

Welsh Castles Relay 2004

Final Results

Stage 1: Caernarfon to Penygroes

Distance: 9.1 Record: 52:53 (2003)

Pos	Runner	Team	Time	Behind Leader	Class	Behind Leader	Award for 1st Overall
01	John Sanders V	42 Telford Harriers (Vets)	54:07		1st Vet.		Overall Vet
02	Mick McGeoch V	11 Les Croupiers RC	54:40	+ 0:33	1st Open		
03	Alan Buckingham	07 City of Bath AC	55:10	+ 1:03	2nd Open	+ 0:30	
04	Paul Glennie V	10 Great Western Runners	55:41	+ 1:34	3rd Open	+ 1:01	
05	Paul Talbot	16 Neath Harriers	56:36	+ 2:29	4th Open	+ 1:56	
06	Al Kennis	29 Thames Hare & Hounds	56:54	+ 2:47	5th Open	+ 2:14	
07	Ron Morris V	23 San Domenico / Club 69	57:08	+ 3:01	6th Open	+ 2:28	
08	Nathan Jones	06 Cheltenham Harriers	57:10	+ 3:03	7th Open	+ 2:30	
09	Alan Kerr V	03 Bridgend AC	58:29	+ 4:22	8th Open	+ 3:49	
10	Ian Vaughan	52 Environment Agency	58:56	+ 4:49	1st Bus.		
11	John Bertenshaw V	30 Wesham Road Runners	01:00:06	+ 5:59	9th Open	+ 5:26	
12	Pete Scarrat	33 Wirral A.C.	01:00:28	+ 6:21	10th Open	+ 5:48	
13	P Collinge V	39 Middleton Harriers (Vets)	01:00:36	+ 6:29	2nd Vet.	+ 6:29	
14	Claire Peacock F V	26 Stragglers	01:01:22	+ 7:15	11th Open	+ 6:42	Female
15	Peter Spelman V	32 Winchester & Dist. A.C.	01:01:41	+ 7:34	12th Open	+ 7:01	
16	Helen Davies F V	34 Wrexham A.C.	01:02:18	+ 8:11	13th Open	+ 7:38	
17	Tommy Daniels V	22 Salford Harriers	01:03:06	+ 8:59	14th Open	+ 8:26	
18	Greg Ward	31 Westbury Harriers	01:03:39	+ 9:32	15th Open	+ 8:59	
19	Smith Steve V	41 Swansea Harriers (Vets)	01:03:46	+ 9:39	3rd Vet.	+ 9:39	
20	Richard Bristow	54 South Wales Police	01:04:06	+ 9:59	2nd Bus.	+ 5:10	
21	Stuart Hancock	08 Clevedon AC	01:04:59	+ 10:52	16th Open	+ 10:19	
22	Jal Panvel	15 Mornington Chasers	01:05:17	+ 11:10	17th Open	+ 10:37	
23	Mark Dickinson V	36 Bristol AC	01:05:34	+ 11:27	18th Open	+ 10:54	
24	Richie Sewell V	38 Les Croupiers (Vets)	01:06:25	+ 12:18	4th Vet.	+ 12:18	
25	Zoe Quinn F	47 Serpentine RC (Ladies)	01:07:29	+ 13:22	1st Lady		
26	John Manley V	04 Bromsgrove & Redditch AC	01:07:55	+ 13:48	19th Open	+ 13:15	
27	Jeremy Denny V	43 Thames Hare & Hounds (Vets)	01:09:01	+ 14:54	5th Vet.	+ 14:54	
28	John Hughes-Roberts V	21 Prestatyn RC	01:09:15	+ 15:08	20th Open	+ 14:35	
29	Don Holloway V	02 Brackla Harriers	01:09:29	+ 15:22	21st Open	+ 14:49	
30	John Hill V	12 Llswerry Runners	01:09:40	+ 15:33	22nd Open	+ 15:00	
=	Dan Turner	53 Hearty Sloggers	01:09:40	+ 15:33	3rd Bus.	+ 10:44	
32	Julie Lewis F V	45 Les Croupiers (Ladies)	01:09:58	+ 15:51	2nd Lady	+ 2:29	
33	Lee Clifton	50 Cogent	01:10:18	+ 16:11	4th Bus.	+ 11:22	
34	Lars Menken	24 Serpentine RC	01:11:07	+ 17:00	23rd Open	+ 16:27	
35	Neil Samuel V	51 Corus Strip Products	01:11:18	+ 17:11	5th Bus.	+ 12:22	
36	B Griffiths V	25 Sospan Road Runners	01:13:32	+ 19:25	24th Open	+ 18:52	
37	Liz Clifford F V	46 Mercia Ladies	01:13:34	+ 19:27	3rd Lady	+ 6:05	
38	Mike Towner V	20 Poole Runners	01:13:40	+ 19:33	25th Open	+ 19:00	
39	Phil Sproger V	48 Air Products	01:13:57	+ 19:50	6th Bus.	+ 15:01	
40	R Ross F V	13 Manchester YMCA Harriers	01:14:02	+ 19:55	26th Open	+ 19:22	
41	Gaynor Hulland F V	35 3M Gorseinon R.R. (Vets)	01:14:05	+ 19:58	6th Vet.	+ 19:58	
42	Debbie Otley F V	19 Ponty Roadents	01:14:12	+ 20:05	27th Open	+ 19:32	
43	Chris Bourne V	27 Stroud & District AC	01:14:34	+ 20:27	28th Open	+ 19:54	
44	Den Marchant V	37 City of Bath (Vets)	01:15:10	+ 21:03	7th Vet.	+ 21:03	
45	Patrick Powell V	28 T.R.O.T.S.	01:16:43	+ 22:36	29th Open	+ 22:03	
46	Ruth Perry F	44 City of Bath (Ladies)	01:17:19	+ 23:12	4th Lady	+ 9:50	
47	Stephanie Burchill F V	09 Dulwich Runners	01:17:28	+ 23:21	30th Open	+ 22:48	
48	Malcolm Sherwood V	17 North Fylde AC	01:18:13	+ 24:06	31st Open	+ 23:33	
49	Hilary McCarthy F V	05 C.S.A. Wanderers	01:19:27	+ 25:20	32nd Open	+ 24:47	
50	Julie Pulling F V	01 3M Gorseinon RR	01:24:38	+ 30:31	33rd Open	+ 29:58	
51	Nadya Labib F V	40 Serpentine (Vets)	01:27:49	+ 33:42	8th Vet.	+ 33:42	
52	G Thompson F V	14 Middleton Harriers	01:28:03	+ 33:56	34th Open	+ 33:23	
53	Rob Vaughan V	49 Atradius Nomads	01:28:48	+ 34:41	7th Bus.	+ 29:52	
54	Joanna Hendry F V	18 Penarth & Dinas	01:29:29	+ 35:22	35th Open	+ 34:49	

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Welsh Castles Relay 2004

Final Results

Stage 2: Penygroes to Criccieth

Distance: 10.7 Record: 56:47 (2002)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Joe Thomas	03 Bridgend AC	59:59		1st Open		Overall
02	Gary Pendlebury V	30 Wesham Road Runners	01:00:55	+ 0:56	2nd Open	+ 0:56	Vet
03	Eain Robinson V	33 Wirral A.C.	01:01:28	+ 1:29	3rd Open	+ 1:29	
04	Kit	11 Les Croupiers RC	01:02:00	+ 2:01	4th Open	+ 2:01	
05	Jason Rowley	08 Clevedon AC	01:02:33	+ 2:34	5th Open	+ 2:34	
06	Andrew Jenkins V	51 Corus Strip Products	01:04:32	+ 4:33	1st Bus.		
07	Reg Gardener V	04 Bromsgrove & Redditch AC	01:05:42	+ 5:43	6th Open	+ 5:43	
08	Jerry Watson V	29 Thames Hare & Hounds	01:05:50	+ 5:51	7th Open	+ 5:51	
09	Mike Evans V	16 Neath Harriers	01:06:34	+ 6:35	8th Open	+ 6:35	
10	Dave Cox V	20 Poole Runners	01:07:56	+ 7:57	9th Open	+ 7:57	
11	Ray Brigden V	37 City of Bath (Vets)	01:08:24	+ 8:25	1st Vet.		
12	Jim Delaney V	23 San Domenico / Club 69	01:08:30	+ 8:31	10th Open	+ 8:31	
13	Alfred Chou	24 Serpentine RC	01:09:02	+ 9:03	11th Open	+ 9:03	
14	Emma Parry F	34 Wrexham A.C.	01:09:08	+ 9:09	12th Open	+ 9:09	Female
15	Collins John V	41 Swansea Harriers (Vets)	01:10:20	+ 10:21	2nd Vet.	+ 1:56	
16	Steve B Lewis V	38 Les Croupiers (Vets)	01:11:12	+ 11:13	3rd Vet.	+ 2:48	
17	Graham Crump V	36 Bristol AC	01:11:39	+ 11:40	13th Open	+ 11:40	
18	Kev Wood V	09 Dulwich Runners	01:12:13	+ 12:14	14th Open	+ 12:14	
19	Paul Dursley V	12 Llisbury Runners	01:12:15	+ 12:16	15th Open	+ 12:16	
20	Steve Goodwin V	32 Winchester & Dist. A.C.	01:12:18	+ 12:19	16th Open	+ 12:19	
21	Mark Garrett V	48 Air Products	01:14:32	+ 14:33	2nd Bus.	+ 10:00	
22	Frank Thomas V	06 Cheltenham Harriers	01:14:49	+ 14:50	17th Open	+ 14:50	
23	Mary Bowen Rees F V	28 T.R.O.T.S.	01:14:56	+ 14:57	18th Open	+ 14:57	
24	John Leary V	13 Manchester YMCA Harriers	01:15:27	+ 15:28	19th Open	+ 15:28	
25	Roger Briers V	27 Stroud & District AC	01:15:56	+ 15:57	20th Open	+ 15:57	
26	A Garvey V	39 Middleton Harriers (Vets)	01:16:11	+ 16:12	4th Vet.	+ 7:47	
27	Paul Sefton V	22 Salford Harriers	01:16:19	+ 16:20	21st Open	+ 16:20	
28	Alan Jenkins V	42 Telford Harriers (Vets)	01:16:50	+ 16:51	5th Vet.	+ 8:26	
29	Terry Hill	02 Brackla Harriers	01:16:56	+ 16:57	22nd Open	+ 16:57	
30	Dermot Kelly V	26 Stragglers	01:17:57	+ 17:58	23rd Open	+ 17:58	
31	Peter Blair-Fish V	43 Thames Hare & Hounds (Vets)	01:18:11	+ 18:12	6th Vet.	+ 9:47	
32	Geoff White V	35 3M Gorseinon R.R. (Vets)	01:18:16	+ 18:17	7th Vet.	+ 9:52	
33	Robert James	50 Cogent	01:18:21	+ 18:22	3rd Bus.	+ 13:49	
34	Phil Welsh	07 City of Bath AC	01:19:04	+ 19:05	24th Open	+ 19:05	
35	Tessa Gould F V	45 Les Croupiers (Ladies)	01:19:15	+ 19:16	1st Lady		
36	Jo Bradley F	44 City of Bath (Ladies)	01:19:38	+ 19:39	2nd Lady	+ 0:23	
37	Patrick Roheveel	49 Atradius Nomads	01:20:30	+ 20:31	4th Bus.	+ 15:58	
38	K Hurst-Moore F V	14 Middleton Harriers	01:20:41	+ 20:42	25th Open	+ 20:42	
39	Colin Marrs V	31 Westbury Harriers	01:21:35	+ 21:36	26th Open	+ 21:36	
40	Jane Buck F V	05 C.S.A. Wanderers	01:21:48	+ 21:49	27th Open	+ 21:49	
41	O White F V	25 Sospan Road Runners	01:22:42	+ 22:43	28th Open	+ 22:43	
42	Stephen Shakespeare	52 Environment Agency	01:23:39	+ 23:40	5th Bus.	+ 19:07	
43	Kathleen Broekhof F	47 Serpentine RC (Ladies)	01:24:25	+ 24:26	3rd Lady	+ 5:10	
44	David Larin	10 Great Western Runners	01:26:36	+ 26:37	29th Open	+ 26:37	
45	Simon Homes	15 Mornington Chasers	01:27:22	+ 27:23	30th Open	+ 27:23	
46	Helen Jolly F V	17 North Fylde AC	01:27:26	+ 27:27	31st Open	+ 27:27	
47	Phillip Thomas	54 South Wales Police	01:27:35	+ 27:36	6th Bus.	+ 23:03	
48	Caroline Sandles F V	01 3M Gorseinon RR	01:28:20	+ 28:21	32nd Open	+ 28:21	
49	Sally Hodge F V	40 Serpentine (Vets)	01:30:00	+ 30:01	8th Vet.	+ 21:36	
50	Esther Roberts F	18 Penarth & Dinas	01:32:11	+ 32:12	33rd Open	+ 32:12	
51	Marie Morse F	19 Ponty Roadents	01:33:32	+ 33:33	34th Open	+ 33:33	
52	Helen Dunn	53 Hearty Sloggers	01:35:56	+ 35:57	7th Bus.	+ 31:24	
53	Glenda Clark F V	46 Mercia Ladies	01:39:54	+ 39:55	4th Lady	+ 20:39	
54	Steve Wellington V	21 Prestatyn RC	01:41:42	+ 41:43	35th Open	+ 41:43	

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Welsh Castles Relay 2004

Final Results

Stage 3: Criccieth to Maentwrog

Distance: 12.1 Record: 62:23 (1996)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Nick Altmann	29 Thames Hare & Hounds	01:03:47		1st Open		Overall
02	Dave Bird	52 Environment Agency	01:03:53	+ 0:06	1st Bus.		
03	Philip Parry V	36 Bristol AC	01:06:35	+ 2:48	2nd Open	+ 2:48	Vet
04	Shaun Tobin	51 Corus Strip Products	01:08:05	+ 4:18	2nd Bus.	+ 4:12	
05	Phil Cook	11 Les Croupiers RC	01:08:11	+ 4:24	3rd Open	+ 4:24	
06	Mike Davis V	27 Stroud & District AC	01:09:43	+ 5:56	4th Open	+ 5:56	
07	Nick Page	08 Clevedon AC	01:10:44	+ 6:57	5th Open	+ 6:57	
08	Mike Robbins V	34 Wrexham A.C.	01:11:17	+ 7:30	6th Open	+ 7:30	
09	Kevin Lewis V	16 Neath Harriers	01:11:37	+ 7:50	7th Open	+ 7:50	
10	Martin Lewis	20 Poole Runners	01:11:50	+ 8:03	8th Open	+ 8:03	
11	Tim Lewis	02 Brackla Harriers	01:11:53	+ 8:06	9th Open	+ 8:06	
12	Derek Scarborough V	03 Bridgend AC	01:13:00	+ 9:13	10th Open	+ 9:13	
13	Ian Sharples V	30 Wesham Road Runners	01:14:16	+ 10:29	11th Open	+ 10:29	
14	William Dubbelman	49 Atradius Nomads	01:14:23	+ 10:36	3rd Bus.	+ 10:30	
15	I Newcombe V	39 Middleton Harriers (Vets)	01:14:55	+ 11:08	1st Vet.		
16	Des Mclver	33 Wirral A.C.	01:15:02	+ 11:15	12th Open	+ 11:15	
17	Simon Unsworth V	17 North Fylde AC	01:15:47	+ 12:00	13th Open	+ 12:00	
18	David McGregor V	24 Serpentine RC	01:15:54	+ 12:07	14th Open	+ 12:07	
19	Dave Gunstone V	37 City of Bath (Vets)	01:16:07	+ 12:20	2nd Vet.	+ 1:12	
20	Jim Emmines	26 Stragglers	01:17:02	+ 13:15	15th Open	+ 13:15	
21	S Rennie	14 Middleton Harriers	01:18:28	+ 14:41	16th Open	+ 14:41	
22	Charles Sanders	07 City of Bath AC	01:18:52	+ 15:05	17th Open	+ 15:05	
23	Mark Seed	22 Salford Harriers	01:19:03	+ 15:16	18th Open	+ 15:16	
24	Jeff Russell V	23 San Domenico / Club 69	01:19:06	+ 15:19	19th Open	+ 15:19	
25	Lisa Knights F	54 South Wales Police	01:19:31	+ 15:44	4th Bus.	+ 15:38	Female
26	George Nixon V	21 Prestatyn RC	01:19:47	+ 16:00	20th Open	+ 16:00	
27	Andy Murray V	09 Dulwich Runners	01:20:53	+ 17:06	21st Open	+ 17:06	
28	Ian Giles V	06 Cheltenham Harriers	01:21:23	+ 17:36	22nd Open	+ 17:36	
29	Mark Kalenburge V	05 C.S.A. Wanderers	01:21:32	+ 17:45	23rd Open	+ 17:45	
30	Lucy Brooks F V	47 Serpentine RC (Ladies)	01:21:39	+ 17:52	1st Lady		
31	Jeff Aston V	38 Les Croupiers (Vets)	01:21:59	+ 18:12	3rd Vet.	+ 7:04	
32	Tony Jefferies V	31 Westbury Harriers	01:22:27	+ 18:40	24th Open	+ 18:40	
33	John Hiscox V	19 Ponty Roadents	01:22:32	+ 18:45	25th Open	+ 18:45	
34	Tony Britton	32 Winchester & Dist. A.C.	01:22:34	+ 18:47	26th Open	+ 18:47	
35	Clive Brown V	04 Bromsgrove & Redditch AC	01:23:08	+ 19:21	27th Open	+ 19:21	
36	Zina Marchant F	44 City of Bath (Ladies)	01:24:27	+ 20:40	2nd Lady	+ 2:48	
37	Alison Whitelaw F V	48 Air Products	01:24:31	+ 20:44	5th Bus.	+ 20:38	
38	Jeff Prett V	12 Lliswerry Runners	01:24:34	+ 20:47	28th Open	+ 20:47	
39	E Sweeney V	13 Manchester YMCA Harriers	01:25:46	+ 21:59	29th Open	+ 21:59	
40	Mark Bennewith	01 3M Gorseinon RR	01:27:46	+ 23:59	30th Open	+ 23:59	
41	Suzanne Jones F V	46 Mercia Ladies	01:27:49	+ 24:02	3rd Lady	+ 6:10	
42	Elvins Colin V	41 Swansea Harriers (Vets)	01:28:58	+ 25:11	4th Vet.	+ 14:03	
43	Michael Willcox V	10 Great Western Runners	01:29:32	+ 25:45	31st Open	+ 25:45	
44	Robin Dickson V	43 Thames Hare & Hounds (Vets)	01:29:40	+ 25:53	5th Vet.	+ 14:45	
45	Cyril Walters V	28 T.R.O.T.S.	01:31:36	+ 27:49	32nd Open	+ 27:49	
46	John Littley V	42 Telford Harriers (Vets)	01:32:05	+ 28:18	6th Vet.	+ 17:10	
47	Claire Beatty F	45 Les Croupiers (Ladies)	01:33:39	+ 29:52	4th Lady	+ 12:00	
48	Dewi West V	35 3M Gorseinon R.R. (Vets)	01:34:56	+ 31:09	7th Vet.	+ 20:01	
49	Paul Quittar	50 Cogent	01:35:53	+ 32:06	6th Bus.	+ 32:00	
50	Matt Gleeson	15 Mornington Chasers	01:36:59	+ 33:12	33rd Open	+ 33:12	
51	Janice Clement F V	18 Penarth & Dinas	01:46:00	+ 42:13	34th Open	+ 42:13	
=	Steve Capey	53 Hearty Sloggers	01:46:00	+ 42:13	7th Bus.	+ 42:07	
53	Juliet Allan F V	40 Serpentine (Vets)	01:47:56	+ 44:09	8th Vet.	+ 33:01	
54	R Moodie	25 Sospan Road Runners	01:49:18	+ 45:31	35th Open	+ 45:31	

