

Herefordshire County Summer Off-Road League

Race 4	<u>SHOBDON</u>			4th. August 2010	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jonny Pugh	Builth & District R.C.	S.M.	30.20	
2	Matt James	Hereford Couriers	S.M.	30.42	
3	Tim Iveson	Builth & District R.C.	S.M.	31.41	
4	Stacey Morgan	Croft Ambrey R.C.	S.M.	31.58	
5	John Pullen	Wye Valley Runners	MV40	32.10	
6	Simon Norwood	Croft Ambrey R.C.	MV40	32.48	
7	Jim Hicks	Wye Valley Runners	S.M.	33.07	
8	Eliot Taylor	Hereford Couriers	J.M.	33.20	
9	Andy Taylor	Hereford Triathlon Club	S.M.	33.54	
10	Max Suff	Hereford Couriers	MV45	34.02	
11	Dan Barnett	Croft Ambrey R.C.	S.M.	34.11	
12	Dan Napolitano	Presteigne Pacers	S.M.	34.26	
13	Dave Ameghino	Croft Ambrey R.C.	S.M.	34.41	
14	Mark Paviour	Croft Ambrey R.C.	MV45	34.47	
15	Luke Williams	Hereford Couriers	S.M.	35.10	
16	Dan Cox	Wye Valley Runners	J.M.	35.22	
17	Dave Williams	Hereford Couriers	MV45	35.25	
18	John Walden	Ludlow Runners	S.M.	35.32	
19	Dave George	Croft Ambrey R.C.	S.M.	35.38	
20	Gavin Wright	Croft Ambrey R.C.	S.M.	35.46	
21	Glyn Williams	Presteigne Pacers	S.M.	35.58	
22	Neil Powell	Croft Ambrey R.C.	S.M.	36.10	
23	Carl Gilmour	Hay Hotfooters	MV40	36.23	
24	Mick Ligema	Croft Ambrey R.C.	MV50	36.34	
25	Geoff Kay	Hereford Couriers	MV55	36.44	
26	Clara Evans **	Hereford & County A.C.	J. (U17)	36.56	
27	Russell Mapp	Ludlow Runners	MV50	37.03	
28	Adam Michniok	Wye Valley Runners	S.M.	37.12	
29	Ade Brown	Presteigne Pacers	S.M.	37.14	
30	Jack Parry	Builth & District R.C.	MV55	37.19	
31	Nigel Clarke	Hereford Couriers	MV40	37.20	
32	Pete Carwardine	Hereford Couriers	MV50	37.41	
33	Simon Roche	Wye Valley Runners	J.M.	37.48	
34	Sue Davies **	Croft Ambrey R.C.	FV45	37.57	
35	Robin Bereza	Wye Valley Runners	MV60	38.08	
36	Martin Williams	Croft Ambrey R.C.	MV40	38.13	
37	Richard Wall	Hereford Couriers	MV45	38.16	
38	Patrick Pearson	Croft Ambrey R.C.	MV40	38.19	
39	Matt Taylor	Wye Valley Runners	S.M.	38.23	
40	Kevin Barnes	Hereford Couriers	MV45	38.27	
41	Dave Moss	Croft Ambrey R.C.	MV40	38.46	
42	Tricia Wright **	Hereford Triathlon Club	FV40	38.47	
43	David Horne	Ledbury & District Harriers	MV50	38.48	
44	Phil Jones	Presteigne Pacers	MV50	39.04	
45	Gary Gunner	Croft Ambrey R.C.	MV60	39.09	
46	Martin Carter	Hay Hotfooters	MV40	39.33	
47	Kevin Artus	Wye Valley Runners	S.M.	39.37	
48	Alison Cooke **	Hereford Couriers	FV45	39.40	
49	Mark Dykes	Hereford Triathlon Club	S.M.	39.41	
50	Matt Moffatt	Croft Ambrey R.C.	S.M.	39.45	
51	Dan Pavitt	Ludlow Runners	MV45	39.49	
52	Ian Davies	Builth & District R.C.	MV55	39.51	
53	Malcolm Edwards	Wye Valley Runners	S.M.	39.52	
54	Iain Prentice	Ludlow Runners	MV40	40.15	
55	Amy Carwardine **	Hereford Couriers	S.F.	40.20	
56	Neil Taylor	Croft Ambrey R.C.	MV50	40.28	
57	Suzanne Turvey **	Croft Ambrey R.C.	J.F.	40.46	

