

Herefordshire Winter Cross Country 2022/23 Team Results



| Bib | Name | Time | Age Category |
|-----|------|------|--------------|
|-----|------|------|--------------|

Female

1. Hereford Couriers RC 1 3:08:05,00

| | | | |
|-----|-----------------|-------|---------------|
| 190 | Addy Carter | 43:43 | Senior Female |
| 231 | Kim Saunders | 45:28 | Senior Female |
| 263 | Joanna Eddy | 49:17 | Vet 45 Female |
| 205 | Clare Mallender | 49:37 | Vet 45 Female |

2. Bulth & District 1 3:13:36,00

| | | | |
|-----|-------------------|-------|---------------|
| 507 | Donna Morris | 41:53 | Vet 35 Female |
| 492 | Joanne Rees | 47:11 | Vet 45 Female |
| 486 | Kate Jones | 48:55 | Senior Female |
| 503 | Isabelle Robinson | 55:37 | Senior Female |

3. Monross Trailblazers 1 3:19:33,00

| | | | |
|----|----------------|-------|---------------|
| 47 | Alice Taylor | 43:45 | Senior Female |
| 40 | Laura Lelievre | 48:01 | Senior Female |
| 48 | Vanessa Ward | 53:33 | Vet 35 Female |
| 32 | Lucia Demkova | 54:14 | Vet 40 Female |

4. Spirit of Monmouth 1 3:20:34,00

| | | | |
|-----|----------------|-------|---------------|
| 627 | Katie Adams | 47:26 | Vet 40 Female |
| 646 | Vicky Roberts | 49:42 | Senior Female |
| 640 | Emily Harrison | 50:24 | Vet 35 Female |
| 638 | Rebecca Foster | 53:02 | Vet 45 Female |

5. Hereford Couriers RC 2 3:22:12,00

| | | | |
|-----|-----------------|-------|---------------|
| 212 | Emily Yarnold | 50:12 | Senior Female |
| 204 | Christina Plant | 50:27 | Vet 35 Female |
| 236 | Lucy Jarvis | 50:36 | Senior Female |
| 221 | Jess Sullivan | 50:57 | Vet 35 Female |

6. Croft Ambrey RC 1 3:28:13,00

| | | | |
|-----|-------------|-------|---------------|
| 386 | Kelly Bowen | 50:01 | Vet 35 Female |
| 401 | Mia Davies | 51:57 | Senior Female |
| 394 | Steph Main | 52:47 | Vet 50 Female |
| 399 | Jo Marriott | 53:28 | Vet 50 Female |

7. Hereford Couriers RC 3 3:29:13,00

| | | | |
|-----|-------------|-------|---------------|
| 250 | Sarah Askey | 51:05 | Vet 55 Female |
| 191 | Amy Smith | 52:05 | Vet 35 Female |
| 189 | Abi Knight | 52:39 | Senior Female |
| 228 | Kate Morris | 53:24 | Vet 40 Female |

8. Brecon Athletic Club 1 3:29:20,00

| | | | |
|----|-----------------|-------|---------------|
| 16 | Jane Horler | 49:54 | Vet 50 Female |
| 15 | Naomi Law | 50:16 | Vet 50 Female |
| 18 | Annabel Harford | 51:47 | Vet 55 Female |



