

Hereford Couriers Virtual 5k Race Series - August 2020

Pos	Time	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
1	0:16:05	Eliot	Taylor	Cheltenham and County Harriers	SM	1	1
2	0:16:11	James	Rogers	Clapham Chasers	SM	2	2
3	0:16:15	Sam	Butler	Presteigne Pacers Running Club	SM	3	3
4	0:16:54	Lee	Kibble	Forest of Dean AC	SM	4	4
5	0:16:59	Cory	Sherwin	Forest of Dean AC	SM	5	5
6	0:17:18	Ryan	Knight	Hereford Couriers	SM	6	6
7	0:17:24	Henry	White	Hereford Ghost Runners	JM	7	1
8	0:17:26	Owain	Williams		SM	8	7
9	0:17:38	Andrew	Tyler	Hereford Couriers	V45	9	1
10	0:17:39	David	Bannister	Ledbury & District Harriers	V45	10	2
11	0:17:50	David	O'Connell	Presteigne Pacers Running Club	SM	11	8
12	0:17:54	Joe	Collins	Hay Hotfooters	JM	12	2
12	0:17:54	Steven	Flowers	Wye Valley Runners	SM	13	9
13	0:18:01	Steve	Harris	Forest of Dean AC	V40	14	1
14	0:18:15	Darren	Broady	Hereford Couriers	SM	15	10
15	0:18:27	Katie	Synge-Curtis	Hereford Couriers	SF	1	1
16	0:18:30	William	Maul	Hereford Couriers	SM	16	11
17	0:18:38	Eric	Apperley	Croft Ambrey RC	SM	17	12
17	0:18:38	James	Rose	Severn AC	V40	18	2
18	0:18:51	Declan	Miller	Ludlow Runners	SM	19	13
19	0:18:56	Claire	Thomas	Ludlow Runners	FV35	2	1
20	0:19:03	Ben	Skinner	Hereford Couriers	SM	20	14
21	0:19:08	Gareth	Lloyd	Presteigne Pacers Running Club	SM	21	15
22	0:19:24	Neil	Grinnell	Ledbury & District Harriers	V40	22	3
23	0:19:29	Daniel	Phillips		SM	23	16
24	0:19:38	Charlotte	Broadhurst	Kidderminster and Stourport	JF	3	1
25	0:19:45	Daniel	Spear	Ludlow Runners	SM	24	17
25	0:19:45	Martin	Carter	Hay Hotfooters	V55	24	1
26	0:19:51	Hannah	Fletcher	Croft Ambrey RC	FV35	4	2
27	0:19:57	Tim	Giles	Ludlow Runners	V45	25	3
28	0:19:59	Alice	Godding	Croft Ambrey RC	SF	5	2
28	0:19:59	Alan	Whitby	Tewkesbury Running Club	V60	26	1
29	0:20:19	Jamie	Griffiths		SM	27	18
29	0:20:19	Ryan	Lawrence	Hereford Couriers	SM	27	18
30	0:20:20	Matt	Ansfield		V45	28	4
30	0:20:20	Joanna	Eddy		FV40	6	1
31	0:20:21	Ned	Collins	Hay Hotfooters	JM	29	3
32	0:20:25	Richard	Pegler	Forest of Dean AC	V45	30	5
33	0:20:27	Kit	Williams		SM	31	19
34	0:20:29	Mark	Radon		SM	32	20
35	0:20:39	Rob	Scott		SM	33	21
36	0:20:41	Paul	Mammatt	Hereford Triathlon Club	V50	34	1

