

**South Wales Running League
Porthkerry 5 - 11 May 2014
Senior Men 83 Finishers**

Pos	Athlete	Club	Time	Pts
1	Oliver Williams	Les Croupiers Running Club	30.17	83
2	Jason Bragg	Aberdare Valley A. A. C.	31.06	82
3	Matt Hurford	Les Croupiers Running Club	31.34	81
4	Tom Jeffery	Les Croupiers Running Club	31.52	80
5	Nick Dukes	Les Croupiers Running Club	32.11	79
6	Mathew Wells	Bridgend Athletic Club	32.34	78
7	Doug Nicholls	San Domenico Road Runners Club	32.40	77
8	Gary Brown	Penarth and Dinas Runners	33.12	76
9	Simon Lewis	Aberdare Valley A. A. C.	33.14	75
10	Alun Jones	Les Croupiers Running Club	33.16	74
11	Phil Cook	Les Croupiers Running Club	33.47	73
12	Darren Hutchings	Merthyr Running Club	34.00	72
13	James Bruce	Les Croupiers Running Club	34.10	71
14	Ian Ogilvie	Brackla Harriers	34.20	70
15	Geraint Williams	Aberdare Valley A. A. C.	34.32	69
16	Glyn Sansom	San Domenico Road Runners Club	34.44	68
17	Phil Bairstow	San Domenico Road Runners Club	34.52	67
18	Rhodri Evans	Pontypridd Athletic Club	34.56	66
19	Matthew Evans	Aberdare Valley A. A. C.	35.03	65
20	Andy Wilton	San Domenico Road Runners Club	35.06	64
21	Johnny Lam	San Domenico Road Runners Club	35.08	63
22	Richard Lloyd	Aberdare Valley A. A. C.	35.24	62
23	David Moore	Brackla Harriers	35.46	61
24	Adrian Lewis	Aberdare Valley A. A. C.	35.54	60
25	Shaun Farbon	Les Croupiers Running Club	36.06	59
26	John Morgan	Bridgend Athletic Club	36.14	58
27	Andrew Reddy	Aberdare Valley A. A. C.	36.20	57
28	Laurence Pole	Pontypridd Athletic Club	36.28	56
29	Neil Williams	Aberdare Valley A. A. C.	37.03	55
30	John Mullaney	Aberdare Valley A. A. C.	37.10	54
31	Chris Nellins	Penarth and Dinas Runners	37.12	53
32	Simon Marks	Penarth and Dinas Runners	37.43	52
33	Simon Hazel	Les Croupiers Running Club	37.47	51
34	Dominic Shields	San Domenico Road Runners Club	37.47	50
35	Howard Kent	Les Croupiers Running Club	37.49	49
36	Clive Osmond	Les Croupiers Running Club	38.02	48
37	Marcus Meyrick	Les Croupiers Running Club	38.10	47
38	Luke Jones	Brackla Harriers	38.25	46
39	Neil Brook-Smith	Pontypridd Athletic Club	38.28	45
40	Tim Green	Les Croupiers Running Club	38.31	44

41	Malcolm Bradley	Penarth and Dinas Runners	38.34	43
42	Colin McQueen	Brackla Harriers	38.48	42
43	Andrew Murphy	Merthyr Running Club	38.55	41
44	James Delaney	San Domenico Road Runners Club	39.08	40
45	Alan Mason	Les Croupiers Running Club	39.18	39
46	Terry Caveney	Les Croupiers Running Club	39.27	38
47	Antony Phillips	Bridgend Athletic Club	39.41	37
48	Carl Edwards	Pontypridd Athletic Club	39.45	36
49	Andrew Taylor	Merthyr Running Club	39.50	35
50	Mike Davies	Les Croupiers Running Club	39.52	34
51	Andrew Palmer	Penarth and Dinas Runners	39.54	33
52	Michael Elliston	Les Croupiers Running Club	39.57	32
53	Graham Mack	Merthyr Running Club	40.01	31
54	Andy Davies	Pontypridd Athletic Club	40.08	30
55	Rod Perons	Les Croupiers Running Club	40.13	29
56	Rhys Lee	Merthyr Running Club	40.19	28
57	Wayne Frowen	Brackla Harriers	40.28	27
58	Paul Davies	Merthyr Running Club	40.31	26
59	Chris Selby	San Domenico Road Runners Club	40.33	25
60	Paul Morris	Les Croupiers Running Club	40.57	24
61	Jamie Clode	Bridgend Athletic Club	41.18	23
62	Allan Jones	Brackla Harriers	41.43	22
63	Jonathan Rees	Merthyr Running Club	41.45	21
64	Richard Sewell	Les Croupiers Running Club	41.58	20
65	Brian Lovett	San Domenico Road Runners Club	42.10	19
66	Paul Graham	Pontypridd Athletic Club	42.14	18
67	Stephen Quin	Les Croupiers Running Club	42.29	17
68	Lee Griffiths	Aberdare Valley A. A. C.	42.36	16
69	David E Williams	Les Croupiers Running Club	42.52	15
70	Steve Lewis	Les Croupiers Running Club	43.10	14
71	Matthew Thompson	Les Croupiers Running Club	43.25	13
72	Tim O'Sullivan	Les Croupiers Running Club	43.38	12
73	David McDonald	Les Croupiers Running Club	43.57	11
74	Nik Sheen	Les Croupiers Running Club	44.10	10
75	Glenn Powell	Penarth and Dinas Runners	44.17	9
76	Graeme Donnan	Les Croupiers Running Club	45.10	8
77	Gareth Jarrold	Merthyr Running Club	45.37	7
78	Ron Morris	San Domenico Road Runners Club	46.10	6
79	Desmond Davies	Les Croupiers Running Club	47.47	5
80	Jeff Aston	Les Croupiers Running Club	48.43	4
81	Tony Burt	Brackla Harriers	50.06	3
82	Luke Heslop	Les Croupiers Running Club	50.08	2
83	Phillip George	Pontypridd Athletic Club	50.24	1