

# 5K Series 2023 - Race 3



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
1	213	Charlie Jones	M	Western Tempo	Vet 35 Male	1st	07:24	07:42	15:06	WAVE1
2	90	Henry White	M	Halo Sports Foundation	Male Under 17	1st	07:30	08:05	15:35	WAVE1
3	165	Eric Apperley	M	Croft Ambrey RC	Senior Male	1st	07:42	08:07	15:49	WAVE1
4	314	Tom Evetts	M	Western Tempo	Senior Male	2nd	07:42	08:14	15:56	WAVE1
5	366	James Denne	M	Western Tempo	Vet 35 Male	2nd	07:42	08:23	16:05	WAVE1
6	97	Daniel Kennedy	M	Blackheath and Bromley Harriers	Senior Male	3rd	07:55	08:10	16:05	WAVE1
7	93	James Durman	M	Shrewsbury AC	Senior Male	4th	07:58	08:12	16:10	WAVE1
8	346	Cory Sherwin	M	Forest of Dean AC	Senior Male	5th	08:04	08:11	16:15	WAVE1
9	217	Robin Woods	M	Builth & District	Vet 45 Male	1st	07:55	08:24	16:19	WAVE1
10	170	Tim Iveson	M	Builth & District Running Club	Vet 40 Male	1st	07:55	08:24	16:19	WAVE1
11	377	Kristan McKenna	M		Vet 45 Male	2nd	07:59	08:23	16:22	WAVE1
12	111	Mark Thomas	M	Croft Ambrey RC	Vet 45 Male	3rd	08:06	08:24	16:30	WAVE1
13	35	Mark James	M	Western Tempo	Vet 45 Male	4th	08:07	08:31	16:38	WAVE1
14	37	Sam Juson	M	Croft Ambrey RC	Senior Male	6th	08:07	08:33	16:40	WAVE1
15	352	Paul O'Brien	M	Telford AC	Vet 45 Male	5th	08:21	08:28	16:49	WAVE1
16	67	Ben Hope	M	Severn AC	Senior Male	7th	08:10	08:45	16:55	WAVE1
17	31	Luke Mason	M	Hereford Couriers	Vet 35 Male	3rd	08:08	08:48	16:56	WAVE1
18	282	Thomas Kennedy	M	North Gloucestershire Orienteering Club	Male Under 20	1st	08:26	08:30	16:56	WAVE1
19	379	Will Hartop	M	Stroud & District AC	Vet 35 Male	4th	08:22	08:37	16:59	WAVE1
20	325	David Bannister	M	Ledbury & District Harriers	Vet 45 Male	6th	08:23	08:36	16:59	WAVE1
21	316	Owen Parry	M	Gloucester Athletic Club	Vet 40 Male	2nd	08:21	08:38	16:59	WAVE1
22	280	Gavin Jones	M	Monross Trailblazers	Senior Male	8th	08:32	08:28	17:00	WAVE1
23	328	Stuart Nash	M	Chepstow Harriers	Vet 40 Male	3rd	08:20	08:43	17:03	WAVE1
24	226	Alexander Logan	M	Ludlow Runners	Vet 40 Male	4th	08:28	08:35	17:03	WAVE1
25	51	Gwynant Jones	M	Maldwyn Harriers	Senior Male	9th	08:23	08:41	17:04	WAVE1
26	69	Alex Hills	M	Worcester AC	Senior Male	10th	08:27	08:43	17:10	WAVE1
27	117	Christopher Brown	M	Severn AC	Vet 40 Male	5th	08:28	08:49	17:17	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
28	264	Lauren Cooper	F	Parc Bryn Bach Running Club	Senior Female	1st	08:40	08:45	17:25	WAVE1
29	72	Harry Woodhouse	M	Hereford couriers	Senior Male	11th	08:30	08:55	17:25	WAVE1
30	36	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	5th	08:22	09:05	17:27	WAVE1
