

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
1	371	Michael	Lewis	Male Junior	1	Fairwater Runners Cwmbran	00:35:47	00:35:46
2	498	James	Peters	Male Junior	2	Whittlefit	00:36:09	00:36:08
3	520	Joel	Price	Male Junior	3	Blaenau Gwent	00:36:38	00:36:38
4	417	Lee	Mills	MV40	1	Islwyn Running Club	00:37:58	00:37:58
5	378	Jon	Like	Male Junior	4	Pont-Y-Pwl and District Runners	00:38:12	00:38:12
6	505	Rhys	Pippard	Male Junior	5	Pontypool & District Runners	00:38:27	00:38:26
7	343	Gareth	Knight	Male Junior	6	Newport Harriers	00:38:33	00:38:33
8	334	James	Kemp	Male Junior	7	Pontypool & District Runner	00:38:54	00:38:52
9	467	Haydn	O'Reilly	Male Junior	8	Builth and District Running Club	00:38:59	00:38:58
10	734	Gareth	Jones	Male Junior	9	Griffthstown Harriers	00:39:39	00:39:37
11	1	Mark	Hurford	MV40	2	Crossfords	00:39:52	00:39:50
12	229	Paul	Hayward	Male Junior	10	Islwyn Rc	00:40:01	00:40:00
13	200	Darren	Griffiths	Male Junior	11	Rhondda Tri	00:40:06	00:40:03
14	246	David	Hodgins	MV40	3		00:40:21	00:40:20
15	386	John	Lloyd	MV50	1	Brackla Harriers	00:40:47	00:40:45
16	202	Jacob	Griffiths	Male Junior	12	Brackla Harriers	00:40:59	00:40:53
17	422	David	Moore	MV40	4	Brackla Harriers	00:41:08	00:41:06
18	463	Ian	Ogilvie	MV50	2	Brackla Harriers	00:41:13	00:41:09
19	442	Donna	Morris	Female Junior	1	Brecon Ac	00:41:43	00:41:43
20	602	Joshua	Smith	Male Junior	13		00:41:57	00:41:53
21	673	Carl	Walsh	MV40	5	Rhondda Valley Runners	00:42:00	00:41:58
22	714	Stephen	Williams	MV50	3	Parc Bryn Bach Rc	00:42:04	00:42:01
23	559	Shane	Roberts	MV40	6	Parc Bryn Bach	00:42:10	00:42:07
24	339	Ieuan	Kingston	Male Junior	14	Pont-Y-Pwl & District Runners	00:42:19	00:42:18
25	269	Keith	James	MV40	7	Lllyswerry Runners	00:42:22	00:42:20
26	330	Paul	Kehl	MV50	4	Pontyclun Road Runners	00:42:25	00:42:24
27	675	Nicholas	Walsh	MV40	8	Griffithstown Harriers	00:42:30	00:42:28
28	500	Danielle	Phillips	Female Junior	2	Parc Bryn Bach	00:42:34	00:42:32
29	310	Joshua	Jones	Male Junior	15	Griffithstown Harriers	00:42:37	00:42:34
30	245	Mark	Hobbs	Male Junior	16	Griffithstown Harriers	00:42:48	00:42:45

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31	117	William	Daniels	MV60	1	Rhondda Amateur Athletic Club	00:42:50	00:42:48
32	595	Jon	Sliczny	Male Junior	17	Griffithstown Harriers	00:42:58	00:42:56
33	377	Harri	Like	Female Junior	3	Pontypool and District Runners	00:43:03	00:43:02
34	123	Ian	Davies	MV40	9	Caerleon Running Club	00:43:08	00:43:03
35	446	Adrian	Murkin	MV50	5	Pontypool	00:43:14	00:43:12
36	723	Robert	Witherall	Male Junior	18	Griffithstown Harriers	00:43:16	00:43:14
37	662	Carl	Urquhart	MV50	6	Pont-Y-Pwl & District Runners	00:43:32	00:43:30
38	563	Rebecca	Rothwell	Female Junior	4	Lliswerry Runners	00:43:36	00:43:35
39	631	Gareth	Taylor	Male Junior	19	Brackla Harriers	00:43:42	00:43:29
40	235	Sophie	Henshall	Female Junior	5	Lliswerry	00:43:46	00:43:44
41	453	Charlie	Northey	MV50	7	Brecon Atheltic Club	00:43:51	00:43:49
42	220	Paul	Harris	MV40	10	Roberttown Roadrunners	00:43:54	00:43:49
43	622	Lou	Summers	FV50	1	Pont-Y-Pwl & District Runners	00:43:56	00:43:55
44	407	Alex	Matthews	Male Junior	20		00:44:01	00:43:47
45	592	Darren	Skyrme	MV50	8		00:44:07	00:44:01
46	68	Matthew	Bunce	MV40	11	Brackla Harriers	00:44:10	00:43:55
47	3	Craig	Hopkins	MV40	12	Crossfords	00:44:21	00:43:32
48	318	Shiree	Jones	Female Junior	6	Pontypool and District Runners	00:44:27	00:44:24
49	576	Ethan	Sayce	Male Junior	21	Parc Bryn Bach Running Club	00:44:31	00:44:21
50	623	Joshua	Sumner	Male Junior	22		00:44:34	00:44:32
51	416	Andy	Millard	MV50	9	Ponty-Pwl & District Runners	00:44:39	00:44:36
52	607	Andrew	Spencer	MV50	10	Griffithstown Harriers	00:44:43	00:44:41
53	569	Dorian	Russell	MV40	13	Bridgend Ford	00:44:49	00:44:37
54	138	Andrew	Dickens	MV40	14	Pont-Y-Pwl & District Runners	00:44:52	00:44:50
55	17	Chris	Baker	MV40	15		00:44:58	00:44:50
56	360	Bill	Leslie	MV40	16	Amman Valley Harriers	00:45:00	00:44:43
57	715	Thomas	Williams	Male Junior	23		00:45:06	00:44:41
58	796	Andrew	Smith	Male Junior	24	Pont-Y-Pwl & District Runners	00:45:10	00:44:59
59	504	Steven	Phillips	MV40	17	Islwyn	00:45:19	00:45:15
60	255	Joanne	Hudson	FV40	1		00:45:23	00:45:20

