

G5 Glynneath 5 ... Boxing Day 2007 ...

Pos	Race No.	Name	Age	Club	Time
1	377	Richard Gardiner	34	Cardiff A.C.	24.46
2	355	Marc Hobbs	25	Swansea Harriers	25.10
3	349	Daniel Gurmin	24	Swansea Harriers	25.15
4	357	Luke Reddy	23	Liverpool Harriers	26.03
5	340	Afan Humphries	20	Cwmbran Harriers	26.17
6	200	Paul Griffiths	40	Neath Harriers	26.38
7	353	Stephen Paterson	29	San Domenico	26.54
8	354	Alex Lewis	24	Swansea Harriers	27.06
9	146	Paul Talbot	40	Neath Harriers	27.12
10	326	Martin Gaunt	24	Serpentine	27.21
11	186	Tim Lewis	40	Bridgend	27.28
12	396	Matthew Gurmin	35	Abertillery A.C.	27.33
13	345	Paul Miller	33		27.39
14	314	Stephen Thomas	39	Islwyn R.C.	28.06
15	303	Rhys Jones	17	Neath Harriers	28.24
16	149	Alan Davies	55		28.30
17	337	Paul Reynolds	37		28.35
18	167	Chris Parker	42	Swansea Harriers	28.44
19	359	Daniel Thomas	18	Llanelli A.A.C.	28.46
20	160	Mark Webborn	46	Swansea Harriers	28.48
21	153	Ian Webb	50	Llanelli A.A.C.	28.52
22	301	Owain Jones	34	Swansea Harriers	28.58
23	361	Scott Evans	31	Sospan R.R.	29.03
24	370	Emyr Roberts	34		29.14
25	373	Bryn Griffiths	33	Bridgend	29.21
26	364	Christopher Melbourne	18	Neath Harriers	29.25
27	300	Chris Meyler	29	Bridgend	29.32
28	19	Leah Dixon	16	Neath Harriers	29.37
29	103	Phil Meyler	52	Pontypridd	29.44
30	371	Craig Hughes	32		29.52
31	333	Adrian Weaver	30	Port Talbot Harriers	30.06

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Pos	Race No.	Name	Age	Club	Time
32	214	Ian McDonald	43	San Domenico	30.10
33	201	Gerard Crispie	46	Les Croupiers	30.16
34	145	Robert Bamsey	53	Neath Harriers	30.20
35	391	Rhodri Harris	16	Neath Harriers	30.30
36	319	Geraint Williams	35	Pontypridd	30.34
37	199	David Davies	59	Neath Harriers	30.40
38	381	Jerome Evans	17	Port Talbot Harriers	30.43
39	114	Gary Howe	50	3M's	30.55
40	132	John Diffey	44	Les Croupiers	31.07
41	166	Kevin Taylor	47	Amman Valley	31.11
42	372	Grant Hughes	32		31.15
43	34	Bethan Woods	17	Cwmbran Harriers	31.16
44	158	Nigel Barnes	42	Port Talbot Harriers	31.17
45	313	Anthony Powell	38	Neath Harriers	31.18
46	113	Mark Terry	50	T.R.O.T.	31.19
47	111	Chris Fulcher	40	Port Talbot Harriers	31.22
48	302	Jack Nelson	16	3M's	31.25
49	374	Richard Hayes	32	Taff Ely Tri	31.26
50	144	Philip Bamsey	55	Neath Harriers	31.29
51	317	Gareth Jehu	39	Taff Ely Tri	31.30
52	169	Andrew Thomas	42	Sospan R.R.	31.45
53	208	Michael Thomas	43		31.54
54	3	Clare Phillips	38	Swansea Harriers	31.55
55	157	Clive Davies	47	Sospan R.R.	32.03
56	315	Mike Tate	38		32.17
57	358	Peter Spriggs	35	Swansea Harriers	32.21
58	190	Danny Norton	42	Rhondda Valley Runners	32.27
59	213	Graeme Donnan	54	Les Croupiers	32.32
60	384	Jamie Rees	27		32.33
61	215	Michael Davies	57	Les Croupiers	32.34
62	100	Cyril Walters	60	T.R.O.T.	32.34

