

Atlantic College 10k – provisional results Course Record:

Men - 30:40 and

St Donats Castle Women - 35:11

25.3.07 - 0

Overall Results 25.3.07 13:30

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
1	32:24	430	James THIE		M Cardiff AAC	SM/1
2	32:54	344	Julian BAKER		M Les Croupiers	SM/2
3	33:06	31	Steve DAVIES		m Swansea Harriers	SM/3
4	33:16	158	Paul RICHARDS		m Neath Harriers	VM40/1
5	34:00	188	Peter COLES		m Pontypridd Roadents	VM40/2
6	34:03	268	Gareth JONES		M 3ms Gorseinon Road	SM/4
7	34:20	269	Tim LEWIS		M Bridgend AC	SM/5
8	34:29	428	Matthew GURMIN		M Abertillery Achilles Athletic	SM/6
9	34:35	478	Stuart CREES		M Les Croupiers	SM/7
10	34:41	91	Stephen THOMAS		m Islwyn Running Club	SM/8
11	34:42	154	Nick DUKES		m Les Croupiers	SM/9
12	34:44	140	Steve SMITH		m Swansea Harriers	VM40/3
13	34:46	243	Edward TATRATA		m Cardiff AAC	SM/10
14	35:02	54	Jason SCANLON		m Pontypridd Roadents	SM/11
15	35:06	133	Stuart REEVES		m Les Croupiers	SM/12
16	35:21	379	Paul TALBOT		M Neath Harriers	SM/13
17	35:29	378	Paul MARTIN		M Tonbridge	SM/14
18	36:30	353	Greg NEWHAMS		M Bridgend AC	VM40/4
19	36:33	103	Claire WILLER		f Watford Harriers	SW/1
20	36:38	231	Mick MCGEOCH		m Les Croupiers	VM50/1
21	36:39	454	Richard JONES		M Swansea Harriers	VM40/5
22	36:45	9	Gareth GREEN		m	SM/15
23	37:00	273	Martin WEBBORN		M Swansea Harriers	VM40/6
24	37:09	361	Jon BISSON		M Unattached	VM40/7
25	37:47	250	Scott HOWELL		m Les Croupiers	VM40/8
26	37:57	42	David COLES		m Les Croupiers	VM40/9
27	38:06	370	Patrick MARTIN		M Pembs Tri Club	SM/16
28	38:15	135	Ronald MORRIS		m San Domenico RRC	VM50/2
29	38:19	480	Ian BOUND		M Les Croupiers	SM/17
30	38:26	391	Haydn HARTNELL		M Islwyn Running Club	VM40/10
31	38:26	616	Matias GROETAERS		m Whitaker U18M	1
32	38:28	427	Dylan OWEN		M Les Croupiers	VM40/11
33	38:29	89	Phil MEYLER		m Pontypridd Roadents	VM50/3
34	38:30	282	Mark TOAN		M Unattached	SM/18
35	38:32	107	Steve COUPE		m Sospan Road Runners	VM50/4
36	38:41	256	Steve BRACE		M Bridgend AC	VM40/12
37	38:47	104	Matthew HALLISSEY		m Dacorun & Tring	SM/19
38	38:49	466	Arron GOLDSMITH		M Cardiff Triathletes	SM/20
39	38:56	265	Jeff THOMAS		M Bridgend AC	VM40/13
40	38:57	483	David THOMAS		M Eorskiwon 3M'S	SM/21
41	39:03	276	David LERWAY		M Unattached	SM/22
42	39:04	83	Phillip MILES		m Club 69	VM50/5
43	39:07	377	Anthony POWELL		M Brackla Harriers	SM/23
44	39:17	156	Dave HUGHES		m Bridgend AC	VM40/14