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61	42	Rob	Bennett	Male Junior	25		00:45:29	00:45:24
62	50	Richard	Bowen	MV40	18	Frampton Cotterell Harriers	00:45:48	00:45:34
63	562	Gethin	Rose	MV40	19	Bongoville	00:45:53	00:45:48
64	36	Mark	Beard	MV50	11		00:45:58	00:45:56
65	20	Shane	Baker	Male Junior	26	Pontypool	00:46:05	00:45:55
66	683	Ricci	Watts	Male Junior	27	Pontypool Runners	00:46:21	00:46:19
67	333	Sarah	Kembrey	Female Junior	7	Lliswerry Runners	00:46:28	00:46:21
68	293	Charlotte	Johns	FV50	2	Brackla Harriers	00:46:29	00:45:59
69	499	Antony	Phillips	MV50	12	Ford Bridgend	00:46:35	00:46:31
70	591	Evan	Skuse	Male Junior	28		00:46:37	00:46:34
71	643	James	Thomas	Male Junior	29		00:46:37	00:46:31
72	349	Chris	Latham	Male Junior	30		00:46:38	00:45:56
73	458	Angela	Champion	FV40	2	Les Croupier	00:46:44	00:46:40
74	702	Gareth	Williams	MV40	20		00:47:00	00:46:33
75	682	Tom	Watkins	Male Junior	31	Lliswerry Runners	00:47:01	00:46:58
76	312	Luke	Jones	Male Junior	32	#teammillett	00:47:04	00:47:02
77	173	Lubica	Ford	Female Junior	8	Pontypool and District Running Club	00:47:07	00:46:59
78	84	Roseann	Charles	Male Junior	33	Griffithstown Harriers	00:47:10	00:46:56
79	159	Huw	Evans	MV40	21	Lliswerry	00:47:18	00:46:52
80	62	Gary	Brown	MV50	13		00:47:18	00:47:11
81	476	Christopher	Panes	MV50	14	Roberttown Roadrunners	00:47:18	00:47:14
82	53	Malcolm	Bradley	MV60	2	Penarth & Dinas Runners	00:47:21	00:47:17
83	473	Matthew	Paines	Male Junior	34		00:47:24	00:47:13
84	151	Wayne	Edwards	MV50	15		00:47:31	00:46:58
85	82	Simon	Cawthorn	MV50	16	Not Affiliated	00:47:41	00:47:36
86	300	Ceri	Jones	Female Junior	9		00:47:42	00:47:29
87	433	Nick	Morgan	MV40	22		00:47:43	00:47:33
88	111	Jeremy	Creasey	MV50	17	Spirit of Monmouth Running Club	00:47:48	00:47:45
89	577	Callum	Schofield	Male Junior	35	Parc Bryn Bach	00:47:48	00:47:44
90	511	Christopher	Potter	Male Junior	36		00:47:55	00:47:11

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91	171	Simon	Fish	MV40	23	Pont-Y-Pwl & District Runners	00:47:57	00:47:54
92	405	Paul	Mason	Male Junior	37	Griffithstown Harriers	00:47:58	00:47:44
93	604	Nicola	Smith	FV50	3	Pont-Y-Pwl and District Runners	00:48:00	00:47:53
94	554	Peter	Richards	MV50	18	Ford Bridgend	00:48:04	00:47:49
95	553	Martin	Richards	MV50	19	Robertown Roadrunners	00:48:06	00:48:01
96	555	Graham	Risdale	MV60	3		00:48:10	00:47:43
97	568	Wayne	Rudall	MV50	20		00:48:19	00:48:14
98	558	Richard	Roberts	Male Junior	38	Griffithstown Harriers	00:48:24	00:48:09
99	331	Darren	Kellaway	MV40	24		00:48:27	00:48:04
100	710	Neil	Williams	MV50	21	Caerleon Running Club	00:48:31	00:48:19
101	437	Stacey Anne	Morgan	FV50	4	Blaenafon Joggers	00:48:50	00:48:43
102	508	Mike	Pobjoy	MV50	22	Lliswerry Runners	00:48:53	00:48:28
103	358	Richard	Leek	MV50	23		00:48:56	00:48:16
104	525	Rhys	Pritchard	Male Junior	39	Lliswerry Runners	00:48:59	00:48:55
105	571	Joanne	Ryan	FV40	3	Rhondda Valley Runners	00:49:00	00:48:44
106	14	James	Avery	Male Junior	40	Griffithstown Harriers	00:49:03	00:48:58
107	29	Dawson	Barrett	MV40	25		00:49:06	00:48:12
108	705	Helen	Williams	FV40	4	Parc Bryn Bach	00:49:22	00:49:11
109	391	Stephen	Locke	MV40	26	Newport Harriers	00:49:24	00:49:21
110	680	Jennifer	Watkins	Female Junior	10		00:49:28	00:49:17
111	660	Darran	Tucker	MV40	27		00:49:30	00:49:25
112	728	Kristopher	Wright	Male Junior	41		00:49:33	00:49:13
113	614	Andrea	Starritt	FV50	5	Brackla Harriers	00:49:36	00:49:06
114	609	Sam	Spiteri	Male Junior	42		00:49:36	00:49:34
115	313	Martyn	Jones	MV50	24	Lliswerry Runners	00:49:37	00:49:22
116	478	Andrew	Paraskeva	MV40	28		00:49:38	00:49:26
117	491	Clare	Patterson	Female Junior	11	Pontypool & District Runners	00:49:39	00:49:25
118	80	Stephen	Carter	MV40	29	Parc Bryn Bach	00:49:40	00:49:26
119	73	Ruth	Butterfield	Female Junior	12	Parc Bryn Bach	00:49:40	00:49:27
120	368	Jon	Lewis	MV40	30		00:49:40	00:49:18

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121	611	Martin	Stark	MV50	25	Pont-Y-Pwl & District Runners	00:49:48	00:49:35
122	541	Carl	Reed	Male Junior	43		00:49:52	00:49:35
123	570	Sutton	Ruth	FV40	5	Pontypridd Roadents	00:49:53	00:49:51
124	12	Howard	Attwood	MV60	4		00:49:54	00:49:37
125	153	Rachel	Ellis	Female Junior	13		00:50:03	00:49:52
126	366	Christopher	Lewis	Male Junior	44		00:50:04	00:49:48
127	85	Paul	Chick	MV40	31	Lliswerry Runners	00:50:04	00:50:02
128	27	Chris	Barnes	MV50	26	N/a	00:50:13	00:49:56
129	585	Neil	Sidney	MV40	32	Lliswerry Runners	00:50:14	00:49:50
130	67	Kerry	Budden	Female Junior	14	Griffithstown Harriers	00:50:17	00:50:04
131	191	Matthew	Gobbett	Male Junior	45	Caerleon Running Club	00:50:20	00:50:03
132	485	David	Parry	MV40	33	Bryn Bach Park	00:50:23	00:50:15
133	4	Christian	Murphy	Male Junior	46	Crossfords	00:50:26	00:49:58
134	139	Jeremy	Dickon	MV50	27	Lliswerry Runners	00:50:29	00:49:51
135	474	Gwyn	Palfrey	MV50	28	Pbbrc	00:50:32	00:49:07
136	97	Andrew	Cockeram	MV50	29	Andrew Cockeram	00:50:35	00:50:01
137	32	Grace	Bayton	Female Junior	15		00:50:41	00:50:35
138	240	Christopher	Hill	MV50	30	Lliswerry Runners	00:50:43	00:50:36
139	522	Stephen	Price	MV50	31	Park Bryn Bach	00:50:44	00:50:34
140	342	Ryan	Kitson	Male Junior	47		00:50:48	00:50:02
141	590	Tom	Sims	Male Junior	48		00:51:00	00:49:59
142	635	Peter	Telfer	MV40	34		00:51:01	00:50:25
143	464	Jane	Ogilvie	FV50	6	Brackla Harriers	00:51:06	00:50:36
144	608	Philip	Spiteri	MV40	35		00:51:09	00:51:05
145	526	Michael	Probert	MV50	32	Pontypool & District	00:51:11	00:50:54
146	118	Phil	Daunter	MV40	36	Team CROSSFORDS	00:51:13	00:51:01
147	450	Daniel	Newton	MV40	37	Pontypool & District Runners	00:51:13	00:50:58
148	216	Paul	Hancox	MV50	33	Griffithstown Harriers	00:51:20	00:51:07
149	192	Ron	Godfrey	MV50	34	Pontypool	00:51:22	00:51:11
150	227	Shaun	Hayes	Male Junior	49		00:51:25	00:50:30

