

Atlantic College 10K

Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|------------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 1 | 0:31:33 | HUNT, Andrew | Cardiff AC | | 03:09.3 | 725 | 1 |
| 2 | 0:31:57 | BAKER, Julian | Les Croupiers | | 03:11.7 | 470 | 2 |
| 3 | 0:31:59 | JOHNSON, Michael | Cardiff AC | | 03:11.9 | 549 | 3 |
| 4 | 0:32:18 | JENKINS, Marc | Bridgend | | 03:13.8 | 548 | 4 |
| 5 | 0:33:17 | RICHARDS, Paul | | Vet 40 Men | 03:19.7 | 533 | 5 |
| 6 | 0:33:27 | THOMAS, Gareth | Les Croupiers | Vet 40 Men | 03:20.7 | 246 | 6 |
| 7 | 0:33:39 | LIVESY, Mark | army tri association | | 03:21.9 | 580 | 7 |
| 8 | 0:33:40 | AHERNE, Lee | club69 | | 03:22.0 | 453 | 8 |
| 9 | 0:33:45 | GRIFFITHS, Paul | Swansea Harriers | | 03:22.5 | 573 | 9 |
| 10 | 0:33:52 | JONES, Gareth | Neath Harriers | | 03:23.2 | 504 | 10 |
| 11 | 0:34:04 | PATERSON, Stephen | Pegasus | | 03:24.4 | 6 | 11 |
| 12 | 0:34:08 | WILSON-EVANS, Dave | Shamed Harriers | Vet 40 Men | 03:24.8 | 452 | 12 |
| 13 | 0:34:20 | LEWIS, Tim | Brackla Harriers | | 03:26.0 | 538 | 13 |
| 14 | 0:34:25 | THOMAS, Stephen | Islwyn Running Club | | 03:26.5 | 134 | 14 |
| 15 | 0:34:35 | FROST, Nick | Pontypridd Roadents AC | Vet 40 Men | 03:27.5 | 80 | 15 |
| 16 | 0:34:41 | TALBOT, Paul | Neath Harriers | Vet 40 Men | 03:28.1 | 530 | 16 |
| 17 | 0:34:46 | DUKES, Nick | Les Croupiers | | 03:28.6 | 451 | 17 |
| 18 | 0:34:52 | ASPELL, John | army tri association | | 03:29.2 | 576 | 18 |
| 19 | 0:35:05 | REEVES, Stuart | Les Croupiers | | 03:30.5 | 182 | 19 |
| 20 | 0:35:36 | MEYLER, Chris | Bridgend | | 03:33.6 | 122 | 20 |
| 21 | 0:35:50 | DURY, Michael | Islwyn Running Club | | 03:35.0 | 732 | 21 |
| 22 | 0:35:53 | HEADON, David | Les Croupiers | Vet 40 Men | 03:35.3 | 491 | 22 |
| 23 | 0:35:55 | DAVIES, Peter | Bridgend | Vet 50 Men | 03:35.5 | 191 | 23 |
| 24 | 0:35:57 | TUCKER, Helen | Bridgend | | 03:35.7 | 443 | 24 |
| 25 | 0:36:04 | CHANDLER, Mike | Pontypridd Roadents AC | Vet 50 Men | 03:36.4 | 458 | 25 |
| 26 | 0:36:17 | JONES, Richard | Swansea Harriers | Vet 40 Men | 03:37.7 | 524 | 26 |
| 27 | 0:36:34 | HAWKINS, Brian | Cardiff Tri | | 03:39.4 | 569 | 27 |
| 28 | 0:36:45 | PARKER, Chris | | Vet 40 Men | 03:40.5 | 3 | 28 |
| 29 | 0:36:51 | FANCETT, Tom | | Under-20 Boys | 03:41.1 | 344 | 29 |
| 30 | 0:36:53 | HOWELL, Scott | Les Croupiers | Vet 40 Men | 03:41.3 | 396 | 30 |
| 31 | 0:37:09 | HUTCHINSON, Anne-Marie | Neath Harriers | | 03:42.9 | 511 | 31 |
| 32 | 0:37:14 | HILL, Paul | Pegasus | Vet 40 Men | 03:43.4 | 583 | 32 |
| 33 | 0:37:18 | DAVIES, Neil | Cornelly Striders | Vet 40 Men | 03:43.8 | 537 | 33 |
| 34 | 0:37:28 | EDWARDS, Stephen | Islwyn Running Club | | 03:44.8 | 209 | 34 |
| 35 | 0:37:32 | MEYLER, Phil | Pontypridd Roadents AC | Vet 50 Men | 03:45.2 | 123 | 35 |
| 36 | 0:37:38 | THOMPSON, Andrew | Griffithstown Harriers | Vet 40 Men | 03:45.8 | 587 | 36 |
| 37 | 0:37:44 | BAMSEY, Robert | Neath Harriers | Vet 50 Men | 03:46.4 | 494 | 37 |
| 38 | 0:37:54 | TOWNSEND, Matthew | Les Croupiers | | 03:47.4 | 72 | 38 |
| 39 | 0:38:03 | WILLIAMS, John | Neath Harriers | Vet 40 Men | 03:48.3 | 455 | 39 |
| 40 | 0:38:06 | JOHNSTON, Barry H. | Les Croupiers | Vet 50 Men | 03:48.6 | 215 | 40 |
| 41 | 0:38:07 | BIRD, Simon | | | 03:48.7 | 758 | 41 |
| 42 | 0:38:07 | LEDGER, Rob | Tunbridge Wells Harrier | | 03:48.7 | 711 | 42 |
| 43 | 0:38:08 | LEWIS, Mike | | Vet 40 Men | 03:48.8 | 208 | 43 |
| 44 | 0:38:11 | HURFORD, Matthew | Les Croupiers | | 03:49.1 | 145 | 44 |
| 45 | 0:38:15 | WILLIAMS, Oliver | | | 03:49.5 | 468 | 45 |
| 46 | 0:38:15 | WILSON, Barry | Ludlow Runners | Vet 50 Men | 03:49.5 | 146 | 46 |
| 47 | 0:38:21 | USHER, Isaiah | | Under-20 Boys | 03:50.1 | 301 | 47 |
| 48 | 0:38:24 | DAVIES, Simon | | | 03:50.4 | 242 | 48 |
| 49 | 0:38:25 | MORRIS, Ronald | San Domenico | Vet 50 Men | 03:50.5 | 518 | 49 |
| 50 | 0:38:29 | IZARD, Paul | Brackla Harriers | | 03:50.9 | 590 | 50 |
| 51 | 0:38:30 | COLES, David | Les Croupiers | Vet 40 Men | 03:51.0 | 539 | 51 |
| 52 | 0:38:36 | GROETAERS, Matias | | Under-20 Boys | 03:51.6 | 332 | 52 |
| 53 | 0:38:43 | JENKINS, Paul | | Vet 40 Men | 03:52.3 | 131 | 53 |
| 54 | 0:38:55 | THOMAS, David | 3M's Gorseinon | | 03:53.5 | 586 | 54 |
| 55 | 0:39:01 | HAVARD, Michael | | Vet 40 Men | 03:54.1 | 459 | 55 |
| 56 | 0:39:07 | WELLS, Lee | Pemborkshire Tri Club | | 03:54.7 | 503 | 56 |
| 57 | 0:39:07 | POWELL, Keith | Cornelly Striders | Vet 50 Men | 03:54.7 | 531 | 57 |
| 58 | 0:39:16 | SELF, Richard | Les Croupiers | Vet 40 Men | 03:55.6 | 81 | 58 |

| | | | | | | | |
|-----|---------|-------------------------|-------------------------|---------------|---------|-----|-----|
| 59 | 0:39:20 | BELCHER, Paul | | Vet 50 Men | 03:56.0 | 50 | 59 |
| 60 | 0:39:26 | ENRIQUE NAVAS, Luis | | Under-20 Boys | 03:56.6 | 280 | 60 |
| 61 | 0:39:27 | MOORE, Graham | | | 03:56.7 | 432 | 61 |
| 62 | 0:39:31 | CURRAN, Peter | | Vet 40 Men | 03:57.1 | 143 | 62 |
| 63 | 0:39:37 | MILES, Phil | club69 | Vet 50 Men | 03:57.7 | 464 | 63 |
| 64 | 0:39:45 | SULLIVAN, Liam | | Vet 40 Men | 03:58.5 | 498 | 64 |
| 65 | 0:39:49 | SMENING, John | Swansea Harriers | Vet 50 Men | 03:58.9 | 478 | 65 |
| 66 | 0:39:53 | O'SHEA, John | Les Croupiers | Vet 50 Men | 03:59.3 | 84 | 66 |
| 67 | 0:40:04 | PARTRIDGE, Simon | Neath Harriers | Vet 50 Men | 04:00.4 | 490 | 67 |
