

RHAYADER 20 MILE ROAD RACE 2013

Pos	Time	Family	First	Num	Gen	Age	Catg	Club
1	1:58:09	Collins	Matt	224	M	33	OM	Fairwater Cwmbran Runners
2	1:59:33	Simms	Stefan	219	M	44	M40	Fairwater Cwmbran Runners
3	2:01:41	Jennings	Mark	223	M	39	OM	Fairwater Cwmbran Runners
4	2:02:10	Barnby	Daryl	218	M	28	OM	Fairwater Cwmbran Runners
5	2:03:56	Taylor	Sean	216	M	36	OM	Fairwater Cwmbran Runners
6	2:07:26	Reynolds	Andrew	127	M		OM	Neath Harriers
7	2:10:55	Bisson	Mike	120	M		OM	Lordshill RR
8	2:10:58	Davies	Tim	197	M	45	M45	
9	2:12:16	Reynolds	Matthew	30	M		OM	
10	2:12:53	Price	Glyn	177	M	45	M45	Sarn Helen
11	2:12:58	Birch	Andrew	97	M		M40	Trismart
12	2:13:33	Thomas	Nick	33	M		M40	Trismart
13	2:14:30	Cruchley	Sam	138	M		OM	Halesowen AC
14	2:14:39	Davies	Michael	178	M	44	M40	Sarn Helen
15	2:15:19	Williams	Oliver	62	M		OM	Les Croupiers
16	2:15:22	James	Ian	103	M		M50	Wrexham AC
17	2:15:59	Sharam	Robert	145	M		OM	Whitchurch whippets
18	2:16:45	Randles	Tom	141	M		OM	Gloucester AC
19	2:17:00	Copp	Richard	168	M	28	OM	
20	2:18:22	Newey	Jon	143	M		M40	Mercia Fell Runners
21	2:19:24	Thomas	James	210	M	39	OM	
22	2:19:36	Meek	Steve	205	M	49	M45	
23	2:19:49	Warrick	Mike	159	M		M60	Rhayader RC
24	2:20:03	Thompson	Barry	153	M		OM	
25	2:20:23	Aylmore	Jim	179	M	53	M50	Poole Runners
26	2:20:52	George	Martin	194	M	36	OM	Llanelli AC
27	2:20:53	Hartnell	Haydn	131	M		M50	Islwyn RC
28	2:21:16	Lammas	Ned	83	M		M45	Evesham Vale RC
29	2:21:21	Jones	Timothy	221	M	28	OM	Abbey Runners
30	2:21:30	Summerside	Neil	149	M		M40	
31	2:21:31	Collier	Gemma	599	F	27	OF	Gloucester AC
32	2:21:50	Aston	Andy	139	M		M50	Stourbridge RC
33	2:21:56	Rabjohns	Peter	170	M	41	M40	Poole AC
34	2:22:07	Lamonby	Mark	200	M	24	OM	Croft Ambrey Runners
35	2:22:11	Waters	Phillip	190	M	42	M40	
36	2:22:22	Hall	Andy	9	M		M40	Bournville Harriers

37	2:22:24	Collins	Louise	577	F		OF	Stourbridge RC
38	2:22:33	Cuncliff	Steve	206	M	59	M55	Forest of Dean AC
39	2:23:03	Garrod	Tom	181	M	45	M45	Witney Road Runners
40	2:23:40	Phillips	Justin	212	M	40	M40	Pontypridd Roadents
41	2:24:34	Lewis	Alan	76	M		M40	Wye Valley Runners
42	2:24:50	King	Kathryn	527	F		OF	Wye Valley Runners
43	2:26:14	Headon	David	211	M	52	M50	Les Croupiers
44	2:26:45	Walsh	Tony	104	M		M50	Bitton RR
45	2:27:00	Tudor Maisey	Lyndon	59	M		OM	Les Croupiers
46	2:27:04	Badger	Jon	11	M		M40	Aldershot Farnham & Dist
47	2:28:00	Powell	Dave	193	M	52	M50	Aberystwyth AC
48	2:28:14	Stanier	Ray	147	M		M55	Tipton Harriers
49	2:28:44	Adams	Richard	78	M		OM	Lingfield RC
50	2:28:57	Falcomer	Rob	167	M	54	M50	Swansea Harriers
51	2:29:35	Titley	Norman	55	M		M45	Shropshire Shufflers
52	2:29:37	Fleet	Leyton	110	M		M40	Forest of Dean AC
53	2:29:40	Jones	Luke	128	M		OM	Brackla Harriers
