

Hereford Couriers Christmas 10k 2021



Team Results

Bib	Name	Time	Age Category
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Female

1. Croft Ambrey RC 1 2:55:35,00

352	Alice Godding	40:57	Senior Female
108	Kelly Bowen	42:47	Vet 35 Female
416	Charlotte Broadhurst	44:14	Female Under 20
16	Joanne Tilby	47:37	Vet 40 Female

2. Hereford Couriers 1 2:57:04,00

254	Joanna Eddy	42:18	Vet 45 Female
178	Naomi Prosser	44:28	Senior Female
66	Jess Sullivan	45:05	Senior Female
174	Christina Plant	45:13	Vet 35 Female

3. Hereford Couriers 2 3:07:30,00

126	Clare Mallender	45:35	Vet 40 Female
49	Susie Hay	46:54	Vet 40 Female
348	Amy Smith	47:29	Vet 35 Female
101	Lucy Jarvis	47:32	Senior Female

4. Hereford Couriers 3 3:18:10,00

465	Sheryl Evans	48:37	Vet 50 Female
399	Kate Morris	48:59	Vet 40 Female
305	Abi Knight	50:16	Senior Female
410	Kimberley Langford	50:18	Senior Female

5. Hereford Couriers 4 3:26:09,00

159	Emily Yarnold	50:40	Senior Female
189	Laura Hudson	50:53	Senior Female
288	Bronwen Tyler-Jones	52:17	Vet 45 Female
434	Nicola Tyler	52:19	Vet 50 Female

6. Bulth & District Running Club 1 3:27:46,00

335	Donna Morris	38:04	Vet 35 Female
272	Gunvor Troelsen	51:10	Vet 55 Female
238	Lianne Rollinson	59:16	Vet 35 Female
391	Melanie Graham	59:16	Vet 60 Female

7. Croft Ambrey RC 2 3:28:42,00

247	Thea Preece	49:37	Senior Female
369	Lucy Austin	50:12	Female Under 20
362	Liza Austin	53:02	Vet 55 Female
209	Louise Reeves	55:51	Vet 45 Female

8. Wye Valley Runners 1 3:35:52,00

476	Louisa Foti	51:34	Vet 45 Female
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307	Jo Ellis	53:23	Vet 40 Female
342	Lynne Compton	55:06	Vet 55 Female
152	Sara Roper	55:49	Vet 45 Female
9.	Malvern Buzzards Running Club 1	3:39:51,00	
499	Kate Dolphin	49:15	Vet 40 Female
167	Julie Caseley	52:38	Vet 60 Female
364	Elizabeth Slack	53:57	Vet 60 Female
52	Sarah Cuddy	1:04:01	Vet 45 Female
10.	Hereford Couriers 5	3:45:03,00	
260	Charlotte Hyde	55:04	Vet 45 Female
498	Sky Herington	55:43	Senior Female
83	Lisa Williams	57:07	Vet 50 Female
423	Hollie Francis	57:09	Senior Female
11.	Croft Ambrey RC 3	4:04:20,00	
115	Lisa Gray	57:31	Vet 50 Female
213	Gemma Davies	1:00:31	Vet 40 Female
486	Sarah Broadhurst	1:02:20	Vet 50 Female
110	Hayley Colebatch	1:03:58	Vet 35 Female
12.	Hereford Couriers 6	4:15:02,00	
273	Chris Campbell	57:16	Vet 60 Female
464	Rachelle Prothero	1:01:03	Senior Female
274	Hannah Campbell	1:06:37	Senior Female
375	Hayley Lovatt	1:10:06	Vet 40 Female
13.	Ludlow Runners 1	4:17:41,00	
489	Emma Stewardson	49:21	Vet 40 Female
162	Emily Gould	54:15	Senior Female
153	Donna Lewis	1:09:28	Vet 40 Female
151	Ruth Jones	1:24:37	Vet 45 Female
14.	Croft Ambrey RC 4	4:44:51,00	
231	Theresa Jones	1:06:10	Vet 50 Female
24	Stephanie King	1:06:46	Vet 55 Female
280	Suzanne Field	1:10:27	Vet 50 Female
422	Alison Apperley	1:21:28	Vet 55 Female



