

Hereford Couriers Christmas 10K



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	361	Charlie Jones	M	Western Tempo	33:45	Senior Male	1st
2.	36	Luke Rowland	M	London City Athletics Club	34:21	Senior Male	2nd
3.	84	Matthew Brunnock	M	Hereford & County AC	34:28	Male Under 17	1st
4.	257	Eric Apperley	M	Croft Ambrey RC	34:33	Senior Male	3rd
5.	451	David Aubrey	M	Western Tempo	34:43	Senior Male	4th
6.	32	Brychan Price-Davies	M	Brecon AC	34:54	Senior Male	5th
7.	472	James Butler	M		35:08	Senior Male	6th
8.	155	Matthew Jones	M		35:23	Vet 40 Male	1st
9.	29	Cory Sherwin	M	Forest of Dean AC	35:41	Senior Male	7th
10.	413	Luke Gray	M	Monross Trailblazers	36:30	Senior Male	8th
11.	37	Annie Birch	F	London City Athletics Club	36:36	Senior Female	1st
12.	30	Luke Mason	M	Hereford Couriers	36:38	Senior Male	9th
13.	400	Craig Blake	M	CDF Runners	37:11	Senior Male	10th
14.	340	Shaun Green	M	Droitwich AC	37:12	Senior Male	11th
15.	7	Lee Kibble	M	Forest of Dean AC	37:13	Senior Male	12th
16.	80	Ross Cameron	M	Hereford Couriers	37:44	Senior Male	13th
17.	12	Steven Harris	M	Forest of Dean AC	37:44	Vet 40 Male	2nd
18.	125	Mark Killeen	M	Monross Trailblazers	37:49	Senior Male	14th
19.	424	William Kennedy	M	Western Tempo	38:01	Male Under 20	1st
20.	289	Andrew Tyler	M	Hereford Couriers	38:03	Vet 45 Male	1st
21.	433	Thomas Lewis	M		38:04	Senior Male	15th
22.	335	Donna Morris	F	Builth & District Running Club	38:04	Vet 35 Female	1st
23.	367	Tom Grady	M	Hereford Couriers	38:08	Vet 40 Male	3rd
24.	447	Ryan Lawrence	M	Hereford Couriers	38:23	Senior Male	16th
25.	199	Nigel Dexter	M	Droitwich AC	38:40	Senior Male	17th
26.	466	Ryan Knight	M	Hereford Couriers	38:42	Senior Male	18th
27.	349	Henry Pugh	M	Malvern Joggers	38:46	Senior Male	19th
28.	449	Richard Fain	M		38:52	Senior Male	20th
29.	371	Jasper Robinson	M	Croft Ambrey RC	38:58	Senior Male	21st
30.	460	James Morgan	M	Western Tempo	39:08	Vet 40 Male	4th
31.	205	Jeremy Burton	M	Worcester AC	39:32	Senior Male	22nd
32.	43	Brandon Adams	M	Hereford Couriers	39:32	Senior Male	23rd
33.	330	Jeremy Jehan	M	Wye Valley Runners	39:37	Vet 45 Male	2nd
34.	136	Neil Warne	M	Malvern Joggers	39:43	Vet 40 Male	5th
35.	4	Nathan Pettit	M	Vegan Runners UK	39:47	Senior Male	24th
36.	234	Ian Whistance	M		39:47	Vet 50 Male	1st
37.	13	Colin Lambourne	M	Hereford Couriers	40:08	Vet 45 Male	3rd
38.	425	Thomas Kennedy	M	North Gloucestershire Orienteering	40:13	Male Under 17	2nd
39.	11	Samantha Harris	F	Forest of Dean AC	40:15	Vet 40 Female	1st
40.	65	George Ware	M	Hereford Couriers	40:41	Senior Male	25th
41.	20	Kit Williams	M	Hereford Couriers	40:46	Senior Male	26th
42.	436	Lea Wood	M	Wye Valley Runners	40:53	Senior Male	27th
43.	256	Dan Phillips	M	Hereford Couriers	40:55	Vet 40 Male	6th
44.	120	William Morris	M		40:56	Senior Male	28th
