

Herefordshire & Borders Winter Cross Country League 2023/24



Results after Race 4

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
337	Gwynent Jones	Maldwyn Harriers	42:20	7.	35:45	3.	38:21	1.	37:36	1.	2:34:05	1.	SM
78	Eric Apperley	Croft Ambrey RC	41:07	3.	35:18	1.	39:55	6.	38:03	3.	2:34:24	2.	SM
65	Wyndham Turner	Builth & District	41:35	5.	36:44	5.	38:33	2.	38:45	4.	2:35:39	3.	MV35
268	Sam Mayglothing	Hereford Triathlon Club	41:57	6.	37:49	10.	39:34	5.	39:30	5.	2:38:51	4.	MV35
53	Phil Morris	Builth & District	42:48	9.	37:45	9.	41:00	12.	41:07	14.	2:42:42	5.	MV45
81	Gareth Leek	Croft Ambrey RC	45:53	19.	37:52	11.	40:15	9.	39:36	8.	2:43:37	6.	SM
214	Ryan Lawrence	Hereford Couriers RC	44:34	16.	39:05	14.	40:05	8.	40:09	10.	2:43:56	7.	SM
202	Luke Mason	Hereford Couriers RC	44:28	14.	37:39	7.	39:55	7.	42:12	17.	2:44:16	8.	MV35
221	William Morris	Hereford Couriers RC	44:30	15.	39:27	17.	41:14	14.	40:58	13.	2:46:10	9.	SM
279	David Bannister	Ledbury Harriers	45:08	17.	39:14	16.	41:10	13.	41:11	15.	2:46:45	10.	MV45
186	Harry Woodhouse	Hereford Couriers RC	45:51	18.	39:37	18.	41:43	17.	44:14	24.	2:51:26	11.	SM
64	Tom Turner	Builth & District	46:35	22.	40:25	20.	42:53	20.	42:13	18.	2:52:08	12.	MV35
461	christian Jones	Wye Valley Runners	47:26	27.	41:07	22.	43:03	23.	44:20	25.	2:55:57	13.	MV50
117	Simon Norwood	Croft Ambrey RC	47:49	32.	42:24	36.	43:58	31.	44:29	26.	2:58:41	14.	MV50
18	Chris Burton	Builth & District	47:34	28.	41:59	33.	44:47	36.	44:33	27.	2:58:53	15.	MV35
380	Peter Koval	Malvern Buzzards Running	47:51	33.	41:56	32.	43:24	25.	45:50	31.	2:59:02	16.	MV40
32	Huw Lewis	Builth & District	46:51	25.	41:20	26.	44:40	35.	47:00	38.	2:59:53	17.	MV45
472	Jeremy Jehan	Wye Valley Runners	48:23	37.	42:46	40.	43:52	29.	45:32	30.	3:00:35	18.	MV50
208	Martin Lloyd	Hereford Couriers RC	47:40	29.	43:20	44.	44:08	33.	46:25	34.	3:01:34	19.	MV45
336	Garry Jones	Maldwyn Harriers	47:57	34.	42:35	38.	45:18	37.	46:30	36.	3:02:21	20.	MV50
206	Martin Carter	Hereford Couriers RC	50:34	46.	44:45	54.	47:11	48.	47:26	40.	3:09:56	21.	MV55
227	Andy Taylor	Hereford Triathlon Club	51:39	53.	44:46	55.	46:00	39.	48:14	43.	3:10:40	22.	MV50
51	Owen Bowers	Builth & District	50:14	45.	43:51	48.	46:40	43.	50:05	57.	3:10:52	23.	MV45
121	Steve Partridge	Croft Ambrey RC	50:57	48.	44:48	57.	46:33	41.	48:38	48.	3:10:57	24.	MV40
379	Paul Cooke	Malvern Buzzards Running	52:34	60.	46:50	70.	48:53	59.	47:56	42.	3:16:14	25.	MV40
225	Adamo Mihcinok	Hereford Triathlon Club	52:50	64.	46:10	64.	47:36	49.	50:31	62.	3:17:09	26.	MV40
392	Andy Stephens	MonRoss trailblazers	52:13	57.	46:34	68.	47:56	50.	50:42	63.	3:17:27	27.	MV45
191	Jonathan Davey	Hereford Couriers RC	54:54	71.	45:53	61.	48:10	52.	48:29	45.	3:17:28	28.	MV55
473	Jethro Richards	Wye Valley Runners	54:29	67.	44:41	53.	48:18	55.	50:08	58.	3:17:37	29.	SM

