

# ABERDARE 10k - 2010

Position	H	M	S	Bib	First Name	Last Name	Gender	Cat	Club
1	0	30	48	261	Richard	Gardiner	M	37	Y
2	0	32	37	358	Phillip	Matthews	M	Not Given	Y
3	0	33	23	156	Paul	Griffiths	M	42	Neath Harriers
4	0	34	0	11	Edward	Donovan	M	31	Les Croupiers RC
5	0	34	14	132	Stephen	Thomas	M	Not Given	Islwyn RC
6	0	34	22	124	Matthew	Jacklin	M	35	Pendre High School
7	0	34	32	281	Nick	Frost	M	49	Y
8	0	34	44	403	Lee	Hiscox	M	32	Y
9	0	35	16	301	Daniel	Bodman	M	27	N
10	0	35	42	101	Stephen	Shields	M	30	San Domenico RRC
11	0	35	52	284	Anthony	Powell	M	41	Y
12	0	35	55	346	Chris	Parker	M	44	Y
13	0	36	6	323	Royston	Whitehouse	M	47	Y
14	0	36	38	105	Stuart	Wadlow	M	33	N
15	0	36	41	331	Ashley	Owen	M	43	Y
16	0	36	58	322	Jystin	Phillips	M	37	N
17	0	37	0	138	Robert	Evans	M	48	Ebbw Vale RC
18	0	37	16	352	Alex	Williams	M	42	Y
19	0	37	27	292	Lee	Watts	M	35	N
20	0	37	29	262	Ian	Lewis	M	41	N
21	0	37	4	308	Alistair	Wood	M	41	San Domenico RRC
22	0	37	47	371	Anthony	Davies	M	34	Y
23	0	37	48	321	Wayne	Lloyd	M	41	N
24	0	37	59	381	Paul	Speyer	M	36	N
25	0	38	3	348	Sean	Birch	M	41	Y
26	0	38	6	325	Rhodri	Evans	M	34	Y
27	0	38	8	356	Paul	Powell	M	41	Y
28	0	38	11	183	Kevin	McCarthy	M	45	RRC
29	0	38	17	230	Paul	Price	M	Not Given	N
30	0	39	18	175	Robert	Davies	M	38	Islwyn RC

31	0	38	19	306	Phil	Bristow	M	16	N
32	0	38	2	363	Kieran	McIntosh	M	20	Y
33	0	38	2	324	Steve	Williams	M	51	Y
34	0	38	22	360	Kelly	Morgan	F	32	Y
35	0	38	26	309	Paul	Rees	M	Not Given	N
36	0	38	31	201	Ronald	Morris	M	60	N
37	0	38	33	297	Phillip	Hendry	M	28	N
38	0	38	39	170	Steve	Walsh	M	41	Port Talbot Harriers
39	0	38	41	326	Glyn	Sansom	M	48	Y
40	0	38	55	307	Mark	Windsor	M	49	Y
41	0	38	58	98	Claire	Phillips	F	41	Port Talbot Harriers
42	0	39	1	217	Daniel	Regan	M	36	Ely Runners
43	0	39	3	126	Phil	Miles	M	58	Parc Bryn Bach
44	0	39	13	388	Richard	Johnson	M	37	Y
45	0	39	21	158	John	Morgan	M	48	Brackla Harriers
46	0	39	27	313	David	Parfitt	M	39	N
47	0	39	27	370	Paul	Ezard	M	40	Y
48	0	39	32	361	Gareth	Griffiths	M	41	Y
49	0	39	37	138	Robert	Evans	M	48	Ebbw Vale RC
50	0	39	41	199	Gilli	Davies	F	Not Given	N
51	0	39	49	218	Andrew	Brasington	M	46	Brecon AC
52	0	39	54	57	Johnathon	Sliczny	M	Not Given	N
53	0	39	55	294	Adrian	Horell	M	31	N
54	0	39	55	131	Ian	Jones	M	49	N
55	0	40	9	373	Gareth	Jehu	M	52	Y
56	0	40	1	263	Joshua	Evans	M	19	N
57	0	40	13	75	Anthony	Williams	M	Not Given	N
58	0	40	3	266	Neil	Williams	M	48	N
59	0	40	32	329	Gerard	Crispie	M	48	Y
60	0	40	43	251	Darren	Stephen	M	38	N
61	0	40	45	343	Kim	Welden	M	48	Y
62	0	40	49	23	Alex	Hackett	M	23	N
63	0	40	5	129	David	Moore	M	Not	N

