

**Reverse 10****Reverse 10**

Sunday 31 August 2014. 10:00 am

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:56:17	BODMAN, Daniel	Aberdare AC	Senior Men	05:37.6	2432	1
2	0:56:50	JENNING, Mark	Fairwater Runners	V40 Men	05:40.9	2963	2
3	0:59:23	SEARS, Ben	Pontypridd Roadents	Senior Men	05:56.2	2992	3
4	0:59:57	THOMAS, Stephen	Aberdare AC	V40 Men	05:59.6	2345	4
5	1:00:11	FOSTER, Tom	Unaffiliated	Senior Men	06:01.0	2461	5
6	1:00:16	DURY, Michael	Islwyn Runners	Senior Men	06:01.5	2994	6
7	1:00:30	BROWN, Gary	Penarth & Dinas	Senior Men	06:02.9	2321	7
8	1:01:08	DUKES, Nick	Les Croupiers	Senior Men	06:06.7	2394	8
9	1:01:32	BULL, Adam	Aberdare AC	Under23 Men	06:09.1	2387	9
10	1:02:07	BAKER, Andrew	Pontypridd Roadents	V40 Men	06:12.6	2332	10
11	1:03:15	BUAIR, Andrew	Les Croupiers	V50 Men	06:19.4	2414	11
12	1:03:27	BRISTOW, Phil	San Domenico	V50 Men	06:20.6	2374	12
13	1:04:22	CORKRUM, Charlie	TROT	Senior Men	06:26.1	2392	13
14	1:04:44	MCMEEKING, Ross	Unaffiliated	Senior Men	06:28.3	2416	14
15	1:04:52	DAVIES, Robert	Islwyn Runners	V40 Men	06:29.1	2417	15
16	1:05:49	BAGGULEY, Simon	Unaffiliated	Senior Men	06:34.8	2991	16
17	1:06:03	CULLINANE, Anthony	Unaffiliated	V40 Men	06:36.2	2434	17
18	1:06:11	HARTNELL, Haydn	Islwyn Runners	V50 Men	06:37.0	2418	18
19	1:06:13	JUKES, Daman	Parc Bryn Bach	V40 Men	06:37.2	2430	19
20	1:06:50	WILLIAMS, Geriant	Aberdare AC	V40 Men	06:40.9	2420	20
21	1:07:05	BUTLER-MADDEN, Ben	Penarth & Dinas	Senior Men	06:42.4	2397	21
22	1:07:17	SANSOM, Glyn	San Domenico	V50 Men	06:43.6	2365	22
23	1:07:27	GETHING, Nicola	Parc Bryn Bach	V35 Ladies	06:44.6	2431	23
24	1:07:34	LAM, Jonny	San Domenico	V40 Men	06:45.3	2965	24
25	1:07:42	RAY, Richard	Unaffiliated	Senior Men	06:46.1	2350	25
26	1:07:55	EVANS, Robert	Ebbw Vale	V50 Men	06:47.4	2377	26
27	1:08:59	SANTOS, Cerri Anne	Swansea Harriers	Under 23 Ladies	06:53.8	2412	27
28	1:09:06	THOMPSON, Keith	Rhondda Valley Runners	V50 Men	06:54.5	2427	28
29	1:09:16	JACKSON-HOOKINS, Richard	Penarth & Dinas	Senior Men	06:55.5	2322	29
30	1:09:19	JASPER, Paul	Rhondda Valley Runners	V40 Men	06:55.8	2997	30
31	1:09:22	JONES, Bledwyn	Liswerry Runners	Senior Men	06:56.1	2995	31
32	1:09:27	O'BRIEN, Terry	Unaffiliated	V50 Men	06:56.6	2969	32
33	1:09:45	WILSON, Robert	Penarth & Dinas	V40 Men	06:58.4	2405	33
34	1:10:08	WILLIAMS, Gavin	Unaffiliated	Senior Men	07:00.7	2361	34
35	1:10:09	HUGHES, Philip	San Domenico	Senior Men	07:00.8	2454	35
36	1:10:20	JAMES, Keith	Islwyn Runners	V40 Men	07:01.9	2324	36
37	1:10:22	MORGAN, Niki	Chepstow Harriers	V45 Ladies	07:02.1	2456	37
38	1:10:28	BAIRD-MURRAY, Knill	Penarth & Dinas	V50 Men	07:02.7	2342	38
