

G5 Glynneath 5 ... Boxing Day 2008 ...

Pos	Race No.	Name	Cat	Club	Time
1	30	Matt Janes	MS	Pontypridd Rodents	24.28
2	42	Marc Hobbs	MS	Swansea Harriers	25.13
3	161	Dewi Griffiths	MS	Carmarthen	25.18
4	5	Daniel Gurmin	MS	Swansea Harriers	26.07
5	58	Stephen Paterson	MS	San Domenico	26.09
6	57	Luke Reddy	MS	Liverpool Harriers	26.10
7	1	Martin Rees	M55	Neath Harriers	26.11
8	35	Steven Rees	MS	Port Talbot Harriers	26.47
9	302	Paul Griffiths	M40	Neath Harriers	27.00
10	62	Rick Velati	MS		27.03
11	59	Alexander Lewis	MS	Swansea Harriers	27.06
12	270	Paul Richards	M40	Neath Harriers	27.17
13	46	David Rees	MS	Swansea Harriers	27.32
14	259	Matthew Gurmin	MS	Abertillery A.C.	27.35
15	43	James Hockin	MS	Celtic Tri	27.39
16	265	Paul Talbot	M40	Neath Harriers	27.41
17	99				28.10
18	34	David Shroll	MS	Neath Harriers	28.13
19	36	Leigh Hiscox	MS	Pontypridd	28.19
20	162	Daniel Thomas	MS	Swansea Harriers	28.32
21	248	Chris Parker	M40	Swansea Harriers	28.38
22	412	Amanda Jones	FS	Swansea Harriers	28.46
23	53	Carl Ellis	MS	Port Talbot Harriers	28.59
24	307	Paul Thomas	M40		29.02
25	18	Rhys Pitman	MS	Pontypridd Rodents	29.05
26	158	Daniel Bodman	MS	Aberdare A.C.	29.10
27	25	Jamie Fenaroli	MS	Swansea Harriers	29.18
28	163	Jerome Evans	MS	Port Talbot Harriers	29.49
29	273	Roger Chamberlain	M40	SRI Chinmoy A.C.	29.53
30	350	Leah Dixon	FS	Cardiff A.C.	29.59
31	23	Adrian Weaver	MS	Port Talbot Harriers	30.00

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Pos	Race No.	Name	Cat	Club	Time
32	278	Ian Webb	M50	Llanelli	30.23
33	277	Mark Paviour	M45	Presteigne Pacers	30.27
34	397	Gemma Leahy	FS	Cardiff A.C.	30.28
35	228	Gethin Parham	MS	B.Bach R.C.	30.29
36	20	Matthew Reynolds	MS	Neath	30.31
37	54	Alun Rees	MS	Neath Harriers	30.33
38	272	Richard Jones	M50		30.35
39	413	Carol Bridge	FS		30.37
40	8	Craig Hughes	MS		30.40
41	213	Phil Meyler	M50	Pontypridd	30.42
42	327	Gerard Crispie	M45	Les Croupiers	30.56
43	38	Michael Halsall	MS	Llanelli A.A.C.	31.01
44	206	Chris Fulcher	M40	Port Talbot Harriers	31.15
45	209	Geraint Williams	MS		31.18
46	52	Jamie Rees	MS	Neath Harriers	31.19
47	253	Matthew Townsend	MS	Les Croupiers	31.22
48	290	Andrew Thomas	M40	Sospans	31.23
49	68	Simon Bird	MS		31.26
50	298	Kevin Taylor	M45	Amman Valley	31.26
51	63	James O'Callaghan	MS		31.35
52	312	Clive Osmond	M45	Les Croupiers	31.36
53	246	Alun Evans	M40	Rhondda	31.37
54	9	Grant Hughes	MS		31.40
55	417	Clare Phillips	F35	Swansea Harriers	31.42
56	164	Christopher Melbourne	MS	Neath Harriers	31.43
57	40	Chris Lewis	MS		31.46
58	333	Andrew Baker	MS	Neath Harriers	31.47
59	71	Justin Phillips	MS		31.59
60	283	Sean Treloar	M40	Port Talbot Harriers	32.08
61	292	Paul Price	M40		32.09
62	60	Carl Rock	MS		32.10

