

Hil Fell Hir / Long Fell Race

Amser Cychwyn / Start Time: 09:00:00

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	87	Rob Grantham	Male Vet 40	Pensby Runners	00:00	02:03	03:17	04:18:56
2	132	Pete Vale	Male Vet 40	Mercia Fell Runners	00:00	02:03	03:18	04:25:06
3	42	Jason Millward	Male Vet 40	Harrogate Harriers & AC	00:00	02:06	03:23	04:31:13
4	61	Matthew Fortes	Male Vet 40	Eryri Harriers	00:00	02:05	03:23	04:31:56
5	112	Andy Simpson	Male Vet 40	Barrow Runners	00:00	02:06	03:27	04:39:47
6	90	Michael Zeidan	Male Vet 40	Ren Free Fell Runners	00:00	02:12	03:38	04:51:41
7	130	Tom Bush	Male Open	Pennine Fell Runners	00:00	02:20	03:43	04:52:46
8	83	Jeze Brown	Male Vet 40	Buckley Runners	00:00	02:12	03:42	04:55:52
9	99	Andrea Rowlands	Female Vet 40	Eryri Harriers	00:00	02:24	03:49	05:01:16
10	94	Mel Price	Female Vet 40	Mercia Fell Runners	00:00	02:27	03:52	05:05:09
11	75	Virgil Barton	Male Vet 40	Mercia Fell Runners	00:00	02:27	03:52	05:10:03
12	139	Jim O'Hara	Male Open	Helsby RC	00:00	02:19	03:55	05:14:38
13	142	Tommaso Migliuolo	Male Open	Cheltenham and County Harriers	00:00	02:19	03:58	05:15:13
14	124	Craig Jones	Male Vet 40	Eryri Harriers	00:00	02:24	03:58	05:15:26
15	96	Owain Hunt Williams	Male Open	Eryri Harriers	00:00	02:19	03:56	05:17:08
16	65	Russell Owen	Male Vet 50	Eryri Harriers	00:00	02:33	04:01	05:20:08
17	13	Warren Renkel	Male Open	Unspecified	00:00	02:12	03:50	05:20:13
18	92	Christopher Ashford	Male Open	Unspecified	00:20	02:25	03:54	05:21:42
19	37	James Bowden	Male Open	Eryri Harriers	00:00	02:12	03:59	05:22:21
20	21	Aled Edwards	Male Open	Eryri Harriers	00:00	02:25	04:02	05:22:49
21	144	Keith Swainson	Male Open	Unspecified	00:00	02:28	04:03	05:24:16
22	150	Adrian Williams	Male Vet 40	Eryri Harriers	00:00	02:19	04:04	05:25:14
23	88	Paul Tucker	Male Vet 50	Mynydd Du	00:00	02:27	04:04	05:29:01
24	36	Anthony Davies	Male Vet 50	Eryri Harriers	00:00	02:27	04:05	05:30:32
25	64	Sarah Harley	Female Open	Unspecified	00:00	02:29	04:05	05:31:03
26	43	David Oldfield	Male Open	Harrogate Harriers & AC	00:00	02:26	04:01	05:32:05
27	100	James McQueen	Male Vet 40	Eryri Harriers	00:00	02:36	04:10	05:32:20
28	22	Gwion Williams	Male Vet 40	Eryri Harriers	00:00	02:27	04:05	05:32:24
29	11	Colin Osborne	Male Vet 40	Totley AC	00:00	02:26	04:10	05:33:53
30	109	Luke Addison	Male Open	DVO	00:00	02:36	04:12	05:37:24
31	39	Kasia Osipowicz	Female Open	Glossopdale Harriers	00:00	02:40	04:22	05:39:24
32	126	Paul Jones	Male Vet 40	Eryri	00:00	02:33	04:12	05:39:30
33	95	Louise Beestestone	Female Open	Eryri Harriers	00:00	02:37	04:16	05:40:19
34	16	Helen Brown	Female Vet 40	Mynydd Du	00:00	02:29	04:12	05:41:08
35	53	Simon Barkley	Male Vet 40	Oswestry Olympians	00:00	02:27	04:10	05:44:41
36	71	Martin Wright	Male Vet 40	Unspecified	00:00	02:29	04:11	05:45:09
37	140	Goronwy Hughes	Male Vet 40	Clwb rhedwyr Hebog	00:00	02:25	04:05	05:45:24
38	146	Henderson Joanne	Female Vet 40	Unspecified	00:00	02:36	04:20	05:45:25
39	122	Andy Smith	Male Open	Unspecified	00:00	02:31	04:20	05:48:07
40	28	Dave Powell	Male Vet 50	Aberystwyth AC	00:00	02:47	04:26	05:48:39
41	49	Drew Oliphant	Male Open	Haldon Trail Runners	00:00	02:47	04:36	05:50:46
42	48	Catherine Cole	Female Open	Haldon Trail Runners	00:00	02:47	04:36	05:50:50
43	141	Peter Stobbs	Male Vet 50	Trawden AC	00:00	02:41	04:24	05:52:34
44	46	Lenny Hughes	Male Vet 60	Maldwyn harriers	00:00	02:40	04:27	05:53:01
45	119	Paul Addison	Male Vet 60	DVO	00:00	02:36	04:22	05:55:55
46	63	Martin Rouse	Male Open	Unspecified	00:00	02:48	04:30	05:59:55
47	107	Robert Pullen	Male Vet 40	Bowline CC	00:00	02:51	04:37	06:00:40
48	35	Richard Borne	Male Vet 50	Mysteruns of Abergele	00:00	02:46	04:30	06:04:37
49	4	Dylan Lewis Jones	Male Open	Unspecified	00:00	02:32	04:29	06:07:32
50	136	Glyn Fletcher	Male Vet 50	Maldwyn harriers	00:00	02:45	04:31	06:07:45
51	14	Andrew Holt	Male Vet 40	Harborough AC	00:00	03:01	04:46	06:07:52
