

CWM OGWR 5M - 15/5/16

Place	Bib	Name	Team name	Category	Time
1	296	James Thie	Cardiff A A	Senior Male	26:44.0
2	211	Andrew Tuckey	Bridgend AC	Senior Male	27:11.0
3	7	Jack Riley	Bridgend AC	Senior Male	27:22.0
4	258	Matthew Rees	Swansea Harriers	Senior Male	27:37.0
5	282	Elsidig Ibrahim	Cardiff A A	Veterans Male	27:43.0
6	95	Gareth Ayres	Port Talbot Harriers	Senior Male	28:22.0
7	236	Simon Lewis	Park Bryn Bach RC	Senior Male	28:28.0
8	231	Kate Roberts	Swansea Harriers	Senior Female	29:16.0
9	1	Neil Jones	Cwm Ogwr RC	Senior Male	29:56.0
10	292	Geraint Lewis	Porthcawl Runners	Senior Male	30:10.0
11	293	Gareth Poston	Port Talbot Harriers	Senior Male	30:17.0
12	242	Stephen Rees	Park Bryn Bach RC	Veterans Male	30:19.0
13	276	Daniel Glen	Bridgend AC	Senior Male	30:38.0
14	59	Ryan Cullen	CDF Runners	Senior Male	30:49.0
15	110	Matthew Reynolds		Senior Male	30:56.0
16	4	Gavin Gates	Bridgend AC	Senior Male	31:00.0
17	78	Daniel Nicholas	Cornelly Striders	Senior Male	31:09.0
18	227	Laurence Pole	Pontypridd Roadents	Veterans Male	31:16.0
19	39	Rowan Hobbs		Senior Male	32:00.0
20	26	Niki Puleio	Cwm Ogwr RC	Senior Male	32:27.0
21	209	Sean Thomasson	Park Bryn Bach RC	Senior Male	32:36.0
22	122	Sean Lewis	Brackla Harriers	Senior Male	32:37.0
23	178	Colin McQueen	Brackla Harriers	Veterans Male	32:38.0
24	223	William Edwards	Porthcawl Runners	Veterans Male	32:40.0
25	77	Scott Williams		Senior Male	32:41.0
26	257	Ian Ogilvie	Brackla Harriers	Veterans Male	32:42.0
27	189	Jaden Jones		Senior Male	32:49.0
28	82	Mark Hiddlestone	Port Talbot Harriers	Veterans Male	33:01.0
29	3	Nick Stocker	Bridgend AC	Veterans Male	33:15.0
30	40	Philip Hughes	San Domenico	Senior Male	33:31.0
31	159	Alex Cornett		Senior Male	33:38.0
32	267	Jack Couch	Cornelly Striders	Senior Male	33:39.0
33	268	Darren Stevens	Merthyr RC	Veterans Male	33:43.0
34	169	John Morgan	Bridgend AC	Veterans Male	33:45.0
35	265	Jamey Taylor	Port Talbot Harriers	Senior Male	33:46.0
36	162	Dave Bennett	Porthcawl Runners	Veterans Male	33:49.0
37	109	Terry O'Brien		Veterans Male	33:52.0
38	264	Jessica Heggarty	Cornelly Striders	Senior Female	33:55.0
39	199	Keith Powell	Cornelly Striders	Veterans Male	33:57.0
40	20	Jamie Clode	Bridgend AC	Senior Male	33:59.0
41	104	Dan Lloyd	CDF Runners	Veterans Male	34:02.0
42	84	Chris John	Port Talbot Harriers	Senior Male	34:14.0
43	210	Georgie Dando	Bridgend AC	Veterans Female	34:17.0
44	42	Shaun Davies	CDF Runners	Senior Male	34:22.0
45	214	Gina Hardman	Bridgend AC	Veterans Female	34:30.0
46	50	Richard Beech	Brackla Harriers	Veterans Male	34:55.0
46	224	Ruth Davies		Veterans Female	34:55.0
48	148	Ian Bell	San Domenico	Veterans Male	34:56.0
49	202	Daniel Morgan	Bridgend AC	Senior Male	34:57.0

50	74	Andrew Courts	Port Talbot Harriers	Veterans Male	34:59.0
