

# Herefordshire Summer Cross Country 2023



## Team Results - Race 3

Bib	Name	Time	Age Cat
<b>1st</b>	<b>Ludlow Runners 1</b>	<b>2:58:05,00</b>	
138	Matthew Yapp	00:25:14	Senior Male
134	Aidan Yapp	00:25:25	Male Under 20
129	Alex Logan	00:26:04	Vet 40 Male
111	Amy Fulford	00:32:00	Vet 45 Female
115	Eilish Gilbert	00:33:06	Senior Female
117	Jemma Radmore	00:36:16	Female Under 20
<b>2nd</b>	<b>MonRoss Trailblazers 1</b>	<b>3:00:12,00</b>	
88	Toby Dickens	00:26:22	Senior Male
82	Luke Gray	00:26:26	Vet 35 Male
74	Rob Nichols	00:27:57	Vet 35 Male
86	Laura Lelievre	00:32:08	Senior Female
90	Rebecca Foster	00:32:12	Vet 45 Female
72	Vanessa Ball	00:35:07	Vet 35 Female
<b>3rd</b>	<b>Builth &amp; District 1</b>	<b>3:02:48,00</b>	
223	Robin Woods	00:25:09	Vet 45 Male
188	Wyndham Turner	00:25:37	Senior Male
187	Tom Turner	00:27:40	Vet 35 Male
174	Joanne Rees	00:33:43	Vet 45 Female
230	Lisa Boucher	00:34:16	Vet 35 Female
211	Jenny Farrow	00:36:23	Vet 45 Female
<b>4th</b>	<b>Hereford Couriers RC 1</b>	<b>3:03:27,00</b>	
56	William Morris	00:27:18	Senior Male
47	Ryan Lawrence	00:27:24	Senior Male
50	Stephen Snead	00:29:09	Vet 50 Male
7	Charmaine Porter	00:30:57	Senior Female
35	Lucy Jarvis	00:34:16	Senior Female
3	Becky Eversham	00:34:23	Vet 40 Female
<b>5th</b>	<b>Croft Ambrey RC 1</b>	<b>3:11:00,00</b>	
369	Sam Juson	00:25:42	Senior Male
382	Gareth Leek	00:26:35	Senior Male
361	Joseph Lynch	00:29:47	Senior Male
340	Kelly Bowen	00:33:54	Vet 35 Female
346	Joanne Tilby	00:33:55	Vet 40 Female
373	Steph Main	00:41:07	Vet 50 Female
<b>6th</b>	<b>Hereford Couriers RC 2</b>	<b>3:13:46,00</b>	
39	Martin Lloyd	00:29:10	Vet 45 Male
22	Ieuan Vale Smith	00:29:58	Senior Male
14	Daniel Spear	00:30:21	Vet 35 Male
12	Clare Mallender	00:34:24	Vet 45 Female
2	Amy Smith	00:34:51	Vet 40 Female



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Bib	Name	Time	Age Cat
58	Sarah Askey	00:35:02	Vet 55 Female
<b>7th</b>	<b>Forest of Dean AC 1</b>	<b>3:15:51,00</b>	
322	Tony Marshall	00:28:51	Vet 60 Male
306	Dan Sandford	00:29:32	Vet 45 Male
309	Julian Boon	00:31:14	Vet 50 Male
434	Amy Freeman	00:33:31	Vet 35 Female
316	Leanne Meek	00:33:59	Vet 40 Female
317	Sarah Bucknall	00:38:44	Vet 45 Female
<b>8th</b>	<b>Wye Valley Runners 1</b>	<b>3:17:17,00</b>	
273	Jeremy Jehan	00:29:23	Vet 50 Male
276	Daniel Lewis	00:31:05	Vet 45 Male
448	Lea Nicholson	00:31:40	Vet 40 Male
278	Amelia Louth	00:34:07	Senior Female
270	Katherine Hardwick	00:35:23	Vet 40 Female
268	Kate Green	00:35:39	Vet 55 Female
<b>9th</b>	<b>MonRoss Trailblazers 2</b>	<b>3:18:39,00</b>	
81	Gavin Jones	00:28:08	Senior Male
443	James Morton	00:30:06	Senior Male
73	Richard Bevan	00:30:23	Vet 45 Male
77	Chathrine Finlay	00:36:01	Vet 45 Female
76	Emma Davies	00:36:42	Vet 50 Female
71	Soph Williams	00:37:19	Vet 35 Female
<b>10th</b>	<b>Hereford Couriers RC 3</b>	<b>3:20:28,00</b>	
38	Martin Carter	00:30:33	Vet 55 Male
36	Luke Williams	00:30:56	Vet 40 Male
59	Neil McNish	00:31:01	Vet 50 Male
10	Christina Pinto-Pearson	00:35:20	Vet 40 Female
29	Kimberley Langford	00:36:09	Senior Female
1	Abi Knight	00:36:29	Senior Female
<b>11th</b>	<b>Builth &amp; District 2</b>	<b>3:25:14,00</b>	
200	Huw Lewis	00:29:27	Vet 45 Male
232	Stephen Hambridge	00:31:07	Vet 40 Male
214	Gareth Thomas	00:31:57	Vet 35 Male
198	Celia Speake	00:36:37	Vet 55 Female
228	Catrin Gaskell	00:37:37	Senior Female
190	Emma Bagshaw	00:38:29	Vet 50 Female
<b>12th</b>	<b>Hereford Couriers RC 4</b>	<b>3:29:13,00</b>	
68	Ben Skinner	00:31:50	Vet 35 Male
25	Jonathan Davey	00:32:14	Vet 55 Male
52	Tim Broome	00:32:37	Vet 40 Male
19	Emma Price	00:36:45	Senior Female



