

Pos	No.	Name	Age	Sex	Club	Special	Time
1	252	Richard Gardiner	33	M	Cardiff A.C.	F&S	24.28
2	234	Marc Hobbs	24	M	Swansea Harriers	N/A	24.31
3	233	Lewys Hobbs	24	M	Swansea Harriers	N/A	25.31
4	224	Daniel Gurmin	23	M	Swansea Harriers	N/A	25.32
5	217	Michael Johnson	27	M	Cardiff A.C.	N/A	25.34
6	1	Martin Rees	53	M	Neath Harriers	N/A	25.4
7	235	David Notman	24	M	Swansea Harriers	N/A	26
8	278	Alex Donald	26	M	Cardiff A.C.	N/A	26.05
9	220	Sam Walsh	19	M	Swansea Harriers	N/A	26.11
10	238	Alastair Murray	31	M	Horwich RMI Harriers	H&W	26.4
11	251	Gavin Collombe	26	M	Cardiff A.C.	N/A	26.53
12	26	Phil Kibble	41	M	Wiltshire Police	N/A	26.54
13	18	Lee Aherne	40	M	Club 69	N/A	26.58
14	265	Tim Lewis	39	M	Bridgend	N/A	27.05
15	244	Michael Bridge	23	M	N/A	N/A	27.09
16	247	Paul Talbot	39	M	Neath Harriers	N/A	28.1
17	270	Jason Scanlon	35	M	Pontypridd Roadents	N/A	28.12
18	280	Chris Parker	41	M	Swansea Harriers	N/A	28.12
19	243	Jamie Fenaroli	17	M	Swansea Harriers	N/A	28.15
20	150	John Williams	46	M	Neath Harriers	N/A	28.16
21	216	Paul Reynolds	36	M	3M's	N/A	28.16
22	363	Helen Tucker	22	F	Bridgend	N/A	28.27
23	277	Matthew Gurmin	34	M	Abertillery A.A.C.	N/A	28.28
24	268	Daniel Thomas	17	M	Llanelli A.A.C	F&S	28.42
25	250	James Ocallaghan	36	M	N/A	N/A	28.51
26	326	Anne Marie Hutchinson	29	F	Neath Harriers	N/A	28.55
27	206	Chris Meyler	28	M	Bridgend	F&S	28.59
28	223	Gareth Battle	32	M	Rhondda Tri	N/A	29.2
29	133	Eryl Husband	49	M	Lancaster & Morecamber AC	N/A	29.24
30	215	Scott Jones	15	M	N/A	G&G	29.25
31	284	Mark Reynolds	36	M	Neath Harriers	N/A	29.25
32	258	Dylan Hall	17	M	N/A	F&S	29.46
33	343	Karen Murray	28	F	Horwich RMI Harriers	H&W	29.53
34	125	Simon Lewis	40	M	Club 69	N/A	29.57
35	36	Robert Bamsey	52	M	Neath Harriers	N/A	30.02
36	22	Steve Brace	45	M	Bridgend A.C.	H&W	30.11
37	319	Leah Dixon	15	F	Neath Harriers	N/A	30.12
38	141	Steven Hooper	40	M	Pontypridd Roadents	N/A	30.17
39	110	Clive Davies	46	M	Sospan Road Runners	N/A	30.19

40	257	Rhys Jones	16	M	Neath Harriers	N/A	30.22
41	347	Carol Bridge	22	F	Loughborough	N/A	30.3
42	289	Simon Merrick	39	M	Swansea Harriers	N/A	30.35
43	261	Gareth Ayres	23	M	Port Talbot Harriers	N/A	30.42
44	6	Phil Meyler	51	M	Pontypridd Roadents	F&S	30.44
45	279	Simon Bird	31	M	N/A	N/A	30.49
46	105	Mark Paviour	44	M	Presteisne Pacers	N/A	30.54
47	267	Rhodri Harris	15	M	Neath Harriers	N/A	30.57
48	200	Geraint Williams	34	M	Pontypridd Roadents	N/A	31.06
49	230	Christopher Melbourne	17	M	Neath Harriers	N/A	31.09
