

# Croft Castle Winter XC -MEN Results By % WR

Weather: Fine, bright autumn weather

Date: 14 November 2021

Total Runners: 141

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
1	Woods , Robin	00:31:34	VM 40-44	44	M	3	92.98%	Builth & District R.	00:00			1
2	Fisher, Andy	00:33:41	VM 50-54	50	M	18	91.49%	Hereford Triathlon	00:00			1
3	Shingler, Jamie	00:33:20	VM 45-49	47	M	16	90.45%	Ludlow Runners	00:00			1
4	Gray, Luke	00:32:41	VM 35-39	36	M	11	88.12%	Monross Trailblaze	00:00			1
5	Jones, Christian	00:35:00	VM 50-54	50	M	23	88.05%	Wye Valley Runner	00:00			1
6	Robinson, Ashley	00:43:42	VM 70-74	71	M	84	87.76%	Croft Ambrey R.C.	00:00			1
7	James, Matt	00:32:55	VM 35-39	36	M	12	87.49%	Hereford Couriers	00:00			1
8	Iveson, Tim	00:31:59	VM 35-39	39	M	6	86.35%	Builth & District R.	00:00			1
9	Logan, Alex	00:33:16	VM 40-44	42	M	15	85.92%	Ludlow Runners	00:00			1
10	Grubb, Chris	00:32:25	VM 40-44	40	M	9	85.81%	Ledbury & District	00:00			1
11	Tyler, Andrew	00:35:41	VM 45-49	49	M	28	85.75%	Hereford Couriers	00:00			1
12	Perratt, Oliver	00:30:40	SM	30	M	1	85.38%	Ludlow Runners	00:00		Y	1
13	Herington, Steve	00:45:53	VM 70-74	73	M	105	84.74%	Hereford Couriers	00:00			1
14	Price, Lee	00:35:23	VM 45-49	46	M	25	84.64%	Builth & District R.	00:00			1
15	Rees, Stafford	00:36:43	VM 50-54	51	M	30	84.48%	Builth & District R.	00:00			1
16	Yapp, Matthew	00:31:03	SM	23	M	2	84.33%	Croft Ambrey R.C.	00:00			1
17	Taylor, Adrian	00:37:04	VM 50-54	52	M	32	84.22%	Presteigne Pacers	00:00			1
18	Price, Ian	00:46:55	VM 70-74	73	M	113	82.88%	Croft Ambrey R.C.	00:00			1
19	Whitmarsh, Guy	00:49:19	VM 75-79	77	M	122	82.56%	Croft Ambrey R.C.	00:00			1
20	Butler, Sam	00:31:43	SM	27	M	4	82.55%	Presteigne Pacers	00:00			1
21	Yapp, Aidan	00:32:28	JM U20	18	M	10	82.44%	Croft Ambrey R.C.	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
22	Apperley, Eric	00:31:46	SM	26	M	5	82.42%	Croft Ambrey R.C.	00:00			1
23	Shaw, Mike	00:46:28	VM 70-74	70	M	109	81.92%	Hereford Triathlon	00:00			1
24	Gunner, Gary	00:48:15	VM 75-79	75	M	117	81.69%	Croft Ambrey R.C.	00:00			1
25	Skinner, Ben	00:35:24	VM 35-39	36	M	26	81.36%	Hereford Couriers	00:00			1
26	Lamonby, Mark	00:32:11	SM	32	M	7	81.36%	Croft Ambrey R.C.	00:00			1
27	Rogers, James	00:33:01	VM 35-39	35	M	14	81.32%	Hereford Couriers	00:00			1
28	Leek, Gareth	00:32:14	SM	31	M	8	81.23%	Croft Ambrey R.C.	00:00			1
29	Carter, Martin	00:39:48	VM 55-59	56	M	52	80.95%	Hereford Couriers	00:00			1
30	Champken, Tony	00:42:58	VM 65-69	65	M	77	80.76%	Wye Valley Runner	00:00			1
31	Walker, Graeme	00:41:16	VM 55-59	58	M	63	79.81%	Hereford Couriers	00:00			1
32	Richards, Richie	00:41:26	VM 55-59	58	M	66	79.49%	Hereford Couriers	00:00			1
33	Rudd, Luke	00:32:57	SM	24	M	13	79.46%	Hereford Couriers	00:00			1
34	Bevan, Richard	00:38:10	VM 45-49	47	M	37	79.00%	Monross Trailblaze	00:00			1
