

# Herefordshire Winter Cross Country 2022/23 Team Results Race 3



Bib	Name	Time	Age Category
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## Female

### 1. Bulth & District 1 2:54:21,00

507	Donna Morris	39:02	Vet 35 Female
492	Joanne Rees	44:04	Vet 45 Female
486	Kate Jones	45:24	Senior Female
541	Sophie Cook	45:51	Vet 40 Female

### 2. Croft Ambrey RC 1 3:21:38,00

401	Mia Davies	48:56	Senior Female
409	Liza Austin	49:51	Vet 55 Female
394	Steph Main	50:03	Vet 50 Female
449	Flora Gunner	52:48	Vet 55 Female

### 3. Bulth & District 2 3:22:58,00

552	Lisa Boucher	49:02	Vet 35 Female
503	Isabelle Robinson	49:04	Senior Female
550	Mel Sadie	51:03	Senior Female
504	Gunvor Troelsen	53:49	Vet 55 Female

### 4. Hay Hotfooters 1 3:24:40,00

276	Eleanor Griffiths	49:51	Senior Female
286	Kate Platt	51:29	Vet 45 Female
280	Sara Lake	51:39	Vet 50 Female
287	Sharon Collins	51:41	Vet 55 Female

### 5. Maldwyn Harriers 1 3:32:23,00

580	Helen Owen	51:29	Vet 50 Female
572	Tricia Hirst	53:20	Vet 65 Female
575	Jo Lewis	53:40	Vet 45 Female
563	Catherine Bradley	53:54	Vet 40 Female

### 6. Croft Ambrey RC 2 3:53:16,00

381	Samantha Harper	54:06	Vet 45 Female
421	Nikki Fergusson	59:22	Senior Female
385	Sue Wood	59:23	Vet 65 Female
410	Steph King	1:00:25	Vet 55 Female

### 7. Hay Hotfooters 2 3:54:52,00

293	Dilek Usta-Aarons	53:07	Vet 45 Female
300	Ali Allen	54:35	Vet 55 Female
273	Tina Lavelle	1:02:38	Vet 65 Female
290	Sue Richards	1:04:32	Vet 65 Female



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## Male

### 1. Croft Ambrey RC 1 2:19:34,00

411	Eric Apperley	33:04	Senior Male
440	Aidan Yapp	34:13	Male Under 20
389	Gareth Leek	35:19	Senior Male
418	Jasper Robinson	36:58	Senior Male

### 2. Bulth & District 1 2:22:49,00

523	Robin Woods	34:03	Vet 45 Male
484	Wyndham Turner	34:16	Senior Male
531	Philip Morris	36:35	Vet 40 Male
495	Lee Price	37:55	Vet 45 Male

### 3. Hereford Couriers RC 1 2:27:25,00

248	Ryan Knight	35:52	Senior Male
270	Will Morris	37:05	Senior Male
192	Andrew Tyler	37:13	Vet 50 Male
237	Luke Mason	37:15	Vet 35 Male

### 4. Monross Trailblazers 1 2:31:59,00

36	Luke Gray	35:13	Vet 35 Male
38	Gavin Jones	35:52	Senior Male
42	Rob Nicholls	38:04	Vet 35 Male
46	Andrew Stephens	42:50	Vet 45 Male

### 5. Malvern Buzzards Running Club 1 2:40:17,00

181	Richard Walsh	37:28	Vet 35 Male
182	Neil Warne	38:13	Vet 40 Male
171	Sim Foreman	42:17	Vet 45 Male
184	Dave Woodward	42:19	Vet 35 Male

### 6. Croft Ambrey RC 2 2:44:03,00

408	Sam Juson	36:59	Senior Male
443	Grant Womack	39:56	Vet 40 Male
397	Steve Partrige	42:46	Vet 40 Male
673	Stuart Austin	44:22	Vet 55 Male

