

# Herefordshire & Borders Winter Cross Country League 2023/24



## Results after Race 2

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
78	Eric Apperley	Croft Ambrey RC	41:07	5.	35:18	1.					<b>1:16:25</b>	<b>1.</b>	SM	1st
337	Gwynent Jones	Maldwyn Harriers	42:20	9.	35:45	3.					<b>1:18:06</b>	<b>2.</b>	SM	2nd
65	Wyndham Turner	Builth & District	41:35	7.	36:44	5.					<b>1:18:20</b>	<b>3.</b>	MV35	1st
292	Aidan Yapp	Ludlow Runners	41:09	6.	37:29	6.					<b>1:18:39</b>	<b>4.</b>	SM	3rd
268	Sam Mayglothing	Hereford Triathlon Club	41:57	8.	37:49	10.					<b>1:19:47</b>	<b>5.</b>	MV35	2nd
53	Phil Morris	Builth & District	42:48	11.	37:45	9.					<b>1:20:34</b>	<b>6.</b>	MV45	1st
209	Mathew James	Hereford Couriers RC	42:32	10.	38:05	12.					<b>1:20:37</b>	<b>7.</b>	MV35	3rd
202	Luke Mason	Hereford Couriers RC	44:28	16.	37:39	7.					<b>1:22:08</b>	<b>8.</b>	MV35	4th
440	Dean Jones	Western Tempo	44:15	15.	38:11	13.					<b>1:22:26</b>	<b>9.</b>	MV35	5th
400	Gavin Jones	MonRoss trailblazers	43:59	12.	39:11	15.					<b>1:23:11</b>	<b>10.</b>	SM	4th
214	Ryan Lawrence	Hereford Couriers RC	44:34	18.	39:05	14.					<b>1:23:40</b>	<b>11.</b>	SM	5th
81	Gareth Leek	Croft Ambrey RC	45:53	21.	37:52	11.					<b>1:23:45</b>	<b>12.</b>	SM	6th
221	William Morris	Hereford Couriers RC	44:30	17.	39:27	17.					<b>1:23:57</b>	<b>13.</b>	SM	7th
279	David Bannister	Ledbury Harriers	45:08	19.	39:14	16.					<b>1:24:23</b>	<b>14.</b>	MV45	2nd
186	Harry Woodhouse	Hereford Couriers RC	45:51	20.	39:37	18.					<b>1:25:28</b>	<b>15.</b>	SM	8th
64	Tom Turner	Builth & District	46:35	24.	40:25	20.					<b>1:27:01</b>	<b>16.</b>	MV35	6th
91	Jasper Robinson	Croft Ambrey RC	46:47	25.	41:09	23.					<b>1:27:57</b>	<b>17.</b>	SM	9th
32	Huw Lewis	Builth & District	46:51	27.	41:20	26.					<b>1:28:12</b>	<b>18.</b>	MV45	3rd
461	christian Jones	Wye Valley Runners	47:26	29.	41:07	22.					<b>1:28:33</b>	<b>19.</b>	MV50	1st
228	Andy Fisher	Hereford Triathlon Club	47:43	32.	41:31	27.					<b>1:29:15</b>	<b>20.</b>	MV50	2nd
18	Chris Burton	Builth & District	47:34	30.	41:59	33.					<b>1:29:33</b>	<b>21.</b>	MV35	7th
166	Ben Skinner	Hereford Couriers RC	48:05	38.	41:34	31.					<b>1:29:39</b>	<b>22.</b>	MV35	8th
380	Peter Koval	Malvern Buzzards Running	47:51	35.	41:56	32.					<b>1:29:47</b>	<b>23.</b>	MV40	1st
117	Simon Norwood	Croft Ambrey RC	47:49	34.	42:24	36.					<b>1:30:13</b>	<b>24.</b>	MV50	3rd
336	Garry Jones	Maldwyn Harriers	47:57	36.	42:35	38.					<b>1:30:32</b>	<b>25.</b>	MV50	4th
208	Martin Lloyd	Hereford Couriers RC	47:40	31.	43:20	44.					<b>1:31:00</b>	<b>26.</b>	MV45	4th
472	Jeremy Jehan	Wye Valley Runners	48:23	39.	42:46	40.					<b>1:31:10</b>	<b>27.</b>	MV50	5th
261	Paul Campbell	Hereford Triathlon Club	48:25	40.	42:46	39.					<b>1:31:11</b>	<b>28.</b>	MV40	2nd
35	James Jones	Builth & District	47:45	33.	43:29	47.					<b>1:31:14</b>	<b>29.</b>	SM	10th
193	Josef Godfrey	Hereford Couriers RC	49:07	43.	42:59	42.					<b>1:32:06</b>	<b>30.</b>	SM	11th
189	James Davies	Hereford Couriers RC	48:43	42.	43:29	46.					<b>1:32:12</b>	<b>31.</b>	MV40	3rd

