



## Glynneath 5 ... Boxing Day 2007 ... Results

Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
1	377	Richard Gardiner	34	M	Cardiff A.C.	F&S	24.46
2	355	Marc Hobbs	25	M	Swansea Harriers		25.10
3	349	Daniel Gurmin	24	M	Swansea Harriers		25.15
4	357	Luke Reddy	23	M	Liverpool Harriers		26.03
5	340	Afan Humphries	20	M	Cwmbran Harriers		26.17
6	200	Paul Griffiths	40	M	Neath Harriers		26.38
7	353	Stephen Paterson	29	M	San Domenico		26.54
8	354	Alex Lewis	24	M	Swansea Harriers		27.06
9	146	Paul Talbot	40	M	Neath Harriers		27.12
10	326	Martin Gaunt	24	M	Serpentine		27.21
11	186	Tim Lewis	40	M	Bridgend		27.28
12	396	Matthew Gurmin	35	M	Abertillery A.C.		27.33
13	345	Paul Miller	33	M			27.39
14	314	Stephen Thomas	39	M	Islwyn R.C.		28.06
15	303	Rhys Jones	17	M	Neath Harriers		28.24
16	149	Alan Davies	55	M			28.30
17	337	Paul Reynolds	37	M			28.35
18	167	Chris Parker	42	M	Swansea Harriers		28.44
19	359	Daniel Thomas	18	M	Llanelli A.A.C.		28.46
20	160	Mark Webborn	46	M	Swansea Harriers		28.48
21	153	Ian Webb	50	M	Llanelli A.A.C.		28.52
22	301	Owain Jones	34	M	Swansea Harriers		28.58
23	361	Scott Evans	31	M	Sospan R.R.		29.03
24	370	Emyr Roberts	34	M			29.14
25	373	Bryn Griffiths	33	M	Bridgend		29.21
26	364	Christopher Melbourne	18	M	Neath Harriers		29.25
27	300	Chris Meyler	29	M	Bridgend		29.32
28	19	Leah Dixon	16	F	Neath Harriers		29.37
29	103	Phil Meyler	52	M	Pontypridd	F&S	29.44
30	371	Craig Hughes	32	M		H&W	29.52
31	333	Adrian Weaver	30	M	Port Talbot Harriers		30.06

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
32	214	Ian McDonald	43	M	San Domenico		30.10
33	201	Gerard Crispie	46	M	Les Croupiers		30.16
34	145	Robert Bamsey	53	M	Neath Harriers		30.20
35	391	Rhodri Harris	16	M	Neath Harriers		30.30
36	319	Geraint Williams	35	M	Pontypridd		30.34
37	199	David Davies	59	M	Neath Harriers		30.40
38	381	Jerome Evans	17	M	Port Talbot Harriers		30.43
39	114	Gary Howe	50	M	3M's		30.55
40	132	John Diffey	44	M	Les Croupiers		31.07
41	166	Kevin Taylor	47	M	Amman Valley		31.11
42	372	Grant Hughes	32	M		H&W	31.15
43	34	Bethan Woods	17	F	Cwmbran Harriers		31.16
44	158	Nigel Barnes	42	M	Port Talbot Harriers		31.17
45	313	Anthony Powell	38	M	Neath Harriers		31.18
46	113	Mark Terry	50	M	T.R.O.T.		31.19
47	111	Chris Fulcher	40	M	Port Talbot Harriers		31.22
48	302	Jack Nelson	16	M	3M's	M&S	31.25
49	374	Richard Hayes	32	M	Taff Ely Tri		31.26
50	144	Philip Bamsey	55	M	Neath Harriers		31.29
51	317	Gareth Jehu	39	M	Taff Ely Tri		31.30
52	169	Andrew Thomas	42	M	Sospan R.R.	F&S	31.45
53	208	Michael Thomas	43	M			31.54
54	3	Clare Phillips	38	F	Swansea Harriers		31.55
55	157	Clive Davies	47	M	Sospan R.R.		32.03
56	315	Mike Tate	38	M			32.17
57	358	Peter Spriggs	35	M	Swansea Harriers		32.21
58	190	Danny Norton	42	M	Rhondda Valley Runners		32.27
59	213	Graeme Donnan	54	M	Les Croupiers		32.32
60	384	Jamie Rees	27	M			32.33
61	215	Michael Davies	57	M	Les Croupiers		32.34
62	100	Cyril Walters	60	M	T.R.O.T.		32.34

