

Craig yr Aderyn

Pos	Time	Name	Club	Category	Race No
1	1:17:12	WATHAN, Paul	Eryri Harriers	Snr Men	85
2	1:17:42	WATERS, Chris	Ambleside AC	Snr Men	99
3	1:17:52	ROTHERY, Brendan	Eryri Harriers	Snr Men	111
4	1:18:47	BLAZIER, Darren	Abergele Harriers	Snr Men	72
5	1:19:26	JONES, Dylan	Eryri Harriers	Snr Men	50
6	1:21:04	HUNTER, Richard	Shropshire Shufflers	Snr Men	12
7	1:21:24	ROBERTS, Dewi	Bro Dysynni AC	Snr Men	31
8	1:23:37	NICHOLLS, George	Prestatyn RC	Snr Men	89
9	1:23:53	PAVIOUR, Mark	Presteigne Pacers	Men O/40	75
10	1:24:18	THOMAS, James	UWA Harriers	Snr Men	101
11	1:25:39	EDGAR, Iwan	Eryri Harriers	Men O/50	105
12	1:25:57	KING, Stephen	UWA Harriers	Snr Men	90
13	1:26:44	HAMILTON, Kevin	Cerist Tri	Men O/40	82
14	1:26:53	POWELL, Dave	Aberystwyth AC	Men O/45	94
15	1:27:15	WEBSTER, Phoebe	UWA Harriers	Snr Ladies	96
16	1:27:18	PALMER, Mike	Bro Dysynni AC	Snr Men	68
17	1:27:30	PRICE, Jimmy	Liverpool AC	Men O/50	109
18	1:27:56	GARRETT, Christopher	Oswestry Olympians	Men O/40	65
19	1:27:56	THOMAS, Nick	Team Tri UK	Snr Men	66
20	1:28:46	WILLIAMS, Mark	The Last Inn Runners	Men O/45	102
21	1:29:31	STINTON, Paul	Buckley Runners	Snr Men	16
22	1:29:34	ASHTON, Neil		Men O/40	28
23	1:30:05	RICHARDS, Stephen		Snr Men	108
24	1:30:09	TAYLOR, Mike		Men O/40	67
25	1:31:56	HUGHES, Lenny	Newtown Harriers	Men O/50	11
26	1:32:05	EVANS, Clive	Aberystwyth AC	Men O/60	58
27	1:32:22	JAMES, Arwel	Aberystwyth AC	Snr Men	87
28	1:32:25	ASPINALL, Aaron	Prestatyn RC	Snr Men	57
29	1:32:32	OLDRID, Geoff	Aberystwyth AC	Men O/50	95
30	1:32:43	YEOMANS, Tom	Shropshire Shufflers	Snr Men	69
31	1:32:54	TAYLOR, Alan	Abergele Harriers	Men O/50	14
32	1:33:27	MANN, Alan	Les Croupier	Men O/45	76
33	1:33:37	WESTAWAY, Robert	Serpentine	Snr Men	30
34	1:33:54	EVANS, John Gwynn	Aberystwyth AC	Men O/60	47
35	1:33:58	LLOYD, Haydn	Sarn Helen	Snr Men	104
36	1:34:01	KENWRIGHT, Dawn	Sarn Helen	Ladies O/50	70
37	1:35:44	MARSH, Walter	Bro Dysynni AC	Men O/55	56
38	1:35:47	BARKER, L	Aberystwyth AC	Snr Ladies	97
39	1:36:08	FOSTER, Martin	Bourneville Harriers	Men O/50	63
40	1:36:29	WALKER, Andrew		Men O/50	18
41	1:36:35	HEATON, Andrew	The Last Inn Runners	Men O/45	86
42	1:36:42	DAVIES, Susan	Presteigne Pacers	Ladies O/40	79
43	1:37:45	KENYON, Don		Men O/40	84
44	1:37:47	PRICE, Arwel	Cerist Tri	Men O/45	83
45	1:37:49	ROTHERY, Ian	Cybi Striders	Men O/50	112
46	1:38:36	EVANS, Kevin	Meirionnydd	Men O/45	91
47	1:39:12	JONES, Stephen	Wrexham	Snr Men	64
48	1:39:55	OLIVER, Mark		Men O/40	92
49	1:40:23	IRONSIDE, Steve		Snr Men	100
50	1:41:16	OWEN, Noel		Men O/40	3
51	1:41:16	WILLIAMS, Geraint	Cybi Striders	Men O/40	81
52	1:41:16	LETWENJUK, Michael	Red Rose RR	Men O/40	74
53	1:41:20	GREEN, James	Maldwyn Harriers	Snr Men	73
54	1:42:18	HUGHES, Mark	Trentham	Men O/50	77
55	1:42:25	JONES, Henry		Snr Men	36
56	1:43:22	FARMER, Chris		Men O/40	113
57	1:43:41	BARRY, Angela	Bourneville Harriers	Ladies O/50	44
58	1:43:58	THOMAS, Cliff	Aberystwyth AC	Men O/60	39
59	1:44:17	BRADLEY, Nich	Meirionnydd	Men O/50	114
60	1:45:13	KIRKHAM, David	Cybi Striders	Men O/55	80
61	1:45:29	LEITCH, Malcolm		Men O/50	110
62	1:46:08	DAVIS, Trevor		Snr Men	33

