

PONTYPOOL 10K HOME RUN 2013 RESULTS

1	35.30	1459	McFlynn	Ryan	Fairwater Runners	34	M	MS
2	37.39	1321	Jones	Mark	Newport Harriers			
3	37.41	1307	Thomas	Stephen	Aberdare AC	44	M	MV
4	39.00	1395	Hartnell	Haydn	Islwyn Running Club	50	M	MSV
5	39.32	1467	Lloyd	Rich	Fairwater Runners	34	M	MS
6	40.01	1370	Hill	Richard	Usk Runners	27	M	MS
7	40.36	1282	Bristow	Phil	San Domenico RRC, Cardiff	52	M	MSV
8	40.37	1333	Hall	Stuart		28	M	MS
9	40.38	1216	Hoare	Patrick	Lliswerry Runners	46	M	MV
10	40.39	1247	milne	Scott		35	M	MS
11	41.03	1437	Gething	Nicola	Parc Bryn Bach	42	F	FV
12	41.45	1215	Evans	Roberts	Ebbw Vale Running Club	50	M	MSV
13	41.46	1497	Grantham	Matthew		15	M	MS
14	41.48	1521	Gormley	Gerard		46	M	MV
15	41.52	1436	Jones	Chris	Lliswerry Runners	53	M	MSV
16	42.01	1519	King	Alun	Liswerry Runner	26	M	MS
17	42.05	1396	Jukes	Daman	Parc Bryn Bach	42	M	MV
18	42.17	1349	Rees	Nick	Les Croupier	54	M	MSV

19	42.20	1346	Jones	Richard		22	M	MS	
20	42.25	1297	Williams	Daniel		24	M	MS	
21	42.28	1381	Gittins	Keith		53	M	MSV	
22	42.41	1372	Mason	Howard	Caerleon Running Club	48	M	MV	
23	42.42	1502	Jones	Bleddyn	Lliswerry	35	M	MS	
24	42.50	1218	Savage	Rodney	Virgin Active	48	M	MV	
25	42.51	1250	Walsh	Nick	Griffithstown	40	M	MV	
26	42.59	1331	Wilmot	Colin	Griffithstown	55	M	MSV	
27	43.00	1229	Davies	Gareth	Usk Runners	32	M	MS	
28	43.08	1449	Duncombe	Mark	Sarn Helen	51	M	MSV	
29	43.14	1371	Hughes	Philip	San Domenico RC Cardiff	29	M	MS	
30	43.19	1205	Harris	Julian		36	M	MS	
31	43.23	?	?						
32	43.25	1209	Duffield	Helen	Chepstow Harriers	40	F	FV	
33	43.30	1330	Chick	Paul	Lliswerry Runners	44	M	MV	
34	43.32	1380	Wakley	Jade		37	F	FS	
35	43.42	1500	Dickens	Andrew	Pont-y-Pwl and district runners	41	M	MV	
36	43.48	1227	Greenhouse	Ray	Ebbw Vale Running Club	47	M	MV	
37	44.12	1382	Williams	Alex		26	F	FS	

38	44.14	1323	Davies	jonathon	Islwyn Running Club	44	M	MV	
39	44.15	1491	Russell	Kevin	san domenico	53	M	MSV	
40	44.16	1416	Jones	Angela	Cwmbran Harriers	46	f	FV	
41	44.16	1505	Davies	Jamie		16	M	MS	
42	44.20	1377	Davies	mike	Caerleon Running Club	53	M	MSV	
43	44.22	1454	Stevens	Darren		41	M	MV	
44	44.25	1228	Caswell	Damian		39	M	MS	
45	44.36	1431	Evans	Dave		43	M	MV	
46	44.38	1204	Maher	Jamie		34	M	MS	
47	44.38	1424	Foulkes-Nock	James	Lliswerry Runners	16	M		
48	44.54	1389	Rodger	Peter	Caerleon Running Club	56	M		
49	45.00	1317	Williams	Chris		35	M		
50	45.05	1322	Davies	Lloyd		17	M		
51	45.09	1356	Pirouet	Nicholas	Usk Runners	32	M		
52	45.12	1261	Smith	Peggy	Spirit of monmouth	55	F	FSV	
53	45.21	1281	Owen	Wendy		41	F	FV	
54	45.21	1363	Gapper	Christopher	Islwyn Running Club	35	M		
55	45.22	1270	Kersley	Nathan		31	M		
56	45.40	1447	Guille	mark		42	M		

