



Aran Organic Lamb - Ras Yr Aran 21st March 2009

Pos	Time	Name	Club	Age	No
1	1:23:26	DAVIES, Tim	MERCIA FELL RUNNERS	Senior Man	93
2	1:23:34	ROBERTS, Richard	Eryri	Senior Man	77
3	1:31:41	STAFFORD, Roland	MERCIA FELL RUNNERS	Senior Man	94
4	1:34:02	WARD, Alan	Dark Peak Fell Runners	Man 0/40	53
5	1:34:26	NEAR, Chris	Eryri	Senior Man	52
6	1:35:14	HIGGINGBOTTOM, Tim	Eryri	Senior Man	20
7	1:38:42	HAYNES, Adam	Eryri	Man 0/50	83
8	1:39:37	THOMAS, Steve	Deestridders	Man 0/40	19
9	1:41:14	BAILEY, Kate	Meirionnydd Running Club	Senior Woman	59
10	1:41:14	HOWARTH, Paul	Eryri	Man 0/40	18
11	1:42:20	BELLAMY, Stewart	MERCIA FELL RUNNERS	Senior Man	63
12	1:43:40	MONTGOMERY, John	CRR	Man 0/40	97
13	1:43:50	EDGAR, Iwan	Eryri	Man 0/50	91
14	1:43:57	STOPFORD, Paul	Dark Peak Fell Runners	Senior Man	48
15	1:44:01	OWEN, RUSSELL	Eryri	Man 0/50	80
16	1:44:10	BARTLETT, Anna	Shrewbury	Senior Woman	75
17	1:44:39	SYMS, John	MDC	Senior Man	3
18	1:44:46	BEESON, Paul	Maldwyn Harriers	Man 0/40	60
19	1:45:34	SMITHIES, Stephen	Calder Valley Fell Runners	Man 0/40	34
20	1:46:07	ROBERTS, Andrea	Eryri	Senior Woman	38
21	1:46:54	ODONNELL, Rory	Unattached	Senior Man	50
22	1:47:34	GILLIE, Mary	Clwydian Range runners	Senior Woman	69
23	1:47:53	DAVEY, Richard	wetherby runners	Senior Man	71
24	1:48:13	SOUTH, Craig	Unattached	Senior Man	22
25	1:48:26	SHARP, Simon	nottingham holme pierrepoint	Senior Man	31
26	1:48:43	FLETCHER, Glyn	Maldwyn Harriers	Man 0/40	61
27	1:49:24	JONES, Kevin	Meirionnydd Running Club	Man 0/40	92
28	1:50:34	DUNCAN, ALAN	Bowland FR	Man 0/50	54
29	1:51:06	DAWS, Simon	Telford AC	Man 0/50	65
30	1:51:24	ROWLANDS, Nigel	Clwydian Range runners	Senior Man	41
31	1:51:29	FOULKES, Llifon	Eryri	Senior Man	100
32	1:51:33	JONES, Peter	Unattached	Man 0/50	86
33	1:51:35	LAW, Becki	Eryri	Senior Woman	103
34	1:51:55	SPINNEY, Katrina	Eryri	Senior Woman	26
35	1:51:58	ATHERTON, Mark	Unattached	Senior Man	67
36	1:52:11	JONES, Paul	Eryri	Senior Man	85
37	1:52:39	OLDRID, Geoff	Aberystwyth AC	Man 0/50	47
38	1:53:14	PORTER JONES, Gary	Eryri	Man 0/40	56
39	1:53:17	AGNEW, Peter	Denbigh Harriers	Man 0/40	16
40	1:53:35	WILLIAMS, Shane	Unattached	Senior Man	57
41	1:53:42	WEDGE, Iain	Last Inn Runners	Man 0/40	49
42	1:54:05	HEMING, Jenny	Eryri	Senior Woman	102
43	1:54:06	ELIAS, Neil	Eryri	Man 0/40	23
44	1:54:21	TRAINOR, Huw	Eryri	Senior Man	105
45	1:54:35	BOLTON, Simon	Cheshire Hill Racers	Man 0/40	46

