

IRON TRAIL 5, Lamb and Fox, Pwll-du 29th June 2017

Pos	Name	Age	Club	Time	
1	Sam Lewis Jones	31	Parc Bryn Bach	32.17	1 st Male
2	Jamie Parry	30	Parc Bryn Bach	32.25	2 nd Male
3	Lauren Cooper	23	Parc Bryn Bach	35.26	1 st Female
4	Ade Woods	56	Mynydd-du	37.04	3 rd Male
5	Rob Gale	38	Parc Bryn Bach	37.24	
6	Richard Sheehy	30	Parc Bryn Bach	37.52	
7	James Fletcher	51	Mon Ross	37.56	1 st V 50
8	Bethan Hawsley	27	Mynydd-du	38.03	2nd Female
9	Martin Chamblings	37	Parc Bryn Bach	38.32	
10	Andrew Gunter	33	Parc Bryn Bach	38.44	
11	Darren Kippest	44	Parc Bryn Bach	39.25	1 st V 40
12	Julie Cashell	41	Parc Bryn Bach	39.48	3 rd Female
13	Neil Beynon	48	Parc Bryn Bach	40.18	
14	Roger Mills	45	Fairwater	40.42	
15	Ian Harrhy	58	Lliswerry	40.49	
16	Ian Whatmough	56	Lliswerry	40.54	
17	Stephen Morgan	45	Fairwater	40.57	
18	Ruth Picavance	55	Mynydd-du	41.12	1st VF 40
19	Lee Phillips	45	Parc Bryn Bach	41.22	
20	Ade Gwilym	51	Fairwater	41.24	
21	Rob Bennet	36	Parc Bryn Bach	41.25	
22	Sian Jones	26	Parc Bryn Bach	41.34	
23	Carl Walsh	45	Rhondda	41.35	
24	Dia Smout	68	Mynydd-du	41.39	1 st V 60
25	Ade Taylor	57	Merthry	41.42	
26	Tony Lewis	50	Parc Bryn Bach	42.40	
27	Sarah Coote	36	Pontypool	42.45	
28	Terry Vaughn	45	Mynydd-du	42.52	
29	David Williams	36	-	43.01	
30	Andrew Wall	39	-	43.09	
31	Jeanette Jenkins	56	Fairwater	43.16	1 st VF 50
32	Keith Langley	62	Pontypool	43.45	
33	Martin Jenkins	57	Fairwater	43.47	
34	Marcus Smith	45	Parc Bryn Bach	44.54	
35	Nicola Sinclair	39	Lliswerry	45.10	
36	Sarah Francis	40	Lliswerry	45.10	
37	Jodie M'Cloy	35	-	45.30	
38	Sharon Woods	57	Mynydd-Du	46.06	
39	Julian Frost	50	-	46.25	
40	Claire Walters	37	Parc Bryn Bach	46.27	
41	Nick Morgan	45	-	46.33	
42	Gwyn Palfrey	54	Parc Bryn Bach	47.01	
43	Claire Sullivan	35	Parc Bryn Bach	47.01	
44	Brian Evans	46	Parc Bryn Bach	47.01	
45	Alex Jones	27	Pontypool	47.34	
46	Beth Jones	17	Parc Bryn Bach	47.46	1 st <20
47	Helen Trollope	38	Mudstacle	47.52	
48	Nathan Harper	30	Parc Bryn Bach	48.08	
49	Alan Gray	51	-	48.33	

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50	Dillon Jones	40	-	48.57	
51	Joni Parry	31	Merthyr	49.02	
52	Clive Cooksey	74	Parc Bryn Bach	49.07	
53	Bryony Broom	40	1st Stridors	49.36	
54	Paul Morgan	45	Parc Bryn Bach	50.24	
55	Delphine Jones	38	Parc Bryn Bach	51.06	
56	Jon Tibke	56	Yfenni Tri	51.13	
57	Ceri East	44	Merthyr	51.23	
58	Julie Smith	47	Merthyr	51.27	
59	Sian McGoldrick	52	Parc Bryn Bach	51.30	
60	Rhys Lewis	42	Parc Bryn Bach	52.18	
61	Alison Holton	45	Parc Bryn Bach	52.34	
62	Ceri Caswell	40	Parc Bryn Bach	52.53	
63	Helen Gwilym	50	Fairwater	53.08	
64	Kathryn Price	48	Parc Bryn Bach	53.14	
65	Victoria Price	32	-	53.40	
66	Claire A'Herne	44	1 st Stridors	54.44	
67	Deanne Griffiths	42	1 st Stridors	54.54	
68	Amanda Wilde	43	-	55.38	
69	Owen Davies	44	-	55.38	
70	Kath Jervis	59	Parc Bryn Bach	56.44	
71	Nicola Morgan	42	Parc Bryn Bach	58.00	
72	Sam Standerwick	44	Parc Bryn Bach	58.34	
73	Les Pugh	70	MDC	58.57	
74	Sue Gray	50	Parc Bryn Bach	60.23	
75	Caroline Mathews	46	Parc bryn Bach	60.55	
76	Sarah Wilkinson	41	1 st Stridors	61.13	
77	Nicola Lewis	40	Parc Bryn Bach	65.36	
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