

Porthkerry 5

Finisher List Porthkerry 5

TotalRank	Bib	Name	YoB	Sex	AG	Club	Time
Porthkerry 5							
1.	64	Ciaran Lewis	1997	m	Senior Men	Cardiff AAC	0:28:59.0
2.	74	Oliver Williams	1986	m	Senior Men	Les Croupiers	0:30:06.3
3.	142	Henry Wright	1978	m	Senior Men	White Rock Runners	0:30:20.0
4.	70	Matthew Hurford	1972	m	Masters M40	Les Croupiers	0:30:42.0
5.	105	Scott Browne	1976	m	Senior Men	Barry and Vale Harriers	0:30:43.6
6.	200	Paul Speyer	1974	m	Masters M40		0:31:54.6
7.	201	Alex Donald	1980	m	Senior Men		0:32:01.7
8.	47	Rob Sheen	1961	m	Masters M50	Leicester Coritanian AC	0:32:05.8
9.	50	Ake Fagereng	1982	m	Senior Men	Les Croupiers	0:32:31.8
10.	134	Sam Ryall	1974	m	Masters M40	Pontypridd Roadents AC	0:32:46.2
11.	103	Andy Wilton	1977	m	Senior Men	San Domenico RC	0:32:58.0
12.	160	Jake Brooke-Smith	2000	m	Senior Men	Aberdare AC	0:33:27.0
13.	190	Martin Williams	1964	m	Masters M50		0:33:31.1
14.	155	Morris Attard	1975	m	Senior Men	Outdoor Fitness	0:33:42.7
15.	88	Clara Evans	1993	w	Senior Ladies	Pontypridd Roadents AC	0:33:58.1
16.	77	Laurence Pole	1974	m	Masters M40	Pontypridd Roadents AC	0:33:59.9
17.	86	Ian Ogilvie	1966	m	Masters M40	Brackla Harriers	0:34:23.4
18.	24	Richard Self	1965	m	Masters M40	Les Croupiers	0:34:27.1
19.	114	Darren Hutchings	1976	m	Senior Men	Merthyr Running Club	0:34:28.5
20.	37	Matt Hopkins	1981	m	Senior Men	Les Croupiers	0:34:29.2
21.	187	Geraint Williams	1972	m	Masters M40		0:34:40.4
22.	38	Sharon Leech	1970	w	Masters W45	Carmarthen Harriers	0:34:42.3
23.	9	Glyn Sansom	1962	m	Masters M50	San Domenico RC	0:34:46.0
24.	125	Brian Dias	1984	m	Senior Men	les croupiers	0:34:46.6
25.	52	Chris Handley	1972	m	Masters M40	Merthyr Running Club	0:34:53.5
26.	55	Michael Murphy	1953	m	Masters M60	Les Croupiers	0:35:12.9
27.	7	Howard Owen	1980	m	Senior Men	Les Croupiers	0:35:24.7
28.	27	Gareth Hardman	1964	m	Masters M50	Bridgend Athletic Club	0:35:34.5
29.	129	Sam Curwen	1998	m	Senior Men	Cardiff	0:35:38.4
30.	162	Matt Downton	1974	m	Masters M40		0:35:41.1
31.	3	Marcus Meyrick	1970	m	Masters M40	Les Croupiers	0:36:00.3
32.	84	Mark Richmond	1972	m	Masters M40	San Domenico RC	0:36:07.4
33.	132	David Goodall	1953	m	Masters M60	White Rock Runners	0:36:24.0
34.	5	Jeffrey Cox	1962	m	Masters M50	Les Croupiers	0:36:38.6
35.	89	Paul Graham	1992	m	Senior Men	Pontypridd Roadents AC	0:36:43.5
36.	143	Hywel Morgan	1988	m	Senior Men	Pontypridd Roadents AC	0:36:54.3
37.	20	Liz Davies	1982	w	Senior Ladies	cardiff	0:37:02.2
38.	45	Jamie Clode	1982	m	Senior Men	Bridgend AC	0:37:04.6
39.	186	Mark Wheeler	1977	m	Senior Men		0:37:06.5
40.	179	Mike Davies	1959	m	Masters M50	Caerleon Running Club	0:37:17.7
41.	62	Jon Foster	1974	m	Masters M40		0:37:23.0
42.	145	Terry O'brien	1957	m	Masters M50		0:37:29.4
43.	46	Clive Osmond	1960	m	Masters M50	Les Croupiers	0:37:47.6
44.	158	Steven Julier	1970	m	Masters M40	Aberdare AC	0:37:47.8
45.	35	Steve Hurn	1965	m	Masters M50	Stroud AC	0:37:48.0
46.	151	Alicia-Jayne Thorbjorn	1990	w	Senior Ladies	Cardiff JIF	0:37:56.5
47.	166	Dan Lloyd	1975	m	Masters M40	Nike+ Run Club Cardiff	0:38:07.2
48.	163	Jamie Lewis	1982	m	Senior Men	Cardiff Archers	0:38:08.8
49.	137	Charlotte Johns	1966	w	Masters W45	Brackla Harriers	0:38:16.7
50.	80	John Seaward	1985	m	Senior Men	San Domenico RC	0:38:24.2

