

## Atlantic College 10K

Sunday 10 April 2005. 11:00 am

### Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
1	0:31:54	DOWNES, John	London Irish AC		03:11.4	390	1
2	0:32:12	BAKER, Julian	Les Croupiers		03:13.2	332	2
3	0:33:07	TOBIN, Shaun	Swansea Harriers	Vet 40 Men	03:18.7	463	3
4	0:33:15	GRIFFITHS, Paul	Swansea Harriers		03:19.5	421	4
5	0:33:47	REES, David			03:22.7	389	5
6	0:33:52	COLLINS, Matthew	Cardiff AAC		03:23.2	530	6
7	0:33:54	BULLEN, Richard	Les Croupiers	Vet 40 Men	03:23.4	136	7
8	0:33:58	COOK, Phil	Les Croupiers		03:23.8	283	8
9	0:34:09	Unregistered Competitor		NDB	03:24.9		9
10	0:34:33	THOMAS, Gareth	Les Croupiers	Vet 40 Men	03:27.3	202	10
11	0:34:34	EDWARDS, Kit	Les Croupiers		03:27.4	334	11
12	0:34:37	PATERSON, Stephen	Pegasus		03:27.7	438	12
13	0:35:07	MEYLER, Chris			03:30.7	210	13
14	0:35:10	COLES, Peter	Pontypridd Roadents AC	Vet 40 Men	03:31.0	270	14
15	0:35:18	SMITH, Steve	Swansea Harriers	Vet 40 Men	03:31.8	192	15
16	0:35:40	COLLINS, Jeremy	Swansea Harriers	Vet 50 Men	03:34.0	445	16
17	0:35:41	POWELL, Ben		Under-20 Boys	03:34.1	394	17
18	0:35:44	JONES, Gareth	Neath Harriers		03:34.4	377	18
19	0:35:50	DUKES, Nick	Les Croupiers		03:35.0	281	19
20	0:35:55	THOMAS, Stephen	Islwyn Running Club		03:35.5	325	20
21	0:35:58	CLEMENT, Clem	Penarth & Dinas Runners	Vet 40 Men	03:35.8	242	21
22	0:35:59	PENGILLY, Martin	Chepstow		03:35.9	220	22
23	0:36:01	THOMAS, Joe		Under-20 Boys	03:36.1	511	23
24	0:36:06	KELLAM, Peter	Les Croupiers		03:36.6	446	24
25	0:36:11	DAVIES, Keith	Les Croupiers		03:37.1	158	25
26	0:36:14	TALBOT, Paul	Neath Harriers		03:37.4	373	26
27	0:36:18	TOWNSEND, Matthew	Les Croupiers		03:37.8	127	27
28	0:36:27	TAKATA, Edward	Cardiff AAC	Under-20 Boys	03:38.7	296	28
29	0:36:28	MCGEOCH, Mick	Les Croupiers	Vet 40 Men	03:38.8	276	29
30	0:36:34	TABOR, Mick	San Domenico	Vet 50 Men	03:39.4	84	30
31	0:36:41	FANCETT, Tom		Under-20 Boys	03:40.1	366	31
32	0:36:42	CHANDLER, Mike	Pontypridd Roadents AC	Vet 50 Men	03:40.2	424	32
33	0:36:51	DYSON, Paul	Swansea Harriers		03:41.1	311	33
34	0:36:53	ROSS-DAVIES, Paul	Invicta East Kent	Vet 50 Men	03:41.3	308	34
35	0:36:54	HILL, Paul	Pegasus		03:41.4	523	35
36	0:36:54	GEORGE, Phillip	Les Croupiers		03:41.4	426	36
37	0:36:56	WRETFOld, Matthew	Newport Harriers	Under-20 Boys	03:41.6	542	37
38	0:37:05	HEADON, David	Les Croupiers	Vet 40 Men	03:42.5	432	38
39	0:37:13	BURTON, Davis	Dursley and District AC	Vet 40 Men	03:43.3	293	39
40	0:37:19	OSBORNE, Simon	Bridgend	Vet 40 Men	03:43.9	267	40
41	0:37:21	HOWELL, Scott	Les Croupiers	Vet 40 Men	03:44.1	320	41
42	0:37:22	REEVES, Stuart	Les Croupiers		03:44.2	141	42
43	0:37:37	MORRIS, Ronald	San Domenico	Vet 50 Men	03:45.7	443	43
44	0:37:41	RIMMER, Andrew			03:46.1	469	44
45	0:37:45	COLES, David	Les Croupiers	Vet 40 Men	03:46.5	62	45
46	0:38:03	BRYANT, Mikey	Cardiff Uni	Under-20 Boys	03:48.3	413	46
47	0:38:06	DIFFEY, Andrew	City of Bath Athletic Club		03:48.6	134	47
48	0:38:27	WITHERS, Ian	Newport Harriers	Under-20 Boys	03:50.7	176	48
49	0:38:40	DIFFEY, John	Les Croupiers	Vet 40 Men	03:52.0	133	49
50	0:38:43	Unregistered Competitor		NDB	03:52.3		50
51	0:38:51	DAVIES, Julian	Pontypridd Roadents AC		03:53.1	269	51
52	0:38:54	SULLIVAN, Kevin	Les Croupiers	Vet 50 Men	03:53.4	314	52
53	0:39:08	MORGAN, Gareth	Cardiff Tri		03:54.8	531	53
54	0:39:09	PARTRIDGE, Simon	Neath Harriers	Vet 50 Men	03:54.9	374	54
55	0:39:10	DONNAN, Graeme	Les Croupiers	Vet 50 Men	03:55.0	1	55
