

# Prince of Wales 4 Miler 2016

Position	Number	Time	Name	Category
1	221	21:23	James Thie	M
2	1	21:38	Joe Beech	M
3	78	22:12	Ian Harris	M
4	157	22:33	Andrew Reynolds	M
5	52	22:47	Gareth Ayres	M
6	58	23:04	Andrewn Hodgeson	MV
7	5	23:19	Gavin gates	M
8	206	23:25	Paul Morgan	M
9	195	23:30	David Nottman	M
10	94	23:34	Richard Dando	M
11	137	23:35	Geraint Lewis	M
12	69	23:46	Kate Roberts	F
13	119	24:02	Michael Bryant	M
14	156	24:06	Chris Jenkins	M
15	152	24:10	Justin Philips	MV
16	105	24:17	Mark Robinson	M
17	239	24:52	Chris Lewis	M
18	223	24:53	Luke Richards	M
19	14	24:55	John Hill	M
20	150	25:03	Mark Emery	M
21	164	25:07	Steve Smith	MV
22	189	25:23	Paul Speyer	MV
23	65	25:26	John Johnson	MV
24	11	25:34	John Morgan	MV
25	56	25:39	Craig Fowler	MV
26	91	25:41	Matthew Reynolds	M
27	53	25:41	Charles Walsh	MV
28	139	25:43	Colin McQueen	MV
29	68	25:52	Alex Williams	MV
30	198	26:00	Jess Hegarty	F
31	136	26:08	Daniel Murtagh	M
32	104	26:09	Lee Walters	MV
33	73	26:15	Clare Philips	FV
34	155	26:21	Will Edwards	MV
35	3	26:34	Mark Hiddlestone	MV
36	212	26:38	Mike Worlock	MV
37	226	26:45	Tom Chapman	M
38	16	26:46	Matt Edwards	M
39	61	26:52	Jeff Thomas	MV
40	245	26:56	Ian Ogilvie	MV
41	190	27:11	Julian Maine	MV
42	27	27:12	Chris John	M
43	54	27:27	Richie Pett	MV
44	93	27:28	Chris Lewis	MV
45	64	27:30	Joanne Johnson	FV
46	179	27:31	Peter Johns	MV

47	194	27:33	Will John	MV
48	18	27:35	Ian Williams	MV
49	15	27:52	Scott Williams	M
50	122	27:56	Chris Latham	M
51	115	27:59	Nick Stocker	MV
52	55	28:00	Brian Cotton	M
53	89	28:02	Aled Hughes	MV
54	80	28:07	David Evans	MV
55	82	28:10	Paul Jelley	MV
56	95	28:11	Georgie Dando	FV
57	23	28:14	John Young	MV
58	12	28:18	Jon Thiel	M
59	158	28:21	Rob Bennet	MV
60	176	28:24	Charlotte Johns	FV
61	22	28:26	Andrew Courts	MV
62	43	28:30	Mark Terry	MV
63	149	28:32	Richard Beech	MV
64	103	28:44	Iain Hendry	MV
65	39	28:48	Josh Powell	M
66	182	28:49	Paul Watts	MV
67	4	28:53	Clare Walters	F
68	60	29:06	Daniel Nicholas	M
69	20	29:09	Mandy Morris	FV
70	197	29:12	Kris Denholm	MV
71	123	29:14	David Carrington	MV
72	101	29:15	Jonathon Hayes	MV
73	70	29:18	Antony Lewis	MV
74	205	29:19	Antony Phillips	MV
75	128	29:19	Andrew Thomas	MV
76	84	29:21	Bernard Henderson	MV
77	210	29:24	Phil Protheroe	MV
78	236	29:33	Rob Davis	MJ
79	237	29:33	Roger Davis	MV
80	232	29:44	Mark Steadman	MV
81	75	29:49	Christopher Lewis	M
82	202	29:52	Mark Francis	MV
83	135	29:53	Dave Cornish	MV
84	147	29:55	Neil Jones	M
85	30	29:58	Mark Taylor	M
86	9	29:59	Steven Perks	MV
87	140	30:15	Paul Winstanley	MV
88	134	30:22	Graham Vyner	MV
89	215	30:27	Jamie Lewis	M
90	192	30:38	Deb Goule F	V
91	19	30:41	Linda Woodland	FV
92		30:44	#N/A	#N/A
93	13	30:45	Daniel Morgan	M
94	246	30:50 I	an Hutchinson	MV
95	124 3	0:51	Liam Rose	M
96	108	30:53	Lucy Edwards	F
97	25	30:55	Ross Bamsey	M

