

Llanbedr - Blaenafon

Name	Club	Cat	Nat	Time	Score
Dan Booth	MDC	SM	W	163.18	87.85
Tim Higginbottom	Eryri Harriers	SM	W	0	0.00
James McQueen	Eryri Harriers	SM	W	0	0.00
John Montgomery	Buckley Runners	M40	W	0	0.00
Craig Jones	Eryri Harriers	SM	W	0	0.00
Richard Roberts	Eryri Harriers	SM	W	0	0.00
Bryn Williams	Eryri Harriers	SM	W	0	0.00
Simon Cash	u/a	SM	W	0	0.00
Huw Lewis	Buckley Runners	M40	W	0	0.00
Clive Hartfall	WFRA	M50	W	0	0.00
John Morris	Buckley Runners	M60	W	0	0.00
Nick Iliff	u/a	SM	W	0	0.00
Martin Cortvriend	Macclesfield H	M50		0	0.00
Victoria Musgrove	Eryri Harriers	F40	W	176.15	78.96
Peter Roberts	Buckley Runners	M60	W	0	0.00
Iorwerth Jones	Wrexham Tri Club	M50	W	0	0.00
Mike Blake	Eryri Harriers	M50	W	195.38	65.65
Dewi Sinclair	Eryri Harriers	M50	W	0	0.00
Edward Reid	Abergele H	M40	W	0	0.00
Ross Powell	WFRA	VM	W	202.57	60.62
Ellie Salisbury	Eryri Harriers	F40	W	0	0.00
Paul Welsh	Ellesmere Port	M40		0	0.00
Margaret Oliver	Eryri Harriers	F50	W	0	0.00
Michael Edwards	Wrexham AC	M60	W	0	0.00
Adrian Moir	MDC	M40	W	0	0.00
Dylan Wynn Jones	Eryri Harriers	SM	W	0	0.00
Crispin Flower	MDC	SM	W	142.11	102.36
Martin Humphreys	Stroud AC	SM		142.15	102.31
Chris Near	Eryri Harriers	SM	W	0	0.00
David Finn	u/a	SM		144.53	100.50
Iorwerth Roberts	Eryri Harriers	M60	W	0	0.00
Ian Houston	Wrexham AC	SM	W	0	0.00
David A Rees	Eryri Harriers	SM	W	0	0.00
Dimitri Vorres	Griffithstown H	M40	W	146.48	99.19
Stephen Gilliland	Bro Dysynni	VM	W	0	0.00
Peter Taylor	Tattenhall	SM		0	0.00
Patrick Wooddisse	MDC	SM		151.57	95.65
Stephen Peers Jones	Eryri Harriers	M50	W	0	0.00
Neil Shepherd	Bowland FR	M40		0	0.00
Geoff Oldrid	Aberystwyth AC	M50	W	0	0.00
Steve Hammond	Tattenhall	M40		0	0.00
Ben Amesbury	Clwydian Range	SM	W	0	0.00
Graham McAra	Cheshire HR	M50		0	0.00
Eilir Evans	Eryri Harriers	M40	W	0	0.00
Robert Hutton	Dark Peak	M40		0	0.00
Marc Reeves	u/a	SM	W	0	0.00
Trefor Jones	Eryri Harriers	M40	W	0	0.00
Julian Carter	MDC	SM	W	161.35	89.03
Tim Reynolds	Great Western R	SM		161.45	88.92
Rhys Williams	MDC	SM	W	162.05	88.69

