

# 21ST SOSPAN MULTI

## TERRAIN 2008

Pos.	Time	Race No.	Name	Surname	Club	Sex	Age	Cat
1	57.42	203	STEPHEN	PATTERSON	SAN DOMENICO	M	30	ms
2	59.31	183	STUART	CREES	LES CROUPIERS	M	30	ms
3	59.47	41	KRISTIAN	JONES	SWANSEA HARRIERS	M	17	ms
4	60.24	253	STEVE	REES	PORT TALBOT HARRIERS	M	30	ms
5	60.38	200	LESLEY	HEWITSON	INGLI RUNNERS	M	45	mv
6	60.44	204	GLYN	PRICE	SARN HELEN	M	41	mv
7	61.07	202	PAUL	TALBOT	NEATH HARRIERS	M	41	mv
8	62.31	257	CARL	ELLIS	PORT TALBOT HARRIERS	M	33	ms
9	63.11	198	CHRIS	PARKER	SWANSEA HARRIERS	M	43	mv
10	63.24	194	RICK	VELATI	SWANSEA HARRIERS	M	29	ms
11	63.44	210	MICHAEL	DAVIES	SARN HELEN	M	39	mv
12	64.14	163	SIMON	OSBORNE	BRIDGEND ATHLETIC	M	48	mv
13	64.23	265	LAURENCE	HUMPHRIES	FAIRWATER RUNNERS	M	26	ms
14	64.48	188	IAN	WEBB	LLANELLI ATH	M	51	mv
15	64.59	232	JEROME	EVANS	PORT TALBOT HARRIERS	M	18	ms
16	66.05	241	JOSEPH	HAINES		M	27	ms
17	66.34	280	PETE	OSBORNE	SWANSEA HARRIERS	M	48	mv
18	66.42	230	ADRIAN	WEAVER	PORT TALBOT HARRIERS	M	31	ms
19	66.48	238	CHRIS	GIBSON		M	26	ms
20	66.48	106	MARK	DUNSCOMBE	SARN HELEN	M	47	mv
21	67.05	9	MARTIN	WILLIAMS	LES CROUPIERS	M	44	mv
22	67.12	220	ANGELA	HEELEY	SAN DOMENICO	F	29	fs
23	67.16	310	BRYN	GRIFFITHS	BRIDGEND ATHLETIC	M	34	ms
24	67.22	231	CHRIS	FULCHER	PORT TALBOT HARRIERS	M	41	mv
25	67.42	278	KEVIN	LEWIS	NEATH HARRIERS	M	47	mv
26	67.47	175	PHILIP	MILES	PARC BRYNBACH	M	57	mv
27	67.50	185	ROB	FALCONER		M	50	mv
28	68.14	312	STEVE	OUSELEY	INGLI RUNNERS	M	34	ms
29	68.21	225	ALEX	WILLIAMS	RRC	M		
30	68.30	189	RICHARD	MARKS	SARN HELEN	M	58	mv
31	68.32	169	PHILIP	MEYLER	PONTYPRIDD ROADENTS	M	53	mv
32	68.47	66	ROB	SCOTT	LES CROUPIERS	M	34	ms
33	68.54	243	NEIL	ROGERS		M	19	ms
34	68.55	131	LEE	MORRIS		M	27	ms
35	68.57	267	GERAINT	REES	BRACKLA HARRIERS	M	35	mv
36	68.59	151	ALUN	WILLIAMS	FAIRWATER RUNNERS	M	45	mv
37	69.31	223	SHAN	ROBERTS	INGLI RUNNERS	F	41	fv
38	69.32	272	DIMITRI	VARRES	GRIFFITHSTOWN HARRIERS	M	46	mv
39	69.39	255	HOWARD	CARPENTER	NEATH HARRIERS	M	55	mv
40	69.48	109	RUTH	TYLER	LES CROUPIERS	F	23	fs
41	69.55	182	KEVIN	TAYLOR	AMMAN VALLEY	M	48	mv
