

Pos	Time	No	Name	M/F	Cat	Club
1	0:29:18	2	Francis Kibiwott Bowen	M		Kenya
2	0:29:39	3	Simon Tonui	M		Kenya
3	0:30:13	4	Wilfred Taragon	M	20	Kenya
4	0:30:22	1419	Richard Huw Gardiner	M		Cardiff A A C
5	0:30:52	6	Daniel Robinsor	M		Tipton Harriers
6	0:30:53	21	Daniel Simons	M		Cornwall A C
7	0:30:55	614	Steven Waldron	M	20	U W I C
8	0:30:59	17	Sullivan Smith	M		Swansea Harriers
9	0:31:12	90	Anus Maclean	M		Team Solent
10	0:31:19	30	Mark Huw Roberts	M		Swansea Harriers
11	0:31:24	22	Dave Buzza	M	40	Cornwall A C
12	0:31:39	5	David Gitau	M		Kenya
13	0:31:42	1257	Simon John Lewis	M		Cardiff A A C
14	0:31:43	1902	Scott Hazell	M		Coventry Godiva Harrier:
15	0:31:53	19	Mark Jennings	M		Cardiff A A C
16	0:31:56	2193	Phillip Parry	M	40	Bristol And West A C
17	0:32:23	14	Erik Neimeijer	M		Groningen Athletik
18	0:32:36	27	Matthew Collins	M		Cardiff A A C
19	0:32:36	7	Rehab Ddunqu	F		Kenya
20	0:32:37	2259	Gareth William Davies	M	40	Bridgend A C
21	0:32:40	784	Shaun Whelan	M	40	London Fronrunners
22	0:32:45	31	Shaun Tobin	M	40	Swansea Harriers
23	0:32:56	2311	Nick Janvier	M		Brackla Harriers
24	0:33:02	24	Noel Kindon	M		Carn Runners
25	0:33:02	3019	Paul Griffiths	M		Swansea Harri
26	0:33:08	23	Chris Harry	M	40	
27	0:33:09	1369	Joe Thomas	M		Bridgend A C
28	0:33:13	1644	Richard Bullen	M	40	Les Croupiers
29	0:33:15	353	George McCowrt	M		Aldershot Farnham & District
30	0:33:16	2350	Geraint David Lewis	M		Bridgend A C
31	0:33:28	2378	Luke Northall	M		Wrexham A A C
32	0:33:30	2722	Afan Humphries	M	20	
33	0:33:33	9	Miriam Wangari	F		Kenya
34	0:33:40	16	Casper Dirks	M		Phanos Amsterdam
35	0:33:42	1051	Alun Wood	M		Brackla Harriers
36	0:33:43	379	Keith Donkin	M	45	Aldershot Farnham & District
37	0:33:46	11	Birhan Dagne	F		Essex
38	0:34:13	13	Simon Link	M	40	Stourbridge Running Club
39	0:34:16	131	Keith Anthony Bishop	M		
40	0:34:18	1372	Philip Kendrick	M	40	Spa Tans
41	0:34:18	1596	Tim Lewis	M		Brackla Harriers
42	0:34:20	937	Christopher Philip Meylel	M		Pontypridd Roadents
43	0:34:21	1423	Nicki Cornock	M	20	Cwmbran Harriers
44	0:34:22	8	Hawa Hamis Husseir	F		Tanzania
45	0:34:24	1798	Matthew Parkes	M	20	Bridgend A C
46	0:34:26	1086	Mike Robbins	M	40	Wrexham A A C
47	0:34:33	469	Paul Reynolds	M		Blackwater Valley Runners
48	0:34:38	262	Lee James Ladc	M	20	Carmarthen Harriers
49	0:34:43	1932	Gareth Jones	M		Neath Harriers
50	0:34:44	10	Amanda Wright	F	35	Birchfield Harriers
51	0:34:46	1706	Joe Thomas	M	20	Cardiff A A C
52	0:34:47	356	Paul Halford	M		Werrington Joqgers
53	0:35:02	615	Richard Waldron	M	20	Torbay A C
54	0:35:09	1846	Paul Talbot	M		Neath Harriers
55	0:35:12	2709	Sam Gray	F		Bristol A C
56	0:35:39	1243	David Constance	M	40	Stafford Harriers
57	0:35:41	404	Kevin Lewis	M	40	Neath Harriers
58	0:35:43	1140	Paul Abraham	M	40	
59	0:35:48	1370	Richard Mark Richards	M	40	Hereford Couriers
60	0:35:50	12	Louise Watson	F		Medway And Maidstone
61	0:35:52	1504	Huw Roberts	M	45	Bridgend A C
62	0:36:01	113	Aaron Spencer Jones	M	45	Swansea Harriers
63	0:36:02	729	Phillip Jenkins	M	40	Bridgend A C
64	0:36:07	929	Martin Flowers	M	45	Worcester A C
65	0:36:10	459	Jeremy Collins	M	50	Swansea Harriers
66	0:36:16	1692	Darren Morris	M		Neath Harriers
67	0:36:18	192	John Williams	M	40	Neath Harriers
68	0:36:20	2651	Richard Jones	M	45	Swansea Harriers
69	0:36:22	32	Paul Dyson	M	45	Swansea Harriers
70	0:36:24	2283	Nicki Nealon	F	35	Huncote Harries A C
71	0:36:25	1609	Brian Hawkins	M		Cardiff Triathletes
72	0:36:28	26	Steve Brace	M	40	Bridgend A C
73	0:36:30	776	Stephen L Williams	M	45	Neath Harriers
74	0:36:31	2689	Peter Kellam	M		
75	0:36:33	1781	Peter Rhys Watkeys	M	20	
76	0:36:34	983	Derek Scarborough	M	45	Bridgend A C
77	0:36:36	978	Richard John Marks	M	50	Sam Helen
78	0:36:39	2423	Jon Embling	M	45	Bridgend A C
79	0:36:42	1473	Colin William Elvins	M	40	Swansea Harriers
80	0:36:45	418	Ian John Vaughan	M		
81	0:36:48	982	Stephen John Whiting	M		London Fronrunners
82	0:36:51	1516	Kevin Norman Griffiths	M	40	
83	0:36:53	2286	Steven Wilkinson	M		Port Talbot Harriers
84	0:36:56	283	Karl Raymond Jeffrvs	M		
85	0:36:57	2702	John Keast	M	40	
86	0:36:59	821	Neil Davies	M	45	Cornelly Striders
87	0:37:01	1098	Mark Starbuck Williams	M	40	Neath Harriers
88	0:37:04	2614	Steve Smith	M	40	Activa
89	0:37:05	1084	Stuart Donald Davidsor	M	50	Bridgend A C
90	0:37:06	556	David James Shroll	M	20	Newport Harriers
91	0:37:06	936	Phillip John Meyler	M	45	Pontypridd Roadents
92	0:37:11	2192	Sian Monahar	F	40	Bristol And West A C
93	0:37:16	1626	Ronald Morris	M	50	San Domenico R R C
94	0:37:20	2241	Clifford Evans	M	45	Aberystwyth University
95	0:37:23	1107	Michael Durv	M		Islwyn Running Club
96	0:37:25	2351	Howard Andrew Carpenter	M	50	Neath Harriers
97	0:37:30	831	Jon Sizer	M	45	
98	0:37:35	1381	Derek Rainbirc	M	50	Club 69
99	0:37:39	696	Michael William Rix	M		Meltham A C
100	0:37:44	2064	David Jefferies	M	20	North Devon Road Runner:

Pos	Time	No	Name	M/F	Cat	Club
101	0:37:46	3022	Ian Davies	M	50	Mulispport R C
102	0:37:46	3023	Gravham McLearn	M		Mulispport R C
103	0:37:47	2179	Tom Alexander	M		Swansea Univeristy
104	0:37:49	2336	Richard Bowen	M	55	Neath Harriers
105	0:37:50	89	Bethan Lisa Bethan Harris	F	35	Basingsstoke & Mid Hants
106	0:37:52	2113	Mick Tabor	M	50	San Domenico R R C
107	0:37:53	1783	Ian Jenkins	M	20	
108	0:37:56	1520	Anne Rawlings	F	40	Alton Runners
109	0:37:59	1309	Emma Parry	F		Wrexham A A C
110	0:38:02	2455	Martin Webborn	M	40	Swansea Harriers
111	0:38:07	2207	Alexia-Maria Hamilton-Morris	F	45	Wrexham A A C
112	0:38:09	1396	Barry Wilson	M	50	Ludlow Runners
113	0:38:09	1176	Christopher Roger Bentley	M		
114	0:38:11	1897	Dean M Tyler	M		
115	0:38:14	2157	David Munrc	M		
116	0:38:19	321	Leslie George Chapmar	M	55	
117	0:38:20	1709	Matthew David Tooze	M		
118	0:38:21	2251	Evan Williams	M		Trots
119	0:38:23	2824	Roger William Berry	M	60	Walthamstow A C
120	0:38:28	2093	Dennis Andrew Collins	M		Rhondda Valley Runners
121	0:38:29	626	Jason Dummett	M		
122	0:38:30	3032	Frances Gill	F	40	
123	0:38:31	140	Gill Wheeler	F	35	Hailsham Harriers
124	0:38:33	508	Glen Hall	M		Bracknell Forest Runners
125	0:38:36	1717	Ann Evans	F	45	Pontypridd Roadents
126	0:38:38	485	Rachel Hatfield	F		Wye Valley
127	0:38:38	1728	Andrew Dwyer	M		
128	0:38:39	424	Michael Robert Evans	M	40	Neath Harriers
129	0:38:44	1442	Robert Sandles	M		3m's Running Club
130	0:38:45	1032	Daniel John James	M	20	Pontypridd A C
131	0:38:46	725	Andrew Martin Davies	M		
132	0:38:52	275	Richard John Ward	M		London Heathside
133	0:38:57	1321	Jonathan Williams	M		Team Deviant
134	0:38:58	493	Thomas Parsell	M	20	
135	0:38:59	1468	Andrew Baker	M		Rhondda Valley Runners
136	0:39:00	1193	Carl Stuart Phelps	M		
137	0:39:03	480	Pete Lloyd	M		3m's Running Club
138	0:39:03	819	Ann Thomas	F	35	Trots
139	0:39:04	997	Stephen Michael G Coupe	M	50	Sospan Road Runners
140	0:39:10	1782	Christopher Jenkins	M	40	
141	0:39:12	925	Satu Haikala-Rees	F	35	Brecon A C
142	0:39:14	2263	Matthew Jacklin	M		
143	0:39:14	2663	Patrick Hoare	M	20	
144	0:39:16	1006	Michael Paul Rees	M		Cardigan
145	0:39:17	389	Mike Erith	M	55	City Of Plymouth A C
146	0:39:21	2098	Rhodri Martin Evans	M	45	
147	0:39:22	76	Noel Stephen Evans	M		3m's Gorseinon Roadrunner
148	0:39:23	1279	Derek Keith Osborne	M	40	Brecon A C
149	0:39:24	1502	Justin Ham	M		Cardiff Triathletes
150	0:39:25	64	Mark Williamson	M	45	
151	0:39:26	1295	Robert Falconer	M	45	
152	0:39:33	229	John Duncan Smewing	M	50	Swansea Harriers
153	0:39:36	2223	Alan Jones	M		
154	0:39:36	1509	Christopher David Bradshaw	M		
155	0:39:40	1411	Jonathan Pike	M		Team Sbr
156	0:39:42	2815	Simon David Partridge	M	50	Neath Harriers
157	0:39:43	2085	Ricky Langdon	M	20	Swansea Harriers
158	0:39:44	967	Jeffrey Ralph Astor	M	55	Les Croupiers
159	0:39:47	1143	Matthew Taylor	M		
160	0:39:48	1371	Jane Mountfor	F	35	Buckley Runners
161	0:39:49	2273	Giancarlo Giordio Bianchi	M		
162	0:39:50	1567	Benjamin James Sims	M		3m's Running Club
163	0:39:50	2699	Claire Davidsor	F	35	
164	0:39:52	2112	Simon Price	M		Mulispport
165	0:39:53	2118	Robert Edward Smith	M		
166	0:39:55	162	Peter Vincent Moody	M	60	Carmarthen Harriers
167	0:39:55	979	John Royston Griffiths	M		Cardiff Harlequins
168	0:39:57	1039	Paul Bouston	M		Wye Valley
169	0:39:58	2323	Mark Tremlett	M		
170	0:40:01	2692	Laura Jacksor	F		
171	0:40:01	2377	Nicholas Northal	M	20	Wrexham A A C
172	0:40:03	1990	Julia Heather Clarke	F		Cardiff A A C
173	0:40:06	930	Sarah Davies	F		Oxford City A C
174	0:40:09	121	Aaron Christopher Barret	M		
175	0:40:11	1702	Robin P Bereza	M	55	Wye Valley
176	0:40:15	838	Cyril Walters	M	55	Trots
177	0:40:16	988	Robert Raymond Davies	M	55	Wye Valley
178	0:40:16	1409	Amanda Martin	F	35	
179	0:40:18	306	Anthony John Deacy	M	45	
180	0:40:19	2439	Christopher Allton	M	40	
181	0:40:20	359	Marc Batcup	M		
182	0:40:21	232	Terence Robert Evans	M		
183	0:40:22	1049	Gerard Howel	M		Bo Helios
184	0:40:23	154	Andrew Mark Spencer	M	40	Griffithstown Harriers
185	0:40:25	423	Eric Acton	M	60	Wye Valley
186	0:40:26	2196	Marv Helen James	F		Corsham Running Club
187	0:40:27	457	Eifion Wyn Owen	M	45	Pencoed Triathlon
188	0:40:28	526	Leighton James Gardner	M		Swansea Harriers
189	0:40:30	2652	Marcus Evans	M		
190	0:40:31	1619	Gair McAdie	M		Altringham Athletic Club
191	0:40:33	1210	Dean Gary Packe	M		Mulispport
192	0:40:34	1648	Carl Feiven	M		Brackla Harriers
193	0:40:34	2441	Nick Davies	M		
194	0:40:35	635	Sharon Lewis Leech	F	35	Amman Valley Harriers
195	0:40:36	2680	Alun Wvn Evans	M		
196	0:40:36	976	Tom Carnall	M		Porthcawl A A C
197	0:40:37	1359	Knill Baird Murray	M	40	Penarth & Dinas Runners
198	0:40:42	240	Mark Dunscombe	M	40	Sarn Helen
199	0:40:44	847	Jason Keith Statham	M		
200	0:40:45	190	Leighton Neil Thomas	M		Sospan Road Runners

Pos	Time	No	Name	M/F	Cat	Club
201	0:40:48	577	Lynsey George Christophe	M		Visteon Running Club
202	0:40:52	844	David Williams	M		
203	0:40:56	1222	Brendan James Healy	M		
204	0:40:59	1124	Keith Andrew Jellyman	M		Team Deviant/swansea Universi
205	0:41:00	484	Vincent Playdon	M		Wye Valley
206	0:41:01	1786	Huw Battewbo	M		
207	0:41:01	1663	Raymond O James	M	40	Port Talbot Harriers
208	0:41:02	1527	Andy Bartlett	M		Multisport
209	0:41:03	603	David Geraint Bembc	M		
210	0:41:05	959	John Stanford	M	45	
211	0:41:07	516	Mark Hanlon Fros	M		
212	0:41:08	2632	Simon Roy Thomas	M		
213	0:41:08	2151	Gwion Llwyd	M		
214	0:41:11	399	Gareth David Hill	M		
215	0:41:15	1597	Mark Gosney	M		
216	0:41:17	1082	Martin Foster	M	45	Bourneville Harriers
217	0:41:18	718	Robert David Metcalfe	M		
218	0:41:21	671	Roger Coqains	M	55	Bitton Road Runners
219	0:41:23	2258	Fiona Margaret Davie	F	45	Bridgend A C
220	0:41:26	2406	Bob Anning	M		Wye Valley
221	0:41:26	2407	Sandy Urro	F	50	Wye Valley
222	0:41:30	1913	Robert Jones	M	50	Swansea Harriers
223	0:41:31	2249	Nick Bingham	M	45	South Wales Police
224	0:41:32	1395	Derek Jarvis	M	55	Avon Valley Runners
225	0:41:34	1144	Gary Waters	M	55	
226	0:41:35	2274	David Allan Rose	M	40	Brackla Harriers
227	0:41:35	1900	Alun Smith	M	45	Rhondda Valley Runners
228	0:41:36	2180	Neil Watkins	M		
229	0:41:36	694	Paul Mark Member	M		
230	0:41:38	1676	Robert George Rees	M	50	
231	0:41:40	1580	Barry Wayne Morgan	M		Fairwater Runners
232	0:41:41	324	Mike Griffiths	M		Team Deviant
233	0:41:41	712	Terry Hill	M		Brackla Harriers
234	0:41:47	670	Nuala Coqains	F	45	Bitton Road Runners
235	0:41:48	1845	David R Gibson	M		Taff Ely Triathletes
236	0:41:48	1142	Stuart Russell Hendersor	M	20	
237	0:41:49	1499	Matthew Birch	M	20	Carmarthen Harriers
238	0:41:50	1123	Hugo Patrick Thompson	M	40	
239	0:41:51	2486	Jacqueline Brace	F	45	Bridgend A C
240	0:41:52	343	Thomas Frederick Jacksor	M		
241	0:41:57	996	Daniel Painter	M		
242	0:41:58	1283	Peter Joseph Jones	M	45	
243	0:41:58	456	Nathan Joel Walker	M		
244	0:41:59	1061	Mark Benbow	M	40	Cardiff Harlequins
245	0:41:59	1521	Sandra Pinkham	F	40	Neath Harriers
246	0:42:02	101	Alastair James Seabrook	M		
247	0:42:02	2739	Anna Judith Phillips	F		Abergele Harriers
248	0:42:02	733	Richard Ieuan Evans	M	40	
249	0:42:04	963	Richard Eastwood	M	40	
250	0:42:05	100	Julie Anne Scholey	F	45	Les Croupiers
251	0:42:10	1254	Nigel Williams	M	45	
252	0:42:13	511	Colin Richard Rees	M	40	Club 69
253	0:42:14	500	Rhydwyn Harris	M		Islwyn Running Club
254	0:42:15	2329	Phillip Huw Davies	M		
255	0:42:17	611	Peter Beynor	M	50	
256	0:42:19	1083	James Robertson	M		
257	0:42:19	931	Gareth Davies	M		Oxford City A C
258	0:42:23	1903	Carwyn M Jenkins	M		
259	0:42:25	271	Gwilym Huw Lewis	M	50	
260	0:42:25	1335	Paul Phillips	M	45	
261	0:42:27	71	Andrew Carl Olsen	M		
262	0:42:29	752	John Bryan Jones	M		
263	0:42:30	596	Gareth Jones	M		Sarn Helen
264	0:42:32	2217	Dean Llewellyn	M		South Wales Police
265	0:42:33	1469	Ron Anthony	M	50	Trots
266	0:42:33	719	William David Willdridge	M		
267	0:42:35	451	Gareth Edward Jehu	M		
268	0:42:36	1861	John McDonald	M	50	Fuitsu
269	0:42:37	783	Jason Peter Duiqnar	M		
270	0:42:37	1341	Roger Ian Bell	M	40	
271	0:42:38	1148	Nigel Pitt	M	40	3m's Gorseinon Road Runners
272	0:42:40	702	Tom Baker	M		
273	0:42:40	1443	Ashley Williams	M	20	
274	0:42:40	2135	Toby Warren	M		
275	0:42:41	680	Roderick David Bower	M	40	
276	0:42:42	1642	Michael Charles Di	M	50	Les Croupiers
277	0:42:42	1610	John Huggins	M	45	Les Croupiers
278	0:42:42	727	Richard Matthew Poo	M		
279	0:42:44	2678	Martin Hooper	M	40	Sospan Road Runners
280	0:42:45	134	Michael John Grant	M	45	Bearbrook Joggers
281	0:42:45	2206	Deborah Youngs	F		3m's Running Club
282	0:42:46	502	Jamie Gibbons	M	20	
283	0:42:47	1015	William Hugh Edwards	M		
284	0:42:47	1873	Susan Jane Richards	F	45	Brecon A C
285	0:42:48	1150	Gareth Paul Higgins	M		
286	0:42:49	1553	Simon Mark Heatman	M		
287	0:42:53	1036	Huw Meredydd Thomas	M		
288	0:42:54	1862	Dale Shaun Barlow	M	40	
289	0:42:57	488	James Walker	M		
290	0:42:58	2309	Huw Nicholas Price	M	40	Sarn Helen
291	0:42:58	753	Dawn Kenwright	F	45	Sarn Helen
292	0:42:58	1100	Christopher Jones	M	40	Port Talbot Harriers
293	0:42:59	1175	Robert Peter Griffiths	M		
294	0:42:59	78	Vaughan Evans	M		
295	0:42:59	942	David Caswell	M		
296	0:43:04	2314	Graeme Manning	M	40	
297	0:43:04	1012	Derek Hegarty	M	45	
298	0:43:06	2091	Edwina Turner	F	50	Les Croupiers
299	0:43:07	743	Neil Stevens	M		
300	0:43:09	2688	Mark Davies	M		

