

10-Apr								<b>Llanbedr - Blaenafon 2010</b>	
								2009	
<b>POSITION</b>	<b>NUMBER</b>	<b>NAME</b>	<b>GENDER</b>	<b>AGE</b>	<b>CAT</b>	<b>CLUB</b>	<b>TIME</b>	<b>TIME</b>	
1	150	Mark Palmer	M	46	MV	Mynydd Du	2.13.05	2.07.01	
2	199	Alistair Murray	M	35	SM	Horwich RMI	2.14.48		
3	182	Hugh Aggleton	M	25	SM	MDC	2.19.49	2.12.45	
4	193	Martin Humphreys	M	35	SM	Stroud AC	2.25.19	2.22.55	
5	188	Matt Scriven	M	41	MV	Mercia	2.31.21		
6	143	Ed Bailey	M	27	SM	GWR	2.31.26		
7	187	James Blore	M	20	SM	Chepstow	2.32.39		
8	169	Dave Powell	M	49	MV	Aberystwyth	2.34.55	2.39.21	
9	149	Andrea Rowlands	F	35	SF	Eryri	2.35.04		
10	200	Stewart Bellamy	M	39	SM	Mercia	2.38.26		
11	183	John Aggleton	M	54	MSV	MDC	2.40.36		
12	170	Phoebe Webster	F	29	SF	Aberystwyth	2.40.55		
13	164	Matt Stott	M	22	SM	Chepstow	2.42.00		
14	139	Andrew Blackmore	M	42	MV	MDC	2.42.35	2.52.17	
15	177	Max Suff	M	47	MV	Hereford Couriers	2.44.05	2.29.57	
16	181	Lyndon Gwilym	M	51	MSV	Blaenafon Joggers	2.46.30		
17	189	Tom Horton	M	35	SM	Malvern Hash	2.48.27		
18	186	Matthew Lawson	M	41	MV	Chepstow	2.48.53	2.37.19	
19	172	Jenny Hemming	F	38	SF	Eryri	2.50.21		
20	148	Steve Davies	M	51	MSV	Griffithstown	2.51.29	2.37.03	
21	185	Rhys Williams	M	35	SM	MDC	2.53.38		
22	180	Neil Jones	M	32	SM	Abergavenny	2.54.47		
23	146	David Malia	M	44	MV	Cobra	2.54.47		
24	198	Julie Davies	F	38	SF	Griffithstown	2.56.54	2.48.06	
25	190	Michael Casmin	M	29	SM		2.56.58		
26	158	Steve HARRY	M	46	MV	Llisbury	3.00.10		
27	46	Mark English	M	41	MV	Chepstow	3.01.54	2.54.28	
28	173	Les Williams	M	63	MSSV	Eryri	3.04.06		
29	154	Richard Northcott	M	38	SM	Griffithstown	3.05.28		
30	142	Gary Gunner	M	64	MSSV	Croft Ambrey	3.05.41	3.06.09	
31	160	Haydn Griffiths	M	51	MSV	MDC	3.08.10	3.20.06	
32	140	Steven Force	M	48	MV		3.08.23		
33	138	Michael Graze	M	39	SM	Chepstow	3.11.27		
34	163	Andy Stott	M	50	MSV	Chepstow	3.11.41		
35	159	Ben Moon	M	30	SM	MDC	3.12.00		
36	133	Jonathon Gledson	M	42	MV	Town & Country Harriers	3.13.59	2.52.11	
37	196	Ian Ruck	M	41	MV	Westbury Harriers	3.14.50		

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38	151	Nigel Rowlands	M	40	MV	Clwydian Range	3.15.09	
39	195	Dick Finch	M	65	MSSV	MDC	3.16.11	3.15.08
40	155	Carl Gilmour	M	43	MV	Hay Hot footers	3.17.08	
41	147	David York	M	47	MV	Tattenhall Runners	3.18.21	
42	153	Roger Mills	M	38	SM	Fairwater Runners	3.23.47	
43	191	William Derby	M	57	MSV	Mynydd Du	3.25.35	3.14.30
44	166	Wheeze	M	51	MSV	Brycheiniog	3.26.37	
45	175	Stewart Thompson	M	48	MV	Griffithstown	3.28.34	
46	134	Joe Scaife	M	41	MV	Town & Country Harriers	3.28.41	
47	25	Micheal Keddle	M	27	SM	BDP	3.32.39	3.23.42
48	43	Gerry Ashton	M	55	MSV	Chepstow	3.33.33	
49	174	Jan Richards	F	45	FV	Griffithstown	3.34.06	3.51.47
50	161	John Cunnane	M	61	MSSV	Islwyn	3.34.21	
51	184	Jonathon Williams	M	41	MV	Fairwater Runners	3.34.28	
52	162	Gill Stott	F	52	FSV	Chepstow	3.34.41	
53	13	Rich Skinner	M	31	SM	BDP	3.35.36	
54	179	Julia James	F	43	FV		3.37.35	
55	197	Sophie Brown	F	38	SF	Ilkley Harriers	3.40.16	
56	168	Caroline Dallimore	F	55	FSV	MDC	3.40.28	
57	167	Clare Dallimore	F	21	SF		3.40.40	
58	165	John Price	M	52	MSV	Hay Hotfooters	3.43.38	
59	152	John Brooks	M	56	MSV		3.45.44	
60	16	Peter Tracey	M	31	SM		3.50.51	3.19.33
61	194	Colin Prosser	M	45	MV	Chepstow	3.53.53	
62	156	Charlotte Peters	F	31	SF	Hay Hotfooters	3.57.42	
63	141	Kevin Barnes	M	46	MV	Hereford Couriers	4.07.45	
64	45	Gareth Jones	M	62	MSSV	Chepstow	4.08.11	
65	44	Ian Wade	M	49	MV	Chepstow	4.08.15	
66	135	Steve Eccleston	M	42	MV		4.17.00	
67	136	Paul Bott	M	59	MSV		4.18.23	
68	144	Roger Canavan	M	66	MSSV	Amazing Feet	4.20.11	
69	145	David Chisman	M	58	MSV	Droitwich A/C	4.29.06	4.09.37
70	42	Andrew Dicken	M	40	MV	Griffithstown	DNF	
71	137	Sam Tosh	M	18	SM	Rosserdale	DNF	
72	157	Phillipa Crocker	F	46	FV	Kingswood Tri	DNF	
73	171	Garry Woods	M	48	MV	Fairwater Runners	DNF	
74	176	Andy Bray	M	53	MSV	Chepstow	DNF	
75	178	Richard Wall	M	48	MV	Hereford Couriers	DNF	2.54.17
76	192	Bronwen Fisher	F	32	SF	Ranelagh Harriers	DNF	