

Herefordshire Cross Country League 2008-2009

<u>RACE 5</u>	<u>PRESTEIGNE ----- WOMEN</u>	<u>Date</u>	<u>Feb. 1st. '09</u>
---------------	-------------------------------	-------------	----------------------

<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

Herefordshire Cross Country League 2008-2009

RACE 5	<u>PRESTEIGNE ----- MEN</u>	<u>Date</u>	<u>Feb. 1st. '09</u>
---------------	------------------------------------	-------------	----------------------

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	45.24
2	Christian Jones	Wye Valley Runners	S.M.	45.45
3	John Pullen	Wye Valley Runners	MV40	46.04
4	Luke Mason	Wye Valley Runners	S.M.	46.34
5	Cliff Berry	Ledbury & District Harriers	MV45	46.47
6	Barry Thompson	Ledbury & District Harriers	S.M.	46.55
7	Mike Fawcett	Wye Valley Runners	MV40	47.35
8	Simon Norwood	Ludlow Runners	S.M.	47.47
9	Stuart Moore	Wye Valley Runners	S.M.	47.59
10	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.22
11	Richie Richards	Wye Valley Runners	MV45	49.00
12	Stafford Rees	Rhayader A.C.	S.M.	49.44
13	Jon Tetley	Hereford Triathlon Club	S.M.	50.02
14	Richard Hornsby	Croft Ambrey R.C.	S.M.	50.07
15	Eliot Taylor	Hereford Couriers	J.M.	50.08
16	David Tongue	Hereford Couriers	S.M.	50.10
17	Glyn Williams	Presteigne Pacers	S.M.	50.33
18	Dave Williams	Hereford Couriers	MV45	51.00
19	Steve Rooke	Ledbury & District Harriers	S.M.	51.10
20	Mike Link	Hereford Couriers	S.M.	51.37
21	Neil Lewis	Hereford Couriers	MV40	51.59
22	Nigel Misselbrook	Croft Ambrey R.C.	MV45	52.04
23	Dan Barnett	Croft Ambrey R.C.	S.M.	52.09
24	Scott Kennedy	Wye Valley Runners	S.M.	52.17
25	Stuart Morrish	Hereford Couriers	MV40	52.22
26	Mike Warrick	Rhayader A.C.	MV55	52.45
27	Chris Law	Ledbury & District Harriers	MV40	53.24
28	Andy Taylor	Hereford Triathlon Club	S.M.	53.35
29	Ian Rivers	Hereford Triathlon Club	MV40	53.37
30	Dave George	Croft Ambrey R.C.	S.M.	53.59
31	Ade Brown	Presteigne Pacers	S.M.	55.10
32	Paul Elliot	Ludlow Runners	MV40	55.28
33	Paul Bouston	Wye Valley Runners	MV40	55.35
34	Steve Littlewood	Wye Valley Runners	S.M.	55.38
35	Gary Lewis	Presteigne Pacers	S.M.	55.40
36	Geoff Kay	Hereford Couriers	MV55	56.08
37	David Horne	Ledbury & District Harriers	MV50	57.09
38	Martin Slack	Hereford Couriers	S.M.	57.36
39	Demetris Charalambous	Croft Ambrey R.C.	MV45	58.14
40	Steve Herington	Hereford Couriers	MV60	58.20
41	Hugh Loughrey	Wye Valley Runners	S.M.	58.52
42	Scot Garner	Wye Valley Runners	S.M.	58.56
43	Carl Edwards	Wye Valley Runners	MV40	58.59
44	Tom Davies	Croft Ambrey R.C.	MV60	59.11
45	Andrew Cromie	Rhayader A.C.	MV40	59.27
46	Guy Whitmarsh	Croft Ambrey R.C.	MV60	59.55
47	Neil Taylor	Croft Ambrey R.C.	MV50	60.10
48	Gary Gunner	Croft Ambrey R.C.	MV60	60.19
49	John Lyden	Ludlow Runners	MV45	60.57
50	Peter Smith	Wye Valley Runners	MV60	60.59
51	Kevin Barnes	Hereford Couriers	MV45	61.15

Herefordshire Cross Country League 2008-2009

RACE 5	<u>PRESTEIGNE ----- MEN</u>	<u>Date</u>	<u>Feb. 1st. '09</u>
---------------	------------------------------------	--------------------	-----------------------------

