

# Herefordshire Cross Country League 2008-2009

<b>RACE 4</b>	<b><u>MONKHALL FARM WOMEN</u></b>	<b>Date</b>	<b>Jan. 11th. '09</b>
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<b><u>Pos</u></b>	<b><u>Name</u></b>	<b><u>Club</u></b>	<b><u>Cat</u></b>	<b><u>Time</u></b>
1	Suzanne Turvey	Croft Ambrey R.C.	J.F.	32.47
2	Lisa Quinn	Hereford Couriers	S.F.	33.02
3	Alison Cooke	Hereford Couriers	FV45	33.49
4	Jenny Jones	Ledbury & District Harriers	FV40	34.14
5	Nikki Edwards	Hereford Couriers	FV35	35.02
6	Jayne Littlewood	Hereford Couriers	FV50	35.11
7	Mandy Evans	Presteigne Pacers	FV45	35.43
8	Jenny Papworth	Hereford Triathlon Club	FV35	35.53
9	Celia Speake	Builth & District Runners	FV40	36.08
10	Nicky Turvey	Croft Ambrey R.C.	FV45	36.32
11	Sarah Coggins	Ledbury & District Harriers	FV45	38.23
12	Tracey Edwards	Wye Valley Runners	S.F.	38.49
13	Jo Crissall	Hereford Triathlon Club	FV35	40.21
14	Rachel Nelson	Croft Ambrey R.C.	FV40	40.36
15	Sharon Edelstyn	Hereford Triathlon Club	FV35	40.59
16	Karen Preston	Croft Ambrey R.C.	FV35	41.40
17	Ruth Higginson	Rhayader A.C.	FV40	41.43
18	Jan Edwards	Wye Valley Runners	FV50	42.38
19	Annette Davies	Builth & District Runners	FV35	43.26
20	Alison Fryer-Jones	Hereford Triathlon Club	FV40	43.46
21	Sarah Harper	Hereford Triathlon Club	FV35	43.46
22	Sharon Clarke	Ludlow Runners	FV40	44.28
23	Carol Farrington	Rhayader A.C.	FV65	45.03
24	Kim Wood	Croft Ambrey R.C.	S.F.	46.28
25	Emma Davies	Hereford Triathlon Club	S.F.	49.14
26	Sue Williams	Ludlow Runners	S.F.	54.10