

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1	33	Jean Nydisenga	M		BROMSGROVE & REDDICH	00:29:25	1	00:29:26
2	92	Tom Humphreys	M		CANNOCK & STAFFS / MIDDLELANDS	00:29:51	2	00:29:56
3	3	Michael Johnson	M		CARDIFF	00:30:07	3	00:30:08
4	46	Philip Wylie	M		BRISTOL AND WEST AC	00:30:09	7	00:30:14
5	25	Matt Bond	M		SALE	00:30:11	4	00:30:10
6	5	Tom Marshall	M		CARDIFF	00:30:12	5	00:30:13
7	21	Mark Warmby	M		NEWHAM ESSEX BEAGLES	00:30:13	6	00:30:13
8	16	Dave Wardle	M		WINDSOR SLOUGH E H	00:30:14	8	00:30:15
9	15	John Hutchins	M		BASINGSTOKE & MID HANTS	00:30:41	9	00:30:41
10	26	Ben Fish	M		BLACKBURN	00:30:44	10	00:30:45
11	23	Dan Cliffe	M		WARRINGTON	00:30:56	11	00:30:56
12	2	Jon Wills	M		BRISTOL AND WEST AC	00:31:01	12	00:31:02
13	2408	Simon Lawson	M		CARDIFF	00:31:07	13	00:31:07
14	31	Matt Almond	M		COVENTRY	00:31:09	14	00:31:10
15	24	Carl Hardman	M		SALFORD	00:31:26	15	00:31:26
16	7	Adam Bitchell	M		ABERYSTWYTH	00:31:30	16	00:31:30
17	13	Andrew Rayner	M		BLACKHEATH & BROMLEY	00:31:32	17	00:31:33
18	32	Ryan Kenney	M		COVENTRY	00:31:34	18	00:31:34
19	22	Daniel Agustus	M		WOODFORD GREEN	00:31:44	19	00:31:44
20	14	Kevin Quinn	M		ALDERSHOT FARNHAM & DISTRICT	00:31:53	20	00:31:53
21	45	Andy Friend	M		CARDIFF	00:31:58	21	00:31:56
22	6	Matt Collins	M		CARDIFF	00:32:03	22	00:32:03
23	4	Owain Matthews	M		BEDFORD AND COUNTY	00:32:20	23	00:32:20
24	87	Runner 87	M			00:32:27	24	00:32:27
25	2128	Stephen Paterson	M		SAN DOMENICO ROAD RUNNERS	00:32:35	25	00:32:34
26	701	Lee Ladd	M		CARMARTHEN HARRIERS	00:32:50	26	00:32:51
27	43	Mason Young	M		BRISTOL AND WEST AC	00:32:53	27	00:32:52
28	1728	Mark Roberts	M		SWANSEA HARRIERS	00:32:57	28	00:32:56
29	11	Ben Paviour	M		HERNE HILL	00:32:58	29	00:32:58
30	819	Damian Carr	M		COVENTRY GODIVA	00:33:01	30	00:33:01
31	81	Dan Woolford	M		BRISTOL & WEST AC	00:33:08	31	00:33:07
32	12	Bryn Reynolds	M		HERTS PHEONIX	00:33:14	32	00:33:13

33	1658 Paul Richards	M	40 NEATH HARRIERS	00:33:18	33	00:33:17
34	1616 Peter Coles	M	45 PONTYPRIDD ROADENTS	00:33:31	34	00:33:30
35	2390 Peter Ryder	M	CAAC	00:33:32	35	00:33:32
36	42 Dave Kesterton	M	40 HALESOWEN AC	00:33:40	36	00:33:39
37	2213 Stuart Crees	M	LES CROUPIERS	00:33:41	37	00:33:41
38	602 Luke Mason	M	WYE VALLEY RUNNERS	00:33:51	38	00:33:50
39	1770 Paul Griffiths	M	NEATH HARRIERS	00:33:55	39	00:33:54
40	907 Paul Halford	M	WERRINGTON JOGGERS	00:34:09	40	00:34:08
41	1512 Nicholas Dukes	M	LES CROUPIERS	00:34:13	41	00:34:11
42	1911 Mark Cowen	M		00:34:28	42	00:34:28
43	1026 Stephen Thomas	M	ISLWYN RUNNERS CLUB	00:34:40	43	00:34:40
44	1473 Nick Frost	M	45 PONTYPRIDD ROADENTS	00:34:42	44	00:34:43
45	1649 Michael Davies	M	40 SARN HELEN	00:34:52	45	00:34:51
46	2086 Edward Takata	M	CARDIFF	00:34:56	46	00:34:55
47	1655 Keith Fairbank	M	CARDIFF	00:35:05	47	00:35:04
48	1686 Rick Velati	M		00:35:10	48	00:35:09
49	1298 Alan Davies	M	55	00:35:24	49	00:35:24
50	686 Stacey Morgan	M	CROFT AMBREY	00:35:28	50	00:35:27
51	17 Kelly Crickmore	F	CHESTER TRI CLUB	00:35:30	51	00:35:29
52	900 Rebekah Randell	F	BRISTOL AND WEST AC	00:35:34	53	00:35:35
53	82 Runner 82	M		00:35:34	52	00:35:34
54	954 Carl Cable	M		00:35:37	54	00:35:35
55	673 Edward Donovan	M	SAN DOMENICO ROAD RUNNERS	00:35:42	55	00:35:40
56	29 Melissa Turner	F	CHESTER LE STREET	00:35:45	56	00:35:44
57	20 Sarah Gee	F	READING ROAD RUNNERS	00:35:48	57	00:35:47
58	59 Andy Rimmer	M	PUBLIC TRUST PARTNERSHIP	00:36:01	58	00:36:00
59	27 Tess Walker	F	SALFORD	00:36:02	59	00:36:02
60	2032 Chris Morgan	M	40	00:36:20	62	00:36:18
61	1633 John Foster	M	50 LLISWERRY RC	00:36:21	61	00:36:18
62	2444 Daryll Barnby	M	FAIRWATER	00:36:25	63	00:36:24
63	721 Martin Paul Williams	M	40 LES CROUPIERS	00:36:28	64	00:36:26
64	2092 Ian Webb	M	50	00:36:30	65	00:36:26
65	2373 Robert Hunt	M	45 BRIDGEND AC	00:36:30	66	00:36:29

66	1671 David Davies	M	50 BRECON A.C	00:36:34	67	00:36:31
67	104 Ceri Evans	M	TEAM KNOCKOUT	00:36:40	60	00:36:06
68	18 Samantha Amend	F	HANDY CROSS RUNNERS	00:36:44	69	00:36:44
69	1471 Mick Mcgeoch	M	50 LES CROUPIERS	00:36:47	68	00:36:44
70	1912 Martin Webborn	M	45	00:36:51	70	00:36:49
71	28 Nicola Geddes	F	SCUNTHORPE	00:36:59	72	00:36:58
72	1441 Mikey B	M	CARDIFF UNIVERSITY	00:37:03	71	00:36:58
73	1815 David Headon	M	45 LES CROUPIERS	00:37:12	74	00:37:12
74	1675 Christopher Carpanini	M		00:37:13	73	00:37:01
75	10 Katie Roberts	F	BRIDGEND AC	00:37:18	75	00:37:16
76	2033 David Coles	M	45 LES CROUPIERS	00:37:18	76	00:37:17
77	926 Matt Hurford	M	LES CROUPIERS	00:37:26	77	00:37:24
78	1944 Huw Roberts	M	50 BRIDGEND AC	00:37:29	78	00:37:28
79	1144 Robert Kenneth Jones	M		00:37:38	79	00:37:36
80	389 Martyn Hughes	M	FUJITSU	00:37:41	80	00:37:40
81	1562 Jon Embling	M	BRIDGEND AC	00:37:46	81	00:37:43
82	2169 Elaine Murty	F		00:37:48	82	00:37:45
83	1431 Lee Morris	M		00:37:57	83	00:37:52
84	1735 Phillip Jenkins	M	BRIDGEND AC	00:37:58	85	00:37:57
85	47 Steven Hooper	M	40	00:38:02	84	00:37:54
86	9 Shan Morgan	F	ALDERSHOT FARNHAM & DISTRICT	00:38:06	86	00:38:06
87	112 Adrian Jones	M	CAPITA ARCHITECTURE	00:38:11	87	00:38:09
88	2340 Robert Day	M		00:38:18	89	00:38:17
89	19 Karen Rushton	F	SOUTHAMPTON	00:38:19	90	00:38:19
90	1812 Void Void	VOI		00:38:24	91	00:38:22
91	1637 Phil Davies	M	45	00:38:25	92	00:38:22
92	1041 Andrew Dwyer	M	40	00:38:28	88	00:38:14
93	1593 Ian Spilsbury	M	45 PENARTH & DINIS	00:38:33	93	00:38:29
94	820 Ben Farag	M	45 LES CROUPIERS	00:38:35	96	00:38:31
95	2311 Amy Reynolds	F	BRIDGEND AC	00:38:40	97	00:38:39
96	2220 Alun Evans	M	40	00:38:41	98	00:38:40
97	1522 David Garner	M		00:38:52	94	00:38:29
98	2238 Paulo Simoes	M	LES CROUPIERS	00:38:53	100	00:38:50

99	2121 Peter Davies	M		00:39:00	95	00:38:29
100	364 John Royles	M	GENERAL DYNAMICS	00:39:02	101	00:38:56
101	665 Ann Thomas	F	40 TROTS	00:39:03	102	00:38:59
102	1262 Mike Murphy	M	55 LES CROUPIERS	00:39:04	103	00:39:02
103	1862 Libby O'Duffy	F	40 LES CROUPIERS	00:39:07	104	00:39:03
104	2354 Mark Paviour	M	45 CROFT AMBREY RC	00:39:16	99	00:38:50
105	2301 Robert Sage	M	LES CROUPIERS	00:39:18	106	00:39:15
106	536 Philip Emsley	M	40 TEAM BATH AC	00:39:19	107	00:39:15
107	2072 Sandy Johnstone	M	60 LES CROUPIERS	00:39:23	108	00:39:20
108	1567 Rhys Williams	M		00:39:24	105	00:39:12
109	243 Lee Richards	M	SOUTH WALES FIRE AND RESCUE (TEAM 1)	00:39:27	109	00:39:21
110	1411 Freek Van Arkel	M	FOREST OF DEAN A/C	00:39:34	110	00:39:24
111	1288 Gerard Crispie	M	45 LES CROUPIERS	00:39:35	113	00:39:32
112	2176 Robert Wigginton	M		00:39:36	112	00:39:31
113	1559 Simon Rolfs	M		00:39:39	114	00:39:34
114	1760 Bethan Strange	F	CARDIFF	00:39:42	118	00:39:39
115	999 Brian Richardson	M	50 LES CROUPIERS	00:39:42	117	00:39:38
116	990 David Proud	M	40 LES CROUPIERS	00:39:42	115	00:39:35
117	1479 Katie Beecher	F	LES CROUPIERS	00:39:51	120	00:39:43
118	2443 Phil Bristow	M	45 SAN DOMENICO ROAD RUNNERS	00:39:51	116	00:39:36
119	447 Oli Jenkins	M	HSBC TEAM 2	00:39:51	119	00:39:39
120	1295 Tom Hall	M	40	00:39:55	124	00:39:50
121	862 Mark Amos	M	40 WESR 4 HARRIERS	00:39:55	111	00:39:25
122	547 Paul Davies	M	45 SWANSEA HARRIERS	00:39:56	127	00:39:54
123	1627 Philip Meyler	M	50 PONTYPRIDD ROADENTS	00:39:57	125	00:39:52
124	1676 Mark Carpanini	M	45	00:39:59	122	00:39:46
125	612 Marcus Coles	M	LES CROUPIERS	00:40:01	123	00:39:49
126	1433 Alex Williams	M	40 PORT TALBOT HARRIERS	00:40:08	128	00:40:05
127	1285 Aaron Jones	M	50 PORT TALBOT HARRIERS	00:40:16	121	00:39:45
128	2137 Neil Lewis	M		00:40:17	130	00:40:15
129	1653 Andy Davies	M	45 PONTYPRIDD ROADENTS	00:40:18	129	00:40:13
130	1446 Michael Halsall	M	LLANELLI AAC	00:40:20	132	00:40:17
131	391 Gair Mcadee (Tbc)	M	FUJITSU	00:40:22	126	00:39:52

132	2194 Michael Ramsey	M		00:40:22	135	00:40:20
133	60 Geraint Davies	M	PUBLIC TRUST PARTNERSHIP	00:40:23	133	00:40:17
134	57 Jason Hughes	M	PUBLIC TRUST PARTNERSHIP	00:40:24	131	00:40:16
135	2339 Andrew Dawe	M	40 LLISWERRY RUNNERS	00:40:30	136	00:40:24
136	1901 Alexander Kyte	M		00:40:33	134	00:40:19
137	1317 Simon Partridge	M	NEATH HARRIERS	00:40:34	137	00:40:30
138	1208 Nicholas Walsh	M	GRIFFITHSTOWN HARRIERS	00:40:44	141	00:40:38
139	1205 Jen Salter	F	35 LES CROUPIERS	00:40:45	142	00:40:42
140	1163 Owen Coombe	M	CARDIFF UNIVERSITY	00:40:51	149	00:40:51
141	631 Alan Mason	M	45 LES CROUPIERS	00:40:51	145	00:40:46
142	1049 Sharon Leech	F	35	00:40:52	146	00:40:47
143	2175 Tammy Lewis-Jones	F		00:40:55	150	00:40:53
144	1296 Neil Jones	M		00:41:01	152	00:40:57
145	1022 Darren Jones	M	CARDIFF	00:41:04	154	00:41:00
146	1189 Aled Davies	M		00:41:05	138	00:40:31
147	1365 Terry Caveney	M	50 LES CROUPIERS	00:41:07	139	00:40:33
148	1776 James Potts	M	SAN DOMENICO ROAD RUNNERS	00:41:09	143	00:40:45
149	696 Alex Jenkins	M		00:41:15	155	00:41:02
150	1279 Shaun Connor	M	40 LES CROUPIERS	00:41:15	159	00:41:11
151	882 David Bonas	M		00:41:16	140	00:40:37
152	1694 Kristian Williams	M	GUNNRUNNERS	00:41:17	151	00:40:56
153	1375 Warren Jackson-Hookins	M	GOSPORT ROAD RUNNERS	00:41:17	157	00:41:07
154	1451 Matthew Whitehouse	M		00:41:22	156	00:41:07
155	982 Steve Hawes	M		00:41:23	160	00:41:11
156	2230 Alaw Beynon - Thomas	M	CARMARTHEN HARRIERS	00:41:25	170	00:41:23
157	229 Dean Roberts	M	40 PETER EVANS	00:41:25	161	00:41:13
158	2294 Damian Pathy	M	45	00:41:26	162	00:41:13
159	2237 Martin Wade	M		00:41:28	165	00:41:16
160	1859 Rhydian Reston	M		00:41:29	148	00:40:51
161	2044 Richard Wilde	M		00:41:30	168	00:41:18
162	1496 John Sutherland	M		00:41:30	163	00:41:14
163	568 Stephen Owen	M	50 LES CROUPIERS	00:41:31	164	00:41:16
164	8 Clare Martin	F	NEWPORT	00:41:33	176	00:41:33

165	1601 Huw Durham	M		PONTYPRIDD ROADENTS	00:41:34	178	00:41:34
166	1038 Thomas Moody	M			00:41:35	144	00:40:45
167	1918 Dave Jones	M	45		00:41:35	166	00:41:16
168	61 Mike Tate	M		PUBLIC TRUST PARTNERSHIP	00:41:36	172	00:41:28
169	1037 James Moody	M			00:41:38	147	00:40:49
170	2387 Mark Lewis Jones	M	45		00:41:38	177	00:41:33
171	1264 Mark Tregilgas	M			00:41:39	169	00:41:23
172	2391 Matthew Mulcahn	M			00:41:42	175	00:41:32
173	1361 Stephen Pemberton	M		LLISWERRY RC	00:41:43	182	00:41:38
174	103 Ryan Evans	M		TEAM KNOCKOUT	00:41:43	158	00:41:10
175	1603 Rachel Allcock	F	35	AMMAN VALLEY	00:41:44	184	00:41:41
176	282 Graham Linnell	M		TEAM LLAN TWIT	00:41:44	185	00:41:42
177	2498 Damian Evans	M			00:41:46	167	00:41:18
178	512 Joanne Heuze	F		VILLAGE VIPERS	00:41:47	181	00:41:38
179	2364 Eoin Butler	M			00:41:50	173	00:41:30
180	1744 Gianni Arrighi	M			00:41:52	190	00:41:50
181	596 Alan Mann	M	50	LES CROUPIERS	00:41:54	188	00:41:48
182	832 Lloyd Morgan	M		SAN DOMENICO ROAD RUNNERS	00:41:56	191	00:41:52
183	2338 Tom Yapp	M	40		00:41:57	171	00:41:25
184	2436 Neil Cliffe	M	45	WARRINGTON ROAD RUNNER	00:41:58	192	00:41:52
185	664 Elspeth Jenkins	F	40	BRACKLA HARRIERS	00:41:59	183	00:41:40
186	1974 Russell Finch	M	40		00:42:01	187	00:41:44
187	1651 Bond Graham	M	45		00:42:02	195	00:42:00
188	2288 Ian Rowe	M			00:42:03	193	00:41:54
189	2441 Ben Foster	M			00:42:07	194	00:41:59
190	825 Tim John	M			00:42:11	186	00:41:44
191	1736 James Moggridge	M			00:42:12	198	00:42:02
192	2459 Matthew Pearce	M			00:42:14	199	00:42:04
193	242 Knill Baird-Murray	M		SOUTH WALES FIRE AND RESCUE (TEAM 1)	00:42:15	180	00:41:38
194	2392 John Smewing	M		SWANSEA HARRIERS	00:42:16	205	00:42:12
195	1687 Dan Nicol	M			00:42:19	189	00:41:48
196	969 Darren Ramage	M			00:42:21	203	00:42:08
197	1108 Michael Davies	M	55	LES CROUPIERS	00:42:22	201	00:42:08

198	1316 Dean Pennell	M	40		00:42:27	174	00:41:31
199	1764 Dameon Windsor	M			00:42:28	208	00:42:16
200	567 Alan Cox	M	50		00:42:29	210	00:42:18
201	1191 Spencer Collings	M			00:42:31	197	00:42:01
202	1391 Mick Grant	M	50	ROAD RUNNERS CLUB	00:42:32	216	00:42:29
203	1710 Owen Shadick	M			00:42:34	196	00:42:00
204	2353 Susan Davies	F	40	CROFT AMBREY RC	00:42:39	204	00:42:09
205	2195 Rodney Savage	M			00:42:40	202	00:42:08
206	1246 Peter Turnbull	M	45		00:42:41	222	00:42:35
207	1886 David Warrender	M			00:42:42	220	00:42:33
208	677 Neil Harris	M	45	NEATH HARRIERS	00:42:42	153	00:41:00
209	489 John Owen	M		DARWIN GRAY	00:42:42	214	00:42:28
210	390 Paul Rees	M		FUJITSU	00:42:44	206	00:42:14
211	1788 Mark Harrison	M			00:42:45	224	00:42:41
212	1872 Phill Morris	M	45		00:42:47	218	00:42:32
213	531 Andrew Jones	M			00:42:47	207	00:42:15
214	712 Robin Campbell	M			00:42:49	215	00:42:29
215	1444 Ian Hoskins	M			00:42:50	217	00:42:30
216	1089 James Hoad	M			00:42:51	219	00:42:32
217	1294 Paul Marchent	M	55		00:42:51	225	00:42:44
218	1794 John Davies	M			00:42:53	200	00:42:04
219	1518 Martin Silva	M			00:42:54	233	00:42:49
220	776 Simon Wilkins	M			00:42:55	223	00:42:40
221	807 Peter Jones	M	50		00:43:00	228	00:42:45
222	228 Paul Charles	M	50	PETER EVANS	00:43:01	230	00:42:45
223	265 Andrew Farclough	M	45	SPIRE CARDIFF HOSPITAL (HARES)	00:43:01	179	00:41:34
224	1950 Aled Huws	M			00:43:03	211	00:42:19
225	1449 Leanne Hamlin	F	35		00:43:03	232	00:42:48
226	1445 Eurof Davies	M	40	LES CROUPIERS	00:43:04	231	00:42:46
227	1472 Tony Wain	M		SERPENTINE	00:43:04	234	00:42:52
228	992 Mike Dorney	M			00:43:06	221	00:42:33
229	2225 James Horner	M		LES CROUPIERS	00:43:07	227	00:42:44
230	2138 Simon Warren	M			00:43:17	241	00:43:14

231	1582 Michael Donovan	M		00:43:18	209	00:42:17
232	1558 Phil Jones	M		00:43:19	237	00:42:58
233	2367 Stuart Campbell	M		00:43:19	229	00:42:45
234	1418 Craig Easton	M	40	00:43:27	242	00:43:15
235	1346 Michael Evans	M	45	00:43:36	246	00:43:24
236	2261 Liz Ashton	F	LES CROUPIERS	00:43:37	250	00:43:29
237	155 Fyn Covcoran	M	EXERT FITNESS (TEAM 4)	00:43:37	213	00:42:22
238	2205 Jon Belcher	M		00:43:38	244	00:43:22
239	2383 Paul Rees	M	40	00:43:41	238	00:43:01
240	226 Cerry O'Beirne	M	50 PETER EVANS	00:43:44	249	00:43:28
241	1006 Richard Morgan	M		00:43:45	240	00:43:13
242	90 Runner 90	M		00:43:47	239	00:43:05
243	1905 Robert Vass	M		00:43:48	243	00:43:20
244	1255 Sue Davies	F	45 WELSH MASTERS. 251	00:43:48	256	00:43:35
245	2018 Thomas Watkins	M		00:43:50	247	00:43:24
246	1883 Craig Hughes	M		00:43:50	255	00:43:34
247	1606 Michael Bunston	M	40 ISLWYN RUNNERS CLUB	00:43:51	251	00:43:29
248	2445 Simon Thomas	M		00:43:52	259	00:43:40
249	1118 Lloyd Jenkins	M		00:43:53	245	00:43:23
250	227 Clive Denton (Captain)	M	40 PETER EVANS	00:43:55	264	00:43:43
251	1749 Robert Peart	M		00:43:58	212	00:42:20
252	2345 John Culling	M	45	00:44:02	254	00:43:34
253	1620 Paul Sheppard	M		00:44:03	267	00:43:52
254	1535 Stuart Pockett	M		00:44:05	253	00:43:31
255	138 Andrew Davis	M	EXERT FITNESS (TEAM 1)	00:44:11	235	00:42:53
256	2426 Helen Jessop	F	LES CROUPIERS	00:44:12	271	00:44:03
257	2499 Ashley Hicks	M		00:44:12	258	00:43:40
258	886 Claire Evans	F		00:44:14	274	00:44:08
259	1779 Rebecca Brocklebank	M		00:44:18	279	00:44:13
260	261 Matthew Peacock	M	LIVINGWELL HEALTH CLUB	00:44:20	252	00:43:29
261	2114 Adrian Braun	M		00:44:20	226	00:42:44
262	2045 Russell Evans	M	50	00:44:21	265	00:43:48
263	72 Runner 72	M		00:44:21	260	00:43:42

