

2018 Summer Series				↑Sort↓	Llanbedr To Blaenavon	Cader Idris			
Pos	Name	Club	Cat.	Total	Time	Score	Time	Score	Competed
1	Peter Ryder	Aberdare Valley AAC	SM	<b>203.80</b>	2:15:35	103.39	1:29:45	100.41	2
2	Hugh Aggleton	MDC	SM	<b>197.43</b>	2:15:29	103.46	1:35:33	93.97	2
4	Andrew Salt	Croft Ambrey RC	SM	<b>185.33</b>	2:31:21	92.15	1:36:16	93.18	2
5	Mark Hopkinson	Mynydd Du	SM	<b>180.75</b>	2:46:53	81.08	1:30:25	99.67	2
6	Dan Sandford	Forest of Dean AC	M40	<b>172.78</b>	2:31:11	92.27	1:47:41	80.51	2
7	Andrew Stephens	Monross Trailblazers	M40	<b>169.92</b>	2:35:32	89.17	1:47:28	80.75	2
8	Craig Jones	Eryri Harriers	M40	<b>165.98</b>	2:42:22	84.30	1:46:38	81.68	2
9	Paul Jeggo	Springfield Striders AC	M50	<b>163.85</b>	2:43:43	83.34	1:47:41	80.51	2
10	Helen Brown	Mynydd Du	F40	<b>160.15</b>	2:41:09	85.17	1:52:40	74.98	2
11	Leon Davies	North Wales Road Runners	M40	<b>159.47</b>	2:41:29	84.93	1:53:04	74.54	2
12	Anthony Powell	Maldwyn Harriers	M40	<b>153.56</b>	2:51:12	78.01	1:52:09	75.55	2
13	John Aggleton	MDC	M60	<b>152.04</b>	2:49:48	79.01	1:54:25	73.04	2
14	Sian Williams	Rhedwyr Hebog Runners	SF	<b>148.99</b>	2:51:25	77.85	1:56:08	71.13	2
15	David Powell	Aberystwyth AC	M50	<b>145.81</b>	2:44:01	83.13	2:03:45	62.68	2
16	Rhian Probert	Mynydd Du	F40	<b>143.81</b>	2:58:49	72.58	1:56:03	71.23	2
17	Vic Belshaw	Denbigh Harriers	M50	<b>143.31</b>	2:59:53	71.82	1:55:49	71.49	2
18	Paul Tucker	Mynydd Du	M50	<b>141.41</b>	3:08:20	65.80	1:52:06	75.61	2
19	Faye Johnson	Mynydd Du	SF	<b>141.10</b>	2:58:29	72.82	1:58:42	68.29	2
20	Steven Hepton	Mynydd Du	M40	<b>140.27</b>	2:55:44	74.78	2:01:13	65.49	2
21	Tim Hargreaves	Buckley RC	M50	<b>132.52</b>	3:03:05	69.54	2:03:29	62.98	2
22	Sammi Toop	Mynydd Du	SF	<b>131.83</b>	3:04:45	68.35	2:03:02	63.48	2
23	Glyn Fletcher	Maldwyn Harriers	M50	<b>127.25</b>	3:09:09	65.22	2:04:20	62.04	2
24	Lou Summers	Mynydd Du	F50	<b>116.52</b>	3:03:19	69.37	2:17:45	47.15	2
25	Sue Howarth	Mercia Fell Runners	F50	<b>112.10</b>	3:10:54	63.97	2:16:52	48.13	2
26	Thomas Mollekin	Mynydd Du	SM	<b>109.93</b>	3:32:19	48.71	2:05:04	61.22	2
27	Charlie Lowther	Mynydd Du	M40	<b>104.25</b>	2:14:22	104.25		0.00	1
28	Andrew Davies	Stockport Harriers AC	SM	<b>100.93</b>		0.00	1:29:17	100.93	1
29	Chris Mcmillan	Weston AC	SM	<b>100.80</b>		0.00	1:29:24	100.80	1
30	Emma Collins	Denbigh Harriers	F50	<b>99.68</b>	3:31:36	49.22	2:14:46	50.46	2
31	Ifan Richards	Meirionydd Running Club	SM	<b>98.19</b>		0.00	1:31:45	98.19	1
32	Beverley Tucker	Mynydd Du	F50	<b>96.95</b>	3:26:18	53.00	2:20:38	43.95	2
33	Daniel Bodman	Aberdare Valley AAC	SM	<b>95.75</b>		0.00	1:33:57	95.75	1
34	Dylan Lewis	Sarn Helen Club	SM	<b>95.49</b>		0.00	1:34:11	95.49	1
35	Matt O'Keefe	MDC	SM	<b>94.97</b>	2:27:24	94.97		0.00	1
36	Simon Harding	Macclesfield Harriers AC	SM	<b>94.62</b>		0.00	1:34:58	94.62	1
37	Richard Roberts	Eryri Harriers	SM	<b>93.93</b>	2:28:51	93.93		0.00	1
38	Martin Humphreys	Stroud AC	M40	<b>93.72</b>	2:29:09	93.72		0.00	1
39	Stuart Bellamy	Mercia Fell Runners	M40	<b>92.07</b>	2:31:28	92.07		0.00	1
40	Iestyn Rhodes	Mynydd Du	M40	<b>91.88</b>	2:31:44	91.88		0.00	1
41	Clive Morgan	Maldwyn Harriers	SM	<b>91.81</b>		0.00	1:37:30	91.81	1
42	Tristan Evans	Meirionydd Running Club	SM	<b>91.02</b>		0.00	1:38:13	91.02	1
43	Evan Davies	Mynydd Du	MU23	<b>89.33</b>	2:35:19	89.33		0.00	1
44	Harry Thorpe	Unaffiliated	SM	<b>88.35</b>		0.00	1:40:37	88.35	1
45	Owen Roberts	Rhedwyr Hebog Runners	MU23	<b>88.33</b>		0.00	1:40:38	88.33	1
46	Elliot Cox	Buckley RC	SM	<b>88.06</b>		0.00	1:40:53	88.06	1
47	Emlyn Owen	Eryri Harriers	M40	<b>87.32</b>		0.00	1:41:33	87.32	1
