

Herefordshire Cross Country League 2006-2007
Race 5 Presteigne 4th February 2007

WOMEN

Pos	Name	Club	Cat	Time
1	SUE DAVIES	Presteigne Pacers	FV40	24.15
2	NIKKI EDWARDS	Hereford Couriers	FV35	25.01
3	ALISON COOKE	Hereford Couriers	FV45	25.26
4	AMY CARWARDINE	Hereford Couriers	S.F.	25.44
5	ALEX LOOK	Wye Valley Runners	S.F.	25.57
6	LISA QUINN	Hereford Couriers	S.F.	26.35
7	MANDY EVANS	Presteigne Pacers	FV40	26.48
8	SONIA GEORGE	Ludlow Runners	S.F.	27.31
9	JANET GREENE	Hereford & County A.C.	FV35	27.58
10	NICKI INNES	Wye Valley Runners	FV40	28.22
11	IMME DAVIES	Wye Valley Runners	FV35	28.22
12	VICKY HAMILTON	Wye Valley Runners	FV35	28.51
13	GAIL COLLEY	Wye Valley Runners	FV40	29.09
14	JOY MILES	Ludlow Runners	FV40	29.24
15	SARAH COGGINS	Ledbury & D. Harriers	FV45	29.33
16	SUE PRETTY	Wye Valley Runners	FV50	29.47
17	GEMMA MORGAN	Ludlow Runners	S.F.	30.01
18	SUE WILLIAMS	Ludlow Runners	S.F.	30.11
19	NICKI PAGE	Ledbury & D. Harriers	FV35	30.21
20	PAULINE TEAGUE	Wye Valley Runners	FV40	31.18
21	R. HANCOCK-LASHLEY	Wye Valley Runners	FV40	31.53
22	KATH DRABBLE	Hereford Triathlon Club	FV35	32.56
23	CHRISTINE MOTTERAM	Wye Valley Runners	FV60	33.54
24	KAY HARRIS	Hereford Triathlon Club	FV40	34.28

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MEN

Pos	Name	Club	Cat	Time
1	MATT JAMES	Hereford Couriers	S.M.	37.24
2	LUKE MASON	Wye Valley Runners	J.M.	37.56
3	JOHN PULLEN	Wye Valley Runners	MV40	38.10
4	MIKE FAWCETT	Wye Valley Runners	S.M.	38.59
5	STUART MOORE	Wye Valley Runners	S.M.	39.03
6	CHRISTIAN JONES	Wye Valley Runners	S.M.	39.13
7	SIMON NORWOOD	Ludlow Runners	S.M.	40.04
8	DAVE WILLIAMS	Hereford Couriers	MV40	40.10
9	RICHIE RICHARDS	Wye Valley Runners	MV40	40.21
10	STACEY MORGAN	Croft Ambrey R.C.	S.M.	40.22
11	ANDY TAYLOR	Hereford Triathlon Club	S.M.	40.26
12	BILL LLOYD	Hereford Couriers	S.M.	40.48
13	CLIFF BERRY	Ledbury & D. Harriers	MV40	40.56
14	DAVE EVANS	Wye Valley Runners	S.M.	41.04
15	MARTIN FLOWERS	Wye Valley Runners	MV50	41.15
16	MARK PAVIOUR	Presteigne Pacers	MV40	41.25
17	MAX SUFF	Hereford Couriers	MV40	41.39
18	STUART MORRISH	Hereford Couriers	S.M.	41.58
19	PATRICK PEARSON	Croft Ambrey R.C.	S.M.	42.08
20	STEVE LITTLEWOOD	Hereford Couriers	MV50	42.38
21	RICHARD WALL	Hereford Couriers	MV45	42.41
22	MICK LIGEMA	Ludlow Runners	MV50	43.06
23	HOWARD ABEL	Ledbury & D. Harriers	MV40	43.11
24	GARY LEWIS	Presteigne Pacers	S.M.	43.12
25	MARK DAVIES	Wye Valley Runners	S.M.	43.22
26	STEVE HERINGTON	Hereford Couriers	MV55	43.25
27	GARY PEARSON	Croft Ambrey R.C.	S.M.	43.33
28	GLYN WILLIAMS	Presteigne Pacers	S.M.	44.01
29	PAUL BOUSTON	Wye Valley Runners	S.M.	44.25
30	JOHN LYDEN	Ludlow Runners	MV45	45.07
31	NICK JENKINS	Ledbury & D. Harriers	S.M.	45.12
32	DAVID HORNE	Ledbury & D. Harriers	MV45	45.22
33	MERVYN THOMAS	Wye Valley Runners	MV55	45.27
34	JON MASON	Wye Valley Runners	MV50	45.39
35	PAUL ELLIOTT	Ludlow Runners	MV40	45.44
36	ADAM KENNERLEY	Presteigne Pacers	MV40	46.13
37	CLIVE RICHARDSON	Ludlow Runners	MV50	46.27
38	DAREN LINCOLN	Croft Ambrey R.C.	S.M.	46.45
39	GUY WHITMARSH	Croft Ambrey R.C.	MV60	46.47
40	CLIVE ROWBERRY	Hereford Couriers	MV50	47.09
41	PETER SMITH	Wye Valley Runners	MV55	47.42
42	DAVE LLOYD	Presteigne Pacers	MV50	47.47
43	CHRIS MASON	Wye Valley Runners	MV40	48.29
44	MARK ADAMS	Hereford Couriers	MV45	48.38
45	KEVIN BARNES	Hereford Couriers	MV40	48.48
46	HARRY FRANKLIN	Wye Valley Runners	MV70	49.19
47	GRAHAM WOOD	Ludlow Runners	MV45	49.26
48	ROBERT MONTEITH	Ludlow Runners	MV45	50.30
49	BRIAN ELWELL	Hereford Couriers	S.M.	50.33
50	DAVE ROUSE	Croft Ambrey R.C.	MV50	50.56

