

### 2013 Nos Galan Juniors 14 to 15

Pos	No	Time	Forename	Surname	M/F	Cat	Club
1	472	00:03:37	Lewis	Daniels	M	14	
2	453	00:03:40	James	Vincent	M	14	Cardiff AAC
3	463	00:03:41	Owen	Thomas	M	14	
4	478	00:03:42	Cole	Swannack	M	15	
5	471	00:03:46	Daniel	Graves	M	15	Cardiff AAC
6	481	00:03:58	Carwyn	Penny	M	15	
7	469	00:04:01	Jac	Smith	M	14	
8	473	00:04:01	Corey	Roberts	M	15	
9	470	00:04:05	Bethan	Evans	F	14	
10	454	00:04:07	Emily	Griffin	F	14	Cardiff AAC
11	452	00:04:09	Caitlin	Exton	F	14	Cardiff AAC
12	477	00:04:16	Emma	Lighthart	F	14	Cardiff AAC
13	466	00:04:17	Isobel	Dodd	F	14	
14	479	00:04:23	Ryan	Lambeth	M	14	
15	455	00:04:29	Owen	Dennis	M	14	Old Parish RC Maesteg
16	483	00:04:34	Nathan	Howell	M	15	
17	465	00:04:40	Joshua	Cusack	M	14	
18	451	00:04:54	Joe-Dianna	Grabham	F	15	Cardiff AAC
19	459	00:04:57	Aimee	Yates	F	14	Aberdare AC
20	460	00:05:06	Caitlin	Holland-Ball	F	14	Aberdare AC
21	462	00:05:35	Charlotte	Thomas	F	14	
22	474	00:05:37	Thomas	Protheroe	M	14	
23	476	00:05:38	Joel	Smith	M	14	
24	475	00:05:43	Joshua	Tyrin Williams	M	14	
25	458	00:05:49	Keira	Pritchard	F	14	
26	456	00:05:52	Emily	Thomas	F	15	
27	464	00:06:59	Annabel	Jones	F	14	