

Hereford Couriers Virtual 5k Race Series - September 2020

Pos	Time	Forename	Surname	Club	Age Cat	Gender Pos	Cat Pos
1	0:15:53	Eliot	Taylor	Cheltenham and County Harriers	SM	1	1
2	0:16:09	Sam	Butler	Presteigne Pacers Running Club	SM	2	2
3	0:16:27	Lee	Kibble	Forest of Dean AC	SM	3	3
4	0:16:32	Cory	Sherwin	Forest of Dean AC	SM	4	4
5	0:16:53	Henry	White	Hereford Ghost Runners	JM	5	1
6	0:17:04	Ryan	Knight	Hereford Couriers	SM	6	5
7	0:17:23	Eric	Apperley	Croft Ambrey RC	SM	7	6
8	0:17:29	Declan	Miller	Ludlow Runners	SM	8	7
9	0:17:32	Scott	Jones	Croft Ambrey RC	JM	9	2
10	0:17:33	Steven	Flowers	Wye Valley Runners	SM	10	8
10	0:17:33	David	O'Connell	Presteigne Pacers Running Club	SM	10	8
11	0:17:34	David	Bannister	Ledbury & District Harriers	V45	11	1
12	0:17:37	Steve	Harris	Forest of Dean AC	V40	12	1
13	0:17:51	Darren	Broady	Hereford Couriers	SM	13	9
14	0:17:57	Katie	Synge-Curtis	Hereford Couriers	SF	1	1
15	0:18:03	Paul	Jones	Hereford Couriers	V45	14	2
16	0:18:12	James	Rose	Severn AC	V40	15	2
17	0:18:14	Andrew	Tyler	Hereford Couriers	V45	16	3
18	0:18:27	William	Maul	Hereford Couriers	SM	17	10
19	0:18:29	Gareth	Lloyd	Presteigne Pacers Running Club	SM	18	11
20	0:18:43	Claire	Thomas	Ludlow Runners	FV35	2	1
21	0:18:50	Owain	Williams		SM	19	12
22	0:18:57	Daniel	Phillips		SM	20	13
23	0:19:04	Samantha	Harris	Forest of Dean AC	FV40	3	1
24	0:19:24	Daniel	Spear	Ludlow Runners	SM	21	14
25	0:19:28	Martin	Carter	Hay Hotfooters	V55	22	1
26	0:19:39	Neil	Grinnell	Ledbury & District Harriers	V40	23	3
27	0:19:43	Matt	Ansfield		V45	24	4
27	0:19:43	Mark	Radon		SM	24	15
28	0:19:44	Ben	Skinner	Hereford Couriers	SM	25	16
28	0:19:44	Alan	Whitby	Tewkesbury Running Club	V60	25	1
29	0:19:58	Alice	Godding	Croft Ambrey RC	SF	4	2
30	0:19:58	Graeme	Walker	Hereford Couriers	V55	26	2
31	0:20:03	Tim	Giles	Ludlow Runners	V45	27	5
32	0:20:04	Steve	Jones	Hereford Couriers	SM	28	17
33	0:20:09	Rob	Scott		SM	29	18
34	0:20:10	Martin	Williams		V40	30	4
35	0:20:21	Hannah	Fletcher	Croft Ambrey RC	FV35	5	2
36	0:20:27	Kit	Williams		SM	31	19
37	0:20:28	Joanna	Eddy		FV40	6	2
38	0:20:41	Charlotte	Broadhurst	Kidderminster and Stourport	JF	7	1
39	0:20:42	Paul	Mammatt	Hereford Triathlon Club	V50	32	1