Pos	Time	No	Name	M/F	Cat	Club
301	0:43:10	1173	Wayne Robert Cross	M		
302	0:43:13	798	Owain Robinson	M		
303	0:43:14	1723	Andrew Paul Lewis	M		3m's Running Club
304	0:43:15	188	Andrew Richard Gardner	M		
305	0:43:15	155	Richard John Bettridge	M		
306	0:43:16	2567	Michael A Thomas	M		Activa
307	0:43:16	993	Jeffrey Keith Cadogan	M		
308	0:43:17	2717	Christopher Dodge	M		
309	0:43:19	1614	Marcus Barretl	M		
310	0:43:21	1986	Robert Evans	M	40	Brackla Harriers
311	0:43:24	1705	Andrew Jenkins	M		Swansea Harriers
312	0:43:24	1510	Geraint Torrington	M		
313	0:43:28	551	Gavin Beynon Roberts	M	40	Swansea Harriers
314	0:43:31	1080	Colin Paul Thomasor	M		
315	0:43:32	1909	Stephen R Maquire	M		
316	0:43:37	2218	David John Wright	M		
317	0:43:38	1339	Terence John Cokeley	M	55	
318	0:43:39	1089	Geoffrey White	M	50	3m's Gorseinon
319	0:43:39	378	Julian Alan Smith	M		
320	0:43:39	557	Robert Barry Stephens	M	40	Multisport
321	0:43:39	2042	Gary Howe	M	45	3m Road Runners
322	0:43:43	2573	Mark A Sloan	M		Activa
323	0:43:43	1899	Kenneth R Medcraft	M	55	Rhondda Valley Runners
324	0:43:43	126	Gareth Leslie Rees	M		
325	0:43:44	1993	Jamie Michell Sampson	M		
326	0:43:44	797	Oliver Tomlinson	M		
327	0:43:44	3026	Mark Thomas	M		
328	0:43:45	156	Chris Griffiths	M	20	Neath Harriers
329	0:43:45	868	Adrian John Rees	M		
330	0:43:46	86	Anthony Martin Higgins	M		
331	0:43:46	1129	Kristian Gardner	M		
332	0:43:47	216	Sian Harris	F	40	Basingstoke & Mid Hants
333	0:43:48	590	Nathan Herr	M		
334	0:43:48	105	Christopher James Howel	M		
335	0:43:49	1662	Simon John Cowlishaw	M	40	
336	0:43:49	953	Stuart Christopher Davies	M		
337	0:43:50	2596	Sarah Tipene	F		Activa
338	0:43:50	636	Mark Raymond Evans	M		
339	0:43:51	2011	Miles Rowland Willis	M		
340	0:43:51	1078	Alex Marsh	M		
341	0:43:52	1102	Jeff Keen	M	45	
342	0:43:52	731	Caroline Melanie Jones	F	40	
343	0:43:53	851	Brian John Blandford	M	65	Neath Harriers
344	0:43:53	1659	Brian Healey	M	55	Cardigan
345	0:43:54	2677	Lee Thomas Rvar	M	20	
346	0:43:55	1547	Dewi West	M	40	3m's Running Club
347	0:43:55	766	David Wood	M		
348	0:43:55	1716	Gareth Patrick Thomas	M	20	
349	0:43:56	374	Mark Robert Jenkins	M		
350	0:43:56	67	Philip David Treharne	M	45	Visteon Running Club
351	0:43:57	825	Peter David Moscrop	M	45	
352	0:43:57	1450	David Carl Seabourne	M		
353	0:43:58	2442	Richard John Thomas	M		
354	0:43:58	2528	Heath Jones	M		Activa
355	0:43:58	2810	Richard John Cobley	M		
356	0:44:00	1238	Glenn Alan Dannes	M		
357	0:44:01	245	Howard Geoffrey Leamor	M		
358	0:44:02	171	James Kemp	M		
359	0:44:02	212	Jonathan Daniel Newmar	M		
360	0:44:05	1703	Barry David Bower	M	40	
361	0:44:06	390	Iolo Llewelyn	M	45	
362	0:44:07	1054	Ann-Marie Turtle	F	35	
363	0:44:07	834	James Michael Desmun Wilson	M	20	
364	0:44:07	1055	Dean Mark Owens	M		
365	0:44:09	494	Richard Owen Bevar	M	40	
366	0:44:09	472	Mike Rose	M	40	Club 69
367	0:44:10	130	Stephen John Powell	M	40	
368	0:44:12	2381	Claire Morfar	F		
369	0:44:12	1146	Gavin Nicholas Waters	M		
370	0:44:12	558	Robert Gideon Jones	M	45	
371	0:44:13	1004	Jason Williams	M		
372	0:44:13	1378	Paul Stuart Wallis	M		
373	0:44:15	1636	Stuart Moyse	M		
374	0:44:16	1390	David Moore	M		
375	0:44:17	180	Simon Jon Parfitt	M		
376	0:44:19	841	Neil Davies	M		
377	0:44:20	63	James Harris	M	40	
378	0:44:20	1387	Shaun Richardson	M		Wreccsam Tri Club
379	0:44:20	1209	Anthony Michael Toole	M	55	
380	0:44:20	1363	Lee Davies	M		Rhondda Valley Runners
381	0:44:22	2295	Richard Anthony Howe	M		3m's Running Club
382	0:44:23	1017	Iain Robertsor	M		
383	0:44:24	2257	Stephen John Martin	M		
384	0:44:25	506	Donald Prosser	M	40	
385	0:44:27	92	Elizabeth Ruth Davies	F		
386	0:44:28	2404	Rebecca Sian Clement	F		3m's Running Club
387	0:44:31	2065	David Keith Bennett	M	40	
388	0:44:34	2228	Meinir Eleri Jones	F		
389	0:44:35	2741	Gary Brian Almond	M		
390	0:44:37	985	Geraint Marc Higgins	M		
391	0:44:38	62	Jonathan Mark Smith	M	40	
392	0:44:39	2386	James Alexander Came Orme	M		
393	0:44:39	1836	Warren J Williams	M		
394	0:44:40	433	William Mark Thomas	M	40	Visteon Running Club
395	0:44:40	2047	Michael J Williams	M		
396	0:44:41	1342	Mark David Eakins	M		
397	0:44:41	252	Nigel Stephen Emery	M	40	
398	0:44:41	2028	Paul Arnold	M		3m's Road Runners
399	0:44:43	1286	Huw Rees	M	40	Crlep
400	0:44:46	3048	Michael Walton	M	50	Neath Harts

Pos	Time	No	Name	M/F	Cat	Club
401	0:44:47	118	Stuart Marshall	M		
402	0:44:48	652	Paul Colman	M	40	Pembrokeshire Harriers
403	0:44:49	1194	David Alun Rees	M		Baywater C C
404	0:44:50	975	Andrew Robert Freedmar	M	45	
405	0:44:50	2644	Gavin Llewellyn Jones	M		Les Croupiers
406	0:44:52	1976	David Ellis	M		
407	0:44:52	801	Michael Price	M	40	
408	0:44:52	1265	Owain Rhys Heaver	M	20	
409	0:44:55	1779	Stuart I Mann	M		
410	0:44:56	2328	Wayne Leighton Davies	M		
411	0:44:57	208	Nigel Huoh Davies	M	45	
412	0:44:58	311	Zak Steven Barrett	M		
413	0:44:59	1869	Neil Robert Whitehouse	M		
414	0:45:00	2401	Jonathan Grant Thomas	M		Team Wecori
415	0:45:01	1645	Yvonne Bullen	F	40	Les Croupiers
416	0:45:02	970	Steve Campion	M	50	
417	0:45:03	955	Arthur Phillips	M	70	Sospan Road Runners
418	0:45:05	2460	Anthony Nigel Griffiths	M	45	
419	0:45:05	251	Melanie Evans	F	35	
420	0:45:05	2657	James Steven Mainwarinc	M	20	
421	0:45:06	589	Kevin Vernon Goodal	M	45	
422	0:45:07	468	Andrew Owen	M	40	
423	0:45:10	1525	Ian Edward Richards	M	40	Sospan Road Runners
424	0:45:13	887	Lawrence Gilbert	M	50	
425	0:45:14	1377	Gareth Passey	M		
426	0:45:15	2001	Steven Paul Williams	M		
427	0:45:16	492	Michael Thomas	M	40	
428	0:45:19	467	Kate Rogers	F	45	Plymouth Athletic Club
429	0:45:20	2383	Mark Hunt	M		
430	0:45:20	1851	Christopher J Moore	M	45	
431	0:45:20	1977	Christopher Miller	M		
432	0:45:21	1056	Peter Young	M	50	
433	0:45:22	3005	David S Davies	M		
434	0:45:25	2293	Andrew John Rothwell	M	45	
435	0:45:26	85	Jamie Bevan	M		
436	0:45:26	3025	Craig A Money	M	20	
437	0:45:26	1394	Allan Michael Meek	M	40	
438	0:45:27	1595	John Sterio	M	45	
439	0:45:28	181	Mark Islwyn Morris	M		Port Talbot Harriers
440	0:45:28	1063	Keith Davies	M	50	
441	0:45:29	2365	Gareth Snook	M	40	
442	0:45:32	392	Martin Slee	M	40	
443	0:45:32	2291	Ian Richard Thomas	M		
444	0:45:32	1301	Stephen Pearce	M		
445	0:45:33	1950	Kenneth M Taylor	M		Port Talbot Harriers
446	0:45:33	3021	Ceri Jones	M		
447	0:45:35	522	Tony Baker	M	40	Spirit Health Club
448	0:45:35	297	Marcus Eyre	M	40	3m Gorseinon Road Runners
449	0:45:35	1163	Paul McKeating	M		
450	0:45:37	2698	Mark Bleasdale	M		
451	0:45:40	2719	Sam Powell	M		
452	0:45:41	840	Albert David Hall	M	45	Bridaend A C
453	0:45:41	1136	Emyr Wyn Thomas	M		
454	0:45:42	2140	Kevin Knight	M		3m's Running Club
455	0:45:43	1253	Lucas Dixon	M	20	
456	0:45:43	1476	Laurie Hughes	M	40	
457	0:45:44	1242	Elizabeth Clarke	F	45	Les Croupiers
458	0:45:45	1987	Robert Sage	M		
459	0:45:45	2656	Robert Evan Mainwarinc	M		
460	0:45:45	1606	Vaughn Ian Davies	M	40	
461	0:45:46	1019	Brian Terry Jones	M	45	
462	0:45:47	2806	Kenneth W Hughes	M	40	
463	0:45:48	2416	Michael Garey Williams	M	55	Fairwater Runners
464	0:45:49	1933	John W Res	M	50	
465	0:45:51	407	Timothy Stephen Soar	M	40	
466	0:45:52	1264	Mike Dummer	M	40	
467	0:45:54	1322	Jon Brown	M	40	City Of Bath
468	0:45:55	314	Paul Edwards	M	45	Pembroke Harriers
469	0:45:55	3002	Christopher Frey-Davies	M		
470	0:45:56	255	Tim Ardouin	M	40	
471	0:45:56	2197	Neil Edward James	M		
472	0:45:56	600	Nicola Ball	F	35	
473	0:45:57	3031	Christopher Dix	M		
474	0:45:57	1832	Paul Webber	M	50	
475	0:45:57	446	Neil Edward Thomas	M	50	
476	0:45:59	1640	Stephen Turner	M	20	
477	0:45:59	2053	Steven Bater	M		
478	0:46:00	39	Layton George Jenkins	M	40	
479	0:46:01	1493	David Stewart Squire	M	50	
480	0:46:01	2720	Keri Jones	F		
481	0:46:01	346	Gwynne Jenkins	M	45	
482	0:46:01	2503	Nigel Morse	M		Activa
483	0:46:02	2238	David Aldwys Johns Johns	M	45	
484	0:46:02	2239	Amy Leanne Johns	F	20	Cardiff A A C
485	0:46:02	1364	Michael Edward Davies	M	45	
486	0:46:02	2425	Gerard Liam Willis	M		
487	0:46:02	1715	Mark Davis	M	45	
488	0:46:03	2121	Andrew Toft	M	40	
489	0:46:04	2052	Kelvin P Protheroe	M	40	
490	0:46:04	1604	Andrew David Hughes	M		
491	0:46:05	75	Peter Short	M	50	
492	0:46:06	396	Jason Robert Eustace	M		
493	0:46:06	686	Alun Ivor Lewis	M	55	
494	0:46:07	3008	David Bryer	M		
495	0:46:07	294	Mair Aeronwy Laven	F		
496	0:46:07	2045	Bernard J McCarthy	M	50	
497	0:46:08	214	James Edward Mills	M	45	
498	0:46:08	722	Christopher Julian C Johns	M	40	
499	0:46:09	1119	Alun Davies Kurmaully	M		
500	0:46:10	848	Andrew Hole	M	40	Caerleon Running Clut