31	73	James Smith	M	Severn AC	Vet 40 Male	6th	08:39	08:49	17:28	WAVE1
32	348	Phil Morris	M	Builth & District	Vet 40 Male	7th	08:29	09:08	17:37	WAVE1
33	350	Darren Kirby	M	Worcester AC	Vet 45 Male	7th	08:59	08:43	17:42	WAVE1
34	347	Donna Morris	F	Builth & District	Vet 35 Female	1st	08:40	09:06	17:46	WAVE1
35	338	Jamie Carroll	M	Shrewsbury AC	Vet 35 Male	6th	08:30	09:26	17:56	WAVE1
36	670	Ben White	M	Team Bath Athletic Club	Vet 35 Male	7th	08:37	09:19	17:56	WAVE1
37	125	Nigel Dexter	M	Droitwich AC	Vet 35 Male	8th	08:45	09:12	17:57	WAVE1
38	103	Stephen Snead	M	Hereford Couriers	Vet 50 Male	1st	08:54	09:14	18:08	WAVE1
39	185	Gavin McCaugherty	M	Western Tempo	Vet 40 Male	8th	09:00	09:09	18:09	WAVE1
40	320	Darren Broady	M	Western Tempo	Senior Male	12th	08:57	09:15	18:12	WAVE1
41	259	Ryan Lawrence	M	Hereford Couriers	Senior Male	13th	09:11	09:03	18:14	WAVE1
42	565	Benjamin Dean	M		Male Under 20	2nd	08:54	09:22	18:16	WAVE1
43	375	Gemma Collier	F	Severn Athletic Club	Vet 35 Female	2nd	09:05	09:11	18:16	WAVE1
44	55	Mike Mansfield	M	Gloucester AAC	Vet 50 Male	2nd	08:54	09:24	18:18	WAVE1
45	145	Vaughn Hughes	M	Newport Harriers	Male Under 17	2nd	09:12	09:09	18:21	WAVE1
46	247	Amy Penn	F	Forest of Dean AC	Senior Female	2nd	09:06	09:17	18:23	WAVE1
47	324	Naomi Eaton	F	Western Tempo	Vet 35 Female	3rd	08:59	09:25	18:24	WAVE1
48	568	Tirian Ashby	M	Worcester AC	Male Under 20	3rd	09:05	09:23	18:28	WAVE1
49	128	David Clarke	M	Severn AC	Vet 50 Male	3rd	09:04	09:30	18:34	WAVE1
50	215	Andy Taylor	M		Vet 50 Male	4th	09:11	09:25	18:36	WAVE1
51	82	Matthew Ansfield	M		Vet 50 Male	5th	09:10	09:35	18:45	WAVE1
52	129	Helen Knight	F	CLC Striders	Vet 40 Female	1st	09:15	09:36	18:51	WAVE1
53	296	Colin Parry	M	Forest of Dean AC	Vet 40 Male	9th	09:04	09:49	18:53	WAVE1
54	78	Alex Hope	M	Severn AC	Vet 55 Male	1st	09:15	09:40	18:55	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
55	137	Josias Ashby	M	Worcester AC	Male Under 20	4th	09:04	09:54	18:58	WAVE1
56	225	Brittany Teague	F	Western Tempo	Senior Female	3rd	09:30	09:34	19:04	WAVE1
57	106	Alex Haines	M	Midland Masters AC	Vet 50 Male	6th	09:31	09:36	19:07	WAVE1
58	345	Paul Dolphin	M	Malvern Buzzards Running Club	Vet 35 Male	9th	09:30	09:38	19:08	WAVE1
59	329	chris james	M	Western Tempo	Vet 55 Male	2nd	09:24	09:44	19:08	WAVE1
60	359	Elliott Beard	M	Black Pear Joggers	Male Under 20	5th	09:09	10:06	19:15	WAVE1
61	194	Kelsham Hanna	M	Builth & District	Vet 50 Male	7th	09:13	10:11	19:24	WAVE1
