

HSBC Cardiff 10K & 2K Fun Run
 Sunday 9th Sept. 9.00 am Sophia Gardens

Pos	No	Name	Team	Chiptime	Guntime
1	2	Jermaine Mays	M 24 Kent AC	0:30:14	0:30:14
2	21	Martin Scaise	M 0	0:30:13	0:30:14
3	1430	R Bugden	M 22 Bristol & West	0:30:15	0:30:15
4	25	Darren Bilton	M 0	0:30:17	0:30:17
5	1	Darren Deed	M 29 Bedford & County	0:30:18	0:30:19
6	7	Tim Dalton	M 0 Severn AC	0:30:38	0:30:40
7	16	Simoy Lawson	M 17 Cardiff AAC	0:30:49	0:30:51
8	6	Darren Fowler	M 23 Notts AC	0:30:50	0:30:51
9	14	Gwyn Owyn	M 31 Eryri Harr	0:30:55	0:30:55
10	23	Carl Hardman	M 0	0:30:59	0:31:00
11	22	Ben Jones	M 0	0:31:02	0:31:02
12	24	Dan Augustus	M 0	0:31:04	0:31:04
13	8	Jeremy Bradley	M 0 Cheltenham & County Harr	0:31:04	0:31:05
14	3	Carl Morris	M 27 Wells City Harr	0:31:12	0:31:13
15	12	Richard Gardiner	M 34 Cardiff AAC	0:31:18	0:31:19
16	13	James Williams	M 25 Cardiff AAC	0:31:29	0:31:31
17	841	Peter Grist	M 23 Wells City Harr	0:31:30	0:31:32
18	4	James Baker	M 30 Chichester Runners	0:31:33	0:31:34
19	15	Daniel Gurmin	M 23 Swansea Harr	0:31:49	0:31:50
20	11	Martin Rees	M 54 Neath Harr	0:32:18	0:32:18
21	910	Victor Vinyals	M 35	0:32:31	0:32:31
22	1511	Matt Lockett	M 0 Tipton Harr	0:32:42	0:32:43
23	1437	Alec Woods	M 43 Bristol & West	0:32:53	0:32:53
24	642	Paul Griffiths	M 40 Neath Harr	0:32:53	0:32:55
25	821	Paul Richards	M 0 Neath Harr	0:32:54	0:32:56
26	5	Dean Lacy	M 22 Cambridge Harr	0:32:58	0:32:59
27	931	Lee Aherne	M 41 Club 69	0:33:20	0:33:22
28	867	Stephen Paterson	M 29 San Domenico RC	0:33:23	0:33:25
29	1088	Steven Rees	M 29 Port Talbot Harr	0:33:24	0:33:26
30	706	Phillip Matthews	M 28 Chepstow Harr	0:33:29	0:33:31
31	417	Phil Kibble	M 42 Swansea Harr	0:33:36	0:33:36
32	1454	Mick Doherty	M 47 Bristol & West	0:33:52	0:33:52
33	1295	Richard Bullen	M 46 Les Croupiers	0:33:58	0:34:02
34	1209	Alun Wood	M 38 Bridgend AC	0:34:02	0:34:04
35	527	Edward Takata	M 22 Cardiff AAC	0:34:07	0:34:07
36	889	Stuart Crees	M 29 Les Croupiers	0:34:10	0:34:13
37	414	Stephen Thomas	M 39 Islwyn RC	0:34:35	0:34:37
38	556	Paul Talbot	M 40 Neath Harr	0:34:40	0:34:43
39	594	David Kehoe	M 32	0:34:45	0:34:48
40	1197	Danny Evans	M 21	0:34:47	0:34:49
41	1205	Nick Frost	M 47 Pontypridd Roadents	0:34:49	0:34:50
42	568	Alan Davies	M 55	0:35:04	0:35:06
43	28	Rachel Jones	F 35	0:35:04	0:35:06
44	26	Katie Ingram	F 0	0:35:05	0:35:07
45	939	Nicholas Dukes	M 32 Les Croupiers	0:35:14	0:35:17
46	30	Kate Ramsey	F 35	0:35:20	0:35:21
47	29	Nicky Nealon	F 35	0:35:32	0:35:34
48	324	Peter Morton	M 21	0:35:37	0:35:40
49	18	Alex Donalds	M 27 Cardiff AAC	0:35:49	0:35:51
50	714	Scott Howell	M 47 Les Croupiers	0:35:49	0:35:51
51	682	Steven Sheard	M 32 Cardiff AAC	0:36:04	0:36:06
52	31	Debbie Walters	F 35	0:36:09	0:36:11
53	562	Mick McGeoch	M 52 Les Croupiers	0:36:15	0:36:19
54	1237	Scott Evans	M 31 Sospan RR	0:36:16	0:36:19
55	27	Tess Walker	F 0	0:36:18	0:36:20
56	1658	Symon Murphy	M 26 Pontypridd Roadents	0:36:37	0:36:40
57	1095	Peter Thwaitte	M 23 Tipton Harr	0:36:39	0:36:43
58	1293	Joad Raymond	M 40 Cambridge & Coleridge	0:36:42	0:36:45
59	713	Phillip Jenkins	M 43 Bridgend AC	0:36:44	0:36:48
60	979	Huw Roberts	M 50 Bridgend AC	0:36:46	0:36:49
61	716	Mike Dury	M 30 Islwyn RC	0:36:50	0:36:54
62	1362	Richard Jones	M 49	0:36:52	0:36:56
63	930	Philip Tugwell	M 24 Cornwall AC	0:36:59	0:37:01
64	99	Graham Moore	M 27 Team CISHE	0:37:10	0:37:16
65	1577	James O'Callaghan	M 37	0:37:17	0:37:21
66	420	David Hodgins	M 38	0:37:12	0:37:22
67	20	Tammy Lewis-Jones	F 37 NWRRC	0:37:23	0:37:25
68	860	Andy McCoy	M 32 Cheltenham Harr	0:37:25	0:37:28
69	1277	David Coles	M 47 Les Croupiers	0:37:32	0:37:35
70	1300	Tomos Whitmarsh-Knight	M 0 Cardiff AAC	0:37:33	0:37:43
71	1374	Peter Kellam	M 41	0:37:43	0:37:46
72	501	John Sizer	M 0	0:37:52	0:37:57
73	1273	Michael Davis	M 21	0:37:42	0:37:58
74	1019	Ivan Teed	M 30 Chepstow Harr	0:37:54	0:38:02
75	1247	Arwel Lewis	M 49 Eryri Harr	0:38:00	0:38:03
76	423	Richard Marks	M 57 Garn Helen	0:38:03	0:38:07
77	416	Ben Farag	M 45 Les Croupiers	0:38:11	0:38:15
78	870	Emyr Roberts	M 33	0:38:14	0:38:18
79	921	Dylan Owen	M 43 Les Croupiers	0:38:15	0:38:19
80	925	Charles Walsh	M 32 Port Talbot Harr	0:38:20	0:38:26
81	17	Ann Thomas	F 40 TROTS	0:38:24	0:38:26
82	419	Phil Meyler	M 52 Pontypridd Roadents	0:38:26	0:38:31
83	1340	Lewys Winfield Young	M 18	0:38:31	0:38:42
84	361	Sandy Johnston	M 57 Les Croupiers	0:38:41	0:38:46
85	1123	Simon Barnes	M 37 Stroud & Dist AC	0:38:41	0:38:49
86	643	Haydn Hartnell	M 45 Islwyn RC	0:38:52	0:38:59
87	796	Michael Murphy	M 53 Les Croupiers	0:38:59	0:39:03
88	511	Peter Moody	M 0	0:39:04	0:39:09
89	1474	Martin Williams	M 43	0:39:21	0:39:21
90	911	John Diffeey	M 43 Les Croupiers	0:39:14	0:39:22
91	832	Mike Bool	M 23	0:38:51	0:39:28
92	1046	Alun Williams	M 44 Fairwater Runners	0:39:29	0:39:36
93	1185	Mark Emery	M 25	0:39:26	0:39:42
94	1072	Adrian Weaver	M 29 Port Talbot Harr	0:39:33	0:39:43
95	432	Leanne Fitzgerald	F 16 Cardiff AAC	0:39:41	0:39:43
96	379	Clare Phillips	F 38 Swansea Harr	0:39:44	0:39:49
97	1438	Craig Hudson	M 17 Cardiff AAC	0:39:57	0:39:57
98	702	Hannah Jarvis	F 22 Cardiff AAC	0:39:58	0:40:03
99	842	Richard Segust	M 41	0:40:06	0:40:10
100	1183	Julian Davies	M 39 Pontypridd Roadents	0:40:04	0:40:11
101	333	Brian Richardson	M 49	0:40:08	0:40:13
102	1392	Craig Holland	M 43 Pontypridd Roadents	0:39:58	0:40:14
103	484	Rhydian Reston	M 28	0:39:57	0:40:14
104	922	Anthony Corria	M 41	0:40:03	0:40:15
105	1219	Richard Boon	M 48 Les Croupiers	0:40:13	0:40:16
106	707	Marcus Coles	M 34 Les Croupiers	0:40:09	0:40:16
107	1171	Ceri-Anne Davies	F 39 Pontypridd Roadents	0:40:06	0:40:16
108	1353	Jon Howes	M 34	0:39:55	0:40:21
109	1166	Andrew Davies	M 44 Pontypridd Roadents	0:40:19	0:40:24
110	884	David Lewis	M 22	0:40:10	0:40:25
111	1172	Martin Davies	M 47 Lliswerry Runners	0:40:21	0:40:28
112	968	Glen Harper	M 17	0:40:24	0:40:33
113	633	Edward Donovan	M 28	0:40:20	0:40:36
114	1236	G Bond	M 43	0:40:27	0:40:40
115	1490	David Collins	M 26	0:40:19	0:40:42
116	1612	Richard Laydon	M 0	0:40:13	0:40:46
117	1068	Chris Fulcher	M 40 Port Talbot Harr	0:40:38	0:40:48

118	1191	Daniel Thomas	M 17	Llanelli AAC	0:40:47	0:40:49
119	1591	Gareth Griffiths	M 38		0:40:37	0:40:50
120	854	Amy Reynolds	F 24		0:40:34	0:40:52
121	1178	Amin Dadgar	M 25		0:40:44	0:40:55
122	858	Jo Pifield	F 31	Stroud & Dist AC	0:40:49	0:40:58
123	1164	Glyn Sansom	M 0	San Domenico RC	0:40:53	0:40:59
124	1076	Tristan Findlay	M 26		0:40:53	0:41:05
125	1135	Tim Read	M 43		0:40:26	0:41:07
126	929	Simon Partridge	M 54	Neath Harr	0:41:03	0:41:09
127	1410	James Barber	M 27		0:40:58	0:41:12
128	1168	Graeme Donnan	M 54	Les Croupiers	0:41:05	0:41:13
129	86	Paul Charles	M 49	Peter Evans	0:41:08	0:41:15
130	403	Rhys Pitman	M 33	Pontypridd Roadents	0:41:05	0:41:16
131	447	Sharon Leech	F 37	Amman Valley Harr	0:41:11	0:41:19
132	1338	Alex Williams	M 39	RRC	0:41:13	0:41:22
133	692	Matthew Taylor	M 35		0:40:50	0:41:22
134	803	Paul Morris	M 48	Les Croupiers	0:41:16	0:41:23
135	1009	Guy Swallow	M 20		0:41:06	0:41:23
