

2006 Results

Pos Time No Name M/F Cat Club
1 0:29:57 9 Patrick Makau M
2 0:30:23 12 Williard Chinhanhu M Poole Runners
3 0:30:33 3 Toby Lambert M Alton
4 0:30:42 88 Kevin Heywood M
5 0:30:54 6 Zak Kihara M Birchfield
6 0:31:15 1 Pumlani Bangani M Salford Harriers
7 0:31:27 1545 Tom Lowe M Cheltenham Harriers
8 0:31:54 900 Benjamin Jones M Coventry Godiva
9 0:32:00 512 Rob Bugden M Bristol and West A C
10 0:32:04 214 Rodri Jones M 40 Westbury Harriers
11 0:32:11 680 Martin Rees M 50
12 0:32:34 1825 Matthew Collins M Cardiff A A C
13 0:32:36 1602 Julian Baker M Les Croupiers
14 0:32:43 1119 Daniel Moore M 40 Bristol and West A C
15 0:32:47 714 Michael Hager M 55 Tipton Harriers
16 0:32:51 1629 Malachi Byansi M Belgrave Harriers
17 0:32:56 465 Julian Emery M Clevedon A C
18 0:33:12 1621 Paul Wilson M Clevedon A C
19 0:33:14 7 Cathy Mutwa F Birchfield
20 0:33:28 1617 Sam Dalgeish M Westbury Harriers
21 0:33:35 1730 Lee Aherne M 40
22 0:33:37 547 Jason Williams M Clevedon A C
23 0:33:46 933 Richard Bullen M 45 Les Croupiers
24 0:33:55 834 Paul Griffiths M
25 0:34:01 1561 Peter Coles M 40 Pontypridd Roadents
26 0:34:07 1606 Iain Stuart M Bristol A C
27 0:34:12 8 John Muddeman M Leamington
28 0:34:13 837 Gareth Thomas M 40 Les Croupiers
29 0:34:16 1628 Jane Njeri F
30 0:34:20 292 Tuckey Tuckey M Bristol and West A C
31 0:34:21 584 Stuart Crees M Les Croupiers
32 0:34:25 1651 Shaun Tobin M 40 Swansea Harriers
33 0:34:29 219 Phillip Matthews M
34 0:34:32 1162 Paul Halford M
35 0:34:34 1142 Michael Johnson M Cardiff A A C
36 0:34:36 1331 Christian Primas M Thames Valley Harriers
37 0:34:42 2 Sarah Willmot F Blackburn Harriers
38 0:34:55 387 Stephen Thomas M Islwyn R C
39 0:35:02 636 Daniel Gurmin M Swansea Harriers
40 0:35:11 868 Paul Talbot M Neath Harriers
41 0:35:12 469 Edward Takata M Cardiff A A C
42 0:35:16 1181 Tony Symons M 45 Tavistock A C
43 0:35:22 223 Nick Dukes M Les Croupiers
44 0:35:23 491 Alan Davies M 50
45 0:35:29 489 Jo Kelsey F Winchester & District
46 0:35:34 467 John Burns M Devizes RC
47 0:35:36 742 Peter Thwaite M Tipton Harriers
48 0:35:43 341 Steven Sheard M Cardiff A A C
49 0:35:51 236 Stuart Reeves M Les Croupiers
50 0:35:53 1623 Steve Hollier M 55 Clevedon A C
51 0:35:58 565 Clive Richards M 40 Clevedon A C
52 0:35:59 1034 Steve Smith M 40 Swansea Harriers
53 0:35:59 14 Joey Brewer F
54 0:36:04 1302 Chris Discombe M Les Croupiers
55 0:36:11 1216 Robert Jones M 45 Les Croupiers
56 0:36:15 1655 Giles Byworth M Scunthorpe & District
57 0:36:18 1337 Tim Topper M Norfolk Gazelles
58 0:36:23 1358 Huw Roberts M 45 Bridgend A C
59 0:36:29 448 Peter Davies M 50
60 0:36:34 831 David Davies M 50 Spatans
61 0:36:36 715 Phillip Jenkins M 40 Bridgend A C
62 0:36:40 1135 Richard Browne M London Heathside A C
63 0:36:41 509 Andy Heyes M 40 Clevedon A C
64 0:36:42 285 David Hodgins M
65 0:36:50 357 Daniel Thomas M
66 0:36:50 331 Kaye Mansbridge F Winchester & District
67 0:36:51 1182 David Headon M 45 Les Croupiers
68 0:36:53 84 Scott Evans M
69 0:36:55 637 Mick McGeoch M 50 Les Croupiers
70 0:36:57 639 Scott Howell M 45 Les Croupiers
71 0:37:02 1489 Dic Evans M 60 Cardiff A A C
72 0:37:06 1634 Nathan Smith M Devizes RC
73 0:37:18 528 Melanie Ellis F 40 Shaftesbury Barnet
74 0:37:24 11 Nicola Brookland F Bristol And West A C
75 0:37:29 931 Dean House M 40 Pegasus
76 0:37:30 1157 Tom Salway M 55 Nene Valley Harriers
77 0:37:31 1494 Andrew Cleves M Les Croupiers
78 0:37:33 1042 John Fitzpatrick M
79 0:37:34 1737 Runner 1737 M
80 0:37:34 1657 Aidan O'Callaghan M Cardiff A A C
81 0:37:34 1138 Peter Crane M 40 Neath Harriers
82 0:37:34 1049 Jon Embling M 50 Bridgend A C

83 0:37:35 359 Matthew Hurford M Les Croupiers
84 0:37:37 1382 Graham Moore M San Domenico
85 0:37:38 1540 Stephen Hale M
86 0:37:39 1509 Ron Jenkins M 45
87 0:37:39 1243 Matthew Parkes M Bridgend A C
88 0:37:39 403 Jon Sizer M 45
89 0:37:40 284 Steve Coupe M 55 Sospan R R
90 0:37:43 689 Robert Bamsey M 50 Neath Harriers
91 0:37:44 884 Richard Marks M 55 Sarn Helen
92 0:37:51 211 Clare Nicholson F 35 Stragglers
93 0:37:51 902 James McLaren M Bideford
94 0:37:52 1253 Nathan Parry M
95 0:37:52 371 Charlotte Coffey F Bristol And West A C
96 0:37:55 204 Clem Clement M 45
97 0:38:00 798 Paul Sperrin M 45
98 0:38:01 1615 Jason Scanlon M
99 0:38:14 773 Stephen Edwards M Islwyn R C
100 0:38:14 1624 Andrew Baker M 40
101 0:38:17 1807 Dafydd Jenkins M
102 0:38:18 959 Philip Tugwell M Cornwall A C
103 0:38:23 1342 James Barber M
104 0:38:25 705 Peter Morton M
105 0:38:25 1123 Joad Raymond M Cambridge And Coleridge
106 0:38:26 85 Martin George M
107 0:38:28 1263 Micheal Murphy M 50 Les Croupiers
108 0:38:28 503 Ann Thomas F 35 TROTS
109 0:38:39 443 Christopher Bradshaw M 40 Brackla Harriers
110 0:38:41 713 Philip Meyler M 50 Pontypridd Roadents
111 0:38:48 463 Matthew Townsend M Les Croupiers
112 0:38:54 1315 Nathan Reeks M Chepstow Harriers
113 0:38:54 836 Clive Osmond M 45 Les Croupiers
114 0:38:58 1417 Mark Rice M
115 0:38:59 1183 Martin Webb M 50
116 0:39:00 1073 Les Davies M 60 Severn A C
117 0:39:04 1416 Knill-Baird Murray M Penarth & Dinas
118 0:39:09 1260 John Diffey M 40 Les Croupiers
119 0:39:10 274 Geraint Williams M Pontypridd Roadents
120 0:39:11 1625 Morris Attard M
121 0:39:12 1271 Mark Taylor M
122 0:39:20 1016 Richard Self M 40 Les Croupiers
123 0:39:22 799 Phil Miles M 50 Club 69
124 0:39:26 1191 James King M
125 0:39:27 80 Tony Bristow M
126 0:39:35 1614 Jay Goulding M Pontypridd Roadents
127 0:39:35 1022 Louise Copp F 40 Neath Harriers
128 0:39:37 1089 Chris Newton M
129 0:39:40 1619 Cornelius Corcoran M Pontypridd Roadents
130 0:39:41 1682 Martin Williams M
131 0:39:44 479 Matthew Taylor M
132 0:39:44 1497 Rhydian Reston M
133 0:39:46 1612 George Rose M
134 0:39:47 1538 Philip Miller M
135 0:39:47 1627 Richard Boon M 45 Les Croupiers
136 0:39:50 1319 Allan Herdman M 50 Tavistock A C
137 0:39:55 1018 Ivan Teed M
138 0:40:00 517 Chris Brobin M
139 0:40:01 360 Louise Brooks F
140 0:40:02 780 Giancarlo Bianchi M
141 0:40:03 1909 Stuart Hancock M 40
142 0:40:04 1616 Ceri-Anne Davies F 35 Pontypridd Roadents
143 0:40:16 1684 Charlie Coray M
144 0:40:17 1423 John Macmillan M
145 0:40:17 1413 Gareth Green M
146 0:40:20 793 Andy Davies M 40 Pontypridd Roadents
147 0:40:23 792 Paul Chick M Risca Road Runners
148 0:40:25 1080 Jeremy Sellers M 45
149 0:40:29 73 Richard Harris M 40
150 0:40:31 575 Helen Fines F Bristol and West A C
151 0:40:33 499 Graeme Donnan M 50 Les Croupiers
152 0:40:34 840 John Smewing M 55 Swansea Harriers
153 0:40:35 201 Stephen Williams M
154 0:40:35 205 Eifion Wyn Owen M 50
155 0:40:37 617 Marcus Coles M
156 0:40:41 660 Tomos Whitmarsh-Knight M
157 0:40:41 1275 David Proud M
158 0:40:42 1765 Neil Lewis M
159 0:40:45 703 Paul Marchant M 50
160 0:40:45 312 Neil Davies M 45
161 0:40:48 1364 David Carter M 40 Les Croupiers
162 0:40:56 679 Kirsty Hamilton F
163 0:40:58 224 Vincent Howley M 40 The Stragglers
164 0:41:00 1656 Nicholas J Walsh M Cardiff A A C
165 0:41:00 1700 Michael Ramsey M 40
166 0:41:02 1589 Daniel Carr M

