

2016 Parc Bryn Bach Six Mile Road Race

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:34:25	253	Matthew Evans	M		Aberdare Valley AAC
2	0:34:27	148	Iwan Morton	M		MMRT
3	0:35:31	187	Henry Wright	M		White Rock Runners
4	0:35:49	204	Stephen Bartlett	M	45	
5	0:36:40	15	Sam Jones	M		Parc Bryn Bach Running Club
6	0:36:55	211	Stephen Mathers	M		Parc Bryn Bach Running Club
7	0:37:02	67	Simon Lewis	M	50	Parc Bryn Bach Running Club
8	0:37:57	94	Philip Williams	M		Pontypridd Roadents
9	0:38:19	232	Donovan Williams-Hale	M		Bridgend AC
10	0:38:33	120	Dale Williams	M	40	Brecon AC
11	0:38:41	68	Gavin Patterson	M		Merthyr Harriers RRC
12	0:38:44	50	Nick Lewis	M		White Rock Runners
13	0:38:48	13	David Rowland	M		Ebbw Vale RC
14	0:39:04	88	Kevin Plank	M	45	San Domenico RRC
15	0:39:11	153	Sam Davies	M		
16	0:39:13	19	Marc Fitzgibbon	M		Caerphilly RC
17	0:39:18	190	Gareth Jones	M		Parc Bryn Bach Running Club
18	0:39:22	95	Ian Bird	M		Port Talbot Harriers
19	0:39:32	144	Lauren Cooper	F		Parc Bryn Bach Running Club
20	0:39:43	227	Angela Jones	F	45	Usk
21	0:39:58	219	Jamie Fenaroli	M		Swansea Harriers
22	0:40:19	210	Chris Wood	M		White Rock Runners
23	0:40:24	166	Boguslaw Glowinski	M	50	
24	0:40:27	89	Ray Greenhouse	M	50	Ebbw Vale RC
25	0:40:30	265	Richard Bracher	M		Parc Bryn Bach Running Club
26	0:40:38	191	Lubica Meciarova	F		Pontypool District Runners
27	0:40:50	169	Sean Thomasson	M		Parc Bryn Bach Running Club
28	0:40:54	43	Damian Caswell	M	40	Ebbw Vale RC
29	0:41:07	195	Alan Williams	M		Parc Bryn Bach Running Club
30	0:41:22	197	Mathew Trinder	M		Parc Bryn Bach Running Club
31	0:41:30	262	Michael Cope	M	40	
32	0:41:46	178	Darren Stevens	M	40	Merthyr Running Club
33	0:41:58	5	Mark Lamorte	M		Caerphilly RC
34	0:42:06	6	Andrew Jones	M	40	Parc Bryn Bach Running Club
35	0:42:08	230	Emma Matthews	F		Builth & District
36	0:42:11	65	Mike Bessell	M		White Rock Runners
37	0:42:23	258	Sandra Chipper	F	40	Lliswerry Runners
38	0:42:31	55	David Goodall	M	60	White Rock Runners
39	0:42:48	114	James Parry	M	45	
40	0:43:22	256	Andrew Wall	M		
41	0:43:32	142	Lisa Erikson	F	35	Pontypool District Runners
42	0:43:50	224	Ian Kent	M		Parc Bryn Bach Running Club
43	0:43:51	134	Matthew Doherty	M		White Rock Runners
44	0:43:51	170	Richard Rees	M		
45	0:43:54	176	Graham Mack	M	55	Merthyr Harriers RRC
46	0:44:00	57	Philip Mears	M		White Rock Runners
47	0:44:12	200	Michael Bunston	M	45	Islwyn RC
48	0:44:13	246	Richard Sheehy	M		Parc Bryn Bach Running Club
49	0:44:17	165	Jamie Howells	M		
50	0:44:29	248	Michael Thomas	M	50	
51	0:44:50	247	David Smout	M	65	Parc Bryn Bach Running Club
52	0:45:05	48	David Jones	M	50	Merthyr Running Club
53	0:45:11	109	Alexander Hutton-Lewis	M		
54	0:45:31	207	Michael Williams	M	50	
