

# Herefordshire & Borders Winter Cross Country League 2023/24



## Race 1 Results

Position	Bib	Name	Club	Time	Age Category	Position
1.	449	Sam Butler	Western Tempo	41:01	SM	21st
2.	78	Eric Apperley	Croft Ambrey RC	41:07	SM	1st
3.	292	Aidan Yapp	Ludlow Runners	41:09	SM	3rd
4.	65	Wyndham Turner	Builth & District	41:35	MV35	1st
5.	268	Sam Mayglothing	Hereford Triathlon Club	41:57	MV35	2nd
6.	337	Gwynent Jones	Maldwyn Harriers	42:20	SM	2nd
7.	209	Mathew James	Hereford Couriers RC	42:32	MV35	3rd
8.	53	Phil Morris	Builth & District	42:48	MV45	1st
9.	400	Gavin Jones	MonRoss trailblazers	43:59	SM	4th
10.	330	Tim Davies	Maldwyn Harriers	44:04	MV45	13th
11.	346	Clive Morgan	Maldwyn Harriers	44:10	MV40	15th
12.	440	Dean Jones	Western Tempo	44:15	MV35	5th
13.	202	Luke Mason	Hereford Couriers RC	44:28	MV35	4th
14.	221	William Morris	Hereford Couriers RC	44:30	SM	7th
15.	214	Ryan Lawrence	Hereford Couriers RC	44:34	SM	5th
16.	279	David Bannister	Ledbury Harriers	45:08	MV45	2nd
17.	186	Harry Woodhouse	Hereford Couriers RC	45:51	SM	8th
18.	81	Gareth Leek	Croft Ambrey RC	45:53	SM	6th
19.	381	Richard Walsh	Malvern Buzzards Running Club	46:11	MV35	12th
20.	58	Richard Edwards	Builth & District	46:25	MV40	18th
21.	64	Tom Turner	Builth & District	46:35	MV35	6th
22.	91	Jasper Robinson	Croft Ambrey RC	46:47	SM	9th
23.	450	Scott Kennedy	Western Tempo	46:49	MV45	16th
24.	32	Huw Lewis	Builth & District	46:51	MV45	3rd
25.	451	Steven Flowers	Western Tempo	47:01	MV40	19th
26.	461	christian Jones	Wye Valley Runners	47:26	MV50	1st
27.	18	Chris Burton	Builth & District	47:34	MV35	7th
28.	208	Martin Lloyd	Hereford Couriers RC	47:40	MV45	4th
29.	228	Andy Fisher	Hereford Triathlon Club	47:43	MV50	2nd
30.	35	James Jones	Builth & District	47:45	SM	10th
31.	117	Simon Norwood	Croft Ambrey RC	47:49	MV50	3rd
32.	380	Peter Koval	Malvern Buzzards Running Club	47:51	MV40	1st
33.	336	Garry Jones	Maldwyn Harriers	47:57	MV50	4th
34.	442	Grant Davies	Western Tempo	48:00	MV35	14th
35.	166	Ben Skinner	Hereford Couriers RC	48:05	MV35	8th
36.	472	Jeremy Jehan	Wye Valley Runners	48:23	MV50	5th
37.	261	Paul Campbell	Hereford Triathlon Club	48:25	MV40	2nd
38.	301	Fern Cotterill	Ludlow Runners	48:38	FV35	1st
39.	189	James Davies	Hereford Couriers RC	48:43	MV40	3rd
40.	193	Josef Godfrey	Hereford Couriers RC	49:07	SM	11th
41.	401	Grant White	MonRoss trailblazers	49:30	MV35	9th
42.	421	Douglas Glasgow	Presteigne Pacers	49:50	SM	13th
43.	240	Jamie Chedham	Hereford Triathlon Club	50:13	SM	30th



