

Herefordshire Winter Cross Country 2022/23



Fforest Fields - Race 3 Results

Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
1	411	Eric Apperley	M	Croft Ambrey RC	33:04	Senior Male	1st
2	87	Oliver Perratt	M	Ludlow Runners	33:05	Senior Male	2nd
3	523	Robin Woods	M	Builth & District	34:03	Vet 45 Male	1st
4	440	Aidan Yapp	M	Croft Ambrey RC	34:13	Male Under 20	1st
5	484	Wyndham Turner	M	Builth & District	34:16	Senior Male	3rd
6	36	Luke Gray	M	Monross Trailblazers	35:13	Vet 35 Male	1st
7	389	Gareth Leek	M	Croft Ambrey RC	35:19	Senior Male	4th
8	38	Gavin Jones	M	Monross Trailblazers	35:52	Senior Male	5th
8	248	Ryan Knight	M	Hereford Couriers RC	35:52	Senior Male	6th
10	13	Michael Holloway	M	Brecon Athletic Club	36:20	Vet 35 Male	2nd
11	531	Philip Morris	M	Builth & District	36:35	Vet 40 Male	1st
12	324	Andy Fisher	M	Hereford Triathlon Club	36:51	Vet 50 Male	1st
13	418	Jasper Robinson	M	Croft Ambrey RC	36:58	Senior Male	7th
14	408	Sam Juson	M	Croft Ambrey RC	36:59	Senior Male	8th
15	270	Will Morris	M	Hereford Couriers RC	37:05	Senior Male	9th
16	192	Andrew Tyler	M	Hereford Couriers RC	37:13	Vet 50 Male	2nd
17	237	Luke Mason	M	Hereford Couriers RC	37:15	Vet 35 Male	3rd
18	181	Richard Walsh	M	Malvern Buzzards Running Club	37:28	Vet 35 Male	4th
19	495	Lee Price	M	Builth & District	37:55	Vet 45 Male	2nd
20	42	Rob Nicholls	M	Monross Trailblazers	38:04	Vet 35 Male	5th
21	182	Neil Warne	M	Malvern Buzzards Running Club	38:13	Vet 40 Male	2nd
22	592	Jared Forte	M	Maldwyn Harriers	38:24	Senior Male	10th
23	80	Alex Logan	M	Ludlow Runners	39:01	Vet 40 Male	3rd
24	507	Donna Morris	F	Builth & District	39:02	Vet 35 Female	1st
25	151	Richard Williams	M	Wye Valley Runners	39:07	Vet 35 Male	6th
26	195	Ben Skinner	M	Hereford Couriers RC	39:39	Vet 35 Male	7th
27	443	Grant Womack	M	Croft Ambrey RC	39:56	Vet 40 Male	4th



