

# Herefordshire Winter Cross Country 2022/23



## Bearwood Farm - Race 1 Results

Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
1	87	Oliver Perratt	M	Ludlow Runners	36:27	Senior Male	1st
2	3	Brychan Price Davies	M	Brecon Athletic Club	37:14	Senior Male	2nd
3	523	Robin Woods	M	Builth & District	37:24	Vet 45 Male	1st
4	484	Wyndham Turner	M	Builth & District	37:41	Senior Male	3rd
5	411	Eric Apperley	M	Croft Ambrey RC	38:24	Senior Male	4th
6	36	Luke Gray	M	Monross Trailblazers	38:28	Vet 35 Male	1st
7	248	Ryan Knight	M	Hereford Couriers RC	38:38	Senior Male	5th
8	241	Matt James	M	Hereford Couriers RC	38:44	Vet 35 Male	2nd
9	237	Luke Mason	M	Hereford Couriers RC	39:10	Vet 35 Male	3rd
10	305	Dean Jones	M	Hereford Triathlon Club	39:16	Vet 35 Male	4th
11	389	Gareth Leek	M	Croft Ambrey RC	39:33	Senior Male	6th
12	623	Malachy Clarke	M	Hereford and County Athletics	39:55	Male Under 20	1st
13	471	David Bannister	M	Ledbury Harriers	39:57	Vet 45 Male	2nd
14	249	Ryan Lawrence	M	Hereford Couriers RC	40:33	Senior Male	7th
15	167	Michael Dymond	M	Malvern Buzzards Running Club	40:37	Senior Male	8th
16	332	Darren Broady	M	Hereford Triathlon Club	40:40	Senior Male	9th
17	418	Jasper Robinson	M	Croft Ambrey RC	40:41	Senior Male	10th
18	181	Richard Walsh	M	Malvern Buzzards Running Club	40:42	Vet 35 Male	5th
19	218	Harry Woodhouse	M	Hereford Couriers RC	40:53	Senior Male	11th
20	13	Michael Holloway	M	Brecon Athletic Club	40:53	Vet 35 Male	6th
21	625	Keith Evans	M	Malvern Buzzards Running Club	40:53	Vet 50 Male	1st
22	80	Alex Logan	M	Ludlow Runners	41:00	Vet 40 Male	1st
23	667	Mark Thomas	M	Croft Ambrey RC	41:07	Vet 45 Male	3rd
24	324	Andy Fisher	M	Hereford Triathlon Club	41:12	Vet 50 Male	2nd
25	192	Andrew Tyler	M	Hereford Couriers RC	41:18	Vet 50 Male	3rd
26	495	Lee Price	M	Builth & District	41:23	Vet 45 Male	4th
27	38	Gavin Jones	M	Monross Trailblazers	41:32	Senior Male	12th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
28	258	William Morris	M	Hereford Couriers RC	41:34	Senior Male	13th
29	485	Tom Turner	M	Builth & District	41:45	Vet 35 Male	7th
30	507	Donna Morris	F	Builth & District	41:53	Vet 35 Female	1st
31	662	Greg Wood	M	Hereford Triathlon Club	42:00	Vet 40 Male	2nd
32	360	James Morgan	M	Hereford Triathlon Club	42:16	Vet 40 Male	3rd
33	182	Neil Warne	M	Malvern Buzzards Running Club	42:24	Vet 40 Male	4th
34	592	Jared Forte	M	Maldwyn Harriers	42:27	Senior Male	14th
35	151	Richard Williams	M	Wye Valley Runners	42:33	Vet 35 Male	8th
36	39	Mark Killeen	M	Monross Trailblazers	42:58	Senior Male	15th
37	251	Scott Kennedy	M	Hereford Couriers RC	43:11	Vet 45 Male	5th
38	127	Jeremy Jehan	M	Wye Valley Runners	43:16	Vet 50 Male	4th
39	149	Ian Whistance	M	Wye Valley Runners	43:30	Vet 50 Male	5th
40	195	Ben Skinner	M	Hereford Couriers RC	43:36	Vet 35 Male	9th
41	190	Addy Carter	F	Hereford Couriers RC	43:43	Senior Female	1st
42	47	Alice Taylor	F	Monross Trailblazers	43:45	Senior Female	2nd
43	542	Jack Hammond	M	Builth & District	43:48	Senior Male	16th
44	460	Dan Sanford	M	Forest of Dean AC	43:48	Vet 45 Male	6th
45	412	Simon Norwood	M	Croft Ambrey RC	43:53	Vet 50 Male	6th
46	175	Andy Kenchington	M	Malvern Buzzards Running Club	43:57	Vet 55 Male	1st
47	197	Brandon Adams	M	Hereford Couriers RC	44:03	Senior Male	17th
48	152	Lea Wood	M	Wye Valley Runners	44:04	Vet 35 Male	10th
49	443	Grant Womack	M	Croft Ambrey RC	44:14	Vet 40 Male	5th
50	163	Sam Burnage	M	Malvern Buzzards Running Club	44:26	Vet 45 Male	7th
51	304	Conrad Lawson	M	Hereford Triathlon Club	44:27	Vet 45 Male	8th
52	514	Richard Bullass	M	Builth & District	44:31	Senior Male	18th
53	326	Matt Ansfield	M	Hereford Triathlon Club	44:38	Vet 50 Male	7th
54	194	Ben Dean	M	Hereford Couriers RC	44:39	Male Under 20	2nd



