

# Herefordshire Cross Country League 2010-2011

<b>RACE 1</b>	<b><u>MOOR PARK WOMEN</u></b>	Date <u>24th. Oct. 10</u>
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Emma Gooderham	Malvern Joggers	FV35	26.09
2	Sue Davies	Croft Ambrey R.C.	FV45	28.30
3	Nicky Childs	Wye Valley Runners	FV45	29.29
4	Nikki Edwards	Hereford Couriers	FV40	29.36
5	Nicola Goodwin	Hereford Triathlon Club	FV35	29.58
6	Ruth Johnstone	Malvern Joggers	FV40	30.03
7	Alison Cooke	Hereford Couriers	FV45	30.12
8	Sarah Pickerill	Malvern Joggers	FV40	30.16
9	Naomi Prosser	Hereford & County A.C.	J.F.	30.21
10	Amy Carwardine	Hereford Couriers	S.F.	30.24
11	Celia Speake	Builth & District R.C.	FV40	31.19
12	Jenny Papworth	Hereford Triathlon Club	FV40	31.29
13	Jo Crissall	Hereford Triathlon Club	FV35	31.29
14	Nicky Turvey	Croft Ambrey R.C.	FV50	32.10
15	Joan Swindells	Malvern Joggers	FV55	32.17
16	Becci Ansfield	Wye Valley Runners	FV35	32.32
17	Rosie Reeve	Ludlow Runners	S.F.	32.53
18	Julie Knill	Rhayader A.C.	FV40	33.00
19	Angela Price	Hay Hotfooters	FV40	33.12
20	Rita Tomkins	Presteigne Pacers	FV50	33.14
21	Liza Austin	Croft Ambrey R.C.	FV45	33.45
22	Nicole Johnstone	Builth & District R.C.	FV35	33.52
23	Mary Morton	Rhayader A.C.	FV35	33.54
24	Juliet Wheatley	Ludlow Runners	FV35	34.00
25	Sarah Jamieson	Ludlow Runners	FV40	34.25
26	Jo Lord	Hay Hotfooters	FV45	34.31
27	Sheryl Evans	Hereford & County A.C.	FV40	34.41
28	Sue Powell	Croft Ambrey R.C.	FV45	35.16
29	Emma Gwilliam	Wye Valley Runners	S.F.	35.21
30	Emily Davies	Wye Valley Runners	S.F.	36.24
31	Lynne Compton	Wye Valley Runners	FV40	36.33
32	Jennie Conti	Builth & District R.C.	FV55	37.02
33	Jan Edwards	Wye Valley Runners	FV50	37.30
34	Rose Thomas	Rhayader A.C.	FV55	38.00
35	Carol Farrington	Rhayader A.C.	FV65	38.36
36	Christine Motteram	Wye Valley Runners	FV65	38.41
37	Emma Rawlins	Hay Hotfooters	FV45	39.19
38	Kath Drabble	Hereford Triathlon Club	FV35	39.46
39	Nicki McMillan	Wye Valley Runners	S.F.	40.25
40	Julia Mason	Hay Hotfooters	FV40	40.47
41	Holly Homan	Hereford Couriers	S.F.	41.37
42	Helen Jones	Builth & District R.C.	FV45	42.54
43	Alison Nicholls	Builth & District R.C.	FV45	42.55
44	Yvonne Hardcastle	Rhayader A.C.	FV55	43.21
45	Nicola Davies	Builth & District R.C.	FV45	45.26
46	Claire Milner	Hay Hotfooters	FV55	50.25