

THE RUNNING BEAR CLWYDIAN HILLS RACE RESULTS 2003

Individual Results

Pos	Name	Club	Hr	Min	Sc	M/F	Cat
1	M.Fowler	Pennine FR	1	22	24	M	40
2	T.McGaff	Pennine FR	1	22	42	M	40
3	R.Lamb	Mercia FR	1	25	39	M	
4	G.McNeil	Helsby RC	1	26	54	M	40
5	T.Hingginbottom	Eryri	1	27	59	M	
6	A.Carruthers	Halesowen AC	1	28	40	M	40
7	S.Ellis	Tattenhall	1	30	30	M	
8	T.Jones	Eryri	1	30	58	M	40
9	I.Houston	Wrexham	1	32	24	M	
10	C.Ashley	Wrexham	1	32	30	M	40
11	G.Groves	Liverpool Harr	1	33	12	M	
12	S.Jones	Wrexham	1	34	13	M	
13	S.Houghton	Calder Valley	1	34	18	M	40
14	P.O'Brien	Eryri	1	34	33	M	
15	G.Hodges	U/A	1	35	55	M	50
16	K.Emery	U/A	1	35	26	M	40
17	J.Montgomery	Buckley Runners	1	36	11	M	40
18	I.Bayliss	Buckley Runners	1	36	50	M	40
19	S.Hammond	Tattenhall	1	37	59	M	40
20	K.Renton	Liverpool Harr	1	38	13	M	
21	S.Gilliver	Pennine FR	1	38	27	F	V
22	A.Hearle	U/A	1	38	36	M	40
23	J.Kardasz	Lancs & Morcombe	1	38	54	M	40
24	N.Holmes	Tattenhall	1	38	57	M	40
25	G.McAra	Helsby RC	1	39	7	M	40
26	J.Aimes	Mac Harr	1	39	22	M	60
27	V.Belshaw	Eryri	1	39	28	M	40
28	R.Metcalf	Eryri	1	39	36	F	
29	K.Forster	Spectrum Striders	1	40	8	M	40
30	J.Morris	Buckley Runners	1	40	26	M	50
31	H.Lewis	Buckley Runners	1	40	42	M	40
32	J.Pollard	Glossopdale	1	41	16	M	50
33	P.Harrison	Liverpool Harr	1	43	13	M	
34	P.Browning	Clayton le moors	1	44	30	M	40
35	A.Heath	Dee striders	1	44	39	M	
36	S.Jones	Eryri	1	44	44	M	40
37	J.Bennell	Eryri	1	44	53	M	50
38	S.Hammond	Tattenhall	1	45	3	F	
39	G.Scott	Pennine FR	1	45	10	M	50
40	M.Potter	Mercia FR	1	45	22	M	50
41	P.Stinton	Buckley Runners	1	45	46	M	
42	N.Griffiths	Spectrum Striders	1	46	20	M	50
43	V.Musgrove	Eryri	1	46	32	F	V
44	P.Ellis	Wreccsam Tri club	1	46	42	M	
45	T.Hulme	Pennine FR	1	47	33	M	50
46	P.Wright	U/A	1	47	45	M	40
47	J.Pares	Village RRC	1	48	37	M	
48	B.Shelmerdink	Calder Valley	1	48	45	M	50
49	S.Emery	U/A	1	48	48	M	
50	R.Jones	Eryri	1	48	57	M	50

51	S.Jackson	Liverpool Harr	1	48	58	F	
52	J.Coombes	Mercia FR	1	49	6	M	50
53	R.Facey	Holmfirth Harr	1	49	7	M	50
54	M.Jones	Ellesmere Port RC	1	49	22	M	
55	M.Blake	Eryri	1	49	45	M	50
56	D.Shinn	Dallam RC	1	49	59	M	50
57	C.Mills	Kenilworth AC	1	50	32	F	
58	C.Smith	Wreccsam Tri club	1	50	55	M	
59	F.Robberts	Pensby Runners	1	51	21	M	50
60	K.Ayres	Wimslow	1	51	52	F	
61	R.Powell	Eryri	1	52	3	M	40
62	J.Dorie	L'Pool * Pembroke	1	52	40	M	50
63	S.Hughes	Prestatyn RC	1	53	5	M	
64	I.Jones	Wreccsam Tri club	1	53	6	M	50
65	R.Webster	L'Pool * Pembroke	1	53	7	M	50
66	J.Jefferys	Oswestry	1	53	13	F	V
67	M.Barrett	Eryri	1	53	36	M	40
68	E.Dunnington	Eryri	1	54	13	F	V
69	J.Linley	U/A	1	56	37	M	50
70	A.Peers	Spectrum Striders	1	56	48	M	50
71	D.Easthope	Pensby Runners	1	56	59	M	50
72	D.Roderick	Deeside AC	1	58	15	M	50
73	A.Smith	Helsby RC	1	58	59	M	40
74	A.McNab	Red Herrings	1	59	7	M	50
75	W.Helliwell	U/A	2	0	5	M	50
76	M.Taylor	Spectrum Striders	2	0	15	M	40
77	J.Ewels	Wrexham	2	0	24	F	
78	M.Williams	Eryri	2	0	53	M	50
79	P.Jones	U/A	2	1	6	M	
80	S.Montgomery	Pensby Runners	2	1	42	F	
81	S.Whittle	Red Herrings	2	2	42	M	50
82	R.Webster	Helsby RC	2	3	17	M	60
83	F.Adlen	Pensby Runners	2	6	9	M	50
84	B.Eyke	Oswestry	2	7	14	F	
85	S.Hodgson	U/A	2	7	45	M	
86	P.Norman	Wrexham	2	10	14	M	60
87	M.Kenworthy	U/A	2	10	51	F	
88	F.Green	Liverpool AC	2	11	39	M	50
89	P.Henley	Liverpool Harr	2	21	28	M	50
90	S.Nugent	U/A	2	23	33	M	40
91	S.Charman	Helsby RC	2	24	9	F	V
92	C.Dawes	LDWA	2	27	22	M	60
93	P.Earpley	NWRR	2	31	14	M	50
94	K.Dalby	Liverpool Harr	2	46	35	F	V