

ge 10K – Sunday 17 February 2002

Pos.	Time	Name	Club	Gender	Age	Category
1	31.31	Darran HISCOX	Swansea Harr	M	29	SM
2	32.18	Gareth DAVIES	Bridgend AC	M	39	SM
3	32.22	Mark JENNINGS	Fairwater	M	28	SM
4	32.22	Julian BAKER	Les Croupiers	M	33	SM
5	33.07	Shaun TOBIN	Swansea Harr	M	37	SM
6	33.25	Mick McGEOCH	Les Croupiers	M	46	M45
7	33.34	Nick FROST	Pontypridd Ro	M	41	M40
8	33.39	Ifan LLOYD	Swansea Harr	M	42	M40
9	33.46	Phil JONES	Neath Harriers	M	42	M40
10	34.11	Adrian WOODS	Bridgend AC	M	41	M40
11	34.48	Chris MEYLER	Pontypridd Ro	M	23	SM
12	35.11	Ruth PICKVANCE	Swansea Harr	F	40	F40
13	35.14	Ron RODGERS	Les Croupiers	M	48	M45
14	35.21	John COX	Les Croupiers	M	38	SM
15	35.24	Ian SMITH	Forrest of Dea	M	41	M40
16	35.26	Jeremy DAVIES	Neath Harriers	M	37	SM
17	35.32	Kevin TAYLOR	Ammon Valley	M	41	M40
18	35.35	Martin WEBBORN	Swansea Harr	M	40	M40
19	35.47	Viv TOLLEY	Ludlow Runne	M	38	SM
20	35.54	Kevin LEWIS	Swansea Harr	M	41	M40
21	36.16	John LIST	Bristol A.C.	M	34	SM
22	36.17	Melanie ELLIS	Shaftesbury B	F	37	F35
23	36.31	Stuart DAVIDSON	Bridgend AC	M	49	M45
24	36.33	Brian HAWKINS	Kilpeargan A./	M	34	SM
25	36.34	Stephen WOODMAN		M	42	M40
26	36.35	Stephen PATERSON	Pegasus RC	M	23	SM
27	36.44	Sandy JOHNSTON	Les Croupiers	M	52	M50
28	36.51	Paul HILL	Pegasus RC	M	36	SM
29	37.03	Darren HENDLEY	Penarth and D	M	29	SM
30	37.07	Paul LLEWELLYN		M	39	SM
31	37.14	David HEADON	Les Croupiers	M	41	M40
32	37.19	Andrew IRVING	Atlantic Colleg	M	18	U20
33	37.21	Huw BEATTY	Brackla Harrie	M	37	SM
34	37.25	Barry WILSON	Ludlow Runne	M	49	M45
35	37.38	Phil MEYLER	Pontypridd Ro	M	46	M45
36	37.47	Lisa HOWE	Swansea Harr	F	30	SW
37	37.57	Dewi EVANS_JONES	Carmarthen H	M	47	M45
38	38	Graham COLVIN		M	39	SM
39	38.01	L. SMITH		M	31	SM
40	38.02	Angela JONES	Griffeths Towr	F	35	F35
41	38.09	Phil ADAMS	Aberdare Roa	M	40	M40
42	38.31	Rowland WILLIAMS	Cardiff A.C.	M	55	M55
43	38.37	Martin PINNELL	Les Croupiers	M	45	M45
44	38.51	Mark EAGER	Fontygary Tri (M	30	SM
45	39.11	Keith BURT		M	37	SM
46	39.33	Leighton DAVIES	Brackla Harrie	M	34	SM

47	39.42	David PRICE	Les Croupiers	M	37	SM
48	39.46	Ray COLLIER		M	48	M45
49	39.51	Edwina TURNER	Les Croupiers	F	49	F45
50	39.53	Gerald HUNT	Brackla Harrie	M	49	M45
51	39.59	Hugo THOMPSON		M	37	SM
52	40	Chris BRADSHAW		M	35	SM
53	40.06	Rhiannon TEAGLE	Abertillery A.C	F	25	SW
54	40.09	Matt BARNETT	Atlantic Colleg	M	16	U20
55	40.15	Paul BELCHER		M	51	M50
56	40.17	Gary HOWE	3m Roadrunne	M	44	M40
57	40.24	Greg STAMP	Miskin Manor I	M	45	M45
58	40.27	Dennis COLLINS	Rhondda Vale	M	36	SM
59	40.32	David OAK	Port Talbot	M	56	M55
