

Borth Beach 10K 1st August
Clwb Athletau Aberystwyth Athletic Club

Overall Position	Race Number	Time	Name	Category	Gender	Men's Position	Ladies Position	Category Position	Club
1	99	00:35:49	Mark Smith	S Men	M	1		1	Aberystwyth AC
2	68	00:36:45	Sam Pearch	S Men	M	2		2	Shelton Striders
3	79	00:37:25	Dee Buchanan	S Men	M	3		3	San Domenico
4	128	00:37:50	Michael Davies	V/40 Men	M	4		1	Sarn Helen
5	70	00:38:00	Gethin Holland	U 20 Men	M	5		1	Aberystwyth AC
6	136	00:38:08	Dylan Lewis	S Men	M	6		4	Aberystwyth Harriers
7	100	00:38:09	Duncan Quincey	S Men	M	7		5	Aberystwyth AC
8	121	00:40:00	Adam Smith	S Men	M	8		6	Unattached
9	88	00:40:21	Ryan Austen	S Men	M	9		7	Sarn Helen
10	61	00:40:42	Matthew Nankivell	S Men	M	10		8	Aberystwyth AC
11	103	00:40:45	Norman Biggs	S Men	M	11		9	Aberystwyth AC
12	132	00:41:13	Matthew Rose	S Men	M	12		10	Aberystwyth AC
13	85	00:41:19	Tom Garrod	V/40 Men	M	13		2	Abingdon Amblers AC
14	87	00:41:36	Gordon Orme	V/60 Men	M	14		1	Cardigan
15	84	00:42:01	Kevin Marshall	V/40 Men	M	15		3	Unattached
16	98	00:42:48	Danny Hodgson	U 20 Men	M	16		2	Unattached
17	83	00:42:52	Ricky Francis	S Men	M	17		11	Meironnydd RC
18	89	00:43:15	Tony George	V/50 Men	M	18		1	Cardigan
19	110	00:43:43	Liam Jones	U 20 Men	M	19		3	Carmarthen Harriers
20	109	00:43:43	Ryan Williams	U 20 Men	M	20		4	Dicks
21	73	00:44:38	David Roderick	V/50 Men	M	21		2	Deeside AAC
22	96	00:44:50	Enda Walsh	S Men	M	22		12	Unattached
23	138	00:44:52	Clive Williams	V/40 Men	M	23		4	Aberystwyth AC
24	82	00:44:57	Mr Clive Evans	V/60 Men	M	24		2	Aberystwyth AC
25	126	00:45:01	Caspar Donnison	U 20 Men	M	25		5	Aberystwyth AC
26	80	00:45:02	Deb Sault	V/35 Lady	F		1	1	Stourport & Kidderminster

27	66	00:45:05	Gregory Price	S Men	M	26		13	Unattached
28	78	00:45:19	Laurence Worth	V/40 Men	M	27		5	Pembroke Harriers
29	92	00:45:40	Cheryl Hughes	S Lady	F		2	2	Aberystwyth AC
30	129	00:45:46	Guydion Williams	U 20 Men	M	28		6	Sarn Helen
31	102	00:45:50	Gron Evans	V/50 Men	M	29		3	Aberystwyth AC
32	122	00:45:54	John Evans	V/60 Men	M	30		3	Unattached
33	56	00:46:00	Christopher Dwyer	V/40 Men	M	31		6	Redhill Road Runners
34	86	00:46:09	Adriano Evola	V/50 Men	M	32		4	Aberystwyth AC
35	64	00:46:11	Norman Ashmole	V/50 Men	M	33		5	Unattached
36	95	00:46:15	Heather Cahoon	S Lady	F		3	3	Unattached
37	137	00:46:25	Clive Williams	V/50 Men	M	34		6	Aberystwyth AC
38	57	00:46:27	Christopher Sear	S Men	M	35		14	Unattached
39	108	00:46:00	Coiln Broomfield	V/40 Men	M	36		7	Unattached
40	69	00:46:54	Richard Bowers	V/40 Men	M	37		8	Unattached
41	134	00:47:06	Sarah Davys Jones	V/35 Lady	F		4	1	Unattached
42	76	00:47:46	Gareth Jones	V/40 Men	M	38		9	Sarn Helen
43	101	00:47:54	Katie Quincey	S Lady	F		5	4	Deeside AAC
44	74	00:48:28	Jo Stokes	S Lady	F		6	5	Oswestry Olympians
45	123	00:48:33	Andy Bakewell	V/40 Men	M	39		10	Unattached
46	54	00:48:56	Oliver Stokes	S Men	M	40		15	Newport & District RC
47	113	00:49:08	Phoebe Pender	S Lady	F		7	6	Aberystwyth AC
48	90	00:49:26	Helen Rees	V/35 Lady	F		8	2	Thame Runners
49	130	00:50:29	Ormond Williams	V/50 Men	M	41		7	Unattached
50	71	00:50:54	David James	S Men	M	42		16	Unattached
51	65	00:52:09	Alan Coiley	V/40 Men	M	43		11	Unattached
52	106	00:52:25	Claire Weather Day	V/35 Lady	F		9	3	Unattached
53	117	00:52:51	Wendell Junia	S Men	m	44		17	Unattached
54	51	00:52:56	Laine M Taylor	S Men	M	45		18	Unattached
55	125	00:53:26	Debbie Nash	S Lady	F		10	7	Aberystwyth AC
56	105	00:53:47	Jeff Law	V/40 Men	m	47		12	Unattached
57	81	00:53:48	Claire Abel	V/35 Lady	F		12	4	Unattached

