

2014 Lap The Lake

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:37:00	174	Marc Smerdon	M		
2	0:37:13	175	Matthew Gurmin	M	40	Swansea Harriers
3	0:37:16	161	Peter Woodward	M		
4	0:37:52	173	Michael Dury	M		Islwyn Running Club
5	0:38:20	120	John Broom	M	40	Barnsley AC
6	0:39:43	153	Robert Davies	M	40	Islwyn Running Club
7	0:39:49	37	Terry Jones	M		Run4All
8	0:40:00	160	Daren Smith	M	40	Forest of Dean AC
9	0:40:05	53	Richard Pegler	M	40	Forest of Dean AC
10	0:40:07	123	Matthew Evans	M		Aberdare Valley
11	0:40:31	136	James Dobbing	M		Forest of Dean AC
12	0:40:35	179	Billy McIntosh	M	40	Islwyn Running Club
13	0:40:38	176	Terry Watkins	M	40	Pont-y-Pwl & District
14	0:40:39	157	Daman Jukes	M	40	Parc Bryn Bach
15	0:40:47	111	Adrian Lewis	M	40	Aberdare Valley
16	0:41:31	156	Nicola Gething	F	35	Parc Bryn Bach
17	0:41:41	155	Paul Davies	M	40	Run4All
18	0:41:44	162	Marcus Bennett	M		Forest of Dean AC
19	0:41:56	152	Robert Evans	M	50	Ebbw Vale Running Club
20	0:42:22	90	Levannais James	M		
21	0:42:22	91	Richard Rees	M		Team Richard Rees PT
22	0:42:26	105	Kevin Jones	M	40	Les Croupiers
23	0:42:33	108	Lloyd Morgan	M		San Domenico RC
24	0:42:48	172	Anthony Cullinane	M	40	
25	0:42:58	158	Julian Boon	M	40	Forest of Dean AC
26	0:43:05	180	Richard Bracher	M		Parc Bryn Bach
27	0:43:08	93	Matthew Hill	M		Team Richard Rees PT
28	0:43:13	88	Adam Cooke	M		
29	0:43:17	24	Ian Williams	M	50	Ebbw Vale Running Club
30	0:43:20	55	Kevin Plank	M	40	
31	0:43:35	9	Richard Price	M	40	
32	0:43:38	58	Philip Meyler	M	50	Pontypridd Roadents
33	0:44:00	150	Ronald Morris	M	60	San Domenico RC
34	0:44:04	148	Darren Stevens	M	40	
35	0:44:06	135	Gavin Williams	M		
36	0:44:07	76	Scott Berry	M		Forest of Dean AC
37	0:44:51	46	Rob Bickel	M	40	
38	0:45:11	28	Neil Stovold	M		San Domenico RC
39	0:45:19	87	Christopher Economides	M	60	Penarth and Dinas Runners
40	0:45:43	8	Alan Robertson	M	50	Forest of Dean AC
41	0:46:02	166	Damian Burgess	M		Team Richard Rees PT
42	0:46:05	82	Chris Moore	M	60	Forest of Dean AC
43	0:46:18	95	Oliver Griffiths	M		Team Richard Rees PT
44	0:46:35	127	Brian Francis	M	50	Forest of Dean AC
45	0:46:41	102	John Dyer	M	40	
46	0:46:47	121	Dawn Broom	F	45	Barnsley AC
47	0:46:52	147	Gary Cleaves	M	50	Ebbw Vale Running Club
48	0:47:00	43	Jonathan Taylor	M	40	
49	0:47:44	114	Michael Thomas	M	50	
50	0:47:45	6	Christopher Thomas	M	50	Ebbw Vale Running Club
51	0:47:58	96	Stuart Buswell	M	40	Team Richard Rees PT
52	0:48:01	19	Abby Forster	F		
53	0:48:03	11	Ruth Deards	F	35	Celtic Tri