264	1256 Amanda Soady	F	40		00:44:22	269	00:44:01
265	1574 Lindy Eynon	F	45		00:44:23	275	00:44:08
266	1699 Luke Jones	M			00:44:24	276	00:44:10
267	557 Roy Board	M	40		00:44:26	272	00:44:03
268	336 Louise Walsh	F		WILLIAM GRAHAM LAW	00:44:27	285	00:44:21
269	847 Nick Wager	M			00:44:27	278	00:44:12
270	304 Toby Gardener	M		UWIC (TEAM 1)	00:44:28	286	00:44:22
271	121 Daniel Humphreys (Captain)	M		ENTERPRISE RENT-A-CAR	00:44:36	236	00:42:55
272	1551 Robert Ford	M	65	PONTYPRIDD ROADENTS	00:44:37	282	00:44:17
273	2361 Brian James	M	45		00:44:38	257	00:43:40
274	245 Bleddin Jones	M		SOUTH WALES FIRE AND RESCUE (TEAM 1)	00:44:39	292	00:44:34
275	2229 Christopher Silvester	M			00:44:40	293	00:44:34
276	2395 Jason Beaumont	M			00:44:41	273	00:44:06
277	1604 Craig Lewis	M			00:44:47	281	00:44:14
278	190 Jon Murphy (Captain)	M		HOLIDAY INN	00:44:47	288	00:44:29
279	448 Kirk Ford	M		HSBC TEAM 3	00:44:49	289	00:44:31
280	1328 Huw Jones	M			00:44:49	283	00:44:20
281	298 Michael Carpenter	M		LAGUNA HEALTH & SPA TEAM 2	00:44:53	266	00:43:49
282	133 Mike Earley	M		HCD GROUP LTD	00:44:53	261	00:43:42
283	244 Steve O'Connell	M		SOUTH WALES FIRE AND RESCUE (TEAM 1)	00:44:53	307	00:44:47
284	429 Jeff Brooks	M		FUJITSU	00:44:54	287	00:44:25
285	1758 Jasper Trevelyan	M			00:44:55	297	00:44:38
286	2040 Iain Mcgibbon	M			00:44:56	284	00:44:20
287	143 Matthew Kerrell	M		EXERT FITNESS (TEAM 2)	00:44:56	263	00:43:43
288	2190 Ryan Jones	M			00:44:57	306	00:44:46
289	1253 Phillip Williams	M			00:44:59	298	00:44:39
290	1339 Robert Davies	M		ISLWYN RUNNERS CLUB	00:45:05	312	00:44:52
291	1565 David Wilcox	M	45		00:45:09	294	00:44:35
292	1580 Andy Mundy	M		LES CROUPIERS	00:45:10	310	00:44:49
293	2327 Brian Dids	M		CARDIFF	00:45:13	328	00:45:07
294	526 Steffan Thomas	M			00:45:14	322	00:45:04
295	341 Craig Bolt	M		WILLIAM GRAHAM LAW	00:45:15	301	00:44:43
296	2108 Ben Hanningan	M	40		00:45:16	277	00:44:10

297	1420 Nerys Jones	F			00:45:18	330	00:45:08
298	958 Nick Williams	M	45		00:45:18	268	00:43:58
299	2403 Mark Edwards	M			00:45:18	327	00:45:06
300	240 Damian Blackmore	M		SOUTH WALES FIRE AND RESCUE (TEAM 1)	00:45:19	332	00:45:13
301	1623 Luke James	M			00:45:20	290	00:44:33
302	388 Dean Porter	M		FUJITSU	00:45:20	311	00:44:52
303	318 Neil Stovold	M		WALES AND WEST UTILITIES	00:45:20	315	00:44:55
304	1309 Paul Marsh	M			00:45:20	325	00:45:05
305	1570 Anthony Carzana	M	55	PEGASUS	00:45:25	320	00:45:01
306	2497 Richard Moore	M			00:45:26	318	00:44:58
307	1504 Thomas Lemon	M			00:45:31	331	00:45:09
308	1519 Jenny Buckland	F	40		00:45:32	334	00:45:14
309	744 Ben Patel	M			00:45:36	326	00:45:05
310	1468 James Smith	M			00:45:37	319	00:44:58
311	722 Julie Scholey	F	50	LES CROUPIERS	00:45:38	347	00:45:31
312	938 Keith Welch	M			00:45:39	304	00:44:44
313	217 Huw Roberts	M		HUGH JAMES (TEAM 2)	00:45:41	339	00:45:21
314	2140 Christopher Morgan	M	40		00:45:43	343	00:45:27
315	172 Sam Price	M		EXERT FITNESS (TEAM 7)	00:45:43	302	00:44:43
316	839 Stephen Johnson	M	50		00:45:47	340	00:45:25
317	1265 Matthew James Heath	M			00:45:48	296	00:44:38
318	1153 Ceri Planchant	M			00:45:49	349	00:45:35
319	1948 Jamie Rowland	M			00:45:53	355	00:45:44
320	136 Russell Smith (Captain)	M		EXERT FITNESS (TEAM 1)	00:45:54	300	00:44:42
321	2422 Rhys Beynon	M			00:45:54	333	00:45:13
322	1428 Simon Cartlidge	M			00:45:55	362	00:45:49
323	169 Gareth Alford	M		EXERT FITNESS (TEAM 6)	00:45:55	299	00:44:41
324	1763 Griff Griffiths	M			00:45:57	342	00:45:26
325	803 Simon Halford	M			00:45:57	356	00:45:44
326	1723 Jonathan Hooper	M			00:45:57	345	00:45:30
327	50 Robert Langdon	M		UTILITY PARTNERSHIP LIMITED (UPL)	00:45:58	350	00:45:35
328	573 Rhys Cahill	M			00:45:59	303	00:44:44
329	1090 Louise Bland	F			00:46:00	368	00:45:51

330	2180 Kieran Jones	M		00:46:02	359	00:45:46
331	1632 Tim Knight	M		00:46:02	336	00:45:18
332	960 Chris Millington	M		00:46:05	248	00:43:24
333	107 Kevin Jones (Captain)	M	CAPITA ARCHITECTURE	00:46:05	357	00:45:44
334	1871 Kevin Passmore	M	50	00:46:06	364	00:45:50
335	1645 Owen Clark	M		00:46:06	335	00:45:16
336	1729 Gina Hardman	F	35 BRIDGEND AC	00:46:08	377	00:46:03
337	892 Roger Sharland	M	55 SWINDON HARRIERS	00:46:10	348	00:45:35
338	163 Gareth Patterson	M	EXERT FITNESS (TEAM 5)	00:46:11	317	00:44:57
339	1439 David Thomas	M	40	00:46:12	337	00:45:19
340	895 Judi Rhys	F	45 LES CROUPIERS	00:46:13	381	00:46:05
341	1329 Adrian Kelly	M		00:46:16	338	00:45:20
342	2480 Michael Carter	M		00:46:17	291	00:44:33
343	301 Richard Webb	M	UWIC (TEAM 1)	00:46:17	354	00:45:42
344	668 Simon Parkhouse	M	40	00:46:18	314	00:44:54
345	582 Eryl Jones	M	40	00:46:18	372	00:45:57
346	64 Gareth Fundalski	M	MORGAN SIGNS	00:46:20	280	00:44:14
347	2281 Matthew Cook	M		00:46:25	361	00:45:48
348	1960 Hywel Williams	M		00:46:30	397	00:46:20
349	369 Pierre-Michael Delamorre	M	GENERAL DYNAMICS	00:46:31	393	00:46:14
350	1547 Maria Richards	F	35 ISLWYN RUNNERS CLUB	00:46:32	406	00:46:27
351	2488 Paul Chambercain	M		00:46:33	404	00:46:26
352	1059 Laura Edwards	F		00:46:35	396	00:46:17
353	571 Richard Youell	M	45	00:46:37	341	00:45:26
354	1110 Gary Colwill	M	50	00:46:39	408	00:46:28
355	146 Aaron Edwards	M	EXERT FITNESS (TEAM 2)	00:46:39	353	00:45:38
356	845 Martin Gallimore	M		00:46:39	395	00:46:16
357	1008 Hywel Edwards	M		00:46:40	313	00:44:53
358	1936 Jon Eyre	M		00:46:40	324	00:45:05
359	2057 Kerrith Ashby	M		00:46:40	295	00:44:37
360	880 Nicola Bailey	F	40	00:46:41	411	00:46:30
361	2334 Fiona Davies	F	50 BRIDGEND AC	00:46:41	378	00:46:03
362	83 Tim Phillips	M	50	00:46:42	386	00:46:08

363	2451 Matthew Davies	M		00:46:42	352	00:45:36
364	1101 Anna Williams	F		00:46:42	401	00:46:25
365	402 Huw Evans	M	MOLSON COORS TEAM 2	00:46:42	380	00:46:05
366	549 Richard Baker	M		00:46:43	371	00:45:56
367	2381 Matthew Maunder	M		00:46:44	414	00:46:33
368	1587 Claire Louise Prosser	F		00:46:46	329	00:45:08
369	1271 Robert Parsons	M	45	00:46:47	309	00:44:49
370	2184 Vince Oak	M		00:46:47	426	00:46:42
371	114 Oli Roberts	M	TEAM RCN (ROYAL COLLEGE OF NURSING)	00:46:49	399	00:46:22
372	1667 Johnny Lam	M		00:46:49	316	00:44:57
373	2080 Alistair Church	M		00:46:49	409	00:46:29
374	2458 Gareth Hughes	M		00:46:49	321	00:45:03
375	398 Andrew Williams	M	MOLSON COORS TEAM 1	00:46:50	390	00:46:13
376	1215 Rosie Sweetman	F		00:46:51	365	00:45:50
377	1957 David Hutchinson	M	40	00:46:51	400	00:46:23
378	1882 Rachel Matthews	F		00:46:52	373	00:45:58
379	1975 Christopher Willis	M		00:46:53	358	00:45:45
380	1904 Matthew Hall	M		00:46:53	402	00:46:25
381	1931 Joanne Tucker	F	35	00:46:53	394	00:46:14
382	117 Chris Chandler	M	40 TEAM RCN (ROYAL COLLEGE OF NURSING)	00:46:54	407	00:46:27
383	1035 Tony Smith	M	45	00:46:55	436	00:46:52
384	427 Alan Yip	M	BOYES REES	00:46:56	398	00:46:21
385	1310 Nigel Saunders	M		00:46:57	425	00:46:41
386	2223 Peter Curran	M	45	00:46:58	391	00:46:13
387	2375 Huw Williams	M	45	00:46:58	392	00:46:13
388	675 David Austin	M	50	00:46:58	369	00:45:51
389	438 Leigh Ridgeway	M	TEAM BREAST TEST WALES TEAM 2	00:46:58	441	00:46:55
390	1982 Richard Carr	M		00:46:59	405	00:46:26
391	1040 Sandra Hustin	F	40	00:46:59	427	00:46:42
392	384 Will Mclean	M	WLGA	00:46:59	370	00:45:53
393	1870 Nick Lord	M		00:47:00	449	00:47:00
394	2160 Jonathan Jones	M		00:47:00	375	00:46:01
395	1659 Mark Hutchings	M	45	00:47:03	445	00:46:58

396	1359 Gareth Scott	M			00:47:04	434	00:46:52
397	1590 Andrew Freedman	M	50		00:47:04	421	00:46:39
398	2015 Jamie Lewis	M			00:47:06	419	00:46:38
399	1125 Richard Marshall	M	40		00:47:06	413	00:46:31
400	215 Martin Jones	M		HUGH JAMES (TEAM 2)	00:47:08	389	00:46:12
401	284 Tom Howels	M		TEAM LLAN TWIT	00:47:10	412	00:46:31
402	2435 David Peacock	M	40		00:47:11	270	00:44:02
403	365 Barry Hamer	M		GENERAL DYNAMICS	00:47:12	439	00:46:54
404	230 Peter Hodgson	M		PETER EVANS	00:47:13	440	00:46:55
405	780 Michael Card	M			00:47:17	305	00:44:46
406	1129 Dean Birt	M	40	PONTYPRIDD ROADENTS	00:47:20	363	00:45:49
407	2242 Steve Goodfellow	M	45		00:47:21	388	00:46:11
408	629 Mark Clarke	M	40		00:47:21	464	00:47:18
409	1383 Sarah Lauder	F			00:47:23	308	00:44:48
410	546 Brendan Amey-Jones	M	40		00:47:23	344	00:45:27
411	361 Graham Carrol	M		TEAM ESCENTIAL	00:47:23	387	00:46:10
412	1100 Ray Donovan	M	55		00:47:24	451	00:47:01
413	2280 Jason Vigliotta	M	40		00:47:24	461	00:47:17
414	1104 John Magee	M			00:47:25	346	00:45:31
415	1012 Victoria Webb	F	35		00:47:25	469	00:47:20
416	616 Matthew Spear	M			00:47:26	323	00:45:04
417	399 Jason Darby	M		MOLSON COORS TEAM 1	00:47:28	432	00:46:51
418	1467 Rhys James	M			00:47:30	385	00:46:08
419	1415 Tim Willey	M	40		00:47:32	424	00:46:40
420	211 Craig Smith	M		HUGH JAMES (TEAM 1)	00:47:32	423	00:46:40
421	1068 Lee Wilson	M			00:47:32	452	00:47:04
422	1661 Matthew Leeke	M			00:47:33	463	00:47:17
423	861 Kellinu Portelli	M	40	LES CROUPIERS	00:47:33	471	00:47:23
424	2231 David Mcdonald	M	40	LES CROUPIERS	00:47:35	474	00:47:24
425	1823 Leighton Jenkins	M	50		00:47:37	351	00:45:36
426	383 Daniel Hurford	M		WLGA	00:47:40	416	00:46:34
427	2029 Jamie Mahoney	M			00:47:41	465	00:47:18
428	2446 Chris Williams	M			00:47:42	476	00:47:25

429	540 Nigel Prescott	M	45		00:47:42	433	00:46:51
430	833 Michael Hinchliffe	M			00:47:43	448	00:47:00
431	1934 Gareth Davies	M	40		00:47:44	457	00:47:09
432	905 David Williams	M	45		00:47:44	367	00:45:51
433	1362 Adam Wardle	M			00:47:44	415	00:46:33
434	950 David Mckechan	M			00:47:46	410	00:46:29
435	1076 Anthony Evans	M			00:47:47	500	00:47:39
436	2486 Stephen Lawrance	M	40		00:47:50	506	00:47:43
437	2356 Peter Connolly	M			00:47:50	437	00:46:53
438	678 Rhodri Harris	M		NEATH HARRIERS	00:47:51	383	00:46:07
439	367 Stephen Casey	M		GENERAL DYNAMICS	00:47:52	492	00:47:35
440	1811 Void Void	VOI			00:47:52	499	00:47:38
441	2236 Martin Davies	M	40		00:47:53	442	00:46:55
442	2415 Dean Batte	M			00:47:54	384	00:46:07
443	449 Christian John	M		HSBC TEAM 3	00:47:56	459	00:47:13
444	853 Martin Donovan	M	45		00:47:56	477	00:47:26
445	1121 Mike Hurley	M	55		00:47:57	475	00:47:25
446	1526 Andrew Jones	M			00:47:57	450	00:47:00
447	1352 David Thomas	M	45		00:47:58	532	00:47:57
448	2091 Andrew Davidson	M			00:47:58	497	00:47:37
449	2470 Gareth Barrington	M		RISCA	00:47:59	486	00:47:32
450	2074 Cerith Lewis	M	45		00:48:00	447	00:46:58
451	2146 Andrew Martin	M			00:48:00	494	00:47:36
452	777 Mark Clatworthy	M			00:48:00	460	00:47:16
453	2075 Jonathan Griffiths	M			00:48:00	511	00:47:46
454	2369 Victoria Critcher	F			00:48:01	480	00:47:27
455	189 Rob Pryle	M		HOLIDAY INN	00:48:01	507	00:47:43
456	2245 Steven Llewellyn	M			00:48:02	360	00:45:47
457	1796 Rhydian John	M			00:48:03	470	00:47:20
458	2035 Martin Phillips	M	40		00:48:04	535	00:47:59
459	1778 Kevin Wu	M			00:48:05	490	00:47:34
460	863 William Moore	M			00:48:05	455	00:47:06
461	984 Mark Jeffries	M	40		00:48:06	522	00:47:52

462	951 Jonathan Gaunt	M			00:48:06	374	00:45:59
463	1427 Simon Flack	M			00:48:07	379	00:46:04
464	2196 Steve Benbow	M	55		00:48:07	528	00:47:54
465	1112 Jane Colwill	F	35		00:48:08	534	00:47:59
466	1172 David Hebbes	M	55		00:48:08	524	00:47:52
467	1251 Andrew Finney	M	40		00:48:08	498	00:47:37
468	2434 Joanne Laity	F	40		00:48:09	523	00:47:52
469	2432 Alex Dow	M			00:48:10	491	00:47:35
470	220 Simon Adams	M		QUEENS ARCADE TEAM 1	00:48:10	485	00:47:32
471	221 Louise Herrington	S		QUEENS ARCADE TEAM 1	00:48:11	488	00:47:33
472	2271 Sara Hunter	F	35		00:48:11	544	00:48:05
473	2272 Christine Parking	F	35		00:48:12	545	00:48:06
474	1501 Paul Jenkins	M	55		00:48:12	516	00:47:49
475	1021 James Mcloughlin	M			00:48:12	484	00:47:32
476	1020 Sarah Mcloughlin	F		40 LES CROUPIERS	00:48:13	483	00:47:32
477	1343 Nick Dewsnap	M			00:48:13	366	00:45:51
478	2259 Jonathan Grimes	M			00:48:13	382	00:46:07
479	2182 Stephen Jenkins	M			00:48:13	473	00:47:23
480	995 David Boucher	M	55		00:48:18	429	00:46:47
481	486 Ian Herbert	M		DARWIN GRAY	00:48:21	509	00:47:43
482	1417 Brian Cotton	M			00:48:21	496	00:47:37
483	109 Nicola James	F		CAPITA ARCHITECTURE	00:48:22	539	00:48:02
484	101 Garry Lockett (Captain)	M		TEAM KNOCKOUT	00:48:23	514	00:47:48
485	1712 Daniel Palmer	M			00:48:23	518	00:47:49
486	2066 Jaroslaw Witek	M			00:48:24	538	00:48:00
487	281 Cathy Hayes	F		TEAM LLAN TWIT	00:48:25	571	00:48:20
488	1588 Chris Moles	M		VILLAGE VIPERS	00:48:25	456	00:47:07
489	340 Barry Ross	M		WILLIAM GRAHAM LAW	00:48:26	376	00:46:01
490	1434 Jonathan Milton	M	40		00:48:27	417	00:46:35
491	1752 John Marshall	M			00:48:28	418	00:46:36
492	1442 John Davies	M		55 PORT TALBOT HARRIERS	00:48:29	531	00:47:56
493	363 Matthew Whitby	M		TEAM ESCENTIAL	00:48:32	466	00:47:18
494	276 Stuart Jones	F		TEAM EADS	00:48:33	520	00:47:51

495	2200 Simon Kitchener	M	55		00:48:35	564	00:48:18
496	745 Denise Crowley	F	40		00:48:35	504	00:47:42
497	403 Martin Anderson	M		MOLSON COORS TEAM 2	00:48:36	537	00:47:59
498	225 Alex Foley	M		PETER EVANS	00:48:36	420	00:46:39
499	703 Neil Stewart	M			00:48:38	453	00:47:04
500	1650 Andrew Williams	M			00:48:38	556	00:48:13
501	1895 Andrew Davies	M			00:48:40	546	00:48:07
502	2472 Dave Mcelwill	M			00:48:41	495	00:47:37
503	2049 Ian Hopwood	M			00:48:41	512	00:47:47
504	2062 Luke Gowan	M			00:48:41	438	00:46:54
505	628 Chris Moore	M	45		00:48:42	430	00:46:48
506	1942 Andrew Richards	M			00:48:42	517	00:47:49
507	550 Carolanne Watkins	F	40		00:48:42	582	00:48:29
508	2473 Rory Sommerville	M			00:48:43	554	00:48:13
509	1897 Carl Hillard	M			00:48:43	577	00:48:25
510	1626 Robert Lloyd	M	45		00:48:44	458	00:47:12
511	1464 Jaime Duggan	M			00:48:46	579	00:48:27
512	773 Warren Teague	M			00:48:46	521	00:47:52
513	879 Fiona Francis	F	40		00:48:47	570	00:48:20
514	1073 Jeff Deere	M	55		00:48:47	598	00:48:45
515	930 Scott Richardson	M			00:48:48	592	00:48:40
516	1336 Rachel Banfield	F			00:48:48	467	00:47:19
517	2454 Claire Jones	F			00:48:48	505	00:47:43
518	2456 Hannah Emmott	F			00:48:49	508	00:47:43
519	1390 Gavin Taylor	M			00:48:50	526	00:47:53
520	2413 Mark Wheeler	M			00:48:50	468	00:47:20
521	1743 Charles Coray	M			00:48:51	403	00:46:26
522	89 Tom Corweliuss	M			00:48:51	548	00:48:09
523	609 Neil Thomas	M			00:48:52	593	00:48:40
524	830 Nicol Mnller	F			00:48:52	596	00:48:43
525	2346 Joseph Hopper	M			00:48:53	443	00:46:56
526	548 Adam Abraham	M		LES CROUPIERS	00:48:54	422	00:46:39
527	1939 Simon Coop	M			00:48:56	431	00:46:49