56	0:39:14	MCLEAN, Grayham	Multisport Racing Club		03:55.4	232	56
57	0:39:19	RIMMER, Mike		Vet 40 Men	03:55.9	470	57
58	0:39:19	BELCHER, Paul		Vet 50 Men	03:55.9	14	58
59	0:39:21	SELF, Richard	Les Croupiers		03:56.1	289	59
60	0:39:25	THOMAS, David	3M's Gorseinon		03:56.5	397	60
61	0:39:27	LAVENDER, Tony	Tunbridge Wells Harrier	Vet 50 Men	03:56.7	193	61
62	0:39:32	COATES, Peter	Dagenham 88 Runners		03:57.2	185	62
63	0:39:37	MORRIS, Matt	Brecon Multisport		03:57.7	554	63
64	0:39:38	MURRAY, Andy	Dulwich Runners	Vet 50 Men	03:57.8	85	64

65	0:39:39	LAWSON, Matthew	Chepstow		03:57.9	169	65
66	0:39:42	GARLICK, David		Vet 50 Men	03:58.2	400	66
67	0:39:45	COLVIN, Graham	3M's Gorseinon	Vet 40 Men	03:58.5	457	67
68	0:39:50	CHARLES, Paul		Vet 40 Men	03:59.0	236	68
69	0:39:51	LOVETT, Brian	San Domenico		03:59.1	380	69
70	0:39:52	ASHWORTH, Chris	Dursley and District AC	Vet 50 Men	03:59.2	518	70
71	0:39:54	LYNSEY, Christopher			03:59.4	459	71
72	0:39:55	KENNEDY, Paul	Les Croupiers		03:59.5	284	72
73	0:39:56	DAVIES, Jeffrey			03:59.6	204	73
74	0:39:56	COWEN, Jeremy	Chepstow		03:59.6	66	74
75	0:39:57	HOLLAND, Craig	Pontypridd Roadents AC	Vet 40 Men	03:59.7	419	75
76	0:40:01	EMYR, Lindsay	Cardiff AAC	Vet 35 Ladies	04:00.1	295	76
77	0:40:05	FOWLER, Craig	Pontypridd Roadents AC	Vet 40 Men	04:00.5	437	77
78	0:40:10	GILLARD, Alan	Cardiff Harlequins	Vet 40 Men	04:01.0	162	78
79	0:40:11	REES, Adam		Vet 40 Men	04:01.1	448	79
80	0:40:12	WALTON, Alan	San Domenico		04:01.2	378	80
81	0:40:14	PASHLEY, Rhodri	Bearbrook Joggers		04:01.4	495	81
82	0:40:17	LLOYD, David	Les Croupiers	Vet 40 Men	04:01.7	318	82
83	0:40:22	ROBINSON, John	Pontypridd Roadents AC		04:02.2	77	83
84	0:40:28	BEMBO, David			04:02.8	20	84
85	0:40:30	HARVEY, Mark	Chepstow	Under-20 Boys	04:03.0	303	85
86	0:40:32	GIBBON, Grant		Vet 40 Men	04:03.2	302	86
87	0:40:39	PATERSON, Keith	Pegasus	Vet 60 Men	04:03.9	439	87
88	0:40:42	DAVIES, Michael		Vet 40 Men	04:04.2	207	88
89	0:40:56	SULLIVAN, Paul	Pontypridd Roadents AC	Vet 40 Men	04:05.6	255	89
90	0:40:57	COADY, Gareth	Wick Harriers		04:05.7	556	90
91	0:41:03	SAVAGE, Bill	Chepstow	Vet 50 Men	04:06.3	184	91
92	0:41:03	PRICE, David	Les Croupiers	Vet 40 Men	04:06.3	280	92
93	0:41:03	REES, Nick		Vet 40 Men	04:06.3	451	93
94	0:41:09	HUGHES, Dave	Brackla Harriers		04:06.9	529	94
95	0:41:09	MORGAN, Ed	Taff Ely Triathlon	Vet 40 Men	04:06.9	22	95
96	0:41:11	SCHOLEY, Julie	Les Croupiers	Vet 45 Ladies	04:07.1	11	96
97	0:41:11	TURNER, Peter	Cornelly Striders	Vet 50 Men	04:07.1	396	97
98	0:41:11	DAVIES, Neil	Rhondda Triathlon Club		04:07.1	392	98
99	0:41:11	POWELL, Stephen		Vet 40 Men	04:07.1	68	99
100	0:41:27	O'SULLIVAN, Tim	Les Croupiers	Vet 40 Men	04:08.7	46	100
101	0:41:28	ASTON, Jeff	Les Croupiers	Vet 50 Men	04:08.8	243	101
102	0:41:33	DAVIES, Stuart	Cornelly Striders	Vet 40 Men	04:09.3	447	102
103	0:41:34	STEVENS, Neil	club69		04:09.4	402	103
104	0:41:35	JEHLI, Gareth			04:09.5	6	104
105	0:41:35	JOHNS, Peter			04:09.5	533	105
106	0:41:36	JONES, Gareth	Chepstow	Vet 50 Men	04:09.6	149	106
107	0:41:36	MACHOKOTO, Rodney		Under-20 Boys	04:09.6	385	107
108	0:41:37	DEACON, Peter	Swansea Harriers	Vet 40 Men	04:09.7	401	108
109	0:41:40	LEWIS, Steve	Les Croupiers	Vet 40 Men	04:10.0	199	109
110	0:41:44	WILLAM, Neil	Pontypridd Roadents AC	Vet 40 Men	04:10.4	368	110
111	0:41:44	CHIPPER, Sandra	Llswerry Runners		04:10.4	537	111
112	0:41:48	WILLIAMS, David			04:10.8	15	112
