

# Herefordshire County Summer Off-Road League

Race 4	<b><u>SHOBDON</u></b>			<u>1st. August 2012</u>	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Luke Mason	Wye Valley Runners	S.M.	32.10	
2	Matt James	Hereford Couriers	S.M.	32.46	
3	Greg Wood	Wye Valley Runners	S.M.	33.22	
4	Laurie Donaldson	Wye Valley Runners	S.M.	33.44	
5	Jon Tetley	Hereford Triathlon Club	S.M.	33.47	
6	Luke James	Hereford Couriers	S.M.	33.54	
7	Eliot Taylor	Hereford Couriers	S.M.	34.24	
8	Mark Lamonby	Croft Ambrey R.C.	S.M.	34.28	
9	Richard Bamford	Hereford Couriers	S.M.	35.05	
10	Stuart Moore	Wye Valley Runners	MV40	35.09	
11	Alan Lewis	Wye Valley Runners	MV40	35.21	
12	Andrew Noble	Wye Valley Runners	MV45	35.24	
13	John Bristow	Malvern Joggers	S.M.	35.38	
14	Neil Powell	Croft Ambrey R.C.	MV40	35.44	
15	Matt Anfield	Wye Valley Runners	S.M.	35.47	
16	Dan Phillips	Wye Valley Runners	S.M.	35.52	
17	Andy Taylor	Hereford Triathlon Club	MV40	36.17	
18	Glyn Williams	Croft Ambrey R.C.	MV40	36.23	
19	Jim Hicks	Wye Valley Runners	S.M.	36.31	
20	Andy Blannin	Malvern Joggers	MV40	36.33	
21	Neil Lewis	Hereford Couriers	MV40	37.11	
22	Matt Taylor	Wye Valley Runners	S.M.	37.13	
23	<u>Suzanne Turvey</u> **	Croft Ambrey R.C.	S.F.	37.15	
24	Simon Norwood	Croft Ambrey R.C.	MV40	37.19	
25	Richard Hornsby	Croft Ambrey R.C.	S.M.	37.25	
26	David George	Croft Ambrey R.C.	MV40	37.32	
27	Nigel Sewell	Malvern Joggers	MV50	37.34	
28	Martin Carter	Hay Hotfooters	MV45	37.41	
29	Geoff Kay	Hereford Couriers	MV55	38.09	
30	Adam Michniok	Wye Valley Runners	S.M.	38.18	
31	Paul Price	Croft Ambrey R.C.	S.M.	38.21	
32	Nick Hitchings	Malvern Joggers	MV40	38.36	
33	<u>Sue Davies</u> **	Croft Ambrey R.C.	FV45	38.48	
34	Rob Jones	Croft Ambrey R.C.	S.M.	38.49	
35	<u>Claire Thomas</u> **	Ludlow Runners	S.F.	38.55	
36	Scott Baddeley	Wye Valley Runners	MV40	39.01	
37	Richard Mileson	Wye Valley Runners	MV40	39.04	
38	Patrick Pearson	Croft Ambrey R.C.	MV40	39.17	
39	Steve Flowers	Wye Valley Runners	S.M.	39.22	
40	Steve Herington	Hereford Couriers	MV60	39.27	
41	Hedd Jones	Wye Valley Runners	S.M.	39.49	
42	Kevin Artus	Wye Valley Runners	S.M.	39.49	
43	<u>Gemma Mallett</u> **	Croft Ambrey R.C.	S.F.	40.03	
44	John Lyden	Ludlow Runners	MV50	40.05	
45	Gary Lewis	Presteigne Pacers	MV40	40.28	
46	<u>Alex Champ</u> **	Wye Valley Runners	FV35	40.29	
47	Anthony Bennett	Malvern Joggers	MV40	40.35	
48	David Moss	Croft Ambrey R.C.	MV40	40.50	
49	Martin Williams	Croft Ambrey R.C.	MV40	40.51	
50	Owain Pascoe	Wye Valley Runners	S.M.	40.54	

