

MERTHYR MAWR LANE 5 km : Wednesday 1st June 2016 – Provisional Results v6

Position	Time	Name	Surname	Club	Number	Age Group
1	14:34	Danial	Desta	Swansea Harriers	404	U20M
2	15:59	James	Hunt	Cardiff	61	SM
3	16:21	Ian	Harris	Swansea Harriers	49	SM
4	16:35	Doug	Nichols	Les Croupiers	85	SM
5	16:36	Dean	Johnston	Neath	51	SM
6	16:41	Lee	Aherne	Parc Bryn Bach	406	MM40
7	16:42	Darren	Bishop	Pontypridd Roadents Ac	82	SM
8	16:42	Nick	Tulp	Les Croupiers	70	SM
9	16:43	Paul	Graham	Pontypridd Roadents Ac	86	SM
10	16:43	Martin	Rees	Les Croupiers	175	MM60
11	16:44	Matthew	Evans	Aberdare Valley	87	SM
12	17:04	Sam	Ryall	Pontypridd Roadents Ac	379	MM40
13	17:11	Donovan	Williams-Hale	Bridgend Ac	25	U20M
14	17:14	Matthew	Hurford	Les Croupiers	359	MM40
15	17:14	Paul	Morgan	Swansea Harriers	48	SM
16	17:24	Geraint	Lewis	Porthcawl Runners	411	SM
17	17:25	Joseph	Reardon	Neath	77	U20M
18	17:32	Mark	Emery	Bridgend Ac	23	SM
19	17:36	Adrian	Lewis	Aberdare Valley	360	MM40
20	17:39	Clara	Evans	Pontypridd Roadents Ac	386	SW
21	17:41	Neil	Jones	Cwm Ogwr	15	SM
22	17:44	Martin	Williams	Les Croupiers	387	MM50
23	17:50	Brian	Dias	Les Croupiers	53	SM
24	17:52	Andrew	Blair	Les Croupiers	190	MM50
25	17:55	Matthew	Reynolds	U/A	62	SM
26	17:56	Sean	Lewis	Brackla Harriers	5	SM
27	17:59	Daniel	Glen	Bridgend Ac	391	SM
28	18:03	Gabrielius	Stuokus	Les Croupiers	50	SM
29	18:08	Rowan	Hobbs	Brackla Harriers	42	SM
30	18:15	Matt	Hopkins	Les Croupiers	57	SM
31	18:19	Daniel	Nicholas	Cornelly Striders	10	SM
32	18:29	Peter	Turnbull	Les Croupiers	184	MM50
33	18:32	John	Hill	Bridgend Ac	36	SM
34	18:35	Paul	Talbot	Neath	180	MM40
35	18:41	David	Murray	Pencoed Tri	195	MM40
36	18:44	Tom	Chapman	Pencoed Tri	32	SM
37	18:49	Stuart	Mcilroy	Les Croupiers	194	MM40
38	18:55	Robert	Hunt	Bridgend Ac	374	MM50
39	18:57	Matthew	Verran	Cardiff	73	U20M
40	18:58	Christopher	Jeynes	Brackla Harriers	67	SM
41	19:00	Dean	House	Pegasus	397	MM50
42	19:02	Lauren	Cooper	Parc Bryn Bach	389	SW
43	19:05	Matt	Edwards	Pencoed Tri	33	SM
44	19:14	Ian	Ogilvie	Brackla Harriers	116	MM40
45	19:15	Colin	Mcqueen	Brackla Harriers	192	MM50
46	19:18	Jack	Couch	Cornelly Striders	29	SM
47	19:19	Will	Edwards	Porthcawl Runners	155	MM40
48	19:20	Nick	Stocker	Bridgend Ac	107	MM40

49	19:21	Phil	Welch	Bridgend Ac	64	SM
50	19:22	Alex	Williams	Port Talbot Harriers	140	MM40
51	19:23	Richard	Self	Les Croupiers	177	MM50
52	19:28	Aled	Hughes	Cwm Ogwr	149	MM40
53	19:29	Robert	Evans	Les Croupiers	185	MM60
54	19:31	David	Bennett	Porthcawl Runners	113	MM40
55	19:33	Drew	Webber	Brackla Harriers	408	SM
56	19:35	Ffion	Higginson	Bridgend Ac	72	U20W
57	19:45	Steven	Hooper	Pontypridd Roadents Ac	128	MM50
