

# Herefordshire Winter Cross Country 2022/23



## Bockleton - Race 5 Results

Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
1	87	Oliver Perratt	M	Ludlow Runners	34:22	Senior Male	1st
2	523	Robin Woods	M	Builth & District	34:47	Vet 45 Male	1st
3	447	Mark Lamonby	M	Croft Ambrey RC	34:53	Senior Male	2nd
4	389	Gareth Leek	M	Croft Ambrey RC	35:20	Senior Male	3rd
5	411	Eric Apperley	M	Croft Ambrey RC	35:30	Senior Male	4th
6	484	Wyndham Turner	M	Builth & District	35:32	Senior Male	5th
7	73	Aidan Yapp	M	Ludlow Runners	36:04	Male Under 20	1st
8	36	Luke Gray	M	Monross Trailblazers	36:06	Vet 35 Male	1st
9	408	Sam Juson	M	Croft Ambrey RC	36:06	Senior Male	6th
10	241	Matt James	M	Hereford Couriers RC	36:36	Vet 35 Male	2nd
11	248	Ryan Knight	M	Hereford Couriers RC	36:40	Senior Male	7th
12	684	Adam Wilson	M	Malvern Buzzards Running Club	37:08	Vet 50 Male	1st
13	418	Jasper Robinson	M	Croft Ambrey RC	37:14	Senior Male	8th
14	553	Tom Turner	M	Builth & District	37:28	Vet 35 Male	3rd
15	680	Anne Kenchington	F	Malvern Buzzards Running Club	37:31	Senior Female	1st
16	181	Richard Walsh	M	Malvern Buzzards Running Club	38:00	Vet 35 Male	4th
17	324	Andy Fisher	M	Hereford Triathlon Club	38:06	Vet 50 Male	2nd
18	531	Philip Morris	M	Builth & District	38:12	Vet 40 Male	1st
19	323	Sam Mayglothing	M	Hereford Triathlon Club	38:17	Vet 35 Male	5th
20	237	Luke Mason	M	Hereford Couriers RC	38:19	Vet 35 Male	6th
21	38	Gavin Jones	M	Monross Trailblazers	38:19	Senior Male	9th
22	247	Ross Cameron	M	Hereford Couriers RC	38:22	Senior Male	10th
23	471	David Bannister	M	Ledbury Harriers	38:23	Vet 45 Male	2nd
24	270	Will Morris	M	Hereford Couriers RC	38:51	Senior Male	11th
25	625	Keith Evans	M	Malvern Buzzards Running Club	39:04	Vet 50 Male	3rd
26	173	Phill Griffiths	M	Malvern Buzzards Running Club	39:18	Vet 35 Male	7th
27	192	Andrew Tyler	M	Hereford Couriers RC	39:24	Vet 50 Male	4th