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
402	Laura Lelievre	MonRoss trailblazers	52:39	62.	47:06	72.	49:10	61.	49:07	51.	3:18:02	30.	SF
161	Allen Edwards	Hereford Couriers RC	55:54	77.	46:14	65.	48:39	57.	50:20	59.	3:21:09	31.	SM
36	Jenny Farrow	Builth & District	56:13	80.	49:44	104.	50:53	74.	51:13	66.	3:28:04	32.	FV45
389	Tristan May	Malvern Buzzards Running	56:51	84.	49:10	92.	50:28	69.	51:42	69.	3:28:13	33.	MV40
177	Darren Woodall	Hereford Couriers RC	57:47	97.	49:35	99.	50:45	71.	51:52	71.	3:30:00	34.	MV50
151	Stephen Goodridge	Hay Hotfooters	57:00	88.	49:36	101.	51:05	79.	52:38	73.	3:30:21	35.	MV60
384	Sarah Armstrong	Malvern Buzzards Running	57:21	91.	50:01	109.	51:55	91.	51:59	72.	3:31:18	36.	FV55
176	Dan Cleworth	Hereford Couriers RC	55:52	76.	50:30	115.	51:09	83.	55:08	85.	3:32:40	37.	MV45
482	Kath Hardwick	Wye Valley Runners	56:09	79.	48:51	85.	51:21	85.	56:25	95.	3:32:47	38.	FV40
4	Mark Roberts	Brecon Athletic Club	1:00:32	111.	49:48	105.	52:05	92.	51:40	68.	3:34:07	39.	MV60
290	Edd Hogan	Ledbury Harriers	57:25	93.	50:44	120.	53:47	107.	53:02	78.	3:34:58	40.	MV45
171	Chris Smart	Hereford Couriers RC	58:53	102.	50:30	116.	51:03	78.	55:35	87.	3:36:02	41.	MV55
93	Jo Marriott	Croft Ambrey RC	57:51	99.	51:42	128.	53:42	106.	56:41	98.	3:39:57	42.	FV55
160	Abi Knight	Hereford Couriers RC	1:03:48	130.	50:37	118.	55:32	118.	56:03	90.	3:46:02	43.	SF
508	Tony Champken	Wye Valley Runners	59:58	106.	51:55	129.	54:11	112.	1:00:12	119.	3:46:17	44.	MV65
39	Mike Thurgood	MonRoss trailblazers	1:03:47	129.	53:45	142.	54:40	113.	56:12	92.	3:48:25	45.	MV55
108	Neil Taylor	Croft Ambrey RC	1:03:12	125.	55:12	153.	55:38	119.	57:06	100.	3:51:09	46.	MV65
30	Gunvor Troelsen	Builth & District	1:01:13	114.	52:38	134.	56:05	123.	1:03:08	129.	3:53:06	47.	FV55
280	David Horne	Ledbury Harriers	1:02:02	119.	54:25	149.	57:55	135.	58:52	112.	3:53:16	48.	MV65
119	Steph Main	Croft Ambrey RC	1:01:12	113.	56:39	167.	57:11	129.	58:27	108.	3:53:30	49.	FV50
216	Steve Herington	Hereford Couriers RC	1:02:27	121.	55:00	152.	58:18	141.	59:07	114.	3:54:53	50.	MV75
487	Lorna Shaw	Wye Valley Runners	1:02:10	120.	53:37	141.	58:16	140.	1:01:17	121.	3:55:22	51.	FV60
9	Alexander Brown	Builth & District	1:04:50	139.	56:12	164.	56:52	128.	58:11	103.	3:56:06	52.	MV55
366	Anife Turchin	Malvern Buzzards Running	1:05:42	146.	55:55	161.	55:46	121.	58:59	113.	3:56:23	53.	FV35
260	Paddy Lewis	Hereford Triathlon Club	1:04:53	140.	55:51	158.	57:30	131.	58:26	107.	3:56:42	54.	MV50
230	Charlotte Godsall	Hereford Triathlon Club	1:07:40	159.	55:59	163.	55:26	116.	58:14	105.	3:57:20	55.	FV45
90	Ian Price	Croft Ambrey RC	1:02:53	123.	55:55	160.	1:02:14	165.	59:37	117.	4:00:40	56.	MV75
146	Mick Collins	Hay Hotfooters	1:06:34	152.	54:43	151.	57:59	136.	1:01:27	124.	4:00:44	57.	MV55
150	Sharon Collins	Hay Hotfooters	1:06:19	151.	55:57	162.	57:43	132.	1:03:53	132.	4:03:54	58.	FV55

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
40	Kate Hepton	Builth & District	1:07:47	161.	57:57	175.	59:01	143.	1:01:20	122.	4:06:08	59.	FV40
115	Sam Harper	Croft Ambrey RC	1:09:28	171.	59:29	185.	1:00:49	155.	59:21	115.	4:09:09	60.	FV45
110	Oliver Cameron-Swan	Croft Ambrey RC	1:07:37	158.	58:55	180.	1:00:40	152.	1:04:34	136.	4:11:48	61.	MV45
360	Rachel Williams	Maldwyn Harriers	1:07:47	162.	59:03	181.	1:00:48	154.	1:05:06	138.	4:12:46	62.	FV50
168	Bronwen Tyler-Jones	Hereford Couriers RC	1:07:54	163.	59:25	184.	59:16	144.	1:06:17	140.	4:12:53	63.	FV50
348	Caroline Orrells	Maldwyn Harriers	1:08:48	169.	59:12	183.	1:01:47	161.	1:03:38	131.	4:13:27	64.	FV65
335	Jill Hillman	Maldwyn Harriers	1:08:30	167.	59:47	187.	1:02:10	163.	1:06:47	142.	4:17:16	65.	FV65
170	Celia Escande	Hereford Couriers RC	1:07:20	157.	1:02:49	206.	1:03:54	170.	1:03:55	133.	4:18:00	66.	SF
136	Ali Allen	Hay Hotfooters	1:08:13	164.	1:01:29	197.	1:04:15	173.	1:08:59	146.	4:22:57	67.	FV55
478	Julie Whitehouse	Wye Valley Runners	1:10:34	174.	1:01:49	198.	1:06:18	180.	1:06:27	141.	4:25:10	68.	FV50
31	Hayley Price	Builth & District	1:12:09	182.	1:04:02	211.	1:06:11	179.	1:10:07	149.	4:32:32	69.	FV55
342	Sharon Lloyd	Maldwyn Harriers	1:16:57	196.	1:02:53	207.	1:05:35	178.	1:08:11	145.	4:33:38	70.	FV50
67	Anna Bromley	Croft Ambrey RC	1:14:11	190.	1:06:04	217.	1:07:27	183.	1:09:46	148.	4:37:30	71.	FV40
287	Sarah Coggins	Ledbury Harriers	1:21:07	201.	1:05:59	216.	1:10:53	189.	1:09:34	147.	4:47:35	72.	FV60
66	Alison Davies	Croft Ambrey RC	1:13:34	187.	1:06:05	218.	1:12:23	192.	1:18:34	160.	4:50:37	73.	FV35
16	Callum Morris	Builth & District	1:19:05	200.	1:11:10	227.	1:07:11	182.	1:16:20	156.	4:53:48	74.	MU20
154	Tina Lavelle	Hay Hotfooters	1:16:46	194.	1:09:03	223.	1:10:57	190.	1:17:31	158.	4:54:18	75.	FV65
129	Tom Davies	Croft Ambrey RC	1:27:10	210.	1:16:20	233.	1:19:35	194.	1:13:28	152.	5:16:35	76.	MV75
292	Aidan Yapp	Ludlow Runners	41:09	4.	37:29	6.	38:59	4.			1:57:38	77.	SM
209	Mathew James	Hereford Couriers RC	42:32	8.	38:05	12.	40:36	11.			2:01:13	78.	MV35
440	Dean Jones	Western Tempo	44:15	13.	38:11	13.	40:19	10.			2:02:45	79.	MV35
400	Gavin Jones	MonRoss trailblazers	43:59	10.	39:11	15.	41:37	16.			2:04:48	80.	SM
452	Tom Kennedy	Western Tempo			41:33	28.	43:56	30.	40:38	11.	2:06:08	81.	MU20
164	Andy Tyler	Hereford Couriers RC			40:19	19.	43:42	28.	43:27	21.	2:07:29	82.	MV50
378	Neil Warne	Malvern Buzzards Running			41:34	30.	43:38	27.	44:57	28.	2:10:10	83.	MV40
381	Richard Walsh	Malvern Buzzards Running	46:11	20.			42:38	19.	42:15	19.	2:11:05	84.	MV35
166	Ben Skinner	Hereford Couriers RC	48:05	36.	41:34	31.			42:16	20.	2:11:56	85.	MV35
91	Jasper Robinson	Croft Ambrey RC	46:47	23.	41:09	23.			44:13	23.	2:12:11	86.	SM
228	Andy Fisher	Hereford Triathlon Club	47:43	30.	41:31	27.	43:31	26.			2:12:46	87.	MV50

