

# Pontypridd Reverse 10 Mile 2005

Pos	Name	Club	Cat	Time
1	Julian Baker	Les Croupiers	Senior Men	0:52:52
2	Andrew Jones	Neath Harriers	Senior Men	0:53:21
3	Nick Janvier	Brackla Harriers	Senior Men	0:53:54
4	Mark Roberts	Swansea Harriers	Senior Men	0:54:31
5	Richard Bullen	Les Croupiers	Men 40 - 49	0:54:40
6	David Humphreys	Liswerry Harriers	Senior Men	0:54:49
7	Steve Rees	Port Talbot Harriers	Senior Men	0:55:08
8	Rob Sheen	Leicester Coritanians	Men 40 - 49	0:55:21
9	Phil Cook	Les Croupiers	Senior Men	0:56:17
10	Tim Lewis	Brackla Harriers	Senior Men	0:56:24
11	Stephen Paterson	Pegasus RC	Senior Men	0:56:37
12	Peter Coles	Welsh Masters AA	Men 40 - 49	0:56:41
13	Mick Mcgeoch	Les Croupiers	Men 40 - 49	0:57:41
14	Phillip Jenkins	Bridgend	Men 40 - 49	0:58:16
15	Mary Wilkinson	Aberystwyth University	Senior Ladies	0:58:41
16	Paul Dyson	Swansea Harriers	Men 40 - 49	0:58:54
17	Ruth Pickvance	Les Croupiers	Ladies 35 - 44	0:58:58
18	Paul Horvath	San Domenico	Senior Men	0:58:58
19	Ronald Morris	San Domenico	Men 50 - 59	0:59:04
20	Jon Embling	Bridgend	Men 40 - 49	0:59:14
21	Gareth Thomas	Les Croupiers	Men 40 - 49	0:59:27
22	Stephen Thomas	U/A	Senior Men	0:59:30
23	Phil Adams	Neath Harriers	Men 40 - 49	0:59:33
24	Tracey Ranson	Aberystwyth University	Senior Ladies	0:59:37
25	Dic Evans	Cardiff AAC	Men 50 - 59	0:59:39
26	Michael Dury	Islwyn	Senior Men	0:59:40
27	Mick Tarsor	San Domenico	Men 50 - 59	1:00:08
28	Simon Lewis	Club 69	Senior Men	1:00:08
29	Clifford Evans	Aberystwyth University	Men 40 - 49	1:00:14
30	Robert Bamsey	Neath Harriers	Men 50 - 59	1:00:18
31	Colin Davies	Brecon AC	Men 40 - 49	1:00:49
32	Richard Bowen	Neath Harriers	Men 50 - 59	1:01:00
33	Phil Meyler	Pontypridd Roadents AC	Men 40 - 49	1:01:04
34	Matthew Townsend	Les Croupiers	Senior Men	1:01:06
35	Phillip George	Les Croupiers	Senior Men	1:01:25
36	Howard Carpenter	Neath Harriers	Men 50 - 59	1:01:50
37	Gerard Crispie	Les Croupiers	Men 40 - 49	1:01:52
38	Gill Frances	Neath Harriers	Ladies 45 - 54	1:01:54

