

Summer Cross Country - Race 1



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
1	375	Eric Apperley	M	Croft Ambrey RC	Senior Male	1st	32:49
2	188	Wyndham Turner	M	Builth & District	Senior Male	2nd	32:58
3	223	Robin Woods	M	Builth & District	Vet 45 Male	1st	33:18
4	192	Tim Iveson	M	Builth & District	Vet 40 Male	1st	33:39
5	369	Sam Juson	M	Croft Ambrey RC	Senior Male	3rd	33:57
6	134	Aidan Yapp	M	Ludlow Runners	Male Under 20	1st	34:06
7	199	Jonathan Pugh	M	Builth & District	Vet 40 Male	2nd	34:20
8	129	Alex Logan	M	Ludlow Runners	Vet 40 Male	3rd	34:28
9	204	Phil Morris	M	Builth & District	Vet 40 Male	4th	34:42
10	382	Gareth Leek	M	Croft Ambrey RC	Senior Male	4th	35:23
11	81	Gavin Jones	M	MonRoss Trailblazers	Senior Male	5th	35:32
12	103	Richard Foster	M	MonRoss Trailblazers	Vet 40 Male	5th	35:40
13	56	William Morris	M	Hereford Couriers RC	Senior Male	6th	35:56
14	248	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	1st	36:06
15	244	Dave Lawrence	M	Malvern Buzzards Running Club	Vet 35 Male	2nd	36:13
16	132	Declan Miller	M	Ludlow Runners	Senior Male	7th	36:28
17	237	Michael Dymond	M	Malvern Buzzards Running Club	Senior Male	8th	36:38
18	47	Ryan Lawrence	M	Hereford Couriers RC	Senior Male	9th	37:07
19	74	Rob Nichols	M	MonRoss Trailblazers	Vet 35 Male	3rd	37:25
20	144	Peter Koval	M	Hereford Triathlon Club	Vet 35 Male	4th	37:29
21	133	Matthew Yapp	M	Ludlow Runners	Senior Male	10th	37:34
22	20	Harry Woodhouse	M	Hereford Couriers RC	Senior Male	11th	37:43
23	251	Neil Warne	M	Malvern Buzzards Running Club	Vet 40 Male	6th	38:21
24	61	Scott Kennedy	M	Hereford Couriers RC	Vet 45 Male	2nd	38:33
25	306	Dan Sandford	M	Forest of Dean AC	Vet 45 Male	3rd	38:33
26	50	Stephen Snead	M	Hereford Couriers RC	Vet 50 Male	1st	38:34
27	200	Huw Lewis	M	Builth & District	Vet 45 Male	4th	38:35



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28	273	Jeremy Jehan	M	Wye Valley Runners	Vet 50 Male	2nd	38:50
29	236	Christian Dowle	M	Malvern Buzzards Running Club	Vet 50 Male	3rd	39:19
30	113	Claire Thomas	F	Ludlow Runners	Vet 40 Female	1st	39:21
31	209	Matthew Sullivan	M	Builth & District	Senior Male	12th	39:28
32	149	Matt Ansfield	M	Hereford Triathlon Club	Vet 50 Male	4th	39:35
33	39	Martin Lloyd	M	Hereford Couriers RC	Vet 45 Male	5th	39:39
34	38	Martin Carter	M	Hereford Couriers RC	Vet 55 Male	1st	39:42
35	14	Daniel Spear	M	Hereford Couriers RC	Vet 35 Male	5th	39:48
36	59	Neil McNish	M	Hereford Couriers RC	Vet 50 Male	5th	40:00
37	311	Will Smith	M	Forest of Dean AC	Vet 40 Male	7th	40:01
38	143	Andy Taylor	M	Hereford Triathlon Club	Vet 50 Male	6th	40:07
39	380	Grant Womack	M	Croft Ambrey RC	Vet 40 Male	8th	40:09
40	195	Chris Burton	M	Builth & District	Vet 35 Male	6th	40:14
41	416	Neil Grinnell	M	Ledbury Harriers	Vet 45 Male	6th	40:44
42	99	Richard Cronin	M	MonRoss Trailblazers	Senior Male	13th	40:52
43	361	Joseph Lynch	M	Croft Ambrey RC	Senior Male	14th	41:01
44	381	Nigel Taylor	M	Croft Ambrey RC	Vet 55 Male	2nd	41:15
45	309	Julian Boon	M	Forest of Dean AC	Vet 50 Male	7th	41:18
46	92	Andy Stephens	M	MonRoss Trailblazers	Vet 45 Male	7th	41:32
47	78	Martin Turner	M	MonRoss Trailblazers	Vet 35 Male	7th	41:34
48	73	Richard Bevan	M	MonRoss Trailblazers	Vet 45 Male	8th	41:48
49	274	David Klotz	M	Wye Valley Runners	Vet 40 Male	9th	41:50
50	393	Hannah Fletcher	F	Croft Ambrey RC	Vet 35 Female	1st	41:50
51	36	Luke Williams	M	Hereford Couriers RC	Vet 40 Male	10th	41:56
52	86	Laura Lelievre	F	MonRoss Trailblazers	Senior Female	1st	41:59
53	310	Scott Berry	M	Forest of Dean AC	Vet 45 Male	9th	42:07
54	155	Jonny Williams	M	Hereford Triathlon Club	Vet 40 Male	11th	42:11