54	2:29:48	Davies	Nicola	566	F		OF	Shropshire Shufflers
55	2:30:21	Thomas	Andrew	195	M	47	M45	Sospan RR
56	2:30:27	Hooper	Nick	214	M	47	M45	Black Pear Joggers
57	2:30:35	Turner	Phillip	116	M		M45	Sospan RR
58	2:30:42	Boon	Julian	91	M		M40	Forest of Dean AC
59	2:30:45	Owen	Huw	89	M		OM	Eryri Harriers
60	2:30:55	Bird	Jamie	46	M		M45	Wolverhampton & Bilston AC
61	2:31:05	Norman	David	109	M		M40	Dudley & Kingswinford
62	2:31:06	Filmer	Andrew	204	M	32	OM	Aberystwyth AC
63	2:31:16	Barker	Louise	603	F	37	F35	Aberystwyth AC
64	2:31:19	Collins	Emma	597	F	50	F50	Denbigh Harriers
65	2:31:40	Childs	Paul	151	M		OM	Black Pear Joggers
66	2:33:27	Ap Dafydd	Aled	100	M		OM	
67	2:33:28	Barbour	Sheila	547	F		F40	Evesham Vale RC
68	2:33:40	Clothier	Adam	101	M		OM	Hydro Harriers
69	2:33:48	Wilson	Robert	196	M		M50	Penarth & Dinas Runners
70	2:34:50	Homer	Mark	58	M		M50	Dudley & Kingswinford
71	2:34:55	Parry	John	156	M		M55	Builth & District RC
72	2:36:00	Hetterley	John	189	M	23	OM	Wye Valley Runners
73	2:36:35	Armstrong	Sarah	550	F		F45	Amazing Feet RC
74	2:36:48	Miles	Philip	18	M		M60	Parc Bryn Bach
75	2:36:51	Harris	Chris	65	M		OM	Black Pear Joggers
76	2:36:59	Perry	David	61	M		M45	Shropshire Shufflers
77	2:37:15	Shaw	Rachel	537	F		F35	
78	2:37:20	Lloyd	Chris	144	M		OM	Islwyn RC
79	2:37:22	Joyce	Martin	118	M		OM	Forest of Dean AC
80	2:37:25	Kim	Wehden	5	M		M50	Islwyn RC

81	2:37:42	John	Magee	8	M		OM	Les Croupiers
82	2:37:54	Bennett	Anthony	23	M		M40	Malvern Joggers
83	2:38:38	Davies	Ceri-Ann	580	F		F40	Pontypridd Roadents
84	2:38:42	Taylor	Ian	32	M		M40	
85	2:39:34	Towner	John	173	M	30	OM	Poole Runners
86	2:39:35	Mallett	Gemma	531	F		OF	Croft AMbrey Runners
87	2:39:36	Morris	Paul	50	M		M50	Les Croupiers
88	2:39:40	Davies	Daniel	88	M		OM	
89	2:40:38	Dickens	Andrew	222	M	42	M40	Pontypool Runners
90	2:40:47	Vlaarkama	Judith	589	F	36	F35	Lytchett Manor Striders
91	2:40:50	Davies	Andrew	140	M		M60	Telford Harriers
92	2:41:15	Collinson	Libby	502	F		F55	Shropshire Shufflers
93	2:42:10	Bunn	Richard	44	M		M40	Peel RR
94	2:42:10	Bunn	Tricia	518	F		F35	Peel RR
95	2:42:25	McFadden	Roger	37	M		M60	Brat Club
96	2:42:50	Stanley	Drew	98	M		M45	Poff
97	2:43:13	Collinson	Andrew	3	M		OM	
98	2:43:29	Davies	Martin	150	M		M50	Lliswerry Runners
99	2:43:42	Judge	Megan	508	F		OF	Malvern Joggers
100	2:43:47	Jones	Stevan	71	M		M40	Southville RC
101	2:44:13	Davies	Nigel	175	M	41	M40	Sarn Helen
102	2:44:15	Wilkes	Louise	607	F	20	OF	Telford Harriers
103	2:45:25	Blanning	Samuel	129	M		OM	Southville RC
104	2:45:18	Charles	Paul	105	M		M50	Pegasus RC
105	2:45:39	Park	Lesley	552	F		F45	Trismart
106	2:45:44	Toogood	Shane	42	M		OM	Hogweed Trotters
107	2:45:47	Moran	Laurence	121	M		OM	
108	2:46:04	Quinton	Paul	172	M	51	M50	Mysteruns of Abergele