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Pos	Race No.	Name	Cat	Club	Time
63	315	Clive Thomas	M45	AHC Christchurch, New Zealand	32.19
64	245	Robert Rees	MS	Neath	32.26
65	72	Jason Scanlon	MS	Pontypridd Rodents	32.29
66	288	Gareth John	M40	Aberdare A.C.	32.31
67	264	Andy Davies	M45	Pontypridd Rodents	32.31
68	216	Lee Davies	MS	Pontypridd Rodents	32.33
69	281	Lynsey Christopher	M40		32.37
70	334	James Murphy	M40		32.41
71	394	Susan Davies	F40	Presteigne Pacers	32.42
72	328	Gary Howe	M50	3M's	32.47
73	11	Andrew Russell	MS	Les Croupiers	32.48
74	410	Michelle Cole	FS		32.49
75	214	Paul Jelley	M40	Port Talbot Harriers	32.50
76	244	Robert Oliver	M40	Rhondda	32.53
77	238	Chris Lewis	MS	Port Talbot Harriers	32.54
78	320	Graeme Donnan	M55	Les Croupiers	32.59
79	51	Hugh Hughes	MS		33.15
80	241	Mark Dunscombe	M45	Sarn Helen	33.29
81	286	Dominic Shields	M40	San Domenico	33.30
82	15	Daran Edwards	MS	Celtic Tri	33.30
83	308	David Smout	M55	B.Bach R.C.	33.36
84	271	Clive Davies	M45	Sospans	33.38
85	420	Sandra Pinkham	F45	Port Talbot Harriers	33.39
86	294	Aaron Griffiths	M40		33.41
87	4	Lee Davies	MS		33.49
88	341	John Hopkins	M45	Port Talbot Harriers	33.52
89	252	Michael Davies	M55	Les Croupiers	33.55
90	344	Michael Thomas	M40		33.57
91	222	Lynn Richards	M40		33.59
92	3	Leon Murnleks	MS	Royal Navy Reserves R.C.	34.04
93	274	Brian MacGiollabhain	M40		34.05

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Pos	Race No.	Name	Cat	Club	Time
94	239	Vincent Nazareth	M45		34.06
95	47	Michael Curran	MS		34.07
96	201	Cyril Walters	M60	T.R.O.T.S.	34.08
97	239	Vincent Nazareth	M45		34.09
98	47	Michael Curran	MS		34.12
99	297	Gwyon Jenkins	M50	Sospans	34.13
100	322	Richard Webster	M50	3M's	34.13
101	362	Amanda Evans	F35	3M's	34.17
102	282	Bernard Henderson	M50	Port Talbot Harriers	34.19
103	275	David Bown	MS		34.22
104	254	Colin Fish	M40		34.24
105	339	Nigel Francisco	M40	Team Wecori	34.29
106	205	Dai Richards	M45	www.sport-wales.com	34.33
107	22	Craig Perrott	MS	Neath	34.41
108	151	Kyle Fulcher	MS	Port Talbot Harriers	34.50
109	10	Stuart Griffiths	MS	3M's	34.51
110	289	Steve Davies	M40	Port Talbot Harriers	34.56
111	400	Alaw Beynon Thomas	FS	Carmarthen	34.56
112	399	Fiona Davies	F50	Bridgend A.C.	34.57
113	287	Leighton Hughes	M50		35.01
114	41	Alex Lewis	MS		35.10
115	232	Paul Rees	M40		35.11
116	319	Robert Ford	M55	Pontypridd Rodents	35.14
117	280	Hugh Evans	M50	Llanelli	35.17
118	332	Peter Deacon	M50	Swansea Harriers	35.21
119	304	Alan Mann	M50	Les Croupiers	35.23
120	73	Aled Roberts	MS		35.36
121	226	Andrew Beaton	MS		35.44
122	303	Mike Nash	M45	3M's	35.47
123	403	Judith Oakley	F40	Vegan Runners	35.53
124	221	Steve Hill	M45	Penarth & Dinas	35.58

