

Herefordshire Cross Country League 2012-2013

RACE 4	<u>MONKHALL FARM ----- MEN</u>	Date Jan. 13th. 2013
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	James Richards	Wye Valley Runners	S.M.	44.31
2	Mike Pfeiffer	Builth & District R.C.	MV45	44.35
3	Eliot Taylor	Hereford Couriers	S.M.	45.12
4	Luke Mason	Wye Valley Runners	S.M.	45.27
5	John Pullen	Wye Valley Runners	MV45	45.31
6	Luke James	Hereford Couriers	S.M.	46.37
7	Stafford Rees	Rhayader A.C.	MV40	47.10
8	Simon Norwood	Croft Ambrey R.C.	MV40	47.18
9	Mike Link	Hereford Couriers	MV40	47.34
10	Grzegorz Wisniowski	Hereford Triathlon Club	S.M.	47.41
11	Mike Fawcett	Wye Valley Runners	MV45	47.50
12	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.23
13	Greg Wood	Wye Valley Runners	S.M.	48.26
14	Russell James	Hereford Couriers	MV45	48.41
15	Mark Lamonby	Croft Ambrey R.C.	S.M.	48.58
16	Adrian Taylor	Presteigne Pacers	MV40	49.21
17	Richie Richards	Wye Valley Runners	MV45	49.52
18	Neil Powell	Croft Ambrey R.C.	MV40	50.02
19	Richard Bevan	Monross Trailblazers	S.M.	50.11
20	Glyn Williams	Croft Ambrey R.C.	MV40	50.15
21	Richie Bamford	Hereford Couriers	S.M.	50.27
22	Dave George	Croft Ambrey R.C.	MV40	51.31
23	Barry Davies	Monross Trailblazers	S.M.	51.33
24	Adam Michniok	Wye Valley Runners	S.M.	52.24
25	Dave Williams	Hereford Couriers	MV50	52.33
26	Jack Parry	Builth & District R.C.	MV55	52.41
27	Dan Phillips	Wye Valley Runners	S.M.	52.49
28	Mike Caulfield	Monross Trailblazers	MV40	52.55
29	Andy Taylor	Hereford Triathlon Club	MV40	52.59
30	Andy Broad	Hay Hotfooters	S.M.	53.10
31	Jonny Williams	Hereford Triathlon Club	S.M.	53.15
32	James Runchman	Hereford Triathlon Club	MV40	53.59
33	Paul Price	Croft Ambrey R.C.	S.M.	54.11
34	Mike Stephens	Hereford Triathlon Club	MV50	54.19
35	Andrew Stephens	Monross Trailblazers	S.M.	54.28
36	Ben Rees	Croft Ambrey R.C.	S.M.	54.42
37	John Meadows	Wye Valley Runners	S.M.	54.48
38	Steve Flowers	Wye Valley Runners	S.M.	54.49
39	James Fletcher	Monross Trailblazers	MV45	55.18
40	John Lyden	Ludlow Runners	MV50	55.31
41	Paul Elliott	Ludlow Runners	MV45	55.38
42	David Jamieson	Ludlow Runners	MV45	55.49
43	Paddy Nugent	Wye Valley Runners	MV50	55.59
44	Steve Herington	Hereford Couriers	MV60	56.16
45	Paul Bouston	Wye Valley Runners	MV40	56.45
46	Matt Hall	Monross Trailblazers	MV45	57.15
47	Chris Payne	Hereford Triathlon Club	MV50	57.19
48	Geoff Kay	Hereford Couriers	MV55	57.27
49	Gary Lewis	Presteigne Pacers	MV40	57.36
50	Ben Davies	Wye Valley Runners	J.M.	57.36
51	Mike Morris	Monross Trailblazers	S.M.	57.51
52	Shaun Hayes	Wye Valley Runners	MV50	58.19

