

Overall Results

Pos.	Bib	Firstname	Lastname	Gender	Club	Time	Age Cat	Rank
1	102	Paul	Jones	M	Shrewsbury AC	1:00:02	VetM45	1st
2	198	Matt	Yelland	M	Clwb Run Wales	1:00:59	VetM35	1st
3	110	Ryan	Lawrence	M	Hereford Couriers	1:03:12	SM	1st
4	43	Gary Wyn	Davies	M	Aberystwyth AC	1:04:26	VetM35	2nd
5	22	Ross	Cameron	M	Hereford Couriers	1:07:07	SM	2nd
6	21	Gregg William	Brown	M		1:07:49	VetM35	3rd
7	138	Ryan	Newton	M		1:08:17	SM	3rd
8	156	Lee	Price	M	Builth & District	1:08:17	VetM45	2nd
9	27	Talf	Carter	M	Hereford Couriers	1:08:18	SM	4th
10	114	martin	lloyd	M	Hereford Couriers	1:08:54	VetM45	3rd
11	33	Harri	Clarke	M		1:10:14	SM	5th
12	184	Piers	Thomas	M		1:10:52	SM	6th
13	117	Alex	Lyne	M	Caldicot RC	1:10:54	VetM35	4th
14	24	Richard	Carr	M	Run Grangetown	1:12:03	VetM35	5th
15	8	Joel	Beard	M		1:12:39	SM	7th
16	147	Richard	Pegler	M		1:12:45	VetM45	4th
17	26	Martin	Carter	M	Hereford Couriers	1:12:57	VetM55	1st
18	92	Kevin	Holcroft	M		1:13:02	VetM35	6th
19	7	Andrew	Beard	M		1:13:09	VetM45	5th
20	40	Rhydian	Darcy	M	CDF Runners	1:13:38	VetM35	7th
21	135	Spencer	NAPOLITANO	M		1:14:24	VetM35	8th
22	183	Hannah	Thomas	F	Maldwyn Harriers	1:14:27	VetF35	1st
23	152	Dave	Powell	M	Aberystwyth AC	1:16:03	VetM55	2nd
24	165	Jethro	Richards	M	Wye Valley Runners	1:16:33	SM	8th
25	28	Simon	Cawthorn	M	Lliswerry Runners	1:16:49	VetM55	3rd
26	48	Stu	Davies	M		1:17:52	VetM35	9th
27	164	Liz	Richards	F	Caerleon RC	1:18:06	VetF55	1st
28	2	Rich	Alcock	M		1:18:14	VetM55	4th
29	42	Caryl	Davies	F	Aberystwyth AC	1:18:41	VetF35	2nd
30	90	Gareth	Hodges	M		1:18:57	VetM45	6th
31	39	Al	Dadge	M		1:19:26	VetM35	10th
32	20	Darren	Brown	M		1:19:44	VetM55	5th
33	68	Robert	Freeman	M	Forest of Dean AC	1:19:48	VetM45	7th
34	23	Thomas	Carnes	M		1:20:09	VetM35	11th
35	169	Damian	Sidnell	M	Aberystwyth AC	1:20:13	VetM55	6th
36	150	Christina	Plant	F	Hereford Couriers	1:20:26	VetF35	3rd
37	58	Jenny	Evans	F	Maldwyn Harriers	1:20:49	VetF35	4th
38	5	Louise	Barker	F	Aberystwyth AC	1:21:06	VetF45	1st
39	188	Michael	Warrick	M	Rhayader RC	1:21:12	VetM65	1st
40	41	Jonathan	Davey	M	Hereford Couriers	1:21:46	VetM55	7th
41	19	Louise	Bromley	F	Telford Harriers	1:22:25	VetF35	5th
42	72	Dan	George	M	Maldwyn Harriers	1:22:31	VetM45	8th
43	16	michelle	bowley	F	Hereford Couriers	1:23:03	VetF55	2nd



