

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
1	186	Billy Hayton	Senior Men	Pontypridd Roadents	57:40	57:41
2	78	Matthew Evans	Senior Men	Aberdare Valley	59:31	59:32
3	193	Stefan Simms	V50 Men	Micky Morris Racing	1:00:35	1:00:36
4	254	Henry Wright	V40 Men	White Rock Runners	1:02:09	1:02:09
6	84	Nino Gatti	Senior Men	Port Talbot Harriers	1:04:13	1:04:15
5	80	Sam Figgures	Senior Men	Port Talbot Harriers	1:04:13	1:04:14
7	87	Matthew Golledge	U23 Men	Caerphilly Runners	1:04:38	1:04:40
8	198	Steven Smith	V50 Men	Aberdare Valley	1:04:46	1:04:50
9	207	Mike Tate	V40 Men	Port Talbot Harriers	1:04:58	1:05:00
10	129	Steven Lane	V40 Men	Islwyn RC	1:05:09	1:05:11
11	253	Emma Wookey	Senior Women	Lliswerry Runners	1:06:05	1:06:06
12	151	Lee Mills	V40 Men	Micky Morris Racing	1:06:37	1:06:38
13	216	Owen Thomas	V40 Men		1:06:40	1:06:42
14	18	Laurent Bono	Senior Men	Les Croupiers RC	1:06:49	1:06:51
15	15	Ian Bird	Senior Men	Port Talbot Harriers	1:07:11	1:07:13
16	159	Michael Morgan	Senior Men	Penarth and Dinas	1:08:12	1:08:16
17	134	Christopher Lewis	V40 Men	Port Talbot Harriers	1:08:23	1:08:25
18	219	Gareth Thomas	Senior Men	Cardiff Triathlon	1:08:32	1:08:35
19	232	Adrian Weaver	V40 Men	Port Talbot Harriers	1:09:10	1:09:13
20	120	Martin Jones	V40 Men	Islwyn Running Club	1:09:26	1:09:28
21	179	Neil Price	Senior Men	Ogmore phoenix	1:09:31	1:09:33
24	224	Gethin Rose	V40 Men		1:09:35	1:09:48
23	152	Ryan Minard	Senior Men	Pontypridd Roadents	1:09:36	1:09:40
22	11	Rob Bennett	V40 Men	Porthcawl Runners	1:09:37	1:09:40
25	210	Mark Taylor	V40 Men	Port Talbot Harriers	1:09:58	1:10:02
26	104	Darren Hill	V40 Men	Parc Bryn Bach RC	1:10:03	1:10:07
27	168	Nathaniel Palmer	V40 Men	Les Croupiers	1:10:29	1:10:31
28	76	Robert Evans	V50 Men	Ebbw Vale RC	1:10:35	1:10:37
29	131	Chris Latham	Senior Men	Hengoed Harriers	1:10:43	1:10:51
30	64	Richard Edge	V40 Men	Pegasus RC	1:10:53	1:10:56

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
31	200	Darren Stevens	V40 Men	Merthyr Running	1:10:55	1:10:59
32	233	Gary Webber	V50 Men	Rhondda Valley	1:10:57	1:11:05
33	239	Richard Williams	V40 Men	Rhondda Valley	1:11:06	1:11:13
34	174	David Phillips	V50 Men	Caerphilly Runners	1:11:52	1:11:59
35	8	Chris Baker	V40 Men	Ukrunchat	1:12:04	1:12:07
36	143	Graham Mack	V60 Men	Merthyr Running	1:12:09	1:12:11
37	93	Ray Greenhouse	V50 Men	Ebbw Vale RC	1:12:15	1:12:17
38	127	Robert King	V40 Men	Parc Bryn Bach RC	1:12:32	1:12:33
39	17	Matthew	V40 Men	Port Talbot Harriers	1:12:33	1:12:36
41	256	Sean Haddock	Senior Men		1:12:42	1:12:50
40	44	William Daniels	V60 Men	Rhondda AC	1:12:47	1:12:49
42	82	Michael Foster	V60 Men	Pontypridd Roadents	1:13:28	1:13:31
43	149	Bryan Meredith	V50 Men	Rhondda Valley	1:13:41	1:13:49
44	58	John Dewar	Senior Men	Port Talbot Harriers	1:13:58	1:14:01
45	243	Ian Williams	V40 Men	Pontypridd Roadents	1:14:09	1:14:14
46	141	James Lowery	Senior Men	Port Talbot Harriers	1:14:45	1:14:48
47	112	Hayley Jackson	V45 Women	Parc Bryn Bach	1:15:06	1:15:10
48	32	Liam Chesters	Senior Men	Port Talbot Harriers	1:15:16	1:15:19
49	50	Naomi Davies	Senior Women	Caerphilly Runners	1:15:21	1:15:24
50	72	Sheryl Evans	V45 Women	Hereford Couriers	1:15:28	1:15:33
51	202	Simon Stokes	Senior Men	White Rock Runners	1:15:47	1:15:54
52	161	Mandy Morris	V45 Women	Port Talbot Harriers	1:16:27	1:16:30
53	61	Mark Dunscombe	V50 Men	Aberdare Valley	1:16:30	1:16:34
54	13	Mike Bessell	Senior Men	White Rock Runners	1:16:33	1:16:39
55	26	Nick Butler	V40 Men	Caerphilly Runners	1:16:46	1:16:56
56	178	Mike Pobjoy	V50 Men	Lliswerry Runners	1:16:53	1:16:57
57	28	Ruth Cann	V35 Women	Penarth and Dinas	1:16:54	1:17:00
58	138	Andrew Little	V40 Men	Caerphilly runners	1:17:29	1:17:32
59	95	Michael Griffiths	Senior Men	Caerphilly Runners	1:17:49	1:17:56
60	92	Simon Grant	Senior Men	Penarth and Dinas	1:18:10	1:18:22

