

# HEREFORDSHIRE & BORDERS WINTER CROSS COUNTRY 2021



## Race 2 Results

Position	Bib	Name	Club	Time	Age Category
1.	78	Eric Apperley	Croft Ambrey RC	35:18	SM
2.	116	Sam Juson	Croft Ambrey RC	35:28	SM
3.	337	Gwynent Jones	Maldwyn Harriers	35:45	SM
4.	526	Aled Breeze	Maldwyn Harriers	36:03	MU20
5.	65	Wyndham Turner	Builth & District	36:44	MV35
6.	292	Aidan Yapp	Ludlow Runners	37:29	SM
7.	202	Luke Mason	Hereford Couriers RC	37:39	MV35
8.	404	Luke Gray	MonRoss trailblazers	37:43	MV35
9.	53	Phil Morris	Builth & District	37:45	MV45
10.	268	Sam Mayglothing	Hereford Triathlon Club	37:49	MV35
11.	81	Gareth Leek	Croft Ambrey RC	37:52	SM
12.	209	Mathew James	Hereford Couriers RC	38:05	MV35
13.	440	Dean Jones	Western Tempo	38:11	MV35
14.	214	Ryan Lawrence	Hereford Couriers RC	39:05	SM
15.	400	Gavin Jones	MonRoss trailblazers	39:11	SM
16.	279	David Bannister	Ledbury Harriers	39:14	MV45
17.	221	William Morris	Hereford Couriers RC	39:27	SM
18.	186	Harry Woodhouse	Hereford Couriers RC	39:37	SM
19.	164	Andy Tyler	Hereford Couriers RC	40:19	MV50
20.	64	Tom Turner	Builth & District	40:25	MV35
21.	448	Richard Watkins	Western Tempo	40:57	SM
22.	461	christian Jones	Wye Valley Runners	41:07	MV50
23.	91	Jasper Robinson	Croft Ambrey RC	41:09	SM
24.	308	Matthew Yapp	Ludlow Runners	41:14	SM
25.	248	Jordan McQueen	Hereford Triathlon Club	41:18	SM
26.	32	Huw Lewis	Builth & District	41:20	MV45
27.	228	Andy Fisher	Hereford Triathlon Club	41:31	MV50
28.	452	Tom Kennedy	Western Tempo	41:33	MU20
29.	439	Darren Broady	Western Tempo	41:33	SM
30.	378	Neil Warne	Malvern Buzzards Running Club	41:34	MV40
31.	166	Ben Skinner	Hereford Couriers RC	41:34	MV35
32.	380	Peter Koval	Malvern Buzzards Running Club	41:56	MV40
33.	18	Chris Burton	Builth & District	41:59	MV35
34.	522	Ffion Price	Builth & District	42:09	SF
35.	370	Dave Lawrence	Malvern Buzzards Running Club	42:14	MV40
36.	117	Simon Norwood	Croft Ambrey RC	42:24	MV50
37.	365	Andy Kenchington	Malvern Buzzards Running Club	42:27	MV55
38.	336	Garry Jones	Maldwyn Harriers	42:35	MV50
39.	261	Paul Campbell	Hereford Triathlon Club	42:46	MV40
40.	472	Jeremy Jehan	Wye Valley Runners	42:46	MV50
41.	339	Steve Jones	Maldwyn Harriers	42:47	SM
42.	193	Josef Godfrey	Hereford Couriers RC	42:59	SM
43.	605	Michael Jones	Hereford Couriers RC	43:14	MV50



