

Cambrian News
Aberystwyth Charity 10k
9th December 2012

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
1	236	00:33:08	Austin Davies	Brecon AC	1		Senior Men	1
2	1	00:34:52	Mark Smith	Aberystwyth AC	2		Senior Men	2
3	263	00:34:55	Steve Davies	Swansea Harriers	3		Senior Men	3
4	325	00:35:41	Ben Sears	Aberystwyth AC	4		Senior Men	4
5	88	00:36:22	Glyn Price	Sarn Helen	5		V45/ Men	1
6	372	00:36:47	Matt ward	Eryri	6		V40/ Men	1
7	99	00:36:55	Charlie Corkrum	TROTS	7		Senior Men	5
8	239	00:37:00	David Davies	Brecon AC	8		V55/ Men	1
9	296	00:37:06	James Kirkwood	Menai Track & Field	9		Senior Men	6
10	278	00:37:07	Michael Davies	Sarn Helen	10		V40/ Men	2
11	311	00:37:12	Nigel Barnes	Unattached	11		V45/ Men	2
12	374	00:37:19	Daniel Rushton	Unattached	12		Senior Men	7
13	309	00:37:56	Shelley Childs	Aberystwyth AC	13		Senior Men	8
14	209	00:38:05	Telor Gwyn	Unattached	14		Senior Men	9
15	338	00:38:05	Llewelyn Lloyd	Sarn Helen	15		Senior Men	10
16	164	00:38:07	Norman Biggs	Aberystwyth AC	16		V40/ Men	3
17	395	00:38:09	Mark Finlayson	Les Croupiers	17		Senior Men	11
18	264	00:38:12	Jonathan Williams	Swansea Harriers	18		Senior Men	12
19	352	00:38:15	Jonathan Jones	TROTS	19		V40/ Men	4
20	160	00:38:25	Ian Evans	Aberystwyth AC	20		Business Team	
21	277	00:38:27	Davey Challenger	Aberystwyth University Harriers	21		Under 20 Men	1
22	172	00:38:37	Andrew Charles	Unattached	22		Senior Men	13
23	301	00:38:47	Peter Osborne	Llanelli Athletic Club	23		V50/ Men	1
24	118	00:38:51	Aston Nicholls	Unattached	24		Business Team	
25	218	00:39:07	Keith Richards	Aberystwyth AC	25		V40/ Men	5
26	285	00:39:15	Andrew Poole	Unattached	26		Senior Men	14
27	410	00:39:20	Andrew Abbott	Sarn Helen	27		Senior Men	15
28	246	00:39:20	Richard Marks	Sarn Helen	28		V60/ Men	1
29	223	00:39:30	Owain Schiavone	Unattached	29		Senior Men	16
30	291	00:39:32	Iwan Edgar	Eryri	30		V55/ Men	2
31	184	00:39:37	Simon Hall	Sarn Helen	31		Senior Men	17

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Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
32	175	00:39:46	Mark Jarman	Unattached	32		Senior Men	18
33	217	00:40:04	Edward Land	Aberystwyth AC	33		Senior Men	19
34	242	00:40:06	Tom Garrod	Witney Roadrunners	34		V45/ Men	3
35	194	00:40:21	Gary Wyn Davies	Unattached	35		Senior Men	20
36	367	00:40:22	Dylan Davies	Unattached	36		Senior Men	21
37	216	00:40:34	James Drake	Unattached	37		Senior Men	22
38	128	00:40:36	Scott Hudspith	Unattached	38		Business Team	
39	152	00:40:39	Dylan Jones	Aberystwyth University Harriers	39		Senior Men	23
40	399	00:40:44	Christopher Woodfield	Aberystwyth University Harriers	40		Senior Men	24
41	402	00:40:53	Daniel Fopma	Aberystwyth University Harriers	41		Senior Men	25
42	269	00:40:58	Calvin Williams	Sarn Helen	42		V50/ Men	2
43	259	00:41:05	Richard Marggraf-Turley	Unattached	43		V40/ Men	6
44	366	00:41:07	Mark Wood	Cerist Triathlon Club	44		Senior Men	26
45	90	00:41:10	Fergus McMahon	Unattached	45		Under 20 Men	2
46	233	00:41:14	Gethin Jones	Sarn Helen	46		Senior Men	27
47	398	00:41:24	Thomas Hathaway	Unattached	47		Senior Men	28
48	170	00:41:26	John Gibson	Unattached	48		Senior Men	29
