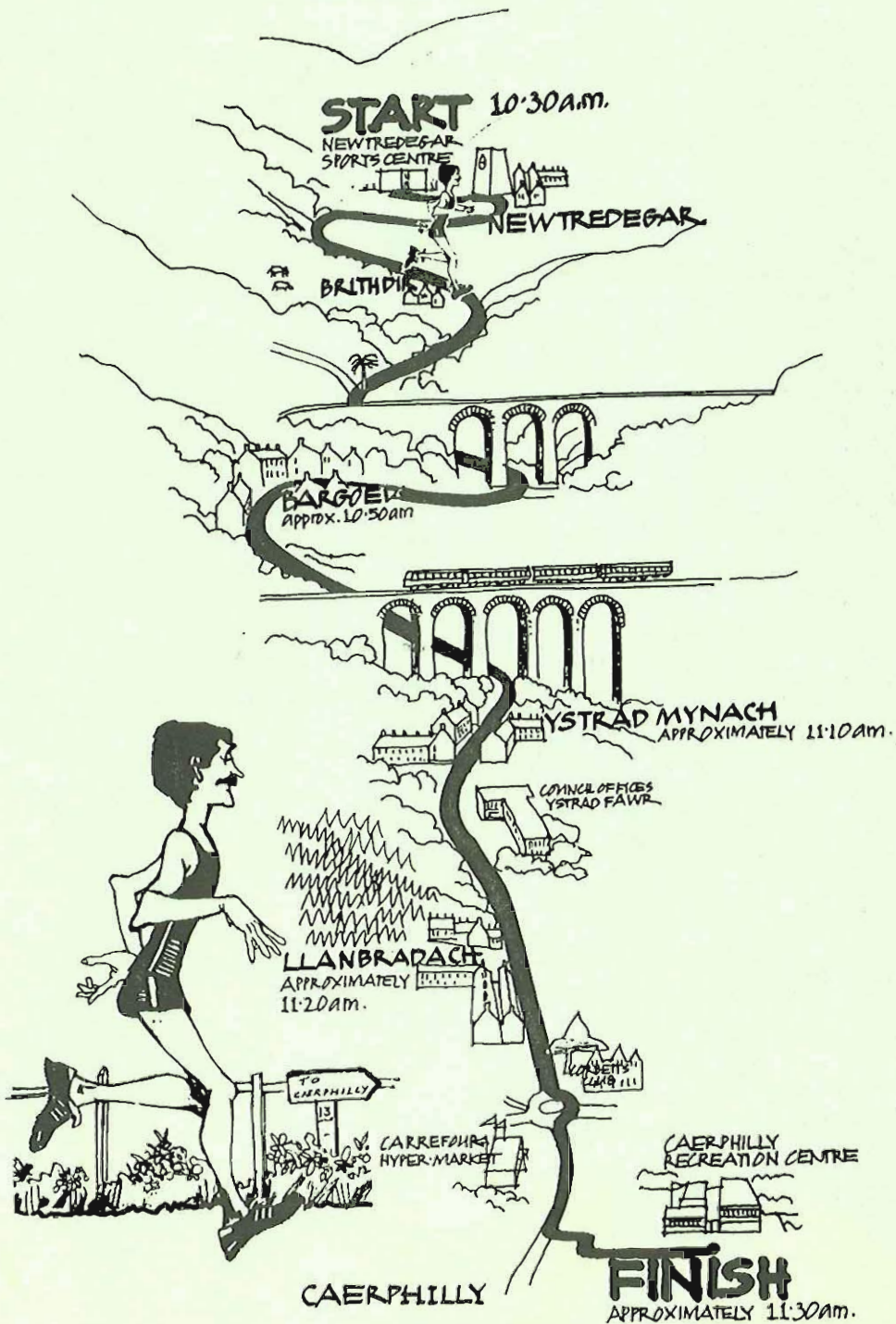


RHYMNEY VALLEY 1987 HALF-MARATHON

SUNDAY, 27th SEPTEMBER, 1987



RESULTS

1.	144	STEVE BRACE	BRIDGEND A C	1:5:22
2.	595	ANTHONY WILLIAMS	BRIDGEND A C	1:5:52
3.	454	GARETH MORGAN	RHYMNEY VALLEY A C	1:7:05
1.	751	ERYL DAVIES	LES CROUPIERS	1:10:32*
2.	750	SUE GRAHAM	TORFAEN A C	1:23:27
3.	761	REBECCA RICHARDSON	LES CROUPIERS	1:25:21
VET	084	JIM O'BRIEN	BRIDGEND A C	1:9:50
SNR VET	416	ALAN BLADEN	LES CROUPIERS	1:19:07
FEM VET	752	RUTH MANN	LES CROUPIERS	1:26:00

CATNIC CUP (HIGHEST PLACED RHYMNEY VALLEY RESIDENT)

