

## 2013 Bwystfil y Bryn 6.8 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:42:44	658	Matthew Harvey	M		Neath Harriers	1	0:42:43
2	0:46:12	513	Nicky Cole	M			2	0:46:07
3	0:46:30	518	Alan Davies	M	60	3M Gorseinon RR	3	0:46:28
4	0:48:40	59	Raul Reismann	M		Swansea Harriers	4	0:48:38
5	0:50:11	614	Adrian Pearce	M	40		5	0:50:07
6	0:50:29	654	Jack Jones	M		Swansea Harriers	6	0:50:24
7	0:51:07	501	Sharon Leech	F	40	Carmarthen Harriers	7	0:51:05
8	0:52:41	630	Chris Rees	M			8	0:52:36
9	0:52:52	636	Keith Powell	M	60	Cornelly Striders	10	0:52:49
10	0:52:53	631	Jason Griffiths	M	40	Tata Multi sport	9	0:52:38
11	0:53:02	588	Guillaume Thomas	M			11	0:53:00
12	0:53:13	800	Paul Beavan	M			12	0:53:12
13	0:55:03	656	Paul Lewis	M	45	3M Gorseinon RR	13	0:54:50
14	0:55:41	520	Barri Edwards	M	40		15	0:55:31
15	0:55:45	604	Gareth Edwards	M	40		14	0:55:30
16	0:56:09	608	Mike Griffiths	M	40	Port Talbot Harriers	16	0:56:00
17	0:56:33	616	Alex Worthington	M			17	0:56:31
18	0:56:48	655	Susan Davies	F	40	Croft Ambrey RC	19	0:56:44
19	0:56:56	659	Sean Cahil	M			18	0:56:38
20	0:57:10	644	Stuart Phillips	M			20	0:57:01
21	0:57:23	662	Lww Duke	M			22	0:57:11
22	0:57:25	610	Peter Moody	M	65	Carmarthen Harriers	21	0:57:11
23	0:57:31	603	Karl Davies	M			23	0:57:17
24	0:57:43	524	David Evans	M	40		24	0:57:40
25	0:58:05	601	Antony Allen	M			26	0:57:54
26	0:58:09	560	Tom Morris	M	55	Hercules Wimbledon	28	0:57:57
27	0:58:12	668	Mike Worlock	M	45	Port Talbot Harriers	27	0:57:55
28	0:58:18	593	Phill Watts	M			25	0:57:50
29	0:58:28	540	Steve Isaac	M	40		30	0:58:25
30	0:58:29	514	Michael Couser	M	45		29	0:58:05
31	0:58:32	532	Jonathan Hayes	M	45	Cardiff AAC	31	0:58:30
32	0:58:43	624	David Elward	M			32	0:58:35
33	0:59:02	586	Christopher Thomas	M	50	Ebbw Vale RC	33	0:58:42
34	0:59:04	536	Liam Hopkins	M			34	0:58:44
35	0:59:16	94	Kerrith Ashby	M	40		35	0:58:56
36	0:59:22	640	Sam Evans	M			36	0:59:08
37	0:59:43	607	Lloyd Evans	M			37	0:59:38
38	1:00:10	642	Robert Deeney	M			38	0:59:59
39	1:00:15	527	Brian Farrell	M			39	1:00:04
40	1:00:27	571	Mark Quinn	M			41	1:00:23
41	1:00:32	18	Patrick Downey	M			40	1:00:17
42	1:00:43	551	Steve Lewis	M	50		42	1:00:36
43	1:00:43	620	Bob Woolterton	M	65	Bridgend AC	43	1:00:40
44	1:00:51	535	Darren Hopkins	M		Run4All	44	1:00:41
45	1:01:41	522	Lucy Elcomb	F			45	1:01:21
46	1:01:54	574	Gavin Richards	M			46	1:01:24
47	1:02:14	651	Karen Davies	F		Forces Fitness	48	1:02:09
48	1:02:15	502	Alan Watts	M			47	1:01:49
49	1:02:23	573	Anthony Richards	M			49	1:02:10
50	1:02:48	531	Catherine Hayes	F	45	Cardiff AAC	50	1:02:42
51	1:03:12	594	Lloyd West	M	50		52	1:02:55
