

Hereford Couriers Christmas 10K 2023



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	319	Fionn O'Murchu	M	Brighton & Hove AC	31:35	MU20	1st
2.	41	Daniel Bodman	M	Parc Bryn Bach Running Club	33:12	SM	1st
3.	10	Eric Apperley	M	Croft Ambrey RC	33:46	SM	2nd
4.	243	Sam Juson	M	Croft Ambrey RC	33:50	SM	3rd
5.	351	Andy Raynor	M	Forest of Dean AC	34:28	SM	4th
6.	372	Luke Rowland	M	Kent AC	34:48	SM	5th
7.	268	Gareth Leek	M	Croft Ambrey RC	35:14	SM	6th
8.	257	Ryan Knight	M	Western Tempo	35:22	SM	7th
9.	240	Scott Jones	M		35:24	SM	8th
10.	143	Richard Elsworthy	M		35:57	SM	9th
11.	28	Tim Batchelor	M	Chepstow Harriers	36:00	SM	10th
12.	376	Carl Salmon	M	Malvern Buzzards Running Club	36:16	SM	11th
13.	266	Ryan Lawrence	M	Hereford Couriers	36:19	SM	12th
14.	38	Annie Birch	F	Kent AC	36:23	SF	1st
15.	221	Ali Hunter	M	Whitchurch Whippets	36:36	SM	13th
16.	285	Luke Mason	M	Hereford Couriers	36:36	SM	14th
17.	303	William Morris	M	Hereford Couriers	36:49	SM	15th
18.	366	James Rogers	M	Hereford Couriers	36:56	SM	16th
19.	220	Mike Hughes	M	Western Tempo	37:03	VetM45	1st
20.	462	Harry Woodhouse	M	Hereford Couriers	37:07	SM	17th
21.	284	Tony Marshall	M	Chepstow Harriers	37:21	VetM60	1st
22.	395	David Smith	M	Western Tempo	37:24	VetM55	1st
23.	217	Craig Hopkins	M		37:39	VetM45	2nd
24.	225	Shane Jackson	M	Malvern Buzzards Running Club	37:45	SM	18th
25.	255	Dan King	M		37:49	SM	19th
26.	339	Lee Price	M	Builth & District Running Club	37:56	VetM45	3rd
27.	453	Thomas Williams	M	Tri Hard Harriers	38:05	SM	20th
28.	428	Andrew Tyler	M	Hereford Couriers	38:09	VetM50	1st
29.	123	Benjamin Dean	M	University of Bath Athletics Club	38:13	MU20	2nd
30.	251	Thomas Kennedy	M	Western Tempo	38:18	MU20	3rd
31.	405	Jamie Stokes	M	Canterbury Harriers	38:34	SM	21st
32.	265	Jonathan Lawrence	M	Herne Hill Harriers	39:03	SM	22nd
33.	392	Colin Smith	M		39:25	VetM40	1st
34.	60	Kieron Brown	M		39:28	SM	23rd
35.	250	William Kennedy	M	Western Tempo	39:31	SM	24th
36.	368	Steve Rooke	M	Ledbury & District Harriers	39:35	VetM50	2nd
37.	300	Carl Morgan	M		39:54	VetM45	4th
38.	363	Matthew Robinson	M	Stevenage Striders	39:58	SM	25th
39.	336	Chris Preece	M		40:08	SM	26th
40.	410	Joe Summers	M	Sarn Helen	40:09	SM	27th
41.	237	Michael Jones	M		40:11	VetM50	3rd
42.	313	Simon Norwood	M	Croft Ambrey RC	40:17	VetM50	4th
43.	74	Paul Campbell	M	Hereford Couriers	40:18	VetM40	2nd



