

**GLYNNEATH BOXING DAY 5 MILE RACE**

**26 December 1996**

NAME	TIME	CAT	NUM	CLUB
1 NICK COVERFORD	24.15	M	31	CARDIFF AC
2 ANDREW EYNON	24.30	M	56	BRITISH AIRWAYS
3 DENNIS WALMSLEY	24.55	M	53	BOURTON RR
4 PAUL RICHARDS	25.00	M	20	SWANSEA HARRIERS
5 POLIAS NIKOS	25.15	M	66	GREECE
6 ATHANSIOU VALANTIS	25.39	M	67	GREECE
7 SHAUN TOBIN	25.46	M	103	SWANSEA HARRIERS
8 ILLIAS TSAKIRIS	25.48	MU21	504	GREECE
9 ANDREW HUNT	25.58	M	52	BRECON POUNDERS
10 HOWARD PARSELL	26.05	M	9	NEATH HARRIERS
11 RICHARD JONES	26.18	M	48	TAFF-ELY TRIATHLETES
12 CHRIS WILLIAMS	26.23	M	8	NEATH HARRIERS
13 MAXOURIS NIKOS	26.42	M	69	GREECE
14 KARAGIORGIOS KOSTAS	27.07	M	68	GREECE
15 STEVEN DAVIES	27.14	M	41	ABERTULLERY AAC
16 MIKE VENABLES	27.15	MV45	241	BROMYARD HARRIERS
17 PAUL GRIFFITHS	27.18	M	110	NEATH HARRIERS
18 JULIAN BAKER	27.20	M	38	PEGANUS RC
19 PHILIP JONES	27.30	M	107	NEATH HARRIERS
20 SEAN SANDERS	27.34	M	40	ABERTULLERY AAC
21 KEVIN TAYLOR	27.38	M	23	AMMAN VALLEY HARRIERS
22 DAIR RICHARDS	27.53	M	7	NEATH HARRIERS
23 MUSTAPHA MAOJOUH	27.54	M	1	ABERDARE AC
24 MATTHEW GERMIN	28.00	M	39	ABERTULLERY AAC
25 PAUL DYSON	28.01	M	98	SWANSEA HARRIERS
26 CHRIS DAVIES	28.02	M	46	BRIDGEND AC
27 DAVID DAVIES	28.04	MV45	234	NEATH HARRIERS
28 JEREMY DAVIES	28.10	M	49	NEATH HARRIERS
29 MARIA PROTOPAPA	28.11	F	125	GREECE
30 ROBERT HACKETT	28.18	M	98	NEATH HARRIERS
31 HOWARD CARPENTER	28.23	MV40	262	NEATH HARRIERS
32 RICHARD BOWEN	28.30	MV50	253	NEATH HARRIERS
33 DAVID HEADON	28.34	M	65	
34 ANDREW MARTIN	28.35	M	4	CARDIFF AC
35 JOHN CRITCHER	28.45	MV45	246	BRIDGEND AC
36 DENIS GORMAN	28.50	MU21	505	ABERTULLERY AAC
37 PHILIP ELLIS	29.20	MV40	277	LES CROUPIERS
38 JOHN HURGHINS	29.27	M	81	LES CROUPIERS
39 DON ROBERTS	29.32	MV40	255	ABERDARE AC
40 DAVID WALTERS	29.38	MV45	228	PORT TALBOT HARRIERS
41 EMBRY DAVIES	29.40	MV45	220	RHYMNEY VALLEY AC
42 ALAN PERKINS	29.44	MV45	787	PORT TALBOT HARRIERS
43 NEIL THOMAS	29.48	MU21	509	RHONDDA VALLEY HARRIERS
44 JUSTIN BAYLESS	30.05	M	80	RHONDDA VALLEY HARRIERS
45 PHILIP ADAMS	30.06	M	43	ABERDARE AC
46 PAUL HOPKINS	30.06	M	57	3M GORSEINON
47 EDWIN EVANS	30.07	MV45	202	MURTHYK RC
48 DENNIS COUSINS	30.12	M	104	RHONDDA VALLEY HARRIERS
49 BRIAN FOX	30.16	MV50	259	SWANSEA HARRIERS
50 CLIVE DAVIES	30.19	M	83	SOSPAN ROAD RUNNERS
51 CHRIS DAVIES	30.19	M	77	3M GORSEINON
52 STEPHEN DALY	30.21	MU21	500	NEATH HARRIERS
53 STEVE JONES	30.22	M	21	NEATH HARRIERS
54 ANTHONY HOLLING	30.29	MV40	285	PORT TALBOT HARRIERS
55 DAVID BILLS	30.30	MV50	284	NEATH HARRIERS
56 DAVID ANTHONY	30.34	MV45	252	3M GORSEINON
57 HOWARD BODMAN	30.40	M	44	NEATH HARRIERS
58 JOHN FREEMAN	30.41	M	102	AMMAN VALLEY HARRIERS
