

Herefordshire Summer Cross Country 2022



Race 3 Results

Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
1st	32	Oliver Perrett	M	Ludlow Runners	26:17	1	Senior Male	1st
2nd	365	Robin Woods	M	Builth and District	26:36	2	Vet 45 Male	1st
3rd	120	Eric Apperley	M	Croft Ambrey RC	27:20	3	Senior Male	2nd
4th	152	Gareth Leek	M	Croft Ambrey RC	27:43	4	Senior Male	3rd
5th	40	Jamie Shingler	M	Ludlow Runners	27:50	5	Vet 45 Male	2nd
6th	21	Alex Logan	M	Ludlow Runners	27:53	6	Vet 40 Male	1st
7th	256	Matt James	M	Hereford Couriers RC	27:56	7	Vet 35 Male	1st
8th	383	Luke Gray	M	Monross Trailblazers	28:17	8	Vet 35 Male	2nd
9th	385	Gavin Jones	M	Monross Trailblazers	28:28	9	Senior Male	4th
10th	263	Ryan Knight	M	Hereford Couriers RC	28:38	10	Senior Male	5th
11th	407	Mike Pfeiffer	M	Builth and District	28:40	11	Vet 55 Male	1st
12th	88	Dean Jones	M	Hereford Triathlon Club	28:40	12	Senior Male	6th
13th	95	Sam Mayglothling	M	Hereford Triathlon Club	29:03	13	Vet 35 Male	3rd
14th	389	Rob Nicholls	M	Monross Trailblazers	29:08	14	Vet 35 Male	4th
15th	261	Scott Kennedy	M	Hereford Couriers RC	29:48	15	Vet 40 Male	2nd
16th	322	Richard Edwards	M	Builth and District	29:51	16	Vet 40 Male	3rd
17th	247	Owen Graham	M	Hereford Couriers RC	30:03	17	Senior Male	7th
18th	266	Ryan Lawrence	M	Hereford Couriers RC	30:07	18	Senior Male	8th
19th	275	William Morris	M	Hereford Couriers RC	30:48	19	Senior Male	9th
20th	90	Peter Koval	M	Hereford Triathlon Club	31:13	20	Vet 35 Male	5th
21st	161	Simon Norwood	M	Croft Ambrey RC	31:30	21	Vet 50 Male	1st
22nd	319	Rhys Davies	M	Builth and District	31:41	22	Senior Male	10th
23rd	225	Ian Sockett	M	Wye Valley Runners	31:48	23	Vet 50 Male	2nd
24th	53	Claire Thomas	F	Ludlow Runners	31:53	24	Vet 35 Female	1st
25th	178	Nigel Taylor	M	Croft Ambrey RC	31:55	25	Vet 55 Male	2nd
26th	391	Andrew Stephens	M	Monross Trailblazers	32:06	26	Vet 45 Male	3rd
27th	262	Kevin Kerrigan	M	Hereford Couriers RC	32:16	27	Senior Male	11th