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
63	231	Steve Brace	45	M	Bridgend		32.36
64	101	Edwin Evans	60	M	Welsh Masters A.A.		32.42
65	174	Richard Webster	53	M	3M's	F&S	32.43
66	127	Clem Clement	48	M	Penarth & Dinas	H&W	32.49
67	180	Nigel Francisco	43	M	Team Wecori		32.51
68	193	Richard Hammond	44	M			32.53
69	219	Michael Lawrence	50	M	Pembrokeshire Harriers		32.54
70	170	Brian Gough	67	M	Pontypridd		32.54
71	184	Jonathan Kersting	69	M	Swansea Harriers/Club Triathlon		32.56
72	15	Leanne Fitzgerald	17	F	Cardiff A.C.		33.00
73	389	Gwion Llwyd	31	M			33.04
74	106	Alex Williams	40	M	R.R.C	H&W	33.07
75	156	Paul Jelley	43	M			33.08
76	227	Neil Harris	47	M		F&S	33.13
77	229	John Poston	60	M	Swansea Harriers		33.20
78	362	Dean Webster	28	M	3M's	F&S	33.21
79	318	Mark Jenkins	24	M	Sospan R.R.		33.23
80	152	Hugh Evans	49	M	Llanelli A.A.C.		33.37
81	375	Matthew Wilton	32	M			33.41
82	176	Robert Fowler	62	M	Amman Valley		33.46
83	155	Dominic Shields	42	M	San Domenico		33.47
84	347	Michael Halsall	34	M	Llanelli A.A.C.		33.49
85	69	Amanda Evans	38	F	3M's		33.52
86	387	Simon Price	32	M	Multisport		33.56
87	308	Chris Lewis	34	M	Celtic Tri		34.11
88	154	John Stanford	51	M			34.14
89	124	Robert Oliver	42	M		H&W	34.14
90	123	Lynn Harris	43	M		F&S	34.15
91	155	Dominic Shields	42	M	San Domenico	H&W	34.16
92	206	Paul Davies	43	M	Swansea Harriers		34.17
93	342	Simon Thomas	39	M			34.18

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
94	330	Robert Rees	36	M			34.19
95	218	Peter Deacon	50	M			34.20
96	328	Nigel Morse	39	M	Celtic Tri		34.27
97	116	Gerald Gray	53	M	Team Wecori	F&S	34.34
98	62	Jenny Phillips	41	F	Sospan R.R.		34.37
99	304	Steve Walsh	39	M	3M's	F&D	34.38
100	350	Chris Herdman	33	M		H&W	34.42
101	110	Stephen Jones	49	M	Islwyn R.C.		34.43
102	210	Paul Davies	45	M			34.45
103	181	Steve Martin	45	M			35.00
104	316	Sam Powell	34	M			35.04
105	312	Steven Jones	37	M			35.05
106	177	John Freeman	43	M	Amman Valley		35.06
107	365	Stephen Press	38	M	Team Wecori		35.07
108	316	Sam Powell	34	M			35.08
109	189	John Cunnane	59	M	100 km Association		35.09
110	456	Helen McDaid	38	F	Womens Runners Network		35.10
111	161	Dorian Hughes	45	M	Club 69		35.11
112	346	Matthew Williams	32	M	Team Wecori		35.20
113	305	Graham Vyner	39	M	3M's	H&W	35.21
114	24	Helen Jones	38	F			35.22
115	309	Colin Fish	39	M		H&W	35.25
116	60	Gillian Phillips	49	F	Sospan R.R.		35.25
117	332	Lloyd Morgan	33	M	San Domenico	F&S	35.29
118	205	Mike Lewis	41	M			35.33
119	198	Geoff Hall	52	M		H&W	35.35
120	376	Aled Roberts	35	M		F&S	35.39
121	68	Louise Miskell	37	F	3M's		35.41
122	226	Stephen Bendle	44	M	3M's		35.52
123	212	Stephen Lewis	41	M			35.53
124	197	Gary Waters	58	M	Swansea Harriers	F&D	35.54

