

# Pontypool



## Pontypool 10k Home Run Winners and Results 2011

Time	Position	Number	Forename	surname	Sex	Age	Category	Club
35.23	1	243	Jason	Scanlon	M	39	SM	Pontypridd Roadents
36.13	2	188	Stefan	Simms	M	42	MV	Griffithstown Harriers
37.02	3	131	Stephen	Thomas	M	42	MV	Islwyn
37.21	4	270	Robin	Smoult	M	37	SM	
37.33	5	296	Sean	Taylor	M	34	SM	Griffithstown Harriers
38.03	6	236	Lian	Davies	M	20	SM	
38.24	7	244	Leighton	Rawlinson	M	27	SM	CAERLEON RUNNING CLUB
38.34	8	229	Philip	Crane	M	50	MSV	Neath Harriers
38.41	9	120	Gareth	Green	M	33	SM	San Domenico
38.52	10	271	John	Foster	M	52	MSV	LLISWERRY RUNNERS
39.06	11	394	Eddie	Hiscocks	M	34	SM	LLISWERRY RUNNERS
39.2	12	283	Steve	Davies	M	52	MSV	Griffithstown Harriers
39.51	13	230	Peter	Crane	M	49	MV	Neath Harriers
40.19	14	228	David	Crane	M	51	MSV	Neath Harriers
40.33	15	293	Mark	Harvey	M	23	SM	CHEPSTOW HARRIERS
40.56	16	200	Paul	Price	M	46	MV	
41	17	237	Rhodri	Evans	M	34	SM	Pontypridd Roadents
41.01	18	268	Glyn	Sansom	M	48	MV	San Domenico
41.31	19	278	Angela	Jones	F	44	FV	Islwyn
41.51	20	111	Nick	Rees	M	52	MSV	Les Croupiers
41.59	21	266	Alun	Evans	M	45	MV	
42.09	22	295	Robert	Witherall	M	29	SM	Griffithstown Harriers
42.12	23	256	Howard	Mason	M	46	MV	CAERLEON RUNNING CLUB
42.29	24	299	Kim	Wehden	M	48	MV	Islwyn
42.39	25	218	JIM	DOBBS	M	59	MSV	ISLWYN RUNNING CLUB
42.45	26	231	Kelly	Morgan	F	32	SF	Pontypridd Roadents
43.05	27	398	Mark	Everson	M	39	SM	
43.09	28	300	Shaun	Jones	M	26	SM	
43.12	29	153	Ronald	Morris	M	61	MSSV	San Domenico
43.16	30	164	Lou	Summers	F	43	FV	CHEPSTOW HARRIERS
43.18	31	400	Paul.	Chick	M	42	MV	NEWT
43.33	32	282	Kelsham	Hanna	M	41	MV	Mynydd Du

