

Herefordshire Cross Country League 2019-2020

<u>RACE 2</u>	<u>CROFT CASTLE MEN</u>		<u>Date</u>	<u>Nov. 10th. 2019</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Jonny Pugh	Builth & District R.C.	S.M.	50.43
2	Oliver Perratt	Ludlow Runners	S.M.	51.38
3	Gareth Leek	Croft Ambrey R.C.	S.M.	52.08
4	Mike Pfeiffer	Builth & District R.C.	MV50	52.15
5	Joseph Murray	Maldwyn Harriers	S.M.	52.19
6	Mark Lamonby	Croft Ambrey R.C.	S.M.	53.24
7	Wyndham Turner	Builth & District R.C.	S.M.	53.35
8	Phil Morris	Builth & District R.C.	MV40	53.39
9	Clive Morgan	Maldwyn Harriers	MV40	54.08
10	Jack Wilson	Croft Ambrey R.C.	S.M.	54.23
11	Andy Fisher	Hereford Triathlon Club	MV45	54.32
12	Carwyn Owen	Maldwyn Harriers	J.M.	54.46
13	Jamie Coombes	Wye Valley Runners	S.M.	55.08
14	Christian Dowle	Malvern Buzzards	MV50	55.14
15	Luke Gray	MonRoss Trailblazers	S.M.	55.38
16	Christian Jones	Wye Valley Runners	MV45	56.21
17	Gavin Jones	MonRoss Trailblazers	S.M.	56.27
18	Richard Edwards	Builth & District R.C.	S.M.	56.47
19	Richard Williams	Wye Valley Runners	S.M.	57.06
20	Dan Lewis	Wye Valley Runners	MV40	57.08
21	Jacob Iveson	Builth & District R.C.	S.M.	58.30
22	Jake Underhill	Hereford Couriers	MV40	58.43
23	Jeremy Jehan	Wye Valley Runners	MV45	58.58
24	Will Gore	Croft Ambrey R.C.	S.M.	59.06
25	Simeon Foreman	Malvern Buzzards	MV45	59.07
26	Barry Davies	MonRoss Trailblazers	MV40	59.16
27	Sam Butler	Presteigne Pacers	S.M.	59.30
28	Jonathan Sims	Builth & District R.C.	S.M.	59.35
29	Michael Murray	Maldwyn Harriers	S.M.	59.50
30	Glyn Williams	Croft Ambrey R.C.	MV45	60.13
31	Nigel Mason	Croft Ambrey R.C.	S.M.	60.37
32	Paul Beeson	Maldwyn Harriers	MV50	60.58
33	Steve Hepton	Builth & District R.C.	MV40	61.08
34	Garry Jones	Maldwyn Harriers	MV45	61.12
35	Peter Koval	Hereford Triathlon Club	S.M.	61.15
36	Nigel Taylor	Croft Ambrey R.C.	MV50	61.16
37	Conrad Lawson	Hereford Triathlon Club	MV45	61.23
38	Richard Hughes	Hereford Couriers	MV55	61.30
39	Gareth Davies	Maldwyn Harriers	MV55	61.46
40	Neil Grinnell	Ledbury & District Harriers	MV40	61.52
41	Matt Moffatt	Croft Ambrey R.C.	MV40	62.06
42	Grant Womack	Croft Ambrey R.C.	S.M.	62.20
43	Paul Jones	Hereford Couriers	MV45	62.27
44	Andy Taylor	Hereford Triathlon Club	MV45	62.34
45	James Davies	Malvern Joggers	S.M.	62.42
46	Sam Burnage	Malvern Buzzards	MV45	62.50
47	Richard Bevan	MonRoss Trailblazers	MV45	63.10
48	Tom Thorneycroft	Hay Hotfooters	MV40	63.30
49	Martin Scrivens	MonRoss Trailblazers	MV40	64.25
50	David Wilson	Ledbury & District Harriers	MV40	65.08
51	Ian Chubb	Ludlow Runners	MV50	65.16
52	Neil Warne	Malvern Joggers	S.M.	65.26

