



PORT TALBOT HALF MARATHON 2019



No.	Forename	Surname	Gender	Club	Age Group
1	Simon	Lewis	Male	Pontypridd Roadents AC	V40
2	James	Hockin	Male	Port Talbot Harriers	V35
3	Ben	Williams	Male	Port Talbot Harriers	SM
4	Gary	Brown	Male	Penarth and Dinas Runners	V35
5	Matthew	Rees	Male	Swansea Harriers	SM
6	Tom	McCarthy	Male	Pontypridd Roadents AC	SM
7	Chris	Fulcher	Male	Neath harriers	V50
8	Craig	Foley	Male	Port Talbot Harriers	SM
9	Daniel	James	Male	RUN4ALL Neath	V40
10	Dean	Johnston	Male	Port Talbot Harriers	V40
11	Paul	Lewis	Male	Port Talbot Harriers	V45
12	Peter	Norris	Male		V50
13	Robert	Kestin	Male	Port Talbot harriers	SM
14	Gareth	Poston	Male	Port Talbot Harriers	V35
15	Rachel	Davies	Female	Swansea Harriers	SL
16	Ryan	Govier	Male	Swansea Harriers	SM
17	Ben	Phillips	Male	Port Talbot Harriers	V35
18	Matthew	Davies	Male	RUN4ALL Neath	V35
19	Ryan	Thomas	Male		SM
20	Llinos	Jones	Female	Swansea Harriers	FV35
21	Adam	Clarke	Male	Port Talbot Harriers	V45
22	Aled	Hopkins	Male	RUN4ALL Neath	MU20
23	CJ	de Mooi	Male	Caldicot Running Club	V45
24	David	Hodgins	Male		V50
25	Dean	Llewellyn	Male	South Wales Police	V40
26	Dean	Protheroe	Male	RUN4ALL Neath	SM
27	John	Camani	Male	Pembrokeshire Harriers	SM
28	Lloyd	Manning-James	Male	Bridgend Athletic Club	SM
29	Lynsey	Christopher	Male	Port Talbot Harriers	V50
30	Niki	Puleio	Male	Ogmore Phoenix Runners	V40
31	Adrian	Pearce	Male	Ogmore Phoenix Runners	V45
32	Mike	Tate	Male	Port Talbot Harriers	V45
33	Matthew	Green	Male	Kraft Runners	SM
34	Nino	Gatti	Male	Port Talbot Harriers	SM
35	Gary	Herring	Male		V35
36	Hannah	Bown	Female	Exmouth Harriers	FV40
37	Ben	Hughes	Male	Port Talbot Harriers	SM





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No.	Forename	Surname	Gender	Club	Age Group
38	Paul	Rees	Male	Port Talbot Harriers	V50
39	Anthony	Jacobson	Male		V35
40	Barri	Edwards	Male	Vegan Runners UK	V50
41	Chris	Lewis	Male	Port Talbot Harriers	V45
42	christian	madge	Male		SM
43	Claire	Oldfield	Female	Pembrokeshire Harriers	SL
44	Dave	Lewis	Male		V50
45	James	Towl	Male		SM
46	Karl	Eenmaa	Male	Port Talbot Harriers	V45
47	Mark	Taylor	Male	Port Talbot Harriers	V40
48	Michael	Morgan	Male	Penarth and Dinas	V35
49	Michelle	Cole	Female	3M Gorseinon	FV40
50	Mike	Warner	Male	RUN4ALL Neath	V50
51	Nick	Thomas	Male	Port Talbot Harriers	V35
52	Owen	Davies	Male	Swansea Harriers	SM
53	Paul	Josua	Male	Team Moti	SM
54	Richard	Canning	Male		SM
55	Richard	Williams	Male		V50
56	Ricky	Woodman	Male		SM
57	Scott	Robinson	Male	Team Titan	SM
58	Tom	Ogilvie	Male	Brackla Harriers	SM
59	Matthew	Williams	Male	Rhondda Valley Runners	SM
60	Simon	Locke	Male		V35
61	Alexander	Price	Male	Sarn Helen	V35
62	Sioned	Howells	Female	Amman Valley Harriers	SL
63	Jacob	Iveson	Male		SM
64	Leif	Geoghegan	Male	Caldicot Running Club	SM
65	Nathan	Davies	Male	Pembrokeshire Harriers	SM
66	Alex	Wilks	Male	Team Moti / Run4All	SM
67	Andrew	Stead	Male		V35
68	Bernard	Henderson	Male	Port Talbot Harriers	V60
69	Christopher	Lewis	Male	Team Moti / Run4All	SM
70	Gareth	Danter-Hill	Male	Cornelly Striders	V35
71	Gareth	Pask	Male		V35
72	Gareth	Phillips	Male		V40
73	Hayley	Griffiths	Female	RUN4ALL Neath	FV35
74	Hugh	Janney	Male	Amman Valley Harriers	V45