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
61	10	Richard Beasley	V50 Men		1:18:30	1:18:35
62	111	Ceri Irvine	V40 Men	Caerphilly Runners	1:18:48	1:18:54
64	75	Phillip Evans	Senior Men	Pontypridd Roadents	1:18:51	1:18:57
63	145	Gareth Mahoney	V40 Men		1:18:52	1:18:56
65	23	Liam Bryson	V40 Men	Caerphilly Runners	1:19:05	1:19:11
66	130	Kelly Langford	V35 Women	Roberttown Road	1:19:26	1:19:34
67	204	Claire Sullivan	V35 Women	Parc Bryn Bach RC	1:19:30	1:19:35
68	140	Tom Longley	Senior Men	Caerphilly Runners	1:19:44	1:19:50
69	180	Sadequr Rahman	V40 Men	White Rock Runners	1:19:52	1:19:59
70	20	Kevin Bounds	V40 Men		1:20:20	1:20:23
72	66	Amy Edwards	V35 Women	Rhondda Valley	1:20:39	1:20:52
71	165	Stacey O'Connell	Senior Women		1:20:41	1:20:43
73	252	Linda Alexandra	V55 Women	Port Talbot Harriers	1:21:07	1:21:10
74	184	Dean Regulski	Senior Men		1:21:10	1:21:17
76	162	Ethan Morris	U23 Men	Rhondda Valley	1:21:11	1:21:24
75	21	Malcolm Bradley	V60 Men	Penarth and Dinas	1:21:12	1:21:17
77	109	Louise Hunt	V35 Women	Penarth and Dinas	1:21:26	1:21:37
80	208	Mark Taylor	V50 Men	Penarth and Dinas	1:21:30	1:21:42
79	234	Andrew Weeks	V40 Men		1:21:31	1:21:39
78	226	Vanessa Turnbull	V45 Women	Caerphilly runners	1:21:33	1:21:38
81	51	Andy Davies	Senior Men	Caerphilly Tri-ers	1:21:57	1:22:03
82	238	Nichola Wilcox	V35 Women	Port talbot harriers	1:22:01	1:22:05
83	242	Russell Williams	V50 Men	Port Talbot Harriers	1:22:06	1:22:10
84	250	John Wiltshire	Senior Men		1:22:38	1:22:48
85	114	Kevin James	V40 Men	Caerphilly Triers	1:23:14	1:23:25
86	249	Andrew Williamson	V40 Men	Pegasus RC	1:23:33	1:23:40
87	34	Sheryl Clark	V45 Women	Islwyn RC	1:23:54	1:23:57
88	125	Dave Kempton	V60 Men	Parc Bryn Bach RC	1:24:05	1:24:10
89	222	Alyn Tomkinson	V40 Men	Hengoed Harriers	1:24:17	1:24:26
90	217	James Thomas	Senior Men		1:24:20	1:24:29