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43.46	33	163	Robert	Evans	M	48	MV	Ebbw Vale Running Club
43.56	34	221	Jonathan	Sliczny	M	27	SM	
44.11	35	253	Darren	Stevens	M	39	SM	
44.16	36	125	Matt	Webb	M	33	SM	
44.17	37	183	Eric	Davey	M	61	MSSV	Llanelli AC
44.25	38	139	Dave	Treherne	M	35	SM	
44.33	39	149	Paul	Bradbury	M	45	MV	
44.42	40	197	Steven	Dix	M	41	MV	none
44.44	41	289	Andrew	Preece	M	29	SM	
44.52	42	242	Laurence	Pole	M	36	SM	Pontypridd Roadents
44.57	43	401	Andrew	Thompson	M	53	MSV	Griffithstown Harriers
45.04	44	399	Steven	Isles	M	37	SM	
45.1	45	260	Julie	Davies	F	39	SF	Griffithstown Harriers
45.16	46	416	Justin	Pockwell	M	42	MV	CAERLEON RUNNING CLUB
45.21	47	288	Matt	Creed	M	34	SM	LLISWERRY RUNNERS
45.32	48	128	David	Willey	M	34	SM	
45.44	49	410	Mark	Evans	M	29	SM	
45.45	50	233	Michael	Williams	M	48	MV	Ebbw Vale Running Club
46.04	51	232	Ray	Greenhouse	M	45	MV	Ebbw Vale Running Club
46.08	52	190	Maria	Richards	F	37	SF	Islwyn RC
46.24	53	126	Ross	Nowell	M	26	SM	
46.28	54	226	Terry	Lewis	M	50	MSV	
46.35	55	269	Alyson	Hayes	F	40	FV	
46.47	56	294	Peter	Rodger	M	54	MSV	Griffithstown Harriers
47	57	418	Peter	Short	M	58	MSV	
47.01	58	217	MATHEW	WALL	M	39	SM	NEWT
47.05	59	290	Andrew	How	M	33	SM	
47.24	60	397	Mark	Beard	M	46	MV	
47.33	61	251	Rhian	Jinny-Jones	F	23	SF	Griffithstown Harriers
47.35	62	174	LAURA	POWELL	F	23	SF	
47.37	63	261	Mike	POWELL	M	52	MSV	
47.38	64	284	Bobby	Ford	M	58	MSV	
47.39	65	386	Malcolm	Bradley	M	60	MSSV	PENARTH & DINAS RUNNERS
47.51	66	225	Craig	Howells	M	27	SM	
47.54	67	157	Peter	Welbirg	M	47	MV	Griffithstown Harriers
48	68	404	Sean	Davey	M	47	MV	
48.35	70	396	John	Sibey	M	27	SM	
48.41	71	267	Richard	Shaw	M	45	MV	
48.46	69	210	Lance	O'Connor	M	47	MV	Ebbw Vale Running Club
48.52	72	189	Wayne	Cooper	M	41	MV	newt
48.57	73	292	Neill	Parker	M	42	MV	Islwyn
49.02	74	105	Lee	Hillard	M	35	SM	
49.05	75	246	Rita	Kingdon	F	26	SF	East London

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49.15	76	113	Ian	Williams	M	50	MSV	Ebbw Vale Running Club
49.17	77	412	Janet	RICHARDS	F	46	FSV	Griffithstown Harriers
49.26	78	175	MICHAEL	PRITCHARD	M	54	MSV	
49.31	79	138	Malcolm	Cox	M	61	MSSV	Griffithstown harriers
49.39	80	384	Andrew	Taylor	M	54	MSV	CAERLEON RUNNING CLUB
49.43	81	239	Lewis	Conlon	M	22	SM	
49.5	82	147	Stephen	New	M	45	MV	
49.52	83	170	GARETH	HART	M	40	MV	CAERLEON RUNNING CLUB
49.59	84	227	Carl	Seaman	M	41	MV	Rhondda Valley Runners
50.03	85	160	J	Smith	M		SM	
50.05	86	145	Andrew	Dickens	M	40	MV	
50.07	87	154	Tim	Clarke	M	49	MV	
50.19	88	135	Neale	Wood	M	52	MSV	LLISWERRY RUNNERS
50.43	89	262	Nick	Pounder	M	36	SM	Pontypridd Roadents
50.59	90	264	Robert	Phillips	M	48	MV	Pontypridd Roadents
51.18	91	179	Rebecca	Dunn	F	41	FV	Quantock harriers
51.32	92	390	Jeanette	Jenkins	F	50	FSSV	Fairwater
51.46	93	395	Ian	Price	M	41	MV	CAERLEON RUNNING CLUB
51.49	94	158	Genevieve	Thueux	F	40	MV	
52.03	95	385	Gavin	Williams	M	28	SM	
52.14	96	130	John	Ebdon	M	56	MSV	
52.29	97	196	andy	ROBERTSON	M	31	SM	
52.29	97	286	Cornelius	Corcoran	M	42	MV	
52.33	99	186	Stella	Symons	F	46	FSV	Fairwater
52.42	100	247	Dadi	Baydoun	M	38	SM	
52.48	101	112	Ralph	Roberts	M	35	SM	Griffithstown Harriers
52.54	102	224	Tracey	Edwards	F	44	FV	
52.58	103	185	Jackie	Jones	F	40	FV	Islwyn
52.59	104	115	Glyn	Hicks	M		MSSV	Islwyn
53	105	216	OLOF	OSTLUND	M	32	SM	
53.07	106	214	PHILIP	WELCH	M	29	SM	
53.16	107	165	David	Cross	M	55	MSV	Ebbw Vale Running Club
53.19	108	132	David	Brunnock	M	28	SM	
53.2	109	124	Julie	Twist	F	39	SF	
53.24	110	415	Jason	Dixon	M	40	MV	
53.3	111	238	Gareth	Newnes	M	31	SM	
53.37	112	281	Keith	Langley	M	56	MSV	
54.03	115	169	MIKE	DAVIES	M	52	MSV	
54.06	116	167	Gareth	JONES	M	37	SM	
54.25	117	254	Ann	North	F	30	FV	Little Mill Losers
54.25	117	276	Sarah	Moses	F	27	SF	
54.29	119	241	Rachel	Merriman	F	40	FV	
54.3	120	272	Steve	Matthews	M	48	MV	

