

Herefordshire County Summer Off-Road League

<u>Race 3</u>	<u>WESTHOPE</u>			<u>20th. July 2011</u>	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jon Barnes	Wye Valley Runners	J.M.	30.22	
2	Stacey Morgan	Croft Ambrey R.C.	S.M.	31.36	
3	John Pullen	Wye Valley Runners	MV40	32.12	
4	Andrew Noble	Wye Valley Runners	MV45	33.48	
5	Matt Ansfield	Wye Valley Runners	S.M.	34.46	
6	Jordan McQueen	Presteigne Pacers	S.M.	34.53	
7	Dave Ameghino	Croft Ambrey R.C.	S.M.	34.59	
8	Gavin Wright	Croft Ambrey R.C.	S.M.	35.03	
9	Andy Taylor	Hereford Triathlon Club	S.M.	35.07	
10	John Bristow	Malvern Joggers	MV45	35.20	
11	Neil Lewis	Hereford Couriers	MV40	35.32	
12	Jonathan Green	Malvern Joggers	MV50	36.22	
13	<u>Clara Evans</u> **	Hereford & County A.C.	J.F.	36.33	
14	Sam Burnage	Malvern Joggers	S.M.	36.35	
15	Mark Paviour	Croft Ambrey R.C.	MV45	36.38	
16	Nigel Sewell	Malvern Joggers	MV50	36.44	
17	Andrew Scott	Malvern Joggers	MV45	36.58	
18	Martin Carter	Hay Hotfooters	MV45	37.09	
19	Ade Brown	Presteigne Pacers	S.M.	37.26	
20	Adam Michniok	Wye Valley Runners	S.M.	37.36	
21	Jack Parry	Builth & District R.C.	MV55	37.43	
22	Carl Gilmour	Hay Hotfooters	MV40	37.47	
23	Darren Woodall	Hereford Triathlon Club	S.M.	37.51	
24	<u>Gemma Mallett</u> **	Croft Ambrey R.C.	S.F.	37.51	
25	Gary Lewis	Presteigne Pacers	MV40	37.54	
26	Steve Herington	Hereford Couriers	MV60	37.57	
27	John Lyden	Ludlow Runners	MV50	37.59	
28	<u>Sue Davies</u> **	Croft Ambrey R.C.	FV45	38.06	
29	Richard Hornsby	Croft Ambrey R.C.	S.M.	38.13	
30	Vince Playdon	Wye Valley Runners	S.M.	38.35	
31	Jerry Greer	Malvern Joggers	MV50	38.58	
32	Kevin Thomas	Croft Ambrey R.C.	S.M.	39.11	
33	Patrick Pearson	Croft Ambrey R.C.	MV40	39.12	
34	Paul Bouston	Wye Valley Runners	MV40	39.18	
35	Gary Gunner	Croft Ambrey R.C.	MV65	39.21	
36	Shaun Hayes	Wye Valley Runners	MV45	39.22	
37	Simon Roche	Wye Valley Runners	S.M.	39.27	
38	Mark Worthing	Hereford Couriers	MV40	39.28	
39	Chris Howell	Hay Hotfooters	MV45	39.31	
40	<u>Sally Bliss</u> **	Hereford Couriers	FV35	39.42	
41	Martin Williams	Croft Ambrey R.C.	MV40	40.00	
42	Steve Roode	Malvern Joggers	MV45	40.02	
43	Matt Moffatt	Croft Ambrey R.C.	S.M.	40.03	
44	Iain Prentice	Ludlow Runners	MV45	40.16	
45	Kevin Barnes	Hereford Couriers	MV45	40.22	

