

# Race 4 - Summer Cross Country 2023



## Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
1	131	Oliver Perratt	M	Ludlow Runners	Senior Male	1st	00:27:17
2	134	Aidan Yapp	M	Ludlow Runners	Male Under 20	1st	00:28:22
3	138	Matthew Yapp	M	Ludlow Runners	Senior Male	2nd	00:28:26
4	223	Robin Woods	M	Builth & District	Vet 45 Male	1st	00:28:45
5	188	Wyndham Turner	M	Builth & District	Senior Male	3rd	00:29:05
6	375	Eric Apperley	M	Croft Ambrey RC	Senior Male	4th	00:29:23
7	369	Sam Juson	M	Croft Ambrey RC	Senior Male	5th	00:29:51
8	382	Gareth Leek	M	Croft Ambrey RC	Senior Male	6th	00:30:11
9	46	Ryan Knight	M	Hereford Couriers RC	Senior Male	7th	00:30:17
10	237	Michael Dymond	M	Malvern Buzzards Running Club	Senior Male	8th	00:30:18
11	248	Carl Salmon	M	Malvern Buzzards Running Club	Vet 35 Male	1st	00:30:24
12	41	William Morris	M	Hereford Couriers RC	Senior Male	9th	00:30:33
13	187	Tom Turner	M	Builth & District	Vet 35 Male	2nd	00:30:36
14	129	Alex Logan	M	Ludlow Runners	Vet 40 Male	1st	00:30:39
15	81	Gavin Jones	M	MonRoss Trailblazers	Senior Male	10th	00:30:55
16	250	Richard Walsh	M	Malvern Buzzards Running Club	Vet 35 Male	3rd	00:31:13
17	74	Rob Nichols	M	MonRoss Trailblazers	Vet 35 Male	4th	00:31:18
18	47	Ryan Lawrence	M	Hereford Couriers RC	Senior Male	11th	00:31:20
19	20	Harry Woodhouse	M	Hereford Couriers RC	Senior Male	12th	00:31:35
20	103	Richard Foster	M	MonRoss Trailblazers	Vet 40 Male	2nd	00:32:04
21	244	Dave Lawrence	M	Malvern Buzzards Running Club	Vet 35 Male	5th	00:32:19
22	144	Peter Koval	M	Hereford Triathlon Club	Vet 35 Male	6th	00:32:44
23	273	Jeremy Jehan	M	Wye Valley Runners	Vet 50 Male	1st	00:32:55
24	39	Martin Lloyd	M	Hereford Couriers RC	Vet 45 Male	2nd	00:33:05
25	236	Christian Dowle	M	Malvern Buzzards Running Club	Vet 50 Male	2nd	00:33:23
26	361	Joseph Lynch	M	Croft Ambrey RC	Senior Male	13th	00:33:48
27	306	Dan Sandford	M	Forest of Dean AC	Vet 45 Male	3rd	00:33:51