48	Hopcyn Matthews	Cardiff Triathletes	MU23	<b>87.11</b>		0.00	1:41:44	87.11	1
49	Eilir Evans	Meirionydd Running Club	SM	<b>86.69</b>		0.00	1:42:07	86.69	1
50	Billy Starling	Mercia Fell Runners	MU23	<b>86.43</b>		0.00	1:42:21	86.43	1
51	Oliver Blomfield	Eden Runners	M40	<b>86.38</b>	2:39:27	86.38		0.00	1
52	Stephen Jones	Eryri Harriers	M60	<b>86.33</b>	2:39:31	86.33		0.00	1
53	Warren Renkel	Run Free Fell Runners	SM	<b>85.69</b>		0.00	1:43:01	85.69	1
54	James Woodman	Pudsey Bramley AC	SM	<b>85.63</b>		0.00	1:43:04	85.63	1
55	Matthew Parry	Run Free Fell Runners	SM	<b>85.52</b>		0.00	1:43:10	85.52	1
56	Matthew Nichols	Matlock AC	SM	<b>85.30</b>		0.00	1:43:22	85.30	1
57	John Jaspers	Unaffiliated	M40	<b>85.29</b>	3:44:27	40.06	2:19:29	45.22	2
58	Andy Davies	Mercia Fell Runners	M50	<b>84.66</b>	2:41:52	84.66		0.00	1
59	Neil Godsell	Maldwyn Harriers	SM	<b>83.84</b>		0.00	1:44:41	83.84	1
60	Carl Aveyard	Mercia Fell Runners	SM	<b>83.56</b>		0.00	1:44:56	83.56	1
61	Jimmy Carter	Meirionydd Running Club	M40	<b>82.69</b>		0.00	1:45:43	82.69	1
62	Katie Ironside	MDC	SF	<b>82.07</b>	2:45:30	82.07		0.00	1
63	David Chetta	Mercia Fell Runners	SM	<b>82.01</b>		0.00	1:46:20	82.01	1
64	Ian Whistance	Mynydd Du	M40	<b>81.65</b>	2:46:05	81.65		0.00	1
65	Max Wainwright	Mountain Fuel	SM	<b>81.58</b>		0.00	1:46:43	81.58	1
66	Gwion Bobo Roberts	Meirionydd Running Club	SM	<b>81.40</b>		0.00	1:46:53	81.40	1
67	Hayley Evans	Buckley RC	SF	<b>81.31</b>	2:46:34	81.31		0.00	1
68	Darren Hesleton	Bro Dysynni AC	M40	<b>80.96</b>		0.00	1:47:17	80.96	1
69	Chris Chambers	Mynydd Du	M40	<b>80.70</b>		0.00	1:47:31	80.70	1
70	Toby Dickens	Monross Trailblazers	MU23	<b>80.64</b>	2:47:30	80.64		0.00	1
71	Rhys Goodhead	Unaffiliated	SM	<b>80.64</b>		0.00	1:47:34	80.64	1
72	Chris Callaghan	Buckley RC	M40	<b>80.55</b>		0.00	1:47:39	80.55	1
73	David White	Buckley RC	SM	<b>80.46</b>		0.00	1:47:44	80.46	1
74	Gonks Hughes	Rhedwyr Hebog Runners	M40	<b>80.29</b>		0.00	1:47:53	80.29	1
75	Thomas Green	Unaffiliated	SM	<b>79.97</b>		0.00	1:48:10	79.97	1
76	Lee Ireland	Unaffiliated	M40	<b>79.81</b>		0.00	1:48:19	79.81	1
77	Robert Pritchard	Monross Trailblazers	SM	<b>79.75</b>	2:48:45	79.75		0.00	1
78	Sam Ryll	Pontypridd Roadents	M40	<b>79.71</b>	2:48:49	79.71		0.00	1
79	Nick Corker	Mercia Fell Runners	M40	<b>79.57</b>		0.00	1:48:32	79.57	1
80	Dylan Griffiths	Rhedwyr Hebog Runners	SM	<b>79.51</b>		0.00	1:48:35	79.51	1
81	Michael Reynolds	Mercia Fell Runners	M50	<b>78.42</b>		0.00	1:49:34	78.42	1

82	Chris Rampling	Medway Maidstone AC	SM	<b>78.16</b>		0.00	1:49:48	78.16	<b>1</b>
83	Tim Woodier	Mynydd Du	SM	<b>78.15</b>	2:51:00	78.15		0.00	<b>1</b>
84	Sharon Woods	Mynydd Du	F50	<b>77.70</b>	3:34:45	46.98	2:32:33	30.73	<b>2</b>
85	Ian Ellis	Freedom Runners	SM	<b>77.39</b>		0.00	1:50:30	77.39	<b>1</b>
86	Ed Morris	Shropshire Shufflers	M40	<b>77.26</b>		0.00	1:50:37	77.26	<b>1</b>
87	Jim Jones	Helsby RC	M50	<b>76.28</b>	3:45:25	39.37	2:26:59	36.90	<b>2</b>
88	Gary Davies	MDC	M40	<b>76.18</b>	2:53:46	76.18		0.00	<b>1</b>
89	Andy Pritchard	Buckley RC	M40	<b>76.11</b>	2:53:52	76.11		0.00	<b>1</b>
90	Andrew Han	Fulham Running Club	SM	<b>75.96</b>	2:54:04	75.96		0.00	<b>1</b>
91	Christian Poulton	Cambridge Harriers	M50	<b>75.89</b>		0.00	1:51:51	75.89	<b>1</b>
92	Thomas Lawson	Carduro	M50	<b>75.81</b>		0.00	1:51:55	75.81	<b>1</b>
93	Paul Beeson	Maldwyn Harriers	M50	<b>75.54</b>	2:54:40	75.54		0.00	<b>1</b>
94	Daniel Lewis	Wye Valley Runners	M40	<b>75.43</b>		0.00	1:52:16	75.43	<b>1</b>
95	Simon Marchant	Southville Running Club	SM	<b>75.20</b>		0.00	1:52:28	75.20	<b>1</b>