534	ROBERT JAY	RHYMNEY VALLEY A C	1:9:18
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* COURSE RECORD

001	1.5.22	144	STEVE	BRACE	BRIDGEND A C	M
002	1.5.52	595	ANTHONY	WILLIAMS	BRIDGEND A C	M
003	1.7.05	454	GARETH	MORGAN	RHYMNEY VALLEY A C	M
004	1.7.22	425	HJM	ROBERTS	LES CROUPIERS	M
005	1.9.03	088	STEVEN PAUL	VOKES	RHYMNEY VALLEY A C	M
006	1.9.18	534	ROBERT	JAY	RHYMNEY VALLEY A C	M
007	1.9.41	549	JAMES	KILL	NEWPORT HARRIERS	M
008	1.9.49	131	MICHAEL	SURRIDGE	CAERPHILLY R C	M
009	1.9.50	084	JAMES ARTHUR	O BRIEN	BRIDGEND A C	MV
010	1.10.24	146	ALAN	DONOVAN	CARDIFF A A C	M
011	1.11.07	565	JONATHAN	HOOPER	CARDIFF A A C	M
012	1.11.18	426	CHRISTOPHER	DAVIES	LES CROUPIERS	M
013	1.11.37	424	DAVE	WALSH	LES CROUPIERS	MV
014	1.12.17	563	NIGEL	WILLIAMS	ISLWYN R C	M
015	1.12.42	551	NICHOLAS	BENBOW	CARDIFF HS08	H
016	1.13.11	533	PHILLIP JOHN	POTTS	69	M
017	1.13.23	100	KEITH	DAVIES	LLANELLI A A C	MV
018	1.13.31	085	ELWYN	DAVIES	NEWPORT HARRIERS	MV
019	1.13.58	545	MARTIN	LEWIS	69	M
020	1.14.07	511	DAVID JOHN	ROBERTS		MV
021	1.14.13	108	HAYNE	JONES	RHYMNEY VALLEY A C	M
022	1.14.27	079	JEFFREY	RUSSELL	69	M
023	1.14.42	438	DEREK	RAINBIRD		M
024	1.14.47	125	JOHN DAVID	MULLIS	CAERPHILLY R C	MV
025	1.14.51	428	JOHN STEPHEN	DIMOND	LES CROUPIERS	M
026	1.14.58	053	PHILIP	CRANE	CAERPHILLY R C	M
027	1.15.44	117	MARTIN	CLISSOLD	SAN DOMENICO	M
028	1.15.44	157	JOSEPH	CUMMINS	SAN DOMENICO	M
029	1.16.02	543	PETER TIMOTHY	MAGGS	ISLWYN RUNNING CLUB	M
030	1.16.05	390	ROBERT	HUNT	BRIDGEND A C	M
031	1.16.08	214	CRAIG	EVANS		M
032	1.16.33	403	PHILIP ALLAN	WIDDISON	LES CROUPIERS	MV
033	1.16.41	524	PAUL EDWARD	SHEPPARD		M
034	1.16.43	407	MELVYN	JAMES	LES CROUPIERS	MV
035	1.16.44	393	RONALD JOHN	THOMAS	NEWPORT HARRIERS	M
036	1.16.50	140	GERALD	BRYANT	RHONDDA VALLEY RUNNERS	M
037	1.17.06	199	MICHAEL	CHANDLER		M
038	1.17.13	061	MEURIG ELFED	DAVIES	RHYMNEY VALLEY A C	M
039	1.17.16	475	TONY	PRICE	NEWPORT HARRIERS A C	MV
040	1.17.20	087	JOHN HARRY	POINTON	PONTYPRIDD ROADENTS	M
041	1.17.22	148	CHRISTOPHER	BARTLEY	NEWPORT HARRIERS	M
042	1.17.23	122	GARETH WAYNE	EDWARDS	ABERDARE VALLEY	M
043	1.17.24	112	PHILLIP JOHN	MORRIS	LES CROUPIERS	M
044	1.17.25	427	PAUL MAINWARING	MORRIS	LES CROUPIERS	M
045	1.17.39	072	IAN ANTHONY	McCLOY	RISCA R R C	M
046	1.17.52	484	GORDON	SURRIDGE	CAERPHILLY RUNNING CLUB	M
047	1.17.53	030	JOHN WILLIAM	HARWOOD	SAN DOMENICO	M
048	1.18.03	593	LYNDSEY	FOULKES	MDC FRC	M
049	1.18.05	205	EDWIN	EVANS		MV
050	1.18.06	133	ALAN	MARLER	BARRY & VALE HARRIERS	M
051	1.18.07	499	BRIAN	HARRIS	RHYMNEY VALLEY A C	MV
052	1.18.18	049	ALWYN	FARLEY	HENGOED ROAD RUNNERS	M
053	1.18.20	574	BARRY	ALLEN	PONTYPRIDD ROADENTS	M
054	1.18.29	089	NIGEL WILLIAM	PRICE	CAERPHILLY R C	M
055	1.18.32	751	ERYL VANESSA	DAVIES	LES CROUPIERS	F
056	1.19.01	375	GARRY	LEE	CAERPHILLY RUNNING CLUB	H
057	1.19.07	416	ALAN	BLADEN	LES CROUPIERS	MSV
058	1.19.12	522	ANDREW COLIN	CHAPPELL	SAN DOMENICO	M
059	1.19.21	430	JEFF	WOOD	LES CROUPIERS	MV
060	1.19.30	411	JOHN	WALSH	LES CROUPIERS	MV

