

Snowdon International Mountain Race 2011
Provisional Results

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
15	Andi	Jones	M	1	M-INT	1	00:41:21	1	00:24:36	10	01:05:57	1	01:05:57	1		England
2	Murray	Strain	M	2	M-INT	2	00:42:12	2	00:23:52	5	01:06:04	2	01:06:03	2		Scotland
1	Robbie	Simpson	M	3	M-INT	3	00:44:02	3	00:23:34	2	01:07:36	3	01:07:36	3		Scotland
3	Jethro	Lennox	M	4	M-INT	4	00:44:28	5	00:24:10	6	01:08:38	4	01:08:38	4		Scotland
49	Lloyd	Taggett	M	5	MOPEN	1	00:44:28	4	00:24:37	11	01:09:05	5	01:09:04	5	Dark Peak Fell Runners	
17	Danny	Hope	M	6	M-INT	5	00:44:53	6	00:24:33	9	01:09:26	6	01:09:26	6		England
59	Robert	Baker	M	7	MOPEN	2	00:46:20	11	00:23:52	4	01:10:12	7	01:10:11	7	Dark Peak Fell Runners	
16	Ian	Homes	M	8	M-INT	6	00:47:15	17	00:23:25	1	01:10:40	8	01:10:40	8		England
29	Enrico	Benedetti	M	9	M-INT	7	00:46:08	9	00:24:44	12	01:10:52	9	01:10:52	9		Italy
10	Phillipe	Jones	M	10	M-INT	8	00:47:13	16	00:23:42	3	01:10:55	10	01:10:54	10		Wales
203	Steve	Hebblethwaite	M	11	MOPEN	3	00:45:45	8	00:25:20	19	01:11:05	11	01:11:05	11	Keswick AC	
18	Ben	Mounsey	M	12	M-INT	9	00:45:24	7	00:25:55	22	01:11:19	12	01:11:18	12		England
50	Richard	Phillips	M	13	MOPEN	4	00:46:42	15	00:24:46	13	01:11:28	13	01:11:25	13		
333	Graham	Pearce	M	14	MOPEN	5	00:46:14	10	00:25:24	20	01:11:38	14	01:11:37	14	Pudsey and Bramley	
8	Richard	Roberts	M	15	M-INT	10	00:47:40	18	00:24:12	7	01:11:52	15	01:11:52	15		Wales
22	Tom	Hogan	M	16	M-INT	11	00:46:35	13	00:25:47	21	01:12:22	16	01:12:21	16		Ireland
30	Gianluca	Volpi	M	17	M-INT	12	00:46:32	12	00:26:26	28	01:12:58	17	01:12:55	17		Italy
266	Michael	Kallenberg	M	18	MOPEN	6	00:48:52	20	00:24:32	8	01:13:24	18	01:13:23	18	Cardiff AAC	
9	Matt	Roberts	M	19	M-INT	13	00:48:45	19	00:24:52	14	01:13:37	19	01:13:35	19	Eryri Harriers	Wales
452	Jason	Williams	M	20	MOPEN	7	00:46:38	14	00:28:04	48	01:14:42	20	01:14:40	20	charnwood ac	
64	Tom	Beasant	M	21	MOPEN	8	00:50:00	23	00:26:14	25	01:16:14	21	01:16:07	21	Dark Peak Fell Runners	
283	William	Manners	M	22	M45+	1	00:50:59	33	00:25:20	18	01:16:19	22	01:16:16	22	Strathearn harriers	
309	Alastair	Murray	M	23	MOPEN	9	00:48:54	21	00:27:27	37	01:16:21	23	01:16:19	23	Horwich RMI Harriers	
359	Iain	Ridgway	M	24	MOPEN	10	00:51:28	35	00:24:53	15	01:16:21	24	01:16:20	24	Eryri Harriers	
24	Stephen	Cleary	M	25	M-INT	14	00:51:41	36	00:24:55	16	01:16:36	25	01:16:35	25		Ireland
220	John	Hunt	M	26	M45+	2	00:50:32	27	00:26:08	24	01:16:40	26	01:16:38	26	Dark Peak Fell Runners	
353	Jason	Reid	M	27	MOPEN	11	00:51:41	37	00:25:02	17	01:16:43	27	01:16:40	27	Rathfarnham WSAF AC	
415	Carwyn	Thomas	M	28	MOPEN	12	00:50:52	31	00:26:31	31	01:17:23	28	01:17:21	28	sarn helen	
32	Andrew	Niblock	M	29	M-INT	15	00:50:46	30	00:26:50	34	01:17:36	29	01:17:35	29		N Ireland
294	Mark	Mcgoldrick	M	30	MOPEN	13	00:50:54	32	00:26:58	35	01:17:52	30	01:17:50	30	Wharfedale Harriers	
4	Andy	Fallas	M	31	M-INT	16	00:49:59	22	00:28:04	46	01:18:03	31	01:18:03	31		Scotland
25	Roger	Barrett	M	32	M-INT	17	00:50:44	29	00:27:33	39	01:18:17	32	01:18:16	33		Ireland
208	Pete	Hodges	M	33	MOPEN	14	00:50:08	24	00:28:09	49	01:18:17	33	01:18:16	32	Dark Peak Fell Runners	
256	Paul	Jones	M	34	M40+	1	00:52:02	39	00:26:18	27	01:18:20	34	01:18:19	34	Oswestry Olympians	
399	Sam	Smith	M	35	MOPEN	15	00:50:42	28	00:27:54	43	01:18:36	35	01:18:35	36	Eryri Harriers	
31	Egidio	Gusmeroli	M	36	M-INT	18	00:52:09	40	00:26:28	30	01:18:37	36	01:18:34	35		Italy
164	Matthew	Fortes	M	37	MOPEN	16	00:52:30	43	00:26:27	29	01:18:57	37	01:18:55	37	Eryri Harriers	
35	David	McNeilly	M	38	M-INT	19	00:52:19	42	00:26:45	33	01:19:04	38	01:19:03	38		N Ireland
319	Hugh	O'donnell	M	39	MOPEN	17	00:53:19	49	00:26:02	23	01:19:21	39	01:19:20	39	Ambleside	
33	Andrew	Annett	M	40	M-INT	20	00:51:57	38	00:27:44	40	01:19:41	40	01:19:40	40		N Ireland
188	Ian	Grindley	M	41	M45+	3	00:53:10	48	00:26:32	32	01:19:42	41	01:19:40	41	Mercia Fell Runners	
235	Dylan Wynn	Jones	M	42	MOPEN	18	00:52:53	46	00:27:01	36	01:19:54	42	01:19:53	42	Eryri Harriers	
440	Alex	Whittem	M	43	MOPEN	19	00:50:16	25	00:29:48	82	01:20:04	43	01:20:02	43	Calder Valley Fell Runners	
157	Jordan	Evans	M	44	MOPEN	20	00:54:01	59	00:26:17	26	01:20:18	44	01:20:17	44	Eryri Harriers	
23	Robert	Malseed	M	45	M-INT	21	00:50:27	26	00:29:53	84	01:20:20	45	01:20:20	45		Ireland
135	Liam	Dunne	M	46	MOPEN	21	00:53:07	47	00:27:31	38	01:20:38	46	01:20:34	46	Otley AC	
19	Pippa	Maddams	F	1	F-INT	1	00:52:18	41	00:28:35	54	01:20:53	47	01:20:53	47		England
290	Stuart Thomas	Maycock	M	47	M40+	2	00:53:34	51	00:28:10	50	01:21:44	48	01:21:39	48	hallamshire harriers	
5	Catriona	Buchanan	F	2	F-INT	2	00:52:45	45	00:29:29	76	01:22:14	49	01:22:12	49		Scotland
497	Steffan	Hughes	M	48	MOPEN	22	00:53:34	52	00:28:59	60	01:22:33	50	01:22:29	50	Carmarthen Harriers	
442	Dave	Wilby	M	49	MOPEN	23	00:53:52	57	00:28:46	58	01:22:38	51	01:22:34	51	Ilkley Harriers	
7	Christina	Rankin	F	3	F-INT	3	00:53:30	50	00:29:15	67	01:22:45	52	01:22:42	52		Scotland
408	John	Stockdale	M	50	MOPEN	24	00:53:45	53	00:29:07	64	01:22:52	53	01:22:49	53	Altrincham AC	
371	Simon	Roberts	M	51	M40+	3	00:54:00	58	00:29:01	62	01:23:01	54	01:22:57	54	Buckley Runners	
255	Owain	Jones	M	52	MOPEN	25	00:54:20	61	00:28:44	57	01:23:04	55	01:23:03	55	Swansea Harriers	
141	Aled	Edwards	M	53	MOPEN	26	00:54:17	60	00:28:51	59	01:23:08	56	01:23:02	56	Eryri Harriers	
272	Steve	Knowles	M	54	M40+	4	00:54:54	65	00:28:33	53	01:23:27	57	01:23:24	57	Pennine Fell Runners	
401	Thomas	Smith	M	55	MOPEN	27	00:52:43	44	00:30:57	112	01:23:40	58	01:23:34	58	South Yorkshire Police AC	
320	Rory	O'donnell	M	56	MOPEN	28	00:54:39	64	00:29:01	61	01:23:40	59	01:23:38	60	Eryri Harriers	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
111	Paul	Crabtree	M	57	M40+	5	00:54:27	62	00:29:15	68	01:23:42	60	01:23:37	59		
