

| <b>MARIE CURIE 10K ROAD RACE: 17 DECEMBER 2000</b> |                                   |                        |             |
|----------------------------------------------------|-----------------------------------|------------------------|-------------|
| <b>Position</b>                                    | <b>Name</b>                       | <b>Club</b>            | <b>Time</b> |
| 1                                                  | Paul Griffiths, Swansea           | Swansea                | 33m 14s     |
| 2                                                  | Robin Sedman-Smith, Kidderminster | Aberystwyth University | 33m 29s     |
| 3                                                  | David Davies, Llandrindod Wells   | Spar Tan               | 33m 33s     |
| 4                                                  | Paul Harrison, Aberystwyth        |                        | 34m 18s     |
| 5                                                  | Les Hewitson, Llangrannog         |                        | 35m 25s     |
| 6                                                  | Andrew Abbott, Lampeter           | Sarn Helen             | 35m 37s     |
| 7                                                  | Richard Jones, Newtown            |                        | 35m 41s     |
| 8                                                  | Richard Marks, Lampeter           | Sarn Helen             | 35m 43s     |
| 9                                                  | Dan Williams, Llanfyrnach         |                        | 36m 03s     |
| 10                                                 | Haydn Lloyd, Llanybydder          |                        | 36m 08s     |
| 11                                                 | Rhodri Rowlands, Aberystwyth      |                        | 36m 11s     |
| 12                                                 | Dai Roberts, Borth, Aberystwyth   | Aberystwyth            | 36m 19s     |
| 13                                                 | Ken Griffiths, Carmarthen         |                        | 36m 52s     |
| 14                                                 | Derek Weaver, Caernarfon          |                        | 37m 18s     |
| 15                                                 | Daniel Evans, Aberystwyth         | Carmarthen             | 37m 38s     |
| 15                                                 | Eric Rees, Talgarreg              | Sarn Helen             | 37m 38s     |
| 17                                                 | Walter Marsh, Tywyn               | Br Dysynni             | 37m 52s     |
| 18                                                 | Sam Gray, Llandrindod Wells       |                        | 38m 02s     |
| 19                                                 | Richard Jones, Llandysul          |                        | 38m 36s     |
| 19                                                 | Neil Morrison, Newtown            |                        | 38m 36s     |
| 21                                                 | James Biggs, Lampeter             |                        | 38m 45s     |
| 22                                                 | Keiran Rhys Thomas, Aberystwyth   |                        | 39m 15s     |
| 23                                                 | Lyn Rees, Cwrtnewydd, Llanybydder | Sarn Helen             | 39m 19s     |
| 24                                                 | Dave Thomas, Talybont             |                        | 40m 06s     |
| 25                                                 | Alex Gallagher, Aberystwyth       |                        | 40m 12s     |
| 26                                                 | John Morris, Wolverhampton        |                        | 40m 15s     |
| 27                                                 | John Griffiths, Capel Seion       |                        | 40m 25s     |
| 28                                                 | Paul Scullion, Aberystwyth        |                        | 40m 48s     |
| 29                                                 | Richard Birch, Aberystwyth        |                        | 41m 05s     |
| 30                                                 | Ffion Morgan, Penparcau           | Aberystwyth            | 41m 11s     |
| 31                                                 | John Evans, Nebo                  | Aberystwyth            | 41m 14s     |

