

# Hereford Couriers 5K Series 2024 Race 1



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
1	287	Henry White	M	Halo Sports Foundation	Male Under 17	1st	07:33	07:34	15:07	WAVE1
2	1	Alex Adams	M	Bromsgrove and Redditch	Male Under 20	1st	07:42	08:00	15:42	WAVE1
3	8	Eric Apperley	M	Builth & District	Senior Male	1st	07:50	07:57	15:47	WAVE1
4	242	Cory Sherwin	M	Forest of Dean AC	Senior Male	2nd	07:55	08:02	15:57	WAVE1
5	46	Luke Carroll	M	Western Tempo	Senior Male	3rd	07:54	08:12	16:06	WAVE1
6	235	Daniel Robinson	M	Birmingham Running Athletics & Triathlon Club (BRAT)	Vet 40 Male	1st	07:57	08:12	16:09	WAVE1
7	260	Eliot Taylor	M	Western Tempo	Senior Male	4th	07:55	08:23	16:18	WAVE1
8	131	Mark Ince	M	Birmingham Running Athletics & Triathlon Club (BRAT)	Vet 45 Male	1st	08:06	08:19	16:25	WAVE1
9	41	Robbie Campbell	M	Worcester AC	Vet 40 Male	2nd	08:07	08:29	16:36	WAVE1
10	26	Marcus Bennetto	M	Forest of Dean AC	Senior Male	5th	08:17	08:27	16:44	WAVE1
11	163	Dave Lawrence	M	Malvern Buzzards Running Club	Vet 40 Male	3rd	08:16	08:30	16:46	WAVE1
12	238	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	1st	08:15	08:36	16:51	WAVE1
13	149	Thomas Kennedy	M	Western Tempo	Male Under 20	2nd	08:22	08:32	16:54	WAVE1
14	184	William Morris	M	Hereford Couriers	Senior Male	6th	08:26	08:29	16:55	WAVE1
15	37	Christopher Brown	M	Severn AC	Vet 40 Male	4th	08:24	08:32	16:56	WAVE1
16	123	Alex Hills	M		Senior Male	7th	08:24	08:40	17:04	WAVE1
17	5	Louis Ansfield	M	Weston Tempo	Male Under 17	2nd	08:26	08:43	17:09	WAVE1
18	189	Zak Mountford	M	Builth & District	Senior Male	8th	08:31	08:46	17:17	WAVE1
19	90	Archie Fox	M	Severn AC	Senior Male	9th	08:37	08:43	17:20	WAVE1
20	263	Darryll Thomas	M	Bromsgrove and Redditch	Vet 45 Male	2nd	08:34	08:47	17:21	WAVE1
21	24	Toby Bennett	M	Brecon AC	Male Under 17	3rd	08:32	08:58	17:30	WAVE1
22	9	Tirian Ashby	M	Worcester AC	Senior Male	10th	08:36	08:58	17:34	WAVE1
23	158	ADAM KNIGHTS	M	Black Pear Joggers	Vet 35 Male	2nd	08:31	09:06	17:37	WAVE1
24	4	Christopher Anderson	M	Severn AC	Vet 35 Male	3rd	08:40	08:58	17:38	WAVE1
25	134	Matt James	M		Vet 40 Male	5th	08:45	08:55	17:40	WAVE1
26	272	Andrew Tyler	M	Hereford Couriers	Vet 50 Male	1st	08:48	08:55	17:43	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
27	216	Emma Powell	F	Western Tempo	Senior Female	1st	08:50	08:55	17:45	WAVE1
28	297	Harry Woodhouse	M	Hereford Couriers	Senior Male	11th	08:34	09:20	17:54	WAVE1
29	65	Grant Davis	M	Western Tempo	Vet 35 Male	4th	08:45	09:12	17:57	WAVE1
30	82	Keith Evans	M	Malvern Buzzards Running Club	Vet 50 Male	2nd	08:58	09:05	18:03	WAVE1
31	69	Benjamin Dean	M	University of Bath Athletics Club	Male Under 20	3rd	08:46	09:21	18:07	WAVE1
