

**Hereford Couriers 5km Spring Road Race Series - Race 1 - 5th April 2017****\*\*\*PROVISIONAL RESULTS\*\*\***

Position	Number	Name	Club	Time	Age Category
1	87	TAYLOR, Eliot	Cheltenham	15:52	Senior Male
2	49	KING, Daniel	Wye Valley Runners	16:08	Senior Male
3	106	JONES, Charlie	Cheltenham	16:13	Senior Male
4	52	WOODWARD, Peter	Forest of Dean AC	16:29	Senior Male
5	129	JAMES, Mark	Cheltenham	16:35	Male Vet 40
6	12	O DUBHLAING, Feidhlim	Worcester AC	16:49	Senior Male
7	75	JAMES, Matt	Hereford Couriers	16:55	Senior Male
8	95	POLLOCK, Adam	Worcester AC	17:04	Senior Male
9	15	STEPHENS, Andrew	Monross	17:06	Male Vet 40
10	143	WOOD, Greg	Hereford Tri Club	17:08	Senior Male
11	120	JONES, Rob	Worcester AC	17:10	Senior Male
12	48	MAYGLOTHLING, Sam	Wye Valley Runners	17:22	Senior Male
13	114	MAUL, William		17:31	Senior Male
14	51	BENNETTO, Marcus	Forest of Dean AC	17:38	Senior Male
15	14	TAYLOR, Alice	Spirit of Monmouth	17:39	Senior Female
16	109	GRICE, Liam	Wye Valley Runners	17:40	Senior Male
17	45	HEAD, James	Gloucester AC	17:43	Male Vet 40
18	64	RAMAGE, Darren	Road Runner Club	17:46	Male Vet 40
19	21	JAMES, Russell	Hereford Couriers	17:51	Male Vet 50
20	130	WOOD, Lea	Wye Valley Runners	17:52	Senior Male
21	43	JONES, Gavin	Monross	17:52	Senior Male
22	32	JONES, Paul	Hereford Couriers	17:55	Male Vet 45
23	72	SANDFORD, Dan	Forest of Dean AC	18:00	Male Vet 40
24	42	JEHAN, Jeremy	Wye Valley Runners	18:08	Male Vet 40
25	97	FLEET, Leyton	Forest of Dean AC	18:09	Male Vet 45
26	70	JONES, Scott	Croft Ambrey	18:11	Junior Male (U15)
27	20	CAMERON, Ross	Hereford Couriers	18:16	Junior Male (U20)
28	22	HITCHINGS, Nick	Worcester AC	18:28	Male Vet 45
29	4	BAKER, Victoria	Forest of Dean AC	18:40	Senior Female
30	2	BOON, Julian	Forest of Dean AC	18:43	Male Vet 45
31	55	KLOTZ, David	Wye Valley Runners	18:46	Senior Male
32	119	COLLIER, Craig	Ludlow Runners	18:47	Senior Male
33	67	ROBERTSON, Emma	Worcester AC	18:49	Senior Female
34	16	PRITCHARD, Robert	Monross	19:17	Senior Male
35	110	CLEARY, Christopher	Hereford Couriers	19:26	Senior Male

36	38	WATKINS, Tim	Forest of Dean AC	19:26	Senior Male
37	88	LANCASTER, Hannah		19:30	Junior Female (U17)
38	3	THORPE, Andrew	Forest of Dean AC	19:33	Male Vet 55
39	5	POWELL, Thomas	Ludlow Runners	19:39	Senior Male
40	125	BAKER, Nigel	Monross	19:43	Male Vet 50
41	7	SANSOM, Glyn	San Domenico	19:46	Male Vet 55
42	121	HARGREAVES, Ben		19:51	Senior Male
43	6	UNDERHILL, Jake	Hereford Ghost Runners	19:56	Male Vet 40
44	144	LINNEY, Ward	Wye Valley Runners	20:00	Senior Male
45	142	HANCOX, Jim	Malvern Tri Club	20:03	Senior Male
46	150	DAVIES, Paul	Wye Valley Runners	20:06	Male Vet 45
47	148	PULLEN, Barry		20:09	Senior Male
48	82	KEMP, Paul	Wye Valley Runners	20:21	Male Vet 40
49	105	JONES, Roxanne	Hereford Couriers	20:22	Senior Female
50	37	GURNEY, Bradley	Mercia Fell Runners	20:28	Senior Male
51	104	HARPER, Alec	Croft Ambrey	20:33	Junior Male (U15)
52	41	EMERSON, Nicola	Wye Valley Runners	20:36	Female Vet 40
53	23	TRUMPER, Jeremy		20:37	Male Vet 50
54	13	CLARK, Matt	Hereford Tri Club	20:38	Senior Male
55	127	FLETCHER, James	Monross	20:45	Male Vet 50
56	8	DARWEN, Peter	Black Pear Joggers	20:50	Male Vet 50
57	137	WATKINS, Victoria	Black Pear Joggers	20:56	Female Vet 35
58	27	STEWARDSOON, Shana	Bridgnorth AC	21:15	Junior Female (U15)
59	10	GREEN, David	Hereford Couriers	21:17	Male Vet 45
60	53	EDDY, Joanna		21:18	Female Vet 35
61	33	NUGENT, Paddy	Wye Valley Runners	21:22	Male Vet 55
62	62	MAIN, Steph	Croft Ambrey	21:22	Female Vet 45
63	9	ROBERTSON, Alan	Forest of Dean AC	21:26	Male Vet 60
64	63	WYATT, Emma	Wye Valley Runners	21:28	Female Vet 40
65	115	MANSFIELD, Kylie	Hereford Tri Club	21:37	Female Vet 35
66	134	RENNISON, Patrick	Forest of Dean AC	21:37	Male Vet 55
67	56	WILLIAMS, Martin		21:38	Senior Male
68	128	TURNER, Neil	Wye Valley Runners	21:40	Male Vet 45
69	108	CHAMPKEN, Tony	Wye Valley Runners	21:50	Male Vet 60
70	112	DAVIES, Craig		22:19	Senior Male
71	30	BALL, Vanessa	Monross	22:20	Senior Female
72	28	HALL, Sherryl	Forest of Dean AC	22:21	Female Vet 50
73	59	DAVIES, Emily	Wye Valley Runners	22:23	Female Vet 35
74	139	FUNG, Cliff	Beaumont RC	22:29	Male Vet 50
75	117	PROBYN, Kevin	Severn AC	22:36	Male Vet 45
76	66	PHILLIPS, Joe	Wye Valley Runners	22:55	Senior Male

