

Herefordshire County Summer Off-Road League

Race 3	<u>WESTHOPE</u>			29th. July 2009	
Pos	Name	Club	Cat	Time	
1	Jonathon Pugh	Builth & District Runners	S.M.	32.39	
2	Matt James	Hereford Couriers	S.M.	33.02	
3	Stacey Morgan	Croft Ambrey R.C.	S.M.	33.06	
4	John Pullen	Wye Runners	MV40	33.17	
5	Jon Barnes	Hereford & County A.C.	J.M.	34.31	
6	Dan Barnett	Croft R.C.	S.M.	35.00	
7	Scott Kennedy	Wye Valley Runners	S.M.	35.10	
8	Max Suff	Hereford Couriers	MV45	35.23	
9	Stafford Rees	Rhayader A.C.	S.M.	35.30	
10	Glynn Williams	Presteigne Pacers	S.M.	35.38	
11	Chris Ford	Ledbury & District Harriers	S.M.	35.43	
12	Andy Taylor	Hereford Triathlon Club	S.M.	35.52	
13	Luke Williams	Hereford Couriers	S.M.	36.05	
14	Dave Ameghino	Croft Ambrey R.C.	S.M.	36.24	
15	Geoff Kay	Hereford Couriers	MV55	36.42	
16	Jon Utley	Croft Ambrey R.C.	S.M.	37.02	
17	Jack Parry	Builth & District Runners	MV50	37.29	
18	Patrick Pearson	Croft Ambrey R.C.	MV40	37.42	
19	Neil Lewis	Hereford Couriers	MV40	37.49	
20	Andrew Noble	Wye Valley Runners	MV40	37.56	
21	Gavin Wright	Croft Ambrey R.C.	S.M.	38.12	
22	Steve Herington	Hereford Couriers	MV60	38.35	
23	Suzanne Turvey **	Croft Ambrey R.C.	J.F.	38.41	
24	Neil Powell	Croft Ambrey R.C.	S.M.	38.41	
25	Robin Bereza	Wye Valley Runners	MV60	39.08	
26	Luke Bradbury	Wye Valley Runners	S.M.	39.32	
27	Adam Michniok	Wye Valley Runners	S.M.	39.41	
28	Ashley Cooke	Croft Ambrey R.C.	MV50	39.57	
29	Mervyn Thomas	Wye Valley Runners	MV55	40.03	
30	Gary Gunner	Croft Ambrey R.C.	MV60	40.13	
31	Dan Pavitt	Ludlow Runners	MV40	40.22	
32	Iain Prentice	Ludlow Runners	MV45	40.35	
33	Malcolm Edwards	Wye Valley Runners	S.M.	40.58	
34	Ian Davies	Builth & District Runners	MV50	41.05	
35	Jason Smith	Wye Valley Runners	S.M.	41.11	
36	Phil Jones	Presteigne Pacers	MV50	41.15	
37	Nikki Edwards **	Hereford Couriers	FV35	41.18	
38	Alison Cooke **	Hereford Couriers	FV45	41.28	
39	Clive Rowberry	Hereford Couriers	MV55	41.32	
40	Tom Davies	Croft Ambrey R.C.	MV60	41.33	
41	Mark Adams	Hereford Couriers	MV50	41.36	
42	Mandy Evans **	Presteigne Pacers	FV45	42.18	
43	Daren Lincoln	Croft Ambrey R.C.	MV40	42.43	
44	Nicky Turvey **	Croft Ambrey R.C.	FV45	42.47	
45	Rob Williams	Wye Valley Runners	S.M.	42.50	
46	Celia Speake **	Builth & District Runners	FV40	42.52	
47	Mike Link	Hereford Couriers	S.M.	43.01	
48	Kevin Barnes	Hereford Couriers	MV45	43.09	
49	Harry Franklin	Wye Valley Runners	MV70	43.26	
50	Sonia George **	Ludlow Runners	FV35	43.27	
51	Ralph Lloyd	Wye Valley Runners	MV45	43.29	
52	Alun Jenkins	Rhayader A.C.	MV45	43.32	
53	Colin Hammonds	Ledbury & District Harriers	MV40	43.52	
54	Bill Griffiths	Wye Valley Runners	MV55	44.17	
55	Emma Mathews **	Builth & District Runners	S.F.	44.42	
56	Rob Galpin	Wye Valley Runners	MV50	45.17	
57	Jason Stuchbery	Ludlow Runners	MV40	45.39	
58	Martin Williams	Croft Ambrey R.C.	S.M.	46.13	

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
59	Jonathon Harris	Rhayader A.C.	S.M.	46.21	
60	Tracy Edwards **	Wye Valley Runners	S.F.	46.33	
61	Temi Odurinde	Wye Valley Runners	MV40	46.57	
62	Rob Monteith	Ludlow Runners	MV45	47.06	
63	Suzanne Kendrick **	Rhayader A.C.	FV45	47.13	
64	Juliette Wheatley **	Ludlow Runners	FV35	47.26	
65	Rachel Nelson **	Croft Ambrey R.C.	FV40	47.42	
66	Simon Barton N/C	Wye Valley Runners	MV40	48.07	
67	Nondus Banning-Boddy **	Rhayader A.C.	FV55	49.11	
68	Sharon Clarke **	Ludlow Runners	FV40	50.10	
69	Serena Crump **	Wye Valley Runners	FV40	50.26	
70	Jan Edwards **	Wye Valley Runners	FV50	50.26	
71	Emily Davies **	Wye Valley Runners	S.F.	50.52	
72	Sarah Jameson **	Ludlow Runners	FV40	51.17	
73	Lisa Miles **	Wye Valley Runners	S.F.	51.20	
74	Michelle Williams **	Wye Valley Runners	FV40	52.36	
75	Kim Wood **	Croft Ambrey R.C.	S.F.	54.00	
76	Bryan Markham	Croft Ambrey R.C.	MV65	54.02	
77	Sarah Bowering **	Wye Valley Runners	FV40	54.17	
78	Kath Drabble **	Hereford Triathlon Club	FV35	58.52	
GUESTS	Phil Kendrick	Rhayader A.C.	MV45	34.25	
	Claire Conway **	Wye Valley Runners	S.F.	40.03	
	Sophie Kendrick **	Rhayader A.C.	J.F.	40.38	