35	Law, Chris	00:40:51	VM 55-59	56	M	60	78.87%	Ledbury & District	00:00			1
36	Ware, Andy	00:40:15	VM 50-54	54	M	55	78.63%	Hereford Triathlon	00:00			1
37	Crawshaw, Andy	00:41:37	VM 55-59	57	M	68	78.25%	Ledbury & District	00:00			1
38	Ansfield, Matt	00:38:51	VM 45-49	48	M	45	78.21%	Hereford Triathlon	00:00			1
39	George, Richard	00:40:45	VM 55-59	55	M	59	78.20%	Hereford Couriers	00:00			1
40	Dunn, Mark	00:41:40	VM 55-59	57	M	69	78.16%	Wye Valley Runner	00:00			1
41	Nugent, Paddy	00:43:03	VM 60-64	60	M	78	78.16%	Wye Valley Runner	00:00			1
42	Goodridge, Steve	00:42:39	VM 55-59	59	M	74	78.08%	Hay Hotfooters	00:00			1
43	Mason, Luke	00:33:36	SM	34	M	17	77.93%	Hereford Couriers	00:00			1
44	Flowers, Steven	00:35:13	VM 35-39	38	M	24	77.85%	Wye Valley Runner	00:00			1
45	Thompson, Barry	00:38:45	VM 45-49	47	M	44	77.81%	Ledbury & District	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
46	Turner, Wyndham	00:33:47	SM	33	M	19	77.50%	Builth & District R.	00:00			1
47	Symonds, Brian	00:54:14	VM 75-79	79	M	133	77.47%	Wye Valley Runner	00:00			1
48	Connell, Rob	00:43:48	VM 60-64	61	M	85	77.32%	Hereford Couriers	00:00			1
49	Knight, Ryan	00:33:59	SM	27	M	20	77.05%	Hereford Couriers	00:00			1
50	Austin, Stuart	00:41:50	VM 55-59	56	M	70	77.01%	Croft Ambrey R.C.	00:00			1
51	Williams, David	00:43:17	VM 55-59	59	M	81	76.93%	Hereford Couriers	00:00			1
52	Lawrence, Mark	00:42:49	VM 55-59	58	M	76	76.92%	Hereford Couriers	00:00			1
53	Davey, Jonathan	00:42:32	VM 55-59	57	M	73	76.57%	Hereford Couriers	00:00			1
54	Richardson, Clive	00:45:28	VM 65-69	65	M	99	76.32%	Ludlow Runners	00:00			1
55	Taylor, Andy	00:40:18	VM 45-49	49	M	56	75.93%	Hereford Triathlon	00:00			1
56	Jones, Gavin	00:34:31	SM	29	M	21	75.86%	Monross Trailblaze	00:00			1
57	Lawson, Conrad	00:39:30	VM 45-49	46	M	51	75.82%	Hereford Triathlon	00:00			1
58	Taylor, Neil	00:45:35	VM 60-64	64	M	101	75.65%	Croft Ambrey R.C.	00:00			1
59	Millichap, David	00:41:21	VM 50-54	52	M	64	75.49%	Croft Ambrey R.C.	00:00			1
60	Morgan, James	00:36:53	VM 40-44	40	M	31	75.42%	Hereford Triathlon	00:00			1
61	Vidler, James	00:44:47	VM 60-64	60	M	91	75.14%	Wye Valley Runner	00:00			1
62	Cameron, Ross	00:34:52	SM	22	M	22	75.10%	Hereford Couriers	00:00			1
63	Stephens, Andrew	00:40:11	VM 45-49	47	M	54	75.03%	Monross Trailblaze	00:00			1
64	Womack, Grant	00:37:08	VM 40-44	40	M	33	74.91%	Croft Ambrey R.C.	00:00			1
65	Lancaster, Colin	00:45:06	VM 60-64	60	M	96	74.61%	Ludlow Runners	00:00			1
66	Dempsey, Mark	00:49:15	VM 65-69	68	M	121	74.52%	Wye Valley Runner	00:00			1
67	Turner, Thomas	00:38:44	VM 35-39	36	M	43	74.35%	Builth & District R.	00:00			1
68	Edwards, Richard	00:37:15	VM 35-39	39	M	34	74.14%	Builth & District R.	00:00			1
69	Boog-Scott, Tom	00:52:11	VM 70-74	72	M	129	74.00%	Ludlow Runners	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
70	Jones, Dean	00:35:34	SM	34	M	27	73.62%	Hereford Triathlon	00:00			1
