

Summer Cross Country Series Results (Best 3 out of 4 Races)

Bib	Name	Gender	Club	Time R1	Points R1	Time R2	Points R2	Time R3	Points R3	Time R4	Points R4	Points Overall	Age Cat	Rank
365	Robin Woods	M	Builth and District	27:35	1	27:55	1	26:36	2			4	Vet 45 Male	1st
120	Eric Apperley	M	Croft Ambrey RC			28:34	2	27:20	3	28:27	2	7	Senior Male	1st
152	Gareth Leek	M	Croft Ambrey RC			29:00	4	27:43	4	28:30	3	11	Senior Male	2nd
151	Mark Lamonby	M	Croft Ambrey RC	28:11	4	28:51	3			28:42	5	12	Senior Male	3rd
256	Matt James	M	Hereford Couriers RC	28:07	3			27:56	7	28:59	6	16	Vet 35 Male	1st
40	Jamie Shingler	M	Ludlow Runners			29:13	6	27:50	5	29:05	7	18	Vet 45 Male	2nd
21	Alex Logan	M	Ludlow Runners			29:03	5	27:53	6	29:17	8	19	Vet 40 Male	1st
385	Gavin Jones	M	Monross Trailblazers	29:37	12	29:44	7	28:28	9	30:38		28	Senior Male	15th
407	Mike Pfeiffer	M	Builth and District			29:51	8	28:40	11	29:41	9	28	Vet 55 Male	1st
263	Ryan Knight	M	Hereford Couriers RC			30:18	10	28:38	10	29:59	11	31	Senior Male	4th
261	Scott Kennedy	M	Hereford Couriers RC	30:25	13	31:06	11	29:48	15			39	Vet 40 Male	2nd
266	Ryan Lawrence	M	Hereford Couriers RC	30:54	16	32:27	16			30:46	15	47	Senior Male	5th
275	William Morris	M	Hereford Couriers RC	30:49	15	32:28	17			31:31	16	48	Senior Male	6th
322	Richard Edwards	M	Builth and District	31:42	22	31:41	14	29:51	16			52	Vet 40 Male	3rd
90	Peter Koval	M	Hereford Triathlon Club	31:12	18	32:13	15	31:13	20			53	Vet 35 Male	2nd
161	Simon Norwood	M	Croft Ambrey RC			33:10	21	31:20	21	32:09	17	59	Vet 50 Male	1st
319	Rhys Davies	M	Builth and District			33:15	22	31:41	22	32:41	21	65	Senior Male	7th
53	Claire Thomas	F	Ludlow Runners			33:27	23	31:53	24	33:23	25	72	Vet 35 Female	1st
211	Jeremy Jehan	M	Wye Valley Runners	32:18	24	33:45	24			33:50	29	77	Vet 50 Male	2nd
178	Nigel Taylor	M	Croft Ambrey RC	32:53	28			31:55	25	32:57	24	77	Vet 55 Male	2nd
357	Matthew Sullivan	M	Builth and District			33:55	27	32:34	32	32:45	22	81	Senior Male	8th
140	Dave George	M	Croft Ambrey RC	33:07	30	34:01	28	32:20	28			86	Vet 50 Male	3rd
127	Charlotte Broadhurst	F	Croft Ambrey RC			33:50	25	32:28	29	34:28	37	91	Female Under 21	1st
269	Martin Lloyd	M	Hereford Couriers RC	33:13	34	34:18	32	32:29	30			96	Vet 40 Male	4th
377	Richard Bevan	M	Monross Trailblazers			34:47	39	32:53	35	33:52	31	105	Vet 45 Male	3rd
138	Hannah Fletcher	F	Croft Ambrey RC	33:46	39			33:58	42	33:37	27	108	Vet 35 Female	2nd
372	Neil Grinnell	M	Ledbury Harriers	33:20	37	34:36	36			34:11	35	108	Vet 45 Male	4th
391	Andrew Stephens	M	Monross Trailblazers			34:48	40	32:06	26	35:06	42	108	Vet 45 Male	5th