57	45.40	1448	Phillips	matthew		37	M	mS	
58	45.44	1462	Neil	Chipper	Lliswerry	52	M	mSV	
59	45.46	1561	Bidlecombe	Clare	San Domenico RRC, Cardiff	39	f		
60	45.53	1524	Watts	Ricci	Pontypool-Y-Pwl Runners	25	M	mS	
61	45.58	1477	Wood	Stephen	Pegasus RC	36	M	mS	
62	46.15	1512	Waite	Tim		34	M	mS	
63	46.17	1460	Thomas	michael		50	M		
64	46.25	1388	Hall	Brian		46	M	mV	
65	46.30	1471	Jenkins	martyn	Fairwater Runners	53	M		
66	46.30	1564	Wood	Neale	Lliswerry Runners	54	M	msv	
67	46.34	1220	Timson	David		47	M	mV	
68	46.35	1556	Donovan	Paul	Pontypool Runners	45	M		
69	46.36	1269	Day	James		27	M		
70	46.42	1335	Gettins	Ant		32	M		
71	46.43	1237	James	Neil		41	M	mV	
72	46.44	1299	Cummings	Craig		23	M		
73	46.44	1468	Jones	Shaw	Pontypool Runners	28	M		
74	46.47	1474	Thomas	Rhys	Griffithstown Harriers	33	M		
75	46.49	1311	Davies	Andy	Pontypridd Roadents AC	49	M		

76	47.07	1353	Ford	Kirk		29	M		
77	47.08	1223	Lebbon	Tim		43	M	mV	
78	47.08	1226	Thomas	Christopher	Ebbw Vale Running Club	54	M	mSV	
79	47.12	1451	Lewis	Shaun		44	M	mV	
80	47.16	1334	Jones	matthew		36	M		
81	47.30	1208	Simpkin	Ken		43	M	mV	
82	47.31	1217	Bowles	mark		42	M	mV	
83	47.34	1308	Wood	Alun		31	M		
84	47.47	1442	Sowrey	Emma	Pontypool Runners	38	f		
85	47.56	1359	Lyons	Pete	Usk Runners	43	M		
86	48.01	1562	Turner	Cathy		44	f	fv	
87	48.11	1427	Harris	Oliver		31			
88	48.12	1400	malnati	Lino		36	M	mS	
89	48.16	1489	Daniels	Peta	Liswerry Runner	46	F	FV	
90	48.18	1271	Price	Ian	Caerleon Running Club	43	M		
91	48.19	1236	Attwood	Howard	Lliswerry Runners	63	M	mSSV	
92	48.20	1515	Osmond	Christopher		26	M	mS	
93	48.21	1366	Blakebrough	Luke	Spirit of monmouth	22	M	mS	
94	48.28	1221	Olds	Jeremy		48	M	mV	

95	48.30	1495	Richards	janet		48	f		
96	48.34	1214	Dursley	Paul	Liswerry Runner	59	M	mSV	
97	48.35	1337	Harris	Lloyd	Ebbw Vale Running Club	24	M		
98	48.36	1487	Roberts	Peter	Griffithstown Harriers	56	M		
99	48.45	1453	mcErlaine	Lyndon		39	M		
100	48.48	1267	Shaw	Richard		47	M		
101	48.48	1202	Spanton	Caroline		33	F	FS	
102	48.55	1306	Williams	Gareth	Ebbw Vale Running Club	50	M		
103	48.56	1566	Short	Peter	Forest of Dean AC	60	M	mSSV	
104	49.00	1422	Davies	Emma	Spirit of monmouth	41	f		
105	49.01	1252	Jolley	Adam		28	M	mS	
106	49.03	1563	David	mather	Spirit of monmouth	48	M	mV	
107	49.06	1390	Washbrook	Tim		33	M		
108	49.09	?							
109	49.11	1329	Stark	martin		47	M	mV	
110	49.14	1523	Ward	Ruth	the spirit of monmouth	39	F	FS	
111	49.18	1354	Rainbird	Derek	Parc Bryn Bach	59	M		
112	49.20	1367	Blakebrough	martin	Spirit of monmouth	50	M	mSV	
113	49.24	1360	Cunnell	matt		48	M		

