

Hereford Cross Country League 2008-09

RACE 3	CROFT CASTLE	MEN	Date	30th. Nov '08
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
1	WYE VALLEY RUNNERS	16	20	60
2	HEREFORD COURIERS	37	19	57
3	CROFT AMBREY R.C.	61	18	54
4	WYE VALLEY RUNNERS 'B'	76	17	47
5	HEREFORD TRIATHLON CLUB	86	16	38
6	LEDBURY & DISTRICT HARRIERS	100	15	47
7	LUDLOW RUNNERS	105	14	45
8	HEREFORD COURIERS 'B'	108	13	44
9	PRESTEIGNE PACERS	158	12	35
10	HEREFORD COURIERS 'C'	172	11	32
11	WYE VALLEY RUNNERS 'C'	175	10	26
12	CROFT AMBREY R.C. 'B'	203	9	31
13	LUDLOW RUNNERS 'B'	206	8	29
14	WYE VALLEY RUNNERS 'D'	222	7	13
15	LUDLOW RUNNERS 'C'	250	6	18
16	WYE VALLEY RUNNERS 'E'	251	5	8
	HEREFORD COURIERS 'D'	X	X	7
	RHAYADER A.C.	X	X	6
	CROFT AMBREY R.C. 'C'	X	X	5

RACE 3	CROFT CASTLE	WOMEN	Date	30th. Nov '08
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
1	HEREFORD COURIERS	12	10	30
2	HEREFORD & COUNTY A.C.	18	9	18
3	CROFT AMBREY R.C.	22	8	24
4	LUDLOW RUNNERS	51	7	22
5	BUILTH & DISTRICT RUNNERS	54	6	12
6	PRESTEIGNE PACERS	58	5	9
7	WYE VALLEY RUNNERS	60	4	14
8	HEREFORD TRIATHLON CLUB	64	3	13
9	CROFT AMBREY R.C. 'B'	84	2	3
	LUDLOW RUNNERS 'B'	x	x	10

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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
	WYE VALLEY RUNNERS 'B'	x	x	4
	LUDLOW RUNNERS 'C'	x	x	2
	WYE VALLEY RUNNERS 'C'	x	x	2
	HEREFORD TRIATHLON CLUB 'B'	x	x	1

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RACE 3	CROFT CASTLE MEN	Date	Nov. 30th. '08
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	50.14
2	Christian Jones	Wye Valley Runners	S.M.	50.44
3	John Pullen	Wye Valley Runners	MV40	51.15
4	Luke Mason	Wye Valley Runners	S.M.	51.32
5	Cliff Berry	Ledbury & District Harriers	MV45	51.38
6	Simon Norwood	Ludlow Runners	S.M.	52.17
7	Stuart Moore	Wye Valley Runners	S.M.	52.41
8	Stacey Morgan	Croft Ambrey R.C.	S.M.	52.59
9	Eliot Taylor	Hereford Couriers	J.M.	53.07
10	Andy Taylor	Hereford Triathlon Club	S.M.	53.15
11	Bill Lloyd	Hereford Couriers	S.M.	53.21
12	Richie Richards	Wye Valley Runners	MV45	53.47
13	Richard Hornsby	Croft Ambrey R.C.	S.M.	54.33
14	Mike Fawcett	Wye Valley Runners	MV40	54.43
15	Stafford Rees	Rhayader A.C.	S.M.	54.52
16	Dave Williams	Hereford Couriers	MV45	55.09
17	Dave Moss	Croft Ambrey R.C.	MV40	55.26
18	Mark Sims	Hereford Triathlon Club	S.M.	55.50
19	Mike Link	Hereford Couriers	S.M.	55.56
20	Kevin Gummery	Wye Valley Runners	MV50	56.12
21	Jon Tetley	Hereford Triathlon Club	S.M.	56.18
22	Tim Iveson	Builth & District Runners	S.M.	56.25
23	Simon Powney	Croft Ambrey R.C.	S.M.	56.55
24	Glyn Williams	Presteigne Pacers	S.M.	57.16
25	Matthew Trouson	Ludlow Runners	J.M.	57.32
26	Stuart Morrish	Hereford Couriers	MV40	58.27
27	Chris Law	Ledbury & District Harriers	MV40	58.30
28	Gary Lewis	Presteigne Pacers	S.M.	58.32
29	Paul Elliot	Ludlow Runners	MV40	58.40
30	Adam Michniok	Wye Valley Runners	S.M.	59.10
31	Neil Lewis	Hereford Couriers	MV40	59.56
32	Ashley Cooke	Hereford Couriers	MV50	60.10
33	Mike Sutton	Ledbury & District Harriers	MV40	60.20
34	Ade Brown	Presteigne Pacers	S.M.	60.34
35	Richard Huffer	Ledbury & District Harriers	S.M.	60.42
36	Jack Parry	Builth & District Runners	MV50	61.25
37	Ian Rivers	Hereford Triathlon Club	MV40	61.34
38	Steve Herington	Hereford Couriers	MV60	61.49
39	Geoff Kay	Hereford Couriers	MV55	61.53
40	Paul Bouston	Wye Valley Runners	MV40	63.38
41	Stuart Dewar	Wye Valley Runners	S.M.	63.50
42	Tom Davies	Croft Ambrey R.C.	MV60	63.57
43	Neil Taylor	Croft Ambrey R.C.	MV50	64.28
44	Ian Smith	Wye Valley Runners	MV45	64.34
45	Stuart Hendren	Ludlow Runners	S.M.	64.46
46	Mark Adams	Hereford Couriers	MV50	65.13
47	Graham Wood	Ludlow Runners	MV50	65.30
48	Pete Bryant	Ludlow Runners	S.M.	65.53
49	Kevin Barnes	Hereford Couriers	MV45	65.57
50	Robin Bereza	Wye Valley Runners	MV55	66.03
51	David Horne	Ledbury & District Harriers	MV50	66.13