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28	127	Jeremy Jehan	M	Wye Valley Runners	40:08	Vet 50 Male	3rd
29	546	Chris Burton	M	Builth & District	40:34	Vet 35 Male	8th
30	10	Barney Goodrich	M	Brecon Athletic Club	40:40	Vet 45 Male	3rd
31	534	Matthew Sullivan	M	Builth & District	40:42	Senior Male	11th
32	465	Neil Grinnell	M	Ledbury Harriers	40:49	Vet 45 Male	4th
33	240	Martin Lloyd	M	Hereford Couriers RC	41:05	Vet 40 Male	5th
34	597	Garry Jones	M	Maldwyn Harriers	41:25	Vet 50 Male	4th
35	40	Laura Lelievre	F	Monross Trailblazers	41:35	Senior Female	1st
36	663	Andy Taylor	M	Hereford Triathlon Club	41:57	Vet 50 Male	5th
37	463	Rhys Asbridge	M	Forest of Dean AC	42:08	Vet 35 Male	9th
38	239	Martin Carter	M	Hereford Couriers RC	42:17	Vet 55 Male	1st
38	171	Sim Foreman	M	Malvern Buzzards Running Club	42:17	Vet 45 Male	5th
40	184	Dave Woodward	M	Malvern Buzzards Running Club	42:19	Vet 35 Male	10th
41	518	Stafford Rees	M	Builth & District	42:24	Vet 50 Male	6th
42	267	Luke Williams	M	Hereford Couriers RC	42:30	Vet 40 Male	6th
43	226	Jonathan Gledhill	M	Hereford Couriers RC	42:42	Vet 40 Male	7th
44	397	Steve Partrige	M	Croft Ambrey RC	42:46	Vet 40 Male	8th
45	659	Steve Rooke	M	Ledbury Harriers	42:47	Vet 50 Male	7th
46	46	Andrew Stephens	M	Monross Trailblazers	42:50	Vet 45 Male	6th
47	5	Rob Stephens	M	Brecon Athletic Club	42:58	Vet 45 Male	7th
48	367	Douglas Glasgow	M	Presteigne Pacers	43:09	Senior Male	12th
49	306	Adamo Mihcinok	M	Hereford Triathlon Club	43:16	Vet 40 Male	9th
50	656	Rob Kerr	M	Ledbury Harriers	43:25	Vet 65 Male	1st
51	115	Niall Considine	M	Wye Valley Runners	43:31	Senior Male	13th
52	43	Rob Potter	M	Monross Trailblazers	43:34	Vet 45 Male	8th
53	225	Jonathan Davey	M	Hereford Couriers RC	43:38	Vet 55 Male	2nd
54	101	Mark Warren	M	Ludlow Runners	43:47	Vet 60 Male	1st



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55	201	Chris Smart	M	Hereford Couriers RC	43:49	Vet 55 Male	3rd
56	492	Joanne Rees	F	Builth & District	44:04	Vet 45 Female	1st
57	118	Mark Dunn	M	Wye Valley Runners	44:12	Vet 55 Male	4th
58	673	Stuart Austin	M	Croft Ambrey RC	44:22	Vet 55 Male	5th
59	500	Dai Harris	M	Builth & District	44:36	Vet 35 Male	11th
60	271	Ben Watkins	M	Hereford Couriers RC	44:42	Vet 35 Male	12th
61	15	Naomi Law	F	Brecon Athletic Club	44:51	Vet 50 Female	1st
62	310	Paul Mammatt	M	Hereford Triathlon Club	44:52	Vet 50 Male	8th
63	245	Richie Richards	M	Hereford Couriers RC	44:56	Vet 55 Male	6th
64	281	Stephen Goodridge	M	Hay Hotfooters	45:04	Vet 60 Male	2nd
65	589	Edward Davies	M	Maldwyn Harriers	45:06	Vet 65 Male	2nd
66	486	Kate Jones	F	Builth & District	45:24	Senior Female	2nd
67	541	Sophie Cook	F	Builth & District	45:51	Vet 40 Female	1st
68	494	Gareth Wood	M	Builth & District	46:13	Senior Male	14th
69	275	Peter Summers	M	Hay Hotfooters	46:36	Vet 35 Male	13th
70	413	Tim Jones	M	Croft Ambrey RC	46:45	Vet 55 Male	7th
71	679	Annabel Harford	F	Brecon Athletic Club	46:51	Vet 55 Female	1st
72	489	James Jones	M	Builth & District	46:52	Senior Male	15th
73	7	Mark Roberts	M	Brecon Athletic Club	47:06	Vet 60 Male	3rd
74	179	Martin Reed-Darby	M	Malvern Buzzards Running Club	47:13	Vet 35 Male	14th
75	677	Michael Thurgood	M	Monross Trailblazers	48:16	Vet 50 Male	9th
76	660	Phil Johnson	M	Ledbury Harriers	48:17	Vet 50 Male	10th
77	599	Ifan Jones	M	Maldwyn Harriers	48:19	Vet 55 Male	8th
78	1	Evan Price Davies	M	Brecon Athletic Club	48:20	Senior Male	16th
79	187	Linda Blake	F	Malvern Buzzards Running Club	48:23	Vet 40 Female	2nd
80	593	Rob Francis	M	Maldwyn Harriers	48:26	Vet 45 Male	9th
81	607	Phil Pugh	M	Maldwyn Harriers	48:33	Vet 35 Male	15th



