

# Llantwit Major 10K - 11AM, Saturday 27th August 2016



Position	Name	Time	Gender	Age Category	Club	Race Number
1	Paul Graham	0:37:02	m	Senior Men	Pontypridd Roadents AC	78
2	Matthew Hurford	0:39:28	m	Senior Men	Les Croupiers RC	117
3	Clara Evans	0:40:10	w	Senior Ladies	Pontypridd Roadents AC	62
4	Nick Lewis	0:40:25	m	Senior Men	White Rock Runners	146
5	Gareth Poston	0:40:25	m	Senior Men	Port Talbot Harriers	184
6	Philip John Williams	0:40:47	m	Senior Men		261
7	Keith James	0:41:04	m	Senior Men	Pontypridd Roadents AC	124
8	Ceri Davies	0:41:15	m	Senior Men	San Domenico RC	50
9	Ben Cutter	0:41:20	m	Senior Men		40
10	Chris Jeynes	0:41:26	m	Senior Men	Brackla Harriers	129
11	Rob Prody	0:41:38	m	Senior Men	Swansea Harriers	295
12	Simon Bagguley	0:41:57	m	Senior Men		5
13	Andy Wilton	0:42:04	m	Senior Men	San Domenico RC	266
14	Alex Lea	0:42:11	m	Senior Men		143
15	Simon Osborne	0:42:18	m	Mens Masters 45+		178
16	David Moore	0:42:39	m	Senior Men	Brackla Harriers	168
17	Laurence Pole	0:42:58	m	Senior Men	Pontypridd Roadents AC	182
18	Phil Read	0:43:00	m	Senior Men		191
19	Andrew Jones	0:43:09	m	Senior Men	Penarth & Dinas Runners	130
20	Michael Steyn	0:43:12	m	Senior Men		501
21	Gavin Gates	0:43:37	m	Senior Men	Bridgend AC	72
22	Nigel James	0:43:45	m	Mens Masters 45+		121
23	Gemma Roche-Clarke	0:45:03	w	Senior Ladies	Bridgend AC	201
24	Drew Webber	0:45:11	m	Senior Men	Brackla Harriers	250
25	James Grant	0:45:26	m	Senior Men	RTC	79
26	Georgina Dando	0:45:41	w	Senior Ladies		414
27	Nick Harris	0:45:44	m	Senior Men	cwm ogwr running club	98
28	Dave Mathews	0:45:51	m	Senior Men	penarth & dinas runners	162
29	Stuart Wallace	0:45:53	m	Senior Men		243
30	Susannah Bulpin	0:45:59	w	Senior Ladies	San Domenico RC	361
31	Kevin Chalke	0:46:04	m	Mens Masters 45+		29
32	Nathan Christoforato	0:46:14	m	Senior Men		508
33	Sharon Leech	0:46:27	w	Ladies Masters 45+	carmarthen harriers	145
34	Luke Allbrighton	0:46:28	m	Senior Men		415
35	David Underhill	0:46:32	m	Senior Men	RTC	241

