

HSBC City of Cardiff 10Km

7th September 2008 (C ~ Corporate Team)

Results

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime
1	1461	Tom Humphries	M23	Cannock & Staffs	0:29:45	0:29:45	53	938	Michael Dury	M32	Islwyn RC	0:36:30	0:36:33
2	13	Jean Ndayassenga	M24		0:30:22	0:30:23	54	1267	Mick McGeoch	M53	Les Croupiers RC	0:36:32	0:36:35
3	12	Rob Bugden	M23	Bristol & West	0:30:25	0:30:26	55	1888	Scott Howell	M48	Les Croupiers RC	0:36:34	0:36:37
4	3	Jonathan Wills	M30	Bristol & West AC	0:30:26	0:30:26	56	1240	Huw Roberts	M51	Bridgend AC	0:36:41	0:36:42
5	777	Kevin Heywood	M29	Bristol & West	0:30:35	0:30:35	57	1453	Emyr Roberts	M34		0:36:45	0:36:56
6	16	Kassa Tadesse	M21		0:31:09	0:31:09	58	663	Phillip Jenkins	M44	Bridgend AC	0:36:55	0:36:57
7	1413	Mark Jenkin	M29		0:31:09	0:31:09	59	1326	Steve Reading	M35		0:36:57	0:37:01
8	22	Carwyn Jones	M28	Cardiff AC	0:31:09	0:31:10	60	845	David Hoole	M44	Penarth & Dinas Runners	0:37:03	0:37:08
9	10	Lewys Hobbs	M26	Swansea AC	0:31:24	0:31:24	61	20	Leah Dixon	F23	Neath Harriers	0:37:13	0:37:14
10	2	Daniel Steven	M20	Cardiff AC	0:31:25	0:31:26	62	723	Peter Emmett	M23	LIF Group	0:37:11	0:37:16
11	916	Daniel Gurmin	M24	Swansea	0:31:35	0:31:35	63	689	Martin Williams	M44	Les Croupiers RC	0:37:16	0:37:20
12	5	Marc Hobbs	M26	Swansea Harriers	0:31:54	0:31:55	64	1782	Stuart McLroy	M36	Les Croupiers RC	0:37:17	0:37:22
13	1696	David Roper	M23		0:31:57	0:31:58	65	200	Mark Curtis	M0	Welsh Power Group	0:37:26	0:37:29 C
14	17	Joseph Kibbor	M22		0:32:07	0:32:07	66	1235	Jamie Rees	M28		0:37:29	0:37:31
15	23	Matt Collins	M29		0:32:24	0:32:26	67	1628	Attila Lesti	M33		0:37:39	0:37:43
16	1876	Julian Baker	M39	Les Croupiers RC	0:32:36	0:32:37	68	1445	Matthew Clarke	M22		0:37:35	0:37:47
17	1704	Peter Grist	M24	Wells City	0:32:40	0:32:41	69	1416	Daniel Harris	M25		0:37:48	0:37:50
18	1075	Phillip Matthews	M29	Swansea AC	0:32:43	0:32:44	70	18	Asaf Meghje	M28		0:37:47	0:37:52
19	19	Tom Marsh	M33		0:32:47	0:32:48	71	1757	Aidan O'Callaghan	M33	Cardiff AC	0:37:55	0:37:56
20	1707	Chris Discombe	M28	Les Croupiers RC	0:32:49	0:32:49	72	520	Amy Reynolds	F25		0:37:55	0:38:00
21	1254	Gary Hope	M40	Severn AC	0:32:51	0:32:52	73	641	Phil Meyler	M53	Pontypridd Roadents	0:37:58	0:38:01
22	1708	Stephen Paterson	M30	San Domenico RRC	0:33:06	0:33:07	74	1259	David Garner	M17		0:37:54	0:38:04
23	555	Richard Bullen	M47	Les Croupiers RC	0:33:09	0:33:12	75	1794	Julian Carter	M41	Les Croupiers RC	0:37:59	0:38:05
24	21	Lewys Winfield Young	M29		0:33:19	0:33:21	76	655	Joseph Beech	M17		0:37:43	0:38:11
25	596	Damian Carr	M25	Kettering Town Harriers	0:33:24	0:33:25	77	1732	Peter Morton	M22		0:38:09	0:38:13
26	24	Mark Jennings	M34		0:33:25	0:33:26	78	1504	David Cotes	M48		0:38:14	0:38:18
27	1277	Peter Coles	M46	Pontypridd Roadents	0:33:25	0:33:27	79	1255	Kelvin Jones	M45	Bridgend AC	0:38:15	0:38:19
28	7	Owain Matthews	M26		0:33:36	0:33:37	80	1592	Phil Davies	M44		0:38:17	0:38:20
29	742	Stuart Crees	M30	Les Croupiers RC	0:33:43	0:33:45	81	691	Ann Thomas	F41	TROTS St Clears	0:38:18	0:38:21
30	1070	Paul Talbot	M41	Neath Harriers	0:34:04	0:34:06	82	1666	Mike Taylor	M43		0:38:20	0:38:24
31	1784	Patrick Kavanagh	M34	Tipton Harriers	0:34:15	0:34:16	83	808	Martin George	M32		0:38:20	0:38:25
32	1743	Stephen Rose	M36	Team Bath	0:34:20	0:34:21	84	1253	Arthur Johns	M59	Poole Runners	0:38:21	0:38:25
33	1218	Lee Ladd	M20		0:34:30	0:34:31	85	1468	Paul Sperrin	M50		0:38:27	0:38:27
34	665	Peter Ryder	M26	Cardiff AC	0:34:41	0:34:42	86	1176	Adrian Weaver	M30		0:38:15	0:38:38
35	1331	Alun Wood	M39	Bridgend AC	0:34:42	0:34:45	87	196	Simon Young	M0	Welsh Power Group	0:38:40	0:38:43 C
36	1774	Huw Jenkins	M31		0:34:47	0:34:49	88	1636	Jonathan Komor	M19		0:38:43	0:38:46
37	1669	Phillip Kendrick	M46	Breacon	0:34:48	0:34:50	89	1329	Paul Griffiths	M41	Neath Harriers	0:38:45	0:38:48
38	1638	Phil Tugwell	M25		0:34:51	0:34:53	90	1848	No Entry Details	U0		0:38:41	0:38:48
39	1214	Tim Lewis	M40	Bridgend AC	0:35:04	0:35:07	91	755	Laurence Humphreys	M26		0:38:44	0:38:52
40	1611	Mike Lewis	M42		0:35:12	0:35:15	92	743	Robert Bamsey	M54	Neath Harriers	0:38:51	0:38:53
41	671	Alan Davies	M56		0:35:15	0:35:16	93	1447	Alun Rees	M34		0:38:57	0:39:00
42	1	Rebekah Randell	F31	Bristol & West AC	0:35:17	0:35:18	94	1585	Michael Havard	M42		0:38:48	0:39:01
43	1164	Symon Murphy	M27		0:35:25	0:35:27	95	255	Alan Thomas	M0	Fire Service Team 1	0:38:47	0:39:04 C
44	694	Scott Evans	M32	Sospan RR	0:35:25	0:35:28	96	1051	Gerard Crispie	M46		0:39:05	0:39:09
45	778	Paul Halford	M34		0:35:47	0:35:49	97	1042	James King	M34		0:38:52	0:39:09
46	1433	Peter Crane	M46		0:35:53	0:35:55	98	1741	Nicholas Bower	M39	Bath	0:39:13	0:39:18
47	1372	Owen Haynes	M43		0:35:58	0:35:55	99	300	Martin Hughes-Dowdle	M0	Fujitsu Services	0:39:19	0:39:21 C
48	14	Debbie Walters	F0		0:35:59	0:36:00	100	1508	Graham Bond	M44		0:39:16	0:39:22
49	1667	Richard Phillips	M35	Victory AC	0:36:01	0:36:03	101	191	Patrick Faile	M26	ARUP Cardiff	0:39:13	0:39:30 C
50	1569	Paul Bradshaw	M20		0:36:14	0:36:16	102	1501	John Diffey	M44	Les Croupiers RC	0:39:33	0:39:38
51	1178	Jon Norris	M21		0:36:23	0:36:23	103	626	Clare Phillips	F39	Swansea Harriers	0:39:34	0:39:38
52	530	David Hodgins	M39		0:36:26	0:36:30	104	257	Gareth Green	M0	Fire Service Team 1	0:39:32	0:39:39 C

