

Herefordshire Cross Country League 2010-2011

RACE 4	FFOREST FIELDS MEN		Date	6th. Feb. 2011
Pos	Name	Club	Cat	Time
1	Jon Barnes	Wye Valley Runners	J.M.	38.10
2	Tim Iveson	Builth & District R.C.	S.M.	38.22
3	John Pullen	Wye Valley Runners	MV40	38.23
4	Stacey Morgan	Croft Ambrey R.C.	S.M.	39.53
5	Simon Norwood	Croft Ambrey R.C.	MV40	40.11
6	Cliff Berry	Ledbury & District Harriers	MV45	40.37
7	Eliot Taylor	Hereford Couriers	J.M.	40.56
8	Richard Hughes	Hereford Couriers	MV45	41.39
9	Jon Tetley	Hereford Triathlon Club	S.M.	41.44
10	John Bristow	Malvern Joggers	S.M.	41.51
11	Neil Powell	Croft Ambrey R.C.	S.M.	41.52
12	Mike Fawcett	Wye Valley Runners	MV40	42.03
13	Andy Taylor	Hereford Triathlon Club	S.M.	42.28
14	Max Suff	Hereford Couriers	MV45	42.38
15	Stuart Austin	Croft Ambrey R.C.	MV45	42.50
16	Nigel Misselbrook	Croft Ambrey R.C.	MV45	43.04
17	Jordan McQueen	Presteigne Pacers	S.M.	43.20
18	Dan Barnett	Croft Ambrey R.C.	S.M.	43.29
19	Chris Ford	Ledbury & District Harriers	S.M.	43.31
20	Jon Green	Malvern Joggers	MV45	43.42
21	Glyn Williams	Presteigne Pacers	S.M.	43.58
22	Dave Ameghino	Croft Ambrey R.C.	S.M.	44.19
23	Nigel Sewell	Malvern Joggers	MV45	44.27
24	Andy Dickenson	Malvern Joggers	MV40	44.41
25	Dave Williams	Hereford Couriers	MV45	44.51
26	Mick Ligema	Croft Ambrey R.C.	MV50	45.25
27	Mark Paviour	Croft Ambrey R.C.	MV45	45.53
28	Adam Michniok	Wye Valley Runners	S.M.	45.58
29	Pete Carwardine	Hereford Couriers	MV50	46.02
30	Ian Rivers	Hereford Triathlon Club	MV40	46.30
31	Jack Parry	Builth & District R.C.	MV55	46.44
32	Martin Carter	Hay Hotfooters	MV45	46.45
33	Neil Lawrence	Builth & District R.C.	S.M.	46.58
34	Simon Roche	Wye Valley Runners	S.M.	46.59
35	Steve Herington	Hereford Couriers	MV60	47.09
36	Dave Rouse	Croft Ambrey R.C.	S.M.	47.12
37	Nick Hitchings	Malvern Joggers	MV40	47.13
38	Andrew Cromie	Rhayader A.C.	MV45	47.16
39	Gary Lewis	Presteigne Pacers	MV40	48.27
40	Mark Dykes	Hereford Triathlon Club	MV40	48.29
41	Gary Gunner	Croft Ambrey R.C.	MV60	48.42
42	Kevin Barnes	Hereford Couriers	MV45	48.43
43	Paddy Nugent	Wye Valley Runners	MV50	48.48
44	Demitris Charalambous	Croft Ambrey R.C.	MV50	49.15
45	Dan Pavitt	Ludlow Runners	MV45	49.17
46	Phil Jones	Presteigne Pacers	MV50	49.46
47	Ian Dyson	Malvern Joggers	MV55	49.47
48	Richard Wall	Hereford Couriers	MV45	50.37
49	Daniel Fedeles	Croft Ambrey R.C.	S.M.	51.26
50	Stuart Brown	Malvern Joggers	MV55	51.46

