

Herefordshire Winter Cross Country 2022/23



Team Results Race 4

Bib	Name	Time	Age Category
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Female

1. **Builth & District 1** **3:01:56,00**

507	Donna Morris	41:57	Vet 35 Female
492	Joanne Rees	45:52	Vet 45 Female
486	Kate Jones	46:42	Senior Female
541	Sophie Cook	47:25	Vet 40 Female

2. **Malvern Buzzards Running Club 1** **3:09:21,00**

680	Anne Kenchington	37:52	Senior Female
183	Ali Webb	48:47	Vet 50 Female
176	Margaret Kenchington	50:38	Vet 65 Female
180	Steph Upton	52:04	Vet 55 Female

3. **Hereford Couriers RC 1** **3:21:34,00**

236	Lucy Jarvis	48:58	Senior Female
221	Jess Sullivan	50:23	Vet 35 Female
213	Faye Lewis	51:02	Vet 40 Female
191	Amy Smith	51:11	Vet 35 Female

4. **Croft Ambrey RC 1** **3:22:02,00**

386	Kelly Bowen	44:53	Vet 35 Female
423	Emma Jones	51:04	Vet 45 Female
405	Jo Tilby	53:00	Vet 40 Female
669	Steph Main	53:05	Vet 50 Female

5. **Wye Valley Runners 1** **3:27:01,00**

134	Amelia Louth	50:13	Senior Female
124	Kate Green	51:36	Vet 55 Female
110	Becki Ansfield	51:58	Vet 45 Female
141	Lorna Shaw	53:14	Vet 60 Female

6. **Maldwyn Harriers 1** **3:27:40,00**

581	Ffion Price	43:58	Senior Female
563	Catherine Bradley	53:42	Vet 40 Female
582	Suzanne Rowlands	54:25	Vet 45 Female
580	Helen Owen	55:35	Vet 50 Female

7. **Builth & District 2** **3:30:41,00**

552	Lisa Boucher	50:03	Vet 35 Female
503	Isabelle Robinson	52:09	Senior Female
504	Gunvor Troelsen	53:15	Vet 55 Female
528	Abbie Davies	55:14	Senior Female

8. **Hereford Couriers RC 2** **3:35:01,00**

250	Sarah Askey	52:29	Vet 55 Female
203	Christina Pinto-Pearson	52:39	Vet 40 Female



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189	Abi Knight	54:11	Senior Female
233	Kimberley Pickett	55:42	Vet 35 Female
9.	Ludlow Runners 1	3:39:56,00	
86	Laura Perratt	51:39	Senior Female
96	Emma Stewardson	53:08	Vet 45 Female
107	Sarah Edwards	56:37	Vet 50 Female
72	Lizzie Gorton	58:32	Senior Female
10.	Hay Hotfooters 1	3:40:13,00	
276	Eleanor Griffiths	48:31	Senior Female
287	Sharon Collins	52:53	Vet 55 Female
286	Kate Platt	56:45	Vet 45 Female
284	Sue Hackett	1:02:04	Vet 60 Female
11.	Croft Ambrey RC 2	3:47:22,00	
674	Mia Davies	55:42	Senior Female
395	Bronwyn Preece	55:47	Senior Female
431	Suzanne Powell	56:25	Vet 60 Female
438	Liv Moses	59:28	Senior Female
12.	Ledbury Harriers 1	3:52:17,00	
478	Susannah Kirk	55:11	Vet 45 Female
657	Caroline Kerr	56:47	Vet 55 Female
480	Helen Milner	58:13	Vet 50 Female
472	Rachel Bannister	1:02:06	Vet 45 Female
13.	Maldwyn Harriers 2	3:53:39,00	
572	Tricia Hirst	56:32	Vet 65 Female
584	Rachel Williams	57:29	Vet 50 Female
583	Rachel Wood	58:36	Vet 35 Female
570	Jill Hillman	1:01:02	Vet 65 Female
14.	Hereford Triathlon Club 1	3:56:15,00	
338	Deanna Mammatt	57:26	Vet 45 Female
351	Joyce Warburton	58:28	Vet 50 Female
355	Charlotte Godsall	59:58	Vet 45 Female
343	Liz Davies-Ward	1:00:23	Vet 60 Female
15.	Malvern Buzzards Running Club 2	4:03:39,00	
172	Barbara Gawlak	54:41	Vet 35 Female
164	Julie Caseley	58:19	Vet 60 Female
174	Robyn Hall	1:05:14	Senior Female
166	Sarah Cuddy	1:05:25	Vet 45 Female
16.	Croft Ambrey RC 3	4:05:01,00	
449	Flora Gunner	59:29	Vet 55 Female
410	Steph King	1:00:44	Vet 55 Female



