Jon Ward Hereford 5k

Overall Results

Pos	Bib	Name	M/F		AG		Wave	Club	Time
1.	85	Charlie Jones	M	*1st*	M Sen	*1st*	1	Western Tempo	**15:03**
2.	131	Rhys Park	M	*2nd*	M Sen	*2nd*	1	Western Tempo	**15:11**
3.	19	Alastair CAMBELL	M	*3rd*	M Sen	*3rd*	1	Stroud & District AC	**15:45**
4.	91	Dan King	M	*4th*	M Sen	*4th*	1	Western Tempo	**15:53**
5.	164	Eliot Taylor	M	*5th*	M Sen	*5th*	1	Western Tempo	**16:02**
6.	76	Tim Iveson	M	*6th*	M Sen	*6th*	1	Builth & District Running Club	**16:06**
7.	168	William Trew	M	*7th*	M40	*1st*	1	Swindon Harriers	**16:07**
8.	412	Simon Hall	M	*8th*	M40	*2nd*	1		**16:29**
9.	153	Cory Sherwin	M	*9th*	M Sen	*7th*	1	Forest of Dean AC	**16:29**
10.	77	Mark James	M	*10th*	M40	*3rd*	1	Western Tempo	**16:38**
11.	155	Alex Smith	M	*11th*	M Sen	*8th*	1	Ealing Eagles Running Club	**16:49**
12.	119	Phil Morris	M	*12th*	M40	*4th*	1	Builth & District	**16:51**
13.	94	Kevin Lane	M	*13th*	M45	*1st*	1		**16:59**
14.	28	Malachy Clarke	M	*14th*	M Sen	*9th*	1	Hereford & County AC	**17:15**
15.	149	Steve Rooke	M	*15th*	M50	*1st*	1		**17:32**
16.	53	Martin Foster	M	*16th*	M45	*2nd*	1	Cheltenham and County Harriers	**17:38**
17.	2	Brandon Adams	M	*17th*	M Sen	*10th*	1		**17:43**
18.	24	Damian Cartland	M	*18th*	M45	*3rd*	1		**17:46**
19.	405	Adam Jones	M	*19th*	M Sen	*11th*	1	Shropshire Shufflers	**17:47**
20.	118	Donna Morris	F	*1st*	F35	*1st*	1	Builth & District	**17:50**
21.	65	David Gresswell	M	*20th*	M55	*1st*	1	Gloucester AC	**18:12**
22.	12	Clifford Berry	M	*21st*	M55	*2nd*	1	Ledbury & District Harriers	**18:14**
23.	156	Stephen Snead	M	*22nd*	M50	*2nd*	1	Cleobury Mortimer Running Club	**18:16**
24.	413	Dan Phillips	M	*23rd*	M40	*5th*	1	Hereford Couriers	**18:19**
25.	188	Harry Woodhouse	M	*24th*	M Sen	*12th*	1	Hereford couriers	**18:19**
26.	45	Henry Eastman	M	*25th*	M Sen	*13th*	1	Hereford Couriers	**18:20**
27.	414	Paul Dodd	M	*26th*	M60	*1st*	1	Chepstow Harriers	**18:32**
28.	10	Jason Barry	M	*27th*	M45	*4th*	1	Stroud & District AC	**18:36**
29.	74	Richard Hughes	M	*28th*	M55	*3rd*	1	Hereford Couriers	**18:43**
30.	154	Ben Skinner	M	*29th*	M Sen	*14th*	2	Hereford Couriers	**18:48**
31.	56	Cherry Fowler	F	*2nd*	F50	*1st*	1	Chepstow Harriers	**18:53**
32.	95	ryan lawrence	M	*30th*	M Sen	*15th*	2	Hereford Couriers	**18:56**
33.	185	Martin Williams	M	*31st*	M40	*6th*	1	Ledbury & District Harriers	**19:06**
34.	116	Niki Morgan	F	*3rd*	F50	*2nd*	1	Chepstow Harriers	**19:08**
35.	157	Daniel Spear	M	*32nd*	M Sen	*16th*	2	Hereford Couriers	**19:11**
36.	403	Alec Wright	M	*33rd*	M40	*7th*	1	Ipswich Jaffa RC	**19:14**
37.	409	David Adam	M	*34th*	M50	*3rd*	1	Royal Air Force	**19:34**
38.	117	Christian Morgan	M	*35th*	M Sen	*17th*	2		**19:43**
39.	402	Daniel Matthews	M	*36th*	M Sen	*18th*	1		**19:50**
40.	160	Robert Stephens	M	*37th*	M45	*5th*	2	Brecon AC	**19:54**
41.	30	Christopher Cleary	M	*38th*	M Sen	*19th*	2	Hereford Couriers	**19:54**
42.	63	Andrew Gooding	M	*39th*	M Sen	*20th*	1		**19:56**
43.	87	Andrew Kaye	M	*40th*	M60	*2nd*	2	Forest of Dean AC	**20:03**
44.	109	Kieran Merrick	M	*41st*	M Sen	*21st*	2	Hereford Couriers	**20:04**
45.	47	Jonathan Edwards	M	*42nd*	M40	*8th*	2	Hereford Couirers	**20:06**

