

Glynneath Boxing Day 5M - 2011

1	218	Alex Hains	M	29	Cardiff A.C.		0	24.17
2	15	Adam Bitchell	M	20	Cardiff A.C.		0	24.43
3	220	Angus MacLean	M	31	Bristol & West A.C.	H&W		25.56
4	210	Michael Kershaw	M	21	Cardiff A.C.		0	26.18
5	136	Richard Gardiner	M	38	Winner		0	26.42
6	208	James Hockin	M	28	Celtic Tri		0	28.08
7	207	Daniel Bodman	M	21	Aberdare Valley A.A.C.		0	28.33
8	217	Carl Hill	M	21	Aberdare Valley A.A.C.		0	28.51
9	120	Chris Parker	M	46	Port Talbot Harriers		0	29.03
10	9	Deri Stewart	M	15	Neath Harriers		0	29.08
11	11	Richard Wilder	M	38	San Domenico	H&W		29.19
12	111	Stephen Thomas	M	43	Islwyn R.C.		0	29.29
13	37	Mark Sykes	M	31	Godiva Harriers		0	29.38
14	472	Bethan Strange	F	24	Cardiff A.C.	M&D		29.55
15	212	James Heaton	M	25	Bryn Bach Park		0	30.07
16	147	Geraint Williams	M	39	Aberdare Valley A.A.C.		0	30.1
17	5	Gethin Parham	M	38	Club Bryn Bach			30.12
18	452	Alaw Beynon Thomas	F	23	Swansea Harriers		0	30.14
19	38	Nigel Barnes	M	46	Port Talbot Harriers		0	30.16
20	126	Raul Reismann	M	38	Swansea Harriers		0	30.31
21	158	Steve Thomas	M	35	3M's		0	30.35
22	493	Sally Wilder	F	32	San Domenico	H&W		30.36
23	154	Rhodri Evans	M	35	Pontypridd Roadents		0	30.39
24	211	David Williams	M	25	Aberdare Valley A.A.C.		0	30.4
25	424	Christina Bridge	F	23		0	0	30.46
26	204	Sam Walsh	M	24	Swansea Harriers		0	30.52
27	130	Lynsey Christopher	M	43	Tata		0	31.1
28	222	Jack Tremlett	M	31	TROTS	H&W		31.34
29	446	Clare Phillips	F	42	Port Talbot Harriers		0	31.45
30	153	Andy Davison	M	41		0	0	31.46
31	66	Eryl Husband	M	54	Lancaster & Morecambe		0	31.52
32	201	Darren Edwards	M	34	Celtic Tri		0	32.03
33	151	Alun Evans	M	46		0	0	32.12
34	219	Andrew George	M	32	Celtic Tri		0	32.15
35	482	Katie Silke	F	23	Godiva Harriers		0	32.18
36	455	Kelly Morgan	F	33	Pontypridd Roadents		0	32.23
37	123	Chris Lewis	M	38	Port Talbot Harriers		0	32.24
38	36	Ian Hoskins	M	39	3M's		0	32.39
39	22	John Davies	M	58		0	0	32.42
40	138	Paul Jelley	M	47	Port Talbot Harriers		0	32.43
41	134	Sean Treloar	M	44	Port Talbot Harriers		0	32.49
42	166	Simon Bird	M	35		0	0	32.55
43	213	Steven Warren Dinham	M	31	Port Talbot Harriers		0	32.58
44	12	Dimitri Vorre's	M	49	Pontypool Runners	H&W		33.02
45	431	Beth Maclean	F	30		0 M&S/H&W		33.09
46	64	Phil Adams	M	50	Neath Harriers		0	33.17
47	73	Gerard Crispie	M	50	Les Croupiers		0	33.19
48	8	Mark Duncombe	M	50	Sarn Helen		0	33.32
49	27	Andrew Brain	M	38		0	0	33.34
50	426	Elizabeth Goodwin Jones	F	33	TROTS	H&W		33.39
51	143	Michael O'Neil	M	39		0	0	33.49
52	21	Mark Terry	M	54	TROTS		0	33.5