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151	24	Sarah	Barker	Female Junior	16		00:51:28	00:50:52
152	667	Paul	Vincent	Male Junior	50		00:51:29	00:50:50
153	180	Jason	Garrahan	MV40	38	Caerphilly Runners	00:51:38	00:51:01
154	630	Dom	Taylor	Male Junior	51	Caerphilly Runners	00:51:39	00:51:03
155	272	Shane	James	Male Junior	52	Torfaen Triathlon Club	00:51:45	00:51:13
156	30	Andrew	Barter	MV40	39	Team Crossford	00:51:49	00:51:37
157	267	Gareth	James	Male Junior	53		00:51:53	00:51:10
158	720	Daley	Witcombe	Male Junior	54		00:51:56	00:51:34
159	397	Jim	Maloney	MV40	40	Newt	00:51:57	00:51:23
160	709	Morian	Williams	MV40	41	Runnewport	00:51:58	00:51:51
161	507	Mark	Plumley	MV50	35		00:51:58	00:51:47
162	241	Laura	Hire	Female Junior	17	Parc Bryn Bach Rc	00:52:03	00:51:55
163	651	Michael	Titley	MV50	36	Lliswerry Runners	00:52:10	00:51:32
164	206	Andrew	Grundy	Male Junior	55	Abductees	00:52:17	00:52:13
165	39	Rhianne	Beddoe	Female Junior	18		00:52:19	00:52:18
166	308	Howard	Jones	MV60	5	Brackla Harriers	00:52:22	00:51:54
167	37	Thomas	Beard	Male Junior	56		00:52:28	00:52:23
168	33	Sarah	Bayton	FV40	6		00:52:32	00:52:25
169	527	Kim	Provis	MV50	37		00:52:32	00:52:29
170	564	Jeff	Rowe	MV60	6		00:52:36	00:52:13
171	155	Dean	Ensor	MV50	38		00:52:41	00:52:18
172	329	Harriet	Kehl	Female Junior	19		00:52:47	00:52:44
173	512	Angela	Potter-Collins	FV40	7	Lliswerry	00:52:51	00:52:40
174	335	Lyndon	Kenney	MV60	7	Griffithstown Harriers	00:52:55	00:52:16
175	528	David	Prowse	MV50	39		00:52:57	00:52:56
176	729	Tim	Wright	MV50	40	Lliswerry Runners	00:52:58	00:52:16
177	224	Chloe	Havard	Female Junior	20		00:53:02	00:52:39
178	396	Alastair	Maidment	MV40	42		00:53:17	00:52:41
179	699	Cerys	Williams	Female Junior	21		00:53:20	00:52:59
180	199	Caroline	Griffiths	FV50	7	Rvr	00:53:26	00:53:09

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181	288	Gareth	Jenkins	MV40	43	Lliswerry Runners	00:53:33	00:52:52
182	314	Randal	Jones	MV50	41	Lliswerry Runners	00:53:35	00:53:09
183	13	Brenda	Avery	FV60	1	Chepstow Harriers	00:53:38	00:53:32
184	540	Michelle	Redman	Female Junior	22	Blaenafon Joggers	00:53:40	00:53:34
185	356	Anita	Leek	FV40	8		00:53:48	00:53:10
186	707	Lloyd	Williams	MV40	44		00:53:51	00:53:27
187	594	Angharrad	Sliczny	Female Junior	23	Griffithstown Harriers	00:54:00	00:53:48
188	427	Dean	Morgan	MV40	45		00:54:02	00:53:15
189	410	Jane	McCann	FV40	9		00:54:03	00:54:03
190	645	Miles	Thomas	MV40	46	Roberttown Roadrunners	00:54:19	00:53:27
191	86	Neil	Chipper	MV50	42		00:54:23	00:54:07
192	613	Tom	Starmore	Male Junior	57		00:54:25	00:54:06
193	514	Alice	Powell	Female Junior	24		00:54:26	00:53:51
194	636	Suzie	Tew	FV40	10	Parc Bryn Bach Rc	00:54:27	00:54:16
195	186	Philip	Gilby	MV50	43		00:54:28	00:53:38
196	103	Lisa	Cook	FV40	11	Parc Bryn Bach Running Club	00:54:28	00:54:17
197	679	Tom	Warwick	Male Junior	58	Pont-Y-Pwl & District Runners	00:54:36	00:54:09
198	425	Angela	Morgan	FV40	12	Blaenafon Joggers	00:54:50	00:54:44
199	655	Julie	Toy	FV50	8	Merthyr Running Club	00:54:54	00:54:21
200	718	Ieuan	Willox	Male Junior	59		00:55:07	00:54:17
201	295	Alun	Jones	MV50	44	Pontypwl and District	00:55:12	00:54:52
202	382	Barry	Llewelyn	MV50	45	Pont Y Pwl and District Runners	00:55:14	00:54:52
203	724	Callum	Wood	Male Junior	60		00:55:14	00:54:29
204	445	Sarah	Mruk	FV40	13		00:55:20	00:54:46
205	136	Heidi	Desmond	FV40	14		00:55:23	00:55:18
206	357	Johanna	Leek	Female Junior	25		00:55:30	00:54:51
207	172	Alan	Fishwick	MV50	46	Lliswerry Runners	00:55:30	00:54:49
208	456	Iliyana	Noyvirt	Female Junior	26		00:55:35	00:55:20
209	167	Vicky	Fear	Female Junior	27	Lliswerry Runners	00:55:35	00:55:10
210	119	Caroline	Davies	Female Junior	28		00:55:36	00:55:20

