



Ras Tarren Hendre Sat 24th January 2009

	Time	Name	Club	Age		
1	0:51:22	ROBERTS, Richard	Eryri	Senior man	144	1
2	0:52:01	RIDGWAY, Iain	Eryri	Senior man	151	2
3	0:56:53	HAYNES, Adam	Eryri	Man 0/50	164	3
4	0:57:02	EDWARDS, Simon	Buckley Runners	Senior man	110	4
5	0:57:24	BARTLETT, Anna	Shrewbury	Senior Woman	142	5
6	0:57:29	HOWARTH, Paul	Eryri	Man 0/40	74	6
7	0:58:10	BELLAMY, Stewart	MERCIA FELL RUNNERS	Senior man	126	7
8	0:58:46	LEE, Jackie	Eryri	Senior Woman	72	8
9	0:58:49	THOMAS, Henry	Tarren Hendre	Man 0/40	80	9
10	0:59:27	CRAINE, Noel	Eryri	Man 0/40	149	10
11	0:59:31	JONES, Stephen	Eryri	Man 0/50	159	11
12	0:59:38	BAILEY, Kate	Meirionnydd Running Club	Senior Woman	75	12
13	0:59:46	ROBERTS, Andrea	Eryri	Senior Woman	101	13
14	1:00:16	JENKINSON, Paul	Eryri	Man 0/40	84	14
15	1:00:25	MONTGOMERY, John	Clwydian Range runners	Man 0/40	131	15
16	1:00:40	FLETCHER, Glyn	Maldwyn Harriers	Man 0/40	78	16
17	1:01:33	RICHARDS, Ifan	Merida Uk	Senior man	111	17
18	1:01:35	POWELL, Dave	Aberystwyth AC	Man 0/40	106	18
19	1:01:38	HINDLE, Neil	Unattached	Man 0/50	97	19
20	1:02:05	POWELL, Ross	Welsh fell running ASSOC	Man 0/50	147	20
21	1:02:19	BEESON, Paul	Maldwyn Harriers	Man 0/40	77	21
22	1:02:22	WILLIAMS, Gareth	Cybi Striders	Senior man	153	22
23	1:03:20	WILLIAMS, Donald	Eryri	Man 0/60	88	23
24	1:03:21	JONES, Andrew	Prestatyn	Senior man	113	24
25	1:03:32	ATHERTON, Mark	Unattached	Senior man	133	25
26	1:03:50	GAYLER, Jim	Dark Peak Fell Runners	Senior man	141	26
27	1:03:58	CORTVRIEND, Martin	CRR	Man 0/50	166	27
28	1:04:20	ROWLANDS, Nigel	Clwydian Range runners	Senior man	121	28
29	1:04:31	ROWLANDS, Kean	Clwydian Range runners	Man 0/50	104	29
30	1:04:53	HOLMES, Nicholas	Tattenhall Runners	Man 0/50	95	30
31	1:05:00	WEBSTER, Phoebe	Aberystwyth University Harriers	Senior Woman	168	31
32	1:05:04	JONES, Kevin	Meirionnydd Running Club	Man 0/40	108	32
33	1:05:07	AMESBURY, Ben	Clwydian Range runners	Senior man	154	33
34	1:05:22	ELIAS, Neil	Unattached	Man 0/40	107	34
35	1:05:35	PIERCE, Cai	Eryri	Senior man	115	35
36	1:05:42	BROWNING, Peter	Clayton-Le-Moors	Man 0/50	122	36
37	1:05:47	TRAINOR, Huw	Eryri	Senior man	109	37
38	1:05:52	SHAW, Rory	Unattached	Senior man	157	38
39	1:05:54	DUFFY, Roy	Clwydian Range runners	Senior man	132	39
40	1:06:00	BARKER, Louise	Aberystwyth AC	Senior Woman	105	40
41	1:06:11	MARHALL, Steven	Leighton Athletic	Man 0/40	68	41
42	1:06:27	LEWIS, Huw	Buckley Runners	Man 0/40	93	42
43	1:06:31	METCALFE, Ruth	Eryri	Senior Woman	114	43
44	1:06:41	BENNELL, Jim	Eryri	Man 0/50	163	44
45	1:06:57	BLAKE, Mike	Eryri	Man 0/60	116	45
46	1:07:02	EVANS, Darryl	Maldwyn Harriers	Man 0/40	76	46
47	1:07:45	LEWIS, Glyn	Bro Dysynni	Man 0/40	143	47
48	1:08:03	BAJIC, Stephen	Telford Harriers	Man 0/50	82	48
49	1:08:24	GARROD, Tom	abingdon amblers	Man 0/40	134	49

