

Merthyr Mawr Xmas Pudding 10k, S. Wales

18th December 2005

Posn.	Num	Forename	Surname	Cat	Age	Club	Time
1	524	Michael	John	M	26	Cardiff Uni	34.44
2	303	Vito	Graffagnino	M	24	n/a	34.45
3	526	Rob	Atkin	M	25	Bridgend AC	34.48
4	538	Steve	Jones	M	27	Bridgend AC	36.32
5	531	Gavin	Collombe	M	25	Cardiff Uni	36.45
6	515	Alun	Wood	M	36	Bridgend AC	37.15
7	314	Ian	Withers	M	17	Newport Harriers	37.23
8	525	Joe	Thomas	M	27	Bridgend AC	37.49
9	528	Richard	Jones	M	34	Bridgend AC	38.15
10	110	Martin David	Pengilly	M	38	Chepstow Harriers	38.18
11	516	Nick	Janvier	M	35	Bridgend AC	38.26
12	284	Phillip	Jenkins	MV	41	Bridgend AC	38.44
13	552	David	Williams	M	34	n/a	39.04
14	298	Jon	Bisson	MV	42	n/a	39.06
15	69	Geraint	Williams	M	33	Pontypridd Rodents	39.12
16	517	Keith	Davies	M	35	Les Croupiers	39.18
17	518	Gareth	Battle	M	31	n/a	39.20
18	644	Paul	Murrin	M	32	Chepstow Harriers	39.24
19	616	Steve	Williams	MV	47	Neath Harriers	39.40
20	170	Knill	Baird Murry	MV	44	Penarth & Dinas	39.45
21	627	Alan	Kerr	MV	40	Bridgend AC	39.50
22	112	Stuart	Reeves	M	37	Les Croupiers	39.53
23	393	Dimitri	Vorres	MV	43	Griffithstown Harriers	40.08
24	44	Mark	Anderson	MV	44	Pewsey Vale RC	40.54
25	233	Mark	Saunders	MV	46	MDC	41.00
26	214	Mathew	Lawson	M	35	Chepstow Harriers	41.12
27	412	Steve	Brace	MV	44	Bridgend AC	41.29
28	253	Jason	Prout	M	17	Cardiff AC	41.33
29	410	Chris	Parker	MV	40	n/a	41.41
30	171	Simon	Osborne	MV	45	Bridgend AC	41.45
31	646	Duncan	Mann	M	28	n/a	41.47
32	424	Philip	Tugwell	M	22	Cornwall AC	41.51
33	93	Mathew	Hurford	M	32	Les Croupiers	41.53
34	217	Hugh	Aggleton	M	21	n/a	42.01
35	619	Paul	Jenkins	MV	41	n/a	42.03
36	353	Christopher	Bradshaw	M	39	n/a	42.04
37	312	Stephen	Powell	MV	42	Port Talbot Harriers	42.05
38	549	Will	McAfee	M	25	Cardiff Harlequins	42.08
39	189	Mathew	Jones	M	18	n/a	42.15
40	342	Ian	Spilsbury	MV	41	Penarth & Dinas	42.16
41	52	Mark	Dunscombe	MV	44	Sarn Helen	42.22
42	254	Keith	Jellyman	M	23	Swansea Uni Tri	42.27
43	429	Peter	Kellam	M	39	Les Croupiers	42.32
44	609	Paul	Belcher	MV	55	n/a	42.39
45	205	Stephen	Edwards	M	32	Islwyn	42.41
46	216	John	Aggleton	MV	50	MDC	42.45
47	422	Calvin	Thomas	MV	55	Islwyn	42.50
48	545	Phillip	Evans	M	38	n/a	42.52
49	163	Haydn	Griffiths	MV	46	n/a	43.05
50	486	Laura	Jackson	F	26	Cardiff Uni	43.16
51	307	Graig	Holland	MV	41	Pontypridd Rodents	43.20
52		No Number					43.23
53	617	Kevin	Lewis	MV	44	Neath Harriers	43.24
54	325	Mathew	Wreford	M	16	Newport Harriers	43.27
55	551	Jaime	Ortiz-Canavate	M	35	n/a	43.28
56	59	Eifion	Owen	MV	50	Pencoed Tri	43.31
57	143	Bill	Savage	MV	55	Chepstow Harriers	43.36
58	199	Peter	Curran	MV	42	n/a	43.37