62	30	Richard Boseley	M	Severn AC	Vet 60 Male	1st	09:40	10:12	19:52	WAVE1
63	189	David Gresswell	M	Gloucester AC	Vet 55 Male	3rd	09:52	10:02	19:54	WAVE1
64	105	Evie Hawkesford - Johnson	F	Worcester AC	Female Under 20	1st	09:18	10:38	19:56	WAVE1
65	155	Neil Gamble	M	Aberystwyth Athletic Club	Vet 50 Male	8th	09:54	10:04	19:58	WAVE1
66	220	Pete Walker	M	Shrewsbury AC	Vet 40 Male	10th	09:39	10:19	19:58	WAVE1
67	284	Rachel Vines	F	CLC Striders	Vet 40 Female	2nd	09:56	10:18	20:14	WAVE1
68	201	Luke Williams	M	Hereford Couriers	Vet 40 Male	11th	09:46	10:46	20:32	WAVE1
69	371	Reuben Reed-Darby	M		Male Under 13	1st	09:42	10:54	20:36	WAVE1
70	327	Oscar Nash	M	Newport Harriers	Male Under 15	1st	09:03	11:49	20:52	WAVE1
71	100	Ben Oliver	M		Vet 35 Male	10th	10:01	11:19	21:20	WAVE1
72	99	Poppy Oliver	F	Forest of Dean AC	Female Under 15	1st	10:01	11:19	21:20	WAVE1
73	307	Gregory Leyshon	M		Vet 70 Male	1st	08:40	19:03	27:43	WAVE1
74	295	chris Nicholls	M	Tewkesbury Running Club	Vet 40 Male	1st	09:00	09:27	18:27	WAVE2
75	364	Charmaine Porter	F	Hereford Couriers	Senior Female	1st	09:07	09:32	18:39	WAVE2
76	161	Charlie Partridge	M		Male Under 15	1st	09:09	09:35	18:44	WAVE2
77	227	Daniel Spear	M	Hereford Couriers	Vet 35 Male	1st	09:20	09:38	18:58	WAVE2
78	123	Martin Lloyd	M	Hereford Couriers	Vet 40 Male	2nd	09:21	09:53	19:14	WAVE2
79	204	James Cooke	M	Hereford & County AC	Male Under 15	2nd	09:23	09:55	19:18	WAVE2
80	64	James Jones	M	Builth & District	Senior Male	1st	09:22	10:01	19:23	WAVE2
81	68	Fred Tyler	M	Hereford & County AC	Male Under 15	3rd	09:33	09:53	19:26	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
82	311	Howard Thompson	M	Black Pear Joggers	Vet 55 Male	1st	09:38	09:52	19:30	WAVE2
83	140	Isobel Watt	F	Cheltenham and County Harriers	Female Under 17	1st	09:23	10:07	19:30	WAVE2
84	96	Emily Walker	F	Newport Harriers	Female Under 17	2nd	09:23	10:18	19:41	WAVE2
85	188	Neil McNish	M	Hereford Couriers	Vet 50 Male	1st	09:41	10:03	19:44	WAVE2
86	131	Martin Smith	M	Severn AC	Senior Male	2nd	09:38	10:07	19:45	WAVE2
87	166	Paul Kemp	M	Wye Valley Runners	Vet 45 Male	1st	09:51	09:57	19:48	WAVE2
88	374	Mickael Courbe	M	Pershore Plum Plodders	Vet 35 Male	2nd	09:41	10:11	19:52	WAVE2
89	246	Joanna Eddy	F	Hereford Couriers	Vet 45 Female	1st	10:02	09:56	19:58	WAVE2
90	337	Matt James	M	Hereford Couriers	Vet 35 Male	3rd	09:59	10:00	19:59	WAVE2
91	195	Martin Williams	M	Ledbury & District Harriers	Vet 40 Male	3rd	09:54	10:07	20:01	WAVE2
92	32	Simeon Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	2nd	09:29	10:33	20:02	WAVE2