304	Gari	Morris	M	58	MOPEN	29	00:53:48	56	00:29:59	92	01:23:47	61	01:23:42	61		
299	James	Mcqueen	M	59	M40+	6	00:55:43	77	00:28:04	47	01:23:47	62	01:23:44	62	Eryri Harriers	
393	Stefan	Simms	M	60	M40+	7	00:56:02	81	00:27:59	44	01:24:01	63	01:23:55	63	Griffithstown Harriers	
112	Noel	Craine	M	61	M45+	4	00:54:33	63	00:29:29	77	01:24:02	64	01:23:59	64	Eryri Harriers	
70	James	Bingham	M	62	MOPEN	30	00:55:03	69	00:29:35	79	01:24:38	65	01:24:36	66		
396	Alan	Smith	M	63	M50+	1	00:55:14	70	00:29:25	75	01:24:39	66	01:24:33	65	Deeside Runners	
36	Karen	Alexander	F	4	F-INT	4	00:55:36	74	00:29:14	66	01:24:50	67	01:24:48	68		N Ireland
431	Paul	Wathan	M	64	MOPEN	31	00:54:54	66	00:29:58	89	01:24:52	68	01:24:51	69	Eryri Harriers	
138	Lawrence	Eccles	M	65	MOPEN	32	00:55:36	75	00:29:16	69	01:24:52	69	01:24:43	67	Penny Lane Striders	
58	James	Bacon	M	66	MOPEN	33	00:54:57	68	00:29:58	90	01:24:55	70	01:24:52	70		
505	Lindsey	Brindle	F	5	FOPEN	1	00:57:01	97	00:28:00	45	01:25:01	71	01:24:57	71	horwich rmi harriers	
346	Adam	Preston	M	67	MOPEN	34	00:57:19	99	00:27:47	41	01:25:06	72	01:25:00	72	Meirionnydd RC	
6	Fiona	Maxwell	F	6	F-INT	5	00:53:47	54	00:31:22	119	01:25:09	73	01:25:06	73		Scotland
402	Stephen	Smithies	M	68	M40+	8	00:57:29	104	00:27:50	42	01:25:19	74	01:25:14	74	Calder Valley Fell Runners	
225	Paul	Jenkinson	M	69	M40+	9	00:55:24	72	00:30:00	93	01:25:24	75	01:25:21	75	Eryri Harriers	
212	Kevin	Hoult	M	70	MOPEN	35	00:56:51	92	00:28:37	56	01:25:28	76	01:25:21	76	Calder Valley Fell Runners	
221	Charles	Hutchinson	M	71	MOPEN	36	00:56:14	86	00:29:16	70	01:25:30	77	01:25:26	77	Hunters Bog Trotters	
63	Karl	Beardall	M	72	MOPEN	37	00:53:48	55	00:31:49	134	01:25:37	78	01:25:34	78	Fleckney & Kibworth	
75	Daniel	Brazier	M	73	MOPEN	38	00:55:56	80	00:29:50	83	01:25:46	79	01:25:43	79	Mercia Fell Runners	
339	Neil	Pettie	M	74	MOPEN	39	00:56:18	87	00:29:33	78	01:25:51	80	01:25:44	80	Goyt Valley Striders	
409	Stuart	Stoddart	M	75	M40+	10	00:56:55	93	00:29:08	65	01:26:03	81	01:25:57	81	Eden Runners	
55	Mark	Atherton	M	76	M40+	11	00:57:59	115	00:28:22	51	01:26:21	82	01:26:14	82	Meirionnydd RC	
276	Arwel	Lewis	M	77	M50+	2	00:56:43	90	00:29:38	80	01:26:21	83	01:26:20	83	Eryri Harriers	
163	John	Ford	M	78	M40+	12	00:57:58	113	00:28:36	55	01:26:34	84	01:26:28	85	North Wales Road Runners	
297	Owen	Mcintyre	M	79	MOPEN	40	00:56:23	89	00:30:16	98	01:26:39	85	01:26:26	84		
102	Martin	Cliffe	M	80	M40+	13	00:55:53	79	00:30:50	108	01:26:43	86	01:26:42	86	Eryri Harriers	
312	Leo	Nathan	M	81	MOPEN	41	00:55:36	76	00:31:17	118	01:26:53	87	01:26:46	87		
21	Katie	Walshaw	F	7	F-INT	6	00:56:06	82	00:30:51	110	01:26:57	88	01:26:56	89		England
342	Martyn	Pollitt	M	82	M50+	3	00:58:40	123	00:28:22	52	01:27:02	89	01:26:55	88	Burnden Roadrunners	
169	Kevin	Francis	M	83	M45+	5	00:56:09	84	00:30:59	114	01:27:08	90	01:27:06	92	Shrewsbury AC	
334	Nick	Pearce	M	84	M55+	1	00:56:59	95	00:30:12	97	01:27:11	91	01:27:01	91	Ilkley Harriers	
427	Sean	Walker	M	85	MOPEN	42	00:57:21	100	00:29:53	85	01:27:14	92	01:27:08	93		
182	Mark	Gray	M	86	M40+	14	00:57:16	98	00:30:00	94	01:27:16	93	01:27:13	94	Dark Peak Fell Runners	
226	Richard	Johnson	M	87	MOPEN	43	00:56:11	85	00:31:09	115	01:27:20	94	01:26:57	90	Islwyn RC	
245	Ian	Jones	M	88	MOPEN	44	00:57:40	108	00:29:43	81	01:27:23	95	01:27:20	96		
206	Paul	Hobbs	M	89	MOPEN	45	00:58:07	117	00:29:18	71	01:27:25	96	01:27:19	95	Todmorden Harriers	
468	Dafydd	Williams	M	90	M40+	15	00:56:22	88	00:31:11	116	01:27:33	97	01:27:28	97	Eryri Harriers	
284	Georgios	Manoudis	M	91	MOPEN	46	00:56:09	83	00:31:58	141	01:28:07	98	01:28:03	99		
287	Pete	Matthews	M	92	MOPEN	47	00:57:23	101	00:30:45	105	01:28:08	99	01:27:57	98	Kenilworth Runners	
324	Gwynfor	Owen	M	93	M55+	2	00:54:56	67	00:33:13	173	01:28:09	100	01:28:06	102	Eryri Harriers	
28	Emma	Donlon	F	8	F-INT	7	00:56:47	91	00:31:23	120	01:28:10	101	01:28:05	101		Ireland
384	Richard	Scott	M	94	M45+	6	00:57:41	109	00:30:34	103	01:28:15	102	01:28:04	100	Bingley Harriers and Athletic	
14	Sarah	Ridgway	F	9	F-INT	8	00:59:01	129	00:29:20	73	01:28:21	103	01:28:17	103	Eryri Harriers	Wales
179	Ian	Gladwell	M	95	M45+	7	00:57:42	110	00:30:45	106	01:28:27	104	01:28:24	105	WEST END RUNNERS	
380	Mark	Salkild	M	96	M50+	4	00:59:06	131	00:29:24	74	01:28:30	105	01:28:26	106	Dark Peak Fell Runners	
406	Andy	Staveley	M	97	M50+	5	00:57:00	96	00:31:33	128	01:28:33	106	01:28:22	104	Burnden Roadrunners	
53	Charles	Ashley	M	98	M50+	6	00:55:27	73	00:33:20	175	01:28:47	107	01:28:33	107	wrexham ac	
261	Darren	Fishwick	M	99	M40+	16	00:58:42	124	00:30:07	96	01:28:49	108	01:28:41	108	Chorley Harriers and Tri Club	
466	Oliver	Way	M	100	MOPEN	48	00:56:56	94	00:31:55	137	01:28:51	109	01:28:43	109		
386	Paul	Shackleton	M	101	M45+	8	00:58:57	127	00:29:55	87	01:28:52	110	01:28:50	111	Clayton Le Moors Harriers	
166	Llifton	Foulkes	M	102	MOPEN	49	00:58:33	120	00:30:19	99	01:28:52	111	01:28:45	110	Eryri Harriers	
439	Dyfed	Whiteside-Thomas	M	103	MOPEN	50	00:57:26	102	00:31:31	124	01:28:57	112	01:28:51	112		
364	Darren	Roberts	M	104	MOPEN	51	00:59:02	130	00:30:19	100	01:29:21	113	01:29:15	113		
110	Ben	Cousens	M	105	MOPEN	52	00:59:35	138	00:29:59	91	01:29:34	114	01:29:29	115	Otley ac	
281	Phillip	Lynes	M	106	MOPEN	53	00:57:44	111	00:31:51	135	01:29:35	115	01:29:33	117		
403	Craig	South	M	107	MOPEN	54	00:57:39	107	00:32:08	146	01:29:47	116	01:29:39	118		
246	Kevin	Jones	M	108	M45+	9	00:58:06	116	00:31:42	131	01:29:48	117	01:29:31	116	Meirionnydd RC	
385	Jonathon	Seymour	M	109	MOPEN	55	00:58:59	128	00:30:52	111	01:29:51	118	01:29:25	114		
34	Sam	Heron	M	110	M-INT	22	00:58:09	118	00:31:44	133	01:29:53	119	01:29:52	119		N Ireland
147	Mark	Ellithorn	M	111	M45+	10	01:01:09	154	00:29:02	63	01:30:11	120	01:30:05	120	Chorley Harriers and Tri Club	
