

## Borth Beach 10k Results - 11th August 2013

Overall Position	Race Number	Time	Name	Club	Mens Position	Ladies Position	Category	Age Category Position
1	185	00:34:09	Adam Bitchell	Cardiff AAC	1		Senior Men	1
2	187	00:34:49	Felipe Jones	Aberystwyth AC	2		Senior Men	2
3	348	00:36:29	Gancho Slavov	Aberystwyth AC	3		Senior Men	3
4	180	00:38:16	Tim Iveson	Builth & District RC	4		Senior Men	4
5	181	00:39:12	Stafford Rees	Rhayader RC	5		V40/ Men	1
6	347	00:39:27	Shelley Childs	Aberystwyth AC	6		Senior Men	5
7	343	00:39:41	Llewelyn Lloyd	Unattached	7		Senior Men	6
8	114	00:39:45	Balazs Pinter	Unattached	8		V40/ Men	2
9	108	00:39:54	Rob Johnson	Unattached	9		Senior Men	7
10	182	00:40:11	Simon Hall	Sarn Helen	10		Senior Men	8
11	194	00:41:30	Richard Anthony	Aberystwyth AC	11		Senior Men	9
12	329	00:41:59	Ollie Thorogood	Unattached	12		Under 20 Men	1
13	188	00:42:09	Daniel Burgess	Brussels Truffle Snufflers	13		Senior Men	10
14	138	00:42:37	Kevin Regan	Sarn Helen	14		Senior Men	11
15	163	00:42:50	Mark Beasley	Unattached	15		Senior Men	12
16	144	00:42:51	Gareth Owen	Unattached	16		Senior Men	13
17	171	00:42:58	Arthur Youd	Aberystwyth AC	17		Under 20 Men	2
18	340	00:43:00	Kristian Bond	Unattached	18		Senior Men	14
19	184	00:43:01	Tony Hall	Sarn Helen	19		V50/ Men	1
20	197	00:43:05	Morag Stead	Morpeth Harriers		1	Senior Ladies	1
21	333	00:43:10	Eiddig Morgan	Aberystwyth AC	20		Senior Men	15
22	116	00:43:22	Gwyn Williams	Shropshire Shufflers	21		Senior Men	16
23	126	00:43:34	Dominic Jenkins	Unattached	22		Senior Men	17
24	141	00:43:38	Rhys Gardiner	Unattached	23		Senior Men	18
25	175	00:43:41	Darren Jarman	Sy Tri	24		Senior Men	19
26	183	00:43:44	Dee Jolly	Sarn Helen		2	Senior Ladies	2
27	335	00:43:55	Alistair Duncanson	Unattached	25		V40/ Men	3
28	195	00:44:23	Oliver Edwards	Wrexham AC	26		Under 20 Men	3
29	166	00:44:24	Simon Stannard	Ealing Eagles	27		Senior Men	20
30	193	00:44:31	Owen Thomas	Unattached	28		V40/ Men	4
31	127	00:45:15	Sarah O'Sullivan	Keighley & Craven AC		3	Senior Ladies	3
32	125	00:45:54	Dan George	Unattached	29		V40/ Men	5
33	170	00:46:03	Adam Guy	Wolverhampton	30		Senior Men	21

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34	155	00:46:05	Alun Jenkins	Rhayader RC	31		V50/ Men	2
35	326	00:46:44	Matthew Rose	Unattached	32		Senior Men	22
36	192	00:47:04	Cameron Pope	Aberystwyth AC	33		V50/ Men	3
37	137	00:47:06	Bleddyn Jones	Unattached	34		V40/ Men	6
38	186	00:47:21	Gary Alford	Unattached	35		Senior Men	23
39	178	00:47:26	Charlie Bond	Unattached	36		Senior Men	24
40	191	00:47:44	Geoff O'Keefe	Unattached	37		V50/ Men	4
41	327	00:48:23	Dyfrig Rees	Unattached	38		Senior Men	25
42	112	00:48:31	Thomas Okill	Unattached	39		Senior Men	26
43	117	00:48:37	Christopher Sear	Unattached	40		Senior Men	27
44	146	00:48:56	Hugh Morgan-Jones	FRA	41		V50/ Men	5
45	330	00:49:10	Erid Gruffudd	Unattached		4	V35/ Ladies	1
46	190	00:49:22	Anita Worthing	Aberystwyth AC		5	V55/ Ladies	1
47	331	00:49:28	Owen Williams	Unattached	42		Under 20 Men	4
48	119	00:49:33	Gediminas Lesutis	Unattached	43		Senior Men	28
49	147	00:49:55	Chris Foster Brown	Unattached	44		V40/ Men	7
50	322	00:50:04	John G Evans	Aberystwyth AC	45		V65/ Men	1
51	115	00:50:08	Jakub Batycki	Unattached	46		Senior Men	29
52	334	00:50:14	Hannah Parry	Unattached		6	Senior Ladies	4
53	113	00:50:14	Richard Nash	Unattached	47		Senior Men	30
54	337	00:50:23	Elizabeth Hart	Unattached		7	Senior Ladies	5
55	338	00:50:24	Roddy Evans	Unattached	48		V50/ Men	6
56	189	00:50:30	Cheryl Hughes	Aberystwyth AC		8	Senior Ladies	6
57	157	00:50:50	Elwyn Jones	Cerist	49		V60/ Men	1
58	332	00:50:51	Ieuan Pugh-Jones	Unattached	50		Under 20 Men	5
59	129	00:50:57	Chris Newman	Unattached		9	V55/ Ladies	2
60	124	00:51:02	Martin Lawrence	Unattached	51		V60/ Men	2
61	341	00:51:10	Richard Piotrowicz	Unattached	52		V50/ Men	7
62	148	00:51:22	Daniel Cox	Unattached	53		Senior Men	31
63	149	00:51:22	Andrew Cox	Unattached	54		Senior Men	32
64	134	00:51:23	Adrian Montague	Unattached	55		Senior Men	33
65	130	00:51:31	Tim Davies	Aberystwyth AC	56		V40/ Men	8
66	200	00:51:58	Rachel Cutter	DIC		10	Senior Ladies	7
67	320	00:51:58	Gemma Cutter	Unattached		11	Senior Ladies	8
68	142	00:52:40	John Lees	Poole	57		Senior Men	34
69	199	00:52:48	Maureen Pritchard	Aberystwyth AC		12	V45/ Ladies	1

