

## 2013 Lap The Lake

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:35:39	142	Matthew Gurmin	M	40	Swansea
2	0:36:48	61	Matthew Jacklin	M		Aberdare Valley
3	0:37:11	116	Simon A Lewis	M		Parc Bryn Bach
4	0:40:14	145	Chris Protheroe	M		
5	0:40:19	128	Chris Button	M		
6	0:40:26	11	Philip Williams	M		Islwyn Running Club
7	0:40:49	92	John Davies	M	50	San Domenico
8	0:40:52	120	Nicola Gething	F	35	Parc Bryn Bach
9	0:41:41	18	Robert Evans	M	50	Ebbw Vale
10	0:41:57	66	Ronald Morris	M	60	San Domenico
11	0:41:59	41	Jamie Rees	M		
12	0:42:10	121	Daman Jykes	M	40	Parc Bryn Bach
13	0:42:35	134	Robert Type	M	40	
14	0:42:59	63	Lloyd Morgan	M		San Domenico
15	0:43:37	9	Ffion Davies	F		Pontypridd Roadents
16	0:43:38	108	Ray Greenhouse	M	40	Ebbw Vale
17	0:43:42	100	Alun Davies	M		Les Croupiers
18	0:43:54	94	Kevin Fox	M		
19	0:44:05	110	Bleddyn Jones	M		Lliswerry Runners
20	0:44:10	43	David Goodall	M	60	
21	0:44:22	141	Robert King	M		Parc Bryn Bach
22	0:44:24	101	Simon hazel	M	40	Les Croupiers
23	0:44:36	7	Sandra Collins	F		
24	0:44:47	148	Darren Stevens	M	40	
25	0:45:05	53	Christopher Economides	M	50	Penarth and Dinas
26	0:45:07	99	James Delaney	M	50	San Domenico
27	0:45:11	131	Rhys Thomas	M		
28	0:45:14	112	Carl Edwards	M	40	Pontypridd Roadents
29	0:45:34	126	Graham Mack	M	50	
30	0:45:41	122	Michael Pritchard	M	50	
31	0:45:49	107	John Dyer	M		
32	0:45:52	8	Andy Collins	M		
33	0:45:55	130	Gareth Chislett	M		
34	0:45:58	102	Hywel Jones	M		Pontypridd Roadents
35	0:46:02	133	Neil Stovold	M		San Domenico
36	0:46:17	96	Colin Urquhart	M		
37	0:46:20	87	Thomas Hill	M		
38	0:46:25	103	Andy Davies	M	50	Pontypridd Roadents
39	0:46:53	38	James Ashley	M		
40	0:47:11	113	Amy Edwards	F		Rhondda Valley Runners
41	0:47:11	111	Keith Thompson	M	50	Rhondda Valley Runners
42	0:47:17	119	Stephen Alecock	M	50	
43	0:47:21	138	Dean Birt	M		Pontypridd Roadents
44	0:47:25	132	Michael Thomas	M	50	
45	0:47:29	31	Ruth Caddy	F	35	
46	0:47:30	24	Abby Forster	F		
47	0:47:44	50	Howard Attwood	M	60	Lliswerry Runners
48	0:47:50	85	Paul Wrench	M		
49	0:47:53	83	Robert Anderson	M	60	Lliswerry Runners
50	0:47:59	10	Janet Edwards	F	40	Pontypridd Roadents
51	0:48:01	90	Jonathan Taylor	M	40	
52	0:48:07	17	Ian Williams	M	50	Ebbw Vale
53	0:48:09	118	Matthew Payne	M		
54	0:48:16	72	Christopher Thomas	M	50	Ebbw Vale
55	0:48:31	127	Keith Langley	M	50	
56	0:48:40	106	Matthew Smallman	M	40	
57	0:48:49	12	Lloyd Harris	M		Ebbw Vale
58	0:48:55	117	Ian Payne	M	40	
59	0:49:24	14	Geraint Williams	M		
60	0:49:27	125	Edwin Evans	M	60	Welsh Masters AA
61	0:49:31	88	Gareth Williams	M	50	Ebbw Vale
62	0:49:41	78	Paul Fisher	M		
63	0:50:08	95	Alan Williams	M		
64	0:50:14	91	Ricky Robinson	M		
65	0:50:19	22	Alan Rockliffe	M	50	
66	0:50:20	98	Kevin Bradfield	M	40	
67	0:50:23	47	Tony Veale	M	50	
68	0:50:30	70	Tom Webber	M		
69	0:50:33	97	Archie Cameron	M	5	
70	0:50:38	124	Darren Gwynne Jamer	M	40	
71	0:50:58	123	Andrew Prtitchard	M		
72	0:52:03	82	Nikki Harding	F	35	
73	0:52:13	129	Jonathan Lewis	M		
74	0:52:16	144	Gareth Holyfield	M	50	Abergavenny Striders
75	0:52:29	4	Dave Kempton	M	50	
76	0:52:31	60	Marc Jones	M	40	