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Overall Results

Pos	Bib	Name	M/F		AG		Wave	Club	Time
46.	173	Andy Tyler	M	*43rd*	M45	*6th*	1	Hereford Couriers	**20:11**
47.	32	Will Connell	M	*44th*	M Sen	*22nd*	2	Hereford Couriers	**20:11**
48.	152	Lee Shackleton	M	*45th*	M50	*4th*	1	Maldwyn Harriers	**20:11**
49.	110	Andy Millard	M	*46th*	M55	*4th*	2	Pont-y-pwl & District Runners	**20:22**
50.	14	Kelly Bowen	F	*4th*	F35	*2nd*	2	Croft Ambrey RC	**20:23**
51.	67	Neil Grinnell	M	*47th*	M45	*7th*	2	Ledbury & District Harriers	**20:23**
52.	128	Stephen Owen	M	*48th*	M65	*1st*	2	Chepstow Harriers	**20:28**
53.	22	Martin Carter	M	*49th*	M55	*5th*	2	Hereford Couriers	**20:39**
54.	29	Darcy Clarke	F	*5th*	F Sen	*1st*	2	Hereford & County AC	**20:52**
55.	146	Catherine Roberts	F	*6th*	F50	*3rd*	2	Forest of Dean AC	**20:55**
56.	106	Paul Mammatt	M	*50th*	M50	*5th*	2		**21:13**
57.	136	Michael Powell	M	*51st*	M50	*6th*	2	Hereford Couriers	**21:19**
58.	179	Victoria Watkins	F	*7th*	F40	*1st*	2	Worcester AC	**21:22**
59.	37	Arthur Daley	M	*52nd*	M70	*1st*	2	Gloucester Athletic Club	**21:26**
60.	112	Eric Montgomery	M	*53rd*	M60	*3rd*	2		**21:32**
61.	420	greg nicholls	M	*54th*	M Sen	*23rd*	2	Hereford Couriers	**21:34**
62.	49	Sheryl Evans	F	*8th*	F50	*4th*	2	Hereford Couriers	**21:43**
63.	137	Roland Preece	M	*55th*	M55	*6th*	2	Croft Ambrey RC	**21:45**
64.	26	Mike Chipping	M	*56th*	M70	*2nd*	2	Bristol and West AC	**21:45**
65.	97	Mark Lawrence	M	*57th*	M55	*7th*	2		**21:50**
66.	82	Peter Johnson	M	*58th*	M65	*2nd*	2	Mercia Fell Runners	**21:56**
67.	61	Jason Garrahan	M	*59th*	M50	*7th*	2		**21:58**
68.	100	Matthew Leyshon	M	*60th*	M40	*9th*	2	Severn AC	**22:05**
69.	162	Lloyd Sussex	M	*61st*	M50	*8th*	2	black pear joggers	**22:06**
70.	407	Jonathan Davey	M	*62nd*	M55	*8th*	2		**22:10**
71.	9	David Barrett	M	*63rd*	M50	*9th*	2	Croft Ambrey RC	**22:11**
72.	66	Gary Griffiths	M	*64th*	M40	*10th*	2		**22:16**
73.	419	Clare Sims	F	*9th*	F45	*1st*	2	Hereford Couriers	**22:25**
74.	406	Faye Lewis	F	*10th*	F35	*3rd*	2	Hereford Couriers	**22:25**
75.	147	Alan Robertson	M	*65th*	M65	*3rd*	2	Forest of Dean AC	**22:35**
76.	64	DAVID GREEN	M	*66th*	M50	*10th*	2	Hereford Couriers	**22:37**
77.	408	Steve Herrington	M	*67th*	M Sen	*24th*	2		**22:38**
78.	75	Maria Hunter	F	*11th*	F50	*5th*	2	Brecon AC	**22:47**
79.	401	Jemma Radmore	F	*12th*	F Sen	*2nd*	2		**22:51**
80.	55	Jo Foster	F	*13th*	F45	*2nd*	2	Almost Athletes	**22:57**
81.	135	Jacob Porter	M	*68th*	M Sen	*25th*	2	Hereford Couriers	**22:59**
82.	89	Matthew Kenward	M	*69th*	M Sen	*26th*	2		**23:05**
83.	4	Richard Atkinson	M	*70th*	M Sen	*27th*	2		**23:05**
84.	44	Kevin Duggan	M	*71st*	M40	*11th*	2	Presteigne Pacers	**23:12**
85.	120	Kelly Murray	F	*14th*	F35	*4th*	2	Hereford Couriers	**23:19**
86.	54	Milly Foster	F	*15th*	F Sen	*3rd*	2	Cheltenham and County Harriers	**23:20**
87.	161	Shana Stewardson	F	*16th*	F Sen	*4th*	2	Ludlow Runners	**23:23**
88.	31	Robert Connell	M	*72nd*	M60	*4th*	2	Hereford Couriers	**23:25**
89.	172	Nicola Tyler	F	*17th*	F50	*6th*	2	Hereford Couriers	**23:26**
90.	204	Gregory Leyshon	M	*73rd*	M70	*3rd*	2		**23:31**

