

**Aberystwyth Twin Peaks Challenge 10:10:10**

Overall Position	Race Number	Time	Name	Club	Category	Men's Position	Ladies Position	Category Position
1	373	00:43:25	Andres Jones	Cardiff AAC	Senior Men	1		1
2	335	00:45:03	Austin Davies	Brecon AC	V/40 Men	2		2
3	371	00:46:07	Felipe Jones	Aberystwyth AC	Senior Men	3		3
4	372	00:46:41	Jonathan Pugh	Buith & District RC	Senior Men	4		4
5	361	00:49:15	Tom Roberts	Merionnydd Running Club	Senior Men	5		5
6	389	00:50:41	Dylan Lewis	University Harriers	Senior Men	6		6
7	422	00:51:06	Richard Lowe	Aberystwyth AC	Senior Men	7		7
8	341	00:51:27	Daniel Davies	Aberystwyth AC	Senior Men	8		8
9	421	00:52:25	Phoebe Webster	Aberystwyth AC	Senior Lady		1	1
10	320	00:53:37	Dylan Jones	University Harriers	Senior Men	9		9
11	301	00:54:07	John Battrick	Unattached	Under 20 Men	10		1
12	378	00:54:18	Wojciech Kwiatek	University Harriers	Under 20 Men	11		2
13	319	00:54:23	Andrew Davies	Unattached	V/40 Men	12		1
14	385	00:54:26	Gethin Jones	Sarn Helen	Senior Men	13		10
15	313	00:54:27	Daniel Rushton	Unattached	Senior Men	14		11
16	375	00:54:44	Kevin Jones	Merionnydd Running Club	V/40 Men	15		2
17	365	00:55:12	Tony Hall	Sarn Helen	V/50 Men	16		1
18	366	00:55:20	Simon Hall	Sarn Helen	Senior Men	17		12
19	414	00:55:38	Matthew Rose	Aberystwyth AC	Senior Men	18		13
20	407	00:55:42	Mark Lewis	Unattached	V/50 Men	19		2
21	312	00:55:51	Matthew Nankivell	Aberystwyth AC	Senior Men	20		14
22	396	00:55:56	Shan Roberts	Ingli Runners	V/35 Lady		2	2
23	409	00:56:41	Richard Anthony	Unattached	Senior Men	21		15
24	322	00:56:48	Norman Biggs	Aberystwyth AC	Senior Men	22		16
25	398	00:57:07	Alistair Duncanson	Unattached	Senior Men	23		17
26	315	00:57:10	Francis Walsh	Unattached	Senior Men	24		18
27	360	00:57:21	Huw Price	Sarn Helen	V/40 Men	25		3
28	364	00:57:38	Rhodri Owain	University Harriers	Senior Men	26		19
29	329	00:57:54	Joe Curtis	University Harriers	Senior Men	27		20
30	392	00:58:08	Nigel Lawrence	Parc Bryn Bach	V/40 Men	28		4
31	359	00:58:09	John Parry	Buith & District RC	V/50 Men	29		3
32	334	00:58:38	Joanna Roberts	Unattached	V/35 Lady		3	3
33	338	00:58:47	Jeff Saycell	Unattached	V/40 Men	30		5
34	344	00:59:10	Emma Thomas	Unattached	Senior Lady		4	4
35	393	00:59:11	Tony Hodgson	Merionnydd Running Club	V/60 Men	31		1
36	374	00:59:16	Paul Rose	Aberystwyth AC	V/40 Men	32		6
37	431	00:59:28	Eric Rees	Sarn Helen	Senior Men	33		21
38	370	00:59:43	John Evans	Aberystwyth AC	V/60 Men	34		2
39	368	01:00:10	Heyeln Lloyd	Sarn Helen	V/35 Lady		5	1
40	387	01:00:18	Martin Wansley	Unattached	Senior Men	35		22
41	348	01:00:39	Ian Evans	Aberystwyth AC	Senior Men	36		23
42	388	01:00:48	Darryl Evans	Maldwyn Harriers	V/40 Men	37		7
43	339	01:01:06	Adam Booth	University Harriers	Senior Men	38		24
44	323	01:01:21	Adriano Evola	Aberystwyth AC	V/50 Men	39		4
45	336	01:01:43	Elizabeth Stieler	Aberystwyth AC	V/35 Lady		6	2
46	394	01:01:52	Arthur Jones	Unattached	Under 20 Men	40		3
47	358	01:01:57	Maldwyn Evans	Eryri	V/40 Men	41		8
48	412	01:01:58	Henry Drake	Unattached	V/60 Men	42		3
49	400	01:01:59	Balazs Pinter	Unattached	V/40 Men	43		9
50	399	01:02:00	Peter Garson	Aberystwyth AC	V/40 Men	44		10
51	418	01:02:11	Neil Lawrence	Buith & District RC	Senior Men	45		25
52	304	01:02:21	Glyn Rowlands	Merionnydd Running Club	V/50 Men	46		5
53	390	01:02:24	Celia Speake	Buith & District RC	V/35 Lady		7	3
54	306	01:02:45	Tom Russell	Parc Bryn Bach	Senior Men	47		26
55	356	01:02:46	Gron Evans	Aberystwyth AC	V/50 Men	48		6
56	352	01:02:48	Cheryl Hughes	Aberystwyth AC	Senior Lady		8	5
57	337	01:03:02	Lauren Harries	Aberystwyth AC	Under 20 Lady		9	1
58	357	01:03:22	Alex Weal	University Harriers	Senior Men	49		27
59	333	01:03:32	Anita Worthing	Aberystwyth AC	V/55 Lady		10	1
60	415	01:03:47	Susanna Ditton	Windsor Slough & Eton	Under 20 Lady		11	2
61	347	01:03:55	Clive Williams	Aberystwyth AC	V/50 Men	50		7
62	340	01:03:56	Phoebe Pender	Aberystwyth AC	Senior Lady		12	6
63	345	01:03:57	Huw Griffiths	Unattached	Senior Men	51		28
64	384	01:04:11	Richard Griffiths	Aberystwyth AC	V/60 Men	52		4
65	420	01:04:23	Robert Nash	Unattached	V/50 Men	53		8
66	423	01:04:38	Kate O'Sullivan	Aberystwyth AC	V/45 Lady		13	1
67	386	01:04:55	Sian Roberts-Jones	Sarn Helen	Senior Lady		14	7
68	413	01:05:01	David Elliot	Unattached	Senior Men	54		29
69	406	01:05:13	Delor Harvey	Aberystwyth AC	V/35 Lady		15	4

