

Herefordshire Summer Cross Country 2022



Race 2 Results

Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
1st	365	Robin Woods	M	Builth and District	27:55	1	Vet 45 Male	1st
2nd	120	Eric Apperley	M	Croft Ambrey RC	28:34	2	Senior Male	1st
3rd	151	Mark Lamonby	M	Croft Ambrey RC	28:51	3	Senior Male	2nd
4th	152	Gareth Leek	M	Croft Ambrey RC	29:00	4	Senior Male	3rd
5th	21	Alex Logan	M	Ludlow Runners	29:03	5	Vet 40 Male	1st
6th	40	Jamie Shingler	M	Ludlow Runners	29:13	6	Vet 45 Male	2nd
7th	385	Gavin Jones	M	Monross Trailblazers	29:44	7	Senior Male	4th
8th	407	Mike Pfeiffer	M	Builth and District	29:51	8	Vet 55 Male	1st
9th	336	Phil Morris	M	Builth and District	30:03	9	Vet 40 Male	2nd
10th	263	Ryan Knight	M	Hereford Couriers RC	30:18	10	Senior Male	5th
11th	261	Scott Kennedy	M	Hereford Couriers RC	31:06	11	Vet 40 Male	3rd
12th	337	Donna Morris	F	Builth and District	31:18	12	Vet 35 Female	1st
13th	343	Sion Parry	M	Builth and District	31:41	13	Vet 40 Male	4th
14th	322	Richard Edwards	M	Builth and District	31:41	14	Vet 40 Male	5th
15th	90	Peter Koval	M	Hereford Triathlon Club	32:13	15	Vet 35 Male	1st
16th	266	Ryan Lawrence	M	Hereford Couriers RC	32:27	16	Senior Male	6th
17th	275	William Morris	M	Hereford Couriers RC	32:28	17	Senior Male	7th
18th	344	Lee Price	M	Builth and District	32:31	18	Vet 45 Male	3rd
19th	413	Jacob Iveson	M	Builth and District	32:41	19	Senior Male	8th
20th	184	Grant Womack	M	Croft Ambrey RC	32:51	20	Vet 40 Male	6th
21st	161	Simon Norwood	M	Croft Ambrey RC	33:10	21	Vet 50 Male	1st
22nd	319	Rhys Davies	M	Builth and District	33:15	22	Senior Male	9th
23rd	53	Claire Thomas	F	Ludlow Runners	33:27	23	Vet 35 Female	2nd
24th	211	Jeremy Jehan	M	Wye Valley Runners	33:45	24	Vet 50 Male	2nd
25th	127	Charlotte Broadhurst	F	Croft Ambrey RC	33:50	25	Female Under 20	1st
26th	414	Jack Hammond	M	Builth and District	33:53	26	Senior Male	10th
27th	357	Matthew Sullivan	M	Builth and District	33:55	27	Senior Male	11th



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
28th	140	Dave George	M	Croft Ambrey RC	34:01	28	Vet 50 Male	3rd
29th	77	Matt Anfield	M	Hereford Triathlon Club	34:05	29	Vet 45 Male	4th
30th	178	Nigel Taylor	M	Croft Ambrey RC	34:09	30	Vet 55 Male	2nd
31st	321	Marc Dowse	M	Builth and District	34:12	31	Vet 35 Male	2nd
32nd	411	Martin Lloyd	M	Hereford Couriers RC	34:18	32	Vet 40 Male	7th
33rd	214	Daniel Lewis	M	Wye Valley Runners	34:24	33	Vet 45 Male	5th
34th	54	Fern Cotterill	F	Ludlow Runners	34:27	34	Senior Female	1st
35th	342	Haydn O'Reilly	M	Builth and District	34:34	35	Vet 40 Male	8th
36th	372	Neil Grinnell	M	Ledbury Harriers	34:36	36	Vet 45 Male	6th
37th	327	Stephen Hambridge	M	Builth and District	34:43	37	Vet 40 Male	9th
38th	293	Daniel Spear	M	Hereford Couriers RC	34:43	38	Vet 35 Male	3rd
39th	377	Richard Bevan	M	Monross Trailblazers	34:47	39	Vet 45 Male	7th
40th	391	Andrew Stephens	M	Monross Trailblazers	34:48	40	Vet 45 Male	8th
41st	330	Dai Harris	M	Builth and District	34:49	41	Vet 35 Male	4th
42nd	100	Andy Taylor	M	Hereford Triathlon Club	35:02	42	Vet 50 Male	4th
43rd	347	Josh Price	M	Builth and District	35:13	43	Senior Male	12th
44th	346	Gareth Price	M	Builth and District	35:26	44	Vet 40 Male	10th
45th	366	Jonny Samuel	M	Builth and District	35:27	45	Senior Male	13th
46th	235	Martin Carter	M	Hereford Couriers RC	35:28	46	Vet 55 Male	3rd
47th	109	Gareth Lloyd	M	Presteigne Pacers	35:29	47	Senior Male	14th
48th	353	Matthew Samuel	M	Builth and District	35:30	48	Vet 35 Male	5th
49th	114	Mark Radon	M	Presteigne Pacers	35:49	49	Vet 40 Male	11th
50th	339	Lee Nicholson	M	Builth and District	35:59	50	Senior Male	15th
51st	394	Grant White	M	Monross Trailblazers	36:01	51	Senior Male	16th
52nd	334	Kate Jones	F	Builth and District	36:07	52	Senior Female	2nd
53rd	240	Jonathan Davey	M	Hereford Couriers RC	36:16	53	Vet 55 Male	4th
54th	352	Joanne Rees	F	Builth and District	36:21	54	Vet 45 Female	1st



