

Hereford Couriers 5K Series 2024 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
1	143	Charlie Jones	M	Western Tempo	Vet 35 Male	1st	07:23	07:30	14:53	WAVE1
2	287	Henry White	M	Halo Sports Foundation	Male Under 17	1st	07:23	07:41	15:04	WAVE1
3	40	Sam Butler	M	Western Tempo	Senior Male	1st	07:52	08:02	15:54	WAVE1
4	8	Eric Apperley	M	Builth & District	Senior Male	2nd	07:52	08:07	15:59	WAVE1
5	260	Eliot Taylor	M	Western Tempo	Senior Male	3rd	08:13	08:11	16:24	WAVE1
6	41	Robbie Campbell	M	Worcester AC	Vet 40 Male	1st	08:05	08:33	16:38	WAVE1
7	238	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	2nd	08:15	08:31	16:46	WAVE1
8	123	Alex Hills	M		Senior Male	4th	08:17	08:35	16:52	WAVE1
9	37	Christopher Brown	M	Severn AC	Vet 40 Male	2nd	08:20	08:34	16:54	WAVE1
10	18	David Bannister	M	Ledbury & District Harriers	Vet 45 Male	1st	08:31	08:24	16:55	WAVE1
11	90	Archie Fox	M	Severn AC	Senior Male	5th	08:30	08:25	16:55	WAVE1
12	184	William Morris	M	Hereford Couriers	Senior Male	6th	08:25	08:32	16:57	WAVE1
13	305	Mike Hughes	M	Western Tempo	Vet 45 Male	2nd	08:33	08:31	17:04	WAVE1
14	24	Toby Bennett	M	Brecon AC	Male Under 17	2nd	08:27	08:40	17:07	WAVE1
15	304	Jack Levent	M	Worcester AC	Senior Male	7th	08:21	08:47	17:08	WAVE1
16	163	Dave Lawrence	M	Malvern Buzzards Running Club	Vet 40 Male	3rd	08:20	08:54	17:14	WAVE1
17	149	Thomas Kennedy	M	Western Tempo	Male Under 20	1st	08:24	08:51	17:15	WAVE1
18	303	Lauren Cooper	F	Western Tempo	Senior Female	1st	08:34	08:43	17:17	WAVE1
19	158	ADAM KNIGHTS	M	Black Pear Joggers	Vet 35 Male	3rd	08:32	08:47	17:19	WAVE1
20	133	Shane Jackson	M	Malvern Buzzards Running Club	Vet 35 Male	4th	08:24	09:01	17:25	WAVE1
21	297	Harry Woodhouse	M	Hereford Couriers	Senior Male	8th	08:42	08:45	17:27	WAVE1
22	134	Matt James	M		Vet 40 Male	4th	08:45	08:51	17:36	WAVE1
23	272	Andrew Tyler	M	Hereford Couriers	Vet 50 Male	1st	08:44	08:53	17:37	WAVE1
24	216	Emma Powell	F	Western Tempo	Senior Female	2nd	08:46	08:55	17:41	WAVE1
25	150	Scott Kennedy	M	Hereford Couriers	Vet 45 Male	3rd	09:02	08:41	17:43	WAVE1
26	9	Tirian Ashby	M	Worcester AC	Senior Male	9th	08:44	09:03	17:47	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
27	307	Kieron Brown	M	Monross Trailblazers	Senior Male	10th	08:42	09:08	17:50	WAVE1
28	189	Zak Mountford	M	Builth & District	Senior Male	11th	08:38	09:13	17:51	WAVE1
29	4	Christopher Anderson	M	Severn AC	Vet 35 Male	5th	08:42	09:13	17:55	WAVE1
30	65	Grant Davis	M	Western Tempo	Vet 35 Male	6th	08:52	09:03	17:55	WAVE1
31	306	Chris Nicholls	M	Tewkesbury Running Club	Vet 40 Male	5th	08:41	09:15	17:56	WAVE1
32	165	Henry Lewis	M	Hereford & County AC	Male Under 15	1st	08:47	09:11	17:58	WAVE1
33	48	Rob Chambers	M	Wye Valley Runners	Senior Male	12th	08:48	09:11	17:59	WAVE1
