

Welsh 5k Road Race Championships 2008

Position	Time	Number	Christian Name	Surname	Country	Team
1	13.57	559	TOM	RUSSELL	SCOTLAND	
2	13.59	191	STEPHEN	DAVIES		Newport H
3	14.00	221	CHRIS	MOSS		Cardiff A A C
4	14.01	551	CRAIG	PETERS	WALES	Bristol and West
5	14.04	567	ADAM	GRICE	ENGLAND	
6	14.05	562	ROSS	O'TOOLE	SCOTLAND	
7	14.10	231	MARC	HOBBS		Swansea H
8	14.17	232	LEWYS	HOBBS		Swansea H
9	14.18	224	CRAIG	HOPKINS		Swansea H
10	14.19	569	ROB	MULLETT	ENGLAND	
11	14.21	560	DAVID	BISHOP	SCOTLAND	
12	14.22	245	MARK	JENNINGS		Cardiff A A C
13	14.22	568	LUKE	CRAGG	ENGLAND	
14	14.23	225	DANIEL	GURMIN		Swansea H
15	14.26	261	PETER	GRIST		WELLS CITY
16	14.26	561	CRAIG	RUDDY	SCOTLAND	
17	14.29	252	OLIVER	HOWTON		Swansea H
18	14.30	552	SIMON	LAWSON	WALES	Cardiff A A C
19	14.32	174	OWAIN	MATTHEWS		Bedford
20	14.34	117	NATHANIEL	LANE		Cardiff A A C
21	14.35	554	DEWI	GRIFFITHS	WALES	Carmarthen
22	14.38	197	ADAM	BITCHELL		
23	14.44	171	TOM	MARLEY		Bristol And West
24	14.45	255	AFON	HUMPHRIES		CWMBRAN HARRIERS
25	14.46	258	DANIEL	BEYNON		Swansea H
26	14.48	272	MATTHEW	DUMIGAN		
27	14.49	553	IEUAN	THOMAS	WALES	Cwmbran Harriers
28	14.51	51	PETER	BARKER		St Edmunds Pacers
29	14.53	217	LUKE	REDDY		Liverpool
30	14.55	194	HARRY	JONES		Colwyn Bay
31	14.57	302	DAVID	NOTMAN		Swansea H
32	15.03	121	THOMAS	PHILLIPS		WOODFORD GREEN/UWIC
33	15.07	123	STEVE	DAVIES		SWANSEA H
34	15.08	281	JON	NORRIS		CHELTENHAM H
35	15.19	176	ROBERT	VAUGHAN		Birmingham Rowheath
36	15.21	178	PETER	COLES		PONTYPRIDD ROADENTS
37	15.21	133	ROB	SHEEN		LEICESTER CORITANIAN A.C.
38	15.24	97	MARTIN	REES		NEATH HARRIERS
39	15.26	234	GAVIN	HANRAHAN		CWMBRAN HARRIERS
40	15.27	226	PAUL	RICHARDS		NEATH HARRIERS
41	15.33	89	DANNY	EVANS		
42	15.40	284	EDWARD	TAKATA		CARDIFF A A C
43	15.43	570	FELICITY	MILTON	ENGLAND	
44	15.47	269	ALEXANDER	LEWIS		
45	15.52	572	NICKY	ARCHER	ENGLAND	
46	15.54	259	JONATHAN	WILLIAMS		Swansea H
47	16.01	207	CHRISTOPHER	DAVIES		Swansea H
48	16.07	99	JOHN	PETERS		CWMBRAN HARRIERS
49	16.11	571	SARAH	TUNSTALL	ENGLAND	
50	16.29	222	AMANDA	PRITCHARD		Cardiff A A C
51	16.40	263	ROBERT	RODLEY		UWIC
52	16.41	68	MIKEY	B		CARDIFF UNI ATHLETICS
53	16.42	264	RHYS	PITMAN		PONTYPRIDD ROADENTS
54	16.49	237	JOHN	CAMERON		
55	16.50	558	DELYTH	JAMES	WALES	MORPETH
56	16.58	556	ELINOR	KIRK	WALES	Swansea H
57	17.03	195	HUW	ROBERTS		Bridgend A C
58	17.09	313	SYMON	MURPHY		
59	17.11	565	DANIELLE	BROWN	SCOTLAND	
60	17.16	566	FIONA	GENTLES	SCOTLAND	
61	17.17	190	SANDY	JOHNSTON		Les Croupiers
62	17.30	563	FIONA	THOMSON	SCOTLAND	
63	17.31	100	PHILIP	MEYLER		PONTYPRIDD ROADENTS
64	17.33	148	JEFF	THOMAS		BRIDGEND AC

