

Elan Valley 10 Mile 2009

Surname	Pos	No.	Forename	Club	Age group	Gender	time
	1	341	Davies Steve	Swansea Harriers	MS	Male	1:00:36
	2	379	Hindle Tim	Brecon	M40	Male	1:00:59
	3	353	Thomas James	Aberystwyth Uni	MS	Male	1:02:58
	4	265	Hayes Jacob	Bitton Road Runners	MS	Male	1:04:44
	5	293	McCowliff Steven	N/A	MS	Male	1:05:02
	6	229	Hartnell Haydn	Islwyn RC	M40	Male	1:05:19
	7	359	Gill Adrian	East Midlands Postal	M40	Male	1:05:29
	8	345	Rawlinson Leighton	Caerleon RC	MS	Male	1:05:38
	9	279	Carter Laurie	Chepstow Harriers	M50	Male	1:05:56
	10	271	Hunter Richard	Shropshire Shufflers	MS	Male	1:07:23
	11	354	Williams Dave	Hereford Couriers	M40	Male	1:07:24
	12	299	Powell Dave	Aberystwyth AC	M40	Male	1:07:47
	13	226	Clement Clem	Penarth & Dinas	M50	Male	1:09:08
	14	283	Kelford Andy	Chase Harriers	M40	Male	1:09:45
	15	369	Gittoes Marianne	Chepstow Harriers	FS	Female	1:09:58
	16	314	Parry John	Builth & District	M50	Male	1:10:04
	17	344	Hicks Jim	Wye Valley Runners	MS	Male	1:10:09
	18	334	Hughes Lenny	Maldwyn Harriers	M50	Male	1:10:36
	19	355	Morgan Kelly	Pontypridd Roadents	FS	Female	1:11:02
	20	323	Treherne Dave	N/A	MS	Male	1:11:12
	21	367	Davies Steven	N/A	M40	Male	1:11:16
	22	240	Garrod Tom	Abingdon Amblers AC	M40	Male	1:11:33
	23	348	Thomas Peter	Caerleon RC	M40	Male	1:12:46
	24	331	Davies Martin	Lliswerry Runners	M50	Male	1:12:51
	25	307	Summers Lou	Chepstow Harriers	F35	Female	1:12:56
	26	346	Mason Howard	Caerleon RC	M40	Male	1:13:06
	27	352	Blore James	Chepstow Harriers	MS	Male	1:13:34
	28	325	Thatcher Joanne	Aberystwyth AC	F35	Female	1:14:02
	29	259	Spencer Andrew	Fairwater Runners	M40	Male	1:14:10
	30	366	Stott Andy	Chepstow Harriers	M50	Male	1:14:20
	31	340	Julie Davies	Griffithstown Harriers	F35	Female	1:14:26
	32	322	Martin Philip	Army Athletics AI	M40	Male	1:14:37
	33	327	Bennett Chris	N/A	MS	Male	1:15:10
	34	304	Shadick Owen	N/A	MS	Male	1:15:16
	35	351	Tilley Norman	N/A	M40	Male	1:15:20
	36	337	Joyce Ken	Pembrokeshire Harrier	M40	Male	1:15:48
	37	372	Sears Kenneth	Almost Athletes	M50	Male	1:15:57
	38	269	Stickland Mark	N/A	MS	Male	1:16:12
	39	380	Edwards Malcolm	Wye Valley Runners	MS	Male	1:16:35
	40	381	Fletcher Alice	N/A	FS	Female	1:16:36
	41	245	Burgoyne Mark	N/A	M40	Male	1:16:43
	42	255	Green Mike	Vegan Runners UK	M50	Male	1:16:45
	43	233	Harvey Jessica	Telford Harriers	FS	Female	1:17:14
	44	264	Welbirg Peter	Griffithstown Harriers	M50	Male	1:18:08
	45	338	Lewis Mike	N/A	M40	Male	1:18:20
	46	330	Davies Chris	Lliswerry Runners	M50	Male	1:18:26
	47	362	Davies Ian	Builth & District	M50	Male	1:18:30
	48	253	Morgan Niki	Chepstow Harriers	F35	Female	1:18:41
	49	260	Stezaker Matt	Wye Valley Runners	M40	Male	1:19:11
	50	270	Hutton Peter	Chepstow Harriers	M50	Male	1:19:17

