

2017 Pontypridd Roadents Reverse 10M - 10AM, Sunday 12th March 2017



Position	Name	Time	Gender	Age Category	Club	Race No.
1.	Matthew Evans	0:56:40	m	Senior Men	Aberdare Valley AAC	259
2.	Angharad Mair	1:04:42	w	Ladies Masters 55-64	Les croupiers	251
3.	Paul Davies	1:05:32	m	Senior Men	Aberdare Valley AAC	247
4.	Luke Williams	1:06:11	m	Senior Men	San Domenico	223
5.	Sam Morley-Jones	1:06:25	m	Men under 23		235
6.	Lawrence Cronk	1:06:38	m	Senior Men	Whittle Fit	214
7.	Anthony Cullinane	1:07:22	m	Mens Masters 40-49		263
8.	Nicola Gething	1:07:32	w	Ladies Masters 45-54	Parc Bryn Bach	242
9.	Darryl Cook	1:09:01	m	Senior Men	Parc Bryn Bach	237
10.	Katie Roby	1:09:06	w	Senior Ladies		213
11.	John Seaward	1:09:13	m	Senior Men	San Domenico	220
12.	DAVE WRIGHT	1:09:43	m	Mens Masters 40-49		207
13.	KEVIN CHALKE	1:10:52	m	Mens Masters 50-59	PENARTH AND DINAS RUNNERS	180
14.	GARY WEBBER	1:10:57	m	Mens Masters 40-49	RHONDDA VALLEY RUNNERS	192
15.	WILL RYAN	1:11:15	m	Mens Masters 40-49		178
16.	Darren Stevens	1:11:41	m	Mens Masters 40-49		215
17.	Rachel Lewis	1:12:32	w	Ladies Masters 35-44	Parc Bryn Bach	250
18.	ROSS OWEN	1:12:40	m	Senior Men	RHONDDA VALLEY RUNNERS	204
19.	JESSICA STACEY	1:12:42	w	Ladies under 23	RHONDDA VALLEY RUNNERS	205
20.	Sheryl Evans	1:12:45	w	Ladies Masters 45-54	Hereford couriers	240
21.	BRYAN MEREDITH	1:12:57	m	Mens Masters 50-59	RHONDDA VALLEY RUNNERS	189
22.	Andrew Benjamin	1:13:23	m	Senior Men	Taff Ely Triathlon	232
23.	Frank Atherton	1:13:49	m	Mens Masters 50-59	PENARTH AND DINAS RUNNERS	245
24.	Graham Mack	1:14:03	m	Mens Masters 60-69	Merthyr	255
25.	Tim Fry	1:14:40	m	Senior Men	Cardiff AAC	257
26.	JACOB HARVEY	1:15:01	m	Mens Masters 40-49		171
27.	PAUL MORTON	1:15:13	m	Senior Men	PENARTH AND DINAS RUNNERS	200
28.	MARK GRIFFITHS	1:15:35	m	Mens Masters 40-49	RHONDDA VALLEY RUNNERS	166
29.	Kit Lambert	1:15:40	m	Senior Men	PENARTH AND DINAS RUNNERS	238
30.	AMY EDWARDS	1:16:00	w	Ladies Masters 35-44	RHONDDA VALLEY RUNNERS	191
31.	Robert Parker	1:16:33	m	Senior Men	PONTYPRIDD ROADENTS	233
32.	Russ Evans	1:16:44	m	Mens Masters 50-59		241
33.	CARL WALSH	1:17:20	m	Mens Masters 40-49	RHONDDA VALLEY RUNNERS	179
34.	Russell Dobbs	1:17:25	m	Mens Masters 40-49	ISLWYN RUNNING CLUB	229
35.	John Williams	1:17:30	m	Mens Masters 40-49		252