Welsh 5k Road Race Championships 2008

65	17.35	93	ALUN	WILLIAMS		FAIRWATER RUNNERS
66	17.41	555	LEAH	DIXON	WALES	NEATH HARRIERS
67	17.49	135	DEAN	JOHNSTON		
68	18.00	216	GRAHAM	BOND		
69	18.02	192	GARY	DAVIES		Chepstow
70	18.04	50	PAUL	WILKINSON		
71	18.05	128	STEVE	COUPE		SOSPAN RR
72	18.08	199	MATTHEW	HOPKINS		Les Croupiers
73	18.16	167	NATASHA	COCKRAM		CWMBRAN HARRIERS
74	18.17	235	GEMMA	JONES		Lliswerry
75	18.18	180	MARTIN	PINNELL		Les Croupiers
76	18.20	168	CLIVE	OSMOND		Les Croupiers
77	18.21	109	MORRIS	ATTARD		BMF
78	18.22	28	GARETH	LYNCH		CARDIFF TRI
79	18.23	308	PAUL	JAMESON		WEST BROM H
80	18.30	268	ELOISE	CROWLEY		CARDiff A A C
81	18.33	286	CHRISTOPHER	JONES		LLYSWERRY
82	18.41	212	EMRYS	PENNY		Newport H
83	18.44	307	PAUL	PRICE		
84	18.47	293	EMILY	BROWN		CARDiff A A C
85	18.49	325	MARK	TREGILGAS		
86	18.50	311	MATTHEW	HOOPER		
87	19.00	182	JENNY	PHILLIPS		Llanelli
88	19.01	75	JEREMY	SELLARS		
89	19.02	108	RACHEL	MORGAN		CARDIFF AAC
90	19.04	98	JAMES	POTTS		
91	19.10	246	STEFFEN	SCHOLZ		
92	19.12	131	PAUL	GARSDIE		
93	19.13	152	ROBERT	OLIVER		
94	19.14	241	EMMANUEL	BROUSSEAU		
95	19.16	129	STEPHEN	OWEN		LES CROUPIERS
96	19.18	193	CRAIG	RUSSELL		Newport H
97	19.20	139	PAUL	MORRIS		LES CROUPIERS R.C
98	19.27	188	BRIAN	EVANS		Chepstow
99	19.32	105	MARCUS	COLES		LES CROUPIERS
100	19.35	260	RHYS	BEYNON		
101	19.36	124	CHERYL	HUDGELL		LES CROUPIERS
102	19.43	262	ANDY	DAVIES		PONTYPRIDD ROADENTS
103	19.48	201	CARYL	JONES		Carmarthen H
104	20.16	67	ROB	ABREHART		HATTON DARTS
105	20.22	166	DEBBIE	COCKRAM		Fairwater RR
106	20.24	256	DEAN	PORTER		
107	20.25	189	ALICE	JOHNSTON		Cardiff A A C
108	20.31	251	JULIE	SCHOLEY		LES CROUPIES
109	20.37	299	ROBERT	FORD		PONTYPRIDD ROADENTS
110	20.38	169	JACKY	AUSTIN		Club 69
111	20.41	223	SHELLEY	BRACE		Bridgend A C
112	20.41	219	STEPHEN	ATTWOOD		
113	20.41	323	JUDIE	VANDERVARD		
114	20.48	107	SUE	DAVIES		
115	20.49	181	FIONA	DAVIES		Bridgend A C
116	20.49	309	RUTH	McCLEES		
117	20.51	79	PAUL	MARTIN		
118	21.00	170	MARK	MORGAN		Unattached
119	21.03	126	JOHN HENRY	COLLINS		Swansea H
120	21.24	206	BENEDICT	BLACKLEDGE		
121	21.27	257	DAVID	HUTCHINSON		
122	21.31	66	NICHOLA	ABREHART		HATTON DARTS
123	21.49	270	SIMON	TIPPETT		
124	21.51	318	JOSH	GIBBS		
125	21.53	187	BARRIE	ROBERTS		
126	21.55	196	HOWARD	BROWN		Les Croupiers
127	21.56	296	CATRIN	WALLACE		BRECON
128	22.04	277	CLAIRE	KNOWLES		
129	22.10	203	RACHEL	WITHAM		
130	22.33	55	COLIN	LEWIS		

