

Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
1	277	Charlie Jones	M	Western Tempo	VetM35	1st	07:27	07:22	14:49	WAVE1
2	279	Sam Juson	M	Croft Ambrey RC	SM	1st	07:27	07:28	14:55	WAVE1
3	259	Henry WHITE	M	Hereford Couriers	MU20	1st	07:29	08:07	15:36	WAVE1
4	5	Eric Apperley	M	Builth & District	SM	2nd	07:44	07:56	15:40	WAVE1
5	65	Dominic Davies	M	Parc Bryn Bach Running Club	SM	3rd	07:40	08:06	15:46	WAVE1
6	103	Alex Hills	M	Worcester AC	SM	4th	08:01	08:00	16:01	WAVE1
7	153	Henry Lewis	M	Hereford & County AC	MU16	1st	07:45	08:27	16:12	WAVE1
8	50	Thomas cooper	M		SM	5th	08:04	08:19	16:23	WAVE1
9	176	Tomos Morris	M	Worcester AC	MU20	2nd	08:01	08:27	16:28	WAVE1
10	31	Robbie Campbell	M	Worcester AC	VetM40	1st	08:05	08:26	16:31	WAVE1
11	141	Ryan Knight	M	Western Tempo	SM	6th	08:13	08:22	16:35	WAVE1
12	155	Logan Lloyd	M	Hereford & County AC	MU16	2nd	08:21	08:30	16:51	WAVE1
13	215	James Rose	M	Severn AC	VetM45	1st	08:34	08:26	17:00	WAVE1
14	194	Rhys Phillips	M	Hereford Couriers	SM	7th	08:26	08:35	17:01	WAVE1
15	284	Jamie Robinson	M		SM	8th	08:25	08:40	17:05	WAVE1
16	44	Charlie Coleman	M	Hereford & County AC	MU14	1st	08:17	08:49	17:06	WAVE1
17	172	Jedid Mensah	M	Telford AC	SM	9th	08:17	08:54	17:11	WAVE1
18	213	Adam Roberts	M	Parc Bryn Bach Running Club	VetM35	2nd	08:34	08:46	17:20	WAVE1
19	278	Gavin Jones	M	Monross Trailblazers	SM	10th	08:54	08:40	17:34	WAVE1
20	265	David Wood	M	Wye Valley Runners	VetM40	2nd	08:53	08:43	17:36	WAVE1
21	24	Kieron Brown	M	Monross Trailblazers	SM	11th	08:50	08:55	17:45	WAVE1
22	203	Lee Price	M	Builth & District	VetM50	1st	08:41	09:05	17:46	WAVE1
23	226	Alan Southwick	M	Malvern Buzzards Running Club	VetM45	2nd	08:52	08:59	17:51	WAVE1
24	154	Martin Lloyd	M	Hereford Couriers	VetM45	3rd	09:01	08:53	17:54	WAVE1
25	288	Matt Warne	M	Malvern Buzzards Running Club	VetM40	3rd	08:51	09:03	17:54	WAVE1
26	161	William Maul	M		SM	12th	08:59	08:59	17:58	WAVE1



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
27	113	Kristan Humphreys	M	Caerleon RC	VetM50	2nd	09:00	08:59	17:59	WAVE1
28	297	William Morris	M	Hereford Couriers	SM	13th	09:10	08:51	18:01	WAVE1
29	92	Neil Grinnell	M	Ledbury & District Harriers	VetM50	3rd	09:04	08:58	18:02	WAVE1
30	240	Phil Taylor	M	Severn AC	VetM40	4th	09:02	09:03	18:05	WAVE1
31	254	Tom Walmsley	M	Monross Trailblazers	VetM35	3rd	08:57	09:12	18:09	WAVE1
32	250	Fred Tyler	M	Hereford & County AC	MU18	1st	08:38	09:40	18:18	WAVE1
33	269	Brandon Adams	M	Hereford Couriers	SM	14th	09:28	08:50	18:18	WAVE1
