

# Herefordshire Cross Country League 2009-2010

RACE 2	CROFT CASTLE MEN			Date	Nov. 15th. '09
Pos	Name	Club	Cat	Time	
1	Ryan Bevis	Builth & District Runners	S.M.	49.26	
2	Tim Clarke	Hereford Couriers	MV40	49.38	
3	Matt James	Hereford Couriers	S.M.	49.56	
4	Luke Moseley	Hereford Triathlon Club	S.M.	50.14	
5	John Pullen	Wye Valley Runners	MV40	50.31	
6	Jamie Shingler	Ludlow Runners	S.M.	51.16	
7	Mike Fawcett	Wye Valley Runners	MV40	51.21	
8	Stuart Moore	Wye Valley Runners	S.M.	51.35	
9	Luke Mason	Wye Valley Runners	S.M.	51.45	
10	Cliff Berry	Ledbury & District Harriers	MV45	51.52	
11	Jon Barnes N/C	Wye Valley Runners	J.M.	52.08	
12	Christian Jones	Wye Valley Runners	S.M.	52.49	
13	Mike Link	Hereford Couriers	S.M.	54.18	
14	Bill Lloyd	Hereford Couriers	S.M.	54.26	
15	Simon Norwood	Croft Ambrey R.C.	S.M.	54.33	
16	Max Suff	Hereford Couriers	MV45	54.38	
17	Steve Rooke	Ledbury & District Harriers	MV40	54.49	
18	Eliot Taylor	Hereford Couriers	J.M.	54.53	
19	Scott Kennedy	Wye Valley Runners	S.M.	55.03	
20	Andy Taylor	Hereford Triathlon Club	S.M.	55.10	
21	Neil Lewis	Hereford Couriers	MV40	55.16	
22	Glynn Williams	Presteigne Pacers	S.M.	55.28	
23	Dave Rouse	Croft Ambrey R.C.	S.M.	55.34	
24	Dave Ameghino	Croft Ambrey R.C.	S.M.	55.36	
25	Jon Tetley	Hereford Triathlon Club	S.M.	56.05	
26	Mark Paviour	Croft Ambrey R.C.	MV45	56.28	
27	Dave Williams	Hereford Couriers	MV45	56.38	
28	Dan Barnett	Croft Ambrey R.C.	S.M.	57.06	
29	Geoff Kay	Hereford Couriers	MV55	57.10	
30	Howard Abel	Ledbury & District Harriers	MV45	57.17	
31	Chris Ford	Ledbury & District Harriers	S.M.	57.21	
32	Chris Law	Ledbury & District Harriers	MV40	58.18	
33	Jack Parry	Builth & District Runners	MV55	58.36	
34	Chris Fletcher	Wye Valley Runners	S.M.	58.42	
35	Jon Utley	Croft Ambrey R.C.	S.M.	59.00	
36	Patrick Pearson	Croft Ambrey R.C.	MV40	59.19	
37	Stafford Rees	Rhayader A.C.	S.M.	59.30	
38	Steve Littlewood	Hereford Couriers	MV55	59.40	
39	Neil Powell	Croft Ambrey R.C.	S.M.	59.49	
40	Jon Walden	Ludlow Runners	S.M.	59.54	
41	Gavin Wright	Croft Ambrey R.C.	S.M.	60.22	
42	Paul Bouston	Wye Valley Runners	MV40	60.32	
43	Andrew Noble	Wye Valley Runners	MV40	60.34	
44	Dave White	Hereford Triathlon Club	MV40	60.35	
45	Ashley Cooke	Croft Ambrey R.C.	MV50	60.58	
46	Paul Taylor	Hay Hotfooters	MV40	61.13	
47	Adam Michniok	Wye Valley Runners	S.M.	61.46	
48	Ian Price	Croft Ambrey R.C.	MV60	61.47	
49	Bob Morris	Wye Valley Runners	MV55	61.48	
50	Brian Turner	Hereford Triathlon Club	MV40	61.58	

