

# Leominster 5K 2023

## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	60	Eric Apperley	M	Croft Ambrey RC	16:32	Senior Male	1st
2.	81	Malachy Clarke	M	Hereford & County AC	16:41	Male Under 20	1st
3.	1	Sam Juson	M	Croft Ambrey RC	16:53	Senior Male	2nd
4.	76	Gavin Jones	M	Monross Trailblazers	17:09	Senior Male	3rd
5.	63	Darryl Carter	M	Defra AC	17:23	Vet 45 Male	1st
6.	65	Luke Bailey	M	Tipton Harriers	17:31	Male Under 17	1st
7.	40	Richard Walsh	M	Malvern Buzzards Running Club	17:41	Senior Male	4th
8.	61	Donna Morris	F	Builth & District	18:18	Vet 35 Female	1st
9.	16	Brandon Adams	M	Hereford Couriers	18:27	Senior Male	5th
10.	35	Ieuan Vale-Smith	M	Hereford Couriers	19:16	Senior Male	6th
11.	39	Addy Carter	F	Hereford Couriers	19:34	Senior Female	1st
12.	68	Will Connell	M	Hereford Couriers	19:39	Senior Male	7th
13.	4	Sophie Cook	F	Builth & District Running Club	19:42	Vet 40 Female	1st
14.	10	Neil McNish	M	Hereford Couriers	19:43	Vet 50 Male	1st
15.	12	Dave Woodward	M	Malvern Buzzards Running Club	19:46	Senior Male	8th
16.	3	Kate Jones	F	Builth and District Running Club	19:49	Senior Female	2nd
17.	9	Laura Hands	F	Hereford Couriers	19:50	Senior Female	3rd
18.	11	Martin Carter	M	Hereford Couriers	19:54	Vet 55 Male	1st
19.	85	Joanna Eddy	F	Hereford Couriers	19:59	Vet 45 Female	1st
20.	75	Haydn O'Reilly	M	Builth & District Running Club	20:11	Vet 40 Male	1st
21.	38	Niki Morgan	F	Chepstow Harriers	20:17	Vet 55 Female	1st
22.	50	Peter Moore	M	Istead & Ifield Harriers	20:26	Vet 55 Male	2nd
23.	71	Carl Tromans	M		21:17	Senior Male	9th
24.	94	Ben Timms	M		21:47	Male Under 20	2nd
25.	67	Robert Connell	M	Hereford Couriers	21:52	Vet 60 Male	1st
26.	92	Kimberley Langford	F	Hereford Couriers	21:54	Senior Female	4th
27.	57	Emily Yarnold	F	Hereford Couriers	22:18	Senior Female	5th
28.	5	Neil Taylor	M	Croft Ambrey RC	22:19	Vet 65 Male	1st
29.	19	Stephen Dallow	M	Parc Bryn Bach Running Club	22:20	Vet 65 Male	2nd
30.	20	Rebecca Baldwin	F		22:30	Senior Female	6th
31.	88	Abi Knight	F	Hereford Couriers	22:38	Senior Female	7th
32.	84	Andy Creber	M	Chepstow Harriers	22:39	Vet 65 Male	3rd
33.	36	Sharon Bailey	F	Tipton Harriers	22:43	Vet 50 Female	1st
34.	55	Sophie Williams	F	Monross Trailblazers	22:49	Vet 35 Female	2nd
35.	14	Craig Price	M	Croft Ambrey RC	22:51	Vet 40 Male	2nd
36.	44	Ben James	M	Hereford Couriers	22:54	Vet 40 Male	3rd
37.	78	Rachel Bradbury	F	Builth & District	22:56	Vet 40 Female	2nd
38.	28	Penelope Barber	F	Tipton Harriers	22:59	Vet 60 Female	1st
39.	87	Phillip Harris	M	Builth & District Running Club	23:24	Vet 40 Male	4th
40.	58	Olivia Hayman	F	Croft Ambrey RC	23:26	Female Under 13	1st
41.	17	Clive Richardson	M	Ludlow Runners	23:35	Vet 65 Male	4th
42.	54	Stephen Owen	M	Chepstow Harriers	23:42	Vet 70 Male	1st
43.	59	Paul Jefferies	M		23:47	Vet 45 Male	2nd
44.	29	Michael Powell	M	Hereford Couriers	24:08	Vet 50 Male	2nd
45.	77	Rebecca Cooke	F		24:19	Senior Female	8th



