

Herefordshire XC Summer League 2018				
Race 3 SHOBDON			25th July 2018	
Female runners names are marked ***.				
Pos	Name	Club	Cat	Time
1	Jonny Pugh	Builth & District R.C.	S.M.	30.11
2	Matt James	Hereford Couriers	S.M.	30.55
3	Jamie Shingler	Ludlow Runners	MV40	30.57
4	Mark Lamonby	Croft Ambrey R.C.	S.M.	31.06
5	Oscar Dickens	Ludlow Runners	S.M.	31.24
6	Gavin Jones	MonRoss Trailblazers	S.M.	32.15
7	Sam Mayglothing	Wye Valley Runners	S.M.	32.29
8	Andy Stephens	MonRoss Trailblazers	MV40	32.38
9	Toby Dickens	MonRoss Trailblazers	J.M.	33.09
10	Simon Norwood	Croft Ambrey R.C.	MV45	33.36
11	Stafford Rees	Rhayader R.C.	MV45	33.44
12	Bobby Pritchard	MonRoss Trailblazers	S.M.	33.55
13	Lea Wood	Wye Valley Runners	S.M.	33.59
14	Sam Roberts	Croft Ambrey R.C.	U17	34.01
15	Craig Collier	Ludlow Runners	S.M.	34.07
16	James Morgan	Hereford Triathlon Club	S.M.	34.27
17	Richard Williams	Wye Valley Runners	S.M.	34.35
18	Ian Sockett	Wye Valley Runners	MV45	34.50
19	Peter Nugent	Wye Valley Runners	S.M.	34.56
20	Andy Taylor	Hereford Triathlon Club	MV45	35.07
21	Andy Tyler	Hereford Couriers	MV45	35.22
22	Will Gore	Croft Ambrey R.C.	J.M.	35.38
23	Richard Bevan	MonRoss Trailblazers	MV40	35.40
24	Paul Francis	Ludlow Runners	MV45	35.47
25	Alec Harper	Croft Ambrey R.C.	U17	35.56
26	Ben Skinner	Hereford Couriers	S.M.	35.57
27	Jake Underhill	Hereford Couriers	MV40	36.02
28	Dave George	Croft Ambrey R.C.	MV45	36.05
29	Edward Davies	Maldwyn Harriers	MV60	36.15
30	Darren Broady	Hereford Couriers	S.M.	36.18
31	Nigel Taylor	Croft Ambrey R.C.	MV50	36.23
32	Jon Tovey	Ludlow Runners	S.M.	36.24
33	Chris Cleary	Hereford Couriers	S.M.	36.47
34	Dave Williams	Hereford Couriers	MV55	37.04
35	Mike Link	Hereford Couriers	MV45	37.10
36	Russell James	Hereford Couriers	MV50	37.24
37	<u>Gemma Mallett</u> ***	Croft Ambrey R.C.	S.F.	37.34
38	<u>Laura Lelievre</u> ***	MonRoss Trailblazers	S.F.	37.51
39	Tris Waldron	Ludlow Runners	S.M.	38.07

Pos	Name	Club	Cat	Time
40	Paul Dews	Ludlow Runners	S.M.	38.13
41	<u>Laura Tootell</u> ***	Wye Valley Runners	FV40	38.19
42	Martin Carter	Hay Hotfooters	MV50	38.37
43	Steve Mesham	Presteigne Pacers	MV45	38.42
44	Daniel Spear	Ludlow Runners	S.M.	38.50
45	<u>Claire Thomas</u> ***	Ludlow Runners	FV35	38.54
46	<u>Kelly Bowen</u> ***	Croft Ambrey R.C.	S.F.	38.59
47	James Hinton	Ludlow Runners	MV40	39.05
48	Andrew Dempsey	Ludlow Runners	MV45	39.18
49	Ben Crossley	Ludlow Runners	S.M.	39.25
50	Dan Pavitt	Ludlow Runners	MV50	39.30
51	David Klotz	Wye Valley Runners	S.M.	39.34
52	Steve Herington	Hereford Couriers	MV65	39.36
53	Ryan Crichlow	Wye Valley Runners	S.M.	39.43
54	John Warburton	Hay Hotfooters	MV50	39.43
55	<u>Amy Smith</u> ***	Hereford Couriers	FV35	39.51
56	Thomas Powell	Ludlow Runners	S.M.	40.05
57	Michael Smallwood	Wye Valley Runners	MV50	40.06
58	Nigel Baker	MonRoss Trailblazers	MV55	40.11
59	Mark Paviour	Croft Ambrey R.C.	MV55	40.13
60	<u>Becki Ansfield</u> ***	Wye Valley Runners	FV40	40.19
61	Piotr Strzesak	Presteigne Pacers	MV60	40.23
62	Paul Smith	Hay Hotfooters	MV40	40.31
63	<u>Robyn Gore</u> ***	Croft Ambrey R.C.	S.F.	40.35
64	Paul Baskeyfield	Ludlow Runners	MV55	40.41
65	Ian Price	Croft Ambrey R.C.	MV65	40.42
66	David Green	Hereford Couriers	MV50	40.42
67	Dave Ameghino	Croft Ambrey R.C.	MV45	40.48
68	James Vidler	Wye Valley Runners	MV55	40.51
69	<u>Joanne Tilby</u> ***	Croft Ambrey R.C.	FV35	40.52
70	Patrick Pearson	Croft Ambrey R.C.	MV50	41.01
71	<u>Emily Hinton</u> ***	Ludlow Runners	FV35	41.17
72	Darren Gibbons	Hereford Triathlon Club	S.M.	41.33
73	Tim Giles	Ludlow Runners	MV45	41.34
74	<u>Alice Godding</u> ***	Ludlow Runners	S.F.	41.55
75	Neil Taylor	Croft Ambrey R.C.	MV60	42.02
76	<u>Clare Mallender</u> ***	Hereford Couriers	FV40	42.05
77	Brian Morgan	Hay Hotfooters	MV50	42.08
78	<u>Ffion Gilbert</u> ***	Ludlow Runners	J.F.	42.17
79	Stephen Vaughan	Hereford Triathlon Club	MV45	42.18
80	Ian Foster	Hereford Triathlon Club	MV45	42.24
81	<u>Kerry Wathen</u> ***	Hereford Couriers	FV35	42.31

