

Herefordshire Cross Country League 2010-2011

RACE 1	<u>MOOR PARK MEN</u>		Date	24th. Oct. 10
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Jonny Pugh	Builth & District Runners	S.M.	41.06
2	Jon Barnes	Wye Valley Runners	J.M.	41.33
3	Luke Mason	Wye Valley Runners	S.M.	43.20
4	John Pullen	Wye Valley Runners	MV40	43.20
5	Eliot Taylor	Hereford Couriers	J.M.	43.30
6	Tim Lefroy	Ludlow Runners	J.M.	43.40
7	Tim Iveson	Builth & District Runners	S.M.	44.17
8	Jamie Shingler	Ludlow Runners	S.M.	44.48
9	Cliff Berry	Ledbury & District Harriers	MV45	45.02
10	Stacey Morgan	Croft Ambrey R.C.	S.M.	45.13
11	Stafford Rees	Rhayader A.C.	MV40	45.17
12	Andy Taylor	Hereford Triathlon Club	S.M.	45.58
13	Dave Rouse	Croft Ambrey R.C.	S.M.	45.58
14	Jon Tetley	Hereford Triathlon Club	S.M.	46.06
15	Barry Thompson	Ledbury & District Harriers	S.M.	46.25
16	Max Suff	Hereford Couriers	MV45	47.14
17	David Whittaker	Hereford Triathlon Club	S.M.	47.46
18	Nigel Misselbrook	Croft Ambrey R.C.	MV45	47.51
19	Luke Williams	Hereford Couriers	S.M.	47.57
20	Mark Paviour	Croft Ambrey R.C.	MV45	48.05
21	Dave Williams	Hereford Couriers	MV45	48.52
22	Nick Hitchings	Malvern Joggers	MV40	49.11
23	Andy Blannin	Malvern Joggers	MV40	49.24
24	Dave George	Croft Ambrey R.C.	S.M.	49.32
25	Dan Barnett	Croft Ambrey R.C.	S.M.	49.45
26	Mike Stephens	Hereford Triathlon Club	MV50	49.51
27	Mick Ligema	Croft Ambrey R.C.	MV50	50.14
28	Jack Parry	Builth & District Runners	MV55	50.25
29	Martin Carter	Hay Hotfooters	MV45	51.28
30	Pete Carwardine	Hereford Couriers	MV50	51.44
31	Steve Herington	Hereford Couriers	MV60	51.52
32	Richard Hornsby	Croft Ambrey R.C.	S.M.	51.56
33	Simon Roche	Wye Valley Runners	S.M.	52.00
34	Paul Elliott	Ludlow Runners	MV45	52.03
35	David Rees	Hay Hotfooters	MV55	52.39
36	Andrew Cromie	Rhayader A.C.	MV45	52.39
37	Kevin Barnes	Hereford Couriers	MV45	52.56
38	Matt Moffatt	Croft Ambrey R.C.	S.M.	53.16
39	Neil Lawrence	Builth & District Runners	S.M.	53.51
40	Gary Lewis	Presteigne Pacers	MV40	53.53
41	Nigel Clarke	Hereford Couriers	MV40	54.01
42	David Horne	Ledbury & District Harriers	MV50	54.04
43	Ian Dyson	Malvern Joggers	MV55	54.18
44	Guy Whitmarsh	Croft Ambrey R.C.	MV65	54.33
45	Ken Piddleston	Rhayader A.C.	MV45	54.43
46	Graham Cramp	Malvern Joggers	MV40	55.18
47	Daren Lincoln	Croft Ambrey R.C.	MV40	55.29
48	Tim Rawlins	Hay Hotfooters	MV50	55.44
49	Gary Gunner	Croft Ambrey R.C.	MV60	55.53
50	Barry Swindells	Malvern Joggers	MV70	55.58
51	Ian Davies	Builth & District Runners	MV55	56.14

Herefordshire Cross Country League 2010-2011

RACE 1	<u>MOOR PARK MEN</u>	Date	24th. Oct. 10
---------------	-----------------------------	-------------	----------------------

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
52	Dave Lloyd	Presteigne Pacers	MV55	56.21
53	Stuart Brown	Malvern Joggers	MV55	56.25
54	Jerry Greer	Malvern Joggers	MV50	56.42
55	Ian Teague	Ludlow Runners	S.M.	56.44
56	Terry Evans	Presteigne Pacers	MV40	56.49
57	Chris Upton	Hereford Triathlon Club	S.M.	57.12
58	Adam Ormandy	Malvern Joggers	MV45	57.12
59	Chris Mason	Wye Valley Runners	MV45	57.25
60	Chris Payne	Hereford Triathlon Club	MV50	57.30
61	Ian Price	Croft Ambrey R.C.	MV60	57.33
62	Demetris Charalambous	Croft Ambrey R.C.	MV50	57.41
63	Neil Taylor	Croft Ambrey R.C.	MV50	57.47
64	Adam Michniok	Wye Valley Runners	S.M.	58.05
65	Alun Jenkins	Rhayader A.C.	MV45	58.08
66	Simon Lawrence	Hereford Couriers	MV45	58.15
67	Ralph Lloyd	Wye Valley Runners	MV45	58.42
68	John Price	Hay Hotfooters	MV50	58.43
69	Harry Franklin	Wye Valley Runners	MV70	58.54
70	Brian Lloyd	Croft Ambrey R.C.	MV50	59.01
71	Dave Sherwood	Wye Valley Runners	MV50	59.33
72	Tom Davies	Croft Ambrey R.C.	MV60	59.41
73	Ian Foster	Hereford Triathlon Club	MV40	59.57
74	Peter Smith	Wye Valley Runners	MV60	60.14
75	Bill Griffiths	Wye Valley Runners	MV60	60.39
76	Tim Hartles	Rhayader A.C.	MV45	61.32
77	Mike Shaw	Wye Valley Runners	MV55	61.34
78	Andrew Blackman	Wye Valley Runners	MV50	62.28
79	Peter Anderson	Rhayader A.C.	MV65	62.57
80	Jason Stuchbery	Ludlow Runners	MV40	63.44
81	Chris Head	Hereford Triathlon Club	S.M.	65.45
82	Marcus Billig	Hereford Triathlon Club	S.M.	67.28
83	Phil Jones	Presteigne Pacers	MV50	68.56
84	Bryan Markham	Croft Ambrey R.C.	MV70	69.11
85	Mark Freake	Presteigne Pacers	MV45	70.42