93	293	Christopher Cleary	M	Hereford Couriers	Senior Male	3rd	10:03	09:59	20:02	WAVE2
94	76	Thomas Dawson	M		Vet 40 Male	4th	09:46	10:20	20:06	WAVE2
95	167	Tim George Giles	M	Ludlow Runners	Vet 50 Male	2nd	09:59	10:27	20:26	WAVE2
96	590	Allen Edwards	M	Hereford Couriers	Senior Male	4th	09:55	10:32	20:27	WAVE2
97	116	Graeme Walker	M	Hereford Couriers	Vet 55 Male	2nd	10:03	10:28	20:31	WAVE2
98	184	Richie Richards	M	Hereford Couriers	Vet 55 Male	3rd	10:00	10:36	20:36	WAVE2
99	179	Ben Warburton	M	Hereford & County AC	Male Under 17	1st	09:23	11:18	20:41	WAVE2
100	53	Jonathan Davey	M	Hereford Couriers	Vet 55 Male	4th	10:04	10:37	20:41	WAVE2
101	300	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	3rd	10:17	10:25	20:42	WAVE2
102	370	Emily Harrison	F	Spirit of Monmouth	Vet 35 Female	1st	10:10	10:40	20:50	WAVE2
103	340	Mike Kennedy	M	Almost Athletes	Vet 50 Male	4th	10:17	10:33	20:50	WAVE2
104	592	Michael Errington	M	Severn AC	Vet 40 Male	5th	10:12	10:39	20:51	WAVE2
105	586	ROBERT KERR	M	Ledbury & District Harriers	Vet 65 Male	1st	10:08	10:44	20:52	WAVE2
106	360	Simon Bond	M	Malvern Buzzards Running Club	Vet 40 Male	6th	10:01	10:54	20:55	WAVE2
107	9	Quisha Cashmore	F		Female Under 15	1st	10:24	10:32	20:56	WAVE2
108	260	Steve Hartley	M		Vet 60 Male	1st	10:17	10:41	20:58	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
109	148	Matthew Eyre	M	Army Athletics Association	Vet 40 Male	7th	10:16	10:43	20:59	WAVE2
110	378	Lea Wood	M	Wye Valley Runners	Vet 35 Male	4th	10:27	10:36	21:03	WAVE2
111	122	Robert Connell	M	Hereford Couriers	Vet 60 Male	2nd	10:32	10:49	21:21	WAVE2
112	581	Marcus Price	M		Senior Male	5th	10:29	10:52	21:21	WAVE2
113	205	Paul Cooke	M	Malvern Buzzards Running Club	Vet 40 Male	8th	10:36	10:48	21:24	WAVE2
114	198	Ryan Knight	M	Hereford Couriers	Senior Male	6th	10:32	10:55	21:27	WAVE2
115	191	Oscar Martin	M	Hereford & County AC	Male Under 13	1st	10:07	11:21	21:28	WAVE2
116	261	Thomas Gummery	M		Senior Male	7th	10:36	10:54	21:30	WAVE2
117	268	Angus Kirby	M	Ludlow Runners	Vet 55 Male	5th	10:28	11:02	21:30	WAVE2
118	202	Emma Oldham	F	Worcester AC	Vet 40 Female	1st	10:20	11:12	21:32	WAVE2
119	209	Clare Mallender	F	Hereford Couriers	Vet 45 Female	2nd	10:33	11:01	21:34	WAVE2
120	279	Robert Gilligan	M	Wye Valley Runners	Vet 55 Male	6th	10:52	10:42	21:34	WAVE2
121	24	Dan Hardy	M		Vet 35 Male	5th	10:37	10:57	21:34	WAVE2
122	286	Vanessa Ward	F	Monross Trailblazers	Vet 35 Female	2nd	10:53	10:42	21:35	WAVE2
123	339	Tom Smith	M		Senior Male	8th	10:04	11:31	21:35	WAVE2