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44.	208	Martin Lloyd	Hereford Couriers RC	43:20	MV45
45.	445	James Morgan	Western Tempo	43:27	MV40
46.	189	James Davies	Hereford Couriers RC	43:29	MV40
47.	35	James Jones	Builth & District	43:29	SM
48.	51	Owen Bowers	Builth & District	43:51	MV45
49.	301	Fern Cotterill	Ludlow Runners	44:00	FV35
50.	517	Tom Turner	Hereford Couriers RC	44:06	SM
51.	255	Matt Ansfield	Hereford Triathlon Club	44:21	MV50
52.	443	Greg Wood	Western Tempo	44:31	MV40
53.	473	Jethro Richards	Wye Valley Runners	44:41	SM
54.	206	Martin Carter	Hereford Couriers RC	44:45	MV55
55.	227	Andy Taylor	Hereford Triathlon Club	44:46	MV50
56.	211	Nerijus Zukauskas	Hereford Couriers RC	44:46	MV40
57.	121	Steve Partridge	Croft Ambrey RC	44:48	MV40
58.	421	Douglas Glasgow	Presteigne Pacers	45:19	SM
59.	485	Lea Nicholson	Wye Valley Runners	45:23	MV45
60.	60	Steven Hepton	Builth & District	45:38	MV45
61.	191	Jonathan Davey	Hereford Couriers RC	45:53	MV55
62.	386	Simeon Foreman	Malvern Buzzards Running Club	45:55	MV45
63.	25	Gareth Thomas	Builth & District	46:01	MV35
64.	225	Adamo Mihcinok	Hereford Triathlon Club	46:10	MV40
65.	161	Allen Edwards	Hereford Couriers RC	46:14	SM
66.	231	Conrad Lawson	Hereford Triathlon Club	46:25	MV45
67.	498	Peter Flynn	Wye Valley Runners	46:32	MV50
68.	392	Andy Stephens	MonRoss trailblazers	46:34	MV45
69.	406	Matt Webb	MonRoss trailblazers	46:35	MV35
70.	379	Paul Cooke	Malvern Buzzards Running Club	46:50	MV40
71.	49	Oliver Hughes	Builth & District	46:57	SM
72.	402	Laura Lelievre	MonRoss trailblazers	47:06	SF
73.	43	Lewis Price	Builth & District	47:21	SM
74.	38	Josh Price	Builth & District	47:24	SM
75.	163	Richie Richards	Hereford Couriers RC	47:26	MV55
76.	401	Grant White	MonRoss trailblazers	47:32	MV35
77.	224	Chris North	Hereford Couriers RC	47:33	MV60
78.	10	Simon Blyth	Hay Hotfooters	47:43	MV50
79.	199	Laura Hands	Hereford Couriers RC	47:52	SF
80.	405	Martin Woodhead	MonRoss trailblazers	47:57	MV60
81.	374	Laurence Fowkes	Malvern Buzzards Running Club	48:13	MV50
82.	462	Daniel Francis	Wye Valley Runners	48:37	SM
83.	329	Edward Davies	Maldwyn Harriers	48:38	MV65
84.	358	Hannah Thomas	Maldwyn Harriers	48:46	FV35
85.	482	Kath Hardwick	Wye Valley Runners	48:51	FV40
86.	122	Stuart Austin	Croft Ambrey RC	48:51	MV55