51	235	John Young	Port Talbot Harriers	Veterans Male	35:15.0
52	9	Chris Williams	Cwm Ogwr RC	Senior Male	35:19.0
53	8	Mark Taylor		Senior Male	35:38.0
54	2	Dave Evans	Cwm Ogwr RC	Veterans Male	35:40.0
55	161	Steve Hogan	Cornelly Striders	Senior Male	35:50.0
56	38	Matthew Bunce	Brackla Harriers	Veterans Male	36:00.0
57	30	James Littlewood	Cwm Ogwr RC	Senior Male	36:05.0
58	234	Dusty Kennedy	Swansea Harriers	Veterans Male	36:06.0
59	86	Jamie Lewis	Port Talbot Harriers	Senior Male	36:08.0
60	198	Peter Turner	Cornelly Striders	Veterans Male	36:11.0
61	245	Hefin Gruffydd	Pontypridd Roadents	Veterans Male	36:12.0
62	108	Jason Turner	Swansea Harriers	Veterans Male	36:16.0
63	132	David Hesketh		Veterans Male	36:18.0
64	114	Mike Davies	CDF Runners	Veterans Male	36:29.0
65	274	Mark Jones	Roberttown Road Runners	Veterans Male	36:32.0
66	237	Charlotte Johns	Brackla Harriers	Veterans Female	36:45.0
67	61	Mandy Morris	Port Talbot Harriers	Veterans Female	36:49.0
68	219	Neil Williams	Port Talbot Harriers	Senior Male	36:51.0
69	5	Helen Andrews	Bridgend AC	Veterans Female	36:53.0
70	19	Simon Harrison		Veterans Male	36:58.0
71	54	Mike James	Port Talbot Harriers	Veterans Male	36:59.0
72	288	Philip Hoskins		Veterans Male	37:00.0
73	218	Kris Denholm	Cwm Ogwr RC	Veterans Male	37:09.0
74	238	Alistair Thomson	Porthcawl Runners	Senior Male	37:13.0
75	295	Tony Eustace		Veterans Male	37:17.0
76	100	Andrew Jenkins		Veterans Male	37:19.0
77	247	Simon Roberts		Senior Male	37:20.0
78	283	Anthony Rabaiotti	Port Talbot Harriers	Senior Male	37:21.0
79	164	Rob Bennett	Porthcawl Runners	Veterans Male	37:28.0
80	221	Richard Purnell	Cwm Ogwr RC	Veterans Male	37:29.0
81	64	Simon Partridge	Newport Harriers	Veterans Male	37:33.0
82	62	Linda Woodland	Port Talbot Harriers	Veterans Female	37:34.0
83	80	Marie Coles	Caerphilly Runners	Veterans Female	37:36.0
84	147	Iwan Dowie	Cornelly Striders	Veterans Male	37:37.0
85	98	Anna Parsons	Port Talbot Harriers	Veterans Female	37:45.0
86	141	Peter Walsh		Senior Male	37:51.0
87	63	Andrew Robinson	Port Talbot Harriers	Senior Male	37:56.0
88	291	Mark Faulkner	Lliswerry Runners	Veterans Male	37:57.0
89	183	Andrew Ramsey	Caerphilly Runners	Senior Male	38:02.0
90	287	Bernard Henderson	Port Talbot Harriers	Veterans Male	38:03.0
91	90	Christian Thomas	Cwm Ogwr RC	Veterans Male	38:07.0
92	103	Mario Rabaiotti	Port Talbot Harriers	Veterans Male	38:11.0
93	206	Keith Coleman	Cwm Ogwr RC	Veterans Male	38:20.0
94	71	Jason Garrahan	Caerphilly Runners	Veterans Male	38:28.0
95	128	Chris Deere	Brackla Harriers	Senior Male	38:29.0
96	226	Marianne Paterson	Cornelly Striders	Veterans Female	38:36.0
97	119	Wayne Hayhurst		Senior Male	38:37.0
97	290	Kieron Scott Matthew	Rhondda Valley Runners	Senior Male	38:37.0