39	David Shroll	Newport Harriers	Senior Men	1:02:13
40	Dinah Cheverton	Tamar Trotters	Ladies 35 - 44	1:02:24
41	Nicola Haines-Jones	Neath Harriers	Ladies 35 - 44	1:02:50
42	Phil Miles	Club 69	Men 50 - 59	1:02:53
43	Paul Dawes	San Domenico	Men 40 - 49	1:03:06
44	Stuart Reeves	Les Croupiers	Senior Men	1:03:12
45	Helen Fines	Bristol & West AC	Senior Ladies	1:03:14
46	Ian Liddiatt	Les Croupiers	Senior Men	1:03:15
47	Graeme Donnan	Les Croupiers	Men 50 - 59	1:03:26
48	Richard Webster	3m Gorseinon	Men 50 - 59	1:03:33
49	Angela Jones	Brecon AC	Ladies 35 - 44	1:03:34
50	Jeff Rees	Neath Harriers	Men 50 - 59	1:04:01
51	Brian Pearce	U/A	Men 40 - 49	1:04:02
52	John Sinnett	Pembrokeshire Harriers	Men 40 - 49	1:04:15
53	Anne Rawlings	Alton Joggers	Ladies 35 - 44	1:04:18
54	Mike Woods	U/A	Senior Men	1:04:24
55	Clive Osmond	Les Croupiers	Men 40 - 49	1:04:27
56	Edwin Evans	Welsh Masters AA	Men 50 - 59	1:04:31
57	Graham Colvin	3m Gorseinon	Men 40 - 49	1:04:42
59	Michael John Lawrence	Pembrokeshire Harriers	Men 40 - 49	1:04:57
60	Marc Batcup	U/A	Senior Men	1:04:58
61	Jeff Aston	Les Croupiers	Men 50 - 59	1:05:09
62	Carl Hamer	Club 69	Senior Men	1:05:11
63	Dave Hughes	Brackla Harriers	Senior Men	1:05:27
64	Alan Mann	Les Croupiers	Men 40 - 49	1:05:35
65	Huw Bevan	U/A	Men 40 - 49	1:05:38
66	Robert Sandles	3m Gorseinon	Senior Men	1:05:46
67	Peter Deacon	Swansea Harriers	Men 40 - 49	1:05:47
68	Richard Hammond	U/A	Men 40 - 49	1:05:52
69	Neil Willaims	U/A	Men 40 - 49	1:05:58
70	Joanna Prichard	Les Croupiers	Ladies 35 - 44	1:05:58
71	Edward Morgan	U/A	Men 40 - 49	1:06:05
72	Tim O' Sullivan	Les Croupiers	Men 40 - 49	1:06:12
73	Dan Hogan	U/A	Men 40 - 49	1:06:19
74	Michael Davies	Les Croupiers	Men 50 - 59	1:06:26
75	John Robinson	U/A	Senior Men	1:06:36
76	Alan Walton	San Domenico	Senior Men	1:06:42
77	Neil Stevens	U/A	Senior Men	1:06:45
78	Alex Stummvoll	U/A	Senior Men	1:06:49
79	Keith Paterson	Pegasus RC	Men 60 +	1:07:21
80	James Townhill	U/A	Senior Men	1:07:29

81	Neil Davies	NYRRC	Men 40 - 49	1:07:30
82	Dawn Kenwright	Sarn Helen	Ladies 45 - 54	1:07:38
83	William Edwards	U/A	Senior Men	1:07:40
84	Gary Howe	3m Gorseinon	Men 40 - 49	1:07:51
85	Leonard Richards	Port Talbot Harriers	Men 50 - 59	1:07:53
86	Martin Foster	Bournville Harriers	Men 50 - 59	1:08:03
87	Julie Scholey	Les Croupiers	Ladies 45 - 54	1:08:18
88	Colin Rees	Club 69	Men 40 - 49	1:08:34
89	Howard Thomas	U/A	Senior Men	1:08:40
90	Wendy Edwards	Les Croupiers	Ladies 45 - 54	1:08:51
91	Stephen Bendle	3m Gorseinon	Men 40 - 49	1:08:51
92	Ryan Healey	U/A	Senior Men	1:08:55
93	Shaun Connor	Les Croupiers	Senior Men	1:09:00
94	Gareth Elliott	Pembrokeshire Harriers	Senior Men	1:09:07
95	Mark Unsworth	U/A	Men 40 - 49	1:09:09
96	Claire Morgan	U/A	Senior Ladies	1:09:11
97	Nigel Pitt	3m Gorseinon	Men 40 - 49	1:09:28
98	Rebecca Harris	Les Croupiers	Ladies 35 - 44	1:10:04
99	Anthony Howling	Port Talbot Harriers	Men 40 - 49	1:10:10
100	Mark Halliwell	Brackla Harriers	Men 40 - 49	1:10:39
101	Richard Boon	Les Croupiers	Men 40 - 49	1:11:04
102	Robert Hector	U/A	Senior Men	1:11:34
103	Peter Short	U/A	Men 50 - 59	1:11:48
104	Philip Hoskins	U/A	Men 40 - 49	1:11:51
105	Brian Blandford	Neath Harriers	Men 60 +	1:11:55
106	Gareth John	Les Croupiers	Men 50 - 59	1:12:09
107	Jonathan Davies	Sospan Road Runners	Men 40 - 49	1:12:25
108	Ian Richards	U/A	Men 40 - 49	1:12:27
109	Da Jukes	Club 69	Senior Men	1:12:32
110	Ian Jones	U/A	Men 40 - 49	1:12:33
111	Christopher Jones	U/A	Men 40 - 49	1:12:45
112	Jenny Hart	U/A	Senior Ladies	1:12:47
113	Tim Street	U/A	Men 40 - 49	1:12:54
114	Mark Cryer	swindon striders	Senior Men	1:12:57
115	Rhys Breckow	rhondda tri club	Senior Men	1:13:04
116	Peter Davies	U/A	Men 40 - 49	1:13:07
117	Judi Bowsher	Brackla Harriers	Ladies 35 - 44	1:13:09
119	Catherine Williams	U/A	Senior Ladies	1:13:27
120	Kent Watson	U/A	Men 40 - 49	1:13:35
121	Brian Griffiths	3m Gorseinon	Men 50 - 59	1:13:39
122	Andy Rees	U/A	Men 40 - 49	1:13:47

