

Hereford Couriers Virtual Race Series 2020 Race 1: July

Pos	Time	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
1	0:15:27	Charlie	Jones	Cheltenham and County Harriers	SM	1	1
2	0:15:58	Eloit	Taylor	Cheltenham and County Harriers	SM	2	2
3	0:16:27	Sam	Butler	Presteigne Pacers Running Club	SM	3	3
4	0:16:33	James	Rogers	Clapham Chasers	SM	4	4
5	0:16:53	Ben	Skinner	Hereford Couriers	SM	5	5
5 =	0:16:53	Henry	White	Hereford Ghost Runners	JM	5	1
6	0:16:57	Steven	Flowers	Wye Valley Runners	SM	6	6
7	0:16:59	Adrian	Taylor	Presteigne Pacers Running Club	V50	7	1
8	0:17:10	David	Bannister	Ledbury & District Harriers	V45	8	1
9	0:17:13	Joe	Collins	Hay Hotfooters	JM	9	2
10	0:17:15	Andrew	Tyler	Hereford Couriers	V45	10	2
11	0:17:19	Ryan	Knight	Hereford Couriers	SM	11	7
12	0:17:24	James	Rose	Severn AC	V40	12	1
13	0:17:27	William	Maul	Hereford Couriers	SM	13	8
14	0:17:43	Cory	Sherwin	Forest of Dean AC	SM	14	9
15	0:17:47	Scott	Jones	Croft Ambrey RC	JM	15	3
16	0:17:55	Declan	Miller	Ludlow Runners	SM	16	10
17	0:18:14	Owain	Williams		SM	17	11
18	0:18:22	Daniel	Phillips		SM	18	12
19	0:18:24	Darren	Broady	Hereford Couriers	SM	19	13
20	0:18:35	Katie	Synge-Curtis	Hereford Couriers	SF	1	1
21	0:18:41	William	Gore	Croft Ambrey RC	SM	20	14
22	0:18:59	Jack	Wilson	Croft Ambrey RC	SM	21	15
23	0:19:02	Philip	Bouchier		SM	22	16
24	0:19:14	Neil	Grinnell	Ledbury & District Harriers	V40	23	2
25	0:19:22	Claire	Thomas	Ludlow Runners	FV35	2	1
26	0:19:29	Ryan	Lawrence	Hereford Couriers	SM	24	17
27	0:19:30	Samantha	Harris	Forest of Dean AC	FV40	3	1
28	0:19:36	Martin	Carter	Hay Hotfooters	V55	25	1
29	0:19:40	Eric	Apperley	Croft Ambrey RC	SM	26	18
30	0:19:43	Mark	Radon		SM	27	19
31	0:19:45	Daniel	Spear	Ludlow Runners	SM	28	20
32	0:19:46	Martin	Williams		V40	29	3
33	0:19:47	Alan	Whitby	Tewkesbury Running Club	V60	30	1
34	0:19:55	Martin	Scrivens	Monross Trailblazers	V40	31	4
35	0:19:56	Tim	Giles	Ludlow Runners	V45	32	3
36	0:19:58	Cai	Rees	Hereford & County AC	JM	33	4
36 =	0:19:58	David	White	Hereford Couriers	V50	33	2
37	0:20:03	Matt	Ansfield		V45	34	4
38	0:20:09	Rob	Scott		SM	35	21
39	0:20:12	Jamie	Griffiths		SM	36	22
40	0:20:13	Nigel	Taylor	Croft Ambrey RC	V50	37	3