54	0:48:25	68	Brian Gough	M	60	Pontypridd Roadents
55	0:48:32	29	Damian Caswell	M	40	Ebbw Vale Running Club
56	0:48:35	70	Leslie Rowe	M	50	
57	0:48:55	48	Dean Birt	M	40	Pontypridd Roadents
58	0:49:09	144	Ian Payne	M	40	
59	0:49:13	94	Nikki Taylor	M		Team Richard Rees PT
60	0:49:41	89	Peter Jones	M		Fairwater Runners
61	0:50:01	170	Daniel Morgan	M	50	Ebbw Vale Running Club
62	0:50:25	30	Catherine Olivant	F	35	Brecon AC
63	0:50:28	141	Brian Moffett	M	60	Parc Bryn Bach
64	0:50:30	132	Celwyn Spencer	M	50	
65	0:50:33	85	Sandra Hustin	F	45	Caerphilly Running Club
66	0:50:48	14	Jolene Thomas	F		
67	0:50:49	140	Kelvin Henley	M	40	
68	0:50:59	71	Michael Gibbons	M	50	Bramhall Runners
69	0:51:00	154	Leanne Moore	F		Run4All
70	0:51:06	16	Stuart Arthur	M		
71	0:51:32	4	Alan Rockliffe	M	50	
72	0:51:35	61	Margrett Monk	F	55	Parc Bryn Bach
73	0:51:45	122	Darren Samuel	M	40	Pontypool Runners
74	0:52:08	22	Sarah Williams	F		
75	0:52:19	119	Vicky Morgan	F	45	
76	0:52:31	64	Andrew Williams	M		

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77	0:52:32	15	Melanie Hamer	F		
78	0:52:52	62	Michael Caniff	M	50	Parc Bryn Bach
79	0:52:54	118	Raymond James	M	50	Port Talbot Harriers
80	0:52:57	101	Edwin Evans	M	60	Welsh Masters A.A.
81	0:53:07	86	David Kempton	M	50	
82	0:53:15	130	Kate Frost	F	35	Forest of Dean AC
83	0:53:18	126	Stefanie Francis	F	45	Forest of Dean AC
84	0:53:57	60	David Morgan	M	40	
85	0:53:57	165	Mark Cadwallader	M	40	
86	0:53:59	159	Graham Bennetto	M	50	Forest of Dean AC
87	0:54:01	21	Paul Davies	M		
88	0:54:01	129	Elizabeth Carpenter	F		
89	0:54:02	65	Rhi Griffin	F	35	
90	0:54:39	151	Colion Dixon	M	60	Islwyn Running Club
91	0:54:41	42	Peter Mitchell	M		
92	0:54:44	163	Matthew Willcox	M		
93	0:54:55	54	Stephen Locke	M	40	Newport Harriers
94	0:55:25	26	Gareth Holyfield	M	50	Abergavenny Striders
95	0:55:25	5	Kim Rockliffe	F	45	
96	0:55:48	35	Sally-Anne Parker	F		
97	0:55:56	38	Carl O'Brien	M		
98	0:56:03	40	Kimberley Price	F		
99	0:56:03	169	Craig Aherne	M		
100	0:56:10	47	Paul Overfield	M	40	
101	0:56:12	164	Gary Willcox	M	50	Usk
102	0:56:14	110	Chris Day	M		
103	0:56:16	67	Anthony Marsh	M		
104	0:56:34	45	Jason Garrahan	M	40	
105	0:56:34	63	Kath Jervis	F	55	Parc Bryn Bach
106	0:56:35	107	Samuel Morris	M		
107	0:56:47	10	Michelle Bates	F	45	Parc Bryn Bach
108	0:56:49	139	Elin Withey	F		
109	0:56:51	143	Neil Jones	M	40	
110	0:56:51	66	Louise Thomas	F	35	
111	0:56:53	128	Anna Freeman	F	35	Forest of Dean AC
112	0:57:15	39	Rachel Thomson	F		Porthcawl Runners
113	0:57:16	117	Hayley Jackson	F	35	
