

HEREFORD CROSS COUNTRY RELAY CHAMPS. 2009
WESTHOPE 20.05.09

<u>VET. MEN O.40</u>	<u>LEG</u>	<u>RUNNER</u>	<u>TIME</u>
1 CROFT AMBREY R.C.	1	Nigel Misselbrook	11.50
	2	Dave Powell	12.34
TIME: 38.38	3	Frank Luscott	14.14
2 RHAYADER A.C,	1	Dave Connelly	16.28
	2	Paul Jones	14.24
TIME: 47.53	3	Chris Martin	17.01