

Pos	No	First	Name	Time	Age	Cat	Club
1	635	DARRAN	HISCOX	00:36:29	32	OM	BRIDGEND AC
2	697	GARETH	JONES	00:38:30	27	OM	NEATH HARRIERS
3	540	Andrew	Lane	00:38:39	21	OM	
4	672	RICHARD	JONES	00:39:31	46	M40	SWANSEA HARRIERS
5	597	JOHN	WILLIAMS	00:39:40	44	M40	NEATH HARRIERS
7	165	Ian	Spilsbury	00:39:52	40	OM	Penarth & Dinas Runners
8	162	Wyn	Barrett	00:40:08	37	F35	
9	383	Neil	Davies	00:40:09	46	M40	Cornelly Striders
11	684	PAUL	DYSON	00:40:18	45	M40	SWANSEA HARRIERS
12	304	Michael	Dury	00:40:44	28	OM	Islwyn Running Club
13	559	James	Davies	00:40:57		OM	Bridgend Athletic
14	656	DARRIN	MORRIS	00:41:08	56	M50	NEATH HARRIERS
15	395	Giancarl	Bianchi	00:41:37	24	OM	
16	628	KEITH	POWELL	00:41:51	52	M50	CORNELLY STRIDERS
17	434	Gareth	Battle	00:41:59	30	OM	Rhondda Tri Club
18	679	LAURA	JACKSON	00:42:38	25	OF	CARDIFF UNI
19	505	Christop	Bradshaw	00:43:00	38	OM	
20	391	Shane	Wilde	00:43:05	41	M40	Islwyn Running Club
21	410	Leighton	Williams	00:43:09	42	M40	Team Deviant
22	301	Peter	Curran	00:43:28	41	M40	
23	669	ANTHONY	CROD	00:43:29	44	M40	NONE
24	328	Nicky	LeGood	00:43:37	39	F35	Macclesfield Harriers
25	85	Lee	Hopkins	00:43:39	21	OM	Aberdare AAC
26	680	RICHARD	SEWELL	00:43:53	47	M40	LESCROUPIERS
27	388	Mark	Amos	00:43:58	36	OM	
28	122	Sharon	Leech	00:43:59	34	OF	Amman Valley Harriers
29	468	Paul	Williams	00:44:12	19	OM	
30	570	Tony	Carzana	00:44:30	57	M50	Pegasus Running Club
31	627	JIM	TOWNHILL	00:44:31	33	OM	NONE
32	416	Graeme	Donnan	00:44:33	51	M50	Les Croupiers
33	621	RICK	MARTINEAU	00:44:47	27	OM	NONE
34	536	ANDREW	WILKINSON	00:44:49	27	OM	
35	564	Simon	Page	00:44:53	29	OM	
36	483	Tim	O'Sullivan	00:44:58	46	M40	Les Croupiers
37	645	LYNSEY	CHRISTOPHER	00:45:05	36	OM	VISTEON
38	412	Neil	Lewis	00:45:14	45	M40	
39	81	Rhydwyn	Harris	00:45:17	36	OM	Islwyn Running Club
40	531	Andrew	Dwyer	00:45:17	36	OM	
41	272	Bill	Pletcher	00:45:29	44	M40	Cardiff Triathletes
42	642	BRENDON	HEALY	00:45:38	32	OM	NONE
43	372	Toby	Warren	00:45:44	37	OM	
45	584	NEIL	DAVIES	00:45:47	31	OM	RHONDDA TRI CLUB
46	539	Carwyn	Jenkins	00:45:50	32	OM	
47	414	Mike	Woods	00:46:03	37	OM	
48	84	Mike	Griffiths	00:46:08	33	OM	TeaOM Deviant
49	265	David	Wright	00:46:26	27	OM	
50	44	Rob	Griffiths	00:46:29	37	OM	
51	557	Dawn	Kenwright	00:46:37	49	F45	Sarn Helen
53	535	Nick	Davies	00:46:38	23	OM	
54	244	John	Weeks	00:46:38	49	M40	Islwyn Running Club

55	693	PETER	TURNER	00:46:38	53	M50	CORNELLY STRIDERS
56	148	Michael	Bunston	00:46:39	36	OM	Islwyn Running Club
57	378	Stephen	Powell	00:46:44	41	M40	
58	593	ROBERT	CHALLENGER	00:46:48	44	M40	
59	143	James	Hewitt	00:46:49	43	M40	
60	111	Philip	Morgan	00:47:04	42	M40	
61	77	Denis	Murphy	00:47:12	52	M50	Les Croupiers
62	366	Mark	Rees	00:47:15	32	OM	
63	407	Tyrone	Owen	00:47:23	33	OM	
64	33	Stephen	Jones	00:47:28	46	M40	Islwyn Running Club
65	558	Ingo	Schnauder	00:47:28	30	OM	
66	665	PHILIP	DOWNS	00:47:30	16	YTH	NONE
67	255	Stephen	Rudall	00:47:37	50	M40	
68	519	Carla	Molinaro	00:47:42	20	OF	
69	336	Stephen	Thomas	00:47:42	43	M40	
70	64	Robert	John	00:47:47	29	OM	Les Croupiers
71	689	GARY	WATERS	00:47:53	55	M50	SWANSEA HARRIERS
72	423	Geoff	Jones	00:47:56	30	OM	
73	262	Leslie	Bulman	00:47:56	47	M40	
74	448	Craig	Harper	00:47:57	18	OM	
75	637	JAINE	ORTIZ-CANAV	00:48:01	34	OF	NONE
76	444	John	Williams	00:48:04	45	M40	
77	653	GREG	RICHARDS	00:48:10		OM	NONE
78	652	WARREN	MERCHANT	00:48:10	31	OM	NONE
79	625	PHILIP	TREHARNE	00:48:14	45	M40	VISTEON
80	630	MARCUS	EYRE	00:48:15	45	M40	3MS GORSEINON
81	585	RHYS	BRECKAW	00:48:24	24	OM	RHONDDA TRI CLUB
82	675	HUW	THOMAS	00:48:28	38	OM	NONE
83	137	David	Barrett	00:48:28	43	M40	
