

Herefordshire & Borders Winter Cross Country League 2023/24



Race 4 Results

Position	Bib	Name	Club	Time	Age Category
1.	337	Gwynent Jones	Maldwyn Harriers	37:36	SM
2.	104	Mark Lamonby	Croft Ambrey RC	38:02	MV35
3.	78	Eric Apperley	Croft Ambrey RC	38:03	SM
4.	65	Wyndham Turner	Builth & District	38:45	MV35
5.	268	Sam Mayglothling	Hereford Triathlon Club	39:30	MV35
6.	59	Robin Woods	Builth & District	39:33	MV45
7.	278	Chris Grubb	Ledbury Harriers	39:33	MV40
8.	81	Gareth Leek	Croft Ambrey RC	39:36	SM
9.	346	Clive Morgan	Maldwyn Harriers	39:43	MV40
10.	214	Ryan Lawrence	Hereford Couriers RC	40:09	SM
11.	452	Tom Kennedy	Western Tempo	40:38	MU20
12.	363	Adam Wilson	Malvern Buzzards Running Club	40:50	MV50
13.	221	William Morris	Hereford Couriers RC	40:58	SM
14.	53	Phil Morris	Builth & District	41:07	MV45
15.	279	David Bannister	Ledbury Harriers	41:11	MV45
16.	367	Anne Kenchington	Malvern Buzzards Running Club	42:04	SF
17.	202	Luke Mason	Hereford Couriers RC	42:12	MV35
18.	64	Tom Turner	Builth & District	42:13	MV35
19.	381	Richard Walsh	Malvern Buzzards Running Club	42:15	MV35
20.	166	Ben Skinner	Hereford Couriers RC	42:16	MV35
21.	164	Andy Tyler	Hereford Couriers RC	43:27	MV50
22.	75	Toby Austin	Croft Ambrey RC	43:35	SM
23.	91	Jasper Robinson	Croft Ambrey RC	44:13	SM
24.	186	Harry Woodhouse	Hereford Couriers RC	44:14	SM
25.	461	christian Jones	Wye Valley Runners	44:20	MV50
26.	117	Simon Norwood	Croft Ambrey RC	44:29	MV50
27.	18	Chris Burton	Builth & District	44:33	MV35
28.	378	Neil Warne	Malvern Buzzards Running Club	44:57	MV40
29.	323	Samuel James Laugher	Ludlow Runners	44:57	MV35
30.	472	Jeremy Jehan	Wye Valley Runners	45:32	MV50
31.	380	Peter Koval	Malvern Buzzards Running Club	45:50	MV40
32.	92	Oscar Austin	Croft Ambrey RC	45:55	SM
33.	605	Michael Jones	Hereford Couriers RC	45:57	MV50
34.	208	Martin Lloyd	Hereford Couriers RC	46:25	MV45
35.	339	Steve Jones	Maldwyn Harriers	46:29	SM
36.	336	Garry Jones	Maldwyn Harriers	46:30	MV50
37.	203	Luke Williams	Hereford Couriers RC	46:33	MV40
38.	32	Huw Lewis	Builth & District	47:00	MV45
39.	73	Hannah Fletcher	Croft Ambrey RC	47:03	FV35
40.	206	Martin Carter	Hereford Couriers RC	47:26	MV55



