

Herefordshire Summer Off-Road League 2019

Race 2	<u>HIGH VINNALS</u>			<u>25th. June 2019</u>	
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
1	Jonny Pugh	Builth & District R.C.	S.M.	35.51	
2	Matt James	Hereford Couriers	S.M.	36.15	
3	Mike Pfeiffer	Builth & District R.C.	MV50	36.17	
4	Gavin Jones	MonRoss Trailblazers	S.M.	36.18	
5	Matt Yapp	Ludlow Runners	S.M.	36.42	
6	Mark Lamonby	Croft Ambrey R.C.	S.M.	37.36	
7	Chris Grubb	Ledbury & District Harriers	S.M.	37.41	
8	Wyndham Turner	Builth & District R.C.	S.M.	38.06	
9	Sam Mayglothing	Wye Valley Runners	S.M.	38.17	
10	Gareth Leek	Croft Ambrey R.C.	S.M.	39.00	
11	Toby Austin	Croft Ambrey R.C.	S.M.	39.06	
12	Christian Jones	Wye Valley Runners	MV45	39.28	
13	Andy Stephens	MonRoss Trailblazers	MV45	39.43	
14	Christian Dowle	Malvern Buzzards	MV50	40.01	
15	Patrick Morgan	Hay Hotfooters	U.17	40.01	
16	Jack Abbott	Malvern Buzzards	S.M.	40.09	
17	Steve Flowers	Wye Valley Runners	S.M.	40.10	
18	Will Gore	Croft Ambrey R.C.	S.M.	40.13	
19	Ben Skinner	Hereford Couriers	S.M.	40.17	
20	Jack Hammond	Builth & District R.C.	S.M.	40.31	
21	Richard Williams	Wye Valley Runners	S.M.	40.31	
22	Andy Tyler	Hereford Couriers	MV45	40.47	
23	Jake Underhill	Hereford Couriers	MV40	41.12	
24	James Davies	Malvern Joggers	S.M.	41.13	
25	Jeremy Jehan	Wye Valley Runners	MV45	41.13	
26	Matt Downs	Malvern Buzzards	S.M.	41.23	
27	Matt Lambeth	Malvern Buzzards	S.M.	41.24	
28	Ian Whistance	Wye Valley Runners	MV45	41.42	
29	Jordan McQueen	Croft Ambrey R.C.	S.M.	41.44	
30	Richard Bullas	Builth & District R.C.	S.M.	41.44	
31	Lee Price	Builth & District R.C.	MV40	41.54	
32	Paul Dolphin	Malvern Buzzards	S.M.	42.04	
33	Glyn Williams	Croft Ambrey R.C.	MV45	42.25	
34	Shane Jennings	Ludlow Runners	S.M.	42.27	
35	Nigel Taylor	Croft Ambrey R.C.	MV50	42.29	
36	Dan Lewis	Wye Valley Runners	MV40	42.36	
37	Lea Wood	Wye Valley Runners	S.M.	43.07	
38	Richard Bevan	MonRoss Trailblazers	MV45	43.20	
39	Neil Powell	Croft Ambrey R.C.	MV45	43.28	
40	Katie Ayres ***	Croft Ambrey R.C.	S.F.	43.38	
41	Chris Walmsley	Hereford Triathlon Club	S.M.	43.40	
42	Dave George	Croft Ambrey R.C.	MV45	43.44	
43	Chris Fletcher	MonRoss Trailblazers	MV45	43.54	
44	Craig Collier	Ludlow Runners	S.M.	44.01	
45	Neil Grinnell	Ledbury & District Harriers	MV40	44.16	
46	Steve Hambridge	Builth & District R.C.	MV40	44.26	
47	Matt Moffatt	Croft Ambrey R.C.	MV40	44.28	
48	Grant Womack	Croft Ambrey R.C.	S.M.	44.29	
49	Paul Francis	Ludlow Runners	MV45	44.32	
50	Andrew Dempsey	Ludlow Runners	MV45	44.36	
51	Jodie Newell ***	Wye Valley Runners	S.F.	44.40	
52	Marc Heptinstall	Malvern Buzzards	S.M.	44.46	
53	Ben Toon	Malvern Joggers	MV40	44.58	
54	Martin Carter	Hay Hotfooters	MV50	45.14	
55	Matt Jenneson	Ludlow Runners	MV40	45.17	
56	Greg Jones	Croft Ambrey R.C.	MV45	45.23	
