

5K Series 2023 - Race 2

Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
1	90	Henry White	M	Halo Sports Foundation	Male Under 17	1st	07:42	07:51	15:33	WAVE1
2	165	Eric Apperley	M	Croft Ambrey RC	Senior Male	1st	07:49	07:59	15:48	WAVE1
3	79	Tyler Hawley	M	Wolverhampton & Bilston	Male Under 20	1st	07:51	08:00	15:51	WAVE1
4	52	Jamie Lambie	M	Shrewsbury AC	Senior Male	2nd	07:51	08:02	15:53	WAVE1
5	229	James Neilson	M	Wolverhampton & Bilston	Male Under 17	2nd	07:51	08:08	15:59	WAVE1
6	217	Robin Woods	M	Builth & District	Vet 45 Male	1st	07:51	08:09	16:00	WAVE1
7	170	Tim Iveson	M	Builth & District Running Club	Vet 40 Male	1st	08:00	08:15	16:15	WAVE1
8	97	Daniel Kennedy	M	Blackheath and Bromley Harriers	Senior Male	3rd	08:01	08:18	16:19	WAVE1
9	111	Mark Thomas	M	Croft Ambrey RC	Vet 45 Male	2nd	08:06	08:20	16:26	WAVE1
10	35	Mark James	M	Western Tempo	Vet 45 Male	3rd	08:05	08:22	16:27	WAVE1
11	88	Luke Butler	M	Shrewsbury AC	Vet 35 Male	1st	08:16	08:19	16:35	WAVE1
12	198	Ryan Knight	M	Hereford Couriers	Senior Male	4th	08:14	08:22	16:36	WAVE1
13	31	Luke Mason	M	Hereford Couriers	Vet 35 Male	2nd	08:14	08:22	16:36	WAVE1
14	37	Sam Juson	M	Croft Ambrey RC	Senior Male	5th	08:07	08:30	16:37	WAVE1
15	221	Lucas Salvage	M	Newport Harriers	Male Under 15	1st	08:10	08:31	16:41	WAVE1
16	226	Alexander Logan	M	Ludlow Runners	Vet 40 Male	2nd	08:14	08:29	16:43	WAVE1
17	70	Marcus Bennetto	M	Forest of Dean AC	Senior Male	6th	08:05	08:42	16:47	WAVE1
18	36	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	3rd	08:16	08:34	16:50	WAVE1
19	316	Owen Parry	M	Gloucester Athletic Club	Vet 40 Male	3rd	08:22	08:38	17:00	WAVE1
20	4	Dan Nurse	M	Severn AC	Vet 40 Male	4th	08:24	08:37	17:01	WAVE1
21	338	Jamie Carroll	M	Shrewsbury AC	Vet 35 Male	4th	08:25	08:37	17:02	WAVE1
22	282	Thomas Kennedy	M	North Gloucestershire Orienteering Club	Male Under 20	2nd	08:25	08:38	17:03	WAVE1
23	264	Lauren Cooper	F	Parc Bryn Bach Running Club	Senior Female	1st	08:30	08:36	17:06	WAVE1
24	235	Sam Rule	M	Forest of Dean AC	Vet 45 Male	4th	08:16	08:53	17:09	WAVE1
25	337	Matt James	M	Hereford Couriers	Vet 35 Male	5th	08:37	08:37	17:14	WAVE1
26	51	Gwynant Jones	M	Maldwyn Harriers	Senior Male	7th	08:34	08:41	17:15	WAVE1
27	72	Harry Woodhouse	M	Hereford couriers	Senior Male	8th	08:35	08:41	17:16	WAVE1