96	Andrew Holt	Harborough AC	M40	<b>75.15</b>		0.00	1:52:31	75.15	<b>1</b>
97	Anthony Davies	Unaffiliated	M50	<b>75.06</b>		0.00	1:52:36	75.06	<b>1</b>
98	Adrian Payne	Badgers	SM	<b>74.91</b>		0.00	1:52:44	74.91	<b>1</b>
99	Elliw Haf	Eryri Harriers	SF	<b>74.87</b>		0.00	1:52:46	74.87	<b>1</b>
100	Paul Shackleton	Clayton-Le-Moors Harriers	M50	<b>74.76</b>		0.00	1:52:52	74.76	<b>1</b>
101	Nia Albiston	Eryri Harriers	F40	<b>74.74</b>		0.00	1:52:53	74.74	<b>1</b>
102	Martin Wright	Mynydd Du	M40	<b>74.55</b>	2:56:03	74.55		0.00	<b>1</b>
103	Jeremy Randell	Meirionydd Running Club	M50	<b>74.13</b>		0.00	1:53:26	74.13	<b>1</b>
104	Harry Yarrow	Unaffiliated	SM	<b>74.00</b>		0.00	1:53:33	74.00	<b>1</b>
105	Dafydd Rees	Unaffiliated	SM	<b>73.45</b>		0.00	1:54:03	73.45	<b>1</b>
106	Karen Elvers	MDC	F40	<b>73.20</b>	3:46:00	38.96	2:29:23	34.24	<b>2</b>
107	Steve Toogood	Buckley RC	M50	<b>72.78</b>		0.00	1:54:39	72.78	<b>1</b>
108	Matthew Lawson	Chepstow Harriers	M40	<b>71.90</b>	2:59:46	71.90		0.00	<b>1</b>
109	Alan Hughes	Exeter Tri Club	M40	<b>71.71</b>	3:00:02	71.71		0.00	<b>1</b>
110	Dave Clarke	Mercia Fell Runners	SM	<b>71.67</b>		0.00	1:55:39	71.67	<b>1</b>
111	Gary Pearson	Croft Ambrey RC	M40	<b>71.67</b>	3:00:06	71.67		0.00	<b>1</b>
112	Mark Agnew	Mercia Fell Runners	M50	<b>71.52</b>		0.00	1:55:47	71.52	<b>1</b>
113	Paul Smith	Unaffiliated	M50	<b>71.41</b>		0.00	1:55:53	71.41	<b>1</b>
114	Bob Foreman	Matlock AC	M50	<b>71.08</b>		0.00	1:56:11	71.08	<b>1</b>
115	Andrew Noble	Ashford & District	M50	<b>70.99</b>		0.00	1:56:16	70.99	<b>1</b>
116	Philip Belcher	Unaffiliated	SM	<b>70.73</b>		0.00	1:56:30	70.73	<b>1</b>
117	Andrew Barnes	Unaffiliated	SM	<b>70.36</b>		0.00	1:56:50	70.36	<b>1</b>
118	Harry Vercoe	Carduro	SM	<b>70.28</b>		0.00	1:56:54	70.28	<b>1</b>
119	Chris Palmer	Run Free Fell Runners	SM	<b>69.97</b>		0.00	1:57:11	69.97	<b>1</b>
120	Richard Cronin	MDC	SM	<b>69.60</b>	3:03:00	69.60		0.00	<b>1</b>
121	Sam Weale	Monross Trailblazers	SM	<b>69.42</b>	3:03:15	69.42		0.00	<b>1</b>
122	Matthew Wheeler	Weston AC	M40	<b>69.27</b>		0.00	1:57:49	69.27	<b>1</b>
123	Clem Dixon	Cambridge Harriers	M50	<b>69.19</b>		0.00	1:57:53	69.19	<b>1</b>
124	Sam Harness	Monross Trailblazers	M40	<b>69.15</b>	3:03:38	69.15		0.00	<b>1</b>
125	Robin Hoffman	Unaffiliated	SM	<b>69.10</b>		0.00	1:57:58	69.10	<b>1</b>
126	Julian Boon	Forest of Dean AC	M40	<b>69.03</b>		0.00	1:58:02	69.03	<b>1</b>
127	Dewi Thomas	Cherwell Runners Joggers	M40	<b>68.92</b>		0.00	1:58:08	68.92	<b>1</b>
128	Oliver Lamford	MDC	SM	<b>68.72</b>	3:04:14	68.72		0.00	<b>1</b>
129	Louise Barker	Aberystwyth AC	F40	<b>68.52</b>	3:04:31	68.52		0.00	<b>1</b>
130	Niki Morgan	Mynydd Du	F50	<b>68.47</b>		0.00	1:58:32	68.47	<b>1</b>
131	Lloyd Francis	Unaffiliated	SM	<b>67.88</b>		0.00	1:59:04	67.88	<b>1</b>
132	Simon Neeves	Mercia Fell Runners	SM	<b>66.83</b>		0.00	2:00:01	66.83	<b>1</b>
133	Geoff Cooper	Matlock AC	M50	<b>66.62</b>		0.00	2:00:12	66.62	<b>1</b>
134	Tim Joy	Buckley RC	SM	<b>65.62</b>		0.00	2:01:06	65.62	<b>1</b>
135	Gareth Morris	Buckley RC	SM	<b>65.20</b>		0.00	2:01:29	65.20	<b>1</b>
136	Ian Ruck	Westbury Harriers	M40	<b>64.83</b>		0.00	2:01:49	64.83	<b>1</b>
137	Sam Charrington	Mynydd Du	M40	<b>64.78</b>	3:09:46	64.78		0.00	<b>1</b>
138	Matthew Holland	Unaffiliated	SM	<b>64.74</b>		0.00	2:01:54	64.74	<b>1</b>
139	Rob Martin	Unaffiliated	M50	<b>64.61</b>		0.00	2:02:01	64.61	<b>1</b>
140	Mark White	Unaffiliated	M40	<b>64.59</b>		0.00	2:02:02	64.59	<b>1</b>
141	Daniel Rodrigues	Unaffiliated	SM	<b>64.26</b>		0.00	2:02:20	64.26	<b>1</b>