124	277	Ben Probert	M		Vet 35 Male	6th	10:46	10:51	21:37	WAVE2
125	254	James Powell	M		Senior Male	9th	10:42	10:55	21:37	WAVE2
126	192	Mark Hookins	M	Hereford Couriers	Vet 55 Male	7th	10:45	10:53	21:38	WAVE2
127	237	Kate Morris	F	Hereford Couriers	Vet 40 Female	2nd	10:42	10:58	21:40	WAVE2
128	572	Stephen Goodridge	M	Brecon AC	Vet 60 Male	3rd	10:40	11:04	21:44	WAVE2
129	136	Robert Limb	M		Vet 45 Male	3rd	10:41	11:04	21:45	WAVE2
130	65	Barry Griffiths	M	Brecon AC	Vet 55 Male	8th	10:47	11:00	21:47	WAVE2
131	291	Grant White	M	Monross Trailblazers	Senior Male	10th	10:32	11:18	21:50	WAVE2
132	210	Christopher Berry	M	Black Pear Joggers	Vet 55 Male	9th	10:54	10:57	21:51	WAVE2
133	119	Emma King	F	Llisbury Runners	Vet 40 Female	3rd	10:53	11:01	21:54	WAVE2
134	89	Rebecca Byford	F	Worcester AC	Senior Female	2nd	10:47	11:10	21:57	WAVE2
135	102	Joseph Leahy	M	Hereford & County AC	Male Under 17	2nd	10:54	11:03	21:57	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
136	56	Clare Hawling	F	Cheltenham and County Harriers	Vet 60 Female	1st	11:00	11:02	22:02	WAVE2
137	152	Michael Strange	M	Forest of Dean AC	Vet 65 Male	2nd	10:56	11:10	22:06	WAVE2
138	25	Cliff wood	M	Black Pear Joggers	Vet 50 Male	5th	11:05	11:06	22:11	WAVE2
139	233	Edward Hogan	M	Ledbury & District Harriers	Vet 45 Male	4th	10:48	11:27	22:15	WAVE2
140	699	Steven Chadwick	M		Senior Male	11th	10:49	11:29	22:18	WAVE2
141	169	Chris Riley	M		Vet 60 Male	4th	11:04	11:17	22:21	WAVE2
142	193	Darren Woodall	M	Hereford Couriers	Vet 45 Male	5th	11:07	11:15	22:22	WAVE2
143	351	Kate Jones	F	Builth and District Running Club	Senior Female	3rd	10:49	11:34	22:23	WAVE2
144	353	Christian Prynne	M	Builth & District	Vet 50 Male	6th	10:48	11:36	22:24	WAVE2
145	80	Dan Cleworth	M	Hereford Couriers	Vet 45 Male	6th	11:01	11:28	22:29	WAVE2
146	187	Christian Mason	M	Hereford Couriers	Vet 35 Male	7th	11:09	11:22	22:31	WAVE2
147	361	William Bond	M	Worcester AC	Male Under 15	4th	11:02	11:40	22:42	WAVE2
148	168	Kirsty Jenkins	F	Hereford Couriers	Senior Female	4th	11:25	11:22	22:47	WAVE2
149	573	Kieran Whittall	M	Hereford Couriers	Senior Male	12th	11:16	11:36	22:52	WAVE2
150	46	Kimberley Pickett	F	Hereford Couriers	Vet 35 Female	3rd	11:30	11:22	22:52	WAVE2
151	34	Adam Zielinski	M		Vet 40 Male	9th	12:14	10:39	22:53	WAVE2
152	270	Sarah Askey	F	Hereford Couriers	Vet 55 Female	1st	11:25	11:32	22:57	WAVE2
153	95	San Walker	F	Newport Harriers	Vet 45 Female	3rd	11:11	11:48	22:59	WAVE2
