

2008 Porthkerry Plod Results

Prize Winners

<u>Category</u>	<u>Overall position</u>	<u>Name</u>
Senior Men 1	1	Alun Wood
Senior Men 2	2	Stuart Crees
Senior Men 3	3	Phil Cook
Senior Ladies 1	17	Kate Beecher
Senior Ladies 2	26	Joanne Johnston
Senior Ladies 3	41	Julie Scholes
Vet Men 1	4	Phil Crane
Vet Men 2	5	David Crane
Vet Men 3	7	Martin Williams
Vet Ladies 1	43	Cath Tailby
Vet Ladies 2	58	Lisa Kear
Vet Ladies 3	69	Vanessa Turner
Vet Men 50 Winner	19	Gwyn Lloyd
Vet Ladies 45 Winner	73	Caroline Dallimore
Lifestyle Men Winner	21	Jonathan Crocombe
Lifestyle Ladies Winner	Joint 93	Catherine Hayes and Dawn Howalls

Individual Results

category	position	race number	runner name	time	club
SM		1	274 Alun Wood	29:40	Bridgend
SM		2	264 Stuart Crees	29:45	Les Croupiers
SM		3	263 Phil Cook	30:04	Les Croupiers
VM40		4	278 Philip Crane	31:01	87020376
VM40		5	279 David Crane	32:57	87020413
SM		6	200 Lyndon Tudor-Maisey	33:20	
VM40		7	291 Martin Williams	33:37	
SM		8	231 John Johnson	33:39	Royal Air Force AC
SM		9	219 Matthew Townsend	33:45	Les Croupiers
VM40		10	198 John Diffey	34:28	Les Croupiers
SM		11	187 Stuary Mcilroy	34:36	
VM40		12	294 Terry Caveney	34:38	Les Croupiers
SM		13	214 Matthew Hopkins	35:08	Les Croupiers
VM40		14	265 David Proud	35:10	Les Croupiers
SM		15	299 Matthew Hurford	35:18	Les Croupiers
VM40		16	193 Clive Osmond	35:50	Les Croupiers
SL		17	243 Kate Beecher	35:51	Les Croupiers
VM40		18	257 Richie Bristow	36:18	South Wales Police
VM50		19	286 Gwyn Lloyd	36:27	Ponty Roadents
VM40		20	273 Darren Morgan	36:33	
SM		21	268 Jonathan Crocombe	36:36	
VM40		22	260 Ian Ogilvie	36:41	Brackla Harriers
VM50		23	196 James Delaney	36:50	San Domenico
VM40		24	169 Stuart Keeping	37:07	
SM		25	297 David Peacock	37:16	
SL		26	232 Joanne Johnson	37:37	Royal Air Force AC
VM50		27	253 Pete Turner	37:50	Cornelly Striders
VM40		28	248 Ian David	37:52	
VM50		29	254 Jeff Aston	37:54	Les Croupiers
VM50		30	220 John Collins	37:55	Swansea Harriers
VM40		31	182 Mike James	38:00	
SM		32	152 Julian Hoare	38:05	
VM40		33	230 Anthony Chad	38:14	

