

RASCYRN Y BRAIN

7 MILES/ 1200FT

POSITION	BIB	NAME	CLUB	CATEGORY	CAT/ POS	TIME
1	493	TOM WOOD	ERYRI HARRIERS	U23M	1	0:48:27
2	479	WARREN RENKEL	RUNFREE FELL RUNNERS	SM	1	0:50:00
3	410	JOEL GOMES	WREXHAM AC	SM	2	0:50:30
4	478	JEZ BROWN	BUCKLEY RUNNERS	M45	1	0:51:25
5	337	DAVID ALEXANDER	WEST CHESHIRE AC	M45	2	0:51:37
6	499	ADAM GERDON	HELSEBY RC	M40	1	0:52:05
7	494	EMLYN OWEN	ERYRI HARRIERS	M40	2	0:53:17
8	496	IFAN OLDFIELD	WREXHAM AC	U23M	2	0:53:52
9	472	STEVE TURK	SHREWSBURY AC	M50	1	0:55:09
10	334	MICHAEL REYNOLDS	MERCA	M50	2	0:55:20
11	415	OWEN LOVELOCK	RUNFREE FELL RUNNERS	SM	3	0:55:25
12	474	JEREMY RANDELL	MEIRIONNYDD RUNNING CLUB	M55	1	0:56:10
13	313	ANDREW SPRAGUE	BLACK COUNTRY RUNNERS	M45	3	0:56:23
14	413	LEE THORNTON	WREXHAM AC	SM	4	0:56:40
15	491	VIC BELSHAW	DENBIGH HARRIERS	M55	2	0:57:18
16	465	BENJAMIN CROSSLEY	HELSEBY RC	SM	5	0:58:43
17	476	HAYLEY EVANS	BUCKLEY RUNNERS	SL	1	0:59:18
18	458	ANDY PRITCHARD	BUCKLEY RUNNERS	M45	4	0:59:38
19	486	SUSAN FOURAE	CHESTER TRIATHLON CLUB	L40	1	0:59:50
20	329	RICHARD BORNE	MYSTERUNS	M50	3	1:00:15
21	475	GARY PARKER	PENSBY RUNNERS	SM	6	1:00:38
22	416	PETER WILSON		SM	7	1:00:42
23	473	DAVID GREEN	PENSBY RUNNERS	SM	8	1:00:56
24	483	RHIANON KAMINK	COLWYN BAY AC	U23L	1	1:01:06
25	460	JIM JONES	HELSEBY RC	M50	4	1:01:10
26	311	DAVID DANIELS	COBRA RC	M60	1	1:01:19
27	462	BEN AMESBURY	CLWYDIAN RANGE RUNNERS	M45	5	1:01:40
28	341	HUW LEWIS	BUCKLEY RUNNERS	M55	3	1:01:49
29	335	FRED AIRD	DEESTRIDERS	M55	4	1:01:49
30	408	PAUL TUCKER	MYNYDD DU	M50	5	1:01:59
31	463	LAURA B-HUGHES	HELSEBY RC	L40	2	1:02:34
32	488	EMMA COLLINS	DENBIGH HARRIERS	L55	1	1:02:41
33	487	MARK PEARSON		M55	5	1:03:01
34	312	JULIAN HART	COBRA RC	M45	6	1:03:24
35	301	KEVIN EVANS	WENLOCK OLYMPIANS	M45	7	1:03:30
36	492	CHRISTINE CAM MILLARE	DEESTRIDERS	SL	2	1:03:48
37	470	LUCY PARTRIDGE	PENSBY RUNNERS	SL	3	1:04:12
38	411	NELOWEN		M65	1	1:04:15
39	496	MATTHEW JONES	DENBIGH HARRIERS	M50	6	1:04:30
40	469	DANNY JENKINS		M55	6	1:05:13
41	338	ELLI ROBINSON	WEST CHESHIRE AC	L45	1	1:05:24
42	459	REBECCA MASSEY	DEESTRIDERS	L45	2	1:05:34
43	481	DAVID LIVESEY		M60	2	01:06:07
44	436	ANNE MYNOTT	COLWYN BAY AC	L55	2	1:06:18
45	417	TOM BLAKEMORE	CANICROSS CLWYD	SM	9	1:07:06
46	330	HUGH MORGAN JONES		M55	7	1:07:27
47	467	ANDY McGIVERN	PENSBY RUNNERS	M40	3	1:07:30
48	336	KATE LIGHTFOOT	TATENHALL RUNNERS	L45	3	1:07:33
49	489	NEIL McANDREW	RUNFREE FELL RUNNERS	M50	7	1:07:48
50	405	TONY BENTON	DENBIGH HARRIERS	M55	8	1:07:56
51	332	DAVID YORK	TATENHALL RUNNERS	M55	9	1:08:13

52	333	NEIL HINDLE		M60	3	1:08:17
53	490	CARL MITCHELL		SM	10	1:08:33
54	468	PAUL CHALLENGER	PENSBY RUNNERS	SM	11	1:08:45
55	331	PHIL GILLARD	HELSEBY RC	M55	10	1:09:04
56	456	NICK BUDD	CONGLETON HARRIERS	M55	11	1:09:08
57	409	BEVERLEY TUCKER	MYNYDD DU	L50	1	1:09:12
58	480	OWEN WILLIAMS		M50	9	1:09:45
59	342	CELIA MILLS		L50	2	1:10:15
60	466	PAUL CUNNINGHAM	HELSEBY RC	M45	8	1:10:30
61	412	JAMES WEDLEY	WRECSAM TRI	SM	12	1:10:34
62	477	VICTORIA WHITEHEAD	DENBIGH HARRIERS	L45	4	1:10:36
63	482	TONY SINNETT	WRECSAM TRI	M50	10	1:10:51
64	461	GRAHAM McVEY		M45	9	1:11:39
65	471	GILL EVANS	SHREWSBURY AC	L55	2	1:12:24
66	497	ANTHONY HOWARD		SM	13	1:12:41
67	340	JOHN MORRIS	BUCKLEY RUNNERS	M70	1	1:13:28
68	498	KAT HOWARD		SL	4	1:13:58
69	407	PAUL CARTER	CHESTER TRIATHLON CLUB	M40	4	1:15:31
70	406	MIKE KANE		M45	9	1:15:31
71	414	CALLIE THORNTON	CANICROSS CLWYD	SL	5	1:15:55
72	437	JON WHITEHEAD	DENBIGH HARRIERS	M45	10	1:16:39
73	457	GEOFFREY FIELDING	ERYRI HARRIERS	M70	2	1:17:23
74	310		HELSEBY RC	M65	2	1:18:50
75	495	KIRSTIE FRASER	CANICROSS CLWYD	L40	3	1:18:55
76	464	PAUL WALKER	CANICROSS CLWYD	M55	12	1:18:55
77	485	HEATHER JONES	RUNFREE FELL RUNNERS	L40	4	1:23:07
78	484	MATT PRITCHARD	RUNFREE FELL RUNNERS	M40	5	1:23:07
79	339	SHARON BASFORD	TATENHALL RUNNERS	L45	5	1:27:13