

The Hereford 10 Mile 2024



Overall Results

Pos.	Bib	Firstname	Lastname	Gender	Club	Time	Age Cat	Age Category Rank
1.	179	Simon	Lewis	M		55:02	Vet 45 Male	
2.	162	Sam	Juson	M	Croft Ambrey RC	55:08	Senior Male	
3.	174	Dave	Lawrence	M	Malvern Buzzards Running Club	56:53	Vet 40 Male	
4.	177	Gareth	Leek	M	Croft Ambrey RC	58:22	Senior Male	1st
5.	397	Adam	Wilson	M	Malvern Buzzards Running Club	58:22	Vet 50 Male	1st
6.	38	Gareth	Bowden	M		1:01:51	Vet 50 Male	2nd
7.	119	Matthew	Dunn	M		1:01:54	Senior Male	2nd
8.	387	Richard	Walsh	M	Malvern Buzzards Running Club	1:01:57	Vet 40 Male	1st
9.	124	Lewis	Faulkner	M	Malvern Buzzards Running Club	1:02:14	Vet 45 Male	1st
10.	127	Shane	Jackson	M	Malvern Buzzards Running Club	1:02:21	Senior Male	3rd
11.	185	Luke	Mason	M	Hereford Couriers	1:02:26	Senior Male	4th
12.	398	Harry	Woodhouse	M	Hereford Couriers	1:02:34	Senior Male	5th
13.	72	Kieron	Brown	M	Monross Trailblazers	1:02:34	Senior Male	6th
14.	172	Alistair	Laird	M		1:04:24	Senior Male	7th
15.	356	Steve	Rooke	M	Ledbury & District Harriers	1:04:28	Vet 55 Male	1st
16.	191	Declan	Miller	M	Ludlow Runners	1:04:56	Senior Male	8th
17.	384	Ieuan	Vale-Smith	M	Hereford Couriers	1:05:19	Senior Male	9th
18.	388	Neil	Warne	M	Malvern Buzzards Running Club	1:05:34	Vet 40 Male	2nd
19.	369	Andrew	Skales	M		1:05:39	Vet 50 Male	3rd
20.	160	steve	Jones	M	Maldwyn Harriers	1:05:42	Senior Male	10th
21.	126	Simeon	Foreman	M	Malvern Buzzards Running Club	1:05:55	Vet 45 Male	2nd
22.	158	Keith	James	M	Pontypridd Roadents AC	1:06:02	Vet 50 Male	4th
23.	351	Emma	Robertson	F	Worcester AC	1:06:13	Senior Female	
24.	110	Rhys	Davies	M	Builth & District	1:06:25	Senior Male	11th
25.	188	Kieran	Merrick	M	Hereford Couriers	1:06:35	Senior Male	12th
26.	180	martin	Iloyd	M	Hereford Couriers	1:06:37	Vet 45 Male	3rd