45.	378	Daniel Spear	M	Ludlow Runners	40:57	Senior Male	29th



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46.	352	Alice Godding	F	Croft Ambrey RC	40:57	Senior Female	2nd
47.	293	Steven Noble	M	Egdon Heath Harriers	41:03	Senior Male	30th
48.	279	Simon Norwood	M	Croft Ambrey RC	41:10	Vet 50 Male	2nd
49.	55	Richard Hunter	M	Shropshire Shufflers	41:13	Vet 40 Male	7th
50.	306	Oliver Steels	M		41:22	Senior Male	31st
51.	188	Nick Price	M		41:26	Senior Male	32nd
52.	377	Richard Williams	M	Wye Valley Runners	41:32	Senior Male	33rd
53.	168	Bertie Warr	M		41:34	Male Under 20	2nd
54.	398	Ady Phillips	M		41:34	Senior Male	34th
55.	313	Matt Ansfield	M		41:49	Vet 45 Male	4th
56.	358	Andy Ware	M		42:01	Vet 50 Male	3rd
57.	141	Niki Morgan	F	Chepstow Harriers	42:03	Vet 50 Female	1st
58.	292	Jeremy Thomas	M	Les Croupiers	42:10	Vet 60 Male	1st
59.	254	Joanna Eddy	F	Hereford Couriers	42:18	Vet 45 Female	1st
60.	386	David Sivell	M		42:28	Senior Male	35th
61.	368	Oscar Austin	M		42:32	Senior Male	36th
62.	158	Stephen Owen	M	Chepstow Harriers	42:40	Vet 65 Male	1st
63.	108	Kelly Bowen	F	Croft Ambrey RC	42:47	Vet 35 Female	2nd
64.	224	Mike Mansfield	M	Gloucester AAC	42:54	Vet 45 Male	5th
65.	103	Michael Jones	M		42:59	Vet 50 Male	4th
66.	73	Simon Dobbs	M		43:09	Vet 50 Male	5th
67.	200	Adam Michniok	M		43:12	Vet 40 Male	8th
68.	57	Timothy Bennett	M		43:23	Senior Male	37th
69.	284	Sam Newman	M	Hereford Couriers	43:23	Senior Male	38th
70.	22	Graeme Walker	M	Hereford Couriers	43:24	Vet 55 Male	1st
71.	195	Chloe Elliott	F	Salford Metropolitan AC	43:26	Senior Female	3rd
72.	267	Will Connell	M	Hereford Couriers	43:26	Senior Male	39th
73.	331	Terry O'Brien	M		43:31	Vet 60 Male	2nd
74.	479	Sam Juson	M	Croft Ambrey RC	43:32	Senior Male	40th
75.	287	Richie Richards	M	Hereford Couriers	43:40	Vet 55 Male	2nd
76.	81	Martin Carter	M	Hereford Couriers	43:42	Vet 55 Male	3rd
77.	300	Richard George	M	Hereford Couriers	43:55	Vet 55 Male	4th
78.	62	Paul Millsom	M	Vegan Runners UK	44:05	Vet 65 Male	2nd
79.	416	Charlotte Broadhurst	F	Croft Ambrey RC	44:14	Female Under 20	1st
80.	290	Eva Tyler	F	Hereford & County AC	44:28	Female Under 17	1st
81.	178	Naomi Prosser	F	Hereford Couriers	44:28	Senior Female	4th
82.	208	Paul Saville	M	Lonely Goat RC	44:31	Vet 50 Male	6th
83.	171	Joe Collins	M	Hay Hotfooters	44:44	Male Under 20	3rd
84.	438	Luke Williams	M		44:52	Vet 40 Male	9th
85.	66	Jess Sullivan	F	Hereford Couriers	45:05	Senior Female	5th
86.	174	Christina Plant	F	Hereford Couriers	45:13	Vet 35 Female	3rd
87.	336	Andrew Wathen	M		45:19	Vet 40 Male	10th
88.	363	Stuart Austin	M	Croft Ambrey RC	45:24	Vet 55 Male	5th
89.	126	Clare Mallender	F	Hereford Couriers	45:35	Vet 40 Female	2nd
90.	432	Molly Glenister-Doyle	F		45:56	Senior Female	6th



