

			Aberystwyth 10km Race 13/12/09		Basic results sheet
Position	Time	Name	Category	M/F	Club/Business team
1	31.44	Adam Bitchell	Under 20 men (1)	M	Cardiff
2	31.46	Andres Jones	Senior men (1st three) (2)	M	Cardiff AC
3	33.38	Steve Rees	Senior men (1st three) (2)	M	N/A
4	33.41	Steven McGuigan	Senior men (1st three) (2)	M	Bristol and West AC
5	35.13	Glyn Price	V/40 men (3)	M	Sarn Helen
6	35.30	Michael Davies	V/40 men (3)	M	Sarn Helen
7	35.39	Andrew Reynolds	Senior men (1st three) (2)	M	N/A
8	36.11	James Thomas	Senior men (1st three) (2)	M	Tim Cyllid LLGC
9	36.57	Clive Thomas	V/50 men (5)	M	N/A
10	37.01	Richard Hunter	Senior men (1st three) (2)	M	Shropshire Shufflers
11	37.03	Richard Lowe	Senior men (1st three) (2)	M	Cerist Tri Club
12	37.18	Tomos Roberts	Senior men (1st three) (2)	M	Meirionnydd Running Club
13	37.29	Steffan Hughes	Senior men (1st three) (2)	M	Carmarthen AC
14	37.37	Dylan Lewis	Senior men (1st three) (2)	M	Cerist Tri Club
15	37.40	Rhys Owen	Senior men (1st three) (2)	M	Llanbabo Hurricanes
16	37.47	Edward Fletcher	Senior men (1st three) (2)	M	N/A
17	38.01	Daniel Davies	Senior men (1st three) (2)	M	Aberystwyth AC
18	38.06	Grant Dawson	Senior men (1st three) (2)	M	Aberystwyth Uni
19	38.07	Rhys Harries	Senior men (1st three) (2)	M	Cardigan Running Club
20	38.10	Andrew Abbott	Senior men (1st three) (2)	M	Sarn Helen
21	38.19	James Kirkwood	Senior men (1st three) (2)	M	Milton Keynes AC
22	38.24	Chris Fulcher	V/40 men (3)	M	N/A
23	38.26	Alan Williams	V/40 men (3)	M	Ingli
24	38.37	Mark Lewis	V/45 men (4)	M	N/A
25	39.03	Dafydd Davies	Senior men (1st three) (2)	M	Cerist Tri Club
26	39.08	Phil Rogers	Senior men (1st three) (2)	M	Watford Harriers
27	39.11	Barry Wilson	V/55 men (6)	M	Ludlow Runners
28	39.12	Andrew Filmer	Senior men (1st three) (2)	M	N/A
29	39.44	Norman Biggs	Senior men (1st three) (2)	M	Aberystwyth AC
30	39.46	Huw Nicholas Price	V/45 men (4)	M	Sarn Helen
31	39.55	Ian Evans	Senior men (1st three) (2)	M	Llyfrgell Genedlaethol Cymru
32	39.55	Simon Bagguley	Senior men (1st three) (2)	M	N/A
33	39.56	Lenny Hughes	V/50 men (5)	M	N/A
34	39.57	Sam Wakeling	Senior men (1st three) (2)	M	N/A
35	39.58	Catrin Steed	Senior lady (1st three) (12)	F	Pembrokeshire Harriers
36	40.00	Arwel Evans	Senior men (1st three) (2)	M	N/A
37	40.20	Paul Hanlon	Senior men (1st three) (2)	M	N/A
38	40.07	Hywel Lloyd	Senior men (1st three) (2)	M	Llyfrgell Genedlaethol Cymru
39	40.08	Unknown	Male	M	N/A
40	40.09	Tony Hall	V/50 men (5)	M	Sarn Helen
41	40.13	Daniel Clarke	Senior men (1st three) (2)	M	N/A
42	40.14	Peter Crowther	V/50 men (5)	M	Northern Veterans AC
43	40.14	Dee Jolly	Senior lady (1st three) (12)	F	N/A
44	40.28	Peter Walters	V/45 men (4)	M	N/A