52	18	Mark Liptrot	Male Vet 50	Lostock AC	00:00	03:04	04:46	06:08:26
53	20	William Feline	Male Open	Stubbington Green Runners	00:00	02:50	04:40	06:08:57
54	151	Simon Smith	Male Open	Unspecified	00:00	02:55	04:43	06:12:47
55	85	Edward Dixon	Male Open	Gorphwysfa	00:00	03:03	04:48	06:12:52
56	137	Darren Parker	Male Vet 50	Cumberland Fell Runners	00:00	02:59	04:46	06:17:27
57	73	Glen Price	Male Vet 40	Denbigh Harrier	00:00	02:41	04:40	06:25:17
58	91	Steve Briggs	Male Vet 50	Unspecified	00:00	03:05	04:56	06:27:04
59	93	Ben Wells	Male Vet 40	Meirionnydd running club	00:00	03:01	04:55	06:28:46
60	81	Scott Tebb	Male Open	Unspecified	00:00	02:33	04:46	06:29:32
61	86	Mathew Hong	Male Vet 40	Unspecified	00:00	02:37	04:46	06:32:03
62	60	John Brannock	Male Open	Porter valley	00:00	03:08	05:05	06:33:21
63	10	Ryan Fulford	Male Vet 40	Unspecified	00:00	02:52	04:56	06:34:16
64	84	Benjamin Crossley	Male Open	Helsby RC	00:20	03:01	04:54	06:36:33
65	89	Beverley Tucker	Female Vet 50	Mynydd Du	00:00	03:13	05:09	06:39:12
66	97	Victoria Whitehead	Female Vet 40	Denbigh Harriers RC	00:00	03:07	05:09	06:40:31
67	148	Paul Colley-Davies	Male Vet 50	Unspecified	00:00	03:09	05:05	06:40:36
68	62	Celia Mills	Female Vet 50	Unspecified	00:00	03:10	05:05	06:41:10
69	129	Graham Darmont	Male Open	Unspecified	00:00	03:10	05:05	06:43:17
70	68	Ashley Middlewick	Male Open	Reading Roadrunners	00:00	03:08	05:05	06:43:23
71	103	Jack Hodgson	Male Open	Unspecified	00:00	03:04	04:59	06:43:26
72	121	Clive Edwards	Male Vet 60	Unspecified	00:00	03:08	05:04	06:44:34
73	135	Louise Barker	Female Vet 40	Aberystwyth AC	00:00	03:12	05:09	06:48:16
74	110	Michael Symons	Male Vet 40	Unspecified	00:00	03:14	05:21	06:54:58
75	41	Sam Stacey	Male Vet 50	Unspecified	00:00	03:14	05:15	06:55:10
76	70	Patrick Blythe	Male Vet 50	Unspecified	00:00	03:09	05:09	06:56:20
77	106	Ieuan Davies	Male Vet 40	Unspecified	00:00	03:13	05:12	06:58:20
78	7	Guto Edwards	Male Vet 50	Eryri Harriers	00:00	03:16	05:15	06:59:07
79	113	David Johnston	Male Vet 50	Mercia Fell Runners	00:00	02:52	05:14	07:00:14
80	82	Kristof Konan	Male Vet 40	Unspecified	00:20	03:09	05:09	07:00:17
81	59	Daf Lewis	Male Vet 40	Dwygyfylchi Rebels	00:00	03:16	05:21	07:00:17
82	9	Philippe Lintern	Male Vet 40	Unspecified	00:00	03:11	05:17	07:01:40
83	17	Jim Jones	Male Vet 50	Helsby RC	00:00	03:14	05:20	07:08:04
84	147	Aled Owen	Male Vet 50	Eryri	00:00	03:13	05:26	07:10:06
85	111	Richard Campbell	Male Vet 40	Rosendale Harriers & AC	00:00	03:41	05:34	07:12:03
86	118	Brian Robbins	Male Vet 70	Eryri Harriers	01:29	03:14	05:27	07:13:13
87	116	Rob Horton	Male Open	Unspecified	00:00	03:07	05:21	07:16:03
88	128	Dylan Huws	Male Vet 50	Eryri	00:00	03:16	05:30	07:17:02
89	105	Roger Hodgson	Male Vet 60	DVO	00:00	03:09	05:25	07:18:17
90	108	Clare Page	Female Vet 40	Chester Triathlon Club	00:00	03:16	05:33	07:23:59
91	2	Richard Walker	Male Vet 40	Rhedwyr Hebog	00:00	03:13	05:34	07:25:25
92	114	Alwyn Oliver	Male Vet 70	Eryri Harriers	01:29	03:31	05:44	07:36:25
93	12	Chris Mewes	Male Vet 40	Unspecified	00:00	03:17	05:54	07:52:38
94	47	John Jaspers	Male Vet 40	Unspecified	00:00	03:21	05:54	07:52:46
95	24	Simon Curry	Male Vet 40	Hook Runners	00:00	03:28	05:54	07:54:34
96	31	Peter Lester-Owen	Male Vet 50	Mysteruns of Abergele	00:20	03:41	06:03	08:03:23
=	77	Daniel Lewis	Male Vet 40	Wye Valley Runners	00:00	02:29	04:25	Rtd
=	145	Jim Rhodes	Male Vet 50	FRA	00:00	03:15	05:41	Rtd
=	76	Leon Davies	Male Vet 40	NWRRC	00:00	03:17	05:53	Rtd
=	143	Kate O'Sullivan	Female Vet 50	Unspecified	00:00	03:34	06:12	Rtd
=	134	Gary Young	Male Vet 40	Eryri Harriers	00:00	02:55		Rtd
=	72	Sasha Habgood	Female Vet 40	Mynydd Du	00:00	03:10		Rtd
=	23	Ceri Belshaw	Female Open	Denbigh Harriers	00:00	03:10		Rtd
=	45	Helen Adams	Female Open	Egdon Heath Harriers	00:00	03:42		Rtd
=	104	Steve Payne	Male Vet 50	Unspecified	00:00	03:46		Rtd
=	117	Darren Burns	Male Vet 50	Fell Ponies	00:00	03:48		Rtd