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41.	95	Joseph Lynch	Croft Ambrey RC	47:38	SM
42.	379	Paul Cooke	Malvern Buzzards Running Club	47:56	MV40
43.	227	Andy Taylor	Hereford Triathlon Club	48:14	MV50
44.	413	Rob Potter	MonRoss trailblazers	48:18	MV45
45.	191	Jonathan Davey	Hereford Couriers RC	48:29	MV55
46.	466	David Klotz	Wye Valley Runners	48:36	MV40
47.	284	Neil Grinnell	Ledbury Harriers	48:36	MV45
48.	121	Steve Partridge	Croft Ambrey RC	48:38	MV40
49.	211	Nerijus Zukauskas	Hereford Couriers RC	48:41	MV40
50.	107	Neil Powell	Croft Ambrey RC	49:02	MV50
51.	402	Laura Lelievre	MonRoss trailblazers	49:07	SF
52.	307	Mark Warren	Ludlow Runners	49:20	MV60
53.	498	Peter Flynn	Wye Valley Runners	49:33	MV50
54.	21	Dai Harris	Builth & District	49:39	MV35
55.	37	Joanne Rees	Builth & District	49:43	FV45
56.	358	Hannah Thomas	Maldwyn Harriers	49:48	FV35
57.	51	Owen Bowers	Builth & District	50:05	MV45
58.	473	Jethro Richards	Wye Valley Runners	50:08	SM
59.	161	Allen Edwards	Hereford Couriers RC	50:20	SM
60.	493	Niall Considine	Wye Valley Runners	50:22	MV35
61.	293	Amy Fulford	Ludlow Runners	50:28	FV45
62.	225	Adamo Mihcinok	Hereford Triathlon Club	50:31	MV40
63.	392	Andy Stephens	MonRoss trailblazers	50:42	MV45
64.	612	Andy Crawshaw	Ledbury Harriers	51:00	MV55
65.	301	Fern Cotterill	Ludlow Runners	51:10	FV35
66.	36	Jenny Farrow	Builth & District	51:13	FV45
67.	199	Laura Hands	Hereford Couriers RC	51:21	SF
68.	4	Mark Roberts	Brecon Athletic Club	51:40	MV60
69.	389	Tristan May	Malvern Buzzards Running Club	51:42	MV40
70.	122	Stuart Austin	Croft Ambrey RC	51:49	MV55
71.	177	Darren Woodall	Hereford Couriers RC	51:52	MV50
72.	384	Sarah Armstrong	Malvern Buzzards Running Club	51:59	FV55
73.	151	Stephen Goodridge	Hay Hotfooters	52:38	MV60
74.	123	Amy Perry	Croft Ambrey RC	52:42	FV35
75.	69	Bella Evans	Croft Ambrey RC	52:45	SF
76.	277	Chris Law	Ledbury Harriers	52:48	MV55
77.	375	Margaret Kenchington	Malvern Buzzards Running Club	52:57	FV65
78.	290	Edd Hogan	Ledbury Harriers	53:02	MV45
79.	109	Oliver Tomlinson	Croft Ambrey RC	53:03	MV40
80.	291	Adrian Pickles	Ludlow Runners	54:03	MV65



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81.	604	Josh McMahon	Wye Valley Runners	54:05	SM
82.	97	Kelly Bowen	Croft Ambrey RC	54:30	FV35
83.	275	Vince Playdon	Hereford Triathlon Club	54:48	MV50
84.	632	Paul McDermott	Hay Hotfooters	54:52	MV55
85.	176	Dan Cleworth	Hereford Couriers RC	55:08	MV45
86.	368	Barbara Gawlak	Malvern Buzzards Running Club	55:14	FV35
87.	171	Chris Smart	Hereford Couriers RC	55:35	MV55
88.	212	Robert Connell	Hereford Couriers RC	55:36	MV60
89.	480	Kate Green	Wye Valley Runners	55:58	FV55
90.	160	Abi Knight	Hereford Couriers RC	56:03	SF
91.	139	Eleanor Griffiths	Hay Hotfooters	56:06	SF
92.	39	Mike Thurgood	MonRoss trailblazers	56:12	MV55
93.	44	Lisa Boucher	Builth & District	56:19	FV35
94.	105	Mia Davies	Croft Ambrey RC	56:23	SF
95.	482	Kath Hardwick	Wye Valley Runners	56:25	FV40
96.	626	Hedd Jones	Wye Valley Runners	56:26	MV45
97.	57	Christian Prynne	Builth & District	56:36	MV50
98.	93	Jo Marriott	Croft Ambrey RC	56:41	FV55
99.	55	Raymond Davies	Builth & District	56:50	MV40
100.	94	Jo Tilby	Croft Ambrey RC	57:04	FV40
101.	108	Neil Taylor	Croft Ambrey RC	57:06	MV65
102.	101	Liza Austin	Croft Ambrey RC	57:22	FV55
103.	265	Richard Cawley	Hereford Triathlon Club	58:00	MV45
104.	9	Alexander Brown	Builth & District	58:11	MV55
105.	22	David Sutherland	Builth & District	58:11	MV65
106.	230	Charlotte Godsall	Hereford Triathlon Club	58:14	FV45
107.	477	Julie Knill	Wye Valley Runners	58:18	FV55
108.	260	Paddy Lewis	Hereford Triathlon Club	58:26	MV50
109.	119	Steph Main	Croft Ambrey RC	58:27	FV50
110.	45	Malc Gonnella	Builth & District	58:42	MV65
111.	388	Stephanie Upton	Malvern Buzzards Running Club	58:47	FV55
112.	495	Paddy Nugent	Wye Valley Runners	58:51	MV60
113.	280	David Horne	Ledbury Harriers	58:52	MV65
114.	366	Anife Turchin	Malvern Buzzards Running Club	58:59	FV35
115.	216	Steve Herington	Hereford Couriers RC	59:07	MV75
116.	115	Sam Harper	Croft Ambrey RC	59:21	FV45
117.	514	Kevin Artus	Hereford Triathlon Club	59:25	MV45
118.	90	Ian Price	Croft Ambrey RC	59:37	MV75
119.	144	Kevin Dunster	Hay Hotfooters	59:52	MV60
120.	508	Tony Champken	Wye Valley Runners	1:00:12	MV65



