



Age Category Results

Place	Bib	Name	Club	Time
Female Under 17				
1.	290	Eva Tyler	Hereford & County AC	44:28
Female Under 20				
1.	416	Charlotte Broadhurst	Croft Ambrey RC	44:14
2.	369	Lucy Austin	Croft Ambrey RC	50:12
Senior Female				
1.	37	Annie Birch	London City Athletics Club	36:36
2.	352	Alice Godding	Croft Ambrey RC	40:57
3.	195	Chloe Elliott	Salford Metropolitan AC	43:26
4.	178	Naomi Prosser	Hereford Couriers	44:28
5.	66	Jess Sullivan	Hereford Couriers	45:05
6.	432	Molly Glenister-Doyle		45:56
7.	301	Sophie Hallam		46:49
8.	101	Lucy Jarvis	Hereford Couriers	47:32
9.	184	Lara Seal		48:37
10.	247	Thea Preece	Croft Ambrey RC	49:37
11.	305	Abi Knight	Hereford Couriers	50:16
12.	410	Kimberley Langford	Hereford Couriers	50:18
13.	418	Rach Cook		50:27
14.	159	Emily Yarnold	Hereford Couriers	50:40
15.	189	Laura Hudson	Hereford Couriers	50:53
16.	294	Rebecca Cooke		52:46
17.	162	Emily Gould	Ludlow Runners	54:15
18.	252	Kristina Gulliver		54:19
19.	471	Laura Adams		55:26
20.	117	Adele Ellis		55:33
21.	498	Sky Herington	Hereford Couriers	55:43
22.	397	Alice Lattey		56:09
23.	42	Esther Johnson		56:45
24.	82	Phoebe Weaver	Cleobury Mortimer Running Club	56:45
25.	417	Carley Williams		57:02
26.	423	Hollie Francis	Hereford Couriers	57:09
27.	92	India Benjamin		57:28
28.	265	Emma Fernie		59:00
29.	464	Rachelle Prothero	Hereford Couriers	1:01:03
30.	456	Zoe Morris		1:02:01
31.	261	Jenna Bufton		1:03:20
32.	274	Hannah Campbell	Hereford Couriers	1:06:37
33.	468	Hannah Cameron		1:07:53
34.	53	Hannah Craig		1:08:51
35.	223	Amy Purvin		1:09:57
36.	381	Megan Lovatt		1:10:06
37.	414	Charl Crampton		1:10:37





Age Category Results

Place	Bib	Name	Club	Time
38.	462	Sophie Prothero		1:12:20
39.	437	Liz Fishpool	Hereford Couriers	1:16:46
40.	403	Rachel Lawrence		1:17:01
41.	404	Jenny Lawrence		1:17:02
42.	44	Tammy Whittle		1:17:53
43.	67	Ellen Jones		1:20:50

Vet 35 Female

1.	335	Donna Morris	Builth & District Running Club	38:04
2.	108	Kelly Bowen	Croft Ambrey RC	42:47
3.	174	Christina Plant	Hereford Couriers	45:13
4.	182	Sarah Morris	Black Pear Joggers	46:56
5.	348	Amy Smith	Hereford Couriers	47:29
6.	104	Morgan Cadman-davies		50:34
7.	137	Barbara Gawlak	Malvern Joggers	50:46
8.	179	Dana Machackova		50:53
9.	144	Karen Pennell	Caldicot Running Club	50:56
10.	227	Monika Gorska		52:25
11.	56	Samantha Powell		53:45
12.	58	Leah Lowe		54:26
13.	193	Lara Taylor		55:22
14.	135	Emma Shail	Malvern Joggers	58:27
15.	211	Amanda Davies		59:00
16.	238	Lianne Rollinson	Builth & District Running Club	59:16
17.	192	Liz Bullivant		1:00:18
18.	134	Rachael Waters		1:01:57
19.	110	Hayley Colebatch	Croft Ambrey RC	1:03:58
20.	114	Samantha Stacey		1:06:08
21.	54	Sam King		1:08:51
22.	271	Suzy Siddall	Hereford Couriers	1:16:25
23.	264	Claire Elston	Pershore Plum Plodders	1:32:35

