

## Ras Y Gader Saturday 30th May 2009

| Pos | Time    | Name                      | Team                       | Age      | No  |
|-----|---------|---------------------------|----------------------------|----------|-----|
| 1   | 1:26:25 | TAGGART, Lloyd            | Dark Peak Fell Runners     |          | 195 |
| 2   | 1:29:05 | ROBERTS, Richard          | Eryri                      |          | 280 |
| 3   | 1:33:54 | SHAW, Martin              | Mynydd Du                  |          | 62  |
| 4   | 1:35:42 | RIDGWAY, Iain             | Eryri                      |          | 253 |
| 5   | 1:36:24 | MORGAN, Jon               | Dark Peak Fell Runners     | Man 0/40 | 272 |
| 6   | 1:37:00 | THORPE, Andy              | Halifax Harriers           | Man 0/40 | 8   |
| 7   | 1:37:47 | HUMPHREYS, Martin         | stroud ac                  |          | 189 |
| 8   | 1:39:03 | KALLENBURG, Michael Lewis | Carmarthen Harriers        | Jnr Man  | 112 |
| 9   | 1:40:23 | HULLEY, Matthew           | Dark Peak Fell Runners     |          | 284 |
| 10  | 1:41:13 | MARR, Iain                | Unattached                 |          | 261 |
| 11  | 1:41:38 | LEE, Jackie               | Eryri                      |          | 196 |
| 12  | 1:41:47 | FRANCE, Mark              | Darwen Dashers             | Man 0/40 | 198 |
| 13  | 1:42:07 | JEFFERY, Craig            | STAFFMOORLANDS AC          |          | 174 |
| 14  | 1:42:21 | TAYLOR, Adam              | Fleckney and Kibworth      |          | 50  |
| 15  | 1:42:40 | EDWARDS, Simon            | Buckley Runners            |          | 292 |
| 16  | 1:44:26 | BELLAMY, Stewart          | MERCIA FELL RUNNERS        |          | 286 |
| 17  | 1:44:35 | HINDLE, Tim               | brecon                     | Man 0/40 | 273 |
| 18  | 1:44:47 | STAVELEY, Andy            | Burnden RR                 | Man 0/40 | 152 |
| 19  | 1:44:59 | LEWIS, Arwel              | Eryri                      | Man 0/50 | 106 |
| 20  | 1:45:23 | CARRUTHERS, Andrew        | HALESOWENACC               | Man 0/40 | 274 |
| 21  | 1:45:45 | GARNER, David             | Manchester YMCA            | Man 0/40 | 303 |
| 22  | 1:45:50 | TYRIE, Mike               |                            | Man 0/40 | 120 |
| 23  | 1:45:54 | CRAINE, Noel              | Eryri                      | Man 0/40 | 260 |
| 24  | 1:46:07 | FINES, Helen              | Calder Valley Fell Runners |          | 75  |
| 25  | 1:46:38 | RICHARDS, Ifan            | Meirionnydd Running Club   |          | 172 |
| 26  | 1:46:54 | THOMAS, Nick              | Telford Harriers           | Man 0/40 | 104 |
| 27  | 1:47:07 | JONES, Alun               | Unattached                 | Jnr Man  | 91  |
| 28  | 1:47:10 | WILLIAMS, Dafydd          | Eryri                      | Man 0/40 | 231 |
| 29  | 1:47:15 | ROBERTS, Simon Gwyn       | Buckley Runners            |          | 171 |
| 30  | 1:48:02 | DUNCAN, ALAN              | Bowland FR                 | Man 0/50 | 263 |
| 31  | 1:48:16 | MCARA, Graham             | Cheshire Hill Racers       | Man 0/50 | 102 |
| 32  | 1:48:18 | BRISTOW, John             |                            |          | 96  |
| 33  | 1:48:22 | ODONNELL, Rory            | Eryri                      |          | 293 |
