

Herefordshire Winter Cross Country 2022/23



Peterstow - Race 2 Results

Pos.	Bib	Name	Gender	Club	Lap 1	Lap 2	Gun Time	Age Cat	Age Cat Rank
1	87	Oliver Perratt	M	Ludlow Runners	16:54	17:20	34:14	Senior Male	1st
2	484	Wyndham Turner	M	Builth & District	17:23	17:57	35:20	Senior Male	2nd
3	411	Eric Apperley	M	Croft Ambrey RC	17:16	18:25	35:41	Senior Male	3rd
4	389	Gareth Leek	M	Croft Ambrey RC	17:38	18:10	35:48	Senior Male	4th
5	36	Luke Gray	M	Monross Trailblazers	17:40	18:16	35:56	Vet 35 Male	1st
6	248	Ryan Knight	M	Hereford Couriers RC	18:00	18:16	36:16	Senior Male	5th
7	237	Luke Mason	M	Hereford Couriers RC	17:42	18:44	36:26	Vet 35 Male	2nd
8	305	Dean Jones	M	Hereford Triathlon Club	18:01	18:46	36:47	Vet 35 Male	3rd
9	42	Rob Nicholls	M	Monross Trailblazers	18:00	19:02	37:02	Vet 35 Male	4th
10	192	Andrew Tyler	M	Hereford Couriers RC	18:28	18:47	37:15	Vet 50 Male	1st
11	80	Alex Logan	M	Ludlow Runners	18:24	19:22	37:46	Vet 40 Male	1st
12	241	Matt James	M	Hereford Couriers RC	18:17	19:34	37:51	Vet 35 Male	5th
13	418	Jasper Robinson	M	Croft Ambrey RC	18:23	19:39	38:02	Senior Male	6th
14	11	Andrew May	M	Brecon Athletic Club	19:02	19:01	38:03	Vet 45 Male	1st
15	249	Ryan Lawrence	M	Hereford Couriers RC	18:43	19:21	38:04	Senior Male	7th
16	408	Sam Juson	M	Croft Ambrey RC	18:23	19:42	38:05	Senior Male	8th
17	324	Andy Fisher	M	Hereford Triathlon Club	18:42	19:26	38:08	Vet 50 Male	2nd
18	181	Richard Walsh	M	Malvern Buzzards Running Club	18:35	19:35	38:10	Vet 35 Male	6th
19	531	Philip Morris	M	Builth & District	18:50	19:23	38:13	Vet 40 Male	2nd
20	13	Michael Holloway	M	Brecon Athletic Club	18:57	19:21	38:18	Vet 35 Male	7th
21	485	Tom Turner	M	Builth & District	18:45	19:40	38:25	Vet 35 Male	8th
22	218	Harry Woodhouse	M	Hereford Couriers RC	18:50	19:48	38:38	Senior Male	9th
23	507	Donna Morris	F	Builth & District	19:12	19:32	38:44	Vet 35 Female	1st
24	598	Gwynant Jones	M	Maldwyn Harriers	19:09	19:49	38:58	Senior Male	10th
25	247	Ross Cameron	M	Hereford Couriers RC	18:59	20:01	39:00	Senior Male	11th
26	182	Neil Warne	M	Malvern Buzzards Running Club	18:53	20:16	39:09	Vet 40 Male	3rd
27	195	Ben Skinner	M	Hereford Couriers RC	19:22	19:53	39:15	Vet 35 Male	9th



