

Pos	Time	No	Name	Surname	M/F	Cat	Club
1	00:53:23	498	Phillip	Mathews	M		Swansea Harriers
2	00:56:06	353	Daniel	Desta	M		Swansea Harriers
3	00:58:29	379	Richard	Jackson-Hookins	M		Penarth & Dinas
4	00:59:20	533	Ben	Butler-Madden	M		Penarth & Dinas
5	00:59:31	331	Samual	Richards	M		Pontypridd Roadents
6	00:59:48	484	Simon	Lewis	M	40	
7	01:00:23	409	Ian	Owen	M		San Domenico RC
8	01:00:31	495	Gary	Brown	M		Penarth & Dinas
9	01:01:21	432	Luke	Williams	M		San Domenico RC
10	01:02:31	460	Richard	Wilder	M	40	San Domenico RC
11	01:04:34	401	Mark	Hiddlestone	M	40	Port Talbot Harriers
12	01:04:48	551	Johnny	Lam	M	45	San Domenico RC
13	01:05:04	442	David	Hazell	M		Caerphilly Runners
14	01:05:09	520	Geoff	Lewis	M		Swansea Harriers
15	01:05:10	548	Keith	James	M	40	Pontypridd Roadents
16	01:05:16	476	Daniel	Tracey	M	45	
17	01:05:22	565	Paul	Lacey	M		Cardiff
18	01:05:31	345	Vincent	Nazareth	M	55	Les Croupiers
19	01:05:41	439	Christopher	Francis	M		3M Gorseinon RR
20	01:05:47	358	Jonathan	Jarvis	M		Run4all
21	01:06:25	499	Katie	Beecher	F	35	Les Croupiers
22	01:06:40	458	Andrew	May	M	40	
23	01:06:49	500	Peter	Sowerby	M	50	Brecon AC
24	01:06:51	468	Phil	Bristow	M	55	San Domenico RC
25	01:06:53	386	Matt	Yelland	M		Amman Valley
26	01:06:57	324	Dave	Lowthian	M	50	Forest of Dean AC
27	01:08:03	541	Eloise	Crowley	F	35	Rennes Triathlon
28	01:08:05	453	Matt	Hopkins	M		Les Croupiers
29	01:08:34	571	David	Thomas	M		
30	01:09:43	555	Elizabeth	Tremlett	F	35	Carmarthen Harriers
31	01:09:59	461	Sam	Mardey-Jones	M		
32	01:10:14	357	Peter	Nugent	M		Wye Valley Runners
33	01:10:16	412	John	Burridge	M		Ogmore Phoenix
34	01:10:19	473	Nick	Venables	M		Llanelli AC
35	01:10:25	472	Jonathan	Foligno	M		Swansea Harriers
36	01:10:29	418	Darren	Stevens	M	45	Merthyr Running Club
37	01:10:39	521	Philip	Kendrick	M	55	Rhayader RC
38	01:10:58	489	Richard	Price	M	50	
39	01:11:01	486	Robert	Hector	M	45	
40	01:11:23	539	Aine	Kenny	F	35	Les Croupiers
41	01:11:28	497	Stephen	Davies	M		
42	01:11:28	448	Neil	Price	M		Ogmore Phoenix
43	01:11:43	402	Bryan	Meredith	M	50	Rhondda Valley Runners
44	01:11:49	425	Terry	O'Brien	M	60	
45	01:12:10	411	Carl	Feiven	M	40	Cornelly Striders
46	01:12:33	455	Paul	Chick	M	45	Lliswerry Runners
47	01:12:41	322	Gareth	Lawrence	M		
48	01:13:07	572	Tim	Edwards	M		
49	01:13:23	523	Rhodri	Morris	M		
50	01:13:24	407	Iain	Bareham	M	40	

Pos	Time	No	Name	Surname	M/F	Cat	Club
51	01:13:50	518	Josh	Caolell	M		Parc Bryn Bach RC
52	01:13:55	475	Robert	Gale	M		Parc Bryn Bach RC