59	135	Sharon-Louise	Leech	FV	35	Amman Valley	43.40

60	521	Chris	Benger	M	26	Islwyn	43.52
61	373	Terry	Cavney	MV	46	Les Croupiers	43.57
62	97	Daron	Herbert	MV	40	n/a	43.59
63	395	Shane	Wilde	MV	43	Islwyn	44.01
64	90	John	Wilson	MV	50	Penarth & Dinas	44.02
65	618	Michael	Evans	MV	45	Neath Harriers	44.05
66	261	Richard	Lloyd	MV	43	Dulwich Runners	44.06
67	260	Edwin	Green	M	38	Chepstow Harriers	44.21
68	236	Rhys	Manning	M	23	MDC	44.28
69	459	Andrew	Smith	MV	43	Great Western Runners	44.31
70	541	Tim	Phillips	M	29	n/a	44.45
71	257	Mark	Rich	MV	42	n/a	44.49
72	544	Chris	Jones	MV	46	Liswerry	44.52
73	337	Robert	Wilson	MV	48	Penarth & Dinas	44.55
74	94	Graeme	Donnan	MV	52	Les Croupiers	44.56
75	471	Ruth	Davies	F	32	Les Croupiers	44.59
76	277	Will	John	M	39	Brackla Harriers	45.06
77	148	John	O'Shea	MV	51	Les Croupiers	45.12
78	642	Richard	Sewell	MV	48	Les Croupiers	45.14
79	38	Mike	Tate	M	36	Multisport	45.16
80	520	Neil	Davies	M	33	n/a	45.23
81	623	Andy	Stott	MV	46	Chepstow Harriers	45.24
82	19	Anthony	Deacy	MV	47	n/a	45.25
83	439	Neil	Hawkes	M	37	n/a	45.31
84	186	Neil	Parry	MV	40	n/a	45.39
85	192	Alan	Stone	MV	45	MDC	45.40
86	645	Alan	Jefferies	MV	63	Swansea Harriers	45.41
87	624	Gwyn	Lloyd	MV	50	Pontypridd Rodents	45.41
88	317	Richard	Boon	MV	46	Les Croupiers	45.46
89	449	Peter	Johns	MV	40	n/a	45.47
90	532	Paul	Membray	M	22	n/a	45.51
91	434	John H	Collins	MV	68	Swansea Harriers	45.52
92	480	Gemma	Jones	F	21	Liswerry	45.58
93	560	Ben	Bailey	M	21	n/a	45.59
94	49	Richard	Self	MV	40	n/a	46.20
95	632	Liam	Sullivan	MV	43	n/a	46.25
96	72	Tim	O'Sullivan	MV	47	Les Croupiers	46.28
97	140	David	Somersall	M	36	Chepstow Harriers	46.32
98	378	Emma-Jane	Bayliss	F	24	Griffithstown Harriers	46.34
99	290	Christopher	Mullan-Jones	M	29	n/a	46.39
100	315	Neil	Grant	MV	54	Chepstow Harriers	46.40
101	417	Jason	Raffill	M	28	n/a	46.41
102	626	Nick	Pringle	MV	46	Liswerry	46.42
103	425	Brian	Cottam	M	35	n/a	46.44
104	167	Andy	Shanahan	M	30	Pencoed Tri	46.44
105	372	Steve	Lewis	MV	48	Les Croupiers	46.47
106	211	Nick	Battersby	MV	46	Chepstow Harriers	46.49
107	164	Glenn	Porter	MV	45	n/a	46.52
108	204	Dominic	Ryland	M	37	Cardiff Tri	46.56
109	478	Sally	Haselhurst	F	26	n/a	46.57
110	443	Martin	Lucas	MV	52	MDC	47.06
111	250	Jennifer	Collins	F	27	n/a	47.07
112	234	Alice	Bedwell	FV	45	MDC	47.10
113	210	Andy	Ost	M	28	Chepstow Harriers	47.12
114	255	Richard	Holland	M	37	Pontypridd Rodents	47.19
115	553	John	Ledsam	MV	45	Les Croupiers	47.23
116	239	Julie	Scholey	FV	46	Les Croupiers	47.30
117	534	Andrew	Lott	MV	44	n/a	47.35
118	161	Cath	Gardner	FV	35	Les Croupiers	47.42
119	108	Jonathan	Davies	M	37	Islwyn	47.43
