

## 2015 Brecon 10

02 August 2015

Pos	Time	No	Name	M/F	Cat	Club
1	0:54:18	738	Phillip Matthews	M		Swansea Harriers
2	0:56:10	704	Daniel Bodman	M		Aberdare
3	0:57:15	808	Stephen Paterson	M		Les Croupiers
4	0:57:24	471	Matthew Jones	M		
5	0:57:30	330	Gareth Williams	M		
6	0:58:20	491	Matthew Hurford	M	40	Les Croupiers
7	0:58:25	488	Henry Wright	M		White Rock Runners
8	0:58:29	705	Matthew Evans	M		
9	0:59:30	775	Eamonn Kirk	M	40	Swansea Harriers
10	0:59:41	785	Peter Ryder	M		Cardiff AAC
11	1:00:13	465	Luke Butler	M		Shrewsbury AC
12	1:00:14	807	Elie Davies	F		Brecon AC
13	1:01:41	721	Richard Jackson-Hookins	M		Penarth & Dinas Runners
14	1:01:49	739	Daniel Triggs	M		Neath Harriers
15	1:02:24	835	Jason Scanlon	M	40	
16	1:02:39	749	Smon Lewis	M		
17	1:03:00	716	Martin Williams	M	50	Les Croupiers
18	1:03:02	327	Geraint Lewis	M		Porthcawl Runners
19	1:03:05	789	Andrew May	M	40	
20	1:03:40	761	Nicholas Grinnell	M	40	
21	1:03:59	737	Andrew Blair	M	50	Les Croupiers
22	1:05:33	809	Alun Davies	M		Les Croupiers
23	1:05:39	466	David Coles	M	50	Les Croupiers
24	1:05:54	840	Philip Kendrick	M	50	Brecon AC
25	1:06:11	724	Vincent Nazareth	M	50	Les Croupiers
26	1:07:53	877	Sam Jones	M		
27	1:08:04	495	Fhian Jinny-Jones	F		
28	1:08:21	469	Martin Flood	M		White Rock Runners
29	1:08:23	732	Michael Murphy	M	60	Les Croupiers
30	1:08:25	482	Howard Kent	M	60	Les Croupiers
31	1:08:30	780	Daniel Tracey	M	40	
32	1:08:37	699	Martin Jones	M		Islwyn FC
33	1:08:41	788	Smon Fees	M		Llanelli AAC
34	1:08:44	890	Nathan Briant	M		
35	1:08:46	841	Matt Creed	M		
36	1:08:56	847	Philip Hughes	M		
37	1:08:58	902	Alex Williams	M	40	
38	1:09:06	302	Matthew Prizey	M		Islwyn FC
39	1:09:16	464	Phillip Bullock	M	40	Maldwyn Harriers
40	1:09:20	831	Pob Davies	M	40	
41	1:09:21	827	Christopher Lewis	M		
42	1:09:23	816	Russell Langley	M		
43	1:09:24	683	David Goodall	M	60	White Rock Runners
44	1:09:32	703	Darren Stevens	M	40	Merthyr Running Club
45	1:09:49	884	Lee Morris	M		
46	1:10:00	736	Pob Lewis	M	40	
47	1:10:01	483	Colin Davies	M	50	
48	1:10:30	660	Stephen Scott	M	40	
49	1:10:37	786	Iain Bareham	M	40	
50	1:10:39	866	Robert Hector	M	40	
51	1:10:41	813	Janet Holmes	F		Les Croupiers
52	1:10:49	863	Stephen Carter	M	40	
53	1:11:13	828	Jonathan Jarvis	M		
54	1:11:46	672	Nick Lewis	M		White Rock Runners
55	1:11:58	498	John Durbin	M		
56	1:12:10	714	James Peters	M		
57	1:12:11	740	Craig Mussell	M		Wye Valley Runners
58	1:12:20	744	Nigel Clarke	M	40	Hereford
59	1:12:25	793	Geraint Evans	M	40	
60	1:12:25	850	Nick Harris	M		Owm Ogwr Running Club