58	19:48	Alex	Worthington	U/A	45	SM
59	19:51	Glyn	Sansom	San Domenico	173	MM50
60	19:51	Jeff	Thomas	Bridgend Ac	191	MM50
61	19:53	Mike	Haines	Pencoed Tri	21	SM
62	19:55	Huw	Griffiths	Bridgend Ac	7	SM
63	19:56	Daniel	Mayne	Cardiff	52	U20M
64	20:00	Peter	Johns	U\A	366	MM50
65	20:02	Richie	Pett	Cwm Ogwr	186	MM40
66	20:03	Jamie	Clode	Bridgend Ac	3	SM
67	20:03	Jamy	Thomas	Parc Bryn Bach	398	SM
68	20:05	Terry	O'Brien	U/A	132	MM50
69	20:07	Jessica	Hegarty	Cornelly Striders	218	SW
70	20:08	Will	John	Bridgend Ac	109	MM40
71	20:10	Adrian	Phillips	Cornelly Striders	183	MM40
72	20:12	Peter	Turner	Cornelly Striders	150	MM60
73	20:13	David	Evans	Cwm Ogwr	112	MM40
74	20:13	Gareth	Richards	Cwm Ogwr	157	MM40
75	20:15	Keith	Powell	Cornelly Striders	151	MM60
76	20:15	Ruth	Davies	Pencoed Tri	315	MW35
77	20:18	Nick	Harris	Cwm Ogwr	35	SM
78	20:25	Stephen	Hogan	Cornelly Striders	11	SM
79	20:29	Jamie	Bishop	Pontypridd Roadents Ac	83	SM
80	20:32	John	Marson	Llanelli Ac	361	MW35
81	20:34	Richard	Beech	Brackla Harriers	129	MM50
82	20:35	Rob	Bennett	Porthcawl Runners	139	MM40
83	20:35	Brian	Cotton	Cwm Ogwr	16	SM
84	20:37	Lloyd	Francis	Brackla Harriers	43	U20M
85	20:37	Evat	Cummings	Les Croupiers	383	MM40
86	20:38	Chris	Pratt	Cwm Ogwr	130	MM40
87	20:43	Jon	Thiel	Bridgend Ac	19	SM
88	20:44	Jonathan	Hayes	Bridgend Ac	145	MM50
89	20:45	Phil	Meyler	Pontypridd Roadents Ac	394	MM60
90	20:51	Carol	Rees	Les Croupiers	286	MW45
91	20:53	Kevin	Raymond	Cwm Ogwr	141	MM50
92	20:59	Katrin	Higginson	Bridgend Ac	66	U20W
93	21:01	Liam	Bryson	Caerphilly Runners	189	MM40
94	21:03	Richard	Purnell	Cwm Ogwr	144	MM40
95	21:04	David	Hesketh	Cornelly Striders	106	MM50
96	21:06	Gareth	Jenkins	Cwm Ogwr	22	SM
97	21:07	Lee	Roberts	Laugharne A C	416	MM40
98	21:09	Angela	Champion	Les Croupiers	211	MW35

99	21:10	Gemma	Roche-Clarke	Bridgend Ac	354	SW
100	21:11	Tony	Mckay	Pegasus	200	MM50
101	21:12	Kris	Denholm	Cwm Ogwr	143	MM40
102	21:13	Richard	Dyke	Brackla Harriers	384	MM40
103	21:14	Daniel	Morgan	Pencoed Tri	1	SM
104	21:16	Richard	Steele	Brackla Harriers	44	SM
105	21:25	Antony	Phillips	Bridgend Ac	69	MM50
106	21:28	Howard	Carpenter	Neath	385	MM60
107	21:31	Charlotte	Johns	Brackla Harriers	314	MW45
108	21:33	Matthew	Bunce	Brackla Harriers	108	MM40
109	21:34	Kris	Powell	Pencoed Tri	2	SM
110	21:40	Iwan	Dowie	Cornelly Striders	114	MM40
111	21:43	Chris	Roberts	Cwm Ogwr	125	MM40
112	21:45	Wayne	Hayhurst	U/A	20	SM
113	21:46	Eifion	Owen	U\A	380	MM60
114	21:46	Tom	Attwood	Bridgend Ac	28	U20M
115	21:51	Mark	Francis	Brackla Harriers	156	MM50
116	21:54	Peter	Walsh	U/A	27	SM
117	21:57	Mark	Pedler	Cornelly Striders	30	SM