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28th	140	Dave George	M	Croft Ambrey RC	32:20	28	Vet 50 Male	3rd
29th	127	Charlotte Broadhurst	F	Croft Ambrey RC	32:28	29	Female Under 20	1st
30th	411	Martin Lloyd	M	Hereford Couriers RC	32:29	30	Vet 40 Male	4th
31st	73	Duncan Tindle	M	Hay Hotfooters	32:33	31	Senior Male	12th
32nd	357	Matthew Sullivan	M	Builth and District	32:34	32	Senior Male	13th
33rd	184	Grant Womack	M	Croft Ambrey RC	32:38	33	Vet 40 Male	5th
34th	394	Grant White	M	Monross Trailblazers	32:44	34	Senior Male	14th
35th	377	Richard Bevan	M	Monross Trailblazers	32:53	35	Vet 45 Male	4th
36th	293	Daniel Spear	M	Hereford Couriers RC	33:07	36	Vet 35 Male	6th
37th	421	Stafford Rees	M	Builth and District	33:11	37	Vet 50 Male	4th
38th	346	Gareth Price	M	Builth and District	33:17	38	Vet 40 Male	6th
39th	235	Martin Carter	M	Hereford Couriers RC	33:18	39	Vet 55 Male	3rd
40th	347	Josh Price	M	Builth and District	33:20	40	Senior Male	15th
41st	100	Andy Taylor	M	Hereford Triathlon Club	33:43	41	Vet 50 Male	5th
42nd	138	Hannah Fletcher	F	Croft Ambrey RC	33:58	42	Vet 35 Female	2nd
43rd	109	Gareth Lloyd	M	Presteigne Pacers	34:07	43	Senior Male	16th
44th	231	Lea Wood	M	Wye Valley Runners	34:11	44	Vet 35 Male	7th
45th	309	Jonathan Gledhill	M	Hereford Couriers RC	34:14	45	Vet 40 Male	7th
46th	284	Richie Richards	M	Hereford Couriers RC	34:19	46	Vet 55 Male	4th
47th	165	Neil Powell	M	Croft Ambrey RC	34:38	47	Vet 50 Male	6th
48th	352	Joanne Rees	F	Builth and District	34:46	48	Vet 45 Female	1st
49th	107	Douglas Glasgow	M	Presteigne Pacers	34:48	49	Senior Male	17th
50th	330	Dai Harris	M	Builth and District	34:48	50	Vet 35 Male	8th
51st	17	Tim Giles	M	Ludlow Runners	34:49	51	Vet 50 Male	7th
52nd	69	Peter Summers	M	Hay Hotfooters	34:50	52	Vet 35 Male	9th
53rd	403	Niall Considine	M	Wye Valley Runners	34:55	53	Senior Male	18th
54th	334	Kate Jones	F	Builth and District	35:00	54	Senior Female	1st



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55th	15	Amy Fulford	F	Ludlow Runners	35:07	55	Vet 45 Female	2nd
56th	112	David O'Connell	M	Presteigne Pacers	35:12	56	Senior Male	19th
57th	59	Eleanor Griffiths	F	Hay Hotfooters	35:16	57	Senior Female	2nd
58th	240	Jonathan Davey	M	Hereford Couriers RC	35:25	58	Vet 55 Male	5th
59th	125	Kelly Bowen	F	Croft Ambrey RC	35:32	59	Vet 35 Female	3rd
60th	212	Paul Kemp	M	Wye Valley Runners	35:38	60	Vet 45 Male	5th
61st	317	Sophie Cook	F	Builth and District	35:49	61	Vet 40 Female	1st
62nd	279	Christina Plant	F	Hereford Couriers RC	35:51	62	Vet 35 Female	4th
63rd	236	Chris Cleary	M	Hereford Couriers RC	35:59	63	Senior Male	20th
64th	297	Graeme Walker	M	Hereford Couriers RC	36:01	64	Vet 55 Male	6th
65th	96	Adamo Michniok	M	Hereford Triathlon Club	36:02	65	Vet 40 Male	8th
66th	36	Iain Prentice	M	Ludlow Runners	36:03	66	Vet 55 Male	7th
67th	292	Ellie Smithers	F	Hereford Couriers RC	36:03	67	Senior Female	3rd
68th	177	Neil Taylor	M	Croft Ambrey RC	36:10	68	Vet 65 Male	1st
69th	257	Lucy Jarvis	F	Hereford Couriers RC	36:13	69	Senior Female	4th
70th	207	Robert Gilligan	M	Wye Valley Runners	36:21	70	Vet 55 Male	8th
71st	364	Gareth Wood	M	Builth and District	36:26	71	Senior Male	21st
72nd	126	Daniel Brazier	M	Croft Ambrey RC	36:34	72	Senior Male	22nd
73rd	58	Stephen Goodridge	M	Hay Hotfooters	36:45	73	Vet 55 Male	9th
74th	179	Jo Tilby	F	Croft Ambrey RC	36:49	74	Vet 40 Female	2nd
75th	110	Steve Mesham	M	Presteigne Pacers	36:53	75	Vet 50 Male	8th
76th	29	Paul Parker	M	Ludlow Runners	37:01	76	Vet 50 Male	9th
77th	160	Lee Monks	M	Croft Ambrey RC	37:04	77	Vet 35 Male	10th
78th	254	Mark Hookins	M	Hereford Couriers RC	37:11	78	Vet 50 Male	10th
79th	216	Amelia Louth	F	Wye Valley Runners	37:15	79	Senior Female	5th
80th	56	Mick Collins	M	Hay Hotfooters	37:18	80	Vet 55 Male	10th
81st	23	Russell Limbert	M	Ludlow Runners	37:32	81	Vet 55 Male	11th



