

HEREFORDSHIRE SUMMER OFF ROAD LEAGUE 2019

Race 1	<u>WESTHOPE</u>			<u>12th. June 2019</u>	
Pos	<u>Name</u>	<u>Club</u>	Cat	Time	
1	Jonny Pugh	Builth & District R.C.	S.M.	27.47	
2	Mark Lamonby	Croft Ambrey R.C.	S.M.	27.58	
3	Mike Pfeiffer	Builth & District R.C.	MV50	28.27	
4	Gareth Leek	Croft Ambrey R.C.	S.M.	28.37	
5	Gavin Jones	MonRoss Trailblazers	S.M.	28.45	
6	Andy Fisher	Hereford Triathlon Club	MV45	28.51	
7	Sam Mayglothling	Wye Valley Runners	S.M.	29.04	
8	Jack Wilson	Croft Ambrey R.C.	S.M.	29.10	
9	Scott Jones	Croft Ambrey R.C.	U.17	29.16	
10	Patrick Morgan	Hay Hotfooters	U.17	29.20	
11	Christian Jones	Wye Valley Runners	MV45	29.50	
12	Ben Skinner	Hereford Couriers	S.M.	30.22	
13	Simeon Foreman	Malvern Buzzards	MV40	30.34	
14	Steve Flowers	Wye Valley Runners	S.M.	30.37	
15	Andrew Tyler	Hereford Couriers	MV45	30.39	
16	Richard Williams	Wye Valley Runners	S.M.	30.43	
17	Simon Norwood	Croft Ambrey R.C.	MV45	30.46	
18	Will Gore	Croft Ambrey R.C.	S.M.	30.54	
19	Andy Stephens	MonRoss Trailblazers	MV45	31.07	
20	Sam Newman	Hereford Couriers	S.M.	31.08	
21	Jake Underhill	Hereford Couriers	MV40	31.09	
22	Jeremy Jehan	Wye Valley Runners	MV45	31.10	
23	Jordan McQueen	Croft Ambrey R.C.	S.M.	31.30	
24	Nigel Taylor	Croft Ambrey R.C.	MV50	31.53	
25	Conrad Lawson	Hereford Triathlon Club	MV40	32.00	
26	Shane Jennings	Ludlow Runners	S.M.	32.12	
27	Dan Gray	MonRoss Trailblazers	S.M.	32.15	
28	Marc Heptinstall	Malvern Buzzards	S.M.	32.20	
29	Glynn Williams	Croft Ambrey R.C.	MV45	32.31	
30	Richard Bevan	MonRoss Trailblazers	MV45	32.39	
31	Brian Dyer	Wye Valley Runners	S.M.	32.39	
32	Dave George	Croft Ambrey R.C.	MV45	32.40	
33	Neil Powell	Croft Ambrey R.C.	MV45	32.47	
34	David Klotz	Wye Valley Runners	S.M.	32.48	
35	Matt Moffatt	Croft Ambrey R.C.	MV40	32.52	
36	Claire Thomas ***	Ludlow Runners	FV35	32.53	
37	Craig Collier	Ludlow Runners	S.M.	33.05	
38	Sam Weale	MonRoss Trailblazers	S.M.	33.18	
39	Gemma Mallett ***	Croft Ambrey R.C.	S.F.	33.18	
40	Ryan Knight	Hereford Couriers	S.M.	33.40	

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41	Neil Grinnell	Ledbury & District Harriers	MV40	33.44
42	Tom Thorneycroft	Hay Hotfooters	MV40	33.46
43	Katie Ayres ***	Croft Ambrey R.C.	S.F.	33.48
44	Jo Rees ***	Builth & District R.C.	FV45	33.50
45	James Fletcher	MonRoss Trailblazers	MV50	33.54
46	Andrew Dempsey	Ludlow Runners	MV45	33.55
47	Joe Collins	Hay Hotfooters	U.17	34.05
48	Donna Morris ***	Builth & District R.C.	FV35	34.07
49	Brian Morgan	Hay Hotfooters	MV50	34.08
50	Bethan Logan ***	Hay Hotfooters	S.F.	34.11
51	Jodie Newell ***	Wye Valley Runners	S.F.	34.11
52	Steve Hembridge	Builth & District R.C.	MV40	34.22