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36.	Michael Foster	1:18:58	m	Mens Masters 60-69		260
37.	JARED DAVIES	1:19:36	m	Mens Masters 40-49		183
38.	JOANNE RYAN	1:20:18	w	Ladies Masters 35-44	RHONDDA VALLEY RUNNERS	190
39.	Keith Patterson	1:20:22	m	Mens Masters 70+	San Domenico	228
40.	Kevin Bounds	1:21:04	m	Mens Masters 40-49		258
41.	CLIVE DENTON	1:21:22	m	Mens Masters 40-49	RHONDDA VALLEY RUNNERS	184
42.	Yvonne Williams	1:21:53	w	Ladies Masters 45-54		253
43.	Tony Lewis	1:22:23	m	Mens Masters 50-59	Parc Bryn Bach	249
44.	Jim Murray	1:22:27	m	Mens Masters 40-49		225
45.	PHIL JOHNSON	1:22:49	m	Mens Masters 40-49		164
46.	MARK BROWN	1:22:56	m	Senior Men		203
47.	Jon Lewis	1:23:19	m	Mens Masters 40-49		217
48.	Helen Griffiths	1:23:46	w	Ladies Masters 35-44	PENARTH AND DINAS RUNNERS	218
49.	KELLY FELSTEAD	1:24:35	w	Ladies Masters 35-44	ISLWYN RUNNING CLUB	185
50.	Wyn Thomas	1:24:38	m	Mens Masters 40-49		239
51.	BETHAN APGLYN	1:24:47	w	Senior Ladies	PENARTH AND DINAS RUNNERS	206
52.	Rachel Prangley	1:24:55	w	Senior Ladies	ISLWYN RUNNING CLUB	219
53.	COLIN TUCKER	1:24:56	m	Mens Masters 40-49		198
54.	Michelle Hoey	1:25:04	w	Ladies Masters 35-44	PENARTH AND DINAS RUNNERS	222
55.	Paul Harris	1:25:12	m	Mens Masters 40-49	Robertson town RC	261
56.	Stephen Locke	1:25:22	m	Mens Masters 40-49	Newport Harriers	226
57.	ALYN TOMKINSON	1:26:32	m	Mens Masters 40-49	YSTRAD MYNACH RUNNING CLUB	193
58.	Jordan Forster	1:26:54	m	Senior Men		243
59.	BEVERLEY WARBURTON	1:27:18	w	Ladies Masters 55-64	PENARTH AND DINAS RUNNERS	168
60.	Glynn Hicks	1:27:41	m	Mens Masters 60-69	Robbies	244
61.	Jeff Jones	1:28:20	m	Mens Masters 50-59	Rhondda Tri Club	256
62.	DAVE BAILYES	1:28:30	m	Mens Masters 50-59		208
63.	Steve Goodfellow	1:28:57	m	Mens Masters 50-59	PENARTH AND DINAS RUNNERS	231
64.	Roger Brocklesby	1:29:23	m	Mens Masters 60-69	Bristol And West	227
65.	Lindsey Hunt	1:29:55	w	Senior Ladies	PENARTH AND DINAS RUNNERS	248
66.	Steve Hill	1:29:55	m	Mens Masters 50-59	PENARTH AND DINAS RUNNERS	221
67.	Shaun Cotter	1:30:14	m	Mens Masters 50-59		224
68.	MARK DOUGLAS	1:31:20	m	Senior Men	RHONDDA VALLEY RUNNERS	165
69.	Christopher Harrison	1:32:03	m	Mens Masters 70+		212
70.	CLAIRE ADAMS	1:32:19	w	Ladies Masters 45-54	RHONDDA VALLEY RUNNERS	199

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71.	DEWI FELSTEAD	1:32:28	m	Mens Masters 40-49		186
72.	CHRISTOPHER TODD JONES	1:32:29	m	Mens Masters 60-69		177
73.	YVONNE WILLIAMS	1:32:57	w	Ladies Masters 55-64	PENARTH AND DINAS RUNNERS	187
74.	KATIE HAMER	1:33:19	w	Ladies Masters 35-44	PARC BRYN BACH	181
75.	Michael Lewis	1:36:07	m	Mens Masters 70+		234
76.	Miles Thomas	1:38:28	m	Mens Masters 40-49	Robertson town RC	262
77.	HOWARD HUGHES	1:41:27	m	Mens Masters 40-49		172
78.	Catherine Llewellyn	1:42:07	w	Ladies Masters 45-54		216
79.	LISA CHAPLIN	1:42:25	w	Ladies Masters 35-44	ISLWYN RUNNING CLUB	195
80.	LISA STOREY	1:42:25	w	Ladies Masters 45-54	ISLWYN RUNNING CLUB	196
81.	BEATRICE ROBERTS	1:44:50	w	Ladies Masters 35-44		173
82.	Adrian Harford	1:47:42	m	Mens Masters 50-59	Dragons	246
83.	GRAHAM SINGER	1:50:14	m	Mens Masters 60-69		188
84.	RHYS LEWIS	1:53:30	m	Mens Masters 40-49	PARC BRYN BACH	169
85.	NICOLA LEWIS	1:53:30	w	Ladies Masters 35-44	PARC BRYN BACH	170
86.	Kathryn Evans	1:55:13	w	Ladies Masters 55-64		236
87.	STEVE HAMER	1:57:31	m	Mens Masters 40-49	PARC BRYN BACH	182
88.	MICHELLE OWEN	2:03:11	w	Ladies Masters 35-44	ISLWYN RUNNING CLUB	197
89.	Andrea Goodfellow	2:15:21	w	Ladies Masters 45-54	PENARTH AND DINAS RUNNERS	254
90.	CARWYN EVANS	2:17:56	m	Mens Masters 50-59	DRAGONS RUNNING CLUB	201

Number of records: 90