60	40.35	Lee KENDALL		M	28	SM
61	40.39	Michael DAVIES		M	40	M40
62	40.54	Oliver JOHN		M	22	SM
63	40.59	Sharon DONNELLY	Brackla Harrie	F	32	SW
64	41	Tony BURT	Cornelly Stride	M	59	M55
65	41.02	Stephen LEWIS	Les Croupiers	M	44	M40
66	41.06	Dave ROSE	Brackla Harrie	M	37	SM
67	41.14	Alan GILLARD		M	39	SM
68	41.22	Gontran MAMET	Atlantic Colleg	M	17	U20
69	41.23	Eifion OWEN		M	46	M45
70	41.23	Tony FROST	3M Gorseinon	M	47	M45
71	41.29	Mark HALLIWELL	Brackla Harrie	M	44	M40
72	41.32	Julian WILKES		M	41	M40
73	41.39	Pardon MAKUMBE	Atlantic Colleg	M	16	U20
74	41.39	John DIFFEY	South Wales F	M	38	SM
75	41.44	Mikhail KLIMKOVITCH	Atlantic Colleg	M	16	U20
76	41.45	Jessamy BAGENAL	Atlantic Colleg	F	17	U20
77	41.49	Nigel PITT	3M Gorseinon	M	42	M40
78	41.55	Anne FALLOWS	Ranelagh Harri	F	23	SW
79	41.56	Keith PATERSON	Pegasus RC	M	58	M55
80	42.06	John WAINWRIGHT		M	40	M40
81	42.08	Rob WILCOX	Penarth and D	M	36	SM
82	42.14	James DELANEY	San Domenicc	M	46	M45
83	42.16	Hauke DAVID		M	37	SM
84	42.17	Paul FORD	Brackla Harrie	M	32	SM
85	42.23	Alun ROBERTSON		M	45	M45
86	42.29	Graeme DONNAN		M	48	M45
87	42.29	John FARMER	Cornelly Stride	M	46	M45
88	42.32	Lorna SHAW	Chepstow Har	F	41	F40
89	42.38	Matthew BAKER		M	26	SM
90	42.39	Lee HOLEHOUSE	Fontygary Tri (M	18	U20
91	42.43	Carol MILLER	Les Croupiers	F	39	F35
92	42.44	Francis STEVENS	Pegasus RC	M	56	M55
93	42.45	Sean HILHORST	Atlantic Colleg	M	17	U20
94	42.47	Andy REES		M	44	M40
95	42.49	Philip TREBBLE	Brackla Harrie	M	42	M40
96	42.49	Heidi SALMINEN	Atlantic Colleg	F	18	U20

97	42.59	Jason DACKIND		M	27	SM
98	42.59	K. MEDCRAFT	Rhondda Vale	M	53	M50
99	42.59	Kevin GIBBONS	Rhondda Vale	M	36	SM
100	43.06	David ROBERTS		M	52	M50
101	43.07	David S. NAYLOR	Swansea Harr	M	67	M65
102	43.08	Keith TREHARNE	Brackla Harrie	M	57	M55
103	43.11	Andrew DAVIES	Pontypridd A./	M	38	SM
104	43.15	Gergely KISS	Atlantic Colleg	M	19	U20
105	43.23	Paul REES	3M Gorseinon	M	40	M40
106	43.25	Julie LEWIS	Les Croupiers	F	45	F45
107	43.26	Toby PFORR	Atlantic Colleg	M	18	U20
108	43.27	Jakob KARTENSEN	Atlantic Colleg	M	17	U20
109	43.32	Simran McKENNA	Atlantic Colleg	M	18	U20
110	43.38	E.A. WORGAN	Brynna Runaw	M	52	M50
111	43.42	Sian PHILLIPS	Swansea Harr	F	40	F40
112	43.42	Ceri BRAMLEY-TUCKE	Neath Harriers	F	34	SW
113	43.56	Glyn DANDO	Brackla Harrie	M	51	M50
114	43.56	Richard FLETCHER		M	37	SM
115	43.56	Alison LEWIS	3M Gorseinon	M	35	SM
116	44.05	Mike HOURIHAN	Merthyr Harrie	M	47	M45
117	44.1	Steve CASE		M	28	SM
118	44.11	Tony SMART		M	30	SM
119	44.24	Alexandre FAGE-MOREEL		M	25	SM
