

# The Elan Valley 10 Mile 2023



## Overall Results

Pos.	Bib	Firstname	Lastname	Gender	Club	Time	Age Cat	Rank	Start
1	95	Sam	Juson	M	Croft Ambrey RC	57:33	SM	1st	1pm Start
2	135	Ben	Kennedy	M	Les Croupiers	58:43	SM	2nd	1pm Start
3	149	Gareth	Leek	M	Croft Ambrey RC	59:41	SM	3rd	1pm Start
4	124	Eric	Apperley	M	Croft Ambrey RC	1:00:00	SM	4th	1pm Start
5	155	Samuel	Harrison paul	M	Sarn Helen	1:01:35	SM	5th	1pm Start
6	22	Andy	Bradley	M	Royal Sutton Coldfield Athletics Club	1:01:56	VetM35	1st	1pm Start
7	158	Jon	Belcher	M	Lliswerry Runners	1:02:01	VetM45	1st	1pm Start
8	182	ryan	lawrence	M	Hereford Couriers	1:02:06	SM	6th	1pm Start
9	171	Lee	Price	M	Builth & District	1:03:26	VetM45	2nd	1pm Start
10	85	Ricci	Watts	M	Pontypool	1:04:12	VetM35	2nd	1pm Start
11	109	Osian	Wyn	M		1:06:53	SM	7th	1pm Start
12	21	steve	Jones	M	Maldwyn Harriers	1:07:30	SM	8th	1pm Start
13	59	Phillip	Lee	M	Lliswerry Runners	1:08:01	VetM45	3rd	1pm Start
14	159	Joe	Summers	M	Sarn Helen	1:08:57	SM	9th	1pm Start
15	121	Polly	Summers	F	Sarn Helen	1:09:40	SF	1st	1pm Start
16	134	Martin	Carter	M	Hereford Couriers	1:09:49	VetM55	1st	1pm Start
17	166	Daniel	O'Toole	M		1:09:51	VetM35	3rd	1pm Start
18	147	Andrew	Beard	M		1:11:08	VetM45	4th	1pm Start
19	133	Owen	Preissler	M		1:11:26	SM	10th	1pm Start
20	38	John	Higgins	M		1:11:33	VetM55	2nd	1pm Start
21	161	Gareth	Thomas	M	Builth & District	1:11:38	VetM35	4th	1pm Start
22	190	Matt	Turner	M		1:11:58	VetM45	5th	1pm Start
23	81	Randal	Jones	M	Lliswerry Runners	1:12:14	VetM55	3rd	1pm Start
24	66	Richard	Carr	M		1:12:55	VetM35	5th	1pm Start
25	112	Steve	Partridge	M	Croft Ambrey RC	1:13:29	VetM35	6th	1pm Start
26	165	Charm	Duggan	F		1:13:35	SF	2nd	1pm Start



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27	137	Steve	Davies	M		1:14:17	VetM45	6th	1pm Start
28	105	Laura	Hands	F	Hereford couriers	1:14:19	SF	3rd	1pm Start
29	30	Terry-John	Hutchinson	M	Builth & District	1:14:34	VetM45	7th	1pm Start
30	151	Rachel	Bowen	F	Lliswerry Runners	1:15:28	VetF45	1st	1pm Start
31	86	Kevin	Jones	M	Les Croupiers RC	1:15:30	VetM55	4th	1pm Start
32	174	Kelly	Bowen	F	Croft Ambrey RC	1:16:09	VetF35	1st	1pm Start
33	122	Mark	Paviour	M	Maldwyn Harriers	1:16:26	VetM55	5th	1pm Start
34	3	Andrew	Barham	M	Caerphilly Runners	1:16:39	VetM45	8th	1pm Start
35	157	Daniel	Hunter	M	Rhayader RC	1:16:40	SM	11th	1pm Start
36	178	Jonathan	Davey	M	Hereford Couriers	1:16:47	VetM55	6th	1pm Start
37	99	Jenny	Evans	F	Maldwyn Harriers	1:17:00	VetF35	2nd	1pm Start
38	120	Lou	Summers	F	Sarn Helen	1:17:47	VetF55	1st	1pm Start
39	136	Mia	Davies	F	Croft Ambrey RC	1:17:54	SF	4th	1pm Start
40	193	Christina	Plant	F	Hereford Couriers	1:18:34	VetF35	3rd	1pm Start
41	197	Matt	Webb	M	Monross Trailblazers	1:18:39	VetM35	7th	1pm Start
42	192	Paul	Parker	M	Croft Ambrey RC	1:18:44	VetM45	9th	1pm Start
43	169	Joel	Beard	M		1:19:00	SM	12th	1pm Start
44	2	Simon	Cawthorn	M	Lliswerry Runners	1:19:04	VetM55	7th	1pm Start
45	91	Kirsty	Gethin	F		1:19:05	VetF45	2nd	1pm Start
46	55	Wesley	Harris	M	Caerleon RC	1:20:00	VetM45	10th	1pm Start
47	153	Ben	Garson	M		1:20:29	SM	13th	1pm Start
48	177	Joanne	Tilby	F	Croft Ambrey RC	1:21:00	VetF35	4th	1pm Start
49	181	Mark	Hookins	M	Hereford Couriers	1:21:24	VetM55	8th	1pm Start
50	63	Charlotte	Healy	F	Griffithstown Harriers	1:21:35	VetF35	5th	1pm Start
51	168	Daniel	Symmonds	M	Caerleon RC	1:21:41	VetM45	11th	1pm Start
52	175	David	Millichap	M	Croft Ambrey RC	1:22:00	VetM55	9th	1pm Start