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28	626	Christian Dowle	M	Malvern Buzzards Running Club	19:22	20:04	39:26	Vet 50 Male	3rd
29	495	Lee Price	M	Builth & District	19:12	20:18	39:30	Vet 45 Male	2nd
30	270	Will Morris	M	Hereford Couriers RC	19:11	20:21	39:32	Senior Male	12th
31	151	Richard Williams	M	Wye Valley Runners	19:33	20:00	39:33	Vet 35 Male	10th
32	173	Phill Griffiths	M	Malvern Buzzards Running Club	19:49	20:11	40:00	Vet 35 Male	11th
33	39	Mark Killeen	M	Monross Trailblazers	20:02	20:05	40:07	Senior Male	13th
34	412	Simon Norwood	M	Croft Ambrey RC	19:58	20:12	40:10	Vet 50 Male	4th
35	127	Jeremy Jehan	M	Wye Valley Runners	19:46	20:42	40:28	Vet 50 Male	5th
36	460	Dan Sanford	M	Forest of Dean AC	20:15	20:18	40:33	Vet 45 Male	3rd
37	156	Ian Sockett	M	Wye Valley Runners	20:33	20:05	40:38	Vet 50 Male	6th
38	49	Grant White	M	Monross Trailblazers	20:17	20:57	41:14	Senior Male	14th
39	190	Addy Carter	F	Hereford Couriers RC	20:14	21:11	41:25	Senior Female	1st
40	597	Garry Jones	M	Maldwyn Harriers	20:21	21:06	41:27	Vet 50 Male	7th
41	307	Peter Koval	M	Hereford Triathlon Club	20:14	21:25	41:39	Vet 35 Male	12th
42	465	Neil Grinnell	M	Ledbury Harriers	20:40	21:02	41:42	Vet 45 Male	4th
43	231	Kim Saunders	F	Hereford Couriers RC	20:30	21:14	41:44	Senior Female	2nd
44	663	Andy Taylor	M	Hereford Triathlon Club	20:39	21:10	41:49	Vet 50 Male	8th
45	326	Matt Anfield	M	Hereford Triathlon Club	20:49	21:18	42:07	Vet 50 Male	9th
46	510	Owen Bowers	M	Builth & District	20:35	21:34	42:09	Vet 40 Male	4th
47	10	Barney Goodrich	M	Brecon Athletic Club	20:54	21:21	42:15	Vet 45 Male	5th
48	171	Sim Foreman	M	Malvern Buzzards Running Club	21:02	21:26	42:28	Vet 45 Male	6th
49	206	Daniel Spear	M	Hereford Couriers RC	21:20	21:14	42:34	Vet 35 Male	13th
50	534	Matthew Sullivan	M	Builth & District	20:53	21:53	42:46	Senior Male	15th
51	514	Richard Bullass	M	Builth & District	20:32	22:19	42:51	Senior Male	16th
52	456	Will Smith	M	Forest of Dean AC	21:29	21:22	42:51	Vet 40 Male	5th
53	546	Chris Burton	M	Builth & District	21:18	21:34	42:52	Vet 35 Male	14th
54	5	Rob Stephens	M	Brecon Athletic Club	21:55	21:15	43:10	Vet 45 Male	7th



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Pos.	Bib	Name	Gender	Club	Lap 1	Lap 2	Gun Time	Age Cat	Age Cat Rank
55	267	Luke Williams	M	Hereford Couriers RC	21:28	21:45	43:13	Vet 40 Male	6th
56	28	Richard Bevan	M	Monross Trailblazers	21:12	22:09	43:21	Vet 45 Male	8th
57	43	Rob Potter	M	Monross Trailblazers	21:44	21:41	43:25	Vet 45 Male	9th
58	40	Laura Lelievre	F	Monross Trailblazers	21:31	21:57	43:28	Senior Female	3rd
59	306	Adamo Mihcinok	M	Hereford Triathlon Club	21:27	22:03	43:30	Vet 40 Male	7th
60	630	Barry Burns	M	Spirit of Monmouth	21:26	22:07	43:33	Vet 50 Male	10th
61	397	Steve Partridge	M	Croft Ambrey RC	21:32	22:12	43:44	Vet 40 Male	8th
62	201	Chris Smart	M	Hereford Couriers RC	21:41	22:04	43:45	Vet 55 Male	1st
63	512	Rhys Davies	M	Builth & District	21:28	22:22	43:50	Senior Male	17th
64	492	Joanne Rees	F	Builth & District	21:42	22:11	43:53	Vet 45 Female	1st
65	239	Martin Carter	M	Hereford Couriers RC	21:26	22:33	43:59	Vet 55 Male	2nd
66	367	Douglas Glasgow	M	Presteigne Pacers	21:48	22:17	44:05	Senior Male	18th
67	541	Sophie Cook	F	Builth & District	21:58	22:10	44:08	Vet 40 Female	1st
68	4	Gareth Lawrence	M	Brecon Athletic Club	21:28	22:41	44:09	Senior Male	19th
69	118	Mark Dunn	M	Wye Valley Runners	21:56	22:14	44:10	Vet 55 Male	3rd
70	596	Darren Jarman	M	Maldwyn Harriers	21:31	22:43	44:14	Vet 45 Male	10th
71	240	Martin Lloyd	M	Hereford Couriers RC	21:49	22:28	44:17	Vet 40 Male	9th
72	170	Adam Dyson	M	Malvern Buzzards Running Club	21:39	22:41	44:20	Vet 40 Male	10th
73	225	Jonathan Davey	M	Hereford Couriers RC	21:36	22:56	44:32	Vet 55 Male	4th
74	216	Graeme Walker	M	Hereford Couriers RC	22:04	22:29	44:33	Vet 55 Male	5th
75	415	Lee Monks	M	Croft Ambrey RC	22:01	22:33	44:34	Vet 35 Male	15th
76	101	Mark Warren	M	Ludlow Runners	21:54	22:43	44:37	Vet 60 Male	1st
77	130	David Klotz	M	Wye Valley Runners	21:41	22:59	44:40	Vet 40 Male	11th
78	486	Kate Jones	F	Builth & District	21:59	22:45	44:44	Senior Female	4th
79	8	Stephen Bald	M	Brecon Athletic Club	22:16	22:34	44:50	Vet 45 Male	11th
80	22	Matthew Scanlon	M	Brecon Athletic Club	21:56	23:01	44:57		1st
81	466	Chris Law	M	Ledbury Harriers	22:03	22:55	44:58	Vet 55 Male	6th