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
261	Paul Campbell	Hereford Triathlon Club	48:25	38.	42:46	39.	44:04	32.			2:15:15	88.	MV40
43	Lewis Price	Builth & District	50:53	47.	47:21	73.	45:20	38.			2:23:35	89.	SM
401	Grant White	MonRoss trailblazers	49:30	42.	47:32	76.	46:43	44.			2:23:46	90.	MV35
203	Luke Williams	Hereford Couriers RC	51:00	49.			46:14	40.	46:33	37.	2:23:47	91.	MV40
301	Fern Cotterill	Ludlow Runners	48:38	39.	44:00	49.			51:10	65.	2:23:48	92.	FV35
485	Lea Nicholson	Wye Valley Runners	51:23	51.	45:23	59.	47:08	47.			2:23:55	93.	MV45
498	Peter Flynn	Wye Valley Runners			46:32	67.	48:47	58.	49:33	53.	2:24:53	94.	MV50
413	Rob Potter	MonRoss trailblazers	52:04	55.			46:36	42.	48:18	44.	2:26:58	95.	MV45
60	Steven Hepton	Builth & District	53:36	66.	45:38	60.	48:07	51.			2:27:22	96.	MV45
466	David Klotz	Wye Valley Runners	52:11	56.			48:15	54.	48:36	46.	2:29:02	97.	MV40
199	Laura Hands	Hereford Couriers RC			47:52	79.	50:35	70.	51:21	67.	2:29:50	98.	SF
224	Chris North	Hereford Couriers RC	57:19	90.	47:33	77.	49:01	60.			2:33:53	99.	MV60
612	Andy Crawshaw	Ledbury Harriers			52:04	131.	51:00	77.	51:00	64.	2:34:06	100.	MV55
604	Josh McMahon	Wye Valley Runners			50:11	111.	50:22	68.	54:05	81.	2:34:39	101.	SM
10	Simon Blyth	Hay Hotfooters	55:46	73.	47:43	78.	51:19	84.			2:34:49	102.	MV50
69	Bella Evans	Croft Ambrey RC			49:35	100.	52:31	95.	52:45	75.	2:34:53	103.	SF
95	Joseph Lynch	Croft Ambrey RC	57:30	94.			49:47	63.	47:38	41.	2:34:55	104.	SM
210	Neil McNish	Hereford Couriers RC	54:31	68.	49:00	88.	51:43	87.			2:35:14	105.	MV55
128	Toby Spicer	Croft Ambrey RC	55:17	72.	49:08	90.	51:08	81.			2:35:35	106.	MV45
97	Kelly Bowen	Croft Ambrey RC			50:17	113.	51:09	82.	54:30	82.	2:35:57	107.	FV35
109	Oliver Tomlinson	Croft Ambrey RC	56:52	86.	49:10	91.			53:03	79.	2:39:06	108.	MV40
294	Angus Kirby	Ludlow Runners	56:49	82.	50:17	112.	52:36	96.			2:39:43	109.	MV60
352	Mark Paviour	Maldwyn Harriers	56:55	87.	50:28	114.	52:25	94.			2:39:49	110.	MV60
11	Ali Hardaway	Builth & District	56:28	81.	49:27	95.	53:54	109.			2:39:50	111.	MV55
368	Barbara Gawlak	Malvern Buzzards Running			51:38	127.	53:22	103.	55:14	86.	2:40:15	112.	FV35
105	Mia Davies	Croft Ambrey RC	57:34	96.	49:24	94.			56:23	94.	2:43:21	113.	SF
45	Malc Gonnella	Builth & District			54:08	146.	53:13	100.	58:42	109.	2:46:04	114.	MV65
477	Julie Knill	Wye Valley Runners			53:13	138.	55:38	120.	58:18	106.	2:47:10	115.	FV55
275	Vince Playdon	Hereford Triathlon Club	58:30	100.			54:01	111.	54:48	83.	2:47:20	116.	MV50