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Position	Bib	Name	Club	Time	Age Category
87.	304	Ian Chubb	Ludlow Runners	48:58	MV50
88.	210	Neil McNish	Hereford Couriers RC	49:00	MV55
89.	362	Adam Dyson	Malvern Buzzards Running Club	49:06	MV40
90.	128	Toby Spicer	Croft Ambrey RC	49:08	MV45
91.	109	Oliver Tomlinson	Croft Ambrey RC	49:10	MV40
92.	389	Tristan May	Malvern Buzzards Running Club	49:10	MV40
93.	262	Paul Mammatt	Hereford Triathlon Club	49:14	MV55
94.	105	Mia Davies	Croft Ambrey RC	49:24	SF
95.	11	Ali Hardaway	Builth & District	49:27	MV55
96.	518	Jake Seal	Hereford Couriers RC	49:30	SM
97.	229	Ben Probert	Hereford Triathlon Club	49:32	MV40
98.	84	George Thomas	Croft Ambrey RC	49:33	MV35
99.	177	Darren Woodall	Hereford Couriers RC	49:35	MV50
100.	69	Bella Evans	Croft Ambrey RC	49:35	SF
101.	151	Stephen Goodridge	Hay Hotfooters	49:36	MV60
102.	197	Kimberley Pickett	Hereford Couriers RC	49:37	FV35
103.	601	Greg Jones	Croft Ambrey RC	49:39	MV50
104.	36	Jenny Farrow	Builth & District	49:44	FV45
105.	4	Mark Roberts	Brecon Athletic Club	49:48	MV60
106.	387	Simon Bourne	Malvern Buzzards Running Club	49:50	MV35
107.	491	Mark Dunn	Wye Valley Runners	49:53	MV55
108.	212	Robert Connell	Hereford Couriers RC	49:58	MV60
109.	384	Sarah Armstrong	Malvern Buzzards Running Club	50:01	FV55
110.	532	Paul Parker	Croft Ambrey RC	50:03	MV50
111.	604	Josh McMahon	Wye Valley Runners	50:11	SM
112.	294	Angus Kirby	Ludlow Runners	50:17	MV60
113.	97	Kelly Bowen	Croft Ambrey RC	50:17	FV35
114.	352	Mark Paviour	Maldwyn Harriers	50:28	MV60
115.	176	Dan Cleworth	Hereford Couriers RC	50:30	MV45
116.	171	Chris Smart	Hereford Couriers RC	50:30	MV55
117.	615	Faye Lewis	Hereford Couriers RC	50:30	FV40
118.	160	Abi Knight	Hereford Couriers RC	50:37	SF
119.	501	Rebecca Ansfield	Wye Valley Runners	50:43	FV45
120.	290	Edd Hogan	Ledbury Harriers	50:44	MV45
121.	175	Clare Evans	Hereford Couriers RC	50:45	SF
122.	354	Phil Pugh	Maldwyn Harriers	50:46	MV35
123.	332	Dan George	Maldwyn Harriers	51:06	MV40
124.	357	Ruth Stafford	Maldwyn Harriers	51:12	FV45
125.	511	Jonathan Edwards	Hereford Couriers RC	51:22	MV40
126.	512	Tim Farndon	Hereford Triathlon Club	51:27	
127.	368	Barbara Gawlak	Malvern Buzzards Running Club	51:38	FV35
128.	93	Jo Marriott	Croft Ambrey RC	51:42	FV55
129.	508	Tony Champken	Wye Valley Runners	51:55	MV65