061	1.19.33	173	DAVID KEITH	DAVIES	ABERDARE VALLEY A A C	M
062	1.19.38	510	IVAN METRO	PAWLUK	CAERPHILLY R C	M
063	1.19.40	587	STEPHEN	KNIGHT		M
064	1.19.40	116	DONALD	REES	PONTYPRIDD ROADENTS	MV
065	1.20.53	474	PAUL	DAVIES	NEWPORT HARRIERS	MV
066	1.20.01	110	PAUL	NASH	ISLWYN R C	M
067	1.20.06	568	GRAHAM THOMAS	DUTTON	BARRY & VALE HARRIERS	M
068	1.20.08	051	STEVEN KENNETH	PRICE	SAN DOMENICO	M
069	1.20.09	029	PHILIP LESLIE	BANSEY	NEATH HARRIERS	M
070	1.20.11	251	MARTIN	WAKEFORD		M
071	1.20.14	224	PAUL FRANCIS	CASBEARD		M
072	1.20.20	494	PAUL	DUFFIELD	RISCA ROAD RUNNERS	M
073	1.20.26	162	GREGORY	HOWELLS	RHYMNEY VALLEY A C	M
074	1.20.31	123	GARETH	GITTINGS	CAERPHILLY R C	M
075	1.20.38	120	BRIAN	PITMAN	PONTYPRIDD ROADENTS	MV
076	1.20.39	246	SELWYN	WILLIAMS		M
077	1.20.44	200	GLYNDWR MARK	GOUGH		M
078	1.20.48	429	ROBERT WILLIAM	RICHARDSON	LES CROUPIERS	M
079	1.20.55	586	TERRY	PARKER		M
080	1.20.56	027	ROBERT WILLIAM	BANSEY	NEATH HARRIERS	M
081	1.21.09	101	JEFFREY BYRON	JOHN	CAERPHILLY R C	M
082	1.21.11	594	DAVID JOHN	BRAKE	ABERDARE	M
083	1.21.12	020	JOHN E G	ROBINSON	BEDDAU A C	M
084	1.21.16	406	EDWARD	DIAMOND	LES CROUPIERS	MV
085	1.21.17	447	ROBERT DAVID	THOMAS	ABERDARE VALLEY A C	M
086	1.21.19	039	NEILL	PARKER	ISLWYN R C	M
087	1.21.35	004	KELVIN	SMITH	CAERPHILLY RUNNING CLUB	M
088	1.21.52	598	JOHN	MINETT		MV
089	1.21.54	376	MICHAEL PAUL	REES	RHONDDA A C	M
090	1.22.00	069	LYNDON JAMES	EVANS	69	M
091	1.22.02	243	JOHN ALUN	WILLIAMS		M
092	1.22.02	491	GORDON MICHAEL	CLARKE		M
093	1.22.04	554	JOHN PATRICK	ALLEN	RHYMNEY VALLEY A C	M
094	1.22.06	564	DENNIS	JONES	RHYMNEY VALLEY A C	MV
095	1.22.07	076	TONY	BROCK	CARMARTHEN HARRIERS	MV
096	1.22.14	452	ROBERT	HUMPHREYS	PEGASUS	M
097	1.22.22	038	BRYAN	THOMAS	BRIDGEND	M
098	1.22.23	230	AUSTIN	BRILL		M
099	1.22.24	507	DAVID	BLEWITT	PONTYPRIDD ROADENTS	M
100	1.22.25	412	LIAM	LATCHFORD	LES CROUPIERS	MV
101	1.22.25	097	RONNIE	BALDWIN	RHYMNEY VALLEY A C	M
102	1.22.25	485	GWYN RICHARD	WILLIAMS	PEGASUS	MV
103	1.22.28	102	PHILIP HOWARD	THOMPSON	CAERPHILLY R C	M
104	1.22.35	417	GRAHAM	DAVEY	LES CROUPIERS	MV
105	1.22.38	172	PHILIP MARTYN	GREGORY	PONTYPRIDD ROADENTS	MV
106	1.22.44	015	ROBERT	REED	SHEEN SHUFFLERS	M
107	1.22.46	423	DEREK	WILLIAMS	LES CROUPIERS	MSV
108	1.22.55	143	IAN PETER	SHARPE	SWANSEA HARRIERS	M
109	1.22.58	389	DAVID BRIAN	HUGHES	ABERDARE A C	M
110	1.23.00	077	ROY THOMAS	RICHARDS	CAERPHILLY R C	M
111	1.23.01	575	TERRY	EVANS	ISLWYN R C	M
112	1.23.07	041	KEITH	FLETCHER	ABERDARE A A C	M
113	1.23.09	064	DAVID NEAL	WALTERS	69	M
114	1.23.10	175	PATRICK MICHAEL	RICH	BARRY & VALE HARRIERS	M
115	1.23.11	597	JOHN	EVANS		M
116	1.23.11	250	WALTER GEORGE	KEMP		M
117	1.23.13	058	RONALD SIDNEY	MORRIS	SAN DOMENICO	M
118	1.23.14	003	ROLAND DAVID	BRUNTON	CAERPHILLY RUNNING CLUB	M
119	1.23.15	031	ARTHUR GEORGE	HALLETT	PONTYPRIDD ROADENTS	M
120	1.23.15	506	GRAHAM JOHN	JONES	HENGOED ROAD RUNNERS	M

121	1.23.22	448	CLIVE	HORSFIELD	NEWPORT HARRIERS	XSV
122	1.23.24	153	PHILIP JOHN	HOLEER	CARDIFF A C	M
123	1.23.25	444	MARTIN JOHN	LENNON	LLISWERRY RUNNERS	M
124	1.23.27	750	SUE	GRAHAM	TORFAEN A A C	F
125	1.23.30	154	DAVID WYN	JENKINS	PONTYPRIDD ROADENTS	M
126	1.23.33	304	ANDREW JOHN	SWEETMAN		M
127	1.23.34	505	PHILIP JOHN	HEMINGS	HENGOED ROAD RUNNERS	M
128	1.23.35	180	ANDREW PETER	HORT		M
129	1.23.36	468	TERENCE MICHAEL	GILL		M
130	1.23.39	402	MALCOLM REGINALD	FARNHAM	LES CROUPIERS	MV
131	1.23.45	040	NIGEL JOHN	COOK	TENOVUS A C	M
132	1.23.46	419	CRIBOBAL DAVID	PINEDA	LES CROUPIERS	MV
133	1.23.49	035	NEIL	STYLES	HENGOED ROAD RUNNERS	M
134	1.23.56	372	IRMAN	ALI	CARDIFF A A C	M
135	1.23.59	141	PETER	SMITH	RHONDDA VALLEY RUNNERS	M
136	1.24.07	093	GERALD STEPHEN	PARSONS	ISLWYN R C	M
137	1.24.11	451	JOHN	THOMAS		M
138	1.24.13	056	EDWARD	THOMAS	CAERPHILLY R C	MV
139	1.24.17	576	PETER	WIDDINGTON	BRIDGEND A C	MV
140	1.24.19	267	GARY WILLIAM	DAVIES		M
141	1.24.23	183	STEWART EDWARD	HOOPER		M
142	1.24.24	394	BRIAN GERALD	AHEARNE	SAN DOMINICO	M
143	1.24.25	450	IAN PAUL	BEVAN		M
144	1.24.26	526	KEITH	RYAN	PONTYPRIDD ROADENTS	M
145	1.24.35	580	ANGUS	CROALL	HEATH HARRIERS	M
146	1.24.35	564	NORMAN	WILLIAMS	BEDDAU A C	M
147	1.24.53	203	KESTON	DAVIES		M
148	1.24.54	113	STEPHEN MARY	JONES	ISLWYN R C	M
149	1.24.55	351	WILLIAM JOHN	MORGAN		MV
150	1.24.57	434	MALCOLM PATRICK	DOWNEY		M
151	1.24.57	136	DAVID	JENKINS	RHONDDA VALLEY RUNNERS	M
152	1.24.57	566	DAVID	BASTABLE	RHYMNEY VALLEY A C	MV
153	1.24.59	410	EDDIE	ABELIN	LES CROUPIERS	MV
154	1.25.00	367	ROYSTON DAVID	WHITE	BRIDGEND A C	MV
155	1.25.02	271	COLIN EDWARD	CHAPMAN		MV
156	1.25.02	481	JOHN	FARMER		M
157	1.25.09	145	WAYNE	TURNER	CAERPHILLY R C	MV
158	1.25.09	150	KEITH	DAVIS	TORFAEN A A C	M
159	1.25.15	413	BOB	DAVIES	LES CROUPIERS	MV
160	1.25.21	761	REBECCA	RICHARDSON	LES CROUPIERS	F
161	1.25.21	409	DAVID RONALD GEORGE	GRANGER	LES CROUPIERS	M
162	1.25.31	212	CERT JOHN	JAMES		M
163	1.25.37	577	DAVE	GARNETT		M
164	1.25.42	105	ALAN JOHN	BLAKEMORE	SWANSEA HARRIERS	MSV
165	1.25.47	488	PETER GARETH	WILLIAMS	MDC FRC	M
166	1.25.47	050	NIGEL LEONARD	THOMAS	ISLWYN R C	M
167	1.25.47	561	GLENN	EVANS		M
168	1.25.54	073	FREDERICK JOHN	MEREDITH	FAIRWATER R R	MSV
169	1.25.56	149	PHILIP JOHN	STAINER	ISLWYN RUNNING CLUB	M
170	1.25.57	158	IAN	LEWIS	69	M
171	1.25.59	540	CRAIG	JONES		M
172	1.26.00	752	RUTH A	MANN	LES CROUPIERS	FV
173	1.26.00	418	STEVE	YOUNG	LES CROUPIERS	M
174	1.26.01	539	BERNIE	MONK	69	MV
175	1.26.05	542	PETER	MALKIN		MV
176	1.26.07	062	HOWARD	JOHNSON	BEDDAU A A C	MV
177	1.26.09	244	BRIAN GEORGE	GLASTONBURY		M
178	1.26.10	139	CHRISTOPHER JOHN	CANN	RHONDDA VALLEY RUNNERS	M
179	1.26.10	029	TERRENCE	VICKERY	SAN DOMINICO	MV
180	1.26.11	754	SUSAN	NEAL	LES CROUPIERS	FV

