

Herefordshire Cross Country League 2010-2011

<u>RACE 3</u>	<u>MONKHALL FARM ----- MEN</u>		<u>Date</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
1	Jon Barnes	Wye Valley Runners	J.M.
2	Luke Mason	Wye Valley Runners	S.M.
3	John Pullen	Wye Valley Runners	MV40
4	Eliot Taylor	Hereford Couriers	J.M.
5	Stafford Rees	Rhayader A.C.	MV40
6	James Richards	Wye Valley Runners	S.M.
7	Mike Fawcett	Wye Valley Runners	MV40
8	Stacey Morgan	Croft Ambrey R.C.	S.M.
9	Guy Gregory	Ludlow Runners	J.M.
10	Barry Thompson	Ledbury & District Harriers	S.M.
11	Cliff Berry	Ledbury & District Harriers	MV45
12	Richard Hughes	Hereford Couriers	MV45
13	Stuart Moore	Wye Valley Runners	MV40
14	John Bristow	Malvern Joggers	S.M.
15	Stuart Austin	Croft Ambrey R.C.	MV45
16	Neil Powell	Croft Ambrey R.C.	S.M.
17	Dave Ameghino	Croft Ambrey R.C.	S.M.
18	Nigel Misselbrook	Croft Ambrey R.C.	MV45
19	Jon Green	Malvern Joggers	MV45
20	Andy Taylor	Hereford Triathlon Club	S.M.
21	Mick Ligema	Croft Ambrey R.C.	MV50
22	Luke Williams	Hereford Couriers	S.M.
23	Nigel Sewell	Malvern Joggers	MV45
24	Glyn Williams	Presteigne Pacers	S.M.
25	Andy Dickenson	Malvern Joggers	MV40
26	Pete Carwardine	Hereford Couriers	MV50
27	Russell Mapp	Ludlow Runners	MV50
28	Adam Michniok	Wye Valley Runners	S.M.
29	Martin Carter	Hay Hotfooters	MV45
30	Steve Herington	Hereford Couriers	MV60
31	Andy Westlake	Presteigne Pacers	MV45
32	Andrew Cromie	Rhayader A.C.	MV45
33	David Horne	Ledbury & District Harriers	MV50
34	John Sandford	Wye Valley Runners	MV40
35	Gary Gunner	Croft Ambrey R.C.	MV60
36	Dan Pavitt	Ludlow Runners	MV45
37	Mark Dykes	Hereford Triathlon Club	MV40
38	Steve Roode	Malvern Joggers	MV45
39	Kevin Barnes	Hereford Couriers	MV45
40	John Lyden	Ludlow Runners	MV50
41	Jack Parry	Builth & District R.C.	MV55
42	Matt Moffatt	Croft Ambrey R.C.	S.M.
43	Paddy Nugent	Wye Valley Runners	MV50
44	Daren Lincoln	Croft Ambrey R.C.	MV40
45	Simon Roche	Wye Valley Runners	S.M.
46	Stuart Brown	Malvern Joggers	MV55
47	Gary Lewis	Presteigne Pacers	MV40
48	Chris Mason	Wye Valley Runners	MV45
49	Frank Luscott	Croft Ambrey R.C.	MV50
50	Ian Dyson	Malvern Joggers	MV55

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
51	John Price	Hay Hotfooters	MV50
52	Phil Jones	Presteigne Pacers	MV50
53	Mike Shaw	Wye Valley Runners	MV55
54	Jason Smith	Wye Valley Runners	S.M.
55	Dave Lloyd	Presteigne Pacers	MV55
56	Ian Teague	Ludlow Runners	S.M.
57	Alun Jenkins	Rhayader A.C.	MV45
58	Harry Franklin	Wye Valley Runners	MV70
59	Malcolm Edwards	Wye Valley Runners	S.M.
60	Ralph Lloyd	Wye Valley Runners	MV45
61	Mike Cole	Wye Valley Runners	S.M.
62	Adam Kennerley	Croft Ambrey R.C.	MV40
63	Temi Odurinde	Wye Valley Runners	MV45
64	Joe Phillips	Wye Valley Runners	S.M.
65	Martyn Rosser	Hay Hotfooters	MV60

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Jan. 9th. 2011

Time

46.31

47.56

48.05

49.23

49.35

49.42

49.48

50.13

50.15

50.38

50.38

51.46

51.53

52.01

52.10

52.19

52.39

52.52

53.57

54.15

54.34

54.37

54.59

55.40

56.41

56.53

57.20

58.02

58.05

58.17

58.38

58.58

59.09

59.16

59.28

59.29

59.39

59.40

59.41

59.55

60.04

60.05

61.43

61.50

62.02

62.21

62.31

62.40

62.55

63.02

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Jan. 9th. 2011

Time

64.48

65.12

65.28

66.37

66.59

67.11

67.41

67.43

68.04

68.31

69.23

70.48

71.38

72.08

73.15