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Position	Bib	Name	Club	Time	Age Category
130.	390	Wesley Ogden	Malvern Buzzards Running Club	52:03	MV55
131.	612	Andy Crawshaw	Ledbury Harriers	52:04	MV55
132.	194	Kate Morris	Hereford Couriers RC	52:13	FV40
133.	515	Christian Mason	Hereford Triathlon Club	52:13	MV35
134.	30	Gunvor Troelsen	Builth & District	52:38	FV55
135.	204	Mark Hookins	Hereford Couriers RC	53:03	MV55
136.	33	Isabelle Jones	Builth & District	53:08	SF
137.	492	Michael Smallwood	Wye Valley Runners	53:10	MV55
138.	477	Julie Knill	Wye Valley Runners	53:13	FV55
139.	270	Stephen Vaughan	Hereford Triathlon Club	53:15	MV50
140.	185	Guy Jenkins	Hereford Couriers RC	53:26	MV60
141.	487	Lorna Shaw	Wye Valley Runners	53:37	FV60
142.	39	Mike Thurgood	MonRoss trailblazers	53:45	MV55
143.	288	Susannah Kirk	Ledbury Harriers	53:48	FV45
144.	351	Helen Owen	Maldwyn Harriers	53:54	FV50
145.	416	Sophie Williams	MonRoss trailblazers	54:00	FV40
146.	45	Malc Gonnella	Builth & District	54:08	MV65
147.	88	Howard Verran	Croft Ambrey RC	54:16	MV45
148.	55	Raymond Davies	Builth & District	54:22	MV40
149.	280	David Horne	Ledbury Harriers	54:25	MV65
150.	327	James Chaplin	Maldwyn Harriers	54:41	SM
151.	146	Mick Collins	Hay Hotfooters	54:43	MV55
152.	216	Steve Herington	Hereford Couriers RC	55:00	MV75
153.	108	Neil Taylor	Croft Ambrey RC	55:12	MV65
154.	338	Ifan Jones	Maldwyn Harriers	55:18	MV55
155.	22	David Sutherland	Builth & District	55:23	MV65
156.	101	Liza Austin	Croft Ambrey RC	55:26	FV55
157.	480	Kate Green	Wye Valley Runners	55:33	FV55
158.	260	Paddy Lewis	Hereford Triathlon Club	55:51	MV50
159.	469	Gordon Truluck	Wye Valley Runners	55:52	MV65
160.	90	Ian Price	Croft Ambrey RC	55:55	MV75
161.	366	Anife Turchin	Malvern Buzzards Running Club	55:55	FV35
162.	150	Sharon Collins	Hay Hotfooters	55:57	FV55
163.	230	Charlotte Godsall	Hereford Triathlon Club	55:59	FV45
164.	9	Alexander Brown	Builth & District	56:12	MV55
165.	396	Emily Harrison	MonRoss trailblazers	56:27	FV40
166.	132	Leanne Meek	Forest of Dean AC	56:28	FV40
167.	119	Steph Main	Croft Ambrey RC	56:39	FV50
168.	296	Clive Richardson	Ludlow Runners	57:07	MV65
169.	326	Rachel Butler	Maldwyn Harriers	57:14	FV60
170.	317	Sophia Charters	Ludlow Runners	57:28	SF
171.	341	Jo Lewis	Maldwyn Harriers	57:30	FV50
172.	474	Jo Ellis	Wye Valley Runners	57:32	FV45



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Position	Bib	Name	Club	Time	Age Category
173.	315	Sarah Edwards	Ludlow Runners	57:34	FV50
174.	113	Roland Preece	Croft Ambrey RC	57:39	MV55
175.	40	Kate Hepton	Builth & District	57:57	FV40
176.	195	Kevin Barnes	Hereford Couriers RC	58:00	MV60
177.	137	Crispin Elt	Hay Hotfooters	58:09	MV65
178.	187	Harry Jenkins	Hereford Couriers RC	58:21	MV35
179.	458	Billy Smallwood	Wye Valley Runners	58:23	FV55
180.	110	Oliver Cameron-Swan	Croft Ambrey RC	58:55	MV45
181.	360	Rachel Williams	Maldwyn Harriers	59:03	FV50
182.	220	Wesley Jones	Hereford Couriers RC	59:06	MV40
183.	348	Caroline Orrells	Maldwyn Harriers	59:12	FV65
184.	168	Bronwen Tyler-Jones	Hereford Couriers RC	59:25	FV50
185.	115	Sam Harper	Croft Ambrey RC	59:29	FV45
186.	281	Helen Milner	Ledbury Harriers	59:41	FV50
187.	335	Jill Hillman	Maldwyn Harriers	59:47	FV65
188.	85	Guy Whitmarsh	Croft Ambrey RC	59:58	MV75
189.	165	Ben James	Hereford Couriers RC	1:00:01	MV40
190.	321	Trudy Macklin	Ludlow Runners	1:00:23	FV50
191.	470	Hannah Thomas	Wye Valley Runners	1:00:25	FV45
192.	79	Flora Gunner	Croft Ambrey RC	1:00:33	FV60
193.	257	Mike Shaw	Hereford Triathlon Club	1:00:37	MV70
194.	259	Nicola Goodwin	Hereford Triathlon Club	1:00:47	FV45
195.	82	Gary Gunner	Croft Ambrey RC	1:00:58	MV75
196.	484	Laura Williams	Wye Valley Runners	1:01:04	SF
197.	136	Ali Allen	Hay Hotfooters	1:01:29	FV55
198.	478	Julie Whitehouse	Wye Valley Runners	1:01:49	FV50
199.	528	Suzanne Purvin	Croft Ambrey RC	1:02:06	FV60
200.	237	Ian Foster	Hereford Triathlon Club	1:02:12	MV50
201.	86	Hayley Colebatch	Croft Ambrey RC	1:02:17	FV35
202.	465	Dave Sherwood	Wye Valley Runners	1:02:30	MV65
203.	282	Helen Keegan	Ledbury Harriers	1:02:32	FV50
204.	120	Stephanie King	Croft Ambrey RC	1:02:34	FV55
205.	267	Robin Finlay	Hereford Triathlon Club	1:02:36	FV50
206.	170	Celia Escande	Hereford Couriers RC	1:02:49	SF
207.	342	Sharon Lloyd	Maldwyn Harriers	1:02:53	FV50
208.	499	Ralph Lloyd	Wye Valley Runners	1:02:54	MV60
209.	506	Simon Oliver	Wye Valley Runners	1:02:55	MV55
210.	140	Elizabeth Tindle	Hay Hotfooters	1:03:54	FV60
211.	31	Hayley Price	Builth & District	1:04:02	FV55
212.	26	Gareth Morris	Builth & District	1:04:53	MV55
213.	519	Richard Tyler	Hereford Couriers RC	1:05:02	MV65
214.	314	Sally Toye	Ludlow Runners	1:05:09	FV60
215.	523	Rachel Buckland	Malvern Buzzards Running Club	1:05:30	FV55