181	1.26.11	486	ROGER	JONES	SAN DOMENICO	M
182	1.26.13	045	CERI	REES	CAERPHILLY RUNNING CLUB	M
183	1.26.19	581	TERRY	DAVIES	PEGASUS	M
184	1.26.53	054	ROY	REED	CAERPHILLY R C	M
185	1.26.55	504	JOHN MARTIN	WILLIAMS	HENGOED ROAD RUNNERS	M
186	1.27.00	247	DAVID MICHAEL	HOBAN		M
187	1.27.00	096	JOHN	CARTER	RISCA ROAD RUNNERS	MV
188	1.27.01	399	CLEDWYN	JONES	LES CROUPIERS	MV
189	1.27.04	094	ANTHONY JOHN	MOORE	SAN DOMENICO	M
190	1.27.07	477	MYRTON	CARTER	HEREFORD RUNNING CLUB	M
191	1.27.07	408	STEPHEN BERNARD	LEWIS	LES CROUPIERS	M
192	1.27.11	579	PAUL WILLIAM	TOUTT	PEGASUS	M
193	1.27.17	514	JOHN	DAVIES		MV
194	1.27.20	242	ROBERT	AXE		M
195	1.27.22	182	STEVEN	HOOVER		M
196	1.27.24	503	RONALD WILLIAM	HARRIS	NEWPORT HARRIERS	MSV
197	1.27.31	124	FREDERICK THOMAS	HOOVER	CARDIFF HSOB	MSV
198	1.27.35	086	CHRISTOPHER JOHN	BARKER	BARRY & VALE HARRIERS	M
199	1.27.36	368	GLYN PHILLIP	HICKS	RHYMNEY VALLEY X COUNTRY ASSOCIATION	M
200	1.27.40	234	ROLAND PAUL	KNIGHT		M
201	1.27.40	555	GERALD MATTHEW	GALBRAITH	PETERSTON SUPER ELY R C	M
202	1.27.45	382	THOMAS JOHN	HAMMOND		MV
203	1.27.45	398	MICHAEL	HUGHES	RHONDDA A C	M
204	1.27.46	080	KEVIN MICHAEL	WATKINS	BEDDAU	MV
205	1.27.47	044	DAVID	PENDLEBURY	BEDDAU A A C	MV
206	1.27.53	482	MEREDYDD JOHN	HUGHES		M
207	1.27.57	192	IAN	ANDERSON		M
208	1.27.59	420	TERENCE JOHN	CAVENEY	LES CROUPIERS	M
209	1.28.03	043	ALAN	BASTABLE	ROAD RUNNERS CLUB	M
210	1.28.14	341	TONY	SHEPPARD		M
211	1.28.14	440	MICHAEL JOHN	LISTER		M
212	1.28.17	240	GARETH	PUGH		M
213	1.28.17	238	ANTHONY JOHN	CARRULL		M
214	1.28.25	582	PAUL DOUGLAS	ATKINS	SAN DOMENICO	M
215	1.28.32	473	MICHAEL JOHN	KELLY	GILWERN HARRIERS A C	M
216	1.28.40	309	ALAN WAYNE	PHILLIPS		M
217	1.28.43	405	JEFFREY GORDON	PARKHOUSE	LES CROUPIERS	MV
218	1.28.46	760	VERONICA CLAIRE	SINGLETON	LES CROUPIERS	F
219	1.28.46	400	TERRENCE WILLIAM	MORGAN	ISLWYN R C	M
220	1.28.54	206	MICHAEL	POWELL		M
221	1.28.54	202	KENNETH	STOLBER		M
222	1.28.57	179	STEPHEN JOHN	TOWNSLEY		M
223	1.28.59	121	ALLAN	GITTINGS	CAERPHILLY R C	M
224	1.29.02	295	STUART ROLAND	OSBORNE		M
225	1.29.03	022	PAUL CORNELIUS	DAVIES	BLACKHEATH HARRIERS	MV
226	1.29.05	165	CLIVE	WILLIAMS	ABERDARE VALLEY A C	MSV
227	1.29.05	176	GARY ROBERT	McCARTHY	ISLWYN R C	M
228	1.29.07	026	VITO ANTHONY	PESTICCIO	SAN DOMENICO	MV
229	1.29.09	187	LOUIS ANTHONY	POWELL		MV
230	1.29.10	550	TIM	WILLIAMS	69	M
231	1.29.11	501	ALAN	HICKS	HENGOED ROAD RUNNERS	M
232	1.29.15	006	CARL STEWART	SALTER	CAERPHILLY RUNNING CLUB	M
233	1.29.15	191	MALCOLM DOUGLAS	SMITH		M
234	1.29.18	467	SEAN JUSTIN	PERRY		M
235	1.29.21	493	JOHN	PERRY	RISCA ROAD RUNNERS	MV
236	1.29.22	433	STUART ALBERT	ALDER		M
237	1.29.24	470	DAVID	NELMES		M
238	1.29.43	397	ANDY	MARDELL	SAN DOMINICO	M
239	1.29.48	287	ROBERT COLIN	LLOYD		M
240	1.29.49	581	TERRY	DAVIES	PEGASUS	M