167 0:41:03 1144 David Somersall M Chepstow Harriers
168 0:41:05 1608 Vicky Tester F Wells City
169 0:41:10 947 Ian Jones M 45
170 0:41:11 358 Andrew Thomas M 40
171 0:41:14 450 Stephen Owen M 45 Les Croupiers
172 0:41:15 364 Chris Pill M
173 0:41:17 1241 Paul Ezhard M Brackla Harriers
174 0:41:18 1768 Darren S Cheesman M
175 0:41:18 656 David Davies M 40
176 0:41:19 1790 Symon Murphy M Pontypridd Roadents
177 0:41:20 1601 Andy Glover M 50 Bideford A C
178 0:41:22 1385 Mike Anthony M 45
179 0:41:23 1633 Richard Segust M 40
180 0:41:25 895 Tony Carzana M Pegasus
181 0:41:26 1204 Darren Stevens M
182 0:41:27 1314 James Harvey M
183 0:41:28 1357 Stephen Daniel Hains M
184 0:41:29 496 Eirwyn Rees M 40
185 0:41:37 415 Lindsay Emyr F 35 Les Croupiers
186 0:41:38 490 Michael Davies M 55 Les Croupiers
187 0:41:44 802 Helen Lodder F 35 Islwyn R C
188 0:41:46 1772 Steven Bridges M 40
189 0:41:47 1104 Steve McCarthy M
190 0:41:48 1380 David Lloyd M 45 Les Croupiers
191 0:41:52 1239 Paul Williams M 40 Pontypridd Roadents
192 0:41:56 323 Eurof Davies M 40
193 0:41:58 1108 Andrew Watson M 45
194 0:41:59 218 Julie Scholey F 45 Les Croupiers
195 0:42:00 764 Richard Willmot M
196 0:42:02 631 Adam Bache M
197 0:42:02 622 Willy Edwards M
198 0:42:02 1732 Ian Lucas M
199 0:42:04 1526 Gary Howe M 45
200 0:42:07 199 C Walters M 55 TROTS
201 0:42:08 1405 Secret Weapon Prett M 55
202 0:42:12 1031 Brian Gough M 65 Pontypridd A C
203 0:42:13 830 Susan Davies F 40 Presteign Pacers
204 0:42:16 1293 Mark Davies M
205 0:42:16 1501 John Triddon M
206 0:42:17 1569 Richard Holland M Pontypridd Roadents
207 0:42:17 1642 John Morris M SBOC
208 0:42:18 1525 Richard Laydon M 40
209 0:42:21 968 Craig Harper M
210 0:42:22 735 Jacqueline Brace F 45 Bridgend A C
211 0:42:23 903 Leigh James F WSEH
212 0:42:25 891 Oliver Burrows M
213 0:42:26 505 Paul Garside M
214 0:42:27 1424 Nev Thomas M
215 0:42:28 1600 Bill Fear M 40 Les Croupiers
216 0:42:29 970 Damian Pathy M 40
217 0:42:30 282 Christopher Bengier M Wattsville Harriers
218 0:42:30 1053 Alex Jenkins M
219 0:42:31 1225 Brian Richardson M 45
220 0:42:33 691 Malcolm Howells M 60 Sospan R R
221 0:42:33 366 Gwyn Williams M
222 0:42:33 1297 Mark Suret M
223 0:42:36 678 James Delaney M 50
224 0:42:36 1739 Dave Hughes M 40
225 0:42:40 659 Mark Broom M 40
226 0:42:44 402 Robert Hector M
227 0:42:46 1224 Kelvin Jones M 40
228 0:42:47 1534 Andrew Brown M 45
229 0:42:49 1743 Glen Harper M
230 0:42:51 1071 Matthew Dodson M
231 0:42:51 377 Brian Domingo Short M
232 0:42:52 1065 Libby O'Duffy F 35 Les Croupiers
233 0:42:55 973 Joe Wellings M
234 0:42:55 1636 Jaime Ortiz-Canavate M
235 0:42:56 1514 Keith Paterson M 60 Pegasus
236 0:42:56 1568 David Frost M 40
237 0:42:56 552 Ben Brookshaw M Brecon A C
238 0:42:57 1816 James Hoad M
239 0:42:58 1006 Malcolm Reeks M 40 Chepstow Harriers
240 0:42:59 1659 Stephen Jones M 45 Islwyn R C
241 0:42:59 1121 John Westlake M 40
242 0:43:00 588 Wendy Boon F 45 Les Croupiers
243 0:43:05 832 Mike Smith M
244 0:43:07 370 Rowan Llewellyn-Williams M
245 0:43:08 1665 Gareth Beck M
246 0:43:09 1146 Jon Belcher M
247 0:43:11 1434 Gareth Roberts M
248 0:43:11 1641 Phillip G Thomas M 40 Brackla Harriers
249 0:43:12 1679 Matthew Hooper M Cardiff A A C
250 0:43:15 439 Roger Bell M 40 3Ms

251 0:43:16 506 Dafydd Jones M
252 0:43:17 1782 neja Beloy Beraki M 40
253 0:43:17 1388 Chorlrzy Mark M 45
254 0:43:19 1660 Mandy Jones F 45 Islwyn R C
255 0:43:20 594 Paul Spark M 45
256 0:43:21 419 Michael Halsall M
257 0:43:22 898 David Gareth Bricker M 40
258 0:43:24 699 Gareth Bryer M
259 0:43:28 1771 Ben Smith M
260 0:43:28 961 Mark Unsowrth M 40 San Domenico
261 0:43:34 1349 Graham Bond M 40
262 0:43:38 413 Susan Tagg F 35 Club 69
263 0:43:38 872 Tony Burt M 60 Brackla Harriers
264 0:43:40 1848 Andrew Cave M
265 0:43:44 835 Jeffrey Aston M 55 Les Croupiers
266 0:43:45 1654 Craig Holland M 40 Pontypridd Roadents
267 0:43:49 958 Liz Clarke F 45 Les croupiers
268 0:43:50 1750 Alex McInch M
269 0:43:50 1403 By Night Day M 55
270 0:43:53 1535 Bernard O'Sullivan M
271 0:43:54 492 Ralph Pattinson M 45
272 0:43:56 1670 Simon Mingay M 45
273 0:43:58 1023 Jamie Seekings M Penarth & Dinas
274 0:44:00 1346 Mark Jemmett M
275 0:44:06 1077 Carl Hellerman M
276 0:44:07 1433 Stephen Riley M
277 0:44:09 488 Maureen Emmett F 45 IIF Group
278 0:44:09 1581 Warren Tilke M Pontypridd Roadents
279 0:44:11 927 Ian Warburton M 40
280 0:44:12 253 Liddy Evans F 35
281 0:44:13 1620 Robert Ford M 50 Pontypridd A C
282 0:44:13 1517 Carwyn Jenkins M
283 0:44:13 1209 Elin Morris F 40
284 0:44:14 1718 Andrew Thomas M 40
285 0:44:15 1674 John Wainwright M 40
286 0:44:15 1222 John Rogers M 40
287 0:44:16 1759 Rhys Beynon M
288 0:44:17 864 Wouter Poortinga M Les Croupiers
289 0:44:17 1556 Christopher Cray M
290 0:44:20 1662 Gillian Phillips F 45 Sospan R R
291 0:44:20 1242 Jenny Hughes F Les Croupiers
292 0:44:23 730 Michael Jones M 40
293 0:44:24 362 Michael Harry M 40
294 0:44:26 1668 Colin Bradley M 50 SWC
295 0:44:29 1011 Stephen Attwood M
296 0:44:31 1237 Alan Mann M 45 Les Croupiers
297 0:44:32 1238 Andy Milne M 40 Herne Hill Harriers
298 0:44:34 1441 Shay Evison F
299 0:44:34 1506 Steve Pickering M 40
300 0:44:35 769 Gawain Barnard M
301 0:44:35 1214 Peter Greenlegs M Bitton R C
302 0:44:36 1693 Anwen Owen F
303 0:44:37 1088 Paul Fletcher M
304 0:44:38 1414 Ian Greenman M
305 0:44:40 1571 Lindy Eynon F 45 TROTS
306 0:44:42 440 Jeffrey Davies M 40
307 0:44:44 1384 Adam Abraham M
308 0:44:45 1373 James Jordan M
309 0:44:46 1473 Richard Barnes M 45 R R C
310 0:44:47 1185 Christopher Elliott M 40
311 0:44:50 556 Gareth Snook M 40 British Airways A C
312 0:44:51 791 Andy McIntyre M
313 0:44:52 842 Keith Treharne M 60 Brackla Harriers
314 0:44:53 871 Amanda Martin F 35 Tewksbury A C
315 0:44:53 275 Simon Thomas M
316 0:44:54 610 Clive Denton M
317 0:44:55 557 Peter Jones M 45
318 0:44:57 1000 Ian Roew M
319 0:45:00 1559 Robert Evans M
320 0:45:03 568 Andrew Rees M 45
321 0:45:09 1248 Neale Maccarthaigh M 45
322 0:45:09 280 Mark Edwards M
323 0:45:11 1639 Tim Pengilley M
324 0:45:15 481 Ian Goudge M
325 0:45:15 589 Michael Tong M
326 0:45:16 391 Paul Millener M 50
327 0:45:17 1609 Stephen D Maggs M
328 0:45:17 943 Micheal Price M 40
329 0:45:19 1503 Jonathan Gordon M
330 0:45:19 1487 David Burns M 45
331 0:45:20 993 Alex Williams M R R C
332 0:45:21 1194 Stephen Cray M 45
333 0:45:24 580 Steven Dixon M
334 0:45:26 258 Alan Cox M 50