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13	Clare Evans	00:37:09	Senior Female
65	Samantha Higgins	00:38:38	Vet 45 Female
<b>13th</b>	<b>Wye Valley Runners 2</b>	<b>3:29:44,00</b>	
274	David Klotz	00:31:41	Vet 40 Male
267	Daniel Francis	00:33:52	Senior Male
264	Richard Evans	00:34:59	Vet 45 Male
257	Lynne Compton	00:35:45	Vet 55 Female
256	Rebecca Ansfield	00:35:54	Vet 45 Female
286	Lorna Shaw	00:37:33	Vet 60 Female
<b>14th</b>	<b>MonRoss Trailblazers 3</b>	<b>3:29:58,00</b>	
70	Grant White	00:30:47	Senior Male
75	Rob Potter	00:30:55	Vet 45 Male
78	Martin Turner	00:31:37	Vet 35 Male
102	Rachel Aitken	00:38:27	Senior Female
97	Lucia Demkova	00:39:06	Vet 40 Female
445	Rebecca Wilson	00:39:06	Vet 55 Female
<b>15th</b>	<b>Wye Valley Runners 3</b>	<b>3:46:15,00</b>	
439	Tony Champken	00:35:27	Vet 65 Male
288	Michael Smallwood	00:36:18	Vet 55 Male
282	Paddy Nugent	00:37:32	Vet 60 Male
275	Julie Knill	00:37:55	Vet 55 Female
298	Emma Harris	00:39:11	Vet 40 Female
428	Katie Francis	00:39:52	Senior Female
<b>16th</b>	<b>Hereford Couriers RC 5</b>	<b>3:48:20,00</b>	
69	Allen Edwards	00:32:43	Senior Male
51	Steven Mesham	00:33:35	Vet 50 Male
64	Dave Green	00:34:47	Vet 55 Male
6	Celia Escande	00:40:03	Senior Female
5	Bryony Dean	00:41:16	Vet 45 Female
34	Lauren Pullen	00:45:56	Female Under 20
<b>17th</b>	<b>Croft Ambrey RC 2</b>	<b>3:52:26,00</b>	
359	Steve Partridge	00:31:31	Vet 40 Male
348	Paul Parker	00:32:14	Vet 50 Male
384	George Thomas	00:32:24	Vet 35 Male
377	Gemma Davies	00:44:44	Vet 40 Female
396	Louise Reeves	00:45:17	Vet 45 Female
394	Alison Davies	00:46:16	Vet 35 Female
<b>18th</b>	<b>Ludlow Runners 2</b>	<b>3:54:42,00</b>	
132	Declan Miller	00:28:34	Senior Male
124	Angus Kirby	00:34:54	Vet 55 Male
122	Paul Roberts	00:37:50	Vet 60 Male



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Bib	Name	Time	Age Cat
112	Emma Stewardson	00:39:56	Vet 45 Female
136	Sally Toyne	00:44:34	Vet 60 Female
137	Gwyneth Bowyer	00:48:54	Vet 60 Female
<b>19th</b>	<b>Wye Valley Runners 4</b>	<b>3:57:13,00</b>	
292	Gordon Truluck	00:38:37	Vet 65 Male
277	Ralph Lloyd	00:39:00	Vet 60 Male
294	James Webb	00:39:35	Vet 40 Male
285	Kate Phipps	00:39:55	Senior Female
287	Billy Smallwood	00:40:01	Vet 55 Female
447	Rachel Toolan	00:40:05	Vet 40 Female
<b>20th</b>	<b>Builth &amp; District 3</b>	<b>4:01:54,00</b>	
229	Terry John-Hutchinson	00:33:19	Vet 45 Male
227	Ben Gaskell	00:33:48	Vet 35 Male
231	Colin Williams	00:34:14	Vet 55 Male
180	Christine Thomas	00:44:15	Vet 65 Female
196	Wendy Cole	00:48:09	Vet 50 Female
208	Avril Hardwick	00:48:09	Vet 35 Female
<b>21st</b>	<b>Forest of Dean AC 2</b>	<b>4:07:39,00</b>	
315	Owen McLaughlin	00:34:28	Vet 70 Male
432	Daren Smith	00:36:26	Vet 55 Male
321	Rob Lester	00:36:54	Vet 45 Male
433	Mel Ruck	00:40:28	Vet 50 Female
320	Stefanie Francis	00:40:37	Vet 55 Female
318	Linda Ingledow	00:58:46	Vet 55 Female
<b>22nd</b>	<b>Wye Valley Runners 5</b>	<b>4:29:38,00</b>	
263	Jo Ellis	00:40:37	Vet 40 Female
291	Hannah Thomas	00:42:09	Vet 45 Female
302	Ashley Davies	00:42:19	Vet 35 Male
295	Julie Whitehouse	00:42:47	Vet 50 Female
290	brian Symonds	00:49:08	Vet 80 Male
271	Dave Hider	00:52:38	Vet 55 Male

Number of Records: 132

