

## Prince Of Wales 4 mile Run

01/01/2015

Position	Number	Time	Name	Category	Club
1	1	00:21:52	Joe Beech	M	Bridgend
2	195	00:22:20	Ian Harris	M	3m
3	17	00:22:30	Andrew Hodgson	VM	Bridgend
4	25	00:22:50	Gareth Ayres	M	Port Talbot Harriers
5	74	00:22:59	Gavin Gates	M	Bridgend
6	179	00:23:06	Christopher Jenkins	M	Neath
7	92	00:23:09	Richard Dando	M	Bridgend
8	77	00:23:23	Michael Bryant	M	Swansea Harriers
9	16	00:24:04	Alun Davies	VM	3M
10	175	00:24:30	Paul Speyer	VM	Brackla
11	99	00:24:42	Andrew George	M	Celtic Tri
12	167	00:24:49	Brendan Roach	VM	0
13	100	00:25:27	Andrew Baker	M	Celtic Tri
14	168	00:25:38	Matthew Reynolds	M	Celtic Tri
15	19	00:25:57	Steven Dinham	M	Port Talbot Harriers
16	11	00:26:06	Steven Jones	MV	Port Talbot Harriers
17	94	00:26:16	Peter Johns	VM	0
18	91	00:26:30	Colin McQueen	VM	Brackla
19	197	00:26:48	Ian Ogilvie	MV	Brackla
20	13	00:26:51	Jamie Clode	M	Bridgend
21	36	00:27:31	John Morgan	VM	Bridgend
22	50	00:27:34	Chris Lewis	VM	Port Talbot Harriers
23	178	00:27:39	Rob Davies	JM	0
24	61	00:27:42	Bernard Henderson	VM	Port Talbot Harriers
25	10	00:27:45	Helen Jones	FV	Port Talbot Harriers
26	57	00:27:50	Paul Jelley	VM	Port Talbot Harriers
27	186	00:27:52	David Cappel	VM	Cwm Ogwr
28	76	00:27:54	Jon Thiel	M	Bridgend
29	6	00:27:56	Mark Robinson	M	0
30	90	00:28:03	Nick Stocker	VM	Bridgend
31	65	00:28:15	Graham Vynner	VF	Run4All
32	199	00:28:17	Dave Carrington	MV	Pencoed Tri
33	290	00:28:20	Jess Heggarty	JF	Cardiff
34	177	00:28:21	Roger Davis	VM	Porthcawl
35	95	00:28:23	Charlotte Johns	VF	Brackla
36	176	00:28:24	Nick Harris	Sm	Cwm Ogwr
37	194	00:28:26	Huw Edwards	MV	Run4All
38	70	00:28:28	Gareth Davies	VM	Bridgend
39	56	00:28:35	Paul Belcher	VM	Atlantic College
40	185	00:28:38	John Hopkins	VM	Port Talbot Harriers
41	66	00:28:44	Tom Chapman	M	Pencoed Tri
42	89	00:28:47	Clare Hughes	VF	Bridgend
43	55	00:28:59	Gareth Hardman	VM	Bridgend
44	183	00:29:01	Dave Evans	VM	0
45	180	00:29:24	Phil Protheroe	VM	Porthcawl
46	169	00:29:38	Andrew Thomas	VM	3M
47	68	00:29:54	Ian Williams	VM	Port Talbot Harriers
48	170	00:29:58	Andrew Mundy	VM	Celtic Tri
49	42	00:30:03	Steven Park	VM	Run4All
50	48	00:30:06	Pauline Williams	VF	Port Talbot Harriers
51	24	00:30:08	Chris Watkins	MV	Run4All
52	45	00:30:12	David Johnson	VM	Run4All
53	165	00:30:16	Dave Cornish	VM	Port Talbot Harriers
54	198	00:30:19	Deb Goule	VF	0
55	47	00:30:30	Mandy Morris	VF	Port Talbot Harriers
56	20	00:30:32	Ross Bamsey	M	Port Talbot Harriers
57	21	00:30:34	Alan Perkins	MV	Port Talbot Harriers
58	60	00:30:38	Mark Francis	VM	0
59	26	00:30:42	Darren Vaughan	M	Port Talbot Harriers
60	43	00:30:44	Dave Rose	VM	0
61	193	00:30:58	Mark Sheedman	MV	0
62	87	00:31:07	Louise Mitchell	VF	3M

