

Port Talbot Harriers Half Marathon 21/8/16

Pos	Name	Race No	Time	Gender	Gender Pos	Club
1	Ian Harris	2	01:14:19	Male	1	Swansea Harriers
2	Matthew Rees	1	01:18:21	Male	2	Swansea Harriers
3	Daniel Triggs	6	01:20:26	Male	3	Neath Harriers
4	Eamonn Kirk	3	01:21:04	Male	4	Swansea Harriers
5	Gareth Poston	16	01:22:10	Male	5	Port Talbot Harriers
6	Thomas Guest	12	01:22:32	Male	6	Swansea Harriers
7	Geraint Lewis	9	01:22:59	Male	7	Porthcawl Runners
8	David Richardson	30	01:23:41	Male	8	Pont-Y-Pwl & District Runners
9	Mike Evans	27	01:25:32	Male	9	Swansea Harriers
10	Lynsey Christopher	35	01:25:43	Male	10	Bryncoch Bombers Cycling
11	charles walsh	13	01:26:02	Male	11	Swansea Harriers
12	Jack Eggington	4	01:26:37	Male	12	Cardiff AAC
13	Chris Fulcher	5	01:26:46	Male	13	Neath Harriers
15	Ryan Cullen	18	01:28:01	Male	14	CDF Runners
16	Mike Tate	39	01:28:06	Male	15	Port Talbot Harriers
17	Nicholas Sheehan	17	01:28:18	Male	16	
14	Peter Harrop	121	01:27:13	Male	17	Cwm Ogwr Running Club
18	Kneath Philippart	19	01:28:58	Male	18	Swansea Harriers
19	John Moran	86	01:29:39	Male	19	
20	Luke Barham	8	01:30:41	Male	20	
21	Rob Falconer	23	01:31:17	Male	21	Swansea Harriers
22	Steven Jones	24	01:31:25	Male	22	Port Talbot Harriers
23	Tim Lewis	32	01:31:34	Male	23	Les Croupiers
24	Andrew Davies	40	01:32:26	Male	24	
25	Geoffrey Robinson	28	01:32:48	Male	25	Swansea Harriers
27	Jonathan Jarvis	20	01:33:03	Male	26	RUN4ALL Running Club
28	Mark Hiddlestone	21	01:33:07	Male	27	Port Talbot Harriers
26	Sean Cayford	71	01:32:54	Male	28	Triathlon Coaching Wales
30	Peter Osborne	29	01:33:41	Male	29	Llanelli AC
29	Geraint Williams	34	01:33:40	Male	30	
31	Craig Foley	14	01:34:04	Male	31	
33	Sam Tucker	43	01:35:01	Male	32	RUN4ALL Running Club
35	Jason Dickinson	33	01:35:15	Male	33	Trots
32	Chris Lewis	51	01:34:40	Male	34	Port Talbot Harriers
34	Daniel Humphreys	56	01:35:12	Male	35	RUN4ALL Running Club
36	Paul Jelley	44	01:36:02	Male	36	Port Talbot Harriers
39	Mark Dunscombe	41	01:36:45	Male	37	Aberdare Valley AAC
37	Huw Rowlands	90	01:36:27	Male	38	
38	Andrew Davies	62	01:36:41	Male	39	
40	Nick Thomas	72	01:37:12	Male	40	Port Talbot Harriers
42	Nick Harris	42	01:38:26	Male	41	Cwm Ogwr Running Club
41	James Gricapizzi	117	01:37:18	Male	42	