113	0:41:49	SIMON, Rob			04:10.9	414	113
114	0:41:51	HALLIWELL, Mark	Brackla Harriers	Vet 40 Men	04:11.1	116	114
115	0:41:53	SCANION, Jason	Pontypridd Roadents AC		04:11.3	412	115
116	0:41:56	MORRIS, Steve			04:11.6	140	116
117	0:41:57	O'SHEA, John	Les Croupiers	Vet 50 Men	04:11.7	260	117
118	0:42:00	DAVIES, Ryth	Les Croupiers		04:12.0	159	118
119	0:42:01	DELANEY, James	San Domenico	Vet 40 Men	04:12.1	410	119
120	0:42:02	DARBY, Martyn			04:12.2	190	120
121	0:42:06	HOWE, Gary	3M's Gorseinon	Vet 40 Men	04:12.6	376	121
122	0:42:07	POWELL, Mark		Vet 40 Men	04:12.7	107	122
123	0:42:09	Unregistered Competitor		NDB	04:12.9		123
124	0:42:11	DOBBS, Russel	Islwyn Running Club		04:13.1	253	124
125	0:42:12	FINCH, Dave	Chepstow	Vet 60 Men	04:13.2	509	125
126	0:42:27	LODGE, Chris			04:14.7	209	126
127	0:42:27	BROWN, Miles	Cardiff Tri		04:14.7	515	127
128	0:42:29	THOMAS, Peter		Under-20 Boys	04:14.9	340	128
129	0:42:30	PHILIPS, Lee			04:15.0	370	129
130	0:42:31	HOLLAND, Richard	Pontypridd Roadents AC		04:15.1	498	130
131	0:42:33	LLEWELLYN, Judith	Chepstow	Vet 35 Ladies	04:15.3	257	131
132	0:42:33	MASON, Alan	Les Croupiers	Vet 40 Men	04:15.3	126	132
133	0:42:36	TOWNHILL, Jim			04:15.6	486	133
134	0:42:37	WILLIAMS, Paul		Under-20 Boys	04:15.7	532	134
135	0:42:43	NORTON, Phil			04:16.3	51	135
136	0:42:49	WATERS, Gary	Swansea Harriers	Vet 50 Men	04:16.9	409	136

137	0:42:53	MCDONNELL, Kieran		Vet 50 Men	04:17.3	304	137
138	0:42:55	DAVIES, Neil		Vet 40 Men	04:17.5	250	138
139	0:43:03	TANDY, Phil	San Domenico	Vet 40 Men	04:18.3	233	139
140	0:43:10	COOKSEY, Clive	club69	Vet 60 Men	04:19.0	278	140
141	0:43:23	TABOR, Ros	Dulwich Runners	Vet 55 Ladies	04:20.3	82	141
142	0:43:26	COLES, Phillip			04:20.6	286	142
143	0:43:32	DAVIES, Peter C.		Vet 50 Men	04:21.2	375	143
144	0:43:38	WADE, Ian	Chepstow	Vet 40 Men	04:21.8	203	144
145	0:43:40	DIX, Michael	Les Croupiers	Vet 50 Men	04:22.0	436	145
146	0:43:42	ORTIZ-CANAVATE, Jaime			04:22.2	177	146
147	0:43:44	WILLIAMS, Neil		Vet 40 Men	04:22.4	290	147
148	0:43:45	OAK, David	port talbot	Vet 50 Men	04:22.5	441	148
149	0:43:47	GARDNER, Cath	Les Croupiers		04:22.7	43	149
150	0:44:00	MARK SMITH, Jonathan		Vet 40 Men	04:24.0	310	150
151	0:44:01	Unregistered Competitor		NDB	04:24.1		151
152	0:44:02	WARBURTON, Ian		Vet 40 Men	04:24.2	145	152
153	0:44:03	TANDY, Joe	St Valery-en-Caux AC	Under-20 Boys	04:24.3	234	153
154	0:44:05	HURFORD, Simon		Vet 40 Men	04:24.5	259	154
155	0:44:06	THOMAS, H.	club69		04:24.6	403	155
156	0:44:07	BATTERSHY, Nick	Chepstow	Vet 40 Men	04:24.7	513	156
157	0:44:14	COWELL, Philip		Vet 40 Men	04:25.4	316	157
158	0:44:16	BISHOP, Gareth			04:25.6	407	158
159	0:44:23	ASHTON, Sue	Chepstow	Vet 45 Ladies	04:26.3	117	159
160	0:44:25	REES, Eirwyn		Vet 40 Men	04:26.5	301	160
161	0:44:27	BULLEN, Yvonne	Les Croupiers	Vet 35 Ladies	04:26.7	135	161
162	0:44:27	FURLONG, Anthony			04:26.7	188	162
163	0:44:28	DAVIES, Andrew	Pontypridd Roadents AC	Vet 40 Men	04:26.8	553	163
164	0:44:29	JONES, Shan	Brackla Harriers	Vet 45 Ladies	04:26.9	273	164
165	0:44:32	FOY, Henry		Under-20 Boys	04:27.2	351	165
166	0:44:33	LEWIS, Julie	Les Croupiers	Vet 45 Ladies	04:27.3	200	166
167	0:44:34	GRANT, Neil	Chepstow	Vet 50 Men	04:27.4	319	167
168	0:44:35	JOHNS, Charlotte	Brackla Harriers	Vet 35 Ladies	04:27.5	514	168
169	0:44:35	ROSE, Dave	Brackla Harriers	Vet 40 Men	04:27.5	475	169
170	0:44:39	Unregistered Competitor		NDB	04:27.9		170