193	Ken	Ham	M	112	M45+	11	00:57:27	103	00:32:45	156	01:30:12	121	01:30:05	121	Thornbury RC	

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434	Dylan	Webber	M	113	MOPEN	56	00:59:26	134	00:30:46	107	01:30:12	122	01:30:07	123	Eryri Harriers	
471	Irfon	Rowlands	M	114	M40+	17	01:00:18	143	00:29:56	88	01:30:14	123	01:30:05	122	Eryri Harriers	
20	Jo	Buckley	F	10	F-INT	9	00:55:44	78	00:35:03	232	01:30:47	124	01:30:46	125		England
231	Craig	Jones	M	115	M40+	18	01:00:51	149	00:30:06	95	01:30:57	125	01:30:50	126	Eryri Harriers	
273	Stephen	Laker	M	116	MOPEN	57	00:57:54	112	00:33:03	167	01:30:57	126	01:30:54	129	wirral ac	
209	John	Hodgson	M	117	M40+	19	00:58:51	125	00:32:07	145	01:30:58	127	01:30:53	128		
390	Ian	Shelley	M	118	M40+	20	00:58:32	119	00:32:28	153	01:31:00	128	01:30:54	130	City of Salisbury R&AC	
335	Gary	Pearson	M	119	M40+	21	01:00:30	146	00:30:31	102	01:31:01	129	01:30:45	124	Croft Ambrey Running Club	
289	Jonathan	Maxfield	M	120	MOPEN	58	00:58:35	121	00:32:27	152	01:31:02	130	01:31:00	132	Rotherham Harriers	
100	Phil	Clayton	M	121	M45+	12	01:01:11	155	00:29:54	86	01:31:05	131	01:30:59	131	FRA	
162	Glyn	Fletcher	M	122	M45+	13	01:01:50	165	00:29:20	72	01:31:10	132	01:30:51	127	Maldwyn Harriers	
548	Rebecca-Jane	Law	F	11	FOPEN	2	01:00:11	140	00:31:16	117	01:31:27	133	01:31:20	133	Eryri Harriers	
145	Neil Oliver	Elias	M	123	M45+	14	01:00:06	139	00:31:25	123	01:31:31	134	01:31:25	134	Eryri Harriers	
139	Iwan	Edgar	M	124	M50+	7	00:59:12	132	00:32:19	148	01:31:31	135	01:31:28	135	Eryri Harriers	
355	James	Rhodes	M	125	M45+	15	00:59:32	135	00:32:19	147	01:31:51	136	01:31:44	136	Bowland FR	
137	Graham	Earlam	M	126	M50+	8	00:57:35	106	00:34:30	216	01:32:05	137	01:32:02	138	Ellesmere Port	
520	Siobhan	Evans	F	12	FOPEN	3	00:57:31	105	00:34:35	219	01:32:06	138	01:31:58	137		
387	Simon	Sharp	M	127	M40+	22	00:58:39	122	00:33:38	187	01:32:17	139	01:32:05	139	Nottingham HomePP	
367	Gwyn	Roberts	M	128	M40+	23	01:00:15	142	00:32:06	143	01:32:21	140	01:32:10	140		
260	Stephen	Jones	M	129	M40+	24	01:01:51	166	00:30:43	104	01:32:34	141	01:32:21	143	Clwydian Range Runners	
170	Ian	Fraser	M	130	M45+	16	01:01:38	160	00:30:57	113	01:32:35	142	01:32:19	142	FRA	
269	Michael	Kelly	M	131	M40+	25	01:01:15	156	00:31:23	121	01:32:38	143	01:32:16	141	Leighton Buzzard A/C	
373	Tegid	Roberts	M	132	M50+	9	00:55:22	71	00:37:22	306	01:32:44	144	01:32:41	144		
90	Simone	Capponi	M	133	MOPEN	59	01:01:20	158	00:31:56	138	01:33:16	145	01:33:12	146	Penny lane Striders	
328	Rhys	Owen	M	134	MOPEN	60	00:59:34	137	00:33:42	192	01:33:16	146	01:33:13	147		
524	Lisa	Grantham	F	13	FOPEN	4	01:00:29	145	00:32:49	157	01:33:18	147	01:33:14	148	Wirral AC	
222	Llion	Iwan	M	135	M40+	26	00:58:52	126	00:34:28	212	01:33:20	148	01:33:18	149	Eryri Harriers	
13	Andrea	Rowlands	F	14	F-INT	10	01:01:39	162	00:31:43	132	01:33:22	149	01:33:18	150		Wales
130	William S	Davies	M	136	M40+	27	00:59:24	133	00:34:03	203	01:33:27	150	01:33:06	145		
423	Ashley	Wager	M	137	M50+	10	01:00:41	148	00:33:04	171	01:33:45	151	01:33:39	151	Eryri Harriers	
142	Gethin	Edwards	M	138	MOPEN	61	01:00:15	141	00:33:45	195	01:34:00	152	01:33:54	153	Menai Track and Field	
404	Chris	Speight	M	139	M50+	11	01:02:41	181	00:31:33	127	01:34:14	153	01:34:09	156	Helm Hill Runners	
310	Leo	Murray	M	140	MOPEN	62	01:02:21	175	00:31:56	140	01:34:17	154	01:33:46	152	SHREWSBURY AC	
295	Dave	Mcgrath	M	141	M45+	17	01:02:19	173	00:31:59	142	01:34:18	155	01:34:08	155	Cheltenham Harriers	
262	Tom	Jones	M	142	M45+	18	01:02:52	183	00:31:31	125	01:34:23	156	01:33:59	154	Bro Dysynni AC	
249	Martin	Jones	M	143	M45+	19	01:01:38	161	00:32:52	160	01:34:30	157	01:34:12	157	North Wales Fire and Rescue Se	
101	Cedric	Clemerson	M	144	M55+	3	00:59:32	136	00:35:15	237	01:34:47	158	01:34:39	159	Heathfield Road Runners	
118	Richard	Davey	M	145	MOPEN	63	01:01:08	153	00:33:42	193	01:34:50	159	01:34:43	160	Wetherby Runners	
308	Mark	Murphy	M	146	MOPEN	64	01:01:52	167	00:32:59	163	01:34:51	160	01:34:37	158	Manx Fell Runners	
196	Edward	Harmer	M	147	M40+	28	01:02:26	178	00:32:38	155	01:35:04	161	01:34:55	162	Eryri Harriers	
400	Stuart W	Smith	M	148	MOPEN	65	01:03:29	195	00:31:40	130	01:35:09	162	01:34:58	163	Cosmic Hillbashers	
372	Stephen	Roberts	M	149	M55+	4	01:02:09	171	00:33:01	164	01:35:10	163	01:34:50	161	Oswestry Olympians	
388	Graham	Shaw	M	150	M50+	12	01:01:04	152	00:34:11	207	01:35:15	164	01:35:05	165	Bolton Harriers	
150	Simon	Entwisle	M	151	M55+	5	01:04:29	209	00:30:50	109	01:35:19	165	01:35:10	166	Pennine Fell Runners	
241	Gwynedd	Jones	M	152	MOPEN	66	01:01:00	151	00:34:27	211	01:35:27	166	01:35:04	164		
96	Richard	Cheney	M	153	MOPEN	67	01:01:30	159	00:34:03	204	01:35:33	167	01:35:12	167		
214	Derek	Hughes	M	154	M50+	13	01:00:30	147	00:35:07	233	01:35:37	168	01:35:31	169	east cheshire harriers	
508	Lynne	Clough	F	15	F40+	1	01:01:43	163	00:33:57	200	01:35:40	169	01:35:36	170	Chorley Harriers and Tri Club	
343	Gary	Porter-Jones	M	155	M40+	29	01:02:46	182	00:33:02	165	01:35:48	170	01:35:27	168	Eryri Harriers	
12	Katie	Beecher	F	16	F-INT	11	01:05:20	222	00:30:29	101	01:35:49	171	01:35:45	172		Wales
26	Aoife	Joyce	F	17	F-INT	12	01:02:22	176	00:33:30	179	01:35:52	172	01:35:47	173		Ireland
317	Cormac	O Ceallaigh	M	156	MOPEN	68	01:03:20	190	00:32:32	154	01:35:52	173	01:35:41	171	Sli Cualann	
144	Arwel	Elias	M	157	MOPEN	69	01:02:27	179	00:33:34	186	01:36:01	174	01:35:51	174	Clwb rhedeg anturiaethau off d	
459	Brian	Wills	M	158	MOPEN	70	01:02:59	187	00:33:14	174	01:36:13	175	01:36:05	175	Llanberis MRT	
115	Jason	Cropton	M	159	MOPEN	71	01:02:20	174	00:34:00	201	01:36:20	176	01:36:08	176	STROUD & DISTRICT AC	
242	Haydn	Jones	M	160	M50+	14	01:04:55	216	00:31:39	129	01:36:34	177	01:36:33	178	Maldwyn Harriers	
