

Hereford Couriers Christmas 10k

Overall Results



Pos	Bib	Name	M/F	Pos	AG	Pos	Club	Gun	Chip
Christmas 10k									
1.	78	Charlie Jones	M	1st	MSen	1st	Western Tempo	33:09	33:08
2.	169	David Aubrey	M	2nd	MSen	2nd	Western Tempo	34:15	34:14
3.	268	Malachi Cashmore	M	3rd	M Jun	1st	Malvern Buzzards Running Club	34:54	34:52
4.	251	Gavin Jones	M	4th	MSen	3rd	Monross Trailblazers	35:05	35:02
5.	86	Sam Butler	M	5th	MSen	4th	Presteigne Pacers	35:25	35:22
6.	43	Robert Pritchard	M	6th	MSen	5th	Chepstow Harriers	35:41	35:39
7.	272	Toby Dickens	M	7th	MSen	6th	Monross Trailblazers	35:43	35:40
8.	166	Ryan Knight	M	8th	MSen	7th	Hereford Couriers	35:48	35:45
9.	132	William Maul	M	9th	MSen	8th	Hereford Couriers	35:57	35:53
10.	243	Toby Austin	M	10th	MSen	9th	Croft Ambrey RC	36:26	36:24
11.	259	William Kennedy	M	11th	M Jun	2nd		36:41	36:38
12.	226	Steven Flowers	M	12th	MSen	10th	Wye Valley Runners	36:57	36:55
13.	102	Eric Apperley	M	13th	MSen	11th	Croft Ambrey RC	37:04	36:58
14.	219	David Bannister	M	14th	M45	1st	Ledbury & District Harriers	37:09	37:04
15.	171	Darren Broady	M	15th	MSen	12th	Hereford Couriers	37:18	37:15
16.	135	Nick Gibbons	M	16th	MSen	13th		37:25	37:21
17.	107	Ross Cameron	M	17th	MSen	14th	Hereford Couriers	38:16	38:12
18.	270	James Richards	M	18th	M45	2nd		38:35	38:16
19.	210	Andrew Tyler	M	19th	M45	3rd	Hereford Couriers	38:44	38:39
20.	136	Donna Morris	F	1st	F35	1st	Builth & District	38:53	38:44
21.	42	Simon Richardson	M	20th	MSen	15th	Malvern Joggers	38:52	38:47
22.	175	Jake Underhill	M	21st	M40	1st	Hereford Couriers	39:00	38:55
23.	198	Ryan Lawrence	M	22nd	MSen	16th	Hereford Couriers	39:17	39:08
24.	61	Nigel Hawkes	M	23rd	MSen	17th		40:05	39:57
25.	271	Daniel Scolari	M	24th	MSen	18th	Black Pear Joggers	40:12	40:06
26.	214	Colin Lambourne	M	25th	M40	2nd		40:28	40:22
27.	228	Paul Kemp	M	26th	M40	3rd	Wye Valley Runners	40:44	40:27
28.	76	Jeremy Jehan	M	27th	M45	4th	Wye Valley Runners	40:32	40:27
29.	63	Stephen Snead	M	28th	M45	5th	Cleobury Mortimer Running	40:48	40:31
30.	232	Daniel Phillips	M	29th	M40	4th		40:41	40:32
31.	2	Paul Campbell	M	30th	MSen	19th		40:55	40:38
32.	193	Tim Taylor	M	31st	M60	1st	Hereford Couriers	40:53	40:40
33.	192	Christopher Cleary	M	32nd	MSen	20th	Hereford Couriers	41:13	41:05
34.	254	Kelly Bowen	F	2nd	F35	2nd	Croft Ambrey RC	41:21	41:05
35.	122	Daniel Spear	M	33rd	MSen	21st	Ludlow Runners	41:30	41:15
36.	258	Alice Godding	F	3rd	FSen	1st	Croft Ambrey RC	41:34	41:18
37.	26	Sam Roberts	M	34th	MSen	22nd		41:42	41:27
38.	181	Sunin Patel	M	35th	MSen	23rd	Wrekin Road Runners	42:07	41:53
39.	247	Oscar Austin	M	36th	M Jun	3rd		42:20	41:57
40.	206	Martin Williams	M	37th	M40	5th		42:21	42:10
41.	253	Grant White	M	38th	MSen	24th	Monross Trailblazers	42:41	42:30
42.	189	Luke Williams	M	39th	MSen	25th		42:58	42:42
43.	99	Paul Saville	M	40th	M50	1st	Lonely Goat RC	43:14	42:47
44.	178	Charlotte Broadhurst	F	4th	F Jun	1st		43:31	43:18
45.	90	Roxane Woodfield	F	5th	FSen	2nd	Croft Ambrey RC	43:43	43:21
46.	227	Jonny Williams	M	41st	MSen	26th		43:53	43:32
47.	209	Chris Law	M	42nd	M55	1st		43:51	43:38
48.	225	Stuart Davies	M	43rd	MSen	27th		44:07	43:47

