

Race Serviced By:



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Lap the Lake 10k, Tredegar  
Sunday 11<sup>th</sup> April 2010

Bib	FirstName	LastName	Club	Category	Gender	Finish - Gun Start	Overall Pos	Overall Cat pos	Overall Gender Pos
75	Richard	Gardiner	Cardiff	MO	M	33:11	1	1	1
7	Stefan	Sims	Griffithstown Harriers	MV40	M	35:27	2	1	2
92	Jason	Scanlon	Pontypridd Roadents	MO	M	35:50	3	2	3
31	Stephen	Thomas	Islwyn Running Club	MV40	M	36:38	4	2	4
85	Haydn	Hartnell	Islwyn R C	MV40	M	37:54	5	3	5
56	Ashley	Owen	Ebbw Vale	MV40	M	38:00	6	4	6
17	Stephen	Kershaw	No	MO	M	39:31	7	3	7
1	Chris	Benger	No	MO	M	39:37	8	4	8
94	John	Davies	Les Croupiers	MV50	M	40:32	9	1	9
60	Sean	Treloar	Port Talbot Harriers	MV40	M	40:34	10	5	10
81	Robert	Davies	No	MO	M	40:51	11	5	11
63	Paul	Price	No	MV40	M	40:52	12	6	12
58	Paul	Rees	Port Talbot Harriers	MV40	M	41:04	13	7	13
54	Gareth	Jehu	Aberdare Valley AAC	MV40	M	41:54	14	8	14
69	Nigel	Lawrence	Parc Brynbach	MV40	M	42:01	15	9	15

51	Ronald	Morris	No	MV60	M	42:11	16	1	16
32	Barri	Edwards	No	MV40	M	42:20	17	10	17
9	Ian	Williams	Ebbw Vale	MV40	M	42:41	18	11	18
18	Andrew	Brasington	Brecon AC	MV40	M	42:46	19	12	19
90	David	Smout	No	MV60	M	42:50	20	2	20
78	Ian	Jones	No	MV40	M	42:53	21	13	21
15	Richard	Beasley	No	MV40	M	43:17	22	14	22
103	Garry	Merrell	No	MO	M	44:04	23	6	23
88	Darren	Stevens	No	MO	M	44:06	24	7	24
19	Robert	Type	No	MO	M	44:26	25	8	25
26	Luned	Jones	No	FO	F	44:32	26	1	1
12	Raymond	Greenhouse	Ebbw Vale	MV40	M	45:06	27	1	2
84	Paul	Knight	No	MO	M	45:17	28	9	26
87	Tom	Russell	Parc Brynbach	MO	M	45:27	29	10	27
3	Daniel	Rogers	No	MO	M	45:42	30	11	28
44	Dean	Birt	Pontypridd Roadents	MO	M	45:50	31	12	29
30	Michael	Williams	Ebbw Vale Running Club	MV40	M	46:13	32	15	30
16	Tony	Wertheim	EVRC	MV40	M	46:25	33	16	31
72	Adrian	Colley	No	MV50	M	46:29	34	2	32
68	Clare	Lloyd	No	FO	F	47:11	35	2	3
43	Robert	Dunning	No	MV50	M	47:33	36	3	33
98	Les	Rowe	No	MV50	M	47:39	37	4	34
77	Michael	Thomas	No	MV40	M	48:09	38	17	35
46	Richard	Smith	No	MV40	M	48:34	39	18	36
100	Tom	Donald	No	MO	M	48:42	40	13	37
70	Rhian	Jinny-Jones	No	FO	F	48:42	41	3	4
61	Tony	Holling	Port Talbot Harriers	MV50	M	48:46	42	5	38

8	Kelvin	Henley	No	MO	M	49:15	43	14	39
93	Ian	Viveash	No	MV40	M	49:21	44	19	40
5	David	Boucher	No	MV50	M	49:35	45	6	41
57	Judith	Oakley	Port Talbot Harriers	FV45	F	49:39	46	2	5
65	Trevor	Searle	Oswestry Olympians	MV60	M	49:40	47	3	42
24	Lewis	Briggs	No	MO	M	50:02	48	15	43
73	Peter	Jones	No	MO	M	50:38	49	16	44
71	Helen	Colley	No	FO	F	50:41	50	4	6
95	Robert	Cox	No	MO	M	50:44	51	17	45
62	Ian	Williams	Port Talbot Harriers	MV50	M	50:53	52	7	46
59	Darren	Vaughan	Port Talbot Harriers	MO	M	51:16	53	18	47
91	Darren	Gwynne-Hamer	No	MV40	M	51:53	54	20	48
64	Bernie	Monk	Parc Brynbach	MV60	M	52:00	55	4	49
6	Michael	Gooding	No	MV50	M	52:52	56	8	50
37	Mike	Pritchard	No	MV50	M	53:04	57	9	51
66	Elspeth	Jarman	Abergavenny Striders	FV45	F	53:30	58	3	7
20	Philip	Price	No	MV40	M	53:35	59	1	1
67	Lynda	Robinson	Abergavenny Striders	FV35	F	53:45	60	1	8
34	Allan	Smith	3M Gorseinon RRC	MV60	M	54:00	61	5	52
33	Josephine	Ross	No	FV55	F	54:23	62	1	9
89	Rhydwyn	Harris	Islwyn R C	MV40	M	54:41	63	21	53
38	Jordan	Randell	No	MO	M	54:44	64	19	54
21	Grant	Lloyd	No	MO	M	55:16	65	20	55
22	Jason	Potter	No	MO	M	55:16	66	21	56
99	Hywel	Davies	Islwyn R C	MO	M	55:24	67	22	57
97	Brian	Cotton	No	MO	M	55:50	68	23	58
55	Anthony	Dally	No	MV40	M	56:25	69	22	59

82	Russell	Aston	No	MO	M	56:32	70	24	60
76	Stephen	Locke	No	MO	M	56:39	71	25	61
27	Graham	Singer	No	MV50	M	57:13	72	10	62
74	Philip	Wigmore	No	MO	M	57:48	73	26	63
11	Paul	Salter	No	MV40	M	58:46	74	23	64
13	David	Kempton	No	MV50	M	59:05	75	24	65
86	Catherine	Llewellyn	Merthyr	FV45	F	59:10	76	4	10
14	Alistair	Pitt	Parc Bryn Bach	MV40	M	59:41	77	25	66
35	Phill	Gibbon	No	MV50	M	1:00:37	78	11	67
23	Lee	Colcombe	No	MO	M	1:00:45	79	27	68
25	Eleanor	Morris	No	FO	F	1:00:45	80	5	11
53	Maria	Berrett	No	FV45	F	1:00:59	81	5	12
52	Jennifer	Bibby	No	FV45	F	1:01:10	82	6	13
39	Terry	Vaughan	E.V.R.C	MO	M	1:01:12	83	28	69
102	Clare	Williams	No	FV35	F	1:01:18	84	2	14
101	Angela	Parfitt	No	FV35	F	1:01:19	85	3	15
83	Helen	Aston	No	FV35	F	1:01:38	86	4	16
79	Leslie	Pugh	MDC	MV60	M	1:02:01	87	6	70
40	Gary	Edwards	No	MV40	M	1:02:41	88	26	71
96	Gareth	Taylor	No	MO	M	1:02:41	89	29	72
80	Tim	Cooper	No	MV40	M	1:03:37	90	27	73
29	Louise	Ralph	No	FV34	F	1:03:43	91	1	17
10	Clive	Evans	No	MV60	M	1:04:54	92	7	74
28	Cathy	Johnson	No	FV45	F	1:05:45	93	7	18