136	970	Blake Wooster	M 27		0:41:09	0:41:27
137	1202	Gareth Beck	M 40		0:41:24	0:41:27
138	1074	Stuart Jones	M 32	Penarth & Dinas RC	0:40:49	0:41:31
139	383	Libby O'Duffy	F 39	Les Croupiers	0:41:23	0:41:33
140	70	Mike Anthony	M 50	Cogent ORB	0:41:28	0:41:37
141	489	Paul Marchant	M 53		0:41:31	0:41:38
142	1250	Cerith Thomas	M 40		0:41:29	0:41:38
143	138	Paul Mason	M 41	SW Fire & Rescue 2	0:41:33	0:41:40
144	581	James Hoad	M 25		0:41:36	0:41:41
145	1064	Richard Jones	M 33		0:41:37	0:41:42
146	367	Alan Cox	M 51		0:41:26	0:41:44
147	1235	Terry Caveney	M 48	Les Croupiers	0:41:36	0:41:45
148	896	Tim O'Sullivan	M 48	Les Croupiers	0:41:48	0:41:58
149	1041	Chris Bengier	M 28	Islwyn RC	0:41:46	0:42:00
150	839	Chris Warman	M 34	Pontypridd Roadents	0:41:50	0:42:01
151	1254	Michael Rolf	M 26		0:41:48	0:42:10
152	1425	Stephen Maggs	M 39		0:42:06	0:42:10
153	1393	Richard Holland	M 38	Pontypridd Roadents	0:41:52	0:42:12
154	693	Matthew Harris	M 43		0:41:41	0:42:14
155	5002	Personal Chip			0:42:06	0:42:16
156	72	Martyn Blud	M 42	Cogent ORB	0:42:07	0:42:16
157	470	Matthew Herbert	M 31		0:42:11	0:42:17
158	1483	David Peacock	M 38		0:42:20	0:42:23
159	897	David Phelps	M 20		0:41:30	0:42:26
160	1421	Cornelius Corcoran	M 39	Pontypridd AC	0:42:20	0:42:27
161	1664	Che Makan	M 28		0:41:28	0:42:29
162	1310	Stefan Aylett	M 62	Swansea Harr	0:42:24	0:42:32
163	952	Leigh James	F 24	WSE & H AC	0:42:24	0:42:35
164	881	Lee Davies	M 38		0:42:23	0:42:38
165	894	Jerome Edwards	M 32		0:42:11	0:42:44
166	1181	Adrian Mathias	M 43		0:42:30	0:42:46
167	564	Stuart Davidson	M 55	Bridgend AC	0:42:44	0:42:51
168	84	Dean Roberts	M 38	Peter Evans	0:42:30	0:42:51
169	1610	Bradley Keirstead	M 0		0:41:53	0:42:55
170	1308	Jeffrey Aston	M 60	Les Croupiers	0:42:45	0:42:57
171	355	Eifion Owen	M 52		0:42:39	0:42:58
172	610	Marc Real	M 27		0:41:48	0:43:00
173	1234	Jamie Seekings	M 29	Penarth & Dinas RC	0:42:22	0:43:04
174	71	Paul Latchford	M 44	Cogent ORB	0:43:07	0:43:07
175	1596	Mike Smith	M 38		0:42:39	0:43:09
176	110	Gareth Roberts	M 32	Institute of Nephrology	0:42:54	0:43:10
177	1208	Iain Blackwood	M 17	Taunton AC	0:43:02	0:43:11
178	751	Jaroslav Witek	M 0		0:43:07	0:43:12
179	589	Steve Pemberton	M 26	Lliswerry Runners	0:42:56	0:43:13
180	422	John Gorham	M 52	City Of Salisbury	0:42:57	0:43:16
181	844	Mike James	M 45		0:42:53	0:43:17
182	863	Simon Thomas	M 34		0:42:56	0:43:20
183	593	Gareth Rowlands	M 25		0:42:58	0:43:26
184	483	Keith Davies	M 62	Swansea Harr	0:43:23	0:43:27
185	1101	Kelly Morgan	F 29	Pontypridd Roadents	0:43:22	0:43:33
186	357	Lindy Eynon	F 46		0:43:06	0:43:35
187	951	Scott Pulsford	M 39	Westbury Harr	0:42:37	0:43:38
188	1597	Paulo Antoniazzi	M 36		0:43:05	0:43:39
189	919	Kelvin Jones	M 44		0:42:46	0:43:43
190	1248	Jones Simon	M 34		0:43:22	0:43:50
191	941	Robert Ford	M 54	Pontypridd Roadents	0:43:44	0:43:52
192	1388	Efa Llswelwyn	F 20	Swansea Harr	0:43:26	0:43:52
193	1477	Eve Gallop-Evans	F 43		0:43:50	0:43:53
194	1232	Kieran McDonnell	M 52		0:43:41	0:43:54
195	1650	Dan Williams	M 26		0:43:41	0:44:02
196	864	Javier Marti-Rujas	M 32		0:43:16	0:44:02
197	85	Gerry O'Beirne	M 49	Peter Evans	0:43:48	0:44:03
198	1054	Michael Dix	M 53	Les Croupiers	0:43:45	0:44:04
199	1137	James Potts	M 39		0:43:52	0:44:05
200	69	Adam Abraham	M 23	Cogent ORB	0:43:58	0:44:08
201	636	Andrew Sedgmond	M 53	Les Croupiers	0:44:01	0:44:10
202	1218	Wendy Boon	F 47	Les Croupiers	0:44:05	0:44:11
203	866	Malcolm Edwards	M 35	Wye Valley Runners	0:42:43	0:44:15
204	1534	David Peacock	M 38		0:44:12	0:44:17
205	797	David Downes	M 39		0:43:59	0:44:19
206	909	Frank Williams	M 54	Les Croupiers	0:44:02	0:44:20
207	1036	Dominic Shields	M 42	San Domenico RC	0:43:43	0:44:23
208	1606	Tim Williams	M 28		0:43:04	0:44:23
209	878	Tony Watts	M 54	Cheddar RC	0:44:07	0:44:23
210	81	Clive Denton	M 39	Peter Evans	0:44:07	0:44:23
211	314	Maureen Emmett	F 50	IIF Group	0:43:59	0:44:24
212	674	Christopher Morgan	M 39		0:43:45	0:44:25
213	1381	Thia Rennie	F 34		0:43:58	0:44:27
214	598	Eurof Davies	M 42	Les Croupiers	0:43:43	0:44:31
215	1611	Dorian Jones	M 25		0:43:30	0:44:32
216	1252	Jonathan Shergold	M 23		0:43:57	0:44:34
217	1080	Alyn Lewis	M 28		0:43:58	0:44:36
218	130	Keith Dando	M 22	David Lloyd	0:43:21	0:44:38
219	1594	Keith Davies	M 50		0:44:25	0:44:38
220	113	Steve Riley	M 0	Institute of Nephrology	0:44:18	0:44:40
221	1595	Alan Jones	M 36		0:44:12	0:44:41
222	1384	Dominic La Trobe	M 30		0:44:10	0:44:43
223	506	David Bicker	M 41		0:44:13	0:44:50
224	1605	Guy Watkins	M 37		0:44:43	0:44:54
225	1415	Andrew Firth	M 24		0:44:39	0:44:56
226	880	Chris Davies	M 50	Lliswerry Runners	0:44:41	0:44:57
227	1520	No Entry Details			0:44:51	0:45:00
228	1089	Mark Clatworthy	M 36		0:44:33	0:45:02
229	987	Gareth Sherrington	M 22		0:44:08	0:45:02
230	1423	Dean Trebillacl	M 33		0:44:30	0:45:03
231	1409	Robert Oliver	M 42		0:44:12	0:45:04
232	933	Tony Carzana	M 60	Pegasus	0:44:58	0:45:05
233	777	Przemyslaw Kaczorowski	M 26		0:45:03	0:45:07
234	1529	No Entry Details			0:45:02	0:45:10
235	719	Sue Davies	F 46		0:45:01	0:45:14
236	649	Michael Williams	M 51		0:45:00	0:45:16
237	657	Paul Knight	M 34		0:44:38	0:45:18
238	960	Phil Kenchington	M 0		0:43:55	0:45:18
239	408	Julie Scholey	F 48	Les Croupiers	0:45:05	0:45:19
240	1585	Tyrone Pope	M 33		0:45:00	0:45:20

241	1152	Huw Williams	M 43	0:44:41	0:45:20
242	1066	Lloyd Morgan	M 33 San Domenico RC	0:45:02	0:45:23
243	561	David Vas	M 38	0:45:17	0:45:24
244	748	Tamer El-Sayed	F 25	0:45:20	0:45:25
245	128	Andrew Murray	M 24 David Lloyd	0:44:11	0:45:27
246	1133	Andy Morton	M 47 RRC	0:45:10	0:45:29
247	997	Carl Hulbert	M 33	0:45:20	0:45:30
248	1003	Liam Bryson	M 37	0:44:54	0:45:32
249	1005	Julian Hoare	M 35	0:44:54	0:45:34
250	638	Ben Reid	M 31	0:45:15	0:45:35
251	1503	No Entry Details		0:44:46	0:45:36
252	1251	Julia Ferguson	F 35 Pontypridd Roadents	0:45:24	0:45:36
253	1584	Mike Lewis	M 41	0:44:49	0:45:38
254	498	Kath Smith	F 45	0:45:26	0:45:40
255	1395	Kevin Emmetry	M 48 Pontypridd Roadents	0:45:21	0:45:41
256	5001	Personal Chip		0:45:35	0:45:41
257	1543	No Entry Details		0:44:30	0:45:42
258	840	Neil Tatnell	M 53 Les Croupiers	0:45:11	0:45:42
259	1296	Yvonne Bullen	F 43 Les Croupiers	0:45:34	0:45:43
260	1531	No Entry Details		0:45:29	0:45:43
261	1238	James MacKichan	M 26	0:44:55	0:45:45
262	400	Mostyn Jones	M 30	0:44:56	0:45:47
263	1079	Malcolm Bradley	M 57 Colaps	0:45:33	0:45:48
264	1656	Sarah Goldsmith	F 28	0:45:33	0:45:49
265	1367	Stuart Keeping	M 45	0:45:09	0:45:51
266	453	Steffan Thomas	M 31	0:45:24	0:45:51
267	1620	Stephen Alexander	M 40	0:45:43	0:45:52
268	688	Michael Pursey	M 38	0:45:15	0:45:53
269	824	Julie Lewis	F 50 Les Croupiers	0:45:49	0:45:54
270	1213	Ralph Davey	M 63 Les Croupiers	0:45:47	0:45:56
271	577	Simon Williams	M 33	0:45:26	0:45:58
272	883	Andrew Wheeler	M 26	0:44:05	0:46:01
273	510	Ben Hannigan	M 42	0:45:32	0:46:05
274	793	Peter Collins	M 46	0:45:20	0:46:06
275	639	Iestyn Jones	M 44	0:44:58	0:46:07
276	689	Kelvin Lucas	M 55	0:45:57	0:46:12
277	1375	Gillian Kellam	F 45	0:45:58	0:46:13