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49.	98	Michael Jones	M	44th	M50	2nd		44:31	44:06
50.	145	Paddy Nugent	M	45th	M60	2nd	Wye Valley Runners	44:30	44:09
51.	250	Shaun Hoyes	M	46th	M55	2nd	Wye Valley Runners	44:39	44:11
52.	264	John Brennan	M	47th	M40	6th	Black Pear Joggers	44:48	44:23
53.	74	Ross Goodson	M	48th	MSen	28th		44:58	44:23
54.	120	Michael Powell	M	49th	M50	3rd	Croft Ambrey RC	44:56	44:26
55.	248	Stuart Austin	M	50th	M55	3rd	Croft Ambrey RC	45:03	44:32
56.	71	Kit Williams	M	51st	MSen	29th		44:57	44:36
57.	57	Marc Kendrick	M	52nd	MSen	30th	Wye Valley Runners	45:06	44:37
58.	150	Katie Belcher	F	6th	FSen	3rd	Croft Ambrey RC	45:22	44:52
59.	239	Sheryl Evans	F	7th	F50	1st	Hereford Couriers	45:07	44:53
60.	104	Martin Carter	M	53rd	M55	4th	Hay Hotfooters	45:21	45:05
61.	44	Christopher Wakeman	M	54th	M60	3rd	Shrewsbury AC	45:54	45:35
62.	83	Jason Griffiths	M	55th	MSen	31st		46:08	45:41
63.	153	Paul Baskeyfield	M	56th	M60	4th	Ludlow Runners	46:04	45:42
64.	151	John Belcher	M	57th	MSen	32nd		46:14	45:45
65.	154	Clare Mallender	F	8th	F40	1st	Hereford Couriers	46:14	45:56
66.	70	Kevin Turner	M	58th	M45	6th		47:05	46:15
67.	124	Addy Carter	F	9th	F Jun	2nd	Hay Hotfooters	46:57	46:28
68.	97	Mark Watkins	M	59th	M50	4th		47:20	46:53
69.	114	Damon Tarbath	M	60th	M45	7th		47:28	47:09
70.	262	Doug Norton	M	61st	MSen	33rd	Hereford Couriers	47:48	47:17
71.	201	David Leonard	M	62nd	M45	8th	Wrekin Road Runners	47:41	47:18
72.	195	Kate Platt	F	10th	F45	1st		47:57	47:24
73.	53	Will Connell	M	63rd	M Jun	4th	Cardiff University	47:48	47:24
74.	238	Dan Hardy	M	64th	MSen	34th		48:05	47:34
75.	62	Jane Hayde	F	11th	F35	3rd		48:26	47:51
76.	130	Rebecca Anfield	F	12th	F45	2nd		48:31	47:55
77.	20	Daniel Mapp	M	65th	MSen	35th	Hereford Couriers	48:36	48:03
78.	165	Richard Atkinson	M	66th	MSen	36th		48:49	48:05
79.	190	John Jaspers	M	67th	M50	5th	Croft Ambrey RC	48:54	48:25
80.	111	Roland Preece	M	68th	M55	5th	Croft Ambrey RC	49:25	48:50
81.	229	Christian Mason	M	69th	MSen	37th		49:52	49:15
82.	46	Ian Fuller	M	70th	M50	6th	Malvern Joggers	50:00	49:22
83.	27	Paul Roberts	M	71st	M55	6th	Ludlow Runners	49:59	49:34
84.	263	Sophie Williams	F	13th	F35	4th	Spirit of Monmouth	50:22	49:48
85.	52	William Connell	M	72nd	M60	5th	Hereford Couriers	50:41	50:09
86.	236	Abi Knight	F	14th	FSen	4th		51:05	50:24
87.	242	David Butler	M	73rd	MSen	38th		51:04	50:24
88.	202	Emma Stewardson	F	15th	F40	2nd		50:53	50:27
89.	58	Kirsty Jenkins	F	16th	FSen	5th	Hereford Couriers	51:51	51:10
90.	191	Monika Gorska	F	17th	F35	5th		52:15	51:38
91.	101	Zac Jones	M	74th	MSen	39th		52:30	51:51
92.	19	Ella Hogan	F	18th	F40	3rd	Ledbury & District Harriers	52:34	51:54
93.	257	Thea Preece	F	19th	FSen	6th	Croft Ambrey RC	53:01	52:18
94.	196	Bronwen Tyler-Jones	F	20th	F45	3rd	Hereford Couriers	53:20	52:29
95.	217	Steve Roode	M	75th	M55	7th	Lonely Goat RC	53:08	52:30
96.	30			1st		1st		53:19	52:36
97.	179	Richard Andrews	M	76th	M50	7th		53:20	52:38

