

# Herefordshire and Borders Winter XC 2023/24



## Race 3 Results

Position	Bib	Name	Club	Time	Age Category
1.	337	Gwynent Jones	Maldwyn Harriers	38:21	SM
2.	65	Wyndham Turner	Builth & District	38:33	MV35
3.	116	Sam Juson	Croft Ambrey RC	38:38	SM
4.	292	Aidan Yapp	Ludlow Runners	38:59	SM
5.	268	Sam Mayglothling	Hereford Triathlon Club	39:34	MV35
6.	78	Eric Apperley	Croft Ambrey RC	39:55	SM
7.	202	Luke Mason	Hereford Couriers RC	39:55	MV35
8.	214	Ryan Lawrence	Hereford Couriers RC	40:05	SM
9.	81	Gareth Leek	Croft Ambrey RC	40:15	SM
10.	440	Dean Jones	Western Tempo	40:19	MV35
11.	209	Mathew James	Hereford Couriers RC	40:36	MV35
12.	53	Phil Morris	Builth & District	41:00	MV45
13.	279	David Bannister	Ledbury Harriers	41:10	MV45
14.	221	William Morris	Hereford Couriers RC	41:14	SM
15.	217	James Rogers	Hereford Couriers RC	41:26	MV35
16.	400	Gavin Jones	MonRoss trailblazers	41:37	SM
17.	186	Harry Woodhouse	Hereford Couriers RC	41:43	SM
18.	308	Matthew Yapp	Ludlow Runners	41:52	SM
19.	381	Richard Walsh	Malvern Buzzards Running Club	42:38	MV35
20.	64	Tom Turner	Builth & District	42:53	MV35
21.	323	Samuel James Laughner	Ludlow Runners	42:56	MV35
22.	620	Donna Morris	Builth & District	42:58	FV40
23.	461	christian Jones	Wye Valley Runners	43:03	MV50
24.	370	Dave Lawrence	Malvern Buzzards Running Club	43:11	MV40
25.	380	Peter Koval	Malvern Buzzards Running Club	43:24	MV40
26.	228	Andy Fisher	Hereford Triathlon Club	43:31	MV50
27.	378	Neil Warne	Malvern Buzzards Running Club	43:38	MV40
28.	164	Andy Tyler	Hereford Couriers RC	43:42	MV50
29.	472	Jeremy Jehan	Wye Valley Runners	43:52	MV50
30.	452	Tom Kennedy	Western Tempo	43:56	MU20
31.	117	Simon Norwood	Croft Ambrey RC	43:58	MV50
32.	261	Paul Campbell	Hereford Triathlon Club	44:04	MV40
33.	208	Martin Lloyd	Hereford Couriers RC	44:08	MV45
34.	522	Ffion Price	Builth & District	44:27	SF
35.	32	Huw Lewis	Builth & District	44:40	MV45
36.	18	Chris Burton	Builth & District	44:47	MV35
37.	336	Garry Jones	Maldwyn Harriers	45:18	MV50
38.	43	Lewis Price	Builth & District	45:20	SM
39.	227	Andy Taylor	Hereford Triathlon Club	46:00	MV50
40.	203	Luke Williams	Hereford Couriers RC	46:14	MV40
41.	121	Steve Partridge	Croft Ambrey RC	46:33	MV40
42.	413	Rob Potter	MonRoss trailblazers	46:36	MV45
43.	51	Owen Bowers	Builth & District	46:40	MV45