53	01:14:07	519	Julie	Caolell	F		Parc Bryn Bach RC
54	01:14:11	513	Gareth	Ahearne	M		
55	01:14:18	553	Owen	Davies	M		Lliswerry Runners
56	01:14:18	449	Tony	Mackay	M	50	
57	01:14:20	512	Richard	Roberts	M	40	
58	01:14:38	517	Gary	Webber	M	50	Rhondda Valley Runners
59	01:14:44	410	Natalie	Warren	F		Cornelly Striders
60	01:14:55	509	Matthew	Scanlon	M		
61	01:15:01	454	David	Francis	M	45	
62	01:15:08	482	Helen	Jones	F	45	Port Talbot Harriers
63	01:15:22	440	Paddy	Nugent	M	55	Wye Valley Runners
64	01:15:30	514	Tony	Champken	M	60	Wye Valley Runners
65	01:15:49	462	Mark	Sims	M	60	
66	01:16:05	527	Chris	John	M		Port Talbot Harriers
67	01:16:07	400	Steven	Preddy	M	45	Les Croupiers
68	01:16:14	570	Andrew	Wall	M		
69	01:16:19	328	Phillip	Mears	M	45	White Rock Runners
70	01:16:20	534	Thomas	Banning	M		Brecon Tri
71	01:16:26	447	Sian	Price	F	35	Ogmore Phoenix
72	01:16:37	373	Barry	Griffiths	M	50	Brecon AC
73	01:16:42	456	Angela	Champion	F	40	Les Croupiers
74	01:16:48	567	Kelly	Bowen	F		Croft Ambrey RC
75	01:17:02	378	Clive	Denton	M	45	Rhondda Valley Runners
76	01:17:15	544	Gron	Davies	M	55	
77	01:17:18	348	Jim	Murray	M	45	Pontypridd Roadents
78	01:17:19	569	Ruth	Cann	F	35	Penarth & Dinas
79	01:17:33	526	Geraint	Evans	M	45	
80	01:17:37	319	Leanne	Hockey	F	35	White Rock Runners
81	01:17:47	340	Linda Alexandra	Woodland	F	55	Port Talbot Harriers
82	01:17:50	309	Glyn	Drucker	M	45	Caerphilly Runners
83	01:17:52	435	Emma	Edwards	F	35	Caerphilly Runners
84	01:18:06	350	Mandy	Morris	F	40	Port Talbot Harriers
85	01:18:18	314	David	Goodall	M	60	White Rock Runners
86	01:18:29	466	Daniel	Emson-Jukes	M		Reigate Priory AC
87	01:18:55	374	Clive	Osmond	M	55	Les Croupiers
88	01:19:29	426	Jason	Turner	M	45	Swansea Harriers
89	01:19:30	535	Meil	Williams	M		Mynydd Du
90	01:19:33	361	Neil	Fitzgerald	M	45	Pontypridd Roadents
91	01:19:38	301	Joanne	Ryan	F	40	
92	01:19:41	575	Alun	Jenkins	M	50	Rhayader RC
93	01:19:43	465	Keith	Coleman	M	45	Ogmore Phoenix
94	01:19:44	326	Jenny	Martin	F	35	Les Croupiers
95	01:19:45	366	Andrew	Meadows	M		Parc Bryn Bach RC
96	01:20:12	563	Malcolm	Edwards	M	45	Wye Valley Runners
97	01:20:13	549	Cara-Leanne	Farley	F		Run4all
98	01:20:50	405	Steve	Burrell	M	50	
99	01:21:22	562	Chris	Rothwell	M	45	Pontypridd Roadents
100	01:21:24	467	Julie	Scholey	F	55	Les Croupiers

Pos	Time	No	Name	Surname	M/F	Cat	Club
101	01:21:24	457	Elinor	Phillips	F		Lliswerry Runners
102	01:21:29	359	Anna	Parsons	F	45	
103	01:21:31	464	Dai	Lewis	M		
