

**Summer Cross Country 2023 Team Results**

<b>TEAM NAME</b>	<b>TIME R1</b>	<b>TIME R2</b>	<b>TIME R3</b>	<b>TIME R4</b>	<b>TOTAL TIME</b>
Ludlow Runners 1	03:51:32	02:45:27	02:58:05	03:11:27	<b>12:46:31</b>
Croft Ambrey RC 1	03:56:40	02:49:03	03:11:00	03:23:37	<b>13:20:20</b>
Builth and District 1	04:02:33	02:56:08	03:02:48	03:24:18	<b>13:25:47</b>
MonRoss Trailblazers 1	04:06:27	03:00:04	03:00:12	03:33:11	<b>13:39:54</b>
Hereford Couriers 1	04:12:37	03:00:25	03:03:27	03:26:46	<b>13:43:15</b>
Hereford Couriers 2	04:23:44	03:09:02	03:13:46	03:40:42	<b>14:27:14</b>
Wye Valley Runners 1	04:29:49	03:11:45	03:17:17	03:38:11	<b>14:37:02</b>
Hereford Couriers 3	04:40:31	03:18:10	03:20:28	03:51:14	<b>15:10:23</b>
Builth and District 2	04:27:43	03:12:17	03:25:14	04:12:37	<b>15:17:51</b>
Croft Ambrey RC 2	04:32:03	03:11:00	03:52:26	04:07:46	<b>15:43:15</b>
Forest of Dean 1	05:14:21	03:22:00	03:15:51	03:55:27	<b>15:47:39</b>
Wye Valley Runners 2	04:55:41	03:25:34	03:29:44	04:04:31	<b>15:55:30</b>
Wye Valley Runners 3	05:21:37	03:47:17	03:46:15	04:25:36	<b>17:20:45</b>