

Prince of Wales 1/1/2017

Time	Position	Race Number	First Name	Surname	Club	Gender	Age Group
20:37	1	20	ANDREW	TUCKEY	BRIDGEND AC	male	MM40
20:53	2	61	GARETH	AYRES	PORT TALBOT HARRIERS	male	SENM
21:03	3	72	ANDREW	REYNOLDS	NEATH HARRIERS	male	SENM
21:41	4	51	MICHAEL	BRYANT	SWANSEA HARRIERS	male	SENM
21:44	5	141	KATE	ROBERTS	SWANSEA HARRIERS	female	SENW
21:55	6	56	GERAINT	LEWIS	PORTHCAWL RUNNERS	male	SENM
22:05	7	5	MATTHEW	REYNOLDS	PORT TALBOT HARRIERS	male	SENM
22:07	8	16	ALAN	DAVIES	LLANELLI AC	male	MM60
22:12	9	66	GARETH	POSTON	PORT TALBOT HARRIERS	male	SENM
22:27	10	73	CHRISTOPHER	JENKINS	NEATH HARRIERS	male	SENM
22:37	11	138	NATHAN	FLEAR	MMM	male	SENM
22:42	12	44	CHRISTOPHER	JEYNES	BRACKLA HARRIERS	male	MM40
22:57	13	100	LUKE	RICHARDS	UNAFFILIATED	male	SENM
23:03	14	18	CHRIS	LEWIS	UNATTACHED	male	SENM
23:17	15	40	CHRIS	JOHN	PORT TALBOT HARRIERS	male	SENM
23:24	16	63	TOM	CHAPMAN	PENCOED TRI	male	SENM
23:32	17	64	DAVID	MOORE	BRACKLA HARRIERS	male	MM40
23:36	18	67	ANDREW	POSTON	PORT TALBOT HARRIERS	male	SENM
23:38	19	33	MARK	HIDDLESTONE	PORT TALBOT HARRIERS	male	MM40
23:44	20	190	JAMES	GRIFFITHS	NEATH HARRIERS	male	U20M
23:50	21	43	CHRIS	LEWIS	PORT TALBOT HARRIERS	male	MM40
23:54	22	88	DAVID	BENNETT	PORTHCAWL RUNNERS	male	MM40
24:08	23	201	IAN	OGILVIE	BRACKLA HARRIERS	male	MM50
24:14	24	25	RHYS	HARDMAN	BRIDGEND AC	male	U20M
24:25	25	52	JEFF	THOMAS	BRIDGEND AC	male	MM50
24:26	26	38	MATT	EDWARDS	PENCOED TRI	male	SENM
24:31	27	15	JAMIE	LEWIS	PORT TALBOT HARRIERS	male	SENM

24:35	28	217	GAVIN	GATES	BRIDGEND AC	male	SENM
24:39	29	62	CRAIG	FOWLER	BRIDGEND AC	male	MM50
24:42	30	202	JOHN	LLOYD	BRACKLA HARRIERS	male	MM50
24:49	31	149	DAVID	CARRINGTON	BRIDGEND AC	male	MM50
24:54	32	60	WILL	EDWARDS	PORTHCAWL RUNNERS	male	MM40
25:01	33	87	PETER	JOHNS	UNAFFILIATED	male	MM50
25:04	34	215	JON	THIEL	BRIDGEND AC	male	SENM
25:07	35	97	NEIL	PRICE	CWM OGWR	male	SENM
25:10	36	41	NINO	GATI	PORT TALBOT HARRIERS	male	SENM
25:18	37	6	STEPHEN	HOGAN	CORNELLY STRIDERS	male	SENM
25:26	38	89	JULIAN	MAINE	PORTHCAWL RUNNERS	male	MM50
25:32	39	47	MARK	TAYLOR	PORT TALBOT HARRIERS	male	SENM
25:39	40	23	IAN	WILLIAMS	PORT TALBOT HARRIERS	male	MM50
25:42	41	35	JOHN	MORGAN	BRIDGEND AC	male	MM50
25:44	42	118	GINA	HARDMAN	BRIDGEND AC	female	MW45
25:51	43	17	JONATHAN	HAYES	BRIDGEND AC	male	MM50
25:53	44	124	CAROL	MADLEY	PORT TALBOT HARRIERS	female	MW35
25:59	45	54	JAMES	LAWSON	PORT TALBOT HARRIERS	male	SENM
26:05	46	53	COLIN	MCQUEEN	BRACKLA HARRIERS	male	MM50
26:09	47	57	MIKE	EDWARDS	PENCOED TRI	male	MM40
26:10	48	32	GARETH	DAVIES	BRIDGEND AC	male	MM50
26:22	49	204	DAVID	HOWLAND	PENCOED TRI	male	SENM
26:23	50	95	BERNARD	HENDERSON	PORT TALBOT HARRIERS	male	MM60
26:29	51	24	GARETH	HARDMAN	BRIDGEND AC	male	MM50
26:31	52	36	MATTHEW	BUNCE	BRACKLA HARRIERS	male	MM40
26:34	53	84	DAVID	LEWIS	UNAFFILIATED	male	SENM
26:37	54	45	JAMEY	TAYLOR	PORT TALBOT HARRIERS	male	SENM
26:42	55	209	RICHARD	WEBSTER	3M	male	MM60
26:47	56	167	DEB	GOULE	PORTHCAWL RUNNERS	female	MW35
26:59	57	49	RICHARD	THOMAS	PORT TALBOT HARRIERS	male	SENM
27:05	58	75	ANDREW	MUNDY	BRACKLA HARRIERS	male	MM40
27:12	59	94	ANTONY	PHILLIPS	BRIDGEND AC	male	MM50
27:15	60	146	CATHERINE	STEPHENS	BRIDGEND AC	female	MW35

