

Herefordshire Cross Country League 2012-2013

RACE 5	<u>PRESTEIGNE ----- MEN</u>	Date	Feb. 3rd. 2013
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Eliot Taylor	Hereford Couriers	S.M.	52.45
2	Mike Pfeiffer	Builth & District R.C.	MV45	53.10
3	Tim Iveson	Builth & District R.C.	S.M.	54.37
4	Simon Norwood	Croft Ambrey R.C.	MV40	55.02
5	Mike Link	Hereford Couriers	MV40	55.21
6	Stacey Morgan	Croft Ambrey R.C.	S.M.	55.35
7	Stafford Rees	Rhayader A.C.	MV40	56.19
8	Mark Lamonby	Croft Ambrey R.C.	S.M.	56.20
9	Luke Mason	Wye Valley Runners	S.M.	56.53
10	Andrew Davies	Croft Ambrey R.C.	J.M.	57.01
11	Mike Fawcett	Wye Valley Runners	MV45	57.30
12	Grzegorz Wisniowski	Hereford Triathlon Club	S.M.	57.56
13	Glyn Williams	Croft Ambrey R.C.	MV40	58.23
14	Greg Wood	Wye Valley Runners	S.M.	58.55
15	Russell James	Hereford Couriers	MV45	59.04
16	Alan Lewis	Wye Valley Runners	MV40	59.13
17	Richard Bevan	Monross Trailblazers	S.M.	59.21
18	Barry Davies	Monross Trailblazers	S.M.	61.00
19	Mike Warrick	Rhayader A.C.	MV60	61.18
20	Andy Taylor	Hereford Triathlon Club	MV40	61.31
21	Neil Powell	Croft Ambrey R.C.	MV40	61.48
22	Adrian Taylor	Presteigne Pacers	MV40	62.18
23	Ash Edwards	Hereford Triathlon Club	S.M.	62.29
24	Luke James	Hereford Couriers	S.M.	62.37
25	Adam Michniok	Wye Valley Runners	S.M.	62.48
26	Ben Davies	Wye Valley Runners	J.M.	62.50
27	Jordan McQueen	Croft Ambrey R.C.	S.M.	63.06
28	Jack Parry	Builth & District R.C.	MV55	63.08
29	Ben Coulton	Monross Trailblazers	J.M.	63.36
30	Ben Rees	Croft Ambrey R.C.	S.M.	63.45
31	Mick Ligema	Croft Ambrey R.C.	MV55	64.06
32	Dave Knapper	Monross Trailblazers	S.M.	64.08
33	Dave Williams	Hereford Couriers	MV50	64.17
34	Paul Price	Croft Ambrey R.C.	S.M.	64.27
35	Steve Herington	Hereford Couriers	MV60	64.30
36	Steve Flowers	Wye Valley Runners	S.M.	64.43
37	John Lyden	Ludlow Runners	MV50	65.31
38	Paul Elliott	Ludlow Runners	MV45	65.39
39	Patrick Pearson	Croft Ambrey R.C.	MV40	65.56
40	Paul Bouston	Wye Valley Runners	MV40	66.28
41	Mike Morris	Monross Trailblazers	S.M.	66.36
42	Steve Littlewood	Hereford Couriers	MV60	67.08
43	Andrew Noble	Wye Valley Runners	MV45	67.22
44	Vince Playdon	Hay Hotfooters	MV40	67.26
45	Martin Carter	Hay Hotfooters	MV45	67.39
46	Gary Lewis	Presteigne Pacers	MV40	67.51
47	Matt Hall	Monross Trailblazers	MV45	67.56
48	Matt Taylor	Wye Valley Runners	S.M.	68.01
49	Shaun Hayes	Wye Valley Runners	MV50	68.09
50	Dan Pavitt	Ludlow Runners	MV45	68.40
51	Paddy Nugent	Wye Valley Runners	MV50	69.25
52	Kevin Artus	Wye Valley Runners	S.M.	69.42