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51	Lea Wood	Wye Valley Runners	S.M.	40.56	
52	Gary Gunner	Croft Ambrey R.C.	MV65	40.56	
53	Mervyn Thomas	Wye Valley Runners	MV60	41.05	
54	Shaun Hayes	Wye Valley Runners	MV50	41.35	
55	Nigel Jones	Wye Valley Runners	MV50	42.15	
56	Gareth Roberts	Presteigne Pacers	MV40	42.37	
57	<u>Becci Ansfield</u> **	Wye Valley Runners	FV35	42.46	
58	Alun Jenkins	Rhayader A.C.	MV45	42.49	
59	Neil Taylor	Croft Ambrey R.C.	MV55	42.55	
60	Ralph Lloyd	Wye Valley Runners	MV50	42.57	
61	Kevin Barnes	Hereford Couriers	MV45	43.01	
62	Paddy Nugent	Wye Valley Runners	MV50	43.22	
63	Mike Shaw	Wye Valley Runners	MV60	43.29	
64	<u>Rita Tomkins</u> **	Presteigne Pacers	FV50	43.34	
65	<u>Alison Cooke</u> **	Hereford Couriers	FV50	43.40	
66	<u>Jayne Littlewood</u> **	Hereford Couriers	FV55	43.43	
67	<u>Irina Dale</u> **	Croft Ambrey R.C.	S.F.	43.45	
68	Frank Luscott	Croft Ambrey R.C.	MV55	43.59	
69	Daren Lincoln	Croft Ambrey R.C.	MV40	44.07	
70	Andrew Blackman	Wye Valley Runners	MV50	44.50	
71	Ricardo Martins	Wye Valley Runners	S.M.	44.57	
72	Dan Pavitt	Ludlow Runners	MV45	45.00	
73	Tom Davies	Croft Ambrey R.C.	MV60	45.08	
74	<u>Jan Edwards</u> **	Wye Valley Runners	FV55	45.38	
75	<u>Jo Mann</u> **	Hereford Triathlon Club	FV40	45.47	
76	Jason Stuchbery	Ludlow Runners	MV40	45.48	
77	<u>Sharon Edelstyn</u> **	Hereford Triathlon Club	FV40	45.50	
78	<u>Angela Price</u> **	Hay Hotfooters	FV40	45.54	
79	Duncan Cresswell	Ledbury & District Harriers	S.M.	46.12	
80	Martyn Rosser	Hay Hotfooters	MV60	46.29	
81	<u>Alison Hughes</u> **	Malvern Joggers	FV35	46.32	
82	<u>Steph Main</u> **	Presteigne Pacers	FV40	46.40	
83	Ashley Robinson	Croft Ambrey R.C.	MV60	46.47	
84	Andrew Price	Hay Hotfooters	MV45	46.51	
85	Sandy Ross	Ludlow Runners	MV60	47.05	
86	John Price	Hay Hotfooters	MV55	47.19	
87	<u>Julie Caseley</u> **	Malvern Joggers	FV50	47.41	
88	<u>Ros Lloyd</u> **	Wye Valley Runners	S.F.	47.51	
89	<u>Lynne Compton</u> **	Wye Valley Runners	FV45	47.53	
90	Ben Marsh	Croft Ambrey R.C.	S.M.	47.54	
91	<u>Mary Morton</u> **	Rhayader A.C.	FV35	48.33	
92	<u>Suzanne Kendrick</u> **	Rhayader A.C.	FV45	48.54	
93	<u>Vicky Woodall</u> **	Wye Valley Runners	FV35	49.20	
94	Les Chamberlain	Wye Valley Runners	MV60	49.32	
95	Bryan Symonds	Wye Valley Runners	MV65	49.34	
96	<u>Rachel Jones</u> **	Hay Hotfooters	FV40	50.10	
97	<u>Sue Powell</u> **	Croft Ambrey R.C.	FV50	50.32	
98	Harry Franklin	Wye Valley Runners	MV75	51.02	
99	Terry Evans	Presteigne Pacers	MV45	51.25	
100	<u>Emma Hurrell</u> **	Hereford Triathlon Club	S.F.	53.16	
101	<u>Sheridan Butterfield</u> **	Wye Valley Runners	FV40	54.16	

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102	Brian Markham	Croft Ambrey R.C.	MV70	54.58	
103	Deb Clea **	Presteigne Pacers	FV40	55.36	
104	Katherine Drabble **	Hereford Triathlon Club	FV40	55.53	
105	Paula Randall **	Presteigne Pacers	S.F.	57.06	
106	Mark Freake	Presteigne Pacers	MV45	57.29	
107	Christine Motteram **	Wye Valley Runners	FV65	58.12	
108	Donna Evans **	Presteigne Pacers	FV45	58.21	
109	Sue Lewis **	Presteigne Pacers	FV50	59.53	
110	Jo Preece **	Presteigne Pacers	FV40	61.40	
111	Maggie Morris **	Ludlow Runners	FV50	73.49	
112	Claire Milner **	Hay Hotfooters	FV60	78.26	