

## Herefordshire Summer Off-Road League 2019

Race 3	<u>QUEENSWOOD</u>			<u>10<sup>th</sup>. July 2019</u>		
Pos	Name	Club	Cat	Time		
1	Jonny Pugh	Builth & District R.C.	S.M.	42.35		
2	Matt James	Hereford Couriers	S.M.	42.45		
3	Mike Pfeiffer	Builth & District R.C.	MV50	43.53		
4	Sam Mayglothing	Wye Valley Runners	S.M.	44.08		
5	Gavin Jones	MonRoss Trailblazers	S.M.	44.37		
6	Chris Grubb	Ledbury & District Harriers	S.M.	44.41		
7	Gareth Leek	Croft Ambrey R.C.	S.M.	45.21		
8	Will Gore	Croft Ambrey R.C.	S.M.	45.52		
9	Oliver Perratt	Ludlow Runners	S.M.	45.54		
10	Jack Abbott	Malvern Buzzards	S.M.	46.15		
11	Patrick Morgan	Hay Hotfooters	U.17	46.26		
12	Christian Dowle	Malvern Buzzards	MV50	46.51		
13	Simeon Foreman	Malvern Buzzards	MV40	46.58		
14	Andy Fisher	Hereford Triathlon Club	MV45	47.08		
15	Andy Stephens	MonRoss Trailblazers	MV45	47.48		
16	Andy Tyler	Hereford Couriers	MV45	48.24		
17	Jordan McQueen	Croft Ambrey R.C.	S.M.	48.28		
18	Richard Williams	Wye Valley Runners	S.M.	48.42		
19	Simon Norwood	Croft Ambrey R.C.	MV45	48.46		
20	Christian Jones	Wye Valley Runners	MV45	48.47		
21	Matt Downs	Malvern Buzzards	S.M.	49.14		
22	Ian Whistance	Wye Valley Runners	MV45	49.28		
23	Lea Wood	Wye Valley Runners	S.M.	49.36		
24	Dan Lewis	Wye Valley Runners	MV40	50.08		
25	Jake Underhill	Hereford Couriers	MV40	50.10		
26	Richard Bevan	MonRoss Trailblazers	MV45	50.25		
27	Paul Dolphin	Malvern Buzzards	S.M.	50.37		
28	Matt Lambeth	Malvern Buzzards	S.M.	50.44		
29	Glyn Williams	Croft Ambrey R.C.	MV45	50.49		
30	Neil Powell	Croft Ambrey R.C.	MV45	51.06		
31	Katie Ayres ***	Croft Ambrey R.C.	S.F.	51.19		
32	Shane Jennings	Ludlow Runners	S.M.	51.20		
33	Nigel Taylor	Croft Ambrey R.C.	MV50	51.29		
34	Steve Hepton	Builth & District R.C.	MV40	51.31		
35	Richard Bullas	Builth & District R.C.	S.M.	51.35		
36	Fred Powell	Builth & District R.C.	S.M.	51.49		
37	Sam Weale	MonRoss Trailblazers	S.M.	52.04		
38	Claire Thomas ***	Ludlow Runners	FV35	52.11		
39	Ben Toon	Malvern Joggers	MV40	52.25		
40	Steve Hambridge	Builth & District R.C.	MV40	52.33		
41	Gemma Mallett ***	Croft Ambrey R.C.	S.F.	52.41		
42	James Davies	Malvern Joggers	S.M.	52.57		
43	Steve Flowers	Wye Valley Runners	S.M.	53.04		
44	Ben Skinner	Hereford Couriers	S.M.	53.17		
45	Neil Grinnell	Ledbury & District Harriers	MV40	53.21		
46	Rhys Jones	Ludlow Runners	S.M.	53.22		
47	Ffion Gilbert ***	Ludlow Runners	S.F.	53.23		
48	Grant Womack	Croft Ambrey R.C.	S.M.	53.29		
49	Jodie Newell ***	Wye Valley Runners	S.F.	53.48		
50	Tom Thorneycroft	Hay Hotfooters	MV40	54.03		
51	Holly Gourley ***	Ledbury & District Harriers	FV35	54.21		
52	Jo Rees ***	Builth & District R.C.	FV45	54.24		
53	Alice Godding ***	Ludlow Runners	S.F.	54.32		
54	Toby Dickens	MonRoss Trailblazers	J.M.	54.47		
55	Martin Carter	Hay Hotfooters	MV50	54.50		
56	Nigel Baker	MonRoss Trailblazers	MV55	55.08		
57	Neil Warne	Malvern Joggers	S.M.	55.28		
58	Ryan Lawrence	Hereford Couriers	S.M.	55.28		
59	Donna Morris ***	Builth & District R.C.	FV35	55.43		
60	Tim Giles	Ludlow Runners	MV45	55.48		