Pos	Time	No	Name	M/F	Cat	Club
501	0:46:12	1018	Darren Glyn James	M		
502	0:46:13	482	Christina Smith	F	40	
503	0:46:13	1677	Lloyd Graham Cowley	M		
504	0:46:13	1112	Michael Lambrick	M	20	
505	0:46:14	2306	Jonathan Williams	M	45	
506	0:46:14	1104	Mark Andrew Castle	M		
507	0:46:14	317	Christian Paul Rees	M		
508	0:46:15	1599	Stephen Anthony Lewis	M		
509	0:46:16	2604	Martin Andrew Lewis	M	45	Activa
510	0:46:16	995	Simon David Warren	M		
511	0:46:18	225	Simon Coqger	M	40	
512	0:46:19	2294	Sian Elizabeth Phillips	F	40	Swansea Harriers
513	0:46:21	1099	Marc Davies	M		
514	0:46:24	904	Rhian Evans	F	40	Rhondda Valley Runners
515	0:46:24	35	Nathan Ross Cole	M		
516	0:46:25	2589	Stephen James Metcalfe	M		Activa
517	0:46:25	483	Allan Spencer Smith	M	70	3m's Running Club
518	0:46:26	1951	Neil J Fenn	M		
519	0:46:26	2488	Susan Neal	F	50	Les Croupiers
520	0:46:28	2057	Gareth Chapman	M		
521	0:46:28	2130	Keith Brewer	M	50	
522	0:46:30	2061	Rhys Harries	M		Llanelli Road Runners
523	0:46:31	1784	Joseph Jones	M	20	
524	0:46:33	2429	Bleddyn Rhys Taylor	M	20	
525	0:46:33	2505	Lyn Evans	M	45	Activa
526	0:46:38	2344	Justin Morris	M		
527	0:46:39	1914	David F Mitchell	M	45	S B O C
528	0:46:39	2697	Catharine Bleasdale	F	35	
529	0:46:40	2281	Alan John	M		
530	0:46:40	273	Keith Smith	M	45	
531	0:46:41	689	Jeff Thomas	M	55	Abertillery Achilles
532	0:46:42	1517	Daniel Nicholls	M		
533	0:46:44	843	Michael Newman	M	50	Neath Harriers
534	0:46:44	2205	Dean Rees Thomas	M		
535	0:46:45	2174	Owen G Bodger	M		
536	0:46:46	137	Neil Selwyn	M		
537	0:46:47	1752	Stephen Glass	M		
538	0:46:47	2133	Graham Barlow	M	45	
539	0:46:47	125	Robert Anthony James Sanders	M	45	
540	0:46:48	2430	Bleddyn Taylor	M	45	
541	0:46:48	444	Rhiannon Sarah Jones	F		Cumberland Fell Runners
542	0:46:48	1558	Richard Lee Robinsor	M		
543	0:46:49	592	Simon Hern	M		
544	0:46:49	98	Steve Williams	M		
545	0:46:50	1866	Ally Davies	M	60	Swansea Harriers
546	0:46:50	1813	Stephen Chambers	M	40	
547	0:46:50	519	Gareth Thomas	M		
548	0:46:52	1315	Mike Andrew Voros	M	40	
549	0:46:52	880	Fiona Hunt	F		Barnet & District A C
550	0:46:54	2467	Saul Thompson	M		
551	0:46:54	1727	Stuart Whittaker	M		
552	0:46:55	1940	Lee Drapei	M	20	
553	0:46:55	163	Neil Davies	M		
554	0:46:56	1608	Alastair Richard Wilson	M		
555	0:46:56	185	Justin Tamlin	M		
556	0:46:58	1014	Paul Cobbold	M		
557	0:46:58	1605	Phillip George Tucker	M		
558	0:46:59	1854	Alison Jones	F		
559	0:46:59	2187	Adrian English	M		
560	0:47:00	1898	Eifion Evans	M	40	
561	0:47:01	1795	Tony J O Holloway	M	45	
562	0:47:01	610	David Brian Curzor	M	45	
563	0:47:01	742	Robert Keith Thomas	M	40	
564	0:47:02	1330	Ian Lloyd Jones	M		
565	0:47:02	713	Gary Peter Jones	M	40	
566	0:47:03	43	Hywel George Evans	M	40	
567	0:47:06	520	Nick Walsh	M		
568	0:47:06	491	Steven Robert Evans	M		
569	0:47:07	2489	Joanne Hicks	F	35	
570	0:47:07	1256	Andrew Francomb	M	20	
571	0:47:09	653	Jill Colman	F	40	Pembrokeshire Harriers
572	0:47:09	857	Dawn Elizabeth French	F	40	3m's
573	0:47:10	1943	David J Nevis	M	20	
574	0:47:11	720	Haldon Eddolls	M	55	
575	0:47:14	350	Tyrone Pope	M		
576	0:47:14	1040	Neil Pearce	M		
577	0:47:15	2026	Robert J Morris	M		
578	0:47:17	524	Nicholas John Salter	M	40	
579	0:47:19	690	Rebecca Townlev	F		Multisport
580	0:47:19	1918	Lee Peter John	M		
581	0:47:20	1764	Martin Jones	M		
582	0:47:20	613	Robert King	M		
583	0:47:21	625	Mark Braide	M		
584	0:47:21	1293	Antonio Gil	M		
585	0:47:22	2170	Tudur Hallam	M		
586	0:47:23	2511	Owen Douglas Morqar	M		Activa
587	0:47:24	691	Melanie Walker	F		Multisport
588	0:47:24	1441	Caroline Sandles	F	35	3m's Running Club
589	0:47:25	3043	John Davies	M	55	
590	0:47:26	2266	Emma Langdon	F		Leighton Buzzard A C
591	0:47:26	2812	Carol A Howard	F	45	
592	0:47:27	735	Paul Baker	M	40	Pontypridd Roadents
593	0:47:27	634	Michael John Holdinc	M		
594	0:47:29	25	Frances Elizabeth Williams	F	35	Les Croupiers
595	0:47:29	666	Roger Gordon Opie	M	55	
596	0:47:30	531	Michael George Shellarc	M	60	
597	0:47:31	1518	Julie Burchell	F		Griffithstown Harriers
598	0:47:33	1788	Gwyn Jones	M	70	
599	0:47:34	1591	Richard Susan Davies	M	40	
600	0:47:35	29	Nigel W Coppin	M	40	

Pos	Time	No	Name	M/F	Cat	Club
601	0:47:36	749	Trevor John Fital	M		
602	0:47:37	1612	Pixie Taylor	F	35	
603	0:47:38	1698	Gwen Smith	F	35	
604	0:47:38	559	David Rowlands	M	45	Rhose S L S C
605	0:47:39	2630	Sian Davies	F		Activa
606	0:47:39	1816	Nicholas C Johnson	M		
607	0:47:40	1531	Kevin Miller	M		
608	0:47:41	2019	Michael Philip O'Leary	M		
609	0:47:41	2325	Rima Tremlett	F	35	
610	0:47:42	1422	Ian Sullivan	M	40	
611	0:47:43	960	Gillian Stanford	F	45	
612	0:47:44	2322	Simon Tremlett	M	40	
613	0:47:45	200	Jonathan James Andrew	M		
614	0:47:46	91	Paul Vivian Rowlands	M	50	
615	0:47:47	426	Anthony David Massey	M	45	
616	0:47:48	2506	Andrew Bernard Groner	M	40	Activa
617	0:47:48	918	John Leonard Park	M	60	Islwyn Running Club
618	0:47:49	595	Janet Jones	F	35	Sarn Helen
619	0:47:49	1885	Edward Feil	M		
620	0:47:50	1427	Huw Worman Elliot	M	40	
621	0:47:51	1338	Joseph Broac	M	20	Neath Harriers
622	0:47:52	1882	Terry Doyle	M		
623	0:47:54	1266	Phillip Miles	M	50	Club 69
624	0:47:54	1267	Jacky Austin	F	50	Club 69
625	0:47:55	2214	James Michael Macfadder	M		
626	0:47:56	1498	Christopher John Birch	M	45	
627	0:47:57	2027	Jayne Arnold	F		3m's Road Runners
628	0:47:58	854	David John Archer	M	45	
629	0:47:58	951	Jane Beak	F	35	
630	0:48:01	3027	Toman C Roden	M	20	
631	0:48:02	1320	Michael Lane	M		
632	0:48:02	2382	Matthew Roy Williams	M		
633	0:48:04	1356	Clive Tucker	M	45	
634	0:48:04	2397	David Rhys Morgar	M	40	Vale Harriers
635	0:48:04	445	Andrew Russell Ezard	M	40	
636	0:48:05	521	Denver Wayne George	M		
637	0:48:05	1741	Neil G Wilcox	M		
638	0:48:07	1538	Owain Flower	M	20	
639	0:48:10	2606	Matthew Nolan	M	20	Activa
640	0:48:10	1269	Edward Wellington	M	45	
641	0:48:10	1020	Arfon John Rees	M		
642	0:48:10	672	Daniel Jones	M	20	
643	0:48:11	93	Angela Louise Lewis	F		
644	0:48:12	2735	Kelvyn Harris	M	50	3m's Running Club
645	0:48:13	507	Amanda Jane Woodcock	F		Bracknell Forest Runners
646	0:48:13	2198	Ian David Henry	M		
647	0:48:14	1003	Terry Jones	M	55	Visteon Running Club
648	0:48:15	2058	Dean Morgar	M		
649	0:48:17	2275	Lee Vincent Prior	M		
650	0:48:17	3039	Allan Frost	M	50	
651	0:48:17	2683	T Hand	F	45	
652	0:48:18	1726	Patrick Furlong	M		
653	0:48:19	2510	Leighton Quinn	M	45	Activa
654	0:48:20	2830	Unknown Runner 2830	M		
655	0:48:21	1772	Nigel A L Norman	M	55	
656	0:48:21	215	Lindsay Tom Robert Davis	M	45	Totton Running Club
657	0:48:22	2832	Derek Preston Balsdor	M	60	Stubington Green Runners
658	0:48:23	2054	Martin W Bromley	M		
659	0:48:24	991	Hank Chad Fennel	M		
660	0:48:25	908	John Ivins	M		
661	0:48:26	1145	Craig Alister Waters	M		
662	0:48:26	207	Donald Thomas Llewel Rees	M		
663	0:48:26	2284	Christopher Mello	M	45	
664	0:48:27	1005	David Huw Williams	M	50	
665	0:48:28	2092	Wayne Turner	M	55	Les Croupiers
666	0:48:28	3009	Nicholas Fluck	M		
667	0:48:29	2012	Neil Gourlay	M		
668	0:48:29	112	Graham Hugh Jones	M	60	
669	0:48:30	1839	Paul M Evans	M		
670	0:48:31	2740	Kelvin Golden	M	40	
671	0:48:32	73	Sue Peters	F	40	New Forest Runners
672	0:48:33	1065	Ian Gwilym	M		
673	0:48:33	1128	Jonathan Gordor	M		
674	0:48:34	632	Lisa Berry	F		
675	0:48:34	2548	Sarah Jane Cant	F		Activa
676	0:48:35	2041	Sandra Irvine	F		
677	0:48:35	1618	Jenny Clark	F		Solihull & Smallheath A C
678	0:48:35	2816	Leigh Francis	M	45	
679	0:48:36	278	David Andrew Lawson	M	50	
680	0:48:37	2000	Sarah Helen Hurfor	F	20	
681	0:48:37	2837	Christopher Brewer	M		
682	0:48:37	593	Gavin Sullivan	M		
683	0:48:38	1535	Huw Maddock	M	40	
684	0:48:39	2094	Vernon McCarthy	M	55	Rhondda Valley Runners
685	0:48:40	1294	Jensen Loyd Evans	M		
686	0:48:40	561	Ian Mark Morris	M		
687	0:48:41	2126	Teresa Louise Williams	F		
688	0:48:42	103	Richard Simpson	M		
689	0:48:44	2664	Jonathan Adrian Howcrof	M	20	
690	0:48:45	1310	Alan McCabe	M	40	
691	0:48:46	2154	Peter R Thomas	M	45	
692	0:48:46	1272	Ian Nicholas Parfitt	M		
693	0:48:46	2188	Julia Warner	F		
694	0:48:47	348	Kerry Evans	M		
695	0:48:47	1963	Ian David Roberts	M	45	
696	0:48:47	1541	David Jarrett	M		
697	0:48:48	827	Neil Williams	M	40	
698	0:48:48	2499	Stephen J Davies	M		Activa
699	0:48:49	2582	Michelle Karen Witham	F		Activa
700	0:48:49	902	David William Gates	M	40	

Pos	Time	No	Name	M/F	Cat	Club
701	0:48:50	586	Craig Brown	M	40	
702	0:48:50	2833	Stuart Thomas Jeffer Hader	M		
703	0:48:52	1414	Lee Asplanc	M	40	
704	0:48:53	2225	Thomas Malcolm Maskel	M	40	
705	0:48:53	1405	Colin Frank Stacey	M	45	
706	0:48:53	195	Stephen Roger Davies	M	40	
707	0:48:54	288	Amber Vater	F		
708	0:48:55	1382	Gary Thomas Rose	M	40	Cornelly Striders
709	0:48:55	869	Jack Maclachlan	M	45	
710	0:48:56	1878	Peter P Reeves	M	45	
711	0:48:56	2137	Anthony Landec	M		
712	0:48:56	395	James Stephen Kelleher	M		
713	0:48:57	81	Matthew Elvins	M	20	
714	0:48:57	161	Mark Steven Thompsor	M		
715	0:48:58	1827	Meirion J Board	M		
716	0:48:59	965	Andrea Louise Clark	F	35	
717	0:48:59	2357	Eryl Lewis Davies	F		
718	0:49:02	582	Peter Edward Hollanc	M		
719	0:49:02	196	Barry Nichols	M	20	
720	0:49:03	1263	Barrie Moelwyn Anton Roberts	M	60	Bourneville Harriers
721	0:49:04	2320	Peter Whittemore	M	50	
722	0:49:04	846	Howard Johnson Ower	M		
723	0:49:05	2298	Paul Fielding	M	40	Neath Harriers
724	0:49:07	231	Andrew Hall	M		
725	0:49:07	1179	Paul Rees	M		
726	0:49:08	927	Anthony Phillip	M	45	Griffithstown Harriers
727	0:49:08	2367	Richard Parrott	M		
728	0:49:09	1333	Karen Esther Holyoake	F		
729	0:49:10	2087	Robert Howell	M		
730	0:49:11	550	Alan Gedes	M	45	
731	0:49:11	795	Ray Handley	M	45	
732	0:49:12	1276	Alan Rose	M	45	
733	0:49:14	1917	Paul W Bidder	M		
734	0:49:14	1207	Gareth Ryan Hill	M		
735	0:49:14	1585	David Michael Stome	M		
736	0:49:16	1770	Jose L De La Cuesta Padilla	M		
737	0:49:16	1290	John Langdon	M	50	
738	0:49:16	966	Nicholas Stuart Clark	M	40	
739	0:49:17	2498	Melisa Alice King	F		
740	0:49:18	591	Natalie Helen Davies	F	35	
741	0:49:18	1229	Jeff Vaughan	M	55	
742	0:49:18	1138	Carlos Lanc	M		
743	0:49:19	530	Garth Santana Lezarc	M		Wilymtolo A C
744	0:49:19	842	Timothy Martin Madden	M	20	Aberdare A A C
745	0:49:20	721	John Paul Griffiths	M		
746	0:49:20	1155	Graham David Thomas	M		
747	0:49:20	2682	Phil Ratcliffe	M	20	
748	0:49:21	1944	Stuart J Kendall	M		
749	0:49:21	1889	John Martin	M	45	
750	0:49:22	1877	Andrew Wilson	M		Les Croupiers
751	0:49:23	657	Alun Rhys Board	M		
752	0:49:25	2226	Paul Andrew Dalv	M		
753	0:49:26	2356	Elaine Hillary	F	40	
754	0:49:28	260	Adrian John Weston	M	50	
755	0:49:29	2804	Matthew Elwick	M		
756	0:49:30	1079	Abigail Reynolds	F		Wolverhampton & Bilston
757	0:49:30	1916	Kevin A Dalling	M	40	
758	0:49:31	178	Edward Allan Harris	M		
759	0:49:31	581	Cindy Jayne Loosemore	F	35	
760	0:49:31	68	Robert Gardiner	M	40	
761	0:49:31	34	Huw Davies	M	45	
762	0:49:32	1711	Steve Pullinger	M	45	
763	0:49:32	788	Joanne Rogers	F		
764	0:49:32	1883	Rhys M Jones	M		
765	0:49:33	2802	Adrian Mark Hearne	M		
766	0:49:33	824	Michael Rice	M	50	Activa
767	0:49:34	1867	Roger Wyn Jones	M	50	
768	0:49:34	340	Rhodri Peter Lewis	M	20	
769	0:49:34	2078	Jonathan Palmer	M		
770	0:49:34	1362	Tina Alison Davies	F	35	
771	0:49:34	1625	Glyn Francis Hughes	M	45	Bourneville Harriers
772	0:49:35	2240	John Howard Canninc	M	60	Westbury Harriers
773	0:49:37	839	Paul Gillard	M	40	
774	0:49:38	1868	Julian A Sanders	M		
775	0:49:39	3047	Ross Drummond	M		
776	0:49:40	709	Kevin Eynon	M	40	
777	0:49:40	184	Jayne Elizabeth Dawsor	F		
778	0:49:41	1613	Andrea Butcher-Wood	F	35	Bitton Road Runners
779	0:49:42	329	Stephen Press	M		Weecorri
780	0:49:42	254	Mark Andrew Weston	M		
781	0:49:43	2230	Paul Harry	M		
782	0:49:44	2090	Carl Lawrence	M	40	
783	0:49:45	222	Mair Rhian West	F		Griffithstown Harriers
784	0:49:46	1835	David M Hatto	M	40	Llanelli Sospan Runners
785	0:49:48	962	Michael John Jones	M		
786	0:49:48	2029	Gareth Davies	M	45	Aberdare Valley A A C
787	0:49:49	452	Brian Tobin	M	45	
788	0:49:49	619	Anthony William Hughes	M	45	
789	0:49:50	2609	Wayne Evans	M	40	Activa
790	0:49:51	1388	Dominic James Kiernander	M		Core Strength
791	0:49:52	1775	Anthony Meyrick	M		
792	0:49:53	1858	Denise Perry	F		
793	0:49:53	2648	Michael Renwick	M	55	Penarth & Dinas Runners
794	0:49:55	1218	Michael Deadmar	M	55	
795	0:49:57	2066	Catherine Rees	F		
796	0:49:57	2715	Mike Hughes	M	45	
797	0:49:58	2189	Geraint Richard Evans	M		
798	0:49:58	961	Denver Melvyn Jones	M		
799	0:49:58	651	Stuart Charles James	M		
800	0:49:59	1159	Emma Simpkins	F	35	

