

Herefordshire Winter Cross Country 2022/23 Team Results Race 2



Bib	Name	Time	Age Category
Female			
1. Bulth & District 1		2:51:29,00	
507	Donna Morris	38:44	Vet 35 Female
492	Joanne Rees	43:53	Vet 45 Female
541	Sophie Cook	44:08	Vet 40 Female
486	Kate Jones	44:44	Senior Female
2. Hereford Couriers RC 1		2:57:39,00	
190	Addy Carter	41:25	Senior Female
231	Kim Saunders	41:44	Senior Female
205	Clare Mallender	46:03	Vet 45 Female
250	Sarah Askey	48:27	Vet 55 Female
3. Wye Valley Runners 1		3:12:51,00	
145	Laura Tootell	47:09	Vet 45 Female
134	Amelia Louth	47:22	Senior Female
110	Becki Ansfield	48:38	Vet 45 Female
124	Kate Green	49:42	Vet 55 Female
4. Monross Trailblazers 1		3:17:53,00	
40	Laura Lelievre	43:28	Senior Female
32	Lucia Demkova	50:48	Vet 40 Female
50	Sophie Williams	51:27	Vet 35 Female
48	Vanessa Ward	52:10	Vet 35 Female
5. Spirit of Monmouth 1		3:20:59,00	
640	Emily Harrison	45:49	Vet 35 Female
628	Sarah Baker	48:27	Vet 35 Female
650	Marina Wright	51:42	Vet 40 Female
648	Rachel Waters	55:01	Senior Female
6. Croft Ambrey RC 1		3:22:00,00	
386	Kelly Bowen	46:10	Vet 35 Female
405	Jo Tilby	50:39	Vet 40 Female
409	Liza Austin	51:19	Vet 55 Female
388	Nikki Doherty	53:52	Vet 35 Female
7. Bulth & District 2		3:22:52,00	
497	Emma Mcwilliams	46:40	Vet 40 Female
503	Isabelle Robinson	49:36	Senior Female
528	Abbie Davies	53:18	Senior Female
504	Gunvor Troelsen	53:18	Vet 55 Female
8. Brecon Athletic Club 1		3:22:56,00	
679	Annabel Harford	47:16	Vet 55 Female
15	Naomi Law	47:44	Vet 50 Female
17	Cara Perfrement	52:30	Vet 45 Female



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Bib	Name	Time	Age Category
14	Laurie Higgins	55:26	Senior Female
9. Hereford Couriers RC 2		3:24:11,00	
189	Abi Knight	49:01	Senior Female
191	Amy Smith	49:04	Vet 35 Female
203	Christina Pinto-Pearson	50:27	Vet 40 Female
230	Kim Handley	55:39	Vet 35 Female
10. Hay Hotfooters 1		3:30:29,00	
287	Sharon Collins	50:11	Vet 55 Female
276	Eleanor Griffiths	51:26	Senior Female
293	Dilek Usta-Aarons	53:45	Vet 45 Female
280	Sara Lake	55:07	Vet 50 Female
11. Wye Valley Runners 2		3:32:12,00	
113	Lynne Compton	51:28	Vet 55 Female
157	Catherine Watkins	51:36	Vet 40 Female
141	Lorna Shaw	52:39	Vet 60 Female
142	Billy Smallwood	56:29	Vet 55 Female
12. Hereford Triathlon Club 1		3:37:39,00	
340	Roxanne Oates	45:46	Vet 35 Female
346	Louise Le Ray	53:53	Vet 55 Female
355	Charlotte Godsall	58:44	Vet 45 Female
336	Nicola Goodwin	59:16	Vet 45 Female
13. Maldwyn Harriers 1		3:39:41,00	
582	Suzanne Rowlands	51:14	Vet 45 Female
580	Helen Owen	53:39	Vet 50 Female
566	Rachel Butler	55:40	Vet 55 Female
583	Rachel Wood	59:08	Vet 35 Female
14. Ludlow Runners 1		3:46:00,00	
86	Laura Perratt	49:44	Senior Female
96	Emma Stewardson	51:03	Vet 45 Female
72	Lizzie Gorton	59:25	Senior Female
60	Tracy Bridge	1:05:48	Vet 50 Female
15. Croft Ambrey RC 2		4:05:48,00	
410	Steph King	57:17	Vet 55 Female
385	Sue Wood	58:16	Vet 65 Female
387	Louise Reeves	1:03:37	Vet 45 Female
391	Hayley Millichap	1:06:38	Vet 50 Female
16. Builtth & District 3		4:06:55,00	
499	Nicola Kelly	59:40	Vet 50 Female
501	Tina Harrison	1:01:12	Vet 55 Female
493	Hayley Price	1:01:34	Vet 50 Female
506	Wendy Cole	1:04:29	Vet 50 Female



