

Welsh Castles Relay 2011 - Final Results

Caernarfon to Cardiff Castle; Distance: 209.85 miles.

Pos	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	31 Serpentine R.C.	20:54:15		1st Open	
2	16 Les Croupiers RC	21:22:54	+ 28:39	2nd Open	+28:39
3	27 Sale Harriers	21:45:16	+ 51:01	3rd Open	+51:01
4	43 Wirral AC	21:51:04	+ 56:49	4th Open	+56:49
5	35 TeamBath AC	22:05:22	+ 71:07	5th Open	+71:07
6	10 Clevedon AC	22:33:23	+ 99:08	6th Open	+99:08
7	36 Thames Hare & Hounds	22:36:51	+ 102:36	7th Open	+102:36
8	29 San Domenico RRC	23:06:33	+ 132:18	8th Open	+132:18
9	4 Bitton RR	23:14:33	+ 140:18	9th Open	+140:18
10	25 Poole Runners	23:18:22	+ 144:07	10th Open	+144:07
11	8 Bromsgrove & Redditch AC	23:30:52	+ 156:37	11th Open	+156:37
12	7 Bridgend AC	23:31:03	+ 156:48	12th Open	+156:48
13	3 Altrincham & Dist AC	23:31:24	+ 157:09	13th Open	+157:09
14	22 Neath Harriers	23:32:58	+ 158:43	14th Open	+158:43
15	28 Salford Harriers AC	23:49:51	+ 175:36	15th Open	+175:36
16	41 Wigan Phoenix	23:57:36	+ 183:21	16th Open	+183:21
17	30 Sarn Helen Club	23:59:32	+ 185:17	17th Open	+185:17
18	42 Winchester & District	24:11:44	+ 197:29	18th Open	+197:29
19	51 Les Croupiers RC	24:15:58	+ 201:43	1st Vet	
20	53 Swansea Harriers	24:16:19	+ 202:04	2nd Vet	+0:21
21	40 Wesham Road Runners	24:19:59	+ 205:44	19th Open	+205:44
22	26 Port Talbot Harriers	24:25:48	+ 211:33	20th Open	+211:33
23	32 Stragglers	24:26:18	+ 212:03	21st Open	+212:03
24	11 Dulwich Runners	24:43:24	+ 229:09	22nd Open	+229:09
25	47 Serpentine R.C.	24:56:11	+ 241:56	1st Lady	
26	37 T.R.O.T.s	25:03:22	+ 249:07	23rd Open	+249:07
27	33 Stroud & District AC	25:06:58	+ 252:43	24th Open	+252:43
28	55 Burges Salmon LLP	25:09:46	+ 255:31	1st Bus	
29	5 Blackpool, Wyre & Fylde	25:16:03	+ 261:48	25th Open	+261:48
30	52 Serpentine R.C.	25:21:23	+ 267:08	3rd Vet	+65:25
31	59 Tata Steel	25:24:48	+ 270:33	2nd Bus	+15:02
32	18 Lytham St Annes RR	25:28:33	+ 274:18	26th Open	+274:18
33	23 Of de Rood	25:35:41	+ 281:26	27th Open	+281:26
34	58 South Wales Police AC	25:36:04	+ 281:49	3rd Bus	+26:18
35	38 Vale Royal AC	25:39:33	+ 285:18	28th Open	+285:18
36	50 Denbigh Harriers	25:42:17	+ 288:02	4th Vet	+86:19
37	6 Brackla Harriers	25:57:04	+ 302:49	29th Open	+302:49
38	21 Mornington Chasers	25:59:43	+ 305:28	30th Open	+305:28
39	17 Llisbury Runners	26:11:05	+ 316:50	31st Open	+316:50
40	14 Great Western Runners	26:11:43	+ 317:28	32nd Open	+317:28
41	9 Chepstow Harriers	26:23:45	+ 329:30	33rd Open	+329:30
42	19 Manchester YMCA	26:25:01	+ 330:46	34th Open	+330:46
43	57 Runnersworld Haarlem	26:26:59	+ 332:44	4th Bus	+77:13
44	13 Ellesmere Port RC	26:31:49	+ 337:34	35th Open	+337:34
45	2 Aberystwyth AC	26:31:57	+ 337:42	36th Open	+337:42
46	12 Eastleigh RC	26:34:29	+ 340:14	37th Open	+340:14
47	15 Haarlem Globetrotters	27:04:39	+ 370:24	38th Open	+370:24
48	45 Les Croupiers RC	27:09:03	+ 374:48	2nd Lady	+132:52
49	1 Abergele Harriers	27:11:23	+ 377:08	39th Open	+377:08
50	48 South West RR	27:14:34	+ 380:19	3rd Lady	+138:23
51	49 3M Gorseinon RR	27:42:21	+ 408:06	5th Vet	+206:23
52	20 Middleton Harriers AC	27:59:25	+ 425:10	40th Open	+425:10
53	24 Penarth & Dinas Runners	28:05:03	+ 430:48	41st Open	+430:48
54	56 Environment Agency	28:18:54	+ 444:39	5th Bus	+189:08
55	46 Sale Harriers	28:22:56	+ 448:41	4th Lady	+206:45
56	44 Bitton RR	28:24:16	+ 450:01	5th Lady	+208:05
57	34 Tattenhall Runners	28:31:31	+ 457:16	42nd Open	+457:16
58	39 Village Vipers	29:53:25	+ 539:10	43rd Open	+539:10

Welsh Castles Relay 2011 - Final Results

Stage 1: Caernarfon Castle to Penygroes; Distance: 9.1 Miles
 Records - Male: 52:26 (2010) - Rob Hughes [Salford Harriers];
 Female: 59:46 (2010) - Teresa Gaillard de Laubenque [Serpentine R.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	James Williams (V)	28 Salford Harriers AC	00:54:48		1st Open	
2	Pearce Gordon	36 Thames Hare & Hounds	00:54:54	+ 0:06	2nd Open	+0:06
3	Paul Hayman	31 Serpentine R.C.	00:56:04	+ 1:16	3rd Open	+1:16
4	Andy Walling (V)	27 Sale Harriers	00:56:44	+ 1:56	4th Open	+1:56
5	Alan Buckingham (V)	35 TeamBath AC	00:57:36	+ 2:48	5th Open	+2:48
6	Gareth Ayres	26 Port Talbot Harriers	00:58:31	+ 3:43	6th Open	+3:43
7	Andy Shaw (V)	10 Clevedon AC	00:58:34	+ 3:46	7th Open	+3:46
8	Mick McGeoch (V)	16 Les Croupiers RC	01:00:45	+ 5:57	8th Open	+5:57
9	Mickey Havard (V)	29 San Domenico RRC	01:01:23	+ 6:35	9th Open	+6:35
10	Kelvin Dickinson (V)	43 Wirral AC	01:01:42	+ 6:54	10th Open	+6:54
11	Shelly Childs (V)	2 Aberystwyth AC	01:01:49	+ 7:01	11th Open	+7:01
12	Paul Bierman (V)	57 Runnersworld Haarlem	01:02:02	+ 7:14	1st Bus	
13	Teifion Davies	30 Sarn Helen Club	01:02:14	+ 7:26	12th Open	+7:26
14	Clive Dent (V)	8 Bromsgrove & Redditch AC	01:02:25	+ 7:37	13th Open	+7:37
15	Jeroen Rajmakers (V)	23 Of de Rood	01:02:55	+ 8:07	14th Open	+8:07
16	Gavin Clegg (V)	25 Poole Runners	01:03:47	+ 8:59	15th Open	+8:59
17	Davey Proud (V)	51 Les Croupiers RC	01:04:21	+ 9:33	1st Vet	
18	Theo Tesselaar (V)	59 Tata Steel	01:06:03	+ 11:15	2nd Bus	
19	Simon Partridge	22 Neath Harriers	01:06:12	+ 11:24	16th Open	+11:24
20	Cleo Oliver (F)	42 Winchester & District	01:06:54	+ 12:06	17th Open	+12:06
21	Vanessa Lawson (FV)	9 Chepstow Harriers	01:08:00	+ 13:12	18th Open	+13:12
22	Richard Storey (V)	18 Lytham St Annes RR	01:08:37	+ 13:49	19th Open	+13:49
23	Nick Hume (V)	5 Blackpool, Wyre & Fylde	01:08:46	+ 13:58	20th Open	+13:58
24	Paul Dyson (V)	53 Swansea Harriers	01:09:08	+ 14:20	2nd Vet	+4:47
25	Sarah Knox (F)	47 Serpentine R.C.	01:09:12	+ 14:24	1st Lady	
26	Sally Jupp (F)	55 Burges Salmon LLP	01:09:31	+ 14:43	3rd Bus	+7:29
27	Colin Rathbone (V)	38 Vale Royal AC	01:09:58	+ 15:10	21st Open	+15:10
28	Hans Vogel (V)	15 Haarlem Globetrotters	01:10:03	+ 15:15	22nd Open	+15:15
29	James Wade (V)	4 Bitton RR	01:10:08	+ 15:20	23rd Open	+15:20
30	Georgi Dando (F)	7 Bridgend AC	01:10:55	+ 16:07	24th Open	+16:07
31	Charlotte Knee (F)	21 Mornington Chasers	01:11:16	+ 16:28	25th Open	+16:28
32	Roy Hart (V)	41 Wigan Phoenix	01:11:18	+ 16:30	26th Open	+16:30
33	Hilary Hillhouse (FV)	32 Stragglers	01:11:32	+ 16:44	27th Open	+16:44
34	Tracey Williams (FV)	50 Denbigh Harriers	01:11:36	+ 16:48	3rd Vet	+7:15
35	Melanie Edwards (F)	11 Dulwich Runners	01:12:08	+ 17:20	28th Open	+17:20
36	Mike Obrien (V)	19 Manchester YMCA	01:12:11	+ 17:23	29th Open	+17:23
37	Penny Ann Rees (FV)	37 T.R.O.T.s	01:12:33	+ 17:45	30th Open	+17:45
38	Chris Moss (V)	40 Wesham Road Runners	01:12:34	+ 17:46	31st Open	+17:46
39	Charlotte Johns (FV)	6 Brackla Harriers	01:12:35	+ 17:47	32nd Open	+17:47
40	Richard Long (V)	52 Serpentine R.C.	01:12:40	+ 17:52	4th Vet	+8:19
41	Lucy Smith (F)	3 Altrincham & Dist AC	01:13:12	+ 18:24	33rd Open	+18:24
42	Catherine Cannon (F)	48 South West RR	01:13:29	+ 18:41	2nd Lady	+4:17
43	Yvonne Bullen (FV)	45 Les Croupiers RC	01:13:59	+ 19:11	3rd Lady	+4:47
44	Chris Bourne (V)	33 Stroud & District AC	01:14:26	+ 19:38	34th Open	+19:38
45	Tyrone Ward (V)	56 Environment Agency	01:16:04	+ 21:16	4th Bus	+14:02
46	Alison McDonald (FV)	13 Ellesmere Port RC	01:16:27	+ 21:39	35th Open	+21:39
47	Chris Berrington	1 Abergelle Harriers	01:18:09	+ 23:21	36th Open	+23:21
48	Charles Free (V)	12 Eastleigh RC	01:18:59	+ 24:11	37th Open	+24:11
49	Linda Rees (FV)	49 3M Gorseinon RR	01:19:13	+ 24:25	5th Vet	+14:52
50	Jo Sullivan (F)	20 Middleton Harriers AC	01:19:21	+ 24:33	38th Open	+24:33
51	Matthew Gould (V)	58 South Wales Police AC	01:20:24	+ 25:36	5th Bus	+18:22
52	Peter Cottnam (V)	24 Penarth & Dinas Runners	01:21:09	+ 26:21	39th Open	+26:21
53	Vanessa Hawkins (FV)	44 Bitton RR	01:21:53	+ 27:05	4th Lady	+12:41
54	John Hill (V)	17 Llisbury Runners	01:22:30	+ 27:42	40th Open	+27:42
55	Audrey Gresty (FV)	46 Sale Harriers	01:22:43	+ 27:55	5th Lady	+13:31
56	Alison Smith (FV)	34 Tattenhall Runners	01:22:55	+ 28:07	41st Open	+28:07
57	Steve Parsons (V)	14 Great Western Runners	01:25:35	+ 30:47	42nd Open	+30:47
58	Rachel Woolley (F)	39 Village Vipers	01:28:49	+ 34:01	43rd Open	+34:01

Welsh Castles Relay 2011 - Final Results

Stage 2: Penygroes to Criccieth Castle; Distance: 10.7 Miles
 Records - Male: 55:34 (2005) - Philip Parry [Bristol & West AC];
 Female: 01:07:15 (2008) - Kath Sincock [South West Road Runners Vets]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Mic O'Neil	41 Wigan Phoenix	00:59:47		1st Open	
2	John Nugus (V)	31 Serpentine R.C.	01:01:30	+ 1:43	2nd Open	+1:43
3	Scott Howell (V)	16 Les Croupiers RC	01:01:35	+ 1:48	3rd Open	+1:48
4	Steve Waterhouse (V)	5 Blackpool, Wyre & Fylde	01:02:07	+ 2:20	4th Open	+2:20
5	Dave Gunstone (V)	35 TeamBath AC	01:04:48	+ 5:01	5th Open	+5:01
6	Lee Kaufman (V)	27 Sale Harriers	01:05:43	+ 5:56	6th Open	+5:56
7	Ruth Clifton (F)	36 Thames Hare & Hounds	01:05:52	+ 6:05	7th Open	+6:05
8	Neil Toner (V)	43 Wirral AC	01:05:56	+ 6:09	8th Open	+6:09
9	Rob Kingdon (V)	4 Bitton RR	01:06:43	+ 6:56	9th Open	+6:56
10	Andy Sloan	10 Clevedon AC	01:07:08	+ 7:21	10th Open	+7:21
11	Sally Wilder (F)	29 San Domenico RRC	01:07:09	+ 7:22	11th Open	+7:22
12	Jimmy O'Connor (V)	20 Middleton Harriers AC	01:07:51	+ 8:04	12th Open	+8:04
13	Daniel Harris	32 Stragglers	01:08:16	+ 8:29	13th Open	+8:29
14	James Webb	55 Burges Salmon LLP	01:09:02	+ 9:15	1st Bus	
15	Melissa Watson (FV)	37 T.R.O.T.s	01:09:44	+ 9:57	14th Open	+9:57
16	Allan Kerr	7 Bridgend AC	01:10:09	+ 10:22	15th Open	+10:22
17	Quintin Wright (V)	52 Serpentine R.C.	01:10:15	+ 10:28	1st Vet	
18	Duncan Wilson	3 Altrincham & Dist AC	01:10:31	+ 10:44	16th Open	+10:44
19	Gerry Crispie (V)	51 Les Croupiers RC	01:11:33	+ 11:46	2nd Vet	+1:18
20	Janice Palmer (FV)	25 Poole Runners	01:11:57	+ 12:10	17th Open	+12:10
21	Simon Eaton (V)	40 Wesham Road Runners	01:12:12	+ 12:25	18th Open	+12:25
22	Dave Shaw (V)	28 Salford Harriers AC	01:12:38	+ 12:51	19th Open	+12:51
23	Ralph Doggen (V)	23 Of de Rood	01:13:01	+ 13:14	20th Open	+13:14
24	Alan Perkins (V)	26 Port Talbot Harriers	01:13:08	+ 13:21	21st Open	+13:21
25	Bryn Machin	19 Manchester YMCA	01:13:14	+ 13:27	22nd Open	+13:27
26	Emma Baker (F)	34 Tattenhall Runners	01:13:30	+ 13:43	23rd Open	+13:43
27	Howard Carpenter (V)	22 Neath Harriers	01:13:36	+ 13:49	24th Open	+13:49
28	Mark Dunscombe (V)	30 Sarn Helen Club	01:13:38	+ 13:51	25th Open	+13:51
29	Wendy Boon (FV)	45 Les Croupiers RC	01:13:40	+ 13:53	1st Lady	
30	Gemma Cone (F)	8 Bromsgrove & Redditch AC	01:13:48	+ 14:01	26th Open	+14:01
31	Bob Porter (V)	14 Great Western Runners	01:14:30	+ 14:43	27th Open	+14:43
32	Ilonka Betjes (FV)	59 Tata Steel	01:14:32	+ 14:45	2nd Bus	+5:30
33	Anna Waterman (F)	21 Mornington Chasers	01:14:35	+ 14:48	28th Open	+14:48
34	Dennis Michael (V)	58 South Wales Police AC	01:14:43	+ 14:56	3rd Bus	+5:41
35	Sara Rhimes (FV)	12 Eastleigh RC	01:14:52	+ 15:05	29th Open	+15:05
36	Haydn Jones (V)	1 Abergele Harriers	01:14:57	+ 15:10	30th Open	+15:10
37	Claire Van Polanen (F)	47 Serpentine R.C.	01:15:33	+ 15:46	2nd Lady	+1:53
38	Paul Day (V)	17 Llisbury Runners	01:16:10	+ 16:23	31st Open	+16:23
39	Peter Deacon (V)	53 Swansea Harriers	01:16:20	+ 16:33	3rd Vet	+6:05
40	Rob Olliver (V)	38 Vale Royal AC	01:17:01	+ 17:14	32nd Open	+17:14
41	John O'Shea (V)	42 Winchester & District	01:17:32	+ 17:45	33rd Open	+17:45
42	Chris Young (V)	33 Stroud & District AC	01:18:34	+ 18:47	34th Open	+18:47
43	Andrea Hurman (FV)	24 Penarth & Dinas Runners	01:19:18	+ 19:31	35th Open	+19:31
44	John Jennings (V)	13 Ellesmere Port RC	01:21:57	+ 22:10	36th Open	+22:10
45	Andrea Starritt (FV)	6 Brackla Harriers	01:22:26	+ 22:39	37th Open	+22:39
46	Bob Neale (V)	50 Denbigh Harriers	01:22:45	+ 22:58	4th Vet	+12:30
47	Steve Quarmby (V)	18 Lytham St Annes RR	01:22:53	+ 23:06	38th Open	+23:06
48	Belinda Hammond (F)	46 Sale Harriers	01:23:42	+ 23:55	3rd Lady	+10:02
49	Gobind Kanda (V)	39 Village Vipers	01:24:40	+ 24:53	39th Open	+24:53
50	Zoe James (F)	44 Bitton RR	01:25:05	+ 25:18	4th Lady	+11:25
51	Sian Williams (F)	56 Environment Agency	01:25:10	+ 25:23	4th Bus	+16:08
52	Allan McCall (V)	9 Chepstow Harriers	01:25:30	+ 25:43	40th Open	+25:43
53	Lisa Williams (FV)	49 3M Gorseinon RR	01:26:45	+ 26:58	5th Vet	+16:30
54	Winand Paulissen (V)	57 Runnersworld Haarlem	01:27:05	+ 27:18	5th Bus	+18:03
55	Ferenc Takacs	11 Dulwich Runners	01:27:50	+ 28:03	41st Open	+28:03
56	Emma Pearcy (F)	48 South West RR	01:28:11	+ 28:24	5th Lady	+14:31
57	Glenda Roberts (FV)	2 Aberystwyth AC	01:33:02	+ 33:15	42nd Open	+33:15
58	Jan Van Het Hof (V)	15 Haarlem Globetrotters	01:34:34	+ 34:47	43rd Open	+34:47

