

Borth Beach 10k Results - 11th August 2013

| Overall Position | Race Number | Time | Name | Club | Mens Position | Ladies Position | Category | Age Category Position |
|------------------|-------------|----------|--------------------|----------------------------|---------------|-----------------|---------------|-----------------------|
| 1 | 185 | 00:34:09 | Adam Bitchell | Cardiff AAC | 1 | | Senior Men | 1 |
| 2 | 187 | 00:34:49 | Felipe Jones | Aberystwyth AC | 2 | | Senior Men | 2 |
| 3 | 348 | 00:36:29 | Gancho Slavov | Aberystwyth AC | 3 | | Senior Men | 3 |
| 4 | 180 | 00:38:16 | Tim Iveson | Builth & District RC | 4 | | Senior Men | 4 |
| 5 | 181 | 00:39:12 | Stafford Rees | Rhayader RC | 5 | | V40/ Men | 1 |
| 6 | 347 | 00:39:27 | Shelley Childs | Aberystwyth AC | 6 | | Senior Men | 5 |
| 7 | 343 | 00:39:41 | Llewelyn Lloyd | Unattached | 7 | | Senior Men | 6 |
| 8 | 114 | 00:39:45 | Balazs Pinter | Unattached | 8 | | V40/ Men | 2 |
| 9 | 108 | 00:39:54 | Rob Johnson | Unattached | 9 | | Senior Men | 7 |
| 10 | 182 | 00:40:11 | Simon Hall | Sarn Helen | 10 | | Senior Men | 8 |
| 11 | 194 | 00:41:30 | Richard Anthony | Aberystwyth AC | 11 | | Senior Men | 9 |
| 12 | 329 | 00:41:59 | Ollie Thorogood | Unattached | 12 | | Under 20 Men | 1 |
| 13 | 188 | 00:42:09 | Daniel Burgess | Brussels Truffle Snufflers | 13 | | Senior Men | 10 |
| 14 | 138 | 00:42:37 | Kevin Regan | Sarn Helen | 14 | | Senior Men | 11 |
| 15 | 163 | 00:42:50 | Mark Beasley | Unattached | 15 | | Senior Men | 12 |
| 16 | 144 | 00:42:51 | Gareth Owen | Unattached | 16 | | Senior Men | 13 |
| 17 | 171 | 00:42:58 | Arthur Youd | Aberystwyth AC | 17 | | Under 20 Men | 2 |
| 18 | 340 | 00:43:00 | Kristian Bond | Unattached | 18 | | Senior Men | 14 |
| 19 | 184 | 00:43:01 | Tony Hall | Sarn Helen | 19 | | V50/ Men | 1 |
| 20 | 197 | 00:43:05 | Morag Stead | Morpeth Harriers | | 1 | Senior Ladies | 1 |
| 21 | 333 | 00:43:10 | Eiddig Morgan | Aberystwyth AC | 20 | | Senior Men | 15 |
| 22 | 116 | 00:43:22 | Gwyn Williams | Shropshire Shufflers | 21 | | Senior Men | 16 |
| 23 | 126 | 00:43:34 | Dominic Jenkins | Unattached | 22 | | Senior Men | 17 |
| 24 | 141 | 00:43:38 | Rhys Gardiner | Unattached | 23 | | Senior Men | 18 |
| 25 | 175 | 00:43:41 | Darren Jarman | Sy Tri | 24 | | Senior Men | 19 |
| 26 | 183 | 00:43:44 | Dee Jolly | Sarn Helen | | 2 | Senior Ladies | 2 |
| 27 | 335 | 00:43:55 | Alistair Duncanson | Unattached | 25 | | V40/ Men | 3 |
| 28 | 195 | 00:44:23 | Oliver Edwards | Wrexham AC | 26 | | Under 20 Men | 3 |
| 29 | 166 | 00:44:24 | Simon Stannard | Ealing Eagles | 27 | | Senior Men | 20 |
| 30 | 193 | 00:44:31 | Owen Thomas | Unattached | 28 | | V40/ Men | 4 |
| 31 | 127 | 00:45:15 | Sarah O'Sullivan | Keighley & Craven AC | | 3 | Senior Ladies | 3 |
| 32 | 125 | 00:45:54 | Dan George | Unattached | 29 | | V40/ Men | 5 |
| 33 | 170 | 00:46:03 | Adam Guy | Wolverhampton | 30 | | Senior Men | 21 |