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82nd	34	Thomas Powell	M	Ludlow Runners	37:38	82	Vet 35 Male	11th
83rd	252	Steve Herington	M	Hereford Couriers RC	37:41	83	Vet 70 Male	1st
84th	74	Joe Collins	M	Hay Hotfooters	37:49	84	Male Under 20	1st
85th	233	Sarah Askey	F	Hereford Couriers RC	37:51	85	Vet 55 Female	1st
86th	270	Clare Mallender	F	Hereford Couriers RC	37:51	86	Vet 40 Female	3rd
87th	228	James Vidler	M	Wye Valley Runners	37:57	87	Vet 60 Male	1st
88th	393	Vanessa Ward	F	Monross Trailblazers	37:57	88	Vet 35 Female	5th
89th	304	Paul Davies	M	Hereford Couriers RC	37:58	89	Vet 60 Male	2nd
90th	420	Kate Green	F	Ledbury Harriers	38:03	90	Vet 55 Female	2nd
91st	31	Laura Perratt	F	Ludlow Runners	38:07	91	Senior Female	6th
92nd	300	David Williams	M	Hereford Couriers RC	38:09	92	Vet 60 Male	3rd
93rd	78	Kevin Artus	M	Hereford Triathlon Club	38:12	93	Vet 45 Male	6th
94th	167	Thea Preece	F	Croft Ambrey RC	38:13	94	Senior Female	7th
95th	196	Rebecca Ansfield	F	Wye Valley Runners	38:14	95	Vet 45 Female	3rd
96th	157	Jo Marriott	F	Croft Ambrey RC	38:53	96	Vet 50 Female	1st
97th	199	Lynne Compton	F	Wye Valley Runners	39:18	97	Vet 55 Female	3rd
98th	310	Abi Knight	F	Hereford Couriers RC	39:22	98	Senior Female	8th
99th	265	Kimberley Langford	F	Hereford Couriers RC	39:27	99	Senior Female	9th
100th	57	Kevin Dunster	M	Hay Hotfooters	39:38	100	Vet 60 Male	4th
101st	65	Kate Platt	F	Hay Hotfooters	39:46	101	Vet 45 Female	4th
102nd	12	Saul Phillips	M	Ludlow Runners	39:46	102	Vet 40 Male	9th
103rd	360	Gunvor Troelsen	F	Builth and District	39:54	103	Vet 55 Female	4th
104th	331	Scott Humphreys	M	Builth and District	39:59	104	Senior Male	23rd
105th	155	Steph Main	F	Croft Ambrey RC	40:00	105	Vet 50 Female	2nd
106th	14	Juliana Ferguson	F	Ludlow Runners	40:08	106	Vet 40 Female	4th
107th	223	Lorna Shaw	F	Wye Valley Runners	40:12	107	Vet 60 Female	1st
108th	180	Howard Verran	M	Croft Ambrey RC	40:13	108	Vet 45 Male	7th



