

Dolgellau 5 Mile RR Sat 7th Aug 2004

Pos	Time	Name	Club	Age	No.
1	0:26:26	ROBERTS, Dafydd		Men 0/40	205
2	0:26:36	ROBBINS, Mike	Wrexham	Men 0/40	171
3	0:27:36	DAVIES, Chris	Buckley Runners	Men 0/40	137
4	0:28:11	ROBERTS, Dewi	Bro Dysynni	NWC Snr Men	194
5	0:28:16	EVANS, Dic	Cardiff AAC	Men 0/55	191
6	0:28:22	WRIGHT, David	Colchester Harriers	Men 0/45	124
7	0:28:30	COATHUP, Les	Buckley Runners	Men 0/50	155
8	0:28:41	EDWARDS, Darren	Birchfield	NWC Snr Men	123
9	0:28:48	PARES, John	Buckley Runners	NWC Snr Men	143
10	0:29:16	HOOSON, Shaun	Buckley Runners	NWC Snr Men	192
11	0:29:20	GODWIN, Russell	Colwyn Bay	NWC Snr Men	153
12	0:29:21	OWEN, Dylan	Eryri	Men 0/40	139
13	0:29:22	HANCOCK, Jon	Oswestry Olympians	Men 0/50	116
14	0:29:42	RICHARDS, Geoff	Wrexham	Men 0/50	140
15	0:29:48	HAMILTON-MORRIS, Alexia	Wrexham	Women 0/45	141
16	0:30:03	JONES, Keith Lewis James	Unattached	NWC Snr Men	190
17	0:30:07	CARSON, Ian	Wrexham	Men 0/50	114
18	0:30:24	WHITELAW, Alison	Wrexham	Women 0/45	176
19	0:30:31	JONES, Andrew	Prestatyn	NWC Snr Men	184
20	0:30:34	THOMAS, James		NWC Snr Men	196
21	0:30:47	BRANDRICK, Paul	Prestatyn	Men 0/45	148
22	0:30:48	ROBERTS, Tomos	Bro Dysynni	Jnr Men	199
23	0:31:00	WAGER, Ashley	Eryri	Men 0/40	197
24	0:31:14	JONES, Joseph	Bro Dysynni	NWC Snr Men	24
25	0:31:34	LANGSTON, Stewart	Bro Dysynni	NWC Snr Men	145
26	0:31:46	BRANDRICK, Gareth	Prestatyn	NWC Snr Men	149
27	0:31:57	HUMPHREYS, Alun	Denbigh Harriers	Men 0/40	147
28	0:32:10	EVANS, Stuart		Men 0/40	201
29	0:32:18	BALDWIN, Chris	Denbigh Harriers	Men 0/50	185
30	0:32:23	EVANS, Clive	Aberystwyth AC	Men 0/55	174
31	0:32:27	NOLAN, John	Bro Dysynni	Men 0/55	188
32	0:32:31	WATHAN, Paul		Jnr Men	170
33	0:32:34	HODGSON, Tony	Bro Dysynni	Men 0/50	156
34	0:32:38	BURNS, Kenneth	Colwyn Bay	NWC Snr Men	144
35	0:32:42	FOSTER, Martin	Bourneville Harriers	Men 0/45	17
36	0:32:48	JONES, Gwilym	Aberystwyth AC	Men 0/45	134
37	0:32:50	DAWSON, Tommy		NWC Snr Men	112
38	0:32:59	BISSELL, Gary	West Cheshire AC	NWC Snr Men	186
39	0:33:06	BINGHAM, Nicholas	Barnet & District	Men 0/55	202
40	0:33:16	BELL, Stephen	Denbigh Harriers	Men 0/40	195
41	0:33:22	PARKES, Roy	Wrekin road runners	NWC Snr Men	204
42	0:33:49	EVANS, John	Aberystwyth AC	Men 0/55	178
43	0:33:53	CHILTON, Bob	Bro Dysynni	Men 0/55	27
44	0:33:58	MOORE, Julie	Oswestry Olympians	Women 0/35	177
45	0:34:21	THOMAS, Jack	Buckley Runners	Men 0/60	175
46	0:34:36	PARRY, Maurice	Abergele Harriers	Men 0/60	120
47	0:34:50	WARD, Russell	Shropshire Shufflers	NWC Snr Men	117
48	0:34:54	HARRIS, Mark		NWC Snr Men	163
49	0:35:00	JONES, Philip	Prestatyn	Men 0/60	183
50	0:35:05	LEWIS, Jamie		NWC Snr Men	35
51	0:35:07	DAVIES, Glenda	Prestatyn	Women 0/40	136
52	0:35:19	LEWIS, Chris		Men 0/45	200
53	0:35:37	DELRIO, Lisa	Club	Women 0/35	142
54	0:35:52	HATTON, Kay	Running Club	Women 0/40	132
55	0:36:08	RUDD, Lee	Bro Dysynni	NWC Snr Men	179
56	0:36:16	BRIZELL, Phillip	Northern Vets	Men 0/40	118
57	0:36:44	JONES, Sheila	Bro Dysynni	Women 0/40	121
58	0:37:27	EDWARDS, Juliet	Bro Dysynni	Women 0/40	169
59	0:38:22	HODGSON, Sam		NWC Snr Men	157

