

Aberystwyth Charity 10k - 8th Dec 2013 - Final Results



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Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
1	476	00:32:43	Carwyn Jones	Cardiff AAC	1		Senior Men	1
2	474	00:33:56	Steve Davies	Swansea Harriers	2		Senior Men	2
3	196	00:34:06	Jonathan Pugh	Unattached	3		Senior Men	3
4	151	00:34:33	Oliver Simon	Unattached	4		Senior Men	4
5	830	00:34:39	Gancho Slavov	Aberystwyth AC	5		Senior Men	5
6	468	00:34:42	Gethin Holland	Aberystwyth AC	6		Senior Men	6
7	883	00:34:54	Arthur Hayford Taylor	University Harriers	7		Senior Men	7
8	344	00:35:33	Gary Wyn Davies	University Harriers	8		Senior Men	8
9	370	00:35:47	Tom Roberts	Meirionnydd Running Club	9		Senior Men	9
10	23	00:35:51	Edward Evans	Unattached	10		Under 20 Men	1
11	445	00:35:55	Glyn Price	Sarn Helen	11		V45/ Men	1
12	334	00:36:34	Llyr Hughes	Manchester Triathlon	12		Senior Men	10
13	83	00:36:41	Ian Evans	Aberystwyth AC	13		Senior Men	11
14	345	00:36:46	Jamie Biggs	Unattached	14		V40/ Men	1
15	357	00:36:49	Oliver Hanson	Aberystwyth AC	15		Senior Men	12
16	392	00:36:57	Scott Hudspith	University Harriers	16		Senior Men	13
17	368	00:37:19	Telor Gwyn	Unattached	17		Senior Men	14
18	855	00:37:21	Marc Tilley	University Harriers	18		Senior Men	15
19	351	00:37:21	James Wibberley	University Harriers	19		Senior Men	16
20	398	00:37:25	James Thomas	Unattached	20		V40/ Men	2
21	251	00:37:28	Shelley Childs	Aberystwyth AC	21		V40/ Men	3
22	422	00:37:31	Andrew Poole	Unattached	22		Senior Men	17
23	92	00:37:34	Dan Clark	Unattached	23		Senior Men	18
24	434	00:37:39	Gareth Payne	Sarn Helen	24		V40/ Men	4

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
25	360	00:37:47	Llewelyn Lloyd	Sarn Helen	25		Senior Men	19
26	376	00:37:48	Norman Biggs	Aberystwyth AC	26		V40/ Men	5
27	36	00:37:53	Rob Johnson	Unattached	27		Senior Men	20
28	881	00:37:56	Dylan Williams	Swansea Harriers	28		Under 20 Men	2
29	842	00:38:01	Daniel Rushton	Unattached	29		Senior Men	21
30	430	00:38:10	James Kirkwood	Menai Track and Field	30		Senior Men	22
31	405	00:38:22	Lauren Jeska	Aberystwyth AC		1	Senior Ladies	1
32	293	00:38:26	Guto Llewelyn	Unattached	31		Senior Men	23
33	109	00:38:28	Edward Land	Aberystwyth AC	32		Senior Men	24
34	134	00:38:34	Harry Mullen	Unattached	33		Under 20 Men	3
35	140	00:38:36	Rhys Harries	Unattached	34		Senior Men	25
36	472	00:38:37	Jamie Fenaroli	Swansea Harriers	35		Senior Men	26
37	212	00:38:42	William Woodcock	University Harriers	36		Under 20 Men	4
38	435	00:38:44	Alex Williams	Ingli Runners	37		V45/ Men	2
39	880	00:38:58	Carol Glover	Swansea Harriers		2	Senior Ladies	2
40	341	00:39:04	Keith Richards	Aberystwyth AC	38		V40/ Men	6
41	347	00:39:05	Simon Hall	Sarn Helen	39		Senior Men	27
42	365	00:39:13	Euros Edwards	Unattached	40		Senior Men	28
43	441	00:39:14	Christopher Woodfield	University Harriers	41		Senior Men	29
44	850	00:39:17	Cessie Anne Santoz	Unattached		3	Senior Ladies	3
45	409	00:39:21	Owain Schiavone	Unattached	42		Senior Men	30
46	277	00:39:29	Andrew Filmer	Aberystwyth AC	43		Senior Men	31
47	481	00:39:31	Alejandro Belanche	Villahermosa AC	44		Senior Men	32
48	65	00:39:32	David Dwyer	Unattached	45		Senior Men	33
49	86	00:39:32	Tom Garrod	Witney Roadrunners	46		V45/ Men	3
50	322	00:39:36	Ollie Thorogood	Unattached	47		Under 20 Men	5
51	302	00:39:42	Grant Dawson	Aberystwyth AC	48		V40/ Men	7
52	374	00:39:44	Max Piotrowicz	Unattached	49		Under 20 Men	6
53	452	00:39:45	Rhodri Ap Dyfrig	Intr Tri	50		Senior Men	34
54	478	00:39:47	Owen Williams	Unattached	51		Under 20 Men	7
55	418	00:39:52	Paul Rose	Aberystwyth AC	52		V45/ Men	4