142	Dave Martin	Chase Harriers	M40	<b>64.24</b>		0.00	2:02:21	64.24	<b>1</b>
143	Aled Wyn Owen	Eryri Harriers	M50	<b>64.05</b>		0.00	2:02:31	64.05	<b>1</b>
144	David Mackie	Corsham Running Club	M40	<b>63.85</b>	3:11:04	63.85		0.00	<b>1</b>
145	Tom Ferguson	Unaffiliated	SM	<b>63.66</b>		0.00	2:02:52	63.66	<b>1</b>
146	Guto Edwards	Eryri Harriers	M50	<b>63.18</b>		0.00	2:03:18	63.18	<b>1</b>
147	Dylan Evans	Meirionydd Running Club	M50	<b>63.07</b>		0.00	2:03:24	63.07	<b>1</b>
148	Jeffrey Trybus	Cherwell Runners Joggers	SM	<b>63.03</b>		0.00	2:03:26	63.03	<b>1</b>
149	Jake Lodge	Meltham AC	SM	<b>62.50</b>		0.00	2:03:55	62.50	<b>1</b>
150	Luke Davies	Swansea Harriers	MU23	<b>62.34</b>	3:13:11	62.34		0.00	<b>1</b>
151	Ben Wells	Meirionydd Running Club	M40	<b>62.33</b>		0.00	2:04:04	62.33	<b>1</b>
152	Giacomo Maltman	Unaffiliated	SM	<b>61.83</b>		0.00	2:04:31	61.83	<b>1</b>
153	Ben Smith	Harborough AC	SM	<b>61.72</b>		0.00	2:04:37	61.72	<b>1</b>
154	Debbie Stenner	Forest of Dean AC	F40	<b>61.58</b>	3:14:15	61.58		0.00	<b>1</b>
155	Huw Jones	Birmingham Running Athletics A	M50	<b>61.54</b>		0.00	2:04:47	61.54	<b>1</b>
156	Ian Ogilvie	Brackla Harriers	M50	<b>61.33</b>		0.00	2:04:58	61.33	<b>1</b>
157	Graeme Hughes	Unaffiliated	M40	<b>61.29</b>	3:14:40	61.29		0.00	<b>1</b>
158	Laura Lelievre	Monross Trailblazers	SF	<b>61.25</b>	3:14:43	61.25		0.00	<b>1</b>
159	Mark Cox	Badgers	SM	<b>60.98</b>		0.00	2:05:17	60.98	<b>1</b>
160	Matt Williams	Steel City Striders RC	M40	<b>60.91</b>		0.00	2:05:21	60.91	<b>1</b>
161	Sarah Andrew	Unaffiliated	SF	<b>60.74</b>		0.00	2:05:30	60.74	<b>1</b>
162	Simon Barry	Carduro	M50	<b>60.61</b>		0.00	2:05:37	60.61	<b>1</b>
163	Ainsley Richards	Unaffiliated	SF	<b>60.33</b>		0.00	2:05:52	60.33	<b>1</b>

164	James Fletcher	Monross Trailblazers	M50	<b>60.09</b>		0.00	2:06:05	60.09	<b>1</b>
165	Rhys Pippard	Mynydd Du	SM	<b>59.83</b>	3:16:43	59.83		0.00	<b>1</b>
166	Simon Williams	Carduro	M50	<b>59.74</b>		0.00	2:06:24	59.74	<b>1</b>
167	Ashley Brice	Maldwyn Harriers	M40	<b>59.69</b>		0.00	2:06:27	59.69	<b>1</b>
168	Simon Daws	Mercia Fell Runners	M60	<b>59.54</b>		0.00	2:06:35	59.54	<b>1</b>
169	Ondrej Ryjacek	Rosenthal	SM	<b>59.30</b>		0.00	2:06:48	59.30	<b>1</b>
170	Aled Lloyd	Rhedwyr Hebog Runners	SM	<b>58.97</b>		0.00	2:07:06	58.97	<b>1</b>
171	Jerome Mearcister	FRA	M40	<b>58.73</b>	3:18:15	58.73		0.00	<b>1</b>
172	Ieuan Jones	Mercia Fell Runners	M40	<b>58.58</b>		0.00	2:07:27	58.58	<b>1</b>
173	Martin Lansley	Unaffiliated	M40	<b>57.91</b>		0.00	2:08:03	57.91	<b>1</b>
174	David McCulloch	Unaffiliated	SM	<b>57.87</b>		0.00	2:08:05	57.87	<b>1</b>
175	Louise Beetlestone	Eryri Harriers	SF	<b>57.54</b>		0.00	2:08:23	57.54	<b>1</b>
176	Dan Gregory	Unaffiliated	M40	<b>57.25</b>	3:20:20	57.25		0.00	<b>1</b>
177	Tom Dudding	Unaffiliated	SM	<b>57.15</b>	3:20:28	57.15		0.00	<b>1</b>
178	Tom Walker	Unaffiliated	SM	<b>57.12</b>	3:20:31	57.12		0.00	<b>1</b>
179	James Fletcher	Monross Trailblazers	M50	<b>57.01</b>	3:20:40	57.01		0.00	<b>1</b>
180	Megan Hughes	Eryri Harriers	F40	<b>56.86</b>		0.00	2:09:00	56.86	<b>1</b>
181	Chris Stewart	Oxford City AC	SM	<b>56.82</b>		0.00	2:09:02	56.82	<b>1</b>
182	Michael Cope	Mynydd Du	M40	<b>56.80</b>		0.00	2:09:03	56.80	<b>1</b>
183	Andrew Clemant	TROT	M50	<b>56.61</b>	3:21:14	56.61		0.00	<b>1</b>
184	Matt Bullen	Blackheath Bromley Harriers	M50	<b>56.47</b>		0.00	2:09:21	56.47	<b>1</b>
185	Bryn Russell	Unaffiliated	SM	<b>56.45</b>		0.00	2:09:22	56.45	<b>1</b>
186	Irfon Rowlands	Cybi Striders	M50	<b>56.34</b>		0.00	2:09:28	56.34	<b>1</b>