335 0:45:27 1586 Ceri Foley M
336 0:45:28 1129 Thomas McEvoy M
337 0:45:29 928 Ray Gandy M
338 0:45:32 625 Michael Sims M
339 0:45:33 1422 Jason Lewis M
340 0:45:33 1764 Dominic Shields M 40
341 0:45:35 804 Mike Spencer M 50
342 0:45:38 1219 Stephen Brian New M 40 100 Marathon Club
343 0:45:39 1594 Craig Davies M
344 0:45:40 944 Niall Slater M 50
345 0:45:40 1652 Aled Rees M
346 0:45:41 676 David Evans M 50
347 0:45:46 158 Runner 158 M Memory Lane Cakes
348 0:45:47 99 Daniel Matthews M
349 0:45:47 1719 Nick Darroch M 45 Brackla Harriers
350 0:45:47 669 Andrew Freedman M 50
351 0:45:50 1610 Paul Membroy M
352 0:45:54 1386 Paul Latchford M 40 Les Croupiers
353 0:45:54 365 Hayley Gorton F
354 0:45:55 912 Scott King Cunningham M
355 0:45:55 1605 Kevin Francis M
356 0:45:56 839 Charlotte Johns F 35 Brackla Harriers
357 0:45:56 1303 Pauline Brookes F 35
358 0:45:59 1377 Matthew Tucker M
359 0:46:00 1192 Mark Street M
360 0:46:00 1190 Street Connor M
361 0:46:04 335 Jeff Clark M 40
362 0:46:05 95 Jane Lewis F 65
363 0:46:07 305 David Hebbes M 55
364 0:46:08 497 Brinley Aherne M 55
365 0:46:09 1817 Stephen Carr M
366 0:46:09 1777 Brendan Mullane M 45
367 0:46:09 406 Jenny Buckland F 35
368 0:46:10 373 Howard Brown M 55 Les Croupiers
369 0:46:11 1849 Ray Davies M 45 Pontypridd Roadents
370 0:46:14 1436 John Martin M 45
371 0:46:15 453 Nigel Davies M
372 0:46:16 1338 Debbie Evans F 35 Penarth & Dinas
373 0:46:16 955 Jason Coyle M
374 0:46:16 757 Robert Rees M
375 0:46:18 493 Richard Vaughan M
376 0:46:19 1762 Davidr Peacock M
377 0:46:19 686 Alun Lowe M 40
378 0:46:20 629 Michael Dix M 50 Les Croupiers
379 0:46:20 397 Hywel Price M 40
380 0:46:21 1397 Oliver Jenkins M
381 0:46:21 815 Kevin Passmore M 45
382 0:46:21 1591 Huw Williams M 40
383 0:46:23 1839 Kellinu Portelli M 40
384 0:46:24 1728 Tony Holloway M 50
385 0:46:25 1400 Jo McAndrew F
386 0:46:26 833 Michael Smith M 45
387 0:46:27 1024 Nigel Prescott M 40 Dulwich Runners
388 0:46:27 1580 John Hill M
389 0:46:29 852 Nicola Cable M
390 0:46:29 1246 Richard Pugsley M BBC Runners
391 0:46:31 1244 Stephan Segan M 45 Pontypridd Roadents
392 0:46:31 372 Maureen Coffey F 55 Westbury Harriers
393 0:46:32 480 Owen Williams M
394 0:46:34 1472 Wynne Griffiths M 50 TROTS
395 0:46:34 1294 Thomas Spurrier M
396 0:46:36 1304 Stuart Keeping M 40
397 0:46:37 1827 Darren Morgan M
398 0:46:38 1647 Mark Cull M
399 0:46:38 1820 Thomas Bacon M
400 0:46:39 313 James Horner M
401 0:46:40 1496 Ross Brown M
402 0:46:42 1523 Hefin Griffiths M
403 0:46:45 1814 Richard Chidley M
404 0:46:46 58 David Brynley Macdonald M
405 0:46:46 795 Amanda Meechan F 35 Swindon Harriers
406 0:46:47 739 Jennifer Topalian F
407 0:46:50 909 Simon Grey M 40
408 0:46:51 800 Jacky Austin F 50 Club 69
409 0:46:51 1208 Micheal Thomas M 40
410 0:46:52 1060 Ben Harris M
411 0:46:52 1021 Aled Roberts M 40
412 0:46:52 1328 Neil Coleman M 40
413 0:46:56 861 Christopher John Potter M 40
414 0:46:56 1578 James Rees M
415 0:46:58 821 Edward Fish M 45
416 0:47:00 1729 Paul Harmes M
417 0:47:00 382 Dave Davies M 50
418 0:47:02 518 Peter Young M 50

419 0:47:04 1102 Chris Warman M
420 0:47:05 1690 Jaime Massanet-Nicolas M
421 0:47:06 436 Gareth Purnell M
422 0:47:08 1823 Runner 1823 M
423 0:47:08 437 Alex Brown M
424 0:47:09 772 David Gascoigne M 40
425 0:47:10 1498 Gill Kellam F 40 Les Croupiers
426 0:47:11 551 Ian Merrick M
427 0:47:12 1694 Helen Protheroe F
428 0:47:12 1852 Tim Newton M
429 0:47:13 630 Christopher Bache M 40
430 0:47:14 1179 Mark Picton M 40
431 0:47:16 981 Eifion Jones M 45
432 0:47:17 603 Peter Hawkins M 40
433 0:47:18 986 Kelvin Lucas M 50
434 0:47:19 1289 Neil Couston M
435 0:47:20 561 Alan Yule M 40
436 0:47:20 1189 Simon Burns M
437 0:47:22 1404 Tarzan Lavelle F 50
438 0:47:22 1726 Peter Harrop M 45
439 0:47:26 771 Judi Bowsher F 45 Les Croupiers
440 0:47:28 989 Libby Lavis F 45 Brackla Harriers
441 0:47:29 766 Malcolm Bradley M 55
442 0:47:29 1511 Owen Pearse M
443 0:47:31 1843 Matthew Locke M
444 0:47:31 1406 The Young One Slaughter F 35
445 0:47:33 1158 Ann Rowell F 50 TROTS
446 0:47:35 1560 Craig Fitzek M
447 0:47:37 886 Beverley Dorsett F 35
448 0:47:37 661 Stephen Whitmarsh-Knight M 60
449 0:47:40 1749 Neil Thomas M Islwyn R C
450 0:47:40 569 Steffan Thomas M
451 0:47:42 1567 Tom Levett M
452 0:47:44 1522 Johnny Lam M
453 0:47:47 315 Bob Jones M 45
454 0:47:47 1596 Raymond James M 45 Port Talbot Harriers
455 0:47:47 1773 Sarah Hosford F 35
456 0:47:48 1201 Anita Tucknutt F Les Croupiers
457 0:47:48 1821 Stuart Pockett M
458 0:47:50 1231 Andrew Matthews M 40
459 0:47:53 728 Andrew Sedgmond M 50 Les Croupiers
460 0:47:53 849 Kristian Gardner M
461 0:47:55 1336 Simon Morse M
462 0:47:55 1819 Nicholas D Young M
463 0:47:58 1057 Rachel Morgan F Cardiff A A C
464 0:47:59 789 Jose Rivas M
465 0:47:59 1256 Alex Johnston M
466 0:48:01 664 Malcolm Cox M 55
467 0:48:01 1564 Peter Rusin M
468 0:48:01 1039 Ben Reid M
469 0:48:04 1527 Sian Evans F 35
470 0:48:05 770 Mike Eatough M 45 Devizes RC
471 0:48:05 1298 Ian O'Sullivan M
472 0:48:06 340 Ross Lewis M
473 0:48:09 1122 Guy Watkins M
474 0:48:09 1695 Aidan Dickson M
475 0:48:10 818 Menna Morgan F 45
476 0:48:10 611 Rod Harris M 40
477 0:48:10 612 Caroline Harris F 40
478 0:48:11 444 Tony Smith M 45
479 0:48:14 1412 Richard Saunders M
480 0:48:15 1339 Matthew Kennedy M
481 0:48:16 1831 Runner 1831 M
482 0:48:16 1210 Sybil Upton F 50
483 0:48:18 438 Neil Pilliner M
484 0:48:19 308 Curt Price M
485 0:48:22 1530 Gerard O'Keeffe M
486 0:48:23 1775 Alistair Hargreaves M
487 0:48:24 1774 Graham Kelly M
488 0:48:25 1855 Jeff Williams M 40
489 0:48:26 1372 Justine Jordan F
490 0:48:27 1223 Andrew William Lewis M 40
491 0:48:27 1595 Helen Davies F
492 0:48:27 1072 Emma Rawlings F Severn A C
493 0:48:29 1118 Tristan Findlay M
494 0:48:30 1758 Emma Langdon F
495 0:48:30 353 Jeremy Manship M
496 0:48:31 513 Hannah Cronin F
497 0:48:32 1482 Stephen Quinn M
498 0:48:33 695 Robert O'Shea M
499 0:48:33 1741 Matt Norman M 40
500 0:48:35 609 David Griffiths M 50
501 0:48:36 1761 Jilly Holroyd F
502 0:48:36 1113 Steve Hill M 40 Penarth & Dinas