5K Series 2023 - Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
28	183	William Morris	M	Hereford Couriers	Senior Male	9th	08:34	08:43	17:17	WAVE1
29	57	Archie Fox	M	Severn AC	Senior Male	10th	08:35	08:42	17:17	WAVE1
30	50	Harvey Bowron	M	Worcester AC	Senior Male	11th	08:35	08:42	17:17	WAVE1
31	26	Kristan Humphreys	M	Newport Harriers	Vet 45 Male	5th	08:28	09:01	17:29	WAVE1
32	117	Christopher Brown	M	Severn AC	Vet 40 Male	5th	08:25	09:05	17:30	WAVE1
33	670	Ben White	M	Team Bath Athletic Club	Vet 35 Male	6th	08:49	08:55	17:44	WAVE1
34	121	Brandon Adams	M	Hereford Couriers	Senior Male	12th	08:53	08:51	17:44	WAVE1
35	73	James Smith	M	Severn AC	Vet 40 Male	6th	08:45	09:01	17:46	WAVE1
36	259	Ryan Lawrence	M	Hereford Couriers	Senior Male	13th	08:50	08:58	17:48	WAVE1
37	262	Lee Price	M	Builth & District	Vet 45 Male	6th	08:30	09:19	17:49	WAVE1
38	92	Matthew Wooden	M	Shrewsbury Athletic Club	Senior Male	14th	08:38	09:11	17:49	WAVE1
39	305	Jason Tilley	M	Gloucester AC	Vet 50 Male	1st	08:45	09:06	17:51	WAVE1
40	103	Stephen Snead	M	Hereford Couriers	Vet 50 Male	2nd	08:48	09:04	17:52	WAVE1
41	55	Mike Mansfield	M	Gloucester AAC	Vet 50 Male	3rd	08:53	09:06	17:59	WAVE1
42	163	Louis Ansfield	M	Weston Tempo	Male Under 17	3rd	08:37	09:26	18:03	WAVE1
43	324	Naomi Eaton	F	Western Tempo	Vet 35 Female	1st	08:50	09:16	18:06	WAVE1
44	125	Nigel Dexter	M	Droitwich AC	Vet 35 Male	7th	08:52	09:15	18:07	WAVE1
45	100	Ben Oliver	M		Vet 35 Male	8th	08:36	09:38	18:14	WAVE1
46	320	Darren Broady	M	Western Tempo	Senior Male	15th	08:50	09:30	18:20	WAVE1
47	145	Vaughn Hughes	M	Newport Harriers	Male Under 17	4th	08:55	09:29	18:24	WAVE1
48	181	Cai Rees	M	Hereford Couriers	Male Under 17	5th	08:49	09:39	18:28	WAVE1
49	301	Dominik Plesiewicz	M	Rhymney Valley AC	Male Under 17	6th	08:57	09:32	18:29	WAVE1
50	322	Kieran Price	M		Senior Male	16th	09:05	09:25	18:30	WAVE1
51	247	Amy Penn	F	Forest of Dean AC	Senior Female	2nd	08:54	09:36	18:30	WAVE1
52	276	Lloyd Davies	M	Western Tempo	Senior Male	17th	09:07	09:26	18:33	WAVE1
53	215	Andy Taylor	M		Vet 50 Male	4th	09:08	09:26	18:34	WAVE1
54	128	David Clarke	M	Severn AC	Vet 50 Male	5th	09:09	09:28	18:37	WAVE1



