

Elan Valley 10 Mile Results  
Saturday 13th November 2021

**Race Winners**

	Female	Time
1st	Donna Morris	01:04:03
2nd	Ffion Price	01:05:26
3rd	Caryl Davies	01:13:28

**Race Winners**

	Male	Time
1st	Matthew Jones	0:57:56
2nd	Owen Graham	00:58:53
3rd	Edward Land	00:59:13

**Category Winners**

Female		Time
Senior	Rachel Brenton	01:15:02
F40	Nic Davies	01:21:39
F50	Lynwen Huxtable	01:19:58
F60	Anita Worthing	01:20:34
F70	Rose Thomas	01:36:02

Male		Time
Senior	Gary Wyn Davies	01:02:46
M40	David Dwyer	01:03:47
M50	Paul Williams	01:09:20
M60	Damian Sidnel	01:14:45
M70	Owen Cooper	01:30:58

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**Surname**

1	280	Jones	Matthew	0	M40	M	0:57:56
2	248	Graham	Owen	0	SM	M	0:58:53
3	284	Land	Edward	Aberystwyth AC	M40	M	0:59:13
4	220	Davies	Gary Wyn	Aberystwyth AC	SM	M	1:02:46
5	231	Dwyer	David	0	M40	M	1:03:47
6	235	Edwards	Charlie	Maldwyn Harriers	SM	M	1:03:58
7	294	Morris	Donna	BAD RC	SF	F	1:04:03
8	269	James	Keith	Pontypridd Roadents AC	M40	M	1:04:53
9	346	Price	Ffion	Maldwyn Harriers	SF	F	1:05:26
10	244	George	Marc	0	M40	M	1:08:33
11	143	Williams	Paul	Aberystwyth AC	M50	M	1:09:20
12	282	Kemp	Paul	Wye Valley Runners	M40	M	1:09:47
13	489	Titley	Norman	Shropshire Shufflers	M50	M	1:10:44
14	242	Finney	Patrick	Aberystwyth AC	M50	M	1:11:18
15	313	Powell	Gethin	Pontypridd Roadents AC	SM	M	1:12:04
16	374	Sivell	Dave	0	SM	M	1:12:40
17	221	Davies	Caryl	Sarn Helen	SF	F	1:13:28
18	205	Breed	Ian	0	M50	M	1:13:39

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19	224	Davies	Paul	Wye Valley Runners	M50	M	1:13:45
20	227	Davies	Steven	0	M50	M	1:14:08
21	500	Wright	Andrew	0	M50	M	1:14:19
22	369	Sidnell	Damian	Aberystwyth AC	M60	M	1:14:35
23	229	Douse	Marc	BAD RC	SM	M	1:14:50
24	337	Price	Gareth	BAD RC	SM	M	1:15:01
25	206	Brenton	Rachel	Caerleon RC	SF	F	1:15:02
26	487	Thompson	Carol	0	SF	F	1:15:34
27	216	Courtier	Ivan	Aberystwyth AC	M50	M	1:15:48
28	257	Higgins	John	0	M50	M	1:17:22
29	488	Thompson	Mark	0	M60	M	1:17:26
30	286	Lerigo	Will	Aberystwyth AC	SM	M	1:17:37
31	45	Beeson	Danny	Maldwyn Harriers	SM	M	1:17:47
32	245	Goudge	Ian	0	M40	M	1:18:07
33	272	Jones	Dewi	0	SM	M	1:19:20
34	212	Clemmens	Sam	0	M40	M	1:19:25
35	260	Hopkins	Mel	Aberystwyth AC	M50	M	1:19:40
36	264	Huxtable	Lynwen	Aberystwyth AC	F50	F	1:19:58
37	499	Worthing	Anita	Aberystwyth AC	F60	F	1:20:34
38	310	Pocknell	Justin	Caerleon RC	M50	M	1:21:22
39	225	Davies	Nic	0	F40	F	1:21:39
40	218	Davies	Lewis	BAD RC	M40	M	1:22:15
41	76	Boucher	Lisa	BAD RC	SF	F	1:22:40
42	39	Barrett	David	Croft Ambrey RC	M50	M	1:22:48
43	351	Prynne	Christian	BAD RC	M50	M	1:22:52
44	270	Jarvis	Lee	BAD RC	M40	M	1:23:21
45	359	Roberts	Elen	Aberystwyth AC	SF	F	1:24:04
46	222	Davies	Tony	Rhayader RC	M50	M	1:24:19
47	285	Leek	Mark	0	M50	M	1:24:35
48	236	Erlandson	Gus	Telford Harriers	M60	M	1:24:58
49	240	Farr	Caroline	Maldwyn Harriers	F50	F	1:25:24
50	273	Jones	Andrea	Llangollen RC	F40	F	1:25:45
51	214	Corner	Dave	0	M50	M	1:26:12
52	230	Douse	Christine	BAD RC	SF	F	1:26:22
53	315	Powell	Vicky	0	SF	F	1:26:29
54	210	Carter	Helen	Presteigne Pacers RC	F50	F	1:26:51

