

Herefordshire Cross Country League 2009-2010

RACE 3	<u>ACONBURY MEN</u>			Date	6th. Dec. '09
Pos	Name	Club	Cat	Time	
1	Jonathon Pugh	Builth & District Runners	S.M.	39.25	
2	Matt James	Hereford Couriers	S.M.	39.56	
3	Luke Mason	Wye Valley Runners	S.M.	40.05	
4	Tim Clarke	Hereford Couriers	MV40	40.13	
5	Ryan Bevis	Builth & District Runners	S.M.	40.40	
6	John Pullen	Wye Valley Runners	MV40	41.12	
7	Eliot Taylor	Hereford Couriers	J.M.	41.37	
8	Mike Fawcett	Wye Valley Runners	MV40	42.02	
9	Barry Thompson	Ledbury & District Harriers	S.M.	42.36	
10	Mike Link	Hereford Couriers	S.M.	42.44	
11	Jon Barnes N/C	Wye Valley Runners	J.M.	42.51	
12	Cliff Berry	Ledbury & District Harriers	MV45	43.03	
13	Scott Kennedy	Wye Valley Runners	S.M.	43.17	
14	Christian Jones	Wye Valley Runners	S.M.	43.22	
15	Max Suff	Hereford Couriers	MV45	43.37	
16	Dan Barnett	Croft Ambrey R.C.	S.M.	43.44	
17	Jon Tetley	Hereford Triathlon Club	S.M.	44.12	
18	Chris Ford	Ledbury & District Harriers	S.M.	44.27	
19	Simon Norwood	Croft Ambrey R.C.	S.M.	44.31	
20	George Miles	Ludlow Runners	J.M.	44.57	
21	Neil Lewis	Hereford Couriers	MV40	46.20	
22	Geoff Kay	Hereford Couriers	MV55	46.30	
23	Jack Parry	Builth & District Runners	MV55	46.34	
24	Jon Utley	Croft Ambrey R.C.	S.M.	46.37	
25	Kevin Gummery	Wye Valley Runners	MV50	46.43	
26	Glyn Williams	Presteigne Pacers	S.M.	46.46	
27	Steve Rooke	Ledbury & District Harriers	MV40	46.49	
28	Carl Gilmour	Hay Hotfooters	MV40	46.52	
29	Dave Rouse	Croft Ambrey R.C.	S.M.	46.53	
30	Chris Law	Ledbury & District Harriers	MV40	46.58	
31	Dave Williams	Hereford Couriers	MV45	47.01	
32	Mervyn Thomas	Wye Valley Runners	MV55	47.01	
33	Tom Waldron	Wye Valley Runners	S.M.	47.05	
34	Dave Ameghino	Croft Ambrey R.C.	S.M.	47.20	
35	James Llewellyn	Rhayader A.C.	S.M.	47.34	
36	Howard Abel	Ledbury & District Harriers	MV45	47.52	
37	Dave George	Croft Ambrey R.C.	S.M.	48.42	
38	Neil Powell	Croft Ambrey R.C.	S.M.	48.46	
39	Steve Littlewood	Hereford Couriers	MV55	48.50	
40	Colin Kerfoot	Hereford Triathlon Club	MV40	49.12	
41	Bob Morris	Wye Valley Runners	MV55	49.51	
42	Chris Fletcher	Wye Valley Runners	S.M.	49.58	
43	Steve Herington	Hereford Couriers	MV60	49.59	
44	Ian Price	Croft Ambrey R.C.	MV60	50.11	
45	Adam Michniok	Wye Valley Runners	S.M.	50.20	
46	Richard Wall	Hereford Couriers	MV45	50.26	
47	Matt Taylor	Wye Valley Runners	S.M.	50.58	
48	Neil Collins	Ludlow Runners	MV50	51.07	
49	Kevin Barnes	Hereford Couriers	MV45	51.12	
50	Jim Hicks	Wye Valley Runners	S.M.	51.30	
51	Ian Smith	Wye Valley Runners	MV45	51.45	

Herefordshire Cross Country League 2009-2010

RACE 3	<u>ACONBURY MEN</u>			Date	6th. Dec. '09
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
52	Clive Rowberry	Hereford Couriers	MV55	52.17	
53	Tim Rawlins	Hay Hotfooters	MV45	52.29	
54	Ian Davies	Builth & District Runners	MV55	52.31	
55	Guy Whitmarsh	Croft Ambrey R.C.	MV65	52.39	
56	Richard Huffer	Ledbury & District Harriers	S.M.	52.46	
57	Gary Lewis	Presteigne Pacers	MV40	52.56	
58	Tom Davies	Croft Ambrey R.C.	MV60	53.00	
59	Chris Bailey	Wye Valley Runners	MV40	53.05	
60	Mark Adams	Hereford Couriers	MV50	53.14	
61	Phil Jones	Presteigne Pacers	MV50	53.26	
62	Dave Lloyd	Presteigne Pacers	MV50	53.29	
63	Brian Davies	Croft Ambrey R.C.	MV65	53.30	
64	Paul Lewis	Wye Valley Runners	S.M.	53.36	
65	George Harrison	Wye Valley Runners	MV40	53.42	
66	Ian Christy	Hereford Triathlon Club	MV40	54.05	
67	Chris Mason	Wye Valley Runners	MV45	54.06	
68	Andy Westlake	Presteigne Pacers	MV45	54.21	
69	David Horne	Ledbury & District Harriers	MV50	54.22	
70	Ashley Williams	Hay Hotfooters	MV50	54.33	
71	Graham Wood	Ludlow Runners	MV50	54.40	
72	John Price	Hay Hotfooters	MV50	54.47	
73	Frank Luscott	Croft Ambrey R.C.	MV50	55.08	
74	Peter Smith	Wye Valley Runners	MV60	55.44	
75	Nigel Jones	Wye Valley Runners	MV50	56.24	
76	Andrew Cromie	Rhayader A.C.	MV45	56.44	
77	Rob Galpin	Wye Valley Runners	MV50	56.51	
78	Harry Franklin	Wye Valley Runners	MV70	56.58	
79	Nigel Clarke	Hereford Couriers	MV40	57.42	
80	Clive Richardson	Ludlow Runners	MV50	58.06	
81	Simon Lawrence	Hereford Couriers	MV45	58.08	
82	Dave Sherwood	Wye Valley Runners	MV50	58.44	
83	Jason Stuchbery	Ludlow Runners	MV40	59.27	
84	Paul Jones	Rhayader A.C.	MV45	59.39	
85	Mike Shaw	Wye Valley Runners	MV55	65.20	
86	Alan HARRY	Hay Hotfooters	MV65	65.37	
87	Mark Dykes	Hereford Triathlon Club	S.M.	68.38	
88	Vince Stroud	Hereford Triathlon Club	MV50	68.38	
89	Andrew Noble	Wye Valley Runners	MV40	71.52	
JUNIOR	Daniel Cox	Hereford & County A.C.	J	39.49	