154	362	Catherine Finlay	F	Monross Trailblazers	Vet 45 Female	4th	11:31	11:43	23:14	WAVE2
155	77	Catherine Gilbert	F	Brecon AC	Vet 45 Female	5th	11:43	11:33	23:16	WAVE2
156	54	Guy Jenkins	M	Hereford Couriers	Vet 60 Male	5th	11:24	11:56	23:20	WAVE2
157	323	Lynne Compton	F	Wye Valley Runners	Vet 55 Female	2nd	11:35	11:45	23:20	WAVE2
158	182	Ben James	M	Hereford Couriers	Vet 40 Male	10th	11:32	11:49	23:21	WAVE2
159	153	Yvonne Gajny	F	Shrewsbury AC	Vet 45 Female	6th	11:26	12:01	23:27	WAVE2
160	212	John Maddy	M		Vet 55 Male	10th	11:40	11:50	23:30	WAVE2
161	228	Thomas Powell	M	Ludlow Runners	Vet 35 Male	8th	11:41	11:51	23:32	WAVE2
162	253	Daniel Gummery	M		Senior Male	13th	12:00	11:37	23:37	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
163	683	Ifan Jones	M	Maldwyn Harriers	Vet 55 Male	11th	11:48	11:53	23:41	WAVE2
164	130	Emma Price	F	Hereford Couriers	Senior Female	5th	11:38	12:04	23:42	WAVE2
165	190	Avril Seftel	F	Hereford Couriers	Vet 50 Female	1st	11:51	12:02	23:53	WAVE2
166	356	Kelly Bowen	F	Croft Ambrey RC	Vet 35 Female	4th	11:12	12:41	23:53	WAVE2
166	675	Matthew Leyshon	M		Vet 40 Male	11th	11:56	11:57	23:53	WAVE2
168	222	Olivia Hayman	F	Croft Ambrey RC	Female Under 13	1st	11:14	12:39	23:53	WAVE2
169	3	Samantha Watts	F	Severn AC	Vet 40 Female	4th	11:57	11:57	23:54	WAVE2
170	223	Nicola Kelly	F	Builth & District Running Club	Vet 50 Female	2nd	11:43	12:11	23:54	WAVE2
171	376	Haydn O'Reilly	M	Builth & District	Vet 40 Male	12th	11:44	12:12	23:56	WAVE2
172	297	Phil Parry	M	Lonely Goat RC	Vet 40 Male	13th	11:53	12:03	23:56	WAVE2
173	273	Paul Roberts	M	Ludlow Runners	Vet 60 Male	6th	11:46	12:12	23:58	WAVE2
174	176	Tom Boog-Scott	M	Ludlow Runners	Vet 70 Male	1st	12:05	11:58	24:03	WAVE2
175	343	Sophie Williams	F	Monross Trailblazers	Vet 35 Female	5th	12:14	11:50	24:04	WAVE2
176	218	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	2nd	11:52	12:12	24:04	WAVE2
177	10	Emily Moseley	F	Ludlow Runners	Vet 35 Female	6th	11:56	12:11	24:07	WAVE2
178	363	Callum Morris	M	Builth & District	Male Under 17	3rd	11:45	12:23	24:08	WAVE2
179	230	Mark Paviour	M	Maldwyn Harriers	Vet 60 Male	7th	12:13	12:11	24:24	WAVE2
180	271	Ben Goddard	M	Hereford Couriers	Senior Male	14th	11:48	12:36	24:24	WAVE2
181	49	Alan Robertson	M	Forest of Dean AC	Vet 65 Male	3rd	12:20	12:06	24:26	WAVE2
182	288	Chris Campbell	M	Hereford Couriers	Vet 60 Male	8th	12:11	12:23	24:34	WAVE2
183	587	Caroline Kerr	F	Ledbury & District Harriers	Vet 55 Female	3rd	12:11	12:25	24:36	WAVE2
184	355	Katie Bosley	F		Senior Female	6th	11:53	12:50	24:43	WAVE2