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RACE 4	FFOREST FIELDS MEN		Date	6th. Feb. 2011
Pos	Name	Club	Cat	Time
51	Alun Jenkins	Rhayader A.C.	MV45	52.02
52	Ralph Lloyd	Wye Valley Runners	MV45	52.16
53	Ian Davies	Builth & District R.C.	MV55	52.28
54	Nigel Jones	Wye Valley Runners	MV50	52.40
55	Guy Whitmarsh	Croft Ambrey R.C.	MV65	52.48
56	John Price	Hay Hotfooters	MV50	53.01
57	Mike Shaw	Wye Valley Runners	MV55	53.45
58	Harry Franklin	Wye Valley Runners	MV70	54.09
59	Neil Taylor	Croft Ambrey R.C.	MV50	54.17
60	Jason Smith	Wye Valley Runners	S.M.	54.25
61	David James	Rhayader A.C.	S.M.	54.38
62	Peter Smith	Wye Valley Runners	MV60	54.59
63	Bill Griffiths	Wye Valley Runners	MV60	55.23
64	Tim Hartles	Rhayader A.C.	MV45	55.55
65	Adam Kennerley	Croft Ambrey R.C.	MV40	56.58
66	Andy Blannin	Malvern Joggers	MV40	57.22
67	Tom Davies	Croft Ambrey R.C.	MV60	57.58
68	Les Chamberlain	Wye Valley Runners	MV60	59.52
69	Martin Roche	Wye Valley Runners	MV50	60.42

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Race 4	FFOREST FIELDS WOMEN	Date 6th. Feb. 2011
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Pos	Name	Club	Cat.	Time
1	Emma Gooderham	Malvern Joggers	FV35	31.26
2	Sue Davies	Croft Ambrey R.C.	FV45	34.07
3	Ruth Johnstone	Malvern Joggers	FV40	34.26
4	Nicky Childs	Wye Valley Runners	FV45	35.04
5	Nicky Turvey	Croft Ambrey R.C.	FV50	36.11
6	Nikki Edwards	Hereford Couriers	FV40	36.15
7	Nicola Goodwin	Hereford Triathlon Club	FV35	36.21
8	Tricia Wright	Hereford Triathlon Club	FV40	36.51
9	Amy Carwardine	Hereford Couriers	S.F.	36.54
10	Jo Crisall	Hereford Triathlon Club	FV35	36.55
11	Jenny Papworth	Hereford Triathlon Club	FV40	37.41
12	Celia Speake	Builth & District R.C.	FV40	37.58
13	Claire Hebblethwaite	Hereford Triathlon Club	S.F.	38.00
14	Sarah Pickerill	Malvern Joggers	FV40	38.16
15	Joyce Warburton	Hereford Triathlon Club	FV40	38.47
16	Liza Austin	Croft Ambrey R.C.	FV45	38.49
17	Ann Thorpe	Ludlow Runners	FV45	39.00
18	Juliet Wheatley	Ludlow Runners	FV35	39.19
19	Julie Knill	Rhayader A.C.	FV40	40.07
20	Sarah Coggins	Ledbury & District Harriers	FV50	40.20
21	Rosie Reeve	Ludlow Runners	S.F.	40.22
22	Angela Price	Hay Hotfooters	FV40	40.24
23	Mary Morton	Rhayader A.C.	FV35	40.28
24	Imme Davies	Hay Hotfooters	FV40	40.52
25	Rita Tomkins	Presteigne Pacers	FV50	41.05
26	Jo Lord	Hay Hotfooters	FV45	41.27
27	Sheryl Evans	Hereford & County A.C.	FV40	42.17
28	Rachel Nelson	Croft Ambrey R.C.	FV40	42.40
29	Lynne Compton	Wye Valley Runners	FV40	42.49
30	Sue Powell	Croft Ambrey R.C.	FV45	43.25
31	Lucy Thomas	Wye Valley Runners	S.F.	43.55
32	Jan Edwards	Wye Valley Runners	FV50	45.01
33	Emma Conti	Builth & District R.C.	FV35	45.13
34	Suzannah English	Hay Hotfooters	FV50	45.14
35	Christine Motteram	Wye Valley Runners	FV65	45.32
36	Jennie Conti	Builth & District R.C.	FV55	45.37
37	Carol Farrington	Rhayader A.C.	FV65	46.10
38	Kath Drabble	Hereford Triathlon Club	FV35	47.19
39	Paula Randall	Presteigne Pacers	S.F.	48.15
40	Sue Pretty	Wye Valley Runners	FV50	48.46
41	Tina Sparey	Presteigne Pacers	FV35	48.51
42	Maggie Keville	Builth & District R.C.	FV40	49.59
43	Diane Watkins	Builth & District R.C.	FV45	50.42
44	Deb Clee	Presteigne Pacers	FV35	51.43
45	Christine Bartholemew	Builth & District R.C.	S.F.	51.56
46	Helen Jones	Builth & District R.C.	FV45	52.10
47	Jo Preece	Presteigne Pacers	FV40	52.58
48	Kate Tetley	Hereford Triathlon Club	S.F.	53.12
49	Harriet English	Hay Hotfooters	FV50	53.53
50	Zoe Randall	Presteigne Pacers	S.F.	56.59
51	Nicola Davies	Builth & District R.C.	FV45	57.03
52	Amanda Chivnell-Smith	Presteigne Pacers	FV35	57.54
53	Carol Stocker	Presteigne Pacers	FV55	60.45
54	Claire Milner	Hay Hotfooters	FV55	62.13

