

Herefordshire County Summer Off-Road League

<u>Race 1</u>	<u>KINNERSLEY</u>			<u>16th. June 2010</u>	
Pos	<u>Name</u>	<u>Club</u>	Cat	Time	
1	Jon Pugh	Builth & Distict R.C.	S.M.	31.56	
2	Luke Mason	Wye Valley Runners	S.M.	32.08	
3	Stacey Morgan	Croft Ambrey R.C.	S.M.	32.33	
4	Tim Iveson	Builth & Distict R.C.	S.M.	32.59	
5	John Pullen	Wye Valley Runners	MV40	33.38	
6	Simon Norwood	Croft Ambrey R.C.	MV40	33.59	
7	Tim Lefroy	Ludlow Runners	J.M.	34.08	
8	Jon Tetley	Hereford Triathlon Club	S.M.	34.14	
9	Andy Taylor	Hereford Triathlon Club	S.M.	34.23	
10	Max Suff	Hereford Couriers	MV45	34.24	
11	Jim Hicks	Wye Valley Runners	S.M.	35.01	
12	Dan Cox	Wye Valley Runners	J.M.	35.13	
13	Dave Ameghino	Croft Ambrey R.C.	S.M.	35.16	
14	Dave Williams	Hereford Couriers	MV45	35.25	
15	Gavin Wright	Croft Ambrey R.C.	S.M.	35.34	
16	Dave George	Croft Ambrey R.C.	S.M.	35.37	
17	Mike Link	Hereford Couriers	S.M.	36.19	
18	Carl Gilmour	Hay Hotfooters	MV40	36.23	
19	Dan Napolitano	Presteigne Pacers	S.M.	36.30	
20	Neil Powell	Croft Ambrey R.C.	S.M.	36.35	
21	Mark Paviour	Croft Ambrey R.C.	MV45	36.39	
22	Mick Ligema N/C	Croft Ambrey R.C.	MV50	36.59	
23	Ian Rivers	Hereford Triathlon Club	MV40	37.03	
24	Paul Elliott	Ludlow Runners	MV40	37.27	
25	Jon Walden	Ludlow Runners	S.M.	37.45	
26	Nigel Clarke	Hereford Couriers	MV40	37.55	
27	Paul Bouston	Wye Valley Runners	MV40	38.00	
28	Steve Herington	Hereford Couriers	MV60	38.03	
29	Russell Mapp	Ludlow Runners	MV50	38.15	
30	Simon Roche	Wye Valley Runners	J.M.	38.17	
31	Pat Pearson	Croft Ambrey R.C.	MV40	38.35	
32	<u>Sue Davies</u> **	Croft Ambrey R.C.	FV45	38.38	
33	Martin Williams	Croft Ambrey R.C.	MV40	38.43	
34	David Rees	Hay Hotfooters	MV50	38.51	
35	Darren Woodall	Hereford Triathlon Club	S.M.	38.56	
36	Paddy Nugent	Wye Valley Runners	MV45	39.01	
37	David Horne	Ledbury & District Harriers	MV50	39.09	
38	Kevin Barnes	Hereford Couriers	MV45	39.21	
39	Ade Brown	Presteigne Pacers	S.M.	39.34	
40	Jon Utley	Croft Ambrey R.C.	S.M.	39.48	
41	Andrew Cromie	Rhayader A.C.	MV45	39.52	
42	<u>Jane Rowlands</u> **	Ludlow Runners	FV45	39.57	
43	Iain Prentice	Ludlow Runners	MV40	39.58	
44	Gary Lewis	Presteigne Pacers	MV40	39.58	
45	Matt Taylor	Wye Valley Runners	S.M.	39.59	
46	Dan Pavitt	Ludlow Runners	MV45	40.00	
47	<u>Tricia Wright</u> **	Hereford Triathlon Club	FV40	40.01	
48	Gary Gunner	Croft Ambrey R.C.	MV60	40.15	
49	Malcolm Edwards	Wye Valley Runners	S.M.	40.32	
50	Guy Whitmarsh	Croft Ambrey R.C.	MV65	40.41	

