

# Herefordshire County Summer Off-Road League

Race 3	<u>WESTHOPE</u>			21st. July 2010	
Pos	Name	Club	Cat	Time	
1	Jonathon Pugh	Builth & District Runners	S.M.	30.56	
2	Matt James	Hereford Couriers	S.M.	31.46	
3	Stacey Morgan	Croft Ambrey R.C.	S.M.	31.54	
4	Tim Iveson	Builth & District Runners	S.M.	31.59	
5	John Pullen	Wye Valley Runners	MV40	32.23	
6	Simon Norwood	Croft Ambrey R.C.	MV40	32.35	
7	Jon Tetley	Hereford Triathlon Club	S.M.	33.53	
8	Andy Taylor	Hereford Triathlon Club	S.M.	34.32	
9	Dave Ameghino	Croft Ambrey R.C.	S.M.	34.48	
10	Edward Martin	Rhayader A.C.	J.M.	34.59	
11	Luke Williams	Hereford Couriers	S.M.	35.01	
12	Dan Napolitano	Presteigne Pacers	S.M.	35.03	
13	Dave Williams	Hereford Couriers	MV45	35.17	
14	Mark Paviour	Croft Ambrey R.C.	MV45	35.28	
15	Gavin Wright	Croft Ambrey R.C.	S.M.	35.45	
16	Dave George	Croft Ambrey R.C.	S.M.	36.36	
17	Dan Cox	Wye Valley Runners	J.M.	36.42	
18	Ian Rivers	Hereford Triathlon Club	MV40	36.44	
19	Carl Gilmour	Hay Hotfooters	MV40	36.50	
20	John Walden	Ludlow Runners	S.M.	36.54	
21	Mick Ligema N/C	Croft Ambrey R.C.	MV50	37.04	
22	Clara Evans **	Hereford & County A.C.	J.F.	37.18	
23	Matt Taylor	Wye Valley Runners	S.M.	37.27	
24	Pete Carwardine	Hereford Couriers	MV50	37.36	
25	David Rees	Hay Hotfooters	MV55	37.44	
26	Geoff Kay	Hereford Couriers	MV55	37.46	
27	Steve Herington	Hereford Couriers	MV60	37.48	
28	Adam Michniok	Wye Valley Runners	S.M.	38.06	
29	Sue Davies **	Croft Ambrey R.C.	FV45	38.21	
30	Gary Lewis	Presteigne Pacers	MV40	38.33	
31	Mike Link	Hereford Couriers	S.M.	38.42	
32	Gary Gunner	Croft Ambrey R.C.	MV60	38.52	
33	Martin Williams	Croft Ambrey R.C.	MV40	39.03	
34	Robin Bereza	Wye Valley Runners	MV60	39.12	
35	Simon Roche	Wye Valley Runners	J.M.	39.16	
36	Kevin Artus	Wye Valley Runners	S.M.	39.18	
37	David Horne	Ledbury & District Harriers	MV50	39.21	
38	Patrick Pearson	Croft Ambrey R.C.	MV40	39.24	
39	Dave Lloyd	Presteigne Pacers	MV50	39.26	
40	Malcolm Edwards	Wye Valley Runners	S.M.	39.34	
41	Tricia Wright **	Hereford Triathlon Club	FV40	39.37	
42	Phil Jones	Presteigne Pacers	MV50	39.42	
43	Suzanne Turvey **	Croft Ambrey R.C.	J.F.	39.44	
44	Kevin Barnes	Hereford Couriers	MV45	39.49	
45	Guy Whitmarsh	Croft Ambrey R.C.	MV65	40.14	
46	Martin Carter	Hay Hotfooters	MV40	40.20	
47	Alison Cooke **	Hereford Couriers	FV45	40.28	
48	Mark Dykes	Hereford Triathlon Club	S.M.	40.37	
49	Ian Davies	Builth & District Runners	MV55	40.42	
50	Ben Evans	Rhayader A.C.	J.	40.59	
51	Iain Prentice	Ludlow Runners	MV40	41.08	
52	Nicky Turvey **	Croft Ambrey R.C.	FV50	41.42	
53	Stuart Cameron	Hereford Couriers	MV45	41.48	
54	Naomi Prosser **	Hereford & County A.C.	J.F.	42.01	
55	Ian Teague	Ludlow Runners	S.M.	42.08	
56	Celia Speake **	Builth & District Runners	FV40	42.14	
57	Mark Adams	Hereford Couriers	MV50	42.24	
58	Nigel Jones	Wye Valley Runners	MV50	42.29	

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
59	Alun Jenkins	Rhayader A.C.	MV45	42.47	
60	Ian Foster	Hereford Triathlon Club	S.M.	42.52	
61	Nicola Goodwin **	Hereford Triathlon Club	FV35	43.03	
62	Dave Sherwood	Wye Valley Runners	MV50	43.11	
63	Tom Davies	Croft Ambrey R.C.	MV60	43.25	
64	Ralph Lloyd	Wye Valley Runners	MV45	43.32	
65	Becky Ansfield **	Wye Valley Runners	FV35	43.36	
66	Rita Tomkins **	Presteigne Pacers	FV50	43.46	
67	John Price	Hay Hotfooters	MV50	43.54	
68	Bill Griffiths	Wye Valley Runners	MV60	43.56	
69	Tracy Edwards **	Wye Valley Runners	FV35	44.01	
70	Liza Austin **	Croft Ambrey R.C.	FV45	45.17	
71	Jayne Littlewood **	Hereford Couriers	FV50	45.29	
72	Sally Bliss **	Hereford Couriers	FV35	45.32	
73	Mike Cole	Wye Valley Runners	S.M.	45.57	
74	Serena Crump **	Wye Valley Runners	FV40	46.10	
75	Martyn Rosser	Hay Hotfooters	MV60	46.22	
76	Julie Suff **	Hereford Couriers	S.F.	46.32	
77	Ruth Vickers **	Ludlow Runners	J.F.	46.40	
78	Dave James	Rhayader A.C.	S.M.	46.49	
79	Sarah Jamieson **	Ludlow Runners	FV40	46.56	
80	Sheryl Evans **	Hereford & County A.C.	FV40	47.17	
81	Mark Freake	Presteigne Pacers	MV45	47.26	
82	Rachel Nelson **	Croft Ambrey R.C.	FV40	47.40	
83	Lynne Compton **	Wye Valley Runners	FV40	47.50	
84	Emily Davies **	Wye Valley Runners	S.F.	48.21	
85	Bryan Markham	Croft Ambrey R.C.	MV65	48.44	
86	Jan Edwards **	Wye Valley Runners	FV50	49.00	
87	Tina Lavelle **	Hay Hotfooters	FV50	49.26	
88	Christine Motteram **	Wye Valley Runners	FV65	49.32	
89	Martin Roche	Wye Valley Runners	MV50	49.42	
90	Terry Evans	Presteigne Pacers	MV40	49.45	
91	Joy Miles **	Ludlow Runners	FV40	49.58	
92	Mark Watkin	Presteigne Pacers	S.M.	52.07	
93	Rose Thomas **	Rhayader A.C.	FV55	52.22	
94	Julia Mason **	Hay Hotfooters	FV40	53.13	
95	Laura Vickers **	Ludlow Runners	FV55	53.24	
96	Katherine Drabble **	Hereford Triathlon Club	FV35	55.01	
97	Claire Milner **	Hay Hotfooters	FV50	63.47	
98	Maggie Morris **	Ludlow Runners	FV45	66.32	