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Position	Name	Time	Gender	Age Category	Club	Race Number
36	Russell Walters	0:46:41	m	Senior Men		245
37	Carl Edwards	0:46:48	m	Mens Masters 45+	Pontypridd Roadents AC	347
38	Baber Matthew	0:46:58	m	Senior Men		283
39	Ian Hoskins	0:47:12	m	Senior Men	3M Gorseinon RR	112
40	John Dutton	0:47:22	m	Senior Men		54
41	James Richardson	0:47:43	m	Senior Men	Wick Carriers	198
42	Liam Sullivan	0:47:49	m	Mens Masters 45+		219
43	John Young	0:48:10	m	Mens Masters 45+	Port Talbot Harriers	276
44	Neil Baxter	0:48:14	m	Mens Masters 45+		9
45	Simon Harrison	0:48:19	m	Mens Masters 45+		99
46	David Goodall	0:48:21	m	Mens Masters 45+	White Rock Runners	75
47	Catherine Tailby	0:48:23	w	Ladies Masters 45+	Penarth & Dinas Runners	222
48	Steve Jackson	0:48:23	m	Mens Masters 45+		119
49	Carl Walsh	0:48:31	m	Senior Men	Rhondda Valley Runners	244
50	Ross Cluett	0:48:34	m	Senior Men		30
51	Joe Lewis	0:48:36	m	Senior Men		147
52	Lloyd Lewis	0:48:36	m	Senior Men		148
53	Jonathan Davies	0:48:41	m	Senior Men		48
54	Henley Jenkins	0:48:46	m	Senior Men	Aim 2 Tri	127
55	David Hamer	0:48:48	m	Mens Masters 45+		93
56	Emma Rees	0:49:05	w	Senior Ladies	Caerphilly runners	192
57	Seren Anin	0:49:17	w	Senior Ladies		355
58	Jan Edwards	0:49:20	w	Ladies Masters 45+	Pontypridd Roadents AC	339
59	Ben Parsons	0:49:21	m	Senior Men	Marlow Striders	338
60	Adam Tallett	0:49:44	m	Senior Men		223
61	Stuart Corke	0:49:51	m	Mens Masters 45+		33
62	john wardle	0:50:01	m	Senior Men	Barry and vale harriers	246
63	Geraint Cuddihy	0:50:03	m	Senior Men	Ystrad Mynach Running Club	36
64	Barry Warne	0:50:04	m	Mens Masters 45+	TWITs AC	247
65	Carys Lewis	0:50:05	w	Senior Ladies		149
66	Linda Woodland	0:50:15	w	Ladies Masters 45+	Port Talbot Harriers	271
67	Robert Haley	0:50:18	m	Senior Men	RTC	91
68	David Hanson	0:50:20	m	Mens Masters 45+		287
69	Gwyn Lloyd	0:50:23	m	Mens Masters 45+	Pontypridd Roadents AC	473
70	Ben Francis	0:50:25	m	Senior Men		70

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Position	Name	Time	Gender	Age Category	Club	Race Number
71	Sheryl Evans	0:50:45	w	Ladies Masters 45+	Hereford Couriers	63
72	Craig Edwards	0:51:08	m	Senior Men		58
73	David Cornish	0:51:12	m	Mens Masters 45+	port talbot harriers	34
74	Jon Jaques	0:51:14	m	Senior Men		125
75	Graham Hillman	0:51:19	m	Senior Men	Cwm Ogwr Running Club	106
76	Gareth Jenkins	0:51:33	m	Senior Men	Cwm Ogwr	128
77	Ruth Cann	0:51:33	w	Senior Ladies	Penarth & Dinas Runners	27
78	Mark Edwards	0:51:45	m	Senior Men	Edwards Performance Centre	56
79	Hefin Gruffydd	0:51:56	m	Mens Masters 45+	Pontypridd Roadents AC	89
80	MALCOLM BRADLEY	0:51:58	m	Mens Masters 45+	Penarth & Dinas Runners	20
81	Jazmine Briganti	0:52:17	w	Senior Ladies		23
82	Burgess Burgess	0:52:23	m	Senior Men		26
83	Matthew Bunce	0:52:23	m	Senior Men	Brackla Harriers	453
84	Paul Evans	0:52:30	m	Senior Men		64
85	Phil Leyshon	0:52:41	m	Mens Masters 45+		150
86	Garry Griffiths	0:52:47	m	Senior Men	Rhondda valley runners	88
87	Ian Williams	0:52:47	m	Senior Men	Islwyn Running Club	262
88	lloyd west	0:52:48	m	Mens Masters 45+	Cwm Ogwr	252
89	Nigel Rowland	0:52:56	m	Mens Masters 45+		203
90	Dave Paterson	0:53:16	m	Senior Men		450
91	Graham Wright	0:53:22	m	Mens Masters 45+		273
92	George Lue	0:53:31	m	Senior Men		418
93	Alistair McIntosh	0:53:32	m	Senior Men		166
94	Ryan Davies	0:53:34	m	Senior Men	Wick Carriers	49
95	Lara Tombs	0:53:42	w	Senior Ladies		232
96	Simon Ford	0:53:45	m	Senior Men		69
97	Daniel Wood	0:53:47	m	Senior Men		270
98	Clive Tombs	0:53:49	m	Mens Masters 45+		231
99	Adam Bragg	0:53:53	m	Senior Men		21
100	Deb Goule	0:53:56	w	Senior Ladies	Porthcawl Runners	76
101	Neal Spencer	0:54:00	m	Senior Men		215
102	Peter Harding	0:54:08	m	Senior Men	Caerleon running club	96
103	Mark Jones	0:54:08	m	Mens Masters 45+		138
104	Paul Morgan	0:54:09	m	Mens Masters 45+	Brackla Harriers	294
105	Yvonne Scarrott	0:54:17	w	Ladies Masters 45+	Nene Valley Harriers	206

