

## NJ Evans DOLGELLAU 5 Mile Road Race 30.07.05

Pos	Time	Name	Team	Age	MPM	No.
1	<b>0:25:03</b>	WEST, Clive	Buckley Runners		05:00.5	228
2	0:25:56	JONES, Iwan	Coventry Godiva Harriers		05:11.1	11
3	0:26:04	GILLILAND, Stephen	Bro Dysynni	Men 0/40	05:12.7	215
4	0:26:58	ROWLAND, Clive	Wrexham		05:23.5	37
5	0:26:59	DAVIES, Chris		Men 0/40	05:23.7	48
6	0:27:05	LEWIS, Arwel	Eryri	Men 0/45	05:24.9	38
7	<b>0:27:15</b>	WRIGHT, Amanda	Birchfield Harriers	Women 0/35	05:26.9	84
8	0:27:22	WRIGHT, David	Colchester Harriers	Men 0/45	05:28.3	15
9	0:27:46	BELLIS, Stephen	Wrexham	Men 0/50	05:33.1	46
10	0:27:51	BEGLEY, Ken	West Cheshire AC	Men 0/40	05:34.1	221
11	0:27:52	DAVIES, Tim	Buckley Runners	Men 0/40	05:34.3	49
12	0:28:00	BULLOC, Terry	Wolverhampton and Bilston	Men 0/40	05:35.9	80
13	0:28:07	OWEN, Dylan	Eryri	Men 0/40	05:37.3	50
14	0:28:20	PEOPLES, Columba			05:39.9	226
15	0:28:26	JONES, Andrew	Prestatyn		05:41.1	88
16	0:28:29	EVANS, Dic	Cardiff AAC	Men 0/55	05:41.7	225
17	0:28:34	NEWMAN, Catherine	Exmouth Harriers	Women 0/40	05:42.7	8
18	0:28:50	ELLIOTT, Ron	North Wales Road Running Club	Men 0/60	05:45.9	63
19	0:28:57	DAVIES, Emyr	Eryri	Men 0/60	05:47.3	68
20	0:29:06	RICHARDS, Iesyn			05:49.1	212
21	0:29:06	RICHARDS, Geoff	Wrexham	Men 0/50	05:49.1	77
22	0:29:12	HUGGINS, James	Buckley Runners		05:50.3	217
23	0:29:12	WATHAN, Paul	Cybi Striders	Jnr Men	05:50.3	64
24	0:29:15	COATHUP, Les	Buckley Runners	Men 0/50	05:50.9	227
25	0:29:24	JONES, Arwel Wyn	Prestatyn	Men 0/40	05:52.7	45
26	0:29:46	SHONE, Grahame	Abergele Harriers	Men 0/55	05:57.1	78
27	0:29:48	EVANS, Dave	Siemans AC		05:57.5	216
28	0:29:54	NEWTON, Dave	Oswestry Olympians	Men 0/40	05:58.7	69
29	0:30:08	CRADDOCK, Nik			06:01.5	57
30	0:30:09	PRICE, Tom		Jnr Men	06:01.7	1
31	0:30:10	PRICE, Dave	Dorset Fire & Rescue Service	Men 0/40	06:01.9	100
32	0:30:21	READ, Richard	Unattached		06:04.1	81
33	0:30:26	BRANDRICK, Paul	Prestatyn	Men 0/45	06:05.1	35
34	0:30:39	HUMPHREYS, Alun	Denbigh Harriers	Men 0/40	06:07.7	62
35	0:30:45	LIVETT, Stephen	Eryri	Men 0/40	06:08.9	36
36	0:30:52	JONES, Malcolm	Eryri	Men 0/50	06:10.3	74
37	0:30:56	BALDWIN, Chris	Denbigh Harriers	Men 0/50	06:11.1	85
38	0:31:04	FOALE, Peter	Aberystwyth AC	Men 0/50	06:12.7	231
39	0:31:07	ENSTON, Charles			06:13.3	95
40	0:31:14	NASH, Edward			06:14.7	98
41	0:31:16	MCILVEEN, Justin			06:15.1	7
42	0:31:19	EVANS, Nigel		Men 0/45	06:15.7	65
43	0:31:24	TEMPLE, David	Deestridders		06:16.7	40
44	0:31:34	HUTCHINSON, Samantha		Women 0/35	06:18.7	42
45	0:31:37	WHITTEY, Dave		Men 0/45	06:19.3	53
46	0:31:41	ROBERTS, Tomos	Bro Dysynni	Jnr Men	06:20.1	12
47	0:31:44	LEWIS, Glyn		Men 0/45	06:20.7	229
48	0:31:44	FOSTER, Martin	Bourneville Harriers	Men 0/50	06:20.7	2
49	0:31:48	SKELTON, John	Barnsley Harriers		06:21.5	73
50	0:31:52	NICHOLLS, George	Prestatyn		06:22.3	93
51	0:31:59	ROBERTS, Dai	Aberystwyth AC	Men 0/40	06:23.7	94
52	0:32:01	EVANS, Maldwyn	Eryri	Men 0/40	06:24.1	214
53	0:32:05	JONES, Ken	Denbigh Harriers	Men 0/50	06:24.9	82
54	0:32:11	INGLEDEN, Mark	Bedford Harriers	Men 0/40	06:26.1	75