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## Glynneath 5 ... Boxing Day 2007 ... Results

Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
125	397	Dr Antal Sandor	38	M	Aberystwyth		35.55
126	203	Josh Harry	44	M	Glamorgan Health and Racquet		36.02
127	49	Julia Ferguson	35	F	Pontypridd		36.05
128	59	Sara Griffiths	22	F	Neath Harriers		36.05
129	306	Stephen Roderick	32	M			36.07
130	335	Lloyd Ebdon	23	M			36.14
131	450	Sian Phillips	46	F	Swansea Harriers	H&W	36.24
132	220	Paul Rundle	46	M			36.25
133	192	Steve Hill	44	M	Penarth & Dinas		36.30
134	120	John Parkinson	60	M			36.32
135	348	Richard Dugate	17	M		F&S	36.34
136	20	Mandy Jones	47	F	Islwyn R.C.	H&W	36.40
137	451	Frances Williams	42	F	San Domenico		36.45
138	178	Paul Gillard	48	M			36.46
139	102	John H Collins	70	M	Swansea Harriers		36.47
140	151	Jonathan Davies	43	M	Sospan R.R.		36.48
141	175	Andrew Phillips	44	M		F&S	36.48
142	162	Phillip Gardiner	58	M	Cardiff A.C.	F&S	36.52
143	80	Carol Moseley	31	F	Port Talbot Harriers		36.58
144	195	Alun Smith	49	M	Rhondda Valley Runners		36.59
145	393	Stuart Kendall	35	M		H&W	37.00
146	194	Clive Denton	40	M	Rhondda Valley Runners		37.01
147	225	Raymond Greenhouse	42	M			37.10
148	338	Christopher Price	31	M	Celtic Tri		37.12
149	164	Mike Nash	47	M			37.13
150	395	Richard Howe	38	M			37.14
151	67	Judith Oakley	43	F	Vegetarian Athletic & Cycling	H&W	37.20
152	135	Geraint Jenkins	40	M	Amman Valley		37.22
153	128	John Nichols	56	M	3M's		37.33
154	86	Christina Bridge	19	F			37.34
155	55	Megan Thomas	18	F	Carmarthen Harriers	F&S	37.36

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## Glynneath 5 ... Boxing Day 2007 ... Results

Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
156	224	Brian Fox	62	M	Swansea Harriers		37.40
157	196	Bob Gardiner	47	M	Team Wecori	H&W	37.41
158	112	Simon Jenkins	47	M			37.49
159	368	Richard Jones	32	M			37.58
160	72	Julie Thomas	46	F	3M's		38.02
161	168	John Davies	59	M	Port Talbot Harriers		38.10
162	173	Glyn Williams	61	M	3M's		38.11
163	91	Katharine Stanbridge	28	F	Ware		38.12
164	185	Nicholas Pittard	44	M			38.21
165	182	Mario Rabaiotti	44	M			38.22
166	87	Amy Edwards	26	F	Rhondda Valley Runners	H&W	38.23
167	64	Gill Stanford	51	F			38.24
168	230	Raymond James	46	M	Port Talbot Harriers		38.25
169	105	Marcus Eyre	48	M	3M's		38.38
170	125	Ray Fisher	50	M	Welsh Masters A.A.		38.38
171	363	James Lewindon	31	M			38.44
172	1	Christine Lloyd	49	F	Swansea Harriers		38.45
173	133	David Boucher	56	M			38.49
174	78	Nia Cooper	26	F			38.50
175	122	Brian Harris	68	M		F&S	39.00
176	341	Keith Coleman	39	M			39.05
177	31	Andrea Reynolds	43	F	Swansea Harriers		39.12
178	343	Shaun Broome	34	M	Neath Harriers		39.13
179	32	Kathryn John	41	F	3M's	H&W	39.25
180	388	Christopher Brewer	32	M		F&S	39.27
181	191	John Ayres	52	M	Port Talbot Harriers		39.28
182	386	Neil Thomas	39	M	Bungay Black Bog R.C.		39.32
183	94	Jan Harvey	51	F			39.33
184	26	Alison Gaunt	31	F	Larkfield A.C.		39.35
185	211	Philip Swann	44	M	Sospan R.R.		39.38
186	310	Aidan Davies	32	M			39.48