98	267	31:07	Elisha Hayes	F
99	251	31:13	David Capell	MV
100	106	31:15	Joanne Edwards	FV
101	253	31:21	Rob Smithson	M
102	199	31:29	Jack Couch	M
103	242	31:30	Mike Jeffrey	MV
104	220	31:31	Marks Evans	MV
105	244	31:38	Andrea Starrit	FV
106	225	31:39	Steven Summers	MV
107	28	31:42	Marianne Patterson	FV
108	31	31:45	Darren Richards	M
109	235	31:56	Ewan Dowey	MV
110	187	32:00	Eric Davey	MV
111	131	32:03	David Cornthwaite	MV
112	247	32:04	Lotrraine Colfay	FV
113	233	32:05	Suzanne Ashley	F
114	216	32:06	Gareth Dantehill	M
115	100	32:08	Catherine Hayes	FV
116	219	32:11	Libby Lavis	FV
117	17	32:14	Dave Hughes	MV
118	249	32:19	Andrew Painter	MV
119	130	32:22	Gary Owen	MV
120	76	32:26	Simon Hurford	M
121	29	32:29	Jennet Jones	FV
122	24	32:33	Stephen Williams	MV
123	154	32:34	Joss Philips	MJ
124	234	32:45	Dale Heatley	M
125	97	32:53	Tom Attwood	MJ
126	231	32:53	Alan Kerr	MV
127	110	32:54	Gerwyn Evans	MV
128	250	33:01	Caerwyn Lewis	MV
129	241	33:03	Kelly Owen	F
130	26	33:05	Jane Harwood	F
131	38	33:06	Tanya Guest	FV
132	113	33:07	David Sheard	MV
133	40	33:16	Alan Furnell	MV
134	107	33:17	John Edwards	MV
135	36	33:18	John Ayers	MV
136	72	33:22	Christie Colman	MV
137	148	33:30	Sara Williams	FV
138	165	33:38	Gwen Smith	FV
139	228	33:41	an Cuthbert	MV
140	114	33:45	Pete Harrop	MV
141	240	33:49	Leah Treharne	F
142	79	33:51	Darren Vaughan	MV
143	213	33:52	Fiona Rysdale	FV
144	161	33:56	Mary beech	FV
145	160	33:57	Alicia Thorburn	F
146	209	34:01	Richard Hesketh	MV
147	229	34:06	Graham Foster	MV
148	127	34:08	Heather Garratt	FV

149	126	34:19	Richard Garratt	MV
150	191	34:21	Romana Maine	FV
151	102	34:27	Alex Ford	MV
152	256	34:31	Chris Jones	MV
153	222	34:33	Ian Stratton	MV
154	166	34:36	Alison Allen	FV
155	167	34:38	Greg Allen	MV
156	264	34:39	Jessica Jones	F
157	227	34:40	Alan Jones	MV
158	111	34:42	Malcolm Jones	MV
159	133	35:07	Denise Bradley	FV
160	59	35:12	Steve Riddler	MV
161	35	35:25	Jeffrey Evans	MV
162	159	35:33	John Davies	MV
163	265	35:35	Mark Thomas	M
164	248	35:36	Howard Jones	MV
165	7	35:38	Gary Matthews	M
166	252	35:39	Rachel Thomson	F
167	175	35:39	Martin Rivers	MV
168	254	36:08	Shelley Smithson	F
169	6	36:10	David Johnson	MV
170	8	36:11	Wendy Johnson	FV
171	90	36:15	Tula Smallman	F
172	37	36:18	Neil Tobin	MV
173	211	36:20	Karen Phillips	FV
174	96	36:25	Louise Attwood	F
175	34	36:29	Nick Darroch	MV
176	143	36:30	Eve Bird	FJ
177	2	36:34	Tony Holling	MV
178	21	36:34	Cath Courts	FV
179	63	36:35	Eril Jones	MV
180	138	36:42	Richard Scott	M
181	125	36:46	Caoline Windos	FV
182	217	36:47	Mark Bankhead	M
183	48	36:56	Ian Swanson	MV
184	168	36:59	Wendy Godwin	FV
185	169	37:00	Stu James	MV
186	71	37:02	Nicola Prior	FV
187	257	37:03	Deb jones	FV
188	62	37:03	Ceri Thomas	FV
189	188	37:06	Sarah Hemington-Gorse	FV
190	41	37:12	Andrea Brabook	FV
191	42	37:15	Alison Terry	FV
192	263	37:23	Ray James	MV
193	174	37:29	Claire Thomas	FV
194	243	37:32	Emma Mathewman	FV
195	203	37:47	Paula Davies	FV
196	204	37:57	Leigh Trahar	M
197	170	38:00	Ann Davies	FV
198	129	38:02	Carolyn Williams	FV
199	224	38:06	Wendy Foster	FV

