

Pontypridd Roadents Reverse 10M - 10AM, Sunday 4th September 2016



Position	Name	Time	Gender	Age Category	Club	Race No.
1.	Matthew Edmonds	0:54:34	m	Senior Men	Newport Harriers	72
2.	Matthew Rees	0:55:47	m	Senior Men	Swansea Harriers	76
3.	Paul Graham	0:56:16	m	Senior Men	Pontypridd Roadents	154
4.	Jack Blackburn	0:58:15	m	Senior Men		156
5.	Daniel Bodman	0:58:34	m	Senior Men	Aberdare VAAC	161
6.	Kit Edwards	0:59:39	m	Senior Men		157
7.	Clara Evans	1:00:35	w	Ladies under 23	Pontypridd Roadents	160
8.	Robert John	1:01:02	m	Mens Masters 40-49	Micky Morris Racing Team	80
9.	Stephen Thomas	1:01:24	m	Mens Masters 40-49	Aberdare VAAC	110
10.	Richard Jackson-Hookins	1:03:33	m	Senior Men	Penarth & Dinas Runners	141
11.	Robert Davies	1:04:34	m	Mens Masters 40-49	Parc Bryn Bach	143
12.	Lee Mills	1:04:44	m	Mens Masters 40-49	Islwyn Running Club	63
13.	Jake Brooke-Smith	1:05:18	m	Men under 23	Pontypridd Roadents	83
14.	Damian Williams	1:06:31	m	Mens Masters 50-59	Parc Bryn Bach	116
15.	Steve Davies	1:07:42	m	Mens Masters 50-59	Pontypool	106
16.	Ian Bird	1:08:18	m	Senior Men	Port Talbot Harriers	128
17.	Nicola Gething	1:08:21	w	Ladies Masters 45-54	Parc Bryn Bach	90
18.	Paul Davies	1:08:37	m	Senior Men	Aberdare VAAC	8
19.	Anthony Cullinane	1:08:52	m	Mens Masters 40-49		139
20.	Andrew Ellison	1:09:12	m	Senior Men		58
21.	Jason Brewer	1:09:16	m	Mens Masters 40-49		146
22.	Jamie Bishop	1:10:15	m	Senior Men	Pontypridd Roadents	100
23.	Jacob Harvey	1:10:25	m	Mens Masters 40-49		44
24.	David Headon	1:10:38	m	Mens Masters 50-59	Les Croupiers	159
25.	Lou Summers	1:11:45	w	Ladies Masters 45-54	Pontypool	119
26.	Tony Williams	1:12:04	m	Mens Masters 50-59		12
27.	Danielle Phillips	1:12:21	w	Senior Ladies	Parc Bryn Bach	96
28.	Stuart Lukins	1:13:28	m	Mens Masters 40-49	Liswerry Runners	34
29.	Paul Morton	1:14:02	m	Senior Men	Penarth & Dinas Runners	41
30.	Gareth Jenkins	1:14:16	m	Senior Men	Cwm Ogwr Runners	144
31.	Bryan Meredith	1:14:27	m	Mens Masters 50-59	Rhondda Valley	39
32.	Ian Warburton	1:14:55	m	Mens Masters 50-59	Penarth & Dinas Runners	99
33.	Alun Evans	1:15:39	m	Mens Masters 50-59		108
34.	Daniel Morgan	1:16:32	m	Senior Men	Bridgend AC	93
35.	Charlotte Johns	1:16:44	w	Ladies Masters 45-54	Brackla Harriers	53

