

10 kilometres Ranking List 2009

1	Julian Baker	32:42	Atlantic College	22.03.09
2	Chris Discombe	32:50	Atlantic College	22.03.09
3	Lee Aherne	33:03	Atlantic College	22.03.09
4	Stuart Crees	33:41	Cardiff	6.09.09
5	Phil Cook	33:47	Atlantic College	22.03.09
6	Nick Dukes	34:11	Cardiff	6.09.09
7	Dave J Williams	34:35	Civil Service - Battersea	12.05.09
8	Philip George	34:41	Easter Bunny	13.04.09
9	Richard Bullen	34:46	Fairford	7.06.09
10	Richard Wilder	34:50	Atlantic College	22.03.09
11	Calum Cheshire	35:22	Atlantic College	22.03.09
12	Jamie Nutt	35:52	Swansea Bay	27.09.09
13	Martin Williams	36:13	Swansea Bay	27.09.09
14	Richard Self	36:29	Atlantic College	22.03.09
15	Gareth Lynch	36:39	Atlantic College	22.03.09
16	Steve Spiers	36:40	Elizabeth River	23.05.09
17	Mick McGeoch	36:44	Cardiff	6.09.09
18	Scott Howell	36:56	Atlantic College	22.03.09
19	Matthew Hurford	37:11	Swansea Bay	27.09.09
20	Dave Headon	37:12	Cardiff	6.09.09
21	Dave Coles	37:17	Cardiff	6.09.09
22	Stuart McIlroy	37:25	Swansea Bay	27.09.09
23	Rob Jones	37:36	Cardiff	6.09.09
24	Gareth Morgan	37:57	Swansea Bay	27.09.09
25	Gerry Crispie	38:05	Bourton on the Water	22.02.09
26	Daniel Harris	38:06	Merthyr Police	23.08.09
27	Mick Tabor	38:10	Magor Marsh	19.07.09
28	Sandy Johnston	38:15	Aberdare	5.07.09
29	Nick Rees	38:25	Atlantic College	22.03.09
30	Ben Farag	38:29	Llanelli	21.06.09
31	Matthew Hopkins	38:46	Atlantic College	22.03.09
32	Paulo Simoes	38:50	Cardiff	6.09.09
33	Mike Murphy	39:02	Cardiff	6.09.09
34	Libby O'Duffy	39:03	Cardiff	6.09.09
35	Brian Richardson	39:04	Atlantic College	22.03.09
36	Elio Lepore	39:11	Magor Marsh	19.07.09
37	Peter Kellam	39:13	Swansea Bay	27.09.09
38	Rob Sage	39:15	Cardiff	6.09.09
39	Marcus Coles	39:24	Swansea Bay	27.09.09
40	Stuart Reeves	39:26	Atlantic College	22.03.09
41	David Proud	39:30	Swansea Bay	27.09.09
42	Katie Beecher	39:43	Cardiff	6.09.09
43	Rob Scott	39:49	Atlantic College	22.03.09
44	John Diffey	39:54	Aberdare	5.07.09
45	Shaun Connor	39:58	Staines	17.05.09
46	Scott Hemmens	40:23	Atlantic College	22.03.09
47	Andrew Russell	40:26	Llanelli	21.06.09
48	Terry Caveney	40:33	Cardiff	6.09.09
49	Ruth Tyler	40:42	Richard Burton	11.01.09
50	Jen Salter	40:42	Cardiff	6.09.09
51	Alan Mason	40:46	Cardiff	6.09.09
52	John O'Shea	41:00	Frampton	13.07.09
53	Steve Owen	41:03	Swansea Bay	27.09.09
54	Clive Osmond	41:13	Atlantic College	22.03.09
55	Howard Kent	41:21	Atlantic College	22.03.09
56	Alan Mann	41:48	Cardiff	6.09.09
57	Adam Morton	42:00	Swansea Bay	27.09.09
58	Kellinu Portelli	42:02	Aberdare	5.07.09
59	Mike Davies	42:08	Cardiff	6.09.09

