

# Race Results for 2016 Cader Idris Mountain Race on 21/05/2016

Race Number	First Name	Surname	Gender	Gender Position	Category	Category Position	Club	Summit	Stage Position	Gun Time	Overall Position	Chip Time	Chip Position
119	Jon	Bowie	Male	1	MOPEN1		Mercia Fell RC	00:52:111		01:26:261		01:26:251	
56	Richard	Roberts	Male	2	MOPEN2		Eryri Harriers	00:54:073		01:28:192		01:28:182	
28	George	Foster	Male	3	MOPEN3		Ambleside AC	00:53:562		01:28:473		01:28:463	
259	Billy	Cartwright	Male	4	MOPEN4		Matlock AC	00:55:134		01:31:214		01:31:214	
245	Owen	Roberts	Male	5	MU23 1		Eryri Harriers	00:56:496		01:32:045		01:32:035	
129	Chris	Mcmillan	Male	6	MOPEN5		Weston AC	00:57:027		01:35:126		01:35:076	
137	Mark	Palmer	Male	7	M50+ 1		Mynydd Du Mountain Runners	00:57:588		01:35:257		01:35:247	
106	Martin	Cliffe	Male	8	M40+ 1		Eryri Harriers	00:58:2610		01:36:158		01:36:148	
5	Jason	Williams	Male	9	M40+ 2		Calder Valley Fell Runners	00:55:375		01:36:239		01:36:239	
205	Richard	Williams	Male	10	MOPEN6			00:59:3814		01:36:4010		01:36:3910	
63	Mark	Davies	Male	11	M40+ 3		North Wales Road Runners	01:00:4719		01:37:3111		01:37:2911	
260	Kieran	Allanson	Male	12	MOPEN7		Achille Ratti Climbing Club	00:59:2711		01:38:1212		01:38:1112	
64	Clive	Morgan	Male	13	MOPEN8			00:59:2912		01:38:3313		01:38:3013	
183	James	Woodman	Male	14	MOPEN9		Pudsey Bramley AC	01:00:2116		01:39:2214		01:39:2114	
18	Mark	O'connor	Male	15	MOPEN10		Calder Valley Fell Runners	01:01:2223		01:39:2815		01:39:2715	
30	Simon	Adney	Male	16	MOPEN11		Mercia Fell RC	01:01:2724		01:39:4316		01:39:4016	
214	Christian	Poulton	Male	17	M50+ 2		Cambridge Harriers	00:58:069		01:39:5717		01:39:5617	
10	Jon	Smith	Male	18	MOPEN12		Calder Valley Fell Runners	01:00:4318		01:40:0618		01:40:0518	
243	Gareth	Briggs	Male	19	M40+ 4		Dark Peak Fell Runners Club	00:59:2913		01:40:1219		01:40:1119	
290	Adrian	Williams	Male	20	M40+ 5		Eryri Harriers	01:01:1622		01:40:2320		01:40:2120	
125	Chris	Jackson	Male	21	MOPEN13		Glossopdale Harriers	01:00:1915		01:40:3321		01:40:3221	
242	Joshua	Fear	Male	22	MOPEN14			01:01:4125		01:40:5622		01:40:4422	
118	Virgil	Barton	Male	23	M40+ 6		Mercia Fell RC	01:01:0520		01:41:0423		01:41:0123	
58	Emma	Gould	Female	1	FOPEN 1		Mercia Fell RC	01:00:3217		01:41:1624		01:41:1224	
157	Thomas	Green	Male	24	MOPEN15			01:02:0926		01:42:1125		01:42:0925	
46	Miranda	Grant	Female	2	FOPEN 2		Hunters Bog Trotters	01:01:1621		01:42:2326		01:42:1926	
196	Joe	Doherty	Male	25	MU23 2			01:03:1829		01:43:1227		01:43:0427	
297	Craig	Jones	Male	26	M40+ 7		Eryri Harriers	01:02:5027		01:45:1328		01:45:0628	
65	Ian	Ellis	Male	27	MOPEN16			01:02:5228		01:46:2129		01:46:2029	
80	Iain	Powell	Male	28	M40+ 8		Calder Valley Fell Runners	01:05:1336		01:46:2530		01:46:2230	