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91.	122	Robert Gilligan	M	Wye Valley Runners	46:07	Vet 55 Male	6th
92.	376	Helen Jones	F	Neath Harriers	46:30	Vet 50 Female	2nd
93.	314	Rebecca Ansfield	F		46:31	Vet 45 Female	2nd
94.	405	Colin Williams	M		46:34	Vet 55 Male	7th
95.	445	Andy Millard	M	Pont-y-pwl & District Runners	46:40	Vet 55 Male	8th
96.	301	Sophie Hallam	F		46:49	Senior Female	7th
97.	49	Susie Hay	F	Hereford Couriers	46:54	Vet 40 Female	3rd
98.	206	Mark Watkins	M	Lonely Goat RC	46:56	Vet 50 Male	7th
99.	182	Sarah Morris	F	Black Pear Joggers	46:56	Vet 35 Female	4th
100.	225	Ian Morris	M		46:57	Vet 40 Male	11th
101.	245	Dan Walker	M		47:03	Senior Male	41st
102.	100	Lloyd Sussex	M	Black Pear Joggers	47:09	Vet 50 Male	8th
103.	459	Darren Gibbons	M		47:12	Senior Male	42nd
104.	266	Robert Connell	M	Hereford Couriers	47:16	Vet 60 Male	3rd
105.	129	Chris Reed	M	Malvern Joggers	47:19	Vet 40 Male	12th
106.	390	David Millichap	M	Croft Ambrey RC	47:20	Vet 50 Male	9th
107.	412	Thomas Powell	M	Ludlow Runners	47:22	Senior Male	43rd
108.	94	Robert Benjamin	M		47:27	Vet 65 Male	3rd
109.	291	Kevin Turner	M		47:28	Vet 45 Male	6th
110.	239	Mike Howard	M		47:28	Vet 40 Male	13th
111.	348	Amy Smith	F	Hereford Couriers	47:29	Vet 35 Female	5th
112.	101	Lucy Jarvis	F	Hereford Couriers	47:32	Senior Female	8th
113.	370	Ashley Robinson	M	Croft Ambrey RC	47:35	Vet 70 Male	1st
114.	16	Joanne Tilby	F	Croft Ambrey RC	47:37	Vet 40 Female	4th
115.	328	Tim Farndon	M	Hereford Triathlon Club	47:38	Vet 40 Male	14th
116.	426	Richard Atkinson	M		47:51	Senior Male	44th
117.	214	Sev Huggins	M		47:51	Senior Male	45th
118.	333	Steve Bott	M	Black Pear Joggers	47:54	Vet 65 Male	4th
119.	270	Pawel Gusciora	M		47:54	Senior Male	46th
120.	201	Christian Mason	M		47:57	Senior Male	47th
121.	172	Ned Collins	M	Hay Hotfooters	47:59	Male Under 17	3rd
122.	420	Chris Darke	M		48:00	Vet 50 Male	10th
123.	494	Clive Emerson	M		48:00	Vet 50 Male	11th
124.	448	Daniel Matthews	M	Hereford Couriers	48:14	Male Under 20	4th
125.	173	Mick Collins	M	Hay Hotfooters	48:15	Vet 55 Male	9th
126.	102	David Pountney	M	Amazing Feet Running Club	48:16	Vet 40 Male	15th
127.	146	Daniel Mapp	M	Hereford Couriers	48:26	Senior Male	48th
128.	275	Gary Griffiths	M		48:34	Vet 40 Male	16th
129.	401	David Sinclair	M	Moti Albany Road Run Club	48:35	Vet 50 Male	12th
130.	255	Phil Parry	M	Hereford Couriers	48:36	Vet 40 Male	17th
131.	184	Lara Seal	F		48:37	Senior Female	9th
132.	465	Sheryl Evans	F	Hereford Couriers	48:37	Vet 50 Female	3rd
133.	251	Tom Head	M		48:48	Vet 55 Male	10th
134.	475	Oliver Clarke	M		48:56	Vet 40 Male	18th
135.	399	Kate Morris	F	Hereford Couriers	48:59	Vet 40 Female	5th



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136.	86	Jon Gray	M	Malvern Joggers	49:01	Vet 60 Male	4th
