

Mynydd Myfyr**26th May 2024**

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Position	Time	Race Number	Runner Name	Club Name	Age Group	Position in Age Group
1	00:22:23	401	Joseph Murphy	Brecon	JM	1
2	00:24:13	428	Simon Barkley	Oswestry Olympians	M55	1
3	00:24:28	415	Gerard Coleman	Buckley RC	M	1
4	00:25:20	434	Ian Lowe	Oswestry Olympians	M50	1
5	00:25:22	435	Ian Gibson	Oswestry Olympians	M	2
6	00:25:24	446	Joshua Goolden	Oswestry Olympians	M	3
7	00:25:51	406	Virgil Barton	Calder valley	M50	2
8	00:26:06	438	Andrew Peers	Buckley RC	M	4
9	00:26:18	431	Tim Tansley	Oswestry Olympians	M50	3
10	00:27:29	442	Sally Ellis	Unaffiliated	F	1
11	00:27:47	427	Neil Rochester	Oswestry Olympians	M40	1
12	00:28:36	433	Bernat Gaul-Ricart	Southwark AC	M35	1
13	00:28:44	461	Richard Davies	Oswestry Olympians	M	5
14	00:28:47	444	Jamie Arkle	Mercia FR	M	6
15	00:28:59	437	Sam Saunders	Unaffiliated	M	7
16	00:29:27	449	Ashley Gray	Oswestry Olympians	M50	4
17	00:29:36	405	Mel Price	Mercia FR	F50	1
18	00:29:49	423	Louisa Williams	Oswestry Olympians	F45	1
19	00:30:05	463	Tom Williams	Wrexham Tri	M45	1
20	00:30:10	411	Arren Roberts	Oswestry Olympians	M50	5
21	00:30:12	402	Ged Murphy	Brecon	M50	6
22	00:30:17	436	Mike De Costa	Unaffiliated	M50	7
23	00:30:32	403	Nick Blake	Oswestry Olympians	M65	1
24	00:31:09	441	Claire Peace	Oswestry Olympians	F35	1
25	00:32:20	421	Dave Mayhew	Unaffiliated	M60	1
26	00:32:25	440	Hannah Finn	Unaffiliated	F	2
27	00:32:31	456	Ian Clarke	Unaffiliated	M60	2
28	00:32:50	429	Neil McAndrew	Run Free Llangollen	M55	2
29	00:33:03	462	Lauren Poole	Lawley RC	F	3
30	00:33:06	454	Marc Davies	Unaffiliated	M45	2

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31	00:33:32	432	Matt Mardling	Unaffiliated	M50	8
32	00:34:42	416	Neil Hindle	WFRA	M65	2
33	00:35:00	413	Lisa Ashworth	Dolly Mixtures	F45	2
34	00:35:17	425	Julie Davis	Oswestry Olympians	F45	3
50	00:35:26	410	Gary Gunner	Croft Ambrey RC	M75	1
36	00:35:28	408	Flora Gunner	Croft Ambrey RC	F60	1
37	00:35:38	451	Huw Jones	Unaffiliated	M50	9
38	00:35:57	459	D Benson	Unaffiliated	M65	3
39	00:35:59	445	Penny Brown	Unaffiliated	F35	2
40	00:36:23	424	Steve Brown	Eyri Harriers	M50	10
41	00:37:03	430	Yrica Gardener	Run Free Fell Runners	F50	2
42	00:37:26	460	Sara Robinson	Oswestry Olympians	F45	4
43	00:38:37	458	Siobhan Henn	Wrexham Tri	F40	1
44	00:38:44	409	Charles Ashley	Wrexham AAC	M65	4
45	00:39:00	419	Glenda Roberts	Prestatyn RC	F60	2
46	00:39:20	443	Jill Graham	Oswestry Olympians	F60	3
47	00:39:46	412	Sandra Trevor	Unaffiliated	F55	1
48	00:39:46	414	Emily Vaughan	Oswestry Olympians	F45	5
49	00:39:54	422	John Morris	Buckley RC	M80	1
50	00:39:58	420	Gillian Lawrence	Oswestry Olympians	F60	4
51	00:40:12	448	Helen Bainbridge	Wrexham Tri	F45	6
52	00:41:49	404	Anthony Pepper	Oswestry Olympians	M75	2
53	00:41:54	450	Malcolm Andrew	Unaffiliated	M60	3
54	00:42:03	457	Rebecca Saunders	Unaffiliated	F35	3
55	00:42:09	426	Ashling Donohoe-Harrison	Oswestry Olympians	F35	4
56	00:43:20	447	Anna Roberts	Wrexham Tri	F55	2
57	00:43:44	465	Nic Francis	Unaffiliated	F45	7
58	00:44:22	407	Alison Whitelaw	Wrexham AAC	F65	1
59	00:44:39	417	Kay Cottrell	Clwb Run Wales	F65	2
60	00:45:25	455	Karen Lentink	Unaffiliated	F60	5

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61	00:46:22	464	Julia Swannell	Oswestry Olympians	F55	3
62	00:48:13	452	Tina Strommen	Unaffiliated	F	4
63	00:48:13	453	Amelia Roberts	Unaffiliated	F	5
64	01:06:35	418	Alyson Winn	Unaffiliated	F65	3
65	01:06:35	439	Sue Austin	Wrexham Tri	F60	6