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Pos	Race No.	Name	Cat	Club	Time
125	211	Mario Rabaiotti	M45	Port Talbot Harriers	36.00
126	355	Carol Moseley	FS	Port Talbot Harriers	36.09
127	32	Lee Gwyn	MS		36.14
128	166	Grant Williams	MS		36.27
129	336	Geoff Hall	M50		36.33
130	337	Mike Jones	M50		36.34
131	405	Louise Miskell	F35	3M's	36.39
132	242	Andrew Phillips	M45	Saundersfoot	36.41
133	323	Cornelius Corcoran	M40	Pontypridd Rodents	36.46
134	313	Emyr Thomas	M40		36.48
135	416	Andrea Williams	F35	Road Runners Club	36.50
136	13	Brian Cotton	MS		36.54
137	266	Leighton Gwyn	M50		36.56
138	335	John Cunnane	M60	100 Km Association	37.01
139	406	Jenny Phillips	F40	Llanelli	37.02
140	372	Helen Jones	F35		37.04
141	321	Stephen Bendle	M45	Swansea Harriers	37.09
142	267	Keith Coleman	M40		37.14
143	27	Neil Davies	MS		37.15
144	311	Chris Jones	M40	Redhill Road Runners	37.23
145	422	Sian Phillips	F45	Swansea Harriers	37.25
146	237	Tony Holling	M50	Port Talbot Harriers	37.28
147	229	David Proffitt	M55	Newport Harriers	37.30
148	407	Ceri Ruzzi	FS	Fulon Tri	37.32
149	317	David Francis	M45		37.40
150	233	Steven Jones	MS		37.40
151	347	Andrew Rothwell	M50		37.43
152	70	Mark Hambleton	MS		37.45
153	227	Paul Gillard	M45	Aberdare A.C.	37.48
154	293	Paul Rundle	M45		37.50
155	391	Rebecca Smith	F35		37.52

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Pos	Race No.	Name	Cat	Club	Time
156	385	Emma Shaw	F35		37.57
157	19	William Breeze	MS	Bridgend A.C.	37.58
158	118				38.22
159	314	Marcus Eyre	M45	3M's	38.23
160	374	Christine Lloyd	F50	Halesowen A.C.	38.23
161	260	Allan Smith	M70	3M's	38.23
162	309	Kevin Fitzgerald	M60		38.27
163	48	David Rogers	MS		38.31
164	390	Anne Marie Evans	F35	B.Bach R.C.	38.31
165	203	John Davies	M60		38.39
166	14	Craig Hudson	MS		38.40
167	55	David Miskell	MS		38.48
168	31	Keri Powell	MS		38.54
169	360	Kathryn John	F40	3M's	38.57
170	414	Jayne Schiess	F35		38.58
171	363	Kathryn Hughes	FS		38.58
172	331	Michael Terry	M55		39.00
173	56	Darren Williams	MS	Port Talbot Harriers	39.02
174	284	Richard Davies	M40	NEWT	39.03
175	345	Andrew Gronert	M45		39.06
176	74	Tom Annetts	MS		39.07
177	251	Rev Peter Lewis	M40	Local	39.10
178	223	Alun Gillard	M40	Neath Harriers	39.10
179	342	Ray James	M45	Port Talbot Harriers	39.11
180	300	Jonathan Davies	M40	Sospans	39.20
181	12	Lee Kwok	MS	G. H. & R. Club	39.21
182	502	Nick Thomas	M40		39.25
183	348	Richard Barrett	M45		39.38
184	210	Alan Williams	M45		39.39
185	398	Jan Harvey	F50		39.45
186	316	Dewi Price	M50		39.50

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Pos	Race No.	Name	Cat	Club	Time
187	269	John Ayres	M50	Port Talbot Harriers	39.57
188	257	Darren James	M40		40.01
189	263	Peter Young	M55		40.13
190	249	Paul Thomas	M40	Oxford	40.16
191	69	Mark Bagstaff	MS		40.21
192	165	Gareth Swann	MS	Sospans	40.23
193	76	Kevin Mead	MS		40.23
194	376	Tracy Edwards	F40	Rhondda Valley Runners	40.36
195	64	Matthew Williams	MS	Team Wecori	40.42
196	299	John Vine	M65		40.46
197	236	Andre McPherson	MS		41.00
198	401	Louise Henderson	FS		41.02
199	353	Melanie Colburn	F40	Celtic Tri	41.06
200	268	Ian Swanson	M55	Port Talbot Harriers	41.17
201	152	Celyn Williams	MS		41.26
202	421	Pauline Williams	F50	Port Talbot Harriers	41.28
203	17	Huw Cawthorn	MS	Vancouver, Canada	41.29
204	220	Alan Roberts	M50	Port Talbot Harriers	41.29
205	247	Nigel Best	M50	Llanelli	41.38
206	219	Dean Hughes	MS		41.43
207	378	Sarah Fish	F35		41.46
208	305	Philip Swann	M45	Sospans	41.49
209	118				41.51
210	118				41.51
211	338	Richard Donne	M45		41.53
212	325	Steve Rohman	M45		42.05
213	367	Lindy Beaton	F45		42.10
214	309	Kevin Fitzgerald	M60		42.18
215	61	Stephen Fitzgerald	MS		42.18
216	37	Owen Wells	MS		42.20
217	65	Ian Henton	MS		42.39

