

# Herefordshire Cross Country League 2011-2012

<b>RACE 4</b>	<b><u>MONKHALL FARM ----- MEN</u></b>	<u>Date</u>	Jan. 8th. 2012
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Jon Barnes	Wye Valley Runners	J.M.	46.22
2	John Pullen	Wye Valley Runners	MV45	47.57
3	Eliot Taylor	Hereford Couriers	S.M.	48.12
4	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.45
5	Stafford Rees	Rhayader A.C.	MV40	49.02
6	Cliff Berry	Ledbury & District Harriers	MV45	49.08
7	Stuart Moore	Wye Valley Runners	MV40	50.36
8	Mike Link	Hereford Couriers	MV40	51.12
9	Simon Norwood	Croft Ambrey R.C.	MV40	51.46
10	Alan Lewis	Wye Valley Runners	S.M.	52.05
11	Greg Wood	Wye Valley Runners	S.M.	52.24
12	John Bristow	Malvern Joggers	S.M.	52.31
13	Sam Burnage	Malvern Joggers	S.M.	52.35
14	Andy Blannin	Malvern Joggers	MV40	53.05
15	Jordan McQueen	Presteigne Pacers	S.M.	53.06
16	Andy Taylor	Hereford Triathlon Club	S.M.	53.09
17	Jonathan Green	Malvern Joggers	MV50	53.11
18	Glynn Williams	Presteigne Pacers	S.M.	53.25
19	Mark Dykes	Hereford Triathlon Club	MV40	53.31
20	Dave George	Croft Ambrey R.C.	MV40	53.44
21	Stuart Austin	Croft Ambrey R.C.	MV45	54.24
22	Gavin Jones	Wye Valley Runners	J.M.	54.41
23	Adam Michniok	Wye Valley Runners	S.M.	54.49
24	Dave Wood	Ledbury & District Harriers	S.M.	55.05
25	Dave Ameghino	Croft Ambrey R.C.	S.M.	55.16
26	Nigel Sewell	Malvern Joggers	MV50	55.18
27	Russell James	Hereford Couriers	MV45	55.37
28	Neil Lewis	Hereford Couriers	MV40	56.00
29	Jon Walden	Ludlow Runners	S.M.	56.05
30	Mark Paviour	Croft Ambrey R.C.	MV45	56.13
31	Geoff Kay	Hereford Couriers	MV55	56.30
32	Ieuan Price	Builth & District R.C.	J.M.	56.42
33	Martin Carter	Hay Hotfooters	MV45	57.00
34	Steve Herington	Hereford Couriers	MV60	57.07
35	Mervyn Thomas	Wye Valley Runners	MV60	57.34
36	Matt Taylor	Wye Valley Runners	S.M.	58.53
37	Mark Worthing	Hereford Couriers	MV40	58.58
38	Eifon Rees	Builth & District R.C.	S.M.	59.26
39	David Horne	Ledbury & District Harriers	MV50	59.26
40	Dan Pavitt	Ludlow Runners	MV45	59.30
41	Carl Gilmour	Hay Hotfooters	MV40	59.51
42	Chris Mason	Wye Valley Runners	MV45	59.58
43	Darren Woodall	Hereford Triathlon Club	S.M.	60.12
44	Ian Dyson	Malvern Joggers	MV55	60.41
45	Jason Smith	Wye Valley Runners	MV40	60.44
46	Chris Bailey	Wye Valley Runners	MV40	60.58
47	Guy Whitmarsh	Croft Ambrey R.C.	MV65	61.01
48	Gary Lewis	Presteigne Pacers	MV40	61.08
49	Ian Smith	Wye Valley Runners	MV50	61.12
50	Stuart Brown	Malvern Joggers	MV55	61.27
51	Kevin Barnes	Hereford Couriers	MV45	61.36
52	Neil Taylor	Croft Ambrey R.C.	MV50	61.55

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53	Owain Pascoe	Wye Valley Runners	S.M.	62.13
54	Mike Shaw	Wye Valley Runners	MV60	62.22
55	Greg Weale	Wye Valley Runners	S.M.	62.31
56	Gary Gunner	Croft Ambrey R.C.	MV65	63.03
57	Chris Payne	Hereford Triathlon Club	MV50	63.15
58	Angus Holmes	Croft Ambrey R.C.	S.M.	63.27
59	Malcolm Edwards	Wye Valley Runners	MV40	64.10
60	Tom Davies	Croft Ambrey R.C.	MV60	64.14
61	Simon Oliver	Wye Valley Runners	MV45	64.23
62	Frank Luscott	Croft Ambrey R.C.	MV55	65.05
63	Daren Lincoln	Croft Ambrey R.C.	MV40	65.34
64	Ralph Lloyd	Wye Valley Runners	MV45	65.58
65	Dave Sherwood	Wye Valley Runners	MV50	66.13
66	Clive Richardson	Ludlow Runners	MV55	66.22
67	Ricardo Martins	Wye Valley Runners	S.M.	66.38
68	Peter Smith	Wye Valley Runners	MV60	67.00
69	Ashley Robinson	Croft Ambrey R.C.	MV60	67.07
70	John Price	Hay Hotfooters	MV50	67.13
71	Tom Bennett	Presteigne Pacers	S.M.	67.28
72	Marcus Billig	Hereford Triathlon Club	S.M.	68.18
73	Jason Stuchbery	Ludlow Runners	MV40	69.33
74	Martyn Rosser	Hay Hotfooters	MV60	70.18
75	Steve Turner	Wye Valley Runners	MV50	71.06
76	Mike Betteridge	Wye Valley Runners	MV55	72.28
77	Les Chamberlain	Wye Valley Runners	MV60	72.28
78	Bryan Symonds	Wye Valley Runners	MV65	72.34
79	Ian Jones	Builth & District R.C.	MV45	86.14
80	Terry Evans	Presteigne Pacers	MV45	86.17
81	Mark Freake	Presteigne Pacers	MV45	86.56