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36.	Michael Davies	1:16:59	m	Mens Masters 60-69	Les Croupiers	65
37.	Karl Pike	1:17:06	m	Senior Men	Rhondda Valley	75
38.	Russell Bown	1:17:10	m	Mens Masters 50-59	Pontypridd Roadents	14
39.	Debbie Evans	1:17:11	w	Ladies Masters 45-54	Penarth & Dinas Runners	98
40.	Michael Thomas	1:17:15	m	Mens Masters 50-59		109
41.	Niamh Bothwell	1:17:35	w	Ladies under 23		155
42.	Kris Powell	1:17:38	m	Senior Men	Bridgend AC	94
43.	Mark Evans	1:17:46	m	Mens Masters 50-59	Brackla Harriers	151
44.	Clive Denton	1:18:00	m	Mens Masters 40-49	Rhondda Valley	131
45.	Dominic Shields	1:18:26	m	Mens Masters 50-59	San Domenico	117
46.	John Carroll	1:18:32	m	Mens Masters 50-59	Roberttown Road Runners	102
47.	Terry Vaughan	1:18:38	m	Mens Masters 40-49	Parc Bryn Bach	66
48.	Kevin Bounds	1:18:41	m	Mens Masters 40-49		145
49.	Lee Yoxall	1:18:48	m	Senior Men		59
50.	Carl Johnson	1:18:59	m	Mens Masters 40-49	Islwyn Running Club	111
51.	Mark Griffiths	1:19:30	m	Mens Masters 40-49	Rhondda Valley	132
52.	Matthew Bunce	1:19:41	m	Mens Masters 40-49	Brackla Harriers	133
53.	Grant Wakeman	1:19:59	m	Mens Masters 40-49	Islwyn Running Club	18
54.	Aidan Davies	1:20:01	m	Men under 23	Islwyn Running Club	97
55.	Rachel Lewis	1:20:07	w	Ladies Masters 35-44	Parc Bryn Bach	126
56.	Lee Richards	1:20:14	m	Mens Masters 40-49	Islwyn Running Club	129
57.	Andrea Starritt	1:20:29	w	Ladies Masters 45-54	Brackla Harriers	107
58.	Susan Bowes	1:20:33	w	Ladies Masters 35-44	Les Croupiers	136
59.	Sam Howell-Jones	1:20:50	m	Senior Men	Pontypridd Roadents	82
60.	Darren Griffiths-Warner	1:21:03	m	Mens Masters 50-59	Pontypridd Roadents	91
61.	Joanne Shah	1:21:18	w	Ladies Masters 45-54	Womens Running Penarth	95
62.	Kelly Felstead	1:21:25	w	Ladies Masters 35-44	Islwyn Running Club	19
63.	Carl Walsh	1:21:52	m	Mens Masters 40-49	Rhondda Valley	57
64.	Mark Francis	1:22:11	m	Mens Masters 50-59	Brackla Harriers	68
65.	Gareth Barrington	1:22:19	m	Mens Masters 40-49	Liswerry Runners	150
66.	Garry Griffiths	1:22:43	m	Mens Masters 40-49	Rhondda Valley	74
67.	Grace Newbould	1:23:28	w	Senior Ladies	Womens Running Penarth	46
68.	Dennis Collins	1:23:38	m	Mens Masters 50-59	Rhondda Valley	11
69.	Helen Williams	1:23:51	w	Ladies Masters 35-44		140
70.	Malcolm Bradley	1:23:53	m	Mens Masters 60-69	Penarth & Dinas Runners	33

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71.	Leah Treharne	1:24:39	w	Senior Ladies		120
72.	Louise Bright	1:24:43	w	Ladies Masters 35-44	Pontypool	138
73.	Hywel Warlow	1:24:47	m	Mens Masters 40-49		71
74.	Joanne Ryan	1:24:54	w	Ladies Masters 35-44	Rhondda Valley	73
75.	Christine Thomas	1:25:14	w	Ladies Masters 45-54	Ystrad Mynach Running Club	28
76.	Jane Ogilvie	1:25:25	w	Ladies Masters 45-54	Brackla Harriers	64
77.	Steven Phillips	1:25:35	m	Mens Masters 40-49	Islwyn Running Club	23
78.	Ian Stratton	1:25:48	m	Mens Masters 40-49	Brackla Harriers	148
79.	Keith Hughes	1:25:55	m	Senior Men		158
80.	Brenda Avery	1:26:07	w	Ladies Masters 65+	Chepstow Harriers	137
81.	Mary Beech	1:26:19	w	Ladies Masters 45-54	Brackla Harriers	32
82.	Benjamin Smith	1:26:21	m	Senior Men	Southville RC	104
83.	Emma Tumelty	1:26:27	w	Ladies Masters 35-44		114
84.	Nathan Williams	1:26:31	m	Senior Men	Dragons Running Club	87
85.	Lindsey Hunt	1:27:05	w	Senior Ladies	Penarth & Dinas Runners	134
86.	Dewi Felstead	1:27:37		Mens Masters 40-49		20
87.	Vicky Stroud	1:28:21	w	Ladies Masters 35-44	Roberttown Road Runners	142
88.	Philip Wakeford	1:28:25	m	Mens Masters 50-59		22
89.	Gareth Denton	1:28:28	m	Mens Masters 40-49	Rhondda Valley	124
90.	Stuart Davies	1:28:49	m	Mens Masters 40-49		153
91.	Graham Donnan	1:29:13	m	Mens Masters 60-69	Les Croupiers	43
92.	Jordan Forster	1:29:22	m	Senior Men		84
93.	Emma Blow	1:29:26	w	Ladies Masters 35-44	Cardiff ACC	92
94.	Richard Talbot	1:29:41	m	Mens Masters 40-49		4
95.	Yvonne Williams	1:29:44	w	Ladies Masters 55-64	Penarth & Dinas Runners	21
96.	Laura Gibbons	1:29:54	w	Senior Ladies	Islwyn Running Club	37
97.	Anne Rice-Jones	1:29:54	w	Ladies Masters 45-54	Islwyn Running Club	38
98.	Tony Grandon	1:30:07	m	Mens Masters 60-69	Outdoor Fitness	51
99.	Charlotte Barlow	1:30:26	w	Senior Ladies	Brackla Harriers	147
100.	Katie Hamer	1:30:33	w	Ladies Masters 35-44	Parc Bryn Bach	2
101.	Hayley Jackson	1:31:05	w	Ladies Masters 35-44	Parc Bryn Bach	42
102.	Melanie Jenkins	1:31:35	w	Ladies Masters 35-44		115
103.	Alex Benson	1:31:56	m	Mens Masters 40-49		62
104.	Lisa Bateman	1:32:21	w	Ladies Masters 45-54	Liswerry Runners	101
105.	Lisa Davies	1:32:40	w	Ladies Masters 35-44	Islwyn Running Club	29

