

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1	0:29:55	1 Paul Langat	M		1	Kenya
2	0:30:32	3 Wilfred Taragon	M		2	Kenya
3	0:31:09	2 Simon Tonui	M		3	Kenya
4	0:31:22	80 Hassan Raidi	M		4	Belgrave Harriers
5	0:31:41	5 Thomas Carey	M		5	Limerick A C
6	0:32:04	2405 Michael Aspinall	M		6	Lancaster & Morecambe A C
7	0:32:06	520 Shaun Whelan	M	MV 40 - 49	1	London Frontrunners
8	0:32:10	1387 Darran Hiscox	M		7	Bridgend A C
9	0:32:33	2715 Andrew Fargus	M		8	
10	0:32:38	91 Martin Rees	M	MV 50 Plus	1	
11	0:32:47	9 Mark Roberts	M		9	Swansea Harriers
12	0:32:58	2837 Afan Humphries	M	Junior	1	Cwmbrian
13	0:33:22	1853 Daniel Mark Gurmin	M		10	Abertillery A A C
14	0:33:32	4 Olga Kimaiyo	F	Junior	1	
15	0:33:35	2515 Simon John Lewis	M		11	Cardiff A A C
16	0:33:52	3126 Paul Griffiths	M		12	Swansea Harriers
17	0:33:54	239 Jamie Jones	M		13	Overton Harriers
18	0:33:57	574 Andrew Tuckey	M		14	
19	0:33:57	1937 Gareth Jones	M		15	Neath Harriers
20	0:34:08	1751 Tim Lewis	M		16	Bridgend A C
21	0:34:29	164 Stephen Paterson	M		17	
22	0:34:33	10 John Muddeman	M		18	Leamington Spa
23	0:34:35	2579 Peter Coles	M	MV 40 - 49	2	Pontypridd Roadents
24	0:34:37	2045 Christopher Philip Meyler	M		19	
25	0:34:42	170 Steve Rees	M		20	
26	0:34:44	1787 Gavin Hanrahan	M	Junior	2	Cwmbrian Harriers
27	0:34:46	984 Philip Kendrick	M	MV 40 - 49	3	
28	0:34:57	345 Callum Martin	M		21	London Frontrunners
29	0:34:59	2806 Lee Aherne	M		22	Club 69
30	0:35:04	1862 David Peter Kehoe	M		23	
31	0:35:07	1293 Paul Talbot	M		24	Neath Harriers
32	0:35:13	338 James Godber	M		25	Dulwich Runners
33	0:35:17	1753 Steven Ian Jones	M		26	Bridgend A C
34	0:35:18	3092 Stephen Thomas	M		27	Islwyn R C
35	0:35:18	2192 Robert Kenneth Jones	M	MV 40 - 49	4	Les Croupiers
36	0:35:22	2670 Carwyn Jones	M		28	
37	0:35:28	1008 Mick McGeoch	M	MV 50 Plus	2	Les Croupiers
38	0:35:39	1434 Matthew West	M		29	
39	0:35:41	79 Craig Neil Ross	M		30	Les Croupiers
40	0:35:46	870 G Tudor Harries	M	MV 40 - 49	5	Neath Harriers
41	0:35:47	99 Ifan Lloyd	M	MV 40 - 49	6	Swansea Harriers
42	0:35:55	3038 Philip Marland	M	MV 40 - 49	7	
43	0:35:58	3091 Anne-Marie Hutchinson	F		1	
44	0:36:07	580 Martin Shaw	M		31	Brecon A C
45	0:36:10	990 Grant Howells	M	MV 40 - 49	8	
46	0:36:14	649 Kevin Lewis	M	MV 40 - 49	9	Neath Harriers
47	0:36:15	3031 Andrew Cleves	M		32	
48	0:36:15	1701 Richard John Marks	M	MV 50 Plus	3	Sarn Helen
49	0:36:17	3052 Aaron Spencer Jones	M	MV 50 Plus	4	Swansea Harriers
50	0:36:17	1682 Richard Jones	M	MV 40 - 49	10	Swansea Harriers
51	0:36:22	2245 Joe Thomas	M	Junior	3	Cardiff A A C
52	0:36:27	2067 Mark Starbuck Williams	M	MV 40 - 49	11	
53	0:36:29	1089 Phillip Jenkins	M	MV 40 - 49	12	Bridgend A C
54	0:36:32	1515 Stuart Reeves	M		33	Les Croupiers
55	0:36:34	3150 Steven Sheard	M		34	Cardiff A A C
56	0:36:35	2258 Michael Dury	M		35	Islwyn R C
57	0:36:36	3032 Jonathan Barrell	M		36	
58	0:36:39	118 Richard Dando	M		37	
59	0:36:40	863 David Erle Constance	M	MV 40 - 49	13	Stafford Harriers
60	0:36:42	2813 Jeremy Lloyd Davies	M	MV 40 - 49	14	Neath Harriers
61	0:36:47	2763 Peter Kellam	M		38	
62	0:36:49	88 Richard Spratt	M		39	Aldershot Farnham
63	0:36:53	151 Ian Langler	M		40	
64	0:36:55	2760 David Shroll	M		41	
65	0:36:58	1155 Knill Baird-Murray	M	MV 40 - 49	15	Penarth & Dinas
66	0:36:59	1070 Carl Stuart Phelps	M		42	
67	0:37:01	1681 Stephen L Williams	M	MV 40 - 49	16	Neath Harriers
68	0:37:05	662 Robert William Bamsey	M	MV 50 Plus	5	Neath Harriers
69	0:37:05	2911 Dafydd Owain Robert Jenkins	M	Junior	4	Cardiff A A C
70	0:37:06	1297 Matthew James Townsend	M		43	Les Croupiers
71	0:37:08	3005 Scott Howell	M	MV 40 - 49	17	Les Croupiers
72	0:37:09	1336 Andrew Martin Davies	M		44	
73	0:37:11	2598 Paul Ross Davies	M	MV 50 Plus	6	Invincta East Kent A C
74	0:37:12	507 Richard Davies	M	MV 40 - 49	18	Cornelly Striders
75	0:37:17	1999 Carl Ellis	M		45	
76	0:37:22	97 Chris Discombe	M		46	Les Croupiers
77	0:37:24	1087 Louise Copp	F	FV 35 - 44	1	Neath Harriers
78	0:37:26	511 Steve Coupe	M	MV 50 Plus	7	Sospan Roadrunners
79	0:37:37	1301 Darren Morris	M		47	
80	0:37:39	2404 Louise Gardner	F		2	Lancaster & Morecambe A C
81	0:37:40	1386 Sandy Johnston	M	MV 50 Plus	8	Les Croupiers
82	0:37:42	2772 Paul Dyson	M	MV 40 - 49	19	
83	0:37:49	860 Michael William Rix	M		48	Farnham Runners
84	0:37:50	2949 David Davies	M	MV 50 Plus	9	
85	0:37:53	438 Matthew Tooze	M		49	

Pos	Time	No	Name	M/F	Category	Cat Pos	Club
86	0:37:55	2826	Steven John Richards	M		50	Swansea Harriers
87	0:37:59	2024	Howard Andrew Carpenter	M	MV 50 Plus	10	Neath Harriers
88	0:38:03	786	Paul Reynolds	M		51	
89	0:38:03	911	Barry Wilson	M	MV 50 Plus	11	Ludlow Runners
90	0:38:04	1081	Mark Richard Graham	M		52	Bromsgrove & Redditch A C
91	0:38:04	2489	Chris Roger Bentley	M		53	
92	0:38:05	2671	Michael Davies	M		54	
93	0:38:06	2095	Simon Lewis	M		55	Club 69
94	0:38:08	897	Jon Sizer	M	MV 40 - 49	20	
95	0:38:11	3059	Dylan John Lewis	M		56	
96	0:38:12	2044	Philip John Mayler	M	MV 50 Plus	12	Pontypridd
97	0:38:17	456	Paul Mumford	M	MV 40 - 49	21	Avon Valley Runners
98	0:38:18	2261	Paul William Dawes	M	MV 40 - 49	22	San Domenico Rrc
99	0:38:20	2827	Richard Bowen	M	MV 50 Plus	13	Neath Harriers
100	0:38:31	114	Roger Coombs	M		57	
101	0:38:34	3098	Nigel Clement	M	MV 40 - 49	23	Penarth & Dinas
102	0:38:39	2380	Martin Davies	M	MV 40 - 49	24	Lliswerry Runners
103	0:38:42	1968	Alan John Walton	M		58	
104	0:38:43	2628	Haydn Lloyd	M		59	
105	0:38:44	90	Darren Wells	M		60	Aldershot Farnham
106	0:38:45	1460	Stuart Davidson	M	MV 50 Plus	14	Bridgend A C
107	0:38:46	308	Tim Edwards	M		61	
108	0:38:48	2089	Grayham Gareth McLean	M		62	
109	0:38:49	2572	Andrew Rimmer	M		63	Multisport
110	0:38:53	2901	Jamie Bedford	M		64	
111	0:38:54	1303	Peter Lloyd	M		65	3 M's
112	0:38:55	3064	Mark Taylor	M	MV 50 Plus	16	Tunbridge Wells Harriers
113	0:38:56	1256	Gareth Williams	M		66	
114	0:39:02	2621	Michael Murphy	M	MV 50 Plus	17	Les Croupiers
115	0:39:03	2730	Jeff Russell	M	MV 50 Plus	18	
116	0:39:10	1599	Andrew Dwyer	M		67	
117	0:39:15	650	Daniel John James	M	Junior	5	Pontypridd A C
118	0:39:17	2571	Mike Rimmer	M	MV 40 - 49	25	
119	0:39:17	2578	Ann Thomas	F	FV 35 - 44	2	Trots
120	0:39:20	1910	Robert Sandles	M		68	
121	0:39:22	1162	Peter Vincent Moody	M	MV 50 Plus	19	Carmarthen Harriers
122	0:39:24	2154	Mitchell Aspland	M	Junior	6	Neath Harriers
123	0:39:24	1314	Matthew Jacklin	M		69	
124	0:39:24	1755	Graeme Donnan	M	MV 50 Plus	20	Les Croupiers
125	0:39:26	1497	Matthew Kerr	M		70	
126	0:39:27	1109	Mark Dunscombe	M	MV 40 - 49	26	Sarn Helen
127	0:39:28	628	Rob Falconer	M	MV 40 - 49	27	
128	0:39:33	2971	Christopher Bradshaw	M		71	
129	0:39:33	2118	Paul Francis Harvey	M		72	
130	0:39:33	116	Peter Curran	M	MV 40 - 49	28	
131	0:39:37	2094	Sian Pritchard	F		3	Brecon A C
132	0:39:40	2354	Wayne Lloyd	M		73	
133	0:39:42	2618	Neil Horsley	M	MV 50 Plus	21	Neath Harriers
134	0:39:46	1851	Nicholas James Walsh	M		74	Griffithstown Harriers
135	0:39:46	1540	Geraint Williams	M		75	Pontypridd Roadents
136	0:39:48	2361	Alan Moss	M		76	
137	0:39:48	2683	Damian Williams	M		77	
138	0:39:48	1788	Jason Keith Ststham	M		78	
139	0:39:52	352	Graham Kennedy	M		79	London Fronrunners
140	0:39:53	2551	Paul Bouston	M		80	Wye Valley
141	0:39:55	1505	Peter Morton	M	Junior	7	
142	0:39:56	2847	Emily Jane Brown	F		4	U W I C Cardiff A A C
143	0:39:56	2550	Carl Edwards	M		81	Wye Valley
144	0:39:57	1688	Greg Newhams	M	MV 40 - 49	29	Bridgend A C
145	0:39:58	2767	Gareth Hughes	M		82	
146	0:40:02	734	Paul Sullivan	M	MV 40 - 49	30	Pontypridd Roadents
147	0:40:03	989	David Geraint Bembo	M		83	
148	0:40:04	1689	Matthew Taylor	M		84	
149	0:40:04	904	Michael Anthony Thomas	M	MV 40 - 49	31	
150	0:40:06	1417	Gareth Jehu	M		85	
151	0:40:07	3007	Peter Rhys Watkins	M		86	Swansea Harriers
152	0:40:09	1012	David Richard Bainton	M	MV 50 Plus	22	Abertillery A A C
153	0:40:11	637	Charles Thomas Walsh	M		87	Port Talbot Harriers
154	0:40:11	1847	Robert Stuart Jones	M	MV 50 Plus	23	Swansea Harriers
155	0:40:11	1334	Matthew Chartes Hurford	M		88	Les Croupiers
156	0:40:17	872	Huw Nicholas Price	M	MV 40 - 49	32	Sarn Helen
157	0:40:20	2367	Ron Jenkins	M	MV 40 - 49	33	
158	0:40:22	2959	Ann Evans	F	FV 45 Plus	1	Pontypridd Roadents
159	0:40:23	329	Gerard Howells	M	MV 40 - 49	34	Bp Helios
160	0:40:23	963	Alan Mann	M	MV 40 - 49	35	Les Croupiers
161	0:40:24	1133	Alan Jones	M		89	
162	0:40:25	483	Andrew Bullock	M	MV 40 - 49	36	
163	0:40:25	2234	Andrew David Charles	M		90	
164	0:40:26	987	Jonathan Gouldsmith	M	Junior	8	
165	0:40:26	2061	Mark Carroll	M	Junior	9	
166	0:40:30	590	Adrian Twissell	M		91	Bearbrook Joggers
167	0:40:31	3200	Christopher Matthews	M		92	
168	0:40:32	627	David Alan Garlick	M	MV 50 Plus	24	
169	0:40:34	1351	Christopher Allton	M	MV 40 - 49	37	
170	0:40:41	694	Lynsey Christopher	M		93	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
171	0:40:42	1261 Gareth Richard	M		94	
172	0:40:42	2527 Stephen William Littlewood	M	MV 50 Plus	25	Hereford Couriers
173	0:40:43	2304 Kelvin Jones	M	MV 40 - 49	38	
174	0:40:44	1455 Paul Charles	M	MV 40 - 49	39	
175	0:40:44	2638 Barry Hunter Johnston	M	MV 50 Plus	26	Les Croupiers
176	0:40:44	661 Noel Stephen Evans	M		95	3 M's
177	0:40:46	395 Martyn Hughes-Dowdle	M	MV 40 - 49	40	Fujitsu
178	0:40:47	1296 Paul Ezard	M		96	Brackla Harriers
179	0:40:47	855 David Yves	M	MV 40 - 49	41	S C Orvault
180	0:40:47	642 Leighton Gardner	M		97	Swansea Harriers
181	0:40:48	1934 David Gunthorpe	M		98	Cardiff Tri
182	0:40:49	3083 Martin Paul Valcic	M	MV 40 - 49	42	Islwyn R C
183	0:40:51	2108 Paul Llewellyn	M	MV 40 - 49	43	
184	0:40:53	2655 Ian Jones	M	MV 40 - 49	44	
185	0:40:54	847 Dave Hall	M		99	
186	0:40:55	1735 Michael Davies	M	MV 50 Plus	27	Les Croupiers
187	0:40:58	2634 Roderick David Bowen	M	MV 40 - 49	45	
188	0:41:00	588 Dawn Kenwright	F	FV 45 Plus	2	Sarn Helen
189	0:41:01	1951 Robert Raymond Davies	M	MV 50 Plus	28	Wye Valley
190	0:41:02	1124 Keith Thompson	M	MV 40 - 49	46	Islwyn R C
191	0:41:02	1833 Gareth David Lloyd Harvey	M		100	
192	0:41:02	3062 Martin Bell	M	MV 40 - 49	47	
193	0:41:03	433 Robert Smith	M	MV 40 - 49	48	
194	0:41:04	1358 Gareth Hill	M		101	
195	0:41:04	2909 Lee Williams	M		102	
196	0:41:05	998 Claiure Elizabeth Davidson	F	FV 35 - 44	3	East Cornwall Harriers
197	0:41:06	2587 Mary Virginia Bowen Rees	F	FV 35 - 44	4	Trots
198	0:41:08	1003 Graham Josh Colvin	M	MV 40 - 49	49	
199	0:41:11	1546 Sandra Jean Pinkham	F	FV 35 - 44	5	Neath Harriers
200	0:41:13	1260 Aled Maredudd Evans	M	MV 40 - 49	50	Crhap
201	0:41:14	2758 Robert Rees	M	MV 50 Plus	29	
202	0:41:16	608 Ian David Hopkins	M		103	Dudley Kingswinford
203	0:41:18	1299 Neil Stevens	M		104	Club 69
204	0:41:19	2841 Craig Jones Hudson	M	Junior	10	Cardiff A A C
205	0:41:21	747 Philip Morgan	M	MV 40 - 49	51	
206	0:41:22	1479 Allan Herdman	M	MV 50 Plus	30	Tavistock A C
207	0:41:22	698 John O'Shea	M	MV 50 Plus	31	Les Croupiers
208	0:41:22	1350 Stephen Roy Owen	M	MV 40 - 49	52	Les Croupiers
209	0:41:25	3037 John Peacock	M	MV 50 Plus	32	
210	0:41:26	1310 Sam Mercer	M	Junior	11	Neath Harriers
211	0:41:28	558 Daman Jukes	M		105	Club 69
212	0:41:29	2295 Andrew Mark Spencer	M	MV 40 - 49	53	Fairwater Runners
213	0:41:31	399 Cyril Walters	M	MV 50 Plus	33	Trots
214	0:41:32	2951 Wayne Leighton Davies	M		106	
215	0:41:33	1262 Heath Jones	M		107	
216	0:41:35	1484 Rhian Hopkins	F		5	Pontypridd Roadents
217	0:41:36	2898 James Robertson	M		108	
218	0:41:37	924 Lynn Hughes	M	MV 50 Plus	34	Bridgend A C
219	0:41:39	369 Chris Parker	M	MV 40 - 49	54	
220	0:41:39	2770 Keith Paterson	M	MV 50 Plus	35	
221	0:41:43	1692 Amanda Martin	F	FV 35 - 44	6	
222	0:41:45	1304 Timothy Stephen Clarke	M	MV 40 - 49	55	Swansea Bay Striders
223	0:41:47	1700 Robin Pawel Bereza	M	MV 50 Plus	36	Wye Valley
224	0:41:48	2603 Andy Bartlett	M		109	Multisport
225	0:41:49	1856 Michael Charles Dix	M	MV 50 Plus	37	Les Croupiers
226	0:41:50	2943 Kevin Bessant	M	MV 40 - 49	56	
227	0:41:51	176 Brian Russell	M	MV 50 Plus	38	
228	0:41:56	215 John Thomas	M	MV 50 Plus	39	Hercules Wimbledon A C
229	0:41:59	1034 Marc Batcup	M		110	
230	0:41:59	549 Howard Thomas	M	MV 40 - 49	57	Club 69
231	0:41:59	727 David Cleghorn	M	MV 40 - 49	58	Andover A C
232	0:41:59	991 Joanne Howells	F		6	
233	0:42:00	551 Jon Belcher	M		111	
234	0:42:01	2175 Stephen John Powell	M	MV 40 - 49	59	
235	0:42:04	495 Tom Baker	M		112	
236	0:42:05	3216 Anna David	F	FV 35 - 44	7	
237	0:42:05	2976 James Hemp	M		113	
238	0:42:05	2926 Robert Evan Mainwaring	M		114	
239	0:42:07	2308 Sandy Urro	F	FV 45 Plus	3	
240	0:42:07	1981 Steve Lewis	M	MV 40 - 49	60	Les Croupiers
241	0:42:09	1038 Steven Morris	M		115	
242	0:42:11	206 Tony Deacy	M	MV 40 - 49	61	Lliswerry Runners
243	0:42:12	2779 Thomas Reichow	M		116	
244	0:42:13	2519 Kevin Jones	M	MV 40 - 49	62	
245	0:42:14	1642 Darren Stevens	M		117	
246	0:42:15	707 Robert King	M	MV 40 - 49	63	
247	0:42:15	1912 Sarah Armstrong	F	FV 35 - 44	8	Amazing Feet R C
248	0:42:16	1778 Caroline Melanie Jones	F	FV 35 - 44	9	
249	0:42:16	2984 Leon Murnieks	M		118	
250	0:42:17	432 Peter Jones	M	MV 40 - 49	64	
251	0:42:18	1340 Benjamin Welch	M	Junior	12	
252	0:42:19	2726 Tim Bercury	M		119	
253	0:42:19	760 Martin Slee	M	MV 40 - 49	65	
254	0:42:21	763 Dean Llewellyn	M		120	
255	0:42:21	2659 Derek Hegarty	M	MV 40 - 49	66	R A F Careers

Pos	Time	No Name	M/F	Category	Cat Pos	Club
256	0:42:22	2916 Martin Paul Williams	M	MV 40 - 49	67	
257	0:42:24	485 Matthew Witherstone	M		121	
258	0:42:27	2111 Tim O'Sullivan	M	MV 40 - 49	68	Les Croupiers
259	0:42:29	526 Rowena Bales	F	FV 35 - 44	10	Bromsgrove & Redditch A C
260	0:42:30	2494 Mike Griffiths	M		122	Team Deviant
261	0:42:32	2159 Dewi West	M	MV 40 - 49	69	3 M's
262	0:42:34	2161 Alan Perkins	M	MV 50 Plus	40	Port Talbot Harriers
263	0:42:36	2085 Martin Richard James Copus	M	Junior	13	Maldwyn Harriers
264	0:42:36	2285 Stephen Michael Clarke	M	MV 40 - 49	70	
265	0:42:38	592 Andy Barnes	M	MV 40 - 49	71	Road Runners Club
266	0:42:38	631 Michael Stephen Marshall	M	MV 40 - 49	72	
267	0:42:39	1555 Nicholas Davies	M		123	
268	0:42:41	676 David James Crockford	M		124	
269	0:42:43	1094 James Robert O Callaghan	M		125	
270	0:42:46	867 Roger Ian Bell	M	MV 40 - 49	73	3 M's
271	0:42:47	3223 Gareth John	M	MV 50 Plus	41	Les Croupiers
272	0:42:49	635 Jonathan Mark Smith	M	MV 40 - 49	74	
273	0:42:50	1628 Derek John Farrington	M	MV 40 - 49	75	Southport And Waterloo A C
274	0:42:52	1272 Sharon Louise Leech	F	FV 35 - 44	11	Amman Valley Runners
275	0:42:53	1732 Simon Painter	M	MV 40 - 49	76	Llanelli Tri
276	0:42:53	443 Robin Thomas	M		126	
277	0:42:54	738 David John Price	M		127	
278	0:42:55	1902 Nicola Alison Haines Jones	F	FV 35 - 44	12	Neath Harriers
279	0:42:57	2753 Fiona Davies	F	FV 45 Plus	4	
280	0:42:57	2757 Paul Wallis	M		128	
281	0:42:58	2457 Adam Webber	M	Junior	14	
282	0:42:59	2363 Steve Newman	M	MV 40 - 49	77	
283	0:43:00	982 Peter Beynon	M	MV 50 Plus	42	
284	0:43:01	537 Edward Feil	M		129	City Of Bath A C
285	0:43:01	2504 John McDonald	M	MV 50 Plus	43	Fujitsu
286	0:43:02	2888 Iwan Hughes	M		130	
287	0:43:05	1858 Tony Holling	M	MV 40 - 49	78	Port Talbot Harriers
288	0:43:05	1244 Shan Roberts	F	FV 35 - 44	13	
289	0:43:06	1192 Stuart Charles Bird	M		131	
290	0:43:11	315 Alyn Lewis	M		132	
291	0:43:12	864 Malcolm Howells	M	MV 50 Plus	44	Sospan Road Runners
292	0:43:13	1577 Emma Hatherall	F		7	
293	0:43:13	2552 Stephen Murphy	M	MV 40 - 49	79	Rising Sun Cork
294	0:43:13	1844 Mark Gosney	M		133	
295	0:43:13	2334 Denis Murphy	M	MV 50 Plus	45	