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53	104	Kevin	Howells	M	Caerleon Running Club	1:22:01	VetM35	8th	1pm Start
54	146	Edward	Lea	M	Black Pear Joggers	1:22:07	VetM45	12th	1pm Start
55	139	Tim	Broome	M	Hereford Couriers	1:22:21	VetM35	9th	1pm Start
56	98	Eleanor	Nichols-Grey	F		1:22:29	VetF35	6th	1pm Start
57	90	Mark	Prosser	M	Fairwater Runners Cwmbran	1:22:47	VetM45	13th	1pm Start
58	93	Stu	Davies	M		1:22:50	SM	14th	1pm Start
59	167	Alex	O'Toole	F		1:22:57	SF	5th	1pm Start
60	60	Michelle	Gooch	F	Pont-Y-Pwl & District Runners	1:23:16	VetF55	1st	12:30pm Start
61	195	Tracey	Arthur	F	Lliswerry Runners	1:23:21	VetF35	7th	1pm Start
62	160	Jake	Summers	M		1:23:35	SM	15th	1pm Start
63	88	Liz	Richards	F	Caerleon Running Club	1:23:37	VetF55	2nd	1pm Start
64	116	Emma	Davies	F	Monross Trailblazers	1:23:39	VetF45	3rd	1pm Start
65	163	Gavin	Thomas	M	Builth & District	1:24:18	VetM45	14th	1pm Start
66	117	Richard	Alcock	M		1:24:25	VetM55	10th	1pm Start
67	46	Christian	Ford	M	Caerleon RC	1:25:21	SM	16th	1pm Start
68	39	Mark	Herbert	M	Les Croupiers	1:25:28	VetM35	10th	1pm Start
69	140	Clive	Osmond	M	Les Croupiers RC	1:26:29	VetM55	11th	1pm Start
70	103	Isabel	Parry	F		1:26:31	SF	6th	1pm Start
71	131	George	Thomas	M	Croft Ambrey RC	1:26:33	VetM35	11th	1pm Start
72	129	Gwilym	Jones	M	Aberystwyth AC	1:26:44	VetM65	1st	1pm Start
73	185	Steph	Main	F	Croft Ambrey RC	1:26:49	VetF45	4th	1pm Start
74	142	Marina	Wright	F	Spirit Of Monmouth	1:26:59	VetF45	5th	1pm Start
75	97	Barry	Nichols-Grey	M		1:26:59	VetM35	12th	1pm Start
76	84	Elizabeth	Sims	F	Caerleon RC	1:27:32	VetF55	3rd	1pm Start
77	73	colin	edwards	M	Llanelli AC	1:27:33	VetM55	12th	1pm Start
78	64	Janet	Richards	F	Lliswerry Runners	1:27:48	VetF55	4th	1pm Start



