

Glynneath Boxing Day 5

Sunday 21 December 2003

Pos	Name	Cat	Club	Time
1	Martin Rees	MV50	Swansea	25:18
2	Paul Richards	SM	Swansea	25:33
3	Darran Hiscox	SM	U/a	25:38
4	Mathew Gurmin	SM	Abertillery Ac	26:30
5	Steve Rees	SM	Port Talbot	27:04
6	Rob? ?	SM	Bridgend	27:30
7	Steve Davies	MU21	Swansea	27:30
8	Chris Meyler	SM	Pontypridd R	27:37
9	Tony James	MU18	Cardiff Aac	28:02
10	Matthew Williams	MU18	Aberdare	28:05
11	Ian Williams	MV40	Neath	28:22
12	Kevin Lewis	MV40	Neath	28:37
13	Mike Venables	MV50	Hereford Ac	28:44
14	Gary Mccarthy	MV40		28:48

15	Mathew Townsend	SM	Les Croupiers	28:54
16	Miike Chandler	MV50	Ponty Roadents	29:00
17	Steven Richards	MU21	Swansea	29:04
18	Steve Brace	MV40	Bridgend	29:11
19	Eryl Husband	MV45	Lancaster	29:17
20	Kurt Edwards	MU18	Aberdare V	29:24
21	Clifford Evans	MV45	Aberystwith Uni	29:35
22	Derek Rainbird	MV50	Club 69	29:36
23	Robert Bamsey	MV45	Neath	29:37
24	Stuart Douglas	SM	Ivanhoe Runners	29:39
25	Jamie Fenaroli	MU18	Neath	29:40
26	David Coles	MV40	Les Croupiers	29:47
27	Phil Meyler	MV45	Pontypridd R	29:52
28	Paul Talbot	SM	Neath	29:55
29	John Mujinga	MV40	U/a	29:56
30	Gareth Thomas	SM	Multisports	30:00
31	Colin Lloyd	SM	U/a	30:05

32	Lewis Bevan	MU18	Taff Ely	30:10
33	Clive Rowland	SM	Wrexham Ac	30:11
34	D A Collins	SM	Rhondda Vr	30:13
35	Kevin Taylor	MV40	Amman V	30:23
36	Emily Crowley	FU21	Oxford Uni	30:35
37	Matthew Francis	MU18	Neath	30:46
38	Ann Evans	FV45	Pontypridd R	30:53
39	Simon Williams	SM	U/a	31:08
40	Aled Thomas	MU18	Multisport	31:20
41	Alan Perkins	MV50	Port Talbot H	31:26
42	Peter Miskell	SM	Reading Rr	31:33
43	Kevin Crew	MV40	Neath	31:35
44	John Hiscox	MV50	Pontypridd Roadents	31:44
45	Robert Jones	MV50	Swansea	31:45
46	Julia Clarke	SF	Caac	31:46
47	Edwin Evans	MV55	Welsh M.a.a.	31:52
48	Tim Phillips	MV40	Ponty	31:54

49	Michael Jones	MV45	U/a	31:55
50	Andrew Palmer	SM	Penarth & Dinas	31:58
51	Simon Partridge	MV50	Neath	32:00
52	Stephen Hughes	SM	U/a	32:04
53	John H Collins	MV65	Swansea	32:08
54	John Sinnett	MV45	Pembs H	32:21
55	Martin Ennis	SM	Multisport	32:28
56	Philip Thomas	MU21	Swansea	32:30
57	Alun Smith	MV45	Rhondda	32:34
58	Haydn Lloyd	SM	Sarn Helen	32:38
59	Gavin Lancaster	SM	Total Fitness Bath	32:40
60	Steve Davies	SM	Port Talbot	32:41
61	Anne Follan	SF		32:42
62	William Ferguson	SM	U/a	32:43
63	Rob Wilcox	SM	Penarth & Dinas	32:44
64	Daniel Gray	MU18	Aberdare	32:51
65	Martin Goff	MV40	U/a	32:52

66	Fred Archer	MV45	Neath	32:54
67	Fiona Davies	FV45	Bridgend Ac	32:58
68	Paul Phillips	MV45	U/a	32:59
69	Gary Howe	MV45	3m	33:03
70	Daniel James	MU21	Pontypridd	33:26
71	Keith Thompson	MV40	U/a	33:27
72	Dominic Pasco	SM	Cardiff	33:34
73	Alan Mann	MV45	Les Croupiers	33:36
74	Paul Reynish	SM	Pembs Tri	33:41
75	Cyril Walters	MV55	T.r.o.t.s	33:46
76	Anne Marie	FU18	Neath	33:50
77	David Gibbon	SM	Taff Ely	33:51
78	Mike Olivant	MV50	Brecon Ac	34:08
79	Barry Stephens	MV40	Multisport	34:15
80	Tim Lewis	MV40	Aberdare R	34:19
81	Kenneth Medcrait	MV55	Rhondda V	34:23
82	Michael Walton	MV45	Neath	34:31