114	49.26	1490	Evans	marc	San Domenico	38	M	mS	
115	49.27	1245	Parfitt	Rhys	Pontypool-Y-Pwl Runners	32	M	mS	
116	49.38	1434	Bishop	Gareth		39	M	mS	
117	49.41	1368	Haines	Ian		40	M		
118	49.45	1397	Holmes	Laura	Islwyn Running Club	30	f		
119	49.45	1406	Laing	Nathan	Caerleon Running Club	28	M		
120	49.49	1336	Holly	Kathryn	Ebbw Vale Running Club	31	f		
121	50.00	1305	Williams	Dane	Ebbw Vale Running Club	15	m,		
122	50.07	1450	Langley	Keith		57	M		
123	50.09	1484	Sutton	Mark	Griffithstown Harriers	51	M		
124	50.11	1246	Kitson	Ryan		34	M	mS	
125	50.24	1290	Jones	Brian	Usk Runners	49	M	mV	
126	50.30	1421	Taylor	Andrew	Caerleon Running Club	56	M		
127	50.30	?	?						
128	50.39	1402	Greatrex	michelle	SWP Tri Club	38	f		
129	50.47	1441	Blackmore	Gemma		27	f		
130	51.04	1296	Davies	Alan	Usk Runners	56	M		
131	51.07	1526	Cox	malcolm	Griffithstown Harriers	63	M	mSSV	
132	51.09	1399	Donovan	Richie		41	M	mV	

133	51.12	1493	Ellingham	Ray	San Domenico RRC, Cardiff	52	M		
134	51.14	1439	Evans	David		48	M	mV	
135	51.15	1507	Grove	Alex	Nos Galan	22	M	mS	
136	51.18	1444	Cumpstone	Zara	Lliswerry	36	F	FS	
137	51.20	1466	Scandrett	John		65	M		
138	51.21	1343	Nowaczek	Paul		44	M		
139	51.21	1423	Foulkes-Nock	Nigel	Lliswerry Runners	44	M		
140	51.28	1476	Creasey	Jeremy	Spirit of monmouth Running Club	46	M	mV	
141	51.42	1472	Jenkins	Jeannette	Fairwater Runners	52	f		
142	51.45	1244	millership	Jason		43	M	mV	
143	51.45	1257	Harvey	Paul	Islwyn rc	32	M	mS	
144	51.45	1295	Felstead	Kelly		35	F	FS	
145	51.45	1478	LeClare	Claire		32	f		
146	52	1506	Davies	Nick		50	M		
147	52.01	1285	Thomson	Sinead	Lliswerry Runners	32	f		
148	52.05	1470	Suller	Christopher		40	M	mV	
149	52.06	1342	Gibbons	Chris		55	M		
150	52.08	1510	Bickel	Robert		39	M	mS	
151	52.09	1320	Morris	Brian		44	M		

152	52.09	1464	Scandrett	Iain		22	M		
153	52.13	1339	Tranter	Teresa		61	f		
154	52.13	1438	marshall-Reddy	Claire		42	f		
155	52.15	1203	Evans	Lisa	Spirit of monmouth	37	F	FS	
156	52.15	1278	Adams	David		40	M	mV	
157	52.18	1201	?						
158	52.21	1313	Clifford	Toby		40	M		
159	52.40	1514	Burgess	Andy		28	M	mS	
160	52.49	1255	Rees	Elaine	Outdoor Fitness run club	44	M	mV	
161	52.49	1440	Jones	Robert		25	M	mS	
162	52.53	1256	Willey	Liz		35	F	FS	
163	52.58	1517	Dixon	Colin		62	M		
164	52.59	?	?						
165	53.08	1298	Petfield	Simon		47	M	mV	
166	53.18	1284	Biggs	marcus Lee		23	M	mS	
167	53.19	1364	Bateman	David	Lliswerry runners	49	M	mV	
168	53.21	1525	Jones	Peter		37	M		
169	53.22	1549	Traylen	Simone	Spirit of monmouth	29	f		
170	53.3	1513	Burgess	Christopher		26	M	mS	