Welsh 5k Road Race Championships 2008

131	22.36	26	MARTA	BONA	
132	22.38	95	ADRIAN	KAY	
133	22.51	92	ROGER	MORGAN	
134	22.52	87	CRAIG	JONES	
135	22.52	88	WAYNE	JONES	
136	22.52	238	NICK	SPELLER	
137	23.00	163	JAMIE	BISHOP	
138	23.03	227	JOHN	MARTIN	
139	23.03	26	MARTA	BONA	
140	23.05	389	NATHAN	JENKINS	
141	23.11	115	KEVIN JOHN	WILLIAMS	
142	23.12	317	RICHARD	SIGUKME	
143	23.15	249	MARTIN	KITCHENER	
144	23.16	151	GARETH	MCMULLEN	
145	23.19	80	KEVIN	MOORE	
146	23.26	243	TARA	SEED	
147	23.30	218	ADAM	TOWNSEND	
148	23.35	324	GARETH	JOHNSTON	
149	23.38	172	WAYNE	HARVEY	
150	23.51	239	JOHN	SORENSEN	
151	24.00	310	RONNIE	CUNNINGHAM	
152	24.01	390	ARMY	COMPETITOR	
153	24.08	103	IAN	PRITCHARD	
154	24.11	278	JAMES	COOKE	
155	24.18	327	A N OTHER		
156	24.19	147	TERRY	VICKERY	
157	24.21	56	ELIZABETH	LEWIS	
158	24.23	312	TONY	BROWN	
159	24.24	265	LISA JANE	SAUNDERS	
160	24.28	285	MARIA	WILLIAMS	
161	24.29	24	ALEX	FAULKNER	N/A
162	24.37	13	RUTH	TREHARNE	ISLWYN RC
163	24.37	112	DUNCAN	MILWARD	BMF CARDIFF
164	24.42	254	OWAIN	WILLIAMS	
165	24.43	253	GARETH	WILLIAMS	
166	24.47	18	DAVID	HEATH	
167	24.49	202	ROBERT	JANNEY	
168	24.56	314	CHRIS	CHAMBERLAIN	
169	25.00	322	CHRIS	BUTLER	
170	25.01	291	LIZ	WILDING	
171	25.01	27	WENDY	HARRISON	
172	25.03	84	TRACY	BURTON	
173	25.06	183	MATTHEW	GREEN	
174	25.07	208	RICHARD	BIBB	
175	25.07	179	ANDREW	BEVAN	
176	25.11	78	CAROLINE	POWELL	
177	25.18	132	GARY	BIRD	
178	25.19	19	SARAH	COBBOLD	
179	25.20	144	ANDREW	CHAMPION	
180	25.21	25	JACK	GORDON	
181	25.21	319	MARK	GIBBS	
182	25.38	290	TROY	DAWKINS	
183	25.39	305	DEBORAH	HAY-HARRIS	Llisbury
184	25.49	14	PETER	FURSDON	
185	26.00	247	ZOE	HARBER	
186	26.00	248	RICHARD	WILLIS	
187	26.03	46	MATT	BOWRING	
188	26.08	316	SIMON	HASS	
189	26.15	289	PIP	JONES	
190	26.24	74	PAULA	JAMES	PONTYPRIDD ROADENTS
191	26.26	266	GARY	M'ADOO	
192	26.29	198	CLARE	GREEN	SAN DOMENICO R R C
193	26.30	315	JOHN	GRONOW	
194	26.38	91	BRYAN	WADLEY	
195	26.40	43	SHARON	HYETT	
196	26.50	136	SARAH	CAMPBELL	BFM

Welsh 5k Road Race Championships 2008

197	26.50	49	IESTYN	EVANS	NONE
198	26.50	306	TONY	PEARCE	
199	26.51	242	RACHEL	WOOLLEY	
200	26.51	141	LAURA	WILLIAMS	
201	26.53	17	MARK	RYAN	SAN DOMENICO R R C
202	26.56	297	RHIANNON	WALLACE	
203	26.58	184	ALAN	BLADEN	Les Croupers
204	27.02	118	FRANCES	MANLEY	BMF
205	27.06	210	DES	RICHARDSON	
206	27.06	213	ALISON	BREWER	
207	27.06	215	LISA	TAYLOR	
208	27.08	149	ROBERT	HASELL	
209	27.08	390	ARMY	COMPETITOR	
210	27.08	390	ARMY	COMPETITOR	
211	27.14	390	ARMY	COMPETITOR	
212	27.33	278	JAMES	COOKE	
213	27.34	391	A N	OTHER	
214	27.36	37	DEAN	EUDEN	
215	27.37	20	ANDREA	CLEAVER	
216	27.41	150	MATTHEW	HAMPTON	
217	27.41	250	GARETH	EVANS	
218	27.56	214	AMY	COLLINS	
219	28.04	165	SARAH	LUND	
220	28.05	320	ANGELO	AVILES	
221	28.09	12	SARAH	HOCKING	
222	28.09	11	PETE	PHILLIPS	
223	28.10	44	FRANCES	HYETT	
224	28.11	94	SIWAN	KAY	
225	28.15	48	SIONED MAI	OWEN	
226	28.16	82	LOWRI	ROBERTS	COESA' CANNA
227	28.16	230	BRENDAN	MULLANE	
228	28.17	164	RHYS	FIDLER	
229	28.17	295	CAROLYN	WALLACE	
230	28.26	154	GARY	THORNE	
231	28.39	145	CATRIN	CHAMPION	
232	28.40	282	ROBERT	OWEN	
233	28.41	271	SANDRA	HAMBLY	
234	28.54	42	CATRIONA	HOPTON	
235	28.56	41	STUART	HOPTON	
236	28.58	5	KAREN	THOMAS	
237	29.00	153	SARAH	MURPHY	
238	29.00	288	GILLIAN	MURPHY	Les Croupiers
239	29.00	329	SAM	SAYCE	
240	29.06	328	MARTYN	SAYCE	
241	29.35	321	ALEXANDER	AVILES	
242	29.40	292	GERARD	PITT	