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Overall Results

Pos	Bib	Name	M/F		AG		Wave	Club	Time
91.	169	Jeremy Trumper	M	*74th*	M55	*9th*	2		**23:35**
92.	13	Richard Bloomer	M	*75th*	M Sen	*28th*	2	Hereford Couriers	**24:28**
93.	104	Bryan Lloyd	M	*76th*	M60	*5th*	2	Presteigne Pacers	**24:29**
94.	404	Jennifer Wright	F	*18th*	F40	*2nd*	2	Ipswich Jaffa RC	**24:32**
95.	187	Victoria Woodhall	F	*19th*	F45	*3rd*	2	Hereford Couriers	**24:35**
96.	17	Michael Bryant	M	*77th*	M60	*6th*	2	Newent Runners	**24:43**
97.	139	Bronwyn Preece	F	*20th*	F Sen	*5th*	2	Croft Ambrey RC	**24:44**
98.	62	Gerald Gobey	M	*78th*	M65	*4th*	2	Hereford Couriers	**24:48**
99.	145	Tamasin Reardon	F	*21st*	F45	*4th*	2		**24:51**
100.	41	Bryony Dean	F	*22nd*	F45	*5th*	2	Hereford Couriers	**25:00**
101.	25	Nikki Childs	F	*23rd*	F55	*1st*	2	Wye valley Runners	**25:16**
102.	127	Simon Oliver	M	*79th*	M55	*10th*	2	Wye Valley Runners	**25:24**
103.	57	Hollie Francis	F	*24th*	F Sen	*6th*	2	Hereford Couriers	**25:25**
104.	114	Pamela Moody	F	*25th*	F Sen	*7th*	2	Hereford Couriers	**25:26**
105.	113	Kate Montgomery	F	*26th*	F65	*1st*	2	Lagan Valley AC	**26:01**
106.	125	Steve Nicoll	M	*80th*	M55	*11th*	2	Pershore Plum Plodders	**27:11**
107.	159	Marek Stanovsky	M	*81st*	M45	*8th*	2		**27:13**
108.	180	Laura Webb	F	*27th*	F35	*5th*	2	Ledbury & District Harriers	**27:16**
109.	418	Nathan Prout	M	*82nd*	M Sen	*29th*	2		**27:18**
110.	163	Stuart Taylor	M	*83rd*	M40	*12th*	2	Hereford Couriers	**27:32**
111.	141	Lauren Price	F	*28th*	F Sen	*8th*	2	Hereford Couriers	**27:35**
112.	78	Laura Jenkins	F	*29th*	F Sen	*9th*	2	Hereford Couriers	**27:38**
113.	21	Chris Campbell	M	*84th*	M60	*7th*	2	Hereford Couriers	**27:43**
114.	182	Sophie Wilcocks	F	*30th*	F Sen	*10th*	2	Hereford Couriers	**27:56**
115.	105	Helene Loh	F	*31st*	F Sen	*11th*	2	Croft Ambrey RC	**28:11**
116.	421	Emma Phillips	F	*32nd*	F40	*3rd*	2		**28:14**
117.	416	Dave Mayo	M	*85th*	M55	*12th*	2	Almost Athletes	**28:17**
