

Hereford Couriers 5K Series - Race 3

Thursday 9th June 2011

Position	Name	Club	Cat	Time
1	Rhys Park	Bristol	M20	0.15.21
2	Luke Mason	Wye Valley Runners	SM	0.16.14
3	Jon Barnes	Wye Valley Runners	M20	0.16.36
4	James Rose	Severn Ac	SM	0.16.40
5	Warren Miles	Worcester AC	MV45	0.16.46
6	Darren Salisbury	Black Pear Joggers	MV45	0.17.07
7	Richard Hughes	Hereford Couriers	MV45	0.17.23
8	Andrew Peach	Worcester AC	MV45	0.17.45
9	Mark James	Severn AC	SM	0.17.53
10	Dave Williams	Hereford Couriers	MV45	0.18.17
11	Owen Thomas	Unattached	SM	0.18.27
12	Hugh Loughfrey	Hereford Tri Club	SM	0.18.33
13	Clara Evans	Hereford & County	F20	0.18.34
14	Nick Hitchings	Malvern Joggers	MV40	0.18.47
15	Martin Carter	Hay Hotfooters	MV45	0.19.19
16	David Rees	Hay Hotfooters	MV60	0.19.29
17	Jon Meadows	Wye Valley Runners	SM	0.19.40
18	Mark Jones	Unattached	SM	0.19.43
19	Jeremy Trumper	Unattached	MV45	0.19.49
20	Geoff Aston	Worcester AC	MV60	0.19.53
21	Neil Lewis	Hereford Couriers	MV40	0.19.54
22	Nigel Clarke	Hereford Couriers	MV40	0.19.55
23	Dave Jewell	Unattached	MV45	0.20.02
24	Cameron Mackie	Hereford & County	M15	0.20.13
25	Simon Roche	Wye Valley Runners	SM	0.20.29
26	Nikki Tyler	Unattached	FV40	0.20.38
27	Luned Jones	Chepstow Harriers	SF	0.20.46
28	Lorna Shaw	Chepstow Harriers	FV50	0.20.55
29	Tracy Miles	Worcester AC	FV45	0.21.07
30	Mike Shaw	Wye Valley Runners	MV60	0.21.21
31	Robert Galpin	Wye Valley Runners	MV50	0.21.29
32	Nicola Haines-Jones	Neath Harriers	FV45	0.21.34
33	Tilley Jewell	Hereford & County	F17	0.21.39
34	Naomi Prosser	Hereford & County	F20	0.21.40
35	Ralph Lloyd	Wye Valley Runners	MV45	0.21.57
36	Luke Rudd	Hereford & County	M15	0.22.06
37	John Price	Hay Hotfooters	MV50	0.22.22
38	David Weston	Newport Harriers	MV60	0.22.35
39	Paul Jenkins	Griffithstown Harriers	MV55	0.22.37
40	Keri Jones	Neath Harriers	FV35	0.22.40
41	John James	Severn AC	MV60	0.22.57
42	Kitty Jewell	Hereford & County	F15	0.23.02

43	Iona Prosser	Hereford & County	F15	0.23.58
44	Lynne Compton	Wye Valley Runners	FV45	0.24.13
45	Paul Watts	Wye Valley Runners	MV45	0.24.39
46	Paul Bouston	Wye Valley Runners	MV40	0.24.39
47	Simon Barton	Unattached	MV45	0.25.44
48	Martin Roche	Wye Valley Runners	MV50	0.26.56
49	Ann Cruse	Ludlow Runners	FV60	0.28.02
50	Cian Lynch	Hereford & County	M15	0.28.18
51	Joanne Preece	Unattached	FV40	0.28.41
52	Carrol Stocker	Presteigne Pacers	FV55	0.30.36