| 34  | 1:48:33 | JENKINSON, Paul           | Eryri                      | Man 0/40 | 10  |
| 35  | 1:48:34 | POWELL, Ross              | MERCIA FELL RUNNERS        | Man 0/50 | 143 |
| 36  | 1:48:58 | LAMB, Roger               | MERCIA FELL RUNNERS        | Man 0/40 | 170 |
| 37  | 1:49:03 | RIDGWAY, Sarah            | Eryri                      |          | 254 |
| 38  | 1:49:31 | WILLIAMS, Paul            | Wrexham Tri                |          | 185 |
| 39  | 1:50:46 | LOFTUS, Mick              | valley striders            | Man 0/40 | 162 |
| 40  | 1:51:01 | COOK, Alan                | amc training               |          | 190 |
| 41  | 1:51:28 | CLEWES, Matthew           | MERCIA FELL RUNNERS        | Man 0/40 | 227 |
| 42  | 1:51:33 | FLETCHER, Glyn            | Maldwyn Harriers           | Man 0/40 | 229 |
| 43  | 1:52:29 | EVANS, Dic                | Cardiff AAC                | Man 0/60 | 294 |
| 44  | 1:52:58 | BOOTH, Pete               | Clayton-Le-Moors           | Man 0/50 | 233 |
| 45  | 1:53:21 | WILLIAMS, Adrian          | Eryri                      |          | 118 |
| 46  | 1:53:29 | CLIFFE, Martin            |                            |          | 11  |
| 47  | 1:53:43 | AUSTIN, Dave              | Calder Valley Fell Runners |          | 232 |
| 48  | 1:54:15 | BLORE, James              | Chepstow                   | Jnr Man  | 246 |
| 49  | 1:54:28 | ROBERTS, Shan             | Ingli Runners              | 0/40     | 109 |
| 50  | 1:55:01 | LEWIS, Dylan Rhys         | Cerist Triathlon Club      |          | 125 |
| 51  | 1:55:08 | AGNEW, Peter              | Denbigh Harriers           | Man 0/40 | 92  |
| 52  | 1:55:36 | MCMAHON, Gary             | Redhill                    | Man 0/50 | 173 |
| 53  | 1:55:37 | BARTLETT, Anna            | Shrewbury                  |          | 281 |
| 54  | 1:55:38 | EDWARDS, Aled             | Eryri                      |          | 100 |
| 55  | 1:55:38 | HEMING, Jenny             | Eryri                      |          | 56  |

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| 56  | 1:55:45 | GLADWELL, Ian            | Fleckney and Kibworth      | Man 0/40 | 103 |
| 57  | 1:56:04 | BUDGETT, Suzanna         | Horwich harreirs           | 0/40     | 147 |
| 58  | 1:56:55 | BUCKLEY, Mick            | Newcastle (Staffs) AC      |          | 177 |
| 59  | 1:57:04 | ATHERTON, Mark           | Unattached                 |          | 144 |
| 60  | 1:57:20 | WILKINS, Jason           | Cardigan Running Club      |          | 182 |
| 61  | 1:57:44 | WILLIAMS, Donald         | Eryri                      | Man 0/60 | 136 |
| 62  | 1:58:01 | DAVIES, Sam              | Unattached                 |          | 304 |
| 63  | 1:58:09 | REES, Ron                | pennine                    | Man 0/50 | 67  |
| 64  | 1:58:37 | GRANT, Miranda           | hbt                        | NDB      | 276 |
| 65  | 1:59:20 | BEVAN, Neil              | Oswestry Olympians         |          | 266 |
| 66  | 1:59:27 | KEECH, Tony              | Human Energy AC            | Man 0/50 | 121 |
| 67  | 1:59:34 | OLIVER, Andy             | Manchester YMCA            |          | 200 |
| 68  | 1:59:38 | CAMPBELL, Andy           | Wrexham Tri                |          | 188 |