42	69.59	147	MATTHEW	REYNOLDS		M	28	ms
43	69.59	195	JEFF	THOMAS	BRIDGEND ATHLETIC	M	42	mv
44	70.00	213	MARK	TERRY	TROTS	M	51	mv

45	70.16	36	SHARON	LEECH	AMMAN VALLEY	F	38	fv
46	70.38	229	MIKE	EVANS	CARDIFF AC	M	33	ms
47	70.55	76	GLYN	WILLIAMS	PRESTEIGNE PACERS	M	36	mv
48	71.09	123	IAN	OGILVIE		M	42	mv
49	71.27	187	HUW	PRICE	SARN HELEN	M	45	mv
50	71.41	4	TONY	HALL	SARN HELEN	M	52	mv
51	71.41	193	CAT	STEED	PEMBS HARRIERS	F	32	fs
52	71.47	228	PETER	RODGER	GRIFFITHSTOWN HARRIERS	M	52	mv
53	71.51	214	KEVIN	JOYCE		M	43	mv
54	71.54	289	CAROLINE	JONES	TROTS	F	48	fv
55	72.06	72	RHYS	HEATH		M	31	ms
56	72.08	307	STEVE	MATCHETT	PEMBS TRI	M	40	mv
57	72.27	282	DYLAN	LEWIS		M	26	ms
58	72.33	208	GRON	DAVIES		M	48	mv
59	72.44	51	CLIVE	OSMOND	LES CROUPIERS	M	48	mv
60	72.52	250	GWYN	LLOYD	PONTYPRIDD ROADENTS	M	53	mv
61	72.54	234	THOMAS	GUY	GRIFFITHSTOWN HARRIERS	M	36	mv
62	73.04	240	PETER	WALTERS	TROTS	M	48	mv
63	73.10	55	WAYNE	FREWEN	BRACKLA HARRIERS	M	49	mv
64	73.20	77	GARY	LEWIS	PRESTEIGNE PACERS	M	39	mv
65	73.25	191	RICHARD	LLOYD	FAIRWATER RUNNERS	M	29	ms
66	73.40	130	ADRIAN	BROWN	PRESTEIGNE PACERS	M	37	mv
67	73.42	3	JOHN	MORGAN	BRACKLA HARRIERS	M	45	mv
68	73.46	13	PHILIP	PROBERT		M	42	mv
69	73.52	266	ALAN	PERKINS	PORT TALBOT HARRIERS	M	57	mv
70	73.55	49	WAYNE	HOLMES		M	46	mv
71	74.04	181	DAVID	ROSE	BRACKLA HARRIERS	M	44	mv
72	74.07	11	NICK	BAYLISS		M	34	ms
73	74.08	134	CHRIS	DUPAIN	EXMOUTH HARRIERS	M	25	ms
74	74.11	247	BERNARD	HENDERSON	PORT TALBOT HARRIERS	M	53	mv
75	74.16	43	ANDREW	HERBERT		M	38	mv
76	74.16	219	LEIGHTON	GARDNER	SWANSEA HARRIERS	M	42	mv
77	74.24	304	PAUL	STEVENS		M	29	ms
78	74.32	186	GARY	HOWE	3MS	M	51	mv
79	74.34	65	STEPHEN	JONES		M	45	mv
80	74.43	64	TIM	REESE	LLISWERRY	M	45	mv
81	74.51	114	RICHARD	JAMES		M	45	mv
82	74.53	82	MICHAEL	DAVIES	LES CROUPIERS	M	58	mv
83	74.56	172	JON	GILL		M	32	ms
84	74.58	226	NIGEL	FRANCISCO	TEAM WECORI	M	44	mv
85	74.59	275	GRAEME	DONNAN	LES CROUPIERS	M	55	mv
86	75.02	102	KIM	WEHDEN	ISLWYN RUNNING CLUB	M	46	mv
87	75.16	205	CAROLINE	JOHN	SARN HELEN	F	43	fv
88	75.17	276	STEPHEN	OWEN	LES CROUPIERS	M	51	mv