| Position | Name                            |             | Time    |
|----------|---------------------------------|-------------|---------|
| 32       | Neil Howells, Montgomery        |             | 41m 15s |
| 33       | Gwyn Jones, Pwllheli            |             | 41m 18s |
| 34       | Richard P Thornton, Aberystwyth |             | 41m 19s |
| 35       | Keith Robert Allday, Barmouth   |             | 41m 22s |
| 36       | Mark Blunden, Tywyn             | Bro Dysynni | 41m 41s |
| 37       | Kevin Ashford, Aberystwyth      |             | 42m 00s |
| 38       | Mike Palmer, Tywyn              |             | 42m 01s |
| 39       | Henry Drake, Aberystwyth        |             | 42m 04s |
| 40       | Simon Berry, Newport            |             | 42m 14s |
| 41       | Stuart Moore, Aberystwyth       | Aberystwyth | 42m 17s |
| 42       | Hugh Harrison, Fairbourne       |             | 42m 22s |
| 43       | Paul Little, Sutton Coldfield   |             | 42m 32s |
| 44       | Alban Jones, Tywyn              |             | 42m 37s |
| 45       | David Jenkins, Newtown          |             | 42m 40s |
| 46       | Barry Chambers, Northwich       |             | 42m 48s |
| 47       | Trefor Pugh, Montgomery         |             | 42m 53s |
| 47       | Roddy Evans, Aberystwyth        |             | 42m 53s |
| 49       | Annie Lander, Kerry             |             | 42m 59s |
| 50       | Lynn Green, Llangrannog         |             | 43m 01s |
| 51       | Brian Ashton, Old Goginan       | Aberystwyth | 43m 23s |
| 52       | Euros Edwards, Llandysul        |             | 44m 01s |
| 53       | Sean Matthews, Llanon (Cer.)    |             | 44m 12s |
| 54       | Gareth Davies, Llanbadarn Fawr  |             | 44m 18s |
| 55       | Jane Buck, Llandyssul           |             | 44m 30s |
| 56       | Jessica Leitch, Llanon (Cer.)   |             | 44m 44s |
| 56       | Stephen King, Aberystwyth       |             | 44m 44s |
| 58       | Matthew Richardson, Aberystwyth |             | 44m 49s |
| 58       | Andrew Richardson, Bridgnorth   |             | 44m 49s |
| 58       | Rita Abrahamsen, Aberystwyth    |             | 44m 49s |
| 61       | Sion Williams, Aberystwyth      |             | 45m 01s |
| 62       | Kevin Holland, Aberystwyth      |             | 45m 06s |
| 63       | Clem Thomas, Aberystwyth        |             | 45m 10s |
| 64       | Jenny Wilcox, Welshpool         |             | 45m 25s |

| Position | Name                             |             | Time    |
|----------|----------------------------------|-------------|---------|
| 65       | Tom Morgan, Penparcau            |             | 45m 32s |
| 66       | Peter Napper, Aberystwyth        |             | 46m 17s |
| 67       | Emyr Walters, Trelech            |             | 46m 18s |
| 68       | Steve Davies, Penparcau          |             | 46m 31s |
| 68       | Debbie Evans, Tywyn              |             | 46m 31s |
| 70       | Roger Harrison, Warrington       |             | 46m 46s |
| 71       | David James, Aberystwyth         | Aberystwyth | 46m 55s |
| 72       | Alan Jones, Barmouth             |             | 46m 58s |
| 73       | Kaye Phillips, Aberystwyth       |             | 47m 12s |
| 74       | Andy Unwin, Harlech              |             | 47m 38s |
| 75       | Burgess, Shrewsbury              |             | 48m 02s |
| 76       | Garry de Bell, Machynlleth       |             | 48m 23s |
| 77       | Dafydd Wyn Morgan, Tregaron      |             | 48m 39s |
| 78       | Philip Dennis, Cross Inn, Llanon |             | 48m 51s |
| 79       | John Pascoe, Bridgend            |             | 49m 07s |
| 80       | Charles Moss, Borth              |             | 49m 33s |
| 81       | E Wykes, Machynlleth             |             | 49m 41s |
| 82       | Paul Malham, Brecon              |             | 49m 45s |
| 83       | Maggie Collingborn, Aberystwyth  |             | 50m 51s |
| 84       | Nia Sutton, Bow Street           | Aberystwyth | 51m 16s |
| 85       | Gwyn Davies, Penrhyn-coch        |             | 51m 28s |
| 86       | Paul Elmer, Penarth              |             | 51m 44s |
| 87       | Steven Lewis, Welshpool          |             | 51m 51s |
| 88       | Oriel, St Clears                 |             | 52m 10s |
| 89       | Alicia Moss, Borth               |             | 52m 30s |
| 90       | Elfed Hopkins, Waunfawr          |             | 52m 34s |
| 91       | Lorraine Langford, Llanrhystud   |             | 53m 56s |
| 92       | Roy Peel, Llanelltyd             | Bro Dysynni | 54m 14s |
| 93       | Adrian Hedgley, Rhayader         |             | 54m 30s |
| 94       | Cristina Santos, Rhayader        |             | 54m 31s |
| 95       | Sarah Morris, Cwmann             |             | 55m 09s |
| 96       | Edith Jones, Tywyn               |             | 55m 33s |
| 97       | Sue Evans, Aberystwyth           |             | 56m 02s |

