

# Glynneath 5M 2010

1	16 Adam Bitchell	19 M	Cardiff		0	24.56
2	13 Afan Humphries	23 M	Swansea Harriers		0	25.08
3	18 Ieuan Thomas	21 M	Cardiff		0	25.21
4	173 Richard Gardiner	37 M	Aberdare		0	25.31
5	29 Michael Kalleberg	19 M	Carmarthen Harriers		0	25.41
6	19 Jonathan Morgan	20 M	Newport		0	26.06
7	169 Alastair Marray	35 M	Horwich Rhi		0	26.5
8	17 Lewis Winfield Young	22 M	Cardiff		0	27.3
9	8 Iestyn Harrett	17 M	Celtric Tri		0	27.55
10	177 Jason Scanlon	39 M	Pontypridd Roadents		0	27.56
11	159 Paul Talbot	43 M	Neath Harriers		0	28
12	319 Fiona Kirk	20 F	N/A	F&D		28.01
13	11 James Egan	22 M	N/A		0	28.22
14	23 Gareth Ayres	27 M	Port Talbot Harriers		0	29.02
15	160 Royston Whitehouse	47 M	N/A		0	29.06
16	318 Elinor Kirk	21 F	Swansea Harriers		0	29.08
17	109 Chris Fulcher	43 M	Port Talbot Harriers	F&S/H&W		29.16
18	22 Brian McCartney	31 M	N/A		0	29.19
19	191 Leighton Williams	35 M	N/A		0	29.26
20	12 Adrian Weaver	33 M	Neath Harriers		0	29.28
21	403 Lee Morris	29 M	3M's		0	29.33
22	123 Alan Davies	58 M	N/A		0	29.57
23	33 Ian Phillips	26 M	3M's		0	30.03
24	332 Carol Bridge	25 F	N/A		0	30.19
25	28 Daniel Bodman	20 M	Pontypridd Roadents		0	30.37
26	178 Raul Reismann	37 M	LC Cobras		0	30.38
27	167 Jonathan Jones	40 M	Carmarthen Harriers		0	30.44
28	132 Paul Lewis	45 M	3M's		0	30.51
29	142 Paul Rees	45 M	P.T. Harriers		0	31.02
30	195 Andy Davison	40 M	N/A		0	31.04
31	181 Sean Treloar	43 M	P.T. Harriers		0	31.11
32	140 Lynsey Christopher	42 M	Tata Steel		0	31.13
33	164 Glyn Sansom	48 M	San Domenico		0	31.28
34	161 Paul Davies	45 M	P.T. Harriers		0	31.38
35	139 Steve Kirk	54 M	N/A	F&D		31.38
36	14 Carwyn Evans	16 M	Swansea Harriers		0	31.58
37	114 Philip Meyler	55 M	Pontypridd Roadents		0	32.06
38	3 Jonathan Williams	34 M	Rhondda R.R.		0	32.09
39	133 Ian Hoskins	38 M	3M's		0	32.19
40	117 Steve Walsh	42 M	Port Talbot Harriers		0	32.36
41	135 Gareth Jehu	42 M	Aberdare Valley		0	32.42
42	144 Paul Jelley	46 M	P.T. Harriers		0	32.49
43	25 David Morris	33 M	N/A		0	33.01
44	197 Charles Walsh	35 M	P.T. Harriers		0	33.08
45	119 John Hopkins	48 M	Port Talbot Harriers		0	33.1
46	171 Chris Lewis	37 M	P.T. Harriers		0	33.13
47	27 Gavin Freley	30 M	N/A		0	33.15
48	130 Mark Terry	53 M	T.R.O.T.S.		0	33.2
49	401 Debbie Reed	45 F	3M's	H&W		33.22
50	124 Dominic Shields	45 M	San Domenico		0	33.26
51	162 Alun Evans	45 M	N/A		0	33.3
52	404 Michelle Cole	31 F	3M's		0	33.44