528	2246 Paul Allen	M	55 HALESOWEN AC	00:48:56	262	00:43:42
529	901 Colin Blackwell	M	50	00:48:56	541	00:48:04
530	956 Dave Ott	M	40	00:48:58	569	00:48:20
531	535 Adam Llewelyn	M		00:48:59	444	00:46:57
532	654 David Craig Palmer	M		00:48:59	549	00:48:10
533	490 Gareth Wedge	M	DARWIN GRAY	00:48:59	600	00:48:46
534	1382 Rick Dunn	M	40	00:49:00	454	00:47:06
535	1605 Owen Fox	M		00:49:01	479	00:47:27
536	1421 James Byrne	M		00:49:01	616	00:48:58
537	753 Ben Edwards	M		00:49:02	540	00:48:04
538	663 Michael Parker	M		00:49:02	576	00:48:23
539	909 Johanna Tucker	F	40	00:49:02	568	00:48:20
540	347 Matt Williams	M	PROMISED LAND	00:49:02	428	00:46:45
541	1400 Michael Dix	M	55 LES CROUPIERS	00:49:06	502	00:47:40
542	1474 Paul Williams	M	45	00:49:07	560	00:48:17
543	792 Melanie Youngs	F		00:49:09	605	00:48:49
544	1201 Neil Tatnell	M	55	00:49:10	482	00:47:31
545	804 Ruth Treharne	F	45	00:49:10	609	00:48:54
546	746 James Williams	M		00:49:11	612	00:48:56
547	534 John Redmond	M		00:49:12	462	00:47:17
548	1102 David Griffiths	M	55	00:49:13	594	00:48:41
549	2048 Jane Dobson	F		00:49:14	604	00:48:48
550	56 Robert Challenger	M	PUBLIC TRUST PARTNERSHIP	00:49:15	622	00:49:06
551	2047 Richard Karim	M		00:49:15	603	00:48:48
552	1628 James Jones	M		00:49:15	542	00:48:04
553	293 Nicholas Vagges	M	LAGUNA HEALTH & SPA TEAM 1	00:49:16	553	00:48:13
554	292 Ali Souini	M	LAGUNA HEALTH & SPA TEAM 1	00:49:16	557	00:48:13
555	128 Kevin Probert	M	ACORN RECRUITMENT	00:49:16	620	00:49:03
556	1010 Amanda Jones	F	40	00:49:18	628	00:49:12
557	2298 Stuart Taylor	M		00:49:19	585	00:48:32
558	2407 Jennifer Corbert	F	SWANSEA	00:49:19	472	00:47:23
559	1489 Alex Lenahan	M		00:49:21	435	00:46:52
560	1096 Paula Gillam	F		00:49:21	623	00:49:07

561	1005 Gareth Evans	M		00:49:21	552	00:48:12
562	1515 Adam Purchase	M		00:49:24	550	00:48:11
563	824 Paul Wiggins	M		00:49:25	489	00:47:33
564	320 Dan Cherry	M	GLAMORGAN CRICKET	00:49:26	519	00:47:50
565	1615 Lloyd Mcgeoch-Williams	M		00:49:26	567	00:48:19
566	1320 David Amos	M	45	00:49:26	595	00:48:42
567	1047 Richard Hopkins	M		00:49:28	533	00:47:58
568	2303 Simon Wooster	M	40	00:49:29	501	00:47:39
569	533 Mark Morris	M	40	00:49:29	573	00:48:20
570	162 Gethin Patterson	M	EXERT FITNESS (TEAM 5)	00:49:31	563	00:48:18
571	1331 Matthew Simmonds	M		00:49:31	621	00:49:06
572	187 Darren Williams	M	TEAM KNOCKOUT	00:49:31	446	00:46:58
573	2008 Nick Speller	M	45	00:49:34	536	00:47:59
574	710 Matthew Browning	M		00:49:34	630	00:49:14
575	636 Delyth Lewis	F		00:49:35	610	00:48:55
576	2477 Liam Pietzka	M		00:49:35	589	00:48:35
577	1619 Andrew Williams	M	45	00:49:36	487	00:47:32
578	2328 Daivd Hughes	M		00:49:38	575	00:48:21
579	2010 Lee Morris	M		00:49:38	617	00:48:59
580	1198 Paul Hardy	M		00:49:38	587	00:48:33
581	911 Dave House	M		00:49:38	503	00:47:41
582	702 Stephen Davies	M		00:49:41	493	00:47:35
583	1917 Nick Williams	M		00:49:43	515	00:47:49
584	397 Martyn Cozems	M	MOLSON COORS TEAM 1	00:49:44	625	00:49:08
585	1938 Alan Rockliffe	M	50	00:49:45	543	00:48:05
586	1795 Dafydd Nelson	M		00:49:46	632	00:49:16
587	1225 Raymond Desjardins	M		00:49:46	481	00:47:30
588	93 Andrea Williams	M	ROAD RUNNERS CLUB	00:49:47	572	00:48:20
589	2279 Mariwyn Elias-Jones	F		00:49:47	530	00:47:56
590	1312 Richard Holland	M	40 PONTY ROADENTS	00:49:48	614	00:48:58
591	2300 Jo Oliver	F		00:49:50	658	00:49:42
592	1618 Hannah Polacarz	F		00:49:50	633	00:49:16
593	1708 Ryan Garrett	M		00:49:51	559	00:48:15

594	1721 Mike Travers	M			00:49:51	591	00:48:37
595	2159 Andrew Deens	M	40		00:49:52	635	00:49:18
596	326 Dave Watts	M		QUEENS ARCADE TEAM 2	00:49:53	631	00:49:16
597	1437 Neil Williams	M			00:49:53	510	00:47:44
598	2043 Natasha Wilde	F	35		00:49:53	656	00:49:41
599	255 Andy Marchant	M		SOUTH WALES FIRE AND RESCUE (TEAM 3)	00:49:53	642	00:49:24
600	1909 Tony Davies	M			00:49:54	643	00:49:25
601	1303 Niall Armstrong	M			00:49:56	566	00:48:19
602	1732 Sue Potter	F	40		00:49:57	666	00:49:49
603	2056 Jennifer Topalian	F			00:49:57	529	00:47:54
604	1193 Andrew Shepard	M			00:49:58	527	00:47:54
605	1452 Michael Holloway	M			00:49:58	525	00:47:53
606	1836 Alex Wheeler	M			00:50:01	584	00:48:31
607	2283 Gary Bodman	M	45		00:50:03	547	00:48:08
608	2201 Claudio Vargas	M			00:50:05	647	00:49:27
609	1992 Lowri Phillips	F	35		00:50:05	613	00:48:57
610	1502 Jonathan Smith	M	45		00:50:06	637	00:49:19
611	1210 Danial Ashman	M			00:50:08	561	00:48:17
612	2471 Patrick Clyre	M			00:50:09	653	00:49:39
613	1409 Sheung Yin Au Yeung	M			00:50:10	662	00:49:44
614	559 Pete Sueref	M			00:50:10	601	00:48:47
615	2336 Jennifer Sangster	F	35		00:50:11	629	00:49:13
616	1647 Carl Alexis	M			00:50:14	690	00:50:07
617	366 Sharon Palmer	F		GENERAL DYNAMICS	00:50:16	677	00:49:59
618	759 Nick Main	M	40		00:50:17	639	00:49:21
619	280 Dawn Howles	F		TEAM LLAN TWIT	00:50:17	696	00:50:12
620	2438 Gary Pesticcio	M	40		00:50:18	606	00:48:50
621	1152 Hayley Smithson	F	35		00:50:18	619	00:48:59
622	118 Alexander Marsh	M		TEAM RCN (ROYAL COLLEGE OF NURSING)	00:50:19	668	00:49:53
623	69 Chris Strong	M		MORGAN SIGNS	00:50:19	565	00:48:18
624	68 Alex Cue	M		MORGAN SIGNS	00:50:20	562	00:48:18
625	2130 Jilly Holroyd	F			00:50:20	670	00:49:53
626	425 Alan Price	M		BOYES REES	00:50:21	665	00:49:46

627	2131 Alex Saul	M		00:50:21	673	00:49:54
628	1206 James Kerrigan	M		00:50:21	654	00:49:40
629	805 Mari Wynne	F		00:50:22	715	00:50:22
630	849 Simon Gill	M		00:50:23	513	00:47:48
631	585 Iwan Doull	M	40	00:50:23	661	00:49:44
632	2097 Carol Rees	F	35	00:50:23	664	00:49:45
633	1394 Gareth Jones	M		00:50:24	551	00:48:12
634	1856 Owen Lewis	M		00:50:24	581	00:48:28
635	2101 Jonathan Codling	M		00:50:25	627	00:49:09
636	1214 Chris Sweetman	M		00:50:25	640	00:49:22
637	1786 Inness Mitchell	M		00:50:26	597	00:48:43
638	53 Alistair Thomson	M	UTILITY PARTNERSHIP LIMITED (UPL)	00:50:26	682	00:50:03
639	1318 Tony Sudworth	M	50	00:50:26	641	00:49:23
640	2232 Paul Thomas	M		00:50:27	678	00:49:59
641	1782 Sheila Adkins	F	60 CAERLEON	00:50:27	667	00:49:50
642	784 Daniel Tonge	M		00:50:27	712	00:50:20
643	2030 David Lovell	M		00:50:29	685	00:50:05
644	961 Andrew Charles	M		00:50:29	683	00:50:03
645	2100 Ian Lewis	M		00:50:30	700	00:50:15
646	246 Andrew Lewis	M	SOUTH WALES FIRE AND RESCUE (TEAM 2)	00:50:30	679	00:50:00
647	1117 Mike Hall	M	40	00:50:30	590	00:48:36
648	1536 Lee Normington	M		00:50:31	580	00:48:28
649	1491 Andrew Samuels	M	45	00:50:31	478	00:47:27
650	1007 Ben Evans	M		00:50:32	555	00:48:13
651	1313 Ian Miles	M		00:50:34	648	00:49:28
652	2141 Wendy Wylie	F		00:50:34	702	00:50:16
653	952 Marc Evans	M		00:50:34	684	00:50:03
654	1469 Gareth Davies	M		00:50:35	644	00:49:25
655	989 Hayley Johnson	F	35	00:50:35	646	00:49:27
656	1097 Helen Price	F		00:50:37	650	00:49:35
657	2416 Tudur Davies	M	65	00:50:38	649	00:49:35
658	504 Martin Ruck	M		00:50:39	608	00:48:52
659	482 Rhys Bennett	M	VALE OF GLAMORGAN INTERNAL AUDIT DEPARTMENT	00:50:39	607	00:48:52

660	2095 Peter Symmons	M	55		00:50:39	669	00:49:53
661	2197 Gareth Coleman	M			00:50:40	691	00:50:07
662	1646 Ann Rowell	F	50 TROTS		00:50:40	717	00:50:23
663	1488 Daniel Davies	M			00:50:40	583	00:48:31
664	1426 Jason Zerk	M			00:50:40	602	00:48:47
665	2358 Hayden Williams	M	65		00:50:40	714	00:50:21
666	1240 Gillef Geroni	M			00:50:40	657	00:49:42
667	1613 Richard Janas	M			00:50:41	615	00:48:58
668	1401 Adam Sedgmond	M			00:50:41	588	00:48:34
669	1548 Darron Rees	M	40		00:50:44	718	00:50:24
670	1709 Paul Garrett	M	45		00:50:45	626	00:49:09
671	943 Anthony Howells	M			00:50:45	558	00:48:13
672	755 Paul Foley	M			00:50:47	689	00:50:07
673	1850 Robert Cawley	M	40		00:50:49	724	00:50:28
674	126 Andrew Tugwell	M		ACORN RECRUITMENT	00:50:51	737	00:50:38
675	127 Dave Sadler	M		ACORN RECRUITMENT	00:50:52	736	00:50:38
676	1654 Stephanie Davies	F		PONTYPRIDD ROADENTS	00:50:53	743	00:50:42
677	1807 Eric Guiffard	M			00:50:53	578	00:48:27
678	1704 Peter Jones	M			00:50:54	695	00:50:10
679	619 Gareth Jones	M	45		00:50:54	692	00:50:07
680	1236 Martin Long	M	40		00:50:54	722	00:50:27
681	270 John Fairclough	M		SPIRE CARDIFF HOSPITAL (TORTOISES)	00:50:55	645	00:49:27
682	542 Jimmy Doolan	M	40		00:50:56	686	00:50:05
683	1819 Graham Jenkins	M	50		00:50:58	710	00:50:20
684	1448 Matthew Lovett	M			00:50:58	574	00:48:21
685	1188 Byron Cole	M			00:51:00	701	00:50:16
686	1673 Alec Mcintyre	M			00:51:00	624	00:49:08
687	1898 Rob Daniels	M			00:51:00	742	00:50:42
688	380 Sioned Lake	M		YARD ASSOCIATES	00:51:01	676	00:49:58
689	814 Paul Davies	M			00:51:01	599	00:48:45
690	1217 Waseem Chaudry	M	40		00:51:01	634	00:49:18
691	303 Richard Ashdown	M		UWIC (TEAM 1)	00:51:03	734	00:50:37
692	2260 David Davies	M			00:51:05	659	00:49:43

693	287 Lynda Adams	F	ON THE LASH		00:51:06	680	00:50:01
694	288 Raul Columbo	M	ON THE LASH		00:51:06	681	00:50:02
695	2427 Craig Perriman	M			00:51:07	693	00:50:08
696	2269 Mark Williams	M	45		00:51:09	698	00:50:14
697	733 Brian Coleman	M	60		00:51:10	704	00:50:18
698	641 Philip Smith	M			00:51:11	758	00:50:52
699	724 Adrian John	M	40		00:51:12	711	00:50:20
700	2249 Darren Watkins	M			00:51:12	651	00:49:35
701	1085 Karen Pearce	F	45		00:51:12	725	00:50:28
702	826 Aled Roberts	M			00:51:15	618	00:48:59
703	1465 Peter Quinn	M	55		00:51:16	706	00:50:19
704	2314 Nigel Davies	M	50		00:51:16	767	00:50:54
705	1423 Jamie Nation	M			00:51:17	759	00:50:52
706	1269 Mike Watkins	M	45 MULLER RUNNING CLUB		00:51:17	777	00:51:04
707	622 Dean Quinn	M			00:51:21	728	00:50:32
708	2359 Stephen Head	M			00:51:21	699	00:50:14
709	1357 Phillipa Francis	F	45		00:51:21	675	00:49:55
710	583 Rhys Tanner	M			00:51:22	776	00:51:03
711	2219 Stephen Gingell	M	45		00:51:22	707	00:50:19
712	736 Steve Jones	M	40		00:51:22	729	00:50:32
713	1419 Bronwen Boyce	F			00:51:22	769	00:50:56
714	1563 Andrew Bishop	M	45		00:51:24	660	00:49:44
715	1964 Chris Haines	M			00:51:25	800	00:51:16
716	315 Andrew Firth	M	WALES AND WEST UTILITIES		00:51:26	771	00:50:58
717	598 Louise Sturdy	F			00:51:26	757	00:50:52
718	1120 Peter Browning	M			00:51:27	765	00:50:54
719	1147 Rhys Smith	M			00:51:27	638	00:49:20
720	1292 Nick Francis	M	40		00:51:32	755	00:50:51
721	1291 Emma Falkner	F	40		00:51:32	791	00:51:13
722	467 Emma Blout	F	VALE WOMEN'S AID		00:51:33	674	00:49:55
723	955 Martin Allen Williams	M	40		00:51:34	697	00:50:13
724	2419 Ian Thomas	M	45		00:51:34	788	00:51:10
725	1889 Andrew Woodhouse	M			00:51:35	772	00:50:59

726	2150 James Saunders	M		00:51:36	746	00:50:45
727	1395 Andrew Addicott	M		00:51:36	636	00:49:19
728	1685 Natalie Pearson	F		00:51:37	807	00:51:22
729	254 Carl Haines	M	SOUTH WALES FIRE AND RESCUE (TEAM 3)	00:51:37	705	00:50:18
730	809 Owen Hathway	M	ABER BAA BAAS	00:51:37	744	00:50:42
731	1693 John Roche	M		00:51:39	703	00:50:17
732	2265 Nicholas Turnpage	M		00:51:40	764	00:50:54
733	2129 Steve Sully	M		00:51:42	586	00:48:33
734	2357 Mutahir Awan	M		00:51:42	810	00:51:24
735	2079 Sian Morris	F		00:51:43	723	00:50:27
736	795 David Vas	M	40 SAN DOMENICO ROAD RUNNERS	00:51:43	611	00:48:55
737	1141 Greg Bowes	M	50	00:51:44	752	00:50:48
738	2034 Clare White	F	40	00:51:44	663	00:49:45
739	1799 Gareth Watkins	M		00:51:44	708	00:50:19
740	1075 Steve Rigg	M		00:51:45	822	00:51:36
741	2481 Carley Halier	F		00:51:46	747	00:50:46
742	682 Simon Fox	M	40	00:51:47	687	00:50:05
743	2183 Naomi Stringer	F		00:51:48	763	00:50:53
744	1092 Dorian Wood	M		00:51:48	838	00:51:48
745	1241 Elaine Willis	F		00:51:48	809	00:51:24
746	2363 Steven Morris	M		00:51:48	802	00:51:17
747	915 Matthew Payne	M		00:51:50	841	00:51:50
748	613 Eryl Williams	M		00:51:52	672	00:49:54
749	896 Kristan Llewellyn	M		00:51:52	688	00:50:05
750	110 Matthew Richards	M	CAPITA ARCHITECTURE	00:51:53	719	00:50:25
751	1787 Paul Davies	M		00:51:53	727	00:50:32
752	1273 Leighton Seward	M		00:51:54	740	00:50:39
753	252 Sue Lauren	F	SOUTH WALES FIRE AND RESCUE (TEAM 3)	00:51:54	732	00:50:36
754	572 Owen Cahill	M		00:51:54	741	00:50:39
755	808 Marc Griffiths	M		00:51:56	813	00:51:27
756	1422 Tim Ridd	M	40	00:51:57	751	00:50:47
757	2122 Beverley Warburton	F	45	00:51:57	778	00:51:05
758	1959 Jane Travaglia	F	40	00:51:57	782	00:51:08

759	2393 Peter Wicks	M		00:51:57	817	00:51:32
760	2013 Owen Pearse	M		00:51:58	726	00:50:29
761	2264 Matthew Harris	M	45	00:51:59	792	00:51:13
762	1048 David Cox	M		00:52:01	749	00:50:47
763	852 David Williams	M		00:52:03	799	00:51:16
764	524 Kate Russell	F	PARC BRYN BACH	00:52:05	849	00:51:56
765	1926 Wayne Edmond	M	55	00:52:06	720	00:50:25
766	1455 Rhodri Williams	M		00:52:07	733	00:50:37
767	348 Owen Cawley	M	PROMISED LAND	00:52:08	808	00:51:23
768	210 Meghan Nolan	F	HUGH JAMES (TEAM 1)	00:52:09	837	00:51:48
769	1050 Mike Jones	M	40	00:52:11	694	00:50:09
770	1283 Leigh Stimpson	M		00:52:11	655	00:49:40
771	1204 Jack Kerrigan	M		00:52:12	816	00:51:29
772	412 Charlotte Davies	F	FRESHWATER	00:52:12	716	00:50:22
773	253 John Brewer	M	SOUTH WALES FIRE AND RESCUE (TEAM 3)	00:52:12	762	00:50:53
774	2275 Lynne Allan	F	35	00:52:12	859	00:52:06
775	715 Neil Huggins	M		00:52:13	739	00:50:39
776	1727 Jayne Colmsee	F	35	00:52:13	858	00:52:05
777	1867 Gary Morris	M		00:52:13	853	00:52:01
778	563 Richard William Davies	M	45	00:52:13	713	00:50:21
779	269 Gary Donovan	M	45 SPIRE CARDIFF HOSPITAL (TORTOISES)	00:52:15	787	00:51:10
780	381 Ben Stephens	M	YARD ASSOCIATES	00:52:16	790	00:51:12
781	1194 Alex Garrod	M		00:52:16	756	00:50:52
782	1232 Julia Powell	F	35	00:52:17	852	00:52:01
783	2103 Andrew Burton	M	40	00:52:19	709	00:50:19
784	1577 Wolfgang Luecke	M		00:52:20	652	00:49:36
785	988 Kevin O'Leary	M	50	00:52:20	766	00:50:54
786	1374 Rebecca Evans	F		00:52:21	730	00:50:33
787	1826 Colin Rodgeron	M	55	00:52:22	750	00:50:47
788	1517 Edward Garner	M	50	00:52:24	731	00:50:34
789	1820 Richard Harries	M	40	00:52:24	811	00:51:24
790	2386 David Simmons	M		00:52:24	760	00:50:53
791	2455 Cadi Dowi	F		00:52:25	745	00:50:43

