

Herefordshire Cross Country League 2009-2010

RACE 4	MONKHALL FARM ----- MEN			Date	Feb. 7th. 2010
Pos	Name	Club	Cat	Time	
1	Jonathon Pugh	Builth & District Runners	S.M.	36.52	
2	Tim Clarke	Hereford Couriers	MV40	38.34	
3	Stacey Morgan	Croft Ambrey R.C.	S.M.	38.41	
4	John Pullen	Wye Valley Runners	MV40	38.59	
5	Tim Iveson	Builth & District Runners	S.M.	39.31	
6	Luke Moseley	Hereford Triathlon Club	S.M.	39.34	
7	Jon Barnes N/C	Wye Valley Runners	J.M.	39.57	
8	Mike Fawcett	Wye Valley Runners	MV40	40.01	
9	Cliff Berry	Ledbury & District Harriers	MV45	40.19	
10	Barry Thompson	Ledbury & District Harriers	S.M.	40.33	
11	Stuart Moore	Wye Valley Runners	S.M.	40.42	
12	Mark Sims	Hereford Couriers	S.M.	41.03	
13	George Miles	Hereford Triathlon Club	J.M.	41.25	
14	Max Suff	Hereford Couriers	MV45	41.38	
15	Scott Kennedy	Wye Valley Runners	S.M.	41.46	
16	Jim Hicks	Wye Valley Runners	S.M.	41.48	
17	Mike Link	Hereford Couriers	S.M.	42.11	
18	Carl Gilmour	Hay Hotfooters	MV40	42.15	
19	Stafford Rees	Rhayader A.C.	S.M.	42.17	
20	Steve Rooke	Ledbury & District Harriers	MV40	42.22	
21	Eliot Taylor	Hereford Couriers	J.M.	42.28	
22	Glynn Williams	Presteigne Pacers	S.M.	42.40	
23	Neil Lewis	Hereford Couriers	MV40	42.51	
24	Dave Williams	Hereford Couriers	MV45	43.13	
25	Bill Lloyd	Hereford Couriers	S.M.	43.32	
26	Chris Ford	Ledbury & District Harriers	S.M.	44.08	
27	Andy Taylor	Hereford Triathlon Club	S.M.	44.14	
28	Chris Fletcher	Wye Valley Runners	S.M.	44.59	
29	Chris Law	Ledbury & District Harriers	MV40	45.12	
30	Mick Ligema	Ludlow Runners	MV50	45.25	
31	Gavin Wright	Croft Ambrey R.C.	S.M.	45.30	
32	Jack Parry	Builth & District Runners	MV55	45.38	
33	Dave George	Croft Ambrey R.C.	S.M.	45.41	
34	Mervyn Thomas	Wye Valley Runners	MV55	46.03	
35	Andrew Cromie	Rhayader A.C.	MV45	46.24	
36	Steve Littlewood	Hereford Couriers	MV55	46.32	
37	Kevin Barnes	Hereford Couriers	MV45	46.34	
38	John Sandford	Wye Valley Runners	MV40	47.05	
39	David Horne	Ledbury & District Harriers	MV50	47.28	
40	Chris Payne	Hereford Triathlon Club	MV40	47.35	
41	Nathan Fryer-Jones	Hereford Triathlon Club	S.M.	47.46	
42	Ade Brown	Presteigne Pacers	S.M.	48.00	
43	Martin Williams	Croft Ambrey R.C.	S.M.	48.27	
44	Andrew Noble	Wye Valley Runners	MV40	49.07	
45	Guy Whitmarsh	Croft Ambrey R.C.	MV65	49.11	
46	Gary Lewis	Presteigne Pacers	MV40	49.20	
47	Eddy Atkins	Hereford Triathlon Club	S.M.	49.23	
48	Tom Davies	Croft Ambrey R.C.	MV60	49.36	
49	Neil Collins	Ludlow Runners	MV50	49.43	
50	Ian Smith	Wye Valley Runners	MV45	49.50	

Herefordshire Cross Country League 2009-2010

RACE 4	MONKHALL FARM ----- MEN	Date Feb. 7th. 2010
---------------	--------------------------------	----------------------------