59 GIANNI BIANCHI	30.49	M	71	
60 S. LYLE DAVIES	30.56	M	79	NEATH HARRIERS
61 RICHARD WEBSTER	30.57	MV40	258	3M GORSEINON

62 PIP GARDINER	30.58	MV45	250	ABERDARE AC
63 ALUN SMITH	31.00	M	95	RHONDDA VALLEY HARRIERS
64 PHIL BAMSLEY	31.04	MV40	203	NEATH HARRIERS
65 NIGEL LEWIS	31.09	M	28	HERFORD COURIERS
66 CLIVE TRUMAN	31.10	M	33	ABERDARE AC
67 JOHN WILLIAMS	31.10	M	19	NEATH HARRIERS
68 GEOFFREY OKEEFFE	31.15	M	54	MERTHYR RC
69 RICHARD HAMMOND	31.18	M	109	RHONDDA VALLEY HARRIERS
70 COLIN ANTHONY	31.20	MV50	283	NEATH HARRIERS
71 ROBERT STEPHENS	31.20	M	111	
72 MICHAEL FOURTATTAN	31.28	MV40	244	MERTHYR RC
73 LYN EVANS	31.35	MV45	236	CLUB 69
74 TONY COFFEY	31.42	M	81	
75 JOHN H COLLINS	31.47	MV55	212	SWANSEA HARRIERS
76 MARK DUNSCOMBE	31.53	M	14	MERTHYR RC
77 PETER J LEWIS	31.56	M	55	ABERTULLERY AAC
78 DARREN STEVENS	31.58	M	92	MERTHYR RC
79 JOHN JAMES	32.00	MV45	271	3M GORSEINON
80 GUY CHAPMAN	32.06	MV55	251	HEARLEAF WALLS
81 ROBERT CHALLENGER	32.06	M	36	NEATH HARRIERS
82 NICOLA LOUISE KNAPP	32.11	FU21	418	ABERTULLERY AAC
83 STEPHEN WILLIAMS	32.20	MV40	276	
84 ROAN THOMAS	32.26	M	22	NEATH HARRIERS
85 SEAN WARD	32.26	M	64	MERTHYR RC
86 RHIANNON TEAGLE	32.40	FU21	424	ABERTULLERY AAC
87 EMMA TURNER	32.43	FU21	419	ABERTULLERY AAC
88 LUKE DAVIES	32.48	MU21	502	RHYMNEY VALLEY AC
89 ALISTAIR GRIFFITHS	32.53	MV40	229	LLANELLI AAC
90 DAVID WILLIAMS	32.55	M	113	
91 HUW PREECE	33.03	M	2	MUSWELL HILL RUNNERS
92 SIMON HUDD	33.07	M	50	PENARTH AND DINAS
93 NICK KLEN	33.08	MU21	501	SWANSEA HARRIERS
94 GUY SAUNDERSON	33.09	M	61	
95 DOUGLAS OLEARY	33.11	M	99	
96 NIGEL HUGH DAVIES	33.16	M	35	
97 MICHAEL HALSALL	33.24	M	12	SOSPAN ROAD RUNNERS
98 REIDIAN COCKWELL	33.25	M	17	CARDIFF HARLEQUINS
99 JUDITH SHAKESHAFI	33.28	F	407	BURNHAM JOGGERS
100 GAVIN OAK	33.29	M	51	NEATH HARRIERS
101 RHYSS JONES	33.32	MU21	503	TAPPLEY TRIATHLETES
102 DARREN HERDMAN	33.36	M	63	
103 G H THOMAS	33.37	MV40	245	3M GORSEINON
104 STEVE NEW	33.46	M	6	PENARTH AND DINAS
105 RAYMOND DAVIES	33.53	M	72	ABERDARE AC
106 JEFF THOMAS	33.57	MV45	247	ABERTULLERY AAC
107 GEORGE WOTHERSPOON	33.58	MV60	243	TRW
108 JOHN LOVELL	34.00	MV40	226	NEATH HARRIERS
109 IAN SWANSON	34.09	MV45	249	PORT TALBOT HARRIERS
110 PAUL GREEN	34.10	M	58	
111 PETER CHARLES	34.15	MV40	208	LLANELLI AAC
112 DAVID BENNETT	34.18	M	108	
113 CLIVE BRIGLIU	34.19	MV45	285	
114 STEVE EVANS	34.23	M	34	MERTHYR RC
115 RALPH BELLAMY	34.27	MV45	212	HEARLEAF WALLS
116 GERAINT DAVIES	34.30	MU21	86	
117 DEBBIE EVANS	34.32	FV40	438	
118 CLIVE BUTLER	34.35	M	37	ABERDARE AC
119 BILL BAINBRIDGE	34.40	MV45	239	FREDRICKS AC
120 JANE WAITE	34.43	FV35	432	BLANNAVON
