

# Herefordshire Cross Country League 2009-2010

RACE 3	ACONBURY MEN		Date	6th. Dec. '09
Pos	Name	Club	Cat	Time
1	Jonathon Pugh	Builth & District Runners	S.M.	39.25
2	Matt James	Hereford Couriers	S.M.	39.56
3	Luke Mason	Wye Valley Runners	S.M.	40.05
4	Tim Clarke	Hereford Couriers	MV40	40.13
5	Ryan Bevis	Builth & District Runners	S.M.	40.40
6	John Pullen	Wye Valley Runners	MV40	41.12
7	Eliot Taylor	Hereford Couriers	J.M.	41.37
8	Mike Fawcett	Wye Valley Runners	MV40	42.02
9	Barry Thompson	Ledbury & District Harriers	S.M.	42.36
10	Mike Link	Hereford Couriers	S.M.	42.44
11	Jon Barnes N/C	Wye Valley Runners	J.M.	42.51
12	Cliff Berry	Ledbury & District Harriers	MV45	43.03
13	Scott Kennedy	Wye Valley Runners	S.M.	43.17
14	Christian Jones	Wye Valley Runners	S.M.	43.22
15	Max Suff	Hereford Couriers	MV45	43.37
16	Dan Barnett	Croft Ambrey R.C.	S.M.	43.44
17	Jon Tetley	Hereford Triathlon Club	S.M.	44.12
18	Chris Ford	Ledbury & District Harriers	S.M.	44.27
19	Simon Norwood	Croft Ambrey R.C.	S.M.	44.31
20	George Miles	Ludlow Runners	J.M.	44.57
21	Neil Lewis	Hereford Couriers	MV40	46.20
22	Geoff Kay	Hereford Couriers	MV55	46.30
23	Jack Parry	Builth & District Runners	MV55	46.34
24	Jon Utley	Croft Ambrey R.C.	S.M.	46.37
25	Kevin Gummery	Wye Valley Runners	MV50	46.43
26	Glyn Williams	Presteigne Pacers	S.M.	46.46
27	Steve Rooke	Ledbury & District Harriers	MV40	46.49
28	Carl Gilmour	Hay Hotfooters	MV40	46.52
29	Dave Rouse	Croft Ambrey R.C.	S.M.	46.53
30	Chris Law	Ledbury & District Harriers	MV40	46.58
31	Dave Williams	Hereford Couriers	MV45	47.01
32	Mervyn Thomas	Wye Valley Runners	MV55	47.01
33	Tom Waldron	Wye Valley Runners	S.M.	47.05
34	Dave Ameghino	Croft Ambrey R.C.	S.M.	47.20
35	James Llewellyn	Rhayader A.C.	S.M.	47.34
36	Howard Abel	Ledbury & District Harriers	MV45	47.52
37	Dave George	Croft Ambrey R.C.	S.M.	48.42
38	Neil Powell	Croft Ambrey R.C.	S.M.	48.46
39	Steve Littlewood	Hereford Couriers	MV55	48.50
40	Colin Kerfoot	Hereford Triathlon Club	MV40	49.12
41	Bob Morris	Wye Valley Runners	MV55	49.51
42	Chris Fletcher	Wye Valley Runners	S.M.	49.58
43	Steve Herington	Hereford Couriers	MV60	49.59
44	Ian Price	Croft Ambrey R.C.	MV60	50.11
45	Adam Michniok	Wye Valley Runners	S.M.	50.20
46	Richard Wall	Hereford Couriers	MV45	50.26
47	Matt Taylor	Wye Valley Runners	S.M.	50.58
48	Neil Collins	Ludlow Runners	MV50	51.07
49	Kevin Barnes	Hereford Couriers	MV45	51.12
50	Jim Hicks	Wye Valley Runners	S.M.	51.30