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44.	457	Scott Withey	M	Evesham Vale Running Club	40:50	VetM40	3rd
45.	391	Fletcher Smith	M		41:00	MU20	4th
46.	51	Lewis Bradley	M		41:05	SM	28th
47.	9	Valentin Antonov	M		41:13	VetM40	4th
48.	404	Oliver Steels	M		41:15	SM	29th
49.	135	Zachary Edelstyn	M		41:16	SM	30th
50.	166	Luke Garland	M		41:18	SM	31st
51.	124	Kirk Denton	M	Black Pear Joggers	41:23	VetM40	5th
52.	164	Neil Gamble	M	Aberystwyth AC	41:29	VetM50	5th
53.	111	Josh Davies	M		41:31	SM	32nd
54.	420	Reece Timmins	M		41:36	SM	33rd
55.	26	Keith Barrow	M		41:37	VetM40	6th
56.	78	Addy Carter	F	Hereford Couriers	41:39	SF	2nd
57.	401	Daniel Spear	M	Hereford Couriers	41:48	SM	34th
58.	195	Alec Harper	M	BUAC Cool Runnings	41:54	SM	35th
59.	84	Christopher Cleary	M	Hereford Couriers	42:05	SM	36th
60.	190	Rory Hancock	M		42:13	VetM50	6th
61.	301	Niki Morgan	F	Chepstow Harriers	42:20	VetF55	1st
62.	337	Owen Preissler	M		42:24	SM	37th
63.	291	Neil McNish	M	Hereford Couriers	42:26	VetM55	2nd
64.	184	Neil Grinnell	M	Ledbury & District Harriers	42:35	VetM45	5th
65.	194	Joseph Harper	M		42:42	SM	38th
66.	467	Toby Zamani	M		42:48	SM	39th
67.	469	Nerijus Zukauskas	M	Hereford Couriers	42:48	VetM40	7th
68.	299	Greg Moncrieff	M		42:52	SM	40th
69.	179	David Gresswell	M	Gloucester AC	42:53	VetM55	3rd
70.	302	Stuart Morris	M	Spirit Of Monmouth	42:55	VetM45	6th
71.	112	Rachel Davies	F		42:58	VetF45	1st
72.	324	Jacob Patterson	M		42:59	SM	41st
73.	204	Steve Head	M		43:00	SM	42nd
74.	426	Tom Turner	M	Hereford Couriers	43:03	SM	43rd
75.	22	Thomas Barlow	M	Western Tempo	43:04	SM	44th
76.	20	Matthew Baker	M		43:05	SM	45th
77.	353	Toby Redsull	M		43:07	MU20	5th
78.	258	Matt Lambourne	M	Western Tempo	43:10	SM	46th
79.	271	Joseph Lynch	M	Croft Ambrey RC	43:18	SM	47th
80.	344	Ben Probert	M		43:25	VetM40	8th
81.	346	Naomi Prosser	F	Hereford Couriers	43:28	SF	3rd
82.	44	Peter Bowen	M		43:36	VetM55	4th
83.	455	Martin Williams	M	Ledbury & District Harriers	43:39	VetM40	9th
84.	140	Allen Edwards	M	Hereford Couriers	43:40	SM	48th
85.	332	Rebecca Pickard	F	Sevenoaks Athletic Club	43:48	VetF45	2nd
86.	209	Lucia Hinksman	F		43:59	SF	4th



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87.	468	Adam Zielinski	M		44:01	VetM40	10th
88.	435	Andrew Wathen	M		44:04	VetM45	7th
89.	357	Richie Richards	M	Hereford Couriers	44:06	VetM60	2nd
90.	415	Andy Taylor	M		44:08	SM	49th
91.	93	Will Connell	M	Hereford Couriers	44:12	SM	50th
92.	168	Darren Gibbons	M		44:13	SM	51st
93.	48	Sam Bower	M		44:20	SM	52nd
94.	191	Laura Hands	F	Hereford couriers	44:32	SF	5th
95.	273	Andrew Maguire	M		44:32	SM	53rd
96.	460	Darren Woodall	M	Hereford Couriers	44:50	VetM50	7th
97.	316	Jade Ocean	F	Western Tempo	44:50	SF	6th
98.	379	Paul Saville	M	Lonely Goat RC	44:52	VetM55	5th
99.	315	Terry O'Brien	M		44:55	VetM65	1st
100.	182	Jason Griffiths	M		44:56	SM	54th
101.	52	Graeme Brand	M	Severn AC	45:00	SM	55th
102.	21	Paul Barlow	M	Pershore Plum Plodders	45:03	VetM55	6th
103.	104	Theo Darke	M		45:18	MU17	1st
104.	431	Graeme Walker	M	Hereford Couriers	45:22	VetM60	3rd
105.	294	Rachel Miles	F		45:24	SF	7th
106.	321	Paul Parker	M	Croft Ambrey RC	45:26	VetM50	8th
107.	25	Ellis Barrett	M		45:32	SM	56th
108.	120	Mia Davies	F	Croft Ambrey RC	45:48	SF	8th
109.	105	Michael Darke	M		45:49	VetM60	4th
110.	277	Clare Mallender	F	Hereford Couriers	45:54	VetF45	3rd
111.	290	Josh McMahon	M	Wye Valley Runners	46:02	SM	57th
112.	180	Barry Griffiths	M	Brecon AC	46:08	VetM55	7th
113.	226	Emma James	F		46:10	VetF40	1st
114.	437	Mark Watkins	M	Lonely Goat RC	46:16	VetM55	8th
115.	4	Rich Alcock	M		46:24	VetM55	9th
116.	389	Chris Smith	M		46:29	VetM40	11th
117.	61	Ben Brown	M	Hereford Couriers	46:39	SM	58th
118.	98	Kieron Crane	M		46:42	SM	59th
119.	451	Colin Williams	M	Builth & District Running Club	46:49	VetM55	10th
120.	94	Niall Considine	M	Wye Valley Runners	46:54	SM	60th
121.	342	Robert Price	M	Builth & District Running Club	46:55	VetM50	9th
122.	119	Steve Davies	M		47:00	VetM50	10th
123.	325	Mark Paviour	M	Maldwyn Harriers	47:03	VetM60	5th
124.	345	Chris Prosser	M	Malvern Joggers	47:06	SM	61st
125.	402	Toby Spicer	M	Croft Ambrey RC	47:23	VetM45	8th
126.	174	Steven Gondwe	M		47:33	VetM40	12th
127.	380	Melanie Schofield	F	Cheltenham and County Harriers	47:45	VetF35	1st
128.	162	Daniel Francis	M	Wye Valley Runners	47:45	SM	62nd
129.	377	Alex Salmon	M		47:47	VetM40	13th



