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**DIAL 100 AND ASK THE OPERATOR  
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**CARDIFF**  
126 Whitchurch Rd.  
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**NEWPORT**  
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Tel: Newport 215200.

**SWANSEA**  
290 Mumbles Rd.  
Tel: Swansea 404747.

**TALBOT GREEN**  
14a Stuart Terrace.  
Tel: Llantrisant 226933.

**SENATOR**  
WINDOWS

**10th CARDIFF  
MAYDAY  
ROAD RACES**



**MONDAY 5th MAY 1986**

Presented by Cardiff A.A.C.  
and Cardiff City Council  
Supported by South Wales Echo

SENATOR WINDOWS SENIOR MEN OPEN 10K

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1.	Ieunan Ellis	Newport	30.16	
2.	Dale Wood	Newport	30.24	
3.	Andrew Smith	Swansea	30.50	
4.	Alan Roper	Swansea	31.00	Vet
5.	Hugh Roberts	Les Croupiers	31.02	
6.	Geoff Hill	Swansea	31.13	
7.	Jeremy Thomas	Cheltenham	31.16	
8.	Colin Elvins	Swansea	31.19	
9.	Rob Hickmabn	Llanelli	31.20	
10.	John Robertshaw	Newport	31.25	
11.	Steve Knight	CAAC	31.28	
12.	Richard Bullen	Les Croupiers	31.44	
13.	Pual Millar	U.Coll.Aberystwyth	31.49	
14.	Bernie Plain	CAAC.	31.50	
15.	Paul Miller	CAAC	31.59	
16.	Steve Rhind	Les Croupiers	32.00	
17.	Paul Bennett	CAAC	32.06	
18.	Eddie Lee	Pegasus	32.07	Vet
19.	Keith Noble	Barry & Vale	32.20	
20.	Robert Evans	Les Croupiers	32.33	
21.	A.Kenning	CAAC	32.36	
22.	Harry Day	Beddau	32.39	
23.	Alan Donovan	CAAC	32.42	
24.	Nigel Thomas	Llanelli	32.45	
25.	Mmetta Masire	CAAC	32.53	
26.	M.Surridge	Les Crouypiers	33.01	
27.	T.Baignant	Newport	33.07	
28.	Anbdrew Reed	Swansea	33.15	
29.	Joihn James	Barry & Vale	33.35	Vety
30.	Ray Fundals	Les Croupiers	33.40	
31.	D.Thorogood	U.Coll.Aberystwyth	33.41	
32.	Dave Walsh	Les Crouypiers	33.46	Vet
33.	Sandy Johnson	Les Croupiers	33.50	
34.	Tony Clarke	Lliswerry Runners	33.56	
35.	Tony Hill	Newport	33.58	
36.	John Davies	Les Crouypiers	34.01	
37.	Jim Reilly	CAAC	34.02	Vet
38.	Nick Benbow	CHSOB	34.10	
39.	Ieuan Jones	Univ Coll.Aber	34.16	
40.	David Cundy	Llanelli	34.17	
41.	J. Diamond	Les Croups	34.20	
42.	Geln Aubrey	Beddau	34.23	
43.	Jeff Aston	Les Croups	34.25	
(46)	K.Williams	San Domenico	34.27	
47.	Martin Pinnell	Les Croups	34.45	
<del>XX</del>				
<del>XX</del>				
<del>XXX</del>				
48.	Geraaint Evans	Beddau	34.52	
49.	Tony CaRZANA	Pegasus	34.53	
50.	Alan Marshall	Newport	35.03	
51.	Derek Williams	Les Croups	35.16	

