

2009 Brecon 10M

1 Barry Reynolds	M	U/A	00:55:34
2 Austin Davies	M40	Brecon AC	00:56:34
3 Stuart Crees	M31	Les Croupiers	00:57:13
4 Glyn Price	M40	Sarn Helen	00:58:44
5 Jason Scanlon	M	Pontypridd Roadents	00:59:34
6 Paul Talbot	M40	Neath Harriers	00:59:43
7 Martin Shaw	M	Brecon AC	01:00:18
8 Matthew Gurmin	M	Swansea Harriers	01:00:32
9 Philip Kendrick	M45	Brecon AC	01:00:50
10 Andrew Baker	M40	Pontypridd Roadents	01:01:24
11 John Sanders	M40	Telford AC	01:02:29
12 Richard Mulvany	M	Arinedon Amblers	01:02:31
13 Robin Smoult	M	Lliswerry Runners	01:02:36
14 David Coles	M45	Les Croupiers	01:02:41
15 Mark Harvey	M	Chepstow Harriers	01:02:52
16 Hayden Hartnell	M45	Islwyn RC	01:03:20
17 Matt Leathard	M	Chepstow Harriers	01:03:43
18 Edward Ball	M40	Rhondda Valley Runners	01:03:55
19 Martin Webborn	M45	Swansea Harriers	01:04:13
20 Charles Walsh	M	Port Talbot Harriers	01:04:21
21 Carl Gilmour	M40	Hay Hot Footers	01:04:49
22 David Noel Davies	M50	Brecon AC	01:05:02
23 Alun Evans	M40	U/A	01:05:07
24 Stuart McIlroy	M35	Les Croupiers	01:05:08
25 Paul Harris	M40	Lliswerry Runners	01:05:22
26 David Munro	M	U/A	01:05:28
27 Clare Phillips	F40	Port Talbot Harriers	01:05:34
28 Gerard Crispie	M45	Les Croupiers	01:05:43
29 Steven Harris	M	Chepstow Harriers	01:05:48
30 Andrew Palmer	M40	Penarth Dinas Runners	01:05:52
31 Colin Davies	M45	Brecon AC	01:06:15
32 Keith Powell	M55	Cornelly Striders	01:06:44
33 Alex Williams	M40	Port Talbot Harriers	01:06:59
34 David Proud	M40	Les Croupiers	01:07:08
35 Richie Bristow	M40	San Domenico	01:07:17
36 Liegh James	F	Wsch AC	01:07:29
37 Marianne Gittoes	F	Chepstow Harriers	01:07:36
38 Laurie Carter	M50	U/A	01:07:40
39 Glyn Williams	M	Presteigne Pacers	01:08:05
40 Glyn Sansom	M45	San Domenico	01:08:11
41 Rob Lewis	M	U/A	01:08:19
42 Peter Thomas	M45	Caerleon RC	01:08:30
43 Martin Davies	M45	Lliswerry Runners	01:08:35
44 Leigh Hiscox	M	PONTY	01:08:39
45 Darren Stevens	M	U/A	01:08:42
46 Andy Davies	M45	Pontypridd Roadents	01:08:50
47 Kevin Taylor	M45	Amman Valley	01:08:54

