

Reverse 10 2022 Results

Final Version

OverallRank	Firstname	Lastname	Club	ChipTime	GunTime
1	Adam	Bowden	Bridgend AC	51:49	51:50
2	Daniel	Bodman	Parc Bryn Bach RC	54:17	54:18
3	Jack	Blackburn	Pontypridd Roadents AC	55:20	55:20
4	Lee	Aherne	Parc Bryn Bach RC	57:07	57:08
5	Vaughan	Edwards		57:13	57:14
6	Ross	Matthews	Parc Bryn Bach RC	57:25	57:26
7	Martin	Thomas	Parc Bryn Bach RC	59:03	59:04
8	Jason	Scanlon		59:18	59:20
9	Gareth	Davey	Neath Harriers	59:41	59:42
10	Andy	Gardiner	San Domenico RC	59:42	59:44
11	Chris	Oxley	San Domenico RC	59:50	59:52
12	Arwel	Evans	Les Croupiers	1:00:08	1:00:09
13	Sam	Hodge	Port Talbot Harriers	1:00:28	1:00:30
14	Donna	Morris	Builth & District RC	1:01:02	1:01:04
15	Joseph	Reardon	Mynyddwyr De Cymru (MDC)	1:02:18	1:02:19
16	Gavin	Patterson	Parc Bryn Bach RC	1:02:28	1:02:29
17	Adrian	Weaver	Port Talbot Harriers	1:02:57	1:03:00
18	Ben	Hughes	Port Talbot Harriers	1:02:57	1:03:00
19	Jamie	Lewis	Port Talbot Harriers	1:03:13	1:03:15
20	John	Adams	Rhondda Valley Runners	1:03:48	1:03:50
21	Tony	Marshall	Chepstow Harriers	1:04:35	1:04:37
22	Wes	Sheldon	Port Talbot Harriers	1:04:53	1:04:57
23	Matthew	Blackmore	Port Talbot Harriers	1:05:18	1:05:22
24	Darren	Lewis	Port Talbot Harriers	1:05:42	1:05:45
25	Vicky	Jackson	Swindon Harriers	1:05:55	1:05:57
26	Daniel	Hearse	Porthcawl triathlon club	1:06:18	1:06:22
27	Thomas	Rees-Gralton	Port Talbot Harriers	1:06:25	1:06:29
28	Steve	Lane	Islwyn RC	1:06:35	1:06:38
29	Emma	Wookey	Lliswerry Runners	1:06:41	1:06:43
30	Christopher	Lewis	Port Talbot Harriers	1:07:01	1:07:05
31	Darren	Hill	Taff Ely Tri Club	1:07:02	1:07:05
32	Andrew	Dickens	Lliswerry Runners	1:07:25	1:07:32
33	Ethan	Sayce	Parc Bryn Bach RC	1:07:43	1:07:48
34	Niki	Morgan	Chepstow Harriers	1:07:48	1:07:51
35	Stephen	George	Parc Bryn Bach RC	1:07:51	1:07:56
36	Lou	Summers	Torfaen Runners	1:08:18	1:08:22
37	Stuart	Allen	Penarth and Dinas Runners	1:08:23	1:08:35
38	Ross	Owen	Rhondda Valley Runners	1:08:39	1:08:46
39	Sam	Thomas	Rhondda Valley Runners	1:08:42	1:08:47
40	Phillip	Lee	Lliswerry Runners	1:08:45	1:08:48
41	Stephen	Owen	Chepstow Harriers	1:08:46	1:08:49
42	Daniel	Price	Parc Bryn Bach RC	1:08:50	1:08:55
43	Terry	O'Brien		1:08:55	1:09:01
44	Edward	Morgan	Taff Ely Tri Club	1:09:03	1:09:11
45	Mark	Hiddlestone	Port Talbot Harriers	1:09:18	1:09:21
46	Rob	Hook	Chepstow Harriers	1:09:32	1:09:37
47	Jamie	Edwards	Pont-Y-Pwl & District Runners	1:09:29	1:09:38
48	John	Seaward	Caerphilly Runners	1:09:58	1:10:00