39	1:10:40	GREENHOUSE, Ray	Ebbw Vale	V40 Men	07:03.9	2379	39
40	1:10:43	HARRIS, Nicholas	CwmOgwr Runners	Senior Men	07:04.2	2966	40
41	1:10:57	WILLIAMS, Ian	Ebbw Vale	V50 Men	07:05.6	2381	41
42	1:11:04	WISE, Glyn	Cardiff Uni	Senior Men	07:06.3	2977	42
43	1:11:17	HADDOCK, Sean	Unaffiliated	Senior Men	07:07.6	2419	43
44	1:11:24	ADAMS, Phil	Neath Harriers	V50 Men	07:08.3	2388	44
45	1:11:55	HALL, Brian	Unaffiliated	V40 Men	07:11.4	2982	45
46	1:13:07	VYNER, Graham	Run4 All Neath	V40 Men	07:18.6	2428	46
47	1:13:11	SHIELDS, Dominic	San Domenico	V40 Men	07:19.0	2459	47
48	1:13:54	LEWIS, Chris	Bristol & West AC	V40 Men	07:23.3	2410	48
49	1:14:24	HARRIES, Ken	Unaffiliated	V40 Men	07:26.3	2400	49
50	1:14:49	THOMAS, Rhys	Griffithstown Harriers	Senior Men	07:28.8	2462	50
51	1:14:56	MACK, Graham	Merthyr RC	V50 Men	07:29.5	2468	51
52	1:15:14	DONOVAN, Paul	Pont-Y-Pwl & Disrict	V40 Men	07:31.3	2368	52

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
53	1:15:23	LAGOMARSINO, Emily	Cardiff Uni	Under 23 Ladies	07:32.2	2455	53
54	1:15:33	SEAL, Christopher	Penarth & Dinas	Senior Men	07:33.2	2356	54
55	1:15:46	HARDMAN, Gina	Bridgend	V35 Ladies	07:34.5	2333	55
56	1:15:53	HUNT, Louise	Penarth & Dinas	Senior Ladies	07:35.2	2348	56
57	1:15:55	PORTELLI, Jonathan	Unaffiliated	Senior Men	07:35.4	2399	57
58	1:16:00	LANGLEY, Keith	Pont-Y-Pwl & Disrict	V50 Men	07:35.9	2386	58
59	1:16:25	TAYLOR, Adrian	Merthyr RC	V50 Men	07:38.4	2976	59
60	1:16:31	WATERS, David	Islwyn Runners	V40 Men	07:39.0	2424	60
61	1:16:51	FLYE, Geriant	Unaffiliated	Senior Men	07:41.0	2985	61
62	1:16:53	CLEARY, Lisa	Penarth & Dinas	V45 Ladies	07:41.2	2971	62
63	1:16:59	GOUVEIA, Marcia	San Domenico	Senior Ladies	07:41.8	2983	63
64	1:17:13	THOMAS, Michael	Unaffiliated	V50 Men	07:43.2	2967	64
65	1:17:26	DENTON, Clive	Rhondda Valley Runners	V40 Men	07:44.5	2467	65
66	1:18:13	WATSON, James	Unaffiliated	Senior Men	07:49.2	2446	66
67	1:18:27	MOFFETT, Brian	Parc Bryn Bach	V60 Men	07:50.6	2375	67
68	1:18:28	RICHARDS, Janet	Liswerry Runners	V45 Ladies	07:50.7	2964	68
69	1:18:34	KETTLEY, Andrew	Rhondda Valley Runners	Senior Men	07:51.3	2352	69
70	1:18:39	GOODFIELD, Wayne	Unaffiliated	V40 Men	07:51.8	2444	70
71	1:18:43	WADE, Steph	Pontypridd Roadents	V45 Ladies	07:52.2	2998	71
72	1:18:48	YOUNG, Nick	Unaffiliated	Senior Men	07:52.7	2433	72
73	1:19:00	FORSTER, Abby	Unaffiliated	Senior Ladies	07:53.9	2363	73
74	1:19:05	STOKES, Elizabeth	Griffithstown Harriers	V35 Ladies	07:54.4	2413	74
75	1:19:24	FISHER, Stephen	Unaffiliated	V50 Men	07:56.3	2335	75
