

# Hereford Couriers Christmas 10k

## Age Group Results



Po	No	Name	Club	Gun	Chip
1.	30			53:19	52:36

### F Jun

1.	178	Charlotte		43:31	43:18
2.	124	Addy	Hay Hotfooters	46:57	46:28

### F Sen

1.	258	Alice	Croft Ambrey	41:34	41:18
2.	90	Roxane	Croft Ambrey	43:43	43:21
3.	150	Katie	Croft Ambrey	45:22	44:52
4.	236	Abi Knight		51:05	50:24
5.	58	Kirsty	Hereford	51:51	51:10
6.	257	Thea	Croft Ambrey	53:01	52:18
7.	88	Bronwyn	Croft Ambrey	55:35	54:53
8.	60	Hollie	Hereford	57:28	56:34
9.	231	Alice		58:21	57:33
10.	265	Emma		1:00:13	59:29
11.	230	Jo Woolley		1:00:35	59:47
12.	233	Sian		1:02:06	1:01:08
13.	14	Laura	Hereford	1:02:35	1:01:38
14.	51	SIAN	Ledbury &	1:04:36	1:03:44
15.	28	Hannah	Hereford	1:05:41	1:04:45
16.	276	Chloe	Ledbury &	1:06:15	1:05:22
17.	274	Sophie	Black Pear	1:24:33	1:24:33

### F35

1.	136	Donna	Builth & District	38:53	38:44
2.	254	Kelly	Croft Ambrey	41:21	41:05
3.	62	Jane		48:26	47:51
4.	263	Sophie	Spirit of	50:22	49:48
5.	191	Monika		52:15	51:38
6.	197	Jana		55:07	54:35
7.	180	Lucy Capel	Black Pear	55:52	55:15
8.	59	Alyson		58:24	57:36
9.	91	Dawn Lane		58:56	57:59
10.	96	EMMA		1:06:13	1:05:20
11.	204	Emma		1:12:45	1:11:59

### F40

1.	154	Clare	Hereford	46:14	45:56
2.	202	Emma		50:53	50:27
3.	19	Ella Hogan	Ledbury &	52:34	51:54
4.	205	Kelly Rose	Hereford	54:07	53:26
5.	67	Emma		55:38	54:57
6.	220	Rachel	Ledbury &	1:01:14	1:00:27
7.	134	Joanna		1:01:48	1:00:50
8.	221	Rachel		1:02:06	1:01:08

9.	138	Hayley		1:15:27	1:14:35
10.	212	Anna		1:16:06	1:15:13

### F45

1.	195	Kate Platt		47:57	47:24
2.	130	Rebecca		48:31	47:55
3.	196	Bronwen	Hereford	53:20	52:29
4.	185	Bryony	Hereford	56:07	55:12
5.	108	Sara		56:16	55:35
6.	109	Susan		59:20	58:31
7.	177	Sarah	Ludlow Runners	59:18	58:32
8.	29	Victoria	Ledbury &	1:00:48	59:57
9.	237	Inese	Lonely Goat RC	1:01:46	1:01:04
10.	133	Tanya		1:02:22	1:01:23
11.	100	Clare Sims	London City	1:06:13	1:05:20
12.	216	Rachel	Lonely Goat RC	1:17:55	1:16:58
13.	266	Carrie		1:24:33	1:24:33

### F50

1.	239	Sheryl	Hereford	45:07	44:53
2.	144	Sian	Wye Valley	57:13	56:18
3.	182	Sarah		1:05:13	1:04:26

### F55

1.	241	Iza Austin	Croft Ambrey	53:30	52:48
2.	131	Liz		55:26	54:44
3.	117	Stephanie	Croft Ambrey	57:47	57:00
4.	168	Helen	Lawley Running	1:04:25	1:03:40
5.	256	Sue Purvin		1:07:33	1:06:43

### F60

1.	9	Lesley	Vegan Runners	56:40	56:00
2.	79	Sue Wood	Croft Ambrey	1:03:31	1:02:35

### M Jun

1.	268	Malachi	Malvern	34:54	34:52
2.	259	William		36:41	36:38
3.	247	Oscar		42:20	41:57
4.	53	Will	Cardiff	47:48	47:24

### MSen

1.	78	Charlie	Western Tempo	33:09	33:08
2.	169	David	Western Tempo	34:15	34:14
3.	251	Gavin	Monross	35:05	35:02
4.	86	Sam Butler	Presteigne	35:25	35:22
5.	43	Robert	Chepstow	35:41	35:39
6.	272	Toby	Monross	35:43	35:40
7.	166	Ryan	Hereford	35:48	35:45
8.	132	William	Hereford	35:57	35:53

