

Herefordshire Cross Country League 2010-2011

RACE 2	CROFT CASTLE MEN			Date	Nov. 14th. '10
Pos	Name	Club	Cat	Time	
1	Jon Barnes	Wye Valley Runners	J.M.	47.46	
2	Luke Mason	Wye Valley Runners	S.M.	49.29	
3	Tim Lefroy	Ludlow Runners	J.M.	49.46	
4	John Pullen	Wye Valley Runners	MV40	50.02	
5	Stacey Morgan	Croft Ambrey R.C.	S.M.	50.24	
6	Eliot Taylor	Hereford Couriers	J.M.	50.43	
7	Jon Newey	Malvern Joggers	MV40	51.13	
8	Cliff Berry	Ledbury & District Harriers	MV45	51.49	
9	Jamie Shingler	Ludlow Runners	S.M.	52.01	
10	Mike Fawcett	Wye Valley Runners	MV40	52.04	
11	Simon Norwood	Croft Ambrey R.C.	MV40	52.09	
12	Stafford Rees	Rhayader A.C.	MV40	52.17	
13	Christian Jones	Wye Valley Runners	S.M.	52.27	
14	Jim Hicks	Wye Valley Runners	S.M.	52.29	
15	Stuart Moore	Wye Valley Runners	S.M.	52.54	
16	Jon Tetley	Hereford Triathlon Club	S.M.	53.35	
17	Dave Rouse	Croft Ambrey R.C.	S.M.	53.39	
18	Max Suff	Hereford Couriers	MV45	54.55	
19	Richard Hughes	Hereford Couriers	MV45	55.41	
20	Chris Ford	Ledbury & District Harriers	S.M.	55.45	
21	Tom Stokes	Hereford & County A.C.	J.M.	55.49	
22	Dan Barnett	Croft Ambrey R.C.	S.M.	56.21	
23	Dave George	Croft Ambrey R.C.	S.M.	56.40	
24	Jon Greene	Malvern Joggers	MV45	57.06	
25	Andy Blannin	Malvern Joggers	MV40	57.11	
26	Andy Taylor	Hereford Triathlon Club	S.M.	57.18	
27	Neil Powell	Croft Ambrey R.C.	S.M.	57.30	
28	Richard Hornsby	Croft Ambrey R.C.	S.M.	57.35	
29	Nigel Sewell	Malvern Joggers	MV45	57.49	
30	Mick Ligema	Croft Ambrey R.C.	MV50	57.56	
31	Gavin Wright	Croft Ambrey R.C.	S.M.	57.58	
32	Dave Moss	Croft Ambrey R.C.	MV40	58.15	
33	Nick Hitchings	Malvern Joggers	MV40	58.24	
34	Adam Michniok	Wye Valley Runners	S.M.	58.32	
35	Dave Ameghino	Croft Ambrey R.C.	S.M.	58.40	
36	Jack Parry	Builth & District R.C.	MV55	58.45	
37	Andrew Cromie	Rhayader A.C.	MV45	59.26	
38	Dave Williams	Hereford Couriers	MV45	59.37	
39	Russell Mapp	Ludlow Runners	MV50	59.39	
40	Paul Elliott	Ludlow Runners	MV45	59.42	
41	Steve Herington	Hereford Couriers	MV60	60.06	
42	John Lyden	Ludlow Runners	MV50	60.28	
43	Pete Carwardine	Hereford Couriers	MV50	60.45	
44	Martin Carter	Hay Hotfooters	MV45	61.07	
45	Andy Dickenson	Malvern Joggers	MV40	61.10	
46	Andrew Scott	Malvern Joggers	MV45	61.19	
47	Matt Taylor	Wye Valley Runners	S.M.	61.30	
48	Richard Wall	Hereford Couriers	MV45	61.46	
49	Matt Moffatt	Croft Ambrey R.C.	S.M.	61.55	
50	John Sandford	Wye Valley Runners	MV40	61.57	

