Winter Cross Country League - MALE Team Results After Race 4					
Team Name	TIME R1	TIME R2	TIME R3	TIME R4	TOTAL TIME
Croft Ambrey RC 1	02:39:45	02:27:36	02:19:34	02:22:38	9:49:33
Hereford Couriers 1	02:37:05	02:27:48	02:27:25	02:31:10	10:03:28
Builth and District 1	02:38:13	02:31:28	02:22:49	02:31:06	10:03:36
Malvern Buzzards Running Club 1	02:44:36	02:36:45	02:40:17	02:36:23	10:38:01
Monross Trailblazers 1	02:48:09	02:34:19	02:31:59	02:46:18	10:40:45
Hereford Couriers 2	02:46:56	02:34:57	02:45:31	02:42:11	10:49:35
Hereford Triathalon Club 1	02:43:08	02:38:23	02:46:56	02:54:47	11:03:14
Croft Ambrey RC 2	03:03:54	02:53:55	02:44:03	02:33:29	11:15:21
Brecon Athletic Club 1	02:48:18	02:41:46	02:47:04	03:01:55	11:19:03
Wye Valley Runners 1	02:53:23	02:44:49	02:46:58	02:54:09	11:19:19
Ludlow Runners 1	02:57:47	02:43:22	02:50:18	02:49:58	11:21:25
Builth and District 2	02:59:09	02:50:38	02:48:16	02:54:32	11:32:35
Hereford Couriers 3	02:57:53	02:49:04	02:54:51	02:56:53	11:38:41
Ledbury Harriers 1	02:59:43	03:08:53	02:55:18	02:55:29	11:59:23
Hereford Couriers 4	03:04:17	02:57:21	03:18:34	03:05:25	12:25:37
Builth and District 3	03:21:11	03:04:50	03:10:30	03:05:49	12:42:20
Croft Ambrey RC 3	03:22:31	03:20:25	03:20:27	03:05:49	13:09:12
Builth and District 4	03:40:48	03:27:54	03:26:33	03:26:24	14:01:39