50	286	Gareth Elliott	24	M	Pembs Harriers	N/A	31.21
51	240	Craig Hughes	31	M	N/A	N/A	31.3
52	331	Clare Phillips	37	F	Swansea Harriers	N/A	31.34
53	111	Hugh Evans	48	M	Llanelli A.A.C	N/A	31.36
54	221	Lynsey Christopher	38	M	N/A	N/A	31.4
55	42	Les Chapman	58	M	Amman Valley	N/A	31.5
56	149	Ian McDonald	43	M	N/A	N/A	31.51
57	245	Charles Walsh	32	M	Port Talbot Harriers	N/A	31.54
58	239	Grant Hughes	31	M	N/A	N/A	31.57
59	49	Michael Davies	56	M	Les Croupiers	N/A	32.09
60	122	Andrew Thomas	41	M	Sospan Road Runners	F&S	32.1
61	37	Philip Bamsey	54	M	Neath Harriers	N/A	32.13
62	41	Alan Perkins	55	M	Port Talbot Harriers	N/A	32.18
63	269	Gareth Jehu	38	M	Taff Ely Tri	N/A	32.2
64	132	Paul Price	42	M	N/A	N/A	32.24
65	139	Gwyon Jenkins	48	M	Sospan Road Runners	N/A	32.26
66	46	Jonathan Kersting	68	M	Swansea Harriers	N/A	32.27
67	202	Kristian Archer	23	M	Neath Harriers	F&S	32.27
68	28	Mark Dunscombe	45	M	Sarn Helen	N/A	32.35
69	43	Robert Fowler	61	M	Amman Valley	N/A	32.37
70	112	Mark Terry	49	M	N/A	N/A	32.39
71	47	Graeme Donnan	53	M	Les Croupiers	N/A	32.42
72	114	Alan Mann	49	M	Les Croupiers	H&W	32.43
73	236	Chris Fulcher	39	M	Port Talbot Harriers	F&S	32.44
74	290	Ed Morgan	49	M	Taff Ely Tri	N/A	32.5
75	273	Steven Brown	31	M	Sparkhill Harriers	H&W	32.53
76	54	Edwin Evans	59	M	Welsh Master AA	N/A	32.57
77	2	Cyril Walters	59	M	T.R.O.Ts	N/A	33.04
78	242	Bryn Griffiths	32	M	N/A	N/A	33.05
79	63	Mike Jones	51	M	N/A	N/A	33.05
80	228	Christian Kersting	30	M	N/A	N/A	33.1

81	23	John Collins	69	M	Swansea Harriers	N/A	33.19
82	147	Gerald Crispie	45	M	Les Croupiers	N/A	33.2
83	357	Kelly Morgan	28	F	Pontypridd Roadents	N/A	33.21
84	45	Keith Davies	61	M	Swansea Harriers	N/A	33.3
85	130	Jenny Phillips	40	F	Llanelli A.A.C	N/A	33.32
86	117	Paul Jelley	42	M	N/A	N/A	33.4
87	5	Leonard Richards	54	M	Port Talbot Harriers	N/A	33.58
88	44	Tony Holling	51	M	Port Talbot Harriers	N/A	33.59
89	201	Alex Williams	39	M	R.R.C	H&W	34.02
90	207	Gareth Jones	38	M	N/A	N/A	34.1
91	300	Jacqueline Brace	47	F	Bridgend A.C.	H&W	34.13
92	227	Jack Newton	15	M	3M's	M&S	34.17
93	143	Steve Martin	44	M	N/A	N/A	34.21
94	38	Derek Rainbird	53	M	Club 69	N/A	34.22
95	232	Robert Evans	25	M	Cardiff Tri	N/A	34.23
96	118	Dennis Collins	41	M	Rhondda Valley Runners	N/A	34.25
97	48	J Gardiner	57	M	Cardiff A.C.	F&S	34.27
98	140	Phillips	46		N/A	N/A	34.3
99	51	David Smout	57	M	Abertillery A.A.C.	F&D	34.34
100	10	Stuart Davidson	54	M	Bridgend A.C.	H&W	34.41
101	34	Stephen Bendle	43	M	3M's	N/A	34.42