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130.	5	Nicholas Allen	M	Severn AC	47:48	VetM60	6th
131.	181	Richard Griffiths	M		47:55	VetM40	14th
132.	102	Chris Darke	M		48:00	VetM50	11th
133.	12	Sarah Askey	F	Hereford Couriers	48:01	VetF55	2nd
134.	279	Daniel Mapp	M		48:03	SM	63rd
135.	83	Michael Clayden	M		48:04	SM	64th
136.	175	Malc Gonnella	M	Builth & District Running Club	48:08	VetM65	2nd
137.	127	Sian Devlin	F		48:12	SF	9th
138.	126	Gary Devlin	M		48:13	SM	65th
139.	292	Lucy McQuoney	F	Malvern Joggers	48:14	SF	10th
140.	260	Kimberley Langford	F	Hereford Couriers	48:19	SF	11th
141.	192	Scott Harford	M		48:22	SM	66th
142.	241	Owen Jones	M		48:26	SM	67th
143.	13	Christopher Atkinson	M		48:30	VetM45	9th
144.	35	Tristan Berry	M	Malvern Joggers	48:34	SM	68th
145.	125	Jessica Depper	F	Malvern Joggers	48:37	VetF35	2nd
146.	152	Tim Farndon	M	Hereford Triathlon Club	48:40	VetM45	10th
147.	65	Rose Buckland	F		48:44	SF	12th
148.	6	David Allen	M		48:46	VetM60	7th
149.	198	Jodie Hatton-Belliard	F	Cheltenham and County Harriers	49:02	SF	13th
150.	369	Timothy Rowberry	M		49:04	SM	69th
151.	407	Toby Street	M		49:07	SM	70th
152.	213	Edward Hogan	M	Ledbury & District Harriers	49:12	VetM45	11th
153.	430	Tom Verheyden	M		49:13	SM	71st
154.	156	Catherine Finlay	F	Monross Trailblazers	49:17	VetF45	4th
155.	103	Jasper Darke	M		49:18	SM	72nd
156.	218	Mike Howard	M		49:26	VetM45	12th
157.	121	Jay Dawson	M	Malvern Buzzards Running Club	49:27	VetM40	15th
158.	199	Vicia Hauser	F	Malvern Joggers	49:28	VetF40	2nd
159.	317	Wesley Ogden	M	Malvern Buzzards Running Club	49:42	VetM55	11th
160.	67	Michael Bunda	M	Garstang Running Club	49:46	VetM40	16th
161.	382	Matt Sears	M	Lonely Goat RC	49:47	VetM50	12th
162.	165	Matt Gardner	M		49:55	SM	73rd
163.	19	Nigel Baker	M		49:59	VetM55	12th
164.	232	Guy Jenkins	M	Hereford Couriers	50:03	VetM60	8th
165.	454	Sophie Williams	F	Monross Trailblazers	50:16	VetF40	3rd
166.	286	Christian Mason	M	Hereford Couriers	50:18	SM	74th
167.	393	Chris Smith	M		50:39	VetM55	13th
168.	416	Sarah Thomas	F	Malvern Buzzards Running Club	50:47	VetF40	4th
169.	173	Charlotte Godsall	F	Hereford Triathlon Club	50:56	VetF45	5th
170.	269	Alice Lewis	F	Dursley Running Club	50:57	VetF65	1st
171.	412	Ceri Summers	F		51:01	SF	14th
172.	49	michelle bowley	F	Hereford Couriers	51:14	VetF55	3rd