								Given	
64	0	40	52	384	Gareth	Evans	M	42	N
65	0	40	52	162	Barri	Edwards	M	40	N
66	0	40	56	160	Gary	Cleaves	M	51	Ebbw Vale RC
67	0	40	58	177	Daniel	Evans	M	20	Rhondda Valley Runners
68	0	41	4	317	Paul	Evans	M	34	Y
69	0	41	5	180	Keith	James	M	36	Les Croupiers RC
70	0	41	9	258	Lisa	Jones	F	38	Y
71	0	41	14	130	Phillip	Williams	M	33	N
72	0	41	2	200	Michael	Davies	M	Not Given	N
73	0	41	23	215	Chris	Sparrow	M	28	N
74	0	41	26	185	Dominic	Sheilds	M	45	San Domenico RRC
75	0	41	34	295	James	Rees	M	31	N
76	0	41	36	67	Lewis	Tomlins	M	16	N
77	0	41	36	220	Ian	Hoskins	M	37	N
78	0	41	42	389	Phillip	Thomas	M	Not Given	Y
79	0	41	47	362	Graham	Vyner	M	41	Y
80	0	42	5	296	Chay	Rees	M	Not Given	N
81	0	42	6	72	Robert	Type	M	37	N
82	0	42	13	198	James	Jenkins	M	Not Given	N
83	0	42	14	305	Miles	James	M	42	N
84	0	42	14	399	Anthony	Thomas	M	Not Given	N
85	0	42	16	397	Chris	Williams	M	Not Given	N
86	0	42	22	95	Sean	Morris	M	27	N
87	0	42	25	334	Damian	Caswell	M	36	Y
88	0	42	37	111	Ray	Greenhouse	M	45	Ebbw Vale RC
89	0	42	39	290	Richard	Long	M	Not Given	N
90	0	42	4	87	Tony	Sudworth	M	Not Given	N
91	0	42	47	225	Ian	Williams	M	49	Ebbw Vale RC
92	0	42	56	238	Baldrick	Dodge	M	Not	N - Powerhouse

								Given	Gym
93	0	42	59	79	Darren	Williams	M	35	N
94	0	43	0	193	Gary	Bodman	M	47	Les Croupiers RC
95	0	43	4	137	David	Jones	M	Not Given	N
96	0	43	5	335	Tony	Wetherton	M	49	Y
97	0	43	8	127	Niall	Foster	M	34	N
98	0	43	15	319	Adrian	Taylor	M	50	Y
99	0	43	17	395	Simon	McMail	M	Not Given	N
100	0	43	27	372	Emma	Lynch	F	33	Y
101	0	43	34	21	Paul	Finn	M	Not Given	N
102	0	43	36	291	Neil	Jones	M	34	N
103	0	43	37	338	Wayne	Cross	M	Not Given	N
104	0	43	39	341	Mike	Nash	M	49	Y
105	0	43	39	330	Stephen	Trapnell	M	56	Y
106	0	43	41	52	Leslie	Rowe	M	55	N
107	0	43	46	117	John	Magee	M	36	Les Croupiers RC
108	0	43	51	273	Caroline	Morton	F	41	Y
109	0	43	56	76	Andrew	Williams	M	25	N
110	0	43	59	27	Richard	Jones	M	47	N
111	0	44	4	349	Luke	Gowen	M	16	N
112	0	44	6	113	Matthew	Thomas	M	36	N
113	0	44	9	88	Clive	Denton	M	42	Rhondda Valley Runners
114	0	44	1	47	Maria	Richards	F	37	Islwyn RC
115	0	44	1	385	Michael	Thomas	M	47	N
116	0	44	16	366	Andrew	Dunscombe	M	45	Y
117	0	44	17	205	Amy	Edwards	F	28	Rhondda Valley Runners
118	0	44	31	202	Barry	Morgan	M	33	Brackla Harriers
119	0	44	34	39	Wendy	Owen	F	28	San Domenico RRC
120	0	44	37	80	Ian	Williams	M	34	Long Eaton RC
121	0	44	41	378	Robert	Ford	M	57	Y
122	0	44	45	191	Alex	Ford	M	59	Brackla Harriers
123	0	44	48	316	Alison	Nicholls	F	Not Given	Y

