

10 kilometres Ranking List 2010

1	*	Steve Paterson	32:25	Swansea Bay	26.09.10
2	*	Stuart Crees	33:12	Frampton	12.07.10
3	*	Nick Dukes	33:53	Atlantic College	21.03.10
4		David J Williams	33:54	Cardiff - St David's Day	28.02.10
5	+	Ed Donovan	34:00	Aberdare	4.07.10
6	*	Jerome Edwards	34:18	Swansea Bay	26.09.10
7		Phil Cook	34:40	Cardiff	12.09.10
8		Philip George	34:56	Atlantic College	21.03.10
9		Richard Bullen	35:22	Swansea Bay	26.09.10
10	*	Martin Williams	35:32	Swansea Bay	26.09.10
11	*	Scott Howell	35:42	Swansea Bay	26.09.10
12	*	Matthew Hurford	35:46	Cardiff	12.09.10
13		Dave Coles	36:28	Cardiff - St David's Day	28.02.10
14	*	Brian Richardson	36:40	Cardiff	12.09.10
15		Mick McGeoch	37:01	Cardiff	12.09.10
16		Steve Spiers	37:24	Elizabeth River	29.05.10
17	+	Steffen Scholz	37:30	Cardiff	12.09.10
18		Stuart McIlroy	37:41	Atlantic College	21.03.10
19		Peter Kellam	37:56	Swansea Bay	26.09.10
20		Dave Headon	38:06	Atlantic College	21.03.10
21	*	Elio Lepore	38:06	Cardiff	12.09.10
22		Gareth Morgan	38:17	Swansea Bay	26.09.10
23		Ben Farag	38:18	Atlantic College	21.03.10
24	*	Ruth Tyler	38:18	Cardiff	12.09.10
25		Paul Coker	38:22	Cardiff	12.09.10
26		Gareth Lynch	38:23	Atlantic College	21.03.10
27		Sandy Johnston	38:39	Atlantic College	21.03.10
28	*	Rob Scott	38:49	Atlantic College	21.03.10
29	*	Katie Beecher	38:54	Easter Bunny	3.04.10
30	*	Peter Turnbull	38:55	Swansea Bay	26.09.10
31	*	Scott Hemmens	39:00	Atlantic College	21.03.10
32		Gerry Crispie	39:13	Atlantic College	21.03.10
33		Mike Murphy	39:21	Swansea Bay	26.09.10
34	*	John O'Shea	39:23	Magor Marsh	1.08.10
35	+	James Bruce	39:26	Cardiff	12.09.10
36	*	Alun Jones	39:39	Atlantic College	21.03.10
37		Paulo Simoes	39:50	Magor Marsh	1.08.10
38	*	Jeremy Forsheaw	39:51	Cardiff	12.09.10
39		Adam Morton	39:51	Cardiff	12.09.10
40		John Diffeey	39:59	Atlantic College	21.03.10
41		Libby O'Duffy	40:05	Cardiff	12.09.10
42	+	John Davies	40:13	Richard Burton	28.03.10
43		Steve Owen	41:04	Cardiff - St David's Day	28.02.10
44	+	Keith James	41:05	Aberdare	4.07.10
45	*	Jenny Topalian	41:10	Merthyr	15.08.10
46		Eurof Davies	41:13	Cardiff	12.09.10
47	*	Helen Jessop	41:14	Cardiff	12.09.10
48		Andrew Russell	41:15	Atlantic College	21.03.10
49	*	Cheryl Hudgell	41:22	Cardiff	12.09.10
50		Marcus Coles	41:25	Llanelli	20.06.10
51		Matthew Townsend	41:28	Merthyr	15.08.10
52		Mike Davies	41:48	Swansea Bay	26.09.10
53	*	Andrew Blair	41:59	Watford	3.05.10
54	+	David E Williams	41:59	Cardiff - St David's Day	28.02.10
55		Jane Coker	42:00	Cardiff	12.09.10
56		Claire Beatty	42:12	Grey Lake	26.09.10
57	*	John Magee	42:18	Swansea Bay	26.09.10
58	*	Gary Bodman	43:00	Aberdare	4.07.10
59		Clive Osmond	43:07	Llanelli	20.06.10
60		Howard Kent	43:09	Atlantic College	21.03.10
61		David Lloyd	43:29	Llanelli	20.06.10
62		Cath Tailby	43:38	Atlantic College	21.03.10
63		Alan Mann	43:38	Frampton	12.07.10
64	+	Rod Perons	43:46	Swansea Bay	26.09.10
65		Julie Scholey	43:57	Cardiff	12.09.10