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Position	Name	Time	Gender	Age Category	Club	Race Number
106	Victoria Vellacott	0:54:20	w	Senior Ladies		242
107	Richard Starkey	0:54:23	m	Mens Masters 45+		216
108	Nicola Symmonds	0:54:37	w	Senior Ladies	Cwm ogwr	220
109	Gareth Williams	0:54:40	m	Senior Men	Edwards Performance Centre	256
110	Martin Williams	0:54:41	m	Senior Men	Edwards Performance Centre	257
111	Corinne Locke	0:54:42	w	Senior Ladies	RTC	152
112	Lars Beemer	0:54:55	m	Senior Men	Refail Runners	12
113	Ian David	0:54:55	m	Mens Masters 45+		288
114	Adrian Lovejoy	0:54:58	m	Mens Masters 45+		154
115	bob woolterton	0:55:00	m	Mens Masters 45+	medway ac	272
116	Andrew Painter	0:55:11	m	Mens Masters 45+		179
117	Gareth Boon	0:55:21	m	Mens Masters 45+		18
118	Steven Phillips	0:55:27	m	Senior Men	Islwyn	181
119	Chapman Sean	0:55:45	m	Senior Men		282
120	Alyn Tomkinson	0:55:48	m	Senior Men	Ystrad Mynach Running Club	233
121	TIMOTHY CUMMINGS	0:55:56	m	Senior Men		38
122	Victoria Holloway	0:55:57	w	Ladies Masters 45+		372
123	Ben Moreland	0:56:02	m	Senior Men		169
124	Grace Newbould	0:56:07	w	Senior Ladies	Women Running Penarth	173
125	Jon Reynolds	0:56:08	m	Senior Men		195
126	Claire Manson	0:56:09	w	Senior Ladies	Cardiff triathletes	159
127	Gwen Smith	0:56:12	w	Ladies Masters 45+	Gorseinon 3M's	213
128	Joanna Hanks	0:56:21	w	Senior Ladies	penarth & dinas runners	95
129	Ciaran Monaghan	0:56:24	m	Senior Men		297
130	Marc Daley	0:56:28	m	Senior Men		41
131	Elinor Young	0:56:30	w	Senior Ladies		275
132	Mary Beech	0:56:36	w	Ladies Masters 45+	Brackla Harriers	11
133	Graham Loveluck-Edwards	0:56:43	m	Mens Masters 45+	Rhose Runners	290
134	Ceri Isaac	0:56:44	m	Senior Men	3M Gorseinon RR	118
135	Michael Hughes	0:56:50	m	Senior Men	Brackla harriers	115
136	Heidi Bagguley	0:56:55	w	Senior Ladies		4
137	Katrina Daniel	0:57:03	w	Senior Ladies	Caerphilly Runners	43
138	Leah Treharne	0:57:17	w	Senior Ladies		235
139	Dave Shields	0:57:29	m	Mens Masters 45+	White rock runners	210
140	Dylan Williams	0:57:44	m	Senior Men		255

