

**NYD 10K 2010**

Friday 1 January 2010. 11:00 am

**Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
1	0:34:36	YATES, THOMAS	Unattached	OPEN MALE	189	1
2	0:34:39	MASON, Luke	Wye Valley Runners	OPEN MALE	29	2
3	0:35:00	CLARKE, Tim	Hereford Couriers	MALE VET 40	228	3
4	0:35:40	STERNKOPF, Stefan	Worcester A C	MALE VET 40	155	4
5	0:36:02	NEWWEY, Jon	Malvern Joggers	OPEN MALE	161	5
6	0:36:09	PULLEN, John	Wye Valley Runners	MALE VET 40	264	6
7	0:36:10	ROSE, JAMES	Severn A C	OPEN MALE	118	7
8	0:36:42	SMITH, Ian	Severn A C	MALE VET 45	256	8
9	0:36:45	BARNES, Jonathan	Wye Valley Runners	OPEN MALE	6	9
10	0:36:57	SMOULT, ROBIN	Listwerry Runners	OPEN MALE	187	10
11	0:37:02	O'BRIEN, David	Worcester A C	MALE VET 40	149	11
12	0:37:07	PEACH, Andrew	Worcester A C	MALE VET 40	156	12
13	0:37:21	TAYLOR, Eliot	Hereford Couriers	OPEN MALE	165	13
14	0:37:57	MANSFIELD, Jon	Tewksbury AC	MALE VET 40	172	14
15	0:38:15	RAWLINGS, Jon	Tewksbury AC	MALE VET 40	174	15
16	0:38:17	KENNEDY, Scott	Wye Valley Runners	OPEN MALE	37	16
17	0:38:27	TETLEY, Jon	Hereford Triathlon Club	OPEN MALE	45	17
18	0:38:44	SMITH, Earl	Unattached	OPEN MALE	23	18
19	0:38:46	THOMAS, Owen	Unattached	OPEN MALE	144	19
20	0:38:47	ROBERTS, Stephen	Oswestry Olympians	MALE VET 55	31	20
21	0:39:00	GILMOUR, Carl	Hay Hotfooters	MALE VET 40	108	21
22	0:39:06	BURKE, Kevin	Stourbridge R C	MALE VET 50	143	22
23	0:39:11	GOAD, JAMES	Unattached	OPEN MALE	236	23
24	0:39:12	NORMAN, Andrew	Severn A C	MALE VET 55	84	24
25	0:39:16	BREWER, Sam	Wye Valley Runners	OPEN MALE	128	25
26	0:39:16	SAWSOM, GLYN	San Domenico	MALE VET 45	125	26
27	0:39:26	MARR, Susan	Wye Valley Runners	FEMALE VET 45	53	27
28	0:39:27	LEWIS, Neil	Hereford Couriers	MALE VET 40	57	28
29	0:39:48	LINK, Mike	Hereford Couriers	OPEN MALE	146	29
30	0:39:57	ANSFIELD, Matt	Unattached	OPEN MALE	129	30
31	0:40:04	MORRIS, Ronald	San Domenico	MALE VET 60	86	31
32	0:40:12	DUNSCOMBE, Mark	Sarn Helen	MALE VET 45	117	32
33	0:40:16	HAIKALA, Satu	Brecon A C	FEMALE VET 40	116	33
34	0:40:17	TAYLOR, Andy	Hereford Triathlon Club	OPEN MALE	49	34
35	0:40:18	GARDNER, Peter	F R A	MALE VET 50	154	35
36	0:40:19	FINCH, Russell	Spirit of Monmouth RC	MALE VET 40	191	36
37	0:40:22	CHENNINGS, George	Army (T A)	OPEN MALE	137	37
38	0:40:37	KING, Steve	Wye Valley Runners	OPEN MALE	60	38
39	0:41:13	FLETCHER, CHRIS	Wye Valley Runners	OPEN MALE	109	39
40	0:41:13	GAUCI, Joe	Malvern Joggers	MALE VET 45	261	40
41	0:41:15	JAMES, Simon	Abergavenny Striders	MALE VET 40	147	41
