

Master 45 Men 10k Road Race Series Results

POSITION	NAME	CLUB	NEWPORT	CAERPHILLY	HELENA TIPPING	SWANSEA BAY	RICHARD BURTON	TOTAL
1	ANDREW HOW	PONTYPRIDD ROADENTS AC	30					30
2	RUSSELL BENTLEY	MEIRIONNYDD RUNNING CLUB			30			30
3	SIMON LEWIS	CARDIFF AC		30				30
4	STEVE LANE	ISLWYN RC	16	14				30
5	HUW EVANS	PARC BRYN BACH RC	29					29
6	JAMES THIE	PONTYPRIDD R		29				29
7	MARTIN GREEN	MEIRIONNYDD RUNNING CLUB			29			29
8	ALUN WILLIAMS	MEIRIONNYDD RUNNING CLUB			28			28
9	JON BELCHER	LLISWERRY RUNNERS	28					28
10	LEE AHERNE	PARC BRYN BACH RUNNING CLUB		28				28
11	CHRIS WILLIAMS	ABERDARE VALLEY AAC			27			27
12	GETHIN EDWARDS	PONTYPRIDD ROADENTS AC		27				27
13	NICHOLAS GRINNELL	NEATH HARRIERS	27					27
14	STEFFAN SAYER	MENAI TRACK AND FIELD			26			26
15	STEVEN DAVIES	PARC BRYN BACH RC	26					26
16	THOMAS NEWMAN	CAERLEON RC		26				26
17	BEN SINCLAIR	PONTYPOOL		25				25
18	CARL PHILLIPS	MALDWYN HARRIERS			25			25
19	PHIL MORRIS	BUILTH	25					25
20	ANDY PEARCE	PENARTH AND DINAS RUNNERS		24				24
21	EDWARD LAND	ABERYSTWYTH AC			24			24
22	ASHLEY PASCOE	3MS GORSEINON	23					23
23	CHRISTOPHER LEWIS	PORT TALBOT HARRIERS	23					23
24	WILLIAM DUNN	MEIRIONNYDD RUNNING CLUB			23			23
25	KRISTIAN WALTERS	MERTHYR TRIATHLON CLUB		22				22
26	PAUL JONES	ABERYSTWYTH AC			22			22
27	STEPHEN BARTLETT	ABERDARE VALLEY AAC	22					22
28	DUNCAN SHELDON	PENARTH & DINAS RUNNERS		21				21
29	HAYDN O'REILLY	BUILTH & DISTRICT			21			21
30	RICHARD MATTHEWS	ABERDARE VALLEY AAC	21					21
31	ALUN WILLIAMS	PORTHCAWL RUNNERS	20					20
32	CHRIS HANDLEY	MERTHYR TRIATHLON CLUB		20				20
33	GARETH CHALONER	WREXHAM AAC			20			20
34	ADRIAN JEREMIAH	PONTYPRIDD ROADENTS		19				19
35	MARC WACHTER	CALDICOT RUNNING CLUB	19					19
36	ROBERT MILES	WREXHAM AAC			19			19
37	DARREN PRICE	YSTRAD RUNNERS		18				18
38	DAVID CARD	OSWESTRY OLYMPIANS			18			18

39	JEFF THOMAS	PORTHCAWL RUNNERS	18				18
40	GARETH JONES	PONTYPRIDD ROADENTS		17			17
41	STEPHEN MASON	NORTH WALES ROAD RUNNERS			17		17
42	STUART MORRIS	SPIRIT OF MONMOUTH	17				17
43	ANDY PARRY	PRESTATYN RC			16		16
44	MARK CARTER	PENARTH AND DINAS		16			16
45	HUW JAMES	CAERPHILLY RUNNERS	15				15
46	JIM MURRAY	PONTYPRIDD ROADENTS AC		15			15
47	SION THOMAS	NORTH WALES ROAD RUNNERS			15		15
48	JEREMY THOMAS	LES CROUPIERS RUNNING CLUB	8	6			14
49	RICHARD BULLEN	LES CROUPIERS	14				14
50	RICHARD WESTWOOD	WREXHAM AAC			14		14
51	IAN MARSHALL	PENARTH AND DINAS RUNNERS		13			13
52	JEFFREY COX	LES CROUPIERS RUNNING CLUB	13				13
53	TREVOR JONES	MEIRIONNYDD RUNNING CLUB			13		13
54	GARETH CARDIFF	LES CROUPIERS RUNNING CLUB		12			12
55	KARL DAVIES	PORT TALBOT HARRIERS	12				12
56	MIKE SALUSBURY	DEESTRIDERS B S RC			12		12
57	BRYN POWIS	PORTHCAWL RUNNERS	11				11
58	CRAIG HOPKINS			11			11
59	NICK CASON	ERYRI HARRIERS			11		11
60	CRAIG HUNTER	BUCKLEY RC			10		10
61	GARETH LAWRENCE			10			10
62	ANDY WAINWRIGHT	DEESTRIDERS B S RC			9		9
63	LIAM PAUL KELLY	PENARTH & DINAS RUNNERS	9				9
64	SHAWN DAVIES	RHONDDA VALLEY RUNNERS		9			9
65	IAN OGILVIE	BRACKLA HARRIERS		8			8
66	SIMON WILLIAMS	WREXHAM AAC			8		8
67	CAI ROBERTS	NORTH WALES ROAD RUNNERS			7		7
68	DAI REES		7				7
69	JAMES MANSON	CARDIFF TRIATHLETES		7			7
70	NEIL ANTHONY TAYLOR		6				6
71	JAMES WHITE	SAM DOMENICO		5			5
72	LUKE TEAGUE		5				5
73	CHRIS O'BRIEN	PONTYPOOL & DISTRICT RUNNERS	4				4
74	DEAN THOMAS			4			4
75	RUSSELL MORRIS	METROS RC		3			3
76	STEWART HARRIS		3				3
77	JASON EDMONDS	PORTHCAWL RUNNERS		2			2
78	ROBIN EDWARDS		2				2
79	BRENDAN JONES			1			1
80	JONATHAN POLLINGER		1				1

