

Race 3 - Summer Cross Country



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
1	223	Robin Woods	M	Builth & District	Vet 45 Male	1st	00:25:09
2	138	Matthew Yapp	M	Ludlow Runners	Senior Male	1st	00:25:14
3	134	Aidan Yapp	M	Ludlow Runners	Male Under 20	1st	00:25:25
4	188	Wyndham Turner	M	Builth & District	Senior Male	2nd	00:25:37
5	369	Sam Juson	M	Croft Ambrey RC	Senior Male	3rd	00:25:42
6	129	Alex Logan	M	Ludlow Runners	Vet 40 Male	1st	00:26:04
7	88	Toby Dickens	M	MonRoss Trailblazers	Senior Male	4th	00:26:22
8	82	Luke Gray	M	MonRoss Trailblazers	Vet 35 Male	1st	00:26:26
9	382	Gareth Leek	M	Croft Ambrey RC	Senior Male	5th	00:26:35
10	237	Michael Dymond	M	Malvern Buzzards Running Club	Senior Male	6th	00:26:39
11	248	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	2nd	00:26:47
12	250	Richard Walsh	M	Malvern Buzzards Running Club	Vet 35 Male	3rd	00:26:52
13	244	Dave Lawrence	M	Malvern Buzzards Running Club	Vet 35 Male	4th	00:27:12
14	56	William Morris	M	Hereford Couriers RC	Senior Male	7th	00:27:18
15	47	Ryan Lawrence	M	Hereford Couriers RC	Senior Male	8th	00:27:24
16	187	Tom Turner	M	Builth & District	Vet 35 Male	5th	00:27:40
17	74	Rob Nichols	M	MonRoss Trailblazers	Vet 35 Male	6th	00:27:57
18	81	Gavin Jones	M	MonRoss Trailblazers	Senior Male	9th	00:28:08
19	132	Declan Miller	M	Ludlow Runners	Senior Male	10th	00:28:34
20	144	Peter Koval	M	Hereford Triathlon Club	Vet 35 Male	7th	00:28:49
21	322	Tony Marshall	M	Forest of Dean AC	Vet 60 Male	1st	00:28:51
22	418	David Bannister	M	Ledbury Harriers	Vet 45 Male	2nd	00:29:06
23	50	Stephen Snead	M	Hereford Couriers RC	Vet 50 Male	1st	00:29:09
24	39	Martin Lloyd	M	Hereford Couriers RC	Vet 45 Male	3rd	00:29:10
25	273	Jeremy Jehan	M	Wye Valley Runners	Vet 50 Male	2nd	00:29:23
26	200	Huw Lewis	M	Builth & District	Vet 45 Male	4th	00:29:27
27	306	Dan Sandford	M	Forest of Dean AC	Vet 45 Male	5th	00:29:32



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28	236	Christian Dowle	M	Malvern Buzzards Running Club	Vet 50 Male	3rd	00:29:45
29	361	Joseph Lynch	M	Croft Ambrey RC	Senior Male	11th	00:29:47
30	22	Ieuan Vale Smith	M	Hereford Couriers RC	Senior Male	12th	00:29:58
31	149	Matt Ansfield	M	Hereford Triathlon Club	Vet 50 Male	4th	00:29:58
32	443	James Morton	M	MonRoss Trailblazers	Senior Male	13th	00:30:06
33	14	Daniel Spear	M	Hereford Couriers RC	Vet 35 Male	8th	00:30:21
34	73	Richard Bevan	M	MonRoss Trailblazers	Vet 45 Male	6th	00:30:23
35	38	Martin Carter	M	Hereford Couriers RC	Vet 55 Male	1st	00:30:33
36	425	Clifford Berry	M	Ledbury Harriers	Vet 60 Male	2nd	00:30:34
37	70	Grant White	M	MonRoss Trailblazers	Senior Male	14th	00:30:47
38	75	Rob Potter	M	MonRoss Trailblazers	Vet 45 Male	7th	00:30:55
39	36	Luke Williams	M	Hereford Couriers RC	Vet 40 Male	2nd	00:30:56
40	7	Charmaine Porter	F	Hereford Couriers RC	Senior Female	1st	00:30:57
41	59	Neil McNish	M	Hereford Couriers RC	Vet 50 Male	5th	00:31:01
42	276	Daniel Lewis	M	Wye Valley Runners	Vet 45 Male	8th	00:31:05
43	143	Andy Taylor	M	Hereford Triathlon Club	Vet 50 Male	6th	00:31:07
44	232	Stephen Hambridge	M	Builth & District	Vet 40 Male	3rd	00:31:07
45	309	Julian Boon	M	Forest of Dean AC	Vet 50 Male	7th	00:31:14
46	240	Sim Foreman	M	Malvern Buzzards Running Club	Vet 45 Male	9th	00:31:25
47	359	Steve Partridge	M	Croft Ambrey RC	Vet 40 Male	4th	00:31:31
48	78	Martin Turner	M	MonRoss Trailblazers	Vet 35 Male	9th	00:31:37
49	402	Peter Summers	M	Hay Hotfooters	Vet 35 Male	10th	00:31:39
50	448	Lea Nicholson	M	Wye Valley Runners	Vet 40 Male	5th	00:31:40
51	274	David Klotz	M	Wye Valley Runners	Vet 40 Male	6th	00:31:41
52	68	Ben Skinner	M	Hereford Couriers RC	Vet 35 Male	11th	00:31:50
53	214	Gareth Thomas	M	Builth & District	Vet 35 Male	12th	00:31:57
54	111	Amy Fulford	F	Ludlow Runners	Vet 45 Female	1st	00:32:00