42	0:41:16	CRAMP, Graham	Malvern Joggers	MALE VET 40	90	42
43	0:41:27	BENNETT, GLENN	Wye Valley Runners	MALE VET 45	169	43
44	0:41:32	PICKEN, Rob	Unattached	OPEN MALE	114	44
45	0:41:39	DYKES, MARK	Tri Team	OPEN MALE	226	45
46	0:41:53	DAVIS, Ashley	Unattached	OPEN MALE	267	46
47	0:41:54	SHORT, Matthew	Unattached	OPEN MALE	179	47
48	0:42:03	LA PORTE, Simon	100 KM Association	MALE VET 40	99	48
49	0:42:05	HOOKHAM, Richard	Malvern Joggers	MALE VET 50	152	49
50	0:42:14	NUGENT, Paddy	Wye Valley Runners	MALE VET 45	113	50
51	0:42:35	SCOTT, Andrew	Malvern Joggers	MALE VET 45	145	51
52	0:42:42	ZORR, Charlie	Unattached		250	52
53	0:42:44	DAVIS, Lydia	Unattached	FEMALE VET 35	265	53
54	0:42:47	TAYLOR, Matt	Wye Valley Runners	OPEN MALE	25	54
55	0:42:55	SHORT, Peter	Forest of Dean A C	MALE VET 55	72	55
56	0:42:57	BURNAGE, Samuel	Unattached	OPEN MALE	162	56

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
57	0:42:59	WEBB, DANIEL	Tewksbury AC	OPEN MALE	167	57
58	0:43:02	ANDERSON, Steve	Tewksbury AC	MALE VET 45	11	58
59	0:43:17	BADDELEY, Scott	Unattached	OPEN MALE	148	59
60	0:43:17	SHIELDS, Dominic	San Domenico	MALE VET 40	217	60
61	0:43:25	BARNES, Kevin	Hereford Couriers	MALE VET 45	81	61
62	0:43:30	REES, David	Hay Hotfooters	MALE VET 55	186	62
63	0:43:36	RALFE, Mark	Black Pear Joggers	MALE VET 50	79	63
64	0:43:42	BAILEY, Chris	Wye Valley Runners	MALE VET 40	38	64
65	0:43:44	DAVIS, JOHN	Unattached	MALE VET 40	43	65
66	0:43:50	GALPIN, Robert	Wye Valley Runners	MALE VET 50	63	66
67	0:43:52	NICHOLLS, Alison	Builth & District Runners	FEMALE VET 45	73	67
68	0:43:56	POCKETT, Stuart	Unattached	OPEN MALE	263	68
69	0:44:04	RAMAGE, DARREN	Spirit of Monmouth RC	OPEN MALE	214	69
70	0:44:08	EDWARDS, Nicola	Hereford Couriers	FEMALE VET 35	262	70
71	0:44:12	MASON, Chris	Wye Valley Runners	MALE VET 45	66	71
72	0:44:15	PICKEN, John	Unattached	MALE VET 40	42	72
73	0:44:22	LEWIS, Mike	Unattached	MALE VET 40	141	73
74	0:44:28	BARKER, Leigh	Brecon A C	OPEN FEMALE	190	74
75	0:44:33	HALE, Kevin	Unattached	MALE VET 45	19	75
76	0:44:39	CLARKE, Nigel	Hereford Couriers	MALE VET 40	135	76
77	0:44:39	CHILDS, Nikki	Wye Valley Runners	FEMALE VET 45	74	77
78	0:44:45	JONES, LUNED	Unattached	OPEN FEMALE	97	78
79	0:44:45	MOFFAT, Matt	Unattached	OPEN MALE	136	79
80	0:44:52	LAMBOURN, Shaun	Unattached	MALE VET 40	9	80
81	0:44:54	CARWARDINE, Amy	Hereford Couriers	OPEN FEMALE	181	81
82	0:44:54	CARWARDINE, Peter	Hereford Couriers	MALE VET 50	182	82