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Team Results

Bib	Name	Time	Age Category
Male			
1. Western Tempo 1 2:25:37,00			
361	Charlie Jones	33:45	Senior Male
451	David Aubrey	34:43	Senior Male
424	William Kennedy	38:01	Male Under 20
460	James Morgan	39:08	Vet 40 Male
2. Hereford Couriers 1 2:30:33,00			
30	Luke Mason	36:38	Senior Male
80	Ross Cameron	37:44	Senior Male
289	Andrew Tyler	38:03	Vet 45 Male
367	Tom Grady	38:08	Vet 40 Male
3. Hereford Couriers 2 2:36:45,00			
447	Ryan Lawrence	38:23	Senior Male
466	Ryan Knight	38:42	Senior Male
43	Brandon Adams	39:32	Senior Male
13	Colin Lambourne	40:08	Vet 45 Male
4. Croft Ambrey RC 1 2:38:13,00			
257	Eric Apperley	34:33	Senior Male
371	Jasper Robinson	38:58	Senior Male
279	Simon Norwood	41:10	Vet 50 Male
479	Sam Juson	43:32	Senior Male
5. Hereford Couriers 3 2:45:45,00			
65	George Ware	40:41	Senior Male
20	Kit Williams	40:46	Senior Male
256	Dan Phillips	40:55	Vet 40 Male
284	Sam Newman	43:23	Senior Male
6. Wye Valley Runners 1 2:48:09,00			
330	Jeremy Jehan	39:37	Vet 45 Male
436	Lea Wood	40:53	Senior Male
377	Richard Williams	41:32	Senior Male
122	Robert Gilligan	46:07	Vet 55 Male
7. Hereford Couriers 4 2:54:12,00			
22	Graeme Walker	43:24	Vet 55 Male
267	Will Connell	43:26	Senior Male
287	Richie Richards	43:40	Vet 55 Male
81	Martin Carter	43:42	Vet 55 Male
8. Malvern Joggers 1 2:54:49,00			
349	Henry Pugh	38:46	Senior Male



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136	Neil Warne	39:43	Vet 40 Male
129	Chris Reed	47:19	Vet 40 Male
86	Jon Gray	49:01	Vet 60 Male
9.	Hereford Couriers 5	3:07:51,00	
300	Richard George	43:55	Vet 55 Male
266	Robert Connell	47:16	Vet 60 Male
448	Daniel Matthews	48:14	Male Under 20
146	Daniel Mapp	48:26	Senior Male
10.	Croft Ambrey RC 2	3:09:41,00	
363	Stuart Austin	45:24	Vet 55 Male
390	David Millichap	47:20	Vet 50 Male
370	Ashley Robinson	47:35	Vet 70 Male
38	Roland Preece	49:22	Vet 55 Male
11.	Ludlow Runners 1	3:16:13,00	
378	Daniel Spear	40:57	Senior Male
412	Thomas Powell	47:22	Senior Male
35	Paul Roberts	51:22	Vet 55 Male
111	Mark Hollis	56:32	Vet 45 Male
12.	Hereford Couriers 6	3:17:42,00	
255	Phil Parry	48:36	Vet 40 Male
458	Ben Brown	49:30	Senior Male
329	Nigel O'Neil	49:46	Vet 55 Male
497	Steve Herington	49:50	Vet 70 Male
13.	Hereford Couriers 7	3:25:27,00	
409	Christopher Cleary	50:18	Senior Male
269	John Jaspers	50:39	Vet 50 Male
145	Kevin Barnes	51:26	Vet 55 Male
360	Alan Rowlands	53:04	Vet 45 Male
14.	Hereford Couriers 8	3:43:55,00	
230	Gerald Gobey	53:09	Vet 65 Male
446	Ben Goddard	54:25	Senior Male
429	Joe Brimfield	54:59	Vet 40 Male
207	Richard Bloomer	1:01:22	Senior Male
15.	Hereford Couriers 9	4:25:51,00	
387	Stephen Niblett	1:03:12	Vet 55 Male
17	Stuart Taylor	1:04:00	Vet 40 Male
467	James Cameron	1:07:53	Senior Male
19	John Noonan	1:10:46	Vet 60 Male