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Pos	Time	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
41	0:20:15	Charlotte	Broadhurst	Kidderminster and Stourport	JF	4	1
41 =	0:20:15	Hannah	Fletcher	Croft Ambrey RC	FV35	4	2
42	0:20:21	Steve	Jones	Hereford Couriers	SM	38	23
43	0:20:22	Stuart	Davies		SM	39	24
44	0:20:25	Ned	Collins	Hay Hotfooters	JM	40	5
45	0:20:30	Paul	Mammatt	Hereford Triathlon Club	V50	41	4
46	0:20:41	Jon	Edwards	Hereford Couriers	V40	42	5
47	0:20:44	Kit	Williams		SM	43	25
48	0:20:50	Paddy	Nugent	Wye Valley Runners	V55	44	2
49	0:21:01	Steven	Mesham	Presteigne Pacers Running Club	V45	45	5
49 =	0:21:01	Greg	Nicholls		SM	45	26
50	0:21:04	Kelly	Bowen	Croft Ambrey RC	FV35	5	3
51	0:21:22	Peter	Carwardine	Hereford Couriers	V60	46	2
52	0:21:24	Graeme	Walker	Hereford Couriers	V55	47	3
53	0:21:29	Izzy	Axford	Hereford Couriers	SF	6	2
54	0:21:47	Lauren	Williams	Wye Valley Runners	SF	7	3
55	0:21:48	Dan	Hardy		SM	48	27
56	0:21:49	Laura	Tootell	Wye Valley Runners	FV40	8	2
57	0:21:51	Barry	Moses		V45	49	6
58	0:21:53	Amy	Smith	Hereford Couriers	FV35	9	4
59	0:21:54	Mark	Hookins	Hereford Couriers	V50	50	5
59 =	0:21:54	Clare	Mallender	Hereford Couriers	FV40	10	3
60	0:21:55	Izzie	Seal	Hereford Couriers	SF	11	4
61	0:21:57	Linda	White		FV50	12	1
62	0:21:59	Alan	Robertson	Forest of Dean AC	V65	51	1
62 =	0:21:59	Sam	Twiner		SM	51	28
63	0:22:00	John	Jaspers	Croft Ambrey RC	V50	52	6
64	0:22:03	Mark	Williamson	Forest of Dean AC	V60	53	3
65	0:22:05	David	Bessant	Black Pear Joggers	V50	54	7
66	0:22:06	Christopher	Berry	Black Pear Joggers	V50	55	8
67	0:22:10	Eva	Tyler	Hereford & County AC	JF	13	2
68	0:22:14	Sam	Juson	Croft Ambrey RC	SM	56	29
69	0:22:18	Clare	Sims	London City Runners	FV45	14	1
70	0:22:21	Michael	Barnes	Fairwater Runners Cwmbran	SM	57	30
70=	0:22:21	Dean	Whittaker	Witham RC	V40	57	6
71	0:22:22	David	Butler		SM	58	31
72	0:22:25	Jason	Griffiths		SM	59	32
73	0:22:28	Jo	Marriott	Croft Ambrey RC	FV50	15	2
74	0:22:30	Thomas	Powell	Ludlow Runners	SM	60	33
75	0:22:38	Robert	Gilligan	Wye Valley Runners	V55	61	4
76	0:22:41	Kate	Morris	Hereford Couriers	FV35	16	5
77	0:22:44	Michael	Strange	Forest of Dean AC	V65	62	2

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Pos	Time	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
78	0:22:49	Helen	Carter	Presteigne Pacers Running Club	FV50	17	3
79	0:22:52	Daniel	Mapp	Hereford Couriers	SM	63	34
79 =	0:22:52	Chris	Smart	Hereford Couriers	V55	63	5
80	0:22:57	Jane	Hayde	Wye Valley Runners	FV35	18	6
81	0:23:00	Alex	Millar	Westfield TT	V50	64	9
82	0:23:10	Mike	Chipping	Bristol and West AC	V65	65	3
83	0:23:15	Sophie	Cook	Builth & District Running Club	FV35	19	7
84	0:23:19	Michelle	Bowley	Hereford Couriers	FV50	20	4
85	0:23:23	Simon	Lewis	Lonely Goat Running Club	V45	66	7
86	0:23:31	Joanne	Tilby	Croft Ambrey RC	FV35	21	8
87	0:23:33	Paul	Davies	Hereford Couriers	V55	67	6
87 =	0:23:33	Fred	Tyler	Hereford & County AC	JM	67	6
88	0:23:35	Steve	Herington	Hereford Couriers	V70	68	1
89	0:23:44	William	Connell	Hereford Couriers	V60	69	4
90	0:23:48	Ben	Goddard		SM	70	35
91	0:23:51	Jason	Ross-Collins	Forest of Dean AC	V45	71	8
92	0:23:57	Conor	Giggle		SM	72	36
93	0:24:02	Abi	Knight		SF	22	5
94	0:24:06	Jane	Sauer	Tewkesbury Running Club	FV40	23	4
95	0:24:07	Jonathan	Sanderson	Croft Ambrey RC	V45	73	9
96	0:24:08	Ella	Hogan	Ledbury & District Harriers	FV40	24	5
97	0:24:09	Lynne	Compton	Wye Valley Runners	FV50	25	5
98	0:24:14	Ben	Young		V40	74	7
99	0:24:15	Ian	Fuller	Malvern Joggers	V45	75	10
100	0:24:16	Bryan	Lloyd	Presteigne Pacers Running Club	V60	76	5
101	0:24:17	Garry	Godsall	Hereford Triathlon Club	V45	77	11
101 =	0:24:17	Ann	Pritchard	Wye Valley Runners	FV50	26	6
102	0:24:18	Lucia	Demkova	Monross Trailblazers	FV35	27	9
103	0:24:33	Jan	Edwards	Wye Valley Runners	FV60	28	1
104	0:24:38	Roland	Preece	Croft Ambrey RC	V50	78	10
105	0:24:41	Kirsty	Jenkins	Hereford Couriers	SF	29	6
106	0:24:43	Claire	Haynes	Malvern Joggers	SF	30	7
106 =	0:24:43	Peter	Koval		SM	79	37
107	0:24:47	Brian	Symonds	Wye Valley Runners	V70	80	2
108	0:24:54	Ruth	Jones	Forest of Dean AC	FV50	31	7
109	0:25:00	Lianne	Rollinson	Builth & District Running Club	FV35	32	10
110	0:25:04	Darren	Edwards	Croft Ambrey RC	V45	81	12
111	0:25:06	Louis	Ansfield	Hereford Ghost Runners	JM	82	7
112	0:25:12	Bronwen	Tyler-Jones	Hereford Couriers	FV45	33	2
113	0:25:14	Mandy	Rees	Hereford Couriers	FV40	34	6
114	0:25:15	Stephen	Higgs	Lonely Goat Running Club	V65	83	4
115	0:25:22	Charlotte	Godsall	Hereford Triathlon Club	FV45	35	3

