

Mynydd Myfyr Hill Run, Trefonen - 25 May 2009

Race Position	Time	Race No	Name	Club	Age	Pentarathon
1	00:21:02	162	Tim Davies	Maldwyn Harriers	M	0
2	00:21:35	145	Jon Bowie	Trismart	M	0
3	00:21:40	54	Jamie Loxam	Stockport Harriers	M	P
4	00:22:21	124	David Alexander	West Cheshire A C	M40	0
5	00:22:23	106	Heath Bampton	Swindon Harriers	M40	0
6	00:22:37	121	Ian Wetherall	Sale Harriers	M40	0
7	00:23:05	45	Rob Hughes	Telford A C	M	P
8	00:23:16	1	Paul Jones	Oswestry Olympians	M	P
9	00:23:51	174	Tom Roo	Mercia Fell Runners	M	0
10	00:23:52	114	Daniel Hoof	Wrekin Road Runners	JM	0
11	00:24:00	55	Andrew Birch	Trismart	M	P
12	00:24:18	169	Pete Ball	Shrewsbury A C	M	0
13	00:24:19	46	Alison Lavender	Oswestry Olympians	F	P
14	00:24:28	144	Adair Broughton	Helsby	M	0
15	00:24:42	23	John Dillon	Whitchurch Whippets	M50	P
16	00:24:49	181	Dan Benson	U/A	M	0
17	00:24:51	39	Cameron Scott Stamp	Wrekin Road Runners	JM	P
18	00:24:54	51	Haydn Jones	Maldwyn Harriers	M45	P
19	00:24:56	110	Jason Harland	Wrekin Road Runners	M	0
20	00:24:59	137	Andrew Campbell	Wrexham Tri	M	0
21	00:25:02	25	Stephen Roberts	Oswestry Olympians	M55	P
22	00:25:13	163	Joe Morris	Oswestry Olympians	JM	0
23	00:25:31	50	Grant Lloyd	Shrewsbury A C	M	P
24	00:25:45	59	Paul Davies	Trismart	M40	P
25	00:25:52	138	Charles Ashley	Wrexham A C	M50	0
26	00:26:17	128	Mario Foschi	Cumberland F R	M55	0
27	00:26:19	11	Michelle Clarke	Telford Harriers	F35	P
28	00:26:22	118	Huw Lewis	Buckley	M50	0
29	00:26:31	120	Paul Sabin	U/A	M50	0
30	00:26:34	38	Chris Wakeham	Shrewsbury A C	M50	P
31	00:26:42	103	Tim Tansley	Oswestry Olympians	M	0
32	00:26:46	58	Nick Jones	Shrewsbury A C	M50	P
33	00:26:47	184	Richard Collins	Oswestry Olympians	M40	0
34	00:26:51	30	Neal Bailey	U/A	M40	P
35	00:26:52	134	Geoff Richards	Wrexham A C	M55	0
36	00:26:53	136	Steve Bajic	Telford Harriers	M50	0
37	00:26:54	175	Gordon Manson	Oswestry Olympians	M55	0
38	00:26:54	48	Nicky Lowe	South Cheshire Harriers	F35	P
39	00:27:05	33	David Rogers	Wrexham A C	M	P
40	00:27:10	164	Brigg Taylor	Oswestry Olympians	M	0
41	00:27:33	123	Peter Roberts	Buckley	M65	0
42	00:27:41	119	Steve Jones	Eryri	M50	0
43	00:28:02	6	Callum Dodd	Shrewsbury A C	M	P
44	00:28:05	16	Simon Phillips	Whitchurch Whippets	M40	P
45	00:28:07	42	Frankie Vaughan	Meirionnydd R C	M50	P
46	00:28:12	2	Anthony Grogan	Oswestry Olympians	M50	P
47	00:28:26	49	Lisa Morley	Wrexham A C	F35	P
48	00:28:33	43	Dawn Urquhart	Buckley Runners	F35	P
49	00:28:36	185	Ian Clarke	U/A	M45	0
50	00:28:39	141	Ali Tickner	Oswestry Olympians	F40	0
51	00:28:43	166	Alex Bampton	Swindon Harriers	JM	0
52	00:28:52	155	Dave Good	U/A	M	0
53	00:28:53	41	Richard Turner	Wrexham	M	P
54	00:28:57	178	Matthew Tebbutt	U/A	M	0
55	00:28:57	151	Kim Braznell	Halesowen	F50	0
56	00:28:59	179	Scott Lewis	Mercia Fell Runners	M45	0