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
56	490	00:40:06	Adam Runacres	University Harriers	53		Under 20 Men	8
57	84	00:40:07	Mathew Kieran Holland	University Harriers	54		Under 20 Men	9
58	423	00:40:08	Dafydd Challenger	University Harriers	55		Under 20 Men	10
59	459	00:40:09	Richard Marggraf-Turley	Unattached	56		V40/ Men	8
60	458	00:40:11	Eifion Roberts	Bro Dysynni	57		V50/ Men	1
61	51	00:40:12	Balázs Pintér	Unattached	58		V40/ Men	9
62	477	00:40:25	Carys Hughes	Les Croupiers		4	Senior Ladies	4
63	486	00:40:32	Mathew Jepson	University Harriers	59		Senior Men	35
64	489	00:40:35	Owian Morris	University Harriers	60		Senior Men	36
65	432	00:40:39	Steve Bland	Cambridge & Coleridge AC	61		Senior Men	37
66	265	00:40:55	Caspar Donnison	Unattached	62		Senior Men	38
67	207	00:40:57	Aston Nicholls	Unattached	63		Senior Men	39
68	857	00:41:02	Will McCallum	Unattached	64		Senior Men	40
69	446	00:41:02	Nicola Quinn	Emlyn Runners		5	V45/ Ladies	1
70	330	00:41:03	Ismael Serrablo-Terrejon	Unattached	65		Under 20 Men	11
71	348	00:41:06	Kevin Regan	Sarn Helen	66		Senior Men	41
72	371	00:41:12	Mark Jarman	Aberystwyth AC	67		Senior Men	42
73	156	00:41:17	Llyr ab Einion	Aberystwyth AC	68		Under 20 Men	12
74	429	00:41:17	Richard Marks	Sarn Helen	69		V60/ Men	1
75	255	00:41:19	Gary Hughes-Thapa	Unattached	70		V40/ Men	10
76	852	00:41:30	Gafin Griffiths	Les Croupiers	71		Senior Men	43
77	237	00:41:47	Thomas Hathaway	Unattached	72		Senior Men	44
78	50	00:41:47	Roc Breathnach	Unattached	73		Under 20 Men	13
79	60	00:41:52	Arfon Hughes	Meirionnydd Running Club	74		V40/ Men	11
80	444	00:41:54	Rhys Williams	Emlyn Runners	75		Senior Men	45
81	76	00:41:54	Josh Jones	Unattached	76		Senior Men	46
82	851	00:42:02	Mark Wood	Unattached	77		Senior Men	47
83	16	00:42:04	Gareth Kelsall-hughes	Unattached	78		Senior Men	48
84	856	00:42:05	Danielle Paford	Unattached		6	Senior Ladies	5
85	104	00:42:07	Sion Lewis	Unattached	79		Under 20 Men	14
86	839	00:42:11	Sam Risby	Unattached	80		Senior Men	49

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
87	408	00:42:15	Andrew Ellis	Cerist Tri Club	81		V45/ Men	5
88	833	00:42:26	David Michael	Unattached	82		V45/ Men	6
89	882	00:42:37	Amanda Jones	Swansea Harriers		7	Senior Ladies	6
90	342	00:42:57	Lawrence Timmins	Unattached	83		Senior Men	50
91	426	00:42:57	Kay Steed	Pembrokeshire Harriers		8	V35/ Ladies	1
92	234	00:42:58	Jim Woodcock	Menai Track and Field	84		V60/ Men	2
93	407	00:43:04	Owen Thomas	Unattached	85		V45/ Men	7
94	854	00:43:05	George Hayford Taylor	Frome RC	86		Senior Men	51
95	25	00:43:11	Justin Baird-Murray	Unattached	87		V45/ Men	8
96	301	00:43:16	Ieuan Pugh Jones	Unattached	88		Under 20 Men	15
97	243	00:43:17	Gabriel de la Fuente Oliver	Unattached	89		Senior Men	52
98	487	00:43:18	Mark Davies	Unattached	90		Senior Men	53
99	346	00:43:20	Dee Jolly	Sarn Helen		9	Senior Ladies	7
100	304	00:43:24	Brychan Morris- Dawson	Unattached	91		Under 20 Men	16
101	841	00:43:33	Tim Bennett	Unattached	92		Senior Men	54
102	130	00:43:35	Mark Harrison	Unattached	93		Senior Men	55
103	242	00:43:38	Julia Tello Velamazan	Aberystwyth AC		10	Senior Ladies	8
104	411	00:43:39	James Sibley	A Uni Triathlon Club	94		Under 20 Men	17
105	211	00:43:43	Tom Sherrard	Unattached	95		Senior Men	56
106	414	00:43:44	Andrew Harvey	University Harriers	96		Senior Men	57
107	383	00:43:46	James Phillips	University Harriers	97		Senior Men	58
108	843	00:43:59	Paul Roughley	Unattached	98		V50/ Men	2
109	838	00:44:04	Mike Sherman	Unattached	99		Senior Men	59
110	273	00:44:05	Sam Clemmens	Unattached	100		Senior Men	60
111	136	00:44:10	Tom Jones	Unattached	101		Senior Men	61
112	453	00:44:19	Clifford Evans	University Harriers	102		V55/ Men	1
113	465	00:44:28	Andrew Davis	Sarn Helen	103		V40/ Men	12
114	117	00:44:32	Dawn Kenwright	Sarn Helen		11	V55/ Ladies	1
115	157	00:44:34	Enid Gruffudd	Aberystwyth AC		12	V35/ Ladies	2
116	353	00:44:35	Neal Morris	Unattached	104		V40/ Men	13
117	193	00:44:37	Phill Pexton	Unattached	105		Senior Men	62

