

Herefordshire Cross Country League 2009-2010

RACE 5	PRESTEIGNE ----- MEN			Date	Feb. 28th. 2010
Pos	Name	Club	Cat	Time	
1	Jonathan Pugh	Builth & District Runners	S.M.	46.04	
2	Tim Clarke	Hereford Couriers	MV40	47.24	
3	John Pullen	Wye Valley Runners	MV40	47.40	
4	Tim Iveson	Builth & District Runners	S.M.	47.53	
5	Luke Mason	Wye Valley Runners	S.M.	49.04	
6	Simon Norwood	Croft Ambrey R.C.	S.M.	49.10	
7	Cliff Berry	Ledbury & District Harriers	MV45	49.11	
8	Mike Fawcett	Wye Valley Runners	MV40	49.17	
9	Jon Tetley	Hereford Triathlon Club	S.M.	49.33	
10	Eliot Taylor	Hereford Couriers	J.M.	50.09	
11	Christian Jones	Wye Valley Runners	S.M.	50.35	
12	George Miles	Hereford Triathlon Club	J.M.	50.39	
13	Mike Link	Hereford Couriers	S.M.	50.46	
14	Stafford Rees	Rhayader A.C.	S.M.	50.55	
15	Scott Kennedy	Wye Valley Runners	S.M.	51.35	
16	Jim Hicks	Wye Valley Runners	S.M.	51.49	
17	Barry Thompson	Ledbury & District Harriers	S.M.	52.07	
18	Chris Ford	Ledbury & District Harriers	S.M.	52.12	
19	Glyn Williams	Presteigne Pacers	S.M.	52.20	
20	Andy Taylor	Hereford Triathlon Club	S.M.	53.13	
21	Nigel Misselbrook	Croft Ambrey R.C.	MV45	53.19	
22	Steve Rooke	Ledbury & District Harriers	MV40	53.43	
23	Dan Barnett	Croft Ambrey R.C.	S.M.	54.28	
24	Neil Lewis	Hereford Couriers	MV40	54.54	
25	Max Suff	Hereford Couriers	MV45	55.10	
26	Dave George	Croft Ambrey R.C.	S.M.	55.15	
27	Chris Fletcher	Wye Valley Runners	S.M.	55.28	
28	Mike Warrick	Rhayader A.C.	MV55	55.41	
29	Mick Ligema	Ludlow Runners	MV50	56.05	
30	Dave Ameghino	Croft Ambrey R.C.	S.M.	56.11	
31	Mervyn Thomas	Wye Valley Runners	MV55	56.21	
32	Neil Powell	Croft Ambrey R.C.	S.M.	56.24	
33	Chris Law	Ledbury & District Harriers	MV40	57.21	
34	Paul Bouston	Wye Valley Runners	MV40	57.37	
35	Jack Parry	Builth & District Runners	MV55	57.47	
36	Andrew Cromie	Rhayader A.C.	MV45	57.57	
37	Kevin Barnes	Hereford Couriers	MV45	58.09	
38	David Horne	Ledbury & District Harriers	MV50	58.48	
39	Stuart Austin	Hereford Triathlon Club	MV40	59.07	
40	Andrew Noble	Wye Valley Runners	MV40	59.22	
41	Guy Whitmarsh	Croft Ambrey R.C.	MV65	60.20	
42	Chris Payne	Hereford Triathlon Club	MV40	60.25	
43	Mark Paviour	Croft Ambrey R.C.	MV45	60.27	
44	Ian Rivers	Hereford Triathlon Club	MV40	60.46	
45	Dan Pavitt	Ludlow Runners	S.M.	60.53	
46	Kevin Gummery	Wye Valley Runners	MV50	61.10	
47	Gary Lewis	Presteigne Pacers	MV40	61.17	
48	Tom Davies	Croft Ambrey R.C.	MV60	61.34	
49	Ade Brown	Presteigne Pacers	S.M.	61.47	
50	Tim Rawlins	Hay Hotfooters	MV45	61.50	