Welsh 5k Road Race Championships 2008

243	29.44	96	JENNIFER	DALE	
244	29.50	23	KATE	LEWIS	
245	29.54	57	KATHRYN	LEWIS	
246	29.57	209	ALISON	BIBB	
247	30.05	60	ROS	KILLICK	
248	30.05	70	KEITH	EDWARDS	
249	30.08	229	FFION	MULLANE	
250	30.18	156	JOANNE	FITTON	WOMENS RUNNING NETWORK
251	30.18	162	THOMAS	FITTON	
252	30.21	326	TAYLOR	GLENN	
253	30.37	185	RAY	RIVETT	
254	30.42	63	MEGAN	ADDY	
255	30.42	64	CHARLOTTE	FIRTH	
256	31.01	301	ANHONY	JONES	
257	31.01	394	SAM	JALIFFE	
258	31.01	388	GEORGIA	TAMLYN JONES	
259	31.09	110	HOLLY	CORBETT	
260	31.10	173	AMY	STRANGE	
261	31.14	116	JENNA	PROUT	
262	31.18	186	SIAN	JONES	Cardiff A A C
263	31.21	300	SARAH	EVANS	
264	31.25	61	ROB	COOPER	NONE
265	31.28	114	RHIAN	PARRY	
266	31.30	267	NICOLA	CLAYTON	
267	31.30	287	ZOE	HILL	
268	31.30	77	DAVID	HEALD	
269	31.32	22	ANGELA	ROWLANDSON	
270	31.32	29	BERNADETTE	LESSIMORE	
271	31.39	85	JO	PARRY	
272	31.39	83	SIMON	PARRY	NONE
273	31.46	158	JULIE	HOCKING	
274	31.46	159	LIAM	PERROTT	
275	31.56	385	KAMARA	BRISTOW	
276	31.56	392	ALEX	BITSINAKIS	
277	31.56	396	ALAN	PEET	
278	31.56	386	LEAH	HUSTON	
279	32.10	142	RICHARD	BOON	
280	32.15	113	CLAIRE	LLOYD	
281	32.18	122	RACHEL	LAKE	BMF
282	32.20	32	REBECCA	SCREEN	
283	32.25	130	RON	HARRIS	LLISWERRY
284	32.41	200	EMILY	LUKER	
285	32.51	395	REBECCA	REYNOLDS	
286	33.00	397	MEGAN	WHITE	
287	33.05	33	MEIRION	JOHN	
288	33.09	273	CHERYL	SMILES	BRACKLER HARRIERS
289	33.31	275	SARAH	SMILES	
290	33.31	276	SHIRLEY	ROSE	BRACKLER HARRIERS
291	33.34	303	ELIZABETH	BARTON	
292	33.35	175	CONNYP	CARNUTH	
293	33.38	138	SIAN	MILE	
294	33.38	137	KELLY	HOWARD	
295	34.01	40	SHAN	MURPHY	
296	34.47	393	KATIE	PARRY	
297	34.54	45	BETH	MURPHY	
298	34.54	8	RICHARD	FLETCHER	
299	35.00	387	KATHERINE	LEWIS	
300	35.30	298	ELINOR	HOOPER	
301	36.11	294	BRIAN	HOOPER	
302	36.12	6	MELANIE	BARBER	
303	36.10	65	CERYS	TART	
304	36.51	304	STUART	SMITH	
305	36.53	274	ANGELA	WOOLS	