

Pontypridd Roadents Reverse 10

Treforest Industrial Estate, Pontypridd

Sunday, 03 February

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Pos	Name	Cat	Club	Time
1	Nathaniel Lane	SM	Cardiff AAC	0:51:13
2	Richard Gardiner	SM	Cardiff AAC	0:52:09
3	Martin Rees	MV50	Neath Harriers	0:54:06
4	Stephen Paterson	SM	San Dominico	0:54:21
5	Stuart Crees	SM	Les Croupiers	0:55:20
6	Paul Griffiths	MV40	Neath Harriers	0:55:46
7	Nick Frost	MV40	Pontypridd Roadents AC	0:57:34
8	Thomas Stephen	SM	Islwyn	0:57:37
9	Steve Smith	MV40	Swansea Harriers	0:57:38
10	Alan Davies	MV50	U/A	0:57:39
11	Philip Crane	MV40	Neath Harriers	0:59:01
12	Mike Evans	SM	Cardiff AAC	0:59:17
13	Gareth Morgan	SM	Les Croupiers	0:59:18
14	Nick Dukes	SM	Les Croupiers	0:59:19
15	Peter Ryder	SM	U/A	0:59:29
16	Richard Shardlow	SM	Bromsgrove & Reditch	1:00:18
17	Mick Tabor	MV50	Les Croupiers	1:01:03
18	Martin Webborn	MV40	Swansea Harriers	1:01:03
19	Emyr Roberts	SM	U/A	1:01:30
20	Rob Hunt	MV40	Bridgend AC	1:01:34
21	Ian McDonald	MV40	San Dominico	1:01:51
22	Matthew Townsend	SM	Les Croupiers	1:01:53
23	Richard White	SM	Centurion RC	1:02:14
24	Steve Evans	MV40	Neath Harriers	1:02:30
25	Haydn Hartnell	MV40	Islwyn	1:02:39
26	Phil Meyler	MV50	Pontypridd Roadents AC	1:02:51
27	Gerard Crispie	MV40	Cardiff AAC	1:03:14
28	Kieran Mackintosh	SM	Prt Talbot Harriers	1:03:14
29	Andrew Palmer	SM	Penarth & Dinas Runner	1:03:35
30	Mark Clayton	SM	U/A	1:03:59
31	Adrian Weaver	SM	Prt Talbot Harriers	1:04:00
32	Anne Fallows	SF	Les Croupiers	1:04:11
33	Jeff` Thomas	MV40	Bridgend AC	1:04:15

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Pos	Name	Cat	Club	Time
34	Nigel Barnes	MV40	Prt Talbot Harriers	1:04:18
35	Kevin McCarthy	MV40	RR CUB	1:04:21
36	Mark Dunscombe	MV40	Sarn Helen	1:04:23
37	Jason Statham	SM	Swansea Harriers	1:04:27
38	Steve Sanders	SM	U/A	1:04:30
39	David Crane	MV40	U/A	1:04:31
40	Sandy Johnston	MV50	Les Croupiers	1:04:33
41	David Davies	MV50	Neath Harriers	1:04:34
42	Chris Fulcher	MV40	Prt Talbot Harriers	1:04:39
43	Steven Harris	SM	Chepstow Harriers	1:05:29
44	Clare Phillips	FV35	Swansea Harriers	1:05:36
45	Tony Goodwill	MV50	Bourton KR	1:05:38
46	Dave Rose	MV40	Brackla Harriers	1:06:01
47	Martin Browne	SM	U/A	1:06:17
48	Gareth Griffiths	SM	U/A	1:06:21
49	Kelvin Jones	MV40	U/A	1:06:23
50	Howard Carpenter	MV50	Neath Harriers	1:06:29
51	Colin Rees	MV40	Club 69	1:06:30
52	Leigh James	SF	Wse & Hounslow	1:06:35
53	Jamie Rees	SM	U/A	1:06:40
54	Russel Ball	SM	Club 69	1:06:54
55	Colin Davies	MV40	Brecon AC	1:07:07
56	Dean House	MV40	U/A	1:07:46
57	Leigh Searle	SM	U/A	1:07:58
58	Clive Denton	MV40	Rhondda Valley Runners	1:08:11
59	Peter Curran	MV40	U/A	1:08:57
60	Edwin Evans	MV60	Welsh Masters AA	1:08:59
61	Wayne Frewen	MV40	Brackla Harriers	1:09:06
62	Alan Perkins	MV50	Prt Talbot Harriers	1:09:08
63	Samantha Mulligan	SF	Chepstow Harriers	1:09:23
64	Elaine Ferguson	SF	Cardiff Triathletes	1:09:40
65	Mike Woods	MV40	U/A	1:09:43
66	Gron Davies	MV40	U/A	1:09:50
67	Tim O'Sullivan	MV40	Les Croupiers	1:09:55
68	Dominic Sheilds	MV40	San Dominico	1:10:10
69	James Davies	SM	Bridgend AC	1:10:13
70	Rebecca Merriman	FV35	Chepstow Harriers	1:10:14
71	Volia Morgan	MV40	Brackla Harriers	1:10:19
72	David Thomas	MV40	Sarn Helen	1:10:21

