

# LLANTHONY WINTER FELL RACE

12 February 2005

**COURSE RECORDS: MEN 35.34 2004 M Collins**  
**WOMEN 42.06 2003 A Bedwell**

	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Time</b>
1	Ifor Powell	Westbury	SM	39.31
2	Danny Lewis	Telford AC	SM	39.34
3	Andrew Jones	Mynydd Du	SM	41.10
4	Rhys Williams	MDC	SM	41.11
5	Simon Blease	Brycheiniog	MV40	41.12
6	Matthew Collins	MDC	SM	41.22
7	Gareth Craft	MDC	SM	42.06
8	Peter Ryder	Brycheiniog	SM	42.10
9	Mike Duxbury	Stroud	SM	42.12
10	Grant Lewis	Fairwater	SM	42.40
11	Allan Gillard	Cardiff Quins	MV40	42.50
12	Douglas Adlam	MDC	SM	43.40
13	Ed Whiting	Cardiff Quins	SM	44.10
14	Chris Blackmore	Cardiff Quins	SM	44.20
15	Neil Lewis	Mynydd Du	SM	45.07
16	Steve Herrington	Hereford Couriers	MV50	45.17
17	Jessica Turnbull	Cheltenham Harriers	SF	45.34
18	Paul Lewis	MDC	MV50	46.30
19	Chas Ryder	Brycheiniog	MV50	46.40
20	M Longhurst	GWR	MV40	47.10
21	Andy Stott	MDC	MV40	47.55
22	Dave Burton	Tarren Hendre	MV40	47.58
23	Steve Littlewood	Hereford Couriers	MV50	49.09
24	Martin Lucas	MDC	MV50	49.19
25	Chris Betts	Mynydd Du	SM	50.38
26	Nigel Jones	Mynydd Du	MV50	50.50
27	John Shanahan		MV40	51.10
28	Tom Stephens		SM	51.20
29	Sue Ashton	Chepstow Harriers	FV50	51.40
30	Sharon Woods	Mynydd Du	FV40	52.20
31	Pete Morfey	Cardiff Quins	MV40	52.30
32	Nigel Baker	Griffithstown Harriers	MV50	52.55
33	Emma Seward	SBOC	SF	53.40
34	John Ledsam	MDC	MV40	54.50
35	Martin Evans		SM	54.57
36	Daniela Woodbridge	Fairwater	SF	56.35
37	Robert West	MDC	MV60	57.28
38	Ian Turnbull	Forest of Dean	MV60	58.18
39	Peter Buane		SM	59.52
40	Emma Bayliss	Griffithstown Harriers	SF	60.01
41	Dave Gilbert	MDC	MV50	63.19
42	John Battersby	MDC	MV70	63.24
43	Gareth Buffett	MDC	MV50	63.51
44	Les Pugh	MDC	MV50	65.20
45	Roger Howell		MV60	70.25
46	Helen Bennett		SF	70.26
47	Rod Jones	MDC	MV50	72.45
48	Judith Powell	SWOC	FV60	78.22