

# Herefordshire County Summer Off-Road League

Race 1	<b><u>MONKHALL FARM</u></b>			Date 17th.June '09	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Matt James	Hereford Couriers	S.M.	29.05	
2	Stacey Morgan	Croft Ambrey R.C.	S.M.	29.07	
3	Tim Iveson	Builth & District Runners	S.M.	30.05	
4	John Pullen	Wye Valley Runners	MV40	30.06	
5	Jon Barnes	Hereford & County A.C.	J.M.	30.18	
6	Dan Barnett	Croft Ambrey R.C.	S.M.	30.39	
7	Simon Norwood N/C	Croft Ambrey R.C.	S.M.	30.42	
8	Scott Kennedy	Wye Valley Runners	S.M.	30.46	
9	Nigel Mason	Croft Ambrey R.C.	S.M.	30.56	
10	Spencer Napolitano	Presteigne Pacers	S.M.	30.57	
11	Max Suff	Hereford Couriers	MV45	31.16	
12	Luke Williams	Hereford Couriers	S.M.	31.29	
13	Dave Williams	Hereford Couriers	MV45	31.41	
14	Mick Necak	Wye Valley Runners	MV45	31.52	
15	Kevin Gummery	Wye Valley Runners	MV50	31.56	
16	Glyn Williams	Presteigne Pacers	S.M.	32.12	
17	Stafford Rees	Rhayader A.C.	S.M.	32.20	
18	Jon Tetley	Hereford Triathlon Club	S.M.	32.30	
19	Ian Rivers	Hereford Triathlon Club	MV40	32.38	
20	Patrick Pearson	Croft Ambrey R.C.	MV40	32.43	
21	Dave Ameghino	Croft Ambrey R.C.	S.M.	32.55	
22	Jon Utley	Croft Ambrey R.C.	S.M.	33.00	
23	Neil Lewis	Hereford Couriers	MV40	33.06	
24	Andy Taylor	Hereford Triathlon Club	S.M.	33.46	
25	Geoff Kay	Hereford Couriers	MV55	33.55	
26	Steve King	Wye Valley Runners	S.M.	34.09	
27	Jack Parry	Builth & District Runners	MV50	34.12	
28	Gary Lewis	Presteigne Pacers	MV40	34.17	
29	Paddy Nugent	Wye Valley Runners	MV45	34.31	
30	Steve Herington	Hereford Couriers	MV60	34.39	
31	Lisa Quinn **	Hereford Couriers	S.F.	34.41	
32	Mervyn Thomas	Wye Valley Runners	MV55	34.51	
33	Matt Taylor	Wye Valley Runners	S.M.	35.02	
34	Chris Mason	Wye Valley Runners	MV45	35.09	
35	Jane Rowlands **	Ludlow Runners	FV45	35.23	
36	Malcolm Edwards	Wye Valley Runners	S.M.	35.37	
37	Steve Littlewood	Hereford Couriers	MV55	35.49	
38	Robin Bereza	Wye Valley Runners	MV60	35.52	
39	Graham Wood	Ludlow Runners	MV50	36.03	
40	Phil Jones	Presteigne Pacers	MV50	36.06	
41	Suzanne Turvey	Croft Ambrey R.C.	J.F.	36.08	
42	Dan Pavitt	Ludlow Runners	MV40	36.09	
43	Gary Gunner	Croft Ambrey R.C.	MV60	36.12	
44	Jon Smith	Wye Valley Runners	S.M.	36.19	
45	Iain Prentice	Ludlow Runners	MV45	36.27	
46	Guy Whitmarsh	Croft Ambrey R.C.	MV65	36.31	
47	Nick Jenkins	Ledbury & District Harriers	S.M.	36.37	
48	Ian Foster	Hereford Triathlon Club	S.M.	36.39	
49	Kathryn King **	Wye Valley Runners	S.F.	36.42	
50	Sue Sherwood **	Wye Valley Runners	FV45	36.48	
51	Ryan Bishop	Ludlow Runners	S.M.	36.56	
52	Rob Williams	Wye Valley Runners	S.M.	36.58	
53	Ian Davies	Builth & District Runners	MV50	36.58	
54	Tom Davies	Croft Ambrey R.C.	MV60	36.58	
55	Jodie Smith **	Wye Valley Runners	S.F.	37.01	
56	Mark Adams	Hereford Couriers	MV50	37.06	
57	Alison Cooke **	Hereford Couriers	FV45	37.20	
58	Clare Scott **	Hereford Couriers	FV35	37.23	
59	Danny Napolitano	Presteigne Pacers	S.M.	37.26	