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Stage 4: Maentwrog to Harlech

Distance: 9.4 Record: 50:07 (2003)

Welsh Castles Relay 2004

Final Results

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	James Adie	04 Bromsgrove & Redditch AC	50:22		1st Open		
02	Andy Greenleaf	32 Winchester & Dist. A.C.	52:29	+ 2:07	2nd Open	+ 2:07	
03	Lee Dunn	22 Salford Harriers	52:58	+ 2:36	3rd Open	+ 2:36	
04	Gavin Davis	07 City of Bath AC	54:36	+ 4:14	4th Open	+ 4:14	
05	Stephen Brunt V	36 Bristol AC	54:47	+ 4:25	5th Open	+ 4:25	Vet
06	Andy Heyes V	08 Clevedon AC	55:58	+ 5:36	6th Open	+ 5:36	
07	Rob Hunt V	03 Bridgend AC	56:53	+ 6:31	7th Open	+ 6:31	
08	Richard Bowen V	16 Neath Harriers	56:59	+ 6:37	8th Open	+ 6:37	
09	Gary Wilson V	33 Wirral A.C.	58:34	+ 8:12	9th Open	+ 8:12	
10	Barry Johnston	11 Les Croupiers RC	59:10	+ 8:48	10th Open	+ 8:48	
11	Simon Wareham	31 Westbury Harriers	59:39	+ 9:17	11th Open	+ 9:17	
12	Daniel James	19 Ponty Roadents	01:00:34	+ 10:12	12th Open	+ 10:12	
13	Phil Walker V	34 Wrexham A.C.	01:00:54	+ 10:32	13th Open	+ 10:32	
14	Tom Thomas	51 Corus Strip Products	01:01:09	+ 10:47	1st Bus.		
15	Alan Hudson V	30 Wesham Road Runners	01:02:08	+ 11:46	14th Open	+ 11:46	
16	Richard Rogan V	06 Cheltenham Harriers	01:02:11	+ 11:49	15th Open	+ 11:49	
17	Kate Symons F	29 Thames Hare & Hounds	01:02:16	+ 11:54	16th Open	+ 11:54	Female
18	Tony Burt V	02 Brackla Harriers	01:02:36	+ 12:14	17th Open	+ 12:14	
19	T Temple V	39 Middleton Harriers (Vets)	01:03:21	+ 12:59	1st Vet.		
20	Jefferies Alan V	41 Swansea Harriers (Vets)	01:03:32	+ 13:10	2nd Vet.	+ 0:11	
21	Eddy Devine V	37 City of Bath (Vets)	01:03:44	+ 13:22	3rd Vet.	+ 0:23	
22	Gary Hyatt V	38 Les Croupiers (Vets)	01:04:50	+ 14:28	4th Vet.	+ 1:29	
23	Ron Warmesley V	20 Poole Runners	01:05:15	+ 14:53	18th Open	+ 14:53	
24	Clive Cooksey V	23 San Domenico / Club 69	01:05:37	+ 15:15	19th Open	+ 15:15	
25	Andy Hammond V	27 Stroud & District AC	01:06:01	+ 15:39	20th Open	+ 15:39	
26	Lis Pritchard F V	09 Dulwich Runners	01:06:22	+ 16:00	21st Open	+ 16:00	
27	Carol Miller F V	45 Les Croupiers (Ladies)	01:06:51	+ 16:29	1st Lady		
28	Ian Morris V	28 T.R.O.T.S.	01:07:11	+ 16:49	22nd Open	+ 16:49	
29	Liz Sounness F V	26 Stragglers	01:07:14	+ 16:52	23rd Open	+ 16:52	
30	Sieuwerd Tiemersma	49 Atradius Nomads	01:09:53	+ 19:31	2nd Bus.	+ 8:44	
31	Jo McDonough F	21 Prestatyn RC	01:10:04	+ 19:42	24th Open	+ 19:42	
32	Hazel Davies F	05 C.S.A. Wanderers	01:11:00	+ 20:38	25th Open	+ 20:38	
33	A Leonard F V	13 Manchester YMCA Harriers	01:12:03	+ 21:41	26th Open	+ 21:41	
34	Jo Jones F V	42 Telford Harriers (Vets)	01:13:50	+ 23:28	5th Vet.	+ 10:29	
35	Christine Hurdidge F V	35 3M Gorseinon R.R. (Vets)	01:14:08	+ 23:46	6th Vet.	+ 10:47	
36	Andrew Thomas	54 South Wales Police	01:15:06	+ 24:44	3rd Bus.	+ 13:57	
37	Alan Belk V	48 Air Products	01:15:13	+ 24:51	4th Bus.	+ 14:04	
38	Gwen Harvey F V	10 Great Western Runners	01:15:20	+ 24:58	27th Open	+ 24:58	
39	Fay Sharpe F V	01 3M Gorseinon RR	01:16:09	+ 25:47	28th Open	+ 25:47	
40	Gordon Hutton	24 Serpentine RC	01:16:20	+ 25:58	29th Open	+ 25:58	
41	Julie Cameron-Doe F	47 Serpentine RC (Ladies)	01:17:06	+ 26:44	2nd Lady	+ 10:15	
42	Stella Sturgess F	18 Penarth & Dinas	01:17:35	+ 27:13	30th Open	+ 27:13	
43	Karen Dunford F V	17 North Fylde AC	01:17:49	+ 27:27	31st Open	+ 27:27	
44	Andrew Simon V	43 Thames Hare & Hounds (Vets)	01:18:19	+ 27:57	7th Vet.	+ 14:58	
45	Karen Ceeney F V	12 Llisbury Runners	01:19:10	+ 28:48	32nd Open	+ 28:48	
46	Brian Dawson V	52 Environment Agency	01:19:49	+ 29:27	5th Bus.	+ 18:40	
47	Susan Conway F V	15 Mornington Chasers	01:20:07	+ 29:45	33rd Open	+ 29:45	
48	John Walker V	40 Serpentine (Vets)	01:21:48	+ 31:26	8th Vet.	+ 18:27	
49	Sarah Carson	53 Hearty Sloggers	01:22:00	+ 31:38	6th Bus.	+ 20:51	
50	Kajal Patel F	44 City of Bath (Ladies)	01:23:40	+ 33:18	3rd Lady	+ 16:49	
=	J Wilkinson	50 Cogent	01:23:40	+ 33:18	7th Bus.	+ 22:31	
52	A Lamb F V	14 Middleton Harriers	01:27:27	+ 37:05	34th Open	+ 37:05	
53	L Moodie F	25 Sospan Road Runners	01:34:00	+ 43:38	35th Open	+ 43:38	
54	No Runner Declared	46 Mercia Ladies	01:49:00	+ 58:38	4th Lady	+ 42:09	

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Welsh Castles Relay 2004

Final Results

Stage 5: Harlech to Barmouth

Distance: 9.4 Record: 55:38 (2002)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	John Cant	29 Thames Hare & Hounds	56:20		1st Open		Overall
02	Mark Baylis V	33 Wirral A.C.	56:27	+ 0:07	2nd Open	+ 0:07	Vet
03	Alex Copping	07 City of Bath AC	56:56	+ 0:36	3rd Open	+ 0:36	
04	Jeff Rees V	16 Neath Harriers	57:21	+ 1:01	4th Open	+ 1:01	
05	Gareth Fereday	51 Corus Strip Products	57:41	+ 1:21	1st Bus.		
06	Simon Nurse	11 Les Croupiers RC	58:18	+ 1:58	5th Open	+ 1:58	
07	Nick Frost V	19 Ponty Roadents	58:44	+ 2:24	6th Open	+ 2:24	
08	Phil Jenkins	03 Bridgend AC	59:11	+ 2:51	7th Open	+ 2:51	
09	Kelvin Sullivan V	38 Les Croupiers (Vets)	01:00:07	+ 3:47	1st Vet.		
10	Tim Horn V	36 Bristol AC	01:01:29	+ 5:09	8th Open	+ 5:09	
11	Roy Williams V	20 Poole Runners	01:01:42	+ 5:22	9th Open	+ 5:22	
12	Chris Jones	23 San Domenico / Club 69	01:03:19	+ 6:59	10th Open	+ 6:59	
13	Dave Bray V	08 Clevedon AC	01:03:20	+ 7:00	11th Open	+ 7:00	
14	John Korwocyk	06 Cheltenham Harriers	01:04:02	+ 7:42	12th Open	+ 7:42	
15	Chris Davies V	12 Llisbury Runners	01:04:59	+ 8:39	13th Open	+ 8:39	
16	Deacon Peter V	41 Swansea Harriers (Vets)	01:05:32	+ 9:12	2nd Vet.	+ 5:25	
17	Hugh Burchard V	52 Environment Agency	01:05:37	+ 9:17	2nd Bus.	+ 7:56	
18	Geof Truman V	27 Stroud & District AC	01:05:52	+ 9:32	14th Open	+ 9:32	
19	Pat Rogers V	37 City of Bath (Vets)	01:06:07	+ 9:47	3rd Vet.	+ 6:00	
20	Andy Tremain	32 Winchester & Dist. A.C.	01:06:08	+ 9:48	15th Open	+ 9:48	
21	Jonathen Ackerman- Martin V	05 C.S.A. Wanderers	01:06:13	+ 9:53	16th Open	+ 9:53	
22	Gill Bearman F V	31 Westbury Harriers	01:09:36	+ 13:16	17th Open	+ 13:16	Female
23	Steve James V	04 Bromsgrove & Redditch AC	01:10:04	+ 13:44	18th Open	+ 13:44	
24	Keith Treharne V	02 Brackla Harriers	01:10:34	+ 14:14	19th Open	+ 14:14	
25	Bob Towell	22 Salford Harriers	01:11:22	+ 15:02	20th Open	+ 15:02	
26	Ray Cockle V	26 Stragglers	01:11:45	+ 15:25	21st Open	+ 15:25	
27	Glenda Edwards F V	45 Les Croupiers (Ladies)	01:12:02	+ 15:42	1st Lady		
28	Paul Anderton	50 Cogent	01:12:19	+ 15:59	3rd Bus.	+ 14:38	
29	Bernadette Dickinson F	30 Wesham Road Runners	01:12:56	+ 16:36	22nd Open	+ 16:36	
30	Margaret Docking F V	34 Wrexham A.C.	01:13:07	+ 16:47	23rd Open	+ 16:47	
31	Rachel Cooley	09 Dulwich Runners	01:13:15	+ 16:55	24th Open	+ 16:55	
32	Peter Wallace V	10 Great Western Runners	01:13:17	+ 16:57	25th Open	+ 16:57	
33	Andy Griffiths V	48 Air Products	01:14:27	+ 18:07	4th Bus.	+ 16:46	
34	C Bowcock V	39 Middleton Harriers (Vets)	01:14:30	+ 18:10	4th Vet.	+ 14:23	
35	Sarah Hardman F	18 Penarth & Dinas	01:15:05	+ 18:45	26th Open	+ 18:45	
36	Dave Walsh V	43 Thames Hare & Hounds (Vets)	01:15:32	+ 19:12	5th Vet.	+ 15:25	
37	Christine Lloyd F V	44 City of Bath (Ladies)	01:16:40	+ 20:20	2nd Lady	+ 4:38	
38	Laura King F	15 Mornington Chasers	01:16:41	+ 20:21	27th Open	+ 20:21	
39	Rachel Brough F	47 Serpentine RC (Ladies)	01:16:52	+ 20:32	3rd Lady	+ 4:50	
40	Helen Williams F V	28 T.R.O.T.S.	01:17:45	+ 21:25	28th Open	+ 21:25	
41	Marc Williams V	49 Atradius Nomads	01:17:49	+ 21:29	5th Bus.	+ 20:08	
42	K Earnshaw F V	14 Middleton Harriers	01:18:43	+ 22:23	29th Open	+ 22:23	
43	Grace Hough F V	42 Telford Harriers (Vets)	01:18:57	+ 22:37	6th Vet.	+ 18:50	
44	Robin Gray	24 Serpentine RC	01:19:21	+ 23:01	30th Open	+ 23:01	
45	Neil Hall	40 Serpentine (Vets)	01:20:18	+ 23:58	7th Vet.	+ 20:11	
46	S Todd F V	13 Manchester YMCA Harriers	01:21:13	+ 24:53	31st Open	+ 24:53	
47	Del Eyre F V	01 3M Gorseinon RR	01:21:48	+ 25:28	32nd Open	+ 25:28	
48	Liz Routledge F V	17 North Fylde AC	01:23:27	+ 27:07	33rd Open	+ 27:07	
49	Gina Smith F	53 Hearty Sloggers	01:25:09	+ 28:49	6th Bus.	+ 27:28	
50	Caroline Cummings F V	46 Mercia Ladies	01:25:30	+ 29:10	4th Lady	+ 13:28	
51	Andrew Halligan	54 South Wales Police	01:26:21	+ 30:01	7th Bus.	+ 28:40	
52	Henry Hayward V	35 3M Gorseinon R.R. (Vets)	01:26:50	+ 30:30	8th Vet.	+ 26:43	
53	Gill Brandrick F V	21 Prestatyn RC	01:31:12	+ 34:52	34th Open	+ 34:52	
54	C Stevens F	25 Sospan Road Runners	01:32:55	+ 36:35	35th Open	+ 36:35	

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Welsh Castles Relay 2004

Final Results

Stage 6: Barmouth to Dolgellau

Distance: 10.7 No Record, New Stage

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Chris Henry V	33 Wirral A.C.	59:03		1st Open		
02	Julian Mann	32 Winchester & Dist. A.C.	01:01:16	+ 2:13	2nd Open	+ 2:13	
03	Tim Beer	29 Thames Hare & Hounds	01:01:56	+ 2:53	3rd Open	+ 2:53	
04	Mike Higginbotham V	22 Salford Harriers	01:02:41	+ 3:38	4th Open	+ 3:38	Vet
05	Collins Jeremy V	41 Swansea Harriers (Vets)	01:03:15	+ 4:12	1st Vet.		
06	Ian Keyte V	04 Bromsgrove & Redditch AC	01:03:50	+ 4:47	5th Open	+ 4:47	
07	Duncan Gaskell V	26 Stragglers	01:04:08	+ 5:05	6th Open	+ 5:05	
08	Mick Tabor V	23 San Domenico / Club 69	01:04:22	+ 5:19	7th Open	+ 5:19	
09	Stuart Davidson V	03 Bridgend AC	01:04:36	+ 5:33	8th Open	+ 5:33	
10	Mike Mann V	09 Dulwich Runners	01:04:52	+ 5:49	9th Open	+ 5:49	
11	Paul Rose	05 C.S.A. Wanderers	01:05:21	+ 6:18	10th Open	+ 6:18	
12	Steve Brown V	06 Cheltenham Harriers	01:05:40	+ 6:37	11th Open	+ 6:37	
13	Nick Shearn	07 City of Bath AC	01:05:55	+ 6:52	12th Open	+ 6:52	
14	H Carpenter V	16 Neath Harriers	01:06:06	+ 7:03	13th Open	+ 7:03	
15	Scott Howells V	11 Les Croupiers RC	01:06:27	+ 7:24	14th Open	+ 7:24	
16	Nick Van Der Beek	49 Atradius Nomads	01:06:35	+ 7:32	1st Bus.		
17	Martin Davies V	12 Lliswerry Runners	01:07:34	+ 8:31	15th Open	+ 8:31	
18	M Bostock V	39 Middleton Harriers (Vets)	01:07:38	+ 8:35	2nd Vet.	+ 4:23	
19	Gary Pearce V	36 Bristol AC	01:08:12	+ 9:09	16th Open	+ 9:09	
20	John McKenna V	21 Prestatyn RC	01:08:26	+ 9:23	17th Open	+ 9:23	
21	Vincent Alonso	51 Corus Strip Products	01:09:40	+ 10:37	2nd Bus.	+ 3:05	
22	Adrian Murton V	08 Clevedon AC	01:09:42	+ 10:39	18th Open	+ 10:39	
23	Gavin Edmonds	24 Serpentine RC	01:09:56	+ 10:53	19th Open	+ 10:53	
24	Warren Tilke	19 Ponty Roadents	01:11:20	+ 12:17	20th Open	+ 12:17	
25	Alan Lewis V	20 Poole Runners	01:11:34	+ 12:31	21st Open	+ 12:31	
26	Andrea Smith F V	17 North Fylde AC	01:12:22	+ 13:19	22nd Open	+ 13:19	Female
27	E Gilligan V	13 Manchester YMCA Harriers	01:12:59	+ 13:56	23rd Open	+ 13:56	
28	Ros Adams F V	34 Wrexham A.C.	01:14:25	+ 15:22	24th Open	+ 15:22	
29	Andy Bevan	10 Great Western Runners	01:14:46	+ 15:43	25th Open	+ 15:43	
30	Mike Nicholls V	37 City of Bath (Vets)	01:14:51	+ 15:48	3rd Vet.	+ 11:36	
31	David Lloyd V	38 Les Croupiers (Vets)	01:14:58	+ 15:55	4th Vet.	+ 11:43	
32	Karen Hancock F V	47 Serpentine RC (Ladies)	01:16:19	+ 17:16	1st Lady		
33	Mark Halliwell V	02 Brackla Harriers	01:16:40	+ 17:37	26th Open	+ 17:37	
34	Phil Leaver V	30 Wesham Road Runners	01:16:51	+ 17:48	27th Open	+ 17:48	
35	Robert Rushton V	42 Telford Harriers (Vets)	01:17:16	+ 18:13	5th Vet.	+ 14:01	
36	Joan Clark F V	46 Mercia Ladies	01:18:28	+ 19:25	2nd Lady	+ 2:09	
37	Andy Tassell V	48 Air Products	01:18:50	+ 19:47	3rd Bus.	+ 12:15	
38	Maureen Coffey F V	31 Westbury Harriers	01:19:24	+ 20:21	28th Open	+ 20:21	
39	Francis Williams F V	54 South Wales Police	01:23:03	+ 24:00	4th Bus.	+ 16:28	
40	Steve Whittard-Smith	50 Cogent	01:23:22	+ 24:19	5th Bus.	+ 16:47	
41	Marcus Eyre V	35 3M Gorseinon R.R. (Vets)	01:24:49	+ 25:46	6th Vet.	+ 21:34	
42	Barbara Sullivan F	15 Mornington Chasers	01:25:13	+ 26:10	29th Open	+ 26:10	
43	Elizabeth Gardiner F V	40 Serpentine (Vets)	01:25:40	+ 26:37	7th Vet.	+ 22:25	
44	Steve Champion	52 Environment Agency	01:25:41	+ 26:38	6th Bus.	+ 19:06	
45	Alan Moore V	27 Stroud & District AC	01:26:27	+ 27:24	30th Open	+ 27:24	
46	Louise Miskel F	01 3M Gorseinon RR	01:26:42	+ 27:39	31st Open	+ 27:39	
47	Sue Neal F V	45 Les Croupiers (Ladies)	01:27:04	+ 28:01	3rd Lady	+ 10:45	
48	Peter Banner V	43 Thames Hare & Hounds (Vets)	01:31:15	+ 32:12	8th Vet.	+ 28:00	
49	Brian Williams V	28 T.R.O.T.S.	01:32:08	+ 33:05	32nd Open	+ 33:05	
50	Emma Ridgill F	18 Penarth & Dinas	01:33:25	+ 34:22	33rd Open	+ 34:22	
51	Ruth Mason F	44 City of Bath (Ladies)	01:34:20	+ 35:17	4th Lady	+ 18:01	
52	Mark Turner	53 Hearty Sloggers	01:35:55	+ 36:52	7th Bus.	+ 29:20	
53	J Pugh F V	14 Middleton Harriers	01:40:04	+ 41:01	34th Open	+ 41:01	
54	G Williams F	25 Sospan Road Runners	01:46:34	+ 47:31	35th Open	+ 47:31	