5K Series 2023 - Race 2

Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
55	296	Colin Parry	M	Forest of Dean AC	Vet 40 Male	7th	09:10	09:32	18:42	WAVE1
56	105	Evie Hawkesford - Johnson	F	Worcester AC	Female Under 20	1st	09:00	09:42	18:42	WAVE1
57	289	Emma Powell	F	Western Tempo	Senior Female	3rd	09:09	09:34	18:43	WAVE1
58	123	Martin Lloyd	M	Hereford Couriers	Vet 40 Male	8th	09:15	09:35	18:50	WAVE1
59	2	Sunin Patel	M	Telford AC	Vet 40 Male	9th	09:11	09:40	18:51	WAVE1
60	132	Nick Hitchings	M	Worcester	Vet 50 Male	6th	09:11	09:45	18:56	WAVE1
61	129	Helen Knight	F	CLC Striders	Vet 40 Female	1st	09:20	09:45	19:05	WAVE1
62	106	Alex Haines	M	Midland Masters AC	Vet 50 Male	7th	09:26	09:54	19:20	WAVE1
63	178	Chris Anderson	M	Severn AC	Vet 35 Male	9th	09:31	09:56	19:27	WAVE1
64	189	David Gresswell	M	Gloucester AC	Vet 55 Male	1st	09:34	09:53	19:27	WAVE1
65	76	Thomas Dawson	M		Vet 40 Male	10th	09:18	10:11	19:29	WAVE1
66	74	Helen Taylor	F	Telford AC	Senior Female	4th	09:23	10:08	19:31	WAVE1
67	312	Kirk Denton	M	Black Pear Joggers	Vet 40 Male	11th	09:35	09:58	19:33	WAVE1
68	225	Brittany Teague	F	Western Tempo	Senior Female	5th	09:39	09:54	19:33	WAVE1
69	30	Richard Boseley	M	Severn AC	Vet 60 Male	1st	09:43	09:59	19:42	WAVE1
70	155	Neil Gamble	M	Aberystwyth Athletic Club	Vet 50 Male	8th	09:47	09:58	19:45	WAVE1
71	336	Andy Tyler	M	Hereford Couriers	Vet 50 Male	9th	09:56	10:16	20:12	WAVE1
72	284	Rachel Vines	F	CLC Striders	Vet 40 Female	2nd	09:57	10:16	20:13	WAVE1
73	570	matthew evans	M	Aberdare Valley Amateur Athletic Club	Vet 35 Male	1st	09:03	09:18	18:21	WAVE2
74	41	Ieuan Vale-Smith	M	Hereford Couriers	Senior Male	1st	09:04	09:28	18:32	WAVE2
75	140	Isobel Watt	F	Cheltenham and County Harriers	Female Under 17	1st	09:13	09:21	18:34	WAVE2
76	227	Daniel Spear	M	Hereford Couriers	Vet 35 Male	2nd	09:13	09:23	18:36	WAVE2
77	82	Matthew Ansfield	M		Vet 50 Male	1st	09:16	09:25	18:41	WAVE2
78	161	Charlie Partridge	M		Male Under 15	1st	09:16	09:33	18:49	WAVE2
79	96	Emily Walker	F	Newport Harriers	Female Under 17	2nd	09:14	09:36	18:50	WAVE2
80	64	James Jones	M	Builth & District	Senior Male	2nd	09:16	09:41	18:57	WAVE2
81	179	Ben Warburton	M	Hereford & County AC	Male Under 17	1st	09:15	09:43	18:58	WAVE2



5K Series 2023 - Race 2

Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
82	68	Fred Tyler	M	Hereford & County AC	Male Under 15	2nd	09:32	09:38	19:10	WAVE2
83	44	Dan Phillips	M	Hereford Couriers	Vet 40 Male	1st	09:26	09:47	19:13	WAVE2
84	204	James Cooke	M	Hereford & County AC	Male Under 15	3rd	09:33	09:42	19:15	WAVE2
85	311	Howard Thompson	M	Black Pear Joggers	Vet 55 Male	1st	09:38	09:38	19:16	WAVE2
86	194	Kelsham Hanna	M	Builth & District	Vet 50 Male	2nd	09:30	09:50	19:20	WAVE2
87	32	Simeon Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	1st	09:29	10:00	19:29	WAVE2
88	188	Neil McNish	M	Hereford Couriers	Vet 50 Male	3rd	09:36	09:54	19:30	WAVE2
89	302	Steve Bradley	M	Cheltenham and County Harriers	Vet 50 Male	4th	09:48	09:52	19:40	WAVE2
90	291	Grant White	M	Monross Trailblazers	Senior Male	3rd	09:52	09:55	19:47	WAVE2
91	280	Gavin Jones	M	Monross Trailblazers	Senior Male	4th	09:51	09:56	19:47	WAVE2
92	246	Joanna Eddy	F	Hereford Couriers	Vet 45 Female	1st	09:52	10:02	19:54	WAVE2
93	590	Allen Edwards	M	Hereford Couriers	Senior Male	5th	09:34	10:31	20:05	WAVE2
94	592	Michael Errington	M	Severn AC	Vet 40 Male	2nd	09:59	10:13	20:12	WAVE2
95	260	Steve Hartley	M		Vet 60 Male	1st	10:01	10:17	20:18	WAVE2
96	201	Luke Williams	M	Hereford Couriers	Vet 40 Male	3rd	09:55	10:25	20:20	WAVE2
97	1	Sarah Morris	F	Black Pear Joggers	Vet 35 Female	1st	10:14	10:07	20:21	WAVE2
98	300	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	5th	10:08	10:19	20:27	WAVE2
99	340	Mike Kennedy	M	Almost Athletes	Vet 50 Male	6th	10:16	10:17	20:33	WAVE2
100	34	Adam Zielinski	M		Vet 40 Male	4th	10:05	10:33	20:38	WAVE2
101	53	Jonathan Davey	M	Hereford Couriers	Vet 55 Male	2nd	10:08	10:31	20:39	WAVE2
102	576	Chelsea Morris	F		Senior Female	1st	10:11	10:28	20:39	WAVE2
103	586	ROBERT KERR	M	Ledbury & District Harriers	Vet 65 Male	1st	10:09	10:32	20:41	WAVE2
104	239	Tim Broome	M	Hereford Couriers	Vet 40 Male	5th	10:03	10:40	20:43	WAVE2
105	675	Matthew Leyshon	M		Vet 40 Male	6th	10:13	10:31	20:44	WAVE2
106	9	Quisha Cashmore	F		Female Under 15	1st	10:31	10:14	20:45	WAVE2
107	303	Tracey Brenton	F	Severn AC	Vet 50 Female	1st	10:13	10:33	20:46	WAVE2
108	293	Christopher Cleary	M	Hereford Couriers	Senior Male	6th	09:31	11:15	20:46	WAVE2



