

Mynydd Myfyr**28-May-17**

Position	Time	Runner Name	Club Name	Age Group	Position in Age Group	Race Number
1	22:42.0	Tom Heard	Oswestry Olympians	M	1	1258
2	22:52.0	Simon Barkley	Oswestry Olympians	M40	1	1211
3	22:54.0	David Alexander	West Cheshire	M45	1	1216
4	23:14.0	Peter Jones	Oswestry Olympians	M40	2	1241
5	23:20.0	Colin Thompson	Helsby Running Club	M	2	1237
6	23:50.0	Tim Tansley	Oswestry Olympians	M40	3	1243
7	24:03.0	Adam Gordon	Helsby Running Club	M40	4	1266
8	24:12.0	Ian Lowe	Oswestry Olympians	M45	2	1229
			Shrewsbury Athletics			
9	25:00.0	Steve Turig	Club	M45	3	1226
10	25:13.0	Mark Davies	West Cheshire	M40	5	1217
11	25:14.0	Tom Mollekin	Mynydd Du	M	3	1236
12	25:31.0	Mark A Jones	unattached	M50	1	1271
13	25:34.0	Stefan Borrie	unattached	M	4	1273
14	25:49.0	Ian Rutherford	Helsby Running Club	M45	4	1204
15	25:49.0	Ed Morris	Shropshire Shufflers	M40	6	1232
16	26:16.0	Dan Benson	unattached	M	5	1272
			Shrewsbury Athletics			
17	26:27.0	Haydn Jones	Club	M55	1	1230
18	26:30.0	Liz Such	unattached	F40	1	1238
19	26:59.0	David Mitchell	Helsby Running Club	M	6	1228
20	27:11.0	Darrell Walsh	Oswestry Olympians	M40	7	1208
21	27:28.0	Laura Baynham-Hughes	Helsby Running Club	F40	2	1257
22	27:30.0	Tim Palmer	Helsby Running Club	M50	2	1212
23	27:32.0	Steve Roberts	Oswestry Olympians	M60	1	1205
24	27:49.0	Ben Morris	unattached	M	7	1240
25	28:04.0	Paul Brown	unattached	M50	3	1202
26	28:07.0	Chris Hardwick	unattached	M40	8	1268
27	28:21.0	Sean Butler	Oswestry Olympians	M55	2	1246
28	28:28.0	David Drummond	Banbury Harriers	M50	4	1221

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29	28:36.0	Duncan Jones	Denbigh Harriers	M55	3	1215
30	28:41.0	Dave Hughes	Oswestry Olympians	M50	5	1233
31	28:55.0	Martin Cortvriend	Denbigh Harriers	M65	1	1274
32	29:02.0	Paul Renison	unattached	M40	9	1263
33	29:05.0	Arren Roberts	unattached	M45	5	1256
34	29:12.0	Dave Mayhew	unattached	M55	4	1261
35	29:14.0	Phil Gillard	Helsby Running Club	M55	5	1206
36	29:16.0	Ellie Robinson	West Cheshire	F45	1	1219
37	29:28.0	Peter Johnson	Mercia Fell Runners	M60	2	1262
38	29:37.0	Ellen Ashton	Oswestry Olympians	F45	2	1235
39	29:39.0	Emma Dainty	unattached	F35	1	1222
40	29:43.0	John Preece	unattached	M	8	1269
41	29:45.0	Alice Walton	Oswestry Olympians	F	1	1251
42	29:54.0	Russell Ward	Shropshire Shufflers	M50	6	1210
43	30:04.0	Jenny Minshall	Shropshire Shufflers	F	2	1270
44	30:12.0	Susie Hancock	Oswestry Olympians	F55	1	1239
45	30:35.0	Vickie Winstanley	unattached	F45	3	1255
46	30:38.0	Lisa Davies	West Cheshire	F45	4	1218
47	30:40.0	Rhiannon Tansley	Oswestry Olympians	F14	1	1244
48	30:46.0	Dominic Cole	unattached	M40	10	1203
49	30:52.0	Charles Ashley	Wrexham Athletics Club	M55	6	1224
50	30:59.0	Yvonne Hill	Oswestry Olympians	F50	1	1209
51	31:10.0	Nicola Shipp	unattached	F40	3	1247
52	31:19.0	Gill Evans	Shrewsbury Athletics Club	F55	2	1227
53	31:29.0	Mark Davies	unattached	M	9	1259
54	31:42.0	Trevor Searle	Oswestry Olympians	M65	2	1245
55	31:45.0	Chris Hesketh	Oswestry Olympians	M45	6	1231
56	31:49.0	Stephen Humphreys	unattached	M40	11	1265

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57	31:53.0	Dave Farron	Mercia Fell Runners	M50	7	1207
58	31:54.0	Danielle Ryder	Helsby Running Club	F	3	1253
59	32:00.0	Jude Palmer	unattached	F40	4	1214
60	32:20.0	Pip Long	unattached	F45	5	1250
61	32:21.0	Andy Smith	Helsby Running Club	M55	7	1213
62	32:28.0	David Benson	unattached	M60	3	1249
63	32:36.0	Rebecca Knight	unattached	F	4	1260
64	32:38.0	Sarah Cordingley	unattached	F35	2	1220
65	32:42.0	Peter Coates	Oswestry Olympians	M50	8	1225
66	33:03.0	Noel Harding	unattached	M45	7	1248
67	33:23.0	Julie Lloyd-Evans	Oswestry Olympians	F45	6	1242
68	34:00.0	Katie Lord	Helsby Running Club	f	5	1252
69	34:43.0	Ashling Donohoe-Harrison	Oswestry Olympians	F	6	1234
70	37:49.0	Nicola Renison	unattached	F40	5	1264
71	37:59.0	Jackie Keasley	Helsby Running Club	F55	3	1254
72	41:00.0	Karen Owens	Wrexham Athletics Club	F45	7	1223
73	43:50.0	Vicky Cortvriend	Denbigh Harriers	F60	1	1275
74	45:20.0	Leanne Allen	unattached	F	7	1276
75	45:33.0	Mike Murray	unattached	M65	3	1201
76	46:21.0	Rosie Steele	unattached	F40	6	1267

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