

Hereford Couriers Virtual Race Series 2020 Races 1,2&3 Combined

Pos	Points	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
1	4	Eliot	Taylor	Cheltenham and County Harriers	SM	1	1
2	8	Sam	Butler	Presteigne Pacers Running Club	SM	2	2
3	17	Henry	White	Hereford Ghost Runners	JM	3	1
4	23	Ryan	Knight	Hereford Couriers	SM	4	3
4	23	Cory	Sherwin	Forest of Dean AC	SM	4	3
5	28	Steven	Flowers	Wye Valley Runners	SM	5	4
7	29	David	Bannister	Ledbury & District Harriers	V45	6	1
8	36	Andrew	Tyler	Hereford Couriers	V45	7	2
9	42	Declan	Miller	Ludlow Runners	SM	8	5
10	45	James	Rose	Severn AC	V40	9	1
11	46	Darren	Broady	Hereford Couriers	SM	10	6
11	46	Owain	Williams		SM	10	6
12	47	William	Maul	Hereford Couriers	SM	11	7
13	49	Katie	Synge-Curtis	Hereford Couriers	SF	1	1
14	53	Eric	Apperley	Croft Ambrey RC	SM	12	8
14	53	Ben	Skinner	Hereford Couriers	SM	12	8
15	63	Daniel	Phillips		SM	13	9
16	64	Claire	Thomas	Ludlow Runners	FV35	2	1
17	72	Neil	Grinnell	Ledbury & District Harriers	V40	14	2
18	78	Martin	Carter	Hay Hotfooters	V55	15	1
19	80	Daniel	Spear	Ludlow Runners	SM	16	10
20	88	Samantha	Harris	Forest of Dean AC	FV40	3	1
21	89	Alan	Whitby	Tewkesbury Running Club	V60	17	1
22	91	Mark	Radon		SM	18	11
23	93	Tim	Giles	Ludlow Runners	V45	19	3
24	94	Matt	Ansfield		V45	20	4
25	98	Ryan	Lawrence	Hereford Couriers	SM	21	12
26	102	Hannah	Fletcher	Croft Ambrey RC	FV35	4	2
27	103	Charlotte	Broadhurst	Kidderminster and Stourport	JF	5	1
28	106	Rob	Scott		SM	22	13
29	109	Jamie	Griffiths		SM	23	14
30	111	Steve	Jones	Hereford Couriers	SM	24	15
31	112	Martin	Williams		V40	25	3
32	116	Kit	Williams		SM	26	16
33	120	Paul	Mammatt	Hereford Triathlon Club	V50	27	1
34	122	Graeme	Walker	Hereford Couriers	V55	28	2
35	129	Cai	Rees	Hereford & County AC	JM	29	2
36	140	Izzy	Axford	Hereford Couriers	SF	6	2
37	143	Dan	Hardy		SM	30	17
38	144	Mark	Hookins	Hereford Couriers	V50	31	2
39	145	Kelly	Bowen	Croft Ambrey RC	FV35	7	3