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40	0:21:14	Mark	Hookins	Hereford Couriers	V50	33	2
40	0:21:14	Clare	Mallender	Hereford Couriers	FV40	8	3
41	0:21:16	Jamie	Griffiths		SM	34	20
42	0:21:17	Stuart	Davies		SM	35	21
42	0:21:17	Paddy	Nugent	Wye Valley Runners	V55	35	3
43	0:21:18	Ryan	Lawrence	Hereford Couriers	SM	35	22
44	0:21:21	Alan	Robertson	Forest of Dean AC	V65	35	1
44	0:21:21	Laura	Tootell	Wye Valley Runners	FV40	9	4
45	0:21:22	Dan	Hardy		SM	35	23
46	0:21:25	Izzy	Axford	Hereford Couriers	SF	10	3
46	0:21:25	Kelly	Bowen	Croft Ambrey RC	FV35	10	3
46	0:21:25	Cai	Rees	Hereford & County AC	JM	35	3
46	0:21:25	Mark	Williamson	Forest of Dean AC	V60	35	2
47	0:21:34	Paul	Davies	Hereford Couriers	V55	36	4
48	0:21:38	Michael	Strange	Forest of Dean AC	V65	37	2
49	0:21:46	Peter	Koval		SM	38	24
50	0:21:47	Lauren	Williams	Wye Valley Runners	SF	11	4
51	0:21:48	Linda	White		FV50	12	1
51	0:21:48	David	White	Hereford Couriers	V50	39	3
52	0:21:49	Sophie	Cook	Builth & District Running Club	FV35	13	4
52	0:21:49	Daniel	Mapp	Hereford Couriers	SM	40	25
53	0:21:51	Peter	Carwardine	Hereford Couriers	V60	41	3
54	0:21:53	Jason	Griffiths		SM	42	26
54	0:21:53	Simon	Lewis	Lonely Goat Running Club	V45	42	6
55	0:21:55	Amy	Smith	Hereford Couriers	FV35	14	5
55	0:21:55	Eva	Tyler	Hereford & County AC	JF	14	2
56	0:22:00	Sam	Juson	Croft Ambrey RC	SM	43	27
57	0:22:04	John	Jaspers	Croft Ambrey RC	V50	44	4
57	0:22:04	Richard	Pegler	Forest of Dean AC	V45	45	7
58	0:22:05	Barry	Moses		V45	46	8
59	0:22:24	Robert	Gilligan	Wye Valley Runners	V55	47	5
60	0:22:31	David	Butler		SM	48	28
61	0:22:32	Helen	Carter	Presteigne Pacers Running Club	FV50	15	2
62	0:22:34	Alex	Millar	Westfield TT	V50	49	5
63	0:22:53	Christopher	Berry	Black Pear Joggers	V50	50	6
63	0:22:53	Kate	Morris	Hereford Couriers	FV35	16	6
63	0:22:53	Thomas	Powell	Ludlow Runners	SM	50	29
64	0:22:58	Dean	Whittaker	Witham RC	V40	51	5
65	0:23:00	Ben	Young		V40	52	6
66	0:23:02	Stephen	Higgs	Lonely Goat Running Club	V65	53	3
67	0:23:06	Jane	Hayde	Wye Valley Runners	FV35	17	7
68	0:23:12	Conor	Giggle		SM	54	30
69	0:23:13	Ian	Fuller	Malvern Joggers	V45	55	9
70	0:23:20	Roland	Preece	Croft Ambrey RC	V50	56	7