120	542	Glen	Harper	M	15	Cardiff	47.45
121	361	Ben	Jones	M	16	n/a	47.48
122	304	Phil	Nolton	M	38	n/a	47.51
123	291	David	Naylor	MV	71	n/a	47.52
124	243	Stephen	Chambers	MV	44	n/a	47.59
125	287	Chris	Moore	MV	46	n/a	48.03
126	18	Shaun	Conner	M	36	Les Croupiers	48.04

127	620	Chris	Williams	MV	49	n/a	48.05
128	100	Gareth	John	MV	51	Les Croupiers	48.08
129	275	Ashley	Gulwell	M	20	n/a	48.09
130	634	Craig	Harper	M	20	n/a	48.10
131	179	Mark	Harvey	M	18	Chepstow Harriers	48.11
132	183	Andrew	Thomas	MV	43	n/a	48.13
133	522	Alex	Thomas	M	16	n/a	48.23
134	561	Paul	Williams	M	20	n/a	48.23
135	613	Graham	Evans	MV	51	n/a	48.23
136	385	Jeff	Thomas	M	39	Bridgend AC	48.23
137	89	Ian	Ashton	M	25	n/a	48.23
138	554	Ben	Warrick	M	27	n/a	48.30
139	442	Neil	Godding	M	23	n/a	48.32
140	124	Neil	Hendry	MV	50	Penarth & Dinas	48.38
141	126	Phil	White	M	37	n/a	48.43
142	262	Helen	Marshall	F	26	Swansea Harriers	48.45
143	258	Dick	Finch	MV	61	Chepstow Harriers	48.47
144	39	Gary	Sellick	MV	43	n/a	48.48
145	546	Richard	Hammond	MV	42	n/a	48.50
146	467	Deborah	Evans	FV	38	Penarth & Dinas	48.52
147	539	John	Plain	MV	57	Les Croupiers	48.58
148	402	Neil	Pilliner	M	35	n/a	49.09
149	450	Jeff	Davies	M	39	n/a	49.30
150	348	Roy	Richards	MV	57	n/a	49.35
151	338	Ian	Ogilvie	M	39	n/a	49.41
152	426	Marie	Buchanan	F	32	n/a	49.43
153	491	Kate	Morgan	FV	41	n/a	49.45
154	285	Claire	Beatty	F	28	Les Croupiers	49.46
155	136	Leigh	James	F	22	Windsor Slough Eton &	49.50
156	99	Derek	Rainbird	M	52	Club 69	49.56
157	421	Kelly	Morgan	F	27	Pontypridd Rodents	49.59
158	67	Sue	Ashton	FV	52	Chepstow Harriers	50.01
159	468	Carol	Miller	FV	43	Les Croupiers	50.01
160	252	Maria	Prout	FV	40	Cardiff AC	50.04
161	165	Andrew	Wheten	M	33	n/a	50.14
162	151	James	Bruce	M	32	Pegasus RC	50.16
163	226	Paul	Thomas	MV	48	Les Croupiers	50.17
164	639	Jethro	McDonald	M	17	n/a	50.19
165	456	Gary	Gunner	MV	59	Croft Ambrey Runners	50.20
166	346	Mark	Aston	MV	46	n/a	50.23
167	196	Geoff	Jones	M	31	n/a	50.24
168	316	Wendy	Boon	FV	45	Les Croupiers	50.25
169	62	Andrew	Ezard	MV	41	n/a	50.28
170	68	Gerry	Ashton	MV	51	Chepstow Harriers	50.30
171	492	Anne	Follan	FV	35	n/a	50.31
172	178	Peter	Murry	M	25	n/a	50.33
173	263	Jeffrey	Aston	MV	58	Les Croupiers	50.42
174	20	Nick	Darroch	MV	47	n/a	50.46
175	324	Mathew	Robson	M	31	n/a	50.49
176	332	Martin	Phillips	MV	54	n/a	50.57
177	441	Elvet	Jones	MV	59	Brecon	50.58
178	119	Denis	Murphy	MV	53	Les Croupiers	50.59
179	537	Phillip	Hoskins	MV	43	n/a	51.00
180	121	Mike	Harpin	MV	43	n/a	51.06
181	123	Simon	Plummer	M	39	n/a	51.15
182	63	Tim	Reese	MV	42	n/a	51.17
183	274	Ronald	Gulwell	MV	48	n/a	51.17
184	213	Steve	Hill	MV	50	Chepstow Harriers	51.28