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
301	Fern Cotterill	Ludlow Runners	48:38	41.	44:00	49.					1:32:38	32.	FV35	1st
248	Jordan McQueen	Hereford Triathlon Club	51:36	54.	41:18	25.					1:32:54	33.	SM	12th
51	Owen Bowers	Builth & District	50:14	47.	43:51	48.					1:34:05	34.	MV45	5th
421	Douglas Glasgow	Presteigne Pacers	49:50	45.	45:19	58.					1:35:10	35.	SM	13th
206	Martin Carter	Hereford Couriers RC	50:34	48.	44:45	54.					1:35:19	36.	MV55	1st
121	Steve Partridge	Croft Ambrey RC	50:57	50.	44:48	57.					1:35:45	37.	MV40	4th
227	Andy Taylor	Hereford Triathlon Club	51:39	55.	44:46	55.					1:36:26	38.	MV50	6th
485	Lea Nicholson	Wye Valley Runners	51:23	53.	45:23	59.					1:36:47	39.	MV45	6th
401	Grant White	MonRoss trailblazers	49:30	44.	47:32	76.					1:37:02	40.	MV35	9th
43	Lewis Price	Builth & District	50:53	49.	47:21	73.					1:38:14	41.	SM	14th
392	Andy Stephens	MonRoss trailblazers	52:13	59.	46:34	68.					1:38:48	42.	MV45	7th
225	Adamo Mihcinok	Hereford Triathlon Club	52:50	66.	46:10	64.					1:39:01	43.	MV40	5th
473	Jethro Richards	Wye Valley Runners	54:29	69.	44:41	53.					1:39:10	44.	SM	15th
60	Steven Hepton	Builth & District	53:36	68.	45:38	60.					1:39:14	45.	MV45	8th
379	Paul Cooke	Malvern Buzzards Running	52:34	62.	46:50	70.					1:39:24	46.	MV40	6th
49	Oliver Hughes	Builth & District	52:27	61.	46:57	71.					1:39:24	47.	SM	16th
25	Gareth Thomas	Builth & District	53:28	67.	46:01	63.					1:39:29	48.	MV35	10th
402	Laura Lelievre	MonRoss trailblazers	52:39	64.	47:06	72.					1:39:45	49.	SF	1st
191	Jonathan Davey	Hereford Couriers RC	54:54	73.	45:53	61.					1:40:48	50.	MV55	2nd
262	Paul Mammatt	Hereford Triathlon Club	52:47	65.	49:14	93.					1:42:02	51.	MV55	3rd
161	Allen Edwards	Hereford Couriers RC	55:54	79.	46:14	65.					1:42:09	52.	SM	17th
10	Simon Blyth	Hay Hotfooters	55:46	75.	47:43	78.					1:43:29	53.	MV50	7th
210	Neil McNish	Hereford Couriers RC	54:31	70.	49:00	88.					1:43:31	54.	MV55	4th
128	Toby Spicer	Croft Ambrey RC	55:17	74.	49:08	90.					1:44:26	55.	MV45	9th
304	Ian Chubb	Ludlow Runners	55:51	77.	48:58	87.					1:44:50	56.	MV50	8th
224	Chris North	Hereford Couriers RC	57:19	92.	47:33	77.					1:44:52	57.	MV60	1st
482	Kath Hardwick	Wye Valley Runners	56:09	81.	48:51	85.					1:45:00	58.	FV40	1st
362	Adam Dyson	Malvern Buzzards Running	56:01	80.	49:06	89.					1:45:08	59.	MV40	7th
374	Laurence Fowkes	Malvern Buzzards Running	57:07	91.	48:13	81.					1:45:21	60.	MV50	9th
11	Ali Hardaway	Builth & District	56:28	83.	49:27	95.					1:45:56	61.	MV55	5th
36	Jenny Farrow	Builth & District	56:13	82.	49:44	104.					1:45:57	62.	FV45	1st