34	201	Peter Price	M		SM	15th	09:09	09:09	18:18	WAVE1
35	93	Michael Hall	M	Gloucester AC	VetM45	4th	09:02	09:22	18:24	WAVE1
36	83	Neil Gamble	M	Western Tempo	VetM50	4th	09:19	09:07	18:26	WAVE1
37	280	Anne Kenchington	F		SF	1st	09:04	09:25	18:29	WAVE1
38	187	Haydn O'Reilly	M	Builth & District	VetM45	5th	09:22	09:09	18:31	WAVE1
39	36	Joel Cassidy	M		SM	1st	09:10	09:25	18:35	WAVE2
40	27	Amber Bullingham	F	Western Tempo	VetF35	1st	09:21	09:19	18:40	WAVE1
41	49	Nicholas Cook	M	Monross Trailblazers	VetM40	5th	09:09	09:31	18:40	WAVE1
42	270	Ellis Barrett	M	Hereford Couriers	SM	16th	09:18	09:25	18:43	WAVE1
43	220	Jackson Slade	M	Hereford & County AC	MU14	2nd	09:10	09:33	18:43	WAVE1
44	163	Jake McBride	M	Monross Trailblazers	SM	17th	09:24	09:23	18:47	WAVE1
45	177	Jeremy Mower	M	Western Tempo	VetM60	1st	09:18	09:30	18:48	WAVE1
46	116	Sam Hunt	M		SM	18th	09:15	09:35	18:50	WAVE1
47	209	Saffi Reid	F	Hereford & County AC	FU14	1st	09:15	09:47	19:02	WAVE1
48	123	Jeremy Jehan	M	Wye Valley Runners	VetM50	1st	09:31	09:37	19:08	WAVE2
49	2	Christopher Anderson	M	Severn AC	VetM35	4th	09:24	09:46	19:10	WAVE1
50	73	Inyan Farrant	M	Hereford & County AC	MU16	3rd	09:17	09:59	19:16	WAVE1
51	3	Matthew Ansfield	M	Hereford Triathlon Club	VetM50	2nd	09:40	09:43	19:23	WAVE2
52	97	Matthew Harris	M	Severn AC	VetM40	6th	09:35	09:48	19:23	WAVE1



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
53	263	Ashley Wilson	M	CLC Striders	VetM35	5th	09:34	09:52	19:26	WAVE1
54	90	David Gresswell	M	Gloucester AC	VetM60	1st	09:41	09:49	19:30	WAVE2
55	91	Jamie Griffiths	M		VetM40	1st	09:47	09:44	19:31	WAVE2
56	104	Andrew Hitchings	M	Black Pear Joggers	SM	2nd	09:51	09:41	19:32	WAVE2
57	110	Charlie Hopkins	M	Hereford & County AC	MU16	1st	09:56	09:36	19:32	WAVE2
58	262	Louie Williams	M	Hereford & County AC	MU14	1st	09:50	09:52	19:42	WAVE2
59	282	Sebastien Nicolas	M	Stourbridge RC	VetM45	1st	09:43	10:01	19:44	WAVE2
60	130	Tristan Jones	M		VetM45	2nd	09:45	10:03	19:48	WAVE2
61	140	Ashley Kinnen	M		SM	3rd	09:53	09:56	19:49	WAVE2
62	160	Kristy Martin	F	Severn AC	VetF40	1st	09:47	10:02	19:49	WAVE2
63	210	Andrew Richards	M		SM	4th	09:55	09:59	19:54	WAVE2
64	95	Dan Hardy	M		VetM35	1st	09:45	10:11	19:56	WAVE2
65	242	Brittany Teague	F	Western Tempo	SF	2nd	09:55	10:03	19:58	WAVE1
66	79	Simon Fortnam	M	Gloucester AC	VetM50	3rd	10:01	09:59	20:00	WAVE2
67	237	Benjamin Swan	M	Hereford & County AC	MU14	2nd	09:52	10:08	20:00	WAVE2
68	20	Graeme Brand	M	Severn AC	VetM40	7th	09:54	10:08	20:02	WAVE1