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Pos.	Time	No.	Name	Sex	Club	Cat/Pos
45	39:18	493	Jay WARD	M	San Domenico RRC	SM/24
46	39:27	185	Rhydian RESTON		m	SM/25
47	39:42	194	Clive OSMOND		m	Les Croupiers VM40/15
48	39:46	499	Frances GILL		F	Neath Harriers VW45/1
49	39:52	184	Paul BELCHER		m	VM50/6
50	40:01	161	John O'SHEA		m	Les Croupiers VM50/7
51	40:10	360	David HOOLE		M	Penarth and Dinas VM40/16
52	40:12	351	Paul WILLIAMS		M	Unattached SM/26
53	40:15	195	Matt HOPKINS		m	Les Croupiers SM/27
54	40:20	459	Paul PRICE		M	Unattached VM40/17
55	40:23	113	John DIFFEY		m	Les Croupiers VM40/18
56	40:24	307	Simon MURROHY		M	Pontypridd Roadents SM/28
57	40:26	73	Edwin GREEN		m	Chepstow Harriers VM40/19
58	40:34	452	Mike MURPHY		M	Les Croupiers VM50/8
59	40:36	134	Brian RICHARDSON		m	VM40/20
60	40:41	488	Bryn GRIFFITHS		M	Unattached SM/29
61	40:48	229	Paul GARSIDE		m	SM/30
62	41:01	306	Rob WILCOX		M	Penarth and Dinas VM40/21
63	41:08	68	James DELANEY		m	San Domenico RRC VM50/9
64	41:08	363	Jamie ORTH CANAVATE		M	Unattached SM/31
65	41:10	312	Cornelius CORCORAS		M	Pontypridd Roadents SM/32
66	41:13	461	Alvn Wyn EVANS		M	Unattached VM40/22
67	41:21	494	Gwyn LLOYD		M	Pontypridd Roadents VM50/10
68	41:26	162	Robbie O'SHEA		m	U18M/2
69	41:42	446	Mark TREGILGES		M	Unattached SM/33
70	41:48	463	Paul OWAMS		M	Pembrokeshire Harriers VM40/23
71	41:49	29	Christopher REYNOLDS		m	SM/34
72	41:49	384	Mark SURET		M	Cardiff Triathletes SM/35
73	41:50	94	Leon Clive YOUNG		m	SM/36
74	41:56	380	Matthew WITHERSTONE		M	Unattached SM/37
75	41:57	434	Peter THOMAS		M	Caerleon RC VM40/24
76	41:58	66	Steve OWEN		m	Les Croupiers VM40/25
77	42:07	116	Lee WILLIAMS		m	VM40/26
78	42:08	182	Mark UNSWORTH		m	San Domenico RRC VM40/27
79	42:13	52	Kevin MCCARTHY		m	Road Runners Club VM40/28
80	42:14	136	Tom PEARSON		m	SM/38
81	42:15	479	Marcus COLES		M	Les Croupiers SM/39
82	42:21	46	Debbie COOKE		f	Pencoed Tri VW35/1
83	42:23	385	Julia CLARKE		F	Cardiff AAC SW/2
84	42:34	490	Rob EVANS		M	Cardiff Tri SM/40
85	42:46	285	Sandra CHIPPER		F	Lliswerry Runners VW35/2
86	42:50	36	Alan COX		m	VM50/11
87	42:51	435	Gareth GRIFFITHS		M	Unattached SM/41
88	42:52	519	Thomas WILSON		m	Dyfed U18M/3
89	42:53	468	David PEACOCK		M	Unattached SM/42
90	42:57	220	Nicky EVANS		f	Penarth and Dinas VW35/3
91	42:58	226	Robert HECTOR		m	SM/43
92	43:10	394	Hugh HUGHES		M	Unattached SM/44
93	43:19	542	Bartek RESZKA		m	Morgannwg U18M/4
94	43:21	406	Williams DAVIES		M	Unattached VM50/12

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
95	43:23	441	Robin CAMPBELL	M	Unattached	SM/45
96	43:26	314	Andrew DAVIES	M	Unattached	VM40/29
97	43:29	227	Jeff ASTON	m	Les Croupiers	VM50/13
98	43:30	175	Martin BARRETT	m	VM40/30	
99	43:36	72	Julie SCHOLEY	f	Les Croupiers	VW45/2
100	43:37	275	John WEEKS	M	Islwyn Running Club	VM50/14
101	43:47	620	Eirik TORGENSEN	m	Whitaker	U18M/5
102	43:47	355	Adrian THOMAS	M	Unattached	VM40/31
103	43:53	346	Wouter POORTINGA	M	Les Croupiers	SM/46
104	44:01	270	Adrian DISNEY	M	Unattached	VM40/32
105	44:06	119	Sue TAGG	f	Club 69	VW35/4
107	44:14	345	Gareth DAVIES	M	Unattached	SM/47
108	44:15	106	Peter CHOWDHURY	m	SM/48	
109	44:16	371	M WATLEY	M	Unattached	VM50/15
110	44:17	485	Mark WILLIAMSON	M	Road Runners Club	VM40/33
111	44:22	204	Stuart DAVIDSON	m	Bridgend AC	VM50/16
112	44:27	190	Will JOHN	m	VM40/34	
113	44:27	65	Sian PHILLIPS	f	Swansea Harriers	VW45/3
114	44:31	486	Nigel GRIFFITHS	M	Unattached	VM40/35
115	44:33	43	Stephen NEW	m	100 Marathon Club	VM40/36
116	44:36	230	Philip BOORMAN	m	SM/49	
117	44:44	266	Hadyn THOMAS	M	Unattached	SM/50
118	44:45	372	Sean WATSON	M	Unattached	SM/51
119	44:46	581	Onyedikachi UDEOJI	m	Powys	U18M/6
120	44:47	225	Hayley BLUNT	f	SW/3	
121	44:48	631	Valentin JEUTNET	m	Tice	U18M/7
122	44:52	82	Jacky AUSTIN	f	VW50/1	
123	44:55	95	Richard SEWELL	m	Les Croupiers	VM50/17
124	44:57	62	Charles THOMAS-WALSH	m	Port Talbot Harriers	SM/52
125	44:58	197	Andrew YATES	m	U18M/8	
126	44:59	170	Mark ALLEN	m	SM/53	
127	45:01	1	Dafydd JOHN	m	SM/54	
128	45:09	649	Juan GIRALDO VASQUEZ	m	Sunley	U18M/9
129	45:11	395	Robert FORD	M	Pontypridd Roadents	VM50/18
130	45:23	274	Jeremy OSBORNE	M	Unattached	VM40/37
131	45:25	74	Jason EDWARDS	m	SM/55	
132	45:28	165	John CUNNANE	m	100KM Association	VM50/19
133	45:30	507	Henning HOLST	m	Dyfed	U18M/10
134	45:31	222	Katie BEECHER	f	SW/4	
135	45:38	145	Andrew BRASINGTON	m	VM40/38	
136	45:40	702	Luis PEREZ BALDERRAMA	m	Gwynedd	U18M/11
137	45:42	148	Matthew WILTON	m	SM/56	
138	45:44	366	Tony BLACKOHHEN	M	Unattached	VM40/39
139	45:51	178	Neil DAVIES	m	SM/57	
140	45:56	249	Jude CASSAM	f	Les Croupiers	VW35/5
141	45:57	211	Noel HARRIS	m	VM40/40	
142	46:02	386	Paul GILLARD	M	Unattached	VM40/41
143	46:03	608	Alan UTRIA	m	Whitaker	U18M/12
144	46:04	574	Joe HEPWORTH	m	Powys	U18M/13
145	46:05	578	Francis NDAGIJEIMAANA	m	Powys	U18M/14

