

# Cader Idris

18 May 2013

Pos	No	Name	Club	Cat	Time
1	63	RICHARDS, Ifan	Meirionnydd Running Club	M	1:31:02
2	11	CLIFFE, Martin	Eryri	MV40	1:31:14
3	163	SLAVOV, Gancho	Aberystwyth AC	M	1:33:02
4	33	WESTON, Rick	Serpentine	M	1:36:02
5	169	GRINDLEY, Ian	Mercia Fell Runners	MV40	1:36:55
6	132	RUSHTON, Daniel	U/A	M	1:37:21
7	182	NEAR, Chris	Eryri	MV40	1:37:32
8	135	EDWARDS, Simon	Buckley Runners	MV40	1:38:18
9	156	JONES, Dylan	Eryri	MV40	1:39:02
10	101	JOHNSON, Richard	Mynydd Du	MV40	1:39:24
11	111	JEFFREY, Craig	Staffmorlands AC	M	1:39:34
12	55	BARNARD, Jonathon	Mossley hill AC	M	1:39:42
13	113	ATHERTON, Mark	Meirionnydd Running Club	MV40	1:40:38
14	179	JONES, Ian	U/A	M	1:41:26
15	105	HULLEY, Matthew	Dark Peak Fell Runners	M	1:41:52
16	153	JESKA, Lauren	Aberystwyth AC	L	1:42:01
17	73	YOUNG, Daniel	Telford AC	M	1:42:25
18	190	FOSTER, George	Ambleside AC	M	1:42:43
19	151	ROBERTS, Dafydd	U/A	MV50	1:43:01
20	96	PRICE, Melanie	Mercia Fell Runners	LV40	1:43:24
21	142	WILLIAMS, Adrian	Eryri	MV40	1:43:30
22	87	LEE, Jackie	Eryri	L	1:44:03
23	143	ATHERTON, Chris	Maldwyn Harriers	M	1:44:09
24	139	FRECHETTE, Benjamin	Calder Valley Fell Runners	M	1:44:46
25	83	DAVIES, Mark	North Wales Road Running Club	M	1:44:58
26	172	BOOTHBY, Derek	Wrexham Tri	M	1:46:10
27	123	JACKSON, Chris	Glossopdale	M	1:46:32
28	129	FLEMING, Jonathon	Denbigh Harriers	M	1:47:09
29	43	THOMSON, Rob	U/A	M	1:47:59
30	178	CLAYTON, Mike	knowsley harriers	M	1:48:05
31	162	JONES, Alan	Meirionnydd Running Club	M	1:48:18
32	60	DUNCAN, ALAN	Bowland FR	MV60	1:48:39
33	124	POWELL, Dave	Aberystwyth AC	MV50	1:48:45
34	138	BIGGS, Norman	Aberystwyth AC	MV40	1:49:05
35	144	OCONNOR, Mark	Calder Valley Fell Runners	M	1:49:12
36	155	KNIGHT, Tim	U/A	MV50	1:49:41
37	120	PALMER, Glenn	Black knights tri	MV40	1:49:58
38	47	O'BOYLE, Tom	Newport & District	M	1:50:07
39	185	POWELL, Anthony	U/A	MV40	1:50:11
40	194	GREW, Adam	trentham rc	MV40	1:50:32
41	161	HARRIS, James	U/A	M	1:50:34
42	167	DAVIES, Glen	Mercia Fell Runners	MV50	1:50:43
43	3	HATCHETT, Simon	U/A	M	1:51:22
44	154	CHANT, Ali	Eryri	MV40	1:51:33
45	173	SMITH, Chris	Wrexham Tri	MV40	1:51:41
46	168	EDGAR, Iwan	Eryri	MV50	1:52:13
47	50	ADAMS, Bevan	U/A	MV40	1:52:48
48	20	LYDON, Paul	Totley AC	MV40	1:52:51
49	53	FOSTER, Tom	Mercia Fell Runners	M	1:53:28
50	74	HUGHES, Arfon	Meirionnydd Running Club	MV40	1:54:07
51	46	DOYLE, Sam	U/A	M	1:54:16
52	62	LACROUTS, Pierre	Corsham running club	MV40	1:54:21
53	171	LARGE, Jason	U/A	M	1:54:22
54	90	RUCK, Ian	westbury harriers	MV40	1:54:40
55	193	PORTER-JONES, Gary	Eryri	MV40	1:54:43
56	122	BARKER, Louise	Aberystwyth AC	L	1:54:47
57	16	DIXON, Clem	Cambridge H	MV50	1:55:03
58	82	ROBERTS, Nigel Andrew	North Wales Road Running Club	M	1:55:08
59	23	WESTON, Charlie	U/A	MJ	1:55:10