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
55th	317	Sophie Cook	F	Builth and District	36:37	55	Vet 40 Female	1st
56th	93	Paul Mammatt	M	Hereford Triathlon Club	36:41	56	Vet 50 Male	5th
57th	15	Amy Fulford	F	Ludlow Runners	36:47	57	Vet 45 Female	2nd
58th	160	Lee Monks	M	Croft Ambrey RC	36:54	58	Vet 35 Male	6th
59th	17	Tim Giles	M	Ludlow Runners	37:02	59	Vet 50 Male	6th
60th	416	Rob Saunders	M	Builth and District	37:10	60	Vet 40 Male	12th
61st	125	Kelly Bowen	F	Croft Ambrey RC	37:11	61	Vet 35 Female	3rd
62nd	403	Niall Considine	M	Wye Valley Runners	37:19	62	Senior Male	17th
63rd	112	David O'Connell	M	Presteigne Pacers	37:22	63	Senior Male	18th
64th	279	Christina Plant	F	Hereford Couriers RC	37:32	64	Vet 35 Female	4th
65th	36	Iain Prentice	M	Ludlow Runners	37:42	65	Vet 55 Male	5th
66th	133	Mia Davies	F	Croft Ambrey RC	37:44	66	Senior Female	3rd
67th	292	Ellie Smithers	F	Hereford Couriers RC	37:50	67	Senior Female	4th
68th	207	Robert Gilligan	M	Wye Valley Runners	37:54	68	Vet 55 Male	6th
69th	325	Jenny Farrow	F	Builth and District	38:05	69	Vet 45 Female	3rd
70th	158	Dave Millichap	M	Croft Ambrey RC	38:15	70	Vet 50 Male	7th
71st	110	Steve Mesham	M	Presteigne Pacers	38:39	71	Vet 50 Male	8th
72nd	254	Mark Hookins	M	Hereford Couriers RC	38:55	72	Vet 50 Male	9th
73rd	126	Daniel Brazier	M	Croft Ambrey RC	39:00	73	Senior Male	19th
74th	29	Paul Parker	M	Ludlow Runners	39:01	74	Vet 50 Male	10th
75th	216	Amelia Louth	F	Wye Valley Runners	39:03	75	Senior Female	5th
76th	34	Thomas Powell	M	Ludlow Runners	39:03	76	Vet 35 Male	7th
77th	420	Kate Green	F	Ledbury Harriers	39:04	77	Vet 55 Female	1st
78th	364	Gareth Wood	M	Builth and District	39:06	78	Senior Male	20th
79th	196	Rebecca Ansfield	F	Wye Valley Runners	39:07	79	Vet 45 Female	4th
80th	31	Laura Perratt	F	Ludlow Runners	39:12	80	Senior Female	6th
81st	167	Thea Preece	F	Croft Ambrey RC	39:36	81	Senior Female	7th