45	40.37	Owain Fychan	Senior men (1st three) (2)	M	N/A
46	40.56	Stefano Antoniazzi	Senior men (1st three) (2)	M	N/A
47	41.01	Dylan Jones	Senior men (1st three) (2)	M	N/A
48	41.06	Alistair Duncanson	Senior men (1st three) (2)	M	N/A
49	41.08	Pete Jenkins	V/50 men (5)	M	Cerist Tri Club
50	41.09	Mike Christie	Senior men (1st three) (2)	M	N/A
51	41.09	Kev Joyce	V/40 men (3)	M	Pembrokeshire Harriers
52	41.11	Alex McArthur	Senior men (1st three) (2)	M	N/A
53	41.16	Steve Bland	Senior men (1st three) (2)	M	N/A
54	41.17	Rhodri Hedd Owain	Senior men (1st three) (2)	M	N/A
55	41.25	Mike Green	V/50 men (5)	M	Vegan Runners UK
56	41.29	Robert Chadwick	Senior men (1st three) (2)	M	N/A
57	41.29	Paul Rose	V/45 men (4)	M	Aberystwyth AC
58	41.38	Mark Preston	V/45 men (4)	M	N/A
59	41.39	Gordon Orme	V/65 men (8)	M	N/A
60	41.47	Brian Russell	V/50 men (5)	M	N/A
61	41.51	Richard Turley	Senior men (1st three) (2)	M	N/A
62	41.51	Paul Rees	V/40 men (3)	M	N/A
63	41.53	Barry Owen	Senior men (1st three) (2)	M	N/A
64	41.54	Simon Hall	Senior men (1st three) (2)	M	Sarn Helen
65	41.57	Steve Brown	V/45 men (4)	M	N/A
66	41.58	Elinor Thorogood	Under 20 lady (11)	F	N/A
67	42.03	Alan Perkins	V/55 men (6)	M	N/A
68	42.04	Andrew Gromie	V/45 men (4)	M	N/A
69	42.10	Clive Evans	V/60 men (7)	M	Aberystwyth AC

70	42.12	Lynn Green	V/50 lady (16)	F	N/A
71	42.13	John Gwynn Evans	V/60 men (7)	M	Aberystwyth AC
72	42.17	David Michael	V/40 men (3)	M	Tim Cyllid LLGC
73	42.24	Geraint Huws	Senior men (1st three) (2)	M	N/A
74	42.25	Ricky Francis	Senior men (1st three) (2)	M	Meirionnydd Running Club
75	42.32	Robert Williams	V/40 men (3)	M	N/A
76	42.45	Bruce Wayne	Senior men (1st three) (2)	M	N/A
77	42.45	Dick Grayson	Senior men (1st three) (2)	M	N/A
78	42.57	Jason Dickinson	V/40 men (3)	M	Trotts
79	42.59	Ian Davies	V/55 men (6)	M	Builth Running Club
80	43.02	Daniel Ovey	Senior men (1st three) (2)	M	N/A
81	43.19	Simon Hulst	V/40 men (3)	M	N/A
82	43.24	Adriano Evola	V/50 men (5)	M	Aberystwyth AC
83	43.27	Tony Wenlock	V/55 men (6)	M	Aberystwyth AC
84	43.35	Robert Tugwell	Under 20 men (1)	M	U/A
85	43.40	Sion Williams	Senior men (1st three) (2)	M	N/A
86	43.41	Adam Stockwell	Senior men (1st three) (2)	M	Shrewsbury AC
87	43.41	Emma Thomas	Senior lady (1st three) (12)	F	N/A
88	43.44	Nicola Quinn	V/40 lady (14)	F	Emlyn Runners
89	43.57	Chris Moore	Senior men (1st three) (2)	M	Emlyn Runners
90	44.02	Richard Ellison	V/40 men (3)	M	N/A
91	44.16	Anita Worthing	V/50 lady (16)	F	Aberystwyth AC
92	44.16	Rob Barker	Senior men (1st three) (2)	M	N/A
93	44.29	Anthony Shepherd	V/40 men (3)	M	N/A
94	44.29	Glyn Rowlands	V/50 men (5)	M	N/A
95	44.31	Clive Williams	V/50 men (5)	M	Aberystwyth AC
96	44.57	Tom Williams	Senior men (1st three) (2)	M	N/A