Herefordshire Winter Cross Country 2022/23 Team Results



| Bib | Name | Time | Age Category |
|------------|--|-------------------|---------------|
| 14 | Laurie Higgins | 57:23 | Senior Female |
| 9. | Wye Valley Runners 1 | 3:33:46,00 | |
| 145 | Laura Tootell | 51:14 | Vet 45 Female |
| 110 | Becki Ansfield | 53:08 | Vet 45 Female |
| 157 | Catherine Watkins | 54:42 | Vet 40 Female |
| 124 | Kate Green | 54:42 | Vet 55 Female |
| 10. | Hay Hotfooters 1 | 3:38:22,00 | |
| 276 | Eleanor Griffiths | 51:48 | Senior Female |
| 287 | Sharon Collins | 53:44 | Vet 55 Female |
| 280 | Sara Lake | 55:07 | Vet 50 Female |
| 300 | Ali Allen | 57:43 | Vet 55 Female |
| 11. | Wye Valley Runners 2 | 3:45:29,00 | |
| 141 | Lorna Shaw | 54:52 | Vet 60 Female |
| 113 | Lynne Compton | 55:34 | Vet 55 Female |
| 154 | Nikki Childs | 57:20 | Vet 60 Female |
| 119 | Jo Ellis | 57:43 | Vet 40 Female |
| 12. | Croft Ambrey RC 2 | 3:45:54,00 | |
| 395 | Bronwyn Preece | 54:59 | Senior Female |
| 405 | Jo Tilby | 55:22 | Vet 40 Female |
| 393 | Thea Preece | 55:33 | Senior Female |
| 381 | Samantha Harper | 1:00:00 | Vet 45 Female |
| 13. | Hereford Couriers RC 4 | 3:46:09,00 | |
| 203 | Christina Pinto-Pearson | 54:05 | Vet 40 Female |
| 233 | Kimberley Pickett | 54:31 | Vet 35 Female |
| 259 | Yulia Dimitov | 58:42 | Vet 40 Female |
| 230 | Kim Handley | 58:51 | Vet 35 Female |
| 14. | Hereford Triathlon Club 1 | 3:47:21,00 | |
| 359 | Alice Godding | 46:57 | Senior Female |
| 346 | Louise Le Ray | 57:44 | Vet 55 Female |
| 355 | Charlotte Godsall | 1:00:33 | Vet 45 Female |
| 341 | Sue Bissell | 1:02:07 | Vet 60 Female |
| 15. | Builth & District 2 | 3:48:31,00 | |
| 504 | Gunvor Troelsen | 55:50 | Vet 55 Female |
| 520 | Rachel Bradbury | 57:23 | Vet 40 Female |
| 528 | Abbie Davies | 57:31 | Senior Female |
| 548 | Bethan Curry | 57:47 | Senior Female |
| 16. | Malvern Buzzards Running Club 1 | 3:48:35,00 | |
| 176 | Margaret Kenchington | 50:43 | Vet 65 Female |
| 172 | Barbara Gawlak | 52:50 | Vet 35 Female |
| 164 | Julie Caseley | 59:39 | Vet 60 Female |
| 166 | Sarah Cuddy | 1:05:23 | Vet 45 Female |



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| Bib | Name | Time | Age Category |
|--------------------------------------|---------------------|-------------------|---------------|
| 17. Maldwyn Harriers 1 | | 3:50:43,00 | |
| 572 | Tricia Hirst | 56:29 | Vet 65 Female |
| 575 | Jo Lewis | 56:34 | Vet 45 Female |
| 563 | Catherine Bradley | 58:28 | Vet 40 Female |
| 583 | Rachel Wood | 59:12 | Vet 35 Female |
| 18. Ludlow Runners 1 | | 3:57:30,00 | |
| 96 | Emma Stewardson | 53:53 | Vet 45 Female |
| 86 | Laura Perratt | 54:29 | Senior Female |
| 72 | Lizzie Gorton | 1:02:48 | Senior Female |
| 100 | Sarah Turner | 1:06:20 | Vet 40 Female |
| 19. Hereford Couriers RC 5 | | 4:02:13,00 | |
| 266 | Nicola Tyler | 59:07 | Vet 50 Female |
| 219 | Hollie Francis | 59:48 | Senior Female |
| 198 | Bronwen Tyler-Jones | 1:01:21 | Vet 50 Female |
| 199 | Bryony Dean | 1:01:57 | Vet 45 Female |
| 20. Croft Ambrey RC 3 | | 4:08:33,00 | |
| 388 | Nikki Doherty | 1:00:32 | Vet 35 Female |
| 410 | Steph King | 1:01:23 | Vet 55 Female |
| 402 | Lisa Gray | 1:01:54 | Vet 50 Female |
| 398 | Gemma Davies | 1:04:44 | Vet 40 Female |
| 21. Hay Hotfooters 2 | | 4:08:51,00 | |
| 293 | Dilek Usta-Aarons | 1:00:29 | Vet 45 Female |
| 284 | Sue Hackett | 1:00:39 | Vet 60 Female |
| 295 | Sharon Lindesay | 1:01:17 | Vet 50 Female |
| 298 | Lucy Jardine | 1:06:26 | Vet 55 Female |
| 22. Hereford Triathlon Club 2 | | 4:13:51,00 | |
| 350 | Samantha Stacey | 1:02:42 | Vet 40 Female |
| 348 | Gayle Scot | 1:03:09 | Vet 45 Female |
| 337 | Robin Finlay | 1:03:44 | Vet 50 Female |
| 339 | Trudy Macklin | 1:04:16 | Vet 45 Female |
| 23. Ledbury Harriers 1 | | 4:14:46,00 | |
| 478 | Susannah Kirk | 56:44 | Vet 45 Female |
| 657 | Caroline Kerr | 57:34 | Vet 55 Female |
| 472 | Rachel Bannister | 1:02:38 | Vet 45 Female |
| 469 | Sarah Coggins | 1:17:50 | Vet 60 Female |
| 24. Built & District 3 | | 4:27:29,00 | |
| 493 | Hayley Price | 1:04:21 | Vet 50 Female |
| 501 | Tina Harrison | 1:04:44 | Vet 55 Female |
| 499 | Nicola Kelly | 1:07:05 | Vet 50 Female |
| 491 | Avril Hardwick | 1:11:19 | Vet 35 Female |