49	159	00:41:34	Paul Crane	Unattached	49		Senior Men	30
50	279	00:41:38	Ben Jones	Unattached	50		Senior Men	31
51	267	00:41:41	Jamie Fenaroli	Swansea Harriers	51		Senior Men	32
52	369	00:41:41	Balazs Pinter	Unattached	52		V40/ Men	7
53	191	00:41:44	Hywel Longman	Unattached	53		Senior Men	33
54	89	00:41:45	Huw Price	Sarn Helen	54		V45/ Men	4
55	102	00:41:49	Ruth Bradbrook	Rhayader AC		1	Senior Ladies	1
56	407	00:41:51	Arhur Youd	Aberystwyth AC	55		Under 20 Men	3
57	181	00:42:00	Alex McArthur	Unattached	56		Senior Men	34
58	371	00:42:02	David Michael	Unattached	57		Business Team	
59	120	00:42:04	Thomas Staniland	Unattached	58		Business Team	
60	344	00:42:07	Gary Thomas	Emlyn Runners	59		V45/ Men	5
61	276	00:42:09	Adam Runacres	Aberystwyth University Harriers	60		Under 20 Men	4
62	310	00:42:15	Kristiein Bond	Aberystwyth University Harriers	61		Senior Men	35

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Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
63	253	00:42:15	Neil Davies	Cornelly Striders	62		V50/ Men	3
64	351	00:42:22	Ben Roberts	Aberystwyth University Harriers	63		Under 20 Men	5
65	324	00:42:25	Nicola Quinn	Emlyn Runners		2	Senior Ladies	2
66	200	00:42:30	Tony Ratcliffe	Saddleworth Runners	64		V55/ Men	3
67	308	00:42:35	Owen Thomas	Unattached	65		V40/ Men	8
68	163	00:42:39	Glyn Jones	Unattached	66		V50/ Men	4
69	119	00:42:41	Callum McDonnell	Unattached	67		Business Team	
70	300	00:42:45	Michael Halsall	Llanelli Athletic Club	68		Senior Men	36
71	220	00:42:53	Gwilym Owen Jones	Aberystwyth AC	69		V55/ Men	4
72	?	00:42:53	?	?				
73	394	00:42:57	Edward Woodcoot	Aberystwyth University Harriers	70		Senior Men	37
74	393	00:43:20	Owain Morris	Aberystwyth University Harriers	71		Under 20 Men	6
75	305	00:43:31	David Elliot	Meirionnydd Running Club	72		Senior Men	38
76	290	00:43:37	Mark Terry	TROTS	73		V55/ Men	5
77	378	00:43:39	Mathew Jepson	Aberystwyth University Harriers	74		Senior Men	39
78	331	00:43:45	Brian Russell	Cardigan RC	75		V50/ Men	5
79	224	00:43:47	Joe Thomas	Unattached	76		Senior Men	40
80	183	00:43:48	Dee Jolly	Sarn Helen		3	Senior Ladies	3
81	316	00:43:50	Karl Eenmaa	Port Talbot Harriers	77		V40/ Men	9
82	353	00:43:52	Graham Lewis	INTRtri	78		V40/ Men	10
83	103	00:44:11	Richard Dennis	Rhayader AC	79		V40/ Men	11
84	376	00:44:14	Rhiannon Anderson	Aberystwyth University Harriers		4	Senior Ladies	4
85	192	00:44:15	Rhodri ap Dyfrig	Unattached	80		Senior Men	41
86	347	00:44:15	David Blair	Unattached	81		V40/ Men	12
87	382	00:44:23	Adam Gouha	Aberystwyth University Triathlon	82		Senior Men	42
88	299	00:44:31	Phil Rogers	Watford Harriers	83		Senior Men	43
89	348	00:44:33	Sam Clemmens	Unattached	84		Senior Men	44
90	401	00:44:37	Belinda Smith	Aberystwyth University Harriers		5	Senior Ladies	5
91	12	00:44:39	Kevin Regan	Unattached	85		Senior Men	45
92	84	00:44:42	Neal Morris	Unattached	86		V40/ Men	13
93	391	00:44:44	Sebastian Mcbride	Unattached	87		V40/ Men	14

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94	390	00:44:56	Max Piotrowicz	Unattached	88		Under 20 Men	7
95	207	00:44:57	Ian Gerrard Rodgers	Unattached	89		V40/ Men	15
