

Llanwonno 5 mile 2010

Name	Time	Club	Category		
1 Daniel Bodman	29.32	Pontypridd roadents	M19	1st Male	1st Male Team Ponty Roadents
2 Jason Scanlon	29.38	Pontypridd roadents	M38	2nd Male	2nd Male Team Islwyn
3 Leigh Hiscox	30.03	Pontypridd roadents	M32	3rd Male	
4 Nick Frost	30.35	Pontypridd roadents	M49	1st vet 40	1st Female Team Ponty Roadents
5 Steve Pritchard	30.49	Pontypridd roadents	M33		2nd Female Team Islwyn
6 Gareth Green	31.36	San Domenico	M33		
7 Lee watts	31.51		M35		
8 W.Gareth Roberts	31.53		M46		
9 Hayden Hartnell	32.00	Islwyn	M48		
10 Dafydd Lambets	32.49	Islwyn	M37		
11 Mark dunscombe	32.54	Sarn Helen	M48		
12 Matthew Hooper	33.07		M19		
13 Sean Birch	33.28	Islwyn	M41		
14 Mike Woods	33.42		M42		
15 Phil Adams	33.50	Neath	M48		
16 Kelly Morgan	33.56	Pontypridd roadents	F32	1st Lady	
17 John diffey	34.07	Les Croupiers	M46		
18 Gareth Griffiths	34.17		M41		
19 Calum Cheshire	34.34	Les Croupiers	M30		
20 Phil Bristow	35.04	San Domenico	M49		
21 Dominic Shields	35.08	San Domenico	M45		
22 Lee Davies	35.14	Pontypridd roadents	M38		
23 Richard Day	36.18	Pontypridd roadents	M46		
24 James Delaney	36.33	San Domenico	M55	1st vet 50	
25 Ron Morris	37.00	San Domenico	M60	1st vet 60	
26 Adrian Tayler	37.16	Hills Plymouth Gazzells	M50		

27	Kevin Russell	37.18	San Domenico	M51	
28	CoCo	37.21	Pontypridd roadents	M42	
29	Chris Sparrow	37.23		M28	
30	Nick Pounder	37.29	Pontypridd roadents	M35	
31	Matt Thomas	37.34		M36	
32	Brian Gough	37.57	Pontypridd roadents	M69	
33	Neil Davies	38.06	Nyrrc	M52	
34	Justin Howells	38.39	Hills Plymouth Gazzells	M50	
35	Clive Dentan	39.01	Rhondda Valley	M42	
36	Russell Brown	39.05	Pontypridd roadents	M52	
37	Kevin Jones	39.08		M45	
38	Peter Shanley	39.11	Rhondda Valley	M44	
39	Amy Edwards	39.21	Rhondda Valley	F28	2nd Lady
40	Kevin Ellis	40.10	Rhondda Valley	M50	
41	Lisa Phipps	40.17		F40	3rd Lady and 1st vet 35
42	Stewart Thomson	40.43	GriffithsTown	M48	
43	Lawrence Pole	40.45		M35	
44	Steve New	40.57	100 Marathon Club	M44	
45	Stephanie Davies	41.14	Pontypridd roadents	F15	1st junior
46	Vanessa Turnbull	41.51	Women Running Network	F44	
47	Anne Follan	41.57	Pontypridd roadents	F39	
48	Ray Gillingham	42.05	San Domenico	M49	
49	Tracy Edwards	42.33	Rhondda Valley	F43	
50	Ruth Treherne	43.19	Islwyn	F46	1st vet 45
51	Coleen Birch	44.42	Islwyn	F36	
52	Jacqueline Jones	46.26	Islwyn	F39	
53	Chris Williams	37.15		M24	
54	Ian Thomas	47.26		M45	
55	Malcolm Bolloosh	49.05		M52	
56	Malcolm Parker	49.16	Islwyn	M68	
57	Janet Richards	49.20	GriffithsTown	F45	
58	Leona Shanley	49.48	Rhondda Valley	F40	
59	Helen Williams	50.19	Islwyn	F30	
60	Elaine Dioso	50.53	Pontypridd roadents	F31	

61 Jessica Jones	52.30		F35	
62 Robert Davies	55.19	Islwyn	M53	
63 Helen Welch	55.24	Pontypridd roadents	F38	
64 Elaine Williams	56.08	Islwyn	F56	1st vet 55
65 Glyn Hicks	56.08	Islwyn	M60	
66 Rhys Thomas	60.34		M31	