

Virtual 5k Series Race 1 Male Team Results

July 2020

1	Hereford Couriers A	58		
2	Croft Ambrey A	119		
3	Hereford Couriers B	183		
4	Presteigne Pacers A	223		
5	Ludlow Runners A	238		
6	Forest of Dean AC A	251		
7	Hereford Couriers C	290		
8	Wye Valley Runners A	302		
9	Croft Ambrey B	340		
10	Hereford Couriers D	425		
1st Hereford Couriers A				
0:16:53	Ben	Skinner	Hereford Couriers	SM 5
0:17:15	Andrew	Tyler	Hereford Couriers	V45 10
0:17:19	Ryan	Knight	Hereford Couriers	SM 11
0:17:27	William	Maul	Hereford Couriers	SM 13
0:18:24	Darren	Broady	Hereford Couriers	SM 19
Total				58
2nd Croft Ambrey A				
0:17:47	Scott	Jones	Croft Ambrey RC	JM 15
0:18:41	William	Gore	Croft Ambrey RC	SM 20
0:18:59	Jack	Wilson	Croft Ambrey RC	SM 21
0:19:40	Eric	Apperley	Croft Ambrey RC	SM 26
0:20:13	Nigel	Taylor	Croft Ambrey RC	V50 37
Total				119
3rd Hereford Couriers B				
0:19:29	Ryan	Lawrence	Hereford Couriers	SM 24
0:19:58	David	White	Hereford Couriers	V50 33
0:20:21	Steve	Jones	Hereford Couriers	SM 38
0:20:41	Jon	Edwards	Hereford Couriers	V40 42
0:21:22	Peter	Carwardine	Hereford Couriers	V60 46
Total				183
4th Presteigne Pacers A				
0:16:27	Sam	Butler	Presteigne Pacers Running	SM 3
0:16:59	Adrian	Taylor	Presteigne Pacers Running	V50 7
0:21:01	Steven	Mesham	Presteigne Pacers Running	V45 45
0:24:16	Bryan	Lloyd	Presteigne Pacers Running	V60 76
0:26:38	Kevin	Duggan	Presteigne Pacers Running	V40 92
Total				223
5th Ludlow Runners A				
0:17:55	Declan	Miller	Ludlow Runners	SM 16
0:19:45	Daniel	Spear	Ludlow Runners	SM 28

0:19:56	Tim	Giles	Ludlow Runners	V45	32
0:22:30	Thomas	Powell	Ludlow Runners	SM	60
0:28:20	Sandy	Ross	Ludlow Runners	V65	102
Total					238
6th	Forest of Dean AC A				
0:17:43	Cory	Sherwin	Forest of Dean AC	SM	14
0:21:59	Alan	Robertson	Forest of Dean AC	V65	51
0:22:03	Mark	Williamson	Forest of Dean AC	V60	53
0:22:44	Michael	Strange	Forest of Dean AC	V65	62
0:23:51	Jason	Ross-Collins	Forest of Dean AC	V45	71
Total					251
7th	Hereford Couriers C				
0:21:24	Graeme	Walker	Hereford Couriers	V55	47
0:21:54	Mark	Hookins	Hereford Couriers	V50	50
0:22:52	Daniel	Mapp	Hereford Couriers	SM	63
0:22:52	Chris	Smart	Hereford Couriers	V55	63
0:23:33	Paul	Davies	Hereford Couriers	V55	67
Total					290
8th	Wye Valley Runners A				
0:16:57	Steven	Flowers	Wye Valley Runners	SM	6
0:20:50	Paddy	Nugent	Wye Valley Runners	V55	44
0:22:38	Robert	Gilligan	Wye Valley Runners	V55	61
0:24:47	Brian	Symonds	Wye Valley Runners	V70	80
0:30:24	Adam	Haywood	Wye Valley Runners	SM	111
Total					302
9th	Croft Ambrey B				
0:22:00	John	Jaspers	Croft Ambrey RC	V50	52
0:22:14	Sam	Juson	Croft Ambrey RC	SM	56
0:24:07	Jonathan	Sanderson	Croft Ambrey RC	V45	73
0:24:38	Roland	Preece	Croft Ambrey RC	V50	78
0:25:04	Darren	Edwards	Croft Ambrey RC	V45	81
Total					340
10th	Hereford Couriers D				
0:23:35	Steve	Herington	Hereford Couriers	V70	68
0:23:44	William	Connell	Hereford Couriers	V60	69
0:25:25	Paul	Gilbert	Hereford Couriers	V45	84
0:27:57	Stephen	Hobson	Hereford Couriers	V60	100
0:28:33	Allastaire	Ballantyne	Hereford Couriers	V55	104
Total					425