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55	203	Gareth Price	M	Builth & District	Vet 40 Male	12th	42:12
56	425	Clifford Berry	M	Ledbury Harriers	Vet 60 Male	1st	42:32
57	414	Mark Radon	M	Presteigne Pacers	Senior Male	15th	42:36
58	348	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	8th	42:38
59	229	Terry John-Hutchinson	M	Builth & District	Vet 45 Male	10th	42:57
60	25	Jonathan Davey	M	Hereford Couriers RC	Vet 55 Male	3rd	43:18
61	111	Amy Fulford	F	Ludlow Runners	Vet 45 Female	1st	43:23
62	328	Kirk Hill	M	Spirit of Monmouth	Vet 50 Male	9th	43:27
63	22	Ieuan Vale Smith	M	Hereford Couriers RC	Senior Male	16th	43:28
64	79	Martin Woodhead	M	MonRoss Trailblazers	Vet 60 Male	2nd	43:38
65	189	Rhys Davies	M	Builth & District	Senior Male	17th	43:43
66	115	Eilish Gilbert	F	Ludlow Runners	Senior Female	2nd	43:46
67	54	Will Connell	M	Hereford Couriers RC	Senior Male	18th	43:48
68	387	Lee Monks	M	Croft Ambrey RC	Vet 35 Male	8th	43:49
69	214	Gareth Thomas	M	Builth & District	Vet 35 Male	9th	43:50
70	238	Adam Dyson	M	Malvern Buzzards Running Club	Vet 40 Male	13th	43:54
71	218	Paul Walby	M	Builth & District	Vet 45 Male	11th	44:00
72	417	Chris Law	M	Ledbury Harriers	Vet 55 Male	4th	44:00
73	62	David Williams	M	Hereford Couriers RC	Vet 60 Male	3rd	44:01
74	247	Martin Reed-Darby	M	Malvern Buzzards Running Club	Vet 35 Male	10th	44:05
75	430	Robert Kerr	M	Ledbury Harriers	Vet 65 Male	1st	44:12
76	87	Nigel Baker	M	MonRoss Trailblazers	Vet 60 Male	4th	44:20
77	52	Tim Broome	M	Hereford Couriers RC	Vet 40 Male	14th	44:24
78	51	Steven Mesham	M	Hereford Couriers RC	Vet 50 Male	10th	44:27
79	301	Lea Wod	M	Wye Valley Runners	Vet 35 Male	11th	44:29
80	75	Rob Potter	M	MonRoss Trailblazers	Vet 45 Male	12th	44:48
81	426	Barry Thompson	M	Ledbury Harriers	Vet 45 Male	13th	44:49



