

# Herefordshire County Summer Off-Road League

Race 3	<b><u>WESTHOPE</u></b>			18th. July 2012	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Luke Mason	Wye Valley Runners	S.M.	33.07	
2	Matt James	Hereford Couriers	S.M.	33.10	
3	John Pullen	Wye Valley Runners	MV45	33.20	
4	Eliot Taylor	Hereford Couriers	S.M.	33.52	
5	Luke James	Hereford Couriers	S.M.	34.28	
6	Mike Fawcett	Wye Valley Runners	MV45	34.42	
7	Greg Wood	Wye Valley Runners	S.M.	34.46	
8	Simon Norwood	Croft Ambrey R.C.	MV40	34.53	
9	Alan Lewis	Wye Valley Runners	MV40	34.59	
10	Mark Lamonby	Croft Ambrey R.C.	S.M.	35.08	
11	Stuart Moore	Wye Valley Runners	MV40	35.58	
12	Mike Link	Hereford Couriers	MV40	36.10	
13	Richard Bamford	Hereford Couriers	S.M.	36.13	
14	Dave Williams	Hereford Couriers	MV50	36.13	
15	Dave Ameghino	Croft Ambrey R.C.	MV40	36.41	
16	Glyn Williams	Croft Ambrey R.C.	MV40	36.50	
17	Dan Phillips	Wye Valley Runners	S.M.	36.56	
18	Neil Powell	Croft Ambrey R.C.	MV40	36.59	
19	Andy Taylor	Hereford Triathlon Club	MV40	37.07	
20	Andrew Noble	Wye Valley Runners	MV45	37.07	
21	Nigel Sewell	Malvern Joggers	MV50	37.43	
22	<u>Suzanne Turvey</u> **	Croft Ambrey R.C.	S.F.	37.46	
23	Jonny Williams	Wye Valley Runners	S.M.	37.49	
24	Nigel Mason	Croft Ambrey R.C.	S.M.	38.08	
25	Dave George	Croft Ambrey R.C.	MV40	38.24	
26	Neil Lewis	Hereford Couriers	MV40	38.31	
27	<u>Clara Evans</u> **	Hereford & County A.C.	J.F.	38.33	
28	<u>Claire Thomas</u>	Ludlow Runners	S.F.	38.35	
29	Matt Taylor	Wye Valley Runners	S.M.	38.39	
30	Ed Henry	Croft Ambrey R.C.	S.M.	38.47	
31	Geoff Kay	Hereford Couriers	MV55	38.54	
32	<u>Kathryn King</u> **	Wye Valley Runners	S.F.	39.04	
33	Scott Baddeley	Wye Valley Runners	MV40	39.25	
34	<u>Sue Davies</u> **	Croft Ambrey R.C.	FV45	39.25	
35	Paul Bouston	Wye Valley Runners	MV40	39.30	
36	Rob Jones	Croft Ambrey R.C.	S.M.	39.36	
37	Richard Hornsby	Croft Ambrey R.C.	S.M.	39.53	
38	Richard Mileson	Wye Valley Runners	MV40	40.06	
39	Steve Flowers	Wye Valley Runners	S.M.	40.14	
40	Adie Brown	Presteigne Pacers	MV40	40.17	
41	Kevin Artus	Wye Valley Runners	S.M.	40.18	
42	Steve Herington	Hereford Couriers	MV60	40.26	
43	<u>Carrie Tomkins</u> **	Presteigne Pacers	S.F.	40.41	
44	Jon Walden	Ludlow Runners	S.M.	40.41	
45	Adam Michniok	Wye Valley Runners	S.M.	40.48	
46	Hedd Jones	Wye Valley Runners	S.M.	40.52	
47	Mervyn Thomas	Wye Valley Runners	MV60	41.12	
48	Anthony Bennett	Malvern Joggers	MV40	41.17	
49	<u>Gemma Mallett</u> **	Croft Ambrey R.C.	S.F.	41.44	
50	Martin Williams	Croft Ambrey R.C.	MV40	41.46	
51	Shaun Hayes	Wye Valley Runners	MV50	42.15	