296	0:43:14	2114 Alison Wyllie	F		8	Watford Harriers
297	0:43:14	656 Stephen John Martin	M	MV 40 - 49	80	
298	0:43:15	1854 Brian Stephen Fox	M	MV 50 Plus	46	Swansea Harriers
299	0:43:16	2373 Rachel Goddard	F		9	
300	0:43:17	614 Paul Grant	M		134	Witney Road Runners
301	0:43:18	647 Andrew Lucas	M	MV 40 - 49	81	3 M's
302	0:43:19	1987 William Hugh Edwards	M		135	
303	0:43:22	739 Ashley Williams	M	MV 40 - 49	82	
304	0:43:23	478 Donald Prosser	M	MV 40 - 49	83	
305	0:43:23	397 Andrew Hosking	M	MV 40 - 49	84	Bitton Road Runners
306	0:43:24	343 Mark Perry	M		136	
307	0:43:25	2923 Gabriel Fernandez	M		137	
308	0:43:26	1950 Julia Clarke	F		10	Cardiff A A C
309	0:43:26	2042 Stuart Neil Jones	M		138	
310	0:43:26	2145 Tom James	M		139	
311	0:43:27	1589 Anthony Martin Higgins	M		140	
312	0:43:27	2528 Jayne Littlewood	F	FV 45 Plus	5	Hereford Couriers
313	0:43:28	77 Christopher Ian Woodbridge	M		141	
314	0:43:28	1375 Gary James Clayton	M		142	
315	0:43:30	1031 Andrew David Baker	M		143	
316	0:43:37	883 Cari Hamer	M		144	Club 69
317	0:43:38	1993 Marcus Neil Coles	M		145	Les Croupiers
318	0:43:39	2422 Laurence Gray	M		146	
319	0:43:40	3115 Jonathan Welsh	M		147	
320	0:43:41	2139 Jonathan Grant Thomas	M		148	Team Wecori
321	0:43:42	1321 Claire Morgan	F		11	
322	0:43:42	1745 Gareth Ash	M	MV 40 - 49	85	
323	0:43:42	1530 Warren Tilke	M		149	Pontypridd Roadents
324	0:43:44	723 Benjamin Bowen	M	Junior	15	
325	0:43:44	1431 Geraint Torrington	M		150	
326	0:43:45	948 Richard John Otten	M	MV 40 - 49	86	
327	0:43:45	3201 Paula Ham	F		12	
328	0:43:47	2485 Glyn Price	M		151	
329	0:43:48	2765 Christopher Hughes	M	MV 50 Plus	47	
330	0:43:50	2171 Steven Roy Cadwallader	M	MV 40 - 49	87	
331	0:43:50	2877 Emma Marie Parry	F		13	
332	0:43:51	2483 Paul Phillips	M	MV 40 - 49	88	
333	0:43:51	808 Peter Short	M	MV 50 Plus	48	
334	0:43:52	2952 Phillip Huw Davies	M		152	
335	0:43:52	1376 Paul James Growling	M		153	
336	0:43:52	1469 Jeremy Forshew	M		154	
337	0:43:55	1728 Robert John Phillips	M	MV 40 - 49	89	Andover A C
338	0:43:55	1337 Andrew Glyn Thomas	M		155	
339	0:43:55	1990 Shan Jones	F	FV 45 Plus	6	
340	0:43:56	2421 Jonathan Davies	M		156	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
341	0:43:57	1521 Martyn Richards	M		157	
342	0:43:58	2202 Ian John Phillips	M		158	
343	0:43:58	938 David Williams	M		159	
344	0:43:58	2185 Anthony John Phillips	M	MV 40 - 49	90	
345	0:43:59	480 Kate Morgan	F	FV 35 - 44	14	
346	0:44:01	2852 Kevin James Corcoran	M	MV 40 - 49	91	Swansea Harriers
347	0:44:01	2716 Huw Arthur	M		160	
348	0:44:02	1511 Justin Phillips	M		161	
349	0:44:02	1533 Paul Warren	M		162	
350	0:44:05	1015 Ian David Henry	M		163	
351	0:44:05	2099 Stephen Jones	M	MV 40 - 49	92	Islwyn R C
352	0:44:06	2007 Martin Hooper	M	MV 40 - 49	93	Sospan Road Runners
353	0:44:06	2177 Gareth Paul Higgins	M		164	
354	0:44:06	2994 Kenneth Medcraft	M	MV 50 Plus	49	Rhondda Valley Runners
355	0:44:07	3159 Heidi Jean Selch	F		14	
356	0:44:07	2052 Lee Michael Strange Strange	M		165	
357	0:44:07	933 Andrew Paul Grint	M		166	
358	0:44:08	821 Ori Bowen	M	Junior	16	
359	0:44:09	632 Lee Davies	M		167	Rhondda Valley Runners
360	0:44:10	1442 Wesley Drennan	M		168	
361	0:44:10	1284 Gwion Llwyd	M		169	
362	0:44:10	1258 Mike Dummer	M	MV 40 - 49	94	
363	0:44:10	1067 Tony Baker	M	MV 40 - 49	95	
364	0:44:10	2769 Richard Humphreys	M		170	
365	0:44:11	2516 Rhys Harries	M		171	Llanelli A C
366	0:44:12	333 Matthew Crowcombe	M		172	
367	0:44:12	2810 Timothy Jones	M		173	
368	0:44:13	611 Philip Leslie Bamsey	M	MV 50 Plus	50	Neath Harriers
369	0:44:14	1608 David Keith Bennett	M	MV 40 - 49	96	
370	0:44:16	654 James Harris	M	MV 40 - 49	97	
371	0:44:17	2141 Alex Marsh	M		174	Great Western Runners
372	0:44:17	2211 Neil John Fenn	M	MV 40 - 49	98	
373	0:44:18	166 Richard Price	M		175	
374	0:44:18	629 Lawrence John Hopes	M	MV 50 Plus	51	
375	0:44:19	703 Stuart Moyse	M	MV 40 - 49	99	
376	0:44:19	1686 Lee Phillips Phillips	M		176	
377	0:44:20	1245 Mark Hanford	M		177	
378	0:44:21	2414 Mark James	M		178	
379	0:44:22	2912 Edward Morgan	M	MV 40 - 49	100	
380	0:44:22	2762 Andy Maggs	M		179	
381	0:44:24	1504 Andy Morton	M	MV 40 - 49	101	Road Runners Club
382	0:44:25	2096 Edwina Margaret Turner	F	FV 45 Plus	7	Les Croupiers
383	0:44:25	1226 Paul Williams	M		180	
384	0:44:26	1565 Stephen New	M	MV 40 - 49	102	Gwent Police
385	0:44:26	1348 Anthony Philip Stephens	M	MV 40 - 49	103	
386	0:44:27	2569 Ian Robert Joslin	M		181	
387	0:44:27	447 Dean Thomas	M		182	
388	0:44:28	826 David Caswell	M	MV 40 - 49	104	
389	0:44:28	1572 Adam Jenkins	M	Junior	17	
390	0:44:28	1947 Andrew John Rothwell	M	MV 40 - 49	105	
391	0:44:28	2458 Peter Thomas	M	MV 40 - 49	106	
392	0:44:29	2839 Lee Davies	M		183	
393	0:44:30	884 Graeme Manning	M	MV 40 - 49	107	
394	0:44:30	2510 Wendy May Boon	F	FV 45 Plus	8	Les Croupiers
395	0:44:31	2276 Dafydd Meredydd Jones	M		184	
396	0:44:32	1324 Paul John Lee	M	MV 40 - 49	108	
397	0:44:32	724 Sunniva Ele Bowen	F		15	
398	0:44:33	2831 Richard Jones	M		185	
399	0:44:33	274 Jason Dackins	M		186	Pontypridd Roadents
400	0:44:34	2498 Gokul Patel	M	MV 40 - 49	109	
401	0:44:35	2608 Neil Forsyth Wilson	M	MV 40 - 49	110	
402	0:44:35	803 Dorian Phillip Rees	M		187	
403	0:44:36	1179 Huw Rees	M	MV 40 - 49	111	Crhap
404	0:44:36	2474 Robert Kirk	M		188	
405	0:44:38	1687 Eric Acton	M	MV 50 Plus	52	Wye Valley
406	0:44:38	2225 Jeff Richards	M	MV 50 Plus	53	
407	0:44:39	3105 John Elfed Joseph	M	MV 40 - 49	112	3 M's
408	0:44:39	3042 James Barraclough	M		189	
409	0:44:42	542 Mike Allen	M		190	
410	0:44:42	967 Rosie Richards	F	Junior	2	Brecon A C
411	0:44:43	1404 Gary Phillips	M	MV 40 - 49	113	
412	0:44:45	536 Judi Bowsher	F	FV 45 Plus	9	Les Croupiers
413	0:44:48	620 Ian Oldacre	M	MV 50 Plus	54	Andover A C
414	0:44:52	109 Ian Clark	M		191	
415	0:44:53	622 Javier Silla	M		192	
416	0:44:54	1758 Simon David Warren	M		193	
417	0:44:56	2309 Paul Darvill	M		194	
418	0:44:56	2899 Matthew John Richards	M	Junior	18	
419	0:44:57	1438 Jason Raffill	M		195	
420	0:44:57	162 Andrew Owen	M	MV 40 - 49	114	
421	0:44:58	2962 Michael Price	M	MV 40 - 49	115	
422	0:45:00	1529 Colin Thomason	M		196	
423	0:45:02	128 Vikki Filsell	F	FV 35 - 44	15	
424	0:45:02	3065 John Lee	M	MV 50 Plus	55	Tunbridge Wells Harriers
425	0:45:03	2920 Andrew Davies	M	MV 40 - 49	116	Pontypridd Roadents

Pos	Time	No Name	M/F	Category	Cat Pos	Club
426	0:45:03	1402 Antony Furlong	M			197
427	0:45:04	1792 Kevin John Morris	M	MV 40 - 49		117
428	0:45:04	2502 Michael Carl John	M			198
429	0:45:05	633 Stuart Ian Mann	M			199
430	0:45:06	1610 Gavin Beynon Roberts	M	MV 40 - 49		118 Swansea Harriers
431	0:45:08	3056 Yvonne Bullen	F	FV 35 - 44		16 Les Croupiers
432	0:45:09	2092 Catherine Gardner	F	FV 35 - 44		17 Les Croupiers
433	0:45:09	931 Ian Gareth Moss	M			200
434	0:45:10	710 Alun Rhys Board	M			201
435	0:45:10	1269 Stuart John Richards	M	MV 40 - 49		119
436	0:45:14	2176 Hefin Lewis Davies	M			202
437	0:45:16	3112 Matthew George	M			203
438	0:45:16	1690 Stephen Carter	M			204
439	0:45:17	926 Terence David Mullins	M	MV 40 - 49		120
440	0:45:17	1354 David John Morris	M	MV 40 - 49		121
441	0:45:20	1994 Raymond Anthony Dowrick	M	MV 50 Plus		56
442	0:45:21	1680 John Moon	M	MV 50 Plus		57 Andover A C
443	0:45:21	1620 John Sterio	M	MV 40 - 49		122
444	0:45:22	1227 Michael Jeffrey Thomas	M	MV 40 - 49		123
445	0:45:24	1148 David Karl Llewellyn	M	MV 40 - 49		124
446	0:45:25	2838 Huw L Puller	M			205
447	0:45:26	1084 Raymond Owen James	M	MV 40 - 49		125 Port Talbot Harriers
448	0:45:27	1512 Simon Powell	M			206
449	0:45:29	2937 Paul Thomas Myers	M			207
450	0:45:30	2444 Richard Lee Robinson	M			208
451	0:45:32	2249 Simon Mansfield	M	MV 40 - 49		126 Carmarthen Harriers
452	0:45:33	1901 Richard James Wilson	M			209
453	0:45:34	1449 Kelly Bowen	F			16
454	0:45:34	1558 Stephen Pearce	M			210
455	0:45:35	83 John Ronald Taylor	M	MV 50 Plus		58
456	0:45:35	851 Anthony Stephen Williams	M	MV 40 - 49		127
457	0:45:35	1817 Susan George	F	FV 35 - 44		18
458	0:45:36	1938 Glyn Williams	M	MV 50 Plus		59 Gorseinon R R
459	0:45:36	1492 Chris Jones	M			211
460	0:45:36	1313 Darren Williams	M			212
461	0:45:37	2685 Michael Yeend	M	MV 40 - 49		128
462	0:45:38	2324 Raymond Mathias	M			213
463	0:45:38	2012 Michael Rose	M	MV 40 - 49		129 Club 69
464	0:45:40	1703 Kevin Davies	M			214 Multisport
465	0:45:41	2002 Mark David Eakins	M			215
466	0:45:42	932 Jeff Keen	M	MV 40 - 49		130
467	0:45:43	1465 Jason Eustace	M			216
468	0:45:43	294 Ian Harris	M			217 Dudley Kingswinford
469	0:45:44	3043 Steve Keogh	M			218
470	0:45:45	289 David Hebbes	M	MV 50 Plus		60
471	0:45:49	2370 Dean Anthony	M			219
472	0:45:51	3160 Gareth Bryer	M			220
473	0:45:51	820 Mark Broom	M	MV 40 - 49		131
474	0:45:52	940 Christopher John Birch	M	MV 40 - 49		132
475	0:45:52	236 Andy Irvine	M			221 Cambridge & Coleridge
476	0:45:52	2743 Jared Nolan	M			222
477	0:45:54	1171 Catharine Bleasdale	F	FV 35 - 44		19
478	0:45:54	136 Steve Hughes	M			223
479	0:45:54	1855 Christina Smith	F	FV 45 Plus		10 3 M's
480	0:45:55	1562 Michael John Williams	M			224
481	0:45:56	1107 Neil Edward Thomas	M	MV 50 Plus		61
482	0:45:56	2049 Sharon Marie Bromage	F			17
483	0:45:58	728 Christopher Griffiths	M	Junior		19 Neath Harriers
484	0:46:01	1980 Julie Lewis	F	FV 45 Plus		11 Les Croupiers
485	0:46:01	2287 Kelvin Hugh Lucas	M	MV 50 Plus		62
486	0:46:01	414 Jan Bushell	M			225
487	0:46:02	374 Richard Howe	M			226 3 M's
488	0:46:03	440 Greg Lord	M			227
489	0:46:05	2412 Ceri Battle	F			18
490	0:46:06	2533 Geraint Marc Higgins	M			228
491	0:46:06	1053 Simon John Cox	M	MV 40 - 49		133
492	0:46:07	1702 John Richard Rogers	M	MV 40 - 49		134
493	0:46:07	2953 Richaed Lewis	M			229
494	0:46:07	169 Christian Rees	M			230
495	0:46:09	831 Christopher Wall	M	MV 40 - 49		135
496	0:46:11	3217 Simon Jon Parfitt	M			231
497	0:46:11	890 Rhydderch Wilson	M			232
498	0:46:12	856 Dominique Le Ray	M	MV 40 - 49		136 S C Orvault
499	0:46:13	2684 George Humphrys	M	MV 40 - 49		137
500	0:46:13	868 Michael William Reilly	M	MV 50 Plus		63 Burry & Vale
501	0:46:14	1960 Bernard James McCarthy	M	MV 50 Plus		64
502	0:46:15	2798 Emyr Wyn Thomas	M			233
503	0:46:16	1907 Michael John Holding	M	MV 40 - 49		138
504	0:46:16	1574 Stephen Brian Hughes	M	Junior		20
505	0:46:16	504 Brian Smith	M	MV 50 Plus		65 Dudley Kingswinford
506	0:46:17	148 Phil Kruszewski	M	MV 40 - 49		139
507	0:46:21	2047 Martin Jones	M			234
508	0:46:22	465 Craig Lee	M			235
509	0:46:22	2100 Mandy Jones	F	FV 45 Plus		12 Islwyn R C
510	0:46:23	268 Kevin Morgan	M			236

Pos	Time	No Name	M/F	Category	Cat Pos	Club
511	0:46:24	1754 Philip Andrew Williams	M	MV 40 - 49	140	Multisport
512	0:46:24	1924 Steven Williams	M		237	
513	0:46:25	1018 Paul Mark Membery	M		238	
514	0:46:25	1909 Barry David Bowen	M	MV 40 - 49	141	
515	0:46:26	1863 Steve Williams	M		239	
516	0:46:27	1816 Geoff Pearson	M	MV 40 - 49	142	
517	0:46:27	813 Nicholas John Salter	M	MV 40 - 49	143	
518	0:46:29	3117 Christopher Welsh	M		240	
519	0:46:29	3081 Liz Clarke	F	FV 35 - 44	20	Les Croupiers
520	0:46:30	1403 Paul Furlong	M	MV 50 Plus	66	
521	0:46:30	1911 Caroline Sandles	F	FV 35 - 44	21	3 M's
522	0:46:30	2604 Marcus Eyre	M	MV 40 - 49	144	3 M's
523	0:46:30	1369 Carlo Rabaiotti	M	MV 40 - 49	145	
524	0:46:31	2796 Paul Rees	M	MV 40 - 49	146	3 M's
525	0:46:32	1445 Paulo Antoniazzi	M		241	
526	0:46:33	1082 Brian Brookes	M	MV 50 Plus	67	Enfield Runners
527	0:46:36	1005 Andrew Mark Sedgmond	M	MV 50 Plus	68	Les Croupiers
528	0:46:37	798 Philip David-Mark Matthews	M		242	
529	0:46:40	1074 Nicholas Craig Johnson	M		243	
530	0:46:41	2005 Stuart Russell Henderson	M	Junior	21	
531	0:46:41	1010 Martin Cahill	M	MV 40 - 49	147	
532	0:46:41	1065 Howard Merrett	M		244	
533	0:46:42	1802 Melville Neil Morgan	M		245	
534	0:46:43	1108 Aled Rhys James	M		246	
535	0:46:44	2495 Richard Adam Jones	M	Junior	22	
536	0:46:44	946 Richard Simpson	M		247	
537	0:46:44	1326 Michael Lane	M		248	
538	0:46:47	2266 Neil Pearce	M		249	
539	0:46:48	3168 Simon Macduff	M		250	
540	0:46:50	945 Peter Young	M	MV 50 Plus	69	
541	0:46:52	2364 Gwen Smith	F	FV 35 - 44	22	
542	0:46:52	1432 Phillip Tucker	M		251	
543	0:46:53	1569 Kevin Doyle	M	MV 40 - 49	148	
544	0:46:53	1091 Christopher Jones	M	MV 40 - 49	149	
545	0:46:54	1648 Scott Davies	M		252	
546	0:46:54	230 Richard Charlton	M		253	
547	0:46:55	2890 Chris Grey	M	MV 40 - 49	150	
548	0:46:55	2230 Richard John Thomas	M		254	
549	0:46:56	1079 John Lovell	M	MV 50 Plus	70	Neath Harriers
550	0:46:58	748 Arfon John Rees	M		255	Team Wecori
551	0:46:58	2241 John Ivins	M	MV 40 - 49	151	
552	0:46:58	133 Rob Griffiths	M		256	
553	0:47:00	2593 Jonathan Adrian Howcroft	M	Junior	23	
554	0:47:00	2869 Byron Owen Vaughan Measday	M		257	
555	0:47:01	2526 Alan Woodward	M	MV 50 Plus	71	
556	0:47:01	1752 Kelvin Victor Mason	M	MV 50 Plus	72	Andover A C
557	0:47:02	1050 Arthur John Phillips	M	MV 50 Plus	73	Sospan Road Runners
558	0:47:04	1583 Gwylim Wynne Griffiths	M	MV 50 Plus	74	
559	0:47:05	776 Timothy Stephen Soar	M	MV 40 - 49	152	
560	0:47:06	3120 Kristian Gerdner	M		258	
561	0:47:06	1367 Richard Yea	M	MV 50 Plus	75	
562	0:47:07	862 Deborah Otley	F	FV 45 Plus	13	Pontypridd Roadents
563	0:47:07	2637 John Raymond Coles	M		259	
564	0:47:08	691 Jonathan Cornish	M		260	
565	0:47:09	806 Dawn Bullock	F		19	
566	0:47:09	458 Andrew Fall	M	MV 40 - 49	153	
567	0:47:10	2281 Philip John Smith	M	MV 50 Plus	76	Wye Valley
568	0:47:11	2478 Michael Cosgrove	M	MV 40 - 49	154	
569	0:47:11	2366 Gawain Barnard	M		261	
570	0:47:12	2574 Helen Marie Thomas	F		20	Carn Runners
571	0:47:14	2109 Jamie Michael Spence Bevan	M	MV 40 - 49	155	
572	0:47:14	3207 Kathleen Bradbury	F		21	
573	0:47:15	878 Neil Davies	M		262	
574	0:47:15	725 Rebecca Townley	F	FV 35 - 44	23	Multisport
575	0:47:16	439 Johns Chris	M	MV 40 - 49	156	
576	0:47:16	1857 Phil Protheroe	M		263	Brackla Harriers
577	0:47:17	858 Christelle Forreau	F	Junior	3	S C Orvault
578	0:47:17	2136 Roger Gordon Opie	M	MV 50 Plus	77	
579	0:47:18	201 Phil White	M		264	
580	0:47:18	659 Philip Sparrow	M		265	
581	0:47:19	2236 Caroline Jane Harris	M	MV 40 - 49	157	
582	0:47:20	837 Alun Lewis	M	MV 50 Plus	78	
583	0:47:20	1264 Ross Poiner	M		266	3 M's
584	0:47:21	1946 Sian Elisabeth Phillips	F	FV 35 - 44	24	Swansea Harriers
585	0:47:22	1731 Anthony David Massey	M	MV 40 - 49	158	
586	0:47:22	2822 Richard Ieuan Evans	M	MV 40 - 49	159	
587	0:47:24	630 Raymond David Oldfield	M	MV 50 Plus	79	Dudley Kingswinford
588	0:47:25	773 Simon Inkson	M	MV 40 - 49	160	
589	0:47:25	3142 Cennydd Edward Amos	M		267	
590	0:47:25	2607 Alex Kathryn Arnold	F		22	Swansea University Running Clu
591	0:47:26	499 James Dawson	M		268	
592	0:47:27	618 Raymond Boyce	M	MV 40 - 49	161	Cornelly Striders
593	0:47:27	2332 Mark Brier	M		269	
594	0:47:28	2479 Gareth Phillips	M		270	
595	0:47:28	1286 Rob Owens	M		271	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
596	0:47:30	3147 Gill Stanford	F	FV 45 Plus	14	
597	0:47:30	173 Iain Robertson	M		272	
598	0:47:30	386 Calvin Hold	M		273	
599	0:47:31	283 Iestyn Reynolds	M		274	
600	0:47:31	2777 Paul Draisey	M	MV 40 - 49	162	
601	0:47:31	1819 John Bibby	M		275	
602	0:47:31	2807 Michael Philip O'Leary	M		276	
603	0:47:34	2804 Ian Lloyd Jones	M		277	
604	0:47:34	1976 Geoffrey White	M	MV 50 Plus	80	3 M's
605	0:47:34	2409 Kevin Warren	M		278	
606	0:47:35	2553 Phil Rees	M		279	
607	0:47:36	626 Nigel Warrington	M	MV 40 - 49	163	Dudley Kingswinford
608	0:47:36	1383 Mark Andrew Sloan	M		280	Activa