| 68 | 0:40:06 | HUGHES, Dave | Brackla Harriers | Vet 40 Men | 04:00.6 | 486 | 68 |
| 69 | 0:40:13 | OWEN, Eifion | Pencoed Tri Club | Vet 50 Men | 04:01.3 | 442 | 69 |
| 70 | 0:40:14 | RODERER, Peter | Griffithstown Harriers | Vet 40 Men | 04:01.4 | 471 | 70 |
| 71 | 0:40:22 | ORCHARD, Jayson | | | 04:02.2 | 577 | 71 |
| 72 | 0:40:24 | COLVIN, Graham | 3M's Gorseinon | Vet 40 Men | 04:02.4 | 559 | 72 |
| 73 | 0:40:25 | WILLIAMS, Paul | | | 04:02.5 | 108 | 73 |
| 74 | 0:40:26 | DAVIES, David | | | 04:02.6 | 582 | 74 |
| 75 | 0:40:26 | JONES, Stuart | Penarth & Dinas Runners | | 04:02.6 | 142 | 75 |
| 76 | 0:40:29 | TURNER, Peter | Cornelly Striders | Vet 50 Men | 04:02.9 | 528 | 76 |
| 77 | 0:40:30 | BORE, Mike | Griffithstown Harriers | | 04:03.0 | 804 | 77 |
| 78 | 0:40:40 | LEECH, Sharon | Amman Valley Harriers | Vet 35 Ladies | 04:04.0 | 24 | 78 |
| 79 | 0:40:43 | PASCOE, Dominic | | | 04:04.3 | 254 | 79 |
| 80 | 0:40:48 | TAYLOR, Ingrid | 3M's Gorseinon | Vet 35 Ladies | 04:04.8 | 484 | 80 |
| 81 | 0:40:48 | ELEESON, Mike | Visteon | | 04:04.8 | 750 | 81 |
| 82 | 0:40:51 | RAINBIRD, Derek | club69 | Vet 50 Men | 04:05.1 | 599 | 82 |
| 83 | 0:40:56 | EVANS, Alun | | Vet 40 Men | 04:05.6 | 527 | 83 |
| 84 | 0:40:58 | DEACON, Peter | Swansea Harriers | Vet 40 Men | 04:05.8 | 594 | 84 |
| 85 | 0:41:01 | COCKRAM, Nigel | | Vet 50 Men | 04:06.1 | 413 | 85 |
| 86 | 0:41:02 | SULLIVAN, Paul | Pontypridd Roadents AC | Vet 40 Men | 04:06.2 | 7 | 86 |
| 87 | 0:41:04 | DAVIDSON, Stuart | Bridgend | Vet 50 Men | 04:06.4 | 205 | 87 |
| 88 | 0:41:05 | JOHNS, Peter | | Vet 40 Men | 04:06.5 | 592 | 88 |
| 89 | 0:41:09 | PATERSON, Keith | Pegasus | Vet 60 Men | 04:06.9 | 5 | 89 |
| 90 | 0:41:13 | OCTIS-CANAVETE, Jaime | | | 04:07.3 | 570 | 90 |
| 91 | 0:41:19 | BRIGHT, David | Les Croupiers | Vet 50 Men | 04:07.9 | 482 | 91 |
| 92 | 0:41:22 | COLES, Marcus | Les Croupiers | | 04:08.2 | 173 | 92 |
| 93 | 0:41:28 | LUCAS, Andrew | 3M's Gorseinon | Vet 40 Men | 04:08.8 | 463 | 93 |
| 94 | 0:41:33 | ASH, Gareth | | Vet 40 Men | 04:09.3 | 196 | 94 |
| 95 | 0:41:36 | TAYLOR, Adrian | | Vet 40 Men | 04:09.6 | 578 | 95 |
| 96 | 0:41:42 | CORY, Max | | Under-20 Boys | 04:10.2 | 306 | 96 |
| 97 | 0:41:44 | SHORT, Peter | | Vet 50 Men | 04:10.4 | 128 | 97 |
| 98 | 0:41:47 | JEHU, Gareth | | | 04:10.7 | 258 | 98 |
| 99 | 0:41:52 | TILKE, Warren | Pontypridd Roadents AC | | 04:11.2 | 492 | 99 |
| 100 | 0:41:52 | PEARSON, Tom | | | 04:11.2 | 257 | 100 |
| 101 | 0:41:55 | DAVIES, Jonathan | Islwyn Running Club | | 04:11.5 | 229 | 101 |
| 102 | 0:41:56 | CHIRPER, Sandra | Lliswerry Runners | | 04:11.6 | 466 | 102 |
| 103 | 0:41:58 | TIDBALL, Richard | | Vet 40 Men | 04:11.8 | 22 | 103 |
| 104 | 0:42:10 | GOLVERDINGEN, Laurens | | Under-20 Boys | 04:13.0 | 345 | 104 |
| 105 | 0:42:12 | DAVIES, Will | | | 04:13.2 | 419 | 105 |
| 106 | 0:42:13 | WILLIAMS, Catherine | | | 04:13.3 | 248 | 106 |
| 107 | 0:42:15 | UNSWORTH, Mark | | Vet 40 Men | 04:13.5 | 186 | 107 |
| 108 | 0:42:17 | REES, Eirwyn | | Vet 40 Men | 04:13.7 | 195 | 108 |
| 109 | 0:42:20 | Unregistered Competitor | | NDB | 04:14.0 | | 109 |
| 110 | 0:42:20 | O'SULLIVAN, Tim | Les Croupiers | Vet 40 Men | 04:14.0 | 181 | 110 |
| 111 | 0:42:21 | TREGILGERS, Mark | | | 04:14.1 | 807 | 111 |
| 112 | 0:42:22 | JELLEY, Paul | | Vet 40 Men | 04:14.2 | 745 | 112 |
| 113 | 0:42:24 | TANDY, Phil | San Domenico | Vet 40 Men | 04:14.4 | 160 | 113 |
| 114 | 0:42:30 | PEACOCK, Davis | | | 04:15.0 | 571 | 114 |
| 115 | 0:42:31 | EVANS, Nicky | Penarth & Dinas Runners | Vet 35 Ladies | 04:15.1 | 477 | 115 |
| 116 | 0:42:32 | DISNEY, Adrian | | | 04:15.2 | 591 | 116 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|---------------------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 117 | 0:42:34 | WHITE, Phil | | | 04:15.4 | 19 | 117 |
| 118 | 0:42:36 | MARTIN, Steve | | Vet 40 Men | 04:15.6 | 575 | 118 |
| 119 | 0:42:38 | FORD, Sharon | Brackla Harriers | Vet 35 Ladies | 04:15.8 | 472 | 119 |
| 120 | 0:42:39 | FOY, Henry | | Under-20 Boys | 04:15.9 | 372 | 120 |
| 121 | 0:42:41 | MARSHALL, Helen | Swansea Harriers | | 04:16.1 | 550 | 121 |
| 122 | 0:42:42 | DAVIES, Stuart | Cornelly Striders | Vet 40 Men | 04:16.2 | 532 | 122 |
| 123 | 0:42:44 | SHANAHAN, Andy | Pencoed Tri Club | | 04:16.4 | 502 | 123 |
| 124 | 0:42:45 | JONES, Stephen | Islwyn Running Club | Vet 40 Men | 04:16.5 | 9 | 124 |
| 125 | 0:42:46 | HUGHES, David | | Vet 40 Men | 04:16.6 | 91 | 125 |
| 126 | 0:42:53 | BRUCE, James | Pegasus | | 04:17.3 | 147 | 126 |
| 127 | 0:42:54 | MILLER, Carol | Les Croupiers | Vet 35 Ladies | 04:17.4 | 436 | 127 |
| 128 | 0:42:56 | JAMES, Ray | port talbot | Vet 40 Men | 04:17.6 | 132 | 128 |
| 129 | 0:42:57 | TANDY, Joe | | Under-20 Boys | 04:17.7 | 159 | 129 |
| 130 | 0:43:00 | THOMAS, Peter | | Under-20 Boys | 04:18.0 | 754 | 130 |
| 131 | 0:43:04 | GARDNER, Cath | Les Croupiers | Vet 35 Ladies | 04:18.4 | 425 | 131 |
| 132 | 0:43:13 | WILLIAMS, Phil | Celtic Tri Club | Vet 40 Men | 04:19.3 | 512 | 132 |
| 133 | 0:43:16 | CLARKE, Liz | Les Croupiers | Vet 45 Ladies | 04:19.6 | 183 | 133 |
| 134 | 0:43:20 | RICHARDSON, Brian | | Vet 40 Men | 04:20.0 | 529 | 134 |
| 135 | 0:43:21 | FORD, Robert | Pontypridd Roadents AC | Vet 50 Men | 04:20.1 | 600 | 135 |
| 136 | 0:43:22 | CHIRPER, Neil | Llisbury Runners | Vet 40 Men | 04:20.2 | 465 | 136 |