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime
105	573	Peter Moody	M64	Carmarthen Harriers	0:39:32	0:39:39	163	1746	Brian James	M46		0:41:51	0:41:57
106	1510	John Beumont	M36		0:39:30	0:39:40	164	190	Simon Pickard	M46	ARUP Cardiff	0:41:51	0:41:59 C
107	999	Brian Richardson	M50		0:39:35	0:39:43	165	684	Ira Rainey	M38	Bitton RR	0:41:39	0:42:02
108	1234	Laurence Pearce	M32		0:39:35	0:39:43	166	1328	Paul Calabrese	M30	Bitton RR	0:41:39	0:42:02
109	1859	Hywell White	M35		0:39:35	0:39:45	167	1821	Russell Finch	M43		0:41:52	0:42:02
110	1612	Jamie Seekings	M30		0:39:41	0:39:45	168	238	Judith Van Der Voort	F45	Children's Kidney Centre	0:42:02	0:42:07 C
111	1847	Matt Hurford	M35	Les Croupiers RC	0:39:42	0:39:47	169	1256	John Rogers	M43		0:42:00	0:42:12
112	1160	Michael Halsall	M35	Llanelli AC	0:39:52	0:39:52	170	1842	Simon Rolfs	M27		0:42:01	0:42:21
113	862	Tom Hall	M40		0:39:50	0:39:54	171	1479	Gareth Scriven	M27		0:41:47	0:42:22
114	1521	Peter Davies	M15		0:39:28	0:39:55	172	896	Ian Law	M0		0:42:15	0:42:24
115	1623	Richard Laydon	M44		0:39:44	0:39:56	173	545	Eifion Owen	M53		0:42:14	0:42:25
116	260	Russell Ball	M0	Fire Service Team 1	0:39:51	0:39:57 C	174	948	Lloyd Harris	M15		0:42:22	0:42:27
117	1574	Alun Evans	M43		0:39:58	0:40:00	175	1620	Gareth Hall	M28		0:42:06	0:42:28
118	1851	Alex Williams	M40	RRC	0:40:01	0:40:05	176	1868	David Peacock	M39		0:41:58	0:42:28
119	284	Oliver Jenkins	M0	HSBC Team 2	0:40:00	0:40:08 C	177	1678	Richard Sewell	M51	Les Croupiers	0:41:41	0:42:30
120	1472	Tammy Lewis-Jones	F38	NWRR	0:40:06	0:40:10	178	1356	John Culling	M44		0:42:17	0:42:33
121	11	Satu Haikala	F39	Breacon	0:40:09	0:40:12	179	674	Tim Reese	M45	Lliswerry Runners	0:42:33	0:42:33
122	161	Dean Roberts	M39	Peter Evans & Associates	0:39:51	0:40:16 C	180	1730	Julia Tysoe	F39		0:42:34	0:42:39
123	673	Paul Morris	M49	Les Croupiers RC	0:40:22	0:40:27	181	1896	Phill Lund	M32		0:42:06	0:42:47
124	1173	Andrew Hulcoop	M41		0:40:07	0:40:28	182	702	Peter Kempshall	M30		0:42:42	0:42:47
125	1443	James Harvey	M29		0:40:28	0:40:31	183	119	David Jarvis	M43	Cogent	0:42:44	0:42:49 C
126	512	James Potts	M40		0:40:23	0:40:31	184	1406	Christopher Morgan	M40		0:42:42	0:42:51
127	1285	Peter Curran	M45		0:40:29	0:40:33	185	1731	Joseph Norman	M16		0:42:28	0:42:52
128	1835	Laura Jackson	F29		0:40:29	0:40:37	186	912	David Warrender	M38		0:42:21	0:42:53
129	1706	David Davies	M45		0:40:34	0:40:40	187	128	Daniel Humphreys	M32	Enterprise Rent A Car	0:42:41	0:42:55 C
130	1448	Lee Davies	M39		0:40:41	0:40:43	188	1431	Andy Davies	M45		0:42:52	0:42:57
131	1369	Philip Emsley	M40		0:40:39	0:40:43	189	792	Stephen Owen	M51		0:42:40	0:42:59
132	1829	Matthew Hooper	M17	Cardiff AC	0:40:41	0:40:43	190	117	Adam Abraham	M24	Cogent	0:42:48	0:43:01 C
133	1439	David Oak	M63		0:40:41	0:40:45	191	1853	Brad Keirstead	M0		0:42:26	0:43:02
134	1200	Chris Bengier	M29		0:40:36	0:40:50	192	1654	David Phelps	M21		0:42:26	0:43:03
135	1771	Paul Price	M43		0:40:35	0:40:50	193	1544	Pawel Zabinski	M25		0:43:00	0:43:04
136	529	Sharon Leech	F38	Amman Valley Harriers	0:40:51	0:40:56	194	1118	Jaroslav Witek	M30	Memory Lane Cakes	0:42:59	0:43:07
137	116	Mike Anthony	M51	Cogent	0:40:54	0:40:57 C	195	1580	David Hughes	M49		0:42:54	0:43:09
138	1806	Patrick Hoare	M41		0:40:42	0:40:59	196	1150	Jonathon Day	M0	Memory Lane Cakes	0:43:10	0:43:10
139	954	Terry Caveney	M49	Les Croupiers RC	0:40:52	0:41:01	197	1735	Rhian Rogers	F28		0:43:05	0:43:10
140	1694	Christopher Harley	M24		0:40:32	0:41:04	198	1845	James Lewindon	M31		0:42:29	0:43:10
141	184	Richard Davies	M0	Merlin Freshwater PR	0:40:56	0:41:07 C	199	1641	Robert Vass	M24		0:42:58	0:43:13
142	1175	Darren Jones	M15		0:40:52	0:41:10	200	1289	Robert Rees	M36		0:42:47	0:43:14
143	1145	Gareth Day	M0	Memory Lane Cakes	0:41:08	0:41:14	201	1555	Andrew Lock	M45		0:42:55	0:43:14
144	1207	Peter Turnbull	M44		0:41:03	0:41:17	202	1763	Stephen Pemberton	M27	Lliswerry Runners	0:43:09	0:43:15
145	841	Paul Marchant	M54		0:41:04	0:41:19	203	1231	Scott Hemmens	M29		0:43:10	0:43:16
146	1802	Geraint Evans	M24		0:41:21	0:41:28	204	144	Neil Dite	M27	Dolmans	0:42:06	0:43:19 C
147	259	Knill Baird-Murray	M0	Fire Service Team 1	0:41:14	0:41:29 C	205	554	Gareth Snook	M46	British Airways AC	0:43:16	0:43:23
148	1681	Jane Coker	F49	Les Croupiers	0:41:27	0:41:35	206	1543	Michael Kozzowski	M24		0:43:20	0:43:24
149	258	Jon Macmillian	M0	Fire Service Team 1	0:41:35	0:41:42 C	207	118	Paul Latchford	M45	Cogent	0:43:15	0:43:25 C
150	158	Paul Charles	M50	Peter Evans & Associates	0:41:36	0:41:43 C	208	1799	Jeremy Keough	M35		0:43:08	0:43:25
151	1347	Marcus Coles	M35		0:41:27	0:41:43	209	1790	Ian David	M43		0:43:19	0:43:26
152	642	Michael Davies	M58	Les Croupiers RC	0:41:27	0:41:44	210	1242	Julian Lewis	M33		0:43:06	0:43:30
153	901	Rhydian Reston	M29		0:40:50	0:41:45	211	795	Simon Parkhouse	M41		0:43:14	0:43:31
154	163	Alex Foley	M16	Peter Evans & Associates	0:41:21	0:41:46 C	212	908	Lloyd Morgan	M34	San Domenico RRC	0:42:58	0:43:32
155	1297	Stephen Granier	M40	Bristol & West AC	0:41:42	0:41:47	213	1191	Mark Butler	M21		0:42:56	0:43:34
156	214	Barny Evans	M31	White Young & Green	0:41:31	0:41:48 C	214	762	Kevin Passmore	M50		0:43:35	0:43:35
157	971	Alan Cox	M52		0:41:31	0:41:49	215	715	Andrew Owen	M45	Avon & Somerset Police	0:43:28	0:43:35
158	1414	Matthew Whitehouse	M28		0:41:32	0:41:50	216	1514	John Parsons	M33		0:43:25	0:43:35
159	115	Stewart Taylor	M48	Cogent	0:41:38	0:41:51 C	217	1174	Andrew Wheeler	M27		0:43:07	0:43:36
160	1626	Owain Williams	M23		0:41:22	0:41:52	218	227	Gareth Afford	M35	St Mellons Leisure Club	0:43:26	0:43:38 C
161	581	Alaw Beynon - Thomas	F18	Carmarthen Harriers	0:41:50	0:41:53	219	1850	Damian Pathy	M44		0:43:38	0:43:38
162	1837	Jaime Ortiz-Canavate	M38		0:41:25	0:41:55	220	1766	Simon Thomas	M35		0:43:13	0:43:39

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime	
221	924	Guy Swallow	M21		0:43:19	0:43:40	279	226	Rusell Smith	M27	St Mellons Leisure Club	0:44:58	0:45:10	C
222	1586	Eurof Davies	M43		0:43:20	0:43:40	280	1278	Leigh Taylor	M38		0:44:34	0:45:13	
223	922	Stuart Pockett	M29		0:43:37	0:43:41	281	894	David Bonas	M27		0:44:49	0:45:13	
224	1211	John Courtney	M35		0:42:06	0:43:42	282	825	Michael Thomas	M46		0:44:43	0:45:14	
225	1498	Tony Carzana	M61	Pegasus	0:43:35	0:43:43	283	1241	Darren Cheesman	M32		0:44:27	0:45:17	
226	950	Rod Harris	M43		0:43:40	0:43:46	284	1308	Amy Edwards	F27		0:45:04	0:45:17	
227	1717	Craig Hughes	M35		0:43:15	0:43:46	285	168	Paul Taylor	M37	Team Tonyrefail	0:45:12	0:45:18	C
228	732	Ben Reid	M32		0:43:44	0:43:46	286	1507	Simon Stockton	M45		0:45:17	0:45:23	
229	815	Chris Barnes	M32		0:43:45	0:43:47	287	1417	Malcolm Bradley	M58		0:45:15	0:45:24	
230	217	Russell Williams	M41	White Young & Green	0:43:15	0:43:50	288	1640	Matthew Hall	M24		0:45:11	0:45:26	
231	1590	Graham Mack	M51		0:43:44	0:43:51	289	1404	Mark Clatworthy	M37		0:44:40	0:45:26	
232	1733	Ryan Thornton	M20		0:42:45	0:43:58	290	1408	Lois Reed	F27		0:44:43	0:45:27	
233	1366	Neil Tatnell	M54		0:43:47	0:43:59	291	1452	Helen Jessop	F32		0:45:00	0:45:28	
234	159	Gerry O'Beirne	M50	Peter Evans & Associates	0:43:45	0:44:05	292	1143	Craig Weston	M21	Memory Lane Cakes	0:45:14	0:45:28	
235	1081	Steven Kircher	M41		0:44:06	0:44:06	293	1734	Matt Norman	M43		0:45:06	0:45:30	
236	1840	James Hoad	M26		0:43:46	0:44:07	294	1374	Steve Bool	M54		0:44:44	0:45:33	
237	910	Mathew Williams	M43		0:43:39	0:44:07	295	589	Steffan Thomas	M32		0:45:11	0:45:34	
238	1163	Kevin Jones	M42		0:44:04	0:44:08	296	1786	Mark Edwards	M35		0:45:07	0:45:34	
239	801	Keith Welch	M34		0:43:07	0:44:11	297	1855	Gillian Kellam	F46	Les Croupiers RC	0:45:09	0:45:35	
240	1683	Steven Dixon	M33		0:43:45	0:44:14	298	1758	Simon Hazel	M38		0:45:32	0:45:35	
241	6	Darke Simon	M50		0:43:42	0:44:17	299	1513	Liam Addy	M35		0:45:26	0:45:36	
242	1576	Antony Johansen	M45		0:44:12	0:44:17	300	1056	Michael Harry	M42		0:45:36	0:45:37	
243	1076	Chris Matthews	M45		0:43:32	0:44:19	301	915	Rachel Walsh	F30		0:45:25	0:45:39	
244	1194	Keith Gardner	M36		0:43:50	0:44:20	302	1725	Peter Jones	M51		0:45:31	0:45:39	
245	1171	Aled Roberts	M42		0:43:52	0:44:20	303	1671	Sophie Kendrick	F18		0:45:32	0:45:41	
246	699	Sarah Lauder	F28		0:44:12	0:44:22	304	779	Nick Cowley	M42		0:45:29	0:45:43	
247	148	Edward James	M23	King Sturge	0:43:55	0:44:24	305	1891	Peter Mavidimovic	M47		0:45:21	0:45:44	
248	1862	Guto Edwards	M28		0:43:59	0:44:25	306	787	Maureen Emmett	F51		0:45:45	0:45:45	
249	934	Bob Woolterton	M63	Bridgend AC	0:44:22	0:44:25	307	1693	Ed Ashley	M23		0:44:25	0:45:50	
250	669	Mike James	M50		0:44:20	0:44:27	308	201	Matthew Tucker	M0	Welsh Power Group	0:45:36	0:45:54	C
251	225	Mark Davies	M29	St Mellons Leisure Club	0:44:17	0:44:28	309	1493	Jasper Trevelyan	M38		0:44:59	0:45:55	
252	1357	Benjamin Coak	M27		0:43:58	0:44:29	310	1838	Timothy Moss	M27		0:44:55	0:45:55	
253	676	Buzz Berridge	M56		0:44:27	0:44:31	311	844	Anne Bevan	F44		0:44:27	0:45:56	
254	1488	Gareth John	M54	Les Croupiers RC	0:44:07	0:44:34	312	272	Lowri Morgan	F0	Tinopolis	0:44:38	0:45:56	C
255	1887	Jude Cassam	F42	Les Croupiers RC	0:44:23	0:44:39	313	220	Steve Snook	M0	HID Global Corp	0:45:40	0:45:57	C
256	729	Rhodri Owen	M28		0:44:15	0:44:41	314	160	Clive Denton	M40	Peter Evans & Associates	0:45:37	0:46:01	C
257	1157	Paul Williams	M29		0:44:30	0:44:42	315	1116	Robert Morgan	M26	Memory Lane Cakes	0:45:34	0:46:04	
258	1438	Nigel Morse	M40		0:43:54	0:44:42	316	175	Angela Wesley	F0	HSBC	0:46:01	0:46:09	C
259	1558	Brendan Bush	M42		0:44:36	0:44:44	317	649	Neil Davies	M36		0:45:21	0:46:11	
260	1843	Julie Scholey	F59	Les Croupiers RC	0:44:29	0:44:44	318	637	Paul Wiggins	M29		0:46:08	0:46:17	
261	351	Dean Porter	M0	Fujitsu Services	0:44:23	0:44:45	319	1336	Phillip Essewhigh	M48		0:45:54	0:46:21	
262	229	Joe Mulchay	M48	St Mellons Leisure Club	0:44:35	0:44:46	320	1470	Richard Marsh	M32		0:45:46	0:46:24	
263	1518	Alan Jefferies	M0	Swansea AC	0:44:40	0:44:48	321	794	Martyn Cooke	M36		0:46:04	0:46:24	
264	1742	Carole Bower	F39		0:44:41	0:44:48	322	1460	Paul Davies	M27		0:45:26	0:46:25	
265	1820	Nick Young	M20		0:44:36	0:44:53	323	895	Roy Board	M41		0:45:36	0:46:25	
266	746	Keith Miller	M51		0:44:16	0:44:53	324	567	Kevin Palmer	M34		0:45:38	0:46:25	
267	820	Aled Roberts	M36		0:44:56	0:44:56	325	633	Paul Chamberlain	M30		0:45:55	0:46:28	
268	1303	Gareth Beck	M41		0:44:36	0:44:59	326	615	Simon MacDuff	M35		0:46:01	0:46:28	
269	528	Bryn Thomas	M31		0:44:38	0:45:01	327	1807	Lee Darren	M24		0:45:04	0:46:28	
270	101	Gary Lockett	M31	Donate Wales	0:43:44	0:45:03	328	187	Dan Raynor	M32	ARUP Cardiff	0:46:13	0:46:29	C
271	923	Michael Dix	M54	Les Croupiers RC	0:44:25	0:45:03	329	879	Jane Lewis	F41		0:46:14	0:46:32	
272	576	Theresa Gadd	F36		0:44:52	0:45:03	330	1826	No Entry Details	U0		0:45:59	0:46:32	
273	556	Yvonne Bullen	F44	Les Croupiers RC	0:44:49	0:45:04	331	1183	Darren Ramage	M32		0:45:19	0:46:34	
274	1373	Stephen Cray	M49		0:44:58	0:45:06	332	668	James McClusky	M26		0:44:59	0:46:36	
275	920	Frank Williams	M55	Les Croupiers RC	0:44:29	0:45:07	333	1426	Martin Davies	M42		0:46:14	0:46:38	
276	1673	Jenny Topalian	F25		0:44:46	0:45:08	334	814	Michael Tong	M41		0:46:04	0:46:39	
277	1272	Simon Wooster	M41		0:44:52	0:45:09	335	1314	Hywel Davies	M37	Islwyn RC	0:46:32	0:46:42	
278	1293	Lucy Ellis	F24	Great Western Runners	0:44:45	0:45:10	336	1382	Patrick O'Halloran	M21		0:46:20	0:46:44	