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46.	22	Henry Griffiths	M	Hereford & County AC	24:27	Male Under 20	3rd
47.	56	Kirsty Hatcher	F	Vegan Runners UK	24:34	Vet 35 Female	3rd
48.	74	Melanie Graham	F	Builth & District Running Club	24:54	Vet 60 Female	2nd
49.	69	Gavin Rainey	M		26:00	Senior Male	10th
50.	32	Lisa Gray	F	Croft Ambrey RC	26:19	Vet 50 Female	2nd
51.	93	Antony Williams	M		26:28	Vet 55 Male	3rd
52.	70	Jon Pilson	M	Cleobury Mortimer Running Club	26:42	Senior Male	11th
53.	18	Kerri Hutchison	F	Wee County Harriers	26:44	Vet 40 Female	3rd
54.	41	Samantha Harper	F	Croft Ambrey RC	26:59	Vet 45 Female	2nd
55.	66	Paul Tenn	M		27:16	Vet 40 Male	5th
56.	53	Sue Purvin	F		27:20	Vet 60 Female	3rd
57.	6	Dave Ainslie	M	Hereford Couriers	27:22	Vet 60 Male	2nd
58.	25	Zac Clarke	M		27:27	Vet 40 Male	6th
59.	64	Becca Garner	F	Hereford Couriers	27:45	Vet 35 Female	4th
60.	49	Nikki Ferguson	F	Croft Ambrey RC	28:04	Senior Female	9th
61.	26	Louise Phillips	F	Croft Ambrey RC	28:05	Vet 50 Female	3rd
62.	42	Adam Mitchell-Haywood	M	Hereford Couriers	29:05	Vet 40 Male	7th
63.	8	Fran Hill	F		29:07	Vet 55 Female	2nd
64.	90	Toni Rocke	F		29:27	Vet 35 Female	5th
65.	45	Dave Mitchell-haywood	M	Hereford Couriers	29:43	Senior Male	12th
66.	89	Margaret Harris	F	Builth & District	30:12	Vet 60 Female	4th
67.	27	Daniella Gardner	F	Bridgnorth Running Club	30:35	Vet 45 Female	3rd
68.	79	Sarah Timms	F		31:20	Vet 40 Female	4th
69.	80	Scott Hendrick	M		31:20	Vet 45 Male	3rd
70.	62	Geraint Davies	M		32:07	Vet 40 Male	8th
71.	2	John Noonan	M	Hereford Couriers	32:22	Vet 65 Male	5th
72.	24	Rebecca Smith	F		33:03	Vet 40 Female	5th
73.	21	Thea James	F		33:04	Senior Female	10th
74.	23	Natalie Portman	F		34:27	Senior Female	11th
75.	51	Rosemary Moore	F	Istead & Ifield Harriers	34:28	Vet 55 Female	3rd
76.	31	Harry Baker	M		35:09	Male Under 13	1st
77.	33	Holly Baker	F		35:10	Female Under 17	1st
78.	82	Wes Reid	M	Tewkesbury Running Club	35:57	Vet 45 Male	4th
79.	43	Lauran Jones	F		37:01	Vet 35 Female	6th
80.	30	Cassie Baker	F		38:55	Senior Female	12th
81.	91	Debbie Gregg	M		38:56	Vet 40 Male	9th
82.	72	Mel Harrison	F		44:42	Vet 40 Female	6th
83.	48	Katy Davies	F		45:05	Senior Female	13th

Number of Records: 83