60	0:38:28	MORRIS, Doug	Oswestry Olympians	Men 0/70	127
61	0:38:43	LEVIN, Darren	Bro Dysynni	NWC Snr Men	181
62	0:38:56	HARRISON, Hugh		Men 0/50	167
63	0:38:56	SEABOURNE, David		NDB	158
64	0:39:18	RONALD, Vicky	Colwyn Bay	Women 0/35	152
65	0:40:01	HATTON, John	Running Club	Men 0/55	133
66	0:40:29	JONES, Brenda	Bro Dysynni	Women 0/60	126
67	0:40:33	MUDWAY, Frances	West Cheshire AC	Women 0/55	193
68	0:41:07	RICHARDSON-WRIGHT, Rachel	Colchester Harriers	Women 0/40	125
69	0:41:21	LEA, Steffan		Jnr Men	166
70	0:41:55	HORTON, Clare	Bro Dysynni	Women 0/40	154
71	0:42:22	BEARD, David	Eryri	Men 0/50	113
72	0:42:45	EDWARDS, Cerys		Women	31
73	0:43:20	RICHARDS, Alice		Women	162
74	0:43:25	BRANDRICK, Gillian	Prestatyn	Women 0/45	150
75	0:43:56	REYNOLDS, Dilwyn		Men 0/65	168
76	0:43:59	MARCONI-NOLAN, Yolanda	Bro Dysynni	Women 0/55	187
77	0:44:00	SIMPSON, John		Men 0/50	165
78	0:44:24	ADAMS, Pat	Wrekin road runners	Women 0/45	203
79	0:44:52	GRESSLER, Fran	Bro Dysynni	Women 0/35	198
80	0:45:27	EVANS, Elen		Jnr Women	146
81	0:45:51	GRIFFITHS, Marjorie	Bro Dysynni	Women 0/55	128
82	0:46:21	PEEL, Roy	Bro Dysynni	Men 0/70	135
83	0:46:25	HOLT, Veronica	Bro Dysynni	Women 0/60	182
84	0:46:54	ROBERTS, Margaret		Women 0/40	189
85	0:47:19	BEESON, Michelle	Maldwyn Harriers	Women 0/35	173
86	0:47:59	WILKINSON, Cliff	Running Club	Men 0/70	122
87	0:48:37	COX, Alan	Wrekin road runners	NWC Snr Men	159
88	0:48:38	JONES, Kirk	Wrekin road runners	NWC Snr Men	160
89	0:49:18	UNWIN, Andy	Bro Dysynni	Men 0/40	4
90	0:49:25	WELLS, Belinda		Women 0/40	115
91	0:50:28	NAPIER, Jean	Bro Dysynni	Women 0/55	180
92	0:52:08	EVANS, Marion		Women 0/45	164
93	0:52:58	EVANS, Colin		Men 0/50	161
94	0:54:01	ALLDAY, Gill	Bro Dysynni	Women 0/40	131
95	0:54:01	BRADLEY, Liz	Bro Dysynni	Women 0/35	130
96	0:54:01	STEVENS, Christine	Bro Dysynni	Women 0/45	129
97	0:56:01	HODGSON, Sarah	Wrekin road runners	Women 0/35	172
98	0:59:14	STATE, Marie	Bourneville Harriers	Women 0/45	14