

Herefordshire Winter Cross Country 2022/23



Croft Castle - Race 4 Results

Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
1	87	Oliver Perratt	M	Ludlow Runners	34:30	Senior Male	1st
2	440	Aidan Yapp	M	Croft Ambrey RC	34:45	Male Under 20	1st
3	447	Mark Lamonby	M	Croft Ambrey RC	35:30	Senior Male	2nd
4	411	Eric Apperley	M	Croft Ambrey RC	36:01	Senior Male	3rd
5	484	Wyndham Turner	M	Builth & District	36:02	Senior Male	4th
6	422	Matt Yapp	M	Croft Ambrey RC	36:22	Senior Male	5th
7	389	Gareth Leek	M	Croft Ambrey RC	36:31	Senior Male	6th
8	523	Robin Woods	M	Builth & District	36:37	Vet 45 Male	1st
9	248	Ryan Knight	M	Hereford Couriers RC	36:40	Senior Male	7th
10	36	Luke Gray	M	Monross Trailblazers	37:05	Vet 35 Male	1st
11	408	Sam Juson	M	Croft Ambrey RC	37:10	Senior Male	8th
12	241	Matt James	M	Hereford Couriers RC	37:27	Vet 35 Male	2nd
13	680	Anne Kenchington	F	Malvern Buzzards Running Club	37:52	Senior Female	1st
14	186	Adam Wilson	M	Malvern Buzzards Running Club	37:59	Vet 50 Male	1st
15	418	Jasper Robinson	M	Croft Ambrey RC	38:14	Senior Male	9th
16	247	Ross Cameron	M	Hereford Couriers RC	38:16	Senior Male	10th
17	531	Philip Morris	M	Builth & District	38:24	Vet 40 Male	1st
18	324	Andy Fisher	M	Hereford Triathlon Club	38:38	Vet 50 Male	2nd
19	270	Will Morris	M	Hereford Couriers RC	38:47	Senior Male	11th
20	471	David Bannister	M	Ledbury Harriers	38:56	Vet 45 Male	2nd
21	181	Richard Walsh	M	Malvern Buzzards Running Club	39:08	Vet 35 Male	3rd
22	38	Gavin Jones	M	Monross Trailblazers	39:15	Senior Male	12th
23	625	Keith Evans	M	Malvern Buzzards Running Club	39:20	Vet 50 Male	3rd
24	13	Michael Holloway	M	Brecon Athletic Club	39:32	Vet 35 Male	4th
25	182	Neil Warne	M	Malvern Buzzards Running Club	39:56	Vet 40 Male	2nd
26	495	Lee Price	M	Builth & District	40:03	Vet 45 Male	3rd
27	218	Harry Woodhouse	M	Hereford Couriers RC	40:05	Senior Male	13th



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28	192	Andrew Tyler	M	Hereford Couriers RC	40:06	Vet 50 Male	4th
29	80	Alex Logan	M	Ludlow Runners	40:09	Vet 40 Male	3rd
30	249	Ryan Lawrence	M	Hereford Couriers RC	40:21	Senior Male	14th
31	151	Richard Williams	M	Wye Valley Runners	40:40	Vet 35 Male	5th
32	626	Christian Dowle	M	Malvern Buzzards Running Club	41:31	Vet 50 Male	5th
33	173	Phill Griffiths	M	Malvern Buzzards Running Club	41:32	Vet 35 Male	6th
34	412	Simon Norwood	M	Croft Ambrey RC	41:34	Vet 50 Male	6th
35	195	Ben Skinner	M	Hereford Couriers RC	41:39	Vet 35 Male	7th
36	175	Andy Kenchington	M	Malvern Buzzards Running Club	41:47	Vet 55 Male	1st
37	507	Donna Morris	F	Builth & District	41:57	Vet 35 Female	1st
38	127	Jeremy Jehan	M	Wye Valley Runners	42:12	Vet 50 Male	7th
39	188	Paul Dolphin	M	Malvern Buzzards Running Club	42:28	Vet 35 Male	8th