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101	Liza Austin	Croft Ambrey RC			55:26	156.	55:52	122.	57:22	101.	2:48:41	117.	FV55
22	David Sutherland	Builth & District			55:23	155.	55:32	117.	58:11	104.	2:49:06	118.	MV65
33	Isabelle Jones	Builth & District	1:00:02	107.	53:08	136.	56:39	126.			2:49:50	119.	SF
416	Sophie Williams	MonRoss trailblazers	1:04:16	132.	54:00	145.	53:51	108.			2:52:07	120.	FV40
338	Ifan Jones	Maldwyn Harriers	1:01:28	116.	55:18	154.	56:48	127.			2:53:35	121.	MV55
139	Eleanor Griffiths	Hay Hotfooters	1:05:30	144.			58:07	137.	56:06	91.	2:59:44	122.	SF
317	Sophia Charters	Ludlow Runners	1:04:42	135.	57:28	170.	59:49	148.			3:02:01	123.	SF
79	Flora Gunner	Croft Ambrey RC			1:00:33	192.	1:00:03	149.	1:01:37	125.	3:02:14	124.	FV60
138	Dilek Usta-Aarons	Hay Hotfooters	1:00:25	110.			58:12	138.	1:04:17	135.	3:02:54	125.	FV45
113	Roland Preece	Croft Ambrey RC	1:08:14	165.	57:39	174.	57:22	130.			3:03:15	126.	MV55
296	Clive Richardson	Ludlow Runners	1:06:49	153.	57:07	168.	59:45	146.			3:03:42	127.	MV65
195	Kevin Barnes	Hereford Couriers RC	1:04:38	134.	58:00	176.			1:03:31	130.	3:06:10	128.	MV60
137	Crispin Elt	Hay Hotfooters	1:06:59	154.	58:09	177.			1:04:08	134.	3:09:18	129.	MV65
373	Julie Caseley	Malvern Buzzards Running	1:08:22	166.			1:02:41	166.	1:02:54	128.	3:13:58	130.	FV60
140	Elizabeth Tindle	Hay Hotfooters	1:12:48	184.	1:03:54	210.	1:05:00	175.			3:21:43	131.	FV60
156	Brian Morgan	Hereford and County AC	1:10:22	173.	1:09:24	224.	1:02:10	164.			3:21:57	132.	MV55
282	Helen Keegan	Ledbury Harriers	1:14:55	191.	1:02:32	203.	1:05:04	176.			3:22:32	133.	FV50
71	Carol Powell	Croft Ambrey RC	1:15:35	193.	1:06:20	219.	1:07:29	184.			3:29:24	134.	FV50
63	Tina Harrison	Builth & District	1:14:05	189.	1:09:29	225.	1:09:18	187.			3:32:53	135.	FV55
314	Sally Toye	Ludlow Runners	1:11:49	177.	1:05:09	214.			1:17:55	159.	3:34:53	136.	FV60
83	Gemma Davies	Croft Ambrey RC	1:17:08	197.			1:08:42	186.	1:11:46	150.	3:37:36	137.	FV40
385	Sarah Fowkes	Malvern Buzzards Running	1:23:16	206.	1:08:56	222.	1:11:05	191.			3:43:18	138.	FV60
494	Nick Paviour	Wye Valley Runners			1:15:56	232.	1:18:21	193.	1:16:42	157.	3:51:00	139.	SM
72	Claire Verran	Croft Ambrey RC	1:23:32	207.	1:15:44	231.	1:20:10	195.			3:59:27	140.	FV45
420	Caroline Robinson	Presteigne Pacers			1:15:05	229.	1:22:35	196.	1:23:52	161.	4:01:34	141.	FV40
190	John Noonan	Hereford Couriers RC			1:21:21	235.	1:24:26	197.	1:27:19	162.	4:13:07	142.	MV65
116	Sam Juson	Croft Ambrey RC			35:28	2.	38:38	3.			1:14:06	143.	SM
308	Matthew Yapp	Ludlow Runners			41:14	24.	41:52	18.			1:23:07	144.	SM
346	Clive Morgan	Maldwyn Harriers	44:10	12.					39:43	9.	1:23:53	145.	MV40