48 Jason Evans	M	U/A	01:09:10
49 Denise Sanders	F40	Telford AC	01:09:18
50 Phil Bristow	M45	San Domenico	01:09:22
51 Chris Lewis	M	U/A	01:09:24
52 Dawn Kenwright	F50	Sarn Helen	01:09:28
53 Mark Tregilgas	M	U/A	01:09:31
54 Peter Cockett	M	U/A	01:09:31
55 Niki Puleio	F	U/A	01:09:34
56 Rhodri Evans	M	Pontypridd Roadents	01:09:35
57 Julie Davies	F35	Griffiths Town	01:09:38
58 Mark Terry	M50	TROTS	01:09:58
59 Howard Mason	M40	Caerleon RC	01:10:21
60 Huw Morgans	M	U/A	01:10:26
61 Simon Partridge	M55	Neath Harriers	01:10:29
62 Christopher Nellins	M65	Penarth Dinas Runners	01:10:31
63 Jeremy Alford	M40	Penarth Dinas Runners	01:10:45
64 Lyn Richards	M45	U/A	01:10:59
65 Nick Bayliss	M	U/A	01:11:02
66 Andrew Spencer	M45	Fairwater Runners	01:11:06
67 Ian Jones	M45	U/A	01:11:10
68 Graham Colvin	M45	3M Gorseinon RR	01:11:24
69 Gareth Griffiths	M40	U/A	01:11:35
70 Steve Owen	M50	Les Croupiers	01:11:42
71 Martin Buck	M45	Brecon AC	01:12:06
72 David Garlick	M55	Brecon AC	01:12:07
73 Oliver Greenslade	M	Serpentine	01:12:51
74 James Delaney	M50	San Domenico	01:13:21
75 Alex Lewis	M	U/A	01:13:26
76 Mat Dorn	M	U/A	01:13:28
77 Rob Hector	M	U/A	01:13:32
78 Dominic Shields	M40	San Domenico	01:13:38
79 Clem Clement	M50	Penarth Dinas Runners	01:13:45
80 Trevor Billinge	M	U/A	01:13:45
81 Lee Jones	M	Team Kennet	01:13:47
82 Lloyd Morgan	M	San Domenico	01:13:52
83 Kate Jones	F	Pontypridd Roadents	01:14:02
84 Unknown Number	M	U/A	01:14:03
85 Unknown Number	M	U/A	01:14:04
86 Unknown Number	M	U/A	01:14:04
87 Mike Green	M50	Vegan Runners UK	01:14:11
88 David Smout	M60	Parc Bryn Bach	01:14:17
89 Andy Creber	M50	Chepstow Harriers	01:14:24
90 Michael Keddle	M	U/A	01:14:28
91 Elspeth Jenkins	F40	Brakla Harriers	01:14:31
92 Tim Price	M	Village Vipers	01:14:39
93 Cliff Thomas	M60	Aberystwyth AC	01:14:43
94 Mike Alley	M	U/A	01:14:45
95 Paul Dursley	M55	Lliswerry Runners	01:14:47
96 Mike Jones	M45	U/A	01:14:57

97	Graham Vyner	M40	3M Gorseinon RR	01:15:07
98	Bill Savage	M55	Chepstow Harriers	01:15:10
99	Frankie Vaughan	M50	Meirionydd RC	01:15:10
100	Niki Morgan	F40	Chepstow Harriers	01:15:11
101	Mandy Evans	F45	Presteigne Pacers	01:15:12
102	Bev Davies	F	U/A	01:15:13
103	Clive Denton	M40	Rhondda Valley Runners	01:15:18
104	Cyril Walters	M60	TROTS	01:15:42
105	Chris Davies	M50	Lliswerry Runners	01:15:51
106	Terry Fenton	M50	Great Western Runners	01:16:17
107	Andrea Williams	F35	RR	01:16:27
108	Kevin O'Donnell	M40	U/A	01:16:30
109	Ian Ashton	M	U/A	01:16:33
110	Nick Williams	M45	Les Croupiers	01:16:37
111	Philip Jones	M50	Presteigne Pacers	01:16:44
112	Barri Edwards	M40	U/A	01:16:46
113	Gerry O'Beirne	M50	Les Croupiers	01:16:50
114	Marcus Eyre	M50	3M Gorseinon RR	01:16:54
115	David Moore	M	U/A	01:17:11
116	Eryl-Lois Davies	F	Team Wecuri	01:17:18
117	Stuart Jones	M	Penarth Dinas Runners	01:17:33
118	Pete Tracey	M	U/A	01:17:42
119	Lou Summers	M40	Chepstow Harriers	01:17:46
120	Anthony Hollins	M50	Port Talbot Harriers	01:17:46
121	Dylan Roberts	M40	U/A	01:17:47
122	Lily Dyll	F35	Hay Hot Footers	01:17:48
123	Andrea Vaughan	F35	Meirionydd RC	01:18:07
124	John Williams	M50	U/A	01:18:07
125	Kevin McEntee	M50	Chepstow Harriers	01:18:11
126	Phil Evans	M45	U/A	01:18:28
127	Amy Edwards	F	Rhondda Valley Runners	01:18:36
128	Paul Evans	M	Brecon AC	01:18:36
129	Gareth Jehu	M40	Aberdare Valley AAC	01:18:40
130	Guy Watkins	M	U/A	01:18:42
131	Julie Scholey	F50	Les Croupiers	01:18:45
132	Peta Daniels	F40	Lliswerry Runners	01:18:53
133	Allen Bunngy	M40	Aberdare Valley AAC	01:18:53
134	Alun Jenkins	M45	Rhayader RC	01:19:10
135	Jonathan Lee	M40	Caerleon RC	01:19:23
136	Michael Thomas	M45	U/A	01:19:32
137	Emily Kendrick	F	Brecon AC	01:19:35
138	David Thomas	M45	Sarn Helen	01:20:07
139	Paul Rowe	M45	U/A	01:20:09
140	Radoslaw Bohm	M	Victoria Wrzesnia	01:20:11
141	Bob Gardiner	M45	Team Wecuri	01:20:16
142	Sue Ashton	F55	Chepstow Harriers	01:20:45
143	Piers Morgan-Harvey	M	Mumbles Milers	01:20:47
144	Robert Phillips	M45	Pontypridd Roadents	01:20:58