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71	0:23:31	Jonathan	Sanderson	Croft Ambrey RC	V45	57	10
72	0:23:33	Jo	Marriott	Croft Ambrey RC	FV50	18	3
73	0:23:36	Lynne	Compton	Wye Valley Runners	FV50	19	4
73	0:23:36	Chris	Smart	Hereford Couriers	V55	58	6
74	0:23:38	Steve	Herington	Hereford Couriers	V70	59	1
75	0:23:39	David	Bessant	Black Pear Joggers	V50	60	8
76	0:23:50	Kirsty	Jenkins	Hereford Couriers	SF	20	5
77	0:23:51	Bryan	Lloyd	Presteigne Pacers Running Club	V60	61	4
77	0:23:51	Jason	Ross-Collins	Forest of Dean AC	V45	61	11
78	0:23:52	Bronwen	Tyler-Jones	Hereford Couriers	FV45	21	1
79	0:24:06	Ruth	Jones	Forest of Dean AC	FV50	22	5
80	0:24:14	Gareth	Starr		V50	62	9
81	0:24:16	Michelle	Bowley	Hereford Couriers	FV50	23	6
82	0:24:17	Abi	Knight		SF	24	6
83	0:24:19	Ella	Hogan	Ledbury & District Harriers	FV40	25	5
84	0:24:20	Laura	Plummer	Black Pear Joggers	FV35	26	8
85	0:24:22	Fred	Tyler	Hereford & County AC	JM	63	4
86	0:24:24	Greg	Nicholls		SM	64	31
87	0:24:26	Jessica	Depper	Malvern Joggers	SF	27	7
88	0:24:28	John	Elrick	JSK Running Club	V60	65	5
89	0:24:32	Richard	Hillier		SM	66	32
90	0:24:33	Michael	Bryant	Newent Runners	V60	67	6
91	0:24:52	Suzanne	Powell	Croft Ambrey RC	FV55	28	1
92	0:24:54	Thea	Preece	Croft Ambrey RC	SF	29	8
93	0:24:56	Ben	Padian		SM	68	33
94	0:25:07	Jack	Edwards	Croft Ambrey RC	JM	69	5
95	0:25:16	Drew	Cheshire		SM	70	34
96	0:25:20	Michael	Bellringer		SM	71	35
97	0:25:32	Kathy	Ratcliffe		FV60	30	1
98	0:25:38	Michelle	Embleton	Ashington Hirst Running Club	FV45	31	2
99	0:25:45	Charlotte	Godsall	Hereford Triathlon Club	FV45	32	3
100	0:25:50	Colin	Hughes		V50	72	10
101	0:25:51	Ben	Goddard		SM	73	36
101	0:25:51	Stuart	Taylor		V40	74	7
102	0:25:53	William	Connell	Hereford Couriers	V60	75	7
103	0:25:56	Bonny	Herington		SF	33	9
104	0:26:04	Bronwyn	Preece	Croft Ambrey RC	SF	34	10
105	0:26:15	Di	Fox		FV50	35	7
106	0:26:16	Bryony	Dean	Hereford Couriers	FV40	36	6
106	0:26:16	Eilidh	Eadington	Wee County Harriers	JF	36	3
107	0:26:26	Mia	Whitnall	Hereford & County AC	JF	37	4
108	0:26:28	Kevin	Duggan	Presteigne Pacers Running Club	V40	76	8
109	0:26:33	Richard	Cavender	Black Pear Joggers	V55	77	7
110	0:26:42	Gemma	Davies	Croft Ambrey RC	FV35	38	9

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111	0:26:46	Laura	Jenkins	Hereford Couriers	SF	39	11
112	0:26:50	Rachel	Downes		FV55	40	2
112	0:26:50	Steven	Mesham	Presteigne Pacers Running Club	V45	78	12
113	0:26:53	Kirsty	Hatcher		FV35	41	10
114	0:26:54	Sky	Herington	Hereford Couriers	SF	42	12
115	0:27:01	Lianne	Rollinson	Builth & District Running Club	FV35	43	11
116	0:27:04	Hollie	Francis	Hereford Couriers	SF	44	13
117	0:27:08	Adam	Haywood	Wye Valley Runners	SM	79	37
118	0:27:15	Naomi	Smith	Lonely Goat Running Club	FV35	45	12
119	0:27:19	Sarah	Hughes		FV35	46	13
120	0:27:24	Kate	Backhouse	Ledbury & District Harriers	FV35	47	14
120	0:27:24	Emily	Davies	Wye Valley Runners	FV40	47	7
121	0:27:26	Peter	Covington-Jones	Forest of Dean AC	V60	80	8
122	0:27:28	Jenny	Clarke	Triathlon Inverness	FV45	48	4
123	0:27:30	Ann	Pritchard	Wye Valley Runners	FV50	49	8
124	0:27:31	Hayley	Lovatt		FV40	50	8
125	0:27:35	Haf	Rees	Hereford & County AC	JF	51	5
126	0:27:38	Rachel	Trott	Hereford Tri-Club	FV50	52	9
127	0:27:40	Abigail	Allcock		FV40	53	9
128	0:27:44	Stephen	Hobson	Hereford Couriers	V60	81	9
129	0:27:52	Remo	Morgani	BTR Road Runners	V55	82	8
130	0:27:53	Victoria	Dickinson	Croft Ambrey RC	FV50	54	10
130	0:27:53	Erica	Pritchard		FV40	54	10
131	0:27:54	Amy	Gilligan	Wye Valley Runners	SF	55	14
132	0:28:03	Lindsey	Morgan		SF	56	15
133	0:28:08	Mel	Heale	Run Things Run Club	FV45	57	5
134	0:28:09	Joyce	Warburton		FV45	58	6
135	0:28:23	Alyson	Kinsey		FV35	59	15
136	0:28:26	Ben	Warburton		JM	83	6
137	0:28:29	Margaret	Crosswell	Worcester AC	FV70	60	1
138	0:28:35	Teresa	Jones	Croft Ambrey RC	FV50	61	11
139	0:28:38	Claire	Haynes	Malvern Joggers	SF	62	16
140	0:28:51	Peter	Mayne		V65	84	5
141	0:28:52	Sandy	Ross	Ludlow Runners	V65	85	6
142	0:28:53	Lindsay	Dobbie	The meedies running club	FV40	63	11
143	0:29:01	Peter	Ewart		V40	86	9
144	0:29:06	Sophie	Steane	Croft Ambrey RC	SF	64	17
145	0:29:12	Hannah	Campbell	Hereford Couriers	SF	65	18
146	0:29:33	Sarah	Elwine		FV50	66	12
147	0:29:45	Samantha	Downes		FV35	67	16
148	0:29:46	Sophie	Wilcocks		SF	68	19
149	0:29:55	Caz	Holmes	Hereford Couriers	SF	69	20
150	0:30:04	claire	shacklock	Black Pear Joggers	FV35	70	17
151	0:30:08	Rachel	Bannister	Ledbury & District Harriers	FV40	71	12