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121.	111	Rob Wood	Croft Ambrey RC	1:00:51	MV65
122.	487	Lorna Shaw	Wye Valley Runners	1:01:17	FV60
123.	40	Kate Hepton	Builth & District	1:01:20	FV40
124.	234	Deanna Mammatt	Hereford Triathlon Club	1:01:21	FV45
125.	146	Mick Collins	Hay Hotfooters	1:01:27	MV55
126.	79	Flora Gunner	Croft Ambrey RC	1:01:37	FV60
127.	68	Ashley Robinson	Croft Ambrey RC	1:02:08	MV70
128.	315	Sarah Edwards	Ludlow Runners	1:02:24	FV50
129.	373	Julie Caseley	Malvern Buzzards Running Club	1:02:54	FV60
130.	30	Gunvor Troelsen	Builth & District	1:03:08	FV55
131.	195	Kevin Barnes	Hereford Couriers RC	1:03:31	MV60
132.	348	Caroline Orrells	Maldwyn Harriers	1:03:38	FV65
133.	150	Sharon Collins	Hay Hotfooters	1:03:53	FV55
134.	170	Celia Escande	Hereford Couriers RC	1:03:55	SF
135.	137	Crispin Elt	Hay Hotfooters	1:04:08	MV65
136.	138	Dilek Usta-Aarons	Hay Hotfooters	1:04:17	FV45
137.	110	Oliver Cameron-Swan	Croft Ambrey RC	1:04:34	MV45
138.	89	Huw Williams	Croft Ambrey RC	1:04:49	MV60
139.	360	Rachel Williams	Maldwyn Harriers	1:05:06	FV50
140.	85	Guy Whitmarsh	Croft Ambrey RC	1:05:27	MV75
141.	168	Bronwen Tyler-Jones	Hereford Couriers RC	1:06:17	FV50
142.	478	Julie Whitehouse	Wye Valley Runners	1:06:27	FV50
143.	335	Jill Hillman	Maldwyn Harriers	1:06:47	FV65
144.	106	Mike Hayward	Croft Ambrey RC	1:07:00	MV60
145.	148	Paul Tree	Hay Hotfooters	1:07:56	MV55
146.	342	Sharon Lloyd	Maldwyn Harriers	1:08:11	FV50
147.	136	Ali Allen	Hay Hotfooters	1:08:59	FV55
148.	287	Sarah Coggins	Ledbury Harriers	1:09:34	FV60
149.	67	Anna Bromley	Croft Ambrey RC	1:09:46	FV40
150.	31	Hayley Price	Builth & District	1:10:07	FV55
151.	83	Gemma Davies	Croft Ambrey RC	1:11:46	FV40
152.	86	Hayley Colebatch	Croft Ambrey RC	1:12:25	FV35
153.	129	Tom Davies	Croft Ambrey RC	1:13:28	MV75
154.	70	Bronwyn Preece	Croft Ambrey RC	1:13:53	SF
155.	126	Theresa Jones	Croft Ambrey RC	1:13:53	FV55
156.	127	Tim Wain-Hobson	Croft Ambrey RC	1:14:22	MV70
157.	16	Callum Morris	Builth & District	1:16:20	MU20
158.	494	Nick Paviour	Wye Valley Runners	1:16:42	SM
159.	154	Tina Lavelle	Hay Hotfooters	1:17:31	FV65
160.	314	Sally Toye	Ludlow Runners	1:17:55	FV60



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161.	66	Alison Davies	Croft Ambrey RC	1:18:34	FV35
162.	420	Caroline Robinson	Presteigne Pacers	1:23:52	FV40

Number of records: 162