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37	0:20:48	Steve	Jones	Hereford Couriers	SM	35	22
38	0:20:51	Samantha	Harris	Forest of Dean AC	FV40	7	2
39	0:20:52	James	Hancocks		V40	36	4
40	0:20:53	Graeme	Walker	Hereford Couriers	V55	37	2
41	0:20:54	Izzy	Axford	Hereford Couriers	SF	8	3
42	0:20:56	Greg	Nicholls		SM	38	23
43	0:21:12	Dan	Hardy		SM	39	24
44	0:21:18	Lauren	Williams	Wye Valley Runners	SF	9	4
45	0:21:20	Mark	Hookins	Hereford Couriers	V50	40	2
46	0:21:23	Martin	Williams		V40	41	5
47	0:21:25	Cai	Rees	Hereford & County AC	JM	42	4
48	0:21:33	Michael	Strange	Forest of Dean AC	V65	43	1
49	0:21:40	Linda	White		FV50	10	1
49	0:21:40	Kelly	Bowen	Croft Ambrey RC	FV35	10	3
50	0:21:42	Laura	Tootell	Wye Valley Runners	FV40	11	3
51	0:21:45	Jon	Edwards	Hereford Couriers	V40	44	6
52	0:21:47	Mark	Williamson	Forest of Dean AC	V60	45	2
53	0:21:50	Jason	Griffiths		SM	46	25
54	0:21:52	Simon	Lewis	Lonely Goat Running Club	V45	47	6
54	0:21:52	Clare	Mallender	Hereford Couriers	FV40	12	4
55	0:21:55	Sophie	Cook	Builth & District Running Club	FV35	13	4
56	0:21:56	Amy	Smith	Hereford Couriers	FV35	14	5
57	0:21:57	Paul	Davies	Hereford Couriers	V55	48	3
58	0:21:58	Peter	Carwardine	Hereford Couriers	V60	49	3
58	0:21:58	John	Jaspers	Croft Ambrey RC	V50	49	3
58	0:21:58	Daniel	Mapp	Hereford Couriers	SM	49	26
58	0:21:58	Alan	Robertson	Forest of Dean AC	V65	49	2
59	0:22:02	Barry	Moses		V45	50	7
60	0:22:04	Sam	Juson	Croft Ambrey RC	SM	51	27
61	0:22:09	Eva	Tyler	Hereford & County AC	JF	15	2
62	0:22:14	Michelle	Bowley	Hereford Couriers	FV50	16	2
63	0:22:38	Christopher	Berry	Black Pear Joggers	V50	52	4
64	0:22:39	Conor	Giggle		SM	53	28
65	0:22:40	Alex	Millar	Westfield TT	V50	54	5
66	0:22:42	David	Bessant	Black Pear Joggers	V50	55	6
67	0:22:42	Sam	Twiner		SM	56	29
68	0:22:44	Jo	Marriott	Croft Ambrey RC	FV50	17	3
69	0:22:48	Chris	Smart	Hereford Couriers	V55	57	4
70	0:22:50	Robert	Gilligan	Wye Valley Runners	V55	58	5
71	0:22:53	Thomas	Powell	Ludlow Runners	SM	59	30
72	0:22:56	Jane	Hayde	Wye Valley Runners	FV35	18	6
73	0:22:57	Helen	Carter	Presteigne Pacers Running Club	FV50	19	4
74	0:23:11	Kate	Morris	Hereford Couriers	FV35	20	7
74	0:23:11	Darren	Edwards	Croft Ambrey RC	V45	60	8

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75	0:23:15	Steve	Herington	Hereford Couriers	V70	61	1
76	0:23:19	Ben	Young		V40	62	7
77	0:23:32	Ian	Fuller	Malvern Joggers	V45	63	9
78	0:23:39	Dean	Whittaker	Witham RC	V40	64	8
78	0:23:39	Mike	Chipping	Bristol and West AC	V65	64	3
79	0:23:48	Fred	Tyler	Hereford & County AC	JM	65	5
79	0:23:48	Jonathan	Sanderson	Croft Ambrey RC	V45	66	10
80	0:23:50	Stephen	Higgs	Lonely Goat Running Club	V65	67	4
82	0:23:59	Jack	Edwards	Croft Ambrey RC	JM	68	6
83	0:24:09	Lynne	Compton	Wye Valley Runners	FV50	21	5
84	0:24:19	Bryan	Lloyd	Presteigne Pacers Running Club	V60	69	4
84	0:24:19	Jane	Sauer	Tewkesbury Running Club	FV40	22	5
85	0:24:33	Kirsty	Jenkins	Hereford Couriers	SF	23	5
86	0:24:35	Stuart	Davies		SM	70	31
87	0:24:45	Claire	Haynes	Malvern Joggers	SF	24	6
88	0:24:46	Bronwen	Tyler-Jones	Hereford Couriers	FV45	25	1
89	0:24:49	David	Butler		SM	71	32
90	0:24:52	Gareth	Starr		V50	72	7
91	0:24:54	Ruth	Jones	Forest of Dean AC	FV50	26	6
91	0:24:54	Suzanne	Powell	Croft Ambrey RC	FV55	26	1
91	0:24:54	Joanne	Tilby	Croft Ambrey RC	FV35	26	8
91	0:24:54	Emi-Lou	Barker		SF	26	7
92	0:24:58	Ben	Padian		SM	73	33
92	0:24:58	Richard	Hillier		SM	73	33
93	0:24:59	Laura	Plummer	Black Pear Joggers	FV35	27	9
94	0:25:03	Rhiannon	George	Hereford Triathlon Club	SF	28	8
95	0:25:07	Jessica	Depper	Malvern Joggers	SF	29	9
96	0:25:11	Michael	Barnes	Fairwater Runners Cwmbran	SM	74	34
96	0:25:11	Abi	Knight		SF	30	10
97	0:25:16	Kate	Backhouse	Ledbury & District Harriers	FV35	31	10
98	0:25:17	Michael	Bellringer		SM	75	35
99	0:25:22	Colin	Hughes		V50	76	8
100	0:25:25	Michael	Bryant	Newent Runners	V60	77	5
101	0:25:28	Ruth	Cartwright		SF	32	11
102	0:25:28	Jason	Ross-Collins	Forest of Dean AC	V45	78	11
103	0:25:29	Kathy	Ratcliffe		FV60	33	1
104	0:25:32	Ella	Hogan	Ledbury & District Harriers	FV40	34	6
105	0:25:39	Garry	Godsall	Hereford Triathlon Club	V45	79	12
106	0:25:45	Michelle	McGrath		FV35	35	11
107	0:25:47	William	Connell	Hereford Couriers	V60	80	6
108	0:25:48	John	Elrick	JSK Running Club	V60	81	7
109	0:25:56	Emily	Davies	Wye Valley Runners	FV40	36	7
110	0:26:02	Charlotte	Godsall	Hereford Triathlon Club	FV45	37	2
111	0:26:06	Richard	Andrews	Hereford Triathlon Club	V50	82	9