96	334	00:44:57	Llyr Thomas	Unattached	90		Senior Men	46
97	292	00:44:58	Gareth Jones	Unattached	91		Senior Men	47
98	82	00:45:01	Mike Green	Vegan Runners	92		V55/ Men	6
99	404	00:45:10	Goronwy Evans	Aberystwyth AC	93		V55/ Men	7
100	339	00:45:20	Kevin Mark	Unattached	94		V40/ Men	16
101	335	00:45:20	Mike	Unattached	95		Senior Men	48
102	379	00:45:21	Angharad Price	Aberdare		6	Senior Ladies	6
103	319	00:45:27	Stephen Jones	Emlyn Runners	96		V45/ Men	6
104	323	00:45:32	Robert Frame	Unattached	97		Senior Men	49
105	288	00:45:36	Noelwyn Daniel	Healthy Life Activities	98		V45/ Men	7
106	232	00:45:43	Clive Evans	Welsh Masters	99		V65/ Men	1
107	111	00:45:55	Orion Hart	Unattached	100		Business Team	
108	78	00:46:00	Ifan Williams	Unattached	101		Under 20 Men	8
109	345	00:46:01	Rhys Williams	Unattached	102		Senior Men	50
110	346	00:46:07	Gwenallt Ifan	Unattached	103		V45/ Men	8
111	91	00:46:12	Llew Rhys	Unattached	104		Senior Men	51
112	306	00:46:17	Eric Davey	Llanelli Athletic Club	105		V60/ Men	2
113	386	00:46:24	Elizabeth Hart	Unattached		7	Senior Ladies	7
114	227	00:46:24	Gill Aldworth	Brecon AC		8	V40/ Ladies	1
115	178	00:46:28	Matthew Barker	Unattached	106		Senior Men	52
116	258	00:46:28	Rhys Evans	Unattached	107		Senior Men	53
117	96	00:46:32	Rhys Lewis	Unattached	108		Senior Men	54
118	284	00:46:36	Nigel Davies	Sarn Helen	109		V40/ Men	17
119	312	00:46:41	John Evans	Aberystwyth AC	110		V65/ Men	2
120	231	00:46:44	Sian Roberts-Jones	Unattached		9	Senior Ladies	8
121	161	00:46:49	Stewart Pearce	Unattached	111		Senior Men	55
122	405	00:46:49	Daniel Llyr	Unattached	112		V40/ Men	18
123	388	00:46:54	Lisa Bonrnsh Euer	Aberystwyth University Harriers		10	Senior Ladies	9
124	83	00:46:55	Chris Price	Unattached	113		Senior Men	56

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125	193	00:47:07	Dylan Jones	Unattached	114		Under 20 Men	9
126	115	00:47:10	John Robbins	Unattached	115		Business Team	
127	20	00:47:20	Christopher Sear	Unattached	116		Senior Men	57
128	321	00:47:20	Virginia H	Unattached		11	Senior Ladies	10
129	363	00:47:26	Megan Carter Davies	Aberystwyth AC		12	Under 20 Ladies	1
130	124	00:47:29	Matthew Webb	Unattached	117		Business Team	
131	336	00:47:31	Stephanie Hawkes	Unattached		13	Senior Ladies	11
132	337	00:47:32	Huw Griffiths	Unattached	118		Senior Men	58
133	298	00:47:39	Amanda Binks	Unattached		14	V35/ Ladies	1
134	320	00:47:39	Emma Butler	Unattached		15	Senior Ladies	12
135	286	00:47:44	Jonathan Lee	Aberystwyth University Triathlon	119		Under 20 Men	10
136	105	00:47:47	Josh Brenner	Unattached	120		Business Team	
137	247	00:47:47	Aneurin James	Sarn Helen	121		V40/ Men	19
138	146	00:47:50	Wendell Junia	Aberystwyth AC	122		Senior Men	59
139	214	00:47:50	Clive E Williams	Aberystwyth AC	123		V55/ Men	8
140	262	00:47:53	Eleri Rivers	Sarn Helen		16	V35/ Ladies	2
141	155	00:47:57	Bleddyn Jones	Unattached	124		V45/ Men	9
142	0	00:48:01						
143	52	00:48:02	Dafydd Llywelyn	Unattached	125		Senior Men	60
144	150	00:48:10	Christopher York	Unattached	126		Senior Men	61
145	241	00:48:11	John Shaw	Unattached	127		V45/ Men	10
146	322	00:48:14	Delor Harvey	Unattached		17	V45/ Ladies	1