185	144	Oliver Hughes	M	Lliswerry Runners	Vet 40 Male	14th	11:57	12:47	24:44	WAVE2
186	141	Clare Watt	F	Run Mummy Run CRC	Vet 50 Female	3rd	12:20	12:28	24:48	WAVE2
187	66	Paul Evans	M	Brecon AC	Vet 45 Male	7th	12:49	12:13	25:02	WAVE2
188	142	Gerald Gobey	M	Hereford Couriers	Vet 65 Male	4th	12:08	12:56	25:04	WAVE2
189	154	Harry Jenkins	M	Hereford Couriers	Vet 35 Male	9th	12:09	12:57	25:06	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
190	369	Rachael Aitken	F		Senior Female	7th	12:32	12:35	25:07	WAVE2
191	186	Gerry McGarr	M		Vet 70 Male	2nd	12:12	12:56	25:08	WAVE2
192	341	Victoria Kennedy	F	Almost Athletes	Vet 40 Female	5th	12:31	12:44	25:15	WAVE2
193	588	Brent Lawson	M	Wye Valley Runners	Vet 60 Male	9th	12:53	12:23	25:16	WAVE2
194	298	Rachael Toolan	F	Wye Valley Runners	Vet 40 Female	6th	12:37	12:44	25:21	WAVE2
195	265	Bryony Dean	F	Hereford Couriers	Vet 45 Female	7th	12:39	12:42	25:21	WAVE2
196	357	Steve Adams	M	Ludlow Runners	Vet 55 Male	12th	12:28	13:00	25:28	WAVE2
197	63	Keith Williams	M		Vet 60 Male	10th	12:31	13:02	25:33	WAVE2
198	208	Deanna Mammatt	F		Vet 45 Female	8th	12:41	12:56	25:37	WAVE2
199	83	Aneta Sedziak	F		Vet 40 Female	7th	12:12	13:29	25:41	WAVE2
200	578	Hollie Francis	F	Hereford Couriers	Senior Female	8th	12:38	13:19	25:57	WAVE2
201	28	Laura van Heezik	F	Severn AC	Senior Female	9th	12:48	13:14	26:02	WAVE2
202	126	Harriet Brown	F	Black Pear Joggers	Senior Female	10th	13:02	13:06	26:08	WAVE2
203	258	Michael Bryant	M	Newent Runners	Vet 60 Male	11th	12:45	13:23	26:08	WAVE2
204	143	Lindsey Flowers	F	Wye Valley Runners	Vet 35 Female	7th	13:03	13:05	26:08	WAVE2
205	5	Aaron Higgins	M	Hereford Couriers	Senior Male	15th	11:16	14:52	26:08	WAVE2
206	127	Lisa Sutton	F		Vet 40 Female	8th	13:03	13:10	26:13	WAVE2
207	177	Hannah Campbell	F	Hereford Couriers	Senior Female	11th	13:11	13:09	26:20	WAVE2
208	160	Tom Payne	M	Severn AC	Vet 40 Male	15th	12:34	13:46	26:20	WAVE2
209	180	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	9th	13:02	13:25	26:27	WAVE2
210	248	Joyce Warburton	F		Vet 50 Female	4th	12:41	13:47	26:28	WAVE2
211	687	Beth Apperley	F	Hereford Couriers	Senior Female	12th	13:03	13:36	26:39	WAVE2
212	281	Jonathan Kennedy	M		Vet 50 Male	7th	13:13	13:32	26:45	WAVE2
213	317	Mark Edwards	M	Hereford Couriers	Vet 60 Male	12th	13:15	13:44	26:59	WAVE2
214	38	Emma Foreman	F		Vet 50 Female	5th	13:18	13:58	27:16	WAVE2
215	147	Mervyn Davis	M	Black pears Joggers	Vet 75 Male	1st	13:24	14:06	27:30	WAVE2
216	17	Lesley Ashton	F	Vegan Runners UK	Vet 60 Female	3rd	13:28	14:07	27:35	WAVE2





