

Cardiff X Challenge 2009 Results - Senior Men

Pos	Time	No	Name	Club
1	00:30:30	73	Russell Dessaix-Chin	Australia
2	00:30:33	70	Lee Turner	Trafford AC
3	00:30:41	33	Kevin Heywood	South West England
4	00:30:49	37	Rob Whalley	South West England
5	00:31:00	66	Owain Jones	Wales
6	00:31:13	44	Martin Twigg	unattached
7	00:31:22	8	Craig Ruddy	Scotland u23
8	00:31:28	15	David Flynn	Athletics Ireland u23
9	00:31:30	14	Brendan O'Neill	Athletics Ireland u23
10	00:31:34	31	Mike Mannings	North of England
11	00:31:34	9	Derk Hawkins	Scotland u23
12	00:31:36	10	Michael Gillespie	Scotland u23
13	00:31:46	36	Tom Merson	South West England
14	00:31:50	76	Dan Gurmin	Swansea Harriers
15	00:31:51	58	Daniel Stevens	Cardiff AAC
16	00:31:53	69	Austin Davies	Wales
17	00:32:07	16	Simon Ryan	Athletics Ireland u23
18	00:32:14	28	Rob Samuel	Wales
19	00:32:17	29	Andy Nixon	North of England
20	00:32:38	61	Chris Discombe	Les Croupiers RC
21	00:32:40	35	Ollie Shilston	South West England
22	00:32:47	3	James Mills	Wales u23
23	00:32:50	19	Conor Flanagan	Ulster u23
24	00:32:59	80	Daniel Beynon	Swansea Harriers
25	00:33:06	41	Craig Hopkins	Swansea Harriers AC
26	00:33:11	64	Ieuan Thomas	Cwmbran Harriers
27	00:33:14	13	Mark Hoey	Athletics Ireland u23
28	00:33:30	31	Mark Hoey	
29	00:33:48	7	Conor McNulty	Scotland u23
30	00:33:50	99	Mark Jenkin	Bideford AAC
31	00:33:58	32	Peter Matthews	North of England
32	00:34:11	4	Harry Jones	Wales u23
33	00:34:19	56	Keith Fairbank	Cardiff AAC
34	00:35:04	42	Stephen Paterson	San Domenico RC
35	00:35:08	30	Oliver Ziff	North of England
36	00:35:14	57	Pete Grist	Cardiff AAC
37	00:35:21	55	C Jenkinson	Dundrum
38	00:35:22	47	David Notman	Swansea Harriers
39	00:35:46	46	Lee Southernwood	Team Bath AC
40	00:35:52	63	Julian Baker	Les Croupiers RC
41	00:36:03	54	J Hartnett	Dundrum
42	00:36:10	53	M Conway	Dundrum
43	00:36:27	49	Stuart Crees	Les Croupiers RC
44	00:38:26	59	Steven Sheard	Cardiff AAC
45	00:39:09	79	Unknown Runner	
46	0.02735	78	Rob Scott	Les Croupiers RC
47	0.02735	43	Ben Pitman	unattached
48	0.02759	78	Ben Pitman	
49	0.02777	52	Christopher Blackmore	Cardiff Harlequins
50	0.02919	40	Andrew Russell	Les Croupiers RC