

Porthkerry 5

Finisher List Porthkerry 5

TotalRank	Bib	Name	YoB	Sex	AG	Club	Time
Porthkerry 5							
1.	64	Ciaran Lewis	1997	m	Senior Men	Cardiff AAC	0:28:47.0
2.	74	Oliver Williams	1986	m	Senior Men	Les Croupiers	0:29:54.0
3.	142	Henry Wright	1978	m	Senior Men	White Rock Runners	0:30:05.6
4.	70	Matthew Hurford	1972	m	Masters M40	Les Croupiers	0:30:29.7
5.	105	Scott Browne	1976	m	Senior Men	Barry and Vale Harriers	0:30:43.6
6.	201	Alex Donald	1980	m	Senior Men		0:31:39.9
7.	200	Paul Speyer	1974	m	Masters M40	Brackla Harriers	0:31:44.5
8.	47	Rob Sheen	1961	m	Masters M50	Leicester Coritanian AC	0:31:53.2
9.	50	Ake Fagereng	1982	m	Senior Men	Les Croupiers	0:32:20.0
10.	134	Sam Ryall	1974	m	Masters M40	Pontypridd Roadents AC	0:32:46.2
11.	103	Andy Wilton	1977	m	Senior Men	San Domenico RC	0:32:58.0
12.	160	Jake Brooke-Smith	2000	m	Senior Men	Aberdare AC	0:33:27.0
13.	190	Martin Williams	1964	m	Masters M50	Les Croupiers	0:33:31.1
14.	155	Morris Attard	1975	m	Senior Men	Outdoor Fitness	0:33:42.7
15.	88	Clara Evans	1993	w	Senior Ladies	Pontypridd Roadents AC	0:33:46.4
16.	77	Laurence Pole	1974	m	Masters M40	Pontypridd Roadents AC	0:33:59.9
17.	114	Darren Hutchings	1976	m	Senior Men	Merthyr Running Club	0:34:17.8
18.	86	Ian Ogilvie	1966	m	Masters M40	Brackla Harriers	0:34:23.4
19.	24	Richard Self	1965	m	Masters M40	Les Croupiers	0:34:27.1
20.	37	Matt Hopkins	1981	m	Senior Men	Les Croupiers	0:34:29.2
21.	38	Sharon Leech	1970	w	Masters W45	Carmarthen Harriers	0:34:35.8
22.	9	Glyn Sansom	1962	m	Masters M50	San Domenico RC	0:34:36.0
23.	187	Geraint Williams	1972	m	Masters M40	Aberdare vaac	0:34:40.4
24.	125	Brian Dias	1984	m	Senior Men	les croupiers	0:34:46.6
25.	52	Chris Handley	1972	m	Masters M40	Merthyr Running Club	0:34:53.5
26.	55	Michael Murphy	1953	m	Masters M60	Les Croupiers	0:35:06.0
27.	7	Howard Owen	1980	m	Senior Men	Les Croupiers	0:35:24.7
28.	129	Sam Curwen	1998	m	Senior Men	Cardiff	0:35:25.1
29.	27	Gareth Hardman	1964	m	Masters M50	Bridgend Athletic Club	0:35:34.5
30.	162	Matt Downton	1974	m	Masters M40		0:35:41.1
31.	3	Marcus Meyrick	1970	m	Masters M40	Les Croupiers	0:36:00.3
32.	84	Mark Richmond	1972	m	Masters M40	San Domenico RC	0:36:07.4
33.	192	Callum Stone	2000	m	Senior Men	Cardiff AAC	0:36:10.0
34.	132	David Goodall	1953	m	Masters M60	White Rock Runners	0:36:24.0
35.	5	Jeffrey Cox	1962	m	Masters M50	Les Croupiers	0:36:38.6
36.	89	Paul Graham	1992	m	Senior Men	Pontypridd Roadents AC	0:36:43.5
37.	143	Hywel Morgan	1988	m	Senior Men	Pontypridd Roadents AC	0:36:54.3
38.	20	Liz Davies	1982	w	Senior Ladies	cardiff	0:37:02.2
39.	45	Jamie Clode	1982	m	Senior Men	Bridgend AC	0:37:04.6
40.	186	Mark Wheeler	1977	m	Senior Men		0:37:06.5
41.	179	Mike Davies	1959	m	Masters M50	Caerleon Running Club	0:37:17.7
42.	62	Jon Foster	1974	m	Masters M40		0:37:23.0
43.	145	Terry O'brien	1957	m	Masters M50		0:37:29.4
44.	46	Clive Osmond	1960	m	Masters M50	Les Croupiers	0:37:47.6
45.	158	Steven Julier	1970	m	Masters M40	Aberdare AC	0:37:47.8
46.	35	Steve Hurn	1965	m	Masters M50	Stroud AC	0:37:48.0
47.	151	Alicia-Jayne Thorbjorn	1990	w	Senior Ladies	Cardiff JIF	0:37:56.5
48.	166	Dan Lloyd	1975	m	Masters M40	Nike+ Run Club Cardiff	0:38:07.2
49.	163	Jamie Lewis	1982	m	Senior Men	Cardiff Archers	0:38:08.8
50.	137	Charlotte Johns	1966	w	Masters W45	Brackla Harriers	0:38:16.7