61	1:12:28	481	Ian Bell	M	50	San Domenico
62	1:12:29	776	Paul Lewis	M	50	Swansea Harriers
63	1:12:35	731	Danielle Phillips	F		Parc Bryn Bach FC
64	1:12:59	723	Neil Stevens	M	40	Ebbw Vale FC
65	1:13:07	742	Aron Jones	M		3M Gorseinon
66	1:13:12	826	Claire Bunce	F		
67	1:13:33	781	Fhys G Williams	M		Newcastle Emlyn
68	1:13:35	782	Allen Bunney	M	40	Aberdare
69	1:14:07	757	Nick Jones	M		Penarth & Dinas Runners
70	1:14:28	710	Stuart James	M		

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Pos	Time	No	Name	M/F	Cat	Club
71	1:14:34	784	Chris Selby	M	40	San Domenico
72	1:14:40	758	Gary Webber	M	40	Rhondda Valley Runners
73	1:14:42	321	Chris Herdman	M	40	Penarth & Dinas Runners
74	1:14:52	756	Adrian Taylor	M	50	Merthyr Running Club
75	1:14:54	868	Nicolas Flandrin-Jones	M		
76	1:14:58	897	Kevin Ruseell	M	50	Llswerry Runners
77	1:15:02	332	Anthony Champken	M	50	Wye Valley Runners
78	1:15:13	861	Gareth J Jenkins	M		
79	1:15:16	712	Ross Owen	M		Rhondda Valley Runners
80	1:15:21	848	Joanne Rees	F	35	
81	1:15:28	882	Mandy Morris	F	35	Port Talbot Harriers
82	1:15:40	777	Bryan Meredith	M	50	Rhondda Valley Runners
83	1:15:54	468	Paul Morris	M	50	Les Croupiers
84	1:16:06	762	Andrea Hurman	F	45	Penarth & Dinas Runners
85	1:16:31	314	Barry Griffiths	M	50	Brecon AC
86	1:16:44	729	Neil Irvine	M		
87	1:16:47	774	James Williams	M		
88	1:16:49	766	Amy Edwards	F		Rhondda Valley Runners
89	1:16:54	734	Dawn Kenwright	F	55	Sarn Helen
90	1:17:09	797	Andrew Webster	M	40	
91	1:17:21	760	Gareth Barrington	M	40	
92	1:17:24	484	Aaron Kunze	M		
93	1:17:26	485	Hannah Kunze	F		
94	1:17:27	689	Leanne Hockey	F		White Rock Runners
95	1:17:36	867	Mark Sms	M	60	
96	1:17:46	311	Gareth Edwards	M		
97	1:17:50	667	Simon Harrison	M	40	
98	1:17:51	904	Mark Evans	M		
99	1:18:11	787	Peter Walters	M	50	TFOTS
100	1:18:19	725	Andrew Wall	M		
101	1:18:30	698	Richard Bleaney	M		run4all neath
102	1:18:36	303	Chris Pratt	M	40	Owm Ogwr Running Club
103	1:18:36	803	David Kembory	M	40	
104	1:18:46	720	Chris Seal	M		Penarth & Dinas Runners
105	1:18:48	690	Emily Baggs	F		White Rock Runners
106	1:18:50	792	Julie Scholey	F	55	
107	1:19:21	676	Phillip Mears	M	40	White Rock Runners
108	1:19:21	819	David Griffiths	M	50	
109	1:19:22	879	Mario Rabaiotti	M	50	Port Talbot Harriers
110	1:19:36	794	Bob Smith	M	50	Builth
111	1:19:52	696	Robert Benjamin	M	50	
112	1:19:57	472	Mike Green	M	50	Vegan Runners UK
113	1:19:59	764	Elizabeth Stokes	F	35	Griffithstown Harriers
114	1:20:11	768	Give Denton	M	40	Rhondda Valley Runners
115	1:20:13	875	Alun Jenkins	M	50	
116	1:20:21	751	Louise Hunt	F		Penarth & Dinas Runners
