

## RedKite RACE RESULTS 2004

Pos	No	First	Name	Club.	TIME	Cat	Age
1	258	COLIN	DONNELLY	RON HILL	01:09:34	M40	44
2	216	ROBIN	SEDMAN-SMITH	TELFORD AC	01:12:11	OM	26
3	256	STEPHEN	GILLILAND	BRO DYSYNNI	01:13:10	M40	43
4	215	COLUMBA	PEOPLES	UWA HARRIERS	01:13:22	OM	23
5	235	ANDREW	ABBOTT	SARN HELEN	01:15:11	OM	33
6	207	MARK	GARRATT	ROAD RUNNERS CLUB	01:15:37	OM	30
7	275	EDWARD	DAVIES	MALDWYN HARRIERS	01:17:08	M45	49
8	269	SAMUEL	RYALL	NONE	01:17:40	OM	30
9	239	KEVIN	TAYLOR	AMMAN VALLEY HARRIERS	01:18:12	M40	43
10	250	PETE	GRIFFITH	TROTS	01:18:46	OM	36
11	238	LESLIE	CHAPMAN	AMMAN VALLEY HARRIERS	01:21:00	M55	55
12	253	HYWEL	JONES	AMMAN VALLEY HARRIERS	01:21:50	M40	42
13	249	KEITH	JONES	NONE	01:22:13	OM	37
14	228	TONY	HALL	SARN HELEN	01:22:28	M45	49
15	244	DAVID	YANEZ	NONE	01:23:00	OM	30
16	220	DAVE	POWELL	NONE	01:23:17	M40	44
17	231	PETER	FOALE	ABERYSTWYTH	01:23:52	M50	51
18	229	DALLAS	WISEMAN	SARN HELEN	01:24:02	OM	32
19	241	ANTHONY	BAIN	NORTHERN VETS	01:24:14	M50	50
20	246	CALVIN	WILLIAMS	SARN HELEN	01:24:19	M40	42
21	264	DAVID	RODERICK	DEESIDE AAC	01:24:34	M50	53
22	265	PAUL	ROSE	CARDIGAN RC	01:24:59	M40	
23	213	MIKE	BROWN	SPATAWS RC	01:25:29	OM	37
24	221	PAUL	BEESON	MALDWYN HARRIERS	01:25:55	OM	39
25	254	CHRIS	JONES	SAN DOMENICO	01:26:45	M50	53
26	203	ALUN	STEDMAN	HERTS PHOENIX	01:27:06	M55	56
27	200	GRAHAM	SPENCER	MERCIA	01:27:06	M50	51
28	202	JOHN	COLLINS	SWANSEA HARRIERS	01:27:06	M65	66
29	272	PETER	DAVIES	SARN HELEN	01:27:28	M45	49
30	209	MARK	DUNSCOMBE	SARN HELEN	01:28:00	M40	42
31	232	PAUL	SCULLION	ABERYSTWYTH ATHLETICS	01:28:21	M40	40
32	142	CATHERIN	WALKLEY	ABERYSTWYTH UNIVERSITY	01:28:56	OF	26
33	263	STEPHEN	JONES	ISLWYN	01:29:52	M45	46
34	271	MARK	THOMAS	NONE	01:30:15	OM	32
35	270	STEPHEN	GRIFFITHS	NONE	01:30:17	OM	30
36	144	CAROLINE	JOHN	NONE	01:30:27	F35	39
37	223	STEVE	ORRELS	MALDWYN HARRIERS	01:30:38	M50	51
38	266	TONY	HODGSON	BRO DYSYNNI	01:30:50	M50	54
39	260	KEVIN	HUGHES	SARN HELEN	01:32:15	OM	30
40	210	BERNIE	MONK	CLUB 69	01:32:44	M55	59
41	217	ALWYN	OLIVER	ERYRI HARRIERS	01:33:11	M55	59
42	140	DAWN	KENWRIGHT	SARN HELEN	01:33:23	F45	48
43	245	WALTER	MARSH	BRO DYSYNNE	01:33:46	M50	54
44	267	ROBIN	FROST	WREXHAM	01:34:09	M55	59
45	205	ALAN	MANN	LES CROUPIERS	01:34:20	M45	46
46	214	GWILYM	JONES	ABERYSTWYTH	01:34:24	M45	48
47	191	MANDY	JONES	ISLWYN	01:34:54	F40	43
48	261	PETER	ALDINZER	ABERYSTWYTH B CLUB	01:35:15	OM	25
49	225	RYSZARD	PIOTROWIC	NONE	01:35:44	M40	44
50	259	GILES	ROBERTSON	ABER BOXING CLUB	01:35:49	OM	22
51	206	JOHN	SHAW	NONE	01:35:50	OM	37
52	222	JOHN	EVANS	ABERYSTWYTH AC	01:36:07	M55	58
53	211	BRIAN	HEALEY	CARDIGAN RC	01:36:14	M55	57