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Time	Position	Number	Forename	surname	Sex	Age	Category	Club
54.41	121	129	Liz	Willey	F	33	SF	n/a
54.48	113	181	Neil	Coe	M	37	SM	Little Mill Losers
54.53	114	222	Alun	Wood	M	29	SM	
55.04	122	102	Not Known					
55.1	123	117	NICOLA	VANNET	F	30	SF	
55.1	123	414	Colin	Dixton	M	60	MSSV	
55.17	125	199	Stephen	Cocke	M	40	MV	
55.24	126	280	Carl	Brain	M	66	MSSV	
55.31	127	148	AMANDA	BARRINGTON	F	45	FSV	PENARTH & DINAS RUNNERS
55.32	128	223	David	James	M	43	MV	
55.41	129	142	Gerwen	Morgan	M	37	SM	
55.45	130	389	Rebecca	Jenkins	F	29	SF	Fairwater
55.49	131	141	Karl	Smith	M	31	SM	
55.49	131	143	Dawson	Barratt	M	37	SM	
55.5	132	150	Nicola	Bradbury	F	45	FSV	
55.59	133	287	Justin	Jones	M	39	SM	Pontypridd Roadents
56.01	134	194	james	evans	M	27	SM	
56.06	135	391	Martyn	Jenkins	M	51	MSV	
56.08	136	118	NATALIE	RICHARDS	F	30	SF	
56.13	137	257	Mike	Davies	M	51	MSV	CAERLEON RUNNING CLUB
56.14	138	383	Daniel	Payton	M	34	SM	
56.22	139	123	Rhian	Davies	F	37	SF	
56.29	140	192	jeremiah	carl	M	42	MV	
56.57	141	249	Josie	Ross	F	54	FSSV	
57.01	142	198	Peter	Jones	M	35	SM	
57.18	143	182	Owen	Davies	M	40	MV	
57.44	144	172	DAVE	KEMPTON	M	53	MSV	
57.45	145	392	Alan	Hunt	M	47	MV	FBT
57.59	146	255	Peter	Lyons	M	41	MV	
58.1	147	184	Gareth	Holyfield	M	47	MV	
58.29	148	258	Sean	Edwards	M	40	MV	
58.34	149	171	SIAN	JONES	F	30	SF	CAERLEON RUNNING CLUB
58.54	150	168	DAMIAN	MORAN	M	49	MV	
59.04	151	285	Alex	Leadley	F	33	SF	
59.14	152	122	Bryan	Menzies	M	37	SM	
59.19	153	265	Daniel	Saxton	M	33	SM	Pontypridd Roadents
59.22	154	291	Jessica	Bowman	F	24	SF	
59.25	155	417	Robbie	Hyde	M	35	SM	NEWTS
59.47	156	235	Catherine	Llewellyn	F	47	FSV	
59.51	157	152	Alison	Strong	F	38	SF	
60.24	158	252	Sandra	Stevens	F	63	FSSV	
60.32	159	234	T	Grandon	M	61	MSSV	
60.42	160	273	Andy	Rowlands	M	50	MSV	