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
146	46:09	153	Neil COLEMAN	m	VM40/42	
147	46:11	595	Renyi NG	m	Powys U18M/15	
148	46:12	381	Ray JAMES		M P T Harriers	VM40/43
149	46:14	224	Roy RICHARDS	m	VM50/20	
150	46:16	403	Stephen SEEAN		M Pontypridd Roadents	VM40/44
151	46:18	287	Alan WARD		M Unattached	SM/58
152	46:19	634	Job OGUTU	m	Tice U18M/16	
153	46:22	465	William FOUIDS		M Unattached	VM40/45
154	46:24	63	Nigel MORSE	m	Celtic Tri	SM/59
155	46:29	576	Leo HYDE	m	Powys U18M/17	
156	46:32	491	Emma FOX		F San Domenico RRC	SW/5
157	46:33	393	Piers Morgan HARVEY		M Mumbles Milers	SM/60
158	46:39	210	Rebecca HARRIS	f	VW35/6	
159	46:47	129	Clive DENTON	m	SM/61	
160	46:51	159	Amy EDWARDS	f	Rhondda Valley Runners	SW/6
161	46:51	681	Jacob SILKSTONE	m	Sunley U18M/18	
162	46:57	405	Paul MACKENZIE CUPPINS		M Les Croupiers	SM/62
163	47:03	64	Andrew ROTHWELL	m	VM40/46	
164	47:04	597	Daniel PULIDO MENDEZ	m	Powys U18M/19	
165	47:08	247	K. STARR	m	VM50/21	
166	47:08	149	Mario RABAIOTTI	m	VM40/47	
167	47:10	524	Henry NORDING	m	Dyfed U18M/20	
168	47:14	90	Abyd Quinn AZIZ	m	Penarth and Dinas	VM50/22
169	47:15	432	Anne Marie EVANS	F	Club 69	VW35/7
170	47:18	248	Martin HILTON	m	SM/63	
171	47:19	305	Bethan THOMAS	F	Celtic Tri	SM/64
172	47:24	352	Nathan HARTWELL	M	Unattached	U18M/21
173	47:25	398	Barry Mark MORGAN	M	Visteon Exciles	SM/65
174	47:31	15	Heledd TOMOS	f	SW/7	
175	47:33	467	Guy WATKINS	M	Unattached	SM/66
176	47:39	183	Paul BUTLER	m	VM40/48	
177	47:41	260	Lloyd MORGAN	m	San Domenico RRC	SM/67
178	47:42	506	Mohammed EBAID		m Dyfed	U18M/22
179	47:48	600	Marie ZWETSLOOT	f	Powys U18W/1	
180	47:54	545	Blake UNDERWOOD	m	Morgannwg	U18M/23
181	48:01	244	Chris LINDLEY	m	SM/68	
182	48:03	529	Simon THEBAULT	m	Dyfed	U18M/24
183	48:06	399	Rob LEERING	M	Penarth and Dinas	VM50/23
184	48:07	302	Simon Shaun THOMAS	M	Unattached	U18M/25
185	48:07	592	Pascale KOCH	f	Powys U18W/2	
186	48:08	392	Phil PROTHEVE	M	Brackla Harriers	SM/69
187	48:14	402	John BENNETT	M	Unattached	SM/70
188	48:18	212	John MARTIN	m	VM40/49	
189	48:19	192	Ella ZELLABY	f	SW/8	
190	48:23	525	Bas PARIS	m	Dyfed	U18M/26
191	48:26	530	Lauritz VALVIK RAUSTOL	m	Dyfed	U18M/27
192	48:29	26	Mike LISTEN	m	Les Croupiers	VM50/24
193	48:32	589	Pablo GUERRERO ORDONEZ	m	Powys U18M/28	
194	48:35	264	Ian HATWET	M	Unattached	SM/71
195	48:35	382	Andrew BOURNER	M	Unattached	SM/72

