

Porthkerry Plod 2010 Results

position	race number	runner name	category	time	club
1	3	Stefan Simms	MV40	29.24	Griffithstown Harriers
2	32	James King	SM	29.55	Caerleon RC
3	177	Lyndon Tudor	SM	31.02	Les Croupiers
4	178	David Crane	MV50	32.28	Neath Harriers
5	45	Gethin Parham	SM	32.48	Bryn Bach RC
6	160	Rhydian Reston	SM	33.08	Lifestyle
7	38	Nathan Allen	SM	33.11	Lifestyle
8	190	Richard Willmot	SM	34.04	Unattached
9	99	Simon Darke	MV50	34.46	Maindy Harriers
10	165	Richard Bristow	MV45	35.16	San Domenico
11	168	Ruth Pickvance	FV45	35.29	Les Croupiers
12	30	Howard Kent	MV55	35.39	Les Croupiers
13	200	James Potts	MV40	35.42	San Domenico
14	58	Clive Osmond	MV45	35.55	Les Croupiers
15	42	Ed Jones	SM	35.58	Unattached
16	192	Mike Murphy	MV55	36.17	Les Croupiers
17	188	Richard Laydon	MV45	36.19	Unattached
18	169	Wesley Sleat	SM	36.29	Unattached
19	154	Marcus Coles	SM	36.32	Les Croupiers
20	73	Justin Pocknell	MV40	36.34	Caerleon RC
21	25	Paul Sheppard	SM	36.4	Unattached
22	40	Stuart Keeping	MV45	36.48	Unattached
23	156	Kevin Plank	SM	36.51	Unattached
24	56	Eric Davey	MV60	36.52	Llanelli AAC
25	187	Adrian Cook	MV40	36.56	Unattached
26	96	Catherine Tailby	FV35	37.07	Les Croupiers
27	179	Michael Daves	MV60	37.14	Les Croupiers
28	95	Peter Turnbull	MV45	37.32	Unattached
29	86	Mark Wheeler	SM	37.32	Unattached
30	88	Peter Burne	SM	37.42	Unattached
31	29	Adam Govier	SM	37.49	Unattached
32	17	Keith Miller	MV50	37.53	Unattached
33	28	Michael Johns	SM	37.56	Lifestyle
34	167	Michael Flynn	MV60	38.01	Unattached
35	74	Mark Jones	MV40	38.1	Unattached
36	195	Richard Sewell	MV50	38.1	Les Croupiers
37	37	Michael Harry	MV40	38.25	Unattached
38	54	Ray Wall	MV45	38.34	Unattached
39	191	Cedric David	SM	38.56	Vegan Runners
40	162	Gareth Kear	MV40	39.02	Unattached
41	61	Grahame Donnan	MV55	39.18	Les Croupiers
42	202	Russ Lewis	SM	39.27	Unattached
43	185	Robert Ford	MV55	39.29	Pontypridd Roadents
44	157	Jessica Element	SF	39.35	Unattached
45	31	Michael Jones	SM	39.37	Lifestyle
46	68	Mike James	MV45	39.39	Unattached
47	79	David Williams	MV45	39.47	Les Croupiers
48	80	Guy Mawson	SM	39.53	Unattached
49	183	Colin Anthony	MV60	40.11	Port Talbot Harriers
50	82	Geoff Baxter	SM	40.17	Unattached