97	44.57	William Drailin	V/55 men (6)	M	N/A
98	45.18	Darren Williams	Senior men (1st three) (2)	M	N/A
99	45.19	John Ellis	V/40 men (3)	M	N/A
100	45.24	Bethan Ouseley	Senior lady (1st three) (12)	F	N/A
101	45.26	Catherine Marks	Senior lady (1st three) (12)	F	N/A
102	45.32	John Foulkes	V/40 men (3)	M	Llyfrgell Genedlaethol Cymru
103	45.35	Richard Griffiths	V/55 men (6)	M	Bro Dysynni AC
104	45.35	Alex Baldock	Senior men (1st three) (2)	M	N/A
105	45.35	Peter Garson	V/40 men (3)	M	Aberystwyth AC
106	45.44	Andy Eden	V/45 men (4)	M	Aberystwyth AC
107	45.45	Clare Williams	V/40 lady (14)	F	Ingli
108	45.48	Steve Reid	V/40 men (3)	M	N/A
109	45.53	Jill Willcox	V/35 lady (13)	F	N/A
110	45.53	Chris MacKenzie-Grieve	V/50 men (5)	M	N/A
111	46.02	Kevin Bryan	V/40 men (3)	M	N/A
112	46.21	Alun Nash	V/45 men (4)	M	N/A
113	46.27	Kevin Holland	V/50 men (5)	M	Aberystwyth AC
114	46.28	Robert Nash	V/50 men (5)	M	N/A
115	46.30	Andrew Jenkins	Senior men (1st three) (2)	M	IT LLGD
116	46.40	Dyan Jones	Senior men (1st three) (2)	M	IT LLGD
117	46.47	Martyn Saycell	Senior men (1st three) (2)	M	Aberystwyth AC
118	46.50	Anita Saycell	Senior lady (1st three) (12)	F	Aberystwyth AC
119	46.50	Rob Turner	Under 20 men (1)	M	N/A
120	46.55	Sebastian McBride	Senior men (1st three) (2)	M	N/A
121	47.04	Adam Broom	Senior men (1st three) (2)	M	N/A
122	47.05	Cameron Pope	V/50 men (5)	M	Aberystwyth AC
123	47.05	Bedwyr Fychan	Senior men (1st three) (2)	M	N/A
124	47.09	Ceri Tucker	Senior lady (1st three) (12)	F	N/A
125	47.10	Abby Nascimento	Senior lady (1st three) (12)	F	N/A
126	47.12	Aled Middleton	Senior men (1st three) (2)	M	N/A
127	47.24	Natasha de Vere	V/35 lady (13)	F	N/A
128	47.27	Christopher Sear	Senior men (1st three) (2)	M	N/A
129	47.39	Richard Phillips	Senior men (1st three) (2)	M	N/A
130	47.52	Mark Williams	V/40 men (3)	M	N/A
131	48.00	Simon Sorrell	Senior men (1st three) (2)	M	N/A
132	48.05	Colin Ford	Senior men (1st three) (2)	M	N/A
133	48.05	Michael Griffiths	V/60 men (7)	M	N/A
134	48.07	Kate O'Sullivan	V/45 lady (15)	F	Aberystwyth AC
135	48.12	Kase Phillips	V/50 men (5)	M	N/A
136	48.27	Talfryn Bladen	Senior men (1st three) (2)	M	N/A
137	48.28	Ben Hudson	Senior men (1st three) (2)	M	N/A
138	48.28	Alun Evans	Senior men (1st three) (2)	M	N/A
139	48.28	Martin Bennett	Senior men (1st three) (2)	M	N/A
140	48.31	Goronwy Evans	V/50 men (5)	M	Aberystwyth AC
141	48.31	Sarah Hayes	V/50 lady (16)	F	Northern Veterans AC
142	48.35	Dai Roberts	V/45 men (4)	M	Aberystwyth AC

143	48.36	Kyra Kirkham	Senior lady (1st three) (12)	F	N/A
144	48.36	David Turner	V/40 men (3)	M	N/A
145	48.41	Robert Young	Senior men (1st three) (2)	M	N/A
146	49.02	Gwenallt Ifan	V/45 men (4)	M	N/A