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46	Graham Cramp	Malvern Joggers	MV45	40.34	
47	Guy Whitmarsh	Croft Ambrey R.C.	MV65	40.35	
48	<u>Alison Cooke</u> **	Hereford Couriers	FV50	40.38	
49	Chris Payne	Hereford Triathlon Club	MV50	41.01	
50	Barry Swindells	Malvern Joggers	MV70	41.11	
51	Jonathan Smith	Croft Ambrey R.C.	MV40	41.15	
52	Pete Wilson	Malvern Joggers	MV45	41.20	
53	Stuart Brown	Malvern Joggers	MV55	41.22	
54	Ralph Lloyd	Wye Valley Runners	MV45	41.33	
55	Dave James	Rhayader A.C.	S.M.	41.34	
56	Dave Lloyd	Presteigne Pacers	MV55	41.38	
57	Phil Jones	Presteigne Pacers	MV50	41.38	
58	Alun Jenkins	Rhayader A.C.	MV45	41.38	
59	Tom Davies	Croft Ambrey R.C.	MV60	41.50	
60	Mike Shaw	Wye Valley Runners	MV60	42.13	
61	Ian Davies	Builth & District R.C.	MV55	42.15	
62	Bill Griffiths	Wye Valley Runners	MV60	42.26	
63	Larry Turner	Croft Ambrey R.C.	MV55	42.28	
64	Stuart Cameron	Hereford Couriers	MV45	42.30	
65	Paul Newman	Malvern Joggers	MV45	42.33	
66	Nigel Jones	Wye Valley Runners	MV50	42.34	
67	<u>Joan Swindells</u> **	Malvern Joggers	FV55	42.36	
68	Laurence Wilson	Malvern Joggers	S.M.	42.37	
69	Ian Foster	Hereford Triathlon Club	MV40	42.45	
70	<u>Becci Ansfield</u> **	Wye Valley Runners	FV35	42.52	
71	<u>Celia Speake</u> **	Builth & District R.C.	FV40	43.11	
72	<u>Naomi Prosser</u> **	Hereford & County A.C.	J.F.	43.14	
73	Ian Teague	Ludlow Runners	MV40	43.22	
74	Andrew Blackman	Wye Valley Runners	MV50	43.29	
75	<u>Pru Napolitano</u> **	Presteigne Pacers	FV50	43.33	
76	Paul Elliott	Ludlow Runners	MV45	43.55	
77	John Price	Hay Hotfooters	MV50	44.09	
78	<u>Rita Tomkins</u> **	Presteigne Pacers	FV50	44.11	
79	<u>Jodie Broad</u> **	Hay Hotfooters	FV35	44.27	
80	<u>Kareen Mann</u> **	Malvern Joggers	FV50	44.53	
81	<u>Julie Caseley</u> **	Malvern Joggers	FV50	45.17	
82	<u>Jo Marriott</u> **	Croft Ambrey R.C.	FV40	45.29	
83	<u>Angela Price</u> **	Hay Hotfooters	FV40	45.38	
84	Marcus Billig	Hereford Triathlon Club	S.M.	46.14	
85	<u>Lesley Phillips</u> **	Presteigne Pacers	FV35	46.21	
86	Martyn Rosser	Hay Hotfooters	MV60	46.40	
87	<u>Imme Davies</u> **	Hay Hotfooters	FV40	47.00	
88	<u>Suzanne Kendrick</u> **	Rhayader A.C.	FV45	47.23	
89	<u>Jo Lord</u> **	Hay Hotfooters	FV40	47.40	
90	<u>Sarah Jamieson</u> **	Ludlow Runners	FV40	47.54	
91	<u>Sam Harper</u> **	Croft Ambrey R.C.	FV35	48.22	

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92	<u>Kath Drabble</u> **	Hereford Triathlon Club	FV40	49.26	
93	<u>Bryan Markham</u>	Croft Ambrey R.C.	MV70	49.29	
94	<u>Suzannah English</u> **	Hay Hotfooters	FV55	49.32	
95	<u>Terry Evans</u>	Presteigne Pacers	MV45	49.52	
96	<u>Sally Worthing</u> **	Hereford Couriers	FV35	50.23	
97	<u>Dee Davies</u> **	Rhayader A.C.	FV35	50.53	
98	<u>Bryan Symonds</u>	Wye Valley Runners	MV65	51.01	
99	<u>Sarah Miles-Griffiths</u> **	Hay Hotfooters	FV50	51.08	
100	<u>Carol Farrington</u> **	Rhayader A.C.	FV65	51.19	
101	<u>Paula Randall</u> **	Presteigne Pacers	S.F.	51.19	
102	<u>Christine Motteram</u> **	Wye Valley Runners	FV65	51.33	
103	<u>Sali Morris</u> **	Ludlow Runners	FV35	52.17	
104	<u>Paula Dixon</u> **	Hay Hotfooters	FV40	52.35	
105	<u>Rachel Jones</u> **	Hay Hotfooters	FV40	53.49	
106	<u>Mark Freake</u>	Presteigne Pacers	MV45	54.02	
107	<u>Deb Clee</u> **	Presteigne Pacers	FV35	54.21	
108	<u>Kay Gittoes</u> **	Builth & District R.C.	FV50	54.59	
109	<u>Kim Wood</u> **	Croft Ambrey R.C.	S.F.	56.22	
110	<u>Caroline Hafner</u> **	Hay Hotfooters	FV60	58.34	
111	<u>Jo Preece</u> **	Presteigne Pacers	FV40	59.23	
112	<u>Andrea Chibnell-Smith</u> **	Presteigne Pacers	FV35	64.33	
113	<u>Carol Stocker</u> **	Presteigne Pacers	FV55	64.38	
114	<u>Dawn Holder</u> **	Builth & District R.C.	FV35	65.03	
115	<u>Claire Milner</u> **	Hay Hotfooters	FV55	67.17	
116	<u>Ian Jones</u> **	Hay Hotfooters	MV45	67.17	
117	<u>Maggie Morris</u> **	Ludlow Runners	FV45	67.19	
118	<u>Yvonne Hardcastle</u> **	Rhayader A.C.	FV55	68.27	