55	0:32:17	EVANS, Clive	Aberystwyth AC	Men 0/55	06:27.3	27
56	0:32:19	HARRIS, Lesley			06:27.7	52
57	0:32:34	YATES, Shane	Buckley Runners		06:30.7	24
58	0:32:53	SAYCELL, Martyn	Aberystwyth AC		06:34.5	59
59	0:33:01	LEWIS, Chris		Men 0/50	06:36.1	99
60	0:33:03	HARRIS, Joe		Jnr Men	06:36.5	232
61	0:33:17	HEWITT, Catherine	Wrexham	Women 0/40	06:39.3	218
62	0:33:19	URQUHART, Dawn	Buckley Runners		06:39.7	219
63	0:33:32	TAYLOR, Malcolm	Bro Dysynni	Men 0/60	06:42.3	4
64	0:33:36	THOMAS, Darren			06:43.1	76
65	0:34:19	RICHARDSON, Chris			06:51.7	89
66	0:34:20	HAWLEY, Peter	Northern Vets	Men 0/45	06:51.9	39
67	0:34:26	DAVIES, Glenda	Prestatyn	Women 0/40	06:53.1	47
68	0:34:31	ORRELLS, Syeve	Maldwyn Harriers	Men 0/50	06:54.1	71
69	0:34:32	JONES, Dylan			06:54.3	211
70	0:34:33	SAYCELL, Anita	Aberystwyth AC		06:54.5	60
71	0:35:01	JONES, Iorwerth		Men 0/45	07:00.1	83
72	0:35:01	DOBSON, Liz	Helsby RC	Women 0/40	07:00.1	223
73	0:35:25	JONES, Philip	Prestatyn	Men 0/60	07:04.8	86
74	0:36:09	DIRKSON, Hazel	Buckley Runners	Women 0/55	07:13.6	220
75	0:36:12	ROBERTS, Barrie	Bourneville Harriers	Men 0/60	07:14.2	58
76	0:36:17	JONES, Sheila	Bro Dysynni	Women 0/40	07:15.2	56
77	0:36:40	CUMMINGS, John		Men 0/55	07:19.8	5
78	0:36:43	BEARD, David	Eryri	Men 0/50	07:20.4	43
79	0:36:51	SANDOR, Antal			07:22.0	224
80	0:36:54	NICHOLLS, Peter		Men 0/50	07:22.6	55
81	0:36:57	VAUGHAN, Frankie		Men 0/50	07:23.2	9
82	0:37:15	CHAPMAN, Lois	Maldwyn Harriers	Men 0/40	07:26.8	72
83	0:37:20	GRIFFITHS, Rhian Elizabeth			07:27.8	18
84	0:37:22	HUGHES, Mark	Shropshire Shufflers		07:28.2	17
85	0:37:30	JONES, Brenda	Bro Dysynni	Women 0/60	07:29.8	29
86	0:37:46	MUDWAY, Frances	West Cheshire AC	Women 0/55	07:33.0	96
87	0:37:54	SENELL, Jenny			07:34.6	213
88	0:37:59	Rachel	Colchester Harriers	Women 0/40	07:35.6	14
89	0:38:09	HOGAN, Sue	Wrexham	Women 0/40	07:37.6	222
90	0:38:25	HARRISON, Hugh	Unattached	Men 0/50	07:40.8	87
91	0:38:32	O'SULLIVAN, Kate		Women 0/40	07:42.2	101
92	0:38:38	LASSITER, Lucy		Women 0/40	07:43.4	92
93	0:39:20	ROBERTS, Arthur	Bro Dysynni	Men 0/65	07:51.8	28
94	0:39:28	EVANS, Trefor		Men 0/60	07:53.4	230
95	0:39:38	ROBERTS, Margaret		Women 0/40	07:55.4	67
96	0:39:52	MORRIS, Doug	Oswestry Olympians	Men 0/70	07:58.2	33
97	0:40:27	THOMAS, ROBERT	Bro Dysynni	Jnr Men	08:05.2	51
98	0:41:04	ROBERTS, Iolo	Eryri	Men 0/40	08:12.6	26
99	0:41:08	HUGHES, Anna Clare	Shropshire Shufflers	Women 0/35	08:13.4	16
100	0:41:12	BRANDRICK, Gillian	Prestatyn	Women 0/45	08:14.2	34
101	0:41:28	MURFIN, Dudley	Shropshire Shufflers	Men 0/60	08:17.4	21
102	0:41:31	BURNS, Anthony	Rolls Royce Harriers	Men 0/40	08:18.0	90
103	0:41:31	BURNS, Maria	Rolls Royce Harriers	Women 0/40	08:18.0	91
104	0:41:41	EVANS, Elen			08:20.0	97
105	0:41:54	REYNOLDS, Dilwyn		Men 0/65	08:22.6	61
106	0:42:27	EVANS, Marit		Women 0/40	08:29.2	44
107	0:42:58	BULLOCK, Emma			08:35.4	79
108	0:44:12	UNWIN, Andy		Men 0/40	08:50.2	6
109	0:44:12	BEESON, Michelle	Maldwyn Harriers	Women 0/35	08:50.2	70
110	0:45:51	WYKES, Ernest		Men 0/65	09:10.0	66
111	0:46:13	GRIFFITHS, Marjorie	Bro Dysynni	Women 0/60	09:14.4	13

112	0:47:00	PEEL, Roy	Bro Dysynni	Men 0/75	09:23.8	30
113	0:48:06	NAPIER, Jean	Bro Dysynni	Women 0/55	09:37.0	54
114	0:51:03	BROWN, Nia	Bro Dysynni		10:12.4	23
115	0:56:02	COOK, Simon			11:12.2	3
116	0:58:05	WILLIAMS, Helen		Men 0/55	11:36.8	41
117	0:58:05	GRIFFITHS, Eirlys		Women 0/50	11:36.8	25
118	0:59:45	SYMONDS, Sheila	Bro Dysynni	Women 0/70	11:56.8	32
119	1:02:22	HODGES, Jennifer		Women 0/55	12:28.2	22