32	161	Matt Lambourne	M	Western Tempo	Vet 35 Male	5th	09:05	09:03	18:08	WAVE1
33	155	Dan King	M		Senior Male	12th	08:53	09:15	18:08	WAVE1
34	48	Rob Chambers	M	Wye Valley Runners	Senior Male	13th	08:53	09:15	18:08	WAVE1
35	247	Stephen Snead	M	Hereford Couriers	Vet 50 Male	3rd	09:06	09:04	18:10	WAVE1
36	98	Josef Godfrey	M	Hereford Couriers	Senior Male	1st	08:52	09:29	18:21	WAVE2
37	128	Vaughn Hughes	M	Newport Harriers	Male Under 17	4th	09:04	09:17	18:21	WAVE1
38	233	Emma Robertson	F	Worcester AC	Senior Female	2nd	09:05	09:17	18:22	WAVE1
39	167	martin lloyd	M	Hereford Couriers	Vet 45 Male	3rd	09:09	09:14	18:23	WAVE1
40	42	Paul Campbell	M		Vet 40 Male	6th	09:04	09:27	18:31	WAVE1
41	203	Charlie Partridge	M		Male Under 17	5th	09:02	09:30	18:32	WAVE1
42	133	Shane Jackson	M	Malvern Buzzards Running Club	Vet 35 Male	6th	08:41	09:54	18:35	WAVE1
43	51	David Clarke	M	Severn AC	Vet 50 Male	4th	09:02	09:34	18:36	WAVE1
44	22	Elliott Beard	M	Worcester AC	Male Under 20	4th	09:03	09:34	18:37	WAVE1
45	221	Isabelle Price	F	Wolverhampton & Bilston	Female Under 20	1st	09:05	09:32	18:37	WAVE1
46	19	Isaac Barry	M	Newport Harriers	Male Under 17	6th	09:06	09:35	18:41	WAVE1
47	115	Carl Hatton	M		Vet 55 Male	1st	09:12	09:30	18:42	WAVE1
48	273	Fred Tyler	M	Hereford & County AC	Male Under 15	1st	09:10	09:36	18:46	WAVE2
49	173	Elinor Matthey	F	Parc Bryn Bach Running Club	Senior Female	3rd	09:11	09:38	18:49	WAVE1
50	165	Henry Lewis	M	Hereford & County AC	Male Under 15	2nd	09:10	09:41	18:51	WAVE2
51	282	Isobel Watt	F	Cheltenham and County Harriers	Female Under 17	1st	09:08	09:43	18:51	WAVE1
52	140	Jeremy Jehan	M	Wye Valley Runners	Vet 50 Male	5th	09:20	09:32	18:52	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
53	107	Neil Grinnell	M	Ledbury & District Harriers	Vet 45 Male	4th	09:21	09:33	18:54	WAVE1
54	205	Sunin Patel	M	Telford AC	Vet 40 Male	7th	09:18	09:50	19:08	WAVE1
55	74	Paul Dodd	M	Chepstow Harriers	Vet 65 Male	1st	09:26	09:45	19:11	WAVE1
56	198	Oliver O'Brien	M		Male Under 20	1st	09:33	09:39	19:12	WAVE2
57	109	Billy hale	M		Senior Male	14th	09:46	09:36	19:22	WAVE1
58	202	Colin Parry	M	Forest of Dean AC	Vet 45 Male	5th	09:42	09:41	19:23	WAVE1
59	6	Matthew Ansfield	M		Vet 50 Male	1st	09:44	09:42	19:26	WAVE2
60	20	Marc Bataller Moreno	M	Hereford Couriers	Senior Male	15th	09:13	10:14	19:27	WAVE1
61	89	Cherry Fowler	F	Chepstow Harriers	Vet 50 Female	1st	09:43	09:45	19:28	WAVE1
62	88	Simeon Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	6th	09:27	10:02	19:29	WAVE1
63	199	Ben Oliver	M		Vet 35 Male	7th	09:19	10:15	19:34	WAVE1
64	200	Poppy Oliver	F	Newport Harriers	Female Under 15	1st	09:20	10:14	19:34	WAVE1