278	1228	Gawain Barnard	M 31	0:45:46	0:46:13
279	1087	John Triddon	M 21	0:45:10	0:46:14
280	943	Stephen Segan	M 47 Pontypridd Roadents	0:45:55	0:46:15
281	895	Mike Spencer	M 55	0:45:38	0:46:15
282	1204	Garvin Earnshaw	M 36	0:45:04	0:46:23
283	1405	James Taylor	M 20	0:44:50	0:46:26
284	73	Howard Painter	M 39 Cogent ORB	0:46:16	0:46:27
285	815	Neil Davies	M 35	0:45:32	0:46:28
286	1580	Gareth Wedge	M 26	0:46:19	0:46:29
287	843	Stephen Johnson	M 49	0:45:38	0:46:29
288	1139	Leon Underwood	M 27	0:44:42	0:46:31
289	1010	Ray Gandy Jnr	M 37	0:46:22	0:46:34
290	1271	Ian Derrick	M 39 Les Croupiers	0:46:25	0:46:35
291	669	Mike Sims	M 37	0:46:03	0:46:35
292	352	Eryl Hicks	F 53	0:44:37	0:46:37
293	606	Curt Price	M 36	0:46:09	0:46:37
294	1389	Thomas Davies	M 23	0:45:45	0:46:38
295	676	Martyn Cooke	M 0	0:45:40	0:46:38
296	1621	Simon Rolfs	M 26	0:45:29	0:46:41
297	477	Sarah Drummond	F 30	0:46:27	0:46:41
298	1094	Peter Turnbull	M 43	0:44:52	0:46:42
299	608	Ian Rose	M 19	0:45:44	0:46:42
300	1583	Sara Griffiths	F 21 Neath Harr	0:46:40	0:46:44
301	345	Gordon Davies	M 28	0:46:25	0:46:50
302	1548	No Entry Details		0:46:22	0:46:53
303	108	Tristram Lewis	M 28 Allis Amblers	0:45:39	0:46:56
304	126	Gareth Sheppard	M 30 David Lloyd	0:45:58	0:46:58
305	343	Brinley Aherne	M 59	0:46:41	0:46:59
306	1371	Scott Cunningham	M 0	0:46:05	0:47:05
307	859	Dean Porter	M 38	0:45:21	0:47:07
308	426	Carl Colwill	M 48	0:47:04	0:47:12
309	1404	Andrew Rothwell	M 49	0:46:02	0:47:13
310	994	Aled Roberts	M 41	0:45:59	0:47:13
311	1150	Hywel Price	M 44	0:46:28	0:47:16
312	1505	Luis Macchiavello	M 30	0:45:44	0:47:22
313	1364	Martin Davies	M 41	0:46:44	0:47:22
314	1229	Ben Evans	M 27	0:46:43	0:47:23
315	560	Rod Harris	M 42	0:46:54	0:47:24
316	97	Daniel Humphreys	M 31 Enterprise Rent A Car	0:47:13	0:47:25
317	559	Caroline Harris	F 43	0:46:56	0:47:25
318	831	Steve Bool	M 53	0:46:49	0:47:26
319	1363	Emma Thomas	F 26	0:46:26	0:47:26
320	868	Richard Graham	M 36	0:46:26	0:47:33
321	1418	Cale Hines	M 16	0:45:55	0:47:36
322	1225	David Place	M 43	0:46:51	0:47:39
323	1265	Graham Mack	M 50	0:46:38	0:47:39
324	871	Mark Hutchings	M 43	0:46:56	0:47:40
325	1659	Tim Coe	M 27	0:46:27	0:47:40
326	1091	Andrew Martin	M 36	0:46:01	0:47:43
327	123	Neil Roberts	M 43 Dolmans Solicitors	0:46:13	0:47:45
328	1408	John Stone	M 37	0:46:28	0:47:46
329	1627	Mark Edwards	M 34	0:47:23	0:47:46
330	1257	Paul Harms	M 40	0:47:24	0:47:48
331	1159	David Griffiths	M 54	0:47:23	0:47:48
332	1494	Joy Davies	F 44 Les Croupiers	0:47:13	0:47:49
333	1342	Stephen Gingell	M 44	0:47:00	0:47:50
334	578	Jenny Hughes	F 28 Les Croupiers	0:47:38	0:47:52
335	1221	Judi Rhys	F 47 Les Croupiers	0:47:25	0:47:53
336	1383	Anthony Holling	M 51 Port Talbot Harr	0:47:45	0:47:54
337	720	Andrew Gott	M 27	0:46:24	0:47:55
338	405	Liddy Evans	F 40	0:46:57	0:47:58
339	1419	Martin Hines	M 36	0:46:19	0:47:59
340	1173	Paul White	M 38	0:47:46	0:48:01
341	1244	Christopher Maidment	M 26	0:47:12	0:48:01
342	1045	Bryan Davis	M 34	0:47:49	0:48:07
343	726	Neil Hendry	M 52 Penarth & Dinas RC	0:46:57	0:48:08
344	513	David Hutchinson	M 41	0:46:24	0:48:10
345	1385	Derek Watkins	M 15	0:47:39	0:48:11
346	1195	Owen Davies	M 23	0:47:20	0:48:12
347	517	James Jordan	M 31	0:47:23	0:48:17
348	1592	No Entry Details		0:47:36	0:48:18
349	1055	Ross Flanigan	M 39	0:47:57	0:48:23
350	1100	S Chadwell	M 36	0:46:50	0:48:26
351	1298	Joseff Whitmarsh-Knight	M 0 Cardiff AAC	0:47:57	0:48:28
352	1361	Nick Young	M 19	0:47:14	0:48:29
353	652	David Thomas	M 41	0:48:14	0:48:29
354	1329	John Parsons	M 32	0:46:51	0:48:30
355	1547	No Entry Details		0:48:00	0:48:30
356	1355	John Beadsworth	M 45	0:47:42	0:48:32
357	518	Justine Jordan	F 31	0:47:43	0:48:37
358	1269	Daniela Woodbridge	F 37 Fairwater Runners	0:48:23	0:48:38
359	1416	Anthony Redman	M 28	0:47:43	0:48:39
360	103	Sara MacBride-Stewart	F 0 Team CISHE	0:48:23	0:48:39
361	819	John Kelly	M 45	0:48:02	0:48:45
362	1111	Ann Rowell	F 52 TROTS	0:48:15	0:48:45
363	53	Steven Sully	M 23 Moneypilot Wingmen	0:46:56	0:48:48

364	326	Ian Hurd	M 45	0:48:43	0:48:50
365	1141	James Jones	M 26	0:47:19	0:48:52
366	1127	Simon Cartlidge	M 36	0:48:13	0:48:53
367	95	Ben Williams	M 24 Enterprise Rent A Car	0:46:50	0:48:53
368	822	Tony Gore	M 53 Pegasus	0:48:19	0:48:55
369	122	Joanne Redmond	M 29 Dolmans Solicitors	0:47:25	0:48:56
370	614	Gareth Tremain	M 30	0:48:26	0:48:57
371	425	David Hebbes	M 58	0:48:32	0:48:57
372	596	Gareth Morgan	M 27	0:48:26	0:48:57
373	356	Wayne Edmond	M 56	0:48:33	0:48:58
374	1065	Alun Williams	M 30 Clwb Rhedeg Menter Caerdydd	0:48:42	0:49:00
375	592	Dion Windelinkcckx	M 34	0:47:27	0:49:01
376	1646	Anne Pollan	F 36 Pontypridd AC	0:48:55	0:49:06
377	1291	Mererid Jones	F 19	0:48:50	0:49:06
378	1105	John Rowlands	M 52	0:48:38	0:49:07
379	1020	Sian Griffith	F 33 Chepstow Harr	0:48:40	0:49:08
380	709	Robert Plane	M 38	0:47:20	0:49:08
381	1120	Michael Hall	M 38	0:47:50	0:49:09
382	1372	Sharon Aider	F 0	0:48:09	0:49:09
383	990	Melanie Youngs	F 27	0:48:18	0:49:10
384	794	David Morgan	M 45 Vale Harr	0:48:49	0:49:10
385	102	Rachel Clark	F 27 Team CISHE	0:48:40	0:49:13
386	301	Malcolm Cox	M 57 Griffiths Town Harr	0:48:28	0:49:13
387	121	Richard Saunders	M 29 Panasonic	0:48:08	0:49:13
388	1201	Christopher Brazier-Evans	M 31	0:48:54	0:49:17
389	318	Peter Young	M 55	0:48:24	0:49:21
390	626	Liam Davies	M 49	0:48:19	0:49:26
391	502	Ian O'Sullivan	M 26	0:47:53	0:49:26
392	600	Guto Evans	M 32	0:48:14	0:49:27
393	482	Ben Herring	M 35	0:48:32	0:49:28
394	1400	Nick Bourne	M 46	0:49:10	0:49:30
395	1299	Stephen Whitmarsh-Knight	M 62	0:48:59	0:49:30
396	932	Shelagh Adkins	F 60 Caerleon	0:48:56	0:49:30
397	879	Colin Rodgerson	M 57	0:48:57	0:49:32
398	876	Aaron Stephens	M 27	0:49:13	0:49:33
399	683	Stuart Pocket	M 29	0:48:31	0:49:36
400	427	Jane Phillips	F 36	0:49:26	0:49:36
401	972	Rob Lewis	M 42	0:49:24	0:49:36
402	1044	William Crowe	M 21	0:48:59	0:49:38
403	549	Alan Yule	M 42	0:48:37	0:49:39
404	595	Steven Jones	M 38	0:48:16	0:49:41
405	1125	Paul Chamberlain	M 29	0:48:57	0:49:46
406	409	Jason Strange	M 34	0:47:47	0:49:48
407	112	John Martin	M 49 Institute of Nephrology	0:49:23	0:49:49
408	655	Phillip Mears	M 39	0:49:35	0:49:49
409	1417	Mark Murphy	M 36	0:48:56	0:49:51
410	640	Darren Watkins	M 36	0:49:12	0:49:52
411	644	Jason Davies	M 30	0:49:14	0:49:53
412	1532	No Entry Details		0:49:32	0:49:56
413	1029	Steve Goodfellow	M 44	0:48:13	0:49:58
414	1478	Andrew Blair	M 43	0:49:37	0:49:58
415	1239	Stephen Lockwood	M 50	0:48:06	0:49:59
416	1284	Jeff Wallace	M 49	0:49:23	0:50:01
417	1268	Mat Davies	M 40	0:49:38	0:50:02
418	104	Nathan Angell	M 27 Allis Amblers	0:48:42	0:50:03
419	1016	Abyd Quinn Aziz	M 51 Penarth & Dinas RC	0:48:55	0:50:06
420	635	David McDonald	M 39	0:49:14	0:50:08
421	618	Catherine Heery	F 16	0:48:55	0:50:08
422	317	Chris Moles	M 37 Village Vipers	0:49:21	0:50:10
423	743	Marc Powell	M 31	0:49:28	0:50:10
424	823	Stephen Lewis	M 49 Les Croupiers	0:50:05	0:50:10
425	886	Lee Cannan	M 28	0:48:53	0:50:11
426	927	Martin Smith	M 37	0:48:53	0:50:12