185	435	Catherine	Marks	F	23	Swansea Harriers	51.34
186	147	Alan	Mann	MV	48	Les Croupiers	51.39
187	218	Duncan	Aggleton	M	18	n/a	51.40
188	648	Stuart	Keeping	MV	43	n/a	51.47
189	548	A D	Hull	MV	47	n/a	51.49
190	154	Robert	Hector	M	35	n/a	51.52
191	633	Owen	David	M	19	n/a	51.53
192	615	Keith	Starr	MV	57	n/a	51.54
193	408	Rhys	Ryland	MV	46	n/a	51.57

194	206	Elin	Morris	FV	40	n/a	52.00
195	200	Lynn	Goward	FV	40	n/a	52.00
196	70	Catherine	Lawford	FV	43	Hay Hotfooters	52.00
197	231	Arwyn	Jones	MV	55	n/a	52.01
198	251	Helen	Duffield	F	33	Chepstow Harriers	52.01
199	437	Mike	Woods	M	38	n/a	52.13
200	219	Kevin	Ireland	M	39	n/a	52.14
201	438	Michael	Williams	M	33	n/a	52.14
202	432	Martin	Jones	M	37	n/a	52.14
203	181	Kevin	Russell	MV	46	South Wales Police	52.14
204	46	Mark	Phillips	MV	45	n/a	52.20
205	297	Paul	Whittmore	M	18	n/a	52.34
206	61	Diane	Ezard	FV	38	n/a	52.41
207	547	Peter	Hammond	M	36	n/a	52.43
208	272	Sybil	Upton	FV	52	n/a	52.47
209	519	Steve	Parker	M	37	Pencoed Tri	52.50
210	152	David	Wakefield	M	38	n/a	52.52
211	479	Anna	Brandon	F	35	n/a	52.56
212	431	Joe	Ruddy	MV	40	n/a	53.15
213	103	Geoff	Bayliss	MV	59	Chepstow Harriers	53.18
214	15	David	Stubbs	MV	43	n/a	53.21
215	153	Jennifer	Lewis	FV	35	n/a	53.27
216	7	Alex	Williams	M	38	n/a	53.27
217	227	Allan Spencer	Smith	MV	72	3m Gorseinon	53.37
218	168	David	Waugh	MV	62	n/a	53.45
219	240	Sue	Neal	FV	55	Les Croupiers	53.53
220	409	Phil	Owens	MV	47	n/a	53.54
221	635	Andrew	Hellier	MV	41	Visteon	53.57
222	638	David	Morgan	MV	40	Penarth & Dinas	54.00
223	523	Nicholas	Wilson	M	31	n/a	54.00
224	333	Richard	Edwards	MV	40	n/a	54.00
225	469	Mandy	Morris	F	33	Neath Harriers	54.00
226	66	Andrew	Owen	MV	43	Avon & Sm'set Police	54.00
227	130	Steve	Hill	MV	42	Penarth & Dinas	54.00
228	237	Ian	Henry	M	32	n/a	54.04
229	193	Ian	Carruthers	MV	42	Deviant	54.10
230	414	Nigel	Osborne	MV	48	n/a	54.10
231	111	Mike	Parfitt	MV	43	n/a	54.10
232	363	Tim	Russell	M	31	n/a	54.10
233	286	Philip	Greedy	M	29	n/a	54.11
234	418	Havard	Prosser	MV	57	n/a	54.14
235	30	Sarah	Hardman	F	28	Penarth & Dinas	54.22
236	559	Harry	Rees	M	18	n/a	54.26
237	612	Arthur	Phillips	MV	71	Sospan RR	54.29
238	556	Gethin	Jones	MV	40	Team Deviant	54.37
239	31	John	Brown	MV	43	Pencoed Tri	54.37
240	22	Steven	Winter	MV	45	Pewsey Vale RC	54.37
241	43	Dallas	Robinson	MV	56	n/a	54.37
242	98	Victoria	John	F	26	Pontypridd Rodents	54.39
243	630	Dominic	Shields	MV	40	n/a	54.40
244	535	Paul	Stockford	M	36	n/a	54.45
245	413	Michael	Brace	M	38	n/a	54.47
246	323	Mark	Clatworthy	M	34	n/a	54.48
247	543	Hywel	Evans	MV	42	Visteon	54.49
248	288	Michael	Dix	MV	51	Les Croupiers	54.51