New Female Record

Welsh Castles Relay 2011 - Final Results

Stage 3: Criccieth Castle to Maentwrog; Distance: 12.1 Miles
 Records - Male: 01:02:23 (1996) - Martin Rees [British Steel];
 Female: 01:13:2 (2005) - Karen Hazlitt [Winchester & District A.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Dave Norman	3 Altrincham & Dist AC	01:06:14		1st Open	
2	Steve Rees	26 Port Talbot Harriers	01:06:17	+ 0:03	2nd Open	+0:03
3	Alan Woods (V)	43 Wirral AC	01:08:03	+ 1:49	3rd Open	+1:49
4	Mick Flatley (V)	20 Middleton Harriers AC	01:10:27	+ 4:13	4th Open	+4:13
5	Ed Donovan	16 Les Croupiers RC	01:10:33	+ 4:19	5th Open	+4:19
6	Daniel Jones	35 TeamBath AC	01:10:45	+ 4:31	6th Open	+4:31
7	Andrew Howse (V)	36 Thames Hare & Hounds	01:11:44	+ 5:30	7th Open	+5:30
8	Tim Pilkington (V)	41 Wigan Phoenix	01:12:59	+ 6:45	8th Open	+6:45
9	Paul Talbot (V)	22 Neath Harriers	01:13:38	+ 7:24	9th Open	+7:24
10	Andrew Reeves (V)	31 Serpentine R.C.	01:13:45	+ 7:31	10th Open	+7:31
11	Andy Heyes (V)	10 Clevedon AC	01:15:07	+ 8:53	11th Open	+8:53
12	James Godber	11 Dulwich Runners	01:15:39	+ 9:25	12th Open	+9:25
13	Arnoud Ritsema (V)	15 Haarlem Globetrotters	01:16:58	+ 10:44	13th Open	+10:44
14	Colin Gell	27 Sale Harriers	01:17:09	+ 10:55	14th Open	+10:55
15	Carwyn Thomas	30 Sarn Helen Club	01:18:37	+ 12:23	15th Open	+12:23
16	Denis Duret (V)	13 Ellesmere Port RC	01:18:57	+ 12:43	16th Open	+12:43
17	Ian Keyte (V)	8 Bromsgrove & Redditch AC	01:19:04	+ 12:50	17th Open	+12:50
18	Wayne Ellis	4 Bitton RR	01:19:15	+ 13:01	18th Open	+13:01
19	Dave Hudson (V)	28 Salford Harriers AC	01:19:27	+ 13:13	19th Open	+13:13
20	Ben Farag (V)	51 Les Croupiers RC	01:19:36	+ 13:22	1st Vet	
21	John Morgan (V)	6 Brackla Harriers	01:20:10	+ 13:56	20th Open	+13:56
22	Leo Weijers (V)	57 Runnersworld Haarlem	01:20:44	+ 14:30	1st Bus	
23	James Baulch (V)	25 Poole Runners	01:21:29	+ 15:15	21st Open	+15:15
24	Mark Midgley (V)	40 Wesham Road Runners	01:21:46	+ 15:32	22nd Open	+15:32
25	Jon Embling	7 Bridgend AC	01:22:05	+ 15:51	23rd Open	+15:51
26	Teresa Gaillard De Laubenque (FV)					
		47 Serpentine R.C.	01:22:17	+ 16:03	1st Lady	
27	Ian Wilding	19 Manchester YMCA	01:22:23	+ 16:09	24th Open	+16:09
28	Brian Lovett (V)	29 San Domenico RRC	01:23:07	+ 16:53	25th Open	+16:53
29	Dave Burton (V)	33 Stroud & District AC	01:23:17	+ 17:03	26th Open	+17:03
30	Claudio Belotti (V)	52 Serpentine R.C.	01:23:45	+ 17:31	2nd Vet	+4:09
31	Vic Belshaw (V)	50 Denbigh Harriers	01:24:03	+ 17:49	3rd Vet	+4:27
32	James Pheasant (V)	55 Burges Salmon LLP	01:25:08	+ 18:54	2nd Bus	+4:24
33	Chris Nellins (V)	24 Penarth & Dinas Runners	01:25:13	+ 18:59	27th Open	+18:59
34	John Collingham (V)	59 Tata Steel	01:25:28	+ 19:14	3rd Bus	+4:44
35	Gary Johnston (V)	5 Blackpool, Wyre & Fylde	01:25:30	+ 19:16	28th Open	+19:16
36	Terry Hellings (V)	18 Lytham St Annes RR	01:25:50	+ 19:36	29th Open	+19:36
37	Robert Chambers (V)	34 Tattenhall Runners	01:26:39	+ 20:25	30th Open	+20:25
38	Mike Evans (V)	9 Chepstow Harriers	01:27:21	+ 21:07	31st Open	+21:07
39	Peter Dry (V)	32 Stragglers	01:27:22	+ 21:08	32nd Open	+21:08
40	Dave Haines (V)	38 Vale Royal AC	01:27:27	+ 21:13	33rd Open	+21:13
41	Edward Reid (V)	1 Abergele Harriers	01:28:36	+ 22:22	34th Open	+22:22
42	Andrew Clement (V)	37 T.R.O.T.s	01:29:45	+ 23:31	35th Open	+23:31
43	Niall Davidson	39 Village Vipers	01:30:03	+ 23:49	36th Open	+23:49
44	Joos De Bakker (V)	23 Of de Rood	01:30:13	+ 23:59	37th Open	+23:59
45	Lisa Souch (F)	48 South West RR	01:30:39	+ 24:25	2nd Lady	+8:22
	= Matt Widdup	14 Great Western Runners	01:30:39	+ 24:25	38th Open	+24:25
47	Steve Goodwin (V)	42 Winchester & District	01:31:18	+ 25:04	39th Open	+25:04
48	Kevin Russell (V)	58 South Wales Police AC	01:32:45	+ 26:31	4th Bus	+12:01
49	Veronica Singleton (FV)	45 Les Croupiers RC	01:33:49	+ 27:35	3rd Lady	+11:32
50	Ian Robinson (V)	53 Swansea Harriers	01:34:53	+ 28:39	4th Vet	+15:17
51	Neale Wood (V)	17 Liswerry Runners	01:36:03	+ 29:49	40th Open	+29:49
52	Jonathan Diaper (V)	12 Eastleigh RC	01:38:13	+ 31:59	41st Open	+31:59
53	Helen Reagan (FV)	46 Sale Harriers	01:38:19	+ 32:05	4th Lady	+16:02
54	Janet Brown (FV)	44 Bitton RR	01:38:30	+ 32:16	5th Lady	+16:13
55	Gary Homewood (V)	21 Mornington Chasers	01:38:39	+ 32:25	42nd Open	+32:25
56	Del Eyre (FV)	49 3M Gorseinon RR	01:40:12	+ 33:58	5th Vet	+20:36
57	Craig Dawson (V)	56 Environment Agency	01:43:21	+ 37:07	5th Bus	+22:37
58	Brian Ashton	2 Aberystwyth AC	01:56:55	+ 50:41	43rd Open	+50:41

Welsh Castles Relay 2011 - Final Results

Stage 4: Maentwrog to Harlech Castle; Distance: 9.4 Miles
 Records - Male: 50:07 (2003) - Darren Hale [Salford Harriers];
 Female: 52:43 (2002) - Julia Kendall [Thames Hare & Hounds]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Eric Phillips	31 Serpentine R.C.	00:53:35		1st Open	
2	Tim Kennedy	27 Sale Harriers	00:54:21	+ 0:46	2nd Open	+0:46
3	Richie Bullen (V)	16 Les Croupiers RC	00:54:29	+ 0:54	3rd Open	+0:54
4	Laura Parsonage (F)	35 TeamBath AC	00:54:37	+ 1:02	4th Open	+1:02
5	Andrew Freeman	8 Bromsgrove & Redditch AC	01:00:17	+ 6:42	5th Open	+6:42
6	Jeff Thomas	7 Bridgend AC	01:00:57	+ 7:22	6th Open	+7:22
7	Helen Dyke (FV)	25 Poole Runners	01:01:20	+ 7:45	7th Open	+7:45
8	Catherine Lee (F)	11 Dulwich Runners	01:01:31	+ 7:56	8th Open	+7:56
9	Tony Walsh (V)	4 Bitton RR	01:01:40	+ 8:05	9th Open	+8:05
10	George Kennedy (V)	40 Wesham Road Runners	01:01:42	+ 8:07	10th Open	+8:07
11	Sarah Kearney (FV)	43 Wirral AC	01:01:45	+ 8:10	11th Open	+8:10
12	Stuart Williams (V)	5 Blackpool, Wyre & Fylde	01:03:09	+ 9:34	12th Open	+9:34
13	Kelly Morgan (F)	58 South Wales Police AC	01:03:39	+ 10:04	1st Bus	
14	Simon Hazel (V)	51 Les Croupiers RC	01:04:09	+ 10:34	1st Vet	
15	Laura Denison (F)	47 Serpentine R.C.	01:05:52	‡‡ + 12:17	1st Lady	
16	Richard Bowen (V)	22 Neath Harriers	01:06:27	‡‡ + 12:52	13th Open	+12:52
=	Carol Moseley (F)	26 Port Talbot Harriers	01:06:27	‡‡ + 12:52	13th Open	+12:52
18	John Carroll (V)	53 Swansea Harriers	01:06:33	‡‡ + 12:58	2nd Vet	+2:24
19	Abyd Quinn Aziz (V)	24 Penarth & Dinas Runners	01:06:39	‡‡ + 13:04	15th Open	+13:04
20	Claire Beatty (F)	45 Les Croupiers RC	01:07:16	‡‡ + 13:41	2nd Lady	+1:24
21	Ian Hodge (V)	52 Serpentine R.C.	01:07:34	‡‡ + 13:59	3rd Vet	+3:25
22	Malcolm Roberts (V)	10 Clevedon AC	01:07:42	‡‡ + 14:07	16th Open	+14:07
23	Dominic Shields (V)	29 San Domenico RRC	01:08:11	‡‡ + 14:36	17th Open	+14:36
24	Alison Vesey (FV)	3 Altrincham & Dist AC	01:08:29	+ 14:54	18th Open	+14:54
25	Ashley Gauton (V)	50 Denbigh Harriers	01:09:07	+ 15:32	4th Vet	+4:58
26	Gareth Jones (V)	30 Sarn Helen Club	01:10:12	+ 16:37	19th Open	+16:37
27	Dave Roberts (V)	13 Ellesmere Port RC	01:10:25	+ 16:50	20th Open	+16:50
28	Hannah Storm (F)	32 Stragglers	01:10:44	+ 17:09	21st Open	+17:09
29	Ronald Anthony (V)	37 T.R.O.T.s	01:11:12	+ 17:37	22nd Open	+17:37
30	Majet Spoelder (FV)	23 Of de Rood	01:11:27	+ 17:52	23rd Open	+17:52
31	Peter Blair-Fish (V)	36 Thames Hare & Hounds	01:11:43	+ 18:08	24th Open	+18:08
32	Ambro Visser (V)	15 Haarlem Globetrotters	01:12:05	+ 18:30	25th Open	+18:30
33	Madeline Vosser (FV)	42 Winchester & District	01:13:24	+ 19:49	26th Open	+19:49
34	Roger Briars (V)	33 Stroud & District AC	01:14:06	+ 20:31	27th Open	+20:31
35	Trudi Smith (F)	48 South West RR	01:14:21	+ 20:46	3rd Lady	+8:29
36	Angela Leonard (FV)	19 Manchester YMCA	01:15:30	+ 21:55	28th Open	+21:55
37	Pam Grant (FV)	1 Abergele Harriers	01:15:33	+ 21:58	29th Open	+21:58
38	Pete Tanner (V)	14 Great Western Runners	01:15:39	+ 22:04	30th Open	+22:04
39	Catherine Felicity Jones (F)	46 Sale Harriers	01:15:44	+ 22:09	4th Lady	+9:52
40	Alexis Molyneux (F)	20 Middleton Harriers AC	01:16:10	+ 22:35	31st Open	+22:35
41	Jeremy Benson (V)	55 Burges Salmon LLP	01:16:11	+ 22:36	2nd Bus	+12:32
42	Jane Philips (FV)	44 Bitton RR	01:17:24	+ 23:49	5th Lady	+11:32
43	Tania Hernandez (F)	28 Salford Harriers AC	01:17:56	+ 24:21	32nd Open	+24:21
44	Bryn Burgess (V)	17 Lliswerry Runners	01:18:03	+ 24:28	33rd Open	+24:28
45	Pat Jones (FV)	6 Brackla Harriers	01:18:49	+ 25:14	34th Open	+25:14
46	Martyn Lewis (V)	39 Village Vipers	01:18:55	+ 25:20	35th Open	+25:20
47	Cath Lloyd-Bennett (FV)	49 3M Gorseinon RR	01:18:58	+ 25:23	5th Vet	+14:49
48	Rebecca Willetts (FV)	18 Lytham St Annes RR	01:19:52	+ 26:17	36th Open	+26:17
49	Bridget James (F)	2 Aberystwyth AC	01:20:33	+ 26:58	37th Open	+26:58
50	Diane Newsham (FV)	38 Vale Royal AC	01:21:29	+ 27:54	38th Open	+27:54
51	Sharon Eaton (FV)	34 Tattenhall Runners	01:21:52	+ 28:17	39th Open	+28:17
52	Jenny Astall (F)	12 Eastleigh RC	01:22:40	+ 29:05	40th Open	+29:05
53	Tanja Reus (FV)	57 Runnersworld Haarlem	01:23:33	+ 29:58	3rd Bus	+19:54
54	Jane Rymer (FV)	9 Chepstow Harriers	01:25:21	+ 31:46	41st Open	+31:46
55	Chris Hart (FV)	41 Wigan Phoenix	01:25:55	+ 32:20	42nd Open	+32:20
56	Lisa Littlehales (FV)	21 Mornington Chasers	01:26:36	+ 33:01	43rd Open	+33:01
57	Neil Samuel (V)	59 Tata Steel	01:27:39	+ 34:04	4th Bus	+24:00
58	Liz Price (FV)	56 Environment Agency	01:34:00	+ 40:25	5th Bus	+30:21

