

2011 Llyn y Fan

5.5 miles/2000 feet

5 Times

03:54:20

14060

Saturday September 17th

Average

00:46:52

2812

Records Men **41.50 Mark Palmer 2006**Women **49.24 Helen Fines 2009****00:00:01****RESULTS**

Pos.	Name	Club	Cat.	Time	s	Points
1	Felipe Jones	Aberystwyth AC	M	00:43:14	2594	107.75
2	Andres Jones	Aberystwyth AC	M	00:44:18	2658	105.48
3	Paul Murrin	Chepstow Harriers	M	00:47:10	2830	99.36
4	Sean Taylor	Mynydd Du	M	00:49:41	2981	93.99
5	Kevin Hagley	SWRR	M40	00:49:57	2997	93.42
6	Gareth Green	San Domenico	M	00:50:04	3004	93.17
7	James Blore	Chepstow Harriers	Mu23	00:50:22	3022	92.53
8	Richard Johnson	Islwyn	M	00:50:46	3046	91.68
9	Tim Hindle	Brecon AC	M40	00:52:03	3123	88.94
10	Rhodri Evans	Pontypridd Roadents	M	00:52:26	3146	88.12
11	Dave Austin	Chepstow Harriers	M	00:52:57	3177	87.02
12	Karl Steinegger	Ambleside AC	Mu23	00:54:15	3255	84.25
13	Steve Harrhy	Liswerry	M40	00:54:22	3262	84.00
14	Haydn Hartnell	Islwyn	M40	00:55:05	3305	82.47
15	John Syms	MDC	M40	00:55:15	3315	82.11
16	Andy Blackmore	MDC	M40	00:55:24	3324	81.79
17	Peter Sowerby	Brecon AC	M40	00:55:43	3343	81.12
18	Laurie Carter	Chepstow Harriers	M50	00:56:42	3402	79.02
19	Peter Williams	MDC	M50	00:58:36	3516	74.96
20	Graham Colvin	Celtic Tri	M40	00:59:03	3543	74.00
21	Angela Jones	Mynydd Du	F40	00:59:50	3590	72.33
22	Vanessa Lawson	Chepstow Harriers	F	01:01:00	3660	69.84
23	Gary Gunner	Croft Ambrey	M60	01:02:09	3729	67.39
24	Anne Marie Harris	Mynydd Du	F40	01:02:19	3739	67.03
25	Les Williams	Rhedwyr Eryri	M60	01:02:45	3765	66.11
26	Dominic Shields	San Domenico	M40	01:03:10	3790	65.22
27	Haydn Lloyd	Sarn Helen	M	01:03:47	3827	63.90
28	Naomi Law	Mynydd Du	F	01:04:11	3851	63.05
29	Ellie Salisbury	Eryri	F50	01:06:00	3960	59.17
30	Wayne Percival	Ambleside AC	M50	01:06:53	4013	57.29
31	John Darby	Mynydd Du	M50	01:08:30	4110	53.84
32	Naomi Prosser	Hereford & County AC	Fu23	01:08:45	4125	53.31
33	Mark Davies	Unattached	M40	01:12:07	4327	46.12
34	Dick Finch	MDC	M60	01:19:39	4779	30.05
35	Rob Brown	Chepstow Harriers	M60	01:22:48	4968	23.33
36	Les Pugh	MDC	M60	01:29:48	5388	8.39