



Dolgellau 5 Mile Road Race, Sat 26th July 2008

Pos	Time	Name	Club	Age	No
1	0:26:12	GARRATT, Mark	Road Runners Club	Senior man	134
2	0:26:48	NORTHALL, Luke	Wrexham	Senior man	219
3	0:27:14	WATHAN, Paul	Eryri	Jnr Man	212
4	0:27:42	WRIGHT, David	Colchester Harriers	Man 0/50	172
5	0:27:43	ROBERTS, Dewi	Bro Dysynni	Man 0/35	142
6	0:27:46	PRYCE, David	Eryri	Man 0/45	230
7	0:27:48	JONES, Adam	North Wales Road Running Club	Senior man	144
8	0:28:06	JONES, Gordon	Prestatyn	Man 0/50	120
9	0:28:13	TARGETT, Paul	Clayton-Le-Moors	Man 0/40	137
10	0:28:19	DAVIES, Stephen	Mansfield harriers	Man 0/50	131
11	0:28:25	CAMPBELL, Andy	Wrexham Tri	Senior man	128
12	0:28:37	EDGINGTON, Clive	South London Harriers	Man 0/50	156
13	0:28:39	NICHOLLS, George	Prestatyn	Man 0/35	226
14	0:29:29	DAVIES, Daniel	Aberystwyth AC	Senior man	216
15	0:29:50	EVANS, Dic	Cardiff AAC	man 0/60	228
16	0:30:17	PRICE, Jimmy	Liverpool Running Club	Man 0/55	202
17	0:30:41	FOALE, Peter	Aberystwyth AC	Man 0/55	207
18	0:30:59	DAVIES, Emyr	Eryri	Man 0/65	209
19	0:31:02	YATES, Shane	Buckley Runners	Man 0/35	221
20	0:31:15	HADEN, Dave	Stourbridge RC	Man 0/40	125
21	0:31:17	ANSLOW, Mike	Stourbridge RC	Senior man	121
22	0:31:33	BARKER, Louise	Aberystwyth AC	Senior Woman	208
23	0:31:59	JENKINS, Martyn		Man 0/50	167
24	0:32:04	BRANDRICK, Paul	Prestatyn	Man 0/50	222
25	0:32:07	MORLEY, Lisa	Wrexham	Woman 0/35	129
26	0:32:27	DONNAN, Graeme	Les Croupiers	Man 0/50	164
27	0:32:29	JONES, Gwilym	Aberystwyth AC	Man 0/50	168
28	0:32:34	SMITH, Simon		Senior man	138
29	0:32:38	EVANS, Clive	Aberystwyth AC	man 0/60	166
30	0:32:40	O'KEEFE, Geoffrey	Abertillery	Man 0/50	152
31	0:32:52	O'SULLIVAN, Tim	Les Croupiers	Man 0/45	165
32	00:33:06	VAUGHAN, Frankie	Meirionnydd Running Club	Man 0/50	169
33	0:33:52	EVANS, John	Aberystwyth AC	man 0/60	159
34	0:33:52	TAVENER, MARY	Vale Royal	Woman 0/45	130
35	0:34:24	NICHOLLS, Peter	Meirionnydd Running Club	Man 0/55	139
36	0:34:24	THOMAS, Cliff	Aberystwyth AC	man 0/60	141
37	0:34:35	KELLY, John	penny Lane	Man 0/45	116
38	0:34:40	SMITH, John D	Meirionnydd Running Club	man 0/60	118
39	0:34:42	THATCHER, Joanne		Woman 0/35	132
40	0:34:59	EVANS, Kevin	Meirionnydd Running Club	Man 0/45	140
41	0:35:05	THOMAS, Jack	Buckley Runners	Man 0/65	213
42	0:35:18	WORTHING, Anita	Aberystwyth AC	Woman 0/50	133
43	0:35:44	SPOTSWOOD, Robert	Abergele Harriers	Man 0/50	204

