

# ABERDARE 10K - 2009

GunPos	Bib	GunTime	Forename	Surname	Gender	Cat	Club	ChipPos	ChipTime
1	278	00:30:44	Richard	Gardiner	M		Cardiff AC	1	00:30:43
2	141	00:33:46	Paul	Griffiths	M	40	Neath Harriers	2	00:33:45
3	179	00:34:34	Ian	Williams	M	40		3	00:34:33
4	187	00:34:54	Gareth	Jenkins	M		Brackla Harriers	4	00:34:54
5	232	00:35:43	Daniel	Bodman	M		Aberdare	5	00:35:42
6	463	00:36:13	Matthew	Jacklin	M			6	00:36:11
7	214	00:36:48	Ashley	Owen	M		Ebbw Vale RC	7	00:36:47
8	254	00:36:50	Dylan	Lewis	M		Cerist	8	00:36:50
9	33	00:36:55	David	Hodgins	M	40		9	00:36:53
10	238	00:37:24	Matthew	Chard	M		Ebbw Vale	10	00:37:23
11	248	00:37:50	Daniel	King	M		Bristol	11	00:37:49
12	262	00:37:57	Mark	Duncombe	M	40	Sarn Helen	12	00:37:56
13	36	00:38:10	Kieran	Mackintosh	M		Port Talbot Harriers	13	00:38:08
14	245	00:38:16	Sandy	Johnston	M	60	Les Croupiers	14	00:38:15
15	247	00:38:24	Geraint	Williams	M			15	00:38:23
16	89	00:38:26	Alex	Williams	M	40	Port Talbot Harriers	16	00:38:25
<b>17</b>	<b>121</b>	<b>00:39:03</b>	<b>Glyn</b>	<b>Sansom</b>	<b>M</b>	<b>40</b>	<b>San Domenico</b>	<b>17</b>	<b>00:39:01</b>
18	40	00:39:11	Clare	Phillips	F	40	Port Talbot Harriers	18	00:39:10
19	210	00:39:25	Ian	Jones	M	40		19	00:39:14
20	202	00:39:28	Satu	Haikala	F	40	Brecon AC	20	00:39:26
21	289	00:39:34	Ian	Ogilvie	M	40	Brackla Harriers	21	00:39:31
22	222	00:39:39	Peter	Johns	M	40		22	00:39:35
23	242	00:39:41	Andy	Davies	M		Pontypridd Roadents	23	00:39:39
24	159	00:39:44	Stephen	Jenkins	M			24	00:39:42
25	281	00:39:52	Rhodri	Evans	M		Pontypridd Roadents	25	00:39:49
26	270	00:39:58	John	Diffey	M	40	Les Croupiers	26	00:39:54
27	140	00:40:03	Phil	Bristow	M			27	00:39:59
28	81	00:40:04	Paul	Davies	M	40	Swansea Harriers	28	00:40:01
29	225	00:40:14	David	Rose	M		Brackla Harriers	29	00:40:07
30	243	00:40:15	Claire	Conway	F		Bristol	31	00:40:13
31	268	00:40:19	Paul	Powell	M	40		30	00:40:13

<b>32</b>	<b>231</b>	<b>00:40:28</b>	<b>Alistair</b>	<b>Wood</b>	<b>M</b>	<b>40</b>		<b>32</b>	<b>00:40:20</b>
33	118	00:40:35	Robert	Evans	M	40	Ebbw Vale RC	33	00:40:32
34	103	00:40:37	Damian	Caswell	M		Ebbw Vale RC	34	00:40:36
35	264	00:40:42	Paul	Cable	M		Taff Ely Tri	35	00:40:37
36	191	00:40:52	Ian	Williams	M		Ebbw Vale RC	37	00:40:50
37	288	00:40:58	Gareth	Griffiths	M	40		36	00:40:47
38	220	00:41:01	Darren	Stevens	M			38	00:40:54
39	267	00:41:03	Mark	Jones	M		Pontypridd Roadents	39	00:41:03
40	279	00:41:21	Niall	Davidson	M		Village Vipers	40	00:41:06
41	250	00:41:24	Joshua	Evans	M			42	00:41:21