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
82	384	George Thomas	M	Croft Ambrey RC	Vet 35 Male	12th	44:59
83	340	Kelly Bowen	F	Croft Ambrey RC	Vet 35 Female	2nd	45:09
84	323	Martin Blakebrough	M	Spirit of Monmouth	Vet 60 Male	5th	45:12
85	245	Tristan May	M	Malvern Buzzards Running Club	Vet 40 Male	15th	45:17
86	8	Chris Cleary	M	Hereford Couriers RC	Senior Male	19th	45:34
87	227	Ben Gaskell	M	Builth & District	Vet 35 Male	13th	45:45
88	267	Daniel Francis	M	Wye Valley Runners	Senior Male	20th	45:48
89	89	Neil Harper	M	MonRoss Trailblazers	Vet 45 Male	14th	45:50
90	230	Lisa Boucher	F	Builth & District	Vet 35 Female	3rd	45:54
91	315	Owen McLaughlin	M	Forest of Dean AC	Vet 70 Male	1st	46:02
92	424	Tym Musgrove	M	Ledbury Harriers	Vet 60 Male	6th	46:12
93	253	Mike Heath	M	Malvern Buzzards Running Club	Vet 55 Male	5th	46:20
94	12	Clare Mallender	F	Hereford Couriers RC	Vet 45 Female	2nd	46:27
95	358	Dave Millichap	M	Croft Ambrey RC	Vet 50 Male	11th	46:29
96	207	Mel Sadie	F	Builth & District	Senior Female	3rd	46:29
97	44	Robert Connell	M	Hereford Couriers RC	Vet 60 Male	7th	46:30
98	272	Shaun Hoyes	M	Wye Valley Runners	Vet 60 Male	8th	46:41
99	305	Rhys Asbridge	M	Forest of Dean AC	Vet 35 Male	14th	46:42
100	221	Gavin Thomas	M	Builth & District	Vet 40 Male	16th	46:48
101	293	James Vidler	M	Wye Valley Runners	Vet 60 Male	9th	46:52
102	210	Raymond Davies	M	Builth & District	Vet 40 Male	17th	46:53
103	158	Ben Probert	M	Hereford Triathlon Club	Vet 40 Male	18th	46:59
104	256	Rebecca Ansfield	F	Wye Valley Runners	Vet 45 Female	3rd	47:04
105	35	Lucy Jarvis	F	Hereford Couriers RC	Senior Female	4th	47:09
106	76	Emma Davies	F	MonRoss Trailblazers	Vet 50 Female	1st	47:22
107	141	Mark Roberts	M	Brecon Athletic Club	Vet 60 Male	10th	47:24
108	156	Simon Day	M	Hereford Triathlon Club	Vet 50 Male	12th	47:27



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
109	352	Mia Davies	F	Croft Ambrey RC	Senior Female	5th	47:32
110	337	David Mather	M	Spirit of Monmouth	Vet 55 Male	6th	47:34
111	242	Barbara Gawlak	F	Malvern Buzzards Running Club	Vet 35 Female	4th	47:59
112	157	Christian Mason	M	Hereford Triathlon Club	Vet 35 Male	15th	48:02
113	146	John Maddy	M	Hereford Triathlon Club	Vet 55 Male	7th	48:04
114	403	Eleanor Griffiths	F	Hay Hotfooters	Senior Female	6th	48:05
115	264	Richard Evans	M	Wye Valley Runners	Vet 45 Male	15th	48:11
116	365	Howard Verran	M	Croft Ambrey RC	Vet 45 Male	16th	48:13
117	10	Christina Pinto-Pearson	F	Hereford Couriers RC	Vet 40 Female	2nd	48:15
118	325	Brian Evans	M	Spirit of Monmouth	Vet 50 Male	13th	48:18
119	29	Kimberley Langford	F	Hereford Couriers RC	Senior Female	7th	48:22
120	346	Joanne Tilby	F	Croft Ambrey RC	Vet 40 Female	3rd	48:22
121	270	Katherine Hardwick	F	Wye Valley Runners	Vet 40 Female	4th	48:28
122	77	Chathrine Finlay	F	MonRoss Trailblazers	Vet 45 Female	4th	48:29
123	117	Jemma Radmore	F	Ludlow Runners	Female Under 20	1st	48:30
124	268	Kate Green	F	Wye Valley Runners	Vet 55 Female	1st	49:08
125	423	Graham Bell	M	Ledbury Harriers	Vet 55 Male	8th	49:11
126	58	Sarah Askey	F	Hereford Couriers RC	Vet 55 Female	2nd	49:12
127	130	Thomas Powell	M	Ludlow Runners	Vet 35 Male	16th	49:24
128	60	Kim Saunders	F	Hereford Couriers RC	Senior Female	8th	49:24
129	72	Vanessa Ball	F	MonRoss Trailblazers	Vet 35 Female	5th	49:26
130	407	Kevin Dunster	M	Hay Hotfooters	Vet 60 Male	11th	49:34
131	353	Thea Preece	F	Croft Ambrey RC	Senior Female	9th	49:41
132	13	Clare Evans	F	Hereford Couriers RC	Senior Female	10th	49:42
133	197	Malc Gonnella	M	Builth & District	Vet 65 Male	2nd	49:46
134	374	Stuart Austin	M	Croft Ambrey RC	Vet 55 Male	9th	49:55
135	71	Soph Williams	F	MonRoss Trailblazers	Vet 35 Female	6th	50:03