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime	
337	1405	Brendan Amey-Jones	M39		0:46:23	0:46:46	395	1430	Andy Morton	M48		0:47:50	0:48:14	
338	1454	Nick Robertson	M38		0:46:15	0:46:47	396	1420	Rod Perons	M45		0:46:52	0:48:16	
339	1792	James Edwards	M26		0:45:57	0:46:47	397	914	Christopher Brazier-Evans	M32		0:48:08	0:48:16	
340	773	Eryl Jones	M42		0:46:45	0:46:50	398	837	Chris Moles	M38	Village Vipers	0:47:45	0:48:16	
341	1710	Nigel Leslie	M36		0:46:31	0:46:51	399	804	Michael Parker	M25		0:48:12	0:48:17	
342	888	Mike Spencer	M56		0:46:25	0:46:52	400	1444	Neil Kennedy	M22		0:47:24	0:48:21	
343	1334	Huw Williams	M44		0:46:03	0:46:52	401	734	Hazel Craven	F30		0:47:26	0:48:22	
344	807	Alan Mann	M51		0:46:47	0:46:53	402	607	David Austin	M51		0:46:46	0:48:26	
345	1364	Martin Gallimore	M34		0:46:12	0:46:55	403	571	Phillip Mears	M40		0:48:08	0:48:26	
346	688	Joseph Vine	M19		0:46:43	0:47:02	404	228	Richard Watson	M42	St Mellons Leisure Club	0:48:17	0:48:28	
347	1502	Nick Williams	M16		0:45:55	0:47:02	405	1440	Colin Anthony	M63		0:48:22	0:48:29	
348	784	Steven Percey	M39		0:46:05	0:47:04	406	1567	Mark Hutchings	M44		0:47:55	0:48:31	
349	1423	Tracey Sharratt	F35		0:46:34	0:47:06	407	588	Emily Luke	F29	Penarth & Dinas Runners	0:48:13	0:48:34	
350	1370	Dan Campbell	M27		0:47:06	0:47:06	408	657	Nick Golunshi	M29		0:47:16	0:48:35	
351	1822	Timothy Williams	M28		0:45:59	0:47:07	409	597	Nigel Prescott	M44		0:47:58	0:48:36	
352	1827	Jon Bell	M30		0:46:00	0:47:07	410	818	Andrea Hurman	F42		0:47:52	0:48:38	
353	188	Chris Lindley	M40	ARUP Cardiff	0:46:35	0:47:09	C	411	1392	Stephen Curtis	M40		0:48:01	0:48:39
354	575	Grant Price	M30		0:46:34	0:47:10	412	542	Kevin Williams	M52		0:48:19	0:48:41	
355	1106	Gareth Jones	M48	Memory Lane Cakes	0:46:59	0:47:11	413	1341	Thomas Spurrier	M18		0:48:12	0:48:42	
356	780	Mike Coombes	M31		0:45:17	0:47:12	414	1386	Nick Wager	M35		0:48:12	0:48:43	
357	1002	Simon Parkhouse	M41		0:46:55	0:47:13	415	1302	James Davies	M40	3M Gorseinon RR	0:47:55	0:48:43	
358	230	James Evans	M28	St Mellons Leisure Club	0:47:02	0:47:14	C	416	540	Jane Phillips	F37		0:48:25	0:48:45
359	253	Rebecca Cladworthy	F0	Co-Op	0:47:11	0:47:19	C	417	1672	Martin John	M50		0:48:08	0:48:45
360	710	Tim Willey	M39		0:46:03	0:47:20	418	561	Philip Davies	M52		0:48:25	0:48:45	
361	165	Jonathan Evans	M37	Team Tonyrefail	0:47:16	0:47:23	C	419	578	Steven Jones	M39		0:48:19	0:48:45
362	1688	Nick Speller	M45		0:47:04	0:47:25	420	599	Jimmy Doolan	M41		0:48:08	0:48:46	
363	854	Brian Phillips	M45		0:46:38	0:47:26	421	579	Mike Watkins	M44	Muller RC	0:48:23	0:48:49	
364	5001				0:47:13	0:47:27	422	1201	Adrian Binney	M43		0:48:44	0:48:49	
365	186	Anthony Kirby	M32	ARUP Cardiff	0:47:10	0:47:27	C	423	1702	Caroline Medlicott	F28		0:48:24	0:48:49
366	296	Andrew Williams	M31	Fujitsu Services	0:47:06	0:47:32	C	424	276	Jason Gill	M0	Peter Gill	0:47:47	0:48:52
367	1203	Lloyd Thomas	M20		0:46:20	0:47:33	425	687	Roderick Landymore	M62		0:48:47	0:48:55	
368	1659	Andrew Will	M32		0:47:02	0:47:34	426	1566	Steve Wells	M34		0:47:03	0:48:55	
369	181	Alan Yip	M32	Boyes Rees Architects	0:47:24	0:47:37	C	427	1310	Mary Claydon	F28		0:48:39	0:48:55
370	1886	Gwyn Jones	M44		0:47:20	0:47:42	428	1344	Peter Quinn	M56		0:48:23	0:48:56	
371	707	Marta Bona	F46		0:47:31	0:47:43	429	1469	Rebecca Marsh	F28		0:48:21	0:48:58	
372	254	Gareth Harrow	M0	Co-Op	0:47:34	0:47:43	C	430	826	Richard Davies	M43		0:48:41	0:48:59
373	252	Rhodri Thomas	M0	Co-Op	0:47:34	0:47:44	C	431	1644	Matthew Lovett	M34		0:47:24	0:49:05
374	109	Rick Porazinski	M0	AR Digital	0:47:26	0:47:45	C	432	1097	Jason Morrissey	M43	Memory Lane Cakes	0:48:53	0:49:05
375	1823	Michael Hill	M38		0:47:41	0:47:46	433	635	Andrew Bishop	M47		0:48:20	0:49:07	
376	1773	Chris Williams	M55		0:47:19	0:47:46	434	1624	Chris Maidment	F27		0:48:06	0:49:09	
377	1795	Erik Lindhardsen	M28		0:47:37	0:47:48	435	1286	James MacKichan	M27		0:47:57	0:49:11	
378	1810	Peter Tanner	M44	Great Western Runners	0:47:24	0:47:49	436	1066	Carol Sullivan	F35		0:48:43	0:49:13	
379	1762	Keith Davies	M50	Heolddu Comp	0:47:54	0:47:54	437	1311	Lucy Dolman	F28		0:49:14	0:49:14	
380	515	Dan Cherry	M28		0:47:11	0:47:56	438	646	Michael Hall	M39		0:48:02	0:49:14	
381	1537	Ross Flanigan	M40		0:47:46	0:47:56	439	1630	James Foster	M27		0:47:42	0:49:15	
382	1720	Simon Sparks	M41		0:47:05	0:47:57	440	1759	Gerard Boyle	M23		0:48:02	0:49:15	
383	1768	Malcolm Cox	M58	Griffiths Town H	0:47:34	0:47:59	441	1146	Katarzyna Ignarska	U27	Memory Lane Cakes	0:49:08	0:49:17	
384	1798	James Cartwright	M18		0:47:24	0:48:00	442	1379	Brian Cotton	M32		0:48:15	0:49:18	
385	855	Steve Hill	M45		0:47:42	0:48:02	443	1764	David Bicker	M42		0:48:19	0:49:19	
386	1765	Karen Jones	F43		0:47:22	0:48:03	444	189	Sierra Javier	M31	ARUP Cardiff	0:48:58	0:49:21	
387	1705	Simon Biggs	M31		0:47:07	0:48:04	445	1047	Lee Cannan	M29		0:48:49	0:49:23	
388	294	Arnaud Goldenberg	M28	Team Novotel	0:47:51	0:48:05	C	446	611	Martin Donovan	M48		0:48:39	0:49:23
389	1785	David MacDonald	M28		0:47:05	0:48:07	447	1166	Tim Davies	M47		0:48:04	0:49:24	
390	1190	Lee McLaren	M20		0:46:52	0:48:08	448	1724	Stephen Johnson	M50		0:48:27	0:49:25	
391	1736	Jason Kwong	M17		0:47:26	0:48:08	449	708	Dennis Blunt	M61		0:49:14	0:49:29	
392	1814	Adam Lancaster	M29		0:47:04	0:48:11	450	701	Matthew Mallett	M33		0:48:16	0:49:31	
393	1714	Graham Roblin	M44		0:47:23	0:48:12	451	904	Geraint Rees	M28		0:49:03	0:49:31	
394	1872	Darren Thomas	M0		0:47:46	0:48:13	452	1751	David Evans	M45		0:48:17	0:49:35	