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27.	145	Nigel	Hawkes	M	Hereford Couriers	1:06:51	Senior Male	13th
28.	368	Lee	Simms	M		1:06:56	Senior Male	14th
29.	372	Alan	Southwick	M	Malvern Buzzards Running Club	1:07:16	Vet 45 Male	4th
30.	102	Rob	Chambers	M	Wye Valley Runners	1:07:36	Senior Male	15th
31.	92	Martin	Carter	M	Hereford Couriers	1:07:43	Vet 55 Male	2nd
32.	385	Amy	Wakeley	F	Telford AC	1:07:47	Vet 40 Female	
33.	181	Joseph	Lynch	M	Croft Ambrey RC	1:09:08	Senior Male	16th
34.	192	Niki	Morgan	F	Chepstow Harriers	1:09:10	Vet 55 Female	
35.	154	Kevin	Holcroft	M	Rhayader Running Club	1:09:23	Vet 40 Male	3rd
36.	374	Oliver	Steels	M		1:09:41	Senior Male	17th
37.	395	Luke	Williams	M	Hereford Couriers	1:10:18	Vet 40 Male	4th
38.	103	Christopher	Cleary	M	Hereford Couriers	1:11:05	Senior Male	18th
39.	121	Joanna	Eddy	F	Hereford Couriers	1:11:09	Vet 45 Female	1st
40.	485	Adam	Zielinski	M		1:12:09	Vet 45 Male	5th
41.	487	Martin	Williams	M	Ledbury & District Harriers	1:12:39	Vet 40 Male	5th
42.	343	Kirsty	Price	F	Halesowen ACC	1:13:33	Vet 50 Female	1st
43.	396	Delyth	Williams	F	San Domenico RC	1:13:38	Vet 35 Female	1st
44.	164	Mark	Kelleher	M		1:15:48	Senior Male	19th
45.	348	Toby	Redsull	M		1:16:15	Male Under 20	1st
46.	120	Adam	Dyson	M	Malvern Buzzards Running Club	1:16:15	Vet 40 Male	6th
47.	49	Izzy	Brody	F	Western Tempo	1:16:17	Senior Female	1st
48.	140	Tom	Grant	M		1:16:28	Vet 60 Male	1st
49.	187	Josh	McMahon	M	Wye Valley Runners	1:16:29	Senior Male	20th
50.	347	Jack	Quigley	M		1:16:33	Senior Male	21st
51.	256	Stephen	Owen	M	Chepstow Harriers	1:16:36	Vet 70 Male	1st
52.	109	Katie	Davenport	F	Severn AC	1:17:23	Senior Female	2nd



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53.	133	Barbara	Gawlak	F	Malvern Buzzards Running Club	1:17:39	Vet 35 Female	2nd
54.	178	Faye	Lewis	F	Hereford Couriers	1:17:57	Vet 40 Female	1st
55.	111	Mia	Davies	F	Croft Ambrey RC	1:18:22	Senior Female	3rd
56.	168	Abi	Knight	F	Hereford Couriers	1:18:24	Senior Female	4th
57.	259	Phil	Parry	M	Hereford Couriers	1:18:30	Vet 40 Male	7th
58.	173	Kimberley	Langford	F	Hereford Couriers	1:18:32	Senior Female	5th
59.	170	Karen	Lacey	F	Malvern Buzzards Running Club	1:18:59	Vet 50 Female	2nd
60.	167	Clare	King	F	Northbrook Athletic Club	1:19:14	Vet 40 Female	2nd
61.	118	Sian	Devlin	F		1:19:31	Senior Female	6th
62.	134	Robert	Gilligan	M	Wye Valley Runners	1:19:37	Vet 55 Male	3rd
63.	1	David	Allen	M		1:19:40	Vet 60 Male	2nd
64.	486	Philip	Nugent	M		1:19:43	Senior Male	22nd
65.	114	Stu	Davies	M		1:19:49	Senior Male	23rd
66.	153	Edward	Hogan	M	Ledbury & District Harriers	1:20:19	Vet 45 Male	6th
67.	137	Michelle	Gooch	F	Pont-Y-Pwl & District Runners	1:21:33	Vet 55 Female	1st
68.	350	Leonie	Roberts	F	Fairwater Runners Cwmbran	1:21:48	Vet 45 Female	2nd
69.	128	Laurence	Fowkes	M	Malvern Buzzards Running Club	1:22:16	Vet 50 Male	5th
70.	141	David	Green	M	Hereford Couriers	1:22:20	Vet 55 Male	4th
71.	197	James	O'Brien	M	Hereford Couriers	1:22:52	Vet 45 Male	7th
72.	157	Mike	Howard	M		1:23:08	Vet 45 Male	8th
73.	198	Wesley	Ogden	M	Malvern Buzzards Running Club	1:23:20	Vet 55 Male	5th
74.	371	Vincent	Smith	M		1:24:04	Vet 40 Male	8th
75.	362	Avril	Seftel	F	Hereford Couriers	1:24:12	Vet 50 Female	3rd
76.	377	Sarah	Thomas	F	Malvern Buzzards Running Club	1:24:26	Vet 40 Female	3rd
77.	341	Craig	Price	M	Croft Ambrey RC	1:24:38	Vet 40 Male	9th
78.	359	Tommy	Rutherford	M	Brecon AC	1:24:50	Vet 50 Male	6th