5K Series 2023 - Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
109	339	Tom Smith	M		Senior Male	7th	10:01	10:50	20:51	WAVE2
110	581	Marcus Price	M		Senior Male	8th	10:14	10:38	20:52	WAVE2
111	572	Stephen Goodridge	M	Brecon AC	Vet 60 Male	2nd	10:19	10:37	20:56	WAVE2
112	205	Paul Cooke	M	Malvern Buzzards Running Club	Vet 40 Male	7th	10:23	10:34	20:57	WAVE2
113	202	Emma Oldham	F	Worcester AC	Vet 40 Female	1st	10:22	10:35	20:57	WAVE2
114	18	Paul Millsom	M	Vegan Runners UK	Vet 65 Male	2nd	10:22	10:36	20:58	WAVE2
115	184	Richie Richards	M	Hereford Couriers	Vet 55 Male	3rd	10:15	10:45	21:00	WAVE2
116	199	Lucy Jarvis	F	Hereford Couriers	Senior Female	2nd	10:14	10:46	21:00	WAVE2
117	699	Steven Chadwick	M		Senior Male	9th	10:16	10:56	21:12	WAVE2
118	209	Clare Mallender	F	Hereford Couriers	Vet 45 Female	2nd	10:26	10:48	21:14	WAVE2
119	122	Robert Connell	M	Hereford Couriers	Vet 60 Male	3rd	10:30	10:48	21:18	WAVE2
120	237	Kate Morris	F	Hereford Couriers	Vet 40 Female	2nd	10:29	10:49	21:18	WAVE2
121	279	Robert Gilligan	M	Wye Valley Runners	Vet 55 Male	4th	10:44	10:47	21:31	WAVE2
122	89	Rebecca Byford	F	Worcester AC	Senior Female	3rd	10:46	10:45	21:31	WAVE2
123	268	Angus Kirby	M	Ludlow Runners	Vet 55 Male	5th	10:32	11:01	21:33	WAVE2
124	286	Vanessa Ward	F	Monross Trailblazers	Vet 35 Female	2nd	10:55	10:39	21:34	WAVE2
125	138	David Green	M	Hereford Couriers	Vet 55 Male	6th	10:42	10:53	21:35	WAVE2
126	315	Jemma Radmore	F	Ludlow Runners	Female Under 20	1st	10:46	10:51	21:37	WAVE2
127	277	Ben Probert	M		Vet 35 Male	3rd	10:48	10:51	21:39	WAVE2
128	148	Matthew Eyre	M	Army Athletics Association	Vet 40 Male	8th	10:22	11:18	21:40	WAVE2
129	313	Neil Flanagan	M		Vet 55 Male	7th	10:50	10:51	21:41	WAVE2
130	65	Barry Griffiths	M	Brecon AC	Vet 55 Male	8th	10:41	11:00	21:41	WAVE2
131	136	Robert Limb	M		Vet 45 Male	2nd	10:50	10:54	21:44	WAVE2
132	244	Lianne Powell	F	Hereford couriers	Vet 35 Female	3rd	10:46	10:59	21:45	WAVE2
133	152	Michael Strange	M	Forest of Dean AC	Vet 65 Male	3rd	10:51	10:55	21:46	WAVE2
134	110	Faye Lewis	F	Hereford Couriers	Vet 40 Female	3rd	10:35	11:12	21:47	WAVE2
135	24	Dan Hardy	M		Vet 35 Male	4th	10:50	11:01	21:51	WAVE2



