

Herefordshire Cross Country League 2010-2011

	AWARD WINNERS	MEN	
OVERALL WINNER	JON BARNES	Wye Valley Runners	
			POINTS
SENIOR MEN	1. STACEY MORGAN	Croft Ambrey R.C.	10
	2. ANDY TAYLOR	Hereford Triathlon Club	27
	3. DAVE ROUSE	Croft Ambrey R.C.	33
VETERAN 40+	1. JOHN PULLEN	Wye Valley Runners	4
	2. STAFFORD REES	Rhayader A.C.	11
	3. MIKE FAWCETT	Wye Valley Runners	14
VETERAN 45+	1. CLIFF BERRY	Ledbury & District Harriers	4
	2. MAX SUFF	Hereford Couriers	10
	3. RICHARD HUGHES	Hereford Couriers	11
VETERAN 50+	1. MICK LIGEMA	Croft Ambrey R.C.	4
	2. PETE CARWARDINE	Hereford Couriers	10
	3. DAVID HORNE	Ledbury & District Harriers	17
VETERAN 55+	1. JACK PARRY	Builth & District R.C.	4
	2. IAN DYSON	Malvern Joggers	10
	3. STUART BROWN	Malvern Joggers	14
VETERAN 60+	1. STEVE HERINGTON	Hereford Couriers	4
	2. GARY GUNNER	Croft Ambrey R.C.	8
	3. PETER SMITH	Wye Valley Runners	14
VETERAN 65+	1. GUY WHITMARSH	Croft Ambrey R.C.	4
VETERAN 70+	1. HARRY FRANKLIN	Wye Valley Runners	5
JUNIOR MEN	1. JON BARNES	Wye Valley Runners	4
	2. ELIOT TAYLOR	Hereford Couriers	8
	AWARD WINNERS	WOMEN	
OVERALL WINNER	EMMA GOODERHAM	Malvern Joggers	
SENIOR WOMEN	1. AMY CARWARDINE	Hereford Couriers	5
	2. CLAIRE HEBBLETHWAITE	Hereford Triathlon Club	9
	3. ROSIE REEVE	Ludlow Runners	13
VETERAN 35+	1. EMMA GOODERHAM	Malvern Joggers	4
	2. NICOLA GOODWIN	Hereford Triathlon Club	7
	3. JO CRISALL	Hereford Triathlon Club	10
VETERAN 40+	1. RUTH JOHNSTONE	Malvern Joggers	6
	2. NIKKI TYLER	Hereford Couriers	8
	3. TRICIA WRIGHT	Hereford Triathlon Club	9
VETERAN 45+	1. LIZA AUSTIN	Croft Ambrey R.C.	13
	2. JO LORD	Hay Hotfooters	20
	3. SUE POWELL	Croft Ambrey R.C.	24
VETERAN 50+	1. NICKY TURVEY	Croft Ambrey R.C.	4
	2. SARAH COGGINS	Ledbury & District Harriers	10
	3. RITA TOMKINS	Presteigne Pacers	10
VETERAN 55+	1. JENNIE CONTI	Builth & District R.C.	6
	2. CAROL STOCKER	Presteigne Pacers	10
	3. CLAIRE MILNER	Hay Hotfooters	14
VETERAN 65+	1. CHRISTINE MOTTERAM	Wye Valley Runners	5

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