124	0	44	5	300	Owen	Hathaway	M	Not Given	N
125	0	45	17	159	Louise	Evans	F	43	Ebbw Vale RC
126	0	45	18	35	Julie	Lewis	F	35	N
127	0	45	22	344	Tom	Russell	M	30	Y
128	0	45	23	114	David	Williams	M	47	Les Croupiers RC
129	0	45	3	?	Tom	Rowlands	M	Not Given	N
130	0	45	33	151	Allan	Jones	M	56	Brackla Harriers
131	0	45	34	383	Matt	Kevern	M	25	N
132	0	45	41	315	Ray	Davies	M	51	N
133	0	45	43	337	Dean	Birt	M	36	Y
134	0	45	48	382	Paul	Cable	M	Not Given	N
135	0	45	53	219	Phillip	Hughes	M	27	San Domenico RRC
136	0	45	55	333	Malcolm	Bradley	M	60	N
137	0	45	57	112	David	Evans	M	50	Ebbw Vale RC
138	0	46	5	161	Laurence	Pole	M	35	N
139	0	45	7	157	Anthony	Kavanagh	M	65	Brackla Harriers
140	0	46	13	375	Rachel	Walsh	F	31	N
141	0	46	18	61	Andy	Sutton	M	34	N
142	0	46	19	351	Alun	Gowen	M	45	N
143	0	46	21	206	Mark	Jones	M	50	N
144	0	46	26	208	Tony	Burt	M	67	Brackla Harriers
145	0	46	27	100	Wayne	Richards	M	39	N
146	0	46	46	276	Andy	Davies	M	49	N
147	0	46	54	81	Sidney	Wilocks	M	67	Teingbridge Trotters
148	0	47	2	380	Simon	Dye	M	38	N
149	0	47	21	168	Steve	New	M	44	100 Marathon Club
150	0	47	26	245	Simon	Carter	M	36	Brackla Harriers
151	0	47	32	243	Gareth	Coles	M	Not Given	N - Powerhouse Gym
152	0	47	36	248	Lance	O'Conner	M	46	Ebbw Vale RC
153	0	47	37	82	Michelle	Willocks-Watts	F	38	Teingbridge Trotters
154	0	47	44	312	Mark	Davies	M	45	N
155	0	47	44	145	Wayne	Preece	M	57	N

156	0	47	45	153	Mike	Ridout	M	56	Brackla Harriers
157	0	47	46	229	James	Thomas	M	46	Brackla Harriers
158	0	47	47	260	Rhyianydd	Gardiner	F	38	Y
159	0	47	49	84	Peter	Young	M	58	N
160	0	47	5	275	Glenn	Lewis	M	40	N
161	0	47	51	277	Stephanie	Davies	F	15	Y
162	0	47	54	69	Ruth	Treharne	F	46	Islwyn RC
163	0	48	1	269	Elizabeth	Vaughan	F	44	N
164	0	48	4	164	Robert	Rees	M	46	N
165	0	48	5	355	Peter	Shanley	M	44	Y
166	0	48	11	190	Paul	Morgan	M	48	N
167	0	48	15	318	Rob	Williams	M	53	Y
168	0	48	32	216	Simon	Ng	M	22	N
169	0	48	33	182	John	Martin	M	52	N
170	0	48	34	46	Michael	Pritchard	M	46	N
171	0	48	38	274	Christohper	Thomas	M	51	Y
172	0	48	41	267	Karen	Hurd	F	50	N
173	0	48	44	181	Debra	Jones	F	31	Pontypridd Roadents
174	0	48	5	3	Thomas	Addiscott	M	19	N
175	0	48	53	?	David	Rowlands	M	Not Given	N
176	0	48	53	347	Coleen	Birch	F	36	Y
177	0	48	58	41	Danny	Parry	M	41	N
178	0	49	6	187	Phillip	Wigmore	M	36	N
179	0	49	8	310	Kirsten	Tucker	F	Not Given	N
180	0	49	17	257	Andrew	Boggis	M	41	N
181	0	49	18	233	Gavin	Rees	M	Not Given	N - Powerhouse Gym
182	0	49	2	203	Catherine	Chammings	F	35	Parc Bryn Bach
183	0	49	2	240	Lee	Riden	M	Not Given	N - Powerhouse Gym
184	0	49	2	236	Rhys	Shellard	M	Not Given	N - Powerhouse Gym
185	0	49	22	110	Deborah	Hope	F	44	N
186	0	49	33	364	Christohper	Shellard	M	29	N
187	0	49	36	141	David	Cross	M	55	Ebbw Vale RC
188	0	49	4	171	Allan	Smith	M	77	3 M's Gorseinon