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28	13	Michael Holloway	M	Brecon Athletic Club	39:41	Vet 35 Male	8th
29	182	Neil Warne	M	Malvern Buzzards Running Club	39:53	Vet 40 Male	2nd
30	195	Ben Skinner	M	Hereford Couriers RC	39:54	Vet 35 Male	9th
31	412	Simon Norwood	M	Croft Ambrey RC	40:19	Vet 50 Male	5th
32	249	Ryan Lawrence	M	Hereford Couriers RC	40:20	Senior Male	12th
33	175	Andy Kenchington	M	Malvern Buzzards Running Club	40:27	Vet 55 Male	1st
34	307	Peter Koval	M	Hereford Triathlon Club	40:41	Vet 35 Male	10th
35	507	Donna Morris	F	Builth & District	40:41	Vet 35 Female	1st
36	149	Ian Whistance	M	Wye Valley Runners	41:42	Vet 50 Male	6th
37	163	Sam Burnage	M	Malvern Buzzards Running Club	41:46	Vet 45 Male	3rd
38	430	Nigel Taylor	M	Croft Ambrey RC	41:49	Vet 55 Male	2nd
39	534	Matthew Sullivan	M	Builth & District	41:54	Senior Male	13th
40	127	Jeremy Jehan	M	Wye Valley Runners	42:04	Vet 50 Male	7th
41	546	Chris Burton	M	Builth & District	42:11	Vet 35 Male	11th
42	465	Neil Grinnell	M	Ledbury Harriers	42:32	Vet 45 Male	4th
43	40	Laura Lelievre	F	Monross Trailblazers	42:46	Senior Female	2nd
44	597	Garry Jones	M	Maldwyn Harriers	42:49	Vet 50 Male	8th
45	304	Conrad Lawson	M	Hereford Triathlon Club	43:25	Vet 45 Male	5th
46	397	Steve Partrige	M	Croft Ambrey RC	43:36	Vet 40 Male	3rd
47	201	Chris Smart	M	Hereford Couriers RC	43:45	Vet 55 Male	3rd
48	386	Kelly Bowen	F	Croft Ambrey RC	43:49	Vet 35 Female	2nd
49	663	Andy Taylor	M	Hereford Triathlon Club	43:59	Vet 50 Male	9th
50	500	Dai Harris	M	Builth & District	44:05	Vet 35 Male	12th
51	367	Douglas Glasgow	M	Presteigne Pacers	44:21	Senior Male	14th
52	239	Martin Carter	M	Hereford Couriers RC	44:25	Vet 55 Male	4th
53	115	Niall Considine	M	Wye Valley Runners	44:32	Senior Male	15th
54	10	Barney Goodrich	M	Brecon Athletic Club	44:34	Vet 45 Male	6th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
55	489	James Jones	M	Builth & District	44:38	Senior Male	16th
56	486	Kate Jones	F	Builth & District	44:46	Senior Female	3rd
57	49	Grant White	M	Monross Trailblazers	44:49	Senior Male	17th
58	267	Luke Williams	M	Hereford Couriers RC	44:51	Vet 40 Male	4th
59	656	Rob Kerr	M	Ledbury Harriers	44:59	Vet 65 Male	1st
60	541	Sophie Cook	F	Builth & District	45:05	Vet 40 Female	1st
61	275	Peter Summers	M	Hay Hotfooters	45:10	Vet 35 Male	13th
62	225	Jonathan Davey	M	Hereford Couriers RC	45:14	Vet 55 Male	5th
63	118	Mark Dunn	M	Wye Valley Runners	45:20	Vet 55 Male	6th
64	306	Adamo Mihcinok	M	Hereford Triathlon Club	45:31	Vet 40 Male	5th
65	226	Jonathan Gledhill	M	Hereford Couriers RC	45:36	Vet 40 Male	6th
66	121	Peter Flynn	M	Wye Valley Runners	45:38	Vet 50 Male	10th
67	453	Michael Strange	M	Forest of Dean AC	45:43	Vet 65 Male	2nd
68	310	Paul Mammatt	M	Hereford Triathlon Club	45:45	Vet 50 Male	11th
69	492	Joanne Rees	F	Builth & District	45:47	Vet 45 Female	1st
70	415	Lee Monks	M	Croft Ambrey RC	45:53	Vet 35 Male	14th
71	245	Richie Richards	M	Hereford Couriers RC	46:06	Vet 55 Male	7th
72	1	Evan Price Davies	M	Brecon Athletic Club	46:44	Senior Male	18th
73	370	Steve Mesham	M	Presteigne Pacers	46:50	Vet 50 Male	12th
74	53	Chris Ashley	M	Ludlow Runners	47:00	Senior Male	19th
75	630	Barry Burns	M	Spirit of Monmouth	47:24	Vet 50 Male	13th
76	668	Isabella Evans	F	Croft Ambrey RC	47:27	Senior Female	4th
77	550	Mel Sadie	F	Builth & District	48:20	Senior Female	5th
78	170	Adam Dyson	M	Malvern Buzzards Running Club	48:26	Vet 40 Male	7th
79	413	Tim Jones	M	Croft Ambrey RC	48:31	Vet 55 Male	8th
80	183	Ali Webb	F	Malvern Buzzards Running Club	48:41	Vet 50 Female	1st
81	176	Margaret Kenchington	F	Malvern Buzzards Running Club	48:46	Vet 65 Female	1st