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40	148	Lauren	Williams	Wye Valley Runners	SF	8	3
41	150	Laura	Tootell	Wye Valley Runners	FV40	9	2
42	153	Clare	Mallender	Hereford Couriers	FV40	10	3
43	161	Linda	White		FV50	11	1
44	162	Peter	Carwardine	Hereford Couriers	V60	32	2
44	162	Mark	Williamson	Forest of Dean AC	V60	32	2
45	164	Alan	Robertson	Forest of Dean AC	V65	33	1
46	169	Amy	Smith	Hereford Couriers	FV35	12	4
47	171	Stuart	Davies		SM	34	18
48	173	Barry	Moses		V45	35	5
48	173	Michael	Strange	Forest of Dean AC	V65	35	2
49	177	Greg	Nicholls		SM	36	19
50	178	John	Jaspers	Croft Ambrey RC	V50	37	3
51	179	Jason	Griffiths		SM	38	20
52	183	Eva	Tyler	Hereford & County AC	JF	13	2
53	184	Sam	Juson	Croft Ambrey RC	SM	39	21
54	189	Daniel	Mapp	Hereford Couriers	SM	40	22
55	190	Sophie	Cook	Builth & District Running Club	FV35	14	5
56	191	Paul	Davies	Hereford Couriers	V55	41	3
57	192	Christopher	Berry	Black Pear Joggers	V50	42	4
58	193	Simon	Lewis	Lonely Goat Running Club	V45	43	6
59	204	Robert	Gilligan	Wye Valley Runners	V55	44	4
60	206	David	Bessant	Black Pear Joggers	V50	45	5
61	208	Alex	Millar	Westfield TT	V50	46	6
61	208	Thomas	Powell	Ludlow Runners	SM	46	23
62	210	James	Rogers	Clapham Chasers	SM	47	24
63	212	Helen	Carter	Presteigne Pacers Running Club	FV50	15	2
63	212	Dean	Whittaker	Witham RC	V40	48	4
64	213	Jo	Marriott	Croft Ambrey RC	FV50	16	3
64	213	Kate	Morris	Hereford Couriers	FV35	17	6
65	219	Jane	Hayde	Wye Valley Runners	FV35	18	7
66	220	David	Butler		SM	49	25
67	221	Chris	Smart	Hereford Couriers	V55	50	5
68	224	Conor	Giggle		SM	51	26
69	225	Joe	Collins	Hay Hotfooters	JM	52	3
70	227	Michelle	Bowley	Hereford Couriers	FV50	19	4
71	237	Steve	Herington	Hereford Couriers	V70	53	1
72	239	Ben	Young		V40	54	5
73	245	Ian	Fuller	Malvern Joggers	V45	55	7
74	245	Jonathan	Sanderson	Croft Ambrey RC	V45	56	8
75	251	Fred	Tyler	Hereford & County AC	JM	57	4

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76	253	Lynne	Compton	Wye Valley Runners	FV50	20	5
77	257	Scott	Jones	Croft Ambrey RC	JM	58	5
78	260	Stephen	Higgs	Lonely Goat Running Club	V65	59	3
79	261	Bryan	Lloyd	Presteigne Pacers Running Club	V60	60	3
80	266	Kirsty	Jenkins	Hereford Couriers	SF	21	4
81	267	Lee	Kibble	Forest of Dean AC	SM	61	27
82	270	Jason	Ross-Collins	Forest of Dean AC	V45	62	9
83	271	Abi	Knight		SF	22	5
84	278	Ruth	Jones	Forest of Dean AC	FV50	23	6
85	279	Ned	Collins	Hay Hotfooters	JM	63	6
86	281	David	O'Connell	Presteigne Pacers Running Club	SM	64	28
87	282	Michael	Bryant	Newent Runners	V60	65	4
88	283	Ella	Hogan	Ledbury & District Harriers	FV40	24	4
89	285	Steve	Harris	Forest of Dean AC	V40	66	6
90	288	Bronwen	Tyler-Jones	Hereford Couriers	FV45	25	1
91	289	Gareth	Starr		V50	67	7
92	292	Roland	Preece	Croft Ambrey RC	V50	68	8
93	299	Suzanne	Powell	Croft Ambrey RC	FV55	26	1
94	300	Gareth	Lloyd	Presteigne Pacers Running Club	SM	69	29
95	301	Jon	Edwards	Hereford Couriers	V40	70	7
96	305	Jessica	Depper	Malvern Joggers	SF	27	6
97	317	Steven	Mesham	Presteigne Pacers Running Club	V45	71	10
97	317	Alice	Godding	Croft Ambrey RC	SF	28	7
97	317	Peter	Koval		SM	72	30
98	318	Jack	Edwards	Croft Ambrey RC	JM	73	7
99	320	Richard	Hillier		SM	74	31
100	320	Kathy	Ratcliffe		FV60	29	1
100	320	David	White	Hereford Couriers	V50	75	9
101	323	Michael	Bellringer		SM	76	32
101	323	Paddy	Nugent	Wye Valley Runners	V55	76	6
102	324	Charlotte	Godsall	Hereford Triathlon Club	FV45	30	2
102	324	Colin	Hughes		V50	77	10
103	327	Joanna	Eddy		FV40	31	5
104	332	John	Elrick	JSK Running Club	V60	78	5
104	332	Claire	Haynes	Malvern Joggers	SF	32	8
105	333	Sam	Twiner		SM	79	33
106	340	Sky	Herington	Hereford Couriers	SF	33	9
107	341	Lianne	Rollinson	Builth & District Running Club	FV35	34	8
108	348	Bryony	Dean	Hereford Couriers	FV40	35	6
109	349	Ben	Glinos	Croft Ambrey RC	JM	80	8
109	349	Richard	Pegler	Forest of Dean AC	V45	81	11

