

## Hereford Couriers 5k

**Wednesday 25 September 2019**

Position	Time	Name	Team	Bib No
1	15:34	JONES, Charlie	Cheltenham & County Harriers	75
2	15:50	TAYLOR, Eliot	Cheltenham & County Harriers	123
3	15:56	IVESON, Tim	Builth & District RC	71
4	15:58	BLACKBURN, Jack	Pontypridd Roadents AC	10
5	16:28	JAMES, Matthew	Hereford Couriers RC	72
6	16:30	JONES, Gavin	Monross-Trailblazers	77
7	16:31	BRUNNOCK, Matthew	Hereford & County AC	16
8	16:36	ALSTON, Mark	Malvern Buzzards RC	3
9	16:41	KIBBLE, Lee	Forest of Dean AC	80
10	16:51	JONES, Scott	Croft Ambrey RC	79
11	16:58	RAYNOR, Andy	Forest of Dean AC	107
12	17:11	LEEK, Gareth	Croft Ambrey RC	83
13	17:12	KNIGHT, Ryan	Hereford Couriers RC	81
14	17:14	SKINNER, Ben	Hereford Couriers RC	116
15	17:18	EVANS, Keith	Malvern Buzzards RC	49
16	17:23	MORGAN, Patrick	Hay Hotfooters	96
17	17:27	UNDERHILL, Jake	Hereford Couriers RC	128
18	17:29	CURTIS-SYGNE, Tom	Hereford Couriers RC	30
19	17:35	ABBOTTS, Jack	Malvern Buzzards RC	1
20	17:45	HAINES, Alex	Hereford Couriers RC	63
21	17:55	GORE, Will	Croft Ambrey RC	59
22	18:04	LEWIS, Dan	Wye Valley Runners	84
23	18:07	DOLPHIN, Paul	Malvern Buzzards RC	42
24	18:08	WILLIAMS, Richard	Wye Valley Runners	134
25	18:23	DOWLE, Christian	Malvern Buzzards RC	44
26	18:28	WOOD, Lea	Wye Valley Runners	137
27	18:35	PENNY, Stuart	Spirit of Monmouth RC	103
28	18:44	CARRUTHERS, Martyn	Forest of Dean AC	21
29	18:47	HUGHES, Richard	Hereford Couriers RC	70
30	18:50	BROADY, Darren	Hereford Couriers RC	15
31	18:51	DOWNES, Matthew	Malvern Buzzards RC	45
32	18:52	WOMACK, Grant	Croft Ambrey RC	136
33	18:57	NUGENT, Peter	Wye Valley Runners	101
34	19:08	LAWRENCE, Ryan	Hereford Couriers RC	82
35	19:15	COLLIER, Craig	Ludlow Runners	23
36	19:33	GILES, Tim	Ludlow Runners	54
37	19:37	GRINNELL, Neil	Ledbury & District Harriers	62
38	19:42	THOMAS, Claire	Ludlow Runners	124
39	19:43	FLETCHER, James	Monross-Trailblazers	51
40	19:45	SCRIVENS, Martin	Monross-Trailblazers	114