53	497	Jemma Osborn	F	17 Swansea Harriers	M&D		33.52
54	171	Robert Rees	M	40	0	0	33.53
55	170	Steven Sheard	M	36 Cardiff A.C.		0	34.02
56	33	Stuart Howells	M	44 Slimming World		0	34.12
57	475	Ffion Haf Harratt	F	15 Celtic Tri		0	34.13
58	176	Neil Harris	M	51	0	0	34.18
59	30	Steve Dyton	M	37	0	0	34.21
60	140	Kevin McIntosh	M	45 Port Talbot Harriers		0	34.23
61	159	John Hopkins	M	49 Port Talbot Harriers		0	34.24
62	29	Andrew Craddock	M	33 Tata		0	34.33
63	163	Keith Burt	M	47	0	0	34.42
64	59	Derek Rainbird	M	58 Parc Bryn Bach		0	34.5
65	1	Mario Rabaiotti	M	45 Port Talbot Harriers		0	34.52
66	483	Michelle Grey	F	31	0	0	34.55
67	214	Daniel Murtagh	M	32	0	0	34.59
68	69	Peter Deacon	M	54 Swansea Harriers		0	35
69	470	Lowri Richards	F	21 Cambridge U.V.N.		0	35.05
70	175	David Cornish	M	45 Port Talbot Harriers		0	35.08
71	202	Sean Lewis	M	16 Islwyn R.C.	F&S		35.13
72	494	Nina Brocklebank	F	40 3M's			35.16
73	124	Brian Phillips	M	48 Parc Bryn Bach		0	35.2
74	162	Richard Howe	M	42	0	0	35.22
75	164	Ian Williams	M	45 Port Talbot Harriers		0	35.25
76	132	Mark Davies	M	43 Port Talbot Harriers		0	35.39
77	127	Robert Oliver	M	46 Tylostown R.C.		0	35.41
78	173	Chris Herdman	M	37 Penarth & Dinas		0	35.43
79	425	Carol Bridge	F	27	0	0	35.48
80	209	Paul Smith	M	23 L.C. Cobras	F&S		35.49
81	60	Michael Walton	M	57	0	0	35.5
82	161	Lee Davies	M	45 Dragons		0	35.53
83	114	Graham Vyner	M	43 Celtic Tri		0	35.55
84	49	Terry Lewis	M	51 Islwyn R.C.		0	35.56
85	442	Efa Llewellyn	F	24 Enfield & Haringley		0	35.59
86	463	Amanda Parry	F	38 Port Talbot Harriers		0	36
87	58	Paul Carman	M	57	0	0	36
88	460	Ceri Brambley Tucker	F	44 Port Talbot Harriers		0	36.17
89	119	Dominic Shields	M	46 San Domenico		0	36.19
90	35	David Oak	M	66 Port Talbot Harriers		0	36.25
91	4	Peter Lewis	M	51 Local		0	36.28
92	462	Mandy Morris	F	39 Port Talbot Harriers		0	36.3
93	165	David France	M	48	0	0	36.33
94	416	Sarah Lauder	F	32	0	0	36.34
95	444	Colleen O'Leary	F	35 Port Talbot Harriers		0	36.37
96	16	Heath Williams	M	41 Celtic Tri		0	36.44
97	148	William Breeze	M	35	0	0	36.49
98	223	Dai Richards	M	51 Celtic Tri		0	36.56
99	206	Imran James	M	26	0 M&S		36.58
100	112	Geraint Smith	M	41	0	0	37
101	461	Pauline Williams	F	53 Port Talbot Harriers		0	37.03
102	215	Greg Roberts	M	25	0	0	37.13
103	118	Simon Thomas	M	43	0	0	37.18
104	18	Aaron Griffiths	M	44 Local		0	37.19
105	68	Geoff Hall	M	56	0	0	37.22
106	439	Louise Miskell	F	41 3M's	H&W		37.23
107	70	Mike Nash	M	51 3M's		0	37.23
108	467	Fiona Davies	F	56 Pontypridd Roadents		0	37.3