| 69  | 1:59:46 | MASON, Gary              | Bourne Town Harriers       | Man 0/40 | 28  |
| 70  | 2:00:18 | HALL, Chris              | Stubbington Green Runners  | Man 0/40 | 252 |
| 71  | 2:00:22 | MARTIN, Richard          |                            |          | 74  |
| 72  | 2:00:29 | WILLIAMS, Alec           | Ingli Runners              | Man 0/40 | 242 |
| 73  | 2:00:41 | HODGSON, John            |                            | Man 0/40 | 3   |
| 74  | 2:00:59 | ASHTON, David            | Manchester YMCA            | Man 0/60 | 130 |
| 75  | 2:01:10 | PULESTON-JONES, Jonathon |                            |          | 45  |
| 76  | 2:01:25 | POLLITT, Martyn          | Burnden RR                 | Man 0/40 | 158 |
| 77  | 2:01:36 | LEWIS, Alex              | Unattached                 |          | 230 |
| 78  | 2:01:37 | OWEN, Neil               | Prestatyn                  | Man 0/50 | 97  |
| 79  | 2:01:53 | SERJEANT, Keelan         | Calder Valley Fell Runners |          | 61  |
| 80  | 2:02:07 | CROSSLEY, Tony           | East Grinstead             | Man 0/50 | 17  |
| 81  | 2:02:17 | WOODVINE, Dave           | Shropshire Shufflers       |          | 80  |
| 82  | 2:02:26 | GARSON, Peter            | Aberystwyth AC             | Man 0/40 | 301 |
| 83  | 2:03:03 | LLOYD, Haydn             | Sarn Helen                 |          | 257 |
| 84  | 2:03:24 | MURPHY, James            | Unattached                 | Man 0/40 | 262 |
| 85  | 2:03:33 | RICHARDS, John           | Oswestry Olympians         | NDB      | 264 |
| 86  | 2:03:40 | PORTER JONES, Gary       | Eryri                      | Man 0/40 | 290 |
| 87  | 2:03:50 | MITCHELMORE, Darren      | Unattached                 | Man 0/40 | 295 |
| 88  | 2:03:53 | PRICE, Anthony           | Dudley Kingswinford        | Man 0/40 | 245 |
| 89  | 2:04:11 | MACDONALD-JONES, Glenn   | Newport & District         | Man 0/50 | 31  |
| 90  | 2:04:16 | LONDESBOROUGH, Jim       | hatton darts               | Man 0/40 | 194 |
| 91  | 2:04:37 | ATKINSON, Russell        | sheffield triathlon club   |          | 297 |
| 92  | 2:05:18 | WHITE, Steve             | saffron striders           | Man 0/40 | 287 |
| 93  | 2:05:37 | DAVIES, Graham           | Colwyn Bay AC              | Man 0/40 | 258 |
| 94  | 2:05:57 | MYLES, Chris             | Shropshire Shufflers       | Man 0/40 | 285 |
| 95  | 2:06:15 | ROBERTS, Trefor          | Eryri                      | Man 0/40 | 278 |
| 96  | 2:06:22 | VAUGHAN, Frankie         | Meirionnydd Running Club   | Man 0/50 | 163 |
| 97  | 2:06:39 | DONNELLY, Adrian         | MERCIA FELL RUNNERS        | Man 0/40 | 197 |
| 98  | 2:06:45 | MEINCKEN, Andrew         |                            |          | 52  |
| 99  | 2:06:52 | ASHLEY, Charles          | Wrexham                    | Man 0/50 | 71  |
| 100 | 2:06:56 | MORLEY, Lisa             | Wrexham                    |          | 187 |
| 101 | 2:07:01 | WILCOX, Chris            | CRR                        | Man 0/50 | 35  |
| 102 | 2:07:03 | SHARAF, Adnan            | Unattached                 |          | 223 |
| 103 | 2:07:15 | BARKER, Louise           | Aberystwyth AC             |          | 277 |
| 104 | 2:07:41 | FORRESTER, Graham        | Avon Valley Runners        | Man 0/40 | 160 |