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
118	269	00:44:41	Michael O'Carroll	Unattached	106		Senior Men	63
119	394	00:44:45	George Clarke-Hackston	University Harriers	107		Senior Men	64
120	244	00:44:47	Antonio Gimeno	Unattached	108		Senior Men	65
121	294	00:44:52	Gwenno Llewelyn	Unattached		13	Senior Ladies	9
122	462	00:44:56	Scott Mumby	Unattached	109		Senior Men	66
123	499	00:44:57	Gareth Thornton	Unattached	110		Senior Men	67
124	247	00:45:02	Peter Curran	Unattached	111		V50/ Men	3
125	230	00:45:03	John Evans	Aberystwyth AC	112		V65/ Men	1
126	132	00:45:04	Llyr Rees	Unattached	113		V40/ Men	14
127	174	00:45:10	Heddwen Daniel	Unattached		14	Under 20 Ladies	1
128	886	00:45:18	Gareth Davies	Intr Tri	114		Senior Men	68
129	214	00:45:25	Bleddyn Jones	Unattached	115		V45/ Men	9
130	390	00:45:31	Goronwy Evans	Aberystwyth AC	116		V55/ Men	2
131	9	00:45:37	John Scullion	Unattached	117		V55/ Men	3
132	461	00:45:42	John H. Taylor	Cerist Tri Club	118		V50/ Men	4
133	106	00:45:44	Neil Waghorn	Unattached	119		Senior Men	69
134	248	00:45:47	Joanne Hudson	Aberystwyth AC		15	V45/ Ladies	2
135	110	00:45:51	Alun Rishko	Unattached	120		V40/ Men	15
136	421	00:45:54	Barry Griffiths	Brecon AC	121		V45/ Men	10
137	14	00:46:02	Anita Saycell	Unattached		16	Senior Ladies	10
138	413	00:46:06	Wah Kin Michael Lai	Unattached	122		Under 20 Men	18
139	470	00:46:08	Ryan Williams	University Harriers	123		Under 20 Men	19
140	397	00:46:10	Clive Evans	Welsh Vets Masters	124		V65/ Men	2
141	3	00:46:17	Bob Lauder	Unattached	125		V50/ Men	5
142	208	00:46:21	Alex Deevey	Unattached	126		Senior Men	70
143	235	00:46:27	Glyn Rowlands	Merionnydd	127		V55/ Men	4
144	493	00:46:35	Stuart George	Unattached	128		Senior Men	71
145	213	00:46:35	Jan Breitshol	Unattached		17	Senior Ladies	11
146	184	00:46:39	Chris Davies	Unattached	129		Senior Men	72
147	153	00:46:40	James Licence	Unattached	130		Senior Men	73
148	155	00:46:44	Tom Voyce	Unattached	131		Senior Men	74

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
149	250	00:46:47	Anita Worthing	Aberystwyth AC		18	V55/ Ladies	2
150	853	00:46:52	Martin Jeffries	Frome RC	132		V55/ Men	5
151	246	00:46:59	Vic Walsh	Unattached	133		Senior Men	75
152	448	00:47:05	Robert Luxton	Cardigan RC	134		V50/ Men	6
153	240	00:47:05	Chris Price	Rhayader Running Club	135		V40/ Men	16
154	834	00:47:06	Tiffany Atkinson	University Harriers		19	V40/ Ladies	1
155	406	00:47:10	Ivan Courtier	Unattached	136		V45/ Men	11
156	369	00:47:10	Greame Stringer	Meirionnydd Running Club	137		V45/ Men	12
157	54	00:47:16	Cian Llywelyn	Unattached	138		Senior Men	76
158	463	00:47:29	Graham Sayer	Unattached	139		Senior Men	77
159	379	00:47:31	David Geraint Roderick	Deeside AAC	140		V60/ Men	3
160	845	00:47:33	Steffan Jones	Unattached	141		Senior Men	78
161	354	00:47:34	Huw Davies	Unattached	142		Senior Men	79
162	89	00:47:37	Lina Lesutiene	Aberystwyth AC		20	Senior Ladies	12
163	326	00:47:39	Mitchell Readwin	Sarn Helen	143		Senior Men	80
164	186	00:47:41	Joseph Thornton	Unattached	144		Senior Men	81
165	339	00:47:42	Clive Williams	Aberystwyth AC	145		V55/ Men	6
166	245	00:47:43	Gonzalo Martinex Fernandez	Unattached	146		Senior Men	82
167	231	00:47:44	Alyn Bennett	Unattached	147		Senior Men	83
168	166	00:47:45	Eleri Rivers	Sarn Helen		21	V35/ Ladies	3
169	216	00:47:46	Peter Hinxman	Unattached	148		V45/ Men	13
170	469	00:47:47	Kyra Kirkham	Emlyn Runners		22	V35/ Ladies	4
171	28	00:47:53	Dylan Williams	Unattached	149		Senior Men	84
172	391	00:47:56	Philip Wells	Unattached	150		Senior Men	85
173	34	00:47:56	Roger Griffiths	Unattached	151		V45/ Men	14
174	419	00:47:57	Paul Evans	Brecon AC	152		Senior Men	86
175	375	00:47:58	Karl Piotrowicz	Unattached	153		Under 20 Men	20
176	125	00:47:59	Gemma Cutter	Unattached		23	Senior Ladies	13
177	350	00:48:00	Gwyn James	Unattached	154		V40/ Men	17
178	337	00:48:04	Peter Szafran	Unattached	155		Senior Men	87
179	62	00:48:06	Christopher Sear	Unattached	156		Senior Men	88