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
136	327	Maixent Gaillard	M	Spirit of Monmouth	Vet 45 Male	17th	50:07
137	198	Celia Speake	F	Builth & District	Vet 55 Female	3rd	50:15
138	190	Emma Bagshaw	F	Builth & District	Vet 50 Female	2nd	50:35
139	277	Ralph Lloyd	M	Wye Valley Runners	Vet 60 Male	12th	50:47
140	235	Julie Caseley	F	Malvern Buzzards Running Club	Vet 60 Female	1st	51:10
141	266	Louisa Foti	F	Wye Valley Runners	Vet 45 Female	5th	51:15
142	431	Caroline Kerr	F	Ledbury Harriers	Vet 55 Female	4th	51:23
143	317	Sarah Bucknall	F	Forest of Dean AC	Vet 45 Female	6th	51:27
144	349	Liza Austin	F	Croft Ambrey RC	Vet 55 Female	5th	51:35
145	191	Nicola Kelly	F	Builth & District	Vet 50 Female	3rd	51:36
146	205	Alexander Brown	M	Builth & District	Vet 55 Male	10th	51:39
147	110	Sarah Edwards	F	Ludlow Runners	Vet 50 Female	4th	51:46
148	418	David Bannister	M	Ledbury Harriers	Vet 45 Male	18th	51:49
149	286	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	2nd	51:49
150	27	Kevin Barnes	M	Hereford Couriers RC	Vet 60 Male	13th	51:50
151	383	Oli Cameron-Swan	M	Croft Ambrey RC	Vet 45 Male	19th	51:58
152	93	Gary Griffiths	M	MonRoss Trailblazers	Vet 40 Male	19th	52:00
153	279	Brent Lowson	M	Wye Valley Runners	Vet 60 Male	14th	52:09
154	168	Jenny Papworth	F	Hereford Triathlon Club	Vet 50 Female	5th	52:16
155	151	Kevin Artus	M	Hereford Triathlon Club	Vet 45 Male	20th	52:17
156	412	Dilek Usta-Aarons	F	Hay Hotfooters	Vet 45 Female	7th	52:20
157	342	Bronwyn Preece	F	Croft Ambrey RC	Senior Female	11th	52:21
158	324	Jeremy Creasey	M	Spirit of Monmouth	Vet 55 Male	11th	52:30
159	401	Rachel Jones	F	Hay Hotfooters	Vet 50 Female	6th	52:43
160	97	Lucia Demkova	F	MonRoss Trailblazers	Vet 40 Female	5th	52:47
161	201	Andrew Jones	M	Builth & District	Vet 55 Male	12th	52:51
162	282	Paddy Nugent	M	Wye Valley Runners	Vet 60 Male	15th	53:02



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
163	160	Murray Jones	M	Hereford Triathlon Club	Vet 45 Male	21st	53:10
164	287	Billy Smallwood	F	Wye Valley Runners	Vet 55 Female	6th	53:16
165	373	Steph Main	F	Croft Ambrey RC	Vet 50 Female	7th	53:40
166	292	Gordon Truluck	M	Wye Valley Runners	Vet 65 Male	3rd	54:20
167	263	Jo Ellis	F	Wye Valley Runners	Vet 40 Female	6th	54:22
168	112	Emma Stewardson	F	Ludlow Runners	Vet 45 Female	8th	54:23
169	19	Emma Price	F	Hereford Couriers RC	Senior Female	12th	55:04
170	70	Grant White	M	MonRoss Trailblazers	Senior Male	21st	55:40
171	341	Huw Williams	M	Croft Ambrey RC	Vet 60 Male	16th	56:00
172	356	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	9th	56:12
173	6	Celia Escande	F	Hereford Couriers RC	Senior Female	13th	56:15
174	49	Stephen Hobson	M	Hereford Couriers RC	Vet 60 Male	17th	56:46
175	163	Liz Davies Ward	F	Hereford Triathlon Club	Vet 60 Female	3rd	57:39
176	364	Lisa Gray	F	Croft Ambrey RC	Vet 50 Female	8th	57:39
177	181	Izzy Watts	F	Builth & District	Vet 45 Female	10th	57:55
178	260	Emily Davies	F	Wye Valley Runners	Vet 40 Female	7th	57:59
179	294	James Webb	M	Wye Valley Runners	Vet 40 Male	20th	58:09
180	428	Katie Francis	F	Wye Valley Runners	Senior Female	14th	58:09
181	285	Kate Phipps	F	Wye Valley Runners	Senior Female	15th	58:10
182	219	Margaret Trainor	F	Builth & District	Vet 45 Female	11th	58:25
183	413	Brian Lloyd	M	Presteigne Pacers	Vet 60 Male	18th	58:45
184	388	Nikki Doherty	F	Croft Ambrey RC	Vet 35 Female	7th	59:13
185	302	Ashley Davies	M	Wye Valley Runners	Vet 35 Male	17th	59:15
186	291	Hannah Thomas	F	Wye Valley Runners	Vet 45 Female	12th	59:15
187	408	Sue Hackett	F	Hay Hotfooters	Vet 60 Female	4th	59:51
188	243	Kayleigh-Moon Holmwood	F	Malvern Buzzards Running Club	Senior Female	16th	1:00:13
189	154	Matt Clark	M	Hereford Triathlon Club	Vet 40 Male	21st	1:00:20