49	Sarah	Howard	Port Talbot Harriers	1:09:56	1:10:00

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50 Roger	Jones	Port Talbot Harriers	1:09:57	1:10:02
51 Marcus	Taylor		1:10:05	1:10:14
52 Karl	Coughlin	Parc Bryn Bach RC	1:10:10	1:10:14
53 Andrew	Brasington	Ebbw Vale RC	1:10:12	1:10:18
54 Sean	Hill	Taff Ely Tri Club	1:10:23	1:10:26
55 Tom	Longley	Caerphilly Runners	1:10:36	1:10:40
56 Kit	Lambert	Penarth and Dinas Runners	1:10:39	1:10:43
57 Nicola	Jukes	Parc Bryn Bach RC	1:10:43	1:10:46
58 Ricci	Watts	Pontypool	1:10:56	1:11:02
59 Nick	Spiller		1:11:01	1:11:06
60 James	White		1:10:57	1:11:07
61 Naomi	Davies	Caerphilly Runners	1:11:05	1:11:09
62 Philip	Thomas		1:11:06	1:11:09
63 Ross	Flanigan	Penarth and Dinas Runners	1:11:39	1:11:42
64 Robert	Evans	Ebbw Vale RC	1:11:45	1:11:52
65 Tammy	Pritchard	Les Croupiers	1:11:57	1:12:03
66 Keiron	Jones		1:12:33	1:12:40
67 Keith	Coleman	Ogmore Phoenix Runners	1:12:36	1:12:43
68 Kaarina	Ruta	Penarth and Dinas Runners	1:12:31	1:12:44
69 Scott	Bamsey	Port Talbot Harriers	1:12:57	1:13:06
70 Nigel	Crawford		1:13:09	1:13:14
71 Dan	Ashman		1:13:11	1:13:16
72 Nathan	Swain	Goodgym	1:13:10	1:13:17
73 Alan	Porter	Taff Ely Tri Club	1:13:14	1:13:21
74 Luc	Shide	Islwyn RC	1:13:20	1:13:25
75 Sara	Morgan	Taff Ely Tri Club	1:13:50	1:13:58
76 Bethan	Apglyn	Penarth and Dinas Runners	1:13:55	1:13:59
77 Martin	Davis	Port Talbot Harriers	1:13:51	1:14:00
78 Bryan	Meredith	Rhondda Valley Runners	1:13:54	1:14:01
79 Paul	Garside		1:14:16	1:14:24
80 Karis	Montague	Port Talbot Harriers	1:14:24	1:14:33
81 Anthony	Rabaiotti	Port Talbot Harriers	1:14:24	1:14:34
82 Darren	Stevens	Merthyr Running Club	1:14:43	1:14:49
83 Dean	Oliver	Caerphilly Runners	1:14:39	1:14:49
84 Ethan	Morris	Rhondda Valley Runners	1:14:45	1:14:52
85 Brian	Law	Penarth and Dinas Runners	1:14:41	1:14:54
86 Robert	Ananicz	Caerphilly Runners	1:14:37	1:14:55
87 Neil	Ridley	Ogmore Phoenix Runners	1:15:00	1:15:03
88 Ray	Greenhouse	Ebbw Vale RC	1:15:03	1:15:09
89 Chris	Baker	Pont-y-pwl & District Runners	1:15:17	1:15:21
90 Simon	Williamson	Penarth and Dinas Runners	1:15:15	1:15:27
91 Neil	Williams	Caerphilly Runners	1:15:19	1:15:29
92 Richard	Parnell	Islwyn RC	1:15:27	1:15:38
93 Tony	Mackay	Pegasus RC	1:15:34	1:15:42
94 Chris	Williams		1:15:53	1:15:56
95 Neil	Harris		1:15:52	1:15:56
96 Ruth	Cann	Penarth and Dinas Runners	1:15:59	1:16:13
97 Sean	Parry	Cornelly Striders	1:16:29	1:16:35
98 Kris	Denholm	Ogmore Phoenix Runners	1:16:34	1:16:39
