

PONTY PLOD 2017 RESULTS

Pos	Time	Number	First Name	Last Name	Club	Gender	Category	
1	1.16.03	81	James	Thie	Cardiff AAC	M	SM	
2	1.17.29	77	Joshua	Dixon	Stroud	M	SM	
3	1.17.45	2	Iestyn	Rhodes	Pont-y-Pwl & District	M	M40+	
4	1.19.23	115	Richard	Foster	Lliswerry Runners	M	SM	
5	1.19.34	104	Sam	Ryall	Pontypridd Roadents	M	M40+	
6	1.21.58	170	Jonathan	Like	Pont-y-Pwl & District	M	SM	
7	1.22.47	12	David Christopher	Murray	CHEPSTOW	M	SM	
8	1.23.13	180	Ben	Sinclair	Pont-y-Pwl & District	M	SM	
9	1.23.33	52	Robert	Davies	Amman Valley	M	SM	
10	1.23.52	32	Ray	Morgan	Pont-y-Pwl & District	M	SM	
11	1.24.27	176	Miles	Thomas	Lliswerry Runners	M	SM	
12	1.26.11	43	Jack	Rowland	Lliswerry Runners	M	SM	
13	1.26.12	121	Sandra	Chipper	Lliswerry Runners	F	F40+	
14	1.27.13	53	Dafydd	Lambert	Islwyn	M	M40+	
15	1.27.30	54	Emma	Wookey	Lliswerry Runners	F	SF	
16	1.27.31	67	GAVIN	BRACE	Lliswerry Runners	M	SM	
17	1.28.52	31	Mrs Nicki	Nealon	LLUNCOTE	F	F40+	
18	1.29.26	11	Faye	Johnson	Pont-y-Pwl & District	F	SF	
19	1.31.09	35	Nicholas	Walsh	Griffithstown Harriers	M	M40+	
20	1.31.17	167	Julian	Boon	Forest of Dean AC	M	M40+	
21	1.31.59	55	David	Wright		M	M40+	
22	1.32.01	138	Philip	Boorman	Lliswerry Runners	M	M40+	
23	1.32.09	5	Niki	Morgan	CHEPSTOW	F	F50+	
24	1.32.26	74	Justin	phillips	Pontypridd Roadents	M	M40+	
25	1.32.42	171	Dean	Cox		M	SM	
26	1.33.49	29	Nicky	Collin	Lliswerry Runners	F	SF	
27	1.33.54	51	RICHARD	BASHAM	Lliswerry Runners	M	M40+	

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28	1.35.11	85	Tammi	Soop	Pont-y-Pwl & District	F	SF	
29	1.35.21	102	Bob	Watson	Lliswerry Runners	M	M40+	
30	1.35.49	19	Lou	Summers	Pont-y-pwl & District	F	F50+	
31	1.37.09	157	Dan	Ridley		M	M40+	
32	1.37.11	65	Oliver	Hughes	Lliswerry Runners	M	SM	
33	1.37.15	59	Mark	Taylor	PORT TALBOTT	M	M40+	
34	1.37.23	68	Rebecca	Templeton	BRECON TRI	F	SF	
35	1.37.34	106	Tim	Reese	Lliswerry Runners	M	M50+	
36	1.37.50	103	Carl	Walsh	RHONDDA VALLEY	M	M40+	
37	1.38.24	33	Steven	Bryant	ISLWYN	M	M50+	
38	1.38.25	17	Rhys	Thomas	Griffithstown Harriers	M	SM	
39	1.38.30	185	Owen	Davies	Lliswerry Runners	M	SM	
40	1.38.55	177	Owen	Thomas		M	SM	
41	1.39.05	39	Jonathan	Hancock	USK	M	M60+	
42	1.39.56	69	Dale	Gardiner	At Run	M	M40+	
43	1.40.06	76	Paul Chicky	Chick	Lliswerry Runners	M	M40+	
44	1.40.23	142	Robert	Tudhope	Lliswerry Runners	M	M40+	
45	1.40.34	143	Michael	Cleaver	Lliswerry Runners	M	M40+	
46	1.41.30	139	Martyn	Bidwell	Lliswerry Runners	M	M50+	
47	1.41.50	50	Sarah	Lauder	Lliswerry Runners	F	SF	
48	1.42.03	71	Neil	Williams	MYNYDD DU	M	SM	
49	1.42.17	164	Lee	Browning		M	M40+	
50	1.42.19	87	Christopher	Jones	Lliswerry Runners	M	M50+	
51	1.42.23	70	Michael	Skyrme	Fairwater	M	M40+	
52	1.43.07	161	Neil	Williams	Caerleon	M	M50+	
53	1.43.18	124	Simon	Peterson	Islwyn	M	M40+	
54	1.43.32	118	Bill	Leslie	Amman Valley	M	M40+	