293	Daniel Spear	M	Hereford Couriers RC	33:20	36	34:43	38	33:07	36			110	Vet 35 Male	3rd

394	Grant White	M	Monross Trailblazers			36:01	51	32:44	34	33:39	28	113	Senior Male	9th
100	Andy Taylor	M	Hereford Triathlon Club			35:02	42	33:43	41	34:08	34	117	Vet 50 Male	4th
235	Martin Carter	M	Hereford Couriers RC			35:28	46	33:18	39	33:55	33	118	Vet 55 Male	3rd
347	Josh Price	M	Builth and District			35:13	43	33:20	40	34:31	38	121	Senior Male	10th
109	Gareth Lloyd	M	Presteigne Pacers			35:29	47	34:07	43	34:19	36	126	Senior Male	11th
330	Dai Harris	M	Builth and District			34:49	41	34:48	50	34:51	39	130	Vet 35 Male	4th
346	Gareth Price	M	Builth and District	34:33	49	35:26	44	33:17	38			131	Vet 40 Male	5th
352	Joanne Rees	F	Builth and District			36:01	54	34:46	48	35:40	49	151	Vet 45 Female	1st
15	Amy Fulford	F	Ludlow Runners			36:47	57	35:07	55	35:09	43	155	Vet 45 Female	2nd
334	Kate Jones	F	Builth and District			36:07	52	35:00	54	36:09	53	159	Senior Female	1st
240	Jonathan Davey	M	Hereford Couriers RC			36:16	53	35:25	58	36:26	54	165	Vet 55 Male	4th
125	Kelly Bowen	F	Croft Ambrey RC			37:11	61	35:32	59	35:35	47	167	Vet 35 Female	3rd
317	Sophie Cook	F	Builth and District	35:44	62	36:37	55	35:49	61			178	Vet 40 Female	1st
17	Tim Giles	M	Ludlow Runners	36:18	69	37:02	59	34:49	51			179	Vet 50 Male	5th
403	Niall Considine	M	Wye Valley Runners	35:56	65	37:19	62	34:55	53			180	Senior Male	12th
279	Christina Plant	F	Hereford Couriers RC			37:32	64	35:51	62	37:11	60	186	Vet 35 Female	4th
36	Iain Prentice	M	Ludlow Runners			37:42	65	36:03	66	36:50	57	188	Vet 55 Male	5th
292	Ellie Smithers	F	Hereford Couriers RC	35:58	66	37:50	67			36:56	58	191	Senior Female	2nd
58	Stephen Goodridge	M	Hay Hotfooters	35:48	63			36:45	73	36:38	55	191	Vet 55 Male	6th
160	Lee Monks	M	Croft Ambrey RC	35:11	58	36:54	58	37:04	77			193	Vet 35 Male	5th
207	Robert Gilligan	M	Wye Valley Runners			37:54	68	36:21	70	37:33	64	202	Vet 55 Male	7th
133	Mia Davies	F	Croft Ambrey RC	38:15	89	37:44	66			35:39	48	203	Senior Female	3rd
110	Steve Mesham	M	Presteigne Pacers			38:39	71	36:53	75	37:39	66	212	Vet 50 Male	6th
364	Gareth Wood	M	Builth and District			39:06	78	36:26	71	37:34	65	214	Senior Male	13th
177	Neil Taylor	M	Croft Ambrey RC			39:53	83	36:10	68	37:45	67	218	Vet 65 Male	1st
254	Mark Hookins	M	Hereford Couriers RC			38:55	72	37:11	78	38:02	70	220	Vet 50 Male	7th
216	Amelia Louth	F	Wye Valley Runners	37:26	77	39:03	75			38:23	72	224	Senior Female	4th
29	Paul Parker	M	Ludlow Runners			39:01	74	37:01	76	38:47	77	227	Vet 50 Male	8th