40	534	Matthew Sullivan	M	Builth & District	42:30	Senior Male	15th
41	240	Martin Lloyd	M	Hereford Couriers RC	42:43	Vet 40 Male	4th
42	163	Sam Burnage	M	Malvern Buzzards Running Club	42:44	Vet 45 Male	4th
43	465	Neil Grinnell	M	Ledbury Harriers	43:03	Vet 45 Male	5th
44	546	Chris Burton	M	Builth & District	43:13	Vet 35 Male	9th
45	597	Garry Jones	M	Maldwyn Harriers	43:33	Vet 50 Male	8th
46	10	Barney Goodrich	M	Brecon Athletic Club	43:33	Vet 45 Male	6th
47	224	Jon Phillips	M	Hereford Couriers RC	43:41	Vet 35 Male	10th
48	663	Andy Taylor	M	Hereford Triathlon Club	43:51	Vet 50 Male	9th
49	581	Ffion Price	F	Maldwyn Harriers	43:58	Senior Female	2nd
50	40	Laura Lelievre	F	Monross Trailblazers	44:10	Senior Female	3rd
51	502	Josh Price	M	Builth & District	44:14	Senior Male	16th
52	49	Grant White	M	Monross Trailblazers	44:18	Senior Male	17th
53	518	Stafford Rees	M	Builth & District	44:35	Vet 50 Male	10th
54	430	Nigel Taylor	M	Croft Ambrey RC	44:47	Vet 55 Male	2nd



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
55	512	Rhys Davies	M	Builth & District	44:50	Senior Male	18th
56	386	Kelly Bowen	F	Croft Ambrey RC	44:53	Vet 35 Female	2nd
57	267	Luke Williams	M	Hereford Couriers RC	45:05	Vet 40 Male	5th
58	304	Conrad Lawson	M	Hereford Triathlon Club	45:08	Vet 45 Male	7th
59	115	Niall Considine	M	Wye Valley Runners	45:16	Senior Male	19th
60	239	Martin Carter	M	Hereford Couriers RC	45:24	Vet 55 Male	3rd
61	201	Chris Smart	M	Hereford Couriers RC	45:31	Vet 55 Male	4th
62	514	Richard Bullass	M	Builth & District	45:33	Senior Male	20th
63	226	Jonathan Gledhill	M	Hereford Couriers RC	45:34	Vet 40 Male	6th
64	453	Michael Strange	M	Forest of Dean AC	45:38	Vet 65 Male	1st
65	429	Neil Powell	M	Croft Ambrey RC	45:38	Vet 50 Male	11th
66	46	Andrew Stephens	M	Monross Trailblazers	45:40	Vet 45 Male	8th
67	656	Rob Kerr	M	Ledbury Harriers	45:50	Vet 65 Male	2nd
68	492	Joanne Rees	F	Builth & District	45:52	Vet 45 Female	1st
69	589	Edward Davies	M	Maldwyn Harriers	45:53	Vet 65 Male	3rd
70	101	Mark Warren	M	Ludlow Runners	45:59	Vet 60 Male	1st
71	130	David Klotz	M	Wye Valley Runners	46:01	Vet 40 Male	7th
72	43	Rob Potter	M	Monross Trailblazers	46:12	Vet 45 Male	9th
73	367	Douglas Glasgow	M	Presteigne Pacers	46:17	Senior Male	21st
74	424	Greg Jones	M	Croft Ambrey RC	46:26	Vet 50 Male	12th
75	500	Dai Harris	M	Builth & District	46:30	Vet 35 Male	11th
76	245	Richie Richards	M	Hereford Couriers RC	46:34	Vet 55 Male	5th
77	486	Kate Jones	F	Builth & District	46:42	Senior Female	4th
78	121	Peter Flynn	M	Wye Valley Runners	46:55	Vet 50 Male	13th
79	118	Mark Dunn	M	Wye Valley Runners	46:59	Vet 55 Male	6th
80	647	Mat Styles	M	Spirit of Monmouth	47:04	Senior Male	22nd
81	310	Paul Mammatt	M	Hereford Triathlon Club	47:10	Vet 50 Male	14th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