‡‡ = Railway delay compensation applied

Welsh Castles Relay 2011 - Final Results

Stage 5: Harlech Castle to Barmouth; Distance: 9.6 Miles
 Records - Male: 53:36 (2008) - Eric Phillips [Serpentine R.C];
 Female: 01:01:33 (2010) - Sally Haselhurst [San Domenico / Parc Bryn Bach]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Phil Leybourne (V)	28 Salford Harriers AC	00:52:11		1st Open	
2	Stefan Van Der Pols (V)	15 Haarlem Globetrotters	00:55:47	+ 3:36	2nd Open	+3:36
3	Barney Southin (V)	31 Serpentine R.C.	00:56:59	+ 4:48	3rd Open	+4:48
4	Steve Spence (V)	43 Wirral AC	00:58:23	+ 6:12	4th Open	+6:12
5	Alan Every (V)	35 TeamBath AC	01:00:52	+ 8:41	5th Open	+8:41
6	Neil Maston (V)	10 Clevedon AC	01:01:40	+ 9:29	6th Open	+9:29
7	John Diffey (V)	29 San Domenico RRC	01:02:31	+ 10:20	7th Open	+10:20
8	Alun Rees (V)	22 Neath Harriers	01:03:44	+ 11:33	8th Open	+11:33
9	Michael Mann (V)	11 Dulwich Runners	01:04:15	+ 12:04	9th Open	+12:04
10	Vinnie Robinson (V)	41 Wigan Phoenix	01:04:24	+ 12:13	10th Open	+12:13
11	Charlie Wallace (V)	36 Thames Hare & Hounds	01:04:31	+ 12:20	11th Open	+12:20
12	Sandra Pinkham (F)	26 Port Talbot Harriers	01:04:44	+ 12:33	12th Open	+12:33
13	Tom Jeffery	16 Les Croupiers RC	01:05:05	+ 12:54	13th Open	+12:54
14	Victoria Crawford (F)	47 Serpentine R.C.	01:05:07	+ 12:56	1st Lady	
15	Norris Riley (V)	55 Burges Salmon LLP	01:05:30	+ 13:19	1st Bus	
16	Chris Brown	4 Bitton RR	01:05:38	+ 13:27	14th Open	+13:27
17	Sue True (F)	42 Winchester & District	01:06:09	+ 13:58	15th Open	+13:58
18	Wayne Frewen (V)	6 Brackla Harriers	01:06:34	+ 14:23	16th Open	+14:23
19	Lindy Eynon (FV)	37 T.R.O.T.s	01:06:52	+ 14:41	17th Open	+14:41
20	Emma Collins (FV)	50 Denbigh Harriers	01:07:18	+ 15:07	1st Vet	
21	Brendan Jones (V)	51 Les Croupiers RC	01:07:27	+ 15:16	2nd Vet	+0:09
22	Jerry Smith (V)	27 Sale Harriers	01:07:37	+ 15:26	18th Open	+15:26
23	Tom Richardson	8 Bromsgrove & Redditch AC	01:08:08	+ 15:57	19th Open	+15:57
24	Pim Uytdewilligen	23 Of de Rood	01:08:30	+ 16:19	20th Open	+16:19
25	John Carter (V)	38 Vale Royal AC	01:08:33	+ 16:22	21st Open	+16:22
26	Becky Hayward (F)	44 Bitton RR	01:08:53	+ 16:42	2nd Lady	+3:46
27	Sara Atkinson (FV)	34 Tattenhall Runners	01:10:00	+ 17:49	22nd Open	+17:49
28	Carole Harrison (FV)	3 Altrincham & Dist AC	01:10:06	+ 17:55	23rd Open	+17:55
29	Goronwy Evans (V)	2 Aberystwyth AC	01:10:14	+ 18:03	24th Open	+18:03
30	John Blackburn (V)	25 Poole Runners	01:10:28	+ 18:17	25th Open	+18:17
31	Richard Clarke (V)	19 Manchester YMCA	01:11:48	+ 19:37	26th Open	+19:37
32	Gina Hardman (F)	7 Bridgend AC	01:12:10	+ 19:59	27th Open	+19:59
33	Alison Pye (F)	46 Sale Harriers	01:12:13	+ 20:02	3rd Lady	+7:06
34	Roy Stevens (V)	18 Lytham St Annes RR	01:12:27	+ 20:16	28th Open	+20:16
35	Uku Kamari (V)	53 Swansea Harriers	01:12:39	+ 20:28	3rd Vet	+5:21
36	Dee Smale (FV)	32 Stragglers	01:12:49	+ 20:38	29th Open	+20:38
37	Emma Oughton (FV)	14 Great Western Runners	01:12:51	+ 20:40	30th Open	+20:40
38	Georg Isola	21 Mornington Chasers	01:13:13	+ 21:02	31st Open	+21:02
39	Alyson Hayes (FV)	45 Les Croupiers RC	01:13:17	+ 21:06	4th Lady	+8:10
40	Edwin De Wit	57 Runnersworld Haarlem	01:13:55	+ 21:44	2nd Bus	+8:25
41	Hayley Payne (FV)	12 Eastleigh RC	01:14:02	+ 21:51	32nd Open	+21:51
42	Caryl Davies (F)	30 Sarn Helen Club	01:14:44	+ 22:33	33rd Open	+22:33
43	Stephanie Vaatz (FV)	52 Serpentine R.C.	01:14:51	+ 22:40	4th Vet	+7:33
44	Karen Dunford (FV)	5 Blackpool, Wyre & Fylde	01:14:55	+ 22:44	34th Open	+22:44
45	Fran Machin (FV)	56 Environment Agency	01:16:06	+ 23:55	3rd Bus	+10:36
46	James Owen	59 Tata Steel	01:17:20	+ 25:09	4th Bus	+11:50
47	Tracy Hulme (FV)	40 Wesham Road Runners	01:17:37	+ 25:26	35th Open	+25:26
48	Yvonne Williams (FV)	24 Penarth & Dinas Runners	01:18:10	+ 25:59	36th Open	+25:59
49	Andrew Halligan (V)	58 South Wales Police AC	01:18:13	+ 26:02	5th Bus	+12:43
50	Denise Lavery (FV)	13 Ellesmere Port RC	01:19:08	+ 26:57	37th Open	+26:57
51	Peter Broomfield (V)	33 Stroud & District AC	01:19:18	+ 27:07	38th Open	+27:07
52	Tony Baker (V)	49 3M Gorseinon RR	01:21:06	+ 28:55	5th Vet	+13:48
53	Doug Webb (V)	39 Village Vipers	01:22:02	+ 29:51	39th Open	+29:51
54	Christine Comerford (FV)	20 Middleton Harriers AC	01:26:00	+ 33:49	40th Open	+33:49
55	Linda Burgess (F)	48 South West RR	01:27:48	+ 35:37	5th Lady	+22:41
56	Meinir Huws (FV)	1 Abergele Harriers	01:29:13	+ 37:02	41st Open	+37:02
57	Yvonne Forsey (FV)	17 Liswerry Runners	01:29:49	+ 37:38	42nd Open	+37:38
58	Suzie Shepherd (FV)	9 Chepstow Harriers	01:34:23	+ 42:12	43rd Open	+42:12

New Record

Welsh Castles Relay 2011 - Final Results

Stage 6: Barmouth to Dolgellau; Distance: 10.7 Miles

Records - Male: 57:31 (2010) - Ben Reynolds [Thames Hare & Hounds];
Female: 01:03:23 (2005) - Michaela McCallum [Winchester & District A.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Ben Reynolds (V)	36 Thames Hare & Hounds	00:57:02		1st Open	
2	Matt Hurford (V)	16 Les Croupiers RC	01:02:07	+ 5:05	2nd Open	+5:05
3	Lee Barlow (V)	40 Wesham Road Runners	01:04:06	+ 7:04	3rd Open	+7:04
4	Stuart Hancock (V)	10 Clevedon AC	01:04:29	+ 7:27	4th Open	+7:27
5	Nicola Barberis Negra	31 Serpentine R.C.	01:06:45	+ 9:43	5th Open	+9:43
6	Andy Cleves (V)	51 Les Croupiers RC	01:07:10	+ 10:08	1st Vet	
7	Elton Davies (V)	27 Sale Harriers	01:07:16	+ 10:14	6th Open	+10:14
8	Paul Sperrin (V)	4 Bitton RR	01:07:25	+ 10:23	7th Open	+10:23
9	Dave Gough (V)	38 Vale Royal AC	01:08:56	+ 11:54	8th Open	+11:54
10	Kev Lewis (V)	22 Neath Harriers	01:09:42	+ 12:40	9th Open	+12:40
11	John Hopkins (V)	26 Port Talbot Harriers	01:10:44	+ 13:42	10th Open	+13:42
12	Johnny Lam (V)	29 San Domenico RRC	01:11:04	+ 14:02	11th Open	+14:02
13	Damian Lewis	8 Bromsgrove & Redditch AC	01:11:26	+ 14:24	12th Open	+14:24
14	Andrew Murray (V)	11 Dulwich Runners	01:11:28	+ 14:26	13th Open	+14:26
15	Marc Lyne (V)	42 Winchester & District	01:11:36	+ 14:34	14th Open	+14:34
16	Tony Price (V)	58 South Wales Police AC	01:12:55	+ 15:53	1st Bus	
17	Phil Vesey (V)	3 Altrincham & Dist AC	01:13:09	+ 16:07	15th Open	+16:07
18	Bev Wright (FV)	5 Blackpool, Wyre & Fylde	01:13:11	+ 16:09	16th Open	+16:09
19	Christine Thomas (FV)	25 Poole Runners	01:13:49	+ 16:47	17th Open	+16:47
20	Nick Bower (V)	35 TeamBath AC	01:13:52	+ 16:50	18th Open	+16:50
21	Evert Cummings	7 Bridgend AC	01:15:23	+ 18:21	19th Open	+18:21
22	Erwin Van Harten (V)	23 Of de Rood	01:15:34	+ 18:32	20th Open	+18:32
23	Jason Davies (V)	21 Mornington Chasers	01:16:01	+ 18:59	21st Open	+18:59
24	Jon Parry (V)	32 Stragglers	01:16:45	+ 19:43	22nd Open	+19:43
25	Mary Bowen-Rees (FV)	37 T.R.O.T.s	01:17:15	+ 20:13	23rd Open	+20:13
26	Jason Griffiths (V)	59 Tata Steel	01:17:18	+ 20:16	2nd Bus	+4:23
27	Peter Fraser	43 Wirral AC	01:17:33	+ 20:31	24th Open	+20:31
28	Jeff Baldwin (V)	56 Environment Agency	01:17:36	+ 20:34	3rd Bus	+4:41
29	Julie Platt (FV)	41 Wigan Phoenix	01:17:55	+ 20:53	25th Open	+20:53
30	Andrew Brown (V)	53 Swansea Harriers	01:18:07	+ 21:05	2nd Vet	+10:57
31	Willie Richmond (V)	18 Lytham St Annes RR	01:18:27	+ 21:25	26th Open	+21:25
32	Dawn Kenwright (FV)	30 Sarn Helen Club	01:18:42	+ 21:40	27th Open	+21:40
33	Jan Morris (FV)	9 Chepstow Harriers	01:19:24	+ 22:22	28th Open	+22:22
34	Claire Riley (FV)	50 Denbigh Harriers	01:19:45	+ 22:43	3rd Vet	+12:35
35	Theresa Brady (FV)	52 Serpentine R.C.	01:19:52	+ 22:50	4th Vet	+12:42
36	Deanna Laforet (F)	47 Serpentine R.C.	01:20:27	+ 23:25	1st Lady	
37	Nic Oughton (V)	14 Great Western Runners	01:21:55	+ 24:53	29th Open	+24:53
38	Michelle Collingham (F)	57 Runnersworld Haarlem	01:21:58	+ 24:56	4th Bus	+9:03
39	Darren Moran (V)	28 Salford Harriers AC	01:22:22	+ 25:20	30th Open	+25:20
40	Phil Protheroe (V)	6 Brackla Harriers	01:22:35	+ 25:33	31st Open	+25:33
41	Miranda Clarke (FV)	19 Manchester YMCA	01:23:45	+ 26:43	32nd Open	+26:43
42	Howard Attwood (V)	17 Lliswerry Runners	01:23:49	+ 26:47	33rd Open	+26:47
43	Debbie Hawker (FV)	13 Ellesmere Port RC	01:24:12	+ 27:10	34th Open	+27:10
44	Clive Williams (V)	2 Aberystwyth AC	01:25:35	+ 28:33	35th Open	+28:33
45	Nico Swanink (V)	15 Haarlem Globetrotters	01:26:06	+ 29:04	36th Open	+29:04
46	Carla Ousey (FV)	46 Sale Harriers	01:26:09	+ 29:07	2nd Lady	+5:42
47	Hayley Stokes (F)	48 South West RR	01:27:07	+ 30:05	3rd Lady	+6:40
48	Sasha Macken (FV)	45 Les Croupiers RC	01:28:24	+ 31:22	4th Lady	+7:57
49	Barrie Reeves (V)	12 Eastleigh RC	01:28:45	+ 31:43	37th Open	+31:43
50	David Clarke (V)	34 Tattenhall Runners	01:30:29	+ 33:27	38th Open	+33:27
51	Alison Sherwin (FV)	44 Bitton RR	01:31:39	+ 34:37	5th Lady	+11:12
52	Ann Metherall (FV)	55 Burges Salmon LLP	01:33:21	+ 36:19	5th Bus	+20:26
53	Fay Sharpe (FV)	49 3M Gorseinon RR	01:35:22	+ 38:20	5th Vet	+28:12
54	Geoff Langston (V)	33 Stroud & District AC	01:36:07	+ 39:05	39th Open	+39:05
55	Delyth Evans (FV)	1 Abergelge Harriers	01:36:16	+ 39:14	40th Open	+39:14
56	Angela Champion (F)	39 Village Vipers	01:37:29	+ 40:27	41st Open	+40:27
57	Tricia Cotnam (FV)	24 Penarth & Dinas Runners	01:39:57	+ 42:55	42nd Open	+42:55
58	Steve Markham (V)	20 Middleton Harriers AC	01:47:00	+ 49:58	43rd Open	+49:58

New Record

Welsh Castles Relay 2011 - Final Results

Stage 7: Dolgellau to Dinas Mawddwy; Distance: 9.75 Miles
 Records - Male: 53:17 (2010) - James McMullan [Thames Hare & Hounds];
 Female: 01:05:26 (2009) - Laura Parsonage [TeamBath A.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Andrew Norman	3 Altrincham & Dist AC	00:52:19		1st Open	
2	Jelte Brontsema	57 Runnersworld Haarlem	00:55:12	+ 2:53	1st Bus	
3	James Rodgers	10 Clevedon AC	00:56:33	+ 4:14	2nd Open	+4:14
4	Rob Hughes	28 Salford Harriers AC	00:56:47	+ 4:28	3rd Open	+4:28
5	Jerome Edwards (V)	16 Les Croupiers RC	00:57:18	+ 4:59	4th Open	+4:59
6	Phil Davis-Peerless	43 Wirral AC	00:58:15	+ 5:56	5th Open	+5:56
7	Mike Kilmartin	27 Sale Harriers	00:58:38	+ 6:19	6th Open	+6:19
8	Wesley Harrison	31 Serpentine R.C.	00:59:12	+ 6:53	7th Open	+6:53
9	Ed Catmur	36 Thames Hare & Hounds	00:59:30	+ 7:11	8th Open	+7:11
10	Richard Lomas	8 Bromsgrove & Redditch AC	00:59:36	+ 7:17	9th Open	+7:17
11	Alex Rowe (V)	40 Wesham Road Runners	01:00:12	+ 7:53	10th Open	+7:53
12	Gareth Green	29 San Domenico RRC	01:00:54	+ 8:35	11th Open	+8:35
13	Mark Bown	35 TeamBath AC	01:01:46	+ 9:27	12th Open	+9:27
14	Paul Speyer (V)	6 Brackla Harriers	01:01:56	+ 9:37	13th Open	+9:37
15	Richard Dando	7 Bridgend AC	01:02:56	+ 10:37	14th Open	+10:37
16	Matthew Symons	19 Manchester YMCA	01:03:20	+ 11:01	15th Open	+11:01
17	Alan Pitt (V)	33 Stroud & District AC	01:03:56	+ 11:37	16th Open	+11:37
18	Chris Wilson	41 Wigan Phoenix	01:04:07	+ 11:48	17th Open	+11:48
19	James Blore	9 Chepstow Harriers	01:04:10	+ 11:51	18th Open	+11:51
20	Christopher Fulcher (V)	26 Port Talbot Harriers	01:04:21	+ 12:02	19th Open	+12:02
21	Sjaak Betjes (V)	15 Haarlem Globetrotters	01:04:45	+ 12:26	20th Open	+12:26
22	Noel O'Dowd (V)	12 Eastleigh RC	01:05:06	+ 12:47	21st Open	+12:47
=	Pete Clark (V)	4 Bitton RR	01:05:06	+ 12:47	21st Open	+12:47
24	Mark Smith	2 Aberystwyth AC	01:05:15	+ 12:56	23rd Open	+12:56
25	Gary Irving (V)	53 Swansea Harriers	01:05:22	+ 13:03	1st Vet	
26	Crispin Allen (V)	32 Stragglers	01:05:23	+ 13:04	24th Open	+13:04
27	Steve Claxton (V)	25 Poole Runners	01:06:08	+ 13:49	25th Open	+13:49
28	Steven Holmes (V)	30 Sarn Helen Club	01:06:48	+ 14:29	26th Open	+14:29
29	Dean Webster (V)	49 3M Gorseinon RR	01:07:07	+ 14:48	2nd Vet	+1:45
30	Sandy Johnston (V)	51 Les Croupiers RC	01:07:14	+ 14:55	3rd Vet	+1:52
31	Alexie Shaw (F)	11 Dulwich Runners	01:07:20	+ 15:01	27th Open	+15:01
32	John Reilly (V)	20 Middleton Harriers AC	01:07:32	+ 15:13	28th Open	+15:13
33	Stephen Brown (V)	52 Serpentine R.C.	01:08:14	+ 15:55	4th Vet	+2:52
34	Andrew Jenkins (V)	59 Tata Steel	01:08:24	+ 16:05	2nd Bus	+13:12
35	John Todd (V)	38 Vale Royal AC	01:08:30	+ 16:11	29th Open	+16:11
36	Chris Lloyd	5 Blackpool, Wyre & Fylde	01:08:54	+ 16:35	30th Open	+16:35
37	Kate Laforet (F)	47 Serpentine R.C.	01:09:34	+ 17:15	1st Lady	
38	Steve Williams (V)	22 Neath Harriers	01:10:26	+ 18:07	31st Open	+18:07
39	Kathryn Bonham (F)	42 Winchester & District	01:10:36	+ 18:17	32nd Open	+18:17
40	Andrew Tarrant	56 Environment Agency	01:10:37	+ 18:18	3rd Bus	+15:25
41	Tony Croft (V)	18 Lytham St Annes RR	01:11:14	+ 18:55	33rd Open	+18:55
42	Matt Kyle (V)	55 Burges Salmon LLP	01:11:17	+ 18:58	4th Bus	+16:05
43	Melissa Dando (F)	45 Les Croupiers RC	01:11:47	+ 19:28	2nd Lady	+2:13
44	Steven McCormack	1 Abergelge Harriers	01:12:28	+ 20:09	34th Open	+20:09
45	Alison Cole (FV)	13 Ellesmere Port RC	01:12:51	+ 20:32	35th Open	+20:32
46	Joanne Ross (F)	14 Great Western Runners	01:12:58	+ 20:39	36th Open	+20:39
47	Chris Jones (V)	17 Lliswerry Runners	01:13:02	+ 20:43	37th Open	+20:43
48	Darren Morgan (V)	39 Village Vipers	01:13:23	+ 21:04	38th Open	+21:04
49	Stephen Jenkins	58 South Wales Police AC	01:13:40	+ 21:21	5th Bus	+18:28
50	Richard Phillips	37 T.R.O.T.s	01:14:18	+ 21:59	39th Open	+21:59
51	Mairead O'Rourke (F)	21 Mornington Chasers	01:14:40	+ 22:21	40th Open	+22:21
52	Jo Webb (FV)	44 Bitton RR	01:15:35	+ 23:16	3rd Lady	+6:01
53	Paul Miller (V)	34 Tattenhall Runners	01:16:32	+ 24:13	41st Open	+24:13
54	Jan Nicholls (FV)	46 Sale Harriers	01:17:04	+ 24:45	4th Lady	+7:30
55	Stephen Morath	24 Penarth & Dinas Runners	01:18:31	+ 26:12	42nd Open	+26:12
56	Tony Benton (V)	50 Denbigh Harriers	01:21:19	+ 29:00	5th Vet	+15:57
57	Annemieke Bloem (F)	23 Of de Rood	01:26:28	+ 34:09	43rd Open	+34:09
58	Isabelle Baraffe (F)	48 South West RR	01:27:17	+ 34:58	5th Lady	+17:43