121 ROBERT LEWIS	34.47	M	96	
122 BILL PRITCHARD	34.50	MV55	216	NEATH HARRIERS
123 EMRYS THOMAS	34.52	M	16	SWANSEA HARRIERS
124 RAY MELLOR	34.56	MV50	240	3M GORSEINON
125 JOHN EVANS	35.06	MV55	234	NEATH HARRIERS
126 MICHAEL BROWN	35.07	MV40	248	NEATH HARRIERS

127 LISA GARDINER	35.10	F	422	ABERDARE AC
128 STUART GRIFFITHS	35.12	MU21	508	RHONDDA VALLEY HARRIERS
129 GAVIN CRIMMINGS	35.14	MU21	106	ABERDARE AC
130 JOHN S GRIFFITHS	35.23	MV50	270	FORD BRIDGEND AC
131 IAN ANDERSON	35.30	MV40	267	3M GORSEINON
132 RAYMOND B MORGAN	35.41	MV40	260	LLANELLA AC
133 MANSIE JONES	35.46	M	72	
134 RON EDWARDS	35.47	MV50	227	MERTHYR RC
135 EDWARD GOODRIED	35.47	MV50	254	RISCA ROAD RUNNERS
136 LYNDSY JONES	35.51	M	45	NEATH HARRIERS
137 DEAN WEBSTER	35.53	MU21	506	3M GORSEINON
138 DEAN MILES	35.53	M	15	NEATH HARRIERS
139 ALAN EVANS	35.54	M	89	
140 MIKE DAVIES	36.13	MV45	280	FREDERICKS AC
141 P DILLIWELLYN	36.19	MV50	219	
142 CAROL MILLER	36.25	F	437	LES GROUPEURS
143 BADEN CARTER	36.29	M	18	
144 PETER LEWIS	36.30	M	13	
145 JOHN SMITH	36.34	MV55	257	100 MARATHON CLUB
146 BRIAN NICHOLSON	36.34	MV45	232	
147 MARK WILKINS	36.40	M	42	
148 JAMIE JONES	36.41	FU21	433	SWANSEA HARRIERS
149 PAUL FERRAIN	36.42	MV50	206	SOSPAN ROAD RUNNERS
150 BERNARD STEVENS	36.45	MV50	289	MERTHYR RC
151 TONY FROST	37.05	MV40	231	3M GORSEINON
152 MARK TATTHRSALL	37.06	MV55	282	NEATH HARRIERS
153 THERESA LOVELL	37.06	FV40	412	NEATH HARRIERS
154 PAUL BAILS	37.09	M	59	
155 JEFF HARVEY	37.18	MV45	273	
156 CRAIG OWEN	37.24	M	88	
157 PETER DAVIES	37.28	M	26	
158 ALAN BLAKEMORE	37.29	MV60	268	
159 GBRAINI GILLS	37.34	M	30	FORD BRIDGEND AC
160 CHRISTINE FLOYD	37.35	FV35	402	NEATH HARRIERS
161 GBRAINI TORRINGTON	37.44	M	62	
162 DAVID J LLYNN	37.48	MV40	600	NEATH HARRIERS
163 PHIL DAVIES	37.57	MV45	261	3M GORSEINON
164 DAMIEN JAUPITRE	38.00	M	91	
165 ALFRYN EASTER	38.07	MV45	242	3M GORSEINON
166 ANITA WALLERS	38.08	FV45	410	NEATH HARRIERS
167 MARK DAVIES	38.14	M	85	
168 MICHAEL CRIMMINGS	38.14	M	105	ABERDARE AC
169 STEPHEN BENDLE	38.19	M	90	
170 TRINA BODMAN	38.27	FV40	420	NEATH HARRIERS
171 COLIN HINSON	38.30	MV55	266	
172 PAUL EVANS	38.34	M	27	
173 KEVAN JONES	38.37	M	24	
174 CHRISTINE HURDIDGE	38.43	FV45	434	3M GORSEINON
175 MAX MORRIS	38.44	MV55	272	NEATH HARRIERS
176 NICHOLAS MCGINN	38.44	M	76	NEATH HARRIERS
177 GARY DAVIES	38.53	M	47	BRIDGEND AC
178 ANN CRIMMINS	38.57	FV35	437	ABERDARE AC
179 NEIL WILLIAMSON	38.58	MV55	260	BLAENAVON
180 ALUN DUCKSTEIN	39.02	M	11	PENARTH AND DINAS
181 COLIN DAVIES	39.02	MV60	233	NEATH HARRIERS
182 GARETH DAVIES	39.07	MV40	279	PORT TALBOT HARRIERS
183 MARILYN JAMES	39.13	FV50	423	ABERTULLERY AAC