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
187	85	Johanna Powell	31	F		H&W/F&D	40.05
188	223	Steve Rohman	46	M			40.10
189	35	Sharon Woods	47	F	Bridgend		40.10
190	137	Darren James	40	M			40.14
191	118	Dai Richards	47	M		F&S	40.15
192	139	Eddie Bessant	43	M			40.18
193	322	Steve Lawrence	32	M			40.34
194	126	Robert Davies	51	M	Islwyn R.C.		40.37
195	159	Ian Swanson	57	M	Port Talbot Harriers		40.49
196	222	Andrew Rothwell	49	M		H&W	40.50
197	92	Gillian Mason	46	F			40.50
198	134	Andrew Thomson	55	M			40.55
199	382	Matthew Fincher	26	M	Sospan R.R.		40.58
200	217	Alan Evans	68	M			41.00
201	148	Alan Morris	43	M	Sospan R.R.		41.04
202	82	Kath Hughes	27	F		F&D	41.05
203	321	Dale Thomas	16	M			41.06
204	116	Gerald Gray	53	M	Team Wecori		41.15
205	36	Joanne Rogers	30	F			41.15
206	51	Mel Owen	30	F			41.19
207	66	Janis Roberts	51	F		M&S	41.19
208	131	David Michael West	48	M			41.31
209	320	Mark Stuart Morgan	35	M			41.31
210	385	Manie Tang	31	M			41.40
211	383	Lee Kwok	33	M	Glamorgan Health and Racquet	H&W	41.56
212	140	Stephen Evans	52	M		H&W	41.56
213	172	Christopher Pugh	52	M	Rugby and Northampton A.C.		41.57
214	392	Andrew Parkinson	26	M			41.57
215	366	Jon Wheatley	19	M		F&S	42.05
216	21	Sarah Fish	35	F			42.20
217	209	Richard Donne	46	M	3M's		42.27

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
218	76	Jaqueline King	39	F		F&S	42.39
219	228	David Protheroe	66	M			42.40
220	204	Paul Edwards	46	M			42.44
221	207	Andrew Fronert	47	M			42.48
222	81	Lowri Hughes	31	F		H&W	42.53
223	57	Allison Jones	33	F		H&W	42.55
224	171	Dewi Winter	53	M			43.00
225	33	Sarah Ann Howe	21	F		F&D	43.04
226	130	Andrew John	49	M			43.17
227	2	Catherine Lloyd-Bennett	28	F	3M's		43.19
228	336	Clyde Baker	36	M			43.20
229	48	Andrea Griffiths	42	F			43.21
230	150	Michael Terry	57	M			43.23
231	75	Sheryl Husband	37	F			43.27
232	25	Janice Clement	49	F	Penarth & Dinas		43.28
233	37	Sue Harris	38	F			43.28
234	323	Wayne Evans	35	M	Sospan R.R.		43.29
235	93	Vicki Broad	39	F			43.30
236	88	Debbie Evans	52	F			43.34
237	325	James Davies	39	M	3M's		44.04
238	70	Sue Coghlin	45	F	Sospan R.R.		44.23
239	89	Megan Davis	17	F		M&D	44.25
240	369	Ian Herton	34	M	Celtic Tri		44.30
241	454	Paula James	36	F	Pontypridd		44.43
242	183	Tony Holling	52	M	Port Talbot Harriers		44.54
243	216	Robert Montigelli	56	M			45.02
244	187	Nigel Williams	47	M			45.20
245	14	Carol Vyner	37	F	3M's	H&W	45.23
246	10	Del Eyre	0	F	3M's		45.25
247	221	Lea Tanner	40	M			45.27
248	339	Nicholas Edwards	12	M			45.41

