

HEREFORDSHIRE SUMMER OFF ROAD LEAGUE 2019

<u>Race 4</u>	<u>SHOBDON COURT</u>		<u>24th. July 2019</u>	
Pos	<u>Name</u>	<u>Club</u>	Cat	Time
1	Gavin Jones	Monross Trailblazers	S.M.	29.58
2	Matt James	Hereford Couriers	S.M.	30.55
3	Jonny Pugh	Builth & District R.C.	S.M.	31.26
4	Gareth Leek	Croft Ambrey R.C.	S.M.	31.44
5	Toby Austin	Croft Ambrey R.C.	S.M.	31.49
6	Wyndham Turner	Builth & District R.C.	S.M.	32.16
7	Patrick Morgan	Hay Hotfooters	U.17	32.23
8	Zac Mountford	Builth & District R.C.	S.M.	32.29
9	John Miskimmin	Wye Valley Runners	S.M.	32.38
10	Christian Jones	Wye Valley Runners	MV45	33.00
11	Will Gore	Croft Ambrey R.C.	S.M.	33.19
12	Andy Tyler	Hereford Couriers	MV45	33.28
13	Andy Stephens	Monross Trailblazers	MV45	33.36
14	Steve Flowers	Wye Valley Runners	S.M.	33.38
15	Christian Dowle	Malvern Buzzards	MV50	33.42
16	Richard Williams	Wye Valley Runners	S.M.	33.44
17	Jeremy Jehan	Wye Valley Runners	MV45	33.55
18	Simeon Foreman	Malvern Buzzards	MV40	34.07
19	Jake Underhill	Hereford Couriers	MV40	34.19
20	Simon Norwood	Croft Ambrey R.C.	MV45	34.30
21	Lea Wood	Wye Valley Runners	S.M.	34.36
22	James Davies	Malvern Joggers	S.M.	34.48
23	Richard Bevan	Monross Trailblazers	MV45	34.56
24	Toby Dickens	Monross Trailblazers	J.M.	35.02
25	Matt Lambeth	Malvern Buzzards	S.M.	35.04
26	Nigel Taylor	Croft Ambrey R.C.	MV50	35.24
27	Shane Jennings	Ludlow Runners	S.M.	35.37
28	Glyn Williams	Croft Ambrey R.C.	MV45	35.42
29	Joe Collins	Hay Hotfooters	U.17	36.05
30	Dave George	Croft Ambrey R.C.	MV45	36.07
31	Matt Moffatt	Croft Ambrey R.C.	MV40	36.12
32	Claire Thomas ***	Ludlow Runners	FV35	36.22
33	Ben Toon	Malvern Joggers	MV40	36.23
34	Stafford Rees	Builth & District R.C.	MV45	36.26
35	Craig Collier	Ludlow Runners	S.M.	36.30
36	Jodie Newell ***	Wye Valley Runners	S.F.	36.36
37	Neil Grinnell	Ledbury & District Harriers	MV40	36.42
38	Ben Skinner	Hereford Couriers	S.M.	36.56
39	Peter Kovac	Hereford Triathlon Club	S.M.	36.58
40	Oscar Austin	Croft Ambrey R.C.	J.M.	36.58
41	Andrew Dempsey	Wye Valley Runners	MV45	37.12

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42	Holly Gourley ***	Ledbury & District Harriers	FV40	37.36
43	Neil Warne	Malvern Joggers	S.M.	37.43
44	Steve Hambridge	Builth & District R.C.	MV40	37.44
45	Ryan Lawrence	Hereford Couriers	S.M.	37.45
46	Martin Carter	Hay Hotfooters	MV50	37.48
47	David Klotz	Wye Valley Runners	S.M.	38.06
48	Sarah Armstrong ***	Malvern Buzzards	FV50	38.13
49	Chris Law	Ledbury & District Harriers	MV50	38.17
50	Greg Jones	Croft Ambrey R.C.	MV45	38.25
51	Aderyn Carter ***	Hay Hotfooters	J.F.	38.26
52	Bethan Logan ***	Hay Hotfooters	S.F.	38.33
53	Simon Bond	Malvern Buzzards	MV40	38.33
54	Daniel Spear	Ludlow Runners	S.M.	38.33
55	Steve Mesham	Presteigne Pacers	MV45	38.33
56	Hannah Fletcher ***	Croft Ambrey R.C.	FV35	38.41
57	Alice Godding ***	Ludlow Runners	S.F.	38.42
58	Gillian Miskimmin ***	Wye Valley Runners	FV35	38.44
59	Donna Morris ***	Builth & District R.C.	FV35	38.46
60	Amy Fulford ***	Ludlow Runners	FV40	38.48
61	Brian Morgan	Hay Hotfooters	MV50	38.55
62	Jo Rees ***	Builth & District R.C.	FV45	38.58
63	Martin Scrivens	Monross Trailblazers	MV40	39.01
64	Josh Thomas	Builth & District R.C.	S.M.	39.04
65	Kyle Dovey	Hereford Couriers	S.M.	39.06
66	Jasper Robinson	Croft Ambrey R.C.	J.M.	39.10
67	Dave Williams	Hereford Couriers	MV55	39.15
68	Jonathan Ratcliffe	Monross Trailblazers	MV40	39.28
69	Kevin Artus	Wye Valley Runners	MV40	39.29
70	Gareth Lloyd	Presteigne Pacers	S.M.	39.35
71	Martin Green	Maldwyn Harriers	MV60	39.37
72	Geoff Kay	Hereford Couriers	MV65	39.39
73	Kelly Bowen ***	Croft Ambrey R.C.	S.F.	39.56
74	Paddy Nugent	Wye Valley Runners	MV55	40.01
75	Stuart Austin	Croft Ambrey R.C.	MV50	40.06
76	Martin Williams	Ledbury & District Harriers	S.M.	40.16
77	Lee Reeves	Ludlow Runners	MV45	40.20
78	David Blenkarn	Croft Ambrey R.C.	MV55	40.21
79	Clare Mallender ***	Hereford Couriers	FV40	40.23
80	Thomas Powell	Ludlow Runners	S.M.	40.26
81	Sarah Christensen ***	Hay Hotfooters	FV35	40.34
82	Steve Herington	Hereford Couriers	MV70	40.45
83	Mark Paviour	Croft Ambrey R.C.	MV55	40.50
84	Izzie Seal ***	Hereford Couriers	S.F.	40.50
85	Bill Jope	Hay Hotfooters	MV50	41.02
86	Tess Butcher ***	Ludlow Runners	FV45	41.10
87	Jon Edwards	Hereford Couriers	S.M.	41.13