503 0:48:36 1861 Runner 1861 M
504 0:48:36 1760 Amber Penrith F
505 0:48:37 604 Neil Williams F 40
506 0:48:40 777 Paul McKenzie Cummins M Les Croupiers
507 0:48:46 347 Dom Hurford M
508 0:48:46 202 Tim Kaye M
509 0:48:47 1098 Elaine Hillery F 45
510 0:48:48 1099 Simon Cartlidge M
511 0:48:49 273 Richard Brooks M
512 0:48:49 663 Carl Colwill M
513 0:48:49 662 Jane Phillips F 35
514 0:48:50 278 Colin Saunders M 40
515 0:48:52 1368 Peter Quinn M 50
516 0:48:53 1312 Michael Hales M
517 0:48:53 1542 Martin Walker M 45
518 0:48:56 1802 Thomas Holt M
519 0:48:56 808 David Proffitt M 50
520 0:48:58 1234 Llyr Morris M
521 0:48:58 1518 Sarah Hardman F
522 0:48:59 361 Stephen Katchi M
523 0:48:59 870 Rachel Walsh F
524 0:49:04 720 Steve Snook M 40
525 0:49:05 1284 Thomas Roberts M
526 0:49:06 363 Esther Roberts F
527 0:49:07 865 Stephen Simmonds M 50
528 0:49:07 1521 Pierre Jotterand M
529 0:49:08 1002 Andrea Williams F
530 0:49:08 333 Dorian Hughes M 40
531 0:49:09 544 Geoff Cram M 60 Chepstow Harriers
532 0:49:10 1125 Jasper Trevelyan M
533 0:49:10 1529 Luc Evans M
534 0:49:12 1697 Gareth John M
535 0:49:12 502 Wayne Edmond M 55
536 0:49:15 306 Ryan Williams M
537 0:49:15 1635 Dean Roberts M
538 0:49:16 1407 John Cadogan M
539 0:49:17 321 Liz Ashton F
540 0:49:20 1558 Suzanne Bull F
541 0:49:22 910 Marcus Bickford M
542 0:49:22 1028 Matthew Hammond M
543 0:49:23 1803 Paul Knight M
544 0:49:23 418 Hamer Lawson M
545 0:49:26 1383 Laurence Moore M 40
546 0:49:28 1074 Kelly Morgan F Pontypridd Roadents
547 0:49:29 1426 Rob O'Dwyer M
548 0:49:29 540 Steve Chadwell M
549 0:49:30 287 Craig Fennell M 40
550 0:49:32 921 Michelle Armour F
551 0:49:33 1826 Carl McClure M
552 0:49:34 94 Colin Lewis M 45
553 0:49:37 761 Jason Richards M 40
554 0:49:39 1093 Matt Deeley M
555 0:49:39 638 Jude Cassam F 40 Les Croupiers
556 0:49:43 1321 James Jones M
557 0:49:43 1152 Liam Addy M
558 0:49:47 1650 Blantina Mukhwana F
559 0:49:47 442 Catherine Bradshaw F 40 Brackla Harriers
560 0:49:47 878 Arthur Phillips M 70 Sospan R R
561 0:49:48 641 Michael Hall M
562 0:49:48 293 Johanna Tucker F 35
563 0:49:49 1134 Tim Coe M
564 0:49:50 545 Richard Williams M
565 0:49:51 1133 Ryan King M
566 0:49:53 320 Geraint Dawe M BBC Runners
567 0:49:54 294 Ian Tucker M
568 0:49:56 461 Peter Chowdhury M
569 0:49:56 54 Robert Price M
570 0:49:56 1401 The Wood Atwood M 55
571 0:49:57 567 Dennis Blunt M 55
572 0:49:58 755 Cennydd Amos M
573 0:49:58 472 Gary Pashley M 55
574 0:49:59 1640 Huw L Morris M 45
575 0:49:59 1116 Scott Jones M 40
576 0:49:59 879 David Morgan M 40 Vale Harriers
577 0:50:06 1686 Bleddyn Edwards M
578 0:50:07 1068 Kerry Rogers M 40
579 0:50:08 332 Jon Wilks M 40
580 0:50:09 874 Nigel Cross M 45 Devizes RC
581 0:50:09 978 Martyn Cooke M
582 0:50:09 1787 Christopher Jones M Port Talbot Harriers
583 0:50:10 906 Caroline Bell F 45
584 0:50:11 1003 Kate Evans F
585 0:50:11 1378 Rachel Clark F
586 0:50:12 1622 Selwyn Williams M 50

587 0:50:13 1389 Howard Painter M
588 0:50:13 1387 Steve Edwards M 40
589 0:50:13 598 Chris Moles M
590 0:50:14 817 Bradlough Culverwell M 45
591 0:50:14 356 Kevin Daniels M 55
592 0:50:14 1008 Manon Edwards F
593 0:50:15 334 Robert Sanders M 50
594 0:50:16 729 John Plowman M 65
595 0:50:18 1736 Matt Leeke M
596 0:50:20 1421 Sue Lawrence F
597 0:50:21 645 James Madden M
598 0:50:22 1140 Paul Bigmore M 50 Brackla Harriers
599 0:50:23 1860 Runner 1860 M
600 0:50:25 653 Derek Morgan M
601 0:50:26 1262 Stephen Williams M 45 Les Croupiers
602 0:50:29 844 Harvey Johnson M
603 0:50:31 1531 Sam Macmanus F
604 0:50:34 1829 Wayne Owens M 45
605 0:50:35 763 Richmond Fisher M 45
606 0:50:36 1492 Nicholas Emmott M 40
607 0:50:39 1047 Howard Jones M 50 Brackla Harriers
608 0:50:39 1699 Wyn Innes M 40
609 0:50:44 1017 Max Lloyd M
610 0:50:47 1429 Marc Powell M
611 0:50:47 784 Michael Davies M 45
612 0:50:48 380 Richard Woods M 40
613 0:50:49 523 Angharad Roberts F Les Croupiers
614 0:50:52 1533 Sandra Brown F 45
615 0:50:55 1277 Rebecca Milton F
616 0:50:56 81 Andrew Biston M 40
617 0:50:57 1740 Lisa Cleary F 40 Penarth & Dinas
618 0:50:58 841 Melanie Bailey M 55 San Domenico
619 0:50:59 1643 Alan Pyke M 55
620 0:51:01 1590 Stephen Johnson M 45
621 0:51:02 1221 Richard Llewellyn M 40
622 0:51:03 1853 Helen Newton F
623 0:51:03 404 Mike James M 65 Les Croupiers
624 0:51:04 1415 Alice Kibblewhite F
625 0:51:08 390 Mark Cleland M
626 0:51:08 901 Arthur Smith M 55 Dudley Kingswinford
627 0:51:09 774 Bryan Davis M
628 0:51:11 182 Steven Morris M
629 0:51:12 1431 Daryn Michael M
630 0:51:13 1318 Gwen Smith F 40 Swansea Harriers
631 0:51:13 850 Eurig Jenkins M 40
632 0:51:14 668 Beverley Warburton F 40
633 0:51:16 426 Ian Warner M 45
634 0:51:16 1485 Sian Hughes F
635 0:51:17 1228 Matthew Mallett M
636 0:51:17 1809 Lindsey Davies F 35
637 0:51:18 1235 Dave Charrett M 50
638 0:51:18 1837 Ian Harris M
639 0:51:18 424 Richard Simpson M 40
640 0:51:18 543 Martin Weller M
641 0:51:19 1858 Hywel Tomos M
642 0:51:21 1691 David Place M 40
643 0:51:22 203 Janice Clement F 45
644 0:51:22 855 Richard Hamer M 40
645 0:51:23 1570 Laura Doheny F 45
646 0:51:24 378 Loraine Harris F 50 Westbury Harriers
647 0:51:26 1840 Andrew Llewellyn M
648 0:51:27 782 Richard Amos M
649 0:51:27 1097 Adrian Mathias M 40
650 0:51:28 1598 Sue Charles F
651 0:51:28 464 Andrea Reynolds F 40 SX Harriers
652 0:51:29 1857 Mark Dineen M
653 0:51:30 1381 Sara Macbride-Stuart F 35 Les Croupiers
654 0:51:32 1862 Neil Sargent M
655 0:51:34 1592 Gillian Jack F 40
656 0:51:34 1327 Steven Jenkins M 40
657 0:51:35 1430 Dave Brooks M
658 0:51:36 1340 Nicholas Wager M
659 0:51:37 272 Sarah Gage F 35
660 0:51:37 1836 Peter Whittemore M 55
661 0:51:38 1618 Robert Dalgeish M 45
662 0:51:39 343 Melanie Youngs F
663 0:51:40 1500 Ben Benson M
664 0:51:41 52 Dewi Thomas M
665 0:51:41 1486 Brian Stephen Jones M 45
666 0:51:41 338 Malcolm Barker M 60 Islwyn R C
667 0:51:42 328 Andrew Morgans M
668 0:51:42 1274 Gul Ornek F
669 0:51:42 1290 Tim Reese M 40
670 0:51:42 425 Julie Owen F 40

671 0:51:50 379 Gillian Marles F 40 Westbury Harriers
672 0:51:50 1824 Jeff Donovan M 40
673 0:51:52 1763 Sally Haselhurst F
674 0:51:53 1267 Paul Kearns M
675 0:51:53 1347 Emma Williams F 35
676 0:51:54 478 Ian Childs M
677 0:51:55 727 Jacqueline Jones F 35 Islwyn R C
678 0:51:55 1811 Tracey Sharratt F TROTS
679 0:51:57 79 Simon Blackburn M 45
680 0:51:58 1804 Rob Lewis M 40
681 0:51:58 375 Gary Smith M 45
682 0:51:59 56 Tim Pearce M
683 0:51:59 434 Matthew Thomas M
684 0:52:02 286 James Ridley M 40
685 0:52:05 1754 Karen Brookland F 40
686 0:52:06 1667 Daniel Austin M
687 0:52:06 725 Marta Simon F
688 0:52:06 1250 Jamie Clarke M
689 0:52:09 1626 Rhys Truelove M
690 0:52:09 1087 Debbie Lister F
691 0:52:12 605 Jennifer Shepherd F Islwyn R C
692 0:52:14 1546 Celia Rumbold F
693 0:52:15 1236 Stephan Turner M
694 0:52:15 1508 Amanda Francesco F
695 0:52:15 1902 Julian Ings M 40
696 0:52:17 1067 Richard Davies M 40
697 0:52:17 1770 Gethyn Evans M 50
698 0:52:18 1374 Paul Tucker M
699 0:52:19 1438 Ceri Fielding M
700 0:52:20 719 Steven Vaughan M
701 0:52:21 473 Rhianydd Gardiner F
702 0:52:21 208 Jason Foster M
703 0:52:22 1632 Dean Lewis M
704 0:52:25 1504 Rachel Prince F 35
705 0:52:27 483 Phillip Doel M 45
706 0:52:29 368 Gareth Herdman M 45
707 0:52:32 96 Liz Lewis F
708 0:52:34 222 Tanis Hand F 45 TROTS
709 0:52:37 1788 Anthony Vallario M Port Talbot Harriers
710 0:52:37 1010 Ty Ward M
711 0:52:38 1007 Neil Tatnell M 50 Les Croupiers
712 0:52:38 1200 Mike Williams M 50
713 0:52:39 1419 Phil Harding M
714 0:52:39 1844 Runner 1844 M
715 0:52:39 1109 Alex Wright F
716 0:52:39 309 Steven Percey M
717 0:52:40 427 Hugh Price M 55
718 0:52:41 919 Sally-Ann Evans F 35
719 0:52:41 266 Sian Davies F
720 0:52:41 90 Sarah Irwin F 35
721 0:52:42 707 Kevin John Williams M 50
722 0:52:44 1270 Jeffery McCue M 45
723 0:52:44 1402 Captain Marvel Davies M 45
724 0:52:45 1742 Alun Harper M 45
725 0:52:46 847 Mary Murray F 45
726 0:52:46 1286 Thomas Player M
727 0:52:47 1085 Kevin O'Leary M 45
728 0:52:48 1369 Paul Fackrell M 40
729 0:52:49 1320 Julie Roche F 35 Fairwater Runners
730 0:52:53 289 Nick Cowley M 40
731 0:52:53 1427 Gareth Jones M
732 0:52:53 1180 Jeanette Picton F 40
733 0:52:55 1901 Runner 1901 M
734 0:52:56 803 Emily Luke F
735 0:52:58 1040 Michael Rossiter M 45
736 0:52:58 908 Julia Grey F 40
737 0:52:58 1348 Nathan Harvey M
738 0:52:59 857 Glynne Leach M 50
739 0:53:00 1778 Craig Skidmore M
740 0:53:01 1582 Sara Richards F
741 0:53:01 1030 Helen Brunel-While F
742 0:53:02 1150 Dafydd Bevan M
743 0:53:03 304 Rhodri Jones M
744 0:53:04 1332 Robin Powell M
745 0:53:05 385 Richard Brown M 55 Sheen Shufflers
746 0:53:06 60 Jim Dolan M 50
747 0:53:07 200 A Watt M 45
748 0:53:07 1376 Katherine Tucker F
749 0:53:10 1584 Richard Chivers M
750 0:53:10 1856 Amanda-Jane Morgan F TROTS
751 0:53:11 716 Lon Morgan F 45 TROTS
752 0:53:11 1050 Stuart Burrows M
753 0:53:13 1110 Jo Lord F 40 Hay Hofooters
754 0:53:13 1548 Chris Anderson M 40