249	440	Kate	Hovers	FV	46	Brecon	55.00
250	282	Glyn	Hicks	MV	56	Islwyn	55.11
251	614	Teg	Jones	MV	57	n/a	55.17
252	320	Deborah	Green	F	32	n/a	55.25
253	281	Mario	Rabaiotti	MV	42	n/a	55.29
254	79	Robert	Lister	MV	49	Pewsey Vale RC	55.33
255	279	David	Griffiths	MV	52	n/a	55.36
256	379	Ute	Meister	MV	40	n/a	55.38
257	396	Phillip	Thomas	MV	54	Penarth & Dinas	55.40
258	398	Colin	Rees	M	38	n/a	55.45
259	335	David	Parry	M	31	n/a	55.46
260	334	Michael	Richards	M	34	n/a	55.46

261	73	Ian	Henton	M	32	n/a	55.46
262	118	David	Dyer	M	23	n/a	55.46
263	327	Bethan	Thomas	F	22	n/a	55.50
264	637	Howard	Jones	MV	49	Brackla Harriers	55.50
265	106	Rhydian	Evans	M	26	n/a	55.53
266	116	Angela	Morgan	FV	49	n/a	56.00
267	540	Tom	Troth	M	20	n/a	56.01
268	336	Stella	Sturgess	F	34	Penarth & Dinas	56.05
269	530	Dan	Langford	M	36	n/a	56.09
270	220	Paul	Evans	M	35	n/a	56.10
271	474	Kate	Phillips	FV	39	n/a	56.10
272	351	Paul	Bigmore	MV	50	Brackla Harriers	56.16
273	194	Claire	Morris	F	33	Deviant	56.16
274	555	Malcolm	Turner	MV	41	Team Deviant	56.19
275	362	Roland Paul	Knight	MV	56	n/a	56.20
276	223	Gareth	O'Callaghan	M	28	n/a	56.21
277	382	D. Keith	Brown	MV	63	Vale of Glam R R	56.26
278	125	Rachel	Jones	VF	36	Les Croupiers	56.26
279	643	John	Martin	MV	48	n/a	56.26
280	144	Syd	Wheeler	MV	68	Chepstow Harriers	56.27
281	558	Tom	Rees	M	21	n/a	56.27
282	278	Jonathan	Griffiths	M	37	n/a	56.27
283	180	Neil	Thomas	M	37	Islwyn	56.27
284	57	David	Kaged	MV	44	n/a	56.30
285	115	Warren	Beynon	M	34	n/a	56.31
286	56	John	Allen	MV	46	n/a	56.33
287	222	Ian	Thomas	MV	40	n/a	56.33
288	40	John	O'Sullivan	MV	42	n/a	56.33
289	401	John	Hoskins	M	37	n/a	56.33
290	306	Gavin	Jones	M	38	n/a	56.33
291	319	Wayne	Preece	MV	52	n/a	56.36
292	230	Vanessa	Turnbull	FV	39	n/a	56.41
293	636	Tim	Webb	MV	56	Pegasus RC	56.42
294	228	Derek	Thornley	MV	53	MDC	56.42
295	533	James	Finch	M	33	n/a	56.42
296	375	Nick	Hegarty	M	38	n/a	56.42
297	445	Stephen	New	MV	41	100 Marathon Club	56.47
298	313	Malin	Falck	F	32	Les Croupiers	56.47
299	156	Richard	Brown	MV	55	Sheen Shufflers	56.55
300	641	Mathew	Parry	M	24	3m Gorseinon	56.55
301	296	Peter	Whittmore	MV	55	n/a	56.55
302	188	Steve	Jones	MV	47	n/a	56.56
303	187	Dave	Mitchell	MV	47	n/a	56.56
304	473	Louise	Friend	F	27	Pencoed Tri	56.56
305	345	Kwok	Lee	M	31	n/a	56.56
306	390	Dave	Jennings	M	25	n/a	56.59
307	383	Rhodri	Brown	M	37	Vale of Glam R R	56.59
308	276	John	Cunnane	MV	57	100Km Association	57.00
309	411	Keith	Coleman	M	37	n/a	57.09
310	270	Ray	Majer	MV	52	n/a	57.10
311	475	Valerie	Cloke	FV	48	Liswerry	57.16
312	377	Gareth	Lloyd	M	32	n/a	57.18
313	451	Rod	Jones	MV	59	Les Croupiers	57.21