117	1:20:23	663	Teresa Lovern	F	55	Somer AC
118	1:20:28	717	Przemyslaw Luszcz	M		
119	1:20:32	903	Gareth Davies	M	50	
120	1:20:50	855	San Phillips	F	45	
121	1:20:53	829	Steven Rees	M	50	
122	1:21:06	887	Malcolm Edwards	M	40	
123	1:21:15	496	Paddy Maloney	M	50	
124	1:21:22	489	Gavin Rees	M		
125	1:21:33	901	Micahel Holloway	M		
126	1:21:37	477	Peter Butler	M	60	Shrewsbury AC
127	1:21:38	883	Linda Woodland	F	55	
128	1:21:45	836	Derek Rainbird	M	60	
129	1:21:51	499	Katherine Durbin	F	35	Merthyr Running Club
130	1:21:58	702	Daniel Emson-Jukes	M		
131	1:22:04	765	Rhys Doolan	M		Griffithstown Harriers
132	1:22:06	876	Anna Parsons	F	45	Port Talbot Harriers
133	1:22:08	748	Howard Attwood	M	60	Llswerry Runners
134	1:22:08	328	Pod Perons	M	50	Les Croupiers
135	1:22:09	310	Noel Gaskell	M	60	
136	1:22:19	692	Elaine Wharmby	F	45	Pegasus
137	1:22:21	666	Daniel Benwell	M	40	Rockford Running Club
138	1:22:22	767	Andrew Kettley	M		Rhondda Valley Runners
139	1:22:40	668	Elaine McCarrow	F		White Rock Runners
140	1:22:51	701	Chris Dodds	M	50	

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Pos	Time	No	Name	M/F	Cat	Club
141	1:22:56	783	Hannah Withers	F	35	San Domenico
142	1:23:33	753	Paul Gander	M	40	
143	1:23:38	323	Richard Steele	M		
144	1:23:42	763	Fronz Mal	M	50	Les Croupiers
145	1:23:56	728	Ben Rees	M		White Rock Runners
146	1:23:58	878	Beth Collins	F		White Rock Runners
147	1:24:19	317	Julie Caseley	F	55	Malvern Joggers
148	1:24:27	480	Rebecca Fawkes	F	35	
149	1:24:33	722	Tony Worthelm	M	50	Ebbw Vale FC
150	1:24:52	665	Chris O'Brien	M		Brecon Triathlon Club
151	1:24:56	900	Geoff Lewis	M		
152	1:25:31	741	Kevin Bradfield	M	50	Parc Bryn Bach FC
153	1:25:34	730	Craig Treharne	M		
154	1:25:36	870	Brenda Avery	F	60	Chepstow Harriers
155	1:25:37	852	Bob Gardiner	M	50	
156	1:25:57	830	Karl Bishop	M	50	
157	1:26:02	895	Matthew Potter	M		
158	1:26:04	858	Tim Murphy	M	50	
159	1:26:06	305	Philip Jones	M	50	Baldon Runners
160	1:26:07	487	Michael Palmer	M	60	East Cornwall Harriers
161	1:26:28	865	Rachel Lewis	F	35	Parc Bryn Bach FC
162	1:26:30	896	Kiera McNemey	F		Llswerry Runners
163	1:26:34	814	Martin Beard	M	40	
164	1:26:48	669	Glyn Drucker	M		Caerphilly Runners
165	1:26:54	743	Andrew Sedgmond	M	60	
166	1:27:00	839	Suzanne Kendrick	F	45	Rhayader AC
167	1:27:06	856	David McDonald	M	40	
168	1:27:16	804	Anthony Lewis	M		
169	1:27:16	745	Richard Crew	M		Parc Bryn Bach FC
170	1:27:56	750	Jeff Aston	M	60	Les Croupiers
171	1:28:03	892	Ray Ellingham	M	50	Llswerry Runners
172	1:28:06	709	Kevin Williams	M	40	
