

Ras Copaon 1000m Cymru



Welsh 1000m Peaks Race

The 40th race but the first to include Glyder Fawr

CANLYNIADAU/RESULTS



Tim Davies Winner of Class A on Carnedd Ugain

4 Mehefin/4 June 2011

**Sponsored by the First Hydro Company
And Orbaná Drinks**

www.welsh1000m.org

CLWB GORPHWYSFA CLUB

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Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Race report

From the Chairman

Dear Competitor and Marshal/Helper,

There are not many Fellrunning events able to celebrate their 40th anniversary - the Welsh 1000 metre Peaks race did it in style in 2011! Not only did the organisation run like clockwork – but the sun shone too. Who needs to go to the Sahara desert to run in the sun? What a day the race day was: a new route, record entries, new technology being trialled and a blue sky to oversee it all. Did the competitors note the wonderful scenery thrown in for free? That may bring you back next year!

A flood of appreciative letters seems to suggest we got it right again and my thanks must start there. It really is nice to hear from you with your comments. Nice comments give us a lift – the ones that suggest change make us think! The 'THANKS' that I want to express on behalf of the Gorphwysfa Club and myself cover the time six months or more from the start to the time that I eventually write this report and Jean/Kate put it on the web; a considerable amount of time, effort and sweat!

Don't you all think that it is amazing what we do? I am writing about the **competitors** and the helpers/organisers. The old lags in both classifications see it as all old hat – the new participants find an open door happily welcoming everyone in. It is nice to analyse why this should be. I have spoken in the past about the glamorous profile that Fellrunning projects; but there is more to it than that - the friendship, challenge, support, freedom, the call of the hills; all are part of the reason why we expend so much energy, time and money to take part in an organised event that most could do without any organisation! Both I and all the competitors on Saturday are thankful, appreciative and totally grateful for all the 'lay' help that comes from the organizing team. In reverse, I know that the team get huge enjoyment and satisfaction from bringing the event together; meeting the competitors on the hill and at the prizegiving; this is all very satisfying.

Many, many hours were spent bringing together the event on the day - not all of them happy and joyous. Fancy discovering a fifth 1000 Metre mountain, what a bugger. Challenges were at every turn, sometimes without the support that would have produced easy conclusions; new land owners are not always welcoming. But by beavering away, keeping the positive flag flying high in the sky, the way forward became clear. At the start at 6 30am Aber was cowering under overcast skies, low cloud with an uncertain weather prospect despite all the forecasts. At other places on the race course things were different - the sun breaking through, a pleasant breeze - a perfect day for the race. Success was ours, thank you all, the back room boys and girls, a job well done!

The new route up the Gribin was fine – competitors found it a goer! Andy Middleton's idea worked, although in the future we will all have to be aware of weather conditions on exposed ridges. Also on the organising team one person who gets a special mention this year is Alan Simpson. His home town is Plymouth (not the most mountainous part of the country), but his experience of orienteering has been freely given; it is through his efforts over three years that we have moved into the IT/Dibber world, a system that is both more efficient and safer for all concerned.

Thanks to our sponsors and helpers who added so much to the event. Many thanks to First Hydro, Llanberis, for an extremely generous grant; The Snowdon Mountain Railway; local people who helped in many ways: the farmer at the start; all the helpful staff at Pen y Pass Youth Hostel; George and Jayne Wainwright and the staff at the Tyn y Coed hotel; Padarn Coaches, Llanberis; The National Trust and the farmers who cooperated in the Ogwen valley. The army of helpers and marshals contribute so much to the success of the day. It is heartening that so many people will volunteer, at some expense to themselves, to help the Gorphwysfa to run this race. I also extend my thanks, on your behalf, to Rosie Lloyd, and the pasta team for bringing the Pasta meal together. Hilary Malyon did a sterling job running RACE CONTROL & also John Cooke who sat at the computer on a hot day, all day!

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It was really nice to see so many competitors inconveniencing themselves to attend the prizegiving. Sadly a number did not make it and a rather embarrassing period occurred when none of the prizewinners in Class A were present to pick up their prizes, although Tim Davies the overall winner had sent his apologies. It is sad when this happens and I would encourage competitors to program in the prizegiving when entering an event. But congratulations to all prize winners, and also to all the other competitors - without you we would not have a race.

A very special thanks to Alastair Tye who, with others, has brought together a brilliant photographic gallery, now on the Web - don't forget our web site, www.welsh1000m.org, the work of Kate Williams, who is willing to put together similar sites for other events. Special thanks again to Jean and the forty or so dogsbodies who spread themselves over northern Snowdonia ; we draw persons from near and far and it was nice this year to know that the sun sometimes shines on the righteous! Your comments on aspects of the race are very welcome. The Gorphwysfa look forward to seeing you all in 2012, our 41st year.

HARVEY LLOYD. 06 07 10

From the Entries Secretary

Thank you to everyone who took advantage of on line entry, just under 50%. It certainly made my life easier! The bulk e-mail facility made it possible for us to become 'greener' and send out information electronically and direct you to important information on the web site.

We hope that you approve of the electronic results booklet. We are happy to send out hard copies on request.

You will be notified in January, by e-mail, when entry forms for 2012 are available on the web site.

JEAN HALL

From the Organisers

Thank you to everyone who responded to our request for feedback, this has been extremely helpful and we will endeavour to incorporate your comments and suggestions into next year's race.

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Gallery



Zoe Proctor
2nd lady Class A



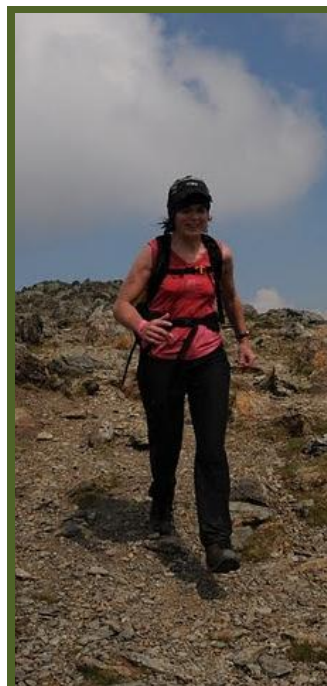
Lawrence Eccles
Winner Class B



Caroline White
1st Lady Vet 50 Class C



Stel Farrar
Vet 50 Class A



Caroline Wilson
Vet 50 Class B



Maggie Oliver
Vet 60 Class E

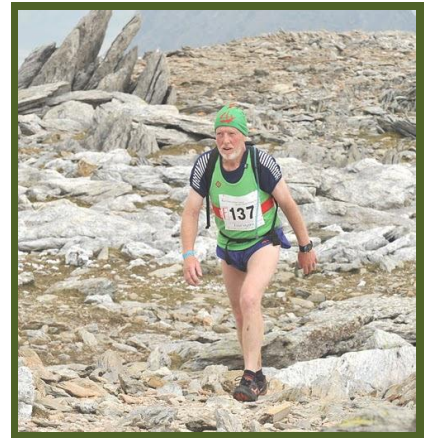
Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011