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82	299	Paul Smith	M	Hay Hotfooters	22:18	22:40	44:58	Vet 45 Male	12th
83	330	Jim Bowers	M	Hereford Triathlon Club	22:43	22:31	45:14	Vet 40 Male	12th
84	261	Simon Ward	M	Hereford Couriers RC	21:58	23:24	45:22	Vet 45 Male	13th
85	673	Stuart Austin	M	Croft Ambrey RC	22:21	23:06	45:27	Vet 55 Male	7th
86	524	Gareth Price	M	Builth & District	22:06	23:31	45:37	Vet 40 Male	13th
87	281	Stephen Goodridge	M	Hay Hotfooters	22:17	23:21	45:38	Vet 60 Male	2nd
88	243	Richard George	M	Hereford Couriers RC	23:02	22:38	45:40	Vet 55 Male	8th
89	452	Vince Edwards	M	Forest of Dean AC	22:34	23:08	45:42	Vet 40 Male	14th
90	463	Rhys Asbridge	M	Forest of Dean AC	22:39	23:05	45:44	Vet 35 Male	16th
91	340	Roxanne Oates	F	Hereford Triathlon Club	22:27	23:19	45:46	Vet 35 Female	2nd
92	589	Edward Davies	M	Maldwyn Harriers	22:46	23:02	45:48	Vet 65 Male	1st
93	640	Emily Harrison	F	Spirit of Monmouth	22:46	23:03	45:49	Vet 35 Female	3rd
94	205	Clare Mallender	F	Hereford Couriers RC	22:40	23:23	46:03	Vet 45 Female	2nd
95	477	Andy Crawshaw	M	Ledbury Harriers	22:46	23:22	46:08	Vet 55 Male	9th
96	386	Kelly Bowen	F	Croft Ambrey RC	22:52	23:18	46:10	Vet 35 Female	4th
97	370	Steve Mesham	M	Presteigne Pacers	23:06	23:21	46:27	Vet 50 Male	11th
98	318	Andrew Wathen	M	Hereford Triathlon Club	23:22	23:11	46:33	Vet 40 Male	15th
99	497	Emma McWilliams	F	Builth & District	22:45	23:55	46:40	Vet 40 Female	2nd
100	494	Gareth Wood	M	Builth & District	22:53	23:48	46:41	Senior Male	20th
101	79	Russell Limbert	M	Ludlow Runners	23:18	23:27	46:45	Vet 55 Male	10th
102	238	Mark Hookins	M	Hereford Couriers RC	23:10	23:58	47:08	Vet 55 Male	11th
103	145	Laura Tootell	F	Wye Valley Runners	23:00	24:09	47:09	Vet 45 Female	3rd
104	679	Annabel Harford	F	Brecon Athletic Club	23:26	23:50	47:16	Vet 55 Female	1st
105	134	Amelia Louth	F	Wye Valley Runners	23:30	23:52	47:22	Senior Female	5th
106	647	Mat Styles	M	Spirit of Monmouth	23:17	24:05	47:22	Senior Male	21st
107	158	Robert Gilligan	M	Wye Valley Runners	23:31	23:54	47:25	Vet 55 Male	12th
108	325	Kieran Price	M	Hereford Triathlon Club	23:19	24:09	47:28	Senior Male	22nd