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Pos	Name	Cat	Club	Time
73	Richard Jones	SM	Cornelly Striders	1:10:26
74	Robert Hector	SM	U/A	1:10:27
75	Cornelius Corcoran	SM	Pontypridd Roadents AC	1:10:35
76	Gina Hardman	FV35	Bridgend AC	1:10:39
77	Colin Rees	MV40	U/A	1:10:56
78	Matthew Herbert	SM	Cornelly Striders	1:11:03
79	Martin Buck	MV40	Brecon AC	1:11:05
80	Paul Davies	MV40	Swansea Harriers	1:11:08
81	Mark Unsworth	MV40	San Dominico	1:11:10
82	James Delaney	MV50	San Dominico	1:12:02
83	Keiran Scott	SM	U/A	1:12:06
84	Martin Foster	MV50	Bournvill Harriers	1:12:07
85	Jonny Lam	SM	U/A	1:12:14
86	Phillip Hoskins	MV40	U/A	1:12:17
87	Graham Colvin	MV40	3 M's Gorseinon	1:12:27
88	Phil Protheroe	SM	Brackla Harriers	1:12:41
89	Lloyd Morgan	SM	San Dominico	1:12:42
90	Ashley William	MV40	U/A	1:12:43
91	Andrea Starritt	FV35	Brackla Harriers	1:13:04
92	Charlotte Johns	FV35	Brackla Harriers	1:13:21
93	Keith Paterson	MV60	San Dominico	1:13:34
94	Darren Stevens	SM	U/A	1:13:35
95	Neil Davies	MV50	U/A	1:13:36
96	Adam Morton	SM	U/A	1:13:40
97	Steven Jones	SM	U/A	1:13:43
98	Helen Jones	FV35	U/A	1:13:48
99	Jason Lewis	SM	U/A	1:13:49
100	Clem Clement	MV40	Penarth & Dinas Runner	1:13:52

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Pos	Name	Cat	Club	Time
101	Stephen Cray	MV40	Penarth & Dinas Runner	1:13:56
102	Abyd Quinn Aziz	MV50	Penarth & Dinas Runner	1:14:11
103	Martin Robert Davies	MV40	U/A	1:14:16
104	Jackey Austin	FV55	Club 69	1:14:17
105	Alan Rees	SM	Neath Harriers	1:14:21
106	Martin Foster	MV50	Bournvill Harriers	1:14:29
107	Ashley Williams	MV40	U/A	1:14:32
108	Sian Phillips	FV45	Swansea Harriers	1:14:36
109	Paul Evans	SM	Brecon AC	1:14:40