27:16	61	106	SARAH	HOWARD	PORT TALBOT HARRIERS	female	SENW
27:17	62	206	ANDREW	THOMAS	3M	male	MM50
27:20	63	212	ALEX	WILLIAMS	PORT TALBOT HARRIERS	male	MM40
27:23	64	65	THOMAS	ANDREWS	UNAFFILIATED	male	MM50
27:24	65	2	MIKE	JAMES	PORT TALBOT HARRIERS	male	MM40
27:25	66	161	CHARLOTTE	JOHNS	BRACKLA HARRIERS	female	MW45
27:26	67	99	RICHARD	BEECH	BRACKLA HARRIERS	male	MM50
27:28	68	26	MARK	PEDLER	CORNELLY STRIDERS	male	SENM
27:30	69	1	PETER	TURNER	CORNELLY STRIDERS	male	MM60
27:43	70	205	SIMON	VAUGHAN	3M	male	MM40
27:46	71	91	VINCENT	BROWN	UNAFFILIATED	male	SENM
27:49	72	74	IAN	HENDRY	NEATH HARRIERS	male	MM40
27:49	73	39	DAVID	CORNISH	PORT TALBOT HARRIERS	male	MM50
27:51	74	30	CHRIS	ROBERTS	CWM OGWR	male	MM50
27:52	75	150	DANIEL	JONES	BRACKLA HARRIERS	male	SENM
27:56	76	218	DANIEL	MORGAN	PENCOED TRI	male	SENM
27:59	77	22	MARTYN	NORRIS	PORT TALBOT HARRIERS	male	SENM
28:04	78	178	NIALL	LEWIS	UNAFFILIATED	male	SENM
28:15	79	180	JANE	OGILVIE	BRACKLA HARRIERS	female	MW45
28:19	80	9	ALAN	FURNELL	PORT TALBOT HARRIERS	male	MM60
28:21	81	96	ANDREW	RAMSEY	CAERPHILLY RUNNERS	male	SENM
28:27	82	192	LUCY	EDWARDS	CORNELLY STRIDERS	female	U20W
28:30	83	68	LLOYD	WEST	CWM OGWR	male	MM50
28:32	84	42	DARREN	RICHARDS	PORT TALBOT HARRIERS	male	SENM
28:37	85	55	ALISTAIR	THOMSON	PORTHCAWL RUNNERS	male	SENM
28:46	86	85	ROSS	BAMSEY	PORT TALBOT HARRIERS	male	SENM
28:51	87	46	MARK	EVANS	BRACKLA HARRIERS	male	MM50
28:54	88	160	CHRIS	ADAMS	PENCOED TRI	male	MM40
28:56	89	77	STEPHEN	BASSET	PENCOED TRI	male	MM40
28:57	90	314	BRIAN	COTTON	CWM OGWR	male	MM40
28:58	91	11	RUPERT	THURSTON	PORTHCAWL RUNNERS	male	SENM
28:58	92	93	ALAN	KERR	BRIDGEND AC	male	MM50
29:00	93	195	PETER	WALSH	CWM OGWR	male	SENM