Herefordshire County Summer Off-Road League

Race 4	<u>SHOBDON</u>			4th. August 2010	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
58	Iain Teague	Ludlow Runners	S.M.	40.57	
59	Nigel Jones	Wye Valley Runners	MV50	41.11	
60	Clive Rowberry	Hereford Couriers	MV55	41.15	
61	Naomi Prosser **	Hereford & County A.C.	J.F.	41.16	
62	Sue Sherwood **	Wye Valley Runners	FV45	41.27	
63	Celia Speake **	Builth & District R.C.	FV40	41.35	
64	Alun Jenkins	Rhayader A.C.	MV45	41.41	
65	Frank Luscott	Croft Ambrey R.C.	MV50	41.59	
66	Mark Adams	Hereford Couriers	MV50	42.01	
67	Tom Davies	Croft Ambrey R.C.	MV60	42.07	
68	Dave Sherwood	Wye Valley Runners	MV50	42.10	
69	Bill Griffiths	Wye Valley Runners	MV60	42.18	
70	Ralph Lloyd	Wye Valley Runners	MV45	42.21	
71	John Price	Hay Hotfooters	MV50	42.22	
72	Harry Franklin	Wye Valley Runners	MV70	42.29	
73	Hannah Fenn **	Hereford Couriers	S.F.	42.43	
74	Graham Wood	Ludlow Runners	MV50	43.15	
75	Mike Cole	Wye Valley Runners	S.M.	43.31	
76	David Rouse	Croft Ambrey R.C.	MV55	43.42	
77	Helen Carter **	Presteigne Pacers	FV40	43.45	
78	Julie Knill **	Rhayader A.C.	FV40	44.31	
79	Barbara Owens **	Presteigne Pacers	FV40	44.43	
80	Liza Austin **	Croft Ambrey R.C.	FV45	44.49	
81	Sarah Jamieson **	Ludlow Runners	FV40	45.24	
82	Mary Morton **	Rhayader A.C.	FV35	45.40	
83	Julie Suff **	Hereford Couriers	S.F.	45.51	
84	Angela Price **	Hay Hotfooters	FV40	46.15	
85	Sheryl Evans **	Hereford & County A.C.	FV40	46.32	
86	Suzanne Kendrick **	Rhayader A.C.	FV45	46.43	
87	Rachel Nelson **	Croft Ambrey R.C.	FV40	46.49	
88	Mark Freake	Presteigne Pacers	MV45	46.52	
89	Lynne Compton **	Wye Valley Runners	FV40	47.08	
90	Jason Stuchbery	Ludlow Runners	MV40	47.17	
91	Dave Rees	Hereford Triathlon Club	MV45	47.19	
92	Dave James	Rhayader A.C.	S.M.	47.25	
93	Bryan Markham	Croft Ambrey R.C.	MV65	48.05	
94	Jan Edwards **	Wye Valley Runners	FV50	48.12	
95	Joy Miles **	Ludlow Runners	FV40	48.24	
96	Martin Roche	Wye Valley Runners	MV50	48.25	
97	Christine Motteram **	Wye Valley Runners	FV65	48.39	
98	Lucy Thomas **	Wye Valley Runners	S.F.	48.59	
99	Terry Evans	Presteigne Pacers	MV40	49.04	
100	Anne Thorpe **	Ludlow Runners	FV45	49.18	
101	Kayleigh Luscott **	Croft Ambrey R.C.	J.F.	49.20	
102	Mark Watkin	Presteigne Pacers	S.M.	50.37	
103	Tina Lavelle **	Hay Hotfooters	FV50	50.47	
104	Rose Thomas **	Rhayader A.C.	FV55	51.05	
105	Karla Price **	Rhayader A.C.	FV35	51.18	
106	Carol Farrington **	Rhayader A.C.	FV65	51.53	
107	Katherine Drabble **	Hereford Triathlon Club	FV35	52.11	
108	Don Lovejoy	Ludlow Runners	MV55	53.17	
109	Catherine Percival **	Croft Ambrey R.C.	S.F.	54.08	
110	Julia Mason **	Hay Hotfooters	FV40	54.45	
111	Helen Jones **	Builth & District R.C.	FV45	55.38	
112	Claire Milner **	Hay Hotfooters	FV50	61.13	
113	Maggie Morris **	Ludlow Runners	FV45	65.52	