

Eain Valley 10 Mile 2010

Pos	Time	Family	First	No	Gen	Age	Cat	Club
1	00:58:16	Pugh	Jonathon		3 M		28 OM	Builth & District RC
2	01:00:20	Bodman	Daniel		80 M		20 OM	Pontypridd Roadents
3	01:01:20	Rogers	Tim		63 M		29 OM	Army Athletics
4	01:02:31	Woods	Adrian		19 M		50 M50	Griffithstown Harriers
5	01:02:37	McCartney	Brian		87 M		31 OM	
6	01:02:50	Thomas	James		56 M		37 OM	Aberystwyth Uni
7	01:03:01	King	James		117 M		36 OM	Caerleon
8	01:03:16	Cunningham	Steve		70 M		48 M40	
9	01:03:21	Dodd	Paul		458 M		52 M50	Chepstow Harriers
10	01:03:43	Harris	Steven		475 M		33 OM	Chepstow Harriers
11	01:04:55	Dawson	Grant		57 M		37 OM	Aberystwyth Uni
12	01:05:03	Taylor	Andy		40 M		38 OM	Hereford Tri Club
13	01:05:16	Harvey	Mark		33 M		23 OM	Chepstow Harriers
14	01:05:20	Woods	Kieran		76 M		30 OM	
15	01:05:23	Gittoes	Marianne		69 F		31 OF	Chepstow Harriers
16	01:05:48	Osborne	Peter		114 M		50 M50	Swansea Harriers
17	01:05:56	Harries	Paul		445 M		44 M40	Lliswerry Runners
18	01:06:02	Webster	Phoebe		7 F		30 OF	Aberystwyth Uni
19	01:06:17	Gardiner	Charlie		86 M		29 OM	
20	01:06:30	Austin	Dave		83 M		38 OM	Chepstow Harriers
21	01:07:54	Butcher	Paul		88 M		44 M40	
22	01:07:57	Brasington	Andrew		24 M		46 M40	Brecon AC
23	01:08:12	Clement	Clem		429 M		51 M50	Penarth & Dinas Runners
24	01:08:21	Smout	David		104 M		61 M60	Parcbrynbach RC
25	01:08:37	Mason	Joyce		116 M		45 M40	Caerleon
26	01:09:29	Warrick	Mike		15 M		58 M50	Rhayader AC
27	01:09:33	Dickinson	Jason		52 M		42 M40	TROTs
28	01:09:37	Summers	Lou		391 F		43 F35	Chepstow Harriers
29	01:09:37	Creber	Andy		79 M		52 M50	Chepstow Harriers
30	01:09:43	Evans	Clifford		27 M		52 M50	Aberystwyth Uni
31	01:09:52	Thatcher	Joanne		49 F		42 F35	Aberystwyth AC