46	1:54:58	RICHARDS, Ifan	Meirionnydd Running Club	Senior Man	76
47	1:55:31	WILLIAMS, Gareth	Cybi Striders	Senior Man	28
48	1:56:44	HEATH, Alan	CRR	Man 0/40	55
49	1:57:04	WILCOX, Chris	CRR	Man 0/50	78
50	1:57:31	WILKINS, Jason	Cardigan Running Club	Senior Man	33
51	1:59:02	POWELL, Ross	Welsh fell running ASSOC	Man 0/50	15
52	1:59:12	FLEMING, Peter	Unattached	Man 0/40	14
53	1:59:14	HEARLE, Andrew	MERCIA FELL RUNNERS	Man 0/50	66
54	1:59:37	YOXALL, Ian	Sutton & St Helens	Man 0/40	106
55	1:59:42	CURRIE, John	MERCIA FELL RUNNERS	Man 0/50	11
56	2:00:00	COOK, Alan	Unattached	Senior Man	88
57	2:00:11	HAROLD, John	Eryri	Man 0/40	6
58	2:00:19	BLAKE, Mike	Eryri	man 0/60	104
59	2:00:39	DAVIES, Graham	Colwyn Bay AC	Man 0/40	107
60	2:00:57	SKELMERDINE, Brian	Saddleworth	Man 0/50	32
61	2:01:08	WILLIAMS, Jeremy	Eryri	Man 0/50	5
62	2:01:44	KING, Clive	Eryri	Man 0/40	42
63	2:02:28	ROWLANDS, Kean	Clwydian Range runners	Man 0/50	9
64	2:02:43	GUNNER, Gary	Ambrey	man 0/60	2
65	2:02:47	ROWLANDS, Dilwyn	Eryri	Senior Man	29
66	2:03:33	TORRANCE, Mark	Unattached	Man 0/40	4
67	2:04:03	BAJIC, Stephen	Telford Harriers	Man 0/50	45
68	2:04:41	COOK, Mike	Unattached	Man 0/50	87
69	2:05:00	ROWLANDS, Sandra Jean	Clwydian Range runners	Woman 0/40	7
70	2:05:22	ROBSON, Rich	MERCIA FELL RUNNERS	Man 0/50	64
71	2:05:57	PRYCE, Andy	Maldwyn Harriers	Senior Man	96
72	2:06:15	STINTON, Paul	Clwydian Range runners	Senior Man	35
73	2:06:20	KNIGHT, Chris	Unattached	Man 0/40	99
74	2:07:44	EVANS, Hedd	Unattached	Man 0/40	68
75	2:08:34	THOMAS, Ali	Eryri	Woman 0/40	21
76	2:11:05	ASHLEY, Charles	Wrexham	Man 0/50	27
77	2:11:21	HENDERSON, Joanne	Unattached	Senior Woman	79
78	2:11:38	MUJINGA, John	Bourneville Harriers	Man 0/40	101
79	2:11:59	WILLIAMS, Ian	Cybi Striders	Man 0/40	24
80	2:12:28	OLIVER, Alwyn	Eryri	man 0/60	10
81	2:12:35	MCCULLOUGH, Paul	Maldwyn Harriers	Senior Man	58
82	2:12:38	SMITH, John D	Meirionnydd Running Club	man 0/60	89
83	2:12:52	EVANS, Maldwyn	Eryri	Man 0/40	95
84	2:14:48	WILLIAMS, Keith	Unattached	Man 0/40	12
85	2:15:32	TATTON, Jonathan	Unattached	Man 0/40	82
86	2:16:34	EVANS, Darryl	Maldwyn Harriers	Man 0/40	62
87	2:17:09	UHLMAN, Francis	Welsh fell running ASSOC	man 0/60	84
88	2:17:23	LEAR, Luke	Unattached	Senior Man	36
89	2:17:26	LANDUCCI, Ian	Helsby	Man 0/40	1
90	2:18:12	STEER, David	Maldwyn Harriers	Man 0/40	81
91	2:19:14	ROGERS, Rod	Eryri	Man 0/50	74
92	2:19:30	SALISBURY, Ellie	Eryri	Woman 0/40	51
93	2:20:15	NEWMAN, Micheal	Unattached	Man 0/40	17
94	2:20:25	OLIVER, Maggie	Eryri	Woman 0/60	8
95	2:20:37	JONES, Steffan	Eryri	Man 0/40	90
96	2:21:16	TOWILL, Jenny	Unattached	Senior Woman	25
97	2:21:44	BELFIELD, BRIAN	STAFFMOORLANDS AC	man 0/60	30
98	2:24:57	POTTER, Martin	Clwydian Range runners	man 0/60	73
99	2:25:13	OLDFIELD, Paul	Clwydian Range runners	Man 0/50	70
100	2:25:34	WENTWORTH, Ian	mutn	Man 0/40	43
101	2:29:24	JONES, Iorwerth	Meirionnydd Running Club	Man 0/50	37
102	2:31:36	BURNS, Darren	fell ponies	Man 0/40	72
103	2:31:48	PADDOCK, Richard	Shropshire Shufflers	Man 0/50	40
104	2:35:44	GRAHAM, Richard	mutn	Senior Man	44
105	2:40:07	MONTGOMERY, Sandra	Clwydian Range runners	Woman 0/40	98
106	2:41:17	WOLFENDALE, Ian	mutn	Man 0/40	39

**Short/Junior Race -
Ras Garth Fawr**

1	14.13	Owain Llyr James	M
2	15.13	Tecwyn Sion Evans	M
3	16.09	Sam	M
4	23.53	Elin Edwards	F
5	23.54	Jade Kochy	F