82	541	Sophie Cook	F	Builth & District	47:25	Vet 40 Female	1st
83	281	Stephen Goodridge	M	Hay Hotfooters	47:32	Vet 60 Male	2nd
84	561	Chris Law	M	Ledbury Harriers	47:40	Vet 55 Male	7th
85	225	Jonathan Davey	M	Hereford Couriers RC	47:46	Vet 55 Male	8th
86	477	Andy Crawshaw	M	Ledbury Harriers	48:06	Vet 55 Male	9th
87	370	Steve Mesham	M	Presteigne Pacers	48:19	Vet 50 Male	15th
88	640	Emily Harrison	F	Spirit of Monmouth	48:30	Vet 35 Female	3rd
89	276	Eleanor Griffiths	F	Hay Hotfooters	48:31	Senior Female	5th
90	679	Annabel Harford	F	Brecon Athletic Club	48:38	Vet 55 Female	1st
91	183	Ali Webb	F	Malvern Buzzards Running Club	48:47	Vet 50 Female	1st
92	1	Evan Price Davies	M	Brecon Athletic Club	48:56	Senior Male	23rd
93	489	James Jones	M	Builth & District	48:56	Senior Male	24th
94	413	Tim Jones	M	Croft Ambrey RC	48:58	Vet 55 Male	10th
95	236	Lucy Jarvis	F	Hereford Couriers RC	48:58	Senior Female	6th
96	494	Gareth Wood	M	Builth & District	48:59	Senior Male	25th
97	682	Martin Woodhead	M	Monross Trailblazers	49:02	Vet 60 Male	3rd
98	53	Chris Ashley	M	Ludlow Runners	49:20	Senior Male	26th
99	672	George Thomas	M	Croft Ambrey RC	49:47	Senior Male	27th
100	158	Robert Gilligan	M	Wye Valley Runners	49:51	Vet 55 Male	11th
101	7	Mark Roberts	M	Brecon Athletic Club	49:54	Vet 60 Male	4th
102	552	Lisa Boucher	F	Builth & District	50:03	Vet 35 Female	4th
103	168	Jay Dawson	M	Malvern Buzzards Running Club	50:10	Vet 35 Male	12th
104	134	Amelia Louth	F	Wye Valley Runners	50:13	Senior Female	7th
105	16	Jane Horler	F	Brecon Athletic Club	50:14	Vet 50 Female	2nd
106	221	Jess Sullivan	F	Hereford Couriers RC	50:23	Vet 35 Female	5th
107	646	Vicky Roberts	F	Spirit of Monmouth	50:24	Senior Female	8th
108	425	Daniel Brazier	M	Croft Ambrey RC	50:34	Senior Male	28th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
109	176	Margaret Kenchington	F	Malvern Buzzards Running Club	50:38	Vet 65 Female	1st
110	527	Ali Hardaway	M	Builth & District	50:43	Vet 55 Male	12th
111	213	Faye Lewis	F	Hereford Couriers RC	51:02	Vet 40 Female	2nd
112	423	Emma Jones	F	Croft Ambrey RC	51:04	Vet 45 Female	2nd
113	191	Amy Smith	F	Hereford Couriers RC	51:11	Vet 35 Female	6th
114	593	Rob Francis	M	Maldwyn Harriers	51:15	Vet 45 Male	10th
115	560	Tym Musgrove	M	Ledbury Harriers	51:19	Vet 55 Male	13th
116	420	Neil Taylor	M	Croft Ambrey RC	51:24	Vet 65 Male	4th
117	390	Dave Millichap	M	Croft Ambrey RC	51:29	Vet 50 Male	16th
118	124	Kate Green	F	Wye Valley Runners	51:36	Vet 55 Female	2nd
119	86	Laura Perratt	F	Ludlow Runners	51:39	Senior Female	9th
120	288	Mick Collins	M	Hay Hotfooters	51:44	Vet 55 Male	14th
121	110	Becki Ansfield	F	Wye Valley Runners	51:58	Vet 45 Female	3rd
122	677	Michael Thurgood	M	Monross Trailblazers	52:03	Vet 50 Male	17th