VM50	34	261 Michael Davies	38:22	Les Croupiers
SM	35	190 Michael Johns	38:35	
VM40	35	251 Eurof Davies	38:35	Les Croupiers
SM	37	298 Owen Shadick	38:43	
SM	38	293 Phil Protheroe	38:53	Brackla Harriers
VM40	39	290 Lee Williams	39:02	
SM	40	289 Andrew Dunscombe	39:04	Brackla Harriers
VF45	41	234 Julie Scholey	39:07	Les Croupiers
VM50	42	245 David Oak	39:13	Port Talbot Harriers
VF35	43	283 Kath Tailby	39:14	Les Croupiers
VM50	44	262 Gareth John	39:24	Les Croupiers
VM50	45	177 Graeme Donnan	39:33	Les Croupiers
SM	46	300 Stephen Press	39:44	Neath Harriers
VM50	47	184 Mick Grant	39:54	Road Runners
SM	48	188 Michael Took	40:14	
SM	49	180 Stephen Morath	40:23	
SL	50	236 Kate Hyatt	40:24	
SM	51	205 Richard Jones	40:33	Cornelly Striders
VM50	52	199 David Hebbes	40:41	
VM50	53	237 Gary Hyatt	41:15	Les Croupiers
SM	54	185 Greg Clement	41:34	Stroud AC
SM	55	244 Jamie Sutherland	41:35	
SL	56	235 Katy McGavin	41:46	
SM	57	256 Andrew Williams	41:47	
VF35	58	215 Lisa Kear	41:47	
SM	59	204 Paul Haysom	41:48	
VM40	60	280 Andy Morton	41:55	
VM50	61	292 Stephen Williams	42:04	Les Croupiers
VM50	62	240 Anthony Kavanagh	42:13	Brackla Harriers
VM40	63	202 Nick Speller	42:22	
VM40	64	288 Raymond James	42:31	Port Talbot Harriers
SL	65	270 Anne-Marie Moon	42:32	
VM50	66	239 Keith Treharne	42:38	Brackla Harriers
VM50	67	267 John Martin	42:48	
VM50	68	212 David Boucher	42:55	
VF35	69	258 Vanessa Turner	43:02	Womens Running Network
SL	70	211 Jessica Nethercott	43:11	Cirencester AC
SM	71	208 Jamie Downton	43:16	
VM40	72	157 Michael Rossiter	43:20	Les Croupiers
VF45	73	241 Caroline Dallimore	43:30	Les Croupiers
VM40	74	207 John Sorenson	43:34	
SL	75	225 Ceri Tothill	43:39	BBC Running Club
SM	76	201 Daniel Palmer	44:21	
SM	77	287 Thomas Notley	44:44	
VM50	78	246 Colin Anthony	45:10	Port Talbot Harriers
SM	79	189 John Stone	45:19	
VM40	80	233 Andrew Williams	45:21	
VM40	81	238 Gareth John	45:32	
SM	82	295 Paul Jones	45:42	Mumbles Milers
VF45	83	229 Pauline Rees	45:55	
SM	84	228 Jason Batcock	46:07	
SL	85	285 Sabrina Fudge	46:48	
	86	no number	46:48	
	87	no number	46:49	
SM	88	227 Llyr Williams	46:54	BBC Running Club
VM40	89	162 John Lewis	46:57	
SM	90	269 Clive Moon	46:59	

SM	91	284 Scott Parker	47:05	
SM	92	277 James Rees	47:12	
VF35	93	160 Dawn Howles	47:18	
VF35	93	161 Catherine Hayes	47:18	
VF45	95	156 Christina Rossiter	47:38	Les Croupiers
VF35	96	163 Coleen Tombs	47:40	
VF35	97	275 Lisa Taylor	48:04	
SM	98	153 Mark Harris	48:43	
SL	99	179 Rachel Harris	48:50	
VF45	100	158 Beverley Warburton	49:12	
SL	101	167 Delyth Murray-Lines	49:12	
VM40	102	213 Alastair Laidlaw	50:12	
VF45	103	194 Jane Chappelle	50:45	
VF45	104	221 Eirian Heledd-Arwyn	50:47	Les Croupiers
VF45	105	218 Alison Lipp	50:49	
VM50	106	226 Partick Tothill	50:54	BBC Running Club
SM	107	276 Tao Zhu	50:55	
VM40	108	178 Clive Rowe	51:28	
VF35	109	170 Elizabeth Mallen	51:24	
SL	110	192 Sarah Stephens	51:42	
VF45	111	217 Mal Rowson	51:58	Les Croupiers
VF35	112	252 Florence Smith	52:13	
VF45	113	259 Christine Wilson	52:28	
SL	114	266 Sally Martin	52:43	
SM	115	296 Gary Taylor	52:47	Mumbles Milers
SM	116	272 Adrian Cook	53:07	
VF35	117	271 Helene Cook	53:13	
VM50	118	174 Christopher Stanton	53:25	
VF45	119	222 Jane Blacker	54:00	
VM50	120	281 Mike Murphy	55:29	Les Croupiers
VF45	121	282 Gill Murphy	55:30	Les Croupiers
SL	122	209 Amy Strange	56:48	
VF45	123	206 Tracey Austin-Brydon	57:33	
VF35	124	250 Rachel Jowett	58:00	
VF35	124	249 Christin Vestерger	58:88	
VF45	126	224 Helen Jeffries	58:42	
VF35	126	223 Karen Jones	58:42	
SM	128	171 Russell Cook	60:12	
SL	129	191 Elizabeth Barton	62:16	Road Runners
VF45	130	154 Linda Smith	64:35	
VM50	131	159 Laurance Brothy	65:06	Bridgend
SL	132	172 Jodie Stanley	66:33	