

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

Lake Vyrnwy - Men — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time					
1	Richard Jones	V40 1	Telford AC	2:48:53	82	John Williams	V60 7	100 Marathon Club	3:46:19
2	Steve Gilliland	V40 2	Bro Dysynni AC	2:55:39	83	Vaughan Griffiths		Malwyn H & AC	3:46:34
3	PFieldingSmith		Beverley AC	2:57:36	84	Colin Longworth	V50 6	100 Marathon Club	3:47:11
4	David Meeson		Rothwell Harriers	2:58:00	85	Anthony Cotton	V65 1	BRJ Huntingdon	3:47:34
5	Ian James	V40 3	Unattached	2:58:26	86	Ray Hampton	V60 8	British Airways	3:47:57
6	Steve Babb		Newquay RR	2:58:57	87	Andrew Bickle	V45 13	Road Runners Club	3:48:39
7	Peter Sarson	V55 1	Stafford AC	3:02:33	88	Ian Herrington	V50 7	Larkfield AC	3:51:08
8	Richard Gurd	V40 4	Windle Valley AC	3:03:01	89	David Lewis	V45 14	Blackheath & Bromley	3:51:48
9	Jeremy Bragg		Unattached	3:03:39	90	Jun Mayhew	V40 19	Unattached	3:53:08
10	William Lloyd		Hereford Couriers	3:04:07	91	Warren D'rozario	V45 15	Sandwell Valley RC	3:54:54
11	Terry Epps	V45 1	Wymondham AC	3:06:31	92	Peter Jones	V50 8	Langport R	3:55:17
12	Paul Bowen		Unattached	3:06:40	93	Clive Coulson	V50 9	Desford Striders	3:56:07
13	Scott Howell	V40 5	Les Croupiers	3:06:52	94	Alan Durston	V50 10	Ellesmere Port	3:56:36
14	Ray Howarth	V50 1	Rotherham Harriers & AC	3:07:10	95	Martin Fox		Newcastle AC	3:58:01
15	Ian Anderson		Knavesmire Harriers	3:07:41	96	Harry Newton	V65 2	Macclesfield Harriers & AC	3:58:17
16	Nick Newton	V45 2	Hardly Runners	3:08:34	97	Gary Christmas	V40 20	Stilton Striders	3:58:21
17	Paul Curtis		Blengdale Runners Athletic Clu	3:12:27	98	Peter Adams	V50 11	Shropshire Shufflers	3:58:31
18	Leighton Gardner		Swansea Harriers	3:12:44	99	Michael Haydon	V50 12	Unattached	3:59:51
19	Haydn Jones	V40 6	Unattached	3:13:28	100	Stephen Wing	V40 21	Unattached	3:59:59
20	Neil Ballard	V40 7	Oswestry Olympians AC	3:13:38	101	David Pearcey	V55 9	Northern Veterans AC	4:00:19
21	Derekd Walton	V60 1	Altrincham & District AC	3:13:57	102	Roy Barnes	V45 16	Road Runners Club	4:01:23
22	Matthew Whitfield	V45 3	Ellesmere Port	3:14:20	103	Alan Clarey	V50 13	South Liverpool AC	4:01:47
23	Sid Windridge	V60 2	Northbrook AC	3:14:37	104	Gregory Perkins	V50 14	Unattached	4:02:26
24	David Williams		Unattached	3:15:46	105	Guy Attwater		Unattached	4:06:05
25	Lyn Rees	V50 2	Sarn Helen AC	3:16:16	106	John Biard		Unattached	4:06:40
26	Richard Harry		St Albans Striders	3:16:20	107	Stephen Wilkinson		Vale Royal AC	4:07:02
27	David Simpson	V40 8	Serpentine RC	3:16:56	108	Richard Bailey	V60 9	Shropshire Shufflers	4:09:01
28	Glyn Pritchard	V55 2	Banbury Harriers	3:17:14	109	Robert Thiem	V40 22	Unattached	4:09:46
29	David Quinn		Peel Road Runners	3:17:32	110	Seamus Fahey		Lucas RR	4:10:50
30	Dario Cambiano		Unattached	3:21:41	111	Martin Millicheap	V50 15	Sparkhill Harriers	4:12:24
31	Paul Franks		Telford Harriers	3:21:47	112	Grahame Cooper	V70 1	Sparkhill Harriers	4:12:30
32	Steve Edwards		100 Marathon Club	3:21:55	113	Paul Hyde	V50 16	Unattached	4:14:47
33	Mark Cockbain		Road Runners Club	3:22:05	114	Jonathan Johnson		Unattached	4:15:17
34	Andrew Wilmot	V55 3	100 Marathon Club	3:22:07	115	Colin Poole	V65 3	Blackheath Harriers	4:15:49
35	Brian Middleton	V50 3	St Helens Striders	3:23:07	116	Eddie Pugh	V60 10	Chorley Harriers	4:17:12
36	Gary Hyatt	V55 4	Les Croupiers	3:23:45	117	Jeff Ashton	V45 17	Spectrum Striders	4:17:14
37	Mark Jordan	V40 9	Unattached	3:24:04	118	Paul Eadon		Unattached	4:17:59
38	Stephen Birch		Sney Striders	3:24:30	119	Martin Ottey	V55 10	Shropshire Shufflers	4:19:07
39	Raymond Roberts	V45 4	Bracknell Forest R	3:26:53	120	Jason Callow		Unattached	4:19:54