123	180	Steph Upton	F	Malvern Buzzards Running Club	52:04	Vet 55 Female	3rd
124	313	Christian Mason	M	Hereford Triathlon Club	52:06	Vet 35 Male	13th
125	664	Tim Farndon	M	Hereford Triathlon Club	52:07	Vet 45 Male	11th
126	2	Barry Griffiths	M	Brecon Athletic Club	52:08	Vet 55 Male	15th
127	503	Isabelle Robinson	F	Builth & District	52:09	Senior Female	10th
128	562	Ed Hogan	M	Ledbury Harriers	52:26	Vet 40 Male	8th
129	250	Sarah Askey	F	Hereford Couriers RC	52:29	Vet 55 Female	4th
130	203	Christina Pinto-Pearson	F	Hereford Couriers RC	52:39	Vet 40 Female	3rd
131	208	David Williams	M	Hereford Couriers RC	52:44	Vet 60 Male	5th
132	5	Rob Stephens	M	Brecon Athletic Club	52:48	Vet 45 Male	12th
133	287	Sharon Collins	F	Hay Hotfooters	52:53	Vet 55 Female	5th
134	34	Adam Gray	M	Monross Trailblazers	52:58	Vet 35 Male	14th
135	405	Jo Tilby	F	Croft Ambrey RC	53:00	Vet 40 Female	4th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
136	417	Ashley Robinson	M	Croft Ambrey RC	53:03	Vet 70 Male	1st
137	669	Steph Main	F	Croft Ambrey RC	53:05	Vet 50 Female	3rd
138	96	Emma Stewardson	F	Ludlow Runners	53:08	Vet 45 Female	4th
139	536	David Sutherland	M	Builth & District	53:14	Vet 65 Male	5th
140	141	Lorna Shaw	F	Wye Valley Runners	53:14	Vet 60 Female	1st
141	504	Gunvor Troelsen	F	Builth & District	53:15	Vet 55 Female	6th
142	254	Steve Herington	M	Hereford Couriers RC	53:15	Vet 70 Male	2nd
143	530	Raymond Davies	M	Builth & District	53:28	Vet 40 Male	9th
144	283	Kevin Dunster	M	Hay Hotfooters	53:35	Vet 60 Male	6th
145	113	Lynne Compton	F	Wye Valley Runners	53:39	Vet 55 Female	7th
146	632	Jeremy Creasey	M	Spirit of Monmouth	53:40	Vet 55 Male	16th
147	599	Ifan Jones	M	Maldwyn Harriers	53:42	Vet 55 Male	17th
148	563	Catherine Bradley	F	Maldwyn Harriers	53:42	Vet 40 Female	5th
149	660	Phil Johnson	M	Ledbury Harriers	53:53	Vet 50 Male	18th
150	406	Howard Verran	M	Croft Ambrey RC	54:00	Vet 45 Male	13th
151	594	Martin Green	M	Maldwyn Harriers	54:07	Vet 65 Male	6th
152	333	Stephen Vaughan	M	Hereford Triathlon Club	54:11	Vet 50 Male	19th
153	189	Abi Knight	F	Hereford Couriers RC	54:11	Senior Female	11th
154	582	Suzanne Rowlands	F	Maldwyn Harriers	54:25	Vet 45 Female	5th
155	120	Richard Evans	M	Wye Valley Runners	54:40	Vet 45 Male	14th
156	172	Barbara Gawlak	F	Malvern Buzzards Running Club	54:41	Vet 35 Female	7th
157	217	Guy Jenkins	M	Hereford Couriers RC	54:41	Vet 60 Male	7th
158	65	Craig Collier	M	Ludlow Runners	54:54	Vet 35 Male	15th
159	327	Shaun Bryan	M	Hereford Triathlon Club	54:57	Vet 50 Male	20th
160	177	Wesley Ogden	M	Malvern Buzzards Running Club	54:58	Vet 55 Male	18th
161	50	Sophie Williams	F	Monross Trailblazers	55:03	Vet 35 Female	8th
162	478	Susannah Kirk	F	Ledbury Harriers	55:11	Vet 45 Female	6th