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109	390	Dave Millichap	M	Croft Ambrey RC	23:20	24:19	47:39	Vet 50 Male	12th
110	15	Naomi Law	F	Brecon Athletic Club	23:30	24:14	47:44	Vet 50 Female	1st
111	7	Mark Roberts	M	Brecon Athletic Club	24:11	23:51	48:02	Vet 60 Male	3rd
112	628	Sarah Baker	F	Spirit of Monmouth	24:07	24:20	48:27	Vet 35 Female	5th
113	250	Sarah Askey	F	Hereford Couriers RC	23:29	24:58	48:27	Vet 55 Female	2nd
114	53	Chris Ashley	M	Ludlow Runners	24:22	24:07	48:29	Senior Male	23rd
115	172	Barbara Gawlak	F	Malvern Buzzards Running Club	24:07	24:25	48:32	Vet 35 Female	6th
116	177	Wesley Ogden	M	Malvern Buzzards Running Club	24:06	24:29	48:35	Vet 55 Male	13th
117	110	Becki Ansfield	F	Wye Valley Runners	24:13	24:25	48:38	Vet 45 Female	4th
118	526	Christian Prynne	M	Builth & District	23:51	24:51	48:42	Vet 50 Male	13th
119	148	James Vidler	M	Wye Valley Runners	24:09	24:39	48:48	Vet 60 Male	4th
120	487	Scott Humphreys	M	Builth & District	23:30	25:30	49:00	Senior Male	24th
121	189	Abi Knight	F	Hereford Couriers RC	24:08	24:53	49:01	Senior Female	6th
122	191	Amy Smith	F	Hereford Couriers RC	24:01	25:03	49:04	Vet 35 Female	7th
123	207	David Green	M	Hereford Couriers RC	24:33	24:44	49:17	Vet 55 Male	14th
124	180	Steph Upton	F	Malvern Buzzards Running Club	24:26	25:01	49:27	Vet 55 Female	3rd
125	503	Isabelle Robinson	F	Builth & District	24:21	25:15	49:36	Senior Female	7th
126	226	Jonathan Gledhill	M	Hereford Couriers RC	26:24	23:16	49:40	Vet 40 Male	16th
127	335	David Irwin	M	Hereford Triathlon Club	24:44	24:56	49:40	Vet 60 Male	5th
128	124	Kate Green	F	Wye Valley Runners	24:28	25:14	49:42	Vet 55 Female	4th
129	86	Laura Perratt	F	Ludlow Runners	24:26	25:18	49:44	Senior Female	8th
130	187	Linda Blake	F	Malvern Buzzards Running Club	24:39	25:23	50:02	Vet 40 Female	3rd
131	417	Ashley Robinson	M	Croft Ambrey RC	24:39	25:27	50:06	Vet 70 Male	1st
132	599	Ifan Jones	M	Maldwyn Harriers	25:14	24:55	50:09	Vet 55 Male	15th
133	420	Neil Taylor	M	Croft Ambrey RC	24:53	25:17	50:10	Vet 65 Male	2nd
134	329	Kevin Artus	M	Hereford Triathlon Club	24:58	25:13	50:11	Vet 45 Male	14th
135	287	Sharon Collins	F	Hay Hotfooters	24:50	25:21	50:11	Vet 55 Female	5th



