

# Herefordshire County Summer Off-Road League

Race 2	<b><u>ACONBURY</u></b>			<u>30th.June 2010</u>	
Pos	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Matt James	Hereford Couriers	S.M.	31.45	
2	Jon Pugh	Builth & District R.C.	S.M.	31.46	
3	Jon Barnes	Wye Valley Runners	J.M.	32.09	
4	Tim Iveson	Builth & District R.C.	S.M.	32.22	
5	John Pullen	Wye Valley Runners	MV40	33.04	
6	Stacey Morgan	Croft Ambrey R.C.	S.M.	33.23	
7	Simon Norwood	Croft Ambrey R.C.	MV40	34.15	
8	Jim Hicks	Wye Valley Runners	S.M.	34.34	
9	Andy Taylor	Hereford Triathlon Club	S.M.	34.56	
10	Max Suff	Hereford Couriers	MV45	35.06	
11	Dave Ameghino	Croft Ambrey R.C.	S.M.	35.32	
12	Dan Napolitano	Presteigne Pacers	S.M.	35.43	
13	Matt Ansfield	Wye Valley Runners	S.M.	35.57	
14	Dave Williams	Hereford Couriers	MV45	36.01	
15	Gavin Wright	Croft Ambrey R.C.	S.M.	36.12	
16	Carl Gilmour	Hay Hotfooters	MV40	36.21	
17	Neil Powell	Croft Ambrey R.C.	S.M.	36.25	
18	Mark Paviour	Croft Ambrey R.C.	MV45	36.43	
19	Luke Williams	Hereford Couriers	S.M.	36.56	
20	John Walden	Ludlow Runners	S.M.	37.02	
21	Mike Link	Hereford Couriers	S.M.	37.03	
22	Geoff Kay	Hereford Couriers	MV55	37.27	
23	Simon Roche	Wye Valley Runners	J.M.	37.29	
24	Mick Ligema N/C	Croft Ambrey R.C.	MV50	37.40	
25	Darren Woodall	Hereford Triathlon Club	S.M.	37.41	
26	Clara Evans **	Hereford & County A.C.	J.	37.48	
27	Jack Parry	Builth & District R.C.	MV55	38.08	
28	Steve Herington	Hereford Couriers	MV60	38.17	
29	Gary Lewis	Presteigne Pacers	MV40	38.41	
30	Adie Brown	Presteigne Pacers	S.M.	38.42	
31	Sue Davies **	Croft Ambrey R.C.	FV45	38.49	
32	Paul Elliott	Ludlow Runners	MV40	39.04	
33	David Horne	Ledbury & District Harriers	MV50	39.14	
34	Kevin Barnes	Hereford Couriers	MV45	39.20	
35	Pete Carwardine	Hereford Couriers	MV50	39.28	
36	David Rees	Hay Hotfooters	MV55	39.40	
37	Martin Williams	Croft Ambrey R.C.	MV40	39.54	
38	Dan Pavitt	Ludlow Runners	MV45	39.56	
39	Phil Jones	Presteigne Pacers	MV50	40.06	
40	Adam Michniok	Wye Valley Runners	S.M.	40.11	
41	Kevin Artus	Wye Valley Runners	S.M.	40.12	
42	Guy Whitmarsh	Croft Ambrey R.C.	MV65	40.20	
43	Tricia Wright **	Hereford Triathlon Club	FV40	40.23	
44	Dave Lloyd	Presteigne Pacers	MV50	40.24	
45	Nigel Clarke	Hereford Couriers	MV40	40.26	
46	Malcolm Edwards	Wye Valley Runners	S.M.	40.29	
47	Iain Prentice	Ludlow Runners	MV40	40.42	
48	Andy Westlake	Presteigne Pacers	MV45	41.00	
49	Alison Cooke **	Hereford Couriers	FV45	41.11	
50	Amy Carwardine **	Hereford Couriers	S.F.	41.22	
51	Jacob Stroud	Hereford Triathlon Club	S.M.	41.35	
52	Robin Bereza	Wye Valley Runners	MV60	41.37	
53	Frank Luscott	Croft Ambrey R.C.	MV50	41.47	
54	Mandy Evans **	Presteigne Pacers	FV45	41.48	
55	Nina Haggett **	Wye Valley Runners	S.F.	41.49	
56	Chris Mason	Wye Valley Runners	MV45	41.53	
57	Ben Evans	Rhayader A.C.	J	42.13	
58	Ian Davies	Builth & District R.C.	MV55	42.28	
59	Daren Lincoln	Croft Ambrey R.C.	MV40	42.36	
60	Ralph Lloyd	Wye Valley Runners	MV45	42.40	
61	Alun Jenkins	Rhayader A.C.	MV45	42.47	
62	Neil Taylor	Croft Ambrey R.C.	MV50	42.48	
63	Clive Rowberry	Hereford Couriers	MV55	42.55	
64	Sue Sherwood **	Wye Valley Runners	FV45	43.06	
65	Mark Adams	Hereford Couriers	MV50	43.08	