Vet 40 Female

1.	11	Samantha Harris	Forest of Dean AC	40:15
2.	126	Clare Mallender	Hereford Couriers	45:35
3.	49	Susie Hay	Hereford Couriers	46:54
4.	16	Joanne Tilby	Croft Ambrey RC	47:37
5.	399	Kate Morris	Hereford Couriers	48:59
6.	499	Kate Dolphin	Malvern Buzzards Running Club	49:15
7.	489	Emma Stewardson	Ludlow Runners	49:21
8.	379	Jennifer Clarke		50:34
9.	140	Susan Pugh		51:45
10.	307	Jo Ellis	Wye Valley Runners	53:23
11.	196	Jana Cervenanova		55:16
12.	112	Ella Hogan	Ledbury & District Harriers	55:53



Hereford Couriers Christmas 10k



Age Category Results

Place	Bib	Name	Club	Time
13.	454	Hannah Bradley		55:56
14.	89	Emma Hawkey		55:59
15.	246	Louise Beasley		56:38
16.	393	Rachael Toolan	Wye Valley Runners	56:43
17.	71	Kate Backhouse	Ledbury & District Harriers	57:25
18.	105	Denise Bailey		58:10
19.	296	Louise Pinnell		58:34
20.	298	Lucy Head		58:36
21.	439	Donna Woodward		58:58
22.	138	Ruth Chappell		59:26
23.	95	Emma Murphy		59:40
24.	295	Christine Bryan	Hereford Triathlon Club	59:58
25.	337	Deb Probert		59:58
26.	213	Gemma Davies	Croft Ambrey RC	1:00:31
27.	283	Samantha Fish		1:00:32
28.	198	Alice Atkinson		1:02:43
29.	107	Debbie Davies		1:08:01
30.	51	Adele Jones		1:08:02
31.	153	Donna Lewis	Ludlow Runners	1:09:28
32.	375	Hayley Lovatt	Hereford Couriers	1:10:06
33.	323	Lisa Mason Mason		1:10:10
34.	353	Julie Neave	Hereford Couriers	1:15:18
35.	263	Susan Baker	Pershore Plum Plodders	1:32:34

Vet 45 Female

1.	254	Joanna Eddy	Hereford Couriers	42:18
2.	314	Rebecca Ansfield		46:31
3.	74	Catherine Finlay		49:17
4.	389	Kate Platt	Hay Hotfooters	51:13
5.	476	Louisa Foti	Wye Valley Runners	51:34
6.	288	Bronwen Tyler-Jones	Hereford Couriers	52:17
7.	226	Lisa Mansfield	Newent Runners	54:42
8.	260	Charlotte Hyde	Hereford Couriers	55:04
9.	152	Sara Roper	Wye Valley Runners	55:49
10.	209	Louise Reeves	Croft Ambrey RC	55:51
11.	318	Rachel Bannister	Ledbury & District Harriers	56:18
12.	268	Jo Brown		58:00
13.	282	Sara Davies	Ferry Flatliners	58:13
14.	52	Sarah Cuddy	Malvern Buzzards Running Club	1:04:01
15.	166	Deborah Hawker		1:04:16
16.	253	Eva Goodhead	Forest of Dean AC	1:04:40
17.	277	Rachel Dudman	Lonely Goat	1:24:37
18.	151	Ruth Jones	Ludlow Runners	1:24:37

Vet 50 Female



Hereford Couriers Christmas 10k



Age Category Results

Place	Bib	Name	Club	Time
1.	141	Niki Morgan	Chepstow Harriers	42:03
2.	376	Helen Jones	Neath Harriers	46:30
3.	465	Sheryl Evans	Hereford Couriers	48:37
4.	434	Nicola Tyler	Hereford Couriers	52:19
5.	488	Rose Rose Lowson		53:11
6.	220	Karen Long	Kilkot Flyers	55:08
7.	97	Sian Champken	Wye Valley Runners	57:03
8.	83	Lisa Williams	Hereford Couriers	57:07
9.	366	Sue Dixon		57:27
10.	115	Lisa Gray	Croft Ambrey RC	57:31
11.	85	Louise Phillips		57:42
12.	156	Louise Evans	Islwyn RC	58:25
13.	455	Robin Finlay		1:01:18
14.	169	Eleanor Bailey		1:01:42
15.	486	Sarah Broadhurst	Croft Ambrey RC	1:02:20
16.	47	Nicola Kelly	Builth & District Running Club	1:05:15
17.	231	Theresa Jones	Croft Ambrey RC	1:06:10
18.	280	Suzanne Field	Croft Ambrey RC	1:10:27
19.	407	Amanda Wiles		1:10:38
20.	142	Annette Bird		1:13:22
21.	431	Karen Allen		1:15:19
22.	64	Clare Preece	Croft Ambrey RC	1:21:29