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
180	497	00:48:08	Peter Jones	University Harriers	157		Senior Men	89
181	483	00:48:08	Emily Johson	University Harriers		24	Under 20 Ladies	2
182	377	00:48:11	David Jones	Unattached	158		Senior Men	90
183	492	00:48:12	Daniel Howells	Unattached	159		Senior Men	91
184	349	00:48:19	Emma Butler	Unattached		25	Senior Ladies	14
185	185	00:48:21	Rysgard Piotrowicz	Unattached	160		V50/ Men	7
186	292	00:48:22	Shane Nelson	Unattached	161		Senior Men	92
187	385	00:48:27	Adriano Evola	Aberystwyth AC	162		V55/ Men	7
188	194	00:48:29	George Eadon	Unattached	163		Senior Men	93
189	224	00:48:30	Pete Jenkins	Unattached	164		V55/ Men	8
190	87	00:48:34	Lucy Garrod	Witney Roadrunners		26	V45/ Ladies	3
191	849	00:48:49	Roddy Evans	Unattached	165		V55/ Men	9
192	479	00:48:52	John Williams	Unattached	166		V45/ Men	15
193	258	00:48:57	Eilir Evans	Unattached	167		Senior Men	94
194	108	00:48:57	Lowri Daniel	Aberystwyth AC		27	Senior Ladies	15
195	286	00:49:00	Fay Walsh	Aberystwyth AC		28	Under 20 Ladies	3
196	343	00:49:02	Sean Dyer	University Harriers	168		Senior Men	95
197	229	00:49:06	Lee Phillips	Unattached		29	V40/ Ladies	2
198	480	00:49:19	Keith Evans	Unattached	169		Senior Men	96
199	79	00:49:24	Ifan Jones	Maldwyn Harriers	170		V45/ Men	16
200	4	00:49:26	Ann Griffiths	Unattached		30	V50/ Ladies	1
201	355	00:49:33	Paul Jones	Unattached	171		Senior Men	97
202	840	00:49:37	Alma Piotrwicz	Unattached		31	Under 20 Ladies	4
203	150	00:49:40	Laura Sherman	Unattached		32	Senior Ladies	16
204	217	00:49:41	John Shaw	Unattached	172		V45/ Men	17
205	495	00:49:42	Lyn Thomas	Unattached	173		Senior Men	98
206	24	00:49:44	Judy Mccosh	Unattached		33	V50/ Ladies	2
207	361	00:49:48	Rob Gray	Unattached	174		V50/ Men	8
208	40	00:49:50	Keith Williams	Unattached	175		V55/ Men	10
209	260	00:49:51	alan ryland	Builth & District	176		V60/ Men	4
210	11	00:49:52	George Jones	Unattached	177		Senior Men	99

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
211	484	00:49:53	Shaun Russell Jones	Unattached	178		Senior Men	100
212	457	00:49:53	Rachel Butler	Maldwyn Harriers		34	V50/ Ladies	3
213	168	00:50:01	Phil Draper	Unattached	179		Senior Men	101
214	154	00:50:09	Peter Skeels	Unattached	180		Under 20 Men	21
215	324	00:50:09	Martin Toms	University Harriers	181		Senior Men	102
216	388	00:50:12	Donogh McKeogh	Unattached	182		V40/ Men	18
217	228	00:50:15	Martin Akehurst	Unattached	183		V40/ Men	19
218	306	00:50:16	Christopher Mackenzie Grieve	Unattached	184		V55/ Men	11
219	491	00:50:17	Zachary Evans	University Harriers	185		Under 20 Men	22
220	257	00:50:27	Daniel Maher	Unattached	186		Senior Men	103
221	846	00:50:28	Stephen Wiggins	Helsby RC	187		Senior Men	104
222	837	00:50:34	Kate mann	University Harriers		35	Senior Ladies	17
223	275	00:50:35	Chris York	Unattached	188		V40/ Men	20
224	393	00:50:39	Alun Nash	Heathside RC	189		V50/ Men	9
225	135	00:50:40	Sally Rebecca Jones	Unattached		36	Senior Ladies	18
226	115	00:50:42	Maureen Pritchard	Aberystwyth AC		37	V50/ Ladies	4
227	439	00:50:43	Chris Purnell	Cardigan RC	190		V45/ Men	18
228	436	00:50:44	Tom Igleden	Unattached	191		Senior Men	105
229	37	00:50:49	Rebecca Johnson	Unattached		38	V35/ Ladies	5
230	27	00:50:50	Malcolm Booy	Unattached	192		V40/ Men	21
231	206	00:50:59	Martin Gwatkin	Unattached	193		Under 20 Men	23
232	191	00:51:00	David Knight	Unattached	194		V50/ Men	10
233	68	00:51:08	James Nicholas	Unattached	195		Senior Men	106
234	500	00:51:10	Rhys Jeremiah	Unattached	196		Senior Men	107
235	124	00:51:14	Helen Middleton	Unattached		39	Senior Ladies	19
236	338	00:51:15	Helen Williams	Aberystwyth AC		40	V50/ Ladies	5
237	442	00:51:15	Steve -Rae Richardson	Unattached	197		Under 20 Men	24
238	438	00:51:16	Robert Nash	Unattached	198		V50/ Men	11
239	147	00:51:18	Jane Bailey	Unattached		41	V55/ Ladies	3
240	454	00:51:22	Jenny Evans	Maldwyn Harriers		42	Senior Ladies	20
241	133	00:51:28	Debbie Roberts	Unattached		43	V35/ Ladies	6

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
242	501	00:51:41	Bob Hudson	Unattached	199		Senior Men	108
243	402	00:51:43	Clare Leather-Day	Aberystwyth AC		44	V40/ Ladies	3
244	336	00:51:43	Evan (Mel) Hopkins	Unattached	200		V50/ Men	12
245	103	00:51:46	Amy Lewis	Unattached		45	Under 20 Ladies	5
246	10	00:51:47	Adam Stockwell	Shropshire Shufflers	201		Senior Men	109
247	332	00:51:48	Angharad Huws	Aberystwyth AC		46	V35/ Ladies	7
248	158	00:51:49	SIAN STOCKFORD	Unattached		47	V35/ Ladies	8
249	884	00:51:59	Nerys Medi Jones	Unattached		48	Senior Ladies	21
250	190	00:52:00	Shan Berg Liew	Unattached	202		Senior Men	110
251	832	00:52:03	Terry Jones	Sarn Helen	203		Senior Men	111
252	451	00:52:05	Sara Thomas	Unattached		49	V35/ Ladies	9
253	82	00:52:08	Stephen Chilton	Unattached	204		Senior Men	112
254	44	00:52:11	Elaine Rowlands	Aberystwyth AC		50	V45/ Ladies	4
255	162	00:52:12	Cliff Thomas	Aberystwyth AC	205		V65/ Men	3
256	447	00:52:18	Tom Creaven	Unattached	206		Senior Men	113
257	373	00:52:23	Andrew Moon	Unattached	207		V45/ Men	19
258	95	00:52:25	Phillippa Gill	Unattached		51	Senior Ladies	22
259	475	00:52:33	Pamela Clair	Unattached		52	Senior Ladies	23
260	888	00:52:52	Frank Szablelski	Unattached	208		V55/ Men	12
261	386	00:52:52	Daniel Cornwell	University Harriers	209		Under 20 Men	25
262	20	00:52:55	Lauren Harvey	Unattached		53	Senior Ladies	24
263	449	00:52:58	Markus Clark Ribeino	Unattached	210		Senior Men	114
264	101	00:53:01	Jessica Makin	Unattached		54	Under 20 Ladies	6
265	380	00:53:06	Alice Gardner	Unattached		55	Senior Ladies	25
266	263	00:53:06	Timothy Davies	Aberystwyth AC	211		V40/ Men	22
267	195	00:53:11	Kenneth Oliver	Islwyn RC	212		V50/ Men	13
268	464	00:53:15	Heulwen Lloyd	Unattached		56	V45/ Ladies	5
269	220	00:53:18	Michael Clarke	Unattached	213		Senior Men	115
270	145	00:53:32	Angela Edwards	Cerist Tri Club		57	V60/ Ladies	1
271	232	00:53:42	Rhodri Davies	Unattached	214		V40/ Men	23
272	335	00:53:46	David Hopper	Unattached	215		V70/ Men	1

