

# Hereford Couriers Summer Sizzler 10K



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	49	Luke Mason	M	Hereford Couriers	35:41	Senior Male	1st
2.	84	Ieuan Vale-Smith	M	Hereford Couriers	39:19	Senior Male	2nd
3.	45	Peter Koval	M	Malvern Buzzards Running Club	39:35	Senior Male	3rd
4.	36	Nigel Hawkes	M	Hereford Couriers	40:05	Senior Male	4th
5.	68	David Prosser-painting	M		40:33	Vet 45 Male	1st
6.	20	Ben Dean	M		40:46	Male Under 20	1st
7.	81	Daniel Spear	M	Hereford Couriers	40:48	Senior Male	5th
8.	53	Russell Mills	M	Lonely Goat RC	40:53	Vet 45 Male	2nd
9.	51	Neil McNish	M	Hereford Couriers	42:23	Vet 50 Male	1st
10.	29	Neil Gamble	M	Aberystwyth AC	42:46	Vet 50 Male	2nd
11.	91	Daniel Hunter	M	Rhayader RC	43:00	Senior Male	6th
12.	85	Martin Williams	M	Ledbury & District Harriers	43:43	Vet 40 Male	1st
13.	37	Steve Head	M		44:07	Senior Male	7th
14.	88	Adam Zielinski	M		44:08	Vet 40 Male	2nd
15.	17	Jonathan Davey	M	Hereford Couriers	45:03	Vet 55 Male	1st
16.	94	Naomi Prosser	F	Hereford Couriers	45:04	Senior Female	1st
17.	95	Lucy Jarvis	F	Hereford Couriers	45:12	Senior Female	2nd
18.	93	Tim Broome	M	Hereford Couriers	45:38	Vet 40 Male	3rd
19.	79	Lee Shackleton	M	Hereford Couriers	45:42	Vet 55 Male	2nd
20.	47	Clare Mallender	F	Hereford Couriers	45:52	Vet 45 Female	1st
21.	73	Toby Redsull	M		46:08	Male Under 20	2nd
22.	67	Ben Probert	M		46:57	Vet 40 Male	4th
23.	12	Daniel Bythell	M		47:07	Senior Male	8th
24.	23	Allen Edwards	M	Hereford Couriers	47:15	Senior Male	9th
25.	33	David Green	M	Hereford Couriers	47:21	Vet 55 Male	3rd
26.	22	Kyle Dovey	M	Hereford Couriers	47:25	Senior Male	10th
27.	46	Faye Lewis	F	Hereford Couriers	47:27	Vet 40 Female	1st
28.	56	Kate Morris	F	Hereford Couriers	47:33	Vet 40 Female	2nd
29.	96	Abi Knight	F	Hereford Couriers	47:36	Senior Female	3rd
30.	60	James O'Brien	M	Hereford Couriers	48:00	Vet 45 Male	3rd
31.	5	Sarah Askey	F	Hereford Couriers	48:03	Vet 55 Female	1st
32.	19	Emma Davies	F	Monross Trailblazers	48:26	Vet 50 Female	1st
33.	80	Amy Smith	F	Hereford Couriers	48:54	Vet 40 Female	3rd
34.	64	Kimberley Pickett	F	Hereford Couriers	49:41	Vet 35 Female	1st
35.	3	Richard Alcock	M		49:56	Vet 55 Male	4th
36.	78	Avril Seftel	F	Hereford Couriers	50:04	Vet 50 Female	2nd
37.	66	Emma PRICE	F	Hereford Couriers	50:14	Senior Female	4th
38.	34	Pawel GUSCIORA	M		50:16	Senior Male	11th
39.	9	Katie Bosley	F		50:29	Senior Female	5th
40.	38	Tom Head	M		50:36	Vet 55 Male	5th
41.	41	Guy Jenkins	M	Hereford Couriers	50:49	Vet 60 Male	1st
42.	26	Clare Evans	F	Hereford Couriers	50:57	Senior Female	6th
43.	50	Emma McCabe	F		51:14	Vet 40 Female	4th
44.	69	Christian Prynne	M	Builth & District Running Club	51:19	Vet 50 Male	3rd
45.	82	David Spriggs	M		51:28	Senior Male	12th