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211	100	Victoria	Coles	FV40	15	Pont-Y-Pwl & District Runners	00:55:36	00:55:22
212	693	Ian	West	MV50	47		00:55:40	00:55:36
213	516	Ted	Powell	Male Junior	61		00:55:40	00:55:06
214	646	Rhiannon	Thomas	Female Junior	29	Couch to 5 K	00:55:44	00:55:33
215	248	Richard	Holborow	Male Junior	62		00:55:46	00:55:28
216	35	Keren	Beard	FV40	16	Griffithstown Harriers	00:55:50	00:55:38
217	449	Stephen	New	MV50	48	Caerphilly Runners	00:55:51	00:55:09
218	146	Arnaud	Du Bedat	MV40	47	Southville Running Club	00:56:00	00:55:55
219	2	Marie	Hurford	Female Junior	30	Crossfords	00:56:04	00:55:35
220	16	Andy	Baker	MV40	48	Cwmbran Pub Runners	00:56:06	00:55:46
221	279	Edward	Jeffries	Male Junior	63		00:56:06	00:55:04
222	242	Peter	Hire	Male Junior	64	Parc Bryn Bach Running Club	00:56:07	00:55:59
223	304	Gareth	Jones	MV70+	1	Newport Harriers	00:56:08	00:56:06
224	301	Cian	Jones	Male Junior	65	Roberttown Road Runners	00:56:09	00:55:17
225	426	David	Morgan	Male Junior	66		00:56:11	00:55:32
226	165	Jim	Fanning	MV50	49		00:56:11	00:55:34
227	285	Becky	Jenkins	Female Junior	31		00:56:12	00:56:11
228	110	Malcolm	Cox	MV60	8	Griffithstown Harriers	00:56:14	00:56:04
229	727	Emma	Wootten	Female Junior	32		00:56:16	00:55:50
230	131	Teresa	Davies	FV40	17	Parc Bryn Bach Rc	00:56:17	00:56:02
231	48	Michael	Bonnett	MV60	9	Lliswerry Runners	00:56:19	00:55:38
232	223	Rhys	Hatherall	Male Junior	67		00:56:22	00:55:34
233	290	Robert	Jenkins	Male Junior	68		00:56:22	00:55:38
234	65	Michael	Brunnock	MV50	50	Pont-Y-Pwl and District Runners	00:56:22	00:56:15
235	560	Elaine	Robinson	FV50	9		00:56:23	00:55:48
236	78	John	Carroll	MV50	51	Roberttown Road Runners	00:56:28	00:55:35
237	44	Robert	Blackmore	Male Junior	69	Blaenafon Joggers	00:56:33	00:56:27
238	581	Georgina	Seed	FV50	10	Parc Bryn Bach	00:56:35	00:56:21
239	116	Peter	Curran	MV50	52		00:56:36	00:56:15
240	71	Alexandra	Burnett	Female Junior	33		00:56:38	00:56:15

PONTYPOOL 10K HOME RUN RESULTS 2018

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241	639	Caroline	Thomas	Female Junior	34		00:56:43	00:56:41
242	626	Bobbie	Swift	FV40	18	Parc Bryn Bach Running Club	00:56:43	00:56:23
243	81	Ceri	Caswell	FV40	19	Parc Bryn Bach Running Club	00:56:44	00:56:29
244	676	Jayne	Walters	FV40	20	Pont-Y-Pwl & District Runners	00:56:50	00:56:40
245	434	Patrick	Morgan	Male Junior	70		00:56:52	00:56:38
246	713	Shelley	Williams	Female Junior	35		00:56:53	00:56:31
247	34	Anne	Beard	FV50	11	Pont Y Pwl and District Runners	00:56:56	00:56:46
248	209	Christian	Gwilliam	MV40	49		00:56:56	00:56:10
249	627	Darren	Swift	MV50	53	Parc Bryn Bach Running Club	00:56:58	00:56:40
250	369	Karen	Lewis	FV50	12	Caerphilly Runners	00:57:00	00:56:24
251	225	Graham	Hawkins	MV50	54		00:57:02	00:56:57
252	168	Elena	Fernandez	Female Junior	36		00:57:06	00:56:53
253	419	Margrett	Monk	FV60	2	Parc Bryn Bach	00:57:07	00:56:46
254	60	Naomi	Briner	FV40	21		00:57:08	00:56:56
255	501	Jackie	Phillips	FV40	22		00:57:10	00:56:38
256	461	Rachael	O'Connell	Female Junior	37		00:57:12	00:57:04
257	393	Patrycja	Long	Female Junior	38		00:57:17	00:56:44
258	305	Gareth	Jones	Male Junior	71	Griffithstown Harriers	00:57:18	00:56:33
259	384	Claire	Lloyd	FV40	23	Lliswerry Runners	00:57:21	00:56:58
260	268	Holly	James	Female Junior	39	Roberttown Road Runners	00:57:23	00:56:31
261	294	Sophie	Johnson	Female Junior	40		00:57:24	00:56:34
262	231	Claire-Marie	Heaney	Female Junior	41		00:57:25	00:56:56
263	669	Leigh-Anne	Vowles	Female Junior	42		00:57:25	00:56:57
264	142	Gareth	Donovan	Male Junior	72		00:57:30	00:56:33
265	551	Janet	Richards	FV50	13	Lliswerry Runners	00:57:31	00:56:59
266	113	Lyndsay	Crompton	Female Junior	43		00:57:31	00:56:34
267	9	Facebook	Anita	FV50	14		00:57:32	00:57:11
268	548	Peter	Reynolds	Male Junior	73	Run With Us Abergavenny	00:57:33	00:57:08
269	104	Richard	Cook	Male Junior	74	Griffithstown Harriers	00:57:35	00:56:57
270	492	Carl	Peacock	MV50	55		00:57:36	00:57:09

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
271	112	Ceri	Crewe	FV40	24	Pont-Y-Pwl & District Runners	00:57:39	00:57:21
272	106	Paul	Cope	Male Junior	75		00:57:40	00:56:46
273	239	Glyn	Hicks	MV60	10	Roberttown Road Runners	00:57:41	00:56:50
274	539	Tamasin	Reardon	FV40	25		00:57:44	00:56:50
275	109	Victoria	Coward	FV40	26		00:57:46	00:57:12
276	90	Claire	Clark	Female Junior	44		00:57:50	00:57:16
277	579	Julian	Seabourne	MV40	50	Griffithstown Harriers	00:57:59	00:57:07
278	686	Emma	Weaving	FV40	27	Pontypool & District	00:58:02	00:57:16
279	429	Gareth	Morgan	MV50	56	Ford Bridgend	00:58:05	00:57:53
280	205	Phyl	Griffiths	MV50	57	Unaffiliated	00:58:07	00:57:11
281	322	Vicki	Jones	FV40	28	Islwyn Running Club	00:58:11	00:57:12
282	133	Michele	Deal	FV50	15	Pontypool & District Runners	00:58:21	00:58:13
283	447	Louise	Muteham	Female Junior	45		00:58:23	00:57:50
284	177	Andrea	Gale	FV40	29		00:58:25	00:58:02
285	359	Charlotte	Leigh	Female Junior	46	Caerleon Running Club	00:58:28	00:58:11
286	375	William Barrie	Lewis	MV60	11	Islwyn Runners	00:58:33	00:58:17
287	296	Anna	Jones	FV40	30		00:58:34	00:58:17
288	556	Tom	Risdale	Male Junior	76		00:58:41	00:58:14
289	182	Michelle	George	FV40	31	Caerphilly Runners	00:58:43	00:58:05
290	344	Sophie	Knight	Female Junior	47	Caerphilly Runners	00:58:43	00:58:05
291	587	Peter	Simpson	Male Junior	77		00:58:53	00:58:03
292	7	Robert	Skipp	MV40	51	Crossfords	00:58:55	00:58:25
293	51	Jenny	Bradfield	FV40	32	Griffithstown Harriers	00:59:03	00:58:49
294	157	Craig	Evans	Male Junior	78		00:59:06	00:58:51
295	194	Michael	Grant	MV40	52		00:59:06	00:58:18
296	383	Karen	Llewelyn	FV50	16	Pont Y Pwl and District Runners	00:59:06	00:58:42
297	688	Jason	Webb	MV40	53		00:59:09	00:59:04
298	394	Vince	Lovell	MV50	58		00:59:13	00:58:38
299	28	Michael	Barnes	Male Junior	79	Cwmbran Pub Runners	00:59:18	00:58:43
300	315	Ross	Jones	Male Junior	80		00:59:20	00:58:46