84	149	Chris	Moore	00:48:30	45	M40	
85	619	NEIL	WILLIAMS	00:48:32	36	OM	NONE
87	677	KATH	ROSEDALE	00:48:36	26	OF	CARDIFF UNI
88	191	Steve	Crandon	00:48:38	40	OM	
89	51	Darrell	Sturley	00:48:38	45	M40	
90	332	Martin	Sulman	00:48:46	34	OM	Pegasus Running Club
91	286	Joeli	Sweeney	00:48:53	27	OF	
92	345	Jason	Foley	00:49:01	30	OM	
93	551	Rhys	Harries	00:49:05	25	OM	Llanelli Athletics Club
94	518	Rebecca	Harris	00:49:20	37	F35	Les Croupiers
95	100	Peter	Davies	00:49:21	57	M50	
96	445	James	Williams	00:49:21	15	YTH	
97	587	NORMAN	DAY	00:49:22	39	OM	
98	641	TAM	BOYLES	00:49:26	33	OM	NONE
99	582	FRANCIS	STEVENS	00:49:33	58	M50	PEGASUS RUNNING CLUB
100	36	Edward	Wellington	00:49:36	47	M40	
101	700	ALED	ROBERTS	00:49:39	32	OM	NONE
102	685	GERAINT	EVANS	00:49:40	28	OM	NONE
103	608	KEVIN	GARDENER	00:49:40	46	M40	CHEPSTOW HARRIERS
104	140	Stephen	Martin	00:49:42	42	M40	
105	560	Mike	Tossell	00:49:46	31	OM	
106	362	Becky	Townleg	00:49:51	34	OF	Multisport Racing Club

107	65	Neil	Curtis	00:49:52	35	OM	
108	513	Becks	Rimmington	00:49:53	21	OF	Total Fitness Bath
109	687	GRANT	THOMAS	00:49:56	31	OM	TEAM WECORI
110	344	Nicola	Chandler	00:50:04	30	OM	
111	176	Kathleen	Mogford	00:50:07	50	F45	
112	389	Bradley	Carter	00:50:15	31	OM	
113	83	Mike	Ridout	00:50:18	51	M50	Brackla Harriers
114	643	ANDREW	FREEDMAN	00:50:25	48	M40	NONE
115	351	Melissa	Whiting	00:50:28	27	OF	
116	359	Andrew	Wallis	00:50:31	31	OM	
117	688	CRISTINA	SMITH	00:50:36	44	F35	3M
118	694	RAYMOND	BOYCE	00:50:39	43	M40	CORNELLY
119	463	Peter	Harrop	00:50:46	43	M40	
120	13	Michael	Harry	00:50:47	38	OM	
121	583	JOSH	HARRY	00:50:47	40	M40	GLAMORGAN
122	242	Jonathan	Lewis	00:50:48	29	OM	
123	240	Neil	Davies	00:50:51	36	OM	
124	426	Martin	Clarke	00:51:01	44	M40	
125	596	ANDREW	YOUNG	00:51:03	40	M40	CARDIFF
126	427	Gary	Creed	00:51:08	34	OM	
127	428	Simon	Pettit	00:51:10	34	OM	
128	497	Adam	Bater	00:51:11	15	OM	
129	430	Andrew	Patterson	00:51:11	36	OM	South Wales Police Triathl
130	449	Stephen	Chambers	00:51:11	43	M40	
131	72	Albert	Hall	00:51:12	46	M40	
132	363	Melanie	Walker	00:51:15	34	OF	Multisport Racing Club
133	524	Leighton	Roach	00:51:15	38	OM	
134	99	Andrew	Rothwell	00:51:17	46	M40	
135	310	Andrew	Dunscumb	00:51:18	39	OM	
136	14	Richard	Jones	00:51:19	31	OM	
137	476	Ian	Warburton	00:51:23	40	M40	
138	422	Neil	Morgan	00:51:28	36	OM	
139	664	RIHARD	DOWNS	00:51:28	47	M40	NONE
140	302	David	Collins	00:51:29	45	M40	
141	512	Phil	Protheroe	00:51:29	33	OM	Road Runners Club
142	470	Doug	Webb	00:51:31	47	M40	
143	450	Paul	Day	00:51:34	31	OM	
144	251	Paul	Rowlands	00:51:36	50	M40	
145	626	GLEN	HELLIER	00:51:38	27	OM	NONE
146	321	Gethin	Jones	00:51:39	38	OM	
147	317	Glyn	Hicks	00:51:40	54	M50	Islwyn Running Club
148	120	Allan	Smith	00:51:42	71	M50	3Ms Gorseinon RRC
149	673	MIKE	NASH	00:51:45	44	M40	3M GORSEINON
150	662	JAMES	PIERCE	00:51:46	20	OM	SWANSEA INSTITUTE
151	527	Kenneth	Davies	00:51:48	60	M50	
152	254	Geraint	Evans	00:51:50	42	M40	
153	144	Mark	Stevens	00:51:52	27	OM	
154	356	Richard	Howe	00:51:52	35	OM	3 Ms
155	658	GRAHAM	ROWLAND	00:51:52	43	M40	NONE
156	54	Elizabet	Mallen	00:51:53	39	F35	
157	567	Simon	Cogger	00:51:56	40	OM	

158	600	DAVID	JENKINS	00:52:00	26	OM	NONE
159	408	Nick	Joyner	00:52:00	30	OM	
160	456	Claire	Cowell	00:52:01	18	OF	
161	579	STEVEN	WILKINSON	00:52:01	39	OM	PORT TALBOT HARRIERS
162	291	Jules	Teague	00:52:02	37	F35	
163	80	Simon	Ridout	00:52:02	28	OM	
164	127	Chris	Johns	00:52:03	42	M40	
165	45	Darren	James	00:52:03	37	OM	
166	342	Mark	Thomas	00:52:09	42	M40	Visteon
167	511	Rhys	Cahill	00:52:09	17	YTH	
168	502	Deborah	Green	00:52:14	30	OF	
169	368	Ralph	Lewis	00:52:14	34	OM	