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
28	113	Claire Thomas	F	Ludlow Runners	Vet 40 Female	1st	00:34:01
29	73	Richard Bevan	M	MonRoss Trailblazers	Vet 45 Male	4th	00:34:03
30	443	James Morton	M	MonRoss Trailblazers	Senior Male	14th	00:34:03
31	425	Clifford Berry	M	Ledbury Harriers	Vet 60 Male	1st	00:34:11
32	50	Stephen Snead	M	Hereford Couriers RC	Vet 50 Male	3rd	00:34:30
33	68	Ben Skinner	M	Hereford Couriers RC	Vet 35 Male	7th	00:34:34
34	70	Grant White	M	MonRoss Trailblazers	Senior Male	15th	00:34:34
35	226	Kelsham Hanna	M	Builth & District	Vet 50 Male	4th	00:34:45
36	252	Dave Woodward	M	Malvern Buzzards Running Club	Vet 35 Male	8th	00:34:59
37	393	Hannah Fletcher	F	Croft Ambrey RC	Vet 35 Female	1st	00:35:03
38	99	Richard Cronin	M	MonRoss Trailblazers	Senior Male	16th	00:35:05
39	42	Bethany Jellinek	F	Hereford Couriers RC	Senior Female	1st	00:35:09
40	359	Steve Partridge	M	Croft Ambrey RC	Vet 40 Male	3rd	00:35:15
41	274	David Klotz	M	Wye Valley Runners	Vet 40 Male	4th	00:35:19
42	14	Daniel Spear	M	Hereford Couriers RC	Vet 35 Male	9th	00:35:20
43	38	Martin Carter	M	Hereford Couriers RC	Vet 55 Male	1st	00:35:24
44	36	Luke Williams	M	Hereford Couriers RC	Vet 40 Male	5th	00:35:43
45	305	Rhys Asbridge	M	Forest of Dean AC	Vet 35 Male	10th	00:35:45
46	100	Dan Gray	M	MonRoss Trailblazers	Vet 35 Male	11th	00:35:49
47	404	Peter Summers	M	Hay Hotfooters	Vet 35 Male	12th	00:35:51
48	86	Laura Lelievre	F	MonRoss Trailblazers	Senior Female	2nd	00:35:53
49	69	Allen Edwards	M	Hereford Couriers RC	Senior Male	17th	00:35:56
50	328	Kirk Hill	M	Spirit of Monmouth	Vet 50 Male	5th	00:36:18
51	453	Scott Berry	M	Forest of Dean AC	Vet 45 Male	5th	00:36:20
52	111	Amy Fulford	F	Ludlow Runners	Vet 45 Female	1st	00:36:23
53	143	Andy Taylor	M	Hereford Triathlon Club	Vet 50 Male	6th	00:36:25
54	75	Rob Potter	M	MonRoss Trailblazers	Vet 45 Male	6th	00:36:28



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
55	25	Jonathan Davey	M	Hereford Couriers RC	Vet 55 Male	2nd	00:36:28
56	214	Gareth Thomas	M	Builth & District	Vet 35 Male	13th	00:36:31
57	323	Martin Blakebrough	M	Spirit of Monmouth	Vet 60 Male	2nd	00:36:42
58	265	Peter Flynn	M	Wye Valley Runners	Vet 50 Male	7th	00:36:47
59	430	Robert Kerr	M	Ledbury Harriers	Vet 65 Male	1st	00:36:55
60	115	Eilish Gilbert	F	Ludlow Runners	Senior Female	3rd	00:36:58
61	152	Paul Mammatt	M	Hereford Triathlon Club	Vet 50 Male	8th	00:37:00
62	159	Jack O'Shea	M	Hereford Triathlon Club	Senior Male	18th	00:37:01
63	300	Paul Kemp	M	Wye Valley Runners	Vet 45 Male	7th	00:37:08
64	92	Andy Stephens	M	MonRoss Trailblazers	Vet 45 Male	8th	00:37:10
65	207	Mel Sadie	F	Builth & District	Senior Female	4th	00:37:15
66	78	Martin Turner	M	MonRoss Trailblazers	Vet 35 Male	14th	00:37:27
67	231	Colin Williams	M	Builth & District	Vet 55 Male	3rd	00:37:47
68	87	Nigel Baker	M	MonRoss Trailblazers	Vet 60 Male	3rd	00:37:55
69	51	Steven Mesham	M	Hereford Couriers RC	Vet 50 Male	9th	00:37:56
70	174	Joanne Rees	F	Builth & District	Vet 45 Female	2nd	00:38:13
71	259	Niall Considine	M	Wye Valley Runners	Senior Male	19th	00:38:14
72	254	Rob Howells	M	Malvern Buzzards Running Club	Vet 40 Male	6th	00:38:15
73	52	Tim Broome	M	Hereford Couriers RC	Vet 40 Male	7th	00:38:18
74	384	George Thomas	M	Croft Ambrey RC	Vet 35 Male	15th	00:38:31
75	89	Neil Harper	M	MonRoss Trailblazers	Vet 45 Male	9th	00:38:34
76	238	Adam Dyson	M	Malvern Buzzards Running Club	Vet 40 Male	8th	00:38:41
77	245	Tristan May	M	Malvern Buzzards Running Club	Vet 40 Male	9th	00:38:42
78	333	Stuart Morris	M	Spirit of Monmouth	Vet 45 Male	10th	00:38:43
79	185	Ali Hardaway	M	Builth & District	Vet 55 Male	4th	00:38:45
80	272	Shaun Hoyes	M	Wye Valley Runners	Vet 60 Male	4th	00:38:47
81	234	Sarah Armstrong	F	Malvern Buzzards Running Club	Vet 55 Female	1st	00:38:48