65	94	Neil Gamble	M	Aberystwyth AC	Vet 50 Male	6th	09:53	09:50	19:43	WAVE1
66	78	Allen Edwards	M	Hereford Couriers	Senior Male	2nd	09:33	10:10	19:43	WAVE2
67	290	Luke Williams	M	Hereford Couriers	Vet 40 Male	1st	09:49	09:55	19:44	WAVE2
68	237	Sally Russell	F	Worcester AC	Vet 45 Female	1st	09:46	09:58	19:44	WAVE2
69	274	Ieuan Vale-Smith	M	Hereford Couriers	Senior Male	3rd	10:12	09:35	19:47	WAVE2
70	261	Tim Taylor	M		Vet 60 Male	1st	09:34	10:15	19:49	WAVE1
71	118	James Head	M	Gloucester AC	Vet 45 Male	1st	09:50	10:00	19:50	WAVE2
72	224	Chris Prosser	M	Malvern Joggers	Senior Male	4th	09:54	09:58	19:52	WAVE2
73	96	Darren Gibbons	M		Vet 35 Male	1st	09:44	10:10	19:54	WAVE2
74	68	Gilberto de G	M		Vet 45 Male	2nd	09:49	10:07	19:56	WAVE2
75	119	Steve Head	M		Senior Male	16th	09:28	10:29	19:57	WAVE1
76	249	Daniel Spear	M	Hereford Couriers	Vet 35 Male	2nd	09:57	10:04	20:01	WAVE2
77	280	Andrew Wathen	M		Vet 45 Male	3rd	09:49	10:15	20:04	WAVE2
78	139	Isabel Jeavons	F	Worcester AC	Senior Female	1st	09:58	10:06	20:04	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
79	169	Joseph Lynch	M	Croft Ambrey RC	Senior Male	5th	10:05	10:01	20:06	WAVE2
80	30	Richard Boseley	M	Severn AC	Vet 60 Male	2nd	09:53	10:17	20:10	WAVE1
81	196	Isabel North	F	Hereford & County AC	Female Under 17	1st	09:48	10:22	20:10	WAVE2
82	61	James Davies	M	Hereford Couriers	Vet 40 Male	2nd	09:45	10:33	20:18	WAVE2
83	33	Steve Bradley	M	Cheltenham and County Harriers	Vet 50 Male	2nd	10:13	10:07	20:20	WAVE2
84	291	Martin Williams	M	Ledbury & District Harriers	Vet 40 Male	3rd	09:44	10:37	20:21	WAVE2
85	16	Albert Ballinger	M	Black Pear Joggers	Senior Male	6th	09:52	10:38	20:30	WAVE2
86	214	Christina Plant	F	Hereford Couriers	Vet 40 Female	1st	10:24	10:11	20:35	WAVE2
87	153	Robert Kerr	M	Ledbury & District Harriers	Vet 65 Male	1st	10:15	10:25	20:40	WAVE2
88	92	Daniel Francis	M	Wye Valley Runners	Senior Male	7th	10:17	10:30	20:47	WAVE2
89	284	Matthew Webb	M	Monross Trailblazers	Vet 35 Male	3rd	10:11	10:36	20:47	WAVE2
90	106	Gary Griffiths	M	Monross Trailblazers	Vet 40 Male	4th	10:21	10:29	20:50	WAVE2
91	250	Laura Spencer	F	Severn AC	Vet 35 Female	1st	10:30	10:23	20:53	WAVE2
92	176	Josh McMahon	M	Wye Valley Runners	Senior Male	8th	10:18	10:36	20:54	WAVE2
93	201	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	3rd	10:18	10:37	20:55	WAVE2
94	112	Steve Hartley	M		Vet 60 Male	1st	10:31	10:24	20:55	WAVE2
95	50	Ian Chubb	M	Ludlow Runners	Vet 50 Male	4th	10:20	10:35	20:55	WAVE2
96	135	Emma James	F		Vet 40 Female	1st	10:16	10:42	20:58	WAVE1
97	7	Luke Mason	M	Hereford Couriers		1st	10:16	10:43	20:59	WAVE1
98	296	Darren Woodall	M	Hereford Couriers	Vet 50 Male	5th	10:46	10:22	21:08	WAVE2
