

# Pontypridd Reverse 10

**Sunday 9 February 2004**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nick Janvier	Brackla Harriers	54:00
2	Wayne Thomas	Swansea Harriers	54:21
3	Alun Wood	Brackla Harriers	55:04
4	Danny Norton	Rhondda Valley Runners	55:36
5	Philip Crane	Neath Harriers	56:07
6	Tim Lewis	Brackla Harriers	56:08
7	Joe Thomas	Bridgend Ac	56:50
8	Jason Brown	Islwyn	57:10
9	Peter Coles		57:44
10	Jeremy Collins	Swansea Harriers	58:19
11	Peter Rowat	Cardiff Tri	59:01
12	Phil Adams	Neath Harriers	59:32
13	Robert Bamsey	Neath Harriers	59:44
14	Ruth Pickvance	Swansea Harriers	1:00:07
15	Keith Powell	Cornelly Striders	1:00:09
16	Phillip Jenkins	Bridgend Ac	1:00:15
17	Stuart Davidson	Bridgend Ac	1:00:20
18	Ieuan Jones	Cardiff Tri	1:01:01
19	Ian Anderson	Knavesmire Harriers	1:01:04
20	Howard Carpenter	Neath Harriers	1:01:18
21	Jon Embling	Bridgend Ac	1:01:24
22	David Davies	Neath Harriers	1:01:39
23	Ronald Morris	San Domenico	1:01:51
24	Samuel Ryall		1:02:28
25	Michael Starr	Cardiff Harlequins	1:02:46
26	Coin Davies	Brecon Ac	1:03:17
27	Emyr Roberts		1:03:27
28	Maggie Hughes		1:03:28
29	Ben Payne		1:03:39
30	Kevin Crew	Neath Harriers	1:03:46
31	Calvin Thomas	Islwyn	1:04:12
32	Gareth Morgan		1:04:29
33	Clive Osmond	Les Croupiers Running Club	1:04:31
34	Christopher Jones	San Domenico	1:04:35
35	Keith Paterson	Pegasus	1:04:38

36	Alun Smith	Rhondda Valley Runners	1:04:42
37	Brian Phillips	Club 69	1:04:49
38	Vincent Oak		1:05:17
39	Joanna Prichard	Les Croupiers Running Club	1:05:21
40	Zoe Tucker	Bitton Road Runners	1:05:31
41	Ade White	Islwyn	1:05:44
42	Jeffrey Aston	Les Croupiers Running Club	1:05:54
43	David Price	Les Croupiers Running Club	1:05:56
44	Robert John		1:06:05
45	Paul Dawes	San Domenico	1:06:09
46	Fiona Davies	Bridgend Ac	1:06:13
47	Richard Boldero		1:06:14
48	Richard Boon	Les Croupiers Running Club	1:06:21
49	Gavin Lee Gittins		1:06:47
50	Edwin Evans	Welsh Masters Aa	1:06:48
51	Alan Mann	Les Croupiers Running Club	1:06:55
52	Graham Colvin	3m Gorseinon	1:06:58
53	Mike Woods		1:07:04
54	Simon Lund	Weston Ac	1:07:11
55	Dan Bintley		1:07:15
56	Julie Scholey	Les Croupiers Running Club	1:07:20
57	Shane Wilde	Islwyn	1:07:24
58	Alan Perkins	Port Talbot Harriers	1:07:26
58	Alan Perkins	Port Talbot Harriers	1:07:26
59	Paul Rees	3m Gorseinon	1:07:27
60	Michael Davies	Les Croupiers Running Club	1:07:28
61	Martin Thompson		1:07:31
62	Paul Cable	Taff Ely Tri	1:07:32
63	Dave Thomas	Les Croupiers Running Club	1:07:33
64	James Deleney	San Domenico	1:07:35
65	Edward Morgan		1:07:37
66	Dave Hughes	Brackla Harriers	1:08:11
67	Will Mcaree		1:08:16
68	Graeme Donnan	Les Croupiers Running Club	1:08:19
69	Andy Ketchin	Cardiff Medics	1:08:39
70	Ian Line	Club 69	1:08:42
71	Wendy Edwards	Les Croupiers Running Club	1:08:49
72	Jonathan Johnson		1:08:53
73	Denis Murphy	Les Croupiers Running Club	1:09:00
74	Tim O'sullivan		1:09:04
75	Neil Williams		1:09:12

76	Miles Brown		1:09:13
77	Kenneth Medcraft	Rhondda Valley Runners	1:09:30
78	Mark Halliwell	Brackla Harriers	1:09:34
79	Mark Powell		1:10:12
80	Rhodri Williams	Cardiff Tri	1:10:18
81	Tom Lee		1:10:20
82	Gary Howe	3ms Road Runners	1:10:30
83	George Payne		1:10:33
84	William Edwards		1:10:38
85	Stephen Lockwood	Newport Harriers	1:10:52
86	Alice Scriven	Cardiff Medics	1:11:29
87	Huw Pullen		1:11:30
88	Aled Roberts		1:11:39
89	Tim Davies		1:11:43
90	Richard Williams		1:11:49
91	Mike Ridout	Brackla Harriers	1:11:54
92	Ivor Cardwell	Newport Harriers	1:11:58
93	Linda Hutchinson	3m Gorseinon	1:12:08
94	Jan Williams	Les Croupiers Running Club	1:12:09
95	John Farmer	Cornelly Striders	1:12:12
96	Ian Haines		1:12:14
97	Neil Crosby	Rhondda Valley Runners	1:12:21
98	Peter Davies		1:12:25
99	Phillip White		1:12:28
100	Eric Hughes	Bridgend Ac	1:12:29
101	Alun Robertson		1:12:30
102	Jeff Jervis	Club 69	1:12:32
103	Mandy Jones	Islwyn	1:12:40
104	Stephen Jones	Islwyn	1:12:41
105	Marc Batten		1:13:21
106	Sarah Swaysland		1:13:28
107	Andrew Thomas		1:13:29
108	Michael Gleeson		1:13:33
109	Neil Davies		1:13:37
110	Robert Hector		1:13:41
111	Neil Hendry	Penarth & Dinas Runners	1:13:49
112	Julian Morgan		1:14:16
113	Paul Warren		1:14:17
114	Ian Henton		1:14:20
115	Rebecca Harris		1:14:28
116	Stephen New	Gwent Police	1:14:29