Vet 55 Female

1.	350	Judith Oakley	Vegan Runners UK	49:31
2.	272	Gunvor Troelsen	Builth & District Running Club	51:10
3.	362	Liza Austin	Croft Ambrey RC	53:02
4.	170	Sharon Collins	Hay Hotfooters	54:14
5.	342	Lynne Compton	Wye Valley Runners	55:06
6.	93	Liz Davies-Ward		56:00
7.	18	Judi Dobbs	Warleywoods Pacers (RIE)	56:38
8.	286	Helen Griffiths		1:01:57
9.	232	Jenni Whistance		1:04:09
10.	24	Stephanie King	Croft Ambrey RC	1:06:46
11.	316	Fran Hill		1:08:53
12.	422	Alison Apperley	Croft Ambrey RC	1:21:28

Vet 60 Female

1.	167	Julie Caseley	Malvern Buzzards Running Club	52:38
2.	483	Sue Bissell		53:35
3.	364	Elizabeth Slack	Malvern Buzzards Running Club	53:57
4.	233	Jayne Bevan		55:45
5.	273	Chris Campbell	Hereford Couriers	57:16
6.	327	Jane Roberts		58:54
7.	391	Melanie Graham	Builth & District Running Club	59:16





Age Category Results

Place	Bib	Name	Club	Time
8.	222	Sue Purvin		59:55
9.	63	Lesley Ashton	Vegan Runners UK	1:00:51
10.	332	Julie Bott	Black Pear Joggers	1:11:10
11.	278	Vivien Tolley	Malvern Joggers	1:24:27

Vet 75 Female

1.	470	Patricia Marshall	Sandhurst Joggers	1:09:52
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Male Under 17

1.	84	Matthew Brunnock	Hereford & County AC	34:28
2.	425	Thomas Kennedy	North Gloucestershire Orienteering Club	40:13
3.	172	Ned Collins	Hay Hotfooters	47:59

Male Under 20

1.	424	William Kennedy	Western Tempo	38:01
2.	168	Bertie Warr		41:34
3.	171	Joe Collins	Hay Hotfooters	44:44
4.	448	Daniel Matthews	Hereford Couriers	48:14

Senior Male

1.	361	Charlie Jones	Western Tempo	33:45
2.	36	Luke Rowland	London City Athletics Club	34:21
3.	257	Eric Apperley	Croft Ambrey RC	34:33
4.	451	David Aubrey	Western Tempo	34:43
5.	32	Brychan Price-Davies	Brecon AC	34:54
6.	472	James Butler		35:08
7.	29	Cory Sherwin	Forest of Dean AC	35:41
8.	413	Luke Gray	Monross Trailblazers	36:30
9.	30	Luke Mason	Hereford Couriers	36:38
10.	400	Craig Blake	CDF Runners	37:11
11.	340	Shaun Green	Droitwich AC	37:12
12.	7	Lee Kibble	Forest of Dean AC	37:13
13.	80	Ross Cameron	Hereford Couriers	37:44
14.	125	Mark Killeen	Monross Trailblazers	37:49
15.	433	Thomas Lewis		38:04
16.	447	Ryan Lawrence	Hereford Couriers	38:23
17.	199	Nigel Dexter	Droitwich AC	38:40
18.	466	Ryan Knight	Hereford Couriers	38:42
19.	349	Henry Pugh	Malvern Joggers	38:46
20.	449	Richard Fain		38:52
21.	371	Jasper Robinson	Croft Ambrey RC	38:58
22.	205	Jeremy Burton	Worcester AC	39:32
23.	43	Brandon Adams	Hereford Couriers	39:32
24.	4	Nathan Pettit	Vegan Runners UK	39:47
25.	65	George Ware	Hereford Couriers	40:41
26.	20	Kit Williams	Hereford Couriers	40:46