32	01:09:53	Parry	John	34 M	56 M50	Builth & District RC
33	01:10:00	Piddlesden	Ken	85 M	47 M40	Rhayader AC
34	01:10:30	Harvey	Jessica	395 F	28 OF	Telford Harriers
35	01:10:49	Jones	Luned	440 F	30 OF	Chepstow Harriers
36	01:10:52	Thomas	Peter	2 M	50 M50	Caerleon
37	01:10:57	Davies	Steven	106 M	41 M40	
38	01:10:58	Barker	Louise	28 F	35 F35	Aberystwyth AC
39	01:11:01	Titley	Norman	498 M	47 M40	Shropshire Shufflers
40	01:11:05	Norsworthy	Adrian	497 M	36 OM	
41	01:12:33	Joyce	Kev	78 M	45 M40	Pembrokeshire Harriers
42	01:12:49	Stott	Andy	485 M	51 M50	Chepstow Harriers
43	01:13:10	Chalkley	Matthew	18 M	41 M40	
44	01:13:14	Freeman	Jethro	82 M	29 OM	
45	01:13:20	Day	Paul	452 M	59 M50	Lliswerry Runners
46	01:13:25	Grant	Neil	451 M	59 M50	Chepstow Harriers
47	01:13:27	Rose	Paul	59 M	46 M40	Aberystwyth AC
48	01:13:30	Carter	Laurie	390 M	53 M50	Chepstow Harriers
49	01:13:50	Huskinson	Nick	94 M	37 OM	
50	01:14:06	Edwards	Malcolm	110 M	39 OM	Wye Valley Runners
51	01:14:15	Owen	Barry	14 M	36 OM	Emlyn Runners
52	01:14:15	Mead	Matthew	66 M	24 OM	
53	01:14:18	Smith	Linda	393 F	46 F45	
54	01:14:27	O'Brien	Chris	425 M	30 OM	
55	01:14:32	Nicholls	Alison	46 F	48 F45	Builth & District RC
56	01:14:35	Morga	Niki	383 F	43 F35	Chepstow Harriers
57	01:15:02	Morris	Paul	58 M	39 OM	Army Athletics
58	01:15:05	Shaw	Lorna	463 F	50 F45	Chepstow Harriers
59	01:15:08	Fletcher	Alice	399 F	31 OF	
60	01:15:18	Miles	Andrew	92 M	51 M50	
61	01:15:21	Ashton	Gerry	447 M	56 M50	Chepstow Harriers
62	01:15:25	Rose-Innes	Stewart	103 M	35 OM	
63	01:15:26	Evans	John	39 M	64 M60	Aberystwyth AC
64	01:15:26	Lawrence	Neil	13 M	24 OM	Builth Wells RC
65	01:15:30	Luscott	Frank	473 M	54 M50	Croft Ambrey
66	01:15:43	Bickerton	Stephen	65 M	56 M50	
67	01:15:52	Evans	Paul	50 M	35 OM	Brecon AC

68	01:15:58	Greenhouse	Ray	464	M	45	M40	Ebbw Vale RC
69	01:15:59	Evans	Goronwy	48	M	54	M50	Aberystwyth AC
70	01:16:05	Jones	Gareth	111	M	62	M60	Chepstow Harriers
71	01:16:05	Hodges	Mike	102	M	56	M50	
72	01:16:14	Taylor	Nigel	97	M	44	M40	
73	01:16:17	Lawson	Vanessa	427	F	39	F35	Chepstow Harriers
74	01:16:22	Quinn	Nicola	75	F	42	F35	Emlyn Runners
75	01:16:33	Smith-Bosanquet	Jake	107	M	31	OM	Steel Springs
76	01:16:43	Turner	Phillip	115	M	42	M40	
77	01:16:46	Lewis	Mike	74	M	44	M40	Hay Hot-Footers
78	01:17:03	Cole	Felicity	9	F	47	F45	Wye Valley Runners
79	01:17:04	Pole	Laurence	428	M	36	OM	Pontypridd Roadents
80	01:17:17	Dursley	Paul	398	M	57	M50	Lliswerry Runners
81	01:17:25	Black	Susannah	5	F	32	OF	
82	01:17:31	Wright	Tricia	37	F	44	F35	HFD Tri
83	01:17:37	Morgan	Gavin	454	M	29	OM	Builth & District RC
84	01:17:41	Davies	Jeff	437	M	62	M60	South West Vets
85	01:18:09	Thomas	Gari	43	M	44	M40	Emlyn Runners
86	01:18:10	Proffitt	David	93	M	57	M50	Newport Harriers
87	01:18:24	Davies	Ian	51	M	56	M50	Bad RC
88	01:18:28	Beal	David	12	M	35	OM	
89	01:18:36	Dodd		457	F	56	F55	Chepstow Harriers
90	01:18:42	Davies	Gareth	21	M	47	M40	
91	01:19:05	Davies	Chris	30	M	53	M50	Lliswerry Runners
92	01:19:08	Woods	Sharon	20	F	50	F45	Griffithstown Harriers
93	01:19:11	Quin	Stephen	467	M	39	OM	Les Croupiers
94	01:19:21	Ashton	Sue	446	F	56	F55	Chepstow Harriers
95	01:19:28	Speake	Celia	469	F	43	F35	Builth & District RC
96	01:19:33	Champ	Alex	38	F	37	F35	Wye Valley Runners
97	01:19:39	Worthing	Anita	462	F	55	F55	Aberystwyth AC
98	01:20:06	Kramer	Stuart	91	M	46	M40	Spirit of Monmouth
99	01:20:44	Morris	Jan	386	F	42	F35	Chepstow Harriers
100	01:20:57	Nash	Robert	123	M	51	M50	
101	01:21:02	Downey	Colin	434	M	52	M50	Dudley & Kingswinford
102	01:21:06	Beard	Tom	64	M	26	OM	
103	01:21:21	Daniels	Peta	444	F	44	F35	Lliswerry Runners

