

Hereford Couriers 5K Series 2013

Race 1

Wednesday 10 April 2013. 7:15 pm

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:16:06	HALE, Kyran	Severn A.C.	Junior Male under 20	05:10.8	339	1
2	0:16:31	WATSON, Nev	Tipton harriers	Male Senior	05:18.9	321	2
3	0:16:37	TAYLOR, Eliot	Hereford Couriers	Male Senior	05:20.8	350	3
4	0:16:43	MASON, Luke	Wye Valley Runners	Male Senior	05:22.7	301	4
5	0:16:46	RICHARDS, James	Wye Valley Runners	Male Vet 40	05:23.7	330	5
6	0:17:24	KENNEDY, Scott	Wye Valley Runners	Male Senior	05:35.9	334	6
7	0:17:25	HUGHES, Richard	Hereford Couriers	Male vet 45	05:36.2	309	7
8	0:17:32	WISNIOWSUI, Grzegorz	Hereford Tri Club	Male Senior	05:38.5	327	8
9	0:17:35	SALISBURY, Darren	Worcester A.C.	Male vet 45	05:39.5	314	9
10	0:17:41	JAMES, Mark	Severn A.C.	Male Senior	05:41.4	377	10
11	0:17:52	JAMES, Russell	Hereford Couriers	Male vet 45	05:44.9	364	11
12	0:18:08	JONES, Adam	Brecon A.C.	Junior Male under 20	05:50.1	342	12
13	0:18:13	BULLOCK, Phillip	Worcester A.C.	Male Senior	05:51.7	331	13
14	0:18:19	RICHARDS, Richie	Wye Valley Runners	Male vet 45	05:53.6	329	14
15	0:18:27	BAMFORD, Richie	Hereford Couriers	Male Senior	05:56.2	312	15
16	0:18:48	EVANS, Clara	Hereford A.C.	Junior Female under 20	06:02.9	310	16
17	0:18:56	LINK, Mike	Hereford Couriers	Male Vet 40	06:05.5	372	17
18	0:19:12	SANSOM, Glyn	San Domenico	Male Vet 50	06:10.7	308	18
19	0:19:13	HITCHINGS, Nick	Malvern Joggers	Male Vet 40	06:11.0	313	19
20	0:19:13	HAIKALA, Satu	Brecon A.C.	Female vet 40	06:11.0	357	20
21	0:19:30	WHITE, Dave		Male vet 45	06:16.5	323	21
22	0:19:31	JEHAN, Jeremy	Wye Valley	Male Vet 40	06:16.8	347	22
23	0:19:39	MEREDITH, Gerry		Male Senior	06:19.4	369	23
24	0:19:42	DIMMER, Simon	Forest of Dean A.C.	Male Vet 50	06:20.3	361	24
25	0:19:44	CARTER, Martin	hay-hotfooters	Male vet 45	06:21.0	306	25
26	0:19:50	PAYNE, Chris	Hereford Tri Club	Male Vet 50	06:22.9	354	26
27	0:19:55	REES, David	hay-hotfooters	Male Vet 60	06:24.5	337	27
28	0:20:07	NUGENT, Paddy	Wye Valley Runners	Male Vet 50	06:28.4	366	28
29	0:20:11	WALDRON, David	Worcester A.C.	Male Vet 60	06:29.7	333	29
30	0:20:13	DUNSCOMBE, Mark	sarn-helen	Male Vet 50	06:30.3	352	30
31	0:20:16	NORRIS, Andrew	Brecon A.C.	Junior Male under 20	06:31.3	344	31
32	0:20:23	PROSSER, Naomi	cardiff uni	Female Senior	06:33.5	375	32
33	0:20:33	TRUMPER, Jeremy		Male vet 45	06:36.7	380	33
34	0:20:33	CLEARY, Christopher	Hereford Couriers	Female Senior	06:36.7	381	34
35	0:20:36	WILSON, Barry	Ludlow Runners	Male Vet 60	06:37.7	316	35
36	0:20:47	JONES, Hedd	Wye Valley Runners	Male Senior	06:41.2	363	36
37	0:20:57	HUGHES, Daneen		Male Senior	06:44.5	324	37
38	0:21:17	LOWICKI, Jarostaw		Male Vet 40	06:50.9	376	38
39	0:21:33	BOOY, Martin		Male Vet 40	06:56.0	378	39
40	0:21:38	THOMAS, Mervyn	Wye Valley Runners	Male Vet 60	06:57.7	351	40
41	0:21:38	HUGHES, Alison	Malvern Joggers	Female vet 35	06:57.7	338	41
42	0:21:47	FOSTER, Ian	Hereford Tri Club	Male Vet 40	07:00.5	326	42
43	0:21:48	WILLIAMS, Rob	Somer Ac	Male Senior	07:00.9	368	43
44	0:21:51	REES, Craig	Wye Valley Runners	Male Senior	07:01.8	336	44
45	0:21:55	GUMMERSON, Lucille		Female vet 40	07:03.1	358	45
46	0:22:00	ROSE, Carl		Male Vet 40	07:04.7	318	46
47	0:22:06	KEMP, Paul	Wye Valley Runners	Male Senior	07:06.7	328	47
48	0:22:07	TYLER, Nikki	Wye Valley Runners	Female vet 40	07:07.0	382	48
49	0:22:09	JONES, Christie	Nfto	Junior Female under 20	07:07.6	355	49
50	0:22:15	WOODERSON, Roland		Male vet 45	07:09.6	303	50
51	0:22:20	MARRIOTT, Jo	Croft Ambrey R.C.	Female Vet 45	07:11.2	315	51
52	0:22:24	HACKMAN, Mick	Wye Valley Runners	Male Vet 40	07:12.5	335	52
53	0:22:29	WARBURTON, Joyce	Hereford Tri Club	Female vet 40	07:14.1	325	53
54	0:22:31	WATHEN, Andrew		Male Senior	07:14.7	365	54
55	0:22:33	RYLAND, Alan	buith r.c.	Male Vet 60	07:15.4	302	55

