

# The Loop 10k 2019

## Overall Results The Loop

Place	Name	Gender	AG	Club	ChipTime	GunTime
1.	Dan Bodman	M	Senior Men	Aberdare Valley AAC	36:29	36:30
2.	Jac Smith	M	U23 Men	Aberdare Valley AAC	38:06	38:07
3.	Daniel James	M	V40 Men	Run4allNeath	39:07	39:07
4.	Andy Lee	M	V40 Men	Pontypool	40:46	40:48
5.	Andrew Stephens	M	V40 Men	MonRoss Trailblazers	41:21	41:23
6.	Shaun Pinch	M	U23 Men	Aberdare Valley AAC	41:33	41:33
7.	Adrian Pearce	M	V40 Men	Ogmore Phoenix Runners	42:24	42:28
8.	Chris Medcalf	M	V40 Men	San Domenico RC	42:57	42:59
9.	Ben Smith	M	U23 Men	Aberdare Valley AAC	43:31	43:32
10.	Jacob Harvey	M	V40 Men		44:04	44:05
11.	Laurent Bono	M	Senior Men	Les Croupiers RC	44:18	44:19
12.	Richard Bevan	M	V40 Men	MonRoss Trailblazers	45:00	45:02
13.	Steven Smith	M	V50 Men	Aberdare Valley AAC	45:13	45:15
14.	Alan Matthews	M	V50 Men	Aberdare Dragons	45:16	45:20
15.	Ceri Shave	M	Senior Men		46:04	46:06
16.	Mike Davies	M	V60 Men	CDF Runners	46:08	46:11
17.	Nathaniel Palmer	M	V40 Men	Les Croupiers RC	46:19	46:22
18.	Colin Caesar	M	V40 Men	Penarth & Dinas Runners	47:09	47:13
19.	James Fletcher	M	V50 Men	MonRoss Trailblazers	47:40	47:40
20.	William Daniels	M	V60 Men	Pontyclun road runners	47:50	47:52
21.	Matthew Pearce	M	Senior Men		47:51	47:56
22.	Ian Hutchinson	M	V50 Men	Run4allNeath	48:07	48:10
23.	Jamie Bishop	M	Senior Men	Pontypridd Roadents AC	48:24	48:25
24.	Ryan Minard	M	Senior Men	Pontypridd Roadents AC	48:27	48:32
25.	Ross England	M	Senior Men		49:10	49:21
26.	Paul Heskins	M	V40 Men	Run4allNeath	49:26	49:28
27.	William Thomas	M	V40 Men	Run4allNeath	49:29	49:31
28.	Stephanie Davies	F	Senior Women	Pontypridd Roadents AC	49:30	49:33
29.	Steve Chadwell	M	V40 Men	Les Croupiers RC	49:37	49:40
30.	Steven Preddy	M	V40 Men	Les Croupiers RC	49:53	49:57
31.	Andrew Evans	M	Senior Men	Run4allNeath	50:02	50:05
32.	Kelly Phillips	F	V35 Women	Run4allNeath	50:04	50:07
33.	Mr Adrian Corbett	M	V60 Men		50:13	50:13
34.	Aileen Lyons	F	Senior Women	Les Croupiers RC	50:36	50:39
35.	Brendan Price	M	V40 Men	Dragons Running Club	50:56	50:58
36.	Dean McMinn	M	V40 Men	AT Run	51:08	51:10
37.	Cheryl Tanner	F	V35 Women	Run4allNeath	51:12	51:15
38.	Bryan Meredith	M	V50 Men	Rhondda Valley Runners	51:43	51:48
39.	Chris Panes	M	V50 Men		51:46	51:51
40.	Alex Tovey	M	V40 Men	Run4allNeath	52:13	52:17
41.	Mr Clive Osmond	M	V50 Men	Les Croupiers RC	52:18	52:21
42.	Sally Curnow	F	V55 Women	Bitton Road Runners	52:15	52:24
43.	Lorna Johnson	F	V45 Women	Run4allNeath	52:21	52:26
44.	Shawn Davies	M	V40 Men	Rhondda Valley Runners	52:19	52:27
45.	Steven Phillips	M	V40 Men	Parc Bryn Bach running club	52:26	52:31
46.	Kevin Bounds	M	V40 Men		52:44	52:48
47.	Stuart Sargent	M	V40 Men	Ystrad Mynach Running Club	52:45	52:52
48.	Richard Martin	M	Senior Men	Pontypridd Roadents AC	52:51	52:56
49.	Julie Scholey	F	V55 Women	Les Croupiers RC	53:23	53:26
50.	Lee Adams	M	V50 Men	Run4allNeath	53:29	53:34