**Wilhem Prooijen
Vet 60 Class A**



**Ladies military team Class D
HQ 11 Signals Brigade**



**Brian Robins winner of Orban
prize for oldest finisher in Class
A on Glyder Fawr**



Marshalls on Ugain



The final dib

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Cychwyn Ras Rhedwyr Mynydd o Aber / Class A Fell Race: Aber start

4 Mehefin 2011 / 4th June 2011

Amser Cychwyn: 09:00 / Start Time: 09:00

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	179	Timothy	Davies	Male Open			03:09	04:06:13
2	71	Sam	Smith	Male Open	Eryri Harriers		03:09	04:08:22
3	89	Steve	Cale	Male Open	Mercia Fell Runners		03:10	04:12:36
4	136	Tim	Higginbottom	Male Open	Clwydian Range Runners		03:11	04:26:54
5	92	Neal	Hockley	Male Open	WFRA		03:21	04:32:00
6	154	Bob	Johnston	Male Open	Dark Peak Fell Runners		03:26	04:34:13
7	2	Martin	Wilcock	Male Open	City of Chester Triathlon Club		03:26	04:36:55
8	183	Andrew	Siggers	Male Open	Unattached		03:25	04:38:32
9	176	Rory	O'Donnell	Male Open	Eryri Harriers		03:26	04:39:19
10	103	Andrea	Rowlands	Lady Open	Eryri Harriers		03:31	04:41:29
11	99	Simon	Ellis	Male Vet 40	Tattenhall Runners		03:31	04:43:52
12	11	Simon	Roberts	Male Vet 40	Buckley Runners		03:31	04:45:56
13	22	Matthew	Heywood	Male Open	FRA		03:36	04:49:50
14	93	Derek	Fuller	Male Open	Ilkley Harriers AC		03:40	04:53:37
15	131	Anthony	Dickinson	Male Open	Army		03:44	05:03:36
16	160	Stewart	Bellamy	Male Vet 40	Mercia Fell Runners		03:47	05:04:56
17	84	Peter	Agnew	Male Vet 40	Clwydian Range Runners		03:47	05:05:14
18	124	Philip	Gwilliam	Male Vet 50	Unattached		03:48	05:06:57
19	113	Jonathan	Moore	Male Vet 40	Unattached		03:41	05:07:59
20	133	Russell	Owen	Male Vet 50	Eryri Harriers		03:48	05:09:30
21	157	Edward	Harmer	Male Vet 40	Eryri Harriers		03:46	05:09:55
22	19	David	Buchanan	Male Vet 40	Pudsey & Bramley AC		03:50	05:12:50
23	146	Iwan	Edgar	Male Vet 50	Unattached		04:00	05:19:36
24	132	Alan	Duncan	Male Vet 50	Bowland Fell Runners		03:46	05:20:46
25	164	Glyn	Fletcher	Male Vet 40	Maldwyn Harriers		03:47	05:20:51
26	46	Adrian	Williams	Male Vet 40	Eryri Harriers		03:49	05:21:00
27	139	Dan	Loxton	Male Open	Eryri Harriers		03:48	05:21:43
28	163	Paul	Beeson	Male Vet 40	Maldwyn Harriers		03:48	05:22:23
29	49	David	Malia	Male Vet 40	Mercia Fell Runners		03:56	05:22:25
30	123	Steven	Fenney	Male Vet 40	Stone MM		04:03	05:22:58
31	122	Stephen	Jones	Male Vet 50	Eryri Harriers		03:47	05:23:39
32	51	Michael	Kelly	Male Vet 40	Leighton Buzzard AC		04:01	05:26:16
33	13	Dave	Powell	Male Vet 50	Aberystwyth AC		04:00	05:26:47
34	74	David	Wilcox	Male Vet 40	Fell Runners Association		03:45	05:29:20
35	159	Mick	Loftus	Male Vet 40	Valley Striders AC		04:01	05:29:41
36	30	Paul	Jones	Male Open	Eryri Harriers		04:05	05:30:56
37	66	Steve	Gibbons	Male Vet 40	Unattached		03:59	05:31:18
38	167	Zoe	Procter	Lady Open	Bowline Climbing Club		04:05	05:32:05
39	98	Mark	Traynor	Male Vet 40	Unattached		04:04	05:32:22
40	55	Chris	Wilcox	Male Vet 50	Clwydian Range Runners		04:06	05:33:32
41	168	Llifon	Foulkes	Male Open	Eryri Harriers		04:07	05:33:39
42	26	Connor	Carson	Male Vet 40	Kenilworth Runners		03:58	05:34:01