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79	145	Stuart	Hart	M		1:28:19	SM	17th	1pm Start
80	102	Hannah	Parry	F		1:29:12	VetF35	8th	1pm Start
81	37	Martin	Stark	M	Pont-Y-Pwl & District Runners	1:29:13	VetM55	13th	1pm Start
82	61	Gus	Erlandson	M	Telford Harriers	1:29:17	VetM65	2nd	1pm Start
83	45	Christopher	Grant	M	Caerphilly Runners	1:29:21	VetM65	3rd	1pm Start
84	119	Sophie	Williams	F	Monross Trailblazers	1:29:32	VetF35	9th	1pm Start
85	194	Gavin	Jones	M	Monross Trailblazers	1:29:33	SM	18th	1pm Start
86	191	Amelia	Greaves	F	Rhayader Running Club	1:29:57	VetF35	10th	1pm Start
87	111	Bronwyn	Preece	F	Croft Ambrey RC	1:30:13	SF	7th	1pm Start
88	106	Roland	Preece	M	Croft Ambrey RC	1:30:25	VetM55	14th	1pm Start
89	108	James	Brown	M	Lliswerry Runners	1:30:42	VetM35	13th	1pm Start
90	53	Sarah	Lauder	F	Lliswerry Runners	1:30:44	VetF35	11th	1pm Start
91	49	Iza	Austin	F	Croft Ambrey RC	1:31:07	VetF55	5th	1pm Start
92	58	Claire	Morgan-Powell	F	Lliswerry Runners	1:31:08	VetF45	6th	1pm Start
93	50	Yangi	Vundamina	F	Caerleon Running Club	1:31:30	VetF45	7th	1pm Start
94	11	Kevin	Barnes	M	Hereford Couriers	1:31:47	VetM55	15th	1pm Start
95	42	ROBERT	SHARRATT	M	CARDIGAN RUNNING CLUB	1:31:53	VetM65	4th	1pm Start
96	199	Leanne	Westscott	F	Lliswerry-runners	1:32:14	VetF45	8th	1pm Start
97	198	James	Hobson	M	Lliswerry Runners	1:32:56	SM	19th	1pm Start
98	173	Sian	Samuel	F	Builth and District	1:33:13	VetF35	12th	1pm Start
99	4	David	Hazell	M	Caerphilly Runners	1:33:18	VetM35	1st	12:30pm Start
100	114	Steve	Hill	M	Penarth & Dinas Runners	1:33:35	VetM55	16th	1pm Start
101	113	Michelle	Hoey	F	Penarth & Dinas Runners	1:33:35	VetF45	9th	1pm Start
102	31	Shelley	Enders	F	Sarn Helen	1:34:21	VetF45	1st	12:30pm Start
103	118	Rosie	Davies	F		1:34:23	SF	8th	1pm Start
104	68	Heather	Bovill	F	Chepstow Harriers	1:34:28	VetF35	13th	1pm Start



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105	25	Debi	Bartlett	F		1:35:01	VetF45	2nd	12:30pm Start
106	110	Thea	Preece	F	Croft Ambrey RC	1:35:19	SF	1st	12:30pm Start
107	150	Debbie	Davies	F	Lonely Goat RC	1:35:44	VetF35	14th	1pm Start
108	47	Richard	Thomas	M	Caerphilly Runners	1:35:47	VetM55	17th	1pm Start
109	100	MAIR	MORGAN	F	Trots	1:36:41	VetF55	2nd	12:30pm Start
110	141	Andrew	Hillis	M	Lliswerry Runners	1:37:07	VetM55	18th	1pm Start
111	80	Cheryl	Jones	F	Lliswerry Runners	1:37:30	VetF35	15th	1pm Start
112	143	Nia	Powell	F		1:38:17	SF	9th	1pm Start
113	176	Louise	Phillips	F	Croft Ambrey RC	1:38:57	VetF45	3rd	12:30pm Start
114	154	julie	scholey	F	les croupiers rc	1:39:10	VetF55	3rd	12:30pm Start
115	132	Hayley	Colebatch	F	Croft Ambrey RC	1:39:17	VetF35	1st	12:30pm Start
116	57	Julia	Groombridge	F	Lliswerry Runners	1:39:26	VetF55	6th	1pm Start
117	156	Sara	Jones	F		1:40:54	SF	10th	1pm Start
118	29	Sue	Purvin	F		1:41:00	VetF55	4th	12:30pm Start
119	71	Hannah	Hopes	F	Les Croupiers	1:41:05	VetF35	16th	1pm Start
120	40	Paul	Adams	M	Caerleon Running Club	1:41:39	VetM45	15th	1pm Start
121	79	Vanessa	Pritchard	F	Caerleon Running Club	1:41:40	VetF45	10th	1pm Start
122	123	Samantha	Harper	F	Croft Ambrey RC	1:41:41	VetF45	11th	1pm Start
123	94	Steve	Dance	M	Caerleon RC	1:41:42	VetM55	19th	1pm Start
124	65	Emma	Harris	F		1:42:30	VetF35	17th	1pm Start
125	32	Alison	Benwell	F	Croft Ambrey RC	1:43:34	VetF55	5th	12:30pm Start
126	74	Caroline	Orrells	F	Maldwyn Harriers	1:43:36	VetF65	1st	1pm Start
127	83	Keri	Green	F		1:43:36	VetF35	18th	1pm Start
128	8	Gloria	Edwards	F	Llanelli AC	1:43:46	VetF55	6th	12:30pm Start
129	24	Liam	Thorley	M	Peak Performance Wales	1:43:49	SM	1st	12:30pm Start
130	138	Aly	Broome	F	Hereford Couriers	1:43:59	VetF35	2nd	12:30pm Start