170	651			00:52:16			
171	263	Jeffrey	Jones	00:52:18	42	M40	Rhondda Tri Club
172	258	Steve	Schalow	00:52:19	37	OM	
173	350	David	Perry	00:52:20	40	M40	
174	163	James	Webb	00:52:21	32	OM	
175	98	Sian	Phillips	00:52:23	43	F35	Swansea Harriers
176	521	Arfon	Rees	00:52:23	27	OM	Team Welori
177	405	Gareth	Williams	00:52:25	26	OM	Penarth & Dinas Runners
178	659	KEN	POWNEY	00:52:26	58	M50	NONE
179	681	MARTIN	HEAVEN	00:52:27	49	M40	NONE
180	385	Peter	Bowen	00:52:30	40	M40	
181	409	Helen	Eve	00:52:36	36	F35	
182	337	Gareth	Jones	00:52:38	26	OM	
184	161	John	Ivins	00:52:44	40	OM	
185	7	LUCY ANN	JONES	00:52:44	41	F35	
186	210	Steve	Osborne	00:52:45	29	OM	
187	618	ALAN	JENKINS	00:52:48	43	M40	NONE
188	401	Steven	Evans	00:52:52	35	OM	
189	595	GRENVILE	SMITH	00:52:54	49	M40	CARDIFF
190	380	Michael	Deadman	00:52:57	60	M50	
191	433	Joanne	Hicks	00:53:00	38	F35	
192	347	Mark	Hurley	00:53:06	25	OM	
193	617	GAVIN	ROBERTS	00:53:12	40	M40	SWANSEA HARRIERS
194	27	Anthony	Beer	00:53:13	40	OM	
195	566	Gwen	Smith	00:53:26	39	F35	
196	66	Stephen	Rees	00:53:29	34	OM	
197	489	Ian	Roberts	00:53:34	46	M40	
198	578	Teg	Jones	00:53:35	56	M50	
199	649	GIDEON	JONES	00:53:35	45	M40	NONE
200	421	Robert	Gardiner	00:53:36	44	M40	Team Welori
201	174	Peter	Whittemore	00:53:39	54	M50	
202	633	GARETH	BISHOP	00:53:47	25	OM	NONE
203	24	Neil	Coleman	00:53:48	39	OM	
204	306	Andrew	George	00:53:59	30	OM	
205	631	PAUL	REES	00:54:01	28	OM	NONE
206	553	Nigel	James	00:54:02	46	M40	
207	632	JONATHAN	GORRAN	00:54:02	24	OM	NONE
208	276	Dave	Charrett	00:54:03	51	M50	
209	629	DELIENE	EYRE	00:54:04	41	F35	3M GORSEINON

210	429	Steve	Press	00:54:05	35	OM	Team Welori
211	180	Cennydd	Amos	00:54:06	31	OM	
213	21	Philip	White	00:54:11	36	OM	
214	205	Gill	Lock	00:54:13	41	F35	
215	102	Kathryn	Scott	00:54:13	42	F35	
216	267	Mark	Gunn	00:54:15	27	OM	Dulwich Park Runners
217	464	Toby	Gore	00:54:15	50	F45	Pegasus Running Club
218	264	Nigel	Morse	00:54:17	36	OM	
219	488	Tim	Webb	00:54:22	55	M50	Pegasus Running Club
220	213	Richard	Howe	00:54:24	36	OM	
221	235	Richard	Simpson	00:54:25	32	OM	
222	396	Helen	Fraser	00:54:27	32	OF	
223	195	Benjamin	Tucker	00:54:28	24	OM	Neath Harriers
224	647	ELAINE	HILLARY	00:54:33	43	F35	NONE
225	2	GWYN	JONES	00:54:39	71	M50	
226	175	Jeffrey	Mogford	00:54:42	45	M40	Visteon
227	562	Anthony	Vallario	00:54:45	48	M40	Port Talbot Harriers
228	696	MARTIN	WELLS	00:54:53			PISTON BROKE CLUB
230	668	HUW	MADDOCK	00:54:58	42	M40	NONE
231	455	John	Smith	00:54:58	38	OM	
232	683	NICHOLA	BOWDEN	00:55:10	28	OF	TEAM DEUNAIN
233	496	Andrew	Evered	00:55:11	40	M40	
234	217	Lee	Aspland	00:55:11	44	M40	
235	453	Huw	Marshall	00:55:21	34	OM	
236	692	ANDY	GOODALL	00:55:23			NONE
237	133	Mario	Rabaiotti	00:55:25	41	M40	
238	76	Mark	Adey	00:55:28	34	OM	
239	95	John	Cunnane	00:55:29	56	M50	
240	349	Mark	Pearce	00:55:37	42	M40	
241	123	Timothy	O'Leary	00:55:40	40	OM	Multisports
242	605	RICHARD	MCKIE	00:55:42	33	OM	AMMAN VALLEY HARRIERS
243	415	Kenwyn	Davies	00:55:43	45	M40	Team Welori
244	678	KATH	MOORE	00:55:45	23	OF	CARDIFF UNI
246	599	AIDEN	THOMAS	00:55:47	35	OM	NONE
247	620	MARK	ASTON	00:55:49	45	M40	NONE
248	666	DON	HOLLOWAY	00:55:51	55	M50	BRACKLA HARRIERS
249	695	MICHAEL	SULLIVAN	00:55:59	49	M40	SWANSEA WHEELER
250	607	BEE	CHEOK	00:56:00	55	F45	NONE
251	492	Alwyn	Thomas	00:56:02	50	M50	
252	528	Paul	Bigmore	00:56:04	49	M40	
253	485	John	Harries	00:56:06	55	M50	
254	89	Josie	Grindulis	00:56:06	46	F45	Les Croupiers
255	384	Ginna	Gow-Smith	00:56:12	44	F35	
256	374	Jayne	Owen	00:56:13	41	F35	
257	441	Roger	Tiley	00:56:26	44	M40	Team Welori
258	403	Lynn	Bulbeck	00:56:27	37	F35	
