

## Rhossili 10k 2010

Pos	Bib	Fullname	Class	Club	GenCat	TopTm	Split2Tm	TotalTm
1	272	Lee Rankin	sen	DB Max Tri	Msen	15:54.911	26:02.670	41:57.581
2	278	Hugh Mackenzie	sen	IcBc	Msen	15:28.920	27:07.314	42:36.234
3	279	Jez Cox	sen	Bike and run London	Msen	16:04.471	26:37.062	42:41.533
4	277	Alan Davies	vet		Mvet	17:00.671	28:10.159	45:10.830
5	281	Chris Parker	vet	Swansea Harriers	Mvet	17:13.784	28:06.512	45:20.296
6	273	Lee Morris	sen		Msen	17:50.017	29:58.076	47:48.093
7	283	Chris Allton	vet	Swansea Harriers	Mvet	19:05.102	29:28.141	48:33.243
8	204	Russell Bailey	sen		Msen	18:58.862	29:44.761	48:43.623
9	208	Adam Bruce-Smith	sen		Msen	19:09.016	30:42.844	49:51.860
10	284	Carl Pyne	sen		Msen	20:10.450	31:26.450	51:36.900
11	209	Rhys Cahill	sen		Msen	22:02.033	31:52.050	53:54.083
12	239	Owen Lewis	sen		Msen	21:44.552	32:19.231	54:03.783
13	243	Andrew Murphy	sen		Msen	21:03.919	33:03.444	54:07.363
14	212	Andrew Davies	sen		Msen	21:37.884	32:31.659	54:09.543
15	259	Ian Speed	vet		Mvet	20:41.248	33:46.325	54:27.573
16	214	Anthony Douglas	sen		Msen	21:31.130	33:00.156	54:31.286
17	242	David Moore	Cat?		MCat?	21:21.382	34:11.848	55:33.230

18	216	Ross Evans	sen		Msen	22:27.405	33:36.147	56:03.552
19	275	Graham Vyner	vet	Celtic Tri	Mvet	22:33.427	33:30.280	56:03.707
20	260	Peter Spriggs	sen		Msen	21:22.800	35:31.949	56:54.749
21	231	James Herman	sen		Msen	23:08.968	34:21.369	57:30.337
22	235	Steve Jones	vet	Swansea Harriers	Mvet	22:16.545	35:37.279	57:53.824
23	236	William Laird	sen		Msen	22:21.700	35:50.888	58:12.588
24	274	Ray Davies	supvet		Msupvet	23:27.641	34:54.503	58:22.144
25	265	Steve Wardle	sen		Msen	23:24.636	35:35.733	59:00.369
26	280	Bob Gardiner	supvet	Team Wecci	Msupvet	23:43.934	35:32.566	59:16.500
27	247	Darren Payne	sen		Msen	24:04.110	35:19.323	59:23.433
28	270	Christopher Williams	sen		Msen	23:38.767	37:36.898	01:01:15.665
29	241	David Mitchell	vet	SBOC	Mvet	23:52.215	37:26.648	01:01:18.863
30	245	Jeff North	vet		Mvet	24:10.715	37:16.537	01:01:27.252
31	205	Rachel Bennett	sen	Hogweed Trotters	Fsen	25:06.049	36:26.061	01:01:32.110
32	220	Lea Fogaras	sen		Fsen	24:16.407	37:40.928	01:01:57.335
33	219	Andre Ferreira	vet		Mvet	24:43.066	37:16.132	01:01:59.198
34	238	Damo Lawlor	sen		Msen	26:09.070	36:04.395	01:02:13.465
35	217	David Evans	sen		Msen	24:37.620	37:41.782	01:02:19.402
36	227	Debbie Hatherell	sen		Fsen	24:18.814	38:00.708	01:02:19.522

37	246	Louise Oram	vet		Fvet	25:32.675	37:03.484	01:02:36.159
38	229	Ruth Henderson	vet		Fvet	25:46.694	37:50.243	01:03:36.937
39	244	Nicholas North	vet		Mvet	24:45.666	39:17.847	01:04:03.513
40	203	Darren Attew	vet		Mvet	24:28.064	39:44.069	01:04:12.133
41	210	Peter Covington jones	vet	Forest of Dean AC	Mvet	25:07.154	39:10.026	01:04:17.180
42	269	Rob Williams	sen		Msen	24:57.585	39:21.331	01:04:18.916
43	226	Owain Hanmer	sen		Msen	24:31.113	40:59.319	01:05:30.432
44	230	Sarah Henderson	vet		Fvet	25:46.727	40:05.347	01:05:52.074
45	276	Nigel Jones	supvet	Brecon	Msupvet	25:51.680	40:46.608	01:06:38.288
46	251	Christian Rees	sen		Msen	27:14.924	39:28.599	01:06:43.523
47	256	Allan Smith	vet	Gorseinon RRC	Mvet	26:50.888	40:00.831	01:06:51.719
48	213	Matthew Davies	sen		Msen	26:44.076	40:44.067	01:07:28.143
49	207	Andy Brown	vet		Mvet	25:44.786	42:09.820	01:07:54.606
50	261	Alison Tay	sen	Swansea Harriers	Fsen	25:53.979	42:00.817	01:07:54.796
51	282	Richard Donne	vet	3Ms Road Runners	Mvet	27:17.554	41:18.916	01:08:36.470
52	263	Eliane Travers	sen		Fsen	28:37.893	40:07.151	01:08:45.044
53	223	Luke Gregory	sen		Msen	27:28.262	43:25.815	01:10:54.077
54	266	Sarah Whitby	sen		Fsen	28:41.165	42:53.782	01:11:34.947
55	262	Megan Thornton	sen		Fsen	28:36.310	43:00.660	01:11:36.970

56	218	Bryan Evans	vet	Mvet	28:37.179	43:03.229	01:11:40.408
57	253	Jamie Sayce	sen	Msen	26:47.501	45:10.038	01:11:57.539
58	254	Daniel Simons	sen	Msen	27:33.787	45:50.969	01:13:24.756
59	258	Ruth Southby	sen	Fsen	29:34.592	45:35.782	01:15:10.374
60	224	Robert Haines	sen	Msen	29:26.059	45:50.732	01:15:16.791
61	237	Ceris Lawlor	sen	Fsen	29:07.892	46:49.950	01:15:57.842
62	202	Sian Atkinson	sen	Fsen	29:51.864	46:45.826	01:16:37.690
63	232	Gareth Holloway	sen	Msen	29:20.294	51:03.105	01:20:23.399
64	250	Alex Prigmore	sen	Msen	32:33.548	48:56.270	01:21:29.818
65	248	Andy Philpin	vet	Mvet	32:25.800	52:41.443	01:25:07.243
66	201	Irfan Afzal	sen	Msen	32:52.533	56:55.451	01:29:47.984
67	233	Emma Jones	sen	Fsen	33:48.984	59:48.160	01:33:37.144