

Pontypridd Roadents - Reverse 10 2020 - 02/02/2020

Postion	Time	Bib	FirstName	LastName	Sex	Age	Club
1	54:29	350	Richard	Jackson-Hookins	M	37	Pontypridd Roadents AC
2	54:56	369	Simon	Lewis	M	43	Pontypridd Roadents AC
3	57:28	480	Jamie	Vanstone	M	39	Pontyclun Road Runners
4	58:27	431	Joel	Price	M	18	BGAC
5	01:00:44	451	Ian	Southwell	M	39	Penarth & Dinas Runners
6	01:01:06	248	Lee	Drew	M	30	Lliswerry Runners
7	01:03:18	400	Paul	Morton	M	37	Les Croupiers
8	01:04:05	351	Sean	Kelly	M	43	Rhondda Valley Runners
9	01:05:30	440	Geraint	Robbins	M	23	Caerphilly Runners
10	01:05:51	479	Ryan	Tyler	M	37	Unknown Runner
11	01:06:46	2	John	Adams	M	52	Rhondda Valley Runners
12	01:07:10	364	Nick	Lewis	M	61	White Rock Runners
13	01:07:51	348	Nicola	Jukes	F	49	Parv Bryn Bach
14	01:07:57	415	Andy	Pearce	M	53	Penarth and Dinas Runners
15	01:08:35	418	Tomos	Phillips	M	34	CDF Runners
16	01:08:49	362	Sharon	Leech	F	49	Swansea Harriers AC
17	01:09:42	448	John	Seaward	M	34	Caerphilly Runners
18	01:10:10	492	Gary	Webber	M	52	Rhondda Valley Runners
19	01:10:13	401	Ann	Nixon	F	62	Forest of Dean AC
20	01:10:23	484	Carl	Walsh	M	48	Rhondda Valley Runners
21	01:11:17	105	David	Brown	M	47	Penarth and Dinas Runners
22	01:11:30	500	Richard	Williams	M	42	Rhondda Valley Runners
23	01:11:34	167	William	Daniels	M	63	Pontyclun road runners
24	01:11:41	416	Clare	Phillips	F	50	Port Talbot Harriers
25	01:11:55	295	Sean	Haddock	F	39	Caerphilly Triers
26	01:12:01	384	Alan	Matthews	M	60	Aberdare Dragons
27	01:12:12	359	Kit	Lambert	M	39	Penarth and Dinas Runners
28	01:12:22	383	Dave	Mathews	M	32	Penarth and Dinas Runners
29	01:12:26	429	Brendan	Price	M	44	Dragons Running Club
30	01:12:33	272	Miichael	Foster	M	66	Pontypridd Roadents
31	01:12:36	482	Grant	Wakeman	M	47	Caerphilly Triers
32	01:12:56	458	Darren	Stevens	M	48	Merthyr Running Club
33	01:13:04	427	Daniel	Price	M	35	Parc Bryn Bach RC
34	01:13:14	183	Naomi Rose	Davies	F	25	Caerphilly Runners
35	01:13:33	290	Bethan	Griffiths	F	30	White Rock Runners
36	01:13:52	301	Nick	Hayward	M	42	San Domenico Road RC
37	01:13:58	304	Matthew	Henson	M	34	CDF Runners
38	01:14:16	265	Robert	Evans	M	57	Ebbw Vale Running Club
39	01:14:16	288	Ray	Greenhouse	M	54	Ebbw Vale RC
40	01:14:20	417	Steven	Phillips	M	43	Parc Bryn Bach running club
41	01:14:25	376	Graham	Mack	M	62	Merthyr Running Club
42	01:14:43	447	Ethan	Sayce	M	19	Parc Bryn Bach RC
43	01:15:48	377	Tony	Mackay	M	55	Pegasus RC
44	01:16:05	478	Joe	Turner	M	27	Penarth and Dinas Runners
45	01:16:08	439	Neil	Ridley	M	44	Rhondda Valley Runners
46	01:16:08	331	Craig	Hughes	M	35	
47	01:16:11	153	Ceri	Jones	F	47	Aberdare VAAC

48	01:16:29	12	Bethan	Apglyn	F	31	Penarth and Dinas Runners
49	01:16:35	241	Matthew	Doherty	M	31	White Rock Runners
50	01:16:38	352	Samuel	Kemlo	M	35	
51	01:16:54	393	Jennifer	Moore	F	29	Ystrad Mynach Running Club
52	01:17:08	14	Matthew	Ashcroft	M	36	