									RC
189	0	49	43	122	Victoria	Roderick	F	34	Womens Running Network
190	0	49	45	228	Keith	Parsons	M	Not Given	N
191	0	49	46	18	Scott	Evans	M	44	N
192	0	49	47	204	Rebecca	Chammings	F	32	Parc Bryn Bach
193	0	49	48	56	John	Siby	M	Not Given	N
194	0	49	5	221	Tony	Grandon	M	60	N
195	0	50	3	70	Emma	Tucker	F	33	N
196	0	50	11	150	Vicki	Hopkins	F	50	N
197	0	50	8	332	Keith	Langley	M	Not Given	N
198	0	50	11	108	Jason	Rowlands	M	Not Given	N
199	0	50	16	234	Lee	Evans	M	Not Given	N - Powerhouse Gym
200	0	50	24	235	Daniel	Hopkins	M	Not Given	N - Powerhouse Gym
201	0	50	32	197	Stephen	Hapgood	M	55	N
202	0	50	33	340	Beth	Murphy	F	37	N
203	0	50	34	304	Brett	James	M	42	Y
204	0	50	34	144	Daniel	Morgan	M	52	Ebbw Vale RC
205	0	50	38	339	Louise	Miskell	F	39	Y
206	0	50	43	179	Claire	House	F	37	San Domenico RRC
207	0	50	46	173	Tammy	Raz-Nick	F	36	Brackla Harriers
208	0	50	47	357	Simon	Jones	M	46	N
209	0	50	48	77	Suzanne	Williams	F	41	N
210	0	50	56	?	Not Known	Not Known			
211	0	50	59	327	Matthew	Hier	M	19	N
212	0	50	59	244	Gareth	Hughes	M	Not Given	N - Powerhouse Gym
213	0	51	11	256	Anna	Gilmar	F	31	N
214	0	51	14	271	Jason	Bourne	M	31	N
215	0	51	17	223	Matthew	Burns	M	36	N
216	0	51	27	393	James	McMail	M	Not Given	N
217	0	51	39	336	Brian	Morgan	M	62	Y

218	0	51	46	280	Anthony	Dally	M	45	Y
219	0	51	46	71	Steve	Tucker	M	40	N
220	0	51	57	16	Scott	Ellis	M	20	N
221	0	52	3	152	Patricia	Jones	F	56	Brackla Harriers
222	0	52	4	270	Lizz	Morris	F	52	Y
223	0	52	16	298	Dennis	Nelder	M	47	Y
224	0	52	19	400	Gethan	Evans	M	55	N
225	0	52	21	249	Carys	Bailey	F	18	Ebbw Vale RC
226	0	52	21	119	Paul	Probyn	M	39	N
227	0	52	32	36	Shirley	Mathurin	F	49	Neath Harriers
228	0	52	33	311	Tracey	Thomas	F	34	Y
229	0	52	36	146	Ian	Stratton	M	42	Brackla Harriers
230	0	52	39	6	Irene	Cooper	F	56	N
231	0	52	39	29	David	Jones	M	57	N
232	0	52	4	398	Janice	Roberts	F	54	N
233	0	52	4	49	Claire	Ricketts	F	34	N
234	0	52	43	253	Allan	Taylor	M	Not Given	N
235	0	52	49	4	Steffan	Alcott	M	30	N
236	0	52	53	195	Gareth	Giddings	M	39	N
237	0	53	4	342	Jacqueline	Jones	F	39	Y
238	0	53	22	155	Karen	Shadwell	F	40	N
239	0	53	29	172	Rhian	Bowen	F	32	Brackla Harriers
240	0	53	38	365	Michael	Howell	M	47	N
241	0	53	51	374	Sarah	Lane	F	Not Given	N
242	0	53	59	302	Caroline	Williams	F	19	Y
243	0	54	1	97	Geoff	Ogden	M	40	N
244	0	54	16	299	Gareth	Haltman	M	Not Given	Y
245	0	54	19	359	Daniel	Reed	M	17	N
246	0	54	23	118	Andrew	Owen	M	38	N
247	0	54	24	394	Clyde	Baker	M	38	N
248	0	54	3	93	Phillip	Jones	M	43	Heolddu CS
249	0	54	36	31	David	Kempton	M	52	N
250	0	54	47	140	Nicola	Gould	F	Not Given	N
251	0	54	48	214	Nicola	Poole	F	36	Les Croupiers RC
252	0	54	59	390	Gareth	Holyfield	M	47	Y