Pos	Time	No	Name	M/F	Cat	Club
801	0:49:59	2444	David John Collins	M	45	
802	0:49:59	1418	Dennis Michae	M	45	South Wales Police
803	0:49:59	432	Christopher Robert Carte	M	40	
804	0:49:59	3012	Steve Edgell	M		
805	0:50:00	1465	Victoria John	F		Pontypridd Roadents
806	0:50:00	1435	Karl Stevens	M	40	
807	0:50:00	1652	Simon Thomas	M		
808	0:50:01	425	Roger Stein	M	50	
809	0:50:02	124	Carolann Grant	F		
810	0:50:03	2032	Ben Thomas	M	20	
811	0:50:03	2165	Gareth L Thomas	M		
812	0:50:06	1697	Alan Daniel Morris	M	40	
813	0:50:09	1475	Lynn Roberts	M		
814	0:50:10	2313	John Brouard De Garis	M		
815	0:50:12	194	Anthony Howard Shell	M	65	Trots
816	0:50:13	1380	Calvin John Hold	M		
817	0:50:13	575	Alun Clark	M	50	
818	0:50:14	401	Ken Maddocks	M	55	
819	0:50:15	2213	Mark Thomas Whittaker	M		
820	0:50:15	2216	John Simon Whittaker	M		
821	0:50:16	1305	Gavin John Owen	M		Tenovus Team
822	0:50:16	751	Joanne Orszac	F		
823	0:50:16	786	Julian Datta	M		
824	0:50:17	1735	Craig Harpel	M	20	
825	0:50:17	1952	Keith Vaughton	M	55	
826	0:50:19	566	Alan Prosser	M		
827	0:50:19	2490	Rhodri Morear	M	50	3m's Running Club
828	0:50:20	1453	Catherine Margaret Pelus	F	35	
829	0:50:20	302	Helen Marie Nichos	F		
830	0:50:21	1894	Karl Johns	M		
831	0:50:22	1134	Ian Dobby	M	55	
832	0:50:23	1630	Siobhan Helen Seen	F		
833	0:50:24	1958	Duncan S Smith	M		
834	0:50:24	1214	Andrew Mevrick	M		
835	0:50:26	296	Emma Jane Washburn	F		
836	0:50:27	2056	Samantha L Cole	F		
837	0:50:27	2330	Claire Louise Davies	F		
838	0:50:28	2662	Andrew James McGlashan	M	20	
839	0:50:28	1807	Simon H Thomas	M		
840	0:50:28	2155	Timothy Nichols	M		
841	0:50:29	2237	Alison Connaughtor	F		
842	0:50:32	1489	Andrew Glyn Thomas	M		
843	0:50:33	999	Lyndon William Lewis	M		
844	0:50:37	428	Terence Potter	M	40	
845	0:50:37	466	Paul Hughes	M	50	
846	0:50:38	323	Philip Lesley Bamsey	M	50	Neath Harriers
847	0:50:39	3029	Adrian Varney	M	40	TROTS
848	0:50:39	759	Gareth Abraham	M		
849	0:50:39	2308	Rhys Harri Rusbatch	M	20	
850	0:50:39	772	Darren Robert Birc	M		
851	0:50:40	1551	Rhodri Aled Rees	M		
852	0:50:41	832	Oliver Simon Lewis	M		
853	0:50:41	320	Daniel John Griffith Powel	M		
854	0:50:41	773	Alex Marklew	M		
855	0:50:41	60	Robert Neale Davies	M	40	
856	0:50:42	2413	David Perez	M		
857	0:50:44	1113	Shaun David Dillane	M		
858	0:50:44	2371	Dorian Thomas	M		
859	0:50:45	812	Sharon Bvrne	F	35	
860	0:50:46	237	Iain McDonald	M	50	
861	0:50:46	2131	Stephen Stokoe	M	45	
862	0:50:46	2509	Stephen Woods	M	40	Activa
863	0:50:47	1097	Jeffrey Keith Brooks	M		
864	0:50:47	2159	Mark S Vivian	M	40	
865	0:50:48	1280	Kevin Clarke	M	40	
866	0:50:48	1105	Elin O'Neill	F	35	
867	0:50:50	1980	Hywel L Perrot	M		
868	0:50:51	1992	Steven Woon	M		
869	0:50:51	238	Berian James Davies	M	45	
870	0:50:52	405	Paul Evans	M		
871	0:50:52	1991	David Raymond Hibbs	M	40	
872	0:50:53	866	Keith Clash	M	45	
873	0:50:54	3028	David Leclair	M		
874	0:50:54	662	Espen Eie Bowen	M	20	
875	0:50:55	990	Kevin O'Leary	M	45	
876	0:50:56	2162	Keith Griffiths	M	40	
877	0:50:57	2164	Ian J Martin	M		
878	0:50:58	644	Stephen Whitmarsh-Knight	M	55	
879	0:50:58	2305	Andrew Booth	M	45	
880	0:50:59	1088	Robert Malougl	M		
881	0:51:01	2220	Christoper Paul Bloomfield	M		
882	0:51:02	2556	Graham G Stock	M	45	Activa
883	0:51:02	269	Richard Yea	M	50	
884	0:51:02	2579	Rhianon Stock	F		Activa
885	0:51:03	357	Andrew Derek George	M		
886	0:51:04	370	Pauline Thomas	F	60	Trots
887	0:51:05	1583	James Robert Jeffreys	M	20	
888	0:51:05	1582	Michael Allan Hinds	M		
889	0:51:06	470	Janet Richards	F		Griffithstown Harriers
890	0:51:06	505	Matthew Parry	M		
891	0:51:07	417	Stan Weeks	M	60	
892	0:51:08	352	Elizabeth Anne Wren-Owens	F		
893	0:51:08	911	Ryan Thompson	M		
894	0:51:09	2440	Mark Anthony Brettle	M	40	
895	0:51:10	833	Jonathan David Wilson	M		
896	0:51:11	895	Robert Prowse	M		
897	0:51:12	2487	Paul John Edwards	M		
898	0:51:12	726	Damien Mark Saunders	M		
899	0:51:12	1404	Richard John Callaway	M		
900	0:51:13	663	Sunniva Eie Bowen	F		

Pos	Time	No	Name	M/F	Cat	Club
901	0:51:14	2031	Wayne Thomas	M	50	
902	0:51:14	1282	Alwyn Thomas	M	45	
903	0:51:15	220	Ian David Bowen-Morris	M	40	Abingdon Amblers
904	0:51:16	2033	Ryan Kelly	M		
905	0:51:17	2221	Vyuyan Clive Smith	M	40	
906	0:51:18	2142	Adrian Evans	M		
907	0:51:18	1219	Deborah Julie Price	F	40	
908	0:51:19	1217	Nigel Robert Evans	M	40	
909	0:51:19	1216	Kathryn Evans	F	35	
910	0:51:20	3014	John S Griffiths	M	60	Ford Bridgend R C
911	0:51:21	2209	Robin Williams	M	50	
912	0:51:22	1230	Wayne Havard	M	45	3m's Running Club
913	0:51:22	377	Christopher Jones	M		
914	0:51:22	2124	Joe Ruddy	M		
915	0:51:22	132	Yvonne Nicola Strode	F		
916	0:51:25	968	Guto Evans	M		
917	0:51:26	1407	Peter Lewis Jones	M	40	
918	0:51:26	2358	Michael Alun Szulik	M		
919	0:51:27	3044	Stewart Collins	M	50	
920	0:51:28	1512	Nia Davies	F		
921	0:51:29	2552	Donna Hart	M		Activa
922	0:51:30	1416	Martin Jones	M		
923	0:51:30	2414	Gareth Wyn Jones	M	40	
924	0:51:31	2687	Michael Austwick	M	40	
925	0:51:31	580	Maude Lillian Van Rensburg	F	45	
926	0:51:32	2538	Mark Williams	M		Activa
927	0:51:32	1240	Jonathan Davies	M		
928	0:51:33	2452	Gareth Bearc	M		
929	0:51:33	3006	Gareth W L Thomas	M		
930	0:51:34	416	Keith Parsons	M	45	
931	0:51:34	2497	Richard Otten	M		
932	0:51:34	1313	Mario Rabaiott	M	40	
933	0:51:35	907	Anthony Mark Rees	M	40	
934	0:51:35	697	Cassandra Margaret Czep	F		Meltham A C
935	0:51:36	1241	Roger David Fawke	M	50	Islwyn Running Club
936	0:51:36	2607	David Thomas	M	55	Activa
937	0:51:38	341	Alun James Barfoot	M	50	
938	0:51:39	1460	David Paul Guiney	M	45	
939	0:51:40	2210	Michael Haste	M	45	
940	0:51:41	1060	Brian James Perrett	M		
941	0:51:42	1233	Steven Thompson	M		
942	0:51:44	2203	Adrian Leszkiewicz	M	45	
943	0:51:44	3017	Kevin Ellis	M		
944	0:51:44	3016	Phillip Pook	M	40	
945	0:51:44	2387	Shahin Mehrabar	M		
946	0:51:45	945	Sarah Louise Uptor	F		
947	0:51:45	944	Susan Patricia Evans	F	45	
948	0:51:46	328	Janet Ann Younger	F	50	Pembrokeshire Harriers
949	0:51:46	774	Gregory James Sandlec	M		
950	0:51:47	1736	Adam Wyn Lewis	M		
951	0:51:47	2316	Lynne Shuttleworth	F		
952	0:51:47	2051	Paul Shuttleworth	M		
953	0:51:47	2008	Paul Wallow	M	20	
954	0:51:48	2171	Gavnor L Hunt	F	45	
955	0:51:48	2010	Danny Jones	M		
956	0:51:49	1402	Paul John Thomas	M		
957	0:51:49	503	Michael O'Shea	M	60	
958	0:51:49	2036	Philip D M Matthews	M		
959	0:51:50	739	Andrew Hannev	M	40	Llanelli Triathlon
960	0:51:50	1848	Zoe Prosser	F	35	
961	0:51:50	910	Sarah Parke	F		
962	0:51:51	1920	Terry Shore	M	50	
963	0:51:52	946	Kevin Philip Evans	M		
964	0:51:52	2485	Gareth Leyshor	M	40	
965	0:51:52	710	Huw Morris	M	40	
966	0:51:52	1022	Melanie Kim Jones	F		
967	0:51:53	1579	Neil Griffiths	M		
968	0:51:54	57	Russell Pullen	M	60	Neath Harriers
969	0:51:55	903	Martin Evans	M	40	
970	0:51:55	3020	Edward P Burke	M	45	Ford Bridgend R C
971	0:51:56	775	Shiona Frances Oldham	F		
972	0:51:57	1637	Harri Llwr Evans	M	40	
973	0:51:58	1300	David Maurice Taylo	M		
974	0:52:00	355	Eluned Hawis Jones	F	35	
975	0:52:00	1147	Neil Jenkins	M		Dyfed-Powys P A A
976	0:52:01	1366	Cheryl Archer	F	35	
977	0:52:01	2007	Kevin James Willis	M		
978	0:52:01	2388	Colin Gardner	M	55	
979	0:52:02	1537	Geraint Huw Flower	M		
980	0:52:02	2049	Mike Wyndham Lewis	M		
981	0:52:03	2434	Michael Owen	M		
982	0:52:04	2820	Daniel Matthew Moss	M		
983	0:52:04	339	Stephen Ware	M	40	
984	0:52:05	2591	James Thomas Davies	M		Activa
985	0:52:05	2145	Rhodri Griffiths	M		
986	0:52:06	2813	Graeme Roberts	M		
987	0:52:06	1428	David Tucker	M		
988	0:52:07	1345	Philip Niall Monaghan	M	45	
989	0:52:08	1768	Mark Kayes	F		
990	0:52:09	2737	Kelly J Reynolds	F		
991	0:52:10	2134	Martin Probert	M	45	
992	0:52:10	1198	John Price	M	45	
993	0:52:10	2435	Fiona Coe	F	40	
994	0:52:11	822	Stephen Allwyn Jones	M	45	
995	0:52:11	2475	Meqan Gwynne	F		
996	0:52:12	1935	David E Johnson	M		
997	0:52:14	2539	James Thomas Davies	M		Activa
998	0:52:15	912	Suzanne Louise Bevar	F	40	
999	0:52:15	1391	Joseph Thomas Ivins	M		
1000	0:52:16	1429	Diane Marion Chapmar	F	40	

Pos	Time	No	Name	M/F	Cat	Club
1001	0:52:16	387	Gareth Mcewan Reic	M		
1002	0:52:17	1837	Gemma C Bufton	F		
1003	0:52:17	182	Richard William Green	M		Bridgend A C
1004	0:52:18	475	Andrew Biston	M	40	
1005	0:52:18	1962	Malcolm G Lucas	M	50	
1006	0:52:18	1440	Paul Justin Edwards	M	40	
1007	0:52:19	2063	John Spencer James	M	55	3m's Running Club
1008	0:52:19	193	William Gareth Morgan	M	40	
1009	0:52:19	1590	Christine Anne Davies	F	35	
1010	0:52:19	1742	Aaron A Musker	M		
1011	0:52:20	1115	Christopher Wall	M	40	
1012	0:52:20	622	Aaron James O'Shea	M	20	
1013	0:52:21	1825	Christopher D Hiatt	M		
1014	0:52:22	2616	Thomas McTernan	M	20	Activa
1015	0:52:22	2823	Sarah Vaughton	F		
1016	0:52:23	630	Andrew Simpson	M		
1017	0:52:23	1401	Mark Hammacott	M	40	
1018	0:52:24	1021	Deborah Anne Hutchinsor	F	35	
1019	0:52:25	717	Philip David Goss	M		
1020	0:52:26	1464	Michael John Edmonds	M	60	
1021	0:52:27	1790	Barbara Jane Dowder	F	45	
1022	0:52:27	1622	Jenna Louise Pavnter	F	20	Amman Valley Harriers
1023	0:52:28	1737	Dai The Bus	M		
1024	0:52:29	2805	Helen McNamara	F	45	Pembrokeshire Harriers
1025	0:52:30	2402	Colin Charles Jenkins	M	45	
1026	0:52:31	2186	Jonathan Martin Rhys Thomas	M		
1027	0:52:31	2185	Carl David Bale	M		
1028	0:52:32	1594	David Andrew Jones	M		
1029	0:52:33	948	Isabel Mary Evans	F		
1030	0:52:33	117	Michael John Kethrc	M		
1031	0:52:34	414	Mike Kent	M	55	
1032	0:52:35	1574	Gary Bendle	M		
1033	0:52:36	1773	Christian J Thomas	M		
1034	0:52:37	463	Joanne Gray	F		
1035	0:52:38	1532	Darren Craiq Davies	M		
1036	0:52:39	2831	Pamela Taylor	F	45	
1037	0:52:39	1438	Richard John McKie	M		
1038	0:52:39	337	Stephen Donald John Lewis	M		
1039	0:52:40	1449	Brian Russell Jones	M		
1040	0:52:40	699	Hywel Thomas Watkins	M		
1041	0:52:41	1068	Ian Janes	M		
1042	0:52:41	369	Phillip Doel	M	40	
1043	0:52:41	1093	Jennifer Sleath	F	35	
1044	0:52:41	1000	Tony Harris	M	40	
1045	0:52:42	246	Owen Rhys Davies	M		
1046	0:52:42	1701	Alison Kate Dowling	F	40	Cardigan
1047	0:52:43	1237	David John Williams	M	55	Simones Fitness Club Monmouth
1048	0:52:43	1893	Simon Paul Cox	M		
1049	0:52:43	1895	Richard Matthew Jones	M		
1050	0:52:44	1274	Owain-Glyn Hyett	M		
1051	0:52:44	2491	Jim Loft	M	45	
1052	0:52:44	259	James Rowe Wenda	F	35	
1053	0:52:44	2450	Micheal James Steeds	M	40	
1054	0:52:45	368	Lee Tregoninc	M		
1055	0:52:46	199	Peter H Thomas	M	40	
1056	0:52:46	977	Helen Parry	F	50	
1057	0:52:46	1998	Howard Davies	M		
1058	0:52:46	553	Dafydd Wyn Morgan	M		
1059	0:52:47	1160	Marc Jones	M		
1060	0:52:47	2710	John Jones	M	45	
1061	0:52:48	740	Garv John Smith	M		
1062	0:52:49	1875	Philip N Langstone	M	40	
1063	0:52:49	1474	Robert Powell	M		
1064	0:52:49	813	David Rideout	M		
1065	0:52:50	570	David Sparks	M		
1066	0:52:51	2169	Dave Bright	M		
1067	0:52:51	890	Nicola Coffey	F		
1068	0:52:53	107	Peter Harding	M	60	Carmarthen Harriers
1069	0:52:55	926	Jane Phillips	F	35	Griffithstown Harriers
1070	0:52:56	1924	Thomas R Hughes	M	55	
1071	0:52:56	2082	Eleri Loughor	F	20	
1072	0:52:57	2083	Lyndon Alan Jones	M		
1073	0:52:57	1747	Leigh Roberts-Jones	M		
1074	0:52:57	2260	Kenwyn Davies	M	45	Team Wecori
1075	0:52:58	2598	Donna Marie Stee	F		Activa
1076	0:52:59	279	John Keith Bourne	M	55	
1077	0:53:00	1847	Sarah J Bailey	F	35	
1078	0:53:00	950	Lyn Morris	M	40	
1079	0:53:00	1740	Gary John Wilcox	M	40	
1080	0:53:00	608	Mark Wyndham Aitken	M		
1081	0:53:01	598	Alastair Thomas Johnsr	M		
1082	0:53:01	599	Darren Farthing	M		
1083	0:53:02	1811	Jaime C Duqqan	M		
1084	0:53:02	2829	Gwyn Evans	M		
1085	0:53:03	2021	Stephen Kidwell	M	45	
1086	0:53:04	616	Frank Neil Griffiths	M	45	Trots
1087	0:53:05	1982	David Jones	M		
1088	0:53:05	1983	Jaqueline Louise Jones	F		Islwyn Running Club
1089	0:53:06	2473	Marcia Howells	F	40	Multisport
1090	0:53:06	1431	Mark Williams	M		
1091	0:53:07	2427	Peter William Bateman	M	50	
1092	0:53:07	1472	David Jones	M	40	
1093	0:53:07	1566	Gareth Owain O'Brien	M		
1094	0:53:08	1195	Mark Griffiths	M	40	
1095	0:53:09	778	Stephen David Mellalieu	M		
1096	0:53:09	265	Darian Jones	M		
1097	0:53:10	264	Kevin John Williams	M	45	
1098	0:53:10	1477	Philip Andrew Williams	M		
1099	0:53:10	1603	Lloyd Griffin Jones	M	40	
1100	0:53:10	2610	Daniel Lockie	M	20	Activa