117 Shaun Connor	Les Croupiers Running Club	1:14:36
118 Vernon Mccarthy	Brackla Harriers	1:14:37
119 Robert Challenger		1:14:50
120 Royston Toon	Chepstow Harriers	1:15:18
121 Michelle Greatrex	Gwent Police	1:15:33
122 Cath Kear	Caerleon Running Club	1:15:40
123 Mark Ramsey	3m Gorseinon	1:15:58
124 Glyn Hicks	Islwyn	1:16:20
125 Adrian Kay		1:16:30
126 Arthur Phillips	Sospan Road Runners	1:16:31
127 Michael John Williams		1:17:17
128 Martin Foster	Bournville Harriers	1:17:44
129 Raymond James	Port Talbot Harriers	1:17:52
130 Keith Lowther	San Domenico	1:18:30
131 James Thomas		1:18:42
132 Victoria Hall	Penarth & Dinas Runners	1:18:52
133 Rebecca Horwood		1:18:54
134 Jacky Austin	Club 69	1:18:56
135 Paula Ramsey	3m Gorseinon	1:19:00
136 Louise Nuttall	Griffithstown Harriers	1:19:16
137 Vivienne Kavanagh	3m Gorseinon	1:19:29
138 Craig Jones		1:19:46
139 Martyn Dew		1:19:48
140 Jonathan Charles Davies	Sospan Road Runners	1:19:51
141 Steven Bridges	Taff Ely Tri	1:19:54
142 Stephen Williams	Les Croupiers Running Club	1:19:54
143 Geraint Davies	Griffithstown Harriers	1:20:00
144 Stuart Connick		1:20:52
145 Stephen Press		1:20:53
146 Louise Miskell	3m Gorseinon	1:21:05
147 John Cunnane		1:21:10
148 Colin Rees		1:21:34
149 Jackie Garland		1:21:54
150 Mark Farrar	Les Croupiers Running Club	1:22:12
151 Tim Broome		1:22:17
152 Mike Parfitt	Alf Tupper Triathlon Club	1:22:17
153 Christine Hurdidge	3m Gorseinon	1:22:19
154 Janice Clement	Penarth & Dinas Runners	1:22:36
155 Stephen Elworthy		1:22:48
156 Odette White	Sospan Road Runners	1:22:51
157 Jonathan Rigby		1:23:07

158	Melissa Whiting		1:23:09
159	Kathryn Scott		1:23:32
160	Grant Thomas		1:24:23
161	Robert Gardiner		1:24:58
162	Richard Donne	3ms Road Runners	1:25:05
163	Simon Davis		1:25:16
164	Josie Grindulis	Les Croupiers Running Club	1:25:31
165	David Beman	Alf Tupper Triathlon Club	1:26:31
166	Robert Ford		1:26:32
167	Leigh Reardon		1:26:41
168	Fay Sharpe	3m Gorseinon	1:26:46
169	Martin John Neville	Islwyn	1:26:51
170	Stella Sturgess	Penarth & Dinas Runners	1:26:58
171	Helen Warrender	Caerleon Running Club	1:27:20
172	Helga Warren		1:27:26
173	Jason Dean Morrissey		1:27:34
174	Edward Newman		1:27:35
175	Nicholas Cuffie		1:28:30
176	Ken Davies		1:28:56
177	James Johnson		1:29:01
178	Brian Jenkins		1:29:11
179	Kevin Mccarthy		1:29:41
180	Charles Cummins	Les Croupiers Running Club	1:30:01
181	Ruth Graham		1:30:39
182	Ryan Thompson		1:30:53
183	Sarah Parker		1:30:54
184	Robert White		1:31:18
185	Tracy Newman	Les Croupiers Running Club	1:31:38
186	Rachel Maharg		1:31:51
187	Andy Evans		1:31:53
188	Laurie Robins		1:32:04
189	Anne Donald	Les Croupiers Running Club	1:32:15
190	Emma Webb	Les Croupiers Running Club	1:32:22
191	Roger Tiley		1:32:47
192	Geoff Wright	Les Croupiers Running Club	1:32:51
193	Steve Brace	Bridgend Ac	1:33:10
194	Carl Seaman	Rhondda Valley Runners	1:33:19
195	Alan Bladen	Les Croupiers Running Club	1:33:20
196	Lorna Toon	Chepstow Harriers	1:33:26
197	Amanda Bayloiss		1:33:57
198	Graham Underdown		1:34:12

199 Sian Evans		1:34:40
200 Steven Kent		1:34:48
201 Joanna Hendry	Penarth & Dinas Runners	1:34:49
202 Nina Burczyk		1:34:50
203 Jayne Anne Evans		1:34:50
204 Amy Jones		1:35:05
205 Linda Davies	Female Vet 45	1:35:07
206 Gary Mickelsen		1:36:17
207 Tony Dorsett	Les Croupiers Running Club	1:36:53
208 Peter Anthony Clark		1:37:18
209 Helen Cahill	Female Vet 45	1:38:11
210 Sian Jones		1:38:11
211 Alison Durston	Caerleon Running Club	1:41:58