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136	203	Christina Pinto-Pearson	F	Hereford Couriers RC	24:57	25:30	50:27	Vet 40 Female	4th
137	246	Robert Connell	M	Hereford Couriers RC	24:56	25:39	50:35	Vet 60 Male	6th
138	405	Jo Tilby	F	Croft Ambrey RC	25:01	25:38	50:39	Vet 40 Female	5th
139	677	Michael Thurgood	M	Monross Trailblazers	24:12	26:30	50:42	Vet 50 Male	14th
140	527	Ali Hardaway	M	Builth & District	25:09	25:36	50:45	Vet 55 Male	16th
141	322	Tim Farndon	M	Hereford Triathlon Club	24:44	26:03	50:47	Vet 45 Male	15th
142	32	Lucia Demkova	F	Monross Trailblazers	25:14	25:34	50:48	Vet 40 Female	6th
143	1	Evan Price Davies	M	Brecon Athletic Club	25:02	25:52	50:54	Senior Male	25th
144	283	Kevin Dunster	M	Hay Hotfooters	24:55	26:02	50:57	Vet 60 Male	7th
145	254	Steve Herington	M	Hereford Couriers RC	24:53	26:08	51:01	Vet 70 Male	2nd
146	96	Emma Stewardson	F	Ludlow Runners	25:31	25:32	51:03	Vet 45 Female	5th
147	288	Mick Collins	M	Hay Hotfooters	24:48	26:16	51:04	Vet 55 Male	17th
148	582	Suzanne Rowlands	F	Maldwyn Harriers	25:30	25:44	51:14	Vet 45 Female	6th
149	409	Liza Austin	F	Croft Ambrey RC	25:14	26:05	51:19	Vet 55 Female	6th
150	92	Clive Richardson	M	Ludlow Runners	24:56	26:27	51:23	Vet 65 Male	3rd
151	276	Eleanor Griffiths	F	Hay Hotfooters	25:45	25:41	51:26	Senior Female	9th
152	50	Sophie Williams	F	Monross Trailblazers	26:39	24:48	51:27	Vet 35 Female	8th
153	113	Lynne Compton	F	Wye Valley Runners	25:18	26:10	51:28	Vet 55 Female	7th
154	633	James Exton	M	Spirit of Monmouth	25:48	25:45	51:33	Vet 50 Male	15th
155	157	Catherine Watkins	F	Wye Valley Runners	25:56	25:40	51:36	Vet 40 Female	7th
156	650	Marina Wright	F	Spirit of Monmouth	25:41	26:01	51:42	Vet 40 Female	8th
157	2	Barry Griffiths	M	Brecon Athletic Club	25:30	26:14	51:44	Vet 55 Male	18th
158	48	Vanessa Ward	F	Monross Trailblazers	25:47	26:23	52:10	Vet 35 Female	9th
159	333	Stephen Vaughan	M	Hereford Triathlon Club	26:00	26:15	52:15	Vet 50 Male	16th
160	406	Howard Verran	M	Croft Ambrey RC	26:07	26:23	52:30	Vet 45 Male	16th
161	17	Cara Perfremet	F	Brecon Athletic Club	25:48	26:42	52:30	Vet 45 Female	7th
162	141	Lorna Shaw	F	Wye Valley Runners	25:44	26:55	52:39	Vet 60 Female	1st