69	296	Luke Williams	M	Hereford Couriers	VetM40	8th	09:55	10:08	20:03	WAVE1
70	25	Paul Bruton	M	Llisbury Runners	VetM50	5th	09:50	10:13	20:03	WAVE1
71	218	Sean Sanders	M	Parc Bryn Bach Running Club	VetM55	1st	09:51	10:16	20:07	WAVE2
72	132	Ollie Jones	M	Hereford & County AC	MU16	2nd	09:55	10:19	20:14	WAVE2
73	74	Aimee Ferguson	F	Builth & District	VetF40	2nd	10:19	09:58	20:17	WAVE2
74	248	Martin Turner	M	Monross Trailblazers	VetM35	2nd	10:16	10:08	20:24	WAVE2
75	11	Martha Bakewell	F	Hereford & County AC	FU16	1st	09:58	10:29	20:27	WAVE2
76	275	Megan Gore	F	Monross Trailblazers	SF	1st	10:17	10:14	20:31	WAVE2
77	23	John brown	M		VetM50	4th	09:59	10:33	20:32	WAVE2
78	61	Marie Davies	F		SF	2nd	10:20	10:14	20:34	WAVE2



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
79	171	Simon Mehigan	M	Hereford Couriers	VetM50	5th	10:18	10:17	20:35	WAVE2
80	13	Graham Barton	M	Hereford Couriers	SM	5th	09:50	10:48	20:38	WAVE2
81	252	Ieuan Vale-Smith	M	Hereford Couriers	SM	6th	10:02	10:36	20:38	WAVE2
82	42	Dan Cleworth	M	Hereford Couriers	VetM50	6th	10:14	10:25	20:39	WAVE2
83	234	Louis Storey	M	Hereford & County AC	MU14	3rd	10:09	10:38	20:47	WAVE2
84	149	Chris Law	M	Ledbury & District Harriers	VetM60	2nd	10:16	10:38	20:54	WAVE2
85	197	Darren Posey	M	Black Pear Joggers	VetM50	7th	10:21	10:33	20:54	WAVE2
86	26	Daniel Bufton	M	Builth & District	VetM35	3rd	10:33	10:22	20:55	WAVE2
87	59	Jonathan Davey	M	Hereford Couriers	VetM60	3rd	10:13	10:42	20:55	WAVE2
88	190	Tom Payne	M	Tewkesbury Running Club	VetM40	2nd	10:06	10:52	20:58	WAVE2
89	256	Charlotte Watkins	F	Hereford Couriers	VetF35	1st	10:19	10:40	20:59	WAVE2
90	231	Andrew Stephens	M	Monross Trailblazers	VetM50	8th	10:23	10:36	20:59	WAVE2
91	272	Tim Broome	M	Hereford Couriers	VetM45	3rd	10:13	10:47	21:00	WAVE2
92	9	Iori badman	F		SF	3rd	10:18	10:44	21:02	WAVE2
93	138	ROBERT KERR	M	Ledbury & District Harriers	VetM65	1st	10:19	10:47	21:06	WAVE2
94	180	Paul Naughton	M	Black Pear Joggers	VetM60	4th	10:24	10:45	21:09	WAVE2
95	33	Matthew Capel	M	Black Pear Joggers	VetM40	3rd	10:39	10:41	21:20	WAVE2
96	178	Andy Moxon	M		VetM55	2nd	10:18	11:07	21:25	WAVE2
97	267	Andrew Wright	M	Monross Trailblazers	VetM55	3rd	10:53	10:38	21:31	WAVE2
98	245	Joanne Tilby	F	Croft Ambrey RC	VetF40	3rd	10:50	10:43	21:33	WAVE2
99	135	Timothy Kaye	M	Hereford Couriers	VetM50	9th	10:43	10:52	21:35	WAVE2
100	222	Cameron Smiley	M		SM	7th	10:47	10:55	21:42	WAVE2
101	86	Malc Gonnella	M	Builth & District	VetM70	1st	10:51	10:53	21:44	WAVE2
