

# Herefordshire Summer Cross Country 2022



## Team Results - Race 3

Bib	Name	Time	Age Cat	Points
<b>1st</b>	<b>Ludlow Runners 1</b>	<b>3:07:07,00</b>		
32	Oliver Perrett	26:17	Senior Male	1
40	Jamie Shingler	27:50	Vet 45 Male	5
21	Alex Logan	27:53	Vet 40 Male	6
53	Claire Thomas	31:53	Vet 35 Female	24
15	Amy Fulford	35:07	Vet 45 Female	55
31	Laura Perratt	38:07	Senior Female	91
<b>2nd</b>	<b>Croft Ambrey RC 1</b>	<b>3:08:31,00</b>		
120	Eric Apperley	27:20	Senior Male	3
152	Gareth Leek	27:43	Senior Male	4
161	Simon Norwood	31:30	Vet 50 Male	21
127	Charlotte Broadhurst	32:28	Female Under 20	29
138	Hannah Fletcher	33:58	Vet 35 Female	42
125	Kelly Bowen	35:32	Vet 35 Female	59
<b>3rd</b>	<b>Builth and District 1</b>	<b>3:10:42,00</b>		
365	Robin Woods	26:36	Vet 45 Male	2
407	Mike Pfeiffer	28:40	Vet 55 Male	11
322	Richard Edwards	29:51	Vet 40 Male	16
352	Joanne Rees	34:46	Vet 45 Female	48
334	Kate Jones	35:00	Senior Female	54
317	Sophie Cook	35:49	Vet 40 Female	61
<b>4th</b>	<b>Hereford Couriers RC 1</b>	<b>3:14:29,00</b>		
256	Matt James	27:56	Vet 35 Male	7
263	Ryan Knight	28:38	Senior Male	10
261	Scott Kennedy	29:48	Vet 40 Male	15
279	Christina Plant	35:51	Vet 35 Female	62
292	Ellie Smithers	36:03	Senior Female	67
257	Lucy Jarvis	36:13	Senior Female	69
<b>5th</b>	<b>Hereford Couriers RC 2</b>	<b>3:26:02,00</b>		
247	Owen Graham	30:03	Senior Male	17
266	Ryan Lawrence	30:07	Senior Male	18
275	William Morris	30:48	Senior Male	19
233	Sarah Askey	37:51	Vet 55 Female	85
270	Clare Mallender	37:51	Vet 40 Female	86
310	Abi Knight	39:22	Senior Female	98
<b>6th</b>	<b>Monross Trailblazers 1</b>	<b>3:28:34,00</b>		
383	Luke Gray	28:17	Vet 35 Male	8
385	Gavin Jones	28:28	Senior Male	9
389	Rob Nicholls	29:08	Vet 35 Male	14
393	Vanessa Ward	37:57	Vet 35 Female	88
378	Lucia Demkova	40:54	Vet 40 Female	113



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395	Sophie Williams	43:50	Vet 35 Female	138
<b>7th</b>	<b>Croft Ambrey RC 2</b>	<b>3:30:48,00</b>		
178	Nigel Taylor	31:55	Vet 55 Male	25
140	Dave George	32:20	Vet 50 Male	28
184	Grant Womack	32:38	Vet 40 Male	33
179	Jo Tilby	36:49	Vet 40 Female	74
167	Thea Preece	38:13	Senior Female	94
157	Jo Marriott	38:53	Vet 50 Female	96
<b>8th</b>	<b>Wye Valley Runners 1</b>	<b>3:35:41,00</b>		
225	Ian Sockett	31:48	Vet 50 Male	23
231	Lea Wood	34:11	Vet 35 Male	44
403	Niall Considine	34:55	Senior Male	53
216	Amelia Louth	37:15	Senior Female	79
196	Rebecca Ansfield	38:14	Vet 45 Female	95
199	Lynne Compton	39:18	Vet 55 Female	97
<b>9th</b>	<b>Builth and District 2</b>	<b>3:39:26,00</b>		
319	Rhys Davies	31:41	Senior Male	22
357	Matthew Sullivan	32:34	Senior Male	32
421	Stafford Rees	33:11	Vet 50 Male	37
360	Gunvor Troelsen	39:54	Vet 55 Female	103
313	Rachel Bradbury	40:49	Vet 40 Female	112
405	Emma Bagshaw	41:17	Vet 50 Female	116
<b>10th</b>	<b>Hay Hotfooters 1</b>	<b>3:40:25,00</b>		
73	Duncan Tindle	32:33	Senior Male	31
69	Peter Summers	34:50	Vet 35 Male	52
59	Eleanor Griffiths	35:16	Senior Female	57
58	Stephen Goodridge	36:45	Vet 55 Male	73
65	Kate Platt	39:46	Vet 45 Female	101
62	Sara Lake	41:15	Vet 50 Female	115
<b>11th</b>	<b>Hereford Couriers RC 3</b>	<b>3:42:24,00</b>		
262	Kevin Kerrigan	32:16	Senior Male	27
411	Martin Lloyd	32:29	Vet 40 Male	30
293	Daniel Spear	33:07	Vet 35 Male	36
265	Kimberley Langford	39:27	Senior Female	99
260	Kirsty Jenkins	42:10	Senior Female	129
249	Kim Handley	42:55	Vet 35 Female	136
<b>12th</b>	<b>Croft Ambrey RC 3</b>	<b>3:51:07,00</b>		
165	Neil Powell	34:38	Vet 50 Male	47
177	Neil Taylor	36:10	Vet 65 Male	68
126	Daniel Brazier	36:34	Senior Male	72
155	Steph Main	40:00	Vet 50 Female	105