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112	0:26:07	Erica	Pritchard		FV40	38	8
113	0:26:10	Di	Fox		FV50	39	7
113	0:26:10	Kevin	Duggan	Presteigne Pacers Running Club	V40	83	9
114	0:26:14	Louis	Ansfield	Hereford Ghost Runners	JM	84	7
115	0:26:19	Lucy	Smith		FV40	40	9
115	0:26:19	Bryony	Dean	Hereford Couriers	FV40	40	10
115	0:26:20	Michelle	Embleton	Ashington Hirst Running Club	FV45	41	3
116	0:26:21	Deanna	Mammatt	Hereford Triathlon Club	FV45	42	4
117	0:26:23	Lianne	Rollinson	Builth & District Running Club	FV35	43	12
118	0:26:24	Roland	Preece	Croft Ambrey RC	V50	85	10
119	0:26:28	Sarah	Hughes		FV35	44	13
120	0:26:34	Vanessa	Pegler	Forest of Dean AC	FV50	45	8
121	0:26:40	Remo	Morgani	BTR Road Runners	V55	86	6
121	0:26:40	Naomi	Smith	Lonely Goat Running Club	FV35	46	14
122	0:26:43	Sky	Herington	Hereford Couriers	SF	47	12
123	0:26:48	Peter	Mayne		V65	87	5
124	0:26:49	Joyce	Warburton		FV45	48	5
125	0:27:00	Thea	Preece	Croft Ambrey RC	SF	49	13
126	0:27:02	Gemma	Davies	Croft Ambrey RC	FV35	50	15
126	0:27:02	Rachel	Downes		FV55	50	2
127	0:27:04	Bonny	Herington		SF	51	14
128	0:27:07	Samantha	Downes		FV35	52	16
129	0:27:11	Felicity	Cole		FV55	53	3
130	0:27:13	Lucia	Demkova	Monross Trailblazers	FV35	54	17
131	0:27:14	Paul	Taylor		V65	88	6
132	0:27:16	Kelly	Jones		SF	55	15
133	0:27:17	Drew	Cheshire		SM	89	36
134	0:27:23	Lindsay	Dobbie	The meedies running club	FV40	56	11
134	0:27:23	Hollie	Francis	Hereford Couriers	SF	56	16
135	0:27:29	Peter	Covington-Jones	Forest of Dean AC	V60	90	8
136	0:27:33	Kirsty	Hatcher		FV35	57	18
137	0:27:35	Haf	Rees	Hereford & County AC	JF	58	3
138	0:27:45	Bill	Duff	Falkland Trail Runners	V70	91	2
138	0:27:45	Jenny	Clarke	Triathlon Inverness	FV45	59	6
139	0:27:46	Dominic	Cresswell		JM	92	8
140	0:27:47	Richard	Cavender	Black Pear Joggers	V55	93	7
141	0:27:49	claire	shacklock	Black Pear Joggers	FV35	60	19
142	0:27:52	Stephen	Hobson	Hereford Couriers	V60	94	9
143	0:27:57	Peter	Ewart		V40	95	10
144	0:28:00	Louise	Reeve	Croft Ambrey RC	FV40	61	12
145	0:28:06	Sandy	Ross	Ludlow Runners	V65	96	7
146	0:28:08	Hayley	Lovatt		FV40	62	13
147	0:28:16	Kate	Darby		SF	63	17
148	0:28:18	Lindsey	Morgan		SF	64	18