57	00:29:03	9	Colin Williamson	Shropshire Shufflers	M65	P
58	00:29:05	130	Phil Cliff	South Cheshire Harriers	M45	0
59	00:29:13	3	David Hughes	Oswestry Olympians	M40	P
60	00:29:25	56	Andrea Vaughan	Meirionnydd R C	F35	P
61	00:29:26	171	Dave Farrow	Shropshire Shufflers	M45	0
62	00:29:29	186	Mike Carmont	U/A	M	0
63	00:29:30	161	Stephen Oliver	Shrewsbury A C	M45	0
64	00:29:43	168	Juliet Hoad	Telford A C	F40	0
65	00:29:47	116	Phil Gillard	Helsby	M45	0
66	00:29:58	147	Yvonne Hill	Oswestry Olympians	F45	0
67	00:30:04	149	Andy Judd	U/A	M45	0
68	00:30:14	60	Andrew Williams	Shropshire Shufflers	M45	P
69	00:30:15	17	Dean Richards	Whitchurch Whippets	M	P
70	00:30:19	167	Vanessa Griffiths	Helsby	F40	0
71	00:30:25	158	Simon Barkley	U/A	M	0
72	00:30:25	159	G Read	U/A	M	0
73	00:30:27	146	Sarah Greaves	Oswestry Olympians	F50	0
74	00:30:35	148	Jackie Bradshaw	Halesowen	F35	0
75	00:30:35	24	Andrew Jones	U/A	M40	P
76	00:30:37	29	Nicola Richards	U/A	F	P
77	00:30:39	4	Stephen Humphreys	Oswestry Olympians	M	P
78	00:30:40	14	Michael Gandy	West Cheshire A C	M	P
79	00:30:42	183	K Roberts	Helsby	F35	0
80	00:30:46	153	Paul Renison	U/A	M	0
81	00:30:49	157	David Jenkins	U/A	M	0
82	00:30:50	104	Mick Pursglove	Oswestry Olympians	M40	0
83	00:31:19	108	Michael Curran	MMAC	M65	0
84	00:31:20	8	Philip Hammond	Shropshire Shufflers	M55	P
85	00:31:23	27	Lauren Morley	Trismart	F	P
86	00:31:24	172	Gill Darby	Penny Lane Striders	F45	0
87	00:31:25	156	Jack Thomas	Buckley	M65	0
88	00:31:25	5	Glenda Davies	Prestatyn R C	F45	P
89	00:31:38	180	Alison Lewis	Mercia Fell Runners	F40	0
90	00:31:45	152	David Lloyd	Halesowen	M55	0
91	00:31:48	115	Matthew Nicklin	U/A	M	0
92	00:32:09	109	Spencer Clarke	Telford Harriers	M	0
93	00:32:11	170	Michael Whitehead	U/A	M40	0
94	00:32:11	125	Will Morris	U/A	M45	0
95	00:32:13	154	Mr Hall	U/A	M40	0
96	00:32:25	117	Andy Todd	Helsby	M60	0
97	00:32:26	28	Andrew Whitehouse	Prestatyn R C	M40	P
98	00:32:41	21	Douglas Davies	U/A	M65	P
99	00:32:59	12	Grace Hough	Telford Harriers	F55	P
100	00:33:11	176	Laurie Matthewman	Shropshire Shufflers	M	0
101	00:33:23	111	Michael H Edwards	Wrexham A C	M65	0
102	00:33:27	127	Vaughan Griffiths	Ludlow	M40	0
103	00:33:28	182	Tom Benson	U/A	M	0
104	00:33:30	113	Ciara Murphy	Deestridders	F	0
105	00:33:35	34	Tricia Hurst	Oswestry Olympians	F50	P
106	00:33:40	173	Naomi Watson	Mercia Fell Runners	F	0
107	00:33:55	53	Eleri Goddard	Prestatyn R C	F35	P
108	00:33:56	132	Alan Hodgkiss	T A C	M60	0
109	00:34:15	150	Christine Lloyd	Halesowen	F50	0
110	00:34:21	52	Eleri Jones	Prestatyn R C	F35	P
111	00:34:24	105	Sara Davies	U/A	F45	0
112	00:34:28	37	Simon Hughes	Oswestry Olympians	M	P
113	00:34:37	129	Ian Beattie	Telford A C	M50	0
114	00:34:58	18	Gillian Csizmadia	Wrexham A C	F45	P
115	00:35:20	135	Richard Paddock	Shropshire Shufflers	M50	0
116	00:35:25	142	Brenda Jones	Bro Dysynni A C	F65	0
117	00:35:49	40	Stephen Ioan Walker	Wrexham	M50	P
118	00:36:01	139	Jill Hillman	Maldwyn Harriers	F50	0
119	00:36:42	44	Roger Sandland	T A C	M65	P

120	00:36:53	22	Peter Gilbertson	U/A	M45	P
121	00:36:55	107	John Rowlands	Whitchurch Whippets	M60	0
122	00:37:08	122	Mike McDonald	Bowland Fell Runners	M65	0
123	00:37:24	47	Barrie Jackson	Bro Dysynni A C	M65	P
124	00:37:38	126	Sue Williams	Ludlow	F35	0
125	00:37:42	112	Michael Flaherty	Deestridders	M	0
126	00:37:57	57	Mike Murray	F R A	M60	P
127	00:38:25	177	Stephane Borie	U/A	M	0
128	00:39:02	140	Terri Jones	Mercia Fell Runners	F45	0
129	00:39:03	143	Lois Sim	U/A	F45	0
130	00:40:11	20	Donald Bates	U/A	M65	P
131	00:40:21	102	Becca Tansley	U/A	F35	0
132	00:41:00	101	Ashley Martin	U/A	M	0
133	00:41:52	160	Genevieve Read	U/A	F35	0
134	00:42:51	35	Mary Lavender	U/A	F60	P
135	00:46:33	133	Cynthia Lewis	Telford Harriers	F60	0
136	00:52:18	165	Catherine Bampton	U/A	F35	0
137	00:52:36	10	Mark Wilkinson	Shropshire Shufflers	M40	P