120	44.25	Gareth THOMAS	Miskin Manor I	M	45	M45
121	44.26	Geraint DAVIES	Penarth and D	M	33	SM
122	44.26	Dewi WEST	3M Gorseinon	M	39	SM
123	44.29	David STREIT	Atlantic Colleg	M	17	U20
124	44.32	Nigel JONES	Griffeths Towr	M	45	M45
125	44.34	Emma LYNCH	Brackla Harrie	F	25	SW
126	44.34	Ross POINER	3M Gorseinon	M	27	SM
127	44.36	Andrew THOMAS	South Wales F	M	37	SM
128	44.36	Robert HARRHY		M	45	M45
129	44.47	Steven CUMINES	Cardiff Tri	M	39	SM
130	44.47	Alan CLAREY		M	48	M45
131	44.5	P. SHORT		M	49	M45
132	44.56	Simon PARKER	Fontygary Tri (M	34	SM
133	45.02	Gary SELICK		M	38	SM
134	45.03	Philip HOSKINS		M	39	SM
135	45.05	Neil CROSBY	Rhondda Vale	M	34	SM
136	45.11	Heidi WILLIAMS	Les Croupiers	F	27	SW
137	45.14	Chris WILLIAMS		M	38	SM
138	45.15	Stephen WARNE-THOM	Sospan Rd Ru	M	40	M40
139	45.17	Peter J. MORTON		M	16	U20
140	45.17	David THOMAS	Sospan Rd Ru	M	30	SM
141	45.25	Wayne TURNER	Les Croupiers	M	55	M55
142	45.43	Frances WILLIAMS	Cardiff AAC	F	37	F35
143	45.44	Andy BRAY		M	41	M40
144	45.44	A STARRITT	Brackla Harrie	F	34	SW
145	45.46	Wayne PREECE		M	49	M45
146	45.57	Stephen GRIFFITHS	Chepstow Har	M	32	SM

147	45.58	Alex MARSH		M	34	SM
148	46.01	Steve PARKER		M	33	SM
149	46.03	Daniel J. LANDEG		M	37	SM
150	46.17	Terry JONES	Vistion	M	53	M50
151	46.17	Keith THOMPSON		M	40	M40
152	46.22	Andrew SEDGMOND	Les Croupiers	M	47	M45
153	46.31	Christopher REYNOLDS		M	27	SM
154	46.37	Deborah YOUNGS		F	32	SW
155	46.56	Martin WILLIAMS	Gwent Police	M	41	M40
156	47.01	Glyn HICKS	Islwyn	M	52	M50
157	47.07	Stephen NEW	Gwent Police	M	36	SM
158	47.14	Andy DIFFEY		M	34	SM
159	47.2	Peter BRADLEY	VC + AC	M	55	M55
160	47.22	Sean WHITEHEAD		M	42	M40
161	47.26	Mandy JONES	Islwyn	F	41	F40
162	47.26	Stephen JONES	Islwyn	M	44	M40
163	47.28	Jane UNDERWOOD		F	30	SW
164	47.49	Sam NEWELL	Atlantic Colleg	M	17	U20
165	47.56	Geoff WHITE	3M Gorseinon	M	47	M45
166	47.59	Mel BAILEY	San Domenicc	M	52	M50
167	48	Richard GREEN	Bridgend AC	M	29	SM
168	48.07	Juliet DAVEY	Brackla Harrie	F	40	F40
169	48.21	Peter WHITTEMORE		M	51	M50
170	48.25	Dennis MICHAEL	South Wales F	M	46	M45
171	48.25	Neil THOMAS	Hengoed	M	33	SM
172	48.27	Philip THOMAS	South Wales F	M	37	SM
173	48.28	David BENNION	Les Croupiers	M	37	SM
174	48.3	Jessica ELLIOTT		F	24	SW
175	48.31	Don HOLLOWAY		M	52	M50
176	48.32	Sarah CARE	Atlantic Colleg	F	18	U20
177	48.33	Libby LAVIS	Brackla Harrie	F	44	F40
178	48.38	Ian EDWARDS		M	39	SM
179	48.39	Stephen HILL	Chepstow Har	M	46	M45
180	48.41	Paul J. ROBERTS		M	18	U20
181	48.43	Julie WASSELL	Penarth and D	F	30	SW
182	48.51	Debbie GRAHAM		F	30	SW
