

## 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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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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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

# Jon Ward Hereford 5k

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Pos	Bib	Name	M/F		AG	Wave	Club	Time
136.	73	Simon Hickmott	M	96th	M60	10th	2	34:53
137.	50	<i>Chelle Farmer</i>	F	<i>41st</i>	<i>F45</i>	<i>6th</i>	2	<i>35:24</i>
138.	84	Scott Jones	M	97th	M Sen	35th	2	35:32
139.	122	<i>Joanne Neary</i>	F	<i>42nd</i>	<i>F Sen</i>	<i>15th</i>	2	<i>36:26</i>
140.	86	Ellen Jones	F	43rd	F Sen	16th	2	36:54
141.	48	<i>Anthea Elston</i>	F	<i>44th</i>	<i>F55</i>	<i>2nd</i>	2	<i>37:20</i>
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	<i>Jaime Everett</i>	F	<i>45th</i>	<i>F Sen</i>	<i>17th</i>	2	<i>40:36</i>
146.	34	<i>Kayleigh Cresswell</i>	F	<i>46th</i>	<i>F35</i>	<i>7th</i>	2	<i>40:44</i>
147.	98	Ian Lewis	M	101st	M40	13th	2	42:21
148.	121	<i>Annette Neary</i>	F	<i>47th</i>	<i>F65</i>	<i>2nd</i>	2	<i>56:32</i>

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