109	141 Brent Reed	M	45 Aberdare Valley A.A.C.	0	37.36
110	454 Lisa Williams	F	34 3M's	0	37.4
111	116 Carl Seaman	M	41 Rhonnda Valley	0	37.55
112	65 Michael Terry	M	61 TROTS	0	37.57
113	56 Colin Anthony	M	66 Port Talbot Harriers	0	38.04
114	115 Matt Rogerson	M	39	0	38.1
115	430 Sian Harris	F	51	0 M&D	38.12
116	205 Rhys Richards	M	23 East Grinstead H3	0	38.18
117	117 Andrew Jones	M	45	0	38.24
118	149 Huw Cawthorn	M	36 Run Rain Forest	0	38.26
119	109 Ken Powell	M	41	0	38.34
120	417 Carolyn Thomas	F	46 Dragons	H&W	38.44
121	72 Terry O'Brien	M	54	0	38.52
122	113 Matthew Williams	M	36	0	38.54
123	110 Ross Poine	M	37	0	38.55
124	440 Cordelia Jones	F	29 3M's	0	38.59
125	174 Ray James	M	51 Port Talbot Harriers		39.08
126	74 Bob Gardiner	M	51 Team Wecori	0	39.19
127	31 Paul Taylor	M	30	0	39.26
128	160 Tony Dally	M	46 Dragons	0	39.31
129	203 Ben Williams	M	17 Neath Harriers	F&S	39.34
130	129 Nick James	M	39 Dragons	0	39.36
131	471 Ann James	F	62 Les Croupiers	M&S	39.41
132	137 Darren Vaughan	M	36 Port Talbot Harriers	0	39.49
133	438 Kirsty Williams	F	25	0	39.53
134	40 Stephen Wood	M	34 Pegasus R.C.	0	39.56
135	423 Rhiannon Jones	F	34	0	39.59
136	422 Del Eyre	F	48 3M's	0	40.02
137					40.04
138	108 Richard Williams	M	44	0 F&S	40.05
139	41 Roland Gildea	M	30 P.V.T.	0	40.07
140	125 David Smith	M	46	0	40.1
141	54 David Pennett	M	52	0	40.13
142	133 Wayne Richards	M	40	0	40.19
143	7 Glyn Hicks	M	60 Islwyn R.C.	H&W	40.25
144	61 Richard Parry	M	58	0	40.37
145	131 Ken Chappell	M	47	0	40.41
146	177 Mark Thomas	M	45	0 H&W	40.48
147	23 Andrew Price	M	48 Brecon A.C.	0	40.52
148	157 Hayden Evans	M	49	0 H&W	40.58
149	481 Lorna Silke	F	42 Celtic Tri	0	41
150	178 Jim Holland	M	40	0	41.01
151	63 Glyn Williams	M	65 3M's	0	41.03
152	71 Peter Young	M	60	0	41.03
153	51 Andrew John	M	53	0	41.05
154	144 Keith Coleman	M	43	0	41.13
155	28 Greg Pitman	M	29	0	41.16
156	474 Julie Lewis	F	44 Islwyn R.C.	M&S/H&W	41.38
157	53 Mark Jones	M	50	0	41.41
158	469 Allison Egan	F	46	0	41.45
159	179 Michael Howell	M	49	0	41.49
160	57 John Sanderson	M	54 3M's	0	41.52
161	6 John Cunnane	M	63 Islwyn R.C.	0	41.59
162	48 John Davies	M	63 Port Talbot Harriers	0	42.01
163	20 Gavin Davies	M	41	0	42.12
164	453 Gwyneth Parry	F	61	0 H&W	42.21