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Welsh Castles Relay 2004

Final Results

Stage 7: Dolgellau to Dinas Mawddwy

Distance: 9.8 Record: 51:47 (1999)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Richie Bullen V	11 Les Croupiers RC	55:06		1st Open		Overall
02	Larry Matthews	29 Thames Hare & Hounds	55:21	+ 0:15	2nd Open	+ 0:15	
03	James Kovacs	22 Salford Harriers	57:49	+ 2:43	3rd Open	+ 2:43	
04	Roy Reeder	26 Stragglers	58:25	+ 3:19	4th Open	+ 3:19	
05	Paul Wilson	08 Clevedon AC	59:15	+ 4:09	5th Open	+ 4:09	
06	Mo Manir	51 Corus Strip Products	59:31	+ 4:25	1st Bus.		
07	Martin Humphreys	27 Stroud & District AC	01:00:12	+ 5:06	6th Open	+ 5:06	
08	Paul Harris	12 Llswerry Runners	01:01:57	+ 6:51	7th Open	+ 6:51	
09	Martin McGeary V	06 Cheltenham Harriers	01:02:21	+ 7:15	8th Open	+ 7:15	Vet
10	Owen Barder	24 Serpentine RC	01:02:24	+ 7:18	9th Open	+ 7:18	
11	Grant Butler	52 Environment Agency	01:02:30	+ 7:24	2nd Bus.	+ 2:59	
12	Jon Embling V	03 Bridgend AC	01:02:47	+ 7:41	10th Open	+ 7:41	
13	S Buttler	14 Middleton Harriers	01:03:35	+ 8:29	11th Open	+ 8:29	
14	Steve Williams V	16 Neath Harriers	01:03:46	+ 8:40	12th Open	+ 8:40	
15	Richard Marks V	05 C.S.A. Wanderers	01:03:50	+ 8:44	13th Open	+ 8:44	
16	Dylan Owen V	09 Dulwich Runners	01:04:29	+ 9:23	14th Open	+ 9:23	
17	Jones Richard V	41 Swansea Harriers (Vets)	01:04:47	+ 9:41	1st Vet.		
18	Tom Hutchison V	37 City of Bath (Vets)	01:05:22	+ 10:16	2nd Vet.	+ 0:35	
19	Rhodri Davies V	43 Thames Hare & Hounds (Vets)	01:05:30	+ 10:24	3rd Vet.	+ 0:43	
20	Dave Cleverly V	04 Bromsgrove & Redditch AC	01:05:39	+ 10:33	15th Open	+ 10:33	
21	Gary Johnston V	17 North Fylde AC	01:05:57	+ 10:51	16th Open	+ 10:51	
22	John Towner	20 Poole Runners	01:06:05	+ 10:59	17th Open	+ 10:59	
23	J Reily V	39 Middleton Harriers (Vets)	01:06:13	+ 11:07	4th Vet.	+ 1:26	
24	Brian Lovett	23 San Domenico / Club 69	01:06:14	+ 11:08	18th Open	+ 11:08	
25	Pete Weatherhead V	33 Wirral A.C.	01:07:14	+ 12:08	19th Open	+ 12:08	
26	Geoff Richards V	48 Air Products	01:07:45	+ 12:39	3rd Bus.	+ 8:14	
27	Michael Geldard	10 Great Western Runners	01:08:04	+ 12:58	20th Open	+ 12:58	
28	Simon Morgan	54 South Wales Police	01:08:24	+ 13:18	4th Bus.	+ 8:53	
29	Pete Halson V	32 Winchester & Dist. A.C.	01:08:32	+ 13:26	21st Open	+ 13:26	
30	Dean Thornton	31 Westbury Harriers	01:08:33	+ 13:27	22nd Open	+ 13:27	
31	Andy Yelland	30 Wesham Road Runners	01:08:54	+ 13:48	23rd Open	+ 13:48	
32	Dan Redfern	18 Penarth & Dinas	01:09:53	+ 14:47	24th Open	+ 14:47	
33	John Crofts V	38 Les Croupiers (Vets)	01:10:02	+ 14:56	5th Vet.	+ 5:15	
34	Gwyn Lloyd V	19 Ponty Roadents	01:10:19	+ 15:13	25th Open	+ 15:13	
35	Theresa Brady F V	47 Serpentine RC (Ladies)	01:11:07	+ 16:01	1st Lady		Female
36	Paul Sant	15 Mornington Chasers	01:11:30	+ 16:24	26th Open	+ 16:24	
37	David Austin	36 Bristol AC	01:11:59	+ 16:53	27th Open	+ 16:53	
38	Andrew Jones	21 Prestatyn RC	01:12:17	+ 17:11	28th Open	+ 17:11	
39	T Mills V	25 Sospan Road Runners	01:12:53	+ 17:47	29th Open	+ 17:47	
40	Iwien Dekoninch	07 City of Bath AC	01:13:31	+ 18:25	30th Open	+ 18:25	
41	Ros Tabor V	49 Atradius Nomads	01:14:25	+ 19:19	5th Bus.	+ 14:54	
42	Julie Scholey F V	45 Les Croupiers (Ladies)	01:15:02	+ 19:56	2nd Lady	+ 3:55	
43	Jim Cooper V	28 T.R.O.T.S.	01:15:58	+ 20:52	31st Open	+ 20:52	
44	Judy Appelby F V	46 Mercia Ladies	01:16:15	+ 21:09	3rd Lady	+ 5:08	
45	Mike Nash V	35 3M Gorseinon R.R. (Vets)	01:17:54	+ 22:48	6th Vet.	+ 13:07	
46	Jeff Wright V	42 Telford Harriers (Vets)	01:17:57	+ 22:51	7th Vet.	+ 13:10	
47	Ingrid Taylor F	01 3M Gorseinon RR	01:17:58	+ 22:52	32nd Open	+ 22:52	
48	Sue Brigden F	44 City of Bath (Ladies)	01:18:03	+ 22:57	4th Lady	+ 6:56	
49	Shaun Partington	34 Wrexham A.C.	01:20:23	+ 25:17	33rd Open	+ 25:17	
50	Dave Rawlings	50 Cogent	01:21:17	+ 26:11	6th Bus.	+ 21:46	
51	Judi Bowsher F V	02 Brackla Harriers	01:21:23	+ 26:17	34th Open	+ 26:17	
52	G Jackson V	13 Manchester YMCA Harriers	01:22:23	+ 27:17	35th Open	+ 27:17	
53	Andreas Baumbach V	53 Hearty Sloggers	01:28:02	+ 32:56	7th Bus.	+ 28:31	
54	Ron Hagell V	40 Serpentine (Vets)	01:29:41	+ 34:35	8th Vet.	+ 24:54	

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Welsh Castles Relay 2004

Final Results

Stage 8: Dinas Mawddwy to Foel

Distance: 10.9 Record: 55:14 (1992)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Alan Woods	33 Wirral A.C.	59:25		1st Open		Overall
02	David Symons	29 Thames Hare & Hounds	01:02:11	+ 2:46	2nd Open	+ 2:46	
03	Gary Norgrove	34 Wrexham A.C.	01:04:28	+ 5:03	3rd Open	+ 5:03	
04	Jeremy Braines	32 Winchester & Dist. A.C.	01:05:27	+ 6:02	4th Open	+ 6:02	
05	Steve Brace V	03 Bridgend AC	01:06:08	+ 6:43	5th Open	+ 6:43	Vet
06	Dave Shaw	22 Salford Harriers	01:06:20	+ 6:55	6th Open	+ 6:55	
07	P Byrne V	39 Middleton Harriers (Vets)	01:06:26	+ 7:01	1st Vet.		
08	Clive Richards V	08 Clevedon AC	01:07:34	+ 8:09	7th Open	+ 8:09	
09	Andy Cleves	11 Les Croupiers RC	01:08:18	+ 8:53	8th Open	+ 8:53	
10	Gordon Jones V	21 Prestatyn RC	01:08:25	+ 9:00	9th Open	+ 9:00	
11	Steve Clews V	04 Bromsgrove & Redditch AC	01:08:46	+ 9:21	10th Open	+ 9:21	
12	Stuart Williams	17 North Fylde AC	01:09:10	+ 9:45	11th Open	+ 9:45	
13	Evan Williams	28 T.R.O.T.S.	01:10:04	+ 10:39	12th Open	+ 10:39	
14	Charlie Wiggins V	37 City of Bath (Vets)	01:10:46	+ 11:21	2nd Vet.	+ 4:20	
15	Rez Prathalingam	15 Mornington Chasers	01:10:52	+ 11:27	13th Open	+ 11:27	
16	Simon Barnes	27 Stroud & District AC	01:10:55	+ 11:30	14th Open	+ 11:30	
17	John Greene	24 Serpentine RC	01:11:24	+ 11:59	15th Open	+ 11:59	
18	Don Doe V	20 Poole Runners	01:11:28	+ 12:03	16th Open	+ 12:03	
19	Dave Thomas V	38 Les Croupiers (Vets)	01:11:40	+ 12:15	3rd Vet.	+ 5:14	
20	Danny McMillan V	36 Bristol AC	01:12:03	+ 12:38	17th Open	+ 12:38	
21	Terry Hellings	30 Wesham Road Runners	01:13:12	+ 13:47	18th Open	+ 13:47	
22	John Sinett V	05 C.S.A. Wanderers	01:13:23	+ 13:58	19th Open	+ 13:58	
23	Holly May F	44 City of Bath (Ladies)	01:13:35	+ 14:10	1st Lady		Female
24	Simon Partridge V	16 Neath Harriers	01:14:02	+ 14:37	20th Open	+ 14:37	
25	Colin Day V	19 Ponty Roadents	01:14:18	+ 14:53	21st Open	+ 14:53	
26	Steve Harris V	42 Telford Harriers (Vets)	01:15:51	+ 16:26	4th Vet.	+ 9:25	
27	Paul Rees V	35 3M Gorseinon R.R. (Vets)	01:16:07	+ 16:42	5th Vet.	+ 9:41	
28	Kim Braznell F V	46 Mercia Ladies	01:16:11	+ 16:46	2nd Lady	+ 2:36	
29	Paul Saba	51 Corus Strip Products	01:16:50	+ 17:25	1st Bus.		
30	Ken Buckle V	06 Cheltenham Harriers	01:17:08	+ 17:43	22nd Open	+ 17:43	
31	Dave Howells V	12 Lliswerry Runners	01:17:29	+ 18:04	23rd Open	+ 18:04	
32	Mike Harris V	31 Westbury Harriers	01:17:31	+ 18:06	24th Open	+ 18:06	
33	Andy Kirby V	10 Great Western Runners	01:17:40	+ 18:15	25th Open	+ 18:15	
34	Nigel Pitt V	01 3M Gorseinon RR	01:18:37	+ 19:12	26th Open	+ 19:12	
35	Hilary Davies F V	26 Stragglers	01:19:37	+ 20:12	27th Open	+ 20:12	
36	Allton Chris V	41 Swansea Harriers (Vets)	01:19:40	+ 20:15	6th Vet.	+ 13:14	
37	Grethe Petersen F V	47 Serpentine RC (Ladies)	01:19:46	+ 20:21	3rd Lady	+ 6:11	
38	Dimitri Wittevrongel	48 Air Products	01:20:28	+ 21:03	2nd Bus.	+ 3:38	
39	J Kennedy F V	14 Middleton Harriers	01:21:07	+ 21:42	28th Open	+ 21:42	
40	Bernie Monk V	23 San Domenico / Club 69	01:21:36	+ 22:11	29th Open	+ 22:11	
41	Dominic Glyn	54 South Wales Police	01:22:59	+ 23:34	3rd Bus.	+ 6:09	
42	Frans Baas	49 Atradius Nomads	01:23:13	+ 23:48	4th Bus.	+ 6:23	
43	Joanne Laity F V	18 Penarth & Dinas	01:23:46	+ 24:21	30th Open	+ 24:21	
44	Kirstin Baker F	09 Dulwich Runners	01:24:21	+ 24:56	31st Open	+ 24:56	
45	Jon Cowley	07 City of Bath AC	01:24:23	+ 24:58	32nd Open	+ 24:58	
46	Anthony Hickson V	43 Thames Hare & Hounds (Vets)	01:24:27	+ 25:02	7th Vet.	+ 18:01	
47	L Phillips V	25 Sospan Road Runners	01:25:21	+ 25:56	33rd Open	+ 25:56	
48	Christopher Cameron- Doe V	40 Serpentine (Vets)	01:27:10	+ 27:45	8th Vet.	+ 20:44	
49	Angie Davidson F	45 Les Croupiers (Ladies)	01:28:43	+ 29:18	4th Lady	+ 15:08	
50	S Ingham V	13 Manchester YMCA Harriers	01:30:01	+ 30:36	34th Open	+ 30:36	
51	Frances Machin F	52 Environment Agency	01:30:07	+ 30:42	5th Bus.	+ 13:17	
52	Wayne Bryant	02 Brackla Harriers	01:30:22	+ 30:57	35th Open	+ 30:57	
53	Ryan Perry	50 Cogent	01:35:11	+ 35:46	6th Bus.	+ 18:21	
54	Gareth Wood	53 Hearty Sloggers	01:38:37	+ 39:12	7th Bus.	+ 21:47	

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Welsh Castles Relay 2004

Final Results

Stage 9: Foel to Ll. Caereinion

Distance: 8.6 Record: 45:08 (2003)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Steve Watterson	31 Westbury Harriers	43:32		1st Open		Overall
02	James Jackson V	22 Salford Harriers	45:38	+ 2:06	2nd Open	+ 2:06	Vet
03	John Cox V	11 Les Croupiers RC	50:58	+ 7:26	3rd Open	+ 7:26	
04	Paul Horvath	23 San Domenico / Club 69	51:38	+ 8:06	4th Open	+ 8:06	
05	F Gill F V	16 Neath Harriers	51:46	+ 8:14	5th Open	+ 8:14	Female
06	Alex Hamilton-Morris F V	34 Wrexham A.C.	52:25	+ 8:53	6th Open	+ 8:53	
07	Denise Cureton F V	42 Telford Harriers (Vets)	52:35	+ 9:03	1st Vet.		
08	Rob McCarthy V	37 City of Bath (Vets)	52:42	+ 9:10	2nd Vet.	+ 0:07	
09	Gareth Brandrick	21 Prestatyn RC	53:21	+ 9:49	7th Open	+ 9:49	
10	Karl Lee	30 Wesham Road Runners	53:24	+ 9:52	8th Open	+ 9:52	
11	Gorden Marshal	04 Bromsgrove & Redditch AC	53:44	+ 10:12	9th Open	+ 10:12	
12	John Plain V	38 Les Croupiers (Vets)	53:58	+ 10:26	3rd Vet.	+ 1:23	
13	Tony Wright V	33 Wirral A.C.	55:14	+ 11:42	10th Open	+ 11:42	
14	Janice Palmer F V	20 Poole Runners	56:41	+ 13:09	11th Open	+ 13:09	
15	Alan McCauley	07 City of Bath AC	57:23	+ 13:51	12th Open	+ 13:51	
16	Al Irvine	29 Thames Hare & Hounds	57:25	+ 13:53	13th Open	+ 13:53	
17	Malcolm Roberts V	08 Clevedon AC	57:28	+ 13:56	14th Open	+ 13:56	
18	Louise Little F V	27 Stroud & District AC	58:22	+ 14:50	15th Open	+ 14:50	
19	M O'Brien V	13 Manchester YMCA Harriers	58:46	+ 15:14	16th Open	+ 15:14	
20	Joris Essing	51 Corus Strip Products	59:51	+ 16:19	1st Bus.		
21	Yvonne Bullen F V	45 Les Croupiers (Ladies)	01:00:21	+ 16:49	1st Lady		
22	Tony Croft V	17 North Fylde AC	01:00:49	+ 17:17	17th Open	+ 17:17	
23	Peter Cottnam V	18 Penarth & Dinas	01:02:07	+ 18:35	18th Open	+ 18:35	
24	Paul Newby V	43 Thames Hare & Hounds (Vets)	01:02:12	+ 18:40	4th Vet.	+ 9:37	
25	Fran Williams F V	46 Mercia Ladies	01:02:36	+ 19:04	2nd Lady	+ 2:15	
26	Nigel Gibson V	48 Air Products	01:03:00	+ 19:28	2nd Bus.	+ 3:09	
27	A Phillips V	25 Sospan Road Runners	01:03:25	+ 19:53	19th Open	+ 19:53	
28	Emma Lynch F	02 Brackla Harriers	01:03:46	+ 20:14	20th Open	+ 20:14	
29	Tony Cook V	36 Bristol AC	01:03:53	+ 20:21	21st Open	+ 20:21	
30	Simon Maughan	24 Serpentine RC	01:03:59	+ 20:27	22nd Open	+ 20:27	
31	Diane Ward F V	09 Dulwich Runners	01:04:33	+ 21:01	23rd Open	+ 21:01	
=	Claire Freeman F	44 City of Bath (Ladies)	01:04:33	+ 21:01	3rd Lady	+ 4:12	
33	K Munford V	39 Middleton Harriers (Vets)	01:04:59	+ 21:27	5th Vet.	+ 12:24	
34	Colin Reynolds V	49 Atradius Nomads	01:05:27	+ 21:55	3rd Bus.	+ 5:36	
35	Sue Cackle F V	26 Stragglers	01:05:43	+ 22:11	24th Open	+ 22:11	
36	Malcolm Offer V	10 Great Western Runners	01:06:16	+ 22:44	25th Open	+ 22:44	
37	David O'Regan	32 Winchester & Dist. A.C.	01:06:23	+ 22:51	26th Open	+ 22:51	
38	Kelly Hawrylyshyn F	15 Mornington Chasers	01:07:14	+ 23:42	27th Open	+ 23:42	
39	Vicky John	19 Ponty Roadents	01:07:22	+ 23:50	28th Open	+ 23:50	
40	Dennis Michael V	54 South Wales Police	01:07:28	+ 23:56	4th Bus.	+ 7:37	
41	Helen Embling F V	03 Bridgend AC	01:07:56	+ 24:24	29th Open	+ 24:24	
42	Rosie Ingram F	47 Serpentine RC (Ladies)	01:08:06	+ 24:34	4th Lady	+ 7:45	
43	Ann Rowell F V	28 T.R.O.T.S.	01:10:24	+ 26:52	30th Open	+ 26:52	
44	Keith Evans V	40 Serpentine (Vets)	01:14:00	+ 30:28	6th Vet.	+ 21:25	
45	Sharon Luke	50 Cogent	01:14:57	+ 31:25	5th Bus.	+ 15:06	
46	A Worrall F	14 Middleton Harriers	01:15:44	+ 32:12	31st Open	+ 32:12	
47	David Bennett	52 Environment Agency	01:17:13	+ 33:41	6th Bus.	+ 17:22	
48	Davies Iwan V	41 Swansea Harriers (Vets)	01:18:30	+ 34:58	7th Vet.	+ 25:55	
49	Pam Wybrant F V	12 Llswerry Runners	01:18:58	+ 35:26	32nd Open	+ 35:26	
50	Tracey Williams F V	01 3M Gorseinon RR	01:21:02	+ 37:30	33rd Open	+ 37:30	
51	Karen Burrows F V	35 3M Gorseinon R.R. (Vets)	01:21:09	+ 37:37	8th Vet.	+ 28:34	
52	Peter Wilde V	53 Hearty Sloggers	01:22:13	+ 38:41	7th Bus.	+ 22:22	
53	Allen Watts V	05 C.S.A. Wanderers	01:26:00	+ 42:28	34th Open	+ 42:28	
54	No Runner Declared	06 Cheltenham Harriers	01:41:00	+ 57:28	35th Open	+ 57:28	

