

BRIDGEND ATHLETIC CLUB
Multi-Mile Road Relays
 Friday 14th May 1993

SONY

Sponsored
By



RESULTS:

Senior Men	4 x 4 x 1 mile	Cardiff AAC
Fastest Stage	4.27	Phil Crane and Justin Hobbs
Veteran Men	3 x 3 x 1 mile	Swansea HAC
Fastest Stage	4.43	Alun Roper
Corporate	3 x 3 x 1 mile	Sony Sonics
Fastest Stage	4.29	Greg Newhams
Schools	3 x 3 x 1 mile	Percoed Comp
Fastest Stage	4.53	Tawfiq Ayoub
Women	3 x 3 x 1 mile	Cardiff AAC
Fastest Stage	5.13	Liz Francis
Women Vets	3 x 3 x 1 mile	Cardiff AAC
Fastest Stage	5.37	Barbara Boylan
Corporate	3 x 3 x 1 mile	Seconds Ahead
Fastest Stage	7.41	Jill Davies

Bridgend AC acknowledge the assistance of :-
 Sony Bridgend
 Jewson (Bridgend)
 Welsh Development Agency
 St Johns Ambulance
 First Class Gym
 Adidas (UK) Ltd
 Automobile Association
 Bridgend Police
 Powersport
 Territorial Army of Wales

BRIDGEND AC MULTI-MILE RELAYS

WOMENS TEAMS

1	Cardiff	Liz Francis Ceri Thomas Heidi Templeman	5.15 5.28 5.44	5.23 5.32 6.01	5.34 5.41 5.55	50.31
2	Clevedon	Jane Cooley Elaine Heyes Lucy Burton	5.51 6.33 6.00	6.02 6.14 6.00	6.02 6.21 5.50	54.53
3	Cardiff Vets	Frances Williams Nendy Lingham Barbara Boylan	6.01 6.47 5.37	6.19 6.47 6.02	6.31 6.52 5.54	56.54
4	Cardiff B	Sue Sheppard Melanie Davies Bev Morgan	6.38 6.18 6.02	7.04 6.03 6.16	7.25 5.38 5.59	57.23
5	SM Gorseinon	Michelle Luisi Gwen Saith Emma Evans	6.05 7.04 5.51	6.29 6.57 6.07	6.29 7.06 5.54	58.02
6	SM Gorseinon	Julie Pulling Vivienne Evans Hayley Hutchings	6.14 7.14 6.33	6.42 7.02 6.47	6.59 7.06 6.39	61.18
7	Brynna Vets	Vanessa Turnbull Mary Thomas Suzzane Baker	6.17 7.06 6.45	6.54 7.03 7.05	7.01 6.50 6.55	62.00
8	Mercury	Ruth Hughes Melissa Morgan Glenys Warlow	6.57 7.25 7.20	7.36 7.10 7.22	7.26 7.45 7.40	63.21
9	Seconds Ahead	Dawn Cox Jill Davies Sandra Lambert	8.59 7.43 7.44	10.33 7.35 10.11	8.17 7.41 8.06	79.49
	Brynleg Comp	Becca Jones Zoe Evans Bethan Evans	6.52 7.05 6.47			