259	572	James-H	Way	00:56:36	21	OM	Llanelli Athletics Club
260	404	David	Corcoran	00:56:38	49	M40	
261	398	Mark	Vivian	00:56:40	40	M40	
262	288	Stephen	Ware	00:56:41	40	M40	
263	179	Nigel	Gunn	00:56:43	42	M40	

264	132	Janice	Harvey	00:56:47	48	F45	
265	189	Philippa	Poulton	00:56:53	43	F35	
266	603	CHRIS	SCROGS	00:56:54	42	M40	NONE
267	278	Gair	McAdie	00:56:57	28	OM	Altrincham AC
268	493	Gaynor	Hunt	00:57:03	45	F45	
269	577	Frances	Machin	00:57:04	29	OF	Les Croupiers
270	534	Mike	Parfitt	00:57:10	42	M40	ACF Tupper Tri Club
271	248	Jane	Fletcher	00:57:15	39	F35	
272	292	David	Jones	00:57:17	33	OM	Team Deviant
273	367	Luc	Funnel	00:57:18	15	YTH	
274	606	JOHN	PAYNE	00:57:23	39	OM	NONE
275	212	Gary	Rose	00:57:25	43	M40	Cornelly Striders
276	223	Darryl	Sleath	00:57:25	35	OM	
277	508	Janice	Clement	00:57:28	46	F45	Penarth & Dinas Runners
278	178	Rob	Helyar	00:57:28	40	OM	
279	41	Sheila	Brown	00:57:30	55	F45	
280	290	Mike	Matthews	00:57:31	62	M50	
280	296	Robert	Dicks	00:57:33	27	OM	
281	8	CHRIS	WILLIAMS	00:57:39	40	M40	GLAMORGAM
282	691	MEIRION	WALTERS	00:57:41	45	M40	NONE
283	461	Sharon	Byrne	00:57:47	36	F35	
284	622	IWAN	DAVIES	00:57:50	43	M40	NONE
285	640	STAN	WEEKS	00:57:51	64	M50	NONE
286	447	Alan	Harper	00:57:52	46	M40	
287	225	Matthew	Slee	00:57:57	32	OM	
288	458	Steve	Terry	00:58:00	32	OM	
289	397	Stuart	Fraser	00:58:02	34	OM	
290	399	Marielle	Smith	00:58:03	21	OF	
291	699	LEE	RICHARDS	00:58:11	31	OM	NONE
292	309	Andrea	Reynolds	00:58:11	40	F35	Swansea Harriers
293	58	Becky	Booth	00:58:14	25	OF	Team Deviant
294	236	Jacqueli	Jones	00:58:15	34	OF	Islwyn Running Club
295	515	Julian	Williams	00:58:16	31	OM	
296	552	Andrew	Caldwell	00:58:18	33	OM	
297	420	Sarah	Hawkins	00:58:18	33	OF	
298	39	Stephen	Lewis	00:58:20	36	OM	
299	478	Ian	Thomas	00:58:21	31	OM	
300	369	Gary	Jones	00:58:22	44	M40	
301	650	RHIANNON	DAVIES	00:58:24	30	OF	NONE
302	249	Lisa Jan	Saunders	00:58:25	38	F35	
303	241	Philip	Griffiths	00:58:28	50	M40	
304	624	SIMON	THOMAS	00:58:31	37	OM	NONE
305	169	June	Clifton	00:58:33	49	F45	Swansea Women's Running N
306	170	Matt	Clifton	00:58:34	50	M40	
307	52	Heather	Kitts	00:58:36	39	F35	
308	612	SCOTT	HOWE	00:58:36	30	OM	SOUTH WALES POLIC
309	611	SALLIAN	SAUNDERS	00:58:37	39	F35	NONE
310	274	Annie	Bartlett	00:58:38	53	F45	
311	541	Natalie	Sayer	00:58:38	29	OF	Les Croupiers
312	314	Nick	Williams	00:58:38	49	M40	
313	103	Matthew	Simmonds	00:58:44	33	OF	

314	486	Sarah	Morris	00:58:45	37	F35	
315	361	Tony	Landeg	00:58:46	39	OM	
316	266	Mary	Reed	00:58:48	25	OF	
317	590	ANDREW	BEVAN	00:58:50	33	OM	
318	424	Jane	Fletcher	00:58:52	30	OF	
319	11	Ian	Warner	00:58:53	46	M40	
320	117	Julie	Williams	00:58:54	47	M40	Les Croupiers
321	115	Eryl	Tottle	00:58:56	38	OM	Liswerry Runners
322	454	Nigel	Jones	00:58:59	50	M50	
323	46	Robert	Jones	00:59:00	37	OM	
324	644	NICHOLAS	JONES	00:59:00	33	OM	NONE
325	168	Marianne	Burridge	00:59:14	46	F45	Fairwater Runners
326	129	Dean	Smith	00:59:17	39	OM	
327	442	Angela	Tiley	00:59:20	33	OF	Team Welori
328	224	Jenniffe	Sleath	00:59:22	35	OF	
329	462	Gareth	Jones	00:59:25	47	M40	Neath Multisport
330	221	Keith	Clash	00:59:25	47	M40	
331	550	Joanne	Cunningham	00:59:29	40	F35	
332	549	Natalie	Parsons	00:59:32	30	OF	
333	243	Colin	Gardner	00:59:33	56	M50	
334	43	Roger	Vince	00:59:33	50	OM	
335	639	DAVE	THOMAS	00:59:37	42	M40	TEAM DEVIANT
337	152	James	Slade	00:59:45	29	OM	
338	474	Gary	Rees	00:59:45	56	M50	
339	440	Gareth	Thomas	00:59:45	39	OM	
340	116	Philip	Doel	00:59:47	44	M40	
341	19	Steve	Israel	00:59:51	36	OM	
342	663	MIKE	WHITE	00:59:54	32	OM	NONE
343	432	John	Lewis	00:59:57	39	F35	