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
55	131	Daniel Lewis	M	Wye Valley Runners	44:50	Vet 45 Male	9th
56	512	Rhys Davies	M	Builth & District	44:53	Senior Male	19th
57	302	Andy Taylor	M	Hereford Triathlon Club	44:57	Vet 50 Male	8th
58	4	Gareth Lawrence	M	Brecon Athletic Club	45:02	Senior Male	20th
59	10	Barney Goodrich	M	Brecon Athletic Club	45:09	Vet 45 Male	10th
60	49	Grant White	M	Monross Trailblazers	45:11	Senior Male	21st
61	597	Garry Jones	M	Maldwyn Harriers	45:16	Vet 50 Male	9th
62	5	Rob Stephens	M	Brecon Athletic Club	45:21	Vet 45 Male	11th
63	465	Neil Grinnell	M	Ledbury Harriers	45:25	Vet 45 Male	12th
64	231	Kim Saunders	F	Hereford Couriers RC	45:28	Senior Female	3rd
65	121	Peter Flynn	M	Wye Valley Runners	45:32	Vet 50 Male	10th
66	156	Ian Sockett	M	Wye Valley Runners	45:34	Vet 50 Male	11th
67	193	Andy Ware	M	Hereford Couriers RC	45:35	Vet 55 Male	2nd
68	171	Sim Foreman	M	Malvern Buzzards Running Club	45:36	Vet 45 Male	13th
69	28	Richard Bevan	M	Monross Trailblazers	45:38	Vet 45 Male	14th
70	226	Jonathan Gledhill	M	Hereford Couriers RC	45:40	Vet 40 Male	6th
71	630	Barry Burns	M	Spirit of Monmouth	45:50	Vet 50 Male	12th
72	307	Peter Koval	M	Hereford Triathlon Club	45:54	Vet 35 Male	11th
73	510	Owen Bowers	M	Builth & District	45:57	Vet 40 Male	7th
74	224	Jon Phillips	M	Hereford Couriers RC	45:57	Vet 35 Male	12th
75	453	SPARE		Forest of Dean AC	46:02		1st
76	184	Dave Woodward	M	Malvern Buzzards Running Club	46:11	Vet 35 Male	13th
77	201	Chris Smart	M	Hereford Couriers RC	46:17	Vet 55 Male	3rd
78	225	Jonathan Davey	M	Hereford Couriers RC	46:23	Vet 55 Male	4th
79	245	Richie Richards	M	Hereford Couriers RC	46:28	Vet 55 Male	5th
80	364	Nick Layton	M	Hereford Triathlon Club	46:28	Senior Male	22nd
81	367	Douglas Glasgow	M	Presteigne Pacers	46:42	Senior Male	23rd



