

**PENCAMPWRIAETH AGORED RHEDWYR MYNYDD CYMRU
WELSH MOUNTAIN RUNNERS' OPEN CHAMPIONSHIP 2005**

**final positions
canlyniadau terfynol**

				Llanbedr - Blaenafon		Llangynhafal Loop		Foel Fras		Waun Fach		Fan Fawr		Rhobell Fawr		
Name	Club	Cat	Nat	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
Crispin Flower	Mynydd Du	SM	W	142.11	102.36	0.00	0.00	0.00	0.00	55.41	97.57	19	98.72	53.56	97.32	395.97
John Montgomery	Buckley Runners	M40	W	0.00	0.00	40.28	94.92	110.53	92.20	56.07	96.77	0.00	0.00	55.12	94.91	378.80
Craig Jones	Eryri Harriers	SM	W	0.00	0.00	43.18	87.56	108.48	94.23	0.00	0.00	19.37	95.43	58.04	89.45	366.67
Geoff Oldrid	Aberystwyth AC	M50	W	0.00	0.00	0.00	0.00	110.40	92.41	61.00	87.79	20.45	89.39	61.22	83.17	352.77
Dan Booth	MDC	SM	W	163.18	87.85	44.38	84.10	116.30	86.74	62.48	84.48	21.40	84.51	59.21	87.01	346.11
John Syms	MDC	SM	W	186.36	71.85	0.00	0.00	0.00	0.00	63.59	82.30	21.01	87.97	60.34	84.69	326.82
John Morris	Buckley Runners	M60	W	0.00	0.00	46.24	79.51	124.18	79.16	69.45	71.70	0.00	0.00	64.14	77.71	308.08
Tim Higginbottom	Eryri Harriers	SM	W	0.00	0.00	38.45	99.38	99.19	103.44	0.00	0.00	0.00	0.00	52.29	100.08	302.90
Patrick Wooddisse	MDC	SM	E	151.57	95.65	0.00	0.00	0.00	0.00	54.16	100.18	18.42	100.32	0.00	0.00	296.15
Martin Cortvriend	Macclesfield H	M50	W	0.00	0.00	46.47	78.52	125.12	78.28	85.06	43.46	0.00	0.00	60.27	84.92	285.17
Richard Roberts	Eryri Harriers	SM	W	0.00	0.00	43.42	86.52	113.44	89.43	0.00	0.00	0.00	0.00	54.09	96.91	272.86
Ross Powell	WFRA	VM	W	202.57	60.62	49.24	71.72	0.00	0.00	0.00	0.00	25.27	64.34	68.58	68.70	265.39
Russell Mapp	Ludlow	M40	E	0.00	0.00	0.00	0.00	0.00	0.00	62.02	85.89	20.53	88.68	59.30	86.72	261.30
Ellie Salisbury	Eryri Harriers	F40	W	0.00	0.00	51.00	67.57	144.52	59.16	75.34	61.00	24.30	69.40	0.00	0.00	257.13
Andy Mullett	Bath AC	M50	E	185.40	72.49	0.00	0.00	0.00	0.00	74.49	62.38	27.27	53.68	73.07	60.80	249.35
Andrew Darby	MDC	M40	W	178.59	77.08	0.00	0.00	0.00	0.00	61.46	86.38	21.32	85.22	0.00	0.00	248.68
Nick Iliff	u/a	SM	W	0.00	0.00	45.43	81.29	126.23	77.13	0.00	0.00	0.00	0.00	62.34	80.89	239.30
Clive Hartfall	WFRA	M50	W	0.00	0.00	47.00	77.95	121.55	81.47	0.00	0.00	0.00	0.00	64.14	77.71	237.14
Victoria Musgrove	Eryri Harriers	F40	W	176.15	78.96	48.36	73.80	0.00	0.00	0.00	0.00	0.00	0.00	65.56	74.48	227.24
Peter Morfey	Cardiff H'quins	M40	W	182.09	74.91	0.00	0.00	0.00	0.00	70.36	70.13	25.08	66.03	0.00	0.00	211.07
Mike Blake	Eryri Harriers	M50	W	195.38	65.65	0.00	0.00	131.47	71.88	0.00	0.00	0.00	0.00	67.58	70.61	208.14
James McQueen	Eryri Harriers	SM	W	0.00	0.00	39.16	98.04	98.19	104.42	0.00	0.00	0.00	0.00	0.00	0.00	202.45
Matthew Gilbert	Wrexham AC	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	55.03	98.74	0.00	0.00	50.39	103.57	202.31
Dewi Sinclair	WFRA	M50	W	0.00	0.00	52.02	64.88	134.05	69.64	0.00	0.00	0.00	0.00	72.32	61.91	196.44
Stephen Gilliland	Bro Dysynni	VM	W	0.00	0.00	40.01	96.09	0.00	0.00	0.00	0.00	0.00	0.00	52.34	99.92	196.01
Colin Lancaster	Ludlow	M40		0.00	0.00	0.00	0.00	0.00	0.00	57.30	94.23	0.00	0.00	56.44	91.99	186.22
Margaret Oliver	Eryri Harriers	F50	W	0.00	0.00	54.12	59.26	150.26	53.75	0.00	0.00	25.19	65.05	0.00	0.00	178.06
Simon Sharp	Buckley Runners	SM	W	0.00	0.00	44.05	85.53	0.00	0.00	59.22	90.80	0.00	0.00	0.00	0.00	176.32
Bryn Williams	Eryri Harriers	SM	W	0.00	0.00	44.01	85.70	113.06	90.04	0.00	0.00	0.00	0.00	0.00	0.00	175.75
Ben Amesbury	Clwydian Range	SM	W	0.00	0.00	41.52	91.28	0.00	0.00	0.00	0.00	0.00	0.00	61.03	83.77	175.06
Graham McAra	Cheshire HR	M50		0.00	0.00	42.06	90.68	0.00	0.00	0.00	0.00	0.00	0.00	61.05	83.71	174.39
Matthew Lawson	Chepstow H	SM	W	169.58	83.28	0.00	0.00	0.00	0.00	59.50	89.94	0.00	0.00	0.00	0.00	173.21