53	24	Jonathan Morris	31	M	N/A		0	33.52
54	150	Graham Colvin	47	M	Celtric Tri		0	33.56
55	20	David Richardson	27	M	N/A		0	33.56
56	194	David Cornish	44	M	N/A		0	34.08
57	402	Jenny Phillips	40	F	Llanelli		0	34.21
58	310	Carol Moseley	34	F	Port Talbot Harriers		0	34.24
59	179	David Bown	35	M	Mumbles Millers		0	34.33
60	116	David Richards	48	M	Celtric Tri		0	34.33
61	152	Chris Herdman	36	M	Penarth & Dinas		0	35.02
62	34	Kieran MacKintosh	21	M	Port Talbot Harriers		0	35.12
63	149	Michael O'Neil	38	M	N/A		0	35.13
64	113	Steve Davies	44	M	Port Talbot Harriers		0	35.15
65	115	Mario Rabaiotti	47	M	Port Talbot Harriers		0	35.19
66	314	Efa Llewellyn	23	F	Enfield & Harringey		0	35.25
67	313	Ffion Haf Harrett	14	F	Celtric Tri		0	35.3
68	317	Sian Kirk	24	F	Swansea Harriers		0	35.34
69	147	Nigel Evans	40	M	T.R.O.T.S.		0	35.35
70	329	Marina Richards	37	F	Islwyn R.C.		0	35.37
71	154	Graham Vyner	42	M	Celtric Tri		0	35.42
72	183	Andrew Philips	47	M	N/A		0	35.46
73	338	Michelle Grey	30	F	Port Talbot Harriers		0	35.51
74	165	Robert Oliver	45	M	N/A		0	36.06
75	30	Gareth Bale	30	M	N/A		0	36.16
76	182	Cyril Walters	63	M	T.R.O.T.S.		0	36.24
77	333	Sian Phillips	49	F	Swansea Harriers		0	36.33
78	111	Keri Powell	40	M	Romford Harriers		0	36.53
79	32	John Jones	31	M	N/A		0	37.04
80	137	Geriant Smith	40	M	N/A		0	37.06
81	155	Mike Nash	50	M	3M's		0	37.07
82	185	Aaron Griffiths	43	M	N/A		0	37.1
83	5	Kyle Fulcher	18	M	Port Talbot Harriers	F&S/M&S		37.16
84	184	Colin Fish	42	M	N/A		0	37.23
85	325	Louise Miskell	40	F	3M's		0	37.23
86	143	Gary Davies	48	M	N/A		0	37.24
87	138	Ian Williams	45	M	P.T. Harriers		0	37.24
88	193	Ray James	49	M	P.T. Harriers		0	37.38
89	303	Christina Howland	44	F	Felixstowe R.R.	H&W		37.49
90	148	Mark Andrews	39	M	Merthyr Cyc Club		0	38.01
91	133	Ian Hoskins	38	M	3M's		0	38.01
92	131	Michael Terry	60	M	T.R.O.T.S.		0	38.23
93	136	Richard Williams	38	M	Airbus Running		0	38.27
94	15	Will Breeze	34	M	N/A		0	38.28
95	121	David Francis	47	M	N/A		0	38.38
96	196	Kevin Mead	37	M	N/A		0	38.39
97	176	Darren Vaughan	35	M	P.T. Harriers		0	38.4
98	128	Haw Cawthorn	35	M	Run Run Forest Run		0	38.47
99	2	Adam Roberts	26	M	N/A		0	38.55
100	163	Matthew Williams	35	M	N/A		0	38.58
101	324	Lisa Williams	33	F	3M's		0	38.58
102	331	Judith Oakley	46	F	Port Talbot Harriers	H&W		38.59
103	337	Angela Ridge	44	F	Neath Harriers		0	39.01
104	334	Del Eyre	47	F	3M's		0	39.15
105	188	Mike Jones	55	M	N/A		0	39.39
106	156	John Ayres	55	M	P.T. Harriers		0	40.07
107	199	Michael Howell	48	M	N/A		0	40.17
108	118	Mark Davies	45	M	N/A		0	40.22

