

**Reverse 10 2015**  
**Reverse 10**

Sunday 29 March 2015. 10:00 am

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

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	1:00:42	COLES, Peter	Pontypridd Roadents	V50 men	06:04.1	2864	1
2	1:01:15	DANDO, Richard	Bridgend	Senior Men	06:07.4	2859	2
3	1:01:23	HAYTON, Billy	Pontypridd Roadents	Under23 Men	06:08.2	2868	3
4	1:01:24	BISHOP, Darren	Pontypridd Roadents	Senior Men	06:08.3	2838	4
5	1:02:51	JONES, Joshua Paul	Griffithstown Harriers	Senior Men	06:17.0	2879	5
6	1:03:02	EVANS, Clara	Pontypridd Roadents	Under 23 Ladies	06:18.1	2880	6
7	1:03:25	HOOKINS, Richard	Penarth & Dinas	Senior Men	06:20.4	2926	7
8	1:03:42	DAVIES, Robert	Islwyn Runners	V40 Men	06:22.1	2862	8
9	1:04:34	WILLIAMS, Damian	Parc Bryn Bach	V40 Men	06:27.3	2924	9
10	1:05:52	POLE, Laurence	Pontypridd Roadents	V40 Men	06:35.1	2867	10
11	1:06:07	GETHING, Nicola	Parc Bryn Bach	V35 Ladies	06:36.6	2877	11
12	1:08:51	LEECH, Sharon	Carmarthen Harriers	V45 Ladies	06:53.0	2951	12
13	1:09:19	GRAHAM, Nick	Unaffiliated	V40 Men	06:55.8	2959	13
14	1:10:07	COOK, Darryl	Parc Bryn Bach	Senior Men	07:00.6	2928	14
15	1:10:21	MORGAN, Niki	Chepstow Harriers	V45 Ladies	07:02.0	2848	15
16	1:10:32	GREENHOUSE, Ray	Ebbw Vale	V50 men	07:03.1	2860	16
17	1:10:36	LUFFMAN, Daniel	Les Croupiers	V40 Men	07:03.5	2940	17
18	1:10:43	O'CONNELL, Kristie	Pontypridd Roadents	Senior Ladies	07:04.2	2855	18
19	1:11:18	CASWELL, Allyn	Ebbw Vale	V40 Men	07:07.7	2933	19
20	1:11:35	CLODE, Jamie	Bridgend	Senior Men	07:09.4	2923	20
21	1:11:57	SPEAR, Matthew	Bitton Road Runners	Senior Men	07:11.6	2952	21
22	1:12:25	GOODFELLOW, Steve	Penarth & Dinas	V50 men	07:14.4	2942	22
23	1:13:10	WALTERS, Lee	Aberdare AC	V40 Men	07:18.9	2840	23
24	1:13:27	KING, Robert	Parc Bryn Bach	Senior Men	07:20.6	2887	24
