

Herefordshire Summer Cross Country 2022



Race 4 Results

Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
1st	32	Oliver Perrett	M	Ludlow Runners	27:26	1	Senior Male	1st
2nd	120	Eric Apperley	M	Croft Ambrey RC	28:27	2	Senior Male	2nd
3rd	152	Gareth Leek	M	Croft Ambrey RC	28:30	3	Senior Male	3rd
4th	383	Luke Gray	M	Monross Trailblazers	28:35	4	Vet 35 Male	1st
5th	151	Mark Lamonby	M	Croft Ambrey RC	28:42	5	Senior Male	4th
6th	256	Matt James	M	Hereford Couriers RC	28:59	6	Vet 35 Male	2nd
7th	40	Jamie Shingler	M	Ludlow Runners	29:05	7	Vet 45 Male	1st
8th	21	Alex Logan	M	Ludlow Runners	29:17	8	Vet 40 Male	1st
9th	407	Mike Pfeiffer	M	Builth and District	29:41	9	Vet 55 Male	1st
10th	389	Rob Nicholls	M	Monross Trailblazers	29:48	10	Vet 35 Male	3rd
11th	263	Ryan Knight	M	Hereford Couriers RC	29:59	11	Senior Male	5th
12th	271	Luke Mason	M	Hereford Couriers RC	30:19	12	Vet 35 Male	4th
13th	379	Toby Dickens	M	Monross Trailblazers	30:26	13	Senior Male	6th
14th	385	Gavin Jones	M	Monross Trailblazers	30:38	14	Senior Male	7th
15th	266	Ryan Lawrence	M	Hereford Couriers RC	30:46	15	Senior Male	8th
16th	275	William Morris	M	Hereford Couriers RC	31:31	16	Senior Male	9th
17th	386	Mark Killeen	M	Monross Trailblazers	31:43	17	Senior Male	10th
18th	161	Simon Norwood	M	Croft Ambrey RC	32:09	18	Vet 50 Male	1st
19th	84	Craig Evans	M	Hereford Triathlon Club	32:31	19	Vet 50 Male	2nd
20th	225	Ian Sockett	M	Wye Valley Runners	32:32	20	Vet 50 Male	3rd
21st	288	Ben Skinner	M	Hereford Couriers RC	32:36	21	Vet 35 Male	5th
22nd	319	Rhys Davies	M	Builth and District	32:41	22	Senior Male	11th
23rd	357	Matthew Sullivan	M	Builth and District	32:45	23	Senior Male	12th
24th	90	Peter Koval	M	Hereford Triathlon Club	32:45	24	Vet 35 Male	6th
25th	178	Nigel Taylor	M	Croft Ambrey RC	32:57	25	Vet 55 Male	2nd
26th	53	Claire Thomas	F	Ludlow Runners	33:23	26	Vet 35 Female	1st
27th	411	Martin Lloyd	M	Hereford Couriers RC	33:29	27	Vet 40 Male	2nd



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28th	138	Hannah Fletcher	F	Croft Ambrey RC	33:37	28	Vet 35 Female	2nd
29th	394	Grant White	M	Monross Trailblazers	33:39	29	Senior Male	13th
30th	211	Jeremy Jehan	M	Wye Valley Runners	33:50	30	Vet 50 Male	4th
31st	421	Stafford Rees	M	Builth and District	33:52	31	Vet 50 Male	5th
32nd	377	Richard Bevan	M	Monross Trailblazers	33:52	32	Vet 45 Male	2nd
33rd	231	Lea Wood	M	Wye Valley Runners	33:53	33	Vet 35 Male	7th
34th	235	Martin Carter	M	Hereford Couriers RC	33:55	34	Vet 55 Male	3rd
35th	100	Andy Taylor	M	Hereford Triathlon Club	34:08	35	Vet 50 Male	6th
36th	372	Neil Grinnell	M	Ledbury Harriers	34:11	36	Vet 45 Male	3rd
37th	109	Gareth Lloyd	M	Presteigne Pacers	34:19	37	Senior Male	14th
38th	127	Charlotte Broadhurst	F	Croft Ambrey RC	34:28	38	Female Under 20	1st
39th	347	Josh Price	M	Builth and District	34:31	39	Senior Male	15th
40th	330	Dai Harris	M	Builth and District	34:51	40	Vet 35 Male	8th
41st	238	Will Connell	M	Hereford Couriers RC	34:54	41	Senior Male	16th
42nd	93	Paul Mammatt	M	Hereford Triathlon Club	34:59	42	Vet 50 Male	7th
43rd	391	Andrew Stephens	M	Monross Trailblazers	35:06	43	Vet 45 Male	4th
44th	15	Amy Fulford	F	Ludlow Runners	35:09	44	Vet 45 Female	1st
45th	162	Steve Partrige	M	Croft Ambrey RC	35:19	45	Vet 40 Male	3rd
46th	430	Robert Potter	M	Monross Trailblazers	35:22	46	Vet 45 Male	5th
47th	236	Chris Cleary	M	Hereford Couriers RC	35:33	47	Senior Male	17th
48th	125	Kelly Bowen	F	Croft Ambrey RC	35:35	48	Vet 35 Female	3rd
49th	133	Mia Davies	F	Croft Ambrey RC	35:39	49	Senior Female	1st
50th	352	Joanne Rees	F	Builth and District	35:40	50	Vet 45 Female	2nd
51st	213	David Klotz	M	Wye Valley Runners	35:43	51	Vet 40 Male	4th
52nd	424	Gavin Samuel	M	Builth and District	35:45	52	Vet 35 Male	9th
53rd	239	Nigel Reade	M	Hereford Couriers RC	35:52	53	Vet 40 Male	5th
54th	334	Kate Jones	F	Builth and District	36:09	54	Senior Female	2nd