99	60	Jonathan Davey	M	Hereford Couriers	Vet 60 Male	2nd	10:21	10:48	21:09	WAVE2
100	66	Sarah Davis	F	Black Pear Joggers	Vet 35 Female	2nd	10:24	10:47	21:11	WAVE2
101	222	Marcus Price	M	Wye Valley Runners	Vet 35 Male	4th	10:36	10:37	21:13	WAVE2
102	245	Ed Smith	M	Croft Ambrey RC	Vet 50 Male	6th	10:33	10:42	21:15	WAVE2
103	229	Jonathon Ramage-Hill	M		Senior Male	9th	10:25	10:54	21:19	WAVE2
104	14	Macy Balderson	F		Female Under 17	2nd	10:25	10:56	21:21	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
105	145	Gareth Jones	M	Black Pear Joggers	Senior Male	10th	10:37	10:44	21:21	WAVE2
106	185	Ian Morris	M		Vet 45 Male	4th	10:30	11:01	21:31	WAVE2
107	101	Lucy Goode	F	Cheltenham and County Harriers	Senior Female	2nd	10:46	10:50	21:36	WAVE2
108	47	Quisha Cashmore	F	Worcester AC	Female Under 15	1st	10:26	11:13	21:39	WAVE2
109	57	Andy Creber	M	Chepstow Harriers	Vet 65 Male	2nd	10:45	10:54	21:39	WAVE2
110	217	James Powell	M		Senior Male	11th	10:41	10:58	21:39	WAVE2
111	292	Rob Williams	M	Hereford Couriers	Vet 40 Male	5th	11:00	10:40	21:40	WAVE2
112	191	Paul Naughton	M	Black Pear Joggers	Vet 55 Male	1st	10:30	11:12	21:42	WAVE2
113	110	Dan Hardy	M		Vet 35 Male	5th	11:00	10:44	21:44	WAVE2
114	171	Oliver Marsh	M	Croft Ambrey RC	Male Under 17	1st	10:13	11:33	21:46	WAVE2
115	258	Alexander Swan	M		Male Under 13	1st	10:28	11:21	21:49	WAVE2
116	230	Saffi Reid	F	Hereford & County AC	Female Under 13	1st	10:27	11:24	21:51	WAVE2
117	137	Stephen Jansen	M	Hereford Couriers	Senior Male	12th	10:34	11:18	21:52	WAVE2
118	239	Melanie Schofield	F	Cheltenham and County Harriers	Vet 35 Female	3rd	10:49	11:03	21:52	WAVE2
119	32	michelle bowley	F	Hereford Couriers	Vet 55 Female	1st	11:02	11:04	22:06	WAVE2
120	113	Wayne Hartley	M	Black Pear Joggers	Vet 45 Male	5th	10:48	11:19	22:07	WAVE2
121	215	Vincent Playdon	M		Vet 50 Male	7th	10:52	11:16	22:08	WAVE2
122	56	Robert Connell	M	Hereford Couriers	Vet 60 Male	3rd	10:53	11:18	22:11	WAVE2
123	251	Toby Spicer	M	Croft Ambrey RC	Vet 45 Male	6th	10:54	11:17	22:11	WAVE2
124	117	Clare Hawling	F	Cheltenham and County Harriers	Vet 60 Female	1st	11:01	11:11	22:12	WAVE2
125	156	Angus Kirby	M	Ludlow Runners	Vet 60 Male	4th	11:06	11:06	22:12	WAVE2
126	87	Martin Fogg	M	Hereford Couriers	Vet 45 Male	7th	11:10	11:06	22:16	WAVE2
127	265	Clare Thompson	F	Severn AC	Vet 35 Female	4th	11:01	11:17	22:18	WAVE2
128	178	Lucy McQuoney	F	Malvern Joggers	Senior Female	3rd	10:55	11:29	22:24	WAVE2
129	28	Tim P Berrow	M		Vet 40 Male	6th	11:14	11:11	22:25	WAVE2
130	100	Malc Gonnella	M	Builth & District	Vet 65 Male	3rd	11:16	11:09	22:25	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
131	44	matthew capel	M	Black Pear Joggers	Vet 40 Male	7th	11:13	11:15	22:28	WAVE2