| 137 | 0:43:23 | BOURNER, Andrew | | | 04:20.3 | 434 | 137 |
| 138 | 0:43:23 | MORTON, Andy | road runners | Vet 40 Men | 04:20.3 | 447 | 138 |
| 139 | 0:43:24 | MORGAN, Clive | San Domenico | Vet 40 Men | 04:20.4 | 721 | 139 |
| 140 | 0:43:26 | SHANAHAN, John | | Vet 40 Men | 04:20.6 | 399 | 140 |
| 141 | 0:43:26 | HAM, Paula Susan | Les Croupiers | Vet 35 Ladies | 04:20.6 | 426 | 141 |
| 142 | 0:43:27 | GWYN-THOMAS, Phillip | Brackla Harriers | Vet 40 Men | 04:20.7 | 448 | 142 |
| 143 | 0:43:35 | BURT, Tony | Brackla Harriers | Vet 60 Men | 04:21.5 | 414 | 143 |
| 144 | 0:43:37 | JOHN, Will | Brackla Harriers | | 04:21.7 | 223 | 144 |
| 145 | 0:43:38 | NG, Renyi | | Under-20 Boys | 04:21.8 | 310 | 145 |
| 146 | 0:43:42 | JOHN, Gareth | Les Croupiers | Vet 50 Men | 04:22.2 | 493 | 146 |
| 147 | 0:43:46 | GRIDLEY, Jo | | Under-20 Boys | 04:22.6 | 374 | 147 |
| 148 | 0:43:49 | DAVIES, Jeff | RealRunner.com | | 04:22.9 | 487 | 148 |
| 149 | 0:43:50 | HARLAND, Fraser | | Under-20 Boys | 04:23.0 | 312 | 149 |
| 150 | 0:43:51 | HUGHES, Arwel | | | 04:23.1 | 163 | 150 |
| 151 | 0:43:52 | DIX, Michael | Les Croupiers | Vet 50 Men | 04:23.2 | 496 | 151 |
| 152 | 0:43:58 | DAVIES, Ray | Aberdare Roadies | Vet 40 Men | 04:23.8 | 596 | 152 |
| 153 | 0:44:06 | DAVIES, Eurof | | Vet 40 Men | 04:24.6 | 400 | 153 |
| 154 | 0:44:10 | DUNSCOMBE, Andrew | Brackla Harriers | Vet 40 Men | 04:25.0 | 521 | 154 |
| 155 | 0:44:11 | FORD, Andrew | Ledbury Harriers | Vet 40 Men | 04:25.1 | 207 | 155 |
| 156 | 0:44:12 | GUEST, Steven | | | 04:25.2 | 415 | 156 |
| 157 | 0:44:26 | SAUNDERS, Alun | | | 04:26.6 | 480 | 157 |
| 158 | 0:44:27 | JOHNS, Charlotte | Brackla Harriers | Vet 35 Ladies | 04:26.7 | 595 | 158 |
| 159 | 0:44:45 | TARRIBA-MARTINEZ LOPEZ, Gabriel | | Under-20 Boys | 04:28.5 | 267 | 159 |
| 160 | 0:44:48 | SOWTER, Liz | Les Croupiers | | 04:28.8 | 47 | 160 |
| 161 | 0:44:49 | WILSON-EVANS, Diane | Swansea Harriers | Vet 45 Ladies | 04:28.9 | 501 | 161 |
| 162 | 0:44:50 | SABOGAL HABEDANK, David | | Under-20 Boys | 04:29.0 | 327 | 162 |
| 163 | 0:44:54 | BEVON, Mike | | | 04:29.4 | 540 | 163 |
| 164 | 0:44:56 | TREHARNE, Keith | Brackla Harriers | Vet 60 Men | 04:29.6 | 219 | 164 |
| 165 | 0:44:58 | PARKER, Steve | | | 04:29.8 | 510 | 165 |
| 166 | 0:45:00 | GUNNER, Gary | CROFT Ambery | Vet 60 Men | 04:30.0 | 140 | 166 |
| 167 | 0:45:04 | EVANS, Debbie | Penarth & Dinas Runners | Vet 35 Ladies | 04:30.4 | 49 | 167 |
| 168 | 0:45:05 | PHILLIPS, Sian | Swansea Harriers | Vet 35 Ladies | 04:30.5 | 37 | 168 |
| 169 | 0:45:07 | JONES, Mandy | Islwyn Running Club | Vet 45 Ladies | 04:30.7 | 10 | 169 |
| 170 | 0:45:09 | WEEKS, John | Islwyn Running Club | Vet 50 Men | 04:30.9 | 203 | 170 |
| 171 | 0:45:12 | SILKSTONE, Jacob | | Under-20 Boys | 04:31.2 | 388 | 171 |
| 172 | 0:45:20 | DELANEY, James | San Domenico | Vet 50 Men | 04:32.0 | 211 | 172 |
| 173 | 0:45:22 | NAKAKURA, Ryoto | | Under-20 Boys | 04:32.2 | 297 | 173 |
| 174 | 0:45:24 | MILLER, Philip | | Under-20 Boys | 04:32.4 | 427 | 174 |
| 175 | 0:45:25 | EVANS, Martin | | Vet 40 Men | 04:32.5 | 564 | 175 |
| 176 | 0:45:29 | NORTON, Phil | | | 04:32.9 | 227 | 176 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 177 | 0:45:30 | REYNOLDS, Andrea | Swansea Harriers | Vet 35 Ladies | 04:33.0 | 408 | 177 |
| 178 | 0:45:32 | WILTON, Matthew | | | 04:33.2 | 40 | 178 |
| 179 | 0:45:36 | ROBERTS, Aled | | Vet 40 Men | 04:33.6 | 180 | 179 |
| 180 | 0:45:41 | PHILLIPS, Gillian | Sospan Road Runners | Vet 45 Ladies | 04:34.1 | 440 | 180 |
| 181 | 0:45:42 | WILLIAMS, Gavin | | | 04:34.2 | 726 | 181 |
| 182 | 0:45:49 | EVANS, Rhydian | | | 04:34.9 | 746 | 182 |
| 183 | 0:45:57 | HOSKINS, Philip | | Vet 40 Men | 04:35.7 | 525 | 183 |
| 184 | 0:46:00 | NEW, Stephen | 100 Marathon Club | Vet 40 Men | 04:36.0 | 124 | 184 |
| 185 | 0:46:02 | COX, Malcolm | Griffithstown Harriers | Vet 50 Men | 04:36.2 | 171 | 185 |
| 186 | 0:46:03 | IRELAND, Kevin | Penarth & Dinas Runners | | 04:36.3 | 167 | 186 |
| 187 | 0:46:04 | ROTHWELL, Andrew | | Vet 40 Men | 04:36.4 | 38 | 187 |
| 188 | 0:46:09 | SMITH, Michael | | Under-20 Boys | 04:36.9 | 265 | 188 |
| 189 | 0:46:12 | HARRIS, Noel | | Vet 40 Men | 04:37.2 | 574 | 189 |
| 190 | 0:46:13 | HUSSEIN, Abdul | | Under-20 Boys | 04:37.3 | 282 | 190 |
| 191 | 0:46:14 | COCKWELL, Rhidian | Cardiff AC | | 04:37.4 | 462 | 191 |
| 192 | 0:46:14 | BARTLETT, Stephen | Road Runners Club | Vet 40 Men | 04:37.4 | 2 | 192 |
| 193 | 0:46:15 | HOPKINS, Matthew | | | 04:37.5 | 244 | 193 |
| 194 | 0:46:33 | MORGAN, Kelly | Pontypridd Roadents AC | | 04:39.3 | 247 | 194 |
| 195 | 0:46:36 | BIRMINGHAM, Steve | Brackla Harriers | | 04:39.6 | 713 | 195 |
| 196 | 0:46:40 | HALSALL, Michael | | | 04:40.0 | 193 | 196 |
| 197 | 0:46:41 | RICHARDS, Roy | | Vet 50 Men | 04:40.1 | 437 | 197 |
| 198 | 0:46:43 | REES, Mark | | | 04:40.3 | 240 | 198 |
| 199 | 0:46:46 | ROWLANDS, Paul | | Vet 50 Men | 04:40.6 | 136 | 199 |
| 200 | 0:46:47 | CUDLIPP, Ashley | | | 04:40.7 | 187 | 200 |
| 201 | 0:46:47 | HARRIS, Karen | | Vet 35 Ladies | 04:40.7 | 483 | 201 |
| 202 | 0:46:49 | POTTER, Debbie | | Vet 35 Ladies | 04:40.9 | 27 | 202 |
| 203 | 0:46:50 | NORRIS, Isobel | | Under-20 Girls | 04:41.0 | 86 | 203 |
| 204 | 0:46:50 | GREENHOUSE, Ray | | Vet 40 Men | 04:41.0 | 162 | 204 |
