

**HEREFORD CROSS COUNTRY RELAY CHAMPS. 2009**

**WESTHOPE 20.05.09**

<b><u>VET MEN O.50</u></b>	<b><u>LEG</u></b>	<b><u>RUNNER</u></b>	<b><u>TIME</u></b>
1 HEREFORD COURIERS	1	Steve Herington	12.39
	2	Mark Adams	13.43
TIME: 38.43	3	Geoff Kay	12.21
2 CROFT AMBREY R.C.	1	Guy Whitmarsh	13.17
	2	Neil Taylor	13.31
TIME: 39.39	3	Gary Gunner	12.51
3 WYE VALLEY RUNNERS	1	Harry Franklin	15.11
	2	Dave Sherwood	14.45
TIME: 44.18	3	Dave Fletcher	14.22