

# Pontypridd Roadents Reverse 10M - 10AM, Sunday 4th September 2016



| Position | Name                    | Time    | Gender | Age Category         | Club                     | Race No. |
|----------|-------------------------|---------|--------|----------------------|--------------------------|----------|
| 1.       | Matthew Edmonds         | 0:54:34 | m      | Senior Men           | Newport Harriers         | 72       |
| 2.       | Matthew Rees            | 0:55:47 | m      | Senior Men           | Swansea Harriers         | 76       |
| 3.       | Paul Graham             | 0:56:16 | m      | Senior Men           | Pontypridd Roadents      | 154      |
| 4.       | Jack Blackburn          | 0:58:15 | m      | Senior Men           |                          | 156      |
| 5.       | Daniel Bodman           | 0:58:34 | m      | Senior Men           | Aberdare VAAC            | 161      |
| 6.       | Kit Edwards             | 0:59:39 | m      | Senior Men           |                          | 157      |
| 7.       | Clara Evans             | 1:00:35 | w      | Ladies under 23      | Pontypridd Roadents      | 160      |
| 8.       | Robert John             | 1:01:02 | m      | Mens Masters 40-49   | Micky Morris Racing Team | 80       |
| 9.       | Stephen Thomas          | 1:01:24 | m      | Mens Masters 40-49   | Aberdare VAAC            | 110      |
| 10.      | Richard Jackson-Hookins | 1:03:33 | m      | Senior Men           | Penarth & Dinas Runners  | 141      |
| 11.      | Robert Davies           | 1:04:34 | m      | Mens Masters 40-49   | Parc Bryn Bach           | 143      |
| 12.      | Lee Mills               | 1:04:44 | m      | Mens Masters 40-49   | Islwyn Running Club      | 63       |
| 13.      | Jake Brooke-Smith       | 1:05:18 | m      | Men under 23         | Pontypridd Roadents      | 83       |
| 14.      | Damian Williams         | 1:06:31 | m      | Mens Masters 50-59   | Parc Bryn Bach           | 116      |
| 15.      | Steve Davies            | 1:07:42 | m      | Mens Masters 50-59   | Pontypool                | 106      |
| 16.      | Ian Bird                | 1:08:18 | m      | Senior Men           | Port Talbot Harriers     | 128      |
| 17.      | Nicola Gething          | 1:08:21 | w      | Ladies Masters 45-54 | Parc Bryn Bach           | 90       |
| 18.      | Paul Davies             | 1:08:37 | m      | Senior Men           | Aberdare VAAC            | 8        |
| 19.      | Anthony Cullinane       | 1:08:52 | m      | Mens Masters 40-49   |                          | 139      |
| 20.      | Andrew Ellison          | 1:09:12 | m      | Senior Men           |                          | 58       |
| 21.      | Jason Brewer            | 1:09:16 | m      | Mens Masters 40-49   |                          | 146      |
| 22.      | Jamie Bishop            | 1:10:15 | m      | Senior Men           | Pontypridd Roadents      | 100      |
| 23.      | Jacob Harvey            | 1:10:25 | m      | Mens Masters 40-49   |                          | 44       |
| 24.      | David Headon            | 1:10:38 | m      | Mens Masters 50-59   | Les Croupiers            | 159      |
| 25.      | Lou Summers             | 1:11:45 | w      | Ladies Masters 45-54 | Pontypool                | 119      |
| 26.      | Tony Williams           | 1:12:04 | m      | Mens Masters 50-59   |                          | 12       |
| 27.      | Danielle Phillips       | 1:12:21 | w      | Senior Ladies        | Parc Bryn Bach           | 96       |
| 28.      | Stuart Lukins           | 1:13:28 | m      | Mens Masters 40-49   | Liswerry Runners         | 34       |
