

Herefordshire Cross Country League 2008-2009

<u>RACE 4</u>	<u>MONKHALL FARM ----- MEN</u>			<u>Date</u>	<u>Jan.11th. '09</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Matt James	Hereford Couriers	S.M.	45.10	
2	Christian Jones	Wye Valley Runners	S.M.	45.19	
3	John Pullen	Wye Valley Runners	MV40	46.01	
4	Barry Thompson	Ledbury & District Harriers	S.M.	46.17	
5	Cliff Berry	Ledbury & District Harriers	MV45	46.20	
6	Richie Richards	Wye Valley Runners	MV45	46.22	
7	Mike Fawcett	Wye Valley Runners	MV40	46.45	
8	Stuart Moore	Wye Valley Runners	S.M.	47.20	
9	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.03	
10	Jon Tetley	Hereford Triathlon Club	S.M.	48.35	
11	Dave Williams	Hereford Couriers	MV45	49.07	
12	Stafford Rees	Rhayader A.C.	S.M.	49.21	
13	Andy Taylor	Hereford Triathlon Club	S.M.	49.41	
14	Dan Barnett	Croft Ambrey R.C.	S.M.	49.57	
15	Glyn Williams	Presteigne Pacers	S.M.	50.05	
16	Richard Hornsby	Croft Ambrey R.C.	S.M.	50.15	
17	Mike Link	Hereford Couriers	S.M.	50.21	
18	Steve Rooke	Ledbury & District Harriers	S.M.	50.24	
19	Nigel Misselbrook	Croft Ambrey R.C.	MV45	50.34	
20	Paul Elliot	Ludlow Runners	MV40	51.08	
21	Scott Kennedy	Wye Valley Runners	S.M.	51.13	
22	Stuart Morrish	Hereford Couriers	MV40	51.13	
23	Dave George	Croft Ambrey R.C.	S.M.	51.39	
24	Neil Lewis	Hereford Couriers	MV40	51.57	
25	Kris Palmer	Wye Valley Runners	S.M.	52.13	
26	Chris Law	Ledbury & District Harriers	MV40	52.21	
27	Martin Callaghan	Ludlow Runners	MV40	52.36	
28	Ian Rivers	Hereford Triathlon Club	MV40	52.46	
29	Kevin Gummery	Wye Valley Runners	MV50	53.01	
30	Ade Brown	Presteigne Pacers	S.M.	53.29	
31	Jack Parry	Builth & District Runners	MV50	53.53	
32	Adam Michniok	Wye Valley Runners	S.M.	54.08	
33	Dave Maddock	Hereford Triathlon Club	S.M.	54.20	
34	Steve Herington	Hereford Couriers	MV60	55.25	
35	Mervyn Thomas	Wye Valley Runners	MV55	55.45	
36	Bob Morris	Wye Valley Runners	MV50	56.05	
37	Nick Briggs	Hereford Couriers	S.M.	56.16	
38	Dave Horne	Ledbury & District Harriers	MV50	56.20	
39	Ian Smith	Wye Valley Runners	MV45	56.39	
40	Geoff Kay	Hereford Couriers	MV55	56.41	
41	Gary Gunner	Croft Ambrey R.C.	MV60	56.57	
42	Carl Edwards	Wye Valley Runners	MV40	57.12	
43	Gary Lewis	Presteigne Pacers	S.M.	57.46	
44	Chris Mason	Wye Valley Runners	MV40	58.04	
45	Graham Wood	Ludlow Runners	MV50	58.10	
46	Neil Taylor	Croft Ambrey R.C.	MV50	58.26	
47	Ian Foster	Hereford Triathlon Club	S.M.	59.08	
48	Kevin Barnes	Hereford Couriers	MV45	59.37	
49	Clive Rowberry	Hereford Couriers	MV55	59.43	
50	Guy Whitmarsh	Croft Ambrey R.C.	MV60	59.48	

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51	Tom Davies	Croft Ambrey R.C.	MV60	59.56
52	Ralph Lloyd	Wye Valley Runners	MV45	60.44
53	Peter Smith	Wye Valley Runners	MV60	60.55
54	Daren Lincoln	Croft Ambrey R.C.	MV40	61.41
55	Harry Franklin	Wye Valley Runners	MV70	61.54
56	Phil Smith	Wye Valley Runners	MV55	62.14
57	Paul Jones	Rhayader A.C.	MV45	63.21
58	Nigel Jones	Wye Valley Runners	MV50	63.26
59	Alun Jenkins	Rhayader A.C.	MV45	64.13
60	Vaughan Griffiths	Ludlow Runners	MV40	65.32
61	Rene Franscois	Ludlow Runners	S.M.	65.42
62	James Llewellyn	Rhayader A.C.	S.M.	66.50
63	Rob Gwilliam	Wye Valley Runners	S.M.	67.33
64	Nigel Clarke	Hereford Couriers	S.M.	71.04
65	Jason Stuchbery	Ludlow Runners	S.M.	72.41
66	Bryan Markham	Croft Ambrey R.C.	MV65	73.04
67	Mike Price	Wye Valley Runners	MV55	78.44