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152	0:30:16	Bev	Tyler	Hereford Couriers	FV50	72	13
153	0:30:35	James	Bellringer		SM	87	38
154	0:30:42	Jimmy	Allwright		V45	88	13
155	0:30:59	Abigail	Brown		FV35	73	18
156	0:31:02	Vicky	Turner		FV35	74	19
157	0:31:03	Oliver	Foster		V40	89	10
158	0:31:07	Clair	Davies		FV35	75	20
159	0:31:12	Graeme	Galloway		V50	90	11
160	0:31:25	Lisa	Gray	Croft Ambrey RC	FV45	76	7
161	0:31:34	John	Noonan		V60	91	10
162	0:31:38	Fran	Hill		FV50	77	14
163	0:31:46	Suzanne	Field	Croft Ambrey RC	FV50	78	15
163	0:31:46	Mark	Paget		SM	92	39
164	0:31:53	Tom	Davies	Croft Ambrey RC	V70	93	2
165	0:32:12	Mary	Simpson	Royal Wootton Bassett Hounds RC	FV60	79	2
166	0:32:44	Kelly	Murray	Hereford Couriers	SF	80	21
167	0:32:54	Andrew William Phi	Knott	Forest of Dean AC	V40	94	11
168	0:32:57	Tim	Winstanley	Malvern Joggers	V50	95	12
169	0:33:11	Amanda	Williams		FV40	81	13
170	0:33:27	Rachel	Lawrence		SF	82	22
171	0:33:42	Darren	Edwards	Croft Ambrey RC	V45	96	14
172	0:33:50	Paul	Taylor		V65	97	7
173	0:33:51	Chris	Ruck	Hereford Couriers	V50	98	13
174	0:34:09	Shirley	Gozën		FV60	83	3
175	0:34:15	Bryan	Markham	Croft Ambrey RC	V80	99	1
176	0:34:21	Sarah	Bowring	Hereford Couriers	FV50	84	16
177	0:35:01	Clare	Preece	Croft Ambrey RC	FV50	85	17
178	0:35:18	Nicola	Davies	Hay Hotfooters	FV45	86	8
179	0:35:29	Karen	Mercer		FV55	87	3
180	0:35:33	Heather	Powell	Croft Ambrey RC	FV55	88	4
181	0:35:43	Richard	Bloomer		SM	100	40
182	0:35:44	Duncan	Lynch	Ugieside	V55	101	9
183	0:35:47	Kate	Darby		SF	89	23
184	0:35:57	Nicola	Dearing		FV35	90	21
185	0:36:43	Michelle	McGrath		FV35	91	22
186	0:37:14	Tonia	Noon	Croft Ambrey RC	FV50	92	18
187	0:37:50	Peter	Smith	Wye Valley Runners	V70	102	3
188	0:39:44	Gillian	Strangwood		FV50	93	19
189	0:40:16	Andy	Evans		V40	103	12
190	0:40:42	Sally	Hall		FV50	94	20
191	0:41:06	Millie	Walters		JF	95	6
192	0:41:09	Christabel	Hall		JF	96	7
193	0:41:33	Philippa	Brooks		FV45	97	9
194	0:41:52	Mary	Mort	Empower Runners	FV45	98	10