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Bib	Name	Time	Age Category
Male			
1. Croft Ambrey RC 1		2:27:36,00	
411	Eric Apperley	35:41	Senior Male
389	Gareth Leek	35:48	Senior Male
418	Jasper Robinson	38:02	Senior Male
408	Sam Juson	38:05	Senior Male
2. Hereford Couriers RC 1		2:27:48,00	
248	Ryan Knight	36:16	Senior Male
237	Luke Mason	36:26	Vet 35 Male
192	Andrew Tyler	37:15	Vet 50 Male
241	Matt James	37:51	Vet 35 Male
3. Bulth & District 1		2:31:28,00	
484	Wyndham Turner	35:20	Senior Male
531	Philip Morris	38:13	Vet 40 Male
485	Tom Turner	38:25	Vet 35 Male
495	Lee Price	39:30	Vet 45 Male
4. Monross Trailblazers 1		2:34:19,00	
36	Luke Gray	35:56	Vet 35 Male
42	Rob Nicholls	37:02	Vet 35 Male
39	Mark Killeen	40:07	Senior Male
49	Grant White	41:14	Senior Male
5. Hereford Couriers RC 2		2:34:57,00	
249	Ryan Lawrence	38:04	Senior Male
218	Harry Woodhouse	38:38	Senior Male
247	Ross Cameron	39:00	Senior Male
195	Ben Skinner	39:15	Vet 35 Male
6. Malvern Buzzards Running Club 1		2:36:45,00	
181	Richard Walsh	38:10	Vet 35 Male
182	Neil Warne	39:09	Vet 40 Male
626	Christian Dowle	39:26	Vet 50 Male
173	Phill Griffiths	40:00	Vet 35 Male
7. Hereford Triathlon Club 1		2:38:23,00	
305	Dean Jones	36:47	Vet 35 Male
324	Andy Fisher	38:08	Vet 50 Male
307	Peter Koval	41:39	Vet 35 Male
663	Andy Taylor	41:49	Vet 50 Male
8. Brecon Athletic Club 1		2:41:46,00	
11	Andrew May	38:03	Vet 45 Male
13	Michael Holloway	38:18	Vet 35 Male
10	Barney Goodrich	42:15	Vet 45 Male



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Bib	Name	Time	Age Category
5	Rob Stephens	43:10	Vet 45 Male
9. Ludlow Runners 1		2:43:22,00	
87	Oliver Perratt	34:14	Senior Male
80	Alex Logan	37:46	Vet 40 Male
101	Mark Warren	44:37	Vet 60 Male
79	Russell Limbert	46:45	Vet 55 Male
10. Wye Valley Runners 1		2:44:49,00	
151	Richard Williams	39:33	Vet 35 Male
127	Jeremy Jehan	40:28	Vet 50 Male
156	Ian Sockett	40:38	Vet 50 Male
118	Mark Dunn	44:10	Vet 55 Male
11. Hereford Couriers RC 3		2:49:04,00	
270	Will Morris	39:32	Senior Male
206	Daniel Spear	42:34	Vet 35 Male
267	Luke Williams	43:13	Vet 40 Male
201	Chris Smart	43:45	Vet 55 Male
12. Maldwyn Harriers 1		2:50:27,00	
598	Gwynant Jones	38:58	Senior Male
597	Garry Jones	41:27	Vet 50 Male
596	Darren Jarman	44:14	Vet 45 Male
589	Edward Davies	45:48	Vet 65 Male
13. Bulth & District 2		2:50:38,00	
510	Owen Bowers	42:09	Vet 40 Male
534	Matthew Sullivan	42:46	Senior Male
514	Richard Bullass	42:51	Senior Male
546	Chris Burton	42:52	Vet 35 Male
14. Croft Ambrey RC 2		2:53:55,00	
412	Simon Norwood	40:10	Vet 50 Male
397	Steve Partrige	43:44	Vet 40 Male
415	Lee Monks	44:34	Vet 35 Male
673	Stuart Austin	45:27	Vet 55 Male
15. Forest of Dean AC 1		2:54:50,00	
460	Dan Sanford	40:33	Vet 45 Male
456	Will Smith	42:51	Vet 40 Male
452	Vince Edwards	45:42	Vet 40 Male
463	Rhys Asbridge	45:44	Vet 35 Male
16. Hereford Couriers RC 4		2:57:21,00	
239	Martin Carter	43:59	Vet 55 Male
240	Martin Lloyd	44:17	Vet 40 Male
225	Jonathan Davey	44:32	Vet 55 Male
216	Graeme Walker	44:33	Vet 55 Male