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Pos	Bib	Name	M/F	Pos	AG	Pos	Club	Gun	Chip
98.	241	Iiza Austin	F	21st	F55	1st	Croft Ambrey RC	53:30	52:48
99.	5	Michael Bryant	M	77th	M60	6th	Newent Runners	53:33	53:07
100.	32	Alvin Milner	M	78th	M55	8th		53:59	53:20
101.	77	Rob Wood	M	79th	M65	1st	Croft Ambrey RC	54:01	53:25
102.	205	Kelly Rose	F	22nd	F40	4th	Hereford triathlon club	54:07	53:26
103.	4	Ralph Lloyd	M	80th	M55	9th	Wye Valley Runners	54:58	54:02
104.	197	Jana Cervenanova	F	23rd	F35	6th		55:07	54:35
105.	131	Liz Davies-Ward	F	24th	F55	2nd		55:26	54:44
106.	106	Arkadiusz Szczupak	M	81st	MSen	40th		55:30	54:47
107.	88	Bronwyn Preece	F	25th	FSen	7th	Croft Ambrey RC	55:35	54:53
108.	67	Emma Murphy	F	26th	F40	5th		55:38	54:57
109.	185	Bryony Dean	F	27th	F45	4th	Hereford Couriers	56:07	55:12
110.	180	Lucy Capel	F	28th	F35	7th	Black Pear Joggers	55:52	55:15
111.	215	Owen Cooper	M	82nd	M70	1st	Builth & District	55:55	55:17
112.	108	Sara Roper	F	29th	F45	5th		56:16	55:35
113.	9	Lesley Ashton	F	30th	F60	1st	Vegan Runners UK	56:40	56:00
114.	23	Jake Cullum-Hollins	M	83rd	MSen	41st	Hereford Couriers	57:04	56:10
115.	144	Sian Champken	F	31st	F50	2nd	Wye Valley Runners	57:13	56:18
116.	12	Ben Padian	M	84th	MSen	42nd		57:14	56:30
117.	60	Hollie Francis	F	32nd	FSen	8th	Hereford Couriers	57:28	56:34
118.	69	Mike Hayward	M	85th	M55	10th	Croft Ambrey RC	57:31	56:46
119.	260	Jonathan Kennedy	M	86th	M45	9th		57:46	56:58
120.	117	Stephanie King	F	33rd	F55	3rd	Croft Ambrey RC	57:47	57:00
121.	222	Kevin Barnes	M	87th	M55	11th		57:52	57:15
122.	183	Alan Rowlands	M	88th	M45	10th	Hereford Couriers	58:00	57:20
123.	231	Alice Gilbert	F	34th	FSen	9th		58:21	57:33
124.	64	Gareth Kinsey	M	89th	M40	7th		58:24	57:36
125.	59	Alyson Kinsey	F	35th	F35	8th		58:24	57:36
126.	91	Dawn Lane	F	36th	F35	9th		58:56	57:59
127.	125	Keldan Lewis	M	90th	MSen	43rd		58:45	58:16
128.	109	Susan Roig	F	37th	F45	6th		59:20	58:31
129.	177	Sarah Broadhurst	F	38th	F45	7th	Ludlow Runners	59:18	58:32
130.	265	Emma Tonks	F	39th	FSen	10th		1:00:13	59:29
131.	230	Jo Woolley	F	40th	FSen	11th		1:00:35	59:47
132.	29	Victoria Band	F	41st	F45	8th	Ledbury & District Harriers	1:00:48	59:57
133.	220	Rachel Bannister	F	42nd	F40	6th	Ledbury & District Harriers	1:01:14	1:00:27
134.	92	Richard Tyler	M	91st	M65	2nd		1:01:23	1:00:40
135.	134	Joanna Chapman	F	43rd	F40	7th		1:01:48	1:00:50
136.	237	Inese Robotham	F	44th	F45	9th	Lonely Goat RC	1:01:46	1:01:04
137.	233	Sian Bennett	F	45th	FSen	12th		1:02:06	1:01:08
138.	221	Rachel Rogers	F	46th	F40	8th		1:02:06	1:01:08
139.	133	Tanya Clancy	F	47th	F45	10th		1:02:22	1:01:23
140.	14	Laura Jenkins	F	48th	FSen	13th	Hereford Couriers	1:02:35	1:01:38
141.	68	Stuart Taylor	M	92nd	M40	8th		1:02:39	1:01:55
142.	79	Sue Wood	F	49th	F60	2nd	Croft Ambrey RC	1:03:31	1:02:35
143.	168	Helen Mansbridge	F	50th	F55	4th	Lawley Running Club	1:04:25	1:03:40
144.	51	SIAN DAVID	F	51st	FSen	14th	Ledbury & District Harriers	1:04:36	1:03:44
145.	182	Sarah Elwine	F	52nd	F50	3rd		1:05:13	1:04:26
146.	28	Hannah Campbell	F	53rd	FSen	15th	Hereford Couriers	1:05:41	1:04:45