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109th	259	Guy Jenkins	M	Hereford Couriers RC	40:14	109	Vet 60 Male	5th
110th	170	Roland Preece	M	Croft Ambrey RC	40:25	110	Vet 55 Male	12th
111th	171	Ian Price	M	Croft Ambrey RC	40:27	111	Vet 70 Male	2nd
112th	313	Rachel Bradbury	F	Builth and District	40:49	112	Vet 40 Female	5th
113th	378	Lucia Demkova	F	Monross Trailblazers	40:54	113	Vet 40 Female	6th
114th	142	Gary Gunner	M	Croft Ambrey RC	40:59	114	Vet 75 Male	1st
115th	62	Sara Lake	F	Hay Hotfooters	41:15	115	Vet 50 Female	3rd
116th	405	Emma Bagshaw	F	Builth and District	41:17	116	Vet 50 Female	4th
117th	43	Emma Stewardson	F	Ludlow Runners	41:19	117	Vet 40 Female	7th
118th	99	Mike Shaw	M	Hereford Triathlon Club	41:29	118	Vet 70 Male	3rd
119th	206	Louisa Foti	F	Wye Valley Runners	41:30	119	Vet 45 Female	5th
120th	9	Peter Cartwright	M	Ludlow Runners	41:35	120	Vet 65 Male	2nd
121st	55	Sharon Collins	F	Hay Hotfooters	41:46	121	Vet 55 Female	5th
122nd	427	Isabelle Robinson	F	Builth and District	41:47	122	Senior Female	10th
123rd	85	Ian Foster	M	Hereford Triathlon Club	41:49	123	Vet 50 Male	11th
124th	168	Bronwyn Preece	F	Croft Ambrey RC	41:52	124	Senior Female	11th
125th	185	Rob Wood	M	Croft Ambrey RC	41:52	125	Vet 65 Male	3rd
126th	121	Liza Austin	F	Croft Ambrey RC	41:53	126	Vet 55 Female	6th
127th	94	Deanna Mammatt	F	Hereford Triathlon Club	41:58	127	Vet 45 Female	6th
128th	329	Phillip Harris	M	Builth and District	42:05	128	Vet 40 Male	10th
129th	260	Kirsty Jenkins	F	Hereford Couriers RC	42:10	129	Senior Female	12th
130th	143	Samantha Harper	F	Croft Ambrey RC	42:15	130	Vet 45 Female	7th
131st	203	Jo Ellis	F	Wye Valley Runners	42:20	131	Vet 40 Female	8th
132nd	215	Ralph Lloyd	M	Wye Valley Runners	42:36	132	Vet 60 Male	6th
133rd	79	John Bilboa	M	Hereford Triathlon Club	42:38	133	Vet 65 Male	4th
134th	61	Johnny Kramer	M	Hay Hotfooters	42:41	134	Vet 55 Male	13th
135th	200	Emily Davies	F	Wye Valley Runners	42:47	135	Vet 40 Female	9th