BRIDGEND HULLS TITLE RELAY

VETERANS, BUSINESS MEN AND EDWARDS

1	Swansea	John Theophilus Owen B Lewis Alan Roper	4.33 5.03 4.43	5.01 4.57 4.44	4.55 5.27 4.50	44.28
2	Sony Sonics	Greg Newhass Stuart Short Gavin Brewster	4.29 5.32 5.21	4.41 5.17 5.27	4.56 5.29 5.27	47.16
3	Swansea B	John Poston Alan Davies Brian Delling	5.05 4.56 5.36	5.07 4.57 5.34	5.17 5.66 5.37	47.16
4	Ford Front	Eddy Locke Jeff Rees Dai Waters	4.50 5.01 5.33	5.14 5.43 5.40	5.17 5.15 5.40	47.30
5	Heath	David Oak John Richards David Davies	5.18 5.15 5.24	5.22 5.14 5.33	5.45 5.23 5.27	48.54
6	Fenwick Coop	Tawfiq Ayoub Simon Thomas Ien Thomas	4.55 5.30 5.31	5.15 5.22 5.27	5.24 5.44 5.45	49.14
7	Cardiff V	Keith Quinn Paul Darney Alf Higgins	4.54 5.55 5.31	5.02 5.38 5.41	5.16 5.44 5.35	49.18
8	Rhondda AC	Jonathon Roberts Bryn Griffiths Justin Bayliss	5.20 5.25 5.06	6.11 5.13 5.23	6.00 5.56 5.24	49.20
9	Cornelly V	Tony Burt Peter Turner Keith Fowell	5.30 5.27 5.24	5.55 5.21 5.37	6.13 5.21 5.32	50.20
10	Maesteg Coop	Gregg Davies Morgan Garfield Scott Hill	5.04 5.21 5.28	5.19 5.33 6.08	5.30 5.47 6.14	50.25
11	Bridgend V	Dennis Whittingham Brian Adanson Stuart Davidson	5.14 6.14 5.08	5.38 6.19 5.23	5.29 6.25 5.16	51.06
12	Ford Back	Billy Daniels Brian Ward Paul Clement	4.29 6.58 5.12	5.54 5.52 5.27	6.06 6.05 5.13	51.14
13	Cornelly V	Charles Jones Eric Hughes Gerrie Hopwood	5.27 5.51 5.50	5.46 5.34 6.18	5.47 5.40 5.40	51.22
14	Brynm V	Jack Ayoub Edward Morgan Alan Jones	5.10 6.08 6.03	5.26 6.15 6.15	5.30 6.15 5.47	52.57

RESULTS by DAVE WALEN 0000 514106

15	Sutton M	Alan Lewis	5.42	5.51	5.55	55.14
		George Edwards	5.47	5.52	5.55	
		John Collins	5.56	6.07	5.56	
16	Rockwool	Mike Gowing	5.42	6.07	6.08	53.49
		Faul Jordan	5.23	6.07	6.05	
		Simon Fitzgerald	5.33	5.59	5.45	
17	Ashfield	C A Williams	5.39	5.44	6.11	54.11
		M A Williams	6.05	6.14	6.18	
		Ray Nicholson	5.59	5.50	6.11	
18	H R Cycles	Tom Powell	5.18	5.30	5.38	54.51
		Dewi Robinson	5.55	6.07	7.77	
		Hedyn Rees	7.28	7.53	7.77	
19	Rockwool B	Neil Perry	5.42	6.14	6.18	56.38
		Luther Edwards	6.36	6.08	6.10	
		Steve John	6.34	6.41	6.33	
20	Rockwool C	Keith Gardner	5.52	6.38	6.35	59.32
		Nick Vince	6.13	5.55	6.01	
		Larry Cody	6.38	8.00	7.44	
21	Sony Geriatrics	Tim Malin	6.09	7.10	7.51	62.12
		Phil Styles	6.47	5.44	6.47	
		Neil Owen	6.41	7.08	6.55	
Sony Finishers	M J Harley	6.42	8.14		46.54	
	R Dauncey	9.54	9.57			
	M King	6.19	6.58			
Brynteg Comp	John Cadogan	5.12			10.57	
	David Thomas	5.47				

