

Herefordshire Cross Country League 2008-2009

<u>RACE 3</u>	<u>CROFT CASTLE MEN</u>		<u>Date</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
1	Matt James	Hereford Couriers	S.M.
2	Christian Jones	Wye Valley Runners	S.M.
3	John Pullen	Wye Valley Runners	MV40
4	Luke Mason	Wye Valley Runners	S.M.
5	Cliff Berry	Ledbury & District Harriers	MV45
6	Simon Norwood	Ludlow Runners	S.M.
7	Stuart Moore	Wye Valley Runners	S.M.
8	Stacey Morgan	Croft Ambrey R.C.	S.M.
9	Eliot Taylor	Hereford Couriers	J.M.
10	Andy Taylor	Hereford Triathlon Club	S.M.
11	Bill Lloyd	Hereford Couriers	S.M.
12	Richie Richards	Wye Valley Runners	MV45
13	Richard Hornsby	Croft Ambrey R.C.	S.M.
14	Mike Fawcett	Wye Valley Runners	MV40
15	Stafford Rees	Rhayader A.C.	S.M.
16	Dave Williams	Hereford Couriers	MV45
17	Dave Moss	Croft Ambrey R.C.	MV40
18	Mark Sims	Hereford Triathlon Club	S.M.
19	Mike Link	Hereford Couriers	S.M.
20	Kevin Gummery	Wye Valley Runners	MV50
21	Jon Tetley	Hereford Triathlon Club	S.M.
22	Tim Iveson	Builth & District Runners	S.M.
23	Simon Powney	Croft Ambrey R.C.	S.M.
24	Glyn Williams	Presteigne Pacers	S.M.
25	Matthew Trouson	Ludlow Runners	J.M.
26	Stuart Morrish	Hereford Couriers	MV40
27	Chris Law	Ledbury & District Harriers	MV40
28	Gary Lewis	Presteigne Pacers	S.M.
29	Paul Elliot	Ludlow Runners	MV40
30	Adam Michniok	Wye Valley Runners	S.M.
31	Neil Lewis	Hereford Couriers	MV40
32	Ashley Cooke	Hereford Couriers	MV50
33	Mike Sutton	Ledbury & District Harriers	MV40
34	Ade Brown	Presteigne Pacers	S.M.
35	Richard Huffer	Ledbury & District Harriers	S.M.
36	Jack Parry	Builth & District Runners	MV50
37	Ian Rivers	Hereford Triathlon Club	MV40
38	Steve Herington	Hereford Couriers	MV60
39	Geoff Kay	Hereford Couriers	MV55
40	Paul Bouston	Wye Valley Runners	MV40
41	Stuart Dewar	Wye Valley Runners	S.M.
42	Tom Davies	Croft Ambrey R.C.	MV60
43	Neil Taylor	Croft Ambrey R.C.	MV50
44	Ian Smith	Wye Valley Runners	MV45
45	Stuart Hendren	Ludlow Runners	S.M.
46	Mark Adams	Hereford Couriers	MV50
47	Graham Wood	Ludlow Runners	MV50
48	Pete Bryant	Ludlow Runners	S.M.
49	Kevin Barnes	Hereford Couriers	MV45

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
50	Robin Bereza	Wye Valley Runners	MV55
51	David Horne	Ledbury & District Harriers	MV50
52	Gary Gunner	Croft Ambrey R.C.	MV60
53	David Blenkarn	Ludlow Runners	MV45
54	Harry Franklin	Wye Valley Runners	MV70
55	Chris Mason	Wye Valley Runners	MV40
56	Ralph Lloyd	Wye Valley Runners	MV45
57	Peter Smith	Wye Valley Runners	MV60
58	Jeremy Bowlen	Ludlow Runners	MV40
59	Neil Turner	Wye Valley Runners	MV40
60	Steve Jarrett	Ludlow Runners	S.M.
61	John Maddy	Wye Valley Runners	MV40
62	Vaughan Griffiths	Ludlow Runners	MV40
63	Mark Wadsworth	Ludlow Runners	MV45
64	George Harrison	Wye Valley Runners	S.M.
65	Robert Monteith	Ludlow Runners	MV45
66	Brian Davies	Croft Ambrey R.C.	MV65
67	Bill Griffiths	Wye Valley Runners	MV55
68	David Jones	Builth & District Runners	S.M.
69	Simon Barton	Hereford Couriers	MV40
70	Chris Morgan	Ludlow Runners	MV50
71	Nigel Clarke	Hereford Couriers	S.M.
72	Phil Jones	Presteigne Pacers	MV50
73	Bryan Markham	Croft Ambrey R.C.	MV65
<u>Guest</u>	Pawel Gradowicz	Ledbury & District Harriers	S.M.
<u>JUNIORS</u>			
1	Jon Barnes	Hereford & County A.C.	J
2	Joe Maddy	Hereford & County A.C.	J

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Nov. 30th. '08

<u>Time</u>
50.14
50.44
51.15
51.32
51.38
52.17
52.41
52.59
53.07
53.15
53.21
53.47
54.33
54.43
54.52
55.09
55.26
55.50
55.56
56.12
56.18
56.25
56.55
57.16
57.32
58.27
58.30
58.32
58.40
59.10
59.56
60.10
60.20
60.34
60.42
61.25
61.34
61.49
61.53
63.38
63.50
63.57
64.28
64.34
64.46
65.13
65.30
65.53
65.57

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Nov. 30th. '08

<u>Time</u>
66.03
66.13
66.59
67.13
67.22
68.55
68.59
69.01
69.08
69.56
70.28
70.50
71.07
71.31
71.59
72.02
73.59
73.59
75.20
76.24
78.14
78.37
81.06
81.06
54.38
33.02
37.36