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
389	Tristan May	Malvern Buzzards Running	56:51	86.	49:10	92.					1:46:02	63.	MV40	8th
109	Oliver Tomlinson	Croft Ambrey RC	56:52	88.	49:10	91.					1:46:03	64.	MV40	9th
176	Dan Cleworth	Hereford Couriers RC	55:52	78.	50:30	115.					1:46:22	65.	MV45	10th
151	Stephen Goodridge	Hay Hotfooters	57:00	90.	49:36	101.					1:46:37	66.	MV60	2nd
105	Mia Davies	Croft Ambrey RC	57:34	98.	49:24	94.					1:46:58	67.	SF	2nd
294	Angus Kirby	Ludlow Runners	56:49	84.	50:17	112.					1:47:06	68.	MV60	3rd
177	Darren Woodall	Hereford Couriers RC	57:47	99.	49:35	99.					1:47:22	69.	MV50	10th
384	Sarah Armstrong	Malvern Buzzards Running	57:21	93.	50:01	109.					1:47:23	70.	FV55	1st
352	Mark Paviour	Maldwyn Harriers	56:55	89.	50:28	114.					1:47:24	71.	MV60	4th
290	Edd Hogan	Ledbury Harriers	57:25	95.	50:44	120.					1:48:09	72.	MV45	11th
171	Chris Smart	Hereford Couriers RC	58:53	104.	50:30	116.					1:49:23	73.	MV55	6th
327	James Chaplin	Maldwyn Harriers	54:45	71.	54:41	150.					1:49:27	74.	SM	18th
93	Jo Marriott	Croft Ambrey RC	57:51	101.	51:42	128.					1:49:34	75.	FV55	2nd
332	Dan George	Maldwyn Harriers	58:40	103.	51:06	123.					1:49:47	76.	MV40	10th
4	Mark Roberts	Brecon Athletic Club	1:00:32	113.	49:48	105.					1:50:20	77.	MV60	5th
508	Tony Champken	Wye Valley Runners	59:58	108.	51:55	129.					1:51:53	78.	MV65	1st
511	Jonathan Edwards	Hereford Couriers RC	1:00:46	114.	51:22	125.					1:52:09	79.	MV40	11th
33	Isabelle Jones	Builth & District	1:00:02	109.	53:08	136.					1:53:10	80.	SF	3rd
396	Emily Harrison	MonRoss trailblazers	56:52	87.	56:27	165.					1:53:20	81.	FV40	2nd
30	Gunvor Troelsen	Builth & District	1:01:13	116.	52:38	134.					1:53:52	82.	FV55	3rd
160	Abi Knight	Hereford Couriers RC	1:03:48	132.	50:37	118.					1:54:26	83.	SF	4th
487	Lorna Shaw	Wye Valley Runners	1:02:10	122.	53:37	141.					1:55:48	84.	FV60	1st
280	David Horne	Ledbury Harriers	1:02:02	121.	54:25	149.					1:56:27	85.	MV65	2nd
338	Ifan Jones	Maldwyn Harriers	1:01:28	118.	55:18	154.					1:56:47	86.	MV55	7th
351	Helen Owen	Maldwyn Harriers	1:03:21	128.	53:54	144.					1:57:15	87.	FV50	1st
216	Steve Herington	Hereford Couriers RC	1:02:27	123.	55:00	152.					1:57:27	88.	MV75	1st
39	Mike Thurgood	MonRoss trailblazers	1:03:47	131.	53:45	142.					1:57:32	89.	MV55	8th
119	Steph Main	Croft Ambrey RC	1:01:12	115.	56:39	167.					1:57:52	90.	FV50	2nd
416	Sophie Williams	MonRoss trailblazers	1:04:16	134.	54:00	145.					1:58:16	91.	FV40	3rd
108	Neil Taylor	Croft Ambrey RC	1:03:12	127.	55:12	153.					1:58:24	92.	MV65	3rd
90	Ian Price	Croft Ambrey RC	1:02:53	125.	55:55	160.					1:58:48	93.	MV75	2nd