RESULTS by DAVE WALTON 0222 514106

BRIDGEND AC MULTI-MILE RELAYS

SENIOR MEN

1	Cardiff	Steve Moseley	4.32	4.37	4.42	4.39	
		Steve Knight	4.34	4.34	4.32	4.39	
		Kevin Blake	4.37	4.42	4.43	4.51	
		Justin Hobbs	4.28	4.36	4.27	4.31	73.44
2	Swansea	Jeff Becker	4.29	4.31	4.39	4.40	
		Bhaun Tobin	4.33	4.34	4.40	4.43	
		Kevin Tobin	4.39	4.42	4.37	4.50	
		Paul Richards	4.34	4.45	4.37	4.44	74.19
3	Composite	Dale Rixon	4.29	4.33	4.45	4.36	
		Ricky Jones	5.13	4.49	4.44	4.50	
		Harry Day	4.53	4.57	4.55	4.58	
		Nicky Commerford	4.32	4.45	4.37	4.38	75.44
4	Swansea B	Mike Cherrington	4.30	4.53	4.55	4.54	
		Steve Smith	4.51	4.49	4.49	4.58	
		Andy Doel	4.44	4.53	4.49	5.01	
		Paul Millar	4.48	4.58	4.51	4.54	77.38
5	Barry & Vale	Nick Dukes	4.55	4.41	5.16	5.14	
		Martin Haley	4.48	4.41	4.40	4.48	
		Evatt Cummings	4.52	5.05	4.39	5.03	
		Phil Cook	4.42	4.50	4.41	4.28	77.41
6	Bridgend	Carl Cable	4.32	4.36	4.53	4.50	
		Chris Davies	5.08	5.04	5.00	5.04	
		Steve Brace	4.45	4.56	4.38	5.01	
		Wayne Richards	4.59	5.03	5.58	4.55	78.24
7	Clevedon	Andy Crane	4.53	4.56	5.02	4.57	
		Mark Doyden	5.00	4.58	4.53	4.53	
		Andy Hayes	4.51	5.00	4.57	4.54	
		David Box	5.10	5.38	5.03	5.07	80.03
8	Neath	Tudor Harris	4.50	4.58	5.06	5.07	
		Steve Evans	4.55	4.57	4.57	4.58	
		Keith Bishop	4.52	5.07	4.57	5.14	
		Nick Grinnell	4.58	5.20	5.00	5.08	80.30
9	Aberystwyth	Martin Bullfoyle	4.50	4.53	5.12	5.06	
		Martyn Jenkins	4.55	4.58	5.04	5.06	
		Frank Thomas	5.01	5.27	5.16	5.23	
		Danny Thorogood	4.59	4.58	4.50	4.48	81.00
10	Llanelli	Peter Osborne	4.51	4.38	4.58	5.12	
		Carl Hyde	5.10	5.05	5.10	5.13	
		Bill Morris	4.58	5.08	4.56	4.58	
		Eric Davey	5.33	5.26	5.17	5.24	81.57
10	Carmarthen	Andi Morgan	4.54	4.56	5.05	5.02	
		Roland Hedges	5.20	5.22	5.22	5.33	
		Ian Morris	5.49	5.05	4.59	4.56	
		Ifan Lloyd	5.01	5.08	5.09	5.06	81.57

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12	Bridgend B	Ceri Cable Rob Hunt Jon Ebling Jon Huopur	4.57 5.03 5.12 5.35	5.16 5.12 5.19 5.06	5.28 5.02 5.11 5.07	5.18 5.42 5.16 5.10	83.09
13	Aberystwyth B	Fete Foale David Roberts Jim Whiteside Andy Baldwin	5.14 5.08 5.06 5.19	5.19 5.07 5.19 5.18	5.26 5.14 5.10 5.23	5.34 5.19 5.07 5.21	84.24
14	Fathers & Sons	Richard Gardiner Darren Hiscox John Hiscox Phil Gardiner	4.32 4.49 5.51 5.26	4.44 4.50 6.15 5.36	5.00 4.45 6.03 5.41	4.47 4.55 5.56 5.35	84.45
15	Swansea C	P Evans R Jones D Seaward N Reynolds	5.03 5.20 5.13 5.17	5.00 5.27 5.28 5.26	5.04 5.26 5.15 5.21	5.09 5.27 5.22 5.23	84.45
16	Swansea D	Noel Husband Stephen Clarke Roy Lewis Andy Nort	5.03 5.19 5.21 5.27	4.47 5.15 5.32 5.33	5.03 5.17 5.27 5.32	5.08 5.18 5.32 5.36	85.12
17	Beddau	Phil Meyler Geraint Evans Glenn Aubrey Rob George	5.29 5.23 5.17 5.08	5.40 5.27 5.30 5.19	5.41 5.23 5.20 5.13	5.46 5.20 5.25 5.19	86.40
18	Caeiphilly	Phil Crane Mike Chandler Carl Slater Simon Hilding	4.27 5.21 5.22 5.44	4.47 5.27 5.36 6.04	4.47 5.24 5.41 6.05	4.47 5.31 5.36 6.09	86.48
19	Neath B	Howard Carpenter Kev Lewis John Thomas Steve Jones	5.19 5.14 5.23 5.20	5.27 5.20 5.33 5.22	5.35 5.29 5.30 5.18	5.44 5.36 5.28 5.28	87.00
20	John's Brownies	John Brown Albert Hall Rob Morgan Owen Rodgers	5.13 5.09 5.41 5.36	5.28 5.21 5.47 5.41	5.23 5.18 5.46 5.49	5.25 5.15 5.42 5.38	88.14
21	Cornelly	Arwyn Davies James Marks David Hughes Kevin Walford	5.19 5.35 5.29 5.01	5.31 5.46 5.57 5.01	5.37 5.31 5.59 5.06	5.46 5.52 6.04 5.04	88.58
22	Llanelli B	Alistair Griffiths Kevin Lewis Wynne Thomas Bruce Morgan	0.00 10.49 5.30 5.23	5.42 5.29 5.40 5.44	5.41 5.32 5.32 5.51	5.50 5.29 5.38 5.48	89.50
23	Fewarth & Dines	John Nethercott Roy Silver Keith Whitfield Keith Duce	5.12 5.31 5.43 5.43	5.26 5.34 6.04 5.54	5.23 5.31 5.52 6.10	5.41 5.26 6.02 5.38	91.10