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Position	Name	Time	Gender	Age Category	Club	Race Number
141	Gareth Toutt	0:58:00	m	Senior Men		234
142	Martin Hignell	0:58:00	m	Mens Masters 45+		101
143	Mathew Willis	0:58:08	m	Senior Men		278
144	Callum Curtis	0:58:44	m	Senior Men	Run4All	39
145	Kieran Cullinan	0:58:44	m	Senior Men		37
146	Jennifer Malkin Sears	0:58:47	w	Senior Ladies		157
147	Paul Evans	0:58:54	m	Senior Men	Islwyn	65
148	Alan March	0:59:02	m	Mens Masters 45+		160
149	Gregg Howe	0:59:04	m	Senior Men		113
150	Marilyn Allin	0:59:05	w	Ladies Masters 45+		353
151	Victoria Hillman	0:59:10	w	Senior Ladies	Cwm Ogwr Running Club	107
152	Sharon Trivett	0:59:18	w	Ladies Masters 45+		239
153	Roxanne Welham	0:59:22	w	Senior Ladies	Caerphilly runners	251
154	owen hill	0:59:26	m	Senior Men		105
155	Christine Thomas	0:59:32	w	Ladies Masters 45+	Ystrad Mynach Running Club	227
156	Alison Allen	0:59:35	w	Senior Ladies	Cornelly Striders	3
157	Dominic Taylor	0:59:48	m	Senior Men	Caerphilly Runners	224
158	Daniel Richards	0:59:49	m	Senior Men		196
159	James Howells	0:59:49	m	Senior Men		114
160	jon richards	0:59:52	m	Mens Masters 45+		197
161	Eve Bird	0:59:57	w	Senior Ladies		16
162	David Powell	0:59:59	m	Mens Masters 45+		186
163	Rhys Powell	1:00:04	m	Senior Men		185
164	Alison Whittaker	1:00:13	w	Senior Ladies	Les Croupiers RC	253
165	Andrew Shaw	1:00:23	m	Senior Men		209
166	Philip Grafton	1:00:24	m	Senior Men		77
167	Andrew Lamont	1:00:25	m	Senior Men		142
168	Craig Alexander	1:00:35	m	Senior Men		291
169	Gareth Jones	1:00:58	m	Senior Men		136
170	Kenneth Wayne Oliver	1:00:59	m	Mens Masters 45+	Islwyn running club	176
171	Luke Perrott	1:01:00	m	Senior Men		180
172	Nicola Davies	1:01:05	w	Senior Ladies	White Rock Runners	45
173	David Britton	1:01:05	m	Senior Men		512
174	Alex Lewis	1:01:06	m	Senior Men		432
175	Richard George	1:01:06	m	Senior Men	N/A	73

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Position	Name	Time	Gender	Age Category	Club	Race Number
176	Gareth Ponting	1:01:22	m	Mens Masters 45+	Dragons Running Club	183
177	Christie Coleman	1:02:08	m	Mens Masters 45+	Cwm Ogwr Running Club	32
178	Mark Bankhead	1:02:24	m	Senior Men	Cornelly Striders	7
179	Bethan Ford	1:02:34	w	Senior Ladies	Pontypridd Roadents AC	68
180	Graham Bingham	1:02:43	m	Mens Masters 45+	Pontypridd Roadents AC	13
181	Danielle Davies	1:02:54	w	Senior Ladies	Ystrad Mynach Running Club	46
182	Ian Shaw	1:03:08	m	Mens Masters 45+		208
183	Charlotte Harries	1:03:10	w	Senior Ladies	Cornelly Striders	97
184	Beverley Davies	1:03:12	w	Senior Ladies		44
185	Ian Quinn	1:03:13	m	Senior Men		190
186	Morgan Williams	1:03:22	m	Senior Men	RTC	263
187	Helen Griffiths	1:03:28	w	Senior Ladies	Penarth & Dinas Runners	82
188	Tessa Matthews	1:03:29	w	Ladies Masters 45+		163
189	Andrew Reynolds	1:03:37	m	Senior Men		194
190	Carolyn Davies	1:03:42	w	Ladies Masters 45+	Ystrad Mynach Running Club	47
191	Louise Kingdon	1:03:51	w	Senior Ladies		140
192	LISA May	1:03:53	w	Senior Ladies	Storm Plymouth	165
193	Triona Campbell	1:04:00	w	Senior Ladies	White Rock Runners	296
194	Simon Jones	1:04:03	m	Senior Men	Team JEFF	139
195	Gareth Burnett	1:04:03	m	Senior Men		298
196	Suzi Jones	1:04:03	w	Senior Ladies		133
197	Aaron Jones	1:04:04	m	Senior Men		132
198	James Hadley	1:04:05	m	Senior Men		90
199	Mark Gabb	1:04:12	m	Senior Men		71
200	Alison Wood	1:04:15	w	Ladies Masters 45+		268
201	Claire Yandall	1:04:36	w	Senior Ladies	White Rock Runners	274
202	Louise Hogan	1:04:41	w	Senior Ladies	Cornelly Striders	110
203	luke fleming	1:04:52	m	Senior Men		66
204	steph fleming	1:04:52	w	Senior Ladies		67
205	Carole Bird	1:05:02	w	Ladies Masters 45+		15
206	peter briganti	1:05:15	m	Mens Masters 45+		22
207	Emma Reffell	1:05:39	w	Senior Ladies		193
208	Claire Morgan	1:05:52	w	Senior Ladies	Islwyn Running Club	170
209	helen price	1:06:05	w	Senior Ladies		188
210	Tony Pullen	1:06:21	m	Mens Masters 45+		189

