

Herefordshire Cross Country League 2010-2011

RACE 4	<u>FFOREST FIELDS MEN</u>			Date	6th. Feb. 2011
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jon Barnes	Wye Valley Runners	J.M.	38.10	
2	Tim Iveson	Builth & District R.C.	S.M.	38.22	
3	John Pullen	Wye Valley Runners	MV40	38.23	
4	Stacey Morgan	Croft Ambrey R.C.	S.M.	39.53	
5	Simon Norwood	Croft Ambrey R.C.	MV40	40.11	
6	Cliff Berry	Ledbury & District Harriers	MV45	40.37	
7	Eliot Taylor	Hereford Couriers	J.M.	40.56	
8	Richard Hughes	Hereford Couriers	MV45	41.39	
9	Jon Tetley	Hereford Triathlon Club	S.M.	41.44	
10	John Bristow	Malvern Joggers	S.M.	41.51	
11	Neil Powell	Croft Ambrey R.C.	S.M.	41.52	
12	Mike Fawcett	Wye Valley Runners	MV40	42.03	
13	Andy Taylor	Hereford Triathlon Club	S.M.	42.28	
14	Max Suff	Hereford Couriers	MV45	42.38	
15	Stuart Austin	Croft Ambrey R.C.	MV45	42.50	
16	Nigel Misselbrook	Croft Ambrey R.C.	MV45	43.04	
17	Jordan McQueen	Presteigne Pacers	S.M.	43.20	
18	Dan Barnett	Croft Ambrey R.C.	S.M.	43.29	
19	Chris Ford	Ledbury & District Harriers	S.M.	43.31	
20	Jon Green	Malvern Joggers	MV45	43.42	
21	Glyn Williams	Presteigne Pacers	S.M.	43.58	
22	Dave Ameghino	Croft Ambrey R.C.	S.M.	44.19	
23	Nigel Sewell	Malvern Joggers	MV45	44.27	
24	Andy Dickenson	Malvern Joggers	MV40	44.41	
25	Dave Williams	Hereford Couriers	MV45	44.51	
26	Mick Ligema	Croft Ambrey R.C.	MV50	45.25	
27	Mark Paviour	Croft Ambrey R.C.	MV45	45.53	
28	Adam Michniok	Wye Valley Runners	S.M.	45.58	
29	Pete Carwardine	Hereford Couriers	MV50	46.02	
30	Ian Rivers	Hereford Triathlon Club	MV40	46.30	
31	Jack Parry	Builth & District R.C.	MV55	46.44	
32	Martin Carter	Hay Hotfooters	MV45	46.45	
33	Neil Lawrence	Builth & District R.C.	S.M.	46.58	
34	Simon Roche	Wye Valley Runners	S.M.	46.59	
35	Steve Herington	Hereford Couriers	MV60	47.09	
36	Dave Rouse	Croft Ambrey R.C.	S.M.	47.12	
37	Nick Hitchings	Malvern Joggers	MV40	47.13	
38	Andrew Cromie	Rhayader A.C.	MV45	47.16	
39	Gary Lewis	Presteigne Pacers	MV40	48.27	
40	Mark Dykes	Hereford Triathlon Club	MV40	48.29	
41	Gary Gunner	Croft Ambrey R.C.	MV60	48.42	
42	Kevin Barnes	Hereford Couriers	MV45	48.43	
43	Paddy Nugent	Wye Valley Runners	MV50	48.48	
44	Demitris Charalambous	Croft Ambrey R.C.	MV50	49.15	
45	Dan Pavitt	Ludlow Runners	MV45	49.17	
46	Phil Jones	Presteigne Pacers	MV50	49.46	
47	Ian Dyson	Malvern Joggers	MV55	49.47	
48	Richard Wall	Hereford Couriers	MV45	50.37	
49	Daniel Fedeles	Croft Ambrey R.C.	S.M.	51.26	
50	Stuart Brown	Malvern Joggers	MV55	51.46	
51	Alun Jenkins	Rhayader A.C.	MV45	52.02	

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52	Ralph Lloyd	Wye Valley Runners	MV45	52.16
53	Ian Davies	Builth & District R.C.	MV55	52.28
54	Nigel Jones	Wye Valley Runners	MV50	52.40
55	Guy Whitmarsh	Croft Ambrey R.C.	MV65	52.48
56	John Price	Hay Hotfooters	MV50	53.01
57	Mike Shaw	Wye Valley Runners	MV55	53.45
58	Harry Franklin	Wye Valley Runners	MV70	54.09
59	Neil Taylor	Croft Ambrey R.C.	MV50	54.17
60	Jason Smith	Wye Valley Runners	S.M.	54.25
61	David James	Rhayader A.C.	S.M.	54.38
62	Peter Smith	Wye Valley Runners	MV60	54.59
63	Bill Griffiths	Wye Valley Runners	MV60	55.23
64	Tim Hartles	Rhayader A.C.	MV45	55.55
65	Adam Kennerley	Croft Ambrey R.C.	MV40	56.58
66	Andy Blannin	Malvern Joggers	MV40	57.22
67	Tom Davies	Croft Ambrey R.C.	MV60	57.58
68	Les Chamberlain	Wye Valley Runners	MV60	59.52
69	Martin Roche	Wye Valley Runners	MV50	60.42