52	1:03:13	650	James Morgan	M			51	1:02:52
53	1:03:24	664	Matthew Robson	M		Westbury Harriers	54	1:03:18
54	1:03:28	621	Jonathan Williams	M	40		53	1:03:11
55	1:03:34	657	Lloyd Mordecai	M			55	1:03:22
56	1:03:58	598	Charlie Wise	M			56	1:03:31
57	1:04:04	666	Chris Welsh	M	45		57	1:03:42
58	1:04:05	507	Dave Breen	M	55	Porthcawl Runners	58	1:03:51
59	1:04:11	552	Ian Lloyd	M			59	1:04:00
60	1:04:11	634	Ryan James	M			63	1:04:08
61	1:04:23	643	Matt Ford	M			60	1:04:07
62	1:04:23	521	Huw Edwards	M	40		62	1:04:08
63	1:04:24	583	Ian Smitham	M			61	1:04:08
64	1:04:32	641	Robert Gray	M	50		65	1:04:18
65	1:04:43	523	Nathan Emery	M			64	1:04:16
66	1:04:59	639	Gerwyn John Evans	M	55		66	1:04:44
67	1:05:10	575	Steve Riddler	M	50		67	1:04:49
68	1:05:23	530	Jennifer Harris	F		Tamar Trotters	68	1:05:17
69	1:05:29	547	Mike Karthaus	M		Southville Running Club	69	1:05:17
70	1:05:42	652	Stuart Kendall	M	40		70	1:05:36
71	1:05:54	663	Federica Civale	F		Westbury Harriers	71	1:05:49
72	1:06:13	647	Rhys Gronow	M			73	1:05:55
73	1:06:16	591	Steve Twigg	M	40		72	1:05:51
74	1:06:39	559	Gavin Mizen	M			74	1:06:36
75	1:07:11	73	Julian Williams	M	45		75	1:06:48

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	1:07:33	648	Michael Oakley	M	40	Vegan Runners	77	1:07:23
77	1:07:36	649	Jamie Johnstone	M			76	1:07:04
78	1:07:49	638	Gary Tucker	M			78	1:07:46
79	1:08:10	109	Ryan Aron Price	M			80	1:07:58
80	1:08:16	528	Paul Grove	M			79	1:07:53
81	1:08:20	600	Rhys Woolcock	M			82	1:08:16
82	1:08:24	529	Rebecca Hambrook	F	60	Worcester AC	81	1:08:08
83	1:08:27	557	Ian Michael	M	40	Run4All	83	1:08:20
84	1:08:44	622	Gail Williams	F			84	1:08:28
85	1:08:47	605	Joanne Edwards	F		Outdoor Fitness	86	1:08:36
86	1:08:52	578	Ann Rowell	F	55	Trots	85	1:08:28
87	1:08:59	515	Dean Cronin	M	40		88	1:08:55
88	1:09:10	665	Ceri John Jones	M			87	1:08:50
89	1:09:21	572	Sara Reed	F			91	1:09:12
90	1:09:30	646	Steve Morris	M	40		89	1:09:10
91	1:09:33	602	Mike Dando	M			90	1:09:11
92	1:09:38	562	Sharon Newell	F	40	Ebbw Vale RC	92	1:09:21
93	1:10:18	568	Rachel Phillips	F	45	Southville Running Club	93	1:09:54
94	1:10:38	554	Stephen Locke	M			94	1:10:14
95	1:10:47	545	Richard Jones	M	40		95	1:10:43
96	1:10:52	612	Heidi Morris	F	40		96	1:10:48
97	1:11:12	653	Frances Knight	F	55	Run4All	97	1:10:59
98	1:11:47	596	Jo Williams	F	40		98	1:11:34
99	1:12:25	565	Jeffrey North	M	65		99	1:12:03
100	1:13:11	623	Neil Rigdon	M	40		100	1:13:03
101	1:13:31	799	Andrew Waters	M	40		101	1:13:24
102	1:13:36	611	Darren Morgan	M	40		103	1:13:33
103	1:13:46	504	Rhian Berni	F			104	1:13:42
104	1:13:47	510	Stephen Calvert	M	45		102	1:13:25