68	Neil	Bevan	M	161	M40+	30	01:02:04	170	00:34:39	224	01:36:43	178	01:36:23	177	Oswestry Olympians	
575	Ellie	Sutcliffe	F	18	FOPEN	5	01:01:56	168	00:34:51	230	01:36:47	179	01:36:42	181	Exmouth Harriers	
228	Andy	Jones	M	162	MOPEN	72	01:03:43	196	00:33:04	170	01:36:47	180	01:36:42	180	North Wales Road Runners	
51	Rhys	Ab Elwyn	M	163	M45+	20	00:57:59	114	00:38:48	333	01:36:47	181	01:36:42	182	Eryri Harriers	
448	Gary	Williams	M	164	M40+	31	01:04:29	210	00:32:25	150	01:36:54	182	01:36:40	179		
47	Marco	Mazzoni	M	165	M-INT	23	01:02:15	172	00:34:46	227	01:37:01	183	01:36:59	183		

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
105	Dylan	Cole-Jones	M	166	MOPEN	73	01:02:26	177	00:34:38	223	01:37:04	184	01:36:59	184	Eryri Harriers	
327	Neil	Owen	M	167	M55+	6	01:03:27	192	00:33:39	190	01:37:06	185	01:36:59	185	Prestatyn RC	
407	Paul	Stinton	M	168	MOPEN	74	01:03:28	193	00:33:43	194	01:37:11	186	01:37:04	186	Clwydian Range Runners	
433	Tim	Watson	M	169	M45+	21	01:01:18	157	00:35:56	258	01:37:14	187	01:37:06	187		
116	Tony	Crossley	M	170	M55+	7	01:05:10	221	00:32:06	144	01:37:16	188	01:37:06	188	east grinstead and district ac	
87	David	Burton	M	171	M50+	15	01:03:20	189	00:34:02	202	01:37:22	189	01:37:09	190	STROUD & DISTRICT AC	
350	Andrew	Pye	M	172	MOPEN	75	01:00:52	150	00:36:33	277	01:37:25	190	01:37:13	191	WM Police	
263	Trefor	Jones	M	173	M45+	22	01:00:29	144	00:36:58	296	01:37:27	191	01:37:19	193	Eryri Harriers	
451	Ian	Williams	M	174	M40+	32	01:02:53	185	00:34:35	218	01:37:28	192	01:37:07	189	Cheltenham Tri Club	
562	Libby	Peter	F	19	F45+	1	01:04:00	201	00:33:33	183	01:37:33	193	01:37:27	195	Eryri Harriers	
450	Gwion	Williams	M	175	MOPEN	76	01:04:02	202	00:33:33	184	01:37:35	194	01:37:24	194	Eryri Harriers	
357	John	Richards	M	176	M45+	23	01:03:57	199	00:33:41	191	01:37:38	195	01:37:18	192	Oswestry Olympians	
533	Jenny	Heming	F	20	F40+	2	01:05:44	232	00:31:56	139	01:37:40	196	01:37:37	196	Eryri Harriers	
254	Nick	Jones	M	177	MOPEN	77	01:02:53	184	00:34:57	231	01:37:50	197	01:37:39	197	Eryri Harriers	
351	Ross	Quick	M	178	MOPEN	78	01:03:28	194	00:34:28	214	01:37:56	198	01:37:41	198		
52	Laurie	Anderson	M	179	M50+	16	01:01:46	164	00:36:23	273	01:38:09	199	01:38:06	201	Fife AC	
344	Ross	Powell	M	180	M55+	8	01:05:05	218	00:33:21	176	01:38:26	200	01:38:04	200	Mercia Fell Runners	
583	Lesley	Harris	F	21	FOPEN	6	01:03:48	197	00:34:40	225	01:38:28	201	01:38:02	199	Meirionnydd RC	
580	Alyson	Hayes	F	22	F40+	3	01:06:07	240	00:32:26	151	01:38:33	202	01:38:19	204		
175	Karl	Garside	M	181	M45+	24	01:05:29	229	00:33:04	168	01:38:33	203	01:38:18	203		
405	Paul	Spurge	M	182	M55+	9	01:04:28	208	00:34:07	206	01:38:35	204	01:38:15	202	Portsmouth Joggers Club	
286	Trevor	Marshall	M	183	M55+	10	01:05:42	230	00:32:59	162	01:38:41	205	01:38:29	205		
73	Dave	Boothroyd	M	184	M45+	25	01:03:57	200	00:34:47	228	01:38:44	206	01:38:31	206	Buckley Runners	
91	Greg	Carns	M	185	M40+	33	01:04:49	215	00:33:56	199	01:38:45	207	01:38:37	207	St Helens Sutton AC	
123	Gwylm	Davies	M	186	MOPEN	79	01:05:09	220	00:33:46	196	01:38:55	208	01:38:45	208		
122	Graham	Davies	M	187	M45+	26	01:06:07	241	00:32:51	158	01:38:58	209	01:38:53	209	mysteruns	
366	Emlyn	Roberts	M	188	M45+	27	01:07:47	265	00:31:24	122	01:39:11	210	01:39:03	210	Eryri Harriers	
413	Mark	Taylor	M	189	MOPEN	80	01:07:08	256	00:32:23	149	01:39:31	211	01:39:22	211	Clayton Le Moors Harriers	
257	Peter M	Jones	M	190	M50+	17	01:08:05	271	00:31:32	126	01:39:37	212	01:39:28	213		
285	David	Marham	M	191	M45+	28	01:05:54	236	00:33:55	198	01:39:49	213	01:39:26	212	Leighton Buzzard A/C	
27	Lucy	Darcy	F	23	F-INT	13	01:04:25	206	00:35:26	244	01:39:51	214	01:39:49	217		Ireland
250	Michael	Jones	M	192	M50+	18	01:04:17	204	00:35:39	249	01:39:56	215	01:39:43	215		
538	Bethan Dobson	Jones	F	24	FOPEN	7	01:06:13	243	00:33:46	197	01:39:59	216	01:39:49	216	Eryri Harriers	
176	Jonathan	Gibson	M	193	M45+	29	01:04:35	211	00:35:25	243	01:40:00	217	01:39:43	214	Wharfedale Harriers	
435	Russell	Webley	M	194	M40+	34	01:02:29	180	00:37:36	312	01:40:05	218	01:39:59	220	London Fields Tri	
82	Mark	Burgoyne	M	195	M45+	30	01:04:04	203	00:36:02	262	01:40:06	219	01:39:55	219	Sparkhill Harriers & WFRA	
361	James	Riley	M	196	M40+	35	01:06:35	246	00:33:38	188	01:40:13	220	01:39:50	218	Todmorden Harriers	
223	Paul	Jackson	M	197	M45+	31	01:07:26	260	00:32:54	161	01:40:20	221	01:40:10	221	Chorley Harriers and Tri Club	
443	John	Willacy	M	198	M40+	36	01:06:05	239	00:34:28	213	01:40:33	222	01:40:11	222		
153	Darryl	Evans	M	199	M50+	19	01:07:05	254	00:33:32	182	01:40:37	223	01:40:15	223	Maldwyn Harriers	
411	Robyn	Sweeney Smith	M	200	MOPEN	81	01:05:08	219	00:35:32	247	01:40:40	224	01:40:34	224		
296	David	Mcintyre	M	201	MOPEN	82	01:08:56	292	00:31:51	136	01:40:47	225	01:40:36	225	FRA	
274	Richard	Lawson	M	202	MOPEN	83	01:06:10	242	00:34:50	229	01:41:00	226	01:40:51	227		
268	Toby	Keep	M	203	MOPEN	84	01:04:48	214	00:36:18	269	01:41:06	227	01:40:53	228	Eryri Harriers	
155	Ifan Richard	Evans	M	204	M40+	37	01:08:10	272	00:33:04	169	01:41:14	228	01:40:48	226	Clwb Rygbi C/Fon	
125	Ieuan	Davies	M	205	M40+	38	01:07:47	266	00:33:33	185	01:41:20	229	01:40:59	230		
81	Stephen	Brown	M	206	M50+	20	01:05:29	227	00:35:55	257	01:41:24	230	01:40:54	229	Cambridge Harriers	
199	Andrew	Harwood	M	207	M45+	32	01:04:18	205	00:37:10	301	01:41:28	231	01:41:04	231		
552	Linda	Macewan	F	25	F45+	2	01:05:21	223	00:36:13	268	01:41:34	232	01:41:24	233	lochaber ac	
264	Wyn T	Jones	M	208	M40+	39	01:07:00	251	00:34:37	221	01:41:37	233	01:41:11	232	Clwb Rygbi C/Fon	
313	Adam	Neale	M	209	MOPEN	85	01:07:03	252	00:34:35	220	01:41:38	234	01:41:27	235		
340	Patrick	Phelan	M	210	M45+	33	01:04:39	212	00:37:00	297	01:41:39	235	01:41:25	234		
376	Ian M	Rothery	M	211	M55+	11	01:04:59	217	00:36:42	287	01:41:41	236	01:41:28	236	Cybi Striders	