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82	526	Christian Prynne	M	Builth & District	48:39	Vet 50 Male	11th
83	208	David Williams	M	Hereford Couriers RC	48:42	Vet 60 Male	4th
84	527	Ali Hardaway	M	Builth & District	48:46	Vet 55 Male	9th
85	401	Mia Davies	F	Croft Ambrey RC	48:56	Senior Female	3rd
86	552	Lisa Boucher	F	Builth & District	49:02	Vet 35 Female	2nd
87	503	Isabelle Robinson	F	Builth & District	49:04	Senior Female	4th
88	283	Kevin Dunster	M	Hay Hotfooters	49:05	Vet 60 Male	5th
89	172	Barbara Gawlak	F	Malvern Buzzards Running Club	49:21	Vet 35 Female	3rd
89	148	James Vidler	M	Wye Valley Runners	49:21	Vet 60 Male	6th
91	2	Barry Griffiths	M	Brecon Athletic Club	49:41	Vet 55 Male	10th
92	276	Eleanor Griffiths	F	Hay Hotfooters	49:51	Senior Female	5th
92	409	Liza Austin	F	Croft Ambrey RC	49:51	Vet 55 Female	2nd
94	420	Neil Taylor	M	Croft Ambrey RC	50:02	Vet 65 Male	3rd
95	394	Steph Main	F	Croft Ambrey RC	50:03	Vet 50 Female	2nd
96	254	Steve Herington	M	Hereford Couriers RC	50:04	Vet 70 Male	1st
97	189	Abi Knight	F	Hereford Couriers RC	50:08	Senior Female	6th
98	498	Phill Harris	M	Builth & District	50:54	Vet 40 Male	10th
99	594	Martin Green	M	Maldwyn Harriers	50:58	Vet 65 Male	4th
100	124	Kate Green	F	Wye Valley Runners	51:01	Vet 55 Female	3rd
101	550	Mel Sadie	F	Builth & District	51:03	Senior Female	7th
102	560	Tym Musgrove	M	Ledbury Harriers	51:06	Vet 55 Male	11th
103	536	David Sutherland	M	Builth & District	51:08	Vet 65 Male	5th
104	96	Emma Stewardson	F	Ludlow Runners	51:11	Vet 45 Female	2nd
105	406	Howard Verran	M	Croft Ambrey RC	51:16	Vet 45 Male	10th
106	580	Helen Owen	F	Maldwyn Harriers	51:29	Vet 50 Female	3rd
106	286	Kate Platt	F	Hay Hotfooters	51:29	Vet 45 Female	3rd
108	280	Sara Lake	F	Hay Hotfooters	51:39	Vet 50 Female	4th