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370	Dave Lawrence	Malvern Buzzards Running			42:14	35.	43:11	24.			1:25:26	146.	MV40
522	Ffion Price	Builth & District			42:09	34.	44:27	34.			1:26:37	147.	SF
323	Samuel James	Ludlow Runners					42:56	21.	44:57	29.	1:27:54	148.	MV35
605	Michael Jones	Hereford Couriers RC			43:14	43.			45:57	33.	1:29:12	149.	MV50
339	Steve Jones	Maldwyn Harriers			42:47	41.			46:29	35.	1:29:17	150.	SM
35	James Jones	Builth & District	47:45	31.	43:29	47.					1:31:14	151.	SM
193	Josef Godfrey	Hereford Couriers RC	49:07	41.	42:59	42.					1:32:06	152.	SM
189	James Davies	Hereford Couriers RC	48:43	40.	43:29	46.					1:32:12	153.	MV40
248	Jordan McQueen	Hereford Triathlon Club	51:36	52.	41:18	25.					1:32:54	154.	SM
211	Nerijus Zukauskas	Hereford Couriers RC			44:46	56.			48:41	49.	1:33:28	155.	MV40
386	Simeon Foreman	Malvern Buzzards Running			45:55	62.	48:32	56.			1:34:27	156.	MV45
231	Conrad Lawson	Hereford Triathlon Club			46:25	66.	48:10	53.			1:34:36	157.	MV45
421	Douglas Glasgow	Presteigne Pacers	49:50	43.	45:19	58.					1:35:10	158.	SM
163	Richie Richards	Hereford Couriers RC			47:26	75.	50:19	67.			1:37:46	159.	MV60
405	Martin Woodhead	MonRoss trailblazers			47:57	80.	50:06	66.			1:38:04	160.	MV60
406	Matt Webb	MonRoss trailblazers			46:35	69.	51:45	88.			1:38:20	161.	MV35
358	Hannah Thomas	Maldwyn Harriers			48:46	84.			49:48	56.	1:38:35	162.	FV35
49	Oliver Hughes	Builth & District	52:27	59.	46:57	71.					1:39:24	163.	SM
307	Mark Warren	Ludlow Runners					50:05	65.	49:20	52.	1:39:25	164.	MV60
25	Gareth Thomas	Builth & District	53:28	65.	46:01	63.					1:39:29	165.	MV35
329	Edward Davies	Maldwyn Harriers			48:38	83.	51:07	80.			1:39:46	166.	MV65
518	Jake Seal	Hereford Couriers RC			49:30	96.	50:47	73.			1:40:18	167.	SM
493	Niall Considine	Wye Valley Runners					49:55	64.	50:22	60.	1:40:18	168.	MV35
84	George Thomas	Croft Ambrey RC			49:33	98.	50:54	75.			1:40:27	169.	MV35
122	Stuart Austin	Croft Ambrey RC			48:51	86.			51:49	70.	1:40:40	170.	MV55
107	Neil Powell	Croft Ambrey RC	52:20	58.					49:02	50.	1:41:23	171.	MV50
21	Dai Harris	Builth & District					51:50	89.	49:39	54.	1:41:30	172.	MV35
532	Paul Parker	Croft Ambrey RC			50:03	110.	51:51	90.			1:41:54	173.	MV50
262	Paul Mammatt	Hereford Triathlon Club	52:47	63.	49:14	93.					1:42:02	174.	MV55

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Results after Race 4

Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
387	Simon Bourne	Malvern Buzzards Running			49:50	106.	53:16	102.			1:43:07	175.	MV35
512	Tim Fardon	Hereford Triathlon Club			51:27	126.	52:49	98.			1:44:17	176.	MV45
501	Rebecca Ansfield	Wye Valley Runners			50:43	119.	53:56	110.			1:44:40	177.	FV45
304	Ian Chubb	Ludlow Runners	55:51	75.	48:58	87.					1:44:50	178.	MV50
362	Adam Dyson	Malvern Buzzards Running	56:01	78.	49:06	89.					1:45:08	179.	MV40
374	Laurence Fowkes	Malvern Buzzards Running	57:07	89.	48:13	81.					1:45:21	180.	MV50
204	Mark Hookins	Hereford Couriers RC			53:03	135.	52:18	93.			1:45:22	181.	MV55
212	Robert Connell	Hereford Couriers RC			49:58	108.			55:36	88.	1:45:35	182.	MV60
515	Christian Mason	Hereford Triathlon Club			52:13	133.	55:19	115.			1:47:33	183.	MV35
55	Raymond Davies	Builth & District			54:22	148.	53:25	104.			1:47:47	184.	MV40
44	Lisa Boucher	Builth & District					53:02	99.	56:19	93.	1:49:21	185.	FV35
327	James Chaplin	Maldwyn Harriers	54:45	69.	54:41	150.					1:49:27	186.	SM
185	Guy Jenkins	Hereford Couriers RC			53:26	140.	56:18	124.			1:49:44	187.	MV60
332	Dan George	Maldwyn Harriers	58:40	101.	51:06	123.					1:49:47	188.	MV40
480	Kate Green	Wye Valley Runners			55:33	157.			55:58	89.	1:51:32	189.	FV55
511	Jonathan Edwards	Hereford Couriers RC	1:00:46	112.	51:22	125.					1:52:09	190.	MV40
454	Amelia Louth	Wye Valley Runners	59:29	104.			52:47	97.			1:52:16	191.	SF
396	Emily Harrison	MonRoss trailblazers	56:52	85.	56:27	165.					1:53:20	192.	FV40
215	Sarah Askey	Hereford Couriers RC	1:00:13	109.			53:15	101.			1:53:29	193.	FV55
388	Stephanie Upton	Malvern Buzzards Running					54:56	114.	58:47	110.	1:53:43	194.	FV55
341	Jo Lewis	Maldwyn Harriers			57:30	171.	57:50	134.			1:55:21	195.	FV50
326	Rachel Butler	Maldwyn Harriers			57:14	169.	58:13	139.			1:55:28	196.	FV60
57	Christian Prynne	Builth & District	59:02	103.					56:36	97.	1:55:39	197.	MV50
351	Helen Owen	Maldwyn Harriers	1:03:21	126.	53:54	144.					1:57:15	198.	FV50
187	Harry Jenkins	Hereford Couriers RC			58:21	178.	1:00:20	151.			1:58:42	199.	MV35
265	Richard Cawley	Hereford Triathlon Club	1:01:21	115.					58:00	102.	1:59:21	200.	MV45
458	Billy Smallwood	Wye Valley Runners			58:23	179.	1:01:13	157.			1:59:37	201.	FV55
315	Sarah Edwards	Ludlow Runners			57:34	173.			1:02:24	127.	1:59:59	202.	FV50
88	Howard Verran	Croft Ambrey RC			54:16	147.	1:06:45	181.			2:01:01	203.	MV45

