

Mynydd Myfyr**29-May-16**

Position	Time	Runner Name	Club Name	Age Group	Race Number
1	00:22:06	Jez Brown	Buckley Runners	M40	1523
2	00:23:06	Tom Heard	Oswestry Olympians	M	1545
3	00:23:23	David Alexander	West Cheshire AC	M45	1527
4	00:23:52	Adam Jones	Oswestry Olympians	M	1504
5	00:24:06	Craig Lammis	Oswestry Olympians	M40	1534
6	00:24:37	Phillip Roberts	Helsby RC	M	1507
7	00:24:50	Simon Barkley	Oswestry Olympians	M40	1502
8	00:24:56	Craig Todhunter	Helsby RC	M45	1513
9	00:24:59	Ian Lowe	Oswestry Olympians	M40	1530
10	00:25:07	Mark Davies	West Cheshire AC	M	1522
11	00:25:29	Mark A Jones	u/a	M45	1564
12	00:25:54	Sam Jones	u/a	M16	1540
13	00:26:34	Steve Roberts	Oswestry Olympians	M60	1501
14	00:26:38	Joshua Benson	u/a	M	1554
15	00:26:40	Paul Frodsham	Helsby RC	M55	1512
16	00:26:46	Karl Williams	Buckley Runners	M40	1528
17	00:27:00	Dan Benson	u/a	M	1566
18	00:27:01	Darrell Walsh	Oswestry Olympians	M40	1518
19	00:27:03	Andy Clarke	u/a	M55	1537
20	00:27:05	Mark Jones	Oswestry Olympians	M45	1503
21	00:27:59	Rob Davies	Oswestry Olympians	M45	1559
22	00:28:03	David Haworth	u/a	M	1557
23	00:28:09	Tom Benson	Goodgym Race Team	M	1555
24	00:28:12	Sue Siddi	u/a	F40	1535
25	00:28:42	Peter Johnson	Mercia Fell Runners	M60	1542
26	00:28:46	Ian Rutherford	Helsby RC	M40	1505
27	00:28:52	Martin Corturiend	Denbigh Harriers	M60	1552
28	00:29:00	Alun Roberts	u/a	M40	1556
29	00:29:18	David Hughes	Oswestry Olympians	M50	1520
30	00:29:33	Tim Palmer	Helsby RC	M50	1517

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31	00:29:52	Eleanor Robinson	West Cheshire AC	F40	1526
32	00:30:02	Ellen Ashton	Oswestry Olympians	F45	1524
33	00:30:13	Eliza Kiel	u/a	F15	1536
34	00:30:15	Peter Roberts	Buckley Runners	M70	1508
35	00:30:18	Paul Donoghue	Buckley Runners	M45	1532
36	00:30:20	David Benson	u/a	M60	1533
37	00:31:24	Andrew Turner	u/a	M	1541
38	00:31:49	Martyn Jones	u/a	M50	1543
39	00:31:58	Fenella Heard	u/a	F35	1546
40	00:32:00	Lyndon Dudding	Oswestry Olympians	M40	1531
41	00:32:03	Naomi Watson	Mercia	F35	1529
42	00:32:40	Ben Williams	Helsby RC	M	1539
43	00:33:34	Kriszti Takacs	u/a	F35	1509
44	00:33:40	Tracey Whyte	u/a	F50	1525
45	00:33:44	Calum Jones	u/a	M17	1563
46	00:34:00	Pauly D Jones	Deeside Orienteering Club	M50	1521
47	00:34:07	Marc Davies	u/a	M	1544
48	00:34:07	Murray Barnes	u/a	M	1548
49	00:34:31	Rebecca Knight	u/a	F	1547
50	00:34:59	Sue Buck	Helsby RC	F45	1519
51	00:36:08	David Morris	u/a	M	1560
52	00:36:09	Stephen Wiggins	Helsby RC	M	1506
53	00:36:40	Cecily Benson	u/a	F	1565
54	00:36:48	Ellen Harrison	Oswestry Olympians	F60	1553
55	00:36:52	Kirsty Sauer	u/a	F15	1567
68	00:38:39	Sarah Hammond-Jones	u/a	F	1568
57	00:39:00	Ian Beattie	Telford AC	M55	1511
58	00:39:55	Jessica Rees	u/a	F	1516
59	00:40:49	Mags Newton	Steyping AC	F40	1549
60	00:41:39	Jim Newton	Steyping AC	M50	1550

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<i>Position</i>	<i>Time</i>	<i>Runner Name</i>	<i>Club Name</i>	<i>Age Group</i>	Race Number	
61	00:42:09	Ben Morris		u/a	M	1561
62	00:42:09	Caitlin Jones		u/a	F19	1562
63	00:42:11	Mike Murray		FRA	M65	1551
64	00:42:15	Deborah Campbell		u/a	F60	1514
65	00:42:15	Christine Rees		u/a	F55	1515
66	00:44:23	Alan Hodgkiss	Telford AC		M70	1510
67	00:46:25	Vicky Corturiend	Denbigh Harriers		F60	1558
68	00:49:39	Rosie Steele		u/a	F40	1538