147	49.06	Chris Purnell	V/45 men (4)	M	N/A
148	49.14	Mike Gallagher	Senior men (1st three) (2)	M	N/A
149	49.16	Kelvin Bland	Senior men (1st three) (2)	M	N/A
150	49.23	Nick Bradley	V/55 men (6)	M	N/A
151	49.32	Anna Hughes	V/35 lady (13)	F	N/A
152	49.40	Eleri Connor	Senior lady (1st three) (12)	F	Penarth & Dinas Runners
153	49.43	Helen Elizabeth	V/45 lady (15)	F	N/A
154	49.44	Cheryl Hughes	Senior lady (1st three) (12)	F	N/A
155	49.45	Lauren March	Senior lady (1st three) (12)	F	N/A
156	49.48	Joseph Scutt	Senior men (1st three) (2)	M	N/A
157	49.59	David Daniels	Senior men (1st three) (2)	M	N/A
158	50.04	Guy Evans	Senior men (1st three) (2)	M	N/A
159	50.17	Joseph Miller	Senior men (1st three) (2)	M	N/A
160	50.22	Rebecca John	Senior lady (1st three) (12)	F	N/A
161	50.23	Emma Butler	Senior lady (1st three) (12)	F	N/A
162	50.30	Helen Humphreys	V/50 lady (16)	F	N/A
163	50.31	Thomas Stone	Senior men (1st three) (2)	M	N/A
164	50.47	John Taylor	V/45 men (4)	M	N/A
165	50.55	Peter Williams	V/40 men (3)	M	N/A
166	50.55	Ormond Williams	V/45 men (4)	M	N/A
167	51.02	Llion Ap Dylan	Senior men (1st three) (2)	M	N/A
168	51.04	Kate Russell	Senior lady (1st three) (12)	F	Parc Bryn Bach
169	51.07	Richard Layton	Senior men (1st three) (2)	M	N/A
170	51.38	Helen Saunders	Senior lady (1st three) (12)	F	N/A
171	51.42	Phillip Dennis	V/55 men (6)	M	N/A
172	51.47	Malcolm Taylor	V/65 men (8)	M	Bro Dysynni AC
173	51.53	Christopher Deleon	Senior men (1st three) (2)	M	N/A
174	52.08	William Rogers	Under 20 men (1)	M	N/A
175	52.14	David Hopper	V/65 men (8)	M	N/A
176	52.16	Tim Hartles	V/45 men (4)	M	N/A
177	52.22	Tudor Jones	Under 20 men (1)	M	N/A
178	52.25	Mike Sherman	V/40 men (3)	M	N/A
179	52.28	Patrick Cowdy	V/45 men (4)	M	N/A
180	52.30	Paul Jackson	Senior men (1st three) (2)	M	N/A
181	52.36	Stephen Adams	V/55 men (6)	M	N/A
182	52.42	Wyn Evans	Senior men (1st three) (2)	M	N/A
183	52.49	Jez Lovekin	V/65 men (8)	M	N/A
184	53.03	David R Steele	Senior men (1st three) (2)	M	N/A
185	53.04	Ivan Courtier	V/40 men (3)	M	ADASC Parents
186	53.06	Elizabeth Wheeler	Senior lady (1st three) (12)	F	Emlyn Runners
187	53.16	Jenny Williamson	V/45 lady (15)	F	ADASC Parents
188	53.17	Anthony Jones	Senior men (1st three) (2)	M	N/A
189	53.19	Rhian Breese	Senior lady (1st three) (12)	F	Aberystwyth AC
190	53.21	Simon Barker	Senior men (1st three) (2)	M	N/A
191	53.23	Carl Williams	Senior men (1st three) (2)	M	N/A
192	53.27	Ian Prior	V/65 men (8)	M	N/A
193	53.28	Dyan Jones	Senior men (1st three) (2)	M	IT LLGD
194	53.32	Ruth Morris	V/55 lady (17)	F	N/A
195	53.35	Leigh Williams	Senior men (1st three) (2)	M	N/A
196	53.45	Caryl Mair Hughes	Under 20 lady (11)	F	N/A
197	53.49	Rachel Smith	Senior lady (1st three) (12)	F	N/A
