

# Jon Ward 5K 2023

## Overall Results



Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time
1	88	Robin Woods	M	Builth & District Running Club	Vet 45 Male	1st	08:05	08:12	16:17
2	41	Sam Juson	M	Croft Ambrey RC	Senior Male	1st	08:09	08:11	16:20
3	49	Luke Mason	M	Hereford Couriers	Vet 35 Male	1st	08:06	08:38	16:44
4	74	Alex Smith	M	Western Tempo	Vet 35 Male	2nd	08:24	08:26	16:50
5	57	William Morris	M	Hereford Couriers	Senior Male	2nd	08:35	08:28	17:03
6	56	Phil Morris	M	Builth & District Running Club	Vet 40 Male	1st	08:34	08:38	17:12
7	55	Donna Morris	F	Builth & District Running Club	Vet 40 Female	1st	08:39	09:15	17:54
8	67	Robert Pritchard	M	Lliswerry Runners	Vet 40 Male	2nd	08:49	09:11	18:00
9	44	Ryan Lawrence	M	Hereford Couriers	Senior Male	3rd	09:03	09:20	18:23
10	48	Tony Marshall	M	Chepstow Harriers	Vet 60 Male	1st	09:01	09:26	18:27
11	46	Martin Lloyd	M	Hereford Couriers	Vet 45 Male	2nd	09:27	09:36	19:03
12	51	Neil McNish	M	Hereford Couriers	Vet 50 Male	1st	09:34	09:43	19:17
13	12	Will Connell	M	Hereford Couriers	Senior Male	4th	09:30	09:47	19:17
14	13	Jonathan Davey	M	Hereford Couriers	Vet 55 Male	1st	10:11	10:45	20:56
15	85	Lea Wood	M	Wye Valley Runners	Vet 35 Male	3rd	10:38	10:28	21:06
16	58	Duncan Nedoma	M		Vet 35 Male	4th	10:28	10:54	21:22
17	11	Robert Connell	M	Hereford Couriers	Vet 60 Male	2nd	10:39	10:54	21:33
18	60	Pat Norris	M	100 Marathon Club	Vet 55 Male	2nd	10:45	10:53	21:38
19	75	Barry Smith	M		Vet 65 Male	1st	10:42	10:57	21:39
20	26	Dan Hardy	M		Vet 35 Male	5th	10:47	10:56	21:43
21	10	Dan Cleworth	M	Hereford Couriers	Vet 45 Male	3rd	10:54	10:54	21:48
22	84	Rob Williams	M	Hereford Couriers	Vet 40 Male	3rd	11:02	10:49	21:51
23	22	Steven Gondwe	M		Vet 40 Male	4th	11:03	10:54	21:57
24	40	Peter Johnson	M	Mercia Fell Runners	Vet 70 Male	1st	10:47	11:13	22:00
25	29	Clare Hawling	F	Cheltenham and County Harriers	Vet 60 Female	1st	10:57	11:03	22:00
26	45	Faye Lewis	F	Hereford Couriers	Vet 40 Female	2nd	11:03	11:11	22:14