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RACE 2	CROFT CASTLE MEN			Date	Nov. 14th. '10
Pos	Name	Club	Cat	Time	
51	David Horne	Ledbury & District Harriers	MV50	62.23	
52	Simon Roche	Wye Valley Runners	S.M.	62.42	
53	Ken Piddleston	Rhayader A.C.	MV45	62.59	
54	Gary Lewis	Presteigne Pacers	MV40	63.04	
55	Dan Pavitt	Ludlow Runners	MV45	63.10	
56	Gary Gunner	Croft Ambrey R.C.	MV60	63.24	
57	Kevin Barnes	Hereford Couriers	MV45	63.31	
58	Guy Whitmarsh	Croft Ambrey R.C.	MV65	63.46	
59	Chris Payne	Hereford Triathlon Club	MV50	64.21	
60	Frank Luscott	Croft Ambrey R.C.	MV50	64.24	
61	Andrew Spreadborough	Ludlow Runners	MV50	64.27	
62	Phil Jones	Presteigne Pacers	MV50	64.46	
63	Martin Williams	Croft Ambrey R.C.	MV40	64.51	
64	Richard Danks	Hereford Triathlon Club	S.M.	65.03	
65	Daren Lincoln	Croft Ambrey R.C.	MV40	65.19	
66	Malcolm Edwards	Wye Valley Runners	S.M.	65.32	
67	Alun Jenkins	Rhayader A.C.	MV45	65.34	
68	Nigel Clarke	Hereford Couriers	MV40	65.51	
69	Ian Smith	Wye Valley Runners	MV50	66.14	
70	Dave Lloyd	Presteigne Pacers	MV55	66.22	
71	Chris Mason	Wye Valley Runners	MV45	66.27	
72	Barry Swindells	Malvern Joggers	MV70	66.31	
73	Ian Davies	Builth & District R.C.	MV55	66.43	
74	Brian Davies	Croft Ambrey R.C.	MV65	66.49	
75	Paul Bouston	Wye Valley Runners	MV40	67.01	
76	Demitris Charalambous	Croft Ambrey R.C.	MV50	68.00	
77	Peter Smith	Wye Valley Runners	MV60	68.20	
78	Mark Adams	Hereford Couriers	MV50	68.29	
79	John Price	Hay Hotfooters	MV50	68.34	
80	Harry Franklin	Wye Valley Runners	MV70	69.44	
81	James Llewellyn	Rhayader A.C.	MV40	69.51	
82	Dave Sherwood	Wye Valley Runners	MV50	70.07	
83	Mike Shaw	Wye Valley Runners	MV55	70.36	
84	Tom Davies	Croft Ambrey R.C.	MV60	70.56	
85	Ralph Lloyd	Wye Valley Runners	MV45	71.31	
86	Bill Griffiths	Wye Valley Runners	MV60	71.32	
87	Brian Lloyd	Croft Ambrey R.C.	MV50	71.51	
88	Clive Richardson	Ludlow Runners	MV50	72.31	
89	David James	Rhayader A.C.	S.M.	72.44	
90	Jason Stuchbery	Ludlow Runners	MV40	77.24	
91	Mark Freake	Presteigne Pacers	MV45	79.46	
92	Les Chamberlain	Wye Valley Runners	MV60	80.25	
93	Terry Evans	Presteigne Pacers	MV40	82.50	
94	Peter Strzesak	Presteigne Pacers	MV50	83.46	
95	Martin Roche	Wye Valley Runners	MV50	84.34	
96	Bryan Markham	Croft Ambrey R.C.	MV70	84.52	
97	Chris Jolley	Malvern Joggers	MV50	92.15	

Herefordshire Cross Country League 2010-2011

RACE 2	CROFT CASTLE WOMEN	Date	14th. Nov '10
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Pos	Name	Club	Cat	Time
1	Clara Evans	Hereford & County A.C.	J	34.27
2	Sarah Pickerill	Malvern Joggers	FV40	36.20
3	Ruth Johnstone	Malvern Joggers	FV40	36.35
4	Tricia Wright	Hereford Triathlon Club	FV40	36.39
5	Nicola Goodwin	Hereford Triathlon Club	FV35	36.41
6	Amy Carwardine	Hereford Couriers	S.F.	36.54
7	Suzanne Turvey	Croft Ambrey R.C.	J.F.	37.00
8	Naomi Prosser	Hereford & County A.C.	J.F.	37.03
9	Joan Swindells	Malvern Joggers	FV55	37.15
10	Vicky Silversten	Malvern Joggers	S.F.	37.31
11	Alison Nicholls	Builth & District R.C.	FV45	37.39
12	Celia Speake	Builth & District R.C.	FV40	37.41
13	Jo Crissall	Hereford Triathlon Club	FV35	37.43
14	Nicky Turvey	Croft Ambrey R.C.	FV50	38.05
15	Mandy Evans	Presteigne Pacers	FV45	38.23
16	Wendy Holmes	Malvern Joggers	FV45	38.30
17	Jenny Jones	Ledbury & District Harriers	FV40	38.49
18	Sophie Blandford	Malvern Joggers	S.F.	39.40
19	Claire Hebblethwaite	Hereford Triathlon Club	S.F.	39.44
20	Becci Ansfield	Wye Valley Runners	FV35	39.46
21	Rosie Reeve	Ludlow Runners	S.F.	40.04
22	Felicity Cole	Wye Valley Runners	FV45	40.15
23	Juliette Wheatley	Ludlow Runners	FV35	40.33
24	Joyce Warburton	Hereford Triathlon Club	FV40	40.48
25	Liza Austin	Croft Ambrey R.C.	FV45	41.17
26	Mary Morton	Rhayader A.C.	FV35	41.21
27	Sarah Coggins	Ledbury & District Harriers	FV50	41.35
28	Angela Price	Hay Hotfooters	FV40	41.38
29	Imme Davies	Hay Hotfooters	FV40	41.49
30	Rita Tomkins	Presteigne Pacers	FV50	42.14
31	Jo Lord	Hay Hotfooters	FV45	42.51
32	Sarah Jamieson	Ludlow Runners	FV40	42.55
33	Gillian McCann	Malvern Joggers	FV50	44.04
34	Emily Davies	Wye Valley Runners	S.F.	44.31
35	Sue Powell	Croft Ambrey R.C.	FV45	44.36
36	Ruth Caswell	Ludlow Runners	S.F.	44.49
37	Lynne Compton	Wye Valley Runners	FV40	44.58
38	Karen Preston	Croft Ambrey R.C.	FV40	45.23
39	Sheryl Evans	Hereford & County A.C.	FV40	45.32
40	Sue Williams	Ludlow Runners	FV35	45.51
41	Jan Edwards	Wye Valley Runners	FV50	46.02
42	Dee Davies	Rhayader A.C.	FV35	46.11
43	Christine Motteram	Wye Valley Runners	FV65	46.38
44	Ruth Mason	Wye Valley Runners	FV45	47.27
45	Sue Pretty	Wye Valley Runners	FV50	47.29
46	Jenni Conti	Builth & District R.C.	FV55	47.36
47	Tina Lavelle	Hay Hotfooters	FV50	49.06
48	Louise Edwards	Wye Valley Runners	FV35	49.08
49	Nicki McMillan	Wye Valley Runners	S.F.	49.35
50	Cath Morgan	Wye Valley Runners	FV45	49.43
51	Kath Drabble	Hereford Triathlon Club	FV35	50.16
52	Tina Sparey	Presteigne Pacers	FV35	51.01
53	Helen Jones	Builth & District R.C.	FV45	51.31
54	Nicola Davies	Builth & District R.C.	FV45	56.34
55	Deb Clee	Presteigne Pacers	FV35	56.51
56	Claire Milner	Hay Hotfooters	FV55	58.35
57	Jo Preece	Presteigne Pacers	FV40	58.47
58	Carol Stocker	Presteigne Pacers	FV55	64.12