57	Peter Koval	Hereford Triathlon Club	S.M.	45.24	
58	Holly Gourley ***	Ledbury & District Harriers	FV35	45.30	
59	Tom Thorneycroft	Hay Hotfooters	MV40	45.49	
60	James Fletcher	MonRoss Trailblazers	MV50	45.54	
61	Oscar Austin	Croft Ambrey R.C.	J.M.	46.10	

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Pos	Name	Club	Cat	Time	
62	Jo Rees ***	Builth & District R.C.	FV45	46.15	
63	Leo Taggio	Malvern Buzzards	MV50	46.19	
64	Ffion Gilbert ***	Ludlow Runners	S.F.	46.23	
65	Tim Giles	Ludlow Runners	MV45	46.26	
66	Nigel Baker	MonRoss Trailblazers	MV55	46.27	
67	Donna Morris ***	Builth & District R.C.	FV35	46.35	
68	Laura Tootell ***	Wye Valley Runners	FV40	46.38	
69	Alice Godding ***	Ludlow Runners	S.F.	46.44	
70	Gareth Price	Builth & District R.C.	S.M.	46.45	
71	Fred Powell	Builth & District R.C.	S.M.	46.50	
72	Gillian Miskimmin ***	Wye Valley Runners	FV35	46.57	
73	Martin Scrivens	MonRoss Trailblazers	MV40	47.03	
74	Brian Morgan	Hay Hotfooters	MV50	47.07	
75	Hannah Fletcher ***	Croft Ambrey R.C.	FV35	47.10	
76	Becky Davies ***	Wye Valley Runners	S.F.	47.24	
77	Martin Green	Maldwyn Harriers	MV60	47.26	
78	Will Ford	Hay Hotfooters	MV40	47.27	
79	Daniel Spear	Ludlow Runners	S.M.	47.29	
80	Paul Dews	Ludlow Runners	S.M.	47.30	
81	Dan Kelly	Malvern Buzzards	S.M.	47.31	
82	Ian Chubb	Ludlow Runners	MV50	47.33	
83	Ryan Lawrence	Hereford Couriers	S.M.	47.42	
84	Kevin Artus	Wye Valley Runners	MV40	47.45	
85	Laura Lelievre ***	MonRoss Trailblazers	S.F.	47.46	
86	Bethan Logan ***	Hay Hotfooters	S.F.	47.53	
87	Joseph Manley	Ludlow Runners	J.M.	48.14	
88	Aderyn Carter ***	Hay Hotfooters	J.F.	48.17	
89	Dave Williams	Hereford Couriers	MV55	48.21	
90	Geoff Kay	Hereford Couriers	MV65	48.34	
91	John Warburton	Hay Hotfooters	MV50	48.37	
92	Clare Mallender ***	Hereford Couriers	FV40	48.48	
93	Becky Ansfield ***	Wye Valley Runners	FV40	48.48	
94	Stephen Vaughan	Hereford Triathlon Club	MV45	48.59	
95	Lee Reeves	Ludlow Runners	MV45	49.02	
96	Paddy Nugent	Wye Valley Runners	MV55	49.05	
97	Martin Williams	Ledbury & District Harriers	S.M.	49.07	
98	Emma Jones ***	Croft Ambrey R.C.	FV45	49.08	
99	Mark Paviour	Croft Ambrey R.C.	MV55	49.14	
100	Paul Smith	Hay Hotfooters	MV45	49.15	
101	Vivien Dempsey ***	Ludlow Runners	FV45	49.17	
102	Andy Taylor	Hereford Triathlon Club	MV45	49.26	
103	Gwynant Jones	Maldwyn Harriers	S.M.	49.31	
104	Angus Kirby	Ludlow Runners	MV55	49.33	
105	Megan Lane ***	Hereford Triathlon Club	S.F.	49.35	
106	Stuart Austin	Croft Ambrey R.C.	MV50	50.05	
107	Steve Herington	Hereford Couriers	MV70	50.09	
108	Ifan Jones	Maldwyn Harriers	MV50	50.15	
109	Kelly Bowen ***	Croft Ambrey R.C.	S.F.	50.19	
110	Andrew Merriman	Hay Hotfooters	MV45	50.37	
111	Christian Pryne	Builth & District R.C.	MV45	50.44	
112	Sharon Lindsay ***	Hay Hotfooters	FV50	50.51	
113	Amy Smith ***	Hereford Couriers	FV35	50.52	