102	78	William Ford	M	Hereford Couriers	VetM45	4th	10:46	10:59	21:45	WAVE2
103	53	George Cruchley-Fuge	M	Black Pear Joggers	SM	8th	10:32	11:14	21:46	WAVE2
104	48	Robert Connell	M	Hereford Couriers	VetM65	2nd	10:32	11:15	21:47	WAVE2



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
105	232	Finlay Stephenson	M		MU18	1st	10:49	11:09	21:58	WAVE2
106	1	Richard Alexander	M	Hereford Couriers	VetM55	4th	10:49	11:11	22:00	WAVE2
107	169	Neil McNish	M	Hereford Couriers	VetM55	5th	10:39	11:25	22:04	WAVE2
108	289	Georgina Whitaker	F	Hereford Couriers	VetF45	1st	10:55	11:09	22:04	WAVE2
109	18	michelle bowley	F	Hereford Couriers	VetF55	1st	10:56	11:16	22:12	WAVE2
110	170	Jonathan Meadows	M		VetM40	4th	11:07	11:06	22:13	WAVE2
111	58	Peter Darwen	M	Black Pear Joggers	VetM60	5th	10:55	11:20	22:15	WAVE2
112	143	Julie Knill	F	Wye Valley Runners	VetF55	2nd	11:05	11:13	22:18	WAVE2
113	16	Richard Bevan	M	Monross Trailblazers	VetM50	10th	11:09	11:10	22:19	WAVE2
114	206	Jess Rainey	F	Monross Trailblazers	SF	4th	11:09	11:13	22:22	WAVE2
115	274	Tom Gore	M		SM	9th	11:04	11:26	22:30	WAVE2
116	60	Joanna Davies	F		SF	5th	11:20	11:12	22:32	WAVE2
117	202	Craig Price	M	Croft Ambrey RC	VetM45	5th	10:57	11:35	22:32	WAVE2
118	94	Kirsty Hall	F		VetF40	4th	11:06	11:29	22:35	WAVE2
119	111	Mike Howard	M		VetM45	6th	11:16	11:20	22:36	WAVE2
120	292	Poppy Grundy	F	Hereford & County AC	FU14	1st	10:39	12:00	22:39	WAVE2
121	227	Celia Speake	F	Builth & District	VetF55	3rd	11:17	11:25	22:42	WAVE2
122	118	Ryan James	M	Hereford Couriers	SM	10th	11:06	11:38	22:44	WAVE2
123	52	Lauren Cruchley-Fuge	F	Black Pear Joggers	SF	6th	11:07	11:39	22:46	WAVE2
124	45	Costa Coleman	M		VetM45	7th	11:03	11:44	22:47	WAVE2
125	56	Arthur Daley	M	Gloucester AC	VetM75	1st	11:23	11:26	22:49	WAVE2
126	70	Lois Erwin	F		FU20	1st	11:19	11:34	22:53	WAVE2
127	121	Dan Jarman	M	Hereford Couriers	VetM40	5th	11:18	11:37	22:55	WAVE2
128	290	Sophie Williams	F		VetF40	5th	11:38	11:19	22:57	WAVE2
129	29	Paul Campbell	M	Hereford Triathlon Club	VetM40	6th	11:34	11:24	22:58	WAVE2
130	62	Emma Davies	F	Monross Trailblazers	VetF50	1st	11:38	11:23	23:01	WAVE2



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
131	64	Colin Davies	M		VetM55	6th	11:21	11:43	23:04	WAVE2
132	107	Edward Hogan	M	Ledbury & District Harriers	VetM45	8th	11:11	11:55	23:06	WAVE2
133	225	Amy Smith	F	Hereford Couriers	VetF40	6th	11:15	11:53	23:08	WAVE2
134	266	Marina Wright	F	Spirit of Monmouth	VetF45	2nd	11:38	11:31	23:09	WAVE2