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260	Paddy Lewis	Hereford Triathlon Club	1:04:53	142.	55:51	158.					<b>2:00:45</b>	<b>94.</b>	MV50	11th
9	Alexander Brown	Builth & District	1:04:50	141.	56:12	164.					<b>2:01:02</b>	<b>95.</b>	MV55	9th
146	Mick Collins	Hay Hotfooters	1:06:34	154.	54:43	151.					<b>2:01:17</b>	<b>96.</b>	MV55	10th
366	Anife Turchin	Malvern Buzzards Running	1:05:42	148.	55:55	161.					<b>2:01:38</b>	<b>97.</b>	FV35	2nd
317	Sophia Charters	Ludlow Runners	1:04:42	137.	57:28	170.					<b>2:02:11</b>	<b>98.</b>	SF	5th
150	Sharon Collins	Hay Hotfooters	1:06:19	153.	55:57	162.					<b>2:02:16</b>	<b>99.</b>	FV55	4th
195	Kevin Barnes	Hereford Couriers RC	1:04:38	136.	58:00	176.					<b>2:02:38</b>	<b>100.</b>	MV60	6th
230	Charlotte Godsall	Hereford Triathlon Club	1:07:40	161.	55:59	163.					<b>2:03:39</b>	<b>101.</b>	FV45	2nd
296	Clive Richardson	Ludlow Runners	1:06:49	155.	57:07	168.					<b>2:03:56</b>	<b>102.</b>	MV65	4th
137	Crispin Elt	Hay Hotfooters	1:06:59	156.	58:09	177.					<b>2:05:09</b>	<b>103.</b>	MV65	5th
40	Kate Hepton	Builth & District	1:07:47	163.	57:57	175.					<b>2:05:45</b>	<b>104.</b>	FV40	4th
113	Roland Preece	Croft Ambrey RC	1:08:14	167.	57:39	174.					<b>2:05:53</b>	<b>105.</b>	MV55	11th
110	Oliver Cameron-Swan	Croft Ambrey RC	1:07:37	160.	58:55	180.					<b>2:06:32</b>	<b>106.</b>	MV45	12th
360	Rachel Williams	Maldwyn Harriers	1:07:47	164.	59:03	181.					<b>2:06:51</b>	<b>107.</b>	FV50	3rd
168	Bronwen Tyler-Jones	Hereford Couriers RC	1:07:54	165.	59:25	184.					<b>2:07:19</b>	<b>108.</b>	FV50	4th
348	Caroline Orrells	Maldwyn Harriers	1:08:48	171.	59:12	183.					<b>2:08:00</b>	<b>109.</b>	FV65	1st
335	Jill Hillman	Maldwyn Harriers	1:08:30	169.	59:47	187.					<b>2:08:18</b>	<b>110.</b>	FV65	2nd
115	Sam Harper	Croft Ambrey RC	1:09:28	173.	59:29	185.					<b>2:08:57</b>	<b>111.</b>	FV45	3rd
136	Ali Allen	Hay Hotfooters	1:08:13	166.	1:01:29	197.					<b>2:09:42</b>	<b>112.</b>	FV55	5th
170	Celia Escande	Hereford Couriers RC	1:07:20	159.	1:02:49	206.					<b>2:10:09</b>	<b>113.</b>	SF	6th
321	Trudy Macklin	Ludlow Runners	1:10:16	174.	1:00:23	190.					<b>2:10:39</b>	<b>114.</b>	FV50	5th
478	Julie Whitehouse	Wye Valley Runners	1:10:34	176.	1:01:49	198.					<b>2:12:23</b>	<b>115.</b>	FV50	6th
257	Mike Shaw	Hereford Triathlon Club	1:11:50	181.	1:00:37	193.					<b>2:12:27</b>	<b>116.</b>	MV70	1st
484	Laura Williams	Wye Valley Runners	1:12:09	183.	1:01:04	196.					<b>2:13:13</b>	<b>117.</b>	SF	7th
237	Ian Foster	Hereford Triathlon Club	1:11:49	180.	1:02:12	200.					<b>2:14:01</b>	<b>118.</b>	MV50	12th
465	Dave Sherwood	Wye Valley Runners	1:12:16	185.	1:02:30	202.					<b>2:14:46</b>	<b>119.</b>	MV65	6th
506	Simon Oliver	Wye Valley Runners	1:12:06	182.	1:02:55	209.					<b>2:15:01</b>	<b>120.</b>	MV55	12th
120	Stephanie King	Croft Ambrey RC	1:13:25	188.	1:02:34	204.					<b>2:16:00</b>	<b>121.</b>	FV55	6th
31	Hayley Price	Builth & District	1:12:09	184.	1:04:02	211.					<b>2:16:12</b>	<b>122.</b>	FV55	7th
140	Elizabeth Tindle	Hay Hotfooters	1:12:48	186.	1:03:54	210.					<b>2:16:43</b>	<b>123.</b>	FV60	2nd
314	Sally Toye	Ludlow Runners	1:11:49	179.	1:05:09	214.					<b>2:16:58</b>	<b>124.</b>	FV60	3rd

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282	Helen Keegan	Ledbury Harriers	1:14:55	193.	1:02:32	203.					2:17:27	125.	FV50	7th
26	Gareth Morris	Builth & District	1:13:25	187.	1:04:53	212.					2:18:18	126.	MV55	13th
66	Alison Davies	Croft Ambrey RC	1:13:34	189.	1:06:05	218.					2:19:39	127.	FV35	3rd
156	Brian Morgan	Hereford and County AC	1:10:22	175.	1:09:24	224.					2:19:46	128.	MV55	14th
342	Sharon Lloyd	Maldwyn Harriers	1:16:57	198.	1:02:53	207.					2:19:51	129.	FV50	8th
67	Anna Bromley	Croft Ambrey RC	1:14:11	192.	1:06:04	217.					2:20:16	130.	FV40	5th
71	Carol Powell	Croft Ambrey RC	1:15:35	195.	1:06:20	219.					2:21:55	131.	FV50	9th
63	Tina Harrison	Builth & District	1:14:05	191.	1:09:29	225.					2:23:35	132.	FV55	8th
154	Tina Lavelle	Hay Hotfooters	1:16:46	196.	1:09:03	223.					2:25:50	133.	FV65	3rd
287	Sarah Coggins	Ledbury Harriers	1:21:07	203.	1:05:59	216.					2:27:06	134.	FV60	4th
16	Callum Morris	Builth & District	1:19:05	202.	1:11:10	227.					2:30:16	135.	MU20	1st
385	Sarah Fowkes	Malvern Buzzards Running	1:23:16	208.	1:08:56	222.					2:32:12	136.	FV60	5th
72	Claire Verran	Croft Ambrey RC	1:23:32	209.	1:15:44	231.					2:39:16	137.	FV45	4th
129	Tom Davies	Croft Ambrey RC	1:27:10	212.	1:16:20	233.					2:43:31	138.	MV75	3rd
303	Hilary Turner	Ludlow Runners	1:38:07	214.	1:20:21	234.					2:58:28	139.	FV75	1st
313	Summer Morgan	Croft Ambrey RC	30:01	1.							30:01	140.	FU17	1st
41	Jamie Symonds	Croft Ambrey RC	30:59	2.							30:59	141.	MU17	1st
157	Chloe Coleridge	Hereford and County AC	33:54	3.							33:54	142.	FU17	2nd
116	Sam Juson	Croft Ambrey RC			35:28	2.					35:28	143.	SM	19th
526	Aled Breeze	Maldwyn Harriers			36:03	4.					36:03	144.	MU20	2nd
404	Luke Gray	MonRoss trailblazers			37:43	8.					37:43	145.	MV35	11th
164	Andy Tyler	Hereford Couriers RC			40:19	19.					40:19	146.	MV50	13th
448	Richard Watkins	Western Tempo			40:57	21.					40:57	147.	SM	20th
449	Sam Butler	Western Tempo	41:01	4.							41:01	148.	SM	21st
308	Matthew Yapp	Ludlow Runners			41:14	24.					41:14	149.	SM	22nd
452	Tom Kennedy	Western Tempo			41:33	28.					41:33	150.	MU20	3rd
439	Darren Broady	Western Tempo			41:33	29.					41:33	151.	SM	23rd
378	Neil Warne	Malvern Buzzards Running			41:34	30.					41:34	152.	MV40	12th
522	Ffion Price	Builth & District			42:09	34.					42:09	153.	SF	8th
370	Dave Lawrence	Malvern Buzzards Running			42:14	35.					42:14	154.	MV40	13th
365	Andy Kenchington	Malvern Buzzards Running			42:27	37.					42:27	155.	MV55	15th