40	Thomas Beaver		Black Country Tri	3:27:04	121	Andrew Blair	V40 23	Unattached	4:20:44
41	Keith Thomson	V40 10	Unattached	3:27:30	122	Paul Allsop	V65 4	Vets AC	4:21:58
42	Adrian Hayward		Unattached	3:28:42	123	John Hawkins	V55 11	Unattached	4:22:37
43	Chuck Pope	V55 5	Northbrook AC	3:29:49	124	Doug Whiting	V75 1	Road Runners Club	4:23:21
44	David Coupe	V40 11	Unattached	3:29:59	125	David Cozens	V50 17	Eastern Vets	4:23:58
45	Ian Holmes		Gillingham Trotters	3:32:30	126	Roy Turner	V50 18	ReadingRR	4:24:32
46	Mark Buskwood	V40 12	Totley AC	3:32:33	127	David Mann		Prestegne Pacers	4:24:34
47	Steve Townsley	V40 13	Trail Runners	3:32:40	128	John McDonald	V60 11	100 Marathon Club	4:25:39
48	Brian Fox	V40 14	Lincoln Wellington AC	3:32:54	129	Rowland Jones		Unattached	4:26:37
49	William Howes	V50 4	Unattached	3:32:58	130	Simon Begley	V40 24	Unattached	4:26:37
50	Jeremy Purnell		Unattached	3:33:37	131	Adrian Wilmot		Unattached	4:27:58
51	Ken Smith	V45 5	Unattached	3:33:58	132	Robert Davies	V45 18	Unattached	4:28:10
52	Verne Barltrop	V55 6	Road Runners Club	3:34:14	133	Brian Mills	V45 19	100 Marathon Club	4:28:57
53	Mark Wilson		Totley AC	3:34:16	134	Barry StuartCole	V55 12	Winston Runners	4:29:16
54	Richard Scroop	V55 7	Unattached	3:34:46	135	Philip Edwards		Black Country Tri	4:30:45
55	Derek Ivens	V40 15	Unattached	3:34:49	136	Michael Marten	V45 20	BWRA	4:31:12
56	Raymond Rogers	V50 5	Peel Road Runners	3:35:01	137	Andy Bassett		Unattached	4:31:27
57	Philip Duffy	V60 3	PeugotUK	3:35:25	138	Mick Flatley		Middleton Harriers AC	4:31:27
58	Martin Foster	V45 6	Bournville Harriers	3:35:28	139	Scott Butterworth		Unattached	4:32:24
59	Anthony Powell		Brackla Harriers	3:35:31	140	Harbhag Singh	V60 12	Darlington Harriers	4:33:48
60	Mike Hughes		Pensby	3:36:01	141	Paul Borgette	V40 25	Unattached	4:33:48
61	Danny Kay	V60 4	Avon Valley	3:37:23	142	Andrew Pugh	V40 26	Unattached	4:34:02
62	John White		Unattached	3:37:45	143	Ian McKnight	V40 27	Unattached	4:34:23
63	Keith Rens	V45 7	Unattached	3:38:07	144	Lee Aspland	V40 28	Unattached	4:35:01
64	Michael Pook	V45 8	Unattached	3:38:42	145	Peter Daum	V45 21	Unattached	4:41:13
65	Dave King	V45 9	Blackheath & Bromley	3:39:02	146	Steve Press		Unattached	4:41:13
66	Brian Smith	V45 10	Blackheath Harriers	3:39:02	147	Nigel Evans		Unattached	4:42:24
67	Steven Fenney		Stone Master Marathoners	3:39:04	148	Daniel Cavanagh		Unattached	4:43:31
68	Michael Hodges	V45 11	Spa-Tans	3:39:09	149	Liam Fenelon	V60 13	100 Marathon Club	4:43:46
69	Simon Ellis	V40 16	Stone Master Marathoners	3:39:19	150	Bernard Else	V55 13	Blackheath Harriers	4:47:17
70	Graham Maguire	V40 17	Wigan Phoenix	3:39:30	151	Brian StuartCole	V55 14	Winston Runners	4:48:40
71	Stewart Warrilow		Road Runners Club	3:39:41	152	Wally Oakes	V55 15	100 Marathon Club	4:51:19
72	Peter Price		Unattached	3:41:51	153	Richard Sim	V40 29	Unattached	4:51:51
73	Alan Peers	V60 5	Spectrum Striders	3:41:58	154	Dave Reid	V40 30	Unattached	4:52:38
74	Craig Wright		Bolton United Harriers & AC	3:42:32	155	David Moles	V50 19	100 Marathon Club	4:55:46
75	Alan Lucas	V60 6	Abergele Harriers	3:43:10	156	Dougie Tobutt	V50 20	Bolton United Harriers & AC	4:55:51
76	Keith Spriggs		Unattached	3:43:28	157	Keith Tubman	V55 16	Unattached	4:57:50
77	Steven Bradshaw	V40 18	Unattached	3:43:46	158	John Dawson	V65 5	Lichfield RC	4:58:03
78	Malcolm Jones	V45 12	Unattached	3:44:09	159	Bob Walker	V50 21	Midlands Vets	5:00:21
79	Derek Martin	V55 8	Abbey Runners	3:44:42	160	Stephen Ward	V50 22	Abergele Harriers	5:11:08
80	Jamie Darwen		Unattached	3:45:20	161	Norman Connor	V70 2	NWRRRC	5:16:57
81	David Ryder		Oak Park Pacers	3:45:24					

