

Herefordshire Cross Country League 2008-2009

FINAL CATEGORY POSITIONS-----WOMEN

<u>Category</u>	<u>Name</u>	<u>Club</u>	<u>Points</u>
SENIOR WOMEN			
1	LISA QUINN	Hereford Couriers	4
2	EMMA GWILLIAM	Wye Valley Runners	28
3	KIM WOOD	Croft Ambrey R.C.	32
4	SUE WILLIAMS	Ludlow Runners	32
WOMEN V35			
1	SHARON EDELSTYN	Hereford Triathlon Club	12
2	JO CRISSAL	Hereford Triathlon Club	12
3	JULIET WHEATLEY	Ludlow Runners	13
4	KAREN PRESTON	Croft Ambrey R.C.	21
WOMEN V40			
1	CELIA SPEAKE	Builth & District Runners	6
2	RACHEL NELSON	Croft Ambrey R.C.	12
3	ALISON FRYER-JONES	Hereford Triathlon Club	13
4	SHARON CLARKE	Ludlow Runners	21
WOMEN V45			
1	ALISON COOKE	Hereford Couriers	4
2	NICKY TURVEY	Croft Ambrey R.C.	7
3	MANDY EVANS	Presteigne Pacers	11
4	SARAH COGGINS	Ledbury & District Harriers	16
WOMEN V50			
1	JAYNE LITTLEWOOD	Hereford Couriers	4
2	JAN EDWARDS	Wye Valley Runners	8
WOMEN V60			
1	CHRISTINE MOTTERAM	Wye Valley Runners	5
JUNIOR WOMEN			
1	SUZANNE TURVEY	Croft Ambrey R.C.	4
JUNIORS (U17)			
1	CLARA EVANS	Hereford & County A.C.	3
2	CHRISTIE JONES	Hereford & County A.C.	7
3	NAOMI PROSSER	Hereford & County A.C.	11

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<u>FINAL CATEGORY POSITIONS-----MEN</u>			
<u>Category</u>	<u>Name</u>	<u>Club</u>	<u>Points</u>
<u>SENIOR MEN</u>			
1	MATT JAMES	Hereford Couriers	4
2	CHRISTIAN JONES	Wye Valley Runners	8
3	LUKE MASON	Wye Valley Runners	12
4	BARRY THOMPSON	Ledbury & District Harriers	16
5	SIMON NORWOOD	Ludlow Runners	22
6=	STUART MOORE	Wye Valley Runners	22
6=	STACEY MORGAN	Croft Ambrey R.C.	22
8	ANDY TAYLOR	Hereford Triathlon Club	35
9	JON TETLEY	Hereford Triathlon Club	36
10	STAFFORD REES	Rhayader A.C.	39
11	RICHARD HORNSBY	Croft Ambrey R.C.	39
12	DAN BARNETT	Croft Ambrey R.C.	47
13	MIKE LINK	Hereford Couriers	51
14	GLYN WILLIAMS	Presteigne Pacers	55
15	ADE BROWN	Presteigne Pacers	76
16	GARY LEWIS	Presteigne Pacers	78
<u>MEN V40</u>			
1	JOHN PULLEN	Wye Valley Runners	4
2	MIKE FAWCETT	Wye Valley Runners	7
3	NEIL LEWIS	Hereford Couriers	15
4	STUART MORRISH	Hereford Couriers	18
5	PAUL ELLIOT	Ludlow Runners	19
6	CHRIS LAW	Ledbury & District Runners	20
7	IAN RIVERS	Hereford Triathlon Club	31
8	CHRIS MASON	Wye Valley Runners	41
9	VAUGHAN GRIFFITHS	Ludlow Runners	50
<u>MEN V45</u>			
1	CLIFF BERRY	Ledbury & District Harriers	4
2	DAVE WILLIAMS	Hereford Couriers	10
3	KEVIN BARNES	Hereford Couriers	20
<u>MEN V50</u>			
1	KEVIN GUMMERY	Wye Valley Runners	4
2	DAVID HORNE	Ledbury & District Harriers	14
3	NEIL TAYLOR	Croft Ambrey R.C.	18

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<u>Category</u>	<u>Name</u>	<u>Club</u>	<u>Points</u>
4	GRAHAM WOOD	Ludlow Runners	19
5	PHIL JONES	Presteigne Pacers	31
<u>MEN V55</u>			
1	GEOFF KAY	Hereford Couriers	6
2	CLIVE ROWBERRY	Hereford Couriers	10
<u>MEN V60</u>			
1	STEVE HERINGTON	Hereford Couriers	4
2	TOM DAVIES	Croft Ambrey R.C.	8
3	GARRY GUNNER	Croft Ambrey R.C.	13
4	PETER SMITH	Wye Valley Runners	15
<u>MEN V65</u>			
1	BRYAN MARKHAM	Croft Ambrey R.C.	6
<u>MEN V70</u>			
1	HARRY FRANKLIN	Wye Valley Runners	4
<u>JUNIOR MEN</u>			
1	ELIOT TAYLOR	Hereford Couriers	4
<u>JUNIORS (U17)</u>			
1	JON BARNES	Hereford & County A.C.	3
2	JOE MADDY	Hereford & County A.C.	6