114	0:57:34	72	Tina Morris	F	35	
115	0:57:36	57	Ian James	M	50	Forest of Dean AC
116	0:57:39	52	Rachel Nash	F	35	Forest of Dean AC
117	0:58:01	23	Stephen Williams	M	50	
118	0:58:03	51	Vanessa Pegier	F	35	Forest of Dean AC
119	0:58:23	41	Huw Lewis	M		Rachel's Rainbows
120	0:58:43	104	Blair Lundle	M	60	Islwyn Running Club
121	0:58:54	106	Michelle Rivett	F	35	Les Croupiers
122	0:59:05	83	Owen Neesam	M		
123	0:59:06	84	James Neesam	M	40	
124	0:59:09	80	Anthony Lewis	M	40	
125	0:59:12	97	Tatum Price	F		Team Richard Rees PT
126	0:59:15	32	Ryan Morris	M		Rachel's Rainbows
127	0:59:19	168	Ruth Oliver	F		
128	0:59:23	77	Brian Cotton	M		
129	0:59:49	167	Gerwyn Watkins	M	40	
130	0:59:51	142	Simon Thomas	M	40	
131	1:00:18	171	Jo babij	F	35	Forest of Dean AC
132	1:00:34	59	Christine Gibbons	F	55	Bramhill Runners
133	1:00:38	75	Louise Mckenzie	F		
134	1:00:47	178	Lucy Cochrane	F		Pont-y-Pwl & District
135	1:00:53	100	Naomi Rowe	F	35	Team Richard Rees PT
136	1:01:16	131	Kath Bevan	F	35	
137	1:01:36	145	Catherine Llewellyn	F	45	
138	1:01:36	12	Howard Attwood	M	60	Lliswerry Runners
139	1:01:36	13	Yvonne Forsey	F	55	Lliswerry Runners
140	1:01:39	81	Rachel Lewis	F	35	
141	1:01:48	116	David Evans	M	50	Ebbw Vale Running Club
142	1:01:49	20	Bridgette Griffiths	F	45	
143	1:01:50	182	Christine Vorres	F	45	Pont-y-Pwl & District
144	1:02:11	177	Gareth Strange	M		
145	1:02:23	146	Sandra Stevens	F	55	Merthyr Running Club
146	1:02:51	181	Hayley Pierce	F		Pont-y-Pwl & District
147	1:03:11	78	Layton Jones	M	50	
148	1:03:43	98	Chris Jenkins	M		Team Richard Rees PT
149	1:03:43	17	Paula Jones	F	35	
150	1:04:02	3	Sam Standerwick	F	35	
151	1:04:49	56	Bev James	F	55	Forest of Dean AC
152	1:05:34	99	Leasa Moore	F	35	Team Richard Rees PT

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153	1:06:00	50	Claire Dean	F	35	
154	1:06:53	134	Terry Vaughan	M	40	Ebbw Vale Running Club
155	1:07:58	103	Catherine Jones	F	45	
156	1:08:15	92	Julie Boulton	F	50	Team Richard Rees PT
157	1:09:21	133	Lauren Fleming	F		
158	1:09:21	149	Kevin Atkinson	M	40	
159	1:11:17	112	Sara Bowen	F		Merthyr Running Club
160	1:11:26	113	Lynne Jones	F	55	Merthyr Running Club
161	1:12:28	25	Sarah Thomas-Britton	F	35	
162	1:13:25	73	Adam Williams	M		
163	1:13:37	34	Delwyn Mann	M	40	
164	1:14:57	125	Nicola Lewis	F		
165	1:14:57	124	Rhys Lewis	M		
166	1:16:34	27	Myfanwy Phillips	F	35	
167	1:17:38	109	Lorna Wilson	F		
168	1:23:15	115	Sian Retallick	F	45	
169	1:29:32	1	Sian Hughes	F	35	Parc Bryn Bach
170	1:29:32	2	Thomas Higgs	M	50	