

# Herefordshire Cross Country League 2009-2010

RACE 1	<u>MOOR PARK MEN</u>			Date	25th. Oct. 09
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jonathon Pugh	Builth & District Runners	S.M.	32.57	
2	Ryan Bevis	Builth & District Runners	S.M.	33.25	
3	Matt James	Hereford Couriers	S.M.	34.04	
4	John Pullen	Wye Valley Runners	MV40	34.12	
5	Tim Clarke	Hereford Couriers	MV40	34.19	
6	Luke Moseley	Hereford Triathlon Club	S.M.	34.55	
7	Christian Jones	Wye Valley Runners	S.M.	35.19	
8	Luke Mason	Wye Valley Runners	S.M.	35.26	
9	Cliff Berry	Ledbury & District Harriers	MV45	35.31	
10	Barry Thompson	Ledbury & District Harriers	S.M.	35.36	
11	Scott Kennedy	Wye Valley Runners	S.M.	36.02	
12	Jamie Shingler	Ludlow Runners	S.M.	36.11	
13	Stafford Rees	Rhayader A.C.	S.M.	36.12	
14	Jon Barnes	Hereford & County A.C.	J.M.	36.21	
15	Andy Taylor	Hereford Triathlon Club	S.M.	36.26	
16	Eliot Taylor	Hereford Couriers	J.M.	36.38	
17	Max Suff	Hereford Couriers	MV45	37.10	
18	Jon Tetley	Hereford Triathlon Club	S.M.	37.12	
19	Steve Rooke	Ledbury & District Harriers	MV40	37.19	
20	Dave Ameghino	Croft Ambrey R.C.	S.M.	37.26	
21	Dan Barnett	Croft Ambrey R.C.	S.M.	37.27	
22	Mark Paviour	Croft Ambrey R.C.	MV45	37.28	
23	Glyn Williams	Presteigne Pacers	S.M.	37.31	
24	Luke Williams	Hereford Couriers	S.M.	37.32	
25	Neil Lewis	Hereford Couriers	MV40	37.41	
26	Dave Williams	Hereford Couriers	MV45	37.47	
27	Mike Link	Hereford Couriers	S.M.	38.02	
28	Dave George	Croft Ambrey R.C.	S.M.	38.07	
29	Chris Fletcher	Wye Valley Runners	S.M.	38.16	
30	Bill Lloyd	Hereford Couriers	S.M.	38.27	
31	Howard Abel	Ledbury & District Harriers	MV45	38.28	
32	Andrew Noble	Wye Valley Runners	MV40	38.47	
33	Kevin Gummery	Wye Valley Runners	MV50	38.59	
34	Carl Gilmour	Hay Hotfooters	MV40	39.01	
35	Geoff Kay	Hereford Couriers	MV55	39.07	
36	George Miles	Hereford Triathlon Club	J.M.	39.29	
37	Jim Hicks	Wye Valley Runners	S.M.	39.31	
38	Chris Law	Ledbury & District Harriers	MV40	39.37	
39	Jon Utley	Croft Ambrey R.C.	S.M.	39.40	
40	Ashley Cooke	Croft Ambrey R.C.	MV50	39.59	
41	Mervyn Thomas	Wye Valley Runners	MV55	40.25	
42	Vince Playdon	Wye Valley Runners	S.M.	40.30	
43	Steve Littlewood	Hereford Couriers	MV55	40.40	
44	Steve Herington	Hereford Couriers	MV60	40.43	
45	Chris Payne	Hereford Triathlon Club	MV40	40.46	
46	Gary Lewis	Presteigne Pacers	MV40	40.53	
47	Daniel Price	Ludlow Runners	J.M.	41.12	
48	John Sandford	Wye Valley Runners	MV40	41.20	
49	David Horne	Ledbury & District Harriers	MV50	42.05	
50	Bob Morris	Wye Valley Runners	MV55	42.07	
51	Andrew Cromie	Rhayader A.C.	MV45	42.09	

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52	Paul Bouston	Wye Valley Runners	MV40	42.10	
53	Nigel Clarke	Hereford Couriers	MV40	42.15	
54	Phil Butler	Wye Valley Runners	MV55	42.17	
55	Neil Collins	Ludlow Runners	MV50	42.30	
56	Phil Jones	Presteigne Pacers	MV50	42.40	
57	Chris Bailey	Wye Valley Runners	MV40	42.41	
58	Dave Lloyd	Presteigne Pacers	MV50	42.46	
59	Matt Taylor	Wye Valley Runners	S.M.	43.01	
60	Tom Davies	Croft Ambrey R.C.	MV60	43.10	
61	Tim Rawlins	Hay Hotfooters	MV45	43.17	
62	Guy Whitmarsh	Croft Ambrey R.C.	MV65	43.25	
63	Rob Williams	Wye Valley Runners	S.M.	43.28	
64	Kevin Barnes	Hereford Couriers	MV45	43.47	
65	Neil Taylor	Croft Ambrey R.C.	MV50	44.02	
66	Ian Davies	Builth & District Runners	MV55	44.20	
67	Chris Mason	Wye Valley Runners	MV45	44.25	
68	Simon Hulbert	Hay Hotfooters	MV45	44.40	
69	Frank Luscott	Croft Ambrey R.C.	MV50	44.48	
70	Gary Gunner	Croft Ambrey R.C.	MV60	44.50	
71	Daren Lincoln	Croft Ambrey R.C.	MV40	44.53	
72	John Price	Hay Hotfooters	MV50	44.56	
73	Rob Griffiths	Wye Valley Runners	MV50	45.06	
74	Peter Smith	Wye Valley Runners	MV60	45.57	
75	Harry Franklin	Wye Valley Runners	MV70	46.33	
76	Clive Richardson	Ludlow Runners	MV50	47.18	
77	Jason Stuchbery	Ludlow Runners	MV40	48.12	
78	Les Morris	Hereford Triathlon Club	S.M.	48.16	
79	Alun Jenkins	Rhayader A.C.	MV45	48.18	
80	Paul Jones	Rhayader A.C.	MV45	48.29	
81	Bill Griffiths	Wye Valley Runners	MV55	48.40	
82	George Harrison	Wye Valley Runners	MV40	48.42	
83	Simon Lawrence	Hereford Couriers	MV45	48.58	
84	Rob Monteith	Ludlow Runners	MV45	49.21	
85	Martyn Rosser	Hay Hotfooters	MV55	49.36	
86	Stuart Austin	Hereford Triathlon Club	MV40	50.38	
87	Alan Harrhy	Hay Hotfooters	MV65	51.31	
88	Les Chamberlain	Wye Valley Runners	MV60	53.01	
89	James Llewellyn	Rhayader A.C.	S.M.	55.02	
90	Barry Young	Wye Valley Runners	MV55	55.40	