89	75.29	256	STEPHEN	ALEXANDER	LES CROUPIERS	M	41	mv
90	75.36	165	ADELE	AVERY	ESPORTA GLAMORGAN	F	36	fv
91	75.41	215	ALEC	WILLIAMS	INGLI RUNNERS	M	41	mv
92	75.41	297	CHRIS	DAVIES	LLISWERRY	M	51	mv
93	75.42	242	JAMES	BRAMHALL		M	33	ms
94	76.04	245	MIKE	MURPHY	LES CROUPIERS	M	55	mv
95	77.12	135	EMMA	DUPAIN	EXMOUTH HARRIERS	F	22	fs
96	77.17	100	RICHARD	DAY	PONTYPRIDD ROADENTS	M	45	mv
97	77.20	311	GARY	WATERS	SWANSEA HARRIERS	M	59	mv
98	77.25	84	CYRIL	WALTERS	TROTS	M	61	mv
99	77.40	254	CAROLINE	MOSELEY	PORT TALBOT HARRIERS	F	32	fs

100	77.49	217	DAYMION	JENKINS		M	39	mv
101	78.12	90	COLIN	ELVINS	SWANSEA HARRIERS	M	48	mv
102	78.19	303	MARK	STEVENS		M	31	ms
103	78.25	6	SIMON	HALL		M	29	ms
104	78.25	63	WAYNE	CROSS		M	42	mv
105	78.29	248	GARRY	MORGAN	BRACKLA HARRIERS	M	31	ms
106	78.29	174	RICHARD	WICKS		M	51	mv
107	78.30	211	MARIA	ZUBIZARRETA	LES CROUPIERS	F	38	fv
108	78.32	142	PAUL	HARMES		M	41	mv
109	78.33	308	PAUL	PADGET	INGLI RUNNERS	M	53	mv
110	78.34	52	ANDREA	STARRITT	BRACKLA HARRIERS	F	41	fv
111	78.42	92	JEFFREY	ASTON	LES CROUPIERS	M	61	mv
112	78.51	60	HELEN	JONES		F	39	fv
113	78.59	221	DAVID	NAYLOR		M	74	mv
114	79.04	61	STEVEN	JONES		M	38	mv
115	79.05	235	MARIO	RABAIOTTI	PORT TALBOT HARRIERS	M	45	mv
116	79.10	46	JULIE	SCHOLEY	LES CROUPIERS	F	49	fv
117	79.11	176	JACKIE	MILES	PARC BRYNBACH	F	56	fv
118	79.19	111	LIZ	ASHTON	LES CROUPIERS	F	27	fs
119	79.27	53	CHARLOTTE	JOHNS	BRACKLA HARRIERS	F	42	fv
120	79.30	201	PAUL	EDWARDS	PEMBS HARRIERS	M	49	mv
121	79.34	199	JOHN	COLLINS	SWANSEA HARRIERS	M	70	mv
122	79.42	184	BERNIE	MONK	PARC BRYNBACH	M	63	mv
123	79.44	288	DAVE	BRIGLIN		M	40	mv
124	79.45	68	ALLAN	JONES	BRACKLA HARRIERS	M	54	mv
125	79.57	98	MARK	SUTTON	GRIFFITHSTOWN HARRIERS	M	47	mv
126	80.06	85	ANDREW	ROTHWELL		M	50	mv
127	80.11	197	DAVID	OAK	PORT TALBOT HARRIERS	M	63	mv
128	80.19	283	SIMON	PRICE		M	33	ms
129	80.31	136	BEN	WHITE	EXMOUTH HARRIERS	M	22	ms
130	80.33	209	BEV	DAVIES		F	22	fs
131	80.50	15	MICK	GRANT	ROAD RUNNERS CLUB	M	52	mv
132	80.53	20	JOHN	PARKINSON	MUMBLES MILERS	M	61	mv
133	80.55	19	DARREN	HALL		M	31	ms