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44.	401	Grant White	MonRoss trailblazers	46:43	MV35
45.	619	Tom Parton	Wye Valley Runners	47:02	SM
46.	617	Josh Simmons	MonRoss Trailblazers	47:07	SM
47.	485	Lea Nicholson	Wye Valley Runners	47:08	MV45
48.	206	Martin Carter	Hereford Couriers RC	47:11	MV55
49.	225	Adamo Mihcinok	Hereford Triathlon Club	47:36	MV40
50.	392	Andy Stephens	MonRoss trailblazers	47:56	MV45
51.	60	Steven Hepton	Builth & District	48:07	MV45
52.	191	Jonathan Davey	Hereford Couriers RC	48:10	MV55
53.	231	Conrad Lawson	Hereford Triathlon Club	48:10	MV45
54.	466	David Klotz	Wye Valley Runners	48:15	MV40
55.	473	Jethro Richards	Wye Valley Runners	48:18	SM
56.	386	Simeon Foreman	Malvern Buzzards Running Club	48:32	MV45
57.	161	Allen Edwards	Hereford Couriers RC	48:39	SM
58.	498	Peter Flynn	Wye Valley Runners	48:47	MV50
59.	379	Paul Cooke	Malvern Buzzards Running Club	48:53	MV40
60.	224	Chris North	Hereford Couriers RC	49:01	MV60
61.	402	Laura Lelievre	MonRoss trailblazers	49:10	SF
62.	621	Dale Meeks	Hereford Couriers RC	49:25	MV35
63.	95	Joseph Lynch	Croft Ambrey RC	49:47	SM
64.	493	Niall Considine	Wye Valley Runners	49:55	MV35
65.	307	Mark Warren	Ludlow Runners	50:05	MV60
66.	405	Martin Woodhead	MonRoss trailblazers	50:06	MV60
67.	163	Richie Richards	Hereford Couriers RC	50:19	MV60
68.	604	Josh McMahon	Wye Valley Runners	50:22	SM
69.	389	Tristan May	Malvern Buzzards Running Club	50:28	MV40
70.	199	Laura Hands	Hereford Couriers RC	50:35	SF
71.	177	Darren Woodall	Hereford Couriers RC	50:45	MV50
72.	488	Louis O'Regan	Wye Valley Runners	50:45	SM
73.	518	Jake Seal	Hereford Couriers RC	50:47	SM
74.	36	Jenny Farrow	Builth & District	50:53	FV45
75.	84	George Thomas	Croft Ambrey RC	50:54	MV35
76.	184	Graeme Walker	Hereford Couriers RC	50:55	MV60
77.	612	Andy Crawshaw	Ledbury Harriers	51:00	MV55
78.	171	Chris Smart	Hereford Couriers RC	51:03	MV55
79.	151	Stephen Goodridge	Hay Hotfooters	51:05	MV60
80.	329	Edward Davies	Maldwyn Harriers	51:07	MV65
81.	128	Toby Spicer	Croft Ambrey RC	51:08	MV45
82.	97	Kelly Bowen	Croft Ambrey RC	51:09	FV35
83.	176	Dan Cleworth	Hereford Couriers RC	51:09	MV45
84.	10	Simon Blyth	Hay Hotfooters	51:19	MV50
85.	482	Kath Hardwick	Wye Valley Runners	51:21	FV40
86.	207	Simon Cook	Hereford Couriers RC	51:30	MV55