147	180	00:48:25	Simon Barker	Unattached	128		Senior Men	62
148	211	00:48:27	Alex Murray	Aberystwyth University Triathlon	129		Senior Men	63
149	368	00:48:28	Richard Griffiths	Bro Dysynni	130		V60/ Men	3
150	189	00:48:31	Alyn Bennett	Unattached	131		Senior Men	64
151	31	00:48:33	Maureen Pritchard	Aberystwyth AC		18	V45/ Ladies	2
152	182	00:48:34	Lee Evans	Unattached	132		V40/ Men	20
153	256	00:48:38	Iwan Evans	Unattached	133		Senior Men	65
154	295	00:48:39	Sion Blake	Unattached	134		Senior Men	66
155	221	00:48:43	Ivan Courtier	Unattached	135		V40/ Men	21

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156	275	00:48:43	Leigh Richards	Unattached	136		V40/ Men	22
157	55	00:48:45	Huw Rumble	Unattached	137		Senior Men	67
158	36	00:48:48	Donogh McKeogh	Unattached	138		V40/ Men	23
159	188	00:48:49	Luke Bennett	Unattached	139		Senior Men	68
160	270	00:48:50	Clive Christopher Evans	Unattached	140		V40/ Men	24
161	343	00:48:51	Kirsten Hughes	Aberystwyth AC		19	Senior Ladies	13
162	354	00:48:54	Mingzhe Liu	Unattached	141		Senior Men	69
163	342	00:48:59	Adam Miller	Unattached	142		V40/ Men	25
164	203	00:49:00	David Andrews	Unattached	143		V55/ Men	9
165	13	00:49:03	Michael Brown	Unattached	144		Senior Men	70
166	69	00:49:03	Laura Sherman	Unattached		20	Business Team	
167	215	00:49:07	William "Henry" Henry	Unattached	145		V60/ Men	4
168	131	00:49:12	Tom Sherrard	Unattached	146		Business Team	
169	138	00:49:19	Paul McCann	Unattached	147		Business Team	
170	383	00:49:23	Samantha Saville	Unattached		21	Senior Ladies	14
171	381	00:49:24	Benjamin Harrop	Unattached	148		Senior Men	71
172	148	00:49:25	Rachel Butler	Maldwyn Harriers		22	V45/ Ladies	3
173	396	00:49:26	Martin Tomms	Aberystwyth University Harriers	149		Under 20 Men	11
174	243	00:49:36	Lucy Garrod	Witney Roadrunners		23	V45/ Ladies	4
175	121	00:49:53	Mandy Talbot	Aberystwyth AC		24	Business Team	
176	317	00:49:55	Mark Jones	Port Talbot Harriers	150		V50/ Men	6
177	314	00:49:56	Lesley Mainwaring	Run4All		25	V45/ Ladies	5
178	234	00:49:57	Terry Wyn Jones	Sarn Helen	151		Senior Men	72
179	49	00:50:03	Phil Bradley		152		Business Team	
180	389	00:50:05	Ryszard Piotrowicz	Unattached	153		V50/ Men	7
181	257	00:50:06	Chris Purnell	Cardigan RC	154		V45/ Men	11
182	341	00:50:09	Eleri Connor	Penarth & Dinas Runners		26	Senior Ladies	15
183	34	00:50:26	Mitchell Readwin	Unattached	155		Senior Men	73
184	228	00:50:34	Mared Llwyd	Unattached		27	Senior Ladies	16
185	365	00:50:49	Rhodri Morris	Unattached	156		Under 20 Men	12
186	313	00:51:14	Roddy Evans	Unattached	157		V55/ Men	10

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187	77	00:51:18	Curtis Wilkin	Unattached	158		Senior Men	74
188	169	00:51:24	Carys Phillips	Unattached		28	Senior Ladies	17
189	10	00:51:27	Mark Saunders	Unattached	159		Business Team	
190	177	00:51:39	Richard Lucas	Unattached	160		Business Team	
191	387	00:51:44	Andrew Moon	Unattached	161		V45/ Men	12
192	294	00:51:47	John Morgan	Unattached	162		V45/ Men	13
193	54	00:51:47	Adriano Evola	Aberystwyth AC	163		V50/ Men	8
194	171	00:51:50	Lona Jones	Unattached		29	Senior Ladies	18
195	130	00:51:53	Gerogi Ivanov	Unattached	164		Business Team	