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109	287	Sharon Collins	F	Hay Hotfooters	51:41	Vet 55 Female	4th
110	496	Andrew Jones	M	Builth & District	51:46	Vet 55 Male	12th
111	48	Vanessa Ward	F	Monross Trailblazers	51:52	Vet 35 Female	4th
112	417	Ashley Robinson	M	Croft Ambrey RC	52:24	Vet 70 Male	2nd
113	427	Oliver Cameron Swan	M	Croft Ambrey RC	52:38	Vet 45 Male	11th
114	50	Sophie Williams	F	Monross Trailblazers	52:39	Vet 35 Female	5th
115	513	Alexander Brown	M	Builth & District	52:45	Vet 55 Male	13th
116	449	Flora Gunner	F	Croft Ambrey RC	52:48	Vet 55 Female	5th
117	657	Caroline Kerr	F	Ledbury Harriers	52:52	Vet 55 Female	6th
118	293	Dilek Usta-Aarons	F	Hay Hotfooters	53:07	Vet 45 Female	4th
119	164	Julie Caseley	F	Malvern Buzzards Running Club	53:10	Vet 60 Female	1st
120	572	Tricia Hirst	F	Maldwyn Harriers	53:20	Vet 65 Female	1st
121	575	Jo Lewis	F	Maldwyn Harriers	53:40	Vet 45 Female	5th
122	384	Rob Wood	M	Croft Ambrey RC	53:41	Vet 65 Male	6th
123	338	Deanna Mammatt	F	Hereford Triathlon Club	53:45	Vet 45 Female	6th
124	624	Brian Morgan	M	Hereford and County Athletics	53:49	Vet 50 Male	12th
124	504	Gunvor Troelsen	F	Builth & District	53:49	Vet 55 Female	7th
126	563	Catherine Bradley	F	Maldwyn Harriers	53:54	Vet 40 Female	3rd
127	381	Samantha Harper	F	Croft Ambrey RC	54:06	Vet 45 Female	7th
128	92	Clive Richardson	M	Ludlow Runners	54:25	Vet 65 Male	7th
129	300	Ali Allen	F	Hay Hotfooters	54:35	Vet 55 Female	8th
130	107	Sarah Edwards	F	Ludlow Runners	54:36	Vet 50 Female	5th
131	229	Kevin Barnes	M	Hereford Couriers RC	54:52	Vet 55 Male	14th
132	522	Gareth Morris	M	Builth & District	55:15	Vet 55 Male	15th
133	475	Ian Phillips	M	Ledbury Harriers	55:39	Vet 50 Male	13th
134	530	Raymond Davies	M	Builth & District	56:13	Vet 40 Male	11th
135	480	Helen Milner	F	Ledbury Harriers	56:24	Vet 50 Female	6th



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136	355	Charlotte Godsall	F	Hereford Triathlon Club	56:39	Vet 45 Female	8th
137	308	Mike Shaw	M	Hereford Triathlon Club	56:40	Vet 70 Male	3rd
138	467	Ella Hogan	F	Ledbury Harriers	57:03	Vet 40 Female	4th
139	51	Stephen Adams	M	Ludlow Runners	57:15	Vet 55 Male	16th
140	501	Tina Harrison	F	Builth & District	57:23	Vet 55 Female	9th
141	200	Celia Escande	F	Hereford Couriers RC	57:35	Senior Female	8th
142	583	Rachel Wood	F	Maldwyn Harriers	57:38	Vet 35 Female	6th
143	382	Huw Williams	M	Croft Ambrey RC	57:44	Vet 60 Male	7th
144	570	Jill Hillman	F	Maldwyn Harriers	57:54	Vet 65 Female	2nd
145	303	Ian Foster	M	Hereford Triathlon Club	58:21	Vet 50 Male	14th
146	421	Nikki Fergusson	F	Croft Ambrey RC	59:22	Senior Female	9th
147	385	Sue Wood	F	Croft Ambrey RC	59:23	Vet 65 Female	3rd
148	410	Steph King	F	Croft Ambrey RC	1:00:25	Vet 55 Female	10th
149	273	Tina Lavelle	F	Hay Hotfooters	1:02:38	Vet 65 Female	4th
150	574	Diane Jones	F	Maldwyn Harriers	1:03:15	Vet 50 Female	7th
151	398	Gemma Davies	F	Croft Ambrey RC	1:03:40	Vet 40 Female	5th
152	387	Louise Reeves	F	Croft Ambrey RC	1:03:44	Vet 45 Female	9th
153	290	Sue Richards	F	Hay Hotfooters	1:04:32	Vet 65 Female	5th
154	222	John Noonan	M	Hereford Couriers RC	1:22:02	Vet 60 Male	8th
155	681	Jude Horton	M	Croft Ambrey RC	29:18	Male Under 17	1st
156	24	Ruby Herdman	F	Brecon Athletic Club	30:01	Female Under 17	1st
157	488	Callum Morris	M	Builth & District	35:53	Male Under 17	2nd

Number of Records: 157