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime
453	1781	Kevin Fulthorpe	M54	160 Brgde Army	0:49:31	0:49:38	511	1530	Leslie Hatfield	F44		0:50:12	0:50:34
454	1551	Sue Charles	F34		0:49:31	0:49:39	512	1245	Brian Kerry	M28		0:49:58	0:50:35
455	1148	Sarah Thomas	F0	Memory Lane Cakes	0:49:30	0:49:39	513	151	Richard Nicholas	M39	King Sturge	0:50:07	0:50:37
456	1003	Sarah Parkhouse	F40		0:49:23	0:49:40	514	1881	Huw Morris	M48		0:50:10	0:50:40
457	1209	Rhian Mooneeram	F37		0:49:13	0:49:41	515	1161	A Davies	F48		0:50:22	0:50:40
458	1582	Steve Goodfellow	M45		0:48:03	0:49:41	516	621	Michael Williams	M32		0:49:39	0:50:41
459	1088	Michael Meloed	M17		0:49:08	0:49:45	517	1570	Owen Stinton	M27		0:49:40	0:50:41
460	1323	Shelagh Adkins	F61		0:49:22	0:49:45	518	1729	Matt Smith	M20		0:49:27	0:50:41
461	719	Simon Kenny	M33		0:48:57	0:49:47	519	1136	Alex Wheeler	U26	Memory Lane Cakes	0:49:46	0:50:42
462	583	Rob Jones	M50	Chepstow Harriers	0:49:01	0:49:48	520	1520	Wendy White	F40		0:50:13	0:50:44
463	157	Richard Saunders	M30	Panasonic	0:48:41	0:49:49	521	1643	David Morgan	M48		0:50:40	0:50:45
464	1383	Becky Griffiths	F31		0:48:31	0:49:49	522	744	David Thomas	M42		0:50:08	0:50:47
465	1436	Matt Regan	M25		0:49:23	0:49:50	523	869	Dawn Howles	F40		0:50:09	0:50:49
466	587	Tyrone Pope	M34		0:48:48	0:49:50	524	1747	Peter Vidler	M47	Keylet	0:50:30	0:50:50
467	1449	Suzanne Carpenter	F48		0:49:11	0:49:51	525	852	Ian Wakefield	M30		0:50:31	0:50:50
468	126	Cara Dowden	F21	Enterprise Rent A Car	0:49:34	0:49:53	526	197	Lee Hewiston	M0	Welsh Power Group	0:49:22	0:50:51
469	925	Elliot Swallow	M17		0:49:25	0:49:54	527	1878	Ioan Prydderch	M35		0:50:37	0:50:51
470	1752	Graeme Todd	M44	Newt	0:49:37	0:49:54	528	110	Alex Porazinski	M0	AR Digital	0:50:32	0:50:51
471	1457	Stephen Gingell	M45		0:49:12	0:49:54	529	1335	Peter Symmons	M58		0:50:30	0:50:52
472	1396	Rachel Newbould	F24		0:49:24	0:49:55	530	1738	Gavin Hargrave	M27		0:49:54	0:50:53
473	1476	Daniel Reilly	M23		0:48:37	0:49:55	531	1895	Barnaby Pathy	M0		0:50:20	0:50:54
474	1226	Rob Vale	M32		0:49:21	0:49:56	532	1670	Suzanne Kendrick	F46		0:50:44	0:50:54
475	525	Andy Wales	M39		0:49:00	0:49:57	533	182	Mitchell Gadd	M0	Merlin Freshwater PR	0:50:35	0:50:54
476	1809	Rob Draper	M22	Mcmillan	0:48:33	0:49:58	534	670	Lisa Cousins	F36		0:50:11	0:50:55
477	177	Alan Pyke	M58	Boyes Rees Architects	0:49:45	0:49:58	535	675	Gary Smith	M50		0:50:15	0:50:56
478	527	Peter Young	M56		0:49:08	0:49:58	536	1410	Paul Douglas	M34		0:50:10	0:50:57
479	1769	Ian O'Sullivan	M27		0:49:08	0:49:59	537	562	Nigel Davies	M50		0:50:30	0:50:58
480	1780	Matthew Leeke	M26		0:49:11	0:50:01	538	1563	Pierre-Micha Delamotte	M35		0:50:27	0:50:59
481	1674	Roland Adams	M53		0:49:39	0:50:04	539	1129	Daniel Simpson	M26	Memory Lane Cakes	0:50:03	0:51:01
482	1087	Benjamin Glazier	M38		0:49:27	0:50:05	540	1776	Michael Pope	M25		0:51:02	0:51:02
483	953	Joanne Davies	F20		0:49:48	0:50:05	541	136	Sarah Porter	F0	William Graham Law Ltd	0:49:43	0:51:02
484	1760	Ian Wallace	M47	S.W. P.	0:49:35	0:50:05	542	185	Steve Howell	M0	Merlin Freshwater PR	0:51:07	0:51:07
485	952	Neil Davies	M51		0:49:49	0:50:06	543	1269	Francine Clark	M38		0:51:01	0:51:08
486	1398	John Lewis	M46		0:49:25	0:50:06	544	1281	Kellinu Portelli	M43	Les Croupiers RC	0:51:02	0:51:08
487	1250	Liz Wilding	F0		0:49:43	0:50:07	545	714	Bronwen Boyce	F32		0:50:26	0:51:09
488	1463	Marc Coombe	M29		0:49:41	0:50:08	546	1048	Rick Hamer	M29		0:50:36	0:51:09
489	1833	Mark Wheeler	M30		0:48:47	0:50:09	547	1393	Christopher Webber	M31		0:50:14	0:51:10
490	215	Christian Burns	M25	White Young & Green	0:49:35	0:50:10	548	267	Amanda Francesco	F0	Donate Wales	0:50:54	0:51:11
491	726	Pete Phillips	M25		0:49:18	0:50:13	549	149	Richard Smith	M35	King Sturge	0:50:46	0:51:15
492	1152	David Griffiths	M0		0:49:26	0:50:13	550	1552	Colin Rodgerson	M58		0:50:12	0:51:15
493	1394	Paul Glover	M44		0:49:27	0:50:14	551	1233	Lucy Merredy	F24		0:50:45	0:51:18
494	911	Jeremy Ashdown	M34		0:49:34	0:50:15	552	1280	Ben Thomas	M29		0:50:44	0:51:18
495	1680	Matthew Sewell	M28		0:49:25	0:50:15	553	250	Matthew Jones	M0	Co-Op	0:51:10	0:51:19
496	577	Vicki Morgan	F38	Royal Forest Of Dean AC	0:50:05	0:50:17	554	1546	Robert Watkins	M39		0:50:15	0:51:19
497	929	Alan Wilks	M42		0:50:03	0:50:18	555	1711	Jonathan Thomas	M46		0:50:10	0:51:19
498	208	Nathan Angell	M28	Saracens RFC	0:48:47	0:50:19	556	1869	Michael Henderson	M46		0:50:11	0:51:20
499	1193	Louise Eakins	F37		0:49:25	0:50:19	557	868	Tom Howles	M15		0:50:40	0:51:21
500	851	Jenny Buckland	M41		0:49:19	0:50:20	558	1441	Caroline Clark	F37		0:51:03	0:51:22
501	850	Ruth Sutton	F33		0:49:41	0:50:21	559	1446	Adrian Kay	M37		0:50:35	0:51:23
502	881	Azriel Abramovich	M36		0:50:21	0:50:21	560	1800	John Kelly	M48		0:51:05	0:51:27
503	964	Stephen Bartlett	M47		0:49:36	0:50:24	561	1601	Michelle McCully	F29		0:51:20	0:51:29
504	1260	Edward Garner	M49		0:50:07	0:50:24	562	1125	Kevin Binns	M38	Memory Lane Cakes	0:51:01	0:51:31
505	1142	Matthew Lloyd	M21	Memory Lane Cakes	0:50:11	0:50:26	563	1304	Peter Hopson	M38		0:50:35	0:51:31
506	1227	John-Paul Barker	M35		0:50:13	0:50:26	564	207	Aled Jones	M25	Saracens RFC	0:50:01	0:51:33
507	1257	Gethyn Evans	M54		0:50:00	0:50:27	565	1660	Rob Lewis	M43		0:51:24	0:51:34
508	1409	Sarah Cann	F32		0:49:54	0:50:28	566	1248	Arthur Cadman	M36		0:49:59	0:51:37
509	1489	Catherine Hayes	F41		0:49:51	0:50:31	567	507	Brigid Eades	F16		0:51:09	0:51:38
510	731	Robert Cawley	M39		0:50:08	0:50:33	568	1050	David Gower	M50		0:50:44	0:51:39

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime		
569	1748	Daniel Kenneally	M38		0:50:29	0:51:43	626	162	Christopher Johnson	M24	Peter Evans & Associates	0:52:29	0:52:53	C	
570	945	Denys Macdonald	M58		0:50:42	0:51:44	627	1271	Charles Davies	M64		0:51:43	0:52:54		
571	293	Dafydd Lloyd	M20	Team Novotel	0:51:30	0:51:44	C	628	827	Cerys Young	F28		0:52:36	0:52:55	
572	781	Andy Smith	M33		0:51:35	0:51:46		629	932	Pauline Thomas	F66	TROTS St Clears	0:52:00	0:53:00	
573	211	Ian McGarry	M27	Saracens RFC	0:50:16	0:51:47	C	630	1819	Darren Watkins	M37		0:52:19	0:53:01	
574	1232	Kevin O'Leary	M49		0:50:34	0:51:48		631	677	Michael Renwick	M60	Penarth & Dinas Runners	0:52:06	0:53:03	
575	653	Richard Beech	M48		0:51:13	0:51:49		632	991	Steven Percey	M39		0:51:37	0:53:04	
576	564	Wayne Edmond	M57		0:50:43	0:51:50		633	1246	David Taylor	M41		0:51:44	0:53:04	
577	153	Daniyel Parish	M35	Panasonic	0:50:45	0:51:50	C	634	1865	Robin Davies	M62		0:52:30	0:53:05	
578	133	Nick Owen	M0	William Graham Law Ltd	0:50:31	0:51:51	C	635	634	Jane Williams	F40		0:52:23	0:53:05	
579	1832	Paul Frost	M44		0:51:00	0:51:51		636	1180	Gareth Williams	M36		0:51:52	0:53:06	
580	956	James Leaves	M29		0:51:33	0:51:53		637	1897	Mr Owens	U0		0:51:39	0:53:06	
581	241	Rebecca Williams	F25	Watts Gregory - Top Figures	0:51:30	0:51:54	C	638	1529	Matthew Coe	M36		0:52:49	0:53:07	
582	1340	Amanda Morgan	F26	TROTS St Clears	0:51:23	0:51:55		639	501	Vivian Davies	M51		0:52:12	0:53:07	
583	1870	Martin Franklin	M43		0:51:02	0:51:55		640	209	David Jones	M26	Saracens RFC	0:51:37	0:53:08	C
584	1739	Nick Bourne	M47		0:50:57	0:52:00		641	1889	Haydn Danes	M0		0:52:51	0:53:10	
585	1059	Emma Dilkes	F28		0:51:50	0:52:00		642	1675	Richard Simson	M44		0:52:22	0:53:10	
586	798	John Chesworth	M37		0:51:08	0:52:01		643	1273	Robert Hayward	M44		0:52:13	0:53:11	
587	1389	Gareth Harris	M40		0:50:55	0:52:03		644	1187	Andrew White	M37		0:52:49	0:53:11	
588	585	Stuart Hern	M35		0:51:07	0:52:06		645	1532	Alyson Slade	F33		0:51:57	0:53:11	
589	776	Matthew Coles	M28		0:51:11	0:52:08		646	1104	Carwyn Watkins	M31	Memory Lane Cakes	0:52:18	0:53:12	
590	145	Peter Bennett	M38	Dolmans	0:50:56	0:52:09	C	647	1867	No Entry Details	U0		0:52:03	0:53:13	
591	1243	Philippa Francis	F45		0:51:52	0:52:10		648	1284	Lisa Beazley	F37		0:53:03	0:53:13	
592	1153	Gino Damiani	M56		0:51:38	0:52:10		649	1844	James Lewindon	M31		0:52:00	0:53:15	
593	1652	Lisa-Jenkins Williams	F35		0:51:48	0:52:10		650	698	Kirstie Henderson	F30		0:52:00	0:53:17	
594	1783	Nicola James	F27	Penarth & Dinas Runners	0:51:26	0:52:11		651	1715	Gavin Griffiths	M36	Brodysnni AC	0:52:01	0:53:18	
595	1716	Huw Thomas	M34		0:51:52	0:52:12		652	1434	Ann Walker	F52		0:52:43	0:53:19	
596	1123	David Walker	M33	Memory Lane Cakes	0:51:30	0:52:12		653	569	Gaela Bailey	F33		0:52:58	0:53:20	
597	725	Ruth Treharne	F44	Islwyn RC	0:51:29	0:52:12		654	1575	Karen Pearce	F44		0:52:44	0:53:20	
598	1083	Richard Woods	M43		0:51:34	0:52:18		655	940	Martin Bowen Jones	M46		0:53:09	0:53:21	
599	618	Paul Stenner	M34		0:50:54	0:52:19		656	1883	Doug Iwan	M42		0:51:59	0:53:21	
600	1505	Niall Hughes	M32		0:51:24	0:52:23		657	262	Geraint Thomas	M0	Fire Service Team 2	0:53:03	0:53:24	C
601	622	Daniel Parry	M28		0:51:07	0:52:25		658	1332	Jennifer Sweltenham	F30		0:52:48	0:53:26	
602	1849	Oliver Lee	M27		0:51:39	0:52:29		659	1495	Rebecca Rumbul	F24		0:52:30	0:53:28	
603	1587	Jeff English	M38		0:51:19	0:52:29		660	586	Mark Morris	M40		0:51:44	0:53:30	
604	1492	Gillian Jack	M44		0:51:41	0:52:30		661	123	Natasha Hughes	F0	WLGA	0:52:38	0:53:31	C
605	1753	Paul Fry	M20		0:51:17	0:52:31		662	790	Gareth Herdman	M47		0:51:39	0:53:33	
606	112	Daniel Symmonds	M0	AR Digital	0:52:34	0:52:34	C	663	1312	Ryan Trickett	M27		0:53:23	0:53:34	
607	884	Andy Jones	M36		0:50:43	0:52:35		664	1767	James Washington	M31		0:53:02	0:53:35	
608	524	Richard Brown	M58		0:52:24	0:52:39		665	899	Eifion Thomas	M39		0:52:27	0:53:35	
609	625	Berian Davies	M52		0:51:25	0:52:40		666	1009	Steve Holderness	M38		0:52:44	0:53:36	
610	1298	Alex Owen	M48		0:52:02	0:52:41		667	557	Paul Bird	M37		0:52:51	0:53:36	
611	1648	Richard Hughes	M55		0:52:28	0:52:42		668	913	Lorraine Buck	F47	Cardiff Harlequins RC	0:53:17	0:53:37	
612	572	Anthony James	M38		0:52:00	0:52:43		669	1817	David Warren	M40		0:53:03	0:53:37	
613	1610	Suzanne Warren	F23		0:52:11	0:52:44		670	1600	Laura Watkeys	F24		0:52:09	0:53:37	
614	1808	Kirk Taylor	M40		0:52:06	0:52:45		671	1539	Jonathan Smith	M23		0:51:54	0:53:40	
615	1596	Neil Young	M37		0:51:36	0:52:45		672	927	Hayley Swaine	M33		0:53:27	0:53:40	
616	1264	Mike James	M70	Les Croupiers RC	0:52:29	0:52:45		673	506	David Willicombe	M44		0:53:40	0:53:40	
617	1291	Jackie Aggett	F38		0:52:27	0:52:46		674	741	Janet Lewis	F27		0:52:12	0:53:41	
618	1198	Martin Williams	M39		0:51:19	0:52:46		675	1177	Joe Lewis	F35		0:53:01	0:53:42	
619	1354	David Perez	M39		0:51:32	0:52:47		676	233	Stephen Morris	M30	M & A Solicitors	0:53:21	0:53:43	C
620	989	Ian Janes	M39		0:51:40	0:52:48		677	770	Alex Deem	M26		0:53:08	0:53:43	
621	246	Chris Hatcher	M52	Watts Gregory - Runaway Profits	0:52:23	0:52:48	C	678	1058	Ian Porter	M29		0:53:08	0:53:44	
622	1212	Rich Skyrme	M34		0:51:35	0:52:50		679	1483	Katie Obrien	F29	Les Croupiers RC	0:52:15	0:53:44	
623	1825	Tony Grandon	M0		0:51:42	0:52:51		680	534	Ian Warner	M0		0:52:57	0:53:45	
624	113	Anna Symmonds	F0	AR Digital	0:52:42	0:52:52	C	681	1737	Jan Pigott	F49		0:53:10	0:53:45	
625	140	Paul Newbury	M28	Yard Associates	0:51:56	0:52:53	C	682	1884	Peter Kendall	M41		0:52:24	0:53:46	
								683	903	Andrew Reid	M43		0:53:48	0:53:48	