71	McDermott, Paul	00:44:30	VM 55-59	57	M	89	73.18%	Hay Hotfooters	00:00			1
72	Dunster, Kevin	00:45:34	VM 55-59	59	M	100	73.08%	Hay Hotfooters	00:00			1
73	Lawrence, Ryan	00:35:54	SM	30	M	29	72.93%	Hereford Couriers	00:00			1
74	Morgan, Brian	00:43:16	VM 50-54	53	M	80	72.65%	Hay Hotfooters	00:00			1
75	Preece, Roland	00:43:52	VM 55-59	55	M	86	72.64%	Croft Ambrey R.C.	00:00			1
76	Giles, Tim	00:42:13	VM 45-49	49	M	71	72.48%	Ludlow Runners	00:00			1
77	Phillips, Daniel	00:38:25	VM 40-44	40	M	40	72.41%	Hereford Couriers	00:00			1
78	Lovejoy, Don	00:51:49	VM 65-69	69	M	126	72.15%	Ludlow Runners	00:00			1
79	Smart, Chris	00:44:43	VM 55-59	56	M	90	72.05%	Hereford Couriers	00:00			1
80	Mesham, Steve	00:43:08	VM 50-54	50	M	79	71.45%	Presteigne Pacers	00:00			1
81	Collins, Mick	00:45:21	VM 55-59	56	M	98	71.04%	Hay Hotfooters	00:00			1
82	Walton, James	00:40:56	VM 40-44	43	M	61	70.77%	Hay Hotfooters	00:00			1
83	Radon, Mark	00:39:22	VM 40-44	40	M	50	70.66%	Presteigne Pacers	00:00			1
84	Robinson, Jasper	00:37:22	SM	20	M	35	70.07%	Croft Ambrey R.C.	00:00			1
85	Harris, Dai	00:39:01	VM 35-39	37	M	47	69.76%	Builth & District R.	00:00			1
86	Bullass, Richard	00:37:38	SM	27	M	36	69.57%	Builth & District R.	00:00			1
87	Hookins, Mark	00:45:38	VM 50-54	54	M	102	69.36%	Hereford Couriers	00:00			1
88	Jaspers, John	00:44:53	VM 50-54	51	M	93	69.11%	Hereford Couriers	00:00			1
89	Barrett, Dave	00:45:52	VM 50-54	54	M	104	69.00%	Croft Ambrey R.C.	00:00			1
90	Williams, Kit	00:38:57	VM 35-39	35	M	46	68.93%	Hereford Couriers	00:00			1
91	Bouston, Paul	00:45:39	VM 50-54	53	M	103	68.86%	Hereford Triathlon	00:00			1
92	Prynne, Christian	00:45:00	VM 50-54	50	M	94	68.48%	Builth & District R.	00:00			1
93	Mehigan, Simon	00:43:30	VM 45-49	45	M	83	68.35%	Hereford Couriers	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
94	Woodhouse, Harry	00:38:19	SM	20	M	38	68.33%	Hereford Couriers	00:00			1
95	Wathen, Andrew	00:42:26	VM 40-44	43	M	72	68.26%	Hereford Triathlon	00:00			1
96	Ware, George	00:38:24	SM	24	M	39	68.19%	Hereford Couriers	00:00			1
97	Merrick, Kieran	00:38:34	SM	26	M	41	67.89%	Hereford Couriers	00:00			1
98	Barnes, Kevin	00:48:32	VM 55-59	58	M	119	67.86%	Hereford Couriers	00:00			1
99	Farndon, Tim	00:43:18	VM 40-44	44	M	82	67.78%	Hereford Triathlon	00:00			1
100	Nugent, Peter	00:38:40	SM	29	M	42	67.72%	Wye Valley Runner	00:00			1
101	Allan, Adrian	00:47:15	VM 55-59	55	M	114	67.44%	Croft Ambrey R.C.	00:00			1
102	Price, Gareth	00:41:05	VM 35-39	39	M	62	67.22%	Builth & District R.	00:00			1
103	Bilbao, John	00:52:42	VM 65-69	66	M	130	67.11%	Hereford Triathlon	00:00			1
104	Spear, Daniel	00:39:03	SM	34	M	48	67.05%	Hereford Couriers	00:00			1
105	Kitching, Olly	00:39:15	SM	23	M	49	66.71%	Hereford Couriers	00:00			1
106	Brown, Alexander	00:47:48	VM 50-54	54	M	115	66.21%	Builth & District R.	00:00			1