755 0:53:14 507 Emma Burnside F
756 0:53:14 950 Simon Thomas M
757 0:53:15 1834 Gwyn Jones M 40
758 0:53:15 696 Lisa Jane Saunders F 40
759 0:53:16 1124 Philip Bosley M 40
760 0:53:16 1536 Iolo Evans M
761 0:53:18 1801 Nathan Cotterrall M
762 0:53:18 1155 Sasha Macken F Les Croupiers
763 0:53:19 1532 Chris Macmanus M
764 0:53:20 731 Melanie Cross F 35
765 0:53:21 1418 Geraint Thomas M
766 0:53:21 1607 Norman Taplin M 55
767 0:53:23 1554 Brian Evans M
768 0:53:23 319 Bob Watson M
769 0:53:24 1353 Paul Hamlin M
770 0:53:25 1613 Emma Taplin F 35
771 0:53:25 227 Paul Darby M
772 0:53:27 976 Sarah Morris F 35
773 0:53:29 344 Gareth Williams M
774 0:53:34 613 Gary Pearce M 40
775 0:53:35 326 Stephen Price M
776 0:53:36 108 Kev Binns M Memory Lane Cakes
777 0:53:37 564 Chris Webber M
778 0:53:38 1240 Coleen Birch F Islwyn R C
779 0:53:39 697 Keith Clash M 45
780 0:53:41 1285 Jessica Reid F
781 0:53:42 1046 Stephen Israel M
782 0:53:42 550 Robin Jeffreys M 45
783 0:53:44 1177 Gavin Griffiths M
784 0:53:44 1048 Maria Porter F Islwyn R C
785 0:53:49 681 Paul Blake M 40
786 0:53:50 846 Dewys Macdonald M 55
787 0:53:51 1276 Ross Cannon M
788 0:53:51 1081 Charlie Major M Westbury Harriers
789 0:53:52 1245 Tracey Newman F 35 Les Croupiers
790 0:53:52 1806 Mark Harris M
791 0:53:52 342 Stephanie Perrett F
792 0:53:53 1326 Mel Hopkins M 40
793 0:53:58 892 Mark Pringle M
794 0:53:58 1638 Paul O'Neill M 45
795 0:53:59 1127 Satoko Taguchi F
796 0:54:01 1698 Steve Mullane M
797 0:54:04 383 Jon Bell M
798 0:54:08 1063 Lynette Cannings F 45
799 0:54:08 702 Gerard Smith M 45
800 0:54:08 649 Peter Tanner M 40 Great Western Runners
801 0:54:09 1062 James Rowe M 40
802 0:54:10 1173 Steve Goodfellow M 40
803 0:54:10 161 Barry Burch M Memory Lane Cakes
804 0:54:11 193 Sarah Stevens F
805 0:54:12 1145 Rachel Bowen F
806 0:54:16 1808 Runner 1808 M
807 0:54:20 960 Helen Griffiths F Les croupiers
808 0:54:23 1269 Simon Kinsey M
809 0:54:27 1583 Paul Davies M 55
810 0:54:28 964 Rhys Powys M 40
811 0:54:32 1015 Elen Willis F Les Croupiers
812 0:54:33 430 Tracy Haughton F 40
813 0:54:33 685 Nigel Jones M 50
814 0:54:33 822 Andrew Sidney M
815 0:54:34 374 Richard Knowles M 55
816 0:54:34 514 John Cronin M 45
817 0:54:34 1783 Matthew Greenough M
818 0:54:36 1753 Clare Hingott F
819 0:54:36 829 Allen Bevan M 50
820 0:54:37 1371 Neil Quigley M 40
821 0:54:37 1752 heather Smith F
822 0:54:37 866 Emma Williams F
823 0:54:42 692 Ceridwen Wilson F 40
824 0:54:42 235 Linda Rockett F 35 Clevedon A C
825 0:54:43 1755 Joe Cartwright M 45
826 0:54:44 121 Michael Murray M Memory Lane Cakes
827 0:54:44 511 Kathryn Sweetman F Running 4 women
828 0:54:44 1408 Stephen Davies M
829 0:54:50 1904 Lyn Rees F 50
830 0:54:50 881 Neal Walkley M
831 0:54:51 51 Darrell Walkley M
832 0:54:51 1566 Linda Taylor F 35
833 0:54:51 709 Terry Vickery M 65
834 0:54:53 536 Mark Beattie M
835 0:54:53 1058 Peter Lavalette M
836 0:54:53 995 Dylan Owian Huws M
837 0:54:54 1019 Sian Griffith F
838 0:54:56 447 Trevor Durbridge M 50

839 0:54:56 1646 William Thomas M
840 0:54:56 1064 Helen Barrett F
841 0:54:58 184 Niall Hughes M
842 0:54:58 945 Tony Hall M 55
843 0:55:02 787 Joanne Powell F
844 0:55:02 979 Ronald Leach M 45
845 0:55:04 1644 Colin J Newman M 55
846 0:55:04 938 Sion Roberts M 40
847 0:55:05 1744 Runner 1744 M
848 0:55:06 337 Adrian Brogan M
849 0:55:07 1587 Helen Medley F
850 0:55:08 1859 Stuart Devonald M
851 0:55:08 1086 Adam Jones M
852 0:55:09 1399 Alex Loxton M
853 0:55:11 640 Javier Castro Carrasco M
854 0:55:11 684 Samuel Oliván M
855 0:55:12 1313 Sarah Turpin F
856 0:55:13 820 Peter Macfarlane M
857 0:55:14 192 Estilla Stanford F
858 0:55:14 191 Christopher Stanford M
859 0:55:14 1166 Robert Evans M
860 0:55:16 1577 Christopher Bloodworth M 45
861 0:55:18 1576 Dylan Morris M
862 0:55:18 860 Andrew Bishop M 40
863 0:55:21 797 Tom Williams M
864 0:55:22 582 Mostyn Jones M
865 0:55:24 1363 Michael Eyre M
866 0:55:25 980 Patricia McFarlane F 45 Penarth & Dinas
867 0:55:32 70 Lloyd Watkin M
868 0:55:33 1435 Sally Martin F
869 0:55:36 296 Sue Wooller F 35
870 0:55:37 416 Clare Blackledge F 35
871 0:55:38 1128 Colin Gaffney M 45
872 0:55:38 790 Sarah Hartrey F Brackla Harriers
873 0:55:39 1288 Damon Lamrick M
874 0:55:39 887 Mark Rostron M
875 0:55:39 1287 Karen Tuckfield F
876 0:55:39 318 Alun Protheroe M 45
877 0:55:40 718 David Chamberlain M
878 0:55:51 675 Kathryn Petersen F 35
879 0:55:53 644 Jane Ellison F
880 0:55:55 423 Chris Sollars M 45
881 0:55:56 401 Simon Morgan M 40
882 0:55:57 957 Glyn Smith M 50
883 0:55:59 1161 Catherine Crimmins F
884 0:55:59 1671 Jamie Brotherton M
885 0:56:00 1663 Aneirin Hughes M 45
886 0:56:02 962 Cath R Rowlands F 35 Running 4 women
887 0:56:03 812 James Rudolf M
888 0:56:03 1480 Tracey Watton F 35
889 0:56:04 648 Mark Donovan M 50
890 0:56:04 915 Andrew Thomas M 40
891 0:56:05 1310 Kim Powell F
892 0:56:06 721 Alun Powell M 55
893 0:56:08 1420 Gary Johnson M
894 0:56:08 1333 Bryan Isaac M 55
895 0:56:13 1037 Neil Pugh M
896 0:56:14 738 Beth Jones F
897 0:56:16 1009 Lowri Cynan F 40
898 0:56:17 1805 Runner 1805 M
899 0:56:19 239 Maggie Vinestock F 40
900 0:56:20 1100 Dai Morris M 45
901 0:56:20 267 Una Jones F 40
902 0:56:21 1830 Rita Kingdon F Centurion
903 0:56:23 336 Francine Clark F 35
904 0:56:25 706 Jennifer Stone F 35
905 0:56:25 743 Tegryn Jones M
906 0:56:25 75 Andrew Cowley M 50
907 0:56:27 1428 John Mills M
908 0:56:30 345 Sarah Tudor F 35
909 0:56:31 619 Paul Hartery M
910 0:56:32 468 George Venables M 50 South Wales Police A C
911 0:56:32 1092 James Graham M
912 0:56:34 621 Duncan Grant M 45
913 0:56:34 1637 david Pope M
914 0:56:34 1815 Phillip Reardon Smith M
915 0:56:35 1392 Dawn Marie Israel F
916 0:56:35 1168 Catriona Findlay F 35
917 0:56:36 1096 Paula Kennedy F 35
918 0:56:37 1735 Sarah Cleary F
919 0:56:37 396 Mairwen Price F 40
920 0:56:37 553 Donna Thomas F 40
921 0:56:38 585 Stephen Holderness M
922 0:56:40 583 Sarah Watkins F