42	124	00:41:25	Kevin	McCarthy	M	40	RRC	43	00:41:21
43	192	00:41:26	Brendan	Jones	M	40		41	00:41:12
44	38	00:41:46	Raymond	Greenhouse	M	40	Ebbw Vale RC	44	00:41:43
45	1	00:41:53	Mark	Williams	M			45	00:41:50
<b>46</b>	<b>272</b>	<b>00:41:55</b>	<b>Dominic</b>	<b>Shields</b>	<b>M</b>	<b>40</b>	<b>San Domenico</b>	<b>46</b>	<b>00:41:53</b>
47	61	00:42:00	Daniel	Humphreys	M			48	00:41:54
48	256	00:42:03	Mike	Lewis	M			49	00:41:59
49	158	00:42:04	Paul	Boxer	M			53	00:42:04
50	137	00:42:06	Kellinu	Portelli	M	40	Les Croupiers	50	00:42:02
51	148	00:42:06	Anthony	Williams	M	40		51	00:42:03
52	132	00:42:08	Paul	Figgins	M			52	00:42:04
53	6	00:42:10	Phil	Protheroe	M			54	00:42:07
54	95	00:42:12	Richard	Day	M	40	Pontypridd Roadents	47	00:41:54
55	228	00:42:18	Jason	Dickinson	M		TROT's St Clears	55	00:42:08
56	234	00:42:28	Tony	Wertheim	M		Ebbw Vale	56	00:42:26
57	66	00:42:35	Rob	Fearnley	M			58	00:42:31
58	76	00:42:36	Alex	Hackett	M			57	00:42:30
59	104	00:42:37	Nick	Johnson	M			60	00:42:32
60	455	00:42:40	Liz	Ashton	F		Les Croupiers	59	00:42:32
61	205	00:42:46	Jon	Belcher	M			61	00:42:32
62	260	00:42:53	Andrew	beaton	M			62	00:42:39
63	233	00:42:54	David	Gibson	M			64	00:42:49
64	293	00:43:00	Stephen	Bendle	M	40	Swansea Harriers	63	00:42:40
65	152	00:43:11	Paul	Bigmore	M	50	Brackla Harriers	65	00:42:56
66	134	00:43:19	Mark	Potter	M		Brackla Harriers	67	00:43:15
67	23	00:43:24	Stephen	Trapnell	M	50	Ebbw Vale RC	68	00:43:24

68	221	00:43:27	Charlotte	Johns	F	40	Brackla Harriers	66	00:43:12
69	462	00:43:58	Richard	Jones	M			70	00:43:54
70	59	00:44:11	Barri	Edwards	M			69	00:43:53
71	55	00:44:32	Clive	Denton	M	40	Rhondda Valley Runners	71	00:44:20
72	252	00:44:44	Lisa	Jones	F			73	00:44:42
73	286	00:44:55	Allun	Jones	M	50	Brackla Harriers	72	00:44:38
74	115	00:44:56	Michael	Williams	M	40	Ebbw Vale RC	76	00:44:55
75	296	00:44:59	Robert	Ford	M		Pontypridd Roadents	74	00:44:49
76	78	00:45:02	Martin	Donovan	M	40		77	00:44:56
77	127	00:45:05	Jonathan	Miles	M			75	00:44:50
78	150	00:45:09	Spencer	Jones	M			78	00:45:06
79	71	00:45:23	Hywel	Morgan	M			79	00:45:11
80	146	00:45:24	Stuart	Davidson	M	50	Brecon AC	80	00:45:13
81	87	00:45:32	Stewart	Pugh	M	40		81	00:45:20
82	119	00:45:37	Louise	Evans	F	40	Ebbw Vale RC	82	00:45:31
83	215	00:45:47	David	Williams	M			83	00:45:32
84	246	00:45:48	Mike	Nash	M	40	3M Gorseinon	85	00:45:41
85	162	00:45:53	Carl	Harris	M			84	00:45:39
86	255	00:45:56	Allen	Bunney	M		Aberdare	91	00:45:49