A runner's best four results to count, including one at each distance

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				Llanbedr - Blaenafon		Llangynhafal Loop		Foel Fras		Waun Fach		Fan Fawr		Rhobell Fawr		
Charles Ashley	Wrexham AC	M40	W	0.00	0.00	43.51	86.13	0.00	0.00	0.00	0.00	0.00	0.00	59.56	85.90	172.03
Jackie Lee	Eryri Harriers	SF	W	170.33	82.87	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	58.54	87.87	170.74
Simon Cash	u/a	SM	W	0.00	0.00	45.41	81.37	114.04	89.10	0.00	0.00	0.00	0.00	0.00	0.00	170.48
Huw Lewis	Buckley Runners	M40	W	0.00	0.00	45.38	81.50	116.18	86.93	0.00	0.00	0.00	0.00	0.00	0.00	168.44
John Amies	Congleton	M60		0.00	0.00	43.59	85.79	0.00	0.00	0.00	0.00	0.00	0.00	61.40	82.60	168.39
Chris Rhodes	Congleton	M40		0.00	0.00	45.10	82.71	0.00	0.00	0.00	0.00	0.00	0.00	60.08	85.52	168.23
Michael Edwards	Wrexham AC	M60	W	0.00	0.00	55.14	56.57	147.51	56.26	0.00	0.00	0.00	0.00	78.03	51.41	164.24
Adrian Moir	MDC	M40	W	0.00	0.00	54.54	57.44	149.59	54.19	81.00	51.00	0.00	0.00	0.00	0.00	162.63
Neil Lewis	Hereford C	SM	W	183.46	73.80	0.00	0.00	0.00	0.00	0.00	0.00	20.54	88.59	0.00	0.00	162.39
John Darby	MDC	M50	W	0.00	0.00	0.00	0.00	0.00	0.00	65.50	78.90	22.21	80.86	0.00	0.00	159.76
Jim Bennell	Eryri Harriers	M50	W	0.00	0.00	0.00	0.00	127.31	76.03	0.00	0.00	0.00	0.00	63.13	79.65	155.68
Peter Roberts	Buckley Runners	M60	W	0.00	0.00	47.54	75.62	128.36	74.98	0.00	0.00	0.00	0.00	0.00	0.00	150.59
Yiannis Tridimas	Bowland FR	M60	E	0.00	0.00	48.40	73.63	0.00	0.00	0.00	0.00	0.00	0.00	65.50	74.67	148.29
Ed Whiting	Cardiff H'quins	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	68.03	74.82	23.55	72.51	0.00	0.00	147.34
Iorwerth Jones	Wrexham Tri Club	M50	W	0.00	0.00	49.43	70.90	127.24	76.14	0.00	0.00	0.00	0.00	0.00	0.00	147.04
Dick Finch	MDC	M50	W	185.50	72.38	0.00	0.00	0.00	0.00	69.24	72.34	0.00	0.00	0.00	0.00	144.72
Dave Hill	NWRR	M50	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	24.22	70.11	68.47	69.05	139.16
Yvonne Amesbury	Clwydian Range	SF	W	0.00	0.00	50.24	69.12	0.00	0.00	0.00	0.00	0.00	0.00	69.12	68.26	137.38
Jenny Ewels	Buckley Runners	SF	W	0.00	0.00	50.23	69.17	0.00	0.00	0.00	0.00	0.00	0.00	70.08	66.48	135.65
Martin Lucas	MDC	M50	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	24.10	71.18	71.23	64.10	135.28
Brenda Jones	Bro Dysynni	F60	W	0.00	0.00	64.23	32.81	183.33	21.55	86.59	40.00	30.22	38.13	0.00	0.00	132.49
Edward Reid	Abergele H	M40	W	0.00	0.00	45.25	82.07	153.55	50.36	0.00	0.00	0.00	0.00	0.00	0.00	132.43
Naomi Law	u/a	SF	S	0.00	0.00	0.00	0.00	0.00	0.00	74.11	63.54	24.52	67.45	0.00	0.00	130.99
John Sweeting	MDC	M50	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	24.25	69.85	73.27	60.17	130.01
Martin Williams	Eryri Harriers	M50	W	0.00	0.00	51.27	66.40	143.29	60.51	0.00	0.00	0.00	0.00	0.00	0.00	126.90
Paul Oldfield	Chester	M40		0.00	0.00	53.49	60.25	0.00	0.00	0.00	0.00	0.00	0.00	72.07	62.70	122.96
Sue Ashton	Chepstow H	F50	W	217.27	50.67	0.00	0.00	0.00	0.00	72.26	66.76	0.00	0.00	0.00	0.00	117.43
Daniella Woodbridge	Fairwater	SF	W	201.12	61.83	0.00	0.00	0.00	0.00	0.00	0.00	27.14	54.83	0.00	0.00	116.66
Paul Welsh	Ellesmere Port	M40		0.00	0.00	55.05	56.96	145.33	58.50	0.00	0.00	0.00	0.00	0.00	0.00	115.46
Helen Bennett	u/a	SF		0.00	0.00	0.00	0.00	0.00	0.00	81.26	50.21	26.15	60.07	0.00	0.00	110.28
Andrew Jones	Mynydd Du	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17.37	106.09	0.00	0.00	106.09
Matthew Collins	MDC	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	52.12	103.98	0.00	0.00	0.00	0.00	103.98
Dylan Wynn Jones	Eryri Harriers	SM	W	0.00	0.00	37.20	103.06	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	103.06