99 Graham	Mack	Merthyr Running Club	1:16:37	1:16:44

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100 Sara	Williams	Caerphilly Runners	1:17:05	1:17:11
101 Mandy	Morris	Neath Harriers	1:17:19	1:17:24
102 Linda	Woodland	Neath Harriers	1:17:28	1:17:33
103 Marcus	Smith	Parc Bryn Bach RC	1:17:47	1:17:57
104 Stuart	Felix	Rhondda Valley Runners	1:17:57	1:18:05
105 Gareth	Evans	Port Talbot Harriers	1:18:02	1:18:11
106 Huw	Williams	Rhondda Valley Runners	1:18:06	1:18:13
107 Kevin	Bounds		1:18:19	1:18:26
108 Anna	Parsons	Neath Harriers	1:18:24	1:18:29
109 Roger	Freeman	Parc Bryn Bach RC	1:18:42	1:18:50
110 Nicholas	Morgan	Penarth and Dinas Runners	1:18:37	1:18:51
111 Peter	Richards	Port Talbot Harriers	1:18:41	1:18:56
112 Nick	Osman	Parc Bryn Bach RC	1:18:54	1:18:59
113 Richard	Lowe	Port Talbot Harriers	1:18:49	1:19:04
114 Frank	Atherton	Penarth and Dinas Runners	1:18:56	1:19:08
115 Paul	Chapman	Les Croupiers	1:18:51	1:19:09
116 Paula	Allen		1:19:07	1:19:16
117 Sean	Lloyd		1:19:16	1:19:21
118 Catharine	Bleasdale	Amman Valley Harriers	1:19:12	1:19:27
119 Lee	Francis	Ystrad Mynach Running Club	1:18:59	1:19:28
120 Andrew	Smith	Pontypool	1:19:12	1:19:33
121 Ceri	Irvine	Caerphilly Runners	1:19:26	1:19:37
122 Megan	Poulson	San Domenico RC	1:19:32	1:19:39
123 Charlotte	Moran	Caerleon RC	1:19:38	1:19:49
124 Melissa	Morgan	Islwyn RC	1:19:47	1:19:52
125 Michael	Workman	Caerphilly Runners	1:19:47	1:20:03
126 Lyndsay	Poulsom	Pont-y-pwl & District Runners	1:20:00	1:20:13
127 Marc	Cross	Griffithstown Harriers	1:19:52	1:20:13
128 Kay	Chapman	Les Croupiers	1:19:59	1:20:18
129 Julian	Halloran	Port Talbot Harriers	1:20:09	1:20:26
130 Tomasz	Figurski	Caerphilly Runners	1:20:15	1:20:32
131 Gareth	Davies	Penarth and Dinas Runners	1:20:35	1:20:49
132 Debbie	Warburton	Penarth and Dinas Runners	1:20:43	1:20:56
133 Mark	Burchell	Griffithstown Harriers	1:20:37	1:20:57
134 Joanne	Ryan	Rhondda Valley Runners	1:20:51	1:20:59
135 Christopher	Grant	Caerphilly Runners	1:21:06	1:21:24
136 Kelly	Felstead		1:21:13	1:21:26
137 Jason	Garrahan		1:21:10	1:21:26
138 Kimberley	Price	Parc Bryn Bach RC	1:21:18	1:21:29
139 Richard	Sewell	Les Croupiers	1:21:17	1:21:30
140 Ian	Harrhy	Lliswerry Runners	1:21:23	1:21:35
141 Suzanne	Tew	Parc Bryn Bach RC	1:21:36	1:21:46
142 Garry	Evans	Port Talbot Harriers	1:21:40	1:21:50
143 Steven	Phillips	Parc Bryn Bach RC	1:21:42	1:21:53
144 Julie	Gould	Islwyn RC	1:21:44	1:21:55
145 Kevin	Thomas	TRI HARD HARRIERS	1:21:57	1:22:02
