

Pontypridd Roadents AC Reverse 10

Treforest Industrial Estate, Pontypridd

Sunday, February 5 2006

1 – 100

Pos	Name	Cat	Club	Time
1	Richard Gardiner	SM	Cardiff AAC	0:49:50
2	Simon Jones	SM	Cornelly Striders	0:52:55
3	Andrew Fargus	SM	Swansea Harriers	0:53:09
4	Richard Bullen	MV40	Les Croupiers	0:54:26
5	Andrew Jones	SM	Neath Harriers	0:54:28
6	Alun Wood	SM	Bridgend	0:54:30
7	Rob Sheen	MV40	Leicester Cortianians	0:54:38
8	Peter Coles	MV40	Pontypridd Roadents AC	0:55:30
9	Stephen Paterson	SM	Pegasus RC	0:55:42
10	Tim Lewis	SM	Bridgend	0:55:44
11	Stuart Crees	SM	Les Croupiers	0:55:50
12	Stephen Thomas	SM	Islwyn	0:55:55
13	Nick Frost	MV40	Pontypridd Roadents AC	0:57:12
14	Philip Crane	MV40	Neath Harriers	0:57:33
15	Gareth Thomas	MV40	Neath Harriers	0:57:45
16	Stuart Reeves	SM	Les Croupiers	0:57:48
17	David Davies	MV50	Spartans RC	0:57:55
18	D Wilson-Evans	MV40	Swansea Harriers	0:58:09
19	Nick Dukes	SM	Les Croupiers	0:58:13
20	Melanie Ellis	FV35	Shaftesbury Barnet	0:58:44
21	Ruth Pickvance	FV35	Les Croupiers	0:58:52
22	Phil Cook	SM	Les Croupiers	0:58:55
23	Dic Evans	MV50	Cardiff AAC	0:59:01
24	Jeremy Mower	MV40	Gloucester	0:59:13
25	Michael Dury	SM	Islwyn	0:59:25
26	Richard Jones	MV40	Swansea Harriers	0:59:54
27	C Parker	MV40	U/A	1:00:13
28	Phillip George	SM	Les Croupiers	1:00:23
29	Emyr Roberts	SM	U/A	1:00:34
30	Geraint Williams	SM	Pontypridd Roadents AC	1:00:49
31	Jon Embling	MV50	Bridgend	1:01:08
32	Scott Howell	MV40	Les Croupiers	1:01:18
33	Peter Crane	MV40	Neath Harriers	1:01:20

1 – 100

Pos	Name	Cat	Club	Time
34	Phil Adams	MV40	Neath Harriers	1:01:25
35	Andrew Thompson	MV40	Griffithstown Harriers	1:01:43
36	Matthew Townsend	SM	Les Croupiers	1:01:46
37	Phil Meyler	MV50	Pontypridd Roadents AC	1:01:58
38	Howard Carpenter	MV50	Neath Harriers	1:02:13
39	Brian Hawkins	SM	Cardiff AAC	1:02:38
40	Mike Tate	SM	U/A	1:02:55
41	Russell Dobbs	SM	Islwyn	1:02:57
42	David Davies	MV50	Neath Harriers	1:02:58
43	Vicky Ingham	SL	Poole Runners	1:03:04
44	James Davies	SM	Bridgend	1:03:11
45	Richard Bowen	MV60	Neath Harriers	1:03:13
46	Richard Hughes	SM	Caerleon	1:03:22
47	Simon Bird	SM	U/A	1:03:29
48	Stu Butcher	SM	Army Tri Association	1:03:30
49	Helen Lodder	SL	Islwyn	1:03:32
50	Ann Thomas	FV35	TROT	1:03:33
51	Clive Osmond	MV40	Les Croupiers	1:03:37
52	Mick McGeoch	MV50	Les Croupiers	1:03:47
53	Anthony Spedding	MV50	Bourton RR	1:03:55
54	Neil Williams	MV40	U/A	1:03:59
55	Ben Farag	MV40	Les Croupiers	1:04:06
56	David Thomas	SM	3 M's Gorseinon	1:04:13
57	Stephen Edwards	SM	Islwyn	1:04:17
58	Martin George	SM	Sospan Llanelli RR	1:04:26
59	John Diffey	MV40	Les Croupiers	1:04:51
60	Graeme Donnan	MV40	Les Croupiers	1:04:59
61	C Matthews	MV40	U/A	1:05:09
62	Gerard Crispie	MV40	Les Croupiers	1:05:15
63	Ade White	MV40	Islwyn	1:05:21
64	Richard Boon	MV40	Les Croupiers	1:05:27
65	Gareth Ayres	SM	Prt Talbot Harriers	1:05:53
66	Martin Williams	MV40	U/A	1:05:57
67	Mark Dunscombe	MV40	Sarn Helen	1:06:02
68	Peter Rodger	MV40	Griffithstown Harriers	1:06:11
69	Thomas Guy	SM	Griffithstown Harriers	1:06:23
70	Ian Jones	MV40	U/A	1:06:24
71	David Bembo	SM	U/A	1:06:29
72	Howard Mason	MV40	Caerleon	1:06:35