923 0:56:40 1692 Llinos Phillips M
924 0:56:41 674 Terry Wesson M 65
925 0:56:41 974 Sarah Cuddihy F 40
926 0:56:45 1537 Mark Jones M
927 0:56:48 1666 Roger McPherson M 40
928 0:56:49 1780 David Ewing M
929 0:56:53 806 Amy Williams F
930 0:56:54 599 Katherine Duerdoth F
931 0:56:55 823 James Gladwin M
932 0:56:56 1822 Runner 1822 M
933 0:56:56 484 Christopher James M 40
934 0:56:57 408 Gary Collier M 60
935 0:56:59 1136 Daniel Jones M 45
936 0:57:00 1308 Ruth Morris F 50
937 0:57:00 1197 Becky Houghton F
938 0:57:02 948 Zoe Morris M
939 0:57:04 311 Tessa Adams F 60
940 0:57:06 1488 Christopher Carless M
941 0:57:07 810 Sarah Stroud F 35
942 0:57:09 733 Robert Tarbuck M 45
943 0:57:09 633 Peter Clark M 50
944 0:57:10 1175 Vanessa Coates F
945 0:57:12 1645 Joanar Edwards F 35
946 0:57:13 57 Madeleine Newcomb F 50
947 0:57:15 1653 Leo Cohen M
948 0:57:16 776 Noel Powell M
949 0:57:16 1317 Tom Shapland M
950 0:57:19 111 Mark Owen M Memory Lane Cakes
951 0:57:19 966 Matthew Jones Smith M
952 0:57:20 652 James Doyle M
953 0:57:20 845 Sandy Gupta M
954 0:57:24 455 Paul Wesson M
955 0:57:25 690 Peter Jawicijevic M 50
956 0:57:27 1306 Kristina Enticott F
957 0:57:30 939 Clive Evans M 65
958 0:57:31 1734 Runner 1734 M
959 0:57:33 1101 Mr McGranaghan M 50
960 0:57:34 1148 Robert Larkins M 50
961 0:57:36 169 Don Griffiths M Memory Lane Cakes
962 0:57:36 325 Guto King M
963 0:57:37 723 Stuart Ramsey M 45
964 0:57:37 724 Victoria Padfield F
965 0:57:40 990 Lesley Alexander F 45 Brackla Harriers
966 0:57:40 1510 Katja Burk F
967 0:57:41 194 Janice St. Johns F
968 0:57:43 1247 Kathryn Ling F 35
969 0:57:46 454 Anne Wesson F 35
970 0:57:46 245 Ann Thomas F
971 0:57:48 949 Alan Bladen M 70 Les Croupiers
972 0:57:49 62 Marcus Constantinou M 40
973 0:57:49 1649 Andrew Whetton M
974 0:57:51 1029 Bethan Parry F
975 0:57:54 61 Vivian Davies M 45
976 0:57:54 220 Steven Murphy M 50
977 0:57:54 1562 Sarah Varrall F 45
978 0:57:55 1082 Claire Bateman F
979 0:57:56 1470 Tamera Clark F
980 0:57:57 838 Barry Morgan M Fairwater Runners
981 0:57:58 1307 Cath Morris F
982 0:58:00 574 Sally Edwards F 45
983 0:58:00 573 Steve Edwards M 45
984 0:58:00 1232 Matthew Lloyd M
985 0:58:00 1233 Joanne Lloyd F
986 0:58:03 1220 Gwynfor Davies M 50
987 0:58:03 1785 Michael Hansford M 55
988 0:58:04 525 Seimon Edwards M
989 0:58:06 876 Julia Davies F 45 Llisbury Runners
990 0:58:06 563 Peter O'Connell M
991 0:58:06 350 Emma Mathias F
992 0:58:07 1309 Niall Williams M
993 0:58:07 1439 Lee Rowley M
994 0:58:07 132 Alex Young M Memory Lane Cakes
995 0:58:10 501 Grant McKay M 55
996 0:58:10 1664 Mair Thomas F 50
997 0:58:11 295 Eleanor Hadgraft F
998 0:58:11 1528 Phil Chappell M
999 0:58:11 1335 Paul Barnes M 40
1000 0:58:13 972 Paul Atkins M 50
1001 0:58:14 1341 Gabrielle Jones F
1002 0:58:16 1565 Lisa Williams F
1003 0:58:16 1555 Phillip Trenchard M 55
1004 0:58:16 1273 Andrew Richards M
1005 0:58:21 1026 Pete Regan M 40
1006 0:58:23 1258 Wayne Goodfield M

1007 0:58:23 626 Gareth Beard M
1008 0:58:24 971 Michael Waters M
1009 0:58:24 1745 Runner 1745 M
1010 0:58:26 988 Richard Davies M
1011 0:58:27 1425 Craig Ryan M
1012 0:58:30 411 Geoffrey Pearce M 50
1013 0:58:31 667 Jenny Johnson F 40
1014 0:58:31 1478 Joanne Kershaw F
1015 0:58:32 1095 Gareth Denton M
1016 0:58:36 1810 Tom Dyer M 55
1017 0:58:39 1345 Ian Janes M
1018 0:58:39 1156 Stephen Rees M 55
1019 0:58:41 1066 Desmond O'Duffy M 40
1020 0:58:45 1835 Runner 1835 M
1021 0:58:46 1205 Catherine Llewellyn F 40
1022 0:58:46 1278 Georgina Govier F 40
1023 0:58:47 875 Tony Dorsett M 65 Les Croupiers
1024 0:58:47 310 Sian Percy F
1025 0:58:48 924 Huw Mason M 50
1026 0:58:49 1502 David Sims M
1027 0:58:49 133 Mike Woods M Memory Lane Cakes
1028 0:58:50 1574 Anna Helsing F 40 Penarth & Dinas
1029 0:58:54 670 Joshua James M
1030 0:58:54 324 Alan Ward M
1031 0:58:55 712 Christopher James M
1032 0:58:56 710 Paul Skinner M
1033 0:58:58 225 Rhys Smith M
1034 0:58:59 922 Jacqueline Moran F 40
1035 0:59:00 1169 Andrew Trott M
1036 0:59:00 1139 Andrew Owens M 40
1037 0:59:00 894 Robert Ryan M 50
1038 0:59:01 1159 Claire Lewis F 40
1039 0:59:02 1356 Diane Hains F 55
1040 0:59:03 929 Suzanne Thickens F
1041 0:59:04 1572 Tracy French F 40
1042 0:59:05 1520 Lynn Goward F 40
1043 0:59:05 1573 French Julian M 40
1044 0:59:07 76 Rhiannon Packer F 35
1045 0:59:09 736 Aranka Pratt F 55
1046 0:59:09 920 Linda Anne Smith F 40
1047 0:59:10 449 Stephen Harris M 45
1048 0:59:13 904 James Stevens M
1049 0:59:13 1322 Morgan Thomas M 40
1050 0:59:16 1178 Richard Bibb M Dudley Kingswinford RFC
1051 0:59:17 1084 Ruth Hambley F 35
1052 0:59:22 376 Matthew Harris M 40
1053 0:59:24 737 Derrick Harris M 65
1054 0:59:25 348 Michele Reynolds F 40
1055 0:59:26 152 Paul James M Memory Lane Cakes
1056 0:59:26 291 Elizabeth Studley F
1057 0:59:29 592 Will Powell M
1058 0:59:30 539 Jane Flewitt F
1059 0:59:31 1268 Gavin Phillips M
1060 0:59:31 953 Andy Rowlands M 40
1061 0:59:32 581 Katie Jones F
1062 0:59:32 794 Valerie Meechan F 55 Angels Runners
1063 0:59:32 187 Barry Phillips M 55
1064 0:59:32 352 Richard Phillips M
1065 0:59:33 216 Runner 216 M
1066 0:59:33 1334 Anwen Hopkins F
1067 0:59:34 572 Russell Davies M
1068 0:59:34 389 Phillip Bolton M 55
1069 0:59:36 1004 Carl Rose M
1070 0:59:36 1056 Vic Williams F
1071 0:59:38 1467 Dave Winterfelt M
1072 0:59:39 1251 Anna Peace F
1073 0:59:39 1411 Steve Nickerson M
1074 0:59:40 1547 Helen Kerbey F 35
1075 0:59:44 954 Robert Smith M 45
1076 0:59:44 524 Gwen Thomas F
1077 0:59:44 1593 Neil Edwards M 40
1078 0:59:45 1551 Stuart Barrow M
1079 0:59:45 470 Michael Johns M 45
1080 0:59:47 1779 Lann Niziblian M
1081 0:59:47 1678 Andrew Prickett M
1082 0:59:48 471 Christopher Johns M 40
1083 0:59:48 975 Geraint Lloyd Griffiths M
1084 0:59:48 135 David Bull M Memory Lane Cakes
1085 0:59:49 996 Fadi Baydon M
1086 0:59:52 4 John Fairclough M 50
1087 0:59:58 1672 Jennifer Williams F
1088 0:59:59 369 Morwenna Herdman F
1089 1:00:00 508 Pamela Clancy F
1090 1:00:00 1468 Lisa Davies F 35