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Pos	Race No.	Name	Age	Club	Time
63	231	Steve Brace	45	Bridgend	32.36
64	101	Edwin Evans	60	Welsh Masters A.A.	32.42
65	174	Richard Webster	53	3M's	32.43
66	127	Clem Clement	48	Penarth & Dinas	32.49
67	180	Nigel Francisco	43	Team Wecori	32.51
68	193	Richard Hammond	44		32.53
69	219	Michael Lawrence	50	Pembrokeshire Harriers	32.54
70	170	Brian Gough	67	Pontypridd	32.54
71	184	Jonathan Kersting	69	Swansea Harriers/Club Triathlon	32.56
72	15	Leanne Fitzgerald	17	Cardiff A.C.	33.00
73	389	Gwion Llwyd	31		33.04
74	106	Alex Williams	40	R.R.C	33.07
75	156	Paul Jelley	43		33.08
76	227	Neil Harris	47		33.13
77	229	John Poston	60	Swansea Harriers	33.20
78	362	Dean Webster	28	3M's	33.21
79	318	Mark Jenkins	24	Sospan R.R.	33.23
80	152	Hugh Evans	49	Llanelli A.A.C.	33.37
81	375	Matthew Wilton	32		33.41
82	176	Robert Fowler	62	Amman Valley	33.46
83	155	Dominic Shields	42	San Domenico	33.47
84	347	Michael Halsall	34	Llanelli A.A.C.	33.49
85	69	Amanda Evans	38	3M's	33.52
86	387	Simon Price	32	Multisport	33.56
87	308	Chris Lewis	34	Celtic Tri	34.11
88	154	John Stanford	51		34.14
89	124	Robert Oliver	42		34.14
90	123	Lynn Harris	43		34.15
91	155	Dominic Shields	42	San Domenico	34.16
92	206	Paul Davies	43	Swansea Harriers	34.17
93	342	Simon Thomas	39		34.18

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Pos	Race No.	Name	Age	Club	Time
94	330	Robert Rees	36		34.19
95	218	Peter Deacon	50		34.20
96	328	Nigel Morse	39	Celtic Tri	34.27
97	116	Gerald Gray	53	Team Wecori	34.34
98	62	Jenny Phillips	41	Sospan R.R.	34.37
99	304	Steve Walsh	39	3M's	34.38
100	350	Chris Herdman	33		34.42
101	110	Stephen Jones	49	Islwyn R.C.	34.43
102	210	Paul Davies	45		34.45
103	181	Steve Martin	45		35.00
104	316	Sam Powell	34		35.04
105	312	Steven Jones	37		35.05
106	177	John Freeman	43	Amman Valley	35.06
107	365	Stephen Press	38	Team Wecori	35.07
108	316	Sam Powell	34		35.08
109	189	John Cunnane	59	100 km Assiocation	35.09
110	456	Helen McDaid	38	Womens Runners Network	35.10
111	161	Dorian Hughes	45	Club 69	35.11
112	346	Matthew Williams	32	Team Wecori	35.20
113	305	Graham Vyner	39	3M's	35.21
114	24	Helen Jones	38		35.22
115	309	Colin Fish	39		35.25
116	60	Gillian Phillips	49	Sospan R.R.	35.25
117	332	Lloyd Morgan	33	San Domenico	35.29
118	205	Mike Lewis	41		35.33
119	198	Geoff Hall	52		35.35
120	376	Aled Roberts	35		35.39
121	68	Louise Miskell	37	3M's	35.41
122	226	Stephen Bendle	44	3M's	35.52
123	212	Stephen Lewis	41		35.53
124	197	Gary Waters	58	Swansea Harriers	35.54

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Pos	Race No.	Name	Age	Club	Time
125	397	Dr Antal Sandor	38	Aberystwyth	35.55
126	203	Josh Harry	44	Glamorgan Health and Racquet	36.02
127	49	Julia Ferguson	35	Pontypridd	36.05
128	59	Sara Griffiths	22	Neath Harriers	36.05
129	306	Stephen Roderick	32		36.07
130	335	Lloyd Ebdon	23		36.14
131	450	Sian Phillips	46	Swansea Harriers	36.24
132	220	Paul Rundle	46		36.25
133	192	Steve Hill	44	Penarth & Dinas	36.30
134	120	John Parkinson	60		36.32
135	348	Richard Dusgate	17		36.34
136	20	Mandy Jones	47	Islwyn R.C.	36.40
137	451	Frances Williams	42	San Domenico	36.45
138	178	Paul Gillard	48		36.46
139	102	John H Collins	70	Swansea Harriers	36.47
140	151	Jonathan Davies	43	Sospan R.R.	36.48
141	175	Andrew Phillips	44		36.48
142	162	Phillip Gardiner	58	Cardiff A.C.	36.52
143	80	Carol Moseley	31	Port Talbot Harriers	36.58
144	195	Alun Smith	49	Rhondda Valley Runners	36.59
145	393	Stuart Kendall	35		37.00
146	194	Clive Denton	40	Rhondda Valley Runners	37.01
147	225	Raymond Greenhouse	42		37.10
148	338	Christopher Price	31	Celtic Tri	37.12
149	164	Mike Nash	47		37.13
150	395	Richard Howe	38		37.14
151	67	Judith Oakley	43	Vegetarian Athletic & Cycling	37.20
152	135	Geraint Jenkins	40	Amman Valley	37.22
153	128	John Nichols	56	3M's	37.33
154	86	Christina Bridge	19		37.34
155	55	Megan Thomas	18	Carmarthen Harriers	37.36