134	80.55	171	DOMINIC	SHIELDS	SAN DOMENICO	M	43	mv
135	81.00	249	SUZIE	PUGH		F	38	fv
136	81.15	54	LIBBY	LAVIS	BRACKLA HARRIERS	F	50	fv
137	81.30	48	ROLAND	MATTHEWS	BRACKLA HARRIERS	M	45	mv
138	81.43	78	PHILIP	JONES	PRESTEIGNE PACERS	M	50	mv
139	81.46	301	WARREN	PERKINS		M	42	mv
140	82.00	177	ROLAND	SHERWOOD	AMMAN VALLEY	M	63	mv
141	82.17	113	TONY	BURT	BRACKLA HARRIERS	M	65	mv
142	82.29	95	PAUL	ARNOLD	3MS	M	40	mv
143	82.30	83	MANIE	TANG	GLAMORGAN	M	32	ms
144	82.40	173	DAVE	LLOYD	PRESTEIGNE PACERS	M	53	mv
145	82.41	252	HELEN	WALKER	INGLI RUNNERS	F	52	fv
146	82.46	260	JACK	TREMLET		M	28	ms
147	82.52	10	PAUL	DURSLEY	LLISWERRY	M	55	mv
148	82.59	279	TONY	HOLLING	PORT TALBOT HARRIERS	M	53	mv
149	83.06	104	ANDREW	SEDGMOND	LES CROUPIERS	M	54	mv
150	83.12	237	BOB	GARDINER	TEAM WECORI	M	48	mv
151	83.15	16	JAMES	THOMAS	BRACKLA HARRIERS	M	45	mv
152	83.15	39	MIKE	RIDOUT	BRACKLA HARRIERS	M	55	mv
153	83.19	119	PAUL	BIGMORE	BRACKLA HARRIERS	M	53	mv
154	83.23	239	CHIRIS	FREY-DAVIES	TEAM WECORI	M	29	ms

155	83.37	129	SIMON	COX		M	45	mv
156	83.37	259	JOHN	AYRES	PORT TALBOT HARRIERS	M	53	mv
157	83.40	299	STEPHEN	MATTHEWS	GLAMORGAN	M	33	ms
158	83.43	261	ELIZABETH	GOODWIN-JONES		F	30	fs
159	83.43	262	ROSE	GOODWIN-JONES		F	28	fs
160	84.13	118	JUDITH	OAKLEY	PORT TALBOT HARRIERS	F	43	fv
161	84.15	31	DAVID	DUNBAR		M	47	mv
162	84.19	86	SIÂN	PHILLIPS	SWANSEA HARRIERS	F	47	fv
163	84.32	57	KEITH	TREHARNE	BRACKLA HARRIERS	M	63	mv
164	84.41	133	NIGEL	DUPAIN	EXMOUTH HARRIERS	M	56	mv
165	84.47	62	DIANE	BROWNHILL		F	36	fv
166	84.47	216	JILL	WILCOX	INGLI RUNNERS	F	36	fv
167	84.51	300	LYN	REES	SARN HELEN	M	58	mv
168	84.55	71	CAROLINE	DALLIMORE	LES CROUPIERS	F	53	fv
169	85.15	251	PETER	WALKER	INGLI RUNNERS	M	53	mv
170	85.42	101	ANDREW	TIMMS		M	36	mv
171	85.46	224	NICK	DARROCH	BRACKLA HARRIERS	M	50	mv
172	85.46	281	RAY	JAMES	PORT TALBOT HARRIERS	M	47	mv
173	86.16	145	KRISTIAN	SHEARAN	BRACKLA HARRIERS	M	33	ms
174	86.16	23	STEVE	NEW	100 MARATHON CLUB	M	43	mv
175	86.26	108	LEE	KWOK	GLAM HEALTH+RACQUET	M	34	ms
176	86.45	170	IAN	DOBBEY		M	59	mv
177	86.50	178	JEANETTE	JENKINS	FAIRWATER RUNNERS	F	48	fv