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
91	3	Anna Parson	V45 Women	Port Talbot Harriers	1:24:31	1:24:34
92	38	Owen Cooper	V70 Men	Brecon Triathlon	1:24:56	1:25:02
93	181	Andrew Ramsey	Senior Men	Caerphilly Runners	1:24:56	1:25:07
94	99	Richard Hale	V60 Men	Axe Valley Runners	1:25:20	1:25:25
96	245	Huw Williams	Senior Men	Rhondda Valley	1:25:20	1:25:34
95	37	Kelly Collins	V35 Women	Parc Bryn Bach RC	1:25:23	1:25:27
97	56	Gareth Denton	V40 Men	Rhondda Valley	1:25:42	1:25:55
98	49	Gareth Davies	V40 Men	Penarth and Dinas	1:25:51	1:26:02
99	107	Sally Hopkins	Senior Women	Port Talbot Harriers	1:26:36	1:26:39
100	77	John Evans	V50 Men	Islwyn Runners	1:26:47	1:26:53
101	67	Diane Edwards	V45 Women	Hengoed harriers	1:27:10	1:27:19
103	79	Stuart Felix	V40 Men		1:27:25	1:27:38
102	170	Richard Parnell	V40 Men	Islwyn RC	1:27:26	1:27:32
104	74	Stephen Evans	V40 Men	Islwyn RC	1:27:43	1:27:53
105	196	Kirsty Smith	Senior Women	Rhondda Valley	1:27:48	1:28:01
107	215	Sharon David	V55 Women	Port Talbot Harriers	1:28:04	1:28:09
106	173	Keith Paterson	V70 Men	San Domenico Road	1:28:05	1:28:07
108	62	Paul Dursley	V60 Men	LLISWERRY	1:28:06	1:28:10
109	188	Sian Roach	V45 Women	Caerphilly Runners	1:28:07	1:28:19
110	118	Randal Jones	V50 Men	Llswerry Runners	1:28:58	1:29:03
111	89	Steve Goodfellow	V50 Men	Penarth and Dinas	1:29:12	1:29:24
113	47	Paul Davies	V40 Men		1:29:31	1:29:40
112	229	Beverley	V55 Women	Penarth and Dinas	1:29:32	1:29:39
114	42	Craig Yendle	Senior Men		1:29:49	1:29:57
116	103	Rachel Higginson	V35 Women	Les Croupier RC	1:29:50	1:29:58
115	85	Dave George	V50 Men	Les Croupiers RC	1:29:50	1:29:58
117	39	Shaun Cotter	V50 Men		1:29:58	1:30:04
118	40	Peter Coughlin	V40 Men	Caerphilly Runners	1:30:12	1:30:23
119	230	David Waters	V70 Men	Port Talbot Harriers	1:30:40	1:30:45
120	45	Paul Davies	V50 Men	Port Talbot Harriers	1:30:41	1:30:45

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
121	236	Leanne Westacott	V45 Women	Lliswerry Runners	1:30:44	1:30:48
122	223	Ryan Tomkinson	V40 Men	Hengoed Harriers	1:31:01	1:31:09
123	7	Andy Baker	V40 Men		1:31:32	1:31:39
124	113	Angela James	V45 Women	Port talbot harriers	1:31:38	1:31:43
125	96	Helen Griffiths	Senior Women	Port Talbot Harriers	1:31:44	1:31:49
126	157	Laura Morgan	V35 Women	Caerleon RC	1:31:49	1:32:01
127	122	Robert Joslin	V40 Men	Rhondda Valley	1:31:55	1:32:06
128	59	Cath Dickenson	V55 Women	Dragons Aberdare	1:31:57	1:32:09
129	136	Jon Lewis	V40 Men	Penarth and Dinas	1:31:59	1:32:11
130	177	Lisa Pinney	V45 Women	Caerphilly Triers	1:32:40	1:32:49
131	220	Dee Thomas	V45 Women	Lliswerry Runners	1:32:41	1:32:52
134	19	Mitch Bosse	Senior Men	Caerphilly runners	1:32:54	1:33:06
133	6	David Bailyes	V50 Men	Caerphilly Runners	1:32:54	1:33:06
132	190	Beatrice Roberts	V35 Women	Girls Together Splott	1:32:55	1:33:04
135	101	Nigel Hammersley	Senior Men	Caerphilly Runners	1:32:56	1:33:08
136	150	Hannah Miles	Senior Women	Les Croupiers	1:33:18	1:33:25
137	30	Julie Cashell	V35 Women	Parc Bryn Bach RC	1:33:25	1:33:29
139	195	Sharon Smith	V45 Women	Caerphilly Runners	1:34:38	1:34:50
138	205	Josephine Sulman	V45 Women	Caerphilly Runners	1:34:38	1:34:49
140	228	Dean Wallbank	V40 Men	Caerphilly Runners	1:34:39	1:34:50
141	119	Neil Jones	Senior Men	Hengoed harriers	1:34:58	1:35:07
142	1	Emma Addis	V45 Women	NO CLUB	1:35:42	1:35:53
143	218	Wyn Thomas	V40 Men	NO CLUB	1:35:42	1:35:53
144	147	Coleen Manuel	V35 Women	Girls Together -	1:36:10	1:36:20
145	154	Amy Morgan	V35 Women	Caerphilly Runners	1:36:46	1:36:56
146	139	Catherine	V55 Women	Merthyr Running	1:37:49	1:37:55
147	171	Carys Parr	V35 Women	Caerphilly Runners	1:37:49	1:38:00
148	251	Sarah Jane	Senior Women	Pontypridd Roadents	1:37:58	1:38:06
149	86	Harriet Goddard	U23 Women		1:38:13	1:38:19
150	100	Katie Hamer	V35 Women	Parc Bryn Bach RC	1:38:53	1:39:02