241	1.29.52	042	MATTHEW DEAN	GOULD	CARDIFF A A C	M
242	1.29.53	414	TERRY	THORNE	LES CROUPIERS	MV
243	1.29.58	380	ADRIAN PAUL	ARMITAGE		M
244	1.30.07	422	PHILIP	COLE	LES CROUPIERS	M
245	1.30.16	166	JOHN	TIDY	LES CROUPIERS	MV
246	1.30.21	515	TONY	JAMES	ISLWYN R C	M
247	1.30.27	010	DAVID EDWARD	PRICE	CAERPHILLY RUNNING CLUB	M
248	1.30.28	151	JOHN EDWARD	RUSHTON	NEATH HARRIERS	MV
249	1.30.47	366	RIDLEY	GRIFFITH	BRIDGEND A C	MSV
250	1.30.48	071	KEN JOHN	BOUCHER	ISLWYN R C	M
251	1.30.51	326	DAVID GEORGE	DAVIES		M
252	1.30.53	471	GEOFFREY	THOMAS	TEILO	M
253	1.30.55	008	PHILLIP STEPHEN	GEORGE	CAERPHILLY RUNNING CLUB	M
254	1.31.03	118	MICHAEL	BARNETT	PONTYPRIDD ROADENTS	M
255	1.31.05	537	HENRY	PONSFORD		M
256	1.31.05	536	WILLIAM	KINSEY		MV
257	1.31.08	500	LYNN	HARRIS	RHYMNEY VALLEY A C	M
258	1.31.10	559	VICTOR M	CHAMBERS		MV
259	1.31.11	437	DENNIS	BLUNT		MV
260	1.31.12	599	PHILLIP G	JONES		M
261	1.31.27	502	ALAN JEFFREY	SALE	HENGOED ROAD RUNNERS	M
262	1.31.34	312	DAVID JOHN	MASKELL		M
263	1.31.37	075	BRIAN FRANK	BEALE	BURNHAM ON SEA HARRIERS	MSV
264	1.31.45	384	PAUL ANTHONY	HARDING		M
265	1.31.45	324	ALAN	MCCARTHY		M
266	1.31.49	174	GUY	CHAPMAN	PEGASUS	MV
267	1.31.50	130	ARWEL	DAVIES	MERTHYR ROAD HOGS	M
268	1.31.51	498	KEN	LEONARD		MV
269	1.31.53	378	DEIMIDL WYN	WILLIAMS	PEGASUS	M
270	1.31.53	047	JEFFREY	OWEN	PANT PANTERS	M
271	1.31.57	082	MARTIN VERNON	STONE	CAERPHILLY R C	M
272	1.32.00	128	DAVID	JAMES	CAERPHILLY R C	M
273	1.32.01	169	ROGER	EVANS	PANT PANTERS	M
274	1.32.02	469	DAVID RHYS	MORGAN		M
275	1.32.02	776	EDWINA MARGARET	TURNER	CAERPHILLY R C	FV
276	1.32.14	171	PHILLIP	MILES	69	M
277	1.32.17	276	MARTYN JOHN	PRICHARD		M
278	1.32.20	286	PHILLIP	PRICE		M
279	1.32.25	415	JOHN DAVID	GRIFFIN	LES CROUPIERS	MV
280	1.32.31	283	PHILIP RAYMOND	HULLAND		M
281	1.32.34	106	BRIAN	BROWNSEY	TENOYUS R C	MSV
282	1.32.38	235	DAVID JEFFREY	CHARD		M
283	1.32.39	370	DAVID	SMART	PETERSTON SUPER ELY R R C	MSV
284	1.32.41	336	COLIN PETER	ANGELL		M
285	1.32.52	279	WILLIAM ANTHONY	RICHARDSON		M
286	1.32.56	013	MICHAEL	JONES	CAERPHILLY RUNNING CLUB	M
287	1.32.58	528	MICHAEL	CURRY		M
288	1.33.05	544	PETER	BENNETT	LES CROUPIERS	MSV
289	1.33.07	092	CLIVE GRAHAM	BRIGHT	ISLWYN R C	M
290	1.33.08	755	ANNE	MOULD	LES CROUPIERS	F
291	1.33.08	373	NEIL LEONARD	TATNELL	LES CROUPIERS	M
292	1.33.09	313	ANTHONY	LOTT		M
293	1.33.09	269	CHRISTOPHER PHILLIP	CRONIN		M
294	1.33.16	562	NEAK	JEFFRIES	PONTYPRIDD ROADENTS	M
295	1.33.16	063	PETER JOHN	PAYTON	HENGOED ROAD RUNNER	M
296	1.33.19	067	PHILIP	BATER	LES CROUPIERS	M
297	1.33.27	445	DONALD	CLARK		MSV
298	1.33.31	591	MICHAEL	FALLAIZE		M
299	1.33.31	233	WAYNE	COTTERELL		M
300	1.33.34	126	DAVID	PARRY	CARDIFF HSGB	MSV