87	153	00:46:00	Wayne	Preece	M	50		89	00:45:43
88	282	00:46:00	Phillip	Thomas	M		Brackla Harriers	87	00:45:43
89	96	00:46:00	Mike	Ridout	M	50	Brackla Harriers	86	00:45:43
90	114	00:46:00	James	Thomas	M	40	Brackla Harriers	88	00:45:43
91	283	00:46:02	Tim	Knight	M			95	00:45:58
92	216	00:46:03	Gary	Bodman	M	40		90	00:45:48
93	90	00:46:04	Neil	Davies	M			92	00:45:52
<b>94</b>	<b>88</b>	<b>00:46:10</b>	<b>Wendy</b>	<b>Owen</b>	<b>F</b>		<b>San Domenico</b>	<b>96</b>	<b>00:46:02</b>
95	161	00:46:14	Emma	Shaw	F			97	00:46:08
96	266	00:46:14	Simon	Dye	M			93	00:45:55
97	135	00:46:15	Kristian	Shearan	M		Brackla Harriers	94	00:45:58
98	265	00:46:18	Robert	Phillips	M	40	Pontypridd Roadents	98	00:46:14
99	188	00:46:24	Jason	Braumont	M			99	00:46:15
100	244	00:46:27	Louise	Mickell	F		3M Gorseinon	101	00:46:19
101	79	00:46:30	Maria	Williams	F		Islwyn RC	103	00:46:24
102	227	00:46:35	Michael	Thomas	M			102	00:46:22
103	44	00:46:36	Phil	Dodge	M			100	00:46:18

104	174	00:46:36	Sydney	Willocks	M	60	Teignbridge Trotters	106	00:46:30
105	204	00:46:39	Tony	Burt	M			104	00:46:25
106	224	00:46:40	Leslie	Rowe	M	50		105	00:46:28
107	156	00:46:46	Andrew	Williams	M			111	00:46:39
108	166	00:46:46	David	McDonald	M	40	Les Croupiers	113	00:46:41
109	69	00:46:46	Brian	Cotton	M			107	00:46:33
110	194	00:46:48	Richard	Holland	M	40	Pontypridd Roadents	109	00:46:34
111	198	00:46:49	John	Magee	M			108	00:46:34
112	167	00:46:53	John	Martin	M	50		110	00:46:35
113	155	00:46:54	Robert	Hart	M	40		112	00:46:41
114	452	00:46:57	Darren	Gwynne-Hamer	M			114	00:46:44
115	31	00:47:03	Dave	Walker	M	50		116	00:46:52
116	263	00:47:03	Trevor	Hay	M	40		115	00:46:47
117	99	00:47:08	Nick	Bayliss	M			117	00:47:06
118	180	00:47:14	Anne Marie	Evans	F		Parc Bryn Bach	119	00:47:13
119	24	00:47:21	Leigh	Tomlins	M			118	00:47:10
120	18	00:47:25	Alyn	Tennant	M	40		121	00:47:23
121	15	00:47:30	Michael	O'Shea	M	40		120	00:47:22
122	208	00:47:35	Kathryn	John	F	40	3M	123	00:47:28
123	125	00:47:41	Michelle	John	F			124	00:47:36
124	165	00:47:48	Stephen	Fisher	M	50		122	00:47:26
125	458	00:47:58	Thomas	Rowlands	M			125	00:47:49
126	172	00:48:09	Shane	Wallbank	M			132	00:48:09
127	173	00:48:09	Ben	Adams	M			126	00:47:53
128	460	00:48:11	Michael	Isaac	M	40		130	00:48:06
129	261	00:48:13	Lindy	Beaton	F	40		127	00:47:58
130	10	00:48:13	Kevin	Spencer	M			129	00:48:02
131	46	00:48:22	Rhys	Shellard	M			128	00:48:02
132	203	00:48:23	Keith	Treharne	M			131	00:48:09
133	106	00:48:28	David	Rowlands	M	40		133	00:48:19
