

Herefordshire & Borders Winter Cross Country League 2023/24



Results after Race 3

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
50001	N.N. 50001						00:00:03	1.			00:00:03	1.		1st
78	Eric Apperley	Croft Ambrey RC	41:07	3.	35:18	2.	39:55	6.			1:56:20	1.	SM	1st
337	Gwynent Jones	Maldwyn Harriers	42:20	7.	35:45	4.	38:21	1.			1:56:28	2.	SM	2nd
65	Wyndham Turner	Builth & District	41:35	5.	36:44	6.	38:33	2.			1:56:54	3.	MV35	1st
292	Aidan Yapp	Ludlow Runners	41:09	4.	37:29	7.	38:59	4.			1:57:38	4.	SM	3rd
268	Sam Mayglothling	Hereford Triathlon Club	41:57	6.	37:49	11.	39:34	5.			1:59:21	5.	MV35	2nd
209	Mathew James	Hereford Couriers RC	42:32	8.	38:05	13.	40:36	11.			2:01:13	6.	MV35	3rd
53	Phil Morris	Builth & District	42:48	9.	37:45	10.	41:00	12.			2:01:35	7.	MV45	1st
202	Luke Mason	Hereford Couriers RC	44:28	14.	37:39	8.	39:55	7.			2:02:04	8.	MV35	4th
440	Dean Jones	Western Tempo	44:15	13.	38:11	14.	40:19	10.			2:02:45	9.	MV35	5th
214	Ryan Lawrence	Hereford Couriers RC	44:34	16.	39:05	15.	40:05	8.			2:03:46	10.	SM	4th
81	Gareth Leek	Croft Ambrey RC	45:53	19.	37:52	12.	40:15	9.			2:04:01	11.	SM	5th
400	Gavin Jones	MonRoss trailblazers	43:59	10.	39:11	16.	41:37	16.			2:04:48	12.	SM	6th
221	William Morris	Hereford Couriers RC	44:30	15.	39:27	18.	41:14	14.			2:05:12	13.	SM	7th
279	David Bannister	Ledbury Harriers	45:08	17.	39:14	17.	41:10	13.			2:05:33	14.	MV45	2nd
186	Harry Woodhouse	Hereford Couriers RC	45:51	18.	39:37	19.	41:43	17.			2:07:11	15.	SM	8th
64	Tom Turner	Builth & District	46:35	22.	40:25	21.	42:53	20.			2:09:54	16.	MV35	6th
461	christian Jones	Wye Valley Runners	47:26	27.	41:07	23.	43:03	23.			2:11:37	17.	MV50	1st
228	Andy Fisher	Hereford Triathlon Club	47:43	30.	41:31	28.	43:31	26.			2:12:46	18.	MV50	2nd
32	Huw Lewis	Builth & District	46:51	25.	41:20	27.	44:40	35.			2:12:52	19.	MV45	3rd
380	Peter Koval	Malvern Buzzards Running	47:51	33.	41:56	33.	43:24	25.			2:13:12	20.	MV40	1st
117	Simon Norwood	Croft Ambrey RC	47:49	32.	42:24	37.	43:58	31.			2:14:12	21.	MV50	3rd
18	Chris Burton	Builth & District	47:34	28.	41:59	34.	44:47	36.			2:14:20	22.	MV35	7th
472	Jeremy Jehan	Wye Valley Runners	48:23	37.	42:46	41.	43:52	29.			2:15:03	23.	MV50	4th
208	Martin Lloyd	Hereford Couriers RC	47:40	29.	43:20	45.	44:08	33.			2:15:08	24.	MV45	4th
261	Paul Campbell	Hereford Triathlon Club	48:25	38.	42:46	40.	44:04	32.			2:15:15	25.	MV40	2nd
336	Garry Jones	Maldwyn Harriers	47:57	34.	42:35	39.	45:18	37.			2:15:50	26.	MV50	5th
51	Owen Bowers	Builth & District	50:14	45.	43:51	49.	46:40	43.			2:20:46	27.	MV45	5th
121	Steve Partridge	Croft Ambrey RC	50:57	48.	44:48	58.	46:33	41.			2:22:18	28.	MV40	3rd
227	Andy Taylor	Hereford Triathlon Club	51:39	53.	44:46	56.	46:00	39.			2:22:26	29.	MV50	6th
206	Martin Carter	Hereford Couriers RC	50:34	46.	44:45	55.	47:11	48.			2:22:30	30.	MV55	1st