139	Anthony	Powell	Male	29	M40+ 9		Maldwyn H	01:04:0132		01:46:2531		01:46:2331	
134	Guy	Bradford	Male	30	M40+ 10		Weston AC	01:04:1233		01:46:4232		01:46:3632	
250	Graham	Jones	Male	31	M60+ 1		Shrewsbury AC	01:03:4430		01:47:0833		01:47:0433	
51	Lee	Shimwell	Male	32	MOPEN17		Calder Valley Fell Runners	01:03:4631		01:47:1334		01:47:1034	
238	Adam	Jones	Male	33	MOPEN18		Mercia Fell RC	01:05:2638		01:47:4235		01:47:3936	
174	Jimmy	Carter	Male	34	MOPEN19		Vegan Runners	01:04:4235		01:47:4636		01:47:2735	
136	Katie	Beecher	Female	3	FOPEN 3		Mynydd Du Mountain Runners	01:07:5955		01:47:5637		01:47:5237	
276	Ben	Beaumont	Male	35	MOPEN20		Mercia Fell RC	01:06:1442		01:48:1938		01:48:1738	
103	Tristan	Evans	Male	36	MOPEN21		Meirionydd Running Club	01:05:2437		01:48:3139		01:48:2339	
164	Paul	Beeson	Male	37	M50+ 3			01:06:0340		01:49:0940		01:49:0740	
159	Balázs	Pintér	Male	38	M40+ 11		Aberystwyth AC	01:06:2644		01:49:1041		01:49:0841	
156	Andrew	Barnes	Male	39	MOPEN22			01:06:0341		01:49:1942		01:49:1542	
84	Jonathan	Gledson	Male	40	M40+ 12		Town Country Harriers	01:07:5554		01:50:5043		01:50:4743	
130	Darren	Stacey	Male	41	MOPEN23		Weston AC	01:08:3561		01:51:0044		01:50:5544	
121	Andrew	Sprague	Male	42	M40+ 13		Dudley Kingswinford RC	01:07:2152		01:51:1045		01:51:0445	
193	Michael	Belshaw	Male	43	M50+ 4		Eryri Harriers	01:08:4963		01:51:2046		01:51:1846	
153	Marc	Molloy	Male	44	MOPEN24		Weston AC	01:06:5046		01:51:3447		01:51:2947	
126	Josh	Harris	Male	45	M40+ 14		Weston AC	01:06:5147		01:51:4148		01:51:3448	
13	Steve	Smithies	Male	46	M40+ 15		Calder Valley Fell Runners	01:06:5748		01:52:2649		01:52:2349	
49	Thomas	Lawson	Male	47	M40+ 16			01:08:2658		01:52:3450		01:52:3051	
50	David	Lawson	Male	48	MU23 3			01:07:2051		01:52:3451		01:52:3252	
203	Jack	Agnew	Male	49	MU23 4		Mercia Fell RC	01:09:3866		01:52:3952		01:52:3753	
143	Darren	Roberts	Male	50	MOPEN25			01:07:1149		01:52:4453		01:52:2750	
133	Martin	Harris	Male	51	M40+ 17			01:04:3234		01:53:2854		01:53:2754	
215	Clem	Dixon	Male	52	M50+ 5		Cambridge Harriers	01:05:4639		01:53:3155		01:53:2955	
299	Simon	Fox	Male	53	M50+ 6		Wirral AC	01:08:2057		01:53:5856		01:53:5456	
163	Peter	Warman	Male	54	MOPEN26			01:06:4245		01:54:0757		01:53:5557	
116	Steph	Davies	Male	55	M40+ 18			01:06:2643		01:54:4058		01:54:2758	
195	Mark	Agnew	Male	56	M40+ 19		Mercia Fell RC	01:11:2279		01:54:5159		01:54:4860	
270	Sion	Mcguinness	Male	57	MOPEN27			01:07:1850		01:54:5560		01:54:3959	
146	Colin	Harper	Male	58	M40+ 20			01:08:4262		01:55:0961		01:54:5461	
4	Paul	Shackleton	Male	59	M50+ 7		Clayton-le-Moors Harriers	01:09:4567		01:55:2362		01:55:2263	
236	Rob	Court	Male	60	MOPEN28		Mercia Fell RC	01:12:0784		01:55:2663		01:55:2062	
57	Mark	Hill	Male	61	M40+ 21		Mercia Fell RC	01:10:0871		01:55:3464		01:55:2764	