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
53	Jasper Robinson	Croft Ambrey R.C.	J.M.	65.26
54	Stafford Rees	Builth & District R.C.	MV45	65.34
55	Greg Jones	Croft Ambrey R.C.	MV45	65.41
56	Steve Mesham	Presteigne Pacers	MV45	65.57
57	Lee Monks	Ludlow Runners	S.M.	66.10
58	Ben Toon	Malvern Joggers	MV40	66.22
59	Martin Carter	Hay Hotfooters	MV50	67.10
60	Paul White	Malvern Buzzards	MV45	67.22
61	Dave Williams	Hereford Couriers	MV55	67.23
62	Glyn Fletcher	Maldwyn Harriers	MV55	67.27
63	Nick Yarworth	Malvern Joggers	MV60	67.31
64	Kevin Jones	Maldwyn Harriers	MV40	67.57
65	Eric Apperley	Croft Ambrey R.C.	S.M.	68.16
66	Colin Lancaster	Ludlow Runners	MV55	68.22
67	James Bowers	Hereford Triathlon Club	S.M.	68.42
68	Paddy Nugent	Wye Valley Runners	MV55	68.44
69	Dan Pavitt	Ludlow Runners	MV50	68.52
70	Will Ford	Hay Hotfooters	MV40	69.00
71	David Manuel	Maldwyn Harriers	MV45	69.11
72	Brian Morgan	Hay Hotfooters	MV50	69.33
73	Ashley Robinson	Croft Ambrey R.C.	MV65	69.37
74	James Hinton	Ludlow Runners	MV40	69.46
75	Paul Thomas	Maldwyn Harriers	MV55	70.01
76	Stuart Austin	Croft Ambrey R.C.	MV55	70.15
77	Dai Harris	Builth & District R.C.	S.M.	70.23
78	Kevin Artus	Wye Valley Runners	MV40	70.38
79	Andrew Brown	Malvern Joggers	MV45	70.41
80	Chris North	Hay Hotfooters	MV55	70.43
81	Steve Herington	Hereford Couriers	MV70	71.05
82	Stephen Vaughan	Hereford Triathlon Club	MV45	71.12
83	Stephen Goodridge	Hay Hotfooters	MV55	71.28
84	Ian Price	Croft Ambrey R.C.	MV70	71.55
85	Russ Wood	Presteigne Pacers	S.M.	72.33
86	Tim Jones	Croft Ambrey R.C.	MV50	73.16
87	John Warburton	Hay Hotfooters	MV50	73.27
88	David Horne	Ledbury & District Harriers	MV60	73.38
89	Fred Powell	Builth & District R.C.	S.M.	73.41
90	Clive Richardson	Ludlow Runners	MV60	73.56
91	Marc Kendrick	Wye Valley Runners	S.M.	74.25
92	Tony Champken	Wye Valley Runners	MV60	74.49
93	Edward Davies	Maldwyn Harriers	MV60	75.08
94	Martin Williams	Ledbury & District Harriers	S.M.	75.14
95	John Jaspers	Croft Ambrey R.C.	MV50	75.32
96	Piotr Strzesak	Presteigne Pacers	MV60	75.59
97	Andrew Sherlock	Maldwyn Harriers	MV50	76.16
98	Brent Lowson	Wye Valley Runners	MV55	76.18
99	Iain Hutchinson	Hereford Triathlon Club	S.M.	77.21
100	Richard Lambert	Malvern Buzzards	MV45	77.50
101	Paul Tree	Hay Hotfooters	MV50	78.03
102	Steve Davies	Rhayader R.C.	MV45	78.31
103	Ian Gray	MonRoss Trailblazers	MV55	79.06
104	Steve Orrells	Maldwyn Harriers	MV65	79.22
105	Rob Wood	Croft Ambrey R.C.	MV60	80.38

