

Herefordshire Cross Country League 2019-2020

<u>RACE 5</u>	<u>PRESTEIGNE MEN</u>		<u>Date</u>	<u>Feb. 2nd. 2020</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	46.45
2	Jon Barnes	Hereford Couriers	S.M.	46.49
3	Oliver Perratt	Ludlow Runners	S.M.	46.50
4	Gareth Leek	Croft Ambrey R.C.	S.M.	48.04
5	Mark Lamonby	Croft Ambrey R.C.	S.M.	48.05
6	Mike Pfeiffer	Builth & District R.C.	MV50	48.19
7	Tim Davies	Maldwyn Harriers	MV40	48.28
8	Clive Morgan	Maldwyn Harriers	MV40	48.37
9	Wyndham Turner	Builth & District R.C.	S.M.	48.44
10	Andy Fisher	Hereford Triathlon Club	MV45	48.49
11	Neil Godsell	Maldwyn Harriers	S.M.	49.04
12	Carwyn Owen	Maldwyn Harriers	J.M.	49.37
13	Keith Evans	Malvern Buzzards	MV50	49.42
14	Jamie Shingler	Ludlow Runners	MV45	49.48
15	Sam Butler	Presteigne Pacers	S.M.	50.24
16	Christian Jones	Wye Valley Runners	MV45	50.55
17	Christian Dowle	Malvern Buzzards	MV50	51.51
18	Richard Edwards	Builth & District R.C.	S.M.	51.59
19	Will Gore	Croft Ambrey R.C.	S.M.	52.21
20	Dean Jones	Hereford Triathlon Club	S.M.	52.25
21	Jake Underhill	Hereford Couriers	MV40	52.35
22	Ian Whistance	Wye Valley Runners	MV45	53.05
23	Jeremy Jehan	Wye Valley Runners	MV45	53.06
24	Dan Lewis	Wye Valley Runners	MV40	53.25
25	Adrian Taylor	Presteigne Pacers	MV50	53.44
26	Ross Cameron	Hereford Couriers	S.M.	53.47
27	Jonathan Sims	Builth & District R.C.	S.M.	53.52
28	Darren Broady	Hereford Couriers	S.M.	54.05
29	Garry Jones	Maldwyn Harriers	MV45	54.12
30	Ryan Lawrence	Hereford Couriers	S.M.	54.17
31	Steve Hepton	Builth & District R.C.	MV40	54.20
32	Gary Jarman	Maldwyn Harriers	MV50	54.21
33	Darren Jarman	Maldwyn Harriers	MV40	54.28
34	Glyn Williams	Croft Ambrey R.C.	MV45	54.35
35	Michael Murray	Maldwyn Harriers	S.M.	54.52
36	Conrad Lawson	Hereford Triathlon Club	MV45	55.17
37	Stafford Rees	Builth & District R.C.	MV45	55.21
38	Matt Moffatt	Croft Ambrey R.C.	MV40	55.59
39	Nigel Taylor	Croft Ambrey R.C.	MV50	56.05
40	Eric Apperley	Croft Ambrey R.C.	S.M.	56.30
41	Andy Taylor	Hereford Triathlon Club	MV45	56.33
42	Paul Beeson	Maldwyn Harriers	MV50	56.36
43	Richard Bevan	MonRoss Trailblazers	MV45	56.45
44	David O'Connell	Presteigne Pacers	S.M.	56.49
45	Phill Griffiths	Malvern Buzzards	S.M.	57.02
46	Peter Koval	Hereford Triathlon Club	S.M.	57.32
47	Martin Scrivens	MonRoss Trailblazers	MV40	57.50