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Position	Number	Time	Name	Category	Club	
63	35	00:31:08	Melanie Howard	VF	Run4All	
64	33	00:31:16	Angie Ridge	VF	Run4All	
65	166	00:31:22	Alex Ford	VM	Brackla	
66	196	00:31:29	Daniel Morgan	M	Bridgend	
67	88	00:31:36	Mike Nash	VM	3M	
68	9	00:31:50	Chris Lewis	M	Run4All	
69	3	00:31:54	Dave Hughes	MV	Bridgend	
70	40	00:31:57	Megan Clare-Reid	F	Run4All	
71	71	00:31:59	Hazel Wheeler	VF	Run4All	
72	83	00:32:00	Molly Llewellyn	F		0
73	84	00:32:02	John Hill	M		0
74	69	00:32:04	Judith Oakley	VF	Vegan	
75	41	00:32:10	Alan Roberts	VM	Port Talbot Harriers	
76	54	00:32:11	Darren Richards	M	Port Talbot Harriers	
77	34	00:32:13	Lee Jenkins	VF	Run4All	
78	28	00:32:21	Chris Kent	MV	Run4All	
79	51	00:32:38	Alan Furnell	VM	Port Talbot Harriers	
80	192	00:32:42	Joanne Edwards	VF	Cornelly Striders	
81	22	00:32:50	Libby Lavis	FV	Brackla	
82	173	00:33:28	Lorraine Colton	VF		0
83	23	00:33:31	Mary Beech	FV	Brackla	
84	73	00:33:32	Richard Beech	VM	Brackla	
85	2	00:33:34	Paul Winstanley	MV		0
86	49	00:33:38	Steven Williams	VM	Port Talbot Harriers	
87	52	00:33:46	Jennet Jones	VF	Cornelly Striders	
88	53	00:33:48	Claire Richardson	VF		0
89	182	00:33:51	Raymond James	VM	Port Talbot Harriers	
90	58	00:33:53	Gavin Richards	M		0
91	7	00:34:20	Simon Hudd	MV	Barry AC	
92	191	00:34:21	John Edwards	VM		0
93	62	00:34:23	John Davies	VM	Port Talbot Harriers	
94	80	00:34:29	Tony Hollings	VM	Port Talbot Harriers	
95	39	00:34:34	Terry Jones	VM	Celtic Tri	
96	96	00:34:43	Steve Godwin	M		0
97	29	00:34:57	Gareth Evans	M	Port Talbot Harriers	
98	14	00:35:01	Georgina Fraser	VF	Cornelly Striders	
99	46	00:35:14	John Ayres	Vm	Port Talbot Harriers	
100	93	00:35:29	Tina Ellis	F	Port Talbot Harriers	
101	163	00:35:30	Tony Burt	MV	Brackla	
102	15	00:35:58	Louise Attwood	F	Cornelly Striders	
103	5	00:36:12	Nick Darroch	MV		0
104	38	00:36:13	Martin Mahoney	VM		0
105	172	00:36:26	Howard Jones	VM	Brackla	
106	4	00:36:55	Leighton Davies	MV	Bridgend	
107	190	00:37:01	Julie Gale	VF		0
108	12	00:37:10	Ceri Anne Brown	F	Run4All	
109	8	00:37:15	Kathryn Kearney	FV	Run4All	
110	85	00:37:31	Ray Boyce	MV	Cornelly Striders	
111	27	00:37:35	Dennis Harris	MV	Port Talbot Harriers	
112	63	00:37:54	Denna Harris	F	Run4All	
113	174	00:37:55	Laura Kingdom	F	Run4All	
114	64	00:37:56	Jan Williamson	VF	Run4All	
115	72	00:37:57	Neil Wheeler	VM	Run4All	
116	188	00:37:57	Andy Wilkins	VM	Brackla	
117	78	00:37:58	Julie Vile	F		0
118	86	00:38:14	Allan Smith	VM	3M	
119	67	00:38:19	Kay Barnes	VF	Run4All	
120	181	00:38:27	Jackie Lewis	VF	Cwm Ogwr	
121	189	00:39:13	Sue Wilkins	VF	Brackla	
122	164	00:39:40	Adele Jones	VF	Run4All	
123	30	00:39:41	Ruth Hale	F	Run4All	
124	31	00:39:41	Claire Matthews	VF	Run4All	

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125	44	00:39:43	Wendy Johnson	VF	Run4All	
126	82	00:39:47	Ann Davies	VF		0
127	289	00:40:15	Jo Heggarty	VF		0
128	32	00:40:17	Gary Matthews	M	Run4All	
129	291	00:40:19	Kate Phillips	JF		0
130	75	00:40:23	Natalie Griffiths	VF		0
131	187	00:40:32	Jenna Horn	F	Run4All	
132	184	00:40:34	Kath Evans	VF	Brackla	
133	18	00:40:39	Sian Tossell	VF	Brackla	
134	37	00:40:45	Isabelle Mellons	VF		0
135	171	00:41:09	Helen Kavanagh	VF		0
136	59	00:42:38	Janice Francis	VF		0
137	79	00:42:53	Pat Stanley	VF		0
138	97	00:44:10	Julie Evans	VF	Run4All	
139	98	00:44:11	Richard Bleaney	M	Run4All	
140	293	00:45:48	Victoria Hillman	F		0
141	292	00:45:49	Elaine Yarnhall	F	White Rock Runners	
142	294	00:45:49	Graham Hillman	M		0