609	0:47:37	1224 Michael John Jones	M		281	
610	0:47:37	1372 Emyr Wyn Phillips	M	MV 40 - 49	164	
611	0:47:37	2793 David Huw Edwards	M	MV 40 - 49	165	
612	0:47:37	477 Lyndon West	M		282	
613	0:47:38	794 Nigel Hugh Davies	M	MV 40 - 49	166	
614	0:47:38	2068 Michael John Aston	M	MV 40 - 49	167	Leamington C + A C
615	0:47:38	2091 Mark Andrew Weston	M		283	
616	0:47:39	1362 Carl Lawrence	M	MV 40 - 49	168	
617	0:47:39	1204 Steve McLelland	M	MV 50 Plus	81	3 M's
618	0:47:40	353 Rhidian Edwards	M		284	
619	0:47:40	73 David Curzon	M	MV 40 - 49	169	
620	0:47:40	1760 Rowan Bridge	M		285	
621	0:47:40	1182 Joe Broad	M	Junior	24	Neath Harriers
622	0:47:43	1915 Andrew John Storrie	M		286	
623	0:47:44	2116 Alli Davies	M	MV 50 Plus	15	Swansea Harriers
624	0:47:45	187 Keith Verheyden	M	MV 40 - 49	170	
625	0:47:45	1936 David Rowlands	M	MV 50 Plus	82	Rhose Slsc
626	0:47:46	711 Samantha Jayne Board	F		23	Swansea Womens Running Network
627	0:47:46	441 Steve Chambers	M	MV 40 - 49	171	
628	0:47:47	1670 Andrew James Clatworthy	M		287	
629	0:47:48	1522 Graham Rutt	M	MV 40 - 49	172	
630	0:47:48	925 Keith Brewer	M	MV 50 Plus	83	
631	0:47:48	2470 Catherine Jones	F		24	
632	0:47:48	451 Gethin Williams	M		288	
633	0:47:49	512 William Hunt	M		289	
634	0:47:49	660 Wayne Phillips	M	MV 50 Plus	84	
635	0:47:51	2547 Alastair Richard Wilson	M		290	
636	0:47:52	2220 Owain Rhys Heaven	M		291	
637	0:47:52	2546 Jay Mark Salmon	M		292	
638	0:47:55	994 Elliot Arthur James Rees	M		293	
639	0:47:56	853 Mark Tamblyn	M	MV 50 Plus	85	Sweet F A Sports
640	0:47:56	1274 Edit Walsh	F		25	
641	0:47:56	1705 Simon Robin Evans	M		294	
642	0:47:58	2396 Mark Edwards	M		295	
643	0:47:58	3161 Mark Hutchings	M	MV 40 - 49	173	
644	0:47:59	1164 Mike Rees	M		296	
645	0:47:59	235 Carmel McEniery	F		26	Cambridge & Coleridge
646	0:48:00	2131 Darren Glyn James	M		297	
647	0:48:00	461 Peter Wilcock	M	MV 40 - 49	174	Fairwater Runners
648	0:48:00	1172 Mark Bleasdale	M		298	
649	0:48:00	2327 Mark Aston	M	MV 40 - 49	175	
650	0:48:02	2874 Albert David Hall	M	MV 40 - 49	176	
651	0:48:02	1651 Lindon Joshua	M		299	
652	0:48:03	1131 Beverley Dorsett	F	FV 35 - 44	25	
653	0:48:03	1913 Phillip Tarr	M	MV 40 - 49	177	
654	0:48:04	753 Barrie Moelwyn Anton Roberts	M	MV 50 Plus	86	Bourneville Harriers
655	0:48:04	1964 David Raisbeck	M		300	
656	0:48:05	2986 Craig Ingham	M		301	
657	0:48:05	2132 Julian Alan Smith	M		302	Mumbles Milers
658	0:48:05	209 Stephen Whiting	M		303	London Frontrunners
659	0:48:06	2682 Sally Jones	F		27	
660	0:48:06	605 Michael Deadman	M	MV 50 Plus	87	
661	0:48:06	3145 Ann Karin Margareta Rowell	F	FV 45 Plus	15	Trots
662	0:48:07	2395 Kelvyn Harris	M	MV 50 Plus	88	3 M's
663	0:48:07	2981 Carol Lyn Moseley	F		28	
664	0:48:07	1604 Edward Allan Harris	M		304	
665	0:48:08	1640 Alexander Mayle	M	Junior	25	
666	0:48:09	2941 Karl Harty	M	MV 40 - 49	178	
667	0:48:12	2025 David Mitchell	M	MV 40 - 49	179	Sboc
668	0:48:12	1095 Jonathan David Wilson	M		305	
669	0:48:12	2983 Helen Eynon	F	FV 35 - 44	26	
670	0:48:13	2674 Simon Crane	M		306	
671	0:48:13	1556 Christopher Francis Jones	M		307	
672	0:48:14	303 Angela Lewis	F		29	
673	0:48:14	2191 Colin Wellstead	M	MV 40 - 49	180	
674	0:48:15	355 Andrew Williams-Gunn	M	MV 40 - 49	181	
675	0:48:15	802 Mair Aeronwy Lavery	F		30	
676	0:48:16	446 Mike McGowan	M	MV 40 - 49	182	
677	0:48:16	2254 Sean Martin	F		31	
678	0:48:16	1230 Raymond Denis Mitchell	M	MV 40 - 49	183	
679	0:48:17	1207 Paul Justin Edwards	M	MV 40 - 49	184	
680	0:48:17	2385 Stuart Millson	M		308	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
681	0:48:18	2790 Chris Welman	M		309	
682	0:48:19	2725 Ian Thomas	M		310	
683	0:48:20	2407 Bill Beynon	M	MV 40 - 49	185	
684	0:48:20	2193 Nathan Hern	M		311	
685	0:48:22	1972 Ian Nicholas Parfitt	M		312	
686	0:48:23	1984 Ray Majer	M	MV 50 Plus	89	
687	0:48:23	612 Derek Richard Davies	M	MV 40 - 49	186	
688	0:48:24	2447 James Pierce	M		313	
689	0:48:24	1456 Marc Cheverton	M		314	
690	0:48:24	125 Steven Evans	M		315	
691	0:48:25	2534 Robert Anthony Morgan	M		316	
692	0:48:26	539 Beth Kerr	F		32	
693	0:48:26	295 Richard Saunders	M		317	
694	0:48:27	848 Nia Davies	F		33	
695	0:48:27	1203 Michael Garey Williams	M	MV 50 Plus	90	Fairwater Runners
696	0:48:28	1235 Simon Lane	M		318	
697	0:48:28	1194 Robert Howells	M		319	
698	0:48:29	3116 Anthony Welsh	M		320	
699	0:48:29	2942 Martin Phillips	M	MV 50 Plus	91	
700	0:48:29	830 Stuart Charles James	M		321	
701	0:48:29	927 Wayne Holmes	M	MV 40 - 49	187	
702	0:48:29	3066 Sarah Louise Ganderton	F	FV 35 - 44	27	
703	0:48:30	1343 Julia Mary Warner	F		34	Cardiff Tri
704	0:48:30	1072 Emma Simpkin	F	FV 35 - 44	28	Amman Valley Harriers
705	0:48:30	2163 Thomas Frederick Jackson	M		322	
706	0:48:30	2490 Dawn Elizabeth French	F	FV 45 Plus	16	3 M's
707	0:48:31	2142 Elaine Mary Hillary	F	FV 35 - 44	29	
708	0:48:31	202 Neale Wood	M	MV 40 - 49	188	
709	0:48:32	492 David Francis	M	MV 40 - 49	189	
710	0:48:34	593 Sarah Swaysland	F		35	Road Runners Club
711	0:48:35	337 Marcus Beard	M	MV 40 - 49	190	
712	0:48:36	1485 Mark Howard	M		323	
713	0:48:36	682 Brinley John Aherne	M	MV 50 Plus	92	
714	0:48:36	1000 Geoffrey Davies	M	MV 50 Plus	93	Ford Bridgend R C
715	0:48:37	2413 Dylan Thomas	M		324	
716	0:48:37	1747 David Comery	M	MV 40 - 49	191	
717	0:48:38	1603 Clive Tucker	M	MV 40 - 49	192	
718	0:48:39	409 Steve Press	M		325	Team Wecori
719	0:48:40	2632 Philippa Catherine Francis	F	FV 35 - 44	30	
720	0:48:40	1796 Paul Fletcher	M	MV 40 - 49	193	
721	0:48:40	2488 Tudor Richard Donne	M	MV 40 - 49	194	3 M's
722	0:48:41	470 Graham Parkhouse	M		326	
723	0:48:42	2000 Howell John Thomas	M		327	
724	0:48:42	1486 Paul Humphreys	M	MV 40 - 49	195	
725	0:48:43	186 Ben Tucker	M		328	
726	0:48:43	2442 Ian Clarke	M		329	
727	0:48:44	1263 Stephen Davies	M	MV 40 - 49	196	
728	0:48:45	471 Daniel Findlay-Robinson	M		330	
729	0:48:45	1694 Rhys James Jones	M		331	
730	0:48:45	1282 Paul Masterman	M		332	
731	0:48:46	1581 James Macfadden	M		333	
732	0:48:46	2914 Adrian Read	M		334	
733	0:48:48	565 David Holtam	M		335	
734	0:48:49	1366 David Concoran	M	MV 50 Plus	94	
735	0:48:50	496 David Lawson	M	MV 50 Plus	95	
736	0:48:51	1627 Lea Farrington	M		336	
737	0:48:52	1167 Kevin Joseph Murphy	M		337	
738	0:48:53	181 Gavin Sullivan	M		338	
739	0:48:53	774 Paul Vivian Rowlands	M	MV 50 Plus	96	
740	0:48:54	2517 Michael John Williams	M	MV 40 - 49	197	
741	0:48:55	2889 Michael David Jones	M	Junior	26	
742	0:48:55	1815 Nicholas James McGinn	M		339	Neath Harriers
743	0:48:56	1294 Sue Neal	F	FV 45 Plus	17	Les Croupiers
744	0:48:57	2501 Mark Gawain Joseph	M	MV 40 - 49	198	
745	0:48:58	944 Adrian Mark Hearne	M		340	
746	0:48:59	1724 Donna Maria Hart	F	FV 35 - 44	31	
747	0:49:00	430 Miles Goodman	M	Junior	27	
748	0:49:01	1022 Robert Anthony James Sanders	M	MV 40 - 49	199	
749	0:49:01	1544 Alan Winstone	M	MV 40 - 49	200	
750	0:49:02	2710 Anthony Clements	M	MV 50 Plus	97	
751	0:49:03	564 Jonathan Edwards	M		341	
752	0:49:04	1450 Richard Bracken	M		342	
753	0:49:04	546 Remko De Lange	M		343	
754	0:49:04	767 Mario Rabaiotta	M	MV 40 - 49	201	
755	0:49:05	2143 Robert James Morris	M		344	
756	0:49:06	1989 Wayne Robert Cross	M		345	
757	0:49:06	3095 Paul Anthony Savage	M	MV 40 - 49	202	
758	0:49:07	2699 Andrew Gronert	M	MV 40 - 49	203	
759	0:49:08	881 Michael Parrish	M	MV 40 - 49	204	
760	0:49:08	2876 Andrew Simon Hughes	M		346	
761	0:49:09	2990 Robert Michael Walters	M		347	
762	0:49:09	1021 Richard Bilton	M		348	
763	0:49:09	528 Christopher Goodwin	M		349	
764	0:49:09	2316 Mostyn Lineham	M	MV 40 - 49	205	
765	0:49:10	130 Lynn Goward	F	FV 35 - 44	32	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
766	0:49:12	3163 Stuart Thomas Jeffre Haden	M		350	Swansea Hockey Club
767	0:49:12	2541 Robert Keith Thomas	M	MV 40 - 49	206	
768	0:49:12	2430 Rob Capewell	M		351	
769	0:49:13	743 Sandra Irvine	F		36	
770	0:49:13	1611 Heulwen James	F	FV 35 - 44	33	Cardigan
771	0:49:13	2238 Kevin Chapman	M		352	
772	0:49:14	1612 Richard James	M	MV 40 - 49	207	
773	0:49:14	3086 Shirley Ann Albrow	F	FV 45 Plus	18	Simone H F C
774	0:49:14	1379 David Davies	M	MV 50 Plus	98	
775	0:49:15	717 Alex O'Brien	M	Junior	28	
776	0:49:16	894 Graham Hugh Jones	M	MV 50 Plus	99	
777	0:49:16	2440 Andrew Pickett	M		353	
778	0:49:17	2058 Michael Martin Lyons	M	MV 40 - 49	208	
779	0:49:17	1786 Karl Bahram Sepahpour	M		354	
780	0:49:17	657 Alun James Barfoot	M	MV 50 Plus	100	
781	0:49:19	1346 Gareth Judd	M		355	
782	0:49:19	98 John Davies	M	MV 50 Plus	101	Port Talbot Harriers
783	0:49:20	854 Pascal Forreau	M	MV 40 - 49	209	S C Orvault
784	0:49:20	2556 Alan McCabe	M	MV 40 - 49	210	
785	0:49:20	2532 Simon Peter Franks	M	MV 40 - 49	211	
786	0:49:21	1519 Mark Reynolds	M		356	
787	0:49:21	2580 Jonathan Paul Palmer	M		357	
788	0:49:21	2348 Iwan Jones	M	MV 40 - 49	212	
789	0:49:22	1240 Howard Williams	M	MV 40 - 49	213	Pembs Tri Club
790	0:49:22	252 Richard Baker	M		358	
791	0:49:23	2314 Llyr Evans	M	MV 40 - 49	214	
792	0:49:23	363 Kevin O'Leary	M	MV 40 - 49	215	
793	0:49:24	1399 Stephen Whitmarsh-Knight	M	MV 50 Plus	102	
794	0:49:25	2808 Nadine Davies	F		37	
795	0:49:25	752 Lindsay Tom Robert Davis	M	MV 40 - 49	216	Totton Running Club
796	0:49:26	1423 Sara Oliver	F		38	
797	0:49:26	1499 Mathew Llewellyn	M		359	
798	0:49:26	2059 William Neil Chambers	M		360	
799	0:49:26	947 Wayne Preece	M	MV 50 Plus	103	
800	0:49:27	2181 John Stephen Griffiths	M	MV 50 Plus	104	Ford Bridgend R C
801	0:49:27	2056 James Stephen Kelleher	M		361	
802	0:49:27	72 Huw W Elliott	M	MV 40 - 49	217	
803	0:49:28	1621 Jonathan Clarke	M		362	Swansea Harriers
804	0:49:29	929 Richard Lewis Mainwaring	M		363	
805	0:49:30	2970 Liam Addy	M		364	
806	0:49:31	2966 Christopher Lyndon Rees	M		365	
807	0:49:32	2509 Lisa Cleary	F	FV 35 - 44	34	Penarth & Dinas
808	0:49:32	1991 Clive Thomas Cox	M	MV 50 Plus	105	
809	0:49:32	1320 Gareth Harries	M	MV 40 - 49	218	
810	0:49:33	2609 Richard Jonathan Davies	M		366	
811	0:49:33	1017 Alwyn Thomas	M	MV 50 Plus	106	
812	0:49:34	2785 Neil James Hennessy	M		367	
813	0:49:34	1026 Peter Lewis Jones	M	MV 40 - 49	219	
814	0:49:35	1088 Neil Loader	M		368	Swansea Harriers
815	0:49:35	1520 Andrew Richards	M		369	
816	0:49:36	792 David Alun Rees	M		370	
817	0:49:36	996 Alistair Gilg	M		371	
818	0:49:36	1436 Chris Mellor	M	MV 40 - 49	220	
819	0:49:38	2320 Michael Coombs	M	MV 40 - 49	221	
820	0:49:38	218 Michael John Thomas	M	MV 50 Plus	107	
821	0:49:39	1250 Zak Stephen Barrett	M		372	
822	0:49:39	1448 Dennis Blunt	M	MV 50 Plus	108	
823	0:49:39	2147 Julian Rhys Knoyle	M		373	
824	0:49:40	178 David Stephens	M		374	
825	0:49:42	1527 Andrew Templeton	M		375	
826	0:49:44	3121 Richard Edwards	M		376	
827	0:49:44	685 Russell Davies	M		377	
828	0:49:44	1849 Colin Richard Rees	M	MV 40 - 49	222	Gwent
829	0:49:44	625 Frances Warrington	F	FV 45 Plus	19	Dudley Kingswinford
830	0:49:48	1457 Jason Cook	M		378	
831	0:49:49	2331 Billy McWilliams	M		379	
832	0:49:50	2233 Owen Davies	M		380	
833	0:49:50	1852 Ian David Bowen-Morris	M	MV 40 - 49	223	Abingdon Amblers
834	0:49:50	2389 Robert Rees	M		381	
835	0:49:51	137 Steven Israel	M		382	
836	0:49:51	556 Neil Gourlay	M		383	
837	0:49:52	1550 Paul John Jelley	M	MV 40 - 49	224	
838	0:49:52	2525 Joseph Benjamin Taylor	M		384	
839	0:49:52	154 Julian Lewis	M		385	
840	0:49:52	2903 Mark Trevor Hunt	M		386	
841	0:49:53	92 Ray Jaeckels	M	MV 50 Plus	109	Great Western Runners
842	0:49:54	2863 Lloyd Griffiths	M		387	
843	0:49:54	2818 Rhodri Aled Rees	M		388	
844	0:49:54	3203 Andrew Holmes	M		389	
845	0:49:54	2446 Mike Parfitt	M	MV 40 - 49	225	
846	0:49:54	2055 Simon McMail	M		390	
847	0:49:55	733 Richard William Green	M		391	Bridgend A C
848	0:49:55	1248 Stephen Lewis	M		392	
849	0:49:55	623 Clare Wood	F		39	
850	0:49:55	3082 John Leonard Pask	M	MV 50 Plus	110	Islwyn R C

Pos	Time	No	Name	M/F	Category	Cat Pos	Club
851	0:49:55	2174	Roger Jones	M	MV 50 Plus	111	
852	0:49:55	1271	Darren Robert	M		393	
853	0:49:56	1617	Paul Rees	M		394	
854	0:49:56	2232	Diane Brownhill	F		40	
855	0:49:56	667	Ella Towers	F	FV 35 - 44	35	
856	0:49:57	1281	Katherine Jane Geddes	F		41	
857	0:49:57	2179	Adrian John Rees	M		395	
858	0:49:58	3079	Simon Mark Teagle	M	Junior	29	
859	0:49:58	572	Mark Sharwood	M		396	
860	0:49:59	796	Michael Shellard	M	MV 50 Plus	112	
861	0:49:59	1678	Craig Brown	M	MV 40 - 49	226	
862	0:50:00	2063	Suzanne Thomas	F	FV 35 - 44	36	
863	0:50:01	589	Joanne Peacock	F	FV 35 - 44	37	Lliswerry Runners
864	0:50:02	1582	Primo Zauoli	M	MV 50 Plus	113	Bournville Harriers
865	0:50:03	3114	Meirion Walters	M	MV 40 - 49	227	
866	0:50:04	285	Lee Kendall	M		397	
867	0:50:04	2910	Chris Jenkins	M		398	
868	0:50:05	1779	Stephen Turner	M		399	
869	0:50:07	997	John Glover	M	MV 50 Plus	114	Dudley Kingswinford
870	0:50:09	1872	David Gwyn Hughes	M		400	
871	0:50:09	238	Lawrence Gilbert	M	MV 50 Plus	115	
872	0:50:10	1412	Nigel Heal	M	MV 40 - 49	228	
873	0:50:11	2957	Michael John Spring	M	MV 50 Plus	116	
874	0:50:13	1945	Geoffrey Evans	M	MV 40 - 49	229	
875	0:50:13	797	Janice Ann Harvey	F	FV 45 Plus	20	
876	0:50:13	1098	Christopher Brewer	M		401	
877	0:50:14	2537	Stuart Kendall	M		402	
878	0:50:14	1842	Gwyn Jones	M	MV 50 Plus	117	
879	0:50:16	1047	David Andrew Jones	M		403	
880	0:50:20	1062	John Tinelli	M	MV 40 - 49	230	
881	0:50:20	2194	Michael Alan Widlake	M		404	
882	0:50:21	646	Neil James Lewis	M	MV 40 - 49	231	Mumbles Milers
883	0:50:22	1374	Paul Gillard	M	MV 40 - 49	232	
884	0:50:22	960	Phil Goss	M		405	
885	0:50:22	2128	Huw Maddock	M	MV 40 - 49	233	
886	0:50:23	1249	Emma Sayne Washburn	F		42	
887	0:50:23	78	Alun Eurig Williams	M		406	
888	0:50:24	2150	Martin Carroll	M	MV 40 - 49	234	
889	0:50:25	155	Huw Marshall	M		407	
890	0:50:25	2610	Paul Andrew Daly	M		408	
891	0:50:27	469	Mark Coleman	M		409	
892	0:50:27	834	Gregory James Sandles	M		410	
893	0:50:27	2857	Paula Shepherd	F	FV 35 - 44	38	
894	0:50:28	2187	Richard James Pennell	M		411	
895	0:50:28	2663	Hugh Jones	M	MV 40 - 49	235	
896	0:50:28	1491	Ben Jenkins	M		412	
897	0:50:29	1036	David John Goodwin	M		413	
898	0:50:29	1846	Ian James Cox	M		414	
899	0:50:29	2800	Sion Slaimker	M		415	
900	0:50:29	2737	Christopher Cox	M	Junior	30	
901	0:50:29	1790	Robert Lloyd Howells	M		416	
902	0:50:30	467	Tim McKay	M	MV 40 - 49	236	
903	0:50:31	1058	Ian Henton	M		417	Multisport
904	0:50:31	2862	Nigel Anthony Norman	M	MV 50 Plus	118	
905	0:50:32	2279	Nigel Wayne Coppin	M	MV 40 - 49	237	
906	0:50:33	2908	David Keane	M		418	
907	0:50:33	3218	Simon John	M		419	
908	0:50:35	450	Alex Marklew	M		420	Serpentine Running Club
909	0:50:35	1302	Ann Law	F	FV 35 - 44	39	
910	0:50:37	487	Ali Kadhim	M		421	
911	0:50:38	2868	Simon Gavin Thomas	M		422	
912	0:50:38	1693	Leigh Francis	M	MV 40 - 49	238	
913	0:50:38	1416	Philip James	M		423	
914	0:50:39	2402	Gary Mascetti	M	MV 50 Plus	119	Neath Harriers
915	0:50:40	2439	Gary Phillips	M		424	
916	0:50:40	1502	Lucy J Morgan	F		43	
917	0:50:40	145	Kevin Joyce	M	MV 40 - 49	239	
918	0:50:41	2907	Simon Bleasdale	M		425	
919	0:50:41	1868	Paul Trotter	M	MV 40 - 49	240	Land Registry (Wales)
920	0:50:42	624	Antonio Javier Gil	M		426	
921	0:50:44	901	John Maclachlan	M	MV 40 - 49	241	
922	0:50:46	1323	David John Archer	M	MV 40 - 49	242	
923	0:50:47	1944	John Hughes	M	MV 40 - 49	243	
924	0:50:47	1060	Neale Davies	M	MV 40 - 49	244	
925	0:50:47	516	Ray Fisher	M	MV 40 - 49	245	
926	0:50:47	2432	Simon Thomas	M		427	
927	0:50:48	2950	Claire Louise Davies	F		44	
928	0:50:48	2944	Russell Bullen	M	MV 40 - 49	246	