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RACE 3		ACONBURY MEN		Date	6th. Dec. '09
Pos	Name	Club	Cat	Time	
51	Ian Smith	Wye Valley Runners	MV45	51.45	
52	Clive Rowberry	Hereford Couriers	MV55	52.17	
53	Tim Rawlins	Hay Hotfooters	MV45	52.29	
54	Ian Davies	Builth & District Runners	MV55	52.31	
55	Guy Whitmarsh	Croft Ambrey R.C.	MV65	52.39	
56	Richard Huffer	Ledbury & District Harriers	S.M.	52.46	
57	Gary Lewis	Presteigne Pacers	MV40	52.56	
58	Tom Davies	Croft Ambrey R.C.	MV60	53.00	
59	Chris Bailey	Wye Valley Runners	MV40	53.05	
60	Mark Adams	Hereford Couriers	MV50	53.14	
61	Phil Jones	Presteigne Pacers	MV50	53.26	
62	Dave Lloyd	Presteigne Pacers	MV50	53.29	
63	Brian Davies	Croft Ambrey R.C.	MV65	53.30	
64	Paul Lewis	Wye Valley Runners	S.M.	53.36	
65	George Harrison	Wye Valley Runners	MV40	53.42	
66	Ian Christy	Hereford Triathlon Club	MV40	54.05	
67	Chris Mason	Wye Valley Runners	MV45	54.06	
68	Andy Westlake	Presteigne Pacers	MV45	54.21	
69	David Horne	Ledbury & District Harriers	MV50	54.22	
70	Ashley Williams	Hay Hotfooters	MV50	54.33	
71	Graham Wood	Ludlow Runners	MV50	54.40	
72	John Price	Hay Hotfooters	MV50	54.47	
73	Frank Luscott	Croft Ambrey R.C.	MV50	55.08	
74	Peter Smith	Wye Valley Runners	MV60	55.44	
75	Nigel Jones	Wye Valley Runners	MV50	56.24	
76	Andrew Cromie	Rhayader A.C.	MV45	56.44	
77	Rob Galpin	Wye Valley Runners	MV50	56.51	
78	Harry Franklin	Wye Valley Runners	MV70	56.58	
79	Nigel Clarke	Hereford Couriers	MV40	57.42	
80	Clive Richardson	Ludlow Runners	MV50	58.06	
81	Simon Lawrence	Hereford Couriers	MV45	58.08	
82	Dave Sherwood	Wye Valley Runners	MV50	58.44	
83	Jason Stuchbery	Ludlow Runners	MV40	59.27	
84	Paul Jones	Rhayader A.C.	MV45	59.39	
85	Mike Shaw	Wye Valley Runners	MV55	65.20	
86	Alan Harray	Hay Hotfooters	MV65	65.37	
87	Mark Dykes	Hereford Triathlon Club	S.M.	68.38	
88	Vince Stroud	Hereford Triathlon Club	MV50	68.38	
89	Andrew Noble	Wye Valley Runners	MV40	71.52	
<b>JUNIOR</b>	Daniel Cox	Hereford & County A.C.	J	39.49	

# Herefordshire Cross Country League 2009-2010

<b>RACE 3</b>	<b>ACONBURY WOMEN</b>	<b>Date</b>	<b>6th. Dec. '09</b>
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<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>	<b>Time</b>
1	Clara Evans	Hereford & County A.C.	J	41.06
2	Susan Marr	Wye Valley Runners	FV45	41.32
3	Nicky Turvey	Croft Ambrey R.C.	FV45	42.51
4	Alison Cooke	Hereford Couriers	FV45	44.44
5	Amy Carwardine	Hereford Couriers	S.F.	44.55
6	Ann Kerby-Collins	Ludlow Runners	FV45	45.01
7	Clare Scott	Hereford Couriers	FV35	45.03
8	Ellie Smith	Presteigne Pacers	J	45.10
9	Jenny Jones	Ledbury & District Harriers	FV40	45.33
10	Nicola Goodwin	Hereford Triathlon Club	FV35	45.38
11	Tracy Wood	Wye Valley Runners	FV45	46.13
12	Tricia Wright	Hereford Triathlon Club	S.F.	46.16
13	Celia Speake	Builth & District Runners	FV40	46.52
14	Mandy Evans	Presteigne Pacers	FV45	46.52
15	Jenny Papworth	Hereford Triathlon Club	FV40	48.02
16	Alison Nicholls	Builth & District Runners	FV45	48.05
17	Naomi Prosser	Hereford & County A.C.	J.F.	48.30
18	Jo Crissal	Hereford Triathlon Club	FV35	49.01
19	Linda White	Hereford Triathlon Club	FV40	49.15
20	Sarah Coggins	Ledbury & District Harriers	FV50	50.44
21	Rachel Nelson	Croft Ambrey R.C.	FV40	51.23
22	Tracey Edwards	Wye Valley Runners	S.F.	51.29
23	Annette Davies	Builth & District Runners	FV40	51.30
24	Liza Austin	Croft Ambrey R.C.	FV45	52.05
25	Julie Suff	Hereford Couriers	S.F.	52.10
26	Sharon Edelstyn	Hereford Triathlon Club	FV40	52.35
27	Felicity Cole	Wye Valley Runners	FV45	53.17
28	Sharon Clarke	Ludlow Runners	FV40	54.49
29	Tina Lavelle	Hay Hotfooters	FV50	55.17
30	Angela Price	Hay Hotfooters	FV35	55.17
31	Michelle Woods	Builth & District Runners	S.F.	56.00
32	Alison Fryer-Jones	Hereford Triathlon Club	FV40	56.15
33	Nondus Banning-Boddy	Rhayader A.C.	FV60	56.16
34	Jan Edwards	Wye Valley Runners	FV50	57.34
35	Sheryl Evans	Hereford & County A.C.	FV40	57.42
36	Kim Wood	Croft Ambrey R.C.	S.F.	58.07
37	Karen Preston	Croft Ambrey R.C.	FV40	58.21
38	Emily Davies	Wye Valley Runners	S.F.	58.26
39	Jo Davies	Wye Valley Runners	S.F.	58.38
40	Christine Motteram	Wye Valley Runners	FV65	59.23
41	Catherine Edwards	Presteigne Pacers	FV40	59.41
42	Emma Rawlins	Hay Hotfooters	FV45	60.48
43	Julia Mason	Hay Hotfooters	FV40	60.55
44	Kath Drabble	Hereford Triathlon Club	FV35	61.31
45	Helen Jones	Builth & District Runners	FV45	63.29
46	Paula Dixon	Hay Hotfooters	FV40	65.32
47	Joanna Hems	Wye Valley Runners	FV35	70.44