| 29.      | Paul Morton             | 1:14:02 | m      | Senior Men           | Penarth & Dinas Runners  | 41       |
| 30.      | Gareth Jenkins          | 1:14:16 | m      | Senior Men           | Cwm Ogwr Runners         | 144      |
| 31.      | Bryan Meredith          | 1:14:27 | m      | Mens Masters 50-59   | Rhondda Valley           | 39       |
| 32.      | Ian Warburton           | 1:14:55 | m      | Mens Masters 50-59   | Penarth & Dinas Runners  | 99       |
| 33.      | Alun Evans              | 1:15:39 | m      | Mens Masters 50-59   |                          | 108      |
| 34.      | Daniel Morgan           | 1:16:32 | m      | Senior Men           | Bridgend AC              | 93       |
| 35.      | Charlotte Johns         | 1:16:44 | w      | Ladies Masters 45-54 | Brackla Harriers         | 53       |

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| 36.      | Michael Davies          | 1:16:59 | m      | Mens Masters 60-69   | Les Croupiers           | 65       |
| 37.      | Karl Pike               | 1:17:06 | m      | Senior Men           | Rhondda Valley          | 75       |
| 38.      | Russell Bown            | 1:17:10 | m      | Mens Masters 50-59   | Pontypridd Roadents     | 14       |
| 39.      | Debbie Evans            | 1:17:11 | w      | Ladies Masters 45-54 | Penarth & Dinas Runners | 98       |
| 40.      | Michael Thomas          | 1:17:15 | m      | Mens Masters 50-59   |                         | 109      |
| 41.      | Niamh Bothwell          | 1:17:35 | w      | Ladies under 23      |                         | 155      |
| 42.      | Kris Powell             | 1:17:38 | m      | Senior Men           | Bridgend AC             | 94       |
| 43.      | Mark Evans              | 1:17:46 | m      | Mens Masters 50-59   | Brackla Harriers        | 151      |
| 44.      | Clive Denton            | 1:18:00 | m      | Mens Masters 40-49   | Rhondda Valley          | 131      |
| 45.      | Dominic Shields         | 1:18:26 | m      | Mens Masters 50-59   | San Domenico            | 117      |
| 46.      | John Carroll            | 1:18:32 | m      | Mens Masters 50-59   | Roberttown Road Runners | 102      |
| 47.      | Terry Vaughan           | 1:18:38 | m      | Mens Masters 40-49   | Parc Bryn Bach          | 66       |
| 48.      | Kevin Bounds            | 1:18:41 | m      | Mens Masters 40-49   |                         | 145      |
| 49.      | Lee Yoxall              | 1:18:48 | m      | Senior Men           |                         | 59       |
| 50.      | Carl Johnson            | 1:18:59 | m      | Mens Masters 40-49   | Islwyn Running Club     | 111      |
| 51.      | Mark Griffiths          | 1:19:30 | m      | Mens Masters 40-49   | Rhondda Valley          | 132      |
| 52.      | Matthew Bunce           | 1:19:41 | m      | Mens Masters 40-49   | Brackla Harriers        | 133      |
| 53.      | Grant Wakeman           | 1:19:59 | m      | Mens Masters 40-49   | Islwyn Running Club     | 18       |
| 54.      | Aidan Davies            | 1:20:01 | m      | Men under 23         | Islwyn Running Club     | 97       |
| 55.      | Rachel Lewis            | 1:20:07 | w      | Ladies Masters 35-44 | Parc Bryn Bach          | 126      |
| 56.      | Lee Richards            | 1:20:14 | m      | Mens Masters 40-49   | Islwyn Running Club     | 129      |
| 57.      | Andrea Starritt         | 1:20:29 | w      | Ladies Masters 45-54 | Brackla Harriers        | 107      |
| 58.      | Susan Bowes             | 1:20:33 | w      | Ladies Masters 35-44 | Les Croupiers           | 136      |
| 59.      | Sam Howell-Jones        | 1:20:50 | m      | Senior Men           | Pontypridd Roadents     | 82       |