132	204	Ben Passberger	M		Senior Male	13th	11:22	11:07	22:29	WAVE2
133	79	Jonathan Edwards	M	Hereford Couriers	Vet 40 Male	8th	11:03	11:27	22:30	WAVE2
134	266	Joanne Tilby	F	Croft Ambrey RC	Vet 40 Female	2nd	11:18	11:12	22:30	WAVE2
135	124	Andrew Hitchings	M	Malvern Joggers	Senior Male	14th	10:59	11:33	22:32	WAVE2
136	72	Jim Dicken	M		Vet 65 Male	4th	11:19	11:15	22:34	WAVE2
137	116	Jodie Hatton-Belliard	F	Cheltenham and County Harriers	Senior Female	4th	11:13	11:36	22:49	WAVE2
138	279	Mark Walker	M	Malvern Joggers	Vet 65 Male	5th	11:15	11:39	22:54	WAVE2
139	207	Mark Paviour	M	Maldwyn Harriers	Vet 60 Male	5th	11:12	11:42	22:54	WAVE2
140	175	steve McCabe	M		Senior Male	15th	11:07	11:51	22:58	WAVE2
141	271	Kevin Turner	M		Vet 50 Male	8th	11:43	11:16	22:59	WAVE2
142	210	Tom Payne	M	Severn AC	Vet 40 Male	9th	11:38	11:24	23:02	WAVE2
143	190	Chris Murray	M		Senior Male	16th	11:06	11:59	23:05	WAVE2
144	15	Wayne Balderson	M		Vet 40 Male	10th	11:14	11:51	23:05	WAVE2
145	141	Guy Jenkins	M	Hereford Couriers	Vet 60 Male	6th	11:23	11:44	23:07	WAVE2
146	99	Charlotte Godsall	F	Hereford Triathlon Club	Vet 45 Female	2nd	11:28	11:42	23:10	WAVE2
147	298	Ian Yorke	M	Malvern Buzzards Running Club	Vet 55 Male	2nd	11:29	11:44	23:13	WAVE2
148	55	Lynne Compton	F	Wye Valley Runners	Vet 55 Female	2nd	11:31	11:44	23:15	WAVE2
149	197	Paddy Nugent	M	Wye Valley Runners	Vet 60 Male	7th	11:49	11:45	23:34	WAVE2
150	227	Fred Pursey	M		Senior Male	17th	12:02	11:43	23:45	WAVE2
151	104	Kate Green	F	Wye Valley Runners	Vet 55 Female	3rd	11:38	12:14	23:52	WAVE2
152	232	Chris Riley	M		Vet 60 Male	8th	11:49	12:05	23:54	WAVE2
153	213	Kimberley Pickett	F	Hereford Couriers	Vet 35 Female	5th	12:12	11:52	24:04	WAVE2
154	125	Chris Hodge	M		Vet 60 Male	9th	12:19	11:53	24:12	WAVE2
155	97	Ben Goddard	M	Hereford Couriers	Senior Male	18th	11:46	12:28	24:14	WAVE2
156	252	Owen Spicer	M	Croft Ambrey RC	Male Under 13	2nd	11:44	12:32	24:16	WAVE2





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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
157	220	Bronwyn Preece	F	Croft Ambrey RC	Senior Female	5th	11:48	12:30	24:18	WAVE2
158	225	Em Pryce	F		Vet 35 Female	6th	12:02	12:16	24:18	WAVE2
159	67	Lucy Davison	F	Black Pear Joggers	Senior Female	6th	11:56	12:24	24:20	WAVE2
160	254	Matthew Stevens	M	Malvern Joggers	Senior Male	19th	11:43	12:39	24:22	WAVE2
161	3	Rachael Aitken	F	Monross Trailblazers	Senior Female	7th	12:19	12:08	24:27	WAVE2
162	91	Diana Fox	F	Black Pear Joggers	Vet 55 Female	4th	12:07	12:27	24:34	WAVE2
163	76	Jamie Dover	M	Hereford Couriers	Vet 55 Male	3rd	12:15	12:21	24:36	WAVE2
164	11	Greg Ashby	M	Worcester AC	Vet 55 Male	4th	12:27	12:12	24:39	WAVE2