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
196	48:38	186	Glys HICKS	m	Islwyn Running Club	VM50/25
197	48:43	367	R LAWRENCE	M	Unattached	VM50/26
198	49:00	607	Samuel SULLIVAN	m	Whitaker	U18M/29
199	49:00	540	Josh ONENS	m	Morgannwg	U18M/30
200	49:06	92	Stephen HUNT	m		VM50/27
201	49:07	284	Richard BOYLAND	M	Unattached	VM40/50
202	49:08	263	Graeme SMITH	M	Unattached	SM/73
203	49:11	303	Simon FRANKS	M	Swansea Harriers	VW35/8
204	49:12	497	Sue MURRAY	F	Unattached	SM/74
205	49:14	228	Rachel JONES	f	Les Croupiers	VW35/9
206	49:15	75	Annabel PRICE	f		VW35/10
207	49:17	481	Gemma CONLON	F	Unattached	SW/9
208	49:22	215	Roger FAWKE	m	Islwyn Running Club	VM50/28
209	49:22	496	Jeff WALLACE	M	Unattached	VM40/51
210	49:24	364	Robert DAVIES	M	Unattached	VM40/52
211	49:25	157	Shelagh ADKINS	f	Caerleon RC	VM50/29
212	49:27	482	Carlos LAWS	M	Unattached	SM/75
213	49:39	56	Bob WATSON	m		SM/76
214	49:40	180	David MCDONALD	m		SM/77
215	49:41	473	Cam SEAMIAN	M	Rhondda Valley Runners	SM/78
216	49:46	400	April HAVARD	F	Unattached	SW/10
217	49:49	679	Simen OPSAL	m	Sunley	U18M/31
218	49:51	347	Gin HARVEY	F	Unattached	SW/11
219	49:54	362	Leigh STEVENS	M	Unattached	SM/79
220	49:55	604	Thomas GRIFFITHS	m	Whitaker	U18M/32
221	49:55	251	Jon Morten STEINVEG	m		SM/80
222	49:57	277	Helen SLAUGHTER	F	Lliswerry	VW35/11
223	50:04	280	Phillip CROCKETT	M	Unattached	SM/81
224	50:14	117	Beverley WARBURTON	f		VW45/4
225	50:16	492	Paul STOCKFORD	M	Unattached	SM/82
226	50:21	37	Beverley Jane LEWIS	f		VW35/12
227	50:23	205	Blair LUNDIE	m	Islwyn Running Club	VM50/30
228	50:35	573	Gabriel GOULET LANGLOIS	m	Powys	U18M/33
229	50:42	146	Kevin O LEARY	m		VM40/53
230	50:47	349	Andrew LEE	M	Unattached	SM/83
231	50:51	167	Gordon KNOWLES	m		SM/84
232	50:55	48	Gwyneth PARRY	f		VW50/2
233	50:57	484	Andy BOOTH	M	Road Runners Club	VM50/31
234	50:57	97	Elliot SWALLOW	m		U18M/34
235	50:58	96	Guy SWALLOW	m		SM/85
236	50:58	348	Joel KENRICK	M	Serpentine	SM/86
237	50:59	534	Owen GOTHILL	m	Morgannwg	U18M/35
238	50:59	164	John DUNE	m		SM/87
239	51:10	694	Arne NORDGULEN	m	Gwynedd	U18M/36
240	51:11	674	Simon KLAAS	m	Sunley	U18M/37
241	51:14	196	Martyn YATES	m		VM40/54
242	51:16	49	Richard PARRY	m		VM50/32
243	51:18	598	David THOLEN	m	Powys	U18M/38
244	51:23	596	Ruben OBERMAN	m	Powys	U18M/39
245	51:24	601	Patrick CAIRE	m	Whitaker	U18M/40