51	98 Judith Oakley	FV45	40.23 Port Talbot Harriers
52	48 Mark Jones	SM	40.3 Unattached
53	159 April Havard	FV35	40.32 Unattached
54	196 Julie Scholey	FV50	40.38 Les Croupiers
55	59 Caroline Dallimore	FV55	40.54 Les Croupiers
56	76 Steve Phillips	MV45	41.12 Dartford Road Runners
57	90 Brandon Walters	SM	41.26 Unattached
58	69 Matthew Mahoney	SM	41.31 Unattached
59	206 Paul Jones	SM	41.32 Mumbles Milers
60	184 David Oak	MV60	41.33 Port Talbot Harriers
61	199 Paul Furlong	MV60	41.41 Unattached
62	176 Kelvin Henley	MV40	41.45 Unattached
63	1 Lee David	MV40	41.52 Unattached
64	52 Matthew Dorman	SM	41.57 Unattached
65	180 Andrew Williams	SM	41.58 Unattached
66	92 Amanda Jones	FV40	42.01 Unattached
67	93 Victoria Webb	FV35	42.04 Unattached
68	67 Catherine Hayes	FV40	42.06 Barry and Vale Harriers
69	166 Ray James	MV45	42.09 Port Talbot Harriers
70	57 Beverley Warburton	FV45	42.14 Lifestyle
71	27 David Hebbes	MV60	42.53 Lifestyle
72	158 Simon Powell	SM	43.02 Unattached
73	60 Delyth Murray-Lincoln	SF	43.03 Unattached
74	39 Marc Horton	MV45	43.18 Unattached
75	55 Lowri Newman	FV40	43.23 Unattached
76	172 Bryn Morgan	SM	43.56 Unattached
77	100 John Lewis	MV45	44.02 Unattached
78	71 Dawn Howles	FV40	44.02 Barry AFC
79	44 Gareth John	MV45	44.03 Unattached
80	181 Tony Gore	MV55	44.37 Pegasus
81	205 Neil Lewis	MV50	44.38 Mumbles Milers
82	34 Heather Dennis	FV35	44.42 Unattached
83	91 Huw Davies	SM	45.1 Unattached
84	194 David Ott	MV40	45.19 Unattached
85	75 Lyn Evans	MV50	45.19 Unattached
86	207 Trish Gale	FV40	45.59 Unattached
87	164 Robert Lloyd	MV45	46.05 Unattached
88	72 Eleanor Flaherty	FV35	46.1 Unattached
89	26 Kenneth Chirighin	MV40	46.11 Unattached
90	51 Ian Warner	MV50	46.19 Unattached
91	197 Anthony Henebery	MV40	47.03 Mumbles Milers
92	198 Tony Grandon	MV60	47.05 Unattached
93	163 Jill Kear	MV40	47.29 Unattached
94	24 Jennifer Stone	FV40	47.3 Unattached
95	170 Alexandra Long	SF	47.4 Unattached
96	81 Errol Alexis	MV70	48.04 Les Croupiers
97	64 Bill Micklejohn	MV55	48.32 Unattached
98	63 Julie Broughton	FV40	48.33 Unattached
99	62 Mark Broughton	MV40	48.34 Unattached
100	21 Kevin Jones	MV40	48.51 Unattached
101	22 Michelle Rivett	FV35	49.15 Unattached
102	171 Rhian Hughes	SF	49.2 Unattached
103	155 Elizabeth Balmer	SF	49.3 Unattached
104	173 Jaimie Leighfield	SF	49.34 Unattached

105	193 Gill Murphy	FV55	50.45 Unattached
106	89 Heidi Morris	SF	51.15 Unattached
107	77 Ceri Tothill	SF	51.2 Unattached
108	78 Dafydd Williams	SM	51.2 Unattached
109	41 Liz Mallen	FV45	51.33 Unattached
110	85 Steven Davies	MV50	51.55 Unattached
111	203 Kristy Staples	SF	51.58 Unattached
112	84 Wendy Hobbs	FV40	52.03 Unattached
113	87 Caroline Cartwrigh	FV40	52.03 Maindy Harriers
114	43 Susannah John	FV45	52.06 Lifestyle
115	182 Sandra Franklin	SF	52.18 Unattached
116	189 Aled Evans	SM	52.44 Unattached
117	66 Marilyn Rowson	FV60	53.02 Les Croupiers
118	53 Graham Yeo	MV50	53.09 Welsh Masters
119	47 Sophie King	SF	53.5 Unattached
120	204 Joshua Davies	SM	54.3 Unattached
121	97 Alice Roythorne	SF	55.13 Unattached
122	175 Jonathan Murphy	MV50	57.06 Lifestyle
123	2 Michelle David	FV40	57.13 Unattached
124	10 Charlie Chucas	MV45	57.13 Unattached
125	8 Paul Haley	MV45	58.02 Unattached
126	50 Andrea Jones	FV60	59.23 Unattached
127	94 Tracey Morris	FV35	59.44 Unattached
128	161 Liz Nicholls	FV40	60.03 Unattached
129	201 Jason Harris	SM	63.12 Unattached
130	12 Mark Baker	MV50	72.07 Unattached
131	9 Stephen Williams	MV40	72.07 Unattached
132	11 Jenny Chucas	FV45	72.07 Unattached