

Herefordshire Cross Country League 2018-19

	<u>AWARD WINNERS</u>	<u>WOMEN</u>	<u>PTS.</u>
<u>OVERALL WINNER</u>	<u>BETHAN LOGAN</u>	Hay Hotfooters	11
<u>SENIOR WOMEN</u>	1. BETHAN LOGAN	Hay Hotfooters	7
	2. ALICE GODDING	Ludlow Runners	14
	3. JODIE NEWELL	Wye Valley Runners	15
<u>VETERAN 35+</u>	1. HOLLY GOURLEY	Ledbury & District Harriers	4
	2. SARAH CHRISTENSEN	Hay Hotfooters	7
	3. SARAH CORDINGLEY	Maldwyn Harriers	13
<u>VETERAN 40+</u>	1. JO REES	Rhayader R.C.	5
	2. CLARE MALLENDER	Hereford Couriers	15
	3. EMMA JONES	Croft Ambrey R.C.	20
<u>VETERAN 45+</u>	1. SHARON LINDESAY	Hay Hotfooters	11
	2. REBECCA O'SHEA	Maldwyn Harriers	11
	3. LISA GRAY	Croft Ambrey R.C.	36
<u>VETERAN 50+</u>	1. GUNVOR TROELSEN	Builth & District R.C.	8
	2. JO MARRIOTT	Croft Ambrey R.C.	8
	3. LYNNE COMPTON	Wye Valley Runners	11
<u>VETERAN 55+</u>	1. RACHEL BUTLER	Maldwyn Harriers	4
	2. SUE POWELL	Croft Ambrey R.C.	7
	3. FLORA GUNNER	Croft Ambrey R.C.	11
<u>VETERAN 60+</u>	1. TINA CARTWRIGHT	Ludlow Runners	5
	2. JAN EDWARDS	Wye Valley Runners	6
	3. TINA LAVELLE	Hay Hotfooters	12
<u>VETERAN 70+</u>	1. SYBIL MARSH	Ludlow Runners	4
<u>JUNIOR WOMEN</u>	1. ADERYN CARTER	Hay Hotfooters	5
<u>JUNIORS (U17)</u>	1. TIA FROOME	Hereford Triathlon Club	3
	2. IMOGEN MARRIOTT	Croft Ambrey R.C.	6