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339	Steve Jones	Maldwyn Harriers			42:47	41.					42:47	156.	SM	24th
605	Michael Jones	Hereford Couriers RC			43:14	43.					43:14	157.	MV50	14th
445	James Morgan	Western Tempo			43:27	45.					43:27	158.	MV40	14th
330	Tim Davies	Maldwyn Harriers	44:04	13.							44:04	159.	MV45	13th
517	Tom Turner	Hereford Couriers RC			44:06	50.					44:06	160.	SM	25th
346	Clive Morgan	Maldwyn Harriers	44:10	14.							44:10	161.	MV40	15th
255	Matt Ansfield	Hereford Triathlon Club			44:21	51.					44:21	162.	MV50	15th
443	Greg Wood	Western Tempo			44:31	52.					44:31	163.	MV40	16th
211	Nerijus Zukauskas	Hereford Couriers RC			44:46	56.					44:46	164.	MV40	17th
386	Simeon Foreman	Malvern Buzzards Running			45:55	62.					45:55	165.	MV45	14th
381	Richard Walsh	Malvern Buzzards Running	46:11	22.							46:11	166.	MV35	12th
231	Conrad Lawson	Hereford Triathlon Club			46:25	66.					46:25	167.	MV45	15th
58	Richard Edwards	Builth & District	46:25	23.							46:25	168.	MV40	18th
498	Peter Flynn	Wye Valley Runners			46:32	67.					46:32	169.	MV50	16th
406	Matt Webb	MonRoss trailblazers			46:35	69.					46:35	170.	MV35	13th
450	Scott Kennedy	Western Tempo	46:49	26.							46:49	171.	MV45	16th
451	Steven Flowers	Western Tempo	47:01	28.							47:01	172.	MV40	19th
38	Josh Price	Builth & District			47:24	74.					47:24	173.	SM	26th
163	Richie Richards	Hereford Couriers RC			47:26	75.					47:26	174.	MV55	16th
199	Laura Hands	Hereford Couriers RC			47:52	79.					47:52	175.	SF	9th
405	Martin Woodhead	MonRoss trailblazers			47:57	80.					47:57	176.	MV60	7th
442	Grant Davies	Western Tempo	48:00	37.							48:00	177.	MV35	14th
462	Daniel Francis	Wye Valley Runners			48:37	82.					48:37	178.	SM	27th
329	Edward Davies	Maldwyn Harriers			48:38	83.					48:38	179.	MV65	7th
358	Hannah Thomas	Maldwyn Harriers			48:46	84.					48:46	180.	FV35	4th
122	Stuart Austin	Croft Ambrey RC			48:51	86.					48:51	181.	MV55	17th
518	Jake Seal	Hereford Couriers RC			49:30	96.					49:30	182.	SM	28th
229	Ben Probert	Hereford Triathlon Club			49:32	97.					49:32	183.	MV40	20th
84	George Thomas	Croft Ambrey RC			49:33	98.					49:33	184.	MV35	15th
69	Bella Evans	Croft Ambrey RC			49:35	100.					49:35	185.	SF	10th
197	Kimberley Pickett	Hereford Couriers RC			49:37	102.					49:37	186.	FV35	5th