198	53.53	Matthew Roberts	Senior men (1st three) (2)	M	N/A
199	53.56	Paul Sear	V/60 men (7)	M	N/A
200	53.59	Rachel Tod	V/35 lady (13)	F	Aberystwyth AC
201	54.12	Robert Allen Harding	V/55 men (6)	M	Telford Harriers
202	54.12	Ifor Wyn Humphreys	V/50 men (5)	M	N/A
203	54.13	Huw Lewis	V/50 men (5)	M	N/A
204	54.17	Gaenor Smith	Senior lady (1st three) (12)	F	N/A
205	54.29	Ian Allen	V/40 men (3)	M	IT LLGD
206	54.41	Angharad Holland	Senior lady (1st three) (12)	F	N/A
207	54.56	Sheila Jones	V/45 lady (15)	F	Bro Dysynni AC
208	55.00	Huw Morris	V/45 men (4)	M	N/A
209	55.13	Nicola Burrows	Senior lady (1st three) (12)	F	N/A
210	55.19	Menna Stephens	Senior lady (1st three) (12)	F	Aberystwyth AC
211	55.25	Laura Rae Smith	Senior lady (1st three) (12)	F	N/A
212	55.34	Clare Leather	V/35 lady (13)	F	N/A
213	55.36	Maureen Pritchard	V/45 lady (15)	F	N/A
214	55.37	Hayley Revell	V/40 lady (14)	F	N/A
215	55.46	Kate Lewis	Under 20 lady (11)	F	N/A

216	55.47	Ali Greeley	V/40 lady (14)	F	N/A
217	55.55	Caroline Wride	V/45 lady (15)	F	N/A
218	56.05	David Evans	V/50 men (5)	M	N/A
219	56.14	Alma Piotrowicz	Under 20 lady (11)	F	N/A
220	56.15	Louise Butt	V/35 lady (13)	F	Rhayader Running Club
221	56.16	Tobias Evans	Under 20 men (1)	M	N/A
222	56.17	Pauline Charlett	V/45 lady (15)	F	Pembrokeshire Harriers
223	56.29	Katie E McDermott	Senior lady (1st three) (12)	F	N/A
224	56.34	Howie Oliver	V/45 men (4)	M	N/A
225	56.40	Natalie Forrester	Senior lady (1st three) (12)	F	N/A
226	56.47	Robert Neale	Senior men (1st three) (2)	M	Beware of Mamoot
227	56.47	John Williams	V/55 men (6)	M	Cerist Tri Club
228	56.49	Jan Davies	V/45 lady (15)	F	Rhayader Running Club
229	56.51	Jennifer Adams	V/45 lady (15)	F	N/A
230	56.51	Leah Sumner	Senior lady (1st three) (12)	F	N/A
231	56.52	Sam Lumb	Senior men (1st three) (2)	M	N/A
232	56.53	Madeline Bland	V/55 lady (17)	F	N/A
233	57.51	Roger Menge	V/50 men (5)	M	N/A
234	57.54	Gwenda Jones	V/40 lady (14)	F	N/A
235	58.25	Linda Evans	Senior lady (1st three) (12)	F	N/A
236	58.33	Shan Breese	V/50 lady (16)	F	Aberystwyth AC
237	58.35	Fiona Smith	V/35 lady (13)	F	Cerist Tri Club
238	58.37	Richard Lucas	V/40 men (3)	M	N/A
239	58.38	Rachel Evans	V/35 lady (13)	F	N/A
240	58.53	Rosemary Rees	V/55 lady (17)	F	Aberystwyth AC
241	58.56	Andrea Brabrook	V/35 lady (13)	F	Emlyn Runners
242	58.59	Jan Bell	V/60 lady (18)	F	N/A
243	59.11	Florence Nottage	Senior lady (1st three) (12)	F	N/A
244	59.25	Bernadette Byrne	V/50 lady (16)	F	Amazing Feet
245	59.30	Andy Rymer	Senior men (1st three) (2)	M	N/A
246	59.31	Ieuan Counsell	V/40 men (3)	M	N/A
247	59.32	Tina McCauley	Senior lady (1st three) (12)	F	N/A
248	59.33	Dyfed Jones	Senior men (1st three) (2)	M	N/A
