

PONDEROSA FELL RACE RESULTS

4.3 MILES, 950FT

POSITION	BIB	NAME	CLUB	CATEGORY	CAT/ POS	TIME
1	949	MICHAEL CORRALES	NWRRC	SM	1ST	0:26:59
2	243	BILLY STIRLING	MERCIA FELL RUNNERS	M U23	1ST	0:27.44
3	265	JAMES CRAIG	MERCIA FELL RUNNERS	SM	2ND	0:28.04
4	227	LAWRENCE ECCLES	PENNY LANE STRIDERS	SM	3RD	0:28.14
5	274	RYAN CAIN	MENAI TRACK AND FIELD	M U23	2ND	0:28.28
6	926	GAVIN ROBERTS	GOG TRI	SM	4TH	0:29.02
7	283	PETER JONES	OSWESTRY OLYMPIANS	MV40	1ST	0:29.14
8	267	TONY WOOD	DENBIGH HARRIERS	SM	5TH	0:29.28
9	957	JIM O'HARA	HELSEBY RC	SM	6TH	0:29.55
10	276	WARREN RENKEL		SM	7TH	0:29.59
11	268	SIMON EDWARDS	BUCKLEY RUNNERS	MV45	1ST	0:30.19
12	246	JOE STARLING	MERCIA FELL RUNNERS	M U18	1ST	0:30.39
13	264	STEVE TOOGOOD	BUCKLEY RUNNERS	MV55	1ST	0:31.11
14	943	NICK JONES	BUCKLEY RUNNERS	SM	8TH	0:31.16
15	927	LEE IRELAND		MV40	2ND	0:31.19
16	282	TIM TAWSLEY	OSWESTRY OLYMPIANS	MV40	3RD	0:31.33
17	233	CHARLES GEORGE	PADDOCK WOOD A.C	M U23	3RD	0:31.35
18	960	PATRICK STRADLING	VALE ROYAL A.C	M U23	4TH	0:31.42
19	238	ANDY PRITCHARD	BUCKLEY RUNNERS	MV45	2ND	0:32.10
20	925	STEPHEN P. JONES	ERYRI	MV60	1ST	0:32.13
21	954	DEAN YARWOOD		SM	9TH	0:32.16
22	944	CHRIS PALMER	WEST CHESHIRE A.C	SM	10TH	0:32.20
23	953	LEE THORNTON	CANICROSS CLWYD	SM	11TH	0:32.36
24	295	DAVID FORD	WREXHAM A.C	MV45	3RD	0:32.50
25	941	KEVIN CHARLESTON	PENSBY RUNNERS	SM	12TH	0:32.55
26	291	JULIAN AYRES	OSWESTRY OLYMPIANS	SM	13TH	0:32.58
27	931	PETE CRAM	BUCKLEY RUNNERS	SM	14TH	0:33.09
28	946	LEON DAVIES	NWRRC	MV40	4TH	0:33.12
29	269	JUSTIN EDWARDS	BUCKLEY RUNNERS	M U18	2ND	0:33.19
30	945	GEMMA MOOLE	NWRRC	SF	1ST	0:33.23
31	281	ANDREW HUGHES		SM	15TH	0:33.29
32	959	RICHARD BORNE	MYSTERUNS	MV50	1ST	0:33.30
33	930	FRANKIE		MV45	4TH	0:33.36
34	224	IAN LOWE	OSWESTRY OLYMPIANS	MV45	5TH	0:33.44
35	397	JAMES JENKIN	TATTENHALL RUNNERS	MV55	2ND	0:33.45
36	213	STEPHEN ROBERTS	OSWESTRY OLYMPIANS	MV60	1ST	0:34.12
37	932	PHILLIP ROBERTS	HELSEBY RC	MV40	5TH	0:34.21
38	266	CERI BELSHAW	DENBIGH HARRIERS	SF	2ND	0:34.27
39	398	CRAIG CONNOR	TATTENHALL RUNNERS	SM	16TH	0:34.29
40	939	JON MOULD	BOURNVILLE HARRIERS	SM	17TH	0:34.31
41	942	CHAD		SM	18TH	0:34.35
42	394	PAUL FRODSHAM	HELSEBY RC	MV55	3RD	0:34.39
43	967	DANIEL RODRIGUES		SM	19TH	0:34.42
44	300	BENJAMIN CROSSLEY	HELSEBY RC	SM	20TH	0:35.00
45	935	PHILLIP HAYES	DENBIGH HARRIERS	SM	21ST	0:35.03
46	294	RICHARD FOGGITI	OSWESTRY OLYMPIANS	MV50	2ND	0:35.15
47	279	MARK DUNN	DEESTRIDERS	MV40	6TH	0:35.39
48	262	PAUL AIRD	LAST INN RUNNERS	MV55	4TH	0:35.47
49	929	SEAN BUTLER	OSWESTRY OLYMPIANS	MV55	5TH	0:35.52
50	928	GRAEME PEACOCK	CLWYDIAN RANGE RUNNERS	MV45	6TH	0:36.07
51	923	MARTIN CORTVRIEND	DENBIGH HARRIERS	MV65	1ST	0:36.15

