

Cwm Ogwr 5 Miler Results 17th May 2015

Position	Name	Race No	Category	Club	Time	Cat Winners
1	Matthew Wells	239	SM	Bridgend AC	27:22:00	1st Sen Male
2	Gavin Gates	128	VM	Bridgend AC	27:48:00	1st Vet Male
3	Gareth Ayres	224	SM	Port Talbot Harriers	28:04:00	2nd Sen Male
4	Daniel Gurmin	251	SM	Port Talbot Harriers	28:35:00	3rd Sen Male
5	Jack Riley	235	SM	Bridgend AC	29:01:00	
6	Eamonn Kirk	151	VM	Swansea Harriers	29:02:00	2nd Vet Male
7	Raul Reismann	246	VM	Swansea Harriers	29:22:00	3rd Vet Male
8	Paul Speyer	259	VM	Brackla Harriers	29:35:00	
9	Emma Wookey	211	SF	Llswerry Runners	30:10:00	1st Sen Female
10	Rhys Knight	152	SM	Llswerry Runners	30:35:00	
11	Thomas Henry	234	SM	Llswerry Runners	30:50:00	
12	Mike Guy	132	SM		31:19:00	
13	Jamie Pugh	262	SM	Knowsley Harriers	31:23:00	
14	Steve Dinham	115	SM	Port Talbot Harriers	31:30:00	
15	Patrick Hoare	139	VM	Llswerry Runners	31:32:00	
16	James Pearce	173	VM	Llswerry Runners	31:35:00	
17	Simon Gill	129	VM	Llswerry Runners	31:40:00	
18	Gavin Brace	236	SM	Llswerry Runners	31:47:00	
19	Ian Ogilvie	249	VM	Brackla Harriers	31:51:00	
20	Paul Rees	185	VM	Port Talbot Harriers	32:24:00	
21	Phil Boorman	105	VM	Llswerry Runners	32:28:00	
22	Tim Phillips	178	VM		32:38:00	
23	Rob Davies	113	VM	Llswerry Runners	32:54:00	
24	Matrin Reed	255	VM	Llanelli AC	33:09:00	
25	Matthew Byrne	213	VM		33:14:00	
26	Charles Walsh	200	VM	Port Talbot Harriers	33:20:00	
27	John Morgan	161	VM	Bridgend AC	33:23:00	

28	Lyndon West	238	VM		33:25:00	
29	Neil Jones	150	SM		33:41:00	
30	Terry O'Brien	166	VM		33:42:00	
31	Keith Gittins	258	VM	Caerleon	33:48:00	
32	Christopher Lewis	275	SM	Run4All	33:53:00	
33	Jamie Clode	106	SM	Bridgend AC	33:58:00	
34	Andrew Dawe	242	VM	Llswerry Runners	34:09:00	
35	Unknown Male					
36	Neil Harris	136	SM		34:15:00	
37	John Marson	250	VM	Llanelli AC	34:32:00	
38	Paul Lewis	223	VM	Swansea Harriers	34:34:00	
39	Ian Williams	253	VM	Port Talbot Harriers	34:41:00	
40	David Evans	122	VM		34:50:00	
41	Chris Williams	206	SM		34:50:00	
42	Sarah Lauder	154	VF	Llswerry Runners	34:52:00	1st Vet Female
43	Nick Stocker	195	VM	Bridgend AC	34:55:00	
44	Jade Wakley	228	SF	Caerleon	34:58:00	
45	Lee Duke	116	SM		35:01:00	
46	Gareth Jenkins	225	SM	Cwm Ogwr RC	35:09:00	
47	Stuart Lukins	157	VM	Llswerry Runners	35:10:00	
48	Richard Beech	247	SM	Brackla Harriers	35:12:00	
49	Charlotte Johns	244	VF	Brackla Harriers	35:13:00	2nd Vet Female
50	Sandra Chipper	217	VF	Llswerry Runners	35:15:00	3rd Vet Female
51	Chris Matthews	159	VM	Llswerry Runners	35:16:00	
52	Darren Rees-Morgan	184	VM	Brackla Harriers	35:17:00	
53	Alicia-Jayne Throrbjorn	245	SF		35:19:00	3rd Sen Female
54	Paul Dursley	118	VM	Llswerry Runners	35:21:00	
55	Mandy Morris	162	VF	Port Talbot Harriers	35:29:00	
56	Clare Hughes	142	VF	Bridgend AC	36:14:00	
57	Lyndon Thomas	237	VM	Rhondda Valley Runners	36:26:00	

