

Fforest fields Winter XC - MEN Results By % WR

Weather: Warm & Sunny

Date: 10 October 2021

Total Runners: 115

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Robin Woods	168	00:36:03	VM 40-44	44	M	81.41	Builth & District R.C.				
2	Andy Fisher	715	00:38:12	VM 50-54	50	M	80.67	Hereford Triathlon Club				
3	Jamie Shingler	222	00:37:51	VM 45-49	47	M	79.66	Ludlow Runners				
4	Matt James	355	00:36:41	SM	36	M	78.51	Hereford Couriers				
5	Luke Gray	252	00:36:45	SM	36	M	78.37	Monross Trailblazers				
6	Phil Morris	129	00:37:17	VM 40-44	43	M	77.69	Builth & District R.C.				
7	Tim Iveson	114	00:35:58	SM	39	M	76.78	Builth & District R.C.				
8	Ashley Robinson	663	00:50:13	VM 70-74	71	M	76.37	Croft Ambrey R.C.				
9	Chris Grubb	544	00:36:36	VM 40-44	40	M	76.00	Ledbury & District Harriers				
10	Scott Kennedy	363	00:39:13	VM 40-44	44	M	74.84	Hereford Couriers				
11	Lee Price	138	00:40:09	VM 45-49	46	M	74.60	Builth & District R.C.				
12	Steve Herington	344	00:52:12	VM 70-74	73	M	74.49	Hereford Couriers				
13	Simon Norwood	647	00:41:50	VM 50-54	51	M	74.14	Croft Ambrey R.C.				
14	Sam Mayglothling	696	00:38:55	SM	36	M	74.00	Hereford Triathlon Club				
15	Matthew Yapp	682	00:35:39	SM	23	M	73.45	Croft Ambrey R.C.			Y	
16	Nigel Taylor	668	00:43:41	VM 55-59	55	M	72.95	Croft Ambrey R.C.				
17	Adrian Taylor	564	00:42:50	VM 50-54	52	M	72.88	Presteigne Pacers				
18	Alex Logan	237	00:39:14	VM 40-44	42	M	72.85	Ludlow Runners				
19	Gary Gunner	618	00:54:14	VM 75-79	75	M	72.68	Croft Ambrey R.C.				
20	Sam Butler	569	00:36:02	SM	27	M	72.66	Presteigne Pacers				
21	Stafford Rees	146	00:42:43	VM 50-54	51	M	72.61	Builth & District R.C.				

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22	Guy Whitmarsh	674	00:56:19	VM 75-79	77	M	72.30	Croft Ambrey R.C.				
23	Gareth Leek	633	00:36:35	SM	31	M	71.57	Croft Ambrey R.C.				
24	Ian Price	660	00:54:20	VM 70-74	73	M	71.56	Croft Ambrey R.C.				
25	Martin Carter	296	00:45:05	VM 55-59	56	M	71.46	Hereford Couriers				
26	Steve Goodridge	492	00:46:59	VM 55-59	59	M	70.88	Hay Hotfooters				
27	Chris Law	542	00:45:36	VM 55-59	56	M	70.65	Ledbury & District Harriers				
28	Mike Shaw	698	00:54:33	VM 70-74	70	M	69.78	Hereford Triathlon Club				
29	Owen Cooper	88	00:55:59	VM 70-74	73	M	69.46	Builth & District R.C.				
30	Richard Bevan	243	00:43:29	VM 45-49	47	M	69.34	Monross Trailblazers				
31	Eric Apperley	594	00:37:54	SM	26	M	69.09	Croft Ambrey R.C.				
32	Luke Mason	378	00:37:59	SM	34	M	68.93	Hereford Couriers				
33	Mark Dunn	29	00:47:19	VM 55-59	57	M	68.83	Wye Valley Runners				
34	Peter Bowen	4	00:49:06	VM 60-64	60	M	68.53	Wye Valley Runners	31:56			2
35	Luke Rudd	416	00:38:18	SM	24	M	68.36	Hereford Couriers				
36	Haydn O'Reilly	134	00:42:37	VM 40-44	43	M	67.97	Builth & District R.C.				
37	Andrew Stephens	264	00:44:25	VM 45-49	47	M	67.88	Monross Trailblazers				
38	IAN CHUBB	188	00:46:07	VM 50-54	52	M	67.69	Ludlow Runners				
39	Paul Mammatt	704	00:46:36	VM 50-54	53	M	67.45	Hereford Triathlon Club				
40	James Morgan	694	00:41:19	VM 40-44	40	M	67.33	Hereford Triathlon Club				
41	Paddy Nugent	51	00:50:00	VM 60-64	60	M	67.30	Wye Valley Runners				
42	John Parry	171	00:53:44	VM 65-69	67	M	67.06	Builth & District R.C.				
43	Rob Connell	306	00:50:33	VM 60-64	61	M	67.00	Hereford Couriers				
44	Ben Skinner	425	00:43:02	SM	36	M	66.92	Hereford Couriers				
45	Michael Hodges	173	00:52:55	VM 65-69	66	M	66.83	Builth & District R.C.				