104	01:21:37	510	Andrew	Cooper	M	40	Merthyr Running Club
105	01:21:37	506	Rose	Chandler	F	35	
106	01:21:53	321	Mike	James	M	45	Port Talbot Harriers
107	01:22:04	429	Susan	Bowes	F	40	Les Croupiers
108	01:22:07	441	Claire	Kulisa	F	35	Caerphilly Runners
109	01:22:08	349	Mike	Green	M	60	
110	01:22:24	452	Claire	Dunbar-Bowen	F	40	Ogmore Phoenix
111	01:23:18	491	Gethin	Rose	M	45	
112	01:23:19	474	Cath	Watkins	F	35	Wye Valley Runners
113	01:23:21	389	Maad	Khalil	M	55	Pontypridd Roadents
114	01:23:22	394	Robert	Flanagan	M	50	
115	01:24:02	490	Kevin	Fowler	M	55	Pegasus Running Club
116	01:24:07	436	Sara	Williams	F	40	Caerphilly Runners
117	01:24:39	434	Max	Bergmanski	M	55	Caerphilly Runners
118	01:24:57	545	Josie	Bishop	F		Ogmore Phoenix
119	01:25:06	438	Vanessa	Turnbull	F	50	Caerphilly Runners
120	01:25:14	444	Liam	Daly	M	55	Builth & Dist. R C
121	01:25:55	540	Michelle	Amblin	F	40	Les Croupiers
122	01:25:55	355	Gareth	Phillips	M		
123	01:26:12	392	Brian	Saxby	M	55	Run4all
124	01:26:21	388	Sian	Khalil	F	50	Pontypridd Roadents
125	01:26:32	413	Mike	Jones	M		
126	01:26:38	463	Gary	John	M	60	Les Croupiers
127	01:26:39	415	Richard	Ashton	M		White Rock Runners
128	01:26:46	529	Howard	Attwood	M	65	Lliswerry Runners
129	01:26:56	308	Nicholas	Drage	M	50	White Rock Runners
130	01:27:15	341	Jan	Edwards	F	60	Wye Valley Runners
131	01:27:16	342	Brian	Symonds	M	70	
132	01:27:18	547	Louise	Munkley	F	35	Merthyr Running Club
133	01:27:19	372	Jo	Coveney	F	40	Western Athletic Club
134	01:27:22	487	Bridget	Woodward	F	45	Brecon AC
135	01:27:31	318	Craig	Haynes	M		
136	01:27:33	408	Ray	Davies	M	55	Aberdare Valley AAC
137	01:28:00	450	Lloyd	Power	M	50	
138	01:28:08	559	Paula	Allen	F	40	Pegasus Running Club
139	01:28:09	561	Stephen	Wood	M	40	Pegasus Running Club
140	01:28:09	565	Already	Finished	M		
141	01:28:10	344	Anthony John	Williams	M	60	
142	01:28:31	364	Laurie	Higgins	F		Brecon AC
143	01:28:31	302	Gary	Bartram	M	40	
144	01:28:37	390	Becks	Williams	F	40	Pontyclun Road Runners
145	01:28:40	310	Joanne	East	F		
146	01:28:43	391	Martin	Hillier	M	65	Run4all
147	01:29:08	305	Edward	Brown	M	40	White Rock Runners
148	01:29:29	368	Lee	Parpworth	M	45	
149	01:30:01	306	Shaun	Cotter	F	50	
150	01:30:11	362	Marc	Harvey	M	40	

Pos	Time	No	Name	Surname	M/F	Cat	Club
151	01:30:25	421	Eleanor	Guyon	F		
152	01:30:26	566	Ellie	Lucas	F		
153	01:30:26	320	Dawn	Hopkins	F	35	Cwm Ogwr Club
154	01:31:32	543	John	Williams	M		Brecon Tri
155	01:31:33	538	Melanie	Jenkins	F	40	
156	01:32:24	399	Joanna	Roderick	F	35	