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55	100	Dan Gray	M	MonRoss Trailblazers	Vet 35 Male	13th	00:32:07
56	86	Laura Lelievre	F	MonRoss Trailblazers	Senior Female	2nd	00:32:08
57	435	Andy Crawshaw	M	Ledbury Harriers	Vet 55 Male	2nd	00:32:10
58	90	Rebecca Foster	F	MonRoss Trailblazers	Vet 45 Female	2nd	00:32:12
59	348	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	8th	00:32:14
60	25	Jonathan Davey	M	Hereford Couriers RC	Vet 55 Male	3rd	00:32:14
61	384	George Thomas	M	Croft Ambrey RC	Vet 35 Male	14th	00:32:24
62	247	Martin Reed-Darby	M	Malvern Buzzards Running Club	Vet 35 Male	15th	00:32:27
63	238	Adam Dyson	M	Malvern Buzzards Running Club	Vet 40 Male	7th	00:32:34
64	145	Steve Head	M	Hereford Triathlon Club	Senior Male	15th	00:32:35
65	323	Martin Blakebrough	M	Spirit of Monmouth	Vet 60 Male	3rd	00:32:36
66	52	Tim Broome	M	Hereford Couriers RC	Vet 40 Male	8th	00:32:37
67	69	Allen Edwards	M	Hereford Couriers RC	Senior Male	16th	00:32:43
68	430	Robert Kerr	M	Ledbury Harriers	Vet 65 Male	1st	00:32:55
69	115	Eilish Gilbert	F	Ludlow Runners	Senior Female	3rd	00:33:06
70	159	Jack O'Shea	M	Hereford Triathlon Club	Senior Male	17th	00:33:08
71	79	Martin Woodhead	M	MonRoss Trailblazers	Vet 60 Male	4th	00:33:12
72	229	Terry John-Hutchinson	M	Builth & District	Vet 45 Male	10th	00:33:19
73	245	Tristan May	M	Malvern Buzzards Running Club	Vet 40 Male	9th	00:33:28
74	142	Stephen Goodridge	M	Brecon Athletic Club	Vet 60 Male	5th	00:33:30
75	434	Amy Freeman	F	Forest of Dean AC	Vet 35 Female	1st	00:33:31
76	51	Steven Mesham	M	Hereford Couriers RC	Vet 50 Male	9th	00:33:35
77	174	Joanne Rees	F	Builth & District	Vet 45 Female	3rd	00:33:43
78	253	Mike Heath	M	Malvern Buzzards Running Club	Vet 55 Male	4th	00:33:45
79	227	Ben Gaskell	M	Builth & District	Vet 35 Male	16th	00:33:48
80	267	Daniel Francis	M	Wye Valley Runners	Senior Male	18th	00:33:52
81	340	Kelly Bowen	F	Croft Ambrey RC	Vet 35 Female	2nd	00:33:54