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79.	136	Charlotte	Godsall	F	Hereford Triathlon Club	1:25:04	Vet 45 Female	3rd
80.	115	Leon	Dawson	M		1:25:40	Vet 45 Male	9th
81.	125	Eli	Fontoura	M		1:26:07	Senior Male	24th
82.	186	Christian	Mason	M	Hereford Couriers	1:26:15	Senior Male	25th
83.	358	Alan	Rowlands	M	Hereford Couriers	1:26:34	Vet 45 Male	10th
84.	156	Edward	Holt	M		1:26:46	Vet 45 Male	11th
85.	183	Steph	Main	F	Croft Ambrey RC	1:26:57	Vet 50 Female	4th
86.	344	Susan	Pugh	F	RAF Triathlon	1:27:15	Vet 40 Female	4th
87.	338	Robert	Plant	M	Malvern Buzzards Running Club	1:27:27	Senior Male	26th
88.	100	Julie	Caseley	F	Malvern Buzzards Running Club	1:28:06	Vet 60 Female	1st
89.	365	Ray	Shakesheff	M		1:28:23	Vet 45 Male	12th
90.	171	Bert	Lacey	M	Malvern Joggers	1:28:28	Vet 55 Male	6th
91.	337	Hannah	Pinnell	F		1:28:28	Senior Female	7th
92.	380	Keith	Tinker	M	Tewkesbury Running Club	1:28:36	Vet 50 Male	7th
93.	342	Ian	Price	M	Croft Ambrey RC	1:28:46	Vet 75 Male	1st
94.	82	Jamie	Burrows	M		1:28:48	Senior Male	27th
95.	190	Andy	Millard	M	Pont-y-pwl & District Runners	1:28:51	Vet 55 Male	7th
96.	131	Dale	G	M		1:29:16	Vet 40 Male	10th
97.	340	Bronwyn	Preece	F	Croft Ambrey RC	1:29:19	Senior Female	8th
98.	280	STEVEN	PENGELLY	M	Hereford Couriers	1:29:50	Vet 50 Male	8th
99.	83	Louise	Burrows	F		1:31:10	Vet 45 Female	4th
100.	262	Anne	Pengelly	F	Hereford Couriers	1:31:46	Vet 50 Female	5th
101.	101	Augusta	Cater	F		1:32:17	Senior Female	9th
102.	147	Victoria	Heaps	F		1:32:18	Senior Female	10th
103.	383	Nicholas	Tyler	M	Ledbury & District Harriers	1:32:26	Vet 50 Male	9th
104.	50001	David	Bridgewater	M		1:32:57	Vet 40 Male	11th



