

## Teifi 10 Mile

Lampeter Rugby Football Club, North Rd,  
Lampeter, Ceredigion

Sunday, 23 March 2008

Pos	Name	Cat	Club	Time
1	Richard Gardiner	M	Cardiff AC	0:51:47
2	Lee Aherne	M40	Les Croupiers RC	0:54:32
3	Steven Rees	M	Port Talbot Harriers	0:54:54
4	Peter Coles	M40	Pontypridd Roadents	0:55:02
5	Paul Griffiths	M40	Neath Harriers	0:55:21
6	Glyn Price	M40	Sarn Helen	0:58:14
7	Michael Kallenburg	M	Ingli Runners	0:58:23
8	Barrie Griffiths	M40	Pembroke Harriers	0:58:44
9	Tim Hindle	M	Brecon AC	0:59:26
10	Michael Davies	M	Sarn Helen	0:59:27
11	Mike Evans	M	Cardiff AC	0:59:34
12	Carl Ellis	M	Port Talbot Harries	0:59:37
13	Andrew Abbott	M	Sarn Helen	1:00:00
14	Les Hewitson	M40	Ingli Runners	1:00:04
15	Rhys Pitman	M	Pntypridd Roadents	1:00:36
16	Kevin Griffiths	M40	TROTS	1:00:48
17	Mick McGeoch	M50	Les Croupiers RC	1:00:51
18	Andrew Baker	M40	Pontypridd Roadents	1:00:56
19	Peter Osborne	M40	Swansea Harriers	1:01:11
20	Stephen King	M	Aberystwyth AC	1:02:02
21	Steffan Hughes	M	Carmarthen Harriers	1:02:37
22	Ann Thomas	F35	TROTS	1:02:40
23	Phoebe Webster	F	U W A Harriers	1:03:17
24	Gerard Crispie	M40	Les Croupiers RC	1:03:22
25	Adrian Mark Weaver	M	Port Talbot Harries	1:03:52
26	Jos Jones	M	Aberystwyth AC	1:03:54
27	Kieran Mackintosh	M	Port Talbot Harriers	1:03:55
28	Richard Marks	M50	Sarn Helen	1:03:58
29	Cliford Evans	M40	Aberystwyth Uni	1:04:05
30	Carwyn Thomas	M	Sarn Helen	1:04:15
31	David Astins	M	Pembrokeshire Tri	1:04:16
32	Clem Clement	M40	Penarth & Dinas R	1:04:17

Pos	Name	Cat	Club	Time
33	Barry Wilson	M50	Ludlow Runners	1:04:18
34	Phil Adams	M40	Neath Harriers	1:04:26
35	Nigel Barnes	M40	Port Talbot Harries	1:04:31
36	Dinah Cheverton	F35	Torbay AC	1:04:39
37	Chris Fulcher	M40	Port Talbot Harries	1:04:41
38	Huw Price	M40	Sarn Helen	1:04:44
39	David Thomas	M	Gorseinon 3M's	1:04:46
40	David Lewis	M	U/A	1:05:33
41	Ruth Tyler	F	Les Croupiers RC	1:05:39
42	Shan Roberts	F35	Ingli Runners	1:05:46
43	Martin Davies	M	TROTS	1:05:48
44	Lee Davies	M	Pontypridd Roadents	1:06:20
45	Mark Terry	M50	TROTS	1:06:51
46	Dave Powell	M40	Aberystwyth AC	1:06:57
47	Alan Perkins	M50	Port Talbot Harries	1:07:20
48	Eric Rees	M	Sarn Helen	1:07:34
49	Catherine Beecher	F	Les Croupiers RC	1:08:02
50	Rob Williams	M40	Ingli Runners	1:08:08
51	Peter Foale	M50	Aberystwyth AC	1:08:15
52	Tasha Sexton	F	Ingli Runners	1:08:21
53	Leigh James	F	WSEH	1:08:31
54	Huw Rowcliffe	M	Sarn Helen	1:08:37
55	Mark Dunscombe	M40	Sarn Helen	1:08:55
56	Dominic Shields	M40	San Domenico	1:09:02
57	Caroline John	F35	Sarn Helen	1:09:03
58	Paul Charles	M40	Pegasus RC	1:09:05
59	Rowena Melbourne	F	Instinctive Sport	1:09:22
60	Cyril Walters	M50	TROTS	1:09:28
61	Lynn Green	F45	Ingli Runners	1:09:46
62	Chris Sexton	M40	Ingli Runners	1:09:53
63	Clive Osmond	M40	Les Croupiers RC	1:10:19
64	Eric Davey	M50	Llanelli Amateur Athlectic	1:10:56
65	Dylan Davies	M	Sarn Helen	1:11:01
66	David Thomas	M40	Sarn Helen	1:11:03
67	Clive Evans	M50	Aberystwyth AC	1:11:08
67	Jason Williams	M	Cardigan RC	1:11:13
68	Louise Barker	F	Aberystwyth AC	1:11:30
69	Jonathon Kersting	M50	Swansea Harriers	1:11:31
70	Haydn Lloyd	M	Sarn Helen	1:11:34