135	268	Adam Zielinski	M		VetM45	9th	12:01	11:12	23:13	WAVE2
136	286	Daniel Taylor	M		SM	11th	12:02	11:13	23:15	WAVE2
137	115	Emma Humphries	F	Monross Trailblazers	SF	7th	11:39	11:43	23:22	WAVE2
138	147	Cat Lambourne	F		VetF35	2nd	11:38	11:44	23:22	WAVE2
139	188	Ben Passberger	M		SM	12th	11:46	11:37	23:23	WAVE2
140	151	David Leather	M	Black Pear Joggers	VetM60	6th	11:26	11:59	23:25	WAVE2
141	82	Hollie Francis	F	Hereford Couriers	VetF35	3rd	10:59	12:32	23:31	WAVE2
142	196	Jon Pilson	M	Hereford Couriers	VetM40	7th	11:38	11:57	23:35	WAVE2
143	63	Rosie Davies	F	Monross Trailblazers	SF	8th	11:35	12:01	23:36	WAVE2
144	47	Lynne Compton	F	Wye Valley Runners	VetF60	1st	11:41	11:57	23:38	WAVE2
145	19	Rachel Bradbury	F	Builth & District	VetF45	3rd	11:59	11:43	23:42	WAVE2
146	6	Iza Austin	F	Croft Ambrey RC	VetF60	2nd	11:59	11:43	23:42	WAVE2
147	157	Ros Lloyd	F		VetF45	4th	11:47	11:56	23:43	WAVE2
148	208	Becky Redway	F		VetF50	2nd	11:46	11:59	23:45	WAVE2
149	168	George McNamee	M	Black Pear Joggers	SM	13th	12:07	11:41	23:48	WAVE2
150	156	Laura Lloyd	F		VetF40	7th	11:46	12:04	23:50	WAVE2
151	159	Ethan Lloyd	M		MU20	1st	12:21	11:37	23:58	WAVE2
152	124	Harry Jenkins	M	Hereford Couriers	VetM40	8th	11:52	12:12	24:04	WAVE2
153	158	Mike Lloyd	M		VetM40	9th	12:13	11:53	24:06	WAVE2
154	12	Theadora Barnes	F		VetF35	4th	12:04	12:04	24:08	WAVE2
155	32	Chris Campbell	M	Hereford Couriers	VetM65	3rd	11:54	12:18	24:12	WAVE2
156	199	Carol Powell	F	Croft Ambrey RC	VetF50	3rd	12:02	12:26	24:28	WAVE2



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
157	22	Cerys Brown	F		SF	9th	12:21	12:14	24:35	WAVE2
158	34	Lucy Capel	F	Black Pear Joggers	VetF40	8th	12:05	12:31	24:36	WAVE2
159	125	Tom Jennings	M		VetM40	10th	12:42	11:56	24:38	WAVE2
160	214	Alan Robertson	M	Forest of Dean AC	VetM70	2nd	12:28	12:18	24:46	WAVE2
161	14	David Bessant	M	Black Pear Joggers	VetM55	7th	12:13	12:34	24:47	WAVE2
162	114	Becky Humphreys	F		SF	10th	12:12	12:37	24:49	WAVE2
163	117	Stacey Hunt	F		VetF35	5th	12:34	12:29	25:03	WAVE2
164	120	Lauren Jaques	F		VetF45	5th	12:21	12:53	25:14	WAVE2
165	235	Lisa Sutton	F	Black Pear Joggers	VetF40	9th	12:35	12:49	25:24	WAVE2
166	291	Ian Care	M		VetM65	4th	12:45	12:46	25:31	WAVE2
167	271	Chloe Brooks	F		SF	11th	12:52	12:52	25:44	WAVE2
168	17	Charlotte Bevan	F		SF	12th	13:03	12:41	25:44	WAVE2
169	66	Victoria Dickinson	F	Croft Ambrey RC	VetF60	3rd	12:46	13:21	26:07	WAVE2
170	212	Mark Roberts	M	Brecon AC	VetM65	5th	13:00	13:15	26:15	WAVE2