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44.	51	Owen Bowers	Builth & District	50:14	MV45	5th
45.	206	Martin Carter	Hereford Couriers RC	50:34	MV55	1st
46.	43	Lewis Price	Builth & District	50:53	SM	14th
47.	121	Steve Partridge	Croft Ambrey RC	50:57	MV40	4th
48.	203	Luke Williams	Hereford Couriers RC	51:00	MV40	21st
49.	298	David Mixell	Ludlow Runners	51:22	MV40	22nd
50.	485	Lea Nicholson	Wye Valley Runners	51:23	MV45	6th
51.	248	Jordan McQueen	Hereford Triathlon Club	51:36	SM	12th
52.	227	Andy Taylor	Hereford Triathlon Club	51:39	MV50	6th
53.	258	Nick Layton	Hereford Triathlon Club	51:49	SM	31st
54.	413	Rob Potter	MonRoss trailblazers	52:04	MV45	17th
55.	466	David Klotz	Wye Valley Runners	52:11	MV40	23rd
56.	392	Andy Stephens	MonRoss trailblazers	52:13	MV45	7th
57.	107	Neil Powell	Croft Ambrey RC	52:20	MV50	19th
58.	49	Oliver Hughes	Builth & District	52:27	SM	16th
59.	379	Paul Cooke	Malvern Buzzards Running Club	52:34	MV40	6th
60.	243	Jim Bowers	Hereford Triathlon Club	52:37	MV40	24th
61.	402	Laura Lelievre	MonRoss trailblazers	52:39	SF	1st
62.	262	Paul Mammatt	Hereford Triathlon Club	52:47	MV55	3rd
63.	225	Adamo Mihcinok	Hereford Triathlon Club	52:50	MV40	5th
64.	25	Gareth Thomas	Builth & District	53:28	MV35	10th
65.	60	Steven Hepton	Builth & District	53:36	MV45	8th
66.	473	Jethro Richards	Wye Valley Runners	54:29	SM	15th
67.	210	Neil McNish	Hereford Couriers RC	54:31	MV55	4th
68.	327	James Chaplin	Maldwyn Harriers	54:45	SM	18th
69.	433	Martin Blakebrough	Spirit of Monmouth	54:48	MV60	10th
70.	191	Jonathan Davey	Hereford Couriers RC	54:54	MV55	2nd
71.	128	Toby Spicer	Croft Ambrey RC	55:17	MV45	9th
72.	10	Simon Blyth	Hay Hotfooters	55:46	MV50	7th
73.	46	Mel Sadie	Builth & District	55:50	SF	12th
74.	304	Ian Chubb	Ludlow Runners	55:51	MV50	8th
75.	176	Dan Cleworth	Hereford Couriers RC	55:52	MV45	10th
76.	161	Allen Edwards	Hereford Couriers RC	55:54	SM	17th
77.	362	Adam Dyson	Malvern Buzzards Running Club	56:01	MV40	7th
78.	482	Kath Hardwick	Wye Valley Runners	56:09	FV40	1st
79.	36	Jenny Farrow	Builth & District	56:13	FV45	1st
80.	11	Ali Hardaway	Builth & District	56:28	MV55	5th
81.	294	Angus Kirby	Ludlow Runners	56:49	MV60	3rd
82.	114	Roxy Woodfield	Croft Ambrey RC	56:50	SF	13th
83.	389	Tristan May	Malvern Buzzards Running Club	56:51	MV40	8th
84.	396	Emily Harrison	MonRoss trailblazers	56:52	FV40	2nd
85.	109	Oliver Tomlinson	Croft Ambrey RC	56:52	MV40	9th
86.	352	Mark Paviour	Maldwyn Harriers	56:55	MV60	4th



