

# Herefordshire Summer Cross Country 2023



## Team Results - Race 4

Bib	Name	Time	Age Cat
<b>1st</b>	<b>Ludlow Runners 1</b>		<b>3:11:27,00</b>
131	Oliver Perratt	00:27:17	Senior Male
134	Aidan Yapp	00:28:22	Male Under 20
138	Matthew Yapp	00:28:26	Senior Male
113	Claire Thomas	00:34:01	Vet 40 Female
111	Amy Fulford	00:36:23	Vet 45 Female
115	Eilish Gilbert	00:36:58	Senior Female
<b>2nd</b>	<b>Croft Ambrey RC 1</b>		<b>3:23:37,00</b>
375	Eric Apperley	00:29:23	Senior Male
369	Sam Juson	00:29:51	Senior Male
382	Gareth Leek	00:30:11	Senior Male
393	Hannah Fletcher	00:35:03	Vet 35 Female
340	Kelly Bowen	00:39:11	Vet 35 Female
352	Mia Davies	00:39:58	Senior Female
<b>3rd</b>	<b>Builth &amp; District 1</b>		<b>3:24:18,00</b>
223	Robin Woods	00:28:45	Vet 45 Male
188	Wyndham Turner	00:29:05	Senior Male
187	Tom Turner	00:30:36	Vet 35 Male
207	Mel Sadie	00:37:15	Senior Female
174	Joanne Rees	00:38:13	Vet 45 Female
230	Lisa Boucher	00:40:24	Vet 35 Female
<b>4th</b>	<b>Hereford Couriers RC 1</b>		<b>3:26:46,00</b>
46	Ryan Knight	00:30:17	Senior Male
41	William Morris	00:30:33	Senior Male
47	Ryan Lawrence	00:31:20	Senior Male
42	Bethany Jellinek	00:35:09	Senior Female
2	Amy Smith	00:39:28	Vet 40 Female
35	Lucy Jarvis	00:39:59	Senior Female
<b>5th</b>	<b>MonRoss Trailblazers 1</b>		<b>3:33:11,00</b>
81	Gavin Jones	00:30:55	Senior Male
74	Rob Nichols	00:31:18	Vet 35 Male
103	Richard Foster	00:32:04	Vet 40 Male
86	Laura Lelievre	00:35:53	Senior Female
77	Chathrine Finlay	00:41:13	Vet 45 Female
76	Emma Davies	00:41:48	Vet 50 Female
<b>6th</b>	<b>Malvern Buzzards Running Club 1</b>		<b>3:35:26,00</b>
237	Michael Dymond	00:30:18	Senior Male
248	Carl Salmon	00:30:24	Vet 35 Male
250	Richard Walsh	00:31:13	Vet 35 Male
234	Sarah Armstrong	00:38:48	Vet 55 Female
249	Steph Upton	00:41:48	Vet 55 Female



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Bib	Name	Time	Age Cat
242	Barbara Gawlak	00:42:55	Vet 35 Female
<b>7th</b>	<b>Hereford Couriers RC 2</b>	<b>3:40:42,00</b>	
20	Harry Woodhouse	00:31:35	Senior Male
39	Martin Lloyd	00:33:05	Vet 45 Male
50	Stephen Snead	00:34:30	Vet 50 Male
58	Sarah Askey	00:40:01	Vet 55 Female
1	Abi Knight	00:40:40	Senior Female
19	Emma Price	00:40:51	Senior Female
<b>8th</b>	<b>Wye Valley Runners 1</b>	<b>3:49:39,00</b>	
273	Jeremy Jehan	00:32:55	Vet 50 Male
274	David Klotz	00:35:19	Vet 40 Male
265	Peter Flynn	00:36:47	Vet 50 Male
268	Kate Green	00:40:56	Vet 55 Female
257	Lynne Compton	00:41:03	Vet 55 Female
286	Lorna Shaw	00:42:39	Vet 60 Female
<b>9th</b>	<b>Hereford Couriers RC 3</b>	<b>3:51:14,00</b>	
68	Ben Skinner	00:34:34	Vet 35 Male
14	Daniel Spear	00:35:20	Vet 35 Male
38	Martin Carter	00:35:24	Vet 55 Male
29	Kimberley Langford	00:41:35	Senior Female
13	Clare Evans	00:41:47	Senior Female
10	Christina Pinto-Pearson	00:42:34	Vet 40 Female
<b>10th</b>	<b>MonRoss Trailblazers 2</b>	<b>3:53:47,00</b>	
73	Richard Bevan	00:34:03	Vet 45 Male
443	James Morton	00:34:03	Senior Male
70	Grant White	00:34:34	Senior Male
444	Rebecca Roseanne	00:43:04	Senior Female
90	Rebecca Foster	00:44:01	Vet 45 Female
72	Vanessa Ball	00:44:02	Vet 35 Female
<b>11th</b>	<b>Forest of Dean AC 1</b>	<b>3:55:27,00</b>	
306	Dan Sandford	00:33:51	Vet 45 Male
305	Rhys Asbridge	00:35:45	Vet 35 Male
453	Scott Berry	00:36:20	Vet 45 Male
316	Leanne Meek	00:39:55	Vet 40 Female
317	Sarah Bucknall	00:44:27	Vet 45 Female
320	Stefanie Francis	00:45:09	Vet 55 Female
<b>12th</b>	<b>Malvern Buzzards Running Club 2</b>	<b>4:03:32,00</b>	
244	Dave Lawrence	00:32:19	Vet 35 Male
236	Christian Dowle	00:33:23	Vet 50 Male
252	Dave Woodward	00:34:59	Vet 35 Male
255	Jacqueline Spencer	00:44:20	Vet 40 Female



