

**HEREFORD CROSS COUNTRY RELAY CHAMPS. 2010**  
**WESTHOPE 5.05.10**

| <b><u>VET MEN O.50</u></b> | <b><u>LEG</u></b> | <b><u>RUNNER</u></b> | <b><u>TIME</u></b> |
|----------------------------|-------------------|----------------------|--------------------|
| 1 HEREFORD COURIERS        | 1                 | Steve Herington      | 12.38              |
|                            | 2                 | Mark Adams           | 13.40              |
| TIME: 39.02                | 3                 | Steve Littlewood     | 12.44              |
| 2 CROFT AMBREY R.C.        | 1                 | Neil Taylor          | 13.06              |
|                            | 2                 | Frank Luscott        | 14.47              |
| TIME: 43.08                | 3                 | David Rouse          | 15.15              |

| <b><u>VET MEN O.60</u></b> | <b><u>LEG</u></b> | <b><u>RUNNER</u></b> | <b><u>TIME</u></b> |
|----------------------------|-------------------|----------------------|--------------------|
|----------------------------|-------------------|----------------------|--------------------|