Simon Ellis	Tattenhall	M40		0	0.00
Tom Gibbs	MDC	SM		163.38	87.62
Iwan Morton	Eryri Harriers	SM	W	0	0.00
DyfedWhiteside-T	Eryri Harriers	SM	W	0	0.00
Steve Llan Jones	Eryri Harriers	M40	W	0	0.00
Philip Insall	Great Western R	M40		165.25	86.40
Dylan Owen	Eryri Harriers	M40	W	0	0.00
Charles Ashley	Wrexham AC	M40	W	0	0.00
Richard Jones	Eryri Harriers	M40	W	0	0.00
Peter O'Brien	Eryri Harriers	SM	W	0	0.00
John Amies	Congleton	M60		0	0.00
Simon Sharp	Buckley Runners	SM	W	0	0.00
Polyanne French	Eryri Harriers	SF		0	0.00
Adrian Orringe	Mynydd Du	M50	W	167.33	84.93
Steve Jones	Wrexham AC	SM	W	0	0.00
Neville Boler	Dark Peak	M50		0	0.00
Henry Thomas	Telford AC	M40		169.44	83.44
Alan Heath	FRA	SM		0	0.00
Matthew Lawson	Chepstow H	SM	W	169.58	83.28
Jackie Lee	Eryri Harriers	SF	W	170.33	82.87
Martin Longhurst	Great Western R	M40		170.43	82.76
Chris Rhodes	Congleton	M40		0	0.00
Michael Robson	Pensby Runners	SM		0	0.00
Tom Perkins	British Army	SM		176.33	78.75
Sarah Hammond	Tattenhall	F40		0	0.00
Andrew Darby	MDC	M40	W	178.59	77.08
Fred Roberts	Pensby Runners	M50		0	0.00
Roy Hughes	Eryri Harriers	M50	W	0	0.00
Ian Elsmore	Totley AC	M40		0	0.00
Jim Bennell	Eryri Harriers	M50	W	0	0.00
Ashley Wager	Eryri Harriers	M40	W	0	0.00
Stephen Paul	Buckley Runners	M40	W	0	0.00
Peter Morfey	Cardiff H'quins	M40	W	182.09	74.91
Richard Borne	u/a	SM		0	0.00
Mark Smith	Tattenhall	SM		0	0.00
David Prytherch	Eryri Harriers	SM	W	0	0.00
David Rogers	Westerlands	M40		0	0.00
Vic Belshaw	Eryri Harriers	M40	W	0	0.00
Neil Lewis	Hereford C	SM	W	183.46	73.80
Philip Dixon	u/a	M40		183.5	73.75
Yiannis Tridimas	Bowland FR	M60		0	0.00
John Mainwaring	Eryri Harriers	M50	W	0	0.00
Julian Page	u/a	M40		0	0.00
Andy Mullett	Bath AC	M50		185.4	72.49
Charles Enston	Wrexham AC	SM	W	0	0.00
Dick Finch	MDC	M50	W	185.5	72.38
John Syms	MDC	SM	W	186.36	71.85
Dilwyn Rowlands	u/a	SM	W	0	0.00
Chris Baldwin	Denbigh H	M50	W	0	0.00
Dawn Urquart	Buckley Runners	SF	W	0	0.00
James Huggins	Buckley Runners	SM	W	0	0.00
Phil Jones	Eryri Harriers	M50	W	0	0.00
Christopher Jones	Deestriders	SM	W	0	0.00
Jenny Ewels	Buckley Runners	SF	W	0	0.00
Yvonne Amesbury	Clwydian Range	SF	W	0	0.00

Kenny Hughes	Wrexham Tri Club	M50	W	0	0.00
Mark Wright	Wrexham AC	SM	W	0	0.00
Steve Sinfield	Eryri Harriers	SM	W	0	0.00
Alwyn Nixon	MDC	M50	W	194.05	66.71
Philip Jones	Prestatyn RC	M60	W	0	0.00
Martin Williams	Eryri Harriers	M50	W	0	0.00
Ian Williams	Cybi Striders	M40	W	0	0.00
Jenny Wells	NWRR	SF	W	0	0.00
Andy Todd	Helsby	M60		0	0.00
Duncan Jones	Denbigh H	M40	W	0	0.00
Jonathan Hurford	Great Western R	M50		199.07	63.26
Jonathan Hughes	Eryri Harriers	M40	W	0	0.00
Peter Norman	Wrexham AC	M60	W	0	0.00
Richard Ardus	FRA	M40		0	0.00
Steve Hatfield	Prestatyn RC	M50	W	0	0.00
Paul Ward	Eryri Harriers	M40	W	0	0.00
Daniella Woodbridge	Fairwater	SF	W	201.12	61.83
David Clarke	u/a	SM		201.13	61.81
Andrea Roberts	u/a	SF	W	0	0.00
Martin G Williams	Eryri Harriers	M50	W	0	0.00
John Collins	Swansea Harriers	M60	W	203.24	60.31
Paul Oldfield	Chester	M40		0	0.00
Hilary Jaques	Abergele H	F50	W	0	0.00
Kevin Barnes	Hereford C	M40		210.48	55.23
Brenda Jones	Bro Dysynni	F60	W	0	0.00
Budge English	Denbigh H	M40	W	0	0.00
David Herrington	Buckley Runners	SM	W	0	0.00
Sue Hughes	Eryri Harriers	M50	W	0	0.00
Alistair Craig	u/a	SM	W	0	0.00
Peter Eardley	NWRR	M50	W	0	0.00
David Chisman	Droitwich	M50		216.52	51.07
Sue Ashton	Chepstow H	F50	W	217.27	50.67
Marion Pohl	Buckley Runners	F40	W	0	0.00
Robert West	MDC	M60	W	219.1	49.49
John Ashley	u/a	SM	W	0	0.00
Emlyn Roberts	Eryri Harriers	M40	W	0	0.00
Roger Canavan	Amazing Feet	M60		225.53	44.87
Robbie Webster	Helsby	M60		0	0.00
Peter McMillen	u/a	M40	W	0	0.00
Sheila Bennell	Eryri Harriers	F50	W	0	0.00
Michael Boardman	Stockport	M50		0	0.00
Hazel Dirksen	Buckley Runners	F50	W	0	0.00
Clair Barrett	Clwydian Range	SF	W	0	0.00
Robert John Parry	WFRA	SM	W	0	0.00
Caroline Page	u/a	F40		0	0.00
Kevin Castleton	Wrexham AC	M40	W	0	0.00
John Carson	Eryri Harriers	M70	W	0	0.00
Susan Bond	Buckley Runners	F40	W	0	0.00
Robert Jones	WFRA	M50	W	0	0.00
Anthony Craig	u/a	M60	W	0	0.00
Robert Huntback	u/a	M50		0	0.00