| <b>Position</b> | <b>Name</b>                  |  | <b>Time</b> |
|-----------------|------------------------------|--|-------------|
| 98              | Fiona O'Connor, Cambridge    |  | 56m 13s     |
| 98              | Edward Pavelin, Aberystwyth  |  | 56m 13s     |
| 100             | Tom Evans, Tywyn             |  | 56m 32s     |
| 101             | Fiona Griffin, Aberystwyth   |  | 57m 14s     |
| 102             | Roger Fox, Canton            |  | 57m 17s     |
| 103             | Helen Jones, Llangybi        |  | 57m 24s     |
| 104             | Eleri Connor, Llanon (Cer.)  |  | 57m 59s     |
| 105             | Linda Lloyd, Carmarthen      |  | 58m 30s     |
| 106             | Nicola Morris, Leighton      |  | 60m 38s     |
| 107             | Czarina Millington, Llangybi |  | 63m 25s     |
| 108             | Lynn Hunter, Aberystwyth     |  | 63m 29s     |
| 108             | Suzanne Penny, Aberystwyth   |  | 63m 29s     |
| 110             | Michelle Viccas, Bishopston  |  | 63m 32s     |
| 111             | Warren Lloyd, Carmarthen     |  | 63m 33s     |
| 112             | Mark Picken, Aberystwyth     |  | 68m 38s     |
| 112             | David Griffin, Welshpool     |  | 68m 38s     |
| 114             | Angela Kerr, Llanybydder     |  | 68m 44s     |
| 115             | Joanna Weston, Canton        |  | 82m 22s     |

|                      |            |
|----------------------|------------|
|                      |            |
|                      |            |
| <b>Category</b>      | <b>M/F</b> |
|                      |            |
| 1st Senior Man       | M          |
| 2nd Senior Man       | M          |
| 3rd Senior Man (V40) | M          |
|                      | M          |
|                      | M          |
|                      | M          |
|                      | M          |
| 1st Male V50         | M          |
|                      | M          |
|                      | M          |
|                      | M          |
| 1st Male V40         | M          |
|                      | M          |
| 1st Male V45         | M          |
| U/20                 | M          |
|                      | M          |
| V50                  | M          |
| 1st Senior Lady      | F          |
|                      | M          |
| V40                  | M          |
|                      | M          |
|                      | M          |
| V/50                 | M          |
| V45                  | M          |
|                      | M          |
| V50                  | M          |
| V50                  | M          |
|                      | M          |
|                      | M          |
| 2nd Lady (U/20)      | F          |
| V/50                 | M          |

| Category        |   |
|-----------------|---|
|                 |   |
|                 | M |
| V40             | M |
|                 | M |
| V50             | M |
| V40             | M |
|                 | M |
|                 | M |
| V50             | M |
|                 | M |
|                 | M |
| V45             | M |
| V45             | M |
| V50             | M |
| V50             | M |
| V45             | M |
| 1st Male V60    | M |
| V40             | M |
| 3rd Senior Lady | F |
| 1st Lady V40    | F |
| V45             | M |
| U20             | M |
|                 | M |
| V45             | M |
| 1st Lady V35    | F |
| U20             | F |
|                 | M |
|                 | M |
|                 | M |
|                 | F |
|                 | M |
| V40             | M |
|                 | M |
| V35             | F |

| Category     |   |
|--------------|---|
|              |   |
| V40          | M |
|              | M |
|              | M |
| V45          | M |
| V40          | F |
| V50          | M |
| V50          | M |
| V50          | M |
| V45          | F |
|              | M |
| V40          | M |
|              | M |
|              | M |
| V45          | M |
| V60          | M |
| V45          | M |
| V60          |   |
|              | M |
| V35          | F |
| U/17         | F |
| V60          | M |
|              | M |
|              | M |
|              |   |
| 1st Lady V45 | F |
| V40          | M |
|              | F |
| V60          | M |
| V40          | M |
| V35          | F |
| V35          | F |
| V45          | F |
| V40          | F |

| Category     |   |
|--------------|---|
|              |   |
|              | F |
|              | M |
| V60          | M |
|              | F |
| V50          | M |
| V35          | F |
| U20          | F |
|              | F |
|              | F |
|              | F |
| V40          | F |
| 1st Lady V50 | F |
|              | F |
|              | M |
| V45          | M |
| V50          | M |
| V35          | F |
| V50          | F |