

Reverse 10 Road Race 2013

Reverse 10 Road Race

Saturday 17 August 2013. 10:00 am

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:57:54	WILLIAMS, OLIVER	Les Croupiers	Senior Men	05:47.3	1912	1
2	0:58:14	CREES, STUART	Les Croupiers	Senior Men	05:49.3	1915	2
3	0:59:25	PFEIFFER, Mike	Becon	V40 Men	05:56.4	1943	3
4	0:59:27	THOMAS, Stephen	Aberdare	V40 Men	05:56.6	1798	4
5	0:59:57	EAMONN, Kirk	Swansea Harriers	V40 Men	05:59.6	1859	5
6	1:01:53	TREMLETT, JACK	TROTS	Senior Men	06:11.2	1927	6
7	1:02:09	KENDRICK, Phillip	Becon	V 50 Men	06:12.8	1855	7
8	1:02:23	HOW, Andrew	hendre lake running club	Senior Men	06:14.2	1973	8
9	1:02:29	WADLOW, STUART	Outdoor Fitness	Senior Men	06:14.8	1874	9
10	1:02:49	HUMPHRIES, Afan	Swansea Harriers	Senior Men	06:16.8	1853	10
11	1:02:57	NUNN, JAMES	CARDIFF TRIATHLON	Senior Men	06:17.6	1883	11
12	1:04:32	LEWIS, SIMON ANTHONY	parc bryn bach	Senior Men	06:27.1	1894	12
13	1:04:51	GOODINGS, Jay	taff ely triath	Senior Men	06:29.0	1938	13
14	1:05:27	LEWIS, Geraint	Porthcawl	V40 Men	06:32.6	2054	14
15	1:05:29	JONES, Johnathan	TROTS	V40 Men	06:32.8	1929	15
16	1:05:47	TAPPER, CERI	Unattached	V40 Men	06:34.6	1918	16
17	1:05:55	SANSOM, Glyn	San Domenico	V 50 Men	06:35.4	1967	17
18	1:05:57	PHILIPPART, Kneth	Swansea Harriers	V 50 Men	06:35.6	1860	18
19	1:06:03	HUGHES, David	Unattached	Senior Men	06:36.2	1948	19
20	1:06:05	THOMPSON, KEITH	Rhondda Valley Runners	V 50 Men	06:36.4	1908	20
21	1:06:41	SANTOS, Ceri Ann	Unattached	Under 23 Femaile	06:40.0	1931	21
22	1:06:47	GETHING, Nicola	parc bryn bach	V35 Female	06:40.6	1935	22
23	1:06:56	JEREMIAH, ADRIAN	Rhondda Valley Runners	V40 Men	06:41.5	1885	23
24	1:07:02	REISHMAN, Paul	Swansea Harriers	V40 Men	06:42.1	1955	24
25	1:07:18	JUKES, Daman	parc bryn bach	V40 Men	06:43.7	1936	25
26	1:07:26	NORTON, Adam	Unattached	Senior Men	06:44.5	1942	26
27	1:07:32	DUNSCOMBE, Mark	Sarn Helen	V 50 Men	06:45.1	1832	27
28	1:07:35	WILLIAMS, Phillip	Islwyn	Senior Men	06:45.4	1946	28
29	1:09:11	EVANS, Robert	Ebbw Vale RC	V 50 Men	06:55.0	1863	29
30	1:09:39	TREMLETT, ELIZABETH	TROTS	Senior Female	06:57.8	1928	30
31	1:10:27	JONES, Bleddyn	Lliswerry	Senior Men	07:02.6	2052	31
32	1:12:10	PASK, ANDREW	GRANTHAM RUNNING CLUB	Senior Men	07:12.9	1882	32
33	1:12:11	BUNNEY, Allen	Aberdare	V40 Men	07:13.0	1865	33
34	1:12:15	WILLIAMS, Ian	Ebbw Vale RC	V 50 Men	07:13.4	1862	34
35	1:12:16	O'BRIEN, TERRY	Unattached	V 50 Men	07:13.5	1815	35
36	1:12:26	BLAIR, Andrew	Les Croupiers	V40 Men	07:14.5	1821	36
37	1:12:28	RUSSELL, TOM	Ebbw Vale RC	Senior Men	07:14.7	1895	37
38	1:12:36	POOLE, STEPHEN	Rhondda Valley Runners	V 50 Men	07:15.5	1909	38
39	1:12:43	MARSON, John	Sospan	V40 Men	07:16.2	1872	39
40	1:13:02	BARRIDGE, John	cwm ogwr	Senior Men	07:18.1	1968	40
41	1:13:05	MULLANEY, John	Aberdare	Under 23 Men	07:18.4	1866	41
42	1:13:14	STEVENS, DARREN	Unattached	V40 Men	07:19.3	1897	42
43	1:13:16	LEWIS, Paul	3ms	V40 Men	07:19.5	1810	43
44	1:14:03	CLEARLY, Lisa	Penarth	V45 Female	07:24.2	1964	44
45	1:15:01	JONES, JACK	Swansea Harriers	Senior Men	07:30.0	1903	45
46	1:15:04	WALTERS, DAVID	Islwyn	V40 Men	07:30.3	1904	46
47	1:15:18	JONES, Sam	Aberdare	Under 23 Men	07:31.7	1975	47
48	1:15:32	BRADLEY, Malcolm	Penarth	V60 Men	07:33.1	1966	48
49	1:16:13	GRIFFITHS, ASHLEY	BARRY RUNNING CLUB	Senior Men	07:37.2	1889	49
50	1:16:18	WOOD, Neale	Lliswerry	V 50 Men	07:37.7	1804	50
51	1:16:41	HARRIS, OLIVER	Lliswerry	Senior Men	07:40.0	1813	51
52	1:16:47	MURPHY, Andrew	Unattached	Senior Men	07:40.6	1934	52