157	01:32:24	371	John	Williams	M		Merthyr Running Club
158	01:32:25	542	Julie	Toy	F	50	Merthyr Running Club
159	01:32:29	537	John	Parker	M	50	Brecon Tri
160	01:32:33	515	Sian	Champken	F	45	Wye Valley Runners
161	01:33:05	367	Melanie	Graham	F	55	
162	01:33:07	419	Sian	Sullivan	F	35	
163	01:33:10	459	Emma-Jane	Morris	F		Ogmore Phoenix
164	01:33:21	416	Roy	Williams	M	55	Rhayader RC
165	01:33:22	469	Christian	Prynne	M	45	Builth & Dist. R C
166	01:33:29	316	Abby	Groves	F		Pegasus Running Club
167	01:33:34	451	Randal	Jones	M	55	Lliswerry Runners
168	01:33:34	530	Lisa	Bateman	F	45	Lliswerry Runners
169	01:33:34	488	Janine	Aprea	F		Run4all
170	01:33:35	333	Peter	Snell	M	45	Outdoor Fitness
171	01:33:42	536	Ann	Davies	F	50	Brecon Tri
172	01:33:44	304	Rosie	Bristow	F	40	Pegasus Running Club
173	01:33:47	503	Paul	Lilygreen	M	50	Brecon Tri
174	01:33:53	504	John	Kiernan	M	45	
175	01:33:58	522	Suzanne	Kendrick	F	55	Rhayader RC
176	01:34:23	384	Andrew	Evans	M		Run4all
177	01:34:30	492	Michael	James	M	45	
178	01:35:14	516	Duncan	Crawley	M	50	Brecon AC
179	01:35:23	370	Katie	Richards	F		
180	01:35:40	574	Roni	Margerison	F	40	Lliswerry Runners
181	01:35:40	325	Alexandra	Marsh	F		
182	01:35:55	330	Jackie	Phillips	F	45	
183	01:36:03	573	Ray	Sharratt	M	70	Rhayader RC
184	01:36:19	396	John	Chandler	M	55	Maindy Harriers
185	01:36:35	317	Sally	Groves	F	50	Pegasus Running Club
186	01:36:44	437	Sarah	Littlewood	F	35	Ogmore Phoenix
187	01:36:57	307	Nicola	Davies	F	45	White Rock Runners
188	01:36:58	406	Hannah	Davies	F		
189	01:37:12	560	Karen	Bracegirdle	F	55	Merthyr Running Club
190	01:37:21	511	Mike	Gowing	M	65	
191	01:37:22	507	Nigel	Thomas	M	60	
192	01:37:42	471	Neil	Stone	M	55	Brecon AC
193	01:39:09	480	Michael	Lewis	M	75	Parc Bryn Bach RC
194	01:39:16	431	Nathan	Hemming	M	40	
195	01:39:18	531	D	Bateman	M	50	Lliswerry Runners
196	01:39:40	528	Julie	Smith	F	45	Merthyr Running Club
197	01:39:46	496	Eirian	Griffiths	M		Brecon AC
198	01:39:48	422	Wendy	Booker	F	50	Ludlow Runners
199	01:39:54	485	Dan	Groves	M	45	Pegasus Running Club
200	01:40:40	524	Stephanie	Warrick	F	65	Rhayader RC

Pos	Time	No	Name	Surname	M/F	Cat	Club
201	01:40:41	494	Carina	Padley	F		
202	01:40:42	493	David	Kembery	M	45	Ogmore Phoenix
203	01:40:54	477	Sally	Seignor	F	40	Caerleon RC
204	01:40:54	478	Samantha	Howells	F	40	Caerleon RC
205	01:40:55	483	Fern	Powell	F		Caerleon RC
206	01:41:17	546	Terry	Humphreys	M	60	Club Rhedeg Pontaedawe
207	01:41:44	387	Carys	Ricketts	F	35	
208	01:42:07	428	Bretti	Paxton	F		Pontypridd Roadents