187	James Miles	Wrexham AAC	M40	<b>55.88</b>		0.00	2:09:53	55.88	<b>1</b>
188	Arfon Hughes	Meirionydd Running Club	M40	<b>55.82</b>		0.00	2:09:56	55.82	<b>1</b>
189	Jonathan Fleming	Denbigh Harriers	SM	<b>55.64</b>		0.00	2:10:06	55.64	<b>1</b>
190	Stephen Priesonall	Running Somewhere Else	M50	<b>55.60</b>	3:22:39	55.60		0.00	<b>1</b>
191	Andrew Dickens	Mynydd Du	M40	<b>55.36</b>		0.00	2:10:21	55.36	<b>1</b>
192	Graham Chidley	Mercia Fell Runners	M50	<b>55.29</b>		0.00	2:10:25	55.29	<b>1</b>
193	Francis Rindi	Unaffiliated	SF	<b>55.27</b>		0.00	2:10:26	55.27	<b>1</b>
194	Rachel Sherwen	Run Free Fell Runners	F50	<b>55.27</b>		0.00	2:10:26	55.27	<b>1</b>
195	Rory Shanks	Unaffiliated	SM	<b>55.14</b>		0.00	2:10:33	55.14	<b>1</b>
196	Tim Hicks	Haywards Heath Harriers	M50	<b>55.05</b>		0.00	2:10:38	55.05	<b>1</b>
197	Martin Carter	Hay Hotfooters	M50	<b>54.98</b>	3:23:31	54.98		0.00	<b>1</b>
198	Natahniel Swain	MDC	SM	<b>54.94</b>	3:23:34	54.94		0.00	<b>1</b>
199	Jonathan Goulding	Chester Triathlon Club	M50	<b>54.90</b>		0.00	2:10:46	54.90	<b>1</b>
200	Dylan Huws	Eryri Harriers	M50	<b>54.75</b>		0.00	2:10:54	54.75	<b>1</b>
201	Jono Simpson	Unaffiliated	M50	<b>54.74</b>	3:23:51	54.74		0.00	<b>1</b>
202	Leszek Szczesniak	Unaffiliated	SM	<b>54.47</b>		0.00	2:11:09	54.47	<b>1</b>
203	Ceri Belshaw	Denbigh Harriers	SF	<b>54.40</b>		0.00	2:11:13	54.40	<b>1</b>
204	Darren Owen	Unaffiliated	M40	<b>54.04</b>	3:24:50	54.04		0.00	<b>1</b>
205	Alison Preece	Telford AC	F40	<b>53.99</b>		0.00	2:11:35	53.99	<b>1</b>
206	Martin Green	Maldwyn Harriers	M60	<b>53.86</b>		0.00	2:11:42	53.86	<b>1</b>
207	Rhys Evans	Unaffiliated	SM	<b>53.77</b>		0.00	2:11:47	53.77	<b>1</b>
208	Chris Holliday	Kingswinford	SM	<b>53.49</b>		0.00	2:12:02	53.49	<b>1</b>
209	Chris Munton	Forest of Dean AC	SM	<b>53.45</b>	3:25:40	53.45		0.00	<b>1</b>
210	Tim Adam Oliver	Monross Trailblazers	M40	<b>53.42</b>	3:25:42	53.42		0.00	<b>1</b>
211	Rhys Thomas	Unaffiliated	M40	<b>53.40</b>	3:25:44	53.40		0.00	<b>1</b>
212	Meinir Jones	Mynydd Du	F40	<b>53.35</b>	3:25:48	53.35		0.00	<b>1</b>
213	Barry Eames	Liss RC	M40	<b>53.25</b>		0.00	2:12:15	53.25	<b>1</b>
214	Kim Braznell	Mercia Fell Runners	F60	<b>52.97</b>	3:26:20	52.97		0.00	<b>1</b>
215	Rhys Ashbridge	Unaffiliated	SM	<b>52.85</b>	3:26:30	52.85		0.00	<b>1</b>
216	Jon Clements	Unaffiliated	M40	<b>52.44</b>		0.00	2:12:59	52.44	<b>1</b>
217	Peter Garson	Aberystwyth AC	M50	<b>52.40</b>		0.00	2:13:01	52.40	<b>1</b>
218	Julian Hall	Unaffiliated	M50	<b>52.23</b>		0.00	2:13:10	52.23	<b>1</b>
219	Gareth David Jones	MDC	M70	<b>51.85</b>	4:05:27	25.10	2:36:08	26.75	<b>2</b>
220	William Webb-Jones	Unaffiliated	SM	<b>51.66</b>		0.00	2:13:41	51.66	<b>1</b>
221	Iwan Evans	Meirionydd Running Club	SM	<b>51.48</b>		0.00	2:13:51	51.48	<b>1</b>
222	Richard Stanley	Amphill and Flitwick Flyers	M50	<b>50.76</b>	3:29:26	50.76		0.00	<b>1</b>
223	Christopher Harness	Monross Trailblazers	M40	<b>50.38</b>		0.00	2:14:50	50.38	<b>1</b>
224	Hazel Maclean	Unaffiliated	SF	<b>50.18</b>		0.00	2:15:01	50.18	<b>1</b>
225	Stephen Brown	Cambridge Harriers	M60	<b>49.94</b>		0.00	2:15:14	49.94	<b>1</b>
226	Eluned Malone	Unaffiliated	SF	<b>49.42</b>	3:31:19	49.42		0.00	<b>1</b>
227	Hywel Loveluck	Carduro	M50	<b>49.28</b>		0.00	2:15:50	49.28	<b>1</b>
228	Andy Pollintine	Unaffiliated	M50	<b>48.93</b>	3:32:00	48.93		0.00	<b>1</b>
229	Judith Oakley	Vegan Runners UK	F50	<b>48.83</b>		0.00	2:16:14	48.83	<b>1</b>
230	Dan Waters	Unaffiliated	M40	<b>48.59</b>		0.00	2:16:27	48.59	<b>1</b>
231	Andrew Wood	Unaffiliated	SM	<b>48.48</b>	3:32:38	48.48		0.00	<b>1</b>