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
55th	240	Jonathan Davey	M	Hereford Couriers RC	36:26	55	Vet 55 Male	4th
56th	58	Stephen Goodridge	M	Hay Hotfooters	36:38	56	Vet 55 Male	5th
57th	390	Martin Scrivens	M	Monross Trailblazers	36:49	57	Vet 45 Male	6th
58th	36	Iain Prentice	M	Ludlow Runners	36:50	58	Vet 55 Male	6th
59th	292	Ellie Smithers	F	Hereford Couriers RC	36:56	59	Senior Female	3rd
60th	257	Lucy Jarvis	F	Hereford Couriers RC	37:02	60	Senior Female	4th
61st	279	Christina Plant	F	Hereford Couriers RC	37:11	61	Vet 35 Female	4th
62nd	147	Greg Jones	M	Croft Ambrey RC	37:19	62	Vet 50 Male	8th
63rd	250	Laura Hands	F	Hereford Couriers RC	37:22	63	Senior Female	5th
64th	270	Clare Mallender	F	Hereford Couriers RC	37:30	64	Vet 40 Female	1st
65th	207	Robert Gilligan	M	Wye Valley Runners	37:33	65	Vet 55 Male	7th
66th	364	Gareth Wood	M	Builth and District	37:34	66	Senior Male	18th
67th	110	Steve Mesham	M	Presteigne Pacers	37:39	67	Vet 50 Male	9th
68th	177	Neil Taylor	M	Croft Ambrey RC	37:45	68	Vet 65 Male	1st
69th	179	Jo Tilby	F	Croft Ambrey RC	37:52	69	Vet 40 Female	2nd
70th	78	Kevin Artus	M	Hereford Triathlon Club	37:58	70	Vet 45 Male	7th
71st	254	Mark Hookins	M	Hereford Couriers RC	38:02	71	Vet 50 Male	10th
72nd	56	Mick Collins	M	Hay Hotfooters	38:11	72	Vet 55 Male	8th
73rd	216	Amelia Louth	F	Wye Valley Runners	38:23	73	Senior Female	6th
74th	167	Thea Preece	F	Croft Ambrey RC	38:25	74	Senior Female	7th
75th	252	Steve Herington	M	Hereford Couriers RC	38:29	75	Vet 70 Male	1st
76th	23	Russell Limbert	M	Ludlow Runners	38:30	76	Vet 55 Male	9th
77th	228	James Vidler	M	Wye Valley Runners	38:36	77	Vet 60 Male	1st
78th	29	Paul Parker	M	Ludlow Runners	38:47	78	Vet 50 Male	11th
79th	160	Lee Monks	M	Croft Ambrey RC	38:56	79	Vet 35 Male	10th
80th	420	Kate Green	F	Ledbury Harriers	39:12	80	Vet 55 Female	1st
81st	265	Kimberley Langford	F	Hereford Couriers RC	39:15	81	Senior Female	8th