Pos	Time	No	Name	M/F	Cat	Club
1101	0:53:11	609	James Alford Aitken	M	20	
1102	0:53:11	49	Giles Haves	M		
1103	0:53:12	1191	Sarah Louise Hawkins	F		
1104	0:53:13	2446	Penny Medler	F		
1105	0:53:14	1852	Matthew Slee	M		
1106	0:53:15	1631	Anthony Jenkins	M	45	Aberdare A A C
1107	0:53:16	411	Robert Jeremy Jones	M	40	
1108	0:53:16	859	Rebecca Edwards	F		Cardigan
1109	0:53:16	1001	Susan Jane Plant	F	40	
1110	0:53:16	1026	David Roberts	M		Brecon A C
1111	0:53:18	2524	Angela Lynch	F	35	Activa
1112	0:53:18	512	Darren Roberts	M		
1113	0:53:20	1691	Martin Carrol	M	45	
1114	0:53:20	334	John Joseph	M	60	Trots
1115	0:53:21	655	Juliette Hadley	F		
1116	0:53:21	2194	Martin Patrick John Relat	M	55	
1117	0:53:21	2825	Unknown Runner 2825	M		
1118	0:53:22	594	Rebecca Martin	F	60	
1119	0:53:23	621	Craig David O'Chee	M		
1120	0:53:25	656	Samantha Jayne Boarc	F		
1121	0:53:25	1708	Gillian Marie Edwards	F	35	
1122	0:53:26	147	Sian Cathryn Morqar	F	35	
1123	0:53:26	2431	Jacqueline Ezard	F	40	
1124	0:53:26	119	Geoffret Barret	M	50	
1125	0:53:28	1125	Vivienne Makir	F	50	
1126	0:53:28	2465	Malcolm Frederick Platt	M		
1127	0:53:29	1223	June Clifton	F	45	Womens Running Network
1128	0:53:29	1224	Matthew Mansell Cliffor	M	50	
1129	0:53:30	1121	Ian Dalling	M		
1130	0:53:31	2199	Gemma Hamilton	F		
1131	0:53:32	486	Elena Zarate	F	55	
1132	0:53:33	1092	Darryl Ivan Sleath	M		
1133	0:53:35	236	Dennis Lynch	M	65	Cornelly Striders
1134	0:53:35	170	Matthew Radforc	M		
1135	0:53:36	2477	Malcolm Ralph Bradley	M	50	
1136	0:53:36	637	Penny Jane Evans	F		
1137	0:53:36	218	Andrew Philip Godfre Davies	M		
1138	0:53:36	367	Martin John Davies	M	40	
1139	0:53:38	169	Stephanie Masor	F		
1140	0:53:38	957	John Holohar	M	55	
1141	0:53:39	1306	Leon Evans	M		Tenovus Team
1142	0:53:39	1188	Matthew Lynn Thomas	M		
1143	0:53:40	1171	Hannah Dilwen Thonqei	F	55	
1144	0:53:41	2285	Nicola Ceri Bowden	F	35	
1145	0:53:41	913	Heulwen James	F	35	Cardigan
1146	0:53:42	50	Jeremy Clayton	M	50	
1147	0:53:42	2088	Darren Hicks	M		
1148	0:53:42	956	Kim Elizabeth Holohan	F	45	
1149	0:53:43	1325	Eirwen Christine Davies	F	40	Sospan Road Runners
1150	0:53:43	2069	Henry Burnand	M		
1151	0:53:43	914	Richard James	M	40	
1152	0:53:44	462	Phillip John Lavton	M	50	
1153	0:53:46	479	James Winston Murphy	M		
1154	0:53:48	856	Robert Sheffield	M	55	
1155	0:53:48	1592	Wynford John Franks	M	55	
1156	0:53:49	477	Nigel Leighton Jones	M	50	
1157	0:53:49	1349	Paul Brian Mullins	M		
1158	0:53:50	1653	Garry Simon Davies	M		
1159	0:53:50	1326	Lawrence James Kneath	M		
1160	0:53:51	1771	Manon Eames	F	45	
1161	0:53:52	2822	Maria Kathleen Morris	F	40	
1162	0:53:52	1810	Gina L Edwards	F		
1163	0:53:52	2447	Angharad Fury	F		
1164	0:53:52	2136	Catherine Jenkins	F	35	
1165	0:53:53	2060	Elizabeth N Parsons	F		
1166	0:53:54	186	Howard Morqar	M	60	
1167	0:53:54	65	Ann John	F	35	
1168	0:53:54	1421	Kevin Scannell	M		
1169	0:53:54	627	Adam Dummett	M		
1170	0:53:55	1220	Phyllida Jane Alexande	F		
1171	0:53:56	1186	Peter John Orphar	M		
1172	0:53:56	2521	Michael Charles Connor	M	45	Activa
1173	0:53:58	397	Gareth Roger Davies	M		
1174	0:53:59	1632	Martin Rhys Bowen Jones	M	40	
1175	0:53:59	342	Ian Anthony McCloy	M	45	
1176	0:54:01	1307	Benjamin Richard John	M		Tenovus Team
1177	0:54:01	1661	Bvron Measday	M		
1178	0:54:02	2818	Trevor John Vauqhar	M	45	
1179	0:54:02	56	Jason Steven Short	M		
1180	0:54:02	2122	John Patrick Payne	M		
1181	0:54:03	994	Lowri Edwards	F		
1182	0:54:04	498	Robert John Benes	M		
1183	0:54:06	2839	Rhian Elin Williams	F		
1184	0:54:06	282	Dennis Evans	F	65	
1185	0:54:07	1533	Sally Hartnell	F		
1186	0:54:12	309	Henry Havwarc	M	45	3m's Gorseion Roadrunning Cl
1187	0:54:14	2379	Barry James	M	50	Cornelly Striders
1188	0:54:15	1524	Mark Lazarus	M		
1189	0:54:15	518	Russell Bullen	M	40	
1190	0:54:16	2252	Brian Williams	M	55	Trots
1191	0:54:17	947	Richard John Jones	M		
1192	0:54:17	862	Andrew Brown	M		
1193	0:54:17	1420	Paul Archer	M		South Wales Police
1194	0:54:19	2569	Matthew Wayne Walters	M		Activa
1195	0:54:20	560	Monica Erika Busse	F		
1196	0:54:21	602	Richard Lawrence Tuckett	M	20	
1197	0:54:22	1181	Daniel William John Meredith	M		
1198	0:54:23	1052	Philip Anthony Morqar	M	55	
1199	0:54:24	2522	Viralur P Sivasamy	M	45	Activa
1200	0:54:25	177	Robert Fenwick	M		

Pos	Time	No	Name	M/F	Cat	Club
1201	0:54:26	2433	Maria Poole	F		
1202	0:54:28	1343	David John Phipps	M	40	Torfaen
1203	0:54:28	2095	Nick Paul Howells	M		
1204	0:54:29	2119	Colin Fish	M		
1205	0:54:30	2400	Sharon Davies	F	40	Llanelli Sospans
1206	0:54:30	2105	Christopher Williams	M		
1207	0:54:30	1696	Lloyd Jon Lloyd	M		
1208	0:54:33	1249	Alex Mark Lorc	M		
1209	0:54:33	1633	Mark Robert Adey	M		
1210	0:54:33	870	Graeme Stewart	M		
1211	0:54:33	322	Stephanie Marv Jones	F		
1212	0:54:33	419	Kate Campbell	F		
1213	0:54:34	920	Geoff Bushel	M	55	
1214	0:54:35	1317	Philippa Jane Poulton	F	40	
1215	0:54:36	2437	Emma Jane Nehemiah	F		
1216	0:54:40	1892	Rhian W Taylor	F		
1217	0:54:41	2244	Clive Williams	M	45	
1218	0:54:43	1844	John Rogers	M		
1219	0:54:43	217	Steven Bowen Howarc	M	40	
1220	0:54:43	383	Deanne Rebane	F	40	
1221	0:54:44	574	Christopher Martir	M		
1222	0:54:45	986	Samantha Gleesor	F		
1223	0:54:45	1455	Samantha Elaine Lovegrove	F		
1224	0:54:45	2454	Andrew Wallis	M		
1225	0:54:46	2148	James Williams	M		
1226	0:54:46	1196	Beth Griffiths	F	40	
1227	0:54:47	1379	Roderic Huw Williams	M	45	
1228	0:54:47	2468	Adrian Thomas	M	50	
1229	0:54:51	2415	Nervs Fielder	F		
1230	0:54:53	646	Joanne Davies	F		
1231	0:54:53	1519	Jayne Elizabeth Tucker	F	35	
1232	0:54:54	647	Alister Green	M		
1233	0:54:55	1183	Robbie Paul Meredith	M		
1234	0:54:55	2108	Karen Morqar	F	35	
1235	0:54:55	2109	Natasha Hughes	F		
1236	0:54:57	1931	Adam R Griffiths	M		
1237	0:54:58	542	Les Evansor	M	40	
1238	0:54:58	543	Jill Evanson	F	35	
1239	0:54:58	809	Huw Vaughan	M	40	
1240	0:54:58	2096	Leah Elizabeth Heffernar	F		
1241	0:55:00	3007	Howard A Thomas	M	55	
1242	0:55:01	1815	Thomas C Johnson	M	50	
1243	0:55:01	1996	Joanne Bibbv	F	35	
1244	0:55:02	981	Lee James	M		Aberdare A A C
1245	0:55:04	538	Susan Jenkins	F	45	Sarn Helen
1246	0:55:04	99	James Allan Rees	M		
1247	0:55:05	1334	Dean David Holyoak	M		
1248	0:55:06	375	Gary Thompson	M	20	
1249	0:55:06	1834	Anthony P Hall	M	55	
1250	0:55:06	2559	Ray Tilley	M		Activa
1251	0:55:07	1149	Stephen Maddock	M	40	
1252	0:55:07	763	Paul Ellis	M		
1253	0:55:08	1501	Ian Roberts	M		
1254	0:55:11	2496	Bryan Charles Isaac	M	50	
1255	0:55:11	639	Craig John Wood	M		
1256	0:55:12	295	Eric William Morgan	M		
1257	0:55:13	2655	David Maynarc	M	50	
1258	0:55:14	1586	Luke Turner	M	20	
1259	0:55:15	2681	Ginna Gow-Smith	F	40	
1260	0:55:16	1721	Edward Mark Davies	M		
1261	0:55:18	2354	Sallianne Saunders	F	35	
1262	0:55:19	1109	Wendy Jane Wallace	F	45	
1263	0:55:19	1164	Bernard James Carrol	M	50	
1264	0:55:20	1896	Caroline L Jones	F		
1265	0:55:20	1805	Mark Williams	M		
1266	0:55:21	1719	Hugh Perry	M	40	
1267	0:55:21	1718	Susan Clair Perry	F	45	
1268	0:55:22	1227	Philip David Smith	M	45	
1269	0:55:23	2457	Benjamin Sailen Raichoudhury	M	50	
1270	0:55:23	308	Kath Crane	F	60	Brecon A C
1271	0:55:24	1654	Neil Davies	M	50	
1272	0:55:24	1960	Joanne Carrol	F		
1273	0:55:24	2037	Andrew Denner	M		
1274	0:55:25	1044	Amanda Jane Johns	F	40	
1275	0:55:25	1961	Julian R Evans	M		
1276	0:55:26	1724	Brian Dunscombe	M	60	
1277	0:55:26	504	Gareth Watson	M		
1278	0:55:27	1292	Anthony Vallaric	M	45	Port Talbot Harriers
1279	0:55:27	588	Glyn Martin Jones	M		
1280	0:55:28	1456	Mark Stonelake	M	45	
1281	0:55:31	2597	Howard Lawrence Eaves	M	50	Activa
1282	0:55:31	421	Simon Harrison	M		
1283	0:55:32	1506	Dean Saunders	M		
1284	0:55:32	66	Nicholas Paul Hopkins	M		
1285	0:55:33	490	Sarah Jayne Davies	F	35	Penarth & Dinas Runners
1286	0:55:33	111	Jeffery Follani	M		
1287	0:55:34	2803	Eiry Miles	F		
1288	0:55:34	2338	Gabriela Heinrich	F	35	
1289	0:55:34	2380	Cathy Rachel Rees	F	35	
1290	0:55:35	478	Nicholas Alexander Morqar	M	20	
1291	0:55:35	1454	Robert John Owen	M	45	
1292	0:55:35	109	Yvette Sutton	F	50	Wye Valley
1293	0:55:35	2828	Nicole Green	F		
1294	0:55:37	529	Mark Jones	M	40	
1295	0:55:38	2233	Jane Elizabeth Tonks	F	45	
1296	0:55:38	1621	Pauline Annette Charlet	F	40	Pembrokeshire Harriers
1297	0:55:40	330	Gary John Richards	M		
1298	0:55:40	1110	Victoria Lucas	F	20	
1299	0:55:41	532	Bryan King	M	45	
1300	0:55:41	2219	Mary Reec	F		

Pos	Time	No	Name	M/F	Cat	Club
1301	0:55:42	1923	Gareth B Crees	M	45	
1302	0:55:42	487	Kieran Patrick Seale	M	40	
1303	0:55:42	1937	Richard Morris	M		
1304	0:55:42	537	Julie Williams	F	35	
1305	0:55:44	2834	Jonathan P Newman	M		
1306	0:55:45	987	Victoria Faye Austin	F	40	
1307	0:55:46	2500	Melissa Jane Thomas	F		Activa
1308	0:55:47	79	Catherine Anne Hanco	F	40	
1309	0:55:48	239	Lisa Phillips	F	35	
1310	0:55:49	1787	Karen Therese Forc	F	40	
1311	0:55:49	2700	Mark Arnold	M	40	
1312	0:55:49	276	Elaine Beasley	F	40	
1313	0:55:50	1260	Karen Beverley Burrows	F	40	3m Gorseinon Road Runners
1314	0:55:50	1620	Gwyn Charlett	M	45	Pembrokeshire Harriers
1315	0:55:51	2337	Gwyn Rhys Evans	M		
1316	0:55:52	2584	Joseph D Jones	M		Activa
1317	0:55:53	2191	Claire Evans	F		
1318	0:55:54	72	Alan Thomas	M	55	
1319	0:55:54	1871	Russell John Clark	M		
1320	0:55:56	1863	Jonathan C Kinneal	M		
1321	0:55:56	1799	Tony Dorset	M	60	Les Croupiers
1322	0:55:56	617	Lynne Porter	F	35	
1323	0:55:57	1062	Richard Peter David Johns	M	40	
1324	0:55:57	3040	Luke Davies	M	20	
1325	0:55:58	1045	Jonathan Jones	M	20	
1326	0:55:59	1337	Victoria Helen Broac	F	35	
1327	0:55:59	87	Joanne Elizabeth Jones	F	35	
1328	0:56:00	128	Lee Atkinson	M		
1329	0:56:00	213	Catherine Louise Powe	F		
1330	0:56:00	552	Tracey Williams	F	40	3m's Running Club
1331	0:56:01	746	David Huw Morgans	M	55	
1332	0:56:03	858	Mark Rees	M	40	
1333	0:56:04	998	Anthony James O'Connel	M		
1334	0:56:04	555	Sally Patricia Shroll	F	40	
1335	0:56:05	1299	Joanna Louise Duliqal	F		
1336	0:56:05	708	Helen Eynon	F	35	
1337	0:56:07	158	Lisa Phillips	F		
1338	0:56:08	2075	Rhodri Rowlands	M		
1339	0:56:08	88	Rachel Elizabeth Evans	F	35	
1340	0:56:10	612	Jacqueline King	F	35	
1341	0:56:10	1974	Jonathan P Rhodes	M	45	
1342	0:56:10	853	Alfryn Easter	M	55	3m's Roadrunners
1343	0:56:11	495	Neil Phillip Bowen	M	40	
1344	0:56:12	2600	Sheila James	F	35	Activa
1345	0:56:12	698	Sian Myfanwy Davis	F		
1346	0:56:13	1353	Geta Aldridge	F	50	
1347	0:56:14	241	Colin Martin	M		
1348	0:56:14	2009	Richard Coombs	M		
1349	0:56:14	607	Laura Thomas	F	20	
1350	0:56:15	3018	Paul F Brain	M	55	
1351	0:56:15	1985	Simon D Moss	M	55	
1352	0:56:15	1117	John Paul Jones	M		
1353	0:56:16	1118	Kathryn Jones	F		
1354	0:56:16	760	Laura Elizabeth Bourne	F		
1355	0:56:17	2417	Michael Andrew Sweeney	M		
1356	0:56:18	2520	Rhys Thomas John	M	20	Activa
1357	0:56:18	1615	Gail Osbourne	F		
1358	0:56:18	974	David Lyndon Harris	M		
1359	0:56:20	230	Lee Cobley	M		
1360	0:56:21	1939	Robert Draper	M	20	
1361	0:56:22	745	Elfred Herbert Pugh	M	60	
1362	0:56:23	1461	Richard John Chambers	M		
1363	0:56:23	2508	Matthew Andrew Copp	M		Activa
1364	0:56:24	1508	Catherine Louise Bradshaw	F	40	
1365	0:56:24	1865	Allyson Dickenson	F	35	Llanelli Road Runners
1366	0:56:25	2643	Virginia Y Lowson	F		
1367	0:56:26	2693	Greg Dow	M		
1368	0:56:26	344	Alun Lloyd Harris	M	40	
1369	0:56:28	1733	Steven John Edwards	M		
1370	0:56:29	1656	Sue Williams	F	35	
1371	0:56:29	1657	Mark Williams	M	45	
1372	0:56:29	2408	Tony Aleman	M	60	
1373	0:56:29	2245	Ben Andrew Williams	M	20	
1374	0:56:29	782	Stephan Wilcox	M	40	
1375	0:56:29	2236	Nichola Louise Landec	F		
1376	0:56:30	877	Christopher Hockley	M		
1377	0:56:30	2231	Melville Neil Morraar	M		
1378	0:56:31	1826	Andrew K Walsh	M		
1379	0:56:31	676	Martin Phillips	M	45	
1380	0:56:31	2343	Lowri Rhian Poinel	F		
1381	0:56:31	94	Andrea Irene Jones	F	35	
1382	0:56:33	1694	Jeffrey Evans	M		
1383	0:56:34	1949	Helen M H Elward	F		
1384	0:56:35	620	Nigel O'Shea	M		
1385	0:56:35	1812	Elaine Fyfe	F	50	
1386	0:56:36	1358	Philip Berni	M	45	
1387	0:56:39	781	Susan Jacqueline Thomas	F	45	
1388	0:56:39	2728	Paul Northcott	M		
1389	0:56:40	2200	Unknown Runner 2200	M		
1390	0:56:41	1842	Stephen R Colinese	M	50	
1391	0:56:42	385	Gareth Huw Harris	M	40	
1392	0:56:42	658	Pamena Ann Ahearne	F	40	
1393	0:56:42	659	Kevin Ahearne	M	45	
1394	0:56:44	1308	Alex Carey	M		Tenovus Team
1395	0:56:45	1302	Sharon Wellington	F	40	
1396	0:56:45	1911	Susan K Johnson	F	40	Womens Running Network
1397	0:56:45	2048	James M Walters	M		
1398	0:56:46	905	Billy McWilliams	M		
1399	0:56:46	1152	Jenny Wyatt	F	40	Womans Running Network
1400	0:56:47	1122	Rhidian Morqar	M	45	