77	113	DAVIES, Susan	Croft Ambrey	22:56	Female Vet 50
78	71	PAVIOUR, Mark	Croft Ambrey	22:57	Male Vet 50
79	135	PREECE, Roland		22:58	Male Vet 50
80	47	WILSON, Peter	Malvern Joggers	23:16	Male Vet 50
81	39	MELLOR, Peter	Wye Valley Runners	23:22	Senior Male
82	11	HUMPHREYS, Becky	Wye Valley Runners	23:36	Senior Female
83	40	HAYWOOD, Adam	Wye Valley Runners	23:43	Senior Male
84	29	LLOYD, Ralph	Wye Valley Runners	23:43	Male Vet 50
85	100	EDWARDS, Jan	Wye Valley Runners	23:45	Female Vet 60
86	111	SEAL, Isabella	Hereford Couriers	24m 3s	Senior Female
87	90	COMPTON, Lynne	Wye Valley Runners	24m 10s	Female Vet 50
88	36	MASON, Christian		24m 16s	Senior Male
89	118	WYMAN, Rhian	Forest of Dean AC	24m 23s	Senior Female
90	1	COVINGTON JONES, Peter	Forest of Dean AC	24m 31s	Male Vet 60
91	133	RENNISON, Oliver	Forest of Dean AC	24m 47s	Junior Male (U17)
92	99	SYMONDS, Brian	Wye Valley Runners	24m 50s	Male Vet 70
93	26	PARK, Lynne	Forest of Dean AC	24m 59s	Female Vet 55
94	91	PEGLER, Vanessa	Forest of Dean AC	25m 3s	Female Vet 45
95	138	PETERS, Suzanne		25m 4s	Female Vet 50
96	78	STEWARDSON, Emma	Ludlow Runners	25m 9s	Female Vet 35
97	68	ROSS, Sandy		25m 18s	Male Vet 65
98	151	SMALLWOOD, Billy	Wye Valley Runners	25m 22s	Female Vet 50
99	57	COMBEN, Glen		25m 23s	Male Vet 45
100	25	GREEN, Jackie	Forest of Dean AC	25m 27s	Female Vet 55
101	107	CHAMPKEN, Sian	Wye Valley Runners	25m 28s	Female Vet 45
102	65	CROSSWELL, Margaret	Worcester AC	25m 41s	Female Vet 70
103	60	WINSTON, John		25m 51s	Male Vet 60
104	122	SHAW, Mike	Wye Valley Runners	26m 6s	Male Vet 65
105	140	PASCOE, Neil		26m 14s	Male Vet 55
106	136	HAWORTH, Lee		26m 16s	Senior Male
107	76	WATTS, Paul	Harlow RC	26m 20s	Male Vet 50
107=	145	CHANDLER, Michael		26m 20s	Male Vet 60
109	146	GILLIGAN, Amy	Wye Valley Runners	26m 27s	Senior Female
110	147	GILLIGAN, Robert	Wye Valley Runners	26m 27s	Male Vet 50
111	96	ADAMS, Liselette	Forest of Dean AC	26m 31s	Female Vet 35
112	84	KNOTT, Andrew	Forest of Dean AC	26m 40s	Senior Male
113	73	CROSSWELL, Chris	Worcester AC	26m 46s	Male Vet 60
114	116	JAMES, John	Severn AC	27m 25s	Male Vet 65
115	80	MURDY, Fiona	Hereford Couriers	27m 27s	Female Vet 40
116	85	RICKARDS, Caroline	Forest of Dean AC	27m 35s	Female Vet 35
117	61	O'MAHONY, Cora	Triks	27m 50s	Female Vet 60

117=	81	CARNEY, Victoria		27m 50s	Female Vet 35
119	103	WILSON, Vicky	Forest of Dean AC	28m 9s	Senior Female
120	149	WALBY, Martyn	Forest of Dean AC	28m 53s	Male Vet 45
121	44	EARLS, Vicky	Angels AC	30m 23s	Senior Female
122	126	FLETCHER, Alison		33m 8s	Female Vet 45

## Hereford Couriers 5km Spring Road Race Series - Race 1 - 5th April 2017

### WHEELCHAIR ATHLETES

### \*\*\*PROVISIONAL RESULTS\*\*\*

Position	Number	Name	Club	Time	Age Category
1	46	LAWRENSON, Julie	Hereford Ghost Runners	34m 52s	Female Vet 45
2	102	EVANS, Elliot		48m 5s	Senior Male
3	101	WILLIAMS, Jan		49m 24s	Female Vet 65