105	1:14:06	617	Luke McKay	M			105	1:13:52
106	1:14:27	539	Margaret Hughes	F	45		106	1:14:17
107	1:14:31	553	Michelle Lloyd	F	45		107	1:14:23
108	1:14:38	32	Stephen Harrett	M	45		108	1:14:31
109	1:15:39	566	Claire O'sullivan	F	40		109	1:15:13
110	1:16:12	627	Sarah Walters	F			112	1:16:06
111	1:16:20	599	Ali Wood	F	45		113	1:16:08
112	1:16:23	619	Stephen Jenkins	M	50		114	1:16:08
113	1:16:24	567	Robert Owen	M			110	1:16:00
114	1:16:25	570	Andrew Probert	M			111	1:16:01
115	1:16:41	660	Richard Howe	M	65		115	1:16:24
116	1:17:05	561	Tracey Anne Morris	F	40		117	1:17:00
117	1:17:05	549	Claire Lawler	F			116	1:16:48
118	1:17:49	585	David Spinner	M	60		118	1:17:31
119	1:17:52	533	Andrew Henderson	M			119	1:17:48
120	1:18:31	503	Dione Ball	F	40	Ebbw Vale RC	120	1:18:12
121	1:18:43	667	Vincent Lewis	M	45	Port Talbot Harriers	121	1:18:23
122	1:19:05	633	Gavin Poulton	M	40		123	1:19:01
123	1:19:16	661	Richard Adams	M	55		122	1:18:59
124	1:19:24	569	Aranka Pratt	F	60		124	1:19:01
125	1:19:27	581	Sarah Smiles Morgan	F		Old Parish Maesteg	125	1:19:11
126	1:19:29	511	Claire Chapman-O'kane	F			126	1:19:21
127	1:20:15	550	Anne Lewis	F	45		127	1:19:56
128	1:22:18	609	Jordan Lewis	F			128	1:22:09
129	1:22:18	512	Alice Cockings	F			129	1:22:09
130	1:22:39	519	Carl Doble	M			132	1:22:33
131	1:22:48	637	Mark Pike	M	45		130	1:22:28
132	1:22:53	579	Olena Samsonenko	F			131	1:22:32
133	1:23:06	595	Steve Whyte	M	50		134	1:22:53
134	1:23:16	587	Darran Thomas	M			133	1:22:52
135	1:23:48	628	Sian Davies	F			135	1:23:39
136	1:23:48	626	Robert Dare	M	45		136	1:23:40
137	1:26:14	555	David Madge	M			137	1:26:08
138	1:27:15	548	Renata Kuta-Jones	F			138	1:26:57
139	1:27:16	556	Richard Marsh	M	40		139	1:26:58
140	1:28:34	613	Kirsty O'brien	F			140	1:28:29
141	1:28:58	546	Sarah Joseph	F	45		141	1:28:35
142	1:30:07	582	Michelle Smith	F			142	1:30:01
143	1:30:08	537	Louise Hopkins	F			143	1:30:01
144	1:30:10	597	Michele Williams	F	40		144	1:30:03
145	1:30:12	589	Joanna Thomas	F			145	1:30:07
146	1:30:15	629	Meryl Partridge	F	40		146	1:30:08
147	1:32:34	584	Anna Spencer	F			147	1:32:04
148	1:37:40	632	Martyn Ruck	M	40		148	1:37:17
149	1:38:27	66	Paula Stockley	F		3M Gorseinon RR	149	1:38:22
150	1:41:06	618	Mike Rees	M	60		150	1:40:39

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	1:45:59	505	Shannon Blackborow	F			151	1:45:50
152	1:45:59	534	Diane Hill	F	50		152	1:45:51
153	1:49:20	606	Emma Eley	F			153	1:49:12
154	1:55:17	592	Patricia Velavitch	F	70		154	1:54:54
155	2:08:23	542	Huw Jenkins	M	40		155	2:07:59
156	2:16:42	625	Angharad Evans	F			156	2:16:36