

## Teifi 10 - 2010

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>£</u>	
706	1	Richard Roberts	31	Eryri Harriers	M	54.07	7	
664	2	Michael Kallenberg	19	Carmarthen Harriers	M	55.23	7	
733	3	Peter Coles	47	Pontypridd Roadents	M40	56.13	7	
700	4	Robert Dyde	27	Pembs Harriers	M	57.01	9	
751	5	Glyn Price	42	Sarn Helen	M40	57.32	7	
675	6	Daniel Bodman	19	Aberdare	M	58.17	7	
694	7	Michael Davies	41	Sarn Helen	M40	58.23	7	
728	8	Eddy Ball	44	Rhondda Valle Runners	M40	58.45	7	
508	9	Carwyn Thomas	22	Sarn Helen	M	60.57	7	
665	10	Barrie Griffiths	46	Pembs Harriers	M40	61.28	7	
783	11	Andrew Abbott	38	Sarn Helen	M	61.40	7	
793	12	Kevin Griffiths	46	Trots	M40	61.57	7	
765	13	Caryl Mair Jones	23	Trots	F	61.58	7	
674	14	Arwel Lewis	51	Eryri Harriers	M50	62.02	7	
705	15	Andrew Dawe	43	Pembs Harriers	M40	62.11	7	
752	16	Phoebe Webster	29	Aberystwyth AC	F	62.14	7	
739	17	Edward Fletcher	30	Aberystwyth Uni	M	62.19	9	
745	18	Martin Webborn	38	Swansea Harriers	M	62.23	7	
720	19	Ann Thomas	42	Trots	F35	62.24	7	
714	20	Mickey Havard	44	San Domeinco	M40	62.55	7	
726	21	Mark Dunscombe	48	Sarn Helen	M40	63.05	7	
725	22	Charles Walsh	35	Port Talbot Harriers	M	63.17	7	
687	23	Lee Morris	28		M	63.40	9	
772	24	Alec Williams	43	Ingli	M40	63.51	7	
716	25	Ian Mc Donald	45	San Domeinco	M40	64.20	7	
684	26	Adam Daykin	43	Serpentine Running	M40	65.06	7	
744	27	Sean Treloar	42	Port Talbot Harriers	M40	65.08	7	
761	28	Steve Ouseley	36	Ingli	M	65.14	7	
770	29	Simon Hall	30	Sarn Helen	M	65.18	7	
750	30	Alex Williams	42	Port Talbot Harriers	M40	65.25	7	
782	31	Shelley Childs	36	Aberystwyth AC	M	65.29	7	
677	32	John Diffey	46	Les Croupiers	M40	65.30	7	
785	32	Daniel Evans	20	Rhondda Valle Runners	M	65.30	7	

787	34	John Hopkins	47	Port Talbot Harriers	M40	65.56	7	
773	35	Tony Hall	54	Sarn Helen	M50	66.05	7	
713	36	Steve Walsh	41	Port Talbot Harriers	M40	66.06	7	
711	37	Paul Rees	45	Port Talbot Harriers	M40	66.08	7	
796	38	Glyn Sansom	48	San Domenico	M40	66.37.26	7	
766	39	Robert Davies	38	Islwn	M	66.37.73	7	
717	40	Victoria Jackson	18	Cardiff AAC	F	66.53	7	
754	41	Huw Price	47	Sarn Helen	M40	67.07	7	
683	42	David O'Neill	40	Pembs Harriers	M40	67.26	7	
696	43	Mark Terry	52	Trots	M50	67.28	7	
774	44	Kim Wehden	47	Islwyn Running Club	F45	67.38	7	
723	45	Clifford Evans	51	Aberystwyth Uni	M50	67.42	7	
784	46	Ian Jones	49		M40	67.44	9	
693	47	Barry Wilson	57	Ludlow Runners	M50	67.53	7	
734	48	Gareth Ayers	26	Port Talbot Harriers	M	67.55	7	
668	49	James Thomas	28	Sarn Helen	M	68.09	7	
767	50	Dominic Shields	45	San Domenico	M40	68.12	7	
682	51	Ann Lynch	37	Pembs Harriers	F35	68.39	7	
749	52	Sandra Pinkham	46	Port Talbot Harriers	F45	69.01	7	
778	53	David Thomas	47	Sarn Helen	M40	69.11	7	
780	54	Murray Kisbee	60	Sarn Helen	M50	69.20	7	
788	55	Gethin Jones	37		M	69.28	9	
730	56	Brian Russell	51	Cardigan	M50	69.30	7	
759	57	Jessica Leitch	27	Sarn Helen	F	69.33	7	
710	58	David Parfitt	40	Port Talbot Harriers	M40	69.34	7	
746	59	Kev Joyce	44	Pembs Harriers	M40	69.56	7	
768	60	Laurence Worth	47	Pembs Harriers	M40	70.35	7	
676	61	Richard Phillips	33	Trots	M	70.36	7	
666	62	Mark Jones	51		M50	70.39	9	
762	63	Martin Smith	27		M	71.03	9	
729	64	Carol Moseley	33	Port Talbot Harriers	F	71.07	7	
742	65	Jason Wilkins	40	Cardigan	M40	71.08	7	
695	66	Dawn Kenwright	54	Sarn Helen	F45	71.10	7	
704	67	Paul Rose	45	Aberystwyth AC	M40	71.27	7	
671	68	Sam Clarke	34		M	71.35	9	