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

Lake Vyrnwy - Ladies — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time
1	Michele Awuye	L 1	Unattached	2:58:40
2	Ann Thomas	L35 1	TROTS	3:09:05
3	Isobel Partridge	L 3	Kenilworth	3:12:12
4	Kate Hodnett	L 4	Telford AC	3:36:40
5	Vanessa Griffiths	L35 2	Helsby RC	3:39:54
6	Sally Kibble	L 6	Wrecsam Tri Club	3:43:48
7	Darah Richards	L40 1	Hogweed Trotters	3:45:41
8	Frankie Warrington	L45 1	Dudley Kingswinford	3:45:52
9	Jane Bright	L50 1	Medway & Maidstone AC	3:46:09
10	Linda Parkes	L 10	Unattached	3:52:24
11	Gisele Coupe	L35 3	Unattached	3:55:15
12	Sue Yendley	L35 4	BRJ Huntingdon	3:58:33
13	Margaret Hodges	L45 2	Spa-Tans	3:58:58
14	Judith Jones	L40 2	Unattached	4:03:46
15	Carol Morgan	L55 1	Shropshire Shufflers	4:04:17
16	Gert Cowling	L55 2	Vegetarian A & CC	4:04:45
17	Sara Atkinson	L35 5	Unattached	4:20:44
18	Helen Lester	L35 6	Unattached	4:20:44
19	Catherine Ladd	L45 3	Abbey Runners	4:24:10
20	Anne Oakes	L45 4	Unattached	4:27:18
21	Alexandra Naylor	L 21	Unattached	4:29:36
22	Samantha Hatton	L35 7	Unattached	4:32:43
23	Bettina Kastenholz	L 23	Unattached	4:33:48
24	Kate Smith	L 24	Unattached	4:39:19
25	Pauline Howes	L50 2	Unattached	4:50:32
26	Stephanie Roberts	L 26	Unattached	4:51:31
27	Kim Crocket	L45 5	Presteigne Pacers	4:52:01
28	Annie Fox	L 28	Ledbury & District H	4:52:14
29	Nikki Hodgkiss	L 29	Ledbury & District H	4:52:14
30	Jenny McDonald	L 30	Salford Metropolitan AC	5:23:41

Lake Vyrnwy - Wheelchair — FINAL RESULTS

Pos	Name	Club	Time
1	Michael Marten	V45 1 BWRA	4:31:12
2	Gerry Ford	V50 1 BWRA	5:24:00

Lake Vyrnwy - Handcyclists — FINAL RESULTS

Pos	Name	Club	Time
1	Chris Madden	Hand Cycling UK	1:32:28
2	Gordon Gillespie	V40 1 Hand Cycling UK	1:44:11
3	Ian Marsden	Hand Cycling UK	1:47:30
4	Andrew Clanahan	V45 1 Hand Cycling UK	1:48:46
5	Guy Harvey	Hand Cycling UK	1:50:22
6	Marcus Asbury	Hand Cycling UK	2:03:30
7	Paul Robinson	Hand Cycling UK	2:16:10

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