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110	350	Emily	Davies	Wye Valley Runners	FV40	36	7
111	353	Drew	Cheshire		SM	82	34
112	355	Darren	Edwards	Croft Ambrey RC	V45	83	12
112	355	Laura	Plummer	Black Pear Joggers	FV35	37	9
113	356	Kevin	Duggan	Presteigne Pacers Running Club	V40	84	8
113	356	Di	Fox		FV50	38	7
114	360	Brian	Symonds	Wye Valley Runners	V70	85	2
115	364	Mike	Chipping	Bristol and West AC	V65	86	4
116	368	Thea	Preece	Croft Ambrey RC	SF	39	10
117	369	Sarah	Hughes		FV35	40	10
118	370	Michael	Barnes	Fairwater Runners Cwmbran	SM	87	35
119	371	Ben	Padian		SM	88	36
120	376	Bonny	Herington		SF	41	11
121	379	Michelle	Embleton	Ashington Hirst Running Club	FV45	42	3
122	379	Ann	Pritchard	Wye Valley Runners	FV50	43	8
123	382	Jane	Sauer	Tewkesbury Running Club	FV40	44	8
124	383	Gemma	Davies	Croft Ambrey RC	FV35	45	11
124	383	Remo	Morgani	BTR Road Runners	V55	89	7
125	386	Rachel	Downes		FV55	46	2
125	386	Naomi	Smith	Lonely Goat Running Club	FV35	46	12
126	389	Richard	Cavender	Black Pear Joggers	V55	90	8
127	394	Haf	Rees	Hereford & County AC	JF	47	3
128	397	Laura	Jenkins	Hereford Couriers	SF	48	12
128	397	Peter	Mayne		V65	91	5
129	398	Kate	Backhouse	Ledbury & District Harriers	FV35	49	13
130	399	Joyce	Warburton		FV45	50	4
131	402	Kirsty	Hatcher		FV35	51	14
132	410	Garry	Godsall	Hereford Triathlon Club	V45	92	13
133	416	James	Hancocks		V40	93	9
134	417	Peter	Covington-Jones	Forest of Dean AC	V60	94	6
134	417	Hollie	Francis	Hereford Couriers	SF	52	13
135	420	Bronwyn	Preece	Croft Ambrey RC	SF	53	14
136	423	Ruth	Cartwright		SF	54	15
137	424	Ben	Goddard		SM	95	36
138	425	Lindsay	Dobbie	The meedies running club	FV40	55	9
139	425	Hayley	Lovatt		FV40	56	10
140	426	Stephen	Hobson	Hereford Couriers	V60	96	7
141	427	Stuart	Taylor		V40	97	10
142	429	Louis	Ansfield	Hereford Ghost Runners	JM	98	9
143	431	Jenny	Clarke	Triathlon Inverness	FV45	57	5