249	59.39	Megan Williams	V/35 lady (13)	F	Aberystwyth AC
250	59.45	Katie Humphreys	Senior lady (1st three) (12)	F	N/A
251	60.12	Essi Wallenius	Senior lady (1st three) (12)	F	N/A
252	60.12	0		0	0
253	60.13	Samuel Burkill	Senior men (1st three) (2)	M	N/A
254	60.30	Gudrun Jones	V/50 lady (16)	F	Attached Athlete
255	60.33	Karen Deakin	Senior lady (1st three) (12)	F	Tim Cyllid LLGC
256	60.38	Linos Owen	V/35 lady (13)	F	N/A
257	60.55	Eirlys Evans	V/45 lady (15)	F	N/A
258	61.01	Sue Prior	V/60 lady (18)	F	N/A
259	61.03	Janet Reed	V/35 lady (13)	F	N/A
260	61.11	Rhiannon Williams	V/35 lady (13)	F	N/A
261	61.41	Anwen Jones	V/40 lady (14)	F	N/A
262	61.41	Michael Thackwray	Senior men (1st three) (2)	M	N/A
263	61.42	Emily Lambourne	Senior lady (1st three) (12)	F	N/A
264	61.43	Katrina Michael	V/40 lady (14)	F	ADASC Parents
265	62.04	Teresa James	V/35 lady (13)	F	N/A
266	62.04	Carol Edwards	V/40 lady (14)	F	N/A
267	62.24	Louise Jones	Senior lady (1st three) (12)	F	N/A
268	62.32	Christine Harrison	V/55 lady (17)	F	N/A
269	62.32	Sarah Birch	Senior lady (1st three) (12)	F	N/A
270	63.08	Marjorie Griffiths	V/60 lady (18)	F	Bro Dysynni AC
271	63.18	Mari Wyn Humphreys	Senior lady (1st three) (12)	F	N/A
272	63.21	Esther Garnes	V/35 lady (13)	F	N/A
273	63.21	William Williams	V/65 men (8)	M	N/A
274	63.38	Dana Edwards	V/50 men (5)	M	N/A
275	63.49	John Hollingdale	V/40 men (3)	M	N/A
276	64.08	Joe Killingley	Under 20 men (1)	M	N/A
277	64.08	Carl Williams	Senior men (1st three) (2)	M	N/A
278	64.11	Helena Smith	Senior lady (1st three) (12)	F	N/A
279	64.43	Alex Clarke	Under 20 lady (11)	F	N/A
280	64.43	Alexandra Clark	Under 20 lady (11)	F	N/A
281	64.44	Heather Makin	Under 20 lady (11)	F	N/A
282	64.50	Mandy Kay Pilcher	V/40 lady (14)	F	Cerist Tri Club
283	65.29	Matthew Nobbs	Senior men (1st three) (2)	M	N/A
284	65.38	Christine Yallop	V/45 lady (15)	F	Cerist Tri Club
285	65.57	Kevin Collins	Senior men (1st three) (2)	M	N/A
286	68.55	Rachel Lilley	V/40 lady (14)	F	ADASC Parents
287	69.00	Alison Jones	V/55 lady (17)	F	N/A
288	70.00	Fiona Stevens	Senior lady (1st three) (12)	F	N/A

289	71.16	Elinor Cole	Under 20 lady (11)	F	N/A
290	71.46	Katherine Przckett	V/45 lady (15)	F	N/A
291	72.09	Catherine Williams	V/60 lady (18)	F	N/A
292	72.22	Elizabeth Keylock	Senior lady (1st three) (12)	F	N/A
293	75.07	Natalie Rose Crabb	Under 20 lady (11)	F	N/A
294	82.12	Victoria Pamela Macczak	Senior lady (1st three) (12)	F	N/A
295	84.11	Emma Macczak	Under 20 lady (11)	F	N/A
296	84.13	Laura Morgan Davies	Senior lady (1st three) (12)	F	N/A
297	92.14	Alice Nash	Senior lady (1st three) (12)	F	N/A
298	92.14	#N/A	#N/A	#N/A	#N/A
299	92.14	Helena Reimer	Under 20 lady (11)	F	N/A
300	92.14	Helle Eriksen	Senior lady (1st three) (12)	F	N/A