

Ponty Plod Results 2014

Position	Time	Name	Category	Club
1	1.09.39	Terry Watkins	MV40	Pontypool & District Runners
2	1.10.13	Steve Davies	MV50	Pontypool & District Runners
3	1.14.14	Paul White	SM	Pontypool & District Runners
4	1.14.17	Ray Morgan	SM	Pontypool & District Runners
5	1.15.17	Thomas Guy	MV40	Griffithstown Harriers
6	1.15.35	Iestyn Rhodes	SM	Pontypool & District Runners
7	1.16.16	Laurie Carter	MV50	Chepstow Harriers
8	1.16.57	Mark Hurford	SM	Pontypool & District Runners
9	1.19.14	Adrian Woods	MV50	Pontypool & District Runners
10	1.20.15	Angela Jones	FV40	Fairwater Runners
11	1.20.29	Niki Morgan	FV40	Chepstow Harriers
12	1.22.24	Peter Townsend	SM	Pontypool & District Runners
13	1.22.31	Steve Owen	MV60	
14	1.23.04	Chris Morgan	SM	Caerleon Runners
15	1.23.08	Simon Fish	SM	Pontypool & District Runners
16	1.25.21	Martin Chamblings	SM	Parc Bryn Bach
17	1.25.31	Chris O'Brien	MV40	Mynydd Du
18	1.27.15	Dafydd Jones	SM	Pontypool & District Runners
19	1.27.30	Neale Wood	MV50	Llswerry
20	1.28.36	Rhys Thomas	SM	Griffithstown Harriers
21	1.28.54	David Smout	MV60	Mynydd Du
22	1.30.31	Tim Reese	MV50	Llswerry
23	1.30.35	Martyn Jenkins	MV50	Fairwater Runners
24	1.33.03	Michael Probert	MV40	Pontypool & District Runners
25	1.33.47	Chris Carey	MV40	Pontypool & District Runners
26	1.34.06	Nick Pringle	MV50	Llswerry
27	1.38.51	Mark Faulkner	MV50	Llswerry
28	1.39.19	Kelvin Henley	MV40	Ebbw Vale
29	12.39.41	Owen Davies	MV40	
30	1.39.47	Susan Tagg	FV40	Parc Bryn Bach
31	1.40.14	Keith Langley	MV50	Pontypool & District Runners
32	1.40.35	Claire Thompson	SF	Griffithstown Harriers
33	1.40.44	Gareth Barrington	MV40	Llswerry
34	1.41.22	Nicola Gray	FV40	Llswerry
35	1.41.36	Linda Thomas	FV50	Pontypool & District Runners
36	1.41.46	Andrew Johnson	MV50	
37	1.41.59	Tracie Williams	FV40	Llswerry
38	1.42.43	Carl Roberts	SM	Pontypool & District Runners
39	1.42.52	Non Davies	SF	Mynydd Du
40	1.43.35	Gareth White	SM	Pontypool & District Runners
41	1.44.15	Nigel Baker	MV60	
42	1.44.43	Jeanette Jenkins	FV50	Fairwater Runners
43	1.45.47	Elizabeth Stokes	FV40	Griffithstown Harriers
44	1.47.05	Dean Arnold	MV40	Pontypool & District Runners
45	1.47.17	Andrew Thomas	MV50	Pontypool & District Runners
46	1.47.42	Pete Lyons	MV40	
47	1.49.25	Sharon Newell	FV40	Pontypool & District Runners
48	1.49.54	Dafydd Donovan	SM	

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Position	Time	Name	Category	Club
49	1.50.08	Neil Chipper	MV50	Lliswerry
50	1.51.59	Simon Donovan	MV40	
51	1.52.09	Matt Rees	SM	Lliswerry
52	1.52.30	Andy Mott	MV40	
53	1.52.42	Kim John	FV40	
54	1.54.10	Diane Ball	FV40	
55	1.56.59	Rod Perons	MV50	Les Croupiers RC
56	1.56.59	Sarah Perons	FV50	Les Croupiers RC
57	1.58.33	Amy Flinn	SF	Pontypool & District Runners
58	1.58.44	Julie Lees	FV40	Fairwater Runners
59	1.58.46	Rebecca Poole	SF	Fairwater Runners
60	1.59.31	Jane Lewis	FV40	Fairwater Runners
61	1.59.31	Bev Jones	FV40	Fairwater Runners
62	2.04.15	Desmond Jones	MV40	Lliswerry
63	2.06.01	Lucy John	SF	
64	2.08.36	Gwyn Howells	FV60	Caerleon Runners
65	2.11.29	Nick Card	MV50	Pontypool & District Runners
66	2.13.48	Sarah Jones	SF	Pontypool & District Runners
67	2.13.48	Lee Jenkins	MV40	Pontypool & District Runners