109	2:46:08	King	Richard	187	M	28	OM	Hogweed Trotters
110	2:46:21	Bennett	Chris	164	M	35	OM	
111	2:46:31	Cruchley	Steve	137	M		M50	
112	2:46:34	Williams	David	54	M		M50	Les Croupiers
113	2:46:35	Davies	Steven	217	M	43	M40	
114	2:47:13	Denholm	Kris	126	M		M45	Brackla Harriers
115	2:47:20	Gerrard	Julie	561	F		F35	Black Pear Joggers
116	2:47:39	Robbie	Neil	64	M		M45	Black Pear Joggers
117	2:47:49	Thompson	Tori	609	F	46	F45	Black Pear Joggers
118	2:47:49	Shacklock	Sue	608	F	45	F45	Black Pear Joggers
119	2:48:03	Pickering	Jon	87	M		M45	Malvern Joggers
120	2:48:07	Humphries	John	171	M	56	M55	Mysteruns of Abergele
121	2:48:40	Lynch	Elliott	220	M	25	OM	
122	2:48:42	Dominico	Shields	56	M		M45	San Dominico
123	2:49:21	Adams	Nick	66	M		M40	Black Pear Joggers
124	2:49:31	Banham	Andrew	31	M		M50	Malvern Joggers

125	2:49:50	Rouse	David	199	M	31	OM	CroFt Ambrey Runners
126	2:50:05	Tagg	Susan	523	F		F45	Parc Bryn Bach
127	2:50:14	Jarvis	Jackie	600	F	50	F50	Oswestry Olympians
128	2:50:22	Puccini	Cristina	522	F		F45	Penny Lane Striders
129	2:50:39	Sykes	Sarah	520	F		F40	Penistone Footpath Runners
130	2:50:51	Ellison	Andrew	180	M	27	OM	Rhondda Valley Runners
131	2:51:04	Weeks	Gary	47	M		M45	Hogweed Trotters
132	2:51:16	Bush	Andy	24	M		M45	RRC
133	2:51:21	Osmond	Clive	122	M		M50	Les Croupiers
134	2:51:35	Crossley	Tony	152	M		M55	East Grinstead & Dist AC
135	2:51:39	Robertson	Alan	74	M		M55	Forest of Dean AC
136	2:51:44	Hodgson	Tony	90	M		M60	Meirionydd RC
137	2:51:50	Jones	Allan	106	M		M55	Brackla Harriers
138	2:51:51	Roberts	Craig	191	M	35	OM	
139	2:52:05	Worthing	Anita	575	F		F55	Aberystwyth AC
140	2:52:10	Williams	David	51	M		M40	
141	2:52:23	Moore	Chris	92	M		M55	Forest of Dean AC
142	2:52:47	Mann	John	72	M		OM	Action Heart RC
143	2:53:40	Birch	Claire	555	F		F35	Oswestry Olympians
144	2:53:47	Davies	Ben	94	M		OM	Wye Valley Runners
145	2:53:56	Treharne	Ruth	535	F		F45	Islwyn RC
146	2:54:02	Neal	Martin	7	M		M45	Ropsley RR
147	2:54:21	Whitfield	Karl	162	M	36	OM	Litchett Manor Striders
148	2:54:23	Jordan	Mark	2	M		M50	
149	2:54:26	James	Aneurin	176	M	45	M45	Sarn Helen
150	2:54:52	Timson	Dave	123	M		M45	Pontypool & Dist Runners
151	2:54:56	Lacey	Bert	49	M		M45	Malvern Joggers
152	2:55:36	Morgan	Mathew	161	M	24	OM	
153	2:56:02	Byrne	Kevin	124	M		M60	Headington RR
154	2:56:15	Mitchell	Julie	605	F	42	F40	Malvern Joggers
155	2:56:25	Roberts	Malcolm	20	M		M60	Clevedon AC
156	2:56:55	Rickcus	Michael	21	M		M50	Telford Harriers
157	2:57:56	Palmer	Richard	29	M		M45	
158	2:58:10	Green	Martin	166	M	42	M40	Wolverhampton & Bilston
159	2:58:10	O'Dwyer	Rachel	559	F		F40	
160	2:58:35	Sanders	Gerald	155	M		M55	Amazing Feet RC
161	2:58:40	Woodall	Mark	184	M	40	M40	Cobra RC