70	416	01:05:16	David Hamer	Unattached	V/40 Men	55		11
71	380	01:05:30	Steffan Hughes	Carmarthen Harriers	Senior Men	56		30
72	353	01:05:43	Neil Willcox	Unattached	V/50 Men	57		9
73	410	01:06:10	Piotr Kusmierczyk	Unattached	Senior Men	58		31
74	331	01:06:23	Kieran Smith	University Harriers	Senior Men	59		32
75	316	01:06:38	Maggie Collingborn	Unattached	V/45 Lady		16	2
76	328	01:06:41	Vanessa Davies	University Harriers	Senior Lady		17	8
77	424	01:06:51	Shari James	Aberystwyth AC	Senior Lady		18	9
78	397	01:06:56	Richard Lucas	Unattached	V/40 Men	60		12
79	395	01:07:05	Cameron Pope	Aberystwyth AC	V/50 Men	61		10
80	346	01:07:32	Heather Pitcher	Unattached	V/35 Lady		19	5
81	377	01:08:04	Tom Bryant	University Harriers	Senior Men	62		33
82	376	01:08:18	Wendell Junia	Unattached	Senior Men	63		34
83	350	01:08:39	Johann Hurter	Unattached	Senior Men	64		35
84	343	01:08:46	Gerallt Williams	Unattached	Senior Men	65		36
85	326	01:08:53	Gwenallt Ifan	Unattached	V/40 Men	66		13
86	408	01:09:44	Leo Lewis	Unattached	V/45 Lady		20	3
87	363	01:10:04	Jane Wilkins	Cardigan RC	V/45 Lady		21	4
88	425	01:10:07	Gareth Ellis	Unattached	V/40 Men	67		14
89	317	01:10:21	Gemma Bell	Unattached	Senior Lady		22	10
90	342	01:10:21	Marc Williams	Unattached	V/40 Men	68		15
91	314	01:10:40	Vic Walsh	Unattached	Senior Men	69		37
92	325	01:11:34	Alexandra Kilcoyne	University Harriers	Under 20 Lady		23	3
93	419	01:11:57	Alun Nash	Unattached	V/50 Men	70		11
94	427	01:12:17	Les Stuart	Unattached	V/60 Men	71		5
95	417	01:12:37	Jordan Fleming	Unattached	Senior Men	72		38
96	311	01:12:54	Claire Williams	Aberystwyth AC	Senior Lady		24	11
97	382	01:13:12	Maureen Pritchard	Aberystwyth AC	V/45 Lady		25	5
98	381	01:13:35	Meilyr Hughes	Unattached	Senior Men	73		39
99	379	01:13:51	Anwen Jones	Unattached	Senior Lady		26	12
100	367	01:14:01	Louise Farmer	Unattached	Senior Lady		27	13
101	354	01:14:28	Fraser Wilcox	University Harriers	Under 20 Men	74		4
102	321	01:14:55	Ian Kavanagh	Unattached	V/40 Men	75		16
103	405	01:15:48	Marion Garson	Aberystwyth AC	V/45 Lady		28	6
104	327	01:16:01	Robert Smart	Unattached	Senior Men	76		40
105	310	01:16:02	Brenda Jones	Bro Dysynni	V/65 Lady		29	1
106	430	01:16:48	Alan Haird	Unattached	V/40 Men	77		17
107	411	01:17:10	Rob O Hagan	Unattached	Senior Men	78		41
108	383	01:17:32	Helen Stretch	Aberystwyth AC	V/55 Lady		30	2
109	426	01:22:48	Jennie Shales	Unattached	V/35 Lady		31	6
110	303	01:22:53	Gudrun Jones	Sarn Helen	V/45 Lady		32	7
111	351	01:23:41	Marit Evans	Bro Dysynni	V/45 Lady		33	8
112	324	01:23:45	Carwyn Tywyn	Unattached	Senior Men	79		42
113	429	01:26:56	Sarah John	Unattached	Under 20 Lady		34	4
114	309	01:32:44	Rik Mowbray	CAVO	V/40 Men	80		18
115	391	01:33:26	Shan Breese	Aberystwyth AC	V/45 Lady		35	9
116	369	01:33:26	Marjorie Griffiths	Bro Dysynni	V/65 Lady		36	2
117	428	01:41:32	Lucy Gwilt	Unattached	Under 20 Lady		37	5
118	318	01:41:51	Rebecca Shore	University Harriers	Senior Lady		38	14
119	305	02:00:44	Sheila Symonds	Bro Dysynni	V/70 Lady		39	1
120	330	02:12:03	Alan Watts	Sarn Helen	Men	81		
	332	DNF	Huw Jones					
	349	DNF	Jon James					
	355	DNF	Walter Marsh					
	362	DNF	Jason Wilkins					
	302	DNS	Richard Evans					
	307	DNS	Andrew Filmer					
	308	DNS	Megan Ross-Edwards					