

THE BLADE RUNNER 2017					
POS	NAME	CLUB	CAT	TIME	
1	DANIEL BODMAN	ABERDARE	SM	38.41	1 <sup>st</sup> senior man
2	SAM JONES	PARC BRYN BACH	SM	41.35	2 <sup>nd</sup> senior man
3	LUKE WILLIAMS	SAN DOM	SM	42.14	3 <sup>rd</sup> senior man
4	ANDY LEE	PONTYPOOL	VM	43.23	1 <sup>st</sup> male vet
5	BEN JOSEFIK	U/A	SM	42.58	
6	ESTYN RHODES	PONTYPOOL	SM	43.31	
7	LAUREN COOPER	PARC BRYN BACH	SF	44.05	1 <sup>st</sup> senior female
8	KEITH JAMES	PONTYPRIDD	VM	44.45	2 <sup>nd</sup> male vet
9	PAUL HAYWARD	ISLWYN	SM	44.59	
10	PHILLIP WILLIAMS	PONTYPRIDD	VM	45.13	3 <sup>rd</sup> male vet
11	JASON BROWN	U/A	VM	45.34	
12	ADRIAN WOODS	PONTYPOOL	MSV	45.39	1 <sup>st</sup> male supervet
13	STEVE DAVIES	PONTYPOOL	MSV	45.46	2 <sup>nd</sup> male supervet
14	MATTHEW PEARCE	U/A	SM	47.29	
15	STEVE LANE	ISLWYN	VM	47.34	
16	LUKE HURLEY	ISLWYN	VM	47.41	
17	MATTHEW ELLIS	PARC BRYN BACH	SM	47.58	
18	STEVE BRYANT	ISLWYN	MSV	48.16	3 <sup>rd</sup> male supervet
19	RICHARD SHEEHY	PARC BRYN BACH	SM	48.31	
20	SAMMY TOOP	PONTYPOOL	SF	48.45	2 <sup>nd</sup> senior female
21	MARTIN JONES	ISLWYN	VM	49.09	
22	STEVE DURY	ISLWYN	VM	49.22	
23	JONATHAN HANCOCK	USK	MSV	49.27	1 <sup>st</sup> 60+
24	DAVID WATERS	ISLWYN	VM	49.56	
25	RYAN MINARA	ABERDARE	SM	50.07	
26	MICHAEL BUNSTON	ISLWYN	VM	50.13	
27	BOB WATSON	LLISWERRY	VM	50.18	
28	NEIL PROFIT	ISLWYN	SM	50.32	
29	IAN WILLIAMS	ISLWYN	SM	50.39	
30	RACHEL LEWIS	PARC BRYN BACH	VF	50.39	1 <sup>st</sup> female vet
31	HARRI LIKE	PONTYPOOL	SF	51.37	3 <sup>rd</sup> senior female
32	N.LANDEG	U/A	SM	51.47	
33	CARL WALSH	RHONDDA VALLEY	VM	52.11	
34	PAUL HARVEY	PONTYPOOL	SM	52.21	
35	TARA HURLEY	U/A	VF	52.28	2 <sup>nd</sup> female vet
36	JAMIE BISHOP	PONTYPRIDD	SM	52.31	
37	JUDITH OAKLEY	VEGAN RUNNERS	FSV	52.34	1 <sup>st</sup> female supervet
38	A.FRANCIS	U/A	MSV	52.54	
39	RYAN LAMBETH	ISLWYN	SM	52.57	
40	LAURA EVANS	PEGASUS	SF	53.04	
41	KEVIN HALE	BLAENAU GWENT	VM	53.09	
42	ADAM JOHNSON	U/A	SM	53.33	
43	CRAIG LEHAJ	U/A	SM	53.41	
44	KERRY PRICE	ISLWYN	MSV	53.45	
45	CAROLINE BASSETT	U/A	VF	53.47	3 <sup>rd</sup> female vet
46	LEWIS DANES-PERCY	ISLWYN	SM	54.14	

47	NEIL FITZGERALD	PONTYPRIDD	VM	54.22	
48	NATHAN R	ISLWYN	VM	54.41	
49	LEE RICHARDS	ISLWYN	VM	54.41	
50	CHRIS THOMAS	EBBW VALE	MSV	54.47	
51	ANDREW LAWRENCE	ISLWYN	SM	54.51	
52	MARK ROBERTS	U/A	MSV	55.23	
53	STEVE PHILLIPS	ISLWYN	VM	55.37	
54	ANREW SMITH	PONTYPOOL	SM	55.57	
55	STEWART HARDING	U/A	SM	56.02	
56	CHRIS CAREY	PONTYPOOL	VM	56.03	
57	JENNY YATE	MYNYDD DU	SF	56.14	
58	NORMAN JONES	M.D.C.	MSV	56.21	
59	MIKE POBJOY	LLISWERRY	VM	56.23	
60	SHANE BAKER	PONTYPOOL	SM	57.18	
61	DENNIS COLLINS	RHONDDA VALLEY	MSV	57.35	
62	NATHAN WILLIAMS	ABERDARE	SM	57.45	
63	RAY DAVIES	U/A	MSV	57.52	
64	PAUL G.JONES	PONTYPOOL	VM	58.05	
65	SHARON WOODS	PONTYPOOL	FSV	58.08	2 <sup>nd</sup> female supervet
66	MICHELLE HOEY	PENARTH	VF	58.48	
67	STEVE WILL	PENARTH	MSV	59.21	
68	TONY CARRAFA	ISLWYN	VM	60.49	
69	NEIL PARKER	ISLWYN	VM	60.51	
70	MATT SMITH	U/A	SM	60.54	
71	ALAN LEEN	ISLWYN	SM	60.58	
72	SIAN ADEY	ISLWYN	VF	61.13	
73	MICHAEL KELLY	ISLWYN	VM	61.14	
74	CAREN PARKER	ISLWYN	FSV	61.26	3 <sup>rd</sup> female supervet
75	BRENDA AVERY	CHEPSTOW	FSV	61.51	1 <sup>st</sup> female 60+
76	RHIANYDD EVANS	U/A	VF	62.18	
77	LISA DAVIES	ISLWYN	FSV	63.32	
78	SARAH POINTON	ISLWYN	VF	64.43	
79	COLIN DIXON	ISLWYN	MSV	64.51	
80	ADRIAN BROOKS	U/A	MSV	66.37	
81	MIKE BRUNNOCK	PONTYPOOL	MSV	66.58	
82	PAUL JONES	ABERDARE	SM	67.42	
83	LIZ MORGAN	SAN DOM	VF	69.26	
84	HELEN DAVIES	ISLWYN	FSV	70.51	
85	LISA CADWALLADER	EBBW VALE	VF	71.13	
86	DANIEL MORGAN	EBBW VALE	MSV	71.14	
87	CHERYL FRANCIS	ISLWYN	VF	71.42	
88	JULI WILLIAMS	ISLWYN	FSV	75.49	
89	SUSAN JEFFS	PONTYPOOL	FSV	75.49	
90	MARISA BENJAMIN	PONTYPOOL	SF	75.51	
91	JULIA HERBERT	PONTYPRIDD	VF	77.17	
92	GRAHAM BINGHAM	PONTYPRIDD	MSV	77.18	
93	NICOLA LEWIS	PARC BRYN BACH	VF	79.23	
94	RHYS LEWIS	PARC BRYN BACH	VM	79.24	
95	WILLIAM LEWIS	ISLWYN	MSV	83.32	