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Po	No	Name	Club	Gun	Chip
9.	243	Toby	Croft Ambrey	36:26	36:24
10.	226	Steven	Wye Valley	36:57	36:55
11.	102	Eric	Croft Ambrey	37:04	36:58
12.	171	Darren	Hereford	37:18	37:15
13.	135	Nick		37:25	37:21
14.	107	Ross	Hereford	38:16	38:12
15.	42	Simon	Malvern	38:52	38:47
16.	198	Ryan	Hereford	39:17	39:08
17.	61	Nigel		40:05	39:57
18.	271	Daniel	Black Pear	40:12	40:06
19.	2	Paul		40:55	40:38
20.	192	Christophe	Hereford	41:13	41:05
21.	122	Daniel	Ludlow Runners	41:30	41:15
22.	26	Sam		41:42	41:27
23.	181	Sunin	Wrekin Road	42:07	41:53
24.	253	Grant	Monross	42:41	42:30
25.	189	Luke		42:58	42:42
26.	227	Jonny		43:53	43:32
27.	225	Stuart		44:07	43:47
28.	74	Ross		44:58	44:23
29.	71	Kit		44:57	44:36
30.	57	Marc	Wye Valley	45:06	44:37
31.	83	Jason		46:08	45:41
32.	151	John		46:14	45:45
33.	262	Doug	Hereford	47:48	47:17
34.	238	Dan Hardy		48:05	47:34
35.	20	Daniel	Hereford	48:36	48:03
36.	165	Richard		48:49	48:05
37.	229	Christian		49:52	49:15
38.	242	David		51:04	50:24
39.	101	Zac Jones		52:30	51:51
40.	106	Arkadiusz		55:30	54:47
41.	23	Jake	Hereford	57:04	56:10
42.	12	Ben		57:14	56:30
43.	125	Keldan		58:45	58:16
44.	142	Carl Jones		1:06:43	1:05:58
45.	203	Alan		1:12:45	1:11:59
46.	275	Dan		1:24:31	1:24:31

### M40

1.	175	Jake	Hereford	39:00	38:55
2.	214	Colin		40:28	40:22
3.	228	Paul Kemp	Wye Valley	40:44	40:27
4.	232	Daniel		40:41	40:32
5.	206	Martin		42:21	42:10
6.	264	John	Black Pear	44:48	44:23
7.	64	Gareth		58:24	57:36
8.	68	Stuart		1:02:39	1:01:55

Po	No	Name	Club	Gun	Chip
<b>M45</b>					
1.	219	David	Ledbury &	37:09	37:04
2.	270	James		38:35	38:16
3.	210	Andrew	Hereford	38:44	38:39
4.	76	Jeremy	Wye Valley	40:32	40:27
5.	63	Stephen	Cleobury	40:48	40:31
6.	70	Kevin		47:05	46:15
7.	114	Damon		47:28	47:09
8.	201	David	Wrekin Road	47:41	47:18
9.	260	Jonathan		57:46	56:58
10.	183	Alan	Hereford	58:00	57:20
11.	255	Scott	Black Pear	1:24:30	1:24:30

### M50

1.	99	Paul	Lonely Goat RC	43:14	42:47
2.	98	Michael		44:31	44:06
3.	120	Michael	Croft Ambrey	44:56	44:26
4.	97	Mark		47:20	46:53
5.	190	John	Croft Ambrey	48:54	48:25
6.	46	Ian Fuller	Malvern	50:00	49:22
7.	179	Richard		53:20	52:38
8.	105	Chris Ruck	Hereford	1:13:22	1:12:25
9.	252	Alexander	Builth & District	1:24:31	1:24:31

### M55

1.	209	Chris Law		43:51	43:38
2.	250	Shaun	Wye Valley	44:39	44:11
3.	248	Stuart	Croft Ambrey	45:03	44:32
4.	104	Martin	Hay Hotfooters	45:21	45:05
5.	111	Roland	Croft Ambrey	49:25	48:50
6.	27	Paul	Ludlow Runners	49:59	49:34
7.	217	Steve	Lonely Goat RC	53:08	52:30
8.	32	Alvin		53:59	53:20
9.	4	Ralph	Wye Valley	54:58	54:02
10.	69	Mike	Croft Ambrey	57:31	56:46
11.	222	Kevin		57:52	57:15

### M60

1.	193	Tim Taylor	Hereford	40:53	40:40
2.	145	Paddy	Wye Valley	44:30	44:09
3.	44	Christophe	Shrewsbury AC	45:54	45:35
4.	153	Paul	Ludlow Runners	46:04	45:42
5.	52	William	Hereford	50:41	50:09
6.	5	Michael	Newent	53:33	53:07
7.	261	Paul Ward		1:09:35	1:08:52
8.	126	Brent	Wye Valley	1:12:22	1:11:26
9.	13	John		1:20:02	1:19:03
10.	16	Paul	Hereford	1:24:31	1:24:31

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## Age Group Results

Po	No	Name	Club	Gun	Chip	Po	No	Name	Club	Gun	Chip
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### M65

1.	77	Rob Wood	Croft Ambrey	54:01	53:25
2.	92	Richard		1:01:23	1:00:40
3.	176	Stephen		1:18:36	1:17:37

### M70

1.	215	Owen	Builth & District	55:55	55:17
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Number of records: 167