

# Herefordshire Cross Country League 2012-2013

<b>Race 3</b>		<b><u>FFOREST FIELDS ----- MEN</u></b>		<b>Date</b>	<b>2nd. Dec. 2012</b>
<b><u>Pos</u></b>	<b><u>Team</u></b>	<b><u>Race Scores</u></b>	<b><u>Series Points</u></b>	<b><u>Total</u></b>	
1	WYE VALLEY RUNNERS	25	25	74	
2	HEREFORD COURIERS	39	24	73	
3	CROFT AMBREY R.C.	41	23	69	
4	CROFT AMBREY R.C. 'B'	91	22	61	
5	WYE VALLEY RUNNERS 'B'	102	21	61	
6	HEREFORD COURIERS 'B'	125	20	64	
7	HEREFORD TRIATHLON CLUB	132	19	60	
8	WYE VALLEY RUNNERS 'C'	150	18	50	
9	HAY HOTFOOTERS	177	17	32	
10	PRESTEIGNE PACERS	181	16	28	
11	LUDLOW RUNNERS	182	15	51	
12	HEREFORD COURIERS 'C'	202	14	47	
13	CROFT AMBREY R.C. 'C'	213	13	39	
14	WYE VALLEY RUNNERS 'D'	214	12	39	
15	WYE VALLEY RUNNERS 'E'	249	11	33	
16	WYE VALLEY RUNNERS 'F'	300	10	29	
	LUDLOW RUNNERS 'B'	X	X	18	
	WYE VALLEY RUNNERS 'G'	X	X	15	
	LEDBURY & DISTRICT HARRIERS	X	X	14	
	HEREFORD TRIATHLON CLUB 'B'	X	X	14	
	CROFT AMBREY R.C. 'D'	X	X	10	
<b>RACE 3</b>	<b><u>FFOREST FIELDS</u></b>	<b><u>WOMEN</u></b>	<b>Date</b>	<b>2nd. Dec. 2012</b>	
<b><u>Pos.</u></b>	<b><u>Team</u></b>	<b><u>Race Scores</u></b>	<b><u>Series Points</u></b>	<b><u>Total</u></b>	
1	WYE VALLEY RUNNERS	18	20	59	
2	CROFT AMBREY R.C.	25	19	55	
3	HEREFORD TRIATHLON CLUB	38	18	54	
4	WYE VALLEY RUNNERS 'B'	43	17	49	
5	WYE VALLEY RUNNERS 'C'	73	16	42	
6	HAY HOTFOOTERS	73	15	27	
7	BUILTH & DISTRICT R.C.	77	14	14	
8	PRESTEIGNE PACERS	79	13	34	
9	CROFT AMBREY R.C. 'B'	82	12	27	
10	WYE VALLEY RUNNERS 'D'	114	11	32	
	HEREFORD TRIATHLON CLUB	X	X	32	
	HEREFORD TRIATHLON CLUB	X	X	21	
	LUDLOW RUNNERS	X	X	20	
	HEREFORD COURIERS	X	X	14	
	LUDLOW RUNNERS 'B'	X	X	14	
	WYE VALLEY RUNNERS 'E'	X	X	9	
	HAY HOTFOOTERS 'B'	X	X	8	
	PRESTEIGNE PACERS 'B'	X	X	7	