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime
684	1229	Andrew Rutter	M40		0:53:01	0:53:48					Profits		
685	1424	Robert Janney	M32		0:53:08	0:53:48	741	130	Ben Williams	M25	Enterprise Rent A Car	0:52:55	0:54:45 C
686	295	Wayne Donovan	M0	Team Novotel	0:53:35	0:53:48 C	742	1262	Michael Hughes	M45		0:53:12	0:54:47
687	1327	Steven Watkins	M49		0:52:50	0:53:51	743	1043	Ellouise Regan	F28		0:53:46	0:54:48
688	695	Nicholas Davies	M44		0:52:45	0:53:51	744	843	David Hale	M27		0:53:51	0:54:48
689	1355	John Roberts	M51		0:53:02	0:53:52	745	1380	Elise Lang	F28		0:54:16	0:54:52
690	526	Stephen Murphy	M52		0:52:21	0:53:53	746	570	Stuart Ropke	M34		0:53:41	0:54:53
691	1228	Judith Barker	F35		0:53:40	0:53:54	747	1313	Lawrence Smith	M46	Black Pear Joggers	0:53:54	0:54:53
692	834	Gareth Davies	M31		0:52:43	0:53:55	748	1522	Gary Mascetti	M53		0:54:25	0:54:56
693	1632	Michael Pearce	M34		0:53:16	0:53:57	749	251	Neal Cadden	M0	Co-Op	0:54:47	0:54:56 C
694	264	Alison Kibblewright	F0	Fire Service Team 2	0:53:18	0:54:00 C	750	1477	Sian Brown	F50		0:54:21	0:54:56
695	886	Jody Keogh	F33		0:53:48	0:54:01	751	508	Paul Sydenham	M52		0:54:05	0:54:58
696	651	Gareth McMullen	M45		0:53:04	0:54:05	752	1879	Paul Errington	M0		0:54:40	0:54:58
697	546	Annie Conroy	F62	Les Croupiers RC	0:53:31	0:54:06	753	592	Tim Evans	M37		0:54:08	0:54:59
698	1597	Peter Compton	M39		0:52:43	0:54:07	754	518	Phillip Jones	M42		0:54:43	0:55:00
699	1422	T Om Rich	M28		0:52:47	0:54:07	755	1287	Tim Shepstone	M40		0:54:32	0:55:00
700	1093	Michael Murray	M38	Memory Lane Cakes	0:53:27	0:54:07	756	1060	Michael Ellis	M21		0:53:21	0:55:01
701	269	Tracey Evans	F0	Donate Wales	0:53:51	0:54:07 C	757	125	Mark Winfield	M35	Enterprise Rent A Car	0:53:11	0:55:02 C
702	1295	Kate Tucker	F34		0:52:47	0:54:07	758	558	Tony Hall	M60		0:54:05	0:55:02
703	1108	Grant Jones	M18	Memory Lane Cakes	0:53:34	0:54:07	759	509	Annabel Hampshire	F16		0:54:36	0:55:05
704	647	Mike Griffiths	M34		0:52:16	0:54:07	760	1858	Stephen James	M52		0:54:08	0:55:06
705	799	Adam Jerrett	M16		0:53:40	0:54:08	761	1803	Colin Slocombe	M48	Les Croupiers RC	0:54:39	0:55:06
706	810	Gary Bodman	M45		0:53:45	0:54:08	762	1179	Richard Knowles	M58		0:54:05	0:55:07
707	1427	Sarah Kelvey	F21		0:52:32	0:54:09	763	1224	Louise Allison	F44		0:53:59	0:55:07
708	279	Jonathan Lawley	M0	M & A Solicitors	0:52:45	0:54:10 C	764	1397	Garry Newbould	M56		0:54:37	0:55:08
709	1292	Oliver John	M25		0:53:11	0:54:11	765	1199	Marc Bengier	M31		0:54:54	0:55:09
710	1779	Pip Jones	F47		0:53:49	0:54:13	766	1399	Katy Lewis	F30		0:53:26	0:55:09
711	1017	Gary Bodman	M45		0:53:51	0:54:14	767	1112	Matthew Warren	M25	Memory Lane Cakes	0:54:24	0:55:09
712	1309	Hayley Smithson	F35		0:52:54	0:54:14	768	1500	Phillip Stone	M60		0:54:41	0:55:13
713	1067	Oona Crawford	F55	TROTS St Clears	0:53:15	0:54:15	769	178	Angharad Pocock	F30	Boyes Rees Architects	0:55:01	0:55:14 C
714	1718	Simon Moss	M35		0:52:50	0:54:16	770	720	Holly Ireland	F37		0:54:36	0:55:14
715	616	Paul Kinnersley	M52		0:53:14	0:54:17	771	1391	Thomas Rees	M29		0:53:43	0:55:15
716	271	Peter Rees	M0	Tinopolis	0:53:03	0:54:22 C	772	1603	Rachael Kennard	F34		0:53:37	0:55:15
717	146	Hefin Archer-Williams	M41	Dolmans	0:53:10	0:54:23 C	773	355	Mackinder Dosanjh	M0	Team Novotel	0:54:59	0:55:15
718	1606	David Pemperton	M47		0:53:32	0:54:23	774	1797	Mari Wynne	F22		0:54:45	0:55:19
719	835	Russell Davies	M22		0:53:23	0:54:24	775	500	Madeleine Newcomb	F56		0:54:52	0:55:20
720	135	Stephen Perry	M0	William Graham Law Ltd	0:53:06	0:54:26 C	776	1249	Nigel Thomas	M51		0:54:18	0:55:20
721	1633	Samantha Ayton	F28		0:53:46	0:54:27	777	829	Christopher Stanton	M0		0:55:01	0:55:21
722	632	Karen Burrows	F48	3M Gorseinon RR	0:53:34	0:54:29	778	1745	Caroline Powell	F27		0:54:50	0:55:22
723	1857	Jean-Marc Michel	M44		0:53:57	0:54:29	779	1497	Paul Tucker	M31		0:54:04	0:55:24
724	654	Elizabeth Beech	F48		0:53:56	0:54:32	780	944	Helen McKeanol	F31		0:54:18	0:55:26
725	222	Hector Hernandez	M0	HID Global Corp	0:54:16	0:54:33 C	781	1854	Mark Harper	M37		0:54:15	0:55:28
726	1487	Carl Stephens	M37		0:53:47	0:54:34	782	353	David Fairclough	M0	Co-Op	0:55:22	0:55:31
727	1637	Wayne Chant	M37		0:53:49	0:54:34	783	1726	Jennifer Conway	F32		0:54:10	0:55:32
728	877	Marc Evans	M34		0:53:27	0:54:36	784	1062	Nathan Williams	M36		0:54:36	0:55:33
729	769	Sara Morgan	F31		0:53:56	0:54:36	785	582	Adam Johnson	M26		0:53:46	0:55:33
730	281	Chris Wagstaff	M0	HSBC Team 2	0:54:11	0:54:38 C	786	1627	John Baker	M45		0:54:25	0:55:34
731	1639	Hannah Welbourn	F22		0:53:48	0:54:38	787	1462	Steven Williams-Jones	M29		0:54:28	0:55:35
732	1885	Angus McFarlane	M42		0:53:17	0:54:39	788	697	Helen Taylor	F33		0:54:32	0:55:36
733	1824	Andrew Gibbons	M22		0:53:49	0:54:40	789	854	Rhys Tyler	M27	Panasonic	0:54:29	0:55:36 C
734	690	Martin Kitchener	M41		0:53:18	0:54:40	790	1230	Gary Lewis	M36		0:54:29	0:55:37
735	245	Steve Jones	M45	Watts Gregory - Runaway Profits	0:54:15	0:54:40 C	791	1400	Neil Lewis	M33		0:53:54	0:55:37
736	1149	Rachel Thomas	F0	Memory Lane Cakes	0:54:33	0:54:42	792	1411	Emma Humphreys	F29		0:54:27	0:55:37
737	1649	Gavin Davies	M39		0:53:09	0:54:44	793	210	Ian Wood	M26	Saracens RFC	0:54:08	0:55:39 C
738	1091	Mike Woods	M44	Memory Lane Cakes	0:53:53	0:54:44	794	1217	Gary Bird	M46		0:54:54	0:55:40
739	842	Heulwen Simm	F31		0:53:20	0:54:44	795	1721	Nick Edwards	M27		0:54:46	0:55:45
740	248	Lindsay Hogg	F42	Watts Gregory - Runaway	0:54:20	0:54:44 C	796	232	Karen O'Grady	F23	M & A Solicitors	0:54:22	0:55:46 C
							797	1866	Donald Fraser	M38		0:54:53	0:55:49