Pos	Time	No	Name	M/F	Cat	Club
1401	0:56:47	299	Ann Fairington	F	45	
1402	0:56:47	2375	Elvet Davies	M	60	
1403	0:56:48	2394	Fiona Jones	F	20	
1404	0:56:48	2395	Michelle Miles	F	20	
1405	0:56:48	954	Theresa Jayne Taylo	F	40	Womens Running Network
1406	0:56:49	2660	Rebecca Yoseph-Stone	F		Women's Running Network
1407	0:56:51	1030	Dewi Hughes	M	50	
1408	0:56:52	1417	Claire Jones	F		
1409	0:56:53	2040	Anthony J Michael	M	40	
1410	0:56:53	400	Alison Maddocks	F	55	
1411	0:56:53	673	Heidi Andrews	F		
1412	0:56:54	1480	Kate Quick	F		
1413	0:56:55	2146	Mark Ellis	M		
1414	0:56:56	1436	Malcolm Sutton	M	45	
1415	0:56:57	1658	Richard Lewis Mainwarinc	M	20	
1416	0:56:57	1324	Teresa Moore	F		
1417	0:56:58	513	Jason Leigh Davies	M		
1418	0:56:58	2107	Jeremy Hughes	M		
1419	0:56:58	1323	Rod Moore	M		
1420	0:56:58	1430	Kerwin John Sidney Chapman	M		
1421	0:56:59	2701	Adrian Richards	M		
1422	0:56:59	97	John Alan Pilcher	M		
1423	0:57:00	818	Catherine Tracy Hopkins	F		
1424	0:57:00	1523	Rebecca Charlotte Verge	F		
1425	0:57:01	649	Jane Lucille Williams	F	35	
1426	0:57:02	1277	Emma Payne	F		
1427	0:57:02	1268	Julian Rhys Knowle	M		
1428	0:57:02	810	Dylan Jones	M		
1429	0:57:03	1478	Julie Andrea Samuel	F	40	
1430	0:57:03	1486	Ceri Lloyd John	M		
1431	0:57:04	393	Christine Benson	F	45	
1432	0:57:05	1731	Sarah Kate Morris	F		
1433	0:57:09	3037	Michael J Kennedy	M	45	
1434	0:57:11	2448	Dianne Connoi	F	65	3m's Running Club
1435	0:57:12	2645	Julie Evans	F	40	
1436	0:57:14	1074	Lorraine Scott	F	45	
1437	0:57:14	1635	David John Bruton	M	45	
1438	0:57:14	882	Tristan Lewis	M		
1439	0:57:14	883	David Thomas Blewett	M		
1440	0:57:15	2483	Susan Thomas	F	55	Trots
1441	0:57:16	1936	Richard Hughes	M		
1442	0:57:19	434	Rosie Amesbury	F	55	
1443	0:57:19	1095	Mark David Anthony De'courcy	M		
1444	0:57:21	110	Bethan Ruth Morgar	F		
1445	0:57:23	95	Richard Rogers	M	45	
1446	0:57:23	1170	John Henry Thonge	M	55	
1447	0:57:24	823	Martyn Williams	M		
1448	0:57:24	771	Branwen Evans	F		
1449	0:57:25	535	Gerald Curtis	M	50	
1450	0:57:25	534	E.qlenys Curtis	F	50	
1451	0:57:29	1031	Sheila Irene Pictor	F	45	
1452	0:57:29	2563	Thomas Mark Morris	M	20	Activa
1453	0:57:32	1008	Andrea Brown	F	40	
1454	0:57:34	1479	Sarah Vve	F	35	
1455	0:57:34	1910	Steven R Barry	M	45	
1456	0:57:34	1247	Geoffrey Drayton Stevenson	M		
1457	0:57:35	464	Gareth Williams	M		
1458	0:57:35	1880	Michael Hall	M		
1459	0:57:37	391	Brian Ford	M	65	
1460	0:57:37	292	Philip Lyn Dicks	M	45	Visteon Running Club
1461	0:57:38	665	Jacqueline Anne Keec	F	40	
1462	0:57:38	338	Mark Anthony Kemp	M		
1463	0:57:39	187	Adam Edward Pentland Richards	M		
1464	0:57:40	748	Belinda Jayne Holbrook	F		
1465	0:57:42	1016	Peter Andreas Moryc	M	45	
1466	0:57:42	723	Edward Llewelyn Rhys Thomas	M		
1467	0:57:43	174	Denise Lynne Renné	F	45	
1468	0:57:43	1849	Mvfanwy Jones	F		
1469	0:57:43	2534	Steven John Jenkins	M	40	Activa
1470	0:57:43	3045	Paul Wright	F		
1471	0:57:44	2495	Kate Isaac	M		
1472	0:57:44	2409	David Hugh John	M	60	
1473	0:57:45	1576	Dewi Thomas	M		
1474	0:57:46	2002	Sally Whittingham-Jones	F		
1475	0:57:47	2599	Edmund V James	M	40	Activa
1476	0:57:47	569	Steven Jones	M		
1477	0:57:47	1485	Angela Tilev	F		
1478	0:57:47	1487	Roger Tilev	M	40	
1479	0:57:49	2518	John Breslin	M	55	Activa
1480	0:57:49	2565	Paul Michael Gwilliam	M		Activa
1481	0:57:49	2517	Iestyn Thomas	M		Activa
1482	0:57:50	2370	Avril Brown	F	40	Brackla Harriers
1483	0:57:51	2376	Claire Henry-Davie	F	35	
1484	0:57:51	449	Richard Evans	M		
1485	0:57:53	82	Christopher Vaughan Plaice	M	60	
1486	0:57:54	2147	Dylan Bowen	M		
1487	0:57:54	605	Andrew James	M		
1488	0:57:55	604	Julie James	F		
1489	0:57:55	2665	Benjamin William Howcroft	M	20	
1490	0:57:55	820	Chris Kevin Bacon	M		
1491	0:57:56	2359	Geraint Huw Jenkins	M		
1492	0:57:56	1978	Gwyneth Parry	F	50	
1493	0:57:56	1111	Steve Whyte	M	40	
1494	0:57:57	431	Scott Charles	M		
1495	0:57:59	2501	David John Hines	M	40	Activa
1496	0:57:59	33	Graeme George Thelwel	M	45	
1497	0:58:00	1255	Stewart Evans	M	45	
1498	0:58:01	1400	Carl Edgar Haywarc	M		
1499	0:58:01	1328	Mark Jones	M		
1500	0:58:01	1329	Gayle Miller	F		

Pos	Time	No	Name	M/F	Cat	Club
1501	0:58:02	1314	Kyle Andrew Voros	M	20	
1502	0:58:02	738	Mari Elen Hobbs	F	40	
1503	0:58:02	476	Dawn Samantha Moore	F	20	
1504	0:58:02	248	Denis James Murphv	M		
1505	0:58:03	1488	Jason Albert Lewis	M		
1506	0:58:03	576	Lyn Clark	F	50	
1507	0:58:04	465	Michael Brian Kirton	M	40	
1508	0:58:04	1424	Kristina Maria Williams	F		Team Deviant
1509	0:58:05	564	Lea Glyn Tanner	M		
1510	0:58:05	1035	Hayley Louise Davie:	F		
1511	0:58:05	1275	Ann Shirley Lewis	F	45	
1512	0:58:06	1009	Joceline Keenar	F		
1513	0:58:07	1497	Dean Jones	M		
1514	0:58:11	115	Julian Wake	M		
1515	0:58:13	443	Mark Anthony Jones	M		
1516	0:58:14	2073	Dean Christian Packer	M		
1517	0:58:14	448	Gary Rees	M	55	
1518	0:58:15	1312	Arwel Micah	M		
1519	0:58:17	2580	Rebecca Jane Jones	F		Activa
1520	0:58:17	1829	Claire L Taylor	F		
1521	0:58:17	1131	David Glovei	M		
1522	0:58:19	2129	Sam Burson	M		
1523	0:58:21	250	Jean Sellars	F	55	Running Sisters - Chiltern Are
1524	0:58:21	2038	Alan J C Davies	M	60	
1525	0:58:21	1572	Nigel Paul Michael	M		
1526	0:58:24	1679	Jamie Lee Locking	M	20	
1527	0:58:26	3011	Julie Thomas	F	40	
1528	0:58:27	2242	Debra Clarke	F	35	
1529	0:58:27	2243	Jonathon N Clarke	M		Swansea Harriers
1530	0:58:29	921	Carole Thomas	F	50	
1531	0:58:31	734	Caroline Edmunds	F		
1532	0:58:34	2398	Deborah Louise Jones	F	40	
1533	0:58:36	1103	Bill Eaton	M	65	
1534	0:58:36	42	Bonnie Holt	F		
1535	0:58:37	2474	Helen Louise Price	F		
1536	0:58:37	2125	Nicola Wendy Jones	F	35	
1537	0:58:38	430	Emma Davies	F		
1538	0:58:38	1855	Liz Lovell	F	40	
1539	0:58:38	235	Jafar Ghalamkary	M	45	
1540	0:58:39	2362	Angie Dickinson	F	40	
1541	0:58:39	1496	Andrew Stephen Richards	M		
1542	0:58:39	1785	Clare Ford	F	40	
1543	0:58:40	2080	Alan Cox	M		Wrekin Road Runners
1544	0:58:40	1874	Rosie Eleanor Richards	F	20	Brecon A C
1545	0:58:42	2586	Donna Kuman	F		Activa
1546	0:58:43	2079	Kirk Jones	M		Wrekin Rtoad Runners
1547	0:58:44	2502	Kenneth Steven Grey	M	45	Activa
1548	0:58:45	1332	Andy Phillips	M	45	
1549	0:58:46	1161	Stephen Alan Mitchel Pickard	M	20	
1550	0:58:46	3049	Aled P Williams	M	20	
1551	0:58:46	409	David Williams	M	55	
1552	0:58:47	1154	Lise Lewis	F	35	
1553	0:58:47	1211	Sharon Rogers	F	35	
1554	0:58:48	799	Stephen Rees	M	55	
1555	0:58:49	1507	Mike Clement	M	40	
1556	0:58:49	1734	Andrew John Renestc	M	40	
1557	0:58:50	678	Mike Rees	M		
1558	0:58:51	679	Emma Rees	F		
1559	0:58:54	1137	Steven Anthony Brooks	M	40	
1560	0:58:54	1492	Suzanne Bishop	F	40	
1561	0:58:54	1690	Rebecca Louise Jones	F		
1562	0:58:54	1649	Julia Price	F	40	
1563	0:58:55	807	Andrew David Owens	M	40	
1564	0:58:56	1881	Ceri L Evans	M		
1565	0:58:56	1172	David Royston Tappe	M	55	Islwyn Running Club
1566	0:58:57	301	Rhidian Thomas	M		
1567	0:58:57	473	Mark John Stevens	M		
1568	0:58:59	1559	Gillian Stinton	F	35	
1569	0:58:59	1545	Cathryn Jayne Hughes	F		
1570	0:59:00	70	Kerenza Jane Moort	F		
1571	0:59:01	633	David Wood	M		
1572	0:59:02	159	Denise Susan Brennar	F	35	
1573	0:59:03	2299	Janice Williams	F	40	Neath Harriers
1574	0:59:03	2278	Lucy Anne Bryant	F		
1575	0:59:03	764	Louise Hughes	F	35	
1576	0:59:04	1542	Carol Prior	F		
1577	0:59:04	568	John May	M	40	
1578	0:59:04	765	Richard Caie	M	40	
1579	0:59:06	204	Christopher John Lanameac	M	50	
1580	0:59:06	253	Allyson Jean Lipp	F	45	
1581	0:59:06	971	Christopher Lee Taylo	M		
1582	0:59:08	732	Gwynfor James	M	55	
1583	0:59:08	2438	Laura Ruth Hall	F	40	
1584	0:59:09	2176	Jacky H Tyrrie	F		
1585	0:59:09	938	Shelley Marie Lamber	F		
1586	0:59:10	1444	Victoria Sansom	F		
1587	0:59:11	1197	Nigel Kevin Rees	M		
1588	0:59:11	227	Michael Glovei	M		
1589	0:59:11	1425	Julian Mark Williams	M		
1590	0:59:12	1426	David Gareth Williams	M		
1591	0:59:12	2575	Kit Thomas	M		Activa
1592	0:59:12	1945	Owen D Evans	M		
1593	0:59:13	972	Julie Manninq	F		
1594	0:59:13	850	Hazel Alyson Morqar	F	40	
1595	0:59:14	1689	Christine Coleman	F	45	
1596	0:59:14	1357	Tracy Morqans	F	40	
1597	0:59:15	2369	David Saunders	M	45	
1598	0:59:17	209	Angela Borrelli	F	35	
1599	0:59:18	1730	Clive Ian Gary Smith	M	50	
1600	0:59:20	2536	Christopher J Prince	M		Activa

Pos	Time	No	Name	M/F	Cat	Club
1601	0:59:21	1530	Leanne Simonesor	F		
1602	0:59:21	1529	Deborah Kay Spiers	F		
1603	0:59:22	2250	Chris Dickens	M		
1604	0:59:22	573	Lorraine Senior	F		
1605	0:59:23	2368	Heidi Lorenz	F	40	
1606	0:59:23	1999	Rodney Laugharne	M		
1607	0:59:24	1278	Cheryl Rebecca Davies	F	35	
1608	0:59:25	1979	Alexander J Dickens	M		
1609	0:59:26	597	David Pick	M	40	Carmarthen Harriers
1610	0:59:26	1925	Gwynfor Higgins	M	50	
1611	0:59:27	1946	Stephen Swinhoe	M		
1612	0:59:29	460	Tanith John	F		
1613	0:59:29	958	Martin Joseph Garn	M		
1614	0:59:29	1573	Richard John Thomas	M	40	
1615	0:59:31	2334	Clare Wood	F		
1616	0:59:32	1778	Tina A Roderick	F	35	
1617	0:59:33	2287	Jonathan Andrew King	M		
1618	0:59:33	2168	Aiwyn Morgan	M	50	
1619	0:59:36	497	Jean Margaret Arche	F	45	
1620	0:59:36	2229	Helen Fox	F		
1621	0:59:37	439	Paul Brettle	M	40	
1622	0:59:40	683	Owen Coxall	M		
1623	0:59:41	2143	Louis Cann	M	20	
1624	0:59:42	151	Carol Mary Ransor	F		Enfield Runners
1625	0:59:43	474	Katherine Lewis	F		
1626	0:59:44	2303	Susan Cairns	F		
1627	0:59:45	2068	Tracy Kloet	F		
1628	0:59:46	2304	Lydia Dee Matthews	F		
1629	0:59:46	860	Rhian Lvn Williams	F		
1630	0:59:47	835	Anna Jane Edmunds	F	35	
1631	0:59:47	108	Sharn Marie Thomas	F		
1632	0:59:48	471	Adam Edwards	M		
1633	0:59:48	1433	Katya Stiliard	F		
1634	0:59:49	1204	Michael Rees	M	50	
1635	0:59:50	3001	Emma Louise Meredith	F		
1636	0:59:50	347	Paul Naijar	M		
1637	0:59:51	2462	Huw Davies	M		Carmarthen Harriers
1638	0:59:51	1130	Ceri Ann Lewis	F		
1639	0:59:53	1491	Paul Bowen	M		
1640	0:59:53	226	Martin John Whatty	M		
1641	0:59:57	1581	Jayne Keeley	F	40	
1642	0:59:57	394	Jose Cifuentes	M	55	
1643	0:59:57	1466	Rhona Hill	F		
1644	0:59:58	757	Tracy Louise Caulfield	F	35	
1645	0:59:58	758	Paul Richard Rundle	M	40	
1646	0:59:59	376	Jackie Blyth	F	45	Swansea Harriers
1647	0:59:59	1907	Menna F Simpson	F		
1648	1:00:00	1780	Derek W Rees	M	55	
1649	1:00:02	2411	Philip David Price	M	40	
1650	1:00:04	247	Katy Anne Hughes	F		
1651	1:00:04	2525	Allison Davies	F	35	Activa
1652	1:00:04	2594	Nicola Bate	F		Activa
1653	1:00:05	1336	Christian Alan Kingston	M		
1654	1:00:05	1075	Anthony Owen Morqar	M	40	
1655	1:00:06	2152	Meinir Llwyd	F		
1656	1:00:08	1151	Mark Evans	M		
1657	1:00:11	1695	Janet Elizabeth Lewis	F		
1658	1:00:11	2631	Suzie Smyth	F	50	
1659	1:00:12	1376	Caroline Jones	F	40	
1660	1:00:14	1989	Peter Cavilli	M	50	Brynteg P E
1661	1:00:14	1988	Wayne Morris	M	50	
1662	1:00:15	716	James Hull	M		
1663	1:00:16	3030	Michael A Gaynor	M		
1664	1:00:18	830	David Watkins	M	40	
1665	1:00:19	189	Rachel Catherine Hollanc	F		
1666	1:00:20	1511	Suzanne Torrington	F		
1667	1:00:21	2730	Peter Northcott	M	50	
1668	1:00:22	2729	Jim Northcott	M		
1669	1:00:22	2835	Richard Graham Loosmore	M		
1670	1:00:24	450	Sarah Louise Hodasor	F	35	Aldridge Running Club
1671	1:00:25	2814	Paloma Burbidge	F		
1672	1:00:28	674	Edward Andrews	M		
1673	1:00:28	2676	Amy Caren Mantle	F	20	
1674	1:00:29	1948	Kelvin C Thomas	M		
1675	1:00:30	1797	Paul J Salathiel	M		
1676	1:00:32	38	Cathrine Ruth Henninc	F	20	
1677	1:00:33	256	Annette Scholz	F	35	
1678	1:00:34	300	Angela Morqar	F	40	
1679	1:00:36	888	Hilary Bignell	F	35	
1680	1:00:37	623	Geoffrey Michael Clemen	M		
1681	1:00:38	624	Jane Clement	F		
1682	1:00:38	1822	Lowri Cynan	F	40	
1683	1:00:39	1639	Sarah Hartrey	F		
1684	1:00:39	2372	Deborah Jane Birmingham	F		
1685	1:00:40	318	Victoria Jame Davis	F		
1686	1:00:41	1445	Malin Kvlander	F		
1687	1:00:42	1162	Sarah Anne Major	F		
1688	1:00:42	703	Julie Peconi	F		
1689	1:00:42	638	Richard Emmanuel Wood	M	65	
1690	1:00:42	1406	Timothy Parfitt	M	45	
1691	1:00:42	1859	Rhian Sian Burgess	F		
1692	1:00:43	1287	Delyth Ann Rees	F	40	Crlap
1693	1:00:45	1393	Gareth Jones	M	40	
1694	1:00:45	606	Nigel Thomas	M	45	
1695	1:00:45	1392	Jaqueline Teresa Jones	F	45	
1696	1:00:46	1156	Catherine Thomas	F	40	Womens Running Network
1697	1:00:46	2175	Gemma Dawson	F		
1698	1:00:46	1471	Paul David Mori	M	45	
1699	1:00:48	1769	Bernita De Wet	F	35	
1700	1:00:50	2578	Ruth Phillips	F	35	Activa