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No.	Forename	Surname	Gender	Club	Age Group
75	Ian	Ogilvie	Male	Brackla Harriers	V50
76	John	Dewar	Male	Port Talbot Harriers	SM
77	Karl	Angell	Male	Port talbot harriers	V35
78	Mark	Passmore	Male	Pontyclun Roadrunners	V35
79	Mark	Cox	Male		SM
80	Martin	Hines	Male	Port Talbot Harriers	V45
81	Matthew	Flynn	Male		SM
82	Owen	Staddon	Male	Caldicot Running Club	SM
83	Richard	Baker	Male	Pontardawe Running Club	V40
84	Rob	Falconer	Male	Swansea Harriers	V60
85	Scott	Lewis	Male		SM
86	Stephen	Davies	Male		SM
87	Vince	Bailey	Male	TROT	V50
88	Martyn	Ogrady	Male		V35
89	Leo	Glew	Male		SM
90	Terry	O'Brien	Male		V60
91	Andrew	Evans	Male	RUN4ALL Neath	V35
92	Brian	Saxby	Male	RUN4ALL Neath	V55
93	Gareth	Jenkins	Male	Ogmore Phoenix Runners	V35
94	John	Wiltshire	Male		V40
95	richard	barratt	Male	RUN4ALL Neath	V35
96	Niall	Lewis	Male	Port Talbot Harriers	SM
97	Gareth	Ayres	Male	1:30 Pacer	
98	Jonathan	Jarvis	Male	1:30 Pacer	SM
99	Rob	Warlow	Male	1:35 Pacer	
100	David	McCutcheon	Male	1:35 Pacer	SM
101	Amanda	Parry	Female	Port Talbot Harriers	FV45
102	Andrew	Spencer	Male	Griffithstown Harriers	V55
103	Andrew	Thomas	Male		V40
104	Ben	Alexander	Male		SM
105	Caroline	Bassett	Female	Pegasus Running Club	FV35
106	Christopher	Payne	Male	Cornelly Striders	SM
107	Craig	Hughes	Male		SM
108	Daniel	Leach	Male		SM
109	David	Wherry	Male	Caldicot Running Club	V40
110	Edward	Evans	Male	Brackla Harriers	SM
111	Gareth	Richards	Male	Ogmore Phoenix Runners	V45





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No.	Forename	Surname	Gender	Club	Age Group
112	Henry	Sage	Male		SM
113	James	Butler	Male		SM
114	James	Ace	Male	Port Talbot Harriers	V35
115	Jo	Bowes	Female	TROT	FV50
116	John	Martin	Male		V40
117	John	Young	Male	Port Talbot Harriers	V45
118	Jonathan	Clark	Male	RUN4ALL Neath	SM
119	Julian	Hine	Male		SM
120	Kevin	Raymond	Male	MNDA	V55
121	Kris	Denholm	Male	Ogmore Phoenix Runners	V50
122	Liam	Chesters	Male	Port Talbot Harriers	SM
123	Liam	Rose	Male		SM
124	Linda Alexandra	Woodland	Female	Port Talbot Harriers	FV55
125	Mandy	Morris	Female	Port Talbot Harriers	FV45
126	Mario	Rabaiotti	Male	Port Talbot Harriers	V55
127	Mark	Edwards	Male	EPC	V35
128	Martin	Davies	Male	TROT	V40
129	Mathew	Williams	Male		V40
130	Matthew	Sewell	Male		V35
131	Peter	Robinson	Male		V50
132	Peter	Martin	Male	Triathlon Coaching Wales	V40
133	Phil	Lee	Male	Caldicot Running Club	V40
134	Richard	Sewell	Male	Les Croupiers	V60
135	Robert	Golden	Male		SM
136	Robert	McCallum	Male		V45
137	Scott	Gray	Male	Port Talbot Harriers	SM
138	Seb	Nixon	Male	MNDA	SM
139	terry	caveney	Male	Les Croupiers	V55
140	Tim	Lewis	Male		SM
141	Tristan	Horswell	Male		SM
142	Wayne	Edwards	Male		V50
143	Richard	Llewellyn	Male		V50
144	Kelly	Phillips	Female	RUN4ALL Neath	FV40
145	Brian	Stevendale	Male	Swansea Harriers	V55
146	calvin	hold	Male	Swansea Harriers	V45
147	Alun	Powell	Male		V60
148	Craig	Phillips	Male		SM





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No.	Forename	Surname	Gender	Club	Age Group
149	Mark	Juhlke	Male	Refail Runners	V40
150	Steven	Baker	Male	Seriously mad runners	V50
151	Aimee	Pink	Female	RUN4ALL Neath	SL
152	Alan	Vaughan	Male		V40
153	Alex	Powell	Male		SM
154	Anna	Parsons	Female	Port Talbot Harriers	FV50
155	Antony	Kendall	Male		V45
156	Bethan	Morris	Female	Port Talbot Harriers	SL
157	Chris	Gough	Male		V35
158	Christopher	Price	Male	MNDA	SM
159	Christopher	Jones	Male	Swansea Harriers	V45
160	Craig	Bowen	Male		SM
161	Darren	Ralph	Male		V35
162	David	Kembery	Male	Ogmore Phoenix Runners	V45
163	David	Roberts	Male		V35
164	Derek	Spear	Male	RUN4ALL Neath	V55
165	DEREK	Wilson	Male		V55
166	Duncan	Knight	Male	Teignbridge Trotters	V45
167	Emma	Griffiths	Female		SL
168	Gemma	Haworth	Female	Porthcawl Runners	FV35
169	Gregg	Harris	Male	Ogmore Phoenix Runners	V45
170	Heidi	Williams	Female	South Wales Police	FV40
171	James	Lowery	Male	Port Talbot Harriers	SM
172	JAMES	SAYERS	Male		V40
173	Jason	Kindom	Male	South Wales Police	V40
174	Jason	Russell	Male	Islwyn Running Club	V40
175	Jeff	Parker	Male		SM
176	Jodie	Hughes	Female		SL
177	Joe	Warchal	Male		V35
178	John	Rees	Male	RUN4ALL Neath	SM
179	Justin	Williams	Male		V35
180	Karl	Johnson	Male	Ogmore Phoenix Runners	SM
181	Karl	Davies	Male		V40
182	Keith	Williams	Male		V50
183	Kelly	Langford	Female	Roberttown Road Runners	FV35
184	Kevin	Dalling	Male		V55
185	Leighton	Connor	Male	Cancer Research	V40





