

RedKite05

1	20	ANDREW	ABBOTT	SARN HELEN	01:22:57	OM
2	3	ROBIN	STEDMAN-SMITH	TELFORD AC	01:23:37	OM
3	60	STEPHEN	GILLILAND	BRO DYSYNNI	01:24:17	M40
4	96	EDWARD	DAVIES	MALDWYN HARRIERS	01:25:26	M50
5	57	DIMITRI	VORBES	GRIFFITHSTOWN HARRIERS	01:25:34	M40
6	15	CARWYN	JONES	NONE	01:25:52	OM
7	111	DIC	EVANS	CARIDFF AC	01:26:06	M55
8	21	GUMAL	SINGH	WEST BROMWICH	01:27:11	OM
9	8	MICHAEL	EVANS	TROTS	01:29:37	OM
10	13	ANDREW	DZIEMIAN	UWA HARRIERS	01:32:24	OM
11	201	TRACEY	RANSON	UWA HARRIERS	01:33:18	OF
12	58	HAYDN	JONES	MALDWYN	01:33:43	M40
13	56	KEVIN	TAYLOR	AMMAN VALLEY	01:34:01	M40
14	59	PAUL	ROSE	CARDIGAN	01:34:36	M40
15	76	IFAN	LLOYD	SWANSEA HARRIERS	01:34:51	M45
16	10	SIMON	HALL	TEWKSBUARY AC	01:35:00	OM
17	73	CLIFFORD	EVANS	UWA HARRIERS	01:35:27	M45
18	16	MICHAEL	DAVIES	NONE	01:36:12	OM
19	204	JANE	POTTER	CHARNWOOD AC	01:37:23	OF
20	63	MALCOLM	CARR	WEST BROMWICH	01:37:30	M40
21	51	GRAHAM	ROBINSON	CENTURIANS	01:37:49	M40
22	19	HAYDN	LLOYD	SARN HELEN	01:37:59	OM
23	92	TONY	HALL	SARN HELEN	01:38:17	M50
24	52	MARK	DUNSCOMBE	SARN HELEN	01:38:36	M40
25	114	STEVE	HERRINGTON	HEREFORD COURIERS	01:38:20	N55
26	261	JOAN	CLARKE	WEST BROM HARRIERS	01:40:07	F45
27	207	CATHERIN	WALKLEY	UWA HARRIERS	01:40:37	OF
28	263	DAWN	KENWRIGHT	SARN HELEN	01:40:48	F45
29	224	RITA	ABRAHAMSEN	UWA HARRIERS	01:41:38	F35
30	245	HELEN	MANSFIELD	CARMARTHEN HARRIERS	01:42:15	F40
31	79	GARY	IRVINS	NONE	01:44:09	M45
32	22	KARL	MOORE	WEST BROMWICH	01:45:24	OM
33	243	CAROLINE	JOHN	UWA HARRIERS	01:45:27	F40
34	4	DALLAS	WISEMAN	SARN HELEN	01:45:27	OM
35	132	EMYR	DAVIES	ERYRI	01:47:39	M60
36	118	RICHARD	MARKS	SARN HELEN	01:47:55	M55
37	264	KIM	BRAZNELL	WEST BROM HARRIERS	01:48:47	F45
38	61	HUW	PRICE	SARN HELEN	01:49:17	M40
39	116	JOHN	EVANS	ABERYSTWYTH AC	01:49:37	M55
40	62	CALVIN	WILLIAMS	SARN HELEN	01:50:43	M40
41	72	ALAN	MANN	LES CROUPIERS	01:51:20	M45