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Pos	Name	Club	Cat	Time	
61	Dave Williams	Hereford Couriers	MV55	55.50	
62	Dan Spear	Ludlow Runners	S.M.	55.56	
63	David Klotz	Wye Valley Runners	S.M.	56.01	
64	Lee Monks	Ludlow Runners	S.M.	56.24	
65	Peter Koval	Hereford Triathlon Club	S.M.	56.45	
66	Brian Morgan	Hay Hotfooters	MV50	56.53	
67	Will Ford	Hay Hotfooters	MV40	56.55	
68	Laura Lelievre ***	MonRoss Trailblazers	S.F.	56.58	
69	Martin Reed-Darby	Malvern Buzzards	S.M.	57.06	
70	Aderyn Carter ***	Hay Hotfooters	J.F.	57.22	
71	Kelly Bowen ***	Croft Ambrey R.C.	S.F.	57.30	
72	Mark Paviour	Croft Ambrey R.C.	MV55	57.33	
73	Ryan Parker	Builth & District R.C.	S.M.	57.34	
74	Steve Mesham	Presteigne Pacers	MV45	57.37	
75	Geoff Kay	Hereford Couriers	MV65	57.39	
76	Stuart Austin	Croft Ambrey R.C.	MV50	58.05	
77	Gillian Miskimmin ***	Wye Valley Runners	FV35	58.07	
78	Kevin Artus	Wye Valley Runners	MV40	58.08	
79	Ian Chubb	Ludlow Runners	MV50	58.14	
80	Clare Mallender ***	Hereford Couriers	FV40	58.22	
81	Josh Thomas	Builth & District R.C.	S.M.	58.35	
82	Emma Jones ***	Croft Ambrey R.C.	FV45	58.52	
83	Sharon Lindesay ***	Hay Hotfooters	FV50	58.57	
84	Paddy Nugent	Wye Valley Runners	MV55	59.06	
85	Lee Reeves	Ludlow Runners	MV45	59.10	
86	Angus Kirby	Ludlow Runners	MV55	59.10	
87	Becky Ansfield ***	Wye Valley Runners	FV40	59.13	
88	Amy Smith ***	Hereford Couriers	FV35	59.23	
89	Paul Dews	Ludlow Runners	S.M.	59.27	
90	Steve Herington	Hereford Couriers	MV70	59.34	
91	Jonathan Ratcliffe	MonRoss Trailblazers	MV40	59.55	
92	Andrew Dempsey	Ludlow Runners	MV45	60.12	
93	Stephen Vaughan	Hereford Triathlon Club	MV45	60.30	
94	Ben Watkins	Wye Valley Runners	S.M.	60.38	
95	Ian Price	Croft Ambrey R.C.	MV70	60.41	
96	James Hinton	Ludlow Runners	MV40	60.46	
97	Michael Smallwood	Wye Valley Runners	MV55	60.49	
98	Robyn Gore ***	Croft Ambrey R.C.	S.F.	60.55	
99	Susan Davies ***	Croft Ambrey R.C.	FV50	61.00	
100	Vanessa Watts ***	Ludlow Runners	FV45	61.02	
101	Andrew Brown	Malvern Joggers	MV45	61.09	
102	Ian Fuller	Malvern Joggers	MV45	61.22	
103	Adam Dyson	Malvern Buzzards	MV40	61.29	
104	David Blenkharn	Croft Ambrey R.C.	MV55	61.30	
105	Jim Smith	Hereford Couriers	MV45	61.35	
106	Roxy Woodfield ***	Croft Ambrey R.C.	S.F.	61.37	
107	Ashley Robinson	Croft Ambrey R.C.	MV65	61.39	
108	Gareth Lloyd	Presteigne Pacers	S.M.	61.47	
109	Kate Elkington ***	Ledbury & District Harriers	FV50	61.51	
110	Russ Wood	Presteigne Pacers	S.M.	62.35	
111	Thomas Powell	Ludlow Runners	S.M.	62.37	
112	Becky Eversham ***	Hereford Couriers	FV35	62.56	
113	Kerry Wathen ***	Hereford Couriers	FV40	63.12	
114	Giles Stokes	Hereford Triathlon Club	MV45	63.36	
115	John Jaspers	Croft Ambrey R.C.	MV45	63.43	
116	Vanessa Ball ***	MonRoss Trailblazers	S.F.	63.51	
117	Jo Marriott ***	Croft Ambrey R.C.	FV50	63.54	
118	Guy Whitmarsh	Croft Ambrey R.C.	MV75	63.59	
119	Dave Green	Hereford Couriers	MV50	64.10	
120	Christian Pryne	Builth & District R.C.	MV45	64.16	