171	0:44:39	WILLIAMS, John			04:27.9	406	171
172	0:44:49	KATCHI, Stephen			04:28.9	313	172
173	0:45:05	PHILLIPS, Sian	Swansea Harriers	Vet 35 Ladies	04:30.5	72	173
174	0:45:09	SEDGMOND, Andrew	Les Croupiers	Vet 50 Men	04:30.9	226	174
175	0:45:10	COLES, Marcus			04:31.0	538	175
176	0:45:11	WHITNEY, Ben		Under-20 Boys	04:31.1	489	176
177	0:45:18	GREEN, Deborah			04:31.8	245	177
178	0:45:23	LONERGAN, John		Vet 40 Men	04:32.3	476	178
179	0:45:29	THOMAS, James	Brackla Harriers	Vet 40 Men	04:32.9	179	179
180	0:45:30	DAVIES, Gareth			04:33.0	433	180
181	0:45:32	HIGGINS, Geraint Mark			04:33.2	197	181
182	0:45:33	HOSKINS, Philip		Vet 40 Men	04:33.3	384	182
183	0:45:35	POWELL, Anthony	Brackla Harriers		04:33.5	453	183
184	0:45:36	GWILYM, Siwan			04:33.6	472	184
185	0:45:40	HAM, Paula Susan	Les Croupiers		04:34.0	130	185
186	0:45:42	ROTHWELL, Andrew		Vet 40 Men	04:34.2	73	186
187	0:45:44	THOMAS, Phillip		Vet 40 Men	04:34.4	65	187
188	0:45:47	HARDY, Roger			04:34.7	175	188
189	0:45:49	GWENTER, Matthew	Cardiff University Harriers		04:34.9	208	189
190	0:45:53	RAFFIL, Jason			04:35.3	387	190
191	0:46:01	REDFERN, Dan	Penarth & Dinas Runners		04:36.1	557	191
192	0:46:06	JONES, Darren			04:36.6	160	192
193	0:46:08	DERRICK, Ian	Les Croupiers		04:36.8	535	193
194	0:46:09	HILL, Steve	Chepstow	Vet 50 Men	04:36.9	510	194
195	0:46:09	IRELEND, Kevin			04:36.9	2	195
196	0:46:17	HICKS, Glyn	Islwyn Running Club	Vet 50 Men	04:37.7	104	196
197	0:46:18	DUALE, Salayman		Under-20 Boys	04:37.8	346	197
198	0:46:26	THICKETT, Anthony			04:38.6	131	198
199	0:46:29	HENDRY, Neil	Penarth & Dinas Runners	Vet 40 Men	04:38.9	224	199
200	0:46:29	PEROVIC, Milos		Under-20 Boys	04:38.9	337	200
201	0:46:31	Unregistered Competitor		NDB	04:39.1		201
202	0:46:46	HUGHES, Clare			04:40.6	521	202
203	0:46:47	MENEAR, Adrian		Vet 50 Men	04:40.7	545	203
204	0:46:51	WHEELER, Syd	Chepstow	Vet 60 Men	04:41.1	100	204
205	0:46:52	FORD, Robert	Pontypridd Roadents AC	Vet 50 Men	04:41.2	19	205
206	0:46:53	SMITH, Gwen		Vet 35 Ladies	04:41.3	191	206
207	0:46:57	MARSHALL, Simon			04:41.7	57	207
208	0:46:59	JONES, Stephen	Islwyn Running Club	Vet 40 Men	04:41.9	64	208

209	0:47:01	SMITH, Allan Spencer	3M's Gorseinon	Vet 60 Men	04:42.1	467	209
210	0:47:02	FURLONG, Paul		Vet 50 Men	04:42.2	189	210
211	0:47:06	BIRCH, Sean	Islwyn Running Club		04:42.6	539	211
212	0:47:07	ARRIETA AGUAS, Edinson		Under-20 Boys	04:42.7	343	212
213	0:47:08	ANTHONY, David Colin	port talbot	Vet 50 Men	04:42.8	381	213
214	0:47:10	JONES, Terry	Visteon	Vet 50 Men	04:43.0	488	214
215	0:47:12	JONES, Alison			04:43.2	18	215
216	0:47:16	EVANS, Bryan			04:43.6	546	216
217	0:47:17	JONES, Graham	Les Croupiers	Vet 50 Men	04:43.7	429	217
218	0:47:18	NEW, Stephen	gwent police		04:43.8	274	218
219	0:47:24	PASHLEY, Gary	Les Croupiers	Vet 50 Men	04:44.4	492	219
220	0:47:27	HOWE, Richard	3M's Gorseinon		04:44.7	307	220
221	0:47:29	JAMES, Ray	port talbot	Vet 40 Men	04:44.9	452	221
222	0:47:31	LAWSON, Vanessa	Chepstow		04:45.1	170	222
223	0:47:34	HIGGINS, Andrea M.		Vet 45 Ladies	04:45.4	329	223
224	0:47:38	WILLIAMS, Nicola	Les Croupiers	Vet 35 Ladies	04:45.8	331	224
225	0:47:40	BARTLETT, Stephen	Road Runners Club	Vet 40 Men	04:46.0	70	225
226	0:47:42	GUEST, Steven			04:46.2	434	226
227	0:47:45	JONES, Mandy	Islwyn Running Club	Vet 35 Ladies	04:46.5	63	227
228	0:47:46	BIRMINGHAM, Steve	Brackla Harriers		04:46.6	512	228
229	0:47:47	MULLER, Lindsey			04:46.7	217	229