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
301	324	Wayne	Jones	MV50	59		00:59:20	00:58:47
302	665	Valerie	Vince	FV40	33	Southville Running Club	00:59:24	00:59:18
303	265	Amanda	James	FV40	34	Robert Town Roadrunners	00:59:25	00:58:32
304	289	Kirsty	Jenkins	Female Junior	48		00:59:30	00:58:54
305	638	Alex	Thomas	Female Junior	49	Parc Bryn Bach Rc	00:59:31	00:59:15
306	143	Jane	Dorrian	FV40	35	Pont-Y-Pwl & District Runners	00:59:34	00:58:50
307	542	Caci	Reen	FV40	36	Roberttown Road Runners	00:59:35	00:58:43
308	535	Susan	Ralph	FV50	17	Brackla Harriers	00:59:35	00:59:04
309	337	Rachael	King	FV40	37		00:59:36	00:59:22
310	441	Thomas	Morgans	Male Junior	81	Ystrad Runners	00:59:37	00:58:40
311	152	Lorna	Elliott	Female Junior	50	Ponty-Y-Pwl District Runners	00:59:39	00:59:21
312	575	Alison	Saunders	FV50	18		00:59:40	00:58:34
313	196	William	Gray	Male Junior	82		00:59:40	00:59:06
314	101	Wendy	Collie	FV40	38	Robbertstown Runners	00:59:43	00:58:51
315	147	Natalie	Dunn	Female Junior	51		00:59:50	00:59:00
316	711	Pam	Williams	FV50	19	Pontypool & District Runners	00:59:52	00:59:27
317	654	Gafyn	Townsend	Male Junior	83		00:59:55	00:59:06
318	162	Annette	Exley	FV50	20	Usk Runners	01:00:02	00:59:30
319	797	Julian	Williams	MV50	60		01:00:03	00:59:46
320	88	Lee	Clancy	MV40	54		01:00:05	00:59:06
321	495	Liam	Pearce	Male Junior	84		01:00:06	00:59:07
322	465	Kenneth Wayne	Oliver	MV50	61	Islwyn Running Club	01:00:20	00:59:57
323	601	Emma	Smith	FV40	39	Griffithstown Harriers	01:00:24	01:00:11
324	323	Wayne	Jones	MV50	62		01:00:26	00:59:29
325	440	Kevin	Morgans	MV40	55	Ystrad Runners	01:00:32	00:59:34
326	502	Lucy	Phillips	Female Junior	52	Ponty-Y-Pool & District Runners	01:00:35	00:59:49
327	260	Kara	Hutchings	Female Junior	53		01:00:37	01:00:15
328	370	Michael	Lewis	MV70+	2	Parc Bryn Bach	01:00:37	01:00:17
329	207	Roger	Guy	MV50	63		01:00:39	01:00:02
330	210	Lindsey	Hadley	Female Junior	54	Pontypool District	01:00:40	00:59:47

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
331	40	Marisa	Benjamin	Female Junior	55	Pont-Y-Pwl & District Runners	01:00:42	01:00:31
332	690	Kate	Webber	Female Junior	56		01:00:42	01:00:19
333	414	Dawne	Meynell-Western	FV40	40	Rhondda Valley Runners	01:00:42	00:59:50
334	91	Sonia	Clark	FV50	21		01:00:44	01:00:27
335	61	Tricia	Broadway	FV40	41	Cwmbran Pub	01:00:46	01:00:23
336	89	Sharon	Clancy	FV50	22		01:00:51	00:59:53
337	721	Leeanne	Witcombe	FV40	42	Pont-Y-Pwl & District Runners	01:00:58	01:00:48
338	261	David	Imms	MV40	56		01:00:59	01:00:13
339	479	Justyn	Parker	MV40	57		01:01:04	01:01:00
340	203	Keston	Griffiths	MV40	58		01:01:05	01:01:01
341	459	Christopher	Oconnell	Male Junior	85		01:01:07	01:00:59
342	271	Sarah	James	Female Junior	57		01:01:08	01:00:55
343	250	Kathryn	Hopkins	Female Junior	58		01:01:17	01:00:17
344	340	James	Kinsella	Male Junior	86	Team CROSSFORDS	01:01:18	01:00:49
345	219	Louise	Harris	FV40	43	Roberttown Roadrunners	01:01:24	01:00:30
346	132	Dawn	Davis	FV40	44	Simply Gym	01:01:33	01:01:15
347	158	Debbie	Evans	FV40	45		01:01:43	01:01:17
348	619	Shaun	Styles	Male Junior	87	Griffithstown Harriers	01:01:47	01:01:34
349	550	Jacqueline	Richards	FV50	23		01:01:53	01:01:37
350	274	Tania	James Price	FV40	46	Pontypool & District Runners	01:01:53	01:01:21
351	376	Julie	Lewis-John	FV40	47	Run With Us	01:01:56	01:00:58
352	350	Susan	Lawrence	FV60	3	Pontypwl and District Running Club	01:01:58	01:01:20
353	652	Christopher	Todd Jones	MV60	12	Roberttown Road Runners	01:02:01	01:01:09
354	620	Angela	Sullivan	Female Junior	59		01:02:04	01:01:05
355	455	Roni	Margerison	FV40	48	Lliswerry Runners	01:02:08	01:01:45
356	582	Christopher	Shephard	Male Junior	88		01:02:08	01:01:06
357	624	Sharon	Sweet	FV40	49		01:02:10	01:01:30
358	457	Mirena	Noyvirt	FV40	50		01:02:11	01:01:46
359	130	Seran	Davies	Female Junior	60	Seran Davies	01:02:19	01:02:06
360	237	Sharon	Herbert	FV50	24	Pontypool and District Runners	01:02:20	01:01:26