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173.	34	Tim P Berrow	M		51:23	VetM40	17th
174.	202	Susie Hay	F	Hereford Couriers	51:28	VetF40	5th
175.	64	Ian Bryars	M		51:35	VetM45	13th
176.	96	Dave Corner	M		51:36	VetM55	14th
177.	71	Andrew Cadmore	M	Brecon AC	51:42	VetM50	13th
178.	328	Steve Phelps	M	Almost Athletes	51:45	VetM40	18th
179.	425	Wayne Turnbull	M		51:57	VetM40	19th
180.	197	Ingrid Harris	F	Almost Athletes	52:02	VetF60	1st
181.	314	Paddy Nugent	M	Wye Valley Runners	52:06	VetM60	9th
182.	373	Alan Rowlands	M	Hereford Couriers	52:15	VetM45	14th
183.	320	Simon Osborne	M	Droitwich AC	52:15	VetM50	14th
184.	185	James Gulliver	M		52:19	SM	75th
185.	186	Kristina Gulliver	F		52:20	VetF35	3rd
186.	216	Edward Holt	M		52:25	VetM40	20th
187.	187	Pawel Gusciora	M		52:27	SM	76th
188.	79	Talf Carter	M		52:42	MU20	6th
189.	77	Martin Carter	M	Hereford Couriers	52:43	VetM55	15th
190.	31	Mike Bending	M		52:46	VetM60	10th
191.	206	Steve Herington	M	Hereford Couriers	52:49	VetM75	1st
192.	409	Polly Summers	F	Sarn Helen	52:52	SF	15th
193.	108	Rosie Davies	F		52:52	SF	16th
194.	155	Aimee Ferguson	F	Aberdare Valley AAC	52:56	VetF35	4th
195.	312	Andrew Norris	M		52:59	SM	77th
196.	236	Wesley Jones	M	Hereford Couriers	53:06	VetM40	21st
197.	86	Nathan Colcombe	M		53:11	SM	78th
198.	278	Kareen Mann	F	Malvern Joggers	53:14	VetF65	2nd
199.	15	Iiza Austin	F	Croft Ambrey RC	53:24	VetF55	4th
200.	150	Tim Evans	M		53:36	VetM60	11th
201.	128	Charlie Douthwaite	M		53:41	SM	79th
202.	24	Theadora Barnes	F		53:48	VetF35	5th
203.	107	Sara Davies	F	Ferry Flatliners	53:50	VetF50	1st
204.	106	Mark Davies	M		53:51	VetM50	15th
205.	17	Lee Ayling	M		53:52	VetM40	22nd
206.	87	Sharon Collins	F	Hay Hotfooters	53:55	VetF55	5th
207.	27	Tanya Bassi	F		53:58	VetF45	6th
208.	69	Andrew Burbidge	M	Malvern Joggers	53:58	VetM40	23rd
209.	253	Caroline Kerr	F	Ledbury & District Harriers	53:59	VetF60	2nd
210.	36	Aimee Beynon	F		54:01	SF	17th
211.	214	Emily Holland	F	Cleobury Mortimer Running Club	54:12	SF	18th
212.	338	Craig Price	M	Croft Ambrey RC	54:19	VetM40	24th
213.	429	Bronwen Tyler-Jones	F	Hereford Couriers	54:19	VetF50	2nd
214.	63	Reuben Brunt	M		54:31	SM	80th
215.	224	Gwyn Istance	M		54:35	VetM60	12th