Pos	Name	Club	Cat	Time
51	Tim Rawlins	Hay Hotfooters	MV45	49.53
52	Nigel Clarke	Hereford Couriers	MV40	50.04
53	Simon Rocke	Wye Valley Runners	J.M.	50.07
54	Paddy Nugent	Wye Valley Runners	MV45	50.10
55	Stuart Austin	Hereford Triathlon Club	MV40	50.17
56	Frank Luscott	Croft Ambrey R.C.	MV50	50.21
57	Daren Lincoln	Croft Ambrey R.C.	MV40	50.24
58	Nigel Jones	Wye Valley Runners	MV50	50.37
59	Neil Taylor	Croft Ambrey R.C.	MV50	50.55
60	George Harrison	Wye Valley Runners	MV40	51.16
61	Andy Westlake	Presteigne Pacers	MV45	51.27
62	Phil Jones	Presteigne Pacers	MV50	51.55
63	Mark Adams	Hereford Couriers	MV50	51.57
64	Dave Lloyd	Presteigne Pacers	MV50	52.04
65	Martin Carter	Hay Hotfooters	S.M.	52.27
66	Richard Wall	Hereford Couriers	MV45	52.45
67	Harry Franklin	Wye Valley Runners	MV70	52.50
68	John Price	Hay Hotfooters	MV50	52.57
69	Peter Smith	Wye Valley Runners	MV60	53.03
70	Ralph Lloyd	Wye Valley Runners	MV45	53.33
71	Clive Richardson	Ludlow Runners	MV50	53.49
72	Graham Wood	Ludlow Runners	MV50	54.05
73	Mike Shaw	Wye Valley Runners	MV55	56.53
74	Jason Stuchbery	Ludlow Runners	MV40	57.47
75	Vince Stroud	Hereford Triathlon Club	MV50	58.56
76	Martyn Rosser	Hay Hotfooters	MV55	60.37
77	Barry Young	Wye Valley Runners	MV55	68.36

Herefordshire Cross Country League 2009-2010

RACE 4	MONKHALL FARM WOMEN	Date	Feb. 7th. 2010
---------------	----------------------------	------	----------------

Pos	Name	Club	Cat	Time
1	Susan Marr	Wye Valley Runners	FV45	30.52
2	Sue Davies	Croft Ambrey R.C.	FV40	31.54
3	Alison Cooke	Hereford Couriers	FV45	32.41
4	Tricia Wright	Hereford Triathlon Club	FV40	33.23
5	Amy Carwardine	Hereford Couriers	S.F.	33.44
6	Claire Davies	Hereford Couriers	S.F.	34.03
7	Holly Gourley	Ledbury & District Harriers	S.F.	34.22
8	Kylie Mansfield	Wye Valley Runners	S.F.	34.29
9	Ann Kerby-Collins	Ludlow Runners	FV45	34.33
10	Nicola Goodwin	Hereford Triathlon Club	FV35	34.41
11	Jenny Papworth	Hereford Triathlon Club	FV40	34.58
12	Jenny Jones	Ledbury & District Harriers	FV40	35.12
13	Sharron Colley	Wye Valley Runners	FV35	35.29
14	Nikki Edwards	Hereford Couriers	FV35	35.29
15	Kate Hunt	Wye Valley Runners	S.F.	35.41
16	Celia Speake	Builth & District Runners	FV40	36.10
17	Jayne Littlewood	Hereford Couriers	FV50	36.37
18	Sarah Coggins	Ledbury & District Harriers	FV50	37.00
19	Tracey Edwards	Wye Valley Runners	S.F.	37.14
20	Jo Crissall	Hereford Triathlon Club	FV35	37.18
21	Liza Austin	Croft Ambrey R.C.	FV45	38.05
22	Rachel Nelson	Croft Ambrey R.C.	FV40	38.19
23	Sharon Edelystn	Hereford Triathlon Club	FV40	38.27
24	Jo Lord	Hay Hotfooters	FV45	38.46
25	Angela Price	Hay Hotfooters	FV35	39.16
26	Sheryl Evans	Hereford & County A.C.	FV40	39.36
27	Alex Clamp	Wye Valley Runners	FV35	40.08
28	Nondus Banning-Boddy	Rhayader A.C.	FV60	40.40
29	Lucy Thomas	Wye Valley Runners	S.F.	40.52
30	Emily Davies	Wye Valley Runners	S.F.	40.57
31	Lynne Compton	Wye Valley Runners	FV40	41.16
32	Joy Miles	Ludlow Runners	FV40	41.28
33	Joanna Harthen	Hereford Triathlon Club	FV35	41.32
34	Tina Lavelle	Hay Hotfooters	FV50	42.05
35	Catherine Edwards	Presteigne Pacers	FV40	42.55
36	Emma Rawlins	Hay Hotfooters	FV45	43.10
37	Jan Edwards	Wye Valley Runners	FV50	43.23
38	Karen Preston	Croft Ambrey R.C.	FV40	43.47
39	Christine Motteram	Wye Valley Runners	FV65	43.53
40	Suzannah England	Hay Hotfooters	FV50	44.26
41	Julia Mason	Hay Hotfooters	FV40	45.46
42	Helen Jones	Builth & District Runners	FV45	47.14
43	Kath Drabble	Hereford Triathlon Club	FV35	47.21
44	Carol Farrington	Rhayader A.C.	FV65	50.30
GUESTS	Sarah Waldron	Shaftesbury Barnet A.C.	S.F.	27.55
	Clara Evans	Hereford & County A.C.	J	30.59