123 Frances Williams	Cardiff AAC	Ladies 45 - 54	1:13:48
124 Mike Nash	3m Gorseinon	Men 40 - 49	1:13:50
125 Kevin Mccarthy	U/A	Men 40 - 49	1:14:11
126 Christopher Morre	U/A	Men 40 - 49	1:14:16
127 Gillian Phillips	Sospan Road Runners	Ladies 45 - 54	1:14:20
128 Richard Barnes	Road Runners	Men 40 - 49	1:14:23
129 Marcus Coles	U/A	Senior Men	1:14:35
130 Mandy Jones	Islwyn	Ladies 35 - 44	1:14:43
131 Marcus Eyre	3m Gorseinon	Men 40 - 49	1:14:48
132 Paul Rees	U/A	Men 40 - 49	1:14:55
133 Jeffrey Jervis	Club 69	Men 60 +	1:15:02
134 Kelly Morgan	U/A	Senior Ladies	1:15:03
135 Allan Spencer Smith	3m Gorseinon	Men 60 +	1:15:24
136 Louise Miskell	3m Gorseinon	Senior Ladies	1:15:30
137 Arfon Rees	Wecori	Senior Men	1:15:52
138 Alex Williams	U/A	Senior Men	1:16:04
139 Nathan Hern	U/A	Senior Men	1:16:16
140 Christina Smith	3m Gorseinon	Ladies 35 - 44	1:16:20
141 Kevin Goodall	U/A	Men 40 - 49	1:16:22
142 Ian Chitty	U/A	Senior Men	1:16:36
143 Melanie Walker	U/A	Senior Ladies	1:16:37
144 Stuart Thomas	York Acorn RC	Senior Men	1:17:12
145 Maria Newton	U/A	Senior Ladies	1:17:24
146 Carol Howard	Pembrokeshire Harriers	Ladies 45 - 54	1:17:30
147 Glyn Williams	3m Gorseinon	Men 50 - 59	1:17:36
148 Jill Colman	Pembrokeshire Harriers	Ladies 35 - 44	1:17:38
149 Caroline Sandles	3m Gorseinon	Ladies 35 - 44	1:17:47
150 Jacky Austin	Club 69	Ladies 45 - 54	1:18:06
151 John Cunnane	U/A	Men 50 - 59	1:18:22
152 Graham Jones	Les Croupiers	Men 50 - 59	1:18:33
153 Stephen Williams	Les Croupiers	Men 40 - 49	1:18:34
154 Simon Hern	U/A	Senior Men	1:18:43
155 Steven Mathews	U/A	Men 40 - 49	1:18:52
156 Jackie Cryer	U/A	Men 40 - 49	1:18:59
157 Robert Gardiner	U/A	Men 40 - 49	1:19:03
158 David Breen	U/A	Men 50 - 59	1:19:07
159 Frances Williams	Les Croupiers	Ladies 35 - 44	1:19:10
160 Larry Burford	Pegasus RC	Men 40 - 49	1:19:50
161 Stephen Birmingham	Brackla Harriers	Senior Men	1:20:48
162 Joanne Peacock	Liswerry Harriers	Ladies 35 - 44	1:20:51
163 Anthony Vallario	Port Talbot Harriers	Men 40 - 49	1:20:57

