

SIRHOWY CHALLENGE 2012

1 SEAN TAYLOR	64.31 MYNYDDU DDU	S.M.
2 MARK PALMER	65.29 MYNYDDU DDU	V.M.
3 MATT STOTT	67.42 CHEPSTOW	SM
4 STEPHEN OLD	67.47 U/A	SM
5 BEN MOON	67.53 CARDIFF HARLEQUINS	
6 RICHARD JOHNSON	68.39 MYNYDDU DDU	SM,
7 PETER CRANE	69.52 NEATH	MSV
8 ADRIAN WOODS	70.24 MYNYDDU DDU	MSV
9 RICHARD SELF	71.16 LES CROUPS	MV
10 ALUN JONES	71.31 LES CROUPS	MV
11 DAVID WILCOX	72.22 U/A	VM
12 NICK RADNEDLE	72.36 U/A	S.M.
13 SCOTT FRAME	72.51 OUTDOOR FITNESS	S.M.
14 DAVID CRANE	72.54 NEATH	MSV
15 MIKE MURPHY	73.01 LES CROUPS	MSV
16 JAMES WHITE	73.25 SAN DOM	S.M.
17 MATT LAWSON	73.39 CHEPSTOW	V.M.
18 DIMITRI VORRES	74.01 MYNYDDU DDU	V.M.
19 GARETH HARDMAN	74.28 BRIDGEND	V.M.
20 PHILLIP WILLIAMS	74.42 ISLWYN	S.M.
21 IAN OGILIVE	75.13 BRACKLA	V.M.
22 MICK TABOR	75.43 LES CROUPS	MSV
23 NIKI MORGAN	75.45 CHEPSTOW	FSV
24 GARETH GIBB	75.52 M.D.C.	V.M.
25 PAUL HARRIS	76.52 LLISWERRY	V.M.
26 JOHNNY LAM	78.07 SAN DOM	V.M.
27 NICK DALLIMORE	78.12 LES CROUPS	MSV
28 ANGELA JONES	78.15 MYNYDDU DDU	FSV
29 ADRIAN TAYLOR	78.38 PARC BRYN BACH	MSV
30 STEVE HARRHY	78.44 LLISWERRY	V.M.
31 NEIL WILLIAMS	78.55 U/A	MSV
32 VANESSA LAWSON	79.09 CHEPSTOW	FV
33 GUY MAWSON	79.11 SAN DOM	V.M.
34 DAVID SMOUT	79.29 PARC BRYN BACH	MSV
35 CLIVE OSMOND	79.31 LES CROUPS	MSV
36 PETER WILLIAMS	79.55 M.D.C.	MSV
37 HOWARD MASON	80.48 CAERLEON	V.M.
38 GARY GUNNER	81.04 U/A	MSV
39 GRAHAM VINER	81.07 CAERLEON	MSV
40 IAN WILLIAMS	81.21 EBBW VALE	MSV