Pos	Name	Club	Cat	Time
82	<u>Becky Davies</u> ***	Wye Valley Runners	S.F.	42.50
83	Ian Gray	MonRoss Trailblazers	MV55	43.07
84	Lee Reeves	Ludlow Runners	MV45	43.13
85	<u>Rebecca Bennion</u> ***	MonRoss Trailblazers	S.F.	43.15
86	<u>Vanessa Ball</u> ***	MonRoss Trailblazers	S.F.	43.17
87	Bryan Lloyd	Presteigne Pacers	MV55	43.22
88	<u>Lara Seal</u> ***	Wye Valley Runners	S.F.	43.23
89	<u>Lynne Compton</u> ***	Wye Valley Runners	FV50	43.26
90	<u>Steph Main</u> ***	Croft Ambrey R.C.	FV45	43.36
91	Paul Parker	Ludlow Runners	MV45	43.39
92	<u>Becky Eversham</u> ***	Hereford Couriers	FV35	43.47
93	<u>Samantha Harper</u> ***	Croft Ambrey R.C.	FV40	43.50
94	<u>Aderyn Carter</u> ***	Hay Hotfooters	U17	43.54
95	<u>Louise Reynolds</u> ***	Croft Ambrey R.C.	FV50	43.56
96	Nigel Jones	Wye Valley Runners	MV60	44.01
97	<u>Sue Powell</u> ***	Croft Ambrey R.C.	FV55	44.12
98	Saul Phillips	Ludlow Runners	S.M.	44.28
99	<u>Nicola Goodwin</u> ***	Hereford Triathlon Club	FV40	45.08
100	Guy Whitmarsh	Croft Ambrey R.C.	MV70	45.09
101	<u>Jan Edwards</u> ***	Wye Valley Runners	FV60	45.12
102	John Gibson	Hay Hotfooters	MV65	45.22
103	<u>Jo Ellis</u> ***	Wye Valley Runners	FV35	45.27
104	Scott Hardie	Croft Ambrey R.C.	S.M.	45.30
105	<u>Kelly Rose</u> ***	Wye Valley Runners	FV40	45.32
106	<u>Victoria Woodhall</u> ***	Hereford Couriers	FV40	45.32
107	<u>Shannon Gilbert</u> ***	Ludlow Runners	S.F.	45.52
108	<u>Emily Davies</u> ***	Wye Valley Runners	FV35	46.42
109	Brian Symonds	Wye Valley Runners	MV75	46.42
110	<u>Izzy Seal</u> ***	Hereford Couriers	S.F.	46.48
111	Bryn Roberts	Croft Ambrey R.C.	MV45	46.49
112	Roy Hart	Malvern Joggers	MV60	46.50
113	<u>Amy Gilligan</u> ***	Wye Valley Runners	S.F.	47.24
114	Robert Gilligan	Wye Valley Runners	MV50	47.24
115	<u>Lucy Wilding</u> ***	Croft Ambrey R.C.	S.F.	47.25
116	<u>Izzy Axford</u> ***	Hereford Couriers	S.F.	48.13
117	<u>Carol Powell</u> ***	Croft Ambrey R.C.	FV45	48.33
118	Tom Davies	Croft Ambrey R.C.	MV65	48.37
119	Liam Daly	Builth & District R.C.	MV55	48.37
120	Ralph Lloyd	Wye Valley Runners	MV55	49.02
121	Bill Griffiths	Wye Valley Runners	MV65	49.14
122	<u>Kim Tomkinson</u> ***	Hereford Triathlon Club	S.F.	49.22
123	<u>Georgina Fletcher</u> ***	Maldwyn Harriers	FV55	50.49

Pos	Name	Club	Cat	Time
124	<u>Becky Humphreys</u> ***	Wye Valley Runners	S.F.	51.15
125	<u>Stephanie King</u> ***	Croft Ambrey R.C.	FV50	51.32
126	<u>Lucy Head</u> ***	Hereford Triathlon Club	FV35	51.53
127	<u>Victoria Dickinson</u> ***	Croft Ambrey R.C.	FV50	52.17
128	<u>Tina Lavelle</u> ***	Hay Hotfooters	FV60	52.43
129	<u>Debbie Bean</u> ***	Ludlow Runners	FV35	53.14
130	<u>Wendy Booker</u> ***	Ludlow Runners	FV50	53.21
131	<u>Louise Reeves</u> ***	Croft Ambrey R.C.	FV40	54.22
132	<u>Ireland Pearson</u> ***	Croft Ambrey R.C.	S.F.	55.41
133	<u>Ann Baskeyfield</u> ***	Ludlow Runners	FV55	57.56
134	Bryan Markham	Croft Ambrey R.C.	MV75	58.34
135	<u>Jane Mapp</u> ***	Ludlow Runners	FV55	60.38
136	<u>Sybil Marsh</u> ***	Ludlow Runners	FV70	63.22
137	David Haynes	Ludlow Runners	MV75	75.30