76	1:19:27	WILLIAMS, Tracie	Liswerry Runners	V35 Ladies	07:56.6	2366	76
77	1:19:33	CORBETT, Adrian	Outdoor Fitness RC	V50 Men	07:57.2	2316	77
78	1:19:53	ATTWOOD, Howard	Liswerry Runners	V60 Men	07:59.2	2357	78
79	1:20:17	BRADFIELD, Kevin	Unaffiliated	V40 Men	08:01.6	2411	79
80	1:20:27	EVANS, Louise	Ebbw Vale	V45 Ladies	08:02.6	2376	80
81	1:20:30	PALMER, Andrew	Penarth & Dinas	V40 Men	08:02.9	2970	81
82	1:20:34	DIXON, Jason	Islwyn Runners	V40 Men	08:03.3	2452	82
83	1:20:41	WALL, Kelly	Islwyn Runners	Senior Men	08:04.0	2451	83
84	1:21:06	JONES, Jeff	Rhondda Tri	V50 Men	08:06.5	2403	84
85	1:21:06	ROSS, Justin	Unaffiliated	Senior Men	08:06.5	2421	85
86	1:21:18	DANIELS, Peta	Liswerry Runners	V45 Ladies	08:07.7	2465	86
87	1:21:21	GATES, David	Liswerry Runners	V50 Men	08:08.0	2408	87
88	1:21:44	PILLINER, Neil	Unaffiliated	V40 Men	08:10.3	2445	88
89	1:21:45	SION, Rachel	Hendre Lake RC	Senior Ladies	08:10.4	2464	89
90	1:21:47	LEVER, James	Unaffiliated	Senior Men	08:10.6	2450	90
91	1:21:48	HOLLOWAY, Victoria	San Domenico	V35 Ladies	08:10.7	2346	91
92	1:21:54	ELLINGHAM, Ray	Liswerry Runners	V50 Men	08:11.3	2441	92
93	1:21:58	FITZGERALD, Neil	Pontypridd Roadents	V40 Men	08:11.7	2372	93
94	1:22:26	MORGAN, Lee	Unaffiliated	V40 Men	08:14.5	2398	94
95	1:22:43	WATSON, Hannah	Unaffiliated	Senior Ladies	08:16.2	2447	95
96	1:22:47	HARRIS, Noel	Unaffiliated	V40 Men	08:16.6	2325	96
97	1:22:54	BRADLEY, Malcolm	Penarth & Dinas	V60 Men	08:17.3	2347	97
98	1:23:04	SHAH, Joanne	Women Running Penarth	V45 Ladies	08:18.3	2437	98
99	1:23:14	CREW, Richard	Parc Bryn Bach	Senior Men	08:19.3	2371	99
100	1:23:36	COLLINS, Kelly	Parc Bryn Bach	Senior Ladies	08:21.5	2989	100
101	1:23:46	WARD, Louise	Unaffiliated	Senior Ladies	08:22.5	2974	101
102	1:23:57	WINSTONE, Nadine	Aberdare AC	V35 Ladies	08:23.6	2973	102
103	1:24:30	COLINS, Katherine	Parc Bryn Bach	Senior Ladies	08:26.9	2987	103
104	1:24:34	DAVIES, Jamie	Islwyn Runners	Senior Men	08:27.3	2422	104
105	1:24:48	PROSSER, Colin	Chepstow Harriers	V50 Men	08:28.7	2968	105
106	1:25:02	RAKEI, Sheryl	Pontypridd Roadents	V35 Ladies	08:30.1	2972	106
107	1:25:30	SEARS, Debbie	Unaffiliated	V55 Ladies	08:32.9	2993	107
108	1:25:34	WARBURTON, Beverly	Unaffiliated	V45 Ladies	08:33.3	2312	108

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
109	1:25:43	WAKELEY, Mark	Unaffiliated	V40 Men	08:34.2	2385	109
110	1:25:57	CARIEN, David	Unaffiliated	V50 Men	08:35.6	2391	110
111	1:26:17	DENNIS, Heather	Penarth & Dinas	V35 Ladies	08:37.6	2406	111
112	1:26:23	WILLS, Ian	Unaffiliated	V40 Men	08:38.2	2353	112
113	1:26:43	KEMPTON, David	Unaffiliated	V50 Men	08:40.2	2313	113