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Pos	<u>Name</u>	<u>Club</u>	Cat	Time	
51	Martin Carter	Hay Hotfooters	MV40	40.45	
52	Ian Davies	Builth & Distict R.C.	MV55	40.53	
53	<u>Alison Cooke</u> **	Hereford Couriers	FV45	40.54	
54	Adam Michniok	Wye Valley Runners	S.M.	41.27	
55	George Harrison	Wye Valley Runners	MV40	41.28	
56	<u>Naomi Prosser</u> **	Hereford & County A.C.	J.F.	41.53	
57	Dave Morris	Wye Valley Runners	MV40	42.10	
58	<u>Nina Haggett</u> **	Wye Valley Runners	S.F.	42.20	
59	Andy Westlake	Presteigne Pacers	MV45	42.36	
60	Ralph Lloyd	Wye Valley Runners	MV45	42.48	
61	Frank Luscott	Croft Ambrey R.C.	MV50	42.59	
62	John Price	Hay Hotfooters	MV50	43.01	
63	Alun Jenkins	Rhayader A.C.	MV45	43.03	
64	Mark Adams	Hereford Couriers	MV50	43.33	
65	Ben Evans	Rhayader A.C.	J (U17)	43.40	
66	David Rouse	Croft Ambrey R.C.	MV55	43.41	
67	<u>Kathryn King</u> **	Wye Valley Runners	S.F.	44.01	
68	Chris Martin	Rhayader A.C.	MV50	44.07	
69	Stuart King	Rhayader A.C.	S.M.	44.13	
70	<u>Rita Tomkins</u> **	Presteigne Pacers	FV50	44.16	
71	<u>Helen Carter</u> **	Presteigne Pacers	FV40	44.17	
72	Tom Davies	Croft Ambrey R.C.	MV60	44.22	
73	Simon Oliver	Wye Valley Runners	MV40	44.25	
74	Peter Smith	Wye Valley Runners	MV60	44.30	
75	Bill Griffiths	Wye Valley Runners	MV60	44.38	
76	<u>Alex Champ</u> **	Wye Valley Runners	FV35	44.49	
77	Paul Jones	Rhayader A.C.	MV45	44.53	
78	James Llewellyn	Rhayader A.C.	S.M.	45.00	
79	<u>Angela Price</u> **	Hay Hotfooters	FV40	45.23	
80	Phil Jones	Presteigne Pacers	MV50	45.30	
81	Dave Lloyd	Presteigne Pacers	MV50	45.30	
82	<u>Barbara Owens</u> **	Presteigne Pacers	FV45	45.33	
83	<u>Julie Knill</u> **	Rhayader A.C.	FV45	45.35	
84	Vince Stroud	Hereford Triathlon Club	MV50	45.38	
85	Ian Foster	Hereford Triathlon Club	S.M.	45.44	
86	Mike Cole	Wye Valley Runners	S.M.	45.45	
87	Jason Stuchbery	Ludlow Runners	MV40	45.50	
88	Martyn Rosser	Hay Hotfooters	MV60	45.55	
89	<u>Serena Crump</u> **	Wye Valley Runners	FV40	46.02	
90	<u>Sarah Jamieson</u> **	Ludlow Runners	FV40	46.02	
91	<u>Liza Austin</u> **	Croft Ambrey R.C.	FV45	46.20	
92	<u>Rachel Nelson</u> **	Croft Ambrey R.C.	FV40	46.30	
93	<u>Jo Lord</u> **	Hay Hotfooters	FV45	46.39	
94	<u>Mary Morton</u> **	Rhayader A.C.	FV35	46.46	
95	<u>Sheryl Evans</u> **	Hereford & County A.C.	FV40	46.48	
96	<u>Sarah Booker</u> **	Wye Valley Runners	S.F.	47.10	
97	<u>Suzanne Kendrick</u> **	Rhayader A.C.	FV45	47.38	
98	<u>Lynne Compton</u> **	Wye Valley Runners	FV40	47.58	
99	<u>Rachel Jones</u> **	Hay Hotfooters	FV40	48.09	
100	<u>Carrie Tomkins</u> **	Presteigne Pacers	S.F.	48.27	
101	<u>Jan Edwards</u> **	Wye Valley Runners	FV50	48.31	

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102	<u>Eve McDonald</u> **	Hay Hotfooters	S.F.	48.51	
103	<u>Kayleigh Luscott</u> **	Croft Ambrey R.C.	J.F.	49.23	
104	<u>Mark Freake</u>	Presteigne Pacers	MV45	49.33	
105	<u>Kath Drabble</u> **	Hereford Triathlon Club	FV35	49.34	
106	<u>Emily Davies</u> **	Wye Valley Runners	S.F.	50.09	
107	<u>Terry Evans</u>	Presteigne Pacers	MV40	50.19	
108	<u>Lucy Thomas</u> **	Wye Valley Runners	S.F.	50.21	
109	<u>Joy Miles</u> **	Ludlow Runners	FV40	50.35	
110	<u>Mark Watkin</u>	Presteigne Pacers	S.M.	50.45	
111	<u>Bryan Markham</u>	Croft Ambrey R.C.	MV65	50.59	
112	<u>Barry Young</u>	Wye Valley Runners	MV55	50.59	
113	<u>Debbi Clifford</u> **	Wye Valley Runners	FV45	51.02	
114	<u>Alan Harrhy</u>	Hay Hotfooters	MV65	51.04	
115	<u>Ali Brewer</u> **	Wye Valley Runners	S.F.	52.04	
116	<u>Catherine Percival</u> **	Croft Ambrey R.C.	S.F.	53.57	
117	<u>Helen Jones</u> **	Builth & Distict R.C.	FV45	54.58	
118	<u>Cathy Morgan</u> **	Wye Valley Runners	FV45	55.46	
119	<u>Rachel Evans</u> **	Rhayader A.C.	FV35	56.19	
120	<u>Donna Evans</u>	Presteigne Pacers	FV35	56.43	
121	<u>Nicola Davies</u> **	Builth & Distict R.C.	FV45	60.45	
122	<u>Dawn Holder</u> **	Builth & Distict R.C.	FV35	61.32	
123	<u>Maggie Morris</u> **	Ludlow Runners	FV45	69.47	