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
82	346	Joanne Tilby	F	Croft Ambrey RC	Vet 40 Female	1st	00:33:55
83	316	Leanne Meek	F	Forest of Dean AC	Vet 40 Female	2nd	00:33:59
84	278	Amelia Louth	F	Wye Valley Runners	Senior Female	4th	00:34:07
85	426	Barry Thompson	M	Ledbury Harriers	Vet 45 Male	11th	00:34:09
86	89	Neil Harper	M	MonRoss Trailblazers	Vet 45 Male	12th	00:34:11
87	231	Colin Williams	M	Builth & District	Vet 55 Male	5th	00:34:14
88	230	Lisa Boucher	F	Builth & District	Vet 35 Female	3rd	00:34:16
89	35	Lucy Jarvis	F	Hereford Couriers RC	Senior Female	5th	00:34:16
90	3	Becky Eversham	F	Hereford Couriers RC	Vet 40 Female	3rd	00:34:23
91	12	Clare Mallender	F	Hereford Couriers RC	Vet 45 Female	4th	00:34:24
92	315	Owen McLaughlin	M	Forest of Dean AC	Vet 70 Male	1st	00:34:28
93	170	Vince Playdon	M	Hereford Triathlon Club	Vet 50 Male	10th	00:34:31
94	333	Stuart Morris	M	Spirit of Monmouth	Vet 45 Male	13th	00:34:42
95	186	Gareth Wood	M	Builth & District	Senior Male	19th	00:34:47
96	64	Dave Green	M	Hereford Couriers RC	Vet 55 Male	6th	00:34:47
97	2	Amy Smith	F	Hereford Couriers RC	Vet 40 Female	4th	00:34:51
98	124	Angus Kirby	M	Ludlow Runners	Vet 55 Male	7th	00:34:54
99	325	Brian Evans	M	Spirit of Monmouth	Vet 50 Male	11th	00:34:56
100	264	Richard Evans	M	Wye Valley Runners	Vet 45 Male	14th	00:34:59
101	424	Tym Musgrove	M	Ledbury Harriers	Vet 60 Male	6th	00:35:02
102	58	Sarah Askey	F	Hereford Couriers RC	Vet 55 Female	1st	00:35:02
103	234	Sarah Armstrong	F	Malvern Buzzards Running Club	Vet 55 Female	2nd	00:35:04
104	72	Vanessa Ball	F	MonRoss Trailblazers	Vet 35 Female	4th	00:35:07
105	104	Jon Meadows	M	MonRoss Trailblazers	Vet 35 Male	17th	00:35:17
106	10	Christina Pinto-Pearson	F	Hereford Couriers RC	Vet 40 Female	5th	00:35:20
107	270	Katherine Hardwick	F	Wye Valley Runners	Vet 40 Female	6th	00:35:23
108	197	Malc Gonnella	M	Builth & District	Vet 65 Male	2nd	00:35:24



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109	439	Tony Champken	M	Wye Valley Runners	Vet 65 Male	3rd	00:35:27
110	268	Kate Green	F	Wye Valley Runners	Vet 55 Female	3rd	00:35:39
111	151	Kevin Artus	M	Hereford Triathlon Club	Vet 45 Male	15th	00:35:42
112	257	Lynne Compton	F	Wye Valley Runners	Vet 55 Female	4th	00:35:45
113	249	Steph Upton	F	Malvern Buzzards Running Club	Vet 55 Female	5th	00:35:50
114	256	Rebecca Ansfeld	F	Wye Valley Runners	Vet 45 Female	5th	00:35:54
115	77	Chathrine Finlay	F	MonRoss Trailblazers	Vet 45 Female	6th	00:36:01
116	80	Adam Gray	M	MonRoss Trailblazers	Vet 35 Male	18th	00:36:05
117	29	Kimberley Langford	F	Hereford Couriers RC	Senior Female	6th	00:36:09
118	98	Micheal Thurgood	M	MonRoss Trailblazers	Vet 55 Male	8th	00:36:13
119	117	Jemma Radmore	F	Ludlow Runners	Female Under 20	1st	00:36:16
120	288	Michael Smallwood	M	Wye Valley Runners	Vet 55 Male	9th	00:36:18
121	335	Nick Sloper	M	Spirit of Monmouth	Vet 50 Male	12th	00:36:20
122	211	Jenny Farrow	F	Builth & District	Vet 45 Female	7th	00:36:23
123	432	Daren Smith	M	Forest of Dean AC	Vet 55 Male	10th	00:36:26
124	1	Abi Knight	F	Hereford Couriers RC	Senior Female	7th	00:36:29
125	198	Celia Speake	F	Builth & District	Vet 55 Female	6th	00:36:37
126	171	Jake Fowler	M	Hereford Triathlon Club	Senior Male	20th	00:36:40
127	76	Emma Davies	F	MonRoss Trailblazers	Vet 50 Female	1st	00:36:42
128	19	Emma Price	F	Hereford Couriers RC	Senior Female	8th	00:36:45
129	93	Gary Griffiths	M	MonRoss Trailblazers	Vet 40 Male	10th	00:36:45
130	321	Rob Lester	M	Forest of Dean AC	Vet 45 Male	16th	00:36:54
131	431	Caroline Kerr	F	Ledbury Harriers	Vet 55 Female	7th	00:37:00
132	13	Clare Evans	F	Hereford Couriers RC	Senior Female	9th	00:37:09
133	71	Soph Williams	F	MonRoss Trailblazers	Vet 35 Female	5th	00:37:19
134	282	Paddy Nugent	M	Wye Valley Runners	Vet 60 Male	7th	00:37:32
135	286	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	1st	00:37:33



