			RESULTS - PUSH UP THE PINCYN 2010											
Safle/	Rhif/	Amser/	Enw/	Clwb/		Male:					Female:			
Position	No.	Time	Name	Club	U/18	U/40	O/40	O/50	O/60	O/70	U/40	O/40	O/50	O/60
1	203	45:14:00	Neil Parry	CRR		1								
2	224	47:20:00	Martin Cliffe	Eryri		2								
3	249	47:41:00	Matt Ward	Eryri			1							
4	221	48:46:00	Simon Roberts	Buckley			2							
5	229	49:41:00	Adam Haynes	Eryri				1						
6	242	50:35:00	Richard Watson	UA		3								
7	219	52:26:00	John Harold	Eryri			3							
8	244	52:35:00	Neil Coppack	CRR			4							
9	230	53:56:00	William Haynes	UA		4								
10	240	53:58:00	Stephen Donnelly	Clawddnewydd			5							
11	212	54:32:00	Neil Hindle	FRA			6							
12	246	54:48:00	Richard Bourne	UA			7							
13	216	54:49:00	Jez Brown	Buckley		5								
14	206	54:50:00	Don Williams	Eryri					1					
15	201	54:55:00	Huw Lewis	Buckley				2						
16	234	55:10:00	Des Davies	Prestatyn				3						
17	225	55:14:00	Alan Humphreys	Denbigh Harriers			8							
18	202	55:19:00	Pete Roberts	Buckley					2					
19	237	55:23:00	Victor Belshaw	CRR				4						
20	210	56:06:00	Martin Cortvriend	CRR				5						
21	236	57:12:00	Kean Rowlands	CRR				6						
22	226	57:14:00	Joanne Moore	UA							1			
23	204	58:56:00	Alistair McAuliffe	Tattenhall		6								
24	231	59:06:00	John Humphreys	Mysteruns				7						
25	218	59:29:00	Charlie Aldersey	Tattenhall		7								
26	241	59:39:00	Llyfelis Rees	Clawddnewydd		8								
27	238	59:50:00	Brenda Tiedtue	Prestatyn								1		
28	213	60:19:00	Stephen Greenwood	Clawddnewydd		9								
29	223	64:44:00	Yvonne Amesbury	CRR								2		
30	217	65:32:00	David Say	UA					3					
31	227	66:36:00	Darren Webb	UA			9							
32	205	67:09:00	Robert Webster	Tattenhall				8						
33	214	67:23:00	Martin Potter	CRR					4					
34	243	67:38:00	Willem V Prooijen	Holland (CRR)					5					
35	239	67:56:00	Phillip Jones	Prestatyn					6					
36	211	68:50:00	Linda Edmondson	Wrekin RR								3		
37	245	71:18:00	Wendy Trimble	Eryri							2			
38	233	75:55:00	Melanie Williams	Mysteruns								4		
39	209	76:11:00	Sharon Basford	Tattenhall							3			
40	220	76:35:00	Sue Ridings	CRR									1	
41	235	76:45:00	Roger Hulley	DPFR					7					
42	222	77:19:00	Maggie Oliver	Eryri										1
43	232	79:54:00	Shelagh Jones	Mysteruns									2	
44	208	81:05:00	Moyna Richey	Clawddnewydd							4			
45	207	90:00:00	John Morris	Buckley					8					
46	215	90:00:00	Paul Oldfield	CRR				9						
47	228	90:00:00	Graham McVey	WFRA			10							
48	248	90:00:00	Richard Davies	UA			10							
49	247	0:00:00	Claire Riley	Denbigh Harriers										