

Herefordshire Cross Country League 2012-2013

<u>RACE 2</u>	<u>CROFT CASTLE MEN</u>			<u>Date</u>	<u>Nov. 11th. 2012</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Eliot Taylor	Hereford Couriers	S.M.	49.30	
2	John Pullen	Wye Valley Runners	MV45	50.10	
3	Luke Mason	Wye Valley Runners	S.M.	50.44	
4	Stacey Morgan	Croft Ambrey R.C.	S.M.	51.35	
5	Cliff Berry	Ledbury & District Harriers	MV45	51.55	
6	Mike Pfeiffer	Builth & District R.C.	MV45	52.02	
7	Matt James	Hereford Couriers	S.M.	52.10	
8	Luke James	Hereford Couriers	S.M.	52.13	
9	Mike Fawcett	Wye Valley Runners	MV45	52.33	
10	Mike Link	Hereford Couriers	MV40	53.17	
11	Mark Lamonby	Croft Ambrey R.C.	S.M.	53.41	
12	Richie Bamford	Hereford Couriers	S.M.	53.54	
13	Alan Lewis	Wye Valley Runners	MV40	54.20	
14	Russell James	Hereford Couriers	MV45	55.01	
15	Scott Kennedy	Wye Valley Runners	S.M.	56.14	
16	Max Suff	Hereford Couriers	MV50	56.17	
17	Glyn Williams	Croft Ambrey R.C.	MV40	56.40	
18	Adrian Taylor	Presteigne Pacers	MV40	56.57	
19	Jonny Williams	Hereford Triathlon Club	S.M.	57.04	
20	Simon Norwood	Croft Ambrey R.C.	MV40	57.10	
21	Dave George	Croft Ambrey R.C.	MV40	57.27	
22	Neil Lewis	Hereford Couriers	MV45	57.32	
23	Dave White	Hereford Triathlon Club	MV40	57.46	
24	Dave Williams	Hereford Couriers	MV50	58.06	
25	Dan Phillips	Wye Valley Runners	S.M.	58.25	
26	Andy Taylor	Hereford Triathlon Club	MV40	58.45	
27	Gavin Jones	Wye Valley Runners	S.M.	58.48	
28	Adam Michniok	Wye Valley Runners	S.M.	58.55	
29	John Lyden	Ludlow Runners	MV50	59.04	
30	Chris Law	Ledbury & District Harriers	MV45	59.27	
31	Martin Carter	Hay Hotfooters	MV45	59.35	
32	Steve Herington	Hereford Couriers	MV60	59.53	
33	Martin Callaghan	Ludlow Runners	MV45	59.58	
34	Vincent Playdon	Hay Hotfooters	MV40	60.17	
35	Andy Allan	Wye Valley Runners	S.M.	60.21	
36	Andrew Davies	Croft Ambrey R.C.	J.M.	60.38	
37	John Meadows	Wye Valley Runners	S.M.	60.40	
38	Rob Jones	Croft Ambrey R.C.	S.M.	60.41	
39	Charlie Mills	Hereford Triathlon Club	S.M.	60.45	
40	Patrick Pearson	Croft Ambrey R.C.	MV40	60.50	
41	Tom Hall	Monross Trailblazers	J.M.	61.08	
42	Matt Taylor	Wye Valley Runners	S.M.	61.22	
43	Mark Warren	Ludlow Runners	MV50	61.30	
44	Paul Bouston	Wye Valley Runners	MV40	61.32	
45	Geoff Kay	Hereford Couriers	MV55	61.41	
46	George Callaghan	Ludlow Runners	J.M.	61.48	
47	Chris Howell	Hay Hotfooters	MV45	62.12	
48	Dan Pavitt	Ludlow Runners	MV45	62.30	
49	Andrew Cromie	Rhayader A.C.	MV45	62.32	
50	Richard Mileson	Wye Valley Runners	MV40	62.35	
51	Kevin Artus	Wye Valley Runners	S.M.	62.38	

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52	Ben Rees	Croft Ambrey R.C.	S.M.	63.05	
53	Steve Littlewood	Hereford Couriers	MV60	63.26	
54	Jack Stanton-Warren	Ludlow Runners	J.M.	63.30	
55	Dave Nicholas	Monross Trailblazers	S.M.	64.04	
56	Gary Lewis	Presteigne Pacers	MV40	64.08	
57	Shaun Hayes	Wye Valley Runners	MV50	64.26	
58	Lea Wood	Wye Valley Runners	S.M.	64.41	
59	Paddy Nugent	Wye Valley Runners	MV50	64.52	
60	Matt Hall	Monross Trailblazers	MV45	65.01	
61	Steve Flowers	Wye Valley Runners	S.M.	65.08	
62	Guy Whitmarsh	Croft Ambrey R.C.	MV65	65.42	
63	Neil Taylor	Croft Ambrey R.C.	MV55	65.59	
64	Martin Williams	Croft Ambrey R.C.	MV40	66.14	
65	Chris Payne	Hereford Triathlon Club	MV50	66.15	
66	Phil Butler	Wye Valley Runners	MV55	67.23	
67	Ian Smith	Wye Valley Runners	MV50	68.29	
68	Neil Turner	Wye Valley Runners	MV40	69.15	
69	Frank Luscott	Croft Ambrey R.C.	MV55	69.23	
70	Tom Davies	Croft Ambrey R.C.	MV60	69.52	
71	Chris Mason	Wye Valley Runners	MV45	70.26	
72	Gerald Walker	Wye Valley Runners	MV50	70.32	
73	Mark Davies	Hay Hotfooters	MV50	71.15	
74	Ralph Lloyd	Wye Valley Runners	MV50	71.25	
75	Peter Smith	Wye Valley Runners	MV60	71.43	
76	John Price	Hay Hotfooters	MV55	71.59	
77	Matt Gough	Hereford Triathlon Club	MV40	72.13	
78	Dave Sherwood	Wye Valley Runners	MV55	72.35	
79	Clive Richardson	Ludlow Runners	MV55	72.43	
80	Graham Wood	Ludlow Runners	MV55	73.17	
81	Bryan Clee	Presteigne Pacers	MV40	74.34	
82	Brian Davies	Croft Ambrey R.C.	MV65	74.36	
83	Dave Lloyd	Presteigne Pacers	MV55	75.15	
84	Sandy Ross	Ludlow Runners	MV60	77.33	
85	Heath Mountford	Ludlow Runners	MV40	77.58	
86	Gareth Turner	Ledbury & District Harriers	S.M.	78.17	
87	Duncan Cresswell	Ledbury & District Harriers	S.M.	78.17	
88	Phil Jones	Presteigne Pacers	S.M.	78.19	
89	Steve Turner	Wye Valley Runners	MV50	79.13	
90	Kevin Barnes	Hereford Couriers	MV45	79.21	
91	Andrew Tipton	Ludlow Runners	MV45	79.38	
92	Bryan Symonds	Wye Valley Runners	MV70	79.52	
93	Harry Franklin	Wye Valley Runners	MV75	82.45	
94	Terry Evans	Presteigne Pacers	MV40	83.06	
95	Mark Freake	Presteigne Pacers	MV45	86.03	