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
273	189	00:53:48	Andrew Hall	Unattached	216		Senior Men	116
274	188	00:53:49	Gareth Evans	Unattached	217		Senior Men	117
275	148	00:53:49	Catrin Ansell	Unattached		58	Under 20 Ladies	7
276	137	00:53:50	David Andrews	Unattached	218		V55/ Men	13
277	219	00:53:53	Kirsten Hughes	Aberystwyth AC		59	Senior Ladies	26
278	329	00:53:55	Angharad Rees	Unattached		60	V35/ Ladies	10
279	352	00:53:55	Emma Pugh	Unattached		61	V45/ Ladies	6
280	327	00:54:00	Sandy Cowan	Unattached	219		V45/ Men	20
281	387	00:54:02	Keith Humphrey	Unattached	220		V55/ Men	14
282	69	00:54:08	Rose Fowler	Unattached		62	Senior Ladies	27
283	328	00:54:10	Phillip Hatfield	Unattached	221		Senior Men	118
284	53	00:54:10	Huw Morris	Unattached	222		V50/ Men	14
285	30	00:54:15	Gwenan Hodgson	Unattached		63	Senior Ladies	28
286	198	00:54:18	Ryan Davies	Unattached	223		Under 20 Men	26
287	152	00:54:19	Christian Harley	Unattached	224		Senior Men	119
288	437	00:54:23	Caron Mckee-Hands	Unattached		64	V45/ Ladies	7
289	126	00:54:30	David Eagle	Unattached	225		Senior Men	120
290	99	00:54:35	Deanna Jones	Unattached		65	V35/ Ladies	11
291	410	00:54:38	Mohsen Elabbadi	Unattached	226		Under 20 Men	27
292	5	00:54:38	Philip Lowther	Aberystwyth AC	227		V45/ Men	21
293	197	00:54:39	Scott Wilson	Unattached	228		Senior Men	121
294	203	00:54:39	Conor Taylor	Unattached	229		Under 20 Men	28
295	831	00:54:40	Renee Binner	Unattached		66	Senior Ladies	29
296	267	00:54:46	Mark Gaul	Unattached	230		V45/ Men	22
297	64	00:54:54	Simone Anthony	Unattached		67	V35/ Ladies	12
298	401	00:54:56	Estelle Rose	Unattached		68	Senior Ladies	30
299	75	00:54:56	Anwen Rowlands	Unattached		69	Senior Ladies	31
300	404	00:54:57	Maggie Collingborn	Unattached		70	V45/ Ladies	8
301	420	00:54:57	Andrew Cadmore	Brecon AC	231		V40/ Men	24
302	118	00:55:04	Helen Halpin	Unattached		71	V60/ Ladies	2
303	456	00:55:07	June Jones	Maldwyn Harriers		72	V40/ Ladies	4

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
304	226	00:55:10	Gwilym Jones	Unattached	232		V45/ Men	23
305	848	00:55:14	Sian Bennett	Unattached		73	Senior Ladies	32
306	32	00:55:15	Elen Ebenezer	Unattached		74	Under 20 Ladies	8
307	274	00:55:29	emily thomas	Unattached		75	Under 20 Ladies	9
308	403	00:55:30	Brian Campbell	Midland Masters	233		V80/ Men	1
309	88	00:55:33	Kathy Iffla	Unattached		76	V50/ Ladies	6
310	291	00:55:36	Richard Barker	Unattached	234		Senior Men	122
311	91	00:55:44	Meinir Morgan Thomas	Unattached		77	V55/ Ladies	4
312	55	00:55:50	Hollie Wynne	Aberystwyth AC		78	Senior Ladies	33
313	460	00:55:55	Caroline Mumby	Maldwyn Harriers		79	V45/ Ladies	9
314	119	00:55:57	Paul Sear	Unattached	235		V60/ Men	5
315	141	00:55:58	Daniel Thomas	Unattached	236		V50/ Men	15
316	847	00:56:04	Sam Scott	Unattached	237		Senior Men	123
317	38	00:56:08	Gary Proven	Unattached	238		V50/ Men	16
318	80	00:56:10	Jen Loffman	Unattached		80	Senior Ladies	34
319	259	00:56:12	Sion Mason-Evans	Unattached	239		Senior Men	124
320	17	00:56:16	Rhea Hughes	Unattached		81	Senior Ladies	35
321	161	00:56:21	David Jenkins	Unattached	240		V55/ Men	15
322	167	00:56:22	Michelle Jones	Unattached		82	V40/ Ladies	5
323	56	00:56:22	Julie Archer	Unattached		83	V35/ Ladies	13
324	96	00:56:29	Laura Jones	Unattached		84	Senior Ladies	36
325	399	00:56:42	Adam Foale	Unattached	241		Senior Men	125
326	381	00:56:47	Liz Postle	Unattached		85	Senior Ladies	37
327	428	00:56:48	Val Baldwin	Unattached		86	Under 20 Ladies	10
328	366	00:56:50	Melanie Graham	Unattached		87	V50/ Ladies	7
329	488	00:56:51	Meinir Davies	Unattached		88	V35/ Ladies	14
330	221	00:56:52	Hannah Smith	Unattached		89	Senior Ladies	38
331	325	00:56:52	Sara Grasham	Unattached		90	V40/ Ladies	6
332	42	00:56:53	Polly Wadsworth	Unattached		91	Senior Ladies	39
333	887	00:56:54	Charlotte Sinosh	Unattached		92	Senior Ladies	40
334	236	00:56:54	Brenda Jones	Bro Dysynni		93	V70/ Ladies	1