99	17	Gary Griffiths	Rhondda Valley Runners	Veterans Male	38:45.0
100	240	Richard Hesketh	Cornelly Striders	Veterans Male	38:49.0
101	15	Cai Pughsley	Port Talbot Harriers	Senior Male	38:55.0

102	127	Jane Ogilvie	Brackla Harriers	Veterans Female	39:04.0
103	193	Paul Howard		Veterans Male	39:10.0
104	173	Lee Griffiths	Park Bryn Bach RC	Senior Male	39:17.0
104	216	Joanne Edwards	Cornelly Striders	Veterans Female	39:17.0
106	165	Victoria Vellacott		Veterans Female	39:20.0
107	170	Laura McAllister		Veterans Female	39:25.0
107	204	Oliver Hughes		Senior Male	39:25.0
109	134	Michael Pritchard		Veterans Male	39:26.0
110	51	Liz Beech	Brackla Harriers	Veterans Female	39:28.0
111	16	Nicola Symmonds		Senior Female	39:34.0
111	83	Jane Harwood	Port Talbot Harriers	Senior Female	39:34.0
113	289	Kaviw Williams		Veterans Male	39:52.0
114	24	Sara Williams	Caerphilly Runners	Veterans Female	39:54.0
114	233	Penny Kennedy	Swansea Harriers	Veterans Female	39:54.0
116	192	Lee Phillips	Park Bryn Bach RC	Veterans Male	40:03.0
117	140	Pete Richards	Kincardine Tri Club	Veterans Male	40:16.0
118	187	Catherine Rooke		Veterans Female	40:18.0
119	298	Mark Davies	Port Talbot Harriers	Veterans Male	40:25.0
120	57	Graham Hillman		Senior Male	40:29.0
121	133	Abyd Aziz	Penarth & Dinas RC	Veterans Male	40:30.0
122	255	Chris Jones	Porthcawl Runners	Veterans Male	40:37.0
123	21	Andy Barry	Lliswerry Runners	Veterans Male	40:39.0
124	58	Neil Sidney	Lliswerry Runners	Veterans Male	40:42.0
125	143	Rob Steele		Senior Male	40:47.0
126	37	Mary Beech	Brackla Harriers	Veterans Female	40:50.0
127	88	Simon Melksham	CDF Runners	Veterans Male	40:51.0
128	205	Dave Hughes	Bridgend AC	Veterans Male	41:12.0
129	85	Carl Lewis	Caerphilly Runners	Senior Male	41:23.0
129	149	Carl Roberts	Pontypool & Distric RC	Senior Male	41:23.0
131	228	Michael Anderson		Senior Male	41:25.0
132	112	Angela Delaney	Swansea Harriers	Veterans Female	41:29.0
133	29	Claire Dunbar-Bower	Cwm Ogwr RC	Veterans Female	41:38.0
134	65	Jennet James	Cornelly Striders	Veterans Female	41:40.0
135	10	Jeffrey Evans		Veterans Male	41:42.0
136	124	Sophie Deere	Brackla Harriers	Senior Female	41:44.0
136	225	Hayley Cobrun	Bridgend AC	Veterans Female	41:44.0
138	53	Emma McRae	CDF Runners	Senior Female	41:46.0
139	136	Matthew Lane		Senior Male	41:51.0
140	153	Lloyd Wood		Senior Male	41:54.0
141	146	Nikki Dowie	Cornelly Striders	Veterans Female	41:57.0
142	248	Andrew Lamont	Cornelly Striders	Senior Male	42:14.0
143	55	Stewart Harding	CDF Runners	Senior Male	42:27.0
144	73	Cath Courts	Port Talbot Harriers	Veterans Female	42:28.0
145	12	Georgina Fraser	Cornelly Striders	Veterans Female	42:29.0
146	75	Julia Rees	Port Talbot Harriers	Senior Female	42:30.0
147	182	Lucy Satherley		Veterans Female	42:33.0
