

2016 Welsh 5km Road Race Championships - Merthyr Mawr

Men



Pos	Bib	GunTime	Forename	Surname	Club	Cat Pos
1	87	14.38	Ieuan	Thomas	Cardiff Amateur Athletic Club	1 - Senior
2	53	15.11	Owain	Jones	Bristol & West AC	1 - V35
3	59	15.31	Ciaran	Lewis	Cardiff Amateur Athletic Club	1 - U20
4	41	15.38	James	Hunt	Cardiff Amateur Athletic Club	2 - U20
5	6	15.40	Adam	Bull	Aberdare Valley AAC	2 - Senior
6	19	15.50	Matthew	Edmonds	Newport Harriers	3 - Senior
7	48	15.53	Mark	Jennings	Micky Morris Racing Team	1 - V40
8	4	16.11	Daniel	Bodman	Aberdare Valley AAC	4 - Senior
9	30	16.19	Paul	Graham	Pontypridd Roadents AC	5 - Senior
10	47	16.20	Ryan	Jenkins	Carmarthen Harriers	3 - U20
11	95	16.20	Craig	Williams	Newport Harriers	4 - U20
12	18	16.23	Oliver	Dickinson	Yeovil AC	1 - U17
13	64	16.30	Tom	McCarthy	Neath Harriers**	6 - Senior
14	76	16.37	Matthew	Rees	Swansea Harriers AC	7 - Senior
15	1	16.38	Remi	Adebiyi	Newport Harriers	2 - U17
16	89	16.47	Jack	Tremlett	TROT	2 - V35
17	40	16.49	Aled	Hughes	Aberystwyth AC	3 - V35
18	15	16.50	Gary Wyn	Davies	Aberystwyth AC	8 - Senior
19	44	16.53	Morgan	James	Cardiff Amateur Athletic Club	3 - U17
20	84	16.59	Jonathan	Smith	Ranelagh Harriers**	9 - Senior
21	66	17.01	Jackson	Mountford	Newport Harriers	4 - U17
22	49	17.04	Robert	John	Micky Morris Racing Team	2 - V40
23	56	17.07	Edward	Land	Aberystwyth AC	4 - V35
24	42	17.08	Richard	Jackson-Hookin	Penarth and Dinas Runners	10 - Senior
25	50	17.10	Rob	Johnson	Aberystwyth AC	5 - V35
26	88	17.11	Isaac	Thurgood	Newport Harriers	5 - U17
27	34	17.19	Billy	Hayton	Pontypridd Roadents AC	11 - Senior
28	69	17.24	Martin	Norton	Micky Morris Racing Team	12 - Senior
29	93	17.27	Royston	Whitehouse	Neath Harriers	1 - V50
30	2	17.30	Lee	Aherne	Parc Bryn Bach Running Club	2 - V50
31	101	17.31	Jason	Kiely	Unattached**	13 - Senior
32	60	17.31	Ifan	Lloyd	Swansea Harriers AC	1 - V55
33	96	17.33	David	Williams	Pontypridd Roadents AC	1 - V45
34	99	17.34	Christopher	Melbourne	Neath**	14 - Senior
35	17	17.41	Alan	Davies	Llanelli AC	1 - V60
36	3	17.46	Jon	Belcher	Lliswerry Runners	3 - V40
37	21	17.51	Ian	Evans	Aberystwyth AC	6 - V35
38	65	17.54	Daniel	Morgan	Windsor Slough & Eton	15 - Senior
39	23	17.55	Paul	Flynn	Swansea Harriers AC	2 - V45
40	28	17.58	Gavin	Gates	Bridgend Athletic Club	7 - V35
41	77	18.09	Andrew	Reynolds	Neath Harriers	16 - Senior
42	57	18.19	Adrian	Lewis	Aberdare Valley AAC	3 - V45
43	16	18.29	Ceri	Davies	San Domenico Running Club	4 - V40
44	12	18.31	Peter	Crane	Neath Harriers	3 - V50
45	74	18.32	Laurence	Pole	Pontypridd Roadents AC	5 - V40

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46	55	18.34	Gareth	Knight	Newport Harriers	17 - Senior
47	14	18.35	Gareth	Davey	Neath Harriers	6 - V40
48	10	18.39	Peter	Coles	Pontypridd Roadents AC	4 - V50
49	70	18.48	Peter	Osborne	Llanelli AC	2 - V55
50	92	18.50	Phil	Welch	Bridgend Athletic Club	18 - Senior
51	7	19.00	Richard	Bullen	Les Croupiers	3 - V55
52	80	19.00	Scott	Ruse	Neath Harriers	19 - Senior
53	82	19.21	Kevin	Seville	Newport Harriers	7 - V40
54	20	19.25	Ryan	Edwards	Cardiff Amateur Athletic Club	6 - U17
55	45	19.28	Karl	James	Neath Harriers	5 - V50
56	37	19.3	Steven	Hooper	Pontypridd Roadents AC	6 - V50
57	13	19.45	David	Crane	Neath Harriers	4 - V55
58	85	19.54	Nick	Stocker	Bridgend Athletic Club	4 - V45
59	22	20.06	Robert	Evans	Les Croupiers	2 - V60
60	61	20.11	Joseph	Lloyd-West	Neath Harriers	7 - U17
61	100	20.12	Mike	Jones	Unattached**	8 - V35
62	46	20.28	Andrew	Jenkins	Neath Harriers	7 - V50
63	35	20.37	Iain	Hendry	Neath Harriers	5 - V45
64	79	20.39	Huw	Roberts	Bridgend Athletic Club	5 - V55
65	33	20.51	Jonathan	Hayes	Bridgend Athletic Club	8 - V50
66	43	21.04	Huw	James	Cardiff Amateur Athletic Club	6 - V45
67	73	21.24	Antony	Phillips	Bridgend Athletic Club	9 - V50
68	38	21.27	Neil	Horsley	Neath Harriers	3 - V60
69	63	21.34	Darryn	McAtee	Newport Harriers	6 - V55
70	71	21.43	Simon	Partridge	Neath Harriers	4 - V60
71	8	21.53	Colin	Caesar	Penarth and Dinas Runners	7 - V45
72	103	21.57	Gordon	Orme	Carmarthen Harriers**	1 - V70
73	31	21.59	Jeffrey	Hanson	Rhondda Athletics Club	10 - V50
74	102	22.12	Gareth	Jenkins	Cwm Ogwr Running Club**	20 - Senior
75	27	22.14	John	Gardener	Pembrokeshire Harriers	1 - V75+
76	26	22.53	Andrew	Furlong	N/A	21 - Senior
77	24	24.35	Brian	Fox	Swansea Harriers AC	2 - V70
78	9	25.52	Christie	Coleman	Cwm Ogwr Running Club	8 - V45
79	83	30.01	Allan	Smith	3M Gorseinon Road Runners	2 - V75+
80	86	30.15	Ian	Swanson	Port Talbot Harriers	1 - V65