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48	Jasper Robinson	Croft Ambrey R.C.	J.M.	57.59
49	Tom Thorneycroft	Hay Hotfooters	MV40	58.03
50	Chris Law	Ledbury & District Harriers	MV50	58.13
51	James Bowers	Hereford Triathlon Club	S.M.	58.43
52	Stephen Hambridge	Builth & District R.C.	MV40	58.55
53	Greg Jones	Croft Ambrey R.C.	MV45	59.03
54	Andy Stephens	MonRoss Trailblazers	MV45	59.34
55	Martin Carter	Hay Hotfooters	MV50	59.35
56	Ian Chubb	Ludlow Runners	MV50	59.44
57	David Wilson	Ledbury & District Harriers	MV40	60.09
58	Gareth Lloyd	Presteigne Pacers	S.M.	60.22
59	Simon Ward	Croft Ambrey R.C.	MV40	60.40
60	Paul Mammatt	Hereford Triathlon Club	MV50	60.47
61	Stuart Austin	Croft Ambrey R.C.	MV50	60.58
62	Chris North	Hay Hotfooters	MV55	61.00
63	Danny Beeson	Maldwyn Harriers	S.M.	62.20
64	Glyn Fletcher	Maldwyn Harriers	MV55	62.29
65	Kevin Jones	Maldwyn Harriers	MV40	62.44
66	David Francis	Builth & District R.C.	MV45	62.45
67	Marc Kendrick	Wye Valley Runners	S.M.	63.00
68	Steve Mesham	Presteigne Pacers	MV45	63.06
69	Dai Harris	Builth & District R.C.	S.M.	63.26
70	Dan Pavitt	Ludlow Runners	MV50	63.28
71	Edward Davies	Maldwyn Harriers	MV60	63.50
72	James Hinton	Ludlow Runners	MV40	64.10
73	Martin Green	Maldwyn Harriers	MV60	64.15
74	Mike Powell	Croft Ambrey R.C.	MV45	64.46
75	Ashley Robinson	Croft Ambrey R.C.	MV65	64.55
76	Mark Paviour	Croft Ambrey R.C.	MV55	65.12
77	David Manuel	Maldwyn Harriers	MV45	65.29
78	Ifan Jones	Maldwyn Harriers	MV50	65.44
79	John Jaspers	Croft Ambrey R.C.	MV50	65.59
80	Ian Price	Croft Ambrey R.C.	MV70	66.05
81	Piotr Strzesak	Presteigne Pacers	MV60	66.54
82	David Horne	Ledbury & District Harriers	MV60	67.07
83	Ashley Davies	Wye Valley Runners	S.M.	67.40
84	Brian Morgan	Hay Hotfooters	MV50	67.47
85	Christian Prynne	Builth & District R.C.	S.M.	67.54
86	Andrew Sherlock	Maldwyn Harriers	MV50	68.07
87	Bryn Roberts	Croft Ambrey R.C.	MV45	68.41
88	Brent Lowson	Wye Valley Runners	MV55	68.59
89	Scott Hardie	Croft Ambrey R.C.	S.M.	69.26
90	Mark Dempsey	Wye Valley Runners	MV65	69.51
91	Thomas Powell	Ludlow Runners	S.M.	70.37
92	Chris Padfield	Ledbury & District Harriers	MV45	70.44
93	Rob Wood	Croft Ambrey R.C.	MV60	70.46
94	Ben Wood	Maldwyn Harriers	S.M.	72.43
95	Roy Williams	Rhayader R.C.	MV55	73.28
96	Peter Cartwright	Ludlow Runners	MV60	73.54
97	Kevin Barnes	Hereford Couriers	MV55	74.26
98	Gary Gunner	Croft Ambrey R.C.	MV70	76.53
99	Owen Cooper	Builth & District R.C.	MV70	77.32
100	John Gibson	Hay Hotfooters	MV65	78.09

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101	Roland Preece	Croft Ambrey R.C.	MV50	79.24
102	Ralph Lloyd	Wye Valley Runners	MV55	80.01
103	Mick Collins	Hay Hotfooters	MV50	82.27
104	Ian Foster	Hereford Triathlon Club	MV45	90.58
105	Stephen Vaughan	Hereford Triathlon Club	MV45	90.58
	SHORTER COURSE			
1	Guy Whitmarsh	Croft Ambrey R.C.	MV75	43.32
2	Tom Davies	Croft Ambrey R.C.	MV70	51.31
3	Brian Symonds	Wye Valley Runners	MV75	52.17
4	Tim Wain-Hobson	Croft Ambrey R.C.	MV65	57.21
5	Cliff Rose	Wye Valley Runners	MV65	60.12
6	Bryan Markham	Croft Ambrey R.C.	MV75	69.58
7	David Haynes	Ludlow Runners	MV75	89.49
	JUNIORS (U 17)			
1	Patrick Morgan	Hay Hotfooters	U17	32.00
2	Joe Collins	Hay Hotfooters	U17	32.50