

Elan Valley 10 mile race 9th November 2019

Pos	No.		Forename	Club	Age group	Gender	Local	time
1	357	Land	Edward	Aberystwyth AC	M40	M	0	0:59:56
2	413	Walker	Christopher	Wells City Harriers	M40	M	0	1:01:22
3	376	Dukes	Nicholas	Les Croupiers RC	M40	M	0	1:04:56
4	483	Thomas	David	0	MS	M	0	1:05:22
5	472	Whitehead	Mark	Aberystwyth AC	M40	M	0	1:05:26
6	450	Holland	Gethin	Aberystwyth AC	MS	M	0	1:05:32
7	373	Morgan	Michael	Les Croupiers RC	MS	M	0	1:05:39
8	441	Phillips	Ben	Port Talbot Harriers	MS	M	0	1:05:49
9	356	Williams	Paul	Aberystwyth AC	M50	M	0	1:07:37
10	479	Price	Lee	Builth & District	M40	M	0	1:08:12
11	393	Taylor	Adrian	Presteigne Pacers	M50	M	0	1:08:31
12	422	Jones	Garry	Maldwyn Harriers	M40	M	0	1:09:10
13	365	Roberts	Shane	Fairwater RC	M40	M	0	1:09:28
14	403	Lawrence	Ryan	Hereford Couriers	MS	M	0	1:09:42
15	377	George	Marc	0	MS	M	0	1:10:23
16	361	Boorman	Phil	Lliswerry Runners	M50	M	0	1:10:27
17	336	Davies	Robert	Lliswerry Runners	M40	M	0	1:10:56
18	462	Sims	Gareth	0	MS	M	0	1:11:41
19	395	Lee	Laurie	0	M60	M	0	1:11:55
20	443	Davies	Richard	Les Croupiers RC	M50	M	0	1:12:33
21	335	Evans	Robert	Pontypridd Roadents	M50	M	0	1:13:03
22	375	Harrison	Michael	0	MS	M	0	1:13:42
23	343	Jones	Dewi	0	MS	M	0	1:13:48
24	293	Nicholson	Lee	Builth & District	MS	M	0	1:13:52
25	434	Saunders	Rob	Builth & District	M40	M	0	1:13:56
26	309	Pritchard	Jason	Caerleon RC	M40	M	0	1:14:38
27	421	Warrick	Mike	Rhayader RC	M60	M	0	1:14:56
28	414	Thomas	Joshua	Builth & District	MS	M	0	1:15:18
29	381	Stradling	Eloise	Farnham Runners	FS	F	0	1:15:25
30	379	Evans	Jenny	Maldwyn Harriers	F35	F	0	1:15:37
31	445	Broome	Tim	0	MS	M	0	1:15:48
32	452	Parker	Ryan	Builth & District	MS	M	0	1:16:02
33	473	Scullon	Paul	Aberystwyth AC	M50	M	0	1:16:06
34	345	Potter	Christopher	Lliswerry Runners	M50	M	0	1:16:15
35	378	Howe	Thomas	0	MS	M	0	1:16:22
36	409	Robinson	Jasper	Croft Ambrey RC	MS	M	0	1:16:26
37	306	Dupe	Kevin	Caerleon RC	M50	M	0	1:16:31
38	297	Higgins	John	0	M50	M	0	1:17:07
39	311	Fry	Tammy	Caerleon RC	FS	F	0	1:17:11
40	432	Hyatt	Philip	Caerleon RC	M50	M	0	1:17:21
41	436	Davies	Steven	0	M50	M	0	1:17:30
42	481	Wright	Andrew	Caerleon RC	M50	M	0	1:17:35
43	417	Dickson	Jeremy	Lliswerry Runners	M50	M	0	1:17:46
44	415	Mallender	Clare	Hereford Couriers	F35	F	0	1:18:02
45	332	Adams	Paul	Caerleon RC	M40	M	0	1:18:13
46	339	Gwinnutt	Ben	Caerleon RC	MS	M	0	1:18:13
47	418	Mulcahy	Matthew	Caerleon RC	M40	M	0	1:18:14