137.	443	Michael Darke	M		49:03	Vet 60 Male	5th
138.	392	Iain Hutchinson	M		49:06	Senior Male	49th
139.	347	Jason Garrahan	M		49:12	Vet 50 Male	13th
140.	444	Simeon Foreman	M	Malvern Buzzards Running Club	49:15	Vet 45 Male	7th
141.	499	Kate Dolphin	F	Malvern Buzzards Running Club	49:15	Vet 40 Female	6th
142.	74	Catherine Finlay	F		49:17	Vet 45 Female	3rd
143.	320	Nic Dauncey	M	Black Pear Joggers	49:20	Vet 50 Male	14th
144.	489	Emma Stewardson	F	Ludlow Runners	49:21	Vet 40 Female	7th
145.	38	Roland Preece	M	Croft Ambrey RC	49:22	Vet 55 Male	11th
146.	258	Neil Grinnell	M	Ledbury & District Harriers	49:22	Vet 45 Male	8th
147.	458	Ben Brown	M	Hereford Couriers	49:30	Senior Male	50th
148.	350	Judith Oakley	F	Vegan Runners UK	49:31	Vet 55 Female	1st
149.	194	Jack Taylor	M		49:32	Senior Male	51st
150.	247	Thea Preece	F	Croft Ambrey RC	49:37	Senior Female	10th
151.	351	Paul Millington	M		49:39	Vet 55 Male	12th
152.	394	Guy Jenkins	M		49:44	Vet 60 Male	6th
153.	329	Nigel O'Neil	M	Hereford Couriers	49:46	Vet 55 Male	13th
154.	497	Steve Herington	M	Hereford Couriers	49:50	Vet 70 Male	2nd
155.	428	David Barrett	M	Croft Ambrey RC	50:05	Vet 50 Male	15th
156.	344	Jonathan Gledhill	M		50:05	Vet 40 Male	19th
157.	369	Lucy Austin	F	Croft Ambrey RC	50:12	Female Under 20	2nd
158.	305	Abi Knight	F	Hereford Couriers	50:16	Senior Female	11th
159.	410	Kimberley Langford	F	Hereford Couriers	50:18	Senior Female	12th
160.	409	Christopher Cleary	M	Hereford Couriers	50:18	Senior Male	52nd
161.	418	Rach Cook	F		50:27	Senior Female	13th
162.	379	Jennifer Clarke	F		50:34	Vet 40 Female	8th
163.	104	Morgan	F		50:34	Vet 35 Female	6th
164.	124	Jon Taylor	M		50:37	Senior Male	53rd
165.	269	John Jaspers	M	Hereford Couriers	50:39	Vet 50 Male	16th
166.	159	Emily Yarnold	F	Hereford Couriers	50:40	Senior Female	14th
167.	157	Dave Corner	M		50:43	Vet 55 Male	14th
168.	137	Barbara Gawlak	F	Malvern Joggers	50:46	Vet 35 Female	7th
169.	179	Dana Machackova	F		50:53	Vet 35 Female	8th
170.	189	Laura Hudson	F	Hereford Couriers	50:53	Senior Female	15th
171.	144	Karen Pennell	F	Caldicot Running Club	50:56	Vet 35 Female	9th
172.	147	Jaron Lloyd	M	Caldicot Running Club	50:56	Senior Male	54th
173.	272	Gunvor Troelsen	F	Builth & District Running Club	51:10	Vet 55 Female	2nd
174.	389	Kate Platt	F	Hay Hotfooters	51:13	Vet 45 Female	4th
175.	35	Paul Roberts	M	Ludlow Runners	51:22	Vet 55 Male	15th
176.	235	Alexander Brown	M	Builth & District Running Club	51:25	Vet 50 Male	17th
177.	145	Kevin Barnes	M	Hereford Couriers	51:26	Vet 55 Male	16th
178.	481	Darren Edwards	M		51:29	Vet 45 Male	9th
179.	476	Louisa Foti	F	Wye Valley Runners	51:34	Vet 45 Female	5th
180.	28	Gwyn Istance	M		51:35	Vet 60 Male	7th



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181.	140	Susan Pugh	F		51:45	Vet 40 Female	9th
