

Herefordshire Cross Country League 2012-2013

RACE 1	DINEDOR - MEN			Date	21st. Oct. 12
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Eliot Taylor	Hereford Couriers	S.M.	38.18	
2	Luke Mason	Wye Valley Runners	S.M.	38.32	
3	John Pullen	Wye Valley Runners	MV45	39.37	
4	Matt James	Hereford Couriers	S.M.	40.37	
5	Mike Fawcett	Wye Valley Runners	MV45	40.58	
6	Jamie Shingler	Ludlow Runners	S.M.	41.11	
7	Stacey Morgan	Croft Ambrey R.C.	S.M.	41.13	
8	Mike Pfeiffer	Builth & District R.C.	MV45	41.25	
9	Mark Lamonby	Croft Ambrey R.C.	S.M.	41.46	
10	Simon Norwood	Croft Ambrey R.C.	MV40	42.07	
11	Richie Bamford	Hereford Couriers	S.M.	42.12	
12	Alan Lewis	Wye Valley Runners	MV40	42.14	
13	Russell James	Hereford Couriers	MV45	42.15	
14	Mike Link	Hereford Couriers	MV40	42.34	
15	Richard Hughes	Hereford Couriers	MV45	42.45	
16	Grzegorz Wisniowski	Hereford Triathlon Club	S.M.	43.28	
17	Glyn Williams	Croft Ambrey R.C.	MV40	44.16	
18	Andrew Noble	Wye Valley Runners	MV45	44.18	
19	Richard Bevan	Monross Trailblazers	S.M.	44.45	
20	Dave Williams	Hereford Couriers	MV50	45.06	
21	Dave George	Croft Ambrey R.C.	MV40	45.08	
22	Stuart Austin	Croft Ambrey R.C.	MV45	45.16	
23	Neil Lewis	Hereford Couriers	MV45	45.21	
24	Andy Taylor	Hereford Triathlon Club	MV40	45.39	
25	Andrew Davies	Croft Ambrey R.C.	J.M.	45.42	
26	Jonny Williams	Hereford Triathlon Club	S.M.	46.07	
27	Mike Stephens	Hereford Triathlon Club	MV50	46.14	
28	Max Suff	Hereford Couriers	MV50	46.18	
29	Dan Jones	Hereford Triathlon Club	S.M.	46.35	
30	John Lyden	Ludlow Runners	MV50	46.43	
31	Richard Mileson	Wye Valley Runners	MV40	46.53	
32	Rob Jones	Croft Ambrey R.C.	S.M.	47.02	
33	Matt Taylor	Wye Valley Runners	S.M.	47.08	
34	Steve Herington	Hereford Couriers	MV60	47.26	
35	Kevin Artus	Wye Valley Runners	S.M.	47.57	
36	Ben Rees	Croft Ambrey R.C.	S.M.	48.27	
37	Scott Baddeley	Wye Valley Runners	MV40	48.52	
38	Paddy Nugent	Wye Valley Runners	MV50	49.05	
39	Martin Williams	Croft Ambrey R.C.	MV40	49.11	
40	Steve Littlewood	Hereford Couriers	MV60	49.15	
41	Dan Pavitt	Ludlow Runners	MV45	49.15	
42	Paul Bouston	Wye Valley Runners	MV40	49.22	
43	Nigel Clarke	Hereford Couriers	MV40	49.24	
44	Chris Payne	Hereford Triathlon Club	MV50	49.37	
45	Matt Hall	Monross Trailblazers	MV45	49.53	
46	Bill Harrison	Ludlow Runners	S.M.	50.07	
47	Gary Gunner	Croft Ambrey R.C.	MV65	50.13	
48	Darran Woodall	Hereford Triathlon Club	S.M.	50.19	
49	Shaun Hayes	Wye Valley Runners	MV50	50.43	
50	John Hatterley	Wye Valley Runners	S.M.	50.47	
51	Phil Butler	Wye Valley Runners	MV55	51.06	
52	Guy Whitmarsh	Croft Ambrey R.C.	MV65	51.18	

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53	Mike Hackman	Wye Valley Runners	MV40	51.45	
54	Neil Taylor	Croft Ambrey R.C.	MV55	51.48	
55	Kevin Barnes	Hereford Couriers	MV45	51.55	
56	Paul Elliott	Ludlow Runners	MV45	52.01	
57	Ian Smith	Wye Valley Runners	MV50	52.05	
58	Richard Wall	Hereford Couriers	MV45	52.15	
59	Nigel Jones	Wye Valley Runners	MV50	53.01	
60	Mike Shaw	Wye Valley Runners	MV60	53.13	
61	Chris Mason	Wye Valley Runners	MV45	53.15	
62	Jason Smith	Wye Valley Runners	MV40	53.41	
63	Luke Bradbury	Wye Valley Runners	S.M.	53.48	
64	Andrew Blackman	Wye Valley Runners	MV50	54.05	
65	Neil Turner	Wye Valley Runners	MV40	54.13	
66	Daren Lincoln	Croft Ambrey R.C.	MV40	54.28	
67	Simon Oliver	Wye Valley Runners	MV45	54.47	
68	Peter Smith	Wye Valley Runners	MV60	54.55	
69	Jim Smith	Croft Ambrey R.C.	MV60	55.19	
70	Tom Davies	Croft Ambrey R.C.	MV60	55.23	
71	Graham Wood	Ludlow Runners	MV55	56.04	
72	Clive Richardson	Ludlow Runners	MV55	56.05	
73	Gerald Walker	Wye Valley Runners	MV50	56.22	
74	Bryan Clee	Presteigne Pacers	MV40	57.02	
75	Sandy Ross	Ludlow Runners	MV60	57.35	
76	Matt Gough	Hereford Triathlon Club	MV40	58.11	
77	Andrew Tipton	Ludlow Runners	MV45	58.25	
78	Heath Mountford	Ludlow Runners	MV40	58.27	
79	Jason Stuchberry	Ludlow Runners	MV40	58.29	
80	Bryan Symonds	Wye Valley Runners	MV70	58.41	
81	Harry Franklin	Wye Valley Runners	MV75	60.49	
82	Gary Thomson	Wye Valley Runners	MV45	62.25	
83	Don Lovejoy	Ludlow Runners	MV60	62.49	
84	George Harrison	Wye Valley Runners	MV40	65.02	