

SIRHOWY CHALLENGE 2017					
NAME	CLUB	CAT	TIME	RACE NO	POSITION
SIMON LEWIS	U/A	MV40	64.05	60	1
PAUL GRAHAM	PONTYPRIDD	SM	68.43	83	2
DAVID RICHARDSON	PONTYPOOL	SM	68.56	94	3
GETHIN POWELL	PONTYPRIDD	SM	69.16	62	4
ROBERT DAVIES	PONTYPRIDD	MV40	70.31	88	5
CLARA EVANS	CARDIFF	SF	71.12	82	6
KEITH JAMES	PONTYPRIDD	MV40	71.42	63	7
RAY MORGAN	PONTYPOOL	SM	73.03	29	8
LAURENCE POLE	PONTYPRIDD	MV40	73.35	65	9
PAUL HAYWARD	ISLWYN	SM	74.16	1	10
STEVE DAVIES	PONTYPOOL	MV50	74.49	80	11
ADRIAN WOODS	PONTYPOOL	MV50	75.00	77	12
SAM MORDEY-JONES	U/A	SM	75.18	18	13
RICCI WATTS	PONTYPOOL	SM	75.23	114	14
MARK LAMONTE	CAERPHILLY R	MV40	75.24	91	15
FAYE JOHNSON	PONTYPOOL	SF	75.32	44	16
PAUL SLADE	GRIFF	SM	76.17	68	17
MICHAEL RICHARDSON	ISLWYN	SM	77.26	125	18
MARTIN JONES	ISLWYN	MV40	77.38	27	19
PAUL DONOVAN	PONTYPOOL	MV50	78.35	74	20
ANN NIXON	FOREST OF DE	FV45	78.39	93	21
SANDRA CHIPPER	LLISWERRY	FV45	78.42	90	22
CHRIS O'BRIEN	PONTYPOOL	MV40	78.55	37	23
COLIN WILMOTT	GRIFF	MV50	79.49	71	24
MARK NELSON	U/A	MV40	79.58	66	25
KRISTIE O'CONNELL	PONTYPRIDD	SF	80.17	34	26
IEUAN KINGSTON	PONTYPOOL	SM	81.02	54	27
TRACIE WILLIAMS-ROWE	LLISWERRY	FV45	81.20	15	28
MARK DUNSCOMBE	ABERDARE	MV50	81.23	67	29
STEVE HARRY	PONTYPOOL	MV50	81.30	121	30
BOB WATSON	LLISWERRY	MV40	81.43	79	31
MARK HURFORD	PONTYPOOL	SM	82.04	73	32
DEMITRI VORRES	PONTYPOOL	MV50	82.31	124	33
ANDREW DICKENS	PONTYPOOL	MV40	82.46	92	34
STEPHANIE DAVIES	PONTYPRIDD	SF	82.56	41	35
JOHN HANCOCK	USK	MV60	82.58	24	36
TOM MOLLEKIN	PONTYPOOL	SM	83.57	50	37
KEN ROBERTS	U/A	MV40	84.07	22	38
DAVID WATERS	ISLWYN	MV40	84.08	87	39
JONATHAN MORSE	U/A	MV50	84.47	117	40
LISA ERICKSON	PONTYPOOL	FV35	85.47	43	41
RITCHIE WELLS	U/A	SM	85.25	8	42
NEIL PROFIT	ISLWYN	SM	85.29	85	43
GERARD GORMLEY	GRIFF	MV50	85.35	98	44
DALE GARDINER	AT RUN CLUB	MV40	85.41	17	45
KELLY WALL	ISLWYN	FV35	85.47	110	46