314	356	Angela	Neal	FV	50	Les Croupiers	57.22
315	102	Jane	Bayliss	FV	53	Chepstow Harriers	57.39
316	47	Chris	Humphreys	M	33	n/a	57.41
317	328	Tomas	Champ	M	34	n/a	57.44
318	339	Stephen	Williams	MV	48	Les Croupiers	57.47
319	527	Tim	Stott	M	19	n/a	57.48
320	35	Michael	James	MV	67	Les Croupiers	57.50
321	428	Steven	Lewis	M	36	Port Talbot Harriers	58.07
322	649	Ryan	Hallett	M	19	n/a	58.16
323	224	Gary	Clarke	MV	43	n/a	58.27
324	625	Michael	Hopkins	MV	47	n/a	58.30
325	185	Gareth	Evans	M	26	n/a	58.37
326	129	Eric	Bailey	MV	59	Chepstow Harriers	58.39
327	329	Dave	Charrett	MV	52	n/a	58.41

328	162	James	Johnson	MV	69	n/a	58.44
329	416	Steven	Bell	M	32	n/a	59.00
330	212	Elisabeta	Battersby	FV	48	Chepstow Harriers	59.00
331	225	Tom	Clarke	M	16	n/a	59.01
332	271	Jo	Hicks	FV	39	n/a	59.02
333	120	Natatie	Harpin	FV	40	n/a	59.10
334	407	Mike	Hall	M	37	n/a	59.10
335	87	Larry	Burford	MV	43	Pegasus RC	59.11
336	122	Torquil	Goodwin	MV	44	n/a	59.14
337	458	Ann	Davies	FV	49	Pontypridd Rodents	59.15
338	369	Darren	Walker	M	36	Les Croupiers	59.17
339	406	Paul	Jones	M	33	Mumbles Milers	59.21
340	310	Roger	Vince	MV	51	n/a	59.31
341	384	Colin	Prosser	MV	42	Chepstow Harriers	59.34
342	109	Aranka	Pratt	FV	57	n/a	59.35
343	311	Aiden	Thomas	M	36	n/a	59.47
344	322	Kelly	Gibson	FV	38	Team Deviant	59.52
345	344	Julian	Williams	M	32	n/a	59.53
346	146	Loretta	Daley	FV	39	Les Croupiers	59.55
347	248	Michael	Alsworth	MV	54	n/a	59.56
348	54	Linda	Jensen	FV	44	n/a	59.58
349	55	Mick	Tabor	MV	52	San Domenico	60.04
350	629	Barry	James	MV	55	n/a	60.09
351	247	Joanne	Cunningham	FV	41	n/a	60.10
352	202	Martyn	Richards	M	27	n/a	60.15
353	60	Peter John	Payton	MV	56	Islwyn	60.21
354	611	Ian	Edwards	MV	43	n/a	60.21
355	476	Cyedia	Roberts	FV	52	Aberystwyth	60.22
356	305	Debbie	Potter	FV	40	n/a	60.23
357	562	Keith	Anderson	MV	45	Llisbury	60.29
358	347	Ian	Harris	M	32	n/a	60.29
359	472	Beverley	Meek-Welsh	FV	46	Chepstow Harriers	60.35
360	318	Nigel	Gunn	MV	43	n/a	60.38
361	77	Eryl	Tottle	M	39	Llisbury	60.42
362	399	Neil	Lewis	MV	46	Mumbles Milers	60.43
363	2	Joanne	Bartholomew	F	30	n/a	60.56
364	3	Ian	Bartholomew	M	29	n/a	60.58
365	25	Julia	Ridge	F	34	n/a	61.14
366	26	Kevin	Ridge	M	33	n/a	61.15
367	264	Mike	Clinch	MV	46	n/a	61.18
368	405	Huw	Mason	MV	50	n/a	61.18
369	392	Christine	Vorres	FV	46	Griffithstown Harriers	61.23
370	32	Ceri	Jones	F	34	n/a	61.25
371	64	Kathryn	John	FV	39	n/a	61.27
372	529	Richard	Green	M	33	Bridgend AC	61.35
373	209	Sue	Ost	F	29	Chepstow Harriers	61.47
374	201	Maria	Williams	F	32	n/a	61.5
375	1	Nigel	Ferrand	MV	49	n/a	61.55
376	622	Martin	Johns	MV	42	n/a	61.55
377	132	Dave	Muckill	M	31	n/a	61.55