Llangynhafal Loop**Foel Fras**

Time	Score	Time	Score	Total
44.38	84.10	116.3	86.74	258.69
38.45	99.38	99.19	103.44	202.82
39.16	98.04	98.19	104.42	202.45
40.28	94.92	110.53	92.20	187.12
43.18	87.56	108.48	94.23	181.79
43.42	86.52	113.44	89.43	175.95
44.01	85.70	113.06	90.04	175.75
45.41	81.37	114.04	89.10	170.48
45.38	81.50	116.18	86.93	168.44
47	77.95	121.55	81.47	159.43
46.24	79.51	124.18	79.16	158.67
45.43	81.29	126.23	77.13	158.42
46.47	78.52	125.12	78.28	156.80
48.36	73.80	0	0.00	152.76
47.54	75.62	128.36	74.98	150.59
49.43	70.90	127.24	76.14	147.04
0	0.00	131.47	71.88	137.53
52.02	64.88	134.05	69.64	134.53
45.25	82.07	153.55	50.36	132.43
49.24	71.72	0	0.00	132.35
51	67.57	144.52	59.16	126.73
55.05	56.96	145.33	58.50	115.46
54.12	59.26	150.26	53.75	113.01
55.14	56.57	147.51	56.26	112.83
54.54	57.44	149.59	54.19	111.63
37.2	103.06	0	0.00	103.06
0	0.00	0	0.00	102.36
0	0.00	0	0.00	102.31
0	0.00	100.46	102.04	102.04
0	0.00	0	0.00	100.50
57.12	51.47	155.35	48.74	100.21
38.33	99.90	0	0.00	99.90
38.39	99.64	0	0.00	99.64
0	0.00	0	0.00	99.19
40.01	96.09	0	0.00	96.09
0	0.00	107.06	95.88	95.88
0	0.00	0	0.00	95.65
40.4	94.40	0	0.00	94.40
40.47	94.10	0	0.00	94.10
0	0.00	110.4	92.41	92.41
0	0.00	111.3	91.60	91.60
41.52	91.28	0	0.00	91.28
42.06	90.68	0	0.00	90.68
0	0.00	112.58	90.17	90.17
0	0.00	113.26	89.72	89.72
42.32	89.55	0	0.00	89.55
42.44	89.03	0	0.00	89.03
0	0.00	0	0.00	89.03
0	0.00	0	0.00	88.92
0	0.00	0	0.00	88.69