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No.	Forename	Surname	Gender	Club	Age Group
186	Lloyd	Davies	Male		V35
187	Louise	Mordue	Female	Porthcawl Runners	FV40
188	Mark	Gabb	Male	Celtic Tri	V40
189	Mark	Kavanagh	Male	Sospan Road Runners	V40
190	Mark	Coles	Male		V40
191	Paul	Roberts	Male	Port Talbot Harriers	V45
192	Matthew	Blackmore	Male	Port Talbot Harriers	V40
193	Michael	Davies	Male		SM
194	nichola	wilcox	Female	Port Talbot Harriers	FV40
195	Paul	Warren	Male	The Old Parish	V45
196	Paul	Jarman	Male		V40
197	Mike	Warlock	Male	Port Talbot Harriers	V50
198	1:40 Pacer			1:40 Pacer	
199	Paul	Jelley	Male	1:45 Pacer	
200	Finnian	McEvoy	Male	Team Moti	SM
201	Paula	Wilfort	Female	Cornelly Striders	FV50
202	Phil	Sumbler	Male	Run4All Neath	V45
203	Rebecca	Bartlett	Female		FV35
204	Rebekah	Miles	Female		FV35
205	Rhodri	Morgan	Male		V35
206	Rich	Jones	Male	Vegan Runners UK	V45
207	Richard	Collier	Male		V35
208	Richard	Hext	Male	Roberttown Roadrunners	V35
209	Ryan	Tamlin	Male		SM
210	Ryan	Evans	Male		V45
211	Simon	Coombes	Male	Swansea Harriers	V40
212	Simon	Butler	Male	Caerphilly Triers	V45
213	Sion	Evans	Male	Tondu Wheelers	V45
214	Steve	Holloway	Male		V35
215	Steve	Melton	Male	RUN4ALL Neath	V45
216	steve	James	Male	Sospan Road Runners	V45
217	William	Thomas	Male	RUN4ALL Neath	V45
218	Claire	Dunbar-Bowen	Female	Ogmore Phoenix Runners	FV40
219	Dean	Williams	Male		V35
220	Andrew	Silk	Male	Paul Popham Running Club	SM
221	Rebecca	Owen	Female	Port Talbot Harriers	FV40
222	TRACEY	COAKLEY	Female	TeamTRC	FV45





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No.	Forename	Surname	Gender	Club	Age Group
223	Adrian	Bytheway	Male	3M Gorseinon Road Runners	V50
224	Alun	Wylde	Male	Ogmore Phoenix Runners	V45
225	Andrew	Marvelley	Male		SM
226	Andy	Bown	Male		V45
227	Anthony	Williams	Male		SM
228	Ben	Oliver	Male	Stroud & District AC	V40
229	Cheryl	tanner	Female	RUN4ALL Neath	FV35
230	Christie	Coleman	Male	Cwm ogwr	V50
231	Christopher	Davie	Male	RUN4ALL Neath	V45
232	Claire	Sullivan	Female	Parc Bryn Bach	FV35
233	Claire	Griffiths	Female		FV45
234	Craig	McKibbin	Male		V35
235	Dave	Gray	Male		V40
236	Dave	Kempton	Male	Parc Bryn Bach Running Club	V60
237	David	Griffiths	Male	None	SM
238	Elizabeth	Pawan	Female	RUN4ALL Neath	FV35
239	Gary	Rossiter	Male	Port Talbot Harriers	V35
240	Geoff	White	Male	RUN4ALL Neath	V45
241	Helen	Griffiths	Female	Port Talbot Harriers	SL
242	Huw	Morris	Male		SM
243	James	Thomas	Male		V40
244	Jane	Harwood	Female	Port Talbot Harriers	SL
245	Jason	Williams	Male		V45
246	Jennet	Holmes	Female	Pontypridd Roadents AC	FV45
247	Jenny	Blackmore	Female	Port Talbot Harriers	FV40
248	Jonathan	Gough	Male		V40
249	keiron	burrows	Male		V50
250	Lorna	Johnson	Female	Run4All Neath	FV45
251	Michael	Grant	Male	Road Runners Club	V60
252	Michael	Richardson	Male		SM
253	nathan	philpott	Male		V40
254	Nicky	james	Male		V40
255	Paul	Wilson	Male		V50
256	Rene	Saathoff	Male		V45
257	Rhuanydd	Clarke	Female	Porthcawl Runners	FV40
258	Richard	Bleaney	Male	RUN4ALL Neath	V40
259	Richard	Clark	Male		V35





