

Hereford 5k Series

Series Results (After Race 2)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
1.	226	Dominic James	1	MSen	1	Western Tempo	1	07:22	07:23	14:45	14:44	14:45	29:29
2.	492	Ben Robinson	2	MSen	2	Gloucester AC	1	07:22	07:25	14:47	14:47	14:47	29:34
3.	268	Henry James	3	MSen	3	Western Tempo	1	07:23	07:40	15:03	14:53	15:03	29:56
4.	126	Charlie Jones	4	MSen	4	Western Tempo	1	07:28	07:33	15:01	15:03	15:01	30:04
5.	212	Alex Lee	5	MSen	5	Western Tempo	1	07:25	07:42	15:07	14:59	15:07	30:06
6.	371	Rhys Park	6	MSen	6	Western Tempo	1	07:26	07:39	15:05	15:02	15:05	30:07
7.	395	Richard de-Camps	7	MSen	7	Cheltenham & County Harriers	1	07:28	07:40	15:08	15:18	15:08	30:26
8.	327	Alex Rawlings	8	MSen	8	Severn AC	1	07:25	07:46	15:11	15:18	15:11	30:29
9.	256	Marcus England	9	MSen	9	Western Tempo	1	07:33	07:42	15:15	15:20	15:15	30:35
10.	254	Alexander Jones	10	MSen	10	Western Tempo	1	07:32	07:51	15:23	15:41	15:23	31:04
11.	326	Finley Smith	11	MSen	11	Worcester AC	1	07:39	08:06	15:45	15:29	15:45	31:14
12.	184	David Aubrey	12	MSen	12	Western Tempo	1	07:48	08:00	15:48	15:33	15:48	31:21
13.	340	Will Cheek	13	MSen	13	North Somerset AC	1	07:43	07:56	15:39	15:42	15:39	31:21
14.	345	KARL WELBORN	14	MSen	14	Birmingham Running Athletics &	1	07:39	08:39	16:18	15:20	16:18	31:38
15.	450	Harry Davies	15	MSen	15	Newport Harriers	1	07:41	07:57	15:38	16:05	15:38	31:43
16.	217	Anthony Bailey	16	M45-49	1	Western Tempo	1	07:54	08:07	16:01	15:50	16:01	31:51
17.	246	Reece Ashfield	17	MSen	16	Western Tempo	1	07:31	08:03	15:34	16:19	15:34	31:53
18.	261	Tom RADLEY	18	MSen	17	Western Tempo	1	07:54	08:18	16:12	16:02	16:12	32:14
19.	244	Mark James	19	M40-44	1	Western Tempo	1	07:59	08:15	16:14	16:07	16:14	32:21
20.	19	Sam Butler	20	MSen	18	Presteigne Pacers	1	08:00	08:05	16:05	16:24	16:05	32:29
21.	419	Lewis Sternkopf	21	MSen	19	Worcester AC	1	07:57	08:28	16:25	16:11	16:25	32:36
22.	124	Eric Apperley	22	MSen	20	Croft Ambrey RC	1	08:05	08:01	16:06	16:34	16:06	32:40
23.	473	Jacob Griffiths	23	MSen	21	Pontypridd Roadents AC	1	07:57	08:21	16:18	16:24	16:18	32:42
24.	81	Matthew Brunnock	24	M U17	1	Hereford & County AC	1	07:56	08:31	16:27	16:24	16:27	32:51
25.	298	Marc Fallows	25	M45-49	2	Western Tempo	1	08:11	08:26	16:37	16:14	16:37	32:51
26.	434	Henry Evans	26	M10-14	1	Newport Harriers	1	08:00	08:17	16:17	16:42	16:17	32:59
27.	292	Henry WHITE	27	M10-14	2	Hereford Ghost Runner	1	08:06	08:22	16:28	16:32	16:28	33:00
28.	155	martin norton	28	MSen	22	Lliswerry Runners	1	08:04	08:23	16:27	16:34	16:27	33:01
29.	463	Thomas Birley	29	M U17	2	Worcester AC	1	08:09	08:25	16:34	16:37	16:34	33:11
30.	440	Joseph Reardon	30	MSen	23		1	07:59	08:30	16:29	16:46	16:29	33:15
31.	304	Jamie Shingler	31	M45-49	3	Ludlow Runners	1	08:22	08:17	16:39	16:41	16:39	33:20