52.	Kevin Smith	Les Croups	35.19	
53.	Neil Nimro	Swansea	35.22	
54.	Colin Day	Beddau	35.29	
55.	Howard Brown	Les Croups	35.37	
56.	Paul Jennings	Newport	35.47	
57.	Kevin Fulthorpe	CAAC	35.55	
58.	J. Unsworth	Newport	36.00	
59.	Rowland Williams	Beddau	36.03	
60.	Dave Faraday	Newport	36.06	
61.	Russell Brandon	Bridgend	36.14	
62.	Martin King	Pegasus	36.16	
63.	Alan Garrett	CAAC	36.18	36.17 Vet
64.	Peter Coles	Cardiff Medics	36.21	
65.	Alan Bladen	Les Croups	36.22	pt
66.	J.Cummings	U/A	36.26	
67.	T. McKenzie	Les Croups	36.37	
68.	K.Sullivan	Les Creoups	36.38	
69.	L.Williams	Aberdare	36.41	
70.	J.Hanson	Beddau	36.46	
71.	K. Hares	San Domenico	36.48	
72.	M.Clissolds	San Domenico	36.51	
73.	H.Kent	Les Croups	36.57	
74.	K.Renfrey	Beddau	37.21	
75.	J.Hindmarsh	San Dominco	37.21	vet
76.	David Lee	Royal Navy	37.,25	
77.	RylandGriffiths	Les Croups	37.26	
78.	B. Smith	Les Croups	37.26	Vet
79.	C.Golden	Les Croups	37.33	
80.	Clive Horsfield	Newport	37.34	Vet
81.	Lee Beams	Les Croups	37.35	
82.	CX.Bartlett	Newport	37.35	
83.	J.Cornock	Barry & Vale	37.35	
84.	David Grainger	Les Crouyps	37.37	
85.	PaUL Morris	Les Croups	37.38	
86.	Max Wallis	Les Croups	37.46	Vet
87.	Mike Davies	Les Croups	37.52	Vet
88.	Lyndon Smith	Les Croups	37.54	
89.	Peter Hall	Pegasus	38.11	
90.	G.Fowler	Pegasus	38.13	
91.	B.Price	Les Croups	37.16	
92.	Mark Perry	U/A	38.29	
93.	D. Terry	Les Croups	38.31	
94.	C.Harvey	Risca	38.44	
95.	G.Jones	NBewport	38.49	
96.	C.James	Les Croups	39.13	
97.	G. Burris	CHSOB	38.29	
98.	B. Ahearne	San Dominco	38.31	
99.	P. Harrier	Risca	38.31	
100.	Ken Bray	Les Croups	38.32	Vet
101.	N. Thompson	Caerphilly	39.34	
102.	M. Farnham	Les Croups	39.38	
103.	C.Day	Beddau	39.39	
104.	T. Vicary	San Dominico	39.40	
105.	J. Cough	Beddauy	39.45	
106.	C. Aneda	Les Croups	40.01	
107.	G. Ellis	Les Croups	40.05	
108.	G.Parkghouse	Les Croups	40.23	
109.	B.Davies	Les Croups	40.29	
110.	K.Collard	Caerphilly	40.32	
111.	P. Atkins	San Dominico	40.16	D. BUCKLAND
112.	J.Gibbon	Les Croups	40.36	
113.	T.,. Caveney	Les Croups	40.42	

114.	V. Chambers	U/A	40.51	Vet
115.	V. Pesatio	San Dominico	42.36	Vet
116.	Johnb Lewis	U/A	43.13	
117.	S.Davidson	San Dom.	43.20	Vet
118.	Ron Harris	Newport	43.25	
119.	David Amos	Les Croups	43.4;1	
120	Philip Pratt	U/A	44.08	
121	David Bodily	Les Croups	47.12	

SENATOR WINDOWS = INTERMEDIATE AND SENIOR WOMEN 5K:

1	Sally James	Newport	17.09	
2	Caroline Morgan	S. G. Inst.	17.41	
3	Karen Powell	Leas Croupiers	17.56	
4	Sue Graham	Torfaen	17.59	
5	Rebecca Powell	Swansea	18.20	
6	Wendy Macnamara	C.A.A.C.	18.48	Inter
7	Liz Francis	Bridgend	18.53	
8	Melanie Davies	C.A.A.C.	19.18	
9	F. McDaniel	Cardiff Medics	19.20	
10	Veronica Singleton	Les Croupiers	19.38	
11	Carol Faraday	Newport	19.53	Vet
12	Ruth Mann	Les Croupiers	20.04	Vet
13	Delyth Davies	C.A.A.C.	20.30	Vet
14	Rebecca Hickey	C.A.A.C.	20.36	Inter
15	Sue James	Risca R.R.	20.40	Vet
16	Chris Collier	C.A.A.C.	20.53	Vet
17	Alison Campbell	San Domenico	21.04	
18	Gwenor Williams	u/a	22.16	
19	Sian Brown	Les Croupiers	23.05	
20	Val Davison <i>M. SANCHEZ</i>	San Domenico	23.35	Vet
21	Wendy Clissold	San Domenico	23.50	
22	Lucy Ann Jones	Les Croupiers	24.03	
23	Emily Hampton	Les Croupiers	24.47	
24	Elizabeth Baker	San Domenico	24.57	Vet