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
43	Lewis Price	Builth & District	50:53	47.	47:21	74.	45:20	38.			2:23:35	31.	SM	9th
401	Grant White	MonRoss trailblazers	49:30	42.	47:32	77.	46:43	44.			2:23:46	32.	MV35	8th
485	Lea Nicholson	Wye Valley Runners	51:23	51.	45:23	60.	47:08	47.			2:23:55	33.	MV45	6th
225	Adamo Mihcinok	Hereford Triathlon Club	52:50	64.	46:10	65.	47:36	49.			2:26:37	34.	MV40	4th
392	Andy Stephens	MonRoss trailblazers	52:13	57.	46:34	69.	47:56	50.			2:26:44	35.	MV45	7th
60	Steven Hepton	Builth & District	53:36	66.	45:38	61.	48:07	51.			2:27:22	36.	MV45	8th
473	Jethro Richards	Wye Valley Runners	54:29	67.	44:41	54.	48:18	55.			2:27:28	37.	SM	10th
379	Paul Cooke	Malvern Buzzards Running	52:34	60.	46:50	71.	48:53	59.			2:28:18	38.	MV40	5th
402	Laura Lelievre	MonRoss trailblazers	52:39	62.	47:06	73.	49:10	61.			2:28:55	39.	SF	1st
191	Jonathan Davey	Hereford Couriers RC	54:54	71.	45:53	62.	48:10	52.			2:28:58	40.	MV55	2nd
161	Allen Edwards	Hereford Couriers RC	55:54	77.	46:14	66.	48:39	57.			2:30:48	41.	SM	11th
224	Chris North	Hereford Couriers RC	57:19	90.	47:33	78.	49:01	60.			2:33:53	42.	MV60	1st
10	Simon Blyth	Hay Hotfooters	55:46	73.	47:43	79.	51:19	84.			2:34:49	43.	MV50	7th
210	Neil McNish	Hereford Couriers RC	54:31	68.	49:00	89.	51:43	87.			2:35:14	44.	MV55	3rd
128	Toby Spicer	Croft Ambrey RC	55:17	72.	49:08	91.	51:08	81.			2:35:35	45.	MV45	9th
482	Kath Hardwick	Wye Valley Runners	56:09	79.	48:51	86.	51:21	85.			2:36:21	46.	FV40	1st
389	Tristan May	Malvern Buzzards Running	56:51	84.	49:10	93.	50:28	69.			2:36:30	47.	MV40	6th
36	Jenny Farrow	Builth & District	56:13	80.	49:44	105.	50:53	74.			2:36:50	48.	FV45	1st
176	Dan Cleworth	Hereford Couriers RC	55:52	76.	50:30	116.	51:09	83.			2:37:31	49.	MV45	10th
151	Stephen Goodridge	Hay Hotfooters	57:00	88.	49:36	102.	51:05	79.			2:37:43	50.	MV60	2nd
177	Darren Woodall	Hereford Couriers RC	57:47	97.	49:35	100.	50:45	71.			2:38:07	51.	MV50	8th
384	Sarah Armstrong	Malvern Buzzards Running	57:21	91.	50:01	110.	51:55	91.			2:39:18	52.	FV55	1st
294	Angus Kirby	Ludlow Runners	56:49	82.	50:17	113.	52:36	96.			2:39:43	53.	MV60	3rd
352	Mark Paviour	Maldwyn Harriers	56:55	87.	50:28	115.	52:25	94.			2:39:49	54.	MV60	4th
11	Ali Hardaway	Builth & District	56:28	81.	49:27	96.	53:54	109.			2:39:50	55.	MV55	4th
171	Chris Smart	Hereford Couriers RC	58:53	102.	50:30	117.	51:03	78.			2:40:27	56.	MV55	5th
290	Edd Hogan	Ledbury Harriers	57:25	93.	50:44	121.	53:47	107.			2:41:56	57.	MV45	11th
4	Mark Roberts	Brecon Athletic Club	1:00:32	111.	49:48	106.	52:05	92.			2:42:26	58.	MV60	5th
93	Jo Marriott	Croft Ambrey RC	57:51	99.	51:42	129.	53:42	106.			2:43:16	59.	FV55	2nd
508	Tony Champken	Wye Valley Runners	59:58	106.	51:55	130.	54:11	112.			2:46:05	60.	MV65	1st
33	Isabelle Jones	Builth & District	1:00:02	107.	53:08	137.	56:39	126.			2:49:50	61.	SF	2nd