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
32.	394	Luke Carroll	32	MSen	24	Western Tempo	1	08:03	08:36	16:39	16:44	16:39	33:23
33.	346	Athanasios Tsolakis	33	M45-49	4	Birmingham Running Athletics &	1	08:12	08:40	16:52	16:32	16:52	33:24
34.	229	Lee Simms	34	MSen	25		1	08:10	08:37	16:47	16:45	16:47	33:32
35.	294	Joe Collins	35	MSen	26	Hay Hotfooters	1	08:23	08:44	17:07	16:32	17:07	33:39
36.	149	Declan Miller	36	MSen	27	Ludlow Runners	1	08:23	08:30	16:53	16:47	16:53	33:40
37.	151	Alex Logan	37	M40-44	2		1	08:23	08:17	16:40	17:00	16:40	33:40
38.	399	Phil Morris	38	M40-44	3	Builth & District	1	08:11	08:38	16:49	16:54	16:49	33:43
39.	485	Ben Harle	39	MSen	28	Worcester Atheltics Club	1	08:16	08:38	16:54	16:49	16:54	33:43
40.	284	William Maul	40	MSen	29	Hereford Couriers	1	08:10	08:49	16:59	16:45	16:59	33:44
41.	401	Adrian Williams	41	M45-49	5	Western Tempo	1	08:16	08:35	16:51	16:53	16:51	33:44
42.	237	Steve Linton	42	M45-49	6	Western Tempo	1	08:15	08:18	16:33	17:14	16:33	33:47
43.	324	David Johnson	43	M40-44	4	Western Tempo	1	08:17	08:36	16:53	16:55	16:53	33:48
44.	410	Adam Pollock	44	MSen	30	Worcester AC	1	08:17	08:46	17:03	16:50	17:03	33:53
45.	165	Robert Pritchard	45	MSen	31	Chepstow Harriers	1	08:28	08:50	17:18	16:41	17:18	33:59
46.	384	Sam Mayglothling	46	MSen	32	Wye Valley Runners	1	08:21	08:38	16:59	17:00	16:59	33:59
47.	347	Adrian Taylor	47	M50-54	1	Presteigne Pacers	1	08:23	08:49	17:12	16:56	17:12	34:08
48.	194	Matt James	48	MSen	33	Hereford Couriers	1	08:23	08:53	17:16	17:02	17:16	34:18
49.	453	William Kennedy	49	MSen	34		1	08:22	08:42	17:04	17:21	17:04	34:25
50.	255	Ollie Evans	50	MSen	35	Wolverhampton & Bilston	1	08:22	08:59	17:21	17:10	17:21	34:31
51.	351	Stuart Cox	51	MSen	36		1	08:38	08:45	17:23	17:10	17:23	34:33
52.	378	Mark Killeen	52	MSen	37		1	08:46	08:30	17:16	17:19	17:16	34:35
53.	475	Matthew Marston	53	MSen	38		1	08:25	08:53	17:18	17:17	17:18	34:35
54.	465	Mark Jennings	54	M45-49	7	Micky Morris Racing Team	1	08:43	08:46	17:29	17:15	17:29	34:44
55.	380	Martin Foster	55	M45-49	8	Almost Athletes	1	08:39	08:53	17:32	17:20	17:32	34:52
56.	343	James Morgan	56	M40-44	5	Hereford Triathlon Club	1	08:34	08:53	17:27	17:36	17:27	35:03
57.	286	Donna Morris	1	F35-39	1	Builth & District	1	08:24	08:52	17:16	17:52	17:16	35:08
58.	320	Rosie Hamilton-James	2	FSen	1	Westbury Harriers	1	08:34	09:16	17:50	17:20	17:50	35:10
59.	90	Richard Cronin	57	MSen	39	Forest of Dean AC	1	08:40	08:55	17:35	17:44	17:35	35:19
60.	225	Mark Sprigings	58	MSen	40	Western Tempo	1	08:44	08:57	17:41	17:40	17:41	35:21
61.	162	Alan Mayo-Evans	59	MSen	41	Hereford Couriers	1	08:45	08:54	17:39	17:44	17:39	35:23
62.	357	Andrew Tyler	60	M45-49	9	Hereford Couriers	1	08:38	09:06	17:44	17:41	17:44	35:25