102	340	Mandy Peace	42	F	Sospan Road Runners	N/A	34.44
103	104	Bryan Cemas	42	M	N/A	N/A	34.47
104	151	J Hopkins	44	M	Port Talbot Harriers	N/A	35.14
105	109	Jonathan Davies	42	M	Sospan Road Runners	N/A	35.15
106	255	Rhidian Cockwell	37	M	Cardiff Harlequins	N/A	35.18
107	127	N Francisco	42	M	N/A	N/A	35.21
108	145	Gavin Roberts	42	M	Swansea Harriers	N/A	35.23
109	339	Gillian Phillips	48	F	Sospan Road Runners	N/A	35.32
110	254	Neil Davies	35	M	N/A	N/A	35.35
111	59	G Hall	51	M	N/A	N/A	35.37
112	281	Michael Letchford-Davies	30	M	N/A	N/A	35.43
113	346	Louise Miskell	36	F	3M's	N/A	35.46
114	129	Marcus Eyre	47	M	3M's	N/A	35.51
115	120	Raymond James	45	M	Port Talbot Harriers	N/A	35.53
116	43	Robert Fowler	61	M	Amman Valley	N/A	35.54
117	15	Fred Archer	49	M	Neath Harriers	F&S	35.55
118	119	Alun Smith	48	M	Rhondda Valley Runners	N/A	35.56
119	260	Graham Vyner	38	M	N/A	H&W	35.58
120	237	Kyle Fulcher	14	M	Port Talbot Harriers	F&S	35.58
121	136	Paul Davis	42	M	N/A	N/A	36.02

122	30	Glyn Williams	60	M	3M's	N/A	36.06
123		Simon Pinner					36.07
124	7	John Cunnane	58	M	100 km Association	F&D	36.09
125	152	Christopher Jones	43	M	Port Talbot Harriers	N/A	36.11
126	124	David Perrett	47	M	N/A	N/A	36.12
127	125	Simon Lewis	40	M	Club 69	N/A	36.17
128	348	Christina Bridge	18	F	N/A	N/A	36.2
129	58	John Davies	58	M	Port Talbot Harriers	N/A	36.25
130	259	S Press	37	M	Wecori	N/A	36.27
131	344	Julie Loyns	31	F	3M's	N/A	36.28
132	40	John Nicholls	55	M	3M's	N/A	36.29
133	248	Mike Loyns	32	M	3M's	N/A	36.29
134	9	Peter Short	54	M	Forest Of Dean	N/A	36.31
135	271	Gareth Evans	21	M	N/A	F&S	36.41
136	20	Haldon Eddolls	61	M	N/A	N/A	36.47
137	328	Megan Thomas	17	F	Carmarthen Harriers	M&D	36.56
138	360	Catherine Eychell	43	F	N/A	N/A	37.04
139	113	Leighton Hughes	49	M	N/A	N/A	37.05
140	142	Mario Rabaiotti	43	M	N/A	N/A	37.06
141	211	Lloyd Thomas	14	M	N/A	F&S	37.07
142	11	Gerald Gray	52	M	Multisport	N/A	37.09
143	29	John Allan	50	M	N/A	N/A	37.1
144	226	Matthew Williams	31	M	N/A	N/A	37.13
145	341	Loretta Daley	40	F	Les Croupiers	H&W	37.24
146	246	Gerwyn Williams	34	M	N/A	N/A	37.27
147	209	Peter Lewis	39	M	N/A	N/A	37.3
148	137	Paul Rundle	45	M	N/A	N/A	37.3
149	57	Peter Young	55	M		N/A	37.41
150	325	Keri Jones	35	F	Abertillery Achilles	N/A	37.44
151	334	Judith Oakley	42	F	Vegan Runners	N/A	37.45
152	285	Tomas Morris	16	M	N/A	N/A	38.02
153	241	Zan Morgan	26	M	N/A	N/A	38.05
154	121	Mike Nash	46	M	N/A	N/A	38.1
155	61	Heddwyn Evans	57	M	N/A	F&S	38.18