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Amser Cychwyn / Start Time: 09:00

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Alpha	Lima	Delta	Bravo	Foxtrot	Papa	Uniform	Diwedd Finish
1	87	Rob Grantham	Male Vet 40	Pensby Runners	00:00	01:00:45	00:22:54	00:19:43	00:20:11	02:55:33	00:21:48	00:52:17	00:09:18
2	132	Pete Vale	Male Vet 40	Mercia Fell Runners	00:00	01:00:42	00:22:55	00:19:43	00:20:10	02:57:44	00:20:51	00:56:42	00:09:49
3	42	Jason Millward	Male Vet 40	Harrogate Harriers & AC	00:00	01:02:48	00:25:36	00:18:34	00:19:52	03:03:58	00:19:46	00:58:00	00:09:29
4	61	Matthew Fortes	Male Vet 40	Eryri Harriers	00:00	01:03:05	00:25:05	00:18:40	00:18:48	03:04:06	00:19:28	00:58:38	00:09:44
5	112	Andy Simpson	Male Vet 40	Barrow Runners	00:00	01:02:42	00:25:32	00:18:34	00:20:06	03:07:45	00:20:06	01:02:28	00:09:28
6	90	Michael Zeidan	Male Vet 40	Ren Free Fell Runners	00:00	01:03:11	00:25:37	00:21:49	00:22:10	03:12:55	00:26:00	01:03:18	00:09:28
7	130	Tom Bush	Male Open	Pennine Fell Runners	00:00	01:09:12	00:26:29	00:21:18	00:23:25	03:20:09	00:23:19	00:59:06	00:10:12
8	83	Jeze Brown	Male Vet 40	Buckley Runners	00:00	01:03:07	00:25:10	00:20:14	00:24:06	03:17:17	00:25:07	01:03:20	00:10:08
9	99	Andrea Rowlands	Female Vet 40	Eryri Harriers	00:00	01:08:33	00:28:33	00:24:20	00:23:20	03:26:17	00:22:44	01:02:40	00:09:35
10	94	Mel Price	Female Vet 40	Mercia Fell Runners	00:00	01:08:53	00:28:24	00:24:17	00:26:03	03:27:54	00:24:16	01:02:58	00:10:01
11	75	Virgil Barton	Male Vet 40	Mercia Fell Runners	00:00	01:09:00	00:28:20	00:24:11	00:25:32	03:27:58	00:24:17	01:06:48	00:11:00
12	139	Jim O'Hara	Male Open	Helsby RC	00:00	01:09:32	00:26:28	00:21:28	00:22:27	03:28:01	00:27:12	01:08:45	00:10:40
13	142	Tommaso Migliuolo	Male Open	Cheltenham and County Harriers	00:00	01:08:56	00:27:02	00:20:17	00:23:28	03:26:13	00:32:18	01:07:10	00:09:32
14	124	Craig Jones	Male Vet 40	Eryri Harriers	00:00	01:08:58	00:28:35	00:22:26	00:24:52	03:34:48	00:23:52	01:07:07	00:09:39
15	96	Owain Hunt Williams	Male Open	Eryri Harriers	00:00	01:08:20	00:27:24	00:21:57	00:21:59	03:30:29	00:26:16	01:10:22	00:10:01
16	65	Russell Owen	Male Vet 50	Eryri Harriers	00:00	01:09:35	00:31:22	00:24:02	00:28:45	03:35:38	00:25:56	01:07:09	00:11:25
17	13	Warren Renkel	Male Open	Unspecified	00:00	01:03:19	00:25:01	00:20:14	00:24:01	03:22:48	00:27:19	01:16:18	00:13:48
18	92	Christopher Ashford	Male Open	Unspecified	00:20	01:09:05	00:28:26	00:22:24	00:25:31	03:28:05	00:26:21		
19	37	James Bowden	Male Open	Eryri Harriers	00:00	01:03:22	00:25:00	00:20:15	00:24:02	03:22:35	00:36:31	01:11:57	00:11:18
20	21	Aled Edwards	Male Open	Eryri Harriers	00:00	01:09:19	00:28:49	00:23:05	00:23:54	03:35:43	00:26:35	01:10:08	00:10:23
21	144	Keith Swainson	Male Open	Unspecified	00:00	01:09:15	00:28:10	00:24:04	00:26:32	03:35:40	00:28:02	01:09:40	00:10:54
22	150	Adrian Williams	Male Vet 40	Eryri Harriers	00:00	01:09:03	00:26:52	00:20:18	00:23:34	03:39:07	00:25:10	01:08:55	00:12:02
23	88	Paul Tucker	Male Vet 50	Mynydd Du	00:00	01:12:31	00:28:19	00:21:30	00:25:31	03:38:12	00:26:47	01:12:44	00:11:18
24	36	Anthony Davies	Male Vet 50	Eryri Harriers	00:00	01:12:18	00:28:36	00:21:29	00:24:45	03:40:31	00:25:05	01:13:49	00:11:07
25	64	Sarah Harley	Female Open	Unspecified	00:00	01:13:15	00:29:07	00:22:57	00:24:21	03:40:25	00:24:38	01:14:27	00:11:33
26	43	David Oldfield	Male Open	Harrogate Harriers & AC	00:00	01:08:17	00:30:13	00:22:45	00:24:46	03:35:47	00:25:53	01:17:57	00:12:28
27	100	James McQueen	Male Vet 40	Eryri Harriers	00:00	01:16:03	00:30:58	00:23:13	00:26:00	03:43:53	00:26:30	01:11:14	00:10:43
28	22	Gwion Williams	Male Vet 40	Eryri Harriers	00:00	01:12:16	00:28:36	00:21:24	00:24:50	03:40:29	00:25:03	01:15:32	00:11:20
29	11	Colin Osborne	Male Vet 40	Totley AC	00:00	01:09:10	00:27:59	00:24:27	00:25:21	03:39:39	00:30:40	01:13:02	00:10:32
30	109	Luke Addison	Male Open	DVO	00:00	01:16:38	00:32:06	00:23:07	00:24:25	03:48:02	00:24:21	01:14:50	00:10:11
31	39	Kasia Osipowicz	Female Open	Glossopdale Harriers	00:00	01:12:50	00:30:25	00:26:47	00:30:13	03:52:07	00:30:24	01:06:02	00:10:51
32	126	Paul Jones	Male Vet 40	Eryri	00:00	01:09:29	00:31:31	00:24:02	00:28:45	03:43:56	00:28:25	01:15:25	00:11:44
33	95	Louise Beetlestone	Female Open	Eryri Harriers	00:00	01:15:53	00:32:14	00:24:21	00:24:52	03:51:52	00:24:34	01:13:06	00:10:47
34	16	Helen Brown	Female Vet 40	Mynydd Du	00:00	01:12:29	00:30:29	00:23:16	00:23:08	03:47:54	00:24:43	01:15:28	00:13:03
35	53	Simon Barkley	Male Vet 40	Oswestry Olympians	00:00	01:09:07	00:28:15	00:24:02	00:26:30	03:39:44	00:30:56	01:21:29	00:12:32
36	71	Martin Wright	Male Vet 40	Unspecified	00:00	01:11:54	00:30:31	00:22:59	00:24:00	03:40:34	00:31:07	01:17:14	00:16:14
37	140	Goronwy Hughes	Male Vet 40	Clwb rhedwyr Hebog	00:00	01:08:37	00:29:04	00:22:20	00:24:59	03:38:53	00:26:16	01:28:53	00:11:22