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com *

Results produced by St Michael's Hospice. Printed by St Michael's Hospice on 10 April 2013

Page 1 of 2

Hereford Couriers 5K Series 2013, Race 1 - Wednesday 10 April 2013. 7:15 pm

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
56	0:22:44	EDWARDS, Tristan	Wye Valley Runners	Male Senior	07:18.9	319	56
57	0:22:52	MORRIS, Martin		Male Vet 60	07:21.5	359	57
58	0:23:06	SHORT, Peter	Forest of Dean A.C.	Male Vet 60	07:26.0	311	58
59	0:23:12	KINGSHOTT, Karin		Female Senior	07:27.9	370	59
60	0:23:13	LITTLEWOOD, JAYNE	Hereford Couriers	Female Vet 55	07:28.2	356	60
61	0:23:22	EDWARDS, JAN	Wye Valley Runners	Female Vet 55	07:31.1	332	61
62	0:23:33	MACHACKOVA, Dana	Wye Valley Runners	Female Senior	07:34.7	379	62
63	0:23:33	SHAW, Mike	Wye Valley Runners	Male Vet 60	07:34.7	362	63
64	0:23:37	GRIFFITHS, Bill	Wye Valley Runners	Male Vet 60	07:35.9	371	64
65	0:23:45	ROSE, Kelly		Female vet 35	07:38.5	317	65
66	0:23:55	COMPTON, Lynne	Wye Valley Runners	Female Vet 45	07:41.7	307	66
67	0:24:06	FERGUSON, Aimee	Brecon A.C.	Female Senior	07:45.3	346	67
68	0:24:11	PRICE, John	hay-hotfooters	Male Vet 50	07:46.9	345	68
69	0:24:28	SYMONDS, Bryan	Wye Valley Runners	Male Vet 70	07:52.4	322	69
70	0:24:30	LLOYD, Ros	Wye Valley Runners	Female Senior	07:53.0	360	70
71	0:24:38	BOYD, James		Male Senior	07:55.6	367	71
72	0:25:07	ADKINS, Shelagh	caerleon rc	Female Vet 65	08:04.9	353	72
73	0:25:14	COX, Amy	Brecon A.C.	Female Senior	08:07.2	343	73
74	0:25:39	ROWLANDS, Diane	Wye Valley Runners	Female Vet 50	08:15.2	374	74
75	0:25:53	WATTS, Paul	Wye Valley Runners	Male vet 45	08:19.7	340	75
76	0:25:53	LLOYD, Ralph	Wye Valley Runners	Male Vet 50	08:19.7	341	76
77	0:29:38	SIMSON, Louis	Southend Ac	Male Senior	09:32.1	373	77
78	0:29:53	EVANS, Megan		Female Senior	09:36.9	348	78
79	0:29:53	DAVIS, Sheenagh		Female Vet 50	09:36.9	349	79
80	0:31:24	PREECE, Joanne	Presteigne Pacers	Female Vet 45	10:06.2	305	80
81	0:33:58	STOCKER, Carrol	Presteigne Pacers	Female Vet 55	10:55.8	304	81

There were 81 finishers in the All Competitors category.

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportssystem.co.uk Webresults on
www.runnerswebuk.com *

Results produced by St Michael's Hospice. Printed by St Michael's Hospice on 10 April 2013

Page 2 of 2