118	21:59	Dominic	Shields	San Domenico	121	MM50
119	22:00	Simon	Partridge	Neath Harriers Ac	193	MM60
120	22:00	Simon	Bowen	Null	90	SM
121	22:01	Erin	Hayes	Bridgend Ac	229	U20F
122	22:03	Tony	Eustace	U/A	168	MM40
123	22:03	Lucy	Edwards	Cornelly Striders	220	U20F
124	22:04	Stephen	Summers	Pencoed Tri	161	MM40
125	22:06	Alistair	Thomson	Porthcawl Runners	40	SM
126	22:07	Antony	Lewis	Cwm Ogwr	154	MM40
127	22:08	Gwyn	Jones	Les Croupiers	197	MM50
128	22:09	Geoff	Jones	Pontypridd Roadents Ac	396	MM40
129	22:12	Julie	Scholey	Les Croupiers	399	MW55
130	22:14	David	Carrington	Bridgend Ac	120	MM50
131	22:16	David	Kembery	Cwm Ogwr	148	MM40
132	22:19	Mark	Evans	Brackla Harriers	403	MM50
133	22:20	Lauren	Davies	Pencoed Tri	349	SW
134	22:22	Andy	Fisher	Brackla Harriers	171	MM50
135	22:23	Paul	Miles	U\A	378	MM40
136	22:24	Alisha	Hayes	Bridgend Ac	231	U20F
137	22:25	Damien	Crombie	Pencoed Tri	31	SM
138	22:31	Molly	Reardon	Neath Harriers Ac	368	U20F
139	22:31	Chris	Deere	Brackla Harriers	18	U20M
140	22:33	Ben	Davies	U\A	79	SM
141	22:36	Allan	Jones	Brackla Harriers	402	MM60
142	22:37	Angharad	Starr	U/A	246	SW
143	22:38	Stephen	Quin	Les Croupiers	388	MM40
144	22:41	Keith	Coleman	Cwm Ogwr	147	MM40
145	22:41	Cai	Pughsley	Port Talbot Harriers	65	U20M
146	22:44	Andrea	Starritt	Brackla Harriers	342	MW45
147	22:46	Neil	Morgan	Cwm Ogwr	41	SM
148	22:53	Shelley	Smithson	Cwm Ogwr	233	SW

149	22:54	Ian	Cuthbert	Brackla Harriers	179	MM50
150	22:58	George	Webber	U\A	80	U20M
151	22:59	Sai	Godal	Les Croupiers	414	MM40
152	23:01	Darren	Richards	Port Talbot Harriers	88	SM
153	23:04	Leeah	Cooper	U\A	355	SW
154	23:05	Gary	John	Les Croupiers	393	MM60
155	23:07	Elaine	Wharmby	Pegasus	357	MW45
156	23:07	David	Mcdonald	Les Croupiers	167	MM40
157	23:08	Jane	Ogilvie	Brackla Harriers	260	MW45
158	23:12	Jenny	Martin	Les Croupiers	234	MW35
159	23:13	Caerwyn	Lewis	Cwm Ogwr	390	MM50
160	23:18	Melanie	Williams	Brackla Harriers	325	MW35
161	23:21	Liz	Beech	Brackla Harriers	273	MW55
162	23:25	Matthew	Churchill	Brackla Harriers	81	SM
163	23:26	Sian	Williams	Cornelly Striders	258	MW35
164	23:26	Rebecca	Bland	Brackla Harriers	238	MW35
165	23:28	Lorraine	Burvill	Les Croupiers	334	MW45
166	23:30	James	Marks	Cornelly Striders	142	MM50
167	23:33	Nadine	Ritterskamp	Les Croupiers	248	SW
168	23:45	David	Sheard	Cwm Ogwr	103	MM50
169	23:45	Joanne	Edwards	Cornelly Striders	255	MW45
170	23:46	Lorraine	Colton	U/A	339	MW45
171	23:47	Adam	Burroughes	U\A	89	SM
172	23:49	Pete	Harrop	Cwm Ogwr	102	MM50
173	23:50	Hayley	Coburn	Bridgend Ac	209	MW35
174	23:55	Chris	Jones	Porthcawl Runners	166	MM50
175	23:58	Jack	Hughes	Bridgend Ac	14	U20M