58	Gemma Roche-Clarke	254	SF	Bridgend AC	36:27:00
59	Kev Windsor	216	VM	Run4All	36:28:00
60	David Morgan	240	VM		36:46:00
61	Antony Lewis	156	VM	Cwm Ogwr RC	36:51:00
62	Steven Perks	175	VM	Run4All	36:52:00
63	Elizabeth Richards	186	VF	Caerleon	36:58:00
64	Mario Rabaiotti	182	VM	Port Talbot Harriers	37:04:00
65	David Thomas	261	VM		37:10:00
66	Roland Matthews	233	VM	Brackla Harriers	37:19:00
67	David Hughes	143	VM	Bridgend AC	37:30:00
68	Stephen Williams	207	VM		37:49:00
69	Chris Roberts	229	VM	Cwm Ogwr RC	38:06:00
70	Eric Davey	270	VM	Llanelli AC	38:10:00
71	Matthew Lane	153	SM		38:14:00
72	Ann Parsons	171	VF	Port Talbot Harriers	38:17:00
73	Elizabeth Beech	248	VF	Brackla Harriers	38:22:00
74	Chris Cadwell	276	VM	Brackla Harriers	38:26:00
75	Alan Perkins	252	VM	Port Talbot Harriers	38:32:00
76	Chris Chouls	158	VM	Lliswerry Runners	38:57:00
77	Chris Pratt	181	VM	Cwm Ogwr RC	39:03:00
78	Natalie Walker	221	SF	Caerleon	39:07:00
79	Jennet James	145	VF	Cornelly Striders	39:09:00
80	Sarah Francis	127	VF	Lliswerry Runners	39:12:00
81	Helen Thomas	214	VF	Caerleon	39:24:00
82	Andrew Oatley	165	VM		39:28:00
83	Ray James	146	VM	Port Talbot Harriers	39:35:00
84	Gayle Sheppard	191	VF		39:37:00
85	Andrew Ralph	183	VM	Lliswerry Runners	39:43:00
86	Cheryl Morgan	232	VF	Brackla Harriers	39:49:00
87	Angela Potter-Collins	220	VF	Lliswerry Runners	39:49:00

88	Joanne Peacock	172	VF	Caerleon	39:50:00
89	Wayne Enticott	121	VM		39:57:00
90	David Sheard	212	VM		40:02:00
91	Peter Harrop	230	VM		40:03:00
92	Mark Faulkner	124	VM	Lliswerry Runners	40:39:00
93	Derek Moss	269	VM	St Patricks AC	40:39:00
94	Gary Morgan	160	VM		40:40:00
95	Peta Daniels	112	VF	Lliswerry Runners	40:45:00
96	Steve Riddler	187	VM		41:02:00
97	Anthony Holling	140	VM	Port Talbot Harriers	41:05:00
98	Ron Davies	218	VM	Lliswerry Runners	41:07:00
99	Peter Deacon	114	VM	Port Talbot Harriers	41:11:00
100	Ella Boorman	104	SF	Lliswerry Runners	41:16:00
101	Jane Ogilvie	167	VF	Brackla Harriers	41:19:00
102	Alison Sheedy	190	VF	Lliswerry Runners	41:21:00
103	Neil Sidney	192	VM	Lliswerry Runners	41:37:00
104	Philip Smith	194	VM	Brackla Harriers	41:47:00
105	Clare Andreson	101	VF	Lliswerry Runners	42:21:00
106	Fiona Drysdale	274	VF		42:23:00
107	Kirsten Tucker	197	SF	Port Talbot Harriers	42:34:00
108	John Davies	111	VM	Port Talbot Harriers	42:40:00
109	Ceri Jenkins	147	VF	Lliswerry Runners	42:45:00
110	Chris Doffield	257	VM		42:49:00
111	Charlotte Leigh	155	SF		42:51:00
112	Vicky Fear	125	SF	Lliswerry Runners	43:01:00
113	Neil Williams	256	SM		43:11:00
114	John Greenhill	130	VM		43:15:00
115	Christie Coleman	107	VF		43:19:00
116	John Hill	137	VM	Lliswerry Runners	43:30:00
117	Tina Ellis	120	SF	Port Talbot Harriers	43:45:00