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Pos	Name	Cat	Club	Time
110	Amy Edwards	SF	Rhondda Valley Runners	1:14:41
111	Fances Williams	FV35	San Dominico	1:14:51
112	Russell Dobbs	SM	Islwyn	1:15:00
113	Peter Welbirg	MV50	Griffithstown Harriers	1:15:06
114	Dean Birt		Pontypridd Roadents AC	1:15:08
115	Jonathan David	MV40	Brackla Harriers	1:15:09
116	Jeff Davies	MV40	U/A	1:15:10
117	Shan Aguilar-Stone	FV45	Bitton RR	1:15:13
118	Anthony Furlong	SM	U/A	1:15:17
119	Stephen Jones	MV50	Islwyn	1:15:25
120	Rees Dobbs	MV50	Islwyn	1:15:28
121	Aled Roberts	SM	U/A	1:15:29
122	Ben Hannigan	MV40	U/A	1:15:33
123	Richard Barnes	MV40	RR CUB	1:15:35
124	Peter Howell	MV40	U/A	1:15:38
125	Bev Davies	SF	U/A	1:15:39
126	Adam Abraham	SM	Les Croupiers	1:15:42
127	John Cunnane	MV50	100Km Association	1:15:53
128	Ann-Marie Evans	FV35	Club 69	1:16:11
129	Carol Moseley	SF	Prt Talbot Harriers	1:16:17
130	Ian Price	MV40	U/A	1:16:28
131	John Henry Collins	MV60	Swansea Harriers	1:16:34
132	Neil Hendry	MV50	Penarth & Dinas Runner	1:16:48
133	Libby Lavis	FV45	Brackla Harriers	1:17:00
134	Bridget Parkinson	SF	Aberystwyth	1:17:46
135	John Farmer	MV50	Cornelly Striders	1:17:50
136	Anthony Kavanagh	MV60	Brackla Harriers	1:17:54
137	Mandy Jones	FV45	Islwyn	1:18:13
138	Paul Rundle	MV40	U/A	1:18:14
139	Stephen Bendle	MV40	3 M's Gorseinon	1:18:20
140	Christopher Moore	MV50	Club 69	1:18:24
141	John Thomas	SM	U/A	1:18:27
142	James Thomas	MV40	Brackla Harriers	1:18:29
143	Royston Toon	MV50	Chepstow Harriers	1:18:37
144	Paul Bigmore	MV50	Brackla Harriers	1:19:18
145	Sally Haselhurst	SF	San Dominico	1:19:24
146	David James	SM	U/A	1:19:41
147	Gareth Jones	SM	U/A	1:19:45
148	John Martin	MV50	U/A	1:19:47

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Pos	Name	Cat	Club	Time
149	Dawne Marse Randell	SF	U/A	1:19:48
150	Steve New	MV40	100 Marathon Club	1:19:48
151	Keith Starr	MV50	U/A	1:19:55
152	Andrew Mundy	SM	Brackla Harriers	1:20:08
153	Michael Powell	MV50	Caerleon	1:20:20
154	Allan Jones	MV50	Brackla Harriers	1:20:25
155	Mark Wheeler	SM	U/A	1:20:31
156	Nathan Philpott	SM	U/A	1:20:34
157	Nick Darroch	MV40	Brackla Harriers	1:20:36
158	Keith Coleman	SM	U/A	1:20:37
159	Alex Williams	MV40	RR CUB	1:20:47
160	Bernie Monk	MV60	Club 69	1:20:48
161	Brenda Avery	FV55	U/A	1:21:08
162	Paul Furlong	MV50	U/A	1:21:26
163	Alison Nicholls	FV45	Brecon AC	1:22:13
164	Vanessa Turnbull	FV35	Womens Running Network	1:22:48
165	Dave Williams	SM	Glamorgan Health Raquet	1:23:22
166	David McDonald	SM	U/A	1:23:26
167	Hywel Daniels	SM	U/A	1:23:30
168	Wendy Owen	FV35	U/A	1:23:56
169	Patricia Jones	FV45	Brackla Harriers	1:24:16
170	Neil Rutter	MV40	U/A	1:24:17
171	Robert Ward	SM	Caerleon	1:24:58
172	Alan Sparrow	MV50	Plymouth Harriers	1:25:05
173	Steve Millard	MV40	U/A	1:25:14
174	Andy George	MV40	Chepstow Harriers	1:25:38
175	Paul Davies	MV50	Penarth & Dinas Runner	1:25:40
176	Mhari Oakes	SF	U/A	1:25:50
177	Allen Bevan	MV50	U/A	1:26:08
178	Neil Lewis	MV40	Mumbles Milers	1:26:29
179	Dean Perry	SM	U/A	1:26:41
180	Nigel Williams	MV40	U/A	1:26:48
181	Janice Clement	FV45	Penarth & Dinas Runner	1:26:59
182	Lee Kwok	SM	Glamorgan Health Raquet	1:27:11
183	Bethan Williams	SM	U/A	1:27:15
184	Sally Varrell	FV45	U/A	1:27:18
185	Melanie Evans	FV35	U/A	1:27:48
186	Gareth Holyfield	MV40	Abergavenny Striders	1:27:53
187	Glenda Roberts	FV45	Aberystwyth	1:27:56