| 105 | 2:07:41 | MAURISSEN, Charlotte     | Avon Valley Runners        |          | 159 |
| 106 | 2:07:48 | JONES, James             | Unattached                 |          | 228 |
| 107 | 2:07:54 | SMITH, Sharron           | Bingley Harriers           |          | 299 |
| 108 | 2:08:20 | BRAZNELL, Kim            | HALESOWENACC               | 0/50     | 279 |
| 109 | 2:08:31 | VAUGHAN, Andrea          | Meirionnydd Running Club   |          | 169 |
| 110 | 2:08:32 | STOTT, Andy              | MDC                        | Man 0/50 | 148 |
| 111 | 2:08:36 | SEABOURNE, David         | Meirionnydd Running Club   | Man 0/50 | 166 |
| 112 | 2:09:06 | LORD, Chris              | cannerdal tri              | Man 0/40 | 168 |
| 113 | 2:09:35 | SPENCER, Graham          | MERCIA FELL RUNNERS        | Man 0/50 | 93  |
| 114 | 2:09:53 | YEOMANS, Allan           | Rosendale                  | Man 0/40 | 154 |
| 115 | 2:10:16 | TAYLOR, Morgan           |                            |          | 47  |
| 116 | 2:10:57 | JONES, Stephen Lloyd     | Eryri                      | Man 0/50 | 186 |

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| 117 | 2:11:37 | HUMPHREYS, Marc       |                                |          | 141 |
| 118 | 2:11:43 | WRIGHT, Calvin        | Unattached                     | Man 0/40 | 183 |
| 119 | 2:11:47 | WOODS, Max            | West Cheshire AC               | Man 0/40 | 184 |
| 120 | 2:11:53 | JAMIESON, David       | Unattached                     | Man 0/40 | 110 |
| 121 | 2:11:58 | LUCAS, Martin         | Helm Hill                      |          | 275 |
| 122 | 2:12:01 | HARWOOD, Andrew       | Fell Running Association       | Man 0/40 | 33  |
| 123 | 2:12:03 | WALSH, Mark           | Darwen Dashers                 | Man 0/40 | 129 |
| 124 | 2:12:19 | EVANS, John           | Aberystwyth AC                 | Man 0/60 | 235 |
| 125 | 2:12:23 | FRISBY, Chris         | Unattached                     |          | 250 |
| 126 | 2:12:24 | ROWLANDS, Dilwyn      | Eryri                          |          | 180 |
| 127 | 2:12:33 | DICKINSON, Jason      | Trot St Clears                 | Man 0/40 | 224 |
| 128 | 2:12:36 | CANNONS, Stephen      |                                | Man 0/40 | 42  |
| 129 | 2:12:50 | MORLEY, Marcos        | Portsmouth Joggers             |          | 99  |
| 130 | 2:12:52 | STOTT, Gill           | MDC                            | 0/50     | 149 |
| 131 | 2:13:10 | TAYLOR, Ian           | North Wales Road Running Club  | Man 0/40 | 256 |
| 132 | 2:13:32 | DAWSON, Nigel         |                                | Man 0/40 | 51  |
| 133 | 2:14:00 | HUGHES, Lenny         | Maldwyn Harriers               | Man 0/50 | 27  |
| 134 | 2:14:03 | POWELL, Anthony       | Rhayader                       |          | 134 |
| 135 | 2:14:33 | EVANS, Maldwyn        | Eryri                          | Man 0/40 | 151 |
| 136 | 2:14:56 | THOMAS, Ali           | Eryri                          | 0/40     | 259 |
| 137 | 2:15:25 | MCCULLOUGH, Paul      | Maldwyn Harriers               |          | 41  |
| 138 | 2:15:43 | MOORE, Joanne         |                                |          | 12  |
| 139 | 2:16:02 | HICKS, Tim            |                                | Man 0/50 | 9   |