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55	1.43.44	38	PAUL	WILLIAMS	Islwyn	M	SM	
56	1.43.55	133	Judith	Oakley	VEGAN RUNNERS	F	F50+	
57	1.43.58	26	Chris	Davies	Lliswerry Runners	M	M60+	
58	1.44.03	45	Richard Lee	Regan	Pont-y-pwl & District	M	M40+	
59	1.44.22	125	PAULA	WILLIAMS	CAERLEON	F	F50+	
60	1.44.31	179	justin	pocknell	CAERLEON	M	M40+	
61	1.44.35	84	Keith	Langley	Pont-y-Pwl & District	M	M60+	
62	1.44.40	25	Jon	Barne	Pont-y-Pwl & District	M	M40+	
63	1.44.43	49	Chris	Parry	Pont-y-Pwl & District	M	M40+	
64	1.45.26	13	SARAH	JACKSON	SERPENTINE	F	SF	
65	1.45.52	105	Paul	Day	Lliswerry Runners	M	M60+	
66	1.46.11	21	Anne-Marie	Harris	Pont-y-pwl & District	F	F40+	
67	1.46.29	145	Liz	Richards	CAERLEON	F	F50+	
68	1.46.49	119	Scott	Morris		M	M40+	
69	1.46.56	24	Allistair	Cummings	Pont-y-pwl & District	M	SM	
70	1.47.05	150	Christopher	Baker		M	M40+	
71	1.47.32	166	Marina	Wright	Lliswerry Runners	F	SF	
72	1.48.16	158	Huw	Griffiths	BRIDGEND	M	SM	
73	1.48.44	101	Neil	Fitzgerald	Pontypridd Roadents	M	M40+	
74	1.48.49	117	Kristie	O'Connell	Pontypridd Roadents	F	SF	
75	1.48.49	20	Stacey	O'Connell	N/A	M	SM	
76	1.49.05	144	Huw	Evans	Lliswerry Runners	M	M40+	
77	1.49.08	160	Emma	King	Monmouth	F	SF	
78	1.50.18	9	PAUL	DURSLEY	Lliswerry Runners	M	M60+	
79	1.50.24	156	Helen	Roberts		F	SF	
80	1.50.51	4	Tracie	Williams-Rowe	Lliswerry Runners	F	F40+	
81	1.50.54	175	Katie	Turner		F	SF	