1st Team = Les Croupiers K. Powell V. Singleton R. Mann

2nd Team = C.A.A.C. M. Davies D.Davies C.COLLIER

3rd Team = San Domenico A.Campbell V.Davison W. Clissold

SENATOR WINDOWS = BOYS 3K

- |   |                                |
|---|--------------------------------|
| 1. Phillip Jones = CAAC = 9.16                | 26 = Alan Cunton = Rhondda 12. |
| 2. Guto Eames = CAAC = 9.16                   | 27 = Ceri Davies = U /A= 13.04 |
| 3 Gary Butler = Llanelli A.C. 9.19.           | 28 = Lewis Rees = Rhondda 13.  |
| 4. Martin Clayton = Barry & Vale = 9.19       | 29 = Robert Powell = U/A 13.5  |
| 5. Gareth Davies = Rhiondda = 9.22            | 30 = Simon Kirby = Rhon 14.0   |
| 6. Gerard Sanger = Aberdare = 9.25            |                                |
| 7. Huw Davics = Newport = 9.39                |                                |
| 8. Richard Baker = CAAC = 9.45                |                                |
| 9. Lee Salidham = Neath = 9.49                |                                |
| 10. Nicholas Roach = Neath = 9.51             |                                |
| 11. Robert Simons = CAAC = 9.55               |                                |
| 12. Tim Cummings = Barry & Vale = 10.06       |                                |
| 13. Jeremy Baber = Rhondda = 10.08            |                                |
| 14. Mike Biddiscombe = CAAC = 10.12           |                                |
| 15. Jason Davies = CAAC = 10.16               |                                |
| 16. Huw Hughes = Mengoed = 10.26              |                                |
| 17. Leigh Parsons = CAAC = 10.30              |                                |
| 18. Luc Evans = Rhondda = 10.37               |                                |
| 19. Martyn Bannister = CAAC = 10.39           |                                |
| 20. Kelvin Pearce = CAAC = 10.54              |                                |
| 21. Mark Lane = CAAC = 10.55                  |                                |
| 22. Ashley Bowen = Llanelli = 11.05           |                                |
| 23. MARTIN Solman = Pegasus = 11.25           |                                |
| 24. Christian Regan = Samn Domeniucco = 11.33 |                                |
| 25. Darren McDonald = CAAC = 11.35            |                                |

1st Team = CAAC = Phillip Jones = Guto Eames = Richard Baker  
 2nd Team = CAAC = Robert Simon = Mike Biddescombe = Jason Davies  
 3rd Team = Rhondda = Gareth Davies = Jeremy Baber = Luc Evans

SENATOR WINDOWS = YOUTH 4K

- |                      |              |       |
|----------------------|--------------|-------|
| 1. Justin Hobbs      | CAAC         | 12.06 |
| 2. Evatt Cumminga    | Barry & Vale | 12.32 |
| 3. Andrew McIntyre   | CAAC         | 12.37 |
| 4. Simon Samuel      | Aberdare     | 12.43 |
| 5. David Harris      | Newport      | 12.45 |
| 6. Nigel Lloyd       | U/a          | 12.50 |
| 7. Michael O'Neill   | CAAC         | 12.56 |
| 8. Jonathan Williams | Bridgend     | 12.57 |
| 9. Richard Evans     | Swansea      | 13.01 |
| 10. Philip Cook      | Barry & Vale | 13.04 |
| 11. Gary Evans       | Swansea      | 13.07 |
| 12. Chris Osbourne   | C.A.A.C.     | 13.11 |
| 13. Stuart Price     | Risca R.R.   | 13.13 |
| 14. Mark Buckley     | Aberdare     | 13.36 |
| 15. Andrew Munn      | C.A.A.C.     | 13.58 |
| 16. David Baker      | C.A.A.C.     | 14.19 |
| 17. Martin Perry     | Pegasus      | 14.20 |
| 18. James Laidler    | C.A.A.C.     | 15.03 |
| 19. Russell Richards | C.A.A.C.     | 15.11 |
| 20. Sean Regan       | San Domenico | 15.14 |
| 21. David Denning    | u/a          | 18.55 |