Herefordshire Winter Cross Country 2022/23 Team Results



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|------------------------------|------------------|-------------------|---------------|
| 25. Croft Ambrey RC 4 | | 4:35:59,00 | |
| 385 | Sue Wood | 1:04:54 | Vet 65 Female |
| 387 | Louise Reeves | 1:05:52 | Vet 45 Female |
| 391 | Hayley Millichap | 1:11:17 | Vet 50 Female |
| 400 | Hayley Colebatch | 1:13:56 | Vet 35 Female |
| 26. Ludlow Runners 2 | | 4:44:16,00 | |
| 60 | Tracy Bridge | 1:08:04 | Vet 50 Female |
| 67 | Sam Fleming | 1:08:40 | Vet 45 Female |
| 98 | Karen Thompson | 1:08:51 | Vet 55 Female |
| 82 | Sybil Marsh | 1:18:41 | Vet 75 Female |



Herefordshire Winter Cross Country 2022/23 Team Results



| Bib | Name | Time | Age Category |
|--|----------------------|-------|--------------|
| Male | | | |
| 1. Hereford Couriers RC 1 2:37:05,00 | | | |
| 248 | Ryan Knight | 38:38 | Senior Male |
| 241 | Matt James | 38:44 | Vet 35 Male |
| 237 | Luke Mason | 39:10 | Vet 35 Male |
| 249 | Ryan Lawrence | 40:33 | Senior Male |
| 2. Bulth & District 1 2:38:13,00 | | | |
| 523 | Robin Woods | 37:24 | Vet 45 Male |
| 484 | Wyndham Turner | 37:41 | Senior Male |
| 495 | Lee Price | 41:23 | Vet 45 Male |
| 485 | Tom Turner | 41:45 | Vet 35 Male |
| 3. Croft Ambrey RC 1 2:39:45,00 | | | |
| 411 | Eric Apperley | 38:24 | Senior Male |
| 389 | Gareth Leek | 39:33 | Senior Male |
| 418 | Jasper Robinson | 40:41 | Senior Male |
| 667 | Mark Thomas | 41:07 | Vet 45 Male |
| 4. Hereford Triathlon Club 1 2:43:08,00 | | | |
| 305 | Dean Jones | 39:16 | Vet 35 Male |
| 332 | Darren Broady | 40:40 | Senior Male |
| 324 | Andy Fisher | 41:12 | Vet 50 Male |
| 662 | Greg Wood | 42:00 | Vet 40 Male |
| 5. Malvern Buzzards Running Club 1 2:44:36,00 | | | |
| 167 | Michael Dymond | 40:37 | Senior Male |
| 181 | Richard Walsh | 40:42 | Vet 35 Male |
| 625 | Keith Evans | 40:53 | Vet 50 Male |
| 182 | Neil Warne | 42:24 | Vet 40 Male |
| 6. Hereford Couriers RC 2 2:46:56,00 | | | |
| 218 | Harry Woodhouse | 40:53 | Senior Male |
| 192 | Andrew Tyler | 41:18 | Vet 50 Male |
| 258 | William Morris | 41:34 | Senior Male |
| 251 | Scott Kennedy | 43:11 | Vet 45 Male |
| 7. Monross Trailblazers 1 2:48:09,00 | | | |
| 36 | Luke Gray | 38:28 | Vet 35 Male |
| 38 | Gavin Jones | 41:32 | Senior Male |
| 39 | Mark Killeen | 42:58 | Senior Male |
| 49 | Grant White | 45:11 | Senior Male |
| 8. Brecon Athletic Club 1 2:48:18,00 | | | |
| 3 | Brychan Price Davies | 37:14 | Senior Male |
| 13 | Michael Holloway | 40:53 | Vet 35 Male |
| 4 | Gareth Lawrence | 45:02 | Senior Male |