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149	0:28:25	Mark	Paget		SM	97	37
149	0:28:25	Nicola	Paton		FV35	65	20
150	0:28:33	Caz	Holmes	Hereford Couriers	SF	66	19
151	0:28:34	Laura	Jenkins	Hereford Couriers	SF	67	20
152	0:28:36	Margaret	Crosswell	Worcester AC	FV70	68	1
153	0:28:38	Teresa	Jones	Croft Ambrey RC	FV50	69	9
154	0:28:50	Catherine	Bushnell		SF	70	21
155	0:28:51	Ann	Pritchard	Wye Valley Runners	FV50	71	10
156	0:28:58	Steven	Mesham	Presteigne Pacers Running Club	V45	98	13
157	0:29:07	Victoria	Dickinson	Croft Ambrey RC	FV50	72	11
158	0:29:18	Ben	Warburton		JM	99	9
158	0:29:18	Sophie	Steane	Croft Ambrey RC	SF	73	22
159	0:29:19	Allastaire	Ballantyne	Hereford Couriers	V55	100	8
160	0:29:24	Abigail	Allcock		FV40	74	14
161	0:29:27	Nicola	Dearing		FV35	75	21
162	0:29:32	Kelly	Murray	Hereford Couriers	SF	76	23
163	0:29:39	Andy	Evans		V40	101	11
164	0:29:40	Bronwyn	Preece	Croft Ambrey RC	SF	77	24
165	0:29:41	Janice	Whitelegge		FV45	78	7
166	0:29:42	Ivan	Bowley		V55	102	9
167	0:29:44	Lucy	Belcher		FV35	79	22
167	0:29:44	James	Bellringer		SM	103	38
168	0:29:57	Hannah	Campbell	Hereford Couriers	SF	80	25
169	0:30:06	Chris	Ruck	Hereford Couriers	V50	104	11
170	0:30:07	Amy	Gilligan	Wye Valley Runners	SF	81	26
171	0:30:32	Bev	Tyler	Hereford Couriers	FV50	82	12
172	0:30:34	Rachel	Bannister	Ledbury & District Harriers	FV40	83	15
173	0:30:39	Abigail	Brown		FV35	84	23
174	0:30:36	Mia	Whitnall	Hereford & County AC	JF	85	4
175	0:30:44	Mary	Simpson	Royal Wootton Bassett Hounds RC	FV60	86	2
176	0:30:45	Gillian	Strangwood		FV50	87	13
177	0:30:53	Jimmy	Allwright		V45	105	14
178	0:31:04	Sarah	Elwine		FV50	88	14
179	0:31:14	Richard	Bloomer		SM	106	39
180	0:31:21	Graeme	Galloway		V50	107	12
181	0:31:26	Clair	Davies		FV35	89	24
182	0:31:35	Mel	Heale	Run Things Run Club	FV45	90	8
183	0:31:48	Stuart	Taylor		V40	108	12
184	0:31:49	Ashleigh	Winstanley	Malvern Joggers	SF	91	27
185	0:32:03	Clare	Preece	Croft Ambrey RC	FV50	92	15
186	0:32:07	John	Noonan		V60	109	10
187	0:32:12	Peggy	Edwards	Pontypridd Roadents AC	FV50	93	16
188	0:32:14	Fran	Hill		FV50	94	17
189	0:32:25	Milly	Gough		JF	95	5