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Bib	Name	Time	Age Cat
235	Julie Caseley	00:45:31	Vet 60 Female
241	Sarah Fowkes	00:53:00	Vet 60 Female
<b>13th</b>	<b>Hereford Triathlon Club 1</b>	<b>4:03:55,00</b>	
144	Peter Koval	00:32:44	Vet 35 Male
143	Andy Taylor	00:36:25	Vet 50 Male
152	Paul Mammatt	00:37:00	Vet 50 Male
167	Deanna Mammatt	00:43:46	Vet 45 Female
168	Jenny Papworth	00:44:11	Vet 50 Female
163	Liz Davies Ward	00:49:49	Vet 60 Female
<b>14th</b>	<b>Croft Ambrey RC 2</b>	<b>4:07:46,00</b>	
361	Joseph Lynch	00:33:48	Senior Male
359	Steve Partridge	00:35:15	Vet 40 Male
384	George Thomas	00:38:31	Vet 35 Male
342	Bronwyn Preece	00:41:40	Senior Female
356	Samantha Harper	00:48:00	Vet 45 Female
377	Gemma Davies	00:50:32	Vet 40 Female
<b>15th</b>	<b>Wye Valley Runners 2</b>	<b>4:11:20,00</b>	
300	Paul Kemp	00:37:08	Vet 45 Male
259	Niall Considine	00:38:14	Senior Male
272	Shaun Hoyes	00:38:47	Vet 60 Male
266	Louisa Foti	00:43:40	Vet 45 Female
263	Jo Ellis	00:45:04	Vet 40 Female
298	Emma Harris	00:48:27	Vet 40 Female
<b>16th</b>	<b>Builth &amp; District 2</b>	<b>4:12:37,00</b>	
226	Kelsham Hanna	00:34:45	Vet 50 Male
214	Gareth Thomas	00:36:31	Vet 35 Male
231	Colin Williams	00:37:47	Vet 55 Male
190	Emma Bagshaw	00:44:35	Vet 50 Female
177	Tina Harrison	00:49:26	Vet 55 Female
180	Christine Thomas	00:49:33	Vet 65 Female
<b>17th</b>	<b>Ludlow Runners 2</b>	<b>4:13:31,00</b>	
129	Alex Logan	00:30:39	Vet 40 Male
117	Jemma Radmore	00:41:18	Female Under 20
120	Clive Richardson	00:43:20	Vet 65 Male
110	Sarah Edwards	00:43:41	Vet 50 Female
130	Thomas Powell	00:44:03	Vet 35 Male
136	Sally Toye	00:50:30	Vet 60 Female
<b>18th</b>	<b>Croft Ambrey RC 3</b>	<b>4:34:53,00</b>	
350	Tim Jones	00:39:46	Vet 55 Male
348	Paul Parker	00:40:13	Vet 50 Male
365	Howard Verran	00:41:10	Vet 45 Male



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Bib	Name	Time	Age Cat
394	Alison Davies	00:50:46	Vet 35 Female
355	Anna Bromley	00:50:54	Vet 40 Female
357	Clare Preece	00:52:04	Vet 50 Female

### 19th Forest of Dean AC 2 **4:56:27,00**

315	Owen McLaughlin	00:40:45	Vet 70 Male
432	Daren Smith	00:41:01	Vet 55 Male
321	Rob Lester	00:41:39	Vet 45 Male
433	Mel Ruck	00:49:28	Vet 50 Female
319	Lynn Moore	00:53:35	Vet 55 Female
318	Linda Ingledow	01:09:59	Vet 55 Female

Number of Records: 114

