

Porthkerry Plod

Porthkerry Park, Barry

Sunday, 19 April 2009

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Pos	Name	Cat	Club	Time
1	Stephen Paterson	SM	San Domenico	0:30:20
2	Jamie Nutt	SM	Les Croupiers	0:30:48
3	Robert Hunt	MV45	Bridgend AC	0:31:03
4	Philip Crane	MV45	Neath Harriers	0:31:32
5	Peter Crane	MV45	Neath	0:31:44
6	David Ceano	MV45	Neath H	0:32:27
7	Lyndon Tudor-Maisey	SM	Les Croupiers	0:32:41
8	Matthew Wells	SM	Brackla Harriers	0:32:51
9	H Evans	SM	Cardiff Triathletes	0:33:00
10	Matt Hurford	SM	Les Croupiers	0:33:07
11	Andrew Baker	MV40	Pontypridd Roadents	0:33:11
12	Rhydian Reston	SM	Lifestyles	0:33:18
13	Darren Jones	SM	Cardiff AC	0:33:57
14	Gareth Hardman	MV40	Bridgend AC	0:34:14
15	Richard Willmot	SM	U/A	0:34:18
16	Andy Davies	MV45	Pontypridd Roadents	0:34:24
17	John Diffey	MV45	Les Croupiers	0:34:29
18	Sharon Leech	FV35	Carmarthen Harriers	0:34:36
19	John O'Shea	MV50	Les Croupiers	0:34:46
20	Clive Osmond	MV45	Les Croupiers	0:35:08
21	Dave Rose	MV40	Brackla Harriers	0:35:13
22	Howard Kent	MV55	Les Croupiers	0:35:27
23	Wayne Frewen	MV45	Brackla Harriers	0:35:37
24	Julian Hoare	SM	U/A	0:35:46
25	David Peacock	SM	U/A	0:35:57
26	Marcus Coles	SM	Les Croupiers	0:36:06
27	Dominic Shields	MV40	San Domenico	0:36:13
28	Jeff Davies	MV45	U/A	0:36:17
29	Peter Burne	SM	U/A	0:36:26
30	Jamie Ortiz-Canavate	SM	U/A	0:36:26
31	Stephen Alexander	MV40	Les Croupiers	0:36:29

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Pos	Name	Cat	Club	Time
32	Simon Darke	MV50	U/A	0:36:30
33	Stephen Owen	MV50	Les Croupiers	0:36:33
34	Stephen Morath	SM	Lifestyles	0:36:37
35	Richard Sewell	MV50	Les Croupiers	0:36:41
36	Mike Murphy	MV55	Les Croupiers	0:37:04
37	Anthony Chadd	MV40	U/A	0:37:10
38	Alun Jones	SM	Les Croupiers	0:37:13
39	Mike James	MV45	U/A	0:37:24
40	Andrew Thomas	MV45	Brackla Harriers	0:37:34
41	Andrew Mundy	SM	Brackla Harriers	0:37:34
42	Michael Flynn	MV60	U/A	0:37:49
43	Michael Johns	SM	Lifestyles	0:37:52
44	Richard Day	SM45	Pontypridd Roadents	0:37:53
45	Phil Prothro	MV35	Brackla Harriers	0:37:57
46	Charlotte Johns	MV40	Brackla Harriers	0:38:29
47	Michael Wilson	SM	U/A	0:38:30
48	John Shanahan	MV50	U/A	0:38:31
49	Steve Thomas	MV40	3Ms Gorseinon RRC	0:38:46
50	Cath Shadick	SM	U/A	0:38:54
51	Andrea Starritt	FV40	Brackla Harriers	0:39:03
52	Robert Ford	MV55	Pontypridd Roadents	0:39:08
53	Roger Hardy	SM	U/A	0:39:39
54	Mark Pearce	MV45	U/A	0:39:39
55	Daniel Palmer	SM	U/A	0:39:50
56	Allan Jones	MV55	Brackla Harriers	0:40:04
57	April Havard	FV35	U/A	0:40:30
58	Keith Miller	MV50	U/A	0:40:31
59	Jamie Downton	SM	U/A	0:40:42
60	Nick Darroch	MV50	Brackla Harriers	0:40:55
61	Julie Scholey	FV45	Les Croupiers	0:41:04
62	Lizzie Evans	SF	U/A	0:41:05
63	Jennifer Nelson	SM	U/A	0:41:06
64	Tony Burt	MV65	Brackla Harriers	0:41:15
65	Mark Wheeler	SM	U/A	0:41:19
66	Alexander Ford	MV55	U/A	0:41:23
67	Claire Briton	SF	U/A	0:41:27
68	Michael Rossiter	MV45	Les Croupiers	0:41:30
69	John Martin	MV50	U/A	0:41:40
70	Brian Jones	MV45	U/A	0:41:53