83	0:45:00	BROWN, Stuart	Malvern Joggers	MALE VET 55	212	83
84	0:45:06	HINKSMAN, George	Unattached	OPEN MALE	121	84
85	0:45:07	TAYLOR, Phillip	Wye Valley Runners	OPEN MALE	211	85
86	0:45:23	MEARS, Ashley	Wye Valley Runners	MALE VET 45	227	86
87	0:45:26	HODGES, Mike	Unattached	MALE VET 55	229	87
88	0:45:27	EVANS, Paul	Brecon A C	OPEN MALE	87	88
89	0:45:33	PETERS, KEITH	Unattached	MALE VET 45	124	89
90	0:45:36	SCOTT, Clare	Hereford Couriers	FEMALE VET 35	251	90
91	0:45:41	ROCHE, Simon	UWE	OPEN MALE	184	91
92	0:45:49	JONES, Isabel	aberdeen university athletic club	OPEN FEMALE	249	92
93	0:45:49	STOCKLEY, John	Unattached	OPEN MALE	246	93
94	0:45:59	ORMAN, GARY	MADSAT	MALE VET 40	170	94
95	0:46:02	SPEAKE, Celia	Builth & District Runners	FEMALE VET 40	58	95
96	0:46:08	NOBLE, Andrew	Wye Valley Runners	MALE VET 40	133	96
97	0:46:11	DAVIES, Ellie	Brecon A C	OPEN FEMALE	176	97
98	0:46:13	WOOD, Greg	Unattached	OPEN MALE	140	98
99	0:46:17	JUDGE, MEGAN	Malvern Joggers	OPEN FEMALE	119	99
100	0:46:25	CLARKE, Darren	Unattached	MALE VET 40	266	100
101	0:46:27	HEAD, Tom	Unattached	MALE VET 45	185	101
102	0:46:31	CARTER, Martin	Hay Hotfooters	MALE VET 40	47	102
103	0:46:42	OLIVER, Simon	Wye Valley Runners	MALE VET 40	166	103
104	0:46:52	STEZAKER, Matt	Wye Valley Runners	MALE VET 45	175	104
105	0:47:10	LLOYD-STEVENS, Sarah	Hereford Triathlon Club	OPEN FEMALE	150	105
106	0:47:10	GOODWIN, Nicola	Hereford Triathlon Club	FEMALE VET 35	5	106
107	0:47:11	PRICE, John	Hay Hotfooters	MALE VET 50	26	107
108	0:47:12	JEFFRIES, Mark	Forest of Dean A C	MALE VET 40	168	108
109	0:47:27	STANNERS, Chris	Unattached	MALE VET 45	199	109
110	0:47:37	SMITH, Peter	Wye Valley Runners	MALE VET 60	52	110
111	0:47:42	HINKSMAN, Andrew	Unattached	MALE VET 45	120	111
112	0:47:45	BLENKHARN, David	Ludlow Runners	MALE VET 45	202	112
113	0:47:49	MORRIS, Robert	Wye Valley Runners	MALE VET 50	110	113
114	0:47:52	HUDSON, Paul	Black Pear Joggers	OPEN MALE	233	114
115	0:47:53	CUNNANE, John	ISLWYN RUNNING CLUB	MALE VET 60	245	115
116	0:47:56	MORRIS, Dave	Unattached	MALE VET 40	231	116

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117	0:47:57	DAVIS, Simon	Unattached	OPEN MALE	160	117
118	0:47:59	MOSELEY, Alan	Unattached	MALE VET 45	68	118
119	0:48:00	BROOKS, Chris	Army (T A)	OPEN MALE	138	119
120	0:48:03	PROSSER, Naomi	Hereford A C	OPEN FEMALE	107	120
121	0:48:05	ROBERTS, Peter	Griffithstown Harriers	MALE VET 50	159	121
