

Twin Peaks 12/10/08 - 7 miles; 900ft climbing

Position	Name	Category	Club	Time
1	Carwyn Thomas	Senior men	Sarn Helen	45.36
2	Adam Bitchell	Senior men	Carmarthen harriers	46.32
3	Les Hewitson	V/40 men	Ingli runners	49.08
4	Michael Davies	Senior men	Sarn Helen	49.58
5	Gethin Holland	Senior men	Aberystwyth AC	51.13
6	James Thomas	Senior men	UWA harriers	51.43
7	Daniel Davies	Senior men	Aberystwyth AC	53.38
8	Glyn williams	Senior men	Presteigne pacers	53.54
9	Scott Anderson	Senior men	U/A	54.05
10	Rob Courtier	Senior men	U/A	54.45
11	Norman Biggs	Senior men	Aberystwyth AC	54.59
12	Dylan Jones	Senior men	UWA harriers	55.13
13	Tim Iveson	Senior men	Builth & District RC	55.15
14	Wil Mahon	V/50 men	Aberystwyth AC	55.34
15	Chris Lewis	Senior men	U/A	55.35
16	Michael Marshal	Senior men	U/A	55.35
17	Tristan Price	Senior men	U/A	55.47
18	Shan Roberts	Lady V/35	Ingli runners	55.49
19	Tom Limb	Senior men	UWA harriers	55.58
20	Jeremy Evans	Senior men	UWA harriers	56.07
21	Martin Gribble	V/50 men	U/A	56.19
22	Haydn Lloyd	Senior men	Sarn Helen	56.28
23	Alex Lewis	Senior men	U/A	57.02
24	Jason wilkins	Senior men	Cardigan RC	57.08
25	Helen Marshal	Senior lady	Aberystwyth AC	57.15
26	Rob Williams	V/40 men	Ingli runners	57.28
27	Alec Williams	V/40 men	U/A	57.42
28	Alex Weal	Senior men	U/A	57.47
29	Ashley Cooks	V/50 men	Hereford Couriers	58.01
30	Matthew Ward	Senior men	UWA harriers	58.02
31	Frank Thomas	V/50 men	Aberystwyth AC	58.15
32	Gwilym Jones	V/50 men	Aberystwyth AC	58.33
33	Alison Cooke	Lady V/45	Hereford Couriers	58.44
34	Carl Badger	Senior men	U/A	58.49
35	Ian Evans	Senior men	Aberystwyth AC	58.51
36	Nic Pugh	Senior men	U/A	58.56
37	Ieuan Andrew Davies	V/40 men	U/A	59.07
38	Lynn Green	Lady V/45	Ingli runners	59.16
39	Adrian Sell	Senior men	Knox Athletics (Australia)	59.23
40	John Evans	V/60 men	Aberystwyth AC	59.24
41	Michael McCann	Senior men	British military fitness	59.30
42	Gareth Farrow	Senior men	U/A	59.44
43	Ross McKellar	Senior men	U/A	59.53
44	Peter Jenkins	V/50 men	Cerist Tri club	60.14
45	David Michael	V/40 men	U/A	60.33
46	Sam Wakeling	Senior men	U/A	61.01
47	Clive Evans	V/60 men	Aberystwyth AC	61.01
48	Clive Williams	V/40 men	U/A	61.34
49	Chris Forster-Brown	V/40 men	U/A	61.52
50	Cheuk Kong	Senior men	U/A	62.01
51	Noel Rhys-Owem	V/40 men	U/A	62.17