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
30	Gunvor Troelsen	Builth & District	1:01:13	114.	52:38	135.	56:05	123.			2:49:58	62.	FV55	3rd
160	Abi Knight	Hereford Couriers RC	1:03:48	130.	50:37	119.	55:32	118.			2:49:58	63.	SF	3rd
416	Sophie Williams	MonRoss trailblazers	1:04:16	132.	54:00	146.	53:51	108.			2:52:07	64.	FV40	2nd
39	Mike Thurgood	MonRoss trailblazers	1:03:47	129.	53:45	143.	54:40	113.			2:52:12	65.	MV55	6th
338	Ifan Jones	Maldwyn Harriers	1:01:28	116.	55:18	155.	56:48	127.			2:53:35	66.	MV55	7th
108	Neil Taylor	Croft Ambrey RC	1:03:12	125.	55:12	154.	55:38	119.			2:54:02	67.	MV65	2nd
487	Lorna Shaw	Wye Valley Runners	1:02:10	120.	53:37	142.	58:16	140.			2:54:04	68.	FV60	1st
280	David Horne	Ledbury Harriers	1:02:02	119.	54:25	150.	57:55	135.			2:54:23	69.	MV65	3rd
119	Steph Main	Croft Ambrey RC	1:01:12	113.	56:39	168.	57:11	129.			2:55:03	70.	FV50	1st
216	Steve Herington	Hereford Couriers RC	1:02:27	121.	55:00	153.	58:18	141.			2:55:45	71.	MV75	1st
366	Anife Turchin	Malvern Buzzards Running	1:05:42	146.	55:55	162.	55:46	121.			2:57:24	72.	FV35	1st
9	Alexander Brown	Builth & District	1:04:50	139.	56:12	165.	56:52	128.			2:57:55	73.	MV55	8th
260	Paddy Lewis	Hereford Triathlon Club	1:04:53	140.	55:51	159.	57:30	131.			2:58:16	74.	MV50	9th
230	Charlotte Godsall	Hereford Triathlon Club	1:07:40	159.	55:59	164.	55:26	116.			2:59:06	75.	FV45	2nd
146	Mick Collins	Hay Hotfooters	1:06:34	152.	54:43	152.	57:59	136.			2:59:16	76.	MV55	9th
150	Sharon Collins	Hay Hotfooters	1:06:19	151.	55:57	163.	57:43	132.			3:00:00	77.	FV55	4th
90	Ian Price	Croft Ambrey RC	1:02:53	123.	55:55	161.	1:02:14	165.			3:01:03	78.	MV75	2nd
317	Sophia Charters	Ludlow Runners	1:04:42	135.	57:28	171.	59:49	148.			3:02:01	79.	SF	4th
113	Roland Preece	Croft Ambrey RC	1:08:14	165.	57:39	175.	57:22	130.			3:03:15	80.	MV55	10th
296	Clive Richardson	Ludlow Runners	1:06:49	153.	57:07	169.	59:45	146.			3:03:42	81.	MV65	4th
40	Kate Hepton	Builth & District	1:07:47	161.	57:57	176.	59:01	143.			3:04:47	82.	FV40	3rd
168	Bronwen Tyler-Jones	Hereford Couriers RC	1:07:54	163.	59:25	185.	59:16	144.			3:06:36	83.	FV50	2nd
110	Oliver	Croft Ambrey RC	1:07:37	158.	58:55	181.	1:00:40	152.			3:07:13	84.	MV45	12th
360	Rachel Williams	Maldwyn Harriers	1:07:47	162.	59:03	182.	1:00:48	154.			3:07:39	85.	FV50	3rd
115	Sam Harper	Croft Ambrey RC	1:09:28	171.	59:29	186.	1:00:49	155.			3:09:47	86.	FV45	3rd
348	Caroline Orrells	Maldwyn Harriers	1:08:48	169.	59:12	184.	1:01:47	161.			3:09:48	87.	FV65	1st
335	Jill Hillman	Maldwyn Harriers	1:08:30	167.	59:47	188.	1:02:10	163.			3:10:28	88.	FV65	2nd
136	Ali Allen	Hay Hotfooters	1:08:13	164.	1:01:29	198.	1:04:15	173.			3:13:58	89.	FV55	5th
170	Celia Escande	Hereford Couriers RC	1:07:20	157.	1:02:49	206.	1:03:54	170.			3:14:04	90.	SF	5th
478	Julie Whitehouse	Wye Valley Runners	1:10:34	174.	1:01:49	199.	1:06:18	180.			3:18:42	91.	FV50	4th
140	Elizabeth Tindle	Hay Hotfooters	1:12:48	184.	1:03:54	210.	1:05:00	175.			3:21:43	92.	FV60	2nd

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
156	Brian Morgan	Hereford and County AC	1:10:22	173.	1:09:24	224.	1:02:10	164.			3:21:57	93.	MV55	11th
31	Hayley Price	Builth & District	1:12:09	182.	1:04:02	211.	1:06:11	179.			3:22:24	94.	FV55	6th
282	Helen Keegan	Ledbury Harriers	1:14:55	191.	1:02:32	203.	1:05:04	176.			3:22:32	95.	FV50	5th
342	Sharon Lloyd	Maldwyn Harriers	1:16:57	196.	1:02:53	207.	1:05:35	178.			3:25:27	96.	FV50	6th
67	Anna Bromley	Croft Ambrey RC	1:14:11	190.	1:06:04	217.	1:07:27	183.			3:27:43	97.	FV40	4th
71	Carol Powell	Croft Ambrey RC	1:15:35	193.	1:06:20	219.	1:07:29	184.			3:29:24	98.	FV50	7th
66	Alison Davies	Croft Ambrey RC	1:13:34	187.	1:06:05	218.	1:12:23	192.			3:32:02	99.	FV35	2nd
63	Tina Harrison	Builth & District	1:14:05	189.	1:09:29	225.	1:09:18	187.			3:32:53	100.	FV55	7th
154	Tina Lavelle	Hay Hotfooters	1:16:46	194.	1:09:03	223.	1:10:57	190.			3:36:47	101.	FV65	3rd
16	Callum Morris	Builth & District	1:19:05	200.	1:11:10	227.	1:07:11	182.			3:37:27	102.	MU20	1st
287	Sarah Coggins	Ledbury Harriers	1:21:07	201.	1:05:59	216.	1:10:53	189.			3:38:00	103.	FV60	3rd
385	Sarah Fowkes	Malvern Buzzards Running	1:23:16	206.	1:08:56	222.	1:11:05	191.			3:43:18	104.	FV60	4th
72	Claire Verran	Croft Ambrey RC	1:23:32	207.	1:15:44	231.	1:20:10	195.			3:59:27	105.	FV45	4th
129	Tom Davies	Croft Ambrey RC	1:27:10	210.	1:16:20	233.	1:19:35	194.			4:03:06	106.	MV75	3rd
116	Sam Juson	Croft Ambrey RC			35:28	3.	38:38	3.			1:14:06	107.	SM	12th
308	Matthew Yapp	Ludlow Runners			41:14	25.	41:52	18.			1:23:07	108.	SM	13th
164	Andy Tyler	Hereford Couriers RC			40:19	20.	43:42	28.			1:24:02	109.	MV50	10th
378	Neil Warne	Malvern Buzzards Running			41:34	31.	43:38	27.			1:25:13	110.	MV40	7th
370	Dave Lawrence	Malvern Buzzards Running			42:14	36.	43:11	24.			1:25:26	111.	MV40	8th
452	Tom Kennedy	Western Tempo			41:33	29.	43:56	30.			1:25:29	112.	MU20	2nd
522	Ffion Price	Builth & District			42:09	35.	44:27	34.			1:26:37	113.	SF	6th
91	Jasper Robinson	Croft Ambrey RC	46:47	23.	41:09	24.					1:27:57	114.	SM	14th
381	Richard Walsh	Malvern Buzzards Running	46:11	20.			42:38	19.			1:28:50	115.	MV35	9th
166	Ben Skinner	Hereford Couriers RC	48:05	36.	41:34	32.					1:29:39	116.	MV35	10th
35	James Jones	Builth & District	47:45	31.	43:29	48.					1:31:14	117.	SM	15th
193	Josef Godfrey	Hereford Couriers RC	49:07	41.	42:59	43.					1:32:06	118.	SM	16th
189	James Davies	Hereford Couriers RC	48:43	40.	43:29	47.					1:32:12	119.	MV40	9th
301	Fern Cotterill	Ludlow Runners	48:38	39.	44:00	50.					1:32:38	120.	FV35	3rd
248	Jordan McQueen	Hereford Triathlon Club	51:36	52.	41:18	26.					1:32:54	121.	SM	17th
386	Simeon Foreman	Malvern Buzzards Running			45:55	63.	48:32	56.			1:34:27	122.	MV45	13th
231	Conrad Lawson	Hereford Triathlon Club			46:25	67.	48:10	53.			1:34:36	123.	MV45	14th