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| Bib | Name | Time | Age Category |
|------------|--|-------------------|---------------|
| 10 | Barney Goodrich | 45:09 | Vet 45 Male |
| 9. | Wye Valley Runners 1 | 2:53:23,00 | |
| 151 | Richard Williams | 42:33 | Vet 35 Male |
| 127 | Jeremy Jehan | 43:16 | Vet 50 Male |
| 149 | Ian Whistance | 43:30 | Vet 50 Male |
| 152 | Lea Wood | 44:04 | Vet 35 Male |
| 10. | Hereford Triathlon Club 2 | 2:56:18,00 | |
| 360 | James Morgan | 42:16 | Vet 40 Male |
| 304 | Conrad Lawson | 44:27 | Vet 45 Male |
| 326 | Matt Ansfield | 44:38 | Vet 50 Male |
| 302 | Andy Taylor | 44:57 | Vet 50 Male |
| 11. | Ludlow Runners 1 | 2:57:47,00 | |
| 87 | Oliver Perratt | 36:27 | Senior Male |
| 80 | Alex Logan | 41:00 | Vet 40 Male |
| 101 | Mark Warren | 48:25 | Vet 60 Male |
| 89 | Thomas Powell | 51:55 | Vet 35 Male |
| 12. | Hereford Couriers RC 3 | 2:57:53,00 | |
| 195 | Ben Skinner | 43:36 | Vet 35 Male |
| 197 | Brandon Adams | 44:03 | Senior Male |
| 194 | Ben Dean | 44:39 | Male Under 20 |
| 193 | Andy Ware | 45:35 | Vet 55 Male |
| 13. | Builth & District 2 | 2:59:09,00 | |
| 542 | Jack Hammond | 43:48 | Senior Male |
| 514 | Richard Bullass | 44:31 | Senior Male |
| 512 | Rhys Davies | 44:53 | Senior Male |
| 510 | Owen Bowers | 45:57 | Vet 40 Male |
| 14. | Ledbury Harriers 1 | 2:59:43,00 | |
| 471 | David Bannister | 39:57 | Vet 45 Male |
| 465 | Neil Grinnell | 45:25 | Vet 45 Male |
| 656 | Rob Kerr | 46:51 | Vet 65 Male |
| 474 | Martin Williams | 47:30 | Vet 40 Male |
| 15. | Malvern Buzzards Running Club 2 | 3:00:10,00 | |
| 175 | Andy Kenchington | 43:57 | Vet 55 Male |
| 163 | Sam Burnage | 44:26 | Vet 45 Male |
| 171 | Sim Foreman | 45:36 | Vet 45 Male |
| 184 | Dave Woodward | 46:11 | Vet 35 Male |
| 16. | Croft Ambrey RC 2 | 3:03:54,00 | |
| 412 | Simon Norwood | 43:53 | Vet 50 Male |
| 443 | Grant Womack | 44:14 | Vet 40 Male |
| 430 | Nigel Taylor | 47:20 | Vet 55 Male |
| 415 | Lee Monks | 48:27 | Vet 35 Male |