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116	0:25:25	Paul	Gilbert	Hereford Couriers	V45	84	13
117	0:25:25	Suzanne	Powell	Croft Ambrey RC	FV55	36	1
118	0:25:46	Ruth	Cartwright		SF	37	8
119	0:25:48	Gareth	Starr		V50	85	11
120	0:25:54	Kathy	Ratcliffe		FV60	38	2
121	0:25:56	Emily	Davies	Wye Valley Runners	FV40	39	7
122	0:25:58	Michael	Bryant	Newent Runners	V60	86	6
123	0:26:04	Jessica	Depper	Malvern Joggers	SF	40	9
124	0:26:10	Lucy	Smith		FV40	41	8
125	0:26:12	Drew	Cheshire		SM	87	38
125 =	0:26:12	Colin	Hughes		V50	87	12
126	0:26:15	Deanna	Mammatt	Hereford Triathlon Club	FV45	42	4
127	0:26:23	Bryony	Dean	Hereford Couriers	FV40	43	9
128	0:26:24	Michael	Bellringer		SM	88	39
129	0:26:25	Richard	Andrews	Hereford Triathlon Club	V50	89	13
130	0:26:29	Vanessa	Pegler	Forest of Dean AC	FV50	44	8
131	0:26:30	Sarah	Hughes		FV35	45	11
132	0:26:31	Haf	Rees	Hereford & County AC	JF	46	3
133	0:26:32	Remo	Morgani	BTR Road Runners	V55	90	7
134	0:26:35	Peter	Mayne		V65	91	5
135	0:26:38	Kevin	Duggan	Presteigne Pacers Running Club	V40	92	8
136	0:26:38	John	Elrick	JSK Running Club	V60	93	7
137	0:26:41	Naomi	Smith	Lonely Goat Running Club	FV35	47	12
138	0:26:42	Di	Fox		FV50	48	9
139	0:26:45	Richard	Hillier		SM	94	40
140	0:26:46	Richard	Cavender	Black Pear Joggers	V55	95	8
141	0:26:46	Joyce	Warburton		FV45	49	5
142	0:26:48	Jack	Edwards	Croft Ambrey RC	JM	96	8
143	0:26:49	Stuart	Taylor		V40	97	9
144	0:27:03	Sky	Herington	Hereford Couriers	SF	50	10
145	0:27:05	Laura	Jenkins	Hereford Couriers	SF	51	11
146	0:27:08	Bonny	Herington		SF	52	12
147	0:27:10	Gemma	Davies	Croft Ambrey RC	FV35	53	13
148	0:27:25	Rachel	Downes		FV55	54	2
149	0:27:29	Lindsay	Dobbie	The meedies running club	FV40	55	10
150	0:27:31	Peter	Ewart		V40	98	10
151	0:27:34	Thea	Preece	Croft Ambrey RC	SF	56	13
152	0:27:47	Bill	Duff	Falkland Trail Runners	V70	99	3
152 =	0:27:47	Bronwyn	Preece	Croft Ambrey RC	SF	57	14
153	0:27:48	Kirsty	Hatcher		FV35	58	14
154	0:27:49	Rhiannon	George		SF	59	15
155	0:27:50	Hayley	Lovatt		FV40	60	11