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51.	80	John Seaward	1985	m	Senior Men	San Domenico RC	0:38:24.2
52.	165	Tony Mackay	1964	m	Masters M50	Pegasus RC	0:38:44.6
53.	110	John Parsons	1975	m	Senior Men		0:38:47.5
54.	16	Julie Scholey	1959	w	Masters W55	les croupiers	0:38:47.7
55.	181	Gareth Jenkins	1984	m	Senior Men	Cwm Ogwr	0:38:49.2
56.	154	Stuart Keeping	1962	m	Masters M50		0:38:59.0
57.	63	Paul Chapman	1969	m	Masters M40	Les Croupiers	0:39:01.3
58.	71	Richard Beech	1960	m	Masters M50	brackla harriers	0:39:08.6
59.	123	Dafydd Lewis	1974	m	Masters M40		0:39:09.2
60.	21	John Ross	1967	m	Masters M40	San Domenico RC	0:39:14.3
61.	126	Barry Phillips	1980	m	Senior Men		0:39:26.6
62.	169	Kellinu Portelli	1965	m	Masters M40	Les Croupiers	0:39:39.3
63.	176	Judith Oakley	1964	w	Masters W45	Vegan Runners UK	0:39:51.5
64.	97	Aine Kenny	1981	w	Senior Ladies	Les Croupiers	0:39:57.1
65.	173	Tim O'sullivan	1958	m	Masters M50	Les Croupiers	0:40:14.0
66.	8	Michael Elliston	1971	m	Masters M40	Les Croupiers	0:40:29.8
67.	101	Dominic Lee	1971	m	Masters M40	Rhose Lifeguards	0:40:41.7
68.	108	Alison Scrivens	1968	w	Masters W45	Caerleon	0:40:50.8
69.	92	Jamie Downton	1972	m	Masters M40		0:40:56.3
70.	34	Greg Clements	1971	m	Masters M40	Stroud AC	0:41:15.0
71.	196	Bob Ford	1953	m	Masters M60	Pontypridd Roadents AC	0:41:23.0
72.	189	Firouz Mal	1957	m	Masters M50	Les Croupiers	0:41:23.4
73.	115	Nicola Haines Jones	1965	w	Masters W45	Lliswerry	0:41:28.4
74.	135	Alexandra Wade	1991	w	Senior Ladies	Nike+ Run Club Cardiff	0:41:30.8
75.	131	Matthew Lane	1981	m	Senior Men		0:41:32.0
76.	75	Ian Wile	1962	m	Masters M50	Brackla Harriers	0:41:33.0
77.	193	Mark Christopher Evans	1963	m	Masters M50	Brackla Harriers	0:41:54.3
78.	121	Stewart Harding	1985	m	Senior Men	Nike+ Run Club Cardiff	0:41:55.2
79.	2	Ian Thorne	1967	m	Masters M40		0:41:58.8
80.	188	Gwyn Jones	1964	m	Masters M50	Les Croupiers	0:42:09.4
81.	58	David Phillips	1971	m	Masters M40	None	0:42:10.2
82.	184	John Martin	1957	m	Masters M50		0:42:12.0
83.	199	Cathy Wallwork	1963	w	Masters W45		0:42:19.3
84.	33	Dave Hebbes	1949	m	Masters M60		0:42:22.5
85.	72	Liz Beech	1960	w	Masters W55	brackla harriers	0:42:24.6
86.	180	Mike James	1962	m	Masters M50		0:42:26.0
87.	76	Sai Gopal	1968	m	Masters M40	Les Croupiers	0:42:30.3
88.	194	Libby Lavis	1957	w	Masters W55	Brackla Harriers	0:42:33.6
89.	182	Andrew Bishop	1961	m	Masters M50		0:42:34.7
90.	87	Jane Ogilvie	1964	w	Masters W45	Brackla Harriers	0:42:36.4
91.	150	Stephen Wood	1977	m	Senior Men	Pegasus RC	0:42:41.9
92.	117	Rachael Newport	1990	w	Senior Ladies	Cardiff AAC	0:42:47.6
93.	146	David Mcdonald	1968	m	Masters M40	Les Croupiers	0:42:50.2
94.	17	Rebecca Emmerson	1981	w	Senior Ladies		0:42:51.7
95.	164	Nicola Howls	1980	w	Senior Ladies	Islwyn RC	0:42:55.2
96.	102	John Payne	1965	m	Masters M40	les croupiers	0:42:58.7
97.	159	Sara Brooke-Smith	1971	w	Masters W35	Pontypridd Roadents AC	0:42:59.5
98.	198	Georgina Dando	1978	w	Masters W35	Bridgend AC	0:43:04.8
99.	133	Vanessa Turnbull	1966	w	Masters W45		0:43:16.6
100.	19	Mathew Lloyd-Jones	1975	m	Masters M40	none	0:43:20.1
101.	128	Peter Havard	1948	m	Masters M60		0:43:24.3
102.	156	Elaine Wharmby	1963	w	Masters W45	Pegasus RC	0:43:29.5