| 205 | 0:46:52 | WILLIAMS, Lee | | | 04:41.2 | 509 | 205 |
| 206 | 0:46:54 | THOMAS, Alan | | | 04:41.4 | 543 | 206 |
| 207 | 0:47:00 | ATTWOOD, Stephen | | | 04:42.0 | 119 | 207 |
| 208 | 0:47:00 | HARRY, Josh | | Vet 40 Men | 04:42.0 | 566 | 208 |
| 209 | 0:47:01 | LINDLEY, Chris | | | 04:42.1 | 256 | 209 |
| 210 | 0:47:10 | MAKSIMOVIC, Peter | | Vet 40 Men | 04:43.0 | 488 | 210 |
| 211 | 0:47:11 | KEEPING, Stuart | | Vet 40 Men | 04:43.1 | 402 | 211 |
| 212 | 0:47:14 | DODD, Richard | | | 04:43.4 | 103 | 212 |
| 213 | 0:47:15 | JENKINS, Chris | Brackla Harriers | | 04:43.5 | 519 | 213 |
| 214 | 0:47:17 | RIDOUT, Mike | Brackla Harriers | Vet 50 Men | 04:43.7 | 61 | 214 |
| 215 | 0:47:18 | REES, Gary | | Vet 50 Men | 04:43.8 | 703 | 215 |
| 216 | 0:47:19 | MOORE, Kevin | | | 04:43.9 | 41 | 216 |
| 217 | 0:47:20 | DALEY, Loretta | Les Croupiers | Vet 35 Ladies | 04:44.0 | 235 | 217 |
| 218 | 0:47:21 | HUTCHINSON, Mark | | | 04:44.1 | 475 | 218 |
| 219 | 0:47:23 | SLAUGHTER, Helen | | Vet 35 Ladies | 04:44.3 | 759 | 219 |
| 220 | 0:47:26 | LAWTON, Joshua | | Under-20 Boys | 04:44.6 | 319 | 220 |
| 221 | 0:47:27 | PATTISON, Ian | | Vet 40 Men | 04:44.7 | 584 | 221 |
| 222 | 0:47:27 | HILLARY, Elaine | | Vet 35 Ladies | 04:44.7 | 585 | 222 |
| 223 | 0:47:30 | ZWETSLOOT, Marie | | Under-20 Girls | 04:45.0 | 311 | 223 |
| 224 | 0:47:33 | BROWN, John | Pencoed Tri Club | Vet 40 Men | 04:45.3 | 581 | 225 |
| 225 | 0:47:33 | SULOVARI, Arvis | | Under-20 Boys | 04:45.3 | 328 | 226 |
| 226 | 0:47:35 | PHILLIPS, Les | | Vet 40 Men | 04:45.5 | 545 | 227 |
| 227 | 0:47:36 | HENDRY, Neil | Penarth & Dinas Runners | Vet 50 Men | 04:45.6 | 53 | 228 |
| 228 | 0:47:42 | KOCH, Pascale | | Under-20 Girls | 04:46.2 | 309 | 229 |
| 229 | 0:47:43 | OSBORNE, Jeremy | | Vet 40 Men | 04:46.3 | 505 | 230 |
| 230 | 0:47:49 | COLEMAN, Neil | | Vet 40 Men | 04:46.9 | 46 | 231 |
| 231 | 0:47:54 | JOHN, Amanda | | Vet 35 Ladies | 04:47.4 | 121 | 232 |
| 232 | 0:47:58 | YEUNG, Chi Chun | | Under-20 Boys | 04:47.8 | 303 | 233 |
| 233 | 0:47:58 | ISRAEL, Stephen | | | 04:47.8 | 20 | 234 |
| 234 | 0:47:59 | WALLACE, Jeff | | Vet 40 Men | 04:47.9 | 253 | 235 |
| 235 | 0:48:00 | JONES, Howard | Brackla Harriers | Vet 40 Men | 04:48.0 | 454 | 236 |
| 236 | 0:48:00 | BOORMAN, Phil | | | 04:48.0 | 407 | 237 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-------------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 237 | 0:48:01 | ROGERS, Kerry | | Vet 35 Ladies | 04:48.1 | 78 | 238 |
| 238 | 0:48:03 | KNOWLES, Gordon | | | 04:48.3 | 178 | 239 |
| 239 | 0:48:04 | MARTIN, John | | Vet 40 Men | 04:48.4 | 169 | 240 |
| 240 | 0:48:04 | RABAIOTTI, Mario | | Vet 40 Men | 04:48.4 | 250 | 241 |
| 241 | 0:48:05 | HUGHES, Luke | | Under-20 Boys | 04:48.5 | 89 | 242 |
| 242 | 0:48:08 | THEBAULT, Simon | | Under-20 Boys | 04:48.8 | 277 | 243 |
| 243 | 0:48:09 | DAWSON, Jane | 3M's Gorseinon | Vet 35 Ladies | 04:48.9 | 579 | 244 |
| 244 | 0:48:13 | MCGINNIS, Sean | | Under-20 Boys | 04:49.3 | 383 | 245 |
| 245 | 0:48:14 | PENDLETON, Jozeph | | Under-20 Boys | 04:49.4 | 274 | 246 |
| 246 | 0:48:16 | NORRIS, Barry | | Vet 40 Men | 04:49.6 | 85 | 247 |
| 247 | 0:48:18 | WANG, Feng | | Under-20 Boys | 04:49.8 | 321 | 248 |
| 248 | 0:48:21 | JUNES, Martin | | | 04:50.1 | 756 | 249 |
| 249 | 0:48:23 | CAESAR, Colin | | | 04:50.3 | 481 | 250 |
| 250 | 0:48:24 | HOLE, Andrew | Caerleon Running Club | Vet 40 Men | 04:50.4 | 164 | 251 |
| 251 | 0:48:25 | HUTCHINGS, Mark | | Vet 40 Men | 04:50.5 | 547 | 252 |
| 252 | 0:48:26 | OXLONT, Mike | Islwyn Running Club | | 04:50.6 | 722 | 253 |
| 253 | 0:48:27 | HARLAND, Fraser | | Under-20 Boys | 04:50.7 | 312 | 254 |
| 254 | 0:48:27 | CULLEN, Alisa | | | 04:50.7 | 98 | 255 |
| 255 | 0:48:28 | MANN, Alan | Les Croupiers | Vet 40 Men | 04:50.8 | 234 | 256 |
| 256 | 0:48:35 | HICKS, Glyn | Islwyn Running Club | Vet 50 Men | 04:51.5 | 706 | 257 |
| 257 | 0:48:39 | BIGMORE, P. | Brackla Harriers | Vet 50 Men | 04:51.9 | 485 | 258 |
| 258 | 0:48:40 | HOSKINS, Jonathan | | Under-20 Boys | 04:52.0 | 233 | 259 |
| 259 | 0:48:41 | BURROUGH, Peter | | | 04:52.1 | 150 | 260 |
| 260 | 0:48:42 | BULLOCK, Dawn | | | 04:52.2 | 204 | 261 |
| 261 | 0:48:46 | MEISTER, Ute | | Vet 35 Ladies | 04:52.6 | 444 | 262 |
| 262 | 0:48:47 | FOUND, Willam | | Vet 40 Men | 04:52.7 | 544 | 263 |
| 263 | 0:48:49 | SAUNDERS, Richard | | | 04:52.9 | 555 | 264 |
| 264 | 0:48:49 | ROWLAND, Keirina | | | 04:52.9 | 438 | 265 |
| 265 | 0:48:53 | WICTOME, Matt | | | 04:53.3 | 194 | 266 |
| 266 | 0:48:53 | SEDGMOND, Andrew | Les Croupiers | Vet 50 Men | 04:53.3 | 226 | 267 |
| 267 | 0:48:55 | MARNEY, Katherine | | Under-20 Girls | 04:53.5 | 382 | 268 |
| 268 | 0:48:56 | ROPER, Gareth | Islwyn Running Club | Under-20 Boys | 04:53.6 | 737 | 269 |
| 269 | 0:48:58 | PEARCE, Mark | | Vet 40 Men | 04:53.8 | 228 | 270 |
| 270 | 0:48:58 | Unregistered Competitor | | NDB | 04:53.8 | | 271 |
| 271 | 0:49:03 | SIKER, Derek | | Under-20 Boys | 04:54.3 | 335 | 272 |
| 272 | 0:49:06 | PARIS, Bas | | Under-20 Boys | 04:54.6 | 273 | 273 |
| 273 | 0:49:10 | WAKEFIELD, David | | | 04:55.0 | 57 | 274 |
| 274 | 0:49:14 | FAWKES, Roger | Islwyn Running Club | Vet 50 Men | 04:55.4 | 727 | 275 |
| 275 | 0:49:17 | VERGNES, Nico | | | 04:55.7 | 110 | 276 |
| 276 | 0:49:18 | CLEARY, Lisa | Penarth & Dinas Runners | Vet 35 Ladies | 04:55.8 | 82 | 277 |
