

HEREFORD CROSS COUNTRY RELAY CHAMPS. 2009
WESTHOPE 20.05.09

VETERAN WOMEN

	<u>LEG</u>	<u>RUNNER</u>	<u>TIME</u>
1 CROFT AMBREY R.C.	1	Nicky Turvey	14.25
	2	Karen Preston	16.36
	3	Rachel Nelson	15.55
TIME: 46.56			
2 WYE VALLEY RUNNERS	1	Jan Edwards	16.37
	2	Ruth Mason	18.59
	3	Sarah Bowring	18.03
TIME: 53.39			

COMPOSITE TEAMS

1 COMPOSITE 'A'	1	Mike Caulfield (S.M.)	12.20
	2	Clive Rowberry (MV55)	13.54
	3	Jon Barnes (J.M.)	11.08
TIME: 37.22			
2 COMPOSITE 'B'	1	John Lyden (MV 45)	12.35
	2	Bryan Markham (MV 65)	16.50
	3	Ashley Cooke (MV 50)	12.56
TIME: 42.21			
3 HEREFORD COURIERS COMP.	1	Kevin Barnes (MV45)	14.26
	2	Clare Scott (S.F.)	13.44
	3	Jayne Littlewood (FV 50)	14.22
TIME: 42.32			
4 WYE VALLEY RUNNERS COMP.	1	Dan Gard (S.M.)	12.29
	2	Tracy Edwards (S.F.)	15.29
	3	Vicki Hamilton (FV 35)	15.53
TIME: 43.51			
5 RHAYADER A.C. COMP.	1	Maria Martin (FV 40)	18.55
	2	Carol Farrington (FV60)	17.57
	3	Adam Martin (J.M.)	14.11
TIME: 51.03			