

Herefordshire Summer Cross Country 2023



Team Results - Race 1

Bib	Name	Time	Age Cat
1st	Ludlow Runners 1		3:51:32,00
134	Aidan Yapp	34:06	Male Under 20
129	Alex Logan	34:28	Vet 40 Male
132	Declan Miller	36:28	Senior Male
113	Claire Thomas	39:21	Vet 40 Female
111	Amy Fulford	43:23	Vet 45 Female
115	Eilish Gilbert	43:46	Senior Female
2nd	Croft Ambrey RC 1		3:56:40,00
375	Eric Apperley	32:49	Senior Male
369	Sam Juson	33:57	Senior Male
382	Gareth Leek	35:23	Senior Male
393	Hannah Fletcher	41:50	Vet 35 Female
340	Kelly Bowen	45:09	Vet 35 Female
352	Mia Davies	47:32	Senior Female
3rd	Builth & District 1		4:02:33,00
188	Wyndham Turner	32:58	Senior Male
223	Robin Woods	33:18	Vet 45 Male
192	Tim Iveson	33:39	Vet 40 Male
230	Lisa Boucher	45:54	Vet 35 Female
207	Mel Sadie	46:29	Senior Female
198	Celia Speake	50:15	Vet 55 Female
4th	MonRoss Trailblazers 1		4:06:27,00
81	Gavin Jones	35:32	Senior Male
103	Richard Foster	35:40	Vet 40 Male
74	Rob Nichols	37:25	Vet 35 Male
86	Laura Lelievre	41:59	Senior Female
76	Emma Davies	47:22	Vet 50 Female
77	Chathrine Finlay	48:29	Vet 45 Female
5th	Hereford Couriers RC 1		4:12:37,00
56	William Morris	35:56	Senior Male
47	Ryan Lawrence	37:07	Senior Male
20	Harry Woodhouse	37:43	Senior Male
12	Clare Mallender	46:27	Vet 45 Female
35	Lucy Jarvis	47:09	Senior Female
10	Christina Pinto-Pearson	48:15	Vet 40 Female
6th	Hereford Couriers RC 2		4:23:44,00
61	Scott Kennedy	38:33	Vet 45 Male
50	Stephen Snead	38:34	Vet 50 Male
39	Martin Lloyd	39:39	Vet 45 Male
29	Kimberley Langford	48:22	Senior Female
58	Sarah Askey	49:12	Vet 55 Female



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60	Kim Saunders	49:24	Senior Female
7th	Builth & District 2	4:27:43,00	
199	Jonathan Pugh	34:20	Vet 40 Male
204	Phil Morris	34:42	Vet 40 Male
200	Huw Lewis	38:35	Vet 45 Male
190	Emma Bagshaw	50:35	Vet 50 Female
191	Nicola Kelly	51:36	Vet 50 Female
181	Izzy Watts	57:55	Vet 45 Female
8th	Malvern Buzzards Running Club 1	4:28:19,00	
248	Carl Salmon	36:06	Vet 35 Male
244	Dave Lawrence	36:13	Vet 35 Male
237	Michael Dymond	36:38	Senior Male
242	Barbara Gawlak	47:59	Vet 35 Female
235	Julie Caseley	51:10	Vet 60 Female
243	Kayleigh-Moon Holmwood	1:00:13	Senior Female
9th	Wye Valley Runners 1	4:29:49,00	
273	Jeremy Jehan	38:50	Vet 50 Male
274	David Klotz	41:50	Vet 40 Male
301	Lea Wod	44:29	Vet 35 Male
256	Rebecca Ansfield	47:04	Vet 45 Female
270	Katherine Hardwick	48:28	Vet 40 Female
268	Kate Green	49:08	Vet 55 Female
10th	Croft Ambrey RC 2	4:32:03,00	
380	Grant Womack	40:09	Vet 40 Male
361	Joseph Lynch	41:01	Senior Male
381	Nigel Taylor	41:15	Vet 55 Male
346	Joanne Tilby	48:22	Vet 40 Female
353	Thea Preece	49:41	Senior Female
349	Liza Austin	51:35	Vet 55 Female
11th	MonRoss Trailblazers 2	4:36:14,00	
99	Richard Cronin	40:52	Senior Male
92	Andy Stephens	41:32	Vet 45 Male
78	Martin Turner	41:34	Vet 35 Male
72	Vanessa Ball	49:26	Vet 35 Female
71	Soph Williams	50:03	Vet 35 Female
97	Lucia Demkova	52:47	Vet 40 Female
12th	Hereford Couriers RC 3	4:40:31,00	
38	Martin Carter	39:42	Vet 55 Male
14	Daniel Spear	39:48	Vet 35 Male
59	Neil McNish	40:00	Vet 50 Male
13	Clare Evans	49:42	Senior Female



