

South Wales Running League
Merthyr Mawr Lane 5k - 28 May 2014
Senior Men 102 Finishers

Pos	Athlete	Club	Time	Pts
1	Richard Gardiner	Aberdare Valley A. A. C.	15.33	102
2	Matthew Wells	Bridgend Athletic Club	16.12	101
3	Oliver Williams	Les Croupiers Running Club	16.17	100
4	Daniel Bodman	Aberdare Valley A. A. C.	16.22	99
5	Ed Donovan	Les Croupiers Running Club	16.26	98
6	Jason Bragg	Aberdare Valley A. A. C.	16.33	97
7	Tom Jeffery	Les Croupiers Running Club	16.44	96
8	Gavin Gates	Bridgend Athletic Club	16.48	95
9	Rob Sage	Les Croupiers Running Club	16.52	94
10	Andrew Hodgeson	Bridgend Athletic Club	16.54	93
11	Matt Hurford	Les Croupiers Running Club	17.01	92
12	Nigel Davies	Les Croupiers Running Club	17.05	91
13	Daniel Bradshaw	Aberdare Valley A. A. C.	17.06	90
14	Richard Dando	Bridgend Athletic Club	17.08	89
15	Paul Speyer	Brackla Harriers	17.10	88
16	Doug Nicholls	San Domenico Road Runners Club	17.11	87
17	Matthew Parkes	Les Croupiers Running Club	17.12	86
18	Simon Lewis	Aberdare Valley A. A. C.	17.20	85
19	Phil Cook	Les Croupiers Running Club	17.31	84
20	Nick Tulp	Les Croupiers Running Club	17.40	83
21	Anthony Williams	Aberdare Valley A. A. C.	17.42	82
22	Richard Lloyd	Aberdare Valley A. A. C.	17.46	81
23	Peter Croall	San Domenico Road Runners Club	17.48	80
24	Richie Bullen	Les Croupiers Running Club	17.48	79
25	Darren Edwards	Aberdare Valley A. A. C.	17.51	78
26	Alun Jones	Les Croupiers Running Club	17.54	77
27	Brian Dias	Les Croupiers Running Club	18.12	76
28	Andrew Blair	Les Croupiers Running Club	18.14	75
29	Ian Ogilvie	Brackla Harriers	18.22	74
30	John Mullaney	Aberdare Valley A. A. C.	18.29	73
31	Dave Murray	Bridgend Athletic Club	18.32	72
32	Matt Hopkins	Les Croupiers Running Club	18.32	71
33	David Moore	Brackla Harriers	18.33	70
34	Glyn Sansom	San Domenico Road Runners Club	18.34	69
35	Johnny Lam	San Domenico Road Runners Club	18.35	68
36	Darren Hutchins	Merthyr Running Club	18.39	67
37	Adrian Lewis	Aberdare Valley A. A. C.	18.46	66
38	Brian Richardson	Les Croupiers Running Club	19.02	65
39	Andrew Reddy	Aberdare Valley A. A. C.	19.03	64
40	Laurence Pole	Pontypridd Athletic Club	19.04	63

41	David Williams	Aberdare Valley A. A. C.	19.11	62
42	Daniel Davies	San Domenico Road Runners Club	19.11	61
43	Jeff Thomas	Bridgend Athletic Club	19.12	60
44	Richard Self	Les Croupiers Running Club	19.13	59
45	John Morgan	Bridgend Athletic Club	19.14	58
46	Colin McQueen	Brackla Harriers	19.16	57
47	Simon Marks	Penarth and Dinas Runners	19.18	56
48	James White	San Domenico Road Runners Club	19.20	55
49	Daniel Glen	Bridgend Athletic Club	19.20	54
50	Luke Jones	Brackla Harriers	19.22	53
51	Andy Wilton	San Domenico Road Runners Club	19.23	52
52	Neil Brooke-Smith	Pontypridd Athletic Club	19.31	51
53	Mick McGeoch	Les Croupiers Running Club	19.37	50
54	Andrew Palmer	Penarth and Dinas Runners	19.38	49
55	Rhys Lee	Merthyr Running Club	19.50	48
56	Rhys Williams	Aberdare Valley A. A. C.	19.58	47
57	Richard Dyke	Brackla Harriers	19.59	46
58	Donavan Williams-Hale	Bridgend Athletic Club	19.59	45
59	Howard Kent	Les Croupiers Running Club	20.01	44
60	Adrian Cartlidge	Bridgend Athletic Club	20.08	43
61	Thomas Ogilvie	Brackla Harriers	20.13	42
62	Dominic Shields	San Domenico Road Runners Club	20.14	41
63	Paul Graham	Pontypridd Athletic Club	20.16	40
64	Marcus Meyrick	Les Croupiers Running Club	20.29	39
65	Tim Owen	Bridgend Athletic Club	20.32	38
66	Gareth Davies	Bridgend Athletic Club	20.47	37
67	Robert Wilson	Penarth and Dinas Runners	20.49	36
68	Andrew Murphy	Merthyr Running Club	20.52	35
69	Tim Green	Les Croupiers Running Club	20.54	34
70	Clive Osmond	Les Croupiers Running Club	20.58	33
71	Graham Mack	Merthyr Running Club	21.09	32
72	Malcolm Bradley	Penarth and Dinas Runners	21.10	31
73	Jamie Clode	Bridgend Athletic Club	21.16	30
74	Nick Stocker	Bridgend Athletic Club	21.17	29
75	Allan Jones	Brackla Harriers	21.18	28
76	Roy Silver	Les Croupiers Running Club	21.25	27
77	Paul Davies	Merthyr Running Club	21.27	26
78	Richard Beech	Brackla Harriers	21.30	25
79	Gary John	Les Croupiers Running Club	21.56	24
80	Dean Thomas	Merthyr Running Club	21.58	23
81	Carl Edwards	Pontypridd Athletic Club	22.06	22
82	Roland Matthews	Brackla Harriers	22.11	21
83	Nick Pounder	Pontypridd Athletic Club	22.16	20
84	Jonathan Rees	Merthyr Running Club	22.30	19
85	Steven Quinn	Les Croupiers Running Club	22.38	18
86	Alex Ford	Brackla Harriers	22.51	17
87	Tim O'Sullivan	Les Croupiers Running Club	22.55	16
88	Paul Furlong	Penarth and Dinas Runners	23.27	15

89	Abid Quin Aziz	Penarth and Dinas Runners	23.39	14
90	Paul Chapman	Les Croupiers Running Club	23.44	13
91	Eric Hughes	Bridgend Athletic Club	23.57	12
92	Ian Stratton	Brackla Harriers	24.03	11
93	David McDonald	Les Croupiers Running Club	24.21	10
94	Phil Thomas	Les Croupiers Running Club	24.38	9
95	Tony Burt	Brackla Harriers	24.38	8
96	Andrew Sedgmond	Les Croupiers Running Club	24.52	7
97	Ralph Davey	Les Croupiers Running Club	24.52	6
98	Gareth Jarrold	Merthyr Running Club	25.38	5
99	Huw Williams	Bridgend Athletic Club	25.44	4
100	Lee Hopkins	Aberdare Valley A. A. C.	26.22	3
101	Jeff Aston	Les Croupiers Running Club	26.50	2
102	Phil Smith	Brackla Harriers	27.00	1