182.	322	Dale Smith	M		51:55	Vet 40 Male	20th
183.	276	Steve Roode	M	Lonely Goat	51:58	Vet 55 Male	17th
184.	373	Daniel Gibbons	M		52:01	Senior Male	55th
185.	380	Nathan Collings	M		52:01	Senior Male	56th
186.	288	Bronwen Tyler-Jones	F	Hereford Couriers	52:17	Vet 45 Female	6th
187.	434	Nicola Tyler	F	Hereford Couriers	52:19	Vet 50 Female	4th
188.	227	Monika Gorska	F		52:25	Vet 35 Female	10th
189.	167	Julie Caseley	F	Malvern Buzzards Running Club	52:38	Vet 60 Female	1st
190.	294	Rebecca Cooke	F		52:46	Senior Female	16th
191.	484	Jim Smith	M	Hereford Couriers Running	52:48	Vet 45 Male	10th
192.	362	Liza Austin	F	Croft Ambrey RC	53:02	Vet 55 Female	3rd
193.	360	Alan Rowlands	M	Hereford Couriers	53:04	Vet 45 Male	11th
194.	311	Ben Probert	M		53:04	Senior Male	57th
195.	230	Gerald Gobey	M	Hereford Couriers	53:09	Vet 65 Male	5th
196.	488	Rose Rose Lawson	F		53:11	Vet 50 Female	5th
197.	307	Jo Ellis	F	Wye Valley Runners	53:23	Vet 40 Female	10th
198.	483	Sue Bissell	F		53:35	Vet 60 Female	2nd
199.	197	Richard Smith	M		53:38	Senior Male	58th
200.	427	Martin Flowers	M	Wye Valley Runners	53:43	Vet 65 Male	6th
201.	56	Samantha Powell	F		53:45	Vet 35 Female	11th
202.	364	Elizabeth Slack	F	Malvern Buzzards Running Club	53:57	Vet 60 Female	3rd
203.	463	Daniel Francis	M		54:01	Senior Male	59th
204.	190	Keith Williams	M		54:02	Vet 60 Male	8th
205.	170	Sharon Collins	F	Hay Hotfooters	54:14	Vet 55 Female	4th
206.	162	Emily Gould	F	Ludlow Runners	54:15	Senior Female	17th
207.	250	James Gulliver	M		54:17	Senior Male	60th
208.	252	Kristina Gulliver	F		54:19	Senior Female	18th
209.	68	Simon Oliver	M	Wye Valley Runners	54:23	Vet 55 Male	18th
210.	446	Ben Goddard	M	Hereford Couriers	54:25	Senior Male	61st
211.	58	Leah Lowe	F		54:26	Vet 35 Female	12th
212.	359	Tony May	M		54:26	Vet 55 Male	19th
213.	312	Michael Bryant	M	Newent Runners	54:33	Vet 60 Male	9th
214.	164	John Bilbao	M		54:35	Vet 65 Male	7th
215.	346	Zac Clarke	M		54:39	Senior Male	62nd
216.	226	Lisa Mansfield	F	Newent Runners	54:42	Vet 45 Female	7th
217.	149	Edward Hogan	M	Ledbury & District Harriers	54:44	Vet 40 Male	21st
218.	229	Justin Beddoes	M		54:44	Vet 40 Male	22nd
219.	478	Sean Edwards	M		54:48	Vet 50 Male	18th
220.	429	Joe Brimfield	M	Hereford Couriers	54:59	Vet 40 Male	23rd
221.	440	Matthew Evans	M		55:01	Vet 40 Male	24th
222.	260	Charlotte Hyde	F	Hereford Couriers	55:04	Vet 45 Female	8th
223.	342	Lynne Compton	F	Wye Valley Runners	55:06	Vet 55 Female	5th
224.	220	Karen Long	F	Kilkot Flyers	55:08	Vet 50 Female	6th
225.	196	Jana Cervenanova	F		55:16	Vet 40 Female	11th



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226.	148	Craig Mussell	M		55:20	Senior Male	63rd
227.	193	Lara Taylor	F		55:22	Vet 35 Female	13th
228.	41	Mark Johnson	M	Lone Goat Running Club	55:22	Vet 55 Male	20th