156	33	Martin (Zoar's Ark)	41	M	N/A	N/A	38.19
157	361	Siobhan Brown	31	F	Sparkhill Harriers	H&W	38.2
158	362	Gwen Smith	41	F	Swansea Harriers	N/A	38.24
159	266	Piers Morgan-Harvey	26	M	Mumbles Milers	N/A	38.25
160	345	Amy Edwards	25	F	Rhondda Valley Runners	N/A	38.27
161	342	Karen Hurd	46	F	Taff Ely Tri	N/A	38.29
162	128	Bob Gardiner	46	M	N/A	N/A	38.36

163	135	Tim Oleary	42 M	Celtric Tri	N/A	38.38
164	103	Eddie Bessant	42 M	N/A	N/A	38.39
165	146	Jim Masson	48 M	Stonehaven	N/A	38.48
166	311	Andrea Williams	34 F	N/A	H&W	38.52
167	218	Geraint Smith	36 M	N/A	N/A	39.04
168	115	Robert Challenger	46 M	N/A	N/A	39.05
169	25	Anthony Vallario	50 M	Port Talbot Harriers	N/A	39.16
170	321	Melanie Colburn	41 F	N/A	N/A	39.29
171	148	Richard Donne	45 M	N/A	N/A	39.38
172	3	Michael Newman	56 M	Neath Harriers	N/A	39.39
173	353	Del Eyre	43 F	3M's	N/A	40
174	138	Gillian Mason	45 F	N/A	N/A	40.05
175	355	Kathryn John	40 F	3M's	N/A	40.09
176	4	Dewi Winter	51 M	N/A	N/A	40.16
177	131	Jeff Jones	47 M	N/A	N/A	40.18
178	367	K Hurrell	43 F	Road Runners Club		40.27
179	134	Neil Lewis	47 M	Mumbles Milers	N/A	40.32
180	64	Rob Elliott	54 M	Pembs Harriers	F&S	40.38
181	327	Hayley Furze	32 F	N/A	N/A	40.4
182	310	Joanne Rogers	29 F	N/A	N/A	40.47
183	304	Melanie Owen	29 F	N/A	N/A	40.53
184	214	Darren James	39 M	N/A	N/A	40.53
185	106	Neil Davies	49 M	NYRRC	N/A	41.06
186	333	Joanne Davies	18 F	N/A	N/A	41.08
187	272	Lee Kwolc	32 M	Glamorgan Health Racquet	N/A	41.08
188	222	Andrew Pickett	35 M	N/A	N/A	41.09
189	144	Stephen Rowman	45 M	N/A	N/A	41.12
190	21	Alan Evans	67 M	Cardiff A.C.	N/A	41.14
191	219	M James	36 M	N/A	N/A	41.24
192	287	Paul Skinner	30 M	N/A	N/A	41.29
193	229	Matthew Fincher	25 M	Sospan Road Runners	N/A	41.3
194	288	Jonathan Davies	13 M	N/A	N/A	41.31
195	231	Jonathan Evans	19 M	N/A	N/A	41.34
196	62	John Hall	51 M	N/A	N/A	41.34
197	107	Mark Rees	45 M	N/A	N/A	41.42
198	275	Darren Green	37 M	Mumbles Milers	N/A	41.56
199	65	Richard Parry	53 M	N/A	N/A	42.04
200	116	Alan Morris	42 M	N/A	N/A	42.07
201	332	Christine Davies	43 F	Sospan Road Runners	N/A	42.09
202	324	Tracey Newman	36 F	Les Croupiers	F&D	42.13
203	50	Ian Swanson	56 M	Port Talbot Harriers	N/A	42.19

204	274	Paul Jones	34	M	Mumbles Milers	N/A	42.2
205	316	Annie Conroy	61	F	Les Croupiers	N/A	42.24
206	264	Sean Morris	24	M	N/A	N/A	42.26
207	358	Debbie Evans	51	F	N/A	M&S	42.29
208	283	Mark Jenkins	23	M	N/A	N/A	42.3
209	282	Andrew Christopher	26	M	N/A	N/A	42.52
210	213	Paul Michael	39	M	N/A	N/A	42.52