1 – 100

Pos	Name	Cat	Club	Time
73	Dawn Kenwright	FV45	Sarn Helen	1:06:44
74	Alan Mann	MV40	Les Croupiers	1:06:47
75	Shaun Connor	SM	Les Croupiers	1:06:49
76	LA Williams	SM	U/A	1:06:50
77	David Lloyd	MV40	Les Croupiers	1:06:54
78	Gareth Evans	SM	U/A	1:06:59
79	C Corcoran	SM	Pontypridd Roadents AC	1:07:14
80	John O'Shea	MV40	Les Croupiers	1:07:15
81	Leonard Richards	MV50	Prt Talbot Harriers	1:07:16
82	Howard Thomas	MV40	Club 69	1:07:26
83	Lee Davies	SM	Rhondda Valley Runners	1:07:33
84	Peter Dhort	MV50	U/A	1:07:37
85	Jonathan Davies	SM	Islwyn	1:07:38
86	Keith Paterson	MV60	Pegasus RC	1:07:40
87	David Oak	MV60	Prt Talbot Harriers	1:07:46
88	Ingrid Taylor	FV35	3 M's Gorseinon	1:07:54
89	Lee Davies	SM	Cwmaman Institute Dragons	1:08:12
90	Darryl Evans	SM	U/A	1:08:14
91	David Price	MV40	Les Croupiers	1:08:15
92	Eirwyn Rees	MV40	U/A	1:08:17
93	Alan Perkins	MV50	Prt Talbot Harriers	1:08:19
94	Neil Davies	MV40	NYRRC	1:08:20
95	Chris Morgan	SM	U/A	1:08:23
96	Susannah Bulpin	SL	San Domenico	1:08:25
97	Steven Lewis	SM	Prt Talbot Harriers	1:08:34
98	Mark Unsworth	MV40	U/A	1:08:57
99	Nigel Griffiths	MV40	Cwmaman Institute Dragons	1:09:02
100	Dewi West	MV40	3 M's Gorseinon	1:09:03

101 – 200

Pos	Name	Cat	Club	Time
101	Susan Tagg	SM	Club 69	1:09:11
102	George Roberts	SM	Avon Vally Runners	1:09:12
103	Wendy Boon	FV45	Les Croupiers	1:09:21
104	Anthony Furlong	SM	U/A	1:09:24
105	Anthony Holling	MV50	Prt Talbot Harriers	1:09:24
106	Chris Fulcher	SM	U/A	1:09:25
107	Cyril Walters	MV50	TROT	1:09:34
108	Helen Jarvis	SL	U/A	1:09:52
109	Darren Stevens	SM	U/A	1:09:58

101 – 200

Pos	Name	Cat	Club	Time
110	Darren Marshman	SM U/A		1:09:58
111	Steohen Jones	MV40	Islwyn	1:10:00
112	William Edwards	SM U/A		1:10:04
113	Adrian Weaver	SM	Prt Talbot Harriers	1:10:12
114	Andrew Palmer	SM	Penarth & Dinas Runner	1:10:15
115	Kieran Mc Donnel	MV50 U/A		1:10:28
116	C Williams	SM U/A		1:10:30
117	Ray James	MV40	Prt Talbot Harriers	1:10:36
118	Stephen Cray	MV40	Penarth & Dinas Runner	1:10:41
119	Debbie Evans	SM	Penarth & Dinas Runner	1:10:50
120	Claire Beatty	SL	Les Croupiers	1:10:53
121	Jeff Davies	SM U/A		1:10:54
122	Peter Davies	MV40 U/A		1:10:57
123	Tim Davies	MV40 U/A		1:11:11
124	Carol Miller	FV35	Les Croupiers	1:11:21
125	Steve Crandon	SM	Penarth & Dinas Runner	1:11:22
126	Yvonne Bullen	FV35	Les Croupiers	1:11:26
127	Roger Bell	MV40	3 M's Gorseinon	1:11:29
128	Phil Morris	MV40	Ilford AC	1:11:30
129	Gair McAdie	SM	Deviant	1:11:34
130	Phillip White	SM U/A		1:11:41
131	Maureen Emmett	FV45	Ilford AC	1:11:48
132	Julie Scholey	FV45	Les Croupiers	1:11:49
133	Amanda Evans	FV35	3 M's Gorseinon	1:12:06
134	Mark Bennewith	SM	3 M's Gorseinon	1:12:06
135	Paul Arnold	SM	3 M's Gorseinon	1:12:17
136	David Thomas	MV40	Sarn Helen	1:12:27
137	Paul Furlong	MV50 U/A		1:12:32
138	Sean Birch	SM	Islwyn	1:12:44
139	Johnathan Davies	MV40	Sospan Llanelli RR	1:12:56
140	Denis Murphy	MV50	Les Croupiers	1:13:01
141	Kieran Scott	SM U/A		1:13:22
142	Gillian Phillips	FV45	Sospan Llanelli RR	1:13:28
143	Alan Mason	MV40	Les Croupiers	1:13:29
144	Jeffrey Davis	SM	Thornbury RC	1:13:30
145	Colin Rees	SM U/A		1:13:31
146	Jeffrey Aston	MV50	Les Croupiers	1:13:34
147	Sian Phillips	FV35	Swansea Harriers	1:13:35
148	Michael Thomas	MV40 U/A		1:13:39