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
82	170	Adam Dyson	M	Malvern Buzzards Running Club	46:49	Vet 40 Male	8th
83	656	Rob Kerr	M	Ledbury Harriers	46:51	Vet 65 Male	1st
84	239	Martin Carter	M	Hereford Couriers RC	46:55	Vet 55 Male	6th
85	359	Alice Godding	F	Hereford Triathlon Club	46:57	Senior Female	4th
86	492	Joanne Rees	F	Builth & District	47:11	Vet 45 Female	1st
87	216	Graeme Walker	M	Hereford Couriers RC	47:13	Vet 55 Male	7th
88	430	Nigel Taylor	M	Croft Ambrey RC	47:20	Vet 55 Male	8th
89	627	Katie Adams	F	Spirit of Monmouth	47:26	Vet 40 Female	1st
90	474	Martin Williams	M	Ledbury Harriers	47:30	Vet 40 Male	9th
91	43	Rob Potter	M	Monross Trailblazers	47:31	Vet 45 Male	15th
92	210	Ed Bullock	M	Hereford Couriers RC	47:44	Senior Male	24th
93	291	Paul Smith	M	Hay Hotfooters	47:53	Vet 45 Male	16th
94	524	Gareth Price	M	Builth & District	47:57	Vet 40 Male	10th
95	500	Dai Harris	M	Builth & District	47:58	Vet 35 Male	14th
96	261	Simon Ward	M	Hereford Couriers RC	47:59	Vet 45 Male	17th
97	115	Niall Considine	M	Wye Valley Runners	48:01	Senior Male	25th
98	40	Laura Lelievre	F	Monross Trailblazers	48:01	Senior Female	5th
99	325	Kieran Price	M	Hereford Triathlon Club	48:07	Senior Male	26th
100	255	Tom Turner	M	Hereford Couriers RC	48:17	Senior Male	27th
101	262	Dave White	M	Hereford Couriers RC	48:20	Vet 50 Male	13th
102	130	David Klotz	M	Wye Valley Runners	48:23	Vet 40 Male	11th
103	101	Mark Warren	M	Ludlow Runners	48:25	Vet 60 Male	1st
104	306	Adamo Mihcinok	M	Hereford Triathlon Club	48:26	Vet 40 Male	12th
105	415	Lee Monks	M	Croft Ambrey RC	48:27	Vet 35 Male	15th
106	666	Barry Thompson	M	Ledbury Harriers	48:35	Vet 45 Male	18th
107	320	Nathan Bradford	M	Hereford Triathlon Club	48:39	Vet 40 Male	13th
108	310	Paul Mammatt	M	Hereford Triathlon Club	48:45	Vet 50 Male	14th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
109	118	Mark Dunn	M	Wye Valley Runners	48:47	Vet 55 Male	9th
110	452	Vince Edwards	M	Forest of Dean AC	48:53	Vet 40 Male	14th
111	486	Kate Jones	F	Builth & District	48:55	Senior Female	6th
112	281	Stephen Goodridge	M	Hay Hotfooters	49:03	Vet 60 Male	2nd
113	240	Martin Lloyd	M	Hereford Couriers RC	49:16	Vet 40 Male	15th
114	263	Joanna Eddy	F	Hereford Couriers RC	49:17	Vet 45 Female	2nd
115	477	Andy Crawshaw	M	Ledbury Harriers	49:31	Vet 55 Male	10th
116	205	Clare Mallender	F	Hereford Couriers RC	49:37	Vet 45 Female	3rd
117	646	Vicky Roberts	F	Spirit of Monmouth	49:42	Senior Female	7th
118	673	Stuart Austin	M	Croft Ambrey RC	49:50	Vet 55 Male	11th
119	16	Jane Horler	F	Brecon Athletic Club	49:54	Vet 50 Female	1st
120	386	Kelly Bowen	F	Croft Ambrey RC	50:01	Vet 35 Female	2nd
121	212	Emily Yarnold	F	Hereford Couriers RC	50:12	Senior Female	8th
122	15	Naomi Law	F	Brecon Athletic Club	50:16	Vet 50 Female	2nd
123	640	Emily Harrison	F	Spirit of Monmouth	50:24	Vet 35 Female	3rd
124	204	Christina Plant	F	Hereford Couriers RC	50:27	Vet 35 Female	4th
125	390	Dave Millichap	M	Croft Ambrey RC	50:32	Vet 50 Male	15th
126	425	Daniel Brazier	M	Croft Ambrey RC	50:34	Senior Male	28th
127	236	Lucy Jarvis	F	Hereford Couriers RC	50:36	Senior Female	9th
128	629	Martin Blakebrough	M	Spirit of Monmouth	50:39	Vet 55 Male	12th
129	176	Margaret Kenchington	F	Malvern Buzzards Running Club	50:43	Vet 65 Female	1st
130	238	Mark Hookins	M	Hereford Couriers RC	50:43	Vet 55 Male	13th
131	282	James Walton	M	Hay Hotfooters	50:45	Vet 40 Male	16th
132	252	Simon Mehigan	M	Hereford Couriers RC	50:45	Vet 45 Male	19th
133	494	Gareth Wood	M	Builth & District	50:57	Senior Male	29th
134	221	Jess Sullivan	F	Hereford Couriers RC	50:57	Vet 35 Female	5th
135	250	Sarah Askey	F	Hereford Couriers RC	51:05	Vet 55 Female	1st