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
63.	404	David Clarke	61	M50-54	2	Severn AC	1	08:44	09:05	17:49	17:44	17:49	35:33
64.	218	Jonathan Floyd	62	M40-44	6	Western Tempo	1	08:47	09:09	17:56	17:46	17:56	35:42
65.	412	Adrian Lewis	63	M45-49	10	Aberdare Valley AAC	1	08:43	09:06	17:49	17:53	17:49	35:42
66.	349	Connor Cashmore	64	MSen	42		1	08:43	09:09	17:52	17:51	17:52	35:43
67.	187	Darren Broady	65	MSen	43	Western Tempo	1	08:43	08:50	17:33	18:14	17:33	35:47
68.	64	Daniel Phillips	66	M40-44	7	Hereford Couriers	1	08:41	09:13	17:54	17:54	17:54	35:48
69.	462	Nathan Reeks	67	MSen	44	MMRT	1	08:43	09:11	17:54	18:00	17:54	35:54
70.	216	Clark Lawson	68	MSen	45	Western Tempo	1	08:54	09:28	18:22	17:53	18:22	36:15
71.	474	Peter Woodward	69	MSen	46	Forest of Dean AC	1	08:48	09:10	17:58	18:24	17:58	36:22
72.	181	Paul Dodd	70	M60-64	1	Chepstow Harriers	1	08:58	09:12	18:10	18:14	18:10	36:24
73.	260	Jasper Robinson	71	MSen	47	Croft Ambrey RC	1	08:39	09:36	18:15	18:22	18:15	36:37
74.	275	chris james	72	M55-59	1	Western Tempo	1	09:07	09:28	18:35	18:18	18:35	36:53
75.	454	Thomas Kennedy	73	M U17	3		1	09:03	09:26	18:29	18:24	18:29	36:53
76.	164	Paul Kemp	74	M40-44	8	Wye Valley Runners	1	09:02	09:28	18:30	18:24	18:30	36:54
77.	173	Rachel Underhill	3	FSen	2	Western Tempo	1	09:03	09:27	18:30	18:26	18:30	36:56
78.	209	Peter Carmichael	75	MSen	48	Western Tempo	1	09:12	09:02	18:14	18:51	18:14	37:05
79.	145	Stephen Snead	76	M45-49	11	Cleobury Mortimer Running Club	1	09:02	09:21	18:23	18:46	18:23	37:09
80.	207	Liza Bradshaw	4	F35-39	2	CLC Striders	1	09:10	09:36	18:46	18:29	18:46	37:15
81.	325	Claire Thomas	5	F35-39	3	Ludlow Runners	1	09:12	09:35	18:47	18:32	18:47	37:19
82.	150	Daniel spear	77	MSen	49		2	09:10	09:27	18:37	18:46	18:37	37:23
83.	416	Robert Stephens	78	M45-49	12	Brecon AC	2	09:13	09:28	18:41	18:50	18:41	37:31
84.	497	Natasha White	6	F35-39	4		1	09:06	10:01	19:07	18:25	19:07	37:32
85.	312	Steph Clutterbuck	7	FSen	3		1	09:11	09:40	18:51	18:58	18:51	37:49
86.	185	Cherry Fowler	8	F50-54	1	Chepstow Harriers	1	09:21	09:30	18:51	18:59	18:51	37:50
87.	239	Mark Radon	79	M40-44	9		1	08:52	10:14	19:06	18:47	19:06	37:53
88.	200	Charlotte Broadhurst	9	F U17	1		2	09:14	09:51	19:05	18:52	19:05	37:57
89.	418	Stefan Sternkopf	80	M50-54	3	Worcester AC	1	09:18	09:43	19:01	19:01	19:01	38:02
90.	498	John Willson	81	M60-64	2	CLC Striders	1	09:21	09:40	19:01	19:03	19:01	38:04
91.	198	Ed Bullock	82	MSen	50		2	09:09	09:59	19:08	18:58	19:08	38:06
92.	152	Alice Godding	10	FSen	4	Croft Ambrey RC	2	09:23	09:51	19:14	18:55	19:14	38:09
93.	110	David Howells	83	M50-54	4	Severn AC	2	09:32	09:26	18:58	19:15	18:58	38:13

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
94.	127	martin williams	84	M40-44	10		2	09:08	10:14	19:22	18:51	19:22	38:13
95.	303	Hannah Fletcher	11	F35-39	5	Croft Ambrey RC	1	09:25	09:33	18:58	19:17	18:58	38:15
96.	191	Colin Lambourne	85	M40-44	11	Hereford Couriers	1	09:23	10:10	19:33	18:46	19:33	38:19
97.	114	Jeremy Jehan	86	M45-49	13	Wye Valley Runners	1	09:23	09:54	19:17	19:05	19:17	38:22
98.	442	Ellie Robinson	12	FSen	5	Newport Harriers	1	09:20	09:39	18:59	19:25	18:59	38:24
99.	359	Andy Prophett	87	M45-49	14	Western Tempo	1	09:20	10:06	19:26	19:04	19:26	38:30
100.	313	Matt Hnatiw	88	MSen	51		1	09:28	10:01	19:29	19:07	19:29	38:36
101.	295	Ned Collins	89	M U17	4	Hay Hotfooters	1	09:16	10:05	19:21	19:16	19:21	38:37
102.	363	Gavin McCaugherty	90	M40-44	12		1	09:35	09:43	19:18	19:25	19:18	38:43
103.	393	Stuart Davies	91	MSen	52	Hereford Couriers	1	09:23	10:11	19:34	19:11	19:34	38:45
104.	407	Paul Davies	92	M50-54	5	Wye Valley Runners	1	09:23	10:18	19:41	19:04	19:41	38:45
105.	78	Kelly Bowen	13	F35-39	6	Croft Ambrey RC	2	09:45	09:41	19:26	19:27	19:26	38:53
106.	415	Lily Williams	14	F U17	2	Newport Harriers	1	09:33	09:54	19:27	19:26	19:27	38:53
107.	4	Neil Grinnell	93	M45-49	15	Ledbury & District Harriers	2	09:30	09:46	19:16	19:54	19:16	39:10
108.	296	Christopher Cleary	94	MSen	53	Hereford Couriers	2	09:29	09:55	19:24	19:55	19:24	39:19
109.	79	Matt Ansfield	95	M45-49	16		2	09:30	09:41	19:11	20:11	19:11	39:22
110.	214	Steven Rowley	96	MSen	54	Western Tempo	2	09:43	09:51	19:34	19:50	19:34	39:24
111.	80	Louis Ansfield	97	M10-14	3	Ghost Runners	2	09:35	09:50	19:25	20:11	19:25	39:36
112.	372	Luke Harris	98	MSen	55		2	09:38	10:00	19:38	20:08	19:38	39:46
113.	458	Stephen Adams	99	MSen	56		2	09:40	09:59	19:39	20:07	19:39	39:46
114.	276	Charlie Hunting	15	F35-39	7	Western Tempo	2	09:45	10:20	20:05	19:43	20:05	39:48
115.	45	Eva Tyler	16	F U17	3	Hereford & County AC	2	09:46	10:31	20:17	19:40	20:17	39:57
116.	105	Joanna Eddy	17	F40-44	1		1	09:44	10:22	20:06	19:51	20:06	39:57
117.	335	Ellis Woolley	18	F10-14	1	Cheltenham & County Harriers	2	09:52	10:17	20:09	19:48	20:09	39:57
118.	249	Carl Ridsdale	100	MSen	57		2	09:44	09:58	19:42	20:16	19:42	39:58
119.	35	Tim Giles	101	M45-49	17	Ludlow Runners	2	09:50	10:25	20:15	19:47	20:15	40:02
120.	189	Jason Griffiths	102	MSen	58		2	09:49	10:06	19:55	20:08	19:55	40:03
121.	2	Graeme Walker	103	M55-59	2	Hereford Couriers	2	09:51	10:36	20:27	19:37	20:27	40:04
122.	195	Andrew Kaye	104	M55-59	3	Forest of Dean AC	2	09:47	10:03	19:50	20:16	19:50	40:06
123.	43	Gareth Lloyd	105	MSen	59	Presteigne Pacers	2	09:40	09:47	19:27	20:42	19:27	40:09
124.	170	George Blackmore	106	MSen	60		2	09:52	10:30	20:22	19:49	20:22	40:11