63	1:46:59	ORRELLS, Steve	Maldwyn Harriers	Men O/50	40
64	1:47:08	PRICE, Alison	Meirionnydd	Ladies O/40	116
65	1:49:25	EVOLA, Adriano	Aberystwyth AC	Men O/45	93
66	1:50:15	GARBETT, Richard		Snr Men	71
67	1:50:28	JONES, Kevern		Men O/60	9
68	1:51:29	GOUCHER, Jane		Ladies O/40	8
69	1:51:29	JONES, Sue	Eryri Harriers	Ladies O/45	34
70	1:52:21	ROBERTS, Harri		Men O/40	107
71	1:52:28	PULLEN, Helen	Chester RC	Ladies O/45	61
72	1:52:45	EVANS, Carys		Ladies O/45	42
73	1:53:05	HUGHES, Edward	Eryri Harriers	Men O/40	10
74	1:54:35	KING, Mike	Portishead Running Club	Men O/55	41
75	1:54:59	ARNOLD, Paul	Aberystwyth AC	Men O/50	88
76	1:55:12	METCALFE, William	Basildon AC	Men O/60	55
77	1:55:39	KENYON, Michael		Snr Men	2
78	1:56:16	LYON, John	Cybi Striders	Men O/60	78
79	1:56:25	JONES, Rhian	Bro Dysynni AC	Ladies O/35	7
80	1:56:35	CHURCHILL, Nat		Snr Ladies	98
81	1:57:17	QUINLIVAN, Mick	Thrift Green Trotters	Men O/55	1
82	1:57:53	WILLIAMSON, Jenny		Ladies O/45	51
83	1:58:37	THOMAS, Rose	Spa Tans	Ladies O/55	29
84	1:59:02	HUGHES, Vicki		Snr Ladies	27
85	1:59:42	LOVEDAY, Annette		Ladies O/40	20
86	2:00:00	CRADDOCK, Beverley		Snr Ladies	25
87	2:00:39	EVANS, Marit	Bro Dysynni AC	Ladies O/40	49
88	2:02:58	DODD, Joanne	Wrexham	Ladies O/40	19
89	2:03:19	MAY, Sarah		Ladies O/40	35
90	2:05:32	RUSSEL, Colin		Men O/45	117
91	2:05:39	ESTICK, Peter	Massey Ferguson RC	Men O/65	32
92	2:07:45	MICHAEL, Katrina		Ladies O/40	106
93	2:08:04	ADAMS, Pat	Wrekin Road Runners	Ladies O/50	46
94	2:10:13	CLARE, Georgia		Ladies O/35	115
95	2:11:17	HALE, Don		Men O/50	60
96	2:14:26	GRIFFITHS, Marjorie	Bro Dysynni AC	Ladies O/60	54
97	2:15:05	SUTHERLAND, Natalie	Bro Dysynni AC	Snr Ladies	24
98	2:16:26	SUTHERLAND, Julie	Bro Dysynni AC	Ladies O/45	23
99	2:16:37	BRETT, Kim	Cerist Tri	Ladies O/40	53
100	2:16:56	WYKES, Ernest	Cerist Tri	Men O/65	13
101	2:18:52	SIDES, Gareth		Men O/50	4
102	2:26:10	LLOYD, Anne		Snr Ladies	26
103	2:31:32	MARKHAM, A		Ladies O/40	59
104	2:42:48	WATTS, Alan	Sarn Helen	Men O/70	62