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Pos	Bib	Name	M/F	Pos	AG	Pos	Club	Gun	Chip
147.	96	EMMA Banks	F	54th	F35	10th		1:06:13	1:05:20
148.	100	Clare Sims	F	55th	F45	11th	London City Runners	1:06:13	1:05:20
149.	276	Chloe Brown	F	56th	FSen	16th	Ledbury & District Harriers	1:06:15	1:05:22
150.	142	Carl Jones	M	93rd	MSen	44th		1:06:43	1:05:58
151.	256	Sue Purvin	F	57th	F55	5th		1:07:33	1:06:43
152.	261	Paul Ward	M	94th	M60	7th		1:09:35	1:08:52
153.	126	Brent Lowson	M	95th	M60	8th	Wye Valley Runners	1:12:22	1:11:26
154.	203	Alan Mayo-Evans	M	96th	MSen	45th		1:12:45	1:11:59
155.	204	Emma Mayo-Evans	F	58th	F35	11th		1:12:45	1:11:59
156.	105	Chris Ruck	M	97th	M50	8th	Hereford Couriers	1:13:22	1:12:25
157.	138	Hayley Lovatt	F	59th	F40	9th		1:15:27	1:14:35
158.	212	Anna Preece-Williams	F	60th	F40	10th		1:16:06	1:15:13
159.	216	Rachel Dudman	F	61st	F45	12th	Lonely Goat RC	1:17:55	1:16:58
160.	176	Stephen Reeves	M	98th	M65	3rd		1:18:36	1:17:37
161.	13	John Noonan	M	99th	M60	9th		1:20:02	1:19:03
162.	255	Scott Collison	M	100th	M45	11th	Black Pear Joggers	1:24:30	1:24:30
163.	275	Dan Geisler	M	101st	MSen	46th		1:24:31	1:24:31
164.	16	Paul Davies	M	102nd	M60	10th	Hereford Couriers	1:24:31	1:24:31
165.	252	Alexander Brown	M	103rd	M50	9th	Builth & District	1:24:31	1:24:31
166.	274	Sophie Booth	F	62nd	FSen	17th	Black Pear Joggers	1:24:33	1:24:33
167.	266	Carrie Orgee	F	63rd	F45	13th		1:24:33	1:24:33

Number of records: 167