53	Ward Linney	Wye Valley Runners	MV40	34.26
54	Nick Preece	Wye Valley Runners	MV40	34.31
55	Nigel Baker	MonRoss Trailblazers	MV55	34.33
56	Greg Jones	Croft Ambrey R.C.	MV45	34.37
57	Martin Carter	Hay Hotfooters	MV50	34.40
58	Laura Tootell ***	Wye Valley Runners	FV40	34.46
59	Sarah Christensen ***	Hay Hotfooters	FV35	34.49
60	Tim Giles	Ludlow Runners	MV45	34.50
61	Ian Chubb	Ludlow Runners	MV50	34.53
62	Shannon Gilbert ***	Ludlow Runners	S.F.	34.57
63	Peter Koval	Hereford Triathlon Club	S.M.	34.59
64	Steve Mesham	Presteigne Pacers	MV45	34.59
65	Aderyn Carter ***	Hay Hotfooters	J.F.	35.02
66	Martin Scrivens	MonRoss Trailblazers	MV40	35.11
67	Jasper Robinson	Croft Ambrey R.C.	J.M.	35.16
68	Hannah Fletcher ***	Croft Ambrey R.C.	FV35	35.22
69	Martin Green	Maldwyn Harriers	MV60	35.23
70	Dan Spear	Ludlow Runners	S.M.	35.23
71	Dave Williams	Hereford Couriers	MV55	35.31
72	Laura Lelievre ***	MonRoss Trailblazers	S.F.	35.36
73	Will Ford	Hay Hotfooters	MV40	35.49
74	Dan Kelly	Malvern Buzzards	S.M.	35.55
75	Martin Williams	Ledbury & District Harriers	S.M.	36.05
76	Paul Dews	Ludlow Runners	S.M.	36.07
77	Paddy Nugent	Wye Valley Runners	MV55	36.11
78	Geoff Kay	Hereford Couriers	MV65	36.12
79	Clare Mallendar ***	Hereford Couriers	FV40	36.22
80	Kevin Artus	Wye Valley Runners	MV40	36.24
81	James Vidler	Wye Valley Runners	MV55	36.28
82	Fred Powell	Builth & District R.C.	S.M.	36.33
83	James Hinton	Ludlow Runners	MV40	36.42
84	Mark Paviour	Croft Ambrey R.C.	MV55	36.48

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85	Roxy Woodfield ***	Croft Ambrey R.C.	S.F.	36.52
86	Gareth Price	Builth & District R.C.	S.M.	36.52
87	Hayley Jennings ***	Ludlow Runners	FV35	36.54
88	Steve Herington	Hereford Couriers	MV70	36.57
89	Lee Monks	Ludlow Runners	S.M.	37.02
90	Paul Smith	Hay Hotfooters	MV45	37.03
91	Lee Reeves	Ludlow Runners	MV45	37.06
92	Dave Green	Hereford Couriers	MV50	37.10
93	Emma Jones ***	Croft Ambrey R.C.	FV45	37.12
94	Christian Prynne	Builth & District R.C.	MV45	37.15
95	Ashley Robinson	Croft Ambrey R.C.	MV65	37.20
96	Viv Dempsey ***	Ludlow Runners	FV45	37.21
97	Tess Butcher ***	Ludlow Runners	FV45	37.32
98	Thomas Powell	Ludlow Runners	S.M.	37.33
99	Becky Eversham ***	Hereford Couriers	FV35	37.33
100	Becki Ansfield ***	Wye Valley Runners	FV40	37.34
101	Leo Taggio	Malvern Buzzards	MV50	37.36
102	Scott Hardie	Croft Ambrey R.C.	S.M.	37.41
103	Joanne Tilby ***	Croft Ambrey R.C.	FV35	37.43
104	Jim Smith	Hereford Couriers	MV45	37.49
105	Amy Smith ***	Hereford Couriers	FV35	37.51
106	Andy Taylor	Hereford Triathlon Club	MV45	37.54
107	Stephen Vaughan	Hereford Triathlon Club	MV45	37.55
