

Race Results 2010 – page 1

W.Glam.X-country Corus	Time	Pos.
Steve	30.30	M29
Alec	31.34	M47
Bethan	35.38	M117
Paul	35.39	F10
Claire	37.29	F19
Jill	39.06	F27
XX		
72 ladies		
161 men		

West Glam.X-country Gnock, Neath	Time	Pos
Men 5m		
Steve	33.53	26
100 Runners		
Ladies 3m		
Celia	20.00	4
Bethan	21.29	13
Claire	23.15	24
51 runners		

Tregaron ½ marathon	Time	Pos
Alec	1.32.39	15
Sally	1.44.49	46
Helen	1.44.49	46
Bethan	1.45.56	47
Clare*	1.45.56	47
Jill	1.48.58	57
Clare won F35		
96 runners		

Welsh X-country Champ. Swansea	Time	Pos
Ladies (7.1 km)		
Celia	32.39	21
Men (7.05m)		
Steve	48.09	?
Alec	49.37	?

Team Pursuit Crymych	Time	Pos.
Steve	44.26	12
Paul	50.39	45
Helen	54.53	59
Jill	55.51	63
X		
96 runnersx		

Llanelli ½ marathon	Time	Pos.
Bethan	1.40.58	320
Sally	1.42.05	351
Helen	1.42.31	359
Jill	1.45.05	430
1487 runners		

Llys-y-fran Time Trial	Time	Pos.
Steve	41.06	1
Alec	41.54	2
28 runners		

Teifi 10 m	Time	Pos.
Alec	63.51	24
Steve	65.14	28
Bethan	74.35	83
139 runners		

West Glam.X-country Margam Park	Time	Pos.
Steve	31.24	11
Alec	32.22	17
66 runners		
Celia	16.40	4
Bethan	17.49	7
Joan	19.15	17
Jill	19.24	18
Clare	19.56	22
39 runners		
*Ladies team promoted to Division 1		

Goodwick Sea Cadets	Time	Pos.
Rob	42.41	13
Paul	44.42	19
Bethan	45.06	21
Alan	47.23	24
34 runners		

Llanelli Marathon	Time	Pos.
Jill	3.51.43	116
9 th F35		
15 th female overall		
257 runners		

Pembs Duathlon	Time	Pos.
Clare 2 nd lady	1.20.54	
Alec	1.13.15	
Tim	1.14.35	
Rob	1.18.31	
107 entrants		

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Ras y Mast	Time	Pos.
x		
X		
X		
X		
X		
X		
X		
X		
X		
x		

Trefach Boxing Day 7m	Time	Pos.

Aberystwyth 10K	Time	Pos.

	Time	Pos.

X	Time	Pos.
x		
X		
X		
X		
X		
X		
X		
X		
X		
X		
x		

	Time	Pos.

	Time	Pos.

	Time	Pos.

X	Time	Pos.
x		
X		
X		
X		
X		
X		
X		
X		
X		
X		
X		
x		

	Time	Pos.

	Time	Pos.

	Time	Pos.

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X	Time	Pos.
x		
X		
X		
x		
X		
X		
X		
X		
X		
X		
X		
X		
x		

	Time	Pos.

	Time	Pos.

	Time	Pos.

X	Time	Pos.
x		
X		
X		
X		
X		
X		
X		
X		
X		
X		
x		

	Time	Pos.

	Time	Pos.

	Time	Pos.

X	Time	Pos.
x		
X		
X		
X		
X		
X		
X		
X		
X		
X		
x		

	Time	Pos.

	Time	Pos.

	Time	Pos.