

Herefordshire & Borders Winter Cross Country League 2023/24 Male Team Results					
TEAM NAME	TIME R1	TIME R2	TIME R3	TIME R4	TOTAL TIME
Croft Ambrey RC 1	03:01:37	02:29:48	02:42:46	02:39:17	10:53:28
Hereford Couriers 1	02:56:05	02:34:19	02:41:52	02:45:36	10:57:52
Builth and District 1	02:57:26	02:36:16	02:47:08	02:41:39	11:02:29
Maldwyn Harriers 1	02:58:32	02:37:12	03:07:12	02:50:20	11:33:16
Hereford Couriers 2	03:10:19	02:44:30	02:51:00	03:00:05	11:45:54
Malvern Buzzards 1	03:22:39	02:48:13	02:52:53	02:53:52	11:57:37
Wye Valley Runners 1	03:19:25	02:53:58	03:01:07	03:08:01	12:22:31
Builth and District 2	03:12:26	02:54:57	03:04:56	03:23:23	12:35:42
Hereford Couriers 3	03:25:13	02:54:10	03:10:15	03:11:10	12:40:48
Croft Ambrey RC 2	03:35:28	03:05:13	03:18:23	03:04:59	13:04:03
Ledbury Harriers 1	03:42:07	03:16:29	03:23:53	03:00:22	13:22:51
Hereford Couriers 4	03:44:04	03:01:41	03:19:30	03:32:57	13:38:12
Wye Valley Runners 2	04:00:45	03:15:15	03:15:16	03:31:03	14:02:19
Croft Ambrey RC 3	04:01:24	03:18:27	03:45:32	03:37:36	14:42:59
Hereford Couriers 5	03:59:53	03:15:32	03:23:56	04:25:36	15:04:57
Croft Ambrey RC 4	04:38:02	03:43:04	04:09:59	04:12:23	16:43:28