232	Mark Dunscombe	Aberdare Valley AAC	M50	<b>48.29</b>		0.00	2:16:43	48.29	<b>1</b>
233	Martin Sherwen	Run Free Fell Runners	M50	<b>48.18</b>		0.00	2:16:49	48.18	<b>1</b>
234	James Glover	Kenilworth Runners	M40	<b>48.02</b>		0.00	2:16:58	48.02	<b>1</b>
235	Celia Mills	Unaffiliated	F50	<b>47.85</b>		0.00	2:17:07	47.85	<b>1</b>
236	Daniel Wickham	Unaffiliated	SM	<b>47.75</b>	3:33:40	47.75		0.00	<b>1</b>
237	Andrew Hearle	Mercia Fell Runners	M60	<b>47.65</b>		0.00	2:17:18	47.65	<b>1</b>
238	Kate O'Sullivan	Aberystwyth AC	F50	<b>47.56</b>		0.00	2:17:23	47.56	<b>1</b>
239	Joseph Collins	Stourbridge	SM	<b>47.52</b>		0.00	2:17:25	47.52	<b>1</b>
240	Victoria Whitehead	Denbigh Harriers	F40	<b>47.46</b>		0.00	2:17:28	47.46	<b>1</b>
241	Roger Mills	Fairwater Runners	M40	<b>46.81</b>	3:34:59	46.81		0.00	<b>1</b>
242	Jenny Yate	Mynydd Du	SF	<b>46.77</b>	3:35:02	46.77		0.00	<b>1</b>
243	Rhys White	Unaffiliated	M60	<b>46.73</b>	3:35:06	46.73		0.00	<b>1</b>
244	Rob Goodsell	Unaffiliated	M40	<b>46.15</b>		0.00	2:18:39	46.15	<b>1</b>
245	Andrew Blackmore	MDC	M50	<b>45.30</b>		0.00	2:19:25	45.30	<b>1</b>

246	Callum Greenaway	Unaffiliated	SM	<b>45.00</b>	3:37:31	45.00	0.00	<b>1</b>	
247	Victoria Howarth	Unaffiliated	SF	<b>44.97</b>	3:37:34	44.97	0.00	<b>1</b>	
248	Jane Lewis	Unaffiliated	F50	<b>44.91</b>	3:37:39	44.91	0.00	<b>1</b>	
249	Rebecca Massey	Deestriders RC	F40	<b>44.84</b>		0.00	2:19:50	44.84	<b>1</b>
250	Anthony Howells	MDC	M50	<b>44.81</b>	3:37:47	44.81	0.00	0.00	<b>1</b>
251	Philip Mervik	High Peak	M40	<b>44.52</b>		0.00	2:20:07	44.52	<b>1</b>
252	Bernie Morris	Buckley RC	M40	<b>44.50</b>		0.00	2:20:08	44.50	<b>1</b>
253	Peter Fleming	Unaffiliated	M50	<b>44.21</b>		0.00	2:20:24	44.21	<b>1</b>
254	Andy Smith	Mercia Fell Runners	M50	<b>43.56</b>		0.00	2:20:59	43.56	<b>1</b>
255	Dan Fairbank	Mynydd Du	M40	<b>43.36</b>		0.00	2:21:10	43.36	<b>1</b>
256	Tim Edwards	Unaffiliated	SM	<b>42.93</b>		0.00	2:21:33	42.93	<b>1</b>
257	Alan Stanley	Unaffiliated	M50	<b>42.10</b>		0.00	2:22:18	42.10	<b>1</b>
258	Justin Pilkington	Meirionydd Running Club	M40	<b>42.10</b>		0.00	2:22:18	42.10	<b>1</b>
259	Nigel Dawson	Unaffiliated	M50	<b>41.47</b>		0.00	2:22:52	41.47	<b>1</b>
260	Lucy Cambridge	Halesowen A CC	F40	<b>41.30</b>		0.00	2:23:01	41.30	<b>1</b>
261	Andy Chapman Gibbs	York Knavesmire Harriers	M40	<b>39.92</b>		0.00	2:24:16	39.92	<b>1</b>
262	Ellie Salisbury	Eryri Harriers	F50	<b>39.79</b>	3:44:50	39.79	0.00	0.00	<b>1</b>
263	Gareth Welch	Unaffiliated	M40	<b>39.33</b>	3:45:29	39.33	0.00	0.00	<b>1</b>
264	John Holland	Mercia Fell Runners	M60	<b>39.16</b>		0.00	2:24:57	39.16	<b>1</b>
265	Lucy O'Donnell	Unaffiliated	SF	<b>38.75</b>		0.00	2:25:19	38.75	<b>1</b>
266	Caroline Dallimore	MDC	F60	<b>38.64</b>	3:46:27	38.64	0.00	0.00	<b>1</b>
267	Nick Dallimore	MDC	M60	<b>38.54</b>	3:46:35	38.54	0.00	0.00	<b>1</b>
268	James Adamson	Unaffiliated	SM	<b>38.31</b>		0.00	2:25:43	38.31	<b>1</b>
269	Julie Lloyd-Evans	Oswestry Olympians	F40	<b>38.23</b>		0.00	2:25:47	38.23	<b>1</b>
270	Peter Jones	Oswestry Olympians	M40	<b>38.20</b>		0.00	2:25:49	38.20	<b>1</b>
271	Rhianydd Evans	Mynydd Du	SF	<b>38.16</b>		0.00	2:25:51	38.16	<b>1</b>
272	Jer Collins	Llamwyr Llyn Striders	M50	<b>38.09</b>		0.00	2:25:55	38.09	<b>1</b>
273	Paul Cannon	Birmingham Running Athletics A	M40	<b>37.94</b>		0.00	2:26:03	37.94	<b>1</b>
274	Helen Pike	Birmingham Running Athletics A	F40	<b>37.92</b>		0.00	2:26:04	37.92	<b>1</b>
275	Vanessa Ball	Monross Trailblazers	SF	<b>37.37</b>	3:48:14	37.37	0.00	0.00	<b>1</b>