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Bib	Name	Time	Age Category
388	Nikki Doherty	1:02:24	Vet 35 Female
421	Nikki Fergusson	1:02:24	Senior Female
17. Hereford Couriers RC 3		4:35:40,00	
260	Nicola Tyler	59:19	Vet 50 Female
198	Bronwen Tyler-Jones	59:34	Vet 50 Female
272	Bryony Dean	1:00:35	Vet 45 Female
227	Heidi Lyth	1:36:12	Vet 50 Female



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Bib	Name	Time	Age Category
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Male

1. Croft Ambrey RC 1		2:22:38,00	
440	Aidan Yapp	34:45	Male Under 20
447	Mark Lamonby	35:30	Senior Male
411	Eric Apperley	36:01	Senior Male
422	Matt Yapp	36:22	Senior Male
2. Bulth & District 1		2:31:06,00	
484	Wyndham Turner	36:02	Senior Male
523	Robin Woods	36:37	Vet 45 Male
531	Philip Morris	38:24	Vet 40 Male
495	Lee Price	40:03	Vet 45 Male
3. Hereford Couriers RC 1		2:31:10,00	
248	Ryan Knight	36:40	Senior Male
241	Matt James	37:27	Vet 35 Male
247	Ross Cameron	38:16	Senior Male
270	Will Morris	38:47	Senior Male
4. Croft Ambrey RC 2		2:33:29,00	
389	Gareth Leek	36:31	Senior Male
408	Sam Juson	37:10	Senior Male
418	Jasper Robinson	38:14	Senior Male
412	Simon Norwood	41:34	Vet 50 Male
5. Malvern Buzzards Running Club 1		2:36:23,00	
186	Adam Wilson	37:59	
181	Richard Walsh	39:08	Vet 35 Male
625	Keith Evans	39:20	Vet 50 Male
182	Neil Warne	39:56	Vet 40 Male
6. Hereford Couriers RC 2		2:42:11,00	
218	Harry Woodhouse	40:05	Senior Male
192	Andrew Tyler	40:06	Vet 50 Male
249	Ryan Lawrence	40:21	Senior Male
195	Ben Skinner	41:39	Vet 35 Male
7. Monross Trailblazers 1		2:46:18,00	
36	Luke Gray	37:05	Vet 35 Male
38	Gavin Jones	39:15	Senior Male
49	Grant White	44:18	Senior Male
46	Andrew Stephens	45:40	Vet 45 Male
8. Malvern Buzzards Running Club 2		2:47:18,00	
626	Christian Dowle	41:31	Vet 50 Male
173	Phill Griffiths	41:32	Vet 35 Male





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Bib	Name	Time	Age Category
175	Andy Kenchington	41:47	Vet 55 Male
188	Paul Dolphin	42:28	Vet 35 Male
9.	Ludlow Runners 1	2:49:58,00	
87	Oliver Perratt	34:30	Senior Male
80	Alex Logan	40:09	Vet 40 Male
101	Mark Warren	45:59	Vet 60 Male
53	Chris Ashley	49:20	Senior Male
10.	Wye Valley Runners 1	2:54:09,00	
151	Richard Williams	40:40	Vet 35 Male
127	Jeremy Jehan	42:12	Vet 50 Male
115	Niall Considine	45:16	Senior Male
130	David Klotz	46:01	Vet 40 Male
11.	Builth & District 2	2:54:32,00	
534	Matthew Sullivan	42:30	Senior Male
546	Chris Burton	43:13	Vet 35 Male
502	Josh Price	44:14	Senior Male
518	Stafford Rees	44:35	Vet 50 Male
12.	Hereford Triathlon Club 1	2:54:47,00	
324	Andy Fisher	38:38	Vet 50 Male
663	Andy Taylor	43:51	Vet 50 Male
304	Conrad Lawson	45:08	Vet 45 Male
310	Paul Mammatt	47:10	Vet 50 Male
13.	Ledbury Harriers 1	2:55:29,00	
471	David Bannister	38:56	Vet 45 Male
465	Neil Grinnell	43:03	Vet 45 Male
656	Rob Kerr	45:50	Vet 65 Male
561	Chris Law	47:40	Vet 55 Male
14.	Hereford Couriers RC 3	2:56:53,00	
240	Martin Lloyd	42:43	Vet 40 Male
224	Jon Phillips	43:41	Vet 35 Male
267	Luke Williams	45:05	Vet 40 Male
239	Martin Carter	45:24	Vet 55 Male
15.	Brecon Athletic Club 1	3:01:55,00	
13	Michael Holloway	39:32	Vet 35 Male
10	Barney Goodrich	43:33	Vet 45 Male
1	Evan Price Davies	48:56	Senior Male
7	Mark Roberts	49:54	Vet 60 Male
16.	Hereford Couriers RC 4	3:05:25,00	
201	Chris Smart	45:31	Vet 55 Male
226	Jonathan Gledhill	45:34	Vet 40 Male