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216.	375	Melinda Ruck	F	Forest of Dean AC	54:42	VetF50	3rd
217.	134	Sharon Edelstyn	F		54:44	VetF50	4th
218.	169	Catherine Gilbert	F	Brecon AC	54:45	VetF50	5th
219.	371	Alex Rowberry	M		54:51	SM	81st
220.	109	Emma Davies	F	Monross Trailblazers	54:54	VetF50	6th
221.	37	Sam Bills	F	Parc Bryn Bach Running Club	54:54	VetF35	6th
222.	449	Gareth Williams	M	Parc Bryn Bach Running Club	54:55	VetM60	13th
223.	444	Rebecca White	F	Wye Valley Runners	54:56	VetF40	6th
224.	378	Trina Sami	F	Spirit Of Monmouth	55:09	VetF40	7th
225.	148	Louise Evans	F		55:19	VetF50	7th
226.	170	Amy Gilligan	F	Wye Valley Runners	55:32	SF	19th
227.	171	Robert Gilligan	M	Wye Valley Runners	55:33	VetM55	16th
228.	352	Steve Reason	M	Spirit Of Monmouth	55:35	VetM55	17th
229.	331	Sham Pickard	M	Sevenoaks Athletic Club	55:36	VetM50	16th
230.	88	Mick Collins	M	Hay Hotfooters	55:45	VetM55	18th
231.	459	Rob Wood	M	Croft Ambrey RC	55:48	VetM65	3rd
232.	8	Richard Andrews	M		55:57	VetM55	19th
233.	305	Claire Morrissey	F	Plymouth Musketeers Running Club	56:03	SF	20th
234.	465	Jacqui Wynds	F	Forest of Dean AC	56:07	VetF70	1st
235.	387	Elizabeth Slack	F	Malvern Buzzards Running Club	56:09	VetF65	3rd
236.	246	Nicola Kelly	F	Builth & District Running Club	56:12	VetF50	8th
237.	145	Celia Escande	F	Hereford Couriers	56:13	SF	21st
238.	350	John Raine	M	Malvern Joggers	56:18	SM	82nd
239.	231	Harry Jenkins	M	Hereford Couriers	56:19	SM	83rd
240.	50	Ivan Bowley	M		56:26	VetM55	20th
241.	151	Emily Evans	F		56:30	SF	22nd
242.	222	Charlotte Hyde	F	Hereford Couriers	56:42	VetF50	9th
243.	129	Jamie Dover	M	Hereford Couriers	56:42	VetM55	21st
244.	68	Frances Bunda	F	Garstang Running Club	56:48	VetF40	8th
245.	452	Huw Williams	M	Croft Ambrey RC	56:53	VetM60	14th
246.	282	Jo Marriott	F	Croft Ambrey RC	56:53	VetF55	6th
247.	193	Samanta Harper Harper	F	Croft Ambrey RC	56:54	VetF45	7th
248.	75	Chris Campbell	M	Hereford Couriers	57:00	VetM60	15th
249.	276	Danielle Maidment	F	Heath Massive Run Club	57:00	VetF40	9th
250.	340	Helen Price	F		57:14	VetF45	8th
251.	122	Bryony Dean	F	Hereford Couriers	57:15	VetF45	9th
252.	318	Simon Oliver	M	Wye Valley Runners	57:17	VetM55	22nd
253.	176	Nicola Goodwin	F	Wye Valley Runners	57:21	VetF45	10th
254.	43	Jody Bowen	F		57:22	VetF55	7th
255.	53	David Bridgewater	M		57:25	VetM40	25th
256.	283	Crispin Marriott	M	Croft Ambrey RC	57:28	VetM55	23rd
257.	136	Liam Edwards	M		57:29	SM	84th
258.	16	Stuart Austin	M	Croft Ambrey RC	57:31	VetM55	24th



