

NUMBER	POSITION	TIME	NAME	M/F	AGE	CLUB
7	1	43.11	laurence humphreys	m	34	fairwater
50	2	46.09	joshua jones	m	24	griffithstown
59	3	47.04	robert john	m	40	mmrt
48	4	48.52	dafydd lambeth	m	43	islwyn
60	5	50.41	iwan morton	m	39	mmrt
36	6	51.11	owen flage	m	43	oldham & royton
8	7	51.40	paul hayward	m	34	islwyn
58	8	51.50	angela jones	f	49	usk
64	9	52.03	richie	m	43	griffithstown
12	10	52.11	colin wilmott	m	58	griffithstown
16	11	52.25	reg king	m	44	fairwater
53	12	53.18	robert bickel	m	42	caerleon
35	13	54.19	nick walsh	m	44	griffithstown
47	14	54.40	andrew dickens	m	46	pontypool
21	15	55.24	ben jenkins	m	33	griffithstown
37	16	55.29	gareth howells	m	30	caerleon
9	17	55.41	david waters	m	43	islwyn
17	18	57.08	shaun styles	m	23	griffithstown
63	19	57.26	david smout	m	67	parc bryn bach
52	20	57.27	stephen barratt	m	45	monmouth
54	21	57.33	simon burnes	m	31	fairwater
49	22	58.13	michael bunston	m	47	islwyn
27	23	58.25	martin blakebrough	m	53	monmouth
1	24	58.42	darren weaving	m	45	fairwater
62	25	58.43	phil waters	m	59	griffithstown
46	26	58.45	lou summers	f	48	pontypool
34	27	58.55	rob symons	m	52	fairwater
33	28	59.11	mark robins	m	51	griffithstown
65	29	59.54	mark beard	m	51	
41	30	pp/;,,,;////////	richard bowie ziggy	m	54	fairwater
67	31	60.39	gary adams	m	42	fairwater
26	32	61.36	anne-marie harris	f	45	pontypool
19	33	61.38	kerry price	m	58	islwyn
25	34	61.40	jeremy creasey	m	49	monmouth

43	35	61.49	jeanette jenkins	f	55	fairwater
44	36	62.16	martyn jenkins	m	56	fairwater
51	37	62.39	emma sowrey	f	41	pontypool
24	38	62.43	david evans	m	52	
22	39	63.30	holly jones	f	19	griffithstown
6	40	64.04	elizabeth stokes	f	44	griffithstown
66	41	64.37	peter short	m	63	forest of dean
5	42	64.45	catherine oliphant	f	42	brecon
14	43	65.52	lis chamberlain	f	28	griffithstown
13	44	65.52	tara paisey	f	29	griffithstown
45	45	66.07	peta daniels	f	50	lliswerry
20	46	66.30	neil parker	m	48	islwyn
42	47	67.38	leonie roberts	f	39	griffithstown
10	48	68.01	matt willcox	m	26	
38	49	70.07	matthew gobbett	m	37	caerleon
15	50	72.04	paula willia	f xx	37	griffithstown
28	51	72.35	barrie desmond	m	42	griffithstown
3	52	72.57	daune green	f	41	griffithstown
55	53	72.57	mair davies	f	36	griffithstown
11	54	76.22	gary willcox	m	55	usk
57	55	79.04	keren beard	f	45	
4	56	80.07	paul mcguire	m		
31	57	82.11	jayne jones	f	46	islwyn
32	58	82.11	denise hadigate	f	41	islwyn
29	59	82.11	vicki jones	f	43	islwyn
2	60	85.46	paul sanders	m	38	
39	61	87.97	cath edwards	f	50	griffithstown
18	62	87.07	lena evans	f	49	griffithstown
61	63	92.24	david tapper	m	70	
56	64	92.24	malcolm parker	m	74	islwyn
40	65	96.03	clare bown	f	43	griffithstown
30	66	96.03	juli williams	f	45	islwyn
23	DNF	DNF	rose charles	f	20	griffithstown





44.48 Course record - laurence humphreys - 2015