81	Ben	Frechette	Male	62	MOPEN29		Calder Valley Fell Runners	01:12:4089		01:55:3665		01:55:3365	
135	Gary	Bradley	Male	63	M50+ 8		Barlick Fell Runners	01:10:5875		01:55:5366		01:55:4966	
235	Leon	Davies	Male	64	M40+ 22		North Wales Road	01:10:0972		01:56:1867		01:56:0667	

						Runners			
180	Harold	Yarrow	Male	65	MOPEN30		01:07:2553	01:56:2468	01:56:1768
246	Seamus	White	Male	66	M40+ 23	Staffordshire Moorlands AC	01:11:3280	01:56:2869	01:56:2469
221	Rob	Martin	Male	67	M50+ 9	Maldwyn H	01:08:3360	01:56:3970	01:56:3670
1	Paul	Griffiths	Male	68	MOPEN31	Formula One Circuit Crew	01:08:3259	01:56:4971	01:56:4071
263	Rhys	Tudur	Male	69	MOPEN32		01:12:1185	01:57:0772	01:56:5872
113	Richard	Ingram	Male	70	M40+ 24	Calder Valley Fell Runners	01:12:0183	01:57:2473	01:57:2074
187	James	Bell	Male	71	M40+ 25	Leighton Buzzard AC	01:09:1765	01:57:3074	01:57:1673
167	Joshua	Smith	Male	72	MOPEN33		01:10:0269	01:57:4575	01:57:4075
2	Paul	Haigh	Male	73	MOPEN34	Calder Valley Fell Runners	01:12:1187	01:57:5176	0
127	Adrian	Noble	Male	74	M50+ 10	Weston AC	01:08:1656	01:57:5577	01:57:4976
19	Iain	Glendinning	Male	75	MOPEN35	Calder Valley Fell Runners	01:09:0364	01:58:1278	01:58:0977
16	Jim	Mosley	Male	76	M40+ 26	Calder Valley Fell Runners	01:12:0082	01:58:1479	01:58:1078
45	Matthew	Wheeler	Male	77	M40+ 27	Weston AC	01:09:4668	01:58:4680	01:58:3579
265	Crazy Horse	Hall	Male	78	M50+ 11	Stubbington Green Runners AC	01:10:5874	01:58:5381	01:58:4480
78	Ian	Ruck	Male	79	M40+ 28	Westbury Harriers	01:10:0870	01:58:5782	01:58:5382
233	Nina	Skilton	Female	4	F40+ 1	Cannock Stafford AC	01:10:5873	01:59:0183	01:58:4781
220	Dylan	Evans	Male	80	M50+ 12	Meirionydd Running Club	01:11:2078	01:59:1384	01:59:0483
286	Michael	Alexander	Male	81	MOPEN36		01:13:5395	01:59:3785	01:59:2984
282	Sean	Hickey	Male	82	MOPEN37	Shrewsbury AC	01:11:1477	01:59:4486	01:59:3585
147	Wayne	Smith	Male	83	MOPEN38		01:15:17105	01:59:5787	01:59:4486
222	Andrew	Dickens	Male	84	M40+ 29	Mynydd Du Mountain Runners	01:12:5490	02:00:2588	02:00:2487
279	Megan	Hughes	Female	5	F40+ 2	Eryri Harriers	01:13:2693	02:01:3789	02:01:3388
122	Steffan	Evans	Male	85	MOPEN39	Eryri Harriers	01:14:3299	02:01:5090	02:01:4289
85	James	Adney	Male	86	MOPEN40	Mercia Fell RC	01:14:1798	02:01:5991	02:01:5690
234	Sean	Britton	Male	87	MOPEN41	Mersey-Tri	01:13:1191	02:02:3292	02:02:2692
182	James	Adamson	Male	88	MOPEN42		01:14:0697	02:02:4293	02:02:2491
296	Alec	Williams	Male	89	M40+ 30	Pembrokeshire Harriers AAC	01:14:36100	02:03:0094	02:02:5093
210	Kameron	Simmons-Sandy	Male	90	MOPEN43	Cerist Triathlon	01:11:0576	02:03:3195	02:03:1594
83	Jon	Clements	Male	91	MOPEN44		01:12:1186	02:03:3596	02:03:1895
277	Aled	Lloyd	Male	92	MOPEN45	Rhedwyr Hebog Runners	01:18:02133	02:03:5497	02:03:4496
204	Rhian	Probert	Female	6	F40+ 3	Mynydd Du	01:15:39109	02:04:0298	02:03:5997