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156	0:27:57	Stephen	Hobson	Hereford Couriers	V60	100	8
157	0:28:16	Ivan	Bowley		V55	101	9
157 =	0:28:16	Margaret	Crosswell	Worcester AC	FV70	61	1
157 =	0:28:16	Felicity	Cole		FV55	61	3
158	0:28:19	Samantha	Downes		FV35	62	15
159	0:28:20	Sandy	Ross	Ludlow Runners	V65	102	6
160	0:28:21	Lisa	Gray	Croft Ambrey RC	FV45	63	6
161	0:28:24	Peter	Covington-Jones	Forest of Dean AC	V60	103	9
162	0:28:25	Catherine	Bushnell		SF	64	16
163	0:28:26	Charlotte	House		SF	65	17
164	0:28:32	Kate	Darby		SF	66	18
165	0:28:33	Allastaire	Ballantyne	Hereford Couriers	V55	104	10
166	0:28:33	Michelle	Embleton	Ashington Hirst Running Club	FV45	67	7
167	0:28:35	Hollie	Francis	Hereford Couriers	SF	68	19
168	0:28:37	Victoria	Dickinson	Croft Ambrey RC	FV50	69	10
169	0:28:38	Caz	Holmes	Hereford Couriers	SF	70	20
170	0:28:40	Louise	Reeve	Croft Ambrey RC	FV40	71	12
170=	0:28:40	Rachel	Trott		FV50	71	11
171	0:28:46	Jenny	Clarke	Triathlon Inverness	FV45	72	8
172	0:28:51	Teresa	Jones	Croft Ambrey RC	FV50	73	12
173	0:28:55	James	Hancocks		V40	105	11
174	0:29:06	Bev	Tyler	Hereford Couriers	FV50	74	13
175	0:29:07	Rachel	Bannister	Ledbury & District Harriers	FV40	75	13
176	0:29:10	Lindsey	Morgan		SF	76	21
177	0:29:11	Lucy	Belcher		FV35	77	16
177 =	0:29:11	Carol	Powell	Croft Ambrey RC	FV45	77	9
178	0:29:13	Laura	Plummer	Black Pear Joggers	FV35	78	17
179	0:29:15	Paul	Taylor		V65	106	7
180	0:29:22	Eilidh	Eadington	Wee County Harriers	JF	79	4
181	0:29:25	Kate	Backhouse	Ledbury & District Harriers	FV35	80	18
182	0:29:26	Kelly	Murray	Hereford Couriers	SF	81	22
183	0:29:32	James	Bellringer		SM	107	41
184	0:29:35	Amy	Gilligan	Wye Valley Runners	SF	82	23
185	0:29:52	Oliver	Foster		V40	108	12
186	0:29:56	Ben	Padian		SM	109	42
187	0:29:57	Abigail	Allcock		FV40	83	14
188	0:30:13	Kelly	Jones		SF	84	24
189	0:30:20	Richard	Bloomer		SM	110	43
190	0:30:24	Adam	Haywood	Wye Valley Runners	SM	111	44
191	0:30:32	Mary	Simpson	Royal Wootton Bassett Hounds RC	FV60	85	3
192	0:30:37	Sophie	Steane	Croft Ambrey RC	SF	86	25
192 =	0:30:37	Mia	Whitnall	Hereford & County AC	JF	86	5

