

Herefordshire Cross Country League 2010-2011

	<u>AWARD WINNERS</u>	<u>MEN</u>	
<u>OVERALL WINNER</u>	<u>JON BARNES</u>	Wye Valley Runners	
			POINTS
<u>SENIOR MEN</u>	1. STACEY MORGAN	Croft Ambrey R.C.	10
	2. ANDY TAYLOR	Hereford Triathlon Club	27
	3. DAVE ROUSE	Croft Ambrey R.C.	33
<u>VETERAN 40+</u>	1. JOHN PULLEN	Wye Valley Runners	4
	2. STAFFORD REES	Rhayader A.C.	11
	3. MIKE FAWCETT	Wye Valley Runners	14
<u>VETERAN 45+</u>	1. CLIFF BERRY	Ledbury & District Harriers	4
	2. MAX SUFF	Hereford Couriers	10
	3. RICHARD HUGHES	Hereford Couriers	11
<u>VETERAN 50+</u>	1. MICK LIGEMA	Croft Ambrey R.C.	4
	2. PETE CARWARDINE	Hereford Couriers	10
	3. DAVID HORNE	Ledbury & District Harriers	17
<u>VETERAN 55+</u>	1. JACK PARRY	Builth & District R.C.	4
	2. IAN DYSON	Malvern Joggers	10
	3. STUART BROWN	Malvern Joggers	14
<u>VETERAN 60+</u>	1. STEVE HERINGTON	Hereford Couriers	4
	2. GARY GUNNER	Croft Ambrey R.C.	8
	3. PETER SMITH	Wye Valley Runners	14
<u>VETERAN 65+</u>	1. GUY WHITMARSH	Croft Ambrey R.C.	4
<u>VETERAN 70+</u>	1. HARRY FRANKLIN	Wye Valley Runners	5
<u>JUNIOR MEN</u>	1. JON BARNES	Wye Valley Runners	4
	2. ELIOT TAYLOR	Hereford Couriers	8
	<u>AWARD WINNERS</u>	<u>WOMEN</u>	
<u>OVERALL WINNER</u>	<u>EMMA GOODERHAM</u>	Malvern Joggers	
<u>SENIOR WOMEN</u>	1. AMY CARWARDINE	Hereford Couriers	5
	2. CLAIRE HEBBLETHWAITE	Hereford Triathlon Club	9
	3. ROSIE REEVE	Ludlow Runners	13
<u>VETERAN 35+</u>	1. EMMA GOODERHAM	Malvern Joggers	4
	2. NICOLA GOODWIN	Hereford Triathlon Club	7
	3. JO CRISALL	Hereford Triathlon Club	10
<u>VETERAN 40+</u>	1. RUTH JOHNSTONE	Malvern Joggers	6
	2. NIKKI TYLER	Hereford Couriers	8
	3. TRICIA WRIGHT	Hereford Triathlon Club	9
<u>VETERAN 45+</u>	1. LIZA AUSTIN	Croft Ambrey R.C.	13
	2. JO LORD	Hay Hotfooters	20
	3. SUE POWELL	Croft Ambrey R.C.	24
<u>VETERAN 50+</u>	1. NICKY TURVEY	Croft Ambrey R.C.	4
	2. SARAH COGGINS	Ledbury & District Harriers	10
	3. RITA TOMKINS	Presteigne Pacers	10
<u>VETERAN 55+</u>	1. JENNIE CONTI	Builth & District R.C.	6
	2. CAROL STOCKER	Presteigne Pacers	10
	3. CLAIRE MILNER	Hay Hotfooters	14
<u>VETERAN 65+</u>	1. CHRISTINE MOTTERAM	Wye Valley Runners	5

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