230	0:47:48	BEECHER, Katie			04:46.8	97	230
231	0:47:59	DUGGAN, John			04:47.9	138	231
232	0:48:02	HARLAND, Fraser		Under-20 Boys	04:48.2	359	232
233	0:48:03	ARCHER, Dan	RAF Triathlon Club	Vet 40 Men	04:48.3	442	233
234	0:48:05	ROWLANDS, David		Vet 50 Men	04:48.5	74	234
235	0:48:11	KNIGHT, Josh		Under-20 Boys	04:49.1	363	235
236	0:48:17	BEATTY, Claire	Les Croupiers		04:49.7	534	236
237	0:48:20	WILLIAMS, Alex			04:50.0	49	237
238	0:48:20	MANN, Alan	Les Croupiers	Vet 40 Men	04:50.0	80	238
239	0:48:26	SULOVARI, Arvis		Under-20 Boys	04:50.6	336	239
240	0:48:27	THOMAS, Neil	Islwyn Running Club		04:50.7	541	240
241	0:48:32	OWEN, Richard		Vet 40 Men	04:51.2	420	241
242	0:48:33	LOWTHER, Keith	San Domenico	Vet 50 Men	04:51.3	423	242
243	0:48:33	PASCOE, Dominic			04:51.3	464	243
244	0:48:35	FARNHAM, Malcolm	Les Croupiers	Vet 60 Men	04:51.5	282	244
245	0:48:36	BELCHER, Anna		Under-20 Girls	04:51.6	358	245
246	0:48:37	CHUA, Ruo Mei		Under-20 Girls	04:51.7	356	246
247	0:48:38	IRESON, Alexandra			04:51.8	483	247
248	0:48:41	SCOTT, Kathryn		Vet 35 Ladies	04:52.1	262	248
249	0:48:46	CUNNANE, John	100KM Association	Vet 50 Men	04:52.6	440	249
250	0:48:48	GORE, Tony	Pegasus	Vet 50 Men	04:52.8	480	250
251	0:48:49	Unregistered Competitor		NDB	04:52.9		251
252	0:48:50	Unregistered Competitor		NDB	04:53.0		252
253	0:48:55	GUNNER, Gary	CROFT Ambery	Vet 50 Men	04:53.5	425	253
254	0:48:56	SHORE, Ian			04:53.6	45	254
255	0:49:00	PERRY, Mark			04:54.0	48	255
256	0:49:01	PEACOCK, Davis			04:54.1	275	256
257	0:49:01	EASTERBROOK, Sam		Under-20 Boys	04:54.1	497	257
258	0:49:02	HEALER, Frances			04:54.2	496	258
259	0:49:02	THOMAS, Emma			04:54.2	473	259
260	0:49:08	BRIEGN, Dave		Vet 50 Men	04:54.8	520	260
261	0:49:24	BEWG, Bill	Chepstow	Vet 60 Men	04:56.4	89	261
262	0:49:26	KWOK, Lee			04:56.6	279	262
263	0:49:35	O'LEARY, Kevin		Vet 40 Men	04:57.5	98	263
264	0:49:40	MAINE, Nick		Vet 40 Men	04:58.0	115	264
265	0:49:40	WALLACE, Jeff		Vet 40 Men	04:58.0	223	265
266	0:49:41	WILLIAMS, Chris		Vet 40 Men	04:58.1	144	266
267	0:49:52	ELPHINSTONE, Shaun		Under-20 Boys	04:59.2	345	267
268	0:49:56	SCANLON, Claire	Birmingham University		04:59.6	71	268
269	0:49:58	MILLER, Daniel	Dagenham 88 Runners		04:59.8	186	269
270	0:49:58	CHAN, Enoch		Under-20 Boys	04:59.8	341	270
271	0:49:59	BURROW, Steve			04:59.9	306	271
272	0:50:03	WHITMARSH-KNIGHT, Stephen		Vet 60 Men	05:00.3	60	272
273	0:50:04	JARMAN, Elspeth		Vet 35 Ladies	05:00.4	558	273
274	0:50:13	WARBURTON, Beverley		Vet 35 Ladies	05:01.3	146	274
275	0:50:15	LONERGAN, M.			05:01.5	477	275
276	0:50:17	VALLARIA, Anthony	port talbot	Vet 40 Men	05:01.7	559	276
277	0:50:17	MORGAN, Catherine	Maesteg		05:01.7	422	277
278	0:50:18	HOLLOWAY, Don	Brackla Harriers	Vet 50 Men	05:01.8	428	278
279	0:50:24	THOMAS, Bethan	Birmingham University		05:02.4	474	279
280	0:50:29	CARNY, Sean		Vet 40 Men	05:02.9	536	280

281	0:50:32	MARTIN, John		Vet 40 Men	05:03.2	298	281
282	0:50:33	SUEREF, Peter			05:03.3	41	282
283	0:50:34	BAYLISS, Geoff	Chepstow	Vet 50 Men	05:03.4	291	283
284	0:50:39	MCGOVERN, Rob			05:03.9	435	284
285	0:50:45	JOHN, Kathryn		Vet 35 Ladies	05:04.5	111	285
286	0:50:52	SAUER, Tom		Under-20 Boys	05:05.2	352	286
287	0:51:00	OSAKA, Toshihiro		Under-20 Boys	05:06.0	348	287
288	0:51:01	AUBERT, Olivier		Under-20 Boys	05:06.1	362	288
289	0:51:06	Unregistered Competitor		NDB	05:06.6		289
290	0:51:07	Unregistered Competitor		NDB	05:06.7		290