48	468	McCourt	Dave	Maldwyn Harriers	M40	M	0	1:18:19
49	453	Manuel	David	Maldwyn Harriers	M40	M	0	1:19:11
50	478	Collingborn	Maggie	Aberystwyth AC	F55	F	0	1:20:01
51	388	Wathen	Kerry	Hereford Couriers	F35	F	0	1:20:09
52	456	Wood	Russ	Presteigne Pacers	M40	M	0	1:20:14
53	404	Gamble	Neil	Aberystwyth AC	M40	M	0	1:20:21
54	299	George	David	Les Croupiers RC	M50	M	0	1:20:26
55	451	Beeson	Danny	Maldwyn Harriers	MS	M	0	1:20:52
56	429	Davies	Richard	Rhayader RC	MS	M	0	1:21:13
57	439	Bradfield	Kevin	Parc Bryn Bach	M50	M	0	1:21:25
58	467	Davies	Gareth	0	M50	M	0	1:21:43
59	366	Worthing	Anita	Aberystwyth AC	F55	F	0	1:21:55
60	446	Holland	Kevin	Aberystwyth AC	M60	M	0	1:22:03
61	419	Challenger	Ryan	Islwyn RC	MS	M	0	1:22:13
62	333	Moran	Charlotte	Caerleon RC	F35	F	0	1:22:29
63	292	Jones	Randal	Lliswerry Runners	M50	M	0	1:22:45
64	327	Williams	Lloyd	Lliswerry Runners	M40	M	0	1:22:46
65	394	Apperley	Eric	Croft Ambrey RC	MS	M	0	1:22:46
66	348	Harvey	Paul	Pont-Y-Pwl & District	MS	M	0	1:23:01
67	402	Leek	Mark	0	M50	M	0	1:23:34
68	352	Huxtable	Lynwen	Aberystwyth AC	F45	F	0	1:23:45
69	428	Davies	Tony	Rhayader RC	M50	M	0	1:24:53
70	324	Daniels	Peta	Lliswerry Runners	F45	F	0	1:25:00
71	455	Sherlock	Andrew	Maldwyn Harriers	M50	M	0	1:25:15
72	461	Dowse	Christine	Builth & District	FS	F	0	1:25:41
73	449	Strezsak	Piotr	Presteigne Pacers	M60	M	0	1:25:45
74	312	Pritchard	Rhys	Caerleon RC	MS	M	0	1:25:55
75	476	Hardt	Helmut	0	M50	M	0	1:25:58
76	387	Maloney	John	Lliswerry Runners	M50	M	0	1:26:15
77	330	Martin	Jenny	Les Croupiers RC	F35	F	0	1:26:23
78	368	Hardie	Scott	Croft Ambrey RC	MS	M	0	1:26:26
79	447	Evans	Gron	Aberystwyth AC	M60	M	0	1:26:48
80	391	Brown	Richard	0	M50	M	0	1:26:50
81	383	Rowlands	Suzanne	Maldwyn Harriers	F35	F	0	1:26:55
82	442	Graham	Daniel	Builth & District	MS	M	0	1:27:09
83	323	Jarrom	Claire	Les Croupiers RC	F35	F	0	1:27:11
84	435	Higginson	Rachel	Les Croupiers RC	F35	F	0	1:27:40
85	300	Proffitt	David	Lliswerry Runners	M60	M	0	1:27:43
86	438	Murrell	Adam	0	M40	M	0	1:28:06
87	407	Parnell	Richard	Islwyn RC	M40	M	0	1:28:14
88	474	Knill	Julie	Rhayader RC	F45	F	0	1:28:18
89	477	Hammond	Linda	Rhayader RC	F45	F	0	1:28:19
90	325	Dursley	Paul	Lliswerry Runners	M60	M	0	1:28:37
91	371	Prosser	Mark	Fairwater RC	M40	M	0	1:28:46
92	386	Maloney	Emma	Lliswerry Runners	FS	F	0	1:28:49
93	423	Kelly	Michael	Islwyn RC	MS	M	0	1:28:50
94	460	Boucher	Lisa	Builth & District	FS	F	0	1:28:54
95	448	Pobjoy	Mike	Lliswerry Runners	M50	M	0	1:28:56
96	384	Green	Mike	Vegan Runners	M60	M	0	1:29:15
97	380	Davies	Karen	Aberystwyth AC	F45	F	0	1:29:16