344	529	John Phi	Thomas	00:59:58	39	OM	
345	482	Eurig	Jenkins	01:00:03	41	M40	
346	150	Catharin	Gregory	01:00:04	30	OF	
347	604	DEBBIE	SCROGGS	01:00:09	44	F35	NONE
348	245	Rob	Lewis	01:00:10	39	OM	
349	247	Howard	Morgan	01:00:10	63	M50	
350	184	Dougie	Forde	01:00:11	43	M40	
351	506	Catherin	Bradshaw	01:00:12	40	F35	
352	234	Colette	Borg	01:00:13	35	OF	Les Croupiers
353	329	Stephen	Banfield	01:00:13	41	M40	
354	157	Ian	Wozencroft	01:00:18	30	OM	
355	542	Sian	Jones	01:00:21	25	OF	
356	580	DEAN	GILLETT	01:00:25	42	M40	
357	667	PAUL	MORRIS	01:00:29	38	F35	NONE
358	166	Mark	Rees	01:00:39	43	M40	
359	634	SIAN	EVANS	01:00:51	27	OF	NONE
360	138	Kwok	Lee	01:00:54	30	OM	Glamorgan Health & Racque
361	499	David	Griffiths	01:01:05	51	M50	
362	571	Michael	O'Shea	01:01:10	61	M50	
363	588	PAUL	SPARK	01:01:14	44	M40	
364	598	ALARIE	WILLIAMS	01:01:16	29	OF	NONE
365	601	HAYLEY	JAMES	01:01:17	21	OF	NONE

366	197	Peter	Williams	01:01:17	36	OM	
367	196	David	Stubbs	01:01:18	42	M40	
368	636	RONAN	LYONS	01:01:19		OM	NONE
369	287	Julie	Roche	01:01:20	36	F35	Fairwater Runners
370	90	Terri	Walsh	01:01:28	33	OF	Fairwater Running Club, Cw
371	200	Hugh	Rimron	01:01:28	32	OM	
372	277	Jenny	Clark	01:01:31	28	OF	Solihull and Small Heath
373	228	Lee	Ashford	01:01:41	28	OM	
374	654	GARETH	WATSON	01:01:41	23	OM	GORSEINON 3M RRC
375	690	PAUL	JONES	01:01:43	32	OM	SWANSEA JACK HARRIERS
376	382	Shirley	Davies	01:01:50	42	M40	
377	91	Ray	Thomas	01:01:52		M40	
378	250	Elaine	Davies	01:01:52	48	F45	
379	124	Linda	Evans	01:01:53	43	F35	Brackla Harriers
380	655	MATTHEW	PARRY	01:02:00		OM	GORSEINON 3M RRC
381	108	Huw	Phillips	01:02:01	36	OM	
382	609	DIANA	MOSES	01:02:10	31	OF	CHEPSTOW HARRIERS
383	548	Sarah	Varrall	01:02:14	43	F35	
384	514	Kristina	Williams	01:02:24	31	OF	Team Deviant
385	547	Georgina	Govier	01:02:27	41	F35	
386	394	Fiona	Neill	01:02:28	36	F35	
387	183	David	Morgans	01:02:35	49	M40	
388	34	Mandy	Jones	01:02:42	44	F35	Islwyn Running Club
388	348	Gary	Purnell	01:02:38	35	OM	
389	151	Alison	Gregory	01:02:46	28	OF	
390	340	Catherin	Richards	01:02:46	44	F35	
391	246	Beverley	Rogers	01:02:47	37	F35	
392	67	Doranne	Beresford	01:02:54	44	F35	
393	153	Ben	O'Brien	01:02:55		OM	
394	480	Geoff	Bushell	01:02:56	58	M50	
395	614	JULIE	PULLING	01:02:58	46	F45	3MS RR
396	220	Graham	Irving	01:03:01	42	M40	
397	128	Catherin	Chabert	01:03:03	46	F45	
398	495	Debbie	Shuffley	01:03:04	37	F35	Village Running Club
399	211	Andrew	Light	01:03:04	43	M40	
400	260	Victoria	Warwick	01:03:06	22	OF	Les Croupiers
401	257	Birgit	Schalow	01:03:07	38	F35	Shropshire Shufflers
402	35	Christop	Plaice	01:03:12	62	M50	
403	193	Coleen	Birch	01:03:14	31	OF	Islwyn Running Club
404	660	JEREMY	WELLS	01:03:17	M	M40	NONE
405	365	Pauline	Stephenson	01:03:24	50	F45	
406	484	Susan	John	01:03:32	33	OF	
407	546	Stuart	Lyden	01:03:38	41	M40	
408	297	Karen	Davies	01:03:38	40	F35	Brackla Harriers
409	335	Sue	Johnson	01:03:39	42	F35	Womens Running Network
410	360	Theresa	Taylor	01:03:43	41	F35	
411	275	richard	jones	01:03:44	41	M40	
412	460	Hussana	Khanom	01:03:45	28	OF	
413	469	Sandra	Hutchings	01:03:46	40	F35	
414	87	Jenny	Johnson	01:03:51	39	F35	Les Croupiers
415	523	Maria	Waygood	01:03:52	34	OF	

416	522	Pippa	Pountney	01:03:54	36	F35	
417	230	Justine	Dawkins	01:03:59	34	OF	
418	646	MARTIN	NICHOLLS	01:04:05	36	OM	MULTISPORT RC
419	545	Paul	Michael	01:04:08	37	OM	
420	88	Debbie	Burchell	01:04:08	41	F35	
421	565	Melissa	Davies	01:04:09	29	OF	Wimbledon Windmilers
422	413	Nina	Monahan	01:04:09	27	OF	Wimbledon Windmilers
423	581	PHILIP	CARTON	01:04:19	38	OM	
424	47	Jonathan	Sellick	01:04:27	24	OM	
425	280	Aimi	Thornhill	01:04:27	27	OF	
