

IRON TRAIL 5 RESULTS 28th June 2018

POSITION	NAME	AGE	TIME	CLUB	
1	Mark Hopkinson	31	30.27	M'Du	Ist male
2	Sam Lewis Jones	32	32.05	PBB	2 nd male
3	John Like	32	33.19	M'Du	3 rd male
4	Michael Cope	43	33.53	Aberdare	1 st vet 40
5	Gavin Paterson	35	34.01	PBB	
6	Tom Mollekin	28	35.00	M'Du	
7	Andrew Stephens	44	35.14	Mon Ross	
8	Jonathon Woolridge	38	35.52	UA	
9	Kevin Fosby	31	36.02	M'Du	
10	Matt Ellis	26	36.12	PBB	
11	Daniel Jones	35	36.29	PBB	
12	Andrew Brassington	52	37.04	EbVale	1 st vet 50
13	Haydn Hartnell	56	37.14	PBB	
14	Nicola Jukes	47	37.25	PBB	1 st female
15	Richard Sheehy	31	37.39	PBB	
16	Gary Hughes	32	38.34	M'Du	
17	Jonathon Ford	29	38.46	Fairwater	
18	James Fletcher	52	38.49	Mon Ross	
19	Richard Price	32	38.53	PBB	
20	Neil Bynon	49	39.03	PBB	
21	Ethan Sayce	17	39.19	PBB	
22	Andrew Dickens	47	39.49	M'Du	
23	Andrew Jones	46	40.06	PBB	
24	Bethan Hawkesly	28	40.11	M'Du	2 nd female
25	Rachel Lewis	42	40.17	PBB	3 rd female
26	Lee Phillips	46	40.21	PBB	
27	Owen Davies	45	40.40	PBB	
28	Rob Symond	54	41.55	Fairwater	
29	Lou Summers	50	41.59	M'Du	1 st female 40
30	Martin Chammings	38	42.00	PBB	
31	Alex Evans	43	42.03	PBB	
32	Stephen Morgan	46	42.06	Fairwater	
33	Michael Skyrme	49	42.17	Fairwater	
34	Paul Grainger Jones	45	42.26	Pontypool	
35	Carl Walsh	46	43.02	Rhondda Val	
36	Darren Kippest	45	43.13	PBB	
37	Gwyn Palfrey	55	43.42	PBB	
38	Sarah Jeremiah	43	44.06	PBB	
39	Sarah Lane Coote	37	44.11	PBB	
40	Owain Williams	33	44.29	PBB	
41	Tony Lewis	51	44.33	PBB	
42	Jason Smith	28	44.48	UA	
43	Keith Langley	63	44.59	Pontypool	1 st male 60
44	Martyn Jenkins	58	45.13	Fairwater	
45	Paul Williams	31	45.22	UA	

45	Rachel Watling	31	45.39	UA	
46	Matt Willcox	28	45.44	UA	
47	Richard Bowie	56	46.13	Fairwater	
48	Jeanette Jenkins	57	46.55	Fairwater	1 st female 50
49	Claire Sullivan	36	46.59	PBB	
50	Adrian Gwilliam	52	47.02	Fairwater	
51	Sharon Woods	58	47.04	PBB	
52	Damien Heward	39	47.22	Blaenavon Jog	
53	Brian Evans	47	48.11	PBB	
54	Laura Hire	34	48.12	PBB	
55	Helen Williams	44	49.04	PBB	
56	Mathew Crowle	37	49.17	PBB	
57	Kim Price	36	49.41	PBB	
58	Marcus Smith	46	49.41	PBB	
59	Delphine Jones	39	50.22	PBB	
60	Nadine Winstone	40	50.56	Aberdare	
61	Jon Tibke	57	50.59	Blaenavon Jog	
62	Robert Blackmore	23	51.10	UA	
63	Robert Rist	47	51.15	PBB	
64	Deanne Griffiths	42	51.18	PBB	
65	Lucy Atkin Smith	30	51.26	PBB	
66	Andrew Marlog	37	51.45	PBB	
67	Rebecca Poole	35	52.33	Fairwater	
68	Georgina Seed	56	53.23	PBB	
69	Carl Peacock	51	53.45	PBB	
70	Ceri Caswell	41	53.46	PBB	
71	Alison Holton	46	54.19	PBB	
72	Jane Rist	47	54.32	PBB	
73	Beth James	39	54.41	PBB	
74	Gary Wilcox	57	54.47	Pontypool	
75	Sarah Bayton	46	54.48	PBB	
76	Keren Beard	47	55.24	Griff Harriers	
77	Bryony Brown	41	55.54	First Striders	
78	Teresa Davies	49	55.58	PBB	
79	Sian Steadman	52	59.55	PBB	
80	Les Pugh	71	60.13	W.F.R.A.	
81	Peter Roberts	61	60.42	Griff Harriers	

2 DNF

1st male team

Mark Hopkinson
John Like
Tom Mollekin

M'Du

1st female team

Nicola Jukes
Rachel Lewis
Alex Evans

PBB