253	0	54	54	10	Lyn	Davis	F	56	N
254	0	55	0	128	Raymond	Davies	M	Not Given	N
255	0	54	54	194	Stephen	Robbins	M	Not Given	N
256	0	55	9	209	Bernadette	Jones	F	40	Womens Running Network
257	0	55	9	109	Marilyn	Evans	F	60	N
258	0	55	11	293	Bernadette	Wilkinson	F	45	Y
259	0	55	0	2	Andrew	Addiscott	M	43	N
260	0	55	25	282	Sarah	Dawes-Clark	F	36	Y
261	0	55	27	401	Amanda	James	F	Not Given	N
262	0	55	29	63	Daniel	Symmonds	M	37	N
263	0	55	33	116	Terry	Vaughan	M	Not Given	Ebbw Vale RC
264	0	55	41	174	Steve	Bancroft	M	48	N
265	0	55	43	74	Diane	Williams	F	30	N
266	0	55	55	51	Alan	Roberts	M	39	N
267	0	55	58	134	Melvin	Jehu	M	Not Given	N
268	0	55	58	89	Elaine	Diosi	F	31	Pontypridd Roadents
269	0	55	58	287	Aeron	Reer	M	78	N
270	0	56	1	247	Catherine	Llewellyn	F	46	N
271	0	56	6	78	Bruce	Williams	M	63	N
272	0	56	7	222	Nicola	Burns	F	36	N
273	0	56	13	8	Andrew	Davies	M	27	N
274	0	56	16	96	Alison	Ng	F	25	N
275	0	56	18	24	Elaine	Hiscox	F	36	N
276	0	56	18	250	Sandra	Stevens	F	63	N
277	0	56	31	224	Michelle	Davies	F	35	N
278	0	56	39	120	Matthew	Labanciw	M	22	N
279	0	56	44	149	Gareth	Shellard	M	Not Given	N - Aberdare RFC
280	0	56	5	68	Leigh	Tomlins	M	37	N
281	0	56	53	391	James	Johnson	M	73	N
282	0	56	57	121	Maria	Berrett	F	51	N
283	0	57	23	246	Jane	Anthony	F	Not Given	N

