

Hereford Couriers 5K Series - Race 1

Thursday 14th April

Position	Name	Club	Cat	Time
1	Kyran Hale	Severn AC	M17	0.15.53
2	Luke Mason	Wye Valley Runners	SM	0.16.01
3	James Rose	Severn AC	SM	0.16.46
4	Warren Miles	Worcester AC	MV45	0.16.54
5	Jon Barnes	Wye Valley Runners	JM	0.17.01
6	Richard Hughes	Hereford Couriers	MV45	0.17.12
7	Jim Hicks	Wye Valley Runners	SM	0.17.21
8	Mark James	Severn AC	SM	0.17.27
9	Andrew Peach	Worcester AC	MV45	0.17.39
10	Scott Kennedy	Wye Valley Runners	SM	0.17.55
11	Oliver Starkey	Severn AC	JM	0.17.58
12	Steve Smith	Kidderminster & Stourport	MV45	0.18.01
13	Nick Hitchings	Malvern Joggers	MV40	0.18.39
14	Hugh Loughfrey	Hereford Tri Club	SM	0.18.59
15	Greg Wood	Unattached	SM	0.19.25
16	Martin Carter	Hay Hotfooters	MV45	0.19.27
17	Simon Roche	Wye Valley Runners	SM	0.19.34
18	Neil Lewis	Hereford Couriers	MV40	0.19.50
19	Stephen Jakeman	Croft Ambrey	MV45	0.19.52
20	Geoff Aston	Worcester AC	MV60	0.19.54
21	Robin Bereza	Wye Valley Runners	MV60	0.20.00
22	David Whymant	Amazing Feet	MV65	0.20.14
23	Jeremy Trumper	Unattached	MV45	0.20.20
24	Nikki Tyler	Unattached	FV40	0.20.37
25	Gary Gunner	Croft Ambrey	MV65	0.20.46
26	Luned Jones	Chepstow Harriers	SF	0.20.50
27	Robert Galpin	Wye Valley Runners	MV50	0.21.11
28	Lorna Shaw	Chepstow Harriers	FV50	0.21.13
29	Ian Price	Croft Ambrey	MV60	0.21.26
30	Nicola Haines -Jones	Neath Harriers	FV45	0.21.38
31	Ralph Lloyd	Wye Valley Runners	MV45	0.22.03
32	Naomi Prosser	Hereford & County	JF	0.22.04
33	John Price	Hay Hotfooters	MV50	0.22.09
34	Mike Shaw	Wye Valley Runners	MV60	0.22.22
35	John James	Severn AC	MV60	0.22.25
36	Keri Jones	Neath Harriers	FV35	0.22.35

37	David Weston	Newport Harriers	MV60	0.22.42
38	Tracy Miles	Worcester AC	FV45	0.22.43
39	Paul Jenkins	Griffithstown	MV55	0.23.08
40	Lynne Compton	Wye Valley Runners	FV45	0.23.55
41	Paul Watts	Wye Valley Runners	MV45	0.24.46
42	Paul Bouston	Wye Valley Runners	MV40	0.24.46
43	Iona Prosser	Hereford & County	F15	0.25.11
44	Holly Homan	Hereford Couriers	FV35	0.25.49
45	Sally Worthing	Unattached	FV35	0.26.08
46	Martin Roche	Wye Valley Runners	MV50	0.26.14
47	Laura Vickers	Ludlow Runners	LV55	0.26.54
48	Ann Cruse	Ludlow Runners	LV60	0.28.38
49	Joanne Preece	Presteigne Pacers	FV40	0.28.48
50	Carrol Stocker	Presteigne Pacers	FV55	0.32.05

1st Lady