| 140 | 2:16:28 | IFFLA, Hugo           | Bro Dysynni                    | Man 0/50 | 55  |
| 141 | 2:16:28 | EDWARDS, Juliet       | Meirionnydd Running Club       | 0/40     | 164 |
| 142 | 2:16:40 | SMITH, John D         | Meirionnydd Running Club       | Man 0/60 | 122 |
| 143 | 2:17:02 | SYMONS, Stephen       | Manchester YMCA                | Man 0/40 | 142 |
| 144 | 2:17:20 | CATER, Roger          | Manchester YMCA                | Man 0/40 | 302 |
| 145 | 2:17:28 | WILLIAMS, Keith       |                                | Man 0/40 | 78  |
| 146 | 2:17:41 | SHAW, Matthew         | Unattached                     |          | 241 |
| 147 | 2:17:47 | COLE-JONES, Dylan     | Skelmersdale Boundary Harriers |          | 161 |
| 148 | 2:17:49 | VERRALS, Keith        | Unattached                     | Man 0/50 | 298 |
| 149 | 2:17:57 | MEREDITH, Will        | Goyt Valley Striders           |          | 247 |
| 150 | 2:18:07 | BEECH, Geoff          | Telford Harriers               | Man 0/40 | 236 |
| 151 | 2:18:28 | RICHARDS, Christopher |                                | Man 0/50 | 111 |
| 152 | 2:18:39 | PENNINGTON, Sue       |                                |          | 65  |
| 153 | 2:18:39 | BROWN, Philip         |                                | Man 0/40 | 66  |
| 154 | 2:19:17 | JON, Dei              | Eryri                          | Man 0/50 | 150 |
| 155 | 2:19:55 | RASGAUSKI, K Martin   | Headington                     | Man 0/60 | 238 |
| 156 | 2:20:17 | GUEST, Steve          | Unattached                     |          | 265 |
| 157 | 2:20:18 | GOODCHILD, Stephanie  | Manchester Harriers            | 0/40     | 145 |
| 158 | 2:20:20 | MCKINNEY, Nick        | Unattached                     | Man 0/40 | 192 |
| 159 | 2:20:24 | SYMONS, Mike          | Manchester YMCA                | Man 0/40 | 133 |
| 160 | 2:20:29 | MARSHALL, Helen       | Aberystwyth AC                 |          | 128 |
| 161 | 2:20:34 | WOODBIDGE, Daniela    | Griffithstown Harriers         |          | 83  |
| 162 | 2:20:53 | STANTON, Andy         |                                | Man 0/40 | 59  |
| 163 | 2:20:57 | SALISBURY, Ellie      | Eryri                          | 0/40     | 156 |
| 164 | 2:21:06 | CROMPTON, Nigel       | Pensby Runners                 | Man 0/40 | 255 |
| 165 | 2:21:13 | GRIFFITHS, Richard    | Bro Dysynni                    | Man 0/50 | 288 |
| 166 | 2:21:20 | KEYWORTH, John        | Pensby Runners                 | Man 0/50 | 300 |
| 167 | 2:21:27 | LONGMAN, Trevor       | Macclesfield Harriers          | Man 0/50 | 117 |
| 168 | 2:21:38 | INNES, Duncan         | Unattached                     | Man 0/40 | 44  |
| 169 | 2:21:42 | MARTIN, Nick          |                                |          | 81  |
| 170 | 2:22:12 | UHLMAN, Francis       | Unattached                     | Man 0/60 | 248 |
| 171 | 2:22:35 | DAVIES, Des           | Prestatyn                      | Man 0/40 | 193 |
| 172 | 2:22:37 | ROWLAND, Lawrence     | Fell Running Association       |          | 77  |
| 173 | 2:22:42 | NICHOLLS, Peter       | Meirionnydd Running Club       | Man 0/50 | 225 |
| 174 | 2:22:43 | FARROW, Dave          | Shropshire Shufflers           | Man 0/40 | 240 |
