

**HEREFORDSHIRE A.A.
CROSS COUNTRY CHAMPIONSHIPS
WILL BE HELD AT HEREFORD RACECOURSE
ON SUNDAY 10 APRIL 2022**

U20, SENIOR & VETERAN RESULTS

U20 Male 7,500m			
Pos	Name	Team	Time
1	Ben Dean	HCS	0:26:40

Senior Male 7,500m			
Pos	Name	Team	Time
1	Luke Mason	Hereford Couriers	0:24:21
2	Ryan Lawrence	Hereford Couriers	0:24:38
3	Jasper Robinson	Croft Ambrey	0:25:59
4	Luke Williams		0:28:50

Veteran Male 7,500m			
Pos	Name	Team	Time
1	Glen Hawkyard		0:23:26
2	Andrew Fisher	Hereford Triathlon Club	0:24:33
3	Christian Jones	Wye Valley Runners	0:24:53
4	Jonathan Davey	Hereford Couriers	0:30:18
5	Ashley Robinson	Croft Ambrey	0:32:44
6	Kevin Barnes	Hereford Couriers	0:33:36
7	Brent Lowson	Wye Valley Runners	0:34:31
8	Paul Martin		0:35:27
9	Steve Niblett	Hereford Couriers	0:40:05
10	John Noonan	Hereford Couriers	0:47:41

Veteran Male Team		
Pos	Name	Runners
1	Hereford Couriers	J Davey, K Barnes, S Niblett

Veteran Female 7,500m			
Pos	Name	Team	Time
1	Faye Lewis	Hereford Couriers	0:31:40
2	Nicola Tyler	Hereford Couriers	0:32:55