122	0:48:11	JACKSON, Philip	Malvern Joggers	MALE VET 55	33	122
123	0:48:12	ANTHONY, Carl	Malvern Joggers	OPEN MALE	208	123
124	0:48:13	DOW, ELEANOR	Forest of Dean A C	OPEN FEMALE	221	124
125	0:48:22	LEES, Roderick	Unattached	MALE VET 50	241	125
126	0:48:22	DOODEY, Alex	Unattached	OPEN MALE	235	126
127	0:48:25	GOBEY, Gerald	Unattached	MALE VET 55	163	127
128	0:48:28	HAWKINS, Chris	Forest of Dean A C	MALE VET 55	178	128
129	0:48:38	WELLS, NICK	Unattached	MALE VET 40	91	129
130	0:48:43	ROODE, Steve	Malvern Joggers	MALE VET 45	213	130
131	0:48:46	DOW, ALEXANDER	Unattached	OPEN MALE	222	131
132	0:48:53	RAMONE, Keith	Unattached	OPEN MALE	253	132
133	0:49:02	EDWARDS, Tracy	Wye Valley Runners	OPEN FEMALE	44	133
134	0:49:07	DAVIES, Imme	Wye Valley Runners	FEMALE VET 35	65	134
135	0:49:11	COX, Stephen	Unattached	OPEN MALE	205	135
136	0:49:16	BURKE, RICHARD	Unattached	OPEN MALE	132	136
137	0:49:17	THOMAS, Robert	Unattached	OPEN MALE	13	137
138	0:49:26	ROUSE, David	Croft Ambrey	MALE VET 55	255	138
139	0:49:30	WEST, Gerry	Hereford Triathlon Club	MALE VET 50	50	139
140	0:49:36	RUSSELL, Shaune	Hereford Couriers	MALE VET 45	268	140
141	0:49:38	WOODBIDGE, Daniela	Griffithstown Harriers	FEMALE VET 35	259	141
142	0:49:55	MANN, KAREEN	Malvern Joggers	FEMALE VET 50	216	142
143	0:49:58	FURNESS, Peter	Unattached	MALE VET 45	102	143
144	0:50:02	AYUSO, Pedro	Unattached	MALE VET 50	40	144
145	0:50:06	CHATHAM, James	Unattached	OPEN MALE	130	145
146	0:50:15	DOW, JOHN	Forest of Dean A C	MALE VET 50	220	146
147	0:50:18	MCCANN, Gillian	Malvern Joggers	FEMALE VET 50	194	147
148	0:50:19	PRICE, Angela	Hay Hotfooters	FEMALE VET 35	30	148
149	0:50:21	JOHNSON, Ashley	Unattached	OPEN MALE	142	149
150	0:50:25	MCKENNA, Martin	Unattached	MALE VET 55	218	150
151	0:50:33	SOWREY, Emma	Unattached	OPEN FEMALE	252	151
152	0:50:35	CASELEY, Julie	Malvern Joggers	FEMALE VET 50	104	152
153	0:50:36	ACKROYD, JAYNE	Malvern Joggers	FEMALE VET 40	95	153
154	0:50:41	DAVIS, NICK	Chepstow Harriers	OPEN MALE	76	154
155	0:50:44	GRIFFITHS, Jamie	Unattached	OPEN MALE	134	155
156	0:51:03	WRIGHT, Martin	Unattached	MALE VET 40	204	156
157	0:51:15	COMPTON, Lynne	Wye Valley Runners	FEMALE VET 40	96	157
158	0:51:21	HUTTON, Alan	Unattached	MALE VET 50	3	158
159	0:51:29	BARKER, Christopher	Malvern Joggers	MALE VET 55	67	159
160	0:51:48	NELSON, Rachel	Croft Ambrey	FEMALE VET 40	234	160
161	0:52:22	COOPER, GRAHAME	Sparkhill Harriers	MALE VET 70	62	161
162	0:52:26	BARTON, Simon	Wye Valley Runners	MALE VET 40	207	162