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
82nd	388	Jonathan Meadows	M	Monross Trailblazers	39:19	82	Vet 35 Male	11th
83rd	300	David Williams	M	Hereford Couriers RC	39:35	83	Vet 60 Male	2nd
84th	192	Stuart Austin	M	Croft Ambrey RC	39:39	84	Vet 55 Male	10th
85th	351	Christian Prynne	M	Builth and District	39:46	85	Vet 50 Male	12th
86th	145	Tim Jones	M	Croft Ambrey RC	39:46	86	Vet 55 Male	11th
87th	146	Emma Jones	F	Croft Ambrey RC	39:50	87	Vet 45 Female	3rd
88th	345	Robert Price	M	Builth and District	39:53	88	Vet 45 Male	8th
89th	170	Roland Preece	M	Croft Ambrey RC	40:07	89	Vet 55 Male	12th
90th	157	Jo Marriott	F	Croft Ambrey RC	40:10	90	Vet 50 Female	1st
91st	171	Ian Price	M	Croft Ambrey RC	40:12	91	Vet 70 Male	2nd
92nd	393	Vanessa Ward	F	Monross Trailblazers	40:18	92	Vet 35 Female	5th
93rd	57	Kevin Dunster	M	Hay Hotfooters	40:20	93	Vet 60 Male	3rd
94th	199	Lynne Compton	F	Wye Valley Runners	40:20	94	Vet 55 Female	2nd
95th	248	David Green	M	Hereford Couriers RC	40:38	95	Vet 55 Male	13th
96th	82	Richard Crawley	M	Hereford Triathlon Club	40:39	96	Vet 45 Male	9th
97th	198	Tony Champken	M	Wye Valley Runners	40:41	97	Vet 65 Male	2nd
98th	310	Abi Knight	F	Hereford Couriers RC	40:43	98	Senior Female	9th
99th	360	Gunvor Troelsen	F	Builth and District	41:09	99	Vet 55 Female	3rd
100th	223	Lorna Shaw	F	Wye Valley Runners	41:26	100	Vet 60 Female	1st
101st	378	Lucia Demkova	F	Monross Trailblazers	41:44	101	Vet 40 Female	3rd
102nd	99	Mike Shaw	M	Hereford Triathlon Club	41:50	102	Vet 70 Male	3rd
103rd	85	Ian Foster	M	Hereford Triathlon Club	41:52	103	Vet 50 Male	13th
104th	180	Howard Verran	M	Croft Ambrey RC	42:03	104	Vet 45 Male	10th
105th	43	Emma Stewardson	F	Ludlow Runners	42:09	105	Vet 40 Female	4th
106th	12	Saul Phillips	M	Ludlow Runners	42:10	106	Vet 40 Male	6th
107th	94	Deanna Mammatt	F	Hereford Triathlon Club	42:15	107	Vet 45 Female	4th
108th	9	Peter Cartwright	M	Ludlow Runners	42:24	108	Vet 65 Male	3rd



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
109th	55	Sharon Collins	F	Hay Hotfooters	42:25	109	Vet 55 Female	4th
110th	381	Rebecca Roseanne	F	Monross Trailblazers	42:26	110	Senior Female	10th
111th	215	Ralph Lloyd	M	Wye Valley Runners	42:49	111	Vet 60 Male	4th
112th	249	Kim Handley	F	Hereford Couriers RC	42:51	112	Vet 35 Female	6th
113th	329	Phillip Harris	M	Builth and District	43:01	113	Vet 40 Male	7th
114th	398	Raymond Davies	M	Builth and District	43:07	114	Vet 40 Male	8th
115th	405	Emma Bagshaw	F	Builth and District	43:10	115	Vet 50 Female	2nd
116th	431	Mark Scrivens	M	Monross Trailblazers	43:13	116	Vet 45 Male	11th
117th	202	Mark Dempsey	M	Wye Valley Runners	43:17	117	Vet 65 Male	4th
118th	193	Janet Marsden	F	Croft Ambrey RC	43:19	118	Vet 55 Female	5th
119th	168	Bronwyn Preece	F	Croft Ambrey RC	43:23	119	Senior Female	11th
120th	128	Oliver Cameron Swan	M	Croft Ambrey RC	43:33	120	Vet 45 Male	12th
121st	142	Gary Gunner	M	Croft Ambrey RC	43:41	121	Vet 75 Male	1st
122nd	143	Samantha Harper	F	Croft Ambrey RC	43:42	122	Vet 45 Female	5th
123rd	79	John Bilboa	M	Hereford Triathlon Club	43:42	123	Vet 65 Male	5th
124th	227	Gordon Truluck	M	Wye Valley Runners	43:43	124	Vet 65 Male	6th
125th	203	Jo Ellis	F	Wye Valley Runners	43:43	125	Vet 40 Female	5th
126th	395	Sophie Williams	F	Monross Trailblazers	43:44	126	Vet 35 Female	7th
127th	234	Kevin Barnes	M	Hereford Couriers RC	43:51	127	Vet 55 Male	14th
128th	104	Jamie Cook	M	Presteigne Pacers	44:29	128	Vet 60 Male	5th
129th	241	Yulia Dimitrov	F	Hereford Couriers RC	44:38	129	Vet 40 Female	6th
130th	273	Adam Mitchell-Haywood	M	Hereford Couriers RC	44:43	130	Vet 40 Male	9th
131st	380	James Fletcher	M	Monross Trailblazers	44:56	131	Vet 55 Male	15th
132nd	102	Rachel Trott	F	Hereford Triathlon Club	44:57	132	Vet 50 Female	3rd
133rd	200	Emily Davies	F	Wye Valley Runners	45:08	133	Vet 40 Female	7th
134th	135	Nikki Doherty	F	Croft Ambrey RC	45:19	134	Vet 35 Female	8th
135th	363	Gary Watts	M	Builth and District	45:33	135	Vet 55 Male	16th