98	372	Cooper	Owen	Builth & District	M70	M	0	1:29:32
99	298	Chebsey	Robin	Telford Harriers	M40	M	0	1:29:38
100	437	Murrell	Dean	0	M40	M	0	1:30:47
101	329	Gallop-Evans	Eve	Les Croupiers RC	F55	F	0	1:31:05
102	342	Howells	Kevin	Caerleon RC	MS	M	0	1:31:17
103	405	Thomas	Dee	Lliswerry Runners	F45	F	0	1:31:31
104	305	McDaid	Edward	Caerleon RC	M60	M	0	1:32:06
105	304	Vundamina	Yangi	Caerleon RC	F35	F	0	1:32:52
106	444	Kendrick	Suzanne	Rhayader RC	F55	F	0	1:33:20
107	401	Hillman	Jill	Maldwyn Harriers	F55	F	0	1:33:37
108	344	Broome	Aly	Builth & District	F35	F	0	1:33:45
109	433	Rollinson	Lianne	Builth & District	FS	F	0	1:34:18
110	457	Morris	Victoria	Builth & District	FS	F	0	1:34:27
111	463	Williams	Roy	Rhayader RC	M50	M	0	1:34:45
112	471	Davies	Leanne	Builth & District	FS	F	0	1:34:51
113	431	Avery	Brenda	Chepstow Harriers	F65	F	0	1:34:55
114	465	Reid	Rosie	0	FS	F	0	1:35:20
115	466	Martin	Eddy	0	MS	M	0	1:35:20
116	480	Georgiou	Anna	Builth & District	F35	F	0	1:35:46
117	358	Cullum-Hollins	Jake	Hereford Couriers	MS	M	0	1:36:17
118	303	Hill	Christopher	Caerleon RC	M50	M	0	1:36:38
119	430	Brown	Cora	0	F45	F	0	1:36:47
120	390	Taylor	Carla	0	F45	F	0	1:36:49
121	406	Hopkins	Louise	Lliswerry Runners	F55	F	0	1:36:52
122	340	Houghton	Steve	Caerleon RC	M60	M	0	1:37:01
123	454	Manuel	Janet	Maldwyn Harriers	F45	F	0	1:37:01
124	385	Davies	Gareth	Lliswerry Runners	M40	M	0	1:37:07
125	440	Sandersan	Jonathan	0	M40	M	0	1:37:38
126	392	Brown	Val	0	F45	F	0	1:38:04
127	360	Groombridge	Julia	Lliswerry Runners	F45	F	0	1:39:00
128	318	Timbrell	Ann	Caerleon RC	F45	F	0	1:39:10
129	341	Gooch	Michelle	Pont-Y-Pwl & District	F45	F	0	1:40:26
130	326	Dursley	Lynda	Lliswerry Runners	F55	F	0	1:47:52
131	420	Warrick	Stephanie	Rhayader RC	F65	F	0	1:48:23
132	482	Kelly	Nicola	Builth & District	F45	F	0	1:48:37
133	426	Cain	Ingrid	Dudley Kingswinford	F55	F	0	1:48:59
134	425	Thomas	Abi	0	F35	F	0	1:48:59
135	427	Pallant	Paula	Dudley Kingswinford	F35	F	0	1:49:00
136	410	Pontin	Sarah	Islwyn RC	F35	F	0	1:51:27
137	355	Davies	Vicky	Lliswerry Runners	F45	F	0	1:52:22
138	349	Leigh	Charlotte	Caerleon RC	F35	F	0	1:52:24
139	470	Vaughan	Kathryn	0	F35	F	0	1:53:57
140	411	Williams	Helen	Islwyn RC	F35	F	0	1:54:00
141	469	Keylock	Lizzie	0	F35	F	0	1:54:08
142	475	Cupok	Anke	0	F55	F	0	1:54:14
143	317	Davis	Dawn	Caerleon RC	F45	F	0	1:54:26
144	338	Flanagan	Robert	Pontypridd Roadents	M50	M	0	1:55:49
145	334	Flanagan	Pamela	Pontypridd Roadents	F55	F	0	1:55:50
146	328	Williams	Christina	Lliswerry Runners	F45	F	0	1:56:24
147	459	Beale	Lynne	Islwyn RC	F45	F	0	1:57:30

148	458	Thomas	Lana	Ystrad Mynach	F45	F	0	1:57:42
149	331	Martin	John	Les Croupiers RC	M40	M	0	1:58:06
150	464	Parker	Julie	0	F45	F	0	2:02:17
151	424	Parker	Malcolm	Islwyn RC	M70	M	0	2:02:18
152	350	Elliot	Carl	Lliswerry Runners	M70	M	0	2:13:54
153	321	Jones	Pamela	0	F45	F	0	2:18:25
154	320	Sims	Sally	0	F65	F	0	2:18:26
155	302	Coles	Bethan	Lliswerry Runners	FS	F	0	2:36:54