| 60.      | Darren Griffiths-Warner | 1:21:03 | m      | Mens Masters 50-59   | Pontypridd Roadents     | 91       |
| 61.      | Joanne Shah             | 1:21:18 | w      | Ladies Masters 45-54 | Womens Running Penarth  | 95       |
| 62.      | Kelly Felstead          | 1:21:25 | w      | Ladies Masters 35-44 | Islwyn Running Club     | 19       |
| 63.      | Carl Walsh              | 1:21:52 | m      | Mens Masters 40-49   | Rhondda Valley          | 57       |
| 64.      | Mark Francis            | 1:22:11 | m      | Mens Masters 50-59   | Brackla Harriers        | 68       |
| 65.      | Gareth Barrington       | 1:22:19 | m      | Mens Masters 40-49   | Liswerry Runners        | 150      |
| 66.      | Garry Griffiths         | 1:22:43 | m      | Mens Masters 40-49   | Rhondda Valley          | 74       |
| 67.      | Grace Newbould          | 1:23:28 | w      | Senior Ladies        | Womens Running Penarth  | 46       |
| 68.      | Dennis Collins          | 1:23:38 | m      | Mens Masters 50-59   | Rhondda Valley          | 11       |
| 69.      | Helen Williams          | 1:23:51 | w      | Ladies Masters 35-44 |                         | 140      |
| 70.      | Malcolm Bradley         | 1:23:53 | m      | Mens Masters 60-69   | Penarth & Dinas Runners | 33       |

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|----------|------------------|---------|--------|----------------------|----------------------------|----------|
| 71.      | Leah Treharne    | 1:24:39 | w      | Senior Ladies        |                            | 120      |
| 72.      | Louise Bright    | 1:24:43 | w      | Ladies Masters 35-44 | Pontypool                  | 138      |
| 73.      | Hywel Warlow     | 1:24:47 | m      | Mens Masters 40-49   |                            | 71       |
| 74.      | Joanne Ryan      | 1:24:54 | w      | Ladies Masters 35-44 | Rhondda Valley             | 73       |
| 75.      | Christine Thomas | 1:25:14 | w      | Ladies Masters 45-54 | Ystrad Mynach Running Club | 28       |
| 76.      | Jane Ogilvie     | 1:25:25 | w      | Ladies Masters 45-54 | Brackla Harriers           | 64       |
| 77.      | Steven Phillips  | 1:25:35 | m      | Mens Masters 40-49   | Islwyn Running Club        | 23       |
| 78.      | Ian Stratton     | 1:25:48 | m      | Mens Masters 40-49   | Brackla Harriers           | 148      |
| 79.      | Keith Hughes     | 1:25:55 | m      | Senior Men           |                            | 158      |
| 80.      | Brenda Avery     | 1:26:07 | w      | Ladies Masters 65+   | Chepstow Harriers          | 137      |
| 81.      | Mary Beech       | 1:26:19 | w      | Ladies Masters 45-54 | Brackla Harriers           | 32       |
| 82.      | Benjamin Smith   | 1:26:21 | m      | Senior Men           | Southville RC              | 104      |
| 83.      | Emma Tumelty     | 1:26:27 | w      | Ladies Masters 35-44 |                            | 114      |
| 84.      | Nathan Williams  | 1:26:31 | m      | Senior Men           | Dragons Running Club       | 87       |
| 85.      | Lindsey Hunt     | 1:27:05 | w      | Senior Ladies        | Penarth & Dinas Runners    | 134      |
| 86.      | Dewi Felstead    | 1:27:37 |        | Mens Masters 40-49   |                            | 20       |
| 87.      | Vicky Stroud     | 1:28:21 | w      | Ladies Masters 35-44 | Roberttown Road Runners    | 142      |
| 88.      | Philip Wakeford  | 1:28:25 | m      | Mens Masters 50-59   |                            | 22       |
| 89.      | Gareth Denton    | 1:28:28 | m      | Mens Masters 40-49   | Rhondda Valley             | 124      |
| 90.      | Stuart Davies    | 1:28:49 | m      | Mens Masters 40-49   |                            | 153      |