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## Results after Race 2

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
601	Greg Jones	Croft Ambrey RC			49:39	103.					<b>49:39</b>	<b>187.</b>	MV50	17th
387	Simon Bourne	Malvern Buzzards Running			49:50	106.					<b>49:50</b>	<b>188.</b>	MV35	16th
491	Mark Dunn	Wye Valley Runners			49:53	107.					<b>49:53</b>	<b>189.</b>	MV55	18th
212	Robert Connell	Hereford Couriers RC			49:58	108.					<b>49:58</b>	<b>190.</b>	MV60	8th
532	Paul Parker	Croft Ambrey RC			50:03	110.					<b>50:03</b>	<b>191.</b>	MV50	18th
604	Josh McMahon	Wye Valley Runners			50:11	111.					<b>50:11</b>	<b>192.</b>	SM	29th
240	Jamie Chedham	Hereford Triathlon Club	50:13	46.							<b>50:13</b>	<b>193.</b>	SM	30th
97	Kelly Bowen	Croft Ambrey RC			50:17	113.					<b>50:17</b>	<b>194.</b>	FV35	6th
615	Faye Lewis	Hereford Couriers RC			50:30	117.					<b>50:30</b>	<b>195.</b>	FV40	6th
501	Rebecca Ansfield	Wye Valley Runners			50:43	119.					<b>50:43</b>	<b>196.</b>	FV45	5th
175	Clare Evans	Hereford Couriers RC			50:45	121.					<b>50:45</b>	<b>197.</b>	SF	11th
354	Phil Pugh	Maldwyn Harriers			50:46	122.					<b>50:46</b>	<b>198.</b>	MV35	17th
203	Luke Williams	Hereford Couriers RC	51:00	51.							<b>51:00</b>	<b>199.</b>	MV40	21st
357	Ruth Stafford	Maldwyn Harriers			51:12	124.					<b>51:12</b>	<b>200.</b>	FV45	6th
298	David Mixell	Ludlow Runners	51:22	52.							<b>51:22</b>	<b>201.</b>	MV40	22nd
512	Tim Farndon	Hereford Triathlon Club			51:27	126.					<b>51:27</b>	<b>202.</b>		1st
368	Barbara Gawlak	Malvern Buzzards Running			51:38	127.					<b>51:38</b>	<b>203.</b>	FV35	7th
258	Nick Layton	Hereford Triathlon Club	51:49	56.							<b>51:49</b>	<b>204.</b>	SM	31st
390	Wesley Ogden	Malvern Buzzards Running			52:03	130.					<b>52:03</b>	<b>205.</b>	MV55	19th
413	Rob Potter	MonRoss trailblazers	52:04	57.							<b>52:04</b>	<b>206.</b>	MV45	17th
612	Andy Crawshaw	Ledbury Harriers			52:04	131.					<b>52:04</b>	<b>207.</b>	MV55	20th
466	David Klotz	Wye Valley Runners	52:11	58.							<b>52:11</b>	<b>208.</b>	MV40	23rd
194	Kate Morris	Hereford Couriers RC			52:13	132.					<b>52:13</b>	<b>209.</b>	FV40	7th
515	Christian Mason	Hereford Triathlon Club			52:13	133.					<b>52:13</b>	<b>210.</b>	MV35	18th
107	Neil Powell	Croft Ambrey RC	52:20	60.							<b>52:20</b>	<b>211.</b>	MV50	19th
243	Jim Bowers	Hereford Triathlon Club	52:37	63.							<b>52:37</b>	<b>212.</b>	MV40	24th
204	Mark Hookins	Hereford Couriers RC			53:03	135.					<b>53:03</b>	<b>213.</b>	MV55	21st
492	Michael Smallwood	Wye Valley Runners			53:10	137.					<b>53:10</b>	<b>214.</b>	MV55	22nd
477	Julie Knill	Wye Valley Runners			53:13	138.					<b>53:13</b>	<b>215.</b>	FV55	9th
270	Stephen Vaughan	Hereford Triathlon Club			53:15	139.					<b>53:15</b>	<b>216.</b>	MV50	20th
185	Guy Jenkins	Hereford Couriers RC			53:26	140.					<b>53:26</b>	<b>217.</b>	MV60	9th