178	87.18	264	JOHN	DAVIES	PORT TALBOT HARRIERS	M	60	mv
179	87.34	246	NEIL	MURPHY		M	21	ms
180	87.36	22	GEORGE	HALL	ROTHWELL HARRIERS	M	47	mv
181	87.50	94	JAYNE	ARNOLD	3MS	F	37	fv
182	88.02	284	GWEN	SMITH	SWANSEA HARRIERS	F	43	fv
183	88.12	222	MALCOLM	JONES	BRACKLA HARRIERS	M	56	mv
184	88.12	207	JANE	ASH	LES CROUPIERS	F	34	fs
185	88.24	40	STEVE	JONES	SBOC	M	50	mv
186	88.30	42	DAVE	MITCHELL	SBOC	M	50	mv
187	88.56	227	HELEN	NICHOLAS		F	32	fs
188	89.05	298	RICHARD	PENNELL	GLAMORGAN	M	39	mv
189	89.09	196	STEVE	COCKWELL		M	37	mv
190	89.13	305	MICHAEL	TERRY		M	58	mv
191	89.19	91	HAYLEY	ELVINS		F	39	fv
192	89.42	116	JANICE	HARVEY		F	52	fv
193	89.56	164	JO	LORD	HAY HOTFOOTERS	F	46	fv
194	90.15	67	PATRICIA	JONES	BRACKLA HARRIERS	F	54	fv
195	90.48	315	PETER	TAYLOR		M	21	ms
196	90.51	292	STEFFAN	PICKLES		M	44	mv
197	90.58	277	ALED	MORGAN		M	33	ms
198	91.00	44	JULIE	ROCHE	FAIRWATER RUNNERS	F	40	fv
199	91.54	141	JAMES	HOBBS		M	41	mv
200	91.57	25	MICHAEL	PARRISH		M	48	mv
201	91.57	79	TRACY	EDWARDS	RHONDDA VALLEY RUNNERS	F	42	fv
202	92.08	47	IAN	GALL	BRACKLA HARRIERS	M	47	mv
203	92.18	192	IAN	CHALMERS	AVON VALLEY RUNNERS	M	43	mv
204	92.56	122	TYRONE	WILLIAMS		M	32	ms
205	92.56	218	IAN	SWANSON	PORT TALBOT HARRIERS	M	58	mv
206	93.03	121	GARY	WILLIAMS		M	42	mv
207	93.03	274	KATHERINE	JENKINS	GLAMORGAN	F	31	fs
208	93.28	293	GILLIAN	MASON	GLAMORGAN	F	47	fv
209	93.34	263	LEAH	EVERTON		F	29	fs

210	93.36	290	GILL	EDWARDS		F	41	fv
211	93.39	75	RICHARD	BOWIE		M	46	mv
212	94.04	117	RUSSELL	THOMAS		M	38	mv
213	94.04	291	JAN	JONES	SARN HELEN	F	43	fv
214	94.05	115	HEULWEN	JAMES		F	41	fv
215	94.18	273	HOWARD	GRIFFITHS		M	57	mv
216	94.18	285	LYNNE	JONES		F	31	fs
217	94.57	269	RACHEL	LONG	GRIFFITHSTOWN HARRIERS	F	37	fv
218	95.24	112	PETER	CHOWDHURY		M	37	mv
219	95.56	306	LAURENCE	JACKMAN		M	47	mv
220	96.26	45	COLIN	GARDNER		M	60	mv
221	96.35	80	TINA	LAVELLE	HAY HOTFOOTERS	F	51	fv
222	96.35	160	JAYNE	AITKEN		F	40	fv
223	96.38	124	JANET	OGILVIE	BRACKLA HARRIERS	F	44	fv
224	96.50	270	ALAN	ROBERTS	PORT TALBOT HARRIERS	M	53	mv