426	281	Paul	Thomas	01:04:32	35	OM	
427	107	Robert	Williams	01:04:33	35	OF	
428	517	Sian	Brown	01:04:34	48	F45	
429	341	Gary	Rees	01:04:40	60	M50	
430	177	Peter	Regan	01:04:41	42	M40	
431	4	DAWN	PARRY	01:04:48	39	F35	
432	473	Jason	Lewis	01:04:51	34	OM	
433	50	Sarah	Gage	01:04:55	37	F35	
434	371	Julie	Dentus	01:04:55	41	F35	
435	370	Angela	Jones	01:04:55	49	F45	
436	17	Tina	Jones	01:04:55	45	F35	
437	452	Samanth	Curtis	01:04:55	24	OF	
438	315	Helen	Cahill	01:04:56	48	F45	
439	563	Keri	Lewis	01:05:03	25	OM	
440	97	Maria	Mallon	01:05:05	22	OF	
441	443	Anne	Williams	01:05:06	43	F35	
442	48	Karen	Aslan	01:05:06	40	F35	
443	490	Terry	Jones	01:05:07	43	M40	
444	477	Iola	Davies	01:05:10	45	F45	
445	186	Brian	Dunscombe	01:05:22	65	M50	
446	229	Sarah	Angel	01:05:22	35	OM	
447	661	LAUREN	WELLS	01:05:25	16	YTH	NONE
448	57	David	Beman	01:05:25	56	M50	AIF Tupper Triathlon Club
449	239	Cheryl	Davies	01:05:30	35	OF	
450	136	Philip	Reardon Smit	01:05:31	35	OM	
451	188	Ceri	Jones	01:05:33	44	F35	
452	686	NIGEL	WILLIAMS	01:05:38	43	M40	NONE
453	282	Kevin	Nelson	01:05:39	45	M40	
454	479	Carole	Thomas	01:05:53	50	F45	
455	182	Marily	Allin	01:05:54	38	F35	
456	59	Jane	Chappelle	01:05:54	41	F35	
457	466	Joanne	Hutchings	01:05:59	41	F35	
458	357	Julie	Evans	01:06:05	32	OF	
459	533	Gaynor	Jones	01:06:07	48	F45	
461	147	Jonathan	Stone	01:06:09	35	OM	
462	146	Virginia	Stone	01:06:13	34	OF	
463	93	Deborah	Jones	01:06:18	40	F35	
464	322	Dennis	Lynch	01:06:19	65	M50	Cornelly Striders
465	561	Anne	Roberts	01:06:20	50	F45	
466	12	Jayne	Evans	01:06:32	50	OF	
467	568	Ali	Wood	01:06:37	38	F35	

468	101	Judith	Maragna	01:06:37	49	F45	
469	207	Alison	Williams	01:06:38	31	OF	
470	208	Sasha	Macken	01:06:42	32	OF	
471	125	Wayne	Morris	01:06:52	54	M50	Brynteg
472	674	PHILIP	PRICE	01:07:02	43	M40	LE CLUB CARDIFF
473	53	Stuart	Keeping	01:07:07	42	M40	
474	671	DEAN	SANDERS	01:07:08	32	OM	NONE
475	307	Lee Paul	Jefford	01:07:08	22	OM	
476	61	Emma	Llewellyn-Re	01:07:12	32	OF	
477	60	Mike	Rees	01:07:13	38	OM	
478	273	Mathew	Jones	01:07:15	29	OM	
479	616	ANITA	GRIFFITHS	01:07:15	48	F45	3MS RRC
480	501	Lynda	Williams	01:07:23	37	F35	
481	352	Michelle	Jenkins	01:07:25	35	F35	
482	25	Kate	Griffiths	01:07:30	28	OF	
484	516	Joanna	Donald	01:07:38	31	OF	Womens running network
485	569	Steve	Whyte	01:07:38	41	M40	
486	436	Liz	Lovell	01:07:43	40	F35	
487	437	Tony	Lovell	01:07:59	41	M40	
488	467	Richard	Williams	01:08:05	21	OM	
489	334	Edward	Newman	01:08:18	58	M50	Les Croupiers
490	526	Carolyn	Heaven	01:08:23	35	F35	Womens running network
491	623	JAYNE	DAVIES	01:08:23	37	F35	NONE
492	295	Richard	Riby	01:08:25	30	OM	
493	253	Andrea	Griffths	01:08:29	39	F35	
494	532	Peggy	Potts	01:08:32	48	F45	
495	187	Anne	Masters	01:08:36	56	F45	Chepstow Harriers
495	475	Adrian	Thornton	01:08:34	45	M40	
496	657	GERAINT	JENKINS	01:08:43	37	OM	NONE
497	94	Caroline	Morgan	01:08:52	40	F35	
498	343	Amy	McClelland	01:08:52	26	OF	
500	104	Finola	Wilson	01:08:57	35	OF	Women's Running Network
501	591	SUZAINÉ	HUGHES	01:09:02	37	F35	
502	110	Keith	Llewellyn	01:09:03	50	M40	
503	202	Suzie	Shepherd	01:09:03	35	OF	Chepstow Harriers
504	298	Tracy	French	01:09:04	37	F35	
505	300	Lynn	Goward	01:09:05	39	F35	
506	299	Julian	French	01:09:05	39	OM	
507	393	Beverly	Crawford	01:09:10	38	F35	
508	381	Carolyn	Williams	01:09:11	41	F35	
509	171	Elizabet	McCargo	01:09:12	34	OF	
510	22	Julie	Thatcher	01:09:13	36	F35	
511	23	Claire	Gibson	01:09:25	33	OF	Chepstow Harriers
512	40	Annie	Conroy	01:09:35	59	F45	Les Croupiers
513	42	John	Goodwin	01:09:37	51	M50	
514	500	Ceri	Harnett	01:09:44	44	F35	