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Bib	Name	Time	Age Cat
19	Emma Price	55:04	Senior Female
6	Celia Escande	56:15	Senior Female
13th	Croft Ambrey RC 3	4:53:39,00	
348	Paul Parker	42:38	Vet 50 Male
387	Lee Monks	43:49	Vet 35 Male
384	George Thomas	44:59	Vet 35 Male
342	Bronwyn Preece	52:21	Senior Female
373	Steph Main	53:40	Vet 50 Female
356	Samantha Harper	56:12	Vet 45 Female
14th	Wye Valley Runners 2	4:55:41,00	
267	Daniel Francis	45:48	Senior Male
272	Shaun Hoyes	46:41	Vet 60 Male
293	James Vidler	46:52	Vet 60 Male
266	Louisa Foti	51:15	Vet 45 Female
286	Lorna Shaw	51:49	Vet 60 Female
287	Billy Smallwood	53:16	Vet 55 Female
15th	Builth & District 3	5:09:57,00	
209	Matthew Sullivan	39:28	Senior Male
195	Chris Burton	40:14	Vet 35 Male
203	Gareth Price	42:12	Vet 40 Male
219	Margaret Trainor	58:25	Vet 45 Female
177	Tina Harrison	1:01:54	Vet 55 Female
208	Avril Hardwick	1:07:44	Vet 35 Female
16th	Forest of Dean AC 1	5:14:21,00	
306	Dan Sandford	38:33	Vet 45 Male
311	Will Smith	40:01	Vet 40 Male
309	Julian Boon	41:18	Vet 50 Male
317	Sarah Bucknall	51:27	Vet 45 Female
319	Lynn Moore	1:00:29	Vet 55 Female
318	Linda Ingledow	1:22:33	Vet 55 Female
17th	Wye Valley Runners 3	5:21:37,00	
264	Richard Evans	48:11	Vet 45 Male
277	Ralph Lloyd	50:47	Vet 60 Male
279	Brent Lowson	52:09	Vet 60 Male
263	Jo Ellis	54:22	Vet 40 Female
260	Emily Davies	57:59	Vet 40 Female
428	Katie Francis	58:09	Senior Female
18th	Croft Ambrey RC 4	5:28:55,00	
358	Dave Millichap	46:29	Vet 50 Male
365	Howard Verran	48:13	Vet 45 Male
374	Stuart Austin	49:55	Vet 55 Male



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364	Lisa Gray	57:39	Vet 50 Female
388	Nikki Doherty	59:13	Vet 35 Female
394	Alison Davies	1:07:26	Vet 35 Female

19th Wye Valley Runners 4 **5:45:43,00**

282	Paddy Nugent	53:02	Vet 60 Male
292	Gordon Truluck	54:20	Vet 65 Male
294	James Webb	58:09	Vet 40 Male
285	Kate Phipps	58:10	Senior Female
291	Hannah Thomas	59:15	Vet 45 Female
295	Julie Whitehouse	1:02:47	Vet 50 Female

20th Croft Ambrey RC 5 **6:43:20,00**

383	Oli Cameron-Swan	51:58	Vet 45 Male
341	Huw Williams	56:00	Vet 60 Male
355	Anna Bromley	1:11:36	Vet 40 Female
366	Claire Verran	1:11:36	Vet 45 Female
357	Clare Preece	1:14:57	Vet 50 Female
345	Tom Davies	1:17:13	Vet 70 Male

Number of Records: 120