60	183	JONES, Peter	U/A	MV50	1:55:14
61	70	HUGHES, Lenny	Maldwyn Harriers	MV50	1:55:33
62	118	ELLIS, Ian	U/A	M	1:55:35
63	91	STOKES, John	bitton roadrunners	MV40	1:55:56
64	27	LIGHTFOOT, Ruben	U/A	M	1:56:44
65	30	LAWSON, Thomas	U/A	MV40	1:56:46
66	176	STAFFORD, Ruth	Mercia Fell Runners	L	1:57:00
67	102	BARNES, Andrew	U/A	M	1:57:15
68	106	PRITCHARD, Andy	U/A	MV40	1:57:50
69	174	WHITE, Richard	Glossopdale	M	1:58:00
70	109	MARTIN, Rob	Maldwyn Harriers	MV40	1:58:01
71	94	BARKLEY, Simon	Oswestry Olympians	MV40	1:58:07
72	84	PRESTON, Adam	Meirionnydd Running Club	MV40	1:59:24
73	57	HOLLOWAY, Guy	Bayston hill salad dodgers	MV40	1:59:49
74	192	TARGETT, Phil	Eryri	MV40	2:00:07
75	157	PINCH, Jonathan	U/A	MV40	2:00:08
76	136	ROBINSON, Andy	Helsby	MV50	2:00:16
77	186	MYLES, Chris	Shropshire Shufflers	MV50	2:00:22
78	160	GARSON, Peter	Aberystwyth AC	MV40	2:01:18
79	117	JONES, Bernie	Maldwyn Harriers	MV50	2:01:24
80	95	PAUL, Stephen	U/A	M	2:01:30
81	32	WESTON, John	ipswich jafa	MV50	2:01:42
82	26	WANLESS, Christopher	U/A	M	2:01:47
83	181	MORGAN, Phil	Cerist Triathlon Club	MV50	2:01:58
84	67	WATTS, Meredydd	U/A	M	2:02:16
85	130	LITTLEJOHN, Rick	Eryri	M	2:02:45
86	146	INGRAM, Richard	Calder Valley Fell Runners	MV40	2:02:53
87	110	MARTIN, Daniel	U/A	Jnr Man	2:03:05
88	65	CONGRAVE, Neil	U/A	M	2:03:23
89	85	ROWLANDS, Kean	Clwydian Range runners	MV50	2:03:25
90	51	GAVIN, Sean	North Wales Road Running Club	M	2:03:47
91	10	MOORE, Joanne	Eryri	LV40	2:03:50
92	13	HICKS, Tim	haywards heath harriers	MV50	2:03:54
93	1	HIGSON, Jonathon	Telford Harriers	M	2:04:19
94	137	MOSLEY, Jim	Calder Valley Fell Runners	MV40	2:04:46
95	38	ARNOLD, Paul	U/A	M	2:04:50
96	81	ASHLEY, Charles	Wrexham	MV50	2:05:27
97	35	HART, Julian	Mercia Fell Runners	MV40	2:05:39
98	133	BAJIC, Stephen	Mercia Fell Runners	MV50	2:05:52
99	25	YEOMANS, Allan	Rosendale	MV50	2:06:11
100	180	MAYHO, Ben	Mercia Fell Runners	M	2:06:15
101	86	ROWLANDS, Sandra	Clwydian Range runners	LV40	2:06:21
102	145	DAWSON, Nigel	U/A	MV40	2:06:25
103	75	MORGAN-JONES, Hugh	Fell Running Association	MV50	2:06:26
104	116	CRAGG, Dave	U/A	MV40	2:06:40
105	134	LEWIS, David	U/A	MV40	2:06:52
106	140	KENNAUGH, Nathan	Calder Valley Fell Runners	M	2:07:10
107	159	OSULLIVAN, Kate	Aberystwyth AC	LV40	2:07:12
108	12	BROWN, Stephen	Cambridge H	MV50	2:07:15
109	19	SHEILDS, Dominic	sandominico	MV40	2:07:24
110	119	NESBITT, Peter	Oswestry Olympians	MV50	2:07:36
111	149	ADAMSON, James	U/A	M	2:07:40
112	93	MURPHY, James	U/A	MV40	2:07:41
113	97	HABGOOD, Sasha	Mynydd Du	LV40	2:07:42
114	114	PROBERT, Rhian	U/A	LV40	2:07:44
115	48	CARTER, Tim	Wrekin road runners	M	2:07:51
116	103	HUMPHREYS, Bedwyr	U/A	MV40	2:08:07
117	72	RILEY, James	Todmorden Harriers	MV40	2:08:08
118	64	SQUIRE, Roger	Wrexham Tri	MV40	2:08:14
119	92	WILLIAMS, Simon	U/A	MV40	2:08:35
120	147	ATHERTON, Stephen	Fell Running Association	MV60	2:08:38
121	58	TOZER, David	Bayston hill salad dodgers	MV40	2:09:00
122	104	CUMMINS, Fran	Dark Peak Fell Runners	L	2:09:06
123	22	WESTON, Martin	U/A	MV40	2:09:29
124	36	COE, Stephani	Dark Peak Fell Runners	L	2:09:30
125	100	CASON, Mark Anthony	U/A	MV40	2:10:07

