Hereford Cross Country League 2009-10

RACE 5	PRESTEIGNE	MEN	Date	Feb. 28th. 2010

Pos	Team	Race Scores	Series Points	Total Scores
1	WYE VALLEY RUNNERS	27	20	99
2	HEREFORD COURIERS	49	19	96
3	LEDBURY & DISTRICT HARRIERS	64	18	88
4	CROFT AMBREY R.C.	76	17	81
5	HEREFORD TRIATHLON CLUB	80	16	78
6	WYE VALLEY RUNNERS 'B'	89	15	71
7	RHAYADER A.C.	144	14	28
8	CROFT AMBREY R.C. 'B'	146	13	56
9	PRESTEIGNE PACERS	173	12	52
10	WYE VALLEY RUNNERS 'C'	177	11	56
11	CROFT AMBREY R.C. 'C'	207	10	32
12	LUDLOW RUNNERS	211	9	37
13	CROFT AMBREY R.C. 'D'	234	8	13
14	WYE VALLEY RUNNERS 'D'	255	7	33

RACE 5	PRESTEIGNE	WOMEN	Date	Feb.28th. 2010

Pos	Team	Race Scores	Series Points	Total Scores
1	HEREFORD COURIERS	20	10	50
2	WYE VALLEY RUNNERS	22	9	45
3	CROFT AMBREY R.C.	31	8	33
4	HEREFORD TRIATHLON CLUB	31	7	36
5	BUILTH & DISTRICT RUNNERS	59	6	17
6	RHAYADER A.C.	60	5	8
7	HAY HOTFOOTERS	61	4	10