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** RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com **

Results produced by Pontypridd Roadents AC. Printed by Pontypridd Roadents AC on 19 August 2013

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Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
53	1:16:50	WADE, Stephen	Pontypridd	V40 Men	07:40.9	1959	53
54	1:16:53	HALL, Andrew	Rhondda Valley Runners	Senior Men	07:41.2	1939	54
55	1:16:56	GRIFFITHS, Barry	Becon	V40 Men	07:41.5	1868	55
56	1:17:09	DUNSCOMBE, ANDY	Unattached	V40 Men	07:42.8	1901	56
57	1:17:15	BENDLE, Stephen	Swansea Harriers	V40 Men	07:43.4	2055	57
58	1:17:16	DOWNES, SAM	Unattached	Under 23 Men	07:43.5	1831	58
59	1:17:27	LOVE, ASHLEY	BARRY RUNNING CLUB	Senior Men	07:44.6	1888	59
60	1:17:36	EDWARDS, AMY	Rhondda Valley Runners	Senior Female	07:45.5	1887	60
61	1:17:45	DAVIES, Jeff	Unattached	V40 Men	07:46.4	1823	61
62	1:17:50	DURSLEY, PAUL	Lliswerry	V60 Men	07:46.9	1898	62
63	1:18:00	DAVIES, WILLIAM	Rhondda Valley Runners	Senior Men	07:47.9	1914	63
64	1:18:00	BRACHER, Richard	parc bryn bach	Senior Men	07:47.9	1941	64
65	1:18:00	IRWIN, HUGH	Unattached	Senior Men	07:47.9	1922	65
66	1:18:03	JOYCE, Kev	Unattached	V40 Men	07:48.2	1857	66
67	1:18:07	BLEASDALE, CATHERINE	TROTS	V35 Female	07:48.6	1913	67
68	1:18:29	JENKINS, Gareth	cwm ogwr	Senior Men	07:50.8	1969	68
69	1:18:38	LANGLEY, Keith	pontypool	V 50 Men	07:51.7	1976	69
70	1:18:44	DAVIES, Michael	Les Croupiers	V60 Men	07:52.3	2051	70
71	1:18:49	GRIFFITHS, Lee	Aberdare	V40 Men	07:52.8	1961	71
72	1:18:50	WILLIAMS, CLARE	Islwyn	V35 Female	07:52.9	1919	72
73	1:18:51	TREHARNE, Ruth	Islwyn	V45 Female	07:53.0	1958	73
74	1:19:01	RICHARDS, JANET	Lliswerry	V45 Female	07:54.0	1900	74
75	1:19:10	FOULKES NOCK, NIGEL	Lliswerry	V40 Men	07:54.9	1902	75
76	1:19:12	BOUNDS, Kevin	Unattached	Senior Men	07:55.1	1956	76
77	1:19:16	BASSETT, JEREMY	Unattached	V40 Men	07:55.5	1905	77
78	1:19:30	WOOD, Stephen	pegasus	Senior Men	07:56.9	1974	78