145 Ashley Williams	M	Hay Hotfooters	01:21:06
146 Dennis Collins	M40	Rhondda Valley Runners	01:21:11
147 Emily Januszewski	F35	U/A	01:21:22
148 Alun Nash	M45	U/A	01:21:30
149 Robert Nash	M50	U/A	01:21:33
150 Bryn Burgess	M50	Lliswerry Runners	01:21:42
151 Richard Bowie	M45	Fairwater Runners	01:21:51
152 Jo Lord	F45	Hay Hot Footers	01:21:55
153 Rich Barnes	M50	RR	01:22:00
154 Howard Attwood	M55	Lliswerry Runners	01:22:13
155 Carole Jones	F55	Brecon AC	01:22:25
156 Gill Aldworth	F35	U/A	01:22:26
157 Emma Frost	F40	Hay Hot Footers	01:22:27
158 David Lovell	M	U/A	01:22:41
159 Rob Fearnley	M	U/A	01:23:08
160 Simon Dye	M	U/A	01:23:09
161 Michael Took	M	U/A	01:23:10
162 Rob Williams	M50	Brecon AC	01:23:11
163 Sarah Rees	F45	Builth & District	01:23:27
164 Geoff Bayliss	M60	Chepstow Harriers	01:23:31
165 Neil Coleman	M40	U/A	01:23:38
166 Jayson Holloway	M	U/A	01:23:39
167 Nicola Price	F	Caerleon RC	01:23:49
168 Paul Jones	M	Mumbles Milers	01:24:12
169 Charles Orr-Elin	M55	U/A	01:24:15
170 Jamie Mahoney	M	U/A	01:24:26
171 Tracy Edwards	F40	Rhondda Valley Runners	01:24:31
172 Darren Williams	M	Port Talbot Harriers	01:24:36
173 Helen Thomas	F45	Caerleon RC	01:24:59
174 Gary Davies	M45	U/A	01:25:29
175 Andrew Williams	M55	Billy's RC	01:25:36
176 Brenda Avery	F55	Chepstow Harriers	01:25:50
177 Andrew Cunningham	M	U/A	01:26:01
178 Suzanne Kendrick	F45	Rhayader RC	01:26:04
179 Jeanette Jenkins	F45	Fairwater Runners	01:26:19
180 Lynne Parry	F	3M Gorseinon RR	01:26:25
181 Jane Ash	F35	Les Croupiers	01:26:26
182 Richard Sharpe	M40	Thorney RC	01:26:54
183 Lee Phelps	M	Forest Of Dean	01:27:02
184 Dick Finch	M60	Chepstow Harriers	01:27:12
185 Julie Roche	F40	Fairwater Runners	01:27:12
186 Ray James	M45	Port Talbot Harriers	01:27:17
187 Carl Seaman	M	Rhondda Valley Runners	01:27:24
188 Barrie Jackson	M65	Bro Dysynni AC	01:27:40
189 Claire Carro	F40	U/A	01:27:46
190 Dave Andrews	M60	Chepstow Harriers	01:27:56
191 James Llewellyn	M	U/A	01:28:39
192 Andy Bray	M50	Chepstow Harriers	01:29:01
193 Sian Jones	F35	U/A	01:29:21