179	Jo Tilby	F	Croft Ambrey RC			40:19	87	36:49	74	37:52	68	229	Vet 40 Female	2nd
270	Clare Mallender	F	Hereford Couriers RC	38:01	87			37:51	86	37:30	63	236	Vet 40 Female	3rd
167	Thea Preece	F	Croft Ambrey RC	37:57	85	39:36	81			38:25	73	239	Senior Female	7th
34	Thomas Powell	M	Ludlow Runners	37:50	81	39:03	76	37:38	82			239	Vet 35 Male	6th

126	Daniel Brazier	M	Croft Ambrey RC	38:33	95	39:00	73	36:34	72			240	Senior Male	14th
351	Christian Prynne	M	Builth and District	37:14	74	40:00	84			39:46	84	242	Vet 50 Male	9th
300	David Williams	M	Hereford Couriers RC	37:53	83	39:40	82			39:35	82	247	Vet 60 Male	1st
23	Russell Limbert	M	Ludlow Runners			40:55	92	37:32	81	38:30	75	248	Vet 55 Male	8th
252	Steve Herington	M	Hereford Couriers RC	38:22	91			37:41	83	38:29	74	248	Vet 70 Male	1st
371	Kate Green	F	Ledbury Harriers	37:52	82	39:04	77	38:03	90			249	Vet 55 Female	1st
228	James Vidler	M	Wye Valley Runners	37:58	86			37:57	87	38:36	76	249	Vet 60 Male	2nd
56	Mick Collins	M	Hay Hotfooters	39:04	100			37:18	80	38:11	71	251	Vet 55 Male	9th
78	Kevin Artus	M	Hereford Triathlon Club	38:15	90			38:12	93	37:58	69	252	Vet 45 Male	6th
170	Roland Preece	M	Croft Ambrey RC	38:08	88	40:08	85			40:07	88	261	Vet 55 Male	10th
157	Jo Marriott	F	Croft Ambrey RC			40:30	88	38:53	96	40:10	89	273	Vet 50 Female	1st
199	Lynne Compton	F	Wye Valley Runners			40:39	89	39:18	97	40:20	93	279	Vet 55 Female	2nd
250	Laura Hands	F	Hereford Couriers RC	37:29	78	46:42	140			37:22	62	280	Senior Female	8th
248	David Green	M	Hereford Couriers RC	38:24	92	41:52	102			40:38	94	288	Vet 55 Male	11th
393	Vanessa Ward	F	Monross Trailblazers	41:03	112			37:57	88	40:18	91	291	Vet 35 Female	5th
82	Richard Crawley	M	Hereford Triathlon Club	40:18	105	41:42	99			40:39	95	299	Vet 45 Male	7th
57	Kevin Dunster	M	Hay Hotfooters			42:24	109	39:38	100	40:20	92	301	Vet 60 Male	3rd
360	Gunvor Troelsen	F	Builth and District			41:53	103	39:54	103	41:09	98	304	Vet 55 Female	3rd
171	Ian Price	M	Croft Ambrey RC	40:25	107	42:08	107			40:12	90	304	Vet 70 Male	2nd
155	Steph Main	F	Croft Ambrey RC	40:38	110	40:44	90	40:00	105			305	Vet 50 Female	2nd
65	Kate Platt	F	Hay Hotfooters	41:04	113	41:39	98	39:46	101			312	Vet 45 Female	3rd
223	Lorna Shaw	F	Wye Valley Runners			42:02	106	40:12	107	41:26	99	312	Vet 60 Female	1st
99	Mike Shaw	M	Hereford Triathlon Club	41:09	115	41:54	104			41:50	101	320	Vet 70 Male	3rd
378	Lucia Demkova	F	Monross Trailblazers			42:35	112	40:54	113	41:44	100	325	Vet 40 Female	4th
405	Emma Bagshaw	F	Builth and District			41:35	97	41:17	116	43:10	114	327	Vet 50 Female	3rd
