

Herefordshire Cross Country League 2008-2009

RACE 4	<u>MONKHALL FARM WOMEN</u>	Date	Jan. 11th. '09
---------------	-----------------------------------	-------------	-----------------------

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Suzanne Turvey	Croft Ambrey R.C.	J.F.	32.47
2	Lisa Quinn	Hereford Couriers	S.F.	33.02
3	Alison Cooke	Hereford Couriers	FV45	33.49
4	Jenny Jones	Ledbury & District Harriers	FV40	34.14
5	Nikki Edwards	Hereford Couriers	FV35	35.02
6	Jayne Littlewood	Hereford Couriers	FV50	35.11
7	Mandy Evans	Presteigne Pacers	FV45	35.43
8	Jenny Papworth	Hereford Triathlon Club	FV35	35.53
9	Celia Speake	Builth & District Runners	FV40	36.08
10	Nicky Turvey	Croft Ambrey R.C.	FV45	36.32
11	Sarah Coggins	Ledbury & District Harriers	FV45	38.23
12	Tracey Edwards	Wye Valley Runners	S.F.	38.49
13	Jo Crissall	Hereford Triathlon Club	FV35	40.21
14	Rachel Nelson	Croft Ambrey R.C.	FV40	40.36
15	Sharon Edelstyn	Hereford Triathlon Club	FV35	40.59
16	Karen Preston	Croft Ambrey R.C.	FV35	41.40
17	Ruth Higginson	Rhayader A.C.	FV40	41.43
18	Jan Edwards	Wye Valley Runners	FV50	42.38
19	Annette Davies	Builth & District Runners	FV35	43.26
20	Alison Fryer-Jones	Hereford Triathlon Club	FV40	43.46
21	Sarah Harper	Hereford Triathlon Club	FV35	43.46
22	Sharon Clarke	Ludlow Runners	FV40	44.28
23	Carol Farrington	Rhayader A.C.	FV65	45.03
24	Kim Wood	Croft Ambrey R.C.	S.F.	46.28
25	Emma Davies	Hereford Triathlon Club	S.F.	49.14
26	Sue Williams	Ludlow Runners	S.F.	54.10

Herefordshire Cross Country League 2008-2009

<u>RACE 4</u>	<u>MONKHALL FARM ----- MEN</u>		<u>Date</u>	<u>Jan.11th. '09</u>
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	45.10
2	Christian Jones	Wye Valley Runners	S.M.	45.19
3	John Pullen	Wye Valley Runners	MV40	46.01
4	Barry Thompson	Ledbury & District Harriers	S.M.	46.17
5	Cliff Berry	Ledbury & District Harriers	MV45	46.20
6	Richie Richards	Wye Valley Runners	MV45	46.22
7	Mike Fawcett	Wye Valley Runners	MV40	46.45
8	Stuart Moore	Wye Valley Runners	S.M.	47.20
9	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.03
10	Jon Tetley	Hereford Triathlon Club	S.M.	48.35
11	Dave Williams	Hereford Couriers	MV45	49.07
12	Stafford Rees	Rhayader A.C.	S.M.	49.21
13	Andy Taylor	Hereford Triathlon Club	S.M.	49.41
14	Dan Barnett	Croft Ambrey R.C.	S.M.	49.57
15	Glyn Williams	Presteigne Pacers	S.M.	50.05
16	Richard Hornsby	Croft Ambrey R.C.	S.M.	50.15
17	Mike Link	Hereford Couriers	S.M.	50.21
18	Steve Rooke	Ledbury & District Harriers	S.M.	50.24
19	Nigel Misselbrook	Croft Ambrey R.C.	MV45	50.34
20	Paul Elliot	Ludlow Runners	MV40	51.08
21	Scott Kennedy	Wye Valley Runners	S.M.	51.13
22	Stuart Morrish	Hereford Couriers	MV40	51.13
23	Dave George	Croft Ambrey R.C.	S.M.	51.39
24	Neil Lewis	Hereford Couriers	MV40	51.57
25	Kris Palmer	Wye Valley Runners	S.M.	52.13
26	Chris Law	Ledbury & District Harriers	MV40	52.21
27	Martin Callaghan	Ludlow Runners	MV40	52.36
28	Ian Rivers	Hereford Triathlon Club	MV40	52.46
29	Kevin Gummery	Wye Valley Runners	MV50	53.01
30	Ade Brown	Presteigne Pacers	S.M.	53.29
31	Jack Parry	Builth & District Runners	MV50	53.53
32	Adam Michniok	Wye Valley Runners	S.M.	54.08
33	Dave Maddock	Hereford Triathlon Club	S.M.	54.20
34	Steve Herington	Hereford Couriers	MV60	55.25
35	Mervyn Thomas	Wye Valley Runners	MV55	55.45
36	Bob Morris	Wye Valley Runners	MV50	56.05
37	Nick Briggs	Hereford Couriers	S.M.	56.16
38	Dave Horne	Ledbury & District Harriers	MV50	56.20
39	Ian Smith	Wye Valley Runners	MV45	56.39
40	Geoff Kay	Hereford Couriers	MV55	56.41
41	Gary Gunner	Croft Ambrey R.C.	MV60	56.57
42	Carl Edwards	Wye Valley Runners	MV40	57.12
43	Gary Lewis	Presteigne Pacers	S.M.	57.46
44	Chris Mason	Wye Valley Runners	MV40	58.04
45	Graham Wood	Ludlow Runners	MV50	58.10
46	Neil Taylor	Croft Ambrey R.C.	MV50	58.26
47	Ian Foster	Hereford Triathlon Club	S.M.	59.08
48	Kevin Barnes	Hereford Couriers	MV45	59.37
49	Clive Rowberry	Hereford Couriers	MV55	59.43
50	Guy Whitmarsh	Croft Ambrey R.C.	MV60	59.48
51	Tom Davies	Croft Ambrey R.C.	MV60	59.56