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No.	Forename	Surname	Gender	Club	Age Group
260	Richard	Maw	Male	Minehead RC	V65
261	Robert	Jones	Male	Merthyr Running Club	V45
262	Sally	Hopkins	Female	Port Talbot Harriers	SL
263	Sean	Snell	Male		SM
264	Stephen	Williams	Male	Cardigan Running Club	SM
265	Steve	Riddler	Male	Ogmore Phoenix Runners	V55
266	stuart	Appleby	Male		V55
267	stuart	fraser	Male	RUN4ALL Neath	V45
268	Wyn	Thomas	Male	Pontypridd Roadents AC	V40
269	Stephanie	Davies	Female		SL
270	Mandy	Richards-Williams	Female	Sospan Road Runners	FV45
271	Russell	Williams	Male	Port Talbot Harriers	V50
272	Arwyn	Thomas	Male	Amman Valley Harriers	V45
273	Jane	Ogilvie	Female	Brackla Harriers	FV50
274	Mike	James	Male	Port Talbot Harriers	V45
275	Mike	Curtis	Male	MNDA	V50
276	Nicholas	Marshall	Male		V35
277	Claire	Morgan	Female	Sospan Road Runners	FV40
278	Claire	Morgan	Female	Sospan Road Runners	FV45
279	Ieuan	Hope	Male		SM
280	Martin	Croshaw	Male		V45
281	Tiffany	Jones	Female	RUN4ALL Neath	SL
282	Andrea	Evans	Female	The Old Parish	FV45
283	Andrew	Burns	Male		V45
284	Cathryn	Williams	Female	MNDA	SL
285	Ceri	Denning	Female	Caldicot Running Club	SL
286	Christopher	Bevan	Male		V45
287	Claire	Williams	Female	Pontardawe Running Club	FV55
288	Claire	Lewin	Female		FV55
289	Craig	Williams	Male	Port Talbot Harriers	V45
290	Emelye	Allmark	Female	Roberttown Road Runners	SL
291	Emma	Addis	Female	Pontypridd Roadents AC	FV45
292	Gareth	Jones	Male		SM
293	Glen	Francis	Male	Canton chargers	V45
294	Phil	Turner	Male	1:45 Pacer	V50
295	Ian	Williams	Male	1:50 Pacer	
296	Charlotte	Jones	Female	MNDA	SL





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No.	Forename	Surname	Gender	Club	Age Group
297	Helen	Janney	Female	Amman Valley Harriers	FV45
298	Jason	Garrahan	Male	Caerphilly Runners	V45
299	Joanna	Valentine	Female	Pegasus Running Club	FV35
300	Katie	Hamer	Female	Parc Bryn Bach Running Club	FV40
301	Katie	Davies	Female	Gary Howells Run Club	FV35
302	Kevin	Williams	Male		V45
303	Kim	Knight	Female	Teignbridge Trotters	FV45
304	Leanne	Purnell	Female	The Old Parish	FV40
305	Leigh	Francis	Male	Ogmore Phoenix Runners	V45
306	Louise	Pierpoint	Female	Port Talbot Harriers	FV40
307	Matthew	Crowle	Male	Parc Bryn Bach Running Club	V35
308	Meredith	Thomas	Male		V35
309	Oliver	Clark	Male		SM
310	Sarah	Passmore	Female	Pontyclun Roadrunners	FV35
311	Tim	Rees	Male	Ogmore Phoenix Runners	V55
312	Tim	Allen	Male	Port Talbot Harriers	V50
313	Sally	Groves	Female	Pegasus Running Club	FV55
314	Ashley	Howells	Male	Ogmore Phoenix Runners	V45
315	Hayley	Barratt	Female		FV35
316	Fiona	Evans	Female	Ogmore Phoenix Runners	FV50
317	Amanda	Gould	Female		FV40
318	Carol	Heard	Female		FV50
319	Colin	Blackwell	Male	The Old Parish	V60
320	Michelle	Taylor	Female	Chepstow Harriers	SL
321	Rhian	Turner	Female		FV40
322	Tony	Morgan	Male		V55
323	Yangi	Vundamina	Female	Caerleon Running Club	FV40
324	Sue	Gershenson	Female	Seriously Mad Runners	FV50
325	Abigail	Jones	Female		SL
326	David	Prowse	Male		V55
327	Debbie	Garner	Female	Sospan Road Runners	FV45
328	DENISE	Bradley	Female	Ogmore Phoenix Runners	FV55
329	Helen	Barber	Female		FV50
330	Rachel	Monks	Female	Port Talbot Harriers	SL
331	Tim	Pickles	Male	Les Croupiers	SM
332	Abby	Thomas	Female		SL
333	Agnes	Chassot	Female	Amman Valley Harriers	FV50