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52	Celia Speake	Lady V/35	Builth & District RC	62.41
53	Clive King	V/40 men	Eryri	63.05
54	Arwel James	Senior men	Aberystwyth AC	63.08
55	Adam Bennett	Senior men	U/A	63.11
56	Sam Roberson	Senior men	U/A	63.21
57	Balazs Pinter	Senior men	U/A	63.32
58	Rebecca Ansell	Senior lady	Aberystwyth AC	63.43
59	Luke Marvelly	Senior men	U/A	64.27
60	Bridget Parkinson	Senior lady	Aberystwyth AC	64.36
61	Geraint Rees	V/50 men	U/A	65.02
62	Seamus O'Sullivan	Senior men	Cardigan RC	65.05
63	Anita Worthing	Lady V/45	Aberystwyth AC	65.13
64	Delor Harvey	Lady V/35	Aberystwyth AC	65.18
65	Josef Curtis	Senior men	U/A	65.39
66	Michael Gallagher	Senior men	U/A	65.50
67	Tomi Turner	Senior men	U/A	66.00
68	Clive Williams	V/50 men	Aberystwyth AC	66.02
69	Robert Nash	V/40 men	U/A	66.06
70	John Gratton	V/40 men	U/A	66.42
71	Adam Smith	Senior men	Cardiff Harlequins	66.53
72	Jeremy Brett	V/40 men	Cerist Tri club	66.57
73	Wil Troughton	V/40 men	Aberystwyth AC	67.07
74	Adriano Evola	V/50 men	Aberystwyth AC	67.26
75	Phoebe Pender	Senior lady	U/A	67.45
76	Jane Wilkins	Lady V/45	Cardigan RC	68.01
77	Tony Wenlock	V/50 men	Aberystwyth AC	68.30
78	Sian Thomas	Senior lady	UWA harriers	68.36
79	Cian Murgatroyd	Senior men	U/A	68.37
80	Cameron Punu	V/50 men	U/A	69.16
81	Andy Eden	V/40 men	Aberystwyth AC	69.23
82	Glenda Roberts	Lady V/55	Aberystwyth AC	69.27
83	Emma Smith	Senior lady	Aberystwyth AC	69.38
84	Jason Pawley	Senior men	U/A	69.41
85	Richard Lucas	V/40 men	U/A	69.43
86	Emma Thomas	Senior lady	U/A	69.43
87	Martyn Saycell	Senior men	Aberystwyth AC	69.47
88	Mark Williams	Senior men	U/A	70.01
89	Kevin Ashford	V/40 men	U/A	70.52
90	Marion Garson	Lady V/35	Aberystwyth AC	71.01
91	Simon Shepard	Senior men	U/A	71.28
92	Caryl Davies	Senior men	Sarn Helen	71.38
93	Nick Feben	Senior men	U/A	71.55
94	Matt Lawrence	Senior men	U/A	72.08
95	Matt Bennett	Senior men	U/A	72.22
96	Debbie Nash	Senior lady	Aberystwyth AC	74.01
97	Brenda Jones	Lady V/65	Bro Dysynni	74.14
98	Emlyn Wainwaring	Senior men	U/A	74.28
99	Helen Stretch	Lady V/55	Aberystwyth AC	75.37
100	Jennifer Cane	Senior lady	UWA harriers	76.48
101	Isabel Berry	Senior lady	U/A	76.53
102	Rachel Parker	Senior lady	UWA harriers	76.59
103	Menna Stephens	Senior lady	Aberystwyth AC	77.10

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104	Louise Farmer	Senior lady	U/A	78.23
105	Caroline Guppy	Senior lady	U/A	78.52
106	Hannah Marsden	Senior lady	U/A	78.52
107	Dawn Yell	Senior lady	U/A	78.52
108	Rhian Breese	Senior lady	Aberystwyth AC	79.17
109	Maureen Pritchard	Lady v/45	U/A	79.22
110	Paul Arnold	V/50 men	Aberystwyth AC	80.12
111	Linda Vakermanova	Senior lady	U/A	82.21
112	Rik Mowbray	V/40 men	U/A	82.21
113	Nina Skubala	Senior lady	U/A	83.10
114	Stephen Mc Cartney	Senior men	U/A	84.36
115	John Williams	V/50 men	Cerist Tri club	85.38
116	Erin Clabough	Senior lady	U/A	85.56
117	Gudrun Jones	Lady V/45	Sarn Helen	86.32
118	Shan Breese	Lady V/45	Aberystwyth AC	86.38
119	Damon Hammond	V/40 men	U/A	89.26
120	Glen Robson	Senior men	U/A	91.22
121	Cameron Soucy	Senior men	U/A	93.27
122	Sheila Symonds	Lady V/75	Bro Dysynni	111.04
123	Marjorie Griffiths	Lady V/55	Bro Dysynni	130.23
124	Allen Watts	V/80 men	Sarn Helen	130.23