427	934	Raymond James	M 46 Port Talbot Harr	0:50:03	0:50:14
428	551	Gwyn Jones	M 43	0:49:00	0:50:15
429	1526	No Entry Details		0:50:01	0:50:17
430	1073	Philip Bosley	M 44	0:49:10	0:50:18
431	812	John Plowman	M 57	0:50:00	0:50:20
432	1390	Gareth Brown	M 36	0:49:23	0:50:20
433	1391	Norman Templeman	M 0	0:49:23	0:50:20
434	1165	Kevin O'Leary	M 48	0:49:26	0:50:21
435	306	Mark Clements	M 43	0:49:17	0:50:21
436	1629	Duncan Steed	M 26	0:50:07	0:50:21
437	140	Sue Lawrence	F 49 SW Fire & Rescue 2	0:50:13	0:50:21
438	133	Andy Marchant	M 44 SW Fire & Rescue 1	0:49:08	0:50:22
439	1521	No Entry Details		0:48:52	0:50:22
440	625	Annette Davies	F 47	0:49:16	0:50:22
441	107	Lucy Elcomb	F 29 Allis Amblers	0:49:08	0:50:24
442	582	James Harratt	M 25	0:49:13	0:50:25
443	991	Emma Taplin	F 38	0:50:03	0:50:26
444	548	Adrian Binney	M 42	0:48:39	0:50:26
445	490	Steve Snook	M 44	0:49:21	0:50:27
446	829	Thomas Player	M 35	0:48:57	0:50:30
447	106	David Howells	M 54 Allis Amblers	0:49:12	0:50:30
448	908	Lindsay Bottoms	F 27	0:49:25	0:50:30
449	1085	Colin Lewis	M 47	0:49:56	0:50:31
450	1167	Kim Provis	M 48	0:50:17	0:50:32
451	1241	Richard Davies	M 43	0:50:26	0:50:32
452	554	James Bibb	M 67 D.K.R.F.C	0:49:20	0:50:33
453	1008	Elliot Swallow	M 16	0:49:59	0:50:35
454	535	Bryn Burgess	M 49 Lliswerry Runners	0:49:55	0:50:36
455	1628	Christopher McCarthy	M 35	0:49:35	0:50:37
456	93	Mark Winfield	M 34 Enterprise Rent A Car	0:50:26	0:50:38
457	869	Philippa Dodd	F 36	0:49:31	0:50:38
458	1515	No Entry Details		0:50:26	0:50:40
459	1081	Francine Clark	F 37	0:50:29	0:50:41
460	1261	Julian Ings	M 42	0:49:06	0:50:42
461	711	Lyndon Sutton	M 56 Islwyn RC	0:48:33	0:50:42
462	1260	Darren Chappell	M 30	0:49:42	0:50:43
463	664	Owen Morgan	M 40	0:49:08	0:50:44
464	1114	Bethan Williams	F 31	0:49:50	0:50:44
465	443	Brian Darley	M 57	0:49:45	0:50:44
466	125	Peter Bennett	M 37 Dolmans Solicitors	0:49:14	0:50:45
467	1524	No Entry Details		0:49:20	0:50:46
468	1130	Roger Morgan	M 41	0:49:06	0:50:47
469	463	Giles Shuldham-Shaw	M 0	0:49:52	0:50:47
470	703	Matthew Pugh	M 28	0:50:01	0:50:48
471	1509	No Entry Details		0:49:12	0:50:48
472	1652	G Rees	M 27	0:50:20	0:50:48
473	1642	Manon Williams	F 15	0:50:07	0:50:49
474	1302	Peter Quinn	M 55	0:50:28	0:50:50
475	530	Colin Gale	M 48	0:50:17	0:50:51
476	1519	No Entry Details		0:48:54	0:50:54
477	1358	Cennydd Amos	M 34	0:50:36	0:50:54
478	351	Keith Clash	M 50	0:50:40	0:50:58
479	1586	No Entry Details		0:49:50	0:50:59
480	325	Alice Hurd	F 30 Les Croupiers	0:50:54	0:51:02
481	1655	Marion Roberts	F 30	0:50:47	0:51:03
482	579	Freddi Manson	F 46 Westbury Harr	0:50:38	0:51:03
483	661	Andrew Woodhouse	M 36	0:50:23	0:51:04
484	575	James Faulkner	M 35	0:49:33	0:51:07
485	1051	Julie Roche	F 39 Fairwater Runners	0:50:17	0:51:09
486	1177	Andrew Wales	M 37	0:50:48	0:51:10

487	1401	Alan Pyke	M 57	0:50:05	0:51:11
488	1207	Jon Bell	M 29	0:49:14	0:51:12
489	1214	Darren Raz-Nick	M 27	0:50:04	0:51:13
490	686	Keith Starr	M 59	0:49:46	0:51:16
491	1662	Alistair Scott	M 35	0:49:26	0:51:16
492	872	Janine Roberts	F 33	0:50:56	0:51:18
493	1492	Peter Thacker	M 28	0:50:35	0:51:18
494	66	Neal Fritchard	M 43	0:50:44	0:51:23
495	1280	Brendan Bush	M 41	0:49:53	0:51:26
496	1638	Anita Tucknutt	F 33	0:50:25	0:51:28
497	1345	John Smout	M 44	0:49:45	0:51:28
498	1305	Neil Perry	M 51	0:49:28	0:51:29
499	1523	No Entry Details		0:50:04	0:51:30
500	57	Dave Oliver	M 53	0:50:52	0:51:31
501	1369	David Powell	M 36	0:51:29	0:51:34
502	528	Michael Hughes	M 44	0:50:27	0:51:35
503	1043	Sue Charles	F 33	0:50:46	0:51:37
504	569	Helen Falsini	F 45	0:51:06	0:51:37
505	1311	Wendy Wylie	F 39	0:50:43	0:51:38
506	1512	No Entry Details		0:51:04	0:51:40
507	1279	Mark Donovan	M 52	0:50:56	0:51:40
508	599	Stephen Mullane	M 39	0:50:15	0:51:42
509	1246	Stephen Williams	M 50	0:50:00	0:51:43
510	1169	Andrew White	M 36	0:50:52	0:51:44
511	1476	Donnan Hill	F 41	0:51:26	0:51:45
512	359	Joseph Parnis	M 23	0:49:51	0:51:50
513	1651	David Hale	M 47	0:50:59	0:51:57
514	335	Darrell Walkley	M 36	0:50:59	0:51:59
515	874	Mark Pringle	M 27	0:51:21	0:51:59
516	817	Eryl Powell	F 33	0:50:37	0:51:59
517	1407	Jan Pigott	F 48	0:50:51	0:51:59
518	424	John Atherton	M 47	0:51:47	0:52:00
519	571	David Harris	M 37	0:51:10	0:52:01
520	1098	Michael Watkins	M 43	0:50:54	0:52:02
521	630	Sarah Irwin	F 36	0:50:32	0:52:05
522	1589	Chris Davey	M 31	0:50:30	0:52:06
523	1578	Huw Morris	M 47	0:50:58	0:52:06
524	705	David Perez	M 38	0:51:21	0:52:07
525	607	Lauren Holloway	F 25	0:51:32	0:52:09
526	848	Mark Smith	M 40	0:51:26	0:52:09
527	811	Brendan Plowman	M 31	0:50:11	0:52:09
528	802	Ian Weeks	M 33	0:51:28	0:52:10
529	912	Rhys Lloyd Roberts	M 32	0:50:42	0:52:11
530	906	Lance Edwards	M 47	0:50:30	0:52:11
531	500	Paul Kearns	M 36	0:50:44	0:52:12
532	450	Janet Lewis	F 26	0:51:39	0:52:15
533	496	Jasper Trevelyan	M 37	0:51:55	0:52:16
534	544	Lisa Saunders	F 41	0:51:53	0:52:18
535	1318	Rachel Jones	F 34	0:51:26	0:52:18
536	1396	Claire Knowles	F 30	0:51:20	0:52:18
537	893	Terry Vickery	M 67	0:51:51	0:52:18
538	1619	Sarah Plummer	F 0	0:51:57	0:52:20
539	96	Tristan Fowler	M 25	0:52:05	0:52:20
540	421	Christine Bladen	F 49	0:52:00	0:52:21
541	448	Matthew Locke	M 35	0:50:25	0:52:22
542	1499	Peter O'Connell	M 24	0:50:51	0:52:23
543	1154	Lynne Ashby	F 48	0:52:03	0:52:26
544	888	Philip Jones	M 41	0:52:03	0:52:26
545	1349	Andrew Neate	M 27	0:50:42	0:52:28
546	1644	Amanda Morgan	F 25	0:52:00	0:52:30
547	1587	Richard Hodges	M 32	0:50:55	0:52:31
548	1498	Nathan Harvey	M 24	0:51:00	0:52:31
549	729	Alex Worthington	M 30	0:51:50	0:52:32
550	898	Stephanie Richards	F 41	0:51:57	0:52:32
551	558	Helen Price	F 31	0:52:25	0:52:37
552	1334	Will Thomas	M 0	0:51:29	0:52:38
553	1530	No Entry Details		0:52:25	0:52:39
554	439	Mike Hobbs	M 38	0:50:56	0:52:40
555	1179	Joanne Powell	F 35	0:51:20	0:52:41
556	51	Mitzi Jones	F 27	0:52:04	0:52:43
557	1639	No Entry Details		0:51:05	0:52:43
558	1276	Rebecca Davies	F 42	0:51:58	0:52:44
559	1314	Rachel Beardsley	F 32	0:51:52	0:52:45
560	845	Matthew Mallett	M 32	0:51:58	0:52:47
561	381	Barry Hopper	M 65	0:51:27	0:52:48
562	454	Melanie Cross	F 36	0:51:20	0:52:49
563	1387	Jude Roberts	F 35	0:52:18	0:52:51
564	1240	Christopher Street	M 34	0:50:56	0:52:53
565	1304	Steve John	M 46	0:50:52	0:52:53
566	992	Norman Taplin	M 60	0:52:38	0:53:02
567	747	Rob O'Dwyer	M 17	0:52:59	0:53:05
568	1233	Ann Davies	F 50	0:52:20	0:53:07
569	1075	Steve Howell	M 53	0:52:16	0:53:08
570	1346	Paul Clyburn	M 52	0:52:27	0:53:08
571	1493	Angelo Aviles	M 29	0:52:47	0:53:08
572	1056	Gareth Jones	M 25	0:51:11	0:53:10
573	1223	Nicholas Wager	M 34	0:52:58	0:53:12
574	1210	Sarah McIlroy	F 39	0:52:52	0:53:15
575	529	Stephen New	M 41	0:51:32	0:53:15
576	136	Geraint Thomas	M 38	0:52:06	0:53:17
577	667	Mel Hopkins	M 42	0:51:53	0:53:19
578	1350	Philip Rushton	M 29	0:51:35	0:53:21
579	1368	Paul Packrell	M 0	0:53:18	0:53:22
580	471	Rhiannon Powell-Herbert	F 31	0:53:11	0:53:23
581	503	Leigh Tomlins	M 35	0:52:00	0:53:24
582	1507	No Entry Details		0:52:18	0:53:27