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Pos.	Bib	Name	Gender	Club	Gun Time	Age Cat	Age Cat Rank
163	528	Abbie Davies	F	Builth & District	55:14	Senior Female	12th
164	427	Oliver Cameron Swan	M	Croft Ambrey RC	55:15	Vet 45 Male	15th
165	496	Andrew Jones	M	Builth & District	55:23	Vet 55 Male	19th
166	92	Clive Richardson	M	Ludlow Runners	55:32	Vet 65 Male	7th
167	580	Helen Owen	F	Maldwyn Harriers	55:35	Vet 50 Female	4th
168	233	Kimberley Pickett	F	Hereford Couriers RC	55:42	Vet 35 Female	9th
169	674	Mia Davies	F	Croft Ambrey RC	55:42	Senior Female	13th
170	395	Bronwyn Preece	F	Croft Ambrey RC	55:47	Senior Female	14th
171	238	Mark Hookins	M	Hereford Couriers RC	55:54	Vet 55 Male	20th
172	264	Greg Nicholls	M	Hereford Couriers RC	56:18	Vet 40 Male	10th
173	431	Suzanne Powell	F	Croft Ambrey RC	56:25	Vet 60 Female	2nd
174	572	Tricia Hirst	F	Maldwyn Harriers	56:32	Vet 65 Female	2nd
175	107	Sarah Edwards	F	Ludlow Runners	56:37	Vet 50 Female	5th
176	286	Kate Platt	F	Hay Hotfooters	56:45	Vet 45 Female	7th
177	657	Caroline Kerr	F	Ledbury Harriers	56:47	Vet 55 Female	8th
178	159	Temi Odurinde	M	Wye Valley Runners	56:49	Vet 60 Male	8th
179	498	Phill Harris	M	Builth & District	57:17	Vet 40 Male	11th
180	362	Ed Collins	M	Hereford Triathlon Club	57:19	Vet 55 Male	21st
181	196	Ben James	M	Hereford Couriers RC	57:25	Vet 35 Male	16th
182	338	Deanna Mammatt	F	Hereford Triathlon Club	57:26	Vet 45 Female	8th
183	548	Bethan Curry	F	Builth & District	57:27	Senior Female	15th
184	584	Rachel Williams	F	Maldwyn Harriers	57:29	Vet 50 Female	6th
185	229	Kevin Barnes	M	Hereford Couriers RC	57:38	Vet 55 Male	22nd
186	513	Alexander Brown	M	Builth & District	57:52	Vet 55 Male	23rd
187	641	Andy Hillis	M	Spirit of Monmouth	58:05	Vet 55 Male	24th
188	522	Gareth Morris	M	Builth & District	58:08	Vet 55 Male	25th
189	480	Helen Milner	F	Ledbury Harriers	58:13	Vet 50 Female	7th



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190	164	Julie Caseley	F	Malvern Buzzards Running Club	58:19	Vet 60 Female	3rd
191	119	Jo Ellis	F	Wye Valley Runners	58:22	Vet 40 Female	6th
192	351	Joyce Warburton	F	Hereford Triathlon Club	58:28	Vet 50 Female	8th
193	72	Lizzie Gorton	F	Ludlow Runners	58:32	Senior Female	16th
194	583	Rachel Wood	F	Maldwyn Harriers	58:36	Vet 35 Female	10th
195	624	Brian Morgan	M	Hereford and County Athletics	59:10	Vet 50 Male	21st
196	260	Nicola Tyler	F	Hereford Couriers RC	59:19	Vet 50 Female	9th
197	438	Liv Moses	F	Croft Ambrey RC	59:28	Senior Female	17th
198	449	Flora Gunner	F	Croft Ambrey RC	59:29	Vet 55 Female	9th
199	308	Mike Shaw	M	Hereford Triathlon Club	59:30	Vet 70 Male	3rd
200	198	Bronwen Tyler-Jones	F	Hereford Couriers RC	59:34	Vet 50 Female	10th
201	448	Gary Gunner	M	Croft Ambrey RC	59:41	Vet 75 Male	1st