792	1170 Imran Nathoo	M		00:52:26	784	00:51:08
793	1396 Brian Kerry	M		00:52:27	735	00:50:37
794	1289 Susan Bradley	F		00:52:29	798	00:51:15
795	86 Runner 86	M		00:52:29	797	00:51:15
796	1436 Stuart Barnes	M	50	00:52:31	823	00:51:37
797	1774 Lee Watkins	M		00:52:32	779	00:51:06
798	2206 Alan Fishwick	M	40	00:52:35	783	00:51:08
799	1297 Marcus Olivant	M		00:52:35	795	00:51:14
800	305 Andrew Morgan	M	UWIC (TEAM 1)	00:52:36	770	00:50:57
801	756 Glynn Cox	M		00:52:37	828	00:51:40
802	2463 Timmothy Moore	M		00:52:37	774	00:51:00
803	676 Jezz Ashdown	M		00:52:38	848	00:51:55
804	2055 Simon Fish	M		00:52:40	761	00:50:53
805	2209 Leah Crosby	F	PENARTH & DINAS RUNNERS	00:52:41	861	00:52:06
806	382 Laura Roberts	F	WLGA	00:52:43	847	00:51:55
807	1122 Mark Hurley	M		00:52:44	868	00:52:10
808	1373 Andrew Davies	M		00:52:45	873	00:52:12
809	889 Neale Wood	M	50	00:52:46	789	00:51:11
810	1803 Lynda James	F	40	00:52:46	885	00:52:27
811	2349 Tim Clarke	M	45	00:52:48	793	00:51:13
812	2085 Michael Thomas	M	50	00:52:48	894	00:52:34
813	1513 Sue Charles	F	35 BLACKFRIARS HARRIERS	00:52:49	892	00:52:30
814	1499 Matthew Jones	M		00:52:49	721	00:50:25
815	1717 Lauren Old	F		00:52:50	870	00:52:11
816	1486 Matthew Barker	M		00:52:52	824	00:51:37
817	2168 Jon Allen	M		00:52:53	831	00:51:44
818	1703 Gareth Thomas	M		00:52:53	753	00:50:49
819	511 Jonathan York	M	FROME RC	00:52:54	840	00:51:48
820	2090 Ian Owen Williams	M	40	00:52:56	876	00:52:16
821	2418 Clare Wheeler	F		00:52:58	780	00:51:06
822	405 Andrew McCormack	M	MOLSON COORS TEAM 2	00:52:58	878	00:52:18
823	1211 Daniel Smith	M		00:52:58	794	00:51:14
824	2022 Paul Dibble	M	50	00:52:58	805	00:51:18

825	1943 Ian O'Sullivan	M			00:53:03	836	00:51:48
826	168 Mark Davies	M		EXERT FITNESS (TEAM 6)	00:53:04	839	00:51:48
827	2038 Matt Scanlon	M			00:53:04	826	00:51:39
828	182 Rhiannydd Evans	F		EXERT FITNESS (TEAM 9)	00:53:05	829	00:51:42
829	1738 Sophie Kendrick	F		BRECON A.C	00:53:05	796	00:51:14
830	1017 David Reid	M			00:53:06	748	00:50:46
831	362 Alan Dowell	M		TEAM ESCENTIAL	00:53:06	835	00:51:47
832	592 Anita Tucknutt	F	35		00:53:06	860	00:52:06
833	1492 Jan Piggott	F	50		00:53:08	867	00:52:10
834	302 Janet Lewis	F		UWIC (TEAM 1)	00:53:08	781	00:51:06
835	2106 Clare Johnson	F		60 LES CROUPIERS	00:53:08	931	00:52:58
836	2224 Matthew Bunce	M			00:53:08	738	00:50:38
837	322 Sarah Bell	F		GLAMORGAN CRICKET	00:53:09	818	00:51:33
838	1602 Dominic Doherty	M			00:53:10	754	00:50:50
839	2423 Elizabeth Ashby	F			00:53:12	937	00:53:04
840	1202 Ann Tatnell	F	50		00:53:13	803	00:51:18
841	1379 Ana Andre	F	50		00:53:14	926	00:52:56
842	2216 James Guile	M			00:53:15	820	00:51:33
843	843 Christopher Hopkins	M			00:53:16	827	00:51:40
844	679 Mark Thomas	M	40		00:53:16	671	00:49:54
845	2489 Sarah Powell	F	35		00:53:16	882	00:52:23
846	2448 Andrew Hamblin	M			00:53:16	900	00:52:39
847	667 Steve Tune	M			00:53:17	845	00:51:53
848	144 Trevor James	M		EXERT FITNESS (TEAM 2)	00:53:17	872	00:52:12
849	147 David Matthews	M		EXERT FITNESS (TEAM 2)	00:53:18	871	00:52:12
850	1277 Stuart Bourle	M			00:53:18	773	00:51:00
851	263 Mike Davies	M		SPIRE CARDIFF HOSPITAL (HARES)	00:53:19	842	00:51:50
852	2227 Rachel Deacon	F	35		00:53:19	768	00:50:55
853	1677 Johahan Thomas	M	45		00:53:20	785	00:51:09
854	2475 Janw Truscott	F	40		00:53:20	854	00:52:02
855	2046 Geoff Whalley	M	50		00:53:21	834	00:51:45
856	1261 Mark Lewis	M			00:53:22	875	00:52:16
857	1747 Michael Barnett	M			00:53:24	843	00:51:52

858	1377 Francisco Andre	M	50		00:53:24	942	00:53:06
859	2421 Anna Meredith	F	35		00:53:26	935	00:53:02
860	256 Alison Leibblewhite	F		SOUTH WALES FIRE AND RESCUE (TEAM 3)	00:53:26	863	00:52:08
861	2342 Mark Buckland	M			00:53:26	913	00:52:48
862	1183 Darien Jay	M			00:53:27	909	00:52:44
863	2060 Phil Batchelor	M			00:53:27	775	00:51:01
864	1142 David Hale	M			00:53:27	911	00:52:45
865	1344 Bryan Rees	M	55		00:53:28	806	00:51:19
866	1332 Suzanne Kendrick	F	45	RHAYADER A.C	00:53:28	825	00:51:39
867	1353 Cory Richard	M			00:53:29	804	00:51:18
868	1181 David Locke	M	55		00:53:31	974	00:53:28
869	630 Caroline Kennedy	F			00:53:39	898	00:52:38
870	1140 Gethin Bowes	M			00:53:41	910	00:52:44
871	608 Runner 608	M			00:53:41	830	00:51:43
872	888 Andrew Parkes	M	45		00:53:42	864	00:52:09
873	791 Darrell Walkley	M			00:53:42	801	00:51:17
874	881 Paul Brand	M			00:53:42	955	00:53:16
875	2331 David Jones	M			00:53:44	832	00:51:44
876	1576 Matthew Derek Bowen	M			00:53:45	833	00:51:45
877	130 Mark Tambini	M		HCD GROUP LTD	00:53:46	902	00:52:40
878	131 Nigel Shires	M		HCD GROUP LTD	00:53:46	897	00:52:35
879	1406 Rich Skyrme	M			00:53:47	850	00:51:56
880	1498 Craig Fearn	M			00:53:47	815	00:51:29
881	94 Runner 94	M			00:53:47	915	00:52:49
882	1386 Kirsten Tucker	F		SWANSEA HARRIERS	00:53:49	992	00:53:45
883	1922 Michael Ash	M			00:53:49	924	00:52:55
884	2028 Kristian Williams	M			00:53:50	920	00:52:53
885	937 Tony Jay	M	45		00:53:51	943	00:53:08
886	1009 Richard Belcher	M			00:53:51	908	00:52:43
887	330 Paul Bailey	M		CELTIC MANOR	00:53:51	883	00:52:24
888	150 Jake Mercy	M		EXERT FITNESS (TEAM 3)	00:53:51	886	00:52:28
889	1924 Kam Panesar	F	35		00:53:52	895	00:52:34
890	940 Mark Lewis	M			00:53:54	814	00:51:28

891	1493 Mark Rivett	M	50		00:53:54	921	00:52:53
892	153 Callum Dimmick	M		EXERT FITNESS (TEAM 3)	00:53:54	891	00:52:30
893	1780 Matthew Jones	M			00:53:56	958	00:53:18
894	1233 Gareth Jones	M			00:53:58	846	00:51:55
895	493 Sam Bailey	M		CIRCLE IT TEAM 1	00:53:58	879	00:52:19
896	1530 David Thomas	M			00:53:58	869	00:52:11
897	858 Huw Richards	M			00:53:59	786	00:51:09
898	1688 Rhiannon Mari Harris	F	40		00:54:02	988	00:53:39
899	2174 Lucy Fenner	F			00:54:03	819	00:51:33
900	1402 Darren Richards	M			00:54:03	865	00:52:09
901	1263 Gillian Murphy	F	55	LES CROUPIERS	00:54:03	996	00:53:53
902	2081 Helen Cwinnins	F	35		00:54:05	952	00:53:15
903	1440 Ruth Ash	M	40		00:54:05	945	00:53:11
904	1972 Claire Bauer	F			00:54:05	953	00:53:15
905	1074 Stuart Ball	M			00:54:06	903	00:52:40
906	343 Nick Davidson	M		PROMISED LAND	00:54:06	963	00:53:21
907	1594 Darren Chapple	M			00:54:08	893	00:52:31
908	1762 Simon Lahive	M			00:54:08	821	00:51:34
909	2009 Davina Powell	F			00:54:08	851	00:51:58
910	1581 Paul Fackrell	M			00:54:09	907	00:52:42
911	626 Dale Baker	M			00:54:09	857	00:52:05
912	455 Nic Titmus	F		HSBC TEAM 4	00:54:10	965	00:53:23
913	528 Carl Davis	M			00:54:10	970	00:53:24
914	151 Ben Farley	M		EXERT FITNESS (TEAM 3)	00:54:10	928	00:52:57
915	2239 Richard Morgan	M			00:54:10	947	00:53:12
916	1967 Victoria Holloway	F	35		00:54:11	944	00:53:10
917	2268 Fiadhna Mcevoy	F			00:54:11	866	00:52:10
918	470 Atul Gaintonde	M		INDIA CENTRE 1	00:54:16	1021	00:54:06
919	2398 Mark Griffiths	M			00:54:16	966	00:53:23
920	321 Mike Clayden	M		GLAMORGAN CRICKET	00:54:17	904	00:52:41
921	2203 Kate Tucker	F	35		00:54:17	951	00:53:15
922	1282 Joseph Hawkins	M			00:54:17	929	00:52:57
923	1086 Julia Halligan	F	45		00:54:19	984	00:53:34

924	2054 Trevor Daniels	M	40		00:54:19	881	00:52:22
925	2309 Geoff Jones	M			00:54:21	1026	00:54:10
926	2134 Owain Hicks	M			00:54:22	927	00:52:56
927	160 Sean Meek	M		EXERT FITNESS (TEAM 5)	00:54:23	954	00:53:16
928	812 Jack Mcnamara	M			00:54:23	812	00:51:27
929	2053 Stanislas BTcherie	M			00:54:23	967	00:53:23
930	2289 Richard Minshull	M			00:54:23	941	00:53:06
931	2234 Liam Ferris	M			00:54:23	844	00:51:53
932	1684 Simon Hudson	M			00:54:24	925	00:52:56
933	1689 Simon Jenkins	M	45		00:54:24	977	00:53:30
934	2087 Neil Chitter	M	45	LISWERY	00:54:25	932	00:52:58
935	770 Dr Carl Venn	M	50		00:54:25	888	00:52:28
936	1612 Mark Janas	M	40		00:54:25	905	00:52:42
937	2484 Gareth Parkman	M			00:54:26	901	00:52:40
938	2483 Simon Rinew	M			00:54:26	899	00:52:39
939	1978 Georgina Lloyd	F			00:54:28	938	00:53:04
940	1200 Liz Roberts	F			00:54:29	972	00:53:25
941	1543 Eve Gallop-Evans	F			00:54:30	1045	00:54:23
942	2147 Mandy Martin	F	35		00:54:30	1018	00:54:05
943	1965 Michael Henderson	M	45		00:54:31	880	00:52:21
944	2179 Edward Madden	M			00:54:31	1038	00:54:16
945	1015 Nanette Bartram	F	45		00:54:31	906	00:52:42
946	285 Oliver Lewis	M		TEAM LLAN TWIT	00:54:31	1057	00:54:28
947	137 Jack Davies	M		EXERT FITNESS (TEAM 1)	00:54:32	960	00:53:19
948	1508 Andrew Lenahan	M	45		00:54:32	855	00:52:03
949	695 Philip Jones	M	40	HEOLDDU CS	00:54:32	976	00:53:30
950	1190 Rhys Jones	M			00:54:33	884	00:52:27
951	1268 Chris Dee	M			00:54:34	856	00:52:04
952	1325 David Howells	M	50		00:54:36	918	00:52:51
953	1199 Sara Charles	F		DINAS POWIS	00:54:36	980	00:53:32
954	409 Lisa Durston	F		FRESHWATER	00:54:38	914	00:52:48
955	1257 Tracey Newman	F	35	LES CROUPIERS	00:54:38	1053	00:54:27
956	2094 Void Void	VOI			00:54:39	934	00:53:01

957	1858 Barry Orr	M		00:54:39	959	00:53:18
958	1643 Lauren Foster	F		00:54:39	916	00:52:49
959	1829 Matthew Rudd	M		00:54:41	917	00:52:51
960	694 Penny Bickle	F		00:54:42	961	00:53:19
961	194 Paul Hannah	M	EUROCLAD DEVELOPMENTS	00:54:42	1027	00:54:10
962	108 Richard Woods	M	CAPITA ARCHITECTURE	00:54:43	948	00:53:13
963	1327 Nadine Hill	F	BARRY ATHLETIC.	00:54:43	874	00:52:13
964	1996 Idris Thomas	F	35	00:54:43	912	00:52:46
965	1751 Gillian Jack	F	45	00:54:44	975	00:53:28
966	2112 Jason Donovan	M		00:54:45	862	00:52:06
967	419 John Evans	M	JJ FITNESS AND WELLBEING TEAM 2	00:54:45	1073	00:54:36
968	413 Jason Korinek	M	JJ FITNESS AND WELLBEING TEAM 1	00:54:46	1076	00:54:37
969	2244 Matthew Goodfellow	M		00:54:47	940	00:53:06
970	2335 Andrew Sangster	M		00:54:47	995	00:53:50
971	821 Rachel Hughes	F		00:54:49	1042	00:54:21
972	801 Paul Woodman	M		00:54:49	985	00:53:35
973	2116 Ian Jones	M		00:54:50	949	00:53:14
974	58 Ann Bevan	F	PUBLIC TRUST PARTNERSHIP	00:54:53	1075	00:54:37
975	178 Barrie Lewis	M	EXERT FITNESS (TEAM 8)	00:54:54	1058	00:54:29
976	1575 Sarah Davies	F	40 PENARTH & DINAS RUNNERS	00:54:56	956	00:53:16
977	543 Gareth Holcombe	M		00:54:56	979	00:53:32
978	1495 Alan Jones	M	55	00:54:58	896	00:52:35
979	2389 Rachel Poirot	F		00:55:01	998	00:53:54
980	317 Ross Lewis	M	WALES AND WEST UTILITIES	00:55:01	1040	00:54:19
981	1478 Robert Dicks	M		00:55:02	1077	00:54:37
982	1970 Andrew Johnson	M	45	00:55:03	1061	00:54:30
983	1481 Gary Newcomb	M		00:55:03	1068	00:54:34
984	1281 Samantha James	F	35	00:55:03	986	00:53:36
985	1248 Becky Wicket	F		00:55:03	989	00:53:42
986	813 Heather Dennis	F	35	00:55:04	1091	00:54:45
987	1553 Mark Thomas	M		00:55:04	1014	00:54:03
988	1561 Donald Fraser	M		00:55:04	1094	00:54:46
989	1065 Paul Sydenham	M	50	00:55:04	1048	00:54:25

990	1064 Nigel Thomas	M	55		00:55:04	1049	00:54:25
991	1984 Lloyd Bowen	M			00:55:05	889	00:52:30
992	1635 Paul Kinnersley	M	50		00:55:05	877	00:52:16
993	2204 Rachel Bowen	F			00:55:05	1011	00:54:02
994	1953 Steve Duffill	M			00:55:07	1087	00:54:44
995	1139 Richard Knowles	M	55		00:55:09	1024	00:54:08
996	2291 Kieran Ellery	M			00:55:09	936	00:53:02
997	1161 Ed Worthington	M			00:55:10	930	00:52:57
998	1784 Jonathan Owen	M			00:55:10	1016	00:54:05
999	157 Ashley Bullock	M		EXERT FITNESS (TEAM 4)	00:55:10	1001	00:53:56
1000	198 David Foster	M		EUROCLAD DEVELOPMENTS	00:55:11	1082	00:54:40
1001	953 Claire Hamer	F			00:55:11	1006	00:53:59
1002	894 Philip Reardon Smith	M	40		00:55:11	1118	00:54:58
1003	891 Mari Williams	F	40		00:55:12	962	00:53:21
1004	979 Katie Byrne	F			00:55:12	922	00:52:54
1005	1831 Matthew Warren	M			00:55:12	968	00:53:24
1006	1242 Mark Farrar	M		LES CROUPIERS	00:55:13	983	00:53:34
1007	605 Gareth McMullen	M	45		00:55:13	923	00:52:54
1008	603 Rhiannon Llinos Daunton	F			00:55:14	1108	00:54:53
1009	368 Jean-Marc Michael	M		GENERAL DYNAMICS	00:55:15	1116	00:54:57
1010	1923 Anna Keller	F	35		00:55:15	887	00:52:28
1011	411 Alex Love	M		FRESHWATER	00:55:16	971	00:53:24
1012	2104 Sian Thomas	F			00:55:17	1074	00:54:36
1013	2442 Geraint Lewis	M	45		00:55:18	1023	00:54:07
1014	159 Matthew Simons	M		EXERT FITNESS (TEAM 5)	00:55:18	1008	00:54:01
1015	2149 Nick Bourne	M	45		00:55:18	919	00:52:52
1016	2132 John Chesworth	M			00:55:20	1097	00:54:48
1017	1884 Cem Kosaner	M			00:55:22	946	00:53:12
1018	2027 Mark Cossburn	M			00:55:22	957	00:53:18
1019	590 Joshua Evans	M			00:55:23	1141	00:55:12
1020	970 Glynne Spilsbury	M	55		00:55:23	1003	00:53:57
1021	1221 Daniel Bowditch	M			00:55:24	890	00:52:30
1022	1013 Ross Price	M			00:55:25	1035	00:54:15

1023	360 Matthew Bond	M		TEAM ESCENTIAL	00:55:25	1022	00:54:07
1024	697 Michaeljohn Roberts	M			00:55:26	1028	00:54:10
1025	1460 Paul Murray-Lines	M	40		00:55:27	1015	00:54:04
1026	828 Jacqueline Aggett	F	35		00:55:27	1033	00:54:14
1027	1459 Delyth Murray-Lines	F			00:55:27	1019	00:54:05
1028	1404 Dennis Boyett	M	55		00:55:27	999	00:53:55
1029	145 Mike Sloman	M		EXERT FITNESS (TEAM 2)	00:55:28	1029	00:54:12
1030	2165 Alexia Hereford	F			00:55:29	939	00:53:05
1031	1697 Mike Beardsworth	M			00:55:29	1129	00:55:02
1032	893 Malcolm Poole	M	40		00:55:31	1043	00:54:21
1033	454 Chris Hyett	M		HSBC TEAM 4	00:55:32	1090	00:54:45
1034	2273 Rhodri Jones	M			00:55:37	1000	00:53:55
1035	2299 Gerwyn Taylor	M			00:55:39	1128	00:55:02
1036	1937 Kim Rockliffe	F	45		00:55:39	950	00:53:14
1037	2286 Mike Myers	M	50		00:55:40	990	00:53:43
1038	1178 Martyn Hurley	M			00:55:40	1004	00:53:57
1039	844 Karl Perry	M	40		00:55:41	1063	00:54:31
1040	1641 Nigel James	M	50		00:55:42	1065	00:54:33
1041	2420 Daniel Ruffe	M			00:55:42	1002	00:53:57
1042	235 Denis Bailey	M		CARDIFF AIRPORT	00:55:43	1013	00:54:03
1043	2476 John Kelly	M			00:55:47	1186	00:55:46
1044	165 Jamie Roe	M		EXERT FITNESS (TEAM 6)	00:55:49	1069	00:54:35
1045	959 James Tee	M			00:55:50	1165	00:55:31
1046	1485 Francine Clark	F	35		00:55:51	1099	00:54:49
1047	1220 Johnathan Bowditch	M	40		00:55:53	933	00:53:00
1048	125 Glyn Rees	M		ACORN RECRUITMENT	00:55:53	1182	00:55:40
1049	1773 Victoria Scrivens	F			00:55:54	1025	00:54:09
1050	376 Paul Newbury	M		YARD ASSOCIATES	00:55:54	1106	00:54:52
1051	1529 Elen De Lacy	F			00:55:55	1163	00:55:30
1052	2262 Robert Janney	M			00:55:55	1109	00:54:54
1053	1600 John Fellows	M	55		00:55:57	1080	00:54:39
1054	1239 Jennifer Geroni	F			00:55:58	1117	00:54:58
1055	1742 Andrea Darlington	F			00:55:59	1132	00:55:08

1056	1716 Kirsty Hett	F		00:55:59	1151	00:55:20
1057	283 John Lewis	M	TEAM LLAN TWIT	00:55:59	1197	00:55:55
1058	1621 Chris Welch	M	55	00:56:01	969	00:53:24
1059	1801 Alun Protheroe	M		00:56:01	1009	00:54:01
1060	1043 Gary Collier	M	55	00:56:02	1206	00:55:58
1061	2253 Stephen Wynne	M	45	00:56:03	1133	00:55:08
1062	871 Annie Conroy	F	60 LES CROUPIERS	00:56:03	1158	00:55:27
1063	499 Alan Emmanuel	M	CIRCLE IT TEAM 2	00:56:04	1051	00:54:27
1064	2107 Tom Hanningan	M		00:56:05	1122	00:55:00
1065	1746 Daniel James	M		00:56:05	1012	00:54:02
1066	517 Elaine Potter	F	55	00:56:05	1037	00:54:16
1067	1821 Phillippa Williams	F	40	00:56:05	1032	00:54:14
1068	637 Richard Lewis	M		00:56:06	1020	00:54:05
1069	551 Helen John	F	45	00:56:06	1142	00:55:13
1070	552 Daniel Williams	M		00:56:06	1144	00:55:13
1071	1830 Mark Owen	M		00:56:07	1147	00:55:15
1072	2425 Nick Edwards	M		00:56:07	1156	00:55:25
1073	1644 Jane Klemen	F	CARDIFF TRIATHLETES	00:56:07	997	00:53:54
1074	156 Ricci Harrison	M	EXERT FITNESS (TEAM 4)	00:56:08	1088	00:54:44
1075	643 Gareth Green	M	40	00:56:08	1107	00:54:53
1076	1435 Nigel Derbyshire	M	55	00:56:08	1017	00:54:05
1077	1249 Laura Eddins	F		00:56:08	1096	00:54:47
1078	498 Vic Harry	M	CIRCLE IT TEAM 2	00:56:08	1072	00:54:36
1079	1863 Andrew Kasper	M		00:56:08	1060	00:54:30
1080	2192 Ben Moore	M	EXERT FITNESS	00:56:09	1101	00:54:49
1081	2016 Tim Williams	M	50	00:56:10	1005	00:53:59
1082	797 Martin Hughes	F		00:56:10	978	00:53:31
1083	1381 Jenny Conway	F		00:56:11	1183	00:55:40
1084	207 Paul Langford	M	HUGH JAMES (TEAM 1)	00:56:11	964	00:53:21
1085	1824 Richard Jeffries	M		00:56:11	993	00:53:46
1086	1484 Siwan Richards	F	35	00:56:11	1166	00:55:31
1087	300 Huw Parri	M	LAGUNA HEALTH & SPA TEAM 2	00:56:12	1030	00:54:12
1088	1107 Adam Jones	M		00:56:12	1100	00:54:49