196	364	00:51:55	Carwyn Davies	Unattached	165		Under 20 Men	13
197	411	00:51:57	Robert Nash	Unattached	166		V50/ Men	9
198	196	00:51:57	David Jones	Unattached	167		Senior Men	75
199	0	00:51:59						
200	266	00:52:24	Sarah Lee	Unattached		30	V35/ Ladies	3
201	265	00:52:28	Sue Lee	Aberystwyth AC		31	V40/ Ladies	2
202	167	00:52:31	Caren Phillips	Unattached		32	V40/ Ladies	3
203	333	00:52:37	Gillian Evans	Unattached		33	V35/ Ladies	4
204	186	00:52:37	Peter Williams	Unattached	168		V45/ Men	14
205	293	00:52:38	Meinir Davies	Unattached		34	Senior Ladies	19
206	156	00:52:39	David Bowman	Unattached	169		Senior Men	76
207	123	00:52:40	Martin Gwatkin	Unattached	170		Business Team	
208	199	00:52:40	Rowen Ratcliffe	Aberystwyth University Triathlon		35	Senior Ladies	20
209	74	00:52:45	Adam Stockwell	Shrewsbury AC	171		Senior Men	77
210	166	00:52:47	Kate Carden-Brown	Unattached		36	V35/ Ladies	5
211	212	00:52:48	Aled Evans	Unattached	172		Senior Men	78
212	213	00:52:50	Dylan Walters	Unattached	173		V40/ Men	26
213	125	00:52:50	Ben Ashforth	Unattached	174		Business Team	
214	359	00:52:51	Alex Muscroft	Unattached	175		Senior Men	79
215	168	00:52:52	Menna Stephens	Aberystwyth AC		37	Senior Ladies	21
216	142	00:52:53	Santhosh Kannan	Unattached	176		Business Team	
217	202	00:52:57	David Hopper	Unattached	177		V70/ Men	1

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218	157	00:52:58	Robert Hughes	Unattached	178		Business Team	
219	93	00:52:59	Hollie Wynne	Aberystwyth AC		38	Senior Ladies	22
220	5	00:53:01	Keith Evans	Unattached	179		Business Team	
221	235	00:53:04	Michael Clarke	INTRtri	180		Senior Men	80
222	190	00:53:06	Angharad Huws	Aberystwyth AC		39	V35/ Ladies	6
223	205	00:53:07	Carys Roberts	Unattached		40	Senior Ladies	23
224	162	00:53:08	Amanda Jones	Unattached		41	V40/ Ladies	4
225	15	00:53:14	Paul Sear	Unattached	181		V60/ Men	5
226	113	00:53:37	Ryan Nicholas	Unattached	182		Business Team	
227	304	00:53:47	Paul Thursfield	Unattached	183		V45/ Men	15
228	406	00:53:53	Leon Lewis	Unattached	184		Senior Men	81
229	137	00:54:01	Oliver Morris	Unattached	185		Senior Men	82
230	219	00:54:08	Deian Creunant	Unattached	186		V40/ Men	27
231	107	00:54:12	Molly Clark-Yospa	Unattached		42	Business Team	
232	24	00:54:22	Elaine Rowlands	Unattached		43	V45/ Ladies	6
233	51	00:54:26	Emma Vaux	Unattached		44	V35/ Ladies	7
234	165	00:54:27	Bridget James	Aberystwyth AC		45	Senior Ladies	24
235	198	00:54:29	Gwilym Jones	Aber Sea Rowing Club	187		V40/ Men	28
236	260	00:54:52	Lucy Bend	Unattached		46	Under 20 Ladies	2
237	408	00:54:54	Keith Richardson	Unattached	188		V65/ Men	3
238	145	00:55:03	Rhian Meredith	Aberystwyth AC		47	V40/ Ladies	5
239	297	00:55:06	Brenda Jones	Bro Dysynni		48	V70/ Ladies	1
240	72	00:55:10	Rose Fowler	Unattached		49	Business Team	
241	176	00:55:11	Huw Jones	Unattached	189		Business Team	
242	43	00:55:13	William Jenkins		0 190		Business Team	
243	47	00:55:18	Andrew Rockley		0 191		Business Team	
244	173	00:55:23	Lois Mantell	Unattached		50	V35/ Ladies	8
245	289	00:55:24	Angharad Holland	Unattached		51	Senior Ladies	25
246	287	00:55:25	Kevin Holland	Aberystwyth AC	192		V50/ Men	10