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No.	Forename	Surname	Gender	Club	Age Group
334	Alys	Cootes	Female	RUN4ALL Neath	SL
335	Andrew	DOYLE	Male		V40
336	Andrew	Morris	Male	Sospan Road Runners	V55
337	Angela	Palmer	Female	Pencoed Panthers	FV35
338	Anne	Evans	Female		FV40
339	Anthony	Kavanagh	Male	Ogmore Phoenix Runners	V40
340	Arron	Hughes	Male		SM
341	Bethan	thomas	Female	Port Talbot Harriers	FV40
342	Bretti	Paxton	Female	Pontypridd Roadents AC	SL
343	Brian	Lewis	Male	Port Talbot Harriers	V55
344	carl	clement	Male		V35
345	Carolyn	Williams	Female	MNDA	FV55
346	Charlotte	Clouting	Female		SL
347	Chris	Richards	Male	Ogmore Phoenix Runners	V45
348	Claire	Walters	Female	Port Talbot Harriers	SL
349	colin	thomas	Male	RUN4ALL Neath	V60
350	Collette	Owen	Female	RUN4ALL Neath	FV35
351	Darcie	Ravenhill	Female	Port Talbot Harriers	SL
352	David	Charles	Male	Port Talbot Harriers	V40
353	David	Soley	Male		V35
354	Debbie	Griffin	Female	Ogmore Phoenix Runners	FV45
355	Deborah	Southgate	Female	Angels RC	FV60
356	Donovan	Embury	Male	Port Talbot Harriers	V35
357	Elizabeth	Sim	Female	Ogmore Phoenix Runners	FV40
358	Emma	Marshall	Female	Ogmore Phoenix Runners	FV35
359	Emma	Jackson-Phillips	Female	Cornelly Striders	SL
360	Gareth	thomas	Male	RUN4ALL Neath	V50
361	Gavin	Binding	Male	None	V35
362	Georgina	Fraser	Female	Cornelly Striders	FV50
363	Glen	Payne	Male		SM
364	Glyn	Morgan	Male		V45
365	Hannah	Davies	Female	RUN4ALL Neath	SL
366	Harri	Lloyd Davies	Male		V35
367	Heather	Jones	Female		FV45
368	Helen	Hughes	Female	Port Talbot Harriers	FV50
369	Ian	Garnham	Male		V40
370	Jack	John	Male	Royal Navy Athletics Club	SM





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No.	Forename	Surname	Gender	Club	Age Group
371	Jackie	Phillips	Female		FV45
372	Jason	McGill	Male	South Wales Police	V40
373	Jay	Howells	Male	Ogmore Phoenix Runners	SM
374	Jennifer	Pope	Female	CDF Runners	SL
375	Jessica	Bedford	Female		SL
376	Joanna	Dee	Female		FV40
377	John	Easterbrook	Male		V55
378	JOHN	Kiernan	Male	BROOKS BEASTS	V45
379	Jonathan	Rawlinson	Male		V50
380	Jonathan	Tidball	Male	Ogmore Phoenix Runners	V35
381	Jonathan	Gibbs	Male		V45
382	Jonathan	Edwards	Male		V45
383	Karen	Aitchison	Female	RUN4ALL Neath	FV45
384	Kayleigh	Bagshaw	Female	TROT	SL
385	Kimberley	Wilson	Female		SL
386	Lisa	Williams	Female	Seriously Mad Runners	FV45
387	Louise	Udiawar	Female	Pontardawe Running Club	FV40
388	Martin	Rivers	Male	RUN4ALL Neath	V50
389	Megan	Jackson	Female	Team Moti	SL
390	Michelle	Thomas	Female	The Old Parish	FV45
391	Natalie	Esp	Female	Ogmore Phoenix Runners	SL
392	Nathan	Dee	Male	Pegasus Running Club	V35
393	Oliver	Esposito	Male		SM
394	Olivia	Gullam	Female	Port Talbot Harriers	SL
395	Paige	Davies	Female		SL
396	Neil	Calucag	Male	1:55 Pacer	
397	Roxanne	Turner	Female	1:55 Pacer	SL
398	Craig	Wilyeo	Male	2:00 Pacer	
399	Paul	Harris	Male	2:00 Pacer	V50
400	Royston	Whitney	Male	2:05 Pacer	
401	Paul	Rees	Male		V45
402	Paul	THOMAS	Male	Port Talbot Harriers	V55
403	Paul	Williamson	Male	Port Talbot Harriers	V40
404	Paul	Kerslake	Male		V35
405	Phillip	Rowlands	Male	RUN4ALL Neath	V45
406	Pierre-Yves	Garnier	Male		V35
407	Rachel	Crump	Female	South Wales Police	FV35





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No.	Forename	Surname	Gender	Club	Age Group
408	Rebecca	Newton	Female	Ogmore Phoenix Runners	SL
409	Richard	Walker	Male		SM
410	Richard	Bluck	Male	MNDA	V35
411	Rob	Lawrence	Male		V35
412	Robert	Gullis	Male		SM
413	Robin	Biesok	Male	RUN4ALL Neath	SM
414	Ryan	Phillips	Male	Port Talbot Harriers	SM
415	Sarah	Baker	Female	Seriously mad runners	FV45
416	Simon	Crump	Male	South Wales Police	V35
417	Steve	Houghton	Male	Caerleon Running Club	V55
418	Steven	Williams	Male		SM
419	Stuart	Meikle	Male		V40
420	Summer	Jones-Webster	Female		SL
421	Surinder	Williams	Female	RUN4ALL Neath	FV45
422	thomas	davison	Male		V60
423	Thomas	Edwards	Male		SM
424	Wayne	Randall	Male	Ogmore Phoenix Runners	V45
425	William	Evan's	Male		SM
426	Emma	Cockram	Female		FV40
427	Michael	Morris	Male	Port Talbot Harriers	V40
428	Stuart	Felix	Male		V45
429	Allison	Lewis-Wong	Female	RUN4ALL Neath	FV50
430	Andrew	Miller	Male	Pontardawe Running Club	V40
431	caroline	hellard	Female	pontyclun road runners	FV40
432	Carolyn	Windos	Female	Cornelly Striders	FV55
433	Cheryl	Gibbins	Female	Cornelly Striders	FV60
434	Clare	Sim	Female	Port Talbot Harriers	SL
435	Eleanor	Rees	Female		SL
436	Gwen	Smith	Female	3M Gorseinon	FV50
437	Melanie	Davies	Female	South Wales Police	FV45
438	Michael	Brain	Male	Ogmore Phoenix Runners	V40
439	Philip	Williams	Male	South Wales Police	V45
440	Sally	Pensom	Female	Ogmore Phoenix Runners	FV45
441	Megan	Gullam	Female		SL
442	Gemma	Jones	Female	RUN4ALL Neath	FV35
443	Heather	Leach	Female		SL
444	Louise	Foster	Female	Ogmore Phoenix Runners	FV35