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82	1.50.58	120	Antony	Evans	CAERLEON	M	SM	
83	1.51.02	129	Stephen	Wright		M	SM	
84	1.51.02	6	Jeff	Evans	N/A	M	SM	
85	1.51.04	40	Owain	Flower	N/A	M	SM	
86	1.51.10	135	David	Palmer	100 Marathon club	M	M50+	
87	1.51.11	134	Carys-Sian	Malarczyk	ISLWYN	F	SF	
88	1.51.42	109	ADAM	HUGHES		M	SM	
89	1.51.45	122	Randal	Jones	Lliswerry Runners	M	M50+	
90	1.51.55	72	Helen	Williams	Parc Bryn Bach	F	F40+	
91	1.51.55	128	Gwyn	Palfrey	PARC BRYN BACH	M	M50+	
92	1.51.58	112	Dave	Webster	Lliswerry Runners	M	M50+	
93	1.52.40	172	Chris	Barnes		M	M50+	
94	1.52.56	88	Laura	Heath		F	SF	
95	1.53.44	154	Karen	Payne	CAERLEON	F	F40+	
96	1.54.48	86	Rhian Megan	Roberts		F	SF	
97	1.54.54	173	Rhianydd	Evans	Lliswerry Runners	F	SF	
98	1.55.40	14	Nick	Morgan	EDS EAGLES	M	M40+	
99	1.56.03	147	Jon	Stones	Lliswerry Runners	M	M40+	
100	1.56.51	61	Jonathan	Knight	Pont-y-Pwl & District	M	M40+	
101	1.56.57	78	SARAH	PANZERI		F	SF	
102	1.57.00	174	Hermann	Schaller		M	M40+	
103	1.57.00	37	Yvonne	Brown	VEGETARIAN CYCLING	F	F50+	
104	1.57.16	28	Wayne	Clark	N/A	M	SM	
105	1.58.23	184	MALCOLM	BRADLEY	PENARTH	M	M60+	
106	1.58.23	66	Neill	Parker	Islwyn	M	M50+	
107	1.58.37	64	William	Kershaw-Naylor		M	M40+	
108	1.58.45	82	James	Kershaw	Lliswerry Runners	M	SM	

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109	1.58.45	110	LEE	HUGHES		M	M40+	
110	1.58.46	48	Simon	Owenn	N/A	M	M50+	
111	1.58.46	80	Sian	Richardson	ISLWYN	F	F40+	
112	1.59.05	8	Christopher	Rothwell	Pontypridd Roadents	M	M40+	
113	1.59.46	116	Gemma	Hewitt	Forest of Dean AC	M	SM	
114	2.00.03	140	Elizabeth	Stokes	Griffithstown Harriers	F	F40+	
115	2.00.24	107	Anne	Ward	MYNYDD DU	F	F40+	
116	2.00.53	113	Simeon	Lolin	Lliswerry Runners	M	M50+	
117	2.01.06	79	Mike	Griffiths		M	SM	
118	2.01.18	83	Sean	Davey	Caerleon	M	M50+	
119	2.01.19	123	Neil	Chipper	Lliswerry Runners	M	M50+	
120	2.01.43	60	Yvonne	Williams	Penarth & Dinas	F	F60+	
121	2.02.04	162	Steve	Houghton	CAERLEON	M	M50+	
122	2.02.06	10	Daniel	Weston	Pont-y-pwl & District	M	M40+	
123	2.02.08	27	Gemma	Acreman	Lliswerry Runners	F	SF	
124	2.03.43	131	Caroline	Best	Pontypridd Roadents	F	SF	
125	2.03.45	165	Andrew	Hillis	Lliswerry Runners	M	M50+	
126	2.03.57	146	Christie	Coleman	Cwm ogwr tri	M	M40+	
127	2.03.57	23	Zoe	Elver	Pont-y-Pwl & District	F	F40+	
128	2.05.06	42	Jonathan	Kendall	Lliswerry Runners	M	M50+	
129	2.06.13		Emma	Tumelty				
130	2.06.17	127	Stephenq	New	CAERPHILLY	M	M50+	
131	2.06.39	63	Tania	Miranda	Penarth & Dinas	F	F40+	
132	2.07.19	56	Julian	Sarsby		M	M40+	
133	2.07.31	58	Charlie	Newington-Bridges		M	M40+	
134	2.07.31	57	Gerry	Stentiford		M	M40+	
135	2.07.31	159	Rebecca	Adams-Smith	Caerleon	F	SF	