53	01:17:12	269	Kelly	Felstead	F	42	Islwyn Runners
54	01:17:15	409	Ross	Owen	M	35	Rhondda Valley Runners
55	01:17:16	387	Terry	McCarthy	M	62	Penarth and Dinas Runners
56	01:17:25	41	Caroline	Bassett	F	38	Pegasus RC
57	01:17:29	166	Aaron	Cross	M	26	Ystrad Mynach Running Club
58	01:17:51	53	Dean	Birt	M	43	
59	01:17:57	25	Steven	Barker	M	46	Penarth & Dinas Runners
60	01:18:00	333	Hayley	Jackson	F	46	Parc Bryn Bach Running Club
61	01:18:03	281	Paul	Garside	M	45	
62	01:18:15	192	Shawn	Davies	M	41	Rhondda valley runners
63	01:18:17	302	Richard	Hazell	M	38	Caerphilly Runners
64	01:18:40	422	Jonathan	Portelli	M	31	
65	01:18:57	394	Mike	Moore	M	35	Ystrad Mynach Running Club
66	01:19:00	490	Andrew	Webb	M	34	Taff Ely Tri
67	01:19:02	506	Andrew	Williamson	M	45	Pegasus Running Club
68	01:19:11	432	Sarah	Pryor	F	45	White Rock Runners
69	01:19:17	71	Kevin	Bounds	M	45	
70	01:19:19	271	Tomasz	Figurski	M	40	Caerphilly Runners
71	01:19:32	375	Tom	Longley	M	27	Caerphilly Runners
72	01:19:38	124	John	Carroll	M	55	Roberttown Road Runners
73	01:19:47	464	Claire	Sullivan	F	37	Parc Bryn Bach RC
74	01:19:52	498	Sara	Williams	F	44	Caerphilly Runners
75	01:20:04	257	Amy	Edwards	F	38	Rhondda Valley Runners
76	01:20:05	495	Alison	Williams	F	42	Caerphilly Runners
77	01:20:23	459	Carl	Stockden	M	51	Roberttown Road Runners
78	01:20:29	175	Michael	Darke	M	37	CDF Runners
79	01:20:57	36	Leanne	Bassett	F	32	Rhondda Valley Runners
80	01:21:04	221	Gareth	Davies	M	42	Penarth and Dinas Runners
81	01:21:07	389	Phillip	Mears	M	52	White Rock Runners
82	01:21:18	430	Robert	Price	M	44	Dragons Running Club
83	01:22:07	81	Malcolm	Bradley	M	69	Penarth and Dinas Runners
84	01:22:12	9	Robert	Ananicz	M	39	Caerphilly Runners
85	01:22:13	137	Lisa	Cleary	F	55	Penarth and Dinas Runners
86	01:22:14	494	Helen	Williams	F	45	Parc Bryn Bach RC
87	01:22:24	268	Stuart	Felix	M	47	Rhondda valley runners
88	01:22:48	345	Robert	Jones	M	46	MERTHYR Running Club
89	01:22:48	363	Carl	Lewis	M	37	Caerphilly Runners
90	01:22:53	135	Laura	Clarke	F	32	Pegasus RC
91	01:22:58	91	Mark	Brown	M	36	
92	01:23:05	305	Richard	Hext	M	37	Roberttown Roadrunners
93	01:23:06	354	Dave	Kempton	M	62	Parc Bryn Bach RC
94	01:23:07	460	Liam	Stockden	M	23	Roberttown Road Runners
95	01:23:10	466	Dan	Taylor	M	49	Roberttown Road Runners
96	01:23:11	277	Lee	Francis	M	53	Ystrad Mynach Runners
97	01:23:18	446	Joanne	Ryan	F	46	Rhondda Valley Runners

98	01:23:51	419	Antony	Phillips	M	55	Bridgend AC
99	01:23:52	463	Ellen	Sugden	F	43	Pegasus RC
100	01:24:18	420	Dean	Phipps	M	34	
101	01:24:53	433	Andrew	Ramsey	M	38	Caerphilly runners
102	01:25:20	403	Claire	Oconnor	F	40	
103	01:25:20	477	Vanessa	Turnbull	F	53	Caerphilly runners
104	01:25:37	360	Patrick	Lambert	M	59	Ystrad Mynach Running Club
105	01:25:39	146	Dennis	Collins	M	54	Rhondda Valley Runners
106	01:26:03	185	Paul	Davies	M	43	
107	01:26:33	461	Simon	Stokes	M	35	White Rock Runners