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
361	57	Rhiannon	Brett	Female Junior	61		01:02:24	01:01:26
362	218	Joanne	Harris	Female Junior	62	Islwyn Running Club	01:02:26	01:02:11
363	332	Michael	Kelly	Male Junior	89	Islwyn Running Club	01:02:26	01:02:11
364	195	Pamela	Grantham	FV50	25	Pamela Cribb	01:02:36	01:01:57
365	586	Julian	Simms	MV40	59		01:02:37	01:01:45
366	578	Nicholas	Scotford	Male Junior	90		01:02:58	01:02:10
367	75	Gareth	Caddy	Male Junior	91		01:03:00	01:02:22
368	610	Tara	Stanley	Female Junior	63		01:03:08	01:02:57
369	443	Helen	Morris	Female Junior	64		01:03:17	01:02:28
370	338	Simon	Kingsnorth	MV40	60		01:03:22	01:02:45
371	418	Steven	Mock	Male Junior	92		01:03:22	01:02:52
372	552	Kathryn	Richards	FV40	51		01:03:26	01:02:53
373	521	Rhiannon	Price	Female Junior	65		01:03:29	01:02:29
374	549	Emma	Richards	Female Junior	66	Islwyn Rc	01:03:29	01:02:29
375	215	Nikki	Hancox	MV40	61	Griffithstown Harriers	01:03:34	01:03:21
376	121	Elizabeth	Davies	FV40	52		01:03:40	01:02:59
377	213	Janeann	Hammond	FV40	53		01:03:43	01:03:00
378	212	David	Hammond	MV50	64		01:03:43	01:03:00
379	125	Kathryn	Davies	Female Junior	67		01:03:45	01:02:55
380	519	Angharad	Price	Female Junior	68		01:03:51	01:03:04
381	77	Matt	Cann	Male Junior	93		01:03:54	01:03:26
382	176	Iestyn	Foster	MV40	62		01:03:54	01:03:34
383	708	Morgan	Williams	Male Junior	94		01:03:56	01:03:07
384	6	Neil	Rowlands	MV50	65	Crossfords	01:03:56	01:03:27
385	674	Edward	Walsh	MV70+	3	Walsh	01:04:00	01:03:43
386	150	Peggy	Edwards	FV50	26		01:04:02	01:03:29
387	605	Jen	Smithson	Female Junior	69	Torfaen Triathlon Club	01:04:04	01:02:56
388	641	Emma	Thomas	Female Junior	70	Islwyn Running Club	01:04:06	01:03:38
389	462	Rhian	O'Connell	Female Junior	71	Blaenafon Joggers	01:04:11	01:04:02
390	596	Keri	Smirh	FV40	54		01:04:12	01:03:50

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
391	41	Michelle	Bennett	FV40	55		01:04:13	01:04:08
392	278	Rhian	Jayne	FV40	56	Runwithus Abergavenny	01:04:14	01:03:48
393	8	Helen	Alderman	Female Junior	72		01:04:24	01:04:14
394	700	David	Williams	Male Junior	95		01:04:24	01:04:14
395	722	Steve	Witcombe	MV40	63		01:04:25	01:03:54
396	59	Lauren	Briggs	Female Junior	73	Pencoed Panthers	01:04:31	01:03:35
397	316	Sally	Jones	FV40	57	Blaenafon Joggers	01:04:32	01:04:24
398	92	Steven	Clark	MV50	66		01:04:45	01:04:28
399	374	Rhys	Lewis	MV40	64	Parc Bryn Bach	01:04:46	01:04:25
400	621	Dawn	Sullivan	Female Junior	74		01:04:46	01:03:56
401	264	Peter	Jackson	MV50	67	Parc Bryn Bach Running Club	01:04:46	01:04:24
402	625	Helen	Swidenbank	Female Junior	75		01:04:52	01:04:23
403	266	Claire	James	FV40	58		01:04:56	01:04:45
404	599	Catherine	Smith	Female Junior	76		01:04:57	01:04:10
405	270	Leigh	James	MV50	68		01:04:57	01:04:45
406	612	Ian	Starmore	Male Junior	96		01:04:57	01:04:38
407	584	David	Sidnell	MV40	65		01:04:58	01:03:56
408	703	Heather	Williams	FV50	27		01:04:59	01:04:33
409	435	Rachel	Morgan	Female Junior	77		01:05:00	01:04:15
410	328	Samantha	Kear	FV40	59	Roberttown Road Runners	01:05:01	01:04:08
411	678	Deborah	Warren	FV40	60		01:05:01	01:04:10
412	276	Chris	Jayne	MV40	66		01:05:01	01:04:44
413	671	Dean	Wallbank	MV40	67	Caerphilly Runners	01:05:02	01:04:12
414	15	Rachel	Avon	Female Junior	78		01:05:03	01:04:29
415	367	David	Lewis	MV60	13		01:05:07	01:04:23
416	211	Nicola	Hall	FV40	61		01:05:08	01:04:05
417	99	Rob	Coles	MV50	69		01:05:09	01:04:14
418	179	Anna	Gambarini	FV40	62		01:05:12	01:04:17
419	489	Angharad	Parry-Jones	FV40	63	Les Croupiers Rc	01:05:19	01:04:18
420	523	Vicky	Price	Female Junior	79		01:05:20	01:04:16

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
421	379	Claire	Lilley	FV40	64	Islwyn Running Club	01:05:23	01:04:25
422	262	Harry	Jackson	Male Junior	97		01:05:26	01:05:04
423	263	Hayley	Jackson	FV40	65	Hayley Jackson	01:05:26	01:05:05
424	197	Debbie	Green	FV40	66		01:05:28	01:04:43
425	83	Mark	Channer	MV50	70		01:05:28	01:04:44
426	58	Victoria	Brewer	Female Junior	80		01:05:30	01:04:43
427	661	Matthew	Tucker	Male Junior	98		01:05:30	01:04:43
428	513	Lyndsay	Poulsom	Female Junior	81	Pontypool & District	01:05:36	01:05:28
429	574	Debbie	Satchell	FV50	28	Pontypool & District Runners	01:05:36	01:05:28
430	618	Scott	Stokes	Male Junior	99	Lliswerry Runners	01:05:38	01:05:14
431	286	Cerianne	Jenkins	FV40	67	Lliswerry Runners	01:05:39	01:05:15
432	253	Gwyneth	Howells	FV60	4	Caerleon	01:05:40	01:04:52
433	297	Belinda	Jones	FV40	68		01:05:47	01:05:46
434	633	Sofia	Teixeira	Female Junior	82	Burros & Bananas	01:05:47	01:04:47
435	482	Lindsay	Parkes	Female Junior	83	Burros & Bananas	01:05:47	01:04:46
436	124	Julia	Davies	Female Junior	84	Burros and Bananas	01:05:48	01:04:48
437	372	Nathan	Lewis	Male Junior	100		01:05:49	01:04:41
438	361	Aaron	Lewis	Male Junior	101		01:05:49	01:04:41
439	105	Laura	Coombes	FV40	69	Les Croupiers Rc	01:05:49	01:04:46
440	490	Kate	Party-Jones	Female Junior	85	Lliswerry Runners	01:05:51	01:05:15
441	183	Samantha	George	Female Junior	86	Parc Bryn Bach	01:06:01	01:05:45
442	536	Ian	Ranby	MV50	71	Blaenafon Joggers	01:06:02	01:05:55
443	115	Debbie	Cumming	FV50	29	Cdf Runners	01:06:40	01:06:14
444	45	Stephen	Blake	MV40	68	Pegasus	01:06:42	01:06:31
445	181	Brianna	Gay	Female Junior	87		01:06:43	01:06:01
446	321	Stuart	Jones	MV40	69	Shelite Warriors	01:06:44	01:06:02
447	74	Rebecca	Byrne	Female Junior	88	Jonny Calander	01:06:52	01:06:04
448	663	Julie	Urquhart	FV50	30		01:06:54	01:06:02
449	408	Caroline	Matthews	FV40	70	Parc Bryn Bach Running Club	01:06:56	01:06:36
450	299	Carly	Jones	Female Junior	89		01:06:57	01:06:38