38	146	Henderson Joanne	Female Vet 40	Unspecified	00:00	01:12:02	00:30:26	00:24:51	00:29:16	03:48:28	00:32:24	01:13:24	00:11:09
39	122	Andy Smith	Male Open	Unspecified	00:00	01:11:59	00:30:20	00:22:46	00:26:40	03:48:57	00:31:50	01:15:20	00:12:00
40	28	Dave Powell	Male Vet 50	Aberystwyth AC	00:00	01:12:27	00:46:51	00:23:41	00:24:58	04:01:04	00:25:18	01:12:14	00:10:03
41	49	Drew Oliphant	Male Open	Haldon Trail Runners	00:00	01:17:50	00:36:51	00:24:58	00:27:50	03:56:34	00:39:59	01:02:56	00:11:17
42	48	Catherine Cole	Female Open	Haldon Trail Runners	00:00	01:17:48	00:36:50	00:24:59	00:27:55	03:56:40	00:39:58	01:03:00	00:11:12
43	141	Peter Stobbs	Male Vet 50	Trawden AC	00:00	01:14:16	00:31:09	00:23:55	00:32:18	03:56:16	00:28:15	01:16:22	00:11:41
44	46	Lenny Hughes	Male Vet 60	Maldwyn harriers	00:00	01:13:06	00:30:02	00:27:02	00:30:17	04:01:14	00:26:44	01:12:51	00:12:12
45	119	Paul Addison	Male Vet 60	DVO	00:00	01:18:02	00:30:47	00:23:16	00:24:17	03:54:12	00:27:48	01:21:47	00:12:08
46	63	Martin Rouse	Male Open	Unspecified	00:00	01:15:27	00:44:04	00:23:54	00:24:54	03:58:18	00:32:21	01:17:47	00:11:29
47	107	Robert Pullen	Male Vet 40	Bowline CC	00:00	01:09:44	00:49:30	00:24:00	00:28:04	04:04:33	00:33:01	01:12:03	00:11:03
48	35	Richard Borne	Male Vet 50	Mysteruns of Abergele	00:00	01:17:38	00:37:22	00:24:50	00:26:16	04:01:41	00:29:14	01:20:17	00:13:25
49	4	Dylan Lewis Jones	Male Open	Unspecified	00:00	01:13:21	00:29:34	00:23:16	00:25:54	03:54:37	00:34:57	01:26:12	00:11:46
50	136	Glyn Fletcher	Male Vet 50	Maldwyn harriers	00:00	01:18:36	00:36:08	00:25:46	00:25:14	04:05:49	00:25:40	01:24:35	00:11:41
51	14	Andrew Holt	Male Vet 40	Harborough AC	00:00	01:33:00	00:33:49	00:25:47	00:28:42	04:18:14	00:28:25	01:10:08	00:11:05
52	18	Mark Liptrot	Male Vet 50	Lostock AC	00:00	01:37:22	00:36:05	00:27:12	00:23:27	04:21:10	00:24:53	01:11:15	00:11:08
53	20	William Feline	Male Open	Stubington Green Runners	00:00	01:18:22	00:36:41	00:26:46	00:28:28	04:09:41	00:31:08	01:16:25	00:11:43
54	151	Simon Smith	Male Open	Unspecified	00:00	01:18:31	00:38:02	00:28:21	00:30:39	04:13:01	00:30:18	01:17:07	00:12:21
55	85	Edward Dixon	Male Open	Gorphwysfa	00:00	01:16:10	00:54:05	00:25:27	00:27:56	04:17:53	00:30:35	01:13:23	00:11:01
56	137	Darren Parker	Male Vet 50	Cumberland Fell Runners	00:00	01:30:58	00:33:19	00:26:56	00:27:52	04:17:48	00:28:32	01:18:19	00:12:48
57	73	Glen Price	Male Vet 40	Denbigh Harrier	00:00	01:13:53	00:31:36	00:24:49	00:31:31	04:09:46	00:30:53	01:31:21	00:13:17
58	91	Steve Briggs	Male Vet 50	Unspecified	00:00	01:29:32	00:38:31	00:29:44	00:28:10	04:25:52	00:30:51	01:18:37	00:11:44
59	93	Ben Wells	Male Vet 40	Meirionnydd running club	00:00	01:32:56	00:33:54	00:25:48	00:28:37	04:24:27	00:30:50	01:19:56	00:13:33
60	81	Scott Tebb	Male Open	Unspecified	00:00	01:12:08	00:30:25	00:23:24	00:27:07	03:59:29	00:47:24	01:29:24	00:13:15
61	86	Mathew Hong	Male Vet 40	Unspecified	00:00	01:12:38	00:30:02	00:27:08	00:27:46	04:06:16	00:40:20	01:31:09	00:14:18
62	60	John Brannock	Male Open	Porter valley	00:00	01:12:54	00:53:59	00:29:24	00:32:22	04:26:24	00:38:44	01:17:21	00:10:52
63	10	Ryan Fulford	Male Vet 40	Unspecified	00:00	01:18:08	00:36:39	00:27:14	00:30:30	04:24:35	00:32:13	01:24:47	00:12:41
64	84	Benjamin Crossley	Male Open	Helsby RC	00:20	01:33:23	00:33:34	00:26:21	00:28:07	04:24:06	00:30:29		
65	89	Beverley Tucker	Female Vet 50	Mynydd Du	00:00	01:29:45	00:38:59	00:30:33	00:34:35	04:34:41	00:34:56	01:17:19	00:12:16
66	97	Victoria Whitehead	Female Vet 40	Denbigh Harriers RC	00:00	01:27:34	00:40:50	00:29:44	00:29:49	04:35:57	00:34:02	01:19:08	00:11:24
67	148	Paul Colley-Davies	Male Vet 50	Unspecified	00:00	01:27:11	00:43:58	00:28:16	00:30:16	04:26:31	00:38:30	01:23:00	00:12:35
68	62	Celia Mills	Female Vet 50	Unspecified	00:00	01:27:39	00:42:26	00:29:39	00:31:06	04:35:48	00:29:16	01:23:07	00:12:59
69	129	Graham Darmont	Male Open	Unspecified	00:00	01:38:20	00:35:11	00:27:52	00:29:24	04:35:19	00:30:13	01:24:45	00:13:00
70	68	Ashley Middlewick	Male Open	Reading Roadrunners	00:00	01:29:48	00:38:33	00:29:45	00:30:41	04:26:07	00:39:51	01:24:09	00:13:16
71	103	Jack Hodgson	Male Open	Unspecified	00:00	01:36:52	00:34:09	00:25:55	00:27:05	04:27:14	00:31:46	01:30:46	00:13:40
72	121	Clive Edwards	Male Vet 60	Unspecified	00:00	01:27:46	00:40:23	00:30:43	00:29:58	04:35:30	00:29:28	01:25:43	00:13:53
73	135	Louise Barker	Female Vet 40	Aberystwyth AC	00:00	01:38:55	00:35:02	00:27:52	00:30:17	04:35:51	00:34:04	01:24:32	00:13:49
74	110	Michael Symons	Male Vet 40	Unspecified	00:00	01:27:17	00:40:39	00:30:47	00:36:04	04:44:02	00:37:27	01:21:14	00:12:15
75	41	Sam Stacey	Male Vet 50	Unspecified	00:00	01:38:24	00:35:41	00:27:08	00:33:02	04:42:05	00:33:18	01:25:34	00:14:13
76	70	Patrick Blythe	Male Vet 50	Unspecified	00:00	01:26:55	00:43:01	00:30:06	00:29:50				

