

**Herefordshire Cross Country League 2006-2007**  
**Race 4 Haywood Farm 14th January 2007**

**WOMEN**

Pos	Name	Club	Cat	Time
1	AMY CARWARDINE	Hereford Couriers	S.F.	38.41
2	KATHERINE WILKES	Wye Valley Runners	S.F.	38.51
3	ALISON COOKE	Hereford Couriers	FV45	39.09
4	NIKKI EDWARDS	Hereford Couriers	FV35	39.28
5	JAYNE LITTLEWOOD	Hereford Couriers	FV45	39.58
6	DEBBIE STENNER	Hereford Triathlon Club	S.F.	41.28
7	LISA QUINN	Hereford Couriers	S.F.	41.40
8	SONIA GEORGE	Ludlow Runners	S.F.	41.51
9	IZZY JONES	Wye Valley Runners	S.F.	42.12
10	MANDY EVANS	Presteigne Pacers	FV40	43.12
11	JENNY PAPWORTH	Hereford Triathlon Club	FV35	44.35
12	IMME DAVIES	Wye Valley Runners	FV35	44.58
13	SARAH COGGINS	Ledbury & D. Harriers	FV45	45.16
14	NICKI INNES	Wye Valley Runners	FV40	45.37
15	NIKKI PAGE	Ledbury & D. Harriers	FV35	47.35
16	SUE PRETTY	Wye Valley Runners	FV50	49.15
17	GAIL COLLEY	Wye Valley Runners	FV40	49.25
18	REBECCA HANCOCK- L.	Wye Valley Runners	FV40	49.45
19	CATH HOLDROYD	Wye Valley Runners	FV45	50.04
20	PAULINE TEAGUE	Wye Valley Runners	FV40	50.10
21	JANE LAKE	Wye Valley Runners	FV40	50.25
22	KAY HARRIS	Hereford Triathlon Club	FV40	52.24
23	KATE GARDNER	Ledbury & D. Harriers	S.F.	57.33

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Pos	Name	Club	Cat	Time
1	MATT JAMES	Hereford Couriers	S.M.	43.47
2	TIM CLARKE	Hereford Couriers	S.M.	43.5
3	JOHN PULLEN	Wye Valley Runners	MV40	44.51
4	MIKE FAWCETT	Wye Valley Runners	S.M.	44.59
5	CHRISTIAN JONES	Wye Valley Runners	S.M.	45.14
6	RICHIE RICHARDS	Wye Valley Runners	MV40	45.23
7	STUART MOORE	Wye Valley Runners	S.M.	45.25
8	SIMON NORWOOD	Ludlow Runners	S.M.	45.3
9	DAVE MOSS	Croft Ambrey R.C.	S.M.	46.04
10	NEIL CHAPMAN	Wye Valley Runners	S.M.	46.19
11	BILL LLOYD	Hereford Couriers	S.M.	47.1
12	NIGEL MISSELBROOK	Croft Ambrey R.C.	MV40	47.22
13	ANDY TAYLOR	Hereford Triathlon Club	S.M.	47.33
14	DAVE WILLIAMS	Hereford Couriers	MV40	47.43
15	DAVE EVANS	Wye Valley Runners	S.M.	47.5
16	SAM GOODCHILD	Wye Valley Runners	S.M.	47.58
17	PETER BOWEN	Wye Valley Runners	S.M.	48
18	MICK LIGEMA	Ludlow Runners	MV50	48.17
19	MARTIN FLOWERS	Wye Valley Runners	MV50	48.31
20	PATRICK PEARSON	Croft Ambrey R.C.	S.M.	48.34
21	STACEY MORGAN	Croft Ambrey R.C.	S.M.	48.42
22	STEVE HERINGTON	Hereford Couriers	MV55	48.51
23	MARTIN CALLAGHAN	Ludlow Runners	S.M.	48.55
24	MARK PAVIOUR	Presteigne Pacers	MV40	49.1
25	STUART MORRISH	Hereford Couriers	S.M.	49.26
26	EDWIN TRAYLOR	Presteigne Pacers	MV40	50.06
27	MARK DAVIES	Wye Valley Runners	S.M.	50.14
28	STEVE LITTLEWOOD	Hereford Couriers	MV50	50.29
29	NEIL JONES	Wye Valley Runners	S.M.	50.29
30	HOWARD ABEL	Ledbury & D. Harriers	MV40	50.33
31	CHRIS LAW	Ledbury & D. Harriers	MV40	50.41
32	IAN PRICE	Croft Ambrey R.C.	MV55	50.51
33	BEN BOSWELL	Wye Valley Runners	S.M.	51.38
34	MICK NORTON	Hereford Triathlon Club	MV40	51.45
35	SHAUN THROWER	Wye Valley Runners	MV45	51.54
36	DAVID GEORGE	Ludlow Runners	S.M.	51.55
37	STEVE ROOKE	Ledbury & D. Harriers	S.M.	52.01
38	MERVYN THOMAS	Wye Valley Runners	MV55	52.04
39	GARY LEWIS	Presteigne Pacers	S.M.	52.04
40	DAVID BLENKHARN	Ludlow Runners	MV45	52.05
41	PAUL BOUSTON	Wye Valley Runners	S.M.	52.09
42	STEVE KING	Wye Valley Runners	S.M.	52.21
43	DAVE ELLIOTT	Ludlow Runners	MV40	52.27
44	NICK JENKINS	Ledbury & D. Harriers	S.M.	52.49
45	GUY WHITMARSH	Croft Ambrey R.C.	MV60	52.52
46	RICHARD GEORGE	Wye Valley Runners	MV40	52.56
47	GLYN WILLIAMS	Presteigne Pacers	S.M.	53.13
48	DAVID HORNE	Ledbury & D. Harriers	MV45	53.19
49	ANDREW SPREADBORO'	Ludlow Runners	MV45	53.46
50	CLIVE RICHARDSON	Ludlow Runners	MV50	54.18