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Pos.	Bib	Name	Gender	Club	Time	Points	Age Cat	Age Cat Rank
136th	108	Bryan Lloyd	M	Presteigne Pacers	45:45	136	Vet 60 Male	6th
137th	428	Rachael Toolan	F	Wye Valley Runners	46:02	137	Vet 40 Female	8th
138th	72	Crispin Elt	M	Hay Hotfooters	46:22	138	Vet 60 Male	7th
139th	253	Stephen Hobson	M	Hereford Couriers RC	46:39	139	Vet 60 Male	8th
140th	118	Sahrah Wilding	F	Presteigne Pacers	47:09	140	Vet 55 Female	6th
141st	174	Louise Reeves	F	Croft Ambrey RC	47:30	141	Vet 45 Female	6th
142nd	308	Celia Escande	F	Hereford Couriers RC	47:33	142	Senior Female	12th
143rd	10	Tina Cartwright	F	Ludlow Runners	47:36	143	Vet 65 Female	1st
144th	197	Sian Champken	F	Wye Valley Runners	48:12	144	Vet 50 Female	4th
145th	274	David Mitchell-Haywood	M	Hereford Couriers RC	48:16	145	Vet 35 Male	12th
146th	63	Tina Lavelle	F	Hay Hotfooters	48:24	146	Vet 65 Female	2nd
147th	335	Nicola Kelly	F	Builth and District	48:46	147	Vet 50 Female	5th
148th	183	Huw Williams	M	Croft Ambrey RC	49:01	148	Vet 60 Male	9th
149th	136	Nikki Fergusson	F	Croft Ambrey RC	49:06	149	Senior Female	13th
150th	432	Samantha Stacey	F	Hereford Couriers RC	49:11	150	Vet 40 Female	9th
151st	349	Shannon Price	F	Builth and District	49:44	151	Senior Female	14th
152nd	131	Gemma Davies	F	Croft Ambrey RC	49:49	152	Vet 40 Female	10th
153rd	396	Olivia Watts	F	Builth and District	50:48	153	Senior Female	15th
154th	362	Izzy Watts	F	Builth and District	50:48	154	Vet 40 Female	11th
155th	105	Samantha Coxshall	F	Presteigne Pacers	51:15	155	Vet 35 Female	9th
156th	425	Tina Harrison	F	Builth and District	51:16	156	Vet 55 Female	7th
157th	422	Brian Symonds	M	Wye Valley Runners	51:18	157	Vet 75 Male	2nd
158th	16	Stu Gamble	M	Ludlow Runners	52:04	158	Vet 45 Male	13th
159th	4	Alison Benwell	F	Ludlow Runners	52:04	159	Vet 55 Female	8th
160th	169	Clare Preece	F	Croft Ambrey RC	52:44	160	Vet 50 Female	6th
161st	306	Laura Price	F	Hereford Couriers RC	54:02	161	Senior Female	16th
162nd	132	Tom Davies	M	Croft Ambrey RC	55:54	162	Vet 70 Male	4th



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163rd	208	Bill Griffiths	M	Wye Valley Runners	57:29	163	Vet 70 Male	5th
164th	276	John Noonan	M	Hereford Couriers RC	59:26	164	Vet 60 Male	10th
165th	243	Liz Fishpool	F	Hereford Couriers RC	1:03:03	165	Senior Female	17th
166th	156	Bryan Markham	M	Croft Ambrey RC	1:04:37	166	Vet 80 Male	1st
167th	338	Callum Morris	M	Builth and District	20:03	167	Male Under 17	1st

Number of Records: 167