231	Nic	Brook	Male	93	M40+ 31	Eryri Harriers	01:12:2888	02:04:1999	02:04:1498
198	Graham	Maynard	Male	94	M50+ 13	Cambridge Harriers	01:11:3981	02:04:45100	02:04:3999
27	Gavin	Roper	Male	95	MOPEN46	Calder Valley Fell Runners	01:17:02123	02:05:07101	02:04:55100
70	Mat	Bishop	Male	96	M40+ 32		01:17:28126	02:05:33102	02:05:22101
257	Mark	Carter	Male	97	MOPEN47		01:16:02113	02:05:50103	02:05:32102
251	Jono	Simpson	Male	98	M40+ 33		01:18:29138	02:06:07104	02:05:55103
219	Dewi	Thomas	Male	99	M40+ 34	Cherwell Runners Joggers	01:13:4894	02:06:14105	02:06:07104
294	Sophie	Gibbens	Female	7	FOPEN 4	Marshall Milton Keynes AC	01:15:30107	02:06:17106	02:06:08105
110	Toby	Sydes	Male	100	M40+ 35	Calder Valley Fell Runners	01:17:59132	02:06:17107	02:06:11106
90	Andrew	Yates	Male	101	M50+ 14	Meirionydd Running Club	01:16:40118	02:06:31108	02:06:23107
79	Simon	Williams	Male	102	M40+ 36		01:16:04114	02:06:53109	02:06:49109
173	Nigel	Graham	Male	103	M40+ 37	Pontypridd (Roadents) AC	01:15:53112	02:07:04110	02:06:45108
34	Steve	Treweek	Male	104	M50+ 15	Sandbach Striders	01:17:01122	02:07:09111	02:07:01110
115	Rona	Davies	Female	8	F50+ 1	Mynydd Du Mountain Runners	01:16:40117	02:07:40112	02:07:39112
149	Andrew	Barton	Male	105	M40+ 38	Forest Monsters	01:15:24106	02:07:49113	02:07:36111
35	Stephen	Lloyd	Male	106	MOPEN48		01:18:21137	02:07:55114	02:07:46113
201	Tim	Bowie	Male	107	M50+ 16		01:17:03124	02:07:57115	02:07:53114
12	Simon	Rhodes	Male	108	MOPEN49	Birchfield Harriers	01:17:30127	02:08:11116	02:07:55115
107	Lloyd	Francis	Male	109	MOPEN50		01:14:49103	02:08:14117	02:08:02116
293	Jonathan	Goulding	Male	110	M50+ 17	City of Chester Triathlon Club	01:18:06134	02:08:18118	02:08:09117
88	Simon	Barry	Male	111	M50+ 18		01:14:0496	02:08:48119	02:08:43118
216	Tony	Keech	Male	112	M60+ 2	Human Energy AC	01:16:59119	02:09:03120	02:08:54121
145	Jason	Harper	Male	113	M40+ 39		01:15:10104	02:09:04121	02:08:48119
186	Hefin	Gruffydd	Male	114	M50+ 19	Pontypridd (Roadents) AC	01:18:13136	02:09:04122	02:09:00122
184	Jenny	Towill	Female	9	FOPEN 5		01:17:33128	02:09:09123	02:08:54120
239	Barry	Worth	Male	115	MOPEN51	Mercia Fell RC	01:19:34146	02:09:14124	02:09:06123
268	Daisy	Hall	Female	10	FOPEN 6	Stubbington Green Runners AC	01:13:1792	02:09:15125	02:09:07124
128	David	Daniels	Male	116	M60+ 3	Cobra RC	01:17:46129	02:09:50126	02:09:32125
7	Nathan	Kennaugh	Male	117	MOPEN52	Calder Valley Fell Runners	01:22:13167	02:10:04127	02:09:50126
151	Rosanna	Henstock	Female	11	FOPEN 7		01:16:59121	02:10:11128	02:10:05127
43	Wilf	Huxtable	Male	118	MOPEN53	Weston AC	01:14:49102	02:10:21129	02:10:16128
141	Dan	Waters	Male	119	M40+ 40		01:14:48101	02:10:37130	02:10:25129
3	Sophie	Southerden	Female	12	FOPEN 8		01:20:39157	02:10:49131	02:10:30130
