

# Herefordshire Cross Country League 2008-2009

<b>AWARD WINNERS</b>		<b>MEN</b>	
<b>OVERALL WINNER</b>	<b>MATT JAMES</b>	Hereford Couriers	
			<b>POINTS</b>
<b>SENIOR MEN</b>	1. MATT JAMES	Hereford Couriers	4
	2. CHRISTIAN JONES	Wye Valley Runners	8
	3. LUKE MASON	Wye Valley Runners	12
<b>VETERAN 40+</b>	1. JOHN PULLEN	Wye Valley Runners	4
	2. MIKE FAWCETT	Wye Valley Runners	7
	3. NEIL LEWIS	Hereford Couriers	15
<b>VETERAN 45+</b>	1. CLIFF BERRY	Ledbury & District Harriers	4
	2. DAVE WILLIAMS	Hereford Couriers	10
	3. KEVIN BARNES	Hereford Couriers	20
<b>VETERAN 50+</b>	1. KEVIN GUMMERY	Wye Valley Runners	4
	2. DAVID HORNE	Ledbury & District Harriers	14
	3. NEIL TAYLOR	Croft Ambrey R.C.	18
<b>VETERAN 55+</b>	1. GEOFF KAY	Hereford Couriers	6
	2. CLIVE ROWBERRY	Hereford Couriers	10
<b>VETERAN 60+</b>	1. STEVE HERINGTON	Hereford Couriers	4
	2. TOM DAVIES	Croft Ambrey R.C.	8
	3. GARRY GUNNER	Croft Ambrey R.C.	13
<b>VETERAN 65+</b>	1. BRYAN MARKHAM	Croft Ambrey R.C.	6
<b>VETERAN 70+</b>	1. HARRY FRANKLIN	Wye Valley Runners	4
<b>JUNIOR MAN</b>	1. ELIOT TAYLOR	Hereford Couriers	4
<b>JUNIORS (U17)</b>	1. JON BARNES	Hereford & County A.C.	3
	2. JOE MADDY	Hereford & County A.C.	6
<b>AWARD WINNERS</b>		<b>WOMEN</b>	
<b>OVERALL WINNER</b>	<b>SUZANNE TURVEY</b>	Croft Ambrey R.C.	
<b>SENIOR WOMEN</b>	1. LISA QUINN	Hereford Couriers	4
	2. EMMA GWILLIAM	Wye Valley Runners	28
	3. KIM WOOD	Croft Ambrey R.C.	32
<b>VETERAN 35+</b>	1. SHARON EDELSTYN	Hereford Triathlon Club	12
	2. JO CRISSAL	Hereford Triathlon Club	12
	3. JULIET WHEATLEY	Ludlow Runners	13
<b>VETERAN 40+</b>	1. CELIA SPEAKE	Builth & District Runners	6
	2. RACHEL NELSON	Croft Ambrey R.C.	12
	3. ALISON FRYER JONES	Hereford Triathlon Club	13
<b>VETERAN 45+</b>	1. ALISON COOKE	Hereford Couriers	4
	2. NICKY TURVEY	Croft Ambrey R.C.	7
	3. MANDY EVANS	Presteigne Pacers	11
<b>VETERAN 50+</b>	1. JAYNE LITTLEWOOD	Hereford Couriers	4
	2. JAN EDWARDS	Wye Valley Runners	8
<b>VETERAN 60+</b>	1. CHRISTINE MOTTERAM	Wye Valley Runners	5
<b>JUNIOR WOMAN</b>	1. SUZANNE TURVEY	Croft Ambrey R.C.	4
<b>JUNIORS (U.17)</b>	1. CLARA EVANS	Hereford & County A.C.	3
	2. CHRISTIE JONES	Hereford & County A.C.	7
	3. NAOMI PROSSER	Hereford & County A.C.	11