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Welsh Castles Relay 2004

Final Results

Stage 10: Ll. Caereinion to Newtown

Distance: 13.3 Record: 66:53 (2003)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Ian Harkness	29 Thames Hare & Hounds	01:13:30		1st Open		Overall
02	Julian Baker	11 Les Croupiers RC	01:14:00	+ 0:30	2nd Open	+ 0:30	
03	Rob Atkins	03 Bridgend AC	01:14:07	+ 0:37	3rd Open	+ 0:37	
04	Rod Jones	31 Westbury Harriers	01:16:36	+ 3:06	4th Open	+ 3:06	
05	Mark Cooper V	08 Clevedon AC	01:17:22	+ 3:52	5th Open	+ 3:52	Vet
06	Jonathan Gilling	52 Environment Agency	01:18:23	+ 4:53	1st Bus.		
07	Phil Crane V	16 Neath Harriers	01:19:01	+ 5:31	6th Open	+ 5:31	
08	Barbara Yff F	47 Serpentine RC (Ladies)	01:20:10	+ 6:40	1st Lady		Female
09	Mick McDevite V	33 Wirral A.C.	01:20:12	+ 6:42	7th Open	+ 6:42	
10	John Houghton V	17 North Fylde AC	01:20:13	+ 6:43	8th Open	+ 6:43	
11	Martin Pengilly	12 Llswerry Runners	01:20:27	+ 6:57	9th Open	+ 6:57	
12	Steve Endacott	09 Dulwich Runners	01:21:36	+ 8:06	10th Open	+ 8:06	
13	Sean McMyler V	22 Salford Harriers	01:21:52	+ 8:22	11th Open	+ 8:22	
14	Wilfried Giner	49 Atradius Nomads	01:23:24	+ 9:54	2nd Bus.	+ 5:01	
15	Evan Bond	26 Stragglers	01:24:09	+ 10:39	12th Open	+ 10:39	
16	Curtis Bailey V	06 Cheltenham Harriers	01:24:22	+ 10:52	13th Open	+ 10:52	
17	Keith Ellis V	34 Wrexham A.C.	01:24:41	+ 11:11	14th Open	+ 11:11	
18	Warwick Fortiscue	36 Bristol AC	01:24:58	+ 11:28	15th Open	+ 11:28	
19	John Collingham	51 Corus Strip Products	01:25:17	+ 11:47	3rd Bus.	+ 6:54	
20	Jim Beales	07 City of Bath AC	01:26:26	+ 12:56	16th Open	+ 12:56	
21	Charles Linkinson	30 Wesham Road Runners	01:26:45	+ 13:15	17th Open	+ 13:15	
22	Gary Dench	24 Serpentine RC	01:26:48	+ 13:18	18th Open	+ 13:18	
23	Roger Fairhurst	48 Air Products	01:27:49	+ 14:19	4th Bus.	+ 9:26	
24	Webborn Martin V	41 Swansea Harriers (Vets)	01:27:52	+ 14:22	1st Vet.		
25	A Williams	14 Middleton Harriers	01:28:17	+ 14:47	19th Open	+ 14:47	
26	Dewi Evans Jones V	28 T.R.O.T.S.	01:28:24	+ 14:54	20th Open	+ 14:54	
27	Paul Franks V	42 Telford Harriers (Vets)	01:29:04	+ 15:34	2nd Vet.	+ 1:12	
28	Bradley Cobb V	40 Serpentine (Vets)	01:29:10	+ 15:40	3rd Vet.	+ 1:18	
29	G Chester V	39 Middleton Harriers (Vets)	01:29:32	+ 16:02	4th Vet.	+ 1:40	
30	Kathryn Jones F	32 Winchester & Dist. A.C.	01:30:01	+ 16:31	21st Open	+ 16:31	
31	Chris Guerrier V	20 Poole Runners	01:30:15	+ 16:45	22nd Open	+ 16:45	
32	Les Hewitson	05 C.S.A. Wanderers	01:30:30	+ 17:00	23rd Open	+ 17:00	
33	Brian Phillips V	23 San Domenico / Club 69	01:31:02	+ 17:32	24th Open	+ 17:32	
34	Phillipa Spruit F	44 City of Bath (Ladies)	01:32:05	+ 18:35	2nd Lady	+ 11:55	
35	Shane Hughes	21 Prestatyn RC	01:32:43	+ 19:13	25th Open	+ 19:13	
36	Bob Craig V	37 City of Bath (Vets)	01:33:37	+ 20:07	5th Vet.	+ 5:45	
37	Rob Sandles	01 3M Gorseinon RR	01:34:51	+ 21:21	26th Open	+ 21:21	
38	Kevin Langham	04 Bromsgrove & Redditch AC	01:35:08	+ 21:38	27th Open	+ 21:38	
39	Martin Longhurst V	10 Great Western Runners	01:35:23	+ 21:53	28th Open	+ 21:53	
40	Paul Williams	19 Ponty Roadents	01:35:49	+ 22:19	29th Open	+ 22:19	
41	Ian Sharpe V	35 3M Gorseinon R.R. (Vets)	01:36:08	+ 22:38	6th Vet.	+ 8:16	
42	Alan Mann V	38 Les Croupiers (Vets)	01:36:29	+ 22:59	7th Vet.	+ 8:37	
43	M Howells V	25 Sospan Road Runners	01:36:38	+ 23:08	30th Open	+ 23:08	
44	Andrew Palmer	18 Penarth & Dinas	01:37:36	+ 24:06	31st Open	+ 24:06	
45	Paul Whitlock V	43 Thames Hare & Hounds (Vets)	01:38:34	+ 25:04	8th Vet.	+ 10:42	
46	Rowena Bales F V	46 Mercia Ladies	01:38:54	+ 25:24	3rd Lady	+ 18:44	
47	Wendy Edwards F	45 Les Croupiers (Ladies)	01:39:44	+ 26:14	4th Lady	+ 19:34	
48	Chris Young V	27 Stroud & District AC	01:39:50	+ 26:20	32nd Open	+ 26:20	
49	James Rees Hopkins	54 South Wales Police	01:40:20	+ 26:50	5th Bus.	+ 21:57	
50	R Norton F	13 Manchester YMCA Harriers	01:42:10	+ 28:40	33rd Open	+ 28:40	
51	A G Stuart V	53 Hearty Sloggers	01:44:53	+ 31:23	6th Bus.	+ 26:30	
52	Phil Trebble V	02 Brackla Harriers	01:46:15	+ 32:45	34th Open	+ 32:45	
53	Eddie Cawston	50 Cogent	01:52:38	+ 39:08	7th Bus.	+ 34:15	
54	Marilena Placenti F	15 Mornington Chasers	01:53:03	+ 39:33	35th Open	+ 39:33	

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Welsh Castles Relay 2004

Final Results

Caernarfon to Newtown - Distance : 104 miles.

Pos	Team	Time	Behind Leader	Class Posn.	Behind Leader
01	29 Thames Hare & Hounds	10:15:30		1st Open	
02	11 Les Croupiers RC	10:17:08	+ 1:38	2nd Open	+ 1:38
03	33 Wirral A.C.	10:33:07	+ 17:37	3rd Open	+ 17:37
04	03 Bridgend AC	10:43:06	+ 27:36	4th Open	+ 27:36
05	16 Neath Harriers	10:43:48	+ 28:18	5th Open	+ 28:18
06	08 Clevedon AC	10:48:55	+ 33:25	6th Open	+ 33:25
07	22 Salford Harriers	10:57:08	+ 41:38	7th Open	+ 41:38
08	51 Corus Strip Products	11:13:54	+ 58:24	1st Bus.	
09	36 Bristol AC	11:21:09	+ 65:39	8th Open	+ 65:39
10	04 Bromsgrove & Redditch AC	11:24:18	+ 68:48	9th Open	+ 68:48
11	32 Winchester & Dist. A.C.	11:26:49	+ 71:19	10th Open	+ 71:19
12	23 San Domenico / Club 69	11:28:32	+ 73:02	11th Open	+ 73:02
13	30 Wesham Road Runners	11:29:27	+ 73:57	12th Open	+ 73:57
14	07 City of Bath AC	11:32:16	+ 76:46	13th Open	+ 76:46
15	34 Wrexham A.C.	11:33:06	+ 77:36	14th Open	+ 77:36
16	20 Poole Runners	11:36:26	+ 80:56	15th Open	+ 80:56
17	31 Westbury Harriers	11:42:32	+ 87:02	16th Open	+ 87:02
18	39 Middleton Harriers (Vets)	11:44:21	+ 88:51	1st Vet.	
19	37 City of Bath (Vets)	11:46:50	+ 91:20	2nd Vet.	+ 2:29
20	26 Stragglers	11:47:22	+ 91:52	17th Open	+ 91:52
21	38 Les Croupiers (Vets)	11:51:40	+ 96:10	3rd Vet.	+ 7:19
22	41 Swansea Harriers (Vets)	12:06:12	+110:42	4th Vet.	+ 21:51
23	24 Serpentine RC	12:06:15	+110:45	18th Open	+110:45
24	27 Stroud & District AC	12:07:52	+112:22	19th Open	+112:22
25	09 Dulwich Runners	12:10:02	+114:32	20th Open	+114:32
26	06 Cheltenham Harriers	12:10:06	+114:36	21st Open	+114:36
27	12 Liswerry Runners	12:17:03	+121:33	22nd Open	+121:33
28	52 Environment Agency	12:25:48	+130:18	2nd Bus.	+ 71:54
29	42 Telford Harriers (Vets)	12:28:32	+133:02	5th Vet.	+ 44:11
30	19 Ponty Roadents	12:28:42	+133:12	23rd Open	+133:12
31	17 North Fylde AC	12:31:13	+135:43	24th Open	+135:43
32	05 C.S.A. Wanderers	12:39:04	+143:34	25th Open	+143:34
33	48 Air Products	12:40:32	+145:02	3rd Bus.	+ 86:38
34	10 Great Western Runners	12:42:35	+147:05	26th Open	+147:05
35	47 Serpentine RC (Ladies)	12:42:59	+147:29	1st Lady	
36	49 Atradius Nomads	12:44:27	+148:57	4th Bus.	+ 90:33
37	21 Prestatyn RC	12:47:12	+151:42	27th Open	+151:42
38	02 Brackla Harriers	12:49:54	+154:24	28th Open	+154:24
39	28 T.R.O.T.S.	13:05:09	+169:39	29th Open	+169:39
40	45 Les Croupiers (Ladies)	13:12:39	+177:09	2nd Lady	+ 29:40
41	43 Thames Hare & Hounds (Vets)	13:12:41	+177:11	6th Vet.	+ 88:20
42	13 Manchester YMCA Harriers	13:14:50	+179:20	30th Open	+179:20
43	54 South Wales Police	13:14:53	+179:23	5th Bus.	+120:59
44	44 City of Bath (Ladies)	13:24:20	+188:50	3rd Lady	+ 41:21
45	15 Mornington Chasers	13:34:18	+198:48	31st Open	+198:48
46	14 Middleton Harriers	13:42:09	+206:39	32nd Open	+206:39
47	35 3M Gorseinon R.R. (Vets)	13:44:22	+208:52	7th Vet.	+120:01
48	01 3M Gorseinon RR	13:57:51	+222:21	33rd Open	+222:21
49	18 Penarth & Dinas	14:07:07	+231:37	34th Open	+231:37
50	50 Cogent	14:07:56	+232:26	6th Bus.	+174:02
51	46 Mercia Ladies	14:08:11	+232:41	4th Lady	+ 85:12
52	40 Serpentine (Vets)	14:33:32	+258:02	8th Vet.	+169:11
53	25 Sospan Road Runners	14:37:18	+261:48	35th Open	+261:48
54	53 Hearty Sloggers	15:08:25	+292:55	7th Bus.	+234:31

Welsh Castles Relay 2004

Final Results

Stage 11: Newtown to Ll. Fynydd Distance: 12.3 Record: 64:14 (1995)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Sullivan Smith	51 Corus Strip Products	01:07:34		1st Bus.		Overall
02	David Williams	11 Les Croupiers RC	01:09:31	+ 1:57	1st Open		
03	Andrew Jones	16 Neath Harriers	01:10:08	+ 2:34	2nd Open	+ 0:37	
04	Phil Carbut V	04 Bromsgrove & Redditch AC	01:10:41	+ 3:07	3rd Open	+ 1:10	Vet
05	George Hide	32 Winchester & Dist. A.C.	01:11:06	+ 3:32	4th Open	+ 1:35	
06	Steve Hollier V	08 Clevedon AC	01:11:25	+ 3:51	5th Open	+ 1:54	
07	Lee Christmas V	27 Stroud & District AC	01:12:12	+ 4:38	6th Open	+ 2:41	
08	David Coales	07 City of Bath AC	01:12:35	+ 5:01	7th Open	+ 3:04	
09	Andy Howse	29 Thames Hare & Hounds	01:12:36	+ 5:02	8th Open	+ 3:05	
10	Bhupender Singh	24 Serpentine RC	01:13:18	+ 5:44	9th Open	+ 3:47	
11	P Blackshaw V	39 Middleton Harriers (Vets)	01:13:30	+ 5:56	1st Vet.		
12	Rick Wallis V	31 Westbury Harriers	01:13:57	+ 6:23	10th Open	+ 4:26	
13	Alex Donald	49 Atradius Nomads	01:15:25	+ 7:51	2nd Bus.	+ 7:51	
14	Jim Aylmore V	20 Poole Runners	01:15:28	+ 7:54	11th Open	+ 5:57	
15	Kevin Spillman	06 Cheltenham Harriers	01:15:56	+ 8:22	12th Open	+ 6:25	
16	Owen Hird V	33 Wirral A.C.	01:16:46	+ 9:12	13th Open	+ 7:15	
17	Adrian Woods V	03 Bridgend AC	01:16:53	+ 9:19	14th Open	+ 7:22	
18	Dyson Paul V	41 Swansea Harriers (Vets)	01:17:07	+ 9:33	2nd Vet.	+ 3:37	
19	Ali Welsh V	17 North Fylde AC	01:17:11	+ 9:37	15th Open	+ 7:40	
20	Paul Graham	26 Stragglers	01:18:42	+ 11:08	16th Open	+ 9:11	
21	Andy Brooks	53 Hearty Sloggers	01:19:28	+ 11:54	3rd Bus.	+ 11:54	
22	David Sullivan	01 3M Gorseinon RR	01:22:20	+ 14:46	17th Open	+ 12:49	
23	Terry Caveney V	38 Les Croupiers (Vets)	01:22:36	+ 15:02	3rd Vet.	+ 9:06	
24	Clive Tucker V	36 Bristol AC	01:23:04	+ 15:30	18th Open	+ 13:33	
25	Sarah Bond F	15 Mornington Chasers	01:23:20	+ 15:46	19th Open	+ 13:49	Female
26	Nick Pringle V	12 Llswerry Runners	01:23:56	+ 16:22	20th Open	+ 14:25	
27	Paul Dawes	23 San Domenico / Club 69	01:24:03	+ 16:29	21st Open	+ 14:32	
28	Siri Terjesen F	47 Serpentine RC (Ladies)	01:24:23	+ 16:49	1st Lady		
29	Graham Machin V	42 Telford Harriers (Vets)	01:25:19	+ 17:45	4th Vet.	+ 11:49	
30	Michael Worthington V	43 Thames Hare & Hounds (Vets)	01:26:11	+ 18:37	5th Vet.	+ 12:41	
31	Martin Gill V	22 Salford Harriers	01:26:16	+ 18:42	22nd Open	+ 16:45	
32	Adrian Palmer V	52 Environment Agency	01:26:27	+ 18:53	4th Bus.	+ 18:53	
33	Pierre Gouin V	40 Serpentine (Vets)	01:26:35	+ 19:01	6th Vet.	+ 13:05	
34	John Hargreaves V	10 Great Western Runners	01:26:44	+ 19:10	23rd Open	+ 17:13	
35	John Spiteri	18 Penarth & Dinas	01:27:09	+ 19:35	24th Open	+ 17:38	
36	Evan Basterfield V	37 City of Bath (Vets)	01:27:32	+ 19:58	7th Vet.	+ 14:02	
37	Tammy Thomas F	45 Les Croupiers (Ladies)	01:27:58	+ 20:24	2nd Lady	+ 3:35	
38	S Symons	13 Manchester YMCA Harriers	01:29:15	+ 21:41	25th Open	+ 19:44	
39	Dave Rose	02 Brackla Harriers	01:31:00	+ 23:26	26th Open	+ 21:29	
40	Martin Demeulemeester V	48 Air Products	01:31:46	+ 24:12	5th Bus.	+ 24:12	
41	Victoria Musgrove F V	34 Wrexham A.C.	01:32:05	+ 24:31	27th Open	+ 22:34	
42	M Betts	14 Middleton Harriers	01:32:19	+ 24:45	28th Open	+ 22:48	
43	Mark Jones V	19 Ponty Roadents	01:33:12	+ 25:38	29th Open	+ 23:41	
44	Sue Spencer-Cusick F V	44 City of Bath (Ladies)	01:34:09	+ 26:35	3rd Lady	+ 9:46	
45	Steve New	54 South Wales Police	01:34:24	+ 26:50	6th Bus.	+ 26:50	
46	Phil Jones V	21 Prestatyn RC	01:35:08	+ 27:34	30th Open	+ 25:37	
47	Alan Taylor	30 Wesham Road Runners	01:35:22	+ 27:48	31st Open	+ 25:51	
48	Vicky Smith F V	46 Mercia Ladies	01:35:53	+ 28:19	4th Lady	+ 11:30	
49	Roland Sherwood V	05 C.S.A. Wanderers	01:36:01	+ 28:27	32nd Open	+ 26:30	
50	Tom Holliday V	28 T.R.O.T.S.	01:41:58	+ 34:24	33rd Open	+ 32:27	
51	Malcolm Medley V	09 Dulwich Runners	01:43:54	+ 36:20	34th Open	+ 34:23	
52	S Warne-Thomas V	25 Sospan Road Runners	01:45:15	+ 37:41	35th Open	+ 35:44	
53	Dan Rouse	50 Cogent	01:48:30	+ 40:56	7th Bus.	+ 40:56	
54	Richard Donne V	35 3M Gorseinon R.R. (Vets)	01:50:50	+ 43:16	8th Vet.	+ 37:20	

