

FOEL FRAS RACE 2009						
PROVISIONAL RESULTS						
POS	AMSER/TIME	NO.	ENW/NAME	Sex	CAT	TIM/TEAM
1	1.48.36	359	Richard Roberts	M	u40	Eryri
2	1.50.09	347	Chris Near	M	u40	Eryri
3	1.53.19	330	Peter Haworth	M	u23	Bangor University
4	1.53.40	353	James McQueen	M	u40	Eryri
5	2.03.39	344	Johnny Moore	M	o40	Calder Valley
6	2.03.56	308	Simon Sharp	M	u40	Holme Pierrepont
7	2.05.03	338	Paul Jenkinson	M	o40	Eryri
8	2.05.55	358	David Williams	M	u40	Eryri
9	2.08.34	322	John Montgomery	M	o40	Clwydian
10	2.09.38	321	John Willacy	M	o40	Eryri
11	2.11.37	348	Geran Hughes	M	o40	Abergele
12	2.11.49	375	Simon Roberts	M	u40	Buckley
13	2.12.25	370	Adrian Williams	M	u40	Eryri
14	2.13.47	320	Peter Agnew	M	o40	Denbigh
15	2.14.44	368	Arwel Lewis	M	o50	Eryri
16	2.15.09	364	Rory O'Donnell	M	u40	Eryri
17	2.15.20	336	Sarah Ridgway	F	u40	Eryri
18	2.15.20	360	Anna Bartlett	F	u40	Shrewsbury
19	2.15.20	337	Noel Craine	M	o40	Eryri
20	2.15.26	312	Michael Kelly	M	o40	Leighton
21	2.15.50	355	David Norris	M	o40	U/A
22	2.20.25	378	Simon Edwards	M	u40	Buckley
23	2.22.23	369	Emlyn Roberts	M	o40	Eryri
24	2.22.38	357	Peter Browning	M	o50	Clayton
25	2.23.44	367	Iwan Edgar	M	o50	Eryri
26	2.23.54	374	Andrew Hearle	M	o50	Mercia
27	2.25.30	313	John Harold	M	o40	Eryri

28	2.25.30	327	Huw Trainor	M	u40	Eryri
29	2.25.41	324	Kean Rowlands	M	o50	Clwydian
30	2.26.56	380	Graham Davies	M	o40	Colwyn Bay
31	2.27.56	349	Richard Borne	M	o40	Eryri
32	2.29.25	352	Chris Wilcox	M	o50	Clwydian
33	2.30.02	340	Mark Smith	M	u40	Tattenhall
34	2.30.09	304	Neil Elias	M	o40	Eryri
35	2.30.10	373	Gary Porter-Jones	M	o40	Eryri
36	2.30.34	342	Nicholas Holmes	M	o50	Tattenhall
37	2.30.58	339	Andrea Roberts	F	u40	Eryri
38	2.32.04	314	Shaun Thompson	M	u40	Saddleworth
39	2.32.37	372	Peter Jones	M	o50	U/A
40	2.32.37	371	Paul Jones	M	u40	U/A
41	2.34.26	365	Thomas Prytherch	M	u40	N W Police
42	2.34.39	384	Austin Bowers	M	u40	NWRR
43	2.35.45	318	Huw Lewis	M	o50	Buckley
44	2.35.45	343	Paul Stinton	M	u40	Clwydian
45	2.39.36	325	Jeremy Randell	M	o40	Clwydian
46	2.40.02	333	Ed Harmer	M	o40	Eryri
47	2.40.41	345	Nigel Rowlands	M	u40	Clwydian
48	2.41.27	310	Steven Marham	M	o40	Leighton
49	2.41.39	381	Ian Taylor	M	o40	NWRR
50	2.45.00	376	Harri Roberts	M	o40	U/A
51	2.50.12	332	Ian Blakebrough	M	o50	Cheshire House
52	2.51.27	329	Rod Rogers	M	o50	Eryri
53	2.52.27	303	Keith Williams	M	o40	U/A
54	2.59.19	362	Craig South	M	u40	U/A
55	2.59.40	363	Maldwyn Evans	M	o40	Eryri
56	2.59.41	379	Jez Brown	M	u40	Buckley
57	3.02.17	354	Dewi Sinclair	M	o60	WFRA

58	3.02.50	382	Paul Michell	M	o40	Wrexham TRI
59	3.19.09	305	David Hughes	M	o40	U/A
60	3.19.22	307	Roy Silver	M	o50	WFRA
61	3.20.40	346	Donald Williams	M	o60	Eryri
62	3.21.33	315	Alwyn Oliver	M	o60	Eryri
63	3.22.14	326	Ellie Salisbury	F	o40	Eryri
64	3.22.47	350	Liz Francis	F	o40	Chepstow
65	3.26.30	306	Ian M Rothery	M	o50	Cybi
66	3.26.39	323	Sandra Rowlands	F	o40	Clwydian
67	3.26.57	328	Paul Oldfield	M	o50	Clwydian
	DNF	351	Amanda Wilde	F	o40	U/A
	DNF	383	Annie Williams	F	o40	Eryri
	DNF	309	David Marham	M	o40	Leighton B
	DNF	341	Emily Wood	F	o40	Eryri
	DNF	361	Graham McVey	M	u40	U/A
	DNF	335	Iain Ridgway	M	u40	Eryri
	DNF	377	Jen Towilt	F	u40	U/A
	DNF	311	Jeremy Williams	M	o50	Eryri
	DNF	331	Jim Bennell	M	o50	Eryri
	DNF	356	John Hart	M	o60	Loughton AC
	DNF	319	John Morris	M	o60	Buckley
	DNF	302	Juliet Edwards	F	o40	Merionnydd
	DNF	317	Ian Blakemore	M	o50	Eryri
	DNF	316	Mike Blake	M	o60	Eryri
	DNF	334	Ross Powell	M	o50	WFRA
	DNF	366	Scott Butterworth	M	u40	Eryri
	DNF	301	Victor Gretton	M	o60	Merionnydd