184 CHRIS FUGE	39.14	M	73	3M GORSEINON
185 COLIN BOWERS	39.18	M	60	
186 JAYNE BLAKEMORE	39.25	FV35	429	
187 DARREN WYEMOUTH	39.38	M	97	
188 ALUN ROBERTS	39.39	MV50	275	NEATH HARRIERS
189 GERWYN HARRIS	39.44	M	87	NEATH HARRIERS
190 GARETH SHELLARD	39.47	MU21	74	
191 CHRIS BOWEN	40.04	M	5	BRADFORD AC

192 ANNA PARRY	40.11	FV35	439	AMMAN VALLEY HARRIERS
193 ALISTAIR MACKENZIE	40.13	MV40	230	LLANELLIS AAC
194 LIZ ELLIS	40.26	FV35	421	
195 G MORCAN	40.31	M	112	
196 PHIL GIBSON	40.32	MV40	263	ABERDARE AC
197 CLARE JOHNSON	40.33	FV50	426	LES CROUPIERS
198 JEFFREY MOGFORD	40.34	M	10	SWANSEA HARRIERS
199 G JINDA JONES	40.46	F	415	MERTHYR RC
200 DEREK GWYNFOR	41.10	MV60	223	PENARTH AND DINAS
201 ALLEN WATTS	41.19	MV65	221	SARNHELEN
202 JAQUELINE SMITH	41.30	FV45	404	RIFBOK RUNNING CLUB
203 OWEN GOOD	41.31	MU21	507	
204 COLIN JENKINS	41.47	MV60	274	BLAENAVON
205 WAYNE GRIFITHS	41.55	M	82	RHONDDA VALLEY HARRIERS
206 TERRY THOMAS	42.00	MV60	238	NEATH HARRIERS
207 HEDDWYN THOMAS	42.13	M	70	
208 HEDDWYN EVANS	42.13	MV45	281	
209 SIMON EVANS	42.40	M	25	
210 PAV SHARPE	42.43	FV35	414	3M GORSEINON
211 GORDON GREEN	42.47	MV55	207	ABERDARE AC
212 CYRIL RICHMONDS	44.04	MV55	204	ABERDARE AC
213 NICOLA SENIOR	44.24	F	408	ABERDARE AC
214 JOANNE WILLIAMS	44.41	FU21	431	ABERDARE AC
215 PHIL BARRITT	45.11	MV45	205	ABERDARE AC
216 PHILIPP GARDY	45.45	M	93	
217 JOLIN DAVIES	45.46	MV45	278	
218 GREG HERDMAN	45.47	MV45	235	NEATH HARRIERS
219 ANDREW DENNIS	45.48	M	91	
220 DAVID LETTS	45.54	MV55	222	PENARTH AND DINAS
221 LEIGHION DAVIES	46.00	M	160	NEATH HARRIERS
222 ANDREW HERDMAN	46.13	MV45	237	NEATH HARRIERS
223 CLARE LLOYD	46.18	FU21	416	MERTHYR RC
224 GRATIAM SINGER	46.25	MV40	225	MERTHYR RC
225 RUTH THOMAS	46.25	FU21	417	MERTHYR RC
226 MATTHEW JONES	46.35	M	101	
227 DAVID KASH	46.42	MV40	256	
228 ANITA HOWELLS	46.05	FV45	403	ABERDARE AC
229 ANITA GRIFFITHS	46.15	FV40	428	ABERDARE AC
230 GARETH RICHARDS	46.28	MV40	388	
231 WILLIAM BURROWS	46.33	MV65	210	ABERDARE AC
232 ERIC RICKETS	46.37	MV50	264	ABERDARE AC
233 JULIE DAVIES	46.54	FV45	435	3M GORSEINON
234 K MCKIBBOD	46.55	FV40	409	SWANSEA HARRIERS
235 JANE COWARD	48.12	F	405	MUSWELL HILL RUNNERS
236 RUF BENNETT	49.15	FV45	436	
237 STEPHEN JONES	50.36	M	29	
238 JULIE DAVIES	51.09	FV35	400	ABERDARE AC
239 MARGARET WILLIAMS	51.09	FV40	430	ABERDARE AC
240 CARL JONES	55.35	M	553	GLYNNEATH FIRE BRIGADE
241 SEAN WILLIAMS	56.21	M	75	
242 ROBERT JONES	56.51	M	551	GLYNNEATH FIRE BRIGADE
243 ALUN WYNNE JONES	58.52	MV60	218	NEATH HARRIERS
244 DAVID TENNANT	59.38	M	550	GLYNNEATH FIRE BRIGADE
245 DAVID FRANCIS	60.10	M	550	GLYNNEATH FIRE BRIGADE