422	Kenny	Turner	M	212	M50+	21	01:05:46	233	00:36:02	263	01:41:48	237	01:41:33	238	Dark Peak Fell Runners	
210	Ian	Holmes	M	213	M40+	40	01:08:14	274	00:33:38	189	01:41:52	238	01:41:32	237	Gillingham Trotters	
66	Stephen	Bellis	M	214	M55+	12	01:04:41	213	00:37:11	302	01:41:52	239	01:41:44	239	Buckley Runners	
523	Miranda	Grant	F	26	FOPEN	8	01:08:46	286	00:33:12	172	01:41:58	240	01:41:50	240	Eryri Harriers	
579	Helen	John	F	27	FOPEN	9	01:08:36	283	00:33:25	178	01:42:01	241	01:41:53	242		
205	Chris	Higgins	M	215	M55+	13	01:08:37	284	00:33:32	180	01:42:09	242	01:41:50	241	Buckley Runners	
375	Ian	Roche	M	216	M45+	34	01:07:44	262	00:34:28	215	01:42:12	243	01:42:07	246	Mersey Tri	
305	John	Morris	M	217	M60+	1	01:06:44	247	00:35:31	246	01:42:15	244	01:42:03	245	Buckley Runners	
54	Joe	Atherton	M	218	MOPEN	86	01:03:52	198	00:38:24	325	01:42:16	245	01:41:56	243	Keighley&Craven AC	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
379	Gordon	Rowson	M	219	M45+	35	01:05:29	228	00:36:48	290	01:42:17	246	01:42:00	244		
556	Joanne	Moore	F	28	F40+	4	01:07:45	264	00:34:33	217	01:42:18	247	01:42:12	248		
513	Wendy	Dodds	F	29	F60+	1	01:08:00	269	00:34:23	209	01:42:23	248	01:42:18	249	Clayton Le Moors Harriers	
288	Ian	Maudsley	M	220	MOPEN	87	01:07:18	259	00:35:21	240	01:42:39	249	01:42:12	247		
129	Steve	Davies	M	221	M40+	41	01:05:51	235	00:36:50	291	01:42:41	250	01:42:26	250	Port Talbot Harriers	
506	Beverley	Chapman	F	30	F40+	5	01:08:35	281	00:34:06	205	01:42:41	251	01:42:28	251	Heathfield Road Runners	
530	Kath	Helanie	F	31	FOPEN	10	01:07:10	257	00:35:48	254	01:42:58	252	01:42:43	252	Leatham St Annes Road Runners C	
56	Paul	Atkinson	M	222	M45+	36	01:07:56	268	00:35:10	234	01:43:06	253	01:42:52	253	FRA	
113	Nigel	Craven	M	223	M50+	22	01:08:46	287	00:34:25	210	01:43:11	254	01:42:57	254	Pudsey Pacers	
424	Adam	Walker	M	224	MOPEN	88	01:06:29	245	00:36:56	295	01:43:25	255	01:43:01	255		
204	Geoff	Hicks	M	225	MOPEN	89	01:07:12	258	00:36:19	270	01:43:31	256	01:43:16	256		
216	Kevin	Hughes	M	226	MOPEN	90	01:07:04	253	00:36:35	280	01:43:39	257	01:43:24	257	Sarn Helen	
38	Megan	Wilson	F	32	F-INT	14	01:10:10	308	00:33:32	181	01:43:42	258	01:43:39	259		N Ireland
347	Anthony	Price	M	227	M45+	37	01:01:58	169	00:41:50	395	01:43:48	259	01:43:37	258	Dudley Kingswinford	
140	Alan	Edwards	M	228	M40+	42	01:06:48	248	00:37:04	300	01:43:52	260	01:43:43	261		
202	Fred	Heath	M	229	M45+	38	01:05:59	237	00:37:54	316	01:43:53	261	01:43:50	263	Nuneaton harriers	
219	John	Humphries	M	230	M50+	23	01:06:54	250	00:37:01	298	01:43:55	262	01:43:41	260	Mysteruns	
127	Martin	Davies	M	231	MOPEN	91	01:08:34	280	00:35:30	245	01:44:04	263	01:43:45	262	TROT	
499	Marc	Evans	M	232	MOPEN	92	01:08:53	290	00:35:17	238	01:44:10	264	01:43:54	264	Abu Dhabi Striders	
321	Gordon	Orme	M	233	M60+	2	01:06:52	249	00:37:19	305	01:44:11	265	01:43:59	266	Birchfield Harriers	
187	Warren	Griffiths	M	234	MOPEN	93	01:07:45	263	00:36:31	275	01:44:16	266	01:43:58	265		
397	Geraint	Smith	M	235	M40+	43	01:11:05	323	00:33:23	177	01:44:28	267	01:44:11	267		
341	David	Pinnington	M	236	M45+	39	01:05:42	231	00:38:47	332	01:44:29	268	01:44:18	268	Penny Lane Striders	
293	Matthew	Mcfarlin	M	237	MOPEN	94	01:09:23	297	00:35:14	236	01:44:37	269	01:44:24	269	Home-Pierreport RC	
537	Isaline	Hughes	F	33	F45+	3	01:05:24	225	00:39:17	339	01:44:41	270	01:44:27	270	Burnden Roadrunners	
564	Rhian	Probert	F	34	F40+	6	01:08:51	289	00:35:57	259	01:44:48	271	01:44:30	271		
436	Graham	West	M	238	M50+	24	01:08:13	273	00:36:38	281	01:44:51	272	01:44:39	273	Heathfield Road Runners	
131	Jim	Davis	M	239	M45+	40	01:08:21	277	00:36:34	278	01:44:55	273	01:44:47	277	Clwydian Range Runners	
240	Glyn	Jones	M	240	M45+	41	01:08:15	275	00:36:44	288	01:44:59	274	01:44:36	272		
107	Ian	Cookson	M	241	M60+	3	01:08:50	288	00:36:10	266	01:45:00	275	01:44:45	274	Bowland FR	
117	Leslie	Crownshaw	M	242	M55+	14	01:06:02	238	00:39:01	337	01:45:03	276	01:44:48	278	KILLAMARSH KESTRELS	
391	Mike	Shepherd	M	243	M45+	42	01:05:22	224	00:39:46	356	01:45:08	277	01:44:47	276	Medmenham Runners Club	
565	Helen	Real	F	35	FOPEN	11	01:08:39	285	00:36:31	276	01:45:10	278	01:44:47	275	Loughton AC	
160	Michael	Filek	M	244	M40+	44	01:10:56	320	00:34:15	208	01:45:11	279	01:45:07	281		
80	Philip	Bromley	M	245	M45+	43	01:09:33	298	00:35:46	252	01:45:19	280	01:45:02	280		
362	Brian	Robbins	M	246	M60+	4	01:10:00	306	00:35:21	241	01:45:21	281	01:45:14	283	Eryri Harriers	
547	Michaela	Lauder	F	36	FOPEN	12	01:08:21	278	00:37:02	299	01:45:23	282	01:45:09	282	Cybi Striders	
395	Michael	Singleton	M	247	M45+	44	01:05:50	234	00:39:38	352	01:45:28	283	01:44:58	279		
573	Kat	Spinney	F	37	FOPEN	13	01:12:41	344	00:32:51	159	01:45:32	284	01:45:23	284	Eryri Harriers	
416	Dean	Thomas	M	248	M40+	45	01:09:15	295	00:36:22	272	01:45:37	285	01:45:27	285		
279	Ian	Luke	M	249	MOPEN	95	01:09:18	296	00:36:22	271	01:45:40	286	01:45:32	287	FRA	
79	Brent	Brindle	M	250	M55+	15	01:07:52	267	00:37:49	315	01:45:41	287	01:45:30	286	horwich rmi harriers	
302	Eilir	Morgan	M	251	MOPEN	96	01:08:35	282	00:37:11	303	01:45:46	288	01:45:34	288		
470	Tony	Keech	M	252	M55+	16	01:04:26	207	00:41:29	392	01:45:55	289	01:45:37	289	Human Energy AC	
108	Joseph	Cooper	M	253	MOPEN	97	01:09:49	301	00:36:11	267	01:46:00	290	01:45:44	291		
88	Rob	Butler	M	254	MOPEN	98	01:09:15	294	00:36:50	292	01:46:05	291	01:45:47	292		
83	Brent	Burman	M	255	M40+	46	01:08:00	270	00:38:08	319	01:46:08	292	01:45:40	290		
277	Stephen	Littlewood	M	256	M55+	17	01:05:25	226	00:40:46	377	01:46:11	293	01:46:00	293	Hereford Couriers	
298	Gary	Mcmahon	M	257	M55+	18	01:02:56	186	00:43:25	413	01:46:21	294	01:46:15	297	Redhill RR	
89	Patrick	Cain	M	258	M45+	45	01:10:25	313	00:35:57	260	01:46:22	295	01:46:17	298		