24	Neath C	Sarah Spencer	5.10	5.27	5.10	5.27	
		Steve Davies	5.15	5.35	5.37	5.24	
		Dave Hart	5.74	5.47	5.47	5.45	
		Simon Hudd	7.15	6.01	6.08	6.04	95.50
25	Bedau B	F-ler Lloyd	6.14	6.41	6.29	6.54	
		Norman Williams	5.56	5.42	5.35	5.24	
		John Turnbull	5.46	5.46	5.71	5.55	
		Colin Day	6.01	5.30	5.56	5.47	96.08
26	Probation	N Manning-Jones	5.42	6.04	6.15	6.16	
		Jeff Thomas	6.10	6.22	6.21	6.17	
		Boodnan Huddock's	5.57	5.55	6.12	6.06	
		A N Other	5.30	5.48	5.47	5.25	96.15
26	Mercury	Ian David	4.57	5.13	5.15	5.27	
		Fat Toogood	6.44	6.28	7.27	6.37	
		Laurie Hughes	5.50	5.49	5.58	5.55	
		Rob Greenfield	5.77	5.40	5.48	5.29	96.15
28	Caerphilly B	Roy Richards	6.07	6.25	6.71	6.18	
		Roy Reed	6.03	6.12	6.07	6.03	
		Martin Stone	5.33	6.06	6.01	4.42	
		Philip Thompson	6.33	6.45	7.11	7.21	100.14
	Bridgend C	Neil Griff	0.00	5.48	5.55	5.45	
		Paul Howarth	0.00	5.42	5.54	5.59	
		Dave Fox	16.20	5.43	5.47		
		Derek Scu	5.37	5.46	5.49		79.25
	RAF St Athan	Steve Davies	0.00	4.58	5.02		
		Ralph Pattinson	9.53	5.01	5.24		
		Paul Alexander	5.03	5.10	5.20		45.54
	Swansea E	Darren Phillips	4.32				
		Geoff Hill	5.09				
		Colin Elvins	5.00				
		Craig McFardean	5.26				20.07

CHILDREN U11 HALF MILE

1	Janes Williams	Mercury	2.47	30	Sarah Poston	Neath	3.54
2	David Weatherhead	Rhondda	2.50	41	David Barnard	Rhon	4.02
3	Helen Richards	Treains	2.51	42	Davin Squire	Trea	4.02
4	Marc Mayho	C'philly	2.53	43	Emma Kelly	Trea	4.02
5	Ian Smith	Treains	2.53	44	L Matthews	O'cas	4.03
6	Carl Thomas		2.55	45	Rhian Lewis		4.03
7	Robert Dyde		2.57	46	Rhys Maidaent	Rhon	4.10
8	Tomey Smith	C'philly	2.58	47	Amber Davies		4.10
9	David Nolean	Mercury	3.00	48	Brian Paddick		4.14
10	Andrew Brother	Mercury	3.04	49	M Huckeridge		4.15
11	John Weatherhead	Rhondda	3.05	50	Steven Hilding		4.20
12	David Bennett	C'philly	3.06	51	Adam Phillips		4.20
13	Rhys Davies		3.06	52	Nicholas Cooke	O'cas	4.20
14	Lee Huckeridge	Cera	3.11	53	Tracey Evans		4.20
15	Lian Davies	Treains	3.11	54	Kirsty James	O'cas	4.33