1089	205 Rhys Dooley	M		CREDIT CRUNCH BUNCH (COMMUNITY TEAM)	00:56:13	1007	00:54:00
1090	586 Martin Kitchener	M	40		00:56:13	982	00:53:33
1091	1885 Sam Roberts	M			00:56:13	987	00:53:38
1092	325 Joshua Hudson	M		QUEENS ARCADE TEAM 2	00:56:15	1177	00:55:38
1093	401 Gareth Thomas	M		MOLSON COORS TEAM 2	00:56:16	1178	00:55:39
1094	2166 Mark Denton	M			00:56:16	1056	00:54:28
1095	471 Ravi Aggarwal	M		INDIA CENTRE 1	00:56:17	1235	00:56:15
1096	1254 Malcolm Farnham	M		70 LES CROUPIERS	00:56:17	1227	00:56:09
1097	296 Catrin Parri	F		LAGUNA HEALTH & SPA TEAM 2	00:56:18	1034	00:54:15
1098	2362 Dawn Headon	F	45		00:56:19	1188	00:55:47
1099	1453 Clare Morgans	F		SAN DOMENICO ROAD RUNNERS	00:56:19	1079	00:54:38
1100	996 Lee Davies	M	40		00:56:20	1112	00:54:55
1101	935 Gareth Davies	M			00:56:22	981	00:53:32
1102	591 Jay Diaz	M			00:56:22	1010	00:54:01
1103	1355 Angela Champion	F		VILLAGE VIPERS	00:56:23	1121	00:54:59
1104	1523 Aaisannkar Pappa	M			00:56:23	1180	00:55:40
1105	2440 Cai Parry	M			00:56:25	1154	00:55:23
1106	816 Phillip Williams	M			00:56:26	1059	00:54:30
1107	417 Christopher Jones	M		JJ FITNESS AND WELLBEING TEAM 1	00:56:27	1070	00:54:35
1108	2207 Mark Barry	M	45		00:56:27	1119	00:54:59
1109	440 Sarah Harris	F		HSBC TEAM 1	00:56:28	1217	00:56:06
1110	859 Elizabeth Rubin	F			00:56:29	1130	00:55:05
1111	2411 Richard Williams	M	40		00:56:30	973	00:53:28
1112	923 Lynne Ashby	F	50		00:56:30	1150	00:55:18
1113	1572 Matthew Evans	M			00:56:31	1047	00:54:24
1114	1540 Alan Smith	M	40		00:56:31	1064	00:54:32
1115	1832 David Walker	M			00:56:31	1126	00:55:01
1116	1636 Kirsty Thomas	F			00:56:32	1131	00:55:06
1117	344 Bev Davidson	F		PROMISED LAND	00:56:32	1187	00:55:47
1118	1326 Barry Dare	M	55		00:56:34	1055	00:54:28
1119	846 Gemma Williams	F			00:56:34	1173	00:55:37
1120	691 Gareth Dazeley	M			00:56:34	1125	00:55:01
1121	2410 Robert Harray	M	50		00:56:35	1143	00:55:13

1122	1505 Gareth Harris	M		00:56:35	991	00:53:44
1123	2374 Anna Sofia Bengtsson	F		00:56:35	1062	00:54:31
1124	484 David Sumner	M	VALE OF GLAMORGAN INTERNAL AUDIT DEPARTMENT	00:56:36	1095	00:54:46
1125	614 Arwyn Thomas	M		00:56:36	1078	00:54:37
1126	1994 Irene Cooper	F	55	00:56:36	1084	00:54:43
1127	2064 David Lewis	M		00:56:36	1098	00:54:49
1128	277 Anna Marchington	F	TEAM EADS	00:56:37	1201	00:55:58
1129	1196 Catherine Heery	F		00:56:37	1086	00:54:44
1130	2222 Gary Foreman	M	45	00:56:38	1066	00:54:33
1131	1278 Paul Connor	M		00:56:39	1247	00:56:20
1132	1146 Lorraine Buck	F	45 CARDIFF HARLEQUINS RUNNING CLUB	00:56:39	1085	00:54:43
1133	931 Andrew Downie	M		00:56:41	1036	00:54:15
1134	2250 Simon James	M	40 LES CROUPIERS	00:56:41	1274	00:56:34
1135	1642 Michael Barrett James	M	70 LES CROUPIERS	00:56:41	1273	00:56:34
1136	2485 Heather Smith	F	35	00:56:43	1189	00:55:49
1137	1995 David Jones	M	55	00:56:43	1104	00:54:50
1138	1666 Andrew Lowrie	M	40	00:56:43	1191	00:55:49
1139	2178 Zena Brenchley	F		00:56:44	1031	00:54:14
1140	216 Stephen Webber	M	HUGH JAMES (TEAM 2)	00:56:45	1067	00:54:34
1141	2372 Simon Moss	M		00:56:49	1052	00:54:27
1142	1564 Christina Rees	F	35	00:56:49	1123	00:55:00
1143	1482 Owen Jones	M		00:56:49	1044	00:54:23
1144	1483 Andrew McMullen	M		00:56:50	1046	00:54:23
1145	1014 Neil Williams	M		00:56:50	1103	00:54:50
1146	1914 Sarah Page	F		00:56:51	1221	00:56:08
1147	1913 Tom Rees	M		00:56:51	1220	00:56:08
1148	2143 Paul Dominic Jones	M		00:56:52	1236	00:56:15
1149	906 John Geraint Roberts	M	50	00:56:52	1259	00:56:28
1150	836 Russell Bartlett	M		00:56:53	1149	00:55:17
1151	632 Andrew Lewis	M	50	00:56:53	1115	00:54:56
1152	714 Lucille Campbell	F		00:56:53	1266	00:56:32
1153	579 Paul Davies	M	DINAS POWIS	00:56:53	1120	00:54:59
1154	2429 David White	M		00:56:54	1041	00:54:20

1155	1639 Natalie Newton	F		00:56:54	1093	00:54:45
1156	2348 Mark Davies	M	40	00:56:55	1202	00:55:58
1157	2193 Laura Davies	F		00:56:55	1137	00:55:09
1158	2191 Cj Adams	M	EXERT FITNESS	00:56:56	1171	00:55:36
1159	1432 Richard Brown	M	55 SHEEN SHUFFLERS	00:56:57	1148	00:55:16
1160	727 Andrew Reid	M	40	00:56:58	1039	00:54:18
1161	1148 Vicky Ataou	F	35	00:57:01	1170	00:55:36
1162	1571 Lyn Evans	M	50	00:57:01	1110	00:54:54
1163	1150 Tony Hall	M	55	00:57:01	1159	00:55:27
1164	790 Neal Walkley	M	40	00:57:01	1071	00:54:36
1165	1969 Sarah Greig	F		00:57:02	1083	00:54:42
1166	152 Ieuan Coombes	M	EXERT FITNESS (TEAM 3)	00:57:02	1192	00:55:49
1167	148 Scott Harris	M	EXERT FITNESS (TEAM 3)	00:57:02	1193	00:55:50
1168	1894 Carwyn Evans	M		00:57:03	1081	00:54:40
1169	1586 Rebecca Anderson	F		00:57:03	1218	00:56:07
1170	1016 Sion Reid	M		00:57:04	1089	00:54:44
1171	1979 Kate Webb	F		00:57:04	1272	00:56:34
1172	1980 Graeme Francis	M		00:57:04	1269	00:56:34
1173	1094 Paul Phillips	M	50	00:57:05	1174	00:55:37
1174	1692 Matthew Williams	M		00:57:05	1162	00:55:29
1175	1252 Paul Blannin	M	40	00:57:06	1169	00:55:35
1176	823 Anthony James	M		00:57:07	1229	00:56:11
1177	1706 Neil Quidley	M	40	00:57:08	1198	00:55:57
1178	796 Jackie Moran	F	40	00:57:09	1292	00:56:50
1179	2105 Anuraq Joshi	M		00:57:09	1258	00:56:27
1180	332 Sarah Skinner	F	CELTIC MANOR	00:57:09	1172	00:55:36
1181	1768 Gareth Lane	M		00:57:10	1054	00:54:28
1182	2037 Lynsey Holley	F		00:57:10	1240	00:56:17
1183	687 Stephen Pickard	M		00:57:12	1155	00:55:23
1184	560 Jane Williams	F	40	00:57:12	1050	00:54:26
1185	558 Tina Robinson	F		00:57:14	1242	00:56:18
1186	333 Rebecca Joy	F	CELTIC MANOR	00:57:16	1184	00:55:44
1187	1698 Iain Hargrave	M		00:57:16	1113	00:54:55

1188	2313 Sian Hartstill	F		00:57:17	1254	00:56:23
1189	2355 Owen Jones	M		00:57:18	1250	00:56:21
1190	1707 David Vineall	M	40	00:57:19	1226	00:56:09
1191	802 Carl Reed	M		00:57:20	1124	00:55:01
1192	2214 Gavin Hughes	M		00:57:21	1179	00:55:39
1193	569 Gareth Herdman	M	45	00:57:21	994	00:53:49
1194	67 Anthony Omar	M	MORGAN SIGNS	00:57:22	1153	00:55:21
1195	658 Claire Sojka	F		00:57:23	1114	00:54:56
1196	985 Elizabeth Mellett	F		00:57:23	1145	00:55:13
1197	1034 Paul Doherty	M	45	00:57:23	1102	00:54:50
1198	1138 Lucy Henshall	F		00:57:24	1299	00:56:59
1199	1345 Bethan Hughes	F		00:57:25	1161	00:55:28
1200	1503 Carl Pocknell	M	40	00:57:26	1160	00:55:27
1201	762 Stacey Medway	F		00:57:27	1263	00:56:31
1202	1506 Alan Bladen	M	70 LES CROUPIERS	00:57:27	1309	00:57:13
1203	1990 Jonathan Carrington	M		00:57:27	1092	00:54:45
1204	433 Julie Stephens	F	TEAM BREAST TEST WALES TEAM 1	00:57:28	1286	00:56:46
1205	1557 Mark Davies	M	40	00:57:28	1264	00:56:31
1206	279 Simon Mcqueene	M	TEAM EADS	00:57:28	1287	00:56:47
1207	1674 Ceri Evans	F	35	00:57:30	1105	00:54:51
1208	1755 Natalie Gaye	F		00:57:30	1301	00:57:02
1209	2042 Christian Coates	M		00:57:30	1194	00:55:51
1210	2006 James Dean	M	40	00:57:30	1317	00:57:23
1211	2007 Rachel Whitmore	F	45	00:57:30	1324	00:57:30
1212	1579 Claire Pepper	F		00:57:31	1280	00:56:41
1213	1961 Robin Hawkins	M		00:57:32	1207	00:55:58
1214	1962 Georgina Hawkins	F		00:57:32	1208	00:55:59
1215	2111 Nicola Donovan	F	35	00:57:33	1111	00:54:54
1216	1740 Melanie Vaisey	F	40	00:57:35	1283	00:56:44
1217	468 James Carter	M	VALE WOMEN'S AID	00:57:36	1213	00:56:03
1218	1301 Claire House	F	35 SAN DOMENICO ROAD RUNNERS	00:57:37	1282	00:56:43
1219	1852 Peter Hulson	M		00:57:37	1140	00:55:11
1220	587 Lisa O'Neill	F		00:57:38	1127	00:55:02

1221	1011 Sarah Mynott	F	40		00:57:39	1136	00:55:09
1222	2198 Hiall Hardwick	M			00:57:40	1281	00:56:43
1223	1611 Robin Jeffreys	M	50		00:57:40	1233	00:56:14
1224	1490 Grant Livingston	M			00:57:40	1164	00:55:30
1225	855 Steffan Alcott	M			00:57:40	1139	00:55:10
1226	752 Julie Edwards	F			00:57:41	1279	00:56:40
1227	1514 Trevor Jones	M	40		00:57:41	1211	00:56:00
1228	1180 Emma Powell	F			00:57:42	1304	00:57:07
1229	1179 David Powell	M	45 CROFT AMBREY		00:57:42	1305	00:57:08
1230	1973 Jonathan Scourfield	M	40		00:57:42	1212	00:56:00
1231	575 Gary Greenslade	M			00:57:43	1146	00:55:13
1232	154 Greg Peret	M		EXERT FITNESS (TEAM 4)	00:57:43	1246	00:56:18
1233	1622 Charlotte Goodwin	F			00:57:44	1199	00:55:57
1234	1983 John Baker	M	45		00:57:44	1167	00:55:33
1235	193 Michael Roberts	M		HOLIDAY INN	00:57:44	1330	00:57:34
1236	883 Gavin Smith	M			00:57:45	1222	00:56:08
1237	884 Jamie Scarrott	M			00:57:47	1228	00:56:10
1238	1398 Liz Morgan	F		35 SAN DOMENICO ROAD RUNNERS	00:57:48	1295	00:56:56
1239	2400 Andrew Owen	M	45		00:57:48	1344	00:57:46
1240	829 Gary Bird	M	45		00:57:48	1196	00:55:53
1241	1935 Marcia Murphy	F	35		00:57:48	1232	00:56:13
1242	899 Hayley Jones	F			00:57:49	1262	00:56:31
1243	141 David Edwards	M		EXERT FITNESS (TEAM 1)	00:57:49	1257	00:56:26
1244	212 Sion Gwilym	F		HUGH JAMES (TEAM 2)	00:57:49	1176	00:55:38
1245	1003 Kate Miller	F			00:57:50	1200	00:55:57
1246	1280 Clive Book	M	45		00:57:50	1253	00:56:23
1247	1722 Victoria Brotherton	F			00:57:51	1203	00:55:58
1248	925 Jane Chappelle	F	45		00:57:52	1300	00:57:00
1249	835 Andy Stone	M			00:57:52	1241	00:56:18
1250	593 Kathleen Bladen	F			00:57:52	1231	00:56:13
1251	2157 Annie Potherick	F			00:57:53	1276	00:56:39
1252	1267 Yvette Phillips	F		WOMEN'S RUNNING NETWORK	00:57:53	1152	00:55:20
1253	2287 Nyree James	F			00:57:55	1204	00:55:58

1254	2417 Martyn Wheeler	M		00:57:55	1210	00:56:00
1255	2254 Michael Howell	M	45	00:57:56	1134	00:55:08
1256	1988 Katie Dooling	F		00:57:57	1239	00:56:17
1257	1354 Lisa Ambrose	F	40	00:57:58	1190	00:55:49
1258	346 David Gwilliam	M	PROMISED LAND	00:58:00	1311	00:57:15
1259	1387 Anne Roberts	F	50	00:58:00	1249	00:56:20
1260	2153 Gary John Mascetti	M	50	00:58:02	1216	00:56:04
1261	1308 Mackinder Dosanjth	M		00:58:02	1138	00:55:10
1262	1555 Gwynfor Davies	M	55	00:58:03	1315	00:57:21
1263	1656 Sue Valenton	F	35	00:58:03	1310	00:57:13
1264	2414 Ryan Murphy	M		00:58:04	1223	00:56:08
1265	335 Vanessa Russell	F	CELTIC MANOR	00:58:04	1265	00:56:32
1266	492 Roger Harry	M	CIRCLE IT TEAM 1	00:58:05	1260	00:56:28
1267	2318 Tyrone Pope	M		00:58:05	1374	00:58:01
1268	2151 Aled Evans	M	40	00:58:05	1181	00:55:40
1269	1533 John Cole	M	55	00:58:06	1336	00:57:40
1270	652 Sarah Fry	F	35	00:58:07	1157	00:55:25
1271	1372 Sioned Evans	M		00:58:08	1224	00:56:08
1272	1371 Chris Ward	M		00:58:08	1225	00:56:09
1273	271 Charlotte Perry	F	SPIRE CARDIFF HOSPITAL (TORTOISES)	00:58:08	1302	00:57:03
1274	1854 Andrew Jones	M		00:58:09	1168	00:55:35
1275	2023 Sandra Stevens	F	60	00:58:10	1289	00:56:48
1276	1174 Sarah Dawes Clark	M	LES CROUPIERS	00:58:11	1214	00:56:03
1277	1031 Travis Hartley	M	45	00:58:11	1369	00:57:59
1278	1182 Geoff Ogden	M		00:58:12	1230	00:56:12
1279	2399 Andrew Whitney	M		00:58:14	1209	00:55:59
1280	1093 Ann Walker	F	50	00:58:16	1215	00:56:04
1281	502 Helen Taylor	F		00:58:17	1237	00:56:15
1282	1143 Nicola Marinovic	F		00:58:17	1243	00:56:18
1283	1160 Ian Warner	M		00:58:19	1312	00:57:18
1284	1416 Gerard Pitt	M		00:58:20	1331	00:57:35
1285	2120 Robin Davies	M	55	00:58:20	1205	00:55:58
1286	1128 Yulia Hicks	F	35	00:58:21	1251	00:56:21

1287	1266 Keiron Self	M		00:58:22	1219	00:56:08
1288	129 Dan Langford (Captain)	M	ACORN RECRUITMENT	00:58:23	1388	00:58:10
1289	650 Nick Jacques	M	45	00:58:24	1306	00:57:11
1290	2221 Calum Carpenter	M		00:58:24	1195	00:55:53
1291	1822 Rhian Lees	F		00:58:24	1252	00:56:21
1292	1290 Alun Bennett	M	40	00:58:25	1175	00:55:37
1293	444 Ryan Williams	M	HSBC TEAM 2	00:58:25	1288	00:56:48
1294	787 Stephen Murphy	M	50	00:58:26	1185	00:55:45
1295	2014 Dylan Morris	M		00:58:27	1256	00:56:25
1296	308 Alex Hales	F	UWIC (TEAM 2)	00:58:27	1275	00:56:34
1297	1745 Nigel Ferrand	M		00:58:28	1267	00:56:32
1298	2474 Justin Roberts	M	40	00:58:32	1268	00:56:33
1299	739 Beth Murphy	F	35	00:58:34	1348	00:57:46
1300	738 Tracy Thomas	F	35	00:58:34	1351	00:57:48
1301	621 Ryan Jones	M		00:58:35	1342	00:57:45
1302	1940 Nick Hayward	M		00:58:36	1326	00:57:32
1303	2433 David Bicker	M	40	00:58:36	1429	00:58:36
1304	324 Stuart Roy	M	SPIRE CARDIFF HOSPITAL (HARES)	00:58:37	1327	00:57:32
1305	1838 Karl Rideout	M		00:58:39	1290	00:56:48
1306	1293 Richard Hale	M	40	00:58:40	1355	00:57:49
1307	2172 Lisa Taylor	F		00:58:42	1383	00:58:06
1308	1775 David Williams	M		00:58:42	1270	00:56:34
1309	1818 Ffion Davies	F		00:58:42	1271	00:56:34
1310	188 Larry Stacey	M	HOLIDAY INN	00:58:43	1409	00:58:23
1311	2088 Hayley Giles	F		00:58:45	1427	00:58:35
1312	1640 Katie Pearce	F		00:58:45	1238	00:56:16
1313	1638 Mark Ryan	M	40 SAN DOMENICO ROAD RUNNERS	00:58:47	1261	00:56:29
1314	278 Richard Orledge	M	TEAM EADS	00:58:48	1384	00:58:06
1315	2317 Dylan Jones	M	40	00:58:49	1248	00:56:20
1316	595 Paula James	F	35 PONTYPRIDD ROADENTS	00:58:51	1356	00:57:50
1317	1968 Suzanne Stout	F	35	00:58:54	1437	00:58:42
1318	1825 Neil Hempstead	M	55	00:58:56	1255	00:56:24
1319	2011 Sally Leake	F	40	00:58:56	1341	00:57:44

1320	1028 Helen West	F	40		00:58:57	1313	00:57:19
1321	1053 Ursula Lowe	F	45		00:58:57	1314	00:57:19
1322	2464 Rhannon Richards	F			00:58:59	1419	00:58:32
1323	1589 Sarah Moles	F	35	VILLAGE VIPERS	00:59:02	1334	00:57:39
1324	1814 Sarah Morris	F	40	VILLAGE VIPERS	00:59:02	1335	00:57:39
1325	513 Eluned Hyde	F		CARDIFF	00:59:02	1332	00:57:35
1326	2217 Phil Stone	M	55		00:59:02	1294	00:56:56
1327	766 Huw Edwards	M			00:59:03	1413	00:58:25
1328	184 Anna Davies	F		EXERT FITNESS (TEAM 9)	00:59:03	1346	00:57:46
1329	666 Gareth Davies	M			00:59:03	1245	00:56:18
1330	2282 Geraint Treharne	M			00:59:03	1436	00:58:42
1331	1753 Carrin Garrod	F			00:59:03	1277	00:56:40
1332	1306 Vanessa Davies	F			00:59:04	1425	00:58:35
1333	1305 Helen Hayhurst	F	55		00:59:04	1426	00:58:35
1334	2167 David Jenkins	M			00:59:04	1340	00:57:44
1335	554 Karen Binfield	F	45	WOMEN'S RUNNING NETWORK	00:59:04	1291	00:56:49
1336	2490 Chris Butler	M			00:59:07	1244	00:56:18
1337	1887 Emily Robinson	F			00:59:08	1322	00:57:29
1338	2308 Bernadette Jones	F			00:59:12	1296	00:56:57
1339	1665 Lynne Sullivan	F	35		00:59:13	1297	00:56:57
1340	2388 Rebekah Woods	F			00:59:13	1339	00:57:44
1341	2067 Ginnie Winter	F			00:59:13	1323	00:57:29
1342	1719 Richard Simpson	M			00:59:13	1354	00:57:49
1343	645 Chris Warman	M			00:59:14	1431	00:58:39
1344	644 Alison Warman	F			00:59:14	1432	00:58:39
1345	142 Phil Morris	M		EXERT FITNESS (TEAM 2)	00:59:15	1370	00:57:59
1346	1951 Bex Stonebridge	F			00:59:18	1438	00:58:42
1347	1169 Spencer Love	M			00:59:19	1293	00:56:55
1348	1891 Steven Windsor	M	50		00:59:20	1347	00:57:46
1349	2212 Sarah Ladd	F	40		00:59:20	1454	00:58:51
1350	2351 Ian Cosh	M	40		00:59:21	1350	00:57:48
1351	553 Zoe Emery	F	35		00:59:21	1465	00:59:03
1352	1629 Tasmin Thomas	F			00:59:22	1303	00:57:05

