

PONTY PLOD RESULTS 2018

| POS | Firstname | Lastname | Time | Gender | ClubName | AgeCategory | Bib No |
|-----|-----------|------------|---------|--------|-----------------------------|-------------|--------|
| 1 | John | Howells | 1.13.43 | M | Pontypridd Roadents AC | S | 81 |
| 2 | KEN | CAULKETT | 1.15.32 | M | SARN HELEN | S | 74 |
| 3 | IESTYN | RHODES | 1.18.22 | M | MMRT | 40+ | 2 |
| 4 | ALEX | HIRST | 1.19.47 | M | MDC | S | 23 |
| 5 | BEN | SINCLAIR | 1.20.19 | M | PONTYPOOL & DISTRICT | 40+ | 63 |
| 6 | TOM | MOLEKIN | 1.23.39 | M | MYNYDD DU | S | 39 |
| 7 | RHYS | JAMES | 1.25.31 | M | ERYRI HARRIERS | S | 33 |
| 8 | Steve | Loveluck | 1.27.16 | M | Ogmore Phoenix Runners | 50+ | 30 |
| 9 | Mark | Taylor | 1.28.45 | M | PORT TALBOT HARRIERS | 40+ | 22 |
| 10 | Anneliese | Loveluck | 1.32.08 | F | Ogmore Phoenix Runners | 40+ | 29 |
| 11 | Andrew | Dickens | 1.33.02 | M | Torfaen Runners | 40+ | 71 |
| 12 | Bob | Watson | 1.36.50 | M | Lliswerry Runners | 40+ | 32 |
| 13 | Neil | Coe | 1.37.47 | M | | 40+ | 21 |
| 14 | JOHN | COTTAM | 1.37.51 | M | 100 MC.FI | 50+ | 54 |
| 15 | Steven | James | 1.39.31 | M | Ogmore Phoenix Runners | 40+ | 51 |
| 16 | MICHAEL | SKYRME | 1.39.47 | M | FAIRWATER | 40+ | 68 |
| 17 | Ritchie | Wells | 1.40.39 | M | Unaffiliated | S | 41 |
| 18 | STEPHEN | LEE WRIGHT | 1.40.54 | M | TORFAEN RUNNERS | S | 40 |
| 19 | Stuart | Lukins | 1.42.31 | M | Lliswerry Runners | 40+ | 14 |
| 20 | Tim | Reese | 1.42.32 | M | Lliswerry Runners | 50+ | 11 |
| 21 | SIAN | JONES | 1.42.40 | F | PARC BRYN BACH | S | 77 |
| 22 | DIMITRI | VORRES | 1.43.31 | M | PONTYPOOL & DISTRICT | 50+ | 19 |
| 23 | ALISTAIR | CUMMINGS | 1.43.49 | M | PONTYPOOL & DISTRICT | S | 69 |
| 24 | Huw | Evans | 1.44.37 | M | Lliswerry Runners | 40+ | 31 |
| 25 | PAULA | WILLIAMS | 1.45.11 | F | CAERLEON | 50 | 8 |
| 26 | Gwyn | Palfrey | 1.46.33 | M | Parc Bryn Bach RC | 50+ | 61 |
| 27 | JULIE | CASHELL | 1.47.10 | F | PARC BRYN BACH | 40+ | 24 |
| 28 | Oliver | Hughes | 1.47.51 | M | Lliswerry Runners | S | 79 |
| 29 | Gethin | Rose | 1.47.54 | M | edds eagles | 40+ | 62 |
| 30 | Nick | Morgan | 1.48.28 | M | Parc bryn bach | 40+ | 66 |
| 31 | helen | williams | 1.48.32 | F | Parc Bryn Bach | 40+ | 78 |
| 32 | KEITH | LANGLEY | 1.48.46 | M | PONTYPOOL & DISTRICT | 60+ | 64 |
| 33 | Randal | Jones | 1.48.49 | M | Lliswerry Runners | 50+ | 18 |
| 34 | Melissa | Pearce | 1.48.54 | F | Parc Bryn Bach running club | 40+ | 75 |
| 35 | David | Sheard | 1.49.09 | M | Ogmore Phoenix Runners | 50+ | 35 |
| 36 | michael | griffiths | 1.49.16 | M | | 40+ | 13 |
| 37 | Mike | Pobjoy | 1.49.43 | M | Lliswerry Runners | 50+ | 47 |
| 38 | REBECCA | WILLIAMS | 1.50.13 | F | PARC BRYN BACH | 50+ | 82 |
| 39 | PAUL | HARVEY | 1.50.40 | M | PONTYPOOL & DISTRICT | S | 52 |
| 40 | SHARON | WOODS | 1.52.08 | F | PARC BRYN BACH | 50+ | 25 |
| 41 | Tim | Rees | 1.52.08 | M | Ogmore Phoenix Runners | 50+ | 38 |
| 42 | Matthew | Potter | 1.52.30 | M | Lliswerry Runners | 40+ | 17 |
| 43 | Stewart | Harding | 1.52.31 | M | CDF Runners | S | 59 |
| 44 | Nicola | Gowing | 1.53.35 | F | | 40+ | 4 |
| 45 | Carl | Walsh | 1.53.35 | M | Rhondda Valley Runners | 40+ | 3 |