Welsh Castles Relay 2011 - Final Results

Stage 8: Dinas Mawddwy to Foel; Distance: 10.8 Miles
New Route - New Records Set Today

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	John Morris	41 Wigan Phoenix	01:01:23		1st Open	
2	Xavier Desse (V)	43 Wirral AC	01:01:52	+ 0:29	2nd Open	+0:29
3	Duncan Hancox (V)	31 Serpentine R.C.	01:02:46	+ 1:23	3rd Open	+1:23
4	Steve Hargreaves (V)	18 Lytham St Annes RR	01:03:15	+ 1:52	4th Open	+1:52
5	Harmen Perk	23 Of de Rood	01:04:22	+ 2:59	5th Open	+2:59
6	Richard Mulvany (V)	22 Neath Harriers	01:04:27	+ 3:04	6th Open	+3:04
7	Lee Woods (V)	27 Sale Harriers	01:05:54	+ 4:31	7th Open	+4:31
8	Brian Richardson (V)	16 Les Croupiers RC	01:06:03	+ 4:40	8th Open	+4:40
9	Kevin Lanckham (V)	8 Bromsgrove & Redditch AC	01:06:10	+ 4:47	9th Open	+4:47
10	Paul Birkett (V)	28 Salford Harriers AC	01:07:05	+ 5:42	10th Open	+5:42
11	George Robinson	33 Stroud & District AC	01:08:29	+ 7:06	11th Open	+7:06
12	Sean McCormack (V)	1 Abergele Harriers	01:08:43	+ 7:20	12th Open	+7:20
13	Malcolm Treby (V)	35 TeamBath AC	01:08:58	+ 7:35	13th Open	+7:35
14	Adrian Weaver	26 Port Talbot Harriers	01:09:00	+ 7:37	14th Open	+7:37
15	Arwel Roberts (V)	4 Bitton RR	01:10:07	+ 8:44	15th Open	+8:44
16	Baaba Sow (V)	10 Clevedon AC	01:10:16	+ 8:53	16th Open	+8:53
17	Andrew Abbott (V)	30 Sarn Helen Club	01:10:20	+ 8:57	17th Open	+8:57
18	Paul Mason	14 Great Western Runners	01:11:26	+ 10:03	18th Open	+10:03
19	Matt Sweeting (V)	38 Vale Royal AC	01:11:40	+ 10:17	19th Open	+10:17
20	Phil Bristow (V)	29 San Domenico RRC	01:11:50	+ 10:27	20th Open	+10:27
21	Steve Rosewell	7 Bridgend AC	01:12:43	+ 11:20	21st Open	+11:20
22	Trevor Uttley (V)	5 Blackpool, Wyre & Fylde	01:12:54	+ 11:31	22nd Open	+11:31
23	Victoria Perry (FV)	3 Altrincham & Dist AC	01:13:20	+ 11:57	23rd Open	+11:57
24	Jo Jefferies (FV)	42 Winchester & District	01:14:19	+ 12:56	24th Open	+12:56
25	Louisa Ruderman (F)	47 Serpentine R.C.	01:14:46	+ 13:23	1st Lady	
26	Matt Wade	19 Manchester YMCA	01:14:49	+ 13:26	25th Open	+13:26
27	Simon Scurrall	37 T.R.O.T.s	01:15:28	+ 14:05	26th Open	+14:05
28	Emma Lund (F)	40 Wesham Road Runners	01:17:14	+ 15:51	27th Open	+15:51
29	Kevin Corcoran (V)	53 Swansea Harriers	01:17:23	+ 16:00	1st Vet	
30	Maki Kimura (FV)	21 Mornington Chasers	01:17:29	+ 16:06	28th Open	+16:06
31	Roy Traynor (V)	13 Ellesmere Port RC	01:18:07	+ 16:44	29th Open	+16:44
32	Aileen Lyons (F)	45 Les Croupiers RC	01:18:10	+ 16:47	2nd Lady	+3:24
33	Geoff Robberts (V)	25 Poole Runners	01:18:12	+ 16:49	30th Open	+16:49
34	Helen Armitage (FV)	46 Sale Harriers	01:18:13	+ 16:50	3rd Lady	+3:27
35	Allan Jones (V)	6 Brackla Harriers	01:18:15	+ 16:52	31st Open	+16:52
36	David E Williams (V)	51 Les Croupiers RC	01:18:17	+ 16:54	2nd Vet	+0:54
37	Steven Hughes (V)	59 Tata Steel	01:19:11	+ 17:48	1st Bus	
38	Justin Lott (V)	58 South Wales Police AC	01:20:00	+ 18:37	2nd Bus	+0:49
39	Lars Menken (V)	52 Serpentine R.C.	01:20:13	+ 18:50	3rd Vet	+2:50
40	Carys Mills (FV)	32 Stragglers	01:20:35	+ 19:12	32nd Open	+19:12
41	Catherine Hilton (F)	48 South West RR	01:20:44	+ 19:21	4th Lady	+5:58
42	Mark Harvey	9 Chepstow Harriers	01:21:51	+ 20:28	33rd Open	+20:28
43	Sophie Summers (F)	55 Burges Salmon LLP	01:22:08	+ 20:45	3rd Bus	+2:57
44	Colin Jones (V)	12 Eastleigh RC	01:22:10	+ 20:47	34th Open	+20:47
45	Kevin Holland	2 Aberystwyth AC	01:23:22	+ 21:59	35th Open	+21:59
46	Daniel Comens (V)	36 Thames Hare & Hounds	01:23:41	+ 22:18	36th Open	+22:18
47	Sam Oyeyinka (V)	11 Dulwich Runners	01:23:48	+ 22:25	37th Open	+22:25
48	Anna Lorentzon (F)	56 Environment Agency	01:24:38	+ 23:15	4th Bus	+5:27
49	Paul Dursley (V)	17 Liswerry Runners	01:25:32	+ 24:09	38th Open	+24:09
50	Geraint Dodd (V)	50 Denbigh Harriers	01:25:38	+ 24:15	4th Vet	+8:15
51	Tjerk Van Gelderen (V)	15 Haarlem Globetrotters	01:25:40	+ 24:17	39th Open	+24:17
52	Cain Thomas (V)	39 Village Vipers	01:26:06	+ 24:43	40th Open	+24:43
53	Kim Pope (FV)	44 Bitton RR	01:26:10	+ 24:47	5th Lady	+11:24
54	Ross Poiner (V)	49 3M Gorseinon RR	01:28:14	+ 26:51	5th Vet	+10:51
55	Paul Whitmarsh	24 Penarth & Dinas Runners	01:34:38	+ 33:15	41st Open	+33:15
56	Pat Markham (FV)	20 Middleton Harriers AC	01:36:31	+ 35:08	42nd Open	+35:08
57	Neil Quinlan	34 Tattenhall Runners	01:48:00	+ 46:37	43rd Open	+46:37
58	No Runner Entered	57 Runnersworld Haarlem	02:03:00	+ 61:37	5th Bus	+43:49

New Male Record

New Female Record

Welsh Castles Relay 2011 - Final Results

Stage 9: Foel to Llanfair Caereinion; Distance: 8.6 Miles
 Records - Male: 43:32 (2004) - Steve Watterson [Westbury Harriers];
 Female: 50:16 (2005) - Anne Marie Hutchinson [Neath Harriers]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Graham Ratcliffe (V)	43 Wirral AC	00:47:18		1st Open	
2	Paul Simons (V)	28 Salford Harriers AC	00:47:58	+ 0:40	2nd Open	+0:40
3	Sylvie Lloyd (F)	47 Serpentine R.C.	00:48:34	+ 1:16	1st Lady	
4	Mike Davies (V)	42 Winchester & District	00:49:36	+ 2:18	3rd Open	+2:18
5	Kate Roberts	7 Bridgend AC	00:51:08	+ 3:50	4th Open	+3:50
6	Andrew Maggs (V)	35 TeamBath AC	00:51:16	+ 3:58	5th Open	+3:58
7	Daniel Turton	25 Poole Runners	00:52:13	+ 4:55	6th Open	+4:55
8	Joshua Paparo (V)	31 Serpentine R.C.	00:52:35	+ 5:17	7th Open	+5:17
9	Joanna Gorney (FV)	40 Wesham Road Runners	00:53:45	+ 6:27	8th Open	+6:27
10	Simon Laraway (V)	4 Bitton RR	00:53:51	+ 6:33	9th Open	+6:33
11	Scott Hemmens	16 Les Croupiers RC	00:54:03	+ 6:45	10th Open	+6:45
12	Ruth Barrett (F)	29 San Domenico RRC	00:55:02	+ 7:44	11th Open	+7:44
13	Rhodri Davies (V)	36 Thames Hare & Hounds	00:55:28	+ 8:10	12th Open	+8:10
14	Mark Cooper (V)	10 Clevedon AC	00:55:46	+ 8:28	13th Open	+8:28
15	Dan Baker (V)	33 Stroud & District AC	00:57:13	+ 9:55	14th Open	+9:55
16	Steve Owen (V)	51 Les Croupiers RC	00:58:11	+ 10:53	1st Vet	
17	Paul Boxer	59 Tata Steel	00:58:12	+ 10:54	1st Bus	
18	Evelyn Mullins (FV)	52 Serpentine R.C.	00:58:36	+ 11:18	2nd Vet	+0:25
19	Callum Rowlinson	27 Sale Harriers	00:58:43	+ 11:25	15th Open	+11:25
20	John Evans (V)	2 Aberystwyth AC	00:59:25	+ 12:07	16th Open	+12:07
21	Martin Morley (V)	11 Dulwich Runners	00:59:30	+ 12:12	17th Open	+12:12
22	Hugh Burchard (V)	56 Environment Agency	01:00:02	+ 12:44	2nd Bus	+1:50
23	Emma Weall (F)	41 Wigan Phoenix	01:00:09	+ 12:51	18th Open	+12:51
24	Sian Phillips (FV)	53 Swansea Harriers	01:01:20	+ 14:02	3rd Vet	+3:09
25	Steve Smith (V)	38 Vale Royal AC	01:01:22	+ 14:04	19th Open	+14:04
26	Cathy Davis (FV)	32 Stragglers	01:02:10	+ 14:52	20th Open	+14:52
27	Keith Humphreys (V)	50 Denbigh Harriers	01:02:27	+ 15:09	4th Vet	+4:16
28	Tom Van Breukelen (V)	57 Runnersworld Haarlem	01:02:32	+ 15:14	3rd Bus	+4:20
29	Vanessa Jane Mulholland (F)	3 Altrincham & Dist AC	01:03:05	+ 15:47	21st Open	+15:47
30	Dave Cleverly (V)	8 Bromsgrove & Redditch AC	01:03:16	+ 15:58	22nd Open	+15:58
31	Pauline Williams (FV)	26 Port Talbot Harriers	01:04:00	+ 16:42	23rd Open	+16:42
32	Kirsty Hood (F)	21 Mornington Chasers	01:04:05	+ 16:47	24th Open	+16:47
33	Georgina Shaw (F)	55 Burges Salmon LLP	01:04:27	+ 17:09	4th Bus	+6:15
34	Laura Ashworth (F)	18 Lytham St Annes RR	01:04:35	+ 17:17	25th Open	+17:17
35	Emma Hoare (FV)	44 Bitton RR	01:04:52	+ 17:34	2nd Lady	+16:18
36	David Thomas (V)	30 Sarn Helen Club	01:04:57	+ 17:39	26th Open	+17:39
37	Gillian McCue (FV)	45 Les Croupiers RC	01:05:21	+ 18:03	3rd Lady	+16:47
38	Helen Davies (F)	37 T.R.O.T.s	01:06:33	+ 19:15	27th Open	+19:15
39	Venessa Smith (F)	48 South West RR	01:06:37	+ 19:19	4th Lady	+18:03
40	Richard Read (V)	12 Eastleigh RC	01:07:40	+ 20:22	28th Open	+20:22
41	Ariadne Ooms (F)	23 Of de Rood	01:08:21	+ 21:03	29th Open	+21:03
42	Tammy Raz-Nick (V)	6 Brackla Harriers	01:08:38	+ 21:20	30th Open	+21:20
43	Ron Wootten (V)	14 Great Western Runners	01:08:46	+ 21:28	31st Open	+21:28
44	Kath Frankland (FV)	34 Tattenhall Runners	01:10:28	+ 23:10	32nd Open	+23:10
45	Kim Holohan (FV)	49 3M Gorseinon RR	01:11:11	+ 23:53	5th Vet	+13:00
46	Roberta Havers (F)	9 Chepstow Harriers	01:11:13	+ 23:55	33rd Open	+23:55
47	Sarah El-Khatib (F)	24 Penarth & Dinas Runners	01:11:52	+ 24:34	34th Open	+24:34
48	Julian French (V)	17 Lliswerry Runners	01:11:53	+ 24:35	35th Open	+24:35
49	Julia Fidler (FV)	13 Ellesmere Port RC	01:12:02	+ 24:44	36th Open	+24:44
50	Fred Archer (V)	22 Neath Harriers	01:13:11	+ 25:53	37th Open	+25:53
51	Natalie Van-Hemert (F)	19 Manchester YMCA	01:13:19	+ 26:01	38th Open	+26:01
52	Bob Massey (V)	5 Blackpool, Wyre & Fylde	01:13:31	+ 26:13	39th Open	+26:13
53	Lisa Jackson (F)	20 Middleton Harriers AC	01:15:31	+ 28:13	40th Open	+28:13
54	Lucy Jones (FV)	1 Abergele Harriers	01:18:35	+ 31:17	41st Open	+31:17
55	Astrid Meester (FV)	15 Haarlem Globetrotters	01:21:26	+ 34:08	42nd Open	+34:08
56	Emma Sainsbury (F)	58 South Wales Police AC	01:23:08	+ 35:50	5th Bus	+24:56
57	Elaine Davies (FV)	39 Village Vipers	01:23:41	+ 36:23	43rd Open	+36:23
58	Naomi Grant (FV)	46 Sale Harriers	01:25:58	+ 38:40	5th Lady	+37:24

New Female Record

Welsh Castles Relay 2011 - Final Results

Stage 10: Llanfair Caereinion to Newtown; Distance: 13.3 Miles
 Records - Male: 01:10:0 (2007) - Richard Gardiner [South Wales Police AAC];
 Female: 01:23:45 (2007) - Kath Bailey [Winchester & District Ladies]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Dan Robinson (V)	33 Stroud & District AC	01:12:00		1st Open	
2	Willard Chinhanhu (V)	25 Poole Runners	01:12:22	+ 0:22	2nd Open	+0:22
3	Hendrik Zietsman (V)	31 Serpentine R.C.	01:15:36	+ 3:36	3rd Open	+3:36
4	Charlie Pass (V)	40 Wesham Road Runners	01:16:04	+ 4:04	4th Open	+4:04
5	Chris Williams (V)	22 Neath Harriers	01:16:18	+ 4:18	5th Open	+4:18
6	David Coales (V)	35 TeamBath AC	01:16:25	+ 4:25	6th Open	+4:25
7	John Hunt (V)	43 Wirral AC	01:17:24	+ 5:24	7th Open	+5:24
8	Simon Wurr	36 Thames Hare & Hounds	01:18:18	+ 6:18	8th Open	+6:18
9	Jacob Hayes (V)	4 Bitton RR	01:19:30	+ 7:30	9th Open	+7:30
10	Michael Williams	11 Dulwich Runners	01:20:03	+ 8:03	10th Open	+8:03
11	Richard Wilder (V)	29 San Domenico RRC	01:20:22	+ 8:22	11th Open	+8:22
12	Owain Jones (V)	53 Swansea Harriers	01:21:22	+ 9:22	1st Vet	
13	Gareth Matthews	27 Sale Harriers	01:21:29	+ 9:29	12th Open	+9:29
14	Clive Morphy Richards (V)	10 Clevedon AC	01:21:36	+ 9:36	13th Open	+9:36
15	Daniel Summers	55 Burges Salmon LLP	01:22:09	+ 10:09	1st Bus	
16	John Armstrong (V)	21 Mornington Chasers	01:23:04	+ 11:04	14th Open	+11:04
17	Trevor Ford (V)	32 Stragglers	01:23:51	+ 11:51	15th Open	+11:51
18	Andrew Hodgeson (V)	6 Brackla Harriers	01:24:47	+ 12:47	16th Open	+12:47
19	Colin Banno Thornton (V)	3 Altrincham & Dist AC	01:25:02	+ 13:02	17th Open	+13:02
20	Robert Hunt	7 Bridgend AC	01:25:38	+ 13:38	18th Open	+13:38
21	Charlie Foster (V)	28 Salford Harriers AC	01:25:57	+ 13:57	19th Open	+13:57
22	Lee Dunn (V)	19 Manchester YMCA	01:27:33	+ 15:33	20th Open	+15:33
23	Clem Clement (V)	24 Penarth & Dinas Runners	01:28:22	+ 16:22	21st Open	+16:22
24	Dave Wintle (V)	14 Great Western Runners	01:28:48	+ 16:48	22nd Open	+16:48
25	Dean John (V)	37 T.R.O.T.s	01:29:22	+ 17:22	23rd Open	+17:22
26	Laurie Carter (V)	9 Chepstow Harriers	01:30:20	+ 18:20	24th Open	+18:20
27	Paul Ballinger (V)	50 Denbigh Harriers	01:30:48	+ 18:48	2nd Vet	+9:26
28	Remko Peters	23 Of de Rood	01:31:06	+ 19:06	25th Open	+19:06
29	Eric Rees (V)	30 Sarn Helen Club	01:31:15	+ 19:15	26th Open	+19:15
30	Graham Webster (V)	18 Lytham St Annes RR	01:31:25	+ 19:25	27th Open	+19:25
31	Martin Davies (V)	17 Lliswerry Runners	01:31:32	+ 19:32	28th Open	+19:32
32	Andrew Russell (V)	51 Les Croupiers RC	01:32:01	+ 20:01	3rd Vet	+10:39
33	Paul Weall	41 Wigan Phoenix	01:32:30	+ 20:30	29th Open	+20:30
34	Paul Atkins (V)	8 Bromsgrove & Redditch AC	01:32:58	+ 20:58	30th Open	+20:58
35	Tjalling Letterie (V)	57 Runnersworld Haarlem	01:33:05	+ 21:05	2nd Bus	+10:56
36	Robert Warlow (V)	26 Port Talbot Harriers	01:33:46	+ 21:46	31st Open	+21:46
37	Richard Self (V)	16 Les Croupiers RC	01:34:39	+ 22:39	32nd Open	+22:39
38	Tony Codling (V)	5 Blackpool, Wyre & Fylde	01:34:42	+ 22:42	33rd Open	+22:42
39	Ian Rogers (V)	12 Eastleigh RC	01:34:59	+ 22:59	34th Open	+22:59
40	Jonathan Cole (V)	13 Ellesmere Port RC	01:35:24	+ 23:24	35th Open	+23:24
41	Andrew Hitchings (V)	56 Environment Agency	01:36:02	+ 24:02	3rd Bus	+13:53
42	Dave Williams (V)	20 Middleton Harriers AC	01:36:19	+ 24:19	36th Open	+24:19
43	Emma Patel (F)	42 Winchester & District	01:36:43	+ 24:43	37th Open	+24:43
44	Liz Wynn (F)	47 Serpentine R.C.	01:37:32	+ 25:32	1st Lady	
45	Ayse Vahiboglu (F)	48 South West RR	01:37:52	+ 25:52	2nd Lady	+0:20
46	Ian Stanton	38 Vale Royal AC	01:39:20	+ 27:20	38th Open	+27:20
47	Alistair McNay (V)	34 Tattenhall Runners	01:39:31	+ 27:31	39th Open	+27:31
48	Adrian Taylor (V)	58 South Wales Police AC	01:39:48	+ 27:48	4th Bus	+17:39
49	Mark Smith (V)	52 Serpentine R.C.	01:40:50	+ 28:50	4th Vet	+19:28
50	Vincent Borgonjen (V)	15 Haarlem Globetrotters	01:41:03	+ 29:03	40th Open	+29:03
51	Paul Thomas (V)	1 Abergele Harriers	01:42:43	+ 30:43	41st Open	+30:43
52	Dawn Drake (FV)	44 Bitton RR	01:43:15	+ 31:15	3rd Lady	+5:43
53	Caroline Sandles (FV)	49 3M Gorseinon RR	01:45:11	+ 33:11	5th Vet	+23:49
54	Anita Worthing (FV)	2 Aberystwyth AC	01:47:12	+ 35:12	42nd Open	+35:12
55	Paula Ijzerman (FV)	59 Tata Steel	01:50:31	+ 38:31	5th Bus	+28:22
56	Jenny Flanagan (F)	46 Sale Harriers	01:52:34	+ 40:34	4th Lady	+15:02
57	Glenda Edwards (FV)	45 Les Croupiers RC	01:56:55	+ 44:55	5th Lady	+19:23
58	Simon Farrington (V)	39 Village Vipers	02:13:00	+ 61:00	43rd Open	+61:00