162	2:58:50	Taylor	Adrian	201	M	53	M50	Parc Bryn Bach
163	2:59:19	Pounder	Nicholas	134	M		OM	Pontypridd Roadents
164	2:59:59	Price	Paul	119	M		OM	Croft Ambrey RC
165	3:01:12	Pritchard	Maureen	606	F	50	F50	Aberystwyth AC
166	3:01:39	Stokes	Mark	192	M	37	OM	
167	3:02:10	Miles	Philip	117	M		M40	Black Pear Joggers

168	3:02:22	Tomalin	Jos	160	M	43	M40	
169	3:02:25	Jones	Garfield	84	M		M55	Islwyn RC
170	3:02:49	Whitehead	Michael	52	M		M45	Telford AC
171	3:02:49	Frampton	Kelly	544	F		OF	Poole Runners
172	3:02:49	Amos	Steve	81	M		OM	
173	3:02:59	Morton	Mary	588	F	39	F35	Rhayader RC
174	3:02:59	Bell	Al	538	F		F35	
175	3:04:16	Thomas	Cliff	43	M		M65	Aberystwyth AC
176	3:04:23	Daniel	Lowri	602	F	29	OF	
177	3:05:10	Williams	Jo	501	F		F35	Thornbury RC
178	3:05:11	Williams	Mark	1	M		M45	Team AVS
179	3:05:27	Edwards	David	35	M		M55	Abergele Harriers
180	3:06:03	Wood	Christopher	203	M	56	M55	Shropshire Shufflers
181	3:07:08	Butler	Rachel	604	F	50	F50	Maldwyn Harriers
182	3:07:09	Luscott	Frank	133	M		M55	CroFt AMBrey Runners
183	3:07:12	Knul	Richard	185	M	43	M40	Rhayader RC
184	3:07:12	Field	Martyn	186	M	31	OM	
185	3:07:28	Holland	Kevin	215	M	54	M50	Aberystwyth AC
186	3:07:28	Wendell	Junia	213	M		OM	Aberystwyth AC
187	3:08:03	Shacklock	David	182	M	33	OM	Black Pear Joggers
188	3:08:07	Cowls	Steve	80	M		M50	Headington RR
189	3:08:34	Briggs	Kirsty	510	F		F35	Telford Harriers
190	3:08:38	Richardson	Kerry	545	F		F40	Telford Harriers
191	3:08:56	Tidbury	Lucy	563	F		OF	Poole Runners
192	3:09:28	Jones	Paul	148	M		M40	Mumbles Milers
193	3:10:40	Lennholm	Morten	79	M		M50	Headington RR
194	3:10:55	Newman	Mike	113	M		M55	Lordshill RR
195	3:10:59	Evans	Rachel	612	F	40	F40	Rhayader RC
196	3:11:20	Rushton	Donna	586	F		F40	Black Pear Joggers
197	3:11:26	Saunders	Rachel	570	F		F50	Wallasey AC
198	3:12:12	Powell	Suzanne	595	F	51	F50	CroFt AMBrey Runners
199	3:12:55	Parry	Rebecca	572	F		F40	Wigston Pheasant
200	3:13:27	King	Sara	583	F		OF	
201	3:14:34	Hasler	Raymond	146	M		M60	
202	3:14:43	Jenkins	Alun	174	M	49	M45	Rhayader RC
203	3:14:47	Llewellyn	Tammy	571	F		OF	
204	3:15:14	Morris	Karl	85	M		M40	Telford AC
205	3:15:31	Kirkby	David	26	M		M45	Eryri Harriers
206	3:17:06	Bodman	Gary	63	M		M45	Les Croupiers
207	3:17:06	Ash	Jane	509	F		F35	Les Croupiers
208	3:17:21	Jones	Anthony	70	M		M40	Black Pear Joggers
209	3:17:46	Alison	Leharne	569	F	F40	OF	Black Pear Joggers
210	3:18:13	Phillips	Lowri	548	F		OF	San Domenico

211	3:18:22	Gibbons	Andrew	188	M	47	M45	Westbury Harriers
212	3:18:27	Hodges	David	136	M		M50	Les Croupiers
213	3:19:05	Morgan	Roger	60	M		M55	Forest of Dean AC
214	3:19:39	Roode	Steve	16	M		M45	Malvern Joggers
215	3:19:48	Wright	Jeff	202	M	55	M50	Telford Harriers
216	3:20:04	Davies	Alan	15	M		M45	Cobra RC
