

# Hereford Cross Country League 2008-09

<u>RACE 4</u>	<u>MONKHALL FARM</u>	<u>MEN</u>	<u>Date</u>
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<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>
1	WYE VALLEY RUNNERS	18	20
2	HEREFORD COURIERS	51	19
3	LEDBURY & DISTRICT HARRIERS	53	18
4	CROFT AMBREY R.C.	58	17
5	WYE VALLEY RUNNERS 'B'	83	16
6	HEREFORD TRIATHLON CLUB	84	15
7	HEREFORD COURIERS 'B'	135	14
8	WYE VALLEY RUNNERS 'C'	142	13
9	LUDLOW RUNNERS	152	12
10	CROFT AMBREY R.C. 'B'	160	11
11	RHAYADER A.C.	190	10
12	WYE VALLEY RUNNERS 'D'	191	9
13	WYE VALLEY RUNNERS 'E'	232	8
	PRESTEIGNE PACERS		
	HEREFORD COURIERS 'C'		
	LUDLOW RUNNERS 'B'		
	LUDLOW RUNNERS 'C'		
	HEREFORD COURIERS 'D'		
	CROFT AMBREY R.C. 'C'		

<u>Race 4</u>	<u>MONKHALL FARM</u>	<u>WOMEN</u>	<u>Date</u>
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<u>Pos.</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>
1	HEREFORD COURIERS	10	10
2	CROFT AMBREY R.C.	25	9
3	HEREFORD TRIATHLON CLUB	36	8
4	HEREFORD TRIATHLON CLUB 'B'	66	7
	LUDLOW RUNNERS		
	HEREFORD & COUNTY A.C.		
	WYE VALLEY RUNNERS		
	BUILTH & DISTRICT RUNNERS		
	LUDLOW RUNNERS 'B'		
	PRESTEIGNE PACERS		

# Hereford Cross Country League 2008-09

Jan. 11th. '09

Cumulative  
Scores

80

76

65

71

63

53

58

39

57

42

16

22

16

35

32

29

18

7

5

Jan.11th.'09

Total

40

33

21

8

22

18

14

12

10

9