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51.	165	Tony Mackay	1964	m	Masters M50	Pegasus RC	0:38:44.6
52.	110	John Parsons	1975	m	Senior Men		0:38:47.5
53.	16	Julie Scholey	1959	w	Masters W55	les croupiers	0:38:47.7
54.	181	Gareth Jenkins	1984	m	Senior Men	Cwm Ogwr	0:38:49.2
55.	154	Stuart Keeping	1962	m	Masters M50		0:38:59.0
56.	63	Paul Chapman	1969	m	Masters M40	Les Croupiers	0:39:01.3
57.	71	Richard Beech	1960	m	Masters M50	brackla harriers	0:39:08.6
58.	123	Dafydd Lewis	1974	m	Masters M40		0:39:09.2
59.	21	John Ross	1967	m	Masters M40	San Domenico RC	0:39:14.3
60.	126	Barry Phillips	1980	m	Senior Men		0:39:26.6
61.	169	Kellinu Portelli	1965	m	Masters M40	Les Croupiers	0:39:39.3
62.	176	Judith Oakley	1964	w	Masters W45	Vegan Runners UK	0:39:51.5
63.	97	Áine Kenny	1981	w	Senior Ladies	Les Croupiers	0:39:57.1
64.	173	Tim O'sullivan	1958	m	Masters M50	Les Croupiers	0:40:14.0
65.	8	Michael Elliston	1971	m	Masters M40	Les Croupiers	0:40:29.8
66.	101	Dominic Lee	1971	m	Masters M40	Rhoose Lifeguards	0:40:41.7
67.	108	Alison Scrivens	1968	w	Masters W45	Caerleon	0:40:50.8
68.	92	Jamie Downton	1972	m	Masters M40		0:40:56.3
69.	34	Greg Clements	1971	m	Masters M40	Stroud AC	0:41:15.0
70.	196	Bob Ford	1953	m	Masters M60		0:41:23.0
71.	189	Firouz Mal	1957	m	Masters M50		0:41:23.4
72.	115	Nicola Haines Jones	1965	w	Masters W45	Lliswerry	0:41:28.4
73.	135	Alexandra Wade	1991	w	Senior Ladies	Nike+ Run Club Cardiff	0:41:30.8
74.	131	Matthew Lane	1981	m	Senior Men		0:41:32.0
75.	75	Ian Wile	1962	m	Masters M50	Brackla Harriers	0:41:33.0
76.	193	Mark Christopher Evans	1963	m	Masters M50		0:41:54.3
77.	121	Stewart Harding	1985	m	Senior Men	Nike+ Run Club Cardiff	0:41:55.2
78.	2	Ian Thorne	1967	m	Masters M40		0:41:58.8
79.	188	Gwyn Jones	1964	m	Masters M50		0:42:09.4
80.	58	David Phillips	1971	m	Masters M40	None	0:42:10.2
81.	184	John Martin	1959	m	Masters M50		0:42:12.0
82.	199	Cathy Wallwork	1963	w	Masters W45		0:42:19.3
83.	33	Dave Hebbes	1949	m	Masters M60		0:42:22.5
84.	72	Liz Beech	1960	w	Masters W55	brackla harriers	0:42:24.6
85.	180	Mike James	1962	m	Masters M50		0:42:26.0
86.	76	Sai Gopal	1968	m	Masters M40	Les Croupiers	0:42:30.3
87.	194	Libby Lavis	1957	w	Masters W55		0:42:33.6
88.	182	Andrew Bishop	1961	m	Masters M50		0:42:34.7
89.	87	Jane Ogilvie	1964	w	Masters W45	Brackla Harriers	0:42:36.4
90.	150	Stephen Wood	1977	m	Senior Men	Pegasus RC	0:42:41.9
91.	117	Rachael Newport	1990	w	Senior Ladies	Cardiff AAC	0:42:47.6
92.	146	David Mcdonald	1968	m	Masters M40	Les Croupiers	0:42:50.2
93.	17	Rebecca Emmerson	1981	w	Senior Ladies		0:42:51.7
94.	164	Nicola Howls	1980	w	Senior Ladies	Islwyn RC	0:42:55.2
95.	102	John Payne	1965	m	Masters M40	les croupiers	0:42:58.7
96.	159	Sara Brooke-Smith	1971	w	Masters W35	Pontypridd Roadents AC	0:42:59.5
97.	198	Georgina Dando	1978	w	Masters W35		0:43:04.8
98.	133	Vanessa Turnbull	1966	w	Masters W45		0:43:16.6
99.	19	Mathew Lloyd-Jones	1975	m	Masters M40	none	0:43:20.1
100.	128	Peter Hvard	1948	m	Masters M60		0:43:24.3
101.	156	Elaine Wharmby	1963	w	Masters W45	Pegasus RC	0:43:29.5
102.	66	Amanda Thomas	1970	w	Masters W45		0:43:51.3

