

Herefordshire Cross Country League 2006-2007
Race 3 Holme Lacy 3rd December 2006

WOMEN

Pos	Name	Club	Cat	Time
1	NIKKI EDWARDS	Hereford Couriers	FV35	36.47
2	ALEX LOOK	Wye Valley Runners	S.F.	37.00
3	ALISON COOKE	Hereford Couriers	FV45	37.17
4	JAYNE LITTLEWOOD	Hereford Couriers	FV45	37.33
5	AMY CARWARDINE	Hereford Couriers	S.F.	38.26
6	BECKI ANSFIELD	Wye Valley Runners	S.F.	38.48
7	KATHERINE WILKES	Hereford Triathlon Club	S.F.	39.41
8	JO CRISALL	Hereford Triathlon Club	S.F.	39.44
9	SONIA GEORGE	Ludlow Runners	S.F.	39.56
10	ANN THORPE	Ludlow Runners	FV40	41.13
11	SALLY LESTER	Hereford Couriers	FV35	41.53
12	LISA QUINN	Hereford Couriers	S.F.	41.58
13	JOY MILES	Ludlow Runners	FV40	42.04
14	DEBBIE STENNER	Hereford Triathlon Club	S.F.	42.10
15	MANDY EVANS	Presteigne Pacers	FV40	43.09
16	PHILIPPA DAY	Hereford Triathlon Club	S.F.	43.32
17	IZZY JONES	Wye Valley Runners	S.F.	43.42
18	NIKKI PAGE	Ledbury & D. Harriers	FV35	44.16
19	SARAH COGGINS	Ledbury & D. Harriers	FV45	44.16
20	R. HANCOCK-LASHLEY	Wye Valley Runners	FV40	48.02
21	SUE WILLIAMS	Ludlow Runners	S.F.	48.55
22	SUE PRETTY	Wye Valley Runners	FV50	49.04
23	CATH HOLDROYD	Wye Valley Runners	FV45	49.16
24	GAIL COLLEY	Wye Valley Runners	FV40	49.16
25	CATHERINE EDWARDS	Presteigne Pacers	FV40	50.24
26	CHRISTINE MOTTERAM	Wye Valley Runners	FV60	50.32
27	KAY HARRIS	Hereford Triathlon Club	FV40	56.55
28	ABIGAIL MAISEY	Hereford Triathlon Club	FV40	64.51

JUNIORS

Pos	Name	Club	Cat	Time
1	LUKE MAMMATT	Wye Valley Runners		23.33
2	JON BARNES	Hereford & County A.C.		27.17

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Pos	Name	Club	Cat	Time
1	MATT JAMES	Hereford Couriers	S.M.	47.11
2	TIM CLARKE	Hereford Couriers	S.M.	48.29
3	MIKE FAWCETT	Wye Valley Runners	S.M.	48.48
4	CHRISTIAN JONES	Wye Valley Runners	S.M.	48.59
5	JOHN PULLEN	Wye Valley Runners	MV40	49.16
6	RICHIE RICHARDS	Wye Valley Runners	MV40	50.17
7	LUKE MASON	Wye Valley Runners	J.M.	51.03
8	STACEY MORGAN	Croft Ambrey R.C.	S.M.	51.09
9	DAVE MOSS	Croft Ambrey R.C.	S.M.	51.16
10	DAVE WILLIAMS	Hereford Couriers	MV40	51.37
11	NEIL CHAPMAN	Wye Valley Runners	S.M.	51.41
12	MICK LIGEMA	Ludlow Runners	MV50	52.04
13	DAVE EVANS	Wye Valley Runners	S.M.	52.11
14	MAX SUFF	Hereford Couriers	MV40	52.15
15	CLIFF BERRY	Ledbury & D. Harriers	MV40	52.19
16	ANDY TAYLOR	Hereford Triathlon Club	S.M.	52.36
17	NIGEL MISSELBROOK	Croft Ambrey R.C.	MV40	52.41
18	MARTIN CALLAGHAN	Ludlow Runners	S.M.	53.01
19	GARY PEARSON	Croft Ambrey R.C.	S.M.	53.21
20	MARTIN FLOWERS	Wye Valley Runners	MV50	53.26
21	PATRICK PEARSON	Croft Ambrey R.C.	S.M.	53.36
22	MARK PAVIOUR	Presteigne Pacers	MV40	53.46
23	RICHARD WALL	Hereford Couriers	MV45	53.54
24	STEVE LITTLEWOOD	Hereford Couriers	MV50	54.12
25	STEVE HERINGTON	Hereford Couriers	MV55	54.23
26	PAUL BOUSTON	Wye Valley Runners	S.M.	54.34
27	BARRY THOMPSON	Ledbury & D. Harriers	S.M.	54.4
28	NEIL JONES	Wye Valley Runners	S.M.	55.3
29	MARK DAVIES	Wye Valley Runners	S.M.	55.48
30	CHRIS LAW	Ledbury & D. Harriers	MV40	56.13
31	MERVYN THOMAS	Wye Valley Runners	MV55	56.27
32	ROBIN BEREZA	Wye Valley Runners	MV55	56.43
33	NICK JENKINS	Ledbury & D. Harriers	S.M.	57.3
34	CLIVE ROWBERRY	Hereford Couriers	MV50	57.38
35	EDWIN TRAYLOR	Presteigne Pacers	MV40	57.58
36	IAN PRICE	Croft Ambrey R.C.	MV55	58.16
37	GUY WHITMARSH	Croft Ambrey R.C.	MV60	58.22
38	STUART WILLIAMS	Wye Valley Runners	S.M.	58.25
39	CARL EDWARDS	Wye Valley Runners	MV40	58.27
40	STEVE KING	Wye Valley Runners	S.M.	58.35
41	STEVE ROOKE	Ledbury & D. Harriers	S.M.	59.28
42	STUART MORRISH	Hereford Couriers	S.M.	59.41
43	DAVID HORNE	Ledbury & D. Harriers	MV45	60.03
44	JON MASON	Wye Valley Runners	MV50	60.34
45	GARY LEWIS	Presteigne Pacers	MV40	60.41
46	ADAM KENNERLEY	Presteigne Pacers	MV40	61.18
47	JOHN LYDEN	Ludlow Runners	MV45	61.32
48	DAREN LINCOLN	Croft Ambrey R.C.	S.M.	61.39
49	DAVID BLENKHARN	Ludlow Runners	MV45	61.41
50	TOM DAVIES	Croft Ambrey R.C.	MV55	62.3