25	Steve	Loveluck	Male	120	M40+ 41	Meirionydd Running Club	01:19:42151	02:11:16132	02:11:01131
269	Pedro	Havelock	Male	121	MOPEN54		01:15:44111	02:11:35133	02:11:21132
37	Dennis	Hussey	Male	122	MOPEN55	Shabbarunners	01:18:59141	02:11:39134	02:11:21133

264	Michael	Coultrup	Male	123	M40+	42	Godshill Massive	01:19:19143	02:11:45135	02:11:36134
158	Allan	Yeomans	Male	124	M50+	20	Rossendale Harriers AC	01:19:36147	02:11:50136	02:11:43135
181	Bob	Stones	Male	125	MOPEN56		Bedford Harriers AC	01:19:57154	02:11:55137	02:11:46136
258	William	Fyfe	Male	126	MOPEN57			01:22:13168	02:12:14138	02:12:05139
24	Anneliese	Loveluck	Female	13	F40+	4	Meirionydd Running Club	01:21:08160	02:12:16139	02:12:02138
191	Andre	Bright	Male	127	MOPEN58			01:16:59120	02:12:20140	02:12:00137
86	Bedwyr	Humphreys	Male	128	M40+	43		01:19:22144	02:12:35141	02:12:31142
254	James	Glover	Male	129	M40+	44	Kenilworth Runners	01:17:23125	02:12:40142	02:12:26140
29	Rindi	Schutte	Female	14	FOPEN	9		01:16:06115	02:12:41143	02:12:29141
59	David	Gould	Male	130	M60+	4	Mercia Fell RC	01:19:30145	02:12:55144	02:12:47143
152	Darren	Brown	Male	131	M40+	45		01:15:31108	02:13:11145	02:13:00144
288	Stephen	Bajic	Male	132	M50+	21	Mercia Fell RC	01:19:37148	02:13:19146	02:13:06145
230	Chris	Lock	Male	133	M40+	46	Bayston Hill Salad Dodgers	01:19:09142	02:13:34147	02:13:24146
102	Matthew	Morgan	Male	134	M40+	47	Shropshire Shufflers	01:17:48130	02:13:45148	02:13:36147
44	Tim	Hicks	Male	135	M50+	22	Haywards Heath Harriers	01:15:41110	02:13:50149	02:13:45149
161	Richard	Walker	Male	136	M40+	48		01:19:39149	02:13:56150	02:13:45148
278	Rhys	Jenkins	Male	137	MOPEN59			01:19:41150	02:14:41151	02:14:31150
148	Sarah	Pow	Female	15	FOPEN	10	Forest Monsters	01:21:35164	02:14:52152	02:14:39151
111	Julian	Hart	Male	138	M40+	49	Cobra RC	01:17:52131	02:15:02153	02:14:44152
23	Craig	Harris	Male	139	MOPEN60			01:20:07156	02:15:47154	02:15:46153
175	Duncan	Bowdler	Male	140	M40+	50	Bayston Hill Salad Dodgers	01:19:49153	02:16:39155	02:16:32154
61	Hywel	Loveluck	Male	141	M40+	51	Carduro	01:18:31139	02:17:05156	02:17:00156
142	Graham	Lloyd	Male	142	M50+	23	Calder Valley Fell Runners	01:21:12161	02:17:09157	02:16:51155
71	Lizzy	Felton	Female	16	FOPEN	11	Aberystwyth AC	01:19:59155	02:17:18158	02:17:12158
54	Jake	Ackroyd	Male	143	MOPEN61		Calder Valley Fell Runners	01:16:30116	02:17:29159	02:17:10157
252	Daniel	Marshall	Male	144	MOPEN62			01:23:59176	02:17:44160	02:17:32159
32	Alan	French	Male	145	M60+	5	Wrexham AAC	01:21:38165	02:17:48161	02:17:38160
162	Chris	Randall	Male	146	MOPEN63		Sevenoaks AC	01:20:51158	02:19:00162	02:18:42161
209	Drew	Fenn	Male	147	MOPEN64			01:23:05170	02:19:12163	02:18:57162
202	Andy	Sanderson	Male	148	M50+	24		01:26:05184	02:19:19164	02:19:12163
284	Gary	Thapa	Male	149	M40+	52	Cerist Triathlon	01:18:08135	02:19:34165	02:19:18164