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Welsh Castles Relay 2004

Final Results

Stage 12: Ll. Fynydd to Crossgates

Distance: 10.9 Record: 53:33 (1993)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Matt Lynas	29 Thames Hare & Hounds	01:02:24		1st Open		Overall
02	Tony Devoy V	33 Wirral A.C.	01:03:48	+ 1:24	2nd Open	+ 1:24	Vet
03	K Crew	16 Neath Harriers	01:09:20	+ 6:56	3rd Open	+ 6:56	
04	G Crispy	11 Les Croupiers RC	01:09:37	+ 7:13	4th Open	+ 7:13	
05	Steve Daly V	26 Stragglers	01:10:12	+ 7:48	5th Open	+ 7:48	
06	Melvin Ollier V	34 Wrexham A.C.	01:10:27	+ 8:03	6th Open	+ 8:03	
07	Mike Andrews V	08 Clevedon AC	01:11:06	+ 8:42	7th Open	+ 8:42	
08	Cornelius Corcoran	19 Ponty Roadents	01:11:21	+ 8:57	8th Open	+ 8:57	
09	Paul New	06 Cheltenham Harriers	01:11:35	+ 9:11	9th Open	+ 9:11	
10	Allan Ellsmere V	04 Bromsgrove & Redditch AC	01:12:24	+ 10:00	10th Open	+ 10:00	
11	John Collingham	36 Bristol AC	01:12:58	+ 10:34	11th Open	+ 10:34	
12	Andy Seal V	42 Telford Harriers (Vets)	01:13:38	+ 11:14	1st Vet.		
13	Paul Brandrick V	21 Prestatyn RC	01:13:56	+ 11:32	12th Open	+ 11:32	
14	S Vasilov V	39 Middleton Harriers (Vets)	01:14:32	+ 12:08	2nd Vet.	+ 0:54	
15	R Williams	54 South Wales Police	01:14:58	+ 12:34	1st Bus.		
16	Fox Brian V	41 Swansea Harriers (Vets)	01:15:15	+ 12:51	3rd Vet.	+ 1:37	
17	Brian Oatley V	07 City of Bath AC	01:15:20	+ 12:56	13th Open	+ 12:56	
18	Paul Ingham V	20 Poole Runners	01:15:28	+ 13:04	14th Open	+ 13:04	
19	Christel Beukes	47 Serpentine RC (Ladies)	01:15:48	+ 13:24	1st Lady		Female
20	Ernst Molenaar	51 Corus Strip Products	01:16:00	+ 13:36	2nd Bus.	+ 1:02	
21	Ben Wilson	24 Serpentine RC	01:16:25	+ 14:01	15th Open	+ 14:01	
22	Peter Broomfield V	27 Stroud & District AC	01:17:07	+ 14:43	16th Open	+ 14:43	
23	John Nicholls V	35 3M Gorseinon R.R. (Vets)	01:17:20	+ 14:56	4th Vet.	+ 3:42	
24	Dave Bright V	38 Les Croupiers (Vets)	01:17:45	+ 15:21	5th Vet.	+ 4:07	
25	Ros Tabor F V	09 Dulwich Runners	01:17:51	+ 15:27	17th Open	+ 15:27	
26	Neil Ivens V	48 Air Products	01:18:27	+ 16:03	3rd Bus.	+ 3:29	
27	Jeffrey Jervis V	23 San Domenico / Club 69	01:18:47	+ 16:23	18th Open	+ 16:23	
28	Sharon Woods F V	03 Bridgend AC	01:19:54	+ 17:30	19th Open	+ 17:30	
29	Martin Bennett V	10 Great Western Runners	01:20:46	+ 18:22	20th Open	+ 18:22	
30	Tony Airnes V	17 North Fylde AC	01:20:55	+ 18:31	21st Open	+ 18:31	
31	Dave Wybrant V	12 Llswerry Runners	01:21:34	+ 19:10	22nd Open	+ 19:10	
32	Malin Falck F	45 Les Croupiers (Ladies)	01:21:37	+ 19:13	2nd Lady	+ 5:49	
33	Andrea Starritt F V	02 Brackla Harriers	01:21:48	+ 19:24	23rd Open	+ 19:24	
34	Rosie Campbell F	15 Mornington Chasers	01:21:55	+ 19:31	24th Open	+ 19:31	
35	Adam Berkwhistle	50 Cogent	01:21:57	+ 19:33	4th Bus.	+ 6:59	
36	Gareth Hardman	32 Winchester & Dist. A.C.	01:22:18	+ 19:54	25th Open	+ 19:54	
37	Hugh Burchard V	37 City of Bath (Vets)	01:22:20	+ 19:56	6th Vet.	+ 8:42	
38	M Williams V	25 Sospan Road Runners	01:22:57	+ 20:33	26th Open	+ 20:33	
39	Neil Hendry V	18 Penarth & Dinas	01:23:13	+ 20:49	27th Open	+ 20:49	
40	Phil Court	31 Westbury Harriers	01:24:27	+ 22:03	28th Open	+ 22:03	
41	Frank Murray V	22 Salford Harriers	01:24:44	+ 22:20	29th Open	+ 22:20	
	= Karen Broadway F V	44 City of Bath (Ladies)	01:24:44	+ 22:20	3rd Lady	+ 8:56	
43	C Stringer F V	13 Manchester YMCA Harriers	01:25:13	+ 22:49	30th Open	+ 22:49	
	= K Molyneux F V	14 Middleton Harriers	01:25:13	+ 22:49	31st Open	+ 22:49	
45	Lee Britton	53 Hearty Sloggers	01:25:34	+ 23:10	5th Bus.	+ 10:36	
46	Lorraine Steel F V	46 Mercia Ladies	01:26:03	+ 23:39	4th Lady	+ 10:15	
47	Veronica Richards F V	43 Thames Hare & Hounds (Vets)	01:27:06	+ 24:42	7th Vet.	+ 13:28	
48	Hans-Jörg Schulz	49 Atradius Nomads	01:27:07	+ 24:43	6th Bus.	+ 12:09	
49	James Knapman V	52 Environment Agency	01:27:35	+ 25:11	7th Bus.	+ 12:37	
50	Ross Poiner	01 3M Gorseinon RR	01:27:48	+ 25:24	32nd Open	+ 25:24	
51	Ron Morgan V	28 T.R.O.T.S.	01:29:18	+ 26:54	33rd Open	+ 26:54	
52	Suzette Lang F V	40 Serpentine (Vets)	01:30:04	+ 27:40	8th Vet.	+ 16:26	
53	Dave Young V	30 Wesham Road Runners	01:38:54	+ 36:30	34th Open	+ 36:30	
54	Patricia Sherwood F V	05 C.S.A. Wanderers	01:49:00	+ 46:36	35th Open	+ 46:36	

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Welsh Castles Relay 2004

Final Results

Stage 13: Crossgates to Builth

Distance: 10.3 Record: 52:19 (1999)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Tony McDevite V	33 Wirral A.C.	57:54		1st Open		Overall
02	Alistair McNay	06 Cheltenham Harriers	58:53	+ 0:59	2nd Open	+ 0:59	
03	Bernie Jones V	34 Wrexham A.C.	59:28	+ 1:34	3rd Open	+ 1:34	Vet
04	Craig Davey	07 City of Bath AC	01:00:33	+ 2:39	4th Open	+ 2:39	
05	Nick Dukes	11 Les Croupiers RC	01:01:39	+ 3:45	5th Open	+ 3:45	
06	Huw Roberts V	03 Bridgend AC	01:02:37	+ 4:43	6th Open	+ 4:43	
07	Simon Lewis	23 San Domenico / Club 69	01:02:51	+ 4:57	7th Open	+ 4:57	
08	Paul Roberts V	22 Salford Harriers	01:03:21	+ 5:27	8th Open	+ 5:27	
09	Ian Loriggio	24 Serpentine RC	01:03:38	+ 5:44	9th Open	+ 5:44	
10	Jon Meek	08 Clevedon AC	01:04:59	+ 7:05	10th Open	+ 7:05	
11	Smewing John V	41 Swansea Harriers (Vets)	01:05:00	+ 7:06	1st Vet.		
12	Craig Fowler	19 Ponty Roadents	01:05:32	+ 7:38	11th Open	+ 7:38	
13	Ann Thomas F V	28 T.R.O.T.S.	01:06:08	+ 8:14	12th Open	+ 8:14	Female
14	Arwel Jones V	21 Prestatyn RC	01:06:20	+ 8:26	13th Open	+ 8:26	
15	Paul Mather V	10 Great Western Runners	01:06:23	+ 8:29	14th Open	+ 8:29	
16	Andy Smart	32 Winchester & Dist. A.C.	01:06:36	+ 8:42	15th Open	+ 8:42	
17	N Jones F V	16 Neath Harriers	01:06:50	+ 8:56	16th Open	+ 8:56	
18	Steve Sandham V	26 Stragglers	01:06:54	+ 9:00	17th Open	+ 9:00	
19	Geoff Robberts V	20 Poole Runners	01:07:46	+ 9:52	18th Open	+ 9:52	
20	Yvette Lewis F V	42 Telford Harriers (Vets)	01:09:02	+ 11:08	2nd Vet.	+ 4:02	
21	Dave Hughes	02 Brackla Harriers	01:09:27	+ 11:33	19th Open	+ 11:33	
22	Chris Herbert V	36 Bristol AC	01:10:48	+ 12:54	20th Open	+ 12:54	
23	Ed Slyfield V	29 Thames Hare & Hounds	01:11:27	+ 13:33	21st Open	+ 13:33	
24	Delyth Ellison F V	45 Les Croupiers (Ladies)	01:11:32	+ 13:38	1st Lady		
25	Dennis Murphy V	38 Les Croupiers (Vets)	01:11:42	+ 13:48	3rd Vet.	+ 6:42	
26	Barry Dabrowski V	09 Dulwich Runners	01:11:44	+ 13:50	22nd Open	+ 13:50	
27	M Schofield V	39 Middleton Harriers (Vets)	01:11:59	+ 14:05	4th Vet.	+ 6:59	
28	Geof Langston V	27 Stroud & District AC	01:14:02	+ 16:08	23rd Open	+ 16:08	
29	Roger Beacham V	04 Bromsgrove & Redditch AC	01:14:55	+ 17:01	24th Open	+ 17:01	
30	Jillian Bleasdale F V	17 North Fylde AC	01:15:21	+ 17:27	25th Open	+ 17:27	
31	Patrick Van Dijk	51 Corus Strip Products	01:15:48	+ 17:54	1st Bus.		
32	John Coppock V	37 City of Bath (Vets)	01:16:15	+ 18:21	5th Vet.	+ 11:15	
33	Lindsey Dow F V	44 City of Bath (Ladies)	01:17:21	+ 19:27	2nd Lady	+ 5:49	
34	I Manners	13 Manchester YMCA Harriers	01:17:38	+ 19:44	26th Open	+ 19:44	
35	Steve Henson	48 Air Products	01:17:50	+ 19:56	2nd Bus.	+ 2:02	
36	Hilary Walker F V	47 Serpentine RC (Ladies)	01:18:00	+ 20:06	3rd Lady	+ 6:28	
37	J Davies	25 Sospan Road Runners	01:19:01	+ 21:07	27th Open	+ 21:07	
38	Bridget Gamblin F	31 Westbury Harriers	01:19:28	+ 21:34	28th Open	+ 21:34	
39	Mel Bailey V	49 Atradius Nomads	01:20:51	+ 22:57	3rd Bus.	+ 5:03	
40	Jane Harris F V	40 Serpentine (Vets)	01:21:46	+ 23:52	6th Vet.	+ 16:46	
41	Chris Smith	52 Environment Agency	01:21:49	+ 23:55	4th Bus.	+ 6:01	
42	Jane Anderson F V	46 Mercia Ladies	01:22:06	+ 24:12	4th Lady	+ 10:34	
43	Graham Vickers V	30 Wesham Road Runners	01:23:07	+ 25:13	29th Open	+ 25:13	
44	Jane Nodder F V	15 Mornington Chasers	01:23:56	+ 26:02	30th Open	+ 26:02	
45	Steve Buckley	50 Cogent	01:24:20	+ 26:26	5th Bus.	+ 8:32	
46	Lisa Cleary F V	18 Penarth & Dinas	01:24:43	+ 26:49	31st Open	+ 26:49	
47	Julian Mason V	53 Hearty Sloggers	01:26:07	+ 28:13	6th Bus.	+ 10:19	
48	P Markham F V	14 Middleton Harriers	01:26:40	+ 28:46	32nd Open	+ 28:46	
49	Jane McGregor F V	01 3M Gorseinon RR	01:29:06	+ 31:12	33rd Open	+ 31:12	
	= Allan Smith V	35 3M Gorseinon R.R. (Vets)	01:29:06	+ 31:12	7th Vet.	+ 24:06	
51	Anna Parry F V	05 C.S.A. Wanderers	01:31:29	+ 33:35	34th Open	+ 33:35	
52	Ron Harris V	12 Llisbury Runners	01:41:17	+ 43:23	35th Open	+ 43:23	
53	Wendy Lynas F V	43 Thames Hare & Hounds (Vets)	01:43:00	+ 45:06	8th Vet.	+ 38:00	
54	No Runner Declared	54 South Wales Police	01:58:00	+ 60:06	7th Bus.	+ 42:12	