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
53	Sam Clarke	Wye Valley Runners	S.M.	58.27
54	Adam Kennerley	Croft Ambrey R.C.	MV45	58.45
55	Matt Gough	Hereford Triathlon Club	MV40	58.45
56	Guy Whitmarsh	Croft Ambrey R.C.	MV65	58.58
57	Phil Butler	Wye Valley Runners	MV55	59.12
58	Chris Mason	Wye Valley Runners	MV45	59.19
59	Paul Kemp	Wye Valley Runners	S.M.	59.36
60	Adie Brown	Presteigne Pacers	MV40	59.52
61	Ashley Robinson	Croft Ambrey R.C.	MV60	59.57
62	Kevin Barnes	Hereford Couriers	MV45	60.09
63	Mike Shaw	Wye Valley Runners	MV60	60.43
64	Frank Luscott	Croft Ambrey R.C.	MV55	60.45
65	Rob Jones	Croft Ambrey R.C.	S.M.	60.52
66	Tim Rawlins	Hay Hotfooters	MV50	62.25
67	Tom Davies	Croft Ambrey R.C.	MV60	62.46
68	Jason Smith	Wye Valley Runners	MV40	63.02
69	Clive Richardson	Ludlow Runners	MV55	63.19
70	Ned Potter	Hereford Triathlon Club	MV50	63.26
71	Simon Oliver	Wye Valley Runners	MV45	64.02
72	Dave Sherwood	Wye Valley Runners	MV55	64.02
73	Peter Smith	Wye Valley Runners	MV60	64.32
74	Tom Bennett	Presteigne Pacers	S.M.	64.57
75	Ralph Lloyd	Wye Valley Runners	MV50	65.02
76	John Price	Hay Hotfooters	MV55	65.25
77	Bryan Clee	Presteigne Pacers	MV40	65.33
78	Ricardo Martins	Wye Valley Runners	S.M.	67.44
79	Ben Marsh	Croft Ambrey R.C.	S.M.	68.27
80	Brian Symonds	Wye Valley Runners	MV70	70.06
81	Steve Turner	Wye Valley Runners	MV50	72.05
82	Les Chamberlain	Wye Valley Runners	MV60	72.19
83	Harry Franklin	Wye Valley Runners	MV75	73.25
84	Gerald Walker	Wye Valley Runners	MV50	73.53
85	George Harrison	Wye Valley Runners	MV40	75.06

Herefordshire Cross Country League 2012-2013

RACE 4	<u>MONKHALL FARM ---- WOMEN</u>	Date <u>Jan. 13th. 2013</u>
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Clara Evans	Hereford & County A.C.	J.F.	50.20
2	Suzanne Turvey	Croft Ambrey R.C.	S.F.	51.17
3	Claire Thomas	Ludlow Runners	S.F.	53.57
4	Sue Davies	Croft Ambrey R.C.	FV45	54.46
5	Katherine King	Wye Valley Runners	S.F.	54.59
6	Jane Rowlands	Wye Valley Runners	FV50	54.59
7	Kylie Mansfield	Hereford Triathlon Club	S.F.	57.06
8	Sarah Holton	Hereford Triathlon Club	FV35	57.31
9	Gemma Mallett	Croft Ambrey R.C.	S.F.	57.34
10	Irina Dale	Croft Ambrey R.C.	S.F.	57.55
11	Ruth Stafford	Croft Ambrey R.C.	FV35	58.14
12	Becci Ansfield	Wye Valley Runners	FV35	59.02
13	Celia Speake	Builth & District R.C.	FV45	61.31
14	Jenny Papworth	Hereford Triathlon Club	FV40	62.08
15	Annie Ransome	Wye Valley Runners	S.F.	62.38
16	Bev Bishop	Hereford Couriers	FV40	63.07
17	Sandrine Gorien	Wye Valley Runners	S.F.	63.28
18	Jodie Broad	Hay Hotfooters	FV35	63.34
19	Nicola Goodwin	Hereford Triathlon Club	FV35	63.38
20	Jo Marriott	Croft Ambrey R.C.	FV40	63.55
21	Rachel Evans	Presteigne Pacers	S.F.	65.03
22	Sharon Edelstyn	Hereford Triathlon Club	FV40	65.04
23	Sam Harper	Croft Ambrey R.C.	FV35	65.16
24	Rita Tomkins	Presteigne Pacers	FV50	66.32
25	Jan Edwards	Wye Valley Runners	FV55	66.47
26	Joyce Warburton	Hereford Triathlon Club	FV40	67.21
27	Lucy Thomas	Wye Valley Runners	S.F.	69.44
28	Lynne Compton	Wye Valley Runners	FV45	69.46
29	Sarah Coggins	Ledbury & District Harriers	FV50	69.57
30	Alison Goodwin	Wye Valley Runners	S.F.	71.10
31	Sarah Jamieson	Ludlow Runners	FV40	71.07
32	Emily Davies	Wye Valley Runners	S.F.	71.12
33	Susannah English	Hay Hotfooters	FV55	71.16
34	Dianne Rowlands	Wye Valley Runners	FV50	73.42
35	Rachel Jones	Hay Hotfooters	FV40	74.12
36	Cath Holdroyd	Wye Valley Runners	FV50	76.45
37	Emma Rawlins	Hay Hotfooters	FV45	80.18
38	Deb Clee	Presteigne Pacers	FV40	80.45
39	Harriet English	Hay Hotfooters	FV55	82.44
40	Jo Preece	Presteigne Pacers	FV45	90.59
41	Maggie Morris	Ludlow Runners	FV50	100.56
Guest	Naomi Prosser	Cardiff University	S.F.	66.36