55	0:45:40	27	Stuart Arthur	M		
56	0:45:44	41	Ian Williams	M	55	
57	0:45:46	84	Stuart Buswell	M	50	
58	0:46:03	33	Charlotte Bignell	F		
59	0:46:04	56	Leanne Hockey	F		White Rock Runners
60	0:46:06	157	Antony Francis	M	50	Islwyn RC
61	0:46:19	216	Justin Jones	M	40	Pontypool District Runners
62	0:46:22	217	Michael Pritchard	M	60	
63	0:46:38	14	Sian Jones	F		Parc Bryn Bach Running Club
64	0:46:55	162	Grant Wakeman	M	40	Islwyn RC
65	0:46:58	111	Stacey-Anne Morgan	F	50	
66	0:47:00	113	Karen Parry	F	35	
67	0:47:04	209	Brian Gough	M	75	Pontypridd Roadents
68	0:47:16	188	Samuel Marsh	M		
69	0:47:29	196	Michael Evans	M	50	Dragons
70	0:47:30	54	Claire Curtin	F		White Rock Runners
71	0:47:35	194	Craig Robbins	M		
72	0:47:40	174	Terry Vaughan	M	40	Parc Bryn Bach Running Club
73	0:47:43	163	Peter Hayward	M	50	
74	0:48:01	240	Vicky Jones	F	35	Taff Ely Tri
75	0:48:06	91	Richard Crew	M		Parc Bryn Bach Running Club
76	0:48:09	147	Gareth Jenkins	M	40	Lliswerry Runners

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
77	0:48:12	92	Samantha Methuen	F	35	Islwyn RC
78	0:48:13	226	Kelvin Henley	M	50	
79	0:48:15	18	Jeremy Creasey	M	45	Spirit of Monmouth Running Club
80	0:48:16	160	Carl Johnson	M	40	Islwyn RC
81	0:48:18	135	Catherine Olivant	F	40	Brecon AC
82	0:48:19	30	Graham Hillman	M		
83	0:48:24	60	Celwyn Spencer	M	60	
84	0:48:31	23	Melinda Ruck	F	45	Forest of Dean AC
85	0:48:43	83	Matthew Timms	M		
86	0:48:48	62	Christopher Bloodsworth	M	55	
87	0:48:52	12	Steven Phillips	M		Islwyn RC
88	0:48:58	17	James Ashley	M	40	Merthyr Running Club
89	0:49:07	46	Ian Williams	M		Islwyn RC
90	0:49:11	130	Peter Short	M	60	Forest of Dean AC
91	0:49:12	124	Robert Lewis	M	60	
92	0:49:14	32	Alan Rockcliffe	M	55	
93	0:49:17	39	Kevin Bradfield	M	50	Parc Bryn Bach Running Club
94	0:49:21	251	Andrew Way	M	40	
95	0:49:33	152	Darren Hiscox	M		
96	0:49:51	225	Darren Kippest	M	40	
97	0:49:55	212	Neil Beynon	M	45	
98	0:49:57	267	Maad Khalil	M	55	
99	0:50:09	245	Lee Phillips	M	40	Parc Bryn Bach Running Club
100	0:50:11	185	Leslie Dockerill	M	45	
101	0:50:16	175	Cyril Williams	M	60	Parc Bryn Bach Running Club
102	0:50:16	154	James Kemp	M		
103	0:50:25	203	Andrew Williams	M		Parc Bryn Bach Running Club
104	0:50:29	201	Stephen Locke	M	45	Newport Harriers
105	0:50:35	192	Nathan Williams	M		Dragons
106	0:50:35	238	Helen Williams	F	40	Fairwater Runners
107	0:50:36	90	Lewis Nash	M		Cwm Ogwr RC
108	0:50:37	49	Joni Parry	M		Merthyr Running Club
109	0:50:38	81	Marc Harvey	M		
110	0:50:42	80	David Boucher	M	60	
111	0:50:57	136	Christie Coleman	M	45	Cwm Ogwr RC
112	0:51:13	218	Colin Dixon	M	65	Islwyn RC
113	0:51:16	222	Matt Willcox	M		
114	0:51:21	121	Paul Braithwaite	M	45	Richard Rees Runners
