

# Herefordshire Cross Country League 2009-2010

<b>RACE 5</b>	<b><u>PRESTEIGNE ----- WOMEN</u></b>	<b>Date</b> Feb. 28th. 2010
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Clara Evans	Hereford & County A.C.	J	32.12
2	Susan Marr	Wye Valley Runners	FV45	32.55
3	Sue Davies	Croft Ambrey R.C.	FV40	33.56
4	Tricia Wright	Hereford Triathlon Club	FV40	34.40
5	Alison Cooke	Hereford Couriers	FV45	35.24
6	Nicola Goodwin	Hereford Triathlon Club	FV35	35.45
7	Amy Carwardine	Hereford Couriers	S.F.	36.08
8	Nikki Edwards	Hereford Couriers	FV35	36.14
9	Tracy Edwards	Wye Valley Runners	S.F.	37.50
10	Jayne Littlewood	Hereford Couriers	FV50	38.05
11	Kylie Mansfield	Wye Valley Runners	S.F.	38.30
12	Celia Speake	Builth & District Runners	FV40	39.41
13	Liza Austin	Croft Ambrey R.C.	FV45	39.54
14	Sarah Coggins	Ledbury & District Harriers	FV50	40.48
15	Rachel Nelson	Croft Ambrey R.C.	FV40	41.01
16	Maria Martin	Rhayader A.C.	FV45	41.20
17	Nondus Banning-Boddy	Rhayader A.C.	FV60	41.59
18	Annette Davies	Builth & District Runners	FV40	43.06
19	Angela Price	Hay Hotfooters	FV35	43.26
20	Emma Rawlins	Hay Hotfooters	FV45	44.47
21	Alison Fryer-Jones	Hereford Triathlon Club	FV40	45.16
22	Lily Dyu	Hay Hotfooters	FV35	45.23
23	Jan Edwards	Wye Valley Runners	FV50	45.46
24	Emily Davies	Wye Valley Runners	S.F.	46.01
25	Christine Motteram	Wye Valley Runners	FV65	46.26
26	Julia Mason	Hay Hotfooters	FV40	46.33
27	Stephanie Warrick	Rhayader A.C.	FV55	47.55
28	Kath Drabble	Hereford Triathlon Club	FV35	48.47
29	Helen Jones	Builth & District Runners	FV45	49.01
30	Dee Davies	Rhayader A.C.	S.F.	49.12
31	Tina Lavelle	Hay Hotfooters	FV50	50.55