

# Herefordshire County Summer Off-Road League

Race 4	<b><u>SHOBDON</u></b>			12th. August 2009	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Matt James	Hereford Couriers	S.M.	32.20	
2	Jonathan Pugh	Builth & District Runners	S.M.	32.45	
3	Stacey Morgan	Croft Ambrey R.C.	S.M.	32.48	
4	John Pullen	Wye Valley Runners	MV40	32.55	
5	Stuart Moore	Wye Valley Runners	S.M.	33.52	
6	Simon Norwood	Croft Ambrey R.C.	S.M.	33.55	
7	Scott Kennedy	Wye Valley Runners	S.M.	34.39	
8	Colin Kerfoot	Hereford Triathlon Club	MV40	34.46	
9	Jon Tetley	Hereford Triathlon Club	S.M.	34.51	
10	Andy Taylor	Hereford Triathlon Club	S.M.	34.52	
11	Jon Barnes	Hereford & County A.C.	J.M.	34.54	
12	Max Suff	Hereford Couriers	MV45	34.55	
13	Dave Rouse	Croft Ambrey R.C.	S.M.	35.03	
14	Dan Barnett	Croft Ambrey R.C.	S.M.	35.10	
15	Luke Williams	Hereford Couriers	S.M.	35.28	
16	Chris Ford	Ledbury & District Harriers	S.M.	35.31	
17	Dave Ameghino	Croft Ambrey R.C.	S.M.	35.40	
18	Stafford Rees	Rhayader A.C.	S.M.	36.04	
19	Dave Williams	Hereford Couriers	MV45	36.11	
20	Neil Lewis	Hereford Couriers	MV40	36.32	
21	Glyn Williams	Presteigne Pacers	S.M.	36.35	
22	Jon Utley	Croft Ambrey R.C.	S.M.	36.44	
23	Dave George	Croft Ambrey R.C.	S.M.	37.08	
24	Andrew Noble	Wye Valley Runners	MV40	37.13	
25	Kevin Gummery	Wye Valley Runners	MV50	37.13	
26	Gavin Wright	Croft Ambrey R.C.	S.M.	37.26	
27	Geoff Kay	Hereford Couriers	MV55	37.27	
28	Jack Parry	Builth & District Runners	MV50	37.42	
29	Wayne Poulter	Hereford Triathlon Club	MV40	37.57	
30	Steve Herington	Hereford Couriers	MV60	38.03	
31	Steve Littlewood	Hereford Couriers	MV55	38.07	
32	Neil Powell	Croft Ambrey R.C.	S.M.	38.14	
33	Robin Bereza	Wye Valley Runners	MV60	38.33	
34	<u>Suzanne Turvey</u> **	Croft Ambrey R.C.	J.F.	38.35	
35	Patrick Pearson	Croft Ambrey R.C.	MV40	38.35	
36	<u>Lisa Quinn</u> **	Hereford Couriers	S.F.	39.32	
37	Mike Link	Hereford Couriers	S.M.	39.33	
38	Gary Gunner	Croft Ambrey R.C.	MV60	39.36	
39	David Horne	Ledbury & District Harriers	MV50	39.37	
40	Phil Jones	Presteigne Pacers	MV50	39.50	
41	Matt Taylor	Wye Valley Runners	S.M.	39.56	
42	Gary Lewis	Presteigne Pacers	MV40	40.02	
43	Adam Michniok	Wye Valley Runners	S.M.	40.12	
44	Mervyn Thomas	Wye Valley Runners	MV55	40.14	
45	John Sandford	Wye Valley Runners	MV40	40.29	
46	Graham Wood	Ludlow Runners	MV50	40.30	
47	Matt Stzaker	Wye Valley Runners	MV45	40.35	
48	Andre Cromie	Rhayader A.C.	MV40	40.44	
49	<u>Alison Cooke</u> **	Hereford Couriers	FV45	40.52	
50	Ian Davies	Builth & District Runners	MV50	40.59	
51	Ian Foster	Hereford Triathlon Club	S.M.	41.00	
52	Malcolm Edwards	Wye Valley Runners	S.M.	41.03	
53	Steve Jakeman	Croft Ambrey R.C.	MV45	41.04	
54	Chris Mason	Wye Valley Runners	MV45	41.07	
55	Guy Whitmarsh	Croft Ambrey R.C.	MV65	41.15	
56	John Lyden	Ludlow Runners	MV50	41.18	
57	Rob Williams	Wye Valley Runners	S.M.	41.19	