225	97.43	233	ALEX	BETAMBEAU		M	22	ms
226	98.05	105	ALAN	McCARDLE	HAY HOTFOOTERS	M	56	mv
227	98.11	103	NIGEL	JONES		M	54	mv
228	99.22	236	ALLISON	JONES	TEAM WECORI	F	34	fs
229	99.22	96	WENDY	REES	GRIFFITHSTOWN HARRIERS	F	46	fv
230	99.31	99	CLAIRE	SUTTON	GRIFFITHSTOWN HARRIERS	F	42	fv
231	99.31	286	KERI	HUTCHINSON	FAIRWATER RUNNERS	F	37	fv
232	100.45	287	SORCHA	KENNEDY		F	32	fs
233	101.18	32	CATH	HATHER	BRACKLA HARRIERS	F	42	fv
234	101.20	168	ADRIAN	THOMAS		M	55	mv
235	101.28	206	CALRE	JOHNSON	LES CROUPIERS	F	63	fv
236	102.29	88	SUZIE	SHEPHERD	CHEPSTOW HARRIERS	F	39	fv
237	102.37	128	ARANKA	PRATT		F	60	fv
238	102.49	190	JEFFREY	EVANS	LLANELLI ATH	M	42	mv
239	102.49	153	SIAN	WIGLEY		F		fs
240	103.21	17	LISA	EKMAN	BRACKLA HARRIERS	F	37	fv
241	103.32	158	JANE	DAKIN	BRACKLA HARRIERS	F	42	fv
242	103.33	154	OWAIN	MAINWARING		M	39	mv
243	103.40	296	ANGHARAD	HULL		F	27	fs
244	103.45	127	HELEN	HUNT		F	58	fv
245	103.49	309	SARAH	STEVENS		F	30	fs
246	104.10	24	PAUL	EVANS		M	48	mv
247	104.29	258	SIAN	MILLAN	BRACKLA HARRIERS	F	31	fs
248	104.30	73	KATHLEEN	EVANS	BRACKLA HARRIERS	F	59	fv
249	105.31	34	NEIL	NUTTALL		M	63	mv
250	106.22	137	ANDRE	MCPHERSON		M	35	mv
251	107.12	28	HUW	MARSHALL		M	39	mv
252	107.12	244	GILL	MURPHY	LES CROUPIERS	F	55	fv
253	107.58	56	MARTIN	DAVIES		M	62	mv
254	108.46	107	CAROLINE	HAFNER	HAY HOTFOOTERS	F	62	fv
255	108.50	2	MICHAEL	HOWELL		M	46	mv
256	108.52	97	MARY	DONNELLY	BRACKLA HARRIERS	F	46	fv
257	109.42	294	JAMES	MASON	ESPORTA	M	21	ms
258	109.42	110	HOWELL	THOMAS		M	37	mv
259	109.48	161	CARLY	BUCKINGHAM		F	29	fs
260	111.18	1	CHRIS	HOCKLEY		M	40	mv
261	114.11	212	JENNIFER	FRIGGENS		F	26	fs
262	116.16	21	KAREN	DUSGATE		F	43	fv
263	118.13	149	CLAIRE	MILNER	HAY HOTFOOTERS	F	56	fv
264	118.50	74	MARIANNE	BURRIDGE	FAIRWATER RUNNERS	F	50	fv

265	118.50	157	SIAN	ACKLAND	BRACKLA HARRIERS	F	42	fv
266	120.33	180	SHIRLEY	ROSE	BRACKLA HARRIERS	F	44	fv
267	120.33	268	LINDA	LLOYD	BRACKLA HARRIERS	F	48	fv
268	133.34	81	PAULA	THOMAS	BRACKLA HARRIERS	F	50	fv
269	133.34	120	LESLEY	BIGMORE		F	50	fv
270	164.57	167	ALLEN	WATTS	SARN HELEN	M	80	mv