

# Herefordshire Cross Country League 2010-2011

<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	Jon Barnes	Wye Valley Runners	J.M.
2	Luke Mason	Wye Valley Runners	S.M.
3	Tim Lefroy	Ludlow Runners	J.M.
4	John Pullen	Wye Valley Runners	MV40
5	Stacey Morgan	Croft Ambrey R.C.	S.M.
6	Eliot Taylor	Hereford Couriers	J.M.
7	Jon Newey	Malvern Joggers	MV40
8	Cliff Berry	Ledbury & District Harriers	MV45
9	Jamie Shingler	Ludlow Runners	S.M.
10	Mike Fawcett	Wye Valley Runners	MV40
11	Simon Norwood	Croft Ambrey R.C.	MV40
12	Stafford Rees	Rhayader A.C.	MV40
13	Christian Jones	Wye Valley Runners	S.M.
14	Jim Hicks	Wye Valley Runners	S.M.
15	Stuart Moore	Wye Valley Runners	S.M.
16	Jon Tetley	Hereford Triathlon Club	S.M.
17	Dave Rouse	Croft Ambrey R.C.	S.M.
18	Max Suff	Hereford Couriers	MV45
19	Richard Hughes	Hereford Couriers	MV45
20	Chris Ford	Ledbury & District Harriers	S.M.
21	Tom Stokes	Hereford & County A.C.	J.M.
22	Dan Barnett	Croft Ambrey R.C.	S.M.
23	Dave George	Croft Ambrey R.C.	S.M.
24	Jon Greene	Malvern Joggers	MV45
25	Andy Blannin	Malvern Joggers	MV40
26	Andy Taylor	Hereford Triathlon Club	S.M.
27	Neil Powell	Croft Ambrey R.C.	S.M.
28	Richard Hornsby	Croft Ambrey R.C.	S.M.
29	Nigel Sewell	Malvern Joggers	MV45
30	Mick Ligema	Croft Ambrey R.C.	MV50
31	Gavin Wright	Croft Ambrey R.C.	S.M.
32	Dave Moss	Croft Ambrey R.C.	MV40
33	Nick Hitchings	Malvern Joggers	MV40
34	Adam Michniok	Wye Valley Runners	S.M.
35	Dave Ameghino	Croft Ambrey R.C.	S.M.
36	Jack Parry	Builth & District R.C.	MV55
37	Andrew Cromie	Rhayader A.C.	MV45
38	Dave Williams	Hereford Couriers	MV45
39	Russell Mapp	Ludlow Runners	MV50
40	Paul Elliott	Ludlow Runners	MV45
41	Steve Herington	Hereford Couriers	MV60
42	Johm Lyden	Ludlow Runners	MV50
43	Pete Carwardine	Hereford Couriers	MV50
44	Martin Carter	Hay Hotfooters	MV45
45	Andy Dickenson	Malvern Joggers	MV40
46	Andrew Scott	Malvern Joggers	MV45
47	Matt Taylor	Wye Valley Runners	S.M.
48	Richard Wall	Hereford Couriers	MV45
49	Matt Moffatt	Croft Ambrey R.C.	S.M.

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
50	John Sandford	Wye Valley Runners	MV40
51	David Horne	Ledbury & District Harriers	MV50
52	Simon Roche	Wye Valley Runners	S.M.
53	Ken Piddleston	Rhayader A.C.	MV45
54	Gary Lewis	Presteigne Pacers	MV40
55	Dan Pavitt	Ludlow Runners	MV45
56	Gary Gunner	Croft Ambrey R.C.	MV60
57	Kevin Barnes	Hereford Couriers	MV45
58	Guy Whitmarsh	Croft Ambrey R.C.	MV65
59	Chris Payne	Hereford Triathlon Club	MV50
60	Frank Luscott	Croft Ambrey R.C.	MV50
61	Andrew Spreadborough	Ludlow Runners	MV50
62	Phil Jones	Presteigne Pacers	MV50
63	Martin Williams	Croft Ambrey R.C.	MV40
64	Richard Danks	Hereford Triathlon Club	S.M.
65	Daren Lincoln	Croft Ambrey R.C.	MV40
66	Malcolm Edwards	Wye Valley Runners	S.M.
67	Alun Jenkins	Rhayader A.C.	MV45
68	Nigel Clarke	Hereford Couriers	MV40
69	Ian Smith	Wye Valley Runners	MV50
70	Dave Lloyd	Presteigne Pacers	MV55
71	Chris Mason	Wye Valley Runners	MV45
72	Barry Swindells	Malvern Joggers	MV70
73	Ian Davies	Builth & District R.C.	MV55
74	Brian Davies	Croft Ambrey R.C.	MV65
75	Paul Bouston	Wye Valley Runners	MV40
76	Demitris Charalambous	Croft Ambrey R.C.	MV50
77	Peter Smith	Wye Valley Runners	MV60
78	Mark Adams	Hereford Couriers	MV50
79	John Price	Hay Hotfooters	MV50
80	Harry Franklin	Wye Valley Runners	MV70
81	James Llewellyn	Rhayader A.C.	MV40
82	Dave Sherwood	Wye Valley Runners	MV50
83	Mike Shaw	Wye Valley Runners	MV55
84	Tom Davies	Croft Ambrey R.C.	MV60
85	Ralph Lloyd	Wye Valley Runners	MV45
86	Bill Griffiths	Wye Valley Runners	MV60
87	Brian Lloyd	Croft Ambrey R.C.	MV50
88	Clive Richardson	Ludlow Runners	MV50
89	David James	Rhayader A.C.	S.M.
90	Jason Stuchbery	Ludlow Runners	MV40
91	Mark Freake	Presteigne Pacers	MV45
92	Les Chamberlain	Wye Valley Runners	MV60
93	Terry Evans	Presteigne Pacers	MV40
94	Peter Strzesak	Presteigne Pacers	MV50
95	Martin Roche	Wye Valley Runners	MV50
96	Bryan Markham	Croft Ambrey R.C.	MV70
97	Chris Jolley	Malvern Joggers	MV50

# Herefordshire Cross Country League 2010-2011

Nov. 14th. '10

<u>Time</u>
47.46
49.29
49.46
50.02
50.24
50.43
51.13
51.49
52.01
52.04
52.09
52.17
52.27
52.29
52.54
53.35
53.39
54.55
55.41
55.45
55.49
56.21
56.40
57.06
57.11
57.18
57.30
57.35
57.49
57.56
57.58
58.15
58.24
58.32
58.40
58.45
59.26
59.37
59.39
59.42
60.06
60.28
60.45
61.07
61.10
61.19
61.30
61.46
61.55

# Herefordshire Cross Country League 2010-2011

Nov. 14th. '10

<u>Time</u>
61.57
62.23
62.42
62.59
63.04
63.10
63.24
63.31
63.46
64.21
64.24
64.27
64.46
64.51
65.03
65.19
65.32
65.34
65.51
66.14
66.22
66.27
66.31
66.43
66.49
67.01
68.00
68.20
68.29
68.34
69.44
69.51
70.07
70.36
70.56
71.31
71.32
71.51
72.31
72.44
77.24
79.46
80.25
82.50
83.46
84.34
84.52
92.15