171	53.32	1294	Felstead	Dewi		37	M	mS	
172	53.33	1455	Pearce	Gareth	Lliswerry Runners	46	M	mV	
173	53.40	1414	Kempton	David Ronald		55	M	mSV	
174	53.41	1248	Prowse	Robert		48	M	mV	
175	53.42	1501	Davies	Heidi	Usk Runners	34	f		
176	53.47	1386	Chapman	Lise		29	F	FS	
177	53.50	1277	Westley	Dave	Lliswerry Runners	55	M	mSV	
178	53.50	1550	Thomas	William	Spirit of monmouth	35	M		
179	53.50	1551	Johnson	Andrew	Lliswerry Runners	49	M	mV	
180	53.57	1376	Ralph	Andrew	Lliswerry Runners	50	M		
181	53.57	1552	Johnson	Joanne	Lliswerry Runners	49	F	FV	
182	54.02	1482	Parry	Chris		37	M	mS	
183	54.14	1238	Bonnett	michael	lliswerry runners	56	M	mSV	
184	54.18	1511	Lloyd	matthew	Fairwater Runners	31	M		
185	54.28	1412	Cole	Ian		48	M	mV	
186	54.28	1522	Bradshaw	James		39	M	mS	
187	54.33	1240	Cousins	Keith		53	M	mSV	
188	54.45	1283	Street	Richard	Pegasus RC	58	M	mSV	
189	54.46	1432	Painter	mark		51	M	mSV	

190	54.59	1292	mittchell	Steve		52	M		
191	55.07	1301	Harding	Nikki	Caerleon Running Club	35	f		
192	55.14	1387	Williams	Sarah		38	F	FS	
193	55.15	1373	Phillips	Leanne	Lliswerry Runners	39	f		
194	55.17	1473	Davies	Richard		48	M		
195	55.19	1206	Weightman-Bent	mervyn		54	M	mSV	
196	55.23	1419	James	Elle		29	F	FS	
197	55.26	1509	Williams	Julian		44	M	mV	
198	55.29	1480	Davies	Neil		47	M	mV	
199	55.30	1452	Woodford	Carol	Lliswerry Runners		f		
200	55.39	1249	Rees	Angharad-Elin		29	F	FS	
201	56.01	1230	James	Leigh	Rhondda Tri	54	M	mSV	
202	56.08	1315	Kakiades	Pedro		39	M		
203	56.08	1347	morgan	Amberley	Usk Runners	32	f		
204	56.08	1408	mcBride	Gareth		39	M	mS	
205	56.10	1362	Southwell	ToM	Usk Runners	20	M		
206	56.13	1426	Locke	steven		42	M		
207	56.15	1351	Cryer	Jeremy		42	M		
208	56.17	1503	mercer	Darren		33	M		

209	56.20	1289	Jones	Clara	Usk Runners	38	F	FS	
210	56.22	1527	Green	Daune	Griffithstown	37			
211	56.33	1327	Parker	Elizabeth	Llswerry Runners	40	f		
212	56.35	1348	Durkee	Lee	Pontypool Runners	33	M		
213	56.36	1274	Spillane	Linda	NEWT	63	f		
214	56.39	1361	Gwilliam	Helen	Fairwater Runners	45	f		
215	56.40	1410	Gittins	Jamiee		25	F	FS	
216	56.45	1392	webb	jim		63	M	mSV	
217	56.46	1560	Cockeram	Andy	Llswerry Runners	46	M	mv	
218	56.52	1212	Senior	melonie	Islwyn Running Club	43	F	FV	
219	56.53	1254	Jones	Rhys		29	M	mS	
220	56.55	1384	Maguire	Niamh	Caerleon Running Club	22	f		
221	56.58	1446	Harrison	Mark	Rhondda Valley Runners	53	M	mSV	
222	56.59	1475	Thomas	Gemma	Griffithstown Harriers	31	f		
223	57.05	1211	Pritchard	michael		56	M	mSV	
224	57.05	1461	Ball	Henry		23	M	mS	
225	57.11	1275	Jenkins	Cerianne		38	F	FS	
226	57.24	1326	Cooper	michelle		41	f		
227	57.24	1520	Willcox	Gary		52	M	mSV	