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Position	Bib	Name	Club	Time	Age Category	Position
87.	151	Stephen Goodridge	Hay Hotfooters	57:00	MV60	2nd
88.	374	Laurence Fowkes	Malvern Buzzards Running Club	57:07	MV50	9th
89.	224	Chris North	Hereford Couriers RC	57:19	MV60	1st
90.	384	Sarah Armstrong	Malvern Buzzards Running Club	57:21	FV55	1st
91.	205	Mark Jones	Hereford Couriers RC	57:23	MV50	21st
92.	290	Edd Hogan	Ledbury Harriers	57:25	MV45	11th
93.	95	Joseph Lynch	Croft Ambrey RC	57:30	SM	32nd
94.	289	Tym Musgrove	Ledbury Harriers	57:31	MV60	11th
95.	105	Mia Davies	Croft Ambrey RC	57:34	SF	2nd
96.	177	Darren Woodall	Hereford Couriers RC	57:47	MV50	10th
97.	76	Dave Millichap	Croft Ambrey RC	57:49	MV50	22nd
98.	93	Jo Marriott	Croft Ambrey RC	57:51	FV55	2nd
99.	275	Vince Playdon	Hereford Triathlon Club	58:30	MV50	23rd
100.	332	Dan George	Maldwyn Harriers	58:40	MV40	10th
101.	171	Chris Smart	Hereford Couriers RC	58:53	MV55	6th
102.	57	Christian Prynne	Builth & District	59:02	MV50	24th
103.	454	Amelia Louth	Wye Valley Runners	59:29	SF	14th
104.	426	Brian Evans	Spirit of Monmouth	59:32	MV50	25th
105.	508	Tony Champken	Wye Valley Runners	59:58	MV65	1st
106.	33	Isabelle Jones	Builth & District	1:00:02	SF	3rd
107.	192	Brian Francis	Forest of Dean AC	1:00:08	MV60	12th
108.	215	Sarah Askey	Hereford Couriers RC	1:00:13	FV55	13th
109.	138	Dilek Usta-Aarons	Hay Hotfooters	1:00:25	FV45	9th
110.	4	Mark Roberts	Brecon Athletic Club	1:00:32	MV60	5th
111.	511	Jonathan Edwards	Hereford Couriers RC	1:00:46	MV40	11th
112.	119	Steph Main	Croft Ambrey RC	1:01:12	FV50	2nd
113.	30	Gunvor Troelsen	Builth & District	1:01:13	FV55	3rd
114.	265	Richard Cawley	Hereford Triathlon Club	1:01:21	MV45	19th
115.	338	Ifan Jones	Maldwyn Harriers	1:01:28	MV55	7th
116.	471	James Vidler	Wye Valley Runners	1:01:28	MV60	13th
117.	172	Christina Pinto-Pearson	Hereford Couriers RC	1:01:30	FV40	9th
118.	280	David Horne	Ledbury Harriers	1:02:02	MV65	2nd
119.	487	Lorna Shaw	Wye Valley Runners	1:02:10	FV60	1st
120.	216	Steve Herington	Hereford Couriers RC	1:02:27	MV75	1st
121.	17	Celia Speake	Builth & District	1:02:33	FV55	14th
122.	90	Ian Price	Croft Ambrey RC	1:02:53	MV75	2nd
123.	234	Deanna Mammatt	Hereford Triathlon Club	1:03:07	FV45	12th
124.	108	Neil Taylor	Croft Ambrey RC	1:03:12	MV65	3rd
125.	351	Helen Owen	Maldwyn Harriers	1:03:21	FV50	1st
126.	299	Edward Lane	Ludlow Runners	1:03:33	MV55	23rd
127.	20	Colin Davies	Builth & District	1:03:38	MV55	24th
128.	39	Mike Thurgood	MonRoss trailblazers	1:03:47	MV55	8th
129.	160	Abi Knight	Hereford Couriers RC	1:03:48	SF	4th