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Time	Position	Number	Forename	surname	Sex	Age	Category	Club
60.56	161	259	Michael	Bond	M	44	MV	
60.57	162	104	bernadette	davies	F	40	FV	caerleon running club
61.13	163	151	Sara-Jane	Bevan	F	35	SF	
61.19	164	393	Nigel	Jones	M	56	MSV	
61.2	165	166	Terry	Vaughan	M	38	SM	
61.24	166	140	Kate	Joseph	F	30	SF	
61.37	167	403	Paolo	Raimondo	M	32	SM	
61.41	168	263	Helen	Welch	F	39	FV	
61.46	169	159	Jonathan	Bailey	M	61	MSSV	
61.52	170	101	Cecilia	Bawler	F	37	SF	
62.03	171	119	Laura	Glass	F	37	SF	
62.05	172	274	Diane	Rowlands	F	48	FSV	
62.07	173	156	Andrew	Smith	M	58	MSV	Griffithstown Harriers
62.09	174	245	Graham	Singer	M	56	MSV	
62.14	175	187	Vicky	Fear	F	29	SF	LLISWERRY RUNNERS
62.19	176	240	Keith	Lowther	M	53	MSV	San Domenico
62.23	177	408	Sarah	Graham	F	31	SF	Griffithstown Harriers
62.25	178	387	Julie	Burchell	F	40	FV	Griffithstown Harriers
62.34	179	405	Claire	Sutton	F	44	FV	Griffithstown Harriers
62.46	180	193	terrance	warfield	M	28	SM	
63.17	181	275	Anita	Roberts	F	32	SF	
63.25	182	173	DEB	WOOD	F	38	SF	LLISWERRY RUNNERS
63.48	183	406	Wendy	Rees	F	49	FSV	Griffithstown Harriers
63.55	184	407	Kelly	Fry	F	29	SF	Griffithstown Harriers
64.11	185	277	Paul	Cole	M	42	MV	
64.58	186	162	Nadine	Donovan	F	38	SF	
65.16	187	250	Lea	Mitchell	F	52	FSSV	
65.24	188	248	Judith	Baydown	F	55	FSSV	
65.5	189	134	Emma	Nowell	F	30	SF	
66.24	190	279	Simon	Hudd	M	43	MV	
66.36	191	213	Ann-Marie	Curtis	F	43	FV	
66.38	192	212	Hayley	Baker	F	28	SF	
66.39	193	176	Elizabeth	McCarthy	F	43	FV	
66.51	194	177	Peter	McCarthy	M	44	MV	
67.53	195	180	Cecilia	Lindberg	F	43	FV	n/a
70.04	196	133	NATALIE	Archer	F	28	SF	
71.51	197	108	Mary	Middleton	F	41	FV	
74.23	198	136	Heidi	Erhardt	F	51	FSSV	
78.25	199	146	William	Lewis	M	56	MSV	
78.25	200	219	ANGHARAD	DANDO	F	39	SF	
78.56	201	220	COLLEEN	NURTON	F	40	FV	
80.54	202	388	Colin	Lloyd	M	79	SSVM	Griffithstown Harriers
80.55	203	110	Stephen	O'Hara	F	42	FV	

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Time	Position	Number	Forename	surname	Sex	Age	Category	Club
86.15	204	109	Stephen	O'Hara	M	31	SM	
86.52	205	409	Jessica	Price	F	15	Sf	
86.52	205	413	Amy	Jones	F	15	SF	
87	207	298	Angela	Parfitt	F	43	FV	
87	208	297	Claire	Williams	F	36	SF	Islwyn
DNS		103	Rebecca	Cosgrove	F	32	SF	Griffithstown Harriers
DNS		106	Jonathan	Howell	M	29	SM	
DNS		114	Elaine	WILLIAMS	F		FSV	Islwyn
DNS		116	OWEN	HATHWAY	M	27	SM	
DNS		121	Heather	Gunn	F	43	FV	
DNS		127	Helen	Nowell	F	26	SF	
DNS		137	Heidi	Erhardt	F	51	FSSV	
DNS		144	Daniela	Woodbridge	F	40	FV	Griffithstown Harriers
DNS		161	Paul	Donovan	M	43	MV	
DNS		178	Mickey	Havard	M	45	MV	San Domenico
DNS		191	Isobel	Donovan	F	15	SF	
DNS		195	Simon	Fairclough	M	27	SM	
DNS		211	Jen	Davies	F	26	SF	
DNS		215	ADAM	WILLIAMS	M	34	SM	