165	286	Mhairi Welsh	F	Hereford Couriers	Senior Female	8th	12:18	12:26	24:44	WAVE2
166	45	Lucy Capel	F	Black Pear Joggers	Vet 40 Female	3rd	12:18	12:39	24:57	WAVE2
167	77	Emma Downes	F		Senior Female	9th	12:23	12:37	25:00	WAVE2
168	166	Paddy Lewis	M		Vet 50 Male	9th	12:34	12:30	25:04	WAVE2
169	127	Oliver Hughes	M	Llisbury Runners	Vet 40 Male	11th	12:19	12:50	25:09	WAVE2
170	93	Hollie Francis	F	Hereford Couriers	Senior Female	10th	12:24	12:53	25:17	WAVE2
171	241	Mike Shaw	M	Hereford Triathlon Club	Vet 70 Male	1st	12:41	12:37	25:18	WAVE2
172	80	Lois Erwin	F	Hereford Couriers	Female Under 20	1st	12:25	12:53	25:18	WAVE2
173	277	Stuart Wakelam	M	Black Pear Joggers	Vet 60 Male	10th	12:38	12:45	25:23	WAVE2
174	170	Deanna Mammatt	F		Vet 45 Female	3rd	12:53	12:43	25:36	WAVE2
175	234	Alan Robertson	M	Forest of Dean AC	Vet 65 Male	6th	12:56	12:40	25:36	WAVE2
176	186	Emily Moseley	F	Ludlow Runners	Vet 40 Female	4th	12:47	12:52	25:39	WAVE2
177	70	Bryony Dean	F	Hereford Couriers	Vet 45 Female	4th	12:41	13:01	25:42	WAVE2
178	148	Nicola Kelly	F	Builth & District	Vet 50 Female	1st	12:45	13:01	25:46	WAVE2
179	81	Celia Escande	F	Hereford Couriers	Senior Female	11th	12:35	13:12	25:47	WAVE2
180	86	Lindsey Flowers	F	Wye Valley Runners	Vet 35 Female	7th	12:54	12:56	25:50	WAVE2
181	142	Harry Jenkins	M	Hereford Couriers	Vet 35 Male	6th	12:17	13:37	25:54	WAVE2
182	29	David Bessant	M	Black Pear Joggers	Vet 55 Male	5th	12:46	13:14	26:00	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
183	223	Ben Probert	M		Vet 40 Male	12th	12:38	13:22	26:00	WAVE2
184	219	Samantha Powell	F		Vet 35 Female	8th	13:28	12:45	26:13	WAVE2
185	212	Anne Pengelly	F	Hereford Couriers	Vet 50 Female	2nd	12:57	13:17	26:14	WAVE2
186	52	Charlie Coleman	M	Hereford & County AC	Male Under 13	3rd	11:56	14:20	26:16	WAVE2
187	154	Caroline Kerr	F	Ledbury & District Harriers	Vet 60 Female	2nd	13:11	13:13	26:24	WAVE2
188	83	Annie Eytile	F	Hereford Couriers	Vet 35 Female	9th	13:17	13:07	26:24	WAVE2
189	152	Jonathan Kennedy	M		Vet 50 Male	10th	13:38	12:50	26:28	WAVE2
190	157	Helen Kirk	F		Vet 50 Female	3rd	13:10	13:20	26:30	WAVE2
191	62	Debbie Davies	F	Lonely Goat RC	Vet 45 Female	5th	13:16	13:16	26:32	WAVE2
192	164	Anya Lees	F	Black Pear Joggers	Vet 35 Female	10th	13:02	13:34	26:36	WAVE2
193	43	Hannah Campbell	F	Hereford Couriers	Senior Female	12th	13:25	13:12	26:37	WAVE2
194	226	Lauren Pullen	F	Hereford Couriers	Senior Female	13th	13:24	13:23	26:47	WAVE2
195	256	John Sutton	M		Vet 50 Male	11th	13:35	13:14	26:49	WAVE2
196	23	Kirsten Beard	F	Black Pear Joggers	Vet 50 Female	4th	13:00	13:52	26:52	WAVE2
197	257	Lisa Sutton	F		Vet 40 Female	5th	13:36	13:27	27:03	WAVE2