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Welsh Castles Relay 2004
Final Results
Stage 14: Built to Drovers
Distance: 10.6 Record: 58:35 (1997)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	John McFarlane	29 Thames Hare & Hounds	01:00:59		1st Open		Overall
02	Gareth Davies V	03 Bridgend AC	01:03:59	+ 3:00	2nd Open	+ 3:00	Vet
03	Mike Weddel	34 Wrexham A.C.	01:05:56	+ 4:57	3rd Open	+ 4:57	
04	Richard Malin	04 Bromsgrove & Redditch AC	01:07:07	+ 6:08	4th Open	+ 6:08	
05	Nick Hides V	08 Clevedon AC	01:08:27	+ 7:28	5th Open	+ 7:28	
06	Clive Thomas V	28 T.R.O.T.S.	01:08:44	+ 7:45	6th Open	+ 7:45	
07	Rob Jones V	11 Les Croupiers RC	01:09:00	+ 8:01	7th Open	+ 8:01	
08	Kevin Buxton V	33 Wirral A.C.	01:09:45	+ 8:46	8th Open	+ 8:46	
09	Adams Nigel V	41 Swansea Harriers (Vets)	01:10:40	+ 9:41	1st Vet.		
10	Phil West	22 Salford Harriers	01:10:55	+ 9:56	9th Open	+ 9:56	
11	Andy McCoy	06 Cheltenham Harriers	01:11:13	+ 10:14	10th Open	+ 10:14	
12	Clem Clement V	18 Penarth & Dinas	01:11:19	+ 10:20	11th Open	+ 10:20	
13	Chris Phelan V	26 Stragglers	01:11:24	+ 10:25	12th Open	+ 10:25	
14	Rob Gordon	31 Westbury Harriers	01:12:00	+ 11:01	13th Open	+ 11:01	
15	Kevin Taylor V	05 C.S.A. Wanderers	01:12:56	+ 11:57	14th Open	+ 11:57	
16	Andrew Reeves	24 Serpentine RC	01:13:20	+ 12:21	15th Open	+ 12:21	
17	Gavin Clegg V	20 Poole Runners	01:13:32	+ 12:33	16th Open	+ 12:33	
18	P Adams V	16 Neath Harriers	01:13:54	+ 12:55	17th Open	+ 12:55	
19	John Foster V	12 Llisbury Runners	01:14:02	+ 13:03	18th Open	+ 13:03	
20	Mike Farmery V	43 Thames Hare & Hounds (Vets)	01:14:15	+ 13:16	2nd Vet.	+ 3:35	
21	Chris Wright	52 Environment Agency	01:14:31	+ 13:32	1st Bus.		
22	M Flatley	14 Middleton Harriers	01:14:57	+ 13:58	19th Open	+ 13:58	
23	Andy Crock V	23 San Domenico / Club 69	01:15:05	+ 14:06	20th Open	+ 14:06	
24	Phil Manning V	27 Stroud & District AC	01:15:43	+ 14:44	21st Open	+ 14:44	
25	Geoff Davies V	37 City of Bath (Vets)	01:16:12	+ 15:13	3rd Vet.	+ 5:32	
26	Paul Sidaway V	32 Winchester & Dist. A.C.	01:16:19	+ 15:20	22nd Open	+ 15:20	
27	I Ireland V	39 Middleton Harriers (Vets)	01:16:23	+ 15:24	4th Vet.	+ 5:43	
28	Tony Codling V	17 North Fylde AC	01:16:46	+ 15:47	23rd Open	+ 15:47	
29	Jo Thompson F V	44 City of Bath (Ladies)	01:16:58	+ 15:59	1st Lady		Female
30	Theo Tesselaar	51 Corus Strip Products	01:17:16	+ 16:17	2nd Bus.	+ 2:45	
31	Terry Townsend V	36 Bristol AC	01:17:22	+ 16:23	24th Open	+ 16:23	
32	Peter Cruse V	30 Wesham Road Runners	01:18:10	+ 17:11	25th Open	+ 17:11	
33	D Garner V	13 Manchester YMCA Harriers	01:18:36	+ 17:37	26th Open	+ 17:37	
34	S Coupe V	25 Sospan Road Runners	01:19:50	+ 18:51	27th Open	+ 18:51	
35	Richard Boon V	38 Les Croupiers (Vets)	01:20:20	+ 19:21	5th Vet.	+ 9:40	
36	Joe Brady	09 Dulwich Runners	01:20:45	+ 19:46	28th Open	+ 19:46	
37	Joanna Pritchard F	45 Les Croupiers (Ladies)	01:20:54	+ 19:55	2nd Lady	+ 3:56	
38	Chris Jones V	49 Atradius Nomads	01:21:11	+ 20:12	3rd Bus.	+ 6:40	
39	Trevor Richens	53 Hearty Sloggers	01:21:49	+ 20:50	4th Bus.	+ 7:18	
40	Philip Chan	10 Great Western Runners	01:22:36	+ 21:37	29th Open	+ 21:37	
41	Andy Giffey	07 City of Bath AC	01:22:43	+ 21:44	30th Open	+ 21:44	
42	Mark Fenn V	42 Telford Harriers (Vets)	01:24:26	+ 23:27	6th Vet.	+ 13:46	
43	Lauren Esposito F	47 Serpentine RC (Ladies)	01:24:33	+ 23:34	3rd Lady	+ 7:35	
44	Stuart Williams	48 Air Products	01:25:33	+ 24:34	5th Bus.	+ 11:02	
45	Phillip Gardiner V	54 South Wales Police	01:25:59	+ 25:00	6th Bus.	+ 11:28	
46	Ann Follon F	19 Ponty Roadents	01:26:19	+ 25:20	31st Open	+ 25:20	
47	Em Beacham F	46 Mercia Ladies	01:26:51	+ 25:52	4th Lady	+ 9:53	
48	Chris Davies	50 Cogent	01:27:08	+ 26:09	7th Bus.	+ 12:37	
49	Gary Howe V	35 3M Gorseinon R.R. (Vets)	01:28:28	+ 27:29	7th Vet.	+ 17:48	
50	Robert Evans V	02 Brackla Harriers	01:33:46	+ 32:47	32nd Open	+ 32:47	
51	Lorraine McDonagh F	15 Mornington Chasers	01:34:00	+ 33:01	33rd Open	+ 33:01	
52	Jeff Adlam V	01 3M Gorseinon RR	01:34:54	+ 33:55	34th Open	+ 33:55	
53	Julie Arrowsmith V	40 Serpentine (Vets)	01:44:16	+ 43:17	8th Vet.	+ 33:36	
54	No Runner Declared	21 Prestatyn RC	02:01:00	+ 60:01	35th Open	+ 60:01	

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Welsh Castles Relay 2004

Final Results

Stage 15: Drovers to Brecon

Distance: 12.4 Record: 61:15 (1994)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Dave Patrick	20 Poole Runners	01:09:29		1st Open		Overall
02	Nick Malynn	29 Thames Hare & Hounds	01:09:40	+ 0:11	2nd Open	+ 0:11	
03	Geraint Lewis	03 Bridgend AC	01:10:45	+ 1:16	3rd Open	+ 1:16	
04	Steve Spence	33 Wirral A.C.	01:11:55	+ 2:26	4th Open	+ 2:26	
05	Bill Eadie	17 North Fylde AC	01:13:40	+ 4:11	5th Open	+ 4:11	
06	Lloyd Ifan V	41 Swansea Harriers (Vets)	01:14:24	+ 4:55	1st Vet.		Vet
07	Jeff Davies V	19 Ponty Roadents	01:15:06	+ 5:37	6th Open	+ 5:37	
08	A Brocklehurst V	39 Middleton Harriers (Vets)	01:16:09	+ 6:40	2nd Vet.	+ 1:45	
09	Tiarnan O'Cleirigh	09 Dulwich Runners	01:16:17	+ 6:48	7th Open	+ 6:48	
10	David Coles V	11 Les Croupiers RC	01:16:35	+ 7:06	8th Open	+ 7:06	
11	Chris Paul V	22 Salford Harriers	01:16:49	+ 7:20	9th Open	+ 7:20	
12	G Thomas	16 Neath Harriers	01:17:10	+ 7:41	10th Open	+ 7:41	
13	Helen Yule F V	12 Llisbury Runners	01:18:00	+ 8:31	11th Open	+ 8:31	Female
14	Dave Hoddell V	08 Clevedon AC	01:19:12	+ 9:43	12th Open	+ 9:43	
15	Derek Rainbird V	23 San Domenico / Club 69	01:20:07	+ 10:38	13th Open	+ 10:38	
16	Malcolm Green	32 Winchester & Dist. A.C.	01:20:10	+ 10:41	14th Open	+ 10:41	
17	Mark Caldecourt	26 Stragglers	01:20:23	+ 10:54	15th Open	+ 10:54	
18	Leslie Cherrington V	43 Thames Hare & Hounds (Vets)	01:20:34	+ 11:05	3rd Vet.	+ 6:10	
19	Ben Farag V	38 Les Croupiers (Vets)	01:20:50	+ 11:21	4th Vet.	+ 6:26	
20	Marc Cashmore	24 Serpentine RC	01:21:17	+ 11:48	16th Open	+ 11:48	
21	Sarah Urwin-Mann F	44 City of Bath (Ladies)	01:21:31	+ 12:02	1st Lady		
22	Paul Harris	51 Corus Strip Products	01:21:53	+ 12:24	1st Bus.		
23	Sepanta Dorri F	47 Serpentine RC (Ladies)	01:22:17	+ 12:48	2nd Lady	+ 0:46	
24	Mike Clark V	31 Westbury Harriers	01:23:02	+ 13:33	17th Open	+ 13:33	
25	Dave Adams	06 Cheltenham Harriers	01:23:45	+ 14:16	18th Open	+ 14:16	
26	Veronica Singleton F V	45 Les Croupiers (Ladies)	01:25:28	+ 15:59	3rd Lady	+ 3:57	
27	Mark Scrutton V	53 Hearty Sloggers	01:26:31	+ 17:02	2nd Bus.	+ 4:38	
28	Mark Midgely	30 Wesham Road Runners	01:26:51	+ 17:22	19th Open	+ 17:22	
29	Simon Richards V	10 Great Western Runners	01:27:06	+ 17:37	20th Open	+ 17:37	
30	Dave Durrant V	48 Air Products	01:28:25	+ 18:56	3rd Bus.	+ 6:32	
31	Mike Adams V	36 Bristol AC	01:29:27	+ 19:58	21st Open	+ 19:58	
32	Andy Mullett V	37 City of Bath (Vets)	01:29:34	+ 20:05	5th Vet.	+ 15:10	
33	Gordon Hardy V	04 Bromsgrove & Redditch AC	01:29:45	+ 20:16	22nd Open	+ 20:16	
34	N Oldham	13 Manchester YMCA Harriers	01:30:30	+ 21:01	23rd Open	+ 21:01	
35	Bill Scriven V	21 Prestatyn RC	01:31:32	+ 22:03	24th Open	+ 22:03	
36	Gareth Bellamy V	42 Telford Harriers (Vets)	01:32:01	+ 22:32	6th Vet.	+ 17:37	
37	Jodi Kamming F	15 Mornington Chasers	01:32:42	+ 23:13	25th Open	+ 23:13	
38	Phil Tandy V	49 Atradius Nomads	01:33:00	+ 23:31	4th Bus.	+ 11:07	
39	Mike Ridout V	02 Brackla Harriers	01:33:37	+ 24:08	26th Open	+ 24:08	
40	Dennis Vallance V	34 Wrexham A.C.	01:35:47	+ 26:18	27th Open	+ 26:18	
41	G Phillips F V	25 Sospan Road Runners	01:36:05	+ 26:36	28th Open	+ 26:36	
42	Elfed Joseph V	01 3M Gorseinon RR	01:38:30	+ 29:01	29th Open	+ 29:01	
43	Jennie Parker F	05 C.S.A. Wanderers	01:38:43	+ 29:14	30th Open	+ 29:14	
44	Steve Cray V	18 Penarth & Dinas	01:39:09	+ 29:40	31st Open	+ 29:40	
45	Beate Vogt F V	40 Serpentine (Vets)	01:41:14	+ 31:45	7th Vet.	+ 26:50	
46	Adrian Varney V	28 T.R.O.T.S.	01:42:05	+ 32:36	32nd Open	+ 32:36	
47	Chris Booth V	52 Environment Agency	01:42:16	+ 32:47	5th Bus.	+ 20:23	
48	T Hollins F V	14 Middleton Harriers	01:43:02	+ 33:33	33rd Open	+ 33:33	
49	Andrew Lewis	54 South Wales Police	01:45:05	+ 35:36	6th Bus.	+ 23:12	
50	Pauline Dable F V	46 Mercia Ladies	01:45:28	+ 35:59	4th Lady	+ 23:57	
51	Rod Morgan V	35 3M Gorseinon R.R. (Vets)	01:46:25	+ 36:56	8th Vet.	+ 32:01	
52	Paul Newbould V	27 Stroud & District AC	01:51:18	+ 41:49	34th Open	+ 41:49	
53	Terry Jennings	07 City of Bath AC	01:52:29	+ 43:00	35th Open	+ 43:00	
54	Stuart Williams	50 Cogent	01:56:28	+ 46:59	7th Bus.	+ 34:35	

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Welsh Castles Relay 2004

Final Results

Stage 16: Brecon to Beacons

Distance: 8.8 Record: 44:35 (1988)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st Overall
01	Andy Weir	29 Thames Hare & Hounds	49:38		1st Open		Overall
02	Christopher Blackburn	24 Serpentine RC	51:17	+ 1:39	2nd Open	+ 1:39	
03	Carl Hardman	22 Salford Harriers	51:20	+ 1:42	3rd Open	+ 1:42	
04	Jason Perry	32 Winchester & Dist. A.C.	54:01	+ 4:23	4th Open	+ 4:23	
05	Phil Jones	16 Neath Harriers	55:20	+ 5:42	5th Open	+ 5:42	
06	Peter Kellam	11 Les Croupiers RC	55:43	+ 6:05	6th Open	+ 6:05	
07	Nick Hume V	17 North Fylde AC	56:06	+ 6:28	7th Open	+ 6:28	Vet
08	Pete Kilgallon V	33 Wirral A.C.	56:49	+ 7:11	8th Open	+ 7:11	
09	Phil Scarr	04 Bromsgrove & Redditch AC	57:08	+ 7:30	9th Open	+ 7:30	
10	Steve Williams V	51 Corus Strip Products	57:31	+ 7:53	1st Bus.		
11	Davies Alan V	41 Swansea Harriers (Vets)	58:21	+ 8:43	1st Vet.		
12	Jason Williams	08 Clevedon AC	58:54	+ 9:16	10th Open	+ 9:16	
13	Dan Booth	07 City of Bath AC	59:46	+ 10:08	11th Open	+ 10:08	
14	Dave Rantell	06 Cheltenham Harriers	01:00:16	+ 10:38	12th Open	+ 10:38	
15	Gary White V	20 Poole Runners	01:00:23	+ 10:45	13th Open	+ 10:45	
16	Neil Miller V	31 Westbury Harriers	01:00:29	+ 10:51	14th Open	+ 10:51	
17	J Sproson V	39 Middleton Harriers (Vets)	01:00:49	+ 11:11	2nd Vet.	+ 2:28	
18	Mike Thompson V	37 City of Bath (Vets)	01:02:18	+ 12:40	3rd Vet.	+ 3:57	
19	John Thorpe	10 Great Western Runners	01:02:31	+ 12:53	15th Open	+ 12:53	
20	Clive Osmond V	38 Les Croupiers (Vets)	01:02:35	+ 12:57	4th Vet.	+ 4:14	
21	Brett Sadler V	36 Bristol AC	01:02:49	+ 13:11	16th Open	+ 13:11	
22	George Kennedy V	30 Wesham Road Runners	01:03:27	+ 13:49	17th Open	+ 13:49	
23	Robert Wilcox	18 Penarth & Dinas	01:03:56	+ 14:18	18th Open	+ 14:18	
24	Mike Anthony V	12 Lliswerry Runners	01:04:53	+ 15:15	19th Open	+ 15:15	
25	Tim Barclay	26 Stragglers	01:05:04	+ 15:26	20th Open	+ 15:26	
26	R Carter V	13 Manchester YMCA Harriers	01:05:30	+ 15:52	21st Open	+ 15:52	
27	Andy Murray V	49 Atradius Nomads	01:05:41	+ 16:03	2nd Bus.	+ 8:10	
28	Bill Desmond V	48 Air Products	01:05:55	+ 16:17	3rd Bus.	+ 8:24	
29	M Jones V	25 Sospan Road Runners	01:06:08	+ 16:30	22nd Open	+ 16:30	
30	John Carpinini	54 South Wales Police	01:06:10	+ 16:32	4th Bus.	+ 8:39	
31	Tim Williams V	23 San Domenico / Club 69	01:06:20	+ 16:42	23rd Open	+ 16:42	
32	Alan Gibbons V	43 Thames Hare & Hounds (Vets)	01:06:26	+ 16:48	5th Vet.	+ 8:05	
33	Paul Ford	02 Brackla Harriers	01:06:59	+ 17:21	24th Open	+ 17:21	
34	Nia Parry F	47 Serpentine RC (Ladies)	01:07:02	+ 17:24	1st Lady		Female
35	Dave West V	09 Dulwich Runners	01:07:15	+ 17:37	25th Open	+ 17:37	
36	Andrew Hitchings	52 Environment Agency	01:07:18	+ 17:40	5th Bus.	+ 9:47	
37	Fiona Davies F V	03 Bridgend AC	01:07:45	+ 18:07	26th Open	+ 18:07	
38	Steve Hatfield V	21 Prestatyn RC	01:07:52	+ 18:14	27th Open	+ 18:14	
39	Steve Bendle V	35 3M Gorseinon R.R. (Vets)	01:08:04	+ 18:26	6th Vet.	+ 9:43	
40	Gareth Jones	05 C.S.A. Wanderers	01:09:46	+ 20:08	28th Open	+ 20:08	
41	Andrew Davies V	19 Ponty Roadents	01:10:36	+ 20:58	29th Open	+ 20:58	
42	Gareth Brown V	01 3M Gorseinon RR	01:11:19	+ 21:41	30th Open	+ 21:41	
43	Jason Parker	53 Hearty Sloggers	01:11:48	+ 22:10	6th Bus.	+ 14:17	
44	Liz Clarke F V	45 Les Croupiers (Ladies)	01:12:19	+ 22:41	2nd Lady	+ 5:17	
45	Nick Gwynne	28 T.R.O.T.S.	01:12:49	+ 23:11	31st Open	+ 23:11	
46	Craig Walker V	15 Mornington Chasers	01:13:01	+ 23:23	32nd Open	+ 23:23	
47	P Hollins V	14 Middleton Harriers	01:15:16	+ 25:38	33rd Open	+ 25:38	
48	Keith Mills V	34 Wrexham A.C.	01:15:39	+ 26:01	34th Open	+ 26:01	
49	Jean Turner F V	42 Telford Harriers (Vets)	01:16:40	+ 27:02	7th Vet.	+ 18:19	
50	Lisa Bennett F	44 City of Bath (Ladies)	01:17:16	+ 27:38	3rd Lady	+ 10:14	
51	Jo Welsh F V	46 Mercia Ladies	01:17:30	+ 27:52	4th Lady	+ 10:28	
52	Terry Hefferman V	27 Stroud & District AC	01:21:24	+ 31:46	35th Open	+ 31:46	
53	Sid Wills V	40 Serpentine (Vets)	01:28:00	+ 38:22	8th Vet.	+ 29:39	
=	Dale Collins	50 Cogent	01:28:00	+ 38:22	7th Bus.	+ 30:29	