# Herefordshire Cross Country League 2009-2010

Race 3	ACONBURY ----- MEN	Date	6th. Dec. 09		
Pos	Team	Race Scores	Series Points	Total	
1	HEREFORD COURIERS	23	20	58	
2	WYE VALLEY RUNNERS	29	19	59	
3	LEDBURY & DISTRICT HARRIERS	63	18	52	
4	BUILTH & DISTRICT RUNNERS	81	17	17	
5	CROFT AMBREY R.C.	84	16	49	
6	HEREFORD COURIERS 'B'	85	15	48	
7	WYE VALLEY RUNNERS 'B'	100	14	42	
8	CROFT AMBREY R.C. 'B'	149	13	35	
9	WYE VALLEY RUNNERS 'C'	171	12	35	
10	HEREFORD COURIERS 'C'	173	11	34	
11	LEDBURY & DISTRICT HARRIERS 'B'	187	10	10	
12	PRESTEIGNE PACERS	202	9	28	
13	HEREFORD TRIATHLON CLUB	206	8	40	
14	LUDLOW RUNNERS	215	7	26	
15	HAY HOTFOOTERS	219	6	15	
16	WYE VALLEY RUNNERS 'D'	220	5	19	
17	CROFT AMBREY R.C. 'C'	245	4	21	
18	HEREFORD COURIERS 'D'	268	3	3	
19	WYE VALLEY RUNNERS 'E'	277	2	8	
20	WYE VALLEY RUNNERS 'F'	318	1	5	
	RHAYADER A.C.	X	X	14	
	CROFT AMBREY R.C. 'D'	X	X	5	
	HEREFORD TRIATHLON CLUB 'B'	X	X	4	
RACE 3	ACONBURY	WOMEN	Date	6th. Dec. 09	
Pos.	Team	Race Scores	Series Points	Total	
1	HEREFORD COURIERS	16	10	30	
2	WYE VALLEY RUNNERS	35	9	27	
3	HEREFORD TRIATHLON CLUB	37	8	21	
4	CROFT AMBREY R.C.	48	7	19	
5	BUILTH & DISTRICT RUNNERS	52	6	11	
6	HEREFORD & COUNTY A.C.	53	5	13	
7	HEREFORD TRIATHLON CLUB 'B'	63	4	11	
8	PRESTEIGNE PACERS	63	3	3	
9	WYE VALLEY RUNNERS 'B'	99	2	9	
10	HAY HOTFOOTERS	101	1	3	
11	WYE VALLEY RUNNERS 'C'	126	X	X	
	LUDLOW RUNNERS	X	X	7	
	RHAYADER A.C.	X	X	3	