Hil Fell Byr / Short Fell Race

Amser Cychwyn / Start Time: 10:30:03

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	216	Julian Simpson	Male Vet 40	Richmond and Zetland Harriers	00:00	00:53	01:49:15
2	205	Martin Cliffe	Male Vet 40	Eryri Harriers	00:00	00:54	01:51:44
3	224	Michael Corrales	Male Open	NWRRC	00:00	00:53	01:55:49
4	123	Ian Luke	Male Vet 40	Poole Runners	00:00	01:03	02:14:00
5	211	Richard Anthony	Male Vet 40	Aberystwyth AC	00:00	01:05	02:16:35
6	206	Haydn Williams	Male Open	Bowline Climbing Club	00:00	01:07	02:16:52
7	220	Andrew Fielding	Male Open	Unspecified	00:00	01:07	02:20:00
8	197	Andy Mcpherson	Male Vet 40	Brabond AC	00:00	01:06	02:21:43
9	199	Rodney Parker	Male Vet 40	Ryde Harriers	00:00	01:11	02:24:07
10	225	Iwan Edgar	Male Vet 60	Rhedwyr Eryri	00:00	01:09	02:27:25
11	222	Dave Royse	Male Open	Gorphwysfa	00:00	01:11	02:31:33
12	218	Lizzie Wraith	Female Open	Unspecified	00:00	01:08	02:32:46
13	227	Deborah Millington	Female Vet 40	Mercia Fell Runners	00:00	01:25	02:39:41
14	226	Stephen Atherton	Male Vet 60	Ambelside A.C	00:00	01:16	02:39:56
15	219	Lucy Odonnell	Female Open	Unspecified	00:00	01:17	02:40:54
16	212	Louise Emery	Female Vet 40	Eryri Harriers	00:00	01:17	02:42:25
17	201	Bogucki Maciej	Male Open	Raccoon Racing	00:00	01:17	02:46:29
18	207	Steffan Evans	Male Open	Eryri Harriers	00:00	01:31	02:54:36
19	214	Kirsty Horton	Female Open	Unspecified	00:00	01:34	02:58:57
20	204	Lisa Grantham	Female Vet 40	Pensby Runners	00:00	01:31	03:05:47
21	209	Jonathan Dennis	Male Open	Unspecified	00:00	01:43	03:09:19
22	217	Matthew Bolding	Male Open	The Ealing Ealges	00:00	01:42	03:11:55
23	223	Georgie Hill	Female Open	Dark Peak Fell Runners	00:00	01:44	03:14:57
24	213	Maggie Oliver	Female Vet 70	Eryri Harriers	00:00	01:38	03:18:31
25	200	Derek Williams	Male Vet 50	Unspecified	00:00	01:50	03:22:00
26	210	Nikki Royse	Female Open	Gorphwysfa	00:00	01:44	03:25:03
27	208	Mike Leeson	Male Vet 50	Unspecified	00:00	01:46	03:27:11
28	215	Chris Benstead	Male Open	Unspecified	00:00	01:50	03:41:35
=	228	Emlyn Owen	Male Vet 40	Eryri Harriers	00:00	00:54	Rtd

Hil Fell Byr / Short Fell Race

Amser Cychwyn / Start Time: 10:30

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Foxtrot	Papa	Uniform	Diwedd Finish
1	216	Julian Simpson	Male Vet 40	Richmond and Zetland Harriers	00:00	00:36:23	00:17:21	00:47:36	00:07:55
2	205	Martin Cliffe	Male Vet 40	Eryri Harriers	00:00	00:36:29	00:17:46	00:49:09	00:08:20
3	224	Michael Corrales	Male Open	NWRRC	00:00	00:36:27	00:17:25	00:53:29	00:08:28
4	123	Ian Luke	Male Vet 40	Poole Runners	00:00	00:41:38	00:21:43	01:00:39	00:10:00
5	211	Richard Anthony	Male Vet 40	Aberystwyth AC	00:00	00:43:49	00:21:17	01:01:14	00:10:15
6	206	Haydn Williams	Male Open	Bowline Climbing Club	00:00	00:43:08	00:24:15	00:59:19	00:10:10
7	220	Andrew Fielding	Male Open	Unspecified	00:00	00:41:41	00:26:07	01:01:45	00:10:27
8	197	Andy Mcpherson	Male Vet 40	Brabond AC	00:00	00:44:20	00:22:17	01:04:26	00:10:40
9	199	Rodney Parker	Male Vet 40	Ryde Harriers	00:00	00:46:45	00:24:21	01:02:00	00:11:01
10	225	Iwan Edgar	Male Vet 60	Rhedwyr Eryri	00:00	00:44:09	00:25:11	01:07:02	00:11:03
11	222	Dave Royse	Male Open	Gorphwysfa	00:00	00:46:41	00:24:22	01:09:20	00:11:10
12	218	Lizzie Wraith	Female Open	Unspecified	00:00	00:44:02	00:24:18	01:13:02	00:11:24
13	227	Deborah Millington	Female Vet 40	Mercia Fell Runners	00:00	00:51:39	00:34:08	01:03:28	00:10:26
14	226	Stephen Atherton	Male Vet 60	Ambelside A.C	00:00	00:49:27	00:27:28	01:11:24	00:11:37
15	219	Lucy Odonnell	Female Open	Unspecified	00:00	00:51:35	00:26:11	01:11:22	00:11:46
16	212	Louise Emery	Female Vet 40	Eryri Harriers	00:00	00:51:49	00:26:04	01:13:06	00:11:26
17	201	Bogucki Maciej	Male Open	Raccoon Racing	00:00	00:51:43	00:26:07	01:14:47	00:13:52
18	207	Steffan Evans	Male Open	Eryri Harriers	00:00	00:59:38	00:31:45	01:12:46	00:10:27
19	214	Kirsty Horton	Female Open	Unspecified	00:00	00:59:31	00:34:56	01:12:15	00:12:15
20	204	Lisa Grantham	Female Vet 40	Pensby Runners	00:00	00:57:20	00:34:25	01:20:10	00:13:52
21	209	Jonathan Dennis	Male Open	Unspecified	00:00	01:02:03	00:41:32	01:13:04	00:12:40
22	217	Matthew Bolding	Male Open	The Ealing Ealges	00:00	00:59:53	00:43:01	01:16:48	00:12:13
23	223	Georgie Hill	Female Open	Dark Peak Fell Runners	00:00	00:59:45	00:44:17	01:18:11	00:12:44
24	213	Maggie Oliver	Female Vet 70	Eryri Harriers	00:00	01:03:09	00:35:24	01:25:51	00:14:07
25	200	Derek Williams	Male Vet 50	Unspecified	00:00	00:59:49	00:50:16	01:17:47	00:14:08
26	210	Nikki Royse	Female Open	Gorphwysfa	00:00	01:02:06	00:42:00	01:27:35	00:13:22
27	208	Mike Leeson	Male Vet 50	Unspecified	00:00	00:59:41	00:46:41	01:26:42	00:14:07
28	215	Chris Benstead	Male Open	Unspecified	00:00	01:05:56	00:44:26	01:34:54	00:16:19
=	228	Emlyn Owen	Male Vet 40	Eryri Harriers		00:36:34	00:54:34		Rtd

