

# Herefordshire Winter Cross Country 2022/23



## Team Results - Race 5

Bib	Name	Time	Age Category
-----	------	------	--------------

### Female

#### 1. **Builth & District 1** **2:56:19,00**

507	Donna Morris	40:41	Vet 35 Female
486	Kate Jones	44:46	Senior Female
541	Sophie Cook	45:05	Vet 40 Female
492	Joanne Rees	45:47	Vet 45 Female

#### 2. **Malvern Buzzards Running Club 1** **3:05:15,00**

680	Anne Kenchington	37:31	Senior Female
183	Ali Webb	48:41	Vet 50 Female
176	Margaret Kenchington	48:46	Vet 65 Female
180	Steph Upton	50:17	Vet 55 Female

#### 3. **Croft Ambrey RC 1** **3:13:09,00**

386	Kelly Bowen	43:49	Vet 35 Female
668	Isabella Evans	47:27	Senior Female
674	Mia Davies	49:50	Senior Female
405	Jo Tilby	52:03	Vet 40 Female

#### 4. **Builth & District 2** **3:21:23,00**

550	Mel Sadie	48:20	Senior Female
552	Lisa Boucher	48:47	Vet 35 Female
504	Gunvor Troelsen	52:02	Vet 55 Female
503	Isabelle Robinson	52:14	Senior Female

#### 5. **Wye Valley Runners 1** **3:33:36,00**

110	Becki Ansfield	50:48	Vet 45 Female
141	Lorna Shaw	53:02	Vet 60 Female
113	Lynne Compton	53:03	Vet 55 Female
119	Jo Ellis	56:43	Vet 40 Female

#### 6. **Hay Hotfooters 1** **3:34:57,00**

276	Eleanor Griffiths	51:42	Senior Female
287	Sharon Collins	52:36	Vet 55 Female
280	Sara Lake	53:40	Vet 50 Female
293	Dilek Usta-Aarons	56:59	Vet 45 Female

#### 7. **Maldwyn Harriers 1** **3:37:12,00**

612	Catherine Bradley	51:11	Vet 40 Female
614	Helen Owen	54:01	Vet 50 Female
572	Tricia Hirst	55:44	Vet 65 Female
575	Jo Lewis	56:16	Vet 45 Female

#### 8. **Croft Ambrey RC 2** **3:37:30,00**

395	Bronwyn Preece	53:12	Senior Female
409	Liza Austin	54:25	Vet 55 Female



# Herefordshire Winter Cross Country 2022/23



## Team Results - Race 5

Bib	Name	Time	Age Category
449	Flora Gunner	54:27	Vet 55 Female
388	Nikki Doherty	55:26	Vet 35 Female
<b>9.</b>	<b>Hereford Couriers RC 1</b>		<b>3:39:12,00</b>
189	Abi Knight	49:55	Senior Female
203	Christina Pinto-Pearson	51:57	Vet 40 Female
272	Bryony Dean	55:57	Vet 45 Female
198	Bronwen Tyler-Jones	1:01:23	Vet 50 Female
<b>10.</b>	<b>Hereford Triathlon Club 1</b>		<b>3:44:11,00</b>
346	Louise Le Ray	53:35	Vet 55 Female
338	Deanna Mammatt	55:52	Vet 45 Female
351	Joyce Warburton	57:05	Vet 50 Female
341	Sue Bissell	57:39	Vet 60 Female
<b>11.</b>	<b>Malvern Buzzards Running Club 2</b>		<b>3:45:37,00</b>
162	Nicola Brighton	50:53	Vet 50 Female
164	Julie Caseley	56:46	Vet 60 Female
172	Barbara Gawlak	57:12	Vet 35 Female
174	Robyn Hall	1:00:46	Senior Female
<b>12.</b>	<b>Ludlow Runners 1</b>		<b>4:03:37,00</b>
107	Sarah Edwards	55:55	Vet 50 Female
72	Lizzie Gorton	56:02	Senior Female
77	Eva Lewis	1:04:26	Vet 35 Female
109	Stella Disney	1:07:14	Vet 55 Female
<b>13.</b>	<b>Croft Ambrey RC 3</b>		<b>4:07:43,00</b>
381	Samantha Harper	58:02	Vet 45 Female
410	Steph King	59:29	Vet 55 Female
398	Gemma Davies	1:04:35	Vet 40 Female
396	Clare Preece	1:05:37	Vet 50 Female



# Herefordshire Winter Cross Country 2022/23



## Team Results - Race 5

Bib	Name	Time	Age Category
-----	------	------	--------------

### Male

#### 1. Croft Ambrey RC 1 2:21:49,00

447	Mark Lamonby	34:53	Senior Male
389	Gareth Leek	35:20	Senior Male
411	Eric Apperley	35:30	Senior Male
408	Sam Juson	36:06	Senior Male

#### 2. Bulth & District 1 2:25:59,00

523	Robin Woods	34:47	Vet 45 Male
484	Wyndham Turner	35:32	Senior Male
553	Tom Turner	37:28	Vet 35 Male
531	Philip Morris	38:12	Vet 40 Male

#### 3. Hereford Couriers RC 1 2:29:57,00

241	Matt James	36:36	Vet 35 Male
248	Ryan Knight	36:40	Senior Male
237	Luke Mason	38:19	Vet 35 Male
247	Ross Cameron	38:22	Senior Male

#### 4. Malvern Buzzards Running Club 1 2:36:15,00

181	Richard Walsh	38:00	Vet 35 Male
625	Keith Evans	39:04	Vet 50 Male
173	Phill Griffiths	39:18	Vet 35 Male
182	Neil Warne	39:53	Vet 40 Male