79	1:19:31	ARMSTRONG, MATTHEW	Unattached	V40 Men	07:57.0	1814	79
80	1:19:39	PORTELLI, JONATHAN	Unattached	Senior Men	07:57.8	1811	80
81	1:19:40	THOMAS, Steven	Unattached	V40 Men	07:57.9	2053	81
82	1:20:12	ATTWOOD, HOWARD	Lliswerry	V60 Men	08:01.1	1925	82
83	1:20:16	COLLINS, Kelly	parc bryn bach	Senior Female	08:01.5	1944	83
84	1:20:44	REESE, Tim	Lliswerry	V 50 Men	08:04.3	1817	84
85	1:20:53	WAITE, KELLY	Islwyn	Senior Female	08:05.2	1924	85
86	1:20:56	DAVIES, Andrea	Unattached	V35 Female	08:05.5	1849	86
87	1:21:10	YOUNG, Nick	Unattached	Senior Men	08:06.9	1937	87
88	1:21:19	SUTTON, MARK	Griffithstown	V 50 Men	08:07.8	1886	88
89	1:21:20	FLYE, Geraint	Unattached	Senior Men	08:07.9	1852	89
90	1:21:22	PRICE, BRENDAN	DRAGONS RUNNING CLUB	Senior Men	08:08.1	1876	90
91	1:21:41	GRIFFITHS, Helen	Unattached	V35 Female	08:10.0	1960	91
92	1:21:47	ANDERSON, Robert	Lliswerry	V70 Men	08:10.6	1932	92
93	1:21:53	DAVIES, Helen Marie	Swansea Harriers	V35 Female	08:11.2	1861	93
94	1:21:59	HORROCKS, PAUL	Unattached	Senior Men	08:11.8	1916	94
95	1:22:31	HARVEY, PAUL	Islwyn	Senior Men	08:15.0	1923	95
96	1:23:08	BRADFIELD, KEVIN	Unattached	V40 Men	08:18.7	1892	96
97	1:23:11	HERN, NATALIE	Griffithstown	V45 Female	08:19.0	1891	97
98	1:23:11	COSTLEY, PHILLIP	Unattached	Senior Men	08:19.0	1906	98
99	1:23:17	SPENCER, Celwyn	Unattached	V 50 Men	08:19.6	1930	99
100	1:23:17	LAUGHTON, Roddy	Unattached	Senior Men	08:19.6	1854	100
101	1:23:48	LANE, Sarah	Unattached	Senior Female	08:22.7	1827	101
102	1:24:13	AVERY, Brenda	Chepstow Harriers	V55 Female	08:25.2	1970	102
103	1:24:57	WARBURTON, Beverley	Unattached	V45 Female	08:29.6	1842	103
104	1:25:16	MORRIS, Ceri	Aberdare	Senior Men	08:31.5	1805	104
105	1:25:18	SLADE, Alyson	Unattached	V35 Female	08:31.7	1825	105
106	1:25:22	SPANTON, CAROLINE	Unattached	Senior Female	08:32.1	1873	106
107	1:25:25	JOHNSON, Nick	Unattached	Senior Men	08:32.4	1972	107
108	1:25:44	STOKES, ELIZABETH	Griffithstown	V35 Female	08:34.3	1890	108

