

Brynteifi 10k

04/08/2024

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	69	Dewi Griffiths	Swansea Harriers	MOPEN	1	00:33:31
2	9	Simon Hall	Sarnhelen	M40	1	00:39:50
3	58	Glyn Price	Sarnhelen	M50	1	00:42:20
4	60	Michael Davies	Sarn helen	M50	2	00:42:42
5	17	Martin Jones	Carmarthen triathlon club	M40	2	00:42:52
6	41	Gareth Evans	JM	MOPEN	2	00:43:30
7	85	Rory Fairhurst	Sarn Helen	MOPEN	3	00:43:49
8	10	Dee Jolly		F35	1	00:44:38
9	61	Arwyn Davies	Sarn Helen	M50	3	00:45:47
10	14	Andrew Neal		M40	3	00:46:49
11	84	Wayne Jones		M50	4	00:47:16
12	29	Kevin Jones	Sarn Helen	M50	5	00:47:42
13	47	Maryanne Moon	Amman valley harriers	F45	1	00:48:27
14	18	Martin Darby	Sarn Helen	M40	4	00:48:50
15	8	Stephen Kenworthy	Sarn Helen	MOPEN	4	00:49:01
16	71	Chris Bowen		M50	6	00:49:37
17	54	David Evans	Summer Runners	M60	1	00:50:11
18	40	Rhodri Rees		MOPEN	5	00:51:30
19	21	Gethin ap Phylip	Sarn Helen	MOPEN	6	00:51:42
20	45	Richard Marks	Sarn Helen	M60	2	00:52:14
21	81	William Hoyland		MOPEN	7	00:52:52
22	20	James Hole	Tri hard harriers	MOPEN	8	00:53:08
23	31	Tina Morris	Amman Valley Harriers	F45	2	00:53:36
24	27	John Evans		M50	7	00:53:59
25	79	Elizabeth Harries		FOPEN	1	00:55:43
26	56	Liz Pugh	Sarn Helen	F55	1	00:55:47
27	80	Lleucu Mains	N/A	FOPEN	2	00:57:15
28	65	Dallas Wiseman	Sarn Helen	M50	8	00:58:07
29	72	Kay Evenden	John Mills	F45	3	00:59:13
30	33	Marc Brophy	Tri-Hard Harriers	MOPEN	9	00:59:14
31	32	Joanna Rosiak		F45	4	00:59:20
32	34	Michael Brophy		M40	5	00:59:25
33	59	Elin Jones	Sarn Helen	FOPEN	3	00:59:36
34	57	Sara Evans		FOPEN	4	01:00:05

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
35	26	Nathan Miller		MOPEN	10	01:00:09
36	48	Carol Jones		F45	5	01:00:20
37	37	Eirlys Evans	Lou Summers	F55	2	01:00:29
38	46	Kelly Allen	Sarn Helen	F45	6	01:00:32
39	49	Zara Evans		F35	2	01:00:40
40	68	Carwyn Evans		MOPEN	11	01:00:40
41	30	Stuart Wilkinson	Amman Valley Harriers	M50	9	01:01:13
42	38	Emma Richards	Lou Summers Running	F35	3	01:02:06
43	28	June Avery	Unattached	F55	3	01:03:26
44	36	Sarah Puetz	Sarn Helen	FOPEN	5	01:04:17
45	24	Philomena Tidman	Tri Hard Harriers	F45	7	01:04:31
46	12	Meirion Edwards		M40	6	01:04:48
47	11	Iwan Jones		MOPEN	12	01:04:49
48	7	Lon Morgan	Trots	F55	4	01:06:24
49	77	kelly owen		MOPEN	13	01:06:24
50	62	Gwion Jones		MOPEN	14	01:06:31
51	55	Caron Mckee-Hands	TROTS	F55	5	01:07:01
52	78	Sian Rendell		F35	4	01:07:44
53	23	Victoria Hawkins	Tri Hard Harriers	FOPEN	6	01:07:53
54	25	Claire Wellington	Tri Hard Harriers	F55	6	01:07:58
55	13	Lynsey Williams		F35	5	01:09:01
56	35	Bridget Moseley	Trots	F55	7	01:09:36
57	50	Vincent Rees	Jm run club	M50	10	01:11:33
58	51	Menna Davies		F35	6	01:13:23
59	2	Alice Lumb		F35	7	01:13:54
60	67	Brian Kilsby	Sarn helen	M50	11	01:13:58
61	52	Rosanne Howe		FOPEN	7	01:14:35
62	39	Paul Gaston	Surrey race walking club	Walk	1	01:14:36
63	70	Graham Penn		M60	3	01:18:12
64	83	Aaron Ridding		MOPEN	15	01:18:47
65	64	Emma Davies	-	Walk	2	01:21:31
66	66	Nerys Thomas	-	F45	8	02:21:31

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
67	15	Harvey Reeman	J M Running Club	Walk	3	01:25:46
68	16	Melanie Phillips		Walk	3	01:25:46
69	44	Heledd Tomos		Walk	5	01:33:00
70	43	Mair Wilson		Walk	6	01:34:06
71	63	Breian Teifi		Walk	6	01:34:06
72	73	Sioned Bowen		Walk	8	01:41:56
73	76	Ceris Howells		Walk	8	01:41:56
74	74	Jo Cox		Walk	10	01:42:21
75	75	Afryl Puetz		Walk	10	01:42:21

Brynteifi 10k

04 August 2024

Award Winners

Overall Female					Overall Male				
1	10	Dee Jolly	Female	00:44:38	1	69	Dewi Griffiths	Male	00:33:31
2	47	Maryanne Moon	Female	00:48:27	2	9	Simon Hall	Male	00:39:50
3	31	Tina Morris	Female	00:53:36	3	58	Glyn Price	Male	00:42:20
FOPEN Open Female					MOPEN Open Male				
1	79	Elizabeth Harries	Female	00:55:43	1	41	Gareth Evans	Male	00:43:30
2	80	Lleucu Mains	Female	00:57:15	2	85	Rory Fairhurst	Male	00:43:49
3	59	Elin Jones	Female	00:59:36	3	8	Stephen Kenworthy	Male	00:49:01
F35 Female 35					M40 Male 40				
1	49	Zara Evans	Female	01:00:40	1	17	Martin Jones	Male	00:42:52
2	38	Emma Richards	Female	01:02:06	2	14	Andrew Neal	Male	00:46:49
3	78	Sian Rendell	Female	01:07:44	3	18	Martin Darby	Male	00:48:50
F45 Female 45					M50 Male 50				
1	72	Kay Evenden	Female	00:59:13	1	60	Michael Davies	Male	00:42:42
2	32	Joanna Rosiak	Female	00:59:20	2	61	Arwyn Davies	Male	00:45:47
3	48	Carol Jones	Female	01:00:20	3	84	Wayne Jones	Male	00:47:16
F55 Female 55					M60 Male 60				
1	56	Liz Pugh	Female	00:55:47	1	54	David Evans	Male	00:50:11
2	37	Eirlys Evans	Female	01:00:29	2	45	Richard Marks	Male	00:52:14
3	28	June Avery	Female	01:03:26	3	70	Graham Penn	Male	01:18:12

Walk	Walking			
1	39	Paul Gaston	Male	01:14:36
2	15	Harvey Reeman	Male	01:25:46
3	16	Melanie Phillips	Female	01:25:46