108	01:26:43	286	Christopher	Grant	M	62	Hengoed Harriers
109	01:26:48	504	Kevin	Williams	M	40	
110	01:26:58	465	Adrian	Taylor	M	60	Merthyr Running club
111	01:28:10	323	Steven	Hoare	M	31	Roberttown Road Runners
112	01:28:42	368	Abi	Lewis	F	23	
113	01:28:44	264	Julia	Evans	F	59	Pegasus RC
114	01:28:58	370	Jon	Lewis	M	45	Penarth and Dinas Runners
115	01:29:12	273	Kevin	Fowler	M	61	Pegasus RC
116	01:29:15	468	Kevin	Thomas	M	53	Port Talbot Harriers
117	01:29:29	356	John	Kiernan	M	50	Brooks Beast
118	01:29:37	29	Jackie	Barnhouse	F	47	Agile Therapy Run
119	01:29:53	176	Sharon	David	F	60	Port Talbot Harriers
120	01:30:13	424	Lauren	Potter	F	38	Lliswerry Runners
121	01:30:24	294	Jenna	Groves	F	28	Pegasus RC
122	01:30:27	293	Sally	Groves	F	56	Pegasus RC
123	01:30:31	423	Samantha	Potter	F	33	Liswerry Runners
124	01:30:41	276	Joel	Francis	M	41	Port Talbot Harriers
125	01:30:43	456	Jayne	Stephens	F	44	Caerphilly Runners
126	01:30:44	397	Laura	Morgan	F	36	Caerphilly Runners
127	01:30:56	474	Peter	Trott	M	52	Penarth and Dinas Runners
128	01:31:18	510	Jacqui	Wynds	F	66	Forest of Dean AC
129	01:31:46	344	Bethan	Jones	F	25	
130	01:31:50	502	Mo	Williams	M	49	RUNNewport
131	01:31:54	335	Kevin	James	M	42	
132	01:31:56	156	Shaun	Cotter	M	54	
133	01:33:32	347	Robert	Joslin	M	50	Rhondda Valley Runners
134	01:33:53	262	Stephen	Evans	M	44	Ystrad Runners
135	01:33:56	280	Michael	Garrett	M	54	Caerphilly tri-ers
136	01:34:00	365	Karen	Lewis	F	52	Caerphilly Runners
137	01:34:04	285	Tony	Grandon	M	70	Outdoor Fitness
138	01:34:13	487	Beverley	Warburton	F	57	Penarth and Dinas Runners
139	01:34:13	372	Gareth	Lloyd	M	32	Robbertown road runners
140	01:34:29	396	Darren	Morgan	M	52	Penarth and Dinas Runners
141	01:34:32	450	Kirsty	Smith	F	33	Rhondda Vall
142	01:34:40	22	Dave	Bailyes	M	57	Caerphilly Runners
143	01:34:40	334	Cath	James	F	43	Caerphilly Runners
144	01:34:40	414	Russ	Pearce	M	51	Caerphilly Runners
145	01:34:52	332	Ann	Hurley	F	44	Rhondda Valley Runners
146	01:35:04	472	Ryan	Tomkinson	M	42	Hengoed Harriers
147	01:35:04	258	Diane	Edwards	F	47	

148	01:35:10	110	Michael	Bush	M	51	MOTI
149	01:35:15	355	Laura	Kennedy	F	34	Port Talbot Harriers
150	01:35:16	270	Dewi	Felstead	M	44	
151	01:35:18	284	Sophie	Gott	F	43	Penarth and Dinas Runners
152	01:35:29	441	Bea	Roberts	F	39	Girls Together Splott
153	01:35:33	358	Sam	Knowles	M	24	Hengoed Harriers
154	01:35:33	426	Claire	Price	F	52	Lliswerry Runners
155	01:35:33	329	Andrew	Howells	M	46	Hengoed harriers
156	01:35:34	259	Alison	Ellis	F	54	Lliswerry Runners
157	01:35:34	399	Jody	Morris	F	31	Rhondda Valley Runners
158	01:35:58	328	Louise	Hopkins	F	56	Lliswerry Runners
159	01:36:25	508	Sarah	Wills	F	32	White Rock Runners
160	01:36:55	227	Gavin	Davies	M	32	Rhondda Valley Runners
161	01:37:30	421	Sarah	Pontin	F	42	Islwyn RC
162	01:38:11	237	Liz	Davis	F	41	Ogmore Phoenix Runners