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190	0:32:33	Adam	Haywood	Wye Valley Runners	SM	110	40
191	0:32:34	Shirley	Gozën		FV60	96	3
192	0:32:36	Amanda	Williams		FV40	97	16
193	0:32:38	Suzanne	Field	Croft Ambrey RC	FV50	98	18
194	0:32:39	Vicky	Turner		FV35	99	25
195	0:32:42	Sally	Hall		FV50	100	19
196	0:32:54	Frances	Hall		JF	101	6
197	0:33:11	Eilidh	Eadington	Wee County Harriers	JF	102	7
198	0:33:24	Tom	Davies	Croft Ambrey RC	V70	111	3
199	0:33:44	Lisa	Gray	Croft Ambrey RC	FV45	103	9
200	0:34:10	Helen	McCarthy		FV55	104	4
201	0:34:26	Karen	Mercer		FV55	105	5
201	0:34:26	Heather	Powell	Croft Ambrey RC	FV55	105	6
202	0:34:28	Rhiannon	Harrison		FV40	106	17
203	0:34:31	Anna	Simpkin	Hereford Couriers	SF	107	28
204	0:34:34	Sarah	Bowring	Hereford Couriers	FV50	108	20
205	0:34:48	Bryan	Markham	Croft Ambrey RC	V80	112	1
206	0:35:00	Samantha	Preece		SF	109	29
207	0:35:08	Nicola	Davies	Hay Hotfooters	FV45	110	10
208	0:35:08	Peter	Koval		SM	113	41
209	0:35:26	Liz	Fishpool	Bodenham Runners	SF	111	30
210	0:35:38	Rachel	Lawrence		SF	112	31
211	0:36:11	Peter	Smith	Wye Valley Runners	V70	114	4
212	0:36:43	Duncan	Lynch	Ugieside	V55	115	10
213	0:36:59	Dexter	Cole		SM	116	42
214	0:37:21	Tonia	Noon	Croft Ambrey RC	FV50	113	21
215	0:38:00	Dan	Griffin	Fordy Runs Running Club	V45	117	15
216	0:38:15	Sabeena	Domun		FV40	114	18
217	0:38:55	Caroline	Edwards		FV50	115	22
218	0:39:56	Sean	Kachmarski	Denby Dale Athletics Club	V50	118	13
219	0:40:10	Christabel	Hall		JF	116	8
220	0:40:36	Philippa	Brooks		FV45	117	11
221	0:42:00	Mary	Mort	Empower Runners	FV45	118	12
222	0:42:18	Millie	Walters		JF	119	9
223	0:42:48	Cheryl	Clarke-Phillips	Malvern Joggers	FV35	120	26
224	0:46:09	Susannah	Hurlbutt	Ashington Hirst Running Club	FV70	121	2
225	0:46:42	Annette	Duff		FV60	122	4
226	0:47:07	Sarah Ann	Handy	Ashington Hirst Running Club	FV45	123	13
227	0:47:54	Stephen	Fullard		V60	119	11
228	0:48:33	Kayleigh	Cresswell		FV35	124	27
229	0:48:46	Julie	Lawrenson		FV50 Wheel	125	1
230	0:49:39	David	Bruce	JogScotland	V50	120	14
231	0:51:22	Jenny	Parrott		SF	126	32
232	1:01:21	Sharon	Wood		FV45	127	14

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233	RNR	Ruth	Bennett	Black Pear Joggers	FV35		
233	RNR	Richard	Cronin	Forest of Dean AC	SM		
233	RNR	Liam	Curtis-Moore	Wye Valley Runners	SM		
233	RNR	James	Fletcher	Monross Trailblazers	V50		
233	RNR	Oliver	Foster		V40		
233	RNR	Jo	Griffiths		FV50		
233	RNR	Susie	Hay	Hereford Couriers	FV35		
233	RNR	Gemma	Hewitt	Lonely Goat Running Club	FV35		
233	RNR	Marc	Kendrick	Wye Valley Runners	SM		
233	RNR	Eleanor	Kite	Monross Trailblazers	SF		
233	RNR	Andrew William F	Knott	Forest of Dean AC	V40		
233	RNR	George	McCarthy -Allen		SM		
233	RNR	Julie	Neave		FV40		
233	RNR	Paddy	Nugent	Wye Valley Runners	V55		
233	RNR	Georgie	Parnell	Chepstow Harriers	FV35		
233	RNR	Rob	Potter	Monross Trailblazers	V40		
233	RNR	Carol	Powell	Croft Ambrey RC	FV45		
233	RNR	Lindsay	Pulley	Cleobury Mortimer Running Club	V80		
233	RNR	William	Richmond	Severn AC	SM		
233	RNR	Martin	Scrivens	Monross Trailblazers	V40		
233	RNR	Izzie	Seal	Hereford Couriers	SF		
233	RNR	Avril	Seftel		FV45		
233	RNR	Nigel	Taylor	Croft Ambrey RC	V50		
233	RNR	Rachel	Todd		FV40		
233	RNR	Rachel	Trott		FV50		
233	RNR	David	White	Hereford Couriers	V50		
233	RNR	Sophie	Wilcocks		SF		
233	RNR	Tim	Winstanley	Malvern Joggers	V50		
233	RNR	Victoria	Woodhall	Hereford Couriers	FV45		
233	RNR	Catherine	Alexander	Lonely Goat Running Club	FV45		
233	RNR	Mark	Alston	Malvern Buzzards Running Club	SM		
233	RNR	Lesley	Ashton	Vegan Runners UK	FV60		
233	RNR	Jon	Barnes	Hereford Couriers	SM		
233	RNR	David	Barrett	Croft Ambrey RC	V50		
233	RNR	Adrian	Bennett	Black Pear Joggers	V40		
233	RNR	Ben	Bereza		SM		
233	RNR	Philip	Bouchier		SM		
233	RNR	Matthew	Brunnock	Hereford & County AC	JM		
233	RNR	Nicky	Chard	Parc Bryn Bach Running Club	V45		
233	RNR	Matt	Claine	Treffy Striders	SM		
233	RNR	David	Collyer	Ledbury & District Harriers	V40		
233	RNR	Jake	Cullum-Hollins	Hereford Couriers	SM		
233	RNR	Neil	Davies	Treffy Striders	SM		
233	RNR	Paul	Downey		V60		