583	624	Hugh Price	M 57	0:51:55	0:53:31
584	1282	Brian Dias	M 23	0:53:27	0:53:33
585	566	Martin Jones	M 47	0:51:41	0:53:33
586	742	Matthew Rudd	M 23	0:53:21	0:53:34
587	1138	Mike Roberts	M 38	0:51:57	0:53:34
588	567	Paul Nicklin	M 49	0:51:44	0:53:37
589	1146	Alun Brain	M 33	0:52:37	0:53:41
590	619	Brian Cotton	M 31	0:53:36	0:53:43
591	541	Derek Morgan	M 45	0:51:56	0:53:43
592	1162	Robert Dalglish	M 49	0:53:13	0:53:44
593	974	Peter Symmons	M 58	0:53:09	0:53:45
594	902	Mike James	M 37	0:52:29	0:53:46
595	520	David Willicombe	M 43	0:53:14	0:53:47
596	1242	Hayley Wintringham	F 28	0:51:59	0:53:48
597	887	Rick Hamer	M 28	0:52:30	0:53:48
598	1320	Sarah Morris	F 40	0:53:01	0:53:50
599	1398	Nia Morgan	F 40	0:52:41	0:53:51
600	1086	Liz Lewis	F 47	0:53:17	0:53:52
601	1206	Lawson Hamer	M 34	0:51:54	0:53:52
602	1497	Allun Lowe	M 41	0:53:15	0:53:54
603	1263	Colin Newman	M 58	0:53:31	0:53:57
604	478	Richard Simpson	M 43	0:53:08	0:54:00
605	947	Alan Evans	M 68	0:52:32	0:54:00
606	580	Richard Knowles	M 57	0:52:51	0:54:02
607	800	Anthony James	M 37	0:53:11	0:54:03
608	953	Paul Daniels	M 35	0:52:35	0:54:04
609	1637	Mark Beattig	M 36	0:52:44	0:54:05

610	1024	Herdman Gareth	M 46	0:52:00	0:54:06
611	1258	Jamie Bishop	F 24	0:52:48	0:54:07
612	1004	Hussain Rubban	M 31	0:53:29	0:54:09
613	336	Neal Walkley	M 39	0:53:09	0:54:09
614	651	Hayley Swaine	F 32	0:54:12	0:54:12
615	485	Michael Morley	M 40	0:52:15	0:54:13
616	1196	Gareth Hart	M 37	0:53:00	0:54:13
617	1142	Stuart Herz	M 34	0:53:02	0:54:14
618	697	Beverley Warburton	F 45	0:52:50	0:54:15
619	1175	Nadia Swanwick	F 39	0:53:34	0:54:17
620	508	Richard Brown	M 57 Sheen Shufflers	0:53:35	0:54:18
621	615	Heulwen Simm	F 30	0:53:20	0:54:20
622	631	Mark Iles	M 38	0:52:48	0:54:22
623	341	Paul Sydenham	M 51	0:53:23	0:54:23
624	1354	Ross Morgan	M 23	0:53:12	0:54:26
625	1093	Noel Clawson	M 43	0:54:12	0:54:27
626	1057	Rhys Thomas	M 42	0:53:23	0:54:32
627	1540	No Entry Details		0:53:57	0:54:34
628	1406	Mark Rivett	M 49	0:53:28	0:54:36
629	617	Andrew Mundy	M 0	0:52:36	0:54:36
630	331	Kevin Williams	M 51	0:52:43	0:54:37
631	1552	No Entry Details		0:52:40	0:54:38
632	1424	Sukismar Sudheer	M 39	0:54:21	0:54:39
633	480	William Hurley	M 58 Westbury Harr	0:54:14	0:54:40
634	316	Gary Smith	M 49	0:53:52	0:54:40
635	1528	No Entry Details		0:53:52	0:54:41
636	1203	Melissa File	F 23	0:52:53	0:54:42
637	1514	No Entry Details		0:54:25	0:54:44
638	973	Catherine Bradshaw	F 43 Brackla Warriors	0:54:22	0:54:46
639	1200	Daniel Tiley	M 30	0:53:18	0:54:48
640	1377	Sam MacLaren	M 31	0:53:18	0:54:48
641	905	Paula James	F 36 Pontypridd Roadents	0:54:35	0:54:49
642	1035	Suzanne Thickens	F 32	0:54:27	0:54:49
643	94	Sian Furreedan	F 35 Enterprise Rent A Car	0:54:34	0:54:50
644	975	Emma Lane	F 31	0:53:55	0:54:51
645	1021	Matthew Keay	M 33	0:53:55	0:54:51
646	1333	Rhys Morris	M 0	0:53:31	0:54:54
647	946	Daniel Reilly	M 22 Newport Harr	0:54:03	0:54:58
648	1506	No Entry Details		0:54:13	0:54:59
649	1319	Leslie Hatfield	F 43	0:53:19	0:55:05
650	1124	Nigel James	M 48	0:53:43	0:55:07
651	628	Gerard Harris	M 28	0:54:11	0:55:09
652	955	Ann Bevan	F 43	0:53:44	0:55:09
653	820	Neil Quigley	M 42	0:54:45	0:55:09
654	1281	Paula Strong	F 33	0:54:35	0:55:11
655	451	James Rees	M 24	0:53:32	0:55:12
656	715	Aggett Jacqueline	F 36	0:54:13	0:55:13
657	712	Chris Bloodworth	M 47	0:53:45	0:55:13
658	137	Phil Harding	M 51 SW Fire & Rescue 1	0:54:47	0:55:14
659	540	Nicholas Speller	M 44	0:53:16	0:55:17
660	1187	Lyons Catherine	F 27 Pontypridd Roadents	0:54:52	0:55:20
661	882	Julia Davies	F 50 Lliswerry Runners	0:54:40	0:55:21
662	334	Vivian Davies	M 50	0:54:21	0:55:21
663	1262	Cecilia Thomas	F 52 David Lloyd	0:54:39	0:55:22
664	1264	Trish Gale	F 41	0:53:53	0:55:22
665	809	Robert Boulton	M 45	0:54:21	0:55:23
666	1545	No Entry Details		0:54:36	0:55:24
667	1224	Judith Van Der Voort	F 44	0:54:00	0:55:24
668	54	Maria McMahon	F 33 Moneypilot Wingmen	0:54:48	0:55:25
669	1140	Katie Merrick	F 24	0:53:37	0:55:27
670	1188	Dionne Wood	F 32	0:54:13	0:55:27
671	1542	No Entry Details		0:54:05	0:55:27
672	1190	Roland Adams	M 52	0:55:02	0:55:31
673	63	Christopher Woods	M 25 Moneypilot Aeronauts	0:53:41	0:55:32
674	1144	Deborah Morgan	F 43	0:54:34	0:55:33
675	806	Wyn Mason	M 43	0:54:26	0:55:34
676	1339	Emma Ridgill	F 27 Penarth & Dinas RC	0:54:04	0:55:36
677	1604	Liz Wilding	F 46	0:54:11	0:55:40
678	668	Sian Davies	F 26	0:54:06	0:55:41
679	1116	Adrian Davies	M 33 City Of London Police AC	0:53:39	0:55:44
680	885	Kristina Enticott	F 31	0:55:26	0:55:44
681	486	Paul Kinnersley	M 51	0:54:23	0:55:46
682	588	Macdara Maccathmhaoil	M 39	0:54:57	0:55:47
683	1180	Paula Kennedy	F 39	0:54:26	0:55:48
684	387	Daniel Jones	M 49	0:54:12	0:55:50
685	717	Peter Janicijevic	M 51	0:55:51	0:55:51
686	1414	Roger Howell	M 62 Penarth & Dinas RC	0:55:40	0:55:52
687	382	Nigel Cockram	M 55	0:55:19	0:55:53
688	1129	Rhianwen Proudlove-Wilkes	F 16	0:54:27	0:55:53
689	374	Louise Lang	F 35 Womens Running Net	0:55:20	0:55:53
690	1522	No Entry Details		0:54:04	0:55:54
691	458	Robert Brown	M 57 Chepstow Harr	0:54:18	0:56:01
692	390	Steve Davis	M 47	0:54:55	0:56:02
693	1011	Kirstie Abbott	F 29	0:54:39	0:56:02
694	1588	Lisa Smith	F 26	0:54:28	0:56:03
695	1549	No Entry Details		0:54:05	0:56:03
696	307	Cathy Hallows	F 40	0:55:01	0:56:05
697	1160	Peter Best	M 54	0:55:00	0:56:07
698	429	Christopher James	M 39	0:54:59	0:56:11
699	685	Caroline Quinn	F 37	0:54:16	0:56:13
700	741	Michael Murray	M 37	0:56:02	0:56:15
701	998	Gabriel Hagard	M 37	0:55:53	0:56:15
702	1373	Cerys Howell	F 0	0:55:20	0:56:17
703	678	Anwen Lewis	F 34	0:55:47	0:56:19
704	857	Simon Williams	M 39	0:54:48	0:56:20
705	945	Sian Brown	F 45	0:55:16	0:56:26
706	1539	No Entry Details		0:54:38	0:56:30
707	918	Glynn Leach	M 52	0:55:15	0:56:31
708	1000	Mia Hagard	F 26	0:56:11	0:56:33
709	1546	No Entry Details		0:54:38	0:56:34
710	1315	Ceri Abvulla	F 34	0:55:43	0:56:34
711	1186	Rhian Durham	F 27 Pontypridd Roadents	0:56:06	0:56:34
712	810	Cathryn Llewellyn	F 43	0:56:18	0:56:35
713	814	Bernard Stevens	M 63	0:56:18	0:56:36
714	981	Alun Job	M 32	0:54:52	0:56:37
715	442	Jon Brassey	M 38 Penarth & Dinas RC	0:56:15	0:56:37
716	904	Jane Standerwick	F 44	0:55:34	0:56:38
717	942	Niall Hughes	M 31	0:54:45	0:56:38
718	799	Tara Seed	F 23	0:54:37	0:56:38
719	634	Clare Morgans	F 28	0:55:34	0:56:40
720	479	Mathew Jones	M 34	0:54:35	0:56:40
721	744	Gareth Jones	M 47	0:55:47	0:56:43
722	724	Kay Collingridge	F 31	0:55:09	0:56:44
723	90	Bethan Cousins	F 31 Powered by Nurofen	0:54:58	0:56:45
724	312	Rob Smith	M 46	0:54:48	0:56:45
725	573	Helen John	F 43	0:56:29	0:56:46
726	320	Paul Phillips	M 0	0:55:48	0:56:46
727	808	Andrew Hamblin	M 31	0:55:33	0:56:47
728	704	Michael Owen	M 38	0:55:58	0:56:48
729	1109	Mark Rowlands	M 38	0:56:08	0:56:49
730	465	Alfryn Easter	M 59 3M Gorseinon RR	0:54:56	0:56:52
731	1630	Geraldine Barry	F 40	0:55:32	0:56:54
732	1306	Ehab Taha	M 27	0:55:27	0:56:58

733	790 Gwynfor Davies	M 53	0:56:21	0:57:09
734	813 Tristan Plowman	M 23	0:55:12	0:57:11
