

**Aberystwyth 10Km race 14/12/03****Basic results sheet**

<u>Overall</u> <u>Position</u>	<u>Race</u> <u>Number</u>	<u>Time</u>	<u>Name</u>	<u>Group</u>	<u>Category</u>	<u>MF?</u>	<u>Age</u>	<u>Club/Business team</u>
1	183	33:41:00	Jon Wills	2	Senior men (1st three)	m	25	Pembs Triathlon
2	2	34:12:00	Paul Ward	2	Senior men (1st three)	m	37	Wrekin Road Runners
3	72	34:31:00	Toby Laver	2	Senior men (1st three)	m	27	Reading AC
4	158	34:45:00	Mike Evans	2	Senior men (1st three)	m	28	TROT St Clears
5	165	35:04:00	Robert Pradey	2	Senior men (1st three)	m	24	Reading Road Runners
6	186	35:40:00	Andrew Abbott	2	Senior men (1st three)	m	32	Sarn Helen ARC
7	93	35:41:00	Columba Peoples	2	Senior men (1st three)	m	23	UWA Harriers
8	129	35:57:00	Russell Limbert	3	V/40 men	m	40	Telford AC
9	36	36:35:00	Richard Jones	3	V/40 men	m	40	Telford Athletic Club
10	74	36:37:00	John Rogers	2	Senior men (1st three)	m	37	Newbury Athletics Club
11	161	37:06:00	Les Hewitson	3	V/40 men	m	40	Cardigan Running Club
12	87	37:31:00	Dafydd Dylan	1	Under 20 men	m	16	Aberystwyth AC
13	111	37:37:00	David Anders	2	Senior men (1st three)	m	21	UWA Harriers
14	109	37:52:00	Kevin Hamilton	2	Senior men (1st three)	m	39	Cerist Tri
15	103	38:00:00	Mathew Anstee	2	Senior men (1st three)	m	21	UWA Harriers
16	120	38:01:00	David Felipe Jones	2	Senior men (1st three)	m	28	Cardiff AC
17	121	38:05:00	Dewi Roberts	2	Senior men (1st three)	m	35	Bro Dysynni AC
18	102	38:20:00	Charlie Bendall	4	V/45 men	m	46	U
19	169	38:25:00	Calvin Williams	3	V/40 men	m	41	Sarn Helen ARC
20	97	38:31:00	Mark Lewis	3	V/40 men	m	43	U
21	67	38:39:00	Tracey Ranson	12	Senior lady (1st three)	f	22	UWA Harriers
22	94	39:11:00	David Yanez	2	Senior men (1st three)	m	29	UWA Harriers
23	175	39:18:00	Garry Thorne	1	Under 20 men	m	19	UWA Harriers
24	14	39:19:00	Richard Tredennick	2	Senior men (1st three)	m	24	U
25	28	39:28:00	Francis Williams	2	Senior men (1st three)	m	27	U
26	177	39:37:00	John Sinnett	4	V/45 men	m	47	Pembrokeshire Harriers
27	184	39:39:00	Michael Rees	2	Senior men (1st three)	m	36	?
28	138	39:44:00	Ben Thompson	2	Senior men (1st three)	m	22	Swansea Institute
29	50	39:48:00	David Meissner	2	Senior men (1st three)	m	34	U
30	168	39:52:00	Gareth Jones	2	Senior men (1st three)	m	31	Lescroupiers Running Club
31	153	40:00:00	James Thomas	2	Senior men (1st three)	m	30	U
32	117	40:04:00	Paul Reynish	2	Senior men (1st three)	m	38	Pembs Triathlon
33	167	40:07:00	Jessica Leitch	12	Senior lady (1st three)	f	20	Oxford University
34	160	40:17:00	Lynn Green	15	V/45 lady	f	46	Cardigan Running Club
35	128	40:40:00	Haydn Lloyd	2	Senior men (1st three)	m	31	Sarn Helen ARC
36	162	40:59:00	Ben Rushbrook	2	Senior men (1st three)	m	23	Parasucology UWA
37	191	41:01:00	Peter Davies	4	V/45 men	m	48	Sarn Helen ARC
38	173	41:05:00	Robert Anders	1	Under 20 men	m	19	UWA Harriers
39	57	41:09:00	Jon Bell	3	V/40 men	m	44	Clwb Athletau Aberystwyth
40	9	41:19:00	Stephen Roberts	4	V/45 men	m	49	Oswestry Olympians AC
41	144	41:21:00	Gwyn Jones	4	V/45 men	m	45	Bro Dysynni AC