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233	RNR	Jan	Edwards	Wye Valley Runners	FV60		
233	RNR	Gitta	Ferguson	Hereford Couriers	FV55		
233	RNR	Leyton	Fleet	Forest of Dean AC	V45		
233	RNR	David	Francis	Cheltenham and County Harriers	V40		
233	RNR	Paul	Gilbert	Hereford Couriers	V45		
233	RNR	Ben	Glinos	Croft Ambrey RC	JM		
233	RNR	Ben	Goddard		SM		
233	RNR	William	Gore	Croft Ambrey RC	SM		
233	RNR	Robyn	Gore	Croft Ambrey RC	SF		
233	RNR	Sally	Hayes	Ludlow Runners	FV75		
233	RNR	Charlotte	House		SF		
233	RNR	David	Howells	Severn AC	V50		
233	RNR	Jeremy	Jehan	Wye Valley Runners	V45		
233	RNR	Richard	Jessett		SM		
233	RNR	Charlie	Jones	Cheltenham and County Harriers	SM		
233	RNR	Scott	Jones	Croft Ambrey RC	JM		
233	RNR	Paul	Jones	Hereford Couriers	V45		
233	RNR	Emma	King	Spirit Of Monmouth	FV35		
233	RNR	Alyson	Kinsey		FV35		
233	RNR	Matt	Lambourne	Cheltenham and County Harriers	SM		
233	RNR	Martin	Lloyd		V40		
233	RNR	Ralph	Lloyd	Wye Valley Runners	V55		
233	RNR	Gemma	Mallett	Croft Ambrey RC	SF		
233	RNR	Patricia	Marshall	Sandhurst Joggers	FV70		
233	RNR	Alison	Merley		FV55		
233	RNR	Paul	Millsom	Vegan Runners UK	V60		
233	RNR	George	Neave		JM		
233	RNR	Scarlett	Owen		SF		
233	RNR	Charlie	Price	Treffy Striders	SM		
233	RNR	Mandy	Rees	Hereford Couriers	FV40		
233	RNR	Jon- Henry	Robbie		JM		
233	RNR	Mackenzie	Robbie		SF		
233	RNR	Niamh	Roberts		JF		
233	RNR	Ashley	Robinson	Croft Ambrey RC	V70		
233	RNR	Clare	Sims	London City Runners	FV45		
233	RNR	Edward	Smith	Croft Ambrey RC	V50		
233	RNR	Brian	Symonds	Wye Valley Runners	V70		
233	RNR	Adrian	Taylor	Presteigne Pacers Running Club	V50		
233	RNR	Keela	Walsh		FV45		
233	RNR	Simon	Ward	Croft Ambrey RC	V45		
233	RNR	Vanessa	Ward	Monross Trailblazers	SF		
233	RNR	Paul	Watts	Harlow Running Club	V55		
233	RNR	Keith	Williams		V60		
233	RNR	Jack	Wilson	Croft Ambrey RC	SM		

Hereford Couriers Virtual 5k Race Series - August 2020

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