

<b>Twin Peaks 14/10/07 - 7 miles; 900ft climbing</b>				
<b>Overall Position</b>	<b>Name</b>	<b>Category</b>	<b>Club</b>	<b>Time</b>
1	Carwyn Thomas	Senior Men	Sarn Helen	46.13
2	Stephen Gilliland	Vet O/40	Bro Dysynni	46.36
3	Les Hewitson	Vet O/40	Ingli Runners	47.39
4	Michael Davies	Senior Men	UWA harriers	48.33
5	Mark Fowles	Senior Men	Bro Dysynni	48.34
6	Mark Burnley	Senior Men	U/A	50.14
7	James Thomas	Senior Men	UWA harriers	51.33
8	Mark Lewis	Vet O/40	U/A	52.26
9	Shelley Chlds	Senior Men	Aberystwyth AC	52.27
10	Haydn Lloyd	Senior Men	Sarn Helen	52.38
11	Glyn Williams	Senior Men	Prestegune Pacers	52.56
12	Kevin Hamilton	Vet O/40	Cerist Tri Club	53.12
13	Mike Palmer	Senior Men	Bro Dysynni	53.43
14	Gethin Holland	Senior Men	Aberystwyth AC	53.46
15	Ioan Isaac-Richards	Senior Men	U/A	54.01
16	Cliff Evans	Vet O/40	UWA harriers	54.02
17	Phoebe Webster	Ladies	UWA harriers	54.34
18	Daniel Davies	Senior Men	Aberystwyth AC	54.51
19	Glyn Lewis	Vet O/40	Bro Dysynni	55.15
20	John Sinnett	Vet O/50	Pembrokeshire harriers	55.35
21	John Parry	Vet/ O/50	Builth & District Running Club	55.40
22	Rob Williams	Vet O/40	Ingli Runners	55.43
23	John Lydon	Vet O/40	Ludlow Runners	56.24
24	Lynn Green	V Ladies 45	Ingli Runners	56.48
25	Lawrence Timmins	Senior Men	UWA harriers	56.53
26	Kristian Bond	Senior Men	U/A	56.56
27	John Evans	Vet O/60	Aberystwyth AC	57.00
28	Alec Reece	Senior Men	U/A	57.20
29	Mark Steller	Vet O/40	Aberystwyth AC	57.22
30	Maldwyn Evans	Vet O/40	Eryri	57.50
31	Arwel James	Senior Men	Aberystwyth AC	58.10
32	Ian Davies	Vet O/40	Builth & District Running Club	58.34
33	Ian Jones	Vet O/40	U/A	58.43
34	Daniel Burgess	Senior Men	Aberystwyth AC	58.47
35	Frankie Vaughan	Vet O/50	Meirionydd Running Club	59.03
36	Caroline John	V Ladies 45	Sarn Helen	59.20
37	Arwel Price	Vet O/40	Cerist Tri Club	59.38
38	Glen Robson	Senior Men	U/A	59.46
39	Peter Garson	Vet O/40	Aberystwyth AC	59.59
40	Andrea Goode	V Ladies 45	Meirionydd Running Club	60.08
41	Clive Williams	Vet O/40	U/A	60.11
42	Frank Thomas	Vet O/50	Aberystwyth AC	60.43
43	Mike Lewis	Vet O/40	U/A	60.46
44	Adriano Evola	Vet O/40	Aberystwyth AC	60.56
45	Roddy Evans	Vet O/50	U/A	61.20
46	Anthony Pickles	Senior Men	UWA harriers	61.24
47	Ryszard Piotrowicz	Vet O/40	U/A	62.19
48	Alban Jones	Vet O/50	Bro Dysynni	62.20

<b>49</b>	Kate O'Sullivan	V Ladies 35	Aberystwyth AC	62.43
<b>50</b>	Edward Farren	Senior Men	UWA harriers	63.40
<b>51</b>	Jez Lovekin	Vet O/60	U/A	63.47
<b>52</b>	Debbie Evans	V Ladies 45	Bro Dysynni	64.12
<b>53</b>	Anwen James	V Ladies 35	Aberystwyth AC	64.16
<b>54</b>	Lyn Rees	Vet O/50	Sarn Helen	64.42
<b>55</b>	Dave Roson	Vet O/50	Elvet Striders	66.13
<b>56</b>	Bridget Parkinson	Ladies	Aberystwyth AC	66.43
<b>57</b>	Glenda Roberts	V Ladies 45	Aberystwyth AC	66.57
<b>58</b>	Marion Garson	V Ladies 35	Aberystwyth AC	67.14
<b>59</b>	Paul Arnold	Vet O/50	Aberystwyth AC	67.43
<b>60</b>	Samantha Winter	Ladies	U/A	67.47
<b>61</b>	Carrys Prytherch	V Ladies 35	Aberystwyth AC	70.07
<b>62</b>	Carrilla Holm	Ladies	U/A	70.33
<b>63</b>	Peter illiams	Vet O/40	U/A	70.53
<b>64</b>	Cowenllian Parry	V Ladies 35	U/A	72.49
<b>65</b>	Dyfed Jones	Senior Men	U/A	74.17
<b>66</b>	Kate Curran	Ladies	U/A	75.25
<b>67</b>	Simone Ashley	Ladies	U/A	76.12
<b>68</b>	John Williams	Vet O/50	Cerist Tri Club	78.29
<b>69</b>	Karen Robbie	V Ladies 35	U/A	79.00
<b>70</b>	Megan Williams	V Ladies 35	Aberystwyth AC	79.01
<b>71</b>	Frank Szableveski	Vet O/50	Maldwyn Harriers	79.17
<b>72</b>	Nia Godsmark	Ladies	U/A	79.25
<b>73</b>	Robert Mackinnon	Senior Men	U/A	89.18
<b>74</b>	Alison Jones	V Ladies 55	U/A	89.50
<b>75</b>	Tom Evans	Vet O/80	Bro Dysynni	133.04