58	62	00:53:52	Claire Williams	S Lady	F		13	8	Aberystwyth AC
59	118	00:53:57	Steven Downs	V/50 Men	M	48		8	Unattached
60	124	00:54:26	Dai Roberts	V/40 Men	M	49		13	Aberystwyth AC
61	91	00:54:46	Garry Rees	V/40 Men	M	50		14	Oxford Tri
62	135	00:54:58	Peter Garson	V/40 Men	M	51		15	Aberystwyth AC
63	60	00:55:09	Paul Sear	V/60 Men	M	52		4	Unattached
64	63	00:55:12	Rebecca Robinson	S Lady	F		14	9	Unattached
65	114	00:56:00	Julie Cox	V/35 Lady	F		15	5	Unattached
66	77	00:56:07	Jan Jones	V/45 Lady	F		16	1	Sarn Helen
67	127	00:56:42	Alison Bennetts Brown	S Lady	F		17	10	Unattached
68	107	00:56:51	Mark William	V/40 Men	M	53		16	Unattached
69	120	00:57:04	Helen John	V/45 Lady	F		18	2	Unattached
70	97	00:57:37	Ella Goupillon	S Lady	F		19	11	Unattached
71	104	00:57:42	Helen Stretch	V/55 Lady	F		20	1	Aberystwyth AC
72	75	00:59:17	Becky Pritchard	S Lady	F		21	12	Unattached
73	67	00:59:38	Robert Harding	V/50 Men	M	54		9	Telford Harriers
74	53	01:00:04	John Stokes	V/50 Men	M	55		10	Newport & District RC
75	119	01:00:55	Helen Houlston	V/35 Lady	F		22	6	Unattached
76	115	01:01:08	Jack Lloyd	U 20 Men	M	56		8	Unattached
77	111	01:01:44	Sarah Downs	S Lady	F		23	13	Unattached
78	112	01:02:57	Paul Downs	V/40 Men	M	57		17	Unattached
79	116	01:03:28	Daniel Cox	S Men	M	58		19	Unattached
80	58	01:04:10	Jacqueline Fowler	V/45 Lady	F		24	3	Meirionnydd Running Club
81	131	01:04:17	Rhian Meredith	V/35 Lady	F		25	7	Unattached
82	133	01:05:26	Jennifer Willmont	S Lady	F		26	14	Unattached
83	59	01:06:58	Haydn Fowler	V/40 Men	M	59		18	Meirionnydd Running Club
84	94	01:07:57	Glen Robson	S Men	M	60		20	Unattached
85	93	01:07:57	Dave Robson	V/50 Men	M	61		11	Elvet Striders
86	72	01:30:00	Allen Watts	V/70 Men	M	62		1	Sarn Helen