

Herefordshire XC Winter League 2018/19			Womens Results	
Race 1	Croft Castle		Sunday 11th November	
Pos	Name	Club	Cat	Time
1	Bethan Logan	Hay Hotfooters	S.F.	35.49
2	Dana Machackova	Hereford Triathlon Club	S.F.	35.54
3	Jo Rees	Rhayader R.C.	FV40	35.57
4	Robyn Gore	Croft Ambrey R.C.	S.F.	36.09
5	Holly Gourley	Ledbury & District Harriers	FV35	36.19
6	Gemma Mallett	Croft Ambrey R.C.	S.F.	36.27
7	Laura Lelievre	MonRoss Trailblazers	S.F.	36.32
8	Kelly Bowen	Croft Ambrey R.C.	S.F.	36.46
9	Jodie Newell	Wye Valley Runners	S.F.	37.08
10	Ffion Gilbert	Ludlow Runners	J.F.	37.27
11	Hannah Watkins	Hereford Couriers	S.F.	37.29
12	Alice Godding	Ludlow Runners	S.F.	38.17
13	Jacqui Loxam	Maldwyn Harriers	FV40	38.22
14	Becki Ansfield	Wye Valley Runners	FV40	38.28
15	Sarah Christensen	Hay Hotfooters	FV35	38.52
16	Juliet Moxon	Wye Valley Runners	FV35	39.15
17	Aderyn Carter	Hay Hotfooters	J.F.	39.27
18	Amy Smith	Hereford Couriers	FV35	39.34
19	Shannon Gilbert	Ludlow Runners	S.F.	39.5
20	Clare Mallender	Hereford Couriers	FV40	40.1
21	Tia Froome	Hereford Triathlon Club	U.17	40.13
22	Caroline Morgan	Maldwyn Harriers	FV35	40.32
23	Roxy Woodfield	Croft Ambrey R.C.	S.F.	41.01
24	Louise Reynolds	Croft Ambrey R.C.	FV50	41.09
25	Lara Seal	Wye Valley Runners	S.F.	41.14
26	Lizzie Cockle	Maldwyn Harriers	S.F.	41.3
27	Helen Davis	Hereford Triathlon Club	FV35	41.34
28	Jo Marriott	Croft Ambrey R.C.	FV50	42.04
29	Samantha Harper	Croft Ambrey R.C.	FV40	42.1
30	Aisling Freeth	Hereford Couriers	S.F.	42.22
31	Emma Jones	Croft Ambrey R.C.	FV40	42.47
32	Suzanne Rowlands	Maldwyn Harriers	FV40	42.48
33	Gunvor Troelsen	Builth & District R.C.	FV50	42.51
34	Rachel Butler	Maldwyn Harriers	FV55	43
35	Deb White	Malvern Joggers	FV45	43.02
36	Vanessa Ball	MonRoss Trailblazers	S.F.	43.03
37	Lynne Compton	Wye Valley Runners	FV50	43.22
38	Sue Powell	Croft Ambrey R.C.	FV55	43.28
39	Susannah Kirk	Ledbury & District Harriers	FV40	43.37
40	Katie Belcher	Croft Ambrey R.C.	S.F.	43.45

41	Imogen Marriott	Croft Ambrey R.C.	U.17	43.54
42	Sharon Lindesay	Hay Hotfooters	FV45	44.1
43	Imme Davies	Hay Hotfooters	FV45	44.18
44	Helen Owen	Maldwyn Harriers	FV45	44.31
45	Billy Smallwood	Wye Valley Runners	FV50	44.42
46	Vikki Woodward	Hereford Couriers	FV40	44.58
47	Flora Gunner	Croft Ambrey R.C.	FV55	45.02
48	Sarah White	Hay Hotfooters	FV45	45.19
49	Tina Cartwright	Ludlow Runners	FV60	45.32
50	Rebecca O'Shea	Maldwyn Harriers	FV45	45.39
51	Izzy Axford	Hereford Couriers	S.F.	45.41
52	Ann Pritchard	Wye Valley Runners	FV50	45.45
53	Claire Webb	Ludlow Runners	FV55	45.54
54	Jordan Powis	Hereford Triathlon Club	S.F.	46.03
55	Sahrah Wilding	Presteigne Pacers	FV50	46.12
56	Julie Caseley	Malvern Joggers	FV55	46.17
57	Liza Austin	Croft Ambrey R.C.	FV50	46.35
58	Lucy Wilding	Croft Ambrey R.C.	S.F.	46.4
59	Carol Powell	Croft Ambrey R.C.	FV45	47.04
60	Louise Griffiths	Hereford Triathlon Club	S.F.	47.45
61	Jan Edwards	Wye Valley Runners	FV60	47.58
62	Terri Jones	Maldwyn Harriers	FV55	48.06
63	Suzie Lane	Malvern Joggers	FV50	48.16
64	Stephanie King	Croft Ambrey R.C.	FV50	48.26
65	Becky Humphries	Wye Valley Runners	S.F.	48.36
66	Sally Wardell	Ledbury & District Harriers	FV45	48.45
67	Sian Champken	Wye Valley Runners	FV45	48.49
68	Tina Lavelle	Hay Hotfooters	FV60	48.58
69	Jill Hillman	Maldwyn Harriers	FV60	49.01
70	Rachel Williams	Maldwyn Harriers	S.F.	49.12
71	Georgina Fletcher	Maldwyn Harriers	FV55	50.05
72	Nicola Kelly	Builth & District R.C.	FV45	50.09
73	Sarah Coggins	Ledbury & District Harriers	FV55	50.19
74	Ann Baskeyfield	Ludlow Runners	FV55	50.38
75	Diane Jones	Maldwyn Harriers	FV45	50.5
76	Victoria Dickinson	Croft Ambrey R.C.	FV50	51.07
77	Nikki Ferguson	Presteigne Pacers	S.F.	52.29
78	Nicola Corston	Ludlow Runners	FV45	52.44
79	Louise Reeves	Croft Ambrey R.C.	FV40	52.56
80	Louise Phillips	Presteigne Pacers	FV45	53.01
81	Lisa Gray	Croft Ambrey R.C.	FV45	53.32
82	Emma Jones	Maldwyn Harriers	FV35	54.04
83	Caroline Orrells	Maldwyn Harriers	FV60	54.46

84	Jan Shanahan	Maldwyn Harriers	FV50	55.1
85	Gemma Davies	Croft Ambrey R.C.	FV35	55.1
86	Susan Carroll	Maldwyn Harriers	FV55	55.44
87	Gwyneth Tyler	Maldwyn Harriers	FV45	56.05
88	Katy Godsell	Maldwyn Harriers	FV35	56.19
89	Elizabeth Farrington	Maldwyn Harriers	FV50	57.07
90	Viv Tolley	Malvern Joggers	FV55	57.19
91	Helen Card	Malvern Joggers	FV35	57.27
92	Theresa Jones	Croft Ambrey R.C.	FV50	60.35
93	Sybil Marsh	Ludlow Runners	FV70	60.41
94	Emma White	Malvern Joggers	FV40	61.32
95	Sandra Salter	Ludlow Runners	FV45	63.2
96	Sue Manley	Ludlow Runners	FV45	64.24
97	Jo Sharp	Ludlow Runners	FV55	65.02
98	Cathy Williams	Presteigne Pacers	FV50	67.19
99	Carrol Stocker	Presteigne Pacers	FV60	76.33