

Herefordshire Cross Country League 2008-2009

RACE 5	<u>PRESTEIGNE ----- MEN</u>	<u>Date</u>	<u>Feb. 1st. '09</u>
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	45.24
2	Christian Jones	Wye Valley Runners	S.M.	45.45
3	John Pullen	Wye Valley Runners	MV40	46.04
4	Luke Mason	Wye Valley Runners	S.M.	46.34
5	Cliff Berry	Ledbury & District Harriers	MV45	46.47
6	Barry Thompson	Ledbury & District Harriers	S.M.	46.55
7	Mike Fawcett	Wye Valley Runners	MV40	47.35
8	Simon Norwood	Ludlow Runners	S.M.	47.47
9	Stuart Moore	Wye Valley Runners	S.M.	47.59
10	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.22
11	Richie Richards	Wye Valley Runners	MV45	49.00
12	Stafford Rees	Rhayader A.C.	S.M.	49.44
13	Jon Tetley	Hereford Triathlon Club	S.M.	50.02
14	Richard Hornsby	Croft Ambrey R.C.	S.M.	50.07
15	Eliot Taylor	Hereford Couriers	J.M.	50.08
16	David Tongue	Hereford Couriers	S.M.	50.10
17	Glyn Williams	Presteigne Pacers	S.M.	50.33
18	Dave Williams	Hereford Couriers	MV45	51.00
19	Steve Rooke	Ledbury & District Harriers	S.M.	51.10
20	Mike Link	Hereford Couriers	S.M.	51.37
21	Neil Lewis	Hereford Couriers	MV40	51.59
22	Nigel Misselbrook	Croft Ambrey R.C.	MV45	52.04
23	Dan Barnett	Croft Ambrey R.C.	S.M.	52.09
24	Scott Kennedy	Wye Valley Runners	S.M.	52.17
25	Stuart Morrish	Hereford Couriers	MV40	52.22
26	Mike Warrick	Rhayader A.C.	MV55	52.45
27	Chris Law	Ledbury & District Harriers	MV40	53.24
28	Andy Taylor	Hereford Triathlon Club	S.M.	53.35
29	Ian Rivers	Hereford Triathlon Club	MV40	53.37
30	Dave George	Croft Ambrey R.C.	S.M.	53.59
31	Ade Brown	Presteigne Pacers	S.M.	55.10
32	Paul Elliot	Ludlow Runners	MV40	55.28
33	Paul Bouston	Wye Valley Runners	MV40	55.35
34	Steve Littlewood	Wye Valley Runners	S.M.	55.38
35	Gary Lewis	Presteigne Pacers	S.M.	55.40
36	Geoff Kay	Hereford Couriers	MV55	56.08
37	David Horne	Ledbury & District Harriers	MV50	57.09
38	Martin Slack	Hereford Couriers	S.M.	57.36
39	Demetris Charalambous	Croft Ambrey R.C.	MV45	58.14
40	Steve Herington	Hereford Couriers	MV60	58.20
41	Hugh Loughrey	Wye Valley Runners	S.M.	58.52
42	Scot Garner	Wye Valley Runners	S.M.	58.56
43	Carl Edwards	Wye Valley Runners	MV40	58.59
44	Tom Davies	Croft Ambrey R.C.	MV60	59.11
45	Andrew Cromie	Rhayader A.C.	MV40	59.27
46	Guy Whitmarsh	Croft Ambrey R.C.	MV60	59.55
47	Neil Taylor	Croft Ambrey R.C.	MV50	60.10
48	Gary Gunner	Croft Ambrey R.C.	MV60	60.19
49	John Lyden	Ludlow Runners	MV45	60.57

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50	Peter Smith	Wye Valley Runners	MV60	60.59
51	Kevin Barnes	Hereford Couriers	MV45	61.15
52	Harry Franklin	Wye Valley Runners	MV70	61.49
53	Nigel Jones	Wye Valley Runners	MV50	61.51
54	Graham Wood	Ludlow Runners	MV50	62.24
55	Clive Rowberry	Hereford Couriers	MV55	62.32
56	Bill Griffiths	Wye Valley Runners	MV55	62.51
57	Phil Jones	Presteigne Pacers	MV50	63.31
58	Paul Jones	Rhayader A.C.	MV45	66.18
59	Vaughan Griffiths	Ludlow Runners	MV40	66.38
60	Alun Jenkins	Rhayader A.C.	MV45	67.52
61	Bob Morris	Wye Valley Runners	MV50	67.53
62	Brian Davies	Croft Ambrey R.C.	MV65	69.17
63	Nigel Clarke	Hereford Couriers	S.M.	74.25
64	Simon Barton	Hereford Couriers	MV40	74.25
	<u>JUNIORS</u>			
1	Jon Barnes	Hereford & County A.C.	J	25.18
2	Lewis Lonsdale	Hereford & County A.C.	J	27.25
3	Jordan Knight	Hereford & County A.C.	J	28.46
4	Joe Maddy	Hereford & County A.C.	J	31.34
5	Daniel Cox	Hereford & County A.C.	J	37.33