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
136	246	Wesley Ogden	M	Malvern Buzzards Running Club	Vet 55 Male	11th	00:37:34
137	228	Catrin Gaskell	F	Builth & District	Senior Female	10th	00:37:37
138	409	Sharon Collins	F	Hay Hotfooters	Vet 55 Female	8th	00:37:43
139	122	Paul Roberts	M	Ludlow Runners	Vet 60 Male	8th	00:37:50
140	275	Julie Knill	F	Wye Valley Runners	Vet 55 Female	9th	00:37:55
141	329	Andrew Hillis	M	Spirit of Monmouth	Vet 55 Male	12th	00:37:57
142	168	Jenny Papworth	F	Hereford Triathlon Club	Vet 50 Female	2nd	00:38:03
143	102	Rachel Aitken	F	MonRoss Trailblazers	Senior Female	11th	00:38:27
144	190	Emma Bagshaw	F	Builth & District	Vet 50 Female	3rd	00:38:29
145	350	Tim Jones	M	Croft Ambrey RC	Vet 55 Male	13th	00:38:35
146	292	Gordon Truluck	M	Wye Valley Runners	Vet 65 Male	4th	00:38:37
147	65	Samantha Higgins	F	Hereford Couriers RC	Vet 45 Female	8th	00:38:38
148	27	Kevin Barnes	M	Hereford Couriers RC	Vet 60 Male	9th	00:38:39
149	317	Sarah Bucknall	F	Forest of Dean AC	Vet 45 Female	9th	00:38:44
150	401	Rachel Jones	F	Hay Hotfooters	Vet 50 Female	4th	00:38:49
151	277	Ralph Lloyd	M	Wye Valley Runners	Vet 60 Male	10th	00:39:00
152	150	Mike Shaw	M	Hereford Triathlon Club	Vet 70 Male	2nd	00:39:01
153	97	Lucia Demkova	F	MonRoss Trailblazers	Vet 40 Female	7th	00:39:06
154	445	Rebecca Wilson	F	MonRoss Trailblazers	Vet 55 Female	10th	00:39:06
155	298	Emma Harris	F	Wye Valley Runners	Vet 40 Female	8th	00:39:11
156	336	Marina Wright	F	Spirit of Monmouth	Vet 40 Female	9th	00:39:30
157	294	James Webb	M	Wye Valley Runners	Vet 40 Male	11th	00:39:35
158	169	Paddy Lewis	M	Hereford Triathlon Club	Vet 45 Male	17th	00:39:39
159	428	Katie Francis	F	Wye Valley Runners	Senior Female	12th	00:39:52
160	285	Kate Phipps	F	Wye Valley Runners	Senior Female	13th	00:39:55
161	112	Emma Stewardson	F	Ludlow Runners	Vet 45 Female	10th	00:39:56
162	287	Billy Smallwood	F	Wye Valley Runners	Vet 55 Female	11th	00:40:01