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MEN

Pos	Name	Club	Cat	Time
51	DAVE HURST	Ludlow Runners	S.M.	51.14
52	TOM DAVIES	Croft Ambrey R.C.	MV55	52.08
53	BREANDON ROGERS	Presteigne Pacers	MV50	52.36
54	MALCOLM YOUNG	Ludlow Runners	MV55	53.16
55	BILL GRIFFITHS	Wye Valley Runners	MV55	54.36
56	ANDREW FORD	Ledbury & D. Harriers	MV45	55.31
57	CHRIS MORGAN	Ludlow Runners	MV50	57.35
58	JAMES BRISBANE	Ludlow Runners	S.M.	57.36
59	NIGEL DAVIDSON	Croft Ambrey R.C.	MV55	57.56
60	JASON STUCHBURY	Ludlow Runners	S.M.	61.48

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TEAM SCORES

WOMEN

Pos	Team	Race Scores	Series Points	Cumulative Points
1	HEREFORD COURIERS	9	10	50.00
2	WYE VALLEY RUNNERS	26	9	43.00
3	LUDLOW RUNNERS	39	8	30.00
4	WYE VALLEY RUNNERS 'B'	41	7	32.00
5	WYE VALLEY RUNNERS 'C'	64	6	21.00

MEN

Pos	Team	Race Scores	Series Points	Cumulative Points
1	WYE VALLEY RUNNERS	14	10	50.00
2	HEREFORD COURIERS	38	9	45.00
3	WYE VALLEY RUNNERS 'B'	44	8	37.00
4	HEREFORD COURIERS 'B'	85	7	29.00
5	LUDLOW RUNNERS	94	6	23.00
6	CROFT AMBREY R.C.	94	5	35.00
7	LEDBURY & DISTRICT HARRIERS	99	4	16.00
8	PRESTEIGNE PACERS	104	3	16.00
9	WYE VALLEY RUNNERS 'C'	121	2	15.00
10	HEREFORD COURIERS 'C'	178	1	2.00
11	LUDLOW RUNNERS 'B'	183		
12	WYE VALLEY RUNNERS 'D'	185		1.00
13	CROFT AMBREY R.C. 'B'	200		6.00
14	LUDLOW RUNNERS 'C'	229		

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FINAL TEAM POSITIONS

WOMEN

Pos	Team	Series Points
1	HEREFORD COURIERS	50 pts.
2	WYE VALLEY RUNNERS	43 pts.
3	WYE VALLEY RUNNERS 'B'	32 pts.
4	LUDLOW RUNNERS	30 pts.
5	HEREFORD COURIERS 'B'	23 pts.
6	HEREFORD TRI. CLUB	22 pts.
7	WYE VALLEY RUNNERS 'C'	21 pts.
8	HEREFORD COURIERS 'C'	6 pts.
9	LEDBURY & D. HARRIERS	6 pts.
10	LUDLOW RUNNERS 'B'	4 pts.

MEN

Pos	Team	Series Points
1	WYE VALLEY RUNNERS	50 pts.
2	HEREFORD COURIERS	45 pts.
3	WYE VALLEY RUNNERS 'B'	37 pts.
4	CROFT AMBREY R.C.	35 pts.
5	HEREFORD COURIERS 'B'	29 pts.
6	LUDLOW RUNNERS	23 pts.
7	LEDBURY & D. HARRIERS	16 pts.
8	PRESTEIGNE PACERS	16 pts.
9	WYE VALLEY RUNNERS 'C'	15 pts.
10	CROFT AMBREY R.C. 'B'	6 pts.
11	HEREFORD COURIERS 'C'	2 pts.
12	WYE VALLEY RUNNERS 'D'	1 pt.