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Pos	Name	Club	Cat	Time
51	ADAM KENNERLEY	Presteigne Pacers	MV40	54.23
52	CLIVE ROWBERRY	Hereford Couriers	MV50	54.34
53	MALCOLM EDWARDS	Wye Valley Runners	S.M.	55.06
54	IAIN SMITH	Wye Valley Runners	MV45	55.18
55	DAREN LINCOLN	Croft Ambrey R.C.	S.M.	55.52
56	ROB HEMBLADE	Wye Valley Runners	MV40	55.58
57	GARY GUNNER	Croft Ambrey R.C.	MV60	56.29
58	DAVE LLOYD	Presteigne Pacers	MV50	57.03
59	ANDY WESTLAKE	Presteigne Pacers	MV40	57.13
60	PETER SMITH	Wye Valley Runners	MV55	57.27
61	HARRY FRANKLIN	Wye Valley Runners	MV70	57.42
62	KEVIN BARNES	Hereford Couriers	MV40	58.12
63	PHIL SMITH	Wye Valley Runners	MV50	58.50
64	RALPH LLOYD	Wye Valley Runners	MV40	59.00
65	TOM DAVIES	Croft Ambrey R.C.	MV55	59.28
66	CHRIS MASON	Wye Valley Runners	MV40	59.56
67	DAVE ROUSE	Croft Ambrey R.C.	MV50	60.53
68	BILL GRIFFITHS	Wye Valley Runners	MV55	61.20
69	BRIAN ELWELL	Hereford Couriers	S.M.	62.33
70	PETER PRITCHARD	Wye Valley Runners	MV60	63.36
71	MIKE SHAW	Wye Valley Runners	MV55	64.24
72	BREANDON ROGERS	Presteigne Pacers	MV50	66.12
73	NIGEL DAVIDSON	Croft Ambrey R.C.	MV55	66.48
74	CHRIS MORGAN	Ludlow Runners	MV50	67.10
75	JASON STUCHBURY	Ludlow Runners	S.M.	71.08
76	TONY HEWSON	Ludlow Runners	MV70	73.39
77	GEOFF WAKEFORD	Presteigne Pacers	MV65	75.15
78	BARRY YOUNG	Wye Valley Runners	MV50	76.46

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**TEAM SCORES**

**WOMEN**

Pos	Team	Race Scores	Series Points	Cumulative Points
1	HEREFORD COURIERS	8	10	40
2	WYE VALLEY RUNNERS	23	9	34
3	HEREFORD TRIATHLON CLUB	39	8	22
4	WYE VALLEY RUNNERS 'B'	47	7	25
5	LEDBURY & DISTRICT HARRIERS	51	6	6
6	WYE VALLEY RUNNERS 'C'	57	5	15
	HEREFORD COURIERS 'B'			23
	LUDLOW RUNNERS			22
	HEREFORD COURIERS 'C'			6
	LUDLOW RUNNERS 'B'			4

**MEN**

Pos	Team	Race Scores	Series Points	Cumulative Points
1	WYE VALLEY RUNNERS	18	10	40
2	HEREFORD COURIERS	28	9	36
3	WYE VALLEY RUNNERS 'B'	48	8	29
4	CROFT AMBREY R.C.	62	7	30
5	LUDLOW RUNNERS	85	6	17
6	WYE VALLEY RUNNERS 'C'	92	5	13
7	HEREFORD COURIERS 'B'	127	4	22
8	PRESTEIGNE PACERS	136	3	13
9	LEDBURY & DISTRICT HARRIERS	142	2	12
10	WYE VALLEY RUNNERS 'D'	147	1	1
11	LUDLOW RUNNERS 'B'	182		
12	CROFT AMBREY R.C. 'B'	189		6
13	WYE VALLEY RUNNERS 'E'	195		
14	WYE VALLEY RUNNERS 'F'	240		
15	PRESTEIGNE PACERS 'B'	240		
16	WYE VALLEY RUNNERS 'G'	268		
	HEREFORD COURIERS 'C'			1