42	75	41:26:00	Richard Ellis	2	Senior men (1st three)	m	24	U
43	164	41:56:00	Kevin Hughes	2	Senior men (1st three)	m	30	Sarn Helen ARC
44	61	42:14:00	Daniel Roberts	2	Senior men (1st three)	m	23	Gower Tri
45	182	42:20:00	Richard Brown	2	Senior men (1st three)	m	36	Pembs Triathlon
46	157	42:20:00	Claire Cleathero	12	Senior lady (1st three)	f	29	TROT St Clears
47	163	42:28:00	Aled Williams	3	V/40 men	m	40	Sarn Helen ARC
48	105	42:31:00	David Powell	3	V/40 men	m	41	U
49	187	42:37:00	Clive Evans	6	V/55 men	m	56	Aberystwyth AC
50	27	42:39:00	Cyril Walters	6	V/55 men	m	56	TROT St Clears
51	15	42:39:00	Martin Saycell	2	Senior men (1st three)	m	30	Aberystwyth AC
52	155	42:45:00	Paul Edwards	3	V/40 men	m	44	Pembrokeshire Harriers
53	10	42:47:00	BenTomlins	2	Senior men (1st three)	m	24	U
54	140	42:49:00	Ayman Almousili	2	Senior men (1st three)	m	24	Swansea Institute
55	43	42:53:00	Malcolm Taylor	7	V/60 men	m	60	Bro Dysynni AC
56	156	42:56:00	Rob Wyn Jones	2	Senior men (1st three)	m	27	U
57	86	42:59:00	Richard Gilbert	2	Senior men (1st three)	m	38	Newport & District Running Club
58	124	43:03:00	Claire Evans	12	Senior lady (1st three)	f	20	Carmarthen Harriers
59	139	43:14:00	Stuart Davies	2	Senior men (1st three)	m	25	Swansea Institute
60	108	43:15:00	Gareth Williams	2	Senior men (1st three)	m	34	U
61	118	43:21:00	Glynn Lewis	3	V/40 men	m	44	Bro Dysynni AC
62	81	43:24:00	Caroline John	13	V/35 lady	f	39	U
63	116	43:41:00	Robert Gray	3	V/40 men	m	44	U
64	29	43:43:00	Ryszard Piotrowicz	3	V/40 men	m	43	U
65	8	43:44:00	Anita Vautier	12	Senior lady (1st three)	f	24	Aberystwyth AC
66	150	43:44:00	Will Troughton	3	V/40 men	m	42	U
67	142	43:55:00	Kevin Holland	4	V/45 men	m	45	Aberystwyth AC
68	166	43:56:00	David Evans	4	V/45 men	m	46	U
69	55	43:59:00	Gwilym O Jones	4	V/45 men	m	48	Aberystwyth AC

70	70	44:00:00	Geraint Hughes	2	Senior men (1st three)	m	24	U
71	85	44:04:00	Gill Bearman	13	V/35 lady	f	39	Westbury Harriers
72	59	44:09:00	Chris Forster-Brown	2	Senior men (1st three)	m	36	U
73	65	44:12:00	Lizzie Goodband	11	Under 20 lady	f	17	Aberystwyth AC
74	22	44:18:00	Rhodri Rowlands	2	Senior men (1st three)	m	25	U
75	19	44:21:00	Rhys Jeffries	2	Senior men (1st three)	m	29	U/FBA Group
76	78	44:22:00	Shelley Childs	2	Senior men (1st three)	m	30	Ystwyth Cycling Club
77	115	44:24:00	Peter Jones	4	V/45 men	m	46	U
78	80	44:31:00	Andy Eden	3	V/40 men	m	43	Aberystwyth AC
79	127	44:37:00	Elizabeth Sian Williams	12	Senior lady (1st three)	f	32	Pembs Triathlon
80	112	44:46:00	Stephen McKinley	2	Senior men (1st three)	m	21	U
81	147	44:53:00	James Lacourse	2	Senior men (1st three)	m	34	U
82	39	45:00:00	Adriano Evola	4	V/45 men	m	45	Aberystwyth AC
83	189	45:26:00	David Michael	2	Senior men (1st three)	m	38	U
84	71	45:33:00	Colin Jackson	3	V/40 men	m	44	U
85	180	45:33:00	Richard Morgan	3	V/40 men	m	40	U
86	132	45:34:00	Jonathan Bird	2	Senior men (1st three)	m	22	U
87	35	45:39:00	Mark Powell	2	Senior men (1st three)	m	38	U
88	188	46:03:00	Stefano Antoniazzi	1	Under 20 men	m	19	U
89	42	46:06:00	Michael Parkhouse	2	Senior men (1st three)	m	21	U