280	Ian	Frewin	Male	150	M40+	53		01:18:55140	02:19:40166	02:19:29166
11	Gordon	Hughes	Male	151	M40+	54		01:23:52175	02:19:43167	02:19:24165
9	Daniel	Biggs	Male	152	MOPEN65		Calder Valley Fell Runners	01:24:53179	02:19:51168	02:19:44167
168	Katherine	Reeves	Female	17	FOPEN	12		01:24:31178	02:20:07169	02:20:01168
39	Delor	Harvey	Female	18	F40+	5	Aberystwyth AC	01:21:14163	02:20:54170	02:20:44170
218	Glyn	Rowlands	Male	153	M50+	25	Meirionydd Running Club	01:21:12162	02:20:55171	02:20:38169
208	Stuart	Maynes	Male	154	MOPEN66		Cobra RC	01:26:42191	02:21:34172	02:21:22171
266	Marc	Recoquille	Male	155	M40+	55		01:23:24171	02:21:49173	02:21:33173
99	Phillip	Bampton	Male	156	M40+	56	Birchfield Harriers	01:26:20187	02:21:50174	02:21:32172
169	Peter	Fleming	Male	157	M50+	26		01:23:46172	02:22:00175	02:21:49174
292	Dean Rees	Thomas	Male	158	M40+	57		01:24:25177	02:22:11176	02:22:03175
17	Simon	Cope	Male	159	M40+	58		01:27:18196	02:22:38177	02:22:25176
249	Rowland	Sharp	Male	160	M50+	27		01:26:40190	02:22:55178	02:22:35177
52	Nigel	Dawson	Male	161	M40+	59		01:22:49169	02:23:18179	02:23:02178
66	Chris	Holliday	Male	162	MOPEN67			01:19:45152	02:23:19180	02:23:02179
262	Brent	Connor	Male	163	MOPEN68			01:27:29197	02:23:24181	02:23:11180
8	Nicki	Latham	Female	19	F50+	2	Calder Valley Fell Runners	01:23:49173	02:23:37182	02:23:24181
6	Dave	Culpan	Male	164	M50+	28	Calder Valley Fell Runners	01:20:52159	02:24:04183	02:23:47182
155	Christopher	Davies	Male	165	M50+	29		01:26:59194	02:24:43184	02:24:26183
194	Juliet	Edwards	Female	20	F50+	3	Meirionydd Running Club	01:26:33188	02:24:45185	02:24:38184
192	Robert	Barry	Male	166	M40+	60		01:25:02180	02:24:59186	02:24:52185
15	Andy	Thorpe	Male	167	M50+	30		01:25:52183	02:25:57187	02:25:39186
273	Martin	Ludford	Male	168	M50+	31	Birmingham Running Athletics a	01:21:51166	02:26:09188	02:26:00187
287	Richard	Howells	Male	169	MOPEN69			01:23:51174	02:27:44189	02:27:28188
100	Scott	Mathers	Male	170	MOPEN70		Bridgnorth Running Club	01:28:36201	02:28:06190	02:27:53190
109	Ieuan	Jones	Male	171	M40+	61		01:27:47198	02:28:08191	02:27:51189
120	Rod	Sutcliffe	Male	172	M60+	6	Calder Valley Fell Runners	01:30:09209	02:28:26192	02:28:07191
14	Edmund	Jackson	Male	173	MOPEN71			01:25:51182	02:28:45193	02:28:32192
67	Rachael	Bateman	Female	21	FOPEN	13		01:28:04200	02:29:05194	02:28:49193
289	Louise	Rolfe	Female	22	FOPEN	14		01:26:07185	02:29:29195	02:29:08194
188	Hollie	Evans	Female	23	FOPEN	15		01:29:39206	02:30:02196	02:29:49195
75	Louise	Ward	Female	24	FOPEN	16	Wrexham AAC	01:30:44211	02:30:12197	02:29:55196
20	Charolette	Wetton	Female	25	FOPEN	17		01:29:47207	02:30:15198	02:29:58197
255	Teilo	Trimble	Male	174	MOPEN72			01:31:39214	02:30:33199	02:30:25198
68	Wendell	Junia	Male	175	M40+	62	Aberystwyth AC	01:29:49208	02:30:50200	02:30:29199
