

Herefordshire Cross Country League 2009-2010

<u>RACE 2</u>	<u>CROFT CASTLE MEN</u>		<u>Date</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
1	Ryan Bevis	Builth & District Runners	S.M.
2	Tim Clarke	Hereford Couriers	MV40
3	Matt James	Hereford Couriers	S.M.
4	Luke Moseley	Hereford Triathlon Club	S.M.
5	John Pullen	Wye Valley Runners	MV40
6	Jamie Shingler	Ludlow Runners	S.M.
7	Mike Fawcett	Wye Valley Runners	MV40
8	Stuart Moore	Wye Valley Runners	S.M.
9	Luke Mason	Wye Valley Runners	S.M.
10	Cliff Berry	Ledbury & District Harriers	MV45
11	Jon Barnes N/C	Wye Valley Runners	J.M.
12	Christian Jones	Wye Valley Runners	S.M.
13	Mike Link	Hereford Couriers	S.M.
14	Bill Lloyd	Hereford Couriers	S.M.
15	Simon Norwood	Croft Ambrey R.C.	S.M.
16	Max Suff	Hereford Couriers	MV45
17	Steve Rooke	Ledbury & District Harriers	MV40
18	Eliot Taylor	Hereford Couriers	J.M.
19	Scott Kennedy	Wye Valley Runners	S.M.
20	Andy Taylor	Hereford Triathlon Club	S.M.
21	Neil Lewis	Hereford Couriers	MV40
22	Glynn Williams	Presteigne Pacers	S.M.
23	Dave Rouse	Croft Ambrey R.C.	S.M.
24	Dave Ameghino	Croft Ambrey R.C.	S.M.
25	Jon Tetley	Hereford Triathlon Club	S.M.
26	Mark Paviour	Croft Ambrey R.C.	MV45
27	Dave Williams	Hereford Couriers	MV45
28	Dan Barnett	Croft Ambrey R.C.	S.M.
29	Geoff Kay	Hereford Couriers	MV55
30	Howard Abel	Ledbury & District Harriers	MV45
31	Chris Ford	Ledbury & District Harriers	S.M.
32	Chris Law	Ledbury & District Harriers	MV40
33	Jack Parry	Builth & District Runners	MV55
34	Chris Fletcher	Wye Valley Runners	S.M.
35	Jon Utley	Croft Ambrey R.C.	S.M.
36	Patrick Pearson	Croft Ambrey R.C.	MV40
37	Stafford Rees	Rhayader A.C.	S.M.
38	Steve Littlewood	Hereford Couriers	MV55
39	Neil Powell	Croft Ambrey R.C.	S.M.
40	Jon Walden	Ludlow Runners	S.M.
41	Gavin Wright	Croft Ambrey R.C.	S.M.
42	Paul Bouston	Wye Valley Runners	MV40
43	Andrew Noble	Wye Valley Runners	MV40
44	Dave White	Hereford Triathlon Club	MV40
45	Ashley Cooke	Croft Ambrey R.C.	MV50
46	Paul Taylor	Hay Hotfooters	MV40
47	Adam Michniok	Wye Valley Runners	S.M.
48	Ian Price	Croft Ambrey R.C.	MV60
49	Bob Morris	Wye Valley Runners	MV55

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
50	Brian Turner	Hereford Triathlon Club	MV40
51	Kevin Gummery	Wye Valley Runners	MV50
52	Paul Lewis	Wye Valley Runners	S.M.
53	Neil Taylor	Croft Ambrey R.C.	MV50
54	Andrew Cromie	Rhayader A.C.	MV45
55	Brian Hardcastle	Rhayader A.C.	MV55
56	Dave Lloyd	Presteigne Pacers	MV50
57	Matt Taylor	Wye Valley Runners	S.M.
58	David Horne	Ledbury & District Harriers	MV50
59	Chris Payne	Hereford Triathlon Club	MV40
60	Nathan Fryer-Jones	Hereford Triathlon Club	S.M.
61	Gary Gunner	Croft Ambrey R.C.	MV60
62	Steve Jakeman	Croft Ambrey R.C.	MV45
63	Kevin Barnes	Hereford Couriers	MV45
64	Clive Rowberry	Hereford Couriers	MV55
65	Brian Davies	Croft Ambrey R.C.	MV65
66	Ian Smith	Wye Valley Runners	MV45
67	Nigel Clarke	Hereford Couriers	MV40
68	John Lyden	Ludlow Runners	MV50
69	Rob Griffiths	Wye Valley Runners	S.M.
70	Ashley Williams	Hay Hotfooters	MV50
71	Martin Williams	Croft Ambrey R.C.	S.M.
72	Ian Davies	Builth & District Runners	MV55
73	Chris Mason	Wye Valley Runners	MV45
74	Phil Jones	Presteigne Pacers	MV50
75	Andy Westlake	Presteigne Pacers	MV45
76	Martin Carter	Hay Hotfooters	S.M.
77	Phil Butler	Wye Valley Runners	MV55
78	Frank Luscott	Croft Ambrey R.C.	MV50
79	Harry Franklin	Wye Valley Runners	MV70
80	Nigel Jones	Wye Valley Runners	MV50
81	Tom Davies	Croft Ambrey R.C.	MV60
82	John Price	Hay Hotfooters	MV50
83	Alun Jenkins	Rhayader A.C.	MV45
84	Dave Sherwood	Wye Valley Runners	MV50
85	Peter Smith	Wye Valley Runners	MV60
86	George Harrison	Wye Valley Runners	MV40
87	Stuart Henderson	Ludlow Runners	S.M.
88	Bill Griffiths	Wye Valley Runners	MV55
89	Graham Wood	Ludlow Runners	MV50
90	Daren Lincoln	Croft Ambrey R.C.	MV40
91	Clive Richardson	Ludlow Runners	MV50
92	Paul Jones	Rhayader A.C.	MV45
93	Les Morris	Hereford Triathlon Club	S.M.
94	Les Chamberlain	Wye Valley Runners	MV60
95	Ron Andrews	Wye Valley Runners	MV60
96	Alan Harrhy	Hay Hotfooters	MV65
97	Barry Young	Wye Valley Runners	MV55
98	Mike Shaw	Wye Valley Runners	MV55

Herefordshire Cross Country League 2009-2010

Nov. 15th. '09

<u>Time</u>
49.26
49.38
49.56
50.14
50.31
51.16
51.21
51.35
51.45
51.52
52.08
52.49
54.18
54.26
54.33
54.38
54.49
54.53
55.03
55.10
55.16
55.28
55.34
55.36
56.05
56.28
56.38
57.06
57.10
57.17
57.21
58.18
58.36
58.42
59.00
59.19
59.30
59.40
59.49
59.54
60.22
60.32
60.34
60.35
60.58
61.13
61.46
61.47
61.48

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Nov. 15th. '09

<u>Time</u>
61.58
62.13
62.46
63.08
63.15
63.43
63.46
64.08
64.12
64.30
64.33
64.55
65.03
65.10
65.22
65.35
65.37
65.38
65.43
65.50
65.53
66.11
66.55
67.17
67.42
67.48
68.00
68.05
68.20
68.26
68.35
69.15
69.27
69.42
69.45
70.05
70.27
70.35
70.53
71.03
71.15
73.11
73.45
75.11
77.06
77.06
78.42
80.50
81.47