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Race 4	FFOREST FIELDS ----- MEN	Date	6th. Feb. 2011		
Pos	Team	Race Scores	Series Points	Total	
1	CROFT AMBREY R.C.	35	25	97	
2	WYE VALLEY RUNNERS	44	24	99	
3	HEREFORD COURIERS	54	23	91	
4	MALVERN JOGGERS	77	22	83	
5	CROFT AMBREY R.C. 'B'	82	21	78	
6	HEREFORD TRIATHLON CLUB	92	20	59	
7	BUILTH & DISTRICT R.C.	119	19	40	
8	PRESTEIGNE PACERS	123	18	58	
9	CROFT AMBREY R.C. 'C'	148	17	50	
10	HEREFORD COURIERS 'B'	154	16	48	
11	WYE VALLEY RUNNERS 'B'	183	15	69	
12	MALVERN JOGGERS 'B'	200	14	41	
13	RHAYADER A.C.	214	13	45	
14	CROFT AMBREY R.C. 'D'	228	12	35	
15	WYE VALLEY RUNNERS 'C'	237	11	49	
	LUDLOW RUNNERS	X	X	60	
	WYE VALLEY RUNNERS 'D'	X	X	25	
	HAY HOTFOOTERS	X	X	14	
	LUDLOW RUNNERS 'B'	X	X	11	
	HEREFORD TRIATHLON CLUB 'B'	X	X	9	
Race 4	FFOREST FIELDS	WOMEN	Date	6th. Feb. 2011	
Pos.	Team	Race Scores	Series Points	Total	
1	MALVERN JOGGERS	18	20	79	
2	CROFT AMBREY R.C.	23	19	73	
3	HEREFORD TRIATHLON CLUB	25	18	73	
4	HEREFORD TRIATHLON CLUB 'B';	39	17	44	
5	LUDLOW RUNNERS	56	16	58	
6	WYE VALLEY RUNNERS	64	15	61	
7	HAY HOTFOOTERS	72	14	38	
8	RHAYADER A.C.	79	13	26	
9	BUILTH & DISTRICT R.C.	81	12	42	
10	PRESTEIGNE PACERS	105	11	33	
11	WYE VALLEY RUNNERS 'B'	107	10	43	
12	BUILTH & DISTRICT R.C. 'B'	130	9	19	
13	HAY HOTFOOTERS 'B'	137	8	8	
14	PRESTEIGNE PACERS 'B'	141	7	24	
	MALVERN JOGGERS 'B'	X	X	33	
	WYE VALLEY RUNNERS 'C'	X	X	19	
	HEREFORD COURIERS	X	X	19	
	HEREFORD & COUNTY A.C.	X	X	16	

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<u>Race 4</u>	FFOREST FIELDS ----- MEN	<u>Date</u>	<u>6th. Feb. 2011</u>	
<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>