16	Neil Edwards		3.11	55	Thomas Shaw		4.34
17	Jason Couch	Tremains	3.12	56	John Heatley	Aberk	4.35
18	Neil Watkins	Bridgend	3.13	57	Nicholas Price	O'cas	4.40
19	Steffan Jones	Mercury	3.14	58	Paul Mambry	Carn	4.40
20	Rebecca Willis	C'philly	3.17	59	Alex Benbow	C'phil	4.45
21	Alan Thomas	C Cribwr	3.17	60	Chris Bumford	Trem	4.45
22	Simon Jones		3.18	61	Jenny Heat	O'cas	4.45
23	Roby C Coulson	Tremains	3.19	62	Joseph Morgan	Carn	4.50
24	Stephen Dyde		3.20	63	C Weatherhead	Rhon	5.00
25	Lloyd Thomas		3.21	64	Timothy Cooke	O'cas	5.10
26	Ben Nopprgan	Carn	3.22	65	Catrin Walters		
27	Marie Fox	Bridgend	3.27	66	Jayne Cox		
28	Sarah Thompson		3.30	67	A Totterdale	C Crib	
29	Spencer Jones		3.33	68	D Benbow	O'cas	
30	Lara Richards	RVAC	3.36	69	Paul Heatley	Aberk	
31	Elliot David		3.37	70	Mark Foster	Heath	
32	Sarah Benson	Bridgend	3.40	71	Tim Davies	Trem	
33	Rhy Davies	D'castle	3.40	72	D Hucleridge		
34	Gardyn Davies		3.43	73	Rachel Clements	O'cas	
35	Ashley Grace	D'castle	3.45	74	G Bumford	Trem	
36	Victoria Roberts	Tremains	3.45	75	Lloyd H-James	Brid	
37	Natalie Davies	Tremains	3.52	76	Lou Ventombe		
38	Clare Bishop	Tremains	3.53	77	Mark Jones		
39	Kristina Ronderia		3.53	78	Nia Davies		

CHILDREN OVER 1 MILE

1	Anthony Williams	Maebleg C	5.06
2	Daniel Florence		5.11
3	Gavin Clements	Maebleg C	5.14
4	Leigh Hiscox		5.24
5	Jonathan Phillips		5.43
6	Steven Mann	Maebleg C	5.49
7	Christopher Reylor		5.50
8	Luke Richards	Maebleg C	5.51
9	Elliot Cole	Bridgend	5.55
10	Rebecca Evans	Bridgend	5.56
11	Janie Rees	Bridgend	5.59
12	Lee Brown		6.02
13	Faris Ayoub		6.07
14	David Thomas	Bridgend	6.10
15	Mark Emery		6.12
16	Nathan Richards		6.12
17	Simon Phillips		6.13
18	Richard David		6.17
19	Andrew Weatherhead	Rhonda	6.22
20	Brian Thomas	Maebleg Comp	6.23
21	Elena Roberts		6.24
22	Neisha Day		6.28
23	Lisa Doster		6.30
24	Christopher Ronderia		6.36
25	Lisa Jarvis	Bridgend	6.42
26	Elaine Whittingham		6.42
27	Owen Rowlands	Bridgend	6.51
28	Nicholas Konkel		6.55
29	Joe Jones	Bridgend	7.07
30	Vicki Thomas	Bridgend	7.10
31	Rebecca Day		7.16
32	Donna Ronderia		7.17
33	Matthew Newton		7.20
34	Emily Whyatt		7.21
35	Greg Phillips		7.23
36	Martin Cox		8.23