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245	Richie Richards	46:34	Vet 55 Male
225	Jonathan Davey	47:46	Vet 55 Male
17. Croft Ambrey RC 3		3:05:49,00	
430	Nigel Taylor	44:47	Vet 55 Male
429	Neil Powell	45:38	Vet 50 Male
424	Greg Jones	46:26	Vet 50 Male
413	Tim Jones	48:58	Vet 55 Male
18. Bulth & District 3		3:05:49,00	
512	Rhys Davies	44:50	Senior Male
514	Richard Bullass	45:33	Senior Male
500	Dai Harris	46:30	Vet 35 Male
489	James Jones	48:56	Senior Male
19. Maldwyn Harriers 1		3:14:23,00	
597	Garry Jones	43:33	Vet 50 Male
589	Edward Davies	45:53	Vet 65 Male
593	Rob Francis	51:15	Vet 45 Male
599	Ifan Jones	53:42	Vet 55 Male
20. Monross Trailblazers 2		3:20:15,00	
43	Rob Potter	46:12	Vet 45 Male
682	Martin Woodhead	49:02	Vet 60 Male
677	Michael Thurgood	52:03	Vet 50 Male
34	Adam Gray	52:58	Vet 35 Male
21. Croft Ambrey RC 4		3:23:14,00	
672	George Thomas	49:47	Senior Male
425	Daniel Brazier	50:34	Senior Male
420	Neil Taylor	51:24	Vet 65 Male
390	Dave Millichap	51:29	Vet 50 Male
22. Ledbury Harriers 2		3:25:44,00	
477	Andy Crawshaw	48:06	Vet 55 Male
560	Tym Musgrove	51:19	Vet 55 Male
562	Ed Hogan	52:26	Vet 40 Male
660	Phil Johnson	53:53	Vet 50 Male
23. Bulth & District 4		3:26:24,00	
494	Gareth Wood	48:59	Senior Male
527	Ali Hardaway	50:43	Vet 55 Male
536	David Sutherland	53:14	Vet 65 Male
530	Raymond Davies	53:28	Vet 40 Male
24. Wye Valley Runners 2		3:28:19,00	
118	Mark Dunn	46:59	Vet 55 Male
158	Robert Gilligan	49:51	Vet 55 Male



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Bib	Name	Time	Age Category
120	Richard Evans	54:40	Vet 45 Male
159	Temi Odurinde	56:49	Vet 60 Male
25.	Hereford Triathlon Club 2	3:33:21,00	
313	Christian Mason	52:06	Vet 35 Male
664	Tim Farndon	52:07	Vet 45 Male
333	Stephen Vaughan	54:11	Vet 50 Male
327	Shaun Bryan	54:57	Vet 50 Male
26.	Hereford Couriers RC 5	3:36:34,00	
208	David Williams	52:44	Vet 60 Male
254	Steve Herington	53:15	Vet 70 Male
217	Guy Jenkins	54:41	Vet 60 Male
238	Mark Hookins	55:54	Vet 55 Male
27.	Croft Ambrey RC 5	3:41:59,00	
417	Ashley Robinson	53:03	Vet 70 Male
406	Howard Verran	54:00	Vet 45 Male
427	Oliver Cameron Swan	55:15	Vet 45 Male
448	Gary Gunner	59:41	Vet 75 Male
28.	Builth & District 5	3:48:40,00	
496	Andrew Jones	55:23	Vet 55 Male
498	Phill Harris	57:17	Vet 40 Male
513	Alexander Brown	57:52	Vet 55 Male
522	Gareth Morris	58:08	Vet 55 Male
29.	Hereford Couriers RC 6	4:10:12,00	
264	Greg Nicholls	56:18	Vet 40 Male
196	Ben James	57:25	Vet 35 Male
229	Kevin Barnes	57:38	Vet 55 Male
222	John Noonan	1:18:51	Vet 60 Male

Number of Records: 184