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144	433	Samantha	Downes		FV35	58	15
145	436	Lucia	Demkova	Monross Trailblazers	FV35	59	16
145	436	Peter	Ewart		V40	99	11
145	436	Erica	Pritchard		FV40	59	11
146	438	Charlie	Jones	Cheltenham and County Harriers	SM	100	37
147	443	Lucy	Smith		FV40	60	12
148	444	Richard	Andrews	Hereford Triathlon Club	V50	101	11
148	444	Adrian	Taylor	Presteigne Pacers Running Club	V50	101	11
149	445	Sandy	Ross	Ludlow Runners	V65	102	6
150	446	Margaret	Crosswell	Worcester AC	FV70	61	1
150	446	Deanna	Mammatt	Hereford Triathlon Club	FV45	61	6
151	452	Rhiannon	George	Hereford Triathlon Club	SF	62	16
152	454	Vanessa	Pegler	Forest of Dean AC	FV50	63	9
153	455	Victoria	Dickinson	Croft Ambrey RC	FV50	64	10
154	456	Lindsey	Morgan		SF	65	17
155	458	William	Gore	Croft Ambrey RC	SM	103	38
156	459	Jack	Wilson	Croft Ambrey RC	SM	104	39
157	460	Philip	Bouchier		SM	105	40
158	463	Teresa	Jones	Croft Ambrey RC	FV50	66	11
159	465	Oliver	Foster		V40	106	12
160	467	Abigail	Allcock		FV40	67	13
161	468	Caz	Holmes	Hereford Couriers	SF	68	18
162	471	Martin	Scrivens	Monross Trailblazers	V40	107	13
163	473	Mia	Whitnall	Hereford & County AC	JF	69	4
164	477	Nigel	Taylor	Croft Ambrey RC	V50	108	12
165	478	William	Connell	Hereford Couriers	V60	109	8
166	481	Joanne	Tilby	Croft Ambrey RC	FV35	70	17
167	483	Eilidh	Eadington	Wee County Harriers	JF	71	5
168	483	Paul	Taylor		V65	110	7
169	485	Amy	Gilligan	Wye Valley Runners	SF	72	19
170	486	Michelle	McGrath		FV35	73	18
171	488	Bill	Duff	Falkland Trail Runners	V70	111	3
172	490	Felicity	Cole		FV55	74	3
172	490	claire	shacklock	Black Pear Joggers	FV35	74	19
172	494	Kate	Darby		SF	75	20
172	494	Sophie	Steane	Croft Ambrey RC	SF	75	20
173	497	Adam	Haywood	Wye Valley Runners	SM	112	41
173	497	Izzie	Seal	Hereford Couriers	SF	76	21
173	497	Bev	Tyler	Hereford Couriers	FV50	76	12
174	498	Rachel	Bannister	Ledbury & District Harriers	FV40	77	14
175	503	James	Bellringer		SM	113	42

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176	506	Hannah	Campbell	Hereford Couriers	SF	78	22
176	506	Clare	Sims	London City Runners	FV45	78	7
177	510	Kelly	Murray	Hereford Couriers	SF	79	23
178	513	Mel	Heale	Run Things Run Club	FV45	80	8
179	515	Ben	Warburton		JM	114	10
180	518	Louise	Reeve	Croft Ambrey RC	FV40	81	15
181	519	Lisa	Gray	Croft Ambrey RC	FV45	82	9
182	520	Catherine	Bushnell		SF	83	24
183	524	Kelly	Jones		SF	84	25
184	527	Ivan	Bowley		V55	115	9
185	528	Allastaire	Ballantyne	Hereford Couriers	V55	116	10
185	528	Sarah	Elwine		FV50	85	13
186	529	Rachel	Trott	Hereford Tri-Club	FV50	86	14
187	531	Mary	Simpson	Royal Wootton Bassett Hounds RC	FV60	87	2
188	537	Emi-Lou	Barker		SF	88	26
189	540	Jan	Edwards	Wye Valley Runners	FV60	89	3
190	541	Abigail	Brown		FV35	90	20
191	545	Mark	Paget		SM	117	43
192	547	John	Noonan		V60	118	9
193	548	Lucy	Belcher		FV35	91	21
193	548	Graeme	Galloway		V50	119	13
193	548	Ashleigh	Winstanley	Malvern Joggers	SF	91	27
194	549	Richard	Bloomer		SM	120	44
194	549	Chris	Ruck	Hereford Couriers	V50	120	14
195	550	Nicola	Paton		FV35	92	22
195	550	Mandy	Rees	Hereford Couriers	FV40	92	16
195	550	Vicky	Turner		FV35	92	22
196	553	Paul	Gilbert	Hereford Couriers	V45	121	14
197	561	Dominic	Cresswell		JM	122	11
198	566	Clair	Davies		FV35	93	23
198	566	Fran	Hill		FV50	93	15
199	569	Andy	Evans		V40	123	14
200	573	Clare	Preece	Croft Ambrey RC	FV50	94	16
201	575	Suzanne	Field	Croft Ambrey RC	FV50	95	17
202	576	Gillian	Strangwood		FV50	96	18
203	577	Nicola	Dearing		FV35	97	24
204	580	Shirley	Gozén		FV60	98	4
205	586	Amanda	Williams		FV40	99	17
206	588	Tom	Davies	Croft Ambrey RC	V70	124	4
207	589	Milly	Gough		JF	100	6