194 Bill Bewg	M65	Chepstow Harriers	01:29:26
195 Sian Williams	F50	Brecon AC	01:30:02
196 Steve Hill	M45	Penarth Dinas Runners	01:30:16
197 Alwyn Edwards	M45	Billy's RC	01:30:30
198 Emma Ridgill	F	Penarth Dinas Runners	01:30:47
199 Emily Luke	F	Penarth Dinas Runners	01:31:01
200 Nina Brocklebank	F35	3M Gorseinon RR	01:31:06
201 Debra Jones	F	U/A	01:31:10
202 Mark Howels	M	U/A	01:31:11
203 David Edwards	M50	U/A	01:31:14
204 Neil Lewis	M50	Mumbles Milers	01:31:15
205 James Hobbs	M40	U/A	01:31:19
206 Tina Lavelle	F50	U/A	01:31:32
207 Karen Payne	F35	Caerleon RC	01:32:12
208 Mike Barham	M65	Billy's RC	01:32:20
209 Janice Clement	F50	Penarth Dinas Runners	01:32:26
210 Eleri Connor	F	Penarth Dinas Runners	01:32:26
211 N Williams	F40	Chepstow Harriers	01:33:51
212 David Phillips	M65	Pembs Harriers	01:34:59
213 Rob Brown	M60	Chepstow Harriers	01:35:21
214 Brett Regulski	M45	Chepstow Harriers	01:35:36
215 Annette Davies	F40	Builth & District	01:36:03
216 Nicholas Maxwell	M	U/A	01:36:48
217 Catherine Llewellyn	F45	U/A	01:36:56
218 E Newman	M60	Coffin Dodgers	01:37:09
219 Sam Dorn	F35	U/A	01:37:11
220 Louise Nicholls	F	U/A	01:37:29
221 Nigel Jones	M50	Lanelli Strollers	01:37:33
222 Hannah Elizabeth	F23	Les Croupiers	01:37:35
223 Andy Shallcross	M45	U/A	01:37:54
224 Paula James	F35	Pontypridd Roadents	01:37:55
225 Rachel Jones	F35	Hay Hot Footers	01:37:56
226 Mandy Bees	F45	Womens Running	01:38:15
227 Angela Price	F35	Hay Hotfooters	01:38:35
228 Finola Ilson	F40	Womens Running	01:38:41
229 Frank Williams	M55	Les Croupiers	01:38:46
230 David Williams	M35	Les Croupiers	01:38:46
231 Gwyneth Howells	F55	Caerleon RC	01:39:04
232 Leona Shanley	F35	Rhondda Valley Runners	01:39:56
233 Peter Shanley	M40	U/A	01:39:56
234 Mike Green	M50	U/A	01:40:35
235 Dominic Maxwell	M55	U/A	01:40:42
236 Graham Singer	M50	U/A	01:40:54
237 Gareth Jenkins	M40	Chepstow Harriers	01:41:59
238 Sarah Tudor	F35	Penarth Dinas Runners	01:42:10
239 Claire Milner	F55	Hay Hot Footers	01:42:51

240 Marie Reynolds	F	U/A	01:45:05
241 Carl Buck	M45	U/A	01:46:40
242 Already Finished	M	U/A	01:47:08
243 Patrick Smith	M50	Spirit Of Monmouth	01:48:01
244 Carol Woodford	F45	Lliswerry Runners	01:48:48
245 Marianne Burrige	F50	Fairwater Runners	01:50:51
246 Peggy Smith	F50	Spirit Of Monmouth	01:51:16
247 Ros Burgess	F40	Lliswerry Runners	01:52:30
248 Gill Ellis	F45	Chepstow Harriers	01:54:54
249 Frances Green	F45	Spirit Of Monmouth	01:56:44
250 Sally Sims	F55	U/A	02:27:21
251 Norma Higginson	F55	U/A	02:27:21