

The Asics Severn Trent Water Lake Vyrnwy Marathon at Lake Vyrnwy on Sunday 6th June 2004

Lake Vyrnwy - Welsh Men — FINAL RESULTS

Pos	Name	Club	Time
1	Steve Gilliland	V40 1 Bro Dysynni AC	2:55:39
2	Scott Howell	V40 2 Les Croupiers	3:06:52
3	Lyn Rees	V50 1 Sarn Helen AC	3:16:16
4	Glyn Pritchard	V55 1 Banbury Harriers	3:17:14
5	Gary Hyatt	V55 2 Les Croupiers	3:23:45
6	Michael Hodges	V45 1 Spa-Tans	3:39:09
7	Alan Lucas	V60 1 Abergele Harriers	3:43:10
8	Stephen Ward	V50 2 Abergele Harriers	5:11:08
9	Norman Connor	V70 1 NWRRC	5:16:57

Lake Vyrnwy - Welsh Men — TEAM RESULTS

No complete teams

Lake Vyrnwy - Welsh Ladies — FINAL RESULTS

Pos	Name	Club	Time
1	Ann Thomas	L35 1 TROTS	3:09:05
2	Margaret Hodges	L45 1 Spa-Tans	3:58:58
3	Kim Crocket	L45 2 Presteigne Pacers	4:52:01

Lake Vyrnwy - Welsh Ladies — TEAM RESULTS

No complete teams