43	Lee Llewellyn	50	01:38:51	Male	43	RUN4ALL Running Club
44	Helen Jones	47	01:39:35	Female	1	Port Talbot Harriers
45	Jamie Lewis	60	01:39:51	Male	44	Port Talbot Harriers
46	John Young	55	01:40:09	Male	45	Port Talbot Harriers
50	Geoff Lewis	38	01:40:58	Male	46	Swansea Harriers
47	DAVID KEMBERY	58	01:40:35	Male	47	Cwm Ogwr Running Club
48	Kevin Russell	54	01:40:38	Male	48	Lliswery Runners
49	Mark Bamford	57	01:40:47	Male	49	3M Gorseinon Road Runners
51	Michelle Grey	77	01:41:25	Female	2	Port Talbot Harriers
52	Mark Terry	67	01:41:38	Male	50	Trots
53	Darren Roche	116	01:41:52	Male	51	Triathlon Coaching Wales
54	Rob Murray	88	01:42:24	Male	52	
55	Linda Woodland	61	01:42:45	Female	3	Port Talbot Harriers
57	Gareth Richards	59	01:43:20	Male	53	Cwm Ogwr Running Club
56	Brian Cotton	81	01:43:17	Male	54	Cwm Ogwr Running Club
59	Aled Hopton	92	01:44:19	Male	55	
61	Carl Singleton	78	01:44:33	Male	56	Port Talbot Harriers
58	Bernard Henderson	22	01:43:55	Male	57	Port Talbot Harriers
62	Sarah Howard	74	01:44:56	Female	4	Port Talbot Harriers
60	Richard Watts	112	01:44:25	Male	58	Port Talbot Harriers
63	Paul Rees	25	01:45:03	Male	59	Port Talbot Harriers
65	David Ayres	91	01:45:45	Male	60	Port Talbot Harriers
69	Alex Williams	31	01:46:27	Male	61	Port Talbot Harriers
66	John WILTSHIRE	73	01:45:53	Male	62	
67	david cornish	95	01:45:53	Male	63	Port Talbot Harriers
64	Wyn Evans	102	01:45:27	Male	64	Dragons Running Club
70	Martin Hines	84	01:46:39	Male	65	Port Talbot Harriers
68	Gareth Sullivan	144	01:46:24	Male	66	Swansea Harriers
72	John Marson	82	01:47:41	Male	67	Llanelli AC
71	Ben Hughes	118	01:47:30	Male	68	
79	Dean David	15	01:48:51	Male	69	
78	Mark Lloyd	87	01:48:17	Male	70	
77	Craig Harper	68	01:48:17	Male	71	
73	Christopher Simons	150	01:47:46	Male	72	
75	Dean Williams	115	01:48:05	Male	73	
76	Darren Richards	104	01:48:15	Male	74	Port Talbot Harriers
80	Mandy Morris	64	01:49:00	Female	5	Port Talbot Harriers
81	Paul Harris	96	01:49:14	Male	75	3M Gorseinon Road Runners
74	Jeff Parker	185	01:47:57	Male	76	
82	Richard Bleaney	107	01:49:16	Male	77	RUN4ALL Running Club
84	Andrew Evans	53	01:49:56	Male	78	RUN4ALL Running Club
83	Katy Lewis	103	01:49:29	Female	6	Les Croupiers
86	Mario Rabaiotti	83	01:50:45	Male	79	Port Talbot Harriers
85	Lloyd West	134	01:50:37	Male	80	Cwm Ogwr Running Club
88	Joel Barwick	75	01:51:54	Male	81	
87	Darren Griffiths-Warner	137	01:51:24	Male	82	Pontypridd Roadents RC
89	Heidi Louise Bagguley	89	01:52:29	Female	7	

90	Mark Taylor	63	01:52:42	Male	83	Port Talbot Harriers
92	Vanessa Harragan	93	01:53:26	Female	8	Swansea Harriers
91	Ian O'Kane	145	01:52:52	Male	84	
95	Paul Adams	98	01:53:52	Male	85	Caerleon RC
94	Charlotte Moran	99	01:53:52	Female	9	Caerleon RC
93	Nick Harlin	113	01:53:45	Male	86	
96	Neil Marvin	149	01:54:28	Male	87	Port Talbot Harriers
100	Paul Roberts	69	01:55:11	Male	88	Port Talbot Harriers
101	Gwen Smith	11	01:55:57	Female	10	3M Gorseinon Road Runners
99	Martin Croshaw	130	01:54:54	Male	89	
97	Kirsty Evans	122	01:54:51	Female	11	Cwm Ogwr Running Club
98	Gareth Jenkins	48	01:54:53	Male	90	Cwm Ogwr Running Club
103	Mike James	76	01:56:11	Male	91	Port Talbot Harriers
104	Jason Turner	66	01:56:22	Male	92	Swansea Harriers
105	Mick Grant	128	01:56:34	Male	93	
106	Paul Kerslake	146	01:56:36	Male	94	
102	Joanne Noble	154	01:56:06	Female	12	
107	Ross Bamsey	139	01:56:58	Male	95	Port Talbot Harriers
108	Kelly Owen	101	01:57:09	Female	13	Cwm Ogwr Running Club
109	Derek Wilson	111	01:57:50	Male	96	
110	Cai Pughsley	152	01:57:59	Male	97	Port Talbot Harriers
111	Christopher Williams	105	01:58:47	Male	98	Port Talbot Harriers
112	danielle roberts	126	01:59:02	Female	14	
113	Jonathan Davies	108	01:59:12	Male	99	RUN4ALL Running Club
114	Neil Morgan	133	01:59:15	Male	100	Cwm Ogwr Running Club
118	Dean Evans	85	02:00:34	Male	101	Port Talbot Harriers
115	Sarah Barham	129	01:59:25	Female	15	3M Gorseinon Road Runners
117	Andrew Hill	156	01:59:43	Male	102	
116	Joan Tamlyn	153	01:59:42	Female	16	
122	Craig Williams	110	02:01:54	Male	103	
123	kevin williams	143	02:02:10	Male	104	
119	Ceri Stephens	195	02:01:27	Male	105	
121	Paul Davies	201	02:01:35	Male	106	Port Talbot Harriers
120	Peter Davies	157	02:01:34	Male	107	RUN4ALL Running Club
124	Jane Harwood	124	02:02:34	Female	17	Port Talbot Harriers
125	Sharon Penhale	141	02:02:34	Female	18	Port Talbot Harriers
126	Brian Lewis	175	02:02:37	Male	108	Port Talbot Harriers
129	Matt Jones	140	02:03:35	Male	109	Port Talbot Harriers
130	Deborah Goule	65	02:03:37	Female	19	Porthcawl Runners
132	STEVE RIDDLER	100	02:03:43	Male	110	Cwm Ogwr Running Club
127	Cheryl Anderson	169	02:02:56	Female	20	
128	Mark Young	176	02:03:06	Male	111	Port Talbot Harriers
135	Denise Bradley	135	02:04:03	Female	21	Cwm Ogwr Running Club
131	Judith Nichols	52	02:03:37	Female	22	
133	Roni Margerison	173	02:03:57	Female	23	Llisbury Runners
134	Steve Williams	172	02:03:58	Male	112	Llisbury Runners
136	Neil Morgan	151	02:04:29	Male	113	Port Talbot Harriers