34	19	Isaac Barry	M	Newport Harriers	Male Under 17	3rd	08:34	09:26	18:00	WAVE1
35	203	Charlie Partridge	M		Male Under 17	4th	08:47	09:15	18:02	WAVE1
36	121	Matt Hibberd	M		Senior Male	13th	08:56	09:12	18:08	WAVE1
37	51	David Clarke	M	Severn AC	Vet 50 Male	2nd	08:57	09:12	18:09	WAVE1
38	273	Fred Tyler	M	Hereford & County AC	Male Under 15	2nd	08:53	09:17	18:10	WAVE1
39	182	James Morgan	M	Western Tempo	Vet 40 Male	6th	08:49	09:24	18:13	WAVE1
40	167	martin lloyd	M	Hereford Couriers	Vet 45 Male	4th	08:55	09:19	18:14	WAVE1
41	247	Stephen Snead	M	Hereford Couriers	Vet 50 Male	3rd	08:58	09:18	18:16	WAVE1
42	173	Elinor Matthey	F	Parc Bryn Bach Running Club	Senior Female	3rd	08:59	09:22	18:21	WAVE1
43	140	Jeremy Jehan	M	Wye Valley Runners	Vet 50 Male	4th	09:09	09:19	18:28	WAVE1
44	282	Isobel Watt	F	Cheltenham and County Harriers	Female Under 17	1st	09:13	09:16	18:29	WAVE1
45	35	Darren Broady	M	Western Tempo	Senior Male	14th	09:10	09:23	18:33	WAVE1
46	109	Billy hale	M		Senior Male	15th	09:17	09:24	18:41	WAVE1
47	159	Peter Koval	M	Malvern Buzzards Running Club	Vet 40 Male	7th	08:59	09:44	18:43	WAVE1
48	155	Dan King	M		Senior Male	16th	09:04	09:40	18:44	WAVE1
49	323	Ben Edwards	M		Senior Male	1st	09:17	09:30	18:47	WAVE2
50	202	Colin Parry	M	Forest of Dean AC	Vet 45 Male	5th	09:18	09:38	18:56	WAVE1
51	169	Joseph Lynch	M	Croft Ambrey RC	Senior Male	2nd	09:25	09:31	18:56	WAVE2
52	71	Kirk Denton	M	Black Pear Joggers	Vet 40 Male	8th	09:12	09:44	18:56	WAVE1



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
53	107	Neil Grinnell	M	Ledbury & District Harriers	Vet 45 Male	6th	09:22	09:44	19:06	WAVE1
54	274	Ieuan Vale-Smith	M	Hereford Couriers	Senior Male	3rd	09:26	09:44	19:10	WAVE2
55	42	Paul Campbell	M		Vet 40 Male	1st	09:27	09:51	19:18	WAVE2
56	199	Ben Oliver	M		Vet 35 Male	7th	09:25	09:57	19:22	WAVE1
57	200	Poppy Oliver	F	Newport Harriers	Female Under 15	1st	09:27	09:55	19:22	WAVE1
58	6	Matthew Ansfield	M		Vet 50 Male	1st	09:39	09:44	19:23	WAVE2
59	118	James Head	M	Gloucester AC	Vet 45 Male	1st	09:38	09:49	19:27	WAVE2
60	89	Cherry Fowler	F	Chepstow Harriers	Vet 50 Female	1st	09:35	09:53	19:28	WAVE1
61	290	Luke Williams	M	Hereford Couriers	Vet 40 Male	9th	09:35	09:53	19:28	WAVE1
62	261	Tim Taylor	M		Vet 60 Male	1st	09:27	10:02	19:29	WAVE1
63	224	Chris Prosser	M	Malvern Joggers	Senior Male	4th	09:41	09:49	19:30	WAVE2
64	68	Gilberto de G	M		Vet 45 Male	2nd	09:43	09:50	19:33	WAVE2
65	139	Isabel Jeavons	F	Worcester AC	Senior Female	1st	09:40	09:54	19:34	WAVE2
66	34	Rachel Brenton	F		Senior Female	2nd	09:37	09:58	19:35	WAVE2
67	96	Darren Gibbons	M		Vet 35 Male	1st	09:40	09:56	19:36	WAVE2
68	308	Martin Turner	M	Monross Trailblazers	Vet 35 Male	2nd	09:52	09:49	19:41	WAVE2