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
82	552	Lisa Boucher	F	Builth & District	48:47	Vet 35 Female	3rd
83	158	Robert Gilligan	M	Wye Valley Runners	48:57	Vet 55 Male	9th
84	7	Mark Roberts	M	Brecon Athletic Club	49:04	Vet 60 Male	1st
85	288	Mick Collins	M	Hay Hotfooters	49:19	Vet 55 Male	10th
86	560	Tym Musgrove	M	Ledbury Harriers	49:27	Vet 55 Male	11th
87	2	Barry Griffiths	M	Brecon Athletic Club	49:29	Vet 55 Male	12th
88	281	Stephen Goodridge	M	Hay Hotfooters	49:43	Vet 60 Male	2nd
89	679	Annabel Harford	F	Brecon Athletic Club	49:49	Vet 55 Female	1st
90	674	Mia Davies	F	Croft Ambrey RC	49:50	Senior Female	6th
91	189	Abi Knight	F	Hereford Couriers RC	49:55	Senior Female	7th
92	180	Steph Upton	F	Malvern Buzzards Running Club	50:17	Vet 55 Female	2nd
93	110	Becki Ansfield	F	Wye Valley Runners	50:48	Vet 45 Female	2nd
94	162	Nicola Brighton	F	Malvern Buzzards Running Club	50:53	Vet 50 Female	2nd
95	494	Gareth Wood	M	Builth & District	50:55	Senior Male	20th
96	612	Catherine Bradley	F	Maldwyn Harriers	51:11	Vet 40 Female	2nd
97	48	Vanessa Ward	F	Monross Trailblazers	51:16	Vet 35 Female	4th
98	283	Kevin Dunster	M	Hay Hotfooters	51:20	Vet 60 Male	3rd
99	50	Sophie Williams	F	Monross Trailblazers	51:26	Vet 35 Female	5th
100	530	Raymond Davies	M	Builth & District	51:31	Vet 40 Male	8th
101	420	Neil Taylor	M	Croft Ambrey RC	51:32	Vet 65 Male	3rd
102	562	Ed Hogan	M	Ledbury Harriers	51:38	Vet 40 Male	9th
103	276	Eleanor Griffiths	F	Hay Hotfooters	51:42	Senior Female	8th
104	203	Christina Pinto-Pearson	F	Hereford Couriers RC	51:57	Vet 40 Female	3rd
105	504	Gunvor Troelsen	F	Builth & District	52:02	Vet 55 Female	3rd
106	405	Jo Tilby	F	Croft Ambrey RC	52:03	Vet 40 Female	4th
107	246	Robert Connell	M	Hereford Couriers RC	52:08	Vet 60 Male	4th
108	503	Isabelle Robinson	F	Builth & District	52:14	Senior Female	9th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
109	611	Mark Paviour	M	Maldwyn Harriers	52:24	Vet 60 Male	5th
110	536	David Sutherland	M	Builth & District	52:28	Vet 65 Male	4th
111	287	Sharon Collins	F	Hay Hotfooters	52:36	Vet 55 Female	4th
112	329	Kevin Artus	M	Hereford Triathlon Club	52:42	Vet 45 Male	7th
113	426	Ian Price	M	Croft Ambrey RC	52:52	Vet 70 Male	1st
114	141	Lorna Shaw	F	Wye Valley Runners	53:02	Vet 60 Female	1st
115	113	Lynne Compton	F	Wye Valley Runners	53:03	Vet 55 Female	5th
116	660	Phil Johnson	M	Ledbury Harriers	53:11	Vet 50 Male	14th
117	395	Bronwyn Preece	F	Croft Ambrey RC	53:12	Senior Female	10th
118	346	Louise Le Ray	F	Hereford Triathlon Club	53:35	Vet 55 Female	6th
119	280	Sara Lake	F	Hay Hotfooters	53:40	Vet 50 Female	3rd
120	513	Alexander Brown	M	Builth & District	53:47	Vet 55 Male	13th
121	362	Ed Collins	M	Hereford Triathlon Club	53:58	Vet 55 Male	14th
122	614	Helen Owen	F	Maldwyn Harriers	54:01	Vet 50 Female	4th
123	254	Steve Herington	M	Hereford Couriers RC	54:12	Vet 70 Male	2nd
124	65	Craig Collier	M	Ludlow Runners	54:15	Vet 35 Male	15th
125	17	Cara Perfrement	F	Brecon Athletic Club	54:19	Vet 45 Female	3rd
126	409	Liza Austin	F	Croft Ambrey RC	54:25	Vet 55 Female	7th
127	449	Flora Gunner	F	Croft Ambrey RC	54:27	Vet 55 Female	8th
128	657	Caroline Kerr	F	Ledbury Harriers	54:39	Vet 55 Female	9th
129	388	Nikki Doherty	F	Croft Ambrey RC	55:26	Vet 35 Female	6th
130	572	Tricia Hirst	F	Maldwyn Harriers	55:44	Vet 65 Female	2nd
131	338	Deanna Mammatt	F	Hereford Triathlon Club	55:52	Vet 45 Female	4th
132	107	Sarah Edwards	F	Ludlow Runners	55:55	Vet 50 Female	5th
133	272	Bryony Dean	F	Hereford Couriers RC	55:57	Vet 45 Female	5th
134	92	Clive Richardson	M	Ludlow Runners	56:01	Vet 65 Male	5th
135	72	Lizzie Gorton	F	Ludlow Runners	56:02	Senior Female	11th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
136	427	Oliver Cameron Swan	M	Croft Ambrey RC	56:05	Vet 45 Male	8th
137	575	Jo Lewis	F	Maldwyn Harriers	56:16	Vet 45 Female	6th
138	522	Gareth Morris	M	Builth & District	56:24	Vet 55 Male	15th
139	584	Rachel Williams	F	Maldwyn Harriers	56:39	Vet 50 Female	6th
140	119	Jo Ellis	F	Wye Valley Runners	56:43	Vet 40 Female	5th
141	164	Julie Caseley	F	Malvern Buzzards Running Club	56:46	Vet 60 Female	2nd
142	382	Huw Williams	M	Croft Ambrey RC	56:57	Vet 60 Male	6th
143	293	Dilek Usta-Aarons	F	Hay Hotfooters	56:59	Vet 45 Female	7th
144	432	Guy Whitmarsh	M	Croft Ambrey RC	57:03	Vet 75 Male	1st
145	351	Joyce Warburton	F	Hereford Triathlon Club	57:05	Vet 50 Female	7th
146	499	Nicola Kelly	F	Builth & District	57:10	Vet 50 Female	8th
147	172	Barbara Gawlak	F	Malvern Buzzards Running Club	57:12	Vet 35 Female	7th
148	316	John Bilbao	M	Hereford Triathlon Club	57:17	Vet 65 Male	6th
149	433	Robert Martin	M	Croft Ambrey RC	57:26	Vet 60 Male	7th
150	341	Sue Bissell	F	Hereford Triathlon Club	57:39	Vet 60 Female	3rd
151	480	Helen Milner	F	Ledbury Harriers	57:43	Vet 50 Female	9th
152	381	Samantha Harper	F	Croft Ambrey RC	58:02	Vet 45 Female	8th
153	284	Sue Hackett	F	Hay Hotfooters	58:39	Vet 60 Female	4th
154	133	Ralph Lloyd	M	Wye Valley Runners	58:40	Vet 60 Male	8th
155	343	Liz Davies-Ward	F	Hereford Triathlon Club	58:48	Vet 60 Female	5th
156	229	Kevin Barnes	M	Hereford Couriers RC	58:57	Vet 55 Male	16th
157	116	Emily Davies	F	Wye Valley Runners	59:23	Vet 40 Female	6th
158	410	Steph King	F	Croft Ambrey RC	59:29	Vet 55 Female	10th
159	613	Rachel Wood	F	Maldwyn Harriers	59:43	Vet 35 Female	8th
160	308	Mike Shaw	M	Hereford Triathlon Club	59:45	Vet 70 Male	3rd
161	355	Charlotte Godsall	F	Hereford Triathlon Club	1:00:11	Vet 45 Female	9th
162	570	Jill Hillman	F	Maldwyn Harriers	1:00:33	Vet 65 Female	3rd