Welsh Castles Relay 2011 - Final Results

Stage 11: Newtown to Llanbadarn Fynydd; Distance: 12.3 Miles
 Records - Male: 01:03:40 (1998) - Darren Hiscox [Bridgend A.C.];
 Female: 01:13:57 (2000) - Sarah Bradbury [Police A.A.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Martin Lewis	25 Poole Runners	01:10:16		1st Open	
2	Stuart Crees	16 Les Croupiers RC	01:11:53	+ 1:37	2nd Open	+1:37
3	Paul Griffiths (V)	22 Neath Harriers	01:12:37	+ 2:21	3rd Open	+2:21
4	Eric Vamben (V)	31 Serpentine R.C.	01:13:44	+ 3:28	4th Open	+3:28
5	Jon Hill	8 Bromsgrove & Redditch AC	01:14:12	+ 3:56	5th Open	+3:56
6	Mike Blackmore (V)	4 Bitton RR	01:14:19	+ 4:03	6th Open	+4:03
7	David Symons (V)	36 Thames Hare & Hounds	01:14:52	+ 4:36	7th Open	+4:36
8	Mark Hulmston (V)	43 Wirral AC	01:14:56	+ 4:40	8th Open	+4:40
9	Nick Hides (V)	10 Clevedon AC	01:15:06	+ 4:50	9th Open	+4:50
10	Glyn Price (V)	30 Sarn Helen Club	01:15:42	+ 5:26	10th Open	+5:26
11	Stefan Van Der Pols (V)	57 Runnersworld Haarlem	01:17:12	+ 6:56	1st Bus	
12	Andrew James Whittingham	3 Altrincham & Dist AC	01:17:44	+ 7:28	11th Open	+7:28
13	Mike Ashby	27 Sale Harriers	01:18:20	+ 8:04	12th Open	+8:04
14	Harm Bospad	23 Of de Rood	01:18:50	+ 8:34	13th Open	+8:34
15	Barry Awan (V)	35 TeamBath AC	01:20:57	+ 10:41	14th Open	+10:41
16	Andrew Dawe (V)	17 Lliswerry Runners	01:21:07	+ 10:51	15th Open	+10:51
17	John Harrison-Church (V)	32 Stragglers	01:22:23	+ 12:07	16th Open	+12:07
18	Peter Agnew (V)	50 Denbigh Harriers	01:22:59	+ 12:43	1st Vet	
19	Andy Ost	9 Chepstow Harriers	01:23:10	+ 12:54	17th Open	+12:54
20	David Waddington (V)	41 Wigan Phoenix	01:23:21	+ 13:05	18th Open	+13:05
21	Michaela McCallum (FV)	42 Winchester & District	01:23:31	+ 13:15	19th Open	+13:15
22	Kevin Griffiths (V)	37 T.R.O.T.s	01:23:42	+ 13:26	20th Open	+13:26
23	Darren Cottier (V)	38 Vale Royal AC	01:24:39	+ 14:23	21st Open	+14:23
24	Catherine Wilding (FV)	47 Serpentine R.C.	01:24:56	+ 14:40	1st Lady	
25	Paul Shackleton (V)	11 Dulwich Runners	01:25:22	+ 15:06	22nd Open	+15:06
26	Gary Moore (V)	40 Wesham Road Runners	01:25:35	+ 15:19	23rd Open	+15:19
27	Phil Manning (V)	33 Stroud & District AC	01:26:09	+ 15:53	24th Open	+15:53
28	Andy John Simpson (V)	1 Abergele Harriers	01:26:21	+ 16:05	25th Open	+16:05
29	Fraser Johnson (V)	52 Serpentine R.C.	01:26:39	+ 16:23	2nd Vet	+3:40
30	Gareth Hardman	7 Bridgend AC	01:27:01	+ 16:45	26th Open	+16:45
31	Ian Taylor	55 Burges Salmon LLP	01:27:22	+ 17:06	2nd Bus	+10:10
32	James Delaney (V)	29 San Domenico RRC	01:27:45	+ 17:29	27th Open	+17:29
33	Dave Walder (V)	13 Ellesmere Port RC	01:27:52	+ 17:36	28th Open	+17:36
34	Ron Warender (V)	28 Salford Harriers AC	01:28:12	+ 17:56	29th Open	+17:56
35	Ian Evans	2 Aberystwyth AC	01:28:22	+ 18:06	30th Open	+18:06
36	Dan Harris	59 Tata Steel	01:29:10	+ 18:54	3rd Bus	+11:58
37	Alan Mason (V)	51 Les Croupiers RC	01:29:12	+ 18:56	3rd Vet	+6:13
38	Sonia Rushby (FV)	12 Eastleigh RC	01:29:20	+ 19:04	31st Open	+19:04
39	Davina Blanchard (F)	48 South West RR	01:29:35	+ 19:19	2nd Lady	+4:39
40	Paul Jelley (V)	26 Port Talbot Harriers	01:29:59	+ 19:43	32nd Open	+19:43
41	Leighton Gardner (V)	53 Swansea Harriers	01:30:32	+ 20:16	4th Vet	+7:33
42	Sarah McCarthy (FV)	45 Les Croupiers RC	01:31:03	+ 20:47	3rd Lady	+6:07
43	Thomas Judd	56 Environment Agency	01:31:21	+ 21:05	4th Bus	+14:09
44	Dan Coles	14 Great Western Runners	01:31:51	+ 21:35	33rd Open	+21:35
45	Anthony Davis (V)	6 Brackla Harriers	01:32:46	+ 22:30	34th Open	+22:30
46	Fiona Russell (FV)	21 Mornington Chasers	01:32:51	+ 22:35	35th Open	+22:35
47	Catherine Jones (F)	44 Bitton RR	01:34:31	+ 24:15	4th Lady	+9:35
48	Mike Nash (V)	49 3M Gorseinon RR	01:35:07	+ 24:51	5th Vet	+12:08
49	Steve Vasiliou (V)	20 Middleton Harriers AC	01:35:48	+ 25:32	36th Open	+25:32
50	Colin Nelson (V)	18 Lytham St Annes RR	01:36:37	+ 26:21	37th Open	+26:21
51	Lynda Rowlinson (FV)	46 Sale Harriers	01:37:10	+ 26:54	5th Lady	+12:14
52	Stephen Symons (V)	19 Manchester YMCA	01:37:17	+ 27:01	38th Open	+27:01
53	David Brooks (V)	5 Blackpool, Wyre & Fylde	01:39:39	+ 29:23	39th Open	+29:23
54	Steve New (V)	58 South Wales Police AC	01:39:56	+ 29:40	5th Bus	+22:44
55	Gary Hobbs (V)	39 Village Vipers	01:41:13	+ 30:57	40th Open	+30:57
56	Paula Ijzerman (FV)	15 Haarlem Globetrotters	01:45:04	+ 34:48	41st Open	+34:48
57	Kath Stott (FV)	34 Tattenhall Runners	01:48:39	+ 38:23	42nd Open	+38:23
58	Anna Stokes (F)	24 Penarth & Dinas Runners	01:49:28	+ 39:12	43rd Open	+39:12

Welsh Castles Relay 2011 - Final Results

Stage 12: Llanbadarn Fynydd to Crossgates; Distance: 11.2 Miles

Records - Male: 53:33 (1993) - Gareth Davies [Bridgend AC];

Female: 01:04:25 (2010) - Marilyn Kitching [Tattenhall Runners]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Andrew Greenleaf	42 Winchester & District	00:59:49		1st Open	
2	Phil Scowcroft	27 Sale Harriers	01:03:11	+ 3:22	2nd Open	+3:22
3	Alan Baker	10 Clevedon AC	01:05:18	+ 5:29	3rd Open	+5:29
4	Andrew Davies (V)	31 Serpentine R.C.	01:05:25	+ 5:36	4th Open	+5:36
5	Richard Phillips (V)	52 Serpentine R.C.	01:05:28	+ 5:39	1st Vet	
6	Stuart McIlroy (V)	16 Les Croupiers RC	01:06:06	+ 6:17	5th Open	+6:17
7	Jo Thompson (FV)	35 TeamBath AC	01:07:55	+ 8:06	6th Open	+8:06
8	Tony McDevitt (V)	43 Wirral AC	01:08:00	+ 8:11	7th Open	+8:11
9	Glyn Sansom (V)	29 San Domenico RRC	01:08:08	+ 8:19	8th Open	+8:19
10	Adam Parkes	21 Mornington Chasers	01:08:34	+ 8:45	9th Open	+8:45
11	Brabo Uut Uujen (V)	23 Of de Rood	01:08:38	+ 8:49	10th Open	+8:49
12	Will Schiller (V)	25 Poole Runners	01:09:31	+ 9:42	11th Open	+9:42
13	Simon Lanckham	8 Bromsgrove & Redditch AC	01:09:55	+ 10:06	12th Open	+10:06
14	Michelle Densmore (F)	47 Serpentine R.C.	01:10:18	+ 10:29	1st Lady	
15	Nick Rees (V)	51 Les Croupiers RC	01:10:27	+ 10:38	2nd Vet	+4:59
16	Huw Price (V)	30 Sarn Helen Club	01:10:49	+ 11:00	13th Open	+11:00
17	Matthew Parkes	7 Bridgend AC	01:11:13	+ 11:24	14th Open	+11:24
18	Jacqui Jones (FV)	41 Wigan Phoenix	01:13:15	+ 13:26	15th Open	+13:26
19	Roy Upton (V)	18 Lytham St Annes RR	01:13:36	+ 13:47	16th Open	+13:47
20	Wayne Durston (V)	4 Bitton RR	01:14:43	+ 14:54	17th Open	+14:54
21	Graham Vickers (V)	40 Wesham Road Runners	01:16:32	+ 16:43	18th Open	+16:43
22	Anthony Phillips (FV)	12 Eastleigh RC	01:17:22	+ 17:33	19th Open	+17:33
23	Joseph Brady (V)	11 Dulwich Runners	01:18:24	+ 18:35	20th Open	+18:35
24	Calvin Hold (V)	53 Swansea Harriers	01:18:39	+ 18:50	3rd Vet	+13:11
25	Kenneth Burgess (V)	3 Altrincham & Dist AC	01:18:59	+ 19:10	21st Open	+19:10
26	Dave Griffiths (V)	32 Stragglers	01:19:06	+ 19:17	22nd Open	+19:17
27	Tim Pope (V)	55 Burges Salmon LLP	01:19:18	+ 19:29	1st Bus	
28	Tommy Daniels (V)	28 Salford Harriers AC	01:19:23	+ 19:34	23rd Open	+19:34
29	Colin Price (V)	59 Tata Steel	01:19:59	+ 20:10	2nd Bus	+0:41
30	Claudia Hammond-Price (F)	19 Manchester YMCA	01:20:14	+ 20:25	24th Open	+20:25
31	David Oak (V)	26 Port Talbot Harriers	01:20:19	+ 20:30	25th Open	+20:30
32	Mark Fidler (V)	13 Ellesmere Port RC	01:20:22	+ 20:33	26th Open	+20:33
33	Chris Davies (V)	17 Lliswerry Runners	01:20:31	+ 20:42	27th Open	+20:42
34	Steve Hames (V)	22 Neath Harriers	01:20:48	+ 20:59	28th Open	+20:59
35	Paul Bigmore (V)	6 Brackla Harriers	01:21:19	+ 21:30	29th Open	+21:30
36	Michael Terry (V)	37 T.R.O.T.s	01:21:23	+ 21:34	30th Open	+21:34
37	Bob Renkema (V)	15 Haarlem Globetrotters	01:22:04	+ 22:15	31st Open	+22:15
38	Martin Bennett (V)	14 Great Western Runners	01:22:26	+ 22:37	32nd Open	+22:37
39	Cheryl Hughes (F)	2 Aberystwyth AC	01:23:01	+ 23:12	33rd Open	+23:12
=	Jeff Wright (V)	5 Blackpool, Wyre & Fylde	01:23:01	+ 23:12	33rd Open	+23:12
41	Jo Edwards (FV)	38 Vale Royal AC	01:24:11	+ 24:22	35th Open	+24:22
42	David Alan Jones (V)	50 Denbigh Harriers	01:24:30	+ 24:41	4th Vet	+19:02
43	Oliver Grummell	39 Village Vipers	01:25:34	+ 25:45	36th Open	+25:45
44	Pip Hayes (F)	48 South West RR	01:26:05	+ 26:16	2nd Lady	+15:47
=	Nico Swanink (V)	57 Runnersworld Haarlem	01:26:05	+ 26:16	3rd Bus	+6:47
46	Michelle Greatrex (FV)	58 South Wales Police AC	01:27:03	+ 27:14	4th Bus	+7:45
47	David Walsh (V)	36 Thames Hare & Hounds	01:27:09	+ 27:20	37th Open	+27:20
48	Judith Austerberry (FV)	9 Chepstow Harriers	01:27:15	+ 27:26	38th Open	+27:26
49	Chris Brooks (FV)	20 Middleton Harriers AC	01:28:40	+ 28:51	39th Open	+28:51
50	Anna Helsing (FV)	24 Penarth & Dinas Runners	01:29:42	+ 29:53	40th Open	+29:53
51	John Sanderson (V)	49 3M Gorseinon RR	01:29:48	+ 29:59	5th Vet	+24:20
52	Adele Curran (FV)	34 Tattenhall Runners	01:29:53	+ 30:04	41st Open	+30:04
53	John Coady	1 Abergele Harriers	01:31:36	+ 31:47	42nd Open	+31:47
54	Fadi Dahdouh (V)	33 Stroud & District AC	01:31:58	+ 32:09	43rd Open	+32:09
55	Kirsty Donkersley (F)	46 Sale Harriers	01:32:02	+ 32:13	3rd Lady	+21:44
=	Katie Maynard (F)	44 Bitton RR	01:32:02	+ 32:13	3rd Lady	+21:44
57	Libby O'Duffy (FV)	45 Les Croupiers RC	01:38:26	+ 38:37	5th Lady	+28:08
58	Carolyn Thraves (F)	56 Environment Agency	01:45:02	+ 45:13	5th Bus	+25:44

