

# Ponderosa Hilly 4 Mile - 9th August 2006

POS	AGE POS	TIME	NAME	CLUB	AGE GROUP
1	1	25:52	Ian Houston	Wrexham AAC	SM
2	2	26:17	Andrew Birch	Oswestry	SM
3	3	26:35	Rob Gilbert	Wrexham AAC	SM
4	4	26:59	Richard Roberts	Eryri	SM
5	1	27:24	Rob Asworth	Southport	M40
6	5	27:32	Jon Bowie	Oswestry	SM
7	1	28:17	Paul Aird	Last Inn R	M45
8	2	28:28	Simon Ellis	Tattenhall	M40
9	1	28:50	Steve Bellis	Buckley	M50
10	6	29:12	Antony Tibetts	Wrexham AAC	SM
11	7	29:22	Paul Stinton	Clwydain RR	SM
12	2	29:31	I. Lancaster	Unattached	M45
13	8	29:34	Simon Sharp	Clwydain RR	SM
14	2	29:40	Graham McAra	Cheshire H.R.	M50
15	9	29:47	Stephen Jones	Wrexham AAC	SM
16	3	29:56	Charles Ashley	Wrexham AAC	M45
17	10	30:15	Ben Amesbury	Clwydain RR	SM
18	11	30:18	Graham Lowe	Helsby	SM
19	4	30:20	Chris Chandler	Unattached	M45
20	1	30:33	Anna Bartlett	Shrewsbury	L35
21	12	30:36	Stephen Norbury	Unattached	SM
22	3	30:44	Martin Cortvriend	Macclesfield H	M50
23	4	30:55	Tony Parry	Wrexham AAC	M50
24	13	30:56	Chris Kelly	Prestatyn	SM
25	14	31:01	Darren Ellis	Ludlow R	SM
26	15	31:16	Richard Hayes	Wrecsam Tri	SM
27	16	31:17	A.Broughton	Helsby	SM
28	17	31:25	Amsley Bater	Tattenhall	SM
29	18	31:26	Matt Treby	Tattenhall	SM
30	5	31:44	Steve Llan Jones	Eryri	M50
31	6	31:45	Richard Mitchell	Helsby	M50
32	5	31:48	Kean Rowlands	Clwydain RR	M45
33	6	32:09	Jan Kardasz	Unattached	M45
34	1	32:22	Tony Hodgson	Meirionnydd	M55
35	3	32:23	Alun Humphrey	Denbigh H	M40
36	4	32:33	Paul Davies	Oswestry	M40
37	19	32:38	Dave Sykes	Tattenhall	SM
38	2	32:40	John Linley	Clwydain RR	M55
39	20	32:41	Jason Weston	Unattached	SM
40	1	32:43	Peter Roberts	Buckley	M60
41	5	32:45	William James	WFRA	M40
42	3	32:49	Ian Carson	Wrexham AAC	M55
43	7	33:05	Paul Gillard	Helsby	M45
44	8	33:16	Des Davies	Prestatyn	M45
45	21	33:18	Thomas Jones	Unattached	SM

46	7	33:26	Ross Powell	WFRA	M50
47	22	33:40	Brandon Taylor	Helsby	SM
48	8	33:45	Mario Fuschi	Cumberland	M50
49	1	34:08	Delyth Jones	Unattached	L40
50	6	34:09	Jim Davies	FRA	M40
51	4	34:28	Robert Jones	Clwydain RR	M55
52	9	34:40	Dave Mayhew	Unattached	M45
53	9	34:42	Chris Wilcox	FRA	M50
54	2	34:44	John Morris	Buckley	M60
55	10	34:52	Dave Easthope	Pensby	M50
56	2	35:15	Lisa Morley	Wrexham AAC	L35
57	1	35:43	Cheri Mills	OO Tri	SL
58	5	35:45	Kenny Hughes	Wreccsam Tri	M55
59	2	35:46	Claire Filchett	OO Tri	SL
60	10	35:54	Andy Smith	Helsby	M45
61	23	36:06	Gareth Ellis	Unattached	SM
62	3	36:09	Sandra Rowlands	Clwydain RR	L35
63	6	36:13	Iorwerth Jones	Wreccsam Tri	M55
64	7	36:17	David Shinn	Dallam RR	M55
65	24	36:22	Andrew Pierce	Unattached	SM
66	3	36:25	Holly Taylor	Helsby	SL
67	11	36:27	Ken Jones	Denbigh H	M50
68	8	36:43	Bob Neyie	Denbigh H	M55
69	3	36:46	Andy Todd	Helsby	M60
70	12	36:50	Frank Szabewski	FRA	M50
71	4	37:06	Philip Jones	Prestatyn	M60
72	5	37:23	Jack Thomas	Buckley	M60
73	13	37:30	Frank Adlen	Pensby	M50
74	11	37:33	S.Tilby	Unattached	M45
75	9	37:38	Martin Potter	CRR	M55
76	4	37:44	Alison Cotterham	Unattached	SL
77	10	37:52	Steve Hatfield	Prestatyn	M55
78	11	38:06	Michael Charman	Helsby	M55
79	25	38:16	Roger Snaith	Denbigh H	SM
80	7	38:17	S. Armstrong	West Cheshire	M40
81	26	38:22	Jonathan Muir	Helsby	SM
82	8	38:29	Michael Hett	Unattached	M40
83	12	38:40	Eifion Matthias	Clwydain RR	M45
84	5	39:09	Maureen Bartley	Denbigh H	SL
85	27	39:38	Jason Burton	Prestatyn	SM
86	1	40:06	Claire Balloney	Unattached	L45
87	4	40:11	Kim Norman	Wreccsam Tri	L35
88	28	40:36	David Carnelley	Tattenhall	SM
89	12	40:38	Patrick Lambert	WFRA	M55
90	1	41:59	Ron Birch	Denbigh H	M65
91	1	42:37	Steph Charman	Helsby	L55
92	1	43:27	Joe Beswick	Helsby	M75
93	29	43:49	M.Roberts	Unattached	SM
94	1	44:26	Eleri Jones	Denbigh H	L35
95	?	45:10	Late Starter	?	?

96	30	46:27	John Dobbing	Unattached	SM
97	13	47:29	Dave Hancock	Eryri	M45

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