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
136	148	James Vidler	M	Wye Valley Runners	51:06	Vet 60 Male	3rd
137	647	Mat Styles	M	Spirit of Monmouth	51:08	Senior Male	30th
138	158	Robert Gilligan	M	Wye Valley Runners	51:14	Vet 55 Male	14th
139	145	Laura Tootell	F	Wye Valley Runners	51:14	Vet 45 Female	4th
140	31	Tony Davies	M	Monross Trailblazers	51:33	Vet 45 Male	20th
141	671	Lee Mardell	M	Croft Ambrey RC	51:35	Vet 35 Male	16th
142	329	Kevin Artus	M	Hereford Triathlon Club	51:40	Vet 45 Male	21st
143	18	Annabel Harford	F	Brecon Athletic Club	51:47	Vet 55 Female	2nd
144	276	Eleanor Griffiths	F	Hay Hotfooters	51:48	Senior Female	10th
145	2	Barry Griffiths	M	Brecon Athletic Club	51:50	Vet 55 Male	15th
146	89	Thomas Powell	M	Ludlow Runners	51:55	Vet 35 Male	17th
147	401	Mia Davies	F	Croft Ambrey RC	51:57	Senior Female	11th
148	191	Amy Smith	F	Hereford Couriers RC	52:05	Vet 35 Female	6th
149	7	Mark Roberts	M	Brecon Athletic Club	52:09	Vet 60 Male	4th
150	417	Ashley Robinson	M	Croft Ambrey RC	52:30	Vet 70 Male	1st
151	189	Abi Knight	F	Hereford Couriers RC	52:39	Senior Female	12th
152	394	Steph Main	F	Croft Ambrey RC	52:47	Vet 50 Female	3rd
153	413	Tim Jones	M	Croft Ambrey RC	52:49	Vet 55 Male	16th
154	172	Barbara Gawlak	F	Malvern Buzzards Running Club	52:50	Vet 35 Female	7th
155	177	Wesley Ogden	M	Malvern Buzzards Running Club	52:52	Vet 55 Male	17th
156	638	Rebecca Foster	F	Spirit of Monmouth	53:02	Vet 45 Female	5th
157	1	Evan Price Davies	M	Brecon Athletic Club	53:06	Senior Male	31st
158	110	Becki Ansfield	F	Wye Valley Runners	53:08	Vet 45 Female	6th
159	179	Martin Reed-Darby	M	Malvern Buzzards Running Club	53:12	Vet 35 Male	18th
160	228	Kate Morris	F	Hereford Couriers RC	53:24	Vet 40 Female	2nd
161	399	Jo Marriott	F	Croft Ambrey RC	53:28	Vet 50 Female	4th
162	48	Vanessa Ward	F	Monross Trailblazers	53:33	Vet 35 Female	8th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
163	560	Tym Musgrove	M	Ledbury Harriers	53:36	Vet 55 Male	18th
164	287	Sharon Collins	F	Hay Hotfooters	53:44	Vet 55 Female	3rd
165	420	Neil Taylor	M	Croft Ambrey RC	53:52	Vet 65 Male	2nd
166	217	Guy Jenkins	M	Hereford Couriers RC	53:52	Vet 60 Male	5th
167	96	Emma Stewardson	F	Ludlow Runners	53:53	Vet 45 Female	7th
168	632	Jeremy Creasey	M	Spirit of Monmouth	53:56	Vet 55 Male	19th
169	203	Christina Pinto-Pearson	F	Hereford Couriers RC	54:05	Vet 40 Female	3rd
170	672	George Thomas	M	Croft Ambrey RC	54:07	Senior Male	32nd
171	32	Lucia Demkova	F	Monross Trailblazers	54:14	Vet 40 Female	4th
172	536	David Sutherland	M	Builth & District	54:19	Vet 65 Male	3rd
173	530	Raymond Davies	M	Builth & District	54:27	Vet 40 Male	17th
174	86	Laura Perratt	F	Ludlow Runners	54:29	Senior Female	13th
175	233	Kimberley Pickett	F	Hereford Couriers RC	54:31	Vet 35 Female	9th
176	208	David Williams	M	Hereford Couriers RC	54:37	Vet 60 Male	6th
177	157	Catherine Watkins	F	Wye Valley Runners	54:42	Vet 40 Female	5th
178	124	Kate Green	F	Wye Valley Runners	54:42	Vet 55 Female	4th
179	254	Steve Herington	M	Hereford Couriers RC	54:47	Vet 70 Male	2nd
180	487	Scott Humphreys	M	Builth & District	54:48	Senior Male	33rd
181	650	Marina Wright	F	Spirit of Monmouth	54:50	Vet 40 Female	6th
182	141	Lorna Shaw	F	Wye Valley Runners	54:52	Vet 60 Female	1st
183	50	Sophie Williams	F	Monross Trailblazers	54:57	Vet 35 Female	10th
184	395	Bronwyn Preece	F	Croft Ambrey RC	54:59	Senior Female	14th
185	280	Sara Lake	F	Hay Hotfooters	55:07	Vet 50 Female	5th
186	315	Richard Cawley	M	Hereford Triathlon Club	55:10	Vet 45 Male	22nd
187	599	Ifan Jones	M	Maldwyn Harriers	55:14	Vet 55 Male	20th
188	30	Emma Davies	F	Monross Trailblazers	55:15	Vet 50 Female	6th
189	405	Jo Tilby	F	Croft Ambrey RC	55:22	Vet 40 Female	7th