171	102	Andrew Hillis	M	Spirit Of Monmouth	VetM60	7th	13:15	13:06	26:21	WAVE2
172	68	Ashley Dunk	M	Hereford Couriers	SM	14th	13:22	13:01	26:23	WAVE2
173	8	Natasha Backhouse	F	Hereford Couriers	SF	13th	13:14	13:12	26:26	WAVE2
174	139	Caroline Kerr	F	Ledbury & District Harriers	VetF60	4th	13:17	13:38	26:55	WAVE2
175	193	Louise Phillips	F	Croft Ambrey RC	VetF55	4th	13:26	13:45	27:11	WAVE2
176	189	Nick Paviour	M	Croft Ambrey RC	VetM35	4th	13:05	14:21	27:26	WAVE2
177	136	Rosalind Kearney	F		VetF50	4th	13:42	13:51	27:33	WAVE2
178	276	Lisa Gray	F	Croft Ambrey RC	VetF50	5th	13:44	14:01	27:45	WAVE2
179	195	Mathew Pickering	M		SM	15th	13:56	13:55	27:51	WAVE2
180	200	Bronwyn Preece	F	Croft Ambrey RC	SF	14th	13:38	14:21	27:59	WAVE2
181	15	Rachel Bevan	F		SF	15th	14:02	14:10	28:12	WAVE2
182	84	Lynsey Gamble	F	Fordy Runs	VetF50	6th	14:15	14:32	28:47	WAVE2



Hereford Couriers 5K Series 2026 Race 2



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time	Wave
183	273	Nicole Davidson	F	Wye Valley Runners	SF	16th	14:08	15:03	29:11	WAVE2
184	249	Mia Turner	F		SF	17th	14:02	15:09	29:11	WAVE2
185	40	Faye Churchill	F	Hereford Couriers	VetF50	7th	14:19	15:12	29:31	WAVE2
186	106	Stephen Hobson	M	Hereford Couriers	VetM65	6th	14:45	14:53	29:38	WAVE2
187	148	Lindsey Latimer	F	Malvern Buzzards Running Club	VetF45	6th	14:30	15:34	30:04	WAVE2
188	119	Emilia Jaques	F		FU14	2nd	14:41	15:50	30:31	WAVE2
189	57	Lisa Daley	F	Hereford Couriers	VetF50	8th	15:28	15:24	30:52	WAVE2
190	216	Kerry Rowlatt	F	Hereford Couriers	VetF50	9th	15:32	15:44	31:16	WAVE2
191	152	Clare Lewis	F	Wye Valley Runners	VetF55	5th	16:00	15:22	31:22	WAVE2
192	246	Katie Tong	F		VetF45	7th	16:00	15:22	31:22	WAVE2
193	166	Rachel McMahon	F		VetF60	5th	15:47	15:43	31:30	WAVE2
194	162	Kelly Mawman	F	Hereford Couriers	VetF35	6th	15:17	16:19	31:36	WAVE2
195	38	Alison Chadwick	F	Wye Valley Runners	VetF60	6th	15:51	16:20	32:11	WAVE2
196	238	brian Symonds	M	Wye Valley Runners	VetM80	1st	16:22	16:21	32:43	WAVE2
197	133	Emma Jones	F	Croft Ambrey RC	VetF45	8th	16:16	16:32	32:48	WAVE2
198	96	Dawn Hargadon	F	Croft Ambrey RC	VetF55	6th	16:29	16:55	33:24	WAVE2
199	251	Molly Vale-Smith	F		SF	18th	16:30	16:56	33:26	WAVE2
200	145	Christina La Monica	F	Croft Ambrey RC	VetF45	9th	16:58	17:59	34:57	WAVE2
201	182	John Noonan	M	Hereford Couriers	VetM65	7th	18:10	19:31	37:41	WAVE2
202	295	Gerald Gobey	M	Hereford Couriers	VetM70	3rd	18:10	19:31	37:41	WAVE2

Number of Records: 202