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51.	Dominic Shields	M	V50 Men	San Domenico RC	53:46	53:49
52.	Rhian John	F	V35 Women	Run4allNeath	53:52	53:55
53.	Mr Michael Elliston	M	V40 Men		53:52	54:02
54.	Vanessa Turnbull	F	V45 Women	Caerphilly Running Club	54:09	54:11
55.	Gareth Eales	M	V40 Men	SoTA	54:52	54:58
56.	Richard Hext	M	Senior Men		55:03	55:08
57.	Andy Davies	M	V50 Men	Pontypridd Roadents AC	55:14	55:19
58.	Carys-Sian Malarczyk	F	V35 Women	Islwyn	55:24	55:30
59.	Michelle Amblin	F	V35 Women	Les Croupiers RC	55:26	55:30
60.	James Phillips	M	Senior Men	Pontyclun road runners	55:43	55:52
61.	Malcolm Bradley	M	V60 Men	Penarth & Dinas Runners	55:55	56:00
62.	Carl Stocken	M	V50 Men	Roberttown Road Runners	55:59	56:05
63.	Jeanette Jenkins	F	V55 Women	Fairwater Runners Cwmbran	56:34	56:38
64.	Debra Clarke	F	V45 Women	Run4allNeath	57:07	57:12
65.	Andrew Ramsey	M	Senior Men		57:04	57:16
66.	Lee Kwok	M	V40 Men	Run4allNeath	57:14	57:21
67.	Nick Harris	M	Senior Men	Ogmore Phoenix Runners	57:14	57:24
68.	Dean Phipps	M	Senior Men		57:23	57:28
69.	Michael Darke	M	Senior Men		57:24	57:31
70.	Eve Gallop-Evans	F	V55 Women	Les Croupiers RC	57:35	57:42
71.	Dominic Jenkins	M	Senior Men		57:50	58:02
72.	Stuart Ward	M	Senior Men	Caerphilly Running Club	58:39	58:46
73.	Stefan Wacker	M	Senior Men		58:37	58:50
74.	Louise Hunt	F	V35 Women	Penarth & Dinas Runners	59:05	59:10
75.	Ben Gray	M	Senior Men		59:12	59:19
76.	Zoe Rees	F	Senior Women	Caerphilly Running Club	59:32	59:38
77.	Gemma Harris	F	V35 Women	Run4allNeath	59:45	59:51
78.	Martin Jenkins	M	V50 Men	Fairwater Runners Cwmbran	1:00:08	1:00:15
79.	Shaun Cotter	M	V50 Men		1:00:12	1:00:17
80.	Sharon Carrafa	F	V35 Women	Islwyn	1:00:22	1:00:27
81.	Fiona Drysdale	F	V45 Women	Ogmore Phoenix Runners	1:01:02	1:01:09
82.	Karl Johnson	M	Senior Men		1:01:11	1:01:20
83.	Stuart Felix	M	V40 Men		1:03:49	1:03:58
84.	Tony Grandon	M	V60 Men	Outdoor Fitness	1:04:51	1:05:01
85.	Kelly Crofts	F	V35 Women	Les Croupiers Running Club	1:05:11	1:05:20
86.	Sarah Burdett	F	Senior Women	Les Croupiers RC	1:05:29	1:05:38
87.	Mike Brown	M	V40 Men		1:05:51	1:05:59
88.	Darren Morgan	M	V50 Men	Penarth & Dinas Runners	1:06:23	1:06:31
89.	Robert Joslin	M	V50 Men	Rhondda Valley Runners	1:06:25	1:06:36
90.	Luka Curnow	M	Senior Men		1:06:45	1:06:55
91.	Claire Bell	F	V55 Women	Les Croupiers RC	1:06:52	1:07:00
92.	Liz Denton	F	V55 Women	Les Croupiers RC	1:06:57	1:07:05
93.	Emma Reed	F	Senior Women	Pontyclun road runners	1:07:01	1:07:11
94.	Rebecca Davies	F	V35 Women	Rhondda Valley Runners	1:07:09	1:07:17
95.	Darpan Singh	M	V40 Men	Pontyclun road runners	1:07:09	1:07:20
96.	Jonathan Rees	M	Senior Men		1:07:19	1:07:30
97.	Hannah Miles	F	Senior Women	Les Croupiers RC	1:08:30	1:08:39
98.	Karen Chadwell	F	V45 Women	Les Croupiers RC	1:09:24	1:09:33
99.	Jennifer Hoskins	F	V45 Women	Run4allNeath	1:09:35	1:09:41
100.	Mike King	M	V70 Men	Nailsea Running Club	1:12:23	1:12:35

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101.	Ian Edwards	M	V50 Men		1:12:47	1:13:00
102.	Mr Steve Warner	M	V50 Men	Outdoor Fitness	1:13:05	1:13:11
103.	Mr Karl Martin	M	V50 Men	Roberttown Road Runners	1:17:47	1:17:54
104.	Catherine Anstice	F	V35 Women	Ponty Panthers	1:22:18	1:22:29
105.	Mr Alan Mann	M	V60 Men	Les Croupiers RC	1:24:28	1:24:40
106.	Debbie Cumming	F	V55 Women	CDF Runners	1:25:15	1:25:24
107.	Chris Stone	M	V40 Men		1:25:21	1:25:33
108.	Christopher Clack	M	V40 Men	Dragons Running Club	1:25:22	1:25:33
109.	Bev Johnson	F	V45 Women	Rhondda Valley Runners	1:25:44	1:25:58
110.	Danielle Johnson	F	Senior Women		1:26:04	1:26:19

Number of records: 110