228	57.24	?	?						
229	57.24	?	?						
230	57.28	1456	Stevens	Bernard		69	M		
231	57.29	?							
232	57.31	1496	Barrett	Dawson		39	M		
233	57.34	1492	Tyler	Dale		36	M		
234	57.39	1239	Chouls	Chris	Lliswerry Runners	42	M	mV	
235	57.40	1251	Falvey	Catherine		28	F	FS	
236	57.43	1293	mittchell	Adrienne		46	f		
237	57.45	1253	Passmore	Catrin		29	F	FS	
238	57.45	1316	Cobley	Andrew		50	M		
239	57.54	1374	Grace	Claire		39	f		
240	58.01	1344	Chettleburgh	Angie	Abergavenny Road Runners	19	F	FS	
241	58.04	1319	Morris	David		30	M		
242	58.05	1481	Hewlett	Owen		31	M	mS	
243	58.06	1233	Forsey	Yvonne	Lliswerry Runners	55	F	FSV	
244	58.16	1328	Emmattq	Karen	Lliswerry Runners	45	f		
245	58.17	1287	Linnen	Janet	Usk Runners	46	F	FV	
246	58.18	1357	Howells	Gareth	Usk Runners	27	M		

247	58.19	1499	Fear	Vicky	Lliswerry Runners	31	F	FS	
248	58.25	1341	Jackson	Nick	Lliswerry Runners	48	M	mV	
249	58.28	1433	Fudge	Steven		38	M	mS	
250	58.35	1565	Goring	Ceri		53	f		
251	58.39	1365	Bateman	Lisa	Lliswerry runners	45	F	FV	
252	58.40	1224	Wheeler	Syd	Chepstow Harriers	75	M	mSSV	
253	58.54	1393	Carpenter	Liz		28	f		
254	58.59	1413	Cox	Helen	BmF Liverpool	45	F	FV	
255	59.11	1488	Chichester	Danielle		27	F	FS	
256	59.13	1280	Pitt	Richard		38	M	mS	
257	59.21	1358	Rees	Susan	Usk Runners	49	f		
258	59.30	1288	Jones	Amanda	Usk Runners	48	M	mV	
259	59.32	1369	Bailey	jonathon		33	M		
260	59.38	1324	Davies	Paula	Islwyn Running Club	42	f		
261	59.41	1435	Jones	Alison	Lliswerry	52	f		
262	59.43	1420	mruk	Sarah		35	F	FS	
263	59.53	1312	Hudd	Simon		43	M		
264	60.02	1557	Natalie	Quirk	The Wags of martel Way	30	F	FS	
265	60.19	1518	Janes-Thomas	Holly		26	F	FS	

266	60.22	1303	Wilkie	Dave		39	M		
267	60.30	1350	Rees	Rachael	Griffithstown	35	f		
268	60.35	1352	Ali	Akbar		31	M		
269	60.42	1554	Oliver	Kenneth Wayne	Islwyn Running Club	53	M	mSV	
270	60.43	1259	mittchell	Rhian	Usk Runner	34	F	FS	
271	60.43	1485	Smith	Fay	Abergavenny Road Runners	26	F	FS	
272	61.04	1264	Norman	David		57	M	mSV	
273	61.16	1219	Trenfield	mary	Caerleon Running Club	51	F	FSV	
274	61.27	1318	Burton	Tracy	Lliswerry Runners	51	f		
275	61.27	1425	Llewellyn	Catherine		49	f		
276	61.28	1338	New	Stephen	Islwyn Running Club	47	M		
277	61.30	1494	Price	Abbi		24	F	FS	
278	61.34	1314	Rossiter	Lynne	Lliswerry Runners	59	f		
279	61.39	1463	Hughes	Glenn		29	M	mS	
280	61.48	1258	Greenwell	Stewart	Usk Runners	65	M		
281	61.50	1528	Howells	Gwyneth		63	f		
282	61.54	1345	Thomas	Juila		29	F	FS	
283	62.19	1498	Grantham	Pam		47	F	FV	
284	62.55	1225	Adcock	Tim		50	M	mSV	