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
82nd	300	David Williams	M	Hereford Couriers RC	39:40	82	Vet 60 Male	1st
83rd	177	Neil Taylor	M	Croft Ambrey RC	39:53	83	Vet 65 Male	1st
84th	351	Christian Prynne	M	Builth and District	40:00	84	Vet 50 Male	11th
85th	170	Roland Preece	M	Croft Ambrey RC	40:08	85	Vet 55 Male	7th
86th	408	Lisa Boucher	F	Builth and District	40:14	86	Vet 35 Female	5th
87th	179	Jo Tilby	F	Croft Ambrey RC	40:19	87	Vet 40 Female	2nd
88th	157	Jo Marriott	F	Croft Ambrey RC	40:30	88	Vet 50 Female	1st
89th	199	Lynne Compton	F	Wye Valley Runners	40:39	89	Vet 55 Female	2nd
90th	155	Steph Main	F	Croft Ambrey RC	40:44	90	Vet 50 Female	2nd
91st	350	Kirsty Prosser	F	Builth and District	40:51	91	Senior Female	8th
92nd	23	Russell Limbert	M	Ludlow Runners	40:55	92	Vet 55 Male	8th
93rd	415	Matthew Morris	M	Builth and District	41:03	93	Vet 40 Male	13th
94th	218	Brent Lawson	M	Wye Valley Runners	41:07	94	Vet 60 Male	2nd
95th	358	David Sutherland	M	Builth and District	41:29	95	Vet 65 Male	2nd
96th	313	Rachel Bradbury	F	Builth and District	41:35	96	Vet 40 Female	3rd
97th	405	Emma Bagshaw	F	Builth and District	41:35	97	Vet 50 Female	3rd
98th	65	Kate Platt	F	Hay Hotfooters	41:39	98	Vet 45 Female	5th
99th	82	Richard Crawley	M	Hereford Triathlon Club	41:42	99	Vet 45 Male	9th
100th	418	Andrew Jones	M	Builth and District	41:43	100	Vet 55 Male	9th
101st	209	Jane Hayde	F	Wye Valley Runners	41:46	101	Vet 35 Female	6th
102nd	248	David Green	M	Hereford Couriers RC	41:52	102	Vet 55 Male	10th
103rd	360	Gunvor Troelsen	F	Builth and District	41:53	103	Vet 55 Female	3rd
104th	99	Mike Shaw	M	Hereford Triathlon Club	41:54	104	Vet 70 Male	1st
105th	62	Sara Lake	F	Hay Hotfooters	42:02	105	Vet 50 Female	4th
106th	223	Lorna Shaw	F	Wye Valley Runners	42:02	106	Vet 60 Female	1st
107th	171	Ian Price	M	Croft Ambrey RC	42:08	107	Vet 70 Male	2nd
108th	331	Scott Humphreys	M	Builth and District	42:12	108	Senior Male	21st



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109th	57	Kevin Dunster	M	Hay Hotfooters	42:24	109	Vet 60 Male	3rd
110th	356	Celia Speake	F	Builth and District	42:27	110	Vet 55 Female	4th
111th	43	Emma Stewardson	F	Ludlow Runners	42:29	111	Vet 40 Female	4th
112th	378	Lucia Demkova	F	Monross Trailblazers	42:35	112	Vet 40 Female	5th
113th	355	Sian Samuel	F	Builth and District	42:37	113	Vet 35 Female	7th
114th	323	Heather Evans	F	Builth and District	42:42	114	Vet 40 Female	6th
115th	215	Ralph Lloyd	M	Wye Valley Runners	42:55	115	Vet 60 Male	4th
116th	185	Rob Wood	M	Croft Ambrey RC	43:08	116	Vet 65 Male	3rd
117th	301	Victoria Woodhall	F	Hereford Couriers RC	43:15	117	Vet 45 Female	6th
118th	180	Howard Verran	M	Croft Ambrey RC	43:24	118	Vet 45 Male	10th
119th	200	Emily Davies	F	Wye Valley Runners	43:27	119	Vet 40 Female	7th
120th	142	Gary Gunner	M	Croft Ambrey RC	43:36	120	Vet 75 Male	1st
121st	143	Samantha Harper	F	Croft Ambrey RC	43:39	121	Vet 45 Female	7th
122nd	217	Leah Lowe	F	Wye Valley Runners	43:43	122	Vet 35 Female	8th
123rd	329	Phillip Harris	M	Builth and District	43:49	123	Vet 40 Male	14th
124th	9	Peter Cartwright	M	Ludlow Runners	43:53	124	Vet 65 Male	4th
125th	121	Liza Austin	F	Croft Ambrey RC	43:58	125	Vet 55 Female	5th
126th	12	Saul Phillips	M	Ludlow Runners	44:04	126	Vet 40 Male	15th
127th	410	Abbie Davies	F	Builth and District	44:06	127	Senior Female	9th
128th	314	Alexander Brown	M	Builth and District	44:18	128	Vet 50 Male	12th
129th	94	Deanna Mammatt	F	Hereford Triathlon Club	44:24	129	Vet 45 Female	8th
130th	363	Gary Watts	M	Builth and District	44:42	130	Vet 55 Male	11th
131st	203	Jo Ellis	F	Wye Valley Runners	44:47	131	Vet 40 Female	8th
132nd	234	Kevin Barnes	M	Hereford Couriers RC	44:53	132	Vet 55 Male	12th
133rd	104	Jamie Cook	M	Presteigne Pacers	45:04	133	Vet 60 Male	5th
134th	173	Suzanne Purvin	F	Croft Ambrey RC	45:12	134	Vet 60 Female	2nd
135th	135	Nikki Doherty	F	Croft Ambrey RC	45:23	135	Vet 35 Female	9th