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| Bib | Name | Time | Age Category |
|--------------------------------------|--------------------|-------------------|--------------|
| 17. Wye Valley Runners 2 | | 3:03:57,00 | |
| 131 | Daniel Lewis | 44:50 | Vet 45 Male |
| 121 | Peter Flynn | 45:32 | Vet 50 Male |
| 156 | Ian Sockett | 45:34 | Vet 50 Male |
| 115 | Niall Considine | 48:01 | Senior Male |
| 18. Hereford Couriers RC 4 | | 3:04:17,00 | |
| 226 | Jonathan Gledhill | 45:40 | Vet 40 Male |
| 224 | Jon Phillips | 45:57 | Vet 35 Male |
| 201 | Chris Smart | 46:17 | Vet 55 Male |
| 225 | Jonathan Davey | 46:23 | Vet 55 Male |
| 19. Hereford Couriers RC 5 | | 3:08:20,00 | |
| 245 | Richie Richards | 46:28 | Vet 55 Male |
| 239 | Martin Carter | 46:55 | Vet 55 Male |
| 216 | Graeme Walker | 47:13 | Vet 55 Male |
| 210 | Ed Bullock | 47:44 | Senior Male |
| 20. Hereford Triathlon Club 3 | | 3:08:55,00 | |
| 307 | Peter Koval | 45:54 | Vet 35 Male |
| 364 | Nick Layton | 46:28 | Senior Male |
| 325 | Kieran Price | 48:07 | Senior Male |
| 306 | Adamo Mihcinok | 48:26 | Vet 40 Male |
| 21. Hereford Couriers RC 6 | | 3:13:52,00 | |
| 261 | Simon Ward | 47:59 | Vet 45 Male |
| 255 | Tom Turner | 48:17 | Senior Male |
| 262 | Dave White | 48:20 | Vet 50 Male |
| 240 | Martin Lloyd | 49:16 | Vet 40 Male |
| 22. Wye Valley Runners 3 | | 3:19:30,00 | |
| 130 | David Klotz | 48:23 | Vet 40 Male |
| 118 | Mark Dunn | 48:47 | Vet 55 Male |
| 148 | James Vidler | 51:06 | Vet 60 Male |
| 158 | Robert Gilligan | 51:14 | Vet 55 Male |
| 23. Bulth & District 3 | | 3:21:11,00 | |
| 524 | Gareth Price | 47:57 | Vet 40 Male |
| 500 | Dai Harris | 47:58 | Vet 35 Male |
| 494 | Gareth Wood | 50:57 | Senior Male |
| 536 | David Sutherland | 54:19 | Vet 65 Male |
| 24. Spirit of Monmouth 1 | | 3:21:33,00 | |
| 630 | Barry Burns | 45:50 | Vet 50 Male |
| 629 | Martin Blakebrough | 50:39 | Vet 55 Male |
| 647 | Mat Styles | 51:08 | Senior Male |
| 632 | Jeremy Creasey | 53:56 | Vet 55 Male |



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| Bib | Name | Time | Age Category |
|--------------------------------------|-------------------|-------------------|--------------|
| 25. Monross Trailblazers 2 | | 3:22:15,00 | |
| 28 | Richard Bevan | 45:38 | Vet 45 Male |
| 43 | Rob Potter | 47:31 | Vet 45 Male |
| 31 | Tony Davies | 51:33 | Vet 45 Male |
| 34 | Adam Gray | 57:33 | Vet 35 Male |
| 26. Brecon Athletic Club 2 | | 3:22:26,00 | |
| 5 | Rob Stephens | 45:21 | Vet 45 Male |
| 2 | Barry Griffiths | 51:50 | Vet 55 Male |
| 7 | Mark Roberts | 52:09 | Vet 60 Male |
| 1 | Evan Price Davies | 53:06 | Senior Male |
| 27. Croft Ambrey RC 3 | | 3:22:31,00 | |
| 673 | Stuart Austin | 49:50 | Vet 55 Male |
| 390 | Dave Millichap | 50:32 | Vet 50 Male |
| 425 | Daniel Brazier | 50:34 | Senior Male |
| 671 | Lee Mardell | 51:35 | Vet 35 Male |
| 28. Hay Hotfooters 1 | | 3:23:11,00 | |
| 291 | Paul Smith | 47:53 | Vet 45 Male |
| 281 | Stephen Goodridge | 49:03 | Vet 60 Male |
| 282 | James Walton | 50:45 | Vet 40 Male |
| 283 | Kevin Dunster | 55:30 | Vet 60 Male |
| 29. Hereford Triathlon Club 4 | | 3:24:14,00 | |
| 320 | Nathan Bradford | 48:39 | Vet 40 Male |
| 310 | Paul Mammatt | 48:45 | Vet 50 Male |
| 329 | Kevin Artus | 51:40 | Vet 45 Male |
| 315 | Richard Cawley | 55:10 | Vet 45 Male |
| 30. Hereford Couriers RC 7 | | 3:29:57,00 | |
| 238 | Mark Hookins | 50:43 | Vet 55 Male |
| 252 | Simon Mehigan | 50:45 | Vet 45 Male |
| 217 | Guy Jenkins | 53:52 | Vet 60 Male |
| 208 | David Williams | 54:37 | Vet 60 Male |
| 31. Croft Ambrey RC 4 | | 3:33:18,00 | |
| 417 | Ashley Robinson | 52:30 | Vet 70 Male |
| 413 | Tim Jones | 52:49 | Vet 55 Male |
| 420 | Neil Taylor | 53:52 | Vet 65 Male |
| 672 | George Thomas | 54:07 | Senior Male |
| 32. Builth & District 4 | | 3:40:48,00 | |
| 530 | Raymond Davies | 54:27 | Vet 40 Male |
| 487 | Scott Humphreys | 54:48 | Senior Male |
| 489 | James Jones | 55:41 | Senior Male |
| 527 | Ali Hardaway | 55:52 | Vet 55 Male |