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55	314	Powell	Sharon	Maldwyn Harriers	F40	F	1:26:54
56	259	Holland	Kevin	Aberystwyth AC	M60	M	1:27:11
57	243	Ford	Christian	Caerleon RC	SM	M	1:27:32
58	207	Brown	Alexander	BAD RC	M50	M	1:28:30
59	223	Davies	Karen	Aberystwyth AC	F50	F	1:28:37
60	485	Sutherland	David	BAD RC	M60	M	1:28:44
61	261	Howells	Kevin	Caerleon RC	SM	M	1:28:50
62	347	Pritchard	Ann	0	F50	F	1:29:01
63	106	Bradfield	Kevin	Parc Bryn Bach RC	M50	M	1:29:15
64	491	Vundamina	Yangi	Caerleon RC	F40	F	1:29:41
65	62	Berriman	Diana	Rhayader RC	F50	F	1:30:22
66	271	Jinman	Antony	0	M40	M	1:30:29
67	213	Cooper	Owen	BAD RC	M70	M	1:30:58
68	300	Parry	John	0	M60	M	1:31:14
69	211	Chebsey	Robin	Telford Harriers	M50	M	1:31:21
70	275	Jones	Ifan	Maldwyn Harriers	M50	M	1:31:50
71	217	Davies	Leanne	BAD RC	SF	F	1:32:41
72	319	Price	Robert	BAD RC	M40	M	1:33:06
73	267	Indeka	Mike	0	M50	M	1:33:28
74	278	Jones	Mark	Dragons RC	M60	M	1:34:43
75	237	Evans	Gail	Dragons RC	SF	F	1:34:44
76	256	Hay	Trevor	Dragons RC	M60	M	1:34:45
77	296	Ntousai	Dennis	Rhayader RC	SM	M	1:34:58
78	297	Oliver	Simon	Wye Valley Runners	M50	M	1:35:10
79	353	Pugh	Heather	0	F50	F	1:35:33
80	246	Graham	Daniel	0	SM	M	1:35:40
81	486	Thomas	Rose	Rhayader RC	F70	F	1:36:02
82	250	Green	Mike	Vegan Runners UK	M60	M	1:36:23
83	362	Rollinson	Lianne	BAD RC	SF	F	1:37:36
84	255	Hartree	Louise	0	F50	F	1:38:55
85	233	Ealey-Fitzgerak	Catherine	Rhayader RC	F40	F	1:39:13
86	219	Davies	Carys	0	F50	F	1:39:38
87	289	Martin	Jenny	Les Croupier	F40	F	1:41:03
88	274	Jones	Diane	Maldwyn Harriers	F50	F	1:42:00
89	174	Stott	Iain	Waverley Harriers	M50	M	1:42:04
90	215	Cosson	Tom	0	M40	M	1:42:52

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91	238	Evans	Louise	Islwyn RC	F50	F	1:43:06
92	364	Samuel	Tania	0	SF	F	1:45:13
93	308	Pirvu	Anelu Cornel	Caerleon RC	SM	M	1:45:35
94	166	Morgan	Claire	0	F50	F	1:46:51
95	291	Morgan	Roger	0	M60	M	1:46:53
96	322	Price	Shannon	BAD RC	SF	F	1:47:27
97	10	Allinson	Leigh	0	M40	M	1:47:54
98	299	Paasman	Linda	Aberystwyth AC	F40	F	1:48:33
99	209	Butler	Jane	Aberystwyth AC	F50	F	1:48:34
100	239	Exley	Annette	0	F50	F	1:50:23
101	252	Hamer-Davies	Elizabeth	Manchester & District	F50	F	1:51:53
102	492	Watts	Izzy	BAD RC	F40	F	1:52:09
103	232	Dyer	Zoe	Hereford Couriers	F40	F	1:52:36
104	495	Williams	Ellie	Rhayader RC	SF	F	1:54:13
105	226	Davies	Helen	Dolly Mixtures	F50	F	1:55:19
106	173	Banfield	Sandra	Dolly Mixtures	F60	F	1:55:22
107	498	Williams-Davies	Diane	0	F50	F	1:55:36
108	262	Howells	Samantha	Caerleon RC	SF	F	2:01:10
109	266	Iglesias-Steel	Jim	Rhayader RC	M70	M	2:04:18
110	281	Kelly	Nicola	BAD RC	F50	F	2:05:34
111	290	Martin	Jon	Les Croupier	M40	M	2:10:02
112	496	Williams	Julie	0	F50	F	2:10:46
113	265	Iglesias-Steel	Joanne	Rhayader RC	F40	F	2:10:47
114	277	Jones	Pamela	0	F50	F	2:29:38
115	370	Sims	Sally	0	F60	F	2:29:39
116	416	Stocker	Carrol	Presteigne Pacers RC	F60	F	2:43:59