

## GLYNNEATH 5 MILE RESUTLS 2011

Pos	RN	Name	Gen	Club - Team	Time
1	218	Alex Hains	M	Cardiff A.C.	24.17
2	15	Adam Bitchell	M	Cardiff A.C.	24.43
3	220	Angus MacLean	M	Bristol & West A.C.	25.56
4	210	Michael Kershaw	M	Cardiff A.C.	26.18
5	136	Richard Gardiner	M	Winner	26.42
6	208	James Hockin	M	Celtic Tri	28.08
7	207	Daniel Bodman	M	Aberdare Valley A.A.C.	28.33
8	217	Carl Hill	M	Aberdare Valley A.A.C.	28.51
9	120	Chris Parker	M	Port Talbot Harriers	29.03
10	9	Deri Stewart	M	Neath Harriers	29.08
11	11	Richard Wilder	M	San Domenico	29.19
12	111	Stephen Thomas	M	Islwyn R.C.	29.29
13	37	Mark Sykes	M	Godiva Harriers	29.38
14	472	Bethan Strange	F	Cardiff A.C.	29.55
15	212	James Heaton	M	Bryn Bach Park	30.07
16	147	Geraint Williams	M	Aberdare Valley A.A.C.	30.10
17	5	Gethin Parham	M	Club Bryn Bach	30.12
18	452	Alaw Beynon Thomas	F	Swansea Harriers	30.14
19	38	Nigel Barnes	M		30.16
20	126	Raul Reismann	M	Swansea Harriers	30.31
21	158	Steve Thomas	M	3M's	30.35
22	493	Sally Wilder	F	San Domenico	30.36
23	154	Rhodri Evans	M	Pontypridd Roadents	30.39
24	211	David Williams	M	Aberdare Valley A.A.C.	30.40
25	424	Christina Bridge	F		30.46
26	204	Sam Walsh	M	Swansea Harriers	30.52
27	130	Lynsey Christopher	M	Tata	31.10
28	222	Jack Tremlett	M	TROTS	31.34
29	446	Clare Phillips	F	Port Talbot Harriers	31.45
30	153	Andy Davison	M		31.46
31	66	Eryl Husband	M	Lancaster & Morecambe A.C.	31.52
32	201	Darren Edwards	M	Celtic Tri	32.03
33	151	Alun Evans	M		32.12
34	219	Andrew George	M	Celtic Tri	32.15
35	482	Katie Silke	F	Godiva Harriers	32.18
36	455	Kelly Morgan	F	Pontypridd Roadents	32.23
37	123	Chris Lewis	M	Port Talbot Harriers	32.24
38	36	Ian Hoskins	M	3M's	32.39
39	22	John Davies	M		32.42
40	138	Paul Jelley	M	Port Talbot Harriers	32.43
41	134	Sean Treloar	M	Port Talbot Harriers	32.49
42	166	Simon Bird	M		32.55
43	213	Steven Warren Pinham	M	Port Talbot Harriers	32.58
44	12	Dimitri Vorre's	M	Pontypool Runners	33.02
45	431	Beth Maclean	F		33.09
46	64	Phil Adams	M	Neath Harriers	33.17
47	73	Gerard Crispie	M	Les Croupiers	33.19
48	8	Mark Duncombe	M	Sarn Helen	33.32
49	27	Andrew Brain	M		33.34

