

## Pont-Y-Pwl Full Ponty Results 2019

Pos.	Forename	Surname	Age	Gen.	Cat.	Aff.	Club	Bib No.	Time
1	Iestyn	Rhodes	42	M	V40	✓	MMRT	20	1:16:47
2	Rob	John	44	M	V40	✓	MMRT	40	1:16:51
3	Jack	Pitcher	36	M		✓	Emerson Green RC	55	1:24:21
4	Andy	Bush	39	M		✓	Emerson Green RC	12	1:24:40
5	Andy	Dean	45	M	V45	✓	Dewsbury Road Runners	64	1:25:25
6	Ray	Morgan	38	M		✓	Pont-y-Pwl & District Runners	2	1:27:50
7	Adam	Eagles	26	M		✓	Mynydd Du	38	1:31:25
8	Claire	Patterson	40	F	V40	✓	Torfaen Runners	65	1:31:38
9	George	Tordoff	42	M	V40			44	1:32:30
10	Gareth	Rees	39	M		✓	Pont-y-Pwl & District Runners	5	1:32:48
11	Neil	Coe	45	M	V45	✓	Mynydd Du	34	1:33:56
12	Jamie	Edwards	29	M		✓	Pont-y-Pwl & District Runners	39	1:35:04
13	Katie	Adams	41	F	V40			36	1:35:13
14	Carl	Walsh	48	M	V45	✓	Rhondda Valley Runners	1	1:37:04
15	Russ	Wareham	47	M	V45	✓	Islwyn RC	71	1:38:25
16	Matt	Tooby	35	M		✓	Caerleon RC	13	1:38:36
17	Bob	Watson	49	M	V45	✓	Liswerry	18	1:40:20
18	Shaun	Ellis	43	M	V40			31	1:40:44
19	John	Daniel	31	M				52	1:42:06
20	Carl	Austin	39	M				53	1:42:07
21	Lou	Summers	52	F	V50	✓	Torfaen Runners	66	1:42:34
22	Stephen	Wright	36	M		✓	Pont-y-Pwl & District Runners	48	1:42:39
23	Sarah	Jeremiah	45	F	V45	✓	Park Bryn Bach	72	1:42:53
24	Adrian	Frowen	52	M	V50			7	1:42:54
25	Randal	Jones	58	M	V50	✓	Lliswerry Runners	10	1:43:00
26	Robert	Walker	27	M		✓	Pont-y-Pwl & District Runners	70	1:45:13
27	Daniel	Mutlow	39	M		✓	Pont-y-Pwl & District Runners	42	1:48:50
28	Shane	Baker	37	M		✓	Pont-y-Pwl & District Runners	43	1:49:10
29	Emily	Jefferies	31	F		✓	Emerson Green RC	54	1:49:20
30	Adrian	Grimshaw	43	M	V40	✓	Emerson Green RC	28	1:49:21
31	Carys-Sian	Malarczyk	36	F		✓	Islwyn RC	16	1:49:42
32	Phil	Miles	68	M	V65	✓	PBB	47	1:49:44
33	Keith	Langley	64	M	V60	✓	Pont-y-Pwl & District Runners	58	1:50:02
34	Melissa	Pearce	50	F	V50	✓	PBB	57	1:50:11
35	Helen	Williams	46	F	V45	✓	PBB	21	1:50:21
36	Jeff	Evans	37	M				49	1:50:26
37	Jonathon	Hancock	62	M	V60	✓	Usk Runners	23	1:50:39
38	Nerys	Chaplin	37	M		✓	Monmouth	62	1:51:19
39	Lee	Harvey	49	M	V45	✓	Torfaen Tri	30	1:51:32
40	Rebecca	Phillips	41	F	V40			32	1:51:33
41	Mike	Pobjoy	52	M	V50	✓	Lliswerry Runners	9	1:52:45
42	David	Newman	32	M		✓	Pont-y-Pwl & District Runners	68	1:55:52
43	Eleanor	Phillips	32	F		✓	Liswerry	46	1:57:49
44	Neil	Fitzgerald	51	M	V50	✓	Pontypridd Roadents	41	1:57:50
45	Adam	Hughes	39	M				24	1:58:27
46	Gerry	Stentiford	45	M				15	1:59:01
47	Charlie	Bridges	45	M	V45			56	1:59:01
48	Christopher	Hill	54	M	V50	✓	Caerleon RC	17	2:00:00
49	Gerald	Brake	61	M	V60			25	2:00:04
50	Linos	Davies	39	F		✓	Mynydd Du	35	2:01:32
51	Bethan	Richardson	34	F		✓	Pont-y-Pwl & District Runners	61	2:01:59
52	Lisa	Ericson	39	F		✓	Pont-y-Pwl & District Runners	4	2:02:00
53	Colin	Johnstone	41	M	V40	✓	Emerson Green RC	27	2:02:45
54	Ruth	Johnstone	44	F	V40	✓	Emerson Green RC	26	2:02:44
55	Greg	Tucker	36	M				14	2:04:00
56	Michael	Griffiths	50	M	V50			19	2:04:01
57	Lindsay	Poulsom	36	F		✓	Pont-y-Pwl & District Runners	37	2:04:55
58	Daniel	Smith	45	M	V45	✓	Emerson Green RC	8	2:05:14
59	Alan	Jones	53	M	V50		Pontypool Pheonix Runners	45	2:06:27
60	Sian	McGoldrick	55	F	V55	✓	Aberdare Valley AAC	50	2:07:04
61	Gwyn	Palfrey	57	M	V55	✓	Blaenau Gwent AC	51	2:07:26
62	Rhuanydd	Clark	40	F	V40	✓	Porthcawl Runners	11	2:08:28
63	Paul	Cornwall	43	M	V40			6	2:09:50
64	Andy	Langton	59	M	V55			29	2:18:50
65	Alun	Wylde	47	M	V45	✓	Ogmore Phoenix Runners	3	2:27:58
66	Adam	Bridge	31	M				69	2:31:14
67	Anne	Burge	28	F		✓	Emerson Green RC	22	2:34:14
68	Steven	Burge	41	M	V40	✓	Emerson Green RC	33	2:34:17
69	Donna	Hewitt	41	F	V40		Pontypool Pheonix Runners	63	2:43:55
70	Ceri	Crewe	46	F	V45		Gwent Police	67	2:44:08
72	Leanne	Whitcombe	44	F	V40		Pontypool Pheonix Runners	60	2:45:34
73	Emma	Brown	41	F	V40		Pontypool Pheonix Runners	59	2:45:34