Welsh Castles Relay 2011 - Final Results

Stage 13: Crossgates to Builth Wells; Distance: 10.6 Miles
 Records - Male: 52:19 (1998) - Greg Newhams [Bridgend AC];
 Female: 01:02:51 (2009) - Rachel Jones [Wigan Phoenix]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Andrew Taylor	31 Serpentine R.C.	00:59:34		1st Open	
2	Martin Crosby (V)	3 Altrincham & Dist AC	01:01:28	+ 1:54	2nd Open	+1:54
3	Rob Sage (V)	16 Les Croupiers RC	01:02:28	+ 2:54	3rd Open	+2:54
4	Paul Barrett	27 Sale Harriers	01:04:03	+ 4:29	4th Open	+4:29
5	John Collier (V)	40 Wesham Road Runners	01:04:18	+ 4:44	5th Open	+4:44
6	Steven James	10 Clevedon AC	01:04:52	+ 5:18	6th Open	+5:18
7	Lloyd Nail	55 Burges Salmon LLP	01:07:12	+ 7:38	1st Bus	
8	Joe Thomas	7 Bridgend AC	01:07:56	+ 8:22	7th Open	+8:22
9	Steve King (V)	2 Aberystwyth AC	01:08:13	+ 8:39	8th Open	+8:39
10	Karl Bryers (V)	43 Wirral AC	01:08:27	+ 8:53	9th Open	+8:53
11	Charlotte Finch (FV)	41 Wigan Phoenix	01:08:57	+ 9:23	10th Open	+9:23
12	John Diffey (V)	58 South Wales Police AC	01:09:15	+ 9:41	2nd Bus	+2:03
13	Tony Hall (V)	30 Sarn Helen Club	01:09:32	+ 9:58	11th Open	+9:58
14	Al Kennis (V)	36 Thames Hare & Hounds	01:10:04	+ 10:30	12th Open	+10:30
15	Lloyd Morgan (V)	29 San Domenico RRC	01:10:08	+ 10:34	13th Open	+10:34
16	Melanie Köth (FV)	18 Lytham St Annes RR	01:10:23	+ 10:49	14th Open	+10:49
17	Craig Davey (V)	35 TeamBath AC	01:10:36	+ 11:02	15th Open	+11:02
18	Adrian Pearce (V)	59 Tata Steel	01:10:52	+ 11:18	3rd Bus	+3:40
19	Nick Goodchild (V)	32 Stragglers	01:10:59	+ 11:25	16th Open	+11:25
20	Pete Hopes (V)	4 Bitton RR	01:11:09	+ 11:35	17th Open	+11:35
21	Marcus Coles (V)	51 Les Croupiers RC	01:11:13	+ 11:39	1st Vet	
22	Jottem Een Berg (V)	23 Of de Rood	01:11:52	+ 12:18	18th Open	+12:18
23	Sarah Bell (F)	47 Serpentine R.C.	01:12:16	+ 12:42	1st Lady	
24	Roy Williams (V)	25 Poole Runners	01:12:21	+ 12:47	19th Open	+12:47
25	Chris Taylor (V)	14 Great Western Runners	01:12:30	+ 12:56	20th Open	+12:56
26	Michelle Grey (F)	26 Port Talbot Harriers	01:13:15	+ 13:41	21st Open	+13:41
27	David Davies (V)	22 Neath Harriers	01:13:17	+ 13:43	22nd Open	+13:43
28	Richard Crampton (V)	33 Stroud & District AC	01:13:35	+ 14:01	23rd Open	+14:01
29	Andrea Smith (FV)	5 Blackpool, Wyre & Fylde	01:13:41	+ 14:07	24th Open	+14:07
30	Rosalind Tabor (FV)	11 Dulwich Runners	01:14:35	+ 15:01	25th Open	+15:01
31	Stephen Cook (V)	52 Serpentine R.C.	01:14:52	+ 15:18	2nd Vet	+3:39
32	Clive Brown (V)	8 Bromsgrove & Redditch AC	01:15:15	+ 15:41	26th Open	+15:41
33	Nick Pringle (V)	17 Lliswerry Runners	01:15:38	+ 16:04	27th Open	+16:04
34	Joanne Tucker (FV)	45 Les Croupiers RC	01:16:19	+ 16:45	2nd Lady	+4:03
35	Vincent Murphy (V)	28 Salford Harriers AC	01:16:35	+ 17:01	28th Open	+17:01
36	Mark Griffiths	19 Manchester YMCA	01:18:08	+ 18:34	29th Open	+18:34
37	Martin Hilton (V)	34 Tattenhall Runners	01:18:21	+ 18:47	30th Open	+18:47
38	Ian Newsham (V)	38 Vale Royal AC	01:18:37	+ 19:03	31st Open	+19:03
39	Peter Charles English (V)	50 Denbigh Harriers	01:19:39	+ 20:05	3rd Vet	+8:26
40	Cameron Cumming (V)	42 Winchester & District	01:20:32	+ 20:58	32nd Open	+20:58
41	David Addis	13 Ellesmere Port RC	01:21:38	+ 22:04	33rd Open	+22:04
42	Pauline Warner (F)	48 South West RR	01:21:42	+ 22:08	3rd Lady	+9:26
43	Dick Finch (V)	9 Chepstow Harriers	01:22:19	+ 22:45	34th Open	+22:45
44	Kathy Johnson (V)	12 Eastleigh RC	01:22:38	+ 23:04	35th Open	+23:04
45	James Thomas (V)	6 Brackla Harriers	01:22:39	+ 23:05	36th Open	+23:05
46	Gwen Smith (FV)	53 Swansea Harriers	01:23:30	+ 23:56	4th Vet	+12:17
47	Alice Sullivan (FV)	21 Mornington Chasers	01:24:25	+ 24:51	37th Open	+24:51
48	Alison James (FV)	44 Bitton RR	01:24:34	+ 25:00	4th Lady	+12:18
49	Kyrinda Hurst-Moore (FV)	20 Middleton Harriers AC	01:25:09	+ 25:35	38th Open	+25:35
50	Andrew Goodson (V)	1 Abergele Harriers	01:26:27	+ 26:53	39th Open	+26:53
51	Michelle Collingham (FV)	15 Haarlem Globetrotters	01:27:47	+ 28:13	40th Open	+28:13
52	Ann Rowell (FV)	37 T.R.O.T.s	01:28:48	+ 29:14	41st Open	+29:14
=	Alison Simmons (FV)	56 Environment Agency	01:28:48	+ 29:14	4th Bus	+21:36
54	Rob Vreenegoor (V)	57 Runnersworld Haarlem	01:31:28	+ 31:54	5th Bus	+24:16
55	Gabby Evans (F)	46 Sale Harriers	01:32:38	+ 33:04	5th Lady	+20:22
56	Ania Ciolek	39 Village Vipers	01:33:05	+ 33:31	42nd Open	+33:31
57	Christine Hurdidge (FV)	49 3M Gorseinon RR	01:33:15	+ 33:41	5th Vet	+22:02
58	Sarah Stevens (F)	24 Penarth & Dinas Runners	01:35:43	+ 36:09	43rd Open	+36:09

Welsh Castles Relay 2011 - Final Results

Stage 14: Builth Wells to Drovers Arms; Distance: 11 Miles
 Records - Male: 58:00 (2005) - Phill Sly [Thames Hare & Hounds];
 Female: 01:09:8 (2008) - Nic Archer [Vale Royal A.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Stuart Robinson	5 Blackpool, Wyre & Fylde	01:04:24		1st Open	
2	Paul Green (V)	27 Sale Harriers	01:04:33	+ 0:09	2nd Open	+0:09
3	Hugh Torry	31 Serpentine R.C.	01:04:46	+ 0:22	3rd Open	+0:22
4	Matt Hawcroft	8 Bromsgrove & Redditch AC	01:07:28	+ 3:04	4th Open	+3:04
5	Jelte Brontsema	15 Haarlem Globetrotters	01:08:08	+ 3:44	5th Open	+3:44
6	Nicholas Gould	36 Thames Hare & Hounds	01:08:14	+ 3:50	6th Open	+3:50
7	David Kehoe (V)	53 Swansea Harriers	01:09:46	+ 5:22	1st Vet	
8	Matthew Battensby	55 Burges Salmon LLP	01:11:00	+ 6:36	1st Bus	
9	Robert Farley	4 Bitton RR	01:11:02	+ 6:38	7th Open	+6:38
10	Simon Jeffs (V)	43 Wirral AC	01:11:17	+ 6:53	8th Open	+6:53
11	Nick Dukes (V)	16 Les Croupiers RC	01:11:30	+ 7:06	9th Open	+7:06
12	Stephen Rose (V)	35 TeamBath AC	01:12:53	+ 8:29	10th Open	+8:29
13	Martin Humphreys (V)	33 Stroud & District AC	01:13:47	+ 9:23	11th Open	+9:23
14	Darren Blazier (V)	1 Abergele Harriers	01:14:09	+ 9:45	12th Open	+9:45
15	Nathan Risbey	42 Winchester & District	01:14:56	+ 10:32	13th Open	+10:32
16	Robin Smoult (V)	17 Lliswerry Runners	01:15:03	+ 10:39	14th Open	+10:39
17	Rhodri Davies	58 South Wales Police AC	01:15:08	+ 10:44	2nd Bus	+4:08
18	Anthony Powell (V)	22 Neath Harriers	01:15:15	+ 10:51	15th Open	+10:51
19	Phil West (V)	28 Salford Harriers AC	01:15:33	+ 11:09	16th Open	+11:09
20	Charles Lound (V)	11 Dulwich Runners	01:15:40	+ 11:16	17th Open	+11:16
21	Paul Bird (V)	10 Clevedon AC	01:15:53	+ 11:29	18th Open	+11:29
22	Adam Roberts	37 T.R.O.T.s	01:15:56	+ 11:32	19th Open	+11:32
23	Arnoud Ritsema (V)	57 Runnersworld Haarlem	01:16:07	+ 11:43	3rd Bus	+5:07
24	Daniel Hooper (V)	30 Sarn Helen Club	01:16:14	+ 11:50	20th Open	+11:50
25	Lucy Commander (F)	48 South West RR	01:16:26	+ 12:02	1st Lady	
26	Allan Barrie (V)	32 Stragglers	01:17:00	+ 12:36	21st Open	+12:36
27	John Stockdale (V)	3 Altrincham & Dist AC	01:17:27	+ 13:03	22nd Open	+13:03
28	Dave Penwarden (V)	25 Poole Runners	01:17:51	+ 13:27	23rd Open	+13:27
29	Philip Jenkins	7 Bridgend AC	01:17:54	+ 13:30	24th Open	+13:30
30	Angela Heeley (F)	29 San Domenico RRC	01:17:56	+ 13:32	25th Open	+13:32
31	Paul Rees (FV)	49 3M Gorseinon RR	01:18:51	+ 14:27	2nd Vet	+9:05
32	Nick Brenchley	56 Environment Agency	01:18:55	+ 14:31	4th Bus	+7:55
33	Gavin Edmonds (V)	52 Serpentine R.C.	01:19:12	+ 14:48	3rd Vet	+9:26
34	Steve Walsh (V)	26 Port Talbot Harriers	01:19:26	+ 15:02	26th Open	+15:02
35	Graham Earham (V)	13 Ellesmere Port RC	01:20:00	+ 15:36	27th Open	+15:36
36	Brett Jones (V)	50 Denbigh Harriers	01:20:08	+ 15:44	4th Vet	+10:22
37	Phil Waterworth	41 Wigan Phoenix	01:20:16	+ 15:52	28th Open	+15:52
38	Dave Austin (V)	9 Chepstow Harriers	01:20:23	+ 15:59	29th Open	+15:59
39	Knill Baird Murray (V)	24 Penarth & Dinas Runners	01:21:09	+ 16:45	30th Open	+16:45
40	James Bruce	51 Les Croupiers RC	01:21:35	+ 17:11	5th Vet	+11:49
41	Dave Powell (V)	2 Aberystwyth AC	01:22:12	+ 17:48	31st Open	+17:48
42	Roger Carter (V)	19 Manchester YMCA	01:22:53	+ 18:29	32nd Open	+18:29
43	John Bertenshaw (V)	40 Wesham Road Runners	01:23:04	+ 18:40	33rd Open	+18:40
44	Graham Chesters (V)	20 Middleton Harriers AC	01:23:19	+ 18:55	34th Open	+18:55
45	Claire Shelley (F)	47 Serpentine R.C.	01:23:53	+ 19:29	2nd Lady	+7:27
46	Kevin Caple (V)	14 Great Western Runners	01:23:58	+ 19:34	35th Open	+19:34
47	Emily Hargreaves (F)	18 Lytham St Annes RR	01:24:05	+ 19:41	36th Open	+19:41
48	Fiona Cramp (FV)	44 Bitton RR	01:24:21	+ 19:57	3rd Lady	+7:55
49	Neil Williams (V)	59 Tata Steel	01:25:00	+ 20:36	5th Bus	+14:00
50	Mark Smith (V)	34 Tattenhall Runners	01:28:27	+ 24:03	37th Open	+24:03
51	Florence Morisseau (FV)	21 Mornington Chasers	01:29:42	+ 25:18	38th Open	+25:18
52	Timothy Johnson (V)	12 Eastleigh RC	01:30:16	+ 25:52	39th Open	+25:52
53	Paul Clutterbuck (V)	38 Vale Royal AC	01:31:25	+ 27:01	40th Open	+27:01
54	Phil Thomas (V)	6 Brackla Harriers	01:31:59	+ 27:35	41st Open	+27:35
55	Sian Holland (F)	46 Sale Harriers	01:33:36	+ 29:12	4th Lady	+17:10
56	Mariette De Bakker	23 Of de Rood	01:37:02	+ 32:38	42nd Open	+32:38
57	Gareth Evans	39 Village Vipers	01:40:02	+ 35:38	43rd Open	+35:38
58	Judi Rhys (FV)	45 Les Croupiers RC	01:40:16	+ 35:52	5th Lady	+23:50

Welsh Castles Relay 2011 - Final Results

Stage 15: Drovers Arms - Red Kite Centre to Brecon; Distance: 12.8 Miles

Records - Male: 01:06:36 (2009) - Matt Bond [Sale Harriers];

Female: 01:19:34 (2008) - Yvonne Wyke [Wigan Phoenix]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Julian Baker (V)	16 Les Croupiers RC	01:10:20		1st Open	
2	David Morgan	31 Serpentine R.C.	01:13:49	+ 3:29	2nd Open	+3:29
3	Gary Rowlinson (V)	27 Sale Harriers	01:14:17	+ 3:57	3rd Open	+3:57
4	Mark Emery	7 Bridgend AC	01:14:55	+ 4:35	4th Open	+4:35
5	Andrew Miles	38 Vale Royal AC	01:15:27	+ 5:07	5th Open	+5:07
6	Jerry Watson (V)	36 Thames Hare & Hounds	01:15:41	+ 5:21	6th Open	+5:21
7	Mike Evans (V)	37 T.R.O.T.s	01:15:53	+ 5:33	7th Open	+5:33
8	Michael Davies (V)	30 Sarn Helen Club	01:16:28	+ 6:08	8th Open	+6:08
9	Roy Reeder (V)	32 Stragglers	01:17:21	+ 7:01	9th Open	+7:01
10	Lee Christmas (V)	33 Stroud & District AC	01:18:18	+ 7:58	10th Open	+7:58
11	Stephen Laker (V)	43 Wirral AC	01:19:54	+ 9:34	11th Open	+9:34
12	Dave Cartwright (V)	25 Poole Runners	01:20:36	+ 10:16	12th Open	+10:16
13	Richard Wilyman	1 Abergele Harriers	01:20:48	+ 10:28	13th Open	+10:28
14	David Vaudin (V)	35 TeamBath AC	01:21:05	+ 10:45	14th Open	+10:45
15	Tudor Harries (V)	22 Neath Harriers	01:21:10	+ 10:50	15th Open	+10:50
16	Mark Norton (V)	3 Altrincham & Dist AC	01:21:52	+ 11:32	16th Open	+11:32
17	Paul Robertson (V)	13 Ellesmere Port RC	01:22:14	+ 11:54	17th Open	+11:54
18	Ian Ogilvie (V)	6 Brackla Harriers	01:22:38	+ 12:18	18th Open	+12:18
19	Richard Bristol (V)	58 South Wales Police AC	01:23:27	+ 13:07	1st Bus	
20	Simon Bruton	28 Salford Harriers AC	01:23:42	+ 13:22	19th Open	+13:22
21	Michael Smith	21 Mornington Chasers	01:23:47	+ 13:27	20th Open	+13:27
22	Tiarnan O'Cleirigh (V)	11 Dulwich Runners	01:23:49	+ 13:29	21st Open	+13:29
23	Racheal Moore (FV)	41 Wigan Phoenix	01:25:28	+ 15:08	22nd Open	+15:08
24	John Collingham (V)	57 Runnersworld Haarlem	01:25:53	+ 15:33	2nd Bus	+2:26
25	Chris Alton (V)	53 Swansea Harriers	01:26:13	+ 15:53	1st Vet	
26	Helen Jessop (FV)	45 Les Croupiers RC	01:26:19	+ 15:59	1st Lady	
27	Peter De Boks (V)	23 Of de Rood	01:26:20	+ 16:00	23rd Open	+16:00
28	Duncan Jones (V)	50 Denbigh Harriers	01:26:48	+ 16:28	2nd Vet	+0:35
29	Andrew Thatcher (V)	4 Bitton RR	01:26:56	+ 16:36	24th Open	+16:36
30	Theo Tesselaar (V)	15 Haarlem Globetrotters	01:27:49	+ 17:29	25th Open	+17:29
31	Dave Bright (V)	59 Tata Steel	01:27:56	+ 17:36	3rd Bus	+4:29
32	Gemma Jones (F)	17 Lliswerry Runners	01:28:11	+ 17:51	26th Open	+17:51
33	Alan Walton (V)	29 San Domenico RRC	01:28:23	+ 18:03	27th Open	+18:03
34	Christopher Abele (V)	52 Serpentine R.C.	01:28:25	+ 18:05	3rd Vet	+2:12
35	Dave Dunn (V)	18 Lytham St Annes RR	01:28:56	+ 18:36	28th Open	+18:36
36	Malcolm Green (V)	42 Winchester & District	01:29:10	+ 18:50	29th Open	+18:50
37	Lou Barker (FV)	2 Aberystwyth AC	01:29:30	+ 19:10	30th Open	+19:10
38	Laura Beckwith (F)	47 Serpentine R.C.	01:30:36	+ 20:16	2nd Lady	+4:17
39	Kevin Neads (V)	10 Clevedon AC	01:31:21	+ 21:01	31st Open	+21:01
40	Helen Duffield (FV)	9 Chepstow Harriers	01:32:22	+ 22:02	32nd Open	+22:02
41	Alan Court (V)	12 Eastleigh RC	01:32:30	+ 22:10	33rd Open	+22:10
42	Jon Paramor (V)	19 Manchester YMCA	01:33:07	+ 22:47	34th Open	+22:47
43	Jamie Lake	8 Bromsgrove & Redditch AC	01:33:55	+ 23:35	35th Open	+23:35
44	Alan Taylor (V)	40 Wesham Road Runners	01:34:00	+ 23:40	36th Open	+23:40
45	Zoe King (F)	55 Burges Salmon LLP	01:36:58	+ 26:38	4th Bus	+13:31
46	Helena Murphy (F)	46 Sale Harriers	01:38:22	+ 28:02	3rd Lady	+12:03
47	Christina Smith (FV)	49 3M Gorseinon RR	01:38:41	+ 28:21	4th Vet	+12:28
48	Keiran Mackintosh	26 Port Talbot Harriers	01:39:11	+ 28:51	37th Open	+28:51
49	Julie Hedges (F)	48 South West RR	01:40:01	+ 29:41	4th Lady	+13:42
50	Dave Dyson (V)	5 Blackpool, Wyre & Fylde	01:41:21	+ 31:01	38th Open	+31:01
51	Rhodri Evans (V)	24 Penarth & Dinas Runners	01:42:47	+ 32:27	39th Open	+32:27
52	Mike Bull (V)	14 Great Western Runners	01:43:27	+ 33:07	40th Open	+33:07
53	Peter Kellam (V)	51 Les Croupiers RC	01:45:55	+ 35:35	5th Vet	+19:42
54	Jon Gulson (V)	56 Environment Agency	01:46:31	+ 36:11	5th Bus	+23:04
55	John Brooks (V)	20 Middleton Harriers AC	01:47:29	+ 37:09	41st Open	+37:09
56	Carol Lowrey (FV)	44 Bitton RR	01:48:34	+ 38:14	5th Lady	+22:15
57	Claire Davies (F)	39 Village Vipers	01:53:58	+ 43:38	42nd Open	+43:38
58	Sharon Basford (FV)	34 Tattenhall Runners	01:58:09	+ 47:49	43rd Open	+47:49