929	0:50:49	1370	Julia Catherine Demery	F		45	
930	0:50:49	2371	James Beynon	M	Junior	31	
931	0:50:51	2713	Susan Morris	F	FV 35 - 44	40	
932	0:50:51	2894	John Dean Morgan	M		428	
933	0:50:52	1121	Jayne Elizabeth Dawson	F		46	
934	0:50:54	2053	Ian Andrew Swanson	M	MV 50 Plus	120	Port Talbot Harriers
935	0:50:56	404	Rob Trick	M	MV 50 Plus	121	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
936	0:50:56	708 Ian Dobby	M	MV 50 Plus	122	
937	0:50:57	1251 Helen Marie Nichols	F		47	
938	0:50:57	1500 Paul Mackenzie Cummins	M		429	
939	0:50:57	1765 Jill Lorraine Jones	F	FV 35 - 44	41	
940	0:50:57	670 Stephen Roger Davies	M	MV 40 - 49	247	
941	0:50:58	2046 Charlotte Louise Meyler	F		48	
942	0:50:58	2031 Cindy Jayne Loosemore	F	FV 35 - 44	42	
943	0:50:58	888 Jeff Vaughan	M	MV 50 Plus	123	
944	0:50:59	1601 Gemma Bufton	F		49	
945	0:50:59	2461 Huw Roberts	M		430	
946	0:50:59	1829 Elizabeth Natalie Parsons	F		50	
947	0:50:59	1552 Keith Clash	M	MV 40 - 49	248	
948	0:51:00	957 Mark Christopher Fleming	M	MV 40 - 49	249	
949	0:51:01	2197 Vanessa Turnbull	F	FV 35 - 44	43	
950	0:51:03	417 Jack Emery	M		431	
951	0:51:03	521 Kathryn John	F	FV 35 - 44	44	
952	0:51:06	2654 Raymond Neil Greenhouse	M	MV 40 - 49	250	
953	0:51:06	765 Paul Wyn Evans	M		432	
954	0:51:06	695 Ian Anthony McCloy	M	MV 40 - 49	251	
955	0:51:07	501 Tanis Hand	F	FV 45 Plus	21	Trots
956	0:51:08	1906 James Thomas Davies	M		433	
957	0:51:08	1144 Dave Bright	M		434	
958	0:51:09	223 Hywel Tomos	M		435	
959	0:51:10	2739 Aaron Musker	M		436	
960	0:51:11	729 Michael Newman	M	MV 50 Plus	124	Neath Harriers
961	0:51:11	3131 Daniel Giddings	M	Junior	32	
962	0:51:11	1570 Paul Hughes	M	MV 50 Plus	125	
963	0:51:11	937 Andrew Hall	M		437	
964	0:51:11	3003 Lou Reed	M	Junior	33	
965	0:51:12	2705 Tristan Lewis	M		438	
966	0:51:12	2492 Tom Edward Fulford	M	Junior	34	
967	0:51:12	497 Helen Williams	F	FV 35 - 44	45	
968	0:51:13	3004 David James Williams	M		439	
969	0:51:13	1400 Jane Banks	F		51	
970	0:51:15	1024 Alan Rose	M	MV 40 - 49	252	
971	0:51:15	1571 Jan Davies	F	FV 35 - 44	46	Rhayader
972	0:51:16	1462 Jonathan Dymond	M	Junior	35	
973	0:51:16	1295 Rhodri Morgan	M	MV 50 Plus	126	3 M's
974	0:51:16	354 Andrew James	M	MV 40 - 49	253	
975	0:51:16	1543 Nicholas Wilson	M		440	
976	0:51:17	2117 Alan Daniel Morris	M	MV 40 - 49	254	
977	0:51:17	1044 Dewi Hughes	M	MV 50 Plus	127	
978	0:51:17	84 Graham Coult	M		441	
979	0:51:18	2935 Christine Jones	F	FV 45 Plus	22	
980	0:51:19	2476 David Tosh	M	MV 40 - 49	255	
981	0:51:19	1714 Robert Paul Woollacott	M		442	
982	0:51:19	2030 Kenneth William Hughes	M	MV 40 - 49	256	
983	0:51:19	823 Jamie-Lee Locking	M	Junior	36	
984	0:51:21	804 Alun Powell	M	MV 50 Plus	128	
985	0:51:21	914 David Hopkins	M	MV 40 - 49	257	
986	0:51:23	1524 Ian Smith	M	MV 40 - 49	258	
987	0:51:23	1607 Kwok Lee	M		443	Glamorgan
988	0:51:24	302 Martyn Woolfall	M		444	
989	0:51:24	1929 Darryl Sleath	M		445	
990	0:51:25	1958 Peter Norris	M	MV 40 - 49	259	
991	0:51:26	2505 Andrea Butcher-Wood	F	FV 35 - 44	47	Bitton Road Runners
992	0:51:29	3061 Robert Martin Thomas	M	MV 40 - 49	260	
993	0:51:29	2811 Anthony Lewis	M		446	
994	0:51:30	2075 Joanne Mary Cunningham	F	FV 35 - 44	48	
995	0:51:30	3093 David Lyndon Harris	M		447	
996	0:51:33	214 Melanie Mallon	F	FV 35 - 44	49	
997	0:51:34	2867 David Edward Smith	M	MV 40 - 49	261	
998	0:51:34	1420 Alun Kurmaully	M		448	
999	0:51:34	1371 Anthony Thomas Belton	M		449	
1000	0:51:35	835 Shiona Frances Oldham	F		52	
1001	0:51:35	935 Matthew Parry	M		450	
1002	0:51:36	1942 Paul Anthony Coombes	M		451	
1003	0:51:36	3030 Geraint Kathrens	M		452	
1004	0:51:36	389 Philip Powell	M		453	
1005	0:51:37	934 Eluned Hawis Jones	F	FV 35 - 44	50	
1006	0:51:37	1729 Simon Cogger	M	MV 40 - 49	262	
1007	0:51:38	3048 William Paul Jones	M	MV 40 - 49	263	
1008	0:51:38	577 Andrew Davies	M		454	
1009	0:51:38	2850 Jeffrey Evans	M		455	
1010	0:51:39	1977 Colin Lloyd	M		456	
1011	0:51:39	2662 Gary Morris	M	MV 40 - 49	264	
1012	0:51:39	2360 Sheryl Husband	F	FV 35 - 44	51	
1013	0:51:39	1625 Gabriela Heinrich	F	FV 35 - 44	52	
1014	0:51:40	1547 Julie Burchell	F	FV 35 - 44	53	Griffithstown Harriers
1015	0:51:41	2605 Deliene Eyre	F	FV 35 - 44	54	3 M's
1016	0:51:42	1949 Victoria John	F		53	Pontypridd Roadents
1017	0:51:43	1149 Ian Gall	M	MV 40 - 49	265	
1018	0:51:43	680 Aidan Davies	M		457	
1019	0:51:44	3137 David Huw Williams	M	MV 50 Plus	129	
1020	0:51:46	2641 Stuart Stephen Rees	M		458	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1021	0:51:49	859 Mark Vivian	M	MV 40 - 49	266	
1022	0:51:49	910 William Nigel Protheroe	M	MV 40 - 49	267	
1023	0:51:50	2536 Stuart Gary Howe	M		459	
1024	0:51:50	1848 Philip James Rees	M		460	
1025	0:51:50	922 Justin Tamlin	M		461	
1026	0:51:50	839 Kylene Rafferty	F		54	
1027	0:51:50	983 Suzanne Myra Kendrick	F	FV 35 - 44	55	
1028	0:51:51	1707 Wendy Anthony	F	FV 35 - 44	56	
1029	0:51:51	486 Keith Coleman	M		462	
1030	0:51:52	2917 David Jenkinson	M	MV 40 - 49	268	
1031	0:51:53	2248 Roger David Fawke	M	MV 50 Plus	130	Islwyn R C
1032	0:51:54	2088 Stephen Anthony Ware	M	MV 40 - 49	269	
1033	0:51:56	2001 Simon Michael Lewis	M		463	
1034	0:51:57	1055 John Richard Lovegrove	M		464	
1035	0:51:57	2144 Christopher Robert Carter	M	MV 40 - 49	270	
1036	0:51:58	3094 Jonathan Mark Sawyer	M	Junior	37	
1037	0:51:58	2965 Donna Marie Parry	F		55	
1038	0:51:59	1720 William David Wildridge	M		465	
1039	0:51:59	1409 Sarah Packer	F	FV 35 - 44	57	
1040	0:51:59	1408 Dean Gary Packer	M		466	
1041	0:51:59	1153 Rodney Laugharne	M		467	
1042	0:51:59	1974 Joseph Kier Rainsbury	M		468	
1043	0:52:01	1028 Michael Joseph Kennedy	M	MV 40 - 49	271	
1044	0:52:01	2450 Matthew Seager	M		469	
1045	0:52:01	3088 Benjamin Toby Reed	M	Junior	38	
1046	0:52:04	1327 Pauline Thomas	F	FV 45 Plus	23	Trots
1047	0:52:04	335 Roger Lewis	M		470	
1048	0:52:04	2687 Andrew Emmanuel	M		471	
1049	0:52:06	3118 Robin Williams	M	MV 50 Plus	131	
1050	0:52:07	2651 Sara Edwards	F		56	
1051	0:52:07	402 Paul Evans	M		472	
1052	0:52:07	2667 Claire Thomas	F		57	
1053	0:52:08	1780 Tony Peter Gibson	M		473	
1054	0:52:09	2814 Mark Thomas Whittaker	M		474	
1055	0:52:11	2188 Vyvyan Clive Smith	M	MV 40 - 49	272	
1056	0:52:11	464 Tim Boothby	M		475	
1057	0:52:13	361 Carlos Land	M		476	
1058	0:52:13	421 Gaterh Beames	M		477	
1059	0:52:15	1877 Jonathan Daniel Newman	M		478	
1060	0:52:15	1917 Tara Jackson	F	FV 35 - 44	58	
1061	0:52:16	2121 Scott Charles	M		479	
1062	0:52:16	2459 Helen Thomas	F	FV 35 - 44	59	
1063	0:52:16	3006 Jude Cassam	M		480	
1064	0:52:17	1468 Natalie Evans	F		58	Women's Running Network
1065	0:52:17	1699 Berian James Davies	M	MV 40 - 49	273	
1066	0:52:18	879 Catherine Owen	F		59	
1067	0:52:19	942 Teresa Yvonne Shanklin	F	FV 35 - 44	60	
1068	0:52:20	751 Robert John Edwards	M	MV 50 Plus	132	
1069	0:52:20	371 Martin Thornton	M		481	
1070	0:52:21	1532 Samantha Ward-Jones	F	FV 35 - 44	61	Women's Running Network
1071	0:52:21	718 Andrew Russell Ezard	M	MV 40 - 49	274	
1072	0:52:22	889 Bryan Edwin Shayle	M	MV 40 - 49	275	
1073	0:52:22	719 Diane Judith Ezard	F	FV 35 - 44	62	
1074	0:52:22	1559 Wynford John Franks	M	MV 50 Plus	133	
1075	0:52:22	2842 Rhian Elin Williams	F		60	
1076	0:52:23	1347 Cyril Reynolds	M	MV 50 Plus	134	Aberdare
1077	0:52:23	2093 Roger D Stein	M	MV 50 Plus	135	Sboc
1078	0:52:23	1548 Christine Hurdidge	F	FV 45 Plus	24	3 M's
1079	0:52:24	1275 John Walsh	M	MV 40 - 49	276	
1080	0:52:24	686 Frank Neil Griffiths	M	MV 50 Plus	136	Trots
1081	0:52:25	573 Len Casley	M	MV 40 - 49	277	
1082	0:52:26	1401 Roger Banks	M	MV 50 Plus	137	
1083	0:52:26	653 Richard James Harris	M		482	
1084	0:52:28	2938 Anna Jayne Hammond	F		61	
1085	0:52:28	2939 Daniel Richards	M		483	
1086	0:52:28	2640 Rhodri Richards	M	MV 50 Plus	138	
1087	0:52:29	842 John Richard Cronin	M	MV 40 - 49	278	
1088	0:52:30	2291 Michael Robert Hasall	M		484	
1089	0:52:31	2013 James Taylor	M		485	
1090	0:52:31	2057 Robert David Gage	M		486	
1091	0:52:33	887 Mark Kemp	M		487	
1092	0:52:34	2212 Anthony Vallario	M	MV 40 - 49	279	Port Talbot Harriers
1093	0:52:35	2475 Nick Fielden	M		488	
1094	0:52:35	619 Samantha Houston	F	FV 35 - 44	63	Reading Joggers
1095	0:52:37	2585 Gareth David Peters	M		489	
1096	0:52:38	523 Sally Hartnell	F		62	Women's Running Network
1097	0:52:39	898 Natalia Helen Davies	F	FV 35 - 44	64	
1098	0:52:39	1165 Julian Mark Williams	M		490	
1099	0:52:39	2222 Kelly Gipson	F	FV 35 - 44	65	
1100	0:52:40	2231 Paul Hedley Jones	M		491	Mumbles Milers
1101	0:52:40	2893 Clare Elizabeth Lloyd	F		63	
1102	0:52:42	2736 Kelvin Phillips	M		492	
1103	0:52:44	2394 Micheal Richards	M	MV 50 Plus	139	Neath Harriers
1104	0:52:45	789 Andrew Biston	M	MV 40 - 49	280	
1105	0:52:45	1308 Amanda-Jane Morgan	F	FV 45 Plus	25	Trots

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1106	0:52:45	3209 Poli Cardenas	M		493	
1107	0:52:47	943 Maude Lillian Van Rensburg	F	FV 45 Plus	26	
1108	0:52:47	1381 David Robert Rosser	M	MV 50 Plus	140	Amman Valley
1109	0:52:47	557 Robert Benes	M	MV 40 - 49	281	
1110	0:52:47	1918 Margaret Annette Hughes	F	FV 45 Plus	27	
1111	0:52:48	2746 Dean Gillett	M	MV 40 - 49	282	
1112	0:52:51	1756 Aiden Leighton Thomas	M		494	
1113	0:52:51	1997 Damien Mark Saunders	M		495	
1114	0:52:52	71 Martin Probert	M	MV 40 - 49	283	
1115	0:52:54	2277 Rhiannydd Wynne Jones	F		64	
1116	0:52:54	1715 Mark Jones	M	MV 40 - 49	284	
1117	0:52:56	1377 Cheryl Griffiths	F	FV 35 - 44	66	
1118	0:52:57	920 Hayley Swaine	F		65	
1119	0:52:57	1767 Kevin J Davies	M		496	
1120	0:52:57	2423 Helga Warren	F	FV 35 - 44	67	
1121	0:52:58	2425 Simon Warren	M	MV 40 - 49	285	
1122	0:52:58	1883 Joanne Rogers	F		66	
1123	0:52:59	3039 Christian Lambert	M		497	
1124	0:53:00	861 Barry James Phillip Weston	M	MV 40 - 49	286	Enfield Runners
1125	0:53:00	2565 Gareth Owain O'Brien	M		498	
1126	0:53:00	2555 David Anthony Jones	M	MV 40 - 49	287	
1127	0:53:01	3076 Grant Logan Duncan	M	MV 40 - 49	288	
1128	0:53:02	857 Lionel Pannetier	M	MV 50 Plus	141	S C Orvault
1129	0:53:03	917 Kevin John Williams	M	MV 40 - 49	289	
1130	0:53:04	2977 Robert McKinley	M	MV 40 - 49	290	
1131	0:53:06	644 Elizabeth Hadley	F		67	Dudley Kingswinford
1132	0:53:07	688 Richard Caie	M	MV 40 - 49	291	
1133	0:53:08	2929 Michael Shore William	M	MV 50 Plus	142	
1134	0:53:08	2160 Helen Parry	F	FV 45 Plus	28	
1135	0:53:09	2165 Glynn John Hicks	M		499	
1136	0:53:09	2718 Martin Heaven	M	MV 50 Plus	143	
1137	0:53:10	292 Andrea Jeffery	F	FV 35 - 44	68	City Of Bath A C
1138	0:53:11	1474 Nicky Greenlees	F		68	
1139	0:53:12	257 Ian Hill	M	MV 40 - 49	292	
1140	0:53:12	1557 Neil Davies	F	FV 45 Plus	29	
1141	0:53:12	923 Jim Loft	M	MV 40 - 49	293	
1142	0:53:12	1439 Debbie Burchell	F	FV 35 - 44	69	
1143	0:53:13	2050 Eryl Tottle	M		500	Lliswerry Runners
1144	0:53:14	3222 Helen Felicity Phillips	F	FV 45 Plus	30	Amman Valley Runners
1145	0:53:14	380 Emma Cownie	F	FV 35 - 44	70	
1146	0:53:14	610 Russell Pullen	M	MV 50 Plus	144	Neath Harriers
1147	0:53:15	1422 Tony Harris	M	MV 40 - 49	294	
1148	0:53:16	165 Stacey Price	M		501	
1149	0:53:17	2221 Marcus Gale	M	MV 40 - 49	295	
1150	0:53:18	1561 Stephen Trevor Riseley	M	MV 40 - 49	296	
1151	0:53:18	2391 Thomas Rees	M	MV 40 - 49	297	
1152	0:53:18	2449 Bobbie Evans	F		69	
1153	0:53:19	2123 Rhodri Owain Evans	M		502	
1154	0:53:21	648 Andrea Reynolds	F	FV 35 - 44	71	Swansea Harriers
1155	0:53:22	1742 Glyn David Thomas	M		503	
1156	0:53:24	2945 David Michael Stone	M		504	
1157	0:53:26	322 Antonio Rodriguez	M		505	
1158	0:53:27	1866 Andy Sheffield	M	MV 40 - 49	298	
1159	0:53:27	843 Susan Jenkins	F	FV 45 Plus	31	Sarn Helen
1160	0:53:28	2698 Jennifer Kerr	F		70	
1161	0:53:29	1114 D Jones	M		506	
1162	0:53:32	1186 Philip John Layton	M	MV 50 Plus	145	
1163	0:53:34	594 Raymond Williams	M	MV 50 Plus	146	Poole Athletic
1164	0:53:34	2741 Jeff Lewis	M	MV 40 - 49	299	
1165	0:53:35	1166 Kristina Maria Williams	F		71	Team Deviant
1166	0:53:36	2940 Dylan Owain Hughes	M		507	
1167	0:53:37	364 Neil Davies	M		508	
1168	0:53:37	2119 Craig Barker	M		509	
1169	0:53:37	930 Julie Thomas	F	FV 35 - 44	72	
1170	0:53:38	2639 Terry Jones	M	MV 50 Plus	147	
1171	0:53:38	643 Neil Edwards	M		510	Dudley Kingswinford
1172	0:53:39	2451 Timothy O'Leary	M	MV 40 - 49	300	
1173	0:53:40	1222 Eleanor Hale	F		72	
1174	0:53:40	2311 James Noble	M		511	
1175	0:53:41	2778 Richard Davies	M		512	
1176	0:53:43	1955 Peter Andreas Moryc	M	MV 40 - 49	301	
1177	0:53:43	812 Paul Skinner	M		513	
1178	0:53:44	1140 Gareth Huw Harris	M	MV 40 - 49	302	
1179	0:53:44	1675 Shaun Dillane	M		514	
1180	0:53:46	1037 Lyn Morris	M	MV 40 - 49	303	
1181	0:53:46	2255 David Roberts	M		515	Brecon A C
1182	0:53:47	2805 Ceri Leighton Evans	M		516	
1183	0:53:48	1766 Mark Blackmore	M		517	
1184	0:53:48	1307 Lon Morgan	F	FV 45 Plus	32	Trots
1185	0:53:49	1142 Robert Jeremy Jones	M	MV 40 - 49	304	
1186	0:53:50	2357 Matthew Keating	M		518	
1187	0:53:52	2922 Rhys Harris	M	MV 40 - 49	305	
1188	0:53:52	2733 Gary Marshall	M	MV 40 - 49	306	
1189	0:53:53	2740 Dave Gibby	M	MV 50 Plus	148	
1190	0:53:54	2199 Thomas John Jones	M	MV 50 Plus	149	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1191	0:53:55	3072 Carlos Alfredo Pinatti	M	MV 40 - 49	307	
1192	0:53:55	2665 Joanne Davies	F	Junior	4	
1193	0:53:56	2664 Neil Davies	M	MV 40 - 49	308	
1194	0:53:56	673 Gareth Maybery Richards	M	MV 50 Plus	150	
1195	0:53:56	2972 Catherine Bradshaw	F	FV 35 - 44	73	
1196	0:53:57	2627 Philip Neil Langstone	M	MV 40 - 49	309	
1197	0:53:57	2689 Linda Tucker	F	FV 35 - 44	74	
1198	0:53:57	2195 Susan Michelle Widlake	F	FV 35 - 44	75	
1199	0:53:58	3211 Helen Slaughter	F		73	
1200	0:53:58	2809 Mark Wynter	M	MV 40 - 49	310	
1201	0:53:58	2016 Craig Pearce	M		519	
1202	0:53:58	2473 Henry Hayward	M	MV 40 - 49	311	
1203	0:53:59	876 Ryan Kelly	M		520	
1204	0:53:59	2008 Nicola Jane Powell	F		74	
1205	0:53:59	2157 Wayne Thomas	M	MV 50 Plus	151	
1206	0:53:59	2709 A Pachu	M	MV 40 - 49	312	
1207	0:53:59	1345 Donna Kumari	F		75	
1208	0:54:00	2554 Lee Tregoning	M		521	
1209	0:54:00	1266 Jacob Lajevardi	M	Junior	39	
1210	0:54:01	2879 Adam John Richards	M	Junior	40	
1211	0:54:01	1978 Nigel Robert Evans	M	MV 40 - 49	313	
1212	0:54:02	1145 Howard Antony Owen	M		522	
1213	0:54:03	795 Rhidian Morgan Rhidian	M	MV 40 - 49	314	
1214	0:54:03	779 Richard Vyvyan Jones	M	MV 50 Plus	152	
1215	0:54:04	435 Julia Bancroft	F	FV 35 - 44	76	
1216	0:54:04	2133 Vivienne Ann Makin	F	FV 45 Plus	33	
1217	0:54:04	683 David Leclair	M		523	
1218	0:54:05	2406 Sandra Beynon	F	FV 35 - 44	77	
1219	0:54:05	1470 Sarah Gibby	F	Junior	5	
1220	0:54:05	2482 Stephen Richard Hughes	M		524	
1221	0:54:07	1845 Anthony Claudio Paul Simoncini	M		525	
1222	0:54:07	3172 Steve Morris	M		526	
1223	0:54:07	336 Mark Turner	M		527	
1224	0:54:08	2043 Helen Hickman	F	FV 35 - 44	78	D K Running Club
1225	0:54:08	2219 Gareth John Heaven	M		528	
1226	0:54:08	2027 Jonathan Howell Williams	M		529	
1227	0:54:09	1798 William Gareth Morgan	M	MV 40 - 49	315	
1228	0:54:09	2302 Neil Femandel	M		530	
1229	0:54:10	1352 Andrew Rogers	M	MV 40 - 49	316	
1230	0:54:11	2064 Rebecca Edwards	F		76	
1231	0:54:11	2464 Gary Knight	M		531	
1232	0:54:11	2102 Natalya Jade Slee	F	Junior	6	Swansea Harriers
1233	0:54:12	2958 Geraint Huw Jenkins	M		532	
1234	0:54:13	1090 Jane Jenks	F	FV 45 Plus	34	Dudley Kingswinford
1235	0:54:13	2801 Paul David Trerise	M		533	
1236	0:54:13	2397 Nerys Prytherch-Rees	F		77	
1237	0:54:14	1441 Ian Cole	M		534	
1238	0:54:14	106 Gillian Bristow	F	FV 35 - 44	79	
