

Herefordshire Cross Country League 2008-2009

RACE 2	<u>HIGH VINNALS MEN</u>	Date	9th. Nov 08
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	40.36
2	Christian Jones	Wye Valley Runners	S.M.	41.17
3	John Pullen	Wye Valley Runners	MV40	41.21
4	Cliff Berry	Ledbury & District Harriers	MV45	41.48
5	Luke Mason	Wye Valley Runners	S.M.	41.50
6	Stacey Morgan	Croft Ambrey R.C.	S.M.	42.23
7	Barry Thompson	Ledbury & District Harriers	S.M.	42.38
8	Bill Lloyd	Hereford Couriers	S.M.	42.53
9	Stuart Moore	Wye Valley Runners	S.M.	42.59
10	Simon Norwood	Ludlow Runners	S.M.	43.04
11	Richard Hornsby	Croft Ambrey R.C.	S.M.	43.11
12	Andy Taylor	Hereford Triathlon Club	S.M.	43.43
13	Dan Barnett	Croft Ambrey R.C.	S.M.	44.07
14	Tim Iveson	Builth & District Runners	S.M.	44.37
15	Mike Link	Hereford Couriers	S.M.	44.58
16	Stafford Rees	Rhayader A.C.	S.M.	44.59
17	Dave Williams	Hereford Couriers	MV45	45.07
18	Greg Davies	Ludlow Runners	S.M.	45.29
19	Max Suff	Hereford Couriers	MV45	45.32
20	Kevin Gummery	Wye Valley Runners	MV50	45.42
21	Jon Tetley	Hereford Triathlon Club	S.M.	45.50
22	Martin Callaghan	Ludlow Runners	MV40	46.04
23	Eliot Taylor	Hereford Couriers	J.M.	46.08
24	Dave Moss	Croft Ambrey R.C.	MV40	46.21
25	Glyn Williams	Presteigne Pacers	S.M.	46.21
26	Matthew Trouson	Ludlow Runners	J.M.	46.30
27	Neil Lewis	Hereford Couriers	MV40	47.25
28	Paul Elliot	Ludlow Runners	MV40	47.30
29	Steve Herington	Hereford Couriers	MV60	47.56
30	Stuart Morrish	Hereford Couriers	MV40	48.43
31	Dave Rouse	Croft Ambrey R.C.	S.M.	49.36
32	Andrew Noble	Wye Valley Runners	MV40	49.39
33	Gary Lewis	Presteigne Pacers	S.M.	50.09
34	Alistar MacNaughton	Ludlow Runners	S.M.	50.13
35	Ade Brown	Presteigne Pacers	S.M.	50.35
36	John Sandford	Wye Valley Runners	MV40	50.44
37	Clive Rowberry	Hereford Couriers	MV55	50.46
38	Neil Collins	Ludlow Runners	MV50	51.23
39	Mark Adams	Hereford Couriers	MV50	51.56
40	Matt Taylor	Wye Valley Runners	S.M.	52.07
41	Richard Huffer	Ledbury & District Harriers	S.M.	52.07
42	John Lyden	Ludlow Runners	MV45	52.07
43	Iain Prentice	Ludlow Runners	MV40	52.24
44	Geoff Kay	Hereford Couriers	MV55	52.39
45	Tom Davies	Croft Ambrey R.C.	MV60	52.48
46	Peter Smith	Wye Valley Runners	MV60	53.05
47	Kevin Barnes	Hereford Couriers	MV45	53.12
48	David Blenkarn	Ludlow Runners	MV45	53.24
49	David Horne	Ledbury & District Harriers	MV50	53.32

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50	Paul Bouston	Wye Valley Runners	MV40	53.37
51	Andrew Spreadborough	Ludlow Runners	MV45	53.59
52	Chris Mason	Wye Valley Runners	MV40	54.19
53	Iain Davies	Builth & District Runners	MV50	54.22
54	Richard Ellison	Rhayader A.C.	MV40	54.24
55	Neil Taylor	Croft Ambrey R.C.	MV50	55.06
56	Dave Lloyd	Presteigne Pacers	MV50	55.10
57	James Brisbane	Ludlow Runners	S.M.	55.33
58	David Rouse	Croft Ambrey R.C.	MV50	56.18
59	Phil Jones	Presteigne Pacers	MV50	57.28
60	Bill Griffiths	Wye Valley Runners	MV55	57.35
61	Ian Foster	Hereford Triathlon Club	S.M.	57.54
62	Mark Wadsworth	Ludlow Runners	MV45	59.14
63	Stuart Cameron	Hereford Couriers	MV45	59.24
64	Jeremy Bowdler	Ludlow Runners	MV40	59.53
65	Vaughan Griffiths	Ludlow Runners	MV40	61.11
66	Rob Monteith	Ludlow Runners	MV45	62.01
67	Paul Jones	Rhayader A.C.	MV45	62.34
68	Jason Stuchbery	Ludlow Runners	S.M.	63.07
69	Chris Morgan	Ludlow Runners	MV50	63.07
70	Simon Barton	Hereford Couriers	MV40	64.40
71	Alun Jenkins	Rhayader A.C.	MV45	65.03
72	Bryan Markham	Croft Ambrey R.C.	MV65	66.34
73	Mick Norton	Hereford Triathlon Club	MV40	67.32
Guest	Pawel Gradowicz	Ledbury & District Harriers	S.M.	43.53