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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
190	283	Kevin Dunster	M	Hay Hotfooters	55:30	Vet 60 Male	7th
191	309	Iain Hutchinson	M	Hereford Triathlon Club	55:32	Vet 35 Male	19th
192	406	Howard Verran	M	Croft Ambrey RC	55:32	Vet 45 Male	23rd
193	393	Thea Preece	F	Croft Ambrey RC	55:33	Senior Female	15th
194	113	Lynne Compton	F	Wye Valley Runners	55:34	Vet 55 Female	5th
195	503	Isabelle Robinson	F	Builth & District	55:37	Senior Female	16th
196	489	James Jones	M	Builth & District	55:41	Senior Male	34th
197	117	Mark Dempsey	M	Wye Valley Runners	55:48	Vet 65 Male	4th
198	322	Tim Farndon	M	Hereford Triathlon Club	55:49	Vet 45 Male	24th
199	504	Gunvor Troelsen	F	Builth & District	55:50	Vet 55 Female	6th
200	527	Ali Hardaway	F	Builth & District	55:52	Vet 55 Female	7th
201	6	Paul Evans	M	Brecon Athletic Club	55:53	Vet 45 Male	25th
202	645	Paul Middleton	M	Spirit of Monmouth	56:01	Vet 55 Male	21st
203	53	Chris Ashley	M	Ludlow Runners	56:09	Senior Male	35th
204	498	Phill Harris	M	Builth & District	56:11	Vet 40 Male	18th
205	641	Andy Hillis	M	Spirit of Monmouth	56:13	Vet 55 Male	22nd
206	264	Greg Nicholls	M	Hereford Couriers RC	56:16	Vet 40 Male	19th
207	92	Clive Richardson	M	Ludlow Runners	56:18	Vet 65 Male	5th
208	427	Oliver Cameron Swan	M	Croft Ambrey RC	56:20	Vet 45 Male	26th
209	572	Tricia Hirst	F	Maldwyn Harriers	56:29	Vet 65 Female	2nd
210	575	Jo Lewis	F	Maldwyn Harriers	56:34	Vet 45 Female	8th
211	478	Susannah Kirk	F	Ledbury Harriers	56:44	Vet 45 Female	9th
212	196	Ben James	M	Hereford Couriers RC	56:52	Vet 35 Male	20th
213	496	Andrew Jones	M	Builth & District	57:20	Vet 55 Male	23rd
214	154	Nikki Childs	F	Wye Valley Runners	57:20	Vet 60 Female	2nd
215	403	Roland Preece	M	Croft Ambrey RC	57:21	Vet 55 Male	24th
216	14	Laurie Higgins	F	Brecon Athletic Club	57:23	Senior Female	17th





