



Trailworks Penmaenpool 10 mile trail race - 4th October 2008

Pos	Time	Name	Club	Age	No
1	0:58:27	GARRATT, Mark	Road Runners Club	Man 0/35	163
2	1:00:38	BYRNE, Mark	Wrexham		46
3	1:01:17	ROBERTS, Dafydd	Unattached	Man 0/45	24
4	1:02:42	BLINSTON, Kerry	North Wales Road Running Club		174
5	1:03:47	PAVIOUR, Mark	Prestiegne Pacers	Man 0/45	5
6	1:04:53	KING, Stephen	Aberystwyth AC	Man 0/35	11
7	1:04:59	NOLAN, David	North Wales Road Running Club	Man 0/35	39
8	1:05:46	YORKE, Chris	North Wales Road Running Club	Man 0/40	47
9	1:05:54	POWELL, Dave	Aberystwyth AC	Man 0/45	37
10	1:05:57	SELL, Adrian	knox athletics		52
11	1:06:10	GRUBB, Stephen	Aldridge RC	Man 0/45	167
12	1:06:40	FOALE, Peter	Aberystwyth AC	Man 0/55	169
13	1:07:27	VAUGHTON, Andrew	Unattached	Man 0/45	107
14	1:08:27	BARKER, Louise	Aberystwyth AC		10
15	1:08:49	HAYCOCK, Anthony	Unattached	Man 0/50	186
16	1:09:27	JONES, Tom	Bro Dysynni	Man 0/40	188
17	1:09:34	OWEN, Neil	Unattached	Man 0/55	48
18	1:10:36	BEAZELEY, Chris	Springfield harriers	Man 0/40	27
19	1:10:46	HOLLAND, Kevin	Aberystwyth AC	Man 0/50	31
20	1:11:15	VAUGHAN, Frankie	Meirionnydd Running Club	Man 0/50	269
21	1:11:29	MANSON, Gordon	Oswestry Olympians	Man 0/55	53
22	1:11:55	ROTHERY, Ian	Cybi Striders	Man 0/50	40
23	1:11:56	DAVIES, Susan	Prestiegne Pacers	Woman 0/40	22
24	1:13:02	HIGGINS, Kevin	North Wales Road Running Club	Man 0/45	192
25	1:13:29	EVANS, Sian	Sparkhill Harriers	Woman 0/40	165
26	1:13:51	MORGAN, Ffion	Aberystwyth AC		193
27	1:13:58	EVANS, John	Aberystwyth AC	Man 0/60	197
28	1:14:02	BADGER, Carl	Unattached		19
29	1:14:24	GRIFFITHS, Richard	Bro Dysynni	Man 0/55	50
30	1:14:47	PRICE, Arwel	Cerist Triathlon Club	Man 0/50	33
31	1:15:10	LYDEN, John	Ludlow Runners	Man 0/45	42
32	1:15:44	JONES, Iori	Meirionnydd Running Club	Man 0/50	55
33	1:15:51	BRADLEY, Nicholas	Meirionnydd Running Club	Man 0/50	51
34	1:16:23	TAYLOR, Ian	Unattached	Man 0/40	198
35	1:16:24	GARDINER, Blair	Unattached		158
36	1:16:50	WORTHING, Anita	Aberystwyth AC	Woman 0/50	178
37	1:17:11	HATTON, Kay	North Wales Road Running Club	Woman 0/45	175
38	1:17:55	THOMAS, Jack	Buckley Runners	Man 0/65	44
39	1:17:59	OWEN, Noel Rhys	Unattached	Man 0/40	194
40	1:18:05	BUTTLE, Peter	Unattached	Man 0/60	21
41	1:18:51	HODGSON, Tony	Meirionnydd Running Club	Man 0/55	54
42	1:18:55	ROLLASON, Vince	Bromsgrove & Redditch AC	Man 0/55	181
43	1:19:01	EDWARDS, Paul	Birmingham Rowheath Harriers	Man 0/50	184
44	1:19:37	BEECHAM, Helen	Aldridge RC		1
45	1:19:54	EVANS, Kevin	Meirionnydd Running Club	Man 0/45	14
46	1:20:21	EVANS, Debbie	Bro Dysynni	Woman 0/50	23