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
335	307	00:56:55	Sarah Rossiter	Unattached		94	Senior Ladies	41
336	382	00:56:57	Wendy Hoylad	Unattached		95	V45/ Ladies	10
337	450	00:56:58	Matthew Roberts	Unattached	242		Senior Men	126
338	122	00:57:04	Alison Sayes	Bro Dysynni		96	V55/ Ladies	5
339	57	00:57:09	Simon French	Unattached	243		V40/ Men	25
340	209	00:57:17	Samantha McCall	Unattached		97	Senior Ladies	42
341	171	00:57:19	Ffion Llewlyn	Unattached		98	Senior Ladies	43
342	113	00:57:33	Andrew Lewis	Unattached	244		Senior Men	127
343	416	00:57:33	Mari Hobbs	Unattached		99	V50/ Ladies	8
344	466	00:57:34	Ann-Marie Hinde	Unattached		100	V45/ Ladies	11
345	412	00:57:37	Charlie Edmunds	Unattached	245		Under 20 Men	29
346	238	00:57:40	Katrina Michael	Unattached		101	V45/ Ladies	12
347	494	00:57:41	Rob Lawson	Unattached	246		V40/ Men	26
348	455	00:57:56	Michelle Beeson	Maldwyn Harriers		102	V40/ Ladies	7
349	202	00:57:58	Michael Evans	Unattached	247		Senior Men	128
350	288	00:57:59	Sian Harvey	Unattached		103	Under 20 Ladies	11
351	885	00:58:00	Delor Harvey	Aberystwyth AC		104	V45/ Ladies	13
352	94	00:58:01	Luned Evans	Unattached		105	Senior Ladies	44
353	389	00:58:02	Alex Ford	Unattached		106	V40/ Ladies	8
354	78	00:58:02	Diane Jones	Maldwyn Harriers		107	V40/ Ladies	9
355	201	00:58:02	Harry Geyton	Unattached	248		Senior Men	129
356	222	00:58:10	Sophie McGill	Unattached		108	Senior Ladies	45
357	218	00:58:11	Rebecca Pearce	Unattached		109	Senior Ladies	46
358	254	00:58:13	Deian Creunant	Unattached	249		V45/ Men	24
359	169	00:58:16	Robert Eynon	Unattached	250		V50/ Men	17
360	215	00:58:20	Jack Matyus	Unattached	251		Senior Men	130
361	172	00:58:22	Cerys Rachel Price-Jones	Unattached		110	Senior Ladies	47
362	311	00:58:22	Lauren Merritt	Unattached		111	Senior Ladies	48
363	425	00:58:26	Laureen Pope	Unattached		112	V55/ Ladies	6
364	424	00:58:29	Cameron Pope	Unattached	252		V55/ Men	16
365	181	00:58:30	Jennifer Phipps	Unattached		113	Senior Ladies	49

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
366	358	00:58:30	Rhodri Francis	Unattached	253		V40/ Men	27
367	427	00:58:36	Mike Gallagher	Unattached	254		Senior Men	131
368	364	00:58:48	Felicity Crotty	Unattached		114	Senior Ladies	50
369	264	00:58:49	Dylan James	Unattached	255		Senior Men	132
370	299	00:58:54	James Swan	Unattached	256		V55/ Men	17
371	90	00:59:07	Jean Mathews	Unattached		115	V55/ Ladies	7
372	100	00:59:10	Lynfa Davies	Unattached		116	V40/ Ladies	10
373	160	00:59:13	Huw Davies	Unattached	257		V60/ Men	6
374	179	00:59:17	Natalia Babinska	Unattached		117	Senior Ladies	51
375	205	00:59:17	Andrew Parmer	Unattached	258		Under 20 Men	30
376	58	00:59:21	Ian Archer	Unattached	259		V45/ Men	25
377	300	00:59:22	Bridget James	Aberystwyth AC		118	Senior Ladies	52
378	123	00:59:30	Dana James	Emlyn Runners		119	Senior Ladies	53
379	6	00:59:44	Nicola Higgs	Unattached		120	Senior Ladies	54
380	227	00:59:45	Maret Evans	Bro Dysynni		121	V45/ Ladies	14
381	431	00:59:49	Bruno Sibona	Unattached	260		V55/ Men	18
382	467	00:59:50	Sarah Lee	Unattached		122	V35/ Ladies	15
383	192	00:59:51	Susan Lee	Aberystwyth AC		123	V40/ Ladies	11
384	8	00:59:54	Robert Allen Harding	Telford Harriers	261		V60/ Men	7
385	46	00:59:59	Doris O'Keefe	Unattached		124	V65/ Ladies	1
386	323	01:00:13	Morgane Eleouet	Unattached		125	Senior Ladies	55
387	283	01:00:19	Hannah Pullen	Unattached		126	Under 20 Ladies	12
388	19	01:00:26	Samantha Morgan	Unattached		127	Senior Ladies	56
389	18	01:00:34	Adrian Morgan	Unattached	262		V50/ Men	18
390	384	01:00:38	Milja Kurki	Unattached		128	Senior Ladies	57
391	7	01:00:59	Harriet Shaw	Unattached		129	V40/ Ladies	12
392	496	01:01:03	Amanda Edwards	Unattached		130	V35/ Ladies	16
393	180	01:01:10	Uta Kohl	Unattached		131	V40/ Ladies	13
394	131	01:01:11	Theresa Sharland	Unattached		132	Senior Ladies	58
395	116	01:01:33	Julie Jones	Unattached		133	V40/ Ladies	14
396	63	01:01:33	Megan Hall	Unattached		134	Senior Ladies	59

