129	699	Steven Chadwick	M		Senior Male	8th	10:13	10:44	20:57	WAVE2
130	18	Paul Millsom	M	Vegan Runners UK	Vet 65 Male	2nd	10:25	10:36	21:01	WAVE2
131	16	Andrew Kaye	M	Vegan Runners UK	Vet 60 Male	2nd	10:22	10:40	21:02	WAVE2
132	572	Stephen Goodridge	M	Brecon AC	Vet 60 Male	3rd	10:38	10:30	21:08	WAVE2
133	202	Emma Oldham	F	Worcester AC	Vet 40 Female	2nd	10:25	10:47	21:12	WAVE2
134	239	Tim Broome	M	Hereford Couriers	Vet 40 Male	10th	10:34	10:41	21:15	WAVE2
135	53	Jonathan Davey	M	Hereford Couriers	Vet 55 Male	3rd	10:27	10:49	21:16	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
136	589	Tom Smith	M		Senior Male	9th	10:27	10:54	21:21	WAVE2
137	65	Barry Griffiths	M	Brecon AC	Vet 55 Male	4th	10:31	10:52	21:23	WAVE2
138	279	Robert Gilligan	M	Wye Valley Runners	Vet 55 Male	5th	10:51	10:41	21:32	WAVE2
139	102	Joseph Leahy	M	Hereford & County AC	Male Under 17	2nd	10:37	10:56	21:33	WAVE2
140	138	David Green	M	Hereford Couriers	Vet 55 Male	6th	10:50	10:46	21:36	WAVE2
141	199	Lucy Jarvis	F	Hereford Couriers	Senior Female	4th	10:45	10:51	21:36	WAVE2
142	89	Rebecca Byford	F	Worcester AC	Senior Female	5th	10:52	10:57	21:49	WAVE2
143	56	Clare Hawling	F	Cheltenham and County Harriers	Vet 60 Female	1st	10:49	11:02	21:51	WAVE2
144	286	Vanessa Ward	F	Monross Trailblazers	Vet 35 Female	3rd	11:10	10:42	21:52	WAVE2
145	119	Emma King	F	Llisbury Runners	Vet 40 Female	3rd	11:10	10:42	21:52	WAVE2
146	9	Quisha Cashmore	F		Female Under 15	1st	10:59	10:53	21:52	WAVE2
147	244	Lianne Powell	F	Hereford couriers	Vet 35 Female	4th	10:50	11:03	21:53	WAVE2
148	261	Thomas Gummery	M		Senior Male	10th	11:25	10:31	21:56	WAVE2
149	277	Ben Probert	M		Vet 35 Male	3rd	10:57	11:01	21:58	WAVE2
150	268	Angus Kirby	M	Ludlow Runners	Vet 55 Male	7th	10:59	10:59	21:58	WAVE2
151	254	James Powell	M		Senior Male	11th	10:55	11:04	21:59	WAVE2
152	122	Robert Connell	M	Hereford Couriers	Vet 60 Male	4th	10:59	11:01	22:00	WAVE2
153	24	Dan Hardy	M		Vet 35 Male	4th	11:07	10:53	22:00	WAVE2
154	689	Laurence Fowkes	M	Malvern Buzzards Running Club	Vet 50 Male	9th	11:01	11:05	22:06	WAVE2
155	80	Dan Cleworth	M	Hereford Couriers	Vet 45 Male	2nd	11:01	11:08	22:09	WAVE2
156	152	Michael Strange	M	Forest of Dean AC	Vet 65 Male	3rd	11:05	11:10	22:15	WAVE2
157	233	Edward Hogan	M	Ledbury & District Harriers	Vet 45 Male	3rd	10:58	11:20	22:18	WAVE2
158	222	Olivia Hayman	F	Croft Ambrey RC	Female Under 13	1st	10:42	11:43	22:25	WAVE2
159	230	Mark Paviour	M	Maldwyn Harriers	Vet 60 Male	5th	11:01	11:27	22:28	WAVE2
160	283	Nicole Radley	F		Senior Female	6th	11:00	11:34	22:34	WAVE2
161	294	Kimberley Langford	F	Hereford Couriers	Senior Female	7th	10:58	11:40	22:38	WAVE2
