

Herefordshire Cross Country League 2008-2009

RACE 5	<u>PRESTEIGNE ----- WOMEN</u>	Date	Feb. 1st. '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	25.50
2	Suzanne Turvey	Croft Ambrey R.C.	J.F.	27.42
3	Lisa Quinn	Hereford Couriers	S.F.	27.56
4	Nikki Edwards	Hereford Couriers	FV35	28.49
5	Alison Cooke	Hereford Couriers	FV45	28.50
6	Bethan Mills	Hereford & County A.C.	J	28.54
7	Jenny Jones	Ledbury & District Harriers	FV40	29.03
8	Nicky Turvey	Croft Ambrey R.C.	FV45	29.28
9	Jayne Littlewood	Hereford Couriers	FV50	29.49
10	Mandy Evans	Presteigne Pacers	FV45	29.55
11	Christie Jones	Hereford & County A.C.	J	30.54
12	Celia Speake	Builth & District Runners	FV40	31.13
13	Naomi Prosser	Hereford & County A.C.	J	31.46
14	Sarah Coggins	Ledbury & District Harriers	FV45	32.08
15	Sharon Edelstyn	Hereford Triathlon Club	FV35	32.10
16	Jo Crissal	Hereford Triathlon Club	FV35	33.05
17	Juliet Wheatley	Ludlow Runners	FV35	33.23
18	Tracy Edwards	Wye Valley Runners	S.F.	33.38
19	Nicky Lewis	Presteigne Pacers	S.F.	34.07
20	Jade Williams	Hereford & County A.C.	J	34.14
21	Emma Gwilliam	Wye Valley Runners	S.F.	34.29
22	Karen Preston	Croft Ambrey R.C.	FV35	34.34
23	Alison Fryer-Jones	Hereford Triathlon Club	FV40	35.02
24	Rachel Nelson	Croft Ambrey R.C.	FV40	35.20
25	Kim Wood	Croft Ambrey R.C.	S.F.	35.42
26	Jan Edwards	Wye Valley Runners	FV50	36.13
27	Nondus Banning-Boddy	Rhayader A.C.	FV60	36.31
28	Emily Davies	Wye Valley Runners	S.F.	36.49
29	Sue Williams	Ludlow Runners	S.F.	37.59
30	Sharon Clarke	Ludlow Runners	FV40	38.04
31	Christine Motteram	Wye Valley Runners	FV60	38.12
32	Carol Farrington	Rhayader A.C.	FV60	38.16
33	Stephanie Warrick	Rhayader A.C.	FV55	38.56
34	Emma Davies	Hereford Triathlon Club	S.F.	41.11