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421	Douglas Glasgow	Presteigne Pacers	49:50	43.	45:19	59.					1:35:10	124.	SM	18th
498	Peter Flynn	Wye Valley Runners			46:32	68.	48:47	58.			1:35:19	125.	MV50	11th
203	Luke Williams	Hereford Couriers RC	51:00	49.			46:14	40.			1:37:14	126.	MV40	10th
163	Richie Richards	Hereford Couriers RC			47:26	76.	50:19	67.			1:37:46	127.	MV60	6th
405	Martin Woodhead	MonRoss trailblazers			47:57	81.	50:06	66.			1:38:04	128.	MV60	7th
406	Matt Webb	MonRoss trailblazers			46:35	70.	51:45	88.			1:38:20	129.	MV35	11th
199	Laura Hands	Hereford Couriers RC			47:52	80.	50:35	70.			1:38:28	130.	SF	7th
413	Rob Potter	MonRoss trailblazers	52:04	55.			46:36	42.			1:38:40	131.	MV45	15th
49	Oliver Hughes	Builth & District	52:27	59.	46:57	72.					1:39:24	132.	SM	19th
25	Gareth Thomas	Builth & District	53:28	65.	46:01	64.					1:39:29	133.	MV35	12th
329	Edward Davies	Maldwyn Harriers			48:38	84.	51:07	80.			1:39:46	134.	MV65	5th
518	Jake Seal	Hereford Couriers RC			49:30	97.	50:47	73.			1:40:18	135.	SM	20th
466	David Klotz	Wye Valley Runners	52:11	56.			48:15	54.			1:40:26	136.	MV40	11th
84	George Thomas	Croft Ambrey RC			49:33	99.	50:54	75.			1:40:27	137.	MV35	13th
604	Josh McMahon	Wye Valley Runners			50:11	112.	50:22	68.			1:40:33	138.	SM	21st
97	Kelly Bowen	Croft Ambrey RC			50:17	114.	51:09	82.			1:41:26	139.	FV35	4th
532	Paul Parker	Croft Ambrey RC			50:03	111.	51:51	90.			1:41:54	140.	MV50	12th
262	Paul Mammatt	Hereford Triathlon Club	52:47	63.	49:14	94.					1:42:02	141.	MV55	12th
69	Bella Evans	Croft Ambrey RC			49:35	101.	52:31	95.			1:42:07	142.	SF	8th
612	Andy Crawshaw	Ledbury Harriers			52:04	132.	51:00	77.			1:43:05	143.	MV55	13th
387	Simon Bourne	Malvern Buzzards Running			49:50	107.	53:16	102.			1:43:07	144.	MV35	14th
512	Tim Farndon	Hereford Triathlon Club			51:27	127.	52:49	98.			1:44:17	145.	MV45	16th
501	Rebecca Ansfield	Wye Valley Runners			50:43	120.	53:56	110.			1:44:40	146.	FV45	5th
304	Ian Chubb	Ludlow Runners	55:51	75.	48:58	88.					1:44:50	147.	MV50	13th
368	Barbara Gawlak	Malvern Buzzards Running			51:38	128.	53:22	103.			1:45:00	148.	FV35	5th
362	Adam Dyson	Malvern Buzzards Running	56:01	78.	49:06	90.					1:45:08	149.	MV40	12th
374	Laurence Fowkes	Malvern Buzzards Running	57:07	89.	48:13	82.					1:45:21	150.	MV50	14th
204	Mark Hookins	Hereford Couriers RC			53:03	136.	52:18	93.			1:45:22	151.	MV55	14th
109	Oliver Tomlinson	Croft Ambrey RC	56:52	86.	49:10	92.					1:46:03	152.	MV40	13th
105	Mia Davies	Croft Ambrey RC	57:34	96.	49:24	95.					1:46:58	153.	SF	9th
95	Joseph Lynch	Croft Ambrey RC	57:30	94.			49:47	63.			1:47:17	154.	SM	22nd