| 277 | 0:49:22 | SMITH, Graeme | | | 04:56.2 | 411 | 278 |
| 278 | 0:49:26 | CRAWFORD, Julie | | Under-20 Girls | 04:56.6 | 289 | 279 |
| 279 | 0:49:26 | WILLIAMS, Stephen | Les Croupiers | Vet 40 Men | 04:56.6 | 743 | 280 |
| 280 | 0:49:27 | ANDREWS, R. | | | 04:56.7 | 708 | 281 |
| 281 | 0:49:33 | Unregistered Competitor | | NDB | 04:57.3 | | 282 |
| 282 | 0:49:33 | THOMAS, Bethan | | | 04:57.3 | 499 | 283 |
| 283 | 0:49:34 | FIANDER, Alison | | Vet 45 Ladies | 04:57.4 | 90 | 284 |
| 284 | 0:49:39 | WALTERS, Brandon | | | 04:57.9 | 449 | 285 |
| 285 | 0:49:41 | EVANS, Anne Marie | club69 | Vet 35 Ladies | 04:58.1 | 554 | 286 |
| 286 | 0:49:44 | MORRISON, Iona | | Under-20 Girls | 04:58.4 | 384 | 287 |
| 287 | 0:49:49 | LUCANTE, Pierre | | | 04:58.9 | 111 | 288 |
| 288 | 0:49:52 | UNDERWOOD, Ceri | Griffithstown Harriers | Vet 35 Ladies | 04:59.2 | 222 | 289 |
| 289 | 0:50:01 | THOMAS, James | Brackla Harriers | Vet 40 Men | 05:00.1 | 118 | 290 |
| 290 | 0:50:02 | BAILEY, Mel | San Domenico | Vet 50 Men | 05:00.2 | 218 | 291 |
| 291 | 0:50:06 | SAUNDERS, Lisa Jane | | Vet 35 Ladies | 05:00.6 | 210 | 292 |
| 292 | 0:50:07 | HUNT, Stephen | | Vet 50 Men | 05:00.7 | 700 | 293 |
| 293 | 0:50:07 | METCALFE, Stephan | | Under-20 Boys | 05:00.7 | 294 | 294 |
| 294 | 0:50:08 | THOMAS, Emma | | | 05:00.8 | 107 | 295 |
| 295 | 0:50:09 | HARRIS, Richard | | | 05:00.9 | 39 | 296 |
| 296 | 0:50:13 | MONK, Bernie | club69 | Vet 60 Men | 05:01.3 | 497 | 297 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-------------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 297 | 0:50:14 | MONK, Margrett | club69 | Vet 55 Ladies | 05:01.4 | 551 | 298 |
| 298 | 0:50:19 | DALEY, Andrew | | Vet 40 Men | 05:01.9 | 801 | 299 |
| 299 | 0:50:24 | PARSONS, Anthony | | | 05:02.4 | 751 | 300 |
| 300 | 0:50:25 | WARBURTON, Beverley | | Vet 35 Ladies | 05:02.5 | 201 | 301 |
| 301 | 0:50:26 | MACBRIDE-STEWART, Sara | Les Croupiers | Vet 35 Ladies | 05:02.6 | 513 | 302 |
| 302 | 0:50:27 | WARD, T.W. | | | 05:02.7 | 245 | 303 |
| 303 | 0:50:28 | JENSEN, Linda | Les Croupiers | Vet 45 Ladies | 05:02.8 | 155 | 304 |
| 304 | 0:50:28 | TABOR, Mick | Les Croupiers | Vet 50 Men | 05:02.8 | 156 | 305 |
| 305 | 0:50:29 | VICKERS, Ian | | | 05:02.9 | 148 | 306 |
| 306 | 0:50:32 | GUERRERO ORDONEZ, Pablo | | Under-20 Boys | 05:03.2 | 307 | 307 |
| 307 | 0:50:33 | HOULDEN, Chris | | | 05:03.3 | 133 | 308 |
| 308 | 0:50:34 | MALUD LEBEQI, Salek | | Under-20 Boys | 05:03.4 | 285 | 309 |
| 309 | 0:50:35 | MERRICK, Ian | | | 05:03.5 | 800 | 310 |
| 310 | 0:50:36 | KING, Michael | Nailsea Running Club | Vet 50 Men | 05:03.6 | 221 | 311 |
| 311 | 0:50:37 | WILLIAMS, Chris | | Vet 40 Men | 05:03.7 | 66 | 312 |
| 312 | 0:50:37 | WILKEY, Charlotte | cardiff running club | | 05:03.7 | 517 | 313 |
| 313 | 0:50:38 | LYCETT, Andrew | | | 05:03.8 | 495 | 314 |
| 314 | 0:50:51 | BURNS, Mike | San Domenico | Vet 50 Men | 05:05.1 | 515 | 315 |
| 315 | 0:50:54 | JAMES, Mike | Les Croupiers | Vet 60 Men | 05:05.4 | 157 | 316 |
| 316 | 0:50:55 | PHILLIPS, Tessa | Penarth & Dinas Runners | Vet 45 Ladies | 05:05.5 | 701 | 317 |
| 317 | 0:51:41 | JONES, Arwyn | | Vet 50 Men | 05:10.1 | 508 | 318 |
| 318 | 0:51:44 | DOEL, Phillip | | Vet 40 Men | 05:10.4 | 151 | 319 |
| 319 | 0:51:52 | MCGEOCH, Karen | | Vet 45 Ladies | 05:11.2 | 14 | 320 |
| 320 | 0:51:58 | VICKERS, Jackie | | | 05:11.8 | 149 | 321 |
| 321 | 0:52:03 | WILLIAMS, Rhian | | NDB | 05:12.3 | 522 | 322 |
| 322 | 0:52:04 | THOMAS, Menna | | | 05:12.4 | 500 | 323 |
| 323 | 0:52:05 | BOUCHERAT, Xavier | | Under-20 Boys | 05:12.5 | 338 | 324 |
| 324 | 0:52:07 | IKKALA, Tatja | | Under-20 Girls | 05:12.7 | 283 | 325 |
| 325 | 0:52:08 | WARNER, Ian John | | Vet 40 Men | 05:12.8 | 92 | 326 |
| 326 | 0:52:14 | O'CALLAGHAN, Gareth | | | 05:13.4 | 588 | 327 |
| 327 | 0:52:17 | PARKER, Malcolm | Islwyn Running Club | Vet 60 Men | 05:13.7 | 45 | 328 |
| 328 | 0:52:19 | GAMBLING, Hazel | | | 05:13.9 | 28 | 329 |
| 329 | 0:52:26 | KWOK, Lee | | | 05:14.6 | 238 | 330 |
| 330 | 0:52:27 | REES, Thomas | | | 05:14.7 | 702 | 331 |
| 331 | 0:52:39 | PARRY, Gwyneth | | Vet 55 Ladies | 05:15.9 | 734 | 332 |
| 332 | 0:52:48 | DAVIES, Stephen | | | 05:16.8 | 401 | 333 |
| 333 | 0:53:00 | CORN, Ken | | Vet 40 Men | 05:18.0 | 410 | 334 |
| 334 | 0:53:03 | HARRISON, Rhys | | Under-20 Boys | 05:18.3 | 271 | 335 |
| 335 | 0:53:05 | EDWARDS, Ian | | Vet 40 Men | 05:18.5 | 435 | 336 |
| 336 | 0:53:20 | VORRES, Christine | Griffithstown Harriers | Vet 45 Ladies | 05:20.0 | 241 | 337 |
| 337 | 0:53:33 | WEST, Mair | Griffithstown Harriers | | 05:21.3 | 731 | 338 |
| 338 | 0:53:37 | RIDGILL, Emma | Penarth & Dinas Runners | | 05:21.7 | 113 | 339 |
| 339 | 0:53:37 | VALENCIA, Simon | | | 05:21.7 | 409 | 340 |
| 340 | 0:53:38 | HURLEY, Ryan | | | 05:21.8 | 476 | 341 |
| 341 | 0:53:39 | RYERS, Kevin | | | 05:21.9 | 710 | 342 |
| 342 | 0:53:42 | NEAL, Sue | Les Croupiers | Vet 55 Ladies | 05:22.2 | 184 | 343 |
| 343 | 0:53:43 | MEEN-WELSH, Beverley | Chepstow | Vet 45 Ladies | 05:22.3 | 198 | 344 |
| 344 | 0:53:49 | Unregistered Competitor | | NDB | 05:22.9 | | 345 |
| 345 | 0:53:54 | HOWARD, Eden | | Under-20 Boys | 05:23.4 | 565 | 346 |
| 346 | 0:53:54 | BARTLETT, Ann | | Vet 45 Ladies | 05:23.4 | 179 | 347 |
| 347 | 0:53:55 | PARRY, Richard | | Vet 50 Men | 05:23.5 | 735 | 348 |