25	1:13:28	GOODFELLOW, Andrea	Penarth & Dinas	V45 Ladies	07:20.7	2941	25
26	1:13:58	NELLINS, Christopher	Penarth & Dinas	V60 Men	07:23.7	2957	26
27	1:14:26	BARRINGTON, Gareth	Liswerry Runners	V40 Men	07:26.5	2875	27
28	1:15:13	JONES, Kelvin	Aberdare AC	V50 men	07:31.2	2837	28
29	1:15:24	GITTINGS, Chris	Parc Bryn Bach	Senior Men	07:32.3	2913	29
30	1:15:36	HURMAN, Andrea	Penarth & Dinas	V45 Ladies	07:33.5	2853	30
31	1:15:43	DUBOCK, Jordan	Unaffiliated	Under23 Men	07:34.2	2863	31
32	1:16:37	PHILLIPS, Danielle	Parc Bryn Bach	Senior Ladies	07:39.6	2878	32
33	1:16:58	WILLIAMS, Andrew	Parc Bryn Bach	Senior Men	07:41.7	2925	33
34	1:17:04	DAVIES, Josh	Penarth & Dinas	Senior Men	07:42.3	2907	34
35	1:17:06	ALDWORTH, Gill	Brecon AC	V35 Ladies	07:42.5	2935	35
36	1:17:18	DAVIES, Stephanie	Pontypridd Roadents	Under 23 Ladies	07:43.7	2851	36
37	1:17:20	DURSLEY, Paul	Lliswerry Runners	V60 Men	07:43.9	2960	37
38	1:17:36	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	07:45.5	2902	38
39	1:17:50	CLEARY, Lisa	Penarth & Dinas	V45 Ladies	07:46.9	2852	39
40	1:17:51	MACKAY, Tony	Pegasus	V50 men	07:47.0	2850	40
41	1:17:52	PRICE, Brendan	Dragons	V40 Men	07:47.1	2870	41
42	1:18:33	HUGHES, Arwel	Unaffiliated	V40 Men	07:51.2	2847	42
43	1:18:36	HUNT, Peter	Caerphilly Runners	V40 Men	07:51.5	2891	43
44	1:18:53	BRADLEY, Malcolm	Penarth & Dinas	V60 Men	07:53.2	2921	44
45	1:19:10	YOUNG, Nick	Unaffiliated	Senior Men	07:54.9	2841	45
46	1:19:26	MOFFETT, Brian	Parc Bryn Bach	V60 Men	07:56.5	2922	46
47	1:19:27	COLLINS, Kelly	Parc Bryn Bach	V35 Ladies	07:56.6	2888	47
48	1:19:34	ATTWOOD, Howard	Lliswerry Runners	V60 Men	07:57.3	2945	48
49	1:19:53	THOMAS, Christopher	Ebbw Vale	V50 men	07:59.2	2906	49
50	1:20:14	WILLIAMS, Gareth	Ebbw Vale	V50 men	08:01.3	2917	50
51	1:20:34	KEMBERY, David	CwmOgwr Runners	V40 Men	08:03.3	2946	51