313	Rachel Bradbury	F	Builth and District	41:23	120	41:35	96	40:49	112			328	Vet 40 Female	5th
180	Howard Verran	M	Croft Ambrey RC			43:24	118	40:13	108	42:03	103	329	Vet 45 Male	8th
43	Emma Stewardson	F	Ludlow Runners			42:29	111	41:19	117	42:09	104	332	Vet 40 Female	6th
33	Saul Phillips	M	Ludlow Runners			44:04	126	39:46	102	42:10	105	333	Vet 40 Male	6th
62	Sara Lake	F	Hay Hotfooters	41:20	118	42:02	105	41:15	115			338	Vet 50 Female	4th
215	Ralph Lloyd	M	Wye Valley Runners	41:46	125	42:55	115			42:49	110	350	Vet 60 Male	4th
9	Peter Cartwright	M	Ludlow Runners			43:53	124	41:35	120	42:24	107	351	Vet 65 Male	2nd

55	Sharon Collins	F	Hay Hotfooters	41:41	124			41:46	121	42:25	108	353	Vet 55 Female	4th
329	Phillip Harris	M	Builth and District	41:22	119	43:49	123			43:01	112	354	Vet 40 Male	7th
142	Gary Gunner	M	Croft Ambrey RC			43:36	120	40:59	114	43:41	120	354	Vet 75 Male	1st
85	Ian Foster	M	Hereford Triathlon Club	42:26	136			41:49	123	41:52	102	361	Vet 50 Male	10th
94	Deanna Mammatt	F	Hereford Triathlon Club			44:24	129	41:58	127	42:15	106	362	Vet 45 Female	4th
143	Samantha Harper	F	Croft Ambrey RC	41:52	128	43:39	121			43:42	121	370	Vet 45 Female	5th
168	Bronwyn Preece	F	Croft Ambrey RC	42:07	133			41:52	124	43:23	118	375	Senior Female	9th
121	Liza Austin	F	Croft Ambrey RC	41:51	127	43:58	125	41:53	126			378	Vet 55 Female	5th
249	Kim Handley	F	Hereford Couriers RC			45:57	136	42:55	136	42:51	111	383	Vet 35 Female	6th
203	Jo Ellis	F	Wye Valley Runners			44:47	131	42:20	131	43:43	124	386	Vet 40 Female	7th
185	Rob Wood	M	Croft Ambrey RC	42:57	147	43:08	116	41:52	125			388	Vet 65 Male	3rd
200	Emily Davies	F	Wye Valley Runners			43:27	119	42:47	135	45:08	138	392	Vet 40 Female	8th
104	Jamie Cook	M	Presteigne Pacers			45:04	133	43:59	139	44:29	127	399	Vet 60 Male	5th
135	Nikki Doherty	F	Croft Ambrey RC	42:06	132	45:23	135			45:19	133	400	Vet 35 Female	7th
227	Gordon Truluck	M	Wye Valley Runners	42:38	139	46:16	138			43:43	123	400	Vet 65 Male	4th
234	Kevin Barnes	M	Hereford Couriers RC	42:47	144	44:53	132			43:51	126	402	Vet 55 Male	12th
79	John Bilboa	M	Hereford Triathlon Club	43:09	148			42:38	133	43:42	122	403	Vet 65 Male	5th
202	Mark Dempsey	M	Wye Valley Runners	43:22	149			44:38	141	43:17	116	406	Vet 65 Male	6th
395	Sophie Williams	F	Monross Trailblazers	42:53	146			43:50	138	43:44	125	409	Vet 35 Female	8th
273	Adam Mitchell-Haywood	M	Hereford Couriers RC			46:39	139	45:00	143	44:43	129	411	Vet 40 Male	8th
128	Oliver Cameron Swan	M	Croft Ambrey RC	43:30	151			45:39	146	43:33	119	416	Vet 45 Male	9th
