

Herefordshire Cross Country League 2006-2007
Race 1 Croft Castle 15th October 2006

WOMEN

Pos	Name	Club	Cat	Time
1	NICKI EDWARDS	Hereford Couriers	FV35	35.05
2	JAYNE LITTLEWOOD	Hereford Couriers	FV45	35.39
3	ALEX LOOK	Wye Valley Runners	S.F.	35.43
4	AMY CARWARDINE	Hereford Couriers	S.F.	35.52
5	BECKI ANSFIELD	Wye Valley Runners	S.F.	36.49
6	MANDY EVANS	Presteigne Pacers	FV40	37.53
7	SONIA GEORGE	Ludlow Runners	S.F.	37.59
8	SALLY LESTER	Hereford Couriers	FV35	38.56
9	KATHERINE WILKES	Wye Valley Runners	S.F.	39.16
10	GAIL COLLEY	Wye Valley Runners	FV40	39.21
11	SHARRON COLLEY	Wye Valley Runners	FV35	39.51
12	JULIE SUFF	Hereford Couriers	S.F.	40.11
	SALLY LESTER	Hereford Couriers	FV35	
13	NIKKI INNES	Wye Valley Runners	FV40	40.41
14	DIANE JOHNSON	Hereford Couriers	FV40	40.56
15	BECKY DYER	Hereford Couriers	S.F.	41.09
16	PHILIPPA DAY	Hereford Triathlon Club	S.F.	42.32
17	JOY MILES	Ludlow Runners	FV40	43.13
18	SUE WILLIAMS	Ludlow Runners	S.F.	44.49
19	RACHEL ROGERS	Hereford Triathlon Club	S.F.	45.41
20	CHRISTINE MOTTERHAM	Wye Valley Runners	FV60	45.53
21	R. HANCOCK-LASHLEY	Wye Valley Runners	FV40	46.41
	BARBARA OWENS	Presteigne Pacers	FV35	
22	KATH DRABBLE	Hereford Triathlon Club	FV35	48.16
23	PAULINE TEAGUE	Wye Valley Runners	FV40	48.38
24	KAY HARRIS	Hereford Triathlon Club	FV40	50.47
25	JANE WILSON	Wye Valley Runners	FV35	52.31
26	RUTH MASON	Wye Valley Runners	FV45	52.31

JUNIORS

1	DAN GOWER	Hereford & County A.C.		31.45
2	SAM WILSON	Wye Valley Runners		34.26

Herefordshire Cross Country League 2006-2007
Race 1 Croft Castle 15th October 2006

MEN

Pos	Name	Club	Cat	Time
1	MATT JAMES	Hereford Couriers	S.M.	50.11
2	CHRISTIAN JONES	Wye Valley Runners	S.M.	51.06
3	JOHN PULLEN	Wye Valley Runners	MV40	51.21
4	STUART MOORE	Wye Valley Runners	S.M.	51.22
5	MAX SUFF	Hereford Couriers	MV40	51.42
6	STACEY MORGAN	Croft Ambrey R.C.	S.M.	51.59
7	DAVE WILLIAMS	Hereford Couriers	MV40	52.22
8	NIGEL MISSELBROOK	Croft Ambrey R.C.	MV40	53.23
9	LUKE MASON	Wye Valley Runners	J.M.	53.36
10	DAVE MOSS	Croft Ambrey R.C.	S.M.	53.42
11	MARK PAVIOUR	Presteigne Pacers	MV40	53.59
12	STEVE HERINGTON	Hereford Couriers	MV55	54.27
13	ANDY TAYLOR	Hereford Triathlon Club	S.M.	54.43
14	DAVE EVANS	Wye Valley Runners	S.M.	54.51
15	GARY PEARSON	Croft Ambrey R.C.	S.M.	54.58
16	RICHARD WALL	Hereford Couriers	MV40	54.59
17	STEVE LITTLEWOOD	Hereford Couriers	MV50	55.13
18	MARK DAVIES	Wye Valley Runners	S.M.	55.41
19	CLIFF BERRY	Ledbury & D. Harriers	MV40	55.52
20	HOWARD ABEL	Ledbury & D. Harriers	MV40	56.16
21	EDWIN TRAYLOR	Presteigne Pacers	MV40	56.42
22	MARTIN FLOWERS	Wye Valley Runners	MV50	56.52
23	PAUL BOUSTON	Wye Valley Runners	S.M.	57.08
24	STUART WILLIAMS	Wye Valley Runners	S.M.	57.46
25	PATRICK PEARSON	Croft Ambrey R.C.	S.M.	57.58
26	MARTIN SLACK	Hereford Couriers	S.M.	58.08
27	DAVE GEORGE	Ludlow Runners	S.M.	58.16
28	JOHN LYDEN	Ludlow Runners	MV45	58.26
29	PETE CARWARDINE	Hereford Couriers	MV45	58.42
30	CLIVE ROWBERRY	Hereford Couriers	MV50	59.46
31	STEVE KING	Wye Valley Runners	S.M.	60.29
32	DAVE WHITE	Hereford Triathlon Club	S.M.	60.43
33	GUY WHITMARSH	Croft Ambrey R.C.	MV60	60.49
34	GARY LEWIS	Presteigne Pacers	S.M.	60.54
35	A. SPREADBOROUGH	Ludlow Runners	MV45	60.57
36	MATT TAYLOR	Wye Valley Runners	S.M.	60.59
37	JOHN MASON	Wye Valley Runners	MV50	61.31
38	SHAUN THROWER	Wye Valley Runners	MV45	61.48
39	CLIVE RICHARDSON	Ludlow Runners	MV50	62.28
40	DAVE BLENKHARN	Ludlow Runners	MV45	62.33
41	ADAM KENNERLEY	Presteigne Pacers	MV40	62.36
42	GEORGE HARRISON	Wye Valley Runners	S.M.	62.41
43	GARY GUNNER	Croft Ambrey R.C.	MV60	62.43
44	PETER SMITH	Wye Valley Runners	MV55	63.01
45	NEIL COLLINS	Ludlow Runners	MV50	63.05
46	DAVID HORNE	Ledbury & D. Harriers	MV45	63.29
47	ANDY WESTLAKE	Presteigne Pacers	MV40	63.51
48	HARRY FRANKLIN	Wye Valley Runners	MV70	64.02
49	DAREN LINCOLN	Croft Ambrey R.C.	S.M.	64.08
50	ROBERT MONTEITH	Ludlow Runners	MV45	64.39