176	24:01	Libby	Lavis	Brackla Harriers	327	MW55
177	24:02	Lloyd	Wood	U/A	17	SM
178	24:06	Catherine	Hayes	Bridgend Ac	293	MW45
179	24:10	Alan	March	U/A	115	MM50
180	24:10	Andrew	Lamont	Cornelly Striders	9	SM
181	24:11	Romana	Maine	Porthcawl Runners	320	MW55
182	24:12	Graham	Foster	Brackla Harriers	199	MM50
183	24:12	Sophie	Deere	Brackla Harriers	201	SW
184	24:12	Helen	Little	Brackla Harriers	312	MW35
185	24:13	Ian	Stratton	Brackla Harriers	163	MM40
186	24:23	Martyn	John	Pencoed Tri	170	MM40
187	24:24	Alan	Furnell	Port Talbot Harriers	395	MM60
188	24:25	Joseph	Bishop	U/A	240	SM
189	24:27	Lauren	Eley	Bridgend Ac	413	SW
190	24:29	Jennet	James	Cornelly Striders	275	MW45
191	24:30	Zoe	Holloway	San Domenico	352	U20F
192	24:35	Martin	Jones	Cornelly Striders	165	MM40
193	24:38	Paul J	Morgan	Brackla Harriers	181	MM50
194	24:39	Kate	Phillips	Cornelly Striders	60	SW
195	24:40	Andrew	Sedgmond	Les Croupiers	176	MM60
196	24:41	Eve	Gallop-Evans	Les Croupiers	303	MW45
197	24:42	Stephen	Basset	Pencoed Tri	371	MM40
198	24:46	Denise	Bradley	Cwm Ogwr	265	MW45

199	24:47	Christie	Coleman	Cwm Ogwr	111	MM40
200	24:50	Laura	Butcher	Porthcawl Runners	244	SW
201	24:51	Stephen	Gibbins	Porthcawl Runners	164	MM60
202	24:52	Alex	Ford	Brackla Harriers	410	MM60
203	24:53	Georgina	Fraser	Cornelly Striders	256	MW45
204	24:53	Simon	Davies	U/A	152	MM40
205	24:56	Fathi	Blatchford	U/A	249	SW
206	25:00	Patrick	O'Toole	U/A	78	SM
207	25:01	Alison	Allen	Cornelly Striders	213	MW35
208	25:05	Michael	Hughes	U/A	68	SM
209	25:06	Richard	Lowcock-James	Cwm Ogwr	6	SM
210	25:10	Claire	Smithson	Porthcawl Runners	328	MW35
211	25:15	Craig	Lamont	Cornelly Striders	24	SM
212	25:16	Nikki	Dowie	Cornelly Striders	264	MW45
213	25:17	Vicki	Jeffery	Cornelly Striders	257	MW45
214	25:21	Morgan	Grant	U/A	34	U20M
215	25:21	Willow	Hughes	U/A	214	U20F
216	25:25	Claire	Dunbar-Bowen	Cwm Ogwr	301	MW35
217	25:28	Adam	Rowe	Cwm Ogwr	188	MM40
218	25:30	Rachel	Thomson	Porthcawl Runners	363	SW
219	25:31	Carolyn	Windos	Cornelly Striders	252	MW55
220	25:36	Alison	Gwyther	U/A	336	MW45
221	25:40	Gerwyn	Cox	Cornelly Striders	138	MM40
222	25:42	Daniel	Clark	Cwm Ogwr	13	SM
223	25:43	Christian	Thomas	Cwm Ogwr	136	MM40
224	25:44	Charlotte	Harries	Cornelly Striders	217	SW
225	25:52	Howard	Jones	Brackla Harriers	162	MM50
226	25:55	Rebecca	Murray	Cornelly Striders	207	U20F
227	26:00	Julie	Couzens	Brackla Harriers	313	MW45
228	26:01	Gareth	Mole	Porthcawl Runners	117	MM40
229	26:06	Carol	Bartle	Cwm Ogwr	335	MW45
230	26:08	Julie	Griffiths	Cwm Ogwr	331	MW35
231	26:09	Karen	Phillips	Porthcawl Runners	321	MW45
232	26:11	Karen	Chadwell	Les Croupiers	350	MW45