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Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
53	1:20:52	HARDING, Stewart	Nike Running Club	Senior Men	08:05.1	2861	53
54	1:21:02	TAYLOR, Richard	Unaffiliated	Senior Men	08:06.1	2898	54
55	1:21:25	STOKES, Elizabeth	Griffithstown Harriers	V35 Ladies	08:08.4	2883	55
56	1:21:28	SELBY, Chris	San Domenico	V40 Men	08:08.7	2874	56
57	1:21:35	EVANS, Craig	Unaffiliated	V50 men	08:09.4	2839	57
58	1:22:21	DAVIES, Paul	Unaffiliated	Senior Men	08:14.0	2856	58
59	1:22:26	GATES, David	Liswerry Runners	V50 men	08:14.5	2882	59
60	1:22:36	GRIFFIN, Rhiannon	Parc Bryn Bach	V35 Ladies	08:15.5	2956	60
61	1:22:46	BOWES, Susan	Unaffiliated	V35 Ladies	08:16.5	2843	61
62	1:23:22	EVANS, Louise	Ebbw Vale	V45 Ladies	08:20.1	2865	62
63	1:23:24	BEER, Desiree	Almost Athletes	V55 Ladies	08:20.3	2904	63
64	1:23:32	GWYNEDD, Dewi	Unaffiliated	V40 Men	08:21.1	2845	64
65	1:23:48	JONES, Sam	Aberdare AC	Under23 Men	08:22.7	2836	65
66	1:24:26	BARNES, Kevin	Hereford Couriers	V50 men	08:26.5	2858	66
67	1:24:53	BELL, Ian	San Domenico	V50 men	08:29.2	2896	67
68	1:25:09	MORGAN, Carys	Dragons	Senior Ladies	08:30.8	2869	68
69	1:25:12	RAYNER, Danielle	Penarth & Dinas	Senior Ladies	08:31.1	2908	69
70	1:25:14	WILLIAMS, Helen	Fairwater Runners	V35 Ladies	08:31.3	2954	70
71	1:25:22	JONES, Robert	Dragons	Senior Men	08:32.1	2871	71
72	1:25:27	LANE, Matthew	Unaffiliated	Senior Men	08:32.6	2889	72
73	1:25:53	LEWIS, Dafydd	Unaffiliated	V40 Men	08:35.2	2857	73
74	1:26:15	WARBURTON, Beverly	Penarth & Dinas	V45 Ladies	08:37.4	2955	74
75	1:26:26	ARNOLD, Darren	Fairwater Runners	V40 Men	08:38.5	2894	75
76	1:26:29	CONLIN, Simon	Unaffiliated	Senior Men	08:38.8	2884	76
77	1:26:54	LEWIS, Brian	Unaffiliated	V50 men	08:41.3	2885	77
78	1:28:02	JACKSON, Hayley	Parc Bryn Bach	V35 Ladies	08:48.1	2910	78
79	1:28:23	AVERY, Brenda	Chepstow	V55 Ladies	08:50.2	2854	79
80	1:29:06	SPENCER, Celwyn	Unaffiliated	V50 men	08:54.5	2872	80
81	1:29:20	LEWIS, Rachel	Parc Bryn Bach	V35 Ladies	08:55.9	2844	81
82	1:30:01	COCKERAM, Andrew	Liswerry Runners	V40 Men	09:00.0	2905	82
83	1:30:40	STANDERWICK, Sam	Parc Bryn Bach	V35 Ladies	09:03.9	2901	83
84	1:30:46	CHIPPER, Neil	Liswerry Runners	V50 men	09:04.5	2893	84
85	1:32:08	EVANS, Sheryl	Hereford Couriers	V45 Ladies	09:12.7	2866	85
86	1:35:18	WILLIAMS, Rebecca	Penarth & Dinas	Senior Ladies	09:31.6	2927	86
87	1:36:00	JONES, Vicki	Islwyn Runners	V35 Ladies	09:35.8	2903	87
88	1:36:03	WOOD, Robert	Unaffiliated	V40 Men	09:36.1	2938	88
89	1:36:35	FORSEY, Yvonne	Liswerry Runners	V55 Ladies	09:39.3	2944	89
90	1:36:36	GATES, Cara	Liswerry Runners	V45 Ladies	09:39.4	2881	90
91	1:37:00	TINCOMBE, Jenny	Penarth & Dinas	Senior Ladies	09:41.8	2912	91
92	1:38:02	WEBB, Tim	Pegasus	V60 Men	09:48.0	2849	92
93	1:44:22	LLEWELLYN, Catherine	Merthyr RC	V45 Ladies	10:26.0	2846	93
94	1:44:34	PALFREY, Kate	Fairwater Runners	Senior Ladies	10:27.2	2890	94
95	1:44:58	DOWLING, Rhys	Unaffiliated	Senior Men	10:29.6	2876	95
96	1:45:34	DURSLEY, Lynda	Liswerry Runners	V45 Ladies	10:33.2	2961	96
97	1:46:47	SMITH MARKS, Karen	Unaffiliated	V45 Ladies	10:40.5	2886	97
98	1:47:29	HAIGH, Julie Ann	Unaffiliated	V55 Ladies	10:44.7	2842	98
99	1:49:23	HAMER, Katie	Parc Bryn Bach	V35 Ladies	10:56.1	2931	99
100	1:49:25	HAMER, Stephen	Parc Bryn Bach	V40 Men	10:56.3	2932	100

101	1:53:57	VAUGHAN, Terry	Ebbw Vale	V40 Men	11:23.5	2948	101
102	1:55:32	BENJAMIN, Jason	Parc Bryn Bach	Senior Men	11:33.0	2899	102
103	1:58:47	ARNOLD, Karensa	Fairwater Runners	V35 Ladies	11:52.5	2895	103

There were 103 finishers in the All Competitors category.