

Herefordshire Cross Country League 2013-2014

<u>RACE 4</u>	<u>MONKHALL FARM ----- MEN</u>			<u>Date</u>	<u>Jan. 12th. 2014</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jonny Pugh	Rhayader A.C.	S.M.	41.24	
2	James Richards	Wye Valley Runners	MV40	41.46	
3	Eliot Taylor	Hereford Couriers	S.M.	41.57	
4	John Pullen	Wye Valley Runners	MV45	43.49	
5	Mike Link	Hereford Couriers	MV40	44.42	
6	Jim Masters	Wye Valley Runners	S.M.	44.59	
7	Simon Norwood	Croft Ambrey R.C.	MV40	45.06	
8	Cliff Berry	Ledbury & District Harriers	MV50	45.13	
9	Mark Lamonby	Croft Ambrey R.C.	S.M.	45.22	
10	Stacey Morgan	Croft Ambrey R.C.	MV40	46.00	
11	Matt James	Hereford Couriers	S.M.	46.11	
12	Greg Wisniowski	Hereford Triathlon Club	S.M.	46.54	
13	Dan King	Wye Valley Runners	S.M.	47.13	
14	Luke James	Hereford Couriers	S.M.	47.33	
15	Andrew Stephens	Monross Trailblazers	S.M.	47.42	
16	Jeremy Jehan	Wye Valley Runners	MV40	47.44	
17	Barry Davies	Monross Trailblazers	S.M.	48.13	
18	Mike Warrick	Rhayader A.C.	MV60	48.21	
19	Dave George	Croft Ambrey R.C.	MV40	48.29	
20	Steve Flowers	Wye Valley Runners	S.M.	48.50	
21	Tim Taylor	Hereford Couriers	MV50	49.02	
22	Glyn Williams	Croft Ambrey R.C.	MV40	49.43	
23	Martin Williams	Croft Ambrey R.C.	MV45	49.58	
24	Richard Danks	Hereford Triathlon Club	S.M.	50.01	
25	Dave Williams	Hereford Couriers	MV50	50.44	
26	Mark Killeen	Wye Valley Runners	S.M.	51.07	
27	John Meadows	Wye Valley Runners	S.M.	51.07	
28	Steve Pritchard	Wye Valley Runners	MV40	51.35	
29	Dave Ameghino	Croft Ambrey R.C.	MV40	51.46	
30	Craig Collier	Ludlow Runners	S.M.	51.52	
31	Chris Law	Ledbury & District Harriers	MV45	52.08	
32	Geoff Kay	Hereford Couriers	MV60	52.18	
33	Shane James	Wye Valley Runners	S.M.	52.19	
34	Richard Bevan	Monross Trailblazers	S.M.	52.47	
35	Andy Taylor	Hereford Triathlon Club	MV40	52.57	
36	Paul Price	Croft Ambrey R.C.	S.M.	53.08	
37	Steve Mesham	Presteigne Pacers	MV40	53.09	
38	Paul Green	Croft Ambrey R.C.	S.M.	53.14	
39	David Knapper	Monross Trailblazers	S.M.	53.19	
40	Steve Herington	Hereford Couriers	MV65	53.25	
41	Paul Elliott	Ludlow Runners	MV45	53.28	
42	Martin Carter	Hay Hotfooters	MV45	54.10	
43	Steve Rooke	Ledbury & District Harriers	MV40	54.33	
44	Mick Ligema	Croft Ambrey R.C.	MV55	54.45	
45	Paddy Nugent	Wye Valley Runners	MV50	54.46	
46	Antony Evans	Wye Valley Runners	S.M.	54.48	
47	Neil Jacks	Wye Valley Runners	MV45	54.54	
48	Neil Lewis	Hereford Couriers	MV45	54.59	
49	Luke Eversham	Hereford Triathlon Club	S.M.	55.13	
50	Gary Lewis	Presteigne Pacers	MV40	55.34	

Herefordshire Cross Country League 2013-2014

<u>RACE 4</u>	<u>MONKHALL FARM ----- MEN</u>	<u>Date</u> <u>Jan. 12th. 2014</u>
---------------	--------------------------------	------------------------------------

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
51	Ashley Robinson	Croft Ambrey R.C.	MV60	55.38
52	Andy Dobson	Hereford Triathlon Club	S.M.	55.55
53	Paul Kemp	Wye Valley Runners	S.M.	56.06
54	Neil Grinnell	Ledbury & District Harriers	S.M.	56.07
55	Nigel Reade	Hereford Couriers	S.M.	56.16
56	Dan Pavitt	Ludlow Runners	MV45	56.17
57	Thomas Powell	Ludlow Runners	S.M.	56.21
58	Frank Luscott	Croft Ambrey R.C.	MV55	58.41
59	John Beeks	Wye Valley Runners	S.M.	58.43
60	Iain Prentice	Ludlow Runners	MV45	58.45
61	Kevin Barnes	Hereford Couriers	MV50	59.27
62	Chris Mason	Wye Valley Runners	MV45	59.56
63	Guy Whitmarsh	Croft Ambrey R.C.	MV65	60.45
64	Ralph Lloyd	Wye Valley Runners	MV50	61.07
65	Tom Davies	Croft Ambrey R.C.	MV65	61.43
66	Tac Bartlett	Hereford Triathlon Club	MV50	62.07
67	Nigel Jones	Wye Valley Runners	MV55	62.42
68	Neil Taylor	Croft Ambrey R.C.	MV55	63.11
69	Dave Lloyd	Presteigne Pacers	MV55	63.14
70	Peter Smith	Wye Valley Runners	MV65	63.31
71	John Price	Hay Hotfooters	MV55	64.02
72	Andy Tipton	Ludlow Runners	MV45	64.33
73	Dave Sherwood	Wye Valley Runners	MV50	65.24
74	Mike Shaw	Wye Valley Runners	MV60	66.53
75	Clive Richardson	Ludlow Runners	MV55	67.48
76	Simon Oliver	Wye Valley Runners	MV45	68.11
77	Ian Price	Hereford Triathlon Club	MV45	68.47
78	Bryan Symonds	Wye Valley Runners	MV70	69.37
79	Rob Galpin	Wye Valley Runners	MV50	72.16