

Herefordshire Cross Country League 2012-2013

RACE 3	FFOREST FIELDS - MEN			Date	2nd. Dec. 2012
Pos	Name	Club	Cat	Time	
1	Tim Iveson	Builth & District R.C.	S.M.	39.08	
2	Eliot Taylor	Hereford Couriers	S.M.	39.21	
3	Luke Mason	Wye Valley Runners	S.M.	39.38	
4	John Pullen	Wye Valley Runners	MV45	39.43	
5	Mike Fawcett	Wye Valley Runners	MV45	40.50	
6	Cliff Berry	Ledbury & District Harriers	MV45	41.01	
7	Stacey Morgan	Croft Ambrey R.C.	S.M.	41.02	
8	Mike Link	Hereford Couriers	MV40	41.14	
9	Mark Lamonby	Croft Ambrey R.C.	S.M.	41.22	
10	Mike Pfeiffer	Builth & District R.C.	MV45	41.34	
11	Simon Norwood	Croft Ambrey R.C.	MV40	41.46	
12	Luke James	Hereford Couriers	S.M.	41.51	
13	Alan Lewis	Wye Valley Runners	MV40	41.57	
14	Jordan McQueen	Croft Ambrey R.C.	S.M.	42.13	
15	Stafford Rees	Rhayader A.C.	MV40	42.19	
16	Adrian Taylor	Presteigne Pacers	MV40	42.35	
17	Russell James	Hereford Couriers	MV45	42.54	
18	Neil Marshman	Wye Valley Runners	S.M.	43.15	
19	Glyn Williams	Croft Ambrey R.C.	MV40	43.31	
20	Jonny Williams	Hereford Triathlon Club	S.M.	44.06	
21	Dave George	Croft Ambrey R.C.	MV40	44.40	
22	Dan Phillips	Wye Valley Runners	S.M.	44.44	
23	Andrew Davies	Croft Ambrey R.C.	J.M.	44.49	
24	James Runchman	Hereford Triathlon Club	MV40	45.32	
25	Dave Williams	Hereford Couriers	MV50	45.33	
26	Neil Lewis	Hereford Couriers	MV45	45.45	
27	Jack Parry	Builth & District R.C.	MV55	46.02	
28	Ben Rees	Croft Ambrey R.C.	S.M.	46.06	
29	Martin Carter	Hay Hotfooters	MV45	46.07	
30	Matt Ansfield	Wye Valley Runners	MV40	46.31	
31	Andy Taylor	Hereford Triathlon Club	MV40	46.58	
32	Paul Bouston	Wye Valley Runners	MV40	47.07	
33	Steve Flowers	Wye Valley Runners	S.M.	47.13	
34	Geoff Kay	Hereford Couriers	MV55	47.29	
35	Paul Elliott	Ludlow Runners	MV45	47.34	
36	Vincent Playdon	Hay Hotfooters	MV40	47.42	
37	Adam Michniok	Wye Valley Runners	S.M.	48.20	
38	Dan Pavitt	Ludlow Runners	MV45	48.22	
39	Kevin Artus	Wye Valley Runners	S.M.	48.27	
40	Steve Herington	Hereford Couriers	MV60	48.36	
41	Matt Taylor	Wye Valley Runners	S.M.	48.41	
42	Chris Howell	Hay Hotfooters	MV45	49.00	
43	Andrew Cromie	Rhayader A.C.	MV45	49.03	
44	Iain Prentice	Ludlow Runners	MV45	49.10	
45	Nigel Clarke	Hereford Couriers	MV40	49.20	
46	Gary Lewis	Presteigne Pacers	MV40	49.47	
47	Steve Littlewood	Hereford Couriers	MV60	50.10	
48	Neil Taylor	Croft Ambrey R.C.	MV55	50.19	
49	Ashley Robinson	Croft Ambrey R.C.	MV60	50.55	
50	Phil Butler	Wye Valley Runners	MV55	51.07	

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51	Kevin Barnes	Hereford Couriers	MV45	51.52
52	Simon Millichamp	Presteigne Pacers	S.M.	52.04
53	Ian Smith	Wye Valley Runners	MV50	52.06
54	Frank Luscott	Croft Ambrey R.C.	MV55	52.20
55	Chris Mason	Wye Valley Runners	MV45	52.21
56	Sam Clarke	Wye Valley Runners	S.M.	52.34
57	Ian Foster	Hereford Triathlon Club	MV40	53.21
58	Mike Shaw	Wye Valley Runners	MV60	53.22
59	John Forrest	Hereford Couriers	S.M.	53.51
60	Matt Gough	Hereford Triathlon Club	MV40	54.11
61	Simon Oliver	Wye Valley Runners	MV45	54.37
62	Steve Jakeman	Croft Ambrey R.C.	MV45	54.41
63	Tom Davies	Croft Ambrey R.C.	MV60	54.45
64	Ralph Lloyd	Wye Valley Runners	MV50	55.06
65	Clive Richardson	Ludlow Runners	MV55	55.32
66	Peter Smith	Wye Valley Runners	MV60	55.50
67	Bryan Clee	Presteigne Pacers	MV40	56.03
68	Dave Lloyd	Presteigne Pacers	MV55	56.07
69	Sandy Ross	Ludlow Runners	MV60	57.12
70	John Price	Hay Hotfooters	MV55	57.17
71	Andrew Tipton	Ludlow Runners	MV45	57.52
72	Gareth Turner	Ledbury & District Harriers	S.M.	60.42
73	Les Chamberlain	Wye Valley Runners	MV60	60.39
74	Bryan Symonds	Wye Valley Runners	MV70	60.39
75	Alan Nicholls	Hay Hotfooters	MV60	63.24
76	Harry Franklin	Wye Valley Runners	MV75	63.47
77	George Harrison	Wye Valley Runners	MV40	64.25