173	1:28:09	688	Richard Garratt	M	40	Owm Ogwr Running Club
174	1:28:09	479	Helen Williams	F	35	Fairwater Runners
175	1:28:17	687	Heather Garratt	F	35	Owm Ogwr Running Club
176	1:28:19	802	Lynne Compton	F	45	Wye Valley Runners
177	1:28:25	844	Catherine Gilbert	F	35	
178	1:28:27	475	Sadequr Fahman	M	40	White Rock Runners
179	1:28:29	821	Mark Griffiths	M	40	
180	1:28:29	318	Dave Reed	M	40	Rhondda Valley Runners
181	1:28:35	493	Ralph Davey	M	60	Les Croupiers
182	1:28:43	752	Lindsey Hunt	F		Penarth & Dinas Runners
183	1:28:56	304	Christie Coleman	M	40	Owm Ogwr Running Club
184	1:29:14	735	Shaun Cotter	M	40	
185	1:29:17	476	John Williams	M	60	
186	1:29:47	778	Kate A Amos	F		Rhondda Valley Runners
187	1:29:59	322	Yvonne Williams	F	55	Penarth & Dinas Runners
188	1:30:13	864	Anthony	M	40	Parc Bryn Bach FC
189	1:30:34	713	Paul Stevenson	M		Rhondda Valley Runners
190	1:30:35	677	Carl Lewis	M		Caerphilly Runners
191	1:30:40	779	Kimberley Price	F		
192	1:30:45	790	Nadine Fitterskamp	F		
193	1:30:55	662	Samantha Trickey	F		Abingdon AC
194	1:31:28	746	Nathan Williams	M		
195	1:31:36	306	Tina Lavelle	F	55	Hay Hotfooters
196	1:31:37	308	Steve Fiddler	M	50	Owm Ogwr Running Club
197	1:32:24	838	Julie Lees	F	35	
198	1:32:28	726	Andrew Cleverley	M	40	Pegasus
199	1:32:35	478	Mike Gowing	M	60	
200	1:32:41	834	Ceri East	F	35	
201	1:33:01	854	Andrew Pothwell	M	540	
202	1:33:12	801	Becky Humphreys	F		Wye Valley Runners
203	1:33:20	684	Angela Lewis	F	35	Pontypridd Roadents AC
204	1:33:26	888	Leanne Howells	F	35	
205	1:33:29	492	Carole Jones	F	55	Brecon AC
206	1:33:31	889	San Wigley	F	50	
207	1:33:42	670	Rebekah Stephens	F	35	Almost Athletes
208	1:33:42	671	Paul Thomas	M	40	Almost Athletes
209	1:33:51	823	Bethan Saywood	F		
210	1:34:01	862	Bregan Walkley	F		

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211	1:34:11	329	Sarah Perons	F	45	Les Croupiers
212	1:34:15	733	Gillian Murphy	F	55	Les Croupiers
213	1:34:24	313	Colin Crooks	M	60	Pegasus
214	1:34:31	859	Pamela Carter	F		
215	1:34:33	463	Bridget Lafferty	F		
216	1:34:50	700	Sue Gershenson	F	45	
217	1:34:53	711	Garry Griffiths	M	40	Rhondda Valley Runners
218	1:35:04	833	Jane Kerr	F	45	
219	1:35:14	812	Carol Farrington	F	55	
220	1:35:28	675	Emma Thomas	F		
221	1:35:43	331	San Champken	F	35	Wye Valley Runners
222	1:35:54	820	Tracey Griffiths	F	50	Huncote Harriers
223	1:36:19	324	Tracey Newman	F	45	Les Croupiers
224	1:36:34	806	Rob Pritchard	M		
225	1:36:41	486	Christine Gibbons	F	55	Bramhall Runners
226	1:37:13	319	Rhodri Evans	M	50	Penarth & Dinas Runners
