

**Mynydd Myfyr****28-May-17**

| <b>Position</b> | <b>Time</b> | <b>Runner Name</b>   | <b>Club Name</b>     | <b>Age Group</b> | <b>Position in Age Group</b> | <b>Race Number</b> |
|-----------------|-------------|----------------------|----------------------|------------------|------------------------------|--------------------|
| 1               | 22:42.0     | Tom Heard            | Oswestry Olympians   | M                | 1                            | 1258               |
| 2               | 22:52.0     | Simon Barkley        | Oswestry Olympians   | M40              | 1                            | 1211               |
| 3               | 22:54.0     | David Alexander      | West Cheshire        | M45              | 1                            | 1216               |
| 4               | 23:14.0     | Peter Jones          | Oswestry Olympians   | M40              | 2                            | 1241               |
| 5               | 23:20.0     | Colin Thompson       | Helsby Running Club  | M                | 2                            | 1237               |
| 6               | 23:50.0     | Tim Tansley          | Oswestry Olympians   | M40              | 3                            | 1243               |
| 7               | 24:03.0     | Adam Gordon          | Helsby Running Club  | M40              | 4                            | 1266               |
| 8               | 24:12.0     | Ian Lowe             | Oswestry Olympians   | M45              | 2                            | 1229               |
|                 |             |                      | Shrewsbury Athletics |                  |                              |                    |
| 9               | 25:00.0     | Steve Turig          | Club                 | M45              | 3                            | 1226               |
| 10              | 25:13.0     | Mark Davies          | West Cheshire        | M40              | 5                            | 1217               |
| 11              | 25:14.0     | Tom Mollekin         | Mynydd Du            | M                | 3                            | 1236               |
| 12              | 25:31.0     | Mark A Jones         | unattached           | M50              | 1                            | 1271               |
| 13              | 25:34.0     | Stefan Borrie        | unattached           | M                | 4                            | 1273               |
| 14              | 25:49.0     | Ian Rutherford       | Helsby Running Club  | M45              | 4                            | 1204               |
| 15              | 25:49.0     | Ed Morris            | Shropshire Shufflers | M40              | 6                            | 1232               |
| 16              | 26:16.0     | Dan Benson           | unattached           | M                | 5                            | 1272               |
|                 |             |                      | Shrewsbury Athletics |                  |                              |                    |
| 17              | 26:27.0     | Haydn Jones          | Club                 | M55              | 1                            | 1230               |
| 18              | 26:30.0     | Liz Such             | unattached           | F40              | 1                            | 1238               |
| 19              | 26:59.0     | David Mitchell       | Helsby Running Club  | M                | 6                            | 1228               |
| 20              | 27:11.0     | Darrell Walsh        | Oswestry Olympians   | M40              | 7                            | 1208               |
| 21              | 27:28.0     | Laura Baynham-Hughes | Helsby Running Club  | F40              | 2                            | 1257               |
| 22              | 27:30.0     | Tim Palmer           | Helsby Running Club  | M50              | 2                            | 1212               |
| 23              | 27:32.0     | Steve Roberts        | Oswestry Olympians   | M60              | 1                            | 1205               |
| 24              | 27:49.0     | Ben Morris           | unattached           | M                | 7                            | 1240               |
| 25              | 28:04.0     | Paul Brown           | unattached           | M50              | 3                            | 1202               |
| 26              | 28:07.0     | Chris Hardwick       | unattached           | M40              | 8                            | 1268               |
| 27              | 28:21.0     | Sean Butler          | Oswestry Olympians   | M55              | 2                            | 1246               |
| 28              | 28:28.0     | David Drummond       | Banbury Harriers     | M50              | 4                            | 1221               |