69	249	Daniel Spear	M	Hereford Couriers	Vet 35 Male	3rd	09:50	09:52	19:42	WAVE2
70	321	Chris Cleary	M	Hereford Couriers	Vet 35 Male	4th	10:01	09:44	19:45	WAVE2
71	30	Richard Boseley	M	Severn AC	Vet 60 Male	2nd	09:41	10:12	19:53	WAVE1
72	291	Martin Williams	M	Ledbury & District Harriers	Vet 40 Male	2nd	10:00	09:59	19:59	WAVE2
73	299	Adam Zielinski	M		Vet 45 Male	3rd	09:55	10:05	20:00	WAVE2
74	119	Steve Head	M		Senior Male	17th	09:41	10:19	20:00	WAVE1
75	78	Allen Edwards	M	Hereford Couriers	Senior Male	5th	09:47	10:17	20:04	WAVE2
76	92	Daniel Francis	M	Wye Valley Runners	Senior Male	6th	10:02	10:03	20:05	WAVE2
77	94	Neil Gamble	M	Aberystwyth AC	Vet 50 Male	5th	09:58	10:07	20:05	WAVE1
78	280	Andrew Wathen	M		Vet 45 Male	4th	09:51	10:23	20:14	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
79	16	Albert Ballinger	M	Black Pear Joggers	Senior Male	7th	09:38	10:39	20:17	WAVE2
80	88	Simeon Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	5th	09:49	10:33	20:22	WAVE2
81	214	Christina Plant	F	Hereford Couriers	Vet 40 Female	1st	10:03	10:21	20:24	WAVE2
82	284	Matthew Webb	M	Monross Trailblazers	Vet 35 Male	5th	10:06	10:20	20:26	WAVE2
83	153	Robert Kerr	M	Ledbury & District Harriers	Vet 65 Male	1st	10:12	10:19	20:31	WAVE2
84	250	Laura Spencer	F	Severn AC	Vet 35 Female	1st	10:18	10:23	20:41	WAVE2
85	229	Jonathon Ramage-Hill	M		Senior Male	8th	09:59	10:48	20:47	WAVE2
86	222	Marcus Price	M	Wye Valley Runners	Vet 35 Male	6th	10:19	10:33	20:52	WAVE2
87	135	Emma James	F		Vet 40 Female	2nd	10:19	10:34	20:53	WAVE2
88	181	Paul Millsom	M	Vegan Running Club	Vet 65 Male	2nd	10:18	10:35	20:53	WAVE2
89	191	Paul Naughton	M	Black Pear Joggers	Vet 55 Male	1st	10:19	10:41	21:00	WAVE2
90	288	Kieran Whittall	M	Hereford Couriers	Senior Male	9th	10:35	10:25	21:00	WAVE2
91	108	Orla Haigh	F	Cheltenham and County Harriers	Senior Female	3rd	10:19	10:42	21:01	WAVE2
92	126	Mark Hookins	M	Hereford Couriers	Vet 55 Male	2nd	10:38	10:26	21:04	WAVE2
93	106	Gary Griffiths	M	Monross Trailblazers	Vet 40 Male	3rd	10:23	10:43	21:06	WAVE2
94	110	Dan Hardy	M		Vet 35 Male	7th	10:33	10:38	21:11	WAVE2
95	196	Isabel North	F	Hereford & County AC	Female Under 17	1st	10:01	11:11	21:12	WAVE2
96	201	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	2nd	10:29	10:46	21:15	WAVE2
97	292	Rob Williams	M	Hereford Couriers	Vet 40 Male	4th	10:38	10:39	21:17	WAVE2
98	251	Toby Spicer	M	Croft Ambrey RC	Vet 45 Male	6th	10:32	10:47	21:19	WAVE2
99	56	Robert Connell	M	Hereford Couriers	Vet 60 Male	1st	10:31	10:49	21:20	WAVE2
100	176	Josh McMahon	M	Wye Valley Runners	Senior Male	10th	10:11	11:11	21:22	WAVE2
101	185	Ian Morris	M		Vet 45 Male	7th	10:27	10:57	21:24	WAVE2
102	204	Ben Passberger	M		Senior Male	11th	10:41	10:45	21:26	WAVE2