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No.	Forename	Surname	Gender	Club	Age Group
445	Nadia	Thirb	Female	Canton Chargers	SL
446	Alison	Sperring	Female	Dorset Police Athletics Section	FV50
447	Amy	Saunders	Female	Port Talbot Harriers	FV40
448	Andrew	Westlake	Male	South Wales Police	V40
449	Anthony	James	Male		SM
450	Arfon	Edwards	Male	Port Talbot Harriers	V35
451	Benjamin	Tucker	Male		V35
452	Beverley	Sheard	Female	Ogmore Phoenix Runners	FV50
453	Catherine	Harper	Female		FV55
454	Christian	Allinson	Male		V45
455	Christine	Baker	Female	MNDA	FV50
456	craig	phillips	Male		V35
457	Darren	Richards	Male	Port Talbot Harriers	V35
458	David	Sheard	Male	Ogmore Phoenix Runners	V50
459	David	Mather	Male	Pontypridd Roadents AC	V55
460	Emily	Fraser	Female	Cornelly Striders	SL
461	Emma	Winch	Female	Ogmore Phoenix Runners	FV35
462	gerald	morgan	Male		SM
463	Holly	Pavey	Female	Dursley Running Club	SL
464	Jody	Francis	Female	Port Talbot Harriers	FV40
465	Joel	Francis	Male	Port Talbot Harriers	V40
466	Jordan	Quigley	Male		SM
467	Kara	Lee	Female		SL
468	Kate	Pittard	Female	The Old Parish	FV35
469	Kathryn	Warren	Female	The Old Parish	FV40
470	Kelly	Morgan	Female		FV35
471	Laura	Kennedy	Female	Port Talbot Harriers	SL
472	Louise	Phillips	Female	Pontypridd Roadents AC	FV40
473	Lucy	Jones	Female	Porthcawl Runners	FV45
474	Mark	Jones	Male	Vegan Runners UK	V45
475	Mark	Burgess	Male	Ogmore Phoenix Runners	V35
476	Martin	Cowan	Male		V45
477	nathan	connolly	Male		V35
478	Neal	Steer	Male		V40
479	Philip	Judd	Male		V60
480	Philippa	Francis	Female		FV55
481	Rhiannon	Buckley	Female	Ogmore Phoenix Runners	FV35





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No.	Forename	Surname	Gender	Club	Age Group
482	Sara	Bayliss	Female	Ogmore Phoenix Runners	FV45
483	Sarah	Greatbatch	Female	Port Talbot Harriers	FV45
484	Shane	Draper	Male		SM
485	Stephen	Williams	Male	Port Talbot Harriers	V45
486	Stuart	Elson	Male	South Wales Police	V55
487	Susan	Rogers	Female		FV45
488	tracey	hughes jenkins	Female		FV45
489	Tyler	Handley	Male		SM
490	Chelle	Jenkins	Female	Serious mad runners	FV35
491	Alex	Robb	Male	Paul Popham Running Club	V40
492	Amir	Hussain	Male		SM
493	Andrew	Trotman	Male		V45
494	Anna	Humphreys	Female	Pencoed Panthers	FV45
495	Lee	Jenkins	Male	2:00 Pacer	
496	Nicola	Edwards	Female	2:10 Pacer	SF
497	James	Lawson	Male	2:10 Pacer	
498	Anthony	jones	Male	3M Gorseion	V45
499	Sophie	Williams	Female	2:15 Pacer	
500	B	Davies	Female		FV35
501	Beth	Radford	Female		FV40
502	Carolyn	Waites	Female	RUN4ALL Neath	FV50
503	Christopher	Cannings	Male	Port Talbot Harriers	V35
504	Claire	Morgan	Female	Forest of Dean AC	FV55
505	Craig	John	Male	Port Talbot Harriers	SM
506	Dawn	Wright	Female	MNDA	FV40
507	Delia	Domachowski	Female	Cornelly Striders	FV50
508	Dionne	Short	Female		FV35
509	Emma	Bailey	Female	RUN4ALL Neath	FV40
510	Emma	Bounds	Female	Refail Runners	FV40
511	Frances	Collins	Female	Ogmore Phoenix Runners	SL
512	Gary	Maal	Male	Port Talbot Harriers	V50
513	Hannah	Jones	Female	CDF Runners	SL
514	Helen	Lewis	Female	Pencoed Panthers	FV40
515	Helen	Stuckey	Female		FV45
516	Helen	Mccarthy	Female	Seriously mad runners	FV40
517	Huseyin	Kemal	Male		V45
518	Ian	Wright	Male	Cornelly Striders	V50





