

Pos	No	Time	Name	Club	AgeG	SM	M40	M50	SW	W40
1	201	45.21	Julian Baker	Les Croupiers	M35	1				
2	278	47.38	Tom Gibbs	Mynyddwyr de Cymru	SM	2				
3	269	47.49	Peter Ryder	unattached	SM	3				
4	288	48.10	Tim Britton	unattached	SM	4				
5	260	48.16	Peter Coles	Pontypridd Roadents	M45		1			
6	285	48.53	Jason Rowley	Clevedon	SM	5				
7	235	48.59	Tim Lewis	Bridgend	M40		2			
8	238	49.26	Hugh Aggleton	Mynyddwyr de Cymru	SM	6				
9	219	49.44	Bryn Griffiths	Bridgend	SM	7				
10	287	50.24	Justin Rowley	Clevedon	SM	8				
11	243	50.37	Gareth Battle	unattached	SM	9				
12	296	51.10	Mark Saunders	Mynyddwyr de Cymru	M45		3			
13	192	51.38	Phil George	Les Croupiers	SM	10				
14	251	51.56	Angela Tyrrell	San Domenico	SW				1	
15	210	53.02	Chris Fulcher	Port Talbot	M40		4			
16	228	53.10	Mick Tabor	Les Croupiers	M55			1		
17	271	53.26	Peter Kellam	Les Croupiers	M40		5			
18	283	53.38	Ian McDonald	San Dominico	M40		6			
19	222	53.40	Dylan Owen	Les Croupiers	M40		7			
20	211	53.44	Adrian Weaver	Port Talbot	SM	11				
21	256	54.37	Richard Self	Les Croupiers	M40		8			
22	268	54.48	Steven Hooper	Pontypridd Roadents	M40		9			
23	275	54.57	Brian Lovett	San Domenico	M40		10			
24	207	55.03	Roger Chamberlain	Sri Chinmoy	SM	12				
25	217	55.09	Terry Caveney	Les Croupiers	M45		11			
26	193	55.16	Lee Davies	Pontypridd Roadents	M35	13				
27	212	55.16	Jason Scanlon	Pontypridd Roadents	M35	14				
28	200	55.23	Mark Dunscombe	Sarn Helen	M45		12			
29	194	55.38	John Diffey	Les Croupiers	M40		13			
30	280	55.46	Rhydian Reston	unattached	SM	15				
31	289	56.02	Matt Franklin	UWE	SM	16				
32	292	56.15	Alun Williams	Fairwater	M40		14			
33	253	56.31	Rhys Williams	Mynyddwyr de Cymru	SM	17				
34	258	56.41	Alex Williams	Road Runners Club	M40		15			
35	220	56.49	Gareth Griffiths	unattached	M35	18				
36	274	56.57	Paul Dawes	San Domenico	M40		16			
37	236	57.05	Matthew Townsend	Les Croupiers	M35	19				
38	204	57.50	Rob Lawrence	unattached	SM	20				
39	250	57.52	Gwyn Lloyd	Pontypridd Roadents	M50			2		
40	286	58.18	Jamie Seekings	Penarth & Dinas	SM	21				
41	294	58.30	Gerard Crispie	Les Croupiers	M45		17			
42	225	58.54	Phil Holder	Cardiff Harlequins	M45		18			
43	273	58.56	Mike Pedley	Dark Peak Fell Runners	M45		19			
44	227	58.57	Matt Hopkins	Les Croupiers	SM	22				
45	267	59.21	Alan Gillard	unattached	M45		20			
46	197	59.26	Phil Boorman	unattached	M35	23				
47	281	59.30	Richard Boon	Les Croupiers	M45		21			
48	230	59.36	Nick Dallimore	Les Croupiers	M50			3		
49	223	59.45	Paul Morris	Les Croupiers	M45		22			
50	233	59.54	Geraint Torrington	Westbury	M35	24				
51	246	60.05	James Delaney	San Domenico	M50			4		
52	224	60.16	Alice Bedwell	Mynyddwyr de Cymru	W45					1
53	209	60.18	Alan Perkins	Port Talbot	M55			5		
54	218	60.20	Libby O'Duffy	Les Croupiers	W35				2	
