

Herefordshire XC Summer League 2018				
Race 4	WESTHOPE		8th Aug 2018	
Pos	Name	Club	Cat	Time
1	Jonny Pugh	Builth & District R.C.	S.M.	28.45
2	Andy Salt	Croft Ambrey R.C.	S.M.	29
3	Barry Reynolds	Hereford Couriers	MV45	29.21
4	Mark Lamonby	Croft Ambrey R.C.	S.M.	29.36
5	Jamie Shingler	Ludlow Runners	MV40	29.4
6	Matt James	Hereford Couriers	S.M.	29.53
7	Oscar Dickens	Ludlow Runners	S.M.	30.01
8	Sam Mayglothling	Wye Valley Runners	S.M.	30.32
9	Toby Dickens	MonRoss Trailblazers	J.M.	30.32
10	Luke Gray	MonRoss Trailblazers	S.M.	30.47
11	Steve Flowers	Wye Valley Runners	S.M.	31.1
12	Andy Stephens	MonRoss Trailblazers	MV40	31.19
13	Christian Jones	Wye Valley Runners	MV45	31.26
14	Dan Lewis	Wye Valley Runners	MV40	31.3
15	Sam Roberts	Croft Ambrey R.C.	U17	31.38
16	Stafford Rees	Rhayader R.C.	MV45	32.08
17	Peter Nugent	Wye Valley Runners	S.M.	32.31
18	Lea Wood	Wye Valley Runners	S.M.	32.37
19	Bobby Pritchard	MonRoss Trailblazers	S.M.	32.51
20	Andy Tyler	Hereford Couriers	MV45	32.53
21	Adrian Taylor	Presteigne Pacers	MV45	33.03
22	Ian Sockett	Wye Valley Runners	MV45	33.09
23	Amy Fulford ***	Ludlow Runners	FV40	33.15
24	Andy Taylor	Hereford Triathlon Club	MV45	33.21
25	Will Gore	Croft Ambrey R.C.	J.M.	33.42
26	Richard Bevan	MonRoss Trailblazers	MV40	33.51
27	Ben Skinner	Hereford Couriers	S.M.	33.57
28	Darren Broady	Hereford Couriers	S.M.	34.12
29	Nigel Taylor	Croft Ambrey R.C.	MV50	34.26
30	Jon Tovey	Ludlow Runners	S.M.	34.26
31	Craig Collier	Ludlow Runners	S.M.	34.53
32	Irina Dale ***	Croft Ambrey R.C.	S.F.	35.04
33	Matt Jenneson	Ludlow Runners	S.M.	35.16
34	Claire Thomas ***	Ludlow Runners	FV35	35.16
35	Chris Cleary	Hereford Couriers	S.M.	35.26
36	Mike Link	Hereford Couriers	MV45	35.34
37	Oscar Austin	Croft Ambrey R.C.	J.M.	35.52
38	Dave Williams	Hereford Couriers	MV55	35.55
39	Laura Lelievre ***	MonRoss Trailblazers	S.F.	36.03
40	Andrew Dempsey	Ludlow Runners	MV45	36.25

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Time</b>
41	Gemma Mallett ***	Croft Ambrey R.C.	S.F.	36.29
42	Paul Dews	Ludlow Runners	S.M.	36.33
43	Ryan Cridlow	Wye Valley Runners	S.M.	36.43
44	Steve Mesham	Presteigne Pacers	MV45	36.43
45	Dan Pavitt	Ludlow Runners	MV50	36.52
46	Paul Davies	Wye Valley Runners	MV45	36.57
47	Daniel Spear	Ludlow Runners	S.M.	36.57
48	Robyn Gore ***	Croft Ambrey R.C.	S.F.	36.57
49	Kevin Artus	Wye Valley Runners	MV40	37.08
50	James Hinton	Ludlow Runners	MV40	37.18
51	John Warburton	Hay Hotfooters	MV50	37.22
52	Steve Herington	Hereford Couriers	MV65	37.34
53	Kelly Bowen ***	Croft Ambrey R.C.	S.F.	37.35
54	Nigel Baker	MonRoss Trailblazers	MV55	37.41
55	Emily Hinton ***	Ludlow Runners	FV35	37.43
56	James Casson	Wye Valley Runners	S.M.	37.55
57	Paul Smith	Hay Hotfooters	MV40	37.58
58	Paul Baskeyfield	Ludlow Runners	MV55	37.59
59	Mark Paviour	Croft Ambrey R.C.	MV55	38.11
60	Piotr Strzesak	Presteigne Pacers	MV60	38.21
61	Dave Millichap	Croft Ambrey R.C.	MV45	38.35
62	Becki Ansfeld ***	Wye Valley Runners	FV40	38.38
63	Robert Gilligan	Wye Valley Runners	MV50	38.43
64	Thomas Powell	Ludlow Runners	S.M.	38.46
65	Lucy Mason ***	Wye Valley Runners	S.F.	38.48
66	Neil Taylor	Croft Ambrey R.C.	MV60	39.14
67	Matthew Hall	Ludlow Runners	S.M.	39.23
68	Alice Godding ***	Ludlow Runners	S.F.	39.26
69	Tim Giles	Ludlow Runners	MV45	39.37
70	David Green	Hereford Couriers	MV50	39.37
71	Brian Morgan	Hay Hotfooters	MV50	39.47
72	Darren Gibbons	Hereford Triathlon Club	S.M.	39.51
73	Joanne Tilby ***	Croft Ambrey R.C.	FV35	40.07
74	Aisling Freeth ***	Hereford Couriers	S.F.	40.1
75	Louise Reynolds ***	Croft Ambrey R.C.	FV50	40.1
76	Lee Reeves	Ludlow Runners	MV45	40.22
77	Lara Seal ***	Wye Valley Runners	S.F.	40.27
78	Becky Eversham ***	Hereford Couriers	FV35	40.27
79	Steph Main ***	Croft Ambrey R.C.	FV45	40.36
80	Kerry Wathen ***	Hereford Couriers	FV35	40.42
81	Lynne Compton ***	Wye Valley Runners	FV50	40.56
82	Rebecca Bennion ***	MonRoss Trailblazers	S.F.	41