227	Paul	Clutterbuck	Male	176	M40+	63		01:29:17203	02:30:57201	02:30:47200
131	Charles	Ashley	Male	177	M50+	32	Wrexham AAC	01:25:39181	02:31:24202	02:31:13201
123	Steve	Jones	Male	178	M60+	7	Eryri Harriers	01:26:40189	02:31:33203	02:31:23202
199	Andrew	Harwood	Male	179	M50+	33		01:26:20186	02:33:09204	02:32:49203
94	Simon	Mccann	Male	180	M40+	64	Village Vipers (Cardiff)	01:26:46192	02:34:02205	02:33:57205
160	Phil	Proctor	Male	181	M40+	65	Ellesmere Port RC	01:31:00212	02:34:14206	02:33:53204
272	Gillian	Wisbey	Female	26	F40+	6	Calder Valley Fell Runners	01:31:32213	02:34:27207	02:34:17206
73	Richard	Wellock	Male	182	M60+	8		01:28:50202	02:35:08208	02:35:03207
244	Julia	Chatterton	Female	27	FOPEN	18		01:29:22204	02:35:27209	02:35:12208

197	Pete	Boddy	Male	183	M40+	66		01:31:50215	02:35:48210	02:35:33209
256	Fabricio	Tonon	Male	184	MOPEN	73		01:33:05216	02:36:42211	02:36:36211
95	Rick	Whitehead	Male	185	M40+	67		01:29:22205	02:36:43212	02:36:27210
274	Robert	Friel	Male	186	M40+	68	Telford Harriers	01:26:59193	02:37:07213	02:36:47212
228	Jean	Turner	Female	28	F50+	4	Telford Harriers	01:27:03195	02:37:08214	02:36:48213
232	Huw	Williams	Male	187	M40+	69		01:34:08218	02:37:51215	02:37:34214
207	Richard	Treitel	Male	188	M60+	9	Barlick Fell Runners	01:34:08219	02:37:51216	02:37:40215
217	Kevin	Evans	Male	189	M50+	34	Meirionydd Running Club	01:35:40223	02:38:22217	02:38:08216
105	Alwyn	Williams	Male	190	MOPEN	74	Cybi Striders	01:34:33221	02:38:59218	02:38:40217
154	David	Richards	Male	191	M50+	35	FORMULA ONE CIRCUIT CREW	01:33:43217	02:43:28219	02:43:18218
211	Crona	Hodges	Female	29	FOPEN	19		01:38:17226	02:44:49220	02:44:30219
189	Ceris	Williams	Female	30	F40+	7	Aberystwyth AC	01:36:32225	02:46:03221	02:45:49221
40	Ian	Brandreth	Male	192	M40+	70	Aberystwyth AC	01:40:10229	02:46:03222	02:45:49220
47	Melanie	Gaul	Female	31	F40+	8	Aberystwyth AC	01:36:15224	02:46:04223	02:45:50222
91	Melissa	Waring	Female	32	F40+	9		01:34:08220	02:49:38224	02:49:18223
212	James	Hodges	Male	193	M40+	71		01:30:41210	02:49:51225	02:49:34224
93	Dai	Rice	Male	194	M60+	10	Meirionydd Running Club	01:35:30222	02:50:13226	02:49:59225
178	Darren	Windle	Male	195	M50+	36		01:39:04228	02:51:23227	02:51:03226
140	Paul	Gwynne	Male	196	M50+	37	Mud Crew Trail Runners	01:27:52199	02:55:02228	02:54:53227
224	Frank	Szablewski	Male	197	M60+	11		01:42:18231	02:58:11229	02:58:00228
190	Andrew	Bratt	Male	198	M40+	72		01:38:30227	03:00:13230	02:59:56229
271	Samantha	Rogers	Female	33	FOPEN	20		01:41:46230	03:01:54231	03:01:39230
89	Mpho	Bogatsu	Female	34	F40+	10	Meirionydd Running Club	01:44:47232	03:02:13232	03:02:05231
275	Kurmang	Rashid	Male	199	M50+	38		01:48:31234	03:05:02233	03:05:01232
74	Kevin	Minton	Male	200	M50+	39		01:48:05233	03:05:52234	03:05:32233