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105.	370	Elizabeth	Slack	F	Malvern Buzzards Running Club	1:33:10	Vet 65 Female	1st
106.	367	Mike	Shaw	M	Hereford Triathlon Club	1:33:11	Vet 70 Male	2nd
107.	129	Hollie	Francis	F	Hereford Couriers	1:33:11	Senior Female	11th
108.	394	Huw	Williams	M	Croft Ambrey RC	1:34:08	Vet 60 Male	3rd
109.	336	Louise	Phillips	F	Croft Ambrey RC	1:34:16	Vet 50 Female	6th
110.	108	Kay-le	Darrah	F		1:34:18	Senior Female	12th
111.	361	Louise	Seeney	F		1:36:13	Vet 50 Female	7th
112.	363	Carla	Segust	F		1:36:32	Senior Female	13th
113.	339	Samantha	Powell	F		1:36:43	Vet 35 Female	3rd
114.	346	Sue	Purvin	F	Croft Ambrey RC	1:37:39	Vet 60 Female	2nd
115.	165	Nicola	Kelly	F	Builth & District	1:37:39	Vet 50 Female	8th
116.	139	Helena	Grant	F		1:37:39	Vet 45 Female	5th
117.	138	Melanie	Graham	F	Builth & District	1:37:44	Vet 60 Female	3rd
118.	382	Sarah	Turner	F	Malvern Buzzards Running Club	1:37:51	Senior Female	14th
119.	44	Jody	Bowen	F		1:37:54	Vet 55 Female	2nd
120.	39	Peter	Bowen	M	Wye Valley Runners	1:37:54	Vet 55 Male	8th
121.	352	Inese	Robotham	F	Lonely Goat RC	1:38:20	Vet 50 Female	9th
122.	132	Shakira	Garibbo	F		1:38:47	Senior Female	15th
123.	112	Debbie	Davies	F	Lonely Goat RC	1:38:58	Vet 45 Female	6th
124.	152	Ella	Hogan	F	Ledbury & District Harriers	1:39:08	Vet 45 Female	7th
125.	148	Keith	Helliwell	M	Builth & District	1:39:12	Vet 45 Male	13th
126.	105	Hayley	Colebatch	F	Croft Ambrey RC	1:39:46	Vet 35 Female	4th
127.	389	Jess	Watson	F		1:39:53	Senior Female	16th
128.	78	Rachel	Buckland	F	Malvern Buzzards Running Club	1:40:00	Vet 55 Female	3rd
129.	375	Jodie	Stilgoe	F		1:41:57	Senior Female	17th
130.	122	Eleri	Edwards	F	Lonely Goat RC	1:46:58	Vet 40 Female	5th



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131.	11	Carol	Bathurst	F		1:47:32	Vet 60 Female	4th
132.	195	Edward	Nawrat	M		1:48:23	Vet 65 Male	1st
133.	159	Theresa	Jones	F	Croft Ambrey RC	1:48:37	Vet 55 Female	4th
134.	62	Anna	Bromley	F	Croft Ambrey RC	1:48:37	Vet 40 Female	6th
135.	355	Jennifer	Rogers	F		1:48:43	Vet 40 Female	7th
136.	199	Charlotte	Ogden	F	Malvern Buzzards Running Club	1:48:53	Vet 50 Female	10th
137.	3	Richard	Andrews	M		1:52:46	Vet 55 Male	9th
138.	381	Rachel	Trott	F	Hereford Triathlon Club	1:52:46	Vet 50 Female	11th
139.	189	Jo	Merrick	F		1:52:59	Vet 40 Female	8th
140.	378	Luan	Thomas	F		1:52:59	Vet 40 Female	9th
141.	175	Susan	Lawrence	F	Pont-Y-Pwl & District Runners	1:53:00	Vet 65 Female	2nd
142.	117	Gina	Deering	F		1:53:38	Vet 55 Female	5th
143.	400	Kerry	Wyatt	F		1:58:18	Vet 40 Female	10th
144.	69	Eden	Brookes	F	Islwyn RC	1:58:25	Senior Female	18th
145.	64	Paul	Brookes	M	Islwyn RC	1:58:26	Vet 50 Male	10th
146.	123	Natalie	Edwards	F		1:58:58	Vet 50 Female	12th
147.	176	jackie	layton	F	Tewkesbury Running Club	1:58:58	Vet 65 Female	3rd
148.	151	Tracy	Higgins	F	Brecon AC	2:00:11	Vet 50 Female	13th
149.	345	Sharon	Punter	F	Brecon AC	2:00:12	Vet 50 Female	14th
150.	196	John	Noonan	M	Hereford Couriers	2:02:50	Vet 65 Male	2nd
151.	349	Stephen	Ripley	M		2:08:44	Vet 40 Male	12th
152.	353	Caroline	Robson	F	Hereford Couriers	2:08:52	Vet 40 Female	11th
153.	29	Richard	Betts	M		2:08:52	Senior Male	28th

Number of Records: 153

