

Apel Elain - Borth Beach 10k 31st July 2011

Overall Position	Race Number	Time	Name	Club	Category	Mens Position	Ladies Position	Category Position
1	40	00:36:10	Jonathan Pugh	Unattached	Senior Men	1		1
2	51	00:36:44	Gwynant Jones	Maldwyn Harriers	Under 20 Men	2		2
3	54	00:36:47	Glyn Price	Sarn Helen	V/40 Men	3		3
4	62	00:37:26	Jack Davey	Unattached	Senior Men	4		4
5	46	00:38:20	Dennis Walmsley	Bourton Road Runners	V/40 Men	5		1
6	42	00:39:49	Shelley Childs	Aberystwyth AC	Senior Men	6		5
7	52	00:39:55	Gethin Jones	Sarn Helen	Senior Men	7		6
8	29	00:40:27	Phil Bullock	Worcester AC	Senior Men	8		7
9	49	00:41:01	Norman Biggs	Aberystwyth AC	V/40 Men	9		2
10	41	00:41:06	Ian Evans	Aberystwyth AC	Senior Men	10		8
11	4	00:41:09	Tom Garrod	Abingdon Amblers AC	V/40 Men	11		3
12	17	00:41:24	Jamie Evans	Merrionydd Running Club	Under 20 Men	12		1
13	26	00:41:30	Brendon Pratt	Unattached	Under 20 Men	13		2
14	34	00:41:48	Dave Powell	Aberystwyth AC	V/50 Men	14		1
15	43	00:42:45	Dan Burgess	Aberystwyth AC	Senior Men	15		9
16	33	00:42:58	Eifion Roberts	Unattached	V/40 Men	16		4
17	6	00:43:05	Mick Ligema	Croft Ambrey Running Club	V/50 Men	17		2
18	56	00:43:07	Dylan Davies	Unattached	Senior Men	18		10
19	20	00:43:10	simon Hall	Sarn Helen	Senior Men	19		11
20	39	00:43:11	Rhys Gardiner	Unattached	Senior Men	20		12
21	16	00:44:23	Dylan Evans	Merrionydd Running Club	V/40 Men	21		5
22	24	00:46:44	Stuart Richards	Unattached	Senior Men	22		13
23	31	00:46:45	Geraint Roderick	Deeside AC	V/60 Men	23		1
24	61	00:46:51	Clive Evans	Aberystwyth AC	V/60 Men	24		2
25	47	00:46:54	John Evans	Aberystwyth AC	V/60 Men	25		3
26	59	00:47:13	Duncan Worth	Salford Metropolitan AC	V/50 Men	26		3
27	55	00:47:24	Ricky Fruncis	Meirionnydd AC	Senior Men	27		14
28	53	00:47:36	Gareth Jones	Sarn Helen	V/40 Men	28		6
29	50	00:47:39	Cheryl Hughes	Aberystwyth AC	Senior Lady		1	1
30	64	00:47:43	Clive Williams	Aberystwyth AC	V/40 Men	29		7
31	63	00:48:12	Anita Worthing	Aberystwyth AC	V/55 Lady		2	2
32	23	00:48:26	Adriano Evola	Aberystwyth AC	V/50 Men	30		4
33	25	00:48:30	David James	Rhayader AC	Senior Men	31		15
34	44	00:49:27	Ivan Courtier	Unattached	V/40 Men	32		8
35	60	00:50:28	Wendell Junia	Aberystwyth AC	Senior Men	33		16
36	5	00:50:39	Lucy Garrod	Abingdon Amblers AC	V/35 Lady		3	3
37	19	00:51:08	Martin Allen	Abingdon Amblers AC	V/50 Men	34		5
38	12	00:51:45	Neil Davies	Shropshire Shufflers	V/40 Men	35		9
39	3	00:52:04	Christopher Sear	Unattached	Senior Men	36		17
40	15	00:52:29	Ian Stokes	Sandwell Valley	V/40 Men	37		10
41	10	00:52:42	Thomas Rankin	Unattached	Under 20 Men	38		3
42	27	00:53:58	Clare Jones	Worcester AC	Senior Lady		4	4
43	45	00:54:14	Dai Roberts	Aberystwyth AC	V/50 Men	39		6
44	22	00:54:51	Huw Jones	Unattached	Senior Men	40		18
45	35	00:55:48	Andrew Rowe	Unattached	V/40 Men	41		11
46	28	00:58:12	Colin Broomfield	Unattached	V/40 Men	42		12
47	11	00:58:14	Stephanie Davies	Shropshire Shufflers	V/35 Lady		5	1
48	57	00:59:25	Kirsten Smith	Unattached	Senior Lady		6	5
49	14	00:59:27	Paul Sear	Unattached	V/60 Men	43		4
50	36	00:59:59	Helen Stretch	Aberystwyth AC	V/55 Lady		7	1
51	13	01:00:39	Hollie Wynne	Unattached	Senior Lady		8	6
52	8	01:01:57	Robert Harding	Telford Harriers	V/50 Men	44		7
53	30	01:02:18	Debbie Morgan	Worcester AC	V/45 Lady		9	1
54	9	01:05:35	Amanda Rankin	Stopsley Striders	V/45 Lady		10	2
55	38	01:08:33	Marjorie Griffiths	Bro Dysynni AC	V/60 Lady		11	1
56	48	01:09:44	Lucy Morgan	Unattached	Under 20 Lady		12	1
57	37	01:10:10	Shan Breese	Aberystwyth AC	V/45 Lady		13	3
58	21	01:11:32	Sarah Smith	Unattached	Senior Lady		14	7
59	32	01:11:34	Sue Denny	Unattached	V/55 Lady		15	2
60	58	01:12:33	Helen Ovens	Cerist Tri	V/35 Lady		16	2
61	65	01:12:34	Susan Brind	Unattached	Senior Lady		17	8