54	255	ALAN	JONES	BRO DYSYNNE	01:36:59	M40	44
55	243	IAIN	DARWOOD	NONE	01:37:14	OM	30
56	247	GERAINT	EVANS	N/4	01:37:18	OM	27
57	262	ROBERT	CHILTON	BRODYSYNNI	01:37:59	M55	56
58	194	SUSAN	DAVIES	PRESTEIGNE PACERS	01:38:41	F35	39
59	224	DAVID	EVANS	NONE	01:39:10	M45	46
60	212	ANDY	EDEN	ABERYSTWYTH	01:39:23	M40	44
61	192	JANE	BUCK	CARDIGAN RC	01:40:05	F40	41
62	240	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	01:40:15	M55	58
63	141	SABRINA	SCHULZ	UWA HARRIERS	01:40:47	OF	27
64	248	RON	MORGAN	TROTS	01:41:57	M65	69
65	251	DAVID	MANN	PRESTEIGNE PACERS	01:41:58	OM	39
66	136	LON	MORGAN	TROTS	01:42:05	F45	46
67	195	SHAN	CUTHBERT	CARDIGAN RC	01:42:28	F35	36
68	139	MAGGIE	OLIVER	EYRI HARRIERS	01:43:12	F55	56
69	242	JOHN	GARTH	LES CROUPIERS	01:44:04	M45	49
70	257	DAVID	THOMAS	SARN HELEN	01:44:16	M40	41
71	196	DELOR	HARVEY	NONE	01:44:29	F35	37
72	218	BRIAN	ASHTON	ABERYSTWYTH AC	01:44:57	M50	52
73	277	ALFRED	FOGLIO	NONE	01:45:05	OM	33
74	201	ALLAN	SMITH	3M'S GORSEINON RRC	01:45:18	M70	71
75	274	IAN	DERRICK	LES CROUPIERS	01:45:39	OM	35
76	227	DAVID	JAMES	ABERYSTWYTH	01:46:50	M55	56
77	132	JO	LORD	HAY HOTFOOTERS	01:47:09	F40	41
78	193	HILARY	MCCARTHY	CARDIGAN RC	01:47:14	F35	37
79	147	SARA	MILLIUGER	NONE	01:48:03	OF	27
80	268	ADAM	KENNERSLEY	PRESTEIGNE PACERS	01:49:17	OM	38
81	148	HELEN	NEWNHAM	NONE	01:49:37	OF	28
82	137	GWENDA	ROBERTS	HERCIA FELL RUNNERS	01:50:02	F45	47
83	135	BRENDA	JONES	BRO DYSYNNI	01:53:45	F60	6
84	146	MAGGIE	COLLINGBORN	NONE	01:54:59	F40	40
85	204	ROBIN	PARSONS	LLISWERRY RUNNERS	01:57:58	M70	71
86	138	JULIE	MACLEAN	NONE	01:58:44	OF	23
87	276	MARK	WADSWORTH	LUDLOW	02:01:46	M40	44
88	197	SUE	EVANS	LUDLOW	02:01:46	OF	33
89	150	RUTH	HALL	SARN HELEN	02:06:26	OF	28
90	273	ARWEL	JONES	NONE	02:07:01	OM	36
91	130	CARYL	LEWIS	NONE	02:07:01	OF	25
92	145	HELEN	MOREHOUSE	NONE	02:07:57	OF	28
93	234	ALAN	COX	WREKIN ROAD RUNNERS	02:18:13	OM	32
94	143	PAT	ADAMS	WREKIN ROAD RUNNERS	02:18:13	F45	47
95	233	KIRK	JONES	WREKIN ROAD RUNNERS	02:18:13	OM	38
96	149	DARLENE	JONES	SAN DOMENICO	02:18:33	F50	50