



Dolgellau 5 Mile Road Race, Saturday 29th July 2006

Pos	Time	Name	Club	Age	No
1	0:25:04	OWEN, Gwyn	Eryri		74
2	0:25:54	CROWE, Steven	Ellesmere Port		31
3	0:26:07	WEEDALL, Mike	Wrexham	Men 0/50	66
4	0:26:09	JEFFERY, Craig	STAFFMOORLANDS AC		52
5	0:26:15	NEEDS, STEVE	Telford AC	Men 0/45	71
6	0:26:19	WILLIAMS, ALUN	Les Croupiers		63
7	0:26:27	NORMAN, DAVID	Helsby RC	Men 0/45	70
8	0:26:48	WRIGHT, Amanda	Birchfield Harriers	Women 0/35	77
9	0:27:09	WILLIAMS, Gary Rees	Menai Track and field	Men 0/40	88
10	0:28:04	BULLOCK, TERRY	Wolverhampton and Bilston	Men 0/45	41
11	0:28:11	ROBERTS, Dewi	Bro Dysynni		20
12	0:28:12	HOOD, John	Cobra AC	Men 0/45	30
13	0:28:13	GOUGH, DAVE	Vale Royal	Men 0/40	65
14	0:28:18	JONES, Andrew	Prestatyn		59
15	0:28:23	WRIGHT, David	Colchester Harriers	Men 0/45	68
16	0:28:39	ROBERTS, Dewi	Abergele Harriers		17
17	0:28:54	LEE, Richards	Abergele Harriers	Men 0/40	96
18	0:28:56	ROBERTS, Gareth	Abergele Harriers		18
19	0:29:10	BLINSTON, Kerry	North Wales Road Running Club		29
20	0:29:18	DAVIES, Emyr	Eryri	Men 0/60	35
21	0:29:27	NEWTON, Dave	Oswestry Olympians	Men 0/40	8
22	0:29:31	PARRY, Tony	Wrexham	Men 0/50	53
23	0:29:37	FOALE, Peter	Aberystwyth AC	Men 0/50	10
24	0:29:40	STINTON, Paul	Buckley Runners		26
25	0:30:04	CARSON, Ian	Wrexham	Men 0/55	78
26	0:30:06	LEWIS, Arwel	Eryri	Men 0/45	87
27	0:30:16	NICHOLLS, George	Prestatyn		86
28	0:30:46	WILLIAMS, MARK	Last Inn Runners	Men 0/45	33
29	0:31:05	MARSHALL, Trevor	Colwyn Bay	Men 0/50	90
30	0:31:16	GODWIN, Russell	Colwyn Bay		22
31	0:31:17	BURGESS, DANIEL	Aberystwyth AC		76
32	0:31:24	EVANS, Clive	Aberystwyth AC	Men 0/55	25
33	0:31:29	MARSH, Walter	Bro Dysynni	Men 0/55	43
34	0:31:30	ROBERTS, Tomos	Meirionnydd Running Club	Junior Men	51
35	0:31:42	SHUTTLEWOOD, Simon	Pesford Striders	Men 0/45	54
36	0:31:48	CONLON, Paul	Denbigh Harriers	Men 0/40	94
37	0:31:56	ROLLASON, Vince	Bromsgrove & Redditch AC	Men 0/50	36
38	0:32:17	ROBERTS, Dai	Aberystwyth AC	Men 0/45	57
39	0:32:36	MORGAN, Richard	Unattached	Men 0/40	95
40	0:32:45	EVANS, John	Aberystwyth AC	Men 0/60	21
41	0:32:47	BAILEY, Kate	Meirionnydd Running Club		72
42	0:32:50	TEMPLE, David	Deestriders		91
43	0:32:55	ANTAL, Sandor	Aberystwyth University Harriers		84
44	0:33:03	LAUD, Pete			56
45	0:33:16	FOSTER, Martin	Bourneville Harriers	Men 0/50	9
46	0:33:20	JONES, Iowerth	Meirionnydd Running Club	Men 0/45	60
47	0:34:18	TAVENER, MARY	Vale Royal	Women 0/40	67
48	0:34:23	STIELER, MARK	Aberystwyth AC	Men 0/45	61
49	0:34:38	JONES, Lucas		Junior Men	55
50	0:34:47	JONES, Glyn		Men 0/40	93
51	0:34:56	CRUTE, Geoffrey		Men 0/50	97

52	0:35:06	CHILTON, Robert	Bro Dysynni	Men 0/40	73
53	0:35:19	THOMAS, Jack	Buckley Runners	Men 0/60	42
54	0:35:33	RONALD, Vicky	Colwyn Bay	Women 0/35	23
55	0:35:43	PRIOR, Jamus			83
56	0:35:52	NICHOLLS, Peter	Meirionnydd Running Club	Men 0/55	13
57	0:36:15	EVANS, Kevin	Meirionnydd Running Club	Men 0/40	48
58	0:36:23	PRICE, Alison	Meirionnydd Running Club	Women 0/40	92
59	0:36:56	JONES, Sheila	Bro Dysynni	Women 0/45	28
60	0:37:05	LEA, Joseff		Junior Men	58
61	0:37:07	Rachel	Colchester Harriers	Women 0/40	69
62	0:37:22	THOMAS, ROBERT	Meirionnydd Running Club	Junior Men	24
63	0:38:01	TAYLOR, Malcolm	Bro Dysynni	Men 0/60	34
64	0:38:18	HARRISON, Hugh	Bro Dysynni	Men 0/50	50
65	0:38:23	STIELER, Elizabeth	Aberystwyth AC		15
66	0:38:29	JONES, Brenda	Bro Dysynni	Women 0/65	49
67	0:38:48	WILTSHIRE, Jackie			14
68	0:39:50	ROBERTS, Margaret	Meirionnydd Running Club	Women 0/40	62
69	0:39:57	DOOLAN, MIKE	Prestatyn	Men 0/50	64
70	0:40:11	PHEASANT, Colin	Cannock Chase Harriers	Men 0/50	85
71	0:40:25	ROBERTS, Arthur	Bro Dysynni	Men 0/65	39
72	0:41:06	BEARD, David	Eryri	Men 0/50	40
73	0:41:23	PARKINSON, Bridge	Aberystwyth AC		16
74	0:41:27	JACKSON, Barrie	Bro Dysynni	Men 0/65	38
75	0:44:49	BEESON, Michelle	Maldwyn Harriers	Women 0/35	79
76	0:45:00	PRIOR, Ian		Men 0/60	81
77	0:45:02	DAVIES, PHILIP		Men 0/65	37
78	0:45:32	EVANS, Marit	Bro Dysynni	Women 0/40	11
79	0:46:36	GRIFFITHS, Marjorie	Bro Dysynni	Women 0/60	27
80	0:47:06	PRIOR, Sue		Women 0/55	82
81	0:47:13	HUGHES, Einir			80
82	0:47:30	EVANS, TRACEY		Women 0/40	47
83	0:47:47	ORELLS, Caroline	Maldwyn Harriers	Women 0/45	6
84	0:48:21	UNWIN, Andy	Bro Dysynni	Men 0/40	3
85	0:55:14	BOOTH, TRACY	Colchester Harriers	Women 0/40	75
86	0:56:20	SYMONDS, Sheila	Bro Dysynni	Women 0/70	7
87	0:56:25	COOK, Simon	Meirionnydd Running Club		1
88	1:05:49	WINGATE, Katherine	Menai Track and field	Women 0/65	32