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Pos	RN	Name	Gen	Club - Team	Time
50	426	Elizabeth Goodwin Jones	F	TROTS	33.39
51	143	Michael O'Neil	M		33.49
52	21	Mark Terry	M	TROTS	33.50
53	497	Jemma Osborn	F	Swansea Harriers	33.52
54	171	Robert Rees	M		33.53
55	170	Steven Sheard	M	Cardiff A.C.	34.02
56	33	Stuart Howells	M	Slimming World	34.12
57	475	Ffion Haf Harratt	F	Celtic Tri	34.13
58	176	Neil Harris	M		34.18
59	30	Steve Dyton	M		34.21
60	140	Kevin McIntosh	M	Port Talbot Harriers	34.23
61	159	John Hopkins	M	Port Talbot Harriers	34.24
62	29	Andrew Craddock	M	Tata	34.33
63	163	Keith Burt	M		34.42
64	59	Derek Rainbird	M	Parc Bryn Bach	34.50
65	1	Stephen J Davies	M	Port Talbot Harriers	34.52
66	483	Michelle Grey	F		34.55
67	214	Daniel Murtagh	M		34.59
68	69	Peter Deacon	M	Swansea Harriers	35.00
69	470	Lowri Richards	F	Cambridge U.V.N.	35.05
70	175	David Cornish	M	Port Talbot Harriers	35.08
71	202	Sean Lewis	M	Islwyn R.C.	35.13
72	494	Nina Brocklebank	F	3M's	35.16
73	124	Brian Phillips	M	Parc Bryn Bach	35.20
74	162	Richard Howe	M		35.22
75	164	Ian Williams	M	Port Talbot Harriers	35.25
76	132	Mark Davies	M	Port Talbot Harriers	35.39
77	127	Robert Oliver	M	Tylostown R.C.	35.41
78	173	Chris Herdman	M	Penarth & Dinas	35.43
79	425	Carol Bridge	F		35.48
80	209	Paul Smith	M	L.C. Cobras	35.49
81	60	Michael Walton	M		35.50
82	161	Lee Davies	M	Dragons	35.53
83	114	Graham Vyner	M	Celtic Tri	35.55
84	49	Terry Lewis	M	Islwyn R.C.	35.56
85	442	Efa Llewellyn	F	Enfield & Haringley	35.59
86	463	Amanda Parry	F	Port Talbot Harriers	36.00
87	58	Paul Carman	M		36.00
88	460	Ceri Brambley Tucker	F	Port Talbot Harriers	36.17
89	119	Dominic Shields	M	San Domenico	36.19
90	35	David Oak	M	Port Talbot Harriers	36.25
91	4	Peter Lewis	M	Local	36.28
92	462	Mandy Morris	F	Port Talbot Harriers	36.30
93	165	David France	M		36.33
94	416	Sarah Lauder	F		36.34
95	444	Colleen O'Leary	F	Port Talbot Harriers	36.37
96	16	Heath Williams	M	Celtic Tri	36.44
97	148	William Breeze	M		36.49
98	223	Dai Richards	M	Celtic Tri	36.56

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Pos	RN	Name	Gen	Club - Team	Time
99	206	Imran James	M		36.58
100	112	Geraint Smith	M		37.00
101	461	Pauline Williams	F	Port Talbot Harriers	37.03
102	215	Greg Roberts	M		37.13
103	118	Simon Thomas	M		37.18
104	18	Aaron Griffiths	M	Local	37.19
105	68	Geoff Hall	M		37.22
106	439	Louise Miskell	F	3M's	37.23
107	70	Mike Nash	M	3M's	37.23
108	67	Jack Fell	M	Norwich A.C.	37.30
109	141	Brent Reed	M	Aberdare Valley A.A.C.	37.36
110	454	Lisa Williams	F	3M's	37.40
111	116	Carl Seaman	M	Rhonnda Valley	37.55
112	65	Michael Terry	M	TROTS	37.57
113	56	Colin Anthony	M	Port Talbot Harriers	38.04
114	115	Matt Rogerson	M		38.10
115	430	Sian Harris	F		38.12
116	205	Rhys Richards	M	East Grinstead H3	38.18
117	117	Andrew Jones	M		38.24
118	149	Huw Cawthorn	M	Run Rain Forest	38.26
119	109	Ken Powell	M		38.34
120	417	Carolyn Thomas	F	Dragons	38.44
121	72	Terry O'Brien	M		38.52
122	113	Matthew Williams	M		38.54
123	110	Ross Poine	M		38.55
124	440	Cordelia Jones	F	3M's	38.59
125	174				39.08
126	74	Bob Gardiner	M	Team Wecori	39.19
127	31	Paul Taylor	M		39.26
128	160	Tony Dally	M	Dragons	39.31
129	203	Ben Williams	M	Neath Harriers	39.34
130	129	Nick James	M	Dragons	39.36
131	471	Ann James	F	Les Croupiers	39.41
132	137	Darren Vaughan	M	Port Talbot Harriers	39.49
133	438	Kirsty Williams	F		39.53
134	40	Stephen Wood	M	Pegasus R.C.	39.56
135	423	Rhiannon Jones	F		39.59
136	422	Del Eyre	F	3M's	40.02
137					40.04
138	108	Richard Williams	M		40.05
139	41	Roland Gildea	M	P.V.T.	40.07
140	125	David Smith	M		40.10
141	54	David Pennett	M		40.13
142	133	Wayne Richards	M		40.19
143	7	Glyn Hicks	M	Islwyn R.C.	40.25
144	61	Richard Parry	M		40.37
145	131	Ken Chappell	M		40.41
146	177	Mark Thomas	M		40.48
147	23	Andrew Price	M	Brecon A.C.	40.52