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70	109	00:52:56	Rebecca Johnson	Unattached		13	V35/ Ladies	2
71	133	00:53:00	Andrew James	Unattached	58		V40/ Men	9
72	336	00:53:02	Emily Thomas	Unattached		14	Under 20 Ladies	1
73	172	00:53:19	Richard Bennett	Unattached	59		V40/ Men	10
74	344	00:53:32	Maggie Collingborn	Unattached		15	V45/ Ladies	2
75	132	00:54:47	Elaine Rowlands	Aberystwyth AC		16	V45/ Ladies	3
76	128	00:55:24	Jessica Makin	Unattached		17	Under 20 Ladies	2
77	158	00:55:36	Dee Davies	Rhayader RC		18	V35/ Ladies	3
78	173	00:55:37	Elizabeth Bennett	Unattached		19	V35/ Ladies	4
79	169	00:55:56	Emma Rees	Ealing Eagles		20	V35/ Ladies	5
80	167	00:55:56	Nigel Panton	Ealing Eagles	60		V60/ Men	3
81	179	00:55:58	Peter Arnold	Unattached	61		V60/ Men	4
82	107	00:56:00	Julian Ayres	Unattached	62		Senior Men	35
83	106	00:56:01	Sarah Morgan	Unattached		21	Senior Ladies	9
84	150	00:56:16	Steven Downs	Unattached	63		V50/ Men	8
85	123	00:56:22	Ian Thorn	Unattached	64		Senior Men	36
86	143	00:56:40	Raymond Sharratt	Rhayader RC	65		V70/ Men	1
87	156	00:56:41	Carol Farrington	Rhayader RC		22	V65/ Ladies	1
88	135	00:56:53	Justa Hopma	Unattached		23	Senior Ladies	10
89	324	00:57:31	Lizzie Jones	Unattached		24	Senior Ladies	11
90	120	00:58:19	Lina Lesutiene	Unattached		25	Senior Ladies	12
91	153	00:58:21	Julie Cox	Unattached		26	V45/ Ladies	4
92	325	00:58:41	Angharad Evans	Unattached		27	Senior Ladies	13
93	162	00:58:57	Amy Ellis	Unattached		28	Senior Ladies	14
94	328	00:59:08	Alna Piotrowicz	Unattached		29	Under 20 Ladies	3
95	140	00:59:34	Ellie May Watkins	Unattached		30	Senior Ladies	15
96	177	00:59:43	Lucy Bond	Unattached		31	Senior Ladies	16
97	145	01:01:00	Sian Owen	Unattached		32	V35/ Ladies	6
98	321	01:01:03	Bruno Sibona	Unattached	66		V50/ Men	9
99	118	01:01:17	Anne Lewis	Unattached		33	V45/ Ladies	5
100	160	01:01:23	Rachel Evans	Rhayader RC		34	V35/ Ladies	7
101	339	01:01:24	Anel Boschoff	Unattached		35	V45/ Ladies	6
102	176	01:01:32	Howie Oliver	Unattached	67		V50/ Men	10
103	105	01:02:28	Neil Bradshaw	Unattached	68		Senior Men	37
104	159	01:02:51	Mark Ellis	Unattached	69		V50/ Men	11
105	168	01:02:58	David James	Rhayader RC	70		Senior Men	38

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106	323	01:03:39	Uta Kohl	Unattached		36	V35/ Ladies	8
107	346	01:03:48	Paul Sear	Unattached	71		V60/ Men	5
108	110	01:03:54	Hannah Payne	Unattached		37	Senior Ladies	17
109	174	01:04:54	Chloe Lowe	Unattached		38	V35/ Ladies	9
110	164	01:05:34	Alice Shea	Unattached		39	Senior Ladies	18
111	165	01:05:34	Ben Ellis	Unattached	72		Senior Men	39
112	342	01:05:45	Tobias Evans	Unattached	73		Senior Men	40
113	151	01:06:34	Sarah Downs	Unattached		40	Senior Ladies	19
114	152	01:06:34	Peter Downs	Unattached	74		V40/ Men	11
115	154	01:06:50	Hazel Retallick	Unattached		41	V55/ Ladies	3
116	111	01:09:40	Simon Morgan	Unattached	75		Senior Men	41
117	198	01:11:00	Marjorie Griffiths	Bro Dysynni AC		42	V65/ Ladies	2
118	139	01:11:12	Lisa Tierney	Aberystwyth AC		43	V45/ Ladies	7
119	161	01:11:27	Helen Jenkins	Rhayader RC		44	V45/ Ladies	8
120	136	01:12:38	Roger Bennett	Unattached	76		V50/ Men	12
121	345	01:13:19	Helen Houston	Unattached		45	V35/ Ladies	10
122	196	01:13:50	David Edwards	Unattached	77		V40/ Men	12