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Pos	Race No.	Name	Age	Club	Time
156	224	Brian Fox	62	Swansea Harriers	37.40
157	196	Bob Gardiner	47	Team Wecori	37.41
158	112	Simon Jenkins	47		37.49
159	368	Richard Jones	32		37.58
160	72	Julie Thomas	46	3M's	38.02
161	168	John Davies	59	Port Talbot Harriers	38.10
162	173	Glyn Williams	61	3M's	38.11
163	91	Katharine Stanbridge	28	Ware	38.12
164	185	Nicholas Pittard	44		38.21
165	182	Mario Rabaiotti	44		38.22
166	87	Amy Edwards	26	Rhondda Valley Runners	38.23
167	64	Gill Stanford	51		38.24
168	230	Raymond James	46	Port Talbot Harriers	38.25
169	105	Marcus Eyre	48	3M's	38.38
170	125	Ray Fisher	50	Welsh Masters A.A.	38.38
171	363	James Lewindon	31		38.44
172	1	Christine Lloyd	49	Swansea Harriers	38.45
173	133	David Boucher	56		38.49
174	78	Nia Cooper	26		38.50
175	122	Brian Harris	68		39.00
176	341	Keith Coleman	39		39.05
177	31	Andrea Reynolds	43	Swansea Harriers	39.12
178	343	Shaun Broome	34	Neath Harriers	39.13
179	32	Kathryn John	41	3M's	39.25
180	388	Christopher Brewer	32		39.27
181	191	John Ayres	52	Port Talbot Harriers	39.28
182	386	Neil Thomas	39	Bungay Black Bog R.C.	39.32
183	94	Jan Harvey	51		39.33
184	26	Alison Gaunt	31	Larkfield A.C.	39.35
185	211	Philip Swann	44	Sospan R.R.	39.38
186	310	Aidan Davies	32		39.48

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Pos	Race No.	Name	Age	Club	Time
187	85	Johanna Powell	31		40.05
188	223	Steve Rohman	46		40.10
189	35	Sharon Woods	47	Bridgend	40.10
190	137	Darren James	40		40.14
191	118	Dai Richards	47		40.15
192	139	Eddie Bessant	43		40.18
193	322	Steve Lawrence	32		40.34
194	126	Robert Davies	51	Islwyn R.C.	40.37
195	159	Ian Swanson	57	Port Talbot Harriers	40.49
196	222	Andrew Rothwell	49		40.50
197	92	Gillian Mason	46		40.50
198	134	Andrew Thomson	55		40.55
199	382	Matthew Fincher	26	Sospan R.R.	40.58
200	217	Alan Evans	68		41.00
201	148	Alan Morris	43	Sospan R.R.	41.04
202	82	Kath Hughes	27		41.05
203	321	Dale Thomas	16		41.06
204	116	Gerald Gray	53	Team Wecori	41.15
205	36	Joanne Rogers	30		41.15
206	51	Mel Owen	30		41.19
207	66	Janis Roberts	51		41.19
208	131	David Michael West	48		41.31
209	320	Mark Stuart Morgan	35		41.31
210	385	Manie Tang	31		41.40
211	383	Lee Kwok	33	Glamorgan Health and Racquet	41.56
212	140	Stephen Evans	52		41.56
213	172	Christopher Pugh	52	Rugby and Northampton A.C.	41.57
214	392	Andrew Parkinson	26		41.57
215	366	Jon Wheatley	19		42.05
216	21	Sarah Fish	35		42.20
217	209	Richard Donne	46	3M's	42.27