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88	Kate Elkington ***	Ledbury & District Harriers	FV50	41.20
89	Roxy Woodfield ***	Croft Ambrey R.C.	S.F.	41.26
90	Will Ford	Hay Hotfooters	MV40	41.27
91	Paul Davies	Hereford Couriers	MV50	41.28
92	Michael Smallwood	Wye Valley Runners	MV55	41.31
93	Amy Smith ***	Hereford Couriers	FV35	41.32
94	Russ Wood	Presteigne Pacers	S.M.	41.40
95	Clive Richardson	Ludlow Runners	MV60	41.43
96	Megan Lane ***	Hereford Triathlon Club	S.F.	41.43
97	Andrew Brown	Malvern Joggers	MV45	41.49
98	Lee Monks	Ludlow Runners	S.M.	41.52
99	Jim Smith	Hereford Couriers	MV45	41.58
100	Vanessa Watts ***	Ludlow Runners	FV45	41.59
101	Chris Prosser	Malvern Joggers	S.M.	42.01
102	Stephen Goodridge	Hay Hotfooters	MV55	42.05
103	Vanessa Ball ***	Monross Trailblazers	S.F.	42.05
104	Ian Price	Croft Ambrey R.C.	MV70	42.19
105	Dave Green	Hereford Couriers	MV50	42.20
106	Sharon Lindesay ***	Hay Hotfooters	FV50	42.20
107	Dave Ameghino	Croft Ambrey R.C.	MV45	42.27
108	Pete Carwardine	Hereford Couriers	MV60	42.30
109	Susan Davies ***	Croft Ambrey R.C.	FV50	42.31
110	Kerry Wathen ***	Hereford Couriers	FV40	42.35
111	Brent Lawson	Wye Valley Runners	MV55	43.12
112	John Jaspers	Croft Ambrey R.C.	MV45	43.25
113	Emma Jones ***	Croft Ambrey R.C.	FV45	43.31
114	Ben Crossley	Ludlow Runners	S.M.	43.43
115	Paul Parker	Ludlow Runners	MV45	43.45
116	Mark Dempsey	Wye Valley Runners	MV65	44.02
117	Ashley Robinson	Croft Ambrey R.C.	MV65	44.05
118	Victoria Jones ***	Croft Ambrey R.C.	FV45	44.18
119	Lynne Compton ***	Wye Valley Runners	FV50	44.19
120	Lucia Demkova ***	Monross Trailblazers	FV35	44.30
121	Lucy Wilding ***	Croft Ambrey R.C.	S.F.	44.34
122	Ian Fuller	Malvern Joggers	MV45	44.35
123	Imogen Marriott ***	Croft Ambrey R.C.	U17	44.41
124	Paul Newman	Malvern Joggers	MV55	45.00
125	Alvin Milner	Malvern Joggers	MV50	45.08
126	Aisling Freeth ***	Hereford Couriers	S.F.	45.18
127	Roland Preece	Croft Ambrey R.C.	MV50	45.28
128	Gunvor Troelsen ***	Builth & District R.C.	FV50	45.30
129	Samantha Harper ***	Croft Ambrey R.C.	FV45	45.43
130	Ian Dyson	Malvern Buzzards	MV65	46.02
131	Tim Jones	Croft Ambrey R.C.	MV50	46.02
132	Victoria Woodhall ***	Hereford Couriers	FV40	46.07
133	Jan Edwards ***	Wye Valley Runners	FV60	46.13