1353	1244 Neil Chattington	M		00:59:23	1284	00:56:44
1354	730 Simon Wigley	M		00:59:23	1320	00:57:26
1355	1614 Bernard Crotty	M	45	00:59:24	1450	00:58:48
1356	2428 Runner 2428	M		00:59:25	1488	00:59:18
1357	140 Roger Smith	M	EXERT FITNESS (TEAM 1)	00:59:25	1385	00:58:06
1358	424 Hannah Hazel	F	BOYES REES	00:59:27	1308	00:57:12
1359	785 Eve Day	F	40	00:59:27	1393	00:58:13
1360	2135 Sarah Alcock	F		00:59:27	1376	00:58:02
1361	1116 Joanne Churchill	F	35	00:59:27	1285	00:56:44
1362	1800 Amanda Bright	F		00:59:28	1278	00:56:40
1363	539 Sarah Bartlett	F		00:59:28	1338	00:57:43
1364	1997 Mike Bourne	M		00:59:28	1333	00:57:35
1365	966 Alison Elliott	F		00:59:28	1382	00:58:06
1366	1167 Tom Wimpory	M		00:59:28	1234	00:56:14
1367	1813 Matthew Hughes	M		00:59:29	1359	00:57:51
1368	1258 John Hyde	M	50	00:59:29	1377	00:58:02
1369	1302 Caroline Eastman	F	40	00:59:30	1475	00:59:08
1370	275 Eric Rogers	M	TEAM EADS	00:59:30	1452	00:58:50
1371	1319 Andrew Owen	M	40	00:59:31	1352	00:57:48
1372	1541 Sarah Hancock	F		00:59:31	1307	00:57:11
1373	648 Emma Mathias	F		00:59:37	1402	00:58:20
1374	647 Niall Williams	M	40	00:59:37	1401	00:58:20
1375	464 Linda Greenfield	F	VALE WOMEN'S AID	00:59:39	1380	00:58:05
1376	1702 Frankie Dettori	M	55	00:59:39	1358	00:57:50
1377	2385 Ravindra Lamke	M		00:59:41	1467	00:59:04
1378	2136 Jason Huckson	M		00:59:43	1466	00:59:03
1379	1857 Jacquelyn Harding	F	35	00:59:43	1368	00:57:59
1380	523 Amanda Barrington	F	40 WOMEN'S RUNNING NETWORK	00:59:47	1328	00:57:33
1381	974 Julia Sanders	F	45	00:59:47	1468	00:59:05
1382	1849 Matthew Speer	M		00:59:50	1398	00:58:18
1383	1985 Rebecca Lloyd	F		00:59:50	1321	00:57:28
1384	54 Owain Roberts	M	UTILITY PARTNERSHIP LIMITED (UPL)	00:59:51	1510	00:59:28
1385	1790 Elaine Whamby	F	45	00:59:51	1318	00:57:24

1386	2002 Gerald Curtis	M	55		00:59:51	1389	00:58:10
1387	487 Stephen Thompson	M		DARWIN GRAY	00:59:52	1381	00:58:05
1388	1670 Andrew Sirrett	M	45		00:59:54	1329	00:57:34
1389	124 Ryan Mason	M		ENTERPRISE RENT-A-CAR	00:59:54	1345	00:57:46
1390	1828 Jackie Mudge	F			00:59:54	1392	00:58:13
1391	423 Lisa Don	F		BOYES REES	00:59:55	1433	00:58:39
1392	817 Lynda Thomas	F			00:59:55	1530	00:59:45
1393	2350 Alan Hunt	M	45		00:59:56	1408	00:58:23
1394	1956 Carl Hier	M	45		00:59:57	1504	00:59:25
1395	1384 Allan Blair Beaton li	M			00:59:57	1406	00:58:22
1396	173 Helen Hartstill	F		EXERT FITNESS (TEAM 7)	00:59:57	1469	00:59:05
1397	2315 Dan Frost	M	40		00:59:58	1423	00:58:34
1398	1299 Joanne Tilston	F	35		00:59:58	1472	00:59:06
1399	633 Michael Bogue	M	40		00:59:58	1316	00:57:22
1400	1966 Rachel Knight	F			01:00:00	1362	00:57:54
1401	51 Chris Jones	M		UTILITY PARTNERSHIP LIMITED (UPL)	01:00:00	1520	00:59:37
1402	1718 Emma Holland	F			01:00:00	1395	00:58:17
1403	977 Danielle Llewellyn	F			01:00:00	1349	00:57:46
1404	1226 Elizabeth Williams	F			01:00:00	1363	00:57:55
1405	944 Henry Firth	M			01:00:01	1337	00:57:40
1406	1470 Colin Rose	M	55		01:00:02	1456	00:58:55
1407	1023 Ieuan Counsell	M	45		01:00:02	1365	00:57:57
1408	171 David Bevan	M		EXERT FITNESS (TEAM 7)	01:00:03	1434	00:58:40
1409	765 Jemma Whittaker	F			01:00:03	1478	00:59:10
1410	1711 Lauren Shurety	F			01:00:03	1397	00:58:18
1411	488 Damian Phillips	M		DARWIN GRAY	01:00:04	1399	00:58:19
1412	134 Rebecca Barnes	F		HCD GROUP LTD	01:00:04	1460	00:58:57
1413	1443 Polly Ivens	F			01:00:05	1375	00:58:01
1414	1039 Paul Chapman	M			01:00:06	1421	00:58:33
1415	2170 Mark Brown	M			01:00:06	1367	00:57:57
1416	576 Will Jones	M			01:00:07	1366	00:57:57
1417	120 Heidi-Anne Dupres	F		ENTERPRISE RENT-A-CAR	01:00:07	1391	00:58:11
1418	2133 Maria McMahan	F			01:00:08	1298	00:56:58

1419	233 David Pickard	M	CARDIFF AIRPORT	01:00:10	1353	00:57:49
1420	1044 Ioan Jones	M		01:00:10	1319	00:57:26
1421	978 Louise Stark	F		01:00:12	1532	00:59:51
1422	529 Bethan Morgan	F		01:00:14	1325	00:57:31
1423	589 Matt Ross	M		01:00:15	1446	00:58:45
1424	1195 Edmund Heery	M	50	01:00:16	1407	00:58:22
1425	1212 Julie Couzens	F	40	01:00:16	1379	00:58:04
1426	2409 Paul Rees	M	40	01:00:16	1457	00:58:56
1427	2258 Ann Baldwin	F		01:00:17	1485	00:59:17
1428	1070 Geraint Griffiths	M	40	01:00:20	1439	00:58:42
1429	1941 Amanda Dorey	F		01:00:21	1470	00:59:05
1430	1356 David Evans	M		01:00:21	1357	00:57:50
1431	713 Kelly Huggins	F		01:00:22	1448	00:58:47
1432	904 Huw Rhisiart Williams	M	45	01:00:24	1414	00:58:25
1433	2003 Kenton Friedl	M		01:00:24	1360	00:57:51
1434	2004 Emma Friedl	F	35	01:00:24	1361	00:57:51
1435	1599 Jonathan Radford	M		01:00:25	1371	00:58:00
1436	1054 Cheryl Norris	F	35	01:00:25	1422	00:58:34
1437	743 Paula Young	F	35	01:00:26	1500	00:59:24
1438	638 Samuel Pollard	M		01:00:26	1343	00:57:45
1439	286 John Hamilton-Jones	M	ON THE LASH	01:00:27	1499	00:59:22
1440	291 Unknown Unknown	UNK	ON THE LASH	01:00:27	1489	00:59:18
1441	1230 Stephen Ramsay	M		01:00:29	1451	00:58:49
1442	2256 Sean Edwards	M		01:00:31	1449	00:58:48
1443	1487 Kevin Fox	M	50	01:00:32	1430	00:58:37
1444	199 Nick William	M	EUROCLAD DEVELOPMENTS	01:00:33	1540	01:00:02
1445	600 Roger Derbyshire	M	55	01:00:34	1394	00:58:17
1446	214 Ben Davies	M	HUGH JAMES (TEAM 2)	01:00:34	1404	00:58:21
1447	1920 Sara Probert	F	WELSH AUDIT OFFICE	01:00:36	1420	00:58:32
1448	1134 Lisa Taylor	F		01:00:36	1481	00:59:13
1449	1525 Fadi Baydoun	M		01:00:36	1453	00:58:50
1450	2439 Jallyn Parry	F	35	01:00:37	1557	01:00:23
1451	273 Steven Healy	M	45 SPIRE CARDIFF HOSPITAL (TORTOISES)	01:00:38	1509	00:59:27

1452	1839 Rhys Smith	M		01:00:38	1471	00:59:06
1453	1679 Rhian Pye	F		01:00:39	1364	00:57:55
1454	719 Niall Hughes	M		01:00:39	1135	00:55:08
1455	2098 Tim Copper	M	40	01:00:40	1535	00:59:55
1456	1192 Maria Barton	F		01:00:41	1396	00:58:17
1457	1892 Samantha Cole	F	35	01:00:43	1405	00:58:21
1458	1893 Lesley Johnston	F	40	01:00:43	1400	00:58:20
1459	2341 Kan Jefferies	M		01:00:45	1387	00:58:10
1460	76 Runner 76	M		01:00:45	1390	00:58:11
1461	2171 John Stringer	M		01:00:46	1531	00:59:50
1462	1690 Bernard Mccarthy	M	55	01:00:49	1428	00:58:36
1463	1234 Clive Evans	M	65	01:00:49	1559	01:00:26
1464	2263 Anthony Elibb	M	55	01:00:49	1541	01:00:04
1465	1756 Ryan Crowlegroves	M		01:00:52	1372	00:58:00
1466	1287 Dale Owen	M		01:00:52	1373	00:58:00
1467	1351 Daniel Stevens	M		01:00:52	1491	00:59:20
1468	2199 Michelle Dacey	F	40	01:00:52	1416	00:58:30
1469	929 Katie Partington	F		01:00:52	1562	01:00:30
1470	2447 Sarah Fry	F		01:00:53	1515	00:59:32
1471	980 Darren Hardwell	M		01:00:53	1386	00:58:08
1472	827 Carys Davies	F	35	01:00:53	1445	00:58:45
1473	1715 Sandeep Hemmadi	M	INDIA CENTRE 2	01:00:53	1577	01:00:45
1474	1545 Luke Heslop	M		01:00:54	1424	00:58:34
1475	1678 Lisa Thomas	F		01:00:54	1581	01:00:48
1476	1018 Martin Edwards	M		01:00:56	1519	00:59:36
1477	1219 Michele Bowditch	F	40	01:00:56	1378	00:58:02
1478	1554 Vicky Lewis	F		01:00:58	1511	00:59:29
1479	1363 Leon Spencer	M		01:00:58	1443	00:58:44
1480	1185 Mike Wheeler	M	45	01:00:58	1513	00:59:30
1481	1454 Paul Goman	M		01:00:58	1444	00:58:44
1482	1184 Hugh Williams	M	45	01:00:59	1514	00:59:31
1483	1250 Kate Isaac	F		01:00:59	1522	00:59:39
1484	1841 Martin Graham	M		01:01:00	1479	00:59:10

1485	2482 Laura McClelland	F			01:01:00	1538	01:00:01
1486	716 Mary Harris	F	45		01:01:01	1417	00:58:31
1487	1808 Gemma Davies	F			01:01:01	1482	00:59:15
1488	2124 Helen Sleacki	F	45		01:01:02	1480	00:59:12
1489	510 Vicky Schlottman	F	35		01:01:02	1474	00:59:07
1490	729 Lisa Davies	M	40		01:01:03	1595	01:00:56
1491	175 Rebecca Hares	F		EXERT FITNESS (TEAM 7)	01:01:03	1523	00:59:39
1492	1875 Kevin Lane	M	50		01:01:04	1411	00:58:24
1493	311 Robert Evans	M		UWIC (TEAM 2)	01:01:04	1502	00:59:24
1494	688 Clare Johnson	F	35		01:01:05	1442	00:58:43
1495	1625 Vikki Brustad	F			01:01:06	1496	00:59:22
1496	1624 Richard Williams	M	50		01:01:06	1495	00:59:21
1497	1946 Glynne Leach	M	50		01:01:07	1447	00:58:45
1498	875 Katharine Earlam	F	60		01:01:07	1403	00:58:20
1499	726 Vickie Porteus	M			01:01:07	1486	00:59:17
1500	1724 Nia Honeybun	F	45		01:01:08	1554	01:00:19
1501	2343 Richard Pye	M			01:01:08	1410	00:58:24
1502	418 Anthony Jones	M		JJ FITNESS AND WELLBEING TEAM 2	01:01:09	1487	00:59:17
1503	1424 Karen Dusgate	F	40		01:01:11	1458	00:58:56
1504	519 Jonathan Ricketts	M			01:01:12	1415	00:58:26
1505	1098 Sarah Jeremiah	F			01:01:12	1455	00:58:55
1506	1072 Anne Donald	F		60 LES CROUPIERS	01:01:12	1503	00:59:25
1507	1816 Claire Cawley	F	35		01:01:13	1516	00:59:33
1508	2500 Caht Hicks	F			01:01:14	1476	00:59:09
1509	1412 Jill Hancock	F	45		01:01:14	1542	01:00:06
1510	653 Gareth Carroll	M			01:01:15	1412	00:58:24
1511	1399 Nicola Denman	F			01:01:15	1461	00:58:58
1512	1137 Angela Evans	F	40		01:01:18	1462	00:58:58
1513	971 Harvey Jones	M	40		01:01:19	1517	00:59:35
1514	1414 Roger Morgan	M	40		01:01:22	1435	00:58:40
1515	1462 Debra Allen	F		WELSH AUDIT OFFICE	01:01:24	1490	00:59:20
1516	2039 Caroline Cantor	F	45		01:01:25	1593	01:00:54
1517	319 Linda Hassell	M		WALES AND WEST UTILITIES	01:01:25	1549	01:00:14

1518	562 Rachael Humphreys	F			01:01:26	1497	00:59:22
1519	983 Marilyn Rowson	F	60		01:01:27	1525	00:59:40
1520	1389 Ifor Owen	M			01:01:27	1440	00:58:43
1521	1696 Ian James	M			01:01:28	1441	00:58:43
1522	202 Dean Caple (Captain)	M		CREDIT CRUNCH BUNCH (COMMUNITY TEAM)	01:01:29	1483	00:59:16
1523	1657 Alison Gould	F	35		01:01:30	1610	01:01:07
1524	2266 Jinny O'Leary	F	55		01:01:31	1492	00:59:20
1525	2267 Mike Morgan	M	45		01:01:31	1494	00:59:21
1526	465 Sarah Duddridge	F		VALE WOMEN'S AID	01:01:32	1537	00:59:59
1527	2127 Roger Chandler	M			01:01:33	1596	01:00:56
1528	2208 Katie Chandler	F			01:01:33	1599	01:00:57
1529	1766 Steven Watkins	M			01:01:34	1590	01:00:50
1530	196 Gareth Harfoot	M		EUROCLAD DEVELOPMENTS	01:01:36	1609	01:01:02
1531	1156 Catrin Rodric-Evans	F	35		01:01:37	1493	00:59:20
1532	208 Jamie Saunders	M		HUGH JAMES (TEAM 1)	01:01:38	1505	00:59:26
1533	209 Helen Griffiths	F		HUGH JAMES (TEAM 1)	01:01:38	1506	00:59:27
1534	385 Paula Walters	F		WLGA	01:01:38	1565	01:00:31
1535	428 Pratap Mekapothu	M		BOYES REES	01:01:38	1501	00:59:24
1536	2071 Hayley Clarkson	F			01:01:39	1464	00:59:02
1537	2070 Rhys Jefferies	M			01:01:39	1463	00:59:01
1538	1081 Emma Yhnell	F			01:01:41	1552	01:00:18
1539	331 Kate Phillips	F		CELTIC MANOR	01:01:42	1547	01:00:10
1540	2277 Leanne Bayston	F			01:01:42	1642	01:01:35
1541	967 Steven Stennett	M			01:01:42	1473	00:59:06
1542	1213 Phillip Bolton	M	55		01:01:43	1587	01:00:49
1543	1497 Ashok Aggarwal	M		40 INDIA CENTRE 2	01:01:43	1649	01:01:41
1544	1792 Nick Church	M			01:01:44	1459	00:58:57
1545	1607 Angie Standing	F	55		01:01:45	1512	00:59:29
1546	976 Rachael Daniel	F	40		01:01:45	1508	00:59:27
1547	1919 Seamus Gallagher	M			01:01:46	1477	00:59:09
1548	601 Anna Thomas	F	45		01:01:46	1484	00:59:16
1549	2495 David Youde	M	45		01:01:48	1528	00:59:43
1550	1197 Christopher Pugh	M	40		01:01:48	1418	00:58:32

1551	2412 Huw Morris	M	40		01:01:49	1582	01:00:48
1552	570 Morwenna Herdman	F			01:01:49	1498	00:59:22
1553	856 Sue Wilshere	F	55		01:01:51	1544	01:00:08
1554	520 Claire Lewis	F	40		01:01:51	1546	01:00:10
1555	223 Gareth Llewellyn	M		QUEENS ARCADE TEAM 1	01:01:53	1620	01:01:17
1556	1136 Ben Rogan	M	40		01:01:54	1584	01:00:48
1557	2123 Michele Aitchinson	F			01:01:56	1524	00:59:40
1558	1463 Kate Allport	F			01:01:57	1548	01:00:12
1559	416 Matthew Williams	M		JJ FITNESS AND WELLBEING TEAM 1	01:01:58	1667	01:01:50
1560	420 Michael Baker	M		JJ FITNESS AND WELLBEING TEAM 2	01:01:59	1665	01:01:49
1561	1155 Rhys Evans	M			01:01:59	1526	00:59:41
1562	2148 Lisa Williams	F			01:02:03	1518	00:59:36
1563	414 David Guinee	M		JJ FITNESS AND WELLBEING TEAM 1	01:02:05	1550	01:00:14
1564	670 Holly Broad	F			01:02:05	1574	01:00:42
1565	661 Abbie Ridge	F			01:02:05	1575	01:00:42
1566	1385 Phillip Teasdale	M			01:02:07	1653	01:01:44
1567	1171 Carys James	F			01:02:08	1589	01:00:50
1568	2025 Suzanne Carter	F			01:02:08	1521	00:59:37
1569	52 Lee Rowe	M		UTILITY PARTNERSHIP LIMITED (UPL)	01:02:11	1661	01:01:48
1570	869 Sarah Purnell	F			01:02:13	1563	01:00:30
1571	2139 Louise Elliot	F			01:02:14	1676	01:02:04
1572	2145 Jamie Owen	M			01:02:14	1675	01:02:04
1573	1757 Anne Masen	F	45		01:02:15	1657	01:01:45
1574	1341 Nicola Watkins	F			01:02:15	1598	01:00:57
1575	720 Christopher Stanton	M	55		01:02:15	1555	01:00:20
1576	515 Lee Powell	M			01:02:16	1507	00:59:27
1577	731 Gwen Thomas	F	35		01:02:16	1570	01:00:38
1578	1963 Sarah Williams	F			01:02:16	1654	01:01:44
1579	1511 Geraint Rowlands	M	40		01:02:17	1569	01:00:35
1580	2284 Russell Hargrave	M			01:02:17	1536	00:59:56
1581	1154 Vivian Davies	M	50		01:02:18	1533	00:59:52
1582	111 Lee Griffiths	M		CAPITA ARCHITECTURE	01:02:19	1586	01:00:49
1583	2302 Ronald Hill	M	50		01:02:19	1558	01:00:25

1584	1084 James Attridge	M		01:02:20	1527	00:59:41
1585	1888 Matthew Reypert	M		01:02:20	1543	01:00:07
1586	1971 Patrizia Donovan	F	50	01:02:21	1637	01:01:26
1587	541 Sheridan Prescott	F	40	01:02:22	1567	01:00:34
1588	463 Helen Jones	F	VALE WOMEN'S AID	01:02:23	1583	01:00:48
1589	379 Dan Jermyn	M	YARD ASSOCIATES	01:02:25	1624	01:01:19
1590	430 Victoria Moore	F	FUJITSU	01:02:25	1671	01:01:56
1591	2020 Kerry Long	F		01:02:26	1600	01:00:57
1592	2493 David Lloyd	M		01:02:28	1579	01:00:47
1593	219 Kara Miller	F	QUEENS ARCADE TEAM 1	01:02:29	1668	01:01:52
1594	1546 Kerry James	F		01:02:29	1545	01:00:09
1595	1079 Gerard Fletcher	M		01:02:31	1639	01:01:29
1596	495 Mark Allford	M	CIRCLE IT TEAM 1	01:02:32	1597	01:00:56
1597	1539 Sue Pearce	F	40	01:02:33	1551	01:00:15
1598	754 Dale Ridings	M		01:02:35	1651	01:01:43
1599	2202 Sandy Gupta	F	40	01:02:35	1529	00:59:44
1600	1243 Eleanor Lee	F		01:02:37	1686	01:02:17
1601	267 Sashin Ahuja	M	40 SPIRE CARDIFF HOSPITAL (HARES)	01:02:38	1611	01:01:08
1602	747 Andrew Herbert	M		01:02:38	1650	01:01:41
1603	2233 Claire Russell	F		01:02:41	1572	01:00:39
1604	299 Bryan Shelbourne	M	LAGUNA HEALTH & SPA TEAM 2	01:02:43	1534	00:59:55
1605	2059 Jeremy Williamson	M		01:02:48	1553	01:00:18
1606	1648 Josephine Brown	F		01:02:50	1612	01:01:10
1607	2109 Elaine Jones	F	50	01:02:50	1568	01:00:34
1608	386 Ian Walters	M	WLGA	01:02:51	1652	01:01:43
1609	1538 Layla Fear	F		01:02:52	1619	01:01:17
1610	2012 Aiysha Tufail	F		01:02:52	1539	01:00:01
1611	122 Sian Furreedan	F	35 ENTERPRISE RENT-A-CAR	01:02:53	1578	01:00:46
1612	192 Haydn Davies	M	HOLIDAY INN	01:02:55	1701	01:02:34
1613	1741 Claire Skidmore	F	35	01:02:55	1677	01:02:05
1614	135 Craig Armitage	M	HCD GROUP LTD	01:02:55	1656	01:01:45
1615	1761 Margaret Strange	F	50	01:02:56	1576	01:00:43
1616	1475 Beth Griffiths	F	45	01:02:58	1627	01:01:23