51	336	Hudson	Esther	N/A	M50	Male	1:19:25
52	364	Evans	John	Aberystwyth AC	M60	Male	1:19:38
53	305	Speake	Celia	Builth & District	F35	Female	1:19:48
54	317	Smith	Ken	Oswestry Olympians	M50	Male	1:19:51
55	306	Jones	Gareth	MDC	M60	Male	1:19:53
56	357	Cockram	Debbie	Fairwater Runners	F45	Female	1:20:29
57	267	Lawson	Vanessa	Chepstow Harriers	F35	Female	1:20:32
58	320	Bolwell	Jeremy	Ludlow Runners	M40	Male	1:21:08
59	308	Finch	Dick	Chepstow Harriers	M60	Male	1:21:28
60	275	Luscott	Frank	Croft Ambrey	M50	Male	1:21:37
61	315	Morris	Paul	Army Athletics AI	MS	Male	1:21:38
62	311	Ashton	Sue	Chepstow Harriers	F55	Female	1:21:58
63	326	Summers	Robert	Chepstow Harriers	M40	Male	1:22:27
64	378	Cole	Felicity	Wye Valley Runners	F45	Female	1:22:44
65	282	Dursley	Paul	Llswerry Runners	M50	Male	1:23:12
66	310	Ashton	Gerry	Chepstow Harriers	M50	Male	1:23:31
67	371	Stott	Gill	Chepstow Harriers	F45	Female	1:23:49
68	239	Garrod	Lucy	Abingdon Amblers AC	F35	Female	1:24:18
69	377	Cutler	Mike	South Cheshire Harriers	M50	Male	1:24:30
70	328	Williams	Robert	Brecon	M50	Male	1:24:44
71	289	Hinchliffe	Michael	Spirit of Monmouth	MS	Male	1:24:53
72	363	Marshall	Ken	Avon Valley Runners	M50	Male	1:25:06
73	356	Morton	Mary	Rhayader RC	F35	Female	1:25:18
74	262	Wynne	Diane	Vegan Runners UK	F35	Female	1:25:23
75	360	Davies	Tony	Rhayader RC	M40	Male	1:25:43
76	292	Champ	Alex	Wye Valley Runners	F35	Female	1:26:57
77	266	Avery	Brenda	Chepstow Harriers	F55	Female	1:27:03
78	335	Cottin	Holly	Thornsbury RC	FS	Female	1:27:21
79	343	Taylor	Andrew	Caerleon RC	M50	Male	1:27:27
80	244	New	Stephen	100 Marathon Club	M40	Male	1:27:36
81	263	Wynne	Adrian	Vegan Runners UK	M40	Male	1:28:19
82	312	Andrews	Dave	Chepstow Harriers	M60	Male	1:28:21
83	300	Monk	Bernie	Parc Bryn Bach RC	M60	Male	1:29:09
84	319	Lawrence	Stuart	Army Athletics AI	M40	Male	1:29:13
85	303	Palmer	Daniel	N/A	MS	Male	1:29:18
86	349	Thomas	Helen	Caerleon RC	F45	Female	1:29:20
87	368	Harris	Dean	N/A	M50	Male	1:29:29
88	370	Bayliss	Kay	N/A	F45	Female	1:29:30
89	373	Quin	Stephen	N/A	MS	Male	1:29:32
90	324	Williams	Joanne	Builth & District	F35	Female	1:29:34
91	321	Powell	Sam	N/A	MS	Male	1:29:54
92	361	Davies	Annette	Builth & District	F35	Female	1:30:17
93	333	Look	Edward	N/A	M40	Male	1:30:39
94	277	Price	Angela	Hay Hot Footers	F35	Female	1:30:42
95	281	Conti	Jenni	Builth & District	F55	Female	1:30:59
96	241	Gardner	John	N/A	M50	Male	1:31:27
97	316	Glover	Angela	Cobra RC	F35	Female	1:31:52
98	225	Clement	Janice	Penarth & Dinas	W45	Female	1:32:24
99	278	Alsworth	Michael	100 Marathon Club	M50	Male	1:32:34
100	329	Williams	Sian	Brecon	F45	Female	1:33:37
101	358	Wheeler	Jane	N/A	F35	Female	1:33:47
102	280	Conti	Emma	Builth & District	F35	Female	1:34:17
103	301	Monk	Margaret	Parc Bryn Bach RC	F55	Female	1:34:19
104	302	Ellis	Paul	N/A	M50	Male	1:35:04
105	376	Hillman	Jill	Maldwyn Harriers	F45	Female	1:35:37
106	274	Prior	Steve	Spirit of Monmouth	M60	Male	1:35:50

107	313	Sturgess	Stella	Penarth & Dinas	F35	Female	1:37:04
108	230	Helsing	Anna	Penarth & Dinas	F45	Female	1:37:22
109	297	Clarke	Sharon	Ludlow Runners	F35	Female	1:37:26
110	347	Gill	Colin	Team Coco	M60	Male	1:37:35
111	332	Jensen	Peter	N/A	M40	Male	1:37:39
112	374	Nottle	Hannah	Builth & District	FS	Female	1:37:52
113	339	Roberts	David	N/A	M40	Male	1:38:44
114	237	Cooper	Michelle	N/A	F35	Female	1:39:49
115	236	Wallace	Justine	N/A	F35	Female	1:39:49
116	328	Williams	Robert	Brecon	M50	Male	1:40:33
117	327	Bennett	Chris	N/A	MS	Male	1:40:33
118	365	Graham	Melanie	N/A	F45	Female	1:40:49
119	249	Davies	Robert	Islwyn RC	M50	Male	1:42:00
120	254	Cunningham	Heidi	Sneyd Striders	F35	Female	1:42:25
121	350	Howells	Gwyneth	Caerleon RC	F35	Female	1:46:54
122	342	Fletcher	Sally	Spirit of Monmouth	F35	Female	1:49:40
123	375	Hillman	Paul	Maldwyn Harriers	M50	Male	1:51:39
124	231	Hendry	Joanna	Penarth & Dinas	F35	Female	1:52:39
125	258	Smith	Patrick	Spirit of Monmouth	M50	Male	1:53:46
126	257	Smith	Peggy	Spirit of Monmouth	F45	Female	1:53:46
127	290	Price	Helen	Islwyn RC	FS	Female	1:55:40
128	252	Washbrook	Helen	Dudley Ladies	FS	Female	2:01:36
129	276	Money	Phillipa	N/A	F55	Female	2:01:57
130	268	Seymour	Iona	N/A	F65	Female	2:08:06
131	298	Morris	Maggie	Ludlow Runners	F45	Female	2:21:34