276	Alice Williams	Buckley RC	F40	<b>37.34</b>	3:48:16	37.34	0.00	0.00	<b>1</b>
277	Peter Vokes	Unaffiliated	SM	<b>37.31</b>	3:48:19	37.31	0.00	0.00	<b>1</b>
278	Andrew Chambers	Unaffiliated	M40	<b>37.28</b>	3:48:21	37.28	0.00	0.00	<b>1</b>
279	Simon Mccann	Village Vipers RC	M40	<b>37.25</b>		0.00	2:26:40	37.25	<b>1</b>
280	Scott Mathers	Bridgnorth Running Club	SM	<b>37.01</b>		0.00	2:26:53	37.01	<b>1</b>
281	Andrew Trybus	Swindon Striders	SM	<b>36.81</b>		0.00	2:27:04	36.81	<b>1</b>
282	Linda Jones	Wrexham AAC	F50	<b>36.74</b>		0.00	2:27:08	36.74	<b>1</b>
283	Peter Hadley	Cambridge Harriers	M70	<b>35.98</b>		0.00	2:27:49	35.98	<b>1</b>
284	Frances Dathan	Unaffiliated	SF	<b>35.61</b>		0.00	2:28:09	35.61	<b>1</b>
285	Jill Davies	Saddleworth Runners	F60	<b>35.37</b>	3:51:02	35.37	0.00	0.00	<b>1</b>
286	Sioned Griffiths	Denbigh Harriers	SF	<b>34.81</b>		0.00	2:28:52	34.81	<b>1</b>
287	Leslie Johnson	Northwich Running Club	M40	<b>34.42</b>		0.00	2:29:13	34.42	<b>1</b>
288	Rachael Bateman	Mercia Fell Runners	F40	<b>34.24</b>		0.00	2:29:23	34.24	<b>1</b>
289	Charles Ashley	Wrexham AAC	M60	<b>33.11</b>		0.00	2:30:24	33.11	<b>1</b>
290	Paul Corson	Unaffiliated	SM	<b>32.70</b>		0.00	2:30:46	32.70	<b>1</b>
291	Chris Baker	Newbridge	M40	<b>32.06</b>		0.00	2:31:21	32.06	<b>1</b>
292	Nicki Bowman	Badgers	F40	<b>31.11</b>		0.00	2:32:12	31.11	<b>1</b>
293	Glyn Broadhurst	Badgers	M40	<b>31.10</b>		0.00	2:32:13	31.10	<b>1</b>
294	Peter Nicholls	Meirionydd Running Club	M60	<b>30.32</b>		0.00	2:32:55	30.32	<b>1</b>
295	Timothy Smith	Unaffiliated	M50	<b>30.28</b>		0.00	2:32:57	30.28	<b>1</b>
296	Roessa Marks	Liss RC	F50	<b>29.41</b>		0.00	2:33:44	29.41	<b>1</b>
297	Dawn Osborne	Cherwell Runners Joggers	F50	<b>29.25</b>		0.00	2:33:53	29.25	<b>1</b>
298	Cecilia Harman	Rhayader District AAC	SF	<b>28.14</b>		0.00	2:34:53	28.14	<b>1</b>
299	Jill Grasby	Redditch Stars	SF	<b>27.84</b>		0.00	2:35:09	27.84	<b>1</b>
300	Janet Richards	Mynydd Du	F50	<b>27.56</b>	4:02:00	27.56	0.00	0.00	<b>1</b>
301	Jack Smith	Unaffiliated	SM	<b>27.43</b>		0.00	2:35:31	27.43	<b>1</b>
302	David Richards	Formula One CC	M50	<b>27.32</b>		0.00	2:35:37	27.32	<b>1</b>
303	Alex Benson	Unaffiliated	M40	<b>26.71</b>		0.00	2:36:10	26.71	<b>1</b>
304	Richard Treitl	Barlick Fell Runners	M60	<b>25.36</b>		0.00	2:37:23	25.36	<b>1</b>
305	Dougal Davrvill	Unaffiliated	M50	<b>25.05</b>	4:05:31	25.05	0.00	0.00	<b>1</b>
306	Hamish Hughson	Chepstow Harriers	M40	<b>25.03</b>		0.00	2:37:41	25.03	<b>1</b>
307	Lizzy Felton	Unaffiliated	SF	<b>24.60</b>		0.00	2:38:04	24.60	<b>1</b>
308	Richard Paddock	Mercia Fell Runners	M50	<b>24.33</b>		0.00	2:38:19	24.33	<b>1</b>
309	Biddy Cole	Mercia Fell Runners	F50	<b>24.29</b>		0.00	2:38:21	24.29	<b>1</b>
310	Noel Harding	Nohoperacing	M40	<b>24.27</b>		0.00	2:38:22	24.27	<b>1</b>
311	Vicky Harding	Oswestry Olympians	SF	<b>24.01</b>		0.00	2:38:36	24.01	<b>1</b>
312	Emma Cornes	Run Free Fell Runners	SF	<b>23.86</b>		0.00	2:38:44	23.86	<b>1</b>
313	Katy Baugh	Denbigh Harriers	SF	<b>23.79</b>		0.00	2:38:48	23.79	<b>1</b>
314	Menai Baugh	Denbigh Harriers	F60	<b>23.46</b>		0.00	2:39:06	23.46	<b>1</b>
315	Simon Cope	Unaffiliated	M40	<b>22.18</b>		0.00	2:40:15	22.18	<b>1</b>
316	Desirre Lubran	Rhayader District AAC	SF	<b>21.59</b>		0.00	2:40:47	21.59	<b>1</b>
317	Yricka Gardner	Wrexham AAC	F40	<b>20.78</b>		0.00	2:41:31	20.78	<b>1</b>
318	Ian Harris	Wolverhampton Bilston AC	M50	<b>20.57</b>		0.00	2:41:42	20.57	<b>1</b>
319	Rod Sutcliffe	Calder Valley	M60	<b>20.29</b>	4:12:12	20.29	0.00	0.00	<b>1</b>