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|-----------------|-------------|--------------------|---------------------------|------------------|------------------------------|--------------------|
| 29              | 28:36.0     | Duncan Jones       | Denbigh Harriers          | M55              | 3                            | 1215               |
| 30              | 28:41.0     | Dave Hughes        | Oswestry Olympians        | M50              | 5                            | 1233               |
| 31              | 28:55.0     | Martin Cortvriend  | Denbigh Harriers          | M65              | 1                            | 1274               |
| 32              | 29:02.0     | Paul Renison       | unattached                | M40              | 9                            | 1263               |
| 33              | 29:05.0     | Arren Roberts      | unattached                | M45              | 5                            | 1256               |
| 34              | 29:12.0     | Dave Mayhew        | unattached                | M55              | 4                            | 1261               |
| 35              | 29:14.0     | Phil Gillard       | Helsby Running Club       | M55              | 5                            | 1206               |
| 36              | 29:16.0     | Ellie Robinson     | West Cheshire             | F45              | 1                            | 1219               |
| 37              | 29:28.0     | Peter Johnson      | Mercia Fell Runners       | M60              | 2                            | 1262               |
| 38              | 29:37.0     | Ellen Ashton       | Oswestry Olympians        | F45              | 2                            | 1235               |
| 39              | 29:39.0     | Emma Dainty        | unattached                | F35              | 1                            | 1222               |
| 40              | 29:43.0     | John Preece        | unattached                | M                | 8                            | 1269               |
| 41              | 29:45.0     | Alice Walton       | Oswestry Olympians        | F                | 1                            | 1251               |
| 42              | 29:54.0     | Russell Ward       | Shropshire Shufflers      | M50              | 6                            | 1210               |
| 43              | 30:04.0     | Jenny Minshall     | Shropshire Shufflers      | F                | 2                            | 1270               |
| 44              | 30:12.0     | Susie Hancock      | Oswestry Olympians        | F55              | 1                            | 1239               |
| 45              | 30:35.0     | Vickie Winstanley  | unattached                | F45              | 3                            | 1255               |
| 46              | 30:38.0     | Lisa Davies        | West Cheshire             | F45              | 4                            | 1218               |
| 47              | 30:40.0     | Rhiannon Tansley   | Oswestry Olympians        | F14              | 1                            | 1244               |
| 48              | 30:46.0     | Dominic Cole       | unattached                | M40              | 10                           | 1203               |
| 49              | 30:52.0     | Charles Ashley     | Wrexham Athletics Club    | M55              | 6                            | 1224               |
| 50              | 30:59.0     | Yvonne Hill        | Oswestry Olympians        | F50              | 1                            | 1209               |
| 51              | 31:10.0     | Nicola Shipp       | unattached                | F40              | 3                            | 1247               |
| 52              | 31:19.0     | Gill Evans         | Shrewsbury Athletics Club | F55              | 2                            | 1227               |
| 53              | 31:29.0     | Mark Davies        | unattached                | M                | 9                            | 1259               |
| 54              | 31:42.0     | Trevor Searle      | Oswestry Olympians        | M65              | 2                            | 1245               |
| 55              | 31:45.0     | Chris Hesketh      | Oswestry Olympians        | M45              | 6                            | 1231               |
| 56              | 31:49.0     | Stephen Humphreys  | unattached                | M40              | 11                           | 1265               |

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|-----------------|-------------|--------------------------|------------------------|------------------|------------------------------|--------------------|
| 57              | 31:53.0     | Dave Farron              | Mercia Fell Runners    | M50              | 7                            | 1207               |
| 58              | 31:54.0     | Danielle Ryder           | Helsby Running Club    | F                | 3                            | 1253               |
| 59              | 32:00.0     | Jude Palmer              | unattached             | F40              | 4                            | 1214               |
| 60              | 32:20.0     | Pip Long                 | unattached             | F45              | 5                            | 1250               |
| 61              | 32:21.0     | Andy Smith               | Helsby Running Club    | M55              | 7                            | 1213               |
| 62              | 32:28.0     | David Benson             | unattached             | M60              | 3                            | 1249               |
| 63              | 32:36.0     | Rebecca Knight           | unattached             | F                | 4                            | 1260               |
| 64              | 32:38.0     | Sarah Cordingley         | unattached             | F35              | 2                            | 1220               |
| 65              | 32:42.0     | Peter Coates             | Oswestry Olympians     | M50              | 8                            | 1225               |
| 66              | 33:03.0     | Noel Harding             | unattached             | M45              | 7                            | 1248               |
| 67              | 33:23.0     | Julie Lloyd-Evans        | Oswestry Olympians     | F45              | 6                            | 1242               |
| 68              | 34:00.0     | Katie Lord               | Helsby Running Club    | f                | 5                            | 1252               |
| 69              | 34:43.0     | Ashling Donohoe-Harrison | Oswestry Olympians     | F                | 6                            | 1234               |
| 70              | 37:49.0     | Nicola Renison           | unattached             | F40              | 5                            | 1264               |
| 71              | 37:59.0     | Jackie Keasley           | Helsby Running Club    | F55              | 3                            | 1254               |
| 72              | 41:00.0     | Karen Owens              | Wrexham Athletics Club | F45              | 7                            | 1223               |
| 73              | 43:50.0     | Vicky Cortvriend         | Denbigh Harriers       | F60              | 1                            | 1275               |
| 74              | 45:20.0     | Leanne Allen             | unattached             | F                | 7                            | 1276               |
| 75              | 45:33.0     | Mike Murray              | unattached             | M65              | 3                            | 1201               |
| 76              | 46:21.0     | Rosie Steele             | unattached             | F40              | 6                            | 1267               |

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