5K Series 2023 - Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
136	683	Ifan Jones	M	Maldwyn Harriers	Vet 55 Male	9th	10:59	10:55	21:54	WAVE2
137	169	Chris Riley	M		Vet 60 Male	4th	10:52	11:04	21:56	WAVE2
138	210	Christopher Berry	M	Black Pear Joggers	Vet 55 Male	10th	11:06	10:55	22:01	WAVE2
139	254	James Powell	M		Senior Male	10th	10:48	11:14	22:02	WAVE2
140	294	Kimberley Langford	F	Hereford Couriers	Senior Female	4th	10:46	11:22	22:08	WAVE2
141	80	Dan Cleworth	M	Hereford Couriers	Vet 45 Male	3rd	11:05	11:07	22:12	WAVE2
142	270	Sarah Askey	F	Hereford Couriers	Vet 55 Female	1st	10:57	11:15	22:12	WAVE2
143	25	Cliff wood	M	Black Pear Joggers	Vet 50 Male	7th	11:05	11:09	22:14	WAVE2
144	334	Jonathan Meadows	M	Monross Trailblazers	Vet 35 Male	5th	11:01	11:19	22:20	WAVE2
145	61	Mark Williamson	M	Forest of Dean AC	Vet 60 Male	5th	11:12	11:10	22:22	WAVE2
146	119	Emma King	F	Lliswerry Runners	Vet 40 Female	4th	11:12	11:11	22:23	WAVE2
147	54	Guy Jenkins	M	Hereford Couriers	Vet 60 Male	6th	11:09	11:16	22:25	WAVE2
148	228	Thomas Powell	M	Ludlow Runners	Vet 35 Male	6th	11:10	11:21	22:31	WAVE2
149	230	Mark Paviour	M	Maldwyn Harriers	Vet 60 Male	7th	10:45	11:47	22:32	WAVE2
150	253	Daniel Gummery	M		Senior Male	11th	11:29	11:08	22:37	WAVE2
151	193	Darren Woodall	M	Hereford Couriers	Vet 45 Male	4th	11:22	11:16	22:38	WAVE2
152	266	Isaac Culshaw	M		Male Under 17	2nd	11:13	11:25	22:38	WAVE2
153	46	Kimberley Pickett	F	Hereford Couriers	Vet 35 Female	4th	11:34	11:07	22:41	WAVE2
154	233	Edward Hogan	M	Ledbury & District Harriers	Vet 45 Male	5th	10:55	11:46	22:41	WAVE2
155	95	San Walker	F	Newport Harriers	Vet 45 Female	3rd	11:14	11:30	22:44	WAVE2
156	146	Malc Gonnella	M	Builth and District RC	Vet 65 Male	4th	11:17	11:29	22:46	WAVE2
157	186	Gerry McGarr	M		Vet 70 Male	1st	11:32	11:26	22:58	WAVE2
158	323	Lynne Compton	F	Wye Valley Runners	Vet 55 Female	2nd	11:24	11:35	22:59	WAVE2
159	16	Andrew Kaye	M	Vegan Runners UK	Vet 60 Male	8th	10:34	12:28	23:02	WAVE2
160	297	Phil Parry	M	Lonely Goat RC	Vet 40 Male	9th	11:20	11:46	23:06	WAVE2
161	153	Yvonne Gajny	F	Shrewsbury AC	Vet 45 Female	4th	11:05	12:03	23:08	WAVE2
162	573	Kieran Whittall	M	Hereford Couriers	Senior Male	12th	11:14	11:54	23:08	WAVE2