233	26:13	Claire	George	Cornelly Striders	309	MW45
234	26:15	Graham	Bingham	Pontypridd Roadents Ac	401	MM50
235	26:17	Barry	James	Porthcawl Runners	169	MM60
236	26:17	Alwyn	Thomas	Porthcawl Runners	137	MM60
237	26:23	Clare	Worthington	Cwm Ogwr	54	MW35
238	26:23	Rosie	Bristow	Pegasus	367	SM
239	26:24	Kate	Ashton	Cornelly Striders	215	MW35
240	26:26	Fiona	Evans	Cwm Ogwr	253	MW45
241	26:28	Stephanie	Murray	Cornelly Striders	261	MW45
242	26:30	Ashleigh	Muir	Cornelly Striders	224	SW
243	26:31	Andy	Wilkins	Brackla Harriers	101	MM60
244	26:33	Tracey	Bond	U/A	340	MW35
245	26:36	Sarah	Littlewood	Cwm Ogwr	250	MW35
246	26:42	Dermot	Nolan	Cwm Ogwr	160	MM40
247	26:50	Alysha	Dickeson	Brackla Harriers	369	SW
248	27:12	Steve	Riddler	Cwm Ogwr	153	MM50

249	27:14	Colin	Crooks	Pegasus	381	MM60
250	27:19	Dawn	Coram	U/A	329	MW35
251	27:26	Chris	Caldwell	Brackla Harriers	415	MM49
252	27:28	Diana	Purnell	Cwm Ogwr	291	MW35
253	27:41	Tim	Webb	Pegasus	409	MM60
254	27:54	James	Davies	Pencoed Tri	12	SM
255	27:56	Eirian	Arwyn	Les Croupiers	333	MW55
256	27:58	Shaun	Langdon	U/A	46	SM
257	28:01	Susan	Ralph	Brackla Harriers	326	MW45
258	28:02	Claire	Jones	Cornelly Striders	278	MW45
259	28:03	Melanie	Thomas	Cwm Ogwr	300	MW35
260	28:06	Sue	Wilkins	Brackla Harriers	251	MW55
261	28:15	Jeff	Aston	Les Croupiers	182	MM60
262	28:21	Juliane	Mort	Porthcawl Runners	245	MW35
263	28:27	Denise	Buckley	Brackla Harriers	358	MW35
264	28:31	Ralph	Davey	Les Croupiers	174	MM70
265	28:32	Stuart	Ball	Les Croupiers	56	SM
266	28:34	Emma	Williams	Cwm Ogwr	247	SW
267	28:41	Nigel	Hale	Thornbury Running Club	159	MM60
268	28:43	Paul	Webber	U\A	377	MM40
269	28:44	Olivia	Webb	Pegasus	407	SW
270	28:48	Daniela	Jones	Porthcawl Runners	263	MW35
271	28:52	Shawn	Cullen	Cwm Ogwr	123	MM40
272	28:54	Amanda	Thompson	Les Croupiers	356	MW55
273	29:02	Susan	Prescott	Cornelly Striders	269	MW45
274	29:07	Nicola	Nicholas	Cornelly Striders	203	SW
275	29:21	Jackie	Lewis	Cwm Ogwr	316	MW55
276	29:22	Jo	Hegarty	Cornelly Striders	289	MW45
277	29:23	Jude	Jerwood	Cornelly Striders	110	MW55
278	29:24	Melanie	Hall	Brackla Harriers	364	SW
279	29:25	Beverley	Sheard	Cwm Ogwr	274	MW45
280	29:34	Rachel	Kidd	Cornelly Striders	277	MW35
281	29:37	Julie	Herbert	Pontypridd Roadents Ac	400	MW35
282	29:40	Kelly	Crofts	U/A	239	MW35
283	29:42	Nicola	Howells	Cornelly Striders	259	MW45
284	29:43	Helen	Duke	Cornelly Striders	280	MW45
285	29:43	Joanne	Kendall	Cwm Ogwr	304	MW35
286	29:43	Charlotte	Watkins	Porthcawl Runners	290	MW35
287	29:45	Gail	Pritchard	Cwm Ogwr	299	MW45
288	29:45	Andrea	Randall	Cwm Ogwr	295	MW45
289	29:45	Janet	Ollivier	Porthcawl Runners	284	MW55