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
249	453	Andrea Bowen	45	F	Womens Runners Network		45.41
250	58	Regina Evans	40	F			45.53
251	39	Amy Colburn	15	F	Celtic Tri	H&W	46.16
252	56	Susan Thomas	60	F	T.R.O.T.	M&D	46.47
253	8	Rebecca Davies	34	F			46.53
254	344	Owen Thomas	37	M		F&D	47.03
255	331	Clive Rowe	39	M			47.10
256	379	James Mason	20	M			47.19
257	138	Paul Michael	40	M		M&S	47.19
258	179	Gary Rees	63	M			47.40
259	79	Gaynor Jones	0	F			47.52
260	147	Aaron Griffiths	40	M			48.06
261	143	Graham Evans	46	M			48.09
262	27	Bronwen Williams	28	F			48.17
263	188	Mark Williams	43	M			48.18
264	43	Linda Brain	45	F			48.18
265	6	Deborah Green	34	F	Les Croupiers	F&D	48.47
266	54	Sian Francis	33	F		H&W	48.56
267	141	David Francis	44	M			49.04
268	90	Cynthia Davis	45	F		M&D	49.04
269	65	Karen Dugate	42	F			49.11
270	97	Michelle Reid	25	F			49.12
271	98	Nadia Lawrence	18	F			49.14
272	96	Shirley Johns	49	F	Pembrokeshire Harriers		49.25
273	360	Gareth Williams	37	M			49.38
274	334	Robert Gwyn Williams	38	M			49.39
275	11	Linda Owens	56	F	3M's		49.40
276	74	Anne Edwards	48	F		M&S	49.47
277							49.51
278	61	Christine Davies	44	F	Sospan R.R.		49.58
279	40	Jackie Evans	34	F	Sospan R.R.		50.03

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Pos	Race No.	Name	Age	Gen	Club	Special Category	Time
280	452	Helen Brewer	30	F			50.03
281	77	Denise Williams	56	F			50.27
282	117	Andrew John	43	M			50.27
283	136	Raymond Howe	69	M			50.30
284	378	Richard Powell	31	M		H&W	50.51
285	329	Neil Chattington	23	M			51.19
286	129	Ieuan Chattington	57	M			51.27
287	50	Anita Howells	60	F			52.06
288	42	Rebecca Kate O'Leary	24	F			52.24
289	12	Beverley Lougher	25	F	WRN		52.24
290	18	Lynne Perrott	55	F	WRN		52.29
291	83	Nina Grinnell	32	F			52.34
292	449						52.42
293	95	Amy Jackson	25	F			52.42
294	16	Catrin Mair James	20	F			53.16
295	307	Kevin James Allen	26	M			53.30
296	38	Melanie Colburn	42	F	Celtic Tri		53.37
297	28	Teleri Jenkins	36	F			54.31
298	165	Kevin Lewis	48	M			54.31
299	71	Bethan Lewis	34	F			54.35
300	73	Lynne Pugh	50	F			54.53
301	44	Diane Brownhill	35	F			55.40
302							55.40
303	84	Suzanne Thickens	32	F			56.07
304	367	Amit Benjamin	34	M			56.54
305	107	Alan Williams	47	M			58.38
306	121	Richard Bush	47	M			58.41
307	455						59.31
308	4	Jane Elliott	54	F	3M's		59.31
309	119	Allen Watts	79	M	Sarn Helen		60.10
310	99	Karen Lawrence	41	F			61.57

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