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125.	203	Grant White	107	MSen	61	Monross Trailblazers	2	10:07	10:14	20:21	19:52	20:21	40:13
126.	500	Catherine Hutchison	19	F40-44	2	Worcester AC	2	10:14	10:01	20:15	19:59	20:15	40:14
127.	446	Oliver Steels	108	MSen	62	Run to Explore	2	09:44	10:24	20:08	20:16	20:08	40:24
128.	251	Aimee Ferguson	20	F35-39	8	Aberdare Valley AAC	2	09:59	10:16	20:15	20:10	20:15	40:25
129.	197	Greg Jones	109	M50-54	6	Croft Ambrey RC	2	09:47	10:20	20:07	20:21	20:07	40:28
130.	429	Richard Matthews	110	M45-49	18	Aberdare Valley AAC	1	10:03	10:10	20:13	20:25	20:13	40:38
131.	411	Gintare Gaigaliene	21	F40-44	3		1	10:03	10:29	20:32	20:16	20:32	40:48
132.	219	Jamie Griffiths	111	MSen	63		2	09:59	10:55	20:54	19:56	20:54	40:50
133.	252	Barry Griffiths	112	M55-59	4	Brecon Athletic Club	2	09:59	10:12	20:11	20:40	20:11	40:51
134.	486	Matt Watkins	113	MSen	64		2	10:08	10:25	20:33	20:18	20:33	40:51
135.	99	Kit Williams	114	MSen	65	Hereford Couriers	2	10:12	10:30	20:42	20:34	20:42	41:16
136.	26	Paul Millsom	115	M65-69	1	Vegan Runners UK	2	10:11	10:41	20:52	20:25	20:52	41:17
137.	133	Paul Mammatt	116	M50-54	7		2	10:06	10:32	20:38	20:41	20:38	41:19
138.	129	Ben Skinner	117	MSen	66	Hereford Couriers	1	10:22	11:20	21:42	19:50	21:42	41:32
139.	94	michael Strange	118	M65-69	2	Forest of Dean AC	2	10:19	10:43	21:02	20:35	21:02	41:37
140.	161	Dan Hardy	119	MSen	67		2	10:23	10:18	20:41	20:59	20:41	41:40
141.	148	Sarah Morris	22	F35-39	9	Black Pear Joggers	2	10:07	10:26	20:33	21:13	20:33	41:46
142.	87	Mark Williamson	120	M60-64	3	Forest of Dean AC	2	10:44	10:24	21:08	20:40	21:08	41:48
143.	287	David James	121	M70-74	1	CLC Striders	2	10:19	10:39	20:58	20:57	20:58	41:55
144.	178	Reuben Lawson	122	M U17	5	Chepstow Harriers	2	10:23	09:56	20:19	21:39	20:19	41:58
145.	10	Marc Kendrick	123	MSen	68	Wye Valley Runners	2	10:25	10:35	21:00	21:02	21:00	42:02
146.	368	Ruth Hayden-Cox	23	F35-39	10	Newent Runners	2	10:21	10:53	21:14	20:53	21:14	42:07
147.	188	Izzy Axford	24	FSen	6	Western Tempo	2	10:16	10:34	20:50	21:18	20:50	42:08
148.	160	Andrew Barber	124	MSen	69	Andali fitness	2	10:17	10:46	21:03	21:07	21:03	42:10
149.	223	Gavin Jones	125	MSen	70	Monross Trailblazers	2	13:07	12:15	25:22	16:48	25:22	42:10
150.	28	Martin Carter	126	M55-59	5	Hereford Couriers	2	10:11	10:50	21:01	21:16	21:01	42:17
151.	495	Simon Cook	127	M50-54	8		2	10:12	10:41	20:53	21:30	20:53	42:23
152.	176	Vanessa Lawson	25	F45-49	1	Chepstow Harriers	2	10:27	10:45	21:12	21:17	21:12	42:29
153.	201	James Fletcher	128	M50-54	9	Monross Trailblazers	2	10:29	11:02	21:31	21:09	21:31	42:40
154.	309	Jennifer Clarke	26	F40-44	4		2	10:22	10:45	21:07	21:35	21:07	42:42
155.	300	Shana Stewardson	27	FSen	7		2	10:26	11:03	21:29	21:26	21:29	42:55