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
52	Gary Gunner	Croft Ambrey R.C.	MV60	66.59	
53	David Blenkarn	Ludlow Runners	MV45	67.13	
54	Harry Franklin	Wye Valley Runners	MV70	67.22	
55	Chris Mason	Wye Valley Runners	MV40	68.55	
56	Ralph Lloyd	Wye Valley Runners	MV45	68.59	
57	Peter Smith	Wye Valley Runners	MV60	69.01	
58	Jeremy Bowlen	Ludlow Runners	MV40	69.08	
59	Neil Turner	Wye Valley Runners	MV40	69.56	
60	Steve Jarrett	Ludlow Runners	S.M.	70.28	
61	John Maddy	Wye Valley Runners	MV40	70.50	
62	Vaughan Griffiths	Ludlow Runners	MV40	71.07	
63	Mark Wadsworth	Ludlow Runners	MV45	71.31	
64	George Harrison	Wye Valley Runners	S.M.	71.59	
65	Robert Monteith	Ludlow Runners	MV45	72.02	
66	Brian Davies	Croft Ambrey R.C.	MV65	73.59	
67	Bill Griffiths	Wye Valley Runners	MV55	73.59	
68	David Jones	Builth & District Runners	S.M.	75.20	
69	Simon Barton	Hereford Couriers	MV40	76.24	
70	Chris Morgan	Ludlow Runners	MV50	78.14	
71	Nigel Clarke	Hereford Couriers	S.M.	78.37	
72	Phil Jones	Presteigne Pacers	MV50	81.06	
73	Bryan Markham	Croft Ambrey R.C.	MV65	81.06	
<u>Guest</u>	Pawel Gradowicz	Ledbury & District Harriers	S.M.	54.38	
<u>JUNIORS</u>					
1	Jon Barnes	Hereford & County A.C.	J	33.02	
2	Joe Maddy	Hereford & County A.C.	J	37.36	

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Pos	Name	Club	Cat	Time
1	Clara Evans	Hereford & County A.C.	J	33.55
2	Suzanne Turvey	Croft Ambrey R.C.	J.F.	34.58
3	Lisa Quinn	Hereford Couriers	S.F.	35.35
4	Alison Cooke	Hereford Couriers	FV45	36.32
5	Nikki Edwards	Hereford Couriers	FV35	36.53
6	Christie Jones	Hereford & County A.C.	J	37.07
7	Nicky Turvey	Croft Ambrey R.C.	FV45	37.18
8	Celia Speake	Builth & District Runners	FV40	37.44
9	Mandy Evans	Presteigne Pacers	FV45	38.13
10	Jayne Littlewood	Hereford Couriers	FV50	38.15
11	Bethan Mills	Hereford & County A.C.	J	38.24
12	Emma Mathews	Builth & District Runners	S.F.	39.24
13	Cei Slade-Jones	Croft Ambrey R.C.	FV35	40.04
14	Juliet Wheatley	Ludlow Runners	FV35	40.32
15	Imme Davies	Wye Valley Runners	FV35	40.51
16	Sharon Edelstyn	Hereford Triathlon Club	FV35	41.15
17	Jo Crissal	Hereford Triathlon Club	FV35	41.20
18	Shelly Perkins	Ludlow Runners	S.F.	41.28
19	Zara Burford	Ludlow Runners	S.F.	41.42
20	Emma Gwilliam	Wye Valley Runners	S.F.	41.46
21	Naomi Prosser	Hereford & County A.C.	J	42.16
22	Sarah Coggins	Ledbury & District Harriers	FV45	43.21
23	Nicky Lewis	Presteigne Pacers	S.F.	43.36
24	Rachel Nelson	Croft Ambrey R.C.	FV40	43.42
25	Tracy Edwards	Wye Valley Runners	S.F.	44.30
26	Carrie Tomkins	Presteigne Pacers	S.F.	45.17
27	Rita Tomkins	Presteigne Pacers	FV45	45.17
28	Karen Preston	Croft Ambrey R.C.	FV35	45.28
29	Jan Edwards	Wye Valley Runners	FV50	46.03
30	Sue Williams	Ludlow Runners	S.F.	46.12
31	Alison Fryer-Jones	Hereford Triathlon Club	FV40	46.14
32	Catherine Percival	Croft Ambrey R.C.	S.F.	46.30
33	Christine Motteram	Wye Valley Runners	FV60	46.44
34	Lisa Weetman	Builth & District Runners	S.F.	46.50
35	Caroline Jones	Builth & District Runners	FV40	47.11
36	Kim Wood	Croft Ambrey R.C.	S.F.	48.15
37	Sharon Clarke	Ludlow Runners	FV40	52.24