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Pos	Race No.	Name	Age	Club	Time
218	76	Jaqueline King	39		42.39
219	228	David Protheroe	66		42.40
220	204	Paul Edwards	46		42.44
221	207	Andrew Fronert	47		42.48
222	81	Lowri Hughes	31		42.53
223	57	Allison Jones	33		42.55
224	171	Dewi Winter	53		43.00
225	33	Sarah Ann Howe	21		43.04
226	130	Andrew John	49		43.17
227	2	Catherine Lloyd-Bennett	28	3M's	43.19
228	336	Clyde Baker	36		43.20
229	48	Andrea Griffiths	42		43.21
230	150	Michael Terry	57		43.23
231	75	Sheryl Husband	37		43.27
232	25	Janice Clement	49	Penarth & Dinas	43.28
233	37	Sue Harris	38		43.28
234	323	Wayne Evans	35	Sospan R.R.	43.29
235	93	Vicki Broad	39		43.30
236	88	Debbie Evans	52		43.34
237	325	James Davies	39	3M's	44.04
238	70	Sue Coghlin	45	Sospan R.R.	44.23
239	89	Megan Davis	17		44.25
240	369	Ian Herton	34	Celtic Tri	44.30
241	454	Paula James	36	Pontypridd	44.43
242	183	Tony Holling	52	Port Talbot Harriers	44.54
243	216	Robert Montigelli	56		45.02
244	187	Nigel Williams	47		45.20
245	14	Carol Vyner	37	3M's	45.23
246	10	Del Eyre	0	3M's	45.25
247	221	Lea Tanner	40		45.27
248	339	Nicholas Edwards	12		45.41

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Pos	Race No.	Name	Age	Club	Time
249	453	Andrea Bowen	45	Womens Runners Network	45.41
250	58	Regina Evans	40		45.53
251	39	Amy Colburn	15	Celtic Tri	46.16
252	56	Susan Thomas	60	T.R.O.T.	46.47
253	8	Rebecca Davies	34		46.53
254	344	Owen Thomas	37		47.03
255	331	Clive Rowe	39		47.10
256	379	James Mason	20		47.19
257	138	Paul Michael	40		47.19
258	179	Gary Rees	63		47.40
259	79	Gaynor Jones	0		47.52
260	147	Aaron Griffiths	40		48.06
261	143	Graham Evans	46		48.09
262	27	Bronwen Williams	28		48.17
263	188	Mark Williams	43		48.18
264	43	Linda Brain	45		48.18
265	6	Deborah Green	34	Les Croupiers	48.47
266	54	Sian Francis	33		48.56
267	141	David Francis	44		49.04
268	90	Cynthia Davis	45		49.04
269	65	Karen Dugate	42		49.11
270	97	Michelle Reid	25		49.12
271	98	Nadia Lawrence	18		49.14
272	96	Shirley Johns	49	Pembrokeshire Harriers	49.25
273	360	Gareth Williams	37		49.38
274	334	Robert Gwyn Williams	38		49.39
275	11	Linda Owens	56	3M's	49.40
276	74	Anne Edwards	48		49.47
277					49.51
278	61	Christine Davies	44	Sospan R.R.	49.58
279	40	Jackie Evans	34	Sospan R.R.	50.03

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Pos	Race No.	Name	Age	Club	Time
280	452	Helen Brewer	30		50.03
281	77	Denise Williams	56		50.27
282	117	Andrew John	43		50.27
283	136	Raymond Howe	69		50.30
284	378	Richard Powell	31		50.51
285	329	Neil Chattington	23		51.19
286	129	Ieuan Chattington	57		51.27
287	50	Anita Howells	60		52.06
288	42	Rebecca Kate O'Leary	24		52.24
289	12	Beverley Lougher	25	WRN	52.24
290	18	Lynne Perrott	55	WRN	52.29
291	83	Nina Grinnell	32		52.34
292	449				52.42
293	95	Amy Jackson	25		52.42
294	16	Catrin Mair James	20		53.16
295	307	Kevin James Allen	26		53.30
296	38	Melanie Colburn	42	Celtic Tri	53.37
297	28	Teleri Jenkins	36		54.31
298	165	Kevin Lewis	48		54.31
299	71	Bethan Lewis	34		54.35
300	73	Lynne Pugh	50		54.53
301	44	Diane Brownhill	35		55.40
302					55.40
303	84	Suzanne Thickens	32		56.07
304	367	Amit Benjamin	34		56.54
305	107	Alan Williams	47		58.38
306	121	Richard Bush	47		58.41
307	455				59.31
308	4	Jane Elliott	54	3M's	59.31
309	119	Allen Watts	79	Sarn Helen	60.10
310	99	Karen Lawrence	41		61.57

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