134	86	00:48:29	Amy	Edwards	F		Rhondda Valley Runners	135	00:48:24
135	45	00:48:40	Martin	Ridden	M			134	00:48:21
136	269	00:48:40	Tracy	Edwards	F		Rhondda Valley	136	00:48:28
137	84	00:48:45	Ruth	Treharne	F	40	Islwyn RC	138	00:48:39
138	258	00:48:47	Adrian	Colley	M	50		137	00:48:38
139	212	00:48:55	Nicola	Parker	F			140	00:48:47

140	200	00:48:58	Lynne	Parry	F	3M	141	00:48:51
141	113	00:48:59	Anthony	Windibank	M	40	139	00:48:41
142	116	00:49:02	Martin	Yates	M	60	142	00:48:54
143	39	00:49:13	Deborah	Hope	F	40	143	00:49:03
144	213	00:49:25	Ben	Witcomb	M	Ebbw Vale RC	146	00:49:19
145	105	00:49:30	Howard	Owen	M		144	00:49:16
<b>146</b>	<b>64</b>	<b>00:49:31</b>	<b>Emma</b>	<b>Griffiths</b>	<b>F</b>	<b>San Domenico</b>	<b>145</b>	<b>00:49:18</b>
147	72	00:49:42	Nina	Brocklebank	F	3M	147	00:49:35
148	259	00:50:10	Julie	Owen	F	40	148	00:50:04
149	56	00:50:30	Steffan	Alcott	M		150	00:50:13
150	77	00:50:31	Michael	Hinchliffe	M		149	00:50:10
151	199	00:50:37	Jayne	Nutall	F	40 Pontypridd	153	00:50:33
152	291	00:50:40	Rebecca	Jenkins	F	Epsom Allsorts	152	00:50:28
153	223	00:50:45	Gary	Davies	M	40	154	00:50:39
154	53	00:50:46	Neil	Riden	M		151	00:50:27
155	178	00:50:56	Daniel	Morgan	M	Ebbw Vale RC	155	00:50:51
156	280	00:51:07	Ian	Wallace	M	South Wales Police	156	00:50:56
157	175	00:51:15	Jason	Donovan	M		158	00:51:09
158	176	00:51:15	Nicola	Donovon	F		159	00:51:09
159	97	00:51:17	Natalee	Murphy	F		160	00:51:11
160	93	00:51:18	Gethyn	Evans	M	50	157	00:51:03
161	237	00:51:31	Joanna	Rhead	F	40 Ebbw Vale	161	00:51:25
162	240	00:51:57	Stephen	Thald	M		163	00:51:51
163	201	00:52:07	Gareth	Shellard	M		164	00:51:51
164	52	00:52:08	Simon	Riden	M		162	00:51:49
165	206	00:52:15	Rachel	Bowen	F		166	00:51:57
166	287	00:52:17	Patricia	Jones	F	Brackla Harriers	165	00:51:55
167	108	00:52:21	Karen	Chadwell	F	Womens Running Network	167	00:51:58
168	65	00:52:31	Philip	Jones	M	40 Heolddu CS	168	00:52:18
169	217	00:52:38	Christopher	Shellard	M		169	00:52:20
170	257	00:52:40	Helen	Colley	F		170	00:52:31
171	451	00:53:08	Ray	Davies	M		171	00:52:57
172	145	00:53:16	Alun	Nelson	M		172	00:53:05
173	123	00:53:30	Andy	Sutton	M		173	00:53:15
174	276	00:53:31	Gareth	Holyfield	M	Abergavenny Striders	175	00:53:18
175	74	00:53:31	Cheryl	Davies	F	40	174	00:53:18

176	144	00:53:32	Lisa	Milton	F	Avon & Somerset Police	176	00:53:20
177	142	00:53:49	Ian	Williams	M	40	177	00:53:31
178	100	00:54:01	Angela	Champion	F	Village Vipers	178	00:53:45