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Pos	Name	Club	Cat	Time	
51	Mark Adams	Hereford Couriers	MV50	62.06	
52	Neil Taylor	Croft Ambrey R.C.	MV50	62.14	
53	Gary Gunner	Croft Ambrey R.C.	MV60	62.40	
54	Daren Lincoln	Croft Ambrey R.C.	MV40	62.51	
55	Frank Luscott	Croft Ambrey R.C.	MV50	63.06	
56	Martin Williams	Croft Ambrey R.C.	S.M.	63.36	
57	Paddy Nugent	Wye Valley Runners	MV45	63.43	
58	Philip Jones	Presteigne Pacers	S.M.	63.55	
59	Brian Davies	Croft Ambrey R.C.	MV65	64.47	
60	George Harrison	Wye Valley Runners	MV40	65.00	
61	Peter Smith	Wye Valley Runners	MV60	66.00	
62	Mark Dykes	Hereford Triathlon Club	S.M.	67.53	
63	Martin Carter	Hay Hotfooters	S.M.	68.37	
64	Dave Rouse	Croft Ambrey R.C.	MV50	68.41	
65	Harry Franklin	Wye Valley Runners	MV70	69.02	
66	Paul Jones	Rhayader A.C.	MV45	69.38	
67	Graham Wood	Ludlow Runners	MV50	70.14	
68	Alun Jenkins	Rhayader A.C.	MV45	73.08	
69	Mike Shaw	Wye Valley Runners	MV55	73.13	
70	Jason Stuchbery	Ludlow Runners	MV40	74.02	
71	Martyn Rosser	Hay Hotfooters	MV55	80.25	
72	Barry Young	Wye Valley Runners	MV55	95.15	
JUNIOR	Daniel Cox	Hereford & County A.C.	J	31.52	

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RACE 5	PRESTEIGNE ----- WOMEN	Date	Feb. 28th. 2010
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Pos	Name	Club	Cat	Time
1	Clara Evans	Hereford & County A.C.	J	32.12
2	Susan Marr	Wye Valley Runners	FV45	32.55
3	Sue Davies	Croft Ambrey R.C.	FV40	33.56
4	Tricia Wright	Hereford Triathlon Club	FV40	34.40
5	Alison Cooke	Hereford Couriers	FV45	35.24
6	Nicola Goodwin	Hereford Triathlon Club	FV35	35.45
7	Amy Carwardine	Hereford Couriers	S.F.	36.08
8	Nikki Edwards	Hereford Couriers	FV35	36.14
9	Tracy Edwards	Wye Valley Runners	S.F.	37.50
10	Jayne Littlewood	Hereford Couriers	FV50	38.05
11	Kylie Mansfield	Wye Valley Runners	S.F.	38.30
12	Celia Speake	Builth & District Runners	FV40	39.41
13	Liza Austin	Croft Ambrey R.C.	FV45	39.54
14	Sarah Coggins	Ledbury & District Harriers	FV50	40.48
15	Rachel Nelson	Croft Ambrey R.C.	FV40	41.01
16	Maria Martin	Rhayader A.C.	FV45	41.20
17	Nondus Banning-Boddy	Rhayader A.C.	FV60	41.59
18	Annette Davies	Builth & District Runners	FV40	43.06
19	Angela Price	Hay Hotfooters	FV35	43.26
20	Emma Rawlins	Hay Hotfooters	FV45	44.47
21	Alison Fryer-Jones	Hereford Triathlon Club	FV40	45.16
22	Lily Dyu	Hay Hotfooters	FV35	45.23
23	Jan Edwards	Wye Valley Runners	FV50	45.46
24	Emily Davies	Wye Valley Runners	S.F.	46.01
25	Christine Motteram	Wye Valley Runners	FV65	46.26
26	Julia Mason	Hay Hotfooters	FV40	46.33
27	Stephanie Warrick	Rhayader A.C.	FV55	47.55
28	Kath Drabble	Hereford Triathlon Club	FV35	48.47
29	Helen Jones	Builth & District Runners	FV45	49.01
30	Dee Davies	Rhayader A.C.	S.F.	49.12
31	Tina Lavelle	Hay Hotfooters	FV50	50.55

