

Elan Valley 10 Mile Road

22.11.08

Finishing Order Results.

Class No.	Position.	No.	Name.	Class.	Town.	Club.	Race Time.
1	1	204	Jamie Loxam	Male Senior		Stockport Harriers	0:57:08
2	2	197	Paul Richards	Male 40		Neath Harriers	0:58:19
2	3	132	Nick Frost	Male 40		Pontypridd Roadents	0:58:35
2	4	151	Philip Kendrick	Male 40		Rhayader AC	0:59:35
1	5	164	Stacey Morgan	Male Senior		Croft Ambrey	1:00:39
1	6	189	James Thomas	Male Senior		UWA Harriers	1:01:58
3	7	205	Edward Davies	Male 50		Maldwyn Harriers	1:03:48
1	8	174	Andy Taylor	Male Senior		Hereford Triathlon C	1:04:43
2	9	218	Cameron Jefford	Male 40			1:04:49
6	10	184	Phoebe Webster	Female Senior		UWA Harriers	1:06:54
2	11	185	Dave Powell	Male 40		Aberystwyth AC	1:07:44
3	12	212	Clifford Evans	Male 50		Aberystwyth Universi	1:09:20
1	13	182	Michael Halsall	Male Senior		Llanelli AAC	1:09:27
8	14	145	Lynn Green	Female 45		Ingli Runners	1:09:51
1	15	147	Chris Bedford	Male Senior			1:11:04
1	16	154	Robert Lewis	Male Senior			1:11:24
1	17	124	Adrian Norsworthy	Male Senior			1:11:55
2	18	213	Andrew Brasington	Male 40		Breon AC	1:11:59
3	19	202	Kenneth Sears	Male 50		Almost Athletes	1:12:20
2	20	200	James Murphy	Male 40			1:12:32
3	21	192	John Parry	Male 50		Builth and District	1:13:00
7	22	130	Julie Davies	Female 35		Griffithstown	1:13:07
2	23	207	David Michael	Male 40			1:13:29
1	24	209	Steven Davies	Male Senior			1:13:37
1	25	190	David Jones	Male Senior		Builth and District	1:13:48
3	26	221	Rod Taylor	Male 50		Droitwich AC	1:15:37

3	27	162 Mike Smith	Male 50	Chepstow Harriers	1:15:54
0	28	224 Talgarth Man	Male Senior		1:16:14
2	29	215 Steve Davies	Male 40	Port Talbot Harriers	1:16:18
3	30	177 Peter Welbirg	Male 50	Griffithstown Harrie	1:16:27
1	31	193 Dave Hurst	Male Senior	Ludlow Runners	1:16:36
1	32	165 Gavin Ellis	Male Senior		1:16:39
3	33	181 Cliff Thomas	Male 50	Aberystwyth AC	1:16:56
1	34	196 Justin Showell	Male Senior	Purple Patch Runners	1:17:02
3	35	136 Mike Green	Male 50		1:17:08
3	36	141 Andy Barnes	Male 50	Road Runners Club	1:17:28
8	37	150 Dawn Kenwright	Female 45	Sarn Helen	1:17:31
8	38	120 Anita Worthing	Female 45	Aberystwyth AC	1:17:59
7	39	187 Celia Speake	Female 35	Builth and District	1:18:22
1	40	170 Mark Wakeley	Male Senior		1:18:35
1	41	169 Christopher Somerfield	Male Senior	Aldridge Running Clu	1:18:43
3	42	163 Andy Meek Welsh	Male 50	Chepstow Harriers	1:19:29
2	43	134 Stephen Ludlow	Male 40	Evesham Vale Runners	1:19:53
1	44	206 Matthew Davies	Male Senior		1:20:15
3	45	128 Neil Hendry	Male 50	Penarth and Dinas Ru	1:20:25
6	46	188 Emma Matthews	Female Senior	Builth and District	1:20:55
2	47	194 Jeremy Bolwell	Male 40	Ludlow Runners	1:21:57
6	48	172 Helen Beechem	Female Senior	Aldridge	1:22:05
2	49	149 Steve Smith	Male 40		1:22:44
7	50	140 Sarah Swaysland	Female 35	Road Runners Club	1:22:57
7	51	114 Diane Wynne	Female 35		1:23:07
6	52	195 Janice Vilexdar	Female Senior	Stragglers	1:23:16
2	53	161 Colin Prosser	Male 40	Chepstow Harriers	1:23:30
8	54	199 Jackie Huybs	Female 45	Parc Bryn Bach	1:24:07
2	55	148 Simon Clifford	Male 40	Black Pear Joggers	1:24:33
2	56	219 Alun Nash	Male 40		1:25:18
2	57	220 Robert Nash	Male 40		1:25:24
8	58	180 Alison Nicholls	Female 45	Brecon	1:26:24
4	59	175 Dave Andrews	Male 60	Chepstow Harriers	1:26:34
2	60	216 Paul Gillard	Male 40		1:27:24
5	61	176 Syd Wheeler	Male 70	Chepstow Harriers	1:27:37
8	62	144 Kathleen Bradbury	Female 45	Amman Valley Harrier	1:27:57