Herefordshire Cross Country League 2008-2009

<u>RACE 4</u>	<u>MONKHALL FARM ----- MEN</u>	<u>Date</u>	<u>Jan.11th. '09</u>
---------------	--------------------------------	-------------	----------------------

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
52	Ralph Lloyd	Wye Valley Runners	MV45	60.44
53	Peter Smith	Wye Valley Runners	MV60	60.55
54	Daren Lincoln	Croft Ambrey R.C.	MV40	61.41
55	Harry Franklin	Wye Valley Runners	MV70	61.54
56	Phil Smith	Wye Valley Runners	MV55	62.14
57	Paul Jones	Rhayader A.C.	MV45	63.21
58	Nigel Jones	Wye Valley Runners	MV50	63.26
59	Alun Jenkins	Rhayader A.C.	MV45	64.13
60	Vaughan Griffiths	Ludlow Runners	MV40	65.32
61	Rene Francois	Ludlow Runners	S.M.	65.42
62	James Llewellyn	Rhayader A.C.	S.M.	66.50
63	Rob Gwilliam	Wye Valley Runners	S.M.	67.33
64	Nigel Clarke	Hereford Couriers	S.M.	71.04
65	Jason Stuchbery	Ludlow Runners	S.M.	72.41
66	Bryan Markham	Croft Ambrey R.C.	MV65	73.04
67	Mike Price	Wye Valley Runners	MV55	78.44

Hereford Cross Country League 2008-09

<u>RACE 4</u>	<u>MONKHALL FARM</u>	<u>MEN</u>	<u>Date</u>	<u>Jan. 11th. '09</u>
---------------	----------------------	------------	-------------	-----------------------

<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
1	WYE VALLEY RUNNERS	18	20	80
2	HEREFORD COURIERS	51	19	76
3	LEDBURY & DISTRICT HARRIERS	53	18	65
4	CROFT AMBREY R.C.	58	17	71
5	WYE VALLEY RUNNERS 'B'	83	16	63
6	HEREFORD TRIATHLON CLUB	84	15	53
7	HEREFORD COURIERS 'B'	135	14	58
8	WYE VALLEY RUNNERS 'C'	142	13	39
9	LUDLOW RUNNERS	152	12	57
10	CROFT AMBREY R.C. 'B'	160	11	42
11	RHAYADER A.C.	190	10	16
12	WYE VALLEY RUNNERS 'D'	191	9	22
13	WYE VALLEY RUNNERS 'E'	232	8	16
	PRESTEIGNE PACERS	X	X	35
	HEREFORD COURIERS 'C'	X	X	32
	LUDLOW RUNNERS 'B'	X	X	29
	LUDLOW RUNNERS 'C'	X	X	18
	HEREFORD COURIERS 'D'	X	X	7
	CROFT AMBREY R.C. 'C'	X	X	5

<u>Race 4</u>	<u>MONKHALL FARM</u>	<u>WOMEN</u>	<u>Date</u>	<u>Jan.11th.'09</u>
---------------	----------------------	--------------	-------------	---------------------

<u>Pos.</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total</u>
1	HEREFORD COURIERS	10	10	40
2	CROFT AMBREY R.C.	25	9	33
3	HEREFORD TRIATHLON CLUB	36	8	21
4	HEREFORD TRIATHLON CLUB 'B'	66	7	8
	LUDLOW RUNNERS	X	X	22
	HEREFORD & COUNTY A.C.	X	X	18
	WYE VALLEY RUNNERS	X	X	14
	BUILTH & DISTRICT RUNNERS	X	X	12
	LUDLOW RUNNERS 'B'	X	X	10

Hereford Cross Country League 2008-09

<u>RACE 4</u>	<u>MONKHALL FARM</u>	<u>MEN</u>	<u>Date</u> <u>Jan. 11th. '09</u>
---------------	----------------------	------------	-----------------------------------

<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Cumulative Scores</u>
	PRESTEIGNE PACERS	X	X	9
	WYE VALLEY RUNNERS 'B'	X	X	4
	CROFT AMBREY R.C. 'B'	X	X	3
	LUDLOW RUNNERS 'C'	X	X	2
	WYE VALLEY RUNNERS 'C'	X	X	2