301	1.33.39	392	NEIL LEWIS	ANGELL		M
302	1.33.42	325	STEPHEN ROBERT	WILLIAMS		M
303	1.33.43	109	PAUL	OGDEN	BARRY & VALE	M
304	1.33.45	516	KENNETH	SEDEGEBER	BRIDGEND A C	MSV
305	1.33.46	529	DOUGLAS	OWEN	BRIDGEND A C	MSV
306	1.33.59	404	KENNETH JOHN	BRAY	LES CROUPIERS	MSV
307	1.33.59	081	RONALD JAMES	EDWARDS	CYNON VALLEY A C	MV
308	1.34.00	048	STANFORD	GRIFFITHS		MV
309	1.34.04	115	KENNETH TREVOR	PRICE	69	MV
310	1.34.08	436	DEREK JOHN ERNEST	SILVER		M
311	1.34.10	383	MICHAEL RAYMOND	JENKINS		M
312	1.34.12	221	DAVID JAMES	PROTHEROE		MV
313	1.34.14	155	ROBERT MICHAEL	JONES	CAERPHILLY R C	MV
314	1.34.15	590	PHILLIP THOMAS	BULL	GILWERN HARRIERS	M
315	1.34.19	558	JEREMY MARTIN	STRUTT		M
316	1.34.22	509	TERRY	LANE	CARDIFF HSOB	M
317	1.34.26	135	DEREK	HARPER	RHYMNEY VALLEY A C	MSV
318	1.34.33	487	JOHN PHILLIP	GAMBLIN	MOC FRC	MV
319	1.34.43	531	JOHN RICHARD	UNDERWOOD	LES CROUPIERS	MV
320	1.34.45	779	ALMA	HARRIS	CARDIFF A A C	F
321	1.34.49	275	PAUL CHARLES	SHUTT		M
322	1.34.49	274	LESLIE	THOMAS		MSV
323	1.34.50	374	RODNEY PETER	FITCH	CARDIFF A A C	M
324	1.34.54	517	TRAVIS	WATLEY		M
325	1.34.55	305	HOWARD ROBERT	JONES		M
326	1.34.57	344	MICHAEL	WATKINS		M
327	1.35.02	161	GERALD	PRICE	RHYMNEY VALLEY A C	MV
328	1.35.03	160	ERIC ALBERT	DARCH	RHYMNEY VALLEY A C	MV
329	1.35.19	521	COLIN	SLOCOMBE	LES CROUPIERS	M
330	1.35.20	237	NEIL ASHLEY	DAVIES		M
331	1.35.25	377	PAUL MICHAEL	WILLIAMS	RHONDDA VALLEY RUNNERS	M
332	1.35.26	479	BERNARD EDWARD	STEVENS	MERTHYR ROADHOGS	MV
333	1.35.32	589	MALCOLM	PROBERT	PANT PANTHERS	M
334	1.35.38	520	DEREK R	MILES		MV
335	1.35.40	329	RICHARD ALWYN	JONES		M
336	1.35.42	090	GWYN	PRESCOTT	LES CROUPIERS	MV
337	1.35.49	220	GRAHAM	WILLIAMS		M
338	1.36.02	388	JOHN FRANCIS	WILKINSON		M
339	1.36.06	571	RICHARD NEIL	LEE		M
340	1.36.14	461	JUSTIN LEE	ELLIS		M
341	1.36.15	255	TREVOR CHARLES	JONES		MV
342	1.36.18	347	GARETH	WELSH		M
343	1.36.23	401	CHRISTOPHER ROYDEN	SMITH	ISLWYN RUNNING CLUB	M
344	1.36.27	523	MICHAEL DAVID	THOMAS	SAN DOMENICO	M
345	1.36.31	260	LYNDON TREVOR	BURROUGHS		M
346	1.36.35	446	STEPHEN JOHN	DAVISON	SAN DOMENICO	MV
347	1.36.36	098	RALPH SYDNEY	GOLDBLATT	CARDIFF A A C	MV
348	1.36.46	292	IAN GERARD	GREENMAN		M
349	1.36.49	492	PETER C R	ROLFE	RISCA ROAD RUNNERS	M
350	1.36.54	057	DAVID THOMAS	HOPKINS	HENGOED ROAD RUNNERS	M
351	1.37.24	541	KELVIN JOHN	BRINKWORTH		M
352	1.37.25	060	RAYMOND DAVID	HEADER	ISLWYN R C	M
353	1.37.26	364	LYNDON	PRICE		MV
354	1.37.27	262	DAVID JOHN	RIVETT		MV
355	1.37.29	439	ROBERT	WAYMAN		M
356	1.37.39	519	MALCOLM	GARNISS	CAERPHILLY R C	M
357	1.37.48	021	ROBERT WILLIAM	LYNCH	BRIDGEND A C	M
358	1.37.51	241	PETER JOHN	CREESE		M
359	1.37.53	365	ROGER	LANE		M
360	1.37.54	078	GERALD ANTHONY	THOMAS	CAERPHILLY R C	MV