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
397	72	01:01:36	Marian Brosschot	Unattached		135	Senior Ladies	60
398	303	01:01:42	Christina Dawson	Unattached		136	Senior Ladies	61
399	35	01:01:44	Sian Owen	Unattached		137	V40/ Ladies	15
400	485	01:01:47	Tina Morris	Unattached		138	V35/ Ladies	17
401	889	01:01:58	Gwenllian Davies	Unattached		139	Senior Ladies	62
402	173	01:02:02	Anel Boshoff	Unattached		140	V45/ Ladies	15
403	331	01:02:04	Sarah Bradley	Unattached		141	Senior Ladies	63
404	836	01:02:10	Gwenno Davies	Unattached		142	Senior Ladies	64
405	139	01:02:13	Lona Jones	Aberystwyth AC		143	Senior Ladies	65
406	356	01:02:16	Marc Hobbs	Unattached	263		Senior Men	133
407	178	01:02:18	Kayliegh White	Unattached		144	Senior Ladies	66
408	29	01:02:21	Megan Meredith	Unattached		145	Under 20 Ladies	13
409	239	01:02:34	Rhiannon Phelps	Unattached		146	Senior Ladies	67
410	278	01:02:34	Hollie Curtis	Unattached		147	Senior Ladies	68
411	284	01:02:45	Jamie Duggan	Unattached	264		Senior Men	134
412	249	01:02:51	Natalie Eden	Unattached		148	Senior Ladies	69
413	835	01:02:53	Huw Lewis	Unattached	265		V55/ Men	19
414	210	01:02:55	Megan Williams	Unattached		149	V45/ Ladies	16
415	471	01:03:07	Nerys Stephens	Unattached		150	Senior Ladies	70
416	443	01:03:11	Max La Vedrino	Unattached	266		Senior Men	135
417	440	01:03:14	Michael Remnant	Unattached	267		Senior Men	136
418	285	01:03:17	Ashley Wallington	Unattached	268		V40/ Men	28
419	182	01:03:49	Sofia Cavandoli	Unattached		151	V35/ Ladies	18
420	93	01:03:56	Katie Clark	Unattached		152	Senior Ladies	71
421	256	01:03:56	Claire Hughes-Thapa	Unattached		153	V40/ Ladies	16
422	320	01:04:14	Sophie Lloyd	Unattached		154	Under 20 Ladies	14
423	340	01:04:15	Lucy Hancock	Unattached		155	V35/ Ladies	19
424	400	01:04:15	Katy Harris	Unattached		156	V35/ Ladies	20
425	378	01:04:17	Domonic Anderson	Unattached	269		Senior Men	137
426	318	01:04:24	Lilyma Serra Thapa	Unattached		157	V40/ Ladies	17
427	473	01:04:38	Ann Mary	Unattached		158	V60/ Ladies	3

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
428	102	01:04:41	Lynn Lewis	Unattached		159	V45/ Ladies	17
429	164	01:04:52	Joanne Joanes	Unattached		160	V45/ Ladies	18
430	98	01:04:52	Laura Dodds	Unattached		161	V35/ Ladies	21
431	149	01:04:57	Marjorie Griffiths	Bro Dysynni		162	V65/ Ladies	2
432	165	01:05:01	Hayley Waller	Unattached		163	V40/ Ladies	18
433	175	01:05:12	Anna Maria Shelley	Unattached		164	V35/ Ladies	22
434	417	01:05:14	Angela Morgan	Unattached		165	V50/ Ladies	9
435	47	01:05:17	Lowri Owen	Unattached		166	Senior Ladies	72
436	321	01:05:38	Llinos Jones	Unattached		167	Senior Ladies	73
437	433	01:05:38	Paul Hancox	Unattached	270		V45/ Men	26
438	372	01:05:40	Lucy Young	Unattached		168	Senior Ladies	74
439	15	01:05:47	Laura Morris	Unattached		169	Senior Ladies	75
440	298	01:06:04	Niamh McAleese	Unattached		170	Senior Ladies	76
441	297	01:06:05	Susi Collins Howgill	Unattached		171	V50/ Ladies	10
442	362	01:06:22	Laura Lovelock	Unattached		172	Senior Ladies	77
443	159	01:06:34	Helen Davies	Unattached		173	V50/ Ladies	11
444	31	01:06:46	Caryl Jones	Unattached		174	Senior Ladies	78
445	170	01:06:56	Kerry Bertenshaw	Unattached		175	V35/ Ladies	23
446	313	01:07:00	Hayley Evans	Unattached		176	Senior Ladies	79
447	13	01:07:04	Helen Bateman	Unattached		177	V35/ Ladies	24
448	241	01:07:16	Sadie Ellis	Unattached		178	Senior Ladies	80
449	844	01:07:36	Rebecca Flemming	Unattached		179	Senior Ladies	81
450	270	01:07:36	Rachel Lewis	Unattached		180	Senior Ladies	82
451	105	01:07:46	Gillian McFadyen	Unattached		181	Senior Ladies	83
452	233	01:08:03	Jeannie Bell	Pembrokeshire Harriers		182	V55/ Ladies	8
453	142	01:08:31	Jackie Rees	Unattached	271		V40/ Men	29
454	41	01:09:26	Kate Borrowdale	Unattached		183	Senior Ladies	84
455	74	01:09:36	Clair Canvin	Unattached		184	Senior Ladies	85
456	333	01:09:47	Melanie Hughes	Unattached		185	Senior Ladies	86
457	266	01:10:12	Melanie Gaul	Aberystwyth AC		186	V40/ Ladies	19
458	276	01:10:12	Sian Weller	Unattached		187	V45/ Ladies	19