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
246	51:25	166	Seona CURRIE	f	Penarth and Dinas	VW35/13
247	51:28	8	Ian John WARNER	m	VM40/55	
248	51:31	632	Jenni MUTTONEN	f	Tice	U18W/3
249	51:33	3	Ian GALL	m	VM50/33	
250	51:35	700	Calina LANGGUTH	f	Gwynedd	U18W/4
251	51:39	703	Fabricio SORDONI	m	Gwynedd	U18M/41
252	51:41	281	Jonathan MICHIE	M	Unattached	VM50/34
253	51:43	550	Julie CRAWFORD	f	Morgannwg	U18W/5
254	51:46	354	Neil LEWIS	M	Mumbles Milers	VM40/56
255	51:46	114	Charlotte HUNT	f	SW/12	
256	51:50	214	Gerard NEWMAN	m	Stroud and District AC	VM50/35
257	51:56	546	Daniel VIKUM	m	Morgannwg	U18M/42
258	52:01	245	Robert RAYNOR	m	VM50/36	
259	52:02	707	Emily WILSON	f	Gwynedd	U18W/6
260	52:08	105	Bethan HUGHES	f	SW/13	
261	52:10	476	Paul JONES	M	Mumbles Milers	SM/88
262	52:14	191	Mel BAILEY	m	San Domenico RRC	VM50/37
263	52:21	626	Sidiane DAAL	f	Tice	U18W/7
264	52:27	527	Ranaivo RAJAONSON	m	Dyfed	U18M/43
265	52:29	582	Sophie WELDON	f	Powys	U18W/8
266	52:29	219	Philip JONES	m	VM40/57	
267	52:30	99	Peter MALONEY	m	Griffithstown Harriers	VM60/1
268	52:32	397	Mark FERRIE	M	Unattached	VM40/58
269	52:33	635	Anna RAVETTI	f	Tice	U18W/9
270	52:34	429	Darren HOREAN	M	Unattached	SM/89
271	52:36	69	Wendy OWEN	f	VW35/14	
272	52:36	12	Malcolm MCKENZIE	m	VM50/38	
273	52:39	127	Andrew WOODHOUSE	m	SM/90	
274	53:03	198	Tony HALL	m	VM50/39	
275	53:12	313	Steve MULLANE	M	Unattached	SM/91
276	53:26	471	Keith HERBIRE	M	Unattached	VM50/40
277	53:29	388	Menna THOMAS	F	Unattached	SW/14
278	53:29	531	Ragnhild DALE	f	Morgannwg	U18W/10
279	53:32	464	Sally MARTIN	F	Unattached	SM/92
280	53:44	252	Hywell EDWARDS	m	SM/93	
281	53:45	390	Ewyn JONES	M	Unattached	VM60/2
282	53:47	38	Rhodri Huw EVANS	m	SM/94	
283	53:51	644	Kirsty PATTISON	f	Tice	U18W/11
284	53:52	246	Andrew WHITE	m	SM/95	
285	53:52	35	Claire JONES	f	SW/15	
286	53:57	462	Ann DAVIES	F	Pontypridd Roadents	VW50/3
287	53:58	445	Patricia MC FARLANE	F	Penarth and Dinas	VW45/5
288	53:59	630	Snorre GJERDE	m	Tice	U18M/44
289	54:02	4	Richard LONG	m	SM/96	
290	54:05	440	Geraint ROBERTS	M	Unattached	SM/97
291	54:08	439	David LAKE	M	Unattached	SM/98
292	54:08	308	Chris COSSWELL	M	Unattached	SM/99
293	54:08	643	Christina GUEST	f	Tice	U18W/12
294	54:14	636	Kine REIGSTAD	f	Tice	U18W/13
295	54:16	237	John CLARKE	m	VM60/3	