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Position	Name	Time	Gender	Age Category	Club	Race Number
211	Laurence Trickey	1:06:39	m	Senior Men	Trickey Joggers	238
212	David Salt	1:06:41	m	Mens Masters 45+		205
213	Penny McCormick	1:06:41	w	Senior Ladies		277
214	Karyn Williams	1:06:43	w	Senior Ladies		259
215	Lauren Alexander	1:06:54	w	Senior Ladies		292
216	Tania Miranda	1:07:31	w	Ladies Masters 45+	Penarth & Dinas Runners	167
217	Rhian Scott	1:07:46	w	Senior Ladies		207
218	Rhian Jones	1:08:06	w	Senior Ladies		299
219	Anna Norman	1:08:10	w	Senior Ladies		174
220	simon hill	1:08:10	m	Mens Masters 45+		103
221	Nadine Hill	1:08:11	w	Senior Ladies		102
222	William Hosking	1:08:28	m	Mens Masters 45+		111
223	Allan Smith	1:09:18	m	Mens Masters 45+	3M Gorseinon RR	212
224	Phillip Jones	1:09:42	m	Senior Men	Celtic Tri	137
225	Justin Doran	1:09:54	m	Senior Men		52
226	Rachel Till	1:10:07	w	Senior Ladies	Women running penarth	230
227	Rebecca Stebbing	1:10:07	w	Ladies Masters 45+		217
228	Helen Gilbert	1:10:23	w	Senior Ladies		74
229	Angharad Synan	1:10:24	w	Senior Ladies		221
230	Jane Allely	1:10:27	w	Ladies Masters 45+		2
231	James Adams	1:10:27	m	Mens Masters 45+		1
232	Charles Allen	1:10:34	m	Mens Masters 45+		286
233	Steve Whyte	1:10:40	m	Mens Masters 45+		254
234	Cheryl Roberts	1:10:41	w	Ladies Masters 45+		199
235	Julian Luxton	1:10:47	m	Mens Masters 45+		293
236	Adam Rowe	1:10:51	m	Mens Masters 45+	Cwm Ogwr Running Club	289
237	Amanda Thompson	1:11:22	w	Ladies Masters 45+	Les Croupiers RC	229
238	Lisa Williams	1:11:40	w	Senior Ladies	Pontypridd Roadents AC	260
239	Sian Jones	1:11:42	w	Senior Ladies		300
240	Joe O'Donnell	1:11:42	m	Senior Men		311
241	Megan Blake	1:11:44	w	Senior Ladies		351
242	Anthony Ruston	1:12:09	m	Senior Men		204
243	Jason Gregory	1:12:21	m	Senior Men		81
244	Vincent Edwards	1:12:29	m	Senior Men	NA	57
245	John O'Dwyer	1:12:29	m	Senior Men		175