361	1.37.56	104	MARTYN	DAVIES	CARDIFF HS08	M
362	1.38.04	787	SHARON MARIE	JONES	ISLWYN R C	F
363	1.38.15	196	RUSSELL	HOWELLS		M
364	1.38.18	142	LEYTON	HUNT	RHONDDA VALLEY RUNNERS	M
365	1.38.20	266	PETER JOHN	BELLEW		M
366	1.38.23	556	GARY	THOMAS		MV
367	1.38.28	354	OWEN WILLIAM	ROSEWELL		M
368	1.38.32	513	KERI IAN	JONES		M
369	1.38.50	345	ALAN RAYMOND	HEATH		M
370	1.38.52	284	WESLEY JAMES	PARFITT		MV
371	1.38.59	350	ROBERT DAVID	MATTHEWS		M
372	1.39.02	222	JOHN	CALDWELL SMITH		M
373	1.39.05	560	CERITH	JONES		M
374	1.39.13	369	JAMES	MILLARD	ABERDARE A A C	M
375	1.39.18	293	STEVEN JOHN	SKIVENS		M
376	1.39.22	163	BRIAN	BENHAM	ISLWYN R C	MV
377	1.39.24	314	BRAIN ROYSTON	MAYNE		M
378	1.39.25	211	SIMON DAVID	FOWLER		M
379	1.39.31	103	MANSEL	OWEN	RISCA ROAD RUNNERS	M
380	1.39.40	070	JOHN PATRICK	RODEN	SAN DOMENICO	M
381	1.39.41	396	HOWARD	MORGAN	SAN DOMENICO	M
382	1.39.46	328	DAVID	BOWEN		M
383	1.39.56	572	PAUL JAMES	BARNES		M
384	1.40.03	538	HYWEL	PRICE		M
385	1.40.07	391	ALAN STANLEY	FISH		M
386	1.40.08	186	ALAN	KOLLOY		MV
387	1.40.09	356	KEITH	DAVIES		M
388	1.40.11	307	ROBERT JAMES	ELLERSHAW		M
389	1.40.12	464	MICHAEL ADRIAN	WATKINS		M
390	1.40.17	032	ALLAN SCOT	MATTHEWS	CARDIFF A A C	M
391	1.40.22	037	BRIAN	MILLAR	CAERPHILLY	M
392	1.40.23	435	DEMETRIUS	BORG		M
393	1.40.38	432	PHILIP JOHN	WATKINS		MV
394	1.40.39	788	CAROL ROSE	THOMAS		F
395	1.40.40	231	RICHARD	BROWN		M
396	1.40.43	018	HYWEL WYN	JONES	LLOYDS BANK A C	MV
397	1.40.46	379	GRAHAM JOHN	WALKER		M
398	1.40.58	023	ROBIN GEOFFREY	WOMERSLEY	BEACHLEY HARRIERS	M
399	1.41.02	280	ANTHONY	GREENWAY		M
400	1.41.05	578	GUY RICHARD	HENRY	CARDIFF TIGERS	M
401	1.41.07	019	PATRICK	NUGENT	SAN DOMENICO	M
402	1.41.09	518	MICHAEL FRANK	SHEPHARD		MV
403	1.41.10	055	MICHAEL GWYN	JONES	PONTYPRIDD ROADENTS	M
404	1.41.11	011	RONALD GEORGE	CLARK	DEAL STRIDERS	MSV
405	1.41.11	771	TERESA DAWN	VOKES	RHYMNEY VALLEY A C	F
406	1.41.22	457	DILWYN LLOYD	SIMMONS		M
407	1.41.24	770	SHEILA DAWN	BAKER	BURNHAM ON SEA HARRIERS	FV
408	1.41.30	310	SELWYN	WILLIAMS		MV
409	1.41.33	525	BRUCE KENNEDY	WALKER	TROON TORTOISES	MV
410	1.41.50	263	LAURENCE JAMES	THORPE		MV
411	1.41.52	532	KEN	ELLIS	LES CROUPIERS	MSV
412	1.41.59	756	MARILYN ROSIE	ROWSON	LES CROUPIERS	FV
413	1.42.08	210	ALUN	MICHAEL		MV
414	1.42.09	197	OWAIN ANTHONY	HOWELLS		M
415	1.42.12	299	RAYMOND	COX		M
416	1.42.17	449	CHRISTOPHER ROBERT	SHERMAN		MV
417	1.42.21	014	JOHN WILLIAM	BLAKE	NEWPORT HARRIERS	MV
418	1.42.31	216	DARYL	HARRIES		M
419	1.42.35	294	KEITH	BEACHAM		M
420	1.42.50	348	CARL	WILLIAMS		M

421	1.42.51	052	KEN M	JAMES	CAERPHILLY R C	M
422	1.43.05	546	ALWYN	JONES		M
423	1.43.14	386	DAVID	STAINER		M
424	1.43.17	137	CARL HUW	WILLIAMS	RHONDDA VALLEY RUNNERS	M
425	1.43.21	330	GROSVENOR	WILLIAMS		MV
426	1.43.26	016	ALFRED ERNEST	CAKEBREAD	DEAL STRIDERS	MSV
427	1.43.30	460	DAVID JOHN	FLANAGAN		M
428	1.43.31	462	ROBERT WAYNE	JONES		M
429	1.43.32	036	PAUL	SHEPPARD	BRIDGEND A C	M
430	1.43.40	359	STEPHEN EDWARD	FARROW		M
431	1.43.46	068	MANO	SINGH	CAERPHILLY R C	M
432	1.44.18	132	HUGH DAVID	GRIFFITH	BURNHAM ON SEA HARRIERS	M
433	1.44.29	194	MAURICE JOHN	TIERNEY		M
434	1.44.30	569	MICHAEL DAVID	JAMES	LLISWERRY ROAD RUNNERS	M
435	1.44.31	766	ANGELA	FAWCETT	LISWERRY RUNNERS	F
436	1.44.34	500	KEITH	WILLIAMS	LES CROUPIERS	M
437	1.44.38	463	STEVEN FREDERICK	WATKINS		M
438	1.44.41	767	BRENDA	COOK	GRIFFITHSTOWN HARRIERS	FV
439	1.44.44	557	BARRY JOHN	STRUTT		MV
440	1.44.54	592	PAUL	HOLMES	ABER VALLEY	M
441	1.45.41	567	WAYNE	JONES	ISLWYN R C	M
442	1.45.54	138	BRIAN	McCARTHY	RHONDDA VALLEY RUNNERS	MV
443	1.45.55	209	MICHAEL JAMES	BURKE		M
444	1.45.57	780	JOSIE	DRISCOLL	P S E RAC	FV
445	1.45.59	570	ALAN CHARLES	EVANS		M
446	1.46.18	552	DAVID WEBSTER	THOMAS		M
447	1.46.24	338	MARTIN JOHN	CHAMBERLAIN		M
448	1.47.05	270	MELVIN JOHN	BRADLEY		MV
449	1.47.05	600	ANTHONY	JONES		M
450	1.47.06	340	THOMAS WILLIAM	MORGAN		M
451	1.47.14	361	DAVID	RICHARDS		M
452	1.47.19	769	SALLY	OKEEFE		F
453	1.47.19	768	CAROLYN BARBARA	LLEWELLYN	LES CROUPIERS	FV
454	1.47.26	252	DAVID	BULLOCK		M
455	1.47.35	253	LAURIE PATRICK	McCOLL		M
456	1.47.43	168	GEORGE	HEYDON	PONTYPRIDD ROADENTS	MV
457	1.47.44	335	PATRICK MICHAEL DAVID	TOMSETT		M
458	1.47.55	170	GARY WILLIAM	COLLIER	PANT PANTERS	MV
459	1.48.00	358	ROBERT	HELLIER		M
460	1.48.09	339	NEIL MARTIN	HEMPSTEAD		M
461	1.48.14	256	MICHAEL	ANTONIW		M
462	1.48.17	288	BRIAN GEORGE	MASKELL		M
463	1.48.39	573	DAVID	POULTON	LES CROUPIERS	M
464	1.48.42	091	BRIAN	BOWELL	ABERDARE A A C	MV
465	1.48.43	363	ROBERT	PHILLIPS		MV
466	1.48.43	362	LEIGHTON	BRACEY		MV
467	1.48.47	772	JAYNE	DUCKFIELD	SWANSEA HARRIERS	F
468	1.48.49	111	WILLIAM	DAVIES	LES CROUPIERS	MV
469	1.48.50	198	ANDREW MICHAEL	BRAITHWAITE		M
470	1.48.52	264	WILLIAM HENRY	DAVIES		MSV
471	1.49.07	512	REGINALD HAYDEN	ROSSITER	LES CROUPIERS	MSV
472	1.49.16	343	MARK ANDREW	JAMES		M
473	1.49.19	360	BRIAN	RICHARDS		MV
474	1.49.20	285	MALCOLM	TOPPING		M
475	1.49.22	527	JEREMY DAVID	LATTON		MV
476	1.49.28	489	JOHN	VLANDS		M
477	1.49.30	017	ANTHONY DENNIS	FURSLED	DEAL STRIDERS	M
478	1.49.43	508	JAMES	FRANCE		M
479	1.49.56	762	JANET	CRADDOCK	CARDIFF HSOB	F
480	1.49.57	002	SIMON ANTONY	LONGMAN	CARDIFF HSOB	M