291	0:51:09	GRIFFITHS, David		Vet 50 Men	05:06.9	198	291
292	0:51:11	MACHIN, Frances	Les Croupiers		05:07.1	215	292
293	0:51:12	FLETCHER, Trevor			05:07.2	78	293
294	0:51:13	BATTERSBY, Elisabeta	Chepstow	Vet 45 Ladies	05:07.3	120	294
295	0:51:16	LOTT, Joy		Vet 35 Ladies	05:07.6	417	295
296	0:51:21	EVANS, Anne Marie	club69		05:08.1	430	296
297	0:51:24	ELLIS, Kevin			05:08.4	416	297
298	0:51:25	WADLOW, Ceri		Vet 40 Men	05:08.5	415	298
299	0:51:31	DALEY, L.	Cardiff AAC	Vet 35 Ladies	05:09.1	81	299
300	0:51:33	GREEN, Richard	Bridgend		05:09.3	519	300
301	0:51:34	JONES, Vince		Vet 40 Men	05:09.4	383	301
302	0:51:36	SLEATH, Darryl			05:09.6	526	302
303	0:51:41	MORGAN, Howard		Vet 60 Men	05:10.1	154	303
304	0:51:42	SMITH, Kevin			05:10.2	272	304
305	0:51:43	FRANKS, Simon		Vet 40 Men	05:10.3	195	305
306	0:51:44	COXALL, Sian	San Domenico		05:10.4	271	306
307	0:51:45	RICHARDS, J.	Griffithstown Harriers	Vet 40 Men	05:10.5	404	307
308	0:51:47	WILLIAMS, Kevin		Vet 40 Men	05:10.7	69	308
309	0:51:49	COWELL, Claire		Under-20 Girls	05:10.9	315	309
310	0:51:54	NEVILLE, Martin	Islwyn Running Club	Vet 40 Men	05:11.4	369	310
311	0:52:02	BROWN, Richard	Sheen Shufflers	Vet 50 Men	05:12.2	499	311
312	0:52:04	HARDMAN, Sarah	Penarth & Dinas Runners		05:12.4	151	312
313	0:52:05	DAVIES, Ann	Cardiff Tri	Vet 45 Ladies	05:12.5	395	313
314	0:52:07	RIMMER, Nicola	Swansea Harriers Multisport	Under-20 Boys	05:12.7	454	314
315	0:52:08	JOHNSON, Leighton	Visteon	Vet 40 Men	05:12.8	479	315
316	0:52:10	AKANT, Sara		Under-20 Girls	05:13.0	335	316
317	0:52:11	PARKER, Malcolm	Islwyn Running Club	Vet 60 Men	05:13.1	300	317
318	0:52:12	JONES, Therin		Under-20 Girls	05:13.2	357	318
319	0:52:14	GIBBS, Jane		Vet 45 Ladies	05:13.4	500	319
320	0:52:30	GIBBS, Oliver		Under-20 Boys	05:15.0	367	320
321	0:52:31	DAVIES, Adrian	City of London Police		05:15.1	56	321
322	0:52:42	MARTIN, Sally		Under-20 Girls	05:16.2	297	322
323	0:52:43	CASSAM, Jude		Vet 35 Ladies	05:16.3	321	323
324	0:52:47	SLEATH, Jenny			05:16.7	528	324
325	0:52:48	BAYLISS, Jane	Chepstow	Vet 45 Ladies	05:16.8	292	325
326	0:52:49	LATHAM, David			05:16.9	103	326
327	0:52:50	SHORT, Peter		Vet 50 Men	05:17.0	238	327
328	0:52:54	ASHTON, Gerry	Chepstow	Vet 50 Men	05:17.4	118	328
329	0:53:10	PEARCE, Mark		Vet 40 Men	05:19.0	235	329
330	0:53:10	GRAY, Mike		Vet 40 Men	05:19.0	148	330
331	0:53:16	WILLIAMS, Melany			05:19.6	468	331
332	0:53:27	RICHARDS, Andrew			05:20.7	92	332
333	0:53:36	ENTICORT, Stephen			05:21.6	543	333
334	0:53:37	JOHNSON, Clare	Les Croupiers	Vet 55 Ladies	05:21.7	254	334
335	0:53:39	TOTTLE, Eryl	Llisswerry Runners		05:21.9	42	335
336	0:53:41	BIRCH, Coleen	Islwyn Running Club		05:22.1	540	336
337	0:53:46	ANDREWS, Jonathan			05:22.6	87	337
338	0:53:54	GALE, Trish		Vet 35 Ladies	05:23.4	219	338
339	0:53:54	COMAN, Brian		Vet 50 Men	05:23.4	218	339
340	0:53:58	CORN, Ken		Vet 40 Men	05:23.8	431	340
341	0:53:59	YOUNG, Darren			05:23.9	398	341
342	0:54:00	DANIELSEN, Erik		Vet 40 Men	05:24.0	3	342
343	0:54:12	TANDY, Alistair		Vet 40 Men	05:25.2	166	343
344	0:54:22	JONES, Jacqueline	Islwyn Running Club	Vet 35 Ladies	05:26.2	522	344
345	0:54:31	DAVISON, Lizzie		Under-20 Girls	05:27.1	342	345
346	0:54:31	WILD, Matthew		Under-20 Boys	05:27.1	405	346
347	0:54:40	WESTHEAD, Steve		Vet 40 Men	05:28.0	382	347
348	0:54:41	VAUGHAN, Rob		Vet 50 Men	05:28.1	10	348
349	0:54:42	WILLIAMS, Natasha	Chepstow	Vet 35 Ladies	05:28.2	221	349
350	0:54:45	WEAVER, C.			05:28.5	244	350