227	1:37:31	467	Liz Davis	F	35	Owm Ogwr Running Club
228	1:38:18	312	Hayley Edwards	F		
229	1:38:25	470	Rebekah Coveney	F		
230	1:38:37	795	Penny Hamilton	F	35	
231	1:38:37	796	Andrew Meadows	M		
232	1:39:19	490	Amanda Thompson	F	55	Les Croupiers
233	1:39:33	759	kenneth W Oliver	M	50	Islwyn FC
234	1:39:43	706	Mark Douglas	M		Rhondda Valley Runners
235	1:39:44	845	Alison Holton	F	35	
236	1:40:07	772	Elizabeth Parker	F	35	Llswerry Runners
237	1:40:11	326	Catherine Llewellyn	F	45	Merthyr Running Club
238	1:40:25	674	Stefan Oliver	M		
239	1:40:28	815	Betty	F	35	
240	1:40:36	817	Jane Owen	F	35	
241	1:40:41	497	Jason Garrahan	M	40	Caerphilly Runners
242	1:40:48	871	Emily Dickson	F		
243	1:40:55	818	Sarah Stagg	F	35	
244	1:41:37	307	Katherine Jervis	F	55	Parc Bryn Bach FC
245	1:41:45	810	Terry Humphreys	M	60	Pontardawe
246	1:42:05	824	Wendy Sutton	F	45	
247	1:42:12	661	Diana Lord	F	55	Dalbeattie FC
248	1:42:41	747	Yvonne Forsey	F	55	Llswerry Runners
249	1:42:56	680	Nicola Jones	F	35	The Dragons (Aberdare)
250	1:43:24	773	Poni Margerison	F	35	Llswerry Runners
251	1:44:07	851	Sue Jones	F	45	
252	1:44:35	893	Tim Webb	M	60	Pegasus
253	1:45:24	771	Andrew Parker	M	40	Llswerry Runners
254	1:45:27	857	Ceri Brown	F	35	
255	1:45:38	853	Penny Malsey	F	45	
256	1:45:39	846	Gerry Blake	M	40	Brecon AC
257	1:46:28	309	Andrea Williams	F	45	
258	1:46:54	811	David Williams	M		
259	1:47:10	891	Rachel Powell	F		
260	1:47:14	727	Smon Davies	M		White Rock Runners
261	1:47:51	832	Nicola Kelly	F	45	
262	1:48:18	707	Dawne Mansell-Western	F	35	Rhondda Valley Runners
263	1:50:21	899	Graham Bingham	M	50	
264	1:50:44	805	Gail Pritchard	F	35	
265	1:51:44	837	David Phillips	M	60	Pembs Harriers
266	1:51:45	869	Patrick Wing	M	60	
267	1:51:46	681	Sarah Parker	F	45	White Rock Runners
268	1:51:47	679	Karen Minto	F	45	White Rock Runners
269	1:52:01	822	Laura Adams	F		
270	1:52:02	825	Ben Sutton	M		
271	1:52:16	886	Liz Rijnenberg	F	55	
272	1:52:24	770	Ruth Caddy	F	45	Pontypridd Roadents AC
273	1:52:58	320	Sarah Morgan	F	35	Pegasus
274	1:52:59	691	Garry Wharmby	M	50	Pegasus
275	1:53:51	697	Karen Smith	F	45	
276	1:57:29	474	Iona Seymour	F	55	Rhayader AC
277	1:59:32	898	Paul Bate	M	50	
278	2:02:55	791	Daphne Austerberry	F	55	Chepstow Harriers
279	2:03:03	695	Jo Gwynne	F	35	Pontypridd Roadents AC
280	2:03:03	685	Ruth Cochran	F	45	Pontypridd Roadents AC

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281	2:08:23	673	Caire Griffiths	F		
282	2:08:36	708	Anita Harper	F	45	
283	2:08:36	894	Sharon Potter	F	35	
284	2:13:33	881	Nicola Lewis	F	35	
285	2:13:34	880	Rhys Lewis	M	40	