83	Liam Powell	MU18	Taff Ely	34:33
84	Kevin Day	SM	Goyt Valley Striders	34:38
85	Stephen Bendle	MV40	Swansea	34:42
86	Gary Davies	MV40	R.r.c.	34:50
87	Alan Furnell	MV50	Port Talbot	34:52
88	Robert Challenger	MV40	U/a	34:57
89	Leighton Gwyn	MV45	U/a	35:15
90	Lee Gwyn	MU21	U/a	35:15
91	Paul Bromage	SM	Neath	35:20
92	Ian Henton	SM	Neath	35:25
93	Don Holloway	MV50	Brackla H	35:27
94	Martin Evans	MV40	U/a	35:34
95	Phillip White	SM	U/a	35:40
96	D C Perrett	MV40	U/a	35:42
97	Clive Morris	MV50	Sospan Rr	35:45
98	Steven Williams	SM	U/a	35:46
99	Ray Davies	MV40	U/a	35:48

100	Steven Lewis	SM	Port Talbot	35:49
101	Jeff Harvey	MV55	Taff Ely	35:51
102	Ian Swanson	MV50	Port Talbot H	35:52
103	Gillian Phillips	FV45	Sospan Rr	35:53
104	Bernie Monk	MV55	Club 69	35:54
105	Michael Roberts	MV45	U/a	35:57
106	Julian Lewis	SM	U/a	36:05
107	Emma Morgan	SF	Claremont	36:05
108	Philip Bamsey	MV50	Neath	36:05
109	Neil Crosby	SM	Rhondda Vr	36:07
110	Mark Andrews	SM	Taff Ely	36:12
111	Howard Bevan	MV45	Taff Ely	36:16
112	Gareth Elliott	SM	Pembs Harriers	36:20
113	Allan Smith	MV70	3m	36:22
114	Tudor Jones	MV40	U/a	36:23
115	Glyn Williams	MV55	3m	36:24
116	Stephen New	SM	Gwent Police	36:24

117	John Evans	MV65	Neath	36:28
118	Colin Rees	MV40	Club 69	36:28
119	Andrew Davies	MV40	Pontypridd Roadents	36:29
120	Gary Owen	SM	Multisport	36:30
121	Kevin Knight	SM	Swansea	36:30
122	Richard Owen	SM	U/a	36:36
123	Ffion Davies	FU21	Multisport	36:38
124	Jeffrey Jervis	MV60	Club 69	36:38
125	Rhys Kerr	MU18	Aberdare	36:40
126	Raymond James	MV40	Port Talbot H	36:45
127	Darren James	SM	U/a	36:55
128	Catherine Lancaster	SF	U/a	36:55
129	Gavin Brewster	MV40	U/a	36:58
130	Mark Morris	SM	Port Talbot	37:00
131	Peter Short	MV50	U/a	37:02
132	Paul Phillips	SM	Gloucester	37:10
133	Shady Taha	MU21	U/a	37:14

134	Neil Davies	MV45	New York Rr	37:14
135	Chris Daniel	SM	Poole Ac	37:32
136	Johm Davies	MV55	Port Talbot	37:33
137	Helen Stretton	FV35	U/a	37:47
138	Peter Lewis	SM	U/a	37:47
139	Leon Vangan	SM	U/a	37:59
140	Louise Miskell	SF	3m	37:59
141	Stuart Mouse	SM	U/a	38:23
142	Gwen Smith	FV35	U/a	38:30
143	Huw Williams	MV45	U/a	38:33
144	Stephen Williams	MV45	Les Croupiers	38:33
145	Jonathan Davies	SM	Spspan Rr	38:36
146	Chris Moore	MV45	U/a	38:37
147	Clive Lay	MV45	U/a	38:40
148	Mike Newman	MV50	Neath	38:48
149	Gareth Davies	MV45	Aberdare	38:52
150	Marcas Eyre	MV40	3m	38:58

151	Mike Williams	SM	U/a	39:01
152	David Rosser	MV65	Amman Valley	39:02
153	Paul Figgins	SM	Taff Ely	39:07
154	Terry Jones	MV50	Multisport	39:07
155	Bryan Smayls	MV40	3m	39:09
156	Richard Donne	MV40	3m	39:15
157	Christopher Dodge	SM	U/a	39:20
158	Amanda Elias	FV35	Port Talbot	39:28
159	Max Morris	MV60	3m	39:32
160	Alan Evans	MV60	Cardiff Ac	39:35
161	Bob Elliott	MV50	Pemps H	39:40
162	Heddwyn Evans	MV50	U/a	39:40
163	John Cunnane	MV55	U/a	39:43
164	Charles Wood	MV45	Pemps H	39:54
165	Tony Wertheim	MV40	U/a	40:08
166	Judith Oakley	FV35	Hull Uni Ac	40:10
167	Glenn Roberts	SM	U/a	40:15