247	151	00:55:42	Ian Richards	Unattached	193		V45/ Men	16
248	251	00:56:09	Cameron Pope	Aberystwyth AC	194		V55/ Men	11

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249	250	00:56:09	Laureen Pope	Unattached		52	V50/ Ladies	1
250	141	00:56:12	Justa Hopma	Unattached		53	Senior Ladies	26
251	179	00:56:12	Gwenith ap Robert	Unattached		54	V35/ Ladies	9
252	3	00:56:15	Gary Davies	Unattached	195		Business Team	
253	23	00:56:15	Heln Halpin	Unattached		55	V60/ Ladies	1
254	147	00:56:16	June Jones	Maldwyn Harriers		56	V40/ Ladies	6
255	328	00:56:18	Jasmin Thomas	Unattached		57	Senior Ladies	27
256	248	00:56:22	Aneirin Thomas	Unattached	196		V40/ Men	29
257	100	00:56:23	John Tee	Bro Dysynni	197		V65/ Men	4
258	46	00:56:31	Katrina Michael		0	58	Business Team	
259	40	00:56:44	Clare Bugess	Unattached		59	V35/ Ladies	10
260	122	00:56:47	Charlotte Allsopp	Unattached		60	Business Team	
261	237	00:56:49	Simon Hudd	Unattached	198		V40/ Men	30
262	98	00:56:51	Charlie Crowl	Unattached	199		Senior Men	83
263	307	00:57:07	Nigel Leighton Jones	Llanelli Strollers	200		V55/ Men	12
264	400	00:57:09	Gemma Dobson	Unattached		61	Senior Ladies	28
265	86	00:57:12	Huw Emlyn	Unattached	201		V60/ Men	6
266	94	00:57:14	Rhodd Hughes	Unattached		62	Senior Ladies	29
267	245	00:57:16	Jon Trevitt	Unattached	202		Senior Men	84
268	201	00:57:18	Peter Trudgill	Unattached	203		V70/ Men	2
269	261	00:57:22	Michelle Francesca Jones	Unattached		63	V40/ Ladies	7
270	158	00:57:25	Gwenllian Parry	Unattached		64	V40/ Ladies	8
271	187	00:57:34	Fay Williams	Unattached		65	V50/ Ladies	2
272	240	00:57:37	Ian Akehurst	Unattached	204		V40/ Men	31
273	44	00:57:43	Steve Jones		0	205	Business Team	
274	249	00:57:53	Hugh Harrison	Bro Dysynni	206		V55/ Men	13
275	412	00:58:08	Kelvin Evans	Unattached	207		Senior Men	85
276	9	00:58:13	Jamie Lewis Evans	Unattached	208		Business Team	
277	95	00:58:14	Gwenith Hughes	Unattached		66	Senior Ladies	30
278	222	00:58:27	Arwel Owen	Unattached	209		Senior Men	86
279	204	00:58:28	Aled Williams	Unattached	210		V45/ Men	17

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280	149	00:58:37	Margaret York	Unattached		67	V45/ Ladies	7
281	370	00:58:38	Mair Williams	Unattached	211		Under 20 Men	14
282	30	00:58:38	Nikki Humphreys	Unattached		68	V40/ Ladies	9
283	358	00:58:49	Iwan rees	Unattached	212		Senior Men	87
284	282	00:58:53	Mari Elen	Unattached		69	V50/ Ladies	3
285	33	00:58:58	Robert Harding	Telford Harriers	213		V60/ Men	7
286	117	00:59:13	Megan Williams	Unattached		70	Business Team	
287	139	00:59:30	Meinir Morgan Thomas	Unattached		71	V55/ Ladies	1
288	238	00:59:34	Helen Davies	Unattached		72	Senior Ladies	31
289	11	00:59:41	Bradley Lewis	Unattached	214		Business Team	
290	143	00:59:44	Umar Aslam	Unattached	215		Business Team	
291	373	01:00:06	Alison Rowlands	Unattached		73	V40/ Ladies	10
292	45	01:00:07	Kate Curran		0	74	Business Team	
293	154	01:00:29	Luke Parker	Unattached	216		Senior Men	88
294	271	01:00:33	Delmie Davies	Unattached	217		Senior Men	89
295	326	01:00:52	Gary Smith	Unattached	218		Senior Men	90
296	255	01:00:53	Hal Baldwin	Unattached	219		Under 20 Men	15
