

Herefordshire Cross Country League 2009-2010

	AWARD WINNERS	MEN	
OVERALL WINNER	JONATHAN PUGH	Builth & District Runners	
			POINTS
SENIOR MEN	1. JONATHAN PUGH	Builth & District Runners	4
	2. LUKE MASON	Wye Valley Runners	18
	3. CHRISTIAN JONES	Wye Valley Runners	26
VETERAN 40+	1. TIM CLARKE	Hereford Couriers	4
	2. JOHN PULLEN	Wye Valley Runners	7
	3. MIKE FAWCETT	Wye Valley Runners	12
VETERAN 45+	1. CLIFF BERRY	Ledbury & District Harriers	4
	2. MAX SUFF	Hereford Couriers	8
	3. DAVE WILLIAMS	Hereford Couriers	14
VETERAN 50+	1. KEVIN GUMMERY	Wye Valley Runners	8
	2. DAVID HORNE	Ledbury & District Harriers	13
	3. NEIL TAYLOR	Croft Ambrey R.C.	23
VETERAN 55+	1. JACK PARRY	Builth & District Runners	8
	2. MERVYN THOMAS	Wye Valley Runners	9
	3. STEVE LITTLEWOOD	Hereford Couriers	13
VETERAN 60+	1. TOM DAVIES	Croft Ambrey R.C.	7
	2. PETER SMITH	Wye Valley Runners	13
VETERAN 65+	1. GUY WHITMARSH	Croft Ambrey R.C.	4
VETERAN 70+	1. HARRY FRANKLIN	Wye Valley Runners	4
JUNIOR MEN	1. JON BARNES	Wye Valley Runners	5
	2. ELIOT TAYLOR	Hereford Couriers	6
	3. GEORGE MILES	Hereford Triathlon Club	10
JUNIOR (U 17)	1. DANIEL COX	Hereford & County A.C.	3
	AWARD WINNERS	WOMEN	
OVERALL WINNER	SUSAN MARR	Wye Valley Runners	
SENIOR WOMEN	1. AMY CARWARDINE	Hereford Couriers	4
	2. TRACY EDWARDS	Wye Valley Runners	13
	3. EMILY DAVIES	Wye Valley Runners	23
VETERAN 35+	1. NICOLA GOODWIN	Hereford Triathlon Club	7
	2. NIKKI EDWARDS	Hereford Couriers	9
	3. JO CRISSALL	Hereford Triathlon Club	16
VETERAN 40+	1. SUE DAVIES	Croft Ambrey R.C.	4
	2. TRICIA WRIGHT	Hereford Triathlon Club	10
	3. CELIA SPEAKE	Builth & District Runners	15
VETERAN 45+	1. SUSAN MARR	Wye Valley Runners	4
	2. ALISON COOKE	Hereford Couriers	8
	3. ANN KERBY-COLLINS	Ludlow Runners	17
VETERAN 50+	1. JAYNE LITTLEWOOD	Hereford Couriers	4
	2. SARAH COGGINS	Ledbury & District Harriers	7
	3= JAN EDWARDS	Wye Valley Runners	12
	3= TINA LAVELLE	Hay Hotfooters	12
VETERAN 60+	1. NONDUS BANNING-BODDY	Rhayader A.C.	4
VETERAN 65+	1. CHRISTINE MOTTERAM	Wye Valley Runners	4
JUNIOR (U.17)	1. CLARA EVANS	Hereford & County A.C.	3

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