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259.	85	James Clifford	M		57:42	SM	85th
260.	445	David White	M		57:49	VetM45	15th
261.	45	Emma Bowen	F		57:54	VetF60	3rd
262.	212	Ella Hogan	F	Ledbury & District Harriers	57:58	VetF45	11th
263.	14	Rob Austen	M		57:59	VetM40	26th
264.	349	Sue Purvin	F	Croft Ambrey RC	58:08	VetF60	4th
265.	23	Sophie Barnes	F	Malvern Joggers	58:08	VetF50	10th
266.	161	Hollie Francis	F	Hereford Couriers	58:20	SF	23rd
267.	72	Brian Callow	M		58:23	VetM70	1st
268.	211	Stephen Hobson	M	Hereford Couriers	58:43	VetM60	16th
269.	261	Alice Lattey	F		58:48	SF	24th
270.	436	Andrew Watkins	M		59:12	VetM60	17th
271.	76	Claire Carden	F		59:13	VetF45	12th
272.	355	Jamie Rees	M		59:14	VetM50	17th
273.	414	Stuart Taylor	M	Hereford Couriers	59:15	VetM40	27th
274.	249	Jonathan Kennedy	M		59:19	VetM50	18th
275.	177	Melanie Graham	F	Builth & District Running Club	59:21	VetF60	5th
276.	441	Izzy Watts	F	Builth & District Running Club	59:22	VetF45	13th
277.	254	Stephanie King	F	Croft Ambrey RC	59:29	VetF55	8th
278.	364	Inese Robotham	F	Lonely Goat RC	59:32	VetF50	11th
279.	304	Claudia-Rose Morris	F		59:35	SF	25th
280.	66	Rachel Buckland	F	Malvern Buzzards Running Club	59:36	VetF55	9th
281.	100	Sarah Cuddy	F	Malvern Buzzards Running Club	59:37	VetF45	14th
282.	289	Laura McEvoy	F		59:42	SF	26th
283.	101	Nick D	M		59:45	VetM50	19th
284.	362	Eleanor Robinson	F	Pershore Plum Plodders	59:51	VetF75	1st
285.	359	Andrew Rickard	M	Malvern Buzzards Running Club	59:55	VetM50	20th
286.	447	Sophie Whittall	F		1:00:00	VetF35	7th
287.	228	Nick James	M	Hereford Couriers	1:00:01	VetM40	28th
288.	196	Kate Harper	F		1:00:02	SF	27th
289.	327	Steven Pengelly	M	Hereford Couriers	1:00:14	VetM50	21st
290.	341	Eve Price	F	Wye Valley Runners	1:00:33	VetF45	15th
291.	157	Hannah Fishbourne	F		1:01:06	VetF35	8th
292.	388	Naomi Smith	F	Malvern Joggers	1:01:08	VetF35	9th
293.	3	Suffiyah Ajmal	F		1:01:08	SF	28th
294.	90	Alex Coltman	M	Malvern Joggers	1:01:10	VetM50	22nd
295.	188	Ezzy Gwyer	F		1:01:14	SF	29th
296.	394	Tina Smith	F		1:01:36	VetF50	12th
297.	385	Paul Shipley	M		1:01:48	VetM45	16th
298.	264	Katherine Lattey	F		1:02:05	SF	30th
299.	348	Lauren Pullen	F	Hereford Couriers	1:02:08	SF	31st
300.	159	Richard Ford	M		1:02:17	VetM60	18th
301.	386	Mali Siloko	F		1:02:20	SF	32nd