Pos	Time	No	Name	M/F	Cat	Club
1701	1:00:51	1069	Vivian Davies	M	40	
1702	1:00:54	2593	Elisabeth Brown	F		Activa
1703	1:00:54	2592	Kate Hughes	F		Activa
1704	1:00:54	1178	Claire Rees	F		
1705	1:00:55	243	Tina Jones	F	45	
1706	1:00:56	2100	Wanda Slowinski	F	40	
1707	1:00:57	2101	Sarah Ann Evans	F		
1708	1:00:59	861	Kathryn Greenfield	F		3m's Running Club
1709	1:00:59	1744	Rob Owens	M		
1710	1:01:00	2030	Christopher Harris	M		
1711	1:01:01	1087	Paul Whittaker	M		
1712	1:01:02	803	Martin Julian Veale	M	40	
1713	1:01:03	1584	Peter James Perkins	M	20	
1714	1:01:04	1270	Robert Keith Beale	M		
1715	1:01:04	1344	Clive Washington	M	50	
1716	1:01:05	41	Matthew Lloyc	M		
1717	1:01:05	2161	Rhian Milellc	F	35	
1718	1:01:05	175	Aimee Margaret Save	F		
1719	1:01:05	2478	Keith Ronald Norris	M	55	
1720	1:01:06	1354	Claire Lisa Pettifer-Stocks	F		
1721	1:01:06	886	Hazel Gilbert	F	55	Reading A C
1722	1:01:09	1094	Aaron Dominic Hughes	M		
1723	1:01:09	1010	Rhianydd Lewis	F		
1724	1:01:10	2301	Francon Davies	M	50	
1725	1:01:10	1212	Jill Elizabeth Willcox	F		
1726	1:01:16	898	Melanie Mallor	F	40	
1727	1:01:17	897	Maria Mallor	F		
1728	1:01:19	1291	Janet Lanedor	F	50	Leighton Buzzard A C
1729	1:01:19	1534	Rebecca Louise Dimvar	F		
1730	1:01:19	364	Hywel Lloyd James	M	45	
1731	1:01:24	365	Amy Louise James	F		
1732	1:01:24	2470	Rachel Elizabeth Hancock	F	35	
1733	1:01:25	1513	Peter Dear	M	20	
1734	1:01:27	2424	Lisa Dorothy Willis	F		
1735	1:01:29	1244	Eleri Hunt	F		
1736	1:01:29	2163	Joanna L Donalc	F		Womens Running Network
1737	1:01:30	1864	Delyth Lloyd	F	40	Womens Running Network
1738	1:01:31	2627	Jo Davies	F	35	Activa
1739	1:01:31	167	Sarah Kate Matthews	F		
1740	1:01:32	2530	Maria Edwards	F		Activa
1741	1:01:32	1296	Lynne Patricia Smith	F	45	
1742	1:01:34	289	Vicky Farwig	F		
1743	1:01:35	1374	Janet Saunders	F	40	
1744	1:01:36	1318	Katherine Louise Hawkes	F		
1745	1:01:37	984	Graham Blackwell Davies	M	50	
1746	1:01:37	2020	Ian Gill	M		
1747	1:01:37	272	Christopher Clark	M	45	
1748	1:01:38	249	Emma Kate Jones	F		
1749	1:01:40	1904	Laurel S Davies	F	35	
1750	1:01:40	1712	Myriam Bonduelle	F	45	
1751	1:01:41	1340	Alison Joanna Cokeley	F	45	
1752	1:01:41	203	Derek Hawkins	M	60	
1753	1:01:44	1536	Angela Maddock	F	40	
1754	1:01:45	1505	Phillip Collier	M		
1755	1:01:46	1616	Steven Carpenter	M		
1756	1:01:46	1617	Lisa Carpenter	F		
1757	1:01:47	915	Iain Michael Selman	M		
1758	1:01:48	916	Ceri Barnarc	F		
1759	1:01:49	792	Michelle Louise Tinsley	F		
1760	1:01:49	793	Paul John Bolton	M		
1761	1:01:50	1139	Tracey Davies	F	35	
1762	1:01:51	1699	Karen Howarth-Normar	F	35	
1763	1:01:51	1611	Cliff Garner	M	40	
1764	1:01:52	1922	Michael Hodge	M	40	
1765	1:01:53	1856	Tony Lovell	M	40	
1766	1:01:54	28	Karen Coppin	F		
1767	1:01:55	2733	Julie Evans	F		
1768	1:01:55	2711	Jacqui Murray	F		
1769	1:01:55	2246	Jonathan James Gates	M		
1770	1:01:57	648	Frederick Adrian Williams	M	45	
1771	1:01:58	2232	Aileen Sullivan	F		
1772	1:01:58	711	Gwenda Morris	F	40	
1773	1:01:59	1628	Diane Smith	F	50	Wye Valley
1774	1:01:59	579	Joanne McGourar	F	35	
1775	1:02:00	1627	Philip John Smith	M	50	Wye Valley
1776	1:02:01	2420	Jeff Hughes	M		
1777	1:02:02	2625	Donna Brown	F		Activa
1778	1:02:03	1646	Claire Louise Feiver	F		Brackla Harriers
1779	1:02:03	1153	Alison Palmer	F	40	Womens Running Network
1780	1:02:04	305	Karen Eileen Grey	F		3ms Gorseinon Road Runners
1781	1:02:04	2836	David C Davies	M	40	
1782	1:02:05	1346	Susan Mary Coghlin	F	40	Sospan Road Runners
1783	1:02:05	1748	Martin Fawcett	M		
1784	1:02:06	1872	Kathy Pearce	F	50	Sospan Road Runners
1785	1:02:07	701	Laura Tucker	F	40	
1786	1:02:09	1446	Alexander Iain Dinsd Hordinc	M		
1787	1:02:12	973	Kevin Llewellyn	M	50	
1788	1:02:13	345	Donald Patrick Fearn	M	70	Brecon A C
1789	1:02:15	1437	Jeanette Storm Edmonds	F		
1790	1:02:16	1569	Fiona Susan Neil	F	35	
1791	1:02:17	700	Anna Morris	F	35	
1792	1:02:18	1458	Wendy Elizabeth Richards	F	35	
1793	1:02:19	316	Jeremy Wells	M	40	
1794	1:02:19	234	James Sheldon Owens	M		
1795	1:02:19	315	Lauren Wells	F	20	
1796	1:02:20	728	Colin Daley	M	70	
1797	1:02:21	1410	Rhian Suzanne Hopkins	F		Pontypridd Roadents
1798	1:02:23	2327	Patricia Ann Cole	F	50	
1799	1:02:23	675	Rosemary Phillips	F	45	
1800	1:02:23	2426	Hywel Jones	M	45	

Pos	Time	No	Name	M/F	Cat	Club
1801	1:02:24	1206	Rachael Daw	F		
1802	1:02:24	427	Katie Jane Flower	F		
1803	1:02:27	197	Alan James Roberts	M	45	
1804	1:02:28	1077	Garv Lee Jones	M		
1805	1:02:29	1602	Karen Elizabeth Joseph	F	45	
1806	1:02:29	1106	Maria Elizabeth Hopkinson-Hasse	F		
1807	1:02:30	567	Dawn Prosser	F		
1808	1:02:31	1984	Justina M Walsh	F		
1809	1:02:32	1850	Anwen Jones	F		
1810	1:02:34	349	Michelle Mee	F		
1811	1:02:34	952	Havley Marie Griffiths	F		
1812	1:02:36	258	Ann Rees	F	40	
1813	1:02:37	1033	Paul John Evans	M	40	
1814	1:02:40	2256	Melanie Rachel Jehu	F	35	
1815	1:02:45	326	Lynwen Williams	F		
1816	1:02:45	829	Sharon Williams	F		
1817	1:02:46	2208	Deborah Gileen Matthews	F	35	
1818	1:02:46	332	Lisa Susan Fabb	F		
1819	1:02:47	2324	Theresa Tremlett	F	40	
1820	1:02:48	1494	Stephen Peter Dines	M	45	
1821	1:02:48	3013	David M Kemeny	M	40	
1822	1:02:49	1202	Stephen Halfpenny	M	40	
1823	1:02:50	1971	Robert Douglas	M		
1824	1:02:51	2811	Richard Evans	M		
1825	1:02:52	2352	Cherry Richmond	F	45	
1826	1:02:52	2469	Huw Morgan	M	45	
1827	1:02:52	335	Alistair Charles Bennett	M		
1828	1:02:53	2476	Jane Anne Voyle	F	35	
1829	1:02:54	871	Sarah Louise Stacey	F		
1830	1:02:55	242	Neil Leonard Price	M	55	Islwyn Running Club
1831	1:02:58	150	Rachel Elizabeth Thomas	F	35	
1832	1:02:58	685	Elaine Pamela Lewis	F	50	
1833	1:02:59	1205	Robert Gwyn Williams	M		
1834	1:03:00	1350	Ian James Edwards	M		
1835	1:03:04	2055	William G Havard	M	40	
1836	1:03:09	2493	Geraint Davies	M	45	
1837	1:03:11	1434	Ching Yip	M		
1838	1:03:12	1457	Emrys Nel Evans	M		
1839	1:03:18	2514	Stephen Hendricks	M		Activa
1840	1:03:19	1600	David Houston	M	55	
1841	1:03:21	148	Sarah Louise Stevens	F		
1842	1:03:23	761	Michelle James-Ellisor	F	45	
1843	1:03:24	45	Saniav Kumar Marwaha	M		
1844	1:03:25	2288	Janet Elizabeth West-Jones	F	35	
1845	1:03:25	1713	Stephen Lewis Barclay	M		
1846	1:03:26	1714	Elizabeth Rhian Barclay	F		
1847	1:03:26	1327	Rhian Wyn Holland	F		
1848	1:03:28	1451	Richard Andrew Chudleigh	M		
1849	1:03:30	1403	Caroline Anne Thomas	F	35	
1850	1:03:30	1261	Michelle Jenner	F		Talycopa A F C
1851	1:03:30	1890	Ruth Martin	F	50	
1852	1:03:32	932	Elizabeth Joy Owen	F	50	
1853	1:03:32	120	Margaret Barret	F	55	
1854	1:03:32	205	Nicola Jayne Patrick	F	35	
1855	1:03:33	2123	Christine Young	F	45	Womens Running Network
1856	1:03:34	826	Richard I Taylor	M	65	Epsom And Ewell Harriers
1857	1:03:35	533	Colin Chatfield	M	20	
1858	1:03:35	1543	Sally Griffiths	F	35	
1859	1:03:36	1515	Caroline Levshor	F	45	
1860	1:03:36	2690	Cerys Ash	F	35	
1861	1:03:37	438	Samantha Davies	F		
1862	1:03:37	437	Kevin Davies	M		
1863	1:03:39	1490	Darriell Ann Hair	F		
1864	1:03:40	1500	Helen Jane Griffiths	F		
1865	1:03:41	1589	Helen Elizabeth Evans	F		
1866	1:03:41	114	Lisa Mary Ogilvie	F		
1867	1:03:44	523	Mickey Warren	M	45	
1868	1:03:45	1955	Rachel M Jones	F		
1869	1:03:46	1954	Paul A Jones	M		
1870	1:03:46	816	Anderw John	M	40	
1871	1:03:46	2254	Joanne Cumberlin	F		
1872	1:03:47	800	Geoffrey David Garne	M	45	
1873	1:03:47	1355	Stephen Paul Griffiths	M	40	
1874	1:03:49	1766	Anwen Davies	F		
1875	1:03:49	1765	Peter Abraham	M		
1876	1:03:50	1921	Donna Carless	F		
1877	1:03:51	1919	Adam Shore	M		
1878	1:03:51	2269	Christine Margaret Sandersor	F	40	
1879	1:03:52	40	Jonathan Townley	M		
1880	1:03:53	2691	Angie Hall	F	35	
1881	1:03:54	2114	Lynn Goward	F	35	
1882	1:03:54	1817	David Winter	M	40	
1883	1:03:54	2116	Tracy French	F	35	
1884	1:03:55	2115	Julian French	M		
1885	1:03:56	1025	Emyr Roberts	M	55	Brecon A C
1886	1:03:57	3033	Kerry J Thomas	F	40	
1887	1:03:58	2608	Heather Thomas	F	40	Activa
1888	1:03:59	2296	Helen McDaid	F		3m's Running Club
1889	1:03:59	2585	Jackie Slocombe	F		Activa
1890	1:04:00	1127	John Nigel Powney	M	50	
1891	1:04:01	228	Paula Lakin Monte	F	35	
1892	1:04:06	1957	Sarah M Matthews	F	35	
1893	1:04:07	2025	Rachel Zoi Evans	F		
1894	1:04:08	1607	Suzanne Louise Hughes	F	35	
1895	1:04:09	2202	Unknown Runner 2202	M		
1896	1:04:10	410	David Edwards	M		
1897	1:04:11	805	Sian Hayley Edwards	F		
1898	1:04:11	804	Martin John Figg	M		
1899	1:04:13	785	Julia Anne Collins	F	50	
1900	1:04:14	1564	Nicholas James Johnsr	M		

Pos	Time	No	Name	M/F	Cat	Club
1901	1:04:14	1565	Anthony Williams	M		
1902	1:04:15	84	Carolyn Williams	F	40	
1903	1:04:15	1757	Katie Sheard	F		
1904	1:04:15	687	Gareth William Jones	M	60	
1905	1:04:15	688	Kav Jones	F	60	
1906	1:04:16	455	Michael O'Shea	M	60	
1907	1:04:17	707	Neil Wilson	M	45	
1908	1:04:17	1180	Rebecca Kate O'Leary	F		
1909	1:04:17	865	Steven Jones	M		
1910	1:04:18	1879	Michelle Morqar	F		
1911	1:04:20	333	Pauline Ann Anthony	F	50	
1912	1:04:22	2072	Geraint John Rees	M		
1913	1:04:23	129	Julie Elizabeth Watts	F	40	
1914	1:04:24	206	Michael John Douglas	M	45	
1915	1:04:24	1972	Emily Douglas	F		
1916	1:04:25	2449	William Tony Morris	M	45	
1917	1:04:25	2492	William Lloyd Davies	M	20	
1918	1:04:29	650	Wendy Louise Godwin	F		
1919	1:04:30	1819	Alex Morris	F		
1920	1:04:30	1818	Elly Lynne Edmunds	F		
1921	1:04:32	127	Nicola Ann Anderson	F		
1922	1:04:38	2224	Margaret Eleri Maskel	F	35	
1923	1:04:41	2494	Ellinore Lightbody	F	45	
1924	1:04:42	2819	Kylene Rafferty	F		
1925	1:04:43	1908	Dominic R Jones	M		
1926	1:04:44	2089	Marc Thomas	M		
1927	1:04:45	1550	Siwan Vaughan Evans	F		
1928	1:04:48	2612	Christopher Jones	M		Activa
1929	1:04:49	2626	Richard Crver	M		Activa
1930	1:04:50	2017	Carla Jayne Hughes	F		
1931	1:04:53	1311	Llinos Rhianedd Roberts	F		
1932	1:04:54	2540	Jean Towell	F	55	Activa
1933	1:04:58	1743	Sheila Duqqan	F		
1934	1:04:58	1756	Sian Arfon	F		
1935	1:04:59	1746	Cressida Blansharc	F		
1936	1:05:00	1886	Irene George	F	35	
1937	1:05:00	2268	Allison William	F	35	
1938	1:05:02	1481	Alan John Watkins	M	40	
1939	1:05:04	2059	Sarah Ford	F	40	
1940	1:05:07	2595	Ceinwen Williams	F	45	Activa
1941	1:05:08	266	Simon Mark Hudd	M		
1942	1:05:08	2347	Andrea Jenkins	F	40	
1943	1:05:10	2547	Rebecca Hughes	F		Activa
1944	1:05:10	2566	Christopher R Hughes	M	20	Activa
1945	1:05:11	1915	Lindsav Thomas	F	45	
1946	1:05:12	2144	Richard Cann	M	40	
1947	1:05:12	327	Alison Francis	F	35	
1948	1:05:12	2620	Daniel James Curtis	M		Activa
1949	1:05:13	1789	Delyth Anne Johnstone	F	35	
1950	1:05:15	1927	Lucy Amelia Hawes	F		
1951	1:05:20	1802	Ian J Walker	M		
1952	1:05:25	3038	Neil V Tavor	M		
1953	1:05:26	1169	Helen Gina Jones	F	40	
1954	1:05:26	554	Frances Anne Morqar	F		
1955	1:05:29	2523	Louise Stafford	F		Activa
1956	1:05:29	715	Judith Dunstan	F		
1957	1:05:29	1066	Paul James Cowling	M		
1958	1:05:30	2572	Shaun Steven Treha	M		Activa
1959	1:05:33	481	Julie Ann Lloid	F		
1960	1:05:40	806	Jeff Davies	M	50	
1961	1:05:40	1108	Tom Wallace	M	50	
1962	1:05:41	943	Donna Caswel	F	35	
1963	1:05:45	2480	Roger Andrew Ward	M	55	
1964	1:05:48	1157	Christine Viktoria Akessor	F		
1965	1:05:48	1593	Kenneth Rowe	M	45	
1966	1:05:49	1905	Rhian H Davies	F	35	
1967	1:05:50	1647	Rita Collins	F	50	Brackla Harriers
1968	1:05:54	2821	Daniel Arwyn Rees	M	20	
1969	1:05:55	1675	Beverley Helen James	F	40	
1970	1:06:00	1749	Lara Hawkes	F		
1971	1:06:01	1671	Sue James	F	35	
1972	1:06:01	336	Haydn Evans	M	45	
1973	1:06:03	1969	Kathryn Laws	F	40	
1974	1:06:03	210	Sue Shannon-Jones	F	50	Women's Running Network
1975	1:06:09	1289	Carol Anne Mainwarin Vyne	F		
1976	1:06:10	1319	Sian Mary Griffiths	F		
1977	1:06:14	3010	Neil Robertsor	M		
1978	1:06:19	1177	Gary Edward Sparkes	M		
1979	1:06:22	413	Stephanie Alexandra Davies	F		
1980	1:06:29	2153	Angela Hartwell	F	40	
1981	1:06:30	1938	David Williams	M	50	
1982	1:06:31	1135	Lillian Dobby M.b.e.	F	65	
1983	1:06:32	122	Carolyn Margaret Palme	F	45	
1984	1:06:33	1738	Jamie Thomas	M		
1985	1:06:33	3003	Samba S Buchipuos	M		
1986	1:06:35	1013	Martyn Bruce Prin	M		
1987	1:06:39	1745	Sarah Joanne Hudson	F		
1988	1:06:40	934	Alison Marie Ower	F	35	
1989	1:06:41	2317	Mererid Anwyl Thomas	F		
1990	1:06:45	1994	Ray Rivett	M	70	
1991	1:06:46	1750	Alan Race	M		
1992	1:06:46	2621	Emma Jane Evans	F		Activa
1993	1:06:47	157	Alison James	F		
1994	1:06:49	867	James Donovar	M	45	
1995	1:06:51	1114	Tracey Hinton	F	35	Women's Running Network
1996	1:06:51	1650	Christine Long	F	45	
1997	1:06:53	900	John Randall Johnsor	M	50	
1998	1:06:53	1853	Tara J Blazer	F		
1999	1:06:55	1777	Sarah E Butt	F		
2000	1:06:55	1776	David P Butt	M		