MARTIN BUSSELL	ISLWYN	MV50	86.38	57	47
LEE RICHARDS	ISLWYN	MV40	87.14	61	48
BEN JENKINS	GRIFF	SM	87.25	16	49
KEVIN RUSSELL	LLISWERRY	MV50	87.31	123	50
MICHAEL THOMAS	U/A	MSV	87.34	21	51
OWEN DAVIES	LLISWERRY	SM	88.12	86	52
NATHAN PRIEST	ISLWYN	SM	88.30	53	53
JOHN McGUCKIN	U/A	SM	88.38	5	54
SIMON PETERSON	ISLWYN	MV40	88.51	55	55
IAN WILLIAMS	ISLWYN	SM	88.59	56	56
STACEY O'CONNELL	U/A	SF	89.01	30	57
GARY BOWDEN-THOMPSON	AT RUN CLUB	MV40	89.16	10	58
MARINA WRIGHT	LLISWERRY	FV35	89.22	122	59
ROD CLYDE	MYNDDU DU	MV50	89.45	19	60
GARETH BARRINGTON	LLISWERRY	MV40	90.20	111	61
MICHAEL ELLISTON	LES CROUPS	MV40	90.47	28	62
LEWIS DAVIES-PERCY	U/A	SM	91.17	35	63
LOLLY BURULL	LES CROUPS	FV45	91.51	52	64
ELINOR PHILLIPS	LLISWERRY	SF	91.52	84	65
SHARON WOODS	PONTYPOOL	FV45	92.41	76	66
SIAN PHILLIPS	SWANSEA	FV45	93.04	23	67
LOUISE BRIGHT	PONTYPOOL	FV35	93.31	89	68
CRAIG GULLIFORD	AVON VALLEY	MV40	93.35	11	69
ASHWORTH LAUKAM	U/A	MV50	93.37	12	70
HANNAH DAVIES	ISLWYN	SF	94.15	109	71
JASON DIXON	ISLWYN	VM	94.17	58	72
CARL JOHNSON	ISLWYN	VM	94.51	4	73
PHIL JONES	ISLWYN	SM	95.16	119	74
ANDY DAVIES	PONTYPRIDD	MSV	95.21	33	75
RICHARD WHITTAKER	U/A	SM	95.37	112	76
MICHELLE AMBLIN	LES CROUPS	FV35	96.00	51	77
NICOLA SINCLAIR	LLISWERRY	FV35	96.13	99	78
NATHAN RICHARDS	ISLWYN	MV40	96.36	13	79
AIDAN DAVIES	ISLWYN	SM	97.00	96	80
CARYS SIAN MALARCZYZ	ISLWYN	SF	97.16	78	81
NEILL PARKER	ISLWYN	MV40	97.35	115	82
DEAN LITTLE	ISLWYN	SM	97.39	70	83
MATTHEW TALYOUR	ISLWYN	SM	97.56	46	84
JILL DAVIES	U/A	FV45	98.22	116	85
GAVIN GRIFFITHS	BRO DYSYNNI	MV40	98.24	118	86
HOWARD ATTWOOD	LLISWERRY	MV60	98.55	47	87
BETHAN POWELL	PONTYPOOL	SF	99.05	95	88
CALUM VENNARD	LES CROUPS	SM	100.16	20	89
HAYLEY JACKSON	PARC BRYN BA	FV35	100.46	36	90
TRACY DAVIES	U/A	SF	101.15	59	91
KRISTIAN SINCLAIR	LLISWERRY	SM	102.23	100	92
ANDREW ROTHWELL	U/A	MV50	103.00	64	93
LISA BATEMAN	LLISWERRY	FV45	105.13	48	94
PAUL GRAINGER JONES	PONTYPOOL	VM	105.29	113	95

SIAN ADEY	ISLWYN	VF	105.37	6	96
STEVEN PHILLIPS	ISLWYN	VM	105.38	9	97
REBECCA POOL	GRIFF	SF	105.41	69	98
MIKE POJOY	LLISWERRY	MV40	107.12	3	99
DEBBIE SATCHELL	PONTYPOOL	FV45	107.41	81	100
REBECCA MORGAN	ISLWYN	SF	111.30	25	101
JEMMA REARDON	ISLWYN	SF	111.31	2	102
ADRIAN BROOKS	U/A	MV60	114.48	7	103
KIRSTY HOLTHAM MORGAN	ISLWYN	FV35	120.24	72	104
<b>KELLY HALL</b>	<b>ISLWYN</b>	<b>FV35</b>	<b>120.31</b>	<b>31</b>	<b>105</b>
JOANNE ROBINSON	ISLWYN	FV35	120.52	32	106
COLIN DIXON	ISLWYN	MV60	120.53	49	107
EMMA MORGAN	PONTYPOOL	FV35	122.29	40	108
NADINE DONOVAN	PONTYPOOL	FV35	122.50	75	109
KAY MORGAN	PONTYPOOL	FV35	123.08	39	110
MIKE KING	NAILSEA RC	MV60	124.06	38	111
ALAN MANN	Les CROUPS	MV50	135.02	26	112
LIZ JONES	ISLWYN	FV45	135.12	97	113
JULI WILLIAMS	ISLWYN	FV45	135.13	45	114
STEVE LANE	ISLWYN	MV40		42	DNF
ANGELA JONES	USK	FV45		120	DNF
JEROME EDWARDS	LES CROUPS	MV40		14	DNS