118	Dermot Nolan	164	VM	Cwm Ogwr RC	43:46:00	
119	Jeff Parker	170	SM		43:55:00	
120	Non Gwynn	133	SF		44:16:00	
121	Unknown Male					
122	Sarah-Jayne Pritchard	264	SF	Knowsley Harriers	44:28:00	
123	Carolyn Windos	210	VF	Cornelly Striders	44:55:00	
124	Hywel Jones	148	VM	Lliswerry Runners	45:03:00	
125	Karen Penny	174	VF	Lliswerry Runners	45:16:00	
126	Cath Courts	110	VF	Run4All	45:32:00	
127	Rhian Hall	134	VF		46:13:00	
128	Gwyneth Howells	103	VF	Caerleon	46:52:00	
129	Peter Walsh	201	SM		47:12:00	
130	Angela Walsh	199	SF	Porthcawl Runners	47:16:00	
131	Ceri Jones	277	VM		48:23:00	
132	Kevin Cornelious	108	VM		48:24:00	
133	Sally Hall	222	VF		48:38:00	
134	Kevin Ellis	227	VM		48:38:00	
135	Nigel Jones	271	VM	Llanelli AC	48:51:00	
136	Lynda Dursley	117	VF	Lliswerry Runners	48:51:00	
137	Ann Davies	226	VF	Cwm Ogwr RC	48:59:00	
138	Tracey Bradford	266	VF	Cwm Ogwr RC	49:04:00	
139	Fran Collins	265	SF	Cwm Ogwr RC	49:05:00	
140	Neil Wheeler	204	VM	Run4All	49:15:00	
141	Melanie Thomas	243	VF	Cwm Ogwr RC	49:22:00	
142	Gail Pritchard	241	VF	Cwm Ogwr RC	49:33:00	
143	Lucy Beard	272	SF		49:49:00	
144	Neil Ekman	268	VM		49:51:00	
145	Gillian Handley	135	VF	Lliswerry Runners	50:24:00	
146	Vicky Sheppard	189	VF	Lliswerry Runners	50:26:00	
147	Karen Edwards	119	VF		50:28:00	

148	Ioan Evans	215	SM		50:31:00	
149	Ann Phillips	176	VF		50:32:00	
150	Hazel Wheeler	203	VF	Run4All	50:44:00	
151	Jenna Horn	141	SF	Run4All	51:00:00	
152	Natalie Griffiths	131	SF	Cwm Ogwr RC	51:05:00	
153	Dai Card	273	VM		51:39:00	
154	Rhian Powell	179	VF	Run4All	52:25:00	
155	Jules Jones	149	VF	Run4All	52:25:00	
156	Sian Tossell	196	VF	Brackla Harriers	53:05:00	
157	Diana Tudor	198	VF	Run4All	53:05:00	
158	Andy Williams	260	VM		55:25:00	
159	Kelly-Ann Allen	263	VF		55:32:00	
160	David Power	180	VM	Cwm Ogwr RC	57:37:00	
161	Sabrina Francis	126	VF		58:01:00	
162	Tracey Murphy	163	VF	Lliswerry Runners	59:49:00	
163	Lisa Ekman	267	VF	Brackla Harriers	64:24:00	