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195	0:43:38	Liz	Fishpool	Bodenham Runners	SF	99	24
196	0:44:11	Caroline	Edwards		FV50	100	21
197	0:44:46	David	Bruce	JogScotland	V50	104	14
198	0:45:47	Bill	Duff	Falkland Trail Runners	V70	105	4
199	0:47:57	Emi-Lou	Barker		SF	101	25
200	0:49:37	Julie	Lawrenson		FV50 Wheelcha	102	1
201	0:49:50	Annette	Duff		FV60	103	4
202	0:51:53	Stephen	Fullard		V60	106	11
203	0:52:41	Jenny	Parrott		SF	104	26
204	0:57:44	Sharon	Wood		FV45	105	11
204	RNR	Mark	Alston	Malvern Buzzards Running Club	SM		
204	RNR	Richard	Andrews	Hereford Triathlon Club	V50		
204	RNR	Louis	Ansfield	Hereford Ghost Runners	JM		
204	RNR	Lesley	Ashton	Vegan Runners UK	FV60		
204	RNR	Allastaire	Ballantyne	Hereford Couriers	V55		
204	RNR	Michael	Barnes	Fairwater Runners Cwmbran	SM		
204	RNR	Jon	Barnes	Hereford Couriers	SM		
204	RNR	David	Barrett	Croft Ambrey RC	V50		
204	RNR	Lucy	Belcher		FV35		
204	RNR	Ruth	Bennett	Black Pear Joggers	FV35		
204	RNR	Adrian	Bennett	Black Pear Joggers	V40		
204	RNR	Ben	Bereza		SM		
204	RNR	Philip	Bouchier		SM		
204	RNR	Ivan	Bowley		V55		
204	RNR	Matthew	Brunnock	Hereford & County AC	JM		
204	RNR	Catherine	Bushnell		SF		
204	RNR	Ruth	Cartwright		SF		
204	RNR	Nicky	Chard	Parc Bryn Bach Running Club	V45		
204	RNR	Mike	Chipping	Bristol and West AC	V65		
204	RNR	Matt	Claine	Treffy Striders	SM		
204	RNR	Cheryl	Clarke-Phillips	Malvern Joggers	FV35		
204	RNR	Felicity	Cole		FV55		
204	RNR	Dexter	Cole		SM		
204	RNR	Joe	Collins	Hay Hotfooters	JM		
204	RNR	Ned	Collins	Hay Hotfooters	JM		
204	RNR	David	Collyer	Ledbury & District Harriers	V40		
204	RNR	Dominic	Cresswell		JM		
204	RNR	Kayleigh	Cresswell		FV35		
204	RNR	Richard	Cronin	Forest of Dean AC	SM		
204	RNR	Jake	Cullum-Hollins	Hereford Couriers	SM		
204	RNR	Liam	Curtis-Moore	Wye Valley Runners	SM		
204	RNR	Neil	Davies	Treffy Striders	SM		
204	RNR	Lucia	Demkova	Monross Trailblazers	FV35		
204	RNR	Paul	Downey		V60		

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204	RNR	Jon	Edwards	Hereford Couriers	V40		
204	RNR	Peggy	Edwards	Pontypridd Roadents AC	FV50		
204	RNR	Jan	Edwards	Wye Valley Runners	FV60		
204	RNR	Gitta	Ferguson	Hereford Couriers	FV55		
204	RNR	Leyton	Fleet	Forest of Dean AC	V45		
204	RNR	James	Fletcher	Monross Trailblazers	V50		
204	RNR	David	Francis	Cheltenham and County Harriers	V40		
204	RNR	Rhiannon	George	Hereford Triathlon Club	SF		
204	RNR	Paul	Gilbert	Hereford Couriers	V45		
204	RNR	Ben	Glinos	Croft Ambrey RC	JM		
204	RNR	Garry	Godsall	Hereford Triathlon Club	V45		
204	RNR	William	Gore	Croft Ambrey RC	SM		
204	RNR	Robyn	Gore	Croft Ambrey RC	SF		
204	RNR	Milly	Gough		JF		
204	RNR	Dan	Griffin	Fordy Runs Running Club	V45		
204	RNR	Jo	Griffiths		FV50		
204	RNR	Frances	Hall		JF		
204	RNR	James	Hancocks		V40		
204	RNR	Sarah Ann	Handy	Ashington Hirst Running Club	FV45		
204	RNR	Rhiannon	Harrison		FV40		
204	RNR	Susie	Hay	Hereford Couriers	FV35		
204	RNR	Sally	Hayes	Ludlow Runners	FV75		
204	RNR	Gemma	Hewitt	Lonely Goat Running Club	FV35		
204	RNR	Charlotte	House		SF		
204	RNR	David	Howells	Severn AC	V50		
204	RNR	Susannah	Hurlbutt	Ashington Hirst Running Club	FV70		
204	RNR	Jeremy	Jehan	Wye Valley Runners	V45		
204	RNR	Richard	Jessett		SM		
204	RNR	Kelly	Jones		SF		
204	RNR	Charlie	Jones	Cheltenham and County Harriers	SM		
204	RNR	Sean	Kachmarski	Denby Dale Athletics Club	V50		
204	RNR	Marc	Kendrick	Wye Valley Runners	SM		
204	RNR	Emma	King	Spirit Of Monmouth	FV35		
204	RNR	Eleanor	Kite	Monross Trailblazers	SF		
204	RNR	Matt	Lambourne	Cheltenham and County Harriers	SM		
204	RNR	Martin	Lloyd		V40		
204	RNR	Ralph	Lloyd	Wye Valley Runners	V55		
204	RNR	Gemma	Mallett	Croft Ambrey RC	SF		
204	RNR	Deanna	Mammatt	Hereford Triathlon Club	FV45		
204	RNR	Patricia	Marshall	Sandhurst Joggers	FV70		
204	RNR	Helen	McCarthy		FV55		
204	RNR	George	McCarthy -Allen		SM		
204	RNR	Alison	Merley		FV55		
204	RNR	Paul	Millsom	Vegan Runners UK	V60		