47	1:21:29	ASHTON, Brian	Aberystwyth AC	Man 0/55	190
48	1:21:52	HOVERS, Kate	brecon	Woman 0/45	196
49	1:21:56	JONES, Catherine	llanbabo hurricanes		4
50	1:22:12	RENDELL, Paul	Unattached	Man 0/50	191
51	1:22:26	HAYTON, Michael	Unattached	Man 0/55	179
52	1:22:36	ROBERTS, Glenda	Aberystwyth AC	Woman 0/55	26
53	1:23:03	CHILTON, Robert	Bro Dysynni	Man 0/60	41
54	1:23:47	TAYLOR, Malcolm	Bro Dysynni	Man 0/65	96
55	1:24:40	JONES, Sheila	Bro Dysynni	Woman 0/45	6
56	1:24:55	HUWS, Meinir	Abergele Harriers	Woman 0/50	180
57	1:25:15	WOOLLEY, Steve	Aldridge RC	Man 0/50	38
58	1:26:06	KELLY, Michelle	penny Lane	Woman 0/45	171
59	1:26:56	PRICE, Alison	Meirionnydd Running Club	Woman 0/40	45
60	1:27:03	BURGESS, Neil	Unattached	Man 0/45	36
61	1:27:45	BAILEY, Sid	Deestridders	Man 0/50	17
62	1:28:50	PRYTHERCH, Carys	Aberystwyth AC	Woman 0/40	30
63	1:29:17	TEE, John	Unattached	Man 0/60	161
64	1:29:46	BROWN, Aled	Unattached	Man 0/35	35
65	1:29:47	STEPHENS, Menna	Aberystwyth AC		185
66	1:30:25	LEWIS, Bethan	Aberystwyth AC		3
67	1:30:32	PARRY, Gwenllian	Unattached	Woman 0/35	28
68	1:31:07	RIDINGS, Susan	Clwydian Range runners	Woman 0/45	25
69	1:31:21	JONES, Rhian	Bro Dysynni	Woman 0/40	189
70	1:31:22	STRETCH, Helen	Aberystwyth AC	Woman 0/55	177
71	1:31:30	ROBERTS, Margaret	Meirionnydd Running Club	Woman 0/45	16
72	1:31:32	EDWARDS, Andrea	Unattached	Woman 0/35	49
73	1:32:42	NASH, Debbie	Aberystwyth AC		8
74	1:33:18	PRESTON, Janet	Meirionnydd Running Club	Woman 0/35	201
75	1:33:18	PRESTON, Adam	Unattached	Man 0/35	202
76	1:33:56	WARRINGTON, Frances	Dudley Kingswinford	Woman 0/45	176
77	1:34:12	HOLMES, Janine	Prestatyn		110
78	1:34:33	BREESE, Shan	Aberystwyth AC	Woman 0/45	182
79	1:35:13	VAN DEVENTIER, Anna	Aldridge RC	Woman 0/35	103
80	1:35:20	WILLIAMS, Megan	Unattached	Woman 0/40	29
81	1:35:40	HUGHES, Anna Clare	shropshire road runners	Woman 0/35	168
82	1:35:40	MURFIN, Dudley	Unattached	Man 0/65	166
83	1:38:40	WYNNE WILLIAMS, Jaspa	Unattached	Woman 0/35	43
84	1:38:42	JONES, Llinos	Unattached		2
85	1:39:07	STANLEY, Barry	Unattached	Man 0/70	199
86	1:40:04	BRADLEY, Liam	Aldridge RC	Man 0/60	20
87	1:40:53	SAYES, Alison	Bro Dysynni	Woman 0/50	12
88	1:42:38	ADAMS, Jackie	Aldridge RC	Woman 0/40	102
89	1:43:57	ROBET, Lynn	Eryri	Woman 0/45	9
90	1:43:58	EVANS, Cenydd	Unattached	Man 0/35	34
91	1:48:03	GRIFFITHS, Marjorie	Bro Dysynni	Woman 0/60	18
92	2:21:21	SYMONDS, Sheila	Bro Dysynni		7