| 91.      | Graham Donnan    | 1:29:13 | m      | Mens Masters 60-69   | Les Croupiers              | 43       |
| 92.      | Jordan Forster   | 1:29:22 | m      | Senior Men           |                            | 84       |
| 93.      | Emma Blow        | 1:29:26 | w      | Ladies Masters 35-44 | Cardiff ACC                | 92       |
| 94.      | Richard Talbot   | 1:29:41 | m      | Mens Masters 40-49   |                            | 4        |
| 95.      | Yvonne Williams  | 1:29:44 | w      | Ladies Masters 55-64 | Penarth & Dinas Runners    | 21       |
| 96.      | Laura Gibbons    | 1:29:54 | w      | Senior Ladies        | Islwyn Running Club        | 37       |
| 97.      | Anne Rice-Jones  | 1:29:54 | w      | Ladies Masters 45-54 | Islwyn Running Club        | 38       |
| 98.      | Tony Grandon     | 1:30:07 | m      | Mens Masters 60-69   | Outdoor Fitness            | 51       |
| 99.      | Charlotte Barlow | 1:30:26 | w      | Senior Ladies        | Brackla Harriers           | 147      |
| 100.     | Katie Hamer      | 1:30:33 | w      | Ladies Masters 35-44 | Parc Bryn Bach             | 2        |
| 101.     | Hayley Jackson   | 1:31:05 | w      | Ladies Masters 35-44 | Parc Bryn Bach             | 42       |
| 102.     | Melanie Jenkins  | 1:31:35 | w      | Ladies Masters 35-44 |                            | 115      |
| 103.     | Alex Benson      | 1:31:56 | m      | Mens Masters 40-49   |                            | 62       |
| 104.     | Lisa Bateman     | 1:32:21 | w      | Ladies Masters 45-54 | Liswerry Runners           | 101      |
| 105.     | Lisa Davies      | 1:32:40 | w      | Ladies Masters 35-44 | Islwyn Running Club        | 29       |

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|----------|-----------------------|---------|--------|----------------------|----------------------------|----------|
| 106.     | Howard Jones          | 1:32:57 | m      | Mens Masters 60-69   | Brackla Harriers           | 152      |
| 107.     | Tony Lewis            | 1:33:08 | m      | Mens Masters 40-49   | Parc Bryn Bach             | 127      |
| 108.     | Aileen Smith          | 1:33:29 | w      | Ladies Masters 35-44 |                            | 60       |
| 109.     | Lynne Evans           | 1:34:27 | w      | Ladies Masters 45-54 | Womens Running Penarth     | 45       |
| 110.     | Delphine Jones        | 1:34:50 | w      | Ladies Masters 35-44 | Parc Bryn Bach             | 25       |
| 111.     | Carolyn Davies        | 1:35:19 | w      | Ladies Masters 45-54 | Ystrad Mynach Running Club | 50       |
| 112.     | Kristian Sinclair     | 1:35:29 | m      | Senior Men           | Liswerry Runners           | 149      |
| 113.     | Catherine Llewellyn   | 1:36:34 | w      | Ladies Masters 45-54 | Merthyr Running Club       | 130      |
| 114.     | Howard Hughes         | 1:36:38 | m      | Mens Masters 40-49   |                            | 1        |
| 115.     | Lyndsay Poulson       | 1:37:03 | w      | Senior Ladies        | Pontypool                  | 105      |
| 116.     | Aled Wynne            | 1:37:43 | m      | Senior Men           |                            | 89       |
| 117.     | Becca Gledhill        | 1:38:18 | w      | Senior Ladies        | Pontypool                  | 121      |
| 118.     | Catherine Pritchard   | 1:38:49 | w      | Senior Ladies        | Caerphilly Runners         | 122      |
| 119.     | Mark Douglas          | 1:38:54 | m      | Senior Men           | Rhondda Valley             | 86       |
| 120.     | Rachel Lewis          | 1:38:56 | w      | Senior Ladies        |                            | 40       |