Hereford Cross Country League 2010-11

RACE 2	CROFT CASTLE	MEN	Date	14th. Nov 2010
Pos	Team	Race Scores	Series Points	Total
1	WYE VALLEY RUNNERS	17	25	50
2	CROFT AMBREY R.C.	55	24	48
3	WYE VALLEY RUNNERS 'B'	76	23	33
4	HEREFORD COURIERS	81	22	45
5	MALVERN JOGGERS	85	21	39
6	LUDLOW RUNNERS	91	20	40
7	CROFT AMBREY R.C. 'B'	108	19	38
8	CROFT AMBREY R.C. 'C'	147	18	33
9	HEREFORD TRIATHLON CLUB	165	17	39
10	RHAYADER A.C.	169	16	32
11	HEREFORD COURIERS 'B'	189	15	32
12	MALVERN JOGGERS 'B'	196	14	27
13	WYE VALLEY RUNNERS 'C'	215	13	21
14	CROFT AMBREY R.C. 'D'	237	12	23
15	LUDLOW RUNNERS 'B'	246	11	11
16	PRESTEIGNE PACERS	277	10	22
17	WYE VALLEY RUNNERS 'D'	292	9	9
18	CROFT AMBREY R.C. 'E'	299	8	8
19	WYE VALLEY RUNNERS 'E'	330	7	7
	BUILTH & DISTRICT R.C.	X	X	21
	HAY HOTFOOTERS	X	X	14
	HEREFORD TRIATHLON CLUB 'B'	X	X	9
RACE 2	CROFT CASTLE	WOMEN	Date	14th.Nov. 2010
Pos.	Team	Race Scores	Series Points	Total
1	MALVERN JOGGERS	14	20	40
2	HEREFORD TRIATHLON CLUB	22	19	37
3	MALVERN JOGGERS 'B'	44	18	18
4	CROFT AMBREY R.C.	46	17	34
5	HEREFORD & COUNTY A.C.	48	16	16
6	BUILTH & DISTRICT R.C.	69	15	30
7	LUDLOW RUNNERS	76	14	28
8	WYE VALLEY RUNNERS	76	13	29
9	HAY HOTFOOTERS	88	12	24
10	HEREFORD TRIATHLON CLUB 'B'	94	11	11
11	PRESTEIGNE PACERS	97	10	10
12	WYE VALLEY RUNNERS 'B'	121	9	20
13	WYE VALLEY RUNNERS 'C'	137	8	8
14	PRESTEIGNE PACERS 'B'	170	7	7
	HEREFORD COURIERS	X	X	19
	RHAYADER A.C.	X	X	13
	BUILTH & DISTRICT R.C. 'B'	X	X	10

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<u>RACE 2</u>	<u>CROFT CASTLE</u>	<u>MEN</u>	<u>Date</u>	<u>14th. Nov 2010</u>
<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>