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
77	0:52:39	139	Daniel Morgan	M	50	Ebbw Vale
78	0:52:45	36	Mark Cadwallader	M	40	
79	0:52:48	55	Lyn Evans	M	50	Penarth and Dinas
80	0:53:09	23	Brian Cotton	M		
81	0:53:26	2	Jolene Thomas	F		
82	0:53:27	3	Melanie Hamer	F		
83	0:53:47	20	Lizz Morris	F	55	Ebbw Vale
84	0:54:09	135	Keri Homer	F		Ebbw Vale
85	0:54:14	73	Richard Street	M	50	Pegasus RC
86	0:54:17	21	Kim Rockcliffe	F	45	
87	0:54:59	5	Dawson Barrett	F	40	
88	0:55:13	49	Paul Wood	M	40	
89	0:55:23	84	Hollie Thomas	F		Emerson Green
90	0:55:33	42	Lianne Morse	F	35	
91	0:55:34	71	Colette Rees	F	35	
92	0:55:36	80	Pete Bland	M	40	
93	0:55:41	76	Jason Garrahan	M	40	
94	0:57:05	44	Andy Sutton	M		San Domenico
95	0:57:09	79	Pam Bland	F	45	
96	0:57:16	143	Paul Overfield	M		
97	0:57:17	64	Craig Evans	M	40	
98	0:57:23	137	Gemma Indge	F		Abergavenny RR
99	0:58:14	6	Vanessa Roberts	F	35	
100	0:58:20	74	Sarah Cutter	F	35	
101	0:58:20	62	Rhiannon Ellis	F		
102	0:58:46	27	Thomas Bentley	M		
103	0:58:47	26	Hannah Morton	F		
104	0:58:57	104	Carol Smith	F	35	
105	0:58:58	29	Mike Gwynne	M	40	
106	0:58:59	30	Bridgette Griffiths	F	45	
107	0:59:19	109	Catherine Llewellyn	M	45	
108	0:59:38	51	Yvonne Forsey	F	55	Lliswerry Runners
109	0:59:41	75	Melonie Senior	F	35	Islwyn Running Club
110	1:00:05	115	Richard Bennet	M		
111	1:00:31	37	Liz Morgan	F	35	San Domenico
112	1:00:48	93	Julie Wyburn	F	35	
113	1:00:51	39	Paula Downey	F		
114	1:01:00	1	Rebecca Foxwell	F		
115	1:01:02	146	Katie Bond	F		
116	1:01:22	68	Graham Singer	M	50	
117	1:02:41	58	Dianne James	F	35	
118	1:02:41	59	Geraint James	M	40	
119	1:03:02	86	Diane Wrench	F		
120	1:03:10	140	Debra Walford Jones	F	35	
121	1:03:18	35	Lindsay Cross	F	35	
122	1:03:32	105	Les Pugh	M	60	MDC
123	1:04:36	136	Leanne Probert	F	35	Abergavenny RR
124	1:05:46	13	Natalie Williams	F		
125	1:09:54	69	Terry Vaughan	M	40	Ebbw Vale
126	1:12:20	67	Frances Davies	F		
127	1:12:21	65	Nerys Owen	F	35	
128	1:17:25	114	Michelle Bennet	F		
129	1:23:19	150	Vanessa Bartlett	F	45	
130	1:23:33	149	Tia Love	F		
131	1:24:31	28	Jo anne Gwynne	F	35	
132	1:24:32	33	Heledd Davies	F		