Pos	Name	Club	Cat	Time
83	Paul Parker	Ludlow Runners	MV45	41.2
84	Bryan Lloyd	Presteigne Pacers	MV55	41.22
85	Saul Phillips	Ludlow Runners	S.M.	41.51
86	Bryn Roberts	Croft Ambrey R.C.	MV45	42.13
87	Scott Hardie	Croft Ambrey R.C.	S.M.	42.14
88	Bruce Jackson	Hay Hotfooters	MV45	42.15
89	Samantha Harper ***	Croft Ambrey R.C.	FV40	42.18
90	Nigel Jones	Wye Valley Runners	MV60	42.3
91	Roxy Woodfield ***	Croft Ambrey R.C.	S.F.	42.32
92	Guy Whitmarsh	Croft Ambrey R.C.	MV70	43.19
93	Heath Mountford	Ludlow Runners	MV45	43.37
94	Ian Foster	Hereford Triathlon Club	MV45	43.46
95	Ralph Lloyd	Wye Valley Runners	MV55	44.16
96	Victoria Woodhall ***	Hereford Couriers	FV40	44.21
97	John Gibson	Hay Hotfooters	MV65	44.27
98	John Price	Hay Hotfooters	MV60	44.33
99	Emily Davies ***	Wye Valley Runners	FV35	44.54
100	Jan Edwards ***	Wye Valley Runners	FV60	44.57
101	Brian Symonds	Wye Valley Runners	MV75	44.57
102	Kerry Martin ***	Croft Ambrey R.C.	FV35	45.21
103	Liz Harvey ***	Hay Hotfooters	FV35	45.24
104	Stuart Austin	Croft Ambrey R.C.	MV50	46.03
105	Becky Humphreys ***	Wye Valley Runners	S.F.	46.43
106	Kevin Barnes	Hereford Couriers	MV50	47.01
107	Tom Davies	Croft Ambrey R.C.	MV65	47.07
108	Bill Griffiths	Wye Valley Runners	MV65	47.07
109	Alec Harper	Croft Ambrey R.C.	U17	48.43
110	Carol Powell ***	Croft Ambrey R.C.	FV45	48.43
111	Sian Champken ***	Wye Valley Runners	FV45	48.46
112	Debbie Bean ***	Ludlow Runners	FV35	49
113	Stephanie King ***	Croft Ambrey R.C.	FV50	49.21
114	Tina Lavelle ***	Hay Hotfooters	FV60	49.46
115	Lisa Gray ***	Croft Ambrey R.C.	FV45	50.42
116	Rachael Price ***	Croft Ambrey R.C.	S.F.	50.47
117	Louise Reeves ***	Croft Ambrey R.C.	FV40	51.09
118	Bryan Markham	Croft Ambrey R.C.	MV75	53.5
119	Chris Link ***	Ludlow Runners	FV55	54.05
120	Ann Baskeyfield ***	Ludlow Runners	FV55	54.3
121	Gemma Davies ***	Croft Ambrey R.C.	FV35	54.32
122	Maggie Morris ***	Ludlow Runners	FV55	58.41
123	Jo Sharp ***	Ludlow Runners	FV55	64.52
124	David Haynes	Ludlow Runners	MV75	66.22