284	0	57	4	54	Andrew	Samuel	M	43	N
285	0	57	42	241	Leon	Edwards	M	Not Given	N - Powerhouse Gym
286	0	57	42	379	Steffan	Thould	M	Not Given	N
287	0	58	0	211	Paul	Mizzi	M	22	N
288	0	58	12	32	Neil	Kinsey	M	50	N
289	0	58	17	328	Lyndon	Hier	M	48	N
290	0	58	36	142	Graham	Singer	M	Not Given	N
291	0	58	38	62	Anna	Symmonds	F	31	N
292	0	58	44	264	Theresa	Jeffries	F	46	N
293	0	58	46	254	Malcolm	Williams	M	Not Given	N
294	0	58	51	143	Alan	Bladen	M	74	Les Croupiers RC
295	0	58	54	354	Leona	Shanley	F	40	Y
296	0	58	56	377	Carolyn	Thomas	F	45	N
297	0	59	21	232	Paul	Parkman	M	Not Given	N - Powerhouse Gym
298	0	59	28	239	Darren	Moseley	M	Not Given	N - Powerhouse Gym
299	0	59	29	73	Sharon	Wigmore	F	28	N
300	0	59	39	392	Kathryn	Thomas	F	Not Given	N
301	0	59	43	106	Helen	Welch	F	38	N
302	0	59	57	265	Angela	Williams	F	43	N
303	1	0	13	353	Karen	Crimmings	F	42	N
304	1	0	13	148	Leah	Davies	F	30	N
305	1	0	20	289	Liam	Gallagher	M	36	N
306	1	0	20	367	Sarah	Stevens	F	31	Y
307	1	0	23	48	Graham	Richardson	M	44	N
308	1	0	30	53	Elaine	Sampson	F	32	N
309	1	0	30	103	Andrew	Thomas	M	46	N
310	1	0	43	14	Helen	Edwards	F	40	N
311	1	0	45	345	Tim	Cooper	M	42	N
312	1	1	12	135	Sara	Jehu	F	Not Given	N
313	1	1	13	136	Diane	Jehu	F	Not Given	N
314	1	1	13	86	Christine	Bowen	F	Not	N

								Given	
315	1	0	20	55	Maureen	Sheehy	F	Not Given	N
316	1	0	20	104	Wendy	Thomas	F	46	N
317	1	1	39	37	Catherine	Morgan	F	51	Womens Running Network
318	1	2	5	176	Lisa	Ekman	F	38	Brackla Harriers
319	1	5	7	272	Ronald	Smith	M	45	N
320	1	2	7	285	Cheryl	Bunney	F	38	Y
321	1	2	23	259	Maria	Garcia	F	42	N
322	1	2	23	303	Allen	Bunney	M	31	N
323	1	2	24	1	Louise	Addiscott	F	38	N
324	1	2	56	154	Shelley	Traylor	F	35	N
325	1	3	11	210	Arthur	Phillips	M	76	3 M's Gorseinon RC
326	1	3	23	43	Mark	Perry	M	35	N
327	1	3	48	279	Peter	Lyons	M	40	N
328	1	3	56	278	Dave	Andrews	M	40	N
329	1	4	2	268	Jackie	Spencer	F	Not Given	N
330	1	4	4	163	Eloise	Amos	F	27	N
331	1	4	15	166	Emma	Varney	F	32	N
332	1	4	16	99	Hayley	Richards	F	34	N
333	1	4	20	123	Zoe	Kent	F	17	N
334	1	4	34	92	David	Hiscox	M	Not Given	N
335	1	4	38	90	Deb	Edwards	F	41	N
336	1	4	41	242	Stephen	Jones	M	Not Given	N - Powerhouse Gym
337	1	4	42	350	Kirsty	Gowen	F	20	N
338	1	4	43	34	William	Lewis	M	Not Given	N
339	1	4	43	94	Catherine	Walters	F	Not Given	N
340	1	4	51	165	Helen	Williams	F	36	Aberdare Valley AC
341	1	5	14	15	Lynne	Ellis	F	59	N
342	1	5	41	115	Robert	Davey	M	Not Given	N
343	1	6	19	226	Anita	Howells	F	62	N

344	1	6	41	59	Kay	Spencer	F	45	N
345	1	6	43	60	John	Spencer	M	45	N
346	1	6	43	402	Theresa	Kemble	F	Not Given	N
347	1	6	59	9	Claire	Davies	F	47	N
348	1	7	3	376	David	Thomas	M	16	N
349	1	8	1	320	Lorraine	Swain	F	50	F
350	1	8	47	368	Samantha	Froud	F	Not Given	Y
351	1	9	41	85	Sian	Young	F	31	N
352	1	10	59	252	Susan	Pickering	F	Not Given	N
353	1	12	45	255	Hayley	Williams	F	Not Given	N
354	1	12	45	314	Helen	Davies	F	49	N
355	1	12	48	?	Lyn	Jones			
356	1	15	47	227	Sue	Barrow	F	Not Given	N
357	1	15	14	288	Catherine	Jones	F	35	N
358	1	19	39	404	Graham	Johnson	M	65	Y
359	1	19	47	133	Annette	Taylor	F	Not Given	N
360	1	20	24	231	Allen	Watts	M	81	N