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Welsh Castles Relay 2004

Final Results

Stage 17: Beacons to Rhyd-y-Car

Distance: 10.8 Record: 55:59 (2003)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Alun Johns	29 Thames Hare & Hounds	01:01:43		1st Open		Overall
02	Sandy Johnston V	11 Les Croupiers RC	01:03:42	+ 1:59	2nd Open	+ 1:59	Vet
03	Dave Cartwright V	20 Poole Runners	01:04:23	+ 2:40	3rd Open	+ 2:40	
04	Paul Howarth	33 Wirral A.C.	01:04:53	+ 3:10	4th Open	+ 3:10	
05	L Copp F V	16 Neath Harriers	01:07:17	+ 5:34	5th Open	+ 5:34	Female
06	Lewis Owen V	41 Swansea Harriers (Vets)	01:07:47	+ 6:04	1st Vet.		
07	David Mortimer V	36 Bristol AC	01:09:21	+ 7:38	6th Open	+ 7:38	
08	Mark Graham	04 Bromsgrove & Redditch AC	01:10:03	+ 8:20	7th Open	+ 8:20	
09	Gary Powell	08 Clevedon AC	01:11:30	+ 9:47	8th Open	+ 9:47	
10	Jim Desmond	26 Stragglers	01:11:34	+ 9:51	9th Open	+ 9:51	
11	Alan Walton	23 San Domenico / Club 69	01:12:43	+ 11:00	10th Open	+ 11:00	
12	Mike Davies V	38 Les Croupiers (Vets)	01:12:58	+ 11:15	2nd Vet.	+ 5:11	
13	John Poston V	51 Corus Strip Products	01:13:28	+ 11:45	1st Bus.		
14	Marie-Aline Perrier F	47 Serpentine RC (Ladies)	01:14:47	+ 13:04	1st Lady		
15	Clive Attwood V	31 Westbury Harriers	01:15:46	+ 14:03	11th Open	+ 14:03	
16	Edwina Turner F V	45 Les Croupiers (Ladies)	01:17:10	+ 15:27	2nd Lady	+ 2:23	
17	Tony Sharp	32 Winchester & Dist. A.C.	01:17:36	+ 15:53	12th Open	+ 15:53	
18	Charles Lescott	24 Serpentine RC	01:17:40	+ 15:57	13th Open	+ 15:57	
19	Sid Sacks V	22 Salford Harriers	01:17:41	+ 15:58	14th Open	+ 15:58	
=	Robert Jones	34 Wrexham A.C.	01:17:41	+ 15:58	15th Open	+ 15:58	
21	Mark Robbins	50 Cogent	01:18:59	+ 17:16	2nd Bus.	+ 5:31	
22	Andrew Dix	07 City of Bath AC	01:20:13	+ 18:30	16th Open	+ 18:30	
23	Mike Dodds V	09 Dulwich Runners	01:20:33	+ 18:50	17th Open	+ 18:50	
24	Andy Johnson V	12 Lliswerry Runners	01:20:55	+ 19:12	18th Open	+ 19:12	
25	Michael Johnson V	43 Thames Hare & Hounds (Vets)	01:21:12	+ 19:29	3rd Vet.	+ 13:25	
26	Dean Reidy	15 Mornington Chasers	01:22:19	+ 20:36	19th Open	+ 20:36	
27	Craig Dawson	52 Environment Agency	01:23:32	+ 21:49	3rd Bus.	+ 10:04	
28	Brenda Tiedtke F V	21 Prestatyn RC	01:24:13	+ 22:30	20th Open	+ 22:30	
29	Julie Cruse F V	17 North Fylde AC	01:25:00	+ 23:17	21st Open	+ 23:17	
30	Paul Carter	30 Wesham Road Runners	01:26:00	+ 24:17	22nd Open	+ 24:17	
31	Iain Morgan	10 Great Western Runners	01:26:04	+ 24:21	23rd Open	+ 24:21	
32	Jane Parsons F V	46 Mercia Ladies	01:26:32	+ 24:49	3rd Lady	+ 11:45	
33	Paul Ealey V	37 City of Bath (Vets)	01:26:58	+ 25:15	4th Vet.	+ 19:11	
34	P Taylor V	39 Middleton Harriers (Vets)	01:27:37	+ 25:54	5th Vet.	+ 19:50	
35	Louise Newman F V	06 Cheltenham Harriers	01:28:27	+ 26:44	24th Open	+ 26:44	
36	Phil Norris V	19 Ponty Roadents	01:28:47	+ 27:04	25th Open	+ 27:04	
37	Eddie Locke V	03 Bridgend AC	01:29:16	+ 27:33	26th Open	+ 27:33	
38	Lon Morgan F V	28 T.R.O.T.S.	01:29:42	+ 27:59	27th Open	+ 27:59	
39	Janet Jones F	05 C.S.A. Wanderers	01:30:02	+ 28:19	28th Open	+ 28:19	
40	Anna Helsing F V	18 Penarth & Dinas	01:32:06	+ 30:23	29th Open	+ 30:23	
41	Rose Niland F V	27 Stroud & District AC	01:32:27	+ 30:44	30th Open	+ 30:44	
42	Nicola Mullins F	54 South Wales Police	01:34:02	+ 32:19	4th Bus.	+ 20:34	
43	R Hare F V	14 Middleton Harriers	01:34:40	+ 32:57	31st Open	+ 32:57	
44	Marianne Morris F V	40 Serpentine (Vets)	01:34:45	+ 33:02	6th Vet.	+ 26:58	
45	M Fincher	25 Sospan Road Runners	01:34:48	+ 33:05	32nd Open	+ 33:05	
46	Linda Hutchinson F V	01 3M Gorseinon RR	01:34:54	+ 33:11	33rd Open	+ 33:11	
47	C Bond F V	13 Manchester YMCA Harriers	01:37:21	+ 35:38	34th Open	+ 35:38	
48	Phil Brackpool V	48 Air Products	01:40:02	+ 38:19	5th Bus.	+ 26:34	
49	Cathy McCarthy F V	44 City of Bath (Ladies)	01:42:00	+ 40:17	4th Lady	+ 27:13	
50	Avril Brown F V	02 Brackla Harriers	01:42:48	+ 41:05	35th Open	+ 41:05	
51	Daron Windle V	42 Telford Harriers (Vets)	01:42:55	+ 41:12	7th Vet.	+ 35:08	
52	Diane Connor F V	35 3M Gorseinon R.R. (Vets)	01:48:00	+ 46:17	8th Vet.	+ 40:13	
=	Francine Duke F	49 Atradius Nomads	01:48:00	+ 46:17	6th Bus.	+ 34:32	
=	Andy Tometzki V	53 Hearty Sloggers	01:48:00	+ 46:17	7th Bus.	+ 34:32	

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Welsh Castles Relay 2004

Final Results

Stage 18: Rhyd-y-Car to Abercynon

Distance: 9.1 Record: 50:31 (2003)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Leon Foster	33 Wirral A.C.	54:57		1st Open		Overall
02	Charley Coffey F	31 Westbury Harriers	57:11	+ 2:14	2nd Open	+ 2:14	Female
03	Steve Hale V	37 City of Bath (Vets)	57:20	+ 2:23	1st Vet.		Vet
04	Jeremy Hogan V	36 Bristol AC	57:35	+ 2:38	3rd Open	+ 2:38	
05	Rob Sage	11 Les Croupiers RC	57:36	+ 2:39	4th Open	+ 2:39	
06	Declan Flynn V	26 Stragglers	57:57	+ 3:00	5th Open	+ 3:00	
07	L Sandham	16 Neath Harriers	58:10	+ 3:13	6th Open	+ 3:13	
08	Matt Bryant	29 Thames Hare & Hounds	59:06	+ 4:09	7th Open	+ 4:09	
09	Rimmer Mike V	41 Swansea Harriers (Vets)	59:39	+ 4:42	2nd Vet.	+ 2:19	
10	Ann Evans F V	19 Ponty Roadents	01:00:15	+ 5:18	8th Open	+ 5:18	
11	Phil Anderson V	04 Bromsgrove & Redditch AC	01:00:55	+ 5:58	9th Open	+ 5:58	
12	Steve Davies	51 Corus Strip Products	01:02:48	+ 7:51	1st Bus.		
13	Mike Solomon V	08 Clevedon AC	01:03:31	+ 8:34	10th Open	+ 8:34	
14	Mark Dunscombe V	05 C.S.A. Wanderers	01:03:53	+ 8:56	11th Open	+ 8:56	
15	Mike Murphy V	38 Les Croupiers (Vets)	01:04:10	+ 9:13	3rd Vet.	+ 6:50	
16	Mark Tiller V	20 Poole Runners	01:05:26	+ 10:29	12th Open	+ 10:29	
17	Jacqueline Brace F V	03 Bridgend AC	01:06:37	+ 11:40	13th Open	+ 11:40	
18	Michaela Dempsey F	30 Wesham Road Runners	01:06:45	+ 11:48	14th Open	+ 11:48	
19	Michael Bull V	10 Great Western Runners	01:06:50	+ 11:53	15th Open	+ 11:53	
20	Heidi Williams F	45 Les Croupiers (Ladies)	01:07:21	+ 12:24	1st Lady		
21	Jeanette Malin F V	46 Mercia Ladies	01:07:59	+ 13:02	2nd Lady	+ 0:38	
22	P Cambridge V	39 Middleton Harriers (Vets)	01:08:04	+ 13:07	4th Vet.	+ 10:44	
23	Anthony Alexander	24 Serpentine RC	01:08:07	+ 13:10	16th Open	+ 13:10	
24	Martin Morley V	09 Dulwich Runners	01:09:06	+ 14:09	17th Open	+ 14:09	
25	Dave Wood V	17 North Fylde AC	01:09:09	+ 14:12	18th Open	+ 14:12	
26	David Greaves	54 South Wales Police	01:10:04	+ 15:07	2nd Bus.	+ 7:16	
27	Robin Lyddon	32 Winchester & Dist. A.C.	01:10:25	+ 15:28	19th Open	+ 15:28	
28	Michael Bostelmann V	43 Thames Hare & Hounds (Vets)	01:10:36	+ 15:39	5th Vet.	+ 13:16	
29	Debbie Williams F V	18 Penarth & Dinas	01:11:19	+ 16:22	20th Open	+ 16:22	
30	Paula Sadler F	47 Serpentine RC (Ladies)	01:11:58	+ 17:01	3rd Lady	+ 4:37	
31	Glyn Williams V	35 3M Gorseinon R.R. (Vets)	01:12:40	+ 17:43	6th Vet.	+ 15:20	
32	John Nodder V	15 Mornington Chasers	01:13:00	+ 18:03	21st Open	+ 18:03	
33	Shan Jones F V	02 Brackla Harriers	01:13:09	+ 18:12	22nd Open	+ 18:12	
34	Robin Parsons V	12 Llisbury Runners	01:13:24	+ 18:27	23rd Open	+ 18:27	
35	Glenda Davies F V	21 Prestatyn RC	01:14:08	+ 19:11	24th Open	+ 19:11	
36	Andy Towell V	22 Salford Harriers	01:14:55	+ 19:58	25th Open	+ 19:58	
37	Neil Murphy V	48 Air Products	01:15:29	+ 20:32	3rd Bus.	+ 12:41	
38	Ken Brown V	27 Stroud & District AC	01:15:50	+ 20:53	26th Open	+ 20:53	
39	Anne Jones F V	34 Wrexham A.C.	01:16:10	+ 21:13	27th Open	+ 21:13	
40	Alex Austin	49 Atradius Nomads	01:16:30	+ 21:33	4th Bus.	+ 13:42	
41	John Strange V	42 Telford Harriers (Vets)	01:16:42	+ 21:45	7th Vet.	+ 19:22	
42	Jim Coates	06 Cheltenham Harriers	01:17:02	+ 22:05	28th Open	+ 22:05	
43	Tanis Hands F V	28 T.R.O.T.S.	01:17:37	+ 22:40	29th Open	+ 22:40	
44	T Gasser	25 Sospan Road Runners	01:18:11	+ 23:14	30th Open	+ 23:14	
45	E Buckley F	14 Middleton Harriers	01:18:17	+ 23:20	31st Open	+ 23:20	
46	Paul Wells	52 Environment Agency	01:20:28	+ 25:31	5th Bus.	+ 17:40	
47	Rachel Clement F	01 3M Gorseinon RR	01:22:35	+ 27:38	32nd Open	+ 27:38	
48	Helen Acosta F V	44 City of Bath (Ladies)	01:23:43	+ 28:46	4th Lady	+ 16:22	
49	K Farrell F V	13 Manchester YMCA Harriers	01:23:48	+ 28:51	33rd Open	+ 28:51	
50	Clare Green F	23 San Domenico / Club 69	01:25:25	+ 30:28	34th Open	+ 30:28	
51	Sally Driver F	07 City of Bath AC	01:31:00	+ 36:03	35th Open	+ 36:03	
=	Ros Young F V	40 Serpentine (Vets)	01:31:00	+ 36:03	8th Vet.	+ 33:40	
=	Martin Allum	50 Cogent	01:31:00	+ 36:03	6th Bus.	+ 28:12	
=	Stella Stuart F	53 Hearty Sloggers	01:31:00	+ 36:03	7th Bus.	+ 28:12	

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Welsh Castles Relay 2004

Final Results

Stage 19: Abercynon to Caerphilly Distance: 10.4 Record: 62:07 (2002)

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Nic Janvier	02 Brackla Harriers	01:03:25		1st Open		Overall
02	Simon Everington	31 Westbury Harriers	01:04:24	+ 0:59	2nd Open	+ 0:59	
03	Mark Gilbertson	29 Thames Hare & Hounds	01:05:36	+ 2:11	3rd Open	+ 2:11	
04	Mark Hulmaston	33 Wirral A.C.	01:06:24	+ 2:59	4th Open	+ 2:59	
05	Alistair Adams	24 Serpentine RC	01:07:51	+ 4:26	5th Open	+ 4:26	
06	Oliver Thwaites	07 City of Bath AC	01:08:24	+ 4:59	6th Open	+ 4:59	
07	Kevin Wilkinson	23 San Domenico / Club 69	01:08:30	+ 5:05	7th Open	+ 5:05	
08	T Harries V	16 Neath Harriers	01:11:20	+ 7:55	8th Open	+ 7:55	Vet
09	Quinn Broadbent V	09 Dulwich Runners	01:11:49	+ 8:24	9th Open	+ 8:24	
10	Les Chapman	05 C.S.A. Wanderers	01:11:54	+ 8:29	10th Open	+ 8:29	
11	Christine Thomas F V	20 Poole Runners	01:12:53	+ 9:28	11th Open	+ 9:28	Female
12	Matt Townsend	11 Les Croupiers RC	01:13:02	+ 9:37	12th Open	+ 9:37	
13	John Diffey	54 South Wales Police	01:13:37	+ 10:12	1st Bus.		
14	Malcolm Adams V	28 T.R.O.T.S.	01:14:19	+ 10:54	13th Open	+ 10:54	
15	Dave Jones V	21 Prestatyn RC	01:14:47	+ 11:22	14th Open	+ 11:22	
16	Paul Atkins	04 Bromsgrove & Redditch AC	01:14:54	+ 11:29	15th Open	+ 11:29	
17	Neil Wallace V	08 Clevedon AC	01:15:18	+ 11:53	16th Open	+ 11:53	
18	Richard Webster V	35 3M Gorseinon R.R. (Vets)	01:15:57	+ 12:32	1st Vet.		
19	Steve Myerscough	30 Wesham Road Runners	01:16:16	+ 12:51	17th Open	+ 12:51	
20	Helen Tucker F	03 Bridgend AC	01:16:20	+ 12:55	18th Open	+ 12:55	
21	Nigel Barker V	10 Great Western Runners	01:16:36	+ 13:11	19th Open	+ 13:11	
22	Noel Thompson V	41 Swansea Harriers (Vets)	01:16:49	+ 13:24	2nd Vet.	+ 0:52	
23	Neil Chipper V	12 Lliswerry Runners	01:17:59	+ 14:34	20th Open	+ 14:34	
24	John Wilson V	18 Penarth & Dinas	01:18:37	+ 15:12	21st Open	+ 15:12	
25	Graeme Donnan V	38 Les Croupiers (Vets)	01:18:38	+ 15:13	3rd Vet.	+ 2:41	
26	Peter Barratt	48 Air Products	01:19:08	+ 15:43	2nd Bus.	+ 5:31	
27	Mark Thomas V	26 Stragglers	01:19:49	+ 16:24	22nd Open	+ 16:24	
28	Steve Jones	34 Wrexham A.C.	01:20:10	+ 16:45	23rd Open	+ 16:45	
29	Sarah Edmunds F	47 Serpentine RC (Ladies)	01:20:17	+ 16:52	1st Lady		
30	Karen Hazlitt F	32 Winchester & Dist. A.C.	01:20:19	+ 16:54	24th Open	+ 16:54	
31	Arjo Van Vliet	06 Cheltenham Harriers	01:20:20	+ 16:55	25th Open	+ 16:55	
32	Owen Morris	51 Corus Strip Products	01:20:21	+ 16:56	3rd Bus.	+ 6:44	
33	Peter Jones V	42 Telford Harriers (Vets)	01:20:25	+ 17:00	4th Vet.	+ 4:28	
34	Chris Slowley V	36 Bristol AC	01:22:28	+ 19:03	26th Open	+ 19:03	
35	Tim Harrison V	27 Stroud & District AC	01:22:48	+ 19:23	27th Open	+ 19:23	
36	Richard Crawley V	37 City of Bath (Vets)	01:23:47	+ 20:22	5th Vet.	+ 7:50	
37	Julie Norton F	15 Mornington Chasers	01:24:11	+ 20:46	28th Open	+ 20:46	
38	Vinnie Murphy V	22 Salford Harriers	01:25:12	+ 21:47	29th Open	+ 21:47	
39	Ros Edmonds	19 Ponty Roadents	01:25:48	+ 22:23	30th Open	+ 22:23	
40	Sue Lambert F V	40 Serpentine (Vets)	01:26:53	+ 23:28	6th Vet.	+ 10:56	
41	Gemma Ward F	45 Les Croupiers (Ladies)	01:27:16	+ 23:51	2nd Lady	+ 6:59	
42	D Hall V	39 Middleton Harriers (Vets)	01:27:50	+ 24:25	7th Vet.	+ 11:53	
43	A Clarke V	13 Manchester YMCA Harriers	01:28:57	+ 25:32	31st Open	+ 25:32	
44	M Hooper V	25 Sospan Road Runners	01:29:34	+ 26:09	32nd Open	+ 26:09	
45	Mike Walsh V	17 North Fylde AC	01:30:45	+ 27:20	33rd Open	+ 27:20	
46	C Brooks F V	14 Middleton Harriers	01:30:48	+ 27:23	34th Open	+ 27:23	
47	Lynda Keepen F V	44 City of Bath (Ladies)	01:32:36	+ 29:11	3rd Lady	+ 12:19	
48	Martin Oberhoff V	53 Hearty Sloggers	01:36:57	+ 33:32	4th Bus.	+ 23:20	
49	Tim Fanshawe	52 Environment Agency	01:37:36	+ 34:11	5th Bus.	+ 23:59	
50	Rebecca Clement F	01 3M Gorseinon RR	01:38:05	+ 34:40	35th Open	+ 34:40	
51	John Bryant V	43 Thames Hare & Hounds (Vets)	01:39:12	+ 35:47	8th Vet.	+ 23:15	
52	Gareth Lloyd	49 Atradius Nomads	01:39:21	+ 35:56	6th Bus.	+ 25:44	
53	Andrea Brown F V	46 Mercia Ladies	01:41:34	+ 38:09	4th Lady	+ 21:17	
54	Andy Greer	50 Cogent	01:44:00	+ 40:35	7th Bus.	+ 30:23	

