

Herefordshire Cross Country League 2011-2012

RACE 3	FFOREST FIELDS - MEN			Date	4th. Dec. 2011
Pos	Name	Club	Cat	Time	
1	Jon Barnes	Wye Valley Runners	J.M.	36.02	
2	Jonny Pugh	Builth & District R.C.	S.M.	36.55	
3	Tim Iveson	Builth & District R.C.	S.M.	37.20	
4	John Pullen	Wye Valley Runners	MV45	37.50	
5	Stafford Rees	Rhayader A.C.	MV40	39.00	
6	Stuart Moore	Wye Valley Runners	MV40	39.16	
7	Cliff Berry	Ledbury & District Harriers	MV45	39.26	
8	Jamie Shingler	Ludlow Runners	S.M.	39.45	
9	Guy Gregory	Ludlow Runners	J.M.	39.56	
10	Mike Link	Hereford Couriers	MV40	40.06	
11	Richard Hughes	Hereford Couriers	MV45	40.16	
12	John Bristow	Malvern Joggers	MV45	40.19	
13	Simon Norwood	Croft Ambrey R.C.	MV40	40.31	
14	Andy Taylor	Hereford Triathlon Club	S.M.	40.44	
15	Neil Powell	Croft Ambrey R.C.	MV40	41.04	
16	Mark Dykes	Hereford Triathlon Club	MV40	41.56	
17	Stuart Austin	Croft Ambrey R.C.	MV45	42.13	
18	Nigel Sewell	Malvern Joggers	MV50	42.17	
19	Russell James	Hereford Couriers	MV45	42.25	
20	Dave George	Croft Ambrey R.C.	MV40	42.39	
21	Martin Carter	Hay Hotfooters	MV45	42.59	
22	Neil Lewis	Hereford Couriers	MV40	43.29	
23	Mark Paviour	Croft Ambrey R.C.	MV45	43.52	
24	Gavin Jones	Wye Valley Runners	J.M.	44.04	
25	Geoff Kay	Hereford Couriers	MV55	44.12	
26	Chris Ford	Ledbury & District Harriers	S.M.	44.21	
27	Ieuan Price	Builth & District R.C.	J.M.	44.53	
28	Ken Piddleston	Rhayader A.C.	MV45	45.02	
29	Paul Bouston	Wye Valley Runners	MV40	45.11	
30	Andrew Cromie	Rhayader A.C.	MV45	45.30	
31	Steve Herington	Hereford Couriers	MV60	46.04	
32	Mick Ligema	Croft Ambrey R.C.	MV55	46.21	
33	Mervyn Thomas	Wye Valley Runners	MV60	46.51	
34	Owain Pascoe	Wye Valley Runners	S.M.	47.09	
35	Kevin Barnes	Hereford Couriers	MV45	47.14	
36	Ian Price	Croft Ambrey R.C.	MV60	47.19	
37	David Horne	Ledbury & District Harriers	MV50	47.33	
38	Shaun Hayes	Wye Valley Runners	MV50	48.02	
39	Ian Dyson	Malvern Joggers	MV55	48.02	
40	Chris Payne	Hereford Triathlon Club	MV50	48.12	
41	Chris Mason	Wye Valley Runners	MV45	48.14	
42	Neil Taylor	Croft Ambrey R.C.	MV50	48.15	
43	Ian Smith	Wye Valley Runners	MV50	48.17	
44	Dan Pavitt	Ludlow Runners	MV45	48.21	
45	Marc Dowse	Builth & District R.C.	S.M.	48.39	
46	Jason Smith	Wye Valley Runners	MV40	48.41	
47	Gary Lewis	Presteigne Pacers	MV40	48.50	
48	Mike Shaw	Wye Valley Runners	MV60	49.00	
49	Daren Lincoln	Croft Ambrey R.C.	MV40	49.05	
50	Malcolm Edwards	Wye Valley Runners	MV40	50.31	

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51	Nigel Jones	Wye Valley Runners	MV50	50.46
52	Simon Oliver	Wye Valley Runners	MV45	50.54
53	Tom Davies	Croft Ambrey R.C.	MV60	51.01
54	Ralph Lloyd	Wye Valley Runners	MV45	51.12
55	Peter Smith	Wye Valley Runners	MV60	51.17
56	Vince Stroud	Hereford Triathlon Club	MV50	51.18
57	Clive Richardson	Ludlow Runners	MV55	51.36
58	Ian Foster	Hereford Triathlon Club	MV40	51.45
59	John Price	Hay Hotfooters	MV50	51.54
60	Andrew Blackman	Wye Valley Runners	MV50	52.15
61	Bill Griffiths	Wye Valley Runners	MV60	52.29
62	Tim Hartles	Rhayader A.C.	MV45	52.48
63	Jason Stuchbery	Ludlow Runners	MV40	53.36
64	Dave Lloyd	Presteigne Pacers	MV55	53.50
65	Martyn Rosser	Hay Hotfooters	MV60	54.59
66	Harry Franklin	Wye Valley Runners	MV75	56.23
67	Don Lovejoy	Ludlow Runners	MV55	56.30
68	Les Chamberlain	Wye Valley Runners	MV60	56.34
69	Phil Jones	Presteigne Pacers	MV50	56.41
70	Chris Jolley	Malvern Joggers	MV50	56.56
71	Bryan Symonds	Wye Valley Runners	MV65	59.04
72	Terry Evans	Presteigne Pacers	MV45	63.20
73	Ian Jones	Hay Hotfooters	MV45	70.07