

**Winter Cross Country League 2022/23 - MALE Team Results**

<b>Team Name</b>	<b>TIME R1</b>	<b>TIME R2</b>	<b>TIME R3</b>	<b>TIME R4</b>	<b>TIME R5</b>	<b>TOTAL TIME</b>
Croft Ambrey RC 1	02:39:45	02:27:36	02:19:34	02:22:38	02:21:49	<b>12:11:22</b>
Builth and District 1	02:38:13	02:31:28	02:22:49	02:31:06	02:25:59	<b>12:29:35</b>
Hereford Couriers 1	02:37:05	02:27:48	02:27:25	02:31:10	02:29:57	<b>12:33:25</b>
Malvern Buzzards Running Club 1	02:44:36	02:36:45	02:40:17	02:36:23	02:36:15	<b>13:14:16</b>
Hereford Couriers 2	02:46:56	02:34:57	02:45:31	02:42:11	02:38:29	<b>13:28:04</b>
Hereford Triathlon Club 1	02:43:08	02:38:23	02:46:56	02:54:47	02:40:29	<b>13:43:43</b>
Croft Ambrey RC 2	03:03:54	02:53:55	02:44:03	02:33:29	02:42:58	<b>13:58:19</b>
Wye Valley Runners 1	02:53:23	02:44:49	02:46:58	02:54:09	02:53:38	<b>14:12:57</b>
Ludlow Runners 1	02:57:47	02:43:22	02:50:18	02:49:58	02:51:41	<b>14:13:06</b>
Brecon Athletic Club 1	02:48:18	02:41:46	02:47:04	03:01:55	03:00:03	<b>14:19:06</b>
Builth and District 2	02:59:09	02:50:38	02:48:16	02:54:32	02:52:48	<b>14:25:23</b>
Hereford Couriers 3	02:57:53	02:49:04	02:54:51	02:56:53	02:58:15	<b>14:36:56</b>
Ledbury Harriers 1	02:59:43	03:08:53	02:55:18	02:55:29	02:55:21	<b>14:54:44</b>
Hereford Couriers 4	03:04:17	02:57:21	03:18:34	03:05:25	03:18:02	<b>15:43:39</b>
Builth and District 3	03:21:11	03:04:50	03:10:30	03:05:49	03:28:41	<b>16:11:01</b>
Croft Ambrey RC 3	03:22:31	03:20:25	03:20:27	03:05:49	03:18:48	<b>16:28:00</b>