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46	Stephen Hambridge	107	00:42:47	VM 40-44	42	M	66.81	Builth & District R.C.				
47	Chris Smart	426	00:48:14	VM 55-59	56	M	66.79	Hereford Couriers				
48	Peter Cartwright	186	00:51:57	VM 65-69	65	M	66.79	Ludlow Runners				
49	Andy Ware	693	00:47:28	VM 50-54	54	M	66.68	Hereford Triathlon Club				
50	Jasper Robinson	664	00:39:18	SM	20	M	66.62	Croft Ambrey R.C.				
51	Daniel Pavitt	215	00:48:31	VM 55-59	56	M	66.40	Ludlow Runners				
52	Christopher Harness	253	00:44:13	VM 40-44	44	M	66.38	Monross Trailblazers				
53	Grant Womack	678	00:42:04	VM 40-44	40	M	66.13	Croft Ambrey R.C.				
54	Ross Cameron	292	00:39:37	SM	22	M	66.09	Hereford Couriers				
55	David Millichap	640	00:47:36	VM 50-54	52	M	65.58	Croft Ambrey R.C.				
56	Clive Richardson	221	00:53:07	VM 65-69	65	M	65.33	Ludlow Runners				
57	Owen Graham	337	00:40:15	SM	26	M	65.05	Hereford Couriers				
58	Ryan Lawrence	369	00:40:18	SM	30	M	64.97	Hereford Couriers				
59	James Fletcher	248	00:49:09	VM 55-59	55	M	64.84	Monross Trailblazers				
60	David Sutherland	158	00:53:25	VM 60-64	64	M	64.56	Builth & District R.C.	53:00			1
61	Don Lovejoy	206	00:57:58	VM 65-69	69	M	64.49	Ludlow Runners				
62	Andy Taylor	691	00:47:28	VM 45-49	49	M	64.47	Hereford Triathlon Club				
63	Kevin Dunster	531	00:51:48	VM 55-59	59	M	64.29	Hay Hotfooters				
64	Alex Tootell	723	00:47:13	VM 45-49	47	M	63.85	Hereford Triathlon Club				
65	Ryan Knight	366	00:41:02	SM	27	M	63.81	Hereford Couriers				
66	Roland Preece	658	00:50:04	VM 55-59	55	M	63.65	Croft Ambrey R.C.				
67	Dave Barrett	595	00:49:52	VM 50-54	54	M	63.47	Croft Ambrey R.C.				
68	Gavin Jones	256	00:41:21	SM	29	M	63.32	Monross Trailblazers				
69	Michael Powell	399	00:48:40	VM 50-54	50	M	63.32	Hereford Couriers				