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103.	148	Adam Farr	1981	m	Senior Men		0:43:56.9
104.	48	Mary Beech	1963	w	Masters W45	Brackla Harriers	0:43:58.2
105.	111	Dave Shields	1968	m	Masters M40	white rock runners	0:44:05.2
106.	11	Cheryl Morgan	1970	w	Masters W35		0:44:06.1
107.	30	Edward John	1976	m	Senior Men		0:44:10.1
108.	175	Chris Pratt	1970	m	Masters M40	Cwm Ogwr Running Club	0:44:34.3
109.	202	Nn 202		m			0:44:34.6
110.	118	Nicola Sinclair	1977	w	Masters W35	Lliswerry Runners	0:44:37.9
111.	61	Graeme Donnan	1953	m	Masters M60	Les Croupiers	0:44:43.6
112.	185	Jamie Phillips	1984	m	Senior Men		0:44:54.3
113.	136	Paul Reilly	1981	m	Senior Men		0:44:57.0
114.	10	Angela Lewis	1977	w	Masters W35	Pontypridd Roadents AC	0:45:07.6
115.	197	Craig Ryan	1963	m	Masters M50		0:45:13.1
116.	4	Simon Parker	1967	m	Masters M40	Rhose Lifeguards	0:45:15.8
117.	191	Ian Stratton	1967	m	Masters M40		0:45:16.2
118.	26	Julie Broughton	1966	w	Masters W45	Les Croupiers	0:45:18.6
119.	90	Simon Bowen	1980	m	Senior Men		0:45:24.5
120.	81	Ian Skilling	1963	m	Masters M50		0:45:26.9
121.	40	Luke Heslop	1976	m	Senior Men	Les Croupiers	0:45:29.9
122.	1	Simon Davies	1979	m	Senior Men	White Rock Runners	0:45:30.0
123.	43	Roxanne Welham	1985	w	Senior Ladies		0:45:50.0
124.	73	Philip Smith	1955	m	Masters M60	brackla harriers	0:45:56.4
125.	65	Fiona Drysdale	1970	w	Masters W45		0:45:58.1
126.	28	Bernadette Wilkinson	1964	w	Masters W45	San Domenico RC	0:46:04.4
127.	168	Eirian Arwyn	1953	w	Masters W55	Les Croupiers	0:46:15.9
128.	95	Shelagh Adkins	1947	w	Masters W55	Caerleon RC	0:46:29.2
129.	99	Karen Chadwell	1969	w	Masters W45	Les Croupiers	0:46:41.1
130.	79	Howard Jones	1956	m	Masters M50	Brackla Harriers	0:46:50.4
131.	177	Michael Oakley	1972	m	Masters M40	Vegan Runners UK	0:46:51.6
132.	167	Delyth Murray Lines	1976	w	Masters W35		0:47:03.7
133.	56	Gillian Murphy	1953	w	Masters W55	Les Croupiers	0:47:17.2
134.	153	Dean Bishop	1975	m	Senior Men	Nike+ Run Club Cardiff	0:47:20.3
135.	44	Sarah Pope	1963	w	Masters W45	Women Running Penarth	0:47:36.9
136.	22	Bea Lovegrove	1977	w	Masters W35	Pontypridd Roadents AC	0:47:48.7
137.	183	Nicole Brunt	1993	w	Senior Ladies		0:47:49.3
138.	195	Michael Thomas Powell	1946	m	Masters M60		0:48:02.9
139.	29	Andrew Paul	1953	m	Masters M60		0:48:19.4
140.	78	Tim Webb	1949	m	Masters M60	Pegasus RC	0:48:39.9
141.	144	Emily Baggs	1983	w	Senior Ladies	White Rock Runners	0:49:06.1
142.	83	Helen Jenkins	1986	w	Senior Ladies		0:49:06.7
143.	127	Marc Griffiths	1985	m	Senior Men		0:49:21.1
144.	124	Steve Ryan	1974	m	Masters M40	Nike+ Run Club Cardiff	0:49:23.6
145.	152	Kristian Sinclair	1978	m	Senior Men		0:49:23.8
146.	68	Tony Burt	1942	m	Masters M60	brackla harriers	0:49:29.6
147.	23	Dirk Schmaljohann	1968	m	Masters M40	Les Croupiers	0:49:52.2
148.	85	Ryan Price	1988	m	Senior Men		0:49:57.8
149.	178	Aled Evans	1972	m	Masters M40		0:50:00.8
150.	36	Helen Hurn	1967	w	Masters W45	Stroud AC	0:50:37.9
151.	122	Dionne Way	1989	w	Senior Ladies	Outdoor Fitness	0:51:12.0
152.	69	Amanda Thompson	1960	w	Masters W55	Les Croupiers	0:51:23.1
153.	32	Anne Wesson	1971	w	Masters W35		0:51:30.9
154.	94	James Howell	1972	m	Masters M40		0:51:40.3