297	116	01:00:57	Tiffany Cater	Unattached		75	Business Team	
298	254	01:00:59	Mike Gallagher	Unattached	220		Senior Men	91
299	67	01:01:01	Natalie Miles	Unattached		76	Under 20 Ladies	3
300	14	01:01:21	Hawys Hatley	Unattached		77	Under 20 Ladies	4
301	37	01:01:22	Julie Jones	Unattached		78	V40/ Ladies	11
302	252	01:01:23	Catrin Thomas	Unattached		79	V35/ Ladies	11
303	330	01:01:34	Geinor Jones	Unattached		80	Senior Ladies	32
304	329	01:01:35	Maxine Gregson	Unattached		81	Senior Ladies	33
305	126	01:01:44	Lucy Spear	Unattached		82	Business Team	
306	32	01:01:49	Angie Edwards	Cerist Triathlon Club		83	V60/ Ladies	2
307	106	01:01:52	Owain Llywelyn	Unattached	221		Business Team	
308	274	01:01:52	David Marston	Unattached	222		V40/ Men	32
309	273	01:01:53	Ryan James	Unattached	223		V40/ Men	33
310	355	01:01:54	Hayley	Islwyn RC		84	V35/ Ladies	12

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311	356	01:01:55	Stephen Brian	Islwyn RC	224		V45/ Men	18
312	357	01:02:00	Kobel Riziev	Aberystwyth University Harriers	225		Senior Men	92
313	133	01:02:01	Eleanor Reed	Harriers Cunis		85	Senior Ladies	34
314	340	01:02:04	David Hughes	Unattached	226		Senior Men	93
315	360	01:02:06	Katherine James	Unattached		86	Business Team	
316	112	01:02:16	Liana Vincent Evans	Unattached		87	Business Team	
317	185	01:02:24	Teresa James	Unattached		88	Business Team	
318	129	01:02:50	Carl Cater	Unattached	227		Business Team	
319	60	01:02:53	Nia Honeybun	Unattached		89	V50/ Ladies	4
320	59	01:02:54	Jonathan Honeybun	Unattached	228		V50/ Men	11
321	409	01:03:27	Mark Evans	Unattached	229		Senior Men	94
322	392	01:03:27	Paul Hill	Unattached	230		Senior Men	95
323	41	01:03:35	Sian Davies		0	90	Business Team	
324	403	01:03:43	Maria Platnikova	Unattached		91	V35/ Ladies	13
325	4	01:04:04	Tina Morris	Unattached		92	Business Team	
326	27	01:04:13	Haf Leonard	Maldwyn Harriers		93	V50/ Ladies	5
327	375	01:04:29	Gina Preston	Unattached		94	V45/ Ladies	8
328	377	01:04:29	Uta Kohl	Unattached		95	V40/ Ladies	12
329	7	01:04:30	Gavin Perry	Unattached	231		Business Team	
330	71	01:04:39	James Nicholas	Unattached	232		Business Team	
331	38	01:04:48	Marilyn Hunt	Oswestry Olympians		96	V45/ Ladies	9
332	73	01:04:59	Bev Thomas	Unattached		97	Business Team	
333	349	01:05:17	Zoe Leary	Unattached		98	Senior Ladies	35
334	350	01:05:18	Samantha Bellen	Unattached		99	Senior Ladies	36
335	16	01:05:26	Nicola Rolinson	Builth Wells Running Club		100	V45/ Ladies	10
336	17	01:05:27	Jayne Bujok	Builth Wells Running Club		101	V45/ Ladies	11
337	332	01:05:27	Aline Denton	Unattached		102	V45/ Ladies	12
338	272	01:05:28	John Gammon	Unattached	233		V45/ Men	19
339	114	01:05:39	Beth Meredith	Unattached		103	Business Team	
340	134	01:05:45	Marjorie Griffiths	Bro Dysynni		104	V65/ Ladies	1
341	85	01:05:47	Helen Davies	Unattached		105	V50/ Ladies	6

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342	283	01:06:04	Angela Morgan	Unattached		106	V50/ Ladies	7
343	229	01:06:08	Gwenllian Jones	Unattached		107	Senior Ladies	37
344	230	01:06:09	Bethan Roberts	Unattached		108	Senior Ladies	38
345	132	01:06:13	Nicola Martin	Unattached		109	Senior Ladies	39
