

Dolgellau 5 Mile RR Sat 2nd Aug 2003

Pos	Time	Name	Team	Cat	No.
1	0:24:36	NORTHALL, Luke	Wrexham	M18	61
2	0:25:07	WILLIAMS, Mark		M32	54
3	0:25:23	JONES, Bernie	Wrexham	M47	82
4	0:25:42	JONES, Richard	Unattached	M43	85
5	0:26:10	ROBBINS, Mike	Wrexham	M40	39
6	0:26:22	NORGROVE, Gary	Wrexham	M36	57
7	0:26:24	WEEDALL, Mike	Wrexham	M47	84
8	0:27:25	GILLILAND, Stephen	Bro Dysynni	M42	32
9	0:27:27	LEWIS, Arwel	Eryri	M44	42
10	0:27:37	WIGLEY, Tim	Bourne Town Harriers	M39	91
11	0:27:52	HODGSON, Kieran	Holme Valley Athletics	M28	106
12	0:28:02	DAVIES, Tim	Buckley Runners	M40	88
13	0:28:11	ROBERTS, Dewi	Bro Dysynni	M34	30
14	0:28:21	GODWIN, Russell	Colwyn Bay	M36	86
15	0:28:23	ROBERTS, Dai	Aberystwyth AC	M42	77
16	0:28:24	CARSON, Ian	Wrexham	M52	99
17	0:28:38	NORTHALL, Nicholas	Wrexham	M15	60
18	0:28:53	BURNS, Kenneth	Colwyn Bay	M33	18
19	0:28:57	PRICE, Jimmy	Liverpool Running Club	M50	68
20	0:29:03	EVANS, Tristan	Bro Dysynni	M18	3
21	0:29:04	DAVIES, Emyr	Eryri	M60	94
22	0:29:06	LIVETT, Stephen	Eryri	M41	41
23	0:29:12	FOALE, Peter	Aberystwyth AC	M51	75
24	0:29:15	JONES, Arwel Wyn	Prestatyn	M43	66
25	0:29:16	JONES, Keith		M37	74
26	0:29:33	BROUGH, Jonathan		M19	105
27	0:29:58	BRIZELL, Anne	Wrexham	F42	37
28	0:30:04	JONES, David Alan	Denbigh Harriers	M51	65
29	0:30:37	OWEN, Arfon	Cybi Striders	M38	102
30	0:30:40	EVANS, David Clive	Aberystwyth AC	M56	50
31	0:30:41	THOMAS, Dave	Les Croupiers	M50	11
32	0:30:46	PRICE, Stephen	Liverpool Running Club	M44	70
33	0:30:48	LOVEKIN, Jez		M61	23
34	0:30:53	JONES, Joseph	Bro Dysynni	M26	58
35	0:31:16	DAWSON, Jim		M40	33
36	0:31:21	CONLON, Paul		M37	97
37	0:31:27	LEWIS, Glyn		M44	109
38	0:31:36	JONES, Gwilym	Aberystwyth AC	M47	80
39	0:31:42	LANGSTON, Stewart	Bro Dysynni	M36	15
40	0:31:47	EVANS, John	Aberystwyth AC	M57	63
41	0:31:52	O'KEEFE, Geoffrey	Abertillery	M45	56
42	0:31:59	FOULKES, Llifon		M29	73
43	0:32:01	BEAZELEY, Chris		M36	107
44	0:32:04	GOODE, Andrea	Bro Dysynni	F33	69
45	0:32:10	HODGSON, Tony	Bro Dysynni	M53	12
46	0:32:13	JONES, Alan	Bro Dysynni	M43	92
47	0:32:20	TAYLOR, Malcolm	Bro Dysynni	M60	26
48	0:32:37	LEDSON, Ian		M38	81
49	0:32:40	JONES, Iwan	Bro Dysynni	M16	79
50	0:32:46	GRIFFITHS, Richard	Bro Dysynni	M53	53
51	0:33:21	ANICKIN, Alexander	Unattached	M46	103
52	0:33:22	VAUTIER, Anita		F24	8
53	0:33:24	ABRAHAMSEN, Rita	Harriers	F37	59
54	0:33:37	HIGGINS, Kevin	Unattached	M41	83
55	0:33:56	SAYCELL, Martyn		M30	9

56	0:34:15	JOHN, Gareth	Les Croupiers	M49	47
57	0:34:18	JONES, Arwel		M42	108
58	0:34:19	ROBERTS, Betsan		F22	100
59	0:34:48	ASHTON, Brian	Aberystwyth AC	M52	76
60	0:35:04	CHILTON, Bob	Bro Dysynni	M55	28
61	0:35:22	JEFFREYS, Jan	Oswestry Olympians	F40	98
62	0:35:24	STANLEY, Barry	Unattached	M67	62
63	0:35:28	CAMERON, Duncan		M47	111
64	0:35:28	WILLIAMS, Chris	Bro Dysynni	M41	95
65	0:35:44	RONALD, Vicky	Colwyn Bay	F36	87
66	0:36:17	MACARTHUR, Helen	Colwyn Bay	F35	89
67	0:36:24	JONES, Rhion	Cybi Striders	M27	104
68	0:36:39	HARRISON, Hugh	Bro Dysynni	M50	71
69	0:36:41	EDWARDS, Juliet		F41	43
70	0:37:03	LEWIS, Jamie		M21	29
71	0:37:08	LOUNDES, Anne	Chase Harriers	F40	64
72	0:37:13	BRIZELL, Phillip		M42	38
73	0:37:33	MORRIS, Doug	Oswestry Olympians	M71	44
74	0:38:52	LOVEKIN, Buffy		F29	21
75	0:39:05	BEARD, David	Eryri	M50	40
76	0:39:17	JONES, Sheila	Bro Dysynni	F42	19
77	0:39:20	HODGSON, Sam		M27	72
78	0:39:24	MUDWAY, Frances	West Cheshire AC	F54	93
79	0:39:34	GRUFFUDD, Gwydion		M27	25
80	0:39:47	BRADLEY, Nicholas	Bro Dysynni	M48	1
81	0:39:53	JONES, Rachelle Anna		F29	13
82	0:39:55	JONES, Rhian		F24	48
83	0:40:05	LANGSTON, Kay	Bro Dysynni	F33	16
84	0:40:27	JONES, Trevor	Bro Dysynni	M43	78
85	0:40:34	PRICE, Joe		M54	67
86	0:41:04	CLASSON, Frances	Deeside AAC	F68	34
87	0:41:14	TOWERS, Dave	Oswestry Olympians	M60	96
88	0:41:32	UNWIN, Andy	Bro Dysynni	M40	36
89	0:42:19	GRIFFITHS, Marjorie	Bro Dysynni	F58	49
90	0:43:14	HOLT, Veronica	Bro Dysynni	F62	20
91	0:43:32	RETALLICK, Hazel	Prestiegne Pacers	F44	55
92	0:44:38	REYNOLDS, Dilwyn		M64	2
93	0:45:27	GRESSLER, Fran		F37	110
94	0:47:53	DAVIES, Maldwyn		M43	22
95	0:48:21	JARRETT, Christine	Runners	F38	101
96	0:48:38	PEEL, Roy	Bro Dysynni	M73	46
97	0:52:47	GRIFFITHS, Eirlys	Bro Dysynni	F51	52
98	0:58:44	SYMONDS, Sheila	Bro Dysynni	F70	10
99	0:58:49	MOORE, Sheelagh	Unattached	F49	90