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27	82	Graeme Walker	M	Hereford Couriers	Vet 60 Male	3rd	11:10	11:12	22:22
28	52	Andy Millard	M	Pont-y-pwl & District Runners	Vet 55 Male	3rd	10:55	11:30	22:25
29	17	Martin Fogg	M	Hereford Couriers	Vet 45 Male	4th	11:02	11:32	22:34
30	83	Rebecca Walker	F		Vet 35 Female	1st	11:15	11:25	22:40
31	28	Neil Harper	M	Monross Trailblazers	Vet 45 Male	5th	11:38	11:13	22:51
32	61	Richard Atkinson	M		Vet 35 Male	6th	11:32	11:26	22:58
33	73	Amy Smith	F	Hereford Couriers	Vet 40 Female	3rd	11:21	11:41	23:02
34	25	David Hammond	M		Vet 35 Male	7th	11:14	11:54	23:08
35	8	Peter Carwardine	M	Hereford Couriers	Vet 65 Male	2nd	11:35	11:50	23:25
36	79	Colin Upton	M	CLC Striders	Vet 50 Male	2nd	11:27	12:03	23:30
37	23	David Green	M	Hereford Couriers	Vet 55 Male	4th	11:38	12:12	23:50
38	38	Kirsty Jenkins	F	Hereford Couriers	Vet 35 Female	2nd	12:05	11:59	24:04
39	37	Ben James	M	Hereford Couriers	Vet 40 Male	5th	12:09	12:25	24:34
40	42	Nicola Kelly	F	Builth & District Running Club	Vet 50 Female	1st	12:07	12:43	24:50
41	32	Steve Herington	M	Hereford Couriers	Vet 75 Male	1st	11:50	13:11	25:01
42	35	Vicki Hulme	F	100 Marathon Club	Vet 45 Female	1st	12:17	12:44	25:01
43	21	Gerald Gobey	M	Hereford Couriers	Vet 70 Male	2nd	12:34	12:36	25:10
44	19	Hollie Francis	F	Hereford Couriers	Senior Female	1st	12:36	12:50	25:26
45	3	Lee Ayling	M		Vet 40 Male	6th	11:57	13:40	25:37
46	43	David Knight	M		Male Under 17	1st	11:35	14:28	26:03
47	47	Brent Lowson	M	Wye Valley Runners	Vet 60 Male	4th	13:11	12:53	26:04
48	30	Olivia Hayman	F	Croft Ambrey RC	Female Under 15	1st	12:14	13:52	26:06
49	14	Debbie Davies	F	Lonely Goat RC	Vet 40 Female	4th	12:48	13:26	26:14
50	33	Aaron Higgins	M	Hereford Couriers	Senior Male	5th	13:26	12:55	26:21
51	69	Sue Purvin	F		Vet 60 Female	2nd	13:17	13:05	26:22
52	68	Lauren Pullen	F	Hereford Couriers	Senior Female	2nd	13:29	13:13	26:42



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53	87	Harry Woodhouse	M	Hereford Couriers	Senior Male	6th	13:28	13:16	26:44
54	66	Naomi Price	F	Cleobury Mortimer Running Club	Vet 40 Female	5th	12:49	13:58	26:47
55	27	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	2nd	13:21	13:28	26:49
56	65	Anne Pengelly	F	Hereford Couriers	Vet 45 Female	3rd	13:00	13:50	26:50
57	64	Steven Pengelly	M	Hereford Couriers	Vet 50 Male	3rd	12:46	14:28	27:14
58	78	Richard Tyler	M	Hereford Couriers	Vet 65 Male	3rd	13:43	14:14	27:57
59	18	Kathryn Fogg	F	Hereford Couriers	Vet 50 Female	2nd	14:03	13:56	27:59
60	59	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	5th	14:11	14:33	28:44
61	5	Lee Brown	M		Vet 50 Male	4th	14:26	14:19	28:45
62	24	Ezzy Gwyer	F		Senior Female	3rd	14:03	14:49	28:52
63	54	Adam Mitchell-Haywood	M	Hereford Couriers	Vet 40 Male	7th	14:25	14:48	29:13
64	7	Hannah Campbell	F	Hereford Couriers	Senior Female	4th	14:01	15:32	29:33
65	90	Hubert Zielinski	M		Male Under 13	1st	14:37	15:12	29:49
66	89	Adam Zielinski	M		Vet 40 Male	8th	14:37	15:12	29:49
67	2	Dave Ainslie	M	Hereford Couriers	Vet 60 Male	6th	15:26	15:00	30:26
68	72	Chris Ruck	M	Hereford Couriers	Vet 55 Male	5th	14:55	15:35	30:30
69	63	Lorna Pearcey	F		Vet 55 Female	1st	14:59	15:47	30:46
70	39	Melanie Jenkins	F		Senior Female	5th	15:07	16:08	31:15
71	20	Daniella Gardner	F	Bridgnorth Running Club	Vet 45 Female	4th	15:18	16:30	31:48
72	36	Jess Hussey	F		Vet 35 Female	3rd	15:58	18:34	34:32
73	53	Hannah Mills	F		Senior Female	6th	18:42	20:19	39:01

Number of Records: 73

