

Herefordshire Cross Country League 2011-2012

RACE 3	<u>FFOREST FIELDS - WOMEN</u>	Date 4th. Dec. 2011
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Pos	<u>Name</u>	<u>Club</u>	<u>Cat.</u>	<u>Time</u>
1	Clara Evans	Hereford & County A.C.	J.F.	42.01
2	Ruth Johnstone	Malvern Joggers	FV40	43.45
3	Alex Champ	Wye Valley Runners	FV35	46.08
4	Alison Cooke	Hereford Couriers	FV50	47.22
5	Sarah Holton	Hereford Triathlon Club	FV35	47.54
6	Linda Smith	Croft Ambrey R.C.	FV45	49.02
7	Sue Sherwood	Wye Valley Runners	FV45	49.16
8	Becci Ansfield	Wye Valley Runners	FV35	49.27
9	Hannah Nottle	Builth & District R.C.	S.F.	49.46
10	Nicola Goodwin	Hereford Triathlon Club	FV35	50.43
11	Rita Tomkins	Presteigne Pacers	FV50	51.38
12	Tracey Wise	Wye Valley Runners	FV45	52.45
13	Liza Austin	Croft Ambrey R.C.	FV45	53.05
14	Jo Marriott	Croft Ambrey R.C.	FV40	53.13
15	Mary Morton	Rhayader A.C.	FV35	54.02
16	Jan Edwards	Wye Valley Runners	FV55	54.25
17	Sarah Coggins	Ledbury & District Harriers	FV50	55.31
18	Lucy Thomas	Wye Valley Runners	S.F.	55.43
19	Lyn Compton	Wye Valley Runners	FV45	56.01
20	Sam Harper	Croft Ambrey R.C.	FV35	56.35
21	Jo Lord	Hay Hotfooters	FV40	57.56
22	Rachel Jones	Hay Hotfooters	FV40	58.33
23	Christine Bartholomew	Builth & District R.C.	S.F.	59.12
24	Nondus Banning-Boddy	Rhayader A.C.	FV60	59.26
25	Suzannah English	Hay Hotfooters	FV55	59.59
26	Sarah Wilding	Presteigne Pacers	FV40	60.36
27	Christine Motteram	Wye Valley Runners	FV65	61.02
28	Katherine Drabble	Hereford Triathlon Club	FV40	61.17
29	Deb Clee	Presteigne Pacers	FV40	66.45
30	Helen Jones	Builth & District R.C.	FV45	69.31
31	Jo Preece	Presteigne Pacers	FV45	69.53
32	Harriet English	Hay Hotfooters	FV55	71.57
33	Claire Milner	Hay Hotfooters	FV55	89.19