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Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
43	78	Michael	Belshaw	Male Vet 40	British Army Orienteering Club		04:02	05:34:10
44	172	Dyfed	Whiteside Thomas	Male Open	Unattached		04:09	05:34:17
45	178	Andrew	Stimson	Male Open	Unattached		04:11	05:34:36
46	140	Phoebe	Webster	Lady Open	Aberystwyth AC		04:11	05:35:14
47	18	Ian	Jones	Male Vet 40	ERYRI		04:11	05:35:16
48	144	Mark	Atherton	Male Vet 40	Meirionnydd RC		04:01	05:35:35
49	120	Yiannis	Tridimas	Male Vet 60	Bowland Fell Runners		04:08	05:38:51
50	115	John	Harold	Male Vet 40	Eryri Harriers		04:11	05:39:26
51	9	Mary	Gillie	Lady Open	Clwydian Range Runners		04:15	05:39:35
52	7	Chris	Baynham-Hughes	Male Open	Helsby RC		04:09	05:40:36
53	94	Dylan	Webber	Male Open	Eryri Harriers		04:05	05:42:35
54	34	Steve	Hinshelwood	Male Open	Unattached		04:12	05:42:39
55	31	Christopher	Wiley	Male Open	Fleckney & Kibworth RC		04:26	05:45:28
56	170	Stephen	Jones	Male Vet 40	Clwydian Range Runners		04:01	05:46:54
57	110	Gary	Porter-Jones	Male Vet 40	Eryri Harriers		04:12	05:50:14
58	6	Victor	Belshaw	Male Vet 50	Clwdian Range Runners		04:15	05:50:22
59	43	Chris	Smith	Male Open	Gorphwysfa		04:20	05:51:36
60	151	David	Morris	Male Open	Unattached		04:20	05:52:39
61	153	Clive	Edwards	Male Vet 50	Unattached		04:11	05:52:47
62	104	Neil	Hindle	Male Vet 50	FRA		04:19	05:55:06
63	63	Clare	Dallimore	Lady Open	Unattached		04:25	05:55:22
64	142	Riccardo	Giussani	Male Open	Unattached		04:26	05:56:14
65	1	Chris	Hayes	Male Open	Prestatyn RC		04:21	05:58:16
66	67	David	Bevan	Male Vet 40	Saddleworth Runners Club		04:23	06:00:00
67	181	Harri	Roberts	Male Vet 40	Eryri Harriers		04:29	06:07:56
68	161	Nigel	Glaze	Male Vet 40	Mercia Fell Runners		04:32	06:08:37
69	152	Dave	Woodvine	Male Vet 40	Shropshire Shufflers		04:29	06:10:01
70	129	Clare	Page	Lady Open	Not Listed		04:44	06:12:08
71	109	Malcolm	Walker	Male Vet 40	Unattached		04:31	06:12:27
72	141	Louise	Barker	Lady Open	Aberystwyth AC		04:30	06:14:19
73	53	David	Marham	Male Vet 40	Leighton Buzzard AC		04:38	06:14:25
74	21	Mike	Symons	Male Vet 40			04:29	06:14:45
75	137	Brian	Robbins	Male Vet 60	Eryri Harriers		04:39	06:17:18
76	138	Stel	Farrar	Lady Vet 50	Eryri Harriers		04:46	06:19:04
77	23	Rod	Sutcliffe	Male Vet 50	Unattached		04:38	06:19:08
78	5	Paul	Jacobs	Male Vet 50	Easingwold RC		04:25	06:21:24
79	45	Richard	Sumner	Male Vet 40	Unattached		04:46	06:22:27
80	127	Clare	Prosser	Lady Open	Wells City Harriers		05:00	06:22:40
81	128	David	Bonstow	Male Open	Wells City Harriers		04:59	06:23:31
82	162	Chris	Field	Male Vet 40	Unattached		04:27	06:25:01
83	165	Toby	Keep	Male Open	Eryri Harriers		04:31	06:25:53
84	135	Paul	Hunt	Male Vet 40	Goyt Valley Striders		04:47	06:27:18
85	59	Wendy	Trimbel	Lady Open	Eryri Harriers		04:50	06:31:37
86	414	Steve	Vaughan	Male Open	Unattached		05:00	06:35:55
87	413	Nick	Pryce-Jones	Male Open	Unattached		05:00	06:36:00
88	412	Ross	McLeod	Male Open	Team Bath AC			06:36:08
89	108	Steven	Knight	Male Open	Unattached		04:46	06:36:57
90	3	Austin	Bowers	Male Open	North Wales Road Runners		04:47	06:41:05

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
91	58	Richard	Borne	Male Vet 40	Eryri Harriers		04:40	06:46:39
92	174	David	Owen	Male Vet 60	Prestatyn RC		05:01	06:49:02
93	173	Katr	O'Sullivan	Lady Vet 40	Aberystwyth AC		05:06	06:50:39
94	97	Martin	Longhurst	Male Vet 50	Great Western Runners		04:55	06:50:47
95	101	Marc	Recoquille	Male Open	FRA		05:03	06:51:16
96	175	Ian	Rothery	Male Vet 50	Cybi Striders		05:13	06:51:38
97	105	Edward	Steele	Male Open	Tunbridge Wells Harriers		05:18	06:51:44
98	148	John	Humphries	Male Vet 50	Mysteruns of Abergele		05:01	06:52:15
99	156	Emily	Wood	Lady Vet 40	Eryri Harriers		05:09	06:53:12
100	126	Laurie	Phippard	Lady Vet 40	Wells City Harriers		05:01	06:55:55
101	125	Aidan	Phippard	Male Vet 50	Wells City Harriers		05:00	06:56:02
102	182	John	Moorhouse	Male Vet 50			05:07	07:00:13
103	36	Stephen	Bajic	Male Vet 50	Telford Harriers		05:01	07:01:28
104	81	Ssgt Michael John	Ward	Male Open	1 RSME		05:09	07:03:06
105	62	Nich	Bradley	Male Vet 50	Meirionnyd Running Club		05:07	07:04:23
106	88	Graham	Butcher	Male Vet 50	Rochdale Harriers		05:21	07:05:10
107	85	Paul	Chester	Male Open	WFRA		05:10	07:08:04
108	47	Chris	Rogers	Male Vet 40	Cambridge Harriers		05:10	07:08:39
109	15	Janet	Richards	Lady Vet 40	Griffithstown Harriers		05:25	07:11:31
110	69	Matthew	Hack	Male Vet 50	Stockport Harriers & AC and FR		05:19	07:18:28
111	95	Nick	Kerry	Male Vet 40	Unattached		05:17	07:21:36
112	86	George	Harris	Male Open	Tunbridge Wells Harriers		05:19	07:22:03
113	116	Peter	Lester-Owen	Male Vet 50	Mysteruns of Abergele		05:24	07:30:04
114	25	Jonathan	Newby	Male Vet 40	Somerset R.C. Tri		05:39	07:30:45
115	83	Col John	Pelton	Male Vet 40	1 RSME		05:24	07:31:11
116	82	Lt Col Steve	Whitlock	Male Vet 40	1 RSME		05:25	07:31:25
117	57	Matthew	Price	Male Vet 40	Somerset R.C. Tri		05:42	07:31:35
118	70	Nick	Cork	Male Vet 40	Unattached		05:20	07:33:33
119	29	Nathan	Jones	Male Open	Bournville Harriers		05:32	07:33:44
120	28	Anthony	Jones	Male Open	Unattached		05:32	07:33:51
121	42	Steve	Cardwell	Male Vet 40	Kinder Mountain rescue team		05:23	07:37:40
122	24	Jim	Harries	Male Vet 50	Stockport Harriers & AC		05:23	07:39:22
123	10	Ian	Blakebrough	Male Vet 60	Cheshire Hash House Harriers		05:24	07:42:06
124	106	Willem	Prooijen	Male Vet 60	Clwydian Range Runners		05:50	07:55:45
125	80	Mr Steve	Coares	Male Open	1 RSME		05:45	08:02:54
126	114	John	Cox	Male Vet 60	Middleton Harriers		05:22	08:03:37
127	37	Richard	Paddock	Male Vet 50	Shropshire Shufflers		05:41	08:10:43
128	149	Liam Gregory	Tosh	Male Open	Unattached		05:25	08:15:48
=	180	Roland	Stafford	Male Open			03:55	Rtd
=	56	Mark	Agnew	Male Open	Mercia Fell Runners		05:04	Rtd
=	166	Emma	Green	Lady Vet 40	Eryri Harriers		05:08	Rtd
=	158	Andy	McPherson	Male Open			05:14	Rtd
=	12	Paul	Oldfield	Male Vet 50	Clwydian Range Runners		05:16	Rtd
=	52	Alwyn	Williams	Male Open	Eryri Harriers		05:30	Rtd
=	79	Wo1 Roy	Mitton	Male Vet 40	1 RSME		05:45	Rtd
=	100	Clive	King	Male Vet 40	Eryri Harriers		06:15	Rtd
=	155	Ashley	Wager	Male Vet 50	Eryri Harriers		06:23	Rtd
	27	Chris	Gunn	Male Vet 40	Somerset RC Tri Club			Rtd