108	Brent Lowson	Wye Valley Runners	MV55	38.02
109	Vanessa Ball ***	MonRoss Trailblazers	S.F.	38.15
110	Cath Watkins ***	Wye Valley Runners	FV40	38.16
111	Kerry Wathen ***	Hereford Couriers	FV40	38.20
112	Paul Tree	Hay Hotfooters	MV50	38.24
113	Kelly Bowen ***	Croft Ambrey R.C.	S.F.	38.33
114	Stephen Goodridge	Hay Hotfooters	MV55	38.50
115	Michael Smallwood	Wye Valley Runners	MV55	38.59
116	James Cameron	Hereford Couriers	S.M.	39.04
117	Sharon Lindesay ***	Hay Hotfooters	FV50	39.07
118	Helen Davies ***	Hereford Triathlon Club	FV35	39.13
119	Bryn Roberts	Croft Ambrey R.C.	MV45	39.30
120	Kate Elkington ***	Ledbury & District Harriers	FV50	39.34
121	Gunvor Troelsen ***	Builth & District R.C.	FV50	39.43
122	Paul Parker	Ludlow Runners	MV45	39.44
123	Ian Foster	Hereford Triathlon Club	MV45	39.47
124	Vanessa Watts ***	Ludlow Runners	FV45	39.47
125	Susan Davies ***	Croft Ambrey R.C.	FV50	39.47
126	Anna Nicholson-Little ***	Hereford Triathlon Club	S.F.	39.52
127	Aisling Freeth ***	Hereford Couriers	S.F.	39.52
128	Kate Mills ***	Builth & District R.C.	S.F.	39.54

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129	John Jaspers	Croft Ambrey R.C.	MV45	39.57
130	Cindy Wilkinson ***	Malvern Buzzards	FV35	40.01
131	Guy Whitmarsh	Croft Ambrey R.C.	MV75	40.05
132	Shane Sullivan	Builth & District R.C.	S.M.	40.13
133	Lara Seal ***	Wye Valley Runners	S.F.	40.24
134	Jo Marriott ***	Croft Ambrey R.C.	FV50	40.43
135	Victoria Jones ***	Croft Ambrey R.C.	FV45	40.48
136	Samantha Harper ***	Croft Ambrey R.C.	FV45	40.53
137	Jon Edwards	Hereford Couriers	S.M.	40.53
138	Lynne Compton ***	Wye Valley Runners	FV50	40.53
139	Kate Morris ***	Hereford Couriers	FV35	40.55
140	Mark Dempsey	Wye Valley Runners	MV65	40.55
141	Naomi Perkins ***	Croft Ambrey R.C.	S.F.	40.59
142	Jenny Papworth ***	Hereford Triathlon Club	FV50	40.59
143	Imee Marriott ***	Croft Ambrey R.C.	F.U17	40.59
144	Louise Le Ray ***	Hereford Triathlon Club	FV55	41.15
145	Lou Foti ***	Wye Valley Runners	FV40	41.16
146	Lucia Demkova ***	MonRoss Trailblazers	FV35	41.20
147	Hannah Watkins ***	Hereford Couriers	S.F.	41.37
148	Lisa Boucher ***	Builth & District R.C.	S.F.	41.33
149	Katie Belcher ***	Croft Ambrey R.C.	S.F.	41.36
150	Kevin Barnes	Hereford Couriers	MV55	41.36
151	Jo Ellis ***	Wye Valley Runners	FV40	41.42
152	Sharon Collins ***	Hay Hotfooters	FV55	41.53
153	Roland Preece	Croft Ambrey R.C.	MV50	41.58
154	Mandy Rees ***	Hereford Couriers	FV40	41.58
155	Bex Fortnam	Ledbury & District Harriers	S.F.	42.08
156	Beverley Turner ***	Builth & District R.C.	FV35	42.31
157	Lewis Prynne	Builth & District R.C.	S.M.	42.52