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156.	42	keith williams	129	M60-64	4		2	10:48	10:39	21:27	21:40	21:27	43:07
157.	142	Tim Fry	130	M40-44	13	Cardiff Amateur Athletic Club	2	10:40	10:59	21:39	21:29	21:39	43:08
158.	424	Robert Gilligan	131	M55-59	6	Wye Valley Runners	2	10:54	10:53	21:47	21:23	21:47	43:10
159.	367	Victoria Watkins	28	F40-44	5	Worcester AC	2	10:35	10:48	21:23	21:48	21:23	43:11
160.	230	Sheryl Evans	29	F50-54	2	Hereford Couriers	2	10:37	11:00	21:37	21:36	21:37	43:13
161.	506	Emma King	30	F40-44	6	Spirit of Monmouth	2	10:38	10:56	21:34	21:43	21:34	43:17
162.	169	Emily Yarnold	31	FSen	8		2	10:51	10:52	21:43	21:44	21:43	43:27
163.	83	John Jaspers	132	M50-54	10	Hereford Couriers	2	10:33	11:13	21:46	21:42	21:46	43:28
164.	331	Richard Atkinson	133	MSen	71		2	10:25	10:42	21:07	22:22	21:07	43:29
165.	387	Joel Bayliss	134	MSen	72		2	10:22	10:59	21:21	22:17	21:21	43:38
166.	60	Ashley Robinson	135	M70-74	2	Croft Ambrey RC	1	10:47	11:20	22:07	21:35	22:07	43:42
167.	291	Emma Jones	32	F45-49	2	Croft Ambrey RC	2	10:43	11:17	22:00	21:52	22:00	43:52
168.	89	Alan Robertson	136	M65-69	3	Forest of Dean AC	2	10:55	11:06	22:01	21:52	22:01	43:53
169.	373	DAVID GREEN	137	M50-54	11	Hereford Couriers	2	10:29	10:45	21:14	22:42	21:14	43:56
170.	381	Milly Foster	33	F10-14	2	Cheltenham & County Harriers	2	10:28	11:03	21:31	22:27	21:31	43:58
171.	241	Chris Riley	138	M55-59	7		2	10:35	11:01	21:36	22:25	21:36	44:01
172.	250	Daniel Mapp	139	MSen	73	Hereford Couriers	2	10:49	11:37	22:26	21:40	22:26	44:06
173.	53	William Connell	140	M60-64	5	Hereford Couriers	2	10:53	11:09	22:02	22:23	22:02	44:25
174.	391	John Maddy	141	M50-54	12		2	10:55	11:15	22:10	22:24	22:10	44:34
175.	166	Jo Marriott	34	F50-54	3	Croft Ambrey RC	2	10:59	11:19	22:18	22:21	22:18	44:39
176.	356	Christian Mason	142	MSen	74		2	11:19	11:24	22:43	22:01	22:43	44:44
177.	138	Mike Chipping	143	M65-69	4	Bristol and West AC	2	10:57	11:09	22:06	22:43	22:06	44:49
178.	315	Clive Richardson	144	M65-69	5	Ludlow Runners	2	10:56	11:22	22:18	22:32	22:18	44:50
179.	375	Matthew Leyshon	145	MSen	75		2	11:17	11:43	23:00	21:55	23:00	44:55
180.	443	Darryn Mcatee	146	M60-64	6	Newport Harriers	2	10:46	11:19	22:05	23:00	22:05	45:05
181.	153	Joanne Tilby	35	F35-39	11	Croft Ambrey RC	2	11:16	11:14	22:30	22:36	22:30	45:06
182.	175	Tom Annetts	147	M40-44	14	Chepstow Harriers	2	11:01	11:32	22:33	22:40	22:33	45:13
183.	96	Thomas Powell	148	MSen	76	Ludlow Runners	2	11:00	11:41	22:41	22:42	22:41	45:23
184.	405	Lois Erwin	36	F10-14	3		2	11:22	11:37	22:59	22:28	22:59	45:27
185.	460	Emily Wilcox	37	FSen	9	Newport Harriers	2	10:52	11:36	22:28	23:05	22:28	45:33
186.	299	Emma Stewardson	38	F40-44	7		2	11:20	11:33	22:53	22:46	22:53	45:39