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
296	54:18	240	Patricia GALE	f		VW35/15
297	54:18	612	Margrethe BRANTSÆTER	f	Whitaker	U18W/14
298	54:20	77	Ruth TREHARNE	f	Islwyn Running Club	VW35/16
299	54:21	235	Simon JAMES	m	Les Croupiers	SM/100
300	54:28	142	Wayne EVANS	m	Sospan Road Runners	SM/101
301	54:29	236	Mike JAMES	m	Les Croupiers	VM60/4
302	54:33	437	Joanne JOHNSON	F	Unattached	VW35/17
303	54:46	438	Andrew JOHNSON	M	Unattached	VM40/59
304	54:46	181	Charles Ian ALLEN	m		VM40/60
305	54:47	477	Keith HARRIS	M	Unattached	VM40/61
306	54:50	455	Alan HOWELL	M	Unattached	VM60/5
307	54:54	442	Melanie MALLON	F	Unattached	VW35/18
308	55:05	201	Paul William HUCKFIELD	m		SM/102
309	55:07	176	Sian BROWN	f		VW45/6
310	55:13	172	Laure BOUTRAIS-LODGE	f		VW35/19
311	55:18	283	Kim KURELL	F	Caerleon RC	VW45/7
312	55:19	651	Sanna KAUPPILA	f	Sunley	U18W/15
313	55:36	6	Steven MOCK	m		SM/103
314	55:39	128	Elaine PRICE	f		VW35/20
315	55:53	121	Gill KILLICK	f		VW35/21
316	55:53	680	Max RAAB	m	Sunley	U18M/45
317	55:55	139	Rebecca WASHBOURNE	f		SW/16
318	55:55	138	Ian WASHBOURNE	m		VM50/41
319	55:56	272	R CARTER	M	Unattached	VM60/6
320	56:06	55	Mark CARTER	m		VM40/62
321	56:06	443	Dave WILLIAMS	M		SM/104
322	56:19	621	Bankole ALUKO	m	Tice	U18M/46
323	56:19	575	Ashild HOMB	f	Powys	U18W/16
324	56:26	690	Charlotte JUTZ-REICHHARDT	f	Gwynedd	U18W/17
325	56:29	310	Gary TAYLOR	M	Mumbles Milers	SM/105
326	56:29	453	Heather OSBORNE	F	Unattached	VW45/8
327	56:33	253	Natalie EDDINS	f		SW/17
328	56:35	120	Allan BREWER	m		VM50/42
329	56:39	143	Hadyn DAVIES	m		VM60/7
330	56:42	495	Fran SLOAN	M	Unattached	VW45/9
331	56:47	593	Xiao Bin LI	m	Powys	U18M/47
332	56:52	387	Eric BAILEY	M	Chepstow Harriers	VM60/8
333	56:52	242	Lynda WILLIAMS	f		VW35/22
334	57:02	436	Barry DARE	m		VM50/43
335	57:11	267	Keri HUTCHINSON	F	Unattached	VW35/23
336	57:14	207	Andrew LEWIS	m		SM/106
337	57:15	206	Richard LEWIS	m		SM/107
338	57:16	469	Grayam GINGER	M	Unattached	VM50/44
339	57:25	152	Angela CHAMPION	f	Village Vipers	SW/18
340	57:32	368	Clare NELSON	F	Unattached	SW/19
341	57:35	512	Tariq OMARSHAH	m	Dyfed	U18M/48
342	57:37	2	Aranka PRATT	f		VW50/4
343	57:38	144	Geraint DAVIES	m		VM40/63
344	57:41	705	Carmen VAN ZANTEN	f	Gwynedd	U18W/18
345	57:42	517	Seb TAYLOR	m	Dyfed	U18M/49

Pos.	Time	No.	Name	Sex	Club Cat/Pos
346	57:42	585	Max CORY	m	Powys U18M/50
347	57:43	686	Matthew BUTLER	m	Gwynedd U18M/51
348	57:44	658	Alex MICHIE	m	Sunley U18M/52
349	57:45	639	Melino BAIN-VETE	m	Tice U18M/53
350	57:48	365	Simon PHILLIPS	M	Unattached SM/108
351	57:59	221	Jason HOLLOWAY	m	SM/109
352	58:03	150	Roger HOWELL	m	Penarth and Dinas VM60/9
353	58:05	350	L PUGH	M	M N L VM60/10
354	58:08	70	Wayne ASTLEY	m	VM40/64
355	58:11	564	Chi Chun YEUNG	m	Morgannwg U18M/54
356	58:12	288	Steven KENT	M	Unattached SM/110
357	58:13	232	Beatrix BOWN	f	VW50/5
358	58:18	563	Mitzi VAN HARREVELD	f	Morgannwg U18W/19
359	58:27	523	Alexander LUPSASCA	m	Dyfed U18M/55
360	58:43	86	Louise TAMBINI	f	SW/20
361	58:44	470	Sarah LOUISE SMILES	F	Brackla Harriers SW/21
362	58:45	216	Mike RIDOUT	m	Brackla Harriers VM50/45
363	58:45	163	James THOMAS	m	Brackla Harriers VM40/65
364	58:47	389	Hywel HUGHES	M	Unattached VM40/66
365	58:48	115	Paula JAMES	f	VW35/24
366	58:57	147	Phil GRIFFITHS	m	VM50/46
367	58:59	125	Lorraine MCGRANAGHAN	f	VW50/6
368	58:59	126	Stephen MCGRANAGHAN	m	VM50/47
369	59:05	369	Ruth LOVELL	F	Unattached SW/22
370	59:09	498	Martin SMIDMAN	M	Unattached VM40/67
371	59:09	47	Jane CHAPPELLE	f	VW35/25
372	59:09	25	Clive ROWE	m	SM/111
373	59:14	238	Poli CARDENAS	f	VW50/7 VW60
374	59:14	137	Nichol CULLEN	f	VM50/48
375	59:16	160	Kalen PHILLIPS	f	Les Croupiers VW35/26
376	59:22	102	Jayne EVANS	f	VW50/8
377	59:22	661	Maya SIKAND	f	Sunley U18W/20
378	59:22	514	Malia REEVES	f	Dyfed U18W/21
379	59:24	652	Frieda KAY	f	Sunley U18W/22
380	59:28	431	P REGAN	M	Unattached VM40/68
381	59:46	257	Bronwen DELLAR	f	SW/23
382	59:47	660	Lauren PILGRIM	f	Sunley U18W/23
383	59:53	254	Catherine LLEWELYN	f	Merthyr RRC VW35/27
384	1:00:02	151	Fran DAVIES	f	Michael Sobel Sport Centre VW35/28
385	1:00:02	179	Karen DAVIES	f	SW/24
386	1:00:06	500	Gill MURPHY	F	Les Croupiers VW50/9
387	1:00:08	579	Lena RETH	f	Powys U18W/24
388	1:00:09	536	Darryl JOHNSON	m	Morgannwg U18M/56
389	1:00:10	71	Deanne REBANE	f	VW45/10
390	1:00:15	609	Gwen WACKWITZ	f	Whitaker U18W/25
391	1:00:27	51	Alison CROCKETT	f	VW35/29
392	1:00:34	234	Mary DAVIES	f	VW50/10
393	1:00:36	304	Heather SHARP	F	Unattached VW35/30
394	1:00:38	110	Michael GAUNTLETT	m	SM/112
395	1:00:47	472	Janet BEYNON	F	Unattached VW35/31