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45	Malc Gonnella	Builth & District			54:08	147.	53:13	100.			1:47:22	155.	MV65	6th
515	Christian Mason	Hereford Triathlon Club			52:13	134.	55:19	115.			1:47:33	156.	MV35	15th
55	Raymond Davies	Builth & District			54:22	149.	53:25	104.			1:47:47	157.	MV40	14th
477	Julie Knill	Wye Valley Runners			53:13	139.	55:38	120.			1:48:51	158.	FV55	8th
327	James Chaplin	Maldwyn Harriers	54:45	69.	54:41	151.					1:49:27	159.	SM	23rd
185	Guy Jenkins	Hereford Couriers RC			53:26	141.	56:18	124.			1:49:44	160.	MV60	8th
332	Dan George	Maldwyn Harriers	58:40	101.	51:06	124.					1:49:47	161.	MV40	15th
22	David Sutherland	Builth & District			55:23	156.	55:32	117.			1:50:55	162.	MV65	7th
101	Liza Austin	Croft Ambrey RC			55:26	157.	55:52	122.			1:51:19	163.	FV55	9th
511	Jonathan Edwards	Hereford Couriers RC	1:00:46	112.	51:22	126.					1:52:09	164.	MV40	16th
454	Amelia Louth	Wye Valley Runners	59:29	104.			52:47	97.			1:52:16	165.	SF	10th
275	Vince Playdon	Hereford Triathlon Club	58:30	100.			54:01	111.			1:52:31	166.	MV50	15th
396	Emily Harrison	MonRoss trailblazers	56:52	85.	56:27	166.					1:53:20	167.	FV40	5th
215	Sarah Askey	Hereford Couriers RC	1:00:13	109.			53:15	101.			1:53:29	168.	FV55	10th
341	Jo Lewis	Maldwyn Harriers			57:30	172.	57:50	134.			1:55:21	169.	FV50	8th
326	Rachel Butler	Maldwyn Harriers			57:14	170.	58:13	139.			1:55:28	170.	FV60	5th
351	Helen Owen	Maldwyn Harriers	1:03:21	126.	53:54	145.					1:57:15	171.	FV50	9th
138	Dilek Usta-Aarons	Hay Hotfooters	1:00:25	110.			58:12	138.			1:58:37	172.	FV45	6th
187	Harry Jenkins	Hereford Couriers RC			58:21	179.	1:00:20	151.			1:58:42	173.	MV35	16th
458	Billy Smallwood	Wye Valley Runners			58:23	180.	1:01:13	157.			1:59:37	174.	FV55	11th
79	Flora Gunner	Croft Ambrey RC			1:00:33	193.	1:00:03	149.			2:00:36	175.	FV60	6th
88	Howard Verran	Croft Ambrey RC			54:16	148.	1:06:45	181.			2:01:01	176.	MV45	17th
165	Ben James	Hereford Couriers RC			1:00:01	190.	1:01:34	159.			2:01:36	177.	MV40	17th
195	Kevin Barnes	Hereford Couriers RC	1:04:38	134.	58:00	177.					2:02:38	178.	MV60	9th
220	Wesley Jones	Hereford Couriers RC			59:06	183.	1:03:56	171.			2:03:03	179.	MV40	18th
345	Paul McCullough	Maldwyn Harriers	1:05:31	145.			57:47	133.			2:03:18	180.	MV45	18th
139	Eleanor Griffiths	Hay Hotfooters	1:05:30	144.			58:07	137.			2:03:37	181.	SF	11th
259	Nicola Goodwin	Hereford Triathlon Club			1:00:47	195.	1:03:30	168.			2:04:17	182.	FV45	7th
137	Crispin Elt	Hay Hotfooters	1:06:59	154.	58:09	178.					2:05:09	183.	MV65	8th
470	Hannah Thomas	Wye Valley Runners			1:00:25	192.	1:04:45	174.			2:05:11	184.	FV45	8th
82	Gary Gunner	Croft Ambrey RC			1:00:58	196.	1:05:12	177.			2:06:10	185.	MV75	4th

