

# Herefordshire Cross Country League 2009-2010

RACE 5	<u>PRESTEIGNE ----- MEN</u>		<u>Date</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
1	Jonathan Pugh	Builth & District Runners	S.M.
2	Tim Clarke	Hereford Couriers	MV40
3	John Pullen	Wye Valley Runners	MV40
4	Tim Iveson	Builth & District Runners	S.M.
5	Luke Mason	Wye Valley Runners	S.M.
6	Simon Norwood	Croft Ambrey R.C.	S.M.
7	Cliff Berry	Ledbury & District Harriers	MV45
8	Mike Fawcett	Wye Valley Runners	MV40
9	Jon Tetley	Hereford Triathlon Club	S.M.
10	Eliot Taylor	Hereford Couriers	J.M.
11	Christian Jones	Wye Valley Runners	S.M.
12	George Miles	Hereford Triathlon Club	J.M.
13	Mike Link	Hereford Couriers	S.M.
14	Stafford Rees	Rhayader A.C.	S.M.
15	Scott Kennedy	Wye Valley Runners	S.M.
16	Jim Hicks	Wye Valley Runners	S.M.
17	Barry Thompson	Ledbury & District Harriers	S.M.
18	Chris Ford	Ledbury & District Harriers	S.M.
19	Glyn Williams	Presteigne Pacers	S.M.
20	Andy Taylor	Hereford Triathlon Club	S.M.
21	Nigel Misselbrook	Croft Ambrey R.C.	MV45
22	Steve Rooke	Ledbury & District Harriers	MV40
23	Dan Barnett	Croft Ambrey R.C.	S.M.
24	Neil Lewis	Hereford Couriers	MV40
25	Max Suff	Hereford Couriers	MV45
26	Dave George	Croft Ambrey R.C.	S.M.
27	Chris Fletcher	Wye Valley Runners	S.M.
28	Mike Warrick	Rhayader A.C.	MV55
29	Mick Ligema	Ludlow Runners	MV50
30	Dave Ameghino	Croft Ambrey R.C.	S.M.
31	Mervyn Thomas	Wye Valley Runners	MV55
32	Neil Powell	Croft Ambrey R.C.	S.M.
33	Chris Law	Ledbury & District Harriers	MV40
34	Paul Bouston	Wye Valley Runners	MV40
35	Jack Parry	Builth & District Runners	MV55
36	Andrew Cromie	Rhayader A.C.	MV45
37	Kevin Barnes	Hereford Couriers	MV45
38	David Horne	Ledbury & District Harriers	MV50
39	Stuart Austin	Hereford Triathlon Club	MV40
40	Andrew Noble	Wye Valley Runners	MV40
41	Guy Whitmarsh	Croft Ambrey R.C.	MV65
42	Chris Payne	Hereford Triathlon Club	MV40
43	Mark Paviour	Croft Ambrey R.C.	MV45
44	Ian Rivers	Hereford Triathlon Club	MV40
45	Dan Pavitt	Ludlow Runners	S.M.
46	Kevin Gummery	Wye Valley Runners	MV50
47	Gary Lewis	Presteigne Pacers	MV40
48	Tom Davies	Croft Ambrey R.C.	MV60
49	Ade Brown	Presteigne Pacers	S.M.

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>
50	Tim Rawlins	Hay Hotfooters	MV45
51	Mark Adams	Hereford Couriers	MV50
52	Neil Taylor	Croft Ambrey R.C.	MV50
53	Gary Gunner	Croft Ambrey R.C.	MV60
54	Daren Lincoln	Croft Ambrey R.C.	MV40
55	Frank Luscott	Croft Ambrey R.C.	MV50
56	Martin Williams	Croft Ambrey R.C.	S.M.
57	Paddy Nugent	Wye Valley Runners	MV45
58	Philip Jones	Presteigne Pacers	S.M.
59	Brian Davies	Croft Ambrey R.C.	MV65
60	George Harrison	Wye Valley Runners	MV40
61	Peter Smith	Wye Valley Runners	MV60
62	Mark Dykes	Hereford Triathlon Club	S.M.
63	Martin Carter	Hay Hotfooters	S.M.
64	Dave Rouse	Croft Ambrey R.C.	MV50
65	Harry Franklin	Wye Valley Runners	MV70
66	Paul Jones	Rhayader A.C.	MV45
67	Graham Wood	Ludlow Runners	MV50
68	Alun Jenkins	Rhayader A.C.	MV45
69	Mike Shaw	Wye Valley Runners	MV55
70	Jason Stuchbery	Ludlow Runners	MV40
71	Martyn Rosser	Hay Hotfooters	MV55
72	Barry Young	Wye Valley Runners	MV55
<b>JUNIOR</b>	Daniel Cox	Hereford & County A.C.	J

# Herefordshire Cross Country League 2009-2010

Feb. 28th. 2010

<u>Time</u>
46.04
47.24
47.40
47.53
49.04
49.10
49.11
49.17
49.33
50.09
50.35
50.39
50.46
50.55
51.35
51.49
52.07
52.12
52.20
53.13
53.19
53.43
54.28
54.54
55.10
55.15
55.28
55.41
56.05
56.11
56.21
56.24
57.21
57.37
57.47
57.57
58.09
58.48
59.07
59.22
60.20
60.25
60.27
60.46
60.53
61.10
61.17
61.34
61.47

# Herefordshire Cross Country League 2009-2010

Feb. 28th. 2010

<u>Time</u>
61.50
62.06
62.14
62.40
62.51
63.06
63.36
63.43
63.55
64.47
65.00
66.00
67.53
68.37
68.41
69.02
69.38
70.14
73.08
73.13
74.02
80.25
95.15
31.52