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Welsh Castles Relay 2004

Final Results

Stage 20: Caerphilly to Cardiff

Distance: 10.4 No Record, New Stage

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader	Award for 1st
01	Martin Palmer	31 Westbury Harriers	56:55		1st Open		Overall
02	Darren Hiscox	03 Bridgend AC	59:52	+ 2:57	2nd Open	+ 2:57	
03	Ian Williams	28 T.R.O.T.S.	01:00:48	+ 3:53	3rd Open	+ 3:53	
04	Alex Rowe V	30 Wesham Road Runners	01:01:20	+ 4:25	4th Open	+ 4:25	Vet
05	Mike Grist V	20 Poole Runners	01:01:58	+ 5:03	5th Open	+ 5:03	
06	Alun Wood	02 Brackla Harriers	01:02:52	+ 5:57	6th Open	+ 5:57	
07	Andrew Doel	54 South Wales Police	01:03:41	+ 6:46	1st Bus.		
08	Lee Smith	12 Llswerry Runners	01:04:34	+ 7:39	7th Open	+ 7:39	
09	Colin Bailey-Wood V	09 Dulwich Runners	01:05:37	+ 8:42	8th Open	+ 8:42	
10	Justyn Rowley	08 Clevedon AC	01:05:52	+ 8:57	9th Open	+ 8:57	
11	Michaela McCallum F	32 Winchester & Dist. A.C.	01:06:13	+ 9:18	10th Open	+ 9:18	Female
12	Dave Headon V	11 Les Croupiers RC	01:06:22	+ 9:27	11th Open	+ 9:27	
13	Michael Chandler	19 Ponty Roadents	01:06:59	+ 10:04	12th Open	+ 10:04	
14	Osborne Peter V	41 Swansea Harriers (Vets)	01:07:38	+ 10:43	1st Vet.		
15	Iain Williams	16 Neath Harriers	01:08:31	+ 11:36	13th Open	+ 11:36	
16	Ed Catmur	29 Thames Hare & Hounds	01:08:33	+ 11:38	14th Open	+ 11:38	
17	Robin Kindersley V	40 Serpentine (Vets)	01:08:35	+ 11:40	2nd Vet.	+ 0:57	
18	Ian Spilsbury V	18 Penarth & Dinas	01:09:36	+ 12:41	15th Open	+ 12:41	
19	Mick Tabor V	49 Atradius Nomads	01:09:42	+ 12:47	2nd Bus.	+ 6:01	
20	Paul Fromme	24 Serpentine RC	01:09:49	+ 12:54	16th Open	+ 12:54	
21	Chris Cook	53 Hearty Sloggers	01:10:12	+ 13:17	3rd Bus.	+ 6:31	
22	David Miller V	38 Les Croupiers (Vets)	01:10:59	+ 14:04	3rd Vet.	+ 3:21	
23	Johan Barel	51 Corus Strip Products	01:11:08	+ 14:13	4th Bus.	+ 7:27	
24	Angela Sadler F V	06 Cheltenham Harriers	01:11:19	+ 14:24	17th Open	+ 14:24	
25	Mark Morris V	33 Wirral A.C.	01:11:49	+ 14:54	18th Open	+ 14:54	
26	Simon Brazil	26 Stragglers	01:11:53	+ 14:58	19th Open	+ 14:58	
27	Andrew Primrose V	42 Telford Harriers (Vets)	01:12:04	+ 15:09	4th Vet.	+ 4:26	
28	Nick Davis	52 Environment Agency	01:12:07	+ 15:12	5th Bus.	+ 8:26	
29	Mark Evans	05 C.S.A. Wanderers	01:12:14	+ 15:19	20th Open	+ 15:19	
30	Clive Rowland V	34 Wrexham A.C.	01:12:21	+ 15:26	21st Open	+ 15:26	
31	Dave Kesterton	04 Bromsgrove & Redditch AC	01:12:23	+ 15:28	22nd Open	+ 15:28	
32	Sian Monahan F V	36 Bristol AC	01:12:35	+ 15:40	23rd Open	+ 15:40	
33	Mike Jillians V	37 City of Bath (Vets)	01:12:46	+ 15:51	5th Vet.	+ 5:08	
34	Gary Milnes V	48 Air Products	01:13:00	+ 16:05	6th Bus.	+ 9:19	
35	Hugh Arnold V	43 Thames Hare & Hounds (Vets)	01:13:03	+ 16:08	6th Vet.	+ 5:25	
36	Dave Miliken	22 Salford Harriers	01:14:35	+ 17:40	24th Open	+ 17:40	
37	Simon Whittle	07 City of Bath AC	01:15:20	+ 18:25	25th Open	+ 18:25	
38	Graham Colvin V	35 3M Gorseinon R.R. (Vets)	01:15:24	+ 18:29	7th Vet.	+ 7:46	
39	Emma Castle F	10 Great Western Runners	01:15:42	+ 18:47	26th Open	+ 18:47	
40	Alan Pitt V	27 Stroud & District AC	01:16:47	+ 19:52	27th Open	+ 19:52	
41	Vicky Barrett F V	17 North Fylde AC	01:17:31	+ 20:36	28th Open	+ 20:36	
42	Alison Vagniaux F V	44 City of Bath (Ladies)	01:17:49	+ 20:54	1st Lady		
43	A Thomas	25 Sospan Road Runners	01:18:23	+ 21:28	29th Open	+ 21:28	
44	K Ogden V	39 Middleton Harriers (Vets)	01:19:19	+ 22:24	8th Vet.	+ 11:41	
45	Colin Rees V	23 San Domenico / Club 69	01:21:13	+ 24:18	30th Open	+ 24:18	
46	Robert Gardner	15 Mornington Chasers	01:21:28	+ 24:33	31st Open	+ 24:33	
47	Lynne Maughan F	47 Serpentine RC (Ladies)	01:22:53	+ 25:58	2nd Lady	+ 5:04	
48	Rosie Sturgess F	45 Les Croupiers (Ladies)	01:26:31	+ 29:36	3rd Lady	+ 8:42	
49	R Avenessian F	13 Manchester YMCA Harriers	01:29:42	+ 32:47	32nd Open	+ 32:47	
50	A Holmes F V	14 Middleton Harriers	01:32:04	+ 35:09	33rd Open	+ 35:09	
51	Paul Lewis	01 3M Gorseinon RR	01:32:22	+ 35:27	34th Open	+ 35:27	
52	Jane McNally F V	46 Mercia Ladies	01:36:07	+ 39:12	4th Lady	+ 18:18	
53	Russell Pope	50 Cogent	01:44:00	+ 47:05	7th Bus.	+ 40:19	
53	No Runner Declared	21 Prestatyn RC	01:59:00	+ 62:05	35th Open	+ 62:05	

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Welsh Castles Relay 2004

Final Results

Caernarfon to Cardiff - Distance : 210 miles.

Pos	Team	Time	Behind Leader	Class Posn.	Behind Leader
01	29 Thames Hare & Hounds	20:57:12		1st Open	
02	11 Les Croupiers RC	21:19:55	+ 22:43	2nd Open	+ 22:43
03	33 Wirral A.C.	21:32:54	+ 35:42	3rd Open	+ 35:42
04	16 Neath Harriers	22:01:48	+ 64:36	4th Open	+ 64:36
05	08 Clevedon AC	22:19:09	+ 81:57	5th Open	+ 81:57
06	03 Bridgend AC	22:37:04	+ 99:52	6th Open	+ 99:52
07	20 Poole Runners	23:03:12	+126:00	7th Open	+126:00
08	04 Bromsgrove & Redditch AC	23:14:33	+137:21	8th Open	+137:21
09	51 Corus Strip Products	23:17:41	+140:29	1st Bus.	
10	22 Salford Harriers	23:22:48	+145:36	9th Open	+145:36
11	31 Westbury Harriers	23:30:11	+152:59	10th Open	+152:59
12	32 Winchester & Dist. A.C.	23:31:52	+154:40	11th Open	+154:40
13	41 Swansea Harriers (Vets)	23:38:52	+161:40	1st Vet.	
14	36 Bristol AC	23:39:36	+162:24	12th Open	+162:24
15	26 Stragglers	23:41:14	+164:02	13th Open	+164:02
16	24 Serpentine RC	23:48:57	+171:45	14th Open	+171:45
17	23 San Domenico / Club 69	24:03:36	+186:24	15th Open	+186:24
18	38 Les Croupiers (Vets)	24:14:13	+197:01	2nd Vet.	+ 35:21
19	39 Middleton Harriers (Vets)	24:15:46	+198:34	3rd Vet.	+ 36:54
20	06 Cheltenham Harriers	24:28:52	+211:40	16th Open	+211:40
21	07 City of Bath AC	24:30:39	+213:27	17th Open	+213:27
22	37 City of Bath (Vets)	24:41:52	+224:40	4th Vet.	+ 63:00
23	30 Wesham Road Runners	24:45:39	+228:27	18th Open	+228:27
24	34 Wrexham A.C.	24:49:09	+231:57	19th Open	+231:57
25	09 Dulwich Runners	24:54:53	+237:41	20th Open	+237:41
26	19 Ponty Roadents	25:12:37	+255:25	21st Open	+255:25
27	17 North Fylde AC	25:13:37	+256:25	22nd Open	+256:25
28	12 Liswerry Runners	25:17:37	+260:25	23rd Open	+260:25
29	10 Great Western Runners	25:33:53	+276:41	24th Open	+276:41
30	47 Serpentine RC (Ladies)	25:44:57	+287:45	1st Lady	
31	27 Stroud & District AC	25:47:30	+290:18	25th Open	+290:18
32	42 Telford Harriers (Vets)	26:01:44	+304:32	5th Vet.	+142:52
33	02 Brackla Harriers	26:08:45	+311:33	26th Open	+311:33
34	48 Air Products	26:16:07	+318:55	2nd Bus.	+178:26
35	52 Environment Agency	26:19:27	+322:15	3rd Bus.	+181:46
36	28 T.R.O.T.S.	26:28:37	+331:25	27th Open	+331:25
37	45 Les Croupiers (Ladies)	26:30:45	+333:33	2nd Lady	+ 45:48
38	05 C.S.A. Wanderers	26:35:02	+337:50	28th Open	+337:50
39	49 Atradius Nomads	26:41:15	+344:03	4th Bus.	+203:34
40	43 Thames Hare & Hounds (Vets)	26:54:16	+357:04	6th Vet.	+195:24
41	21 Prestatyn RC	27:15:08	+377:56	29th Open	+377:56
42	54 South Wales Police	27:20:53	+383:41	5th Bus.	+243:12
43	13 Manchester YMCA Harriers	27:21:20	+384:08	30th Open	+384:08
44	15 Mornington Chasers	27:24:10	+386:58	31st Open	+386:58
45	18 Penarth & Dinas	27:28:14	+391:02	32nd Open	+391:02
46	44 City of Bath (Ladies)	27:32:27	+395:15	3rd Lady	+107:30
47	35 3M Gorseinon R.R. (Vets)	27:46:17	+409:05	7th Vet.	+247:25
48	14 Middleton Harriers	28:15:25	+438:13	33rd Open	+438:13
49	25 Sospan Road Runners	28:47:30	+470:18	34th Open	+470:18
50	01 3M Gorseinon RR	28:49:44	+472:32	35th Open	+472:32
51	46 Mercia Ladies	28:54:14	+477:02	4th Lady	+189:17
52	53 Hearty Sloggers	29:25:51	+508:39	6th Bus.	+368:10
53	40 Serpentine (Vets)	29:26:40	+509:28	8th Vet.	+347:48
54	50 Cogent	29:52:18	+535:06	7th Bus.	+394:37

Welsh Castles Relay 2004

Final Results

Kings of the mountains after 6 Mountainous Stages.

Pos	Team	Stage 3	Stage 7	Stage 10	Stage 11	Stage 14	Stage 16	Totals	
01	29 Thames Hare & Hounds	01:03:47	00:55:21	01:13:30	01:12:36	01:00:59	00:49:38	06:15:51	
02	11 Les Croupiers RC	01:08:11	00:55:06	01:14:00	01:09:31	01:09:00	00:55:43	06:31:31	+ 15:40
03	08 Clevedon AC	01:10:44	00:59:15	01:17:22	01:11:25	01:08:27	00:58:54	06:46:07	+ 30:16
04	16 Neath Harriers	01:11:37	01:03:46	01:19:01	01:10:08	01:13:54	00:55:20	06:53:46	+ 37:55
05	51 Corus Strip Products	01:08:05	00:59:31	01:25:17	01:07:34	01:17:16	00:57:31	06:55:14	+ 39:23
06	03 Bridgend AC	01:13:00	01:02:47	01:14:07	01:16:53	01:03:59	01:07:45	06:58:31	+ 42:40
07	24 Serpentine RC	01:15:54	01:02:24	01:26:48	01:13:18	01:13:20	00:51:17	07:03:01	+ 47:10
08	33 Wirral A.C.	01:15:02	01:07:14	01:20:12	01:16:46	01:09:45	00:56:49	07:05:48	+ 49:57
09	22 Salford Harriers	01:19:03	00:57:49	01:21:52	01:26:16	01:10:55	00:51:20	07:07:15	+ 51:24
10	17 North Fylde AC	01:15:47	01:05:57	01:20:13	01:17:11	01:16:46	00:56:06	07:12:00	+ 56:09
11	52 Environment Agency	01:03:53	01:02:30	01:18:23	01:26:27	01:14:31	01:07:18	07:13:02	+ 57:11
12	31 Westbury Harriers	01:22:27	01:08:33	01:16:36	01:13:57	01:12:00	01:00:29	07:14:02	+ 58:11
13	26 Stragglers	01:17:02	00:58:25	01:24:09	01:18:42	01:11:24	01:05:04	07:14:46	+ 58:55
14	06 Cheltenham Harriers	01:21:23	01:02:21	01:24:22	01:15:56	01:11:13	01:00:16	07:15:31	+ 59:40
15	20 Poole Runners	01:11:50	01:06:05	01:30:15	01:15:28	01:13:32	01:00:23	07:17:33	+ 61:42
16	04 Bromsgrove & Redditch AC	01:23:08	01:05:39	01:35:08	01:10:41	01:07:07	00:57:08	07:18:51	+ 63:00
17	32 Winchester & Dist. A.C.	01:22:34	01:08:32	01:30:01	01:11:06	01:16:19	00:54:01	07:22:33	+ 66:42
18	36 Bristol AC	01:06:35	01:11:59	01:24:58	01:23:04	01:17:22	01:02:49	07:26:47	+ 70:56
19	12 Llisbury Runners	01:24:34	01:01:57	01:20:27	01:23:56	01:14:02	01:04:53	07:29:49	+ 73:58
20	07 City of Bath AC	01:18:52	01:13:31	01:26:26	01:12:35	01:22:43	00:59:46	07:33:53	+ 78:02
21	49 Atradius Nomads	01:14:23	01:14:25	01:23:24	01:15:25	01:21:11	01:05:41	07:34:29	+ 78:38
22	27 Stroud & District AC	01:09:43	01:00:12	01:39:50	01:12:12	01:15:43	01:21:24	07:39:04	+ 83:13
23	23 San Domenico / Club 69	01:19:06	01:06:14	01:31:02	01:24:03	01:15:05	01:06:20	07:41:50	+ 85:59
24	30 Wesham Road Runners	01:14:16	01:08:54	01:26:45	01:35:22	01:18:10	01:03:27	07:46:54	+ 91:03
25	34 Wrexham A.C.	01:11:17	01:20:23	01:24:41	01:32:05	01:05:56	01:15:39	07:50:01	+ 94:10
26	14 Middleton Harriers	01:18:28	01:03:35	01:28:17	01:32:19	01:14:57	01:15:16	07:52:52	+ 97:01
27	05 C.S.A. Wanderers	01:21:32	01:03:50	01:30:30	01:36:01	01:12:56	01:09:46	07:54:35	+ 98:44
28	09 Dulwich Runners	01:20:53	01:04:29	01:21:36	01:43:54	01:20:45	01:07:15	07:58:52	+103:01
29	48 Air Products	01:24:31	01:07:45	01:27:49	01:31:46	01:25:33	01:05:55	08:03:19	+107:28
30	10 Great Western Runners	01:29:32	01:08:04	01:35:23	01:26:44	01:22:36	01:02:31	08:04:50	+108:59
31	54 South Wales Police	01:19:31	01:08:24	01:40:20	01:34:24	01:25:59	01:06:10	08:14:48	+118:57
32	18 Penarth & Dinas	01:46:00	01:09:53	01:37:36	01:27:09	01:11:19	01:03:56	08:15:53	+120:02
33	19 Ponty Roadents	01:22:32	01:10:19	01:35:49	01:33:12	01:26:19	01:10:36	08:18:47	+122:56
34	28 T.R.O.T.S.	01:31:36	01:15:58	01:28:24	01:41:58	01:08:44	01:12:49	08:19:29	+123:38
35	13 Manchester YMCA Harriers	01:25:46	01:22:23	01:42:10	01:29:15	01:18:36	01:05:30	08:23:40	+127:49
36	01 3M Gorseinon RR	01:27:46	01:17:58	01:34:51	01:22:20	01:34:54	01:11:19	08:29:08	+133:17
37	02 Brackla Harriers	01:11:53	01:21:23	01:46:15	01:31:00	01:33:46	01:06:59	08:31:16	+135:25
38	21 Prestatyn RC	01:19:47	01:12:17	01:32:43	01:35:08	02:01:00	01:07:52	08:48:47	+152:56
39	25 Sospan Road Runners	01:49:18	01:12:53	01:36:38	01:45:15	01:19:50	01:06:08	08:50:02	+154:11
40	15 Mornington Chasers	01:36:59	01:11:30	01:53:03	01:23:20	01:34:00	01:13:01	08:51:53	+156:02
41	53 Hearty Sloggers	01:46:00	01:28:02	01:44:53	01:19:28	01:21:49	01:11:48	08:52:00	+156:09
42	50 Cogent	01:35:53	01:21:17	01:52:38	01:48:30	01:27:08	01:28:00	09:33:26	+197:35

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Welsh Castles Relay 2004

Final Results

Monarchs of the mountains after 6 Mountainous Stages.

Pos	Team	Stage 3	Stage 7	Stage 10	Stage 11	Stage 14	Stage 16	Totals	
01	39 Middleton Harriers	01:14:55	01:06:13	01:29:32	01:13:30	01:16:23	01:00:49	07:21:22	
02	41 Swansea Harriers	01:28:58	01:04:47	01:27:52	01:17:07	01:10:40	00:58:21	07:27:45	+ 6:23
03	37 City of Bath	01:16:07	01:05:22	01:33:37	01:27:32	01:16:12	01:02:18	07:41:08	+ 19:46
04	38 Les Croupiers	01:21:59	01:10:02	01:36:29	01:22:36	01:20:20	01:02:35	07:54:01	+ 32:39
05	43 Thames Hare & Hounds	01:29:40	01:05:30	01:38:34	01:26:11	01:14:15	01:06:26	08:00:36	+ 39:14
06	42 Telford Harriers	01:32:05	01:17:57	01:29:04	01:25:19	01:24:26	01:16:40	08:25:31	+ 64:09
07	35 3M Gorseinon R.R.	01:34:56	01:17:54	01:36:08	01:50:50	01:28:28	01:08:04	08:56:20	+ 94:58
08	40 Serpentine	01:47:56	01:29:41	01:29:10	01:26:35	01:44:16	01:28:00	09:25:38	+124:16

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Welsh Castles Relay 2004

Final Results

Queens of the mountains after 6 Mountainous Stages.

Pos	Team	Stage 3	Stage 7	Stage 10	Stage 11	Stage 14	Stage 16	Totals	
01	47 Serpentine RC	01:21:39	01:11:07	01:20:10	01:24:23	01:24:33	01:07:02	07:48:54	
02	44 City of Bath	01:24:27	01:18:03	01:32:05	01:34:09	01:16:58	01:17:16	08:22:58	+ 34:04
03	45 Les Croupiers	01:33:39	01:15:02	01:39:44	01:27:58	01:20:54	01:12:19	08:29:36	+ 40:42
04	46 Mercia Ladies	01:27:49	01:16:15	01:38:54	01:35:53	01:26:51	01:17:30	08:43:12	+ 54:18

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