

## 10 miles Ranking List 2010

1	+	Steve Paterson	54:56	Oldbury	03.10.10
2		Stuart Crees	55:47	Handicap	24.01.10
3		Phil Cook	56:03	Handicap	24.01.10
4	*	Nick Dukes	56:31	Handicap	24.01.10
5		David J Williams	56:48	Castles 10 mile run	9.05.10
6	+	Ed Donovan	57:48	Maidens	2.04.10
7		Richard Bullen	58:00	Great South Run	24.10.10
8	+	Lyndon Tudor-Maisey	59:07	Castles 10 mile run	9.05.10
9	*	Dave Headon	59:22	Castles 10 mile run	9.05.10
10	*	Martin Williams	59:24	Castles 10 mile run	9.05.10
11	*	Matthew Hurford	1:00:14	Castles 10 mile run	9.05.10
12	*	Dave Coles	1:00:36	Reverse	21.02.10
13		Scott Howell	1:00:41	Reverse	21.02.10
14		Mick McGeoch	1:01:02	Handicap	24.01.10
15		Richard Self	1:02:44	Handicap	24.01.10
16	*	Steffen Scholz	1:03:03	Reverse	21.02.10
17	*	Scott Hemmens	1:03:16	Castles 10 mile run	9.05.10
18		Mick Tabor	1:03:37	Reverse	21.02.10
19		Andy Cleves	1:03:43	Castles 10 mile run	9.05.10
20		Richard Wilder	1:03:50	Reverse	21.02.10
21	*	Brian Richardson	1:03:58	Handicap	24.01.10
22		Ben Farag	1:04:04	Castles 10 mile run	9.05.10
23		Rob Jones	1:04:04	Castles 10 mile run	9.05.10
24		Rob Sage	1:04:13	Castles 10 mile run	9.05.10
25	*	David Proud	1:04:13	Reverse	21.02.10
26		Peter Kellam	1:04:20	Reverse	21.02.10
27		John Diffey	1:05:30	Teifi	4.04.10
28		Paul Morris	1:05:54	Handicap	24.01.10
29	*	Katie Beecher	1:06:44	Brecon	1.08.10
30	*	Andrew Russell	1:06:49	Reverse	21.02.10
31		Gerry Crispie	1:06:58	Handicap	24.01.10
32		Steve Owen	1:07:02	Reverse	21.02.10
33		Terry Caveney	1:07:49	Castles 10 mile run	9.05.10
34	*	Andrew Blair	1:07:54	Castles 10 mile run	9.05.10
35	*	Alun Jones	1:07:57	Castles 10 mile run	9.05.10
36		Wouter Poortinga	1:08:12	Handicap	24.01.10
37		Mike Murphy	1:08:13	Brecon	1.08.10
38	+	Brendan Jones	1:08:26	Handicap	24.01.10
39	+	Adam Morton	1:08:42	Reverse	21.02.10
40		Marcus Coles	1:08:53	Castles 10 mile run	9.05.10
41		John O'Shea	1:08:55	Handicap	24.01.10
42		Shaun Connor	1:08:59	Handicap	24.01.10
43	+	Mel Dando	1:09:16	Castles 10 mile run	9.05.10
44	*	Maria Zubizarreta	1:09:38	Frank Duffy (Dublin)	21.08.10
45		Mike Davies	1:09:45	Oldbury	03.10.10
46		Alan Mann	1:09:48	Castles 10 mile run	9.05.10
47		Tim O'Sullivan	1:10:17	Reverse	21.02.10
48		Richard Boon	1:10:19	Brecon	1.08.10
49	+	Helen Jessop	1:10:26	Castles 10 mile run	9.05.10
50		Matthew Hopkins	1:10:38	Reverse	21.02.10
51		Claire Beatty	1:11:01	Brecon	1.08.10
52	+	Aileen Lyons	1:11:35	Castles 10 mile run	9.05.10
53		Graeme Donnan	1:11:48	Castles 10 mile run	9.05.10
54	+	Joanne Tucker	1:11:59	Castles 10 mile run	9.05.10
55	*	Kellinu Portelli	1:12:00	Handicap	24.01.10
56		Clive Osmond	1:12:04	Brecon	1.08.10
57		Alan Mason	1:12:17	Handicap	24.01.10
58	*	David E Williams	1:13:08	Castles 10 mile run	9.05.10
59	+	John Magee	1:13:27	Handicap	24.01.10
60	+	Jen Salter	1:13:38	Barry 40 Split	14.03.10
61		Dennis Murphy	1:14:12	Brecon	1.08.10
62	*	Judi Rhys	1:14:26	Reverse	21.02.10
63		Wendy Boon	1:14:32	Brecon	1.08.10
64		Richard Sewell	1:15:04	Castles 10 mile run	9.05.10
65		Julie Scholey	1:15:43	Castles 10 mile run	9.05.10

66	Jeff Aston	1:16:01	Castles 10 mile run	9.05.10
67 +	Gary Bodman	1:16:08	Castles 10 mile run	9.05.10
68 +	Jan Hall	1:16:17	Castles 10 mile run	9.05.10
69	Firouz Mal	1:16:30	Castles 10 mile run	9.05.10
70	Sarah McCarthy	1:16:38	Brecon	1.08.10
71	Yvonne Bullen	1:16:44	Castles 10 mile run	9.05.10
72	Jenny Hughes	1:17:00	Handicap	24.01.10
73	Andrew Sedgmond	1:17:18	Handicap	24.01.10
74	James Horner	1:17:29	Handicap	24.01.10
75 +	Liz Merrifield	1:19:05	Wrexham	24.04.10
76 +	Stephen Quin	1:19:06	Brecon	1.08.10
77 *	Sasha Macken	1:19:17	Castles 10 mile run	9.05.10
78	Adam Abraham	1:19:58	Reverse	21.02.10
79	David McDonald	1:20:13	Handicap	24.01.10
80	Frank Williams	1:20:24	Reverse	21.02.10
81 *	Jane Ash	1:20:33	Castles 10 mile run	9.05.10
82 +	Tracy Houghton	1:21:11	Castles 10 mile run	9.05.10
83 *	Ralph Davey	1:21:44	Reverse	21.02.10
84 +	Stephen Osborne	1:23:01	Handicap	24.01.10
85 +	Chris Morgan	1:23:05	Handicap	24.01.10
86	Stephen Williams	1:23:15	Handicap	24.01.10
87 +	Gary Hyatt	1:23:35	Barry 40 Split	14.03.10
88	Loretta Daley	1:24:05	Barry 40 Split	14.03.10
89	Frances Machin	1:24:50	Brecon	1.08.10
90 *	Gillian McCue	1:26:11	Brecon	1.08.10
91	Clare Johnson	1:27:20	Handicap	24.01.10
92 *	Gillian Murphy	1:32:58	Brecon	1.08.10
93 +	Sarah Dawes-Clark	1:36:06	Handicap	24.01.10
94	Errol Alexis	1:38:36	Handicap	24.01.10
95	Sandra Caveney	1:38:56	Castles 10 mile run	9.05.10
96	Alan Bladen	1:42:43	Brecon	1.08.10
97	Tony Dorsett	1:44:29	Handicap	24.01.10
98	Geoff Wright	1:49:12	Handicap	24.01.10

\* = New PB; + = No previous PB