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
82	340	Kelly Bowen	F	Croft Ambrey RC	Vet 35 Female	2nd	00:39:11
83	424	Tym Musgrove	M	Ledbury Harriers	Vet 60 Male	5th	00:39:21
84	2	Amy Smith	F	Hereford Couriers RC	Vet 40 Female	2nd	00:39:28
85	157	Christian Mason	M	Hereford Triathlon Club	Vet 35 Male	16th	00:39:32
86	170	Vince Playdon	M	Hereford Triathlon Club	Vet 50 Male	10th	00:39:40
87	350	Tim Jones	M	Croft Ambrey RC	Vet 55 Male	5th	00:39:46
88	64	Dave Green	M	Hereford Couriers RC	Vet 55 Male	6th	00:39:51
89	316	Leanne Meek	F	Forest of Dean AC	Vet 40 Female	3rd	00:39:55
90	352	Mia Davies	F	Croft Ambrey RC	Senior Female	5th	00:39:58
91	35	Lucy Jarvis	F	Hereford Couriers RC	Senior Female	6th	00:39:59
92	58	Sarah Askey	F	Hereford Couriers RC	Vet 55 Female	2nd	00:40:01
93	348	Paul Parker	M	Croft Ambrey RC	Vet 50 Male	11th	00:40:13
94	8	Chris Cleary	M	Hereford Couriers RC	Senior Male	20th	00:40:22
95	230	Lisa Boucher	F	Builth & District	Vet 35 Female	3rd	00:40:24
96	410	Mick Collins	M	Hay Hotfooters	Vet 55 Male	7th	00:40:38
97	1	Abi Knight	F	Hereford Couriers RC	Senior Female	7th	00:40:40
98	315	Owen McLaughlin	M	Forest of Dean AC	Vet 70 Male	1st	00:40:45
99	142	Stephen Goodridge	M	Brecon Athletic Club	Vet 60 Male	6th	00:40:48
100	19	Emma Price	F	Hereford Couriers RC	Senior Female	8th	00:40:51
101	268	Kate Green	F	Wye Valley Runners	Vet 55 Female	3rd	00:40:56
102	432	Daren Smith	M	Forest of Dean AC	Vet 55 Male	8th	00:41:01
103	257	Lynne Compton	F	Wye Valley Runners	Vet 55 Female	4th	00:41:03
104	365	Howard Verran	M	Croft Ambrey RC	Vet 45 Male	11th	00:41:10
105	77	Chathrine Finlay	F	MonRoss Trailblazers	Vet 45 Female	3rd	00:41:13
106	117	Jemma Radmore	F	Ludlow Runners	Female Under 20	1st	00:41:18
107	171	Jake Fowler	M	Hereford Triathlon Club	Senior Male	21st	00:41:30
108	29	Kimberley Langford	F	Hereford Couriers RC	Senior Female	9th	00:41:35