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136th	249	Kim Handley	F	Hereford Couriers RC	45:57	136	Vet 35 Female	10th
137th	60	Sue Hackett	F	Hay Hotfooters	46:00	137	Vet 55 Female	6th
138th	227	Gordon Truluck	M	Wye Valley Runners	46:16	138	Vet 65 Male	5th
139th	273	Adam Mitchell-Haywood	M	Hereford Couriers RC	46:39	139	Vet 40 Male	16th
140th	250	Laura Hands	F	Hereford Couriers RC	46:42	140	Senior Female	10th
141st	396	Olivia Watts	F	Builth and District	47:35	141	Senior Female	11th
142nd	406	Sian Lewis	F	Builth and District	47:52	142	Vet 40 Female	9th
143rd	89	Murray Jones	M	Hereford Triathlon Club	47:54	143	Vet 45 Male	11th
144th	186	Sue Wood	F	Croft Ambrey RC	48:02	144	Vet 65 Female	1st
145th	130	Leanne Cuthbertson	F	Croft Ambrey RC	48:10	145	Senior Female	12th
146th	108	Bryan Lloyd	M	Presteigne Pacers	48:28	146	Vet 60 Male	6th
147th	183	Huw Williams	M	Croft Ambrey RC	48:28	147	Vet 60 Male	7th
148th	174	Louise Reeves	F	Croft Ambrey RC	48:30	148	Vet 45 Female	9th
149th	141	Lisa Gray	F	Croft Ambrey RC	48:30	149	Vet 50 Female	5th
150th	10	Tina Cartwright	F	Ludlow Runners	48:38	150	Vet 65 Female	2nd
151st	118	Sahrah Wilding	F	Presteigne Pacers	48:42	151	Vet 55 Female	7th
152nd	30	Gareth Parkinson	M	Ludlow Runners	49:14	152	Vet 50 Male	13th
153rd	244	Hollie Francis	F	Hereford Couriers RC	49:16	153	Senior Female	13th
154th	242	Bryony Dean	F	Hereford Couriers RC	49:17	154	Vet 45 Female	10th
155th	306	Laura Price	F	Hereford Couriers RC	49:30	155	Senior Female	14th
156th	419	Keith Helliwell	M	Builth and District	49:41	156	Vet 45 Male	12th
157th	253	Stephen Hobson	M	Hereford Couriers RC	49:49	157	Vet 60 Male	8th
158th	367	Hannah Wilding	F	Builth and District	49:55	158	Senior Female	15th
159th	362	Izzy Watts	F	Builth and District	50:14	159	Vet 40 Female	10th
160th	63	Tina Lavelle	F	Hay Hotfooters	50:35	160	Vet 65 Female	3rd
161st	401	Victoria Band	F	Ledbury Harriers	50:39	161	Vet 45 Female	11th
162nd	131	Gemma Davies	F	Croft Ambrey RC	51:08	162	Vet 40 Female	11th



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163rd	348	Hayley Price	F	Builth and District	51:20	163	Vet 50 Female	6th
164th	20	Janet Hill	F	Ludlow Runners	51:37	164	Vet 65 Female	4th
165th	64	Alan Nicholls	M	Hay Hotfooters	51:55	165	Vet 70 Male	3rd
166th	274	David Mitchell-Haywood	M	Hereford Couriers RC	52:14	166	Vet 35 Male	8th
167th	311	Chris Daw	M	Hereford Couriers RC	52:47	167	Senior Male	22nd
168th	417	Gareth Morris	M	Builth and District	52:53	168	Vet 55 Male	13th
169th	169	Clare Preece	F	Croft Ambrey RC	53:49	169	Vet 50 Female	7th
170th	412	Tina Harrison	F	Builth and District	54:16	170	Vet 55 Female	8th
171st	4	Alison Benwell	F	Ludlow Runners	54:57	171	Vet 55 Female	9th
172nd	349	Shannon Price	F	Builth and District	55:09	172	Senior Female	16th
173rd	328	Avril Hardwick	F	Builth and District	55:10	173	Vet 35 Female	11th
174th	129	Hayley Colebatch	F	Croft Ambrey RC	55:22	174	Vet 35 Female	12th
175th	132	Tom Davies	M	Croft Ambrey RC	57:23	175	Vet 70 Male	4th
176th	25	Sybil Marsh	F	Ludlow Runners	58:31	176	Vet 70 Female	1st
177th	312	Liam Curtis-Moore	M	Hereford Couriers RC	1:04:46	177	Senior Male	23rd
178th	276	John Noonan	M	Hereford Couriers RC	1:10:42	178	Vet 60 Male	9th
179th	156	Bryan Markham	M	Croft Ambrey RC	1:12:57	179	Vet 80 Male	1st

Number of Records: 179