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44	181	Gavin	Thomas	M	Builth & District	1:23:28	VetM45	9th
45	123	Josh	McMahon	M	Wye Valley Runners	1:23:50	SM	9th
46	38	Marc	Cross	M	Griffithstown Harriers	1:24:00	VetM35	12th
47	36	Robert	Connell	M	Hereford Couriers	1:24:07	VetM55	8th
48	94	Mark	Hookins	M	Hereford Couriers	1:24:17	VetM55	9th
49	140	Clive	Osmond	M	Les Croupiers RC	1:24:33	VetM55	10th
50	107	Emma	King	F	Lliswerry Runners	1:24:39	VetF35	6th
51	111	Edward	Lea	M	Black Pear Joggers	1:25:01	VetM55	11th
52	96	Lynwen	Huxtable	F	Aberystwyth AC	1:25:25	VetF55	3rd
53	108	Julie	Knill	F	Wye Valley Runners	1:25:41	VetF55	4th
54	124	James	Mills	M	Rhayader RC	1:25:54	VetM45	10th
55	85	Mark	Herbert	M	Les Croupiers RC	1:25:55	VetM35	13th
56	99	David	Jarman	M		1:26:11	VetM35	14th
57	35	Lynne	Compton	F	Wye Valley Runners	1:26:49	VetF55	5th
58	119	Nicky	Marck	M	Rhayader RC	1:27:19	VetM45	11th
59	93	Kevin	Holland	M	CA Aberystwyth AC	1:27:20	VetM65	2nd
60	44	Emma	Davies	F	Monross Trailblazers	1:27:26	VetF45	2nd
61	121	Paul	McAfee	M		1:27:52	VetM55	12th
62	120	Shane	Matthews	M	Griffithstown Harriers	1:28:15	VetM45	12th
63	112	Jo	Lewis	F	Maldwyn Harriers	1:28:51	VetF45	3rd
64	174	Chris	Smith	M		1:29:03	VetM35	15th
65	158	Mark	Prosser	M	Fairwater Runners Cwmbran	1:29:13	VetM45	13th
66	137	David	Newman	M	Pont-Y-Pwl & District Runners	1:29:57	VetM35	16th
67	64	Robert	Flanagan	M	Pontypridd Roadents AC	1:30:15	VetM55	13th
68	113	Tom	Lewis	M		1:30:43	SM	10th
69	56	Gus	Erlandson	M	Telford Harriers	1:30:44	VetM65	3rd
70	30	Tzevai	Chong	M	CDF Runners	1:31:13	VetM35	17th
71	89	James	Hobson	M	Lliswerry Runners	1:31:13	SM	11th
72	170	Elizabeth	Sims	F	Caerleon RC	1:31:21	VetF55	6th
73	142	Greg	Phillips	M	Caerleon RC	1:31:24	VetM45	14th
74	136	tom	NEWMAN	M	Caerleon RC	1:31:26	VetM45	15th
75	47	Tony	Davies	M	Rhayader RC	1:31:48	VetM55	14th
76	76	Victoria	Hadnett	F		1:31:57	VetF35	7th
77	62	Stephanie	Ferry	F	CDF Runners	1:32:28	VetF35	8th
78	173	Rachel	Smith	F	Hereford Couriers	1:34:50	VetF35	9th
79	46	Joanne	Davies	F	Rhayader RC	1:35:34	VetF45	4th
80	131	Mary	Morton	F	Rhayader RC	1:35:34	VetF45	5th
81	167	Suzanne	Rowlands	F	Maldwyn Harriers	1:36:06	VetF45	6th
82	151	Mike	Pobjoy	M	Lliswerry Runners	1:36:11	VetM55	15th
83	98	Wendy	JAMES	F	Aberystwyth AC	1:36:50	VetF55	7th
84	91	Michelle	Hoey	F	Penarth & Dinas Runners	1:39:29	VetF45	7th
85	86	Steve	Hill	M	Penarth & Dinas Runners	1:39:33	VetM55	16th
86	88	Jill	Hillman	F	Maldwyn Harriers	1:39:45	VetF65	1st



The Elan Valley 10 Mile 2024



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87	168	julie	scholey	F	Les Croupiers RC	1:40:44	VetF65	2nd
88	197	Jacqui	Wynds	F	Forest of Dean AC	1:41:16	VetF65	3rd
89	32	Nick	Clarke	M	Run Grangetown	1:41:23	VetM35	18th
90	55	Eira	Edwards	F	Rhayader RC	1:42:15	VetF55	8th
91	60	Samantha	Evans	F		1:44:26	VetF35	10th
92	59	Sam	Evans	M		1:44:27	VetM35	19th
93	182	Chris	Thomas	F	Builth & District	1:45:36	VetF65	4th
94	54	Eleri	Edwards	F	Lonely Goat RC	1:46:12	VetF35	11th
95	45	Angela	Davies	F	Rhayader RC	1:46:48	VetF55	9th
96	82	Tina	Harrison	F	Builth & District	1:47:18	VetF55	10th
97	185	Tudor	Thomas-Botwood	M	Rhayader RC	1:49:40	VetM55	17th
98	199	Margaret	Hodges	F	Rhayader RC	1:49:56	VetF65	5th
99	49	alison	davis	F	Fairwater Runners Cwmbran	1:49:57	VetF55	11th
100	129	Roger	Morgan	M		1:50:41	VetM65	4th
101	128	Claire	Morgan	F		1:50:44	VetF55	12th
102	79	Steve	Smith	M	Rhayader RC	1:51:20	VetM35	20th
103	148	Vanessa	Pegler	F		1:52:54	VetF45	8th
104	15	Jude	Boutle	F	Rhayader RC	1:53:17	VetF55	13th
105	126	Stephanie	Morgan	F	Builth & District	1:54:45	VetF65	6th
106	166	Caroline	Robson	F	Hereford Couriers	1:55:15	VetF35	12th
107	122	Helen	McCarthy	F	Builth & District	1:56:13	VetF55	14th
108	189	Stephanie	Warrick	F	Rhayader RC	1:58:41	VetF65	7th
109	63	Pamela	Flanagan	F	Pontypridd Roadents AC	2:01:26	VetF55	15th
110	65	Carys	Ford	F		2:02:03	VetF55	16th
111	83	Lisa	Harwood	F		2:02:03	VetF45	9th
112	146	Angharad	Parry-Jones	F	Les Croupiers RC	2:04:37	VetF45	10th
113	139	John	Noonan	M	Hereford Couriers	2:06:16	VetM65	5th
114	105	Reachel	Kenny	F	Croft Ambrey RC	2:20:52	VetF55	17th
115	176	Carrol	Stocker	F	Presteigne Pacers	2:21:05	VetF65	8th

Number of Records: 115