285	63.01	1409	Cole	Beverley		48	F	FV	
286	63.01	1411	Gittins	Sharon		50	F	FSV	
287	63.13	1273	Roberts	Catrin		35	f		
288	63.20	1486	Rees	Wendy	Griffithstown Harriers	51	f		
289	63.22	1555	Donovan	Nadine	Pontypool Runners	40	F		
290	63.25	1213	Dursley	Lynda	Liswerry Runner	52	F	FSV	
291	63.27	1483	Sutton	Claire	Griffithstown Harriers	46	f		
292	63.56	1325	Pugh	Les	mDC	66	M		
293	63.57	1375	Novostrom	Emma		35	f		
294	63.59	1479	Parry	Anna		34	F	FS	
295	64.17	1340	Day	Chris		26	M		
296	64.27	1276	Forey	Lisa	Islwyn	35	f		
297	64.28	1407	Francis	Newton		40	F	FV	
298	64.31	1279	Forey	Johnathan		42	M	mV	
299	64.31	1394	webb	olivia		24	f	fs	
300	64.36	1286	Arnold	Rachel		23	f		
301	64.45	1418	Singer	Graham		58	M	mSV	
302	64.53	1403	Cumming	Debbie	Caerleon Running Club	49	F	FV	
303	65.06	1415	Brassington	Nicola		35	F	FS	

304	65.30	1355	morgan	Kay	Pontypool Runners	35	f		
305	65.38	1457	Stevens	Sandra		65	f		
306	66.20	1398	poulter	matthew		25	M	mS	
307	66.24	1428	Howells	Kenneth		42	M	mV	
308	66.24	1429	Howells	Rachel		37	F	FS	
309	66.38	1304	Bartlett	Steve		39	M		
310	66.43	1242	Hicks	Glyn	Islwyn Running Club	63	M	mSSV	
311	66.43	1243	Williams	Elaine	Islwyn Running Club	58	F	FSV	
312	67.15	1302	Carter	Russell	Usk Runners	46	M		
313	67.15	1458	Southern	Jane	Usk Runners	51	F	FSV	
314	67.19	1268	Lewis	Karen		45	f		
315	67.22	1265	Maby	Catrin	Spirit of monmouth	56	F	FSV	
316	67.39	1401	Hawksworth	Samantha		35	F	FS	
317	67.54	?							
318	68.19	1469	Walters	Rachel	Pontypool Runners	32	f		
319	68.21	1559	Davies	Catrin		29	F		
320	68.22	1558	Colley	Matthew		26	M		
321	68.37	1516	Houghton	Laura	ABERGAVENNY ROAD RUNNERS	30	F	FS	
322	68.40	1234	Burge	Peter		43	M	mV	

323	68.40	1235	Burge	Charlie		16	M	mS	
324	69.49	1383	Morgan	Huw	N.E.W.T	25	M	mS	
325	69.49	1445	Barton	Laura		25	f		
326	69.51	1405	Sims	Sally		60	F	FSSV	
327	69.55	1310	Ball	Dione		43	F	FV	
328	69.55	1378	Clarke	Terry		72	M		
329	69.56	1391	Exley	Annette		47	F	FV	
330	70.48	1430	Bevan	Kath			f		
331	71.09	1222	Vaughan	Terry	Ebbw Vale Running Club	40	M	mV	
332	71.34	1553	Duggan	Sharon		46	F	FV	
333	71.55	1231	Butts	Georgine		41	F	FV	
334	71.55	1232	Butts	Hywel		37	M	mS	
335	73.50	1385	Evans	Trish		26	F	FS	
336	74.05	1300	Sellick	Anita		33	F	FS	
337	74.09	1417	Gettins	Kathleen		23	F	FS	
338	74.24	1332	Harison	Katie		27	f		
339	74.43	1260	Jones	Tracey		41	F	FV	
340	74.43	1272	Ivin	Paul		34	M		
341	75.47	1504	Watkins	Julia		36	f		