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No.	Forename	Surname	Gender	Club	Age Group
519	Jackie	Bradshaw	Female	women running penarth	FV55
520	jennifer	hoskins	Female	RUN4ALL Neath	FV45
521	Jo	Wilson	Female	Notts Women Runners	FV45
522	Joanna	Read	Female		FV35
523	Jonathan	Long	Male		V40
524	Joshua	Caulton	Male	RUN4ALL Neath	SM
525	Karen	Skinley	Female	Pencoed Panthers	FV50
526	Kaye	Pedler	Female	Ogmore Phoenix Runners	FV40
527	Keegan	Tomlinson	Male		SM
528	Kelly	christopher	Female	Cornelly Striders	FV40
529	Mair	Johnson	Female	Pontypridd Roadents AC	FV35
530	Mat	Jones	Male	Port Talbot Harriers	V40
531	Matt	Murray	Male	Ogmore Phoenix Runners	V40
532	Matthew	Poulton	Male		V35
533	Nerys	Lloyd	Female		SL
534	Nicholas	Card	Male	Torfaen Runners	V55
535	oisin	clancy	Male		V50
536	Paul	Castle	Male	Staple Hill Runners	V45
537	Peter	Davies	Male	RUN4ALL Neath	V55
538	Peter	Lee	Male		V45
539	Pippa	Hayes	Female	Pencoed Panthers	SL
540	Rebecca	Williams	Female		SL
541	Rebecca	Teague	Female	RUN4ALL Neath	FV40
542	Rhia	Williams	Female		SL
543	Richard	Harris	Male		SM
544	Roger	Morgan	Male	Forest of Dean AC	V65
545	Samantha	Lloyd	Female	Amman Valley Harriers	SL
546	Shawn	Cullen	Male	Ogmore Phoenix Runners	V45
547	Sian	Rees	Female		FV35
548	Spencer	Jones	Male		V45
549	Wendy	Edwards	Female	RUN4ALL Neath	FV50
550	Wendy	Wright	Female	Cornelly Striders	FV55
551	Alison	Pritchard	Female	Pegasus Running Club	SL
552	Natalie	Parsons	Female		FV45
553	ANGELA GAIL	THORPE	Female	RUN4ALL Neath	FV55
554	Beth	Jannetta	Female		FV40
555	Brenda	Evans	Female	Pontypridd Roadents AC	FV65





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No.	Forename	Surname	Gender	Club	Age Group
556	Caroline	Wheeler	Female		FV55
557	Ceinwen	Evans	Female	Pembrokeshire Harriers	FV50
558	Dalia	Dundulyte	Female	Pencoed Panthers	FV35
559	Darryl	Beaver	Male	Seriously mad runners. (Barry)	V55
560	Dougal	Campbell	Male	MNDA	V55
561	Geoff	Twigg	Male	Seriously Mad Runners	V60
562	Jamie	Puddy	Male	Ogmore Phoenix Runners	V40
563	Jason	Roberts	Male		V40
564	Joanna	Rhydderch	Female	RUN4ALL Neath	FV35
565	Joseph	Hill	Male		V35
566	Julia	Bleaney	Female	RUN4ALL Neath	FV40
567	LEWIS	WILLIAMS	Male		SM
568	Linzi	Margetson	Female	Port Talbot Harriers	FV35
569	Louise	George	Female	Seriously Mad Runners	FV45
570	Michael	Catling	Male		V55
571	Nathan	Hughes	Male		SM
572	Neil	Rigdon	Male		V45
573	Paul	Wright	Male		V40
574	Rob	Ford	Male		SM
575	SAAD	HAQ	Male		SM
576	Sally	O'Connor	Female	Caerphilly Runners	FV35
577	Vickie	McNally	Female	Pencoed Panthers	FV40
578	Lisa	Slee	Female		FV40
579	Tanya	Johnson	Female	Pencoed Panthers	FV45
580	Colin	Lewis	Male	Port Talbot Harriers	V50
581	Emily	James	Female	Cornelly Striders	FU20
582	Jayne	Bissmire	Female	Ogmore Phoenix Runners	SL
583	Paul	Sanders	Male		V40
584	Mike	King	Male	Nailsea Running Club	V70
585	Alex	Allen	Male		SM
586	Andrew	Humphreys	Male	Port Talbot Harriers	V35
587	Ann	Davies	Female	Pen-Y-Bont Tri	FV60
588	Ashton	Hogan	Male		SM
589	Charles Ian	Allen	Male	Major Milers Llantwit Major	V55
590	Clare	Evans	Female		FV45
591	David	Thomas	Male		V55
592	Deanna	watchorn	Female		SL





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No.	Forename	Surname	Gender	Club	Age Group
593	Demi	Shine-Roberts	Female		SL
594	Tony	Hollings	Male	2:15 Pacer	MV60
595	Jo	Gamba	Female	2:20 Pacer	
596	Sam	Bowen	Female	2:20 Pacer	SM
597	Qumrun	Nahar	Female	2:25 Pacer	SL
598	Eryl	Jones	Male	2:25 Pacer	V45
599	Gary	Wyn	Male	2:30 Pacer	
600	Darija	Keenor	Female	2:30 Pacer	SL
601	Victoria	Thomas	Female	2:30 Pacer	FV40
602	Denise	Aplin	Female	Seriously Mad Runners	FV45
603	Dorota	Nowak	Female		SL
604	Eleanor	Jones	Female	Vegan Runners UK	FV35
605	Helen	Griffiths	Female	MNDA	FV50
606	Howard	Sims	Male	RUN4ALL Neath	V50
607	Jade	Marsh	Female		SL
608	Jemma	Cole	Female		SL
609	Jodie	Edwards	Female		SL
610	Kevin	Hill	Male	Sospan Road Runners	V35
611	Leon	Grother	Male		V45
612	Lisa	James	Female		FV45
613	Lynda	Thomas	Female		FV35
614	Mark	Douglas	Male	Pontypridd Roadents AC	V40
615	Melissa	Humphreys	Female	Port Talbot Harriers	FV40
616	Michelle	Thomas	Female		FV35
617	Nicola	Cornock	Female	Ogmore Phoenix Runners	FV40
618	Nicola	Howells	Female	Cornelly Striders	FV50
619	Paul	Brooks	Male	Port Talbot Harriers	V45
620	Paula	King	Female	Pencoed Panthers	FV45
621	Rhiannon	Jones	Female	Run 4 All neath	FV35
622	Rhyannon	Smith	Female	RUN4ALL Neath	FV35
623	Ruth	Northway	Female	Pontyclun Road Runners	FV55
624	Sally	Hughes	Female	Port Talbot Harriers	SL
625	Sasha	Martin	Female		FV40
626	Sean	Davies	Male		V35
627	Sharon	Griffiths	Female	Sospan Road Runners	FV45
628	Sian	Jenkins	Female	Ogmore Phoenix Runners	FV50
629	Sian	Fisher	Female		SL