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| 34 | 155 | 00:46:05 | Alun Jenkins | Rhayader RC | 31 | | V50/ Men | 2 |
| 35 | 326 | 00:46:44 | Matthew Rose | Unattached | 32 | | Senior Men | 22 |
| 36 | 192 | 00:47:04 | Cameron Pope | Aberystwyth AC | 33 | | V50/ Men | 3 |
| 37 | 137 | 00:47:06 | Bleddyn Jones | Unattached | 34 | | V40/ Men | 6 |
| 38 | 186 | 00:47:21 | Gary Alford | Unattached | 35 | | Senior Men | 23 |
| 39 | 178 | 00:47:26 | Charlie Bond | Unattached | 36 | | Senior Men | 24 |
| 40 | 191 | 00:47:44 | Geoff O'Keefe | Unattached | 37 | | V50/ Men | 4 |
| 41 | 327 | 00:48:23 | Dyfrig Rees | Unattached | 38 | | Senior Men | 25 |
| 42 | 112 | 00:48:31 | Thomas Okill | Unattached | 39 | | Senior Men | 26 |
| 43 | 117 | 00:48:37 | Christopher Sear | Unattached | 40 | | Senior Men | 27 |
| 44 | 146 | 00:48:56 | Hugh Morgan-Jones | FRA | 41 | | V50/ Men | 5 |
| 45 | 330 | 00:49:10 | Erid Gruffudd | Unattached | | 4 | V35/ Ladies | 1 |
| 46 | 190 | 00:49:22 | Anita Worthing | Aberystwyth AC | | 5 | V55/ Ladies | 1 |
| 47 | 331 | 00:49:28 | Owen Williams | Unattached | 42 | | Under 20 Men | 4 |
| 48 | 119 | 00:49:33 | Gediminas Lesutis | Unattached | 43 | | Senior Men | 28 |
| 49 | 147 | 00:49:55 | Chris Foster Brown | Unattached | 44 | | V40/ Men | 7 |
| 50 | 322 | 00:50:04 | John G Evans | Aberystwyth AC | 45 | | V65/ Men | 1 |
| 51 | 115 | 00:50:08 | Jakub Batycki | Unattached | 46 | | Senior Men | 29 |
| 52 | 334 | 00:50:14 | Hannah Parry | Unattached | | 6 | Senior Ladies | 4 |
| 53 | 113 | 00:50:14 | Richard Nash | Unattached | 47 | | Senior Men | 30 |
| 54 | 337 | 00:50:23 | Elizabeth Hart | Unattached | | 7 | Senior Ladies | 5 |
| 55 | 338 | 00:50:24 | Roddy Evans | Unattached | 48 | | V50/ Men | 6 |
| 56 | 189 | 00:50:30 | Cheryl Hughes | Aberystwyth AC | | 8 | Senior Ladies | 6 |
| 57 | 157 | 00:50:50 | Elwyn Jones | Cerist | 49 | | V60/ Men | 1 |
| 58 | 332 | 00:50:51 | Ieuan Pugh-Jones | Unattached | 50 | | Under 20 Men | 5 |
| 59 | 129 | 00:50:57 | Chris Newman | Unattached | | 9 | V55/ Ladies | 2 |
| 60 | 124 | 00:51:02 | Martin Lawrence | Unattached | 51 | | V60/ Men | 2 |
| 61 | 341 | 00:51:10 | Richard Piotrowicz | Unattached | 52 | | V50/ Men | 7 |
| 62 | 148 | 00:51:22 | Daniel Cox | Unattached | 53 | | Senior Men | 31 |
| 63 | 149 | 00:51:22 | Andrew Cox | Unattached | 54 | | Senior Men | 32 |
| 64 | 134 | 00:51:23 | Adrian Montague | Unattached | 55 | | Senior Men | 33 |
| 65 | 130 | 00:51:31 | Tim Davies | Aberystwyth AC | 56 | | V40/ Men | 8 |
| 66 | 200 | 00:51:58 | Rachel Cutter | DIC | | 10 | Senior Ladies | 7 |
| 67 | 320 | 00:51:58 | Gemma Cutter | Unattached | | 11 | Senior Ladies | 8 |
| 68 | 142 | 00:52:40 | John Lees | Poole | 57 | | Senior Men | 34 |
| 69 | 199 | 00:52:48 | Maureen Pritchard | Aberystwyth AC | | 12 | V45/ Ladies | 1 |