146 Jeremy	Dickson	Lliswerry Runners	1:21:46	1:22:02
147 David	Ferns		1:22:16	1:22:32
148 Gawain	Barnard		1:22:23	1:22:41
149 Huw	Gough	Hengoed Harriers	1:22:24	1:22:42

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150 Amy	Edwards	Rhondda Valley Runners	1:22:48	1:22:57
151 Stuart	Sargent	Ystrad Runners	1:22:44	1:23:04
152 Gideon	Calder	Penarth and Dinas Runners	1:23:15	1:23:28
153 Jen	Williams	Caerphilly Runners	1:23:11	1:23:32
154 Matthew	Pinney		1:23:26	1:23:38
155 Russell Wayne	Williams	Port Talbot Harriers	1:23:30	1:23:45
156 Rebecca	Playle	Cardiff Harlequins RC	1:23:30	1:23:52
157 Lee	Griffiths	Islwyn RC	1:23:51	1:23:54
158 Alison	Williams	Caerphilly Runners	1:23:35	1:23:58
159 David	Shewring	Pontyclun Road Runners	1:23:46	1:24:09
160 Allie	Price		1:23:54	1:24:09
161 Shane	Matthews	Griffithstown Harriers	1:23:51	1:24:12
162 Clive	Denton	Rhondda Valley Runners	1:24:08	1:24:17
163 Simon	Grant	Penarth and Dinas Runners	1:24:21	1:24:33
164 Mo	Williams	Run Newport	1:24:32	1:24:42
165 Colin	Lewis	Port Talbot Harriers	1:24:32	1:24:49
166 Kevin	Baker		1:24:47	1:25:11
167 Paul	Adams	Caerleon RC	1:25:08	1:25:19
168 Carly	Bunston	Islwyn RC	1:25:19	1:25:29
169 Claire	Sullivan	Parc Bryn Bach RC	1:25:55	1:26:05
170 Michael H	Davies	Les Croupiers	1:26:05	1:26:20
171 Lolly	Evans	Les Croupiers	1:26:19	1:26:39
172 Sarah	Lyle	Pegasus RC	1:26:24	1:26:42
173 Joey	Scutt		1:26:23	1:26:47
174 Leanne	Bassett	Rhondda Valley Runners	1:26:41	1:26:49
175 Mark	Griffiths	Rhondda Valley Runners	1:26:42	1:26:51
176 Christopher	Nellins	Penarth and Dinas Runners	1:26:43	1:26:58
177 Patrick	Lamber	Ystrad Runners	1:26:38	1:27:03
178 Robert	Hassell		1:26:42	1:27:04
179 Martin	Chorley	Penarth and Dinas Runners	1:26:59	1:27:12
180 Dan	Taylor	Roberttown Road Runners	1:27:13	1:27:32
181 Denise	Warlow	Port Talbot Harriers	1:27:37	1:27:46
182 Dean	Phipps	Taff Ely Tri Club	1:27:38	1:27:54
183 Sadequr	Rahman	White Rock Runners	1:27:52	1:27:56
184 Michelle	Amblin	Les Croupiers	1:27:47	1:28:06
185 Lisa	Pinney		1:28:07	1:28:18
186 Gerry	Crispie	Les Croupiers	1:28:09	1:28:22
187 Sally	Groves	Pegasus RC	1:28:06	1:28:24
188 Stephen	Quin		1:28:08	1:28:26
189 Rhyddian	Sandbrook	Pegasus RC	1:28:08	1:28:27
190 Jane	Harwood	Port Talbot Harriers	1:28:16	1:28:40
191 Michael	Garrett	Caerphilly tri-ers	1:28:38	1:29:01
192 Robert	Lewis	Caerphilly Runners	1:28:44	1:29:01
193 Helen	Colley	Taff Ely Tri Club	1:29:22	1:29:38
