

# Herefordshire Cross Country League 2009-2010

<b>RACE 3</b>	<b><u>ACONBURY WOMEN</u></b>	<u>Date</u>	6th. Dec. '09
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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	41.06
2	Susan Marr	Wye Valley Runners	FV45	41.32
3	Nicky Turvey	Croft Ambrey R.C.	FV45	42.51
4	Alison Cooke	Hereford Couriers	FV45	44.44
5	Amy Carwardine	Hereford Couriers	S.F.	44.55
6	Ann Kerby-Collins	Ludlow Runners	FV45	45.01
7	Clare Scott	Hereford Couriers	FV35	45.03
8	Ellie Smith	Presteigne Pacers	J	45.10
9	Jenny Jones	Ledbury & District Harriers	FV40	45.33
10	Nicola Goodwin	Hereford Triathlon Club	FV35	45.38
11	Tracy Wood	Wye Valley Runners	FV45	46.13
12	Tricia Wright	Hereford Triathlon Club	S.F.	46.16
13	Celia Speake	Builth & District Runners	FV40	46.52
14	Mandy Evans	Presteigne Pacers	FV45	46.52
15	Jenny Papworth	Hereford Triathlon Club	FV40	48.02
16	Alison Nicholls	Builth & District Runners	FV45	48.05
17	Naomi Prosser	Hereford & County A.C.	J.F.	48.30
18	Jo Crissal	Hereford Triathlon Club	FV35	49.01
19	Linda White	Hereford Triathlon Club	FV40	49.15
20	Sarah Coggins	Ledbury & District Harriers	FV50	50.44
21	Rachel Nelson	Croft Ambrey R.C.	FV40	51.23
22	Tracey Edwards	Wye Valley Runners	S.F.	51.29
23	Annette Davies	Builth & District Runners	FV40	51.30
24	Liza Austin	Croft Ambrey R.C.	FV45	52.05
25	Julie Suff	Hereford Couriers	S.F.	52.10
26	Sharon Edelstyn	Hereford Triathlon Club	FV40	52.35
27	Felicity Cole	Wye Valley Runners	FV45	53.17
28	Sharon Clarke	Ludlow Runners	FV40	54.49
29	Tina Lavelle	Hay Hotfooters	FV50	55.17
30	Angela Price	Hay Hotfooters	FV35	55.17
31	Michelle Woods	Builth & District Runners	S.F.	56.00
32	Alison Fryer-Jones	Hereford Triathlon Club	FV40	56.15
33	Nondus Banning-Boddy	Rhayader A.C.	FV60	56.16
34	Jan Edwards	Wye Valley Runners	FV50	57.34
35	Sheryl Evans	Hereford & County A.C.	FV40	57.42
36	Kim Wood	Croft Ambrey R.C.	S.F.	58.07
37	Karen Preston	Croft Ambrey R.C.	FV40	58.21
38	Emily Davies	Wye Valley Runners	S.F.	58.26
39	Jo Davies	Wye Valley Runners	S.F.	58.38
40	Christine Motteram	Wye Valley Runners	FV65	59.23
41	Catherine Edwards	Presteigne Pacers	FV40	59.41
42	Emma Rawlins	Hay Hotfooters	FV45	60.48
43	Julia Mason	Hay Hotfooters	FV40	60.55
44	Kath Drabble	Hereford Triathlon Club	FV35	61.31
45	Helen Jones	Builth & District Runners	FV45	63.29
46	Paula Dixon	Hay Hotfooters	FV40	65.32
47	Joanna Hems	Wye Valley Runners	FV35	70.44