1	63	183 Tim Noller	Male Senior		1:28:33
2	64	133 Mark Smith	Male 40		1:28:49
2	65	203 Chris Carmichael	Male 40		1:29:20
3	66	159 Andy Rees	Male 50		1:29:56
8	67	146 Jennie Conti	Female 45	Builth and District	1:30:09
2	68	178 David Mann	Male 40	Builth and District	1:30:15
4	69	160 Bill Bewg	Male 60	Chepstow Harriers	1:30:19
3	70	126 Robert Harding	Male 50	Telford Harriers	1:30:24
7	71	153 Annette Davies	Female 35	Builth and District	1:31:07
9	72	155 Glenda Roberts	Female 55	Aberystwyth	1:31:41
2	73	171 Richard Thomas	Male 40		1:32:42
8	74	158 Pauline Rees	Female 45		1:32:49
4	75	138 Mike King	Male 60	Nailsea Running Club	1:33:11
3	76	142 Barry James	Male 50		1:33:30
1	77	179 Ryan Clift	Male Senior		1:33:37
2	78	143 James Bradbury	Male 40		1:34:50
4	79	121 Roger Sandland	Male 60	Telford AC	1:35:02
7	80	157 Sandra Williams	Female 35	Meirionydd	1:35:09
1	81	208 Ian Hodgkiss	Male Senior		1:35:34
4	82	129 Colin Gill	Male 60	Team Coco	1:36:07
2	83	168 Dave Roberts	Male 40		1:36:22
7	84	191 Carron Lane	Female 35	Winston Runners	1:37:46
8	85	222 Margaret Hodges	Female 45		1:38:40
6	86	152 Yvonne Powell	Female Senior		1:38:44
8	87	201 Melanie Graham	Female 45		1:39:00
6	88	118 Catherine Jones	Female Senior		1:39:43
8	89	119 Patricia Jones	Female 45	Wallasey AC	1:39:45
8	90	210 Jill Hillman	Female 45	Maldwyn Harriers	1:40:31
6	91	156 Charmian Bannister	Female Senior		1:40:58
2	92	186 David Dew	Male 40		1:41:22
7	93	173 Katherine Drabble	Female 35	Hereford Triathlon C	1:41:57
4	94	117 David Phillips	Male 60	Pembrokeshire Harrie	1:43:11
3	95	211 Paul Hillman	Male 50	Maldwyn Harriers	1:43:31
8	96	139 Anna Helsing	Female 45	Penarth and Dinas	1:43:39
7	97	127 Joanna Hendry	Female 35	Penarth and Dinas Ru	1:43:41
1	98	131 Ross Weston	Male Senior	Wrekin Road Runners	1:43:46

8	99	166 Anne Largie	Female 45		1:46:21
8	100	214 Ann Williams	Female 45		1:46:35
4	101	198 John Butler	Male 60	Stratford upon Avon	1:49:33
0	102	223 Liz Hamer Davies	Female 35		1:56:45
3	103	167 Earle Largie	Male 50		2:20:31
10	104	217 Kathy Ling	Female 65	Wrekin RR	2:20:52