217	3:20:08	Williams	Sandra	551	F		F40	Meirionydd RC
218	3:20:11	Jones-Morris	Sarah	503	F		F40	Penistone Footpath Runners
219	3:20:14	Pye	David	36	M		M60	Amazing Feet RC
220	3:20:42	James	Anita	553	F		F45	Headington RR
221	3:20:48	Morgan	Claire	529	F		F50	Forest of Dean AC
222	3:20:54	Wileman	Sean	67	M		M45	Ivanhoe Runners
224	3:21:39	Jones	Carole	576	F		F55	Brecon AC
225	3:21:40	Powell	Emma Louise	601	F	42	F40	Westbury Harriers
226	3:22:19	Thomas	Rose	593	F	61	F60	Rhayader RC
227	3:22:23	Wynne-Williams	Jaspa	584	F		F40	
228	3:22:32	Hopkins	Rhian	610	F	34	OF	Pontypridd Roadents
229	3:22:57	Anstey	Michael	48	M		M55	Malvern Joggers
230	3:22:57	Broadway	Lynda	521	F		F45	Malvern Joggers
231	3:23:28	Owen	David	28	M		M60	Prestatyn
232	3:24:04	Duncan	Amanda	549	F		F40	Malvern Joggers
233	3:25:29	Cann	Samantha	560	F		F40	Les Croupiers
234	3:25:50	Jones	Bernadette	512	F		F40	Outdoor Fitnes RC
235	3:25:50	Stimson	Bethan	598	F	29	OF	Black Pear Joggers
236	3:25:55	Shacklock	Jon	183	M	38	OM	Black Pear Joggers
237	3:26:01	Dellar	Natalie	541	F		F35	Stourbridge RC
239	3:27:07	Taylor	Lisa	567	F		OF	Penistone Footpath Runners
241	3:28:30	George	Andrew	95	M		M45	Forest of Dean AC
242	3:28:43	Walton	Tony	41	M		M50	
243	3:29:04	Parker	Malcolm	158	M		M70	Islwyn
244	3:29:14	Evans	Clare	558	F		OF	
245	3:30:45	Warrick	Stephanie	585	F		F40	Rhayader
246	3:31:24	Alsworth	Michael	208	M	65	M65	100 Marathon Club
247	3:31:24	Green	Josh	165	M	21	OM	Wolverhampton & Bilston
248	3:31:39	Lambeth	Jacqueline	574	F		F40	Islwyn RC
249	3:31:59	Goodchild	Derek	102	M		M65	Lordshill RR
250	3:33:30	Williams	Rhian	524	F		F40	Shropshire Shufflers
251	3:34:35	Gill	Colin	6	M		M65	Team Coco
252	3:35:21	Tutas	Oliver	93	M		M45	David Lloyd Redway Runners
253	3:37:55	Roberts	Philip	53	M		M45	Shropshire Shufflers
254	3:41:28	Noonan	Jim	198	M	49	M45	
255	3:41:28	Lovett	Ruth	504	F		F35	Shropshire Shufflers
256	3:44:57	Thompson	Amanda	506	F		F50	Les Croupiers
257	3:46:08	Nicholas	Paul	163	M	44	M40	Sandbach Striders

258	3:46:54	Watts	Melanie	582	F		F35	
259	3:46:54	Watts	Ken	154	M		M65	
260	3:51:22	Davies	Nicki	507	F		F45	Cobra RC
261	3:56:20	Ingleby Lewis	Jack	209	M	27	OM	
262	3:56:50	Osborne	Linda	525	F		F45	Shropshire Shufflers
263	3:57:07	Pritchard	Clare	542	F		F35	
264	4:00:22	Boden	Denise	594	F	48	F45	Ludlow Runners
265	4:02:55	Evans	Heather	587	F		OF	
266	4:03:07	Holder	Dawn	557	F		F35	Builth & Dist
267	4:04:35	Humble	Tina	578	F		F40	
268	4:04:54	Morales	Liz	533	F		OF	Pink Ladies
269	4:04:54	Powell	Anne	534	F		OF	Pink Ladies
270	4:09:15	Dyu	Lily	526	F		F40	Hay Hotfooters
271	4:13:55	Gosling	Julie	591	F	55	F55	Wimborne AC
272	4:13:59	Smart	Amanda	590	F	49	F45	Poole Runners
273	4:20:20	Emery	Chris	96	M		OM	