29:10	94	69	IWAN	DOWIE	CORNELLY STRIDERS	male	MM40
29:11	95	28	GRAHAM	FOSTER	BRACKLA HARRIERS	male	MM50
29:12	96	10	ANDY	BREEZE	PORTHCAWL RUNNERS	male	MM40
29:13	97	12	HYWEL	DAFYDD	PORTHCAWL RUNNERS	male	SENM
29:18	98	58	ROB	BENNETT	PORTHCAWL RUNNERS	male	MM40
29:20	99	219	DANIEL	MORGAN	PENCOED TRI	male	SENM
29:26	100	222	MATTHEW	BOURNE	BRACKLA HARRIERS	male	MM40
29:30	101	171	SARA	WILLIAMS	CAERPHILLY RUNNERS	female	MW35
29:30	102	162	VANESSA	TURNBULL	CAERPHILLY RUNNERS	female	MW45
29:34	103	86	PHIL	THOMAS	ART RUNNING CLUB	male	MM50
29:37	104	19	DAVID	JOHNSON	WPT	male	MM40
29:42	105	92	ANTONY	LEWIS	CWM OGWR	male	MM40
29:43	106	175	LIZ	BEECH	BRACKLA HARRIERS	female	MW55
29:52	107	131	ANNA	PARSONS	PORT TALBOT HARRIERS	female	MW45
29:57	108	27	IAN	CUTHBERT	BRACKLA HARRIERS	male	MM50
30:08	109	153	ABBIE	EVANS	UNATTACHED	female	SENW
30:10	110	82	GERWYN	EVANS	UNAFFILIATED	male	MM50
30:13	111	316	DAVID	EVANS	CWM OGWR	male	MM40
30:24	112	214	NOEL	BOSWELL	UNAFFILIATED	male	MM40
30:24	113	7	PETE	HARROP	CWM OGWR	male	MM50
30:25	114	1191	LUCY	HANCOCK	CWM OGWR	female	MW35
30:26	115	152	LIBBY	LAVIS	BRACKLA HARRIERS	female	MW55
30:38	116	109	CATHERINE	HAYES	BRIDGEND AC	female	MW45
30:46	117	78	TIM	ALLEN	UNAFFILIATED	male	MM40
30:53	118	34	MARK	MORGAN	PORT TALBOT HARRIERS	male	MM50
30:59	119	207	CHRISTOPHER	JONES	3M	male	MM40
31:04	120	183	MARY	BEECH	BRACKLA HARRIERS	female	MW45
31:05	121	103	TANYA	GUEST	PORT TALBOT HARRIERS	female	MW35
31:14	122	90	ROMANA	MAINE	PORTHCAWL RUNNERS	female	MW55
31:21	123	140	ALISON	ALLEN	CORNELLY STRIDERS	female	MW35
31:24	124	164	CAROLYN	WILLIAMS	RUN 4 ALL	female	MW45
31:26	125	211	ALAN	ROBERTS	PORT TALBOT HARRIERS	male	MM60
31:35	126	135	RHIANYDD	HAMPTON	UNATTACHED	female	SENW

