

Elan Valley 10 Mile
Saturday 19th November 2022

Position	Nos	Surname	Forename	Club	Category	Gender	Time
1	31	Land	Edward	Aber AC	M40	M	0:59:19
2	78	Munro	Lewis	Islwyn RC	MS	M	1:00:43
3	89	Yelland	Matt	Clwb Run Wales	M40	M	1:01:11
4	19	Ould	Darren	Mynyddwyr De Cy	MS	M	1:01:45
5	11	Edwards	Charlie	Maldwyn Harriers	MS	M	1:02:49
6	57	Vassallo	James	Les Croupier	M40	M	1:03:23
7	22	Hazell	David	Caerphilly Runners	M40	M	1:04:50
8	151	Davies	Michael	Sarn Helen	M50	M	1:05:15
9	85	Elanio	Thomas	0	M40	M	1:07:05
10	24	Sivell	David	0	MS	M	1:07:29
11	55	Bruce	James	Les Croupier	M40	M	1:08:44
12	87	Williams	Martin	Ledbury & District	M40	M	1:09:49
13	91	Sullivan	Matthew	BAD	MS	M	1:10:18
14	20	Powell	Dave	Aber AC	M60	M	1:10:45
15	110	Williams	Paul	Aber AC	M50	M	1:11:35
16	10	Davies	Caryl	Sarn Helen	FS	F	1:11:55
17	65	Higgins	John	0	M50	M	1:12:05
18	117	Carr	Richard	0	MS	M	1:12:50
20	101	Palmer	Nathaniel	Les Croupier	M50	M	1:12:54
21	3	Beard	Andrew	0	M50	M	1:12:58
22	141	Breedon	Tracey	Aber AC	F40	F	1:13:12
23	150	Rivers	Eleri	Sarn Helen	F40	F	1:14:20
24	52	Goudge	Ian	0	M40	M	1:14:26
25	81	Rincon	Luis Omar	0	M40	M	1:14:52
26	112	Haigh	Peter	0	M40	M	1:15:08
29	148	Aulsebrook	Adam	0	MS	M	1:17:04
30	116	Jones	Rhys	0	MS	M	1:17:05
31	147	Barker	Louise	Aber AC	F40	F	1:17:20
32	35	Hodges	Gareth	0	M50	M	1:17:26
33	63	Evans	Jenny	Maldwyn Harriers	F40	F	1:17:46
34	37	Perkins	Gavin	Lliswerry Runners	M40	M	1:18:42
35	103	Doyle	Nicholas	Les Croupier	MS	M	1:19:05
36	153	Rowld	Tom	0	MS	M	1:20:28
37	43	Foster	Graham	Brackla Harriers	M50	M	1:21:43
38	88	Morris	Mat	BAD	M40	M	1:21:47
39	25	Manuel	David	Maldwyn Harriers	M40	M	1:21:48
40	76	Gethin	Kirsty	0	F50	F	1:21:52
42	53	Jones	Ifan	Maldwyn Harriers	M50	M	1:22:51
43	137	Reilly	Thomas	0	M50	M	1:23:00
44	54	Evans	Issy	0	F40	F	1:23:09
45	86	Leek	Mark	0	M50	M	1:23:18
46	50	Carter	Helen	BAD	F50	F	1:23:23
47	118	Hillier	Richard	0	MS	M	1:23:54
48	13	Dowse	Christine	BAD	FS	F	1:24:00
49	97	Pobjoy	Mike	Lliswerry Runners	M50	M	1:24:18
50	44	Erlandson	Gus	Telford Harriers	M60	M	1:25:06
51	66	Parry	John	BAD	M60	M	1:25:15
52	17	Edwards	Colin	Llanelli AC	M60	M	1:25:17
54	36	Thomas	Gareth	0	MS	M	1:25:59
55	121	Sharratt	Robert	Cardigan RC	M60	M	1:26:07
56	136	Brisland	Terry	Stroud & District	M40	M	1:26:25
58	67	Adams	Jon	Sarn Helen	M50	M	1:26:46
59	38	Kelly	Gemma	0	F40	F	1:26:50
60	21	George	David	Les Croupier	M50	M	1:26:51
61	106	Bathurst	Nigel	0	M50	M	1:27:36