179	461	00:54:14	Leah	Smith	F		179	00:53:51
180	136	00:54:16	Robert	Holt	M		180	00:53:57
181	236	00:54:19	Chris	Webber	M		181	00:54:03
182	75	00:54:24	Mandy	Beer	F	40 Womens Running Network	184	00:54:17
183	94	00:54:27	Ross	Lewis	M		182	00:54:04
184	157	00:54:27	Andrew	Davies	M		183	00:54:05
185	117	00:54:40	Catherine	Llewellyn	F	Merthyr Harriers	185	00:54:23
186	253	00:54:56	Adam	Bull	M		186	00:54:53
187	111	00:55:29	Rachel	Povey	F		187	00:55:21
188	19	00:55:33	Claire	Ricketts	F		188	00:55:23
189	219	00:55:43	Sandra	Stevens	F		189	00:55:25
190	218	00:55:45	Lisa	Mathias	F		192	00:55:36
191	196	00:55:47	Claire	Staunton	F		190	00:55:35
192	459	00:55:55	Jason	Berrett	M		191	00:55:35
193	235	00:55:57	Carys	Bailey	F	Ebbw Vale	195	00:55:51
194	211	00:56:03	Laura	Hicks	F		197	00:55:55
195	126	00:56:06	Leon	Elston	M		194	00:55:51
196	128	00:56:10	Liam	O'Brien	M		196	00:55:54
197	239	00:56:11	Beth	Murphy	F		199	00:56:01
198	453	00:56:11	Jayne	Palmer	F		193	00:55:51
199	25	00:56:15	Ceri	Tomlins	F		200	00:56:04
200	48	00:56:16	Gareth	Parkman	M		198	00:55:58
201	249	00:56:16	Tony	Dally	M	40 Cwmamman Dragons	201	00:56:05
202	457	00:56:39	Debra	Jones	F		204	00:56:30
203	456	00:56:40	Nicola	Gould	F		205	00:56:30
204	102	00:56:44	Paula	James	F	Pontypridd Roadents	202	00:56:21
205	129	00:56:45	Rachel	Woolley	F	Village Vipers	203	00:56:29
206	57	00:56:47	Stephen	Robbins	M		206	00:56:31
207	107	00:57:11	Cath	Morgan	F	50 Womens Running Network	207	00:56:49
208	51	00:57:17	Paul	Parkman	M		208	00:56:57
209	193	00:57:24	Greg	Mullett	M		210	00:57:13
210	92	00:57:34	Graham	Singer	M		211	00:57:18
211	292	00:57:35	Nigel	Williams	M	40	209	00:57:09

212	35	00:57:42	Maria	Berrett	F	50		212	00:57:22
213	171	00:57:44	Michael	Howell	M	40		213	00:57:23
214	230	00:57:51	Ashley	Lynch	M			214	00:57:29
215	143	00:58:02	Marilyn	Evans	F	50		216	00:57:52
216	164	00:58:09	Carolyn	Thomas	F	40		215	00:57:51
217	11	00:58:15	Sarah	Dawes-Clark	F			217	00:57:56
218	101	00:58:29	Claire	Chipperfield	F			218	00:58:05
219	131	00:58:37	Matthew	Labanciw	M			219	00:58:17
220	138	00:58:49	Alan	Bladen	M	60	Les Croupiers	220	00:58:30
221	20	00:59:17	Claire	Jones	F			221	00:59:06
222	251	00:59:23	Simon	Hudd	M	40		223	00:59:08
223	91	00:59:25	Clive	Evans	M	60		222	00:59:07
224	273	00:59:37	Susie	Cooney	F		Shropshire Shufflers	224	00:59:22
225	274	00:59:37	Louise	Davidson	F		Village Vipers	225	00:59:22
226	49	00:59:47	Stephen	Jones	M			226	00:59:27
227	151	00:59:59	Nigel	Fenlon	M	50		227	00:59:43