31:35	127	50	KEVIN	WINDSOR	RUN 4 ALL	male	MM40
31:40	128	98	MARK	FRANCIS	BRACKLA HARRIERS	male	MM50
31:42	129	3	KEVIN	THOMAS	UN	male	MM50
31:54	130	132	DENISE	BRADLEY	CWM OGWR	female	MW45
31:57	131	194	CRAIG	LAMONT	CORNELLY STRIDERS	male	SENM
32:03	132	8	JOHN	AYRES	PORT TALBOT HARRIERS	male	MM60
32:04	133	136	NIKKI	DOWIE	CORNELLY STRIDERS	female	MW45
32:07	134	188	JULIET	AMNER	CWM OGWR	female	MW55
32:13	135	114	CATHERINE	COURTS	PORT TALBOT HARRIERS	female	MW35
32:21	136	48	ALWYN	THOMAS	PORTHCAWL RUNNERS	male	MM60
32:42	137	172	GARY	OWEN	RUN 4 ALL	male	MM40
33:00	138	317	CHRISTIE	COLEMAN	CWM OGWR	male	MM50
33:00	139	166	CLAIRE	Godfrey	PORTHCAWL RUNNERS	female	MW35
33:03	140	189	FIONA	DRYSDALE	CWN OGWR RC	female	MW45
33:09	141	111	GEORGINA	FRASER	CORNELLY STRIDERS	female	MW45
33:13	142	76	PAUL	BAYONA	CORNELLY STRIDERS	male	SENM
33:13	143	223	GERWYN	COX	CORNELLY STRIDERS	male	MM40
33:19	144	139	KELLY	OWEN	CWM OGWR	female	MW35
33:23	145	134	RACHEL	THOMSON	PORTHCAWL RUNNERS	female	SENW
33:26	146	70	GREG	ALLEN	CORNELLY STRIDERS	male	MM40
33:32	147	31	BILLY	RADFORD	UNATTACHED	male	MM50
33:33	148	216	DAVE	HUGHES	BRIDGEND AC	male	MM50
33:35	149	158	JOSS	PHILLIPS	UNAFFILIATED	male	U20M
33:36	150	156	JUSTIN	PHILLIPS	PONTYPRIDD ROADENTS	male	MM40
33:42	151	224	MARTIN	FURNESS	PORTHCAWL RUNNERS	male	MM50
33:44	152	198	VICTORIA	HILLMAN	CWM OGWR	female	SENW
33:47	153	154	LLINOS	DAVIES	RUN 4 ALL	female	MW35
33:56	154	199	STEPHANIE	MURRAY	CORNELLY STRIDERS	female	MW45
34:03	155	208	GARETH	CLACK	UNAFFILIATED	male	MM40
34:11	156	59	ERIC	HUGHES	BRIDGEND AC	male	MM60
34:20	157	142	KIM	TRAHAR	UNATTACHED	female	MW35
34:28	158	123	WENDY	JENKINS	PORT TALBOT HARRIERS	female	MW45
34:32	159	157	LOUISE	PHILLIPS	PONTYPRIDD ROADENTS	female	MW35

34:38	160	121	LOUISE	KING	RUN 4 ALL	female	SENW
34:39	161	29	CHRISTOPHER	LEWIS	RUN 4 ALL	male	SENM
34:48	162	147	LIZ	DAVIS	CWM OGWR	female	
34:58	163	143	CAROLYN	WINDOS	CORNELLY STRIDERS	female	
35:03	164	71	LEIGH	TRAHAR	UNAFFILIATED	male	SENM
35:07	165	13	ROBERT	JENKINS	PORTHCAWL RUNNERS	male	MM50
35:26	166	169	KAREN	PHILLIPS	PORTHCAWL RUNNERS	female	MW45
35:27	167	137	DEBRA	JONES	PORTHCAWL RUNNERS	female	MW45
35:35	168	14	GARETH	EVANS	UNATTACHED	male	SENM
35:41	169	220	JEFF	HOWELLS	UNAFFILIATED	male	MM40
36:02	170	113	JULIE	JONES	PORT TALBOT HARRIERS	female	MW35
36:06	171	112	RHIAN	POWELL	PORT TALBOT HARRIERS	female	MW35
36:15	172	210	RICHARD	DAVIES	UNAFFILIATED	male	MM50
36:30	173	159	CLAIRE	TOPPER	UNAFFILIATED	female	MW35
36:34	174	148	RACHAEL	BAYONA	CORNELLY STRIDERS	female	MW35
36:42	175	313	ALED	HUGHES	CWM OGWR	male	MM40
37:07	176	182	JOANNE	EDWARDS	UNAFFILIATED	female	MW35
37:08	177	203	PAUL	CHISLETT	UNAFFILIATED	male	MM40
37:10	178	184	JAYNE	PERKINS	PORT TALBOT HARRIERS	female	SENW
37:12	179	79	SHAWN	CULLEN	CWM OGWR	male	MM40
37:18	180	179	VINCENT	LEWIS	PORT TALBOT HARRIERS	male	MM40
37:20	181	119	JO	BETTY	CWM OGWR	female	SENW
37:22	182	196	KIMBERLEY	DAVIES	CWM OGWR	female	SENW
37:26	183	127	CLAIRE	SIM	PORT TALBOT HARRIERS	female	SENW
37:32	184	155	JODIE	DENNISS	CLWB RHEDEG PONTARDAWE R	female	MW35
37:33	185	122	CERYS	MILLS	PORT TALBOT HARRIERS	female	SENW
37:39	186	130	JACKIE	LEWIS	CWM OGWR	female	MW55
37:43	187	110	WENDY	JOHNSON	WPT	female	MW35
37:47	188	101	JOANNE	JULIFF	PORT TALBOT HARRIERS	female	MW35
38:04	189	170	NICOLA	PRIOR	CWM OGWR	female	MW45
38:04	190	165	CARINA	PADLEY	UNAFFILIATED	female	SENW
38:19	191	129	CERI	RAFFILL	CWM OGWR RC	female	MW35
38:23	192	133	ANNE	LALIC	CWM OGWR	female	MW55