165	135 Paul Robbins	M	42 Port Talbot Harriers		0	42.26
166	78 Allan Smith	M	78 3M's		0	42.31
167	139 Martin Higgins	M	44	0	0	42.46
168	437 Janice Harvey	F	55	0	0	43
169	445 Deborah Evans	F	51 Dragons		0	43.06
170	121 Paul Symons	M	46	0	0	43.09
171	420 Sian Collyer	F	37	0	0	43.22
172	39 Clive Davies	M	46	0	0	43.28
173	52 Ian Swanson	M	61 Port Talbot Harriers		0	43.33
174	76 Alun Evans	M	72 Cardiff A.C.		0	43.33
175	492 Emma Shaw	F	39			43.38
176	14 Nigel Godfrey	M	34 Local		0	44.01
177	447 Tracey Davies	F	47	0	0	44.02
178	26 Jonathan Bannon	M	31	0 H&W		44.02
179	156 Ceri Evans	M	44 Celtic Tri		0	44.09
180	486 Victoria Bannon	F	28	0 H&W		44.1
181	216 Callum Evans	M	25	0	0	44.16
182	13 Mark Davies	M	46 Skewen		0	44.28
183	491 Christine Vorres	F	52 Pontypool Runners	H&W		44.35
184	145 Clyde Baker	M	40	0	0	44.35
185	155 Lee Kwok	M	37 Briton Ferry		0	44.52
186	67 Jack Fell	M	69 Norwich A.C.		0	45.13
187	75 Richard Donne	M	50 3M's		0	45.23
188	152 Nick Thomas	M	46	0	0	45.24
189	429 Michelle Rivett	F	40 Vegan Runners		0	45.25
190	146 Keith Husband	M	48	0 H&W		45.26
191	446	F	42 Port Talbot Harriers		0	45.26
192	3 Gareth Davies	M	55 Aberdare Valley A.A.C.	F&D		45.34
193	496 Carys Davies	F	22 Mountain Ash	F&D		45.34
194	24 Geoff Cheetham	M	58 R.C.T Holmes		0	45.37
195	32 David Proffitt	M	58 Newport Harriers		0	45.38
196	466 Gemma Wheeler	F	20	0 F&D/M&D		45.42
197	441 Emma Breeze	F	37	0 H&W		45.44
198	487 Menna Cook	F	29	0	0	45.47
199	459 Laura Hall	F	49 3M's		0	45.59
200	418 Kim Howell	F	54 Caerleon	Sisters		46.12
201	458 Samantha Thompson	F	45	0	0	46.29
202	169 Eddie Bessant	M	48	0	0	46.31
203	167 Richard Howe	M	43	0	0	47.04
204	428 Andrea Griffiths	F	46	0	0	47.18
205	464 Ann Richards Horgan	F	38	0	0	47.41
206	44 M Gent	M	0	0	0	47.48
207	50 Terry Williams	M	73	0 F&S		47.49
208	172 John Francis	M	41	0	0	47.59
209	473 Margaret Strange	F	56	0 M&D		48.03
210	432 Suzie Hopkins	F	42 Dragons		0	48.19
211	447 Tracey Davies	F	47	0	0	48.24
212	480 Kay Barnes	F	42 Port Talbot Harriers		0	48.24
213	122 Stuart Kendall	M	39	0	0	48.25
214	436 Sarah Stacey	F	35	0	0	49.21
215	488 Jane Roe	F	52			49.58
216	478 Linda Waller	F	56 3M's		0	50.17
217	449 Paula Hunter	F	42	0	0	50.26
218	456 Julie Kemp	F	49	0	0	51.08
219	46 Ieuan Chattington	M	61	0	0	51.08
220	128 Neil Wheeler	M	41	0 F&D		51.42

221	77 Andrew Gent	M	65		0 H&W		53.05
222	10 Howard Williams	M	64		0	0	53.11
223	43 Rhidian Williams	M	15	Local		0	53.46
224	489 Amanda Gilbert	F	46	Celtic Tri	H&W		54.48
225	17 Andrew Gilbert	M	39	Celtic Tri	H&W		54.48
226	47 Gerwyn Harriers	M	53		0	0	56.05
227	421 Nina Gray	F	35		0	0	56.21
228	451 Margit Edward	F	48		0	0	57.34
229	450 Kathryn John	F	45		0	0	57.34
230	142 Phil De Souza	M	35		0	0	57.34
231	465 Hazel Wheeler	F	40		0 F&D/H&W		58.3
232	435 Helen McTavish	F	49		0	0	58.4
233	477 Sian Hobson	F	37		0	0	59.15
234	55 George Yarranton	M	68		0	0	60.43
235	468 Lisa Howells	F	43		0	0	60.43
236	45 Allan Watts	M	83	Sarn Helen		0	68.4
237	419 Joanne O'Brien	F	41		0	0	68.34
238	434 Diane McTavish	F	47		0	0	70.34
239	433 Jeanne McTavish	F	52		0	0	70.34

Pos	Name	Age	Sex	Club	Spec	Time
-----	------	-----	-----	------	------	------