104	01:21:43	Finch	Dick	476 M	66 M60	Chepstow Harriers
105	01:21:56	Prior	Steve	384 M	61 M60	Spirit of Monmouth
106	01:21:56	More	Laurence	22 M	47 M40	Spirit of Monmouth
107	01:22:07	Price	Angela	72 F	40 F35	Hay Hot-Footers
108	01:22:18	Gadsby	Karen	479 F	34 OF	
109	01:22:30	Thomas	Helen	1 F	49 F45	Caerleon
110	01:22:38	Taylor	Andrew	118 M	54 M50	Caerleon
111	01:22:47	King	Emma	26 F	29 OF	Spirit of Monmouth
112	01:22:56	Doyle	Esme	25 F	47 F45	Spirit of Monmouth
113	01:23:18	Morton	Mary	77 F	36 F35	Rhayader AC
114	01:23:32	Williams	Rob	54 M	53 M50	Brecon AC
115	01:24:11	Stott	Gill	484 F	53 F45	Chepstow Harriers
116	01:24:18	Monk	Bernie	61 M	65 M60	Parcbrynbach RC
117	01:24:18	Thomas	Sue	42 F	43 F35	Emlyn Runners
118	01:24:22	King	Stuart	11 M	39 OM	Rhayader AC
119	01:24:27	Evans	Vivian	90 M	41 M40	
120	01:24:59	Summers	Rob	392 M	45 M40	Chepstow Harriers
121	01:25:10	Leslie	Bill	36 M	39 OM	
122	01:25:18	Richards	Elizabeth	101 F	45 F45	Caerleon
123	01:25:46	Baker	Mike	4 M	49 M40	Spirit of Monmouth
124	01:26:10	Carter	Martin	483 M	45 M40	Hay Hot-Footers
125	01:26:10	Davies	Imme	35 F	40 F35	Hay Hot-Footers
126	01:26:22	Prosser	Colin	55 M	47 M40	Chepstow Harriers
127	01:26:46	Eksteen	Johan	397 M	32 OM	
128	01:26:46	Eksteen	Jeanne-Marie	396 F	31 OF	
129	01:26:50	Avery	Brenda	41 F	60 F55	Chepstow Harriers
130	01:27:09	Marsh	Jo	8 F	42 F35	Spirit of Monmouth
131	01:27:14	Osborne	Linos	432 F	46 F45	Shropshire Shufflers
132	01:27:17	Andrews	Dave	68 M	63 M60	Chepstow Harriers
133	01:27:43	Monk	Margrett	480 F	59 F55	Parcbrynbach RC
134	01:27:54	Davies	Tony	45 M	45 M40	Rhayader AC
135	01:27:54	Austerberry	Judith	438 F	36 F35	Chepstow Harriers
136	01:28:09	Sharratt	Ray	23 M	67 M60	
137	01:28:23	Morgan	Carole	448 F	64 F55	Shropshire Shufflers
138	01:28:43	Smith	Allan	98 M	77 M60	Gorseinon 3ms
139	01:28:54	Look	Edward	471 M	43 M40	