38:25	193	186	HELEN	KAVANAGH	BRACKLA HARRIERS	female	
38:29	194	176	NATALIE	GRIFFITHS	CWM OGWR	female	MW35
38:37	195	181	TINA	LLOYD	UNAFFILIATED	female	MW45
38:37	196	151	NATALIE	JONES	UNATTACHED	female	MW35
38:49	197	107	LOUISE	HOGAN	CORNELLY STRIDERS	female	MW35
39:04	198	126	ANDREA	RANDALL	CWM OGWR	female	MW45
39:04	199	168	JOANNE	KENDALL	CWM OGWR	female	MW35
39:22	200	37	ALAN	PERKINS	PORT TALBOT HARRIERS	male	MM60
39:30	201	197	CLAIRE	YANDALL	WHIT ROCK RUNNERS	female	SEW
39:31	202	125	HELEN	GRIFFITHS	CWM OGWR	female	MW45
39:33	203	221	KRIS	MARSH	UNAFFILIATED	male	SEW
39:35	204	105	CAROLYN	FOLEY	PORT TALBOT HARRIERS	female	MW55
39:39	205	193	LOUISE	JAMES	PORTHCAWL RUNNERS	female	MW45
39:43	206	81	CHRIS	STANLAKE	CWM OGWR	male	SEW
39:54	207	173	JANICE	FRANCIS	BRACKLA HARRIERS	female	MW45
40:18	208	80	JULIE	RANSOM	CWM OGWR	female	MW35
40:34	209	174	SIAN	TOSSELL	CWM OGWR	female	MW45
40:36	210	128	CATH	GRIFFITHS	CWM OGWR	female	
40:37	211	163	STEPHANIE	DYKE	CWM OGWR	female	MW45
40:47	212	117	BETHAN	THOMAS	PORT TALBOT HARRIERS	female	MW35
40:48	213	115	CLAIRE	WILLIAMS	PORT TALBOT HARRIERS	female	MW35
40:58	214	177	ANGELA	WALSH	CWM OGWR RC	female	SEW
41:21	215	108	RHIANNON	BUCKLEY	CWM OGWR	female	SEW
41:33	216	102	VICKY	MAHONEY	PORT TALBOT HARRIERS	female	MW35
41:56	217	120	ANGELA	PARRY	CWM OGWR	female	MW55
42:38	218	21	TONY	HOLLINS	PORT TALBOT HARRIERS	male	MM60
44:05	219	116	KATHRYN	LANE	PORT TALBOT HARRIERS	female	MW45
44:06	220	104	CHLOE	GUEST	PORT TALBOT HARRIERS	female	U20W
44:36	221	185	KATHRYN	CUNNINGHAM	PORT TALBOT HARRIERS	female	MW35
45:29	222	318	LUCY	HANCOCK	CWM OGWR	female	MW35
45:30	223	200	AMANDA	PALLISTER	UNAFFILIATED	female	MW35
46:10	224	187	ALICA	THOMAS	CWM OGWR	female	MW35
46:10	225	145	CLAIRE	TAYLOR	CWM OGWR	female	MW35

57:29	226	144	PIPPA	CLARK	CWM OGWR	female	SEW
55:45	227	4	JENNET	JAMES	CORNELLY STRIDERS	female	MW45