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
66	Graham Wood	Ludlow Runners	MV50	43.17	
67	Stuart Cameron	Hereford Couriers	MV45	43.30	
68	<u>Nidky Turvey</u> **	Croft Ambrey R.C.	FV50	43.40	
69	<u>Rita Tomkins</u> **	Presteigne Pacers	FV50	43.48	
70	Tom Davies	Croft Ambrey R.C.	MV60	43.55	
71	John Price	Hay Hotfooters	MV50	44.03	
72	James Llewellyn	Rhayader A.C.	S.M.	44.04	
73	<u>Naomi Prosser</u> **	Hereford & County A.C.	J.F.	44.16	
74	<u>Tracy Edwards</u> **	Wye Valley Runners	FV35	44.22	
75	<u>Helen Carter</u> **	Presteigne Pacers	FV40	44.52	
76	Harry Franklin	Wye Valley Runners	MV70	44.54	
77	Bill Griffiths	Wye Valley Runners	MV60	44.58	
78	<u>Julie Knill</u> **	Rhayader A.C.	FV40	45.01	
79	<u>Alison Nicholls</u> **	Builth & District R.C.	FV45	45.13	
80	Mike Cole	Wye Valley Runners	S.M.	45.15	
81	<u>Alex Champ</u> **	Wye Valley Runners	FV35	45.30	
82	Ian Foster	Hereford Triathlon Club	S.M.	45.48	
83	<u>Sarah Booker</u> **	Wye Valley Runners	S.F.	45.48	
84	<u>Barbara Owens</u> **	Presteigne Pacers	FV40	46.02	
85	Vince Stroud	Hereford Triathlon Club	MV50	46.09	
86	<u>Liza Austin</u> **	Croft Ambrey R.C.	FV45	46.17	
87	<u>Serena Crump</u> **	Wye Valley Runners	FV40	46.19	
88	Martyn Rosser	Hay Hotfooters	MV60	46.27	
89	<u>Rachel Jones</u> **	Hay Hotfooters	FV40	46.35	
90	<u>Sheryl Evans</u>	Hereford & County A.C.	FV40	46.56	
91	<u>Angela Price</u> **	Hay Hotfooters	FV40	47.07	
92	<u>Sarah Jamieson</u> **	Ludlow Runners	FV40	47.09	
93	<u>Lynne Compton</u> **	Wye Valley Runners	FV40	48.06	
94	Peter Anderson	Rhayader A.C.	MV65	48.14	
95	<u>Suzanne Kendrick</u> **	Rhayader A.C.	FV45	48.23	
96	Dave James	Rhayader A.C.	S.M.	48.24	
97	<u>Julie Suff</u> **	Hereford Couriers	S.F.	48.35	
98	Mark Freake	Presteigne Pacers	MV45	48.39	
99	Peter Smith	Wye Valley Runners	MV60	48.54	
100	<u>Ruth Vickers</u> **	Ludlow Runners	J.F.	49.13	
101	<u>Lucy Thomas</u> **	Wye Valley Runners	S.F.	49.31	
102	Mark Watkins	Presteigne Pacers	S.M.	49.39	
103	<u>Emily Davies</u> **	Wye Valley Runners	S.F.	49.43	
104	<u>Kelly Rose</u> **	Wye Valley Runners	S.F.	49.46	
105	Terry Evans	Presteigne Pacers	MV40	50.23	
106	<u>Ali Brewer</u> **	Wye Valley Runners	S.F.	50.49	
107	Simon McDade	Presteigne Pacers	MV40	51.10	
108	<u>Rose Thomas</u> **	Rhayader A.C.	FV55	51.10	
109	<u>Christine Motteram</u> **	Wye Valley Runners	FV65	51.17	
110	<u>Kath Drabble</u> **	Hereford Triathlon Club	FV35	52.40	
111	<u>Tina Lavelle</u> **	Hay Hotfooters	FV50	53.16	
112	<u>Laura Vickers</u> **	Ludlow Runners	FV55	53.36	
113	<u>Catherine Percival</u> **	Croft Ambrey R.C.	S.F.	54.11	
114	<u>Nondus Banning-Boddy</u> **	Rhayader A.C.	FV60	54.23	
115	<u>Julia Mason</u> **	Hay Hotfooters	FV40	54.24	
116	<u>Carol Farrington</u> **	Rhayader A.C.	FV65	54.30	
117	<u>Helen Jones</u> **	Builth & District R.C.	FV45	56.39	
118	<u>Donna Evans</u> **	Presteigne Pacers	FV35	59.28	
119	<u>Dawn Holder</u> **	Builth & District R.C.	FV35	63.44	
120	<u>Nicola Davies</u> **	Builth & District R.C.	FV45	63.44	
121	<u>Maggie Morris</u>	Ludlow Runners	FV45	70.42	