



## George III Hotel Penmaenpool 10 Mile, Saturday 7th October 2006

Pos	Time	Name	Team	Age	No
1	0:57:02	GARRATT, Mark	Road Runners Club		42
2	0:57:22	WILLIAMS, ALUN	Les Croupiers		74
3	0:58:59	GILLILAND, Stephen	Bro Dysynni	Men 0/45	55
4	1:00:36	FRANCIS, Kevin	Shrewbury	Men 0/40	6
5	1:01:19	ROBERTS, Dewi	Bro Dysynni		64
6	1:04:13	HOWARTH, Paul	Buckley Runners	Men 0/40	56
7	1:04:28	MOTTRAM-JONES, Robert	Vegetarian Cycling & A.C.	Men 0/45	5
8	1:04:45	WEBSTER, Phoebe	Aberystwyth University Harriers		32
9	1:05:59	POWELL, Dave	Aberystwyth AC	Men 0/45	75
10	1:06:11	WAKEMAN, Chris	Shrewbury	Men 0/45	62
11	1:06:26	MAHON, William	Aberystwyth AC	Men 0/50	79
12	1:06:37	WILLIAMS, MARK	Last Inn Runners	Men 0/45	54
13	1:06:45	KELLY, John	penny Lane	Men 0/40	20
14	1:06:55	JONES, Joseph	Bro Dysynni		4
15	1:07:10	FOALE, Peter	Aberystwyth AC	Men 0/50	78
16	1:08:09	MARSHALL, Trevor	Colwyn Bay	Men 0/55	31
17	1:08:13	PALMER, Michael	Bro Dysynni		45
18	1:08:36	HAMILTON, Kevin	Meirionnydd Running Club	Men 0/40	71
19	1:08:41	ROLLASON, Vince	Bromsgrove & Redditch AC	Men 0/50	24
20	1:08:50	DAVIES, Elwyn		Men 0/40	66
21	1:09:00	MARSH, Walter	Bro Dysynni	Men 0/55	67
22	1:09:06	HUMPHRIES, John		Men 0/45	15
23	1:09:53	GRIFFITH, John Owen	Cybi Striders	Men 0/50	10
24	1:10:02	EVANS, John	Aberystwyth AC	Men 0/60	13
25	1:10:39	LLOYD, David	HALESOWENACC	Men 0/55	26
26	1:11:09	OLIVER, Alwin	Eryri	Men 0/60	86
27	1:11:22	KENWRIGHT, Dawn	Sarn Helen	0/50	23
28	1:12:37	EVANS, Maldwyn	Eryri	Men 0/45	80
29	1:13:02	GRIFFITHS, Richard	Bro Dysynni	Men 0/55	3
30	1:14:25	ROBERTS, Dai	Aberystwyth AC	Men 0/45	76
31	1:14:40	EVANS, Kevin	Meirionnydd Running Club	Men 0/45	50
32	1:14:45	THOMAS, Gerallt			53
33	1:14:47	EDWARDS, Paul	Birmingham Rowheath Harriers	Men 0/45	65
34	1:14:53	BRAZNELL, Kim	Westbromwich harriers	0/50	27
35	1:15:08	WELLSBURY, Tom		Men 0/65	49
36	1:15:56	LOVEKIN, Jez		Men 0/60	1
37	1:16:22	THOMAS, Jack	Buckley Runners	Men 0/60	70
38	1:16:32	GUNNER, Gary	Ambrey	Men 0/60	61
39	1:16:36	ZAMMIT, Arthur	Wolverhampton and Bilston		35
40	1:17:20	VAUGHAN, Frankie	Meirionnydd Running Club	Men 0/50	25
41	1:17:21	WARING, Gabby	Prestatyn	0/45	68
42	1:17:44	CUTLER, Mike	South Cheshire Harriers	Men 0/45	11
43	1:17:45	JONES, Judith		0/45	16
44	1:18:03	WARRINGTON, Nigel	Dudley Kingswinford	Men 0/45	63
45	1:18:15	LEWIS, Glyn	Bro Dysynni	Men 0/45	81
46	1:18:18	HUNT, Paul			83
47	1:19:53	RAPSON, Steve		Men 0/45	7
48	1:19:55	TURNER, Neil			84
49	1:20:18	OLIVER, Maggie	Eryri	0/55	85

50	1:20:28	EDWARDS, Juliet	Bro Dysynni	0/40	22
51	1:20:29	WHITTEY, Dave	Meirionnydd Running Club	Men 0/45	59
52	1:20:52	JONES, Sheila	Bro Dysynni	0/45	29
53	1:21:47	JONES, Glyn		Men 0/40	36
54	1:22:23	PRICE, Alison	Meirionnydd Running Club	0/40	82
55	1:22:42	THOMAS, ROBERT	Meirionnydd Running Club	Junior Men	52
56	1:23:18	WILLIAMS, Martin		Men 0/45	77
57	1:23:31	ROBERTS, Glenda	Aberystwyth AC	0/50	12
58	1:23:39	JONES, Brenda	Bro Dysynni	0/65	58
59	1:23:40	ORRELLS, Syeve	Maldwyn Harriers	Men 0/50	60
60	1:24:24	PARKINSON, Bridge	Aberystwyth AC		34
61	1:24:59	KELLY, Michelle	penny Lane	0/45	19
62	1:25:35	RAPSON, Sally		0/40	8
63	1:25:37	METCALFE, William	Basildon	Men 0/60	72
64	1:30:39	EDWARDS, Andrea	Meirionnydd Running Club	0/35	14
65	1:33:06	WARD, Mick		Men 0/70	87
66	1:33:07	MAY, Sarah		0/40	9
67	1:34:02	MICHAEL, Katrina		0/40	57
68	1:34:28	HITCHMAN, Grant James	Wolverhampton and Bilston	Men 0/45	30
69	1:38:11	GRIFFITHS, Marjorie	Bro Dysynni	0/60	38
70	1:44:11	WINCHESTER, Jean	Maldwyn Harriers	0/60	73
71	1:49:58	EVANS, TRACEY		0/40	51

***[www.run-meirionnydd.co.uk](http://www.run-meirionnydd.co.uk)***