

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

**MEN**

**FASTEST LEGS**

1	Jon Barnes	Wye Valley Runners	10.14
2	Luke Mason	Wye Valley Runners	10.16
3	Jon Tetley	Hereford Triathlon Club	10.27
4	Andy Taylor	Hereford Triathlon Club	10.58
5	Stuart Moore	Wye Valley Runners	11.00
6	Jim Hicks	Wye Valley Runners	11.05
7	Dan Barnett	Croft Ambrey R.C.	11.10
8=	Scott Kennedy	Wye Valley Runners	11.13
8=	Dave Rouse	Croft Ambrey R.C.	11.13
10	Dave Ameghino	Croft Ambrey R.C.	11.17

**VET. MEN 0.40**

**FASTEST LEGS**

1	Max Suff	Hereford Couriers	11.12
2	Simon Norwood	Croft Ambrey R.C.	11.21
3	Carl Gilmour	Hay Hotfooters	11.24
4	Neil Lewis	Hereford Couriers	11.37
5	Nigel Misselbrook	Croft Ambrey R.C.	11.42
6	Mike Stephens	Hereford Triathlon Club	11.49
7	Mark Paviour	Croft Ambrey R.C.	11.57
8	Paul Bouston	Wye Valley Runners	12.07
9	Martin Williams	Croft Ambrey R.C.	12.16
10	Kevin Barnes	Hereford Couriers	12.26

**VET. MEN 0.50**

**FASTEST LEGS**

1	Steve Littlewood	Hereford Couriers	12.44
2	Neil Taylor	Croft Ambrey R.C.	13.06
3	Mark Adams	Hereford Couriers	13.40
4	Frank Luscott	Croft Ambrey R.C.	14.47
5	David Rouse	Croft Ambrey R.C.	15.15

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**VET. MEN O.60**

**FASTEST LEGS**

1	Steve Herington	Hereford Couriers	12.38
2	Gary Gunner	Croft Ambrey R.C.	12.42
3	Guy Whitmarsh	Croft Ambrey R.C.	13.02
4	Tom Davies	Croft Ambrey R.C.	13.28
5	Martin Rosser	Hay Hotfooters	15.05
6	Alan Harry	Hay Hotfooters	16.37

**FEMALES**

**FASTEST LEGS**

1	Clara Evans	Hereford & County A.C.	12.12
2	Naomi Prosser	Hereford & County A.C.	12.51
3	Bethan Mills	Hereford & County A.C.	13.31
4	Kayleigh Luscott	Croft Ambrey R.C.	15.20
5	Julie Suff	Hereford Couriers	15.25
6	Charlotte Peters	Hay Hotfooters	16.07
7	Catherine Percival	Croft Ambrey R.C.	17.52

**FEMALE VETERANS**

**FASTEST LEGS**

1	Sue Davies	Croft Ambrey R.C.	13.01
2	Alison Cooke	Hereford Couriers	13.17
3	Nicky Turvey	Croft Ambrey R.C.	14.02
4	Jayne Littlewood	Hereford Couriers	14.24
5	Liza Austin	Croft Ambrey R.C.	14.43
6	Angela Price	Hay Hotfooters	15.14
7	Rachel Nelson	Croft Ambrey R.C.	15.16
8	Tina Lavelle	Hay Hotfooters	16.26
9	Jules Mason	Hay Hotfooters	18.26
10	Rachel Jones	Hay Hotfooters	18.29