103	145	Gareth Jones	M	Black Pear Joggers	Senior Male	12th	10:36	10:51	21:27	WAVE2
104	101	Lucy Goode	F	Cheltenham and County Harriers	Senior Female	4th	10:29	10:59	21:28	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
105	243	Elaine Sherwin	F	Spa Striders	Vet 50 Female	2nd	10:30	10:58	21:28	WAVE1
106	7	Luke Mason	M	Hereford Couriers	Vet 35 Male	8th	10:31	10:58	21:29	WAVE1
107	296	Darren Woodall	M	Hereford Couriers	Vet 50 Male	3rd	10:36	10:53	21:29	WAVE2
108	53	Craig Collier	M	Ludlow Runners	Vet 40 Male	5th	10:40	10:51	21:31	WAVE2
109	47	Quisha Cashmore	F	Worcester AC	Female Under 15	1st	10:30	11:05	21:35	WAVE2
110	265	Clare Thompson	F	Severn AC	Vet 35 Female	2nd	10:40	10:56	21:36	WAVE2
111	230	Saffi Reid	F	Hereford & County AC	Female Under 13	1st	10:26	11:11	21:37	WAVE2
112	44	matthew capel	M	Black Pear Joggers	Vet 40 Male	6th	10:41	10:57	21:38	WAVE2
113	87	Martin Fogg	M	Hereford Couriers	Vet 45 Male	8th	10:41	11:01	21:42	WAVE2
114	215	Vincent Playdon	M		Vet 50 Male	4th	10:35	11:08	21:43	WAVE2
115	156	Angus Kirby	M	Ludlow Runners	Vet 60 Male	2nd	10:40	11:05	21:45	WAVE2
116	72	Jim Dicken	M		Vet 65 Male	3rd	10:46	11:05	21:51	WAVE2
117	113	Wayne Hartley	M	Black Pear Joggers	Vet 45 Male	9th	10:35	11:23	21:58	WAVE2
118	14	Macy Balderson	F		Female Under 17	2nd	10:30	11:28	21:58	WAVE2
119	266	Joanne Tilby	F	Croft Ambrey RC	Vet 40 Female	3rd	10:53	11:06	21:59	WAVE2
120	258	Alexander Swan	M		Male Under 13	1st	10:42	11:18	22:00	WAVE2
121	231	Richie Richards	M	Hereford Couriers	Vet 60 Male	3rd	10:50	11:16	22:06	WAVE2
122	103	David Green	M	Hereford Couriers	Vet 55 Male	3rd	11:04	11:03	22:07	WAVE2
123	171	Oliver Marsh	M	Croft Ambrey RC	Male Under 17	1st	10:26	11:43	22:09	WAVE2
124	210	Tom Payne	M	Severn AC	Vet 40 Male	7th	11:03	11:09	22:12	WAVE2
125	79	Jonathan Edwards	M	Hereford Couriers	Vet 40 Male	8th	11:02	11:12	22:14	WAVE2
126	262	Neil Taylor	M	Croft Ambrey RC	Vet 65 Male	4th	11:02	11:13	22:15	WAVE2
127	309	Marella Whitfield	F	Worcester AC	Senior Female	5th	11:11	11:08	22:19	WAVE2
128	207	Mark Paviour	M	Maldwyn Harriers	Vet 60 Male	4th	10:56	11:30	22:26	WAVE2
129	217	James Powell	M		Senior Male	13th	10:59	11:31	22:30	WAVE2
130	137	Stephen Jansen	M	Hereford Couriers	Senior Male	14th	10:56	11:43	22:39	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
131	102	Stephen Goodridge	M	Hay Hotfooters	Vet 60 Male	5th	11:37	11:15	22:52	WAVE2
132	141	Guy Jenkins	M	Hereford Couriers	Vet 60 Male	6th	11:22	11:34	22:56	WAVE2
133	55	Lynne Compton	F	Wye Valley Runners	Vet 55 Female	1st	11:22	11:35	22:57	WAVE2
134	298	Ian Yorke	M	Malvern Buzzards Running Club	Vet 55 Male	4th	11:20	11:49	23:09	WAVE2
135	232	Chris Riley	M		Vet 60 Male	7th	11:28	11:43	23:11	WAVE2
136	283	Phoebe Weaver	F		Senior Female	6th	11:37	11:38	23:15	WAVE2