42	75	DAVID	EVANS	NONE	01:51:36	M45
43	152	MICK	WARD	OSWESTRY OLYMPIANS	01:51:42	M70
44	241	MANDY	JONES	ISLWYN	01:52:11	F40
45	71	STEPHEN	JONES	ISLWYN AC	01:53:08	M45
46	54	SIMON	MANSFIELD	CARMARTHEN HARRIERS	01:54:48	M40
47	208	ANN	VANHATALO	UWA HARRIERS	01:55:22	OF
48	1	JOHN	SHAW	NONE	01:55:37	OM
49	9	SIMON	HALL	SARN HELEN	01:55:59	OM
50	248	JANE	BUCK	CARDIGAN RC	01:56:52	F40
51	14	GARETH	JONES	SARN HELEN	01:57:08	OM
52	265	FRANCES	WILLIAMS	CARDIFF AAC	01:58:30	F45
53	209	EMMA	BAYLISS	GRIFFITHSTOWN HARRIERS	01:58:39	OF
54	55	ANDREW	WESTLAKE	PRESTEINE PACERS	01:59:22	M40
55	119	CLIVE	EVANS	ABERYSTWYTH A C	02:01:04	M55
56	95	IAN	CLARKE	STOURBRIDGE RC	02:01:50	M50
57	17	GERAINT	EVANS	NNONE	02:02:57	OM
58	115	BRIAN	HEALEY	CARDIGAN RC	02:03:33	M55
59	153	MALCOLM	BALL	NORTH NORFOLK BR	02:03:35	M70
60	78	CHRIS	MARLIN	RHAYADER	02:04:19	M45
61	242	TERRI	DAVIES	MALDWYN HARRIERS	02:04:58	F40
62	142	ROY	STOWELL	CHARNWOOD AC	02:05:12	M65
63	268	LON	MORGAN	TROTS	02:05:51	F45
64	222	CELIA	SPEAKE	BRECON AC	02:06:20	F35
65	286	MARGARET	OLIVER	ERYRI	02:06:44	F55
66	64	GERAINT	EVANS	ABERYSTWYTH	02:06:57	M40
67	246	JAN	JONES	SARN HELEN	02:08:28	F40
68	151	ALAN	SMITH	3M GORSEINON	02:09:43	M70
69	247	MARIA	MARTIN	RHAYADER	02:11:41	F40
70	91	MIKE	HODGES	TROTS	02:13:16	M50
71	223	RACHEL	TODD	UWA HARRIERS	02:14:02	F35
72	5	PAUL	MCCULLOUGH	NEWCASTLE AC (NI)	02:16:28	OM
73	266	LOIS	CHAMPION	MALDWYN HARRIERS	02:18:09	F45
74	23	ADAM	KENNERLEY	PRESTEINE PACERS	02:18:26	OM
75	281	BARBARA	WARD	OSWESTRY OLYMPIANS	02:18:52	F50
76	225	HILARY	MCCARTHY	CARDIGAN RC	02:21:38	F35
77	296	BRENDA	JONES	BRO DYSYNI	02:22:46	F60
78	297	PAULINE	THOMAS	TROTS	02:27:37	F60
79	203	RUTH	HALL	SARN HELEN	02:27:57	OF
80	202	HELEN	MOREHOUSE	CERIST TRI	02:28:24	OF
81	287	PAMELA	MATTHEWS	OSWESTRY OLYMPIANS	02:29:16	F55
82	117	ROLAND	SHERWOOD	AMMAN VALLEY	02:29:27	M55
83	18	GILES	ROBERTSON	NONE	02:30:28	OM
84	143	KEITH	MATTHEWS	OSWESTRY OLYMPIANS	02:31:02	M65

85	267	CHRISTIN	TANNER	GRIFFITHSTOWN HARRIERS	02:36:48	F45
86	270	SUSAN	JENKINS	SARN HELEN	02:38:06	F45
87	141	GWYN	DAVIES	NONE	03:13:03	M65
88	269	PAT	ADAMS	WREIN ROAD	03:14:34	F45
	93	JEFF	REES	NEATH HARRIERS		M50
DNF	53	VIVIAN	TOLLEY	LUDLOW RUNNERS		M40
DNF	74	RYSZARD	PIOTROWICZ	NONE		M45
DNF	7	DYLAN	WYN JONES	ERYRI		OM
DNF	94	PETER	FOALE	ABERYSTWYTH AC		M50
DNF	113	MICHAEL	HARRINGTON	OSWESTRY OLYMPIANS		M55
DNF	262	CAROLINE	ORRELLS	MALDWYN HARRIERS		F45
DNF	77	DAVE	ROWELL	NONE		M45
DNF	249	SUSAN	DAVIES	PRESTEIGNE PACERS		F40

RasDiafol05

Pos	No	First	Name	Club	Time	Cat
1	306	ANDREW	ABBOTT	SARN HELEN	02:25:57	OM
2	333	DIC	EVANS	CARDIFF AAC	02:31:00	M55
3	344	MALCOLM	BALL	NORTH NORFOLK	02:01:52	M70
4	350	TRACEY	RANSON	UWA HARRIERS	02:41:02	OF
5	301	ANDREW	DZIEMIAN	UWA	02:41:02	OM
6	334	LYN	REES	SARN HELEN	02:41:55	M55
7	321	CLIFFORD	EVANS	UWA HARRIERS	02:44:05	M45
8	330	GRAHAM	SPENCER	MALDWYN HARRIERS	02:47:43	M50
9	366	DAWN	KENWRIGHT	SARN HELEN	02:49:41	F45
10	361	JAN	JEFFRIES	OSWESTRY OLYMPIANS	02:57:44	F40
11	362	MANDY	JONES	ISLWYN	03:01:55	F40
12	322	STEPHEN	JONES	ISLWYN	03:18:19	M45
13	329	LES	SMITH	OSWESTRY OLYMPIANS	03:21:48	M50
1st Relay	2	MALCOLM	CARR	W B H	02:18:21	OM
2nd Relay	3	ADRIANO	EVOLA	ABERYSTWYTH	03:00:51	M45