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime		
798	1074	Robert Smith	M47		0:54:07	0:55:50	856	156	Anthony Lockyer	M32	Panasonic	0:56:00	0:57:05	C	
799	1082	Lucy Kircher	F34		0:55:21	0:55:52	857	824	Jane Chappelle	F45		0:56:48	0:57:08		
800	1573	James Dibley	M38		0:54:36	0:55:54	858	1127	Elaine Potter	F26	Memory Lane Cakes	0:56:26	0:57:12		
801	199	Jill Kinsey	F0	Welsh Power Group	0:54:28	0:55:57	C	859	1466	Jason Lane	M36		0:55:51	0:57:12	
802	813	Christopher James	M39		0:55:04	0:55:57		860	1467	Richard Llewellyn	M41		0:56:35	0:57:16	
803	650	Roger Derbyshire	M0		0:55:04	0:55:58		861	1789	Justin Roberts	M41		0:55:47	0:57:18	
804	1054	Stephen Wynne	M45		0:54:35	0:55:59		862	1709	Gareth Howells	M33		0:56:35	0:57:23	
805	1531	Alex Down	M26		0:54:26	0:55:59		863	858	Lyn Baker	F38		0:55:39	0:57:23	
806	1206	Nigel Ferrand	M52		0:54:50	0:56:00		864	155	Niklas Harris	M37	Panasonic	0:56:20	0:57:26	C
807	212	Jon Bamford	M25	Saracens RFC	0:54:28	0:56:00	C	865	880	Martyn Lewis	M47		0:56:04	0:57:28	
808	1578	Bernard McCarthy	M61		0:54:54	0:56:00		866	1607	Alun Protheroe	M50		0:55:43	0:57:28	
809	1346	Nick Hurley	M40		0:54:18	0:56:03		867	951	Nicholas Murphy	M45		0:56:29	0:57:29	
810	1565	Terry Vickery	M68		0:54:59	0:56:06		868	1864	Ceri Williams	M34		0:55:53	0:57:31	
811	1035	Eve Gallop-Evans	F44		0:55:27	0:56:06		869	1053	Trevor Jones	M42		0:55:47	0:57:31	
812	598	Sheridan Prescott	F40		0:55:29	0:56:06		870	124	Paul Griffiths	M0	WLGA	0:56:38	0:57:31	C
813	1158	Gemma Williams	F28		0:55:51	0:56:06		871	730	Breda Cronin	F37		0:55:48	0:57:32	
814	1713	David Lock	M62		0:55:38	0:56:08		872	1306	Carl Mason	M48		0:55:45	0:57:33	
815	1213	David Bond	M0		0:54:30	0:56:12		873	882	Louise Hennessy	F22		0:56:52	0:57:33	
816	147	Benjamin Winstanley	M28	King Sturge	0:55:42	0:56:13	C	874	1263	Tracey Newman	F38	Les Croupiers RC	0:56:18	0:57:34	
817	1560	Elenor Marsh	F30		0:54:47	0:56:13		875	1499	Guy Flavell	M36		0:56:30	0:57:38	
818	703	Emma Blake	F30		0:56:00	0:56:14		876	1165	Jonathan Scourfield	M41		0:55:54	0:57:38	
819	1559	Steve Marsh	M33		0:54:49	0:56:15		877	1221	Geraldine Barry	F41		0:56:34	0:57:39	
820	1435	Roger Walker	M54		0:55:39	0:56:15		878	1376	Matthew Harris	M44		0:56:59	0:57:39	
821	1189	Sioned Mai Owen	F25		0:55:59	0:56:16		879	659	Gwen Thomas	F34		0:56:25	0:57:40	
822	1631	Gary Williams	M48		0:54:49	0:56:16		880	1517	Gerald Curtis	M0		0:56:58	0:57:40	
823	1044	Coleen Tombs	F43		0:55:37	0:56:16		881	1796	Joe Cartwright	M49		0:57:01	0:57:41	
824	1437	Neil Hempstead	M54		0:54:55	0:56:17		882	1381	Valerie Wornham	F47		0:56:17	0:57:42	
825	1330	Nic Hanson	F0	HSBC	0:54:44	0:56:17		883	957	Robert Lee	M56		0:56:52	0:57:42	
826	986	Sue Cowley	F0		0:56:04	0:56:19		884	1237	Eric Guittard	M27	Memory Lane Cakes	0:57:42	0:57:42	
827	1401	Matthew Jones	M24		0:54:28	0:56:20		885	1251	Clare Greenslade	M41	San Domenico RRC	0:57:07	0:57:45	
828	297	Graham Tuckwood	M0	Fujitsu Services	0:55:57	0:56:23	C	886	1236	Geoff Thomas	M0	Memory Lane Cakes	0:56:59	0:57:45	
829	857	Louise Christopher	M38		0:54:38	0:56:23		887	1151	Aimee Moran	F0	Memory Lane Cakes	0:57:37	0:57:46	
830	870	Jackie Moran	F43		0:56:10	0:56:25		888	1188	Tracy Robbins	F38		0:57:41	0:57:47	
831	502	Neal Walkley	M40		0:55:31	0:56:26		889	1657	Elfed Goding	M52		0:57:03	0:57:48	
832	803	Matthew Okeefe	M32		0:55:22	0:56:26		890	1658	Joe Godding	M22		0:57:04	0:57:48	
833	1677	Hwyel Phillips	M28		0:55:23	0:56:27		891	1133	Sian Sullivan	F28	Memory Lane Cakes	0:56:55	0:57:48	
834	700	Philip Ralph	M37		0:55:16	0:56:33		892	1846	Huw Evans	M28		0:56:14	0:57:50	
835	594	Malcolm Poole	M41		0:54:51	0:56:36		893	1109	Leanne Danby	F20	Memory Lane Cakes	0:57:22	0:57:52	
836	198	Gethin Williams	M0	Welsh Power Group	0:55:09	0:56:37	C	894	516	Gary Collier	M63		0:56:44	0:57:53	
837	1418	Philip Reardon Smith	M39		0:55:11	0:56:39		895	1090	Jackie Mudge	F48	Memory Lane Cakes	0:57:02	0:57:54	
838	766	Steve Davis	M48		0:55:20	0:56:41		896	610	Sarah McIlroy	F0		0:57:50	0:57:55	
839	1485	Neil Quigley	M43		0:56:21	0:56:42		897	1536	Dave Allerton	M61		0:56:35	0:57:56	
840	1324	Sarah Mynott	F39		0:55:37	0:56:45		898	1137	Martin Graham	M39	Memory Lane Cakes	0:57:35	0:57:56	
841	1676	Andrew Carrington	M29		0:55:42	0:56:46		899	1402	Andrew Johnson	M46		0:57:00	0:57:56	
842	1167	Paul Davies	M58		0:56:00	0:56:47		900	1185	Jane Matthews	F26		0:57:52	0:57:59	
843	1777	James Davies	M25		0:56:23	0:56:48		901	1415	Sharon Hyett	F32		0:57:02	0:58:02	
844	1084	Peter Jankijevik	M52		0:56:39	0:56:48		902	1690	Walt Brooks	M34		0:56:25	0:58:04	
845	1722	Owen Williams	M45		0:56:40	0:56:48		903	847	Sharon Sims	F51		0:57:54	0:58:07	
846	1482	Shayne Sawyers	M37		0:55:46	0:56:49		904	718	Caroline Smith	F29		0:56:24	0:58:07	
847	939	Christopher Pockett	M31		0:56:37	0:56:52		905	943	Paul Doherty	M45		0:56:40	0:58:08	
848	1279	Claire Lewis	F42		0:56:33	0:56:56		906	1474	Andy Johnston	M35		0:56:32	0:58:08	
849	775	Helen Coles	F30		0:56:00	0:56:57		907	709	James Parkin	M34		0:57:08	0:58:09	
850	1223	Sian Powell	F39		0:56:07	0:56:59		908	830	Julie Halligan	F45		0:57:34	0:58:10	
851	1367	Jaspaul Birk	M29		0:55:41	0:57:03		909	1550	Lee Powell	M36		0:57:06	0:58:10	
852	8	Dan Beynon	M26		0:57:03	0:57:03		910	1363	Beth Griffiths	F45		0:57:35	0:58:14	
853	1512	Sian O'Regan	F23		0:55:32	0:57:04		911	1362	Mark Griffiths	M46		0:57:36	0:58:14	
854	1770	Owen Thomas	M35		0:56:42	0:57:04		912	1818	Jamie Trask	M34		0:56:44	0:58:14	
855	1220	Mark Barry	M45		0:56:00	0:57:05		913	121	Paula Walters	F0	WLGA	0:57:21	0:58:15	C

Pos	No	Name	Cat	Team	ChipTime	GunTime		Pos	No	Name	Cat	Team	ChipTime	GunTime	
914	122	Ian Walters	M0	WLGA	0:57:22	0:58:15	C	972	1428	Adam Bond	M29		0:57:56	0:59:33	
915	1252	James Johnson	M71		0:58:03	0:58:17		973	278	Geraint Llewellyn	M0	Peter Gill	0:58:34	0:59:40	C
916	1494	Rachel Jones	F38	Hay Hotfooters	0:57:38	0:58:17		974	735	David Wright	M44		0:58:12	0:59:42	
917	993	Charlotte Addicott	F28		0:56:41	0:58:20		975	1079	Christopher James	M46		0:58:41	0:59:43	
918	1480	Mark Ryan	M42	San Domenico RRC	0:57:41	0:58:20		976	1307	Anne Mason	F45		0:57:55	0:59:43	
919	1290	Rhian Lees	F28		0:56:56	0:58:21		977	1615	Leah Paige Crosby	F27		0:58:34	0:59:46	
920	1342	Paul Spurrier	M45		0:57:48	0:58:22		978	1258	Paul Jones	M38	Memory Lane Cakes	0:58:54	0:59:47	
921	705	Simon Gill	M28		0:58:13	0:58:23		979	871	Caroline Burr	F27		0:59:11	0:59:50	
922	753	Rhodri McFadyen	M29		0:57:01	0:58:24		980	1744	Kerry Thomas	F32		0:59:30	0:59:50	
923	822	Clive Evans	M67		0:57:32	0:58:29		981	873	Helen Jenkins	F34		0:58:59	0:59:51	
924	1080	Cheryl Llewellyn	F52		0:57:28	0:58:31		982	593	Carolanne Watkins	F39		0:59:24	0:59:51	
925	1554	Liz Jones	M32		0:58:06	0:58:31		983	179	Lisa Don	F25	Boyes Rees Architects	0:59:51	0:59:51	C
926	1343	Deborah Spurrier	F44		0:58:00	0:58:32		984	275	Catrin Jones	F0	Tinopolis	0:58:34	0:59:51	C
927	796	Sarah Parkhouse	F40		0:57:22	0:58:32		985	1057	Jacqueline Jones	F35		0:58:07	0:59:52	
928	1642	Sarah Ladd	F40		0:57:55	0:58:38		986	167	Joanna Jones	F34	Team Tonyrefail	0:58:48	0:59:52	C
929	299	Andrew Greenow	M0	Fujitsu Services	0:58:16	0:58:39	C	987	166	Rachel Hughes	M37	Team Tonyrefail	0:58:48	0:59:52	C
930	1301	Amanda Butler	F36		0:56:54	0:58:40		988	1616	Katie Chandler	F25		0:58:40	0:59:53	
931	1225	Amanda Hall	F49		0:57:57	0:58:41		989	863	Philip Hughes	M25		0:58:45	0:59:54	
932	722	Jassa Scott	F32		0:58:24	0:58:41		990	1535	Ronald Leach	M50		0:59:02	0:59:55	
933	797	Gary Greenslade	M36		0:57:16	0:58:44		991	682	Nicola Lewis	F33		0:58:40	0:59:55	
934	235	Bethan Hempstead	F26	M & A Solicitors	0:57:23	0:58:46	C	992	623	Trystan Parry	M33		0:58:39	0:59:56	
935	176	Chris Owen	M49	Boyes Rees Architects	0:58:37	0:58:49	C	993	1602	Mark Cooper	M28		0:58:20	0:59:58	
936	664	Tessa Adams	M0		0:58:07	0:58:54		994	1668	Sally Martin	F20		0:59:23	1:00:00	
937	747	Tracey Williams	F46	3M Gorseinon RR	0:57:59	0:58:54		995	733	Helen Bray	F30		0:58:20	1:00:03	
938	1874	Steve Darwent	M45		0:57:29	0:58:54		996	1589	Samantha English	F31		0:58:53	1:00:04	
939	1712	Philip Bolton	M57		0:58:33	0:58:57		997	536	Michael Johns	M0		0:58:22	1:00:04	
940	1169	Lisa Thomas	F41		0:58:20	0:58:59		998	1120	Rachel McMullen	F37	Memory Lane Cakes	0:59:12	1:00:05	
941	1371	Lisa Davies	F41		0:58:19	0:58:59		999	853	Katharine Lewis	F36		0:59:32	1:00:06	
942	728	Alison Felton	F33		0:58:00	0:59:01		1000	872	Colin Rose	M63		0:59:14	1:00:06	
943	1384	Ryan Sollis	M27		0:59:01	0:59:01		1001	1635	Jaimie Rees	F31		0:58:25	1:00:07	
944	1816	Barry Orr	M28		0:57:53	0:59:02		1002	1645	Paul Crutcher	M32		0:58:33	1:00:08	
945	1348	Hayley Tibbetts	F31		0:57:22	0:59:03		1003	535	Christopher Johns	M44		0:58:28	1:00:09	
946	672	Derrick Harris	M69		0:58:30	0:59:04		1004	658	Richard Hale	M40		0:58:57	1:00:10	
947	838	Lawrence Hicks	M20		0:58:27	0:59:07		1005	1377	Richard Davies	M49		0:59:32	1:00:11	
948	1182	Natasha Phillips	F29		0:58:01	0:59:07		1006	1316	Claire Williams	F38		0:58:48	1:00:16	
949	1625	Vanessa McIntosh	F26		0:58:05	0:59:08		1007	1719	Helen Raynor	F35		0:59:00	1:00:17	
950	645	Simon Wigley	M46		0:58:19	0:59:09		1008	152	Jared Hill	M35	Panasonic	0:58:41	1:00:17	C
951	1274	Mark Evans	M35		0:58:01	0:59:10		1009	1665	Gareth Potter	M43		0:59:05	1:00:24	
952	1655	Andrew Feyi-Waboso	M48		0:58:52	0:59:16		1010	270	Huw Marshall	M0	Tinopolis	0:59:05	1:00:24	C
953	921	Eryl Powell	F34		0:58:32	0:59:18		1011	1604	Karen Wilkinson	F32		0:58:48	1:00:26	
954	909	Elizabeth Morgan	F35	San Domenico RRC	0:58:28	0:59:20		1012	1856	Joy Davies	F45	Les Croupiers RC	0:59:46	1:00:27	
955	1208	Jill Hancock	F44		0:58:39	0:59:21		1013	724	Ken East	M53		1:00:05	1:00:30	
956	1155	Helen Godden	F34		0:57:44	0:59:22		1014	1506	Gillian Knight	F36		1:00:11	1:00:32	
957	933	Paul Jones	M34		0:58:32	0:59:23		1015	1270	Edward Newman	M61		0:59:31	1:00:34	
958	1727	Joanne Tucker	F36		0:58:01	0:59:24		1016	1804	Alicia Loe	F15		1:00:06	1:00:34	
959	129	Sian Furreedan	F36	Enterprise Rent A Car	0:58:01	0:59:24	C	1017	537	Lyn Blackburn	F28		0:59:10	1:00:47	
960	791	Morwenna Herdman	F19		0:57:43	0:59:25		1018	918	Martin Parker	M35		0:59:48	1:00:48	
961	1755	Denise Isaac	F46		0:58:31	0:59:25		1019	919	Heidi Couch	F28		0:59:49	1:00:48	
962	660	Charles Davies	M75		0:58:17	0:59:25		1020	1830	Matthew Reardon	M32		0:59:34	1:00:53	
963	1345	Pamela Clancy	F53		0:59:19	0:59:26		1021	1831	Garry Bowen-Thomson	M36		0:59:33	1:00:53	
964	1793	Garry Pesticcio	M39		0:59:14	0:59:26		1022	1811	Paul Robertshaw	M29		0:59:59	1:00:58	
965	636	Chloe John	M61		0:59:05	0:59:27		1023	1812	Samantha Vickerstaff	F28		1:00:00	1:00:58	
966	1877	Andrew Cowley	M55		0:59:01	0:59:30		1024	219	Clare Roberts	F0	HID Global Corp	1:00:42	1:00:59	C
967	1754	Jayne Brookes	F28		0:59:02	0:59:32		1025	860	Christian Sefton	M31		0:59:31	1:01:05	
968	1787	Jeff Clifton	M37		0:57:38	0:59:32		1026	1564	Richard Shaw	M30		1:00:03	1:01:06	
969	1621	Louise Mazzeo	F28		0:58:04	0:59:32		1027	1873	Lynne Albutt	F0		1:00:51	1:01:07	
970	1622	Sally Drenan	F27		0:58:05	0:59:32		1028	1882	Dave Green	M40		0:59:24	1:01:07	
971	1098	Mark Owen	M39	Memory Lane Cakes	0:58:35	0:59:33		1029	712	Alexandra Lowe	F31		0:59:24	1:01:07	