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## Results after Race 2

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
288	Susannah Kirk	Ledbury Harriers			53:48	143.					53:48	218.	FV45	7th
45	Malc Gonnella	Builth & District			54:08	146.					54:08	219.	MV65	8th
88	Howard Verran	Croft Ambrey RC			54:16	147.					54:16	220.	MV45	18th
55	Raymond Davies	Builth & District			54:22	148.					54:22	221.	MV40	25th
433	Martin Blakebrough	Spirit of Monmouth	54:48	72.							54:48	222.	MV60	10th
22	David Sutherland	Builth & District			55:23	155.					55:23	223.	MV65	9th
101	Liza Austin	Croft Ambrey RC			55:26	156.					55:26	224.	FV55	10th
480	Kate Green	Wye Valley Runners			55:33	157.					55:33	225.	FV55	11th
46	Mel Sadie	Builth & District	55:50	76.							55:50	226.	SF	12th
469	Gordon Truluck	Wye Valley Runners			55:52	159.					55:52	227.	MV65	10th
132	Leanne Meek	Forest of Dean AC			56:28	166.					56:28	228.	FV40	8th
114	Roxy Woodfield	Croft Ambrey RC	56:50	85.							56:50	229.	SF	13th
326	Rachel Butler	Maldwyn Harriers			57:14	169.					57:14	230.	FV60	6th
205	Mark Jones	Hereford Couriers RC	57:23	94.							57:23	231.	MV50	21st
341	Jo Lewis	Maldwyn Harriers			57:30	171.					57:30	232.	FV50	10th
95	Joseph Lynch	Croft Ambrey RC	57:30	96.							57:30	233.	SM	32nd
289	Tym Musgrove	Ledbury Harriers	57:31	97.							57:31	234.	MV60	11th
474	Jo Ellis	Wye Valley Runners			57:32	172.					57:32	235.	FV45	8th
315	Sarah Edwards	Ludlow Runners			57:34	173.					57:34	236.	FV50	11th
76	Dave Millichap	Croft Ambrey RC	57:49	100.							57:49	237.	MV50	22nd
187	Harry Jenkins	Hereford Couriers RC			58:21	178.					58:21	238.	MV35	19th
458	Billy Smallwood	Wye Valley Runners			58:23	179.					58:23	239.	FV55	12th
275	Vince Playdon	Hereford Triathlon Club	58:30	102.							58:30	240.	MV50	23rd
57	Christian Prynn	Builth & District	59:02	105.							59:02	241.	MV50	24th
220	Wesley Jones	Hereford Couriers RC			59:06	182.					59:06	242.	MV40	26th
454	Amelia Louth	Wye Valley Runners	59:29	106.							59:29	243.	SF	14th
426	Brian Evans	Spirit of Monmouth	59:32	107.							59:32	244.	MV50	25th
281	Helen Milner	Ledbury Harriers			59:41	186.					59:41	245.	FV50	12th
85	Guy Whitmarsh	Croft Ambrey RC			59:58	188.					59:58	246.	MV75	4th
165	Ben James	Hereford Couriers RC			1:00:01	189.					1:00:01	247.	MV40	27th
192	Brian Francis	Forest of Dean AC	1:00:08	110.							1:00:08	248.	MV60	12th



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## Results after Race 2

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
215	Sarah Askey	Hereford Couriers RC	1:00:13	111.							1:00:13	249.	FV55	13th
138	Dilek Usta-Aarons	Hay Hotfooters	1:00:25	112.							1:00:25	250.	FV45	9th
470	Hannah Thomas	Wye Valley Runners			1:00:25	191.					1:00:25	251.	FV45	10th
79	Flora Gunner	Croft Ambrey RC			1:00:33	192.					1:00:33	252.	FV60	7th
259	Nicola Goodwin	Hereford Triathlon Club			1:00:47	194.					1:00:47	253.	FV45	11th
82	Gary Gunner	Croft Ambrey RC			1:00:58	195.					1:00:58	254.	MV75	5th
265	Richard Cawley	Hereford Triathlon Club	1:01:21	117.							1:01:21	255.	MV45	19th
471	James Vidler	Wye Valley Runners	1:01:28	119.							1:01:28	256.	MV60	13th
172	Christina	Hereford Couriers RC	1:01:30	120.							1:01:30	257.	FV40	9th
528	Suzanne Purvin	Croft Ambrey RC			1:02:06	199.					1:02:06	258.	FV60	8th
86	Hayley Colebatch	Croft Ambrey RC			1:02:17	201.					1:02:17	259.	FV35	8th
17	Celia Speake	Builth & District	1:02:33	124.							1:02:33	260.	FV55	14th
267	Robin Finlay	Hereford Triathlon Club			1:02:36	205.					1:02:36	261.	FV50	13th
499	Ralph Lloyd	Wye Valley Runners			1:02:54	208.					1:02:54	262.	MV60	14th
234	Deanna Mammatt	Hereford Triathlon Club	1:03:07	126.							1:03:07	263.	FV45	12th
299	Edward Lane	Ludlow Runners	1:03:33	129.							1:03:33	264.	MV55	23rd
20	Colin Davies	Builth & District	1:03:38	130.							1:03:38	265.	MV55	24th
70	Bronwyn Preece	Croft Ambrey RC	1:03:50	133.							1:03:50	266.	SF	15th
54	Phill Harris	Builth & District	1:04:27	135.							1:04:27	267.	MV40	28th
14	Rebecca Foster	MonRoss trailblazers	1:04:47	138.							1:04:47	268.	FV45	13th
431	Maixent Gaillard	Spirit of Monmouth	1:04:48	139.							1:04:48	269.	MV45	20th
495	Paddy Nugent	Wye Valley Runners	1:04:49	140.							1:04:49	270.	MV60	15th
7	Abbie Davies	Builth & District	1:05:01	143.							1:05:01	271.	SF	16th
519	Richard Tyler	Hereford Couriers RC			1:05:02	213.					1:05:02	272.	MV65	11th
28	Gary Watts	Builth & District	1:05:07	144.							1:05:07	273.	MV60	16th
198	Kirsty Jenkins	Hereford Couriers RC	1:05:24	145.							1:05:24	274.	FV35	9th
139	Eleanor Griffiths	Hay Hotfooters	1:05:30	146.							1:05:30	275.	SF	17th
523	Rachel Buckland	Malvern Buzzards Running			1:05:30	215.					1:05:30	276.	FV55	15th
345	Paul McCullough	Maldwyn Harriers	1:05:31	147.							1:05:31	277.	MV45	21st
397	Emma Davies	MonRoss trailblazers	1:05:45	149.							1:05:45	278.	FV50	14th
23	Emma Bagshaw	Builth & District	1:06:05	150.							1:06:05	279.	FV50	15th