| 348 | 0:53:56 | CLARK, Vicky | | | 05:23.6 | 707 | 349 |
| 349 | 0:53:57 | BIRCH, Coleen | Islwyn Running Club | | 05:23.7 | 728 | 350 |
| 350 | 0:53:58 | PATTISON, Kirsty | | Under-20 Girls | 05:23.8 | 367 | 351 |
| 351 | 0:53:59 | MARTIN, Sally | | Under-20 Girls | 05:23.9 | 168 | 352 |
| 352 | 0:54:06 | REID, Vicky | | | 05:24.6 | 416 | 353 |
| 353 | 0:54:08 | PORTER, Maria | Islwyn Running Club | | 05:24.8 | 391 | 354 |
| 354 | 0:54:13 | STEVENS, Leigh | | | 05:25.3 | 422 | 355 |
| 355 | 0:54:15 | REID, Kay | | | 05:25.5 | 417 | 356 |
| 356 | 0:54:28 | FERRIE, Mark | | Vet 40 Men | 05:26.8 | 753 | 357 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|----------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 357 | 0:54:35 | COLLYL, Sian | | Vet 55 Ladies | 05:27.5 | 597 | 358 |
| 358 | 0:54:37 | WEERS, Stan | | Vet 60 Men | 05:27.7 | 514 | 359 |
| 359 | 0:54:43 | GRIFFITHS, Huw | | Vet 40 Men | 05:28.3 | 51 | 360 |
| 360 | 0:54:55 | KENNEDY, Paula | | Vet 35 Ladies | 05:29.5 | 165 | 361 |
| 361 | 0:54:58 | PRATT, Aranka | | Vet 55 Ladies | 05:29.8 | 474 | 362 |
| 362 | 0:55:00 | EVANS, Clive | | Vet 60 Men | 05:30.0 | 26 | 363 |
| 363 | 0:55:02 | THOMAS, Celia | | Vet 45 Ladies | 05:30.2 | 106 | 364 |
| 364 | 0:55:02 | DARBY, Paul | | | 05:30.2 | 152 | 365 |
| 365 | 0:55:05 | LAVIS, Libby | Brackla Harriers | Vet 45 Ladies | 05:30.5 | 598 | 366 |
| 366 | 0:55:10 | GRAHAM, Jack | | Vet 60 Men | 05:31.0 | 231 | 367 |
| 367 | 0:55:23 | REES, Hugh | | Vet 40 Men | 05:32.3 | 557 | 368 |
| 368 | 0:55:23 | RUBLEN, Pat | | Vet 40 Men | 05:32.3 | 556 | 369 |
| 369 | 0:55:29 | NEWMAH, Edward | | Vet 60 Men | 05:32.9 | 535 | 370 |
| 370 | 0:55:30 | HOLLAND, Rachel | | Vet 35 Ladies | 05:33.0 | 709 | 371 |
| 371 | 0:55:31 | GREEN, Richard | Bridgend | | 05:33.1 | 742 | 372 |
| 372 | 0:55:33 | MASON, Ingrid | | Vet 45 Ladies | 05:33.3 | 70 | 373 |
| 373 | 0:55:43 | HOWLES, Dawn | | Vet 35 Ladies | 05:34.3 | 12 | 374 |
| 374 | 0:55:44 | GREEN, Tamsyn | | Under-20 Girls | 05:34.4 | 379 | 375 |
| 375 | 0:55:46 | ROBERTS, Cheryl | | Vet 35 Ladies | 05:34.6 | 441 | 376 |
| 376 | 0:55:46 | BOEEN, Matt | | | 05:34.6 | 546 | 377 |
| 377 | 0:55:47 | FERRAND, Joel | | Under-20 Boys | 05:34.7 | 536 | 378 |
| 378 | 0:55:48 | FERRAND, Lauren | | Under-20 Girls | 05:34.8 | 126 | 379 |
| 379 | 0:55:51 | NEWMAN, Tracey | Les Croupiers | Vet 35 Ladies | 05:35.1 | 534 | 380 |
| 380 | 0:55:52 | CLARK, Rachel | | | 05:35.2 | 705 | 381 |
| 381 | 0:55:54 | MCKENZIE, Malcolm | | Vet 50 Men | 05:35.4 | 1 | 382 |
| 382 | 0:55:59 | HUDD, Simon | | | 05:35.9 | 139 | 383 |
| 383 | 0:56:02 | KLIMANKOVA, Lucie | | | 05:36.2 | 445 | 384 |
| 384 | 0:56:03 | KNIGHT, Scarlett | | Under-20 Girls | 05:36.3 | 376 | 385 |
| 385 | 0:56:10 | ZBAR, Catalina | | Under-20 Girls | 05:37.0 | 305 | 386 |
| 386 | 0:56:11 | HENDRY, Joanna | Penarth & Dinas Runners | Vet 35 Ladies | 05:37.1 | 54 | 387 |
| 387 | 0:56:12 | DAVIES, Hadyn | | Vet 60 Men | 05:37.2 | 806 | 388 |
| 388 | 0:56:16 | WILLIAMS, Carwyn | | | 05:37.6 | 144 | 389 |
| 389 | 0:56:17 | EVANS, Jayne | | Vet 45 Ladies | 05:37.7 | 77 | 390 |
| 390 | 0:56:23 | FERRAND, Nigel | | Vet 40 Men | 05:38.3 | 127 | 391 |
| 391 | 0:56:24 | WHITTY, Dan | | Under-20 Boys | 05:38.4 | 560 | 392 |
| 392 | 0:56:24 | WILLIAMS, Lynda | | Vet 35 Ladies | 05:38.4 | 567 | 393 |
| 393 | 0:56:27 | PUGH, Les | | Vet 50 Men | 05:38.7 | 473 | 394 |
| 394 | 0:56:28 | O'LEARY, Kevin | | Vet 40 Men | 05:38.8 | 170 | 395 |
| 395 | 0:56:31 | REES, Harry | | Under-20 Boys | 05:39.1 | 704 | 396 |
| 396 | 0:56:32 | HOWELL, Alan | | Vet 60 Men | 05:39.2 | 736 | 397 |
| 397 | 0:56:33 | DAVIES, Anna | | | 05:39.3 | 450 | 398 |
| 398 | 0:56:36 | MORRIS, Dai | | Vet 40 Men | 05:39.6 | 32 | 399 |
| 399 | 0:56:37 | SIISKONEN, Ville | | Under-20 Boys | 05:39.7 | 264 | 400 |
| 400 | 0:56:40 | GREEN, Clare | San Domenico | Vet 35 Ladies | 05:40.0 | 553 | 401 |
| 401 | 0:57:02 | RISCHEWSKI, Dorothea | | | 05:42.2 | 112 | 402 |
| 402 | 0:57:04 | RICHARDS, Andrew | | | 05:42.4 | 230 | 403 |
| 403 | 0:57:10 | ROBERTS, Anne | | Vet 45 Ladies | 05:43.0 | 141 | 404 |
| 404 | 0:57:21 | BROWN, Anwen | | Vet 35 Ladies | 05:44.1 | 192 | 405 |
| 405 | 0:57:28 | WHITTEN, Lisa | | | 05:44.8 | 74 | 406 |
| 406 | 0:57:28 | WALKE, Toby | | | 05:44.8 | 73 | 407 |
| 407 | 0:57:29 | WHITE, Mike | | | 05:44.9 | 446 | 408 |
| 408 | 0:57:34 | THOMAS, James | Brackla Harriers | Vet 40 Men | 05:45.4 | 118 | 409 |
| 409 | 0:57:37 | LEWIS, John | old parish running club | Vet 40 Men | 05:45.7 | 135 | 410 |
| 410 | 0:57:37 | YATES, Martyn | | Vet 40 Men | 05:45.7 | 236 | 411 |
| 411 | 0:57:38 | THOMAS, John Philip | | Vet 40 Men | 05:45.8 | 117 | 412 |
| 412 | 0:57:49 | GUEST, Christina | | Under-20 Girls | 05:46.9 | 360 | 413 |
| 413 | 0:57:49 | GRACE, Anna | | Under-20 Girls | 05:46.9 | 281 | 414 |
| 414 | 0:57:55 | NEVILLE, Martin | Islwyn Running Club | Vet 40 Men | 05:47.5 | 552 | 415 |
| 415 | 0:58:01 | ISABE, Bryan | | Vet 50 Men | 05:48.1 | 733 | 416 |
| 416 | 0:58:04 | O'NEILL, Paul | | Vet 40 Men | 05:48.4 | 507 | 417 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-------------------------|-------------------------|--------------------------|------------------------|-------------|-------------|
| 417 | 0:58:16 | HARTREY, Sarah | running 4 women | | 05:49.6 | 520 | 418 |
| 418 | 0:58:19 | CULLEN, Nichol | | Vet 45 Ladies | 05:49.9 | 99 | 419 |