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Position	Bib	Name	Club	Time	Age Category
216.	287	Sarah Coggins	Ledbury Harriers	1:05:59	FV60
217.	67	Anna Bromley	Croft Ambrey RC	1:06:04	FV40
218.	66	Alison Davies	Croft Ambrey RC	1:06:05	FV35
219.	71	Carol Powell	Croft Ambrey RC	1:06:20	FV50
220.	103	Louise Phillips	Croft Ambrey RC	1:06:43	FV50
221.	200	Lauren Pullen	Hereford Couriers RC	1:07:14	SF
222.	385	Sarah Fowkes	Malvern Buzzards Running Club	1:08:56	FV60
223.	154	Tina Lavelle	Hay Hotfooters	1:09:03	FV65
224.	156	Brian Morgan	Hereford and County AC	1:09:24	MV55
225.	63	Tina Harrison	Builth & District	1:09:29	FV55
226.	80	Frank Luscott	Croft Ambrey RC	1:10:33	MV65
227.	16	Callum Morris	Builth & District	1:11:10	MU20
228.	263	Rachel Trott	Hereford Triathlon Club	1:12:18	FV50
229.	420	Caroline Robinson	Presteigne Pacers	1:15:05	FV40
230.	453	Alison Chadwick	Wye Valley Runners	1:15:27	FV60
231.	72	Claire Verran	Croft Ambrey RC	1:15:44	FV45
232.	494	Nick Paviour	Wye Valley Runners	1:15:56	SM
233.	129	Tom Davies	Croft Ambrey RC	1:16:20	MV75
234.	303	Hilary Turner	Ludlow Runners	1:20:21	FV75
235.	190	John Noonan	Hereford Couriers RC	1:21:21	MV65



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	7	Abbie Davies	Builth & District		SF
	8	Adam Johnstone	Builth & District		MV50
	13	Avril Hardwick	Builth & District		FV40
	14	Rebecca Foster	MonRoss trailblazers		FV45
	15	Beth Curry	Builth & District		FV35
	17	Celia Speake	Builth & District		FV55
	20	Colin Davies	Builth & District		MV55
	23	Emma Bagshaw	Builth & District		FV50
	28	Gary Watts	Builth & District		MV60
	34	Izzy Watts	Builth & District		FV45
	41	Jamie Symonds	Croft Ambrey RC		MU17
	46	Mel Sadie	Builth & District		SF
	47	Melanie Graham	Builth & District		FV60
	54	Phill Harris	Builth & District		MV40
	57	Christian Prynne	Builth & District		MV50

Number of records: 250