229.	259	Jamie Dover	M		55:26	Vet 55 Male	21st
230.	471	Laura Adams	F		55:26	Senior Female	19th
231.	202	David Butler	M		55:30	Senior Male	64th
232.	117	Adele Ellis	F		55:33	Senior Female	20th
233.	498	Sky Herington	F	Hereford Couriers	55:43	Senior Female	21st
234.	233	Jayne Bevan	F		55:45	Vet 60 Female	4th
235.	152	Sara Roper	F	Wye Valley Runners	55:49	Vet 45 Female	9th
236.	209	Louise Reeves	F	Croft Ambrey RC	55:51	Vet 45 Female	10th
237.	112	Ella Hogan	F	Ledbury & District Harriers	55:53	Vet 40 Female	12th
238.	303	Daniel Tecza	M		55:54	Senior Male	65th
239.	452	Andrew Wright	M		55:55	Vet 70 Male	3rd
240.	454	Hannah Bradley	F		55:56	Vet 40 Female	13th
241.	89	Emma Hawkey	F		55:59	Vet 40 Female	14th
242.	93	Liz Davies-Ward	F		56:00	Vet 55 Female	6th
243.	154	Dan Goodhead	M		56:01	Senior Male	66th
244.	397	Alice Lattey	F		56:09	Senior Female	22nd
245.	318	Rachel Bannister	F	Ledbury & District Harriers	56:18	Vet 45 Female	11th
246.	317	David Bannister	M	Ledbury & District Harriers	56:18	Vet 45 Male	12th
247.	372	Richard Andrews	M		56:27	Vet 55 Male	22nd
248.	111	Mark Hollis	M	Ludlow Runners	56:32	Vet 45 Male	13th
249.	18	Judi Dobbs	F	Warleywoods Pacers (RIE)	56:38	Vet 55 Female	7th
250.	246	Louise Beasley	F		56:38	Vet 40 Female	15th
251.	393	Rachael Toolan	F	Wye Valley Runners	56:43	Vet 40 Female	16th
252.	42	Esther Johnson	F		56:45	Senior Female	23rd
253.	82	Phoebe Weaver	F	Cleobury Mortimer Running Club	56:45	Senior Female	24th
254.	474	Anthony May	M	Kings Heath RC - The Lions	56:46	Vet 40 Male	25th
255.	417	Carley Williams	F		57:02	Senior Female	25th
256.	97	Sian Champken	F	Wye Valley Runners	57:03	Vet 50 Female	7th
257.	435	Paul Martin	M		57:03	Vet 40 Male	26th
258.	83	Lisa Williams	F	Hereford Couriers	57:07	Vet 50 Female	8th
259.	423	Hollie Francis	F	Hereford Couriers	57:09	Senior Female	26th
260.	273	Chris Campbell	F	Hereford Couriers	57:16	Vet 60 Female	5th
261.	71	Kate Backhouse	F	Ledbury & District Harriers	57:25	Vet 40 Female	17th
262.	366	Sue Dixon	F		57:27	Vet 50 Female	9th
263.	92	India Benjamin	F		57:28	Senior Female	27th
264.	115	Lisa Gray	F	Croft Ambrey RC	57:31	Vet 50 Female	10th
265.	85	Louise Phillips	F		57:42	Vet 50 Female	11th
266.	469	Brent Lawson	M	Wye Valley Runners	57:52	Vet 60 Male	10th
267.	345	David Hunt	M	Malvern Joggers	57:53	Vet 65 Male	8th
268.	334	Warwick Taylor	M	Malvern Joggers	57:53	Vet 60 Male	11th
269.	268	Jo Brown	F		58:00	Vet 45 Female	12th
270.	105	Denise Bailey	F		58:10	Vet 40 Female	18th



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271.	187	Edward Davies	M		58:12	Senior Male	67th
272.	282	Sara Davies	F	Ferry Flatliners	58:13	Vet 45 Female	13th
273.	156	Louise Evans	F	Islwyn RC	58:25	Vet 50 Female	12th
274.	135	Emma Shail	F	Malvern Joggers	58:27	Vet 35 Female	14th