Sheet1

41 EMMA BAYLISS	81.47 MYNYDDU DDU	SF
42 CARL EDWARDS	81.49 PONTYPRIDD	V.M.
43 HOWARD KENT	81.58 LES CROUPS	MSV
44 PAUL HARMES	82.04 LLISWERRY	V.M.
45 RICHARD DAY	82.11 PONTYPRIDD	V.M.
46 ANDY STOTT	82.17 AMAZING FEET	MSV
47 DAVID McHILL	82.44 U/A	S.M.
48 SARAH McCARTHY	82.46 LES CROUPS	FV
49 DAMIAN CASWELL	82.48 EBBW VALE	S.M.
50 STEWART THOMSON	82.53 MYNYDDU DDU	MSV
51 MARK HORSMAN	83.12 OUTDOOR FITNESS	S.M.
52 HYWEL MORGAN	84.07 ISLWYN	S.M.
53 TAMMY RAZ-NICK	84.14 BRACKLA	VF
54 ANDREW DICKENS	84.15 MYNYDDU DDU	V.M.
55 STEPHEN OWEN	84.19 LES CROUPS	MSV
56 LOU SUMMERS	84.24 CHEPSTOW	VF
57 H.DAVIES	84.43 LES CROUPS	MSV
58 RICHARD THOMAS	84.52 CHEPSTOW	S.M.
59 ANDREW ELLISON	84.58 RHONDDA VALLEY	S.M.
60 ROBERT FORD	85.11 PONTYPRIDD	MSV
61 JADE GITTINS	85.15 CAERLEON	SF
62 GUY WATKINS	85.21 U/A	V.M.
63 ANDY DAVIES	85.54 PONTYPRIDD	VM
64 JULIE DAVIES	85.55 PONTYPOOL	VF
65 NEALE WOOD	86.07 LLISWERRY	MSV
66 ANDREW DAVIES	86.22 U/A	S.M.
67 LOUISE MASSEY	86.43 MYNYDDU DDU	MSV
68 JULIE SCHOLEY	87.13 LES CROUPS	FSV
69 RICHARD BARLOW	87.28 U/A	V.M.
70 CLARE WILLIAMS	88.32 ISLWYN	VF
71 ANDREW JOHNSON	89.03 LLISWERRY	V.M.
72 TOM DAVIES	89.18 U/A	MSV
73 STEPHEN QUINN	89.31 LES CROUPS	V.M.
74 ROBERT KILGOW	89.45 U/A	V.M.
75 PETA DANIELS	89.48 LLISWERRY	FSV
76 GARY BOWEN-THOMAS	89.53 OUTDOOR FITNESS	V.M.
77 GARY JOHN	90.11 LES CROUPS	MSV
78 JUSTIN JONES	90.25 PONTYPRIDD	V.M.
79 TRACEY EDWARDS	90.31 RHONDDA VALLEY	FSV
80 CAROLINE DALLIMO	90.46 LES CROUPS	FSV
81 NICK POUNDER	90.55 PONTYPRIDD	S.M.

Sheet1

82 JAN EDWARDS	91.27 PONTYPRIDD	VF
83 TIM O'SULLIVAN	91.47 LES CROUPS	MSV
84 MIKE DAVIES	92.09 ISLWYN	MSV
85 PAUL SYMMONS	92.33 U/A	V.M.
86 ALAN JONES	93.03 BRACKLA	MSV
87 HOWARD ATTWOOD	93.11 LLISWERRY	MSV
88 ROBERT ANDERSON	93.13 LLISWERRY	MSV
89 GAVIN GRIFFITHS	94.26 BRO DYSYNNI	S.M.
90 LYSA RALPH	94.41 U/A	VF
91 STEPHEN VAUGHAN	95.01 U/A	MSV
92 JULIE ROCHE	96.19 FAIRWATER	VF
93 GRAHAM DONNAN	98.19 LES CROUPS	MSV
94 GARETH REES	99.42 LES CROUPS	V.M.
95 PHILLIP GRIFFITHS	100.09 U/A	MSV
96 KEVIN WADELIN	100.34 U/A	S.M.
97 EMMA DAVIES	100.49 SPIRIT OF MONMOUTH	VF
98 RICHARD PEARSON	101.34 BRACKLA	V.M.
99 REBECCA REYNOLD	101.38 FAIRWATER	SF
100 HIEDI THOMAS	102.18 U/A	SF
101 JEREMY GRIFFITHS	108.22 U/A	MSV
102 GILL MURPHY	109.54 LES CROUPS	FSV
103 DES DAVIES	109.58 LES CROUPS	MSV
104 ELIZABETH PARKER	111.18 LLISWERRY	VF
105 PATRICA JONES	112.12 BRACKLA	FSV
106 AMANDA THOMSON	112.49 LES CROUPS	FSV
107 GWYNNETH HOWEL	116.21 CAERLEON	FSV
108 DEB WOOD	117.02 LLISWERRY	VF
109 ELAINE SUTHERLAN	138.54 PONTYPRIDD	SF
110 HELEN WELCH	138.59 PONTYPRIDD	VF