| 175 | 2:22:59 | POWELL, Dave          | Aberystwyth AC                 | Man 0/40 | 283 |

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| 176 | 2:22:59 | WEBSTER, Phoebe        | Aberystwyth AC              |          | 282 |
| 177 | 2:22:59 | FULFORD, Ryan          | Telford Harriers            |          | 5   |
| 178 | 2:23:15 | METCALFE, Rachel       | Horwich harreirs            |          | 267 |
| 179 | 2:23:55 | ELLIS, Craig           |                             |          | 32  |
| 180 | 2:23:58 | TURLEY, Sean Mark      | Unattached                  | Man 0/40 | 175 |
| 181 | 2:24:26 | LYSTER, Charles        |                             | Man 0/40 | 72  |
| 182 | 2:24:26 | WALKER, Helen          | Ingli Runners               | 0/50     | 127 |
| 183 | 2:24:26 | WALKER, Peter          | Ingli Runners               | Man 0/50 | 126 |
| 184 | 2:24:32 | LUCAS, Madeline        | Royal Sutton Coldfield AC   |          | 15  |
| 185 | 2:25:43 | GUEST, Paul            | Huncote Harriers            |          | 268 |
| 186 | 2:25:53 | MURRAY, Russell        | Welsh fell running ASSOC    | Man 0/40 | 167 |
| 187 | 2:25:55 | WILLIAMS, Kieth        | Unattached                  |          | 199 |
| 188 | 2:26:04 | DAVIES, Glenda         | Prestatyn                   | 0/40     | 131 |
| 189 | 2:26:08 | COWLING, Rupert        | Unattached                  |          | 296 |
| 190 | 2:26:43 | CORTVRIEND, Martin     | Clwydian Range runners      | Man 0/50 | 107 |
| 191 | 2:26:54 | ROGERS, Rod            | Eryri                       | Man 0/50 | 84  |
| 192 | 2:27:41 | DENNISS, Stella        | Bournville Harriers         |          | 29  |
| 193 | 2:28:03 | KHAN, Imran            |                             |          | 46  |
| 194 | 2:28:26 | MARSHALLSAY, Deane     |                             | Man 0/40 | 98  |
| 195 | 2:29:26 | BURGOYNE, Mark         |                             | Man 0/40 | 63  |
| 196 | 2:29:28 | LUCAS, Jon             |                             |          | 14  |
| 197 | 2:29:46 | MARTIN, Rob            | Unattached                  | Man 0/40 | 289 |
| 198 | 2:30:37 | OSULLIVAN, Tim         | Les Croupiers               | Man 0/50 | 239 |
| 199 | 2:31:33 | LANE, Nicholas         |                             | Man 0/40 | 38  |
| 200 | 2:31:33 | WILLIAMS, Gareth       |                             | Man 0/40 | 36  |
| 201 | 2:31:40 | READ, Alison           |                             |          | 139 |
| 202 | 2:32:25 | LAWTHER, Nick          |                             |          | 153 |
| 203 | 2:32:34 | MUMFORD, Bill          |                             | Man 0/50 | 54  |
| 204 | 2:32:50 | WILSON, Laurence       | Unattached                  |          | 87  |
| 205 | 2:32:52 | RICHARDS, Philip       |                             |          | 146 |
| 206 | 2:32:56 | WALSH, Paul            | Bowland FR                  | Man 0/60 | 19  |
| 207 | 2:34:18 | BLACKFORD, Andrew      | West End Runners            | Man 0/50 | 53  |
| 208 | 2:34:29 | WILLIAMS, Alwyn        | Eryri                       |          | 90  |
| 209 | 2:34:33 | BROWN, Ray             | Pennistone Footpath Runners | Man 0/60 | 226 |
| 210 | 2:34:45 | FARR, Christine        |                             |          | 43  |