1st Team = C.A.A.C Justin Hobbs Andrew McIntyre Michael O'Neill  
 2nd Team = C.A.A.C. Chris Osbourne Andrew Munn David Baker o

SENATOR WINDOWS = JUNIOR WOMEN 3K

1. Joanne Parsons = C.A.A.C. = 10.51
2. Debra Whitty = C.A.A.C. = 11.14
3. Joanne Price = Swansea = 11.35
4. Cerian O'Connell = Les Croupiers = 12.30
5. Ruth McJennett = Unattached = 14.01.

SENATOR WINDOWS GIRLS 2K

1	RACHEL PARSONS	C.A.A.C.	7.20
2	CERY S JAMES	C.A.A.C.	7.46
3	LOUISE LEE	BARRY AND VALE	8.00
4	LISA WILLIAMS	ABERDARE	8.33
5	MARIA GERMAN	BARRY AND VALE	8.50
6	HELEN JONES	MAES YR YRFA CAMP	8.51

REPORTING SERVICES COURTESY OF ABACUS O.E. CARDIFF.

SENATOR WINDOWS = 5K WALK  
=====

1. Kirk Taylor = Junior Man = 22.36.
2. Gareth Holloway = Youth = 23.06
3. Russell Hutchings = Youth = 23.17
4. Andrew Pryor = Junior Man 23.21
5. Gareth McMullen = Senior Man = 23.54
6. Leigh Taylor = Youth = 25.04
7. Dean Katch = Junior Man = 25.59
8. Keith Holloway = Junior Man = 25.59
9. Jason Stevens = Youth = 26.28
10. Mark Pryor = Youth = 28.12
11. Matthew Pryor = Colt = 28.19
12. Ian Sullivan = Colt = 32.58

ALL RUNNERS FROM SPLOTT CONSERVATIVE CLUB

- 1st Colt = Mastthw Pryor  
1st Youth = Gareth Holloway  
1st Junior Man = Kirk Taylor  
1st Senior Man = Gareth McMullen.

REPORTING SERVICES COURTESY OF ABACUS O.E. LTD.

SENATOR=WINDOWS===COLTS=2K==

1. Stephen Blow = Beddau = 6.20
2. Richard Heard = Newport = 6.29
3. Lee Roberts = Ferndale = 6.30
4. Mark Morgan = Newport = 6.35
5. Grant Inkpen = Ferndale = 6.47
6. Jonathan Langley = Newport =6.49
7. Ian McNeill = Les Coupiers =6.51
8. Lee Williams = Ferndale = 6.52
9. Marcus Gauvian = Ferndale = 6.55
10. Peter Lewis = C.A.A.C. = 7.00
11. Darren Weston = Ferndale = 7.02
12. Matthew Fowles = C.A.A.C. = 7.02
13. Sam George = Aberdsre = 7.05
14. Tom Coroy = Newport = 7.07
15. Tom Harding = C.A.A.C. 7.10
16. Gareth Davies = C.A.A.C. 7.11
17. Craig Upcott = C.A.A.C. 7.17
18. Jamie Baulch = Newport = 7.21
19. Gareth Addie = C.A.A.C. 7.28
20. Robert James = C.A.A.C. 7.29
21. Ewan McKenzie = C.A.A.C. 7.35
22. Steven Light = C.A.A.C. 7.45
23. Christian Holland = C.A.A.C.8.06
24. Gary Rowlands = C.A.A.C. 8.07
25. Tristen Creedon = C.A.A.C. 8.19

REPORTING SERVICES COURTESY  
OF ABACUS O.E. CARDIFF

TEAMS

- 1st. Newport = Richard Heard = Mark Morgan = Jonathan Langley  
2nd = Ferndale = Lee Roberts = Grant Inkren = Lee Williams  
3rd = C.A.A.C. = Peter Lewis = Matthew Fowles = Tom Harding.