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Position	Bib	Name	Club	Time	Age Category	Position
130.	70	Bronwyn Preece	Croft Ambrey RC	1:03:50	SF	15th
131.	416	Sophie Williams	MonRoss trailblazers	1:04:16	FV40	3rd
132.	54	Phill Harris	Builth & District	1:04:27	MV40	28th
133.	195	Kevin Barnes	Hereford Couriers RC	1:04:38	MV60	6th
134.	317	Sophia Charters	Ludlow Runners	1:04:42	SF	5th
135.	14	Rebecca Foster	MonRoss trailblazers	1:04:47	FV45	13th
136.	431	Maixent Gaillard	Spirit of Monmouth	1:04:48	MV45	20th
137.	495	Paddy Nugent	Wye Valley Runners	1:04:49	MV60	15th
138.	9	Alexander Brown	Builth & District	1:04:50	MV55	9th
139.	260	Paddy Lewis	Hereford Triathlon Club	1:04:53	MV50	11th
140.	7	Abbie Davies	Builth & District	1:05:01	SF	16th
141.	28	Gary Watts	Builth & District	1:05:07	MV60	16th
142.	198	Kirsty Jenkins	Hereford Couriers RC	1:05:24	FV35	9th
143.	139	Eleanor Griffiths	Hay Hotfooters	1:05:30	SF	17th
144.	345	Paul McCullough	Maldwyn Harriers	1:05:31	MV45	21st
145.	366	Anife Turchin	Malvern Buzzards Running Club	1:05:42	FV35	2nd
146.	397	Emma Davies	MonRoss trailblazers	1:05:45	FV50	14th
147.	23	Emma Bagshaw	Builth & District	1:06:05	FV50	15th
148.	15	Beth Curry	Builth & District	1:06:07	FV35	10th
149.	134	Stefanie Francis	Forest of Dean AC	1:06:10	FV55	16th
150.	150	Sharon Collins	Hay Hotfooters	1:06:19	FV55	4th
151.	146	Mick Collins	Hay Hotfooters	1:06:34	MV55	10th
152.	296	Clive Richardson	Ludlow Runners	1:06:49	MV65	4th
153.	137	Crispin Elt	Hay Hotfooters	1:06:59	MV65	5th
154.	149	Sara Lake	Hay Hotfooters	1:07:03	FV50	17th
155.	507	Temi Odurinde	Wye Valley Runners	1:07:12	MV60	17th
156.	170	Celia Escande	Hereford Couriers RC	1:07:20	SF	6th
157.	110	Oliver Cameron-Swan	Croft Ambrey RC	1:07:37	MV45	12th
158.	230	Charlotte Godsall	Hereford Triathlon Club	1:07:40	FV45	2nd
159.	312	Paul Baskeyfield	Ludlow Runners	1:07:41	MV60	18th
160.	40	Kate Hepton	Builth & District	1:07:47	FV40	4th
161.	360	Rachel Williams	Maldwyn Harriers	1:07:47	FV50	3rd
162.	168	Bronwen Tyler-Jones	Hereford Couriers RC	1:07:54	FV50	4th
163.	136	Ali Allen	Hay Hotfooters	1:08:13	FV55	5th
164.	113	Roland Preece	Croft Ambrey RC	1:08:14	MV55	11th
165.	373	Julie Caseley	Malvern Buzzards Running Club	1:08:22	FV60	9th
166.	335	Jill Hillman	Maldwyn Harriers	1:08:30	FV65	2nd
167.	89	Huw Williams	Croft Ambrey RC	1:08:36	MV60	19th
168.	348	Caroline Orrells	Maldwyn Harriers	1:08:48	FV65	1st
169.	311	Paul Roberts	Ludlow Runners	1:09:13	MV60	20th
170.	115	Sam Harper	Croft Ambrey RC	1:09:28	FV45	3rd
171.	321	Trudy Macklin	Ludlow Runners	1:10:16	FV50	5th
172.	156	Brian Morgan	Hereford and County AC	1:10:22	MV55	14th