Ras Her Fer / Short Challenge Race

Amser Cychwyn / Start Time: 10:30:03

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	239	Anhony Hall	Male Vet 50	SYO	00:00	01:06	02:17:33
2	176	Oliver Elliott	Male Open	Unspecified	00:00	01:11	02:22:20
3	232	Nigel Eldridge	Male Vet 40	Ryde Harriers	00:00	01:25	02:42:38
4	241	Paul Edlington	Male Open	None	00:00	01:20	02:44:36
5	244	John Sullivan	Male Vet 50	Unspecified	00:00	01:34	03:15:15
6	236	Thomas O'Hare	Male Open	Unspecified	00:00	01:43	03:24:09
7	242	Elliot Peng Fernando	Male Open	Raccoon Racing	00:00	01:51	03:44:18
8	237	Gary Howard	Male Vet 40	Redway Runners	00:00	01:53	03:46:01
9	230	David Malatynski	Male Vet 60	Raccoon Racing	00:00	01:50	03:51:29
10	235	Jason Jackson	Male Vet 40	Raccoon Racing	00:00	01:46	03:51:59
11	229	Raymond Parker	Male Vet 70	Unspecified	00:00	01:48	03:52:05
12	234	Danny Murphy	Male Open	Raccoon Racing	00:00	02:30	04:09:09
13	243	Jun Jun H.Kingco	Male Vet 40	Raccoon Racing	00:20	02:09	04:15:09
14	238	Ben Fry	Male Open	Unspecified	00:00	02:19	04:31:34
15	240	Malcolm Fry	Male Vet 70	Road Runners Club	00:00	02:19	04:34:59
16	231	Ian Parfitt	Male Vet 50	Raccoon Racing	00:00	02:42	05:47:14

Ras Her Fer / Short Challenge Race

Amser Cychwyn / Start Time: 10:30

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Foxtrot	Papa	Uniform	Diwedd Finish
1	239	Anhony Hall	Male Vet 50		00:00	00:44:13	00:22:20	01:00:35	00:10:25
2	176	Oliver Elliott	Male Open		00:00	00:46:49	00:24:21	01:01:30	00:09:40
3	232	Nigel Eldridge	Male Vet 40		00:00	00:51:52	00:33:49	01:06:01	00:10:56
4	241	Paul Edlington	Male Open		00:00	00:49:23	00:31:36	01:11:20	00:12:17
5	244	John Sullivan	Male Vet 50		00:00	01:03:15	00:31:43	01:25:24	00:14:53
6	236	Thomas O'Hare	Male Open		00:00	01:00:11	00:42:49	01:27:35	00:13:34
7	242	Elliot Peng Fernando	Male Open		00:00	01:07:33	00:44:04	01:35:51	00:16:50
8	237	Gary Howard	Male Vet 40		00:00	01:07:43	00:45:26	01:38:09	00:14:43
9	230	David Malatynski	Male Vet 60		00:00	01:06:31	00:44:23	01:45:05	00:15:30
10	235	Jason Jackson	Male Vet 40		00:00	01:07:25	00:39:02	01:50:03	00:15:29
11	229	Raymond Parker	Male Vet 70		00:00	01:00:07	00:48:51	01:44:52	00:18:15
12	234	Danny Murphy	Male Open		00:00	01:06:22	01:24:17	01:23:40	00:14:50
13	243	Jun Jun H.Kingco	Male Vet 40		00:20	01:19:06	00:50:19		
14	238	Ben Fry	Male Open		00:00	01:18:59	01:00:50	01:57:15	00:14:30
15	240	Malcolm Fry	Male Vet 70		00:00	01:19:03	01:00:52	01:58:09	00:16:55
16	231	Ian Parfitt	Male Vet 50		00:00	01:44:03	00:58:12	02:40:10	00:24:49

Ras Parau Her Hir / Long Challenge Pairs Race

Amser Cychwyn / Start Time: 07:30:54

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	250	S Sgt Robert Harden	Male Open	Royal Army Physical Training Corps.	00:00	02:54	04:33	05:56:25
2	249	Sgt Liam Mills	Male Open	Royal Army Physical Training Corps.	00:00	02:54	04:33	05:56:35
3	255	Paul Bradford	Male Vet 40	Unspecified	00:00	02:50	04:45	06:12:45
4	256	Paul Crease	Male Vet 40	Okehampton RC	00:00	02:50	04:44	06:12:47
5	263	Dale Robertson	Male Open	6 REME 2	00:00	03:11	05:19	06:47:12
6	264	Daniel Grimshaw	Male Open	6 REME 2	00:00	03:12	05:19	06:48:39
7	265	Daniel Coleman	Male Open	REME	00:00	03:17	05:35	07:21:20
8	266	Paul Robertson	Male Vet 50	6 REME	00:00	03:17	05:35	07:21:33
9	260	Prabeen Gurung	Male Vet 40	7 REME	00:00	03:15	05:42	07:25:53
10	259	Philip Gosden	Male Vet 40	7 REME	00:00	03:15	05:42	07:25:57
11	248	Colin Harper	Male Vet 40	Unspecified	00:00	03:05	05:59	07:33:00
12	253	David Appleton	Male Open	Anabasis Mountaineering Club	00:00	03:22	05:43	07:38:55
13	254	Jack Tyrie	Male Open	Anabasis Mountaineering Club	00:00	03:22	05:43	07:39:06
14	258	Chris Davies	Male Vet 40	Conwy Black Hats	00:00	03:32	05:54	07:53:57
15	257	Thomas Bell Hughes	Male Vet 40	Conwy Black Hats	00:00	03:32	05:54	07:54:04
16	267	Andrew Ghosh	Male Vet 40	6 REME 3	00:00	03:30	06:05	07:58:45
17	268	Binod Rsaili	Male Open	6 REME 3	00:00	03:31	06:05	07:58:48
18	251	George Browning	Male Open	Unspecified	00:00	03:36	06:07	08:00:31
19	252	Lindsay Browning	Female Open	Newport & District RC	00:00	03:36	06:08	08:00:56
20	246	Chris Kirk	Male Vet 50	Unspecified	00:00	03:39	06:13	08:22:27
21	245	John Knight	Male Vet 50	Unspecified	00:00	03:39	06:13	08:22:33
22	278	Scott Leah	Male Open	101 Bn REME	00:00	03:38	06:19	08:27:46
23	277	Wison Karanja	Male Vet 40	101 Bn REME	00:00	03:38	06:18	08:27:52
24	271	Karl Learniham	Male Open	6 REME 4	00:00	03:58	06:38	08:43:09
25	272	James Cooke	Male Open	6 REME 4	00:00	03:58	06:39	08:43:25
26	276	Haydn Jeffrey	Male Open	101 Bn REME	00:00	03:57	06:59	08:59:25
27	275	Adam Keeley	Male Vet 40	101 Bn REME	00:00	03:57	06:59	08:59:36
=	247	Jason Harper	Male Vet 40	Unspecified	00:00	03:05	05:59	Rtd
=	273	Justin Holmes	Male Vet 40	101 Bn REME	00:00	05:11	08:23	Rtd
=	274	Michael Blight	Male Open	101 Bn REME	00:00	05:11		Rtd
=	269	Lydia Morley	Female Open	6 REME 3	00:00	05:23		Rtd
=	270	Diana Snelling	Female Open	6 REME 3	00:00	05:23		Rtd
=	279	Neil Bolton	Male Open	101 Bn REME	00:00	05:30		Rtd
=	280	Andrew Collier	Male Vet 40	101 Bn REME	00:00	05:30		Rtd
=	261	Steven Simmons	Male Open	6 REME	00:00	06:01		Rtd