163	0:52:29	ORR EWING, Charles	Unattached	MALE VET 55	157	163
164	0:52:41	BEVAN, Emily	Dulwich Runners	OPEN FEMALE	180	164
165	0:52:45	HARRHY, Alan	Hay Hotfooters	MALE VET 65	12	165
166	0:52:48	SEENEY, CHRISTOPHER	Stratford on Avon AC	MALE VET 55	115	166
167	0:52:57	MILLARD, Steve	Unattached	MALE VET 50	4	167
168	0:53:01	DICKENS, Andrew	Griffithstown Harriers	OPEN MALE	260	168
169	0:53:03	LEGGE, Alan	Unattached	OPEN MALE	7	169
170	0:53:04	LAMBERT, IAN	Unattached	OPEN MALE	244	170
171	0:53:06	GEORGE, Andrew	Chepstow Harriers	MALE VET 45	75	171
172	0:53:10	VALE, Ken	Unattached	MALE VET 60	151	172
173	0:53:28	LEA, Heidi	Unattached	FEMALE VET 35	105	173
174	0:53:35	KOSTER, Sylvia	Striders CLC	FEMALE VET 60	51	174
175	0:53:59	TOMKINSON, Paul	Climb on Bikes	OPEN MALE	153	175
176	0:54:13	RYAN, Philip	Unattached	MALE VET 45	18	176

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177	0:54:26	SYKES, Jenny	Unattached	FEMALE VET 40	257	177
178	0:54:31	EDWARDS, Alwyn	Unattached	MALE VET 50	158	178
179	0:54:40	CLEGHORN, Rob	Wye Valley Runners	OPEN MALE	24	179
180	0:54:55	ROWLANDS, Andrew	Hay Hotfooters	MALE VET 45	192	180
181	0:54:58	THORNDYKE, Robin	Unattached	MALE VET 60	200	181
182	0:55:03	PRETTY, Trevor	Wye Valley Runners	MALE VET 55	106	182
183	0:55:06	LAVELLE, Tina	Hay Hotfooters	FEMALE VET 50	164	183
184	0:55:14	WAKE, William	Unattached	MALE VET 40	177	184
185	0:55:17	BURGOYNE, Mark	Hereford Kayak club	OPEN MALE	223	185
186	0:55:28	CRISP, SEAN	Unattached	MALE VET 40	201	186
187	0:55:37	BAKER, Tony	Unattached	MALE VET 40	188	187
188	0:55:38	ROGERS, Rachel	Hereford Triathlon Club	OPEN FEMALE	243	188
189	0:55:51	MASON, Ruth	Wye Valley Runners	FEMALE VET 45	230	189
190	0:56:39	ROWLANDS, Diane	Hay Hotfooters	FEMALE VET 45	193	190
191	0:56:46	SIBANDE-SA, OLIVER	Unattached	OPEN MALE	224	191
192	0:57:00	FIELD, GEOFF	Malvern Joggers	MALE VET 60	196	192
193	0:57:32	CARRINGTON, SAM	Malvern Joggers	FEMALE VET 35	111	193
194	0:58:12	JAMES-HILL, Fran	Unattached	FEMALE VET 40	112	194
195	0:58:18	EMMS, Shaun	Hay Hotfooters	MALE VET 70	20	195
196	0:58:47	SCRIVEN, Philip	Chepstow Harriers	MALE VET 40	77	196
197	0:59:04	CRUSE, Ann	Ludlow Runners	FEMALE VET 60	89	197
198	0:59:08	DRABBLE, Katherine	Hereford Triathlon Club	FEMALE VET 35	48	198
199	0:59:39	FLETCHER, Sally	Spirit of Monmouth RC	FEMALE VET 35	254	199
200	0:59:41	HUTCHEON, Richard	Unattached	MALE VET 65	215	200