164 Natalie Davies	U/A	Ladies 35 - 44	1:21:07
165 Stephen Bassett	U/A	Senior Men	1:21:07
166 Deliene Eyre	3m Gorseinon	Ladies 35 - 44	1:21:09
167 Daniel Saffer	Islwyn	Senior Men	1:21:56
168 Andrea Reynolds	Swansea Harriers	Ladies 35 - 44	1:22:24
169 SEAN Hanton	U/A	Men 40 - 49	1:22:28
170 Woon Chan	rhondda tri club	Senior Ladies	1:22:30
171 Paul Marsimovic	U/A	Senior Men	1:23:32
172 James Richards	Bristol & West AC	Men 50 - 59	1:23:58
173 Phillip Davies	U/A	Men 40 - 49	1:24:28
174 Lowri Randell	Sospan Road Runners	Senior Ladies	1:24:30
175 Rob Owens	U/A	Men 60 +	1:24:38
176 Gareth Jones	U/A	Men 40 - 49	1:24:56
177 Matthew Witherstone	U/A	Senior Men	1:25:03
179 Paula Ace	U/A	Ladies 35 - 44	1:25:23
180 Brian Mitchel	U/A	Senior Men	1:25:24
181 Kenwyn Davies	U/A	Men 40 - 49	1:25:32
182 Justine Dawkins	U/A	Senior Ladies	1:25:36
183 Janice Clement	Penarth & Dinas Runners	Ladies 45 - 54	1:25:55
184 Matthew Parry	U/A	Senior Men	1:26:21
185 Malcolm Parker	Islwyn	Men 60 +	1:27:23
186 Mark Pearce	U/A	Men 40 - 49	1:27:35
187 Jayne Evans	U/A	Ladies 35 - 44	1:27:39
188 Jayne Anne Evans	U/A	Ladies 35 - 44	1:27:41
189 Jeff Cowland	U/A	Men 50 - 59	1:28:23
190 Kate Greenfield	3m Gorseinon	Senior Ladies	1:28:23
191 Claire Cowell	U/A	Senior Ladies	1:28:42
192 Tracey Newman	Les Croupiers	Senior Ladies	1:28:47
193 Karen Burrows	U/A	Ladies 35 - 44	1:28:56
194 Paul Thomas	Les Croupiers	Men 40 - 49	1:29:05
195 Lisa Phillips	U/A	Senior Ladies	1:29:15
196 Peter Clark	U/A	Men 50 - 59	1:30:00
197 Ralph Davey	Les Croupiers	Men 60 +	1:31:28
198 Phylly Wilson	Wreake Runners	Ladies 55 +	1:31:41
199 Ross Alun Lewis	U/A	Senior Men	1:32:15
200 Roger Tiley	Wecori	Men 40 - 49	1:32:17
201 Jason Morrissey	U/A	Men 40 - 49	1:32:19
202 Tracey Williams	U/A	Ladies 35 - 44	1:32:20
203 Dianne Connor	U/A	Ladies 35 - 44	1:32:21
204 Angela Tiley	Wecori	Senior Ladies	1:32:21
205 Rhiannon Davies	U/A	Senior Ladies	1:33:08

206 Nuria Martinez-Perez	Les Croupiers	Ladies 35 - 44	1:33:40
207 Edward Newman	Les Croupiers	Men 50 - 59	1:35:10
208 Karen Grey	U/A	Senior Ladies	1:35:18
209 Denise Brennan	U/A	Ladies 35 - 44	1:35:33
210 David Tapper	Islwyn	Men 50 - 59	1:36:19
211 Tony Dorsett	Les Croupiers	Men 60 +	1:37:16
212 Nigel Williams	U/A	Men 40 - 49	1:37:17
213 Julie Pulling	U/A	Ladies 45 - 54	1:38:48
214 Anita Griffiths	3m Gorseinon	Ladies 45 - 54	1:38:48
215 Pauline Rees	U/A	Ladies 45 - 54	1:42:39
216 Linda Owens	U/A	Ladies 45 - 54	1:43:27
217 Gill Stone	U/A	Ladies 45 - 54	1:43:28
218 Allen Watts	Sarn Helen	Men 60 +	1:44:07
219 Eliab Talia	U/A	Senior Men	1:45:44
220 Stephen Hoskins	U/A	Senior Men	2:05:40
221 Wayne Hoskins	U/A	Men 40 - 49	2:05:40
222 Jane Elliott	U/A	Ladies 45 - 54	2:15:19