55	272	60.32	Neil Parker	islwyn	M40		23			
56	270	60.33	Jonathan Williams	Fairwater	SM	25				

57	252	60.45	Richard Bristow	South Wales Police	M40		24			
58	234	60.56	Stephen Jones	Islwyn	M50			6		
59	297	61.14	Cheryl Hudgell	Les Croupiers	SW				3	
60	249	61.16	Paul Dixon	unattached	SM	26				
61	199	61.22	Alan Jones	unattached	SM	27				
62	245	61.31	Mike James	unattached	M45		25			
63	291	61.37	Rupert Taylor	unattached	SM	28				
64	206	61.39	Graeme Donnan	Les Croupiers	M50			7		
65	195	61.48	John Collins	Swansea	M70			8		
66	242	61.51	Eurof Davies	Les Croupiers	M40		26			
67	202	62.02	Nicholas Pow	Mynyddwyr de Cymru	M35	29				
68	205	62.10	Carol Moseley	Port Talbot	SW				4	
69	239	62.43	Robert Hector	unattached	M35	30				
70	254	63.15	John Plain	Les Croupiers	M55			9		
71	282	63.20	Peter Maksimovic	unattached	M45		27			
72	266	63.28	Julie Scholey	Les Croupiers	W45					2
73	232	63.30	Haydn Griffiths	Mynyddwyr de Cymru	M45		28			
74	284	63.33	Frances Williams	San Dominico	W40					3
75	203	63.58	Steve Robst	unattached	SM	31				
76	261	64.02	Norman Jones	Mynyddwyr de Cymru	M45		29			
77	214	64.06	Andrew Dunscombe	Pontypridd Roadents	M40		30			
78	198	65.08	Mike Smith	unattached	SM	32				
79	208	65.26	Rhidian Cockwell	Cardiff Harlequins	M35	33				
80	290	65.32	Liz Sowter	Les Croupiers	SW				5	
81	221	65.34	Morgan Adams	unattached	SM	34				
82	247	65.44	Gary Waters	Swansea	M55			10		
83	216	65.47	Darren Shaw	unattached	SM	35				
84	248	65.50	Dan Matthews	unattached	SM	36				
85	255	66.30	Neil Hendry	Penarth & Dinas	M50			11		
86	244	66.46	Gerry O'Beirne	unattached	M45		31			
87	213	66.51	Judith Oakley	Port Talbot	W40					4
88	241	67.02	Peter Morfey	Cardiff Harlequins	M50			12		
89	229	67.19	Glyn Hicks	Islwyn	M55			13		
90	299	67.40	Mark Morgan	unattached	SM	37				
91	240	67.56	Lisa Kear	unattached	W35				6	
92	295	67.58	Stephen Williams	Les Croupiers	M50			14		
93	257	69.07	Liz Ashton	Les Croupiers	SW				7	
94	276	69.09	Kim Williams	Cardiff Harlequins	M40		32			
95	231	69.59	Caroline Dallimore	Les Croupiers	W50					5
96	263	70.07	Sarah McBride Stewart	Les Croupiers	SW				8	
97	293	71.26	Jeanette Jenkins	Fairwater	W45					6
98	226	71.29	Roy Silver	unattached	M50			15		
99	263	73.23	Sarah McBride Stewart	Les Croupiers	SW				9	
100	215	74.28	Louisa Grey	unattached	SW				10	
101	196	75.53	Mike Jones	unattached	M40		33			
102	277	76.17	John Gwathn	Cardiff Harlequins	M50			16		
103	259	78.04	Rhys Floyd	unattached	SM	38				
104	279	78.10	Arny Williams	Cardiff Harlequins	M60			17		
105	298	80.25	Jeffrey Webb	unattached	M40		34			
106	300	81.44	Michael West	unattached	M45		35			
107	237	84.25	Carly Reagon	unattached	SW					11
108	265	86.02	Sarah Smiles	Brackla	SW					12
109	264	86.02	James Thomas	Brackla	M40		36			