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No.	Forename	Surname	Gender	Club	Age Group
630	Sian	Mahoney	Female	Port Talbot Harriers	FV45
631	Simon	Kirkham	Male		V40
632	Stephen	James	Male		V45
633	Stephen	Towner	Male		V35
634	Theresa	Jones	Female		FV35
635	Vickie	Blake	Female	Ogmore Phoenix Runners	SL
636	Victoria	Coles	Female		FV40
637	Vivienne	Henderson	Female	RUN4ALL Neath	FV40
638	Adam	Jones	Male		SM
639	Gail	Newell	Female	RUN4ALL Neath	FV45
640	lauren	evans	Female		SL
641	Amy	Bosomworth	Female	RUN4ALL Neath	SL
642	Antonia	Weir	Female		FV50
643	Darren	Forrester	Male	RUN4ALL Neath	V50
644	Debra	Jones	Female	Women Running Penarth	FV55
645	Elizabeth	Jones	Female		SL
646	lestyn	evans	Male	Emlyn Flyers	V35
647	Rebecca	Parker	Female	RUN4ALL Neath	SL
648	Karen	Smith	Female		FV45
649	Ann	Thomas	Female	Port Talbot Harriers	FV65
650	Christine	Bell	Female	Staple Hill Runners	FV55
651	Claire	Taylor	Female	Ogmore Phoenix Runners	FV40
652	Joanna	Jones	Female		SL
653	Julia	Jones	Female	Port Talbot Harriers	FV55
654	Kathryn	Donovan	Female	Road Runners Club	FV45
655	Lon	Morgan	Female		FV60
656	Mike	Cottle	Male	MNDA	V50
657	Noelle	Brys	Female		SL
658	Rebecca	Biesok	Female	RUN4ALL Neath	SL
659	Ruth	Marston	Female	RUN4ALL Neath	SL
660	Sharon	Pritchard	Female	Ogmore Phoenix Runners	FV50
661	Stephne	Puddy	Female	Ogmore Phoenix Runners	FV40
662	Elizabeth	Williams	Female	Pontypool Phoenix Runners	FV45
663	Andrea	Bird	Female	RUN4ALL Neath	FV55
664	Leah	Walters	Female		SL
665	Michael	Davies	Male	Port Talbot Harriers	V40
666	Carolyn	Foley	Female	Port Talbot Harriers	FV60





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No.	Forename	Surname	Gender	Club	Age Group
667	Charlotte	Parker	Female		SL
668	Clare	Williams	Female		FV40
669	Gareth	Lewis	Male	MNDA	V40
670	James	Mallen	Male		SM
671	Jessica	Hann	Female		SL
672	Joanne	Griffiths	Female	RUN4ALL Neath	FV45
673	John	Davies	Male	RUN4ALL Neath	V60
674	Kelly	Lewis	Female	MNDA	SL
675	Kerry-Lynne	Pyke	Female	Pencoed Panthers	SL
676	Lisa	Clement-Jones	Female	Port Talbot Harriers	FV35
677	Rosalyn	Castle	Female	Staple Hill Runners	FV50
678	Sam	Belcher	Female	Pencoed Panthers	FV50
679	Sarah	Davies	Female		SL
680	Tyler	May	Female		SL
681	Stephen	Blaine	Male		V35
682	Peter	Beard	Male	Sospan Road Runners	V65
683	Gaynor	Kennedy	Female	Port Talbot Harriers	FV65
684	Catherine	Davies	Female		SL
685	Debbie	Bennion	Female	Ogmore Phoenix Runners	FV55
686	Helen	Lloyd Jones	Female	Pegasus Running Club	FV70
687	Mathew	Rees	Male		SM
688	Donna	Willis	Female		FV50
689	Cath	Griffiths	Female	Ogmore Phoenix Runners	FV45
690	Jayne	Tapscott	Female		FV40
691	Jessica	Davies	Female		SL
692	Kimberlee	James	Female		SL
693	Mair	Davies	Female	Port Talbot Harriers	SL
694	Ross	Williams	Male		SM
695	Steven	Welborn	Male	MNDA	SM
697	Richard	Jones	Male		V40
698	Anthony	pugh	Male		SM
699	Many	Draper	Female	Welsh Air Ambulance	FV50
700	Kati	Martin	Female	2:45 Pacer	SL