126	45	DAVIES, Mark	Mercia Fell Runners	MV40	2:11:25
127	107	ROBERTS, Harri	Eryri	MV40	2:11:42
128	54	CHANDLER, Richard	Cobra AC	M	2:11:47
129	76	MCCARTNEY, James	U/A	MV40	2:11:54
130	40	CANNONS, Stephen	U/A	MV40	2:12:25
131	89	IFAN, Cynyr	U/A	M	2:13:04
132	66	HUMPREYS, Martin	U/A	M	2:13:37
133	5	HARMES, Paul	Iliswerry runners	MV40	2:14:02
134	4	JONES, Paul Grainger	Mynydd Ddu	MV40	2:14:23
135	188	CROSSLEY, Tony	U/A	M	2:14:37
136	184	HEYWARD, Sam	barefoot forward	MJ	2:15:28
137	131	WATSON, Naomi	Mercia Fell Runners	L	2:15:29
138	61	MARKS, Roessa	U/A	LV40	2:16:00
139	79	FRENCH, Alan	Wrexham	MV60	2:16:05
140	164	EVANS, Clive	Cardigan Running Club	MV40	2:16:37
141	191	YOUNG, Arthur	Aberystwyth AC	MJ	2:16:48
142	99	LLOYD, Stephen	U/A	M	2:18:09
143	88	HARRIS, Kelly	U/A	L	2:18:45
144	34	BURT, Stephen	U/A	MV40	2:18:52
145	128	SATCHELL, Paul	U/A	MV50	2:19:26
146	108	HILDER, Andy	U/A	MV40	2:19:56
147	7	SPRIGGS, Paul	Wrekin road runners	MV40	2:20:29
148	98	JONES, Stephen Lloyd	Eryri	MV50	2:21:00
149	80	JONES, Linda	Wrexham	LV40	2:22:01
150	127	AUCHTERLONIE, Anna	U/A	L	2:22:20
151	150	NIGHTINGALE, JOHN	U/A	MV40	2:22:29
152	166	WILFINSON, Jordan	U/A	MJ	2:23:30
153	115	NEWELL, Mark	Cambridge H	MV50	2:23:38
154	17	WALSH, Paul	Bowland FR	MV60	2:23:56
155	165	ADAMS-LEWIS, Iwan	U/A	MV40	2:24:19
156	125	POPE, Cameron	Aberystwyth AC	MV50	2:24:44
157	14	MARSHALL, Ian	Cambridge H	MV60	2:25:45
158	177	MCVEY, Graham	U/A	MV40	2:26:02
159	9	ZAWADZKI, Matthew	steel city striders	MV40	2:26:43
160	59	JONES, Rodney	Newport & District	MV60	2:27:49
161	49	TREITL, Richard	Barlick Fell Runners	MV60	2:28:48
162	170	ROLFE, Louise	U/A	L	2:28:51
163	141	SAMUELS, Vincent	U/A	M	2:29:13
164	121	SHELDRAKE, Sarah	U/A	LV40	2:29:26
165	42	JONES, Philip	Prestatyn	MV70	2:32:09
166	126	SCOTLAND, Tania	U/A	LV50	2:32:34
167	158	WALSH, Gabriella	Aberystwyth AC	LV40	2:33:15
168	189	HOOPER, Mladenka	Prestatyn	L	2:33:53
169	187	ASHWORTH, Helen	Prestatyn	L	2:34:05
170	21	SCROOP, Dick	Mercia Fell Runners	MV60	2:35:18
171	152	DAVIES, Eurwyn	Cardigan Running Club	MV40	2:36:06
172	175	REES, Nicola	U/A	LV40	2:36:24
173	2	MAY, Terry	U/A	MV50	2:39:10
174	148	WRIGHT, Melnie	Mercia Fell Runners	LV40	2:40:09
175	52	SMEDDLE, Jeremy	White Horse Harriers	MV50	2:46:25
176	69	CURTIS, Janice	Mercia Fell Runners	LV40	2:47:00
177	24	YEOMANS, Helen	Rosendale	LV40	2:56:59
178	68	DAVIES, Emma	U/A	L	3:00:19
179	71	HUGHES, Kerry Marie	U/A	L	3:01:18
180	112	HODGES, Michael	Trot St Clears	MV60	3:03:45
181	78	BALLESTEROS, Jose Edward	U/A	MV50	3:06:18
182	39	OWEN, Christine	Meirionnydd Running Club	LV40	3:08:40