

Herefordshire Cross Country League 2009-2010

RACE 2	<u>CROFT CASTLE WOMEN</u>	Date	15th. Nov '09
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Pos	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Susan Marr	Wye Valley Runners	FV45	33.00
2	Clara Evans	Hereford & County A.C.	J	34.23
3	Sue Davies	Croft Ambrey R.C.	FV40	35.18
4	Alison Cooke	Hereford Couriers	FV45	35.42
5	Nicky Turvey	Croft Ambrey R.C.	FV45	36.29
6	Nikki Edwards	Hereford Couriers	FV35	36.33
7	Jenny Jones	Ledbury & District Harriers	FV40	36.51
8	Mandy Evans	Presteigne Pacers	FV45	37.14
9	Nicola Goodwin	Hereford Triathlon Club	FV35	37.17
10	Beth Mills	Hereford & County A.C.	J	37.26
11	Amy Carwardine	Hereford Couriers	S.F.	37.28
12	Kate Hunt	Wye Valley Runners	S.F.	37.41
13	Linda White	Hereford Triathlon Club	FV40	37.56
14	Celia Speake	Builth & District Runners	FV40	38.03
15	Ann Kerby-Collins	Ludlow Runners	FV45	38.23
16	Tricia Wright	Hereford Triathlon Club	FV40	38.46
17	Tracy Wood	Wye Valley Runners	FV45	39.24
18	Alison Nicholls	Builth & District Runners	FV45	39.33
19	Jayne Littlewood	Hereford Couriers	FV50	39.40
20	Naomi Prosser	Hereford & County A.C.	J.F.	40.05
21	Shelly Perkins	Ludlow Runners	S.F.	40.14
22	Jo Crissal	Hereford Triathlon Club	FV35	40.41
23	Mary Morton	Rhayader A.C.	FV35	41.06
24	Rachel Nelson	Croft Ambrey R.C.	FV40	41.44
25	Tracey Edwards	Wye Valley Runners	S.F.	41.53
26	Sarah Coggins	Ledbury & District Harriers	FV50	42.34
27	Jo Lord	Hay Hotfooters	FV45	43.04
28	Liza Austin	Croft Ambrey R.C.	FV45	43.17
29	Nondus Banning-Boddy	Rhayader A.C.	FV60	43.43
30	Annette Davies	Builth & District Runners	FV40	43.52
31	Jo Davies	Wye Valley Runners	S.F.	44.04
32	Emily Davies	Wye Valley Runners	S.F.	44.25
33	Jo Williams	Builth & District Runners	FV35	44.35
34	Boe Jones	Hereford & County A.C.	J	44.39
35	Julie Suff	Hereford Couriers	S.F.	44.41
36	Sheryl Evans	Hereford & County A.C.	FV40	44.46
37	Karen Preston	Croft Ambrey R.C.	FV40	44.53
38	Lucy Thomas	Wye Valley Runners	S.F.	45.17
39	Tina Lavelle	Hay Hotfooters	FV50	45.48
40	Jan Edwards	Wye Valley Runners	FV50	46.27
41	Catherine Edwards	Presteigne Pacers	FV40	47.13
42	Sharon Clarke	Ludlow Runners	FV40	47.21
43	Christine Motteram	Wye Valley Runners	FV65	47.36
44	Ali Hall	Wye Valley Runners	FV45	48.46
45	Kath Drabble	Hereford Triathlon Club	FV35	49.10
46	Helen Williams	Builth & District Runners	FV45	49.58
47	Dee Davies	Rhayader A.C.	S.F.	50.23
48	Rebecca Fraser	Hereford Triathlon Club	S.F.	50.57
49	Julia Mason	Hay Hotfooters	FV40	50.58
50	Kay Harris	Hereford Triathlon Club	FV45	55.34
Guest	Sarah Waldron	Hereford Triathlon Club	S.F.	31.50