107	Lowson, Brent	00:51:15	VM 60-64	61	M	125	66.08%	Wye Valley Runner	00:00			1
108	Partridge, Steve	00:42:42	VM 40-44	41	M	75	66.04%	Croft Ambrey R.C.	00:00			1
109	Green, David	00:48:00	VM 50-54	54	M	116	65.94%	Hereford Couriers	00:00			1
110	Parker, Paul	00:46:30	VM 45-49	49	M	110	65.81%	Ludlow Runners	00:00			1
111	Gray, Adam	00:40:01	SM	26	M	53	65.43%	Monross Trailblaze	00:00			1
112	Stokes, Giles	00:46:05	VM 45-49	47	M	107	65.42%	Hereford Triathlon	00:00			1
113	Lloyd, Bryan	00:52:02	VM 60-64	61	M	128	65.09%	Presteigne Pacers	00:00			1
114	Juson, Sam	00:40:19	SM	23	M	57	64.94%	Croft Ambrey R.C.	00:00			1
115	Summers, Peter	00:41:22	VM 35-39	35	M	65	64.91%	Hay Hotfooters	00:00			1
116	Smart, Aaron	00:40:39	SM	24	M	58	64.41%	Hereford Couriers	00:00			1
117	Cartwright, Peter	00:53:54	VM 65-69	65	M	132	64.38%	Ludlow Runners	00:00			1

Pos.	Name	Time	Age Cat	Age	Gender	Gend Pos.	% of Age World Record	Club	PB Time	PB?	CR?	Total Runs
118	Stanley, Tony	00:53:27	VM 60-64	63	M	131	64.14%	Ludlow Runners	00:00			1
119	Mason, Christian	00:45:10	VM 35-39	36	M	97	63.76%	Hereford Triathlon	00:00			1
120	Cleary, Chris	00:41:28	SM	33	M	67	63.14%	Hereford Couriers	00:00			1
121	Jarvis, Lee	00:45:57	VM 40-44	43	M	106	63.04%	Builth & District R.	00:00			1
122	Pascoe, Owain	00:46:36	VM 40-44	44	M	111	62.98%	Wye Valley Runner	00:00			1
123	Markham, Bryan	01:11:05	VM 80-84	81	M	141	62.42%	Croft Ambrey R.C.	00:00			1
124	Foster, Ian	00:49:44	VM 50-54	50	M	123	61.96%	Hereford Triathlon	00:00			1
125	Hinton, James	00:48:29	VM 45-49	46	M	118	61.77%	Ludlow Runners	00:00			1
126	Hollis, Mark	00:49:01	VM 45-49	47	M	120	61.51%	Ludlow Runners	00:00			1
127	Collier, Craig	00:44:15	VM 35-39	37	M	88	61.51%	Ludlow Runners	00:00			1
128	Davies, Tom	01:03:15	VM 70-74	73	M	138	61.48%	Croft Ambrey R.C.	00:00			1
129	Hutchinson, Iain	00:44:48	VM 35-39	38	M	92	61.20%	Hereford Triathlon	00:00			1
130	Williams, Huw	00:55:44	VM 60-64	61	M	134	60.77%	Croft Ambrey R.C.	00:00			1
131	Gibbons, Darren	00:45:01	VM 35-39	37	M	95	60.46%	Hereford Triathlon	00:00			1
132	Gilbert, Paul	00:50:04	VM 45-49	47	M	124	60.22%	Hereford Couriers	00:00			1
133	Young, Nicholas	00:59:30	VM 65-69	66	M	137	59.44%	Ludlow Runners	00:00			1
134	White, Grant	00:44:05	SM	33	M	87	59.40%	Monross Trailblaze	00:00			1
135	Price, Robert	00:51:53	VM 45-49	49	M	127	58.98%	Builth & District R.	00:00			1
136	Harris, Phillip	00:46:51	VM 35-39	39	M	112	58.95%	Builth & District R.	00:00			1
137	Powell, Thomas	00:46:13	VM 35-39	35	M	108	58.10%	Ludlow Runners	00:00			1
138	Haywood, Mike	00:58:33	VM 55-59	59	M	136	56.87%	Croft Ambrey R.C.	00:00			1
139	Wain-hobson, Tim	01:06:06	VM 65-69	68	M	140	55.52%	Croft Ambrey R.C.	00:00			1
140	Cameron-Swann, Oliver	00:57:25	VM 45-49	47	M	135	52.51%	Croft Ambrey R.C.	00:00			1
141	Noonan, John	01:05:36	VM 60-64	63	M	139	52.26%	Hereford Couriers	00:00			1