200	120	38:12	Julie Wright	FV
201	185	38:22	Cerianne Brown	FV
202	255	38:24	Alan Perkins	MV
203	178	38:25	David Attwood	MJ
204	117	38:26	Huw Edwards	MV
205	116	38:27	Claire Jones	FV
206	230	38:45	Richard Davies	MV
207	142	39:05	Carole Bird	FV
208	162	39:06	Liz Beech	FV
209	46	39:08	Susan Chaves	FV
210	67	39:15	Tash Smith	F
211	218	39:24	Charlotte Harries	F
212	141	39:25	Toby Ambler	MV
213	57	39:27	Gerwyn Coy	M
214	77	39:34	Christopher Jones	MV
215	177	39:36	Kate Attwood	F
216	266	39:48	Kathleen Evans	FV
217	258	40:01	Angela Walsh	F
218	259	40:02	Peter Walsh	M
219	208	40:06	Vincent Lewis	MV
220	10	40:19	Leighton Davies	MV
221	118	40:20	Tara Roche	FV
222	98	40:27	Ceri Raffill	FV
223	163	40:30	Alan Smith	MV
224	83	40:36	Jenna Horn	FV
225	51	40:37	Aled Davies	M
226	49	40:50	Angela James	FV
227	66	40:58	Natalie Williams	FV
228	214	41:00	Alicia Thomas	FV
229	186	41:52	Nigel Leighton Jones	MV
230	88	41:58	Brett Bonell	M
231	121	42:19	Brenda Evans	FV
232	99	42:24	Jackie Lewis	FV
233	173	42:28	Sian Millan	FV
234	196	42:30	Amanda Moore	F
235	145	42:31	Sarah Jones	FV
236	146	42:31	Clare Jones	FV
237	201	42:32	Janice Francis	FV
238	32	42:36	Sian Tossell	FV
239	171	42:43	Natalie Griffiths	FV
240	172	43:11	Pat Stanley	FV
241	109	43:34	Georgina Fraser	FV
242	184	43:43	Ruth Hale	FV
243	183	43:43	Adele Jones	FV
244	200	43:55	Joanne Hegarty	FV
245	261	43:56	Marnie Muir	FV
246	181	43:59	Christine Watts	MV
247	180	44:00	Nigel Watts	MV
248	85	44:10	Kelly Griffiths	FV
249	44	44:44	Joanne Juliff	FV
250	47	44:45	Carolyn Foley	FV

251	74	44:47	Lisa Pugsley	FV
252	193	44:56	Rachel Gill	FV
253	144	45:03	Helen Griffiths	FV
254	87	45:07	Lucy Hancock	FV
255	81	45:18	Clare Sim	F
256	33	45:49	Mary Donnelly	FV
257	260	46:28	Kimberly Davies	F
258	50	47:15	Stephanie Murray	FV
259	45	47:52	Vicky Mahoney	FV
260	207	48:05	Dai Power	M
261	262	48:23	Kelly Allen	F
262	132	48:36	Helen Lowcock James	FV
263	86	49:16	Tammie Clemett	FV
264	92	49:20	Rhiannon Buckley	F
265	151	52:31	Louise Philips	FV
266	153	52:33	Ellie Philips	F