351	0:54:45	STEVENSON, Katie	Les Croupiers		05:28.5	102	351
352	0:54:51	IKKALA, Tatja		Under-20 Girls	05:29.1	355	352

353	0:54:56	PUGH, Les		Vet 50 Men	05:29.6	427	353
354	0:55:04	BARTLETT, Ann		Vet 45 Ladies	05:30.4	12	354
355	0:55:07	BROWN, Sian		Vet 45 Ladies	05:30.7	237	355
356	0:55:11	THOMAS, Cecilia		Vet 45 Ladies	05:31.1	471	356
357	0:55:12	GIBBONS, Lee			05:31.2	544	357
358	0:55:15	FRANKLIN, Gillian			05:31.5	139	358
359	0:55:24	JARRETT, Peter			05:32.4	88	359
360	0:55:26	MCKENZIE, Malcolm		Vet 50 Men	05:32.6	5	360
361	0:55:28	HOUGH, Sue	Chepstow		05:32.8	67	361
362	0:55:33	WILLIAMS, Elizabeth		Vet 45 Ladies	05:33.3	101	362
363	0:55:37	SEMPLE, Martin		Vet 40 Men	05:33.7	444	363
364	0:55:38	PRATT, Aranka		Vet 55 Ladies	05:33.8	142	364
365	0:55:39	NEWMAN, Tracey	Les Croupiers	Vet 35 Ladies	05:33.9	96	365
366	0:55:40	AIREY, David		Vet 40 Men	05:34.0	312	366
367	0:55:45	WILLIAMS, Rhydian		Vet 50 Men	05:34.5	372	367
368	0:55:55	EVANS, Clive		Vet 60 Men	05:35.5	248	368
369	0:56:01	LAVENDER, Jane	Tunbridge Wells Harrier	Vet 45 Ladies	05:36.1	194	369
370	0:56:07	HENDRY, Joanna	Penarth & Dinas Runners	Vet 35 Ladies	05:36.7	225	370
371	0:56:14	WILLIAMS, Julie		Vet 45 Ladies	05:37.4	122	371
372	0:56:20	Unregistered Competitor		NDB	05:38.0		372
373	0:56:21	ORAM, Richard			05:38.1	555	373
374	0:56:22	Unregistered Competitor		NDB	05:38.2		374
375	0:56:22	Unregistered Competitor		NDB	05:38.2		375
376	0:56:27	Unregistered Competitor		NDB	05:38.7		376
377	0:56:27	CAVENEY, Sandra	Les Croupiers	Vet 35 Ladies	05:38.7	258	377
378	0:56:31	Unregistered Competitor		NDB	05:39.1		378
379	0:56:32	Unregistered Competitor		NDB	05:39.2		379
380	0:56:35	CRAWFORTH, Elaine	Army (MOD UK)		05:39.5	246	380
381	0:56:36	HATHER, Cath	Brackla Harriers	Vet 35 Ladies	05:39.6	294	381
382	0:56:37	LEWIS, John	old parish running club		05:39.7	305	382
383	0:56:37	THOMAS, John Philip		Vet 40 Men	05:39.7	178	383
384	0:56:46	CLARKE, J.		Vet 50 Men	05:40.6	461	384
385	0:56:46	JENSEN, Linda		Vet 35 Ladies	05:40.6	83	385
386	0:56:54	MEDLICOTT, Sarah		Vet 35 Ladies	05:41.4	50	386
387	0:57:05	ROBERTS, Anne		Vet 45 Ladies	05:42.5	164	387
388	0:57:10	DAVIES, Gareth			05:43.0	55	388
389	0:57:33	DAVIES, Ceri-Anne	Pontypridd Roadents AC	Vet 35 Ladies	05:45.3	268	389
390	0:57:34	KHANOM, Hussana			05:45.4	153	390
391	0:57:35	EDWARDS, Kimberley			05:45.5	205	391
392	0:57:36	KILLICK, Richard		Vet 50 Men	05:45.6	21	392
393	0:57:45	ALEXANDER, Lesley	Brackla Harriers	Vet 45 Ladies	05:46.5	322	393
394	0:57:48	DAVIES, Mark			05:46.8	54	394
395	0:58:06	Unregistered Competitor		NDB	05:48.6		395
396	0:58:27	HUDD, Simon			05:50.7	379	396
397	0:58:27	MITCHELL, Louisa			05:50.7	163	397
398	0:58:29	SOULSBY, John		Vet 60 Men	05:50.9	157	398
399	0:58:29	STEPHENSON, Pauline		Vet 45 Ladies	05:50.9	47	399
400	0:58:38	WILLIAMS, Nicola			05:51.8	52	400
401	0:58:54	MALLEN, Liz		Vet 35 Ladies	05:53.4	239	401
402	0:58:56	FORD, Brian		Vet 60 Men	05:53.6	527	402
403	0:58:58	AIREY, Chris		Under-20 Boys	05:53.8	309	403
404	0:59:08	WILCOX, Andrea			05:54.8	114	404
405	0:59:10	PIESSENS, Monika		Under-20 Girls	05:55.0	339	405
406	0:59:20	SOULSBY, Anne		Vet 45 Ladies	05:56.0	156	406
407	0:59:38	WILLIAMS, Ali			05:57.8	517	407
408	0:59:38	MACKEN, Sasha			05:57.8	516	408
409	0:59:43	WILLIAMS, Helen		Vet 45 Ladies	05:58.3	143	409
410	1:00:16	REGAN, Peter		Vet 40 Men	06:01.6	456	410
411	1:00:20	CHAPPELLE, Jane		Vet 35 Ladies	06:02.0	93	411