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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
217	520	Rachel Bradbury	F	Builth & District	57:23	Vet 40 Female	8th
218	528	Abbie Davies	F	Builth & District	57:31	Senior Female	18th
219	34	Adam Gray	M	Monross Trailblazers	57:33	Vet 35 Male	21st
220	657	Caroline Kerr	F	Ledbury Harriers	57:34	Vet 55 Female	8th
221	308	Mike Shaw	M	Hereford Triathlon Club	57:35	Vet 70 Male	3rd
222	448	Gary Gunner	M	Croft Ambrey RC	57:40	Vet 75 Male	1st
223	119	Jo Ellis	F	Wye Valley Runners	57:43	Vet 40 Female	9th
224	300	Ali Allen	F	Hay Hotfooters	57:43	Vet 55 Female	9th
225	346	Louise Le Ray	F	Hereford Triathlon Club	57:44	Vet 55 Female	10th
226	548	Bethan Curry	F	Builth & District	57:47	Senior Female	19th
227	432	Guy Whitmarsh	M	Croft Ambrey RC	57:57	Vet 75 Male	2nd
228	312	Martin Potter	M	Hereford Triathlon Club	58:06	Vet 50 Male	16th
229	229	Kevin Barnes	M	Hereford Couriers RC	58:19	Vet 55 Male	25th
230	563	Catherine Bradley	F	Maldwyn Harriers	58:28	Vet 40 Female	10th
231	259	Yulia Dimitov	F	Hereford Couriers RC	58:42	Vet 40 Female	11th
232	230	Kim Handley	F	Hereford Couriers RC	58:51	Vet 35 Female	11th
233	266	Nicola Tyler	F	Hereford Couriers RC	59:07	Vet 50 Female	7th
234	583	Rachel Wood	F	Maldwyn Harriers	59:12	Vet 35 Female	12th
235	624	Brian Morgan	M	Hereford and County Athletics	59:20	Vet 50 Male	17th
236	116	Emily Davies	F	Wye Valley Runners	59:27	Vet 40 Female	12th
237	164	Julie Caseley	F	Malvern Buzzards Running Club	59:39	Vet 60 Female	3rd
238	51	Stephen Adams	M	Ludlow Runners	59:42	Vet 55 Male	26th
239	219	Hollie Francis	F	Hereford Couriers RC	59:48	Senior Female	20th
240	334	Craig Evans	M	Hereford Triathlon Club	59:50	Vet 50 Male	18th
241	513	Alexander Brown	M	Builth & District	59:50	Vet 55 Male	27th
242	316	John Bilbao	M	Hereford Triathlon Club	59:52	Vet 65 Male	6th
243	311	Richard Andrews	M	Hereford Triathlon Club	59:58	Vet 55 Male	28th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