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
163	174	Robyn Hall	F	Malvern Buzzards Running Club	1:00:46	Senior Female	12th
164	448	Gary Gunner	M	Croft Ambrey RC	1:01:05	Vet 75 Male	2nd
165	198	Bronwen Tyler-Jones	F	Hereford Couriers RC	1:01:23	Vet 50 Female	10th
166	77	Eva Lewis	F	Ludlow Runners	1:04:26	Vet 35 Female	9th
167	398	Gemma Davies	F	Croft Ambrey RC	1:04:35	Vet 40 Female	7th
168	396	Clare Preece	F	Croft Ambrey RC	1:05:37	Vet 50 Female	11th
169	403	Roland Preece	M	Croft Ambrey RC	1:05:37	Vet 55 Male	17th
170	273	Tina Lavelle	F	Hay Hotfooters	1:06:36	Vet 65 Female	4th
171	109	Stella Disney	F	Ludlow Runners	1:07:14	Vet 55 Female	11th
172	404	Theresa Jones	F	Croft Ambrey RC	1:08:18	Vet 50 Female	12th
173	442	Dave George	M	Croft Ambrey RC	1:08:23	Vet 50 Male	15th
174	670	Simon Baker	M	Croft Ambrey RC	1:08:24	Vet 45 Male	9th
175	439	Katie Ayres	F	Croft Ambrey RC	1:08:24	Senior Female	13th
176	469	Sarah Coggins	F	Ledbury Harriers	1:10:21	Vet 60 Female	6th
177	144	Brian Symonds	M	Wye Valley Runners	1:10:58	Vet 80 Male	1st
178	383	Tom Davies	M	Croft Ambrey RC	1:12:46	Vet 70 Male	4th
179	82	Sybil Marsh	F	Ludlow Runners	1:13:25	Vet 75 Female	1st
180	150	Jenni Whistance	F	Wye Valley Runners	1:14:05	Vet 55 Female	12th
181	222	John Noonan	M	Hereford Couriers RC	1:15:54	Vet 60 Male	9th
182	99	Hilary Turner	F	Ludlow Runners	1:19:38	Vet 70 Female	1st

Number of Records: 182