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
106	Ian Fuller	Malvern Joggers	MV45	80.54
107	Saul Phillips	Ludlow Runners	S.M.	82.00
108	Bryn Roberts	Croft Ambrey R.C.	MV45	83.09
109	Will Turnbull	Malvern Joggers	MV40	83.54
110	Mike Anstey	Malvern Buzzards	MV60	85.30
111	Kevin Barnes	Hereford Couriers	MV55	85.45
112	Mark Williams	Croft Ambrey R.C.	MV55	85.51
113	Sandy Ross	Ludlow Runners	MV65	86.38
114	Martyn Rosser	Hay Hotfooters	MV65	86.48
115	Ralph Lloyd	Wye Valley Runners	MV55	89.56
116	John Price	Hay Hotfooters	MV60	90.38
117	Ashley Davies	Wye Valley Runners	S.M.	91.50
118	John Gibson	Hay Hotfooters	MV65	94.12
119	Brian Davies	Croft Ambrey R.C.	MV75	94.35
120	Tom Davies	Croft Ambrey R.C.	MV70	96.44
121	Nick Paviour	Croft Ambrey R.C.	S.M.	97.38
<u>JNRS. (U17)</u>				
1	Joe Collins	Hay Hotfooters	U.17	32.21
2	Patrick Morgan	Hay Hotfooters	U.17	32.45
3	Deiniol Owen	Maldwyn Harriers	U.17	38.11

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Hannah Lancaster	Croft Ambrey R.C.	J.F.	35.10	
2	Gemma Mallett	Croft Ambrey R.C.	S.F.	35.26	
3	Amy Fulford	Ludlow Runners	FV45	35.39	
4	Natalie Taylor	Builth & District R.C..	FV35	36.43	
5	Jo Rees	Builth & District R.C..	FV45	37.11	
6	Laura Lelievre	MonRoss Trailblazers	S.F.	37.23	
7	Sarah Christensen	Hay Hotfooters	FV35	37.49	
8	Emma Bayliss	Builth & District R.C..	FV35	38.13	
9	Robyn Gore	Croft Ambrey R.C.	S.F.	38.25	
10	Tia Froom	Hereford Triathlon Club	U.17	38.40	
11	Kelly Bowen	Croft Ambrey R.C.	S.F.	38.51	
12	Kate Elkington	Ledbury & District Harriers	FV50	39.04	
13	Emma Jones	Croft Ambrey R.C.	FV45	39.16	
14	Jenny Evans	Maldwyn Harriers	FV35	40.07	
15	Claire Abel	Maldwyn Harriers	FV40	40.36	
16	Paola Sestito	Malvern Buzzards	FV40	40.38	
17	Amy Smith	Hereford Couriers	FV35	40.39	
18	Louisa Foti	Wye Valley Runners	FV45	41.12	
19	Jenny Farrow	Builth & District R.C..	FV40	41.15	
20	Jo Marriott	Croft Ambrey R.C.	FV50	41.26	
21	Emma Morris	Croft Ambrey R.C.	S.F.	41.31	
22	Naomi Perkins	Croft Ambrey R.C.	S.F.	41.54	
23	Caroline Morgan	Maldwyn Harriers	FV40	41.59	
24	Kelly Griffiths	Maldwyn Harriers	FV40	42.17	
25	Kate Mills	Builth & District R.C..	S.F.	42.20	
26	Katie Belcher	Croft Ambrey R.C.	S.F.	42.33	
27	Suzanne Rowlands	Maldwyn Harriers	FV40	42.59	
28	Nicola Goodwin	Hereford Triathlon Club	FV45	43.15	
29	Samantha Harper	Croft Ambrey R.C.	FV45	43.36	
30	Catherine Bradley	Maldwyn Harriers	FV35	43.54	
31	Gunvor Troelsen	Builth & District R.C..	FV55	44.15	
32	Lauren Williams	Wye Valley Runners	S.F.	44.19	
33	Lynne Compton	Wye Valley Runners	FV50	44.44	
34	Sara Lake	Hay Hotfooters	FV45	44.57	
35	Amy Greaves	Rhayader R.C.	FV35	45.06	
36	Sue Powell	Croft Ambrey R.C.	FV55	45.07	
37	Harriet Jones	Hereford Triathlon Club	J.F.	45.22	
38	Sarah Wilding	Presteigne Pacers	FV50	45.25	
39	Katie Jones	Croft Ambrey R.C.	FV35	45.31	
40	Diane Wynne	Croft Ambrey R.C.	FV50	45.38	
41	Judith Park	Builth & District R.C..	FV45	45.41	
42	Sharon Lindesay	Hay Hotfooters	FV50	45.41	
43	Jayne Breeze	Maldwyn Harriers	FV45	45.46	
44	Liza Austin	Croft Ambrey R.C.	FV55	45.54	
45	Lucy Wilding	Croft Ambrey R.C.	S.F.	45.56	
46	Charlotte Hart	Ludlow Runners	FV45	46.09	
47	Helen Owen	Maldwyn Harriers	FV45	46.09	
48	Dana Machackova	Hereford Triathlon Club	S.F.	46.44	
49	Rachel Butler	Maldwyn Harriers	FV55	46.48	
50	Carys Breeze	Maldwyn Harriers	U.17	46.51	
51	Tina Cartwright	Ludlow Runners	FV60	47.11	
52	Rebecca O'Shea	Maldwyn Harriers	FV45	47.24	
53	Suzie Lane	Malvern Joggers	FV50	47.38	