183	48.52	Malcolm McKENZIE	Les Croupiers	M	62	M60
184	49.05	Balazs BODOR	Atlantic Colleg	M	18	U20
185	49.09	Louise MISKELL		F	31	SW
186	49.09	Kevin SCANNELL	South Wales F	M	34	SM
187	49.09	Mike NASH		M	41	M40
188	49.15	Nicola WILLIAMS	Les Croupiers	F	32	SW
189	49.47	Glwyn JONES	Sospan Rd Ru	M	68	M65
190	49.59	Alison ELLIOTT		F	24	SW
191	50.06	Tachie LEWIS		F	39	F35
192	50.08	Bibi LARSEN	Atlantic Colleg	F	18	U20
193	50.16	Pelham ROBERTS		M	40	M40
194	50.17	Andrew THOMAS		M	39	SM
195	50.21	Wendy THOMAS		F	37	F35

196	50.22	Stan WEEKS		M	61	M60
197	50.24	Sue MORRIS		F	40	F40
198	50.41	Clare JOHNSON	Les Croupiers	F	56	F55
199	51.03	Julian PRICE		M	33	SM
200	51.04	John BROWN		M	37	SM
201	51.04	Avril BROWN	Brackla Harrie	F	41	F40
202	51.11	John CUNNANE		M	53	M50
203	51.11	John BUTLER	Stratford-upor	M	57	M55
204	51.2	Martin GIBSON		M	34	SM
205	51.21	Malcolm PARKER	Islwyn	M	60	M60
206	51.24	Alan HOWELL		M	57	M55
207	51.45	John PASCOE	Brackla Harrie	M	69	M65
208	52.04	Alfred LAGU	Atlantic Colleg	M	20	SM
209	52.06	Gary REES		M	53	M50
210	52.18	Graeme SMITH		M	33	SM
211	52.21	John MUNN	Tredegar 69	M	44	M40
212	52.27	Oliver LEWIS	Atlantic Colleg	M	16	U20
213	52.34	Simon HUDD	Penarth and D	M	35	SM
214	52.35	Tim SULLIVAN		M	38	SM
215	52.47	Joel KENRICK	Atlantic Colleg	M	18	U20
216	52.47	Shehryar WASEEM	Atlantic Colleg	M	17	U20
217	52.51	Janis MARTIN		F	40	F40
218	52.52	Andy MORTON		M	42	M40
219	53	Kevin THOMAS		M	44	M40
220	53.02	Ann PEPLOE	Brackla Harrie	F	43	F40
221	53.03	Lindsey MULLER		F	29	SW
222	53.03	Andrea TANNER		F	35	F35
223	53.23	Colin ANTHONY	Port Talbot	M	56	M55
224	53.33	Michael JAMES		M	63	M60
225	53.54	Denise SMITH	Forest of Dear	F	40	F40
226	53.57	J. JOHNSON		M	65	M65
227	54.15	Henry HAYWARD	3M Gorseinon	M	45	M45
228	54.16	Anna SPENCER	Atlantic Colleg	F	17	U20
229	54.28	Jemma WARD	Les Croupiers	F	30	SW
230	54.33	Simon JAMES		M	34	SM
231	54.34	Amanda HALL		F	43	F40
232	54.34	Aranka PRATT		F	53	F50
233	54.36	Linda EVANS	Brackla Harrie	F	40	F40
234	54.43	Stephen James SHARPI	Les Croupiers	M	22	SM
235	54.49	Ken CORN		M	44	M40
236	54.54	Dennis LYNCH	Cornelly Stride	M	62	M60
237	55.05	Page DYKSTRA	Atlantic Colleg	F	18	U20
238	55.08	Richard CROSS	Club 69	M	30	SM
239	55.11	Laurence BROPHY	Brackla Harrie	M	70	M70
240	55.13	Shirley ROSE	Brackla Harrie	F	37	F35
241	55.14	Jane DAKIN	Brackla Harrie	F	35	F35
242	55.22	Sarah THOMPSON		F	31	SW
243	55.31	John SOULSBY		M	59	M55
244	55.31	Hugh PRICE		M	51	M50

245	55.37	Angela STONE	Penarth and D	F	33	SW
246	55.37	Keith LOWTHER	San Domenicc	M	44	M40
247	55.5	John GORDON	Dudley & Stou	M	48	M45