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134	Nicola Goodwin ***	Hereford Triathlon Club	FV45	46.20
135	Emma Gwynne ***	Croft Ambrey R.C.	FV50	46.23
136	Bryan Lloyd	Presteigne Pacers	MV55	46.32
137	Ashley Davies	Wye Valley Runners	S.M.	46.46
138	Mike Bolton	Malvern Joggers	MV50	46.51
139	Liza Austin ***	Croft Ambrey R.C.	FV55	46.55
140	Sky Herington ***	Hereford Couriers	S.F.	46.56
141	Lauren Williams ***	Wye Valley Runners	S.F.	47.00
142	Bronwen Tyler-Jones ***	Hereford Couriers	FV45	47.09
143	Lloyd Airey	Ludlow Runners	MV45	47.17
144	Allastaire Ballantyne	Hereford Couriers	MV55	47.20
145	John Gibson	Hay Hotfooters	MV65	47.36
146	Brian Symonds	Wye Valley Runners	MV75	47.41
147	Adrian Johnston	Wye Valley Runners	MV45	47.43
148	Nick Paviour	Croft Ambrey R.C.	S.M.	47.48
149	Julie Caseley ***	Malvern Buzzards	FV55	47.50
150	Flora Gunner ***	Croft Ambrey R.C.	FV55	48.03
151	Laura Perratt ***	Ludlow Runners	S.F.	48.21
152	Saul Phillips	Ludlow Runners	S.M.	48.25
153	Sandra Smith ***	Ledbury & District Harriers	FV50	48.41
154	Bryony Dean ***	Hereford Couriers	FV40	48.45
155	Gary Gunner	Croft Ambrey R.C.	MV70	48.46
156	Stephanie King ***	Croft Ambrey R.C.	FV50	48.46
157	Emily Davies ***	Wye Valley Runners	FV35	49.01
158	Kerry Martin ***	Croft Ambrey R.C.	FV35	49.02
159	Sarah Donald ***	Monross Trailblazers	FV45	49.05
160	Sara Lake ***	Hay Hotfooters	FV45	49.11
161	Kim Handley ***	Wye Valley Runners	S.F.	49.15
162	John Bilbao	Hereford Triathlon Club	MV60	49.38
163	Ralph Lloyd	Wye Valley Runners	MV55	49.44
164	Barbara Gawlack ***	Malvern Joggers	S.F.	49.47
165	Louise Phillips ***	Presteigne Pacers	FV50	49.59
166	Robert Connor	Wye Valley Runners	MV55	50.09
167	Juliet Morgan ***	Ludlow Runners	FV50	50.36
168	Owen Cooper	Builth & District R.C.	MV70	50.41
169	Jamie Francis	Malvern Joggers	S.M.	51.10
170	Mike Anstey	Malvern Buzzards	MV60	51.22
171	Deanna Mammatt ***	Hereford Triathlon Club	FV40	51.41
172	Susannah English ***	Hay Hotfooters	FV60	51.52
173	Sharon Collins ***	Hay Hotfooters	FV55	52.21
174	Lisa Davies ***	Croft Ambrey R.C.	S.F.	52.24
175	Hollie Francis ***	Hereford Couriers	S.F.	52.43
176	Natalie Connors ***	Hay Hotfooters	S.F.	53.25
177	Victoria Dickinson ***	Croft Ambrey R.C.	FV50	53.26
178	Lisa Gray ***	Croft Ambrey R.C.	FV45	53.44
179	Laura Taylor ***	Croft Ambrey R.C.	FV35	53.54

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180	Lynda Broadway ***	Malvern Buzzards	FV55	53.57
181	Bill Griffiths	Wye Valley Runners	MV65	54.07
182	Jane Kerr ***	Builth & District R.C.	FV50	54.13
183	Louise Reeves ***	Croft Ambrey R.C.	FV40	54.14
184	Eleanor Cassell ***	Malvern Joggers	FV35	54.24
185	Sarah Coggins ***	Ledbury & District Harriers	FV60	54.35
186	Jennie Bond ***	Malvern Buzzards	FV40	54.46
187	Wendy Booker ***	Ludlow Runners	FV55	55.13
188	Pat Johnston ***	Malvern Joggers	FV60	55.53
189	Nicola Kelly ***	Builth & District R.C.	FV45	56.33
190	Cliff Rose	Wye Valley Runners	MV65	57.04
191	Gemma Davies ***	Croft Ambrey R.C.	FV35	57.31
192	Alison Benwell ***	Ludlow Runners	FV55	58.56
193	Tom Davies	Croft Ambrey R.C.	MV70	61.51
194	Dawn Edey ***	Croft Ambrey R.C.	S.F.	61.57
195	Sybil Marsh ***	Ludlow Runners	FV70	61.59
196	Peter Smith	Wye Valley Runners	MV70	66.04
197	Elizabeth Bell ***	Malvern Joggers	S.F.	68.51
198	David Haynes	Ludlow Runners	MV75	72.42
199	Laura Williams ***	Malvern Joggers	FV35	75.44
200	Rosalind Booth ***	Ludlow Runners	FV45	80.10
201	Sally Haynes ***	Ludlow Runners	FV70	80.10