

Herefordshire Cross Country League 2011-2012

RACE 1	CASTLEMORTON COMMON MEN			Date	23th. Oct. 11
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jon Barnes	Wye Valley Runners	J.M.	40.23	
2	Luke Mason	Wye Valley Runners	S.M.	42.14	
3	John Pullen	Wye Valley Runners	MV45	43.15	
4	Stafford Rees	Rhayader A.C.	MV40	44.46	
5	Russell Adams	Ludlow Runners	J.M.	45.00	
6	Guy Gregory	Ludlow Runners	J.M.	45.18	
7	Jim Hicks	Wye Valley Runners	S.M.	45.30	
8	Cliff Berry	Ledbury & District Harriers	MV45	45.39	
9	Simon Norwood	Croft Ambrey R.C.	MV40	46.33	
10	Richard Hughes	Hereford Couriers	MV45	46.53	
11	Stuart Austin	Croft Ambrey R.C.	MV45	47.05	
12	Dave Ameghino	Croft Ambrey R.C.	S.M.	47.21	
13	Neil Powell	Croft Ambrey R.C.	MV40	47.27	
14	Jordan McQueen	Presteigne Pacers	S.M.	47.36	
15	Mike Link	Hereford Couriers	MV40	47.52	
16	Scott Kennedy	Wye Valley Runners	S.M.	48.04	
17	Andy Taylor	Hereford Triathlon Club	S.M.	48.18	
18	Glyn Williams	Presteigne Pacers	S.M.	48.50	
19	Russell James	Hereford Couriers	MV45	48.57	
20	Mark Dykes	Hereford Triathlon Club	MV40	49.03	
21	Martin Carter	Hay Hotfooters	MV45	49.16	
22	Jonathan Green	Malvern Joggers	MV50	49.18	
23	Adam Michniok	Wye Valley Runners	S.M.	49.23	
24	Neil Lewis	Hereford Couriers	MV40	49.24	
25	Sam Burnage	Malvern Joggers	S.M.	49.44	
26	Ashley Cooke	Croft Ambrey R.C.	MV50	49.51	
27	Dave George	Croft Ambrey R.C.	MV40	49.59	
28	Mark Paviour	Croft Ambrey R.C.	MV45	50.19	
29	Ken Piddleston	Rhayader A.C.	MV45	50.21	
30	Gavin Jones	Wye Valley Runners	J.M.	50.23	
31	Carl Gilmour	Hay Hotfooters	MV40	50.27	
32	Matt Taylor	Wye Valley Runners	S.M.	50.32	
33	Dave Wood	Ledbury & District Harriers	S.M.	50.38	
34	Mick Ligema	Croft Ambrey R.C.	MV55	51.01	
35	Geoff Kay	Hereford Couriers	MV55	51.15	
36	Steve Herington	Hereford Couriers	MV60	51.45	
37	Michael Bond	Malvern Joggers	S.M.	51.46	
38	Paul Bouston	Wye Valley Runners	MV40	52.29	
39	Andrew Cromie	Rhayader A.C.	MV45	53.01	
40	Scott Raddelay	Wye Valley Runners	S.M.	53.19	

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
53	Pete Wilson	Malvern Joggers	MV45	55.02
54	Mark Gent	Malvern Joggers	MV45	55.21
55	Kevin Artus	Wye Valley Runners	S.M.	55.29
56	Dan Pavitt	Ludlow Runners	MV45	55.41
57	Chris Payne	Hereford Triathlon Club	MV50	56.24
58	Mike Shaw	Wye Valley Runners	MV60	56.26
59	Daren Lincoln	Croft Ambrey R.C.	MV40	56.39
60	Chris Mason	Wye Valley Runners	MV45	57.06
61	Andy Westlake	Presteigne Pacers	MV40	57.46
62	Shaun Hayes	Wye Valley Runners	MV50	57.52
63	Tom Davies	Croft Ambrey R.C.	MV60	58.09
64	Manu Gurdin	Wye Valley Runners	MV40	58.15
65	Andrew Blackman	Wye Valley Runners	MV50	58.26
66	John Pickering	Malvern Joggers	MV40	58.41
67	Paul Newman	Malvern Joggers	MV45	58.48
68	Peter Smith	Wye Valley Runners	MV60	59.13
69	Nigel Jones	Wye Valley Runners	MV50	59.20
70	Larry Turner	Croft Ambrey R.C.	MV55	59.23
71	John Price	Hay Hotfooters	MV50	59.33
72	Dave Sherwood	Wye Valley Runners	MV50	59.39
73	Stuart Brown	Malvern Joggers	MV55	59.46
74	Brian Davies	Croft Ambrey R.C.	MV65	59.55
75	David Rouse	Croft Ambrey R.C.	MV55	60.04
76	Ian Davies	Builth & District R.C.	MV55	60.06
77	Ricardo Martins	Wye Valley Runners	S.M.	60.10
78	Clive Richardson	Ludlow Runners	MV55	60.22
79	Simon Oliver	Wye Valley Runners	MV45	60.23
80	Graham Wood	Ludlow Runners	MV50	60.27
81	Jason Stuchbery	Ludlow Runners	MV40	60.31
82	Ian Smith	Wye Valley Runners	MV50	60.43
83	Bill Griffiths	Wye Valley Runners	MV60	61.12
84	David Mann	Builth & District R.C.	MV45	61.48
85	Dave Lloyd	Presteigne Pacers	MV55	63.45
86	Chris Jolley	Malvern Joggers	MV50	63.50
87	Chris Burke	Malvern Joggers	MV60	64.11
88	Harry Franklin	Wye Valley Runners	MV75	64.37
89	Steve Ollis	Malvern Joggers	MV45	64.54
90	Martyn Rosser	Hay Hotfooters	MV60	65.15
91	Les Chamberlain	Wye Valley Runners	MV60	66.12
92	Chris Head	Hereford Triathlon Club	S.M.	66.54
93	Brian Symonds	Wye Valley Runners	MV65	68.13