158	Ricardo Martins	Wye Valley Runners	MV40	43.01
159	Sara Lake ***	Hay Hotfooters	FV45	43.03
160	Jan Edwards ***	Wye Valley Runners	FV60	43.14
161	Carol Powell ***	Croft Ambrey R.C.	FV45	43.22
162	Emily Davies ***	Wye Valley Runners	FV35	43.29
163	Martyn Rosser	Hay Hotfooters	MV65	43.33
164	Liza Austin ***	Croft Ambrey R.C.	FV55	43.42
165	Ashley Davies	Wye Valley Runners	S.M.	43.51
166	Steph King ***	Croft Ambrey R.C.	FV50	43.54
167	Nicola Goodwin ***	Hereford Triathlon Club	FV45	44.01
168	Lloyd Airey	Ludlow Runners	MV45	44.02
169	Kim Handley ***	Wye Valley Runners	S.F.	44.03
170	Rob Wood	Croft Ambrey R.C.	MV60	44.15
171	John Bilboa	Hereford Triathlon Club	MV60	44.17
172	Sarah McDonald ***	MonRoss Trailblazers	FV45	44.17

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173	Robert Vidler	Wye Valley Runners	S.F.	44.24
174	John Gibson	Hay Hotfooters	MV65	44.34
175	Bronwen Tyler-Jones ***	Hereford Couriers	FV45	44.37
176	Michelle Bowler ***	Hereford Couriers	FV50	44.37
177	Sahrah Wilding ***	Presteigne Pacers	FV50	45.06
178	Brian Symonds	Wye Valley Runners	MV75	45.15
179	Kerry Martin ***	Croft Ambrey R.C.	FV35	45.40
180	Deanna Mammatt ***	Hereford Triathlon Club	FV40	45.52
181	Billy Smallwood ***	Wye Valley Runners	FV50	45.55
182	Tina Lavelle ***	Hay Hotfooters	FV60	46.05
183	Anna Georgiou ***	Builth & District R.C.	FV40	46.05
184	Neil Lewis	Hereford Couriers	MV50	46.09
185	Helen Ware ***	Hereford Triathlon Club	FV50	46.17
186	Terry Evans	Presteigne Pacers	MV50	46.39
187	Lucy Jardine ***	Hay Hotfooters	FV50	47.51
188	Ralph Lloyd	Wye Valley Runners	MV55	48.04
189	Hollie Francis ***	Hereford Couriers	S.F.	48.38
190	Alison Benwell ***	Ludlow Runners	FV55	49.30
191	Sarah Coggins ***	Ledbury & District Harriers	FV60	49.35
192	Laura Taylor ***	Croft Ambrey R.C.	FV35	49.36
193	Lisa Gray ***	Croft Ambrey R.C.	FV45	49.44
194	Louise Reeves ***	Croft Ambrey R.C.	FV40	50.11
195	Victoria Dickinson ***	Croft Ambrey R.C.	FV50	50.22
196	Lisa Davies ***	Croft Ambrey R.C.	S.F.	51.54
197	Gemma Davies ***	Croft Ambrey R.C.	FV35	51.59
198	Theresa Jones ***	Croft Ambrey R.C.	FV50	52.17
199	Bryan Markham	Croft Ambrey R.C.	MV75	52.35
200	Cliff Rose	Wye Valley Runners	MV65	52.40
201	Nikki Doherty ***	Ludlow Runners	S.F.	52.53
202	Emma Tipton ***	Ludlow Runners	FV35	52.53
203	Dawn Edey ***	Croft Ambrey R.C.	S.F.	53.25
204	Tom Davies	Croft Ambrey R.C.	MV70	53.25
205	Sybil Marsh ***	Ludlow Runners	FV70	56.03
206	Nicola Davies ***	Hay Hotfooters	FV45	56.22
207	Jayne Cresswell ***	Ledbury & District Harriers	FV45	61.12
208	Sally Haynes ***	Ludlow Runners	FV70	66.18
209	David Haynes	Ludlow Runners	MV75	66.18