168	Mathew Phillips	MU18	U/a	40:22
169	Robert White	MV40	U/a	40:28
170	Ian Mccloy	MV45	U/a	40:32
171	Alun Gillard	SM	U/a	40:35
172	John Watkins	SM	U/a	40:39
173	Colin Gardner	MV55	Neath	40:42
174	Margaret Monk	FV50	Club 69	40:44
175	Eryllois Davies	SF	Multisport	40:44
176	China Parry	FV45	Amman V	40:46
177	Terry Dixon	MV50	9elms3	40:50
178	Anita Howells	FV55	Aberdare Ac	41:20
179	Cyril Reynolds	MV60	Aberdare Ac	41:23
180	Rhys Ryland	MV40	U/a	41:26
181	David Busby	SM	U/a	41:59
182	Donna Parry	SF	U/a	42:07
183	Robert Fowler	MV55	Amman V	42:07
184	Odette White	FV45	Sospan Rr	42:08

185	D Ryland	SM	U/a	42:33
186	Catherine Etchell	FV40	Taff Ely Tri	42:33
187	Tim Elias	SM	Port Talbot	42:33
188	Sheila Brown	FV55	U/a	42:34
189	Annie Conroy	FV55	Les Croupiers	42:35
190	Terry Humphreys	MV50	U/a	42:44
191	Mathew Fincker	SM	Sospan Rr	42:46
192	Jayne Evans	FV35	U/a	42:48
193	Robert Gardiner	MV40		42:53
194	Neil Jenkins	SM	U/a	43:00
195	Lloyd Evans	MU21	Mmtg	43:18
196	Craig Tennant	MU18	U/a	43:20
197	Ruth Graham	SF	U/a	43:27
198	Emma Shaw	SF	U/a	43:38
199	Aaron Griffiths	SM	U/a	43:42
200	Cara James	SF	U/a	43:45
201	Denise Williams	FV50	U/a	43:48

202	Gerwyn Harries	MV45	U/a	44:16
203	Christine Davies	FV40	Sospan Rr	44:28
204	Stuart Rendall	SM	U/a	44:56
205	Grant Duncan	MV45	Swansea	45:37
206	Ken Davies	MV40	U/a	45:40
207	Phill Gibbon	MV50	Taff Ely Tri	45:56
208	Gary Rees	MV50	U/a	46:35
209	Huw Jones	MV45	Neath	46:41
210	Nia Thomas	FU18	Multisport	46:41
211	William Thomas	MU18	U/a	46:52
212	Roy J Thomas	MV40	U/a	46:52
213	Bethan Hawkes	SF	U/a	47:24
214	Andrew Haniles	MV50	U/a	47:37
215	Anita Griffiths	FV45	3m	47:38
216	Tim Gasser	SM	Sospan Rr	47:42
217	Linda Owens	FV50	U/a	47:50
218	Charlotte Gasser	FU18	Sospan Rr	47:50

219	Michael Leaves	MV50	Swansea	48:00
220	Philip Swann	MV40	Llanelli	48:09
221	Tony Hollins	MV45	Port Talbot H	48:10
222	Gilian Elliot	SF	London	48:24
223	Julie Gasser	FV35	Sospan Rr	48:25
224	Amanda Bayliss	SF	U/a	48:35
225	Edward Stretton	MU18	U/a	48:42
226	Carol A Stephens	FV45	Multisport	48:52
227	Elizabeth Stretton	FU18	U/a	48:56
228	Lucy Morgan	SF	U/a	49:24
229	Colin Henson	MV60	U/a	50:00
230	Gaynor Jones	FV45	U/a	50:06
231	Barbara Tate	FV40	Swansea	50:38
232	Gareth Williams	SM	U/a	50:48
233	Andrew Herdman	MV55	U/a	50:48
234	Wendy Yarranton	FV35	3m	51:06
235	Thomas Perrett	MU18	U/a	51:06

236	Kathryn John	SF	U/a	51:50
237	Ceri Evans	SM	U/a	52:11
238	Tanya Hoad	SF	Rhondda	53:00
239	Gareth Howells	SM	Rhondda	53:00
240	Paul Michael	SM	U/a	53:35
241	Eric Ricketts	MV65	3m	53:45
242	Julie Kemp	FV40	U/a	53:46
243	Tracey Davies	FV35	U/a	56:07
244	Rosemarie Jones	FV45	Multisport	58:10
245	M K Edwards	FV40	U/a	59:40
246	Louise Evans	SF	U/a	59:49
247	R.g.williams	SM	U/a	59:52
248	Jane Elliott	FV50	U/a	59:55
249	Kathryn Lawson	FU18	U/a	63:38
250	Tomos Low	MU18	U/a	63:38
251	Carol Fincher	FV50	Sospan Rr	63:39
252	Ehab Taha	SM	U/a	63:39

253	Helen Yewlett	FV55	Neath	63:58
254	Laurian Oconner	FV50	U/a	63:59
255	Susan Daw	FV45	U/a	64:02
256	Hillary Hobbs	SF	U.s.a	64:02
257	Sue Herring	SF	U/a	64:02
258	Mathew Hobbs	SM	Naperville Nutters	73:50
259	Robert Wellstead	MV40	U/a	73:51
260	Claire Place	SF	U/a	73:52