

# Darren's Dash 2013 Results

Place	Time	Name	Team	Race Age Category	Race No
1	00:44:48	PULLEN, John	Wye Valley Runners	M45	512
2	00:45:54	JAMES, Matt	Hereford Couriers	SM	486
3	00:46:00	SMOULT, Robin	Llistwerry Runners	M40	527
4	00:46:59	MOORE, Stuart	Wye Valley Runners	M40	435
5	00:47:06	DAVIES, Andrew	Croft Ambrey	MJ	466
6	00:48:18	WILTON, Andy	San Domenico RC	SM	430
7	00:49:41	JAMES, Luke	Hereford Couriers	SM	524
8	00:49:48	STEPHENS, Andrew	Monross Trail Blazers	SM	521
9	00:50:26	WOODWARD, Peter	Forest of Dean A C	SM	494
10	00:50:40	BROAD, Andy	Hay Hotfooters	M40	516
11	00:50:45	FLEET, Leyton	Forest of Dean A C	M40	447
12	00:51:27	PEARSON, Gary	Croft Ambrey	M40	479
13	00:51:35	CARTER, Martin	Hay Hotfooters	M45	431
14	00:51:46	THOMAS, Phil	Monross Trail Blazers	M40	523
15	00:51:50	PEARSON, Patrick	Croft Ambrey	M45	470
16	00:52:02	BOON, Julian	Forest of Dean A C	M40	442
17	00:52:09	JEHAN, Jeremy	Wye Valley Runners	M40	488
18	00:52:39	PRITCHARD, Steve	Unattached	M40	492
19	00:53:14	MICHMIOK, Adam	Wye Valley Runners	SM	478
20	00:53:31	FLOWERS, Steven	Wye Valley Runners	SM	518
21	00:53:31	JUKES, Daman	Parc Bryn Bach	M40	498
22	00:53:40	WILLIAMS, Dave	Hereford Couriers	M50	514
23	00:54:21	GETHING, Nicola	Parc Bryn Bach	F40	499
24	00:55:07	WALKER, Heather	Asylum Functional Training	SF	469
25	00:55:17	HEAL, Arnold	Unattached	MJ	433
26	00:55:34	DAVIES, Rebecca	Wye Valley Runners	SF	444
27	00:56:02	LITTLEWOOD, Steve	Hereford Couriers	M60	457
28	01:56:49	FREEMAN, Robert	Forest of Dean A C	M40	454
29	01:56:52	FLETCHER, James	Monross Trail Blazers	M45	522
30	00:56:57	JONES, Darren	Cardiff Harlequins	SM	458
31	00:57:00	GUNNER, Gary	Croft Ambrey	M65	456
32	00:57:36	LUSCOTT, Frank	Croft Ambrey	M55	459
33	00:58:28	KEMP, Paul	Wye Valley Runners	SM	437
34	00:59:17	JONES, Hedd	Wye Valley Runners	SM	520
35	00:59:50	NUGENT, Paddy	Wye Valley Runners	M50	455
36	01:00:45	DAVIES, Tom	Croft Ambrey	M60	443
37	01:00:45	MARKS, Michael	Forest of Dean A C	M45	490
38	01:00:52	DARBY, William	Mynydd Du	M60	462
39	01:01:08	BARNES, Kevin	Hereford Couriers	M50	467
40	01:01:21	BROAD, Jodie	Hay Hotfooters	F35	515
41	01:01:21	TYLER, Nicola	Wye Valley Runners	F40	495
42	01:01:42	JONES, Gareth	Monmouth	M65	487
43	01:02:03	SHARRATT, Robert	Ilkeston RC	M55	439
44	01:02:31	GORIN, Sandrine	Wye Valley Runners	SF	453
45	01:02:44	HEAL, Andrew	Unattached	M50	434
46	01:02:57	DOWNEY, Colin	Mercia	M50	429
47	01:03:12	MACHACKOVA, Dana	Wye Valley Runners	SF	500
48	01:03:27	ROBERTSON, Alan	Forest of Dean A C	M55	436

49	01:04:38	DAVIES, Brian	Croft Ambrey	M65	493
50	01:05:12	LLOYD, Ralph	Wye Valley Runners	M50	477
51	01:05:56	DAVIES, Wyn	Mynydd Du	M45	513
52	01:06:00	WILSON, Peter	Malvern Joggers	M45	528
53	01:06:14	LITTLE, Peter	Unattached	M40	432
54	01:06:30	KRAUZE, Rihards	Unattached	SM	482
55	01:06:31	DAVIES, Imme	Hay Hotfooters	F40	483
56	01:06:45	GRIFFITHS, Bill	Wye Valley Runners	M60	480
57	01:07:33	SMITH, Robert	Unattached	M40	452
58	01:07:34	PRICE, John	Hay Hotfooters	M55	481
59	01:07:46	TURNER, Stephen	Wye Valley Runners	M50	446
60	01:08:43	EDWARDS, Jan	Wye Valley Runners	F55	472
61	01:09:18	CLARKE, Nigel	Hereford Couriers	M40	496
62	01:09:35	SYMONDS, Brian	Wye Valley Runners	M65	471
63	01:09:35	OLIVER, Simon	Wye Valley Runners	M45	468
64	01:09:46	RICHARDS, Janet	Mynydd Du	F45	517
65	01:10:03	LORD, Jo	Hay Hotfooters	F50	485
66	01:10:17	WYNDS, Jacqui	Forest of Dean A C	F55	438
67	01:11:20	WOODWARD, Ivan	Forest of Dean A C	M45	491
68	01:11:35	DYSON, Mike	Loughton AC	M50	497
69	01:11:50	KAYE, Daniel	CANIX		451
70	01:12:02	FRANCIS, Stefanie	Forest of Dean A C	F45	465
71	01:12:15	HAWKINS, Chris	Forest of Dean A C	M60	448
72	01:13:34	PYMM, Lesley	Bournville Harriers	F60	441
73	01:13:37	HORTON, R.	Unattached	M65	476
74	01:14:03	MORGAN, Claire	Forest of Dean A C	M50	484
75	01:14:45	GOOD, Jacqui	Trailrunner	F55	463
76	01:15:13	SHARRATT, Carol	Ilkeston RC	F55	440
77	01:20:40	MORRIS, Briar	Canis Trailrunner	SM	475
78	01:21:07	BOWKETT, Angela	Forest of Dean A C	F45	489
79	01:22:41	GOOD, Chris	Trailrunner	M55	464
80	01:23:51	HOLMES, Wendy	Malvern Joggers	F45	473
81	01:25:27	BIRD, David	CANIX	SM	450
82	01:31:02	SADLER, Kaska	Canis Trailrunner	F35	461
83	01:39:30	HARRISON, Barbara	Canis Trailrunner	F45	474
84	01:41:45	SHORT, Peter	Forest of Dean A C	M60	445
85	01:42:59	DAVIES, Emma	Canis Trailrunner	SF	460