148	261	Joanne Jenkins	Brackla Harriers	Veterans Female	42:39.0
149	217	Meinir Tuckey	Bridgend AC	Veterans Female	42:47.0
150	131	David Cottrell		Senior Male	42:48.0
151	105	Dhana Caple		Veterans Female	42:54.0
152	135	Paul Whitmarsh	Penarth & Dinas RC	Veterans Male	43:00.0
153	163	Alan March		Veterans Male	43:03.0

154	230	Alison Allen	Cornelly Striders	Veterans Female	43:04.0
155	60	Kayley Wilding	CDF Runners	Senior Female	43:05.0
156	188	Gary Owen	Run4all	Veterans Male	43:12.0
157	28	Gemma Acreman	Lliswerry Runners	Senior Female	43:15.0
158	23	Joanne Ryan	Rhondda Valley Runners	Veterans Female	43:22.0
159	243	Adam Rowe	Cwm Ogwr RC	Veterans Male	43:27.0
160	99	Llinos Davies	Run4all	Veterans Female	43:31.0
161	102	Howard Jones	Brackla Harriers	Veterans Male	43:37.0
162	145	Darren Waters	San Domenico	Veterans Male	43:49.0
163	27	Samantha Perrott	Run4all	Veterans Female	44:02.0
164	281	Suzy Pritchard		Senior Female	44:09.0
165	121	Rhiannydd Hampton		Senior Female	44:16.0
166	263	Mary-Kate Wangiel		Senior Female	44:29.0
167	185	Heidi Morris-Barber		Veterans Female	44:40.0
168	144	James Taylor	Run4all	Senior Male	44:44.0
169	120	Raymond James	Port Talbot Harriers	Veterans Male	44:52.0
170	190	Josephine Sulman		Veterans Female	44:53.0
171	125	Sam Standerwick	Park Bryn Bach RC	Veterans Male	44:55.0
172	297	Chris Todd Jones	Roberttown Road Runners	Veterans Male	44:56.0
173	126	Kath Jervis	Park Bryn Bach RC	Veterans Female	44:57.0
174	251	Gerwyn Cox	Cornelly Striders	Veterans Male	45:04.0
175	239	Rachel Thomson	Porthcawl Runners	Senior Female	45:05.0
176	56	Victoria Hillman		Senior Female	45:09.0
177	250	Alwyn Thomas	Cornelly Striders	Veterans Male	45:20.0
178	14	Carolyn Windos	Cornelly Striders	Veterans Female	45:21.0
179	45	Paula Wilfort		Veterans Female	45:24.0
180	36	Mark Worrall	Cwm Ogwr RC	Veterans Male	45:27.0
180	46	Susan Manetta		Veterans Female	45:27.0
182	34	June Parry	Cwm Ogwr RC	Veterans Female	45:31.0
183	41	Richard Chapelle	CDF Runners	Senior Male	45:45.0
184	284	Gareth Evans	Port Talbot Harriers	Senior Male	45:47.0
185	180	Dominic Taylor	Caerphilly Runners	Senior Male	45:51.0
186	254	Debra Jones	Porthcawl Runners	Veterans Female	45:58.0
187	32	Victoria Vivaiain		Veterans Female	46:18.0
187	246	Karen Phillips	Porthcawl Runners	Veterans Female	46:18.0
189	31	Matthew Vivaiain		Senior Male	46:27.0
189	150	Carrie Monks		Veterans Female	46:27.0
191	156	Michelle Keen	Run4all	Veterans Female	46:32.0
192	130	Mark Burgess		Senior Male	46:36.0
193	89	Angela Farmer	CDF Runners	Veterans Female	46:38.0
194	244	Bethan Ford	Pontypridd Roadents	Senior Female	46:45.0
195	101	Iola Hobbs	Pontardawe RC	Veterans Female	46:46.0
196	272	Catherine Llewellyn	Merthyr RC	Veterans Female	46:54.0
197	87	Max Bergmanski	Caerphilly Runners	Veterans Male	47:01.0