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| Bib | Name | Time | Age Category |
|--------------------------------------|---------------------|-------------------|--------------|
| 33. Hereford Couriers RC 8 | | 3:46:14,00 | |
| 254 | Steve Herington | 54:47 | Vet 70 Male |
| 264 | Greg Nicholls | 56:16 | Vet 40 Male |
| 196 | Ben James | 56:52 | Vet 35 Male |
| 229 | Kevin Barnes | 58:19 | Vet 55 Male |
| 34. Croft Ambrey RC 5 | | 3:46:53,00 | |
| 406 | Howard Verran | 55:32 | Vet 45 Male |
| 427 | Oliver Cameron Swan | 56:20 | Vet 45 Male |
| 403 | Roland Preece | 57:21 | Vet 55 Male |
| 448 | Gary Gunner | 57:40 | Vet 75 Male |
| 35. Hereford Triathlon Club 5 | | 3:47:02,00 | |
| 309 | Iain Hutchinson | 55:32 | Vet 35 Male |
| 322 | Tim Farndon | 55:49 | Vet 45 Male |
| 308 | Mike Shaw | 57:35 | Vet 70 Male |
| 312 | Martin Potter | 58:06 | Vet 50 Male |
| 36. Bulth & District 5 | | 3:53:47,00 | |
| 498 | Phill Harris | 56:11 | Vet 40 Male |
| 496 | Andrew Jones | 57:20 | Vet 55 Male |
| 513 | Alexander Brown | 59:50 | Vet 55 Male |
| 522 | Gareth Morris | 1:00:26 | Vet 55 Male |
| 37. Ludlow Runners 2 | | 3:56:49,00 | |
| 53 | Chris Ashley | 56:09 | Senior Male |
| 92 | Clive Richardson | 56:18 | Vet 65 Male |
| 51 | Stephen Adams | 59:42 | Vet 55 Male |
| 88 | Saul Phillips | 1:04:40 | Vet 40 Male |
| 38. Hereford Triathlon Club 6 | | 3:59:48,00 | |
| 334 | Craig Evans | 59:50 | Vet 50 Male |
| 316 | John Bilbao | 59:52 | Vet 65 Male |
| 311 | Richard Andrews | 59:58 | Vet 55 Male |
| 303 | Ian Foster | 1:00:08 | Vet 50 Male |
| 39. Wye Valley Runners 4 | | 4:02:14,00 | |
| 117 | Mark Dempsey | 55:48 | Vet 65 Male |
| 132 | Scott Lewis | 1:01:03 | Senior Male |
| 122 | William Flynn | 1:02:00 | Senior Male |
| 114 | Richard Connelly | 1:03:23 | Vet 50 Male |
| 40. Croft Ambrey RC 6 | | 4:26:15,00 | |
| 432 | Guy Whitmarsh | 57:57 | Vet 75 Male |
| 382 | Huw Williams | 1:04:46 | Vet 60 Male |
| 419 | Mike Haywood | 1:07:29 | Vet 60 Male |
| 383 | Tom Davies | 1:16:03 | Vet 70 Male |



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| Bib | Name | Time | Age Category |
|------------|-------------|-------------|---------------------|
|------------|-------------|-------------|---------------------|

Number of Records: 264