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RACE 2	CROFT CASTLE MEN			Date	Nov. 15th. '09
Pos	Name	Club	Cat	Time	
51	Kevin Gummery	Wye Valley Runners	MV50	62.13	
52	Paul Lewis	Wye Valley Runners	S.M.	62.46	
53	Neil Taylor	Croft Ambrey R.C.	MV50	63.08	
54	Andrew Cromie	Rhayader A.C.	MV45	63.15	
55	Brian Hardcastle	Rhayader A.C.	MV55	63.43	
56	Dave Lloyd	Presteigne Pacers	MV50	63.46	
57	Matt Taylor	Wye Valley Runners	S.M.	64.08	
58	David Horne	Ledbury & District Harriers	MV50	64.12	
59	Chris Payne	Hereford Triathlon Club	MV40	64.30	
60	Nathan Fryer-Jones	Hereford Triathlon Club	S.M.	64.33	
61	Gary Gunner	Croft Ambrey R.C.	MV60	64.55	
62	Steve Jakeman	Croft Ambrey R.C.	MV45	65.03	
63	Kevin Barnes	Hereford Couriers	MV45	65.10	
64	Clive Rowberry	Hereford Couriers	MV55	65.22	
65	Brian Davies	Croft Ambrey R.C.	MV65	65.35	
66	Ian Smith	Wye Valley Runners	MV45	65.37	
67	Nigel Clarke	Hereford Couriers	MV40	65.38	
68	John Lyden	Ludlow Runners	MV50	65.43	
69	Rob Griffiths	Wye Valley Runners	S.M.	65.50	
70	Ashley Williams	Hay Hotfooters	MV50	65.53	
71	Martin Williams	Croft Ambrey R.C.	S.M.	66.11	
72	Ian Davies	Builth & District Runners	MV55	66.55	
73	Chris Mason	Wye Valley Runners	MV45	67.17	
74	Phil Jones	Presteigne Pacers	MV50	67.42	
75	Andy Westlake	Presteigne Pacers	MV45	67.48	
76	Martin Carter	Hay Hotfooters	S.M.	68.00	
77	Phil Butler	Wye Valley Runners	MV55	68.05	
78	Frank Luscott	Croft Ambrey R.C.	MV50	68.20	
79	Harry Franklin	Wye Valley Runners	MV70	68.26	
80	Nigel Jones	Wye Valley Runners	MV50	68.35	
81	Tom Davies	Croft Ambrey R.C.	MV60	69.15	
82	John Price	Hay Hotfooters	MV50	69.27	
83	Alun Jenkins	Rhayader A.C.	MV45	69.42	
84	Dave Sherwood	Wye Valley Runners	MV50	69.45	
85	Peter Smith	Wye Valley Runners	MV60	70.05	
86	George Harrison	Wye Valley Runners	MV40	70.27	
87	Stuart Henderson	Ludlow Runners	S.M.	70.35	
88	Bill Griffiths	Wye Valley Runners	MV55	70.53	
89	Graham Wood	Ludlow Runners	MV50	71.03	
90	Daren Lincoln	Croft Ambrey R.C.	MV40	71.15	
91	Clive Richardson	Ludlow Runners	MV50	73.11	
92	Paul Jones	Rhayader A.C.	MV45	73.45	
93	Les Morris	Hereford Triathlon Club	S.M.	75.11	
94	Les Chamberlain	Wye Valley Runners	MV60	77.06	
95	Ron Andrews	Wye Valley Runners	MV60	77.06	
96	Alan Harray	Hay Hotfooters	MV65	78.42	
97	Barry Young	Wye Valley Runners	MV55	80.50	
98	Mike Shaw	Wye Valley Runners	MV55	81.47	
Guest	Gareth Hardcastle	Rhayader A.C.	S.M.	55.12	
Guest	Tom Waldron	Wye Valley Runners	S.M.	55.18	