101 – 200

Pos	Name	Cat	Club	Time
149	Jenny Gray	SL	Prt Talbot Harriers	1:13:43
150	Martin James	SM	U/A	1:13:53
151	Judi Bowsher	FV45	Les Croupiers	1:13:59
152	Marcus Eyre	MV40	3 M's Gorseinon	1:14:02
153	Mandy Jones	FV45	Islwyn	1:14:05
154	Nigel Pitt	MV40	3 M's Gorseinon	1:14:10
155	Jeff Harvey	MV50	U/A	1:14:20
156	Lee Aherne	SM	Club 69	1:14:27
157	AS Smith	MV60	3 M's Gorseinon	1:14:35
158	Carol Moseley	SL	Prt Talbot Harriers	1:15:04
159	Alex Williams	SM	RR Club	1:15:20
160	Jacky Austin	FV45	Club 69	1:15:21
161	John Farmer	MV50	Cornelly Striders	1:15:29
162	Neil Hendry	MV50	Penarth & Dinas Runner	1:15:34
163	Louise Miskell	FV35	3 M's Gorseinon	1:15:44
164	Chris Davis	SM	U/A	1:15:46
165	Mark Morris	SM	Prt Talbot Harriers	1:16:18
166	Anoy Rees	MV40	U/A	1:16:22
167	Jayne Arnold	SL	3 M's Gorseinon	1:16:47
168	Christina Smith	FV45	3 M's Gorseinon	1:16:49
169	Arthur Phillips	MV60	Sospan Llanelli RR	1:16:58
170	John Cunnane	MV50	100km association	1:17:02
171	Tony Philips	MV40	Griffithstown Harriers	1:17:29
172	Gareth John	MV50	Les Croupiers	1:17:30
173	Larry Burford	MV40	Pegasus RC	1:17:57
174	Diane Evans	SL	U/A	1:18:06
175	Sue Neal	FV55	Les Croupiers	1:18:30
176	Chris Moore	MV40	Club 69	1:18:30
177	Bob Gardiner	MV40	Team Wecori	1:18:36
178	Glyn Williams	MV50	3 M's Gorseinon	1:19:08
179	Michael Hallsall	SM	U/A	1:19:15
180	S Birmingham	SM	Brackla Harriers	1:19:32
181	Geoff White	MV50	3 M's Gorseinon	1:19:38
182	Dewi Hughes	MV50	U/A	1:19:49
183	Stephen New	MV40	Gwent Police	1:19:49
184	Ged Wood	MV40	Northen Vets	1:19:59
185	Janet Richards	FV35	Griffithstown Harriers	1:20:29
186	Natalie Davies	FV35	U/A	1:20:48
187	Glyn Hicks	MV50	Islwyn	1:20:53

101 – 200

Pos	Name	Cat	Club	Time
188	Joanne Peacock	FV35	Caerleon	1:21:06
189	Mike Burns	MV50	San Domenico	1:21:08
190	Chris Prewett	SM	U/A	1:21:44
191	Paul Fletcher	MV40	Cwmaman Institute Dragons	1:22:13
192	Anthony Vallario	MV40	Prt Talbot Harriers	1:22:20
193	Richard Donne	MV40	3 M's Gorseinon	1:22:40
194	Andrew Pickett	SM	U/A	1:22:44
195	Simon McMail	SM	U/A	1:22:45
196	Richard Hawkins	MV40	U/A	1:22:47
197	Clare Sinkinson	SL	U/A	1:22:49
198	Thomas Stephens	SM	U/A	1:23:00
199	Jeff Jones	MV40	Rhondda Tri	1:23:00
200	Michael Newman	MV50	Neath Harriers	1:23:04