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Bib	Name	Time	Age Category
17. Hereford Triathlon Club 2		2:57:24,00	
326	Matt Ansfield	42:07	Vet 50 Male
306	Adamo Mihcinok	43:30	Vet 40 Male
330	Jim Bowers	45:14	Vet 40 Male
318	Andrew Wathen	46:33	Vet 40 Male
18. Brecon Athletic Club 2		3:01:58,00	
4	Gareth Lawrence	44:09	Senior Male
8	Stephen Bald	44:50	Vet 45 Male
22	Matthew Scanlon	44:57	
7	Mark Roberts	48:02	Vet 60 Male
19. Bulth & District 3		3:04:50,00	
512	Rhys Davies	43:50	Senior Male
524	Gareth Price	45:37	Vet 40 Male
494	Gareth Wood	46:41	Senior Male
526	Christian Prynne	48:42	Vet 50 Male
20. Hereford Couriers RC 5		3:07:27,00	
261	Simon Ward	45:22	Vet 45 Male
243	Richard George	45:40	Vet 55 Male
238	Mark Hookins	47:08	Vet 55 Male
207	David Green	49:17	Vet 55 Male
21. Ledbury Harriers 1		3:08:53,00	
465	Neil Grinnell	41:42	Vet 45 Male
466	Chris Law	44:58	Vet 55 Male
477	Andy Crawshaw	46:08	Vet 55 Male
475	Ian Phillips	56:05	Vet 50 Male
22. Hay Hotfooters 1		3:12:37,00	
299	Paul Smith	44:58	Vet 45 Male
281	Stephen Goodridge	45:38	Vet 60 Male
283	Kevin Dunster	50:57	Vet 60 Male
288	Mick Collins	51:04	Vet 55 Male
23. Wye Valley Runners 2		3:13:53,00	
130	David Klotz	44:40	Vet 40 Male
158	Robert Gilligan	47:25	Vet 55 Male
148	James Vidler	48:48	Vet 60 Male
143	Michael Smallwood	53:00	Vet 55 Male
24. Spirit of Monmouth 1		3:15:18,00	
630	Barry Burns	43:33	Vet 50 Male
647	Mat Styles	47:22	Senior Male
633	James Exton	51:33	Vet 50 Male
645	Paul Middleton	52:50	Vet 55 Male



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Bib	Name	Time	Age Category
25. Hereford Triathlon Club 3		3:18:06,00	
325	Kieran Price	47:28	Senior Male
335	David Irwin	49:40	Vet 60 Male
329	Kevin Artus	50:11	Vet 45 Male
322	Tim Farndon	50:47	Vet 45 Male
26. Croft Ambrey RC 3		3:20:25,00	
390	Dave Millichap	47:39	Vet 50 Male
417	Ashley Robinson	50:06	Vet 70 Male
420	Neil Taylor	50:10	Vet 65 Male
406	Howard Verran	52:30	Vet 45 Male
27. Hereford Couriers RC 6		3:25:11,00	
226	Jonathan Gledhill	49:40	Vet 40 Male
246	Robert Connell	50:35	Vet 60 Male
254	Steve Herington	51:01	Vet 70 Male
196	Ben James	53:55	Vet 35 Male
28. Bulth & District 4		3:27:54,00	
487	Scott Humphreys	49:00	Senior Male
527	Ali Hardaway	50:45	Vet 55 Male
496	Andrew Jones	53:11	Vet 55 Male
513	Alexander Brown	54:58	Vet 55 Male
29. Hereford Triathlon Club 4		3:35:53,00	
333	Stephen Vaughan	52:15	Vet 50 Male
362	Ed Collins	53:13	Vet 55 Male
308	Mike Shaw	54:46	Vet 70 Male
312	Martin Potter	55:39	Vet 50 Male
30. Ludlow Runners 2		3:39:21,00	
53	Chris Ashley	48:29	Senior Male
92	Clive Richardson	51:23	Vet 65 Male
51	Stephen Adams	55:45	Vet 55 Male
105	Nicholas Young	1:03:44	Vet 65 Male
31. Wye Valley Runners 3		3:39:58,00	
117	Mark Dempsey	53:43	Vet 65 Male
133	Ralph Lloyd	54:08	Vet 60 Male
120	Richard Evans	56:02	Vet 45 Male
159	Temi Odurinde	56:05	Vet 60 Male
32. Croft Ambrey RC 4		3:58:21,00	
427	Oliver Cameron Swan	53:25	Vet 45 Male
384	Rob Wood	54:17	Vet 65 Male
382	Huw Williams	1:03:36	Vet 60 Male
434	Tim Wain-Hobson	1:07:03	Vet 65 Male



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Number of Records: 192

