

Herefordshire & Borders Winter Cross Country League 2023/24



Race 3 Female Team Results

Bib	Name	Club	Time
1. Builth & District 1			3:11:22,42
620	Donna Morris	Builth & District	42:58
522	Ffion Price	Builth & District	44:27
36	Jenny Farrow	Builth & District	50:53
44	Lisa Boucher	Builth & District	53:02
2. Hereford Couriers RC 1			3:32:54,66
199	Laura Hands	Hereford Couriers RC	50:35
215	Sarah Askey	Hereford Couriers RC	53:15
174	Clare Mallender	Hereford Couriers RC	53:30
160	Abi Knight	Hereford Couriers RC	55:32
3. Croft Ambrey RC 1			3:33:16,49
97	Kelly Bowen	Croft Ambrey RC	51:09
69	Bella Evans	Croft Ambrey RC	52:31
93	Jo Marriott	Croft Ambrey RC	53:42
101	Liza Austin	Croft Ambrey RC	55:52
4. Wye Valley Runners 1			3:33:43,63
482	Kath Hardwick	Wye Valley Runners	51:21
454	Amelia Louth	Wye Valley Runners	52:47
501	Rebecca Ansfield	Wye Valley Runners	53:56
477	Julie Knill	Wye Valley Runners	55:38
5. Malvern Buzzards Running Club 1			3:35:59,83
384	Sarah Armstrong	Malvern Buzzards Running Club	51:55
368	Barbara Gawlak	Malvern Buzzards Running Club	53:22
388	Stephanie Upton	Malvern Buzzards Running Club	54:56
366	Anife Turchin	Malvern Buzzards Running Club	55:46
6. Hay Hotfooters 1			3:52:47,36
150	Sharon Collins	Hay Hotfooters	57:43
139	Eleanor Griffiths	Hay Hotfooters	58:07
138	Dilek Usta-Aarons	Hay Hotfooters	58:12
141	Elizabeth Harvey	Hay Hotfooters	58:43
7. Builth & District 2			3:57:59,31
30	Gunvor Troelsen	Builth & District	56:05
33	Isabelle Jones	Builth & District	56:39
40	Kate Hepton	Builth & District	59:01
31	Hayley Price	Builth & District	1:06:11
8. Maldwyn Harriers 1			3:58:40,91
341	Jo Lewis	Maldwyn Harriers	57:50
326	Rachel Butler	Maldwyn Harriers	58:13
360	Rachel Williams	Maldwyn Harriers	1:00:48
348	Caroline Orrells	Maldwyn Harriers	1:01:47



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9. Wye Valley Runners 2			4:05:14,12
487	Lorna Shaw	Wye Valley Runners	58:16
458	Billy Smallwood	Wye Valley Runners	1:01:13
479	Kate Phipps	Wye Valley Runners	1:01:54
483	Katie Francis	Wye Valley Runners	1:03:50
10. Croft Ambrey RC 2			4:05:31,68
119	Steph Main	Croft Ambrey RC	57:11
79	Flora Gunner	Croft Ambrey RC	1:00:03
115	Sam Harper	Croft Ambrey RC	1:00:49
67	Anna Bromley	Croft Ambrey RC	1:07:27
11. Hay Hotfooters 2			4:30:32,67
136	Ali Allen	Hay Hotfooters	1:04:15
140	Elizabeth Tindle	Hay Hotfooters	1:05:00
153	Sue Richards	Hay Hotfooters	1:10:19
154	Tina Lavelle	Hay Hotfooters	1:10:57
12. Croft Ambrey RC 3			4:48:44,77
71	Carol Powell	Croft Ambrey RC	1:07:29
83	Gemma Davies	Croft Ambrey RC	1:08:42
66	Alison Davies	Croft Ambrey RC	1:12:23
72	Claire Verran	Croft Ambrey RC	1:20:10

Number of records: 48