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|-----|-----------|---------------|---------|--------|------------------------|-------------|--------|
| 46 | Rich | Skyrme | 1.53.38 | M | CDF Runners | 40+ | 58 |
| 47 | JEFF | ELLAWAY | 1.55.08 | M | 60+ | | 7 |
| 48 | NEILL | PARKER | 1.55.41 | M | Isllwyn RC | 50+ | 53 |
| 49 | Kaylie | Porter | 1.56.55 | F | Griffithstown Harriers | S | 48 |
| 50 | Ricardo | Egli | 1.57.14 | M | | S | 36 |
| 51 | JULIET | AMNER | 1.58.04 | F | Ogmore pheonix runners | 50+ | 60 |
| 52 | Melissa | MORGAN | 1.58.59 | F | Isllwyn RC | S | 73 |
| 53 | DAN | NEWTON | 2.00.42 | M | PONTYPOOL & DISTRICT | 40+ | 67 |
| 54 | lyndon | kenney | 2.01.36 | M | Griffithstown Harriers | 60+ | 43 |
| 55 | Emma | Loyns | 2.02.48 | F | Ogmore Phoenix Runners | S | 44 |
| 56 | ANGHARAD | MINAH | 2.04.01 | F | MAGOR MILERS | S | 26 |
| 57 | Fiona | Drysdale | 2.04.25 | F | Ogmore Phoenix Runners | 40+ | 80 |
| 58 | gerald | brake | 2.04.53 | M | | 60+ | 37 |
| 59 | Richard | Lowcock-James | 2.06.15 | M | Ogmore Phoenix Runners | 40+ | 15 |
| 60 | LUCY | PHILLIPS | 2.06.26 | F | PONTYPOOL & DISTRICT | S | 70 |
| 61 | Gareth | pusby-davies | 2.06.26 | m | | S | 20 |
| 62 | Emma | Winch | 2.06.34 | F | Ogmore Phoenix Runners | S | 46 |
| 63 | RHIAN | HOPKINS | 2.06.55 | F | Pontypridd Roadents AC | 40+ | 72 |
| 64 | Alun | Wylde | 2.07.06 | M | Ogmore Phoenix Runners | 40+ | 16 |
| 65 | Wayne | Randall | 2.08.54 | M | Ogmore phoenix runners | 40+ | 6 |
| 66 | David | McCann | 2.09.45 | M | Ogmore Phoenix Runners | S | 5 |
| 67 | Keren | Beard | 2.11.44 | F | Griffithstown Harriers | 40+ | 42 |
| 68 | RICHARD | COOK | 2.14.29 | M | GRIFFITHSTOWN HARRIERS | 40+ | 55 |
| 69 | David | Thomas | 2.19.31 | M | | S | 27 |
| 70 | Mark | Thomas | 2.19.34 | M | | S | 28 |
| 71 | David | Brunsdon | 2.19.44 | M | | 60+ | 12 |
| 72 | Jan | Webb | 2.23.03 | F | Hogweed Trotters | 50+ | 10 |
| 73 | ANGELA | THORPE | 2.25.37 | F | | 50+ | 56 |
| 74 | Philippa | Crocker | 2.26.18 | F | Kingswood Tri Club | 50+ | 9 |
| 75 | COLIN | DIXON | 2.27.38 | M | Isllwyn RC | 60+ | 65 |
| 76 | Pat | Richardson | 2.29.51 | F | Lliswerry | 60+ | 57 |
| 77 | Beverley | SHEARD | 2.30.10 | F | Ogmore Phoenix Runners | 50+ | 34 |
| 78 | Jayne | Powney | 2.30.59 | F | Ogmore Phoenix Runners | 40+ | 45 |
| 79 | Heidi | Joyce | 2.50.58 | F | | 40+ | 49 |
| 80 | Esther | Dawson | 2.50.59 | F | | 40+ | 50 |
| | LOU | SUMMERS | DNF | F | Torfaen Runners | 50+ | 76 |