

LLYN Y FAN 2005

5.5 miles/2000 feet

Saturday September 17th

Result

Records: Men 44.32 S Forster 1990

Women 51.19 L Gould 1988

Position	Name	Club	M/F	Cat	Time
1	Douglas Adlam	MDC	M	S	48.54
2	Julian Carter	MDC	M	S	49.51
3	Geoff Oldrid	Aberystwyth AC	M	V50	50.40
4	Gareth Craft	MDC	M	S	52.07
5	Dai Richards	MDC	M	V40	55.06
6	Gwilym Satchell	Unattached	M	S	56.43
7	Martin Cortvriend	Macclesfield Harriers	M	V50	56.52
8	Ed Whiting	Cardiff Harlequins	M	S	58.01
9	Phillip Morris	Hereford Couriers	M	V50	58.12
10	John Darby	MDC	M	V50	59.12
11	Aled Williams	Sarn Helen	M	V40	60.17
12	Naomi Law	Unattached	F	S	63.25
13	Martin Lucas	MDC	M	V50	63.51
14	Jeff Rees	Neath Harriers	M	V50	68.35
15	Gary Evans	Blaenafon Joggers	M	V50	68.36
16	Frances Williams	Cardiff AC	F	V40	69.37
17	Geraint Hussey	Unattached	M	S	71.00
18	Eric Meredith	MDC	M	V60	75.54
19	Kate Hovers	Brecon AC	F	V40	78.00
20	John Battersby	MDC	M	V70	82.50