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Pos	RN	Name	Gen	Club - Team	Time
148	157	Hayden Evans	M		40.58
149	481	Lorna Silke	F	Celtic Tri	41.00
150	178	Jim Holland	M		41.01
151	63	Glyn Williams	M	3M's	41.03
152	71	Peter Young	M		41.03
153	51	Andrew John	M		41.05
154	144	Keith Coleman	M		41.13
155	28	Greg Pitman	M		41.16
156	474	Julie Lewis	F	Islwyn R.C.	41.38
157	53	Mark Jones	M		41.41
158	469	Allison Egan	F		41.45
159	179	Michael Howell	M		41.49
160	57	John Sanderson	M	3M's	41.52
161	6	John Cunnane	M	Islwyn R.C.	41.59
162	48	John Davies	M	Port Talbot Harriers	42.01
163	20	Gavin Davies	M		42.12
164	453	Gwyneth Parry	F		42.21
165	135	Paul Robbins	M	Port Talbot Harriers	42.26
166	78	Allan Smith	M	3M's	42.31
167	139	Martin Higgins	M		42.46
168	437	Janice Harvey	F		43.00
169	445	Deborah Evans	F	Dragons	43.06
170	121	Paul Symons	M		43.09
171	420	Sian Collyer	F		43.22
172	39	Clive Davies	M		43.28
173	52	Ian Swanson	M	Port Talbot Harriers	43.33
174	76	Alun Evans	M	Cardiff A.C.	43.33
175	492	Emma Shaw	F		43.38
176	14	Nigel Godfrey	M	Local	44.01
177	447	Tracey Davies	F		44.02
178	26	Jonathan Bannon	M		44.02
179	156	Ceri Evans	M	Celtic Tri	44.09
180	486	Victoria Bannon	F		44.10
181	216	Callum Evans	M		44.16
182	13	Mark Davies	M	Skewen	44.28
183	491	Christine Vorres	F	Pontypool Runners	44.35
184	145	Clyde Baker	M		44.35
185	155	Lee Kwok	M	Briton Ferry	44.52
186	67	Jack Fell	M	Norwich A.C.	45.13
187	75	Richard Donne	M	3M's	45.23
188	152	Nick Thomas	M		45.24
189	429	Michelle Rivett	F	Vegan Runners	45.25
190	146	Keith Husband	M		45.26
191	446	Clare Phillips	F	Port Talbot Harriers	45.26
192	3	Gareth Davies	M	Aberdare Valley A.A.C.	45.34
193	496	Carys Davies	F	Mountain Ash	45.34
194	24	Geoff Cheetham	M	R.C.T Holmes	45.37
195	32	David Proffitt	M	Newport Harriers	45.38
196	466	Gemma Wheeler	F		45.42

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197	441	Emma Breeze	F		45.44
198	487	Menna Cook	F		45.47
199	459	Laura Hall	F	3M's	45.59
200	418	Kim Howell	F	Caerleon	46.12
201	458	Samantha Thompson	F		46.29
202	169	Eddie Bessant	M		46.31
203	167	Richard Howe	M		47.04
204	428	Andrea Griffiths	F		47.18
205	464	Ann Richards Horgan	F		47.41
206	44	M Gent	M		47.48
207	50	Terry Williams	M		47.49
208	172	John Francis	M		47.59
209	473	Margaret Strange	F		48.03
210	432	Suzie Hopkins	F	Dragons	48.19
211	447	Tracey Davies	F		48.24
212	480	Kay Barnes	F	Port Talbot Harriers	48.24
213	122	Stuart Kendall	M		48.25
214	436	Sarah Stacey	F		49.21
215	488	Jane Roe	F		49.58
216	478	Linda Waller	F	3M's	50.17
217	449	Paula Hunter	F		50.26
218	456	Julie Kemp	F		51.08
219	46	Ieuan Chattington	M		51.08
220	128	Neil Wheeler	M		51.42
221	77	Andrew Gent	M		53.05
222	10	Howard Williams	M		53.11
223	43	Rhidian Williams	M	Local	53.46
224	489	Amanda Gilbert	F	Celtic Tri	54.48
225	17	Andrew Gilbert	M	Celtic Tri	54.48
226	47	Gerwyn Harriers	M		56.05
227	421	Nina Gray	F		56.21
228	451	Margit Edward	F		57.34
229	450	Kathryn John	F		57.34
230	142	Phil De Souza	M		57.34
231	465	Hazel Wheeler	F		58.30
232	435	Helen McTavish	F		58.40
233	477	Sian Hobson	F		59.15
234	55	George Yarranton	M		60.43
235	468	Lisa Howells	F		60.43
236	45	Allan Watts	M	Sarn Helen	68.40
237	419	Joanne O'Brien	F		68.34
238	434	Diane McTavish	F		70.34
239	433	Jeanne McTavish	F		70.34