| 211 | 2:35:04 | LISTER, Stephen        | Unattached                  |          | 237 |
| 212 | 2:36:03 | SCRIVIN, Kerry         | Unattached                  |          | 176 |
| 213 | 2:37:59 | MACDONALD-JONES, Helen | Newport & District          | 0/50     | 30  |
| 214 | 2:39:10 | READ, Gareth           |                             |          | 140 |
| 215 | 2:39:34 | DAY, Rob               | Telford Harriers            | Man 0/40 | 16  |
| 216 | 2:40:03 | WILLIAMS, Clare        | Ingli Runners               | 0/40     | 243 |
| 217 | 2:40:13 | DONNAN, Graeme         | Les Croupiers               | Man 0/50 | 234 |
| 218 | 2:40:52 | BURNS, Darren          | fell ponies                 | Man 0/40 | 25  |
| 219 | 2:41:14 | PORTER, Nicholas       | Trail Running Association   | Man 0/40 | 138 |
| 220 | 2:41:20 | HUGHES, Dewi           |                             | Man 0/50 | 70  |
| 221 | 2:42:21 | HUGHES, David          |                             | Man 0/40 | 94  |
| 222 | 2:43:05 | HUCKER, Peter          |                             |          | 24  |
| 223 | 2:43:19 | KEEVES, Abbi           | Unattached                  |          | 251 |
| 224 | 2:44:37 | EVANS, Kevin           | Meirionnydd Running Club    | Man 0/40 | 179 |
| 225 | 2:45:23 | MINTON, Kevin          |                             | Man 0/50 | 119 |
| 226 | 2:46:01 | LESLIE, Steve          | Unattached                  | Man 0/40 | 249 |
| 227 | 2:46:29 | YEOMANS, Helen         | Rosendale                   | 0/40     | 155 |
| 228 | 2:48:19 | WILLIAMS, Caren        | Eryri                       |          | 181 |
| 229 | 2:49:05 | THOMSON, Stewart       | Griffithstown Harriers      | Man 0/40 | 116 |
| 230 | 2:49:10 | JONES, Jones           | Unattached                  | Man 0/40 | 291 |
| 231 | 2:49:54 | PRICE, Alison          | Meirionnydd Running Club    | 0/40     | 244 |
| 232 | 2:51:57 | LLYWELYN, Dafydd       |                             |          | 18  |
| 233 | 2:53:22 | MANNERS, Ian           | Manchester Harriers         | Man 0/40 | 157 |
| 234 | 2:53:25 | RICHARDS, Janet        | Griffithstown Harriers      | 0/40     | 115 |
| 235 | 2:54:48 | BODDY, Peter           | Unattached                  | Man 0/40 | 270 |
| 236 | 2:55:03 | WALLACE, Derek         |                             | Man 0/50 | 37  |

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| 237 | 2:55:50 | JOSEPH, Christopher |                           |          | 60  |
| 238 | 2:56:50 | WILLIAMS, Gwynnndri |                           | Man 0/70 | 49  |
| 239 | 2:58:24 | GRETTON, Victor     | Meirionnydd Running Club  | Man 0/60 | 108 |
| 240 | 3:01:29 | LANE, Mike          |                           | Man 0/50 | 40  |
| 241 | 3:01:42 | RASHID, Kurmang     | Unattached                | Man 0/40 | 269 |
| 242 | 3:04:59 | JONES, Sioned Mair  | Meirionnydd Running Club  |          | 165 |
| 243 | 3:07:14 | WEISBLATT, Emma     | Trail Running Association | 0/40     | 137 |
| 244 | 3:10:10 | WRIGHT, Geoff       | Les Croupiers             | Man 0/50 | 20  |
| 245 | 3:14:57 | EDWARDS, John       |                           | Man 0/50 | 13  |
| 246 | 3:30:19 | RAMWELL, Stephen    | Unattached                | Man 0/40 | 271 |