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
459	268	01:10:13	Trish Knight-Ford	Unattached		188	V35/ Ladies	25
460	415	01:10:13	Fiona Evans	Unattached		189	Senior Ladies	87
461	262	01:10:14	Karen Kemish	Unattached		190	V50/ Ladies	12
462	319	01:10:15	Michelle Williams	Unattached		191	Senior Ladies	88
463	312	01:10:59	Zoe Merritt	Unattached		192	Senior Ladies	89
464	282	01:11:23	James Baker	Unattached	272		Senior Men	138
465	308	01:11:24	Chloe Barron	Unattached		193	Under 20 Ladies	15
466	225	01:11:48	Rik Mowbray	Unattached	273		V50/ Men	19
467	177	01:11:51	Hanisah Isa	Unattached		194	Senior Ladies	90
468	482	01:11:54	Gerald Cooper	Unattached	274		V65/ Men	4
469	271	01:12:16	Myfanwy Griffiths	Unattached		195	Senior Ladies	91
470	367	01:12:27	William Ian Williams	Unattached	275		V50/ Men	20
471	295	01:12:38	Lydia Morris	Unattached		196	Under 20 Ladies	16
472	127	01:13:16	Philip Williams	Unattached	276		Senior Men	139
473	296	01:14:47	Helen Ovens	Unattached		197	V35/ Ladies	26
474	272	01:14:53	Dafydd Jones	Unattached	277		V40/ Men	30
475	287	01:15:03	Beth Sherratt	Unattached		198	Under 20 Ladies	17
476	289	01:15:03	Emma Randall	Unattached		199	Under 20 Ladies	18
477	199	01:15:05	William Griffiths	Unattached	278		Senior Men	140
478	363	01:16:14	Rebecca Jones	Unattached		200	Senior Ladies	92
479	176	01:17:49	Rasydiah Asmali	Unattached		201	Senior Ladies	93
480	67	01:18:04	Amanda Price	Unattached		202	V40/ Ladies	20
481	138	01:18:13	Karen Boon	Unattached		203	V45/ Ladies	20
482	128	01:18:14	Alison Newby	Unattached		204	V40/ Ladies	21
483	163	01:19:04	Sarah Jones	Unattached		205	Senior Ladies	94
484	309	01:19:44	Hannah Lockwood	Unattached		206	Senior Ladies	95
485	305	01:20:23	Simone Borrington	Unattached		207	Under 20 Ladies	19
486	498	01:20:24	Charles Symonds	Unattached	279		V40/ Men	31
487	33	01:20:38	Sonia Taylor	Unattached		208	Senior Ladies	96
488	26	01:20:38	Roger Bennett	Unattached	280		V50/ Men	21
489	359	01:20:47	Richard Roberts	Unattached	281		Senior Men	141

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
490	314	01:21:56	Rhian Williams	Unattached		209	Senior Ladies	97
491	280	01:21:58	Tasha Dawson	Unattached		210	Under 20 Ladies	20
492	121	01:24:31	Adrian Gittens	Unattached	282		Senior Men	142
493	315	01:30:11	Chris Cook	Unattached		211	V50/ Ladies	13
494	310	01:30:11	Pamela Griffiths	Unattached		212	V60/ Ladies	4
495	317	01:30:12	Elizabeth Hughes	Unattached		213	V50/ Ladies	14
496	316	01:34:12	Julie Mayhew	Unattached		214	V35/ Ladies	27
497	0	01:35:04	No Number					
498	281	01:44:37	Lucie Shaw	Unattached		215	Under 20 Ladies	21
499	395	01:44:37	Hollie Bennett	Unattached		216	Senior Ladies	98
500	396	01:48:46	Aaron Walters	Unattached	283		Senior Men	143
501	279	01:51:59	Kimberley Turner Davis	Unattached		217	Senior Ladies	99
502	73	01:55:00	Allen Watts	Sarn Helen	284		V80/ Men	2

81	DNF	Alun Thomas
12	DNS	Anita Schwartz
21	DNS	Jonathan Ryan
22	DNS	Lisa Tierney
39	DNS	Andy Hunt
43	DNS	Helen Lutley
45	DNS	David Jones-Hughes
48	DNS	Peter Crowther
49	DNS	Francesca Crowther
52	DNS	Caryl Wyn-Jones
59	DNS	Janet Sanders
61	DNS	Wyn Jones
66	DNS	Jude Evans
70	DNS	Carla Day
71	DNS	Gudrun Jones
77	DNS	Christiane Kloos

Overall Position	Race Number	Time	Name	Club	Mens Postion	Ladies Position	Category	Category Position
	97	DNS	Sion Aron					
	107	DNS	Katharina Hone					
	111	DNS	Eunice Carter					
	112	DNS	Megan Carter-Davies					
	114	DNS	Robert Gaskin					
	120	DNS	Barry Craven					
	129	DNS	Jen Smith					
	143	DNS	Linda Evans					
	144	DNS	Catherine Marks					
	146	DNS	Delwyn Parry					
	183	DNS	Daniel Lee Dalton					
	187	DNS	Silven Liisma					
	204	DNS	John Fodor					
	223	DNS	Steve Rees					
	252	DNS	Laura Peckham					
	253	DNS	Jon Northwood					
	261	DNS	Ian Brandreth					
	290	DNS	Kate Brown					