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
165	Ben James	Hereford Couriers RC			1:00:01	189.	1:01:34	159.			2:01:36	204.	MV40
111	Rob Wood	Croft Ambrey RC					1:00:45	153.	1:00:51	120.	2:01:37	205.	MV65
220	Wesley Jones	Hereford Couriers RC			59:06	182.	1:03:56	171.			2:03:03	206.	MV40
345	Paul McCullough	Maldwyn Harriers	1:05:31	145.			57:47	133.			2:03:18	207.	MV45
495	Paddy Nugent	Wye Valley Runners	1:04:49	138.					58:51	111.	2:03:41	208.	MV60
259	Nicola Goodwin	Hereford Triathlon Club			1:00:47	194.	1:03:30	168.			2:04:17	209.	FV45
234	Deanna Mammatt	Hereford Triathlon Club	1:03:07	124.					1:01:21	123.	2:04:29	210.	FV45
470	Hannah Thomas	Wye Valley Runners			1:00:25	191.	1:04:45	174.			2:05:11	211.	FV45
85	Guy Whitmarsh	Croft Ambrey RC			59:58	188.			1:05:27	139.	2:05:26	212.	MV75
82	Gary Gunner	Croft Ambrey RC			1:00:58	195.	1:05:12	177.			2:06:10	213.	MV75
321	Trudy Macklin	Ludlow Runners	1:10:16	172.	1:00:23	190.					2:10:39	214.	FV50
257	Mike Shaw	Hereford Triathlon Club	1:11:50	179.	1:00:37	193.					2:12:27	215.	MV70
484	Laura Williams	Wye Valley Runners	1:12:09	181.	1:01:04	196.					2:13:13	216.	SF
523	Rachel Buckland	Malvern Buzzards Running			1:05:30	215.	1:07:46	185.			2:13:16	217.	FV55
89	Huw Williams	Croft Ambrey RC	1:08:36	168.					1:04:49	137.	2:13:25	218.	MV60
237	Ian Foster	Hereford Triathlon Club	1:11:49	178.	1:02:12	200.					2:14:01	219.	MV50
86	Hayley Colebatch	Croft Ambrey RC			1:02:17	201.			1:12:25	151.	2:14:43	220.	FV35
465	Dave Sherwood	Wye Valley Runners	1:12:16	183.	1:02:30	202.					2:14:46	221.	MV65
506	Simon Oliver	Wye Valley Runners	1:12:06	180.	1:02:55	209.					2:15:01	222.	MV55
120	Stephanie King	Croft Ambrey RC	1:13:25	186.	1:02:34	204.					2:16:00	223.	FV55
70	Bronwyn Preece	Croft Ambrey RC	1:03:50	131.					1:13:53	153.	2:17:44	224.	SF
26	Gareth Morris	Builth & District	1:13:25	185.	1:04:53	212.					2:18:18	225.	MV55
106	Mike Hayward	Croft Ambrey RC	1:13:34	188.					1:07:00	143.	2:20:34	226.	MV60
153	Sue Richards	Hay Hotfooters	1:21:34	202.			1:10:19	188.			2:31:54	227.	FV65
127	Tim Wain-Hobson	Croft Ambrey RC	1:18:00	199.					1:14:22	155.	2:32:22	228.	MV70
126	Theresa Jones	Croft Ambrey RC	1:22:41	205.					1:13:53	154.	2:36:34	229.	FV55
303	Hilary Turner	Ludlow Runners	1:38:07	212.	1:20:21	234.					2:58:28	230.	FV75
41	Jamie Symonds	Croft Ambrey RC	30:59	1.							30:59	231.	MU17
526	Aled Breeze	Maldwyn Harriers			36:03	4.					36:03	232.	MU20

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
404	Luke Gray	MonRoss trailblazers			37:43	8.					37:43	233.	MV35
104	Mark Lamonby	Croft Ambrey RC							38:02	2.	38:02	234.	MV35
59	Robin Woods	Builth & District							39:33	6.	39:33	235.	MV45
278	Chris Grubb	Ledbury Harriers							39:33	7.	39:33	236.	MV40
363	Adam Wilson	Malvern Buzzards Running							40:50	12.	40:50	237.	MV50
448	Richard Watkins	Western Tempo			40:57	21.					40:57	238.	SM
449	Sam Butler	Western Tempo	41:01	2.							41:01	239.	SM
217	James Rogers	Hereford Couriers RC					41:26	15.			41:26	240.	MV35
439	Darren Broady	Western Tempo			41:33	29.					41:33	241.	SM
367	Anne Kenchington	Malvern Buzzards Running							42:04	16.	42:04	242.	SF
365	Andy Kenchington	Malvern Buzzards Running			42:27	37.					42:27	243.	MV55
620	Donna Morris	Builth & District					42:58	22.			42:58	244.	FV40
445	James Morgan	Western Tempo			43:27	45.					43:27	245.	MV40
75	Toby Austin	Croft Ambrey RC							43:35	22.	43:35	246.	SM
330	Tim Davies	Maldwyn Harriers	44:04	11.							44:04	247.	MV45
517	Tom Turner	Hereford Couriers RC			44:06	50.					44:06	248.	SM
255	Matt Ansfield	Hereford Triathlon Club			44:21	51.					44:21	249.	MV50
443	Greg Wood	Western Tempo			44:31	52.					44:31	250.	MV40
92	Oscar Austin	Croft Ambrey RC							45:55	32.	45:55	251.	SM
58	Richard Edwards	Builth & District	46:25	21.							46:25	252.	MV40
450	Scott Kennedy	Western Tempo	46:49	24.							46:49	253.	MV45
451	Steven Flowers	Western Tempo	47:01	26.							47:01	254.	MV40
619	Tom Parton	Wye Valley Runners					47:02	45.			47:02	255.	SM
73	Hannah Fletcher	Croft Ambrey RC							47:03	39.	47:03	256.	FV35
617	Josh Simmons	MonRoss Trailblazers					47:07	46.			47:07	257.	SM
38	Josh Price	Builth & District			47:24	74.					47:24	258.	SM
442	Grant Davies	Western Tempo	48:00	35.							48:00	259.	MV35
284	Neil Grinnell	Ledbury Harriers							48:36	47.	48:36	260.	MV45
462	Daniel Francis	Wye Valley Runners			48:37	82.					48:37	261.	SM