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				Llanbedr - Blaenafon		Llangynhafal Loop		Foel Fras		Waun Fach		Fan Fawr		Rhobell Fawr		
Martin Humphreys	Stroud AC	SM		142.15	102.31	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	102.31
Chris Near	Eryri Harriers	SM	W	0.00	0.00	0.00	0.00	100.46	102.04	0.00	0.00	0.00	0.00	0.00	0.00	102.04
David Finn	u/a	SM		144.53	100.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.50
Iorwerth Roberts	Eryri Harriers	M60	W	0.00	0.00	57.12	51.47	155.35	48.74	0.00	0.00	0.00	0.00	0.00	0.00	100.21
Ian Houston	Wrexham AC	SM	W	0.00	0.00	38.33	99.90	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	99.90
David A Rees	Eryri Harriers	SM	W	0.00	0.00	38.39	99.64	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	99.64
Kevin Spilman	Cheltenham	M40		0.00	0.00	0.00	0.00	0.00	0.00	54.37	99.53	0.00	0.00	0.00	0.00	99.53
Dimitri Vorres	Griffithstown H	M40	W	146.48	99.19	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	99.19
Ian Hughes	Shrewsbury	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53.00	99.10	99.10
Gareth Craft	MDC	SM	E	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	18.56	99.08	0.00	0.00	99.08
Peter Taylor	Tattenhall	SM		0.00	0.00	0.00	0.00	107.06	95.88	0.00	0.00	0.00	0.00	0.00	0.00	95.88
Adam Haynes	Eryri Harriers	M40	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	54.42	95.86	95.86
Rob Mullett	Westbury	JM	E	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	19.33	95.79	0.00	0.00	95.79
Mike Duxbury	Stroud AC	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	19.44	94.81	0.00	0.00	94.81
Stephen Peers Jones	Eryri Harriers	M50	W	0.00	0.00	40.40	94.40	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	94.40
Neil Shepherd	Bowland FR	M40		0.00	0.00	40.47	94.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	94.10
David Currie	Southampton AC	SM		0.00	0.00	0.00	0.00	0.00	0.00	57.36	94.05	0.00	0.00	0.00	0.00	94.05
Gareth Williams	Cybi Striders	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	19.54	93.92	0.00	0.00	93.92
David Burton	Dursley	M40		0.00	0.00	0.00	0.00	0.00	0.00	58.23	92.61	0.00	0.00	0.00	0.00	92.61
Marion Pohl	Buckley Runners	F40	W	0.00	0.00	57.34	50.52	0.00	0.00	85.58	41.87	0.00	0.00	0.00	0.00	92.38
Ed Davies	Mercia FR	M50	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	56.45	91.96	91.96

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