Hereford 5k Series

Series Results (After Race 2)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
187.	59	Kevin Duggan	149	M40-44	15	Presteigne Pacers	2	11:05	11:40	22:45	23:02	22:45	45:47
188.	406	Chloe coleridge	39	F10-14	4		2	11:26	11:19	22:45	23:12	22:45	45:57
189.	436	Matt Taylor	150	M40-44	16		2	11:21	11:35	22:56	23:03	22:56	45:59
190.	97	Christopher Berry	151	M50-54	13	Black Pear Joggers	2	11:18	11:32	22:50	23:10	22:50	46:00
191.	502	Nicola Tyler	40	F50-54	4	Hereford Couriers	2	11:27	11:50	23:17	22:59	23:17	46:16
192.	158	Paul Roberts	152	M55-59	8	Ludlow Runners	2	11:11	11:58	23:09	23:10	23:09	46:19
193.	314	greg nicholls	153	MSen	77	Hereford Couriers	2	11:57	11:25	23:22	22:57	23:22	46:19
194.	456	Lorraine Griffiths	41	F50-54	5	Black Pear Joggers	2	11:29	11:40	23:09	23:10	23:09	46:19
195.	366	Mell Schofield	42	FSen	10	Cheltenham & County Harriers	2	11:21	11:34	22:55	23:25	22:55	46:20
196.	196	Victoria Jones	43	F45-49	3		2	11:16	11:36	22:52	23:30	22:52	46:22
197.	279	Stephen Galligan	154	M40-44	17	Ledbury & District Harriers	2	11:22	12:12	23:34	22:48	23:34	46:22
198.	348	Gregory Leyshon	155	M70-74	3		2	11:17	11:43	23:00	23:23	23:00	46:23
199.	471	Jane Woolley	44	F50-54	6		2	11:41	11:38	23:19	23:09	23:19	46:28
200.	272	Steve Herington	156	M70-74	4	Hereford Couriers	2	11:04	11:49	22:53	23:41	22:53	46:34
201.	220	Rachel Booth	45	FSen	11	Black Pear Joggers	2	11:35	12:10	23:45	22:55	23:45	46:40
202.	8	Lynne Compton	46	F55-59	1	Wye Valley Runners	2	11:31	11:45	23:16	23:32	23:16	46:48
203.	352	Sherryl Hall	47	F50-54	7	Forest of Dean Athletic club	2	11:22	11:49	23:11	23:37	23:11	46:48
204.	478	Rose Parsons	48	FSen	12		2	11:51	11:41	23:32	23:20	23:32	46:52
205.	14	Jan Edwards	49	F65-69	1	Wye Valley Runners	2	11:30	11:35	23:05	23:54	23:05	46:59
206.	51	David Barrett	157	M50-54	14	Croft Ambrey RC	2	11:09	11:53	23:02	24:02	23:02	47:04
207.	58	Michael Bryant	158	M60-64	7	Newent Runners	2	11:31	12:00	23:31	23:47	23:31	47:18
208.	431	Stephanie Main	50	F45-49	4	Croft Ambrey RC	2	11:35	12:17	23:52	23:34	23:52	47:26
209.	172	Jonathan Sanderson	159	M45-49	19	Hereford Couriers	2	11:19	12:10	23:29	24:00	23:29	47:29
210.	414	Carrie Williams	51	F45-49	5	Chepstow Harriers	2	11:43	12:08	23:51	23:49	23:51	47:40
211.	310	Catherine Gilbert	52	F45-49	6		2	11:59	11:52	23:51	23:50	23:51	47:41
212.	55	Ralph Lloyd	160	M55-59	9	Wye Valley Runners	2	11:36	12:16	23:52	23:55	23:52	47:47
213.	439	Robert Benjamin	161	M60-64	8		2	11:39	12:00	23:39	24:08	23:39	47:47
214.	65	Bryan Lloyd Lloyd	162	M60-64	9	Presteigne Pacers	2	11:38	11:57	23:35	24:26	23:35	48:01
215.	274	Victoria Woodhall	53	F45-49	7	Hereford Couriers	2	11:38	12:18	23:56	24:08	23:56	48:04
216.	84	Lucia Demkova	54	F40-44	8	Monross Trailblazers	2	11:37	12:08	23:45	24:24	23:45	48:09
217.	163	Yvonne Gajny	55	F45-49	8	Stratford Upon Avon AC	2	11:38	12:32	24:10	24:04	24:10	48:14