115	0:51:21	156	Abbie Waters	F		
116	0:51:42	28	Chris Crooke	M	45	
117	0:51:49	70	Kenneth Oliver	M	55	Islwyn RC
118	0:51:50	266	Sian Khalil	F	45	Pontypridd Roadents
119	0:52:04	228	David Lynch	M		
120	0:52:12	164	Paul French	M		
121	0:52:17	10	Hayley Jackson	F	40	Parc Bryn Bach Running Club
122	0:52:26	239	Ian Evans	M	45	
123	0:52:28	116	Carys Parry	F	35	
124	0:52:30	241	Louise Munkley	F	35	Merthyr Harriers RRC
125	0:52:33	119	Andrew Meadows	M		Brecon AC
126	0:52:45	101	Richie Williams	M		
127	0:52:49	36	Hugh Griffin	M		
128	0:52:50	229	Lynzi Lynch	F		
129	0:52:50	221	Richard Evans	M	45	
130	0:52:52	40	Margrett Monk	F	65	Parc Bryn Bach Running Club
131	0:52:55	82	Dan Kedward	M		
132	0:53:00	132	Kim Price	F		
133	0:53:03	254	Richard Knight	M		
134	0:53:07	22	Anne Kirk	F	50	Forest of Dean AC
135	0:53:11	20	Dave Reed	M	50	Rhondda Valley Runners
136	0:53:16	263	Raymond James	M	55	Port Talbot Harriers
137	0:53:22	29	Victoria Hillman	F		
138	0:53:25	234	Kath Jervis	F	55	Parc Bryn Bach Running Club
139	0:53:28	100	Michelle George	F	40	
140	0:53:39	250	Rhiannon Beacham	F	35	
141	0:53:46	31	Kim Rockcliffe	F	55	
142	0:53:52	21	Tracy Lord	F	45	Forest of Dean AC
143	0:53:54	257	Huw Jones	M		
144	0:53:59	140	Mark Worrall	M	50	Cwm Ogwr RC
145	0:54:08	237	Claire Sullivan	F		Parc Bryn Bach Running Club
146	0:54:14	249	Gemma Kingston	F		Team Rees
147	0:54:16	199	Michael Caniff	M	60	Parc Bryn Bach Running Club
148	0:54:20	149	Jane Dorrian	F	40	Pontypool District Runners
149	0:54:24	108	Allan Waters	M		
150	0:54:30	260	Neil Chipper	M	55	Lliswerry Runners
151	0:54:35	220	Robert Morgan	M	45	
152	0:54:37	73	Sonja Breese	F	40	

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
153	0:54:42	112	Paula Piper	F	35	
154	0:54:48	168	Jonathan Strand	M		
155	0:54:48	151	David Richards	M		
156	0:54:49	110	Stacy Knight	F		
157	0:54:54	150	Peter Stevens	M	45	
158	0:55:07	213	Elizabeth Beynon	F	40	
159	0:55:33	223	Gary Willcox	M	55	Usk
160	0:56:04	47	Gareth Pearce	M		Llisserry Runners
161	0:56:09	72	Angela Jeffery	F	35	
162	0:56:15	202	Gethyn McFall	M		Brecon AC
163	0:56:25	233	Huw Williams	M	50	Bridgend AC
164	0:56:31	7	Delphine Jones	F	35	Parc Bryn Bach Running Club
165	0:56:44	129	Mark Cadwallader	M	50	
166	0:56:48	177	Catherine Llewellyn	F	50	Merthyr Running Club
167	0:57:00	171	Kirsty Exton	F		
168	0:57:03	74	Joanne Dupe	F	40	
169	0:57:04	143	Claire Morgan	F	40	Islwyn RC
170	0:57:09	179	Amy Smith	F		Parc Bryn Bach Running Club
171	0:57:36	102	Carl Martin	M	45	
172	0:57:41	133	Graham Singer	M	60	
173	0:57:41	63	Maxine January	F	50	
174	0:57:52	158	Helen Williams	F	35	Islwyn RC
175	0:57:54	117	Isabel Buswell	F	50	
176	0:58:01	42	Claire Yandell	F		White Rock Runners
177	0:58:15	172	Lucy Barrett	F	35	