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RACE 5	<u>PRESTEIGNE ----- MEN</u>	Date	Feb. 3rd. 2013
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
53	Dave Nicholas	Monross Trailblazers	S.M.	70.32
54	Lea Wood	Wye Valley Runners	S.M.	70.49
55	Geoff Kay	Hereford Couriers	MV55	70.53
56	Kevin Barnes	Hereford Couriers	MV45	71.33
57	Guy Whitmarsh	Croft Ambrey R.C.	MV65	71.56
58	Frank Luscott	Croft Ambrey R.C.	MV55	72.28
59	Chris Mason	Wye Valley Runners	MV45	72.45
60	Chris Howell	Hay Hotfooters	MV45	72.51
61	Ben Watkins	Hereford Triathlon Club	S.M.	73.00
62	Mike Shaw	Wye Valley Runners	MV60	73.21
63	Bill Harrison	Ludlow Runners	S.M.	73.42
64	Carl Gilmour	Hay Hotfooters	MV45	73.55
65	Neil Taylor	Croft Ambrey R.C.	MV55	74.40
66	Peter Smith	Wye Valley Runners	MV60	74.49
67	George Callaghan	Ludlow Runners	J.M.	75.01
68	Ned Potter	Wye Valley Runners	MV50	76.03
69	Clive Richardson	Ludlow Runners	MV55	76.15
70	Dave Sherwood	Wye Valley Runners	MV55	76.46
71	Ralph Lloyd	Wye Valley Runners	MV50	76.52
72	John Price	Hay Hotfooters	MV55	76.56
73	Tom Davies	Croft Ambrey R.C.	MV60	77.59
74	Piotr Stzresak	Presteigne Pacers	MV55	78.15
75	Simon Oliver	Wye Valley Runners	MV45	78.35
76	Ian Foster	Hereford Triathlon Club	MV40	79.16
77	Bryan Clee	Presteigne Pacers	MV40	80.29
78	Andrew Blackman	Wye Valley Runners	MV50	81.40
79	Graham Wood	Ludlow Runners	MV55	82.22
80	Ben Marsh	Croft Ambrey R.C.	S.M.	82.48
81	Gerald Walker	Wye Valley Runners	MV50	82.54
82	Martyn Rosser	Hay Hotfooters	MV60	84.01
83	Jason Stuchbery	Croft Ambrey R.C.	MV40	84.49
84	Les Chamberlain	Wye Valley Runners	MV60	86.52
85	Andrew Chamberlain	Wye Valley Runners	S.M.	86.52
86	Brian Symonds	Wye Valley Runners	MV70	88.46
87	George Harrison	Wye Valley Runners	MV40	89.46
88	Harry Franklin	Wye Valley Runners	MV75	96.35