118.	142	Rachelle Prothero	F	*33rd*	F Sen	*12th*	2	Hereford Couriers	**28:24**
119.	36	Jake Cullum-Hollins	M	*86th*	M Sen	*30th*	2	Hereford Couriers	**29:09**
120.	92	Dominika Kusmierz	F	*34th*	F Sen	*13th*	2		**29:16**
121.	70	christopher harrison	M	*87th*	M75	*1st*	2		**29:24**
122.	35	Lee Cresswell	M	*88th*	M Sen	*31st*	2		**29:32**
123.	415	Joshua Rimell	M	*89th*	M Sen	*32nd*	2	Almost Athletes	**30:23**
124.	424	John Young	M	*90th*	M65	*5th*	2		**30:26**
125.	411	Luke Lawrence	M	*91st*	M Sen	*33rd*	2		**30:26**
126.	123	Julie Neave	F	*35th*	F40	*4th*	2	Hereford Couriers	**30:53**
127.	138	Clare Preece	F	*36th*	F50	*7th*	2	Croft Ambrey RC	**30:55**
128.	126	John Noonan	M	*92nd*	M60	*8th*	2	Hereford Couriers	**31:18**
129.	158	Samantha Stacey	F	*37th*	F35	*6th*	2		**31:27**
130.	15	Sarah Bowring	F	*38th*	F50	*8th*	2	Hereford Couriers	**31:34**
131.	58	Martin Francis	M	*93rd*	M Sen	*34th*	2		**32:33**
132.	410	Martin Lawrence	M	*94th*	M60	*9th*	2	Hereford Couriers	**32:36**
133.	107	Iris Mayo	F	*39th*	F60	*1st*	2	Almost Athletes	**32:47**
134.	181	Tammy Whittle	F	*40th*	F Sen	*14th*	2		**32:48**
135.	166	Ronald Temperley	M	*95th*	M65	*6th*	2		**34:39**

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Overall Results

Pos	Bib	Name	M/F		AG		Wave	Club	Time
136.	73	Simon Hickmott	M	*96th*	M60	*10th*	2		**34:53**
137.	50	Chelle Farmer	F	*41st*	F45	*6th*	2		**35:24**
138.	84	Scott Jones	M	*97th*	M Sen	*35th*	2		**35:32**
139.	122	Joanne Neary	F	*42nd*	F Sen	*15th*	2		**36:26**
140.	86	Ellen Jones	F	*43rd*	F Sen	*16th*	2		**36:54**
141.	48	Anthea Elston	F	*44th*	F55	*2nd*	2		**37:20**
142.	178	Chris Ward	M	*98th*	M60	*11th*	2		**38:53**
143.	417	Trevor Ward	M	*99th*	M70	*4th*	2		**38:55**
144.	422	Jay Foster	M	*100th*	M Sen	*36th*	2		**40:34**
145.	423	Jaime Everett	F	*45th*	F Sen	*17th*	2		**40:36**
146.	34	Kayleigh Cresswell	F	*46th*	F35	*7th*	2	Hereford Couriers	**40:44**
147.	98	Ian Lewis	M	*101st*	M40	*13th*	2		**42:21**
148.	121	Annette Neary	F	*47th*	F65	*2nd*	2		**56:32**

Number of records: 148