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163	645	Paul Middleton	M	Spirit of Monmouth	26:26	26:24	52:50	Vet 55 Male	19th
164	624	Brian Morgan	M	Hereford and County Athletics	26:28	26:24	52:52	Vet 50 Male	17th
165	594	Martin Green	M	Maldwyn Harriers	26:15	26:42	52:57	Vet 65 Male	4th
166	143	Michael Smallwood	M	Wye Valley Runners	26:20	26:40	53:00	Vet 55 Male	20th
167	496	Andrew Jones	M	Builth & District	25:38	27:33	53:11	Vet 55 Male	21st
168	362	Ed Collins	M	Hereford Triathlon Club	25:59	27:14	53:13	Vet 55 Male	22nd
169	528	Abbie Davies	F	Builth & District	25:33	27:45	53:18	Senior Female	10th
170	504	Gunvor Troelsen	F	Builth & District	25:29	27:49	53:18	Vet 55 Female	8th
171	427	Oliver Cameron Swan	M	Croft Ambrey RC	26:18	27:07	53:25	Vet 45 Male	17th
172	580	Helen Owen	F	Maldwyn Harriers	26:37	27:02	53:39	Vet 50 Female	2nd
173	117	Mark Dempsey	M	Wye Valley Runners	25:42	28:01	53:43	Vet 65 Male	5th
174	293	Dilek Usta-Aarons	F	Hay Hotfooters	26:48	26:57	53:45	Vet 45 Female	8th
175	388	Nikki Doherty	F	Croft Ambrey RC	26:26	27:26	53:52	Vet 35 Female	10th
176	346	Louise Le Ray	F	Hereford Triathlon Club	26:20	27:33	53:53	Vet 55 Female	9th
177	196	Ben James	M	Hereford Couriers RC	26:28	27:27	53:55	Vet 35 Male	17th
178	133	Ralph Lloyd	M	Wye Valley Runners	26:43	27:25	54:08	Vet 60 Male	8th
179	384	Rob Wood	M	Croft Ambrey RC	26:52	27:25	54:17	Vet 65 Male	6th
180	308	Mike Shaw	M	Hereford Triathlon Club	26:48	27:58	54:46	Vet 70 Male	3rd
181	513	Alexander Brown	M	Builth & District	27:08	27:50	54:58	Vet 55 Male	23rd
182	648	Rachel Waters	F	Spirit of Monmouth	27:14	27:47	55:01	Senior Female	11th
183	280	Sara Lake	F	Hay Hotfooters	26:59	28:08	55:07	Vet 50 Female	3rd
184	229	Kevin Barnes	M	Hereford Couriers RC	27:18	27:51	55:09	Vet 55 Male	24th
185	14	Laurie Higgins	F	Brecon Athletic Club	27:37	27:49	55:26	Senior Female	12th
186	312	Martin Potter	M	Hereford Triathlon Club	27:07	28:32	55:39	Vet 50 Male	18th
187	230	Kim Handley	F	Hereford Couriers RC	27:30	28:09	55:39	Vet 35 Female	11th
188	566	Rachel Butler	F	Maldwyn Harriers	27:59	27:41	55:40	Vet 55 Female	10th
189	636	Cathy Fletcher	F	Spirit of Monmouth	27:10	28:34	55:44	Vet 50 Female	4th



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190	51	Stephen Adams	M	Ludlow Runners	28:08	27:37	55:45	Vet 55 Male	25th
191	120	Richard Evans	M	Wye Valley Runners	27:42	28:20	56:02	Vet 45 Male	18th
192	475	Ian Phillips	M	Ledbury Harriers	27:16	28:49	56:05	Vet 50 Male	19th
193	159	Temi Odurinde	M	Wye Valley Runners	27:45	28:20	56:05	Vet 60 Male	9th
194	462	Richard DennenT	M	Forest of Dean AC	27:58	28:19	56:17	Vet 60 Male	10th
195	269	Chris Campbell	M	Hereford Couriers RC	27:38	28:45	56:23	Vet 60 Male	11th
196	142	Billy Smallwood	F	Wye Valley Runners	27:35	28:54	56:29	Vet 55 Female	11th
197	6	Paul Evans	M	Brecon Athletic Club	27:54	28:36	56:30	Vet 45 Male	19th
198	522	Gareth Morris	M	Builth & District	28:50	27:42	56:32	Vet 55 Male	26th
199	284	Sue Hackett	F	Hay Hotfooters	27:30	29:04	56:34	Vet 60 Female	2nd
200	300	Ali Allen	F	Hay Hotfooters	26:55	29:48	56:43	Vet 55 Female	12th
201	410	Steph King	F	Croft Ambrey RC	28:29	28:48	57:17	Vet 55 Female	13th
202	296	Crispin Elt	M	Hay Hotfooters	28:37	28:42	57:19	Vet 60 Male	12th
203	198	Bronwen Tyler-Jones	F	Hereford Couriers RC	27:54	29:47	57:41	Vet 50 Female	5th
204	200	Celia Escande	F	Hereford Couriers RC	28:17	29:52	58:09	Senior Female	13th
205	641	Andy Hillis	M	Spirit of Monmouth	27:11	30:59	58:10	Vet 55 Male	27th
206	385	Sue Wood	F	Croft Ambrey RC	28:37	29:39	58:16	Vet 65 Female	1st
207	334	Craig Evans	M	Hereford Triathlon Club	28:35	29:51	58:26	Vet 50 Male	20th
208	355	Charlotte Godsall	F	Hereford Triathlon Club	28:59	29:45	58:44	Vet 45 Female	9th
209	583	Rachel Wood	F	Maldwyn Harriers	29:14	29:54	59:08	Vet 35 Female	12th
210	336	Nicola Goodwin	F	Hereford Triathlon Club	29:41	29:35	59:16	Vet 45 Female	10th
211	351	Joyce Warburton	F	Hereford Triathlon Club	29:41	29:38	59:19	Vet 50 Female	6th
212	72	Lizzie Gorton	F	Ludlow Runners	28:52	30:33	59:25	Senior Female	14th
213	343	Liz Davies-Ward	F	Hereford Triathlon Club	29:02	30:30	59:32	Vet 60 Female	3rd
214	499	Nicola Kelly	F	Builth & District	29:39	30:01	59:40	Vet 50 Female	7th
215	570	Jill Hillman	F	Maldwyn Harriers	29:27	30:27	59:54	Vet 65 Female	2nd
216	348	Gayle Scot	F	Hereford Triathlon Club	29:42	30:43	1:00:25	Vet 45 Female	11th