44	0:36:02	PARKINSON, Bridget	Aberystwyth AC	Senior Woman	220
45	0:36:12	DAWSON, Richard	Stourbridge RC	Man 0/40	218
46	0:36:24	FOSTER, Martin	Bourneville Harriers	Man 0/50	155
47	0:36:33	MORGANS, Gemma	Eryri	Jnr Woman	211
48	0:36:40	JONES, Iori	Meirionnydd Running Club	Man 0/50	232
49	0:36:41	JONES, Lucas		Jnr Man	158
50	0:36:52	WILDE, Amanda	Meirionnydd Running Club	Woman 0/40	224
51	0:37:13	RAYBONE, David	Meirionnydd Running Club	Man 0/45	101
52	0:37:19	ECKERSLEY, Brian	Prestatyn	man 0/60	176
53	0:37:31	TAYLOR, Malcolm	Bro Dysynni	Man 0/65	119
54	0:37:49	ROBERTS, Tomos		Senior man	160
55	0:37:52	DAVIES, David		Senior man	225
56	0:38:06	DOOLAN, MIKE	Prestatyn	Man 0/55	203
57	0:38:12	JONES, Sheila	Bro Dysynni	Woman 0/45	157
58	0:38:21	HUWS, Meinir	Abergele Harriers	Woman 0/50	136
59	0:38:34	ASTON, Jen	Action Heart	Woman 0/40	143
60	0:38:46	GATTER, Kevin		Man 0/55	163
61	0:39:12	PHEASANT, Colin	Chase Harriers	Man 0/50	150
62	0:39:15	KELLY, Michelle	penny Lane	Woman 0/45	117
63	0:40:04	CHILTON, Robert	Bro Dysynni	man 0/60	217
64	0:40:24	TEE, John		man 0/60	123
65	0:40:33	HADEN, Siobhan	Stourbridge RC	Senior Woman	126
66	0:40:48	ROBERTS, Margaret	Meirionnydd Running Club	Woman 0/45	161
67	0:40:50	Rachel	Colchester Harriers	Woman 0/45	173
68	0:40:52	SMITH, Graham		Man 0/45	100
69	0:41:27	BUCHAN, Paul	Kenilworth R.C	Man 0/40	149
70	0:41:49	JONES, Sue	Eryri	Woman 0/45	147
71	0:42:32	STRETCH, Helen	Aberystwyth AC	Woman 0/55	205
72	0:42:56	HARRISON, Hugh	Bro Dysynni	Man 0/55	162
73	0:43:06	GUNN, Ieuan		Senior man	154
74	0:43:47	BREESE, Shan	Aberystwyth AC	Woman 0/45	206
75	0:43:56	STEPHENS, Menna	Aberystwyth AC	Senior Woman	227
76	0:44:20	JONES, Sioned Mair	Meirionnydd Running Club	Senior Woman	214
77	0:44:31	LAUDER, Natasha	Cybi Striders	Senior Woman	148
78	0:44:33	BEARD, David	Eryri	Man 0/55	127
79	0:44:47	STYLES, Ann	Meirionnydd Running Club	Woman 0/50	146
80	0:44:52	BRANDRICK, Gillian	Prestatyn	Woman 0/50	223
81	0:44:53	THOMAS, ROBERT	Meirionnydd Running Club	Senior man	153
82	0:44:54	PRIOR, Ian		man 0/60	171
83	0:45:39	BEESON, Michelle	Maldwyn Harriers	Woman 0/35	215
84	0:45:44	PRESTON, Janet		Woman 0/35	174
85	0:45:44	ROBERTS, Karen		Woman 0/35	175
86	0:45:57	GRIFFITHS, Marjorie	Bro Dysynni	Woman 0/60	124
87	0:46:14	GARRATT, Katie-May	Stourbridge RC	Jnr Woman	135
88	0:46:29	SCOTT, Eddie	Maldwyn Harriers	man 0/60	104
89	0:46:54	RESTALLICK, Hazel	Prestiegne Pacers	Woman 0/45	151
90	0:47:02	WILLIAMS, Gareth		Man 0/35	112
91	0:47:30	SCOTT, Patricia	Maldwyn Harriers	Woman 0/60	105
92	0:48:34	HANCOCK, Dave	Eryri	Man 0/50	145
93	0:49:52	PRIOR, Sue		Woman 0/55	170
94	0:50:27	CONNELLY, Bernadette		Woman 0/40	201
95	0:52:20	ELLIS-BROWN, Nia	Meirionnydd Running Club	Woman 0/35	229
96	0:53:58	MCNULTY, Kath		Woman 0/35	231
97	1:13:41	CARPENTER, Paul		Man 0/35	111
98	1:13:41	THOMAS, Sarah		Senior Woman	110
99	1:13:41	JONES, Rachelle Anna		Senior Woman	109
100	1:13:42	ROBERTS, Rhys		Senior man	114
101	1:13:42	WILLIAMS, Brian		Man 0/40	107
102	1:14:37	HUGHES, Ernie		Man 0/35	108
103	1:20:19	WILLIAMS, George		Man 0/45	106
104	1:20:20	GUNTON, Bob			200