178	0:58:21	145	Louise Kirby	F	45	Parc Bryn Bach Running Club
179	0:58:54	122	Richard Davies	M	50	
180	0:58:56	198	Bridgette Griffiths	F	50	Pontypridd Roadents
181	0:58:57	64	Graham Bingham	M	50	Pontypridd Roadents
182	0:58:58	118	Gareth Jones	M		
183	0:59:09	8	Rhys Lewis	M	40	Parc Bryn Bach Running Club
184	0:59:31	77	Emma Evans	F	35	
185	0:59:37	2	Rhian White	F		Parc Bryn Bach Running Club
186	0:59:49	167	Rebecca Rees	F		
187	1:00:08	126	Lisa Wilson	F		
188	1:00:08	125	Marc Andrews	M		
189	1:00:20	105	Beverley Butler	F	45	
190	1:00:39	85	Susan Lawrence	F	60	
191	1:00:44	35	Jonathan Edwards	M		
192	1:00:53	66	Sian Pearce	F	35	Islwyn RC
193	1:00:54	252	Lisa Williams	F	40	Pontypridd Roadents
194	1:01:08	231	Brenda Evans	F	60	Pontypridd Roadents
195	1:01:08	235	Louise Phillips	F	35	
196	1:01:18	58	Karen James	F	40	
197	1:01:24	34	Amy Edwards	F		
198	1:01:28	189	Ross Keeling	M		Islwyn RC
199	1:01:35	261	Sheree Mann	F	45	
200	1:01:41	180	Susie Gurner	F		
201	1:01:44	78	Emma Munkley	F	40	
202	1:01:44	208	Sandra Stevens	F	65	Merthyr Running Club
203	1:02:16	103	Allan Smith	M	80	3M Gorseinon RRC
204	1:02:20	123	Richard Mayled	M	45	
205	1:02:57	128	Alexandra Marsh	F		
206	1:03:27	255	Kathryn Evans	F	60	
207	1:03:40	141	Jadie Glenton	F		Caerphilly RC
208	1:03:50	159	Sian Johnson	F		Islwyn RC
209	1:03:55	106	Rhianne Banks	F		
210	1:04:00	183	Sara Wilkinson	F		
211	1:04:14	173	Leasa Moore	F	40	
212	1:04:35	93	Michael Lewis	M	70	Parc Bryn Bach Running Club
213	1:04:46	181	Lyndon Williams	M	60	
214	1:04:54	75	Sharon Williams	F	40	
215	1:04:59	259	Kara Kershaw	F	35	
216	1:05:04	193	Janet Williams	F	55	
217	1:05:18	138	Hayley Pugh	F	40	Pontypridd Roadents
218	1:05:32	11	Susan Jeffs	F	50	Pontypool District Runners
219	1:05:48	146	Sarah Murray	F		Team Rees
220	1:06:01	25	Jackie Phillips	F	40	
221	1:06:01	26	Sarah Thomas-Britton	F	40	
222	1:06:47	51	Louise Jenkins	F	40	
223	1:07:09	76	Sonia Pollak	F	40	
224	1:07:15	214	Cathy Johnson	F	50	
225	1:07:28	1	Katherine Williams	F	40	Parc Bryn Bach Running Club
226	1:08:12	264	Kelly Allen	F	35	Port Talbot Harriers
227	1:08:35	107	Rachel Williams	F		
228	1:10:02	242	Lindsey Wilson	F	35	

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
229	1:10:15	244	Maria Godfrey	F	35	
230	1:10:15	243	Debra Wellford	F	45	
231	1:10:20	186	Kay Gladwin	F	40	
232	1:10:30	215	Tracey Leeks	F	45	
233	1:10:44	71	Aynsley Cummings	F		Parc Bryn Bach Running Club
234	1:11:46	205	Melanie Thomas	F	35	Dragons
235	1:11:47	206	Trudi Edwards	F	40	Dragons
236	1:12:02	9	Nicola Lewis	F	35	Parc Bryn Bach Running Club
237	1:14:34	99	Sarah Turvey-Barber	F	40	
238	1:14:43	97	Kelly Kavanagh	F	35	
239	1:14:44	98	Sarah James	F	40	
240	1:15:44	131	Gabrielle Davies	F		