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193	0:30:42	Hannah	Campbell	Hereford Couriers	SF	87	26
194	0:30:49	Erica	Pritchard		FV40	88	15
195	0:30:57	Michelle	McGrath		FV35	89	19
196	0:31:14	Milly	Gough		JF	90	6
197	0:31:21	Nicola	Paton		FV35	91	20
198	0:31:24	Mel	Heale	Run Things Run Club	FV45	92	10
199	0:31:34	claire	shacklock	Black Pear Joggers	FV35	93	21
200	0:31:35	John	Noonan		V60	112	10
201	0:31:36	Vicky	Turner		FV35	94	22
202	0:31:46	Philippa	Brooks		FV45	95	11
203	0:31:51	Helen	McCarthy		FV55	96	4
204	0:32:02	Sarah	Elwine		FV50	97	14
205	0:32:05	Rachel	Todd		FV40	98	16
206	0:32:08	Jimmy	Allwright		V45	113	14
207	0:32:11	Chris	Ruck	Hereford Couriers	V50	114	14
208	0:32:15	Dan	Griffin	Fordy Runs Running Club	V45	115	15
209	0:32:17	Graeme	Galloway		V50	116	15
210	0:32:23	Peggy	Edwards	Pontypridd Roadents AC	FV50	99	15
211	0:32:28	Clare	Preece	Croft Ambrey RC	FV50	100	16
212	0:32:30	Gillian	Strangwood		FV50	101	17
213	0:32:32	Abigail	Brown		FV35	102	23
214	0:32:39	Nicola	Davies	Hay Hotfooters	FV45	103	12
215	0:32:42	Shirley	Gozën		FV60	104	4
216	0:32:43	Fran	Hill		FV50	105	18
217	0:32:46	Andy	Evans		V40	117	13
218	0:32:48	Dominic	Cresswell		JM	118	9
219	0:32:50	Suzanne	Field	Croft Ambrey RC	FV50	106	19
220	0:33:05	Marc	Kendrick	Wye Valley Runners	SM	119	45
220 =	0:33:05	Janice	Whitelegge		FV45	107	13
221	0:33:06	Ben	Warburton		JM	120	10
222	0:33:13	Frances	Hall		JF	108	7
223	0:33:17	Sally	Hall		FV50	109	20
224	0:33:36	Anna	Simpkin	Hereford Couriers	SF	110	27
225	0:33:36	Amanda	Williams		FV40	111	17
226	0:33:46	Tom	Davies	Croft Ambrey RC	V70	121	4
227	0:34:01	Clair	Davies		FV35	112	24
227 =	0:34:01	Alyson	Kinsey		FV35	112	24
228	0:34:54	Liz	Fishpool	Bodenham Runners	SF	113	28
229	0:34:54	Christabel	Hall		JF	114	8
230	0:34:56	Rhiannon	Harrison		FV40	115	18
231	0:34:59	Duncan	Lynch	Ugieside	V55	122	11
232	0:35:10	Nicola	Dearing		FV35	116	25

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233	0:35:13	Mark	Paget		SM	123	46
234	0:36:00	Bryan	Markham	Croft Ambrey RC	V80	124	1
235	0:36:13	Peter	Smith	Wye Valley Runners	V70	125	5
236	0:36:20	Caroline	Edwards		FV50	117	21
236 =	0:36:20	Samantha	Preece		SF	117	29
237	0:36:28	Heather	Powell	Croft Ambrey RC	FV55	118	5
238	0:37:17	Sarah	Bowring	Hereford Couriers	FV50	119	22
239	0:37:48	Karen	Mercer		FV55	120	6
240	0:37:51	Tim	Winstanley	Malvern Joggers	V50	126	16
241	0:37:58	Tonia	Noon	Croft Ambrey RC	FV50	121	23
242	0:38:29	Catherine	Alexander	Lonely Goat Running Club	FV45	122	14
243	0:40:20	Niamh	Roberts		JF	123	9
244	0:40:46	Sabeena	Domun		FV40	124	19
245	0:41:09	Mary	Mort	Empower Runners	FV45	125	15
246	0:43:44	Cheryl	Clarke-Phillips	Malvern Joggers	FV35	126	26
247	0:44:06	Emi-Lou	Barker		SF	127	30
248	0:44:18	Kayleigh	Cresswell		FV35	128	27
249	0:44:23	Sean	Kachmarski	Denby Dale Athletics Club	V50	127	17
250	0:44:26	Sarah Ann	Handy	Ashington Hirst Running Club	FV45	129	16
251	0:45:25	Millie	Walters		JF	130	10
252	0:45:26	Susannah	Hurlbutt	Ashington Hirst Running Club	FV70	131	2
253	0:46:18	Rachel	Lawrence		SF	132	31
254	0:46:20	Julie	Lawrenson		FV50 Wheelc	133	1
255	0:48:47	David	Bruce	JogScotland	V50	128	18
256	0:48:59	Annette	Duff		FV60	134	5
257	0:50:00	Stephen	Fullard		V60	129	11
258	0:55:47	Jenny	Parrott		SF	135	32
259	1:13:00	Sharon	Wood		FV45	136	17
	RNR	Mark	Alston	Malvern Buzzards Running Club	SM		
	RNR	Lesley	Ashton	Vegan Runners UK	FV60		
	RNR	Jon	Barnes	Hereford Couriers	SM		
	RNR	David	Barrett	Croft Ambrey RC	V50		
	RNR	Adrian	Bennett	Black Pear Joggers	V40		
	RNR	Ruth	Bennett	Black Pear Joggers	FV35		
	RNR	Ben	Bereza		SM		
	RNR	Matthew	Brunnock	Hereford & County AC	JM		
	RNR	Nicky	Chard	Parc Bryn Bach Running Club	V45		
	RNR	Matt	Claine	Treffy Striders	SM		
	RNR	Dexter	Cole		SM		
	RNR	David	Collyer	Ledbury & District Harriers	V40		
	RNR	Richard	Cronin	Forest of Dean AC	SM		
	RNR	Jake	Cullum-Hollins	Hereford Couriers	SM		

