

Herefordshire & Borders Winter Cross Country League 2023/24 Male Team Results

TEAM NAME	TIME R1	TIME R2	TIME R3	TIME R4	TOTAL TIME
Hereford Couriers 1	02:56:05	02:34:19	02:41:52		08:12:16
Croft Ambrey RC 1	03:01:37	02:29:48	02:42:46		08:14:11
Builth and District 1	02:57:26	02:36:16	02:47:08		08:20:50
Maldwyn Harriers 1	02:58:32	02:37:12	03:07:12		08:42:56
Hereford Couriers 2	03:10:19	02:44:30	02:51:00		08:45:49
Malvern Buzzards 1	03:22:39	02:48:13	02:52:53		09:03:45
MonRoss Trailblazers 1	03:17:48	02:50:04	03:02:05		09:09:57
Builth and District 2	03:12:26	02:54:57	03:04:56		09:12:19
Wye Valley Runners 1	03:19:25	02:53:58	03:01:07		09:14:30
Ludlow 1	03:25:12	02:58:00	02:56:25		09:19:37
Hereford Couriers 3	03:25:13	02:54:10	03:10:15		09:29:38
Hereford Triathlon Club 2	03:27:42	03:01:44	03:22:37		09:52:03
Croft Ambrey RC 2	03:35:28	03:05:13	03:18:23		09:59:04
Hereford Couriers 4	03:44:04	03:01:41	03:19:30		10:05:15
Builth and District RC 3	03:30:25	03:07:44	03:32:23		10:10:32
Ledbury Harriers 1	03:42:07	03:16:29	03:23:53		10:22:29
Wye Valley Runners 2	04:00:45	03:15:15	03:15:16		10:31:16
Hereford Couriers 5	03:59:53	03:15:32	03:23:56		10:39:21
Hereford Triathlon Club 3	03:45:30	03:22:28	03:51:55		10:59:53
Croft Ambrey RC 3	04:01:24	03:18:27	03:45:32		11:05:23
Wye Valley Runners 3	04:53:47	03:43:27	03:31:45		12:08:59
Croft Ambrey RC 4	04:38:02	03:43:04	04:09:59		12:31:05