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
151	191	Sarah Pontin	V35 Women	Islwyn RC	1:38:58	1:39:06
153	160	Darren Morgan	V50 Men	Penarth and Dinas	1:39:53	1:40:07
152	48	Rebecca Davies	V35 Women	Rhondda valley	1:39:53	1:40:07
154	90	Andrea Goodfellow	V45 Women	Penarth and Dinas	1:40:04	1:40:16
155	132	Ceri Lea	V45 Women		1:40:50	1:41:01
156	94	Kayley Griffiths	Senior Women	Ogmore Phoenix	1:41:19	1:41:28
157	16	Natasha Bishop	U23 Women	Ystrad Mynach	1:41:27	1:41:38
158	70	Teresa Evans	V45 Women	Islwyn RC	1:41:34	1:41:39
159	201	Kathryn Stoate	V35 Women	Caerphilly Runners	1:41:53	1:42:04
160	69	Alison Ellis	V45 Women	RunNewport	1:43:08	1:43:17
161	54	Vicky Davies	V45 Women	Lliswerry Runners	1:44:21	1:44:31
162	142	Gaynor Lugg	V45 Women	Lliswerry Runners	1:44:54	1:45:05
163	73	Paula Evans	V45 Women	Caerphilly Runners	1:45:23	1:45:36
164	33	Julia Churton	V55 Women	Caerphilly	1:45:35	1:45:48
165	148	Linzi Margetson	V35 Women	Port Talbot Harriers	1:45:40	1:45:54
166	203	Tracy Strydom	V45 Women	Lliswerry Runners	1:45:53	1:46:03
167	155	Kate Morgan	V35 Women		1:46:39	1:46:48
168	27	Triona Campbell	Senior Women	White Rock Runners	1:46:40	1:46:48
169	65	Hayley Edwards	V35 Women	Edds eagles runners	1:47:40	1:47:54
170	97	Dan Groves	V40 Men	Pegasus RC	1:47:58	1:48:06
171	68	Carl Elliot	V70 Men	Lliswerry Runners	1:51:46	1:52:01
172	213	Alex Thomas	Senior Women	Parc Bryn Bach RC	1:52:14	1:52:24
174	182	Victoria Ramsey	V35 Women	Caerphilly runners	1:53:54	1:54:03
173	116	Portland Jones	V55 Women	Caerphilly Runners	1:53:54	1:54:03
175	98	Julie Haigh	V55 Women	Caerphilly Runners	1:54:09	1:54:27
176	194	Graham Singer	V60 Men	Merthyr Running	1:54:26	1:54:31
177	231	Lisa Watson	V35 Women	Hengoed Harriers	1:54:35	1:54:45
178	212	Nadia Thirb	Senior Women	Canton Chargers	1:55:48	1:56:24
179	121	Jayne Jones	V45 Women	Hengoed Harriers	1:56:32	1:56:42
181	199	Julie Stephens	V35 Women		1:58:33	1:58:46

Reverse 10 2019

Gender Results

Position	Bib	Name	AG	Club	ChipTime	GunTime
180	225	Greg Turley	V40 Men		1:58:33	1:58:46
182	214	Ann Thomas	V65 Women	Port Talbot Harriers	2:00:37	2:00:43
183	117	Julia Jones	V55 Women	Port Talbot Harriers	2:01:48	2:02:01
184	197	Karen Smith	V45 Women		2:02:38	2:02:52
185	246	Julie Williams	V45 Women	Islwyn RC	2:07:14	2:07:23
186	235	Emily Welsh	V35 Women	Islwyn Running Club	2:07:16	2:07:25
187	4	Glynis Appleby	V55 Women	RuNNewport	2:07:37	2:07:44
188	169	Debra Panes	V45 Women	Roberttown Road	2:08:27	2:08:41
189	102	Tracy Hext	V35 Women	Roberttown Road	2:08:28	2:08:42
190	158	Kate Morgan	V35 Women	RunNewport	2:09:01	2:09:12
191	144	Catherine Maguire	V35 Women		2:35:22	2:35:34