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58	Jason Smith	Wye Valley Runners	S.M.	41.20	
59	Ian Smith	Wye Valley Runners	MV45	41.25	
60	Kathryn King **	Wye Valley Runners	S.F.	41.26	
61	Clive Rowberry	Hereford Couriers	MV55	41.29	
62	Dan Pavitt	Ludlow Runners	MV40	41.30	
63	Danny Napolitano	Presteigne Pacers	S.M.	41.32	
64	Amy Carwardine **	Hereford Couriers	S.F.	41.41	
65	Tom Davies	Croft Ambrey R.C.	MV60	41.52	
66	Mark Adams	Hereford Couriers	MV50	41.58	
67	Ralph Lloyd	Wye Valley Runners	MV45	42.01	
68	Daren Lincoln	Croft Ambrey R.C.	MV40	42.13	
69	Mandy Evans **	Presteigne Pacers	FV45	42.18	
70	Nigel Clarke	Hereford Couriers	MV40	42.34	
71	Harry Franklin	Wye Valley Runners	MV70	42.37	
72	Nicky Turvey **	Croft Ambrey R.C.	FV45	42.50	
73	Celia Speake **	Builth & District Runners	FV40	42.59	
74	Neil Taylor	Croft Ambrey R.C.	MV50	43.16	
75	Kevin Barnes	Hereford Couriers	MV45	43.40	
76	Claire Hebblethwaite **	Hereford Triathlon Club	S.F.	43.43	
77	Alun Jenkins	Rhayader A.C.	MV45	43.43	
78	Nicola Goodwin **	Hereford Triathlon Club	FV35	43.55	
79	Simon Oliver	Wye Valley Runners	MV40	44.26	
80	Frank Luscott	Croft Ambrey R.C.	MV50	44.28	
81	Jodie Smith **	Wye Valley Runners	S.F.	44.39	
82	Joy Miles **	Ludlow Runners	FV40	44.41	
83	Colin Hammonds	Ledbury & District Harriers	MV40	44.47	
84	Dave Rouse	Croft Ambrey R.C.	MV50	45.03	
85	Jason Stuchbery	Ludlow Runners	MV40	45.05	
86	Pru Napolitano **	Presteigne Pacers	FV50	45.09	
87	Andy Westlake	Presteigne Pacers	MV45	45.12	
88	Temi Odurinde	Wye Valley Runners	MV40	45.35	
89	Rob Galpin	Wye Valley Runners	MV50	45.50	
90	Naomi Prosser **	Hereford & County A.C.	J.F.	45.55	
91	Tracy Edwards**	Wye Valley Runners	S.F.	46.00	
92	Imme Davies **	Wye Valley Runners	FV35	46.40	
93	Barbara Owens **	Presteigne Pacers	FV40	46.49	
94	Rachel Nelson **	Croft Ambrey R.C.	FV40	47.24	
95	Rob Monteith	Ludlow Runners	MV45	48.00	
96	Simon Barton N/C	Wye Valley Runners	MV40	48.05	
97	Nondus Banning-Boddy **	Rhayader A.C.	FV55	49.24	
98	Serena Crump **	Wye Valley Runners	FV40	50.03	
99	Lisa Miles **	Wye Valley Runners	S.F.	50.03	
100	Sharon Clarke **	Ludlow Runners	FV40	50.07	
101	Sarah Jameson **	Ludlow Runners	FV40	50.24	
102	Emily Davies **	Wye Valley Runners	S.F.	50.32	
103	Jan Edwards **	Wye Valley Runners	FV50	51.45	
104	Kath Drabble **	Hereford Triathlon Club	FV35	52.31	
105	Christine Motteram **	Wye Valley Runners	FV65	52.58	
106	Becci Young **	Wye Valley Runners	S.F.	53.37	
107	Kim Wood **	Croft Ambrey R.C.	S.F.	54.29	
108	Sarah Bowering **	Wye Valley Runners	FV40	55.04	
109	Catherine Percival **	Croft Ambrey R.C.	S.F.	55.06	
110	Denise Bowden **	Ludlow Runners	FV40	62.30	
111	Maggie Morris **	Ludlow Runners	FV45	70.15	