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Pos	Race No.	Name	Cat	Club	Time
218	150	Dale Thomas	MS		42.43
219	501	Michael West	M45		42.46
220	217	Alyn Tennant	M45		42.47
221	157	Eirian Williams	MS	Sospans	42.57
222	230	Christopher Thomas	M40	London	43.04
223	235	John Kiernan	MS		43.06
224	330	Alan Evans	M55	Cardiff A.C.	43.42
225	75	Steven Lewis	MS		43.58
226	393	Annie Conroy	F60	Les Croupiers	44.05
227	324	Mark Williams	M40		44.14
228	364	Lowri Hughes	FS		44.30
229	329	Ceri Evans	M40		44.47
230	243	Jason Hutchins	MS	Glynneath	44.50
231	370	Rebecca Davies	F35		45.14
232	231	Owen Thomas	MS		45.14
233	411	Del Eyre	F45	3M's	45.25
234	354	Tina Arthur	F45	Port Talbot Harriers	45.34
235	301	Ian Williams	M40		45.46
236	240	David Phillips	M50		46.42
237	154	Sam Sleep	MS	Neath Harriers	46.46
238	356	Amy Colburn	FS	Celtic Tri	47.06
239	383	Karen Burrows	F45	Celtic Tri	47.09
240	326	Gary Rees	M60		47.33
241	359	Linda Owens	F55	3M's	47.34
242	294	Aaron Griffiths	M40		47.56
243	310	Graham Evans	M45		47.57
244	155	Shane Collins	MS	Neath Harriers	48.15
245	418	Denise Williams	F55		48.18
246	296	Clive Rowe	M40	Islwyn R.C.	48.23
247	373	Emma Breeze	FS	Vancouver, Canada	48.34
248	160	Matthew Jones	MS	Aberdare A.C.	48.49

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Pos	Race No.	Name	Cat	Club	Time
249	382	Catherine Lloyd Bennett	FS		48.54
250	361	Sara Vogan	FS		48.55
251	215	Mark Vogan	MS	Grossopdale Harriers (Hyde)	48.56
252	291	John Cooper	M60	Aberdare A.C.	49.15
253	409	Paula James	F35	Pontypridd Rodents	49.15
254	255	Paul Michael	M40		49.28
255	340	Michael Howell	M45		49.45
256	26	Callum Evans	MS		49.53
257	343	Paul Waite	M55	Celtic Tri	49.59
258	346	Ieuan Jones	M45	Celtic Tri	49.59
259	33	Brian Connolly	MS		50.25
260	380	Julie Kemp	F45		50.31
261	306	Martin Casey	M40		50.33
262	419	Karen Gibbins	F35		50.38
263	388	Ruth Jones	FS		50.50
264	389	Emily Reynolds	FS		50.50
265	402	Linda Waller	F50	3M's	50.55
266	256	Gwyn Williams	MS		50.55
267	386	Jayne Hall Edwards	F40	Team Hall Edwards	51.00
268	381	Tracy Davies	F40		51.13
269	276	Andrew Jones	M40		51.36
270	156	Gavin Rees	MS	Neath Harriers	51.45
271	153	Rhys Wayman	MS		51.59
272	404	Christine Davies	F45	Sospans	52.08
273	262	Ieuan Chattington	M55		52.08
274	167	James Barrett	MS		52.14
275	375	Vicky Hawkins	FS	Oxford	52.40
276	28	Robert Holt	MS		53.04
277	29	Ken Shortman	MS		53.06
278	2	Rhys Thomas	MS	Aberdare A.C.	53.48
279	408	Karyn Swann	F40	Sospans	53.48

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Pos	Race No.	Name	Cat	Club	Time
280	500	Toni Hall Edwards	FS	Team Hall Edwards	53.54
281	395	Jackie Evans	F35	Sospans	53.58
282	423	Nina Grinnell	FS		55.00
283	250	Gerald Gray	M50	Team Wecori	55.02
284	377	Joanne Vaughan	FS		55.10
285	392	Clair Houston	FS		55.15
286	67	Matt Lloyd	MS		55.43
287	349	Andrew Hersham	MS		56.23
288	379	Ruth Bennett	FS		56.23
289	258	Simon Cronin	M40		57.36
290	358	Jane Elliott	F55	3M's	60.28
291	396	Janice Campbell	F50		60.28

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