228	42	01:00:00	Carly	Sutton	F			230	00:59:51
229	82	01:00:02	Kelly	Hull	F			228	00:59:49
230	83	01:00:03	Greg	Turley	M			229	00:59:49
231	168	01:00:17	Geraldine	Hayward	F	50		232	00:59:55
232	169	01:00:18	David	Lewis	M	40	Celtic Tri	231	00:59:55
233	9	01:00:32	Jackie	Spencer	F	40		233	01:00:22
234	54	01:00:53	Nicholos	Rutherford	M	40		235	01:00:46
235	154	01:00:58	Steve	Morgan	M	50		234	01:00:42
236	186	01:01:12	Phill	Gibbon	M	50		236	01:00:55
237	14	01:01:27	Diane	Williams	F			237	01:01:15
238	147	01:02:00	Patricia	Davidson	F	50	Brackla Harriers	238	01:01:38
239	130	01:02:01	Leah	Davies	F			239	01:01:42
240	43	01:02:08	Alistair	Pitt	M	40		240	01:01:45
241	68	01:02:13	Ian	Fowler	M			241	01:02:06
242	13	01:02:24	Elaine	Hiscox	F			242	01:02:13
243	62	01:02:41	Rhys	Smith	M			244	01:02:30
244	295	01:02:44	Jeff	Cooper	M	60	Aberdare	243	01:02:27
245	7	01:02:49	Diane	Palmer	F			245	01:02:32
246	190	01:03:44	Fay	Aubrey	F	40		246	01:03:25
247	226	01:04:06	Shirley	Rose	F		Brackla Harriers	247	01:03:45

248	160	01:04:22	David	Kempton	M	50		248	01:04:08
249	139	01:04:52	Anita	Howells	F			249	01:04:43
250	177	01:05:26	Charlotte	White	F			250	01:05:16
251	271	01:05:35	John	Spencer	M	40		252	01:05:23
252	133	01:05:35	Kay	Spencer	F	40		251	01:05:23
253	109	01:05:51	Fran	Goodman	F			253	01:05:30
254	229	01:06:00	Luisa	Lynch	F			254	01:05:38
255	122	01:06:01	Ruth	Martin	F	50	Cheltenham Almost Athletes	257	01:05:39
256	285	01:06:02	Gareth	Davies	M	40		255	01:05:38
257	284	01:06:03	Gill	Davies	F			256	01:05:39
258	241	01:06:08	Lee-John	Baker	M			258	01:05:46
259	197	01:06:10	Sian	Ackland	F	40	Brackla Harriers	259	01:05:49
260	277	01:06:36	Rhys	Thomas	M			260	01:06:12
261	110	01:06:57	Stephen	Duggan	M	50		261	01:06:36
262	41	01:07:04	Kate	Jones	F			262	01:06:54
263	67	01:07:39	Philomena	Rowles	F			263	01:07:31
264	8	01:07:42	Graham	Cater	M			264	01:07:35
265	85	01:07:43	Darren	Sparkes	M			265	01:07:35
266	149	01:08:01	Sharon	Smith	F			266	01:07:40
267	16	01:08:12	Amanda	Evans	F	40		267	01:07:51
268	17	01:08:12	Rhys	Evans	M			268	01:07:51
269	3	01:09:24	David	Hirst	M			269	01:09:13
270	2	01:09:24	Helen	Williams	F		Aberdare Valley	270	01:09:14
271	184	01:10:46	Helen	Edwards	F			271	01:10:22
272	181	01:10:47	Hayley	Williams	F	40		272	01:10:22
273	47	01:25:37	Darren	Moseley	M			273	01:25:18
274	29	01:25:38	Christopher	Hawkins	M			274	01:25:20
275	294	01:25:57	Runner		F		294	276	01:25:30
276	182	01:25:57	Annette	Taylor	F	40		275	01:25:30