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103.	66	Amanda Thomas	1970	w	Masters W45		0:43:51.3
104.	148	Adam Farr	1981	m	Senior Men		0:43:56.9
105.	48	Mary Beech	1963	w	Masters W45	Brackla Harriers	0:43:58.2
106.	111	Dave Shields	1968	m	Masters M40	white rock runners	0:44:05.2
107.	11	Cheryl Morgan	1970	w	Masters W35		0:44:06.1
108.	30	Edward John	1976	m	Senior Men		0:44:10.1
109.	175	Chris Pratt	1970	m	Masters M40	Cwm Ogwr Running Club	0:44:34.3
110.	202	Christopher Caldwell	1966	m	Masters M40		0:44:34.6
111.	118	Nicola Sinclair	1977	w	Masters W35	Lliswerry Runners	0:44:37.9
112.	61	Graeme Donnan	1953	m	Masters M60	Les Croupiers	0:44:43.6
113.	185	Jamie Phillips	1984	m	Senior Men		0:44:54.3
114.	136	Paul Reilly	1981	m	Senior Men		0:44:57.0
115.	10	Angela Lewis	1977	w	Masters W35	Pontypridd Roadents AC	0:45:07.6
116.	197	Craig Ryan	1963	m	Masters M50		0:45:13.1
117.	4	Simon Parker	1967	m	Masters M40	Rhoose Lifeguards	0:45:15.8
118.	191	Ian Stratton	1967	m	Masters M40	Brackla Harriers	0:45:16.2
119.	26	Julie Broughton	1966	w	Masters W45	Les Croupiers	0:45:18.6
120.	90	Simon Bowen	1980	m	Senior Men		0:45:24.5
121.	81	Ian Skilling	1963	m	Masters M50		0:45:26.9
122.	40	Luke Heslop	1976	m	Senior Men	Les Croupiers	0:45:29.9
123.	1	Simon Davies	1979	m	Senior Men	White Rock Runners	0:45:30.0
124.	43	Roxanne Welham	1985	w	Senior Ladies		0:45:50.0
125.	73	Philip Smith	1955	m	Masters M60	brackla harriers	0:45:56.4
126.	65	Fiona Drysdale	1970	w	Masters W45		0:45:58.1
127.	28	Bernadette Wilkinson	1964	w	Masters W45	San Domenico RC	0:46:04.4
128.	168	Eirian Arwyn	1953	w	Masters W55	Les Croupiers	0:46:15.9
129.	95	Shelagh Adkins	1947	w	Masters W55	Caerleon RC	0:46:29.2
130.	99	Karen Chadwell	1969	w	Masters W45	Les Croupiers	0:46:41.1
131.	79	Howard Jones	1956	m	Masters M50	Brackla Harriers	0:46:50.4
132.	177	Michael Oakley	1972	m	Masters M40	Vegan Runners UK	0:46:51.6
133.	167	Delyth Murray Lines	1976	w	Masters W35		0:47:03.7
134.	56	Gillian Murphy	1953	w	Masters W55	Les Croupiers	0:47:17.2
135.	153	Dean Bishop	1975	m	Senior Men	Nike+ Run Club Cardiff	0:47:20.3
136.	44	Sarah Pope	1963	w	Masters W45	Women Running Penarth	0:47:36.9
137.	22	Bea Lovegrove	1977	w	Masters W35	Pontypridd Roadents AC	0:47:48.7
138.	183	Nicole Brunt	1993	w	Senior Ladies	Nike+ Run Club Cardiff	0:47:49.3
139.	195	Michael Thomas Powell	1946	m	Masters M60	Brackla Harriers	0:48:02.9
140.	29	Andrew Paul	1953	m	Masters M60		0:48:19.4
141.	78	Tim Webb	1949	m	Masters M60	Pegasus RC	0:48:39.9
142.	144	Emily Baggs	1983	w	Senior Ladies	White Rock Runners	0:49:06.1
143.	83	Helen Jenkins	1986	w	Senior Ladies		0:49:06.7
144.	127	Marc Griffiths	1985	m	Senior Men		0:49:21.1
145.	124	Steve Ryan	1974	m	Masters M40	Nike+ Run Club Cardiff	0:49:23.6
146.	152	Kristian Sinclair	1978	m	Senior Men		0:49:23.8
147.	68	Tony Burt	1942	m	Masters M60	brackla harriers	0:49:29.6
148.	23	Dirk Schmaljohann	1968	m	Masters M40	Les Croupiers	0:49:52.2
149.	85	Ryan Price	1988	m	Senior Men		0:49:57.8
150.	178	Aled Evans	1972	m	Masters M40		0:50:00.8
151.	36	Helen Hurn	1967	w	Masters W45	Stroud AC	0:50:37.9
152.	122	Dionne Way	1989	w	Senior Ladies	Outdoor Fitness	0:51:12.0
153.	69	Amanda Thompson	1960	w	Masters W55	Les Croupiers	0:51:23.1
154.	32	Anne Wesson	1971	w	Masters W35		0:51:30.9

