

PROVISIONAL MIDLAND RESULTS OF INTER-AREA 10K – CARDIFF, 6 SEPTEMBER 2009

North 29

Wales 31

Midlands 33

South 49

There were excellent runs from Jean and Tom who dominated the race from the gun. Jean pulling clear at 6k. Team finished 3rd with 3rd-4th scorers finishing lower but doing their best in a strong field.

Well done to our lady representative for the Midlands, who, in the result finished 2nd Lady.

Rob Cytlau

Mens Team Manager

1	33 Jean Nydisenga	M	BIRCHFIELD	00:29:25
2	92 Tom Humphreys	M	CANNOCK & STAFFS / MIDLANDS	00:29:51
3	3 Michael Johnson	M	CARDIFF	00:30:07
0	46 Philip Wylie	M	BRISTOL AND WEST AC	00:30:09
4	25 Matt Bond	M	SALE	00:30:11
5	5 Tom Marshall	M	CARDIFF	00:30:12
6	21 Mark Warmby	M	NEWHAM ESSEX BEAGLES	00:30:13
7	16 Dave Wardle	M	WINDSOR SLOUGH E H	00:30:14
8	15 John Hutchins	M	BASINGSTOKE & MID HANTS	00:30:41
9	26 Ben Fish	M	BLACKBURN	00:30:44
10	23 Dan Cliffe	M	WARRINGTON	00:30:56
11	2 Jon Wills	M	BRISTOL AND WEST AC	00:31:01
12	2408 Simon Lawson	M	CARDIFF	00:31:07
13	31 Matt Almond	M	COVENTRY	00:31:09
14	24 Carl Hardman	M	SALFORD	00:31:26
15	7 Adam Bitchell	M	ABERYSTWYTH	00:31:30
16	13 Andrew Rayner	M	BLACKHEATH & BROMLEY	00:31:32
17	32 Ryan Kenney	M	COVENTRY	00:31:34
18	22 Daniel Agustus	M	WOODFORD GREEN	00:31:44
19	14 Kevin Quinn	M	ALDERSHOT FARNHAM & DISTRICT	00:31:53
21	45 Andy Friend	M	CARDIFF	00:31:58
22	6 Matt Collins	M	CARDIFF	00:32:03
23	4 Owain Matthews	M	BEDFORD AND COUNTY	00:32:20
24	87 Runner 87	M		00:32:27
25	2128 Stephen Paterson	M	SAN DOMENICO ROAD RUNNERS	00:32:35
26	701 Lee Ladd	M	CARMARTHEN HARRIERS	00:32:50
27	43 Mason Young	M	BRISTOL AND WEST AC	00:32:53
28	1728 Mark Roberts	M	SWANSEA HARRIERS	00:32:57
29	11 Ben Paviour	M	HERNE HILL	00:32:58
30	819 Damian Carr	M	COVENTRY GODIVA	00:33:01
31	81 Dan Woolford	M	BRISTOL & WEST AC	00:33:08
32	12 Bryn Reynolds	M	HERTS PHEONIX	00:33:14
33	1658 Paul Richards	M	40 NEATH HARRIERS	00:33:18
34	1616 Peter Coles	M	45 PONTYPRIDD ROADENTS	00:33:31
35	2390 Peter Ryder	M	CAAC	00:33:32
36	42 Dave Kesterton	M	40 HALESOWEN AC	00:33:40
37	2213 Stuart Crees	M	LES CROUPIERS	00:33:41
38	602 Luke Mason	M	WYE VALLEY RUNNERS	00:33:51
39	1770 Paul Griffiths	M	NEATH HARRIERS	00:33:55
40	907 Paul Halford	M	WERRINGTON JOGGERS	00:34:09
41	1512 Nicholas Dukes	M	LES CROUPIERS	00:34:13
42	1911 Mark Cowen	M		00:34:28
43	1026 Stephen Thomas	M	ISLWYN RUNNERS CLUB	00:34:40
44	1473 Nick Frost	M	45 PONTYPRIDD ROADENTS	00:34:42
45	1649 Michael Davies	M	40 SARN HELEN	00:34:52
46	2086 Edward Takata	M	CARDIFF	00:34:56

47	1655 Keith Fairbank	M	CARDIFF	00:35:05
48	1686 Rick Velati	M		00:35:10
49	1298 Alan Davies	M	55	00:35:24
50	686 Stacey Morgan	M	CROFT AMBREY	00:35:28
51	17 Kelly Crickmore	F	CHESTER TRI CLUB	00:35:30
52	900 Rebekah Randell	F	BRISTOL AND WEST AC	00:35:34
53	82 Runner 82	M		