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52	Andrew Cromie	Rhayader A.C.	MV45	42.27	
53	Owain Pascoe	Wye Valley Runners	S.M.	42.38	
54	Neil Taylor	Croft Ambrey R.C.	MV55	43.05	
55	Lea Wood	Wye Valley Runners	S.M.	43.14	
56	Piotr Strzak	Presteigne Pacers	MV55	43.38	
57	<u>Rachel Evans</u> **	Presteigne Pacers	S.F.	43.44	
58	Nigel Jones	Wye Valley Runners	MV50	43.55	
59	<u>Becci Ansfield</u> **	Wye Valley Runners	FV35	43.58	
60	Mike Shaw	Wye Valley Runners	MV60	44.00	
61	Alun Jenkins	Rhayader A.C.	MV45	44.07	
62	Alex Hill	Wye Valley Runners	S.M.	44.12	
63	<u>Alison Cooke</u> **	Hereford Couriers	FV50	44.14	
64	<u>Rita Tomkins</u> **	Presteigne Pacers	FV50	44.17	
65	Ralph Lloyd	Wye Valley Runners	MV50	44.31	
66	Kevin Barnes	Hereford Couriers	MV45	44.42	
67	Gareth Roberts	Presteigne Pacers	MV40	45.01	
68	Tom Davies	Croft Ambrey R.C.	MV60	45.02	
69	<u>Jayne Littlewood</u> **	Hereford Couriers	FV55	45.07	
70	Andrew Blackman	Wye Valley Runners	MV50	45.15	
71	Bill Griffiths	Wye Valley Runners	MV60	45.43	
72	<u>Annie Ransome</u> **	Wye Valley Runners	S.F.	45.50	
73	<u>Heidi Shutts</u> **	Hay Hotfooters	S.F.	45.51	
74	Jon Utley	Croft Ambrey R.C.	S.M.	46.26	
75	<u>Jan Edwards</u> **	Wye Valley Runners	FV55	46.28	
76	<u>Amy Woolfson</u> **	Hereford Couriers	S.F.	46.30	
77	<u>Sharon Edelstyn</u> **	Hereford Triathlon Club	FV40	46.33	
78	<u>Jo Mann</u> **	Hereford Triathlon Club	FV40	46.46	
79	Tom Stokes	Hereford & County A.C.	J.M.	46.51	
80	<u>Steph Main</u> **	Presteigne Pacers	FV40	46.56	
81	<u>Sam Harper</u> **	Croft Ambrey R.C.	FV35	47.01	
82	Peter Smith	Wye Valley Runners	MV60	47.07	
83	Jason Stuchbery	Ludlow Runners	MV40	47.17	
84	Duncan Cresswell	Ledbury & District Harriers	S.M.	47.29	
85	<u>Angela Price</u> **	Hay Hotfooters	FV40	47.35	
86	Ian Davies	Builth & District R.C.	MV55	48.17	
87	<u>Gill Bamber</u> **	Wye Valley Runners	S.F.	48.19	
88	Martyn Rosser	Hay Hotfooters	MV60	48.26	
89	Tim Hartles	Rhayader A.C.	MV45	48.49	
90	Andrew Price	Hay Hotfooters	MV45	49.05	
91	<u>Ros Lloyd</u> **	Wye Valley Runners	S.F.	49.09	
92	<u>Lynne Compton</u> **	Wye Valley Runners	FV45	49.13	
93	<u>Sarah Wilding</u> **	Presteigne Pacers	FV45	49.28	
94	Ricardo Martins	Wye Valley Runners	S.M.	49.52	
95	Bryan Symonds	Wye Valley Runners	MV65	50.10	
96	Stuart Brown	Malvern Joggers	MV55	50.20	
97	<u>Julie Caseley</u> **	Malvern Joggers	FV50	50.21	
98	<u>Vicky Woodhall</u> **	Wye Valley Runners	FV35	50.25	
99	Les Chamberlain	Wye Valley Runners	MV60	50.31	
100	Terry Evans	Presteigne Pacers	MV45	51.18	
101	<u>Amanda Dawson</u> **	Malvern Joggers	FV40	52.38	
102	<u>Emma Hurrell</u> **	Hereford Triathlon Club	S.F.	53.28	
103	Harry Franklin	Wye Valley Runners	MV75	53.56	

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104	<u>Charlotte Knott</u> **	Croft Ambrey R.C.	S.F.	54.06	
105	<u>Tina Lavelle</u> **	Hay Hotfooters	FV55	55.51	
106	<u>Deb Clee</u> **	Presteigne Pacers	FV40	56.55	
107	<u>Bryan Markham</u>	Croft Ambrey R.C.	MV70	57.24	
108	<u>Katherine Drabble</u> **	Hereford Triathlon Club	FV40	57.39	
109	<u>Donna Evans</u> **	Presteigne Pacers	FV45	58.36	
110	<u>Ellie Weston</u> **	Wye Valley Runners	S.F.	60.13	
111	<u>Sue Lewis</u> **	Presteigne Pacers	FV50	60.27	
112	<u>Christine Motteram</u>	Wye Valley Runners	FV65	61.16	
113	<u>Jo Preece</u> **	Presteigne Pacers	FV40	65.49	
114	<u>Yvonne Hardcastle</u> **	Rhayader A.C.	FV55	68.54	
115	<u>Maggie Morris</u> **	Ludlow Runners	FV50	73.00	
116	<u>Claire Milner</u> **	Hay Hotfooters	FV60	77.04	