515	1	WINNIE	MOORE	01:09:57	58	M50	SOSPAN R R
516	555	Dilys	Morris-Jones	01:09:57	46	F45	
517	670	STEVE	MATTHEWS	01:10:00	32	OM	NONE
518	204	Mike	Thomson	01:10:03	41	M40	
519	203	Annie	Thompsett	01:10:05	35	OF	

520	346	Karen	Harvey	01:10:05	44	F35	
521	594	MICHAEL	BATT	01:10:07	42	M40	NONE
522	525	Jan	Evans	01:10:34	48	M40	
523	31	Sue	Holbrook	01:10:35	37	F35	
524	327	Mary	Davies	01:10:35	46	F45	
525	56	Sue	Shannon-Jone	01:10:36	54	F45	Women's Running Network
526	503	Tracey	Cottrell	01:10:41	36	F35	
527	237	Claire	Morris	01:10:42	31	OF	Team Deviant
528	331	Michelle	Hill	01:10:42	26	OF	
529	86	Linda	Owens	01:10:48	53	F45	
530	504	Sue	Cregan	01:10:48	41	F35	
531	29	Leigh	Gallacher	01:11:22		OF	
532	30	Joe	Gallacher	01:11:29	44	M40	
533	283	Kris	Harris	01:11:43	25	OM	
534	294	Edward	Riby	01:11:48	26	OM	
535	105	Elizabet	Tucker	01:11:50	35	OF	
536	106	Michelle	Brinn	01:11:53	35	OF	
537	190	Sarah	Hartrey	01:11:53	31	OF	
538	75	Colin	Moody	01:11:53	57	M40	
539	199	Alison	Davidson	01:12:08	36	OF	
540	544	Sian	Williams	01:12:08	24	OF	
541	418	Alan	Roberts	01:12:20	49	M40	
542	92	Ruth	Hayton	01:12:35	31	OF	
543	156	Rhian	Jones	01:12:42	28	OF	
544	26	Rebecca	Davies	01:12:47	31	OF	
545	206	Emma	Williams	01:13:02	30	OF	
546	209	Laurence	Brobyn	01:13:02	57	M50	
547	411	Cheryl	Dickson	01:13:25	42	F35	
548	173	Jay	Doyle	01:13:40	33	OF	
549	610	JONATHAN	TILLOTT	01:13:45	36	OM	NONE
550	392	Ellen	Wilde	01:13:45	36	F35	
551	114	Nikki	Rabjohns	01:13:51	47	F45	
552	215	Charmain	Clinch	01:13:59	41	F35	
553	214	Mike	Clinch	01:13:59	45	M40	
554	226	Zaffy	Thomas	01:14:15	49	F45	
555	261	Joanne	Parry	01:14:18	33	OF	
556	270	Alyson	Jones	01:14:20	40	F35	
557	269	Gary	Jones	01:14:39	40	OM	
558	15	Jenny	Bailey	01:14:54	37	OF	
559	16	Dennis	Bailey	01:16:31	62	M50	
560	376	Marie	Carpanini	01:16:40	40	F35	
561	375	John	Carpanini	01:16:42	40	M40	
562	154	Sian	Cole	01:17:33	50	M40	
563	431	Michelle	James-Ellis	01:17:44	45	F45	
564	79	Rhiannon	Davies	01:18:10	33	OF	
565	615	ERIC	RICKETT	01:18:57	61	M50	3 S GORSEINON
566	158	Rosemar	Jones	01:18:57	50	F45	Multisport Racing Club
567	118	Lisa	Williams	01:19:06	31	OF	
568	573	Suzanne	Rosser-Stan	01:19:08	39	F35	
569	574	Philip	Rosser-Stan	01:19:08	47	M40	
570	232	Martin	Whatty	01:20:11	31	OM	

571	330	Teresa	Whatty	01:21:32	25	OF	
572	537	Karen	Duskate	01:21:32	39	F35	
573	538	Jacquie	Lloyd	01:21:35	39	F35	
574	387	Steven	Evans	01:21:36	36	OM	
575	131	Janette	Thorne	01:22:12	39	F35	
576	130	Beverley	Green	01:24:00	30	OF	
577	319	Sarah	Griffiths	01:24:05	39	F35	
578	320	Helen	Gover	01:24:10	28	OF	
579	543	Awen	Jones	01:24:25	39	F35	
580	459	Angela	Hort	01:28:10	58	F45	
581	160	Wendy	Ivins	01:28:30	39	F35	
582	494	Neil	Cross	01:28:40	39	OM	
583	325	Rachael	Lewis	01:28:45	32	OF	
584	324	Cathy	Morton	01:29:10	46	F45	
585	252	Melony	Ablitt	01:29:10	42	F35	
9999	18	Elizabet	Israel		36	F35	
9999	20	Cheryl	Bateman		43	F35	
9999	28	Deborah	Roberts		32	OF	Road Runners Club
9999	32	Jane	Elliott		51	F45	
9999	37	Cathy	Marshall		38	F35	Les Croupiers
9999	38	Lisa	Aston		29	OF	Esporta Bridgend
9999	49	Suzanne	Davies		31	OF	
9999	55	John	Hopkins		37	OM	
9999	62	Dean	Saunders		32	OM	
9999	63	Dawn	Howles		36	F35	
9999	68	Jean	Headon		41	F35	
9999	69	Jane	Starr		40	F35	
9999	70	Mark	Headon		40	OM	
9999	71	Paul Mar	Membery		21	OM	
9999	73	Sharon	Edelstyn		35	OF	
9999	74	Paul	Edelstyn		38	OM	
9999	78	Billy	McWilliams		36	OM	
9999	82	Ceri	Davies		33	OM	
9999	96	Paula	Ramsey		40	F35	3 M's Roadrunners
9999	109	Christop	Teesdale		36	OM	
9999	112	Jeremy	Bright		37	OM	
9999	113	Simon	Williams		34	OM	Tir y Dail Trotters
9999	119	Jenny	Wyatt		41	F35	Women's Running Network