# 5K Series 2023 - Race 3



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
217	71	Lauren Pullen	F		Female Under 20	1st	13:39	14:09	27:48	WAVE2
218	263	Joe Kellas	M		Senior Male	16th	13:41	14:23	28:04	WAVE2
219	354	Kayleigh-Moon Holmwood	F	Malvern Buzzards Running Club	Senior Female	13th	13:20	14:46	28:06	WAVE2
220	200	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	13th	13:52	14:22	28:14	WAVE2
221	7	Rachel Cashmore	F	Malvern Buzzards Running Club	Vet 50 Female	6th	13:47	14:28	28:15	WAVE2
222	231	Kelly Jones	F		Vet 35 Female	8th	13:35	14:48	28:23	WAVE2
223	236	Mike Hayward	M	Croft Ambrey RC	Vet 60 Male	14th	13:42	14:47	28:29	WAVE2
224	98	Kevin Duggan	M	Presteigne Pacers	Vet 45 Male	8th	14:02	15:13	29:15	WAVE2
225	358	Dave Mitchell-haywood	M	Hereford Couriers	Vet 35 Male	10th	14:22	14:59	29:21	WAVE2
226	299	brian Symonds	M	Wye Valley Runners	Vet 80 Male	1st	14:24	15:12	29:36	WAVE2
227	365	Bridget Mackereth	F		Vet 60 Female	4th	14:33	15:36	30:09	WAVE2
228	335	Dave Ainslie	M	Hereford Couriers	Vet 60 Male	15th	14:56	15:17	30:13	WAVE2
229	373	Martin Reed-Darby	M	Malvern Buzzards Running Club	Vet 35 Male	11th	14:44	15:32	30:16	WAVE2
230	372	Sophie Reed-Darby	F	Malvern Buzzards Running Club	Vet 35 Female	9th	14:45	15:32	30:17	WAVE2
231	579	Sarah Fowkes	F	Malvern Buzzards (UKA4062421)	Vet 60 Female	5th	14:50	15:33	30:23	WAVE2
232	27	Sophie Collier	F	Severn AC	Senior Female	14th	12:32	18:20	30:52	WAVE2
233	48	John Noonan	M	Hereford Couriers	Vet 65 Male	5th	15:31	15:33	31:04	WAVE2
234	164	Adam Mitchell-Haywood	M	Hereford Couriers	Vet 40 Male	16th	15:31	15:33	31:04	WAVE2
235	232	Millie Walters	F		Female Under 17	3rd	14:17	17:27	31:44	WAVE2
236	368	Gill Rivers	F		Vet 50 Female	7th	16:01	15:55	31:56	WAVE2
237	697	Richard Bloomer	M		Senior Male	17th	15:05	17:10	32:15	WAVE2
238	242	Joy Baker	F	Ledbury & District Harriers	Vet 50 Female	8th	16:03	16:21	32:24	WAVE2
239	292	Sally Toye	F	Ludlow Runners	Vet 60 Female	6th	16:51	16:32	33:23	WAVE2
240	158	Linda Davies	F	Leominster Runners	Vet 55 Female	4th	16:31	17:39	34:10	WAVE2
241	219	Lisa Wilkinson	F		Vet 45 Female	10th	16:07	18:13	34:20	WAVE2
242	287	Sybil Marsh	F	Ludlow Runners	Vet 75 Female	1st	17:03	17:42	34:45	WAVE2
243	593	Audrey Edwards	F	Merthyr running club	Vet 60 Female	7th	17:12	18:48	36:00	WAVE2



# 5K Series 2023 - Race 3



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
244	575	Harriet Halford	F		Vet 35 Female	10th	26:48	27:26	54:14	WAVE2

Number of Records: 244