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Pos	Name	Club	Cat	Time	
1	Tim Iveson	Builth & District R.C.	S.M.	39.08	
2	Eliot Taylor	Hereford Couriers	S.M.	39.21	
3	Luke Mason	Wye Valley Runners	S.M.	39.38	
4	John Pullen	Wye Valley Runners	MV45	39.43	
5	Mike Fawcett	Wye Valley Runners	MV45	40.50	
6	Cliff Berry	Ledbury & District Harriers	MV45	41.01	
7	Stacey Morgan	Croft Ambrey R.C.	S.M.	41.02	
8	Mike Link	Hereford Couriers	MV40	41.14	
9	Mark Lamonby	Croft Ambrey R.C.	S.M.	41.22	
10	Mike Pfeiffer	Builth & District R.C.	MV45	41.34	
11	Simon Norwood	Croft Ambrey R.C.	MV40	41.46	
12	Luke James	Hereford Couriers	S.M.	41.51	
13	Alan Lewis	Wye Valley Runners	MV40	41.57	
14	Jordan McQueen	Croft Ambrey R.C.	S.M.	42.13	
15	Stafford Rees	Rhayader A.C.	MV40	42.19	
16	Adrian Taylor	Presteigne Pacers	MV40	42.35	
17	Russell James	Hereford Couriers	MV45	42.54	
18	Neil Marshman	Wye Valley Runners	S.M.	43.15	
19	Glyn Williams	Croft Ambrey R.C.	MV40	43.31	
20	Jonny Williams	Hereford Triathlon Club	S.M.	44.06	
21	Dave George	Croft Ambrey R.C.	MV40	44.40	
22	Dan Phillips	Wye Valley Runners	S.M.	44.44	
23	Andrew Davies	Croft Ambrey R.C.	J.M.	44.49	
24	James Runchman	Hereford Triathlon Club	MV40	45.32	
25	Dave Williams	Hereford Couriers	MV50	45.33	
26	Neil Lewis	Hereford Couriers	MV45	45.45	
27	Jack Parry	Builth & District R.C.	MV55	46.02	
28	Ben Rees	Croft Ambrey R.C.	S.M.	46.06	
29	Martin Carter	Hay Hotfooters	MV45	46.07	
30	Matt Ansfield	Wye Valley Runners	MV40	46.31	
31	Andy Taylor	Hereford Triathlon Club	MV40	46.58	
32	Paul Bouston	Wye Valley Runners	MV40	47.07	
33	Steve Flowers	Wye Valley Runners	S.M.	47.13	
34	Geoff Kay	Hereford Couriers	MV55	47.29	
35	Paul Elliott	Ludlow Runners	MV45	47.34	
36	Vincent Playdon	Hay Hotfooters	MV40	47.42	
37	Adam Michniok	Wye Valley Runners	S.M.	48.20	
38	Dan Pavitt	Ludlow Runners	MV45	48.22	
39	Kevin Artus	Wye Valley Runners	S.M.	48.27	
40	Steve Herington	Hereford Couriers	MV60	48.36	
41	Matt Taylor	Wye Valley Runners	S.M.	48.41	
42	Chris Howell	Hay Hotfooters	MV45	49.00	
43	Andrew Cromie	Rhayader A.C.	MV45	49.03	
44	Iain Prentice	Ludlow Runners	MV45	49.10	
45	Nigel Clarke	Hereford Couriers	MV40	49.20	
46	Gary Lewis	Presteigne Pacers	MV40	49.47	
47	Steve Littlewood	Hereford Couriers	MV60	50.10	
48	Neil Taylor	Croft Ambrey R.C.	MV55	50.19	
49	Ashley Robinson	Croft Ambrey R.C.	MV60	50.55	
50	Phil Butler	Wye Valley Runners	MV55	51.07	

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<b><u>Pos</u></b>	<b><u>Name</u></b>	<b><u>Club</u></b>	<b><u>Cat</u></b>	<b><u>Time</u></b>
51	Kevin Barnes	Hereford Couriers	MV45	51.52
52	Simon Millichamp	Presteigne Pacers	S.M.	52.04
53	Ian Smith	Wye Valley Runners	MV50	52.06
54	Frank Luscott	Croft Ambrey R.C.	MV55	52.20
55	Chris Mason	Wye Valley Runners	MV45	52.21
56	Sam Clarke	Wye Valley Runners	S.M.	52.34
57	Ian Foster	Hereford Triathlon Club	MV40	53.21
58	Mike Shaw	Wye Valley Runners	MV60	53.22
59	John Forrest	Hereford Couriers	S.M.	53.51
60	Matt Gough	Hereford Triathlon Club	MV40	54.11
61	Simon Oliver	Wye Valley Runners	MV45	54.37
62	Steve Jakeman	Croft Ambrey R.C.	MV45	54.41
63	Tom Davies	Croft Ambrey R.C.	MV60	54.45
64	Ralph Lloyd	Wye Valley Runners	MV50	55.06
65	Clive Richardson	Ludlow Runners	MV55	55.32
66	Peter Smith	Wye Valley Runners	MV60	55.50
67	Bryan Clee	Presteigne Pacers	MV40	56.03
68	Dave Lloyd	Presteigne Pacers	MV55	56.07
69	Sandy Ross	Ludlow Runners	MV60	57.12
70	John Price	Hay Hotfooters	MV55	57.17
71	Andrew Tipton	Ludlow Runners	MV45	57.52
72	Gareth Turner	Ledbury & District Harriers	S.M.	60.42
73	Les Chamberlain	Wye Valley Runners	MV60	60.39
74	Bryan Symonds	Wye Valley Runners	MV70	60.39
75	Alan Nicholls	Hay Hotfooters	MV60	63.24
76	Harry Franklin	Wye Valley Runners	MV75	63.47
77	George Harrison	Wye Valley Runners	MV40	64.25