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club		Cosb Penalty	Pen y Pass	Diwedd Finish
	39	Kean	Rowlands	Male Vet 50	Clwydian Range Runners				Rtd
	40	Sandra	Rowlands	Lady Vet 40	Clwydian Range Runners				Rtd
	41	Rebecca	Smith	Lady Open	Gorphwysfa				Rtd
	44	Will	Meredith	Male Open	Goyt Valley Striders				Rtd
	65	Ross	Powell	Male Vet 50	Mercia Fell Runners				Rtd
	75	Robin	Richmond	Male Open	Bowline Climbing Club				Rtd
	96	Carmen	Anthony	Lady Open	Stockport Harriers				Rtd
	130	Emlyn	Roberts	Male Vet 40	Eryri Harriers				Rtd
	38	Jones	Peter M W	Male Vet 50	Unattached		Missing Ugain	04:26	05:47:27
	91	Jim	Kelly	Male Vet 40	Eryri Harriers		Missing Ugain	04:30	05:53:33

Cychwyn cynnar Ras y Mynyddwyr / Mountaineers: Early start

4 Mehefin 2011 / 4th June 2011

Amser Cychwyn: 07:30 / Start Time: 07:30

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club		Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	265	Paul	Hodges	Male Vet 40	Unattached			03:33	05:32	07:24:50
2	255	Mick	O'Rourke	Male Vet 50	Unattached			04:10	06:13	08:17:00
3	269	Neil	Mellor	Male Vet 40	Unattached			03:43	06:01	08:24:30
4	254	Scott	Cameron	Male Open	Unattached			03:40	05:58	08:29:50
5	268	Chris	Leary	Male Vet 40	Unattached			04:04	06:29	08:47:20
6	270	Mark	Carr	Male Open	Unattached			04:05	06:29	08:48:50
7	263	Mark	Wusthoff	Male Open	Unattached			04:13	06:38	08:59:04
8	253	Barry	Hughes	Male Vet 40	Unattached			04:32	06:48	09:03:02
9	258	Terry	Lind	Male Vet 50	Unattached			04:32	06:52	09:08:22
10	261	Geoffrey	Price	Male Vet 60	Unattached			04:28	06:50	09:12:17
11	252	Hugh	Mundy	Male Vet 60	Unattached			04:18	06:48	09:17:00
12	257	Peter	Potter	Male Vet 50	Deeside Orienteering Club			04:31	06:48	09:20:23
13	256	Martin	O'Rourke	Male Vet 50	Unattached			04:10	06:35	09:33:52
14	264	Fraser	Mackay	Male Vet 60	Unattached			04:27	07:03	09:53:48
=	259	Rachel	Clark	Lady Vet 40	Unattached			04:08	06:24	Rtd
=	262	Robert	Taylor	Male Vet 40	Unattached			05:39		Rtd
=	274	Stephen	Taylor	Male Open	Unattached			05:51		Rtd
=	273	Bernard	Taylor	Male Vet 50	Unattached			05:51		Rtd
=	272	Matthew	Evans	Male Open	Unattached			05:51		Rtd
=	271	Kathleen	Taylor	Lady Open	Unattached			05:51		Rtd

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Cychwyn Ras Mynyddwry o Aber / Class B Mountaineers: Aber start

4 Mehefin 2011 4th June 2011

Amser Cychwyn: 08:00 / Start Time: 08:00

Safle	Rhif	Enw		Dosbarth	Clwb		Cosb	Pen y	Diwedd	
Pos	No.	Name		Category	Club		Penalty	Ogwen	Pass	Finish
1	211	Lawrence	Eccles	Male Open	Penny Lane Striders			02:48	04:23	05:56:20
2	143	James	Allen	Male Open	Army Athletics Union			03:02	04:46	06:18:11
3	443	Pte David	Thomson	Male Open	B Company 4 Mercian			03:06	05:01	06:39:58
4	219	Jonathan	Williams	Male Open	Unattached			03:27	05:06	06:43:18
5	235	Thomas	Prytherch	Male Vet 40	Unattached			03:29	05:14	06:45:23
6	445	Pte Richard	Burnett	Male Open	B Company 4 Mercian			03:06	05:01	06:50:52
7	225	Martin	Jones	Male Vet 40	NW Fire and Rescue Service			03:29	05:14	07:07:52
8	228	Caroline	Wilson	Lady Vet 50	Unattached			03:40	05:40	07:26:38
9	205	Luke	Mundy	Male Open	Fast Fouriers			03:40	05:43	07:34:20
10	230	Tommy	Elias	Male Open				03:32	05:41	07:44:03
11	218	Daniel	Crookes	Male Vet 40	Northern Veterans AC			03:29	05:48	07:54:38
12	229	Alistair	Bexon	Male Open				03:32	05:41	08:01:33
13	214	Capt James	Ellen	Male Open	William Parker CCF			04:04	06:18	08:18:18
14	226	Stuart	Ellen	Male Open	Unattached			04:04	06:18	08:19:30
15	224	Ben	Mabbett	Male Open	Unattached			04:03	06:17	08:24:46
16	213	Owen	McTeggart	Male Open	4 Regt Army Air Corp			03:53	06:18	08:30:25
17	227	Andrew	Wooderson	Male Vet 50	Unattached			04:04	06:21	08:51:48
18	215	Andy	Cox	Male Vet 40	Unattached			04:18	06:24	08:52:58
19	212	Jamie	Anderson	Male Open	Unattached			03:53	06:18	08:56:46
20	204	David	Fisher	Male Vet 50	Mole Valley Orienteering Club			04:03	06:27	09:04:27
21	217	Melanie	Williams	Lady Vet 40	Mysteruns of Abergele			04:21	06:50	09:21:04
=	206	Roy	Silver	Male Vet 50	WFRA			03:32	05:35	Rtd
=	210	Jeff	Palmer	Male Vet 60	Unattached			04:29	06:43	Rtd
=	209	Steve	Palmer	Male Open	Unattached			04:29	06:43	Rtd
=	216	Austin	Bell	Male Vet 50	Abergele mysteruns			04:21	06:50	Rtd
=	221	L/Cpl Llion	O'Callaghan	Male Open	3R Welsh			04:29	07:08	Rtd
=	223	James	Ormrod	Male Vet 50	Unattached			04:33	07:11	Rtd
=	220	Paul	Kelsall	Male Vet 40	3RWelsh			04:11	07:11	Rtd
=	234	Nick	Hawkins	Male Open	Unattached			04:12		Rtd
=	233	Lt Martin	Hughes	Male Open				04:33		Rtd
=	222	Neal	Fus Williams	Male Open	3 Royal Welsh			04:42		Rtd