Ras Copaon 1000m Cymru



Welsh 1000m Peaks Race

2 Mehefin 2018/ 2 June 2018

Ras fer Parau Her / Short Challenge Pairs Race

Amser Cychwyn / Start Time: 10:30:03

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	285	Ian Hey	Male Vet 40	Unspecified	00:00	01:27	02:52:06
2	286	Pascale Kippelen	Female Vet 40	Unspecified	00:00	01:28	02:52:08
3	282	Fi Fransson	Female Vet 40	Unspecified	00:00	01:55	03:38:31
4	281	John Pelton	Male Vet 50	Unspecified	00:00	01:55	03:38:38
5	283	Barry Davies	Male Vet 40	Eryri	00:00	02:42	04:31:43
6	284	Gethin Davies	Male Junior	Meirionydd	00:00	02:42	04:31:48
7	287	Stephen Harris	Male Vet 60	Unspecified	00:00	02:10	04:57:54
8	288	Dave Robinson	Male Vet 50	Unspecified	00:00	02:11	04:57:59

[Welsh 1000 Metre Peaks Race](#)

Ras Copaon 1000m Cymru



Welsh 1000m Peaks Race

2 Mehefin 2018/ 2 June 2018

Ras fer Parau Her / Short Challenge Pairs Race

Amser Cychwyn / Start Time: 10:30

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Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Foxtrot	Papa	Uniform	Diwedd Finish
1	285	Ian Hey	Male Vet 40	Unspecified	00:00	00:51:25	00:36:33	01:10:48	00:13:20
2	286	Pascale Kippelen	Female Vet 40	Unspecified	00:00	00:51:46	00:36:18	01:10:51	00:13:13
3	282	Fi Fransson	Female Vet 40	Unspecified	00:00	01:05:35	00:50:07	01:29:42	00:13:07
4	281	John Pelton	Male Vet 50	Unspecified	00:00	01:05:33	00:50:06	01:29:42	00:13:17
5	283	Barry Davies	Male Vet 40	Eryri	00:00	01:38:03	01:04:05	01:33:23	00:16:12
6	284	Gethin Davies	Male Junior	Meirionydd	00:00	01:38:06	01:04:05	01:33:14	00:16:23
7	287	Stephen Harris	Male Vet 60	Unspecified	00:00	01:24:12	00:46:17	02:25:31	00:21:54
8	288	Dave Robinson	Male Vet 50	Unspecified	00:00	01:24:16	00:46:47	02:26:01	00:20:55

[Welsh 1000 Metre Peaks Race](#)

Canlyniadau Pairs / Pairs Results - Long Challenge Pairs Race

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The Pairs results are based upon the time of the second runner of the pair to arrive at the finish.