1091 1:00:00 167 Andy Micklesborough M Memory Lane Cakes
1092 1:00:00 1469 Ann-Marie Frances F 35
1093 1:00:01 1437 Donald Fraser M
1094 1:00:01 1259 Kerry Francis F 40
1095 1:00:02 1059 Wieser Rainer M 40
1096 1:00:06 1061 Neil Cope M 40
1097 1:00:06 597 Kevin Gregory M 40
1098 1:00:08 923 Kristian Rogers M
1099 1:00:08 899 Joanne Greenwood F Les Croupiers
1100 1:00:09 1203 Sandra Stevens F 55
1101 1:00:09 462 Bethan Hughes F
1102 1:00:09 998 Kate Turner F
1103 1:00:10 510 Alun Edwards M
1104 1:00:11 327 Hayley Ring F
1105 1:00:13 867 David Tanner M 50
1106 1:00:14 519 David Rees M 40
1107 1:00:15 1832 Barrie Desmond M 40
1108 1:00:15 1833 Helen esmond F 40
1109 1:00:18 154 Jackie Mudge F Memory Lane Cakes
1110 1:00:19 579 Michaela John F
1111 1:00:20 322 Jeffrey Rowland M
1112 1:00:21 1680 Ann Jones F 40
1113 1:00:22 1552 Carolyn Thomas F 40
1114 1:00:23 1126 James Scott M
1115 1:00:29 177 Simon Rowe M Memory Lane Cakes
1116 1:00:30 932 Susan Bibb F 35 Dudley Kingswinford RFC
1117 1:00:31 999 Ian Hill M
1118 1:00:37 1211 Graham Jenkins M 45
1119 1:00:37 1212 Laura Jenkins F
1120 1:00:40 521 Jane Chappelle F 40
1121 1:00:49 654 Matthew Williams M
1122 1:00:49 969 Paul Phillips M 45
1123 1:00:50 1117 Joanne Murphy F
1124 1:00:51 554 Paul Thomas M 40
1125 1:00:53 1781 Jane Brookes F
1126 1:00:54 1171 Justine Blunsdon F 35
1127 1:00:54 1172 Bill Blunsdon M 40
1128 1:00:54 1681 Sue Williams F 40
1129 1:00:55 607 Tom Griffiths M
1130 1:00:55 1512 John Hurst M
1131 1:00:56 1513 Mark Evans M
1132 1:00:57 66 Angela Champion F
1133 1:00:58 77 Michael Griffiths M 45
1134 1:00:59 658 Steven Powell M
1135 1:00:59 657 Michelle Powell F
1136 1:01:03 446 Richard Penny M 55
1137 1:01:04 628 Karen Ceeney F 45 Lliswerry Runners
1138 1:01:06 1483 Beverly Rogers F 35
1139 1:01:07 666 Jacqueline Powell F 45
1140 1:01:07 367 Kim Rockcliffe F 45
1141 1:01:07 618 Marianne Burridge F 45 Fairwater Runners
1142 1:01:08 230 Matthew Vanstone M
1143 1:01:15 1516 Mered Pryce M
1144 1:01:15 1515 Jo Cameron F
1145 1:01:15 952 Lisa Davies F 35
1146 1:01:15 951 Lisa Thomas F 35
1147 1:01:16 500 Ilya Duval M 40
1148 1:01:16 534 Melissa Jenkins F
1149 1:01:19 1044 Gerald Curtis M 50
1150 1:01:21 1075 Joanna Williams F
1151 1:01:22 1184 Deb Smith F 35
1152 1:01:24 994 Mary Gent F 45
1153 1:01:27 422 Bill Eaton M 70
1154 1:01:30 956 Kevin Llewellyn M 50
1155 1:01:30 936 Pru Marriott F 40
1156 1:01:33 1689 Matthew S Williams M
1157 1:01:33 1330 Carys Davies F 35
1158 1:01:35 967 Mark Evans M
1159 1:01:38 1673 Claire Knowles F
1160 1:01:39 1261 Phil Allen M 45
1161 1:01:39 98 Elin Lloyd Jones F 35
1162 1:01:41 1296 Deborah Spurrier F 40
1163 1:01:42 1295 Paul Spurrier M 40
1164 1:01:42 1316 David Hawkins M
1165 1:01:43 1070 David Wright M 40
1166 1:01:43 535 P Daniels M
1167 1:01:45 616 Charles Davies M 70
1168 1:01:46 893 Kate Miller F
1169 1:01:47 1484 Jocelyn Andrews F 45
1170 1:01:47 576 Helena Sykes F
1171 1:01:49 1354 Tracy Smith F 40
1172 1:01:50 270 Ailsa Petchey F 35
1173 1:01:53 1410 Anthony Lockyer M
1174 1:01:53 591 Richard Davies M

1175 1:01:55 1020 Josephine Golding F
1176 1:01:56 452 Kathryn Crimmins F 40
1177 1:01:56 1519 Sarah Fisher F
1178 1:01:56 1079 Christopher Rees M 45
1179 1:01:57 197 Alison Turner F
1180 1:02:03 150 Tony Brown M Memory Lane Cakes
1181 1:02:06 1738 Andrew Pugh M 40
1182 1:02:08 1167 Louise Brodrick F 40
1183 1:02:13 409 Cathy Hallows F 35
1184 1:02:14 785 Emily Harmer F
1185 1:02:15 775 Michael Harmer M 55
1186 1:02:18 1669 Andrew Feyi-Wabeio M 45
1187 1:02:19 916 Wendy Thomas F 40
1188 1:02:20 1479 Kerry Snell F
1189 1:02:24 1045 Glenys Curtis F 50
1190 1:02:27 1747 Bethan Lock F 60
1191 1:02:32 1550 Anna Anderson F 35
1192 1:02:32 388 Charlotte Brown F
1193 1:02:37 1597 Suzanne Chittenden F
1194 1:02:39 1106 Natasha Louca F
1195 1:02:40 237 Karen Mingay F 35
1196 1:02:40 914 Tracey Ann Fraser F 35
1197 1:02:41 913 Stephen Keith James M
1198 1:02:41 1112 Harris Harris M
1199 1:02:42 456 Simon Hudd M 40
1200 1:02:43 555 Sarah Jenkin F
1201 1:02:46 620 Hannah Goodson F
1202 1:02:46 522 Rachel Gillard F
1203 1:02:48 1539 Reza Khosravi M 40
1204 1:02:49 209 Hazel Foster F
1205 1:02:50 412 Neil Price M 55 Islwyn R C
1206 1:02:51 760 Amanda Kirk F
1207 1:02:52 848 Martyn Grey M
1208 1:02:57 393 Christine Anne Long F 45
1209 1:02:59 869 Neil John Jepps M 40
1210 1:03:00 168 Huw Wilson M Memory Lane Cakes
1211 1:03:01 559 Paula Thomas F 45 Brackla Harriers
1212 1:03:01 734 David Tapper M 60 Islwyn R C
1213 1:03:03 819 Amanda Macfarlane F 35
1214 1:03:03 992 Claire Kelly F
1215 1:03:05 1054 Abigail Hoban F
1216 1:03:08 671 Jan Rayer F 35
1217 1:03:08 1249 Victoria Wright F
1218 1:03:12 1661 Isla Telford F
1219 1:03:13 264 Sarah Pope F 40
1220 1:03:16 752 Anthony Sudworth M 45
1221 1:03:17 825 Martin Riley M
1222 1:03:18 1409 Niklas Harris M
1223 1:03:19 1685 James Caola M 45
1224 1:03:20 206 Laura Cotton F
1225 1:03:24 698 Lowri Bryer F
1226 1:03:25 1198 Nina Houghton F
1227 1:03:26 1688 Martha Jones F
1228 1:03:29 1137 Ruth Martin F 50 Cheltenham Almost Athletes
1229 1:03:30 1052 Lyndsey Thomas F
1230 1:03:31 477 Roy Austin M 40
1231 1:03:33 548 Waseem Chaudhry M 40
1232 1:03:33 549 Shilpa Chaudhry F 40
1233 1:03:38 745 Nick Penn M
1234 1:03:39 749 Jill Bendeaux F 50
1235 1:03:44 1012 Kate Attwood F
1236 1:03:44 163 Linda Spear F Memory Lane Cakes
1237 1:03:45 162 Mathew Spear M Memory Lane Cakes
1238 1:03:45 131 Gary Evans M Memory Lane Cakes
1239 1:03:46 650 Gerry O'Neill M 55
1240 1:03:48 395 Allan Titlestad M
1241 1:03:49 394 Lara Titlestad F
1242 1:03:51 92 Ian Jarman M 55
1243 1:03:52 747 Barsby M 50
1244 1:03:57 458 Phillip Manfield M 45
1245 1:03:58 5 Crespian Masterman M 60
1246 1:03:59 1264 Gillian Murphy F 50 Les Croupiers
1247 1:04:03 1841 Awen Penri F
1248 1:04:04 1842 Llio Penri F
1249 1:04:07 826 Elaine Williams F 50 Islwyn R C
1250 1:04:08 647 Patrizia Donovan F 50
1251 1:04:16 261 Kelly Mason F
1252 1:04:19 485 Kevin Protheroe M 50
1253 1:04:19 1344 Gemma Higgs F
1254 1:04:21 1398 Gareth Jenkins M
1255 1:04:23 984 Edward Newman M 55
1256 1:04:26 487 Bethan Hughes F
1257 1:04:26 183 Claire Lawson F
1258 1:04:30 1176 Judy Wright F 35

1259 1:04:32 1375 Julia Tucker F
1260 1:04:32 1255 Rahoel Ann Howard F
1261 1:04:35 504 Kathryn McKay F
1262 1:04:50 1300 Wayne Jenkins M 45
1263 1:04:52 186 Steve Oldfield M
1264 1:04:52 91 Kate James F
1265 1:04:53 1475 Gordon Sturrock M 60
1266 1:04:54 399 Anne Soulsby F 50
1267 1:04:54 1786 Peter Morgan M 60 Les Croupiers
1268 1:04:57 1658 Rich Pepperell M
1269 1:05:08 1282 Bethan Jones F
1270 1:05:09 1283 Sian Jones F
1271 1:05:09 1329 Colette Patterson F
1272 1:05:09 1903 Gary Rees M 55
1273 1:05:10 1305 Liz Mallen F 40
1274 1:05:18 985 Carl Hier M 40
1275 1:05:19 1038 Cal Marshman F 35
1276 1:05:34 431 Derek Miller M 70
1277 1:05:39 1687 Jane Edwards F
1278 1:05:39 1846 Ruth Marshall F 35
1279 1:05:39 476 Tracy Austin-Brydon F 40
1280 1:05:40 1360 Lyn Farrier F
1281 1:05:42 1908 Philip Hogg M 50
1282 1:05:42 255 Ceri Jones F 45
1283 1:05:47 251 Kathryn Sanders F 35
1284 1:05:47 1585 Nadia Smith F 40 Fairwater Leisure Centre
1285 1:05:52 1379 Sian Coxall F San Domenico
1286 1:05:55 796 Amy Williams F
1287 1:05:57 329 Jo Bradley F
1288 1:05:57 330 Gary Leeds M
1289 1:05:59 1477 Sian Birks F
1290 1:05:59 1143 Mark Davies M
1291 1:06:01 355 Tricia Davidson F 45
1292 1:06:01 354 Stuart Davidson M 50
1293 1:06:14 1748 Philip Breeden M 60
1294 1:06:15 123 Phil Batchelor M Memory Lane Cakes
1295 1:06:23 694 Karen Phillips F 35 Les Croupiers
1296 1:06:28 722 Carl Ramsey M
1297 1:06:36 242 Christina McMullen F 40
1298 1:06:37 1648 Simon Cottrell M
1299 1:06:40 494 Anne Thomas F 45 Chepstow Harriers
1300 1:06:42 1103 Carol Toozer F Womens Running Network
1301 1:06:44 687 Helen Jenkins F
1302 1:06:47 460 Philip Haynes M
1303 1:06:48 459 Anne Louise Haynes F
1304 1:06:56 997 Judith Baydon F 50
1305 1:06:57 1325 Elin Phillips F
1306 1:07:00 246 Sharon Hyett F
1307 1:07:12 241 K Chadwell F 35
1308 1:07:14 1196 Gerald Kemp M 40
1309 1:07:14 1350 Patricia Searle F 45
1310 1:07:22 381 Teresa Davies F 40
1311 1:07:22 632 Linda Clark F 40
1312 1:07:24 1076 Fintan McDonald M 40
1313 1:07:26 532 Iain Radcliffe M 40
1314 1:07:28 1541 Karen Holford F 40
1315 1:07:29 577 Helen Tooke F
1316 1:07:33 1094 Alysia Battersby F 35
1317 1:07:34 779 Peter Rhodda M 50
1318 1:07:37 602 Liz Williamson F 50
1319 1:07:43 226 Charlotte White F
1320 1:07:48 608 Huw Griffiths M
1321 1:07:49 882 Julia Anne Collins F 50
1322 1:07:50 68 Rhianne Elizabeth Attwood F
1323 1:07:51 269 Erica Wood F 35
1324 1:07:53 1174 Susan Edmunds F 45
1325 1:07:56 1252 David Peace M 45
1326 1:08:02 1588 John-Michael Whitehead M 45
1327 1:08:05 851 Louise Carter F 40
1328 1:08:07 590 Michelle Jackson F 35
1329 1:08:11 1813 Amanda Reynolds F
1330 1:08:14 688 Graham Hogg M 50
1331 1:08:15 1751 Rachel Dowling F
1332 1:08:16 1677 Sian Myrddin F
1333 1:08:16 1507 Maxine January F 40
1334 1:08:19 977 Bethan Roderick F
1335 1:08:21 188 Katherine Prior F
1336 1:08:22 1033 Adele Hobbs F 35
1337 1:08:24 693 Glynys Davies F 40
1338 1:08:25 445 Kath Smith F 40
1339 1:08:26 260 Anna Morgan F
1340 1:08:29 651 Angela O'Neill F 40
1341 1:08:33 74 James Rabaiotti M
1342 1:08:37 530 Anneli Smitham F