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
451	303	Ellena	Jones	Female Junior	90		01:06:58	01:06:39
452	701	Emma	Williams	FV40	71	Runnewport	01:06:59	01:06:09
453	233	Zoe	Heath	FV40	72		01:07:04	01:06:28
454	336	Michelle	Kimble	FV40	73	Runwithus Abergavenny	01:07:05	01:06:40
455	634	Ian	Telfer	MV60	14		01:07:05	01:06:29
456	466	Beth	Oram	FV40	74	Runwithus Abergavenny	01:07:10	01:06:43
457	38	Pauline	Beckett	FV50	31		01:07:12	01:06:24
458	696	Johanna	Wiles	FV50	32	Parc Bryn Bach	01:07:12	01:06:51
459	208	Ceri	Gwilliam	Female Junior	91		01:07:26	01:06:40
460	503	Melanie	Phillips	FV40	75	Parc Bryn Bach	01:07:27	01:07:07
461	230	Julie	Heal	FV40	76	Pbbrc	01:07:27	01:07:07
462	401	Roni	Margerison	MV40	70	Lliswerry Runners	01:07:28	01:06:53
463	598	Anne-Marie	Smith	FV40	77		01:07:28	01:06:33
464	695	Alison	White	Female Junior	92	Run With Us Abergavenny	01:07:34	01:07:09
465	385	Jo	Lloyd	Female Junior	93		01:07:38	01:06:34
466	214	Richard	Hampton	MV50	72	Fairwater Runners	01:07:41	01:07:06
467	190	Laura	Glass	FV40	78		01:07:56	01:07:41
468	198	Robert	Green	MV50	73		01:08:14	01:07:56
469	10	Gareth	Ashman	Male Junior	102	None	01:08:28	01:07:40
470	470	Tanya	O'Shea	Female Junior	94		01:08:36	01:08:09
471	656	Karl	Toy	MV50	74		01:08:37	01:08:13
472	19	Janice	Baker	FV50	33	Pont-Y-Pwl & District Runners	01:08:50	01:08:26
473	284	Annie	Jenkins	FV50	34		01:08:52	01:08:48
474	154	Helena	Endacott	Female Junior	95		01:08:55	01:07:55
475	431	Katy	Morgan	FV40	79		01:09:09	01:08:04
476	355	Sharon	Lear	Female Junior	96		01:09:14	01:08:38
477	93	Christopher	Clarke	Male Junior	103	Pontypool First Steps	01:09:17	01:08:45
478	497	Debbie	Perry	FV40	80	My Race My Pace	01:09:21	01:08:22
479	254	Sharron	Howells	FV40	81	Roberttown Road Runners	01:09:23	01:08:28
480	365	Christina	Lewis	Female Junior	97		01:09:25	

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
481	404	Sarah	Martin	Female Junior	98		01:09:25	
482	25	Dwynwen	Barklam	FV40	82		01:09:27	01:08:55
483	561	Esther	Rogers	Female Junior	99		01:09:28	01:08:58
484	387	Kimberley	Lloyd	Female Junior	100		01:09:28	01:08:58
485	659	Rachel	Truscott	Female Junior	101	Robertown Road Runners	01:09:39	01:08:44
486	306	Hannah	Jones	Female Junior	102	Robertown Road Runners	01:09:39	01:08:44
487	291	Sarah	Jenkins	Female Junior	103		01:09:40	01:08:38
488	287	Elaine	Jenkins	Female Junior	104		01:09:48	01:09:05
489	402	Sue	Marles	Female Junior	105		01:09:50	01:08:46
490	175	Yvonne	Forsey	FV60	5	Lliswerry Runners	01:09:50	01:09:08
491	666	Helen	Vincent	FV50	35	Blaenafon Joggers	01:09:55	01:09:44
492	107	Sadie	Cornish	Female Junior	106	Blaenafon Joggers	01:09:55	01:09:45
493	21	Jonathan	Bannon	MV40	71		01:10:08	01:09:19
494	444	Natalie	Morris	Female Junior	107		01:10:40	01:09:34
495	543	Wendy	Rees	FV50	36	Griffithstown Harriers	01:10:54	01:10:36
496	388	Ryland	Lloyd	MV40	72	Lliswerry Runners	01:10:55	01:10:14
497	691	Beth	Welford	FV40	83		01:10:58	01:09:53
498	373	Nicky	Lewis	FV40	84	Caerleon Running Club	01:11:04	01:10:19
499	178	Adam	Gallacher	Male Junior	104	Team Crossfords	01:11:11	01:10:41
500	309	Jolene	Jones	Female Junior	108	Johnny Calendar	01:11:20	01:10:32
501	398	Gareth	Malson	Male Junior	105		01:11:22	01:10:40
502	399	Jolene	Malson	Female Junior	109		01:11:23	01:10:40
503	432	Leanne	Morgan	Female Junior	110		01:11:25	01:10:58
504	43	Joanne	Biddiscombe	FV40	85	Caerleon Rc	01:11:36	01:10:30
505	70	Mark	Burchell	Male Junior	106	Griffithstown Harriers	01:11:39	01:10:51
506	258	Susan	Hughes	FV50	37	Cwmbran Pub Runners	01:11:44	01:11:23
507	670	Gwen	Walker	Female Junior	111	Cwmbran Pub Runners	01:11:44	01:11:23
508	573	Natalia	Sanchez Phipps	Female Junior	112		01:11:48	01:11:20
509	430	Jae	Morgan	FV40	86		01:12:02	01:10:56
510	23	Michelle	Barker	FV40	87	Y Fenni Tri	01:12:03	01:10:57