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131	13	Ryan	Moreland	M	Les Croupiers	1:44:31	VetM35	2nd	12:30pm Start
132	101	Saima	Jabin	F	Maldwyn Harriers	1:44:31	VetF45	12th	1pm Start
133	127	Stephanie	King	F	Croft Ambrey RC	1:44:38	VetF55	7th	1pm Start
134	33	andrew	sherlock	M	Maldwyn Harriers	1:45:14	VetM45	1st	12:30pm Start
135	82	Karl	Inger	M		1:45:20	VetM45	2nd	12:30pm Start
136	70	Lyndsey	Rushton	F	Les Croupiers	1:46:58	VetF35	19th	1pm Start
137	144	Raymond	Sharratt	M	Rhayader RC	1:47:55	M80+	1st	1pm Start
138	164	Samantha	Thomas	F	Caerphilly Runners	1:49:02	VetF45	13th	1pm Start
139	43	Catherine	Dickenson	F	Caerphilly Runners	1:49:02	VetF55	8th	1pm Start
140	44	Ceriann	Robbins	F	Caerphilly Runners	1:49:04	VetF45	14th	1pm Start
141	188	Jude	Boutle	F	Rhayader	1:49:44	VetF55	9th	1pm Start
142	16	Helen	Stretch	F	Aberystwyth AC	1:50:19	VetF65	1st	12:30pm Start
143	62	Delyth	Brushett	F	Crickhowell Running Club	1:50:57	VetF35	3rd	12:30pm Start
144	69	Kelly	Crofts	F	Les Croupiers	1:52:06	VetF35	20th	1pm Start
145	26	Allan	Bartlett	M		1:55:33	VetM55	1st	12:30pm Start
146	18	Suzanne	Rowlands	F	Maldwyn Harriers	1:55:39	VetF45	4th	12:30pm Start
147	17	Bethany	Simmonds	F		1:58:48	VetF35	4th	12:30pm Start
148	12	Gemma	Edwards	F	Builth & District	1:59:25	SF	2nd	12:30pm Start
149	5	Susan	Lawrence	F	Pont-Y-Pwl & District Runners	1:59:33	VetF65	2nd	12:30pm Start
150	27	Hayley	Millichap	F	Croft Ambrey RC	2:02:16	VetF45	5th	12:30pm Start
151	200	Michele	Parker	F	Croft Ambrey RC	2:02:16	VetF55	7th	12:30pm Start
152	107	Clare	Preece	F	Croft Ambrey RC	2:02:17	VetF55	8th	12:30pm Start
153	162	Theresa	Jones	F	Croft Ambrey RC	2:02:17	VetF55	9th	12:30pm Start
154	28	Reachel	Kenny	F		2:03:25	VetF55	10th	12:30pm Start
155	78	Liz	Mounfield	F	Lliswerry Runners	2:03:29	VetF35	5th	12:30pm Start
156	77	Sarah	Skuse	F	Lliswerry Runners	2:03:34	VetF45	6th	12:30pm Start



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157	67	Debbie	Jones	F		2:04:26	VetF45	15th	1pm Start
158	7	Julie	Evans	F		2:04:26	VetF45	16th	1pm Start
159	20	Pam	Jones	F		2:05:40	VetF45	7th	12:30pm Start
160	6	Jeffrey	Aston	M	Les Croupiers Running Club	2:20:28	VetM75	1st	12:30pm Start
161	15	Marjorie	Griffiths	F	Bro Dysynni A C	2:23:17	VetF75	1st	12:30pm Start
162	19	Sally	Sims	F		2:32:29	VetF65	3rd	12:30pm Start
163	23	Carrol	Stocker	F	Presteigne Pacers	2:42:07	VetF65	4th	12:30pm Start

Number of Records: 163

