

Herefordshire and Borders Winter Cross Country League 2023/24



Series Results (raced all 4)

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

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402	Laura Lelievre	MonRoss trailblazers	52:39	62.	47:06	72.	49:10	61.	49:07	51.	3:18:02	30th	SF	1st
161	Allen Edwards	Hereford Couriers RC	55:54	77.	46:14	65.	48:39	57.	50:20	59.	3:21:09	31st	SM	8th
36	Jenny Farrow	Builth & District	56:13	80.	49:44	104.	50:53	74.	51:13	66.	3:28:04	32nd	FV45	1st
389	Tristan May	Malvern Buzzards Running	56:51	84.	49:10	92.	50:28	69.	51:42	69.	3:28:13	33rd	MV40	5th
177	Darren Woodall	Hereford Couriers RC	57:47	97.	49:35	99.	50:45	71.	51:52	71.	3:30:00	34th	MV50	6th
151	Stephen Goodridge	Hay Hotfooters	57:00	88.	49:36	101.	51:05	79.	52:38	73.	3:30:21	35th	MV60	1st
384	Sarah Armstrong	Malvern Buzzards Running	57:21	91.	50:01	109.	51:55	91.	51:59	72.	3:31:18	36th	FV55	1st
176	Dan Cleworth	Hereford Couriers RC	55:52	76.	50:30	115.	51:09	83.	55:08	85.	3:32:40	37th	MV45	7th
482	Kath Hardwick	Wye Valley Runners	56:09	79.	48:51	85.	51:21	85.	56:25	95.	3:32:47	38th	FV40	1st
4	Mark Roberts	Brecon Athletic Club	1:00:32	111.	49:48	105.	52:05	92.	51:40	68.	3:34:07	39th	MV60	2nd
290	Edd Hogan	Ledbury Harriers	57:25	93.	50:44	120.	53:47	107.	53:02	78.	3:34:58	40th	MV45	8th
171	Chris Smart	Hereford Couriers RC	58:53	102.	50:30	116.	51:03	78.	55:35	87.	3:36:02	41st	MV55	3rd
93	Jo Marriott	Croft Ambrey RC	57:51	99.	51:42	128.	53:42	106.	56:41	98.	3:39:57	42nd	FV55	2nd
160	Abi Knight	Hereford Couriers RC	1:03:48	130.	50:37	118.	55:32	118.	56:03	90.	3:46:02	43rd	SF	2nd
508	Tony Champken	Wye Valley Runners	59:58	106.	51:55	129.	54:11	112.	1:00:12	119.	3:46:17	44th	MV65	1st
39	Mike Thurgood	MonRoss trailblazers	1:03:47	129.	53:45	142.	54:40	113.	56:12	92.	3:48:25	45th	MV55	4th
108	Neil Taylor	Croft Ambrey RC	1:03:12	125.	55:12	153.	55:38	119.	57:06	100.	3:51:09	46th	MV65	2nd
30	Gunvor Troelsen	Builth & District	1:01:13	114.	52:38	134.	56:05	123.	1:03:08	129.	3:53:06	47th	FV55	3rd
280	David Horne	Ledbury Harriers	1:02:02	119.	54:25	149.	57:55	135.	58:52	112.	3:53:16	48th	MV65	3rd
119	Steph Main	Croft Ambrey RC	1:01:12	113.	56:39	167.	57:11	129.	58:27	108.	3:53:30	49th	FV50	1st
216	Steve Herington	Hereford Couriers RC	1:02:27	121.	55:00	152.	58:18	141.	59:07	114.	3:54:53	50th	MV75	1st
487	Lorna Shaw	Wye Valley Runners	1:02:10	120.	53:37	141.	58:16	140.	1:01:17	121.	3:55:22	51st	FV60	1st
9	Alexander Brown	Builth & District	1:04:50	139.	56:12	164.	56:52	128.	58:11	103.	3:56:06	52nd	MV55	5th
366	Anife Turchin	Malvern Buzzards Running	1:05:42	146.	55:55	161.	55:46	121.	58:59	113.	3:56:23	53rd	FV35	1st
260	Paddy Lewis	Hereford Triathlon Club	1:04:53	140.	55:51	158.	57:30	131.	58:26	107.	3:56:42	54th	MV50	7th
230	Charlotte Godsall	Hereford Triathlon Club	1:07:40	159.	55:59	163.	55:26	116.	58:14	105.	3:57:20	55th	FV45	2nd
90	Ian Price	Croft Ambrey RC	1:02:53	123.	55:55	160.	1:02:14	165.	59:37	117.	4:00:40	56th	MV75	2nd
146	Mick Collins	Hay Hotfooters	1:06:34	152.	54:43	151.	57:59	136.	1:01:27	124.	4:00:44	57th	MV55	6th
150	Sharon Collins	Hay Hotfooters	1:06:19	151.	55:57	162.	57:43	132.	1:03:53	132.	4:03:54	58th	FV55	4th