244	381	Samantha Harper	F	Croft Ambrey RC	1:00:00	Vet 45 Female	10th
245	303	Ian Foster	M	Hereford Triathlon Club	1:00:08	Vet 50 Male	19th
246	522	Gareth Morris	M	Builth & District	1:00:26	Vet 55 Male	29th
247	293	Dilek Usta-Aarons	F	Hay Hotfooters	1:00:29	Vet 45 Female	11th
248	388	Nikki Doherty	F	Croft Ambrey RC	1:00:32	Vet 35 Female	13th
249	355	Charlotte Godsall	F	Hereford Triathlon Club	1:00:33	Vet 45 Female	12th
250	284	Sue Hackett	F	Hay Hotfooters	1:00:39	Vet 60 Female	4th
251	132	Scott Lewis	M	Wye Valley Runners	1:01:03	Senior Male	36th
252	295	Sharon Lindesay	F	Hay Hotfooters	1:01:17	Vet 50 Female	8th
253	198	Bronwen Tyler-Jones	F	Hereford Couriers RC	1:01:21	Vet 50 Female	9th
254	410	Steph King	F	Croft Ambrey RC	1:01:23	Vet 55 Female	11th
255	402	Lisa Gray	F	Croft Ambrey RC	1:01:54	Vet 50 Female	10th
256	199	Bryony Dean	F	Hereford Couriers RC	1:01:57	Vet 45 Female	13th
257	265	Mandy Rees	F	Hereford Couriers RC	1:01:59	Vet 45 Female	14th
258	122	William Flynn	M	Wye Valley Runners	1:02:00	Senior Male	37th
259	341	Sue Bissell	F	Hereford Triathlon Club	1:02:07	Vet 60 Female	5th
260	472	Rachel Bannister	F	Ledbury Harriers	1:02:38	Vet 45 Female	15th
261	350	Samantha Stacey	F	Hereford Triathlon Club	1:02:42	Vet 40 Female	13th
262	72	Lizzie Gorton	F	Ludlow Runners	1:02:48	Senior Female	21st
263	348	Gayle Scot	F	Hereford Triathlon Club	1:03:09	Vet 45 Female	16th
264	374	Samantha Coxshall	F	Presteigne Pacers	1:03:22	Vet 35 Female	14th
265	114	Richard Connelly	M	Wye Valley Runners	1:03:23	Vet 50 Male	20th
266	253	Stephen Hobson	M	Hereford Couriers RC	1:03:32	Vet 60 Male	8th
267	337	Robin Finlay	F	Hereford Triathlon Club	1:03:44	Vet 50 Female	11th
268	339	Trudy Macklin	F	Hereford Triathlon Club	1:04:16	Vet 45 Female	17th
269	493	Hayley Price	F	Builth & District	1:04:21	Vet 50 Female	12th
270	88	Saul Phillips	M	Ludlow Runners	1:04:40	Vet 40 Male	20th