236	Gareth Dobson	Jones	M	259	M40+	47	01:10:50	316	00:35:34	248	01:46:24	296	01:46:11	294	Eryri Harriers	
67	Roy	Betts	M	260	M50+	25	01:08:26	279	00:38:03	318	01:46:29	297	01:46:13	296	Evesham Vale RC	
529	Katherine	Harvey	F	38	F50+	1	01:10:45	315	00:35:45	251	01:46:30	298	01:46:23	301	Pennine Fell Runners	
419	Huw	Trainor	M	261	MOPEN	99	01:09:54	303	00:36:38	282	01:46:32	299	01:46:23	300	Eryri Harriers	
316	Pete	Nicholls	M	262	M60+	5	01:10:56	319	00:35:42	250	01:46:38	300	01:46:20	299	Meirionnydd RC	
278	Gwion	Llwyd	M	263	MOPEN	100	01:10:54	318	00:35:47	253	01:46:41	301	01:46:13	295		
412	Trevor	Symonds	M	264	M55+	19	01:11:03	322	00:35:54	256	01:46:57	302	01:46:42	302	FRA	
189	Gary	Gunner	M	265	M60+	6	01:14:14	364	00:33:03	166	01:47:17	303	01:47:13	305	Croft Ambrey Running Club	
464	Brian	Worthington	M	266	M55+	20	01:08:59	293	00:38:21	324	01:47:20	304	01:47:05	303	Birchfield Harriers	
61	Peter	Barraclough	M	267	MOPEN	101	01:12:50	346	00:34:38	222	01:47:28	305	01:47:12	304	denbigh harriers	
301	Danny	Mills	M	268	M50+	26	01:09:41	300	00:37:48	314	01:47:29	306	01:47:18	306	york postal harriers	
248	Mark	Jones	M	269	M50+	27	01:10:22	312	00:37:17	304	01:47:39	307	01:47:28	307	FRA	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
369	Harry	Roberts	M	270	MOPEN	102	01:03:24	191	00:44:26	419	01:47:50	308	01:47:36	308		
114	Daiel	Cronquist	M	271	MOPEN	103	01:09:54	304	00:38:00	317	01:47:54	309	01:47:45	310		
78	Andrew	Brightmore	M	272	MOPEN	104	01:11:16	324	00:36:38	283	01:47:54	310	01:47:39	309	FRA	
525	Janet	Grint	F	39	FOPEN	14	01:09:55	305	00:38:20	322	01:48:15	311	01:48:04	312	East Cheshire Harriers	
438	Dafydd	Whiteside-Thomas	M	273	M60+	7	01:08:18	276	00:39:58	363	01:48:16	312	01:47:47	311	Eryri Harriers	
148	Michael	Elms	M	274	M55+	21	01:08:53	291	00:39:31	348	01:48:24	313	01:48:11	313	Heathfield Road Runners	
120	Bryan	Davies	M	275	M60+	8	01:13:09	350	00:35:19	239	01:48:28	314	01:48:24	316	Croft Ambrey Running Club	
496	Gethin	Dwyfor	M	276	MOPEN	105	01:13:22	352	00:35:21	242	01:48:43	315	01:48:23	315		
233	David	Jones	M	277	M45+	46	01:10:07	307	00:38:38	329	01:48:45	316	01:48:21	314		
134	Andrew	Dugdale	M	278	M45+	47	01:11:28	327	00:37:28	308	01:48:56	317	01:48:46	317	Clayton Le Moors Harriers	
554	Hazel	Mclaughlin	F	40	FOPEN	15	01:09:37	299	00:39:22	341	01:48:59	318	01:48:48	318	Lagan Valley AC	
94	Scott A	Chadwick	M	279	MOPEN	106	01:12:27	337	00:36:35	279	01:49:02	319	01:48:51	319	Coltishall/Jaguars RC	
462	Chris	Wise	M	280	M45+	48	01:11:42	328	00:37:34	311	01:49:16	320	01:49:04	321	Bolton Harriers	
252	Nathan	Jones	M	281	MOPEN	107	01:12:37	341	00:36:47	289	01:49:24	321	01:48:56	320	Boumville Harriers	
270	Paul	Kerry	M	282	M45+	49	01:11:47	329	00:37:39	313	01:49:26	322	01:49:13	322		
259	Steffan	Jones	M	283	M40+	48	01:07:08	255	00:42:25	403	01:49:33	323	01:49:26	323	Eryri Harriers	
159	Maldwyn	Evans	M	284	M50+	28	01:10:53	317	00:38:49	334	01:49:42	324	01:49:29	324	Eryri Harriers	
71	Mike	Blake	M	285	M60+	9	01:14:35	367	00:35:11	235	01:49:46	325	01:49:38	326	Eryri Harriers	
383	Paul	Satchell	M	286	M55+	22	01:13:26	354	00:36:25	274	01:49:51	326	01:49:39	327		
85	Darren	Burns	M	287	M45+	50	01:12:59	349	00:36:53	293	01:49:52	327	01:49:29	325	Fell Ponies	
582	Kim	Norman	F	41	FOPEN	16	01:10:18	311	00:39:40	353	01:49:58	328	01:49:49	329		
566	Jacqueline	Redmayne	F	42	F40+	7	01:15:21	377	00:34:43	226	01:50:04	329	01:49:54	331	Chorley Harriers and Tri Club	
271	Tim	Kliphuis	M	288	MOPEN	108	01:10:13	309	00:39:53	358	01:50:06	330	01:50:01	333	Clwydian Range Runners	
581	Bev	Thompson	F	43	F45+	4	01:09:50	302	00:40:22	370	01:50:12	331	01:49:54	330		
348	David	Prytherch	M	289	M40+	49	01:10:37	314	00:39:35	350	01:50:12	332	01:49:55	332		
132	Kenneth	Doherty	M	290	M50+	29	01:10:14	310	00:39:59	364	01:50:13	333	01:49:47	328		
265	Mark	Kallenberg	M	291	M50+	30	01:11:54	330	00:38:39	330	01:50:33	334	01:50:13	334		
180	David	Gould	M	292	M55+	23	01:11:56	331	00:38:44	331	01:50:40	335	01:50:28	337	WEST BROMWICH HARRIERS	
238	Geraint	Jones	M	293	M40+	50	01:11:23	326	00:39:20	340	01:50:43	336	01:50:27	336	Eryri Harriers	
291	Tony	Maycraft	M	294	M50+	31	01:11:02	321	00:39:44	354	01:50:46	337	01:50:22	335	Loughton AC	
323	Barry	Owen	M	295	MOPEN	109	01:12:26	336	00:38:25	326	01:50:51	338	01:50:38	338	Rhedwyr Emlyn	
392	Peter	Shields	M	296	M60+	10	01:12:45	345	00:38:13	321	01:50:58	339	01:50:41	339	ilkley harriers	
453	Keith	Williams	M	297	M45+	51	01:13:38	356	00:37:33	310	01:51:11	340	01:50:47	340		
332	Dylan	Parry	M	298	M40+	51	01:15:30	381	00:35:54	255	01:51:24	341	01:51:05	341		
217	Peter	Hughes	M	299	M45+	52	01:14:52	370	00:36:40	285	01:51:32	342	01:51:19	344		
151	Aled	Evans	M	300	M50+	32	01:15:23	379	00:36:10	265	01:51:33	343	01:51:17	343	Clwb Rhedeg Ardal Penlanffos	
146	David	Elliot	M	301	MOPEN	110	01:15:37	384	00:36:04	264	01:51:41	344	01:51:15	342		
441	Matthew	Whyte	M	302	MOPEN	111	01:13:18	351	00:38:25	327	01:51:43	345	01:51:40	347		
98	Chris	Clark	M	303	M60+	11	01:12:02	332	00:39:48	357	01:51:50	346	01:51:22	345	Keswick AC	
363	Andrew	Roberts	M	304	M45+	53	01:13:40	357	00:38:13	320	01:51:53	347	01:51:32	346	abergele mysteruns	
374	Ian	Robinson	M	305	M45+	54	01:12:28	338	00:39:31	347	01:51:59	348	01:51:40	348	swansea harriers	
86	Graham	Burns	M	306	M45+	55	01:11:18	325	00:40:50	380	01:52:08	349	01:51:55	350		
368	Harri	Roberts	M	307	M45+	56	01:16:15	393	00:36:00	261	01:52:15	350	01:51:49	349	Eryri Harriers	
417	Evan	Thomas	M	308	M40+	52	01:15:28	380	00:36:53	294	01:52:21	351	01:52:02	351		
578	Kate	Worthington	F	44	FOPEN	17	01:12:54	347	00:39:27	344	01:52:21	352	01:52:04	352	Eryri Harriers	
421	Jean	Turner	M	309	M50+	33	01:12:12	334	00:40:10	366	01:52:22	353	01:52:08	354	Telford Harriers	
