

Herefordshire Cross Country League 2009-2010

RACE 4	MONKHALL FARM ----- MEN		Date	Feb. 7th. 2010
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Jonathon Pugh	Builth & District Runners	S.M.	36.52
2	Tim Clarke	Hereford Couriers	MV40	38.34
3	Stacey Morgan	Croft Ambrey R.C.	S.M.	38.41
4	John Pullen	Wye Valley Runners	MV40	38.59
5	Tim Iveson	Builth & District Runners	S.M.	39.31
6	Luke Moseley	Hereford Triathlon Club	S.M.	39.34
7	Jon Barnes N/C	Wye Valley Runners	J.M.	39.57
8	Mike Fawcett	Wye Valley Runners	MV40	40.01
9	Cliff Berry	Ledbury & District Harriers	MV45	40.19
10	Barry Thompson	Ledbury & District Harriers	S.M.	40.33
11	Stuart Moore	Wye Valley Runners	S.M.	40.42
12	Mark Sims	Hereford Couriers	S.M.	41.03
13	George Miles	Hereford Triathlon Club	J.M.	41.25
14	Max Suff	Hereford Couriers	MV45	41.38
15	Scott Kennedy	Wye Valley Runners	S.M.	41.46
16	Jim Hicks	Wye Valley Runners	S.M.	41.48
17	Mike Link	Hereford Couriers	S.M.	42.11
18	Carl Gilmour	Hay Hotfooters	MV40	42.15
19	Stafford Rees	Rhayader A.C.	S.M.	42.17
20	Steve Rooke	Ledbury & District Harriers	MV40	42.22
21	Eliot Taylor	Hereford Couriers	J.M.	42.28
22	Glynn Williams	Presteigne Pacers	S.M.	42.40
23	Neil Lewis	Hereford Couriers	MV40	42.51
24	Dave Williams	Hereford Couriers	MV45	43.13
25	Bill Lloyd	Hereford Couriers	S.M.	43.32
26	Chris Ford	Ledbury & District Harriers	S.M.	44.08
27	Andy Taylor	Hereford Triathlon Club	S.M.	44.14
28	Chris Fletcher	Wye Valley Runners	S.M.	44.59
29	Chris Law	Ledbury & District Harriers	MV40	45.12
30	Mick Ligema	Ludlow Runners	MV50	45.25
31	Gavin Wright	Croft Ambrey R.C.	S.M.	45.30
32	Jack Parry	Builth & District Runners	MV55	45.38
33	Dave George	Croft Ambrey R.C.	S.M.	45.41
34	Mervyn Thomas	Wye Valley Runners	MV55	46.03
35	Andrew Cromie	Rhayader A.C.	MV45	46.24
36	Steve Littlewood	Hereford Couriers	MV55	46.32
37	Kevin Barnes	Hereford Couriers	MV45	46.34
38	John Sandford	Wye Valley Runners	MV40	47.05
39	David Horne	Ledbury & District Harriers	MV50	47.28
40	Chris Payne	Hereford Triathlon Club	MV40	47.35
41	Nathan Fryer-Jones	Hereford Triathlon Club	S.M.	47.46
42	Ade Brown	Presteigne Pacers	S.M.	48.00
43	Martin Williams	Croft Ambrey R.C.	S.M.	48.27
44	Andrew Noble	Wye Valley Runners	MV40	49.07
45	Guy Whitmarsh	Croft Ambrey R.C.	MV65	49.11
46	Gary Lewis	Presteigne Pacers	MV40	49.20
47	Eddy Atkins	Hereford Triathlon Club	S.M.	49.23
48	Tom Davies	Croft Ambrey R.C.	MV60	49.36
49	Neil Collins	Ludlow Runners	MV50	49.43
50	Ian Smith	Wye Valley Runners	MV45	49.50

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51	Tim Rawlins	Hay Hotfooters	MV45	49.53
52	Nigel Clarke	Hereford Couriers	MV40	50.04
53	Simon Rocke	Wye Valley Runners	J.M.	50.07
54	Paddy Nugent	Wye Valley Runners	MV45	50.10
55	Stuart Austin	Hereford Triathlon Club	MV40	50.17
56	Frank Luscott	Croft Ambrey R.C.	MV50	50.21
57	Daren Lincoln	Croft Ambrey R.C.	MV40	50.24
58	Nigel Jones	Wye Valley Runners	MV50	50.37
59	Neil Taylor	Croft Ambrey R.C.	MV50	50.55
60	George Harrison	Wye Valley Runners	MV40	51.16
61	Andy Westlake	Presteigne Pacers	MV45	51.27
62	Phil Jones	Presteigne Pacers	MV50	51.55
63	Mark Adams	Hereford Couriers	MV50	51.57
64	Dave Lloyd	Presteigne Pacers	MV50	52.04
65	Martin Carter	Hay Hotfooters	S.M.	52.27
66	Richard Wall	Hereford Couriers	MV45	52.45
67	Harry Franklin	Wye Valley Runners	MV70	52.50
68	John Price	Hay Hotfooters	MV50	52.57
69	Peter Smith	Wye Valley Runners	MV60	53.03
70	Ralph Lloyd	Wye Valley Runners	MV45	53.33
71	Clive Richardson	Ludlow Runners	MV50	53.49
72	Graham Wood	Ludlow Runners	MV50	54.05
73	Mike Shaw	Wye Valley Runners	MV55	56.53
74	Jason Stuchbery	Ludlow Runners	MV40	57.47
75	Vince Stroud	Hereford Triathlon Club	MV50	58.56
76	Martyn Rosser	Hay Hotfooters	MV55	60.37
77	Barry Young	Wye Valley Runners	MV55	68.36