

Herefordshire & Borders Winter Cross Country League 2023/24 Female Team Results					
TEAM NAME	TIME R1	TIME R2	TIME R3	TIME R4	TOTAL TIME
Builth and District 1	03:53:19	03:17:40	03:11:22	03:38:37	14:00:58
Croft Ambrey RC 1	03:53:29	03:21:00	03:33:16	03:27:02	14:14:47
Hereford Couriers 1	04:10:56	03:18:39	03:32:54	03:57:38	15:00:07
Wye Valley Runners 1	04:08:23	03:26:25	03:33:43	03:52:00	15:00:31
Malvern Buzzards 1	04:34:43	03:43:06	03:35:59	03:22:16	15:16:04
Maldwyn Harriers 1	04:28:28	03:31:08	03:58:40	04:05:58	16:04:14
Hay Hotfooters 1	04:19:19	04:10:25	03:52:47	04:13:16	16:35:47
Croft Ambrey RC 2	04:40:19	03:52:09	04:05:31	03:47:31	16:25:30
Croft Ambrey RC 3	05:09:36	04:13:04	04:48:44	04:22:32	18:33:56