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207	589	Janice	Whitelegge		FV45	100	10
208	595	Alyson	Kinsey		FV35	101	25
209	599	Nicola	Davies	Hay Hotfooters	FV45	102	11
210	600	Charlotte	House		SF	103	28
211	601	Peggy	Edwards	Pontypridd Roadents AC	FV50	104	19
212	607	Helen	McCarthy		FV55	105	4
213	608	Sally	Hall		FV50	106	20
214	614	Bryan	Markham	Croft Ambrey RC	V80	125	1
214	614	Carol	Powell	Croft Ambrey RC	FV45	107	12
215	615	Philippa	Brooks		FV45	108	13
216	618	Sarah	Bowring	Hereford Couriers	FV50	109	21
216	618	Heather	Powell	Croft Ambrey RC	FV55	109	5
217	619	Karen	Mercer		FV55	110	6
218	622	Frances	Hall		JF	111	7
219	625	Duncan	Lynch	Ugieside	V55	126	11
220	627	Dan	Griffin	Fordy Runs Running Club	V45	127	15
221	631	Anna	Simpkin	Hereford Couriers	SF	112	29
222	632	Liz	Fishpool	Bodenham Runners	SF	113	30
223	633	Rachel	Lawrence		SF	114	31
223	633	Peter	Smith	Wye Valley Runners	V70	128	5
224	636	Rhiannon	Harrison		FV40	115	18
225	640	Christabel	Hall		JF	116	8
226	641	Tonia	Noon	Croft Ambrey RC	FV50	117	22
226	641	Tim	Winstanley	Malvern Joggers	V50	129	15
227	642	Rachel	Todd		FV40	118	19
228	646	Samantha	Preece		SF	119	32
229	649	Caroline	Edwards		FV50	120	23
230	657	Marc	Kendrick	Wye Valley Runners	SM	130	45
231	660	Mary	Mort	Empower Runners	FV45	121	14
232	664	Sabeena	Domun		FV40	122	20
232	664	Millie	Walters		JF	122	9
233	671	Sean	Kachmarski	Denby Dale Athletics Club	V50	131	16
234	673	Cheryl	Clarke-Phillips	Malvern Joggers	FV35	123	26
235	677	Dexter	Cole		SM	132	46
236	679	Catherine	Alexander	Lonely Goat Running Club	FV45	124	15
237	680	Kayleigh	Cresswell		FV35	125	27
237	680	Sarah Ann	Handy	Ashington Hirst Running Club	FV45	125	16
237	680	Susannah	Hurlbutt	Ashington Hirst Running Club	FV70	125	2
237	680	Niamh	Roberts		JF	125	10
238	682	David	Bruce	JogScotland	V50	133	17
238	682	Annette	Duff		FV60	126	5

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239	683	Julie	Lawrenson		FV50 Wheelchair	127	1
240	686	Stephen	Fullard		V60	134	10
241	692	Jenny	Parrott		SF	128	33
242	695	Sharon	Wood		FV45	129	17
243	491	Sharon	Wood		FV45	125	17