1239	0:54:14	2771 Paul Darby	M		535	
1240	0:54:15	1806 Simon Thomas	M		536	
1241	0:54:15	2573 Alyson Dickeson	F	FV 35 - 44	80	
1242	0:54:15	1850 Dai Pick	M	MV 40 - 49	317	Carmarthen Harriers
1243	0:54:16	2775 Lucy Barbour	F		78	
1244	0:54:17	1280 Aaron Blair Geddes	M		537	
1245	0:54:17	457 Sharon Rogers	F	FV 35 - 44	81	
1246	0:54:18	1633 Sarah Ann John	F	Junior	7	
1247	0:54:18	1467 Gareth Evans	M		538	
1248	0:54:21	3034 Emma Jones	F		79	
1249	0:54:21	2844 Gaynor Lorraine Hunt	F	FV 45 Plus	35	
1250	0:54:23	2732 Deborah Marshall	F	FV 35 - 44	82	
1251	0:54:25	952 Adam Ep Richards	M		539	
1252	0:54:25	1734 Kathryn Jane Stoaite	F		80	
1253	0:54:25	1252 Alun Lloyd Harris	M	MV 40 - 49	318	
1254	0:54:26	1916 Janika Maiwald	F		81	
1255	0:54:26	2774 Louise Pierpoint	F		82	
1256	0:54:27	560 Carol Ransom	F	FV 35 - 44	83	
1257	0:54:27	1291 Sarah Hudson	F		83	
1258	0:54:28	1545 Pauline Williams	F	FV 45 Plus	36	Neath Harriers
1259	0:54:30	1363 David Hughes	M		540	
1260	0:54:30	1454 Julie Carlin	F	FV 35 - 44	84	
1261	0:54:31	761 Carol Joy Sanders	F	FV 35 - 44	85	
1262	0:54:31	111 Paul Collett	M	MV 50 Plus	153	
1263	0:54:32	874 Nicola Roberts	F		84	
1264	0:54:35	216 Lisa Phillips	F		85	
1265	0:54:35	2701 Linda Jensen	F	FV 35 - 44	86	
1266	0:54:36	970 Geraint Lewis	M		541	
1267	0:54:36	532 Karen Burrows	F	FV 45 Plus	37	3 M's
1268	0:54:36	2780 Oliver Longmore	M		542	
1269	0:54:36	3220 Ruth Anne Griffiths	F		86	
1270	0:54:37	2747 Dean Rees	M		543	
1271	0:54:37	323 Kevin Napier	M	MV 40 - 49	319	
1272	0:54:37	2996 Janet Balsdon	F		87	
1273	0:54:38	1233 Mark John Stevens	M		544	
1274	0:54:38	801 Karl Johns	M		545	
1275	0:54:39	2875 Gareth Lyn Thomas	M		546	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1276	0:54:41	768 James Winston Murphy	M			547
1277	0:54:41	1736 Mark Rees	M	MV 40 - 49		320
1278	0:54:41	1319 Neil Rusconi	M			548
1279	0:54:42	2377 Nicola Bowden	F	FV 35 - 44		87
1280	0:54:42	615 Phillip Doel	M	MV 40 - 49		321
1281	0:54:44	2431 James Williams	M			549
1282	0:54:44	498 James O'Malley	M			550
1283	0:54:45	324 Margaret Napier	F	FV 45 Plus		38
1284	0:54:45	972 Sarah Anne Major	F			88
1285	0:54:47	2271 Amber Kimberley Putnam	F			89
1286	0:54:48	757 Mrs C Evans	F			90
1287	0:54:48	105 Rachel Bowen	F			91
1288	0:54:48	2148 Anthony Mark Rees	M	MV 40 - 49		322
1289	0:54:50	3099 David Michael Evans	M	MV 40 - 49		323
1290	0:54:50	915 Christine Benson	F	FV 45 Plus		39
1291	0:54:51	1869 Deborah Julie Price	F	FV 35 - 44		88
1292	0:54:52	284 Stephen Dalling	M			551
1293	0:54:52	1579 Elena Zarate	F	FV 45 Plus		40
1294	0:54:53	2531 Ken Joseph Rogers	M	MV 40 - 49		324
1295	0:54:53	2329 Liam Parkes	M	Junior		41
1296	0:54:54	1719 Howard Lawrence Eaves	M	MV 50 Plus		154
1297	0:54:55	1466 Ceri Evans	M			552
1298	0:54:55	534 Mark Turp	M	MV 40 - 49		325
1299	0:54:55	2561 Stephen Rhys Williams	M			553
1300	0:54:56	1480 Chris Hight	M	MV 40 - 49		326
1301	0:54:56	1783 Gaynor Wyn Toft	F	FV 35 - 44		89
1302	0:54:57	1643 Bernard Edward Stevens	M	MV 50 Plus		155
1303	0:54:57	2855 Thomas Malcolm Maskell	M	MV 40 - 49		327
1304	0:54:59	1795 Nigel Leighton Jones	M	MV 50 Plus		156
1305	0:55:00	2060 Sarah Louise Upton	F			92
1306	0:55:00	788 Michael Anthony O'Shea	M	MV 50 Plus		157
1307	0:55:01	1451 Sara Cadogan	F			93
1308	0:55:01	2018 Susan Patricia Evans	F	FV 45 Plus		41
1309	0:55:01	2545 Julie Williams	F	FV 35 - 44		90
1310	0:55:01	2356 Nick Jones	M			554
1311	0:55:02	2993 Martin Evans	M	MV 40 - 49		328 Rhondda Valley Runners
1312	0:55:03	2481 Simone Jolene Harris	F			94
1313	0:55:04	899 Rachel Evans	F	FV 35 - 44		91
1314	0:55:04	1652 Terrance Powell	M			555
1315	0:55:04	597 Angela Delaney	F	FV 35 - 44		92 Womens Running Network
1316	0:55:04	1834 Ian Fifield	M	MV 40 - 49		329
1317	0:55:06	1697 Thomas Michael Rice	M	MV 50 Plus		158 Activa Penlan
1318	0:55:07	141 Rhian Jones	F			95
1319	0:55:08	255 Ian Mitchell	M			556
1320	0:55:09	2124 Kathryn Jones	F			96
1321	0:55:09	2125 John Paul Jones	M			557
1322	0:55:10	2520 Sam Fostel	M			558
1323	0:55:10	1712 Kristian Lee Watts	M			559
1324	0:55:10	2803 Lowri Edwards	F			97
1325	0:55:10	2004 E Christine Davies	F	FV 35 - 44		93 Sospan Road Runners
1326	0:55:11	1539 Odette White	F	FV 45 Plus		42 Sospan Road Runners
1327	0:55:11	2496 Geraint Maddox	M			560
1328	0:55:11	2417 Matthew Williams	M			561
1329	0:55:11	1841 Denis James Murphy	M	MV 40 - 49		330
1330	0:55:13	866 Tracey Newman	F	FV 35 - 44		94 Les Croupiers
1331	0:55:14	2208 Matthew Paul Popham	M	Junior		42
1332	0:55:14	2346 Natalie Wells	F			98
1333	0:55:14	110 Kevin Clarke	M	MV 40 - 49		331
1334	0:55:14	2849 Heidi Lorenz	F	FV 45 Plus		43
1335	0:55:15	219 Robert Jenkins	M			562
1336	0:55:16	1992 Peter William Bateman	M	MV 50 Plus		159
1337	0:55:16	2433 Lisa Bowen	F			99
1338	0:55:17	2773 Debbie Keogh	F	FV 35 - 44		95
1339	0:55:18	2184 John Dennis Price	M	MV 50 Plus		160
1340	0:55:19	298 Andrea Sandal	F	FV 35 - 44		96
1341	0:55:19	1757 Sharon Wellington	F	FV 35 - 44		97
1342	0:55:20	518 Steven Lewis	M			563 Port Talbot Harriers
1343	0:55:21	1064 Denver Jones	M			564
1344	0:55:21	849 William George Hall	M	MV 50 Plus		161
1345	0:55:22	1229 Michael Kingston	M	MV 40 - 49		332
1346	0:55:22	2369 Nina Grinnell	F			100
1347	0:55:22	787 Garry Wakeham	M			565
1348	0:55:22	1554 Gerald Gray	M	MV 50 Plus		162
1349	0:55:22	3110 Anita Griffiths	F	FV 45 Plus		44 3 M's
1350	0:55:24	1049 Elizabeth Jane Hopkins	F			101
1351	0:55:25	807 Paul Frederic Brain (prof)	M	MV 50 Plus		163
1352	0:55:27	1453 Jennifer Cann	F	FV 45 Plus		45
1353	0:55:27	1020 Tony Hall	M	MV 50 Plus		164
1354	0:55:27	1221 Stephen Gregory Gimblett	M			566
1355	0:55:27	1501 Claire Morgan	F	FV 35 - 44		98 Forest Of Dean A C
1356	0:55:28	2832 Kenneth David Stacey	M			567
1357	0:55:30	1726 Bethan Wyn Griffiths	F			102
1358	0:55:34	1329 Caroline Jones	F			103
1359	0:55:34	474 Paul Evans	M			568
1360	0:55:36	2791 Catherine Crimmins	F			104

Pos	Time	No	Name	M/F	Category	Cat Pos	Club
1361	0:55:36	1698	Peter John Orphan	M		569	
1362	0:55:36	2023	Douglas Malcolm Jones	M	MV 50 Plus	165	Brackla Harriers
1363	0:55:37	2350	Ian Capon	M	MV 50 Plus	166	
1364	0:55:37	1523	Tony Saunders	M	MV 40 - 49	333	
1365	0:55:38	675	Sharon O'Connell	F		105	
1366	0:55:38	445	Derek Brookes	M	MV 50 Plus	167	Port Talbot Harriers
1367	0:55:39	3097	Janice Clement	F	FV 45 Plus	46	Penarth & Dinas
1368	0:55:40	3157	Sheila Joy Ridge	F	FV 45 Plus	47	Andover A C
1369	0:55:41	86	Howard Coole	M		570	
1370	0:55:41	2584	Annie Conroy	F	FV 45 Plus	48	Les Croupiers
1371	0:55:41	1769	Jonathan Clive Kinnear	M		571	
1372	0:55:41	1328	Martin Rhys Bowen Jones	M	MV 40 - 49	334	
1373	0:55:42	3165	Rebecca Yoseph Stone	F		106	
1374	0:55:42	2870	Richard Ian Ellison	M		572	
1375	0:55:43	1361	JosE Cifuentes	M	MV 50 Plus	168	
1376	0:55:44	2368	Keith Harries	M	MV 40 - 49	335	
1377	0:55:44	961	Anwar Paul Najjar	M		573	
1378	0:55:46	1679	Beverley Dowrick	F		107	Plymstock Road Runners
1379	0:55:46	1342	Paul Jan Evans	M	MV 40 - 49	336	
1380	0:55:47	1316	Richard Joseph Quirke	M	MV 40 - 49	337	
1381	0:55:48	1187	Sarah Mary Jane Hope	F	FV 45 Plus	49	
1382	0:55:48	2679	Gareth Parry	M		574	
1383	0:55:49	313	Scott Maddock-Ellis	M		575	
1384	0:55:49	2678	Colin Crumpler	M		576	
1385	0:55:49	405	Judith Wall	F		108	
1386	0:55:50	902	Stephen Boor	M		577	
1387	0:55:50	372	Sarah Thornton	F		109	The London Losers
1388	0:55:50	1447	David Binks	M	MV 40 - 49	338	
1389	0:55:51	1025	Robert Cornell	M	MV 40 - 49	339	
1390	0:55:51	2463	Chris Jenkins	M		578	
1391	0:55:52	1006	Julie Ann Allen	F	FV 35 - 44	99	Dudley Kingswinford
1392	0:55:53	1359	Dorian Higgins	M		579	
1393	0:55:53	247	Sue Johnson	F	FV 35 - 44	100	Women's Running Network
1394	0:55:53	514	Julie Peconi	F		110	Women's Running Network
1395	0:55:54	3080	Jamie Leigh Trollope	M		580	
1396	0:55:55	3155	Michael John Edmonds	M	MV 50 Plus	169	
1397	0:55:56	2881	Owain Whittaker	M		581	
1398	0:55:58	850	Diane Caroline Williams	F	FV 35 - 44	101	
1399	0:55:58	684	Mark Davies	M	MV 40 - 49	340	
1400	0:55:59	777	Howard Morgan	M	MV 50 Plus	170	
1401	0:55:59	1908	Lyndon William Lewis	M		582	
1402	0:56:02	2650	Richard Byron Crock	M		583	
1403	0:56:02	2336	Alan Jones	M		584	
1404	0:56:03	552	Lyndon Murphy	F	FV 45 Plus	50	
1405	0:56:03	2582	Anita Eirwen Howells	F	FV 45 Plus	51	Aberdare
1406	0:56:04	425	Eric Frew	M	MV 40 - 49	341	
1407	0:56:04	2087	Michael James Steeds	M	MV 40 - 49	342	
1408	0:56:05	2054	Susan McMail	F		111	
1409	0:56:06	1200	Lisa Jayne Williams	F		112	
1410	0:56:07	1638	Richard James Parry	M	MV 50 Plus	171	
1411	0:56:08	2595	Perry Wyn Morgan	M	MV 40 - 49	343	
1412	0:56:09	1830	Martin Phillips	F	FV 45 Plus	52	
1413	0:56:10	1861	Christopher Allen	M		585	
1414	0:56:10	2731	Anthony Russell	M		586	
1415	0:56:11	3101	Sasha Louise Macken	F		113	Les Croupiers
1416	0:56:11	2934	Paul Waite	M	MV 50 Plus	172	
1417	0:56:12	1238	Sarah Elizabeth Butt	F		114	
1418	0:56:12	1774	Samantha Elaine Lovegrove	F		115	
1419	0:56:13	3149	Helen Knight	F	FV 35 - 44	102	Dudley Kingswinford
1420	0:56:14	1482	Andrew Hopkins	M	MV 40 - 49	344	
1421	0:56:14	1483	Catherine Hopkins	F	FV 35 - 44	103	
1422	0:56:15	85	Gill Robinson	F		116	
1423	0:56:17	2707	Richard Hammerton	M		587	
1424	0:56:17	692	David Gareth Williams	M	MV 50 Plus	173	
1425	0:56:17	2135	David Rideout	M		588	
1426	0:56:18	1481	Amanda Hook	F		117	
1427	0:56:18	2797	Linda Hutchinson	F	FV 35 - 44	104	3 M's
1428	0:56:19	1739	Gary William Collier	M	MV 50 Plus	174	
1429	0:56:20	319	Cheryl Davies	F	FV 35 - 44	105	
1430	0:56:20	2300	Manon Eames	F	FV 45 Plus	53	
1431	0:56:21	2301	Gary Allen	M	MV 40 - 49	345	
1432	0:56:21	950	Chifford Leslie Penfold	M	MV 50 Plus	175	
1433	0:56:22	668	Justin David Aleman	M		589	
1434	0:56:23	3063	Barry James	M	MV 50 Plus	176	
1435	0:56:23	1122	Sian Clwyd Roberts	F		118	
1436	0:56:23	2217	June Clifton	F	FV 45 Plus	54	
1437	0:56:24	2216	Matthew Mansell Clifton	M	MV 50 Plus	177	
1438	0:56:24	2252	Jennifer Roberts	F	FV 45 Plus	55	Brecon A C
1439	0:56:25	1807	Fiona Neill	F	FV 35 - 44	106	Mumbles Milers
1440	0:56:25	720	Coleen Birch	F		119	Islwyn R C
1441	0:56:25	222	Sian Tomos	F	FV 35 - 44	107	
1442	0:56:25	2328	Handel Davies	M	MV 40 - 49	346	
1443	0:56:26	81	Elizabeth Whitwell	F	FV 35 - 44	108	
1444	0:56:26	103	Gary Battell	M	MV 40 - 49	347	
1445	0:56:26	2956	Rhodri John Rowlands	M		590	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1446	0:56:27	184 David Tapper	M	MV 50 Plus	178	
1447	0:56:27	1966 Geoffrey Charles Rainsbury	M	MV 50 Plus	179	
1448	0:56:27	3193 Paul Crouch	M		591	
1449	0:56:28	814 Ali Wood	F	FV 35 - 44	109	
1450	0:56:30	502 Charlie Ratcliffe	F	Junior	8	Trots
1451	0:56:31	2312 David Houston	M	MV 50 Plus	180	
1452	0:56:31	2845 Simon Davies	M		592	
1453	0:56:32	2337 Beci Aspland	F		120	
1454	0:56:32	1940 Mark Griffiths	M	MV 40 - 49	348	
1455	0:56:33	117 Samantha Curtis	F	FV 35 - 44	110	
1456	0:56:33	2823 Clare Kirk	F	FV 45 Plus	56	
1457	0:56:34	1388 Jean Margaret Archer	F	FV 45 Plus	57	
1458	0:56:34	510 Debbie Jones	F		121	
1459	0:56:35	953 Flora Marriott	F	FV 35 - 44	111	
1460	0:56:36	805 Stuart Burrows	M		593	
1461	0:56:37	2387 Karen Joseph	F	FV 45 Plus	58	
1462	0:56:39	1199 Stephanie Mary Jones	F		122	
1463	0:56:40	2557 Barry John Davies	M		594	
1464	0:56:41	567 Robert Macgregor	M	Junior	43	
1465	0:56:41	1843 Irene Elizabeth Mann	F	FV 45 Plus	59	
1466	0:56:41	2456 Andrew Morris	M		595	
1467	0:56:42	951 Clive Ian Gary Smith	M	MV 50 Plus	181	
1468	0:56:42	2310 Helen Darvill	F		123	
1469	0:56:43	2829 Leighton Jenkins	M	MV 40 - 49	349	
1470	0:56:44	2906 Kirsty Marie Gameson	F		124	
1471	0:56:46	916 Laura Ruth Hall	F	FV 35 - 44	112	
1472	0:56:46	2521 Clare Francis	F	FV 35 - 44	113	
1473	0:56:46	328 Gwynedd Jones	F	FV 45 Plus	60	Sandbach Striders
1474	0:56:47	245 Anne Pitman	F	FV 35 - 44	114	Women's Network
1475	0:56:48	2465 Tracey Williams	F	FV 35 - 44	115	
1476	0:56:49	233 Michael Griffiths	M	MV 40 - 49	350	
1477	0:56:49	1125 Jeffry Follant	M		596	
1478	0:56:49	2237 Michelle Chapman	F		125	
1479	0:56:49	781 Joanne Elizabeth Jones	F	FV 35 - 44	116	
1480	0:56:50	529 Jennifer Shepherd	F		126	
1481	0:56:50	213 Chris Eley	M		597	
1482	0:56:51	784 Tracy Morgans	F	FV 35 - 44	117	
1483	0:56:52	362 Andrew Richards	M		598	
1484	0:56:52	2748 Phillip Carton	M		599	
1485	0:56:53	621 Amanda Jayne Pugh	F	FV 35 - 44	118	
1486	0:56:53	1283 Joanne Masterman	F		127	
1487	0:56:53	3071 Maureen Ann O'Kane	F	FV 35 - 44	119	
1488	0:56:54	3143 Maria Poole	F		128	
1489	0:56:54	2583 Janette Lamb	F	FV 45 Plus	61	Dudley Kingswinford
1490	0:56:54	3144 Anna Poole	F		129	
1491	0:56:54	995 Trilby Kate Rees	F		130	
1492	0:56:55	189 Matt Webb	M		600	
1493	0:56:55	167 Jay M Ramsurrun	M	MV 50 Plus	182	
1494	0:56:55	1085 Caryl Davies	F	Junior	9	Sarn Helen
1495	0:56:55	2162 Geraint Paul Wyrwoll	M	Junior	44	
1496	0:56:57	188 Andrew Wallis	M		601	
1497	0:56:58	2884 Carl Watkins	M		602	
1498	0:56:58	2262 Connie Norgate	F	FV 45 Plus	62	Wye Valley
1499	0:56:59	2173 Julie O'Leary	F	FV 35 - 44	120	
1500	0:57:01	886 Anthony James O'Connell	M		603	
1501	0:57:01	1622 Debra Clarke	F	FV 35 - 44	121	
1502	0:57:03	598 Ceri Munro	F		131	Womens Running Network
1503	0:57:03	2374 Sioned Williams	F	FV 35 - 44	122	
1504	0:57:04	3067 Wayne Ganderton	M		604	
1505	0:57:04	2833 Jason David Lewis	M		605	
1506	0:57:06	132 Phil Griffiths	M	MV 50 Plus	183	
1507	0:57:07	639 Tarquin Edward Harris	M	MV 40 - 49	351	
1508	0:57:08	2365 Andrew Duggan	M		606	
1509	0:57:08	2376 Amanda Duggan	F		132	
1510	0:57:09	1220 Jonathan Edward Payne	M		607	
1511	0:57:09	2513 Gareth Wyn Jones	M		608	
1512	0:57:10	2759 Louise Foulkes	F		133	
1513	0:57:10	3135 Matthew Collins	M		609	
1514	0:57:11	782 Mari Elen Hobbs	F	FV 35 - 44	123	
1515	0:57:12	1632 Liz Lovell	F	FV 35 - 44	124	
1516	0:57:13	1136 Iolo Llewelyn	M	MV 40 - 49	352	
1517	0:57:13	2062 Duncan Stanley Smith	M		610	
1518	0:57:14	1243 Gareth David Watson	M		611	3 M's
1519	0:57:15	1975 David Tucker	M		612	
1520	0:57:16	1309 Andrew Evan Rockley	M		613	Cardigan Running Club
1521	0:57:16	2612 Martyn John Waygood	M	MV 40 - 49	353	
1522	0:57:17	452 Lisa Phillips	F	FV 35 - 44	125	
1523	0:57:17	1239 Mark Arnold	M	MV 40 - 49	354	
1524	0:57:17	918 Gareth Huw Bamsey	M	MV 40 - 49	355	
1525	0:57:18	563 Mark Lintern	M		614	
1526	0:57:18	1609 Sara Elizabeth Thomas	F		134	
1527	0:57:18	1930 Jennifer Sleath	F	FV 35 - 44	126	
1528	0:57:22	2568 JosE Luis De La Cuesta Padilla	M		615	
1529	0:57:22	2090 Yvette Norma Sutton	F	FV 45 Plus	63	Wye Valley
1530	0:57:23	2491 Robert F Sheffield	M	MV 50 Plus	184	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1531	0:57:23	1339 Spencer Booth	M		616	
1532	0:57:23	1195 Liz Hope	F	FV 35 - 44	127	
1533	0:57:23	836 Elaine Pamela Lewis	F	FV 45 Plus	64	
1534	0:57:24	1809 Tom Hill	M		617	
1535	0:57:24	1138 John Cole	M	MV 50 Plus	185	
1536	0:57:25	3090 Dennis Peel	M	MV 50 Plus	186	
1537	0:57:25	815 Steve Whyte	M	MV 40 - 49	356	
1538	0:57:26	1287 Sian Arfon	F		135	
1539	0:57:27	494 Louise Meredith	F	FV 35 - 44	128	
1540	0:57:27	832 Jeffrey Mogford	M	MV 40 - 49	357	
1541	0:57:28	3028 Miles Hart	M		618	
1542	0:57:28	1879 Jo-Anne Rees	F		136	
1543	0:57:28	1068 Julian Wake	M		619	
1544	0:57:28	2563 Helen Jane Griffiths	F	FV 35 - 44	129	
1545	0:57:29	2011 Jane Katherine Baker	F	FV 35 - 44	130	
1546	0:57:29	1041 Hayley Louise Martin	F		137	
1547	0:57:29	2858 Rebecca Sian Reid	F		138	
1548	0:57:30	1591 Christopher John Williams	M	MV 40 - 49	358	
1549	0:57:30	1637 Gwyneth Mary Parry	F	FV 45 Plus	65	