Hereford Couriers Christmas 10k



Age Category Results

Place	Bib	Name	Club	Time
27.	436	Lea Wood	Wye Valley Runners	40:53
28.	120	William Morris		40:56
29.	378	Daniel Spear	Ludlow Runners	40:57
30.	293	Steven Noble	Egdon Heath Harriers	41:03
31.	306	Oliver Steels		41:22
32.	188	Nick Price		41:26
33.	377	Richard Williams	Wye Valley Runners	41:32
34.	398	Ady Phillips		41:34
35.	386	David Sivell		42:28
36.	368	Oscar Austin		42:32
37.	57	Timothy Bennett		43:23
38.	284	Sam Newman	Hereford Couriers	43:23
39.	267	Will Connell	Hereford Couriers	43:26
40.	479	Sam Juson	Croft Ambrey RC	43:32
41.	245	Dan Walker		47:03
42.	459	Darren Gibbons		47:12
43.	412	Thomas Powell	Ludlow Runners	47:22
44.	426	Richard Atkinson		47:51
45.	214	Sev Huggins		47:51
46.	270	Pawel Gusciora		47:54
47.	201	Christian Mason		47:57
48.	146	Daniel Mapp	Hereford Couriers	48:26
49.	392	Iain Hutchinson		49:06
50.	458	Ben Brown	Hereford Couriers	49:30
51.	194	Jack Taylor		49:32
52.	409	Christopher Cleary	Hereford Couriers	50:18
53.	124	Jon Taylor		50:37
54.	147	Jaron Lloyd	Caldicot Running Club	50:56
55.	373	Daniel Gibbons		52:01
56.	380	Nathan Collings		52:01
57.	311	Ben Probert		53:04
58.	197	Richard Smith		53:38
59.	463	Daniel Francis		54:01
60.	250	James Gulliver		54:17
61.	446	Ben Goddard	Hereford Couriers	54:25
62.	346	Zac Clarke		54:39
63.	148	Craig Mussell		55:20
64.	202	David Butler		55:30
65.	303	Daniel Tecza		55:54
66.	154	Dan Goodhead		56:01
67.	187	Edward Davies		58:12
68.	402	Drew Cheshire		1:01:11
69.	207	Richard Bloomer	Hereford Couriers	1:01:22
70.	467	James Cameron	Hereford Couriers	1:07:53





Age Category Results

Place	Bib	Name	Club	Time
Vet 40 Male				
1.	155	Matthew Jones		35:23
2.	12	Steven Harris	Forest of Dean AC	37:44
3.	367	Tom Grady	Hereford Couriers	38:08
4.	460	James Morgan	Western Tempo	39:08
5.	136	Neil Warne	Malvern Joggers	39:43
6.	256	Dan Phillips	Hereford Couriers	40:55
7.	55	Richard Hunter	Shropshire Shufflers	41:13
8.	200	Adam Michniok		43:12
9.	438	Luke Williams		44:52
10.	336	Andrew Wathen		45:19
11.	225	Ian Morris		46:57
12.	129	Chris Reed	Malvern Joggers	47:19
13.	239	Mike Howard		47:28
14.	328	Tim Farndon	Hereford Triathlon Club	47:38
15.	102	David Pountney	Amazing Feet Running Club	48:16
16.	275	Gary Griffiths		48:34
17.	255	Phil Parry	Hereford Couriers	48:36
18.	475	Oliver Clarke		48:56
19.	344	Jonathan Gledhill		50:05
20.	322	Dale Smith		51:55
21.	149	Edward Hogan	Ledbury & District Harriers	54:44
22.	229	Justin Beddoes		54:44
23.	429	Joe Brimfield	Hereford Couriers	54:59
24.	440	Matthew Evans		55:01
25.	474	Anthony May	Kings Heath RC - The Lions	56:46
26.	435	Paul Martin		57:03
27.	297	Adam Pinnell		58:33
28.	248	Ben Harwood		1:03:20
29.	17	Stuart Taylor	Hereford Couriers	1:04:00

Vet 45 Male

1.	289	Andrew Tyler	Hereford Couriers	38:03
2.	330	Jeremy Jehan	Wye Valley Runners	39:37
3.	13	Colin Lambourne	Hereford Couriers	40:08
4.	313	Matt Ansfield		41:49
5.	224	Mike Mansfield	Gloucester AAC	42:54
6.	291	Kevin Turner		47:28
7.	444	Simeon Foreman	Malvern Buzzards Running Club	49:15
8.	258	Neil Grinnell	Ledbury & District Harriers	49:22
9.	481	Darren Edwards		51:29
10.	484	Jim Smith	Hereford Couriers Running	52:48
11.	360	Alan Rowlands	Hereford Couriers	53:04
12.	317	David Bannister	Ledbury & District Harriers	56:18





Age Category Results

Place	Bib	Name	Club	Time
13.	111	Mark Hollis	Ludlow Runners	56:32
14.	118	Jimmy Allwright	Lonely Goat RC	1:04:52