209	01:42:25	347	Eleanor	Preece	F		White Rock Runners
210	01:42:51	532	Garry	Wharmby	M	50	Pegasus Running Club
211	01:43:05	403	Natasha	Fry	F	40	Les Croupiers
212	01:43:09	445	Owen	Cooper	M	65	Road Runners Club
213	01:43:19	404	Elizabeth	Randall	F	35	Les Croupiers
214	01:43:27	397	Mark	Douglas	M		Pontypridd Roadents
215	01:43:29	556	Tim	Werd	M	65	Pegasus Running Club
216	01:43:32	446	Sarah	Cooper	F		
217	01:43:51	552	Lucie	Davies	F		
218	01:43:54	502	Jude	Toasland	M	50	
219	01:44:00	315	Claire	Griffiths	F	35	Caerphilly Runners
220	01:44:38	414	Tracey	Newman	F	45	Les Croupiers
221	01:44:47	558	Sara	Morgan	F	40	
222	01:44:58	585	Adelaide	Rodell	F	55	
223	01:45:48	501	Andrew	Cadmore	M	45	Brecon AC
224	01:45:49	393	Pamela	Flanagan	F	50	Pontypridd Roadents
225	01:45:58	424	Raymond	Boyce	M	55	Cornelly Striders
226	01:45:58	320	Already	Finished	F		
227	01:45:58	360	Ian	Lewis	M	50	Cwm Ogwr Club
228	01:46:05	338	Natille	Williams	F	35	
229	01:46:36	327	Jon	Martin	M	40	Les Croupiers
230	01:46:51	443	Liz	Melding	F	45	
231	01:48:19	354	Catherine	Llewellyn	F	50	Merthyr Running Club
232	01:48:54	351	Liz	Steed	F	55	Brecon AC
233	01:49:10	417	Colin	Crooks	M	60	Pegasus Running Club
234	01:49:21	508	Ruth	Lipscombe	F	35	
235	01:50:47	568	Andrew	Morris	M		
236	01:52:31	470	Liz	Rijnen Berg	F	60	Brecon AC
237	01:52:49	550	Carl	Elliott	M	70	Lliswerry Runners
238	01:52:50	525	Yvonne	Forsey	F	55	Lliswerry Runners
239	01:53:30	346	Carl	Peacock	M	50	
240	01:53:55	427	Bethany	Price	F	45	Run4all
241	01:54:13	377	Keran	Machin	F	45	Rhondda Valley Runners
242	01:54:14	383	Lisa	Kyte	F	45	Rhondda Valley Runners
243	01:54:17	376	Bev	Johnson	F	50	Rhondda Valley Runners
244	01:54:40	479	Rhys	Lewis	M	40	Parc Bryn Bach RC
245	01:54:41	433	Carolne	Dixon	F	55	
246	01:54:41	481	Nicola	Lewis	F	40	Parc Bryn Bach RC
247	01:58:06	339	Melanie	Wood	F	50	
248	01:58:06	554	Nicola	Roylance	F	35	Caerphilly Runners
249	01:59:22	557	Richard	Donne	M	55	3M Gorseinon RR
250	01:59:37	380	Dawne	Meynell-Western	F	40	Rhondda Valley Runners

## Provisional Results

**2017 Brecon 10**

Pos	Time	No	Name	Surname	M/F	Cat	Club
251	01:59:37	381	Russell	Hall	M	50	Rhondda Valley Runners
252	02:02:31	375	leona	Shanley	F	45	Rhondda Valley Runners
253	02:02:31	385	Lesley	Matthews	F	55	Rhondda Valley Runners
254	02:02:53	336	Amanda	Thompson	F	55	Les Croupiers
255	02:05:53	505	David	Phillips	M	70	Pembrokeshire Harriers
256	02:07:41	564	Penny	Maisey	F	45	
257	02:11:20	332	Karen	Smith	F	45	