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## Results after Race 2

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
15	Beth Curry	Builth & District	1:06:07	151.							1:06:07	280.	FV35	10th
134	Stefanie Francis	Forest of Dean AC	1:06:10	152.							1:06:10	281.	FV55	16th
103	Louise Phillips	Croft Ambrey RC			1:06:43	220.					1:06:43	282.	FV50	16th
149	Sara Lake	Hay Hotfooters	1:07:03	157.							1:07:03	283.	FV50	17th
507	Temi Odurinde	Wye Valley Runners	1:07:12	158.							1:07:12	284.	MV60	17th
200	Lauren Pullen	Hereford Couriers RC			1:07:14	221.					1:07:14	285.	SF	18th
312	Paul Baskeyfield	Ludlow Runners	1:07:41	162.							1:07:41	286.	MV60	18th
373	Julie Caseley	Malvern Buzzards Running	1:08:22	168.							1:08:22	287.	FV60	9th
89	Huw Williams	Croft Ambrey RC	1:08:36	170.							1:08:36	288.	MV60	19th
311	Paul Roberts	Ludlow Runners	1:09:13	172.							1:09:13	289.	MV60	20th
80	Frank Luscott	Croft Ambrey RC			1:10:33	226.					1:10:33	290.	MV65	12th
8	Adam Johnstone	Builth & District	1:10:51	177.							1:10:51	291.	MV50	26th
505	Sian Champken	Wye Valley Runners	1:11:28	178.							1:11:28	292.	FV50	18th
263	Rachel Trott	Hereford Triathlon Club			1:12:18	228.					1:12:18	293.	FV50	19th
106	Mike Hayward	Croft Ambrey RC	1:13:34	190.							1:13:34	294.	MV60	21st
420	Caroline Robinson	Presteigne Pacers			1:15:05	229.					1:15:05	295.	FV40	10th
34	Izzy Watts	Builth & District	1:15:21	194.							1:15:21	296.	FV45	14th
453	Alison Chadwick	Wye Valley Runners			1:15:27	230.					1:15:27	297.	FV60	10th
494	Nick Paviour	Wye Valley Runners			1:15:56	232.					1:15:56	298.	SM	33rd
306	Jo Stanley	Ludlow Runners	1:16:49	197.							1:16:49	299.	FV60	11th
83	Gemma Davies	Croft Ambrey RC	1:17:08	199.							1:17:08	300.	FV40	11th
47	Melanie Graham	Builth & District	1:17:14	200.							1:17:14	301.	FV60	12th
127	Tim Wain-Hobson	Croft Ambrey RC	1:18:00	201.							1:18:00	302.	MV70	2nd
190	John Noonan	Hereford Couriers RC			1:21:21	235.					1:21:21	303.	MV65	13th
153	Sue Richards	Hay Hotfooters	1:21:34	204.							1:21:34	304.	FV65	4th
13	Avril Hardwick	Builth & District	1:21:43	205.							1:21:43	305.	FV40	12th
459	Brent Lowson	Wye Valley Runners	1:22:11	206.							1:22:11	306.	MV60	22nd
126	Theresa Jones	Croft Ambrey RC	1:22:41	207.							1:22:41	307.	FV55	17th
87	Hayley Millichap	Croft Ambrey RC	1:23:41	210.							1:23:41	308.	FV50	20th
349	Steve Orrells	Maldwyn Harriers	1:26:18	211.							1:26:18	309.	MV70	3rd
319	Sybil Marsh	Ludlow Runners	1:31:56	213.							1:31:56	310.	FV75	2nd

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## Results after Race 2

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age	Pos
446	Louis Ansfield	Western Tempo	21:43	1.	24:58	1.					<b>46:41</b>	<b>1.</b>	MU17	1st
155	Ben Warburton	Hereford and County AC	26:00	2.	30:55	2.					<b>56:55</b>	<b>2.</b>	MU17	2nd
201	Lois Erwin	Hereford Couriers RC	32:42	3.	35:30	5.					<b>1:08:13</b>	<b>3.</b>	FU17	1st
531	Oliver Marsh	Croft Ambrey RC			32:46	3.					<b>32:46</b>	<b>4.</b>	MU17	3rd
599	Jamie Symonds	Croft Ambrey RC			34:02	4.					<b>34:02</b>	<b>5.</b>	MU17	4th

Number of records: 315