735	690 Colin Rose	M 62	0:56:20	0:57:14
736	725 Jane Bowns	F 33	0:55:40	0:57:14
737	1517 No Entry Details		0:57:02	0:57:15
738	111 Sally Martin	F 19 Institute of Nephrology	0:56:50	0:57:17
739	805 Geraint Griffiths	M 40	0:55:47	0:57:18
740	940 Donald Fraser	M 37	0:56:53	0:57:19
741	469 Georgina Govier	F 44	0:56:38	0:57:25
742	1551 No Entry Details		0:55:28	0:57:26
743	944 Steven Powell	M 0	0:55:29	0:57:26
744	687 Tim Ridd	M 40	0:56:02	0:57:26
745	1193 Niall Williams	M 40	0:56:09	0:57:30
746	1192 Emma Mathias	F 27	0:56:09	0:57:31
747	723 Emma Thomas	F 33	0:55:57	0:57:31
748	492 Huw Mason	M 51	0:55:51	0:57:31
749	679 Karen Ceeney	F 49 Lliswerry Runners	0:56:49	0:57:31
750	936 Bernard McCarthy	M 60	0:56:18	0:57:32
751	852 Deborah Spencer	F 47	0:57:00	0:57:35
752	386 Helen Fergusson-Kelly	F 44 Simones H&F Club	0:56:33	0:57:37
753	399 Katie Jones	F 27 Chepstow Harr	0:56:48	0:57:38
754	1533 No Entry Details		0:56:52	0:57:44
755	1344 Sarah Williams	F 32	0:56:00	0:57:44
756	1211 Nia Thomas	F 34	0:55:59	0:57:45
757	1199 Liz Berna	F 50	0:57:18	0:57:45
758	826 John Fellows	M 60	0:55:45	0:57:46
759	302 Madeleine Newcomb	F 55	0:56:40	0:57:46
760	433 Richard Bibb	M 34 Dudley Kingswinford	0:56:35	0:57:49
761	1099 K Chadwell	F 37 Womens Running Net	0:56:16	0:57:54
762	875 Mark Barry	M 44	0:56:32	0:57:54
763	765 Kate Moore	F 26	0:57:09	0:57:57
764	732 Jackie Mudge	F 47	0:57:34	0:57:57
765	323 Mary Gent	F 49	0:56:43	0:57:57
766	1048 Marianne Burridge	F 49 Fairwater Runners	0:57:07	0:58:00
767	1017 Michael Griffiths	M 46	0:56:14	0:58:00
768	524 Spencer Rabaioti	M 36	0:57:48	0:58:07
769	504 Ceri Davies	F 31	0:56:43	0:58:08
770	1541 No Entry Details		0:57:29	0:58:08
771	1482 Hywel Bufton	M 35	0:56:51	0:58:09
772	120 Rhys Tyler	M 26 Panasonic	0:57:04	0:58:10
773	956 Amy Preece-Jones	F 31	0:56:30	0:58:18
774	957 Eleanor Winterbourne	F 33	0:56:30	0:58:18
775	344 Tony Hall	M 59	0:57:15	0:58:18
776	539 Jim McCulloch	M 50 Penarth & Dinas RC	0:57:34	0:58:19
777	1397 James Cooke	M 37	0:57:21	0:58:19
778	407 Ian James	M 38	0:56:44	0:58:22
779	1544 No Entry Details		0:57:07	0:58:25
780	555 Susan Bibb	F 0 D.K.R.F.C	0:57:12	0:58:27
781	1067 Carl Rose	M 39	0:57:21	0:58:28
782	1096 Jen Payne	F 26	0:56:26	0:58:29
783	1622 Ryan Evans	M 26	0:56:25	0:58:29
784	1097 Wayne Evans	M 52	0:56:26	0:58:30
785	1115 Rachael Finlayson	F 36	0:57:27	0:58:31
786	550 Anne Barratt	F 41	0:57:27	0:58:31
787	1121 Catriona Findlay	F 40	0:57:58	0:58:32
788	836 Donna Thomas	F 45	0:57:58	0:58:32
789	1148 Mairwen Price	F 44	0:57:57	0:58:32
790	654 Pete Regan	M 45	0:57:46	0:58:34
791	1641 Charlie Sorrell	F 23	0:57:14	0:58:34
792	304 Lisa Davies	F 37	0:57:41	0:58:34
793	537 Kathryn Sweetman	F 35 Running 4 Women	0:58:16	0:58:36
794	431 Jane Chappelle	F 44	0:58:07	0:58:37
795	966 Penny Coyle	F 29	0:57:17	0:58:37
796	965 Sarah Baker	F 31	0:57:18	0:58:38
797	964 Sarah Crawford	F 31	0:57:19	0:58:39
798	428 Gary Collier	M 62	0:57:31	0:58:43
799	1643 Sally Drennan	F 26	0:57:28	0:58:48
800	67 Colin Stacey	M 60 Moneypilot Aeronauts	0:56:56	0:58:49
801	1513 No Entry Details		0:57:06	0:58:50
802	1593 No Entry Details		0:56:57	0:58:51
803	645 Owen Thomas	M 34	0:58:00	0:58:53
804	1297 Steve Pritchard	M 0	0:57:26	0:58:54
805	989 Christian Thomas	M 25	0:57:58	0:58:55
806	1508 No Entry Details		0:57:56	0:58:57
807	928 Denise Williams	F 56	0:57:31	0:58:58
808	1090 Mandy Martin	F 33	0:57:17	0:58:58
809	585 Sharon Hyett	F 31	0:57:50	0:58:59
810	1335 Diana Pugh	F 22 Cardiff AAC	0:57:30	0:59:00
811	1332 Lynne Allbutt	F 0	0:57:55	0:59:03
812	1422 Philip Davies	M 38	0:58:46	0:59:03
813	757 Mark Owen	M 38	0:58:19	0:59:04
814	139 Dai Morris	M 50 SW Fire & Rescue 2	0:58:55	0:59:04
815	1348 Jo Farrar	F 42	0:58:24	0:59:04
816	1347 Jeff Farrar	M 42	0:58:25	0:59:05
817	1484 Nicola Blount	F 38	0:57:43	0:59:06
818	609 Pamela Clancy	F 52	0:58:20	0:59:06
819	1256 Sara Rees	F 35	0:58:23	0:59:07
820	658 Rich Skyrme	M 33	0:57:11	0:59:09
821	1360 Lis Walters	F 31	0:57:08	0:59:09
822	648 Sara Morgan	F 30	0:57:43	0:59:11
823	827 Nicola Titmus	F 43	0:58:34	0:59:11
824	533 Simon Wigley	M 45	0:57:57	0:59:11
825	1078 Joseph Sanford-Pooley	M 20 Cardiff University RC	0:58:23	0:59:13
826	1077 Oliver Williams	M 21	0:58:24	0:59:13
827	1018 Nia Morgan	F 23	0:58:44	0:59:16
828	468 Stephen Murphy	M 51	0:57:18	0:59:18
829	670 Claire Jenkins	F 42	0:58:11	0:59:18
830	516 Alan Bladen	M 71 Les Croupiers	0:59:07	0:59:18
831	969 Frank Dettori	M 53	0:57:54	0:59:19
832	873 Sian Jones	F 27	0:58:07	0:59:20
833	305 Ann Frances	F 39	0:58:27	0:59:20
834	632 Susan Mathias	F 36	0:57:27	0:59:22
835	1590 Michelle Scorney	F 0	0:57:42	0:59:24
836	1283 Frances Sloan	F 48	0:58:14	0:59:25
837	1527 No Entry Details		0:59:10	0:59:26
838	986 Camille Hayden-Evans	M 29	0:57:43	0:59:27
839	985 Meirion Evans	F 29	0:57:42	0:59:27
840	650 Kim Williams	F 48	0:59:05	0:59:32
841	1380 Katja Burk	F 29	0:59:02	0:59:32
842	772 Chris Kalucki	M 26	0:58:51	0:59:34
843	1182 Beatrix Bown	F 52	0:58:30	0:59:40
844	1403 James Washington	M 30	0:58:38	0:59:41
845	1402 Angela Bennett	F 29	0:58:39	0:59:41
846	1287 George Venebles	M 55 SW Constab AC	0:58:04	0:59:43
847	782 Shahab Hussein	M 36	0:59:27	0:59:44
848	377 Ross Walton	M 27	0:58:09	0:59:44
849	370 Polly Ivens	F 28	0:58:09	0:59:44
850	789 Daniel Field	M 17	0:58:48	0:59:45
851	1613 Rhodri Evans	M 30	0:58:06	0:59:45
852	766 Stuart Davies	M 25	0:58:58	0:59:46
853	907 Michael Tune	M 41	0:57:57	0:59:50
854	1050 Robert Lee	M 55 Fitness First	0:58:49	0:59:50
855	1653 Chris Hughes-Jones	M 47	0:58:49	0:59:50

856	913	David Nash	M 33	0:57:59	0:59:51
857	900	Charlotte Brown	F 20	0:59:08	0:59:52
858	83	Chris John	M 23 Peter Evans	0:59:31	0:59:52
859	332	Clive Evans	M 66	0:58:23	0:59:52
860	949	Brian Ham	M 52	0:58:44	0:59:53
861	1267	Elizabeth Morgan	F 33 San Domenico RC	0:59:03	0:59:57
862	481	Ruth Treharne	F 43 Islwyn RC	0:58:20	0:59:59
863	1351	Julie Broughton	F 41	0:58:32	1:00:00
864	397	Gaynor James	F 37	0:59:21	1:00:00
865	1352	Mark Broughton	M 42	0:58:31	1:00:00
866	774	David Bull	M 43	0:59:37	1:00:00
867	835	Alan Crutcher	M 49	0:59:40	1:00:03
868	515	Janet Moyle	F 40	0:59:23	1:00:03
869	1576	No Entry Details		0:59:35	1:00:08
870	563	Joanne Snaith	F 36	0:59:35	1:00:09
871	795	Gill Murphy	F 53 Les Croupiers	0:59:28	1:00:14
872	1325	Edward Wyn Jones	M 36	0:58:43	1:00:20
873	310	Andrew Clark	M 37	0:59:56	1:00:21
874	311	Sarah Dawes-Clark	F 33 Les Croupiers	0:59:57	1:00:21
875	570	Tracey Turri	F 39	0:59:01	1:00:21
876	378	David Phelps	M 42	0:58:57	1:00:24
877	1660	Lowri Cynan	F 44	0:59:51	1:00:26
878	349	Michael Johns	M 46	0:58:51	1:00:29
879	1327	Rachel Hurley	F 0	0:59:55	1:00:30
880	950	Sion Williams	M 44	0:59:36	1:00:31
881	976	Paul Griffiths	M 40	0:58:52	1:00:31
882	958	Lisa Davies	F 40	0:59:12	1:00:36
883	348	Christopher Johns	M 43	0:58:58	1:00:36
884	954	Lisa Thomas	F 40	0:59:12	1:00:36
885	1272	Ruth Hambley	F 40	0:59:31	1:00:38
886	838	Andrew Owens	M 44	1:00:26	1:00:39
887	1399	Alaster Rutherford	M 53	0:58:36	1:00:40