275.	319	Ian Fuller	M	Malvern Joggers	58:27	Vet 50 Male	19th
276.	297	Adam Pinnell	M		58:33	Vet 40 Male	27th
277.	296	Louise Pinnell	F		58:34	Vet 40 Female	19th
278.	298	Lucy Head	F		58:36	Vet 40 Female	20th
279.	327	Jane Roberts	F		58:54	Vet 60 Female	6th
280.	439	Donna Woodward	F		58:58	Vet 40 Female	21st
281.	265	Emma Fernie	F		59:00	Senior Female	28th
282.	211	Amanda Davies	F		59:00	Vet 35 Female	15th
283.	165	Hugh Sweet-Escott	M		59:01	Vet 65 Male	9th
284.	238	Lianne Rollinson	F	Builth & District Running Club	59:16	Vet 35 Female	16th
285.	391	Melanie Graham	F	Builth & District Running Club	59:16	Vet 60 Female	7th
286.	138	Ruth Chappell	F		59:26	Vet 40 Female	22nd
287.	95	Emma Murphy	F		59:40	Vet 40 Female	23rd
288.	222	Sue Purvin	F		59:55	Vet 60 Female	8th
289.	295	Christine Bryan	F	Hereford Triathlon Club	59:58	Vet 40 Female	24th
290.	337	Deb Probert	F		59:58	Vet 40 Female	25th
291.	192	Liz Bullivant	F		1:00:18	Vet 35 Female	17th
292.	213	Gemma Davies	F	Croft Ambrey RC	1:00:31	Vet 40 Female	26th
293.	283	Samantha Fish	F		1:00:32	Vet 40 Female	27th
294.	63	Lesley Ashton	F	Vegan Runners UK	1:00:51	Vet 60 Female	9th
295.	464	Rachelle Prothero	F	Hereford Couriers	1:01:03	Senior Female	29th
296.	402	Drew Cheshire	M		1:01:11	Senior Male	68th
297.	455	Robin Finlay	F		1:01:18	Vet 50 Female	13th
298.	207	Richard Bloomer	M	Hereford Couriers	1:01:22	Senior Male	69th
299.	169	Eleanor Bailey	F		1:01:42	Vet 50 Female	14th
300.	286	Helen Griffiths	F		1:01:57	Vet 55 Female	8th
301.	134	Rachael Waters	F		1:01:57	Vet 35 Female	18th
302.	456	Zoe Morris	F		1:02:01	Senior Female	30th
303.	221	Long Andrew	M	Kilcot Flyers	1:02:03	Vet 50 Male	20th
304.	486	Sarah Broadhurst	F	Croft Ambrey RC	1:02:20	Vet 50 Female	15th
305.	396	Nicholas Lattey	M		1:02:38	Vet 60 Male	12th
306.	198	Alice Atkinson	F		1:02:43	Vet 40 Female	28th
307.	387	Stephen Niblett	M	Hereford Couriers	1:03:12	Vet 55 Male	23rd
308.	261	Jenna Bufton	F		1:03:20	Senior Female	31st
309.	248	Ben Harwood	M		1:03:20	Vet 40 Male	28th
310.	441	Jason Cox	M	Malvern Buzzards Running Club	1:03:23	Vet 50 Male	21st
311.	430	David Allen	M		1:03:58	Vet 50 Male	22nd
312.	110	Hayley Colebatch	F	Croft Ambrey RC	1:03:58	Vet 35 Female	19th
313.	17	Stuart Taylor	M	Hereford Couriers	1:04:00	Vet 40 Male	29th
314.	52	Sarah Cuddy	F	Malvern Buzzards Running Club	1:04:01	Vet 45 Female	14th
315.	232	Jenni Whistance	F		1:04:09	Vet 55 Female	9th



Hereford Couriers Christmas 10K



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
316.	166	Deborah Hawker	F		1:04:16	Vet 45 Female	15th
317.	31	Steve Nicoll	M	Pershore Plum Plodders	1:04:24	Vet 55 Male	24th
318.	99	Andy Husband	M		1:04:40	Vet 55 Male	25th
319.	253	Eva Goodhead	F	Forest of Dean AC	1:04:40	Vet 45 Female	16th