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
396	1:00:49	401	Dilys MORRIS JONES	F	Unattached	VW45/11
397	1:00:52	5	Linda SMITH	f		VW45/12
398	1:00:57	458	Mary DONNELLY	M	Brackla Harriers	VM40/69
399	1:01:10	88	Christine A. HUGHES	f		VW35/32
400	1:01:25	627	Kado DAMBALL	m	Tice	U18M/57
401	1:01:27	556	Jessica MOORE	f	Morgannwg	U18W/26
402	1:01:48	516	Shu Haur TANG	m	Dyfed	U18M/58
403	1:01:52	359	Elizabeth MALLEEN	F	Unattached	VW35/33
404	1:02:05	309	Catrin PASCOE	F	Unattached	SW/25
405	1:02:06	278	Dom PASCOE	M	Unattached	SM/113
406	1:02:09	171	Darren SNAITH	m		SM/114
407	1:02:10	168	Alison KNOWLES	f		VW35/34
408	1:02:21	271	Robert JAMES	M	Unattached	VM40/70
409	1:02:26	213	Juliana FIELD	f		SW/26
410	1:02:28	39	Lowri ROBERTS	f		SW/27
411	1:02:28	61	Sioned Mai OWEN	f		SW/28
412	1:02:31	489	Alex BOURNER	M	Unattached	SM/115
413	1:02:33	383	D ROBERTS	M	Unattached	VM50/49
414	1:02:41	567	Juan CORDOBES	m	Powys	U18M/59
415	1:02:41	602	Emily DECKER	f	Whitaker	U18W/27
416	1:03:03	203	Patricia DAVIDSON	f	Brackla Harriers	VW45/13
417	1:03:07	141	Jackie EVANS	f	Sospan Road Runners	SW/29
418	1:03:11	301	Michel CREBER	M	Unattached	SM/116
419	1:03:15	208	Gareth NEWNES	m		SM/117
420	1:03:24	502	Marie-Florence BURKI	f		Dyfed U18W/28
421	1:03:35	60	Mark DAVIES	m		SM/118
422	1:03:54	11	Sally NORRIS	f		VW35/35
423	1:03:55	258	Hedd WOODHOUSE	f		VW35/36
424	1:03:57	311	D M GAMISH	F	Unattached	VW35/37
425	1:04:03	30	Tina LLOYD	f		VW35/38
426	1:04:19	174	Laurens BROPHY	m	Bridgend AC	VM60/11 VM70
427	1:04:22	456	Sian ACKLAND	F	Brackla Harriers	VW35/39
428	1:04:23	109	Ian John JONES	m		SM/119
429	1:04:31	108	Catrin REES	f		SW/30
430	1:04:59	457	Sian MILLAN	F	Unattached	SW/31
431	1:05:05	209	Angela JONES	f		VW35/40
432	1:05:22	76	Bill EATON	m	VM60/12	VM70
433	1:05:23	673	Sadi KAKHU	f	Sunley	U18W/29
434	1:05:48	509	Signe JAHREN	f	Dyfed	U18W/30
435	1:05:54	259	Elizabeth MORGAN	f	San Domenico RRC	SW/32
436	1:05:55	625	Da CUI	m	Tice	U18M/60
437	1:06:07	696	Eva SULTAN	f	Gwynedd	U18W/31
438	1:06:08	640	Katie BENALLICK	f	Tice	U18W/32
439	1:06:37	642	Olivia CORN	f	Tice	U18W/33
440	1:07:08	629	Harriet ETHERIDGE	f	Tice	U18W/34
441	1:07:13	624	Llaima CARDENAS	f	Tice	U18W/35
442	1:07:22	98	David SWALLOW	m	VM50/50	
443	1:07:23	543	Thomas SCHUITEMAKER	m	Morgannwg	U18M/61
444	1:07:33	554	Regine MAMET	f	Morgannwg	U18W/36
445	1:07:36	100	Gwyneth JONES	f		SW/33