# Herefordshire Winter Cross Country 2022/23



## Bearwood Farm - Race 1 Results

Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
271	501	Tina Harrison	F	Builth & District	1:04:44	Vet 55 Female	12th
272	398	Gemma Davies	F	Croft Ambrey RC	1:04:44	Vet 40 Female	14th
273	382	Huw Williams	M	Croft Ambrey RC	1:04:46	Vet 60 Male	9th
274	385	Sue Wood	F	Croft Ambrey RC	1:04:54	Vet 65 Female	3rd
275	166	Sarah Cuddy	F	Malvern Buzzards Running Club	1:05:23	Vet 45 Female	18th
276	352	Nicky Shechter	F	Hereford Triathlon Club	1:05:37	Vet 45 Female	19th
277	569	Georgina Fletcher	F	Maldwyn Harriers	1:05:45	Vet 60 Female	6th
278	387	Louise Reeves	F	Croft Ambrey RC	1:05:52	Vet 45 Female	20th
279	490	Keith Helliwell	M	Builth & District	1:06:10	Vet 45 Male	27th
280	100	Sarah Turner	F	Ludlow Runners	1:06:20	Vet 40 Female	15th
281	298	Lucy Jardine	F	Hay Hotfooters	1:06:26	Vet 55 Female	13th
282	209	Debbie Davies	F	Hereford Couriers RC	1:06:41	Vet 40 Female	16th
283	273	Tina Lavelle	F	Hay Hotfooters	1:07:05	Vet 65 Female	4th
284	499	Nicola Kelly	F	Builth & District	1:07:05	Vet 50 Female	13th
285	419	Mike Haywood	M	Croft Ambrey RC	1:07:29	Vet 60 Male	10th
286	60	Tracy Bridge	F	Ludlow Runners	1:08:04	Vet 50 Female	14th
287	144	Brian Symonds	M	Wye Valley Runners	1:08:05	Vet 80 Male	1st
288	105	Nicholas Young	M	Ludlow Runners	1:08:40	Vet 65 Male	7th
289	67	Sam Fleming	F	Ludlow Runners	1:08:40	Vet 45 Female	21st
290	98	Karen Thompson	F	Ludlow Runners	1:08:51	Vet 55 Female	14th
291	391	Hayley Millichap	F	Croft Ambrey RC	1:11:17	Vet 50 Female	15th
292	491	Avril Hardwick	F	Builth & District	1:11:19	Vet 35 Female	15th
293	400	Hayley Colebatch	F	Croft Ambrey RC	1:13:56	Vet 35 Female	16th
294	150	Jenni Whistance	F	Wye Valley Runners	1:14:20	Vet 55 Female	15th
295	383	Tom Davies	M	Croft Ambrey RC	1:16:03	Vet 70 Male	4th
296	469	Sarah Coggins	F	Ledbury Harriers	1:17:50	Vet 60 Female	7th
297	434	Tim Wain-Hobson	M	Croft Ambrey RC	1:17:51	Vet 65 Male	8th



# Herefordshire Winter Cross Country 2022/23

## Bearwood Farm - Race 1 Results



Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
298	82	Sybil Marsh	F	Ludlow Runners	1:18:41	Vet 75 Female	1st
299	222	John Noonan	M	Hereford Couriers RC	1:19:41	Vet 60 Male	11th
300	99	Hilary Turner	F	Ludlow Runners	1:20:29	Vet 70 Female	1st
301	437	Alison Apperley	F	Croft Ambrey RC	1:23:54	Vet 55 Female	16th
302	392	Bryan Markham	M	Croft Ambrey RC	1:25:24	Vet 80 Male	2nd
303	620	Louis Ansfield	M	Hereford and County Athletics	20:23	Male Under 17	1st
304	619	Cai Rees	M	Hereford and County Athletics	21:48	Male Under 17	2nd
305	621	Joseph Leahy	M	Hereford and County Athletics	23:33	Male Under 17	3rd
306	26	Owen Price Davies	M	Brecon Athletic Club	23:43	Male Under 17	4th
307	622	Darcy Clarke	F	Hereford and County Athletics	24:34	Female Under 17	1st
308	488	Callum Morris	M	Builth & District	28:56	Male Under 17	5th

Number of Records: 308