1617	1477 Mark Griffiths	M	45		01:02:58	1628	01:01:23
1618	1476 Claire Griffiths	F		NEATH HARRIERS	01:02:58	1629	01:01:23
1619	1907 Jane Matthews	F		WELSH AUDIT OFFICE	01:02:59	1594	01:00:56
1620	1245 Ieuan Chattington	M	55		01:03:00	1556	01:00:21
1621	2397 Rachel Lewis	F			01:03:02	1607	01:01:00
1622	415 Graham Wheeler	M		JJ FITNESS AND WELLBEING TEAM 1	01:03:02	1719	01:02:54
1623	1945 Sarah Badger	F			01:03:03	1621	01:01:17
1624	396 Paul Hartley	M		MOLSON COORS TEAM 1	01:03:03	1692	01:02:26
1625	2453 Nicini Puei	F			01:03:03	1622	01:01:18
1626	2496 Rod Hill	M			01:03:04	1605	01:00:59
1627	63 Simon Morgan	M		MORGAN SIGNS	01:03:04	1604	01:00:59
1628	213 Alex Lowe	F		HUGH JAMES (TEAM 2)	01:03:05	1592	01:00:53
1629	65 Maria Morgan	F		MORGAN SIGNS	01:03:05	1606	01:00:59
1630	445 Nathan Morgan	M		HSBC TEAM 2	01:03:05	1704	01:02:39
1631	2450 Neil Price	M		ISLYWN RC	01:03:06	1591	01:00:52
1632	1149 Anne Sevenoaks	F	50		01:03:06	1698	01:02:32
1633	2297 Richard John	M			01:03:07	1664	01:01:49
1634	1592 Katie Gallimore	F			01:03:08	1685	01:02:13
1635	949 James Holmes	M			01:03:09	1573	01:00:41
1636	1055 Jemma Sedgmond	F			01:03:10	1564	01:00:31
1637	1052 Andrew Sedgmond	M	55	LES CROUPIERS	01:03:11	1566	01:00:32
1638	972 Andrew Hobbs	M			01:03:13	1560	01:00:27
1639	942 Charlotte Rolls	F			01:03:14	1602	01:00:58
1640	947 Christopher Golden	M			01:03:15	1601	01:00:57
1641	410 Richard Hale	M		FRESHWATER	01:03:16	1632	01:01:24
1642	457 Gareth Jenkins	M		HSBC TEAM 4	01:03:17	1647	01:01:40
1643	1001 Rose-Marie Wells	F	35		01:03:17	1702	01:02:38
1644	516 Ross Bowden	M			01:03:18	1561	01:00:29
1645	1300 James Mcculloch	M	50	PENARTH & DINAS RUNNERS	01:03:18	1633	01:01:24
1646	491 Fiona Mcloughlan	F		DARWIN GRAY	01:03:18	1646	01:01:39
1647	1929 Peter Davis	M			01:03:20	1588	01:00:49
1648	1737 Mahza Ahadiwand	F			01:03:20	1708	01:02:45
1649	1516 Carl Jones	M			01:03:21	1679	01:02:08

1650	2466 Louise Hoppe	F	45		01:03:21	1700	01:02:34
1651	1393 Simon Collins	M	40		01:03:21	1571	01:00:39
1652	1925 Wayne Driscoll	M			01:03:22	1634	01:01:24
1653	2036 Rachel Driscoll	F			01:03:22	1630	01:01:23
1654	1173 Andrew Clark	M			01:03:23	1616	01:01:15
1655	815 Pete Charles	M	50		01:03:25	1608	01:01:00
1656	443 Brett Williams	M		HSBC TEAM 2	01:03:25	1660	01:01:48
1657	1002 Rosemary Milosevic	F	55		01:03:25	1710	01:02:46
1658	1827 Gabriela Jiga-Boy	F			01:03:26	1613	01:01:11
1659	1078 Tania Perry	F	40		01:03:27	1617	01:01:16
1660	1077 Michael Perry	M	40		01:03:27	1618	01:01:16
1661	624 Cathy Watkins	F			01:03:28	1663	01:01:48
1662	623 Jolie Shaw	F	45		01:03:29	1662	01:01:48
1663	2320 Laura Pike	F			01:03:29	1684	01:02:12
1664	639 Ian Banks	M	45		01:03:29	1580	01:00:48
1665	2021 Steve Banks	M	45		01:03:30	1585	01:00:49
1666	981 Rebecca Kent	F			01:03:30	1673	01:02:00
1667	1378 Kate Laats	F			01:03:30	1674	01:02:00
1668	1908 Steven Peterson	M			01:03:31	1635	01:01:26
1669	1793 Ruff Pearce	M			01:03:31	1669	01:01:52
1670	610 Dan Saxton	M			01:03:32	1631	01:01:24
1671	1672 Sheila Bailey	F	35		01:03:32	1724	01:02:59
1672	2323 Mark Davis	M			01:03:34	1648	01:01:41
1673	2110 Void Void	VOI			01:03:35	1626	01:01:22
1674	1714 Sushama Hemmandi	F		40 INDIA CENTRE 2	01:03:36	1747	01:03:27
1675	2491 Emma Moore	F			01:03:36	1672	01:01:56
1676	1466 Elizabeth Mcgivern	F		SOLE SISTERS	01:03:37	1614	01:01:13
1677	310 Katherine Cox	F		UWIC (TEAM 2)	01:03:37	1641	01:01:35
1678	1976 Sarah Bond	F			01:03:38	1615	01:01:14
1679	788 Michael Newman	M			01:03:39	1691	01:02:25
1680	2125 Marila Edwards	F	40		01:03:39	1666	01:01:50
1681	946 Andrew Champion	M	40		01:03:42	1603	01:00:59
1682	1080 Stephen Colston	F	35		01:03:43	1644	01:01:37

1683	857 Nigel Thomas	M	50		01:03:43	1623	01:01:19
1684	1900 David Evans	M	40		01:03:44	1625	01:01:19
1685	477 Rajesh Miriyala	M		INDIA CENTRE 2	01:03:47	1765	01:03:43
1686	1164 Kym Davies	F	45		01:03:48	1738	01:03:20
1687	509 Simon Hudd	M	40		01:03:49	1638	01:01:28
1688	179 David Edwards	M		EXERT FITNESS (TEAM 8)	01:03:53	1693	01:02:28
1689	2457 Celia Rumbold	F			01:03:55	1640	01:01:33
1690	1524 Judith Baydoun	F	50		01:03:58	1683	01:02:12
1691	1360 Edward Wyn Jones	M			01:04:01	1643	01:01:35
1692	831 Clare Hamer	F	35		01:04:03	1716	01:02:51
1693	1720 Sara Perman	F			01:04:06	1746	01:03:27
1694	1771 Susan Lawrence	F	50		01:04:08	1645	01:01:38
1695	2347 Alan Jones	M			01:04:13	1703	01:02:39
1696	2406 Rachel Mortell	F			01:04:14	1778	01:04:06
1697	625 Helen Goldsmith	F			01:04:17	1681	01:02:10
1698	669 Sarah Parkhouse	F	40		01:04:17	1718	01:02:53
1699	406 Mitchell Gadd	M		FRESHWATER	01:04:18	1695	01:02:29
1700	1032 Steven Morgan	M	40		01:04:20	1636	01:01:26
1701	584 Robert Wheatcroft	M	45		01:04:20	1727	01:03:04
1702	170 Dave Kempton	M		EXERT FITNESS (TEAM 7)	01:04:21	1720	01:02:56
1703	248 Sandra Budzdon	F		SOUTH WALES FIRE AND RESCUE (TEAM 2)	01:04:21	1725	01:03:01
1704	1663 John Clifton	M			01:04:21	1670	01:01:53
1705	201 Michelle Hammond	F		CREDIT CRUNCH BUNCH (COMMUNITY TEAM)	01:04:22	1680	01:02:09
1706	968 Sue Jones	F	40		01:04:23	1658	01:01:46
1707	2215 George Ball	M	55		01:04:24	1709	01:02:45
1708	693 Sharon Magill	F	35		01:04:25	1678	01:02:08
1709	2492 Micheal Johns	M	45		01:04:27	1655	01:01:44
1710	692 Sian Peckham	F	35		01:04:29	1728	01:03:04
1711	1932 Johanne Hughes-Dowdle	F	40		01:04:31	1771	01:03:55
1712	2163 Michael Hansford	M	55		01:04:33	1682	01:02:10
1713	1896 Angela Parfitt	F	40		01:04:34	1762	01:03:42
1714	1105 Eryl Hicks	F	55		01:04:34	1713	01:02:48
1715	1429 Ruth Hanks	F			01:04:34	1775	01:04:02

1716	2051 Carys Huws	F			01:04:34	1659	01:01:46
1717	351 Alex Jones	F		TEAM KIDNEY WALES 1	01:04:37	1760	01:03:39
1718	352 Matt Johnson	M		TEAM KIDNEY WALES 1	01:04:37	1759	01:03:38
1719	718 Natalie Price	F			01:04:40	1697	01:02:31
1720	2469 Gareth Ronnie	M			01:04:40	1696	01:02:31
1721	1349 Steven Davies	M	40		01:04:41	1722	01:02:58
1722	1527 Jess Edwards	F			01:04:42	1690	01:02:23
1723	545 Gareth Edwards	M	55		01:04:42	1687	01:02:20
1724	544 Ceri Jones	F	45		01:04:42	1689	01:02:21
1725	662 Kate Sanders	F	35		01:04:42	1688	01:02:20
1726	2304 Katja Sallie	F			01:04:43	1764	01:03:43
1727	496 Claire Cook	F		CIRCLE IT TEAM 2	01:04:46	1731	01:03:11
1728	394 Liz Perna	F		THE HOBBITS	01:04:48	1707	01:02:41
1729	395 Chris Perna	M		THE HOBBITS	01:04:48	1706	01:02:40
1730	1218 Shilpa Chaudry	F	40		01:04:49	1711	01:02:47
1731	181 Tori Godsall	F		EXERT FITNESS (TEAM 9)	01:04:49	1748	01:03:29
1732	183 Jessica Watson	F		EXERT FITNESS (TEAM 9)	01:04:49	1749	01:03:29
1733	2402 Fiona Anderson	F			01:04:52	1799	01:04:44
1734	115 Richard Forsyth	M		TEAM RCN (ROYAL COLLEGE OF NURSING)	01:04:54	1789	01:04:28
1735	850 Stephen Robbins	M			01:04:57	1694	01:02:29
1736	772 Susan Lewis	F	40		01:04:57	1755	01:03:35
1737	737 Jackie Spencer	F	40		01:05:00	1782	01:04:12
1738	1881 Judith Paget	F	45		01:05:04	1779	01:04:09
1739	2226 Eirian Samuel	M	50		01:05:06	1754	01:03:34
1740	309 Claire Raffety	F		UWIC (TEAM 2)	01:05:07	1733	01:03:14
1741	1124 Katy Nochar	F			01:05:08	1770	01:03:55
1742	200 Barry Llewellyn	M		CREDIT CRUNCH BUNCH (COMMUNITY TEAM)	01:05:11	1721	01:02:58
1743	1542 Claire Date	M			01:05:12	1717	01:02:51
1744	898 Andrea Benfield	F			01:05:13	1808	01:04:56
1745	903 Carl Edwards	M			01:05:13	1807	01:04:56
1746	786 Nicola Bowen	F	35		01:05:14	1705	01:02:40
1747	1480 Christopher Owens	M			01:05:14	1729	01:03:06
1748	1596 Beverley Kuksa-Roberts	F			01:05:15	1730	01:03:11

1749	761 Carley Simmonds	F		01:05:15	1790	01:04:29
1750	408 Simon John	M	FRESHWATER	01:05:16	1739	01:03:22
1751	197 Tim Goodson	M	EUROCLAD DEVELOPMENTS	01:05:17	1800	01:04:45
1752	2019 Pip Diment	F	40	01:05:18	1723	01:02:59
1753	2384 Mark Ley	M		01:05:18	1741	01:03:25
1754	1342 Lisa Parry	F	35	01:05:19	1811	01:04:59
1755	1597 Michael Brain	M		01:05:20	1737	01:03:16
1756	1691 Mandy Aukett	F		01:05:21	1714	01:02:49
1757	1842 Tanwen Summers	F		01:05:21	1752	01:03:32
1758	1843 Louisa Pagano	F		01:05:21	1753	01:03:33
1759	1947 Rebecca Davies	F		01:05:22	1699	01:02:33
1760	1286 Julia Peek	F		01:05:24	1777	01:04:05
1761	659 Irene Crew	F	40	01:05:25	1761	01:03:41
1762	2026 Amy Dauncey	F		01:05:28	1750	01:03:30
1763	1986 Dan Allsobrook	M		01:05:30	1751	01:03:32
1764	268 Nicola Amery	F	45 SPIRE CARDIFF HOSPITAL (TORTOISES)	01:05:30	1785	01:04:22
1765	1338 Natalie Hindmarsh	F		01:05:31	1732	01:03:14
1766	1284 Kimberly Bates	F	35 PORT TALBOT HARRIERS	01:05:34	1763	01:03:42
1767	2144 Lynne Allbutt	F		01:05:36	1796	01:04:39
1768	295 Phillip Brown	M	LAGUNA HEALTH & SPA TEAM 1	01:05:36	1712	01:02:48
1769	1376 Andrew Gallego	M		01:05:36	1726	01:03:03
1770	740 April Young	F	45	01:05:37	1802	01:04:51
1771	294 Alina Coppell	F	LAGUNA HEALTH & SPA TEAM 1	01:05:38	1715	01:02:49
1772	339 Jennifer Lovell	F	WILLIAM GRAHAM LAW	01:05:41	1736	01:03:16
1773	1456 Charles Davies	M	75	01:05:42	1757	01:03:37
1774	2243 Andrea Goodfellow	F	40 WRN	01:05:42	1743	01:03:26
1775	2041 Andrew Button-Stephens	M		01:05:43	1814	01:05:02
1776	289 Claire Mundy	F	ON THE LASH	01:05:47	1797	01:04:42
1777	818 Shone Hughes	M	40	01:05:50	1837	01:05:32
1778	506 Tim Mitchell	M		01:05:53	1756	01:03:37
1779	700 Sally Williams	F		01:05:53	1740	01:03:23
1780	450 Jo Mcandrew	F	HSBC TEAM 3	01:05:55	1819	01:05:07
1781	451 Rhiannon Stone	F	HSBC TEAM 3	01:05:56	1820	01:05:07

1782	2494 Chris Johns	M	45		01:05:57	1734	01:03:14
1783	119 Peter Caltabiano	M	40	ENTERPRISE RENT-A-CAR	01:05:59	1767	01:03:51
1784	1700 Suzanne Mackenzie	F	40		01:06:03	1772	01:04:00
1785	707 Samantha Green	F			01:06:03	1735	01:03:15
1786	191 Sabrina Tanti	F		HOLIDAY INN	01:06:04	1846	01:05:44
1787	1408 Karen Phillips	F	40	LES CROUPIERS	01:06:05	1766	01:03:48
1788	323 Roz Brown	F		GLAMORGAN CRICKET	01:06:06	1791	01:04:29
1789	1407 John O'Shea	M	50	LES CROUPIERS	01:06:06	1862	01:05:58
1790	1933 Aimee May	F			01:06:07	1848	01:05:46
1791	1958 Jessica Andrews	F			01:06:07	1850	01:05:47
1792	66 Veronica Fundalski	F		MORGAN SIGNS	01:06:08	1776	01:04:03
1793	1348 Steve Evans	M	40		01:06:09	1788	01:04:24
1794	1734 Tim Andrews	M			01:06:09	1744	01:03:26
1795	1733 Rachel Andrews	F			01:06:10	1745	01:03:26
1796	994 Shelly Smith	F			01:06:10	1780	01:04:11
1797	2274 Robert Lloyd	M	45		01:06:10	1742	01:03:25
1798	704 Fintan Mcdonald	M	40		01:06:11	1758	01:03:38
1799	1664 Martyn Grey	M			01:06:13	1787	01:04:24
1800	1247 Mark Frayne	M	40		01:06:13	1795	01:04:37
1801	1880 Gary Williams	M	45		01:06:13	1794	01:04:36
1802	167 Ashley Smith	M		EXERT FITNESS (TEAM 6)	01:06:19	1809	01:04:56
1803	1158 Heidi Martin	F	35		01:06:21	1768	01:03:54
1804	1151 Kate Edwards	F			01:06:21	1769	01:03:54
1805	1209 Stephen Mann	M	45		01:06:23	1786	01:04:24
1806	1921 Jon Wellstead	M			01:06:23	1810	01:04:57
1807	1949 Emma Parsons	F			01:06:25	1774	01:04:02
1808	158 Kris Kinsey	M		EXERT FITNESS (TEAM 5)	01:06:26	1822	01:05:11
1809	392 Helen Fletcher	F		THE HOBBITS	01:06:31	1783	01:04:19
1810	393 Ceri Harnett	F		THE HOBBITS	01:06:31	1784	01:04:19
1811	1113 Richard Lawton	M			01:06:33	1835	01:05:31
1812	116 Susan Edmunds	F		TEAM RCN (ROYAL COLLEGE OF NURSING)	01:06:33	1865	01:06:04
1813	1999 Karl Jones	M	40		01:06:34	1793	01:04:33
1814	446 Delwyn Roberts	M		HSBC TEAM 2	01:06:35	1869	01:06:09

1815	1063 Gary Willow	M		01:06:36	1838	01:05:34
1816	2063 Kirstie Gowan	F		01:06:36	1801	01:04:50
1817	615 Jamie Way	M		01:06:39	1781	01:04:11
1818	2187 Rachel Howard	F	35	01:06:40	1813	01:05:01
1819	2186 Julia Tucker	F	35	01:06:40	1812	01:05:01
1820	1270 Jayne Jones	F	40	01:06:42	1821	01:05:09
1821	2330 John O'Sullivan	M	45	01:06:44	1817	01:05:06
1822	2329 Helen O'Sullivan	F	40	01:06:44	1818	01:05:06
1823	1087 Maria Bowes Cavanagh	F		01:06:46	1829	01:05:23
1824	2290 Francesca Colenso	F		01:06:47	1824	01:05:16
1825	2189 Kerry Roberts	F		01:06:47	1886	01:06:42
1826	1083 Nicola Storey	F		01:06:49	1773	01:04:01
1827	2325 Kay Lewis	F	35	01:06:49	1833	01:05:30
1828	1106 Rhydian Hicks	M		01:06:50	1816	01:05:04
1829	2142 Christopher Adam Jones	M		01:06:52	1872	01:06:16
1830	250 Lisa Mullen	F	SOUTH WALES FIRE AND RESCUE (TEAM 2)	01:06:54	1839	01:05:35
1831	257 Lynne Goward	F	SOUTH WALES FIRE AND RESCUE (TEAM 3)	01:06:55	1836	01:05:32
1832	251 Zoe Davies	F	SOUTH WALES FIRE AND RESCUE (TEAM 2)	01:06:55	1840	01:05:35
1833	113 Sarah Barnes	F	TEAM RCN (ROYAL COLLEGE OF NURSING)	01:06:55	1877	01:06:26
1834	2396 Darryl Roberts	M		01:06:55	1803	01:04:53
1835	312 Menna Hawkins	F	UWIC (TEAM 2)	01:06:56	1804	01:04:53
1836	85 Runner 85	M		01:07:01	1832	01:05:29
1837	1088 Sandra Chapman	F	55	01:07:01	1842	01:05:39
1838	1500 Kay Jenkins	F	50	01:07:06	1826	01:05:19
1839	2478 Claire Grimshan	F		01:07:07	1867	01:06:08
1840	2479 Shelley McCann	F		01:07:08	1868	01:06:08
1841	1630 Helen Williams	F		01:07:08	1870	01:06:10
1842	1335 Ruth Butterfield	F		01:07:09	1805	01:04:54
1843	1550 Gillian Westlake-Thomas	F	35	01:07:10	1806	01:04:55
1844	1276 Andrew Francis	M		01:07:11	1823	01:05:12
1845	1061 Sandra Barnes	F	40	01:07:14	1876	01:06:23
1846	1000 Elizabeth Specterman	F	PURPLE PATCH RUNNERS	01:07:17	1792	01:04:29
1847	2382 Marc Browbe	M		01:07:19	1901	01:07:19