1343 1:08:55 259 Clare Brown F
1344 1:08:55 858 Christine Faulkner F 35
1345 1:08:56 888 Tracey Probert F 35
1346 1:09:00 767 Nigel Cockram M 50
1347 1:09:00 765 Louise Lang F
1348 1:09:02 314 Linda Burnell F 40 Islwyn R C
1349 1:09:04 1352 Louise Swainston F
1350 1:09:05 1351 Nicola Evans F 35
1351 1:09:09 907 Zoe Whale F 45
1352 1:09:18 113 Tim Wilkes M Memory Lane Cakes
1353 1:09:18 137 Danielle Penny F Memory Lane Cakes
1354 1:09:22 571 Graham Johnson M 60 Serpentine RC
1355 1:09:23 759 June Bull F 55
1356 1:09:23 897 Dennis Morgan M 45
1357 1:09:23 896 Linda Morgan F 50
1358 1:09:24 1324 Lowri Phillips F
1359 1:09:29 475 Sharon Thomas F 35
1360 1:09:38 643 Jenna Prout F
1361 1:09:42 1791 Barbara Voisin F 35
1362 1:09:50 862 Adele Bishop F 40
1363 1:10:02 700 Ray Rivett M 70
1364 1:10:02 1043 Simon Fisher M
1365 1:10:05 420 Sarah Russell F 35
1366 1:10:12 1218 Ruth Condron F 45
1367 1:10:12 1227 Anthony Malcus M 40
1368 1:10:15 1281 Rachel Walters F
1369 1:10:29 1005 Abigail Bullock F
1370 1:10:30 104 Rhys Smith M Memory Lane Cakes
1371 1:10:30 1505 Wyn Jones M
1372 1:10:35 1727 Fiona Campbell F
1373 1:10:37 778 Daphne Austerberry F 60
1374 1:10:52 429 Alexander Jackson M 45
1375 1:10:55 1784 Janette Davies F 45
1376 1:10:56 890 Wendy Williams F
1377 1:10:59 1395 Mandy Chong F
1378 1:11:00 756 Carys Roberts-Amos F
1379 1:11:07 786 Leigh-Anne Bull F
1380 1:11:17 748 Julie Gardener F 45
1381 1:11:19 283 David Coles M Wattsville Harriers
1382 1:11:19 816 Garthine Walker F 40
1383 1:11:31 762 Wendy Fisher F 50
1384 1:11:34 1746 Ian Galligan M
1385 1:11:37 351 Emma Edmunds F 35
1386 1:11:47 1188 Andrew Clark M
1387 1:11:47 750 Linda Starling F 55
1388 1:11:47 1187 Sarah Dawes-Clark F
1389 1:11:48 1164 Michelle Hurley-Tyers F
1390 1:12:00 1207 Charilaos Minas M 40
1391 1:12:01 1206 Kirsty Soutana F
1392 1:12:02 1481 Denise Jones F 35
1393 1:12:31 1493 Giles Jones M
1394 1:12:35 1217 Anwen Lewis F
1395 1:12:36 701 William Mannings M 70
1396 1:12:36 1107 Sian Clyburn F
1397 1:12:46 546 Judith Bibby F 35
1398 1:12:55 217 Joanne Thornborrow F
1399 1:13:21 474 Allun Thomas M R R C
1400 1:13:21 889 Emma Macmillan F 35
1401 1:13:40 386 Deborah Hay-Harris F 45 Lliswerry Runners
1402 1:13:40 414 Ron Harris M 70 Lliswerry Runners
1403 1:13:51 1907 Gillian Morse F
1404 1:13:53 635 Kay Chichester F 45
1405 1:14:02 1301 James Hogg M 70
1406 1:14:02 744 Nikki Wheeler F
1407 1:14:50 1154 Paula Thomas F 40
1408 1:14:50 1153 Beverly Joseph F 45
1409 1:14:57 301 Jan Bloomfield F 55
1410 1:14:59 303 Gareth Williams M
1411 1:15:01 64 Matthew Anthony Morris M
1412 1:15:09 558 Anne Guy F 40
1413 1:15:15 751 Michelle Spiteri F
1414 1:15:28 165 Sat Hanspal M Memory Lane Cakes
1415 1:15:33 297 Ros Griffiths F 40
1416 1:15:39 317 Nick Sinclair M
1417 1:15:45 1359 Linda Parr F 35
1418 1:15:48 276 Lisa Jones F Womens Running Network
1419 1:15:50 1025 Amanda Hales F 35
1420 1:15:54 541 Babs Lewis F 45
1421 1:16:03 268 Katharine Preston F 40
1422 1:16:06 942 Simone Price F 45
1423 1:16:27 925 Martyn England M
1424 1:16:39 807 Anthony Stanford M
1425 1:16:45 486 Helen Norman F 40
1426 1:16:50 1035 Glyn Pearce M Somer A C

1427 1:17:01 1683 Jessie M Brooks F
1428 1:17:08 1854 John Williams M 40
1429 1:17:40 299 Levon Sandercock M
1430 1:17:41 300 Kelly Morris F
1431 1:17:45 265 Paula Bradbury F 35
1432 1:17:45 677 Wendy Clissod F 50
1433 1:17:46 926 Lucy Maller F
1434 1:17:56 263 Katie Jones F
1435 1:18:05 1543 Pamela Walker F 35
1436 1:18:21 262 Kate John F
1437 1:18:21 1141 Chrissie Chandler F
1438 1:19:23 1604 Pam lawson F
1439 1:19:28 302 Lizzie Bloomfield F
1440 1:19:32 82 Louise Chittenden F
1441 1:19:32 87 David Harris M
1442 1:19:38 1579 Julie Cunnigton F
1443 1:19:43 250 Victoria Kirkman F
1444 1:19:43 249 Tom Kirkman M
1445 1:20:32 160 Chloe Bowen-Davies F Memory Lane Cakes
1446 1:20:34 229 Barney Jones M
1447 1:20:34 231 Ben Williams M
1448 1:20:57 122 Pat Jackson F Memory Lane Cakes
1449 1:21:11 100 Bev Sainsbury F Memory Lane Cakes
1450 1:21:11 139 Ann Williams F Memory Lane Cakes
1451 1:22:14 1394 Ailsa Jones F
1452 1:22:14 1390 Helen Bonniface F
1453 1:22:18 801 Karen Rutter F Islwyn R C
1454 1:22:36 228 Michelle Horrocks F
1455 1:22:42 117 Hojack Kazemi M Memory Lane Cakes
1456 1:23:38 119 Lisa Jones F Memory Lane Cakes
1457 1:23:38 128 Pam Akvoko F Memory Lane Cakes
1458 1:24:12 1032 Rachel Burden F 40
1459 1:24:12 428 Ruth Jackson F 40
1460 1:24:47 138 Tracey Jones F Memory Lane Cakes
1461 1:25:27 101 Lisa Morgan F Memory Lane Cakes
1462 1:30:34 126 Melanie Powis F Memory Lane Cakes
1463 1:32:13 144 Ian Elkins M Memory Lane Cakes
1464 1:32:27 114 Johnathan Crowday M Memory Lane Cakes
1465 1:32:33 146 Jeff Thomas M Memory Lane Cakes
1466 1:33:46 118 Alice Pugh F Memory Lane Cakes
1467 1:35:16 116 Ruth Almagro F Memory Lane Cakes
1468 1:36:08 140 Ms Bowen-Davies F Memory Lane Cakes
1469 1:36:29 141 Kath Moore F Memory Lane Cakes
1470 1:36:34 142 Sue Haines F Memory Lane Cakes
1471 1:38:19 127 Julie Osborne F Memory Lane Cakes
1472 1:38:19 110 Andrea Lester F Memory Lane Cakes
1473 1:39:02 130 Rhian Watkins F Memory Lane Cakes
1474 1:39:06 115 Alison Crowday F Memory Lane Cakes
1475 1:57:18 125 Angela Barnes F Memory Lane Cakes
1476 1:57:18 124 Maria Buckley F Memory Lane Cakes
1477 1:57:29 134 Diane Craven F Memory Lane Cakes
1478 1:57:30 164 June Campbell F Memory Lane Cakes
1479 1:57:38 109 Elaine Potter F Memory Lane Cakes
1480 1:57:45 86 Stuart Hancock M 4

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