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173.	478	Julie Whitehouse	Wye Valley Runners	1:10:34	FV50	6th
174.	8	Adam Johnstone	Builth & District	1:10:51	MV50	26th
175.	505	Sian Champken	Wye Valley Runners	1:11:28	FV50	18th
176.	314	Sally Toye	Ludlow Runners	1:11:49	FV60	3rd
177.	237	Ian Foster	Hereford Triathlon Club	1:11:49	MV50	12th
178.	257	Mike Shaw	Hereford Triathlon Club	1:11:50	MV70	1st
179.	506	Simon Oliver	Wye Valley Runners	1:12:06	MV55	12th
180.	484	Laura Williams	Wye Valley Runners	1:12:09	SF	7th
181.	31	Hayley Price	Builth & District	1:12:09	FV55	7th
182.	465	Dave Sherwood	Wye Valley Runners	1:12:16	MV65	6th
183.	140	Elizabeth Tindle	Hay Hotfooters	1:12:48	FV60	2nd
184.	26	Gareth Morris	Builth & District	1:13:25	MV55	13th
185.	120	Stephanie King	Croft Ambrey RC	1:13:25	FV55	6th
186.	66	Alison Davies	Croft Ambrey RC	1:13:34	FV35	3rd
187.	106	Mike Hayward	Croft Ambrey RC	1:13:34	MV60	21st
188.	63	Tina Harrison	Builth & District	1:14:05	FV55	8th
189.	67	Anna Bromley	Croft Ambrey RC	1:14:11	FV40	5th
190.	282	Helen Keegan	Ledbury Harriers	1:14:55	FV50	7th
191.	34	Izzy Watts	Builth & District	1:15:21	FV45	14th
192.	71	Carol Powell	Croft Ambrey RC	1:15:35	FV50	9th
193.	154	Tina Lavelle	Hay Hotfooters	1:16:46	FV65	3rd
194.	306	Jo Stanley	Ludlow Runners	1:16:49	FV60	11th
195.	342	Sharon Lloyd	Maldwyn Harriers	1:16:57	FV50	8th
196.	83	Gemma Davies	Croft Ambrey RC	1:17:08	FV40	11th
197.	47	Melanie Graham	Builth & District	1:17:14	FV60	12th
198.	127	Tim Wain-Hobson	Croft Ambrey RC	1:18:00	MV70	2nd
199.	16	Callum Morris	Builth & District	1:19:05	MU20	1st
200.	287	Sarah Coggins	Ledbury Harriers	1:21:07	FV60	4th
201.	153	Sue Richards	Hay Hotfooters	1:21:34	FV65	4th
202.	13	Avril Hardwick	Builth & District	1:21:43	FV40	12th
203.	459	Brent Lawson	Wye Valley Runners	1:22:11	MV60	22nd
204.	126	Theresa Jones	Croft Ambrey RC	1:22:41	FV55	17th
205.	385	Sarah Fowkes	Malvern Buzzards Running Club	1:23:16	FV60	5th
206.	72	Claire Verran	Croft Ambrey RC	1:23:32	FV45	4th
207.	87	Hayley Millichap	Croft Ambrey RC	1:23:41	FV50	20th
208.	349	Steve Orrells	Maldwyn Harriers	1:26:18	MV70	3rd
209.	129	Tom Davies	Croft Ambrey RC	1:27:10	MV75	3rd
210.	319	Sybil Marsh	Ludlow Runners	1:31:56	FV75	2nd
211.	303	Hilary Turner	Ludlow Runners	1:38:07	FV75	1st



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	22	David Sutherland	Builth & District		MV65	9th
	38	Josh Price	Builth & District		SM	26th
	45	Malc Gonnella	Builth & District		MV65	8th
	55	Raymond Davies	Builth & District		MV40	25th
	69	Bella Evans	Croft Ambrey RC		SF	10th
	79	Flora Gunner	Croft Ambrey RC		FV60	7th
	80	Frank Luscott	Croft Ambrey RC		MV65	12th
	82	Gary Gunner	Croft Ambrey RC		MV75	5th

Number of records: 219