346	66	01:06:13	Judith Phillips	Unattached		110	V40/ Ladies	13
347	25	01:06:14	Lyn Thomas	Unattached	234		Business Team	
348	19	01:06:25	Claire Rowlands	Maldwyn Harriers		111	Senior Ladies	40
349	48	01:06:49	Elaine Kemp		0	112	Business Team	
350	225	01:06:52	W. Ian Williams	Unattached	235		V50/ Men	12
351	397	01:06:55	Gidia Ascoli	Unattached		113	Under 20 Ladies	5
352	268	01:07:20	Gruffudd Owen	Unattached	236		Senior Men	96
353	315	01:07:31	Steph Wood-Gilbert	Run4All		114	V40/ Ladies	14
354	318	01:07:31	Tony Hollins	Port Talbot Harriers	237		V55/ Men	14
355	28	01:07:40	Alwena Gentle	Maldwyn Harriers		115	V55/ Ladies	2
356	303	01:07:50	Liz Wallwork	Unattached		116	V45/ Ladies	13
357	29	01:08:03	Michelle Cartwright	Maldwyn Harriers		117	V45/ Ladies	14
358	327	01:08:21	Jenny Clapton	Unattached		118	Senior Ladies	41
359	385	01:09:18	Hemwen Davies	Unattached		119	V45/ Ladies	15
360	127	01:09:24	Natalie Eden	Unattached		120	Business Team	
361	65	01:09:35	Adrian Emanuel	Unattached	238		V50/ Men	13
362	64	01:09:35	Hayley Emanuel	Unattached		121	Under 20 Ladies	6
363	63	01:09:36	Kelly Emanuel	Unattached		122	Under 20 Ladies	7
364	384	01:10:05	Heuwen Lloyd	Unattached		123	V45/ Ladies	16
365	75	01:10:05	Gwenllian Evans	Unattached		124	Senior Ladies	42
366	226	01:10:12	Martin Wilding	Unattached	239		V45/ Men	20
367	135	01:10:54	Eleanor Bryant	Unattached		125	Senior Ladies	43
368	8	01:11:31	Terry Ann Evans	Unattached		126	Business Team	
369	57	01:11:32	Helen Enoch	Unattached		127	V50/ Ladies	8
370	174	01:12:09	Ann-Marie Davies	Unattached		128	V35/ Ladies	14
371	101	01:12:13	Ian Kendall	Unattached	240		V40/ Men	34
372	244	01:12:18	Jackie Rees	Unattached		129	V40/ Ladies	15

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373	39	01:13:00	Maggie Holliday	Unattached		130	V55/ Ladies	3
374	140	01:13:01	Zinzan Davies	Unattached	241		Under 20 Men	16
375	197	01:13:24	Sion Evans	Unattached	242		Under 20 Men	17
376	6	01:13:25	Ruby Heys	Unattached		131	Business Team	
377	280	01:13:29	Gerald Cooper	Unattached	243		V65/ Men	5
378	97	01:13:31	Nest Lewis	Unattached		132	V60/ Ladies	3
379	35	01:13:47	Andrea Bird	Run4All		133	V50/ Ladies	9
380	104	01:14:25	Mandy Mullett	Unattached		134	V50/ Ladies	10
381	153	01:14:29	Sylvia Price	Unattached		135	V40/ Ladies	16
382	136	01:14:32	Caroline Orrells	Maldwyn Harriers		136	V55/ Ladies	4
383	302	01:16:49	H Drechell	Unattached	244		V50/ Men	14
384	362	01:17:57	Rachel Harper	Cerist Triathlon Club		137	Senior Ladies	44
385	361	01:17:58	Jacinta Mcdermot	Cerist Triathlon Club		138	V45/ Ladies	17
386	195	01:19:16	Guy Evans	Unattached	245		V40/ Men	35
387	109	01:21:25	Aerin Whittaker	Unattached		139	Business Team	
388	210	01:21:33	James Clewer	Unattached	246		Senior Men	97
389	206	01:21:33	Peter Coles	Pontypridd Rodents	247		V50/ Men	15
390	208	01:21:34	Niall Coles	Unattached	248		Senior Men	98
391	110	01:22:34	Tashina Keller	Unattached		140	Business Team	
392	108	01:22:35	Louise Ritchie	Unattached		141	Business Team	
393	58	01:28:07	Adrian Gittens	Unattached	249		V50/ Men	16
394	380	01:28:12	Dorothy Buettner	Aberystwyth University Harriers		142	Senior Ladies	45