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109	1:26:07	OWEN, KELLY	cwm ogwr	Senior Female	08:36.6	1910	109
110	1:26:46	HILL, Steve	Penarth	V 50 Men	08:40.5	1847	110
111	1:27:04	WARD, LOUISE	DRAGONS RUNNING CLUB	Senior Female	08:42.3	1881	111
112	1:27:33	MATTHEWS, Donna	Islwyn	V45 Female	08:45.2	1965	112
113	1:27:43	FOULGUE, ASHLEY	Unattached	V40 Men	08:46.2	1911	113
114	1:28:11	RAKEI, Sheryl	Pontypridd	V35 Female	08:49.0	1957	114
115	1:28:11	HUNKIN, DONNA	DRAGONS RUNNING CLUB	V35 Female	08:49.0	1875	115
116	1:28:22	HODGES, Dave	Les Croupiers	V 50 Men	08:50.1	1856	116
117	1:28:22	WILLIAMS, Yvonne	Penarth	V55 Female	08:50.1	1799	117
118	1:28:28	QUIN, Stephen	Les Croupiers	V40 Men	08:50.7	1963	118
119	1:28:30	BYRNE, Katie	Unattached	V35 Female	08:50.9	1818	119
120	1:28:56	GOTT, SOPHIE	Unattached	V35 Female	08:53.5	1829	120
121	1:29:13	EVANS, Paul	Becon	Senior Men	08:55.2	1869	121
122	1:29:14	JONES, ALAN	Unattached	Senior Men	08:55.3	1921	122
123	1:29:21	GRIFFITHS, HELEN	Unattached	Senior Female	08:56.0	1830	123
124	1:29:37	CADMORE, Andrew	Becon	V40 Men	08:57.6	1864	124
125	1:29:59	PINATTI, Carlos	Unattached	V 50 Men	08:59.8	1870	125
126	1:30:02	COLLINS, Katherine	Unattached	Senior Female	09:00.1	1945	126
127	1:30:14	YOUNG, Peter	Unattached	V60 Men	09:01.3	1867	127
128	1:30:16	FITZGIBBON, Erika	Women Running Penarth	V55 Female	09:01.5	1845	128
129	1:30:29	SANDERSON, JOHN	3ms	V 50 Men	09:02.8	1816	129
130	1:30:31	LINK, Thomas	Unattached	Senior Men	09:03.0	1822	130
131	1:30:40	JEREMIAH, Wayne	Unattached	V40 Men	09:03.9	1801	131
132	1:30:55	BEST, Nigel	Unattached	V 50 Men	09:05.4	1851	132
133	1:30:58	CROOKS, Colin	pegasus	V 50 Men	09:05.7	1809	133
134	1:31:24	BLETHYN, Jane	Penarth	V55 Female	09:08.3	1962	134
135	1:31:59	LEWIS, Angela	Unattached	V35 Female	09:11.8	1806	135
136	1:32:07	ROWELL, ANN	TROTS	V55 Female	09:12.6	1917	136
137	1:32:42	TUTAS, Oliver	Les Croupiers	V40 Men	09:16.1	1820	137
138	1:33:00	WARD, Jeanette	Penarth	V45 Female	09:17.9	1952	138
139	1:33:00	POPA, Georgiana	Women Running Penarth	Senior Female	09:17.9	1833	139
140	1:33:03	MURRAY-LINES, Delyth	Unattached	V35 Female	09:18.2	1841	140
141	1:33:39	PHILLIPS, RUTH	Lliswerry	Senior Female	09:21.8	1884	141
142	1:33:41	JONES, ROB	Unattached	Senior Men	09:22.0	1907	142
143	1:33:55	ZEYNEP, King	Unattached	V35 Female	09:23.3	1824	143
144	1:34:10	BECKETT, Mary	Unattached	Senior Female	09:24.8	1949	144
145	1:34:12	OLIVER, Kenneth	Islwyn	V 50 Men	09:25.0	1808	145
146	1:34:14	HICKS, Glyn	Islwyn	V60 Men	09:25.2	1971	146
147	1:35:12	JONES, Catherine	Unattached	V35 Female	09:31.0	1803	147
148	1:35:13	FORDE, Rebecca	Unattached	Senior Female	09:31.1	1828	148
149	1:35:15	PORTELLI, MICHAEL	Unattached	V 50 Men	09:31.3	1812	149
150	1:36:19	STREET, Richard	pegasus	V 50 Men	09:37.7	1858	150
151	1:36:36	POPE, Sarah	Women Running Penarth	V45 Female	09:39.4	1835	151
152	1:36:39	BALE, Stephen	Unattached	Senior Men	09:39.7	1838	152
153	1:36:51	EVANS, Lynne	Women Running Penarth	V35 Female	09:40.9	1837	153
154	1:36:51	JONES, Elaine	Women Running Penarth	V55 Female	09:40.9	1844	154
155	1:37:27	GOODFELLOW, Andrea	Women Running Penarth	V45 Female	09:44.5	1954	155
156	1:38:53	ELLIS, Lynne	Women Running Penarth	V45 Female	09:53.1	1836	156
157	1:39:06	FILER, Sally Anne	Women Running Penarth	V45 Female	09:54.4	1843	157
158	1:40:18	LEWIS, Neil	mumbles	V 50 Men	10:01.6	2056	158
159	1:41:29	MIRANDA, Tania	Women Running Penarth	V35 Female	10:08.7	1953	159
160	1:42:07	CHRISTEN, Alex	Women Running Penarth	Senior Female	10:12.5	1834	160
161	1:42:12	DAVIES, Ann	Unattached	V55 Female	10:13.0	1947	161
162	1:42:53	SULLIVAN, Lynne	Women Running Penarth	V35 Female	10:17.1	1951	162
163	1:43:02	LLEWELLYN, CATHERINE	Unattached	V45 Female	10:18.0	1893	163
164	1:43:05	SMITH, Ruth	Women Running Penarth	V45 Female	10:18.3	1839	164

