

Hereford Couriers Christmas 10k - 28/12/2022 - Overall Winners					
Men			Female		
1st	Ben Jones	Cambridge & Coleridge AC	1st	Addy Carter	Hereford Couriers RC
2nd	Eric Apperley	Croft Ambrey RC	2nd	Megan Judge	Black Pear Joggers
3rd	Dan Geisler		3rd	Sophie Cook	Builth & District RC
Hereford Couriers Christmas 10k - 28/12/2022 - Categories					
Men			Female		
Under 20 Male	Thomas Birley	Western Tempo RC	Under 17 Female	Eva Tyler	Hereford & County AC
Senior Male	Gareth Leek	Croft Ambrey RC	Under 20 Female	Evie Hawkesford - Johnson	Worcester AC
Vet 40 Male	Robert Pritchard	Chepstow Harriers	Senior Female	Laura Hands	Hereford Couriers RC
Vet 45 Male	Lee Price	Builth & District RC	Vet 35 Female	Jess Sullivan	Hereford Couriers RC
Vet 50 Male	Andrew Tyler	Hereford Couriers RC	Vet 40 Female	Rachel Reed	Malvern Joggers
Vet 55 Male	Martin Carter	Hereford Couriers RC	Vet 45 Female	Joanna Eddy	Hereford Couriers RC
Vet 60 Male	Richard Drewett	Black Pear Joggers	Vet 50 Female	Emma Davies	Monross Trailblazers
Vet 65 Male	Terry O'Brien		Vet 55 Female	Jennifer Cashmore	
Vet 70 Male	Steve Herington	Hereford Couriers RC	Vet 60 Female	Nikki Childs	Wye Valley Runners
Vet 75 Male	Owen Cooper	Builth & District RC	Vet 65 Female	Sue Wood	Croft Ambrey RC
Vet 80 Male	Brian Symonds	Wye Valley Runners	Vet 70 Female	Brenda Avery	Chepstow Harriers