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168	Bronwyn Preece	41:52	Senior Female	124
121	Liza Austin	41:53	Vet 55 Female	126
<b>13th</b>	<b>Wye Valley Runners 2</b>	<b>3:53:58,00</b>		
212	Paul Kemp	35:38	Vet 45 Male	60
207	Robert Gilligan	36:21	Vet 55 Male	70
228	James Vidler	37:57	Vet 60 Male	87
223	Lorna Shaw	40:12	Vet 60 Female	107
206	Louisa Foti	41:30	Vet 45 Female	119
203	Jo Ellis	42:20	Vet 40 Female	131
<b>14th</b>	<b>Ludlow Runners 2</b>	<b>3:55:32,00</b>		
17	Tim Giles	34:49	Vet 50 Male	51
36	Iain Prentice	36:03	Vet 55 Male	66
29	Paul Parker	37:01	Vet 50 Male	76
14	Juliana Ferguson	40:08	Vet 40 Female	106
43	Emma Stewardson	41:19	Vet 40 Female	117
10	Tina Cartwright	46:12	Vet 65 Female	152
<b>15th</b>	<b>Builth and District 3</b>	<b>3:59:48,00</b>		
346	Gareth Price	33:17	Vet 40 Male	38
347	Josh Price	33:20	Senior Male	40
330	Dai Harris	34:48	Vet 35 Male	50
427	Isabelle Robinson	41:47	Senior Female	122
335	Nicola Kelly	47:42	Vet 50 Female	159
426	Wendy Cole	48:54	Vet 50 Female	164
<b>16th</b>	<b>Hereford Couriers RC 4</b>	<b>4:09:12,00</b>		
235	Martin Carter	33:18	Vet 55 Male	39
309	Jonathan Gledhill	34:14	Vet 40 Male	45
284	Richie Richards	34:19	Vet 55 Male	46
242	Bryony Dean	43:26	Vet 45 Female	137
308	Celia Escande	45:45	Senior Female	148
243	Liz Fishpool	58:10	Senior Female	179
<b>17th</b>	<b>Croft Ambrey RC 4</b>	<b>4:10:35,00</b>		
160	Lee Monks	37:04	Vet 35 Male	77
180	Howard Verran	40:13	Vet 45 Male	108
170	Roland Preece	40:25	Vet 55 Male	110
143	Samantha Harper	42:15	Vet 45 Female	130
172	Amy Purvin	44:56	Senior Female	142
150	Steph King	45:42	Vet 55 Female	147
<b>18th</b>	<b>Croft Ambrey RC 5</b>	<b>4:21:46,00</b>		
171	Ian Price	40:27	Vet 70 Male	111
142	Gary Gunner	40:59	Vet 75 Male	114
185	Rob Wood	41:52	Vet 65 Male	125



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153	Hélène Loh	45:47	Senior Female	149
141	Lisa Gray	46:17	Vet 50 Female	153
174	Louise Reeves	46:24	Vet 45 Female	154
<b>19th</b>	<b>Builth and District 4</b>	<b>4:26:25,00</b>		
364	Gareth Wood	36:26	Senior Male	71
331	Scott Humphreys	39:59	Senior Male	104
329	Phillip Harris	42:05	Vet 40 Male	128
396	Olivia Watts	48:55	Senior Female	165
362	Izzy Watts	49:26	Vet 40 Female	167
348	Hayley Price	49:34	Vet 50 Female	168
<b>20th</b>	<b>Croft Ambrey RC 6</b>	<b>4:41:37,00</b>		
191	Darren Hayman	44:07	Vet 35 Male	140
128	Oliver Cameron Swan	45:39	Vet 45 Male	146
183	Huw Williams	47:14	Vet 60 Male	157
186	Sue Wood	47:32	Vet 65 Female	158
136	Nikki Fergusson	48:30	Senior Female	162
131	Gemma Davies	48:35	Vet 40 Female	163

Number of Records: 120