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime		
1030	1651	Jane Klemen	F30		1:00:05	1:01:17	1088	266	Sian Vowles	F0	Fire Service Team 2	1:02:02	1:02:45	C	
1031	859	Katie De Carteret Webb	F29		0:59:43	1:01:17	1089	1421	Helen Graves	F24		1:01:51	1:02:48		
1032	538	Joanne Rubery	F35		0:59:43	1:01:19	1090	552	Neil Young	M33		1:01:05	1:02:52		
1033	560	Neil Price	M59		0:59:56	1:01:19	1091	1486	David Vineall	M41		1:02:31	1:02:52		
1034	1353	Kate Mills	F18		1:00:32	1:01:19	1092	1663	Ashock Aggarwal	M54		1:02:54	1:02:57		
1035	283	Michelle Reynolds	F0	HSBC Team 2	1:00:53	1:01:20	C	1093	1813	Michael Tame	M31		1:01:23	1:02:59	
1036	1315	Julie Viviers	F50		1:00:20	1:01:20		1094	1442	Liz Parry	F39		1:01:24	1:03:00	
1037	819	George Venables	M56	SW Constabulary AC	0:59:51	1:01:20		1095	108	Matt Johnson	M0	Donate Wales	1:02:43	1:03:01	C
1038	282	Liz Studley	F0	HSBC Team 2	1:00:53	1:01:20	C	1096	104	Alex Jones	F0	Donate Wales	1:02:42	1:03:01	C
1039	352	Nerys Douch	F0	Peter Gill	1:00:15	1:01:21		1097	1828	Lawson Hamer	M33		1:01:54	1:03:01	
1040	1102	Shahab Hussein	M37	Memory Lane Cakes	1:01:03	1:01:21		1098	1317	Jo McGill	F44		1:02:22	1:03:03	
1041	1099	Kamil Borysewicz	M25	Memory Lane Cakes	1:01:09	1:01:21		1099	1579	Michelle Beswick	F31		1:01:41	1:03:04	
1042	143	Anna Shambrook	F28	Dolmans	1:00:12	1:01:22	C	1100	183	Lisa Hale	F0	Merlin Freshwater PR	1:02:47	1:03:05	C
1043	137	Gareth Russell	M23	Yard Associates	1:00:26	1:01:24	C	1101	1618	Eddie Ladd	F44		1:01:29	1:03:09	
1044	1473	Gary Wakerley	M51		1:00:01	1:01:24		1102	1549	Mike Padfield	M45		1:02:03	1:03:11	
1045	1147	Honorata Pawlica	U25	Memory Lane Cakes	1:01:17	1:01:26		1103	274	Nia Jones	F0	Tinopolis	1:01:53	1:03:11	C
1046	1101	Russell Bull	M46	Memory Lane Cakes	1:00:31	1:01:27		1104	739	Tracy French	F41	Lliswerry Runners	1:02:10	1:03:11	
1047	1055	Rachel Maude	F34		1:00:05	1:01:28		1105	856	Gary Williams	M50		1:01:42	1:03:12	
1048	1496	Julian Tucker	M35		1:00:05	1:01:28		1106	510	Carl Ross	M32		1:01:56	1:03:12	
1049	1511	Alan Crutcher	M50		0:59:57	1:01:32		1107	740	Julian French	M43	Lliswerry Runners	1:02:10	1:03:12	
1050	619	Joanne Stenner	F34		1:00:08	1:01:33		1108	280	David Cornelious	M0	HSBC Team 2	1:02:45	1:03:13	C
1051	1375	Anthony Cribb	M54		1:00:58	1:01:37		1109	1339	Andrew Owens	M45		1:01:38	1:03:15	
1052	1184	Ellis French	M15		1:00:38	1:01:40		1110	1450	Sarah Shepherd	F33		1:03:06	1:03:17	
1053	1805	James Simon	M0	Les Croupiers RC	1:01:25	1:01:41		1111	1540	David Hunt	M47		1:01:55	1:03:18	
1054	139	Stephan Briggs	M34	Yard Associates	1:01:43	1:01:43	C	1112	1801	Jane Setchfield	F46		1:02:04	1:03:20	
1055	277	Dave White	M0	Peter Gill	1:00:39	1:01:45	C	1113	517	Simon Hudd	M42		1:02:06	1:03:21	
1056	1609	Teri Harvey	F40		1:01:18	1:01:47		1114	1121	Craig Jackson	M18	Memory Lane Cakes	1:02:53	1:03:26	
1057	1608	Jacob Harvey	M34		1:01:18	1:01:47		1115	263	Lisa Mullan	F0	Fire Service Team 2	1:03:14	1:03:33	C
1058	544	Patricia Davidson	F51	Brackla Harriers	1:01:10	1:01:48		1116	1390	Sarah Page	F27		1:02:02	1:03:34	
1059	218	David Jones	M52	White Young & Green	1:00:21	1:01:52	C	1117	1689	Rebecca Key	F30		1:02:09	1:03:34	
1060	785	Sharla Fleet	F35		1:00:32	1:01:56		1118	1515	Gareth Jenkins	M0	HSBC	1:03:11	1:03:46	
1061	298	Dai Tucker	M0	Fujitsu Services	1:01:32	1:01:57	C	1119	174	Jo Andrew	F0	HSBC	1:03:13	1:03:46	C
1062	5002				1:00:11	1:01:58		1120	1170	Caroline Darch	F35		1:02:38	1:03:48	
1063	551	John Williams	M26		1:00:11	1:01:58		1121	692	Katie Meades	F17		1:02:33	1:03:51	
1064	180	Beryl Yip	F29	Boyes Rees Architects	1:01:46	1:01:58	C	1122	693	Juliet Meades	F47		1:02:33	1:03:51	
1065	704	Ceri Jones	F47		1:01:17	1:01:59		1123	624	Frances Keogh	F46		1:02:37	1:03:52	
1066	1548	Ben Bidmead	M32		1:00:57	1:02:03		1124	1072	Carl Hier	M45		1:02:42	1:03:54	
1067	680	Adrian Asquith	M60		1:00:29	1:02:04		1125	1703	Richard Twamley	M32		1:02:38	1:03:55	
1068	1491	Annabel Wilson	F27		1:01:28	1:02:05		1126	865	Shilpa Chaudhry	F43		1:03:33	1:04:02	
1069	1685	Lowri Evans	F29		1:01:21	1:02:06		1127	864	Waseem Chaudhry	M43		1:03:34	1:04:03	
1070	1475	Rina Ness	F36		1:01:15	1:02:07		1128	1432	Patricia Searle	F48		1:03:19	1:04:05	
1071	1202	Philippa Williams	F39		1:00:24	1:02:10		1129	1647	Carl Alexis	M33		1:03:01	1:04:11	
1072	774	Tina Robinson	F29		1:01:17	1:02:16		1130	1646	Ross Lombardi	M33		1:03:01	1:04:11	
1073	893	Janet Terry	F49		1:00:27	1:02:17		1131	1581	Andrea Goodfellow	F40		1:02:35	1:04:12	
1074	1403	Lisa Davies	F24		1:00:31	1:02:17		1132	239	Sue Rhodes	F50	Watts Gregory - Top Figures	1:03:47	1:04:13	C
1075	1490	Elin Aaron	F27		1:00:54	1:02:18		1133	1069	Sandra Barnes	F41		1:04:16	1:04:16	
1076	1863	Islwyn Johns	M55		1:01:08	1:02:20		1134	639	Frances Rapport	F47		1:04:10	1:04:16	
1077	1662	Anita Aggarwal	F19		1:02:17	1:02:20		1135	1159	Lorraine Smith	F46		1:03:17	1:04:16	
1078	1068	Sarah Moles	F37		1:01:08	1:02:20		1136	942	Gareth Brown	M52		1:03:16	1:04:16	
1079	1168	Richard Davies	M28		1:01:37	1:02:25		1137	1365	Judith Paget	F46		1:02:51	1:04:18	
1080	1525	Ronald Hill	M53		1:01:31	1:02:27		1138	946	Christine Faulkner	F41		1:03:00	1:04:20	
1081	1089	Joel Delyth	F43		1:00:57	1:02:31		1139	1571	Krista Sexton	F35		1:04:00	1:04:21	
1082	533	Huw Williams	M47		1:00:56	1:02:31		1140	550	Gareth Chamberlin	M25		1:03:06	1:04:23	
1083	354	Jonathan Lewis	M0	Tinopolis	1:01:13	1:02:32		1141	548	Therese Long	F45		1:03:07	1:04:23	
1084	1459	Craig Parry	M30		1:00:55	1:02:32		1142	549	Annabel MacLean	F43		1:03:07	1:04:23	
1085	1458	Kirsty Macdonald	F32		1:00:56	1:02:33		1143	1481	Jeff Rosser	M43		1:03:14	1:04:26	
1086	823	Adrian Rodney	M61		1:01:49	1:02:35		1144	134	John Graham	M0	William Graham Law Ltd	1:03:07	1:04:27	C
1087	1841	Heather Dennis	F35		1:01:24	1:02:37		1145	745	Amanda Barrington	F43		1:03:03	1:04:28	