| 419 | 0:58:21 | OSBORNE, Heather | | Vet 35 Ladies | 05:50.1 | 489 | 420 |
| 420 | 0:58:25 | KINSEY, Helen Louise | | Vet 35 Ladies | 05:50.5 | 200 | 421 |
| 421 | 0:58:27 | DAVIES, Catherine | | | 05:50.7 | 421 | 422 |
| 422 | 0:58:33 | WATKINS, Daryl | | | 05:51.3 | 88 | 423 |
| 423 | 0:58:35 | BRAY, Catharine | | Vet 35 Ladies | 05:51.5 | 104 | 424 |
| 424 | 0:58:42 | BOWN, Beatrix | | Vet 45 Ladies | 05:52.2 | 439 | 425 |
| 425 | 0:58:44 | GOLDMAN, Itai | | Under-20 Boys | 05:52.4 | 270 | 426 |
| 426 | 0:58:57 | LLEWELLYN, Catherine | merthyr running club | Vet 35 Ladies | 05:53.7 | 757 | 427 |
| 427 | 0:59:04 | COPIN, Julie | | | 05:54.4 | 96 | 428 |
| 428 | 0:59:05 | SCHOLFIELD, Amberley | | Under-20 Girls | 05:54.5 | 299 | 429 |
| 429 | 0:59:12 | DAVIES, Emman | Griffithstown Harriers | | 05:55.2 | 803 | 430 |
| 430 | 0:59:17 | BIRD, Alexander | | | 05:55.7 | 431 | 431 |
| 431 | 0:59:18 | HUCKFIELD, Paul William | | | 05:55.8 | 116 | 432 |
| 432 | 0:59:20 | MCCORMICK, Clare | | Under-20 Girls | 05:56.0 | 293 | 433 |
| 433 | 0:59:23 | LOVELL, Ruth | | | 05:56.3 | 740 | 434 |
| 434 | 0:59:26 | MCFARLANE, Patricia | Penarth & Dinas Runners | Vet 45 Ladies | 05:56.6 | 802 | 435 |
| 435 | 0:59:27 | BUTLER, Kathryn | | Under-20 Girls | 05:56.7 | 355 | 436 |
| 436 | 0:59:34 | IZARD, Tracy | Brackla Harriers | | 05:57.4 | 589 | 437 |
| 437 | 0:59:35 | DAKIN, Jane | Brackla Harriers | Vet 35 Ladies | 05:57.5 | 723 | 438 |
| 438 | 0:59:37 | SMITH, Linda | | Vet 35 Ladies | 05:57.7 | 97 | 439 |
| 439 | 1:00:00 | WAYGOOD, Malia | | Vet 35 Ladies | 06:00.0 | 461 | 440 |
| 440 | 1:00:07 | MORGAN, Emer | | NDB | 06:00.7 | 808 | 441 |
| 441 | 1:00:27 | WHEATLEY, Karen | | Vet 45 Ladies | 06:02.7 | 174 | 442 |
| 442 | 1:00:31 | SOULSBY, Anne | | Vet 45 Ladies | 06:03.1 | 75 | 443 |
| 443 | 1:00:34 | JONES, Claire | | Vet 35 Ladies | 06:03.4 | 30 | 444 |
| 444 | 1:00:44 | AVIS, Max | | Under-20 Boys | 06:04.4 | 378 | 445 |
| 445 | 1:00:47 | VAN KAMP, Leon | | Under-20 Boys | 06:04.7 | 390 | 446 |
| 446 | 1:00:51 | RAAB, Maximilien | | Under-20 Boys | 06:05.1 | 387 | 447 |
| 447 | 1:00:52 | JEPPESEN, Matthew | | Under-20 Boys | 06:05.2 | 381 | 448 |
| 448 | 1:01:02 | BROONY, Laurence | Bridgend | Vet 60 Men | 06:06.2 | 752 | 449 |
| 449 | 1:01:05 | OWEIS, Zeina | | Under-20 Girls | 06:06.5 | 333 | 450 |
| 450 | 1:01:28 | NELSON, Clare | | | 06:08.8 | 760 | 451 |
| 451 | 1:01:32 | DUNLEAVY, Susan | | Vet 35 Ladies | 06:09.2 | 429 | 452 |
| 452 | 1:01:48 | WILLIAMS, Elaine | Islwyn Running Club | Vet 45 Ladies | 06:10.8 | 718 | 453 |
| 453 | 1:01:55 | CARDENAS, Poli | | Vet 60 Men | 06:11.5 | 423 | 454 |
| 454 | 1:02:01 | MORRIS-JONES, Dilys | | Vet 45 Ladies | 06:12.1 | 467 | 455 |
| 455 | 1:02:01 | CAHILL, Helen | | Vet 45 Ladies | 06:12.1 | 541 | 456 |
| 456 | 1:02:03 | PRICE, Neil L. | Islwyn Running Club | Vet 50 Men | 06:12.3 | 561 | 457 |
| 457 | 1:02:08 | MOORE, Winnie | Sospan Road Runners | Vet 55 Ladies | 06:12.8 | 95 | 458 |
| 458 | 1:02:08 | MCCLLOUD, Iliana | | Under-20 Girls | 06:12.8 | 364 | 459 |
| 459 | 1:02:11 | BUERGI, Susan | | | 06:13.1 | 69 | 460 |
| 460 | 1:02:12 | CALVO, Amanda | | Under-20 Girls | 06:13.2 | 287 | 461 |
| 461 | 1:02:13 | JOHNSON, Laura | | Under-20 Girls | 06:13.3 | 284 | 462 |
| 462 | 1:02:15 | FIELD, Juliana | | | 06:13.5 | 43 | 463 |
| 463 | 1:02:56 | HITCHISON, Michele | | | 06:17.6 | 741 | 464 |
| 464 | 1:02:56 | DAVIES, Joy | | Vet 35 Ladies | 06:17.6 | 243 | 465 |
| 465 | 1:03:10 | WOOD, Heddd | | Vet 35 Ladies | 06:19.0 | 76 | 466 |
| 466 | 1:03:11 | GRANVILLE, Mary Jane | | Under-20 Girls | 06:19.1 | 542 | 467 |
| 467 | 1:03:13 | SULAIMAN, Daniel | | Under-20 Boys | 06:19.3 | 314 | 468 |
| 468 | 1:03:15 | ALIDOUST, Nasser | | Under-20 Boys | 06:19.5 | 279 | 469 |
| 469 | 1:03:49 | NORTHCROFT, Sile | | Vet 35 Ladies | 06:22.9 | 71 | 470 |
| 470 | 1:03:57 | GONKAR, Baiqu | | Under-20 Girls | 06:23.7 | 359 | 471 |
| 471 | 1:04:03 | CREBER, Michel | | | 06:24.3 | 523 | 472 |
| 472 | 1:04:03 | DAY, Daniel | | | 06:24.3 | 60 | 473 |
| 473 | 1:04:04 | DAY, Michelle | UK Net Runner | Vet 35 Ladies | 06:24.4 | 59 | 474 |
| 474 | 1:04:04 | HUGHES, R.E. | | Vet 40 Men | 06:24.4 | 251 | 475 |
| 475 | 1:04:06 | HUGHES, Sarah | | Under-20 Girls | 06:24.6 | 730 | 476 |
| 476 | 1:04:06 | WOOD, Miranda | | | 06:24.6 | 516 | 477 |

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-----------------------|------------------------|--------------------------|------------------------|-------------|-------------|
| 477 | 1:04:25 | CARDENAS, Llaima Mali | Womens Running Network | Under-20 Girls | 06:26.5 | 424 | 478 |

| | | | | | | | |
|-----|---------|---------------------------|----------------------|----------------|---------|-----|-----|
| 478 | 1:04:41 | MILLWARD, Liz | West End Runners | Vet 35 Ladies | 06:28.1 | 506 | 479 |
| 479 | 1:04:57 | DAVIDSON, Tricia | Brackla Harriers | Vet 45 Ladies | 06:29.7 | 206 | 480 |
| 480 | 1:05:03 | JENKINS, Michelle | | Vet 35 Ladies | 06:30.3 | 568 | 481 |
| 481 | 1:05:03 | GOVETT, Linda | | Vet 35 Ladies | 06:30.3 | 460 | 482 |
| 482 | 1:05:05 | FOURNIER, Sebastien | | Under-20 Boys | 06:30.5 | 292 | 483 |
| 483 | 1:05:09 | RAJAONSON, Ranaivo | | Under-20 Boys | 06:30.9 | 275 | 484 |
| 484 | 1:05:27 | HOSKINS, Wayne | Islwyn Running Club | Vet 40 Men | 06:32.7 | 18 | 485 |