1550	0:57:31	3046 Annabel Brito	F	FV 35 - 44	131	
1551	0:57:32	2851 Christopher A Carter	M		620	
1552	0:57:33	1870 Elizabeth Jayne James	F	FV 35 - 44	132	
1553	0:57:36	1737 Peter H Thomas	M	MV 40 - 49	359	
1554	0:57:36	227 Henry Gilbert	M	MV 50 Plus	187	
1555	0:57:37	999 Kath Crane	F	FV 45 Plus	66	Brecon A C
1556	0:57:37	1793 Rosie Amesbury	F	FV 45 Plus	67	
1557	0:57:37	2843 Owen John Morgan	M		621	
1558	0:57:37	2904 Samantha Jane Evans	F		139	
1559	0:57:40	2020 Philip Williams	M		622	
1560	0:57:40	1073 Thomas Craig Johnson	M	MV 50 Plus	188	
1561	0:57:42	775 Awbrey Scott-Davies	M	MV 40 - 49	360	
1562	0:57:42	1865 Julia Ann Dr Harris	F	FV 35 - 44	133	
1563	0:57:43	1421 Nuria Martinez-Perez	F	FV 35 - 44	134	
1564	0:57:44	2500 Stephen Alwyn Jones	M	MV 40 - 49	361	
1565	0:57:45	1463 Mark Ellis	M		623	
1566	0:57:45	2600 Ronald John Raddenbury	M		624	
1567	0:57:46	771 Anthony Jenkins	M	MV 40 - 49	362	Aberdare
1568	0:57:47	2454 Joseph Jones	M		625	
1569	0:57:47	208 Chris Norman	M		626	
1570	0:57:48	462 Lynwen Williams	F		140	
1571	0:57:49	3122 Paul Stephen Kearns	M		627	
1572	0:57:49	1092 Bryan King	M	MV 40 - 49	363	
1573	0:57:50	2288 Ian Alexander Gill	M		628	
1574	0:57:51	1904 Stephen Maddock	M	MV 40 - 49	364	
1575	0:57:52	1649 Simon Williams	M		629	
1576	0:57:52	2038 Mathew Copp	M		630	
1577	0:57:53	1413 Richard Hesketh	M		631	
1578	0:57:53	2696 Lisa Hopkins	F	FV 35 - 44	135	
1579	0:57:53	791 Olwen Eileen Blain	F	FV 45 Plus	68	
1580	0:57:54	1898 Glyn Martin Jones	M		632	
1581	0:57:54	1631 Tony Lovell	M	MV 40 - 49	365	
1582	0:57:54	2112 Joanne Gibbons	F		141	
1583	0:57:54	2617 Neil Melwyn Lewis	M	MV 40 - 49	366	
1584	0:57:54	1871 Sian Griffiths	F	FV 45 Plus	69	
1585	0:57:54	2825 Sian Marina Passey	F	FV 35 - 44	136	
1586	0:57:54	979 Aimee Hopkins	F		142	
1587	0:57:55	1814 Sarah Louise Morris	F		143	
1588	0:57:55	978 Keith Hopkins	M	MV 50 Plus	189	
1589	0:57:55	1636 Christina May Newton	F	FV 35 - 44	137	Women's Running Network
1590	0:57:56	1939 Elizabeth Griffiths	F	FV 35 - 44	138	
1591	0:57:59	2648 Martin Richmond	M	MV 40 - 49	367	
1592	0:58:00	2393 Michael Williams	M	MV 40 - 49	368	
1593	0:58:00	3058 Paul Gregory Holtam	M	MV 50 Plus	190	
1594	0:58:01	840 Nigél Thomas	M	MV 40 - 49	369	
1595	0:58:02	2721 Andrew Thomas	M		633	
1596	0:58:03	139 Helen Jones	F	FV 35 - 44	139	
1597	0:58:03	1103 Susan Jacqueline Thomas	F	FV 45 Plus	70	
1598	0:58:05	3130 Jay Claire Doyle	F		144	
1599	0:58:06	2947 Hillary Evans	F	FV 35 - 44	140	
1600	0:58:08	1306 Julie Andrea Samuel	F	FV 35 - 44	141	
1601	0:58:08	1954 Deanne Rebane	F	FV 45 Plus	71	
1602	0:58:09	3011 Dafydd Gwynfor Davies	M	MV 50 Plus	191	
1603	0:58:09	1292 Henry Burrowd	M		634	
1604	0:58:09	2009 Michael Peach	M	MV 40 - 49	370	
1605	0:58:10	541 Simon Harry	M	Junior	45	
1606	0:58:12	3213 Christopher Thomas	M		635	
1607	0:58:12	2289 David Paul Callaway	M		636	
1608	0:58:13	706 Richard Rogers	M	MV 50 Plus	192	
1609	0:58:13	2656 Katherine Sheard	F		145	
1610	0:58:14	1288 Sheila Duggan	F		146	
1611	0:58:15	506 Shirley Davies	F	FV 35 - 44	142	Womens Running Network
1612	0:58:16	2999 Gareth Beard	M		637	
1613	0:58:16	2646 Michael Martin	M		638	
1614	0:58:16	2694 Rick Brittain	M	Junior	46	
1615	0:58:18	2543 Jason Alexander Babbage	M		639	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1616	0:58:20	1880 Geraint Thomas	M		640	
1617	0:58:20	2744 Gemma Suttie	F		147	
1618	0:58:21	1801 Leanne Simonson	F		148	
1619	0:58:22	1837 Michael John Anthony Tozer	M		641	
1620	0:58:24	316 Claire Beard	F		149	
1621	0:58:24	1097 Sheila James	F	FV 35 - 44	143	
1622	0:58:24	1600 Tina Clement	F	FV 35 - 44	144	
1623	0:58:25	2388 Karen Churchill	F	FV 45 Plus	72	
1624	0:58:25	736 Christopher Harris	M		642	Visteon Running Club
1625	0:58:25	1181 Victoria Broad	F	FV 35 - 44	145	
1626	0:58:25	1120 Deborah Anne Hope	F	FV 35 - 44	146	
1627	0:58:26	1800 Matthew Joseph Spittles	M	MV 40 - 49	371	
1628	0:58:26	2711 Jane Tonks	F	FV 45 Plus	73	
1629	0:58:27	2789 Andrew Hollins	M		643	
1630	0:58:28	1368 Graham Neil Ware	M		644	
1631	0:58:29	2652 Neil John Jepps	M	MV 40 - 49	372	
1632	0:58:29	1086 Wendy Lawrence	F	FV 45 Plus	74	Forest Of Dean A C
1633	0:58:29	3127 Aaron Jay Stephens	M		645	
1634	0:58:30	2864 Nichol Cullen	F	FV 45 Plus	75	
1635	0:58:30	207 Steven Norman	M		646	
1636	0:58:30	2724 Adrian Evans	M		647	
1637	0:58:31	1353 Caroline Georgina Edmunds	F		150	
1638	0:58:31	2003 Louise Eakins	F	FV 35 - 44	147	
1639	0:58:32	1578 Ainsley Jayne Thomas	F	FV 35 - 44	148	
1640	0:58:33	1014 Jafar Ghalamarky	M	MV 40 - 49	373	
1641	0:58:34	2928 Alan Rosser	M	MV 50 Plus	193	
1642	0:58:34	2756 Lowri Cynan	F	FV 35 - 44	149	
1643	0:58:35	2727 Daniel Lee	M		648	
1644	0:58:35	582 Jenny Wyatt	F	FV 35 - 44	150	Womens Running Network
1645	0:58:36	2630 Lyn Williams	M	MV 50 Plus	194	Neath Harriers
1646	0:58:36	160 Andrew Muxworthy	M		649	
1647	0:58:36	2010 Katherine Law Wheatley	F	FV 35 - 44	151	
1648	0:58:38	2215 Elizabeth Barclay	F	FV 35 - 44	152	
1649	0:58:38	2214 Stephen Barclay	M		650	
1650	0:58:39	3047 Marie Laurence Badaire	F		151	
1651	0:58:39	2355 Gareth Jones	M		651	
1652	0:58:39	2156 Stephen James Walker Williams	M		652	
1653	0:58:40	269 Sian Ebdon	F	Junior	10	
1654	0:58:40	1791 Karen James	F	FV 35 - 44	153	
1655	0:58:41	3078 Alun Cleverley	M	MV 40 - 49	374	
1656	0:58:41	1043 John William Parke	M		653	
1657	0:58:42	1285 Meinir Sian Llwyd	F		152	
1658	0:58:42	381 Deborah Mitchell	F	FV 35 - 44	154	
1659	0:58:43	1253 Philip John Stone	M	MV 50 Plus	195	
1660	0:58:44	1810 John Lambert	M	MV 50 Plus	196	
1661	0:58:44	1784 Suzanne Oakley	F		153	
1662	0:58:45	1270 Brian Richard Baynham	M		654	
1663	0:58:47	2675 Natalie Crane	F		154	
1664	0:58:48	547 Catherine Richards	F	FV 45 Plus	76	Womens Running Network
1665	0:58:48	2680 Llinos Roberts	F		155	
1666	0:58:48	3107 Peter Kenneth Jones	M	MV 50 Plus	197	
1667	0:58:48	1237 Carol Anne Mainwarin Vyner	F	FV 35 - 44	155	
1668	0:58:49	3206 Gareth Davies	M		655	
1669	0:58:49	2207 Owain Glyn Hyett	M		656	
1670	0:58:50	331 Julia Harvey	F		156	
1671	0:58:51	1541 Maria Williams	F		157	
1672	0:58:51	865 Alan Bladen	M	MV 50 Plus	198	Les Croupiers
1673	0:58:51	1056 Jenny Johnson	F	FV 35 - 44	156	Les Croupiers
1674	0:58:52	737 Stephen Alan Bowditch	M		657	
1675	0:58:52	966 Sue Richards	F	FV 45 Plus	77	Brecon A C
1676	0:58:52	1644 Sandra Stevens	F	FV 45 Plus	78	
1677	0:58:53	2562 Stuart Craig Mason	M		658	
1678	0:58:53	671 David Michael Jones	M		659	
1679	0:58:53	2392 Andrew Edwards	M		660	
1680	0:58:54	2048 Andrew Davies	M	MV 40 - 49	375	Aberdare
1681	0:58:54	538 Simon Gillings	M	MV 40 - 49	376	
1682	0:58:55	2792 Nigel Ferrand	M		661	
1683	0:58:56	825 Donna Caswell	F	FV 35 - 44	157	
1684	0:58:56	1009 Nicola Anne Anderson	F	FV 35 - 44	158	Womens Running Network
1685	0:58:57	460 Andrew Owens	M	MV 40 - 49	377	
1686	0:58:57	655 Christopher Vaughan Plaice	M	MV 50 Plus	199	
1687	0:58:58	602 Hiral Patel	M		662	
1688	0:58:58	1160 Mark Stephen Carter	M	Junior	47	
1689	0:58:58	1143 Jonathan Jones	M		663	
1690	0:58:58	1161 Stephen Keith Hughes	M	Junior	48	
1691	0:59:01	1425 David Phelps	M	MV 40 - 49	378	
1692	0:59:02	912 Andrea Bowen	F	FV 35 - 44	159	
1693	0:59:02	1733 Catherine Llewellyn	F	FV 35 - 44	160	
1694	0:59:03	3191 Helen Collier	F	FV 35 - 44	161	
1695	0:59:03	1658 Noel Edward Thomas	M		664	
1696	0:59:03	2325 Wendy Gravell	F		158	
1697	0:59:04	2303 Darren Gfermandel	M		665	
1698	0:59:05	1513 Lowri Randell	F		159	Sospan Road Runners
1699	0:59:06	2577 John Langdon	M	MV 50 Plus	200	
1700	0:59:06	1933 Martyn Mellor	M		666	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1701	0:59:07	907 Mark Finn	M		667	
1702	0:59:09	2204 Liz Brown	F		160	
1703	0:59:10	2382 Hannah Davies	F		161	
1704	0:59:10	2902 Roger Tiley	M	MV 40 - 49	379	Team Wecori
1705	0:59:10	2592 Angela Tiley	F		162	Team Wecori
1706	0:59:12	2256 Emyr Roberts	M	MV 50 Plus	201	
1707	0:59:12	1083 Tony Dorsett	M	MV 50 Plus	202	Les Croupiers
1708	0:59:13	913 Joceline Alisia Keenan	F		163	
1709	0:59:13	1618 Claire Rees	F		164	
1710	0:59:13	1723 Alan Robert Howell	M	MV 50 Plus	203	
1711	0:59:14	875 Michael Glover	M		668	
1712	0:59:15	500 Tracey Hinton	F	FV 35 - 44	162	Womens Running Network
1713	0:59:16	2589 Christopher Light	M		669	
1714	0:59:16	449 Clive Davies	M	MV 50 Plus	204	
1715	0:59:17	1331 Kathryn Greenfield	F		165	
1716	0:59:18	2918 Maria Louise Porter	F		166	Islwyn R C
1717	0:59:18	448 Mike Batt	M	MV 40 - 49	380	
1718	0:59:19	2158 Victoria Faye Austin	F	FV 35 - 44	163	
1719	0:59:20	1027 Karen Eynon	F	FV 35 - 44	164	
1720	0:59:22	210 Sarah Clarke	F		167	Gade Valley Harriers
1721	0:59:27	400 Dennis Bailey	M	MV 50 Plus	205	
1722	0:59:27	401 Jenny Bailey	F	FV 35 - 44	165	
1723	0:59:29	2282 Diane Smith	F	FV 45 Plus	79	Wye Valley
1724	0:59:29	180 Tony Sudworth	M	MV 40 - 49	381	
1725	0:59:30	2508 Teleri Wyn Jenkins	F		168	
1726	0:59:31	1635 Kenneth Wayne Newton	M	MV 40 - 49	382	
1727	0:59:32	2026 Lisa Susan Fabb	F	FV 35 - 44	166	
1728	0:59:32	2226 Melanie Jones	F		169	Women's Running Network
1729	0:59:33	2418 William Davies	M	MV 50 Plus	206	
1730	0:59:33	270 Isabelle Desgranges	F		170	
1731	0:59:33	2666 Jane Ellis	F	FV 35 - 44	167	
1732	0:59:34	2897 John Robert Mysercough	M		670	
1733	0:59:34	817 Jonathan Davies	M		671	
1734	0:59:34	816 Nicola Tracey Davies	F	FV 35 - 44	168	
1735	0:59:35	828 Peter James Northcott	M	MV 50 Plus	207	
1736	0:59:35	1596 Jim Northcott	M		672	
1737	0:59:35	1406 Julie Berry	F	FV 35 - 44	169	Basingstoke Road Runners
1738	0:59:36	585 Catherine Morgan	F		171	Womens Running Network
1739	0:59:37	3169 Carol Fell	F	FV 45 Plus	80	
1740	0:59:38	1322 Julie Ann Archer	F	FV 35 - 44	170	
1741	0:59:38	2189 Rachel Elizabeth Ace	F		172	
1742	0:59:38	2802 Sheila Pictor	F	FV 45 Plus	81	
1743	0:59:41	595 Matthew Pugh	M		673	
1744	0:59:42	690 Gwenda Jane Morris	F	FV 35 - 44	171	
1745	0:59:43	3053 Erica Thomas	F	FV 35 - 44	172	
1746	0:59:46	745 Rian Sian Burgess	F		173	
1747	0:59:47	636 Jennifer Kate Dallas	F		174	Womens Running Network
1748	0:59:47	2235 Emma Victoria Charles	F		175	
1749	0:59:48	3100 Nicola Jane Smith	F		176	3 M's
1750	0:59:48	2506 Ashleigh Hopkins	M		674	
1751	0:59:49	2113 Gareth Edward Colin Massam	M		675	
1752	0:59:50	2280 Karen Doris Coppin	F		177	
1753	0:59:50	1325 Bethan Jhohnson	F	FV 35 - 44	173	
1754	0:59:52	1111 Sally Patricia Shroll	F	FV 45 Plus	82	
1755	0:59:52	2594 Shelley Marie Lambert	F		178	
1756	0:59:55	1488 Laurence Jackman	M	MV 40 - 49	383	
1757	0:59:55	2522 Linda Anne Smith	F	FV 35 - 44	174	
1758	0:59:56	1931 Steven Ford	M		676	
1759	0:59:57	1173 Jane Lucille Williams	F	FV 35 - 44	175	
1760	0:59:57	965 Megan Thomas	F	Junior	11	Carmarthen Harriers
1761	0:59:59	3102 Emma Louise Williams	F		179	
1762	1:00:00	158 Peter Morris	M		677	
1763	1:00:00	2330 Tracy Jennifer Howell	F	FV 35 - 44	176	
1764	1:00:01	1104 Peter Anthony Clark	M	MV 50 Plus	208	
1765	1:00:01	3188 Gill Bullock	F	FV 35 - 44	177	
1766	1:00:02	3189 Jim Bradbury	M	MV 40 - 49	384	
1767	1:00:02	1923 Sally Williams	F		180	
1768	1:00:02	604 Andrew Calvin John	M	MV 40 - 49	385	
1769	1:00:05	824 Janine Elizabeth Snell	F	FV 35 - 44	178	
1770	1:00:05	2468 Branwen Evans	F		181	
1771	1:00:05	716 Chris O'Brien	M	MV 40 - 49	386	
1772	1:00:06	2566 Peter Keith Williams	M	MV 40 - 49	387	Thames Turbo
1773	1:00:07	157 Stephen Mellalieu	M		678	
1774	1:00:09	2871 Gillian Borders	F	FV 45 Plus	83	
1775	1:00:10	1444 Stewart Evans	M	MV 40 - 49	388	
1776	1:00:11	681 Christine Akesson	F		182	
1777	1:00:12	1380 Elly Edmunds	F	FV 35 - 44	179	
1778	1:00:12	3152 Tom Wallace	M	MV 50 Plus	209	
1779	1:00:13	2381 Karen Ceeney	F	FV 45 Plus	84	Lliswerry Runners
1780	1:00:13	971 Lise Lewis	F	FV 35 - 44	180	
1781	1:00:14	1102 Rebecca Verge	F		183	
1782	1:00:15	1048 Emma Kate Jones	F		184	
1783	1:00:15	799 Muw Morvan	M	MV 40 - 49	389	
1784	1:00:18	1096 James Woodhouse	M	MV 50 Plus	210	
1785	1:00:19	1921 Gareth William Jones	M	MV 50 Plus	211	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1786	1:00:20	2307 Adam Davies	M		679	
1787	1:00:20	3077 Owen Thomas George	M	MV 50 Plus	212	
1788	1:00:21	1407 Chris Berry	M	MV 40 - 49	390	Basingstoke & Mid Herts
1789	1:00:21	1338 Gary John Richards	M		680	
1790	1:00:22	2106 Nigel Paul Michael	M		681	
1791	1:00:22	2427 Huw Griffiths	M	MV 40 - 49	391	
1792	1:00:23	3010 Ian Rees	M		682	
1793	1:00:23	2720 Louise Murphy	F	FV 35 - 44	181	
1794	1:00:23	2259 Claire Cowell	F	Junior	12	
1795	1:00:24	2386 Myriam Bonduelle	F	FV 45 Plus	85	
1796	1:00:24	2719 Eamon Murphy	M	MV 40 - 49	392	
1797	1:00:24	2260 Phillip Charles Cowell	M	MV 40 - 49	393	
1798	1:00:24	2227 Elizabeth Williams	F	FV 45 Plus	86	
1799	1:00:24	2294 Geoffrey Drayton Stevenson	M		683	
1800	1:00:25	2997 Emma Rees	F		185	
1801	1:00:26	396 Steven Walsh	M		684	
1802	1:00:26	2518 Michael Moore	M		685	
1803	1:00:26	1163 Dean Saunders	M		686	
1804	1:00:27	550 Melanie Jehu	F	FV 35 - 44	182	
1805	1:00:28	342 Joanne Lloyd	F		186	
1806	1:00:29	367 Maria Mallon	F		187	
1807	1:00:29	341 Matt Lloyd	M		687	
1808	1:00:29	1691 Kathryn Marie Thomas	F		188	
1809	1:00:29	1685 Alfryn Easter	M	MV 50 Plus	213	3 M's
1810	1:00:29	1039 Mike Kent	M	MV 50 Plus	214	
1811	1:00:30	2503 Julian Lee Williams	M		688	
1812	1:00:31	1619 Sarah Louise Davies	F		189	
1813	1:00:31	3215 Andrew Frederick John	M	MV 40 - 49	394	
1814	1:00:31	3175 Rosemary Atkins	F		190	
1815	1:00:32	1514 Jill Rees	F	FV 35 - 44	183	Rhondda Valley Runners
1816	1:00:33	1704 Nicola Wendy Jones	F	FV 35 - 44	184	
1817	1:00:34	3176 Marie-Claire Howells	F		191	
1818	1:00:34	2358 Manon Jones	F	FV 35 - 44	185	
1819	1:00:34	895 Edward Newman	M	MV 50 Plus	215	
1820	1:00:35	3148 Mark Evans	M		689	
1821	1:00:35	2253 Bethan Roberts	F		192	Brecon A C
1822	1:00:36	1016 Graeme George Thelwell	M	MV 40 - 49	395	
1823	1:00:36	2275 Alwyn Richard Evans	M	MV 50 Plus	216	
1824	1:00:37	746 Brian Ford	M	MV 50 Plus	217	
1825	1:00:38	1458 Catrin Daniels	F		193	
1826	1:00:39	2399 John Pilcher	M		690	
1827	1:00:42	266 Lesley Ashby	F		194	
1828	1:00:42	265 Eleanor Abbott	F		195	
1829	1:00:42	2499 Chantal Patel	F	FV 45 Plus	87	
1830	1:00:43	758 Sean Lyon Evans	M		691	
1831	1:00:44	2661 Andrew John Hughes	M	MV 40 - 49	396	
1832	1:00:44	74 Edward Howarth	M		692	
1833	1:00:44	3035 Mark Morris	M		693	
1834	1:00:47	1995 David Michael Powell	M		694	
1835	1:00:47	1317 Kerry Elisabeth Davies	F		196	
1836	1:00:48	1356 Alan James Roberts	M	MV 40 - 49	397	
1837	1:00:49	1716 Philippa Wood	F		197	
1838	1:00:49	1717 Sarah Grant	F		198	
1839	1:00:50	2224 Susan Mary Coghlin	F	FV 35 - 44	186	Sospan Road Runners
1840	1:00:53	1147 Richard William Davies	M	MV 40 - 49	398	
1841	1:00:55	2717 Simon Andrew	M		695	
1842	1:00:55	613 Sandra Diane Hopkins	F	FV 35 - 44	187	
1843	1:00:55	959 Paula Murphy	F	FV 35 - 44	188	
1844	1:00:56	429 Steve Bassam	M	MV 50 Plus	218	
1845	1:00:56	811 Stephen Rees	M	MV 50 Plus	219	
1846	1:00:57	3106 Keith Edmund Harris	M	MV 40 - 49	399	
1847	1:00:58	1773 Sarah Louise Baugh	F		199	
1848	1:00:58	2069 Bethan Ruth James	F		200	
1849	1:00:59	505 Jayne Jones	F		201	
1850	1:00:59	2866 Timothy Blair Venables	M		696	
1851	1:01:00	1384 David Mathew Bradley	M		697	
1852	1:01:00	1385 Sarah Elizabeth Anne Davies	F		202	
1853	1:01:00	2103 Ann Lewis	F	FV 45 Plus	88	
1854	1:01:01	2635 Andrew Llewellyn	M		698	
1855	1:01:01	2636 Leah Heffernan	F		203	
1856	1:01:02	2633 Kevin Llewellyn	M	MV 50 Plus	220	
1857	1:01:02	1818 Gerald Curtis	M	MV 50 Plus	221	
1858	1:01:02	2082 Kelvin Foster	M	MV 50 Plus	222	
1859	1:01:03	909 Martin Powell	M		699	