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204	RNR	Julie	Neave		FV40		
204	RNR	George	Neave		JM		
204	RNR	Georgie	Parnell	Chepstow Harriers	FV35		
204	RNR	Nicola	Paton		FV35		
204	RNR	Vanessa	Pegler	Forest of Dean AC	FV50		
204	RNR	Rob	Potter	Monross Trailblazers	V40		
204	RNR	Carol	Powell	Croft Ambrey RC	FV45		
204	RNR	Samantha	Preece		SF		
204	RNR	Charlie	Price	Treffy Striders	SM		
204	RNR	Lindsay	Pulley	Cleobury Mortimer Running Club	V80		
204	RNR	Louise	Reeve	Croft Ambrey RC	FV40		
204	RNR	William	Richmond	Severn AC	SM		
204	RNR	Jon- Henry	Robbie		JM		
204	RNR	Mackenzie	Robbie		SF		
204	RNR	Niamh	Roberts		JF		
204	RNR	Ashley	Robinson	Croft Ambrey RC	V70		
204	RNR	James	Rogers	Clapham Chasers	SM		
204	RNR	Jane	Sauer	Tewkesbury Running Club	FV40		
204	RNR	Martin	Scrivens	Monross Trailblazers	V40		
204	RNR	Izzie	Seal	Hereford Couriers	SF		
204	RNR	Avril	Seftel		FV45		
204	RNR	Anna	Simpkin	Hereford Couriers	SF		
204	RNR	Clare	Sims	London City Runners	FV45		
204	RNR	Lucy	Smith		FV40		
204	RNR	Edward	Smith	Croft Ambrey RC	V50		
204	RNR	Brian	Symonds	Wye Valley Runners	V70		
204	RNR	Nigel	Taylor	Croft Ambrey RC	V50		
204	RNR	Adrian	Taylor	Presteigne Pacers Running Club	V50		
204	RNR	Joanne	Tilby	Croft Ambrey RC	FV35		
204	RNR	Rachel	Todd		FV40		
204	RNR	Sam	Twiner		SM		
204	RNR	Keela	Walsh		FV45		
204	RNR	Simon	Ward	Croft Ambrey RC	V45		
204	RNR	Vanessa	Ward	Monross Trailblazers	SF		
204	RNR	Paul	Watts	Harlow Running Club	V55		
204	RNR	Janice	Whitelegge		FV45		
204	RNR	Keith	Williams		V60		
204	RNR	Ashleigh	Winstanley	Malvern Joggers	SF		
204	RNR	Victoria	Woodhall	Hereford Couriers	FV45		
204	RNR	Scarlett	Owen		SF		
204	RNR	Jack	Wilson	Croft Ambrey RC	SM		
204	RNR	Sharon	Wood		FV45		
204	RNR	Sabeena	Domun		FV40		
204	RNR	Mandy	Rees	Hereford Couriers	FV40		

Hereford Couriers Virtual 5k Race Series - September 2020

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