Hereford Cross Country League 2012-13

RACE 4		<u>MONKHALL FARM</u>		<u>MEN</u>		Date		Jan. 13th. 2013	
<u>Pos</u>	<u>Team</u>			<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>			
1	WYE VALLEY RUNNERS			21	25	99			
2	HEREFORD COURIERS			32	24	97			
3	CROFT AMBREY R.C.			53	23	92			
4	WYE VALLEY RUNNERS 'B'			81	22	83			
5	HEREFORD TRIATHLON CLUB			102	21	81			
6	MONROSS TRAILBLAZERS			105	20	20			
7	CROFT AMBREY R.C. 'B'			111	19	80			
8	HEREFORD COURIERS 'B'			138	18	82			
9	WYE VALLEY RUNNERS 'C'			163	17	67			
10	LUDLOW RUNNERS			192	16	67			
11	PRESTEIGNE PACERS			199	15	43			
12	HEREFORD TRIATHLON CLUB 'B'			206	14	28			
13	WYE VALLEY RUNNERS 'D'			212	13	52			
14	CROFT AMBREY R.C. 'C'			235	12	51			
15	WYE VALLEY RUNNERS 'E'			248	11	44			
16	WYE VALLEY RUNNERS 'F'			291	10	39			
17	WYE VALLEY RUNNERS 'G'			321	9	24			
	HEREFORD COURIERS 'C'			X	X	47			
	HAY HOTFOOTERS			X	X	32			
	LUDLOW RUNNERS 'B'			X	X	18			
<u>Race</u>	<u>MONKHALL FARM</u>			<u>WOMEN</u>		Date		Jan. 13th. 2013	
4									
<u>Pos.</u>	<u>Team</u>			<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>			
1	CROFT AMBREY R.C.			15	20	75			
2	WYE VALLEY RUNNERS			23	19	78			
3	HEREFORD TRIATHLON CLUB			29	18	72			
4	CROFT AMBREY R.C. 'B'			41	17	44			
5	WYE VALLEY RUNNERS 'B'			57	16	65			
6	HEREFORD TRIATHLON CLUB 'B'			67	15	47			
7	LUDLOW RUNNERS			75	14	34			
8	PRESTEIGNE PACERS			83	13	47			
9	WYE VALLEY RUNNERS 'C'			85	12	54			
10	HAY HOTFOOTERS			86	11	38			
11	WYE VALLEY RUNNERS 'D'			102	10	42			
	HEREFORD TRIATHLON CLUB 'C'			X	X	21			
	BUILTH & DISTRICT R.C.			X	X	14			
	HEREFORD COURIERS			X	X	14			
	LUDLOW RUNNERS 'B'					14			