Herefordshire Winter Cross Country 2022/23



Peterstow - Race 2 Results

Pos.	Bib	Name	Gender	Club	Lap 1	Lap 2	Gun Time	Age Cat	Age Cat Rank
217	501	Tina Harrison	F	Builth & District	30:27	30:45	1:01:12	Vet 55 Female	14th
218	273	Tina Lavelle	F	Hay Hotfooters	29:56	31:28	1:01:24	Vet 65 Female	3rd
219	493	Hayley Price	F	Builth & District	29:54	31:40	1:01:34	Vet 50 Female	8th
220	537	Matt Jones	M	Builth & District	30:22	31:29	1:01:51	Vet 35 Male	18th
221	490	Keith Helliwell	M	Builth & District	29:57	32:25	1:02:22	Vet 45 Male	20th
222	382	Huw Williams	M	Croft Ambrey RC	31:24	32:12	1:03:36	Vet 60 Male	13th
223	387	Louise Reeves	F	Croft Ambrey RC	30:25	33:12	1:03:37	Vet 45 Female	12th
224	105	Nicholas Young	M	Ludlow Runners	30:24	33:20	1:03:44	Vet 65 Male	7th
225	506	Wendy Cole	F	Builth & District	31:25	33:04	1:04:29	Vet 50 Female	9th
226	278	John Price	M	Hay Hotfooters	30:50	33:45	1:04:35	Vet 65 Male	8th
227	60	Tracy Bridge	F	Ludlow Runners	30:46	35:02	1:05:48	Vet 50 Female	10th
228	67	Sam Fleming	F	Ludlow Runners	31:28	34:21	1:05:49	Vet 45 Female	13th
229	391	Hayley Millichap	F	Croft Ambrey RC	32:44	33:54	1:06:38	Vet 50 Female	11th
230	144	Brian Symonds	M	Wye Valley Runners	32:22	34:17	1:06:39	Vet 80 Male	1st
231	434	Tim Wain-Hobson	M	Croft Ambrey RC	33:06	33:57	1:07:03	Vet 65 Male	9th
232	85	Gareth Parkinson	M	Ludlow Runners	32:49	35:56	1:08:45	Vet 50 Male	21st
233	469	Sarah Coggins	F	Ledbury Harriers	33:42	35:53	1:09:35	Vet 60 Female	4th
234	150	Jenni Whistance	F	Wye Valley Runners	34:10	36:31	1:10:41	Vet 55 Female	15th
235	222	John Noonan	M	Hereford Couriers RC	36:25	37:45	1:14:10	Vet 60 Male	14th
236	99	Hilary Turner	F	Ludlow Runners	35:33	39:39	1:15:12	Vet 70 Female	1st
237	392	Bryan Markham	M	Croft Ambrey RC	38:26	40:26	1:18:52	Vet 80 Male	2nd
238	26	Owen Price Davies	M	Brecon Athletic Club			21:24	Male Under 17	1st
239	622	Darcey Clarke	F	Hereford and County Athletics			22:09	Female Under 17	1st
240	488	Callum Morris	M	Builth & District			26:12	Male Under 17	2nd

Number of Records: 240