Vet 50 Male

1.	234	Ian Whistance		39:47
2.	279	Simon Norwood	Croft Ambrey RC	41:10
3.	358	Andy Ware		42:01
4.	103	Michael Jones		42:59
5.	73	Simon Dobbs		43:09
6.	208	Paul Saville	Lonely Goat RC	44:31
7.	206	Mark Watkins	Lonely Goat RC	46:56
8.	100	Lloyd Sussex	Black Pear Joggers	47:09
9.	390	David Millichap	Croft Ambrey RC	47:20
10.	420	Chris Darke		48:00
11.	494	Clive Emerson		48:00
12.	401	David Sinclair	Moti Albany Road Run Club	48:35
13.	347	Jason Garrahan		49:12
14.	320	Nic Dauncey	Black Pear Joggers	49:20
15.	428	David Barrett	Croft Ambrey RC	50:05
16.	269	John Jaspers	Hereford Couriers	50:39
17.	235	Alexander Brown	Builth & District Running Club	51:25
18.	478	Sean Edwards		54:48
19.	319	Ian Fuller	Malvern Joggers	58:27
20.	221	Long Andrew	Kilcot Flyers	1:02:03
21.	441	Jason Cox	Malvern Buzzards Running Club	1:03:23
22.	430	David Allen		1:03:58

Vet 55 Male

1.	22	Graeme Walker	Hereford Couriers	43:24
2.	287	Richie Richards	Hereford Couriers	43:40
3.	81	Martin Carter	Hereford Couriers	43:42
4.	300	Richard George	Hereford Couriers	43:55
5.	363	Stuart Austin	Croft Ambrey RC	45:24
6.	122	Robert Gilligan	Wye Valley Runners	46:07
7.	405	Colin Williams		46:34
8.	445	Andy Millard	Pont-y-pwl & District Runners	46:40
9.	173	Mick Collins	Hay Hotfooters	48:15
10.	251	Tom Head		48:48
11.	38	Roland Preece	Croft Ambrey RC	49:22
12.	351	Paul Millington		49:39
13.	329	Nigel O'Neil	Hereford Couriers	49:46
14.	157	Dave Corner		50:43
15.	35	Paul Roberts	Ludlow Runners	51:22
16.	145	Kevin Barnes	Hereford Couriers	51:26
17.	276	Steve Roode	Lonely Goat	51:58





Age Category Results

Place	Bib	Name	Club	Time
18.	68	Simon Oliver	Wye Valley Runners	54:23
19.	359	Tony May		54:26
20.	41	Mark Johnson	Lone Goat Running Club	55:22
21.	259	Jamie Dover		55:26
22.	372	Richard Andrews		56:27
23.	387	Stephen Niblett	Hereford Couriers	1:03:12
24.	31	Steve Nicoll	Pershore Plum Plodders	1:04:24
25.	99	Andy Husband		1:04:40
26.	160	Simon Morgan		1:05:21

Vet 60 Male

1.	292	Jeremy Thomas	Les Croupiers	42:10
2.	331	Terry O'Brien		43:31
3.	266	Robert Connell	Hereford Couriers	47:16
4.	86	Jon Gray	Malvern Joggers	49:01
5.	443	Michael Darke		49:03
6.	394	Guy Jenkins		49:44
7.	28	Gwyn Istance		51:35
8.	190	Keith Williams		54:02
9.	312	Michael Bryant	Newent Runners	54:33
10.	469	Brent Lowson	Wye Valley Runners	57:52
11.	334	Warwick Taylor	Malvern Joggers	57:53
12.	396	Nicholas Lattey		1:02:38
13.	302	Quinton Tecza		1:08:03
14.	19	John Noonan	Hereford Couriers	1:10:46
15.	59	Delmore Britton		1:12:17

Vet 65 Male

1.	158	Stephen Owen	Chepstow Harriers	42:40
2.	62	Paul Millsom	Vegan Runners UK	44:05
3.	94	Robert Benjamin		47:27
4.	333	Steve Bott	Black Pear Joggers	47:54
5.	230	Gerald Gobey	Hereford Couriers	53:09
6.	427	Martin Flowers	Wye Valley Runners	53:43
7.	164	John Bilbao		54:35
8.	345	David Hunt	Malvern Joggers	57:53
9.	165	Hugh Sweet-Escott		59:01

Vet 70 Male

1.	370	Ashley Robinson	Croft Ambrey RC	47:35
2.	497	Steve Herington	Hereford Couriers	49:50
3.	452	Andrew Wright		55:55

Number of records: 363