888	611	Carys Davies	F 37	0:59:23	1:00:44
889	1222	Robert Wheatcroft	M 43	1:00:31	1:00:45
890	1608	No Entry Details		0:59:25	1:00:45
891	1413	Joanne Lewis	F 25	1:00:17	1:00:46
892	1230	Laura Starrs	F 33	0:58:52	1:00:47
893	1012	Stephanie Perrett	F 27	1:00:17	1:00:47
894	1536	No Entry Details		1:00:08	1:00:47
895	1382	Joss Andrews	F 0	0:59:36	1:00:48
896	914	Helga Warren	F 42	0:59:36	1:00:48
897	959	Sara Thomas	F 33	0:59:22	1:00:50
898	1149	Tracy French	F 40	0:59:32	1:00:51
899	1147	Julian French	M 42	0:59:32	1:00:51
900	978	Rowles Helen	F 39	0:59:33	1:00:52
901	1632	Louise Hopper	F 45	1:00:15	1:00:52
902	1328	Mike MacKlin	M 54	0:59:17	1:00:54
903	1486	James Gibson	M 25	0:59:03	1:00:54
904	837	Helen Davies	F 37 Cardigan RC	1:00:46	1:00:56
905	1151	Julie Gandy	F 35	1:00:30	1:00:57
906	834	Philip Bolton	M 56	0:59:48	1:00:58
907	807	Alun Edwards	M 36	0:59:08	1:00:58
908	401	Ceri Jones	F 46	1:00:03	1:01:04
909	1037	Sarah Richards	F 30	0:59:03	1:01:05
910	660	Andrew Champion	M 39	0:59:24	1:01:05
911	1039	Helena Mathleson	F 26	0:59:04	1:01:06
912	1040	Stephen Owen	M 31	0:59:04	1:01:06
913	376	Rhian Jones	F 27	1:00:04	1:01:07
914	389	Daniel Morris	M 28	1:00:03	1:01:07
915	475	David Wright	M 43 Susie's Set	1:00:42	1:01:07
916	476	Christopher Lee	M 37 Susie's Set	1:00:43	1:01:07
917	507	Josephine Brown	F 23	1:00:24	1:01:08
918	1062	Paul Tucker	M 30	0:59:29	1:01:08
919	1145	Sarah Mynott	F 38	0:59:50	1:01:08
920	435	Michelle Hurley-Tyers	F 29	1:00:34	1:01:10
921	775	Russell Bull	M 45	1:00:42	1:01:12
922	91	Nick Sylvester	M 31 Powered by Nurofen	0:59:27	1:01:13
923	850	Nia Robertson	F 36	1:00:35	1:01:14
924	1365	Phil Ward	M 33	0:59:27	1:01:17
925	1270	Nelanie Jehu	F 40	1:00:02	1:01:19
926	1518	No Entry Details		0:59:26	1:01:25
927	1136	Hazel Hall	F 44	1:01:11	1:01:28
928	1607	No Entry Details		1:00:13	1:01:33
929	1132	Kevin Llewellyn	M 53	1:01:02	1:01:34
930	1316	Kathryn Ward	F 23	1:00:26	1:01:38
931	495	Derrick Harris	M 68	1:00:13	1:01:38
932	1317	Alan Ward	M 29	1:00:26	1:01:38
933	1645	Beth Davies	F 30	0:59:57	1:01:38
934	1278	Patrizia Donovan	F 51	1:00:55	1:01:39
935	385	Lucia Milatova	F 25	1:00:41	1:01:44
936	117	Niklas Harris	M 36 Panasonic	1:00:42	1:01:47
937	1047	Anna Beard	F 30	1:00:54	1:01:47
938	340	Christina McMullen	F 41	1:00:45	1:01:55
939	464	Meryl Foskett	F 41	1:01:32	1:02:00
940	691	Karen Mingay	F 39 Les Croupiers	1:01:35	1:02:01
941	680	Nell Pugh	F 25	1:00:43	1:02:02
942	1226	Matt Ayre	M 24	1:00:13	1:02:02
943	763	Kamil Borysewicz	M 24	1:01:20	1:02:03
944	521	Eleri Owen	F 33	1:01:32	1:02:03
945	1633	Vanessa Waters	F 43	1:01:29	1:02:06
946	1491	Nigel Ferrand	M 51	1:00:52	1:02:09
947	404	Kate Sanders	F 37	1:01:09	1:02:11
948	369	Adele Hill	F 26	1:00:29	1:02:11
949	982	Abelene Davies	F 28	1:00:28	1:02:12
950	779	Karol Kuzbinska	M 27	1:02:11	1:02:17
951	329	Charles Davies	M 75	1:01:26	1:02:17
952	538	Mark Evans	M 34	1:01:15	1:02:27
953	999	Robert Montgomery	M 55	1:00:53	1:02:29
954	984	Patricia Blackwell	F 46	1:00:47	1:02:30
955	514	Lucy Gordon	F 37	1:01:55	1:02:33
956	935	Angie Fitzgerald	F 30	1:01:55	1:02:33
957	1411	Lyn Howell	M 55	1:01:10	1:02:39
958	1289	Nick McAndrew	M 0	1:02:13	1:02:40
959	1023	Rachael Humphreys	F 27	1:01:48	1:02:43
960	493	Fadi Baydoun	M 36	1:01:20	1:02:44
961	1553	No Entry Details		1:01:02	1:02:44
962	449	Marc Bengger	M 31 Wattsville Harr	1:00:51	1:02:46
963	505	Helen Jenkins	F 33	1:01:56	1:02:50
964	109	Helen Jones	F 29 Allis Amblers	1:01:36	1:02:55
965	1134	Joanne O'Brien	F 37	1:01:41	1:02:56
966	1617	Bledd Rees	M 27	1:01:06	1:02:57
967	1599	Rhonda Baker	F 43	1:02:00	1:03:00
968	1245	Clive Rowe	M 39	1:01:21	1:03:02
969	1323	Hannah Goodsen	F 30	1:01:15	1:03:03
970	328	Simon Hudd	M 40	1:01:25	1:03:04
971	88	Chris Griffiths	M 35 Powered by Nurofen	1:02:15	1:03:05
972	1249	Sarah Ladd	F 39	1:01:27	1:03:05
973	92	Rhian Pugh	F 27 Powered by Nurofen	1:02:15	1:03:06
974	395	Karin Cuthbert	F 48	1:01:45	1:03:06
975	1636	Lesley Beattig	F 38	1:01:44	1:03:06
976	699	Rachel Sheldon	F 25	1:01:44	1:03:06
977	396	Margaret Sutherland	F 27	1:02:20	1:03:09
978	457	Mike Davies	M 39	1:02:23	1:03:12

979	1579	Gwenda Morris	F 46	1:01:53	1:03:16
980	79	Claire Turner	F 34 Millfield	1:02:06	1:03:21
981	413	Philip Manfield	M 46	1:02:20	1:03:25
982	565	Patricia Davidson	F 50 Brackla Harr	1:02:26	1:03:27
983	105	Nina Prichard	F 29 Allis Amblers	1:02:10	1:03:29
984	1598	Tracey Morse	F 26	1:02:30	1:03:30
985	116	Anthony Lockyer	M 31 Panasonic	1:02:27	1:03:32
986	523	John Cole	M 60	1:02:38	1:03:32
987	1022	Claire Morgan	F 37	1:01:42	1:03:33
988	1616	Jess Player	F 26	1:02:25	1:03:34
989	134	Sian Vowler	F 32 SW Fire & Rescue 1	1:03:33	1:03:41
990	1112	Emma Smith	F 35	1:01:45	1:03:42
991	1031	Andrea Goodfellow	F 39 Womens Running Net	1:02:00	1:03:43
992	75	Sarah Stroud	F 39 Millfield	1:02:37	1:03:52
993	80	Jenie Cooke	F 44 Millfield	1:02:37	1:03:52
994	733	Mike Woods	M 43	1:02:58	1:03:55
995	1376	Natalie Smout	F 43	1:02:17	1:04:00
996	368	Peter Bollom	M 49	1:03:04	1:04:10
997	1654	Reza Khosravi	M 0	1:02:11	1:04:15
998	1025	Nicola Poole	F 33	1:03:51	1:04:16
999	728	Andrew Healey	M 41	1:02:15	1:04:20
1000	1550	No Entry Details		1:02:26	1:04:23
1001	721	Bethan Watkins	F 31	1:02:49	1:04:24
1002	995	Christine Long	F 49	1:03:20	1:04:24
1003	380	Julian Edwards	M 45	1:03:22	1:04:26
1004	1156	Philip Davies	M 60 3M Gorseinon RR	1:02:36	1:04:30
1005	546	James Joshua	M 18	1:03:04	1:04:30
1006	545	Cheryl Llewellyn	F 31	1:03:04	1:04:31
1007	1640	Lloyd Thomas	M 19	1:02:36	1:04:31
1008	1161	Gary Pesticcio	M 38	1:04:25	1:04:31
1009	1216	Yvonne Forsey	F 49	1:03:51	1:04:34
1010	920	Christine Faulkner	F 40	1:02:58	1:04:36
1011	494	Judith Baydoun	F 52	1:03:20	1:04:43
1012	1032	Abigail Hamblin	F 34	1:03:53	1:04:51
1013	666	Alison Felton	F 32	1:03:23	1:05:03
1014	89	Samantha Cole	F 33 Powered by Nurofen	1:03:15	1:05:03
1015	641	Helen Watkins	F 34	1:04:26	1:05:06
1016	1153	Judith Logan	F 47	1:04:23	1:05:06
1017	1119	Rachael Daniel	F 38	1:04:11	1:05:08
1018	487	Carol Palmer	F 60 Newport Harr	1:04:24	1:05:08
1019	980	Alison Gould	F 34	1:04:16	1:05:10
1020	78	Craig Paley	M 44 Millfield	1:03:59	1:05:14
1021	938	Katie Jones	F 25	1:03:44	1:05:16
1022	1615	Ashok Aggarwal	M 52	1:05:20	1:05:25
1023	1113	Joanne Easter-Thomas	F 33	1:04:13	1:05:26
1024	828	Mark Hopkins	M 33	1:04:52	1:05:33
1025	1131	Jeff Rosser	M 42	1:03:57	1:05:34
1026	1618	Ceinwen Griffiths	F 33	1:03:48	1:05:40
1027	1107	Nigel Thomas	M 52	1:04:45	1:05:42
1028	1106	Lynne Thomas	F 56	1:04:44	1:05:42
1029	418	Dave Davies	M 53	1:04:39	1:05:46
1030	412	Teresa Davies	F 44	1:04:39	1:05:46
1031	460	Tim Barsby	M 54	1:05:21	1:05:47
1032	1255	John Parkman	M 74	1:04:15	1:05:52
1033	977	Aqil Hennessy	F 36	1:04:16	1:05:54
1034	1307	Darren Smith	M 37	1:04:07	1:05:55
1035	701	Dudley Davies	M 49	1:04:51	1:05:56
1036	1212	Samantha James	F 37	1:04:53	1:05:59
1037	1002	John Ladbroke	M 27	1:04:59	1:06:06
1038	584	Anne Donald	F 58 Les Croupiers	1:04:47	1:06:11
1039	1626	No Entry Details		1:04:51	1:06:19
1040	1303	Rebecca Robson	F 37	1:05:17	1:06:22