194 Timothy	Cummings	Penarth and Dinas Runners	1:29:31	1:29:43
195 Andrew	Underhill	San Domenico RC	1:29:22	1:29:45
196 Amy	Kelleher		1:29:34	1:29:51
197 Sarah	Davies	Ogmore Phoenix Runners	1:29:38	1:29:51
198 Cath	James	Caerphilly Runners	1:29:43	1:30:00
199 Natalie	Williams	Merthyr Running Club	1:29:50	1:30:00

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200	Stephen	Evans	Ystrad Runners	1:29:53	1:30:16
201	Eve	Gallop-Evans	Les Croupiers	1:30:04	1:30:22
202	Darpan	Singh	Pontyclun Road Runners	1:30:02	1:30:25
203	Neill	Parker	Islwyn RC	1:30:14	1:30:25
204	Owen	Cooper	Builth & District RC	1:30:34	1:30:49
205	Stephen	Lewis	Les Croupiers	1:30:33	1:30:51
206	Sharon	David	Port Talbot Harriers	1:30:27	1:30:53
207	Konrad	Figurski	Caerphilly Runners	1:30:57	1:31:15
208	Angela	James	Port Talbot Harriers	1:31:25	1:31:48
209	Marisa	Benjamin	Pont-Y-Pwl & District Runners	1:31:46	1:32:08
210	Beverley	Warburton	Penarth and Dinas Runners	1:32:15	1:32:30
211	Charlotte	Bethell	Pegasus RC	1:32:14	1:32:32
212	Russ	Pearce	CDF runners	1:32:20	1:32:37
213	Huw	Davies	Ystrad Runners	1:32:54	1:33:17
214	Howard	Attwood	Lliswerry Runners	1:33:00	1:33:19
215	Shan	Castley	Port Talbot Harriers	1:33:08	1:33:32
216	Joanne	Dunscombe	Pegasus RC	1:33:23	1:33:40
217	Graeme	Donnan	Les Croupiers	1:33:28	1:33:48
218	Karen	Woodsford	Islwyn RC	1:33:37	1:33:50
219	Lauren	Old	Pegasus RC	1:33:42	1:34:00
220	Shaun	Cotter		1:34:20	1:34:34
221	Simon	Marks		1:34:13	1:34:38
222	Peter	McFarlane		1:34:36	1:35:03
223	Peter	Johnson		1:34:36	1:35:03
224	Gareth	Hodder	Ystrad Mynach Running Club	1:34:42	1:35:04
225	Dewi	Felstead		1:34:59	1:35:15
226	Denise	Bradley	Ogmore Phoenix Runners	1:35:17	1:35:30
227	Dafydd	Thomas		1:35:21	1:35:47
228	Phil	Allen	Pegasus RC	1:35:49	1:36:08
229	Nicola	Cox	Islwyn RC	1:35:58	1:36:12
230	Keren	Beard	Griffithstown Harriers	1:36:17	1:36:37
231	Caren	Parker	Islwyn RC	1:36:33	1:36:47
232	Alex	Shapland		1:36:44	1:37:10
233	Jaime	Norman		1:36:44	1:37:10
234	Paul	O'Neill		1:37:12	1:37:35
235	Huw	Gibbs		1:37:37	1:37:47
236	Kate	Davey	Rhondda Valley Runners	1:37:37	1:37:47
237	Donovan	Embury	Port Talbot Harriers	1:37:37	1:37:57
238	Arabella	Calder	Penarth and Dinas Runners	1:37:47	1:38:02
239	Helen	Higgs	Caerphilly Runners	1:37:41	1:38:03
240	Jarrold	Higgs	Caerphilly Runners	1:37:40	1:38:03
241	Alexandra	Smith	Caerleon RC	1:38:09	1:38:30
242	Hannah	Jeans-Wells	Lliswerry Runners	1:38:49	1:39:08
243	Robert	Joslin	Rhondda Valley Runners	1:38:56	1:39:12