140	01:29:04	Hully	Peter	499 M	47 M40	
141	01:29:06	Ferguson	Paul	496 M	46 M40	
142	01:29:14	Clement	Janice	430 F	52 F45	Penarth & Dinas Runners
143	01:29:20	Hather	Richard	73 M	26 OM	
144	01:29:45	Pritchard	Maureen	477 F	47 F45	Aberystwyth AC
145	01:29:51	Harland	Clare	441 F	46 F45	
146	01:30:37	Wraith	David	478 M	59 M50	Shrewsbury Road Runners
147	01:31:21	Bailey	Richard	449 M	66 M60	Shropshire Shufflers
148	01:31:40	Hendrie	Jackie	474 F	53 F45	Shropshire Shufflers
149	01:32:21	Hillman	Jill	459 F	53 F45	Maldwyn Harriers
150	01:32:43	Kirby	Julie	62 F	52 F45	Rhayader AC
151	01:33:03	Williams	Sian	53 F	52 F45	Brecon AC
152	01:33:06	Evans	Laura	465 F	24 OF	Womens Running Network
153	01:33:21	Payne	Karen	112 F	38 F35	Caerleon
154	01:33:57	Cunningham	Heidi	71 F	44 F35	
155	01:34:20	Davies	Angela	44 F	44 F35	Rhayader AC
156	01:34:30	Cole	Caroline	424 F	29 OF	
157	01:34:57	Nelson	Rachel	468 F	43 F35	Croft Ambrey
158	01:35:03	Roberts	David	99 M	46 M40	
159	01:35:16	Powell	Michael	456 M	63 M60	Shropshire Shufflers
160	01:35:28	Brown	Alan	10 M	54 M50	
161	01:35:32	Conti	Jennie	31 F	56 F55	Builth & District RC
162	01:35:32	Conti	Emma	32 F	36 F35	Builth & District RC
163	01:36:16	Havers	Roberta	461 F	30 OF	Chepstow Harriers
164	01:36:43	Hillman	Paul	460 M	54 M50	Maldwyn Harriers
165	01:36:45	Ashton	Brian	109 M	59 M50	Aberystwyth AC
166	01:36:48	Wheeler	Jane	60 F	37 F35	
167	01:36:48	Buick	Danuta	382 F	35 F35	Shropshire Shufflers
168	01:37:01	Scott	Diane	96 F	50 F45	Dunstable Road Runners
169	01:37:56	Parry	Justin	105 M	31 OM	Clun
170	01:38:48	Smith-Bosanquet	Sophie	108 F	30 OF	Steel Springs
171	01:38:59	Warrick	Stephanie	16 F	59 F55	Rhayader AC
172	01:39:05	Gill	Colin	81 M	63 M60	Team Cocoa
173	01:39:05	Evans	Gareth	67 M	41 M40	

174	01:39:11	Pocock	Bridget	47 F	61 F55	Shropshire Shufflers
175	01:39:39	Shaw	John	491 M	36 OM	
176	01:39:45	Davies	Llinos	388 F	33 OF	
177	01:41:08	Meredith	Eric	89 M	67 M60	
178	01:42:31	Howells	Gwyneth	113 F	61 F55	Caerleon
179	01:43:05	Black	Geoff	482 M	61 M60	Shropshire Shufflers
180	01:43:44	Woodford	Carol	450 F	51 F45	Lliswerry Runners
181	01:44:02	Davies	Julia	29 F	53 F45	Lliswerry Runners
182	01:45:03	Naylor	Jamie	121 M	17 OM	Rhayader Rugby Club
183	01:45:14	Roberts	Laura	17 F	39 F35	Rhayader AC
184	01:45:15	Dalwood	Douglas	472 M	61 M60	
185	01:45:18	Roberts	P	119 M	42 M40	
186	01:46:37	Rees	James	120 M	29 OM	Rhayader Rugby Club
187	01:46:37	Quarterman	Jack	122 M	22 OM	Rhayader Rugby Club
188	01:48:16	Hayes	Julie	470 F	33 OF	
189	01:49:12	Shaw	Helen	492 F	34 OF	
190	01:49:59	Howe	Hannah	466 F	25 OF	Womens Running Network
191	01:50:13	Fletcher	Sally	6 F	36 F35	Spirit of Monmouth
192	01:52:51	Washbrook	Helen	433 F	31 OF	
193	01:52:59	Pritchard	Clare	95 F	35 F35	Spirit of Monmouth
194	01:53:58	Black	Linda	481 F	61 F55	Shropshire Shufflers