50	1:08:42	SPINNEY, Katrina	Eryri	Senior Woman	129	50
51	1:08:43	JONES, R Arwyn	Meirionnydd Running Club	Senior man	167	51
52	1:08:49	PRESTON, Adam	Meirionnydd Running Club	Senior man	137	52
53	1:09:21	HUNT, Gareth	Unattached	Senior man	145	53
54	1:09:25	MORRIS, John	Buckley Runners	Man 0/60	92	54
55	1:09:29	LANDUCCI, Ian	Helsby	Man 0/40	112	55
56	1:09:44	ROWLANDS, Sandra	Clwydian Range runners	Woman 0/40	103	56
57	1:10:22	MYLES, Chris	Shropshire Shufflers	Man 0/40	87	57
58	1:10:45	IFFLA, Hugo	Bro Dysynni	Man 0/50	117	58
59	1:11:27	ROWLANDS, Dilwyn	Eryri	Senior man	94	59
60	1:12:12	REALFF, Justin	Tattenhall Runners	Man 0/40	91	60
61	1:12:14	EVANS, Kevin	Meirionnydd Running Club	Man 0/40	138	61
62	1:12:22	JONES, Iowerth	Meirionnydd Running Club	Man 0/50	79	62
63	1:12:43	DAVIES, Emyr	Eryri	Man 0/60	89	63
64	1:12:46	CHARLWOOD, Ashley	Unattached	Senior man	118	64
65	1:12:51	GRIFFITHS, Richard	Bro Dysynni	Man 0/50	139	65
66	1:13:02	HARMER, Ed	Unattached	Man 0/40	158	66
67	1:13:31	SMITH, John D	Meirionnydd Running Club	Man 0/60	165	67
68	1:14:35	EDWARDS, Juliet	Meirionnydd Running Club	Woman 0/40	69	68
69	1:15:00	BLAKEMORE, Ian	Eryri	Man 0/50	102	69
70	1:15:43	BRADLEY, Nicholas	Meirionnydd Running Club	Man 0/50	73	70
71	1:15:53	WILLIAMS, Ian	Cybi Striders	Man 0/40	152	71
72	1:16:25	JONES, Philip	Prestatyn	Man 0/60	119	72
73	1:16:34	SALISBURY, Ellie	Eryri	Woman 0/40	85	73
74	1:16:42	WILDE, Amanda	Meirionnydd Running Club	Woman 0/40	130	74
75	1:16:47	NICHOLLS, Peter	Meirionnydd Running Club	Man 0/50	67	75
76	1:16:54	OLIVER, Alwyn	Eryri	Man 0/60	161	76
77	1:18:28	LINLEY, John	Clwydian Range runners	Man 0/60	83	77
78	1:18:42	WOOD, Emily	Eryri	Woman 0/40	150	78
79	1:19:25	TOWILL, Jenny	Unattached	Senior Woman	146	79
80	1:19:36	JONES, Graham	Bro Dysynni	Man 0/40	99	80
81	1:19:36	PHILLIPS, David	Bro Dysynni	Man 0/40	100	81
82	1:19:57	OLIVER, Maggie	Eryri	Woman 0/60	160	82
83	1:20:55	ELDRIDGE, Rucha	Unattached	Woman 0/40	125	83
84	1:21:25	ROBINSON, Ruby	Unattached	Senior Woman	140	84
85	1:21:35	AMESBURY, Yvonne	Clwydian Range runners	Woman 0/40	155	85
86	1:21:58	ASHTON, Brian	Aberystwyth AC	Man 0/50	71	86
87	1:22:23	PRICE, Alison	Meirionnydd Running Club	Woman 0/40	148	87
88	1:23:52	WILLIAMSON, Jennifer	Eryri	Senior Woman	128	88
89	1:24:38	EDMONDSON, Linda	Wrekin road runners	Woman 0/40	96	89
90	1:26:10	PADDOCK, Richard	Shropshire Shufflers	Man 0/50	81	90
91	1:27:37	MORGAN, Colette	Unattached	Senior Woman	169	91
92	1:28:38	WENLOCK, Tony	Aberystwyth AC	Man 0/50	70	92
93	1:29:12	ROBERTS, Iolo	Eryri	Man 0/40	120	93
94	1:29:35	PRESTON, Janet	Meirionnydd Running Club	Senior Woman	135	94
95	1:29:40	ROBERTS, Margaret	Meirionnydd Running Club	Woman 0/40	123	95
96	1:31:24	DOWNEY, Colin	Dudley Knowsfield RC	Man 0/50	156	96
97	1:35:47	BENNELL, Sheila	Eryri	Woman 0/50	162	97
98	1:36:37	GRETTON, Victor	Meirionnydd Running Club	Man 0/60	86	98
99	1:38:24	EVANS, TRACEY	Meirionnydd Running Club	Woman 0/40	136	99
100	1:38:47	WILLIAMS, Caren	Unattached	Senior Woman	98	100
101	01:47:24	FORD, Hilary	Unattached	Senior Woman	127	101
102	01:56:25	JONES, Martyn		Man 0/60	66	102

Short-Junior Race

1	10:06	Tecwyn Evans	Criccieth	Jnr Boy	198	
2	11:04	Bronwen Jenkinson	Caernarfon	Jnr Girl	199	
3	11.41	Megan Lloyd	Caernarfon	Jnr Girl	197	

www.run-meirionnydd.co.uk