290	29:51	Marnie	Muir	Cornelly Striders	287	MW45
291	30:06	Katherine	Campbell	Cornelly Striders	282	MW35
292	30:07	Jo	Rees	Porthcawl Runners	276	MW35
293	30:10	Janice	Francis	Brackla Harriers	308	MW45
294	30:16	Jon	Tudor	U\A	412	MM50
295	30:20	Laura	Coombes	Les Croupiers	310	MW35
296	30:24	Julie	Haigh	Caerphilly Runners	373	MW55
297	30:32	Kimberley	Davies	Cwm Ogwr	243	SW
298	30:33	Ian	Swanson	Port Talbot Harriers	392	MM60

299	30:40	Kathleen	Evans	Brackla Harriers	338	MW55
300	30:42	Bethan	Cross	Cwm Ogwr	208	SW
301	30:43	Kirsty	Mcgowan	Les Croupiers	237	SW
302	30:45	Helen	Griffiths	Cwm Ogwr	294	MW45
303	30:58	Natalie	Griffiths	Cwm Ogwr	212	MW35
304	31:01	Karen	Skinley	Bridgend Ac	324	MW45
305	31:06	Sarah	Judd	Porthcawl Runners	318	MW45
306	31:12	Natalie	Carey	Cornelly Striders	219	MW35
307	31:14	Chris	Stanlake	Cwm Ogwr	8	SM
308	31:16	Kath	Jones	Bridgend Ac	365	MW45
309	31:26	Nicola	Roylance	Caerphilly Runners	370	SW
310	31:28	Ruth	Hazell	Caerphilly Runners	372	MW35
311	31:28	Jayne	Hopkins	Porthcawl Runners	341	MW55
312	31:30	Kelly	Griffiths	Cwm Ogwr	236	MW35
313	31:37	Jayne	Kembery	Cwm Ogwr	298	MW35
314	31:39	Patricia	Stanley	Cwm Ogwr	296	MW55
315	31:50	Jamie	Bevan	Cwm Ogwr	187	MM40
316	31:51	Sian	Tossell	Cwm Ogwr	305	MW45
317	32:07	Lucy	Hancock	Cwm Ogwr	205	MW35
318	32:25	Sandra	Blatchford	U/A	337	MW45
319	32:39	Alica	Thomas	Cwm Ogwr	297	MW35
320	32:41	Sian	Llewellyn-Goring	Cwm Ogwr	227	MW35
321	32:51	Lindsey	Kale	Porthcawl Runners	285	MW45
322	33:15	Lucy	Kerry	U/A	267	MW35
323	33:18	Wendy	Webb	U/A	311	MW45
324	33:24	Julie	Ransom	Cwm Ogwr	266	MW35
325	33:25	Karen	Burgess-Hopkins	Cwm Ogwr	268	MW35
326	33:29	Susan	Roberts	Cwm Ogwr	343	MW45
327	33:30	Rhian	Randall-Nolan	Cwm Ogwr	347	MW35
328	33:34	Delia	Domachowski	Cornelly Striders	254	MW45
329	33:59	Gail	O'Gorman	Cornelly Striders	288	MW45
330	34:13	Stephane	Ollivier	Porthcawl Runners	135	MM40
331	34:23	Jaimie	Hepburn	U/A	47	SM
332	34:34	Lynette	Mithan	U/A	241	SW
333	34:36	Eleanor	Cooper	U/A	242	SW
334	34:36	Joanne	Rowling	Cwm Ogwr	344	MW35
335	35:21	Vince	Lawlor	Cornelly Striders	105	MM50
336	36:10	Bethan	Jones	Cornelly Striders	319	MW45
337	36:22	Amanda	Pallister	U/A	345	MW35
338	36:23	Clare	Williams	Pencoed Panthers	346	MW35
339	36:24	Ceri	Edwards	U\A	382	MW55
340	36:28	Rhiannon	Buckley	Cwm Ogwr	216	SW
341	37:14	Rhiannon	Whiteley	Cwm Ogwr	223	SW
342	37:53	Tammie	Clement	Cwm Ogwr	405	SW
343	39:06	Lesley	Lewis	Cornelly Striders	302	MW55
344	39:54	Bethan	Grant	U/A	230	U20F
345	42:07	Lynda	Denholm	Cwm Ogwr	292	MW45
346	42:13	Pippa	Clark	Cwm Ogwr	348	SW
347	49:24	Louise	Bennett	Cwm Ogwr	232	MW35