

Pontypridd Roadents Reverse 10

Treforest Industrial Estate, Pontypridd

Sunday, 03 February 2008

1 – 100

| 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 | Les Croupiers | 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 |

| Pos | Name | Cat | Club | Time |
|------------|-------------------|------------|------------------------|-------------|
| 32 | Anne Fallows | SF | Les Croupiers | 1:04:11 |
| 33 | Jeff Thomas | MV40 | Bridgend AC | 1:04:15 |
| 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 |

1 – 100

| Pos | Name | Cat | Club | Time |
|------------|--------------------|------------|------------------------|-------------|
| 71 | Volia Morgan | MV40 | Brackla Harriers | 1:10:19 |
| 72 | David Thomas | MV40 | Sarn Helen | 1:10:21 |
| 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 |

101 – 200

| 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 |

101 – 200

| Pos | Name | Cat | Club | Time |
|------------|--------------------|------------|------------------------|-------------|
| 108 | Sian Phillips | FV45 | Swansea Harriers | 1:14:36 |
| 109 | Paul Evans | SM | Brecon AC | 1:14:40 |
| 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 |

101 – 200

| Pos | Name | Cat | Club | Time |
|------------|---------------------|------------|-------------------------|-------------|
| 147 | Gareth Jones | SM U/A | | 1:19:45 |
| 148 | John Martin | MV50 U/A | | 1:19:47 |
| 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 |

101 – 200

| Pos | Name | Cat | Club | Time |
|------------|-------------------|------------|-------------------------|-------------|
| 186 | Gareth Holyfield | MV40 | Abergavenny Striders | 1:27:53 |
| 187 | Glenda Roberts | FV45 | Aberystwyth | 1:27:56 |
| 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 |

201 – 227

| 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 |

201 – 227

| Pos | Name | Cat | | Club | Time |
|------------|-----------------|------------|-----|-------------|-------------|
| 223 | Diane Davenport | FV35 | U/A | | 1:58:25 |
| 224 | Kitchener | MV40 | U/A | | 1:58:26 |
| 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 |