162	675	Matthew Leyshon	M		Vet 40 Male	11th	11:48	10:51	22:39	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
163	25	Cliff wood	M	Black Pear Joggers	Vet 50 Male	10th	11:23	11:23	22:46	WAVE2
164	153	Yvonne Gajny	F	Shrewsbury AC	Vet 45 Female	1st	11:18	11:28	22:46	WAVE2
165	54	Guy Jenkins	M	Hereford Couriers	Vet 60 Male	6th	11:25	11:22	22:47	WAVE2
166	253	Daniel Gummery	M		Senior Male	12th	11:26	11:24	22:50	WAVE2
167	685	Ryley Anderson	M		Male Under 15	3rd	11:36	11:17	22:53	WAVE2
168	156	Chris Price	M	Hereford Couriers	Vet 45 Male	4th	11:12	11:42	22:54	WAVE2
169	266	Isaac Culshaw	M		Male Under 17	3rd	11:15	11:40	22:55	WAVE2
170	187	Christian Mason	M	Hereford Couriers	Vet 35 Male	5th	11:27	11:29	22:56	WAVE2
171	210	Christopher Berry	M	Black Pear Joggers	Vet 55 Male	8th	11:36	11:20	22:56	WAVE2
172	683	Ifan Jones	M	Maldwyn Harriers	Vet 55 Male	9th	11:37	11:21	22:58	WAVE2
173	270	Sarah Askey	F	Hereford Couriers	Vet 55 Female	1st	11:43	11:20	23:03	WAVE2
174	95	San Walker	F	Newport Harriers	Vet 45 Female	2nd	11:25	11:41	23:06	WAVE2
175	193	Darren Woodall	M	Hereford Couriers	Vet 45 Male	5th	11:29	11:37	23:06	WAVE2
176	136	Robert Limb	M		Vet 45 Male	6th	11:37	11:34	23:11	WAVE2
177	186	Gerry McGarr	M		Vet 70 Male	1st	11:45	11:34	23:19	WAVE2
178	584	Jim Dicken	M		Vet 65 Male	4th	11:48	11:40	23:28	WAVE2
179	243	Jonathan Meadows	M	Monross Trailblazers	Vet 35 Male	6th	11:21	12:09	23:30	WAVE2
180	182	Ben James	M	Hereford Couriers	Vet 40 Male	12th	11:38	11:52	23:30	WAVE2
181	212	John Maddy	M		Vet 55 Male	10th	11:45	11:48	23:33	WAVE2
182	49	Alan Robertson	M	Forest of Dean AC	Vet 65 Male	5th	11:58	11:51	23:49	WAVE2
183	77	Catherine Gilbert	F	Brecon AC	Vet 45 Female	3rd	12:03	11:51	23:54	WAVE2
184	297	Phil Parry	M	Lonely Goat RC	Vet 40 Male	13th	11:53	12:05	23:58	WAVE2
185	10	Emily Moseley	F	Ludlow Runners	Vet 35 Female	5th	12:02	11:56	23:58	WAVE2
186	223	Nicola Kelly	F	Builth & District Running Club	Vet 50 Female	1st	11:58	12:01	23:59	WAVE2
187	273	Paul Roberts	M	Ludlow Runners	Vet 60 Male	7th	11:49	12:13	24:02	WAVE2
188	3	Samantha Watts	F	Severn AC	Vet 40 Female	4th	12:03	11:59	24:02	WAVE2
189	250	Richard Worth	M		Vet 55 Male	11th	11:52	12:17	24:09	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
190	587	Caroline Kerr	F	Ledbury & District Harriers	Vet 55 Female	2nd	11:58	12:12	24:10	WAVE2
191	573	Kieran Whittall	M	Hereford Couriers	Senior Male	13th	12:15	11:57	24:12	WAVE2
192	271	Ben Goddard	M	Hereford Couriers	Senior Male	14th	11:53	12:30	24:23	WAVE2
193	154	Harry Jenkins	M	Hereford Couriers	Vet 35 Male	7th	11:56	12:29	24:25	WAVE2