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190	319	Lynn Moore	F	Forest of Dean AC	Vet 55 Female	7th	1:00:29
191	108	Joanne Stanley	F	Ludlow Runners	Vet 60 Female	5th	1:01:02
192	326	Richard Foster	M	Spirit of Monmouth	Vet 40 Male	22nd	1:01:20
193	136	Sally Toyne	F	Ludlow Runners	Vet 60 Female	6th	1:01:24
194	177	Tina Harrison	F	Builth & District	Vet 55 Female	8th	1:01:54
195	34	Lauren Pullen	F	Hereford Couriers RC	Female Under 20	2nd	1:02:10
196	295	Julie Whitehouse	F	Wye Valley Runners	Vet 50 Female	9th	1:02:47
197	296	Laura Williams	F	Wye Valley Runners	Senior Female	17th	1:02:56
198	290	brian Symonds	M	Wye Valley Runners	Vet 80 Male	1st	1:05:30
199	411	Sue Richards	F	Hay Hotfooters	Vet 65 Female	1st	1:05:45
200	15	Dave Ainslie	M	Hereford Couriers RC	Vet 60 Male	19th	1:06:01
201	394	Alison Davies	F	Croft Ambrey RC	Vet 35 Female	8th	1:07:26
202	208	Avril Hardwick	F	Builth & District	Vet 35 Female	9th	1:07:44
203	299	Nick Paviour	M	Wye Valley Runners	Senior Male	22nd	1:08:30
204	429	Sarah Coggins	F	Ledbury Harriers	Vet 60 Female	7th	1:08:46
205	63	Lauren Price	F	Hereford Couriers RC	Senior Female	18th	1:09:17
206	269	Bill Griffiths	M	Wye Valley Runners	Vet 70 Male	2nd	1:09:43
207	182	Olivia Hancock	F	Builth & District	Senior Female	19th	1:11:01
208	427	Alison Chadwick	F	Wye Valley Runners	Vet 60 Female	8th	1:11:17
209	415	Kevin Duggan	M	Presteigne Pacers	Vet 45 Male	22nd	1:11:34
210	355	Anna Bromley	F	Croft Ambrey RC	Vet 40 Female	8th	1:11:36
211	366	Claire Verran	F	Croft Ambrey RC	Vet 45 Female	13th	1:11:36
212	196	Wendy Cole	F	Builth & District	Vet 50 Female	10th	1:13:19
213	24	John Noonan	M	Hereford Couriers RC	Vet 65 Male	4th	1:14:01
214	357	Clare Preece	F	Croft Ambrey RC	Vet 50 Female	11th	1:14:57
215	360	Theresa Jones	F	Croft Ambrey RC	Vet 50 Female	12th	1:14:57
216	271	Dave Hider	M	Wye Valley Runners	Vet 55 Male	13th	1:15:00



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217	345	Tom Davies	M	Croft Ambrey RC	Vet 70 Male	3rd	1:17:13
218	318	Linda Ingledow	F	Forest of Dean AC	Vet 55 Female	9th	1:22:33
219	339	Louis Ansfield	M	Western Tempo	Male Under 17	1st	23:02
220	405	Ned Collins	M	Hay Hotfooters	Male Under 20	1st	24:16
221	176	Callum Morris	M	Builth & District	Male Under 17	2nd	33:02

Number of Records: 221