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70	Paul Bouston	716	00:49:43	VM 50-54	53	M	63.22	Hereford Triathlon Club				
71	Lea Wood	75	00:43:10	SM	37	M	63.05	Wye Valley Runners				
72	Colin Lancaster	203	00:53:38	VM 60-64	60	M	62.74	Ludlow Runners				
73	David Francis	103	00:49:24	VM 50-54	50	M	62.38	Builth & District R.C.				
74	Ed Bullock	6	00:42:14	SM	31	M	62.00	Wye Valley Runners	32:49			2
75	Jamie Cook	570	00:54:44	VM 60-64	60	M	61.48	Presteigne Pacers				
76	George Bartlett	346	00:42:41	SM	29	M	61.34	Hereford Couriers				
77	Johnny Kramer	525	00:53:49	VM 55-59	58	M	61.20	Hay Hotfooters				
78	John Jaspers	356	00:50:42	VM 50-54	51	M	61.18	Hereford Couriers				
79	Mick Collins	481	00:52:52	VM 55-59	56	M	60.94	Hay Hotfooters				
80	James Papworth	710	00:51:31	VM 50-54	52	M	60.60	Hereford Triathlon Club				
81	Kieran Merrick	383	00:43:16	SM	26	M	60.52	Hereford Couriers				
82	Joe Collins	479	00:44:44	JM U20	17	M	60.47	Hay Hotfooters				
83	Dai Harris	110	00:45:23	SM	37	M	59.97	Builth & District R.C.				
84	Kevin Barnes	282	00:55:21	VM 55-59	58	M	59.50	Hereford Couriers				
85	Craig Bufton	85	00:46:36	SM	39	M	59.26	Builth & District R.C.				
86	Christopher Padfield	551	00:50:53	VM 45-49	47	M	59.25	Ledbury & District Harriers				
87	Bryan Markham	638	01:15:01	VM 80-84	81	M	59.14	Croft Ambrey R.C.				
88	Alan Harry	494	01:09:59	VM 75-79	78	M	59.11	Hay Hotfooters				
89	Douglas Glasgow	572	00:44:33	SM	32	M	58.77	Presteigne Pacers				
90	Tony Stanley	224	00:58:28	VM 60-64	63	M	58.64	Ludlow Runners				
91	Paul Parker	213	00:52:15	VM 45-49	49	M	58.56	Ludlow Runners				
92	Peter Summers	532	00:45:57	SM	35	M	58.43	Hay Hotfooters				
93	Richard Bullass	172	00:44:59	SM	27	M	58.21	Builth & District R.C.				

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94	George Ware	448	00:45:09	SM	24	M	57.99	Hereford Couriers				
95	Harry Woodhouse	459	00:45:13	SM	20	M	57.91	Hereford Couriers				
96	Jonathan Sims	174	00:45:46	SM	33	M	57.21	Builth & District R.C.				
97	Robert Price	142	00:53:29	VM 45-49	49	M	57.21	Builth & District R.C.				
98	Ed Hogan	558	00:51:09	VM 40-44	43	M	56.63	Ledbury & District Harriers				
99	Kevin Kerrigan	364	00:46:17	SM	24	M	56.57	Hereford Couriers				
100	Matthew Sullivan	175	00:46:34	SM	29	M	56.23	Builth & District R.C.				
101	Ian Foster	692	00:56:08	VM 50-54	50	M	54.90	Hereford Triathlon Club				
102	Martin Potter	707	00:57:34	VM 50-54	51	M	53.88	Hereford Triathlon Club				
103	Tom Davies	607	01:12:31	VM 70-74	73	M	53.62	Croft Ambrey R.C.				
104	Gareth Morris	130	01:01:04	VM 55-59	57	M	53.33	Builth & District R.C.				
105	John Price	508	01:05:20	VM 60-64	64	M	52.78	Hay Hotfooters				
106	Aaron Smart	467	00:50:07	SM	24	M	52.24	Hereford Couriers				
107	Lee Nicholson	133	00:50:17	SM	32	M	52.07	Builth & District R.C.				
108	Mark Hollis	236	00:58:59	VM 45-49	47	M	51.12	Ludlow Runners				
109	Iain Hutchinson	701	00:53:54	SM	38	M	50.87	Hereford Triathlon Club				
110	Phillip Harris	111	00:55:55	SM	39	M	49.39	Builth & District R.C.				
111	Thomas Powell	219	00:54:32	SM	35	M	49.24	Ludlow Runners				
112	Saul Phillips	218	00:58:12	VM 40-44	41	M	48.45	Ludlow Runners				
113	Ben Brown	289	00:55:49	SM	27	M	46.91	Hereford Couriers				
114	Oliver Cameron-Swann	685	01:06:09	VM 45-49	47	M	45.58	Croft Ambrey R.C.				
115	Daniel Graham	170	00:57:46	SM	27	M	45.33	Builth & District R.C.				
116	John Noonan	393	01:16:16	VM 60-64	63	M	44.95	Hereford Couriers				