114	1:26:53	JAMES, Barry	Porthcawl	V60 Men	08:41.2	2364	114
115	1:26:59	THOMAS, Lyndon	Rhondda Valley Runners	V40 Men	08:41.8	2999	115
116	1:27:18	HARRIS, Paul	Unaffiliated	Senior Men	08:43.7	2384	116
117	1:27:25	JOHNSTON, Phil	Unaffiliated	V40 Men	08:44.4	2341	117
118	1:27:29	EVANS, Lyn	Penarth & Dinas	V50 Men	08:44.8	2327	118
119	1:27:42	SANDERSON, John	3M Gorseinon Road Runners	V50 Men	08:46.1	2984	119
120	1:27:49	BROOKE-SMITH, Sara	Pontypridd Roadents	V35 Ladies	08:46.8	2439	120
121	1:28:02	TIMMS, Raven	Liswerry Runners	V35 Ladies	08:48.1	2378	121
122	1:28:04	BARRINGTON, Gareth	Liswerry Runners	Senior Men	08:48.3	2373	122
123	1:28:17	HILL, Steve	Penarth & Dinas	V50 Men	08:49.6	2319	123
124	1:28:48	HUNT, Lindsey	Penarth & Dinas	Senior Ladies	08:52.7	2323	124
125	1:29:35	WILLIAMS, Helen	Fairwater Runners	V35 Ladies	08:57.4	2318	125
126	1:29:51	THOMAS, Heidi Louise	Unaffiliated	Senior Ladies	08:59.0	2990	126
127	1:30:02	DAVIES, Paul	Unaffiliated	Senior Men	09:00.1	2986	127
128	1:30:05	DIXON, Colin	Unaffiliated	V60 Men	09:00.4	2453	128
129	1:30:15	SION, Dafydd	Unaffiliated	Senior Men	09:01.4	2463	129
130	1:30:19	OLIVER, Kenneth	Islwyn Runners	V50 Men	09:01.8	2317	130
131	1:30:24	LEWIS, Brian	Unaffiliated	V50 Men	09:02.3	2390	131
132	1:30:34	LEWIS, Rachel	Parc Bryn Bach	V35 Ladies	09:03.3	2979	132
133	1:30:36	ROBERTS, Carl	Pont-Y-Pwl & Disrict	Senior Men	09:03.5	2370	133
134	1:30:55	HUGHES, Dafydd	Trwn	V40 Men	09:05.4	2402	134
135	1:30:57	BATEMAN, Lisa	Liswerry Runners	V45 Ladies	09:05.6	2389	135
136	1:31:05	ANDERSON, Robert	Liswerry Runners	V70 Men	09:06.4	2351	136
137	1:31:12	WILLIAMS, Helen	Islwyn Runners	Senior Ladies	09:07.1	2996	137
138	1:31:16	DAVIES, Aidan	Islwyn Runners	Under23 Men	09:07.5	2393	138
139	1:31:22	JONES, Rob	Unaffiliated	Senior Men	09:08.1	2396	139
140	1:31:29	GABRIELSEN, Emily Jane	Unaffiliated	Senior Ladies	09:08.8	2466	140
141	1:31:37	WILLIAMS, Yvonne	Penarth & Dinas	V55 Ladies	09:09.6	2360	141
142	1:31:39	MIRANDA, Tania	Women Running Penarth	V35 Ladies	09:09.8	2438	142
143	1:31:43	DAVIES, Rhian	Unaffiliated	V35 Ladies	09:10.2	2448	143
144	1:31:57	MURRAY LINES, Delyth	Unaffiliated	V35 Ladies	09:11.6	2328	144
145	1:32:33	GRIFFITHS, June	Unaffiliated	V35 Ladies	09:15.2	2449	145
146	1:32:45	CHAPPLE, Laura	Run4 All Neath	Senior Ladies	09:16.4	2425	146
147	1:33:24	HOEY, Michelle	Penarth & Dinas	V35 Ladies	09:20.3	2320	147
148	1:33:44	GRIFFITHS-WARNER, Darren	Unaffiliated	V40 Men	09:22.3	2380	148
149	1:33:56	JAYNE, Michelle	Parc Bryn Bach	V35 Ladies	09:23.4	2988	149
150	1:34:07	JERVIS, Kath	Parc Bryn Bach	V55 Ladies	09:24.5	2382	150