197	273	Graham Singer	Merthyr RC	Veterans Male	47:01.0
199	259	Jill Thomas		Veterans Female	47:06.0
200	67	Vicky Mead	Pontyclun Road Runners	Veterans Female	47:26.0
201	66	Matthew Harris	Pontyclun Road Runners	Veterans Male	47:27.0
201	93	Andrew Wilkins	Brackla Harriers	Veterans Male	47:27.0
203	138	Dawn Coram		Veterans Female	47:35.0
204	253	Sarah Jones	Cornelly Striders	Veterans Female	47:39.0
205	256	Stephanie Murray	Cornelly Striders	Veterans Female	47:42.0

206	172	Lisa Pughsley		Veterans Female	47:43.0
207	167	Craig Lamont	Cornelly Striders	Senior Male	47:53.0
208	166	James Davies	Pencoed Tri	Senior Male	48:01.0
209	158	Daniel Clark	Cwm Ogwr RC	Senior Male	48:02.0
209	262	Byron Jenkins	Brackla Harriers	Veterans Male	48:02.0
211	232	Susan Ralph	Brackla Harriers	Veterans Female	48:12.0
212	79	Rhian Powell	Port Talbot Harriers	Veterans Female	48:15.0
213	22	Julie Davies	Lliswerry Runners	Veterans Female	48:30.0
214	94	Susan Wilkins	Brackla Harriers	Veterans Female	48:31.0
215	69	Joanne Kendall	Cwm Ogwr RC	Veterans Female	48:36.0
216	229	Rhian Gulwell		Senior Female	48:43.0
217	275	Emma Jones		Veterans Female	48:48.0
218	117	Gary Piper	Cwm Ogwr RC	Veterans Male	48:49.0
219	107	Sian Griffiths		Senior Female	49:00.0
220	207	Jessica Williams		Senior Female	49:19.0
220	277	Vanessa Yardley		Veterans Female	49:19.0
222	160	Louise Hogan	Cornelly Striders	Veterans Female	49:35.0
223	279	Joanne Edwards (2)		Veterans Female	49:37.0
224	81	Claire Sim	Port Talbot Harriers	Senior Female	49:42.0
225	13	Hayley Gittins	Rhondda Valley Runners	Veterans Female	49:56.0
225	241	David Llewellyn		Senior Male	49:56.0
227	220	Diana Purnell	Cwm Ogwr RC	Veterans Female	49:58.0
228	118	Shawn Cullen	Cwm Ogwr RC	Veterans Male	50:18.0
229	177	Joanne Juliff	Port Talbot Harriers	Veterans Female	50:24.0
230	35	Anne Lalic		Veterans Female	50:40.0
231	294	Robert Williams		Veterans Male	50:52.0
232	106	Beverley Sheard	Cwm Ogwr RC	Veterans Female	51:00.0
233	129	Alan Smith	3M	Veterans Male	51:42.0
234	151	Ann Hurley		Veterans Female	51:46.0
235	201	Sarah Robey		Veterans Female	51:47.0
236	212	Lee Harding	White Rock Runners	Senior Male	51:49.0
237	52	Andrea Randall	Cwm Ogwr RC	Veterans Female	51:52.0
238	152	Coral Putman	Vegan Runners	Veterans Female	51:53.0
239	278	Richard Owen		Veterans Male	51:54.0
240	168	Ian Lewis		Veterans Male	51:56.0
240	186	Ryan Mathias-Pope		Senior Male	51:56.0
242	269	Gareth Williams		Senior Male	51:59.0
243	271	Suzanne Spiteri		Veterans Female	52:00.0
244	155	Jackie Lewis	Cwm Ogwr RC	Veterans Female	52:02.0
244	270	Tania James		Veterans Female	52:02.0
246	137	Rhian Wicks		Senior Female	52:11.0
247	113	Debbie Cummings	CDF Runners	Veterans Female	52:13.0
248	195	Patricia Stanley	Cwm Ogwr RC	Veterans Female	52:24.0