202	499	Nicola Kelly	F	Builth & District	59:51	Vet 50 Female	11th
203	355	Charlotte Godsall	F	Hereford Triathlon Club	59:58	Vet 45 Female	9th
204	343	Liz Davies-Ward	F	Hereford Triathlon Club	1:00:23	Vet 60 Female	4th
205	272	Bryony Dean	F	Hereford Couriers RC	1:00:35	Vet 45 Female	10th
206	410	Steph King	F	Croft Ambrey RC	1:00:44	Vet 55 Female	10th
207	475	Ian Phillips	M	Ledbury Harriers	1:00:50	Vet 50 Male	22nd
208	570	Jill Hillman	F	Maldwyn Harriers	1:01:02	Vet 65 Female	3rd
209	433	Robert Martin	M	Croft Ambrey RC	1:01:22	Vet 60 Male	9th
210	116	Emily Davies	F	Wye Valley Runners	1:01:36	Vet 40 Female	7th
211	382	Huw Williams	M	Croft Ambrey RC	1:01:56	Vet 60 Male	10th
212	284	Sue Hackett	F	Hay Hotfooters	1:02:04	Vet 60 Female	5th
213	472	Rachel Bannister	F	Ledbury Harriers	1:02:06	Vet 45 Female	11th
214	388	Nikki Doherty	F	Croft Ambrey RC	1:02:24	Vet 35 Female	11th
215	421	Nikki Fergusson	F	Croft Ambrey RC	1:02:24	Senior Female	18th
216	501	Tina Harrison	F	Builth & District	1:02:39	Vet 55 Female	11th



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217	490	Keith Helliwell	M	Builth & District	1:02:57	Vet 45 Male	16th
218	77	Eva Lewis	F	Ludlow Runners	1:03:44	Vet 35 Female	12th
219	153	Simon Oliver	M	Wye Valley Runners	1:03:52	Vet 55 Male	26th
220	109	Stella Disney	F	Ludlow Runners	1:03:52	Vet 55 Female	12th
221	105	Nicholas Young	M	Ludlow Runners	1:04:50	Vet 65 Male	8th
222	273	Tina Lavelle	F	Hay Hotfooters	1:05:01	Vet 65 Female	4th
223	290	Sue Richards	F	Hay Hotfooters	1:05:04	Vet 65 Female	5th
224	174	Robyn Hall	F	Malvern Buzzards Running Club	1:05:14	Senior Female	19th
225	166	Sarah Cuddy	F	Malvern Buzzards Running Club	1:05:25	Vet 45 Female	12th
226	396	Clare Preece	F	Croft Ambrey RC	1:06:02	Vet 50 Female	12th
227	658	Nicholas Tyler	M	Ledbury Harriers	1:06:22	Vet 45 Male	17th
228	419	Mike Haywood	M	Croft Ambrey RC	1:07:38	Vet 60 Male	11th
229	144	Brian Symonds	M	Wye Valley Runners	1:10:22	Vet 80 Male	1st
230	469	Sarah Coggins	F	Ledbury Harriers	1:11:19	Vet 60 Female	6th
231	391	Hayley Millichap	F	Croft Ambrey RC	1:12:32	Vet 50 Female	13th
232	578	Caroline Orrells	F	Maldwyn Harriers	1:15:40	Vet 65 Female	6th
233	222	John Noonan	M	Hereford Couriers RC	1:18:51	Vet 60 Male	12th
234	227	Heidi Lyth	F	Hereford Couriers RC	1:36:12	Vet 50 Female	14th
235	398	Gemma Davies	F	Croft Ambrey RC	1:36:13	Vet 40 Female	8th
236	620	Louis Ansfield	M	Hereford and County Athletics	26:41	Male Under 17	1st
237	26	Owen Price Davies	M	Brecon Athletic Club	29:15	Male Under 17	2nd
238	621	Joseph Leahy	M	Hereford and County Athletics	29:54	Male Under 17	3rd
239	622	Darcey Clarke	F	Hereford and County Athletics	32:54	Female Under 17	1st
240	488	Callum Morris	M	Builth & District	35:23	Male Under 17	4th

Number of Records: 240