62	Marc	Batcup	M	310	MOPEN	112	01:07:40	261	00:44:48	422	01:52:28	354	01:52:08	353	Swansea Harriers	
230	Clive J	Jones	M	311	M40+	53	01:12:37	342	00:40:08	365	01:52:45	355	01:52:23	356		
467	Chris	Ashworth	M	312	M55+	24	01:12:15	335	00:40:32	374	01:52:47	356	01:52:25	357		
315	Mark	Newell	M	313	M50+	34	01:13:23	353	00:39:27	345	01:52:50	357	01:52:21	355	cambridge harriers	
174	Thomas	Galvin	M	314	M40+	54	01:14:21	365	00:38:55	335	01:53:16	358	01:53:03	359	IMRA	
158	Kevin	Evans	M	315	M45+	57	01:16:38	397	00:36:39	284	01:53:17	359	01:52:56	358	Meirionnydd RC	
314	Andy	Neill	M	316	M40+	55	01:12:29	339	00:40:57	384	01:53:26	360	01:53:11	360		
121	Eric	Davies	M	317	M50+	35	01:12:55	348	00:40:41	376	01:53:36	361	01:53:19	361		
561	Niamh	O Ceallaigh	F	45	FOPEN	18	01:17:06	401	00:36:41	286	01:53:47	362	01:53:33	363	Crusaders AC	
229	Anthony	Jones	M	318	MOPEN	113	01:12:40	343	00:41:14	390	01:53:54	363	01:53:26	362		
338	Joel	Peterson	M	319	M50+	36	01:12:11	333	00:42:05	400	01:54:16	364	01:53:52	364	Naväsens FK	
463	Robert	Woollacott	M	320	MOPEN	114	01:13:57	361	00:40:23	372	01:54:20	365	01:54:00	365		
330	Vassili	Papastavrou	M	321	M50+	37	01:14:52	371	00:39:30	346	01:54:22	366	01:54:07	366	Bad Tri	
527	Caroline	Harding	F	46	FOPEN	19	01:15:42	387	00:38:57	336	01:54:39	367	01:54:20	367	Pudsey and Bramley	
106	Ken	Connor	M	322	M45+	58	01:13:50	360	00:40:57	383	01:54:47	368	01:54:26	368		
103	Alan	Coatsworth	M	323	M55+	25	01:15:03	374	00:39:45	355	01:54:48	369	01:54:40	370		

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
239	Geraint	Jones	M	324	MOPEN	115	01:16:33	395	00:38:21	323	01:54:54	370	01:54:31	369		
495	Dei	Jones	M	325	M60+	12	01:15:21	378	00:39:34	349	01:54:55	371	01:54:40	371	Eryri Harriers	
458	Roy	Williamson	M	326	M45+	59	01:14:28	366	00:40:47	378	01:55:15	372	01:55:06	373	now cop runners	
190	Meilyr	Gwilym	M	327	MOPEN	116	01:16:01	390	00:39:24	342	01:55:25	373	01:54:59	372	Rygbj Caernarfon	
398	Kevin	Smith	M	328	M50+	38	01:16:53	400	00:38:32	328	01:55:25	374	01:55:21	376		
95	Graham	Chapman	M	329	M45+	60	01:14:39	368	00:40:47	379	01:55:26	375	01:55:13	375	Heathfield Road Runners	
446	Bryan	Williams	M	330	M45+	61	01:16:00	389	00:39:35	351	01:55:35	376	01:55:07	374	Clwb Rygbi Y Gogs	
191	Christopher	Hack	M	331	M60+	13	01:13:44	358	00:41:57	397	01:55:41	377	01:55:26	377	Portsmouth Joggers Club	
365	Deri	Roberts	M	332	MOPEN	117	01:15:35	382	00:40:18	369	01:55:53	378	01:55:43	380		
498	Rebekah	James	F	47	FOPEN	20	01:12:36	340	00:43:24	412	01:56:00	379	01:55:41	379		
307	Doug	Munroe	M	333	M60+	14	01:16:52	399	00:39:08	338	01:56:00	380	01:55:34	378	Clayton Le Moors Harriers	
571	Tilly	Smith	F	48	F50+	2	01:14:58	372	00:41:03	388	01:56:01	381	01:55:47	381	Deeside Runners	
326	Kevin	Owen	M	334	M45+	62	01:15:13	376	00:40:58	385	01:56:11	382	01:55:51	382		
306	Kevin	Morris	M	335	M50+	39	01:15:42	386	00:40:37	375	01:56:19	383	01:56:01	383		
280	David	Luxton	M	336	M45+	63	01:14:50	369	00:41:33	393	01:56:23	384	01:56:04	384	Gillingham Trotters	
574	Judith	Stevenson	F	49	F40+	8	01:14:01	362	00:42:28	404	01:56:29	385	01:56:10	385		
509	Debbie	Cooper	F	50	FOPEN	21	01:15:36	383	00:40:54	382	01:56:30	386	01:56:12	386	Lytham St Annes Road Runners C	
213	David	Hughes	M	337	M40+	56	01:19:16	415	00:37:25	307	01:56:41	387	01:56:17	387		
119	Allan	Davies	M	338	M40+	57	01:16:34	396	00:40:12	367	01:56:46	388	01:56:26	388		
345	Nigel	Pratten	M	339	M60+	15	01:16:00	388	00:41:00	386	01:57:00	389	01:56:35	389	Wirral AC	
511	Caryl	Davies	F	51	FOPEN	22	01:17:51	408	00:39:25	343	01:57:16	390	01:56:56	390	Sarn Helen	
428	Martin	Walsh	M	340	M60+	16	01:17:22	404	00:39:54	360	01:57:16	391	01:57:01	391	Lytham St Annes Road Runners C	
253	Neil Garton	Jones	M	341	M40+	58	01:17:33	405	00:39:53	359	01:57:26	392	01:57:03	393	Eryri Harriers	
456	Rhodri	Williams	M	342	M40+	59	01:15:40	385	00:41:47	394	01:57:27	393	01:57:03	392		
99	Barry	Clarke	M	343	M45+	64	01:15:04	375	00:42:36	405	01:57:40	394	01:57:22	394		
425	David	Walker	M	344	M55+	26	01:16:50	398	00:40:50	381	01:57:40	395	01:57:28	395	Macclesfield Harriers A/C	
539	Gwen	Jones	F	52	FOPEN	23	01:13:32	355	00:44:20	418	01:57:52	396	01:57:39	396	Eryri Harriers	
557	Gemma	Morgans	F	53	FOPEN	24	01:17:39	406	00:40:27	373	01:58:06	397	01:58:02	399	Eryri Harriers	
224	Dorien	James	M	345	M45+	65	01:13:48	359	00:44:31	420	01:58:19	398	01:57:54	397	SMOC	
577	Emily	Wood	F	54	F40+	9	01:16:24	394	00:42:01	398	01:58:25	399	01:58:16	400	Eryri Harriers	
546	Rebecca	Lane	F	55	FOPEN	25	01:18:31	409	00:39:55	361	01:58:26	400	01:57:56	398	STROUD & DISTRICT AC	
275	Mike	Leeson	M	346	M45+	66	01:14:09	363	00:44:32	421	01:58:41	401	01:58:20	401	Dursley&District	
200	Edward	Hawliczek	M	347	M55+	27	01:17:40	407	00:41:18	391	01:58:58	402	01:58:36	402	Eryri Harriers	
76	Mark	Brennan	M	348	M50+	40	01:16:08	392	00:43:02	410	01:59:10	403	01:59:02	404	FRA	
507	Kim	Clark	F	56	F50+	3	01:18:56	412	00:40:23	371	01:59:19	404	01:58:51	403	Keswick AC	
534	Fenella	Higgins	F	57	F40+	10	01:17:16	402	00:42:18	402	01:59:34	405	01:59:17	405	Buckley Runners	
168	Andrew	Frame	M	349	M45+	67	01:22:06	433	00:37:31	309	01:59:37	406	01:59:21	406	Bingley Harriers and Athletic	
381	Paul	Samuels	M	350	MOPEN	118	01:15:00	373	00:44:53	423	01:59:53	407	01:59:36	407		
133	Colin	Downey	M	351	M50+	41	01:19:42	418	00:40:15	368	01:59:57	408	01:59:41	408	Mercia Fell Runners	
126	Mark	Davies	M	352	M45+	68	01:19:07	414	00:42:03	399	02:01:10	409	02:00:48	409	WFPA	
570	Prue	Shelley	F	58	FOPEN	26	01:19:00	413	00:42:18	401	02:01:18	410	02:00:51	410	Newport and District	
186	Gavin	Griffiths	M	353	MOPEN	119	01:18:39	411	00:43:01	409	02:01:40	411	02:01:16	411	Bro Dysynni AC	
247	Malcolm	Jones	M	354	M60+	17	01:18:32	410	00:43:12	411	02:01:44	412	02:01:25	412	Eryri Harriers	