Pos.	Time	No.	Name	Sex	Club	Cat/Pos
446	1:08:02	101	Meleri JONES		f SW/34	
447	1:08:17	583	Jikun YANG	m	Powys U18M/62	
448	1:08:23	503	Nneka CHUKWUMAH	f	Dyfed U18W/37	
449	1:08:24	474	Clair BLOCKLEY	F	Unattached SW/35	
450	1:08:46	475	Paul CAIN	M	Unattached SM/120	
451	1:08:46	691	Ruth KENNEDY	f	Gwynedd U18W/38	
452	1:08:58	501	Viveka BHANDARI	f	Dyfed U18W/39	
453	1:08:59	618	Nimneh HYDE	f	Whitaker U18W/40	
454	1:09:07	586	Jonathan EVERSLED	m	Powys U18M/63	
455	1:09:27	177	Joanne REYNOLDS	f	VW35/41	
456	1:09:27	685	Elsa BELMONT FLORES	f	Gwynedd U18W/41	
457	1:09:27	684	Stephanie ALLEN	f	Gwynedd U18W/42	
458	1:10:04	692	Caroline MARTIN	f	Gwynedd U18W/43	
459	1:10:17	187	Elaine WILLIAMS	f	Islwyn Running Club VW50/11	
460	1:10:28	460	Daphne AUSTERBERRY	F	Village Vipers VW50/12	
461	1:10:29	10	Almudena TALAVERA BLANCO	f	SW/36	
462	1:11:44	202	Alexander BIRD	m	SM/121	
463	1:11:47	112	Kay LEISHON	f	VW35/42	
464	1:12:11	433	Campos JEROME	M	Unattached SM/122	
465	1:12:28	111	Leigh-Anne DAVIES	f	VW35/43	
466	1:12:43	570	Kumiko FUKAGAWA	f	Powys U18W/44	
467	1:12:44	544	Thun SORASARTPRECHA	f	Morgannwg U18W/45	
468	1:12:45	697	Tenzin TOPCHEN	m	Gwynedd U18M/64	
469	1:12:46	538	Jude MASSANAT	f	Morgannwg U18W/46	
470	1:12:50	533	Elroy FINN	m	Morgannwg U18M/65	
471	1:13:16	657	Bethan MCKERNAN	f	Sunley U18W/47	
472	1:13:24	513	Kathryn PUNNET	f	Dyfed U18W/48	
473	1:13:29	537	Kar Yee LAW	m	Morgannwg U18M/66	
474	1:14:02	638	Pammi YEUNG	f	Tice U18W/49	
475	1:14:11	568	Ben DAVEY	m	Powys U18M/67	
476	1:14:50	628	Adrian ENGELHARDT	m	Tice U18M/68	
477	1:15:00	547	Hannah WEBB	f	Morgannwg U18W/50	
478	1:15:32	577	Jennifer LEONG	f	Powys U18W/51	
479	1:16:39	599	Ruby TUCKER	f	Powys U18W/52	
480	1:17:20	698	Saryah AZMAT	f	Gwynedd U18W/53	
481	1:18:27	633	Yen Da NOEURM	m	Tice U18M/69	
482	1:18:28	622	Dionne ATTIA	f	Tice U18W/54	
483	1:18:33	610	Alex WUNDRAM PIMENTEL	f	Whitaker U18W/55	
484	1:18:59	666	Iftekhhar AKTER	m	Sunley U18M/70	
485	1:20:18	606	Karen KEMIREMBE	f	Whitaker U18W/56	
486	1:20:18	549	Amanda CALVO	f	Morgannwg U18W/57	
487	1:20:29	675	Max LAST	m	Sunley U18M/71	
488	1:20:30	584	Kaveh AZARHOOSH	m	Powys U18M/72	
489	1:20:34	561	Jovana SLJIVANCANIN	f	Morgannwg U18W/58	
490	1:21:01	637	Ema VERGLES	f	Tice U18W/59	
491	1:21:03	650	Davinia GOODHART	f	Sunley U18W/60	
492	1:21:55	648	Bianca GIDWANI	f	Sunley U18W/61	
493	1:22:03	665	He ZHOU	m	Sunley U18W/62	
494	1:23:02	647	Jael FISCHER	f	Sunley U18W/63	
495	1:27:05	689	Patrice GUMBS	m	Gwynedd U18M/73	

Pos.	Time	No.	Name	Sex	Club Cat/Pos
496	1:27:07	565	Nikita AVDIUSHKO	m	Powys U18M/74
497	1:27:10	552	Carolina HOFHERR	f	Morgannwg U18W/64
498	1:27:32	557	Frankie MUGGLETON	f	Morgannwg U18W/65
499	2:01:29	562	Isaiah USHER	m	Morgannwg U18M/75