Pos	Time	No	Name	M/F	Cat	Club
2001	1:06:56	1365	Patricia Woodhouse	F	35	
2002	1:06:57	2138	Alan Wyn Millichip	M		
2003	1:06:59	233	Nicola Jayne Watson	F	35	
2004	1:07:01	863	David Anthony Roberts	M		
2005	1:07:01	2742	Rebecca Duffy	F		
2006	1:07:01	2461	David Capus	M		
2007	1:07:04	949	Margarita Mary Thomas	F	40	
2008	1:07:05	1857	Owen Thomas George	M	50	
2009	1:07:06	601	Peter Graham Thomas	M	60	
2010	1:07:07	2445	Emma Louise Farrington	F		
2011	1:07:07	1448	Ian Hopkins	M		
2012	1:07:08	1682	Emma Marie James	F		
2013	1:07:08	2310	Peggy Vermeesch	F		
2014	1:07:09	1526	Amy Elizabeth Stephens	F		
2015	1:07:11	714	Alyson Jones	F	40	
2016	1:07:12	794	Alan Boyce	M		
2017	1:07:15	1271	Tony Nakoneczny	M	50	
2018	1:07:15	802	Simone Price	F	45	
2019	1:07:16	2519	Michael Dalling	M	20	Activa
2020	1:07:16	2562	Mark D Edwards	M	20	Activa
2021	1:07:17	1415	Melanie Dawn Carson Thomas	F		
2022	1:07:18	46	Tracy Rawlings	F		
2023	1:07:18	51	Fiona Caroline Griffiths	F	40	
2024	1:07:20	211	Kathy Ling	F	60	Wrekin Road Runners
2025	1:07:22	1250	Catherine Jane Jacksor	F	45	
2026	1:07:23	1670	Josephine Guy	F	35	
2027	1:07:23	780	Suzie Shepherd	F	35	Chepstow Harriers
2028	1:07:27	2062	John Evans	M	65	
2029	1:07:28	2734	Emma Jayne Richards	F		
2030	1:07:31	319	Jaynie Yvonne Rance	F	35	
2031	1:07:32	3036	Robert G Lloyd	M	40	
2032	1:07:32	2127	Kevin Bygate	M	45	
2033	1:07:36	2725	Nicola Rabjohns	F	45	
2034	1:07:37	1964	Sarah L McCoubrev	F		
2035	1:07:44	358	Mr Jones	M	40	Swansea Valley Round Table
2036	1:07:47	2300	Rhian Enfy Jones	F		
2037	1:07:47	2280	Rebecca Ann Davies	F		
2038	1:07:47	1687	Elizabeth F Rees	F	55	
2039	1:07:49	381	Ann Alderton	F	40	
2040	1:07:53	2412	Kelly Gimblett	F	35	
2041	1:08:01	146	Kathleen Davies	F	55	
2042	1:08:03	1029	Deborah Martir	F		
2043	1:08:07	1729	Madeleine C N Puot	F	35	
2044	1:08:08	179	Emma Davies	F		
2045	1:08:09	1057	Kwok Chi Lee	M		
2046	1:08:10	1058	Claire Louise Davis	F		
2047	1:08:12	1710	Cheryl Jeanette Dicksor	F	40	
2048	1:08:18	992	Jay Claire Doyle	F		
2049	1:08:19	1528	Keith Evans	M	65	Multisport
2050	1:08:19	2016	Kurstyn Jessica Jord Thomas	F	35	
2051	1:08:20	2015	Russell Wood	M	60	
2052	1:08:22	1758	Laurence A Grav	M		
2053	1:08:31	1245	Andi Plastiras	F	40	
2054	1:08:34	1876	David M Powell	M		
2055	1:08:34	2302	Angela Adel Lewis	F	35	
2056	1:08:37	1760	Richard James	M		
2057	1:08:43	1981	Lynne Perroti	F	50	
2058	1:08:44	565	Judith Mary Tanner	F	40	
2059	1:08:50	514	Paul Jamie Thomas	M		
2060	1:08:52	2248	Marisa Lorraine Whitbread	F		
2061	1:08:52	1641	Emma Davies	F		
2062	1:08:56	3004	Girish N Viswanathan	M		
2063	1:08:56	2106	Angela Hughes	F	35	
2064	1:08:58	2451	Trudy Jeannie Jalim	F	55	Women's Running Network
2065	1:08:58	762	Lili Ffion Ellison	F	20	
2066	1:09:08	2826	Valda Margaret Budc	F	55	Stubbington Green Runners
2067	1:09:10	684	Sian Mary Coxal	F		
2068	1:09:12	767	Helen Clare Forke	F		
2069	1:09:19	777	Janice Potter	F	45	
2070	1:09:24	899	David Shaun Bendle	M		
2071	1:09:25	933	Raymond Vaughan Maje	M	50	
2072	1:09:25	1540	Protacio Gomez	M		
2073	1:09:29	152	Victoria Helen Ody	F		Corsham Running Club
2074	1:09:30	1246	Natasha Still	F	35	
2075	1:09:31	2050	Clive Edwards	M	60	
2076	1:09:35	2104	Julie Rees	F		
2077	1:09:39	578	Maqqie McAlinden	F	40	
2078	1:09:44	873	Karen Wright	F	35	
2079	1:09:45	527	Sian Elin Davies	F		
2080	1:09:47	1262	Christopher Kevin Harrisor	M		Talycopa A F C
2081	1:09:48	769	Danielle Louise Kinsmar	F		
2082	1:09:48	770	Simon John Kinsman	M		
2083	1:09:48	768	Zoe Hyde	F		
2084	1:09:48	2006	Yvonne McLavv	F		
2085	1:09:49	2529	Byron Adlam	M		Activa
2086	1:09:51	420	Anne Marie Hooqendijl	F		
2087	1:09:52	1824	Catherine E Jones	F		
2088	1:09:53	2023	Kelvin Jones	M	40	
2089	1:09:54	2117	Jacqueline Whittle	F		
2090	1:09:58	422	Katherine Stephan	F		
2091	1:09:59	2537	Vivienne Arthur	F	45	Activa
2092	1:10:01	2703	Tony Davenport	M	50	
2093	1:10:01	2405	Margaret Susan Joseph	F	45	
2094	1:10:08	1820	Diane C Williams	F	35	
2095	1:10:08	1221	Mary Elisabeth Donnelly	F	40	
2096	1:10:12	2545	Alison Yvonne Manship	F	35	Activa
2097	1:10:14	724	Helen Margaret Yewlet	F	55	
2098	1:10:16	139	Jacqueline Richards	F	55	
2099	1:10:18	363	Karen Elizabeth Rach Hoddinot	F	45	
2100	1:10:22	1298	David Leighton Evans	M		

Pos	Time	No	Name	M/F	Cat	Club
2101	1:10:28	2466	Graham Dennis Sarge	M	45	
2102	1:10:49	563	Alan Jones	M	40	
2103	1:10:49	562	Nia Mary Dickie	F	35	
2104	1:10:52	539	Jannette Thorne	F	35	
2105	1:10:52	540	Beverley Greer	F		
2106	1:10:56	1398	Simon Mark Midwinter	M		Talycopa A F C
2107	1:11:05	2070	Paula Brooks	F		
2108	1:11:05	1753	Kate Slader	F		
2109	1:11:07	501	Seanaid Redder	F		
2110	1:11:08	36	Paul Wayne Skinner	M		
2111	1:11:09	528	Wendy Elizabeth Skinner	F		
2112	1:11:11	1651	Ann Long	F	20	
2113	1:11:18	2553	Clare Louise Wynn	F		Activa
2114	1:11:19	2346	Sian Emery	F		
2115	1:11:19	2345	James Matthew Spiteri	M		
2116	1:11:21	1568	Beverly Jane Crawfor	F	35	
2117	1:11:23	362	Suzanne Sterunc	F		
2118	1:11:24	361	Simon Johnathan Brown	M		
2119	1:11:25	191	Lynn Chambers	F	50	
2120	1:11:27	1967	Virginia Madoc	F	55	
2121	1:11:27	1601	Alison Williams	F	35	
2122	1:11:27	1680	Janine Snell	F	40	
2123	1:11:49	142	Phillip Arthur Bassett	M	60	
2124	1:11:49	2150	Sian Rhys Williams	F	35	
2125	1:11:50	2410	Meurig Leyshor	M	45	
2126	1:11:50	2456	Kim Elizabeth Evans	F	45	
2127	1:11:51	176	Emma Fenwick	F		
2128	1:12:05	2714	Kate Smith	F	35	
2129	1:12:09	2731	Julie Thomas	F	45	
2130	1:12:14	403	John Selby	M	40	
2131	1:12:16	1638	Paula Marie Murphy	F	35	
2132	1:12:25	525	Donna Rees	F		
2133	1:12:25	2361	Fiona Richards	F	50	
2134	1:12:27	1226	Rachael Dawsor	F		
2135	1:12:28	969	Rachel Helen Danie	F		
2136	1:12:28	372	Louise Sweetman	F	35	
2137	1:12:30	2292	Ann Benton	F	40	
2138	1:12:30	736	Annabel Irene Hennessy	F	45	
2139	1:12:34	901	Cara Gates	F	35	
2140	1:12:42	153	Kerry Emily Ann Bushe	F		
2141	1:12:42	2558	Jenny Anne Jones	F		Activa
2142	1:12:48	1166	Simon Leslie Morris	M		
2143	1:12:58	909	Wendy Ivins	F	35	
2144	1:12:59	2204	Bronwen Jane Graharr	F		
2145	1:13:08	2736	Hannah Wiggins	F		
2146	1:13:09	1361	Laurian O'Connoir	F	50	P T
2147	1:13:09	1360	Susan Daw	F	50	
2148	1:13:14	2577	Angela Griffiths	F	40	Activa
2149	1:13:27	2342	Annette Lewis	F		Aberdare A A C
2150	1:13:27	1888	Jill Stephens	F	45	
2151	1:13:28	849	Suzanne Carole Thomas	F	35	Swansea Harriers
2152	1:13:30	1767	Nigel D Gant	M	45	
2153	1:13:33	706	Helen Joyce Wilson	F	35	
2154	1:13:33	549	Deirdre Hall	F	35	
2155	1:13:52	1686	Carol Davies	F	50	
2156	1:13:52	1678	Gwendolyn Iona Davies	F	50	
2157	1:13:57	814	David Alan Kirton	M		
2158	1:14:02	2535	David Woodley	M		Activa
2159	1:14:02	791	Jiang Nan Xie	F		
2160	1:14:06	583	Paul Michael Hollanc	M		
2161	1:14:09	628	Maria Richards	F		
2162	1:14:09	629	Sarah Cook	F	40	
2163	1:14:22	667	Ross James Opie	M		
2164	1:14:25	1560	Lucinda Gaisfor	F		
2165	1:14:38	837	Neil Charles Roberts	M		
2166	1:14:42	310	Carol Johns	F	35	
2167	1:14:44	1823	Manon A Edwards	F		
2168	1:14:47	1700	Nicholas Edward Normar	M		
2169	1:14:52	2384	Chris Bowen	M	40	
2170	1:14:52	1023	Beverly Alison Ranfi	F	40	
2171	1:14:54	587	Michalle Lorraine Jones	F	40	
2172	1:14:58	2574	Patsy Punchard	F	50	Activa
2173	1:15:10	1870	Claire Ann Clark	F		
2174	1:15:10	2158	Janine Evans	F		
2175	1:15:12	183	Rhiannon Churchill	F		3m's Gorseinon
2176	1:15:23	1830	Vanessa Davies	F	40	
2177	1:15:24	1190	Jane Elliott	F	50	
2178	1:15:26	1297	Katrina Ann Evans	F		
2179	1:15:27	811	Ann Juliana Evans	F	40	
2180	1:15:42	1975	Ria L Jones	F		
2181	1:15:51	2531	Lisa Ann Smith	F		Activa
2182	1:15:58	145	Maureen Margaret Darlingtor	F	50	
2183	1:16:00	144	Christine Sylvia Bromage	F	50	
2184	1:16:40	1225	Debbie Marshal	F		
2185	1:16:53	257	Michael Douglas Jones	M	40	3m's Gorseinon
2186	1:17:46	2705	Briqitte Davenport	F	50	
2187	1:17:49	1482	Sara Gwendoline Ann Morqar	F	45	
2188	1:17:58	2102	Nerine Griffiths	F	35	
2189	1:17:58	2103	Sian Mary Williams	F		
2190	1:18:04	1208	Andrew Colin Hill	M	50	
2191	1:18:21	510	Kelvin Robert James	M	50	
2192	1:18:33	2086	Lesley Lanqdor	F	40	
2193	1:18:35	2471	Kirstin Roberts	F	35	
2194	1:18:35	2472	Pamela Erasmus	F	50	
2195	1:18:37	373	Anthony Michael Page	M	45	
2196	1:18:38	96	Jason James Nicholls	M		
2197	1:19:09	2481	Andrea Vogel	F		
2198	1:19:12	1189	Elizabeth Victoria W Stevenson	F		
2199	1:19:38	1447	Stephen Landry	M		
2200	1:19:49	2532	Emma Patrick Smith	F		Activa

Pos	Time	No	Name	M/F	Cat	Club
2201	1:19:54	2708	Kathryn Haines	F	40	
2202	1:19:54	2716	Karen Preece	F	40	
2203	1:20:00	2723	Melanie Hunt	F		
2204	1:20:01	2724	Chris Griffiths	M		
2205	1:20:21	366	Gordon Greer	M	65	
2206	1:20:38	796	Helen Handley	F	45	
2207	1:20:41	2564	Aled S Thomas	M	20	Activa
2208	1:20:47	747	Kerry Morgar	F	40	Rhondda Valley Runners
2209	1:21:00	2727	Kereshmeh Naseh	F	50	
2210	1:21:06	1928	Joanna C M Jones	F		
2211	1:21:11	885	Claire Louise Shil	F	40	
2212	1:21:28	1548	Kelly Marie Griffiths	F	20	
2213	1:21:29	1831	Bethan Thomas	F	35	
2214	1:21:31	160	Miranda La Vey	F		
2215	1:21:33	1064	Natalie Anne Thorne	F		
2216	1:21:33	980	Paul Jackson	M	45	
2217	1:21:55	1348	Marqaret Elizabeth Jenkins	F	45	
2218	1:21:55	1347	Hilary Edwards	F	50	
2219	1:21:55	1351	Sian Elizabeth Morgar	F	45	
2220	1:22:17	1182	Lorraine Jane Meredith	F	50	
2221	1:22:17	1184	Beverley O'Leary	F	45	
2222	1:22:22	2801	Kenneth Frederick Jackson	M	60	
2223	1:22:36	2544	Louise Chittender	F		Activa
2224	1:22:37	2543	David Royston Harris	M		Activa
2225	1:22:42	1200	Janice Vicky Williams	F		
2226	1:22:54	1956	Michele E Williams	F	35	
2227	1:23:04	2576	Helen Edwards	F	35	Activa
2228	1:23:13	2318	Sarah Louise Strouc	F	20	
2229	1:23:28	1367	Darryl Jones	M	40	
2230	1:23:34	1432	Peter Ferguson Galloway	M	45	
2231	1:24:22	1762	Claire Louise Vogar	F		
2232	1:24:26	1761	Joanna C Bishop	F		
2233	1:24:38	2227	Genevieve Du Coudray	F		
2234	1:25:46	2348	Jacquelyn Clare Jeffrey	F		
2235	1:25:46	2349	Darren Matthew Jeffrey	M		
2236	1:26:49	1806	Helen S Griffiths	F		
2237	1:26:55	1303	Mark James Newbolc	M		Tenovus Team
2238	1:26:55	1304	Maria Newbolc	F		Tenovus Team
2239	1:30:55	1085	William Michael Evan Jones	M	40	
2240	1:30:58	1707	Laura Dyer	F		
2241	1:31:29	1685	Sally Anne Stuckey	F		
2242	1:31:30	1681	Alison Job	F	35	
2243	1:32:02	1800	Karen Sutton	F	35	
2244	1:32:02	1801	Dawn L Bell	F		
2245	1:32:02	1803	Amanda J Morgar	F	35	
2246	1:32:36	2215	Michelle Ann Langshaw	F		
2247	1:32:37	1959	Emma Donne	F		
2248	1:35:50	1808	Suzette Waddingham	F		
2249	1:35:50	1804	Ceris Wathan	F		
2250	1:37:03	1248	Adrian John Jones	M	45	
2251	1:37:07	1459	Megan Morgar	F	45	
2252	1:39:40	1673	Sian Bath-Jones	F		
2253	1:39:41	1684	Joanna Raynor Breeze-Jone	F	35	
2254	1:40:40	1666	Stacey Bird	F		
2255	1:40:40	1674	Rachel Francis	F		
2256	1:41:14	44	Kelly Jane Stephens	F	20	
2257	1:41:43	1660	Sarah Louise Thomas	F	20	
2258	1:41:45	1165	Siubhan Alexandra Redder	F	20	
2259	1:43:35	2464	Sian Elizabeth Bowen	F	35	
2260	1:43:36	2463	Kim Sandra Robinson	F	45	
2261	1:43:52	2393	Claire Louise Thomas	F		
2262	1:43:52	2389	Alison Parsonage	F	40	
2263	1:44:29	2392	Christina Smedley	F	20	
2264	1:49:04	1754	Matthew Bulkeley	M		
2265	1:49:05	2156	Lucie C Rees	F	20	
2266	1:49:05	2341	Gemma Danielle Slobom	F	20	
2267	1:49:05	1755	Olwyn M R Westwood	F	45	
2268	1:50:17	285	Natasha Elizabeth Thomas	F	20	