

Herefordshire Cross Country League 2009-2010

RACE 4	<u>MONKHALL FARM WOMEN</u>	Date	Feb. 7th. 2010
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Susan Marr	Wye Valley Runners	FV45	30.52
2	Sue Davies	Croft Ambrey R.C.	FV40	31.54
3	Alison Cooke	Hereford Couriers	FV45	32.41
4	Tricia Wright	Hereford Triathlon Club	FV40	33.23
5	Amy Carwardine	Hereford Couriers	S.F.	33.44
6	Claire Davies	Hereford Couriers	S.F.	34.03
7	Holly Gourley	Ledbury & District Harriers	S.F.	34.22
8	Kylie Mansfield	Wye Valley Runners	S.F.	34.29
9	Ann Kerby-Collins	Ludlow Runners	FV45	34.33
10	Nicola Goodwin	Hereford Triathlon Club	FV35	34.41
11	Jenny Papworth	Hereford Triathlon Club	FV40	34.58
12	Jenny Jones	Ledbury & District Harriers	FV40	35.12
13	Sharron Colley	Wye Valley Runners	FV35	35.29
14	Nikki Edwards	Hereford Couriers	FV35	35.29
15	Kate Hunt	Wye Valley Runners	S.F.	35.41
16	Celia Speake	Builth & District Runners	FV40	36.10
17	Jayne Littlewood	Hereford Couriers	FV50	36.37
18	Sarah Coggins	Ledbury & District Harriers	FV50	37.00
19	Tracey Edwards	Wye Valley Runners	S.F.	37.14
20	Jo Crissall	Hereford Triathlon Club	FV35	37.18
21	Liza Austin	Croft Ambrey R.C.	FV45	38.05
22	Rachel Nelson	Croft Ambrey R.C.	FV40	38.19
23	Sharon Edelystn	Hereford Triathlon Club	FV40	38.27
24	Jo Lord	Hay Hotfooters	FV45	38.46
25	Angela Price	Hay Hotfooters	FV35	39.16
26	Sheryl Evans	Hereford & County A.C.	FV40	39.36
27	Alex Clamp	Wye Valley Runners	FV35	40.08
28	Nondus Banning-Boddy	Rhayader A.C.	FV60	40.40
29	Lucy Thomas	Wye Valley Runners	S.F.	40.52
30	Emily Davies	Wye Valley Runners	S.F.	40.57
31	Lynne Compton	Wye Valley Runners	FV40	41.16
32	Joy Miles	Ludlow Runners	FV40	41.28
33	Joanna Harthen	Hereford Triathlon Club	FV35	41.32
34	Tina Lavelle	Hay Hotfooters	FV50	42.05
35	Catherine Edwards	Presteigne Pacers	FV40	42.55
36	Emma Rawlins	Hay Hotfooters	FV45	43.10
37	Jan Edwards	Wye Valley Runners	FV50	43.23
38	Karen Preston	Croft Ambrey R.C.	FV40	43.47
39	Christine Motteram	Wye Valley Runners	FV65	43.53
40	Suzannah England	Hay Hotfooters	FV50	44.26
41	Julia Mason	Hay Hotfooters	FV40	45.46
42	Helen Jones	Builth & District Runners	FV45	47.14
43	Kath Drabble	Hereford Triathlon Club	FV35	47.21
44	Carol Farrington	Rhayader A.C.	FV65	50.30
<u>GUESTS</u>	Sarah Waldron	Shaftesbury Barnet A.C.	S.F.	27.55
	Clara Evans	Hereford & County A.C.	J	30.59