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Cychwyn Ras Mynyddwry o Ogwen / Class C Mountaineers: Ogwen start

4 Mehefin 2011 4th June 2011

Amser Cychwyn: 10:37 Start Time: 10:37

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	306	Darren	Tosh	Male Vet 40			01:10	02:41:48
2	303	Alun	Roberts	Male Vet 40			01:32	03:26:05
3	309	David	Jenns	Male Vet 60			01:41	03:30:19
4	307	Stephen	Harris	Male Vet 50			01:27	03:31:39
5	304	Andrew	Edwards	Male Open		01:00	01:23	03:46:44
6	311	Caroline	White	Lady Vet 50			02:21	04:44:10
7	310	Alice	Ormrod	Lady Junior			02:16	04:53:21
8	308	Daniel	Horner	Male Junior			02:16	04:53:28
9	301	Ian	Owens	Male Vet 40		01:10	01:47	05:04:14
10	312	Michael	Davies	Male Open		00:40	02:21	05:23:55
	302	Mark	Gibbs	Male Vet 40		Missing Ugain	01:47	04:16:57
	305	Mike	Williams	Male Vet 40		Missing Ugain	01:45	04:08:05

Rhedwyr yn cychwyn o Ogwen / Class E Runners: Ogwen start

4 Mehefin 2011 / 4th June 2011

Amser Cychwyn: 10:36 / Start Time: 10:36

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	356	Paul	Jenkinson	Male Vet 40	Eryri Harriers		00:53	01:54:29
2	381	Trefor	Jones	Male Vet 40	Unattached		01:00	02:08:22
3	374	Dave	Cumins	Male Vet 40	Unattached		01:02	02:11:51
4	359	Jenny	Heming	Lady Open	Eryri Harriers		01:03	02:15:50
5	380	Cedric	Clemerson	Male Vet 50	Heathfield RRC		01:07	02:18:47
6	366	Ian	Travis	Male Vet 40	WFRA		01:11	02:22:14
7	60	Lisa	Grantham	Lady Open	Ellesmere Port RC		01:06	02:23:12
8	375	Mike	Blake	Male Vet 60	Eryri Harriers		01:06	02:26:12
9	360	Nigel	Rowlands	Male Vet 40	Clwydian Range Runners		01:08	02:27:22
10	365	David	Jones	Male Vet 40	Eryri Harriers		01:06	02:28:51
11	376	Libby	Peter	Lady Vet 40	Eryri Harriers		01:12	02:29:25
12	377	Stephen	Cannons	Male Vet 40	Unattached		01:12	02:31:39
13	370	Edwin	Williams	Male Vet 50	Eryri Harriers		01:05	02:39:07
14	369	Peter	McCarthy	Male Vet 40	Dark Peak Fell Runners		01:16	02:41:06
15	373	Matthew	Bower	Male Open	Bowline Climbing Club		01:19	02:41:19
16	367	Keith	Williams	Male Vet 40	Unattached		01:20	02:45:03
17	363	Margaret	Oliver	Lady Vet 60	Eryri Harriers		01:20	02:46:06
18	362	Louise	Richmond	Lady Open	Bowline Climbing Club		01:20	02:46:28
19	357	Ellie	Salisbury	Lady Vet 50	Eryri Harriers		01:20	02:50:25

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
20	364	Paul	Parker	Male Vet 50	Bowline Climbing Club		01:19	03:00:06
21	379	Colin	Downey	Male Vet 50	Mercia Fell Runners		01:24	03:00:27
22	355	Marcia	Spurling	Lady Vet 40	Shropshire Shufflers		01:27	03:01:19
23	368	David	Hall	Male Vet 60	Gorphwysfa		01:33	03:01:50
24	371	James	Lovell	Male Open	Unattached		01:28	03:05:58
25	358	Peter	Lewis	Male Vet 40	Eryri Harriers		01:35	03:13:47
26	361	Alexandra	Fletcher	Lady Open	Eryri Harriers		01:27	03:15:05
27	372	Adrian	Lovell	Male Open	BADO		01:48	03:37:08
28	353	Mary	Crawford	Lady Vet 40	Avon Valley Runners		02:03	04:01:43
29	354	James	Crawford	Male Vet 50	Avon Valley Runners		02:03	04:01:50
30	378	Sian Angharad	Jackson	Lady Open	Unattached		02:08	04:25:45