| 121.     | Gemma Green           | 1:40:24 | w      | Ladies Masters 35-44 | Rhondda Valley             | 85       |
| 122.     | Danielle Davies       | 1:42:52 | w      | Senior Ladies        | Ystrad Mynach Running Club | 48       |
| 123.     | Sarah Pontin          | 1:43:03 | w      | Ladies Masters 35-44 | Islwyn Running Club        | 15       |
| 124.     | Warren Ball           | 1:44:22 | m      | Senior Men           |                            | 135      |
| 125.     | Gareth Singer         | 1:45:28 | m      | Mens Masters 60-69   |                            | 125      |
| 126.     | Jules Jones           | 1:46:27 | w      | Ladies Masters 35-44 | Port Talbot Harriers       | 112      |
| 127.     | Ceri Canham           | 1:46:34 | w      | Ladies Masters 45-54 |                            | 113      |
| 128.     | Janet Williams        | 1:49:09 | w      | Ladies Masters 55-64 | Dragons Running Club       | 88       |
| 129.     | Louise Davies         | 1:49:52 | w      | Ladies Masters 45-54 | Refail Runners             | 77       |
| 130.     | Beth Beemer           | 1:49:52 | w      | Ladies Masters 35-44 | Refail Runners             | 78       |
| 131.     | Dawne Meynell-Western | 1:50:32 | w      | Ladies Masters 35-44 | Rhondda Valley             | 10       |
| 132.     | Sukhi Kaur            | 1:51:37 | w      | Ladies Masters 35-44 | Refail Runners             | 79       |
| 133.     | Victoria McCallum     | 1:51:42 | w      | Ladies Masters 35-44 |                            | 118      |
| 134.     | Nicola Richards       | 1:52:04 | w      | Ladies Masters 35-44 | Islwyn Running Club        | 36       |
| 135.     | Jayne Jones           | 1:52:09 | w      | Ladies Masters 45-54 | Islwyn Running Club        | 24       |
| 136.     | Sarah Dhanda          | 1:52:09 | w      | Ladies Masters 45-54 | Ealing Eagles              | 31       |
| 137.     | Baljit Dhanda         | 1:52:10 | m      | Mens Masters 50-59   | Ealing Eagles              | 30       |
| 138.     | Sara Wilkinson        | 1:52:28 | w      | Senior Ladies        | Parc Bryn Bach             | 81       |
| 139.     | Yvonne Forsey         | 1:54:28 | w      | Ladies Masters 55-64 | Liswerry Runners           | 103      |
| 140.     | Claire Griffiths      | 1:54:33 | w      | Senior Ladies        |                            | 13       |

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|----------|-------------------|---------|--------|----------------------|---------------------|----------|
| 141.     | Jan Francis       | 1:55:17 | w      | Ladies Masters 45-54 |                     | 69       |
| 142.     | Emma Price        | 1:55:18 | w      | Ladies Masters 35-44 |                     | 47       |
| 143.     | Helen Jones       | 1:55:22 | w      | Ladies Masters 35-44 |                     | 52       |
| 144.     | Tanya James Price | 1:56:08 | w      | Ladies Masters 45-54 |                     | 54       |
| 145.     | Steve Hamer       | 1:56:08 | m      | Mens Masters 40-49   | Parc Bryn Bach      | 3        |
| 146.     | Sarah Rogers      | 1:56:15 | w      | Ladies Masters 35-44 |                     | 56       |
| 147.     | Suzanne Spiteri   | 1:58:02 | w      | Ladies Masters 45-54 |                     | 55       |
| 148.     | Dai Power         | 1:59:31 | m      | Mens Masters 40-49   | Cwm Ogwr Runners    | 61       |
| 149.     | Sarah Boothby     | 2:07:46 | w      | Senior Ladies        | Pontypridd Roadents | 123      |
| 150.     | Rebecca Williams  | 2:14:33 | w      | Senior Ladies        |                     | 9        |

Number of records: 150