Pos	Name	Cat	Club	Time
71	Andrew Nicholas	M40	U/A	1:11:38
72	Kent Watson	M40	Torbay AC	1:11:49
73	Stephen Bendle	M40	Gorseinon 3M's	1:12:12
74	Tony Wenlock	M50	Aberystwyth AC	1:12:19
75	John Evans	M50	Aberystwyth AC	1:12:23
76	Paul Padget	M50	Ingli Runners	1:12:25
77	Stephen Jones	M50	Islwyn	1:12:44
78	Carolyn Eynon	F45	TROTS	1:12:57
79	Steve Davies	M40	Port Talbot Harries	1:13:16
80	Alec Williams	M40	U/A	1:13:17
81	Hywel Roderick	M	U/A	1:13:18
82	Carol Moseley	F	Port Talbot Harries	1:13:24
83	Michael Halsall	M	Llanelli Amateur Athlectic	1:13:49
84	John Collins	M50	Swansea Harriers	1:14:07
85	James Green	M	Maldwyn Harriers	1:14:14
86	Lisa Thomas	F	Amman Valley	1:14:27
87	Robert Fowler	M50	Amman Valley	1:14:28
88	Geraint Jenkins	M40	Amman Valley	1:14:35
89	Tudur Jones	M	U/A	1:14:02
90	Mandy Jones	F45	Islwyn	1:15:03
91	Lyn Rees	M50	Sarn Helen	1:15:37
92	Paul Lewis	M40	Gorseinon 3M's	1:15:41
93	Gethin Jenkins	M	Sarn Helen	1:15:46
94	Anita Worthing	F45	Aberystwyth AC	1:15:59
95	John Cunnane	M50	100Km Association	1:16:52
96	Andrew Noble	M40	U/A	1:17:00
97	Ray James	M40	Port Talbot Harriers	1:17:29
98	Peter Farenden	M40	U/A	1:17:42
99	Jozset Tabajdi S.A.	M	Kiskunhalas AC	1:17:55

Pos	Name	Cat	Club	Time
100	Angela Payne	F35	Ingli Runners	1:17:56
101	Clive Williams	M50	Aberystwyth AC	1:18:40
102	Richard Springett	M40	U/A	1:18:56
103	Gareth John	M50	Les Croupiers RC	1:19:44
104	Glenda Roberts	F45	Aberystwyth AC	1:19:48
105	Simon Cox	M40	U/A	1:19:56
106	Allan Spencer Smith	M50	3M Gorseinon	1:19:56
107	Anthony Holling	M50	Port Talbot Harries	1:20:02

Pos	Name	Cat	Club	Time
108	Val Brown	F35	Pembroke Tri	1:20:56
109	Rhiannon Jones	F	U/A	1:21:13
110	Roland Sherwood	M50	Amman Valley	1:21:25
111	Alan Maguire	M	Cardigan RC	1:22:06
112	Syd Wheeler	M50	Chepstow Harriers	1:22:16
113	Terry Gover	M50	Pembroke Tri	1:22:36
114	Malcolm Taylor	M50	Bro Dysynni AC	1:23:45
115	Helen Williams	F45	Aberystwyth AC	1:24:25
116	Jill Willcox	F35	Ingli Runners	1:25:12
117	Bernard Stevens	M50	U/A	1:25:51
118	Janice Clement	F45	Penarth & Dinas R	1:26:08
119	Andrew Edgell	M	Sarn Helen	1:26:54
120	Caryl Davies	F	Sarn Helen	1:27:32
121	Eleri Connor	F	Aberystwyth AC	1:28:06
122	Gareth Jones	M40	Sarn Helen	1:28:21
123	Peter Samuelson	M50	Spectrum Striders	1:29:22
124	Ian Swanson	M50	Port Talbot Harries	1:29:44
125	Shan Breese	F45	Aberystwyth AC	1:31:10
126	Helen Stretch	F45	Aberystwyth AC	1:35:05
127	Nigel Best	M50	U/A	1:35:27
128	G T Rogers	M	U/A	1:36:01
129	Catherine Llewellyn	F35	U/A	1:36:20
130	Louise Maguire	F	Cardigan RC	1:36:24
131	Caron Mc Kee Hands	F35	U/A	1:37:08
132	Delyth Timmins	F35	U/A	1:38:46
133	Sian Jenkins	F	Sarn Helen	1:45:11
134	Gudrun Jones	F45	Sarn Helen	1:45:33
135	Allen Watts	M50	Sarn Helen	2:16:45