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
109	321	Rob Lester	M	Forest of Dean AC	Vet 45 Male	12th	00:41:39
110	342	Bronwyn Preece	F	Croft Ambrey RC	Senior Female	10th	00:41:40
111	98	Micheal Thurgood	M	MonRoss Trailblazers	Vet 55 Male	9th	00:41:46
112	288	Michael Smallwood	M	Wye Valley Runners	Vet 55 Male	10th	00:41:47
113	13	Clare Evans	F	Hereford Couriers RC	Senior Female	11th	00:41:47
114	249	Steph Upton	F	Malvern Buzzards Running Club	Vet 55 Female	5th	00:41:48
115	76	Emma Davies	F	MonRoss Trailblazers	Vet 50 Female	1st	00:41:48
116	10	Christina Pinto-Pearson	F	Hereford Couriers RC	Vet 40 Female	4th	00:42:34
117	286	Lorna Shaw	F	Wye Valley Runners	Vet 60 Female	1st	00:42:39
118	246	Wesley Ogden	M	Malvern Buzzards Running Club	Vet 55 Male	11th	00:42:39
119	80	Adam Gray	M	MonRoss Trailblazers	Vet 35 Male	17th	00:42:50
120	242	Barbara Gawlak	F	Malvern Buzzards Running Club	Vet 35 Female	4th	00:42:55
121	282	Paddy Nugent	M	Wye Valley Runners	Vet 60 Male	7th	00:43:03
122	444	Rebecca Roseanne	F	MonRoss Trailblazers	Senior Female	12th	00:43:04
123	120	Clive Richardson	M	Ludlow Runners	Vet 65 Male	2nd	00:43:20
124	335	Nick Sloper	M	Spirit of Monmouth	Vet 50 Male	12th	00:43:36
125	266	Louisa Foti	F	Wye Valley Runners	Vet 45 Female	4th	00:43:40
126	110	Sarah Edwards	F	Ludlow Runners	Vet 50 Female	2nd	00:43:41
127	167	Deanna Mammatt	F	Hereford Triathlon Club	Vet 45 Female	5th	00:43:46
128	90	Rebecca Foster	F	MonRoss Trailblazers	Vet 45 Female	6th	00:44:01
129	72	Vanessa Ball	F	MonRoss Trailblazers	Vet 35 Female	5th	00:44:02
130	130	Thomas Powell	M	Ludlow Runners	Vet 35 Male	18th	00:44:03
131	146	John Maddy	M	Hereford Triathlon Club	Vet 55 Male	12th	00:44:04
132	292	Gordon Truluck	M	Wye Valley Runners	Vet 65 Male	3rd	00:44:05
133	71	Soph Williams	F	MonRoss Trailblazers	Vet 35 Female	6th	00:44:10
134	168	Jenny Papworth	F	Hereford Triathlon Club	Vet 50 Female	3rd	00:44:11
135	255	Jacqueline Spencer	F	Malvern Buzzards Running Club	Vet 40 Female	5th	00:44:20



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
136	409	Sharon Collins	F	Hay Hotfooters	Vet 55 Female	6th	00:44:24
137	27	Kevin Barnes	M	Hereford Couriers RC	Vet 60 Male	8th	00:44:26
138	317	Sarah Bucknall	F	Forest of Dean AC	Vet 45 Female	7th	00:44:27
139	378	Gary Gunner	M	Croft Ambrey RC	Vet 75 Male	1st	00:44:33
140	324	Jeremy Creasey	M	Spirit of Monmouth	Vet 55 Male	13th	00:44:35
141	190	Emma Bagshaw	F	Builth & District	Vet 50 Female	4th	00:44:35
142	263	Jo Ellis	F	Wye Valley Runners	Vet 40 Female	6th	00:45:04
143	320	Stefanie Francis	F	Forest of Dean AC	Vet 55 Female	7th	00:45:09
144	452	Will Flynn	M	Wye Valley Runners		1st	00:45:23
145	235	Julie Caseley	F	Malvern Buzzards Running Club	Vet 60 Female	2nd	00:45:31
146	169	Paddy Lewis	M	Hereford Triathlon Club	Vet 45 Male	13th	00:46:02
147	329	Andrew Hillis	M	Spirit of Monmouth	Vet 55 Male	14th	00:46:09
148	277	Ralph Lloyd	M	Wye Valley Runners	Vet 60 Male	9th	00:46:10
149	150	Mike Shaw	M	Hereford Triathlon Club	Vet 70 Male	2nd	00:46:14
150	97	Lucia Demkova	F	MonRoss Trailblazers	Vet 40 Female	7th	00:46:25
151	383	Oli Cameron-Swan	M	Croft Ambrey RC	Vet 45 Male	14th	00:46:43
152	5	Bryony Dean	F	Hereford Couriers RC	Vet 45 Female	8th	00:46:48
153	408	Sue Hackett	F	Hay Hotfooters	Vet 60 Female	3rd	00:47:43
154	356	Samantha Harper	F	Croft Ambrey RC	Vet 45 Female	9th	00:48:00
155	298	Emma Harris	F	Wye Valley Runners	Vet 40 Female	8th	00:48:27
156	285	Kate Phipps	F	Wye Valley Runners	Senior Female	13th	00:48:28
157	154	Matt Clark	M	Hereford Triathlon Club	Vet 40 Male	10th	00:48:45
158	177	Tina Harrison	F	Builth & District	Vet 55 Female	8th	00:49:26
159	433	Mel Ruck	F	Forest of Dean AC	Vet 50 Female	5th	00:49:28
160	180	Christine Thomas	F	Builth & District	Vet 65 Female	1st	00:49:33
161	295	Julie Whitehouse	F	Wye Valley Runners	Vet 50 Female	6th	00:49:43
162	163	Liz Davies Ward	F	Hereford Triathlon Club	Vet 60 Female	4th	00:49:49



