

**CYNGRHAIR GAEAF DE CYMRU
SOUTH WALES WINTER HILL SERIES
2004-2005**

**RAS/RACE 3: ABERGWYNFI: 11/12/04
3½/1300 AS**

CANLYNIADAU/RESULTS

1	Andrew Jones	SM	MDC	28.02
2	Mike Duxbury	SM	Stroud	29.48
3	Gareth Croft	SM	MDC	31.12
4	Ifor Powell	SM	Westbury	31.21
5	Matthew Jones	SM	SBOC	32.07
6	Chris Blackmore	SM	Cardiff Quins	32.12
7	Douglas Adlam	SM	MDC	32.57
8	Mark Bryant	VM	MDC	33.06
9	Glyn Griffiths	VM	Eryri	34.02
10	Rhys Williams	SM	MDC	34.22
11	Steve Littlewood	SVM	Hereford	34.28
12	Phil Holder	VM	Cardiff Quins	34.35
13	Simon Blease	VM	Brycheiniog	35.14
14	Neil Lewis	SM	MDC	35.14
15	Chas Ryder	SVM	Brycheiniog	35.39
16	John Darby	SVM	MDC	36.11
17	Chris Thomas	SVM	MDC	36.12
18	Martin Lucas	SVM	MDC	36.29
19	David Seward	VM	SBOC	36.38
20	Ed Whiting	SM	Cardiff Quins	37.19
21	Emma Seward	SF	SBOC	41.29
22	Pete Morfey	VM	Cardiff Quins	41.37
23	John Shanahan	VM	u/a	41.48
24	Helen Bennett	SF	u/a	42.43
25	Peter Buane	SM	u/a	43.22
26	Steve Hill	VM	Penarth/Dinas	44.04
27	Dave Gilbert	SVM	MDC	45.07
28	Amanda Edgeworth	SF	u/a	47.29
29	John Battersby	SDVM	MDC	51.07
30	John Sweeting	SVM	MDC	51.51

With thanks to K, Clive, Fred and Derek on the course, Ian and the staff at the Great Western for traditional Abergwynfi hospitality and to Scottish Hill Runners without whose enthusiasm for the cause the race would not have taken place.

Old Greybeard