

HEREFORD CROSS COUNTRY RELAY CHAMPS. 2009
WESTHOPE 20.05.09

<u>SENIOR MEN</u>	<u>LEG</u>	<u>RUNNER</u>	<u>TIME</u>
1 CROFT AMBREY R.C.	1	Dan Barnett	10.47
	2	Richard Hornsby	11.26
TIME: 44.06	3	Nigel Mason	10.39
	4	Dave Rouse	11.14
2 HEREFORD COURIERS	1	Mark Simms	11.06
	2	Eliot Taylor	11.22
TIME: 44.21	3	Dave Williams	11.43
	4	Matt James	10.10
3 CROFT AMBREY R.C. 'B'	1	Dave Ameghino	11.54
	2	Jon Utlej	12.00
TIME: 50.13	3	Simon Powney	12.01
	4	Tim Benson	14.18
4 WYE VALLEY RUNNERS	1	Scott Kennedy	11.26
	2	Malcolm Edwards	13.11
TIME: 50.29	3	Matt Taylor	13.15
	4	Paul Bouston	12.37