5K Series 2023 - Race 2

Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
163	190	Avril Seftel	F	Hereford Couriers	Vet 50 Female	2nd	11:37	11:40	23:17	WAVE2
164	187	Christian Mason	M	Hereford Couriers	Vet 35 Male	7th	11:17	12:10	23:27	WAVE2
165	144	Oliver Hughes	M	Lliswerry Runners	Vet 40 Male	10th	11:33	11:58	23:31	WAVE2
166	182	Ben James	M	Hereford Couriers	Vet 40 Male	11th	11:49	11:51	23:40	WAVE2
167	587	Caroline Kerr	F	Ledbury & District Harriers	Vet 55 Female	3rd	11:43	11:59	23:42	WAVE2
168	222	Olivia Hayman	F	Croft Ambrey RC	Female Under 13	1st	11:18	12:27	23:45	WAVE2
169	273	Paul Roberts	M	Ludlow Runners	Vet 60 Male	9th	11:49	11:56	23:45	WAVE2
170	5	Aaron Higgins	M	Hereford Couriers	Senior Male	13th	11:52	11:54	23:46	WAVE2
171	22	Angela Wixey	F	Severn AC	Vet 55 Female	4th	11:52	12:03	23:55	WAVE2
172	49	Alan Robertson	M	Forest of Dean AC	Vet 65 Male	5th	11:52	12:13	24:05	WAVE2
173	142	Gerald Gobey	M	Hereford Couriers	Vet 65 Male	6th	12:08	12:06	24:14	WAVE2
174	218	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	1st	12:06	12:09	24:15	WAVE2
175	223	Nicola Kelly	F	Builth & District Running Club	Vet 50 Female	3rd	11:49	12:32	24:21	WAVE2
176	130	Emma Price	F	Hereford Couriers	Senior Female	5th	11:59	12:29	24:28	WAVE2
177	176	Tom Boog-Scott	M	Ludlow Runners	Vet 70 Male	2nd	12:36	11:59	24:35	WAVE2
178	160	Tom Payne	M	Severn AC	Vet 40 Male	12th	11:50	12:45	24:35	WAVE2
179	245	Samantha Greenman	F		Vet 35 Female	5th	12:06	12:38	24:44	WAVE2
180	141	Clare Watt	F	Run Mummy Run CRC	Vet 50 Female	4th	12:35	12:10	24:45	WAVE2
181	126	Harriet Brown	F	Black Pear Joggers	Senior Female	6th	12:12	12:36	24:48	WAVE2
182	10	Emily Moseley	F	Ludlow Runners	Vet 35 Female	6th	12:16	12:36	24:52	WAVE2
183	271	Ben Goddard	M	Hereford Couriers	Senior Male	14th	12:21	12:34	24:55	WAVE2
184	288	Chris Campbell	M	Hereford Couriers	Vet 60 Male	10th	12:04	12:56	25:00	WAVE2
185	307	Gregory Leyshon	M		Vet 70 Male	3rd	12:21	12:45	25:06	WAVE2
186	248	Joyce Warburton	F		Vet 50 Female	5th	12:22	12:48	25:10	WAVE2
187	256	Haf Rees	F	Hereford & County AC	Female Under 15	2nd	11:43	13:27	25:10	WAVE2
188	588	Brent Lawson	M	Wye Valley Runners	Vet 60 Male	11th	12:57	12:13	25:10	WAVE2
189	208	Deanna Mammatt	F		Vet 45 Female	5th	12:30	12:40	25:10	WAVE2