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136	2.07.31	149	Anthony	Joy		M	M40+	
137	2.07.37	62	Michelle	Clabon	CAERLEON	F	F50+	
138	2.07.38	148	Neil	Davies		M	M50+	
139	2.09.25	47	Lyndon	Kenney	Griffithstown Harriers	M	M60+	
140	2.09.31	30	Carys	Parr	CAERPHILLY	F	SF	
141	2.10.19	36	Julie	Toy	MERTHYR	F	F50+	
142	2.10.39	7	Gerald	Brake		M	M50+	
143	2.10.46	152	Sophie	Gott	HENDRE LAKE	F	F40+	
144	2.11.54	132	Bretti	Paxton	Pontypridd Roadents	F	SF	
145	2.13.05	163	Robert	Wood	Lliswerry Runners	M	M40+	
146	2.13.14	46	Keren	Beard	Griffithstown Harriers	F	F40+	
147	2.15.15	141	Richard	Cook	Griffithstown Harriers	M	SM	
148	2.19.04	111	Sue	Webster	Lliswerry Runners	F	F50+	
149	2.20.05	126	Anita	Harper	CAERPHILLY	F	F40+	
150	2.20.26	22	Mike	Brunnock	Pont-y-pwl & District	M	M50+	
151	2.20.30	3	Alan	Wylde	Ogmore Phoenix Runners	M	M40+	
152	2.20.34	75	LOUISE	phillips	Pontypridd Roadents	F	SF	
153	2.20.43	44	ANGELA GAIL	THORPE		F	F50+	
154	2.21.08	41	Amy	Flinn	Pont-y-pwl & District	M	SM	
155	2.21.08	136	Emma	Masterson		F	F40+	
156	2.21.18	137	Kelly	Strong		F	SF	
157	2.22.31	130	James	Parfitt		M	SM	
158	2.23.02	18	Carl	Elliott	Lliswerry Runners	M	M70+	
159	2.27.16	114	Karen	James	Griffithstown Harriers	F	F40+	
160	2.27.16	178	Clare	Anderson	Lliswerry Runners	F	F50+	
161	2.28.09	108	Sammi	Bulley		F	F40+	
162	2.29.17	168	Kelly	Hall	ISLWYN	F	F40+	

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163	2.30.23	169	HELEN	DAVIES	ISLWYN	F	F50+	
164	2.30.26	155	HEIDI	JOYCE		F	F40+	
165	2.33.50	151	Annette	Exley	USK	F	F50+	
166	2.33.50	153	Esther	Dawson		F	F40+	
167	2.33.51	15	Gerry	Blake	BRECON AC	F	F40+	
168	2.35.12	16	PENNY	MAISEY	BRECON AC	F	F40+	
169	2.35.12	34	Gwyneth	Howells	CAERLEON	F	F60+	
170	2.43.34	73	LENA	EVANS	Griffithstown Harriers	F	F50+	
171	2.47.23	181	Julia	Herbert	Pontypridd Roadents	F	F40+	
172	2.50.04	182	Graham	Bingham	Pontypridd Roadents	M	M50+	
173	2.50.04	183	Mark	Griffiths	Pontypridd Roadents	M	M40+	
		DNS	Mark	Alford				
		DNS	Rose	Allen				
		DNS	Lauryn	Bentham				
		DNS	Julie	DAvies				
		DNS	Jeremy	Dickson				
		DNS	Lucy	Dovey				
		DNS	Lucy	Dovey				
		DNS	Kelly	Felstead				
		DNS	Rhi	Griffin				
		DNS	Daniel	Hagens				
		DNS	Christopher	Horton				
		DNS	Patrick	Irwin				
		DNS	Lisa	Jeffrey				
		DNS	cerianne	jenkins				
		DNS	Nathan	Landeg				
		DNS	Elaine	Morse				

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		DNS	michael	richardson				
		DNS	Melanie	Staley				
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		DNS	Carl	Walsh				
		DNS	Thomas	Watkins				
		DNS	Janeann	Hammond			F40+	
		DNS	June	Avery	Clwb Rhedeg Pontardawe		F50+	
		DNS	Paul	Gaston	Clwb Rhedeg Pontardawe		M70+	