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
54	Bryony Dean	Hereford Couriers	FV40	47.46	
55	Billy Smallwood	Wye Valley Runners	FV55	47.53	
56	Steph King	Croft Ambrey R.C.	FV55	48.03	
57	Sharon Collins	Hay Hotfooters	FV55	48.07	
58	Claire Webb	Ludlow Runners	FV45	48.25	
59	Louise Reynolds	Croft Ambrey R.C.	FV50	48.31	
60	Liz Davies-Ward	Hereford Triathlon Club	FV55	48.34	
61	Laura Perratt	Ludlow Runners	FV50	48.57	
62	Flora Gunner	Croft Ambrey R.C.	FV55	49.13	
63	Barbara Gawlak	Malvern Joggers	S.F.	49.40	
64	Elizabeth Whitmarsh	Ludlow Runners	FV35	49.45	
65	Jill Hillman	Maldwyn Harriers	FV60	50.17	
66	Trudy Macklin	Hereford Triathlon Club	FV45	50.33	
67	Tina Lavelle	Hay Hotfooters	FV60	50.47	
68	Victoria Dickinson	Croft Ambrey R.C.	FV50	50.49	
69	Sian Champken	Wye Valley Runners	FV45	50.52	
70	Pat Brister	Hay Hotfooters	FV65	50.53	
71	Georgina Fletcher	Maldwyn Harriers	FV55	51.12	
72	Sarah Coggins	Ledbury & District Harriers	FV60	51.20	
73	Sarah Broadhurst	Ludlow Runners	FV45	51.22	
74	Deanna Mammatt	Hereford Triathlon Club	FV45	51.44	
75	Rachel Williams	Maldwyn Harriers	S.F.	51.53	
76	Nicola Turrell	Malvern Buzzards	FV45	52.41	
77	Laura Taylor	Croft Ambrey R.C.	FV35	53.16	
78	Sue Richards	Hay Hotfooters	FV60	53.34	
79	Ann Baskeyfield	Ludlow Runners	FV55	54.13	
80	Janet Manuel	Maldwyn Harriers	FV50	54.23	
81	Alison Bedwell	Ludlow Runners	FV55	54.33	
82	Thea Preece	Croft Ambrey R.C.	S.F.	54.40	
83	Theresa Jones	Croft Ambrey R.C.	FV50	54.46	
84	Sharon Lloyd	Maldwyn Harriers	FV50	55.47	
85	Lisa Gray	Croft Ambrey R.C.	FV45	56.03	
86	Nicola Kelly	Builth & District R.C..	FV45	56.40	
87	Joanne Stanley	Ludlow Runners	FV55	57.40	
88	Jane Kerr	Builth & District R.C..	FV50	58.19	
89	Emma Foreman	Malvern Buzzards	FV50	58.35	
90	Lynda Broadway	Malvern Buzzards	FV60	59.08	
91	Harriet Mann	Maldwyn Harriers	S.F.	59.31	
92	Sharon Bowers	Ludlow Runners	FV40	61.19	
93	Sybil Marsh	Ludlow Runners	FV70	62.30	
94	Heather Powell	Croft Ambrey R.C.	FV55	63.26	
95	Fay Williams	Maldwyn Harriers	FV45	63.51	
96	Becky Price	Maldwyn Harriers	FV40	64.32	
97	Caroline Orrells	Maldwyn Harriers	FV60	64.33	
98	Claire Preece	Croft Ambrey R.C.	FV50	67.34	
99	Suzanne Field	Croft Ambrey R.C.	FV50	68.33	
100	Maggie Morris	Ludlow Runners	FV50	68.43	
101	Helen Lindsay	Ludlow Runners	FV40	71.27	
102	Carrol Stocker	Presteigne Pacers	FV65	84.21	