114	Michael Smallwood	Wye Valley Runners	MV55	50.55	
115	Ian Price	Croft Ambrey R.C.	MV70	50.57	
116	Chris Hollis	Ludlow Runners	MV40	50.59	
117	Thomas Powell	Ludlow Runners	S.M.	51.04	
118	Brent Lawson	Wye Valley Runners	MV55	51.10	
119	James Hinton	Ludlow Runners	MV40	51.15	
120	Lee Monks	Ludlow Runners	S.M.	51.17	
121	Jasper Robinson	Croft Ambrey R.C.	J.M.	51.17	
122	Jim Smith	Hereford Couriers	MV45	51.23	

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Pos	Name	Club	Cat	Time	
123	Clive Richardson	Ludlow Runners	MV60	51.25	
124	Dave Green	Hereford Couriers	MV50	51.29	
125	Russ Wood	Presteigne Pacers	S.M.	51.38	
126	Vanessa Ball ***	MonRoss Trailblazers	S.F.	51.41	
127	Kate Elkington ***	Hay Hotfooters	FV50	51.55	
128	Chris Padfield	Ledbury & District Harriers	MV45	52.01	
129	Susan Davies ***	Croft Ambrey R.C.	FV50	52.02	
130	Tess Butcher ***	Ludlow Runners	FV45	52.05	
131	Hannah Watkins ***	Hereford Couriers	S.F.	52.16	
132	James Cameron	Hereford Couriers	S.M.	52.16	
133	Ashley Robinson	Croft Ambrey R.C.	MV65	52.19	
134	Giles Stokes	Hereford Triathlon Club	MV45	52.30	
135	Kate Mills ***	Builth & District R.C.	S.F.	52.30	
136	Vanessa Watts ***	Ludlow Runners	FV45	52.32	
137	Kerry Wathen ***	Hereford Couriers	FV40	52.36	
138	Guy Whitmarsh	Croft Ambrey R.C.	MV75	52.36	
139	John Jaspers	Croft Ambrey R.C.	MV45	52.40	
140	Ben Crossley	Ludlow Runners	S.M.	53.00	
141	Jo Marriott ***	Croft Ambrey R.C.	FV50	53.05	
142	Gunvor Troelsen ***	Builth & District R.C.	FV50	53.08	
143	Mark Hollis	Ludlow Runners	J.M.	53.21	
144	Cindy Wilkinson ***	Malvern Buzzards	FV35	53.27	
145	Ian Fuller	Malvern Joggers	MV45	53.33	
146	Paul Parker	Ludlow Runners	MV45	53.33	
147	Mark Dempsey	Wye Valley Runners	MV65	53.38	
148	Louise Le Ray ***	Hereford Triathlon Club	FV55	54.08	
149	Ian Dyson	Malvern Buzzards	MV65	54.26	
150	Kate Morris ***	Hereford Couriers	FV35	54.45	
151	Lewis Prynne	Builth & District R.C.	S.M.	54.46	
152	Lucia Demkova	MonRoss Trailblazers	FV35	54.49	
153	Jo Ellis ***	Wye Valley Runners	FV40	54.55	
154	Lynne Compton ***	Wye Valley Runners	FV50	54.56	
155	Lucy Wilding ***	Croft Ambrey R.C.	S.F.	55.03	
156	Sharon Collins ***	Hay Hotfooters	FV55	55.19	
157	Roland Preece	Croft Ambrey R.C.	MV50	55.24	
158	Aisling Freeth ***	Hereford Couriers	S.F.	55.24	
159	Ashley Davies	Wye Valley Runners	S.M.	55.40	
160	Naomi Perkins ***	Croft Ambrey R.C.	S.F.	55.42	
161	Mandy Rees ***	Hereford Couriers	FV40	55.57	
162	Liza Austin ***	Croft Ambrey R.C.	FV55	56.05	
163	Nicola Goodwin ***	Hereford Triathlon Club	FV45	56.07	
164	Jonathan Mills	Ledbury & District Harriers	MV45	56.09	
165	Carwyn Jones	Builth & District R.C.	S.M.	56.24	
166	Sara Lake ***	Hay Hotfooters	FV45	56.35	
167	Frances Greenhough ***	Wye Valley Runners	FV35	56.58	
168	Kevin Barnes	Hereford Couriers	MV55	57.09	
