






LIRC: 13k -Ridge Run

	DisplayName	Time	OverallRank
Adults			
Male			
1.	Garden City Runners - Male		3:56:29,00
	Emon Martin	01:08:40	21
	Thomas Rogers	01:20:09	32
	Wayne Aylott	01:27:40	35
2.	TRM Runners - Male		4:56:33,00
	Patrick Mccabe	01:14:36	27
	Pat Huggins	01:40:17	46
	Anthony Welch	02:01:40	51
Female			
1.	Triathlon Coaching Wales - Female		4:36:54,00
	Lesley Mainwaring	01:12:21	23
	Christine Williams	01:18:15	29
	Rosemarie Jones	02:06:18	52