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
60	Ian Smith	Wye Valley Runners	MV45	37.39	
61	Clive Rowberry	Hereford Couriers	MV55	37.40	
62	Simon Bremner	Wye Valley Runners	S.M.	37.40	
63	Mandy Evans **	Presteigne Pacers	FV45	37.50	
64	Kevin Barnes	Hereford Couriers	MV45	38.03	
65	Rob Galpin	Wye Valley Runners	MV50	38.21	
66	Ralph Lloyd	Wye Valley Runners	MV45	38.36	
67	Adam Martin	Rhayader A.C.	J.M.	38.38	
68	Sonia George **	Ludlow Runners	FV35	38.49	
69	Harry Franklin	Wye Valley Runners	MV70	38.53	
70	Jason Smith	Wye Valley Runners	S.M.	39.13	
71	Nicky Turvey **	Croft Ambrey R.C.	FV45	39.18	
72	Paul Jones	Rhayader A.C.	MV45	39.21	
73	Nikki Edwards **	Hereford Couriers	FV35	39.23	
74	Emma Mathews **	Builth & District Runners	S.F.	39.28	
75	Simon Oliver	Wye Valley Runners	MV40	39.48	
76	Alun Jenkins	Rhayader A.C.	MV45	39.59	
77	Dave Sherwood	Wye Valley Runners	MV50	40.08	
78	Chris Martin	Rhayader A.C.	MV50	40.31	
79	Rob Monteith	Ludlow Runners	MV45	40.39	
80	Tim Odurinde	Wye Valley Runners	MV40	41.03	
81	Dave Rouse	Croft Ambrey R.C.	MV50	41.06	
82	Tracy Edwards **	Wye Valley Runners	S.F.	41.08	
83	Steve Jakeman	Croft Ambrey R.C.	MV50	41.30	
84	Jason Stuchbury	Ludlow Runners	MV40	41.36	
85	Pru Napolitano **	Presteigne Pacers	FV50	41.38	
86	Juliette Wheatley **	Ludlow Runners	FV35	41.53	
87	Joy Miles **	Ludlow Runners	FV40	41.58	
88	Naomi Prosser **	Hereford & County A.C.	J.F.	42.11	
89	Suzanne Kendrick **	Rhayader A.C.	FV45	43.09	
90	Sharon Clarke **	Ludlow Runners	FV40	43.54	
91	Sarah Jameson **	Ludlow Runners	FV40	44.03	
92	Jan Edwards **	Wye Valley Runners	FV50	44.19	
93	Emily Davies **	Wye Valley Runners	S.F.	44.21	
94	Bryan Markham	Croft Ambrey R.C.	MV65	45.11	
95	Kim Wood **	Croft Ambrey R.C.	S.F.	45.38	
96	Christine Motteram **	Wye Valley Runners	FV60	45.40	
97	Catherine Percival **	Croft Ambrey R.C.	S.F.	46.04	
98	Nicky Lewis **	Presteigne Pacers	S.F.	46.28	
99	Michelle Williams **	Wye Valley Runners	FV40	47.09	
100	Jane Kerr **	Builth & District Runners	FV40	48.21	
101	Carol Farrington **	Rhayader A.C.	FV65	49.44	
102	Kath Drabble **	Hereford Triathlon Club	FV35	55.44	
<b>GUESTS</b>					
	Phil Kendrick	Rhayader A.C.	MV45	30.53	
	Dan Gard	Wye Valley Runners	S.M.	34.57	
	Lesley Philips **	Presteigne Pacers	FV35	45.27	