248	55.52	Elspeth JARMAN		F	40	F40
249	56.27	Gareth C HEATLEY		M	39	SM
250	57.02	Lisa Jane SAUNDERS		F	35	F35
251	57.06	Richard CRANE		M	22	SM
252	57.06	Ollie STUDDERT		M	23	SM
253	57.09	Karen SPILLER		F	37	F35
254	57.09	Jacqui SPILLER		F	37	F35
255	57.12	Linda BRETT		F	39	F35
256	57.14	Jane FLETCHER		F	36	F35
257	57.19	Winnie MOORE	Sospan Rd Ru	F	56	F55
258	57.19	Kate MARKWORTH	Atlantic Colleg	F	17	U20
259	57.22	Katie PRITCHARD		F	22	SW
260	57.23	Malcolm MCKENZIE		M	48	M45
261	57.43	Rosey WYKES	Atlantic Colleg	F	16	U20
262	57.44	Mark HAMILTON		M	37	SM
263	58	Molly MELHUIH		F	28	SW
264	58.22	Jeff SULLIVAN		M	57	M55
265	59.16	A. LABATON		M	52	M50
266	59.18	Stephen HALL		M	49	M45
267	59.2	Suzanne KAY		F	40	F40
268	59.23	Graham SINGER	Aberdare Roa	M	46	M45
269	59.43	Wendy YARRANTON	3M Gorseinon	F	37	F35
270	60.08	Linda OWENS		F	50	F50
271	60.09	Anne SOULSBY		F	49	F45
272	60.22	Dylan GRANT		M	29	SM
273	60.5	Catharine BRAY		F	37	F35
274	60.55	Faye RYAN	Les Croupiers	F	32	SW
275	60.58	G. GIBBY		M	51	M50
276	61.43	Ginny LINDOW		F	51	F50
277	64.1	Emma SELENIUS	Atlantic Colleg	F	17	U20
278	66.02	Graham JOHNSON	Serpentine RC	M	56	M55
279	67.09	Jane ELLIOTT		F	48	F45
280	68.4	Diana JOHNSON	Serpentine RC	F	58	F55
281	69.23	Sean BIRCH	Islwyn	M	33	SM
282	69.23	Coleen GRIFFITHS	Islwyn	F	28	SW
283	69.54	Amanda HUTCHINSON		F	32	SW
284	69.54	Nicola PERRY		F	26	SW
285	69.54	Claire SNOOK		F	26	SW
286	69.59	Prudence MELHUIH		F	25	SW
287	72.59	Yutin KI	Atlantic Colleg	M	17	U20
288	74.41	John DEVONSHIRE		M	58	M55
289	74.56	Mike LAWSON	Fontygary Tri (M	69	M65
290	?	Mirian JONES	Atlantic Colleg	F	17	U20
291	?	Kate MOLLESON	Atlantic Colleg	F	16	U20
	DNF	Adrian DISNEY		M	35	Wheelchair
	DNF	Adrian LABATON		M	52	M50

DNF	Alun Gwyn DODD		M	37	SM
DNF	Anne ROBERTS		F	47	F45
DNF	Bob MILLARD	Penarth and D	M	55	M55
DNF	Ceri GRECH THOMAS	Cardiff AAC	F	31	SW
DNF	Christina E. ROSSITER	Les Croupiers	F	41	F40
DNF	Daniel MULLER		M	50	M50
DNF	Dave HUGHES	Brackla Harrie	M	35	SM
DNF	David FOSTER	South Wales F	M	35	SM
DNF	Douglas OWEN		M	78	M75
DNF	Gabor VINCZE		M	38	SM
DNF	Gary D. DAVIES	Aberdare Roa	M	40	M40
DNF	Gregory WHITTLE		M	41	M40
DNF	Jason DACKIND		M	27	SM
DNF	Mark MURPHY		M	31	SM
DNF	Mark WHITTLE		M	28	SM
DNF	Matthew WITHERSTONE		M	28	SM
DNF	Michael MURPHY	Les Croupiers	M	48	M45
DNF	Mike RIDOUT	Brynna	M	48	M45
DNF	Sarah CUDLIPP		F	31	SW
DNF	Sharon WOODS	Bridgend AC	F	42	F40
DNF	Simon LUND	Woodstock H&	M	36	SM
DNF	Steve RIDDLE	Brackla Harrie	M	42	M40
DNF	Susan JONES		F	36	F35
DNF	Yosuzi SYLVESTER	Atlantic Colleg	F	17	U20