

Aberdare 10k

Aberdare

Sunday, 29 April 2007

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Pos	Name	Cat	Time
1	Michael Johnson	M	0:31:17
2	Paul Griffiths	M	0:32:34
3	Edward Takata	M	0:33:47
4	Stephen Thomas	M	0:34:11
5	Jason Scanlon	M	0:34:27
6	Owain Jones	M	0:35:22
7	Mike Lewis	M	0:36:20
8	Charles Walsh	M	0:36:24
9	John Williams	M	0:37:05
10	Daniel Bodman	M	0:37:52
11	Mark Dunscombe	M	0:38:17
12	Graham Colvin	M	0:38:25
13	David Thomas	M	0:38:27
14	Matthew Jacklin	M	0:38:30
15	Ingrid Taylor	F	0:38:37
16	Andy Davies	M	0:38:53
17	John Diffey	M	0:39:05
18	Paul Price	M	0:39:07
19	Steve Sanders	M	0:39:57
20	Paul Lewis	M	0:39:59
21	Lee Morris	M	0:40:34
22	Mike Woods	M	0:41:07
23	Paul Morgan	M	0:41:15
24	Eirwyn Regs	M	0:41:17
25	Lee Williams	M	0:41:46
26	Mark Andrew Street	M	0:41:50
27	John Rogers	M	0:42:07
28	Brian Gough	M	0:42:09
29	Trevor Hay	M	0:42:11
30	Alex Williams	M	0:42:12
31	Stephen New	M	0:42:22

Pos	Name	Cat	Time
32	Tim Lewis	M	0:42:33
33	Ray Davies	M	0:42:34
34	Andrew Lloyd	M	0:43:13
35	Chris Davis	M	0:43:23
36	Ian Haines	M	0:43:35
37	Kerry Evans	F	0:43:39
38	Maria Waygood	F	0:44:13
39	Robert Ford	M	0:44:17
40	Conner Street	M	0:44:19
41	Richard Jones	M	0:44:21
42	Neil Coleman	M	0:44:26
43	Phil Prothero	M	0:44:28
44	Paul Gillard	M	0:45:19
45	Simon Jenkins	M	0:45:20
46	Ross Lewis	M	0:45:30
47	Ian Dennis	M	0:45:32
48	Huw Roberts	M	0:45:55
49	Melissa Whiting	F	0:45:59
50	Nichola Murray	F	0:46:17
51	Peter Young	M	0:46:23
52	Jamie Emmanuel	M	0:46:25
53	David Thomas	M	0:46:34
54	David Walker	M	0:46:38
55	Liz Vaughen	F	0:46:39
56	Tracy Jenkins	F	0:46:43
57	Kevin Murphy	M	0:46:53
58	Paul Jones	M	0:47:21
59	Terry Williams	M	0:47:55
60	Jason Ferreira	M	0:48:10
61	Gregory Kemble	M	0:48:12
62	Stephen Osborne	M	0:48:22
63	Stephen Bartlett	M	0:48:50
64	Kevin Whitcombe	M	0:49:01
65	Paul Miles	M	0:49:09
66	Rhys White	M	0:49:12
67	Michael O'Shea	M	0:49:28
68	Jonathan Pitt	M	0:49:46
69	Tracey Thomas	F	0:49:48
70	Shirley Mathurin	F	0:49:48

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Pos	Name	Cat	Time
71	Anthony Jones	M	0:50:02
72	Jayson Holloway	M	0:50:04
73	Janis Roberts	F	0:50:11
74	Conrad Phillips	M	0:50:17
75	Gethyn Evans	M	0:50:19
76	Andrew Russell	M	0:50:22
77	Neal Wilson	M	0:50:27
78	Allen Bunney	M	0:50:31
79	Paula Francis	F	0:50:40
80	Jeff Harvey	M	0:50:55
81	Ryan Thornton	M	0:52:17
82	Colin Gardner	M	0:52:18
83	Sari Benazzouz	F	0:52:18
84	Kim Dufty	M	0:52:18
85	Paul Morgan	M	0:52:30
86	Michael Dean	M	0:52:50
87	Richard Quirke	M	0:52:54
88	Gareth Wayne Edwards	M	0:52:57
89	Gareth Jones	M	0:53:00
90	Darren Cummings	M	0:53:15
91	David Morgan	M	0:53:17
92	Catherine Howarth	F	0:53:17
93	Andrea Jones	F	0:53:19
94	Emma Reed	F	0:53:22
95	Steven Mock	M	0:53:42
96	Ian Dunn	M	0:53:48
97	Jonathan Evans	M	0:53:50
98	Caroline Gardiner	F	0:53:53
99	Nigel Williams	M	0:54:03
100	Claire Ricketts	F	0:54:07

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Pos	Name	Cat	Time
101	Paula James	F	0:54:15
102	Grace Francis	F	0:54:57
103	Jeremy Lewis	M	0:55:08
104	Steve Thomas	M	0:55:30
105	Anthony Donovan	M	0:55:31
106	Judy Donovan	F	0:55:31
107	Clive Evans	M	0:55:37

Pos	Name	Cat	Time
108	Grant Smith	M	0:55:44
109	Claire Jones	F	0:55:48
110	Alun Gowen	M	0:56:10
111	Christopher Howarth	M	0:56:20
112	Carol Osborne	F	0:56:33
113	Carley Simmonds	F	0:56:38
114	Beta Murphey	F	0:56:58
115	April Young	F	0:56:58
116	Gareth New	M	0:57:04
117	Angela Jones	F	0:57:38
118	Andrew Falder	M	0:57:40
119	Bernadette Power	F	0:58:07
120	Janine Davies	F	0:58:50
121	Jodie Hobbs	F	0:58:50
122	Simon Jones	M	0:59:10
123	Gregory Waygood	M	0:59:20
124	Derryn Harding	M	0:59:20
125	Darren Young	M	0:59:28
126	John Snare	M	1:00:06
127	Hannah Jones	F	1:00:14
128	Sian Pryse	F	1:00:26
129	Wyndham Thomas	M	1:00:32
130	Lorraine Swan	F	1:01:37
131	Jackie Spencer	M	1:01:56
132	Kevin Spencer	M	1:01:56
133	Angela Williams	F	1:02:28
134	Andrew Carey	M	1:02:31
135	Teresa Jeffries	F	1:02:37
136	Joanne Reynolds	F	1:05:48
137	Michael Ferreira	M	1:05:50
138	Jose Ferreira	M	1:05:51
139	Matthew Fowler	M	1:06:30
140	Julie Zalar	F	1:07:52
141	Maria Berrett	F	1:07:56
142	Dewi Rees	M	1:08:56
143	Rhian Parry	M	1:08:57
144	Liz Powell	F	1:11:12
145	Andrew Healey	M	1:11:12
146	Allen Watts	M	1:12:01

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Pos	Name	Cat	Time
147	Kay Spencer	F	1:12:24
148	Lisa Williams	F	1:13:55
149	Jennifer Howarth	F	1:16:06
150	Sian Hobson	F	1:17:08
151	Eric Ricketts	M	1:17:38
152	Alison Murphy	F	1:18:18
153	Ann Quirke	F	1:18:18