43.02	88.25	0	0.00	88.25
0	0.00	0	0.00	87.62
43.36	86.78	0	0.00	86.78
43.37	86.74	0	0.00	86.74
43.41	86.57	0	0.00	86.57
0	0.00	0	0.00	86.40
43.47	86.31	0	0.00	86.31
43.51	86.13	0	0.00	86.13
0	0.00	117.19	85.95	85.95
0	0.00	117.22	85.90	85.90
43.59	85.79	0	0.00	85.79
44.05	85.53	0	0.00	85.53
0	0.00	117.48	85.48	85.48
0	0.00	0	0.00	84.93
44.25	84.66	0	0.00	84.66
0	0.00	119.44	83.60	83.60
0	0.00	0	0.00	83.44
44.55	83.36	0	0.00	83.36
0	0.00	0	0.00	83.28
0	0.00	0	0.00	82.87
0	0.00	0	0.00	82.76
45.1	82.71	0	0.00	82.71
45.48	81.07	0	0.00	81.07
0	0.00	0	0.00	78.75
0	0.00	125.26	78.05	78.05
0	0.00	0	0.00	77.08
47.23	76.96	0	0.00	76.96
47.34	76.48	0	0.00	76.48
47.37	76.35	0	0.00	76.35
0	0.00	127.31	76.03	76.03
0	0.00	127.35	75.96	75.96
48.03	75.23	0	0.00	75.23
0	0.00	0	0.00	74.91
48.11	74.88	0	0.00	74.88
0	0.00	128.5	74.75	74.75
0	0.00	129.08	74.46	74.46
48.21	74.45	0	0.00	74.45
48.33	73.93	0	0.00	73.93
0	0.00	0	0.00	73.80
0	0.00	0	0.00	73.75
48.4	73.63	0	0.00	73.63
48.52	73.11	0	0.00	73.11
57.04	51.81	183.53	21.23	73.04
0	0.00	0	0.00	72.49
49.07	72.46	0	0.00	72.46
0	0.00	0	0.00	72.38
0	0.00	0	0.00	71.85
49.49	70.64	0	0.00	70.64
50.02	70.08	0	0.00	70.08
50.05	69.95	0	0.00	69.95
50.1	69.73	0	0.00	69.73
50.15	69.51	0	0.00	69.51
50.19	69.34	0	0.00	69.34
50.23	69.17	0	0.00	69.17
50.24	69.12	0	0.00	69.12

0	0.00	134.4	69.08	69.08
50.53	67.87	0	0.00	67.87
0	0.00	136.51	66.96	66.96
0	0.00	0	0.00	66.71
0	0.00	137.07	66.70	66.70
51.27	66.40	0	0.00	66.40
51.29	66.31	0	0.00	66.31
0	0.00	137.58	65.87	65.87
51.47	65.53	0	0.00	65.53
52.31	63.63	0	0.00	63.63
0	0.00	0	0.00	63.26
52.45	63.02	0	0.00	63.02
52.59	62.42	0	0.00	62.42
53.08	62.03	0	0.00	62.03
53.09	61.98	0	0.00	61.98
53.1	61.94	0	0.00	61.94
0	0.00	0	0.00	61.83
0	0.00	0	0.00	61.81
0	0.00	142.54	61.07	61.07
0	0.00	143.29	60.51	60.51
0	0.00	0	0.00	60.31
53.49	60.25	0	0.00	60.25
55.3	55.88	0	0.00	55.88
0	0.00	0	0.00	55.23
64.23	32.81	183.33	21.55	54.37
56.19	53.76	0	0.00	53.76
56.42	52.77	0	0.00	52.77
56.46	52.59	0	0.00	52.59
57.02	51.90	0	0.00	51.90
57.09	51.60	0	0.00	51.60
0	0.00	0	0.00	51.07
0	0.00	0	0.00	50.67
57.34	50.52	0	0.00	50.52
0	0.00	0	0.00	49.49
0	0.00	158.39	45.76	45.76
0	0.00	158.39	45.76	45.76
0	0.00	0	0.00	44.87
60	44.20	0	0.00	44.20
60.08	43.85	0	0.00	43.85
60.12	43.68	0	0.00	43.68
60.51	41.99	0	0.00	41.99
63.19	35.58	0	0.00	35.58
63.19	35.58	0	0.00	35.58
63.19	35.58	0	0.00	35.58
71.37	14.03	183.53	21.23	35.26
63.27	35.24	0	0.00	35.24
63.59	33.85	0	0.00	33.85
64.25	32.73	0	0.00	32.73
0	0.00	176.3	28.41	28.41
69.13	20.26	0	0.00	20.26
81.18	1.00	0	0.00	1.00