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Pos	Name	Club	Cat	Time		
121	Joe Collins	Hay Hotfooters	U.17	64.51		
122	Oscar Austin	Croft Ambrey R.C.	J.M.	65.03		
123	Chris Padfield	Ledbury & District Harriers	MV45	65.05		
124	Kate Mills ***	Builth & District R.C.	S.F.	65.07		
125	Lucia Demkova ***	MonRoss Trailblazers	FV35	65.08		
126	Mark Hollis	Ludlow Runners	J.M.	65.09		
127	Ashley Davies	Wye Valley Runners	S.M.	65.17		
128	Anthony Turner	Builth & District R.C.	S.M.	65.14		
129	Gunvor Troelsen ***	Builth & District R.C.	FV50	65.18		
130	Scott Hardie	Croft Ambrey R.C.	S.M.	65.26		
131	Victoria Jones ***	Croft Ambrey R.C.	FV45	65.34		
132	Ian Dyson	Malvern Buzzards	MV65	65.38		
133	Brent Lowson	Wye Valley Runners	MV55	65.45		
134	Aisling Freeth ***	Hereford Couriers	S.F.	65.50		
135	Jon Edwards	Hereford Couriers	S.M.	65.56		
136	Paul Tree	Hay Hotfooters	MV50	66.01		
137	Lynne Compton ***	Wye Valley Runners	FV50	66.07		
138	Naomi Perkins ***	Croft Ambrey R.C.	S.F.	66.11		
139	Samantha Harper ***	Croft Ambrey R.C.	FV45	66.13		
140	Lewis Prynne	Builth & District R.C.	S.M.	66.24		
141	Carwyn Jones	Builth & District R.C.	S.M.	66.25		
142	Jenny Papworth ***	Hereford Triathlon Club	FV50	67.04		
143	Julie Caseley ***	Malvern Buzzards	FV55	67.23		
144	Roland Preece	Croft Ambrey R.C.	MV50	67.28		
145	Sara Lake ***	Hay Hotfooters	FV45	68.02		
146	Kevin Barnes	Hereford Couriers	MV55	68.17		
147	Liza Austin ***	Croft Ambrey R.C.	FV55	68.46		
148	Emma Gwynne ***	Croft Ambrey R.C.	FV50	68.57		
149	Jo Ellis ***	Wye Valley Runners	FV40	69.09		
150	Gary Gunner	Croft Ambrey R.C.	MV70	69.33		
151	Imee Marriott ***	Croft Ambrey R.C.	U.17	69.44		
152	Lloyd Airey	Ludlow Runners	MV45	70.02		
153	Doug Norton	Hereford Couriers	S.M.	70.17		
154	Billy Smallwood ***	Wye Valley Runners	FV50	70.22		
155	Becky Livingston ***	Wye Valley Runners	S.F.	70.26		
156	Laura Perratt ***	Ludlow Runners	S.F.	70.48		
157	Alastaire Ballentyne	Hereford Couriers	MV55	70.52		
158	John Bilboa	Hereford Triathlon Club	MV60	71.18		
159	Jimmy Page	Presteigne Pacers	MV50	71.38		
160	Sahrah Wilding ***	Presteigne Pacers	FV50	71.54		
161	Mike Link	Hereford Couriers	MV45	72.08		
162	John Gibson	Hay Hotfooters	MV65	72.24		
163	Kim Handley ***	Wye Valley Runners	S.F.	73.00		
164	Lisa Davies ***	Croft Ambrey R.C.	S.F.	73.10		
165	Stephanie King ***	Croft Ambrey R.C.	FV50	73.48		
166	Emily Davies ***	Wye Valley Runners	FV35	74.26		
167	Sandra Smith ***	Ledbury & District Harriers	FV50	74.34		
168	Louise Phillips ***	Presteigne Pacers	FV50	75.03		
169	Jamie Francis	Malvern Joggers	S.M.	75.05		
170	Paul Gilbert	Hereford Couriers	MV45	75.07		
171	Tina Lavelle ***	Hay Hotfooters	FV60	75.54		
172	Anna Georgiou ***	Builth & District R.C.	FV40	75.55		
173	Deanna Mammatt ***	Hereford Triathlon Club	FV40	75.57		
174	Sarah Broadbent ***	Ludlow Runners	FV45	76.01		
175	Susannah English ***	Hay Hotfooters	FV60	76.24		
176	Nick Paviour	Croft Ambrey R.C.	S.M.	77.15		
177	Helen Ware ***	Hereford Triathlon Club	FV50	77.15		
178	Sian Champken ***	Wye Valley Runners	FV45	77.35		
179	Sarah Coggins ***	Ledbury & District Harriers	FV60	78.50		
180	Laura Taylor ***	Croft Ambrey R.C.	FV35	79.04		

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>	
181	Ann Baskeyfield ***	Ludlow Runners	FV55	79.26	
182	Nikki Doherty ***	Ludlow Runners	S.F.	79.31	
183	Louise Reeves ***	Croft Ambrey R.C.	FV40	79.34	
184	Rachel Ivins ***	Hereford Triathlon Club	FV45	79.52	
185	Nicola Kelly ***	Builth & District R.C.	FV45	80.12	
186	Eleanor Cassell ***	Malvern Joggers	FV35	80.16	
187	Alison Benwell ***	Ludlow Runners	FV55	80.28	
188	Sharon Collins ***	Hay Hotfooters	FV55	80.54	
189	Tom Davies	Croft Ambrey R.C.	MV70	82.36	
190	Steve Hobson	Hereford Couriers	MV55	82.49	
191	Gemma Davies ***	Croft Ambrey R.C.	FV35	83.13	
192	Theresa Jones ***	Croft Ambrey R.C.	FV50	83.36	
193	Sybil Marsh ***	Ludlow Runners	FV70	87.29	
194	Bryan Markham	Croft Ambrey R.C.	MV75	92.59	