1860	1:01:03	2021 Non Eiry Pettican	F	FV 35 - 44	189	
1861	1:01:04	2649 Cherry Richmond	F	FV 45 Plus	89	
1862	1:01:05	2180 Pamela Sheila Willis	F	FV 45 Plus	90	Wye Valley
1863	1:01:05	2452 Liam Crowther	M		700	
1864	1:01:06	1349 Gwynfor James	M	MV 50 Plus	223	
1865	1:01:08	2738 Natalie Morrell	F		204	
1866	1:01:08	1805 Ian Nixon Petherbridge	M	MV 40 - 49	400	
1867	1:01:08	2242 Sally Griffiths	F	FV 35 - 44	190	
1868	1:01:09	1357 Garry Simon Davies	M		701	
1869	1:01:09	809 Neil Williams	M	MV 40 - 49	401	
1870	1:01:13	1032 Jill Elizabeth Willcox	F		205	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1871	1:01:14	1663 Luke Robert Richards	M		702	
1872	1:01:14	2257 Dilys Morris-Jones	F	FV 45 Plus	91	
1873	1:01:15	2344 Paul Wheatley	M		703	
1874	1:01:17	581 Amanda Beer	F	FV 35 - 44	191	Womens Running Network
1875	1:01:17	2880 Malcolm Sutton	M	MV 40 - 49	402	
1876	1:01:18	1011 Katherine Lewis	F		206	
1877	1:01:18	1750 Rachel Zoi Evans	F		207	
1878	1:01:19	2270 Steven Barry	M	MV 40 - 49	403	
1879	1:01:19	1941 Katrina Sophie Petrie	F		208	
1880	1:01:20	829 Wendy Louise Godwin	F		209	
1881	1:01:21	2115 Geoffrey Trevor Thomas	M	MV 50 Plus	224	
1882	1:01:21	591 Philip Chaimbault	M		704	
1883	1:01:21	2631 Catherine Peter	F		210	
1884	1:01:24	444 Huw George	M	MV 40 - 49	404	
1885	1:01:25	237 Denise Brennan	F	FV 35 - 44	192	
1886	1:01:26	2172 Stephen O'Leary	M	MV 40 - 49	405	
1887	1:01:27	1333 Patricia Ann Cole	F	FV 45 Plus	92	
1888	1:01:27	1332 Wilfred Paul Phillips	M	MV 50 Plus	225	
1889	1:01:31	1590 Paul Lewis	M		705	
1890	1:01:33	677 Christopher Spencer	M	MV 40 - 49	406	
1891	1:01:33	2657 Dennis Lynch	M	MV 50 Plus	226	Cornelly Striders
1892	1:01:35	1914 Alun Thomas	M	MV 40 - 49	407	
1893	1:01:35	2686 Julie Yeend	F	FV 35 - 44	193	
1894	1:01:36	2558 Albert Neil Jenkins	M	MV 40 - 49	408	
1895	1:01:37	2681 Sarah Floyd	F		211	
1896	1:01:38	928 Victoria Louise Roderick	F		212	
1897	1:01:41	144 Emma Jones	F		213	
1898	1:01:42	123 Emma Davies	F		214	
1899	1:01:44	3219 Joanna L Donald	F		215	
1900	1:01:48	2559 Mark Evans	M		706	
1901	1:01:50	2919 Lynne Marie Owen	F	FV 35 - 44	194	
1902	1:01:50	466 Catherine Ashton	F		216	
1903	1:01:51	1874 Andrew John Ace	M		707	
1904	1:01:52	524 Judith O'Malley	F		217	
1905	1:01:52	1721 Sarah Louise Hawkins	F		218	
1906	1:01:53	2693 Michelle Morgan	F	FV 35 - 44	195	
1907	1:01:53	1630 Philip James Davies	M		708	
1908	1:01:54	1126 Andrea Irene Jones	F	FV 35 - 44	196	
1909	1:01:54	2629 Jane Smith	F		219	
1910	1:01:55	3146 Helen Amy Davies	F		220	
1911	1:01:55	2343 Christian Stevens	M		709	
1912	1:01:56	3085 David Turner	M		710	
1913	1:02:00	108 Brian Charlton	M		711	
1914	1:02:01	2228 Andy Phillips	M	MV 40 - 49	409	
1915	1:02:02	138 Steven Jones	M		712	
1916	1:02:07	762 Donald Patrick Fearnas	M	MV 50 Plus	227	
1917	1:02:08	2745 Ruth Hayton	F		221	
1918	1:02:09	2548 Tyszard Andrusikiewicz	M	MV 40 - 49	410	
1919	1:02:10	1433 Thomas Walsh	M		713	
1920	1:02:12	2466 Paul Wilkins	M	MV 40 - 49	411	
1921	1:02:12	2434 Leynie Meagher	F		222	
1922	1:02:13	2390 Ann Rees	F	FV 35 - 44	197	
1923	1:02:13	3084 Megan Edwards	F	Junior	13	
1924	1:02:14	131 Neil Griffiths	M		714	
1925	1:02:14	3171 Joanne Napier	F		223	
1926	1:02:15	1489 Carys James	F		224	
1927	1:02:16	2435 David Pearn	M		715	
1928	1:02:16	1677 Judith Margaret Browntaylor	F	FV 45 Plus	93	
1929	1:02:17	1775 Brian Russell Jones	M		716	
1930	1:02:19	1585 Andrew Lee Owen	M		717	
1931	1:02:19	2272 Carolyn Williams	F	FV 35 - 44	198	
1932	1:02:20	1040 Victoria Pettican	F		225	
1933	1:02:21	1709 Maria Edwards	F		226	
1934	1:02:22	3158 Philip James Manfield	M	MV 40 - 49	412	
1935	1:02:22	896 Marie Morse	F	FV 35 - 44	199	
1936	1:02:23	426 Penny Terry	F		227	
1937	1:02:24	2688 Jase Merrifield	M		718	
1938	1:02:24	2677 Christian Kingston	M		719	
1939	1:02:25	2290 Ching Yip	M		720	
1940	1:02:25	1665 Gareth David Jones	M		721	
1941	1:02:26	1063 Joanne Murphy	F		228	
1942	1:02:26	1886 Elizabeth Richards	F		229	
1943	1:02:27	554 Vicki Strachan	F	FV 35 - 44	200	
1944	1:02:27	2576 Janet Valerie Langdon	F	FV 45 Plus	94	Leighton Buzzard A C
1945	1:02:28	1776 Jayne Quinn	F	FV 35 - 44	201	
1946	1:02:29	87 Lisa Amanda Brain	F		230	
1947	1:02:30	1393 Sian Wernbridge	F		231	
1948	1:02:30	1394 Ian David Broom	M	MV 40 - 49	413	
1949	1:02:30	330 Katie Fabricius	F		232	
1950	1:02:32	152 Su Lee	F		233	
1951	1:02:33	101 Lisa Ambrose	F	FV 35 - 44	202	
1952	1:02:35	3075 Barbara Tate	F	FV 35 - 44	203	
1953	1:02:36	1289 Lara Hawkes	F		234	
1954	1:02:36	1764 Anita Tucknutt	F		235	David Lloyd
1955	1:02:36	1290 Bethany Dick	F		236	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
1956	1:02:37	3125 Caroline Jayne Boote	F		237	
1957	1:02:39	744 Neil Philip Bowen	M	MV 40 - 49	414	
1958	1:02:39	410 Sarah Barnes	F		238	
1959	1:02:40	2512 Donna Angela Thomas	M		722	
1960	1:02:42	2601 Denise Lynne Renna	F	FV 45 Plus	95	
1961	1:02:43	1478 Philip Hampson	M		723	
1962	1:02:44	129 Beth Fisher	F		239	
1963	1:02:44	2028 Samantha Osborn	F	FV 35 - 44	204	
1964	1:02:44	278 Nicola Harris	F		240	
1965	1:02:45	2283 Kurstyn Jessica Jord Thomas	F	FV 35 - 44	205	
1966	1:02:45	1246 Xiao Ling Wang	F		241	
1967	1:02:46	3199 Gerald Kemp	M		724	
1968	1:02:46	2153 Lyn Johnson	M	MV 50 Plus	228	Multisport
1969	1:02:46	392 Huw Davies	M		725	
1970	1:02:47	1225 William David Mogford	M	MV 50 Plus	229	
1971	1:02:47	1831 Rosemary Phillips	F	FV 45 Plus	96	
1972	1:02:47	217 Geoff Garner	M	MV 50 Plus	230	
1973	1:02:48	3000 Anne Margaret Jones	F		242	
1974	1:02:48	2340 Darriell Hair	F	FV 35 - 44	206	
1975	1:02:48	3001 Janet Lynne Jones	F		243	
1976	1:02:49	2014 Ruth Thomas	F	FV 35 - 44	207	
1977	1:02:51	2186 Alan David Kreppel	M	MV 50 Plus	231	
1978	1:02:51	742 Michael Haste	M	MV 40 - 49	415	
1979	1:02:51	2946 Angela Jane Hall	F	FV 35 - 44	208	
1980	1:02:52	1803 Dean Jones	M		726	
1981	1:02:52	1428 Christine Sanderson	F	FV 35 - 44	209	
1982	1:02:54	893 Paula Joy Burgess	F		244	
1983	1:02:56	1828 Catherine Tossell	F		245	
1984	1:02:57	2936 Simon Prothero	M	MV 40 - 49	416	
1985	1:02:59	2816 Paul Michael Holland	M		727	
1986	1:03:01	1430 Iwan Thomas	M		728	
1987	1:03:07	1864 Beverley Evans	F	FV 35 - 44	210	
1988	1:03:09	2375 Nia Jones	F		246	
1989	1:03:11	168 Seonaid Redden	F		247	
1990	1:03:12	1046 Christine Diane Vaughan	F	FV 45 Plus	97	
1991	1:03:14	2854 Amanda Helen George	F	FV 45 Plus	98	
1992	1:03:16	702 Susan Jane Davies	F	FV 35 - 44	211	
1993	1:03:16	701 Ian Rhys Davies	M		729	
1994	1:03:20	3049 Philip Hywel Jones	M		730	
1995	1:03:24	1208 Sarah Prior	F		248	
1996	1:03:25	2333 Darren Snaith	M		731	
1997	1:03:27	1761 Mary Elisabeth Donnelly	F	FV 35 - 44	212	
1998	1:03:28	1531 Jane Voyle	F	FV 35 - 44	213	
1999	1:03:28	2341 Lynne Brier	F	FV 35 - 44	214	
2000	1:03:29	2749 Ann Benton	F	FV 35 - 44	215	
2001	1:03:29	2752 Ray Calder	M	MV 40 - 49	417	
2002	1:03:29	1794 Wendy Elizabeth Richards	F	FV 35 - 44	216	
2003	1:03:30	2599 Denise Lester Walker Evans	F	FV 35 - 44	217	
2004	1:03:31	1969 Philip David Price	M	MV 40 - 49	418	
2005	1:03:31	2597 Bonnie Holt	F		249	
2006	1:03:32	1373 Hazel Alyson Morgan	F	FV 35 - 44	218	
2007	1:03:32	669 Roger John Phillips	M		732	
2008	1:03:33	1560 Godfrey E F Holder	M	MV 50 Plus	232	
2009	1:03:33	1105 Simon Mark Hudd	M		733	
2010	1:03:34	766 David Bailey	M	MV 50 Plus	233	
2011	1:03:38	2570 Deborah Kay Spiers	F		250	
2012	1:03:42	793 Nigél Kevin Rees	M		734	
2013	1:03:43	347 Andrew James	M		735	
2014	1:03:43	348 Julie James	F		251	
2015	1:03:45	1573 Jayne Elizabeth Stone	F		252	
2016	1:03:45	2921 Iestyn Huw Thomas	M		736	
2017	1:03:45	1568 Paul Michael Gwilliam	M		737	
2018	1:03:46	185 Chenette Thomas	F	FV 35 - 44	219	
2019	1:03:48	2883 Gareth Lloyd Pratt	M		738	
2020	1:03:49	2398 Peter Slee	M		739	
2021	1:03:51	665 Nicola Dawn Richards	F		253	
2022	1:03:53	2620 Gillian Murphy	F	FV 45 Plus	99	
2023	1:03:57	955 Delyth Elena Jones	F		254	
2024	1:03:59	1965 Carol Prior	F		255	
2025	1:03:59	755 Michael Rees	M	MV 50 Plus	234	
2026	1:04:00	436 Anastasia Peden	F		256	
2027	1:04:01	3136 John Davies	M		740	
2028	1:04:02	3021 Alan James Sargeant	M	MV 40 - 49	419	
2029	1:04:04	2484 Celia Freeman	F	FV 35 - 44	220	
2030	1:04:06	891 David Neil Pavey	M	MV 40 - 49	420	
2031	1:04:06	3212 Mike Stones	M		741	
2032	1:04:09	3025 Juliet Milne	F		257	
2033	1:04:10	1311 Joanne Mercer	F	FV 35 - 44	221	
2034	1:04:11	2834 Jannette Anne Thorne	F	FV 35 - 44	222	Womens Running Network
2035	1:04:12	2296 Dawn Fencott Price	F		258	
2036	1:04:13	1824 Cynthia Davies	F		259	
2037	1:04:13	1823 Richard Clarke	M		742	
2038	1:04:13	493 Leah Oatway	F		260	
2039	1:04:14	1112 Stephen Michael Kent	M	MV 40 - 49	421	
2040	1:04:15	256 Michele Narey	F	FV 35 - 44	223	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
2041	1:04:17	1804 Sarah Matthews	F	FV 35 - 44	224	
2042	1:04:18	142 Rhian Jones	F		261	
2043	1:04:19	976 Nigel William Jenkins	M		743	
2044	1:04:19	977 Deborah Ann Jenkins	F	FV 35 - 44	225	
2045	1:04:19	415 Gaynor Jones	F	FV 45 Plus	100	
2046	1:04:21	535 Keith Hopkinson	M	MV 40 - 49	422	
2047	1:04:21	2284 Russell Wood	M	MV 50 Plus	235	
2048	1:04:23	2588 Clive Edwards	M	MV 50 Plus	236	
2049	1:04:27	94 Carol Davies	F	FV 45 Plus	101	
2050	1:04:27	93 Elizabeth Rees	F		262	
2051	1:04:28	2401 Linda Owens	F	FV 45 Plus	102	
2052	1:04:28	819 Julie Elizabeth Watts	F	FV 45 Plus	103	
2053	1:04:33	1429 Catherine Skuse	F		263	
2054	1:04:33	2840 Kathryn Jane Hudson	F	FV 35 - 44	226	
2055	1:04:35	1113 Philip Arthur Davies	M	MV 50 Plus	237	
2056	1:04:36	2273 Maria Rees	F	FV 35 - 44	227	
2057	1:04:38	2722 Joanne Cotton	F		264	
2058	1:04:38	2372 Peter Hopping	M		744	
2059	1:04:38	2723 Martin Fawcett	M		745	
2060	1:04:38	2218 Alan Wyn Millichip	M		746	
2061	1:04:42	2107 Carys Ann Roderick	F		265	
2062	1:04:43	664 Dawn Samantha Moore	F	Junior	14	
2063	1:04:44	1839 Chris Prince	M		747	
2064	1:04:46	2676 Anthony Morgan	M	MV 40 - 49	423	
2065	1:04:47	3198 Julie Kemp	F		266	
2066	1:04:49	2973 Alec James Warburton	M	MV 40 - 49	424	
2067	1:04:49	1740 Leanne Fakande	F		267	
2068	1:04:49	2754 Rhian Griffith	F		268	
2069	1:04:50	1490 Abigail Jenkins	F		269	
2070	1:04:52	2672 Sue Bibb	F	FV 35 - 44	228	
2071	1:04:52	2915 Susan Williams	F	FV 35 - 44	229	
2072	1:04:53	1738 Howard Davies	M		748	
2073	1:04:53	1551 David Winter	M	MV 40 - 49	425	
2074	1:04:55	297 Richard Davies	M		749	
2075	1:04:57	1639 Richard Mayle	M	MV 40 - 49	426	
2076	1:04:59	2961 Nia Wyn Prydderch	F		270	
2077	1:05:02	3174 Paul Andrew Richards	M	MV 40 - 49	427	Dudley Kingswinford
2078	1:05:03	3173 Debbie Elizabeth Richards	F	FV 35 - 44	230	Dudley Kingswinford
2079	1:05:03	3190 Philip Collier	M		750	
2080	1:05:04	334 Rachel Woodmansee	F		271	
2081	1:05:05	731 Neil Leonard Price	M	MV 50 Plus	238	Islwyn R C
2082	1:05:05	1223 Philip Wayne Caple	M	MV 40 - 49	428	
2083	1:05:06	2761 Robert Emmanuel	M	MV 40 - 49	429	
2084	1:05:08	2658 Gareth David Price	M	MV 40 - 49	430	R A F Careers
2085	1:05:12	140 Andrea Jones	F	FV 35 - 44	231	
2086	1:05:13	838 Dominic Robert Jones	M		751	
2087	1:05:19	2349 Wendy Goodman	F	FV 35 - 44	232	
2088	1:05:20	2239 Byron Lewis	M		752	
2089	1:05:20	2692 Gill Stone	F	FV 45 Plus	104	
2090	1:05:21	407 Paula Thomas	F	FV 45 Plus	105	
2091	1:05:22	578 Neil Davies	M		753	
2092	1:05:24	1001 Trudy Jeannie Jalim	F	FV 45 Plus	106	Womens Running Network
2093	1:05:24	482 Janet Bullock	F	FV 35 - 44	233	
2094	1:05:24	1892 Anthony John Derrick	M		754	
2095	1:05:26	1231 Christopher Edwards	M	MV 50 Plus	239	
2096	1:05:26	240 Theresa Taylor	F	FV 35 - 44	234	Women's Running Network
2097	1:05:28	1211 Brinley Huw Bevan	M		755	
2098	1:05:28	358 Gerwyn James	M	MV 40 - 49	431	
2099	1:05:28	1212 Bethan Jane Bevan	F		272	
2100	1:05:32	2035 Matthew Wayne Walters	M		756	
2101	1:05:32	1378 Graham Singler	M	MV 40 - 49	432	
2102	1:05:33	697 Karen Phillips	F	FV 35 - 44	235	Les Croupiers
2103	1:05:33	1277 Cara Gates	F	FV 35 - 44	236	
2104	1:05:35	638 Simon Nixon Petherbridge	M	Junior	49	
2105	1:05:35	2267 Michelle James-Ellison	F	FV 45 Plus	107	
2106	1:05:38	2201 Colin Rees	M	MV 40 - 49	433	
2107	1:05:38	2975 Celia May Natana	F		273	
2108	1:05:43	754 Jenny Anne Jones	F		274	Activa
2109	1:05:47	1045 Richard Graham Avery	M		757	
2110	1:05:47	522 Andrew John	M	MV 40 - 49	434	
2111	1:05:48	1051 Kathryn Erica Haines	F	FV 35 - 44	237	
2112	1:05:49	1820 Louise Bibby	F	FV 35 - 44	238	
2113	1:05:49	422 Sue Cervetto	F	FV 35 - 44	239	
2114	1:05:50	1605 Judith Mary Tanner	F	FV 35 - 44	240	
2115	1:05:51	1606 Lea Glyn Tanner	M		758	
2116	1:05:51	1948 Elwyn Williams	M	MV 50 Plus	240	
2117	1:05:53	2321 Christine Coombs	F	FV 35 - 44	241	
2118	1:05:54	993 Lowri Ellen Rees	F		275	
2119	1:05:55	2074 Jeanette Storm Mitchell	F		276	
2120	1:05:58	1440 Melanie Carson-Thomas	F		277	
2121	1:05:59	1661 Leigh Bevan	M	Junior	50	
2122	1:06:04	1878 Catherine Louise Power	F		278	
2123	1:06:04	1996 Danny Griffiths	M	MV 40 - 49	435	
2124	1:06:04	1137 Alison Francis	F	FV 35 - 44	242	
2125	1:06:08	1118 Tamsin Jane Humphries	F		279	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
2126	1:06:08	2292 Nigel Williams	M	MV 40 - 49	436	
2127	1:06:10	2378 Peggy Potts	F	FV 45 Plus	108	
2128	1:06:10	271 Heather Barclay	F		280	
2129	1:06:11	1475 Andrea Griffiths	F	FV 35 - 44	243	Womens Running Network
2130	1:06:12	234 Ann Alderton	F	FV 35 - 44	244	
2131	1:06:13	1435 Rob Workman	M		759	
2132	1:06:14	1988 Christine Hammett	F	FV 45 Plus	109	
2133	1:06:14	1710 Kathrin John	F	FV 45 Plus	110	
2134	1:06:20	1932 Julie Michelle Adams	F		281	
2135	1:06:22	1894 Jeffrey Leighton Jones	M		760	
2136	1:06:24	1580 Dr Benjamin Currie	M		761	
2137	1:06:25	1312 Iain McAllum	M	MV 40 - 49	437	
2138	1:06:26	833 Kathleen Mogford	F	FV 45 Plus	111	
2139	1:06:26	1493 Gwyneth Jones	F		282	
2140	1:06:27	1494 Meleri Jones	F		283	
2141	1:06:30	127 Brian Evans	M		762	
2142	1:06:31	525 Caroline Thraves	F		284	
2143	1:06:32	1023 Sali Davies	F		285	
2144	1:06:33	2426 Deborah Carroll	F		286	
2145	1:06:33	1127 Bernard James Carroll	M	MV 50 Plus	241	
2146	1:06:37	2205 Joanne Mc Grouan	F	FV 35 - 44	245	
2147	1:06:38	1943 John Edward Coles	M	MV 50 Plus	242	
2148	1:06:39	2992 Janice Potter	F	FV 45 Plus	112	
2149	1:06:39	1414 Charlie Hewitt	M	MV 50 Plus	243	
2150	1:06:41	2246 Ross Thomas	M	MV 40 - 49	438	
2151	1:06:43	1365 Julie Ann Lloyd	F	FV 35 - 44	246	
2152	1:06:43	1525 Bethan Sutton-Evans	F		287	
2153	1:06:45	1476 Nicola Griffiths	F	FV 35 - 44	247	
2154	1:06:45	1542 Nicola Williams	F	FV 35 - 44	248	
2155	1:06:49	1069 Penelope Ann Litherland	F	FV 35 - 44	249	
2156	1:06:51	3045 Eleri Hunt	F	FV 35 - 44	250	
2157	1:06:52	2872 Lisa Jane Jones	F		288	
2158	1:06:54	211 Paul Thomas	M		763	
2159	1:06:54	1985 Julie Davies	F	FV 45 Plus	113	3 M's
2160	1:06:55	2788 Sian Armstrong	F		289	
2161	1:06:55	1054 Paul Herber Evans	M	MV 40 - 49	439	
2162	1:06:56	1676 Catherine Jane Jackson	F	FV 45 Plus	114	
2163	1:07:00	76 Williams Spencer Perks	M		764	
2164	1:07:01	2647 Darren Mark Paul Young	M		765	
2165	1:07:01	3210 Rachael Collier	F		290	
2166	1:07:01	2905 Jeffrey Collier	M	MV 50 Plus	244	
2167	1:07:01	3202 Simon Collier	M		766	
2168	1:07:02	2441 Jonathan Evans	M		767	
2169	1:07:03	1873 Claire Morris	F		291	
2170	1:07:05	1405 Sian Phillips	F	FV 35 - 44	251	
2171	1:07:08	2149 Kevin Ahearne	M	MV 40 - 49	440	
2172	1:07:08	2151 Pamela Ahearne	F	FV 45 Plus	115	
2173	1:07:11	2507 Tracey Dawn Davis	F	FV 35 - 44	252	
2174	1:07:11	2590 Gillian Anne Gabb	F	FV 45 Plus	116	
2175	1:07:11	1722 David Anthony Roberts	M		768	