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62	127	Samuel	Sian	BAD	FS	F	1:27:56
63	84	Bloomfield	Mark	Aber AC	MS	M	1:27:57
64	30	Lea	Edward	Black Pear Joggers	M50	M	1:28:08
65	140	Davies	Tony	Rhayader RC	M50	M	1:28:20
68	23	Sutherland	David	BAD	M60	M	1:28:42
69	152	Davies	Gareth	0	M50	M	1:29:02
71	16	Waller	Colin	Stroud & District	M60	M	1:29:25
72	115	Butler	Rachel	0	F50	F	1:29:29
73	12	Morris	Chelsey	Aber AC	FS	F	1:30:40
74	68	Scholey	Julie	Les Croupier	F60	F	1:30:59
75	114	Thapa	Rabi	0	M40	M	1:31:16
76	80	Terry	Louise	0	F40	F	1:31:59
77	45	Powell	Hannah	0	FS	F	1:32:00
78	40	Crispie	Gerry	Les Croupier	M60	M	1:32:14
79	120	Rees	Rob	0	M50	M	1:32:35
80	2	Pritchard	Alisha	0	FS	F	1:32:36
81	72	Wilding	Kayleigh	CDF Runners	FS	F	1:32:52
82	98	Indeka	Mike	0	M50	M	1:32:59
83	113	Hinxman	Peter	Aber AC	M50	M	1:33:13
84	122	Chebsey	Robin	Telford Harriers	M50	M	1:33:25
85	64	Hillman	Jill	Maldwyn Harriers	F60	F	1:34:39
86	142	Morris	Victoria	BAD	FS	F	1:34:59
87	34	Gallop-Evans	Eve	Les Croupier	F50	F	1:35:02
88	96	Hoey	Michelle	Pennarth & Dinas RC	F40	F	1:35:43
89	132	Hill	Steve	Pennarth & Dinas RC	M50	M	1:35:47
90	149	Thomas	Rose	Rhayader RC	F70	F	1:35:52
91	130	Ealey-Fitzgerald	Simon	0	M50	M	1:35:52
92	126	Jones	Sara	0	FS	F	1:35:53
93	135	Carroll	Susan	Maldwyn Harriers	F60	F	1:36:15
94	33	Harris	Emma	0	FS	F	1:36:16
95	111	Maisie	Penny	0	F50	F	1:36:37
96	1	Bridson	Alan	BAD	M40	M	1:37:40
97	32	Blake	Elin	0	FS	F	1:37:44
98	56	Hobson	James	Lliswerry Runners	MS	M	1:37:50
99	139	Cosson	Tom	0	M40	M	1:38:08
100	119	Vassallo	Rita	Les Croupier	F40	F	1:38:13
101	102	Stone	Neil	0	M60	M	1:39:33
102	39	Fletcher	Georgina	Maldwyn Harriers	F60	F	1:39:57
103	51	Evans	Huw	Lliswerry Runners	M50	M	1:40:12
104	46	Wilding	Hannah	BAD	FS	F	1:40:51
105	61	Manuel	Janet	Maldwyn Harriers	F50	F	1:40:58
106	62	Smith	Janet	Les Croupier	F50	F	1:41:06
107	48	Pugh	Heather	0	F50	F	1:41:44
108	69	Haigh	Kate	0	F40	F	1:42:08
109	100	Green	Mike	Vegan Runners	M60	M	1:42:41
19	4	Self	Angela	Aber AC	F60	F	1:42:53
110	79	Grey	Lisa	Croft Ambrey	F50	F	1:43:10
111	5	Davies	Angela	Rhayader RC	F50	F	1:44:40
112	28	Jones	Diane		F50	F	1:44:43
27	145	Edwards	Gloria	Llanelli AC	F50	F	1:45:36
28	144	Thorley	Liam	Clwb Run Wales	MS	M	1:45:54
113	42	Edwards	Glenda	Les Croupier	F50	F	1:46:07
114	90	Jones	Matthew	BAD	MS	M	1:47:20
115	104	Clarke	Nick	Run Grangetown	MS	M	1:49:36
116	128	Chislett	Sian	0	F50	F	1:52:11
41	41	Callanan	Gina	0	F50	F	1:52:20

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117	29	Williams-Davies	Diane	0	F50	F	1:53:37
119	47	Colebatch	Hayley	Croft Ambrey	FS	F	1:54:26
53	14	George	Claire	Les Croupier	F50	F	1:55:30
120	94	Halsall	Michael	Amman Valley Harriers	M40	M	1:56:14
57	146	Foster	Wendy	Brackla Harriers	F50	F	1:56:36
66	6	Parry-Jones	Angharad	Les Croupier	F40	F	1:58:28
67	133	Cripps	Stuart	BAD	M50	M	1:58:36
70	77	Lepper	Leslie	0	M60	M	1:59:05
123	49	Davies	Helen	Dolly Mixtures	F50	F	2:01:51
124	125	Banfield	Sandra	0	F60	F	2:01:59
118	83	Griffiths	Marjorie	Bro Dysynni AC	F70	F	2:24:17
121	108	Jones	Pamela	0	F50	F	2:30:14
122	123	Sims	Sally	0	F70	F	2:30:15
125	9	Stocker	Carrol	Presteigne Pacers	F60	F	2:44:36