Welsh Castles Relay 2011 - Final Results

Stage 16: Brecon to Beacons Reservoir; Distance: 8.8 Miles
 Records - Male: 50:46 (2009) - Simon Bruton [Salford Harriers];
 Female: 54:19 (2010) - Louise Damen [Winchester & District A.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Nicholas Torry	31 Serpentine R.C.	00:50:40		1st Open	
2	Mike Hatch (V)	27 Sale Harriers	00:52:23	+ 1:43	2nd Open	+1:43
3	Simon Stevens (V)	42 Winchester & District	00:54:12	+ 3:32	3rd Open	+3:32
4	Mark Palser	16 Les Croupiers RC	00:55:43	+ 5:03	4th Open	+5:03
5	Marco Calatafimi (V)	50 Denbigh Harriers	00:55:54	+ 5:14	1st Vet	
6	Matthew Harvey	22 Neath Harriers	00:56:49	+ 6:09	5th Open	+6:09
7	Alan Wood	7 Bridgend AC	00:57:33	+ 6:53	6th Open	+6:53
8	Thomas Guest (V)	53 Swansea Harriers	00:58:08	+ 7:28	2nd Vet	+2:14
9	Peter Abraham (V)	3 Altrincham & Dist AC	00:58:23	+ 7:43	7th Open	+7:43
10	Tony Devoy (V)	43 Wirral AC	00:58:30	+ 7:50	8th Open	+7:50
11	Gavin Colcombe	58 South Wales Police AC	00:58:41	+ 8:01	1st Bus	
12	Laurent Mallet	33 Stroud & District AC	00:58:45	+ 8:05	9th Open	+8:05
13	Mark Graham (V)	8 Bromsgrove & Redditch AC	00:58:49	+ 8:09	10th Open	+8:09
14	Mark Windsor	29 San Domenico RRC	00:58:53	+ 8:13	11th Open	+8:13
15	Steve Myerscough (V)	40 Wesham Road Runners	00:59:23	+ 8:43	12th Open	+8:43
16	Mark Templer (V)	10 Clevedon AC	00:59:50	+ 9:10	13th Open	+9:10
17	Matthew Lawson (V)	9 Chepstow Harriers	00:59:52	+ 9:12	14th Open	+9:12
18	Rob Westaway (V)	52 Serpentine R.C.	01:00:02	+ 9:22	3rd Vet	+4:08
19	Hugh Tanner	55 Burges Salmon LLP	01:00:32	+ 9:52	2nd Bus	+1:51
20	John O'Shea (V)	51 Les Croupiers RC	01:00:52	+ 10:12	4th Vet	+4:58
21	David Waters (V)	4 Bitton RR	01:01:05	+ 10:25	15th Open	+10:25
22	Sean Cordell	28 Salford Harriers AC	01:01:31	+ 10:51	16th Open	+10:51
23	Lynsey Christopher (V)	59 Tata Steel	01:01:56	+ 11:16	3rd Bus	+3:15
24	Mark Melbourne	41 Wigan Phoenix	01:02:25	+ 11:45	17th Open	+11:45
25	Mark Mayers	1 Abergele Harriers	01:02:57	+ 12:17	18th Open	+12:17
26	Hayley Cavil (F)	46 Sale Harriers	01:03:24	+ 12:44	1st Lady	
27	Mike Farmery (V)	36 Thames Hare & Hounds	01:03:29	+ 12:49	19th Open	+12:49
28	Matt Creed	17 Liswerry Runners	01:03:34	+ 12:54	20th Open	+12:54
29	Christopher Loizou (V)	11 Dulwich Runners	01:04:21	+ 13:41	21st Open	+13:41
30	Alan Lewis (V)	25 Poole Runners	01:04:22	+ 13:42	22nd Open	+13:42
31	Geoffrey Davis (V)	35 TeamBath AC	01:04:36	+ 13:56	23rd Open	+13:56
32	Philip Lodewijks	23 Of de Rood	01:05:04	+ 14:24	24th Open	+14:24
33	Antonio Gonzalez	20 Middleton Harriers AC	01:05:26	+ 14:46	25th Open	+14:46
34	Phoebe Webster (F)	2 Aberystwyth AC	01:05:35	+ 14:55	26th Open	+14:55
35	Jon Hawker (V)	13 Ellesmere Port RC	01:06:08	+ 15:28	27th Open	+15:28
36	Steve Sandham (V)	32 Stragglers	01:06:31	+ 15:51	28th Open	+15:51
37	David Cornish (V)	26 Port Talbot Harriers	01:07:49	+ 17:09	29th Open	+17:09
38	Hans Vogel (V)	57 Runnersworld Haarlem	01:08:02	+ 17:22	4th Bus	+9:21
39	Jennifer Bradley (F)	47 Serpentine R.C.	01:08:25	+ 17:45	2nd Lady	+5:01
40	Gemma Barnett	38 Vale Royal AC	01:08:37	+ 17:57	30th Open	+17:57
41	Andrew Blair (V)	34 Tattenhall Runners	01:09:05	+ 18:25	31st Open	+18:25
42	Paul Ezard (V)	6 Brackla Harriers	01:09:12	+ 18:32	32nd Open	+18:32
43	Terry Bradshaw (V)	5 Blackpool, Wyre & Fylde	01:09:13	+ 18:33	33rd Open	+18:33
44	Nigel Barker (V)	14 Great Western Runners	01:09:44	+ 19:04	34th Open	+19:04
45	Haydn Lloyd (V)	30 Sarn Helen Club	01:10:08	+ 19:28	35th Open	+19:28
46	Sally Curnow (FV)	44 Bitton RR	01:10:12	+ 19:32	3rd Lady	+6:48
47	Cyril Walters (V)	37 T.R.O.T.s	01:10:15	+ 19:35	36th Open	+19:35
48	Katie Oliver (F)	48 South West RR	01:11:18	+ 20:38	4th Lady	+7:54
49	Owen Clarke	24 Penarth & Dinas Runners	01:13:23	+ 22:43	37th Open	+22:43
50	Heather Marshall (F)	21 Mornington Chasers	01:13:35	+ 22:55	38th Open	+22:55
51	Chris Smith (V)	56 Environment Agency	01:14:35	+ 23:55	5th Bus	+15:54
52	Mark Jennings (V)	12 Eastleigh RC	01:14:41	+ 24:01	39th Open	+24:01
53	Nigel Simpkin (V)	18 Lytham St Annes RR	01:14:52	+ 24:12	40th Open	+24:12
54	Winand Paulissen (V)	15 Haarlem Globetrotters	01:15:48	+ 25:08	41st Open	+25:08
55	Jane Ash (FV)	45 Les Croupiers RC	01:16:12	+ 25:32	5th Lady	+12:48
56	Louise Miskell (FV)	49 3M Gorseinon RR	01:16:16	+ 25:36	5th Vet	+20:22
57	Stephaine Goodchild (F)	19 Manchester YMCA	01:16:19	+ 25:39	42nd Open	+25:39
58	Paul Miles (V)	39 Village Vipers	01:17:03	+ 26:23	43rd Open	+26:23

New Male Record

Welsh Castles Relay 2011 - Final Results

Stage 17: Beacons Reservoir to Cyfarthfa Castle; Distance: 9.2 Miles

Records - Male: 46:38 (2008) - Martin Rees [Corus Strip Products];

Female: 53:55 (2005) - Louise Copp [Neath Harriers]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	David Rees (V)	59 Tata Steel	00:52:03		1st Bus	
2	Matthew Gurmin (V)	53 Swansea Harriers	00:53:15	+ 1:12	1st Vet	
3	Dee Buchanan	29 San Domenico RRC	00:54:00	+ 1:57	1st Open	
4	Luke Sturgess-Durden (V)	35 TeamBath AC	00:55:00	+ 2:57	2nd Open	+1:00
5	Chris Henry (V)	43 Wirral AC	00:55:17	+ 3:14	3rd Open	+1:17
6	Aaron Jones (V)	26 Port Talbot Harriers	00:56:02	+ 3:59	4th Open	+2:02
7	Lyndon Tudor-Maisey	16 Les Croupiers RC	00:56:21	+ 4:18	5th Open	+2:21
8	James Edgar	31 Serpentine R.C.	00:57:08	+ 5:05	6th Open	+3:08
9	John Lynch (V)	21 Mornington Chasers	00:57:31	+ 5:28	7th Open	+3:31
10	Bill Egan (V)	3 Altrincham & Dist AC	00:58:28	+ 6:25	8th Open	+4:28
11	Simon Hall	30 Sarn Helen Club	00:59:54	+ 7:51	9th Open	+5:54
12	Tim John	37 T.R.O.T.s	00:59:57	+ 7:54	10th Open	+5:57
13	Howard Kent (V)	51 Les Croupiers RC	01:00:20	+ 8:17	2nd Vet	+7:05
14	Ross Hale (V)	4 Bitton RR	01:00:49	+ 8:46	11th Open	+6:49
15	Chris Hutber (V)	36 Thames Hare & Hounds	01:01:13	+ 9:10	12th Open	+7:13
16	Paul Fromme (V)	52 Serpentine R.C.	01:01:19	+ 9:16	3rd Vet	+8:04
17	Reinhard Lehmann	25 Poole Runners	01:02:10	+ 10:07	13th Open	+8:10
18	Neil Wallace (V)	10 Clevedon AC	01:02:23	+ 10:20	14th Open	+8:23
19	Simon Bowen (V)	8 Bromsgrove & Redditch AC	01:02:37	+ 10:34	15th Open	+8:37
20	Carl Cleghorn	27 Sale Harriers	01:03:10	+ 11:07	16th Open	+9:10
21	Tanya Ashworth (FV)	5 Blackpool, Wyre & Fylde	01:03:38	+ 11:35	17th Open	+9:38
22	James Hilton	41 Wigan Phoenix	01:04:00	+ 11:57	18th Open	+10:00
23	John Rogers (V)	58 South Wales Police AC	01:05:16	+ 13:13	2nd Bus	+13:13
24	Lucy Woodhams (FV)	14 Great Western Runners	01:06:12	+ 14:09	19th Open	+12:12
25	Debbie Cooke (F)	7 Bridgend AC	01:06:18	+ 14:15	20th Open	+12:18
26	Sarah McLoughlin (FV)	45 Les Croupiers RC	01:06:55	+ 14:52	1st Lady	
27	Edwin De Wit (V)	23 Of de Rood	01:08:05	+ 16:02	21st Open	+14:05
28	Joy Radford (FV)	42 Winchester & District	01:09:19	+ 17:16	22nd Open	+15:19
29	Lauren Davies (F)	46 Sale Harriers	01:09:23	+ 17:20	2nd Lady	+2:28
30	Budge Helen English (FV)	50 Denbigh Harriers	01:09:27	+ 17:24	4th Vet	+16:12
31	Sid Sacks (V)	28 Salford Harriers AC	01:09:38	+ 17:35	23rd Open	+15:38
32	Peter Wedderburn (V)	32 Stragglers	01:09:43	+ 17:40	24th Open	+15:43
33	Tony Wenlock (V)	2 Aberystwyth AC	01:09:50	+ 17:47	25th Open	+15:50
34	Richard James Clark (V)	55 Burges Salmon LLP	01:10:42	+ 18:39	3rd Bus	+18:39
35	Ann Marie Hutchison (F)	22 Neath Harriers	01:10:55	+ 18:52	26th Open	+16:55
36	Ian Stratton (V)	6 Brackla Harriers	01:12:33	+ 20:30	27th Open	+18:33
37	Clive Carter (V)	17 Lliswerry Runners	01:12:47	+ 20:44	28th Open	+18:47
38	Emma Parkin (F)	19 Manchester YMCA	01:12:53	+ 20:50	29th Open	+18:53
39	Brian Griffiths (V)	49 3M Gorseinon RR	01:13:11	+ 21:08	5th Vet	+19:56
40	Barry Thomas (V)	33 Stroud & District AC	01:13:19	+ 21:16	30th Open	+19:19
41	André Moniharapon (V)	15 Haarlem Globetrotters	01:14:05	+ 22:02	31st Open	+20:05
42	Gail Furness (F)	48 South West RR	01:14:52	+ 22:49	3rd Lady	+7:57
43	Larry Burford (V)	39 Village Vipers	01:15:10	+ 23:07	32nd Open	+21:10
44	Jess Webb (F)	44 Bitton RR	01:15:15	+ 23:12	4th Lady	+8:20
45	Colin Prosser (V)	9 Chepstow Harriers	01:15:19	+ 23:16	33rd Open	+21:19
46	Fiona Geldard (FV)	18 Lytham St Annes RR	01:15:40	+ 23:37	34th Open	+21:40
47	Eleri Connor (F)	24 Penarth & Dinas Runners	01:15:43	+ 23:40	35th Open	+21:43
48	Caroline Schurmann (F)	11 Dulwich Runners	01:16:33	+ 24:30	36th Open	+22:33
49	Elen Strahle (F)	56 Environment Agency	01:17:05	+ 25:02	4th Bus	+25:02
50	Andrew Payne (V)	12 Eastleigh RC	01:17:24	+ 25:21	37th Open	+23:24
51	Jan Van Het Hof (V)	57 Runnersworld Haarlem	01:18:23	+ 26:20	5th Bus	+26:20
52	Jonathan Perry (V)	1 Abergele Harriers	01:19:16	+ 27:13	38th Open	+25:16
53	Kim Molyneux (FV)	20 Middleton Harriers AC	01:19:30	+ 27:27	39th Open	+25:30
54	Carole Williams (FV)	38 Vale Royal AC	01:20:21	+ 28:18	40th Open	+26:21
55	Paul Carter (V)	40 Wesham Road Runners	01:20:50	+ 28:47	41st Open	+26:50
56	Sally Hodge (FV)	47 Serpentine R.C.	01:21:29	+ 29:26	5th Lady	+14:34
57	Nicky Bird (F)	13 Ellesmere Port RC	01:22:09	+ 30:06	42nd Open	+28:09
58	Laura Ashford (F)	34 Tattenhall Runners	01:26:09	+ 34:06	43rd Open	+32:09

Welsh Castles Relay 2011 - Final Results

Stage 18: Rhyd-y-Car Centre to Abercynon (Navigation Park); Distance: 9.1 Miles

Records - Male: 50:07 (2005) - Christian Cobbold [Les Croupiers R.C.];