90	16	46:15:00	Delyth Davies	12	Senior lady (1st three)	f	23	U/FBA Group
91	135	46:16:00	Terry Gover	6	V/55 men	m	55	Pembs Triathlon
92	41	46:20:00	Paul Stovell	4	V/45 men	m	49	U
93	47	46:26:00	Mauro Caffarelli	5	V/50 men	m	52	U
94	176	46:38:00	Chris Price	2	Senior men (1st three)	m	39	Pembs Triathlon
95	63	46:46:00	John Shaw	2	Senior men (1st three)	m	36	U
96	68	46:57:00	Darren Mutter	2	Senior men (1st three)	m	28	U
97	131	47:05:00	Sam Johnson	2	Senior men (1st three)	m	21	U
98	100	47:20:00	Derek Randall	1	Under 20 men	m	19	UWA Harriers
99	122	47:53:00	Huw Harrison	5	V/50 men	m	50	Bro Dysynni AC
100	119	48:11:00	David Howells	5	V/50 men	m	50	Pembs Triathlon
101	159	48:20:00	Hilary McCarthy	13	V/35 lady	f	36	Cardigan Running Club
102	96	48:53:00	David McElhill	1	Under 20 men	m	19	U
103	6	48:53:00	Jez Lovekin	7	V/60 men	m	62	U
104	3	49:08:00	Gita Stublely	12	Senior lady (1st three)	f	27	Wrekin Road Runners
105	58	49:13:00	Jill Coleman	13	V/35 lady	f	39	Pembrokeshire Harriers
106	30	49:34:00	Uta Kohl	12	Senior lady (1st three)	f	33	U
107	149	49:38:00	Kath Dootson	13	V/35 lady	f	35	Pembs Triathlon
108	145	49:39:00	Helen Newnham	12	Senior lady (1st three)	f	28	
109	13	49:40:00	Lloyd Tomlins	3	V/40 men	m	40	
110	154	49:40:00	Gareth Benjamin	2	Senior men (1st three)	m	26	U
111	11	49:42:00	Rob Gwiltum	2	Senior men (1st three)	m	31	U
112	73	49:45:00	Neil Jones	2	Senior men (1st three)	m	33	U
113	110	49:56:00	David Hopper	7	V/60 men	m	61	U
114	5	50:11:00	Huw Maddock	3	V/40 men	m	41	U
115	46	50:20:00	Peter Stocks	6	V/55 men	m	55	U
116	95	50:21:00	Jonathan McElhill	4	V/45 men	m	45	U
117	83	50:30:00	Neil Rogers	2	Senior men (1st three)	m	22	U
118	179	50:38:00	Charles Moss	4	V/45 men	m	49	U
119	123	50:41:00	Nalda Wainwright	13	V/35 lady	f	37	Pembs Triathlon
120	44	50:52:00	Sheila Jones	14	V/40 lady	f	43	Bro Dysynni AC
121	106	50:52:00	Clare Horton	14	V/40 lady	f	40	Bro Dysynni AC
122	181	50:53:00	Valerie Brown	13	V/35 lady	f	37	Pembs Triathlon
123	26	50:58:00	Robert Harding	5	V/50 men	m	52	Telford Harriers
124	104	51:30:00	Paul Gillard	3	V/40 men	m	44	U
125	152	51:58:00	David Pagett	4	V/45 men	m	47	Wrekin Road Runners
126	174	52:22:00	Ernest Wykes	7	V/60 men	m	64	U
127	171	52:43:00	Alison Price	13	V/35 lady	f	39	U
128	66	52:58:00	Jim Goodband	7	V/60 men	m	62	U
129	178	53:33:00	Ian Mitchell	6	V/55 men	m	59	U
130	37	54:18:00	Ann Williams	13	V/35 lady	f	37	U
131	101	54:22:00	Mari Stevens	12	Senior lady (1st three)	f	25	U
132	114	54:54:00	Pamela Gray	14	V/40 lady	f	40	U
133	34	54:55:00	Vicki Jones	14	V/40 lady	f	40	U
134	45	55:20:00	Karen Millidine	12	Senior lady (1st three)	f	31	U
135	31	55:32:00	Eileen Swan	14	V/40 lady	f	44	U
136	107	55:33:00	Fran Gressler	13	V/35 lady	f	37	Bro Dysynni AC
137	33	55:45:00	Duncan Thomas	2	Senior men (1st three)	m	32	U
138	151	57:04:00	Nickie Blake	1	Under 20 men	m	18	Aberystwyth AC
139	148	57:09:00	Owain Gillard	2	Senior men (1st three)	m	26	Martell Writers Club
140	76	57:50:00	Claire Harvey	11	Under 20 lady	f	15	?
141	62	57:55:00	Goronwy Evans	4	V/45 men	m	47	U