Tim / Class D Team

4 Mehefin 2011 / 4th June 2011

Amser Cychwyn: 07:38 / Start Time: 07:38

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	523	Lcpl	Dallas	Male Open	50 OPR A		03:15	05:01	06:28:01
2	521	Lcpl	Keegan	Male Open	50 OPR A		03:15	05:01	06:33:24
3	520	Lt	Goldin	Male Open	50 OPR A		03:15	05:01	06:46:27
4	526	LCpl	Stevens	Male Junior	50 OPR B		03:31	05:38	07:21:31
5	539	Cfn	Moss	Male Junior	2FD Coy A		03:46	05:26	07:33:43
6	538	Cfn	Palmer	Male Open	2FD Coy A		03:46	05:47	07:36:07
7	524	Lcpl	Singleton	Male Open	50 OPR B		03:31	05:38	07:36:33
8	525	Cfn	Hurley	Male Open	50 OPR B		03:31	05:38	07:48:50
9	527	Lcpl	Smith	Male Open	50 OPR B		03:31	05:38	07:49:06
10	533	Sgt	Taylor	Male Open	2FD Coy B		03:35	05:47	07:50:43
11	549	Sgt	Scott	Male Open			03:50	06:03	07:51:51
12	537	Sgt	Kirkman	Male Open	2FD Coy B		03:35	05:47	07:53:21
13	534	LCpl	Rai	Male Open	2FD Coy B		03:35	05:47	07:54:14
14	512	Captain	Turnbull	Male Vet 50	101 FS Bn REME		04:10	06:22	07:55:55
15	551	Bdr	Chappell	Male Open			03:50	06:03	07:56:33
16	553	Gnr	Payne	Male Open			03:54	06:03	08:00:33
17	438	LCpl	Rix	Male Open	23 Engineer Reg (Air Assault)		04:17	06:13	08:05:03
18	435	Sgt	McGrain	Male Open	23 Engineer Reg (Air Assault)		04:17	06:13	08:05:30
19	437	Spr	Cothlip	Male Open	23 Engineer Reg (Air Assault)		04:18	06:13	08:05:58
20	452	Gnr	Soutar	Male Open	5 Reg RA		04:13	06:36	08:11:06
21	531	Cfn	Watson	Male Junior	50 OPR C		04:08	06:16	08:15:16
22	516	Maj	Smith	Male Vet 40	101 FS Bn REME		03:58	06:29	08:17:09
23	528	Lcpl	Tutaj	Male Open	50 OPR C		04:08	06:17	08:21:12
24	508	Cpl	Gemmell	Male Open	Jt CBRN Regt		04:03	06:20	08:23:41
25	555	Gnr	Weller	Male Open			03:58	06:06	08:23:55
26	511	Lcpl	Hillary	Male Open	Jt CBRN Regt		04:03	06:20	08:26:06
27	510	Lcpl	Green	Male Open	Jt CBRN Regt		04:03	06:20	08:26:09
28	446	Wo2	Mathers	Male Open	5 Reg RA		04:13	06:36	08:26:27

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
29	447	Ssgt	Wallis	Male Open	5 Reg RA		04:13	06:37	08:26:53
30	509	Cpl	Trueman	Male Open	Jt CBRN Regt		04:03	06:20	08:27:52
31	519	Sgt	Bibby	Male Open	101 FS Bn REME		03:59	06:29	08:28:00
32	550	Sgt	Keddilty	Male Open			03:50	06:07	08:29:01
33	564	Chris	Mason	Male Open	Unattached		04:25	06:38	08:31:16
34	490	Gnr	Hood	Male Open			03:53	06:26	08:34:01
35	491	Gnr	Wates	Male Open			03:53	06:26	08:34:58
36	548	Sgt	Horrigan	Male Vet 40			03:50	06:10	08:35:44
37	517	Capt	Naylor	Male Open	101 FS Bn REME		04:00	06:29	08:36:53
38	489	Gnr	Cocking	Male Open			03:56	06:26	08:37:05
39	476	Maj K	Fitchett	Male Vet 40			03:55	06:26	08:37:12
40	405	Peter	Knight	Male Open	Unattached		04:22	06:38	08:38:50
41	406	James	Mason	Male Open	Unattached		04:25	06:38	08:38:58
42	407	Thomas	Salt	Male Open	Unattached		04:22	06:37	08:41:42
43	453	Bdr	Hacking	Male Open	5 Reg RA		04:13	06:36	08:44:12
44	431	Ssgt	Bynorth	Male Open	23 Engineer Reg (Air Assault)		04:27	06:37	08:44:19
45	463	Mr Pete	Guinney	Male Junior	8Fit AAC		03:57	06:32	08:44:24
46	465	Maj Dave	Sams	Male Vet 40	8Fit AAC		03:58	06:32	08:44:31
47	401	Andrew	Coleman	Male Open	Unattached		04:41	06:54	08:47:30
48	436	Spr	Carson	Male Open	23 Engineer Reg (Air Assault)		04:18	06:39	08:50:10
49	409	Cpl	Fletcher	Male Open	628 Signal Troup		04:51	06:55	08:50:19
50	518	Capt	Carey	Male Open	101 FS Bn REME		04:02	06:33	08:51:28
51	422	Sarah	Goldsmith	Lady Open	Military		04:30	06:53	08:51:39
52	419	Erin	Ballard	Lady Open	Military		04:30	06:53	08:51:44
53	421	Joanna	Dawson	Lady Open	Military		04:30	06:53	08:51:50
54	403	James	McConachie	Male Open	Unattached		04:41	06:55	08:51:56
55	474	Adam	Greenfield	Male Open	HM Forces		04:25	06:58	08:55:39
56	488	Gnr	Newsham	Male Open			03:54	06:34	08:58:11
57	478	Gnr	Hindson	Male Vet 40			03:54	06:35	08:58:20
58	477	Gnr	Hills	Male Vet 40			03:56	06:35	08:58:25
59	479	Wo2	Donaldson	Male Open			03:55	06:34	08:58:38
60	441	Lcpl	Sheppard	Male Open	Art 20/CRRS2SE		04:30	06:54	09:04:29
61	440	Lcpl	Bolton	Male Open	Art 20/CRRS2SE		04:32	06:55	09:04:34
62	451	Sgt	Potter	Male Open	5 Reg RA		04:10	06:42	09:04:50
63	481	Gnr	Boyd	Male Junior			04:36	07:05	09:05:15
64	561	Lcpl	Wilson	Male Open			04:45	07:09	09:05:37
65	402	Ben	McConachie	Male Open	Unattached		04:41	06:54	09:08:56
66	423	2nd Lt	Dullaghan	Male Open	1 RSME		04:15	06:48	09:09:09
67	424	Capt	Gooderson	Male Open	1 RSME		04:15	06:48	09:09:14
68	425	Spr	Haddow	Male Open	1 RSME		04:15	06:48	09:09:20
69	558	Spr	Ford	Male Open			04:45	07:08	09:10:38
70	462	Sgt Paul	Oleay	Male Open	8Fit AAC		04:34		09:11:23
71	562	Spr	Sinfield	Male Junior			04:45	07:10	09:12:27
72	469	Wo2 Chris	Brooks	Male Open	8Fit AAC		04:35	06:50	09:12:33
73	464	Atrp Richie	Shickle	Male Open	8Fit AAC		04:35	06:51	09:12:46
74	541	Lt Col	Brown	Male Vet 40			04:10	06:45	09:12:52
75	485	Gnr	Ackroyd	Male Open			04:05	07:02	09:12:59
76	483	Gnr	Stamp	Male Open			04:36	07:05	09:13:04