### 7. Hereford Couriers RC 2 2:45:31,00

195	Ben Skinner	39:39	Vet 35 Male
240	Martin Lloyd	41:05	Vet 40 Male
239	Martin Carter	42:17	Vet 55 Male
267	Luke Williams	42:30	Vet 40 Male

### 8. Hereford Triathlon Club 1 2:46:56,00

324	Andy Fisher	36:51	Vet 50 Male
663	Andy Taylor	41:57	Vet 50 Male
306	Adamo Mihcinok	43:16	Vet 40 Male



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310	Paul Mammatt	44:52	Vet 50 Male
<b>9. Wye Valley Runners 1</b>		<b>2:46:58,00</b>	
151	Richard Williams	39:07	Vet 35 Male
127	Jeremy Jehan	40:08	Vet 50 Male
115	Niall Considine	43:31	Senior Male
118	Mark Dunn	44:12	Vet 55 Male
<b>10. Brecon Athletic Club 1</b>		<b>2:47:04,00</b>	
13	Michael Holloway	36:20	Vet 35 Male
10	Barney Goodrich	40:40	Vet 45 Male
5	Rob Stephens	42:58	Vet 45 Male
7	Mark Roberts	47:06	Vet 60 Male
<b>11. Bulth &amp; District 2</b>		<b>2:48:16,00</b>	
546	Chris Burton	40:34	Vet 35 Male
534	Matthew Sullivan	40:42	Senior Male
518	Stafford Rees	42:24	Vet 50 Male
500	Dai Harris	44:36	Vet 35 Male
<b>12. Ludlow Runners 1</b>		<b>2:50:18,00</b>	
87	Oliver Perratt	33:05	Senior Male
80	Alex Logan	39:01	Vet 40 Male
101	Mark Warren	43:47	Vet 60 Male
92	Clive Richardson	54:25	Vet 65 Male
<b>13. Maldwyn Harriers 1</b>		<b>2:53:14,00</b>	
592	Jared Forte	38:24	Senior Male
597	Garry Jones	41:25	Vet 50 Male
589	Edward Davies	45:06	Vet 65 Male
599	Ifan Jones	48:19	Vet 55 Male
<b>14. Hereford Couriers RC 3</b>		<b>2:54:51,00</b>	
226	Jonathan Gledhill	42:42	Vet 40 Male
225	Jonathan Davey	43:38	Vet 55 Male
201	Chris Smart	43:49	Vet 55 Male
271	Ben Watkins	44:42	Vet 35 Male
<b>15. Ledbury Harriers 1</b>		<b>2:55:18,00</b>	
465	Neil Grinnell	40:49	Vet 45 Male
659	Steve Rooke	42:47	Vet 50 Male
656	Rob Kerr	43:25	Vet 65 Male
660	Phil Johnson	48:17	Vet 50 Male
<b>16. Bulth &amp; District 3</b>		<b>3:10:30,00</b>	
494	Gareth Wood	46:13	Senior Male
489	James Jones	46:52	Senior Male
526	Christian Prynne	48:39	Vet 50 Male
527	Ali Hardaway	48:46	Vet 55 Male



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Bib	Name	Time	Age Category
<b>17. Hereford Couriers RC 4</b>			<b>3:18:34,00</b>
245	Richie Richards	44:56	Vet 55 Male
208	David Williams	48:42	Vet 60 Male
254	Steve Herington	50:04	Vet 70 Male
229	Kevin Barnes	54:52	Vet 55 Male
<b>18. Croft Ambrey RC 3</b>			<b>3:20:27,00</b>
413	Tim Jones	46:45	Vet 55 Male
420	Neil Taylor	50:02	Vet 65 Male
406	Howard Verran	51:16	Vet 45 Male
417	Ashley Robinson	52:24	Vet 70 Male
<b>19. Bulth &amp; District 4</b>			<b>3:26:33,00</b>
498	Phill Harris	50:54	Vet 40 Male
536	David Sutherland	51:08	Vet 65 Male
496	Andrew Jones	51:46	Vet 55 Male
513	Alexander Brown	52:45	Vet 55 Male

Number of Records: 104