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
621	Dale Meeks	Hereford Couriers RC					49:25	62.			49:25	262.	MV35
229	Ben Probert	Hereford Triathlon Club			49:32	97.					49:32	263.	MV40
197	Kimberley Pickett	Hereford Couriers RC			49:37	102.					49:37	264.	FV35
601	Greg Jones	Croft Ambrey RC			49:39	103.					49:39	265.	MV50
37	Joanne Rees	Builth & District							49:43	55.	49:43	266.	FV45
491	Mark Dunn	Wye Valley Runners			49:53	107.					49:53	267.	MV55
240	Jamie Chedham	Hereford Triathlon Club	50:13	44.							50:13	268.	SM
293	Amy Fulford	Ludlow Runners							50:28	61.	50:28	269.	FV45
615	Faye Lewis	Hereford Couriers RC			50:30	117.					50:30	270.	FV40
175	Clare Evans	Hereford Couriers RC			50:45	121.					50:45	271.	SF
488	Louis O'Regan	Wye Valley Runners					50:45	72.			50:45	272.	SM
354	Phil Pugh	Maldwyn Harriers			50:46	122.					50:46	273.	MV35
184	Graeme Walker	Hereford Couriers RC					50:55	76.			50:55	274.	MV60
357	Ruth Stafford	Maldwyn Harriers			51:12	124.					51:12	275.	FV45
298	David Mixell	Ludlow Runners	51:22	50.							51:22	276.	MV40
207	Simon Cook	Hereford Couriers RC					51:30	86.			51:30	277.	MV55
258	Nick Layton	Hereford Triathlon Club	51:49	54.							51:49	278.	SM
390	Wesley Ogden	Malvern Buzzards Running			52:03	130.					52:03	279.	MV55
194	Kate Morris	Hereford Couriers RC			52:13	132.					52:13	280.	FV40
243	Jim Bowers	Hereford Triathlon Club	52:37	61.							52:37	281.	MV40
123	Amy Perry	Croft Ambrey RC							52:42	74.	52:42	282.	FV35
277	Chris Law	Ledbury Harriers							52:48	76.	52:48	283.	MV55
375	Margaret Kenchington	Malvern Buzzards Running							52:57	77.	52:57	284.	FV65
492	Michael Smallwood	Wye Valley Runners			53:10	137.					53:10	285.	MV55
270	Stephen Vaughan	Hereford Triathlon Club			53:15	139.					53:15	286.	MV50
174	Clare Mallender	Hereford Couriers RC					53:30	105.			53:30	287.	FV45
288	Susannah Kirk	Ledbury Harriers			53:48	143.					53:48	288.	FV45
291	Adrian Pickles	Ludlow Runners							54:03	80.	54:03	289.	MV65
433	Martin Blakebrough	Spirit of Monmouth	54:48	70.							54:48	290.	MV60

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
632	Paul McDermott	Hay Hotfooters							54:52	84.	54:52	291.	MV55
46	Mel Sadie	Builth & District	55:50	74.							55:50	292.	SF
469	Gordon Truluck	Wye Valley Runners			55:52	159.					55:52	293.	MV65
502	Richard Evans	Wye Valley Runners					56:25	125.			56:25	294.	MV45
626	Hedd Jones	Wye Valley Runners							56:26	96.	56:26	295.	MV45
132	Leanne Meek	Forest of Dean AC			56:28	166.					56:28	296.	FV40
114	Roxy Woodfield	Croft Ambrey RC	56:50	83.							56:50	297.	SF
94	Jo Tilby	Croft Ambrey RC							57:04	99.	57:04	298.	FV40
205	Mark Jones	Hereford Couriers RC	57:23	92.							57:23	299.	MV50
289	Tym Musgrove	Ledbury Harriers	57:31	95.							57:31	300.	MV60
474	Jo Ellis	Wye Valley Runners			57:32	172.					57:32	301.	FV45
76	Dave Millichap	Croft Ambrey RC	57:49	98.							57:49	302.	MV50
141	Elizabeth Harvey	Hay Hotfooters					58:43	142.			58:43	303.	FV40
618	Dean Prosser	Hereford Triathlon Club					59:19	145.			59:19	304.	MV50
514	Kevin Artus	Hereford Triathlon Club							59:25	116.	59:25	305.	MV45
426	Brian Evans	Spirit of Monmouth	59:32	105.							59:32	306.	MV50
281	Helen Milner	Ledbury Harriers			59:41	186.					59:41	307.	FV50
235	Ed Collins	Hereford Triathlon Club					59:45	147.			59:45	308.	MV60
144	Kevin Dunster	Hay Hotfooters							59:52	118.	59:52	309.	MV60
409	Rachael Aitken	MonRoss trailblazers					1:00:04	150.			1:00:04	310.	SF
192	Brian Francis	Forest of Dean AC	1:00:08	108.							1:00:08	311.	MV60
253	Louise Le Ray	Hereford Triathlon Club					1:01:01	156.			1:01:01	312.	FV60
283	Mark Lister	Ledbury Harriers					1:01:19	158.			1:01:19	313.	MV60
471	James Vidler	Wye Valley Runners	1:01:28	117.							1:01:28	314.	MV60
172	Christina	Hereford Couriers RC	1:01:30	118.							1:01:30	315.	FV40
74	Crispin Marriott	Croft Ambrey RC					1:01:46	160.			1:01:46	316.	MV55
479	Kate Phipps	Wye Valley Runners					1:01:54	162.			1:01:54	317.	SF
528	Suzanne Purvin	Croft Ambrey RC			1:02:06	199.					1:02:06	318.	FV60
68	Ashley Robinson	Croft Ambrey RC							1:02:08	126.	1:02:08	319.	MV70