Hereford 5k Series

Series Results (After Race 2)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
218.	262	Nicole Radley	56	FSen	13		2	11:55	12:16	24:11	24:03	24:11	48:14
219.	111	Richard Andrews	163	M55-59	10	Hereford Triathlon Club	2	12:04	11:56	24:00	24:22	24:00	48:22
220.	46	Bronwen Tyler-Jones	57	F45-49	9	Hereford Couriers	2	11:57	12:19	24:16	24:12	24:16	48:28
221.	183	Allie Sims	58	FSen	14	Hereford Couriers	2	12:04	12:17	24:21	24:17	24:21	48:38
222.	396	Ben Goddard	164	MSen	78	Hereford Couriers	2	11:36	13:22	24:58	23:55	24:58	48:53
223.	318	chris lea	165	M50-54	15	Hereford Triathlon Club	2	11:58	12:10	24:08	24:51	24:08	48:59
224.	103	Paul Gilbert	166	M45-49	20	Hereford Couriers	2	12:05	12:26	24:31	24:47	24:31	49:18
225.	305	Jacob Porter	167	MSen	79	Hereford Couriers	2	12:11	12:21	24:32	24:57	24:32	49:29
226.	232	john bilbao	168	M65-69	6		2	12:05	12:38	24:43	24:49	24:43	49:32
227.	385	Mike Shaw	169	M70-74	5		2	11:57	12:26	24:23	25:28	24:23	49:51
228.	362	Joe Brimfield	170	MSen	80		2	12:02	12:34	24:36	25:20	24:36	49:56
229.	403	Steve Travis	171	M40-44	18	Malvern Buzzards RC	2	11:58	12:10	24:08	26:01	24:08	50:09
230.	402	Shellie Reeves	59	F40-44	9	Malvern Buzzards RC	2	11:58	12:10	24:08	26:03	24:08	50:11
231.	62	Stuart Taylor	172	M40-44	19	Hereford Couriers	2	11:55	12:51	24:46	25:39	24:46	50:25
232.	481	Stephanie King	60	F55-59	2	Croft Ambrey RC	2	12:14	12:41	24:55	25:40	24:55	50:35
233.	66	Paul Downey	173	M60-64	10		2	12:43	12:50	25:33	25:19	25:33	50:52
234.	91	Jason Ross-Collins	174	M50-54	16	Forest of Dean AC	2	12:23	13:03	25:26	25:27	25:26	50:53
235.	70	Peter Covington-Jones	175	M60-64	11	Forest of Dean AC	2	12:36	12:30	25:06	25:56	25:06	51:02
236.	417	Scott Powell	176	M45-49	21	Brecon AC	2	12:11	12:48	24:59	26:07	24:59	51:06
237.	27	Lesley Ashton	61	F60-64	1	Vegan Runners UK	2	12:51	13:19	26:10	25:02	26:10	51:12
238.	41	Jake Cullum-Hollins	177	MSen	81	Hereford Couriers	2	12:38	12:34	25:12	26:33	25:12	51:45
239.	257	Brent Lawson	178	M60-64	12	Wye Valley Runners	2	12:33	13:01	25:34	26:15	25:34	51:49
240.	186	SARA ROPER	62	F45-49	10		2	13:05	13:18	26:23	25:33	26:23	51:56
241.	100	Gemma Davies	63	F35-39	12	Croft Ambrey RC	2	12:35	13:29	26:04	26:12	26:04	52:16
242.	437	Chris Reeves	179	M40-44	20		2	12:35	13:15	25:50	26:47	25:50	52:37
243.	452	Jonathan Kennedy	180	M45-49	22		2	13:07	13:23	26:30	26:20	26:30	52:50
244.	134	Deanna Mammatt	64	F45-49	11		2	13:13	13:24	26:37	26:14	26:37	52:51
245.	258	Katherine Byron-Daniel	65	F40-44	10		2	13:04	13:37	26:41	26:19	26:41	53:00
246.	72	Julie Neave	66	F40-44	11		2	14:16	15:15	29:31	23:35	29:31	53:06
247.	266	Kevin Barnes	181	M55-59	11	Hereford Couriers	2	12:56	13:36	26:32	26:59	26:32	53:31
248.	113	sophie wilcocks	67	FSen	15		2	13:06	13:27	26:33	27:05	26:33	53:38