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Position	Time	Name	Team	Bib No
41	20:00	JONES, Greg	Croft Ambrey RC	78
42	20:02	SMITH, Jim	Hereford Couriers RC	117
43	20:13	CAMERON, James	Hereford Couriers RC	18
44	20:18	BROADHURST, Charlotte	Kidderminster & Stourport AC	14
45	20:19	NUGENT, Paddy	Wye Valley Runners	100
46	20:21	WALKER, Graeme	Hereford Couriers RC	129
47	20:22	STEWARDSOON, Shana	Kidderminster & Stourport AC	120
48	20:32	MAMMATT, Paul	Hereford Tri Club	90
49	20:33	MESHAM, Steven	Presteigne Pacers	94
50	20:34	BLENKHARN, David	Croft Ambrey RC	11
51	20:35	FLETCHER, Hannah	Croft Ambrey RC	50
52	20:38	HOOKINS, Mark	Hereford Couriers RC	67
53	20:40	Tyler, Eva	Hereford & County AC	127
54	20:47	BOON, Julian	Forest of Dean AC	12
55	20:48	Morgan, Brian	Hay Hotfooters	95
56	20:50	SEAL, Izzie	Hereford Couriers RC	115
57	20:51	SCRIVENS, Mark	Monross-Trailblazers	113
58	20:53	STRANGE, Mick	Forest of Dean AC	121
59	21:02	GODDING, Alice	Ludlow Runners	56
60	21:03	PAVIOUR, Mark	Croft Ambrey RC	102
61	21:05	LOWSON, Brent	Wye Valley Runners	86
62	21:07	AXFORD, Izzy	Hereford Couriers RC	6
63	21:08	BOWEN, Kelly	Croft Ambrey RC	13
64	21:10	HOYES, Shaun	Wye Valley Runners	69
65	21:12	MALLENDER, Clare	Hereford Couriers RC	88
66	21:14	GILLIGAN, Robert	Wye Valley Runners	55
67	21:34	ROBERTSON, Alan	Forest of Dean AC	110
68	21:40	DAVIES, Paul	Hereford Couriers RC	34
69	21:50	POWELL, Michael	Croft Ambrey RC	104
70	21:59	WARD, Vanessa	Monross-Trailblazers	130
71	22:02	JONES, Emma	Croft Ambrey RC	76
72	22:05	POWELL, Thomas	Ludlow Runners	105
73	22:06	MARRIOT, Jo	Croft Ambrey RC	91
74	22:15	MORRIS, Kate	Hereford Couriers RC	97
75	22:18	GORE, Robyn	Croft Ambrey RC	58
76	22:26	JASPERS, John	Croft Ambrey RC	73
77	22:32	DEMPSEY, Mark	Wye Valley Runners	39
78	22:36	CULLUM-HOLLINS, Jake	Hereford Couriers RC	29
79	22:38	ROWLANDS, Alan	Hereford Couriers RC	111
80	22:40	NORTON, Doug	Hereford Couriers RC	99

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Position	Time	Name	Team	Bib No
81	22:51	WATKINS, Hannah	Hereford Couriers RC	131
82	22:58	EDWARDS, Jan	Wye Valley Runners	47
83	23:41	COMPTON, Lynne	Wye Valley Runners	24
84	24:04	PREECE, Roland	Croft Ambrey RC	106
85	24:26	GILBERT, Paul	Hereford Couriers RC	53
86	24:28	STEWARDSON, Emma	Kidderminster & Stourport AC	119
87	24:38	DEAN, Bryony	Hereford Couriers RC	37
88	24:51	AUSTIN, Liza	Croft Ambrey RC	4
89	25:00	COVINGTON-JONES, Peter	Forest of Dean AC	25
90	25:13	MARRIOTT, Imogen	Croft Ambrey RC	92
91	25:32	DAVIES-WARD, liz	Hereford Tri Club	36
92	26:00	GOULD, Helen	Tewkesbury All Runners	60
93	26:01	CRILLEY, Simon	Tewkesbury RC	26
94	26:08	GREEN, Jackie	Forest of Dean AC	61
95	27:06	SYMONDS, Brian	Wye Valley Runners	122
96	27:08	CROSSWELL, Chris	Worcester AC	27
97	27:11	REEVES, Louise	Croft Ambrey RC	108
98	27:19	CROSSWELL, Margaret	Worcester AC	28
99	27:50	HOBSON, Stephen	Hereford Couriers RC	66
100	29:33	EARLS, Vicky	Tewkesbury RC	46
101	29:35	HEAD, James	Tewkesbury RC	65
102	30:51	DENHAM, Carol	Lonely Goat Running Club	41
103	32:34	SMITH, Peter	Wye Valley Runners	118
104	33:59	MARSH, Sybil	Ludlow Runners	93
105	34:03	TAIL RUNNER	TAIL RUNNER	N/A