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MEN

Pos	Name	Club	Cat	Time
51	SHAUNE RUSSELL	Hereford Couriers	MV40	62.37
52	CLIVE RICHARDSON	Ludlow Runners	MV50	62.52
53	GRAHAM WOOD	Ludlow Runners	MV45	63.20
54	DAVE LLOYD	Presteigne Pacers	MV50	63.24
55	BREANDON ROGERS	Presteigne Pacers	MV50	64.13
56	ANDREW NOBLE	Wye Valley Runners	MV40	64.33
57	MARK TAYLOR	Wye Valley Runners	S.M.	64.46
58	HARRY FRANKLIN	Wye Valley Runners	MV70	64.55
59	ANDY WESTLAKE	Presteigne Pacers	MV40	64.58
60	STU SOUTHAN	Hereford Triathlon Club	S.M.	64.59
61	KEVIN BARNES	Hereford Couriers	MV40	65.13
62	IAN FOSTER	Hereford Triathlon Club	S.M.	65.39
63	DAVE CAMERON	Wye Valley Runners	MV40	67.20
64	BRIAN ELWELL	Hereford Couriers	S.M.	67.31
65	GARY GUNNER	Croft Ambrey R.C.	MV60	68.26
66	MIKE SHAW	Wye Valley Runners	MV55	70.17
67	CHRIS MASON	Wye Valley Runners	MV40	70.36
68	GLYN JONES	Hereford Couriers	MV40	72.40
69	CHRIS MORGAN	Ludlow Runners	MV50	73.05
70	BARRY YOUNG	Wye Valley Runners	MV50	73.21
71	NIGEL DAVIDSON	Croft Ambrey R.C.	MV55	73.54
72	TONY HEWSON	Ludlow Runners	MV70	84.00
73	GEOFF WAKEFORD	Presteigne Pacers	MV65	85.27

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TEAM SCORES

WOMEN

Pos	Team	Race Scores	Series Points	Cumulative Points
1	HEREFORD COURIERS	8	10	30.00
2	WYE VALLEY RUNNERS	15	9	25.00
3	HEREFORD COURIERS 'B'	28	8	23.00
4	LUDLOW RUNNERS	32	7	22.00
5	HEREFORD TRIATHLON CLUB	38	6	14.00
6	WYE VALLEY RUNNERS 'B'	59	5	18.00
7	WYE VALLEY RUNNERS 'C'	73	4	10.00
	HEREFORD COURIERS 'C'			6.00
	LUDLOW RUNNERS 'B'			4.00

MEN

Pos	Team	Race Scores	Series Points	Cumulative Points
1	WYE VALLEY RUNNERS	18	10	30.00
2	HEREFORD COURIERS	27	9	27.00
3	WYE VALLEY RUNNERS 'B'	51	8	21.00
4	CROFT AMBREY R.C.	53	7	23.00
5	LEDBURY & DISTRICT HARRIERS	105	6	10.00
6	HEREFORD COURIERS 'B'	106	5	18.00
7	WYE VALLEY RUNNERS 'C'	114	4	8.00
8	LUDLOW RUNNERS	126	3	11.00
9	CROFT AMBREY R.C. 'B'	142	2	6.00
10	PRESTEIGNE PACERS	148	1	10.00
11	WYE VALLEY RUNNERS 'D'	149		
12	WYE VALLEY RUNNERS 'E'	215		
13	HEREFORD COURIERS 'C'	218		1.00
14	PRESTEIGNE PACERS 'B'	241		
15	LUDLOW RUNNERS 'B'	246		
16	WYE VALLEY RUNNERS 'F'	266		