Hereford Couriers Christmas 10K 2023



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
302.	383	Carla Segust	F		1:02:28	SF	33rd
303.	32	Sarah Bennett	F	Hereford Couriers	1:02:28	VetF50	13th
304.	56	Delmore Britton	M		1:02:33	VetM60	19th
305.	263	Rachel Lattey	F		1:02:47	VetF60	6th
306.	306	Jeremy Morse	M	Ledbury & District Harriers	1:02:53	VetM50	23rd
307.	29	Carol Bathurst	F	Hereford Triathlon Club	1:03:05	VetF60	7th
308.	59	Anna Bromley	F	Croft Ambrey RC	1:03:08	VetF40	10th
309.	33	Alison Benwell	F	Croft Ambrey RC	1:03:14	VetF60	8th
310.	423	Rachel Trott	F		1:03:17	VetF50	14th
311.	142	Eleri Edwards	F	Lonely Goat RC	1:03:20	VetF40	11th
312.	146	Paul Evans	M	Brecon AC	1:03:25	VetM45	17th
313.	130	Claire Draine	F		1:03:33	VetF50	15th
314.	262	Nicholas Lattey	M		1:03:34	VetM60	20th
315.	326	Charlotte Peck	F		1:03:37	VetF35	10th
316.	99	Andy Creber	M	Chepstow Harriers	1:03:44	VetM65	4th
317.	245	Annie Kay	F		1:03:46	VetF35	11th
318.	288	Samantha McClory	F	Black Pear Joggers	1:03:52	VetF50	16th
319.	287	Patrick McCarthy	M		1:03:55	VetM55	25th
320.	47	Katrina Bowen	F		1:04:08	SF	34th
321.	91	Hannah Connell	F		1:04:23	SF	35th
322.	448	Kerrin Williams	F		1:04:23	VetF50	17th
323.	365	Caroline Robson	F		1:04:29	VetF40	12th
324.	172	Julie Glyn-Jones	F	Spirit Of Monmouth	1:05:00	VetF50	18th
325.	464	Kerry Wyatt	F		1:05:24	VetF40	13th
326.	46	Sonia Bowen	F	Ledbury & District Harriers	1:05:27	VetF55	10th
327.	239	Theresa Jones	F	Croft Ambrey RC	1:05:29	VetF55	11th
328.	367	Rachel Rogers	F		1:06:14	VetF45	16th
329.	293	Marianne Mears	F		1:06:28	VetF50	19th
330.	149	Kerry Evans	F		1:06:36	VetF40	14th
331.	458	Sue Wood	F		1:07:02	VetF65	4th
332.	406	Sadie Stowell	F	Malvern Buzzards Running Club	1:07:03	VetF40	15th
333.	207	Poppy Hicklin	F		1:07:20	SF	36th
334.	57	Jack Broadbent	M		1:07:21	SM	86th
335.	70	Matt Butterton	M		1:07:22	SM	87th
336.	434	Ian Wareing	M	Black Pear Joggers	1:07:22	VetM40	29th
337.	223	Dominic Ingram	M		1:07:24	SM	88th
338.	323	Nicola Paton	F		1:07:59	VetF40	16th
339.	82	Helen Clarke	F	Malvern Buzzards Running Club	1:08:37	VetF55	12th
340.	30	Carol Bell	F	Malvern Buzzards Running Club	1:08:37	VetF65	5th
341.	203	Isabel Haydon	F		1:08:44	VetF40	17th
342.	137	Sandra Edwards	F	Parc Bryn Bach Running Club	1:08:52	VetF55	13th
343.	267	Jackie Layton	F		1:09:14	VetF65	6th
344.	432	Joanne Walker	F		1:09:49	VetF45	17th



Hereford Couriers Christmas 10K 2023



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
345.	456	Tim Winstanley	M	Malvern Joggers	1:10:00	VetM55	26th
346.	309	Andrzej Nawrot	M		1:10:31	VetM45	18th
347.	110	Bernadette Davies	F	Newent Runners	1:11:11	VetF55	14th
348.	2	Dave Ainslie	M	Hereford Couriers	1:11:44	VetM60	21st
349.	183	Irene Griffiths	F	Aberystwyth AC	1:11:48	VetF40	18th
350.	238	Mandy Jones	F	Tewkesbury Running Club	1:12:09	VetF50	20th
351.	398	Michaela Soporova	F		1:12:30	VetF40	19th
352.	311	John Noonan	M	Hereford Couriers	1:12:56	VetM65	5th
353.	138	Gavin Edwards	M		1:13:45	VetM55	27th
354.	144	Sarah Elwine	F	Hereford Couriers	1:14:02	VetF50	21st
355.	131	Rebecca Drinkwater	F	Ware Joggers	1:14:12	VetF45	18th
356.	163	Lynsey Gamble	F	Aberystwyth AC	1:14:19	VetF45	19th
357.	418	Christina Thorp	F		1:15:25	VetF40	20th
358.	413	Hugh Sweet-Escott	M	Ledbury & District Harriers	1:15:27	VetM65	6th
359.	424	Victoria Tully	F		1:16:50	SF	37th
360.	95	Suzy Cook	F		1:16:54	VetF50	22nd
361.	374	Chris Ruck	M	Hereford Couriers	1:17:07	VetM55	28th
362.	421	Martin Tranter	M	Aberystwyth AC	1:18:13	VetM45	19th
363.	115	Alison Davies	F	Croft Ambrey RC	1:18:53	VetF35	12th
364.	114	Tom Davies	M	Croft Ambrey RC	1:18:53	VetM75	2nd
365.	244	Lisa Juson	F		1:23:23	VetF50	23rd
366.	281	Bryan Markham	M	Croft Ambrey RC	1:23:23	VetM80	1st
367.	370	Peter Rowberry	M		1:27:42	VetM65	7th
368.	358	Rachel Richards	F	Aberystwyth AC	1:31:08	VetF50	24th
369.	62	Alexander Brown	M	Builth & District Running Club	53:54	VetM55	1st

Number of Records: 369