52	952	MARK WELDRICK		MV40	7TH	0.36.23
53	396	PAULINE LINTON		FV50	1ST	0.36.26
54	956	TOM BLAKEMORE		SM	22ND	0.36.31
55	272	KEAN ROWLANDS	ERYRI	MV60	2ND	0.36.47
56	955	ALICE WALTON	OSWESTRY OLYMPIANS	SF	3RD	0.36.54
57	300	MARTIN GREEN	MALDWYN	MV60	2ND	0.37.11
58	296	CHARLIE ELDRED	TATTENHALL RUNNERS	MV50	3RD	0.37.12
59	951	KRYSTIAN SWIERAP		M U23	5TH	0.37.13
60	271	SANDRA ROWLANDS	ERYRI	FV50	2ND	0.37.31
61	934	CHRISTINA ROACH	HELSEBY RC	FV55	1ST	0.37.37
62	965	MANDY PEPPER	CLWYDIAN RANGE RUNNERS	FV45	1ST	0.37.53
63	938	NIGEL CROMPTON	PENSBY RUNNERS	MV55	6TH	0.38.27
64	270	CHRIS MYLES	MERCA FELL RUNNERS	MV50	4TH	0.38.29
65	275	PATRICK CAIN		MV55	7TH	0.38.31
66	947	CHRISTINE CAM MILLOVE	DEESTRIDERS	SF	4TH	0.38.39
67	293	ELLEN ASHTON	OSWESTRY OLYMPIANS	FV45	2ND	0.38.58
68	924	STEPHEN BOTHAM	WRECSAM TRI	MV55	8TH	0.39.12
69	950	MICHAEL KENSON		SM	23RD	0.39.17
70	963	TIM CHARMLEY	TATTENHALL RUNNERS	MV50	5TH	0.39.30
71	964	ANDY PEPPER	CLWYDIAN RANGE RUNNERS	MV45	7TH	0.39.39
72	251	PETER ROBERTS	BUCKLEY RUNNERS	MV75	1ST	0.40.09
73	288	CAROL COOLE	CHESTER TRI CLUB	FV50	3RD	0.40.28
74	273	LINDA MARTIN	DEESTRIDERS	FV50	4TH	0.40.32
75	280	ALICE WILLIAMS	CLWYDIAN RANGE RUNNERS	FV40	1ST	0.40.39
76	961	RACHEL ARNOLD	HELSEBY RC	FV55	2ND	0.40.55
77	289	BEN STEVENTON		SM	24TH	0.41.01
78	940	EDDIE LESNINK		MV60	3RD	0.41.51
79	962	NEIL MATTHEWS	TATTENHALL RUNNERS	MV45	8TH	0.42.01
80	292	SAM HEYWARD		SM	25TH	0.42.05
81	948	PAULL	DEESTRIDERS	SM	26TH	0.42.10
82	937	ROY FISHER	PENSBY RUNNERS	MV65	2ND	0.42.19
83	933	DEBBIE READ	HELSEBY RC	FV60	1ST	0.42.21
84	395	ALEXANDRA MAY	TATTENHALL RUNNERS	FV45	3RD	0.42.27
85	263	IORWERTH JONES	WRECSAM TRI	MV70	1ST	0.43.06
86	240	MENAI BAUGH	DENBIGH HARRIERS	FV55	3RD	0.44.55
87	290	NIGEL PRATTEN	PENSBY RUNNERS	MV70	2ND	0.44.59
88	299	PAUL CUNNINGHAM	HELSEBY RC	MV45	9TH	0.47.13
89	966	ELLEN SINGER		FV55	4TH	0.47.29
90	936	E.C. ROBERTS	HELSEBY RC	MV65	3RD	0.48.58
91	958	SHARON BASFORD	TATTENHALL RUNNERS	FV45	4TH	0.49.05
92	284	SALLY?	CHESTER TRI CLUB	FV55	5TH	0.49.31