320.	118	Jimmy Allwright	M	Lonely Goat RC	1:04:52	Vet 45 Male	14th
321.	47	Nicola Kelly	F	Builth & District Running Club	1:05:15	Vet 50 Female	16th
322.	160	Simon Morgan	M		1:05:21	Vet 55 Male	26th
323.	114	Samantha Stacey	F		1:06:08	Vet 35 Female	20th
324.	231	Theresa Jones	F	Croft Ambrey RC	1:06:10	Vet 50 Female	17th
325.	274	Hannah Campbell	F	Hereford Couriers	1:06:37	Senior Female	32nd
326.	24	Stephanie King	F	Croft Ambrey RC	1:06:46	Vet 55 Female	10th
327.	468	Hannah Cameron	F		1:07:53	Senior Female	33rd
328.	467	James Cameron	M	Hereford Couriers	1:07:53	Senior Male	70th
329.	107	Debbie Davies	F		1:08:01	Vet 40 Female	29th
330.	51	Adele Jones	F		1:08:02	Vet 40 Female	30th
331.	302	Quinton Tecza	M		1:08:03	Vet 60 Male	13th
332.	53	Hannah Craig	F		1:08:51	Senior Female	34th
333.	54	Sam King	F		1:08:51	Vet 35 Female	21st
334.	316	Fran Hill	F		1:08:53	Vet 55 Female	11th
335.	153	Donna Lewis	F	Ludlow Runners	1:09:28	Vet 40 Female	31st
336.	470	Patricia Marshall	F	Sandhurst Joggers	1:09:52	Vet 75 Female	1st
337.	223	Amy Purvin	F		1:09:57	Senior Female	35th
338.	375	Hayley Lovatt	F	Hereford Couriers	1:10:06	Vet 40 Female	32nd
339.	381	Megan Lovatt	F		1:10:06	Senior Female	36th
340.	323	Lisa Mason Mason	F		1:10:10	Vet 40 Female	33rd
341.	280	Suzanne Field	F	Croft Ambrey RC	1:10:27	Vet 50 Female	18th
342.	414	Charl Crampton	F		1:10:37	Senior Female	37th
343.	407	Amanda Wiles	F		1:10:38	Vet 50 Female	19th
344.	19	John Noonan	M	Hereford Couriers	1:10:46	Vet 60 Male	14th
345.	332	Julie Bott	F	Black Pear Joggers	1:11:10	Vet 60 Female	10th
346.	59	Delmore Britton	M		1:12:17	Vet 60 Male	15th
347.	462	Sophie Prothero	F		1:12:20	Senior Female	38th
348.	142	Annette Bird	F		1:13:22	Vet 50 Female	20th
349.	353	Julie Neave	F	Hereford Couriers	1:15:18	Vet 40 Female	34th
350.	431	Karen Allen	F		1:15:19	Vet 50 Female	21st
351.	271	Suzy Siddall	F	Hereford Couriers	1:16:25	Vet 35 Female	22nd
352.	437	Liz Fishpool	F	Hereford Couriers	1:16:46	Senior Female	39th
353.	403	Rachel Lawrence	F		1:17:01	Senior Female	40th
354.	404	Jenny Lawrence	F		1:17:02	Senior Female	41st
355.	44	Tammy Whittle	F		1:17:53	Senior Female	42nd
356.	67	Ellen Jones	F		1:20:50	Senior Female	43rd
357.	422	Alison Apperley	F	Croft Ambrey RC	1:21:28	Vet 55 Female	12th
358.	64	Clare Preece	F	Croft Ambrey RC	1:21:29	Vet 50 Female	22nd
359.	278	Vivien Tolley	F	Malvern Joggers	1:24:27	Vet 60 Female	11th
360.	277	Rachel Dudman	F	Lonely Goat	1:24:37	Vet 45 Female	17th



Hereford Couriers Christmas 10K



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
361.	151	Ruth Jones	F	Ludlow Runners	1:24:37	Vet 45 Female	18th
362.	263	Susan Baker	F	Pershore Plum Plodders	1:32:34	Vet 40 Female	35th
363.	264	Claire Elston	F	Pershore Plum Plodders	1:32:35	Vet 35 Female	23rd

Number of Records: 363