Sgt Liam Mills and S Sgt Robert Harden	175		Amser /Aggregate Time	05:56:35
	Rhif / No	Enw / Name	Amser / Time	
	250	S Sgt Robert Harden	05:56:25	
	249	Sgt Liam Mills	05:56:35	
Sgt Liam Mills and S Sgt Robert Harden	175		Amser /Aggregate Time	05:56:35
	Rhif / No	Enw / Name	Amser / Time	
	250	S Sgt Robert Harden	05:56:25	
	249	Sgt Liam Mills	05:56:35	
Sgt Liam Mills and S Sgt Robert Harden	175		Amser /Aggregate Time	05:56:35
	Rhif / No	Enw / Name	Amser / Time	
	250	S Sgt Robert Harden	05:56:25	
	249	Sgt Liam Mills	05:56:35	
Paul Bradford and Paul Crease	213		Amser /Aggregate Time	06:12:47
	Rhif / No	Enw / Name	Amser / Time	
	255	Paul Bradford	06:12:45	
	256	Paul Crease	06:12:47	
Paul Bradford and Paul Crease	213		Amser /Aggregate Time	06:12:47
	Rhif / No	Enw / Name	Amser / Time	
	255	Paul Bradford	06:12:45	
	256	Paul Crease	06:12:47	
Paul Bradford and Paul Crease	213		Amser /Aggregate Time	06:12:47
	Rhif / No	Enw / Name	Amser / Time	
	255	Paul Bradford	06:12:45	
	256	Paul Crease	06:12:47	
Dale Robertson and Daniel Grimshaw	240		Amser /Aggregate Time	06:48:39
	Rhif / No	Enw / Name	Amser / Time	
	263	Dale Robertson	06:47:12	
	264	Daniel Grimshaw	06:48:39	
Dale Robertson and Daniel Grimshaw	240		Amser /Aggregate Time	06:48:39
	Rhif / No	Enw / Name	Amser / Time	
	263	Dale Robertson	06:47:12	
	264	Daniel Grimshaw	06:48:39	
Dale Robertson and Daniel Grimshaw	240		Amser /Aggregate Time	06:48:39
	Rhif / No	Enw / Name	Amser / Time	
	263	Dale Robertson	06:47:12	
	264	Daniel Grimshaw	06:48:39	
Daniel Coleman and Paul Robertson	242		Amser /Aggregate Time	07:21:33
	Rhif / No	Enw / Name	Amser / Time	
	265	Daniel Coleman	07:21:20	
	266	Paul Robertson	07:21:33	
Daniel Coleman and Paul Robertson	242		Amser /Aggregate Time	07:21:33
	Rhif / No	Enw / Name	Amser / Time	
	265	Daniel Coleman	07:21:20	
	266	Paul Robertson	07:21:33	
Daniel Coleman and Paul Robertson	242		Amser /Aggregate Time	07:21:33
	Rhif / No	Enw / Name	Amser / Time	
	265	Daniel Coleman	07:21:20	
	266	Paul Robertson	07:21:33	
Philip Gosden and Prabeen Gurung	236		Amser /Aggregate Time	07:25:57
	Rhif / No	Enw / Name	Amser / Time	
	260	Prabeen Gurung	07:25:53	
	259	Philip Gosden	07:25:57	
Philip Gosden and Prabeen Gurung	236		Amser /Aggregate Time	07:25:57
	Rhif / No	Enw / Name	Amser / Time	
	260	Prabeen Gurung	07:25:53	
	259	Philip Gosden	07:25:57	
Philip Gosden and Prabeen Gurung	236		Amser /Aggregate Time	07:25:57
	Rhif / No	Enw / Name	Amser / Time	
	260	Prabeen Gurung	07:25:53	
	259	Philip Gosden	07:25:57	
David Appleton and Jack Tyrle	179		Amser /Aggregate Time	07:39:06
	Rhif / No	Enw / Name	Amser / Time	
	253	David Appleton	07:38:55	
	254	Jack Tyrle	07:39:06	
David Appleton and Jack Tyrle	179		Amser /Aggregate Time	07:39:06
	Rhif / No	Enw / Name	Amser / Time	
	253	David Appleton	07:38:55	
	254	Jack Tyrle	07:39:06	
David Appleton and Jack Tyrle	179		Amser /Aggregate Time	07:39:06
	Rhif / No	Enw / Name	Amser / Time	
	253	David Appleton	07:38:55	
	254	Jack Tyrle	07:39:06	
Thomas Bell Hughes and Chris Davies	233		Amser /Aggregate Time	07:54:04
	Rhif / No	Enw / Name	Amser / Time	
	258	Chris Davies	07:53:57	
	257	Thomas Bell Hughes	07:54:04	
Thomas Bell Hughes and Chris Davies	233		Amser /Aggregate Time	07:54:04
	Rhif / No	Enw / Name	Amser / Time	
	258	Chris Davies	07:53:57	
	257	Thomas Bell Hughes	07:54:04	
Thomas Bell Hughes and Chris Davies	233		Amser /Aggregate Time	07:54:04
	Rhif / No	Enw / Name	Amser / Time	
	258	Chris Davies	07:53:57	
	257	Thomas Bell Hughes	07:54:04	
Andrew Ghosh and Binod Rsaili	244		Amser /Aggregate Time	07:58:48
	Rhif / No	Enw / Name	Amser / Time	
	267	Andrew Ghosh	07:58:45	
	268	Binod Rsaili	07:58:48	
Andrew Ghosh and Binod Rsaili	244		Amser /Aggregate Time	07:58:48
	Rhif / No	Enw / Name	Amser / Time	
	267	Andrew Ghosh	07:58:45	
	268	Binod Rsaili	07:58:48	
Andrew Ghosh and Binod Rsaili	244		Amser /Aggregate Time	07:58:48
	Rhif / No	Enw / Name	Amser / Time	
	267	Andrew Ghosh	07:58:45	
	268	Binod Rsaili	07:58:48	
George Browning and Lindsay Browning	176		Amser /Aggregate Time	08:00:56
	Rhif / No	Enw / Name	Amser / Time	
	251	George Browning	08:00:31	
	252	Lindsay Browning	08:00:56	
George Browning and Lindsay Browning	176		Amser /Aggregate Time	08:00:56
	Rhif / No	Enw / Name	Amser / Time	
	251	George Browning	08:00:31	
	252	Lindsay Browning	08:00:56	
George Browning and Lindsay Browning	176		Amser /Aggregate Time	08:00:56
	Rhif / No	Enw / Name	Amser / Time	
	251	George Browning	08:00:31	
	252	Lindsay Browning	08:00:56	
John Knight and Chris Kirk	13		Amser /Aggregate Time	08:22:33
	Rhif / No	Enw / Name	Amser / Time	
	246	Chris Kirk	08:22:27	
	245	John Knight	08:22:33	
John Knight and Chris Kirk	13		Amser /Aggregate Time	08:22:33
	Rhif / No	Enw / Name	Amser / Time	
	246	Chris Kirk	08:22:27	
	245	John Knight	08:22:33	
John Knight and Chris Kirk	13		Amser /Aggregate Time	08:22:33
	Rhif / No	Enw / Name	Amser / Time	
	246	Chris Kirk	08:22:27	
	245	John Knight	08:22:33	
Wison Karanja and Scott Leah	274		Amser /Aggregate Time	08:27:52
	Rhif / No	Enw / Name	Amser / Time	
	278	Scott Leah	08:27:46	
	277	Wison Karanja	08:27:52	
Wison Karanja and Scott Leah	274		Amser /Aggregate Time	08:27:52
	Rhif / No	Enw / Name	Amser / Time	
	278	Scott Leah	08:27:46	
	277	Wison Karanja	08:27:52	
Wison Karanja and Scott Leah	274		Amser /Aggregate Time	08:27:52
	Rhif / No	Enw / Name	Amser / Time	
	278	Scott Leah	08:27:46	
	277	Wison Karanja	08:27:52	
Karl Learniham and James Cooke	248		Amser /Aggregate Time	08:43:25
	Rhif / No	Enw / Name	Amser / Time	
	271	Karl Learniham	08:43:09	
	272	James Cooke	08:43:25	
Karl Learniham and James Cooke	248		Amser /Aggregate Time	08:43:25
	Rhif / No	Enw / Name	Amser / Time	
	271	Karl Learniham	08:43:09	
	272	James Cooke	08:43:25	
Karl Learniham and James Cooke	248		Amser /Aggregate Time	08:43:25
	Rhif / No	Enw / Name	Amser / Time	
	271	Karl Learniham	08:43:09	
	272	James Cooke	08:43:25	
Adam Keeley and Haydn Jeffrey	273		Amser /Aggregate Time	08:59:36
	Rhif / No	Enw / Name	Amser / Time	
	276	Haydn Jeffrey	08:59:25	
	275	Adam Keeley	08:59:36	
Adam Keeley and Haydn Jeffrey	273		Amser /Aggregate Time	08:59:36
	Rhif / No	Enw / Name	Amser / Time	
	276	Haydn Jeffrey	08:59:25	
	275	Adam Keeley	08:59:36	
Adam Keeley and Haydn Jeffrey	273		Amser /Aggregate Time	08:59:36
	Rhif / No	Enw / Name	Amser / Time	
	276	Haydn Jeffrey	08:59:25	
	275	Adam Keeley	08:59:36	

Canlyniadau Pairs / Pairs Results - Short Challenge Pairs Race

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The Pairs results are based upon the time of the second runner of the pair to arrive at the finish.

Ian Hey and Pascale Kippelen	221		Amser /Aggregate Time	02:52:08
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Rhif / No	Enw / Name	Amser / Time
285	Ian Hey	02:52:06
286	Pascale Kippelen	02:52:08

John Pelton and Fi Fransson	68		Amser /Aggregate Time	03:38:38
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Rhif / No	Enw / Name	Amser / Time
282	Fi Fransson	03:38:31
281	John Pelton	03:38:38

Barry Davies and Gethin Davies	147		Amser /Aggregate Time	04:31:48
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Rhif / No	Enw / Name	Amser / Time
283	Barry Davies	04:31:43
284	Gethin Davies	04:31:48

Stephen Harris and Dave Robinson	271		Amser /Aggregate Time	04:57:59
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Rhif / No	Enw / Name	Amser / Time
287	Stephen Harris	04:57:54
288	Dave Robinson	04:57:59