137	279	Mark Walker	M	Malvern Joggers	Vet 65 Male	5th	11:29	11:48	23:17	WAVE2
138	15	Wayne Balderson	M		Vet 40 Male	9th	11:17	12:09	23:26	WAVE2
139	104	Kate Green	F	Wye Valley Runners	Vet 55 Female	2nd	11:37	12:07	23:44	WAVE2
140	125	Chris Hodge	M		Vet 60 Male	8th	12:00	11:53	23:53	WAVE2
141	97	Ben Goddard	M	Hereford Couriers	Senior Male	15th	11:35	12:21	23:56	WAVE2
142	225	Em Pryce	F		Vet 35 Female	3rd	11:44	12:12	23:56	WAVE2
143	84	Catherine Finlay	F	Monross Trailblazers	Vet 45 Female	1st	11:45	12:12	23:57	WAVE2
144	99	Charlotte Godsall	F	Hereford Triathlon Club	Vet 45 Female	2nd	11:09	12:56	24:05	WAVE2
145	254	Matthew Stevens	M	Malvern Joggers	Senior Male	16th	11:49	12:19	24:08	WAVE2
146	318	Stuart Simmons	M		Senior Male	17th	11:48	12:21	24:09	WAVE2
147	11	Greg Ashby	M	Worcester AC	Vet 55 Male	5th	12:06	12:05	24:11	WAVE2
148	220	Bronwyn Preece	F	Croft Ambrey RC	Senior Female	7th	11:46	12:26	24:12	WAVE2
149	67	Lucy Davison	F	Black Pear Joggers	Senior Female	8th	12:02	12:14	24:16	WAVE2
150	313	Bronwen Tyler-Jones	F	Hereford Couriers	Vet 50 Female	1st	11:55	12:21	24:16	WAVE2
151	36	Izzy Broady	F		Senior Female	9th	11:54	12:23	24:17	WAVE2
152	252	Owen Spicer	M	Croft Ambrey RC	Male Under 13	2nd	11:30	12:49	24:19	WAVE2
153	80	Lois Erwin	F	Hereford Couriers	Female Under 20	1st	12:12	12:09	24:21	WAVE2
154	76	Jamie Dover	M	Hereford Couriers	Vet 55 Male	6th	12:04	12:20	24:24	WAVE2
155	315	Sophie Campbell	F		Female Under 15	2nd	12:09	12:27	24:36	WAVE2
156	45	Lucy Capel	F	Black Pear Joggers	Vet 40 Female	4th	12:13	12:34	24:47	WAVE2



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
157	166	Paddy Lewis	M		Vet 50 Male	5th	12:32	12:18	24:50	WAVE2
158	241	Mike Shaw	M	Hereford Triathlon Club	Vet 70 Male	1st	12:35	12:21	24:56	WAVE2
159	186	Emily Moseley	F	Ludlow Runners	Vet 40 Female	5th	12:27	12:34	25:01	WAVE2
160	77	Emma Downes	F		Senior Female	10th	12:21	12:48	25:09	WAVE2
161	277	Stuart Wakelam	M	Black Pear Joggers	Vet 60 Male	9th	12:34	12:55	25:29	WAVE2
162	148	Nicola Kelly	F	Builth & District	Vet 50 Female	2nd	12:25	13:06	25:31	WAVE2
163	154	Caroline Kerr	F	Ledbury & District Harriers	Vet 60 Female	1st	12:52	12:48	25:40	WAVE2
164	142	Harry Jenkins	M	Hereford Couriers	Vet 35 Male	8th	12:12	13:31	25:43	WAVE2
165	81	Celia Escande	F	Hereford Couriers	Senior Female	11th	12:34	13:16	25:50	WAVE2
166	62	Debbie Davies	F	Lonely Goat RC	Vet 45 Female	3rd	12:41	13:15	25:56	WAVE2
167	219	Samantha Powell	F		Vet 35 Female	4th	13:12	12:51	26:03	WAVE2
168	314	Autumn Thomson	n	Hereford Couriers		1st	12:37	13:32	26:09	WAVE2
169	52	Charlie Coleman	M	Hereford & County AC	Male Under 13	3rd	12:56	13:37	26:33	WAVE2
170	43	Hannah Campbell	F	Hereford Couriers	Senior Female	12th	13:30	13:04	26:34	WAVE2