151	1:34:10	PRITCHARD, Michael	Unaffiliated	V50 Men	09:24.8	2395	151
152	1:35:16	RAYNER, Danielle	Penarth & Dinas	Senior Ladies	09:31.4	2354	152
153	1:35:17	DAVIES, Josh	Penarth & Dinas	Senior Men	09:31.5	2355	153
154	1:35:18	POPE, Sarah	Women Running Penarth	V45 Ladies	09:31.6	2440	154
155	1:35:21	JEMMENTT, Bryonie	Unaffiliated	V35 Ladies	09:31.9	2429	155
156	1:35:53	DONOVAN, Nadine	Pont-Y-Pwl & Disrict	V35 Ladies	09:35.1	2369	156
157	1:36:01	WILLIAMS, Sarah	Unaffiliated	V35 Ladies	09:35.9	2981	157
158	1:36:41	DOBBS, Glen	Unaffiliated	V40 Men	09:39.9	2975	158
159	1:36:51	WILLIAMS, James	Bryn Bach Park RC	Senior Men	09:40.9	2334	159
160	1:37:55	WARLOW, Karen	Women Running Penarth	V45 Ladies	09:47.3	2338	160
161	1:38:17	WHITE, Gareth	Pont-Y-Pwl & Disrict	Senior Men	09:49.5	2383	161
162	1:38:25	EVANS, Lynne	Women Running Penarth	V45 Ladies	09:50.3	2362	162
163	1:38:58	GATES, Cara	Liswerry Runners	V45 Ladies	09:53.6	2407	163
164	1:40:41	FORSEY, Yvonne	Lliswerry Runners	V55 Ladies	10:03.9	2358	164

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
165	1:40:51	LLEWELLYN, Michael	Les Croupiers	V40 Men	10:04.9	2980	165
166	1:41:00	LEWIS, Tony	Unaffiliated	V40 Men	10:05.8	2978	166
167	1:41:19	DAVIES, Joanna	Unaffiliated	Senior Ladies	10:07.7	2460	167
168	1:41:19	GRIFFITHS, Hannah	Unaffiliated	Under 23 Ladies	10:07.7	2436	168
169	1:42:02	LLEWELLYN, Catheline	Merthyr RC	V45 Ladies	10:12.0	2435	169
170	1:42:23	SMITH, Allan	3M Gorseinon Road Runners	V70 Men	10:14.1	2349	170
171	1:43:41	WHITE, Kate	Unaffiliated	V35 Ladies	10:21.9	2340	171
172	1:44:16	ROSSER, Glenn	Unaffiliated	Senior Men	10:25.4	2336	172
173	1:44:28	MARAGNA, Judy	Penarth & Dinas	V55 Ladies	10:26.6	2359	173
174	1:44:52	CASS, Justine	Penarth & Dinas	V35 Ladies	10:29.0	2344	174
175	1:45:41	WILLIAMS, Lynda	Unaffiliated	V45 Ladies	10:33.9	2326	175
176	1:46:05	JONES, Julie	Run4 All Neath	Senior Ladies	10:36.3	2426	176
177	1:46:12	MORRIS, Tina	Trwn	V35 Ladies	10:37.0	2401	177
178	1:46:22	REYNOLDS, Dilwyn	Unaffiliated	V70 Men	10:38.0	2415	178
179	1:48:27	PERRY, Carrie	Robertown Runners	V35 Ladies	10:50.5	2457	179
180	1:48:31	HICKS, Glyn	Islwyn Runners	V60 Men	10:50.9	2458	180
181	1:49:21	DURKEE, Lee	Pont-Y-Pwl & Disrict	Senior Men	10:55.9	2367	181
182	1:49:33	POWELL, Ruth	Islwyn Runners	Senior Ladies	10:57.1	2443	182
183	1:50:59	SADDLER, Louise	Islwyn Runners	V35 Ladies	11:05.7	2442	183
184	2:01:40	HAIGH, Julie Ann	Unaffiliated	V55 Ladies	12:09.8	2423	184
185	2:08:32	JONES, Stephanie	Unaffiliated	V35 Ladies	12:51.0	2409	185

There were 185 finishers in the All Competitors category.