

# Herefordshire & Borders Winter Cross Country League 2023/24



## Race 3 Male Team Results

Bib	Name	Club	Time
<b>1. Hereford Couriers RC 1</b>			<b>2:41:52,34</b>
202	Luke Mason	Hereford Couriers RC	39:55
214	Ryan Lawrence	Hereford Couriers RC	40:05
209	Mathew James	Hereford Couriers RC	40:36
221	William Morris	Hereford Couriers RC	41:14
<b>2. Croft Ambrey RC 1</b>			<b>2:42:46,90</b>
116	Sam Juson	Croft Ambrey RC	38:38
78	Eric Apperley	Croft Ambrey RC	39:55
81	Gareth Leek	Croft Ambrey RC	40:15
117	Simon Norwood	Croft Ambrey RC	43:58
<b>3. Builth &amp; District 1</b>			<b>2:47:08,22</b>
65	Wyndham Turner	Builth & District	38:33
53	Phil Morris	Builth & District	41:00
64	Tom Turner	Builth & District	42:53
32	Huw Lewis	Builth & District	44:40
<b>4. Hereford Couriers RC 2</b>			<b>2:51:00,64</b>
217	James Rogers	Hereford Couriers RC	41:26
186	Harry Woodhouse	Hereford Couriers RC	41:43
164	Andy Tyler	Hereford Couriers RC	43:42
208	Martin Lloyd	Hereford Couriers RC	44:08
<b>5. Malvern Buzzards Running Club 1</b>			<b>2:52:53,02</b>
381	Richard Walsh	Malvern Buzzards Running Club	42:38
370	Dave Lawrence	Malvern Buzzards Running Club	43:11
380	Peter Koval	Malvern Buzzards Running Club	43:24
378	Neil Warne	Malvern Buzzards Running Club	43:38
<b>6. Hereford Triathlon Club 1</b>			<b>2:53:09,80</b>
268	Sam Mayglothing	Hereford Triathlon Club	39:34
228	Andy Fisher	Hereford Triathlon Club	43:31
261	Paul Campbell	Hereford Triathlon Club	44:04
227	Andy Taylor	Hereford Triathlon Club	46:00
<b>7. Ludlow Runners 1</b>			<b>2:56:25,34</b>
292	Aidan Yapp	Ludlow Runners	38:59
308	Matthew Yapp	Ludlow Runners	41:52
323	Samuel James Laughher	Ludlow Runners	42:56
294	Angus Kirby	Ludlow Runners	52:36
<b>8. Wye Valley Runners 1</b>			<b>3:01:07,20</b>
461	christian Jones	Wye Valley Runners	43:03
472	Jeremy Jehan	Wye Valley Runners	43:52
619	Tim Fawbert	Wye Valley Runners	47:02
485	Lea Nicholson	Wye Valley Runners	47:08



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<b>9. MonRoss trailblazers 1</b>			<b>3:02:05,63</b>
400	Gavin Jones	MonRoss trailblazers	41:37
413	Rob Potter	MonRoss trailblazers	46:36
401	Grant White	MonRoss trailblazers	46:43
617	Josh Simmons	MonRoss Trailblazers	47:07
<b>10. Builth &amp; District 2</b>			<b>3:04:56,50</b>
18	Chris Burton	Builth & District	44:47
43	Lewis Price	Builth & District	45:20
51	Owen Bowers	Builth & District	46:40
60	Steven Hepton	Builth & District	48:07
<b>11. Maldwyn Harriers 1</b>			<b>3:07:12,84</b>
337	Gwynent Jones	Maldwyn Harriers	38:21
336	Garry Jones	Maldwyn Harriers	45:18
329	Edward Davies	Maldwyn Harriers	51:07
352	Mark Paviour	Maldwyn Harriers	52:25
<b>12. Hereford Couriers RC 3</b>			<b>3:10:15,08</b>
203	Luke Williams	Hereford Couriers RC	46:14
206	Martin Carter	Hereford Couriers RC	47:11
191	Jonathan Davey	Hereford Couriers RC	48:10
161	Allen Edwards	Hereford Couriers RC	48:39
<b>13. Wye Valley Runners 2</b>			<b>3:15:16,78</b>
466	David Klotz	Wye Valley Runners	48:15
473	Jethro Richards	Wye Valley Runners	48:18
498	Peter Flynn	Wye Valley Runners	48:47
493	Niall Considine	Wye Valley Runners	49:55
<b>14. Croft Ambrey RC 2</b>			<b>3:18:23,96</b>
121	Steve Partridge	Croft Ambrey RC	46:33
95	Joseph Lynch	Croft Ambrey RC	49:47
84	George Thomas	Croft Ambrey RC	50:54
128	Toby Spicer	Croft Ambrey RC	51:08
<b>15. Hereford Couriers RC 4</b>			<b>3:19:30,86</b>
224	Chris North	Hereford Couriers RC	49:01
621	Dale Meeks	Hereford Couriers RC	49:25
163	Richie Richards	Hereford Couriers RC	50:19
177	Darren Woodall	Hereford Couriers RC	50:45
<b>16. Malvern Buzzards Running Club 2</b>			<b>3:21:11,22</b>
386	Simeon Foreman	Malvern Buzzards Running Club	48:32
379	Paul Cooke	Malvern Buzzards Running Club	48:53
389	Tristan May	Malvern Buzzards Running Club	50:28
387	Simon Bourne	Malvern Buzzards Running Club	53:16