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155.	94	James Howell	1972	m	Masters M40		0:51:40.3
156.	31	Paul Wesson	1967	m	Masters M40	Les Croupiers	0:52:11.9
157.	141	Suzie Collins	1997	w	Senior Ladies		0:52:44.7
158.	140	Viv Collins	1969	w	Masters W45		0:52:45.2
159.	130	Helen Dawson	1977	w	Masters W35	Nike+ Run Club Cardiff	0:52:57.8
160.	67	Rhian Llewellyn	1967	w	Masters W45	Les Croupiers	0:53:07.2
161.	106	Clare Hingott	1975	w	Masters W35		0:53:27.7
162.	42	Allan Smith	1933	m	Masters M60	3ms gorseinon r r	0:53:54.7
163.	57	Sarah Murphy	1983	w	Senior Ladies		0:54:06.6
164.	174	Allan Price	1967	m	Masters M40		0:55:02.4
165.	112	Julie Gibson	1965	w	Masters W45	Lliswerry Runners	0:55:03.2
166.	91	Debbie Cumming	1963	w	Masters W45	Nike+ Run Club Cardiff	0:55:04.0
167.	138	Sian Tossell	1966	w	Masters W45	Brackla Harriers	0:55:20.7
168.	15	Mal Rowson	1949	w	Masters W55	LES CROUPIERS	0:55:41.8
169.	113	Sarah M	1972	w	Masters W35		0:55:45.4
170.	171	Sara Morgan	1977	w	Masters W35	Pegasus RC	0:56:36.6
171.	172	Pru Melhuish	1976	w	Masters W35		0:59:27.5
172.	107	Meryl Evans	1971	w	Masters W35		0:59:51.4
173.	14	Sarah Meah	1964	w	Masters W45	Les Croupiers	1:00:40.9
174.	149	Lowri Owen	1982	w	Senior Ladies		1:00:43.2
175.	170	Katie Foward	1996	w	Senior Ladies	Pegasus RC	1:02:11.8
176.	161	Alan Mann	1957	m	Masters M50	les croupiers	1:03:13.5
177.	60	Tracy Elliston	1961	w	Masters W45		1:03:13.7

Number of records: 177