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime	
1146	1063	Victoria Yandall	F25		1:02:49	1:04:28	1204	172	Sarah Harris	F0	HSBC	1:07:39	1:08:12	C
1147	786	Charlotte Addicott	F28		1:02:59	1:04:37	1205	523	Janine Jenkins	F35		1:06:40	1:08:15	
1148	765	Kelly Mason	F28		1:03:16	1:04:39	1206	831	Eleanor Cotterill	F15		1:07:52	1:08:20	
1149	1682	Brian Coman	M57		1:04:28	1:04:41	1207	223	Stephen Holland	M0	HID Global Corp	1:08:22	1:08:22	C
1150	1723	Jude Roland	F49		1:04:29	1:04:42	1208	1465	Anne-Marie Beresford-Webb	F27		1:07:03	1:08:25	
1151	1085	Nick Bennett	M39		1:03:48	1:04:43	1209	1594	Rachel Gurney	F27		1:07:05	1:08:40	
1152	1464	Rhiannon Rees-Williams	F0		1:03:22	1:04:44	1210	1349	Craig Griffiths	M26	M & A Solicitors	1:08:19	1:08:41	C
1153	1359	Elizabeth King	F30		1:03:21	1:04:44	1211	1591	Tracy Gibbs	F35		1:08:41	1:08:41	
1154	906	Paul Bates	M36		1:03:05	1:04:46	1212	1684	Lisa Davies	F26		1:08:10	1:08:56	
1155	1740	Aled Richards	M0		1:03:11	1:04:48	1213	1686	Sara Evans	F23		1:08:11	1:08:56	
1156	981	Tina Robinson	F29		1:03:52	1:04:51	1214	1791	Roger Howell	M63	Penarth & Dinas Runners	1:07:42	1:09:01	
1157	1197	Nicola Storey	F31		1:03:29	1:04:56	1215	1338	Christopher Owens	M50		1:07:46	1:09:04	
1158	846	Donna Blake	F31		1:03:56	1:04:58	1216	907	Cerys Bates	F34		1:07:30	1:09:10	
1159	1429	Robert Wheatcroft	M44		1:04:31	1:05:03	1217	926	David Swallow	M55		1:08:13	1:09:15	
1160	1131	Rhys Smith	M48	Memory Lane Cakes	1:04:16	1:05:12	1218	247	Neil Pugh	M52	Watts Gregory - Runaway Profits	1:09:19	1:09:43	C
1161	1204	Elizabeth Guppy	F31		1:03:46	1:05:13	1219	955	Natalie Forde	F28		1:09:23	1:09:44	
1162	1013	Julie Kemp	F45		1:03:35	1:05:20	1220	666	Amy Rogerson	F27		1:08:22	1:09:54	
1163	806	Julie Kemp	F45		1:03:35	1:05:20	1221	193	Laura Pike	F25	PPS Management Services	1:09:11	1:09:59	C
1164	648	Sarah Giles	F36		1:04:19	1:05:22	1222	192	Kath Skellon	F31	PPS Management Services	1:09:12	1:10:01	C
1165	686	Jane Saunders	F40		1:04:29	1:05:24	1223	629	Daniel Poole	M26		1:09:16	1:10:01	
1166	685	Clare Bowman	F39		1:04:32	1:05:27	1224	628	Emma Price	F26		1:09:15	1:10:01	
1167	905	Martin Welch	M43		1:05:07	1:05:29	1225	127	Pete Caltabiano	M41	Enterprise Rent A Car	1:09:52	1:10:03	C
1168	170	Alan Jarman	M0	HSBC	1:04:05	1:05:39	1226	606	Rhian Yates	F25		1:08:26	1:10:06	
1169	1388	Jackie McDonald	F35		1:04:26	1:05:41	1227	519	Steve Healey	M37		1:09:23	1:10:08	
1170	1387	Joanne Snaith	F37		1:04:26	1:05:41	1228	553	Derek Miller	M72	RRC	1:08:44	1:10:10	
1171	1834	Greg Malone	M27		1:04:12	1:05:45	1229	1358	Graham Hillman	M28		1:08:42	1:10:21	
1172	1007	Ell John	F0		1:04:25	1:05:46	1230	1023	Nicola Jones	F32		1:09:41	1:10:30	
1173	800	Kerry Long	F32		1:04:25	1:05:46	1231	758	Julie Milford	F34		1:09:42	1:10:31	
1174	265	Sarah Watkins	F0	Fire Service Team 2	1:04:58	1:05:53	1232	514	Finton McDonald	M43		1:09:07	1:10:38	
1175	261	Dai Morris	M0	Fire Service Team 2	1:04:58	1:05:54	1233	513	Beverley McDonald	F42		1:09:07	1:10:38	
1176	947	Lorna Macdonald	F58		1:04:43	1:06:11	1234	721	Daniel Tiplady	M30		1:09:12	1:10:39	
1177	756	Sarah Fry	F35		1:04:31	1:06:12	1235	164	Jessica Taylor	F37	Team Tonyrefail	1:09:36	1:10:40	C
1178	811	Angela Amey-Jones	F36		1:05:56	1:06:18	1236	1265	Pete McAulay	M52		1:09:15	1:10:42	
1179	836	Helen Brown	F25		1:05:18	1:06:18	1237	890	Sandra Lloyd-Williams	F47		1:08:54	1:10:44	
1180	547	Suzanne Bellen	F41		1:05:34	1:06:21	1238	644	Laura Crossley	F15		1:10:24	1:10:52	
1181	1305	Jonathan Price	M46		1:05:11	1:06:22	1239	1012	Gerald Kemp	M43		1:09:06	1:10:53	
1182	1318	Emily Lewis	F17		1:05:42	1:06:23	1240	1538	Cassie Nelson	F26		1:09:37	1:10:53	
1183	138	Dan Jerym	M28	Yard Associates	1:05:25	1:06:23	1241	805	Gerald Kemp	M43		1:09:07	1:10:53	
1184	1556	Hannah Davies	F24		1:04:51	1:06:34	1242	1593	Joanne Gurney	F24		1:09:24	1:10:59	
1185	681	Karen Grey	F34	3M Gorseinon RR	1:05:51	1:06:45	1243	1595	Elaine Jones	F41		1:09:26	1:11:00	
1186	1046	Jacqueline Westacott	F45		1:05:41	1:06:46	1244	930	Katie Potts	F25		1:10:11	1:11:03	
1187	1045	Rob Westacott	M46		1:05:41	1:06:46	1245	931	Peggy Potts	F51		1:10:11	1:11:04	
1188	652	Christina McMullen	F41		1:06:02	1:07:02	1246	1065	Judy Wright	F40		1:09:53	1:11:10	
1189	1553	Andrew Herbert	M24		1:06:08	1:07:03	1247	1325	Sharon Reading	F44		1:09:40	1:11:14	
1190	1238	Kwaki Tuffour	M36	Memory Lane Cakes	1:06:47	1:07:06	1248	1613	Penny Watson	F57		1:09:41	1:11:15	
1191	1619	Kelly Gaffney	F26		1:06:34	1:07:07	1249	1195	David Locke	M47		1:10:04	1:11:16	
1192	1541	Marc Cheshire	M40		1:06:03	1:07:08	1250	1196	Claire Locke	F41		1:10:05	1:11:17	
1193	1319	Kevin Protheroe	M52		1:05:37	1:07:09	1251	1533	Paul Groom	M60		1:09:40	1:11:23	
1194	206	Mark Pritchard	M36	Team Tonyrefail	1:06:25	1:07:30	1252	1385	Beverly Chalmers	F44		1:09:53	1:11:27	
1195	1119	Alex Przybysz	U26	Memory Lane Cakes	1:07:13	1:07:33	1253	1138	Bethan Mahoney	F22	Memory Lane Cakes	1:10:58	1:11:29	
1196	1110	Martyna Podgrudna	F26	Memory Lane Cakes	1:07:13	1:07:33	1254	1568	Iain Radcliffe	M43		1:10:11	1:11:55	
1197	1756	Bernard Crotty	M44		1:06:35	1:07:52	1255	1893	No Entry Details	U0		1:11:29	1:11:57	
1198	1215	Franziska Meinck	F26		1:06:29	1:07:54	1256	1761	Zaid Jibri	M0		1:11:35	1:11:58	
1199	897	Janet Morgan	F49	Lliswerry Runners	1:06:57	1:07:57	1257	221	Hans Pirsch	M0	HID Global Corp	1:11:40	1:11:59	C
1200	1471	Rhian Edwards	F30		1:06:22	1:08:00	1258	224	Ian Croston	M0	HID Global Corp	1:11:42	1:11:59	C
1201	559	Ray Rivet	M74		1:07:14	1:08:04	1259	1519	Joanna Jones	F22		1:10:50	1:12:10	
1202	975	Kate Bradshaw	F33		1:06:25	1:08:06								
1203	580	Alexandra Thomas	F25		1:06:22	1:08:08								

Pos	No	Name	Cat	Team	ChipTime	GunTime	Pos	No	Name	Cat	Team	ChipTime	GunTime	
1260	1484	Lydia Jones	M35		1:10:34	1:12:17	1317	1244	Laura Davies	F22		1:23:18	1:23:53	
1261	216	Amy Strange	F25	White Young & Green	1:10:59	1:12:30	C	1318	1692	Meredydd Pryce	M35		1:22:25	1:24:06
1262	505	Elisabeth Powell	F41		1:11:06	1:12:32		1319	1839	Margaret Griffiths	F51		1:22:30	1:24:06
1263	504	Andrew Healey	M42		1:11:06	1:12:32		1320	194	Marja Sudol	F0	PPS Management Services	1:23:21	1:24:09
1264	236	Emma Mitchel	F30	Children's Kidney Centre	1:12:05	1:12:35	C	1321	173	Kath Liddiard	F0	HSBC	1:23:45	1:24:19
1265	237	Sarah Hall	F29	Children's Kidney Centre	1:12:06	1:12:35	C	1322	171	Nicola Twigg	F0	HSBC	1:23:45	1:24:19
1266	1653	Leanne Milkins	F31		1:11:23	1:12:41		1323	874	Charlotte Broughton	F16		1:22:55	1:24:44
1267	891	Tracy Booth	F46		1:10:55	1:12:45		1324	1032	Imogen Stainton	F16		1:22:56	1:24:45
1268	1073	Graham Johnson	M63	Serpentine RC	1:11:34	1:12:51		1325	1135	Kirsty Pearce	F0	Memory Lane Cakes	1:25:55	1:26:38
1269	1545	Kevin Price	M34		1:11:29	1:12:55		1326	242	Angela Holmes	F36	Watts Gregory - Top Figures	1:27:02	1:27:26
1270	1303	Manya Hendy	F39		1:11:42	1:12:56		1327	240	Sue Smith	F41	Watts Gregory - Top Figures	1:27:01	1:27:26
1271	1772	Ralph Davey	M64	Les Croupiers RC	1:11:37	1:13:13		1328	244	Jackie Brown	F49	Watts Gregory - Top Figures	1:27:01	1:27:27
1272	1875	Charlotte Campbell	F20	Jenkins	1:12:38	1:13:27		1329	1078	Michael James	M0		1:36:30	1:38:16
1273	1871	Lewis Jenkins	M21	Jenkins	1:12:38	1:13:27		1330	1115	Kimberley Stockham	F50	Memory Lane Cakes	1:43:19	1:44:03
1274	849	Colette Limbrick	F39		1:13:23	1:13:37		1331	1117	Elyned Carlyon	F52	Memory Lane Cakes	1:43:19	1:44:04
1275	1661	Joanne Costigan	F28		1:13:25	1:13:44		1332	1130	Wendy Giles	F47	Memory Lane Cakes	1:43:20	1:44:04
1276	1629	Sian Court	F31		1:12:14	1:13:55								
1277	1139	Yuen Ling Cheung	U40	Memory Lane Cakes	1:13:13	1:13:57								
1278	662	Jane Mills	F37		1:13:45	1:14:48								
1279	292	Alex Jandrell	M20	Team Novotel	1:14:43	1:14:57	C							
1280	1605	Beth Barton	F25		1:13:20	1:14:59								
1281	1128	Claire Marshall	F24	Memory Lane Cakes	1:14:54	1:15:25								
1282	1141	Louri Rees	U21	Memory Lane Cakes	1:14:38	1:15:30								
1283	1350	Sue Robson	F55		1:14:09	1:15:30								
1284	1351	Trish Whiting	F47		1:14:09	1:15:30								
1285	1349	Shirley Roberts	F53		1:14:09	1:15:30								
1286	1524	Lynda Faulkner	F38		1:14:21	1:15:31								
1287	1140	Kayley Lloyd	F21	Memory Lane Cakes	1:14:49	1:15:41								
1288	1892	Robert Brazier	M28		1:14:04	1:15:44								
1289	1894	Rosemary Granger	F29		1:14:04	1:15:45								
1290	1775	Siriol Griffiths	F0		1:15:29	1:15:51								
1291	1852	Dawn Flaherty	F25		1:15:24	1:16:01								
1292	1528	Sarah Young	F42		1:14:57	1:16:07								
1293	1523	Bethan Rostron	M41		1:14:57	1:16:07								
1294	1275	Nia Williams	F36		1:14:52	1:16:09								
1295	717	Emma Dennett	F37		1:14:52	1:16:09								
1296	1599	Bernie Greenwood	M57		1:15:24	1:16:40								
1297	1266	Eleri McAulay	F44		1:15:27	1:16:55								
1298	1509	Rhian Jones	M27		1:15:27	1:16:55								
1299	574	Arwel Davies	M44		1:17:09	1:17:20								
1300	1880	Wyn Rolands	M39		1:17:22	1:17:40								
1301	291	Margaret Harrison	F0	Watts Gregory - Runaway Profits	1:17:19	1:17:44	C							
1302	243	Caren Torrance	F42	Watts Gregory - Top Figures	1:17:18	1:17:44	C							
1303	1701	Kelly Shefford	F28		1:17:08	1:17:52								
1304	213	Janet Pritchard	F36	Team Tonyrefail	1:17:07	1:18:12	C							
1305	1547	Glyn Smith	M44		1:17:51	1:18:56								
1306	892	Estelle Thistleton	F54		1:17:41	1:19:31								
1307	809	Lisa Hayward	F37		1:18:13	1:19:31								
1308	1614	Lee Shepherd	M23		1:18:04	1:19:34								
1309	1368	Cheryl Voake	F24		1:18:04	1:19:34								
1310	1095	Chloe Bowen Davies	F16	Memory Lane Cakes	1:19:14	1:19:47								
1311	1107	Tracey Jones	F40	Memory Lane Cakes	1:19:27	1:20:10								
1312	1294	Kerry Moyse	F25	Les Croupiers RC	1:19:54	1:20:37								
1313	1216	Rachel Crosby	F32		1:20:46	1:20:58								
1314	1516	Heidi Nilsen	F33		1:20:19	1:21:45								
1315	231	Andrea Burgess	F37	M & A Solicitors	1:21:01	1:22:27	C							
1316	1691	Gwydion Lyn	M34		1:21:49	1:23:31								