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| 70 | 109 | 00:52:56 | Rebecca Johnson | Unattached | | 13 | V35/ Ladies | 2 |
| 71 | 133 | 00:53:00 | Andrew James | Unattached | 58 | | V40/ Men | 9 |
| 72 | 336 | 00:53:02 | Emily Thomas | Unattached | | 14 | Under 20 Ladies | 1 |
| 73 | 172 | 00:53:19 | Richard Bennett | Unattached | 59 | | V40/ Men | 10 |
| 74 | 344 | 00:53:32 | Maggie Collingborn | Unattached | | 15 | V45/ Ladies | 2 |
| 75 | 132 | 00:54:47 | Elaine Rowlands | Aberystwyth AC | | 16 | V45/ Ladies | 3 |
| 76 | 128 | 00:55:24 | Jessica Makin | Unattached | | 17 | Under 20 Ladies | 2 |
| 77 | 158 | 00:55:36 | Dee Davies | Rhayader RC | | 18 | V35/ Ladies | 3 |
| 78 | 173 | 00:55:37 | Elizabeth Bennett | Unattached | | 19 | V35/ Ladies | 4 |
| 79 | 169 | 00:55:56 | Emma Rees | Ealing Eagles | | 20 | V35/ Ladies | 5 |
| 80 | 167 | 00:55:56 | Nigel Panton | Ealing Eagles | 60 | | V60/ Men | 3 |
| 81 | 179 | 00:55:58 | Peter Arnold | Unattached | 61 | | V60/ Men | 4 |
| 82 | 107 | 00:56:00 | Julian Ayres | Unattached | 62 | | Senior Men | 35 |
| 83 | 106 | 00:56:01 | Sarah Morgan | Unattached | | 21 | Senior Ladies | 9 |
| 84 | 150 | 00:56:16 | Steven Downs | Unattached | 63 | | V50/ Men | 8 |
| 85 | 123 | 00:56:22 | Ian Thorn | Unattached | 64 | | Senior Men | 36 |
| 86 | 143 | 00:56:40 | Raymond Sharratt | Rhayader RC | 65 | | V70/ Men | 1 |
| 87 | 156 | 00:56:41 | Carol Farrington | Rhayader RC | | 22 | V65/ Ladies | 1 |
| 88 | 135 | 00:56:53 | Justa Hopma | Unattached | | 23 | Senior Ladies | 10 |
| 89 | 324 | 00:57:31 | Lizzie Jones | Unattached | | 24 | Senior Ladies | 11 |
| 90 | 120 | 00:58:19 | Lina Lesutiene | Unattached | | 25 | Senior Ladies | 12 |
| 91 | 153 | 00:58:21 | Julie Cox | Unattached | | 26 | V45/ Ladies | 4 |
| 92 | 325 | 00:58:41 | Angharad Evans | Unattached | | 27 | Senior Ladies | 13 |
| 93 | 162 | 00:58:57 | Amy Ellis | Unattached | | 28 | Senior Ladies | 14 |
| 94 | 328 | 00:59:08 | Alna Piotrowicz | Unattached | | 29 | Under 20 Ladies | 3 |
| 95 | 140 | 00:59:34 | Ellie May Watkins | Unattached | | 30 | Senior Ladies | 15 |
| 96 | 177 | 00:59:43 | Lucy Bond | Unattached | | 31 | Senior Ladies | 16 |
| 97 | 145 | 01:01:00 | Sian Owen | Unattached | | 32 | V35/ Ladies | 6 |
| 98 | 321 | 01:01:03 | Bruno Sibona | Unattached | 66 | | V50/ Men | 9 |
| 99 | 118 | 01:01:17 | Anne Lewis | Unattached | | 33 | V45/ Ladies | 5 |
| 100 | 160 | 01:01:23 | Rachel Evans | Rhayader RC | | 34 | V35/ Ladies | 7 |
| 101 | 339 | 01:01:24 | Anel Boschoff | Unattached | | 35 | V45/ Ladies | 6 |
| 102 | 176 | 01:01:32 | Howie Oliver | Unattached | 67 | | V50/ Men | 10 |
| 103 | 105 | 01:02:28 | Neil Bradshaw | Unattached | 68 | | Senior Men | 37 |
| 104 | 159 | 01:02:51 | Mark Ellis | Unattached | 69 | | V50/ Men | 11 |
| 105 | 168 | 01:02:58 | David James | Rhayader RC | 70 | | Senior Men | 38 |

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| 106 | 323 | 01:03:39 | Uta Kohl | Unattached | | 36 | V35/ Ladies | 8 |
| 107 | 346 | 01:03:48 | Paul Sear | Unattached | 71 | | V60/ Men | 5 |
| 108 | 110 | 01:03:54 | Hannah Payne | Unattached | | 37 | Senior Ladies | 17 |
| 109 | 174 | 01:04:54 | Chloe Lowe | Unattached | | 38 | V35/ Ladies | 9 |
| 110 | 164 | 01:05:34 | Alice Shea | Unattached | | 39 | Senior Ladies | 18 |
| 111 | 165 | 01:05:34 | Ben Ellis | Unattached | 72 | | Senior Men | 39 |
| 112 | 342 | 01:05:45 | Tobias Evans | Unattached | 73 | | Senior Men | 40 |
| 113 | 151 | 01:06:34 | Sarah Downs | Unattached | | 40 | Senior Ladies | 19 |
| 114 | 152 | 01:06:34 | Peter Downs | Unattached | 74 | | V40/ Men | 11 |
| 115 | 154 | 01:06:50 | Hazel Retallick | Unattached | | 41 | V55/ Ladies | 3 |
| 116 | 111 | 01:09:40 | Simon Morgan | Unattached | 75 | | Senior Men | 41 |
| 117 | 198 | 01:11:00 | Marjorie Griffiths | Bro Dysynni AC | | 42 | V65/ Ladies | 2 |
| 118 | 139 | 01:11:12 | Lisa Tierney | Aberystwyth AC | | 43 | V45/ Ladies | 7 |
| 119 | 161 | 01:11:27 | Helen Jenkins | Rhayader RC | | 44 | V45/ Ladies | 8 |
| 120 | 136 | 01:12:38 | Roger Bennett | Unattached | 76 | | V50/ Men | 12 |
| 121 | 345 | 01:13:19 | Helen Houston | Unattached | | 45 | V35/ Ladies | 10 |
| 122 | 196 | 01:13:50 | David Edwards | Unattached | 77 | | V40/ Men | 12 |