Female: 59:34 (2010) - Antonia Burt [Thames Hare & Hounds]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Christian Cobbold (V)	16 Les Croupiers RC	00:51:14		1st Open	
2	Andy Blair	27 Sale Harriers	00:53:55	+ 2:41	2nd Open	+2:41
3	Niall Urquhart (V)	35 TeamBath AC	00:56:25	+ 5:11	3rd Open	+5:11
4	Anthony Doolittle	26 Thames Hare & Hounds	00:56:30	+ 5:16	4th Open	+5:16
5	Andy Wilton	39 San Domenico RRC	00:56:42	+ 5:28	5th Open	+5:28
6	Angus Fay	31 Serpentine R.C.	00:57:03	+ 5:49	6th Open	+5:49
7	Ian J Berry (V)	42 Winchester & District	00:57:25	+ 6:11	7th Open	+6:11
8	Hannah Howard (F)	12 Eastleigh RC	00:57:53	+ 6:39	8th Open	+6:39
9	Leo Weijers	15 Haarlem Globetrotters	00:58:28	+ 7:14	9th Open	+7:14
10	Andy Eccles (V)	41 Wigan Phoenix	00:59:02	+ 7:48	10th Open	+7:48
11	Jane Collins (FV)	8 Bromsgrove & Redditch AC	00:59:08	+ 7:54	11th Open	+7:54
12	Rob Scott (V)	51 Les Croupiers RC	00:59:14	+ 8:00	1st Vet	
13	Steve Stacey (V)	4 Bitton RR	00:59:20	+ 8:06	12th Open	+8:06
14	Gary Howe (V)	49 3M Gorseinon RR	01:00:20	+ 9:06	2nd Vet	+1:06
15	Simon Hancock	10 Clevedon AC	01:00:26	+ 9:12	13th Open	+9:12
16	Mark Morris (V)	43 Wirral AC	01:00:49	+ 9:35	14th Open	+9:35
17	Mark Terry (V)	37 T.R.O.T.s	01:01:44	+ 10:30	15th Open	+10:30
18	Caroline Stanzel (F)	25 Poole Runners	01:02:11	+ 10:57	16th Open	+10:57
19	Dave Greaves (V)	58 South Wales Police AC	01:02:42	+ 11:28	1st Bus	
20	Chris Matthews (V)	17 Lliswerry Runners	01:02:59	+ 11:45	17th Open	+11:45
21	Bruce Owen (V)	3 Altrincham & Dist AC	01:03:37	+ 12:23	18th Open	+12:23
22	Dave Crane (V)	22 Neath Harriers	01:03:50	+ 12:36	19th Open	+12:36
23	Nicola Richmond (FV)	11 Dulwich Runners	01:03:57	+ 12:43	20th Open	+12:43
24	Richard Jones	7 Bridgend AC	01:04:05	+ 12:51	21st Open	+12:51
25	Chrissie Griffiths (F)	33 Stroud & District AC	01:04:39	+ 13:25	22nd Open	+13:25
26	David Oldfield (V)	34 Tattenhall Runners	01:05:12	+ 13:58	23rd Open	+13:58
27	Mandy Wheeler (F)	48 South West RR	01:05:31	+ 14:17	1st Lady	
28	John Smewing (V)	53 Swansea Harriers	01:05:42	+ 14:28	3rd Vet	+6:28
29	Rhodri Jones	55 Burges Salmon LLP	01:06:16	+ 15:02	2nd Bus	+3:34
30	Terry Smith (V)	32 Stragglers	01:06:54	+ 15:40	24th Open	+15:40
31	Mariana Ivanstovf (FV)	47 Serpentine R.C.	01:07:34	+ 16:20	2nd Lady	+2:03
32	Ambro Visser (V)	57 Runnersworld Haarlem	01:08:02	+ 16:48	3rd Bus	+5:20
	= Taco Petri (V)	23 Of de Rood	01:08:02	+ 16:48	25th Open	+16:48
34	John Preston (V)	59 Tata Steel	01:08:33	+ 17:19	4th Bus	+5:51
35	Chris Baldwin (V)	50 Denbigh Harriers	01:08:57	+ 17:43	4th Vet	+9:43
36	Julie Scholey (FV)	45 Les Croupiers RC	01:09:50	+ 18:36	3rd Lady	+4:19
37	Helen Willoughby (FV)	30 Sarn Helen Club	01:09:51	+ 18:37	26th Open	+18:37
38	Ben Nash	56 Environment Agency	01:10:21	+ 19:07	5th Bus	+7:39
39	Steve Hill (V)	24 Penarth & Dinas Runners	01:10:40	+ 19:26	27th Open	+19:26
40	Libby Lavis (FV)	6 Brackla Harriers	01:11:10	+ 19:56	28th Open	+19:56
41	Darren Vaughan	26 Port Talbot Harriers	01:11:33	+ 20:19	29th Open	+20:19
42	Andy Bray (V)	9 Chepstow Harriers	01:12:41	+ 21:27	30th Open	+21:27
43	Pauline Davies (FV)	38 Vale Royal AC	01:13:08	+ 21:54	31st Open	+21:54
44	Bob Towell (V)	28 Salford Harriers AC	01:13:15	+ 22:01	32nd Open	+22:01
45	Rafaele Lamour (FV)	21 Mornington Chasers	01:13:19	+ 22:05	33rd Open	+22:05
46	Katherine Reece (F)	46 Sale Harriers	01:13:44	+ 22:30	4th Lady	+8:13
47	Adriano Evola (V)	2 Aberystwyth AC	01:14:06	+ 22:52	34th Open	+22:52
48	Vicky Robinson (F)	5 Blackpool, Wyre & Fylde	01:14:37	+ 23:23	35th Open	+23:23
49	Finlay McCallam (V)	40 Wesham Road Runners	01:14:38	+ 23:24	36th Open	+23:24
50	Sharon Plested (FV)	13 Ellesmere Port RC	01:14:42	+ 23:28	37th Open	+23:28
51	Peter Huxley	20 Middleton Harriers AC	01:14:54	+ 23:40	38th Open	+23:40
52	Chris Bennett (V)	14 Great Western Runners	01:15:07	+ 23:53	39th Open	+23:53
53	Peter Hardy (V)	1 Abergele Harriers	01:15:19	+ 24:05	40th Open	+24:05
54	Trevor Willoughby (V)	18 Lytham St Annes RR	01:15:40	+ 24:26	41st Open	+24:26
55	Ian Manners (V)	19 Manchester YMCA	01:18:44	+ 27:30	42nd Open	+27:30
56	Stuart Fraser (V)	39 Village Vipers	01:19:00	+ 27:46	43rd Open	+27:46
57	Lula Rosso (FV)	52 Serpentine R.C.	01:20:55	+ 29:41	5th Vet	+21:41
58	Annette Whitchurch (FV)	44 Bitton RR	01:22:20	+ 31:06	5th Lady	+16:49

New Female Record

Welsh Castles Relay 2011 - Final Results

Stage 19: Navigation Park to Caerphilly Castle; Distance: 10.4 Miles
 Records - Male: 01:02:21 (2010) - Alastair Sheffield [TeamBath A.C.];
 Female: 01:10:44 (2008) - Emma Patel [Winchester & District]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Ifan Lloyd (V)	53 Swansea Harriers	01:06:04		1st Vet	
2	Chris Phelan (V)	32 Stragglers	01:06:34	+ 0:30	1st Open	
3	Andrew Arbour (V)	36 Thames Hare & Hounds	01:07:08	+ 1:04	2nd Open	+0:34
4	Nigel Thompson (V)	18 Lytham St Annes RR	01:08:02	+ 1:58	3rd Open	+1:28
5	Dale Daniells	28 Salford Harriers AC	01:09:08	+ 3:04	4th Open	+2:34
6	Nick Copas (V)	31 Serpentine R.C.	01:09:12	+ 3:08	5th Open	+2:38
7	Kevin Buxton (V)	43 Wirral AC	01:09:31	+ 3:27	6th Open	+2:57
8	Jason Barlow (V)	40 Wesham Road Runners	01:09:38	+ 3:34	7th Open	+3:04
9	Graham Miles (V)	38 Vale Royal AC	01:10:03	+ 3:59	8th Open	+3:29
10	Jon Osman (V)	12 Eastleigh RC	01:10:39	+ 4:35	9th Open	+4:05
11	Steve Harris	9 Chepstow Harriers	01:10:56	+ 4:52	10th Open	+4:22
12	Tom Hutchison (V)	35 TeamBath AC	01:11:32	+ 5:28	11th Open	+4:58
13	Carl Barber (V)	27 Sale Harriers	01:11:51	+ 5:47	12th Open	+5:17
14	Bryn Griffiths	7 Bridgend AC	01:12:10	+ 6:06	13th Open	+5:36
15	Theo Woldberg (V)	57 Runnersworld Haarlem	01:12:16	+ 6:12	1st Bus	
16	Dave Coles (V)	16 Les Croupiers RC	01:12:57	+ 6:53	14th Open	+6:23
17	Richard Marks (V)	30 Sarn Helen Club	01:13:03	+ 6:59	15th Open	+6:29
18	Paul Dawes (V)	29 San Domenico RRC	01:13:14	+ 7:10	16th Open	+6:40
19	Steve Cable (V)	49 3M Gorseinon RR	01:13:35	+ 7:31	2nd Vet	+7:31
20	Nigel Charman (V)	10 Clevedon AC	01:14:04	+ 8:00	17th Open	+7:30
21	Phil Crane (V)	22 Neath Harriers	01:14:57	+ 8:53	18th Open	+8:23
22	Paul Bruton (V)	59 Tata Steel	01:15:21	+ 9:17	2nd Bus	+3:05
23	Steve Pemberton	17 Lliswerry Runners	01:15:24	+ 9:20	19th Open	+8:50
24	Ian Burns (V)	14 Great Western Runners	01:17:00	+ 10:56	20th Open	+10:26
25	Simon Morgan (V)	58 South Wales Police AC	01:17:18	+ 11:14	3rd Bus	+5:02
26	Sandra Bowers (FV)	42 Winchester & District	01:17:47	+ 11:43	21st Open	+11:13
27	Michael De Voil (V)	55 Burges Salmon LLP	01:17:49	+ 11:45	4th Bus	+5:33
28	Alan Elsmere (V)	8 Bromsgrove & Redditch AC	01:18:11	+ 12:07	22nd Open	+11:37
29	Fiona Alexander (F)	47 Serpentine R.C.	01:18:22	+ 12:18	1st Lady	
30	Dave Ozanne (V)	25 Poole Runners	01:19:21	+ 13:17	23rd Open	+12:47
31	Paul Morris (V)	51 Les Croupiers RC	01:19:54	+ 13:50	3rd Vet	+13:50
32	Paul Rose (V)	2 Aberystwyth AC	01:20:52	+ 14:48	24th Open	+14:18
33	Lisa Cleary (FV)	24 Penarth & Dinas Runners	01:21:41	+ 15:37	25th Open	+15:07
34	Terry Welch (V)	4 Bitton RR	01:21:47	+ 15:43	26th Open	+15:13
35	Timothy Charmley (V)	34 Tattenhall Runners	01:22:12	+ 16:08	27th Open	+15:38
36	Caroline Joan Jones (FV)	37 T.R.O.T.s	01:22:15	+ 16:11	28th Open	+15:41
37	Kenneth Palmer (V)	41 Wigan Phoenix	01:22:42	+ 16:38	29th Open	+16:08
38	David Davies (V)	50 Denbigh Harriers	01:24:00	+ 17:56	4th Vet	+17:56
39	Tom Armour (V)	21 Mornington Chasers	01:24:01	+ 17:57	30th Open	+17:27
40	Jo Pearce (F)	48 South West RR	01:24:13	+ 18:09	2nd Lady	+5:51
41	Jim Adams (V)	33 Stroud & District AC	01:24:36	+ 18:32	31st Open	+18:02
42	Alex Pearson (V)	52 Serpentine R.C.	01:25:07	+ 19:03	5th Vet	+19:03
43	Bob Newman (V)	5 Blackpool, Wyre & Fylde	01:25:56	+ 19:52	32nd Open	+19:22
44	Carol Miller (FV)	45 Les Croupiers RC	01:26:34	+ 20:30	3rd Lady	+8:12
45	Anthony Howe	1 Abergele Harriers	01:27:32	+ 21:28	33rd Open	+20:58
46	Tom Lavin (V)	3 Altrincham & Dist AC	01:27:35	+ 21:31	34th Open	+21:01
47	Sarah Morris (FV)	39 Village Vipers	01:28:54	+ 22:50	35th Open	+22:20
48	Mark Davies	26 Port Talbot Harriers	01:29:50	+ 23:46	36th Open	+23:16
49	Alex Ford (V)	6 Brackla Harriers	01:30:10	+ 24:06	37th Open	+23:36
50	Michael Dodds (V)	11 Dulwich Runners	01:30:32	+ 24:28	38th Open	+23:58
51	Philippa Jeffery (F)	46 Sale Harriers	01:32:09	+ 26:05	4th Lady	+13:47
52	Kate Hurst (F)	44 Bitton RR	01:32:36	+ 26:32	5th Lady	+14:14
53	Nicola Smith (FV)	13 Ellesmere Port RC	01:33:02	+ 26:58	39th Open	+26:28
54	Geoff Cotterill (V)	19 Manchester YMCA	01:35:18	+ 29:14	40th Open	+28:44
55	Teresa Collins (FV)	20 Middleton Harriers AC	01:37:08	+ 31:04	41st Open	+30:34
56	Kees Verburg (V)	23 Of de Rood	01:42:53	+ 36:49	42nd Open	+36:19
57	Maria Brierley (FV)	56 Environment Agency	01:44:00	+ 37:56	5th Bus	+31:44
58	No Runner Entered	15 Haarlem Globetrotters	01:59:00	+ 52:56	43rd Open	+52:26

Welsh Castles Relay 2011 - Final Results

Stage 20: Caerphilly Castle to Cardiff Castle; Distance: 10.4 Miles
 Records - Male: 58:38 (2010) - Stuart Robinson [Blackpool Wyre & Fylde A.C.];
 Female: 01:01:13 (2010) - Holly Rush [TeamBath A.C.]

Pos	Runner	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	Chris Discombe	16 Les Croupiers RC	00:57:45		1st Open	
2	Richard Gardiner (V)	58 South Wales Police AC	00:58:03	+ 0:18	1st Bus	
3	Mark Morgan (V)	53 Swansea Harriers	01:01:23	+ 3:38	1st Vet	
4	Matthew Nutt	18 Lytham St Annes RR	01:02:07	+ 4:22	2nd Open	+4:22
5	John Wright (V)	5 Blackpool, Wyre & Fylde	01:02:54	+ 5:09	3rd Open	+5:09
6	Guy Landon (V)	35 TeamBath AC	01:03:28	+ 5:43	4th Open	+5:43
7	Will Forbes	31 Serpentine R.C.	01:04:07	+ 6:22	5th Open	+6:22
8	Richard Smith (V)	10 Clevedon AC	01:05:19	+ 7:34	6th Open	+7:34
9	Peter Crane (V)	22 Neath Harriers	01:05:39	+ 7:54	7th Open	+7:54
10	Matthew Wells	6 Brackla Harriers	01:05:53	+ 8:08	8th Open	+8:08
11	Paul Rowley	27 Sale Harriers	01:05:59	+ 8:14	9th Open	+8:14
12	Peter Scarratt (V)	43 Wirral AC	01:06:12	+ 8:27	10th Open	+8:27
13	Nigel Edwards (V)	14 Great Western Runners	01:06:21	+ 8:36	11th Open	+8:36
14	Gethin Jones (V)	30 Sarn Helen Club	01:06:24	+ 8:39	12th Open	+8:39
15	John Fletcher	11 Dulwich Runners	01:06:39	+ 8:54	13th Open	+8:54
16	Gethin Holland	2 Aberystwyth AC	01:06:54	+ 9:09	14th Open	+9:09
17	Will Harding	42 Winchester & District	01:06:56	+ 9:11	15th Open	+9:11
18	Alun Jones (V)	51 Les Croupiers RC	01:07:17	+ 9:32	2nd Vet	+5:54
19	Paul Rees (V)	26 Port Talbot Harriers	01:07:26	+ 9:41	16th Open	+9:41
20	Eddie Hiscocks (V)	17 Lliswerry Runners	01:07:28	+ 9:43	17th Open	+9:43
21	Richard Noon (V)	41 Wigan Phoenix	01:07:43	+ 9:58	18th Open	+9:58
22	Matthew Herbert	7 Bridgend AC	01:07:54	+ 10:09	19th Open	+10:09
23	Jim Aylmore (V)	25 Poole Runners	01:07:58	+ 10:13	20th Open	+10:13
24	Sjaak Betjes (V)	59 Tata Steel	01:09:20	+ 11:35	2nd Bus	+11:17
25	Maren Urner (F)	47 Serpentine R.C.	01:09:28	+ 11:43	1st Lady	
26	Richard Pitt (V)	36 Thames Hare & Hounds	01:09:48	+ 12:03	21st Open	+12:03
27	James Potts (V)	29 San Domenico RRC	01:09:51	+ 12:06	22nd Open	+12:06
28	Mark Gosney (V)	49 3M Gorseinon RR	01:09:58	+ 12:13	3rd Vet	+8:35
29	Sonia Bandeira (FV)	32 Stragglers	01:10:20	+ 12:35	23rd Open	+12:35
30	David Livingstone (V)	3 Altrincham & Dist AC	01:10:24	+ 12:39	24th Open	+12:39
31	Jonathan Hancock (V)	37 T.R.O.T.s	01:10:27	+ 12:42	25th Open	+12:42
32	Karen Cook (F)	48 South West RR	01:10:46	+ 13:01	2nd Lady	+1:18
33	Lou Summers (FV)	9 Chepstow Harriers	01:11:55	+ 14:10	26th Open	+14:10
34	Robert Kedian	19 Manchester YMCA	01:12:16	+ 14:31	27th Open	+14:31
35	Amy Koerbel (FV)	21 Mornington Chasers	01:12:20	+ 14:35	28th Open	+14:35
36	James Green	55 Burges Salmon LLP	01:13:53	+ 16:08	3rd Bus	+15:50
37	Mike Collier (V)	4 Bitton RR	01:14:00	+ 16:15	29th Open	+16:15
38	Neil Lavery (V)	13 Ellesmere Port RC	01:14:12	+ 16:27	30th Open	+16:27
39	David Edwards	8 Bromsgrove & Redditch AC	01:14:14	+ 16:29	31st Open	+16:29
40	Daniele Franceschini (V)	12 Eastleigh RC	01:14:20	+ 16:35	32nd Open	+16:35
41	Kevin Hammond (V)	33 Stroud & District AC	01:14:26	+ 16:41	33rd Open	+16:41
42	Lindsay Emyr (FV)	45 Les Croupiers RC	01:14:31	+ 16:46	3rd Lady	+5:03
43	Sarah Sherratt (FV)	40 Wesham Road Runners	01:14:49	+ 17:04	34th Open	+17:04
44	Alun Humphreys (V)	50 Denbigh Harriers	01:15:09	+ 17:24	4th Vet	+13:46
45	Tommy Temple (V)	28 Salford Harriers AC	01:15:45	+ 18:00	35th Open	+18:00
46	Breedy Mayella (V)	23 Of de Rood	01:16:58	+ 19:13	36th Open	+19:13
47	Joanne Street (F)	46 Sale Harriers	01:17:49	+ 20:04	4th Lady	+8:21
48	Ilonka Betjes (FV)	15 Haarlem Globetrotters	01:17:59	+ 20:14	37th Open	+20:14
49	Dave Bennett (V)	56 Environment Agency	01:18:40	+ 20:55	4th Bus	+20:37
50	Mary Tavener (FV)	38 Vale Royal AC	01:18:49	+ 21:04	38th Open	+21:04
51	Debbie Shaw (FV)	20 Middleton Harriers AC	01:19:20	+ 21:35	39th Open	+21:35
52	Vincent Borgonjen (V)	57 Runnersworld Haarlem	01:20:25	+ 22:40	5th Bus	+22:22
53	Malcolm Bradley (V)	24 Penarth & Dinas Runners	01:20:58	+ 23:13	40th Open	+23:13
54	Chris Moles (V)	39 Village Vipers	01:21:18	+ 23:33	41st Open	+23:33
55	David Edwards (V)	1 Abergele Harriers	01:21:45	+ 24:00	42nd Open	+24:00
56	Andrew Maynard (V)	52 Serpentine R.C.	01:22:34	+ 24:49	5th Vet	+21:11
57	Sarah Quinlan (F)	34 Tattenhall Runners	01:25:28	+ 27:43	43rd Open	+27:43
58	Shan Aguilar-Stone (FV)	44 Bitton RR	01:26:35	+ 28:50	5th Lady	+17:07

New Male Record