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Position	Bib	Name	Club	Time	Age Category
87.	210	Neil McNish	Hereford Couriers RC	51:43	MV55
88.	406	Matt Webb	MonRoss trailblazers	51:45	MV35
89.	21	Dai Harris	Builth & District	51:50	MV35
90.	532	Paul Parker	Croft Ambrey RC	51:51	MV50
91.	384	Sarah Armstrong	Malvern Buzzards Running Club	51:55	FV55
92.	4	Mark Roberts	Brecon Athletic Club	52:05	MV60
93.	204	Mark Hookins	Hereford Couriers RC	52:18	MV55
94.	352	Mark Paviour	Maldwyn Harriers	52:25	MV60
95.	69	Bella Evans	Croft Ambrey RC	52:31	SF
96.	294	Angus Kirby	Ludlow Runners	52:36	MV60
97.	454	Amelia Louth	Wye Valley Runners	52:47	SF
98.	512	Tim Farndon	Hereford Triathlon Club	52:49	MV45
99.	44	Lisa Boucher	Builth & District	53:02	FV35
100.	45	Malc Gonnella	Builth & District	53:13	MV65
101.	215	Sarah Askey	Hereford Couriers RC	53:15	FV55
102.	387	Simon Bourne	Malvern Buzzards Running Club	53:16	MV35
103.	368	Barbara Gawlak	Malvern Buzzards Running Club	53:22	FV35
104.	55	Raymond Davies	Builth & District	53:25	MV40
105.	174	Clare Mallender	Hereford Couriers RC	53:30	FV45
106.	93	Jo Marriott	Croft Ambrey RC	53:42	FV55
107.	290	Edd Hogan	Ledbury Harriers	53:47	MV45
108.	416	Sophie Williams	MonRoss trailblazers	53:51	FV40
109.	11	Ali Hardaway	Builth & District	53:54	MV55
110.	501	Rebecca Ansfield	Wye Valley Runners	53:56	FV45
111.	275	Vince Playdon	Hereford Triathlon Club	54:01	MV50
112.	508	Tony Champken	Wye Valley Runners	54:11	MV65
113.	39	Mike Thurgood	MonRoss trailblazers	54:40	MV55
114.	388	Stephanie Upton	Malvern Buzzards Running Club	54:56	FV55
115.	515	Christian Mason	Hereford Triathlon Club	55:19	MV35
116.	230	Charlotte Godsall	Hereford Triathlon Club	55:26	FV45
117.	22	David Sutherland	Builth & District	55:32	MV65
118.	160	Abi Knight	Hereford Couriers RC	55:32	SF
119.	108	Neil Taylor	Croft Ambrey RC	55:38	MV65
120.	477	Julie Knill	Wye Valley Runners	55:38	FV55
121.	366	Anife Turchin	Malvern Buzzards Running Club	55:46	FV35
122.	101	Liza Austin	Croft Ambrey RC	55:52	FV55
123.	30	Gunvor Troelsen	Builth & District	56:05	FV55
124.	185	Guy Jenkins	Hereford Couriers RC	56:18	MV60
125.	502	Richard Evans	Wye Valley Runners	56:25	MV45
126.	33	Isabelle Jones	Builth & District	56:39	SF
127.	338	Ifan Jones	Maldwyn Harriers	56:48	MV55
128.	9	Alexander Brown	Builth & District	56:52	MV55
129.	119	Steph Main	Croft Ambrey RC	57:11	FV50