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165	1:43:07	SHAPLEY, Nicole	Women Running Penarth	V35 Female	10:18.5	1819	165
166	1:43:20	LAZARUS, Susan	Women Running Penarth	V45 Female	10:19.8	1840	166
167	1:44:30	HODGSON, Helen	Women Running Penarth	V35 Female	10:26.8	1950	167
168	1:45:30	DURSELY, LYNDA	Lliswerry	V45 Female	10:32.8	1899	168
169	1:45:58	COCHRAN, Ruth	Unattached	V45 Female	10:35.6	1802	169
170	1:46:47	FORSEY, YVONNE	Lliswerry	V55 Female	10:40.5	1926	170
171	1:47:01	O'KANE, MAUREEN	Women Running Penarth	V45 Female	10:41.9	1871	171
172	1:48:58	SINGER, GRAHAM	Unattached	V 50 Men	10:53.6	1896	172
173	1:50:54	DAVIDSON, Alison	Unattached	V35 Female	11:05.2	1940	173
174	2:10:52	TATCHELL, Thomas	Unattached	Senior Men	13:05.0	1848	174
175	2:17:49	MORRIS, Rachel	Women Running Penarth	Senior Female	13:46.7	1850	175
176	2:24:38	PARFITT, ANGELA	Islwyn	V45 Female	14:27.6	1920	176

There were 176 finishers in the All Competitors category.

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