

Queenswood Run for the Woods 5K 2023



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	30	Matt James	M	Hereford Couriers	20:36	SM	1st
2.	35	Ian Lynch	M	Trail Running Association	23:35	VetM60	1st
3.	46	Kate Owen	F	Wye Valley Runners	24:50	VetF40	1st
4.	51	Richie Richards	M	Hereford Couriers	25:18	VetM55	1st
5.	25	Kath Hardwick	F	Wye Valley Runners	25:23	VetF40	2nd
6.	38	Josh McMahon	M		25:33	SM	2nd
7.	23	David Hammond	M		25:36	SM	3rd
8.	12	Costa Coleman	M		26:04	VetM40	1st
9.	7	Paul Bridgewater	M		26:46	VetM45	1st
10.	6	Adam Bourn	M		26:53	VetM55	2nd
11.	32	Julie Knill	F	Wye Valley Runners	27:44	VetF55	1st
12.	55	Jeffrey Sheets	M		27:44	SM	4th
13.	4	Bethany Bird	F		27:46	SF	1st
14.	52	David Richmond	M		28:04	VetM60	2nd
15.	56	Billy Smallwood	F	Wye Valley Runners	29:20	VetF55	2nd
16.	36	Helen Lynch	F	Trail Running Association	29:24	VetF55	3rd
17.	58	Max Smith	M		29:46	VetM45	2nd
18.	5	Rebecca Bird	F		30:27	VetF55	4th
19.	26	Emma Harris	F	Wye Valley Runners	30:42	VetF40	3rd
20.	2	Jamie Audsley	M		30:51	SM	5th
21.	29	David Hutton	M		31:03	VetM60	3rd
22.	49	Saffi Reid	F	Hereford and County Athletics Association	31:19	FU17	1st
23.	11	Charlie Coleman	M	Hereford and County Athletics Association	31:19	MU17	1st
24.	59	Rachel Smith	F		31:55	SF	2nd
25.	72	Viktor Wecke	M		32:16		1st
26.	60	Lorna Speakman	F		32:16		1st
27.	73	Freja Freedman	F		32:16	SF	3rd
28.	44	Amy Morton	F		32:16	VetF35	1st
29.	69	Harry Ellis	M		32:57		2nd
30.	70	Jo Ellis	F	Wye Valley Runners	32:58	VetF40	4th
31.	16	Caroline Dobb	F		33:49	VetF35	2nd
32.	24	Anna Harding-Prior	F		33:49	SF	4th
33.	43	Archie Morrison	M		34:03	MU17	2nd
34.	18	Eva Durant	F		34:03	FU17	2nd
35.	68	Morgan Angell	M		34:06	MU17	3rd
36.	37	Patrick McCarthy	M		34:13	VetM55	3rd
37.	9	Elizabeth Bunney	F		34:32	VetF65	1st
38.	27	Fran Hill	F		35:07	VetF55	5th
39.	20	Steph Geerlings	F		35:21	VetF35	3rd
40.	48	Charlotte Pudge	F		35:57	SF	5th
41.	53	Archie Selka	M		36:33	SM	6th
42.	62	Tizia Thimme	F		36:34	SF	6th
43.	50	Katy Reynolds	F		38:27	VetF35	4th



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44.	17	Helen Durant	F		39:06	VetF35	5th
45.	39	Sian Miles	F	Wye Valley Runners	39:11	SF	7th
46.	63	Liz Wesley	F		39:26	SF	8th
47.	10	Anna Chattington	F		39:26	VetF35	6th
48.	61	Meg Symonds	F		39:28	SF	9th
49.	14	Josie Croft	F		39:36	SF	10th
50.	31	James Johnson	M		39:39	SM	7th
51.	67	Riley Holder	M		39:55	MU17	4th
52.	34	Nicholas Long	M		40:06	VetM65	1st
53.	71	Donna Thomas	F		40:09	VetF40	5th
54.	66	Peter Holder	M		40:29	VetM40	2nd
55.	42	Zoe Morrison	F		40:48	VetF35	7th
56.	3	Rebecca Barden	F		41:22	VetF40	6th
57.	47	Rebecca Poole	F		41:57	SF	11th
58.	54	Ruth Sevenoaks	F		43:11	SF	12th
59.	19	Shakira Garibbo	F		43:14	SF	13th
60.	13	Melissa Corfield	F		43:14	SF	14th
61.	21	Michelle Giles	F		43:27	VetF50	1st
62.	64	Heather Wood	F		44:16	SF	15th
63.	40	Jessica Morris	F	Ludlow Runners	47:36	SF	16th
64.	33	Jacob Lloyd	M		47:49	SM	8th
65.	22	Andy Gray	M		48:25	VetM60	4th

Number of Records: 65