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Results after Race 3

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
321	Trudy Macklin	Ludlow Runners	1:10:16	172.	1:00:23	191.					2:10:39	186.	FV50	10th
373	Julie Caseley	Malvern Buzzards Running	1:08:22	166.			1:02:41	166.			2:11:03	187.	FV60	7th
257	Mike Shaw	Hereford Triathlon Club	1:11:50	179.	1:00:37	194.					2:12:27	188.	MV70	1st
484	Laura Williams	Wye Valley Runners	1:12:09	181.	1:01:04	197.					2:13:13	189.	SF	12th
523	Rachel Buckland	Malvern Buzzards Running			1:05:30	215.	1:07:46	185.			2:13:16	190.	FV55	12th
237	Ian Foster	Hereford Triathlon Club	1:11:49	178.	1:02:12	200.					2:14:01	191.	MV50	16th
465	Dave Sherwood	Wye Valley Runners	1:12:16	183.	1:02:30	202.					2:14:46	192.	MV65	9th
506	Simon Oliver	Wye Valley Runners	1:12:06	180.	1:02:55	209.					2:15:01	193.	MV55	15th
120	Stephanie King	Croft Ambrey RC	1:13:25	186.	1:02:34	204.					2:16:00	194.	FV55	13th
314	Sally Toye	Ludlow Runners	1:11:49	177.	1:05:09	214.					2:16:58	195.	FV60	8th
26	Gareth Morris	Builth & District	1:13:25	185.	1:04:53	212.					2:18:18	196.	MV55	16th
83	Gemma Davies	Croft Ambrey RC	1:17:08	197.			1:08:42	186.			2:25:50	197.	FV40	6th
153	Sue Richards	Hay Hotfooters	1:21:34	202.			1:10:19	188.			2:31:54	198.	FV65	4th
494	Nick Paviour	Wye Valley Runners			1:15:56	232.	1:18:21	193.			2:34:17	199.	SM	24th
420	Caroline Robinson	Presteigne Pacers			1:15:05	229.	1:22:35	196.			2:37:41	200.	FV40	7th
190	John Noonan	Hereford Couriers RC			1:21:21	235.	1:24:26	197.			2:45:47	201.	MV65	10th
303	Hilary Turner	Ludlow Runners	1:38:07	212.	1:20:21	234.					2:58:28	202.	FV75	1st
41	Jamie Symonds	Croft Ambrey RC	30:59	1.							30:59	203.	MU17	1st
599	Jamie Symonds	Croft Ambrey RC			34:02	1.					34:02	204.	MU17	2nd
526	Aled Breeze	Maldwyn Harriers			36:03	5.					36:03	205.	MU20	3rd
404	Luke Gray	MonRoss trailblazers			37:43	9.					37:43	206.	MV35	17th
448	Richard Watkins	Western Tempo			40:57	22.					40:57	207.	SM	25th
449	Sam Butler	Western Tempo	41:01	2.							41:01	208.	SM	26th
217	James Rogers	Hereford Couriers RC					41:26	15.			41:26	209.	MV35	18th
439	Darren Broady	Western Tempo			41:33	30.					41:33	210.	SM	27th
365	Andy Kenchington	Malvern Buzzards Running			42:27	38.					42:27	211.	MV55	17th
339	Steve Jones	Maldwyn Harriers			42:47	42.					42:47	212.	SM	28th
323	Samuel James	Ludlow Runners					42:56	21.			42:56	213.	MV35	19th
620	Donna Morris	Builth & District					42:58	22.			42:58	214.	FV40	8th
605	Michael Jones	Hereford Couriers RC			43:14	44.					43:14	215.	MV50	17th
445	James Morgan	Western Tempo			43:27	46.					43:27	216.	MV40	19th

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Results after Race 3

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
330	Tim Davies	Maldwyn Harriers	44:04	11.							44:04	217.	MV45	19th
517	Tom Turner	Hereford Couriers RC			44:06	51.					44:06	218.	SM	29th
346	Clive Morgan	Maldwyn Harriers	44:10	12.							44:10	219.	MV40	20th
255	Matt Ansfield	Hereford Triathlon Club			44:21	52.					44:21	220.	MV50	18th
443	Greg Wood	Western Tempo			44:31	53.					44:31	221.	MV40	21st
211	Nerijus Zukauskas	Hereford Couriers RC			44:46	57.					44:46	222.	MV40	22nd
58	Richard Edwards	Builth & District	46:25	21.							46:25	223.	MV40	23rd
450	Scott Kennedy	Western Tempo	46:49	24.							46:49	224.	MV45	20th
451	Steven Flowers	Western Tempo	47:01	26.							47:01	225.	MV40	24th
619	Tom Parton	Wye Valley Runners					47:02	45.			47:02	226.	SM	30th
617	Josh Simmons	MonRoss Trailblazers					47:07	46.			47:07	227.	SM	31st
38	Josh Price	Builth & District			47:24	75.					47:24	228.	SM	32nd
442	Grant Davies	Western Tempo	48:00	35.							48:00	229.	MV35	20th
462	Daniel Francis	Wye Valley Runners			48:37	83.					48:37	230.	SM	33rd
358	Hannah Thomas	Maldwyn Harriers			48:46	85.					48:46	231.	FV35	6th
122	Stuart Austin	Croft Ambrey RC			48:51	87.					48:51	232.	MV55	18th
621	Dale Meeks	Hereford Couriers RC					49:25	62.			49:25	233.	MV35	21st
229	Ben Probert	Hereford Triathlon Club			49:32	98.					49:32	234.	MV40	25th
197	Kimberley Pickett	Hereford Couriers RC			49:37	103.					49:37	235.	FV35	7th
601	Greg Jones	Croft Ambrey RC			49:39	104.					49:39	236.	MV50	19th
491	Mark Dunn	Wye Valley Runners			49:53	108.					49:53	237.	MV55	19th
493	Niall Considine	Wye Valley Runners					49:55	64.			49:55	238.	MV35	22nd
212	Robert Connell	Hereford Couriers RC			49:58	109.					49:58	239.	MV60	10th
307	Mark Warren	Ludlow Runners					50:05	65.			50:05	240.	MV60	11th
240	Jamie Chedham	Hereford Triathlon Club	50:13	44.							50:13	241.	SM	34th
615	Faye Lewis	Hereford Couriers RC			50:30	118.					50:30	242.	FV40	9th
175	Clare Evans	Hereford Couriers RC			50:45	122.					50:45	243.	SF	13th
488	Louis O'Regan	Wye Valley Runners					50:45	72.			50:45	244.	SM	35th
354	Phil Pugh	Maldwyn Harriers			50:46	123.					50:46	245.	MV35	23rd
184	Graeme Walker	Hereford Couriers RC					50:55	76.			50:55	246.	MV60	12th
357	Ruth Stafford	Maldwyn Harriers			51:12	125.					51:12	247.	FV45	9th

