

THE DARREN

January 15th 2005

PREVIOUS RECORDS: MEN 19.33 Mark Croasdale 1997
WOMEN 24.10 Ann Nixon 1997

	Name	Club	Cat	Time
1	Peter Ryder	Brycheiniog	SM	21.07
2	Matthew Collins	MDC	SM	21.58
3	Mike Duxbury	Stroud	SM	22.11
4	Gareth Craft	MDC	SM	22.39
5	Patrick Wooddisse	MDC	SM	22.56
6	Rhys Manning	MDC	SM	23.05
7	Mark Saunders	MDC	MV40	24.27
8	Douglas Adlam	MDC	SM	24.31
9	Glyn Griffiths	Eryri	MV40	24.32
10	Ifor Powell	Westbury	SM	24.36
11	Simon Blease	Brycheiniog	MV40	24.41
12	Mark Bryant	MDC	MV40	25.11
13	Chris Blackmore	Cardiff Quins	SM	25.12
14	Rhys Williams	MDC	SM	25.52
15	Pez Bullen	Keswick	MV40	26.02
16	Neil Lewis	MDC	SM	26.32
17	Steve Littlewood	Hereford	MV50	26.35
18	Alice Bedwell	MDC	FV40	26.38
19	Chas Ryder	Brycheiniog	MV50	26.47
20	Ed Whiting	Cardiff Quins	SM	26.56
21	Satu Haikala	Brecon	SF	27.06
22	Andy Stott	MDC	MV40	28.24
23	Martin Lucas	MDC	MV50	28.41
24	Chris Thomas	MDC	MV50	28.50
25	John Shanahan	unattached	MV40	30.34
26	Pete Morfey	Cardiff Quins	MV40	31.02
27	Helen Bennett	unattached	SF	31.04
28	Jane Coles	Sheen Shufflers	SF	31.08
29	Peter Buane	unattached	SM	31.14
30	Ian Turnbull	Forest of Dean	MV60	31.39
31	Paul Morgan	Sheen Shufflers	SM	31.43
32	Daniela Woodbridge	Fairwater	SF	33.21
33	Dave Gilbert	MDC	MV50	34.20
34	John Battersby	MDC	MV60	37.10
35	Gareth Buffett	MDC	MV50	37.47
36	Cledwyn Jones	MDC	MV60	38.52
37	Les Pugh	MDC	MV50	39.25
38	Roger Howell	unattached	MV60	42.08
	Chris Gildersleve	Brycheiniog	MV40	dnf