

Herefordshire Cross Country League 2008-2009

RACE 2	<u>HIGH VINNALS WOMEN</u>	Date	9th. Nov 08
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Suzanne Turvey	Croft Ambrey R.C.	J.F.	24.20
2	Lisa Quinn	Hereford Couriers	S.F.	25.27
3	Nicky Turvey	Croft Ambrey R.C.	FV45	25.43
4	Amy Carwardine	Hereford Couriers	S.F.	25.47
5	Alison Cooke	Hereford Couriers	FV45	26.02
6	Gemma Morgan	Ludlow Runners	S.F.	26.28
7	Sonia George	Ludlow Runners	S.F.	26.33
8	Mandy Evans	Presteigne Pacers	FV45	26.39
9	Celia Speake	Builth & District Runners	FV40	26.46
10	Jayne Littlewood	Hereford Couriers	FV50	27.11
11	Jane Thomas	Ludlow Runners	S.F.	27.25
12	Ann Kerby-Collins	Ludlow Runners	FV40	27.31
13	Emma Mathews	Builth & District Runners	S.F.	27.40
14	Shelly Perkins	Ludlow Runners	S.F.	28.11
15	Sharon Edelstyn	Hereford Triathlon Club	FV35	28.36
16	Jo Crissal	Hereford Triathlon Club	FV35	28.40
17	Juliet Wheatley	Ludlow Runners	FV35	28.44
18	Sarah Coggins	Ledbury & District Runners	FV45	29.16
19	Leanne Gregory	Ludlow Runners	S.F.	29.30
20	Imme Davies	Wye Valley Runners	FV35	29.37
21	Alison Fryer-Jones	Hereford Triathlon Club	FV40	31.06
22	Jenny Woodhead	Builth & District Runners	S.F.	31.12
23	Emma Gwilliam	Wye Valley Runners	S.F.	31.13
24	Annette Davies	Builth & District Runners	FV35	31.32
25	Ruth Mason	Wye Valley Runners	FV45	32.15
26	Carrie Tomkins	Presteigne Pacers	S.F.	32.24
27	Nicky Lewis	Presteigne Pacers	S.F.	32.24
28	Karen Preston	Croft Ambrey R.C.	FV35	33.01
29	Caroline Jones	Builth & District Runners	FV40	33.28
30	Sarah Harper	Hereford Triathlon Club	FV35	33.46
31	Christine Motteram	Wye Valley Runners	FV60	34.04
32	Sharon Clarke	Ludlow Runners	FV40	34.09
33	Sue Williams	Ludlow Runners	S.F.	34.49
34	Catherine Percival	Croft Ambrey R.C.	S.F.	34.58
35	Kath Drabble	Hereford Triathlon Club	FV35	35.03
36	Emma Davies	Hereford Triathlon Club	S.F.	38.47