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46.	40	Nick James	M		51:53	Vet 40 Male	5th
47.	7	Susan Baldwin	F	Tewkesbury Running Club	52:02	Vet 60 Female	1st
48.	86	Sophie Williams	F	Monross Trailblazers	52:06	Vet 35 Female	2nd
49.	43	Gavin Jones	M	Monross Trailblazers	52:07	Senior Male	13th
50.	76	Alan Rowlands	M	Hereford Couriers	52:31	Vet 45 Male	4th
51.	89	Geraint Rhys Jones	M		52:46	Vet 45 Male	5th
52.	15	Lucy Capel	F	Black Pear Joggers	53:18	Vet 40 Female	5th
53.	14	Chris Campbell	M	Hereford Couriers	53:20	Vet 60 Male	2nd
54.	75	Lucy Roper	F	Hereford Couriers	53:36	Senior Female	7th
55.	32	Gerald Gobey	M	Hereford Couriers	54:11	Vet 70 Male	1st
56.	61	Darren Palmer	M		54:47	Vet 40 Male	6th
57.	44	Nicola Kelly	F	Builth & District Running Club	54:49	Vet 50 Female	3rd
58.	39	Charlotte House	F	Hereford Couriers	55:02	Senior Female	8th
59.	8	Jack Bannister	M	Hereford Couriers	55:03	Senior Male	14th
60.	27	Hollie Francis	F	Hereford Couriers	55:17	Senior Female	9th
61.	25	Celia Escande	F	Hereford Couriers	55:25	Senior Female	10th
62.	31	Robert Gilligan	M	Wye Valley Runners	55:52	Vet 55 Male	6th
63.	30	Amy Gilligan	F	Wye Valley Runners	55:53	Senior Female	11th
64.	90	Melanie Graham	F	Builth & District Running Club	55:55	Vet 60 Female	2nd
65.	70	Sue Purvin	F		57:20	Vet 60 Female	3rd
66.	11	Michael Bryant	M	Newent Runners	59:05	Vet 60 Male	3rd
67.	57	Amy Newman	F	Hereford Couriers	59:15	Senior Female	12th
68.	10	Zoe Boucher	F	Hereford Couriers	59:16	Senior Female	13th
69.	18	Debbie Davies	F	Lonely Goat RC	59:34	Vet 40 Female	6th
70.	83	Stuart Taylor	M	Hereford Couriers	1:00:13	Vet 40 Male	7th
71.	21	Bryony Dean	F	Hereford Couriers	1:00:33	Vet 45 Female	2nd
72.	52	Charlotte Miller	F		1:00:43	Senior Female	14th
73.	24	Scott Emmett	M	Hereford Couriers	1:00:57	Vet 50 Male	4th
74.	48	Kirsten Mason	F	Hereford Couriers	1:00:57	Senior Female	15th
75.	42	Adele Jones	F		1:02:41	Vet 45 Female	3rd
76.	92	Helen Hunter	F	Just Move	1:03:33	Vet 35 Female	3rd
77.	62	Shona Palmer	F		1:03:43	Vet 40 Female	7th
78.	71	Chris Redfern	M	Tewkesbury Running Club	1:04:48	Vet 45 Male	6th
79.	72	William Redfern	M		1:04:49	Male Under 17	1st
80.	58	Daniel Newton	M	Pont-Y-Pwl & District Runners	1:05:00	Vet 50 Male	5th
81.	13	John Bythell	M		1:06:37	Vet 65 Male	1st
82.	54	Dave Mitchell-Haywood	M	Hereford Couriers	1:07:10	Senior Male	15th
83.	16	Nicky Clarkson	F		1:07:24	Vet 45 Female	4th
84.	2	Dave Ainslie	M	Hereford Couriers	1:09:33	Vet 60 Male	4th
85.	77	Chris Ruck	M	Hereford Couriers	1:10:30	Vet 55 Male	7th
86.	59	John Noonan	M	Hereford Couriers	1:10:32	Vet 65 Male	2nd
87.	28	Lynsey Gamble	F	Aberystwyth AC	1:18:18	Vet 45 Female	5th

Number of Records: 87