194	144	Oliver Hughes	M	Llisbury Runners	Vet 40 Male	14th	12:07	12:28	24:35	WAVE2
195	288	Chris Campbell	M	Hereford Couriers	Vet 60 Male	8th	12:09	12:31	24:40	WAVE2
196	218	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	2nd	12:26	12:14	24:40	WAVE2
197	11	Victoria Kennedy	F	Almost Athletes	Vet 40 Female	5th	12:16	12:28	24:44	WAVE2
198	245	Samantha Greenman	F		Vet 35 Female	6th	12:13	12:31	24:44	WAVE2
199	234	Richard Andrews	M		Vet 55 Male	12th	12:22	12:28	24:50	WAVE2
200	142	Gerald Gobey	M	Hereford Couriers	Vet 65 Male	6th	12:24	12:28	24:52	WAVE2
201	141	Clare Watt	F	Run Mummy Run CRC	Vet 50 Female	2nd	12:31	12:30	25:01	WAVE2
202	22	Angela Wixey	F	Severn AC	Vet 55 Female	3rd	12:38	12:24	25:02	WAVE2
203	248	Joyce Warburton	F		Vet 50 Female	3rd	12:23	12:45	25:08	WAVE2
204	208	Deanna Mammatt	F		Vet 45 Female	4th	12:35	12:38	25:13	WAVE2
205	172	Steve Herington	M	Hereford Couriers	Vet 70 Male	2nd	12:01	13:14	25:15	WAVE2
206	27	Sophie Collier	F	Severn AC	Senior Female	8th	12:29	12:54	25:23	WAVE2
206	160	Tom Payne	M	Severn AC	Vet 40 Male	15th	12:28	12:55	25:23	WAVE2
208	265	Bryony Dean	F	Hereford Couriers	Vet 45 Female	5th	12:53	12:32	25:25	WAVE2
209	134	Celia Escande	F	Hereford Couriers	Senior Female	9th	12:32	12:56	25:28	WAVE2
210	176	Tom Boog-Scott	M	Ludlow Runners	Vet 70 Male	3rd	12:27	13:04	25:31	WAVE2
211	127	Lisa Sutton	F		Vet 40 Female	6th	13:22	12:47	26:09	WAVE2
212	126	Harriet Brown	F	Black Pear Joggers	Senior Female	10th	13:22	12:47	26:09	WAVE2
213	588	Brent Lowson	M	Wye Valley Runners	Vet 60 Male	9th	13:54	12:22	26:16	WAVE2
214	177	Hannah Campbell	F	Hereford Couriers	Senior Female	11th	13:17	13:01	26:18	WAVE2
215	83	Aneta Sedziak	F		Vet 40 Female	7th	12:32	13:55	26:27	WAVE2
216	578	Hollie Francis	F	Hereford Couriers	Senior Female	12th	13:03	13:35	26:38	WAVE2





# 5K Series 2023 - Race 1

## Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
217	58	Paul Downey	M		Vet 60 Male	10th	13:33	13:12	26:45	WAVE2
218	143	Lindsey Flowers	F	Wye Valley Runners	Vet 35 Female	7th	13:15	13:30	26:45	WAVE2
219	17	Lesley Ashton	F	Vegan Runners UK	Vet 60 Female	3rd	13:15	13:35	26:50	WAVE2
220	687	Beth Apperley	F	Hereford Couriers	Senior Female	13th	13:17	13:42	26:59	WAVE2
221	180	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	6th	13:34	13:34	27:08	WAVE2
222	281	Jonathan Kennedy	M		Vet 50 Male	11th	13:49	13:21	27:10	WAVE2
223	38	Emma Foreman	F	Malvern Buzzards Running Club	Vet 50 Female	4th	13:36	13:53	27:29	WAVE2
224	66	Paul Evans	M	Brecon AC	Vet 45 Male	7th	13:15	14:16	27:31	WAVE2
225	5	Aaron Higgins	M	Hereford Couriers	Senior Male	15th	14:10	13:26	27:36	WAVE2