60	Graeme Donnan	42:15	Atlantic College	22.03.09
61	Steve Alexander	42:24	Atlantic College	22.03.09
62	Liz Ashton	42:32	Aberdare	5.07.09
63	Dennis Murphy	42:44	Liverpool	4.10.09
64	James Horner	42:44	Cardiff	6.09.09
65	Eurof Davies	42:46	Cardiff	6.09.09
66	Andy Cleves	43:27	Cardiff - St David's Day	1.03.09
67	Gerry O'Beirne	43:28	Cardiff	6.09.09
68	Nick Williams	43:37	Merthyr Police	23.08.09
69	Maria Zubizarreta	43:37	Atlantic College	22.03.09
70	Jeff Aston	43:44	Atlantic College	22.03.09
71	Richard Beech	43:56	Llanelli	21.06.09
72	Firouz Mal	43:58	D-Day Portsmouth	3.06.09
73	Helen Jessop	44:03	Cardiff	6.09.09
74	Loretta Daley	44:09	Atlantic College	22.03.09
75	Yvonne Bullen	44:30	Atlantic College	22.03.09
76	Alun Jones	44:37	Merthyr Police	23.08.09
77	Andy Mundy	44:49	Cardiff	6.09.09
78	Julie Scholey	44:57	Magor Marsh	19.07.09
79	Frank Williams	45:32	Merthyr Police	23.08.09
80	Andrew Sedgmond	45:46	Atlantic College	22.03.09
81	Judi Rhys	45:48	Swansea Bay	27.09.09
82	Joanne Tucker	46:14	Cardiff	6.09.09
83	Adam Abraham	46:39	Cardiff	6.09.09
84	David McDonald	46:41	Aberdare	5.07.09
85	Mike Dix	46:43	Atlantic College	22.03.09
86	Ian Derrick	47:16	Llanelli	21.06.09
87	Neil Tatnell	47:31	Cardiff	6.09.09
88	Sarah McLoughlin	47:32	Cardiff	6.09.09
89	Sian Evans	47:41	Llanelli	21.06.09
90	Jenny Topalian	47:54	Cardiff	6.09.09
91	Stephen Williams	48:33	Llanelli	21.06.09
92	Gary John	49:21	Merthyr Police	23.08.09
93	Stephen Osborne	49:32	Atlantic College	22.03.09
94	Matthew Townsend	49:43	Swansea Bay	27.09.09
95	Jane Ash	51:09	Atlantic College	22.03.09
96	Chris Morgan	51:41	Llanelli	21.06.09
97	Clare Johnson	52:58	Cardiff	6.09.09
98	Mark Farrar	53:34	Cardiff	6.09.09
99	Gillian Murphy	53:53	Cardiff	6.09.09
100	Tracey Newman	54:27	Cardiff	6.09.09
101	Linda Jensen	55:14	Atlantic College	22.03.09
102	Annie Conroy	55:27	Cardiff	6.09.09
103	Sarah Dawes-Clark	56:03	Cardiff	6.09.09
104	Mal Farnham	56:09	Cardiff	6.09.09
105	Hannah Davies	56:25	Swansea Bay	27.09.09
106	Tony Dorsett	56:33	Swansea Bay	27.09.09
107	Simon James	56:34	Cardiff	6.09.09
108	Mike James	56:34	Cardiff	6.09.09
109	Alan Bladen	56:41	Atlantic College	22.03.09
110	Katie Stevenson	56:56	Cardiff - St David's Day	1.03.09
111	Anne Donald	57:48	Atlantic College	22.03.09
112	Joanne Gamba	57:58	Swansea Bay	27.09.09
113	Mal Rowson	58:07	Atlantic College	22.03.09
114	Gareth Stevenson	58:47	Cardiff - St David's Day	1.03.09
115	Joy Davies	59:03	Atlantic College	22.03.09
116	Sasha Macken	59:55	Atlantic College	22.03.09
117	Jenny Johnson	1:03:16	Cardiff - St David's Day	1.03.09
118	Karen Phillips	1:03:48	Cardiff	6.09.09
119	Maria Carr	1:15:36	Swansea Bay	27.09.09