5K Series 2023 - Race 2

Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
190	28	Laura van Heezik	F	Severn AC	Senior Female	7th	12:43	12:37	25:20	WAVE2
191	134	Celia Escande	F	Hereford Couriers	Senior Female	8th	12:31	12:49	25:20	WAVE2
192	3	Samantha Watts	F	Severn AC	Vet 40 Female	5th	12:54	12:38	25:32	WAVE2
193	341	Victoria Kennedy	F	Almost Athletes	Vet 40 Female	6th	12:40	13:09	25:49	WAVE2
194	58	Paul Downey	M		Vet 60 Male	12th	12:51	13:06	25:57	WAVE2
195	298	Rachael Toolan	F	Wye Valley Runners	Vet 40 Female	7th	13:00	12:58	25:58	WAVE2
196	127	Lisa Sutton	F		Vet 40 Female	8th	12:58	13:14	26:12	WAVE2
197	86	Sarah Bennett	F	Hereford Couriers	Vet 50 Female	6th	13:19	12:54	26:13	WAVE2
198	29	Paul Gilbert	M	Hereford Couriers	Vet 45 Male	6th	13:18	13:01	26:19	WAVE2
199	177	Hannah Campbell	F	Hereford Couriers	Senior Female	9th	13:10	13:19	26:29	WAVE2
200	687	Beth Apperley	F	Hereford Couriers	Senior Female	10th	12:59	13:31	26:30	WAVE2
201	180	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	6th	13:15	13:19	26:34	WAVE2
202	317	Mark Edwards	M	Hereford Couriers	Vet 60 Male	13th	13:10	13:26	26:36	WAVE2
203	154	Harry Jenkins	M	Hereford Couriers	Vet 35 Male	8th	12:56	13:44	26:40	WAVE2
204	281	Jonathan Kennedy	M		Vet 50 Male	8th	13:28	13:16	26:44	WAVE2
205	66	Paul Evans	M	Brecon AC	Vet 45 Male	7th	12:47	14:06	26:53	WAVE2
206	38	Emma Foreman	F	Malvern Buzzards Running Club	Vet 50 Female	7th	13:18	13:37	26:55	WAVE2
207	258	Michael Bryant	M	Newent Runners	Vet 60 Male	14th	13:22	13:39	27:01	WAVE2
208	147	Mervyn Davis	M	Black pears Joggers	Vet 75 Male	1st	13:25	13:51	27:16	WAVE2
209	231	Kelly Jones	F		Vet 35 Female	7th	13:19	14:12	27:31	WAVE2
210	236	Mike Hayward	M	Croft Ambrey RC	Vet 60 Male	15th	13:34	14:02	27:36	WAVE2
211	263	Joe Kellas	M		Senior Male	15th	14:11	14:00	28:11	WAVE2
212	200	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	16th	14:11	14:02	28:13	WAVE2
213	17	Lesley Ashton	F	Vegan Runners UK	Vet 60 Female	2nd	13:55	14:19	28:14	WAVE2
214	164	Adam Mitchell-Haywood	M	Hereford Couriers	Vet 40 Male	13th	14:04	14:15	28:19	WAVE2
215	27	Sophie Collier	F	Severn AC	Senior Female	11th	14:25	13:59	28:24	WAVE2
216	71	Lauren Pullen	F		Female Under 20	2nd	14:24	14:22	28:46	WAVE2



5K Series 2023 - Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
217	7	Rachel Cashmore	F	Malvern Buzzards Running Club	Vet 50 Female	8th	14:24	14:24	28:48	WAVE2
218	292	Sally Toye	F	Ludlow Runners	Vet 60 Female	3rd	14:12	14:43	28:55	WAVE2
219	232	Millie Walters	F		Female Under 17	3rd	13:41	15:55	29:36	WAVE2
220	697	Richard Bloomer	M		Senior Male	16th	14:37	15:34	30:11	WAVE2
221	299	brian Symonds	M	Wye Valley Runners	Vet 80 Male	1st	14:42	15:29	30:11	WAVE2
222	255	Nick Paviour	M	Wye Valley Runners	Senior Male	17th	15:04	15:41	30:45	WAVE2
223	42	Molly Vale-Smith	F	Hereford Couriers	Senior Female	12th	14:50	15:59	30:49	WAVE2
224	579	Sarah Fowkes	F	Malvern Buzzards (UKA4062421)	Vet 60 Female	4th	15:34	15:49	31:23	WAVE2
225	219	Lisa Wilkinson	F		Vet 45 Female	7th	16:12	15:45	31:57	WAVE2
226	335	Dave Ainslie	M	Hereford Couriers	Vet 60 Male	17th	15:53	16:53	32:46	WAVE2
227	593	Audrey Edwards	F	Merthyr running club	Vet 60 Female	5th	16:16	16:35	32:51	WAVE2
228	287	Sybil Marsh	F	Ludlow Runners	Vet 75 Female	1st	16:19	16:40	32:59	WAVE2
229	48	John Noonan	M	Hereford Couriers	Vet 65 Male	7th	16:29	16:32	33:01	WAVE2
230	242	Joy Baker	F	Ledbury & District Harriers	Vet 50 Female	9th	16:34	16:57	33:31	WAVE2
231	278	Caroline Edwards	F	Andali fitness	Vet 55 Female	5th	16:34	17:59	34:33	WAVE2
232	62	Sarah Mccauley	F	Hereford Couriers	Vet 40 Female	9th	17:27	17:34	35:01	WAVE2
233	285	Alison Stamp	F	Hereford Couriers	Senior Female	13th	19:21	20:50	40:11	WAVE2
234	578	Hollie Francis	F	Hereford Couriers	Senior Female	14th	25:46	24:52	50:38	WAVE2
235	575	Harriet Halford	F		Vet 35 Female	8th	25:46	24:52	50:38	WAVE2

Number of Records: 235