9999	121	Michael	Williams		28	OM	
9999	126	Joanne	Murphy		30	OF	
9999	134	Robyn	Goodman		41	F35	
9999	135	Stuart	Goodman		40	OM	
9999	139	Stephen	Hughes		37	OM	
9999	141	Beverley	Warburton		42	M40	
9999	142	Sarah	Jones		38	F35	
9999	145	Stephen	Whitmarsh-K		59	M50	
9999	155	Janet	Ivimey-Cook		35	OF	Les Croupiers
9999	159	Terry	Jones		52	M50	Multisport Racing Club
9999	164	Andrew	Davies		33	OM	
9999	167	Paul	Jackson		46	M40	
9999	172	Antonio	Ephemeral-G		28	OM	

9999	181	Rory	Allin	38	OM	
9999	185	Malcolm	Jones	52	M50	Brackla Harriers
9999	192	Neil	Price	55	M50	Islwyn Running Club
9999	194	Sean	Birch	36	OM	Islwyn Running Club
9999	198	David	Tapper	59	M50	Islwyn Running Club
9999	201	Seona	Currie	36	F35	Penarth & Dinas Runners
9999	216	Tony	Lewis	42	M40	
9999	218	Catharin	Williams	31	OF	
9999	219	Anne	Pitman	39	F35	Women's Running Network
9999	222	Stephen	Cray	46	M40	Penarth & Dinas Runners
9999	227	John	Lott	48	M40	
9999	231	Mark	Osborn	32	OM	
9999	233	Stuart	Ropke	30	OM	
9999	238	Phillip	Tucker	35	OM	
9999	256	Melanie	Jehu	37	F35	
9999	259	Andrew	Pickett	33	OM	
9999	268	Vaughn	Davies	41	M40	
9999	271	Rachael	Pipkin	36	F35	Crown Hill Athletic Club
9999	279	NO 279	NO 279	NO 2	NO 279	
9999	284	Nicola	Sheridan	31	OF	
9999	285	Alex	Worthington	27	OM	
9999	289	Heather	Payton	58	F45	Trent Park
9999	293	Mike	Lister	51	M50	Les Croupiers
9999	303	Robert	Merritt	36	OM	
9999	305	Martin	Abbott	35	OM	Cardiff Triathletes
9999	308	Paul	Darby	35	OM	
9999	311	Cheree	Hapgood	21	OF	
9999	312	Gemma	Williams	21	OF	
9999	313	Stephen	Hunt	57	F45	
9999	316	Paula	Thomas	45	F45	
9999	318	Elaine	Williams	50	F45	Islwyn Running Club
9999	323	Eric	Owens	65	M50	Cornelly Striders
9999	326	Francine	Duke	32	OF	
9999	333	Tracey	Newman	34	OF	Les Croupiers
9999	338	Melony	Williams	24	OF	
9999	339	Larry	Burford	42	M40	Pegasus Running Club
9999	353	Emily	Davies	23	OF	
9999	354	Rebecca	Barwick	25	OF	
9999	355	Sally	Jones	30	OF	
9999	358	Laurence	Gray	26	OM	
9999	364	Peter	Davies	51	M50	Brackla Harriers
9999	373	Giles	Davies	37	OM	
9999	377	Alex	Woodward	22	OM	
9999	379	Edward	Harris	34	OM	
9999	386	Alan	Harris	51	M50	
9999	390	Calvin	Thomas	54	M50	Islwyn Running Club
9999	400	Nicholas	Weaver	22	OM	
9999	402	Michael	Hurley	53	M50	
9999	406	Eleanor	Hale	28	OF	
9999	417	Albert	Heggarty	54	M50	
9999	419	Tim	Blacklock	28	OM	

9999	425	Malcolm	Bradley	54	M50	
9999	435	David	Astins	35	OM	Pembrokeshire Triathlon C
9999	438	Catrin	Pascoe	31	OF	
9999	439	Dominic	Pascoe	30	OM	
9999	446	Ellie	Jones	24	OF	Pembrokeshire Triathlon C
9999	451	Richard	Johnson	41	M40	
9999	457	Christop	Bentley	33	OM	
9999	465	Julie	Davies	32	OF	Griffithstown Harriers
9999	471	Graham	Gunn	51	M40	
9999	472	Anita	Van Der Niet	39	F35	
9999	481	Douglas	Dalwood	55	M50	
9999	487	Christop	Moles	34	OM	
9999	491	Mike	Keithro	39	OM	
9999	498	Geraint	Davies	36	OM	Griffithstown Harriers
9999	507	Jon	Howes	31	OM	
9999	509	Kathryn	Stoate	28	OF	
9999	510	Mary	Davies	48	F45	
9999	520	Ceri	Evans	37	OM	
9999	530	James	Thomas	41	M40	Brackla Harriers
9999	554	Emma	Ridgill	24	OF	Penarth & Dinas Runners
9999	556	Maria	Newton	29	OF	
9999	575	Alan	Millichip	37	OM	
9999	576	Sian	Goffin	32	OF	
9999	586	WOON	CHAN	22	OM	RHONDDA TRI CLUB
9999	589	ADRIAN	HOLMES	45	M40	
9999	592	ANDREW	HUGNES	38	OM	
9999	602	LARRY	JAMES	56	M50	CADDY CARS
9999	613	MARCIA	HOWELS	44	F35	MULTISPORT
9999	638	DAWN	FRENCH	44	F35	3MS
9999	648	TERRY	JONES	56	M50	VISTEON
9999	651	OWEN	PENGILLY	24	OM	NONE
9999	676	MATTHEW	REES	31	OM	NONE
9999	681	CHRIS	CARTER	45	M40	NONE
9999	698	STEVEN	EVANS	31	OM	NONE
9999	3	MERIEL	HOWELLS	44	F35	