HEREFORDSHIRE CROSS COUNTRY LEAGUE 2019-2020

<u>RACE 2</u>	<u>CROFT CASTLE</u>	<u>MEN</u>	<u>10th. Nov 2019</u>
<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>RunningTotal</u>
1	BUILTH & DISTRICT R.C.	20	39
2	CROFT AMBREY R.C.	43	110
3	MALDWYN HARRIERS	55	104
4	WYE VALLEY RUNNERS	68	137
5	BUILTH & DISTRICT R.C. 'B'	100	165
6	MONROSS TRAILBLAZERS	105	208
7	HEREFORD TRIATHLON CLUB	127	319
8	CROFT AMBREY R.C. 'B'	138	287
9	MALVERN BUZZARDS	145	X
10	HEREFORD COURIERS	164	X
11	MALDWYN HARRIERS 'B'	167	309
12	LUDLOW RUNNERS	176	283
13	CROFT AMBREY R.C. 'C'	215	477
14	MALVERN JOGGERS	218	X
15	HAY HOTFOOTERS	249	546
16	WYE VALLEY RUNNERS 'B'	260	658
17	PRESTEIGNE PACERS	264	501
18	LEDBURY & DISTRICT HARRIERS	272	467
19	MALDWYN HARRIERS 'C'	303	550
20	CROFT AMBREY R.C. 'D'	319	656
21	LUDLOW RUNNERS 'B'	340	612
22	HAY HOTFOOTERS 'B'	351	X
23	CROFT AMBREY R.C. 'E'	420	863
24	WYE VALLEY RUNNERS 'C'	422	X

HEREFORDSHIRE CROSS COUNTRY LEAGUE 2019-20

Race 2	CROFT CASTLE	WOMEN	10 th Nov. 2019
<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Running Total</u>
1	CROFT AMBREY R.C.	12	23
2	BUILTH & DISTRICT R.C.	17	62
3	CROFT AMBREY R.C. 'B'	44	73
4	MALDWYN HARRIERS	52	76
5	CROFT AMBREY R.C. 'C'	69	123
6	BUILTH & DISTRICT R.C. 'B'	75	203
7	HEREFORD TRIATHLON CLUB	75	167
8	MALDWYN HARRIERS 'B'	81	157
9	WYE VALLEY RUNNERS	83	144
10	HAY HOTFOOTERS	83	228
11	LUDLOW RUNNERS	100	208
12	CROFT AMBREY R.C. 'D'	104	189
13	CROFT AMBREY R.C. 'E'	129	259
14	MALDWYN HARRIERS 'C'	139	278
15	MALDWYN HARRIERS 'D'	167	355
16	HEREFORD TRIATHLON CLUB 'B'	174	343
17	CROFT AMBREY R.C. 'F'	177	363
18	MALVERN BUZZARDS	181	X
19	LUDLOW RUNNERS 'B'	183	413
20	HAY HOTFOOTERS 'B'	194	X
21	BUILTH & DISTRICT R.C. 'C'	215	391
22	MALDWYN HARRIERS 'E'	226	458
23	CROFT AMBREY R.C. 'G'	227	443
24	LUDLOW RUNNERS 'C'	233	488
25	CROFT AMBREY R.C. 'H'	262	X
26	MALDWYN HARRIERS 'F'	270	X
27	LUDLOW RUNNERS 'D'	272	X