Herefordshire Cross Country League 2006-2007
Race 1 Croft Castle 15th October 2006

MEN

Pos	Name	Club	Cat	Time
51	TOM DAVIES	Croft Ambrey R.C.	MV55	64.49
52	IAIN SMITH	Wye Valley Runners	MV45	64.56
53	MALCOLM EDWARDS	Wye Valley Runners	S.M.	65.37
54	IAN FOSTER	Hereford Triathlon Club	S.M.	66.56
55	BREANDON ROGERS	Presteigne Pacers	MV50	66.04
56	ROB GRIFFITHS	Wye Valley Runners	S.M.	66.12
57	DAVE LLOYD	Presteigne Pacers	MV50	66.42
58	BRIAN ELWELL	Hereford Couriers	S.M.	67.09
59	DAVE ROUSE	Croft Ambrey R.C.	MV50	67.16
60	GRAHAM WOOD	Ludlow Runners	MV45	67.53
61	DAVE HURST	Ludlow Runners	S.M.	68.28
62	MIKE SHAW	Wye Valley Runners	MV55	69.44
63	BRIAN DAVIES	Croft Ambrey R.C.	MV60	70.06
64	LES CHAMBERLAIN	Wye Valley Runners	MV55	70.31
65	DON LOVEJOY	Ludlow Runners	MV50	71.57
66	ANDREW NOBLE	Wye Valley Runners	MV40	71.57
67	GLYN FLETCHER	Ledbury & D. Harriers	MV45	72.11
68	ALAN LEWIS	Hereford Triathlon Club	S.M.	76.52
69	DAVE MANN	Presteigne Pacers	MV40	77.57
70	CHRIS MORGAN	Ludlow Runners	MV50	79.39
71	GEOFF WAKEFORD	Presteigne Pacers	MV65	81.06
72	TONY HEWSON	Ludlow Runners	MV70	82.02

Herefordshire Cross Country League 2006-2007
Race 1 Croft Castle 15th October 2006

TEAM SCORES

WOMEN

Pos	Team	Race Scores	Series Points	Cumulative Points
1	HEREFORD COURIERS	7	10	10.00
2	WYE VALLEY RUNNERS	17	9	9.00
3	WYE VALLEY RUNNERS 'B'	34	8	8.00
4	HEREFORD COURIERS 'B'	34	7	7.00
5	LUDLOW RUNNERS	42	6	6.00
6	HEREFORD TRIATHLON CLUB	57	5	5.00
7	WYE VALLEY RUNNERS 'C'	64	4	4.00

MEN

Pos	Team	Race Scores	Series Points	Cumulative Points
1	WYE VALLEY RUNNERS	17	10	10.00
2	HEREFORD COURIERS	20	9	9.00
3	CROFT AMBREY R.C.	47	8	8.00
4	WYE VALLEY RUNNERS 'B'	71	7	7.00
5	HEREFORD COURIERS 'B'	79	6	6.00
6	PRESTEIGNE PACERS	115	5	5.00
7	WYE VALLEY RUNNERS 'C'	122	4	4.00
8	LUDLOW RUNNERS	137	3	3.00
9	LEDBURY & DISTRICT HARRIERS	147	2	2.00
10	CROFT AMBREY R.C. 'B'	158	1	1.00
11	WYE VALLEY RUNNERS 'D'	169		
12	HEREFORD COURIERS 'C'	181		
13	HEREFORD TRIATHLON CLUB	181		
14	LUDLOW RUNNERS 'B'	206		
15	WYE VALLEY RUNNERS 'E'	219		
16	PRESTEIGNE PACERS 'B'	245		
17	WYE VALLEY RUNNERS 'F'	268		
18	LUDLOW RUNNERS 'C'	288		