

## The Llangynhafal Loop 4th May 2013

1	Tim Davies		Mercia	37.32
2	Shaun Godsman	V40	Calder Valley	38.1
3	Peter Ryder		Brychieniog	40.07
4	Paul Jones	V40	Mercia	40.41
5	John Hunt	V40	Dark Peak	4.09
6	Martin Cliffe	V40	Eryri Harriers	41.1
7	Jez Brown	V40	Buckley Runners	41.44
8	Karl Steinegger		Ambleside	42.33
9	Liam Burthem	MJ	Warrington AC	42.5
10	Mark Atherton	V40	Meiryonnydd	43.28
11	Rob Grantham		Chester Tri	43.45
12	Simon Edwards	V40	Buckley Runners	44.17
13	Neil Ashcroft	V40	Ambleside	44.2
14	Andy Campbell		Wreccsam Tri	44.23
15	Paul Jeggo	V50	Springfield Striders	44.27
16	Jason Phillips		Unattached	44.45
17	Chris Baynham-Hughes		Helsby	44.52
18	Lauren Jeska	L	Aberwystwyth Harriers	45
19	Huw Davies		Mercia	45.12
20	Simon Roberts	V40	Buckley Runners	45.17
21	Jonathan Fleming		Denbigh Harriers	45.28
22	Ed Davies	V50	Mercia	45.32
23	Chris Atherton		Maldwyn Harriers	45.48
24	Mel Price	L40	Mercia	45.59
25	Ian Lancaster	V50	Tattenhall	46.04
26	Steven Clucas		Unattached	46.38
27	Colin Lancaster	V50	Tattenhall	46.42
28	Steve Burthem	V50	Warrington AC	47.09
29	Steve Toogood	V50	Unattached	47.29
30	Alan Jones		Meiryonnydd	47.45
31	Virgil Barton	V40	Mercia	47.48
32	Alan Duncan	V60	Bowland Fellrunners	47.54
33	Tim Cahill	V50	Abergele Harriers	48.03
34	Jeremy Randell	V50	Clwydian Range Runners	48.06
35	Liza Barry	L	CLC Striders	48.15
36	Christopher Smith	MJ	Warrington AC	48.26
37	Jason Large		Unattached	48.28
38	Vic Belshaw	V50	Denbigh Harriers	48.37
39	Joe Cooper		Denbigh Harriers	48.38
40	Paul Bowes		Shropshire Shufflers	48.38
41	Rob Armstrong		Abergele Harriers	48.41
42	Simon Waring		Unattached	48.43
43	James Harris		Unattached	49
44	Glen Davies	V50	Mercia	49.06
45	Mary Gillie	L	Denbigh Harriers	49.16
46	Glyn Fletcher	V50	Maldwyn Harriers	49.46
47	Michael Kelly	V40	Leighton Buzzards	49.59
48	Jeff Gifford	V40	Buckley Runners	50.12
49	Arfon Hughes	V40	Meiryonnydd	50.26
50	David Marham	V40	Leighton Buzzards	50.33
51	Louise Barker	L	Aberwystwyth Harriers	50.38
52	Jim O'Hara		Helsby	50.44