Herefordshire Cross Country League 2012-2013

RACE 5	<u>PRESTEIGNE ----- WOMEN</u>	Date	Feb. 3rd. 2013
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Susan R. Davies	Croft Ambrey R.C.	FV45	36.51
2	Claire Thomas	Ludlow Runners	S.F.	37.23
3	Jane Rowlands	Wye Valley Runners	FV50	38.03
4	Sarah Holton	Hereford Triathlon Club	FV35	38.28
5	Gemma Mallett	Croft Ambrey R.C.	S.F.	38.46
6	Irina Dale	Croft Ambrey R.C.	S.F.	38.55
7	Ruth Stafford	Croft Ambrey R.C.	FV35	40.05
8	Celia Speake	Builth & District R.C.	FV45	40.38
9	Claire Hebblethwaite	Hereford Triathlon Club	FV35	41.14
10	Becci Ansfield	Wye Valley Runners	FV35	41.37
11	Charlotte Stewart	Hereford Triathlon Club	S.F.	41.51
12	Sandrine Gorien	Wye Valley Runners	S.F.	41.52
13	Jenny Papworth	Hereford Triathlon Club	FV40	42.30
14	Joyce Warburton	Hereford Triathlon Club	FV40	43.00
15	Jo Marriott	Croft Ambrey R.C.	FV40	43.11
16	Rita Tomkins	Presteigne Pacers	FV50	43.56
17	Sam Harper	Croft Ambrey R.C.	FV35	44.17
18	Sonia George	Croft Ambrey R.C.	FV35	44.47
19	Kerry Bason	Ludlow Runners	FV40	45.01
20	Lynne Compton	Wye Valley Runners	FV45	45.15
21	Jan Edwards	Wye Valley Runners	FV55	45.16
22	Imme Davies	Hay Hotfooters	FV40	45.48
23	Gill Bamber	Wye Valley Runners	S.F.	45.53
24	Lucy Thomas	Wye Valley Runners	S.F.	46.01
25	Sarah Coggins	Ledbury & District Harriers	FV50	46.56
26	Sarah Wilding	Presteigne Pacers	FV45	47.25
27	Emily Davies	Wye Valley Runners	S.F.	47.51
28	Rachel Nelson	Croft Ambrey R.C.	FV40	48.04
29	Suzannah English	Hay Hotfooters	FV55	48.33
30	Rachel Jones	Hay Hotfooters	FV40	51.36
31	Deb Clee	Presteigne Pacers	FV40	53.22
32	Christine Motteram	Wye Valley Runners	FV65	54.33
33	Harriet English	Hay Hotfooters	FV55	54.35
34	Paula Randall	Presteigne Pacers	S.F.	57.06
35	Helen Jones	Builth & District R.C.	FV45	57.15
36	Cath Williams	Presteigne Pacers	FV45	57.47
37	Jo Preece	Presteigne Pacers	FV45	60.11
38	Maggie Morris	Ludlow Runners	FV50	66.59
39	Carol Stocker	Presteigne Pacers	FV55	74.13

Herefordshire Cross Country League 2012-13

<u>RACE 5</u>	<u>PRESTEIGNE</u>	<u>MEN</u>	<u>Date</u>	<u>Feb. 3rd. 2013</u>
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total Scores</u>
1	CROFT AMBREY R.C.	28	25	117
2	HEREFORD COURIERS	45	24	121
3	WYE VALLEY RUNNERS	50	23	122
4	CROFT AMBREY R.C. 'B'	91	22	102
5	MONROSS TRAILBLAZERS	96	21	41
6	HEREFORD TRIATHLON CLUB	116	20	101
7	WYE VALLEY RUNNERS 'B'	127	19	102
8	CROFT AMBREY R.C. 'C'	161	18	69
9	HEREFORD COURIERS 'B'	165	17	99
10	LUDLOW RUNNERS	188	16	83
11	WYE VALLEY RUNNERS 'C'	191	15	82
12	HAY HOTFOOTERS	213	14	46
13	PRESTEIGNE PACERS	219	13	56
14	WYE VALLEY RUNNERS 'D'	227	12	64
15	WYE VALLEY RUNNERS 'E'	275	11	55
16	CROFT AMBREY R.C. 'D'	276	10	64
17	WYE VALLEY RUNNERS 'F'	318	9	48
18	WYE VALLEY RUNNERS 'G'	346	8	32

<u>RACE 5</u>	<u>PRESTEIGNE</u>	<u>WOMEN</u>	<u>Date</u>	<u>Feb.3rd. 2013</u>
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total Scores</u>
1	CROFT AMBREY R.C.	12	20	95
2	HEREFORD TRIATHLON CLUB	24	19	91
3	WYE VALLEY RUNNERS	64	18	96
4	CROFT AMBREY R.C. 'B'	39	17	61
5	LUDLOW RUNNERS	59	16	50
6	WYE VALLEY RUNNERS 'B'	64	15	80
7	PRESTEIGNE PACERS	73	14	61
8	HAY HOTFOOTERS	81	13	51
9	WYE VALLEY RUNNERS 'C'	83	12	66
10	PRESTEIGNE PACERS 'B'	107	11	18