171	206	Ellie Pattison	F	Hereford Couriers	Senior Female	13th	13:00	13:34	26:34	WAVE2
172	226	Lauren Pullen	F	Hereford Couriers	Senior Female	14th	13:27	13:12	26:39	WAVE2
173	157	Helen Kirk	F		Vet 50 Female	3rd	13:19	13:25	26:44	WAVE2
174	164	Anya Lees	F	Black Pear Joggers	Vet 35 Female	5th	13:04	13:44	26:48	WAVE2
175	322	Suzanne Purvin	F	Croft Ambrey RC	Vet 50 Female	4th	13:26	13:24	26:50	WAVE2
176	168	Laura Lloyd	F		Vet 40 Female	6th	13:09	13:48	26:57	WAVE2
177	212	Anne Pengelly	F	Hereford Couriers	Vet 50 Female	5th	13:23	13:41	27:04	WAVE2
178	257	Lisa Sutton	F		Vet 40 Female	7th	13:24	13:41	27:05	WAVE2
179	187	Karen Moseley	F	Black Pear Joggers	Vet 65 Female	1st	13:24	13:42	27:06	WAVE2
180	152	Jonathan Kennedy	M		Vet 50 Male	6th	14:04	13:15	27:19	WAVE2
181	12	Lesley Ashton	F	Vegan Running Club	Vet 65 Female	2nd	13:26	14:02	27:28	WAVE2
182	240	Carla Segust	F		Senior Female	15th	14:01	13:42	27:43	WAVE2



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183	31	Zoe Boucher	F	Hereford Couriers	Senior Female	16th	13:31	14:12	27:43	WAVE2
184	193	Daniel Newton	M	Pont-Y-Pwl & District Runners	Vet 50 Male	7th	13:59	13:47	27:46	WAVE2
185	25	Sarah Bennett	F	Hereford Couriers	Vet 50 Female	6th	14:02	13:48	27:50	WAVE2
186	317	Darren Smith	M	Worcester AC	Vet 35 Male	9th	14:01	13:56	27:57	WAVE2
187	85	Hannah Fishbourne	F	Hereford Couriers	Vet 35 Female	6th	13:50	14:10	28:00	WAVE2
188	300	Claire Shacklock	F	Black Pear Joggers	Vet 40 Female	8th	13:34	14:30	28:04	WAVE2
189	259	Rebecca Swan	F		Vet 40 Female	9th	13:39	14:30	28:09	WAVE2
190	17	Deborah Band	F	Black Pear Joggers	Vet 55 Female	3rd	13:46	14:29	28:15	WAVE2
191	269	Rachel Trott	F	Hereford Triathlon Club	Vet 50 Female	7th	14:00	14:28	28:28	WAVE2
192	21	Lee Bayley	F		Vet 35 Female	7th	13:41	15:08	28:49	WAVE2
193	2	Dave Ainslie	M	Hereford Couriers	Vet 60 Male	10th	14:30	14:54	29:24	WAVE2
194	136	Samantha Jane	F	Hereford Couriers	Vet 40 Female	10th	14:48	14:46	29:34	WAVE2
195	209	Nick Paviour	M	Wye Valley Runners	Senior Male	18th	14:30	15:18	29:48	WAVE2
196	188	John Mould	M		Vet 75 Male	1st	14:35	15:14	29:49	WAVE2
197	122	Aaron Higgins	M	Hereford Couriers	Senior Male	19th	14:13	16:08	30:21	WAVE2
198	194	Steve Nicoll	M	Pershore Plum Plodders	Vet 60 Male	11th	15:17	15:37	30:54	WAVE2
199	236	Chris Ruck	M	Hereford Couriers	Vet 55 Male	7th	14:39	16:39	31:18	WAVE2
200	248	Diana Snelling	F		Vet 35 Female	8th	15:26	16:34	32:00	WAVE2
201	195	John Noonan	M	Hereford Couriers	Vet 65 Male	6th	16:12	16:20	32:32	WAVE2
202	63	Linda Davies	F	Leominster Runners	Vet 55 Female	4th	16:12	16:51	33:03	WAVE2
203	301	Gerald Gobey	M	Hereford Couriers	Vet 70 Male	2nd	16:54	17:31	34:25	WAVE2
204	95	Lynsey Gamble	F	Aberystwyth AC	Vet 45 Female	4th	16:56	17:31	34:27	WAVE2

Number of Records: 204