53 Gary Porter-Jones	V40	Eryri Harriers	50.45
54 Mario Foschi	V60	Helsby	50.51
55 Graham Davies	V40	Mysteruns	50.55
56 Martin Cortvriend	V60	Denbigh Harriers	50.59
57 Billy Bradshaw		CLC Striders	51.04
58 Ian Ellis		Unattached	51.38
59 Rob Martin	V40	Maldwyn Harriers	51.54
60 Kean Rowlands	V50	Clwydian Range Runners	51.57
61 Neil Hindle	V50	Unattached	52.07
62 Rob Butler		Unattached	52.35
63 Steve Riley	V40	Helsby	52.36
64 Emlyn Owen		Unattached	52.37
65 Steven Marham	V40	Leighton Buzzards	52.44
66 David Baker	V40	Denbigh Harriers	53.13
67 Gary Gunner	V60	Croft Ambrey	53.25
68 John Humphries	V50	Mysteruns	53.51
69 Michael Roberts		Wrexham AC	53.52
70 Joanne Moore	L40	Eryri Harriers	53.57
71 John Currie	V60	Mercia	54.01
72 Lisa Morley	L40	Wrexham AC	54.05
73 Richard Borne	V40	Mysteruns	54.1
74 David Baugh	V50	Denbigh Harriers	54.26
75 Rod Sutcliffe	V60	Calder Valley	54.34
76 Duncan Jones	V50	Denbigh Harriers	54.37
77 Stuart Burthem		Unattached	54.44
78 Tony Hulme	V60	Cheshire Hill Racers	55
79 Sandra Rowlands	L40	Clwydian Range Runners	55.04
80 Ali Thomas	L40	Eryri Harriers	55.05
81 Dawn Urquhart	L40	Buckley Runners	55.14
82 Sue Haworth	L50	Mercia	55.16
83 John Morris	V60	Buckley Runners	55.2
84 Paul Donoghue		Buckley Runners	55.44
85 Ben Davison		Unattached	55.51
86 Juliet Edwards	L50	Meiryonnydd	56.05
87 Danny Jenkins	V50	Unattached	56.17
88 Sharon Godsman	L40	Calder Valley	56.18
89 Mike Blake	V60	Eryri Harriers	56.27
90 Graham Spencer	V60	Mercia	56.38
91 Jenny Ewels	L40	Clwydian Range Runners	56.51
92 Ross Powell	V50	Mercia	57.09
93 Russ Murray	V40	Unattached	57.2
94 Richard Davies	V50	Unattached	57.24
95 Jim Jones	V40	West Cheshire AC	57.51
96 Dilwyn Rowlands	V40	Eryri Harriers	57.51
97 Janet Robertson	L40	Helsby	57.5
98 Victoria Whitehead	L40	Denbigh Harriers	58.16
99 Hayley Turner	L	Eryri Harriers	58.36
100 Ellie Salisbury	L50	Eryri Harriers	58.39
101 Russ Cheetham	V50	Prestatyn	58.5
102 Geraint Davies		Unattached	59.05
103 Steve Ll Jones	V50	Eryri Harriers	59.42
104 Tom de Jong	MJ	Helsby	59.5
105 Jane Ashbrook	L	Helsby	60.24
106 Wendy Trimble	L	Eryri Harriers	60.27

107 Eleanor Jones	LJ	Denbigh Harriers	60.36
108 Rachel Arnold	L50	Helsby	60.55
109 Paul Oldfield	V50	Clwydian Range Runners	61.06
110 Andrew Brewer		Unattached	61.45
111 Stuart McDonald		Eryri Harriers	61.55
112 Peter Barraclough		Unattached	62.2
113 Dave Kimpton		Unattached	62.31
114 Mdalenka Hooper	L	Prestatyn	62.41
115 Maxine Brockley	L40	Unattached	63.39
116 Jayne Penrhyn-Jones	L50	Prestatyn	63.55
117 Maria Spurling	L40	Mercia	64.05
118 Linda Edmonson	L50	Wrekin	64.29
119 Chris Redwood	V40	Unattached	64.41
120 Andy Smith	V50	Helsby	64.43
121 Jackie Keasley	L50	Helsby	65.05
122 Helen Ashworth	L	Prestatyn	65.3
123 Jonathan Hughes	V50	Unattached	65.13
124 Margaret Oliver	L60	Eryri Harriers	65.44
125 Ethan Jones	MJ	Denbigh Harriers	65.45
126 Menai Baugh	L50	Denbigh Harriers	67
127 Benjamin Harrison	MJ	Prestatyn	68.46
128 Mary Jeal	L50	Denbigh Harriers	69.42
129 Martin Potter	V60	Clwydian Range Runners	69.58
130 Anwen Davies	L	Denbigh Harriers	70.08
131 Willem van Prooijen	V60	Clwydian Range Runners	70.09
132 Michael Edwards	V70	Wrexham AC	71.03
133 Kate Wilson	L	Denbigh Harriers	73.03
134 Joanne McKeown	L	Unattached	73.15
135 Trish Lloyd	L40	Unattached	73.15
136 Melanie Wright	L40	Mercia	73.15
137 Abbie Cheetham	LJ	Prestatyn	74.3
138 Peter Norman	V70	Wrexham AC	79.21
139 Jack Thomas	V70	Buckley Runners	79.59
140 Peter Agnew	V40	Clwydian Range Runners	DNF