1848	378 Gareth Russell	M		YARD ASSOCIATES	01:07:22	1873	01:06:16
1849	751 Giles Peacock	M	40		01:07:22	1892	01:06:45
1850	266 Catherine Angherinou	F		45 SPIRE CARDIFF HOSPITAL (HARES)	01:07:23	1871	01:06:14
1851	2241 Jonathan Howe	M			01:07:23	1841	01:05:36
1852	2344 Jonathan Bamford	M			01:07:23	1866	01:06:06
1853	887 Catriona Chatterley	F			01:07:25	1904	01:07:25
1854	1578 Martin Thomas	M	55		01:07:28	1798	01:04:44
1855	1987 Simon Cottrell	M			01:07:35	1888	01:06:43
1856	723 Catrin Rhys	F	45		01:07:41	1857	01:05:57
1857	1701 Adam Jones	M	40		01:07:41	1856	01:05:57
1858	1785 Andrew Dicken	M			01:07:42	1845	01:05:44
1859	483 Paul Flint	M		VALE OF GLAMORGAN INTERNAL AUDIT DEPARTMENT	01:07:44	1854	01:05:53
1860	485 Neil Thomas	M		VALE OF GLAMORGAN INTERNAL AUDIT DEPARTMENT	01:07:44	1853	01:05:52
1861	479 Christine Summer	F		VALE OF GLAMORGAN INTERNAL AUDIT DEPARTMENT	01:07:44	1855	01:05:53
1862	469 Aji Raghuram	M		INDIA CENTRE 1	01:07:45	1915	01:07:40
1863	1461 Rosemary Smith	F	45		01:07:48	1847	01:05:46
1864	1510 Fleur Greening	F			01:07:49	1827	01:05:20
1865	1509 Del Greening	M	55		01:07:51	1828	01:05:22
1866	2164 Peter Morgan	M	55		01:07:52	1831	01:05:29
1867	910 Stephanie Evans	F	35		01:07:54	1815	01:05:03
1868	1955 Sethnam Singh	F			01:07:55	1834	01:05:31
1869	222 Adam Thompson	M		QUEENS ARCADE TEAM 1	01:07:57	1902	01:07:22
1870	1027 Kevin Protheroe	M	50		01:07:59	1825	01:05:19
1871	870 Sarah Harrington	F			01:08:00	1844	01:05:41
1872	902 Patricia Blackwell	F	45		01:08:01	1898	01:07:08
1873	774 Jocelyn Peacock	F	35		01:08:01	1895	01:06:58
1874	2000 Unkown Unknown	M			01:08:08	1849	01:05:47
1875	2278 Molly Melhuish	F	35		01:08:11	1884	01:06:39
1876	453 Sian Roberts	F		HSBC TEAM 4	01:08:12	1903	01:07:25
1877	2312 Jocelyn Andrews	F			01:08:13	1885	01:06:41
1878	1370 Anthony Mead	M			01:08:14	1830	01:05:25
1879	1227 Rebekah Warren	F			01:08:15	1863	01:06:01
1880	1229 Deborah Jones	F	40		01:08:15	1864	01:06:01

1881	1425 Scott Burton	M		01:08:17	1907	01:07:32
1882	537 Abigail Hamblin	F	35	01:08:21	1896	01:07:02
1883	1879 Mark Hoban	M		01:08:22	1861	01:05:58
1884	1877 Stephen Blow	M		01:08:22	1858	01:05:57
1885	1876 Emma Blow	F	35	01:08:23	1859	01:05:58
1886	1683 James Rhys Dart	M		01:08:24	1883	01:06:38
1887	1680 Hadeel Hamod	M		01:08:24	1882	01:06:38
1888	1532 Darren Jones	M		01:08:39	1879	01:06:32
1889	1739 Chris Green	M		01:08:39	1851	01:05:49
1890	577 Suzanne Fairbairn	F		01:08:39	1852	01:05:49
1891	646 Lisa Harwood	F	35	01:08:41	1881	01:06:33
1892	1109 Timothy Tobin	M		01:08:46	1860	01:05:58
1893	1095 Jackie Phillips	F		01:08:49	1900	01:07:19
1894	2099 Charlotte Addicott	F		01:08:51	1880	01:06:33
1895	1458 Mark Harris	M		01:08:54	1891	01:06:44
1896	1457 Helen Harris	F		01:08:54	1889	01:06:44
1897	611 Jason Hillard	M		01:08:57	1878	01:06:30
1898	1066 Sarah Giles	F	35	01:08:58	1890	01:06:44
1899	873 Mark Smalley	M		01:09:01	1887	01:06:43
1900	2155 Laura Low	F		01:09:06	1920	01:07:49
1901	1036 Kath Smith	F	45	01:09:07	1943	01:08:45
1902	936 Glynys Davies	F	45	01:09:07	1944	01:08:45
1903	680 Carolyn Thomas	F	45	01:09:09	1843	01:05:41
1904	2102 Hannah Menard	F		01:09:10	1893	01:06:50
1905	231 Chris Adams	M	50 EXERT FITNESS (TEAM 4)	01:09:13	1925	01:07:56
1906	655 Melanie Jehu	F	40	01:09:13	1874	01:06:23
1907	656 Rhian Davies	F		01:09:13	1875	01:06:23
1908	768 Jason Davies	M		01:09:17	1936	01:08:28
1909	349 Angela Jay	F	TEAM KIDNEY WALES 1	01:09:18	1931	01:08:20
1910	437 Naomi Jenkins	F	TEAM BREAST TEST WALES TEAM 2	01:09:18	1932	01:08:21
1911	2487 Rebecca Martin	F		01:09:19	1910	01:07:33
1912	1781 Daniel Jones	M		01:09:19	1942	01:08:43
1913	1731 Tim Lockett	M		01:09:19	1911	01:07:34

1914	2326 Erin Nicolls	F	40		01:09:22	1894	01:06:52
1915	2156 Nicola Gordon	F			01:09:25	1930	01:08:08
1916	1260 Rebecca Young	F			01:09:31	1912	01:07:35
1917	2324 Alan Rendle	M			01:09:34	1916	01:07:40
1918	841 Rachel Cooper	F			01:09:35	1922	01:07:50
1919	481 Andrew Toyne	M		VALE OF GLAMORGAN INTERNAL AUDIT DEPARTMENT	01:09:36	1917	01:07:46
1920	49 Hayley Cloud	F		UTILITY PARTNERSHIP LIMITED (UPL)	01:09:37	1959	01:09:14
1921	2394 Helen Wilks	F	40		01:09:39	1960	01:09:14
1922	501 Derek Miller	M		BIDEFORD ROAD RUNNERS	01:09:45	1918	01:07:47
1923	1777 Naomi Page	F	55		01:09:45	1961	01:09:16
1924	606 Christina McMullen	F	40		01:09:46	1906	01:07:30
1925	2185 Julie Nixon	F			01:09:54	1937	01:08:29
1926	1127 Melissa Gault	F			01:09:56	1897	01:07:03
1927	1682 Joanna Jones	F			01:10:01	1905	01:07:25
1928	1789 Gary Whamby	M			01:10:02	1913	01:07:35
1929	164 Katrina Smith	F		35 EXERT FITNESS (TEAM 6)	01:10:05	1945	01:08:47
1930	2467 Katy Debono	F			01:10:11	1908	01:07:33
1931	2468 Julie Debone	F	45		01:10:11	1909	01:07:33
1932	84 Runner 84	M			01:10:13	1929	01:08:08
1933	1534 Sarah Saunders	F			01:10:16	1978	01:10:13
1934	1207 Danielle Thomas	F			01:10:18	1919	01:07:49
1935	1203 Ian Wakefield	M			01:10:18	1921	01:07:50
1936	948 Rhianwen Davies	F			01:10:22	1964	01:09:34
1937	1322 Adrienne Joyce	F			01:10:22	1934	01:08:26
1938	2077 Nick Pearce	M			01:10:24	1914	01:07:40
1939	914 Caroline Jones	F			01:10:27	1926	01:07:57
1940	1851 Laura Hulson	F			01:10:29	1927	01:07:59
1941	1902 Neil Wildy	M	40		01:10:30	1970	01:09:45
1942	1903 Anthony Wildy	M	65		01:10:30	1969	01:09:45
1943	1315 Sharon Topazio	F	35		01:10:37	1933	01:08:26
1944	2352 Michael Chorley	M	40		01:10:38	1928	01:07:59
1945	338 Joanne Morgan	F		WILLIAM GRAHAM LAW	01:10:40	1924	01:07:55
1946	337 Ian James	M		WILLIAM GRAHAM LAW	01:10:40	1923	01:07:54

1947	798 Bethan Hicks	F		01:10:43	1940	01:08:38
1948	908 Kathryn Bradshaw	F		01:10:44	1899	01:07:19
1949	2083 Nicholas Higgins	M		01:10:59	1972	01:09:51
1950	1392 Helen Bickle	F		01:11:03	1935	01:08:27
1951	1071 Cheryl Tuckett	F		01:11:04	1952	01:08:57
1952	334 Jeni Addicott	F	CELTIC MANOR	01:11:09	1966	01:09:38
1953	2068 Ben Leach	M		01:11:10	1938	01:08:30
1954	1568 Mary Volume	M	55	01:11:14	1949	01:08:49
1955	2371 Susanna Prendergast	F		01:11:17	1939	01:08:32
1956	494 Dewi Gayland	M	CIRCLE IT TEAM 1	01:11:19	1971	01:09:46
1957	2069 Louise Smith	F		01:11:21	1941	01:08:41
1958	1765 Sally Lahive	F	35	01:11:23	1950	01:08:49
1959	2251 Lisa Clarkson	F	35	01:11:25	1946	01:08:48
1960	2252 Christopher Davies	M		01:11:25	1948	01:08:48
1961	260 Helen Harding	F	LIVINGWELL HEALTH CLUB	01:11:28	1987	01:10:39
1962	259 Julia Bailey	F	LIVINGWELL HEALTH CLUB	01:11:28	1986	01:10:38
1963	505 Helen Welch	F	35	01:11:31	1963	01:09:24
1964	1977 Jacqueline Willard	F	40	01:11:33	1953	01:09:00
1965	2370 Bryan Fitzpatrick	M	40	01:11:33	1954	01:09:00
1966	1748 Rebecca Peart	F		01:11:34	1973	01:09:55
1967	597 Charmaine Iles	F		01:11:35	1968	01:09:40
1968	1231 Angharad Price	F		01:11:36	1956	01:09:07
1969	750 Sarah Johnson	F	40	01:11:36	1951	01:08:54
1970	1051 Dunne Jennifer	F		01:11:36	1957	01:09:07
1971	1162 Geraint Rees	M		01:11:37	1958	01:09:08
1972	2188 Sarah Nicholas	F	40	01:11:41	2002	01:11:35
1973	764 Darren Lewis	M		01:11:49	1992	01:11:09
1974	2460 Charlotte Bram	F		01:11:49	1995	01:11:21
1975	2255 Rachel Williams	F	35	01:11:52	1947	01:08:48
1976	2248 Helen Watkins	F	35	01:11:52	1979	01:10:15
1977	1608 Anne-Marie Jehu	F		01:11:56	1955	01:09:06
1978	2113 Caroline Lawton	F		01:12:06	1962	01:09:21
1979	2360 Rhian Llewellyn	F	40	01:12:12	1967	01:09:39

1980	2218 Melinda Russell	F	40		01:12:13	1975	01:09:59
1981	2210 Richard Williams	M	50		01:12:13	1974	01:09:59
1982	2078 Clare Amore	F	35		01:12:18	1965	01:09:35
1983	2024 Fiona Walsh	F			01:12:21	1977	01:10:05
1984	2449 Mark Goodson	M	45		01:12:28	1982	01:10:27
1985	1274 Sarah Thomas	M			01:12:36	1981	01:10:24
1986	400 Elisabeth Winchurch	F		MOLSON COORS TEAM 1	01:12:36	2005	01:11:58
1987	1791 Helen Church	F	35		01:12:48	1976	01:10:01
1988	2465 Eleanor Bram	F			01:12:48	2012	01:12:20
1989	2405 Caroline Holmes	F			01:12:52	2017	01:12:44
1990	71 Runner 71	M			01:12:54	1980	01:10:17
1991	1115 Tony Hayden	M			01:13:03	2021	01:12:57
1992	758 Neil Hancock	M	40		01:13:08	2009	01:12:16
1993	1617 Shahbaz Hamid	M			01:13:11	1983	01:10:32
1994	185 Jennifer Dean	F		55 EXERT FITNESS (TEAM 9)	01:13:16	2003	01:11:50
1995	2162 Rhian Davies	F			01:13:18	1997	01:11:28
1996	2161 Void Void	VOI			01:13:19	1998	01:11:28
1997	328 Neil Atherton	M		QUEENS ARCADE TEAM 2	01:13:26	1996	01:11:26
1998	1802 Helen Palmer	F			01:13:26	1989	01:11:06
1999	1175 Andrew Simson	M			01:13:28	2008	01:12:03
2000	1131 Stuart Ball	M			01:13:32	1984	01:10:37
2001	1133 David Hardacre	M	40		01:13:33	1985	01:10:37
2002	918 Lauren Shooter-Hailes	F			01:13:44	2013	01:12:22
2003	706 John Mcdonald	M	50		01:13:45	1990	01:11:07
2004	705 Beverley Mcdonald	F	40		01:13:45	1991	01:11:08
2005	698 Emma Roberts	F	35		01:13:45	2014	01:12:24
2006	2365 Joanne Davies	F	35		01:13:46	2019	01:12:51
2007	2366 Lee Stewart	M			01:13:46	2020	01:12:51
2008	917 Danielle Welter	F			01:13:47	1999	01:11:31
2009	195 Nicola Jones	F		EUROCLAD DEVELOPMENTS	01:13:47	2023	01:13:15
2010	421 Ewan Pryce	M		JJ FITNESS AND WELLBEING TEAM 2	01:13:49	2031	01:13:40
2011	422 Lesley Kreffield	F		JJ FITNESS AND WELLBEING TEAM 2	01:13:50	2032	01:13:41
2012	1810 Nicola Clones	F			01:13:55	2015	01:12:24

2013	580 Elizabeth King	F		01:13:55	1993	01:11:13
2014	565 Rhiannon Rees-Williams	F		01:13:55	1994	01:11:14
2015	1809 Michelle Smith	F		01:13:59	2016	01:12:28
2016	711 Terry Matthews	M		01:14:06	1988	01:10:45
2017	2158 Judith Cutter	F		01:14:12	2028	01:13:30
2018	345 Lisa Gwilliam	F	PROMISED LAND	01:14:13	2026	01:13:28
2019	2118 Kelly Franklin	F		01:14:16	2000	01:11:32
2020	2117 Sandra Franklin	F		01:14:16	2001	01:11:32
2021	329 Steve Dance	M	CELTIC MANOR	01:14:19	2018	01:12:48
2022	452 Laura Davies	F	HSBC TEAM 3	01:14:26	2030	01:13:38
2023	1030 Shirley Roberts	F	50	01:14:29	2004	01:11:54
2024	2073 Emma Good	F		01:14:31	2006	01:12:01
2025	272 Awen Iorwerth	M	SPIRE CARDIFF HOSPITAL (TORTOISES)	01:14:36	2027	01:13:29
2026	2424 Gareth Honderson	M		01:14:38	2037	01:14:01
2027	1890 Jane Hoey	F	45	01:14:40	2022	01:13:07
2028	342 Void Void	VOI		01:14:43	2025	01:13:26
2029	2322 Robert Gilchrist	M	60	01:14:52	2010	01:12:17
2030	2321 David Gilchrist	M		01:14:52	2011	01:12:17
2031	1126 Nikki Holborn	F		01:14:55	2007	01:12:03
2032	1366 Clive Jones	M	65	01:15:09	2034	01:13:52
2033	767 Greta Davies	F	35	01:15:32	2044	01:14:43
2034	681 Bev Fox	F	40	01:15:35	2036	01:13:53
2035	1750 Raymond Phillips	M		01:15:44	2043	01:14:43
2036	180 Kate Edwards	F	EXERT FITNESS (TEAM 8)	01:15:44	2041	01:14:20
2037	2430 Claire Hay	F		01:16:08	2024	01:13:20
2038	1323 Tracey Davies	F	45	01:16:09	2029	01:13:32
2039	1029 Sue Robson	F	55	01:16:25	2033	01:13:50
2040	1868 Joanne Littlechild	F		01:16:25	2035	01:13:53
2041	1368 Andrew Owens	M	45	01:16:32	2054	01:15:48
2042	1927 Mark Davies	M		01:16:32	2045	01:14:45
2043	1866 Teresa Boyle	F		01:16:36	2039	01:14:03
2044	1507 Martin Curtis	M	50	01:16:37	2055	01:15:49
2045	439 Nicola Twigg	F	HSBC TEAM 1	01:16:37	2058	01:16:27

2046	1450 Elaine Mcnish	F	40		01:16:40	2042	01:14:38
2047	689 Amie Noone	F			01:16:45	2038	01:14:01
2048	934 Tracy Handley	F	35		01:16:50	2040	01:14:04
2049	274 Kayleigh Jones	F		TEAM EADS	01:17:12	2059	01:16:32
2050	2152 Chris Gentle	M			01:17:14	2049	01:15:04
2051	1993 Sarah Gibson	F			01:17:18	2065	01:16:48
2052	1874 Kathleen Harris	F	50		01:17:22	2046	01:14:53
2053	1705 Nicola Faye Brown	F			01:17:31	2050	01:15:16
2054	634 Sian Radnidge	F			01:17:48	2048	01:14:57
2055	635 Sian Morgans	F	40		01:17:48	2047	01:14:57
2056	837 Laura Howard	F			01:17:51	2051	01:15:18
2057	741 John Myers	M	45		01:17:51	2066	01:16:56
2058	769 Graham Johnson	M	55		01:17:52	2067	01:16:57
2059	860 Kelly Shefford	F			01:17:54	2069	01:17:29
2060	239 Diane Greening	F		CARDIFF AIRPORT	01:18:10	2053	01:15:48
2061	532 Gwydion Lyn	M			01:18:12	2057	01:16:24
2062	1730 Lucy Williams	F			01:18:14	2052	01:15:43
2063	466 Michelle Horne	F		VALE WOMEN'S AID	01:18:14	2063	01:16:40
2064	757 Claire Seabourne	F			01:18:40	2071	01:17:42
2065	236 Cheryl Bray	F		CARDIFF AIRPORT	01:18:46	2056	01:16:24
2066	404 Sally Richards	F		MOLSON COORS TEAM 2	01:18:47	2075	01:18:08
2067	735 Byron Seabourne	M	45		01:18:50	2073	01:17:50
2068	2404 Ron Adam	M	70		01:18:56	2082	01:18:50
2069	1585 Pun Kwon Wong	M			01:19:15	2060	01:16:36
2070	1584 May-Yee Wong	F			01:19:18	2062	01:16:37
2071	1853 Victoria Morgan	F	35		01:19:23	2064	01:16:45
2072	203 Nicole Ryan	F		CREDIT CRUNCH BUNCH (COMMUNITY TEAM)	01:19:25	2068	01:17:13
2073	462 Void Void	VOI			01:19:25	2061	01:16:36
2074	1695 Sarah Winstanley	F			01:19:39	2085	01:19:07
2075	472 Vivek Reddy Marry	M		INDIA CENTRE 1	01:19:44	2089	01:19:40
2076	1772 Helen Smith	F			01:19:47	2072	01:17:46
2077	1804 Sylvia Jones	F	45		01:19:47	2070	01:17:34
2078	476 Suresh Arava	M		INDIA CENTRE 2	01:19:55	2091	01:19:51

2079	474 Sunil Kumar Rayana	M		INDIA CENTRE 1	01:19:55	2090	01:19:50
2080	1981 Emma Lovell	F			01:19:56	2076	01:18:20
2081	166 Beverly Smith	F		EXERT FITNESS (TEAM 6)	01:19:58	2080	01:18:40
2082	262 Paula Evans	F		LIVINGWELL HEALTH CLUB	01:20:00	2086	01:19:10
2083	1847 Julia Lewis Watling	F			01:20:39	2081	01:18:47
2084	1928 James Anthony Thomas	M	55		01:20:53	2077	01:18:21
2085	290 Sonia Unstead	F		ON THE LASH	01:21:01	2092	01:19:56
2086	1759 Geoffrey Williams	M			01:21:01	2093	01:19:59
2087	1556 Jeanette Davies	F	45		01:21:01	2074	01:17:50
2088	866 Frank Mudie	M			01:21:04	2083	01:19:03
2089	867 Hayley Mudie	F			01:21:07	2084	01:19:06
2090	920 Colin Jones	M	45		01:21:09	2078	01:18:28
2091	921 Karen Jones	F	45		01:21:09	2079	01:18:28
2092	2368 Alan Watts	M		80 SARN HELEN	01:21:40	2088	01:19:39
2093	507 Madeleine Brindley	F			01:22:05	2087	01:19:15
2094	521 Teresa Davies	F	45		01:22:39	2097	01:21:31
2095	1521 David Davies	M	55		01:22:39	2098	01:21:32
2096	933 Paul Handley	M	40		01:22:52	2094	01:20:05
2097	2082 Sarah Turner	F	35		01:23:11	2099	01:22:04
2098	1033 John Morgan	M	45		01:23:14	2100	01:23:05
2099	307 Rose O'Driscoll	F		UWIC (TEAM 2)	01:23:25	2095	01:20:39
2100	306 Liz Hayes	F		UWIC (TEAM 1)	01:23:25	2096	01:20:39
2101	456 Brenda Lund	F		HSBC TEAM 4	01:24:11	2101	01:23:23
2102	441 Matt Godfrey	M		HSBC TEAM 1	01:24:11	2102	01:23:47
2103	760 Ieuan Price	M	55		01:25:29	2103	01:24:37
2104	497 Sarah Williams	F		CIRCLE IT TEAM 2	01:29:01	2105	01:27:27
2105	1157 Helen Reardon	F			01:29:18	2104	01:26:43
2106	1873 Lydia Harris	F			01:30:02	2106	01:27:33
2107	432 Julia Williams	F		TEAM BREAST TEST WALES TEAM 1	01:30:16	2107	01:29:34
2108	620 Lisa Jones	F			01:36:19	2108	01:35:30
2109	1844 Claire Pugh	F			01:36:54	2109	01:35:59
2110	434 Joanna Haines	F		TEAM BREAST TEST WALES TEAM 1	01:39:42	2110	01:39:00
2111	431 Susan Jenkins	F		TEAM BREAST TEST WALES TEAM 1	01:39:42	2111	01:39:01

2112	1845 Alice Pugh	F		01:41:04	2113 01:39:21
2113	2401 Tarina Whitney	F		01:41:20	2112 01:39:04
2114	2305 Joe Digby	M		01:43:01	2115 01:42:08
2115	2306 Lesley Digby	M		01:43:03	2116 01:42:11
2116	204 Beverly Ryan	F	45 CREDIT CRUNCH BUNCH (COMMUNITY TEAM)	01:43:13	2114 01:41:01