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
77	501	Gnr	Frake	Male Open			04:24	07:23	09:13:35
78	467	Cpl Lucas	McCall	Male Open	8Fit AAC		04:35	06:51	09:13:52
79	461	Cpl Russ	Higgins	Male Open	8Fit AAC		04:35	06:51	09:13:58
80	486	Gnr	Simper	Male Junior			04:05	07:02	09:14:16
81	484	Bdr	Catt	Male Open			04:05	07:02	09:14:27
82	563	Spr Richard	Dundon	Male Open			04:45	07:09	09:14:32
83	470	Sgt Erling	Davies	Male Open	8Fit AAC		04:34	06:50	09:14:48
84	557	Cpl	Lord	Male Open			04:45	07:08	09:17:09
85	487	Gnr	Jones	Male Junior			04:05	07:02	09:17:31
86	448	Bdr	Beamson	Male Open	5 Reg RA		04:16	06:55	09:18:06
87	540	Wo2	Mullen	Male Vet 40			04:11	06:45	09:18:14
88	449	Lbdr	Pickles	Male Open	5 Reg RA		04:16	06:55	09:18:37
89	504	Lt	Denby Hollis	Male Open			04:52	07:23	09:18:40
90	475	Jill	Hamlin	Lady Vet 40	HM Forces		04:26	06:59	09:20:56
91	472	William	Lynch	Male Open	HM Forces		04:25	06:59	09:21:08
92	556	Sapper Nathan	Allfree	Male Open			04:45	07:09	09:21:37
93	559	Spr Mike	Howard	Male Open			04:45	07:10	09:21:40
94	482	Gnr	Brunskill	Male Open			04:37	07:04	09:31:53
95	473	Guy	Balmer	Male Open	HM Forces		04:27	06:59	09:33:39
96	492	Bdr	Harper	Male Open			04:18	07:09	09:39:15
97	495	Gnr	Hardy	Male Open			04:36	07:09	09:42:22
98	494	Gnr	Blythe	Male Open			04:19	07:09	09:42:28
99	480	Cpl	Smith	Male Vet 40			04:37	07:21	09:42:31
100	439	Cpl	Milmore	Male Open	Art 20/CRRS2SE		04:30	06:55	09:45:20
=	529	Cfn	Crossley	Male Open	50 OPR C		04:08	06:17	Rtd
=	433	Spr	Craig	Male Open	23 Engineer Reg (Air Assault)		04:27	06:17	Rtd
=	466	Mr	Edwalters	Male Vet 40	8Fit AAC		03:57	06:33	Rtd
=	542	Capt	White	Male Open			04:12	06:46	Rtd
=	426	Ssgt	Cooke	Male Open	1 RSME		04:15	06:49	Rtd
=	404	Dave	Simmons	Male Open	Unattached		04:41	06:55	Rtd
=	458	Cpl	Pateman	Male Open	JADTEU		04:46	07:14	Rtd
=	457	Sgt	Acland	Male Open	JADTEU		04:46	07:14	Rtd
=	502	Gnr	Cowans	Male Junior			04:24	07:22	Rtd
=	503	Gnr	Wilkinson	Male Open			04:24	07:23	Rtd
=	507	Gnr	Shaw	Male Open			04:52	07:23	Rtd
=	505	Gnr	Andita	Male Open			04:52	07:23	Rtd
=	500	Bdr	Whitby	Male Open			04:24	07:23	Rtd
=	546	WO2	East	Male Open			04:28	07:46	Rtd
=	545	Wo2	Webber	Male Vet 40			04:55	07:46	Rtd
=	496	Bdr	Adjai	Male Open			04:57	07:49	Rtd
=	499	Gnr	Howard	Male Open			04:57	07:56	Rtd
=	552	Cpl	Graystock	Male Vet 40			04:54	08:02	Rtd
=	554	Gnr	Sagaidak	Lady Open			04:54	08:02	Rtd
=	415	Matt	Garnett	Male Open	Unattached		05:11	08:24	Rtd
=	417	William	Dawson	Male Open	Unattached		05:11	08:24	Rtd
=	416	Matt	Hetherington	Male Open	Unattached		05:11	08:24	Rtd
=	418	Jonathan	Hetherington	Male Open	Unattached		05:11	08:24	Rtd
=	522	Lcpl	Thompson	Male Open	50 OPR A		03:15		Rtd

Ras Mynyddoedd 1000 Metr Cymru 2011 / Welsh 1000 Metre Race 2011

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
=	535	Cfn	Underwood	Male Open	2FD Coy A		03:35	Rtd
=	532	Lt	McLewnian	Male Open	2FD Coy A		03:55	Rtd
=	530	Cfn	Harrison	Male Open	50 OPR C		04:09	Rtd
=	514	Cfn	Taylor	Male Open	101 FS Bn REME		04:10	Rtd
=	543	Wo1	Greaves	Male Open			04:17	Rtd
=	420	Lucy	Potter	Lady Open	Military		04:30	Rtd
=	442	LBdr	Meir	Male Open	Art 20/CRRS2SE		04:32	Rtd
=	493	Gnr	Ralph	Male Junior			04:37	Rtd
=	460	Flt Lt	Skinner	Male Vet 40	JADTEU		04:46	Rtd
=	497	Gnr	Daines	Male Open			04:52	Rtd
=	506	Gnr	Josephs	Male Open			04:52	Rtd
=	408	Cpl	Thorburn	Male Open	628 Signal Troup		04:52	Rtd
=	410	Cpl	Sims	Male Open	628 Signal Troup		04:52	Rtd
=	498	Gnr	Murphy	Male Open			04:57	Rtd
=	544	Capt	Turner	Male Vet 50			05:17	Rtd
=	547	Lbdr	Radford	Male Vet 40			05:17	Rtd
=	429	Gordon	Ferguson	Male Vet 40	220 MED SQN (V)		05:54	Rtd
=	430	Peter	Brace	Male Vet 40	220 MED SQN (V)		05:54	Rtd
=	427	Martin	Jackson	Male Open	220 MED SQN (V)		05:57	Rtd
=	428	Jessica	Jackson	Lady Open	220 MED SQN (V)		05:58	Rtd
	432	Spr	Dudding	Male Open	23 Engineer Reg (Air Assault)	Missing Ugain	04:27	06:36 08:14:41
	434	Spr	Pritchard	Male Open	23 Engineer Reg (Air Assault)	Missing Ugain	04:27	06:36 08:14:35
	513	Cfn	Leah	Male Vet 40	101 FS Bn REME	Missing Ugain	04:09	06:22 07:53:39
	515	Pte	Pritchard	Male Open	101 FS Bn REME	Missing Ugain	04:09	06:22 08:36:18