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136th	249	Kim Handley	F	Hereford Couriers RC	42:55	136	Vet 35 Female	6th
137th	242	Bryony Dean	F	Hereford Couriers RC	43:26	137	Vet 45 Female	8th
138th	395	Sophie Williams	F	Monross Trailblazers	43:50	138	Vet 35 Female	7th
139th	104	Jamie Cook	M	Presteigne Pacers	43:59	139	Vet 60 Male	7th
140th	191	Darren Hayman	M	Croft Ambrey RC	44:07	140	Vet 35 Male	12th
141st	202	Mark Dempsey	M	Wye Valley Runners	44:38	141	Vet 65 Male	5th
142nd	172	Amy Purvin	F	Croft Ambrey RC	44:56	142	Senior Female	13th
143rd	273	Adam Mitchell-Haywood	M	Hereford Couriers RC	45:00	143	Vet 40 Male	11th
144th	227	Gordon Truluck	M	Wye Valley Runners	45:29	144	Vet 65 Male	6th
145th	253	Stephen Hobson	M	Hereford Couriers RC	45:31	145	Vet 60 Male	8th
146th	128	Oliver Cameron Swan	M	Croft Ambrey RC	45:39	146	Vet 45 Male	8th
147th	150	Steph King	F	Croft Ambrey RC	45:42	147	Vet 55 Female	7th
148th	308	Celia Escande	F	Hereford Couriers RC	45:45	148	Senior Female	14th
149th	153	Hélène Loh	F	Croft Ambrey RC	45:47	149	Senior Female	15th
150th	72	Crispin Elt	M	Hay Hotfooters	45:59	150	Vet 60 Male	9th
151st	42	Tony Stanley	M	Ludlow Runners	46:03	151	Vet 60 Male	10th
152nd	10	Tina Cartwright	F	Ludlow Runners	46:12	152	Vet 65 Female	1st
153rd	141	Lisa Gray	F	Croft Ambrey RC	46:17	153	Vet 50 Female	5th
154th	174	Louise Reeves	F	Croft Ambrey RC	46:24	154	Vet 45 Female	9th
155th	423	Richard Connelly	M	Wye Valley Runners	46:28	155	Vet 50 Male	12th
156th	118	Sahrah Wilding	F	Presteigne Pacers	46:59	156	Vet 55 Female	8th
157th	183	Huw Williams	M	Croft Ambrey RC	47:14	157	Vet 60 Male	11th
158th	186	Sue Wood	F	Croft Ambrey RC	47:32	158	Vet 65 Female	2nd
159th	335	Nicola Kelly	F	Builth and District	47:42	159	Vet 50 Female	6th
160th	63	Tina Lavelle	F	Hay Hotfooters	47:43	160	Vet 65 Female	3rd
161st	398	Raymond Davies	M	Builth and District	47:51	161	Vet 40 Male	12th
162nd	136	Nikki Fergusson	F	Croft Ambrey RC	48:30	162	Senior Female	16th



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163rd	131	Gemma Davies	F	Croft Ambrey RC	48:35	163	Vet 40 Female	10th
164th	426	Wendy Cole	F	Builth and District	48:54	164	Vet 50 Female	7th
165th	396	Olivia Watts	F	Builth and District	48:55	165	Senior Female	17th
166th	64	Alan Nicholls	M	Hay Hotfooters	49:00	166	Vet 70 Male	4th
167th	362	Izzy Watts	F	Builth and District	49:26	167	Vet 40 Female	11th
168th	348	Hayley Price	F	Builth and District	49:34	168	Vet 50 Female	8th
169th	41	Joanne Stanley	F	Ludlow Runners	49:53	169	Vet 60 Female	2nd
170th	425	Tina Harrison	F	Builth and District	50:18	170	Vet 55 Female	9th
171st	422	Brian Symonds	M	Wye Valley Runners	51:32	171	Vet 75 Male	2nd
172nd	169	Clare Preece	F	Croft Ambrey RC	52:22	172	Vet 50 Female	9th
173rd	148	Theresa Jones	F	Croft Ambrey RC	52:26	173	Vet 50 Female	10th
174th	132	Tom Davies	M	Croft Ambrey RC	53:56	174	Vet 70 Male	5th
175th	328	Avril Hardwick	F	Builth and District	55:01	175	Vet 35 Female	8th
176th	340	Noreen O Connor	F	Builth and District	55:01	176	Vet 60 Female	3rd
177th	318	Liam Daly	M	Builth and District	55:01	177	Vet 60 Male	12th
178th	25	Sybil Marsh	F	Ludlow Runners	55:11	178	Vet 70 Female	1st
179th	243	Liz Fishpool	F	Hereford Couriers RC	58:10	179	Senior Female	18th
180th	276	John Noonan	M	Hereford Couriers RC	58:20	180	Vet 60 Male	13th
181st	156	Bryan Markham	M	Croft Ambrey RC	1:09:33	181	Vet 80 Male	1st
182nd	338	Callum Morris	M	Builth and District	20:47	182	Male Under 17	1st

Number of Records: 182