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Pos	Name	Cat	Club	Time
188	Georgina Govier	FV35	U/A	1:27:59
189	Barry James	MV50	U/A	1:28:38
190	Gerard Newman	MV50	Stroud AC	1:28:46
191	Ian Bancroft	SM	U/A	1:28:47
192	Hussain Rubban	SM	U/A	1:29:25
193	Mark Rowlands	SM	U/A	1:29:37
194	Bernard Stevens	MV60	U/A	1:29:46
195	Emily Luke	SF	Penarth & Dinas Runner	1:29:58
196	Heather Smith	SF	U/A	1:30:21
197	Rebecca Coleshill	SF	U/A	1:30:32
198	Alan Mann	MV50	Les Croupiers	1:30:35
199	Andrew Cunningham	SM	U/A	1:30:39
200	Melanie Mallon	FV45	Glamorgan Health Raquet	1:30:56

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Pos	Name	Cat	Club	Time
201	John Davies	MV50	U/A	1:30:59
202	Russel Pullen	MV60	Neath Harriers	1:31:00
203	Fiona Glen	SF	Islwyn	1:31:10
204	Gwyneth Howells	FV55	Caerleon	1:31:25
205	Philip Scriven	MV40	Chepstow Harriers	1:31:32
206	Blair Lundie	MV50	Islwyn	1:31:34
207	Clare Hingott	SF	U/A	1:31:42
208	Sarah Smiles	SF	Brackla Harriers	1:31:58
209	Gareth McCarthy	SM	U/A	1:32:36
210	Gareth Jones	MV40	U/A	1:32:44
211	Fiona Neill	FV35	Mumbles Milers	1:33:41
212	Pamela Clancy	FV45	U/A	1:34:17
213	Ruth Treharne	FV35	Brackla Harriers	1:34:50
214	Peter Clark	MV50	U/A	1:35:32
215	Lynda Williams	FV35	U/A	1:36:49
216	Lorna Toon	FV55	Chepstow Harriers	1:38:40
217	Sian Brown	FV45	U/A	1:38:40
218	Anne Roberts	FV45	U/A	1:41:12
219	Gary Taylor	SM	Mumbles Milers	1:42:40
220	Stuart Davidson	MV50	Bridgend AC	1:42:40
221	Patricia Davidson	FV45	Brackla Harriers	1:50:50
222	Philip Manfield	MV40	U/A	1:53:53
223	Diane Davenport	FV35	U/A	1:58:25
224	Kitchener	MV40	U/A	1:58:26

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Pos	Name	Cat	Club	Time
225	Hayley Jones	SF	U/A	2:04:11
226	Lorna Cima	FV45	U/A	2:04:25
227	Kerry Moyse	SF	U/A	2:04:25

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