Hereford Cross Country League 2009-10

RACE 4	MONKHALL FARM	MEN	Date	Feb. 7th. 2010
---------------	----------------------	------------	-------------	-----------------------

Pos	Team	Race Scores	Series Points	Total
1	WYE VALLEY RUNNERS	35	20	79
2	HEREFORD COURIERS	42	19	77
3	LEDBURY & DISTRICT HARRIERS	61	18	70
4	HEREFORD TRIATHLON CLUB	83	17	62
5	HEREFORD COURIERS 'B'	89	16	64
6	CROFT AMBREY R.C.	107	15	64
7	WYE VALLEY RUNNERS 'B'	112	14	56
8	PRESTEIGNE PACERS	167	13	40
9	HEREFORD COURIERS 'C'	184	12	45
10	WYE VALLEY RUNNERS 'C'	197	11	45
11	HAY HOTFOOTERS	198	10	26
12	CROFT AMBREY R.C. 'B'	202	9	43
13	HEREFORD TRIATHLON CLUB 'B'	214	8	12
14	LUDLOW RUNNERS	218	7	28
15	WYE VALLEY RUNNERS 'D'	250	6	26
	CROFT AMBREY R.C. 'C'	X	X	22
	BUILTH & DISTRICT RUNNERS	X	X	17
	RHAYADER A.C.	X	X	14
	LEDBURY&DISTRICT HARRIERS 'B'	X	X	9
	WYE VALLEY RUNNERS 'E'	X	X	9

Race 4	MONKHALL FARM	WOMEN	Date	Feb. 7th. 2010
---------------	----------------------	--------------	-------------	-----------------------

Pos.	Team	Race Scores	Series Points	Total
1	HEREFORD COURIERS	14	10	40
2	WYE VALLEY RUNNERS	22	9	36
3	HEREFORD TRIATHLON CLUB	25	8	29
4	LEDBURY & DISTRICT HARRIERS	37	7	7
5	CROFT AMBREY R.C.	45	6	25
6	WYE VALLEY RUNNERS 'B'	61	5	14
7	HEREFORD TRIATHLON CLUB 'B'	76	4	15
8	HAY HOTFOOTERS	83	3	6
9	WYE VALLEY RUNNERS 'C'	90	2	2
10	HAY HOTFOOTERS 'B'	117	1	1
	HEREFORD & COUNTY A.C.	X	X	13
	BUILTH & DISTRICT RUNNERS	X	X	11
	LUDLOW RUNNERS	X	X	7
	PRESTEIGNE PACERS	X	X	3
	RHAYADER A.C.	X	X	3