# Herefordshire Cross Country League 2012-2013

<b>RACE 3</b>	<b><u>FFOREST FIELDS - WOMEN</u></b>	<b>Date</b> 2nd. Dec. 2012
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<b><u>Pos</u></b>	<b><u>Name</u></b>	<b><u>Club</u></b>	<b><u>Cat.</u></b>	<b><u>Time</u></b>
1	Clara Evans	Hereford & County A.C.	J.F.	45.24
2	Claire Thomas	Ludlow Runners	S.F.	47.03
3	Sue Davies	Croft Ambrey R.C.	FV45	47.45
4	Jane Rowlands	Wye Valley Runners	FV50	48.21
5	Irina Dale	Croft Ambrey R.C.	S.F.	48.46
6	Katherine King	Wye Valley Runners	S.F.	49.11
7	Kylie Mansfield	Hereford Triathlon Club	S.F.	51.04
8	Becci Ansfield	Wye Valley Runners	FV35	52.09
9	Kerry Bason	Ludlow Runners	FV40	52.16
10	Celia Speake	Builth & District R.C.	FV45	52.19
11	Bev Bishop	Hereford Couriers	FV40	53.25
12	Sue Sherwood	Wye Valley Runners	FV45	53.32
13	Gill Bamber	Wye Valley Runners	S.F.	53.37
14	Rita Tomkins	Presteigne Pacers	FV50	53.40
15	Jenny Papworth	Hereford Triathlon Club	FV40	53.42
16	Claire Hebblethwaite	Hereford Triathlon Club	FV35	53.53
17	Jo Marriott	Croft Ambrey R.C.	FV40	54.22
18	Sandrine Gorien	Wye Valley Runners	S.F.	54.23
19	Nicola Goodwin	Hereford Triathlon Club	FV35	55.14
20	Sam Harper	Croft Ambrey R.C.	FV35	56.41
21	Angela Price	Hay Hotfooters	FV40	56.45
22	Imme Davies	Hay Hotfooters	FV40	57.28
23	Jan Edwards	Wye Valley Runners	FV55	57.54
24	Lynne Compton	Wye Valley Runners	FV45	58.03
25	Jennifer Jones	Ledbury & District Harriers	FV45	58.12
26	Lucy Thomas	Wye Valley Runners	S.F.	59.19
27	Sarah Coggins	Ledbury & District Harriers	FV50	59.55
28	Margaret Keville	Builth & District R.C.	FV45	61.02
29	Sue Powell	Croft Ambrey R.C.	FV50	61.35
30	Rachel Jones	Hay Hotfooters	FV40	62.24
31	Sarah Wilding	Presteigne Pacers	FV45	62.28
32	Suzannah English	Hay Hotfooters	FV55	62.50
33	Rachel Nelson	Croft Ambrey R.C.	FV40	64.26
34	Deb Clee	Presteigne Pacers	FV40	65.24
35	Cath Holdroyd	Wye Valley Runners	FV50	65.56
36	Katherine Drabble	Hereford Triathlon Club	FV40	67.06
37	Kim Wood	Croft Ambrey R.C.	S.F.	67.50
38	Carole Hooper	Wye Valley Runners	FV50	68.25
39	Helen Jones	Builth & District R.C.	FV45	70.07
40	Jane Kerr	Builth & District R.C.	FV45	70.55
41	Christine Motteram	Wye Valley Runners	FV65	72.18
42	Jo Preece	Presteigne Pacers	FV45	74.22
43	Carol Stocker	Presteigne Pacers	FV55	89.30