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Results after Race 3

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
298	David Mixell	Ludlow Runners	51:22	50.							51:22	248.	MV40	26th
207	Simon Cook	Hereford Couriers RC					51:30	86.			51:30	249.	MV55	20th
258	Nick Layton	Hereford Triathlon Club	51:49	54.							51:49	250.	SM	36th
21	Dai Harris	Builth & District					51:50	89.			51:50	251.	MV35	24th
390	Wesley Ogden	Malvern Buzzards Running			52:03	131.					52:03	252.	MV55	21st
194	Kate Morris	Hereford Couriers RC			52:13	133.					52:13	253.	FV40	10th
107	Neil Powell	Croft Ambrey RC	52:20	58.							52:20	254.	MV50	20th
243	Jim Bowers	Hereford Triathlon Club	52:37	61.							52:37	255.	MV40	27th
44	Lisa Boucher	Builth & District					53:02	99.			53:02	256.	FV35	8th
492	Michael Smallwood	Wye Valley Runners			53:10	138.					53:10	257.	MV55	22nd
270	Stephen Vaughan	Hereford Triathlon Club			53:15	140.					53:15	258.	MV50	21st
174	Clare Mallender	Hereford Couriers RC					53:30	105.			53:30	259.	FV45	10th
288	Susannah Kirk	Ledbury Harriers			53:48	144.					53:48	260.	FV45	11th
433	Martin Blakebrough	Spirit of Monmouth	54:48	70.							54:48	261.	MV60	13th
388	Stephanie Upton	Malvern Buzzards Running					54:56	114.			54:56	262.	FV55	14th
480	Kate Green	Wye Valley Runners			55:33	158.					55:33	263.	FV55	15th
46	Mel Sadie	Builth & District	55:50	74.							55:50	264.	SF	14th
469	Gordon Truluck	Wye Valley Runners			55:52	160.					55:52	265.	MV65	11th
502	Richard Evans	Wye Valley Runners					56:25	125.			56:25	266.	MV45	21st
132	Leanne Meek	Forest of Dean AC			56:28	167.					56:28	267.	FV40	11th
114	Roxy Woodfield	Croft Ambrey RC	56:50	83.							56:50	268.	SF	15th
205	Mark Jones	Hereford Couriers RC	57:23	92.							57:23	269.	MV50	22nd
289	Tym Musgrove	Ledbury Harriers	57:31	95.							57:31	270.	MV60	14th
474	Jo Ellis	Wye Valley Runners			57:32	173.					57:32	271.	FV45	12th
315	Sarah Edwards	Ludlow Runners			57:34	174.					57:34	272.	FV50	11th
76	Dave Millichap	Croft Ambrey RC	57:49	98.							57:49	273.	MV50	23rd
141	Elizabeth Harvey	Hay Hotfooters					58:43	142.			58:43	274.	FV40	12th
57	Christian Prynne	Builth & District	59:02	103.							59:02	275.	MV50	24th
618	Dean Prosser	Hereford Triathlon Club					59:19	145.			59:19	276.	MV50	25th
426	Brian Evans	Spirit of Monmouth	59:32	105.							59:32	277.	MV50	26th
281	Helen Milner	Ledbury Harriers			59:41	187.					59:41	278.	FV50	12th

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
235	Ed Collins	Hereford Triathlon Club					59:45	147.			59:45	279.	MV60	15th
85	Guy Whitmarsh	Croft Ambrey RC			59:58	189.					59:58	280.	MV75	5th
409	Rachael Aitken	MonRoss trailblazers					1:00:04	150.			1:00:04	281.	SF	16th
192	Brian Francis	Forest of Dean AC	1:00:08	108.							1:00:08	282.	MV60	16th
111	Rob Wood	Croft Ambrey RC					1:00:45	153.			1:00:45	283.	MV65	12th
253	Louise Le Ray	Hereford Triathlon Club					1:01:01	156.			1:01:01	284.	FV60	9th
283	Mark Lister	Ledbury Harriers					1:01:19	158.			1:01:19	285.	MV60	17th
265	Richard Cawley	Hereford Triathlon Club	1:01:21	115.							1:01:21	286.	MV45	22nd
471	James Vidler	Wye Valley Runners	1:01:28	117.							1:01:28	287.	MV60	18th
172	Christina	Hereford Couriers RC	1:01:30	118.							1:01:30	288.	FV40	13th
74	Crispin Marriott	Croft Ambrey RC					1:01:46	160.			1:01:46	289.	MV55	23rd
479	Kate Phipps	Wye Valley Runners					1:01:54	162.			1:01:54	290.	SF	17th
86	Hayley Colebatch	Croft Ambrey RC			1:02:17	201.					1:02:17	291.	FV35	9th
17	Celia Speake	Builth & District	1:02:33	122.							1:02:33	292.	FV55	16th
267	Robin Finlay	Hereford Triathlon Club			1:02:36	205.					1:02:36	293.	FV50	13th
499	Ralph Lloyd	Wye Valley Runners			1:02:54	208.					1:02:54	294.	MV60	19th
234	Deanna Mammatt	Hereford Triathlon Club	1:03:07	124.							1:03:07	295.	FV45	13th
264	Richard Andrews	Hereford Triathlon Club					1:03:08	167.			1:03:08	296.	MV55	24th
299	Edward Lane	Ludlow Runners	1:03:33	127.							1:03:33	297.	MV55	25th
20	Colin Davies	Builth & District	1:03:38	128.							1:03:38	298.	MV55	26th
483	Katie Francis	Wye Valley Runners					1:03:50	169.			1:03:50	299.	SF	18th
70	Bronwyn Preece	Croft Ambrey RC	1:03:50	131.							1:03:50	300.	SF	19th
169	Bryony Dean	Hereford Couriers RC					1:04:09	172.			1:04:09	301.	FV45	14th
54	Phill Harris	Builth & District	1:04:27	133.							1:04:27	302.	MV40	28th
14	Rebecca Foster	MonRoss trailblazers	1:04:47	136.							1:04:47	303.	FV45	15th
431	Maixent Gaillard	Spirit of Monmouth	1:04:48	137.							1:04:48	304.	MV45	23rd
495	Paddy Nugent	Wye Valley Runners	1:04:49	138.							1:04:49	305.	MV60	20th
7	Abbie Davies	Builth & District	1:05:01	141.							1:05:01	306.	SF	20th
519	Richard Tyler	Hereford Couriers RC			1:05:02	213.					1:05:02	307.	MV65	13th
28	Gary Watts	Builth & District	1:05:07	142.							1:05:07	308.	MV60	21st
198	Kirsty Jenkins	Hereford Couriers RC	1:05:24	143.							1:05:24	309.	FV35	10th