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Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	Time
163	429	Sarah Coggins	F	Ledbury Harriers	Vet 60 Female	5th	00:50:08
164	136	Sally Toye	F	Ludlow Runners	Vet 60 Female	6th	00:50:30
165	377	Gemma Davies	F	Croft Ambrey RC	Vet 40 Female	9th	00:50:32
166	394	Alison Davies	F	Croft Ambrey RC	Vet 35 Female	7th	00:50:46
167	355	Anna Bromley	F	Croft Ambrey RC	Vet 40 Female	10th	00:50:54
168	49	Stephen Hobson	M	Hereford Couriers RC	Vet 60 Male	10th	00:51:15
169	400	Tina Lavelle	F	Hay Hotfooters	Vet 65 Female	2nd	00:51:54
170	34	Lauren Pullen	F	Hereford Couriers RC	Female Under 20	2nd	00:52:03
171	357	Clare Preece	F	Croft Ambrey RC	Vet 50 Female	7th	00:52:04
172	360	Theresa Jones	F	Croft Ambrey RC	Vet 50 Female	8th	00:52:51
173	241	Sarah Fowkes	F	Malvern Buzzards Running Club	Vet 60 Female	7th	00:53:00
174	125	Steve Adams	M	Ludlow Runners	Vet 55 Male	15th	00:53:24
175	319	Lynn Moore	F	Forest of Dean AC	Vet 55 Female	9th	00:53:35
176	396	Louise Reeves	F	Croft Ambrey RC	Vet 45 Female	10th	00:54:07
177	243	Kayleigh-Moon Holmwood	F	Malvern Buzzards Running Club	Senior Female	14th	00:54:21
178	196	Wendy Cole	F	Builth & District	Vet 50 Female	9th	00:55:36
179	118	Nicholas Young	M	Ludlow Runners	Vet 65 Male	4th	00:56:11
180	366	Claire Verran	F	Croft Ambrey RC	Vet 45 Female	11th	00:57:15
181	290	brian Symonds	M	Wye Valley Runners	Vet 80 Male	1st	00:58:00
182	137	Gwyneth Bowyer	F	Ludlow Runners	Vet 60 Female	8th	00:59:11
183	271	Dave Hider	M	Wye Valley Runners	Vet 55 Male	16th	01:00:25
184	105	Sybil Marsh	F	Ludlow Runners	Vet 75 Female	1st	01:01:12
185	15	Dave Ainslie	M	Hereford Couriers RC	Vet 60 Male	11th	01:05:28
186	318	Linda Ingledow	F	Forest of Dean AC	Vet 55 Female	10th	01:09:59
187	269	Bill Griffiths	M	Wye Valley Runners	Vet 70 Male	3rd	01:12:15
188	176	Callum Morris	M	Builth & District	Male Under 17	1st	21:36

Number of Records: 188