198	187	Karen Moseley	F	Black Pear Joggers	Vet 65 Female	1st	13:31	13:38	27:09	WAVE2
199	206	Ellie Pattison	F	Hereford Couriers	Senior Female	14th	13:28	13:42	27:10	WAVE2
200	300	Claire Shacklock	F	Black Pear Joggers	Vet 40 Female	6th	13:08	14:02	27:10	WAVE2
201	211	STEVEN PENGELLY	M	Hereford Couriers	Vet 50 Male	12th	13:05	14:06	27:11	WAVE2
202	259	Rebecca Swan	F		Vet 40 Female	7th	13:14	14:01	27:15	WAVE2
203	12	Lesley Ashton	F	Vegan Running Club	Vet 65 Female	2nd	13:27	13:50	27:17	WAVE2
204	183	Danielle Morgan	F		Vet 35 Female	11th	13:57	13:22	27:19	WAVE2
205	168	Laura Lloyd	F		Vet 40 Female	8th	13:34	13:50	27:24	WAVE2
206	58	Terry Cuthbertson	F		Senior Female	15th	13:31	14:04	27:35	WAVE2
207	38	Michael Bryant	M	Newent Runners	Vet 60 Male	11th	13:28	14:10	27:38	WAVE2
208	17	Deborah Band	F	Black Pear Joggers	Vet 55 Female	5th	13:42	14:10	27:52	WAVE2





# Hereford Couriers 5K Series 2024 Race 1



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
209	269	Rachel Trott	F	Hereford Triathlon Club	Vet 50 Female	5th	13:45	14:17	28:02	WAVE2
210	192	Amy Newman	F	Hereford Couriers	Senior Female	16th	13:41	14:23	28:04	WAVE2
211	31	Zoe Boucher	F	Hereford Couriers	Senior Female	17th	13:42	14:22	28:04	WAVE2
212	85	Hannah Fishbourne	F	Hereford Couriers	Vet 35 Female	12th	13:33	14:33	28:06	WAVE2
213	21	Lee Bayley	F		Vet 35 Female	13th	13:57	14:43	28:40	WAVE2
214	136	Samantha Jane	F	Hereford Couriers	Vet 40 Female	9th	14:27	14:22	28:49	WAVE2
215	2	Dave Ainslie	M	Hereford Couriers	Vet 60 Male	12th	14:27	15:01	29:28	WAVE2
216	209	Nick Paviour	M	Wye Valley Runners	Senior Male	20th	14:16	15:20	29:36	WAVE2
217	228	Annabel Radbourne	F	Hereford Couriers	Senior Female	18th	14:35	15:30	30:05	WAVE2
218	193	Daniel Newton	M	Pont-Y-Pwl & District Runners	Vet 50 Male	13th	14:09	15:56	30:05	WAVE2
219	236	Chris Ruck	M	Hereford Couriers	Vet 55 Male	6th	14:25	16:06	30:31	WAVE2
220	194	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	13th	15:13	15:54	31:07	WAVE2
221	248	Diana Snelling	F		Vet 35 Female	14th	15:32	16:29	32:01	WAVE2
222	180	Jessie Miller	F		Vet 35 Female	15th	15:47	16:39	32:26	WAVE2
223	195	John Noonan	M	Hereford Couriers	Vet 65 Male	7th	16:02	16:32	32:34	WAVE2
224	95	Lynsey Gamble	F	Aberystwyth AC	Vet 45 Female	6th	16:43	16:28	33:11	WAVE2
225	111	David Harrison-Shoard	M		Vet 50 Male	14th	17:44	17:40	35:24	WAVE2
226	146	Christine Jones	F	Black Pear Joggers	Vet 35 Female	16th	17:47	18:38	36:25	WAVE2
227	64	Hannah Davies	F		Senior Female	19th	18:53	20:09	39:02	WAVE2
228	63	Linda Davies	F	Leominster Runners	Vet 55 Female	6th	18:52	20:10	39:02	WAVE2
229	301	Gerald Gobey	M	Hereford Couriers		1st	18:53	20:09	39:02	WAVE2

Number of Records: 229

