

Race 29th July 2006Y GarnMens Record: **00:26:05**Womens Record: **00:35:58**

Position	Name	Club	Catagory	Time
1	Richard Roberts	Eryri	U/40 M	31.19
2	Adam Haynes	Meirionnydd	O/40 M	32.22
3	Ian Hughes	Shrewsbury	U/40 M	32.24
4	Ben Beachell	Eryri	U/40 M	32.27
5	Paul Jenkinson	Eryri	U/40 M	32.36
6	Trefor Jones	Mercia	O/40 M	34.39
7	Dylan Owen	Eryri	O/40 M	34.41
8	Steve Turk	Shrewsbury	U/40 M	35.10
9	Graham McAra	Cheshire	O/50 M	35.18
10	Scott Butterworth	Eryri	U/40 M	35.25
11	Jeremy Williams	Eryri	O/40 M	35.29
12	Ben Amesbury	Clwydian	U/40 M	35.39
13	Huw Lewis	Buckley	O/40 M	35.43
14	Llifon Foulkes	Eryri	U/40 M	35.57
15	Graham Spencer	Mercia	O/50 M	36.59
16	Kean Rowlands	Clwydian	O/40 M	37.15
17	Tom Prytherch	N W Police	U/40 M	37.27
18	Charles Enston	u/a	U/40 M	37.35
19	Mike Blake	Eryri	O/50 M	37.44
20	Don Williams	Eryri	O/60 M	38.16
21	Nigel Rowlands	Clwydian	U/40 M	38.35
22	Andrew Hearle	Mercia	O/50 M	38.44
23	Andrea Roberts	Eryri	U/40 F	38.56
24	Robert Jones	WFRA	O/50 M	39.04
25	John Morris	Buckley	O/60 M	39.22
26	Darryl Evans	u/a	O/40 M	39.26
27	Gareth D Jones	Eryri	U/40 M	39.30
28	John Linley	Clwydian	O/50 M	39.36
29	Owain Llewellyn	u/a	U/40 M	40.09
30	Gill Evans	Shepshed	O/40 F	42.06
31	Ian Blakemore	Eryri	O/40 M	42.50
32	Dawn Urqhart	Buckley	U/40 F	43.02
33	Philip Jones	Prestatyn	O/60 M	43.07

34	Dylan Williams	u/a	U/40 M	43.28
35	Sandra Rowlands	Clwydian	U/40 F	44.33
36	Jennifer Williamson	Eryri	U/40 F	49.37
37	Cornelia Bute	u/a	U/40 F	50.40
38	Ron Hird	FRA	O/60 M	53.21
39	Steve Gilliland	Bro Dysynni		DSQ *
40	Matt Gilbert	Wrexham		DSQ *
41	Peter Eardley	NWRR		DSQ *