

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			05:30:24
Croft Ambrey RC 1	03:01:37	02:29:48			05:31:25
Builth and District 1	02:57:26	02:36:16			05:33:42
Maldwyn Harriers 1	02:58:32	02:37:12			05:35:44
Western Tempo 1	02:59:07	02:42:16			05:41:23
Hereford Triathlon Club 1	03:08:20	02:43:25			05:51:45
Hereford Couriers 2	03:10:19	02:44:30			05:54:49
Builth and District 2	03:12:26	02:54:57			06:07:23
MonRoss Trailblazers 1	03:17:48	02:50:04			06:07:52
Malvern Buzzards 1	03:22:39	02:48:13			06:10:52
Wye Valley Runners 1	03:19:25	02:53:58			06:13:23
Hereford Couriers 3	03:25:13	02:54:10			06:19:23
Ludlow 1	03:25:12	02:58:00			06:23:12
Hereford Triathlon Club 2	03:27:42	03:01:44			06:29:26
Builth and District RC 3	03:30:25	03:07:44			06:38:09
Croft Ambrey RC 2	03:35:28	03:05:13			06:40:41
Hereford Couriers 4	03:44:04	03:01:41			06:45:45
Ledbury Harriers 1	03:42:07	03:16:29			06:58:36
Hereford Triathlon Club 3	03:45:30	03:22:28			07:07:58
Maldwyn Harriers 2	03:51:50	03:21:00			07:12:50
Hereford Couriers 5	03:59:53	03:15:32			07:15:25
Wye Valley Runners 2	04:00:45	03:15:15			07:16:00
Croft Ambrey RC 3	04:01:24	03:18:27			07:19:51
Hay Hotfooters 1	04:06:21	03:30:12			07:36:33
Builth and District 4	04:03:37	03:33:21			07:36:58
Croft Ambrey RC 4	04:38:02	03:43:04			08:21:06
Wye Valley Runners 3	04:53:47	03:43:27			08:37:14