249	203	Katie Wood	Cwm Ogwr RC	Senior Female	52:28.0
250	222	Jo Rees	Porthcawl Runners	Veterans Female	52:37.0
251	92	Janice Francis	Brackla Harriers	Veterans Female	52:40.0
252	116	Kelly Griffiths	Cwm Ogwr RC	Veterans Female	52:47.0
253	184	Victoria Ramsey	Caerphilly Runners	Veterans Female	52:58.0
254	68	Jayne Powney	Cwm Ogwr RC	Veterans Female	53:06.0
255	142	Kimberely Davies	Cwm Ogwr RC	Senior Female	53:08.0
256	175	Vicky Mahoney	Port Talbot Harriers	Veterans Female	53:09.0
256	194	Bethan Cross	Cwm Ogwr RC	Senior Female	53:09.0

256	286	Gareth Parsons	Port Talbot Harriers	Veterans Male	53:09.0
259	191	Ruth Caddy	Pontypridd Roadents	Veterans Female	53:23.0
260	49	Kelly-Ann Allen	Port Talbot Harriers	Veterans Female	53:25.0
261	181	Hayley Pugh	Pontypridd Roadents	Veterans Female	53:59.0
262	171	Lee Durkee	Pontypool & Distric RC	Senior Male	54:18.0
262	200	Kim Hughes		Senior Female	54:18.0
264	266	Liz Mountfield	Lliswerry Runners	Veterans Female	54:39.0
265	25	Dawn Hopkins	Cwm Ogwr RC	Veterans Female	55:22.0
266	249	Jonathan Edwards		Senior Male	56:17.0
267	280	Tamara Morgan		Senior Female	56:51.0
268	179	Susan Perry	Port Talbot Harriers	Veterans Female	56:54.0
269	70	Alan Perkins	Port Talbot Harriers	Veterans Male	57:28.0
270	157	Chris Stanlake	Cwm Ogwr RC	Senior Male	57:29.0
271	111	Angela Price	Islwyn RC	Veterans Female	58:02.0
272	285	Andy Williams		Veterans Male	58:18.0
273	43	Julie Ransom	Cwm Ogwr RC	Veterans Female	58:31.0
274	91	Nicola Haxton	Cwm Ogwr RC	Veterans Female	59:10.0
275	252	Delia Domachowski	Cornelly Striders	Veterans Female	59:24.0
276	96	Rhiannon Buckley	Cwm Ogwr RC	Senior Female	1:02:10.0
277	154	Dawn James		Veterans Female	1:02:50.0
278	139	Eleanor Wilcox		Senior Female	1:03:43.0
278	174	Sarah Rees	Cwm Ogwr RC	Veterans Female	1:03:43.0
278	176	Louise Bennett	Cwm Ogwr RC	Veterans Female	1:03:43.0
281	115	Tammie Clemett	Cwm Ogwr RC	Veterans Female	1:05:18.0
-	6	Tom Andrews		Veterans Male	DNS
-	11	Richard Steele	Brackla Harriers	Senior Male	DNS
-	18	Dawne Meynell-West	Rhondda Valley Runners	Veterans Female	DNS
-	33	Lewis Nash	Cwm Ogwr RC	Senior Male	DNS
-	44	Scott Gray		Senior Male	DNS
-	47	Huw Griffiths	Bridgend AC	Senior Male	DNS
-	48	Gina Russell		Veterans Female	DNS
-	72	Paul Rees	Port Talbot Harriers	Veterans Male	DNS
-	76	Jules Jones	Port Talbot Harriers	Veterans Female	DNS
-	97	Pauline Williams	Port Talbot Harriers	Veterans Female	DNS
-	123	Lee Howells		Veterans Male	DNS
-	196	Brian Diaz	Les Croupier	Senior Male	DNS
-	197	Susan Chaves	Port Talbot Harriers	Veterans Female	DNS
-	208	Christie Colemann	Cwm Ogwr RC	Veterans Male	DNS
-	213	Tracey Morris		Veterans Female	DNS
-	215	Gareth Hardman	Bridgend AC	Veterans Male	DNS
-	260	Romain Sacre	CDF Runners	Senior Male	DNS