201	0:59:45	CURRY, PHILLIP	Unattached	OPEN MALE	83	201
202	1:00:05	CRESWELL, JAYNE	Malvern Joggers	FEMALE VET 35	209	202
203	1:00:16	OLDACRE, SHEILA	ANDOVER AC	FEMALE VET 50	198	203
204	1:00:22	KORAL, Julie	Unattached	OPEN FEMALE	247	204
205	1:00:22	KORAL, Zeki	Unattached	OPEN MALE	248	205
206	1:00:30	HAFNER, Caroline	Hay Hotfooters	FEMALE VET 60	173	206
207	1:01:07	MILLS, KERRY	Unattached	FEMALE VET 35	17	207
208	1:01:22	MCQUEEN, CLAIRE	Unattached	FEMALE VET 35	239	208
209	1:01:22	COOPER, Frank	Unattached	OPEN MALE	240	209
210	1:01:24	LEGGE, John	Unattached	OPEN MALE	71	210
211	1:01:27	MILLS, Brian	100 Marathon Club	MALE VET 50	122	211
212	1:01:32	MILNER, Claire	Hay Hotfooters	FEMALE VET 55	88	212
213	1:02:00	LINDSAY-JONES, JO	Unattached	FEMALE VET 35	237	213
214	1:02:00	BARBER, TIM	Unattached	OPEN MALE	238	214
215	1:02:23	WOOD, Nick	MADSAT	MALE VET 40	171	215
216	1:02:26	HUTTON, Giselle	Unattached	FEMALE VET 50	2	216
217	1:02:57	LAMBOURN, Karen	Unattached	FEMALE VET 40	8	217
218	1:03:11	CRANE, Kath	Brecon A C	FEMALE VET 65	103	218
219	1:03:44	BARTON, Linda	Road Runners Club	FEMALE VET 40	206	219
220	1:03:56	RYAN, Kate	Unattached	FEMALE VET 45	16	220
221	1:03:57	TRUMPER, Ali	Unattached	FEMALE VET 40	15	221
222	1:04:04	JONES, Beverly	Wye Valley Runners	FEMALE VET 40	232	222
223	1:04:35	GROUT, Sarah	Malvern Joggers	FEMALE VET 40	126	223
224	1:05:15	YOUNG, Tim	Unattached	MALE VET 55	131	224
225	1:05:38	MCQUEEN, TONY	Unattached	MALE VET 60	242	225
226	1:06:07	ROWLAND, Sandra	Unattached	FEMALE VET 50	210	226
227	1:07:17	JACKSON, Sheila	Malvern Joggers	FEMALE VET 55	34	227
228	1:07:17	FIELD, JENNY	Malvern Joggers	FEMALE VET 55	197	228
229	1:07:18	HAYNES, JOANNE	Malvern Joggers	FEMALE VET 45	195	229
230	1:07:22	FORSHAW, PHIL	Unattached	MALE VET 45	203	230
231	1:08:36	ROCHE, MARTIN	Unattached	MALE VET 50	183	231
232	1:10:40	TATE, CAROLE	Unattached	FEMALE VET 40	225	232
233	1:12:33	PRITCHARD, CLARE	Unattached	OPEN FEMALE	219	233
234	1:22:25	WATTS, Allen	Sarn Helen	MALE VET 70	139	234
235	1:23:31	SIMS, SALLY	Unattached	FEMALE VET 55	22	235
236	1:23:31	DUNCAN, Colin	Unattached	MALE VET 70	27	236

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237	1:32:20	CLARKE, Terence	Unattached	MALE VET 65	70	237
238	1:46:30	CLARKE, Valerie	Unattached	FEMALE VET 65	69	238
239	1:46:30	ANTHONY, James	Unattached	MALE VET 55	21	239

There were 239 finishers in the All Competitors category.

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