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106.	Howard Jones	1:32:57	m	Mens Masters 60-69	Brackla Harriers	152
107.	Tony Lewis	1:33:08	m	Mens Masters 40-49	Parc Bryn Bach	127
108.	Aileen Smith	1:33:29	w	Ladies Masters 35-44		60
109.	Lynne Evans	1:34:27	w	Ladies Masters 45-54	Womens Running Penarth	45
110.	Delphine Jones	1:34:50	w	Ladies Masters 35-44	Parc Bryn Bach	25
111.	Carolyn Davies	1:35:19	w	Ladies Masters 45-54	Ystrad Mynach Running Club	50
112.	Kristian Sinclair	1:35:29	m	Senior Men	Liswerry Runners	149
113.	Catherine Llewellyn	1:36:34	w	Ladies Masters 45-54	Merthyr Running Club	130
114.	Howard Hughes	1:36:38	m	Mens Masters 40-49		1
115.	Lyndsay Poulson	1:37:03	w	Senior Ladies	Pontypool	105
116.	Aled Wynne	1:37:43	m	Senior Men		89
117.	Becca Gledhill	1:38:18	w	Senior Ladies	Pontypool	121
118.	Catherine Pritchard	1:38:49	w	Senior Ladies	Caerphilly Runners	122
119.	Mark Douglas	1:38:54	m	Senior Men	Rhondda Valley	86
120.	Rachel Lewis	1:38:56	w	Senior Ladies		40
121.	Gemma Green	1:40:24	w	Ladies Masters 35-44	Rhondda Valley	85
122.	Danielle Davies	1:42:52	w	Senior Ladies	Ystrad Mynach Running Club	48
123.	Sarah Pontin	1:43:03	w	Ladies Masters 35-44	Islwyn Running Club	15
124.	Warren Ball	1:44:22	m	Senior Men		135
125.	Gareth Singer	1:45:28	m	Mens Masters 60-69		125
126.	Jules Jones	1:46:27	w	Ladies Masters 35-44	Port Talbot Harriers	112
127.	Ceri Canham	1:46:34	w	Ladies Masters 45-54		113
128.	Janet Williams	1:49:09	w	Ladies Masters 55-64	Dragons Running Club	88
129.	Louise Davies	1:49:52	w	Ladies Masters 45-54	Refail Runners	77
130.	Beth Beemer	1:49:52	w	Ladies Masters 35-44	Refail Runners	78
131.	Dawne Meynell-Western	1:50:32	w	Ladies Masters 35-44	Rhondda Valley	10
132.	Sukhi Kaur	1:51:37	w	Ladies Masters 35-44	Refail Runners	79
133.	Victoria McCallum	1:51:42	w	Ladies Masters 35-44		118
134.	Nicola Richards	1:52:04	w	Ladies Masters 35-44	Islwyn Running Club	36
135.	Jayne Jones	1:52:09	w	Ladies Masters 45-54	Islwyn Running Club	24
136.	Sarah Dhanda	1:52:09	w	Ladies Masters 45-54	Ealing Eagles	31
137.	Baljit Dhanda	1:52:10	m	Mens Masters 50-59	Ealing Eagles	30
138.	Sara Wilkinson	1:52:28	w	Senior Ladies	Parc Bryn Bach	81
139.	Yvonne Forsey	1:54:28	w	Ladies Masters 55-64	Liswerry Runners	103
140.	Claire Griffiths	1:54:33	w	Senior Ladies		13

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141.	Jan Francis	1:55:17	w	Ladies Masters 45-54		69
142.	Emma Price	1:55:18	w	Ladies Masters 35-44		47
143.	Helen Jones	1:55:22	w	Ladies Masters 35-44		52
144.	Tanya James Price	1:56:08	w	Ladies Masters 45-54		54
145.	Steve Hamer	1:56:08	m	Mens Masters 40-49	Parc Bryn Bach	3
146.	Sarah Rogers	1:56:15	w	Ladies Masters 35-44		56
147.	Suzanne Spiteri	1:58:02	w	Ladies Masters 45-54		55
148.	Dai Power	1:59:31	m	Mens Masters 40-49	Cwm Ogwr Runners	61
149.	Sarah Boothby	2:07:46	w	Senior Ladies	Pontypridd Roadents	123
150.	Rebecca Williams	2:14:33	w	Senior Ladies		9

Number of records: 150