663	69	Mike Green	52	Vegan Runners UK	M50	71.49	7	
703	70	Paul Edwards	50	Pembs Harriers	M50	71.51	7	
797	71	Ioan Davies	31	Rwpy Harriers	M	71.56	9	
799	72	Alvin Phillips	31	Rwpy Harriers	M	71.57	9	
757	73	Eric Davey	60	Llanelli AAC	M50	71.59	7	
719	74	John Evans	64	Aberystwyth AC	M50	72.28	7	
678	75	Anita Worthing	54	Aberystwyth AC	F45	72.49	7	
769	76	Dee Jolly	23	Sarn Helen	F	72.50	7	
669	77	Phillip Turner	42	Llanelli Tri.	M40	73.16	9	
718	78	Lindy Eynon	49	Trots	F45	73.24	7	
722	79	Clive Denton	42	Rhondda Valle Runners	M40	73.25	7	
679	80	Tony Wenlock	55	Aberystwyth AC	M50	73.58	7	
743	81	Alyson Hayes	39	Cardigan	F35	74.21	7	
661	82	Glyn Rowlands	52	Meirionydd	M50	74.22	7	
760	83	Bethan Ouseley	33	Ingli	F	74.35	7	
753	84	Ceri Brambley-Tucker	42	Port Talbot Harriers	F35	74.53	7	
727	85	Alan Perkins	59	Port Talbot Harriers	M50	74.54	7	
790	86	Russell Bown	52	Pontypridd Roadents	M50	75.02	7	
699	87	Brian Moffett	60	Trots	M50	75.33	7	
670	88	Simon Scurrrell	29		M	75.43	9	
698	89	Tony Holling	54	Port Talbot Harriers	M50	75.50	7	
701	90	Martin Dyde	51	Pembs Harriers	M50	76.01	7	
800	91	Ian Jones	29	Rwpy Harriers	M	76.13	9	
748	92	Pauline Williams	51	Port Talbot Harriers	F45	76.33	7	
798	93	Arwel Davies	29	Rwpy Harriers	M	76.45	9	
721	94	Helen Williams	49	Trots	F45	76.48	7	
775	95	Gareth Jones	44	Sarn Helen	M40	77.19	7	
724	96	Amy Edwards	28	Rhondda Valle Runners	F	77.43	7	
732	97	Colin Anthon	64	Port Talbot Harriers	M50	77.46	7	
792	98	Stephen Thomas	18	Pembs Harriers	M	78.06	7	
736	99	Judith Oakle	45	Port Talbot Harriers	F45	78.27	7	
756	100	Paul Jones	37	Mumbles Milers	M	78.29	7	
747	101	Robert Smith	48	Pembs Harriers	M40	78.58	7	
735	102	David Oak	64	Port Talbot Harriers	M50	79.10	7	
755	103	Tracy Edwards	43	Rhondda Valle Runners	F35	79.27	7	

791	104	David Thomas	38	Pembs Harriers	M	80.05	7	
707	105	Caryl Davies	21	Sarn Helen	F	80.10	7	
789	106	Sian Roberts-Jones	29		F	80.57	9	
794	107	Johnathon Cardy	43		M40	81.03	9	
660	108	Josephine Hooper	33		F	81.52	9	
737	109	Ray James	49	Port Talbot Harriers	M40	81.56	7	
667	110	Greg King	42	Llanelli Tri.	M40	82.02	9	
779	111	Richard Springett	46		M40	82.04	9	
689	112	Ross Poiner	36	3M's Road Runners	M	82.16	7	
771	113	Keith Powell	53	Trots	M50	82.20	7	
740	114	Jane Wilkins	47	Cardigan	F45	83.03	7	
708	115	Gwydron Williams	16		M	83.10	9	
758	116	Eleri Connor	27	Penarth & Dinas Runners	F	83.19	7	
712	117	Ian Williams	40	Port Talbot Harriers	M40	83.55	7	
764	118	Kirsten Tucker	34	Swansea Harriers	F	84.16	7	
777	119	Carl Seaman	40	Rhondda Valle Runners	M40	84.28	7	
741	120	Ian Ralfs	62		M50	84.40	9	
691	121	Neil Crosby	42	Rhondda Valle Runners	M40	85.50	7	
715	121	Frances Williams	45	San Domeinco	F45	85.50	7	
786	121	Hilary Mc Carthy	43	Cardigan	F35	85.50	7	
709	124	Ormond Williams	49		M40	86.57	9	
781	125	Angharad Hull	28	Sarn Helen	F	86.17	7	
731	126	Alan Roberts	54	Port Talbot Harriers	M50	88.09	7	
688	127	Richard Donne	48	3M's Road Runners	M40	88.14	7	
763	128	Claire House	37	San Domenico	F35	88.18	7	
795	129	Clare Thomas	28	Trots	F	88.43	7	
702	130	Alison Griffiths	40	Pembs Harriers	F45	89.09	7	
690	131	Sally Powell	32	Rhondda Valle Runners	F	90.28	7	
776	132	Jan Jones	44	Sarn Helen	F35	90.49	7	
685	133	Wendy Evans	36		F35	94.03	9	
697	134	Ian Swanson	60	Port Talbot Harriers	M50	95.25	7	
680	135	Anthony Peter Molloy	54	Birchfield Harriers	M50	99.33	9	
673	136	Gudrun Jones	52	Sarn Helen	F45	102.11	7	
738	137	Shan Breese	51	Aberystwyth	F45	104.47	7	
672	138	Ian Rees Jones	49		M40	108.07	9	

681	139	Andrea Molloy	43	Birchfield Harriers	F35	122.26	9	
692	140	Allen Watts	81	Sarn Helen	M50	140.24	7	
662		Helen Walker	53	Ingli	F45	DNS	7	
686		Tom Newman	34		M	DNF	9	