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155.	31	Paul Wesson	1967	m	Masters M40	Les Croupiers	0:52:11.9
156.	141	Suzie Collins	1997	w	Senior Ladies		0:52:44.7
157.	140	Viv Collins	1969	w	Masters W45		0:52:45.2
158.	130	Helen Dawson	1977	w	Masters W35	Nike+ Run Club Cardiff	0:52:57.8
159.	67	Rhian Llewellyn	1967	w	Masters W45	Les Croupiers	0:53:07.2
160.	106	Clare Hingott	1975	w	Masters W35		0:53:27.7
161.	42	Allan Smith	1933	m	Masters M60	3ms gorseinon r r	0:53:54.7
162.	57	Sarah Murphy	1983	w	Senior Ladies		0:54:06.6
163.	174	Allan Price	1967	m	Masters M40		0:55:02.4
164.	112	Julie Gibson	1965	w	Masters W45	Lliswerry Runners	0:55:03.2
165.	91	Debbie Cumming	1963	w	Masters W45	Nike+ Run Club Cardiff	0:55:04.0
166.	138	Sian Tossell	1966	w	Masters W45	Brackla Harriers	0:55:20.7
167.	15	Mal Rowson	1949	w	Masters W55	LES CROUPIERS	0:55:41.8
168.	113	Sarah M	1972	w	Masters W35		0:55:45.4
169.	171	Sara Morgan	1977	w	Masters W35	Pegasus RC	0:56:36.6
170.	172	Pru Melhuish	1976	w	Masters W35		0:59:27.5
171.	107	Meryl Evans	1971	w	Masters W35		0:59:51.4
172.	14	Sarah Meah	1964	w	Masters W45	Les Croupiers	1:00:40.9
173.	149	Lowri Owen	1982	w	Senior Ladies		1:00:43.2
174.	170	Katie Foward	1996	w	Senior Ladies	Pegasus RC	1:02:11.8
175.	161	Alan Mann	1957	m	Masters M50	les croupiers	1:03:13.5
176.	60	Tracy Elliston	1961	w	Masters W45		1:03:13.7

Number of records: 176