109	10	Matthew Tynan	20	M	N/A		0	40.39
110	335	Penelope Graepel	50	F	N/A		0	40.44
111	101	Chris Howland	48	M	Felixstowe R.R.	H&W		40.48
112	100	Allan Smith	77	M	3M's		0	41.04
113	113	Steve Davies	44	M	Port Talbot Harriers		0	41.07
114	125	Clyde Baker	39	M	N/A		0	41.1
115	129	Stuart Mowalls	43	M	N/A		0	41.17
116	103	Simon Shepherd	40	M	Amman Valley		0	41.27
117	146	Ryan Humphreys	35	M	N/A		0	41.31
118	110	John Cunnane	62	M	Islwyn R.C.		0	41.38
119	141	Ian Swanson	60	M	P.T. Harriers		0	41.59
120	336	Sarah Fish	38	F	N/A		0	42.18
121	187	Huw Williams	56	M	N/A		0	42.18
122	26	Chris Price	34	M	Celtric Tri		0	42.36
123	170	John James	62	M	N/A		0	42.36
124	321	Gwyneth Parry	60	F	N/A	H&W		42.43
125	122	Mike Griffiths	49	M	N/A		0	43.26
126	200	John Sanderson	53	M	3M's		0	43.44
127	186	Ceri Evans	43	M	Celtric Tri		0	43.58
128	151	Richard Parry	57	M	N/A		0	44.06
129	180	Paul Smith	37	M	N/A		0	44.06
130	172	Alan Evans	71	M	Cardiff		0	44.1
131	31	Gethin Bale	24	M	N/A		0	44.11
132	189	Richard Donne	49	M	3M's		0	44.12
133	145	Tony Holling	55	M	N/A		0	44.2
134	316	Emily Reynolds	26	F	N/A		0	44.4
135	106	Wayne Waters	51	M	Neath Harriers		0	44.43
136	330	Janine Holmes	32	F	Prestatyn R.C.		0	44.46
137	7	Owen Davies	16	M	N/A		0	45.45
138	315	Emma Breeze	36	F	Run Run Forest Run		0	46.13
139	309	Linda Owens	59	F	3M's		0	46.22
140	312	Evone Williams	47	F	N/A		0	46.25
141	35	Liam Thomas	17	M	N/A		0	46.29
142	198	Chris Thomas	43	M	N/A		0	46.29
143	108	Jason Lane	38	M	N/A		0	46.33
144	306	Michelle Fulcher	46	F	Port Talbot Harriers	H&W/M&S		46.34
145	126	Andrew McPherson	37	M	Sospans		0	47.26
146	320	Linda Colvin	46	F	N/A	H&W		47.29
147	120	John Watkins	44	M	N/A		0	47.4
148	326	Gemma Wheeler	19	F	N/A	F&D/M&D		48.23
149	157	Neil Wheeler	40	M	N/A		0	48.23
150	168	Martyn Ruck	39	M	N/A		0	48.55
151	323	Laura Hall	48	F	3M's		0	49.04
152	175	Michael Oakley	38	M	Vegan Runners		0	49.09
153	190	Dr Paul Michael	43	M	N/A		0	49.25
154	127	Peter Marshall	37	M	N/A		0	49.4
155	126	Andrew McPherson	37	M	Sospans		0	49.41
156	166	Gary Rees	66	M	N/A		0	49.59
157	102	Gary Welsh	45	M	N/A		0	50.27
158	6	Gavin Jenkins	27	M	N/A		0	50.56
159	339	Hayley Richards	34	F	N/A	H&W		51.11
160	192	Wayne Richards	39	M	N/A	H&W		51.11
161	105	Howard Williams	63	M	Neath Harriers		0	52.59
162	9	Robert Holt	24	M	N/A		0	53.59
163	328	Sophie Wheeler	18	F	N/A	F&D/M&D		56.45
164	307	Jane Elliot	57	F	3M's		0	57.41

165	158 Arthur Yarranton	67 M	N/A		0	59.04
166	21 Scott Burton	33 M	N/A		0	59.26
167	153 Wane Jones	45 M	N/A		0	60.45
168	322 Sarah Jones	15 F	N/A	F&D		60.45
169	327 Hazel Wheeler	39 F	N/A	F&D/M&D/H&W		65.55
170	174 Allen Watts	82 M	Sarn Helen		0	70.12

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