#### 5. Hereford Couriers RC 2 2:38:29,00

270	Will Morris	38:51	Senior Male
192	Andrew Tyler	39:24	Vet 50 Male
195	Ben Skinner	39:54	Vet 35 Male
249	Ryan Lawrence	40:20	Senior Male

#### 6. Hereford Triathlon Club 1 2:40:29,00

324	Andy Fisher	38:06	Vet 50 Male
323	Sam Mayglothing	38:17	Vet 35 Male
307	Peter Koval	40:41	Vet 35 Male
304	Conrad Lawson	43:25	Vet 45 Male

#### 7. Croft Ambrey RC 2 2:42:58,00

418	Jasper Robinson	37:14	Senior Male
412	Simon Norwood	40:19	Vet 50 Male
430	Nigel Taylor	41:49	Vet 55 Male
397	Steve Partridge	43:36	Vet 40 Male

#### 8. Ludlow Runners 1 2:51:41,00

87	Oliver Perratt	34:22	Senior Male
73	Aidan Yapp	36:04	Male Under 20



# Herefordshire Winter Cross Country 2022/23



## Team Results - Race 5

Bib	Name	Time	Age Category
53	Chris Ashley	47:00	Senior Male
65	Craig Collier	54:15	Vet 35 Male
<b>9.</b>	<b>Builth &amp; District 2</b>	<b>2:52:48,00</b>	
534	Matthew Sullivan	41:54	Senior Male
546	Chris Burton	42:11	Vet 35 Male
500	Dai Harris	44:05	Vet 35 Male
489	James Jones	44:38	Senior Male
<b>10.</b>	<b>Wye Valley Runners 1</b>	<b>2:53:38,00</b>	
149	Ian Whistance	41:42	Vet 50 Male
127	Jeremy Jehan	42:04	Vet 50 Male
115	Niall Considine	44:32	Senior Male
118	Mark Dunn	45:20	Vet 55 Male
<b>11.</b>	<b>Ledbury Harriers 1</b>	<b>2:55:21,00</b>	
471	David Bannister	38:23	Vet 45 Male
465	Neil Grinnell	42:32	Vet 45 Male
656	Rob Kerr	44:59	Vet 65 Male
560	Tym Musgrove	49:27	Vet 55 Male
<b>12.</b>	<b>Hereford Couriers RC 3</b>	<b>2:58:15,00</b>	
201	Chris Smart	43:45	Vet 55 Male
239	Martin Carter	44:25	Vet 55 Male
267	Luke Williams	44:51	Vet 40 Male
225	Jonathan Davey	45:14	Vet 55 Male
<b>13.</b>	<b>Brecon Athletic Club 1</b>	<b>3:00:03,00</b>	
13	Michael Holloway	39:41	Vet 35 Male
10	Barney Goodrich	44:34	Vet 45 Male
1	Evan Price Davies	46:44	Senior Male
7	Mark Roberts	49:04	Vet 60 Male
<b>14.</b>	<b>Hereford Triathlon Club 2</b>	<b>3:07:57,00</b>	
663	Andy Taylor	43:59	Vet 50 Male
306	Adamo Mihcinok	45:31	Vet 40 Male
310	Paul Mammatt	45:45	Vet 50 Male
329	Kevin Artus	52:42	Vet 45 Male
<b>15.</b>	<b>Hay Hotfooters 1</b>	<b>3:15:32,00</b>	
275	Peter Summers	45:10	Vet 35 Male
288	Mick Collins	49:19	Vet 55 Male
281	Stephen Goodridge	49:43	Vet 60 Male
283	Kevin Dunster	51:20	Vet 60 Male
<b>16.</b>	<b>Hereford Couriers RC 4</b>	<b>3:18:02,00</b>	
226	Jonathan Gledhill	45:36	Vet 40 Male
245	Richie Richards	46:06	Vet 55 Male





## Team Results - Race 5

Bib	Name	Time	Age Category
246	Robert Connell	52:08	Vet 60 Male
254	Steve Herington	54:12	Vet 70 Male
<b>17. Croft Ambrey RC 3</b>		<b>3:18:48,00</b>	
415	Lee Monks	45:53	Vet 35 Male
413	Tim Jones	48:31	Vet 55 Male
420	Neil Taylor	51:32	Vet 65 Male
426	Ian Price	52:52	Vet 70 Male
<b>18. Bulth &amp; District 3</b>		<b>3:28:41,00</b>	
494	Gareth Wood	50:55	Senior Male
530	Raymond Davies	51:31	Vet 40 Male
536	David Sutherland	52:28	Vet 65 Male
513	Alexander Brown	53:47	Vet 55 Male
<b>19. Wye Valley Runners 2</b>		<b>3:44:13,00</b>	
121	Peter Flynn	45:38	Vet 50 Male
158	Robert Gilligan	48:57	Vet 55 Male
133	Ralph Lloyd	58:40	Vet 60 Male
144	Brian Symonds	1:10:58	Vet 80 Male
<b>20. Croft Ambrey RC 4</b>		<b>3:47:31,00</b>	
427	Oliver Cameron Swan	56:05	Vet 45 Male
382	Huw Williams	56:57	Vet 60 Male
432	Guy Whitmarsh	57:03	Vet 75 Male
433	Robert Martin	57:26	Vet 60 Male
<b>21. Croft Ambrey RC 5</b>		<b>4:23:29,00</b>	
448	Gary Gunner	1:01:05	Vet 75 Male
403	Roland Preece	1:05:37	Vet 55 Male
442	Dave George	1:08:23	Vet 50 Male
670	Simon Baker	1:08:24	Vet 45 Male

Number of Records: 136