429	Paul	Walsh	M	355	M60+	18	01:21:42	430	00:41:00	387	02:02:42	413	02:02:25	413	Bowland FR	
177	David	Girling	M	356	M50+	42	01:21:01	425	00:41:50	396	02:02:51	414	02:02:30	414	Great Yarmouth RR	
349	Colin	Pugh	M	357	M45+	69	01:20:20	421	00:42:56	408	02:03:16	415	02:03:12	415		
445	Alwyn	Williams	M	358	MOPEN	120	01:22:45	435	00:41:10	389	02:03:55	416	02:03:40	417	Eryri Harriers	
57	Patrick	Austin	M	359	M40+	60	01:19:50	419	00:44:14	417	02:04:04	417	02:03:35	416	Cambridge Harriers	
544	Trish	Justin	F	59	F50+	4	01:21:21	428	00:42:48	407	02:04:09	418	02:04:00	420	Pennine Fell Runners	
318	Andrzej	Oborski	M	360	M50+	43	01:17:19	403	00:46:57	436	02:04:16	419	02:03:50	418		
572	Michelle	Spencer	F	60	FOPEN	27	01:20:08	420	00:44:09	415	02:04:17	420	02:03:50	419	Southport/Waterloo AC	
528	Kelly	Harrison	F	61	FOPEN	28	01:16:02	391	00:48:37	446	02:04:39	421	02:04:19	421	Ilkley Harriers	
454	Manon LI	Williams	F	62	FOPEN	29	01:19:19	416	00:45:32	427	02:04:51	422	02:04:26	422		
109	Peter	Costello	M	361	M50+	44	01:20:45	423	00:44:10	416	02:04:55	423	02:04:31	423	Clayton Le Moors Harriers	
72	Tony	Bohana	M	362	M50+	45	01:21:08	427	00:43:59	414	02:05:07	424	02:04:42	424		
545	Amy	Kilpin	F	63	FOPEN	30	01:19:33	417	00:45:50	430	02:05:23	425	02:05:03	425		
215	Ian	Hughes	M	363	M40+	61	01:23:44	439	00:42:47	406	02:06:31	426	02:06:27	426		
243	Hugh	Jones	M	364	M60+	19	01:21:06	426	00:45:41	429	02:06:47	427	02:06:28	427		
258	Phil	Jones	M	365	M60+	20	01:21:40	429	00:46:07	431	02:07:47	428	02:07:28	428		
517	Helen	Elleker	F	64	F55+	1	01:22:47	436	00:45:26	426	02:08:13	429	02:07:55	429	City of Sheffield AC	
536	Nichola	Horsfall	F	65	F50+	5	01:28:29	460	00:39:58	362	02:08:27	430	02:08:04	430	Clayton Le Moors Harriers	
542	Sue	Jones	F	66	F50+	6	01:23:40	438	00:45:00	424	02:08:40	431	02:08:12	431	Cybi Striders	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Ascent	Position	Descent	Position	Gun Time	Position	Chip Time	Position	Club	Team
469	William	Helliwell	M	366	M60+	21	01:24:59	449	00:45:13	425	02:10:12	432	02:09:42	432		
540	Rhian	Jones	F	67	F40+	11	01:22:54	437	00:47:30	439	02:10:24	433	02:09:58	433		
154	Gwyn Hughes	Evans	M	367	M50+	46	01:20:53	424	00:49:46	452	02:10:39	434	02:10:13	434	Eryri Harriers	
124	Huw	Davies	M	368	M45+	70	01:22:06	432	00:48:34	444	02:10:40	435	02:10:15	435	Clwb Rhedeg Ardal Penlanffos	
152	Andrew	Evans	M	369	MOPEN	121	01:23:52	440	00:46:54	435	02:10:46	436	02:10:38	436		
503	Verona	Batchelor	F	68	F50+	7	01:20:39	422	00:50:48	454	02:11:27	437	02:10:57	437	STROUD & DISTRICT AC	
329	Ian	Owens	M	370	M45+	71	01:21:55	431	00:49:43	451	02:11:38	438	02:11:10	438		
521	Fiona	Glen	F	69	FOPEN	31	01:24:53	446	00:47:02	437	02:11:55	439	02:11:28	439	Accrington RR	
183	Victor Brian	Gretton	M	371	M60+	22	01:24:39	444	00:47:20	438	02:11:59	440	02:11:29	440	Meirionnydd RC	
92	Richard	Cartwright	M	372	MOPEN	122	01:25:19	450	00:47:31	440	02:12:50	441	02:12:37	442		
292	Kenny	Mccormick	M	373	M55+	28	01:26:46	456	00:46:10	432	02:12:56	442	02:12:46	443	Claremont Road runners	
336	James Dylan	Pepper	M	374	MOPEN	123	01:25:21	451	00:47:37	441	02:12:58	443	02:12:32	441		
551	Christine	Lloyd	F	70	F50+	8	01:24:45	445	00:48:28	443	02:13:13	444	02:12:58	445	Halesowen A & CC	
501	Paula	Ace	F	71	F40+	12	01:26:24	454	00:46:50	434	02:13:14	445	02:12:57	444	WFR	
237	Gareth G	Jones	M	375	M45+	72	01:23:58	441	00:49:38	450	02:13:36	446	02:13:13	446		
502	Susan	Allen	F	72	F50+	9	01:24:39	443	00:49:34	447	02:14:13	447	02:13:48	447	Clayton Le Moors Harriers	
69	Philip	Bignell	M	376	M55+	29	01:26:40	455	00:47:45	442	02:14:25	448	02:14:07	448	Human Energy AC	
560	Jennifer	Norwood	F	73	FOPEN	32	01:22:08	434	00:53:33	458	02:15:41	449	02:15:15	450	Stilton Striders	
432	Christopher	Watson	M	377	MOPEN	124	01:24:58	448	00:50:43	453	02:15:41	450	02:15:14	449		
519	Rachel	Evans	F	74	FOPEN	33	01:29:31	461	00:46:46	433	02:16:17	451	02:15:51	451	Totley AC	
303	Hugh	Morgan	M	378	MOPEN	125	01:27:44	458	00:49:37	448	02:17:21	452	02:16:59	452		
198	Chrispother	Harris	M	379	M50+	47	01:24:54	447	00:53:13	457	02:18:07	453	02:17:57	454	Dudley and Stourbridge Harrier	
569	Tracey	Sharratt	F	75	FOPEN	34	01:24:35	442	00:53:43	459	02:18:18	454	02:17:48	453		
207	Michael	Hodges	M	380	M55+	30	01:25:38	453	00:53:12	456	02:18:50	455	02:18:36	455	TROT St Clears	
244	Huw	Jones	M	381	M50+	48	01:29:37	462	00:49:37	449	02:19:14	456	02:18:44	456	Eryri Harriers	
192	Christopher	Hall	M	382	M40+	62	01:27:15	457	00:52:24	455	02:19:39	457	02:19:11	457		
543	Terri	Jones	F	76	F45+	5	01:25:32	452	00:54:50	461	02:20:22	458	02:19:53	458	Mercia Fell Runners	
352	Kurmang	Rashid	M	383	M50+	49	01:37:00	465	00:45:35	428	02:22:35	459	02:22:31	460		
311	Mike	Murray	M	384	M60+	23	01:28:16	459	00:54:45	460	02:23:01	460	02:22:31	459	FRA	
426	Peter	Walker	M	385	M45+	73	01:29:50	463	00:55:55	463	02:25:45	461	02:25:28	462		
128	Steve	Davies	M	386	M60+	24	01:37:18	466	00:48:34	445	02:25:52	462	02:25:26	461	Accrington RR	
465	David	Yetton	M	387	M55+	31	01:33:12	464	01:00:36	465	02:33:48	463	02:33:25	463	Portsmouth Joggers Club	
526	Helen Wyn	Hall	F	77	F45+	6	01:38:36	467	00:55:18	462	02:33:54	464	02:33:26	464	Neath Harriers	
549	Susan	Lawrence	F	78	F55+	2	01:41:56	469	00:58:32	464	02:40:28	465	02:40:02	465		
97	Peter	Chittenden	M	388	M60+	25	01:40:54	468	01:02:23	466	02:43:17	466	02:42:54	466	Tone Zone R	
37	Diane	Wilson	F	79	F-INT	15	01:03:02	188	01:44:57	467	02:47:59	467	02:47:56	467		N Ireland
195	Paul	Hammond	M	DNF	MOPEN	DNF	00:51:20	34	#VALUE!	468	DNF	DNF	DNF	DNF	Wolverhampton & Bilston AC	
143	Kevin	Edwards	M	DNF	MOPEN	DNF	01:06:19	244	#VALUE!	469	DNF	DNF	DNF	DNF	Eryri Harriers	
11	Ifan	Jones	M	DNF	M-INT	DNF	00:00:00	0	#VALUE!	470	DNF	DNF	DNF	DNF		Wales
93	Keith	Chadwick	M	DNF	M60+	DNF	00:00:00	0	#VALUE!	471	DNF	DNF	DNF	DNF		