137	Claire Sullivan	187	02:05:35	Female	24	Parc Brynbach Running Club
138	Anthony Turner	183	02:05:39	Male	114	
139	Joseph Anderson	170	02:06:30	Male	115	
140	Paul Harris	186	02:06:38	Male	116	
141	Antony Lewis	132	02:06:38	Male	117	Cwm Ogwr Running Club
144	Mark Worrall	123	02:08:12	Male	118	Cwm Ogwr Running Club
142	Gareth Piper	161	02:07:26	Male	119	Cwm Ogwr Running Club
143	dafydd thomas	158	02:07:58	Male	120	
146	Jason Garrahan	120	02:09:03	Male	121	Caerphilly Runners
145	Michelle Keen	174	02:08:38	Female	25	RUN4ALL Running Club
147	Emma Jane Morris	155	02:09:59	Female	26	
148	Daniel Rogers	196	02:10:09	Male	122	
149	Paul Thomas	164	02:11:09	Male	123	Port Talbot Harriers
150	Sarah Nott	147	02:11:24	Female	27	
151	John Ayres	109	02:12:23	Male	124	Port Talbot Harriers
155	Andrew Doyle	148	02:13:24	Male	125	
152	Dennis Haines	165	02:12:58	Male	126	Port Talbot Harriers
160	Richard Jones	36	02:15:08	Male	127	
153	Jessica Protheroe	190	02:13:11	Female	28	RUN4ALL Running Club
154	Katie Rowland	192	02:13:22	Female	29	RUN4ALL Running Club
158	Kevin Thomas	131	02:14:31	Male	128	
156	Martin Berry	179	02:14:18	Male	129	
157	Linley Beresford	184	02:14:21	Male	130	
159	Stephen Grant	191	02:14:45	Male	131	RUN4ALL Running Club
161	Sian Walker	166	02:16:41	Female	30	
163	Loretta Daley	160	02:19:31	Female	31	Les Croupiers
164	Alan Mann	162	02:19:31	Male	132	Les Croupiers
166	Gareth Evans	70	02:20:15	Male	133	
162	Emma Grimbaldeston	177	02:19:19	Female	32	
165	Kelly Crofts	188	02:20:12	Female	33	Les Croupiers
168	Lauren Piercy	97	02:22:19	Female	34	3M Gorseinon Road Runners
167	Charlotte Grose	159	02:22:07	Female	35	
169	Neil Tobin	198	02:23:04	Male	134	Port Talbot Harriers
171	Stephen Williams	106	02:27:02	Male	135	Port Talbot Harriers
170	JULES JONES	182	02:26:39	Female	36	Port Talbot Harriers
172	Sarah Greatbatch	136	02:27:52	Female	37	
173	Kirsty McGowan	181	02:28:23	Female	38	Les Croupiers
174	Helen Welch	163	02:29:37	Female	39	Pontypridd Roadents RC
175	Amanda Thompson	171	02:30:34	Female	40	Les Croupiers
176	Mark O'Dare	138	02:33:25	Male	136	
177	Darija Mann	180	02:33:56	Female	41	Cwm Ogwr Running Club
178	Darren Forrester	200	02:36:52	Male	137	RUN4ALL Running Club
179	Barbie Ahearn	199	02:36:53	Female	42	RUN4ALL Running Club
180	Emma Lewis	168	02:46:32	Female	43	
181	David Lake	94	02:48:28	Male	138	
182	Ann Thomas	194	02:56:41	Female	44	Port Talbot Harriers
183	Catherine Courts	125	02:56:41	Female	45	Port Talbot Harriers

