

Herefordshire Cross Country League 2009-2010

Race 3		ACONBURY ----- MEN		Date	6th. Dec. 09
<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>	
1	HEREFORD COURIERS	23	20	58	
2	WYE VALLEY RUNNERS	29	19	59	
3	LEDBURY & DISTRICT HARRIERS	63	18	52	
4	BUILTH & DISTRICT RUNNERS	81	17	17	
5	CROFT AMBREY R.C.	84	16	49	
6	HEREFORD COURIERS 'B'	85	15	48	
7	WYE VALLEY RUNNERS 'B'	100	14	42	
8	CROFT AMBREY R.C. 'B'	149	13	35	
9	WYE VALLEY RUNNERS 'C'	171	12	35	
10	HEREFORD COURIERS 'C'	173	11	34	
11	LEDBURY & DISTRICT HARRIERS 'B'	187	10	10	
12	PRESTEIGNE PACERS	202	9	28	
13	HEREFORD TRIATHLON CLUB	206	8	40	
14	LUDLOW RUNNERS	215	7	26	
15	HAY HOTFOOTERS	219	6	15	
16	WYE VALLEY RUNNERS 'D'	220	5	19	
17	CROFT AMBREY R.C. 'C'	245	4	21	
18	HEREFORD COURIERS 'D'	268	3	3	
19	WYE VALLEY RUNNERS 'E'	277	2	8	
20	WYE VALLEY RUNNERS 'F'	318	1	5	
	RHAYADER A.C.	X	X	14	
	CROFT AMBREY R.C. 'D'	X	X	5	
	HEREFORD TRIATHLON CLUB 'B'	X	X	4	
RACE 3	ACONBURY	WOMEN	Date	6th. Dec. 09	
<u>Pos.</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>	
1	HEREFORD COURIERS	16	10	30	
2	WYE VALLEY RUNNERS	35	9	27	
3	HEREFORD TRIATHLON CLUB	37	8	21	
4	CROFT AMBREY R.C.	48	7	19	
5	BUILTH & DISTRICT RUNNERS	52	6	11	
6	HEREFORD & COUNTY A.C.	53	5	13	
7	HEREFORD TRIATHLON CLUB 'B'	63	4	11	
8	PRESTEIGNE PACERS	63	3	3	
9	WYE VALLEY RUNNERS 'B'	99	2	9	
10	HAY HOTFOOTERS	101	1	3	
11	WYE VALLEY RUNNERS 'C'	126	X	X	
	LUDLOW RUNNERS	X	X	7	
	RHAYADER A.C.	X	X	3	