211	225	Wayne Evans	34	M	N/A	H&W	43.15
212	349	Carol Vynor	36	F	3M's	H&W	43.19
213	108	John Cronin	43	M	Neath Harriers	N/A	43.27
214	55	Gary Rees	62	M	N/A	N/A	43.49
215	126	Curtiss Hall	49	M	N/A	F&S	44
216	276	Garry Taylor	25	M	Mumbles Milers	N/A	44.01
217	350	Jayne Calvert	48	F	Pontypridd Roadents	N/A	44.06
218	32	Robert Thomas	41	M	N/A	F&S	44.06
219	27	Colin Gardner	58	M	N/A	N/A	44.07
220	256	Julian Danton	39	M	N/A	N/A	44.09
221	14	Andrew John	48	M	N/A	N/A	44.49
222	60	John Coope	60	M	N/A	N/A	44.5
223	317	Marilyn Rowson	57	F	Les Croupiers	H&W	45
224	368	Gwyneth Parry	56	F	N/A	N/A	45.07
225	39	Alan Powis	57	M	Keep Wales Tidy	N/A	45.08
226	312	Denise Williams	55	F	N/A	N/A	45.23
227	253	Daniel Gillet	16	M	N/A	N/A	45.34
228	262	Simon Foley	39	M	N/A	N/A	45.35
229	351	Maureen Foley	42	F	Womens Running Network Neath	N/A	45.36
230	359	Delyth Rees	42	F	N/A	N/A	45.49
231	52	Stuart Williams	58	M	N/A	N/A	45.49
232	24	Phillip Davies	59	M	3M's	N/A	45.55
233	364	Sue Coghlin	44	F	N/A	N/A	46.1
234	337	Sian Hardie	46	F	3M's	N/A	46.19
235	329	Susan Thomas	59	F	T.R.O.Ts	M&D	46.44
236	330	Sallyann Ryder	32	F	N/A	N/A	46.53
237	263	Matthew Berry	24	M	N/A	N/A	47.37
238	336	Jackie Evans	33	F	Sospan R.R.	N/A	47.4
239	335	Sarah Jones	36	F	Sospan Road Runners	N/A	47.47
240	208	Aaron Griffiths	39	M	N/A	N/A	47.49
241	16	Graham Evans	45	M	N/A	N/A	47.5
242	123	Nigel Williams	46	M	N/A	N/A	47.5
243	366	Tracey Evans	42	F	N/A	N/A	47.56
244	365	Louise Evans	37	F	N/A	N/A	49.36

245	8	Stephen Rowson	56	M	N/A	H&W	49.46
246	369	Melanie Hackett		F	N/A	N/A	50.02
247	370	Maria Monahan	24	F	N/A	N/A	50.05
248	291	Martin Hackett	48	M	N/A	N/A	50.05
249	354	Linda Owens	55	F	N/A	N/A	50.06
250	307	Helen McTavish	44	F	N/A	N/A	50.07
251	305	Pat Davidson	49	F	Brackla Harriers	H&W	50.14
252	309	Diane McTavish	42	F	N/A	N/A	50.29
253	212	Robert Williams	37	M	N/A	N/A	50.53
254	31	Edward Newman	60	M	Coffin Dodgers	F&D	51.24
255	53	D Williams	63	M	N/A	N/A	51.28
256	356	Margit Edwards	43	F	N/A	N/A	52.06
257	338	Tina Newton	44	F	3M's	M&S	52.59
258	17	Christopher Rosser	45	M	N/A	N/A	53.51
259	313	Rhian Connick	44	F	N/A	N/A	53.52
260	315	Melanie Rosser	44	F	N/A	N/A	53.57
261	66	Andrew Herdman	66	M	N/A	N/A	57.51
262	35	Allen Watts	78	M	Sarn Helen	N/A	57.52
263	249	Gareth Williams	36	M	N/A	N/A	60.28
264	322	Katrina Jones	39	F	N/A	N/A	60.28
265	323	Erika Bennett	33	F	N/A	N/A	60.29
266	352	Jane Elliott	53	F	N/A	N/A	70.22
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