66	Alan Mason	44:04	Atlantic College	21.03.10
67	Firouz Mal	44:15	Cardiff	12.09.10
68	Tim O'Sullivan	44:20	Merthyr	15.08.10
69	Gerry O'Beirne	44:22	Cardiff	12.09.10
70	Graeme Donnan	44:27	Merthyr	15.08.10
71	Jeff Aston	44:32	Swansea Bay	26.09.10
72 +	Gareth Rees	44:33	Cardiff	12.09.10
73 *	Sarah McCarthy	44:41	Cardiff	12.09.10
74	Andrew Sedgmond	44:46	Atlantic College	21.03.10
75 *	Stephen Quin	44:49	Cardiff	12.09.10
76 +	Brendan Jones	45:06	Magor Marsh	1.08.10
77 *	Joanne Tucker	45:20	Cardiff	12.09.10
78	Jen Salter	45:25	Barry 40 Split	14.03.10
79	Mike Dix	45:44	Atlantic College	21.03.10
80 +	Liz Merrifield	46:00	Atlantic College	21.03.10
81	Yvonne Bullen	46:09	Swansea Bay	26.09.10
82	Loretta Daley	46:13	Frampton	12.07.10
83 +	Rachel Banfield	46:22	Merthyr	15.08.10
84	Dennis Murphy	46:42	Merthyr	15.08.10
85	Frank Williams	46:49	Atlantic College	21.03.10
86 *	Sian Evans	47:02	Cardiff - St David's Day	28.02.10
87	Judi Rhys	47:06	Atlantic College	21.03.10
88	Malin Falck	47:45	Merthyr	15.08.10
89	Ralph Davey	47:55	Bristol	9.05.10
90	David McDonald	48:16	Cardiff - St David's Day	28.02.10
91 *	Sasha Macken	48:26	Llanelli	20.06.10
92 *	Chris Morgan	48:58	Cardiff - St David's Day	28.02.10
93	Frances Machin	49:11	Merthyr	15.08.10
94	Gary John	49:21	Richard Burton	28.03.10
95	Stephen Williams	49:32	Ammanford	11.07.10
96	Kellinu Portelli	49:47	Cardiff	12.09.10
97 +	Hayley Jones	50:11	Swansea Bay	26.09.10
98	Jenny Hughes	50:27	Merthyr	15.08.10
99	Gary Hyatt	51:30	Barry 40 Split	14.03.10
100	Simon James	52:58	Atlantic College	21.03.10
101	Clare Johnson	53:33	Atlantic College	21.03.10
102 +	Alun E Williams	53:34	Cardiff - St David's Day	28.02.10
103	Gillian Murphy	53:57	Swansea Bay	26.09.10
104 *	Nicola Poole	54:48	Aberdare	4.07.10
105 +	Gwenno Williams	55:23	Cardiff	12.09.10
106 *	Sarah Dawes-Clark	55:25	Aberdare	4.07.10
107 *	Sarah Dodd	55:27	Cardiff - St David's Day	28.02.10
108 +	David F Williams	55:38	Atlantic College	21.03.10
109	Mike James	56:38	Atlantic College	21.03.10
110	Annie Conroy	57:21	Swansea Bay	26.09.10
111	Alan Bladen	58:51	Aberdare	4.07.10
112	Joanne Gamba	59:01	Atlantic College	21.03.10
113	Hannah Davies	59:20	Atlantic College	21.03.10

* = New PB; + = No previous PB