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
511	472	Judith	Paget	FV50	38		01:12:03	01:11:06
512	251	Rebecca	House Howe	Female Junior	113	Roberttown Road Runners	01:12:25	01:11:29
513	730	Elsbeth	Wynn	FV60	6	Roberttown Runners	01:12:25	01:11:29
514	273	Tracy	James	FV40	88	Shelite Warriors	01:12:26	01:11:44
515	319	Sian	Jones	Female Junior	114	Lliswerry Runners	01:12:38	01:11:58
516	346	Victoria	Lambert	Female Junior	115		01:12:46	01:11:49
517	64	Jennifer	Brunnock	Female Junior	116		01:12:46	01:11:49
518	72	Victoria	Burns	Female Junior	117		01:13:07	01:12:13
519	148	Hayley	Edwards	Female Junior	118	Lliswerry Runners	01:13:17	01:12:40
520	534	Alex	Purchase	Male Junior	107		01:13:21	01:12:41
521	531	Leslie	Pugh	MV70+	4	Shelite Warriors	01:13:27	01:12:24
522	243	Sarah	Hirons	Female Junior	119	Pont-Y-Pwl & District	01:13:27	01:12:24
523	517	Christine	Preece	FV60	7		01:13:32	01:12:28
524	471	Jason	Paddington	MV40	73		01:13:36	01:12:50
525	252	Elen	Howells	Female Junior	120		01:13:37	01:12:48
526	637	Aled	Thomas	Male Junior	108		01:13:38	01:12:48
527	163	Jon	Eynon	Male Junior	109		01:13:45	01:13:07
528	557	Pam	Roberts	FV50	39	Runnewport	01:14:04	01:13:14
529	234	Jennifer	Hendry	Female Junior	121		01:14:06	01:13:35
530	731	Michelle	Youldon	Female Junior	122		01:14:07	01:13:35
531	282	Victoria	Jeffer	Female Junior	123	Pont-Y-Pwl and District Runners	01:14:33	01:13:40
532	281	Susan	Jeffer	FV50	40	Pont-Y-Pwl and District	01:14:37	01:13:43
533	98	Hannah	Cocks	Female Junior	124	Hannah Cocks	01:14:52	01:14:26
534	454	Joanne	Norton	FV40	89	Caerphilly Runners	01:15:23	01:14:44
535	345	Claire	Lacey-Coles	Female Junior	125	Caerphilly Runners	01:15:26	01:14:47
536	185	Thomas	Gibson	MV40	74	Gilwern School	01:15:28	01:14:23
537	484	Anna	Parry	Female Junior	126	Pont-Y-Pwl & District Runners	01:15:29	01:14:23
538	436	Sarah	Morgan	Female Junior	127		01:15:37	01:14:52
539	692	Emily	Welsh	Female Junior	128	Islwyn Running Club	01:16:11	01:15:32
540	424	Amberley	Morgan	Female Junior	129	Pontypool and District Runners	01:16:24	01:15:38

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
541	583	Debbie	Shukman	FV40	90		01:16:24	01:15:38
542	694	Paul	Whewell	MV50	75		01:16:26	01:15:18
543	448	Rebecca Jane	Naish	FV40	91		01:16:26	01:15:19
544	413	Ruselle	Meade	FV40	92		01:16:30	01:15:32
545	685	Charlotte	Weaver	Female Junior	130	Shelite Warriors	01:16:37	01:15:55
546	170	Caroline	Ferris	Female Junior	131		01:16:41	01:15:47
547	311	Lisa	Jones	FV40	93	Shelite Warriors	01:16:44	01:16:02
548	423	Aisling	Morgan	Female Junior	132	Caerleon Rc	01:17:11	01:16:24
549	76	Angela	Canellas - Parish	FV40	94	None	01:17:31	01:16:39
550	628	Gillian	Tanner	FV50	41		01:17:45	01:16:54
551	96	Annie	Clothier	FV40	95	Abergavenny Run With Us	01:17:48	01:17:21
552	160	Lesley	Evans	FV60	8		01:18:10	01:17:19
553	515	Martin	Powell	MV40	75		01:18:18	01:17:09
554	232	Amy	Heard	Female Junior	133	Les Croupiers Rc	01:18:32	01:17:28
555	5	Beth	Richmond	Female Junior	134	Crossfords	01:18:36	01:18:05
556	149	Kirsty	Edwards	Female Junior	135	Lliswerry Runners	01:19:08	01:18:32
557	532	Rachael	Pugh	FV40	96	Shelite Warriors	01:19:08	01:18:26
558	257	Samantha	Hughes	FV40	97	Shelite Warriors	01:19:08	01:18:26
559	341	Victoria	Kirkham-Jones	Female Junior	136		01:20:14	01:19:15
560	677	Danielle	Ward	Female Junior	137		01:20:14	01:19:15
561	477	Debbie	Panes	FV50	42	Roberttown Roadrunners	01:20:23	01:19:26
562	140	Alison	Dixon	FV50	43	Roberttown Road Runners	01:20:24	01:19:27
563	390	Claire	Lloydthomas	FV40	98	Roberttown Roadrunners	01:20:24	01:19:28
564	238	Elaine	Hicks	FV60	9	Roberttown Road Runners	01:20:42	01:19:46
565	572	Joanne	Ryan	FV40	99	Roberttown Road Runners	01:20:43	01:19:46
566	362	Angela	Lewis	FV40	100	Pontypridd Roadents Ac	01:21:17	01:20:44
567	538	Cheryl	Raybould	FV40	101		01:21:17	01:20:44
568	725	Sally	Wood	FV40	102	Team Wood	01:21:46	01:21:20
569	46	Melanie	Blethyn	FV40	103		01:21:55	01:21:11
570	616	Cathryn	Stevens	Female Junior	138		01:21:59	01:21:12

PONTYPOOL 10K HOME RUN RESULTS 2018

Pos.	Bib	Name	Surname	Category	category position	Club	time	chip time
571	648	Wyndham	Thomas	MV60	15		01:22:41	01:21:28
572	689	Rebecca	Webb	FV40	104	Cwmbran Pub Runners	01:24:51	01:24:30
573	606	Amy	Sorano	Female Junior	139	Cwmbran Pub Runners	01:25:58	01:25:38
574	193	Sarah	Gore-Booth	Female Junior	140	Blaenafon Joggers	01:27:28	01:27:17
575	438	Zoe	Morgan	Female Junior	141		01:28:13	01:27:56
576	389	Helen	Lloyd Jones	FV60	10	Pegasus	01:29:09	01:28:50
577	798	Samantha	Smith	FV40	105	Cwmbran Pub Runners	01:29:19	01:28:58
578	506	Emma	Plumley	Female Junior	142		01:31:13	01:30:18
579	510	Andrea	Poolton	FV40	106		01:32:33	01:31:31
580	799	Spare	Chip				00:47:51	