

HEREFORD CROSS COUNTRY RELAY CHAMPS. 2010
WESTHOPE 5.05.10

<u>SENIOR MEN</u>	<u>LEG</u>	<u>RUNNER</u>	<u>TIME</u>
1 WYE VALLEY RUNNERS	1	Luke Mason	10.16
	2	Jim Hicks	11.05
TIME: 42.48	3	Scott Kennedy	11.13
	4	Jon Barnes	11.14
2 CROFT AMBREY R.C.	1	Dave Ameghino	11.17
	2	Dave George	11.46
TIME: 45.26	3	Dave Rouse	11.13
	4	Dan Barnett	11.10
3 HEREFORD TRIATHLON CLUB	1	Mike Stephens	11.49
	2	Ian Foster	14.21
TIME: 47.35	3	Andy Taylor	10.58
	4	Jon Tetley	10.27
4 CROFT AMBREY R.C. 'B'	1	Daren Lincoln	13.14
	2	Jon Utley	12.16
TIME: 50.27	3	Steve Jakeman	13.17
	4	Nigel Misselbrook	11.42
5 WYE VALLEY RUNNERS 'B'	1	Paul Bouston	12.07
	2	Mike Cole	14.26
TIME: 54.03	3	Steve Turner	16.30
	4	Stuart Moore	11.00