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Pos	Name	Cat	Club	Time
71	Georgina Govier	FV45	U/A	0:42:16
72	Martin Kitchener	MV40	U/A	0:42:22
73	Greg Clements	MV40	Stroud AC	0:42:27
74	Alun Lowe	MV40	U/A	0:42:28
75	Darren Watkins	SM	U/A	0:42:31
76	Jon Belcher	SM	U/A	0:42:40
77	Richard Parcell	MV40	U/A	0:42:49
78	Rachel Harris	SF	Lifestyles	0:42:54
79	Jane Ash	FV35	Les Croupiers	0:43:05
80	Keith Treharne	MV60	Brackla Harriers	0:43:11
81	Bob Watson	SM	FERC	0:43:18
82	John Lewis	MV45	Barry + Vale Harriers	0:43:24
83	Elsbeth Jenkins	FV35	U/A	0:43:43
84	Cedric David	SM	Vegan Runners	0:43:45
85	Helen Watkinson	SF	Vegan Runners	0:43:49
86	Catherine Hayes	FV40	Barry + Vale Harriers	0:44:00
87	Dawn Howles	FV40	Barry AC	0:44:00
88	Ian Gall	MV45	Brackla Harriers	0:44:01
89	Adrian Cook	SM	U/A	0:44:02
90	Neil Pilliner	SM	U/A	0:44:12
91	Ray James	MV45	Port Talbot Harriers	0:44:20
92	Beverley Warburton	FV45	Lifestyles	0:44:32
93	Cath Heery	SF	U/A	0:44:37
94	Michelle Shorney	FV45	Brackla Harriers	0:45:28
95	Patricia Jones	FV55	Brackla Harriers	0:45:52
96	Richard Angove	SM	Lifestyles	0:46:08
97	Scott White	SM	U/A	0:46:09
98	Ann Davies	FV50	U/A	0:46:11
99	Ed Heery	MV50	U/A	0:46:25
100	Victoria Webb	FV35	U/A	0:46:31

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Pos	Name	Cat	Club	Time
101	Paul Chapman	SM	U/A	0:46:34
102	Owen Cawley	SM	U/A	0:46:57
103	Helen Price	SM	U/A	0:47:38
104	Francine Clark	FV35	U/A	0:47:38
105	Sam Courtney	SM	U/A	0:47:40
106	Cath Hather	FV40	Brackla Harriers	0:48:03
107	James Johnson	MV70	Lifestyles	0:48:03

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Pos	Name	Cat	Club	Time
108	Liz Stewart	SF	U/A	0:48:08
109	Ceri Tothill	SF	U/A	0:48:09
110	Dafydd Williams	SM	U/A	0:48:10
111	Kathleen Evans	FV55	Brackla Harriers	0:48:58
112	Jane Dakin	FV40	Brackla Harriers	0:49:37
113	Sian Brown	MV50	U/A	0:49:46
114	Andrew Laver	MV40	U/A	0:49:57
115	Marilyn Rowson	FV55	Les Croupiers	0:50:07
116	Julian Kerslake	MV45	U/A	0:50:25
117	Clive Rowe	MV40	Islwyn RC	0:50:30
118	Beatrix Bown	FV50	U/A	0:50:54
119	Gill Murphy	FV55	Les Croupiers	0:50:58
120	Kristy Staples	SF	U/A	0:54:17
121	Patrick Tothill	MV50	U/A	0:56:01
122	Gareth Hawke	SM	U/A	0:56:18
123	Wendy Hobbs	FV35	U/A	0:56:29
124	Caroline Cartwright	FV40	U/A	0:56:29
125	Shirley Rose	FV45	Brackla Harriers	0:58:45
126	Graeme Thelwell	MV50	U/A	0:58:16
127	Karen Phillips	FV40	Les Croupiers	0:58:45