# Herefordshire Cross Country League 2009-2010

<b>RACE 2</b>	<b>CROFT CASTLE WOMEN</b>	<b>Date</b> 15th. Nov '09
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Pos	Name	Club	Cat	Time
1	Susan Marr	Wye Valley Runners	FV45	33.00
2	Clara Evans	Hereford & County A.C.	J	34.23
3	Sue Davies	Croft Ambrey R.C.	FV40	35.18
4	Alison Cooke	Hereford Couriers	FV45	35.42
5	Nicky Turvey	Croft Ambrey R.C.	FV45	36.29
6	Nikki Edwards	Hereford Couriers	FV35	36.33
7	Jenny Jones	Ledbury & District Harriers	FV40	36.51
8	Mandy Evans	Presteigne Pacers	FV45	37.14
9	Nicola Goodwin	Hereford Triathlon Club	FV35	37.17
10	Beth Mills	Hereford & County A.C.	J	37.26
11	Amy Carwardine	Hereford Couriers	S.F.	37.28
12	Kate Hunt	Wye Valley Runners	S.F.	37.41
13	Linda White	Hereford Triathlon Club	FV40	37.56
14	Celia Speake	Builth & District Runners	FV40	38.03
15	Ann Kerby-Collins	Ludlow Runners	FV45	38.23
16	Tricia Wright	Hereford Triathlon Club	FV40	38.46
17	Tracy Wood	Wye Valley Runners	FV45	39.24
18	Alison Nicholls	Builth & District Runners	FV45	39.33
19	Jayne Littlewood	Hereford Couriers	FV50	39.40
20	Naomi Prosser	Hereford & County A.C.	J.F.	40.05
21	Shelly Perkins	Ludlow Runners	S.F.	40.14
22	Jo Crissal	Hereford Triathlon Club	FV35	40.41
23	Mary Morton	Rhayader A.C.	FV35	41.06
24	Rachel Nelson	Croft Ambrey R.C.	FV40	41.44
25	Tracey Edwards	Wye Valley Runners	S.F.	41.53
26	Sarah Coggins	Ledbury & District Harriers	FV50	42.34
27	Jo Lord	Hay Hotfooters	FV45	43.04
28	Liza Austin	Croft Ambrey R.C.	FV45	43.17
29	Nondus Banning-Boddy	Rhayader A.C.	FV60	43.43
30	Annette Davies	Builth & District Runners	FV40	43.52
31	Jo Davies	Wye Valley Runners	S.F.	44.04
32	Emily Davies	Wye Valley Runners	S.F.	44.25
33	Jo Williams	Builth & District Runners	FV35	44.35
34	Boe Jones	Hereford & County A.C.	J	44.39
35	Julie Suff	Hereford Couriers	S.F.	44.41
36	Sheryl Evans	Hereford & County A.C.	FV40	44.46
37	Karen Preston	Croft Ambrey R.C.	FV40	44.53
38	Lucy Thomas	Wye Valley Runners	S.F.	45.17
39	Tina Lavelle	Hay Hotfooters	FV50	45.48
40	Jan Edwards	Wye Valley Runners	FV50	46.27
41	Catherine Edwards	Presteigne Pacers	FV40	47.13
42	Sharon Clarke	Ludlow Runners	FV40	47.21
43	Christine Motteram	Wye Valley Runners	FV65	47.36
44	Ali Hall	Wye Valley Runners	FV45	48.46
45	Kath Drabble	Hereford Triathlon Club	FV35	49.10
46	Helen Williams	Builth & District Runners	FV45	49.58
47	Dee Davies	Rhayader A.C.	S.F.	50.23
48	Rebecca Fraser	Hereford Triathlon Club	S.F.	50.57
49	Julia Mason	Hay Hotfooters	FV40	50.58
50	Kay Harris	Hereford Triathlon Club	FV45	55.34
Guest	Sarah Waldron	Hereford Triathlon Club	S.F.	31.50

# Hereford Cross Country League 2009-10

<b>RACE 2</b>	<b><u>CROFT CASTLE</u></b>	<b><u>MEN</u></b>	Date	15th. Nov '09
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Pos	Team	Race Scores	Series Points	Total
1	WYE VALLEY RUNNERS	29	20	40
2	HEREFORD COURIERS	30	19	38
3	HEREFORD COURIERS 'B'	78	18	33
4	CROFT AMBREY R.C.	84	17	33
5	LEDBURY & DISTRICT HARRIERS	85	16	34
6	HEREFORD TRIATHLON CLUB	90	15	32
7	WYE VALLEY RUNNERS 'B'	103	14	28
8	CROFT AMBREY R.C. 'B'	134	13	22
9	CROFT AMBREY R.C. 'C'	183	12	17
10	WYE VALLEY RUNNERS 'C'	186	11	23
11	HEREFORD COURIERS 'C'	190	10	23
12	LUDLOW RUNNERS	198	9	19
13	PRESTEIGNE PACERS	223	8	19
14	RHAYADER A.C.	225	7	14
15	WYE VALLEY RUNNERS 'D'	240	6	14
16	CROFT AMBREY R.C. 'D'	255	5	5
17	HEREFORD TRIATHLON CLUB 'B'	258	4	4
18	HAY HOTFOOTERS	270	3	9
19	WYE VALLEY RUNNERS 'E'	305	2	6
20	WYE VALLEY RUNNERS 'F'	339	1	4
21	WYE VALLEY RUNNERS 'G'	380	X	X

<b>RACE 2</b>	<b><u>CROFT CASTLE</u></b>	<b><u>WOMEN</u></b>	Date	15th.Nov. 09
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Pos.	Team	Race Scores	Series Points	Total
1	HEREFORD COURIERS	21	10	20
2	WYE VALLEY RUNNERS	30	9	18
3	HEREFORD & COUNTY A.C.	32	8	8
4	CROFT AMBREY R.C.	32	7	12
5	HEREFORD TRIATHLON CLUB	38	6	13
6	BUILTH & DISTRICT RUNNERS	62	5	5
7	LUDLOW RUNNERS	78	4	7
8	WYE VALLEY RUNNERS 'B'	88	3	7
9	RHAYADER A.C.	99	2	3
10	HEREFORD TRIATHLON CLUB 'B'	115	1	7
11	HAY HOTFOOTERS	115	X	2
12	WYE VALLEY RUNNERS 'C'	121	X	X
	CROFT AMBREY R.C. 'B'	X	X	X
	HEREFORD TRIATHLON CLUB 'C'	X	X	X