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RACE 1	CASTLEMORTON COMMON WOMEN	Date 23th. Oct. 11
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Pos	Name	Club	Cat	Time
1	Emma Gooderham	Malvern Joggers	FV40	44.15
2	Ruth Johnstone	Malvern Joggers	FV40	49.34
3	Sue Davies	Croft Ambrey R.C.	FV45	51.27
4	Clara Evans	Hereford & County A.C.	J.F.	52.44
5	Alison Cooke	Hereford Couriers	FV50	53.14
6	Paula Moseley	Hereford Triathlon Club	FV35	53.19
7	Alex Champ	Wye Valley Runners	FV35	54.09
8	Sarah Holton	Hereford Triathlon Club	FV35	55.39
9	Sally Bliss	Hereford Couriers	FV40	56.29
10	Sue Sherwood	Wye Valley Runners	FV45	57.05
11	Becci Ansfield	Wye Valley Runners	FV35	57.53
12	Celia Speake	Builth & District R.C.	FV40	59.02
13	Jenny Papworth	Hereford Triathlon Club	FV40	59.16
14	Jenny Jones	Ledbury & District Harriers	FV45	59.32
15	Wendy Holmes	Malvern Joggers	FV45	60.01
16	Sharon White	Malvern Joggers	FV40	60.17
17	Joyce Warburton	Hereford Triathlon Club	FV40	60.25
18	Trudy Hackley	Wye Valley Runners	FV45	60.29
19	Nicola Goodwin	Hereford Triathlon Club	FV35	60.37
20	Angela Price	Hay Hotfooters	FV40	62.08
21	Jo Marriott	Croft Ambrey R.C.	FV40	62.27
22	Sharon Edelstyn	Hereford Triathlon Club	FV40	62.54
23	Rebecca Davies	Wye Valley Runners	S.F.	63.25
24	Deb White	Malvern Joggers	FV40	63.50
25	Debbie Russell	Malvern Joggers	FV35	63.50
26	Sam Harper	Croft Ambrey R.C.	FV35	64.49
27	Jan Edwards	Wye Valley Runners	FV55	64.53
28	Liza Austin	Croft Ambrey R.C.	FV45	65.43
29	Anne Thorpe	Ludlow Runners	FV45	65.47
30	Lyn Compton	Wye Valley Runners	FV45	66.01
31	Lucy Thomas	Wye Valley Runners	S.F.	66.05
32	Suzannah English	Hay Hotfooters	FV55	66.41
33	Sarah Jamieson	Ludlow Runners	FV40	66.51
34	Nondus Banning-Boddy	Rhayader A.C.	FV60	67.07
35	Katherine Drabble	Hereford Triathlon Club	FV40	68.08
36	Christine Motteram	Wye Valley Runners	FV65	68.32
37	Sofia Almeida	Wye Valley Runners	S.F.	69.23
38	Sheridan Butterfield	Wye Valley Runners	FV40	70.00
39	Felicity Gill	Hay Hotfooters	S.F.	70.05

Herefordshire Cross Country League 2011-12

RACE 1 <u>CASTLEMORTON COMMON</u>	<u>MEN</u>	Date	<u>23rd. Oct. 11</u>
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
1	WYE VALLEY RUNNERS	13	25	25
2	CROFT AMBREY R.C.	45	24	24
3	HEREFORD COURIERS	68	23	23
4	WYE VALLEY RUNNERS 'B'	101	22	22
5	LUDLOW RUNNERS	102	21	21
6	CROFT AMBREY R.C. 'B'	115	20	20
7	MALVERN JOGGERS	127	19	19
8	PRESTEIGNE PACERS	137	18	18
9	WYE VALLEY RUNNERS 'C'	178	17	17
10	HEREFORD TRIATHLON CLUB	186	16	16
11	CROFT AMBREY R.C. 'C'	190	15	15
12	HAY HOTFOOTERS	213	14	14
13	WYE VALLEY RUNNERS 'D'	235	13	13
14	MALVERN JOGGERS 'B'	240	12	12
15	WYE VALLEY RUNNERS 'E'	266	11	11
16	CROFT AMBREY R.C. 'D'	266	10	10
17	LUDLOW RUNNERS 'B'	295	9	9
18	WYE VALLEY RUNNERS 'F'	310	8	8
19	MALVERN JOGGERS 'C'	335	7	7
20	WYE VALLEY RUNNERS 'G'	355	6	6

RACE 1 <u>CASTLEMORTON COMMON</u>	<u>WOMEN</u>	Date	<u>23rd. Oct. 11</u>
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
1	MALVERN JOGGERS	18	20	20
2	HEREFORD TRIATHLON CLUB	27	19	19
3	WYE VALLEY RUNNERS	28	18	18
4	CROFT AMBREY R.C.	50	17	17