| 485 | 1:06:21 | MORRIS, Darren | Maesteg | | 06:38.1 | 137 | 486 |
| 486 | 1:06:21 | MORRIS, Kerri | | | 06:38.1 | 138 | 487 |
| 487 | 1:06:22 | HUGHES, G.J. | | Vet 40 Men | 06:38.2 | 252 | 488 |
| 488 | 1:06:26 | STEVENS, Sandra | merthyr running club | Vet 55 Ladies | 06:38.6 | 744 | 489 |
| 489 | 1:06:33 | THOMAS, Kate | | Vet 35 Ladies | 06:39.3 | 572 | 490 |
| 490 | 1:06:36 | ATTWOOD, Kate | | | 06:39.6 | 120 | 491 |
| 491 | 1:06:46 | ZOU, Yuchen | | Under-20 Boys | 06:40.6 | 278 | 492 |
| 492 | 1:06:49 | SNAITH, Darren | | | 06:40.9 | 177 | 493 |
| 493 | 1:06:54 | JONES, Gwyneth | | | 06:41.4 | 456 | 494 |
| 494 | 1:06:54 | JONES, Heleri | | | 06:41.4 | 558 | 495 |
| 495 | 1:07:08 | ROBEB, Catherine | | Vet 35 Ladies | 06:42.8 | 562 | 496 |
| 496 | 1:07:12 | HOLLOWS, Jessica | | Under-20 Girls | 06:43.2 | 347 | 497 |
| 497 | 1:07:12 | RAMJI, Zahra | | Under-20 Girls | 06:43.2 | 276 | 498 |
| 498 | 1:07:15 | ACKUAND, Sian | Brackla Harriers | Vet 35 Ladies | 06:43.5 | 563 | 499 |
| 499 | 1:08:02 | MORGAN, Sinead | | | 06:48.2 | 810 | 500 |
| 500 | 1:08:02 | WARD, Deslain | | | 06:48.2 | 809 | 501 |
| 501 | 1:08:25 | QASSIM, Samira | | Under-20 Girls | 06:50.5 | 386 | 502 |
| 502 | 1:08:34 | WATKINS, Sarah | | | 06:51.4 | 87 | 503 |
| 503 | 1:08:34 | WATKINS, Daryl | | | 06:51.4 | 88 | 504 |
| 504 | 1:09:14 | AUSTERBERRY, Audrey | | Vet 55 Ladies | 06:55.4 | 232 | 505 |
| 505 | 1:10:16 | LOWREY-DYER, Susan | | | 07:01.6 | 428 | 506 |
| 506 | 1:10:17 | JOYCE, Simone | | Vet 35 Ladies | 07:01.7 | 430 | 507 |
| 507 | 1:11:07 | ILIYES, Muhammad | | Under-20 Boys | 07:06.7 | 308 | 508 |
| 508 | 1:11:14 | JARRET, Charles | | Under-20 Boys | 07:07.4 | 304 | 509 |
| 509 | 1:11:17 | ONEKAYON, Richard | | Under-20 Boys | 07:07.7 | 262 | 510 |
| 510 | 1:11:49 | VAN HARREVELD, Mitzi | | Under-20 Girls | 07:10.9 | 302 | 511 |
| 511 | 1:11:53 | WANG, Feng | | Under-20 Boys | 07:11.3 | 321 | 512 |
| 512 | 1:12:17 | CAI, Yongde | | Under-20 Boys | 07:13.7 | 317 | 513 |
| 513 | 1:12:37 | ELLIS, Gill | | Vet 45 Ladies | 07:15.7 | 199 | 514 |
| 514 | 1:14:03 | CARNEIRO, Maria | | Under-20 Girls | 07:24.3 | 339 | 515 |
| 515 | 1:14:03 | MWANGI, Nungari | | Under-20 Girls | 07:24.3 | 349 | 516 |
| 516 | 1:14:08 | JONES, Jonathan | | | 07:24.8 | 398 | 517 |
| 517 | 1:14:08 | JONES, Tim | | | 07:24.8 | 397 | 518 |
| 518 | 1:14:34 | GOLBY, Gemma | | | 07:27.4 | 479 | 519 |
| 519 | 1:14:37 | BOASE, Lucy | | Under-20 Boys | 07:27.7 | 720 | 520 |
| 520 | 1:14:49 | MOORE, Jessica | | Under-20 Girls | 07:28.9 | 295 | 521 |
| 521 | 1:15:05 | MURRAY, Andy | Dulwich Runners | Vet 50 Men | 07:30.5 | 153 | 522 |
| 522 | 1:15:05 | TABOR, Ros | Dulwich Runners | Vet 55 Ladies | 07:30.5 | 154 | 523 |
| 523 | 1:15:24 | BATE, Andrew | | | 07:32.4 | 175 | 524 |
| 524 | 1:15:56 | EICHHORN, Jan | | Under-20 Boys | 07:35.6 | 343 | 525 |
| 525 | 1:15:57 | BELCHER, Anna | | Under-20 Girls | 07:35.7 | 324 | 526 |
| 526 | 1:15:58 | SAUER, Tom | | Under-20 Boys | 07:35.8 | 352 | 527 |
| 527 | 1:16:05 | FIDALGO LORENZO, Santiago | | Under-20 Boys | 07:36.5 | 358 | 528 |
| 528 | 1:16:35 | WILLIAMS, Katrice | | Under-20 Girls | 07:39.5 | 353 | 529 |
| 529 | 1:18:22 | JONES, Caroline | | | 07:50.2 | 125 | 530 |
| 530 | 1:18:34 | MADDEN, Joanne | | Under-20 Girls | 07:51.4 | 899 | 531 |
| 531 | 1:18:39 | JAMIL, Mohd Imran | | Under-20 Boys | 07:51.9 | 375 | 532 |
| 532 | 1:19:03 | WILLIAMS, Rhodri | | Under-20 Boys | 07:54.3 | 316 | 533 |
| 533 | 1:19:20 | TOMLINSON, Jeremy | | Under-20 Boys | 07:56.0 | 389 | 534 |
| 534 | 1:20:21 | NAVARRETE BERGES, Andres | | Under-20 Boys | 08:02.1 | 365 | 535 |
| 535 | 1:20:48 | SUGIMOTO, Amina | | Under-20 Girls | 08:04.8 | 369 | 536 |
| 536 | 1:23:47 | RADENOVIC, Bojana | | Under-20 Girls | 08:22.7 | 351 | 537 |

Atlantic College 10K, Atlantic College 10K - Sunday 9 April 2006. 11:00 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/Km</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|-----------------------|-------------|--------------------------|------------------------|-------------|-------------|
| 537 | 1:25:26 | GRYSPEERDT, Nancy | | Under-20 Girls | 08:32.6 | 326 | 538 |
| 538 | 1:25:26 | DAVISON, Lizzie | | Under-20 Girls | 08:32.6 | 325 | 539 |
| 539 | 1:34:22 | DUALE, Salayman | | Under-20 Boys | 09:26.2 | 342 | 540 |
| 540 | 1:34:22 | BRAM, Uri | | Under-20 Boys | 09:26.2 | 269 | 541 |
| 541 | 1:37:22 | COVICH, Judita | | Vet 45 Ladies | 09:44.2 | 747 | 542 |
| 542 | 1:39:31 | AMLIE, Katrine | | Under-20 Girls | 09:57.1 | 336 | 543 |
| 543 | 1:39:32 | CICHON, David | | Under-20 Boys | 09:57.2 | 288 | 544 |
| 544 | 1:39:33 | MUGGLETON, Frankie | | Under-20 Boys | 09:57.3 | 296 | 545 |
| 545 | 1:39:34 | DIKKO, Said | | Under-20 Boys | 09:57.4 | 290 | 546 |
| 546 | 1:39:49 | NAGRANI, Geeta | | Under-20 Girls | 09:58.9 | 350 | 547 |
| 547 | 1:40:29 | ALIAJ, Iris | | Under-20 Girls | 10:02.9 | 354 | 548 |
| 548 | 1:40:56 | MAJDHY, Aida | | Under-20 Girls | 10:05.6 | 363 | 549 |
| 549 | 1:40:56 | NNAOBI, Ifeatu | | Under-20 Girls | 10:05.6 | 366 | 550 |
| 550 | 1:41:28 | ARNEY, Mungo Benjamin | | Under-20 Boys | 10:08.8 | 331 | 551 |
| 551 | 1:41:28 | MALIK, Gaurav | | Under-20 Boys | 10:08.8 | 261 | 552 |

There were 551 finishers in the All Competitors category.

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Page 10 of 10