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Position	Bib	Name	Club	Time	Age Category
130.	113	Roland Preece	Croft Ambrey RC	57:22	MV55
131.	260	Paddy Lewis	Hereford Triathlon Club	57:30	MV50
132.	150	Sharon Collins	Hay Hotfooters	57:43	FV55
133.	345	Paul McCullough	Maldwyn Harriers	57:47	MV45
134.	341	Jo Lewis	Maldwyn Harriers	57:50	FV50
135.	280	David Horne	Ledbury Harriers	57:55	MV65
136.	146	Mick Collins	Hay Hotfooters	57:59	MV55
137.	139	Eleanor Griffiths	Hay Hotfooters	58:07	SF
138.	138	Dilek Usta-Aarons	Hay Hotfooters	58:12	FV45
139.	326	Rachel Butler	Maldwyn Harriers	58:13	FV60
140.	487	Lorna Shaw	Wye Valley Runners	58:16	FV60
141.	216	Steve Herington	Hereford Couriers RC	58:18	MV75
142.	141	Elizabeth Harvey	Hay Hotfooters	58:43	FV40
143.	40	Kate Hepton	Builth & District	59:01	FV40
144.	168	Bronwen Tyler-Jones	Hereford Couriers RC	59:16	FV50
145.	618	Dean Prosser	Hereford Triathlon Club	59:19	MV50
146.	296	Clive Richardson	Ludlow Runners	59:45	MV65
147.	235	Ed Collins	Hereford Triathlon Club	59:45	MV60
148.	317	Sophia Charters	Ludlow Runners	59:49	SF
149.	79	Flora Gunner	Croft Ambrey RC	1:00:03	FV60
150.	409	Rachael Aitken	MonRoss trailblazers	1:00:04	SF
151.	187	Harry Jenkins	Hereford Couriers RC	1:00:20	MV35
152.	110	Oliver Cameron-Swan	Croft Ambrey RC	1:00:40	MV45
153.	111	Rob Wood	Croft Ambrey RC	1:00:45	MV65
154.	360	Rachel Williams	Maldwyn Harriers	1:00:48	FV50
155.	115	Sam Harper	Croft Ambrey RC	1:00:49	FV45
156.	253	Louise Le Ray	Hereford Triathlon Club	1:01:01	FV60
157.	458	Billy Smallwood	Wye Valley Runners	1:01:13	FV55
158.	283	Mark Lister	Ledbury Harriers	1:01:19	MV60
159.	165	Ben James	Hereford Couriers RC	1:01:34	MV40
160.	74	Crispin Marriott	Croft Ambrey RC	1:01:46	MV55
161.	348	Caroline Orrells	Maldwyn Harriers	1:01:47	FV65
162.	479	Kate Phipps	Wye Valley Runners	1:01:54	SF
163.	335	Jill Hillman	Maldwyn Harriers	1:02:10	FV65
164.	156	Brian Morgan	Hereford and County AC	1:02:10	MV55
165.	90	Ian Price	Croft Ambrey RC	1:02:14	MV75
166.	373	Julie Caseley	Malvern Buzzards Running Club	1:02:41	FV60
167.	264	Richard Andrews	Hereford Triathlon Club	1:03:08	MV55
168.	259	Nicola Goodwin	Hereford Triathlon Club	1:03:30	FV45
169.	483	Katie Francis	Wye Valley Runners	1:03:50	SF
170.	170	Celia Escande	Hereford Couriers RC	1:03:54	SF
171.	220	Wesley Jones	Hereford Couriers RC	1:03:56	MV40
172.	169	Bryony Dean	Hereford Couriers RC	1:04:09	FV45



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Position	Bib	Name	Club	Time	Age Category
173.	136	Ali Allen	Hay Hotfooters	1:04:15	FV55
174.	470	Hannah Thomas	Wye Valley Runners	1:04:45	FV45
175.	140	Elizabeth Tindle	Hay Hotfooters	1:05:00	FV60
176.	282	Helen Keegan	Ledbury Harriers	1:05:04	FV50
177.	82	Gary Gunner	Croft Ambrey RC	1:05:12	MV75
178.	342	Sharon Lloyd	Maldwyn Harriers	1:05:35	FV50
179.	31	Hayley Price	Builth & District	1:06:11	FV55
180.	478	Julie Whitehouse	Wye Valley Runners	1:06:18	FV50
181.	88	Howard Verran	Croft Ambrey RC	1:06:45	MV45
182.	16	Callum Morris	Builth & District	1:07:11	MU20
183.	67	Anna Bromley	Croft Ambrey RC	1:07:27	FV40
184.	71	Carol Powell	Croft Ambrey RC	1:07:29	FV50
185.	523	Rachel Buckland	Malvern Buzzards Running Club	1:07:46	FV55
186.	83	Gemma Davies	Croft Ambrey RC	1:08:42	FV40
187.	63	Tina Harrison	Builth & District	1:09:18	FV55
188.	153	Sue Richards	Hay Hotfooters	1:10:19	FV65
189.	287	Sarah Coggins	Ledbury Harriers	1:10:53	FV60
190.	154	Tina Lavelle	Hay Hotfooters	1:10:57	FV65
191.	385	Sarah Fowkes	Malvern Buzzards Running Club	1:11:05	FV60
192.	66	Alison Davies	Croft Ambrey RC	1:12:23	FV35
193.	494	Nick Paviour	Wye Valley Runners	1:18:21	SM
194.	129	Tom Davies	Croft Ambrey RC	1:19:35	MV75

Number of records: 194