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163	6	Celia Escande	F	Hereford Couriers RC	Senior Female	14th	00:40:03
164	447	Rachel Toolan	F	Wye Valley Runners	Vet 40 Female	10th	00:40:05
165	205	Alexander Brown	M	Builth & District	Vet 55 Male	14th	00:40:22
166	433	Mel Ruck	F	Forest of Dean AC	Vet 50 Female	5th	00:40:28
167	383	Oli Cameron-Swan	M	Croft Ambrey RC	Vet 45 Male	18th	00:40:30
168	153	Ian Foster	M	Hereford Triathlon Club	Vet 50 Male	13th	00:40:32
169	263	Jo Ellis	F	Wye Valley Runners	Vet 40 Female	11th	00:40:37
170	320	Stefanie Francis	F	Forest of Dean AC	Vet 55 Female	12th	00:40:37
171	373	Steph Main	F	Croft Ambrey RC	Vet 50 Female	6th	00:41:07
172	5	Bryony Dean	F	Hereford Couriers RC	Vet 45 Female	11th	00:41:16
173	408	Sue Hackett	F	Hay Hotfooters	Vet 60 Female	2nd	00:42:05
174	291	Hannah Thomas	F	Wye Valley Runners	Vet 45 Female	12th	00:42:09
175	302	Ashley Davies	M	Wye Valley Runners	Vet 35 Male	19th	00:42:19
176	163	Liz Davies Ward	F	Hereford Triathlon Club	Vet 60 Female	3rd	00:42:25
177	295	Julie Whitehouse	F	Wye Valley Runners	Vet 50 Female	7th	00:42:47
178	438	Sian Champken	F	Wye Valley Runners	Vet 50 Female	8th	00:42:55
179	446	Lindsey Flowers	F	Wye Valley Runners	Vet 35 Female	6th	00:42:57
180	260	Emily Davies	F	Wye Valley Runners	Vet 40 Female	12th	00:43:10
181	49	Stephen Hobson	M	Hereford Couriers RC	Vet 60 Male	11th	00:43:45
182	180	Christine Thomas	F	Builth & District	Vet 65 Female	1st	00:44:15
183	136	Sally Toye	F	Ludlow Runners	Vet 60 Female	4th	00:44:34
184	377	Gemma Davies	F	Croft Ambrey RC	Vet 40 Female	13th	00:44:44
185	429	Sarah Coggins	F	Ledbury Harriers	Vet 60 Female	5th	00:45:02
186	396	Louise Reeves	F	Croft Ambrey RC	Vet 45 Female	13th	00:45:17
187	400	Tina Lavelle	F	Hay Hotfooters	Vet 65 Female	2nd	00:45:21
188	154	Matt Clark	M	Hereford Triathlon Club	Vet 40 Male	12th	00:45:41
189	34	Lauren Pullen	F	Hereford Couriers RC	Female Under 20	2nd	00:45:56



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190	394	Alison Davies	F	Croft Ambrey RC	Vet 35 Female	7th	00:46:16
191	406	Alan Nicholls	M	Hay Hotfooters	Vet 70 Male	3rd	00:46:59
192	196	Wendy Cole	F	Builth & District	Vet 50 Female	9th	00:48:09
193	208	Avril Hardwick	F	Builth & District	Vet 35 Female	8th	00:48:09
194	137	Gwyneth Bowyer	F	Ludlow Runners	Vet 60 Female	6th	00:48:54
195	290	brian Symonds	M	Wye Valley Runners	Vet 80 Male	1st	00:49:08
196	15	Dave Ainslie	M	Hereford Couriers RC	Vet 60 Male	12th	00:50:44
197	271	Dave Hider	M	Wye Valley Runners	Vet 55 Male	15th	00:52:38
198	269	Bill Griffiths	M	Wye Valley Runners	Vet 70 Male	4th	00:53:12
199	105	Sybil Marsh	F	Ludlow Runners	Vet 75 Female	1st	00:53:27
200	24	John Noonan	M	Hereford Couriers RC	Vet 65 Male	5th	00:54:44
201	106	Hilary Turner	F	Ludlow Runners	Vet 75 Female	2nd	00:56:22
202	318	Linda Ingledow	F	Forest of Dean AC	Vet 55 Female	13th	00:58:46

Number of Records: 202