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40	Kate Hepton	Builth & District	1:07:47	161.	57:57	175.	59:01	143.	1:01:20	122.	4:06:08	59th	FV40	2nd
115	Sam Harper	Croft Ambrey RC	1:09:28	171.	59:29	185.	1:00:49	155.	59:21	115.	4:09:09	60th	FV45	3rd
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	61st	MV45	9th
360	Rachel Williams	Maldwyn Harriers	1:07:47	162.	59:03	181.	1:00:48	154.	1:05:06	138.	4:12:46	62nd	FV50	2nd
168	Bronwen Tyler-Jones	Hereford Couriers RC	1:07:54	163.	59:25	184.	59:16	144.	1:06:17	140.	4:12:53	63rd	FV50	3rd
348	Caroline Orrells	Maldwyn Harriers	1:08:48	169.	59:12	183.	1:01:47	161.	1:03:38	131.	4:13:27	64th	FV65	1st
335	Jill Hillman	Maldwyn Harriers	1:08:30	167.	59:47	187.	1:02:10	163.	1:06:47	142.	4:17:16	65th	FV65	2nd
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	66th	SF	3rd
136	Ali Allen	Hay Hotfooters	1:08:13	164.	1:01:29	197.	1:04:15	173.	1:08:59	146.	4:22:57	67th	FV55	5th
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	68th	FV50	4th
31	Hayley Price	Builth & District	1:12:09	182.	1:04:02	211.	1:06:11	179.	1:10:07	149.	4:32:32	69th	FV55	6th
342	Sharon Lloyd	Maldwyn Harriers	1:16:57	196.	1:02:53	207.	1:05:35	178.	1:08:11	145.	4:33:38	70th	FV50	5th
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	71st	FV40	3rd
287	Sarah Coggins	Ledbury Harriers	1:21:07	201.	1:05:59	216.	1:10:53	189.	1:09:34	147.	4:47:35	72nd	FV60	2nd
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	73rd	FV35	2nd
16	Callum Morris	Builth & District	1:19:05	200.	1:11:10	227.	1:07:11	182.	1:16:20	156.	4:53:48	74th	MU20	1st
154	Tina Lavelle	Hay Hotfooters	1:16:46	194.	1:09:03	223.	1:10:57	190.	1:17:31	158.	4:54:18	75th	FV65	3rd
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	76th	MV75	3rd
446	Louis Ansfield	Western Tempo	21:43	1.	24:58	1.	21:08	1.	27:53	1.	1:35:43	1st	MU17	1st
155	Ben Warburton	Hereford and County AC	26:00	2.	30:55	2.	25:01	2.	32:06	2.	1:54:03	2nd	MU17	2nd
201	Lois Erwin	Hereford Couriers RC	32:42	4.	35:30	5.	29:05	5.	44:39	5.	2:21:57	3rd	FU17	1st

Number of records: 79