169	Julie Caseley ***	Malvern Buzzards	FV55	57.16	
170	Michelle Bowley ***	Hereford Couriers	FV50	58.02	
171	Jan Edwards ***	Wye Valley Runners	FV60	58.07	
172	Lloyd Airey	Ludlow Runners	MV45	58.29	
173	Gary Gunner	Croft Ambrey R.C.	MV70	58.37	
174	John Gibson	Hay Hotfooters	MV65	58.41	
175	Laura Perratt ***	Ludlow Runners	S.F.	58.54	
176	John Bilboa	Hereford Triathlon Club	MV60	58.55	
177	Nigel Owen	Hay Hotfooters	MV60	59.02	
178	Jamie Francis	Malvern Joggers	S.M.	59.06	
179	Emma Gwynne	Croft Ambrey R.C.	FV50	59.06	
180	Martyn Rosser	Hay Hotfooters	MV65	59.12	
181	Ralph Lloyd	Wye Valley Runners	MV55	59.20	
182	Robert Vidler	Wye Valley Runners	S.M.	59.35	
183	Sahrah Wilding ***	Presteigne Pacers	FV50	60.03	
184	Victoria Hamilton ***	Wye Valley Runners	FV45	60.10	

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Pos	Name	Club	Cat	Time	
185	Kerry Martin ***	Croft Ambrey R.C.	FV35	60.23	
186	Stephanie King ***	Croft Ambrey R.C.	FV50	60.29	
187	Louise Phillips ***	Presteigne Pacers	FV50	60.43	
188	Kim Handley ***	Wye Valley Runners	S.F.	60.46	
189	Lisa Davies ***	Croft Ambrey R.C.	S.F.	61.24	
190	Terry Evans	Presteigne Pacers	MV50	61.26	
191	Anna Georgioa ***	Builth & District R.C.	FV40	62.10	
192	Deanna Mammatt ***	Hereford Triathlon Club	FV40	62.13	
193	Helen Ware ***	Hereford Triathlon Club	FV50	62.14	
194	Neil Lewis	Hereford Couriers	MV50	62.20	
195	Emily Davies ***	Wye Valley Runners	FV35	62.30	
196	Ann Baskeyfield ***	Ludlow Runners	FV55	63.15	
197	Tina Lavelle ***	Hay Hotfooters	FV60	63.45	
198	Susanna English ***	Hay Hotfooters	FV60	63.45	
199	Gareth Morris	Builth & District R.C.	MV55	63.58	
200	Brian Symonds	Wye Valley Runners	MV75	64.16	
201	Izzy Watts ***	Builth & District R.C.	FV40	64.31	
202	Rachel Ivins ***	Hereford Triathlon Club	FV45	65.21	
203	Sarah Coggins ***	Ledbury & District Harriers	FV60	65.50	
204	Victoria Dickinson ***	Croft Ambrey R.C.	FV50	66.06	
205	Lisa Gray ***	Croft Ambrey R.C.	FV45	66.18	
206	Laura Taylor ***	Croft Ambrey R.C.	FV35	66.28	
207	Louise Reeves ***	Croft Ambrey R.C.	FV40	66.29	
208	Nick Paviour	Croft Ambrey R.C.	S.M.	66.54	
209	Theresa Jones ***	Croft Ambrey R.C.	FV50	67.50	
210	Lucy Jardine ***	Hay Hotfooters	FV50	68.16	
211	Gemma Davies ***	Croft Ambrey R.C.	FV35	68.46	
212	Emma Tipton ***	Ludlow Runners	FV35	68.52	
213	Nikki Doherty ***	Ludlow Runners	S.F.	68.52	
214	Peter Mumford	MonRoss Trailblazers	MV55	70.10	
215	Tom Davies	Croft Ambrey R.C.	MV70	70.20	
216	Sarah Bowring ***	Hereford Couriers	FV50	73.02	
217	Sybil Marsh ***	Ludlow Runners	FV70	74.12	
218	Amy Davies ***	Builth & District R.C.	S.F.	77.12	
219	Jane Kerr ***	Builth & District R.C.	FV50	77.28	
220	Bryan Markham	Croft Ambrey R.C.	MV75	79.51	
221	David Haynes	Ludlow Runners	MV75	99.02	
222	Joanne Stanley	Ludlow Runners	FV55	99.02	