320	Les Williams	Rhedwyr Eryri	M70	<b>20.16</b>	4:12:23	20.16	0.00	0.00	<b>1</b>
321	Yvonne Brown	Vegetarian Cycling AC	F50	<b>19.93</b>		0.00	2:42:17	19.93	<b>1</b>
322	Christopher Bird	Redditch Stars	SM	<b>19.91</b>		0.00	2:42:18	19.91	<b>1</b>
323	David Osborne	Cherwell Runners Joggers	M50	<b>18.87</b>		0.00	2:43:14	18.87	<b>1</b>
324	Jon Adams	Unaffiliated	SM	<b>17.95</b>		0.00	2:44:04	17.95	<b>1</b>
325	Katie Jeanes	Unaffiliated	SF	<b>17.95</b>		0.00	2:44:04	17.95	<b>1</b>
326	Petra Chapman Gibbs	York Knavesmire Harriers	F40	<b>17.74</b>		0.00	2:44:15	17.74	<b>1</b>
327	Kate Rawlings	Unaffiliated	F40	<b>17.47</b>		0.00	2:44:30	17.47	<b>1</b>

328	Tracey Nash	Unaffiliated	F40	<b>16.91</b>		0.00	2:45:00	16.91	<b>1</b>
329	John Stokes	Kingswood Tri	M40	<b>16.80</b>		0.00	2:45:06	16.80	<b>1</b>
330	Carys Durie	Carduro	SF	<b>16.78</b>		0.00	2:45:07	16.78	<b>1</b>
331	Adam Mounce	Carduro	SM	<b>16.76</b>		0.00	2:45:08	16.76	<b>1</b>
332	Lucy Allen	Unaffiliated	FU23	<b>16.74</b>		0.00	2:45:09	16.74	<b>1</b>
333	John Price	Hay Hotfooters	M60	<b>16.49</b>		0.00	2:45:23	16.49	<b>1</b>
334	Patrick Austin	Cambridge Harriers	M50	<b>15.60</b>		0.00	2:46:11	15.60	<b>1</b>
335	Gary Gunner	Croft Ambrey RC	M70	<b>15.47</b>	4:18:58	15.47		0.00	<b>1</b>
336	Peter Senior	Lymm Runners	SM	<b>15.15</b>		0.00	2:46:35	15.15	<b>1</b>
337	Andy Farrell	Swansea Harriers AC	SM	<b>13.86</b>		0.00	2:47:45	13.86	<b>1</b>
338	David Moreton	Kingfisher Harriers	SM	<b>13.73</b>		0.00	2:47:52	13.73	<b>1</b>
339	Liam O'Brien	Unaffiliated	SM	<b>13.40</b>		0.00	2:48:10	13.40	<b>1</b>
340	Karen Owens	Wrexham AAC	F50	<b>13.14</b>		0.00	2:48:24	13.14	<b>1</b>
341	Anwen Brown	Denbigh Harriers	F40	<b>12.93</b>		0.00	2:48:35	12.93	<b>1</b>
342	Terry May	Unaffiliated	M50	<b>12.14</b>		0.00	2:49:18	12.14	<b>1</b>
343	Rebecca Smith-Williams	MDC	SF	<b>11.76</b>	4:24:10	11.76		0.00	<b>1</b>
344	Tonia Vernon	Trentham RC	F40	<b>11.49</b>		0.00	2:49:53	11.49	<b>1</b>
345	Andy O'Brien	Unaffiliated	M40	<b>11.25</b>		0.00	2:50:06	11.25	<b>1</b>
346	Keith Trivett	Unaffiliated	M50	<b>10.03</b>		0.00	2:51:12	10.03	<b>1</b>
347	Jack Hayon Harington	Frome Running Club	SM	<b>9.57</b>	4:27:15	9.57		0.00	<b>1</b>
348	Simon Rollason	Unaffiliated	M40	<b>7.48</b>		0.00	2:53:30	7.48	<b>1</b>
349	Richard Harper	Kingfisher Harriers	SM	<b>6.83</b>		0.00	2:54:05	6.83	<b>1</b>
350	Mpho Bogatsu	Meirionydd Running Club	F40	<b>5.83</b>		0.00	2:54:59	5.83	<b>1</b>
351	Nia Davies	Meirionydd Running Club	SF	<b>2.17</b>		0.00	2:58:17	2.17	<b>1</b>
352	Robert Wood	Lliswerry Runners	M40	<b>1.00</b>	5:19:26	1.00		0.00	<b>1</b>
353	Abigail Hall	Unaffiliated	FU23	<b>1.00</b>		0.00	3:23:03	1.00	<b>1</b>
354	Alexandra Pritchard	Aberystwyth AC	SF	<b>1.00</b>		0.00	3:01:04	1.00	<b>1</b>
355	Arthur Clare-Hay	Mercia Fell Runners	M70	<b>1.00</b>		0.00	3:28:21	1.00	<b>1</b>
356	Clair Atterbury	Prestatyn RC	F40	<b>1.00</b>		0.00	3:01:41	1.00	<b>1</b>
357	Frank Szablewski	Fell Runners Association	M60	<b>1.00</b>		0.00	2:59:22	1.00	<b>1</b>
358	Hannah Johns	Vegan Runners UK	SF	<b>1.00</b>		0.00	3:25:59	1.00	<b>1</b>
359	Kurmang Rashid	Unaffiliated	M50	<b>1.00</b>		0.00	3:10:14	1.00	<b>1</b>
360	Lucie Hobson	Aberystwyth AC	SF	<b>1.00</b>		0.00	3:01:23	1.00	<b>1</b>
361	Margaret Oliver	Unaffiliated	F70	<b>1.00</b>		0.00	3:00:07	1.00	<b>1</b>
362	Mark Brennan	Fell Runners Association	M50	<b>1.00</b>		0.00	3:37:47	1.00	<b>1</b>
363	Simon Hands	Redditch Stars	SM	<b>1.00</b>		0.00	3:08:03	1.00	<b>1</b>
364	Stuart Dovey	Mercia Fell Runners	M40	<b>1.00</b>		0.00	3:08:30	1.00	<b>1</b>
				<b>0.00</b>		0.00		0.00	<b>0</b>