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Position	Name	Time	Gender	Age Category	Club	Race Number
246	Kimberley Thomas	1:12:40	w	Senior Ladies	Cwm Ogwr running club	228
247	Esther Rogers	1:12:46	w	Senior Ladies	Ystrad Mynach Running Club	202
248	Michael Edwards	1:13:04	m	Mens Masters 45+		55
249	Clare Bairstow	1:13:59	w	Ladies Masters 45+		6
250	Steve John	1:14:02	m	Mens Masters 45+		285
251	Susan Prescott	1:14:19	w	Ladies Masters 45+	Cornelly Striders	187
252	David Trickey	1:14:48	m	Senior Men		237
253	Natalie Carey	1:14:58	w	Senior Ladies	Cornelly Striders	28
254	Sarah Beames	1:15:04	w	Senior Ladies		10
255	Susan Watt	1:15:57	w	Senior Ladies		249
256	Sian Philpin	1:16:07	w	Senior Ladies		280
257	Claire Griffiths	1:16:38	w	Senior Ladies	Caerphilly runners	87
258	Bethan Cross	1:17:02	w	Senior Ladies	Cwm Ogwr Running Club	35
259	Zoe Matthews	1:17:47	w	Senior Ladies	Ystrad mynach running club	164
260	Matthew Hurcombe	1:18:08	m	Senior Men	Ystrad Mynach Running Club	116
261	Rhiannon Trickey	1:18:56	w	Senior Ladies		236
262	Christine Williams	1:19:23	w	Ladies Masters 45+	Celtic Tri	265
263	Robyn Williams	1:19:23	w	Senior Ladies	Run4All	264
264	michael hewson	1:19:37	m	Mens Masters 45+		100
265	Philpin Selina	1:20:27	w	Senior Ladies		281
266	Delia Domachowski	1:20:44	w	Ladies Masters 45+	Cornelly Striders	51
267	Melanie O'Neill	1:21:46	w	Ladies Masters 45+		177
268	Amy Blake	1:21:58	w	Senior Ladies		348
269	Matthew Taylor	1:22:08	m	Senior Men	Barry and Vale Harriers	225
270	Alexandra Chapman	1:25:21	w	Senior Ladies	Pontyclun Road Runners	516
271	Edward Madden	1:25:35	m	Senior Men		156
272	Alex Stokes	1:29:15	w	Senior Ladies	Ystrad mynach running club	218
273	Naomi Griffiths	1:29:16	w	Senior Ladies	Ystrad Mynach Running Club	83
274	Fiona Harper	1:33:09	w	Senior Ladies		319
275	Tracy Elliston	1:35:48	w	Ladies Masters 45+		60
276	Michael Elliston	1:35:48	m	Mens Masters 45+	Les Croupiers RC	59
277	Kimberley Murray	1:39:04	w	Senior Ladies		172
278	Deborah Longman	1:39:20	w	Senior Ladies		153
279	Martin Lone	1:42:04	m	Mens Masters 45+		360
280	Rhodri Davies	1:42:05	m	Mens Masters 45+		410



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<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Gender</b>	<b>Age Category</b>	<b>Club</b>	<b>Race Number</b>
281	Mike Green	1:42:55	m	Senior Men	Llantwit Coastguard	80
282	Mike Waterhouse	1:42:55	m	Senior Men	Llantwit Coastguard	248
283	Paul Griffiths	1:42:55	m	Mens Masters 45+		86
284	Jamie Jenkins	1:42:56	m	Senior Men	Llantwit Coastguard	126
285	Chris Wite	1:42:56	m	Senior Men	Llantwit Coastguard	267
286	David Griffiths	1:42:56	m	Senior Men	Llantwit Coastguard	85
287	John Griffiths	1:44:46	m	Senior Men	Llantwit Coastguard	84

Number of records: 287