481	1.49.58	311	BRIAN KEITH	MARTIN		M
482	1.50.00	785	FAY	WILLIAMS		F
483	1.50.03	114	DAVID WILLIAM	BEACHAM	CAERPHILLY R C	M
484	1.50.04	346	LEE	CUSHING		M
485	1.50.05	280	ANTHONY	GREENWAY		M
486	1.50.10	342	MARTIN ARNOLD	JONES		M
487	1.50.20	306	GRAHAM CORY	DAVIDSON		MSV
488	1.50.26	530	ROBERT	KILBY		M
489	1.50.27	497	STEPHEN	RINGHAM	SAN DOMENICO	M
490	1.50.28	443	JOE	MATTESON		M
491	1.50.46	302	WILLIAM MENAY	CLARKE		M
492	1.50.51	585	DONALD	JONES	ABERDARE	MSV
493	1.51.02	490	SIMON	PARKER		M
494	1.51.16	553	CHRISTOPHER	PARKER		M
495	1.51.51	296	JONATHAN ELLIS	EVANS		M
496	1.52.01	442	STEPHEN JOHN	GILBERT		M
497	1.52.05	303	GEOFFREY	THOMAS		M
498	1.52.06	317	MICHAEL	DAVIES		M
499	1.52.14	229	NIGEL ASHLEY	CABBLE		M
500	1.52.15	763	BREDA	JOHNSON		FV
501	1.52.17	478	ELLIOT	GRIFFITHS	NEATH HARRIERS	MV
502	1.52.49	223	GARY	WILLIAMS		M
503	1.52.55	548	TIM	MORAN		M
504	1.52.58	773	ELIZABETH	BAKER	SAN DOMENICO	FV
505	1.53.04	634	GOPSON	STYLES	HENGOED ROAD RUNNERS	MSV
506	1.53.26	758	JEANETTE	STONE	LES CROUPIERS	F
507	1.54.06	444	MARTYN	BISHOP		M
508	1.54.18	318	ANDREW	SULLIVAN		M
509	1.54.46	320	PAUL	PULVERENTJ		M
510	1.54.47	387	BYRON	ROBERTS		MSV
511	1.55.19	282	DAVID	JONES		M
512	1.55.23	583	ROBERT MICHAEL	PENBERTHY	RHOWDA A C	MV
513	1.55.26	315	ADRIAN JAMES	HOOVER		M
514	1.55.27	316	GAVIN HILLMAN	REES		M
515	1.55.28	215	WYNFORD	WILLIAMS		MV
516	1.55.30	213	MICHAEL WYNNE	THOMAS		M
517	1.55.31	431	ROBERT GEOFFREY	EDWARDS		M
518	1.56.15	239	PATRICK	WILLIAMS		M
519	1.56.32	190	KEITH	WAKEFIELD		M
520	1.57.05	784	CATHERINE	LEWELLYN	MERTHYR ROADHOGS	F
521	1.57.29	322	ALUN	DAVIES		M
522	1.57.55	353	HUN JOHN	PERRY		M
523	1.57.57	496	MARTIN LLOYD	JONES		M
524	1.58.09	334	MICHAEL	CHARD		M
525	1.58.15	297	DEREK	CHEASTY		M
526	1.58.25	012	ASHLEY	BRYAN	ARTHRITIS CARE YSTRAD MYNACH	MSV
527	1.59.04	466	JOHN	SKARRATTS		M
528	1.59.05	781	ALISON JANE	BATTLE		F
529	1.59.19	777	KATHLEEN	HEATH		F
530	1.59.20	441	SPIRO	VELLA		M
531	1.59.28	535	BRIAN	PARRY		MSV
532	2.00.15	218	RUSSELL	DAVIES		M
533	2.00.18	783	SINDY	KAUR		F
534	2.00.26	319	MICHAEL DAVID	HOPKINS		M
535	2.00.56	455	BRIAN	PORTER		M
536	2.00.56	456	NICHOLAS	MORGAN		M
537	2.01.36	774	WENDY	CLISSOLD	SAN DOMENICO	F
538	2.02.09	188	IAN	CABBLE		M
539	2.03.21	472	LYN	MORRIS	TEILO	M
540	2.04.29	352	MARTIN	BIRD		M

541	2.05.07	547	DAVID EDWARD	LETTS		HV
542	2.06.54	337	ALAN MARK	THOMAS		M
543	2.06.57	219	COLIN M	BIRD		MSV
544	2.08.30	331	VICTOR JOHN	ROHER		MV
545	2.15.39	495	DAVID JOHN	REYNOLDS		M
546	2.17.06	257	NORMAN	PRICE		M
547	2.17.06	459	STEVEN	TUCKER		M
548	2.18.03	298	JOHN LEWIS	EVANS		M
549	2.20.25	290	MARC RHYS	DAVIES		M
550	2.20.38	291	PAUL EDWARD	WILLIS		M
551	2.22.47	786	KATRINA	GALBRAITH	PETERSTON SUPER ELY	F
552	2.28.34	249	MAYNARD	PASCOE		MSV
553	2.29.27	465	WAYNE HUGH	O'KEEFE		M
554	2.29.41	775	MARY PATRICIA	MAHONEY		F

RECORDING FINISHED 2:30:00.

TIME KEEPERS:- CAPT. G. CRUMP MBE.
D. HOURIHAN
B. MORGAN

RACE DIRECTOR