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	RNR	Liam	Curtis-Moore	Wye Valley Runners	SM		
	RNR	Neil	Davies	Treffy Striders	SM		
	RNR	Paul	Downey		V60		
	RNR	Joanna	Eddy		FV40		
	RNR	Gitta	Ferguson	Hereford Couriers	FV55		
	RNR	Leyton	Fleet	Forest of Dean AC	V45		
	RNR	James	Fletcher	Monross Trailblazers	V50		
	RNR	David	Francis	Cheltenham and County Harriers	V40		
	RNR	Ben	Glinos	Croft Ambrey RC	JM		
	RNR	Alice	Godding	Ludlow Runners	SF		
	RNR	Robyn	Gore	Croft Ambrey RC	SF		
	RNR	Jo	Griffiths		FV50		
	RNR	Steve	Harris	Forest of Dean AC	V40		
	RNR	Susie	Hay	Hereford Couriers	FV35		
	RNR	Sally	Hayes	Ludlow Runners	FV75		
	RNR	Gemma	Hewitt	Lonely Goat Running Club	FV35		
	RNR	David	Howells	Severn AC	V50		
	RNR	Jeremy	Jehan	Wye Valley Runners	V45		
	RNR	Richard	Jessett		SM		
	RNR	Paul	Jones	Hereford Couriers	V45		
	RNR	Lee	Kibble	Forest of Dean AC	SM		
	RNR	Emma	King	Spirit Of Monmouth	FV35		
	RNR	Eleanor	Kite	Monross Trailblazers	SF		
	RNR	Andrew William F	Knott	Forest of Dean AC	V40		
	RNR	Matt	Lambourne	Cheltenham and County Harriers	SM		
	RNR	Gareth	Lloyd	Presteigne Pacers Running Club	SM		
	RNR	Martin	Lloyd		V40		
	RNR	Ralph	Lloyd	Wye Valley Runners	V55		
	RNR	Gemma	Mallett	Croft Ambrey RC	SF		
	RNR	Patricia	Marshall	Sandhurst Joggers	FV70		
	RNR	George	McCarthy -Allen		SM		
	RNR	Alison	Merley		FV55		
	RNR	Paul	Millsom	Vegan Runners UK	V60		
	RNR	George	Neave		JM		
	RNR	Julie	Neave		FV40		
	RNR	David	O'Connell	Presteigne Pacers Running Club	SM		
	RNR	Scarlett	Owen		SF		
	RNR	Georgie	Parnell	Chepstow Harriers	FV35		
	RNR	Richard	Pegler	Forest of Dean AC	V45		
	RNR	Rob	Potter	Monross Trailblazers	V40		
	RNR	Charlie	Price	Treffy Striders	SM		
	RNR	Lindsay	Pulley	Cleobury Mortimer Running Club	V80		

Hereford Couriers Virtual Race Series 2020 Race 1: July

Pos	Time	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
	RNR	William	Richmond	Severn AC	SM		
	RNR	Jon- Henry	Robbie		JM		
	RNR	Mackenzie	Robbie		SF		
	RNR	Ashley	Robinson	Croft Ambrey RC	V70		
	RNR	Avril	Seftel		FV45		
	RNR	Edward	Smith	Croft Ambrey RC	V50		
	RNR	Keela	Walsh		FV45		
	RNR	Simon	Ward	Croft Ambrey RC	V45		
	RNR	Vanessa	Ward	Monross Trailblazers	SF		
	RNR	Paul	Watts	Harlow Running Club	V55		
	RNR	Sophie	Wilcocks		SF		
	RNR	Keith	Williams		V60		
	RNR	Ashleigh	Winstanley	Malvern Joggers	SF		
	RNR	Victoria	Woodhall	Hereford Couriers	FV45		