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Bib	Name	Club	Time
<b>17. Hereford Triathlon Club 2</b>			<b>3:22:37,27</b>
225	Adamo Mihcinok	Hereford Triathlon Club	47:36
231	Conrad Lawson	Hereford Triathlon Club	48:10
512	Tim Farndon	Hereford Triathlon Club	52:49
275	Vince Playdon	Hereford Triathlon Club	54:01
<b>18. Ledbury Harriers 1</b>			<b>3:23:53,93</b>
279	David Bannister	Ledbury Harriers	41:10
612	Andy Crawshaw	Ledbury Harriers	51:00
290	Edd Hogan	Ledbury Harriers	53:47
280	David Horne	Ledbury Harriers	57:55
<b>19. Hereford Couriers RC 5</b>			<b>3:23:56,93</b>
518	Jake Seal	Hereford Couriers RC	50:47
184	Graeme Walker	Hereford Couriers RC	50:55
171	Chris Smart	Hereford Couriers RC	51:03
176	Dan Cleworth	Hereford Couriers RC	51:09
<b>20. Wye Valley Runners 3</b>			<b>3:31:45,30</b>
604	Josh McMahon	Wye Valley Runners	50:22
488	Louis O'Regan	Wye Valley Runners	50:45
508	Tony Champken	Wye Valley Runners	54:11
502	Richard Evans	Wye Valley Runners	56:25
<b>21. Hereford Couriers RC 6</b>			<b>3:31:50,67</b>
207	Simon Cook	Hereford Couriers RC	51:30
210	Neil McNish	Hereford Couriers RC	51:43
204	Mark Hookins	Hereford Couriers RC	52:18
185	Guy Jenkins	Hereford Couriers RC	56:18
<b>22. Builth &amp; District 3</b>			<b>3:32:23,95</b>
21	Dai Harris	Builth & District	51:50
45	Malc Gonnella	Builth & District	53:13
55	Raymond Davies	Builth & District	53:25
11	Ali Hardaway	Builth & District	53:54
<b>23. Croft Ambrey RC 3</b>			<b>3:45:32,42</b>
532	Paul Parker	Croft Ambrey RC	51:51
108	Neil Taylor	Croft Ambrey RC	55:38
113	Roland Preece	Croft Ambrey RC	57:22
110	Oliver Cameron-Swan	Croft Ambrey RC	1:00:40
<b>24. Hereford Triathlon Club 3</b>			<b>3:51:55,82</b>
515	Christian Mason	Hereford Triathlon Club	55:19
260	Paddy Lewis	Hereford Triathlon Club	57:30
618	Dean Prosser	Hereford Triathlon Club	59:19
235	Ed Collins	Hereford Triathlon Club	59:45



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<b>25. Hereford Couriers RC 7</b>			<b>4:04:10,04</b>
216	Steve Herington	Hereford Couriers RC	58:18
187	Harry Jenkins	Hereford Couriers RC	1:00:20
165	Ben James	Hereford Couriers RC	1:01:34
220	Wesley Jones	Hereford Couriers RC	1:03:56
<b>26. Croft Ambrey RC 4</b>			<b>4:09:59,85</b>
111	Rob Wood	Croft Ambrey RC	1:00:45
74	Crispin Marriott	Croft Ambrey RC	1:01:46
90	Ian Price	Croft Ambrey RC	1:02:14
82	Gary Gunner	Croft Ambrey RC	1:05:12

Number of records: 104