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
52	Harry Franklin	Wye Valley Runners	MV70	61.49
53	Nigel Jones	Wye Valley Runners	MV50	61.51
54	Graham Wood	Ludlow Runners	MV50	62.24
55	Clive Rowberry	Hereford Couriers	MV55	62.32
56	Bill Griffiths	Wye Valley Runners	MV55	62.51
57	Phil Jones	Presteigne Pacers	MV50	63.31
58	Paul Jones	Rhayader A.C.	MV45	66.18
59	Vaughan Griffiths	Ludlow Runners	MV40	66.38
60	Alun Jenkins	Rhayader A.C.	MV45	67.52
61	Bob Morris	Wye Valley Runners	MV50	67.53
62	Brian Davies	Croft Ambrey R.C.	MV65	69.17
63	Nigel Clarke	Hereford Couriers	S.M.	74.25
64	Simon Barton	Hereford Couriers	MV40	74.25
	<u>JUNIORS</u>			
1	Jon Barnes	Hereford & County A.C.	J	25.18
2	Lewis Lonsdale	Hereford & County A.C.	J	27.25
3	Jordan Knight	Hereford & County A.C.	J	28.46
4	Joe Maddy	Hereford & County A.C.	J	31.34
5	Daniel Cox	Hereford & County A.C.	J	37.33

Hereford Cross Country League 2008-09

<u>RACE 5</u>	<u>PRESTEIGNE</u>	<u>MEN</u>	<u>Date</u>	<u>Feb. 1st. '09</u>
----------------------	--------------------------	-------------------	--------------------	-----------------------------

<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total Scores</u>
1	WYE VALLEY RUNNERS	16	20	100
2	HEREFORD COURIERS	50	19	95
3	LEDBURY & DISTRICT HARRIERS	57	18	83
4	CROFT AMBREY R.C.	69	17	88
5	WYE VALLEY RUNNERS 'B'	77	16	79
6	HEREFORD COURIERS 'B'	102	15	73
7	PRESTEIGNE PACERS	140	14	49
8	RHAYADER A.C.	141	13	29
9	LUDLOW RUNNERS	143	12	69
10	CROFT AMBREY R.C. 'B'	159	11	53
11	WYE VALLEY RUNNERS 'C'	160	10	49
12	HEREFORD COURIERS 'C'	184	9	41
13	WYE VALLEY RUNNERS 'D'	211	8	30
	HEREFORD TRIATHLON CLUB	X	X	53
	LUDLOW RUNNERS 'B'	X	X	29
	LUDLOW RUNNERS 'C'	X	X	18
	WYE VALLEY RUNNERS 'E'	X	X	16
	HEREFORD COURIERS 'D'	X	X	7
	CROFT AMBREY R.C. 'C'	X	X	5

<u>RACE 5</u>	<u>PRESTEIGNE</u>	<u>WOMEN</u>	<u>Date</u>	<u>Feb.1st.'09</u>
----------------------	--------------------------	---------------------	--------------------	---------------------------

<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total Scores</u>
1	HEREFORD COURIERS	12	10	50
2	HEREFORD & COUNTY A.C.	18	9	27
3	CROFT AMBREY R.C.	32	8	41
4	HEREFORD TRIATHLON CLUB	54	7	28
5	WYE VALLEY RUNNERS	65	6	20
6	LUDLOW RUNNERS	76	5	27
7	RHAYADER A.C.	92	4	4
	BUILTH & DISTRICT RUNNERS	X	X	12
	LUDLOW RUNNERS 'B'	X	X	10
	PRESTEIGNE PACERS	X	X	9
	HEREFORD TRIATHLON CLUB 'B'	X	X	8
	WYE VALLEY RUNNERS 'C'	X	X	2

Hereford Cross Country League 2008-09

<u>RACE 5</u>	<u>PRESTEIGNE</u>	<u>MEN</u>	<u>Date</u>	<u>Feb. 1st. '09</u>
---------------	-------------------	------------	-------------	----------------------

<u>Pos</u>	<u>Team</u>	<u>Race Scores</u>	<u>Series Points</u>	<u>Total Scores</u>
	CROFT AMBREY R.C. 'B'	X	X	1