

Herefordshire Cross Country League 2008-2009

RACE 3	<u>CROFT CASTLE WOMEN</u>	Date	30th. Nov '08
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
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