Hereford 5k Series

Series Results (After Race 2)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
249.	115	Hannah Campbell	68	FSen	16	Hereford Couriers	2	13:21	13:31	26:52	26:50	26:52	53:42
250.	494	Kamilla Bosley	69	FSen	17		2	13:42	13:29	27:11	26:31	27:11	53:42
251.	487	Lisa Morgan	70	F45-49	12		2	13:22	13:34	26:56	27:19	26:56	54:15
252.	364	Sarah Broadhurst	71	F50-54	8	Ludlow Runners	2	13:25	13:43	27:08	27:17	27:08	54:25
253.	179	Sonia Unsted	72	F50-54	9	Chepstow Harriers	2	13:26	13:55	27:21	27:06	27:21	54:27
254.	413	Steve Nicoll	182	M55-59	12	Pershore Plum Plodders	2	13:48	13:38	27:26	27:06	27:26	54:32
255.	483	Stephen Hobson	183	M60-64	13	Hereford Couriers	2	14:04	13:42	27:46	27:11	27:46	54:57
256.	317	Charlotte House	73	FSen	18	Hereford Couriers	2	13:12	13:24	26:36	28:31	26:36	55:07
257.	190	Victoria Band	74	F45-49	13	Ledbury & District Harriers	2	13:47	13:51	27:38	27:30	27:38	55:08
258.	504	Eleanor Robinson	75	F70-74	1	Ripley Running Club	2	13:28	14:09	27:37	27:39	27:37	55:16
259.	222	Laura Jenkins	76	FSen	19	Hereford Couriers	2	13:42	14:18	28:00	27:17	28:00	55:17
260.	15	Brian Symonds	184	M75-79	1	Wye Valley Runners	2	13:50	13:46	27:36	28:01	27:36	55:37
261.	108	Margaret Crosswell	77	F70-74	2	Worcester AC	2	13:35	14:02	27:37	28:09	27:37	55:46
262.	205	Richard Tyler	185	M65-69	7	Hereford Couriers	2	13:37	13:43	27:20	28:32	27:20	55:52
263.	370	Chris Campbell	186	M60-64	14		2	13:38	14:36	28:14	27:38	28:14	55:52
264.	192	SIAN DAVID	78	F35-39	13	Ledbury & District Harriers	2	13:58	13:46	27:44	28:10	27:44	55:54
265.	505	Richard Bloomer	187	MSen	82		2	13:27	13:44	27:11	28:53	27:11	56:04
266.	34	Lisa Gray	79	F45-49	14	Croft Ambrey RC	2	13:42	14:04	27:46	28:19	27:46	56:05
267.	288	Carl Jones	188	MSen	83		2	13:46	14:40	28:26	28:50	28:26	57:16
268.	141	Bailey Ward	80	F10-14	5	Gloucester AC	2	13:47	14:08	27:55	30:10	27:55	58:05
269.	337	Scott Emmett	189	M50-54	17		2	13:43	14:00	27:43	30:54	27:43	58:37
270.	76	Theresa Jones	81	F50-54	10	Croft Ambrey RC	2	14:13	15:02	29:15	29:36	29:15	58:51
271.	316	Carole Clark	82	F70-74	3	Worcester AC	2	14:57	14:57	29:54	29:31	29:54	59:25
272.	469	Helen Wilcox	83	F55-59	3		2	14:43	15:05	29:48	30:05	29:48	59:53
273.	73	George Neave	190	MSen	84		2	15:59	15:34	31:33	28:38	31:33	1:00:11
274.	432	Tom Davies	191	M70-74	6	Croft Ambrey RC	2	14:39	15:45	30:24	30:42	30:24	1:01:06
275.	479	Dave Mitchell-haywood	192	MSen	85	Hereford Couriers	2	15:00	15:49	30:49	30:33	30:49	1:01:22
276.	270	Suzanne Field	84	F50-54	11	Croft Ambrey RC	2	15:10	15:30	30:40	31:58	30:40	1:02:38
277.	339	Graham Andrews	193	M50-54	18		2	15:40	16:24	32:04	30:53	32:04	1:02:57
278.	9	Adam Haywood	194	MSen	86	Hereford Couriers	2	18:00	17:40	35:40	27:25	35:40	1:03:05
279.	23	Andrew William Philip	195	M40-44	21	Forest of Dean AC	2	15:42	15:55	31:37	31:46	31:37	1:03:23

Hereford 5k Series

Series Results (After Race 2)



Pos	Bib	Name	M/F	AG	AG Pos	Club	Wave	Lap1	Lap2	Time	Race 1	Race 2	Total
280.	104	Patricia marshall	85	F75-79	1	sandhurst joggers	2	16:17	16:19	32:36	31:55	32:36	1:04:31
281.	21	Peter Smith	196	M70-74	7	Wye Valley Runners	2	15:59	16:59	32:58	32:06	32:58	1:05:04
282.	130	Chris Ruck	197	M50-54	19	Hereford Couriers	2	16:42	17:25	34:07	32:10	34:07	1:06:17
283.	39	John Noonan	198	M60-64	15	Hereford Couriers	2	16:24	16:51	33:15	35:00	33:15	1:08:15
284.	409	Suzy Siddall	86	F35-39	14	Croft Ambrey RC	2	16:40	17:10	33:50	34:36	33:50	1:08:26
285.	147	Clare Corefield	88	FSen	21		2	16:38	17:23	34:01	34:36	34:01	1:08:37
286.	146	Tammy Whittle	87	FSen	20		2	16:38	17:23	34:01	34:36	34:01	1:08:37
287.	336	Denise Emmett	89	F50-54	12		2	16:19	17:21	33:40	35:19	33:40	1:08:59
288.	338	Paula Andrews	90	F50-54	13		2	18:19	15:21	33:40	35:32	33:40	1:09:12
289.	430	Jayne Hayward	91	F55-59	4		2	16:58	17:00	33:58	35:34	33:58	1:09:32
290.	75	Liz Fishpool	92	FSen	22	Hereford Couriers	2	17:23	17:34	34:57	36:00	34:57	1:10:57
291.	231	Blathnaid Mahon	94	FSen	24		2	17:20	17:37	34:57	37:57	34:57	1:12:54
292.	215	Aine McGovern	93	FSen	23		2	17:19	17:38	34:57	37:57	34:57	1:12:54
293.	119	Liam Curtis-Moore	199	MSen	87	Wye Valley Runners	2	17:24	18:21	35:45	42:33	35:45	1:18:18

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