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
397	Emma Davies	MonRoss trailblazers	1:05:45	147.							1:05:45	310.	FV50	14th
23	Emma Bagshaw	Builth & District	1:06:05	148.							1:06:05	311.	FV50	15th
15	Beth Curry	Builth & District	1:06:07	149.							1:06:07	312.	FV35	11th
134	Stefanie Francis	Forest of Dean AC	1:06:10	150.							1:06:10	313.	FV55	17th
103	Louise Phillips	Croft Ambrey RC			1:06:43	220.					1:06:43	314.	FV50	16th
149	Sara Lake	Hay Hotfooters	1:07:03	155.							1:07:03	315.	FV50	17th
507	Temi Odurinde	Wye Valley Runners	1:07:12	156.							1:07:12	316.	MV60	22nd
200	Lauren Pullen	Hereford Couriers RC			1:07:14	221.					1:07:14	317.	SF	21st
312	Paul Baskeyfield	Ludlow Runners	1:07:41	160.							1:07:41	318.	MV60	23rd
89	Huw Williams	Croft Ambrey RC	1:08:36	168.							1:08:36	319.	MV60	24th
311	Paul Roberts	Ludlow Runners	1:09:13	170.							1:09:13	320.	MV60	25th
80	Frank Luscott	Croft Ambrey RC			1:10:33	226.					1:10:33	321.	MV65	14th
8	Adam Johnstone	Builth & District	1:10:51	175.							1:10:51	322.	MV50	27th
505	Sian Champken	Wye Valley Runners	1:11:28	176.							1:11:28	323.	FV50	18th
263	Rachel Trott	Hereford Triathlon Club			1:12:18	228.					1:12:18	324.	FV50	19th
106	Mike Hayward	Croft Ambrey RC	1:13:34	188.							1:13:34	325.	MV60	26th
34	Izzy Watts	Builth & District	1:15:21	192.							1:15:21	326.	FV45	16th
453	Alison Chadwick	Wye Valley Runners			1:15:27	230.					1:15:27	327.	FV60	10th
306	Jo Stanley	Ludlow Runners	1:16:49	195.							1:16:49	328.	FV60	11th
47	Melanie Graham	Builth & District	1:17:14	198.							1:17:14	329.	FV60	12th
127	Tim Wain-Hobson	Croft Ambrey RC	1:18:00	199.							1:18:00	330.	MV70	2nd
13	Avril Hardwick	Builth & District	1:21:43	203.							1:21:43	331.	FV40	14th
459	Brent Lowson	Wye Valley Runners	1:22:11	204.							1:22:11	332.	MV60	27th
126	Theresa Jones	Croft Ambrey RC	1:22:41	205.							1:22:41	333.	FV55	18th
87	Hayley Millichap	Croft Ambrey RC	1:23:41	208.							1:23:41	334.	FV50	20th
349	Steve Orrells	Maldwyn Harriers	1:26:18	209.							1:26:18	335.	MV70	3rd
319	Sybil Marsh	Ludlow Runners	1:31:56	211.							1:31:56	336.	FV75	2nd
446	Louis Ansfield	Western Tempo	21:43	1.	24:58	1.	21:08	1.			1:07:49	1.	MU17	1st
155	Ben Warburton	Hereford and County AC	26:00	2.	30:55	2.	25:01	2.			1:21:57	2.	MU17	2nd
201	Lois Erwin	Hereford Couriers RC	32:42	4.	35:30	4.	29:05	5.			1:37:18	3.	FU17	1st
313	Summer Morgan	Croft Ambrey RC	30:01	3.			27:38	4.			57:39	4.	FU17	2nd

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Results after Race 3

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
531	Oliver Marsh	Croft Ambrey RC			32:46	3.	27:36	3.			1:00:22	5.	MU17	3rd
157	Chloe Coleridge	Hereford and County AC	33:54	5.			31:28	6.			1:05:23	6.	FU17	3rd
528	Suzanne Purvin	Croft Ambrey RC			1:02:06	5.					1:02:06	7.	FV60	1st

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