226	81	Dave Ainslie	M	Hereford Couriers	Vet 60 Male	11th	14:12	13:41	27:53	WAVE2
227	75	Monique da Silva	F	Hereford Couriers	Vet 35 Female	8th	13:38	14:16	27:54	WAVE2
228	232	Millie Walters	F		Female Under 17	3rd	13:49	14:12	28:01	WAVE2
229	147	Mervyn Davis	M	Black pears Joggers	Vet 75 Male	1st	13:49	14:15	28:04	WAVE2
230	231	Kelly Jones	F		Vet 35 Female	9th	13:48	14:16	28:04	WAVE2
231	236	Mike Hayward	M	Croft Ambrey RC	Vet 60 Male	12th	13:54	14:13	28:07	WAVE2
232	196	Samantha Jane	F	Hereford Couriers	Vet 40 Female	8th	14:08	14:15	28:23	WAVE2
233	200	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	13th	14:24	14:26	28:50	WAVE2
234	255	Nick Paviour	M	Wye Valley Runners	Senior Male	16th	14:44	15:23	30:07	WAVE2
235	7	Rachel Cashmore	F	Malvern Buzzards Running Club	Vet 50 Female	5th	15:02	15:14	30:16	WAVE2
236	71	Lauren Pullen	F		Female Under 20	1st	15:15	15:04	30:19	WAVE2
237	697	Richard Bloomer	M		Senior Male	17th	14:30	15:51	30:21	WAVE2
238	164	Adam Mitchell-Haywood	M	Hereford Couriers	Vet 40 Male	16th	15:28	15:23	30:51	WAVE2
239	299	brian Symonds	M	Wye Valley Runners	Vet 80 Male	1st	15:19	15:51	31:10	WAVE2
240	48	John Noonan	M	Hereford Couriers	Vet 65 Male	7th	15:44	16:05	31:49	WAVE2
241	219	Lisa Wilkinson	F		Vet 45 Female	7th	16:17	15:36	31:53	WAVE2
242	579	Sarah Fowkes	F	Malvern Buzzards Running Club	Vet 60 Female	4th	15:59	16:27	32:26	WAVE2
243	242	Joy Baker	F	Ledbury & District Harriers	Vet 50 Female	6th	16:17	16:10	32:27	WAVE2



# 5K Series 2023 - Race 1



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
244	290	Daisy Coe	F	Hereford Couriers	Senior Female	14th	16:36	16:41	33:17	WAVE2
245	42	Molly Vale-Smith	F	Hereford Couriers	Senior Female	15th	16:36	16:42	33:18	WAVE2
246	593	Audrey Edwards	F	Merthyr running club	Vet 60 Female	5th	17:11	16:51	34:02	WAVE2
247	287	Sybil Marsh	F	Ludlow Runners	Vet 75 Female	1st	17:24	17:14	34:38	WAVE2
248	278	Caroline Edwards	F	Andali fitness	Vet 55 Female	4th	17:42	18:31	36:13	WAVE2
249	62	Sarah Mccauley	F	Hereford Couriers	Vet 40 Female	9th	18:17	18:17	36:34	WAVE2
250	698	Lianne Watkins	F		Vet 40 Female	10th	18:32	18:59	37:31	WAVE2
251	39	John Watkins	M		Vet 40 Male	17th	18:32	19:00	37:32	WAVE2
252	566	Clare Vaughan	F	Hereford Couriers	Vet 50 Female	7th	19:09	18:26	37:35	WAVE2
253	135	Bryan Markham	M	Croft Ambrey RC	Vet 80 Male	2nd	18:41	19:40	38:21	WAVE2
254	285	Alison Stamp	F	Hereford Couriers	Senior Female	16th	19:24	21:21	40:45	WAVE2
255	252	Laura Jenkins	F	Hereford Couriers	Senior Female	17th	25:15	26:11	51:26	WAVE2
256	575	Harriet Halford	F		Vet 35 Female	10th	25:15	26:12	51:27	WAVE2

Number of Records: 256

