

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

after 4 races

				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
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		0.00	343.58
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		0.00	298.65
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	296.15
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		0.00	283.89
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		0.00	277.22
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		0.00	269.59
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	257.13
Andrew Darby	MDC	M40/50	W	178.59	77.08	0.00	0.00	0.00	0.00	61.46	86.38	21.32	85.22		0.00	248.68
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		0.00	242.13
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		0.00	230.36
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		0.00	202.82
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	202.45
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		0.00	200.26
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		0.00	196.68
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		0.00	188.55
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	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	176.32
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		0.00	175.95
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	175.75
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		0.00	174.57
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	173.21
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	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	168.44
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	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	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	159.76
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		0.00	159.43
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		0.00	158.42
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		0.00	152.76
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	150.59
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	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	147.04

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

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Peter Morfey	Cardiff H'quins	M40	W	182.09	74.91	0.00	0.00	0.00	0.00	70.36	70.13	0.00	0.00	0.00	145.04
Dick Finch	MDC	M50/60	W	185.50	72.38	0.00	0.00	0.00	0.00	69.24	72.34	0.00	0.00	0.00	144.72
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	0.00	137.53
Dewi Sinclair	Eryri Harriers	M50	W	0.00	0.00	52.02	64.88	134.05	69.64	0.00	0.00	0.00	0.00	0.00	134.53
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	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	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	130.99
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	126.90
Sue Ashton	Chepstow H	F50	W	217.27	50.67	0.00	0.00	0.00	0.00	72.25	66.79	0.00	0.00	0.00	117.46
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	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	115.46
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	0.00	112.83
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	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	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	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	103.06
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	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	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	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	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	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	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	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	99.19
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	99.08
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	0.00	98.74
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	0.00	96.09
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	95.88
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	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	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	94.40
Colin Lancaster	Ludlow	M40		0.00	0.00	0.00	0.00	0.00	0.00	57.30	94.23	0.00	0.00	0.00	94.23
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	94.10

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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	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	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	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	92.38
Ifor Powell	Westbury	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.17	91.88	0.00	91.88
Steve Hammond	Tattenhall	M40		0.00	0.00	0.00	0.00	111.30	91.60	0.00	0.00	0.00	0.00	0.00	91.60
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	0.00	91.28
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	0.00	90.68
Andy Bickerstaff	Ranelagh Harriers	M40		0.00	0.00	0.00	0.00	0.00	0.00	59.28	90.61	0.00	0.00	0.00	90.61
Eilir Evans	Eryri Harriers	M40	W	0.00	0.00	0.00	0.00	112.58	90.17	0.00	0.00	0.00	0.00	0.00	90.17
Robert Hutton	Dark Peak	M40		0.00	0.00	0.00	0.00	113.26	89.72	0.00	0.00	0.00	0.00	0.00	89.72
Marc Reeves	u/a	SM	W	0.00	0.00	42.32	89.55	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.55
Douglas Adlam	MDC	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.45	89.39	0.00	89.39
Trefor Jones	Eryri Harriers	M40	W	0.00	0.00	42.44	89.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.03
Julian Carter	MDC	SM	W	161.35	89.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	89.03
Tim Reynolds	Great Western R	SM		161.45	88.92	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	88.92
Rhys Williams	MDC	SM	W	162.05	88.69	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	88.69
Tony Robson	Pennine FR	SM	E	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.55	88.50	0.00	88.50
Simon Ellis	Tattenhall	M40		0.00	0.00	43.02	88.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	88.25
Tom Gibbs	MDC	SM		163.38	87.62	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	87.62
Richard Wright	u/a	SM	W	0.00	0.00	0.00	0.00	0.00	0.00	61.21	87.15	0.00	0.00	0.00	87.15

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