2176	1:07:15	992 Brian Arthur Rees	M	MV 50 Plus	245	
2177	1:07:17	3020 Dawn Victoria Skipper	F		292	
2178	1:07:18	104 Helen Beddow	F	FV 35 - 44	253	
2179	1:07:22	954 Ray Rivett	M	MV 50 Plus	246	
2180	1:07:24	1730 Protacio Gomez Jr	M		769	
2181	1:07:26	1789 Margarita Mary Thomas	F	FV 35 - 44	254	
2182	1:07:28	1411 Michael O'Shea	M	MV 50 Plus	247	
2183	1:07:33	1922 Kay Jones	F	FV 45 Plus	117	
2184	1:07:35	200 Kate Wheeler	F		293	
2185	1:07:36	2799 Beverley Helen James	F	FV 35 - 44	255	
2186	1:07:39	509 Geoffrey Hullah	M	MV 50 Plus	248	
2187	1:07:40	508 Sally Hullah	F	FV 45 Plus	118	W R N
2188	1:07:40	3134 Angela Josephine White	F	FV 35 - 44	256	
2189	1:07:41	264 Alyson Jones	F	FV 35 - 44	257	Womens Running Network
2190	1:07:43	1645 Donna Sheppard	F		294	
2191	1:07:43	1646 Gregory Williams	M		770	
2192	1:07:43	1647 Leighton Williams	M		771	
2193	1:07:43	3073 Lucy Helen Jones	F		295	
2194	1:07:46	1206 Sian Harris	F	FV 35 - 44	258	
2195	1:07:47	2448 Fawzy Osman	M	MV 40 - 49	441	
2196	1:07:50	375 Helen McDaid	F	FV 35 - 44	259	3 M's
2197	1:07:52	540 Cathy Hancox	F	FV 35 - 44	260	
2198	1:07:52	545 Alan Hancox	M	MV 40 - 49	442	
2199	1:07:53	1953 Michael Craig Lambrick	M	Junior	51	
2200	1:07:54	2927 Delyth Ann Mainwaring	F		296	
2201	1:07:58	2467 Ruth Armstrong	F		297	
2202	1:08:02	1209 Ruth Elizabeth Clark	F		298	
2203	1:08:06	1197 Linda Jean Brown	F	FV 45 Plus	119	
2204	1:08:10	2873 Rachel Catherine Roberts	F		299	
2205	1:08:13	258 Peter Dear	M		772	
2206	1:08:14	3070 Helen Rebecca Evans	F		300	
2207	1:08:14	1355 Robert Alexander Gadd	M		773	
2208	1:08:14	2298 Clive Hampton	M	MV 40 - 49	443	
2209	1:08:15	2931 Mark Robert Jenkins	M		774	
2210	1:08:15	2930 Debrah Michallis Davies	F		301	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
2211	1:08:16	2616 Kate Reece	F		302	
2212	1:08:17	2615 Tracy Ann Rawlings	F	FV 35 - 44	261	
2213	1:08:19	2702 Brian Clarke	M	MV 40 - 49	444	
2214	1:08:19	1576 Nicola Jayne Watson	F	FV 35 - 44	262	
2215	1:08:19	2703 Sophie Clarke	F	Junior	15	
2216	1:08:21	2567 Benita De Wet	F	FV 35 - 44	263	
2217	1:08:22	2511 Ronald William Harris	M	MV 50 Plus	249	Lliswerry Runners
2218	1:08:23	304 Jaynie Rance	F	FV 35 - 44	264	
2219	1:08:25	1840 Ian Stephen Milne	M	MV 50 Plus	250	Bourneville Harriers
2220	1:08:27	696 Rachel Elizabeth Thomas	F	FV 35 - 44	265	
2221	1:08:32	1392 Dean Peter Howard	M	MV 40 - 49	445	
2222	1:08:34	3104 Margaret Susan Joseph	F	FV 45 Plus	120	3 M's
2223	1:08:37	1808 Beverly Crawford	F	FV 35 - 44	266	
2224	1:08:40	2200 Annette Lewis	F	FV 35 - 44	267	
2225	1:08:42	1452 Helen Cahill	F	FV 45 Plus	121	
2226	1:08:43	2978 Marie Clifford	F		303	
2227	1:08:45	182 Georgina Sweetman	F		304	
2228	1:08:50	1534 Linda Warrick	F	FV 35 - 44	268	Womens Running Network
2229	1:08:52	250 Julie Tate	F	FV 35 - 44	269	Womens Running Network
2230	1:08:59	2690 Martine Howell	F	FV 45 Plus	122	
2231	1:08:59	246 Glenda Devonald	F		305	Women's Running Network
2232	1:09:05	1117 Elizabeth Joy Owen	F	FV 45 Plus	123	
2233	1:09:06	949 Tanya Christine Watson	F	FV 45 Plus	124	
2234	1:09:07	3156 Martyn Bruce Pring	M		775	
2235	1:09:08	3141 Carys Wyn Roberts-Amos	F		306	
2236	1:09:10	587 Finola Wilson	F	FV 35 - 44	270	Womens Running Network
2237	1:09:11	248 Elizabeth Gwynne	F	FV 45 Plus	125	Womens Running Network
2238	1:09:20	2006 Kathleen Davies	F	FV 45 Plus	126	
2239	1:09:21	3054 Stacey Jones	F	FV 35 - 44	271	
2240	1:09:29	2178 Delyth Eira Higgins	F		307	
2241	1:09:30	1836 Clara Pearce	F		308	
2242	1:09:32	1191 Meinir Elaine Bird	F	FV 35 - 44	272	
2243	1:09:32	1190 David Hugh John	M	MV 50 Plus	251	
2244	1:09:34	272 Paul Freeman	M		776	
2245	1:09:34	225 Tracey Freeman	F	FV 35 - 44	273	
2246	1:09:37	2835 Victoria Richards	F	FV 35 - 44	274	
2247	1:09:43	82 Jennifer Ann Pinkerton	F	FV 35 - 44	275	
2248	1:09:44	489 Sophie Smith	F		309	
2249	1:09:45	490 Adam Bexson	M		777	
2250	1:09:48	2209 Meurig Lwyshon	M	MV 40 - 49	446	
2251	1:09:49	2146 David James	M	MV 40 - 49	447	
2252	1:09:52	2428 Rhian Kenny	F	FV 35 - 44	276	
2253	1:09:56	2244 Emma Marie James	F		310	
2254	1:09:57	903 Andi Plastiras	M	MV 40 - 49	448	
2255	1:09:58	964 Susan Thomas	F	FV 45 Plus	127	Trots
2256	1:09:58	2768 Sarah Adamson	F		311	
2257	1:09:59	171 Ian Renowden	M		778	
2258	1:10:00	1116 Chris Clark	M	MV 40 - 49	449	
2259	1:10:02	332 Lee Hanford	M		779	
2260	1:10:02	344 Stephanie Phillips	F		312	
2261	1:10:03	844 Sian Jenkins	F	Junior	16	Sarn Helen
2262	1:10:05	156 Ceri Mellalieu	F		313	
2263	1:10:07	3153 Wendy Jane Wallace	F	FV 45 Plus	128	
2264	1:10:08	800 Bill Eaton	M	MV 50 Plus	252	
2265	1:10:08	1093 Alan John Watkins	M	MV 40 - 49	450	
2266	1:10:09	2036 Richard Anthony Smith	M		780	
2267	1:10:09	2037 Gwyn Jeffrey Augustus	M		781	
2268	1:10:09	783 Natasha Still	F	FV 35 - 44	277	
2269	1:10:12	709 Lillian Dobby Mbe	F	FV 45 Plus	129	
2270	1:10:13	2247 David Wyndham Edwards	M		782	
2271	1:10:13	1066 Michael Anthony Kettle	M		783	
2272	1:10:14	2955 Robert Keith Beale	M		784	
2273	1:10:16	1825 Glenys Curtis	F	FV 45 Plus	130	
2274	1:10:17	1427 Linsey Robins	F	FV 35 - 44	278	
2275	1:10:19	2268 Jacqueline Evans	F	FV 35 - 44	279	
2276	1:10:26	892 David Taylor	M	MV 50 Plus	253	
2277	1:10:40	147 Erica Knight	F	FV 35 - 44	280	
2278	1:10:42	1461 Emma Davies	F		314	
2279	1:10:44	1770 Sarah-Jane Dalling	F	Junior	17	
2280	1:10:44	3109 Claire Louise Ricketts	F		315	
2281	1:10:52	120 Rebecca Davies	F		316	
2282	1:10:55	584 Debbie Watts	F	FV 35 - 44	281	
2283	1:11:00	2892 Caren Weston	F		317	
2284	1:11:02	778 David John Flynn	M	MV 50 Plus	254	Neath Harriers
2285	1:11:03	1215 Jaqui Owen	F		318	
2286	1:11:11	75 Marie-Laure Mahood	F		319	
2287	1:11:12	616 Mary Christine Webb	F	FV 45 Plus	131	Dudley Kingswinford
2288	1:11:14	1100 Kimberly Joy Danter-Hill	F		320	
2289	1:11:14	1099 Gareth Ryan Danter-Hill	M		785	
2290	1:11:15	190 Janis Wheeler	F	FV 45 Plus	132	
2291	1:11:17	2265 Alexander John Robertson	M	MV 50 Plus	255	
2292	1:11:17	2022 Lesley Worsford	F	FV 35 - 44	282	
2293	1:11:19	3154 John Evans	M	MV 50 Plus	256	
2294	1:11:36	3129 Karen Hoddinott	F	FV 45 Plus	133	
2295	1:11:37	2480 Andrea Binks	F		321	

Pos	Time	No Name	M/F	Category	Cat Pos	Club
2296	1:11:38	2469 Simon Binks	M		786	
2297	1:11:39	1496 Karen Kennedy	F	FV 35 - 44	283	
2298	1:11:40	1052 Byron Adlam	M		787	
2299	1:11:44	2982 Ceri Barnard	F		322	
2300	1:11:44	2980 Iain Michael Selman	M		788	
2301	1:11:46	1078 Louise Dickerson	F		323	Neath Harriers
2302	1:11:49	2626 Naz Malik	M	MV 50 Plus	257	
2303	1:11:54	555 Catherine Thomas	F	FV 35 - 44	284	Womens Running Network
2304	1:11:56	1927 Emma Patricia Smith	F		324	
2305	1:11:57	1928 Patricia Ann Smith	F	FV 45 Plus	134	
2306	1:11:57	1926 Lisa Ann Smith	F		325	
2307	1:11:57	1364 Libby Williams	F		326	
2308	1:11:59	2077 Stephen David Reed	M		789	
2309	1:12:03	2523 Owain Arfon Williams	M		790	
2310	1:12:05	107 Clare Celikyay	F		327	
2311	1:12:10	3024 Brinley Mainwaring	M	MV 50 Plus	258	Rhondda Valley Runners
2312	1:12:16	2995 Leslie Evans	M	MV 50 Plus	259	Rhondda Valley Runners
2313	1:12:17	571 Martin Veale	M	MV 40 - 49	451	
2314	1:12:18	3151 Charlotte Diann Goddard	F	Junior	18	
2315	1:12:19	2206 Maggie McAlinden	F	FV 35 - 44	285	
2316	1:12:23	1214 Ceri Palmer	M		791	
2317	1:12:24	1781 Hugh Martin Smith	M	MV 50 Plus	260	
2318	1:12:27	517 Wendy Fisher	F	FV 45 Plus	135	
2319	1:12:28	1882 Jim Donovan	M	MV 40 - 49	452	
2320	1:12:29	1415 Joanne James	F		328	
2321	1:12:30	163 Tony Paget	M	MV 40 - 49	453	
2322	1:12:31	2383 Chris Knight	M	Junior	52	
2323	1:12:37	314 Catrin Clarke	F	FV 35 - 44	286	
2324	1:12:38	3103 Margaret Derry	F	FV 45 Plus	136	
2325	1:12:38	3108 Eric Michael Ricketts	M	MV 50 Plus	261	3 M's
2326	1:12:39	2438 Paul Burke	M	MV 40 - 49	454	
2327	1:12:39	2436 Natacha Burke	F		329	
2328	1:12:49	2384 Alison Jones	F	FV 35 - 44	287	
2329	1:12:49	2824 Julia Nawell	F	FV 35 - 44	288	
2330	1:12:49	1443 Sally Drennan	F		330	
2331	1:12:50	543 Sian Ackland	F	FV 35 - 44	289	
2332	1:12:51	1961 Tony Nakonecznyj	M	MV 50 Plus	262	
2333	1:12:51	2755 Manon Edwards	F		331	
2334	1:12:54	1727 Janet Elizabeth Saunders	F	FV 45 Plus	137	
2335	1:13:03	2497 Nia Mary Dickie	F	FV 35 - 44	290	
2336	1:13:05	1629 Nichola Frances Davies	F		332	
2337	1:13:10	1893 Sian Griffiths	F		333	
2338	1:13:12	2297 Sian Cole	F	FV 45 Plus	138	
2339	1:13:13	1538 Sharon Wetherall	F		334	
2340	1:13:19	1419 Caroline Jones	F	FV 45 Plus	139	
2341	1:13:20	1418 John Jones	M	MV 40 - 49	455	
2342	1:13:20	2408 Emma Farrington	F		335	
2343	1:13:25	398 Rebeca Morgan	F		336	
2344	1:13:29	740 Peter Graham Thomas	M	MV 50 Plus	263	
2345	1:13:31	260 Clare Davies	F	FV 35 - 44	291	
2346	1:13:31	1588 Martin Hurdidge	M	MV 50 Plus	264	
2347	1:13:38	586 Louise Sweetman	F	FV 35 - 44	292	
2348	1:13:38	3167 Susan Thomas	F		337	
2349	1:13:41	349 Mark Davies	M		792	
2350	1:13:43	1175 Louise Chittenden	F		338	
2351	1:13:43	1176 David Royston Harris	M		793	
2352	1:13:45	2643 Jill Stephens	F	FV 45 Plus	140	Aberdare
2353	1:13:46	2882 Clive Whittaker	M	MV 50 Plus	265	
2354	1:13:48	2033 Mark Wayne Harris	M	MV 40 - 49	456	
2355	1:13:50	2830 Les Hughes	M	MV 50 Plus	266	
2356	1:13:54	282 Karen O'Brien	F	FV 35 - 44	293	
2357	1:13:56	1896 Mickey Warren	M	MV 40 - 49	457	
2358	1:14:03	2493 Barrie Dorien Morgan	M	MV 50 Plus	267	
2359	1:14:05	2210 Caroline Leyshon	F	FV 45 Plus	141	
2360	1:14:05	679 Helen Margaret Handley	F	FV 45 Plus	142	
2361	1:14:09	640 Douglas Vincent Thomas	M	MV 50 Plus	268	
2362	1:14:10	666 Marion Ann Jones	F	FV 35 - 44	294	
2363	1:14:10	2079 Megan Morgan	F	FV 45 Plus	143	
2364	1:14:27	102 Ceryl Bateman	F	FV 35 - 44	295	
2365	1:14:34	2544 Rebecca Anne Lye	F		339	
2366	1:14:38	1598 Samantha Danielle Williams	F	Junior	19	
2367	1:14:40	2542 Kevin John Griffiths	M		794	
2368	1:14:41	1744 Frederick Hurley	M	MV 50 Plus	269	Belgrave Harriers
2369	1:14:43	277 Michael Jones	M	MV 40 - 49	458	
2370	1:14:44	3170 Kelvin Robert James	M	MV 50 Plus	270	
2371	1:14:44	810 Pauline Elizabeth Lloyd	F	FV 45 Plus	144	
2372	1:14:49	393 Neil Wood	M		795	
2373	1:14:49	317 Michael Peate	M		796	
2374	1:14:52	663 Carol Agnes Johns	F	FV 35 - 44	296	
2375	1:14:52	1183 Emma Fenwick	M		797	
2376	1:14:53	1184 Robert Fenwick	M		798	
2377	1:14:53	905 Katherine Ruth Jones	F	Junior	20	
2378	1:14:55	1821 Stephen Knight	M	MV 40 - 49	459	
2379	1:14:56	1822 Lisa Jacqueline Knight	F		340	
2380	1:15:05	475 Amanda Chambers	F	FV 45 Plus	145	Women's Running Network

Pos	Time	No Name	M/F	Category	Cat Pos	Club
2381	1:15:10	780 Philip Dicks	M	MV 40 - 49	460	Visteon Running Club
2382	1:15:10	1424 Andrea Pope	F	FV 45 Plus	146	
2383	1:15:13	2345 Liz Jenner	F		341	
2384	1:15:22	3214 Liz Brimacombe-Jones	M		799	
2385	1:15:22	2127 Angela Maddock	F	FV 35 - 44	297	
2386	1:15:23	2342 Liz Brimacombe-Jones	F	FV 35 - 44	298	
2387	1:15:33	2766 Almaira Hughes	F	FV 45 Plus	147	
2388	1:15:57	846 Kevin John Mitchell	M	MV 40 - 49	461	
2389	1:16:01	2313 Amanda Davies	F		342	
2390	1:16:13	1595 Amanda June Penny	F	FV 35 - 44	299	
2391	1:16:18	2240 Wendy Ivins	F	FV 35 - 44	300	
2392	1:16:31	2130 Julie Lawry	F	FV 45 Plus	148	
2393	1:16:47	2540 Helen Lloyd	F		343	
2394	1:16:52	579 Suzanne Chamberlain	F		344	
2395	1:17:12	1267 Donna Rees	F		345	
2396	1:17:21	2326 Lydia Aston	F	FV 45 Plus	149	
2397	1:17:27	220 Jillian Rodgers	F	FV 45 Plus	150	
2398	1:17:49	2660 Sara Jones	F		346	
2399	1:17:50	221 Ruth Jones	F	FV 35 - 44	301	
2400	1:17:59	2443 Lucy Gaisford	F		347	
2401	1:18:00	1535 Katherine Webb	F		348	
2402	1:18:25	3002 Stephen Peter Dines	M	MV 40 - 49	462	
2403	1:18:30	3087 Karen Louise Rutter	F		349	Islwyn R C
2404	1:18:34	2697 Karen Preece	F	FV 35 - 44	302	
2405	1:18:46	3194 Jessica Hedden	F		350	
2406	1:18:50	1152 Judith Anne Tyras	F	FV 35 - 44	303	
2407	1:18:56	1033 Kereshmeh Nasehi	F	FV 45 Plus	151	
2408	1:18:57	1004 Rhiannon Churchill	F		351	
2409	1:18:58	212 Gail Thomas	F		352	
2410	1:19:06	1536 Patricia Webb	F	FV 45 Plus	152	
2411	1:19:13	2529 Mark Penny	M		800	
2412	1:19:14	2787 Wendy Thomas	F	FV 45 Plus	153	
2413	1:19:14	2786 Richard Thomas	M	MV 40 - 49	463	
2414	1:19:27	1785 Helen Margaret Yewlett	F	FV 45 Plus	154	
2415	1:19:31	251 Gaynor Wilde	F	FV 35 - 44	304	
2416	1:19:35	205 Claire Norman	F		353	
2417	1:19:56	2323 Lisa Williams	F	Junior	21	
2418	1:19:56	122 Debra Davies	F	FV 35 - 44	305	
2419	1:19:57	121 Steven Davies	M		801	
2420	1:20:03	1959 Julie Anne Cafai	F	FV 35 - 44	306	
2421	1:20:07	3057 Karen Bolton	F	FV 35 - 44	307	
2422	1:20:12	1254 Maureen Margaret Darlington	F	FV 45 Plus	155	
2423	1:20:25	2017 Frances Helen Ridgway	F	FV 45 Plus	156	Women's Running Network
2424	1:20:39	1201 Christina Sylvia Bromage	F	FV 45 Plus	157	Wye Valley
2425	1:20:46	491 Lorraine Hodson	F	FV 35 - 44	308	Womens Running Network
2426	1:20:48	2015 Sharon Jayne Williams	F	FV 35 - 44	309	
2427	1:20:48	2887 Karen Joanna Mathers	F		354	
2428	1:20:49	2886 Patrick Furlong	M		802	
2429	1:20:49	2315 Susan Thomas	F	FV 45 Plus	158	
2430	1:20:51	2445 Catrin Morgan	F		355	
2431	1:21:17	2032 Beverley Ann Harris	F	FV 35 - 44	310	
2432	1:22:01	562 Cath Janes	F	FV 35 - 44	311	
2433	1:22:37	288 Zoe Jerome	F	FV 35 - 44	312	
2434	1:22:38	287 Stuart Colston	M		803	
2435	1:22:42	2243 Joanna Breeze-Jones	F	FV 35 - 44	313	
2436	1:22:43	2029 Caroline Ann Austin Griffiths	F	FV 35 - 44	314	
2437	1:23:01	603 Jane Elliott	F	FV 45 Plus	159	
2438	1:23:50	1168 Alison Murphy	F	FV 35 - 44	315	
2439	1:23:50	1315 Ann Teresa Quirke	F	FV 45 Plus	160	
2440	1:23:55	2751 Karen Shreeve	F	FV 45 Plus	161	
2441	1:24:57	715 Gillian Mary Arkless	F	FV 45 Plus	162	
2442	1:24:59	714 Carly Anne Arkless	F		356	
2443	1:25:05	243 Ann Pugh	F	FV 35 - 44	316	
2444	1:26:24	2820 Helen Claire Richards	F	FV 35 - 44	317	
2445	1:26:24	2819 Jacqueline Claire Balboni	F	FV 45 Plus	163	
2446	1:27:27	1768 Elizabeth Victoria Stevenson	F		357	
2447	1:28:49	1986 Dennis Leonard Davies	F	FV 45 Plus	164	
2448	1:29:30	2750 Jayne Gambold	F	FV 45 Plus	165	
2449	1:31:53	2080 Angela Jones	F	FV 35 - 44	318	
2450	1:34:22	1219 Stephen Francis	M		804	
2451	1:34:22	1391 Kathryn Marie Morris	F	FV 35 - 44	319	
2452	1:34:26	2073 Teryl Claire Morgan	F	FV 35 - 44	320	
2453	1:34:26	2071 Jacqueline Davies	F	FV 35 - 44	321	
2454	1:34:41	2072 Sian Howells	F	FV 35 - 44	322	
2455	1:34:43	2070 Janet Moriarty	F	FV 35 - 44	323	
2456	1:35:11	2969 Sian Griffiths	F		358	
2457	1:36:22	2169 Mary Lythgoe	F	FV 45 Plus	166	
2458	1:36:52	1867 Christine Howells	F	FV 45 Plus	167	
2459	1:36:52	1905 Jane Elizabeth Delaney	F	FV 45 Plus	168	
2460	1:37:04	2065 David Lewis Cutliffe	M	MV 40 - 49	464	
2461	1:37:04	2066 Julie Ann Cutliffe	F	FV 35 - 44	324	
2462	1:39:34	2081 Emma Louise Pask	F		359	
2463	1:41:04	3015 Emma Louise Owen	F		360	
2464	1:41:05	3014 Adele Marie Richards	F		361	
2465	1:41:05	3016 Gillian Mary Simon	F	FV 45 Plus	169	

Pos	Time	No	Name	M/F	Category	Cat Pos	Club
2466	1:42:16	2865	Kathleen Davies	F	FV 45 Plus	170	
2467	1:42:16	2164	Rosina Jane Hicks	F	FV 45 Plus	171	
2468	1:43:38	3181	Maria Jones	F	FV 35 - 44	325	
2469	1:43:38	3187	Tara Andrews	F	Junior	22	
2470	1:44:01	969	Jason Zschiescheneck	M		805	
2471	1:44:01	968	Terry Magee	M	MV 40 - 49	465	
2472	1:44:03	1564	Gaynor Davies	F	FV 35 - 44	326	
2473	1:44:36	2166	Kelvin Ashley Evans	M	MV 50 Plus	271	
2474	1:44:36	2167	Sarah Danielle Evans	F		362	
2475	1:45:41	2168	Linda Petula Evans	F	FV 45 Plus	172	
2476	1:47:37	2932	Diane Patricia Powell	F	FV 45 Plus	173	
2477	1:47:37	2623	Catherine Margaret Griffin	F	FV 45 Plus	174	
2478	1:49:24	3178	Helen Langdon	F	FV 35 - 44	327	