378	198	Fadi	Baydoun	M	32	n/a	62.01
379	86	Catherine	Crimmins	F	33	Les Croupiers	62.01
380	134	Brett	Regulski	MV	46	Chepstow Harriers	62.01
381	241	Fiona	Glen	F	30	n/a	62.01
382	326	Cecilia	Thomas	FV	51	n/a	62.07
383	376	John	Lloyd	MV	62	n/a	62.09
384	419	Jeff	Lewis	M	42	n/a	62.10
385	420	Gwenllian	Llwyd	M	30	n/a	62.11
386	557	Gary	Rees	MV	57	n/a	62.12
387	158	Richard	Long	M	38	n/a	62.41
388	50	Shaun	Emms	MV	66	Hay Hotfooters	62.50
389	21	Julie	Winter	FV	39	Pewsey Vale RC	62.50
390	470	Clare	Johnson	FV	40	Les Croupiers	62.53
391	235	Nia	Honeybun	FV	45	n/a	62.54
392	482	Jackie	Ezard	FV	42	n/a	62.58
393	397	Andrew	Jordan	M	39	n/a	63.02
394	259	Kate	Meas	FV	37	n/a	63.18

395	96	Max	Morris	MV	66	n/a	63.55
396	387	Hazel	Gambling	F	31	n/a	64.05
397	355	Michael	Parrish	MV	45	n/a	64.13
398	354	Paul	Evans	MV	45	n/a	64.14
399	477	Beth	Williams	F	29	n/a	64.14
400	133	Michael	Griffiths	MV	44	n/a	64.14
401	488	Alison	Kibblewhite	FV	37	n/a	64.32
402	53	Huw	Griffiths	MV	47	n/a	64.33
403	138	Sarah	Watkins	F	31	n/a	64.34
404	104	Robert	Vaughan	MV	52	n/a	64.51
405	386	Lynn	Bulbeck	FV	38	n/a	64.55
406	300	Jocelyn	Bisson	F	16	n/a	65.03
407	640	Gareth	Watson	M	25	3m Gorseinon	65.04
408	433	Simon	Hudd	M	39	n/a	65.09
409	309	John	Goodwin	MV	52	n/a	65.15
410	536	Keith	Harris	MV	43	Mumbles Milers	65.17
411	400	Gary	Taylor	M	24	Mumbles Milers	65.19
412	650	John	Owen	MV	61	n/a	65.30
413	621	John	Humphreys	MV	51	n/a	65.35
414	360	Ben	Williams	M	26	n/a	65.36
415	299	Sue	Bisson	FV	43	n/a	65.39
416	10	Barry	Hopper	MV	63	Instinctive Sports	65.42
417	176	Tracey	Newman	FV	35	Les Croupiers	65.51
418	394	Sian	Brown	FV	49	n/a	66.00
419	177	Edward	Newman	M	59	n/a	66.05
420	6	Andrea	Reynolds	FV	41	Swansea	66.09
421	4	David	Sweetman	M	36	n/a	66.09
422	295	Clare	Hingott	F	30	n/a	66.22
423	36	Simon	James	M	38	Les Croupiers	66.30
424	17	Christine	O'Byrne	F	25	Swansea	66.31
425	484	Karen	Spiller	FV	41	n/a	66.34
426	485	Julia	Churton	FV	44	n/a	66.35
427	48	Steven	Christmas	MV	42	n/a	66.41
428	294	Heather	Smith	F	32	n/a	66.45
429	289	Katherine	Mullan-Jones	F	32	n/a	66.46
430	75	Caroline	Worsdell	FV	39	Pewsey Vale RC	67.00
431	647	Ralph	Bikram	M	38	n/a	67.16
432	489	Alison	Morgan	FV	41	n/a	67.20
433	88	Jennifer	Stone	FV	39	n/a	67.20
434	159	Neil	Pugh	M	39	n/a	67.20
435	389	Colin	Johns	M	36	n/a	67.24
436	447	Anita	Griffiths	FV	49	3m Gorseinon	67.26
437	137	Julie	Williams	FV	48	n/a	67.31
438	107	Caroline	Hafner	FV	59	Hay Hotfooters	67.32
439	391	Sara	Charles	F	28	n/a	67.33
440	242	Ceridwen	Wilson	FV	43	n/a	67.34
441	352	Laurence	Brophy	MV	73	Bridgend AC	67.38
442	33	Vicky	Whitworth	FV	45	n/a	67.46