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
17	Celia Speake	Builth & District	1:02:33	122.							1:02:33	320.	FV55
267	Robin Finlay	Hereford Triathlon Club			1:02:36	205.					1:02:36	321.	FV50
499	Ralph Lloyd	Wye Valley Runners			1:02:54	208.					1:02:54	322.	MV60
264	Richard Andrews	Hereford Triathlon Club					1:03:08	167.			1:03:08	323.	MV55
299	Edward Lane	Ludlow Runners	1:03:33	127.							1:03:33	324.	MV55
20	Colin Davies	Builth & District	1:03:38	128.							1:03:38	325.	MV55
483	Katie Francis	Wye Valley Runners					1:03:50	169.			1:03:50	326.	SF
169	Bryony Dean	Hereford Couriers RC					1:04:09	172.			1:04:09	327.	FV45
54	Phill Harris	Builth & District	1:04:27	133.							1:04:27	328.	MV40
14	Rebecca Foster	MonRoss trailblazers	1:04:47	136.							1:04:47	329.	FV45
431	Maixent Gaillard	Spirit of Monmouth	1:04:48	137.							1:04:48	330.	MV45
7	Abbie Davies	Builth & District	1:05:01	141.							1:05:01	331.	SF
519	Richard Tyler	Hereford Couriers RC			1:05:02	213.					1:05:02	332.	MV65
28	Gary Watts	Builth & District	1:05:07	142.							1:05:07	333.	MV60
198	Kirsty Jenkins	Hereford Couriers RC	1:05:24	143.							1:05:24	334.	FV35
397	Emma Davies	MonRoss trailblazers	1:05:45	147.							1:05:45	335.	FV50
23	Emma Bagshaw	Builth & District	1:06:05	148.							1:06:05	336.	FV50
15	Beth Curry	Builth & District	1:06:07	149.							1:06:07	337.	FV35
134	Stefanie Francis	Forest of Dean AC	1:06:10	150.							1:06:10	338.	FV55
103	Louise Phillips	Croft Ambrey RC			1:06:43	220.					1:06:43	339.	FV50
149	Sara Lake	Hay Hotfooters	1:07:03	155.							1:07:03	340.	FV50
507	Temi Odurinde	Wye Valley Runners	1:07:12	156.							1:07:12	341.	MV60
200	Lauren Pullen	Hereford Couriers RC			1:07:14	221.					1:07:14	342.	SF
312	Paul Baskeyfield	Ludlow Runners	1:07:41	160.							1:07:41	343.	MV60
148	Paul Tree	Hay Hotfooters						1:07:56	144.		1:07:56	344.	MV55
311	Paul Roberts	Ludlow Runners	1:09:13	170.							1:09:13	345.	MV60
80	Frank Luscott	Croft Ambrey RC			1:10:33	226.					1:10:33	346.	MV65
8	Adam Johnstone	Builth & District	1:10:51	175.							1:10:51	347.	MV50
505	Sian Champken	Wye Valley Runners	1:11:28	176.							1:11:28	348.	FV50

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Bib	Name	Club	R1	Positio	R2	Positio	R3	Positio	R4	Positio	Total	Series	Age
263	Rachel Trott	Hereford Triathlon Club			1:12:18	228.					1:12:18	349.	FV50
34	Izzy Watts	Builth & District	1:15:21	192.							1:15:21	350.	FV45
453	Alison Chadwick	Wye Valley Runners			1:15:27	230.					1:15:27	351.	FV60
306	Jo Stanley	Ludlow Runners	1:16:49	195.							1:16:49	352.	FV60
47	Melanie Graham	Builth & District	1:17:14	198.							1:17:14	353.	FV60
13	Avril Hardwick	Builth & District	1:21:43	203.							1:21:43	354.	FV40
459	Brent Lowson	Wye Valley Runners	1:22:11	204.							1:22:11	355.	MV60
87	Hayley Millichap	Croft Ambrey RC	1:23:41	208.							1:23:41	356.	FV50
349	Steve Orrells	Maldwyn Harriers	1:26:18	209.							1:26:18	357.	MV70
319	Sybil Marsh	Ludlow Runners	1:31:56	211.							1:31:56	358.	FV75
446	Louis Ansfield	Western Tempo	21:43	1.	24:58	1.	21:08	1.	27:53	1.	1:35:43	1.	MU17
155	Ben Warburton	Hereford and County AC	26:00	2.	30:55	2.	25:01	2.	32:06	2.	1:54:03	2.	MU17
201	Lois Erwin	Hereford Couriers RC	32:42	4.	35:30	5.	29:05	5.	44:39	5.	2:21:57	3.	FU17
531	Oliver Marsh	Croft Ambrey RC			32:46	3.	27:36	3.	35:36	3.	1:35:59	4.	MU17
313	Summer Morgan	Croft Ambrey RC	30:01	3.			27:38	4.			57:39	5.	FU17
157	Chloe Coleridge	Hereford and County AC	33:54	5.			31:28	6.			1:05:23	6.	FU17
599	Jamie Symonds	Croft Ambrey RC			34:02	4.			39:49	4.	1:13:52	7.	MU17

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