

RESULTS - PUSH UP THE PINCYN 2009																				
Safle/ Position	Rhif/ No.	Amser/ Time	Enw/ Name	Clwb/ Club	Male:					Female:										
					U/18	U/40	O/40	O/50	O/60	O/70	U/40	O/40	O/50	O/60						
1	65	44:54:00	Chris Edis	Keswick		1														
2	49	45:41:00	Ian Houston	Wrexham Tri			1													
3	52	46:20:00	Richard Watson	Sale Harriers		2														
4	55	46:20:00	Gareth Rees Matthews	Sale Harriers		3														
5	4	46:23:00	Neil Parry	Clwydian RR		4														
6	62	46:40:00	Craig Jones	Eryri		5														
7	26	46:45:00	Jez Brown	Buckley		6														
8	16	47:02:00	Adair Broughton	Helsby		7														
9	59	47:39:00	Martin Clife	Eryri		8														
10	66	48:47:00	Tim Higginbotham	Eryri		9														
11	61	49:25:00	Henry Keighly-Elstub	Tring AC		10														
12	12	49:55:00	Charles Ashley	Wrexham				1												
13	19	50:00:00	Denis Dures	Ellesmere Port			2													
14	53	50:38:00	Paul Evans	Wrexham Tri		11														
15	10	50:45:00	Jamie Wright	Deeside AAC		12														
16	51	52:55:00	Mario Foschi	Cumberland				2												
17	50	53:18:00	Gary Porter-Jones	Eryri			3													
18	5	54:15:00	Peter Leighton	Horwich		4														
19	25	54:23:00	Ruth Metcalfe	Eryri								1								
20	63	54:36:00	Des Davies	Prestatyn		5														
21	15	54:52:00	Ross Powell	WFRA				3												
22	6	55:11:00	Colin Williamson	Shropshire Shufflers							1									
23	54	56:00:00	Nick Brown	Wrexham Tri		6														
24	57	56:06:00	Lisa Morley	Wrexham AC								2								
25	11	56:25:00	John Morris	Buckley							2									
26	48	56:32:00	Dave Owens	UA			7													
27	3	56:49:00	Gary Gunner	Croft Ambrey							3									
28	28	57:17:00	Tim Charmley	Tattenhall			8													
29	60	57:53:00	Joanne Moore	UA								3								
30	23	57:58:00	Arwel Jones	Prestatyn RC			9													
31	64	58:32:00	Mark Davies	St Helen's AC		13														
32	8	59:20:00	Phil Gillard	Helsby		10														
33	13	59:32:00	Mike Blake	Eryri							4									
34	24	59:52:00	Duncan Jones	Denbigh				4												
35	18	60:00:00	Steve Paul	Wrexham Tri		11														
36	1	60:43:00	Stephen Greenwood	UA		14														
37	9	64:20:00	John Linley	Clwydian RR							5									
38	56	64:46:00	Pete Norman	Wrexham AC								1								
39	58	65:10:00	Ellie Salisbury	Eryri									1							
40	2	65:35:00	Francis Uhlman	UA							6									
41	14	66:10:00	Andy Todd	Helsby							7									
42	20	66:38:00	Stephen McCue	Helsby		12														
43	69	68:32:00	Liam O'Brien	NWP		13														
44	27	68:40:00	Tracy Colligan	Prestatyn									2							
45	7	69:25:00	Michael H Edwards	Wrexham AC							8									
46	22	70:18:00	Julian Hunter	Wrexham Tri							5									
47	17	72:20:00	Chris Briffa	Wrexham Tri							6									
48	21	72:26:00	Susan Ridings	Clwydian RR									3							
49	67	88:00:00	Helen Jones	Tattenhall									4							
50	68	88:00:00	Nicola Pulford	UA									4							