163	01:38:11	425	Chris	Pratt	M	49	Ogmore Phoenix Runners
164	01:38:31	5	Phil	Allen	M	59	Pegasus RC
165	01:38:36	413	Carl	Peacock	M	52	Parc Bryn Bach RC
166	01:39:10	382	Anwen	Marshall	F	26	
167	01:39:21	435	Catherine	Reen	F	53	Roberttown Road Runners
168	01:39:39	507	Thomas	Wills	M	31	White Rock Runners
169	01:39:41	266	Rachel	Everson	F	40	
170	01:39:53	469	Miles	Thomas	M	45	Roberttown Road Runners
171	01:40:08	371	Cathetine	Llewellyn	F	56	Merthyr Running Club
172	01:40:08	261	Carwyn	Evans	M	53	Dragons Running Club
173	01:40:27	303	Emma	Healy	F	48	Penarth and Dinas Runners
174	01:40:38	381	Delyth	Murray-Lines	M	43	
175	01:40:46	297	Katie	Hamer	F	44	Parc Bryn Bach
176	01:40:53	497	Emma	Williams	F	39	
177	01:41:25	283	Steve	Goodfellow	M	57	Penarth and Dinas Runners
178	01:41:58	385	Yvette	Mazurczak	F	42	Ystrad Runners
179	01:43:10	505	Bethan	Williams	F	42	
180	01:43:11	189	Rebecca	Davies	F	38	Rhondda valley runners
181	01:43:42	291	Kayley	Griffiths	F	32	Ogmore Phoenix
182	01:44:18	275	Jody	Francis	F	42	Port Talbot Harriers
183	01:44:18	379	Lindzi	Margetson	F	40	PORT TALBOT HARRIERS
184	01:44:50	391	Dawne	Meynell-Western	F	42	Rhondda Valley Runners
185	01:45:09	491	Tim	Webb	M	70	Pegasus RC
186	01:45:10	443	Kaylie	Roberts	F	33	Rhondda Valley Runners
187	01:45:25	163	Peter	Coughlin	M	47	Caerphilly Runners
188	01:45:27	282	Andrea	Goodfellow	F	51	Penarth and Dinas Runners
189	01:46:08	336	Ann	James	F	62	RUNNewport
190	01:48:01	473	Liz	Tottle	F	38	RUNNewport
191	01:48:01	453	Donna	Stagg	F	42	Lliswerry Runners
192	01:49:08	406	Victoria	O'Reilly	F	41	Rhondda Valleys Runners
193	01:49:48	187	Vicky	Davies	F	47	Lliswerry Runners
194	01:49:55	378	Coleen	Manuel	F	40	Girls Together - Splott
195	01:50:14	289	Claire	Griffiths	F	39	Hengoed Harriers
196	01:50:14	299	Adrian	Harford	M	59	Dragons Running Club
197	01:50:14	434	Victoria	Ramsey	F	40	Caerphilly runners

198	01:51:16	462	Tracy	Strydom	F	55	Lliswerry Runners
199	01:52:24	388	Vicky	Mead	F	52	Pontyclun Road Runners
200	01:54:09	444	Emma	Roche	F	32	
201	01:54:31	467	Nadia	Thirb	F	34	
202	01:54:52	488	Lisa	Watson	F	39	Hengoad harriers
203	01:55:17	57	Jamie	Bodman	M	33	Lonely Goat RC
204	01:55:17	493	David	Wilkins	M	34	
205	01:55:46	108	Angela	Bush	F	51	Girls Together
206	01:55:46	392	Nicola	Miller	F	37	
207	01:55:47	445	Carol	Roughley	F	34	
208	01:55:55	511	Nichola	Zerk	F	31	Lliswerry Runners
209	02:05:24	454	Damita	Stathakis	F	43	Lliswerry Runners
210	02:05:43	476	Greg	Turley	M	45	
211	02:05:43	457	Julie	Stephens	F	41	
212	02:07:42	373	Claire	Lloyd Thomas	F	47	Roberttown Road Runners
213	02:07:42	320	Tracy	Hext	F	37	Roberttown Roadrunners
214	02:07:42	475	Rachel	Truscott	F	39	Roberttown Road Runners
215	02:07:42	349	Samantha	Kear	F	43	Roberttown Road Runners
216	02:11:36	386	Helen	Mccarthy	F	44	Seriously mad runners
217	02:11:40	46	Lorraine	Berry	F	49	
218	02:18:36	55	Stephen	Blake	M	51	Pegasus RC