244	Andrew	May	Penarth and Dinas Runners	1:39:35	1:39:48
245	Alison	Gardiner	Rhondda Valley Runners	1:40:35	1:40:44
246	Nigel	Hammersley	Village Vipers	1:40:46	1:41:03
247	Rachael	Williams		1:40:39	1:41:06
248	Julie	Lewis	Les Croupiers	1:40:58	1:41:16
249	Katherine	Axten		1:41:38	1:41:53

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250 Gareth	Woodbridge	Port Talbot Harriers	1:42:07	1:42:09
251 Julie	Haigh	Caerphilly Runners	1:41:39	1:42:13
252 Catherine	Llewellyn	Merthyr Running Club	1:42:07	1:42:18
253 Robert	Jones	Pegasus RC	1:42:10	1:42:28
254 Lynne	Beale	Islwyn RC	1:42:24	1:42:38
255 Elise	Manning	Rhondda Valley Runners	1:43:32	1:43:42
256 Linzi	Margetson	Port Talbot Harriers	1:43:24	1:43:48
257 Roshan	Khan	Les Croupiers	1:43:46	1:44:07
258 Mitch	Bosse	Caerphilly Runners	1:44:28	1:44:51
259 Bethan	Jenkins		1:44:24	1:44:51
260 David	Bailyes	Caerphilly Runners	1:44:28	1:44:51
261 Kaylea	Palkowski	Caerphilly Runners	1:44:28	1:44:52
262 Yvette	Mazurczak	Ystrad Runners	1:44:49	1:45:16
263 Vicky	Davies	Chepstow Harriers	1:45:08	1:45:20
264 Emma	Roche	Pegasus RC	1:45:21	1:45:42
265 Robert	Jones	Merthyr Running Club	1:45:36	1:45:47
266 Dawn	Hopkins	Ogmore Phoenix Runners	1:45:40	1:45:53
267 Natalie	Johnson	Rhondda Valley Runners	1:45:51	1:46:00
268 Sarah	Tucker	Islwyn RC	1:45:38	1:46:04
269 Sam	Knowle	Taff Ely Tri Club	1:45:58	1:46:14
270 Jacqueline	Richards	Port Talbot Harriers	1:46:41	1:47:06
271 Liz	Clutton		1:46:58	1:47:17
272 Phil	Groves	Pegasus RC	1:46:58	1:47:17
273 Christopher	Sargent	Caerphilly Runners	1:47:16	1:47:39
274 Katie	Burden		1:47:18	1:47:40
275 Elizabeth	Czaban	Clwb Run Wales	1:48:01	1:48:27
276 Rebecca	Kemlo		1:48:30	1:48:48
277 Sarah	Froud	Pegasus RC	1:49:22	1:49:44
278 Adrian	Harford	Dragons	1:50:14	1:50:29
279 Caroline	Payne		1:51:25	1:51:44
280 Zoe	Yetman	Port Talbot Harriers	1:52:56	1:53:21
281 Angharad	Parry-Jones	Les Croupiers	1:53:03	1:53:23
282 Julie	Parker	Islwyn RC	1:55:18	1:55:33
283 Deb	Brown	Islwyn RC	1:55:15	1:55:41
284 Gethin	Roberts		1:57:33	1:57:57
285 Jules	Jones	Port Talbot Harriers	1:58:20	1:58:45
286 Louise	Jenkins	Islwyn RC	1:58:27	1:58:53
287 Rhian	Powell	Port Talbot Harriers	2:04:45	2:05:10
288 Karen	Taylor	Rhondda Valley Runners	2:10:31	2:10:39
289 Leanne	Addis	Rhondda Valley Runners	2:10:32	2:10:39
290 Kar	Smith		2:13:09	2:13:42
291 Allyson	Edmonds		2:19:07	2:19:21
292 Yvonne	Forsey	Lliswerry Runners	2:20:38	2:21:06
293 Kate	Morgan	Lliswerry Runners	2:22:37	2:22:51