201 – 271

Pos	Name	Cat	Club	Time
201	Ian Swanson	MV50	Prt Talbot Harriers	1:23:22
202	C Williams	MV40	U/A	1:23:29
203	Kirsten Tucker	SL	3 M's Gorseinon	1:23:30
204	Catherine Beer	SL	3 M's Gorseinon	1:23:35
205	Keith Lowther	MV40	San Domenico	1:23:45
206	Louise Eakins	FV35	3 M's Gorseinon	1:23:52
207	Mark Eakins	SM	U/A	1:23:52
208	H Van Der Werf	FV35	U/A	1:23:53
209	Emyr Harries	SM	U/A	1:24:51
210	Gareth Jones	MV40	U/A	1:24:59
211	Malcolm Barker	MV60	Islwyn	1:25:06
212	Kevin Samuel	MV40	BRR	1:25:25
213	Andrea Reynolds	FV35	Swansea Harriers	1:25:28
214	Jenny Clark	SL	Deviant	1:25:34
215	Max Morris	MV60	3 M's Gorseinon	1:26:02
216	Jennifer Shepherd	SL	Islwyn	1:26:09
217	Helen Thomas	FV35	Caerleon	1:26:26
218	Sara Charles	SL	U/A	1:26:39
219	Jude Cassam	FV35	U/A	1:26:47
220	Mike Clinch	MV40	U/A	1:26:51
221	Keith Coleman	SM	U/A	1:26:59
222	Paul Jones	SM	Islwyn	1:27:00
223	Jayne Dawson	FV35	3 M's Gorseinon	1:27:01
224	Julian Williams	SM	Deviant	1:27:10

201 – 271

Pos	Name	Cat	Club	Time
225	Kelly Gipson	FV35	Deviant	1:27:10
226	Janice Clement	FV45	Penarth & Dinas Runner	1:27:12
227	Tracey Newman	FV35	Les Croupiers	1:27:31
228	Nicola Smith	SL	3 M's Gorseinon	1:27:52
229	Susan McMail	SL	U/A	1:27:53
230	James Johnson	MV60	U/A	1:28:01
231	Lisa Phillips	SL	U/A	1:28:30
232	Sarah Bracken	FV35	U/A	1:28:57
233	Pauline Rees	FV45	U/A	1:29:25
234	Christine Davies	FV35	Sospan Llanelli RR	1:29:26
235	Tim James	SM	Les Croupiers	1:29:39
236	Jason Morrissey	MV40	U/A	1:29:44
237	Rebecca Clement	SL	3 M's Gorseinon	1:30:13
238	Helen Trollope	SM	Lliswerry Runners	1:30:28
239	Clare Hingott	SL	U/A	1:30:43
240	Edward Newman	MV50	U/A	1:30:59
241	Blair Lundie	MV50	Islwyn	1:31:00
242	Coleen Birch	SL	Islwyn	1:31:02
243	Gwyneth Howells	FV55	Caerleon	1:31:05
244	Justin Roberts	SM	U/A	1:31:55
245	Robert Ward	SM	Caerleon	1:31:56
246	Fayl Williams	SL	U/A	1:31:59
247	Kim Holohan	FV45	3 M's Gorseinon	1:32:07
248	Alun Thomas	SM	U/A	1:32:08
249	Heather Smith	SL	U/A	1:32:21
250	Denise Brennan	FV35	U/A	1:33:08
251	Jamie Trask	SM	U/A	1:33:08
252	LM Williams	SL	U/A	1:33:19
253	Carole Ingham	FV45	Poole Runners	1:33:44
254	Dianne Connor	FV35	3 M's Gorseinon	1:34:18
255	Tracey Williams	FV35	3 M's Gorseinon	1:34:18
256	Lynda Williams	FV35	U/A	1:34:46
257	Ricky Antanelis	MV40	U/A	1:35:27
258	Tony Dorsett	MV60	Les Croupiers	1:36:12
259	Cheryl Davies	FV35	Sospan Llanelli RR	1:36:35
260	Susan Coghlin	FV35	Sospan Llanelli RR	1:36:35
261	C Llewellyn	FV35	Merthyr runners	1:39:54
262	Philip Caple	MV40	U/A	1:40:08
263	Katie Stevenson	FV35	Les Croupiers	1:40:18

201 – 271

Pos	Name	Cat	Club	Time
264	Claire Richards	FV35 U/A		1:40:18
265	Molly Melhuish	SL U/A		1:41:08
266	Prudence Melhuish	SL U/A		1:42:11
267	Geoff Garner	MV50 U/A		1:43:25
268	Heather Thomas	FV35 Deviant		1:49:54
269	Sheena Davies	FV45 Deviant		1:49:56
270	Allen Watts	MV60 Sarn Helen		2:02:08
271	Ceryl Bateman	FV35 U/A		2:07:48