443	34	Mick	Whitworth	MV	43	n/a	67.47
444	268	Denise	Jones	FV	47	n/a	67.52
445	267	Anthony	Beer	MV	41	n/a	67.52
446	483	Sally	Martin	F	18	n/a	68.04
447	221	Nick	Jones	M	38	n/a	69.06
448	92	Anne	Roberts	FV	51	n/a	69.14
449	550	Jorge	Escalada	M	29	n/a	69.15
450	80	Amy	Williams	F	22	n/a	69.15
451	490	Sarah	Dudd	F	29	Les Croupiers	69.17
452	5	Helen	Trollop	F	27	Liiswerry	69.22
453	45	Chris	David	MV	50	n/a	69.23
454	149	Carolyn	Llewellyn	FV	59	Les Croupiers	69.25
455	195	Jane Elaine	Fletcher	F	31	n/a	69.27
456	269	Suzie	Shepherd	FV	36	Chepstow Harriers	69.50
457	481	Louise	Giles	F	32	n/a	70.01
458	244	Brian	Donald	MV	53	n/a	70.03
459	84	Linda	Smith	FV	44	n/a	70.06
460	349	Anne	Masters	FV	57	Chepstow Harriers	70.16
461	444	Beatrix	Bown	FV	51	n/a	70.21

462	457	Helen	Cahill	FV	49	n/a	70.30
463	293	William	Darby	MV	53	Myndd Du	70.30
464	364	Emma-Jane	Allen	F	29	n/a	70.37
465	365	Joanna	Russell	F	28	n/a	70.42
466	238	Lynne	Rossiter	FV	51	Lliswerry	70.42
467	215	Rosalind	Donald	F	22	Les Croupiers	70.42
468	380	Natasha	Williams	FV	38	Chepstow Harriers	70.43
469	610	Graham	Singer	MV	49	n/a	71.39
470	150	Anne	Donald	FV	56	Les Croupiers	71.57
471	113	Caroline	Robinson	F	32	n/a	71.59
472	131	Julia	Hopkins	FV	48	n/a	72.12
473	229	Tom	Dyer	MV	56	n/a	72.16
474	197	Judith	Baydoun	FV	50	n/a	72.39
475	208	Denise	Fletcher	FV	43	n/a	72.42
476	330	Daniel	Herlihy	MV	50	n/a	72.50
477	331	Martyn	Caswell	M	19	n/a	73.17
478	166	Rhys	Evans	M	29	n/a	73.17
479	42	Claire	Milner	FV	53	Hay Hotfooters	73.30
480	463	Steven	Hancock	M	35	n/a	73.54
481	452	Sian	Coxall	F	28	San Domenico	74.56
482	139	Julie	Davies	FV	35	n/a	75.30
483	461	Dean	Henson	M	31	n/a	75.39
484	367	Carole	Hancock	FV	58	n/a	75.43
485	374	Karren	Phillips	FV	38	Les Croupiers	76.12
486	366	Helen	Jeffries	FV	45	n/a	76.14
487	368	Jane	Blacker	FV	50	n/a	76.20
488	249	Jon	Roberts	MV	54	n/a	76.38
489	465	Samantha	Thompson	FV	39	Brackla Harriers	76.50
490	466	Dave	Thompson	M	38	n/a	76.53
491	340	Molly	Melhuish	F	32	n/a	76.54
492	462	Darren	Henson	M	29	n/a	76.59
493	341	Dyfed	Evans	M	29	n/a	77.06
494	358	Sarah-Jane	Jennings	F	29	n/a	77.42
495	359	Michael	Hammet	M	27	n/a	78.34
496	174	Carol	Palmer	FV	69	Newport Harriers	78.34
497	173	Maureen	Firth	FV	55	n/a	78.40
498	448	John	McDonnell	MV	61	n/a	79.10
499	631	Guenther	Sigloch	MV	56	n/a	79.18
500	266	John	Cole	MV	59	n/a	79.19
501	172	Paula	Kearns	FV	38	n/a	81.10
502	423	Allen	Watts	MV	77	Sarn Helen	81.13
503	464	Joanne	Hancock	F	30	n/a	81.32
504	628	Graham	Johnson	MV	60	Serpentine RC	82.09
505	446	Eric	Ricketts	MV	62	3m Gorseinon	82.26
506	301	Guy	Taylor	M	25	n/a	83.27
507	117	Steven	Morgan	M	22	n/a	88.00