363	Gary Watts	M	Builth and District	43:41	156	44:42	130			45:33	134	420	Vet 55 Male	13th
398	Raymond Davies	M	Builth and District	44:46	163			47:51	161	43:07	113	437	Vet 40 Male	9th
253	Stephen Hobson	M	Hereford Couriers RC			49:49	157	45:31	145	46:39	139	441	Vet 60 Male	6th
174	Louise Reeves	F	Croft Ambrey RC			48:30	148	46:24	154	47:30	141	443	Vet 45 Female	6th
10	Tina Cartwright	F	Ludlow Runners			48:38	150	46:12	152	47:36	143	445	Vet 65 Female	1st
118	Sahrah Wilding	F	Presteigne Pacers			48:42	151	46:59	156	47:09	140	447	Vet 55 Female	6th
108	Bryan Lloyd	M	Presteigne Pacers	45:51	170	48:28	146			45:45	135	451	Vet 60 Male	7th
183	Huw Williams	M	Croft Ambrey RC			48:28	147	47:14	157	49:01	148	452	Vet 60 Male	8th
396	Olivia Watts	F	Builth and District			47:35	141	48:55	165	50:48	153	459	Senior Female	10th
63	Tina Lavelle	F	Hay Hotfooters			50:35	160	47:43	160	48:24	146	466	Vet 65 Female	2nd
131	Gemma Davies	F	Croft Ambrey RC			51:08	162	48:35	163	49:49	152	477	Vet 40 Female	9th
362	Izzy Watts	F	Builth and District			50:14	159	49:26	167	50:48	154	480	Vet 40 Female	10th

186	Sue Wood	F	Croft Ambrey RC	47:38	182	48:02	144	47:32	158			484	Vet 65 Female	3rd
136	Nikki Fergusson	F	Croft Ambrey RC	47:40	183			48:30	162	49:06	149	494	Senior Female	12th
335	Nicola Kelly	F	Builth and District	48:33	188			37:42	159	48:46	147	494	Vet 50 Female	5th
274	David Mitchell-Haywood	M	Hereford Couriers RC	48:05	184	52:14	166			48:16	145	495	Vet 35 Male	7th
169	Clare Preece	F	Croft Ambrey RC			53:49	169	52:22	172	52:44	160	501	Vet 50 Female	6th
141	Lisa Gray	F	Croft Ambrey RC	50:46	202	48:30	149	46:17	153			504	Vet 50 Female	7th
132	Tom Davies	M	Croft Ambrey RC			57:23	175	53:56	174	55:54	162	511	Vet 70 Male	4th
306	Laura Price	F	Hereford Couriers RC	50:33	201	49:30	155			54:02	161	517	Senior Female	13th
276	John Noonan	M	Hereford Couriers RC			01:10:42	178	58:20	180	59:26	164	522	Vet 60 Male	9th
156	Bryan Markham	M	Croft Ambrey RC			01:12:57	179	01:09:33	181	01:04:37	166	526	Vet 80 Male	1st
64	Alan Nicholls	M	Hay Hotfooters	49:45	197	51:55	165	49:00	166			528	Vet 70 Male	5th
348	Hayley Price	F	Builth and District	50:17	198	51:20	163	49:34	168			529	Vet 50 Female	8th
349	Shannon Price	F	Builth and District	52:24	209	55:09	172			49:44	151	532	Senior Female	14th
4	Alison Benwell	F	Ludlow Runners	53:40	213	54:57	171			52:04	159	543	Vet 55 Female	7th
243	Liz Fishpool	F	Hereford Couriers RC	1:01:37	224			58:10	179	01:03:03	165	568	Senior Female	15th
25	Sybil Marsh	F	Ludlow Runners	55:59	218	58:31	176	55:11	178			572	Vet 70 Female	1st