Canlyniadau Tim / Team Results

23 Engineer Reg (Air Assault) A	Amser Agregau /Aggregate Time			25:13:35
	Rhif / No	Enw / Name	Amser / Time	
	433	Spr Craig		
	434	Spr Pritchard	08:14:35	
	432	Spr Dudding	08:14:41	
	431	Ssgt Bynorth	08:44:19	
Jt CBRN Regt	Amser Agregau /Aggregate Time			25:15:56
	Rhif / No	Enw / Name	Amser / Time	
	508	Cpl Gemmell	08:23:41	
	511	Lcpl Hillary	08:26:06	
	510	Lcpl Green	08:26:09	
	509	Cpl Trueman	08:27:52	

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101 Regular Team	Amser Agregau /Aggregate Time			25:22:02
	Rhif / No	Enw / Name		Amser / Time
	516	Maj Smith		08:17:09
	519	Sgt Bibby		08:28:00
	517	Capt Naylor		08:36:53
	518	Capt Carey		08:51:28
4/73 LATEO	Amser Agregau /Aggregate Time			25:46:04
	Rhif / No	Enw / Name		Amser / Time
	490	Gnr Hood		08:34:01
	491	Gnr Wates		08:34:58
	489	Gnr Cocking		08:37:05
	488	Gnr Newsham		08:58:11
Knight Ambling	Amser Agregau /Aggregate Time			25:49:04
	Rhif / No	Enw / Name		Amser / Time
	564	Chris Mason		08:31:16
	405	Peter Knight		08:38:50
	406	James Mason		08:38:58
	407	Thomas Salt		08:41:42
5th Reg RA Team 2	Amser Agregau /Aggregate Time			26:00:08
	Rhif / No	Enw / Name		Amser / Time
	452	Gnr Soutar		08:11:06
	453	Bdr Hacking		08:44:12
	451	Sgt Potter		09:04:50
5th Reg RA Team 1	Amser Agregau /Aggregate Time			26:11:26
	Rhif / No	Enw / Name		Amser / Time
	446	Wo2 Mathers		08:26:27
	447	Ssgt Wallis		08:26:53
	448	Bdr Beamson		09:18:06
	449	Lbdr Pickles		09:18:37
Arty CEN	Amser Agregau /Aggregate Time			26:33:57
	Rhif / No	Enw / Name		Amser / Time
	476	Maj K Fitchett		08:37:12
	478	Gnr Hindson		08:58:20

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	477	Gnr	Hills	08:58:25
	479	Wo2	Donaldson	08:58:38
HQ 11 Sig Bde	Amser Agregau /Aggregate Time			26:35:13
	Rhif / No	Enw / Name		Amser / Time
	420	Lucy	Potter	
	422	Sarah	Goldsmith	08:51:39
	419	Erin	Ballard	08:51:44
	421	Joanna	Dawson	08:51:50
Nailsea Dirgers	Amser Agregau /Aggregate Time			26:48:22
	Rhif / No	Enw / Name		Amser / Time
	404	Dave	Simmons	
	401	Andrew	Coleman	08:47:30
	403	James	McConachie	08:51:56
	402	Ben	McConachie	09:08:56
1 RSME	Amser Agregau /Aggregate Time			27:27:43
	Rhif / No	Enw / Name		Amser / Time
	426	Ssgt	Cooke	
	423	2nd Lt	Dullaghan	09:09:09
	424	Capt	Gooderson	09:09:14
	425	Spr	Haddow	09:09:20
Royal Engineers B	Amser Agregau /Aggregate Time			27:32:36
	Rhif / No	Enw / Name		Amser / Time
	561	Lcpl	Wilson	09:05:37
	562	Spr	Sinfield	09:12:27
	563	Spr Richard	Dundon	09:14:32
Team 82	Amser Agregau /Aggregate Time			27:38:07
	Rhif / No	Enw / Name		Amser / Time
	462	Sgt Paul	Oleay	09:11:23
	464	Atrp Richie	Shickle	09:12:46
	461	Cpl Russ	Higgins	09:13:58
Team 83	Amser Agregau /Aggregate Time			27:41:13

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	Rhif / No	Enw / Name	Amser / Time
	469	Wo2 Chris Brooks	09:12:33
	467	Cpl Lucas McCall	09:13:52
	470	Sgt Erling Davies	09:14:48
Thorney Boys	Amser Agregau /Aggregate Time		27:41:42
	Rhif / No	Enw / Name	Amser / Time
	485	Gnr Ackroyd	09:12:59
	486	Gnr Simper	09:14:16
	484	Bdr Catt	09:14:27
	487	Gnr Jones	09:17:31
Royal Engineers A	Amser Agregau /Aggregate Time		27:49:24
	Rhif / No	Enw / Name	Amser / Time
	558	Spr Ford	09:10:38
	557	Cpl Lord	09:17:09
	556	Sapper Nathan Allfree	09:21:37
	559	Spr Mike Howard	09:21:40
The Reserve Rifles	Amser Agregau /Aggregate Time		27:50:12
	Rhif / No	Enw / Name	Amser / Time
	481	Gnr Boyd	09:05:15
	483	Gnr Stamp	09:13:04
	482	Gnr Brunskill	09:31:53
	480	Cpl Smith	09:42:31
Art20/CRRS2SE	Amser Agregau /Aggregate Time		27:54:23
	Rhif / No	Enw / Name	Amser / Time
	442	LBdr Meir	
	441	Lcpl Sheppard	09:04:29
	440	Lcpl Bolton	09:04:34
	439	Cpl Milmore	09:45:20
Pegasus	Amser Agregau /Aggregate Time		29:04:05
	Rhif / No	Enw / Name	Amser / Time
	493	Gnr Ralph	
	492	Bdr Harper	09:39:15
	495	Gnr Hardy	09:42:22
	494	Gnr Blythe	09:42:28