

04-Apr

Llanbedr - Blaenafon 2009

POSITION	NUMBER	NAME	GENDER	AGE	CAT	CLUB	TIME
1	14	Mark Palmer	M	45	MV	Mynydd Du	2.07.01
2	35	Hugh Aggleton	M	24	SM	MDC	2.12.45
3	31	Martin Humphreys	M	34	SM	Stroud AC	2.22.55
4	23	Paul Murrin	M	35	SM	Chepstow Harriers	2.25.55
5	3	Dimitri Vorres	M	46	MV	Griffithstown Harriers	2.27.00
6	30	Steve Long	M	46	MV	Tring Running Club	2.28.58
7	55	Max Suff	M	46	MV	Hereford Couriers	2.29.57
8	18	Steve Davies	M	50	MSV	Griffithstown Harriers	2.37.03
9	45	Matthew Lawson	M	40	MV	Chepstow Harriers	2.37.19
10	11	Dave Powell	M	48	MV	Aberystwyth AC	2.39.21
11	16	Pete Gardener	M	49	MV	FRA	2.39.38
12	8	Garga R Chamberlain	M	40	MV	Sri Chimnoy AC	2.42.08
13	61	Matt Morris	M	35	SM	Brecon Multisport.com	2.42.11
14	17	Richard Wilkinson	M	49	MV	Longeaton Running Club	2.43.11
15	12	Julie Davies	F	38	SF	Griffithstown Harriers	2.48.06
16	27	Russell Ashdown	M	31	SM	U/A	2.49.49
17	48	Steven Cummins	M	31	SM	U/A	2.51.37
18	22	Helen Bennett	F	31	SF	MDC	2.51.53
19	33	Jonathon Gledson	M	41	MV	Town & Country Harriers	2.52.11
20	6	Martin Buck	M	44	MV	Brecon AC	2.52.14
21	26	Andrew Blackmore	M	41	MV	MDC	2.52.17
22	29	Geoff Oldrid	M	54	MSV	Aberystwyth AC	2.52.49
23	5	Emma Bayliss	F	27	SF	Mynydd Du	2.54.17
24	54	Richard Wall	M	47	MV	Hereford Couriers	2.54.17
25	49	Mark English	M	40	MV	Chepstow Harriers	2.54.28
26	25	Allan Hodkinson	M	32	SM	MDC	2.54.50
27	7	Richard Lloyd	M	30	SM	Fairwater Runners	2.57.37
28	37	Philip Holder	M	49	MV	Cardiff Harlequins	2.57.50
29	60	James Murphy	M	42	MV	U/A	2.59.23
30	2	Brian Shelmerdine	M	50	MSV	Saddleworth	2.59.24

POSITION	NUMBER	NAME	GENDER	AGE	CAT	CLUB	TIME
31	15	Alan Mapelthorpe	M	49	MV	Longeaton Running Club	2.59.50
32	10	Gary Gunner	M	63	MSSV	Croft Ambrey	3.06.09
33	50	Martin Simmons	M	49	MV	WFRA	3.08.28
34	38	Alan Stone	M	48	MV	MDC	3.10.29
35	20	William Derby	M	56	MSV	Mynydd Du	3.14.30
36	34	Antony Clark	M	43	MV	Town & Country Harriers	3.14.33
37	46	Esther Barratt	F	35	SF	Chepstow Harriers	3.14.45
38	47	Dick Finch	M	64	MSSV	Chepstow Harriers	3.15.08
39	53	Clive B.	M	55	MSV	Hereford Couriers	3.15.25
40	36	Adam Smith	M	34	SM	Cardiff Harlequins	3.18.01
41	42	Pete Morfey	M	53	MSV	Cardiff Harlequins	3.18.01
42	56	Tom Mrcela	M	39	SM	Manchester YMCA Harriers	3.19.25
43	57	Zachary Mrcela	M	21	SM	Manchester YMCA Harriers	3.19.27
44	58	Matt Bowness	M	36	SM	Manchester YMCA Harriers	3.19.27
45	59	Matt Wade	M	35	SM	Manchester YMCA Harriers	3.19.28
46	52	Peter Tracey	M	30	SM	U/A	3.19.33
47	40	Hayden Griffiths	M	50	MSV	MDC	3.20.06
48	1	Daniela Woodbridge	F	38	SF	Griffithstown Harriers	3.20.16
49	28	David Palmer	M	48	MV	Vegetarian Cycling & Athletic Club	3.23.33
50	9	D Jenkins	M	39	SM	U/A	3.23.40
51	51	Michael Keddle	M	26	SM	U/A	3.23.42
52	39	Robert West	M	68	MSSV	MDC	3.32.09
53	4	John Sweeting	M	62	MSSV	MDC	3.37.40
54	41	David Ewing	M	29	SM	MDC	3.39.12
55	13	Jan Richards	F	44	FV	Griffithstown Harriers	3.51.47
56	24	Roy Silver	M	52	MSV	SWFRA	4.03.52
57	32	Philip Jenkins	M	42	MV	U/A	4.07.27
58	21	D Chisman	M	57	MSV	Droitwich AC	4.09.37
59	43	Stuart Watts	M	41	MV	U/A	4.27.37
60	44	Geoff Milner	M	36	SM	U/A	4.33.32
61	19	John Brooks	M	55	MSV	U/A	4.33.32