412	1:00:26	NEWMAN, ?	Les Croupiers	Vet 50 Men	06:02.6	251	412
413	1:00:39	DICKSON, Cheryl		Vet 35 Ladies	06:03.9	94	413
414	1:00:39	BURN, Sheran		Vet 35 Ladies	06:03.9	95	414
415	1:00:41	TAPPER, David R.	Islwyn Running Club	Vet 50 Men	06:04.1	228	415
416	1:00:52	WILLIAMS, Elaine	Islwyn Running Club	Vet 45 Ladies	06:05.2	105	416
417	1:00:53	MORRIS-JONES, Dilys		Vet 45 Ladies	06:05.3	277	417
418	1:01:09	MOORE, Winnie	Sospan Road Runners	Vet 55 Ladies	06:06.9	231	418
419	1:01:17	Unregistered Competitor		NDB	06:07.7		419
420	1:01:17	TURNER, Eleanor			06:07.7	465	420
421	1:01:20	TURNER, Arthur		Vet 50 Men	06:08.0	466	421
422	1:01:21	VITOLO, Lydia			06:08.1	90	422
423	1:01:21	VITOLO, Louisa			06:08.1	91	423
424	1:01:30	GRIFFITHS, Huw		Vet 40 Men	06:09.0	150	424

425	1:01:31	Unregistered Competitor		NDB	06:09.1		425
426	1:01:39	BRASSINGTON, Meryem			06:09.9	53	426
427	1:01:40	WILLIAMS, Nigel		Vet 40 Men	06:10.0	460	427
428	1:01:58	MCGRANAGHAN, L.		Vet 45 Ladies	06:11.8	137	428
429	1:01:59	SMITH, Linda		Vet 35 Ladies	06:11.9	482	429
430	1:02:08	MORRIS, Shirley		Vet 45 Ladies	06:12.8	109	430
431	1:02:08	MORRIS, Dai		Vet 40 Men	06:12.8	108	431
432	1:02:11	MARSHALL, Kathryn		Vet 35 Ladies	06:13.1	59	432
433	1:02:12	SHORE, Laura		Vet 35 Ladies	06:13.2	44	433
434	1:02:29	BROPHY, Laurence	Bridgend	Vet 60 Men	06:14.9	411	434
435	1:02:41	WALKER, Julia		Under-20 Girls	06:16.1	364	435
436	1:02:41	MUSTHAQ, Fathima		Under-20 Girls	06:16.1	365	436
437	1:02:41	WILLUMSEN, Sally			06:16.1	216	437
438	1:02:46	NORTHCROFT, Sile		Vet 35 Ladies	06:16.6	124	438
439	1:03:06	PALMER, Carol	Newport Harriers	Vet 55 Ladies	06:18.6	525	439
440	1:03:19	HOSKINS, Wayne	Islwyn Running Club	Vet 40 Men	06:19.9	86	440
441	1:03:32	WILLCOCK, Andy		Vet 40 Men	06:21.2	76	441
442	1:03:33	MILLINGTON, Anne		Vet 35 Ladies	06:21.3	75	442
443	1:03:48	Unregistered Competitor		NDB	06:22.8		443
444	1:03:48	CAHILL, Helen		Vet 45 Ladies	06:22.8	187	444
445	1:04:02	THOMAS, Jo			06:24.2	494	445
446	1:04:02	SNOOK, Claire			06:24.2	493	446
447	1:04:04	SYRED, Katherine	San Domenico		06:24.4	462	447
448	1:04:41	SULAIMAN, Daniel		Under-20 Boys	06:28.1	338	448
449	1:04:44	PHILLIPS, Karen	Les Croupiers	Vet 35 Ladies	06:28.4	261	449
450	1:04:46	MILLWARD, Liz		Vet 35 Ladies	06:28.6	206	450
451	1:04:56	AUBREY, Alexandra		Vet 35 Ladies	06:29.6	256	451
452	1:05:00	JONES, Tim		Vet 40 Men	06:30.0	326	452
453	1:05:00	JONES, Claire		Vet 35 Ladies	06:30.0	327	453
454	1:05:35	MALIK, Gauran		Under-20 Boys	06:33.5	408	454
455	1:06:13	JAMES, Tim	Les Croupiers		06:37.3	4	455
456	1:07:09	PASCOE, Catrin			06:42.9	393	456
457	1:07:34	CAPLE, Philip		Vet 40 Men	06:45.4	455	457
458	1:08:38	OUDEJANS, Petra			06:51.8	172	458
459	1:08:57	JAMES, Gerwyn		Vet 40 Men	06:53.7	121	459
460	1:09:34	TOWNHILL, Sharon			06:57.4	490	460
461	1:09:34	FAGG, Michelle			06:57.4	491	461
462	1:10:04	NAGRANI, Geeta		Under-20 Girls	07:00.4	350	462
463	1:10:10	CARTER, Mark			07:01.0	212	463
464	1:10:11	CARTER, Sarah		Vet 35 Ladies	07:01.1	213	464
465	1:10:19	FILIPPONI, Maria Teresa		Vet 35 Ladies	07:01.9	17	465
466	1:10:19	JENKINS, Melissa			07:01.9	171	466
467	1:12:00	SIMPSON, Martyn			07:12.0	99	467
468	1:15:42	OCONNOR, Laurian	port talbot	Vet 45 Ladies	07:34.2	449	468
469	1:15:42	DAW, Susan	port talbot	Vet 45 Ladies	07:34.2	450	469
470	1:18:12	REES, Philip		Vet 50 Men	07:49.2	388	470

There were 470 finishers in the All Competitors category.