1041	1657	Steven Smith	M 47	1:04:37	1:06:27
1042	363	Sophie Phillips	F 17	1:05:31	1:06:30
1043	87	Bethan Thomas	F 27 Powered by Nurofen	1:04:42	1:06:31
1044	1336	Rachel Pugh	F 26	1:05:02	1:06:32
1045	59	Vanessa Lloyd	F 25 Moneypilot Aviators	1:04:41	1:06:35
1046	646	Gerald Kemp	M 42	1:04:49	1:06:50
1047	473	Anne Thomas	F 50 Chepstow Harr	1:06:06	1:06:55
1048	698	Anwen Roberts	F 24	1:05:35	1:06:57
1049	591	Lizzie Robinson	F 33	1:05:22	1:06:58
1050	833	Adrian Broad	M 35	1:05:34	1:07:00
1051	1227	Ralf Herbert	M 23	1:05:24	1:07:12
1052	410	Alice Roythorne	F 30	1:05:52	1:07:23
1053	1634	Huw Williams	M 46	1:05:44	1:07:32
1054	924	Judith Naragna	F 52	1:06:03	1:07:33
1055	1286	Gwenne Thomas	F 33	1:06:04	1:07:38
1056	1356	Neil Edward	M 47	1:06:04	1:07:38
1057	1648	Joanne Jackson	F 24	1:05:34	1:07:39
1058	1649	Michael Pearson	M 27	1:05:34	1:07:39
1059	1007	David Swallow	M 54	1:06:48	1:07:48
1060	1581	Susan Wilkins	F 29	1:06:28	1:07:54
1061	1412	Esyllt Nelson	F 25	1:07:26	1:07:55
1062	1184	Judy Wright	F 39	1:06:29	1:07:59
1063	718	Ruth Martin	F 53 Cheltenham Almo St AC	1:07:13	1:07:59
1064	937	Ginny Battson	F 37	1:06:04	1:08:02
1065	1330	Amanda Protheroe-Thomas	F 0	1:07:07	1:08:03
1066	455	Richard Davies	M 37	1:06:02	1:08:06
1067	1535	No Entry Details		1:06:47	1:08:07
1068	855	Emma Davies	F 35	1:06:46	1:08:07
1069	1489	Mandy Donaldson	F 34 Wimbledon Windmilers	1:08:09	1:08:16
1070	771	Dave Pearce	M 36	1:07:35	1:08:17
1071	444	Caroline Alford	F 24	1:07:15	1:08:23
1072	681	Sarah Murphy	F 24	1:07:38	1:08:25
1073	801	Dilys Morris-Jones	F 49	1:07:18	1:08:29
1074	665	Sarah Hawkins	F 33	1:06:58	1:08:38
1075	534	Claire Mahoney	F 16	1:07:26	1:08:41
1076	141	Sarah Watkins	F 33 SW Fire & Rescue 2	1:08:45	1:08:53
1077	1609	Andrew Owen	M 41	1:07:18	1:09:05
1078	903	Richard Parrott	M 39	1:07:48	1:09:06
1079	531	Glynys Davies	F 45	1:08:16	1:09:10
1080	499	Tony Smith	M 46	1:08:17	1:09:10
1081	1128	Sue Proudlove	F 44	1:07:59	1:09:23
1082	1285	Carl Hier	M 44	1:07:44	1:09:28
1083	1603	Isabel Aguilera	F 49	1:09:12	1:09:41
1084	694	Anthony Cribb	M 53	1:09:12	1:09:46
1085	695	Richard Davies	M 0	1:09:13	1:09:47
1086	696	Brian Short	M 40	1:09:13	1:09:47
1087	411	Wayne Jenkins	M 47	1:08:25	1:09:48
1088	1013	Elaine Davies	F 38	1:09:01	1:09:50
1089	1014	Leighton Davies	M 38	1:09:02	1:09:50
1090	1001	Rebecca Williams	F 27	1:08:40	1:09:51
1091	77	Rhodri Samuel	M 39 Millfield	1:08:42	1:09:58
1092	735	Michael Zujewski	M 26	1:09:16	1:10:02
1093	734	Ewa Zujewska	F 26	1:09:17	1:10:02
1094	1053	Matthew Fowler	M 36	1:08:40	1:10:06
1095	438	Adele Hobbs	F 36	1:08:31	1:10:15
1096	543	Susan Belfourd	F 25	1:08:43	1:10:17
1097	1312	Kevin Fisher	M 47	1:09:06	1:10:31
1098	1313	Marlize Palmer	F 49	1:09:06	1:10:31
1099	5003	Personal Chip		1:09:06	1:10:31
1100	877	Amber Hartley-Watts	F 16	1:09:21	1:10:37
1101	962	David Cornelius	M 0	1:09:12	1:10:40

1102	362	Jackie Phillips	F 48	1:09:50	1:10:49
1103	557	Janet Morgan	F 48 Liswerry Runners	1:10:06	1:10:50
1104	1163	Christine Dalgleish	F 44	1:10:22	1:10:53
1105	1614	Sarah Jones	F 43	1:09:00	1:10:56
1106	1582	No Entry Details		1:09:32	1:10:58
1107	5004	Personal Chip		1:09:18	1:11:00
1108	604	Elizabeth Lewis	F 31	1:09:18	1:11:00
1109	1343	Garet Evans	M 35	1:10:49	1:11:07
1110	1288	Jo McAndrew	F 0	1:10:41	1:11:08
1111	1290	Sally-Anne Ryder	F 0	1:10:41	1:11:09
1112	1481	Robert Cawley	M 38	1:09:56	1:11:12
1113	467	Chrissie Chandler	F 27	1:09:46	1:11:19
1114	727	Liz Powell	F 40	1:09:16	1:11:22
1115	1510	No Entry Details		1:09:55	1:11:24
1116	623	Sian Hunt	F 25	1:09:52	1:11:28
1117	1071	Lydia Spooner	F 28	1:09:52	1:11:28
1118	373	David Hill	M 28	1:09:33	1:11:29
1119	82	Glyn Rhisiart	M 32 Peter Evans	1:11:15	1:11:35
1120	996	Ann Long	F 21	1:10:40	1:11:44
1121	415	Ron Harris	M 71 Lliswerry Runners	1:09:59	1:11:44
1122	700	Andrew Downes	M 27	1:10:42	1:11:46
1123	1601	Alex Emery	M 17	1:09:52	1:11:47
1124	536	Rosalind Burgess	F 41 Lliswerry Runners	1:11:06	1:11:49
1125	1602	Sam Morgan	M 17	1:09:55	1:11:50
1126	1479	Denise Sullivan	F 54	1:10:45	1:11:56
1127	1092	Clare Bowman	F 38	1:10:46	1:11:56
1128	459	Sarah Board	F 37	1:11:39	1:11:57
1129	1370	Martin Thomas	M 56	1:10:49	1:12:39
1130	1176	Rose O'Driscoll	F 51	1:11:49	1:12:47
1131	798	Ed Goodfellow	M 38	1:11:02	1:12:47
1132	1661	Manon Edwards	F 30	1:12:15	1:12:52
1133	586	Kate John	F 27	1:11:32	1:13:05
1134	830	Hayley Derrick	F 21	1:11:12	1:13:13
1135	847	Simone Dive	F 23	1:11:41	1:13:28
1136	846	Leigh Hathaway	M 27	1:11:41	1:13:29
1137	1028	Robert Davies	M 26	1:12:10	1:13:43
1138	659	Karen Poulton	F 29	1:11:55	1:13:51
1139	1220	Kelly Shefford	F 27	1:13:13	1:14:18
1140	1647	David Coles	M 25	1:12:40	1:14:34
1141	532	Shula Gold	F 45	1:13:24	1:14:40
1142	1143	Matthew Fortunka	M 32	1:13:13	1:14:40
1143	76	Ian Bawey	M 26 Millfield	1:13:27	1:14:42
1144	1631	John Thomas	M 65	1:14:43	1:14:43
1145	98	Pete Caltabiano	M 40 Enterprise Rent A Car	1:14:33	1:14:48
1146	1341	Lisa Skelding	F 27	1:14:37	1:15:13
1147	1635	Mered Pryce	M 34	1:13:26	1:15:13
1148	1033	Terri Gazi	F 49	1:14:35	1:15:25
1149	1275	Wendy Clissold	F 52	1:13:40	1:15:27
1150	1301	Canano Sissi	F 34	1:15:31	1:16:01
1151	621	Rhiannon Jones	F 47	1:15:07	1:16:17
1152	620	Sarah Gage	F 40	1:15:07	1:16:17
1153	1496	Neil Pilliner	M 37	1:15:39	1:16:42
1154	1501	Joy Davies	F 44 Les Croupiers	1:15:27	1:16:49
1155	1502	No Entry Details		1:15:27	1:16:49
1156	762	Kamil Milewicz	M 23	1:16:06	1:16:52
1157	472	Sian Coxall	F 29 San Domenico RC	1:16:14	1:17:09
1158	576	Chris Nial	M 39	1:15:15	1:17:14
1159	923	Sheri-Anne Mizon	F 30	1:16:06	1:17:36
1160	1069	Sandra Lloyd-Williams	F 46	1:15:38	1:17:40
1161	1663	Estelle Thistleton	F 53	1:15:38	1:17:40
1162	1070	Tracy Booth	F 45	1:15:38	1:17:40
1163	1083	Paula Bradbury	F 40	1:17:45	1:19:48
1164	759	Pat Jackson	F 47	1:20:50	1:21:34
1165	967	Tony Dicker	M 68 Woodford Green AC	1:19:50	1:21:40
1166	60	Lisa Williams	F 32 Moneypilot Aviators	1:19:49	1:21:42
1167	55	Grantley Harris	M 32 Moneypilot Wingmen	1:19:49	1:21:42
1168	1537	No Entry Details		1:22:07	1:22:46
1169	488	Linda Jones	F 37	1:22:53	1:22:53
1170	736	Tim Wilkes	M 24	1:22:29	1:23:12
1171	761	Monika Legierska	F 24	1:22:30	1:23:12
1172	1084	Geraint Miles	M 41	1:21:17	1:23:20
1173	756	Hojat Kazemi	M 56	1:23:31	1:23:43
1174	68	Dawn Johnson	F 47 Moneypilot Aeronauts	1:22:39	1:24:33
1175	746	Kayley Lloyd	F 0	1:26:47	1:27:29
1176	739	Lisa Burgess	F 18	1:26:48	1:27:29
1177	738	Bethan Olden	F 22	1:26:51	1:27:33
1178	764	Tanya Fry	F 39	1:28:07	1:28:53
1179	758	Nasreen Amin	M 27	1:28:10	1:28:53
1180	1500	Andrew Bilbeck	M 32	1:27:52	1:29:14
1181	781	Amy Grba	F 24	1:29:52	1:30:40
1182	740	Melanie Powis	F 24	1:37:47	1:39:25
1183	65	Sarah Goode	F 32 Moneypilot Aeronauts	1:39:18	1:41:12
1184	61	Claire Bird	F 27 Moneypilot Aviators	1:39:19	1:41:12
1185	745	Alice Pugh	F 57	1:42:22	1:42:53
1186	770	Ian Elkins	M 46	1:49:23	1:50:08
1187	769	Kylie Keepings	F 19	1:49:23	1:50:08
1188	776	Maria Buckley	F 40	1:59:20	1:59:20
1189	737	Angela Barnes	F 62	2:06:48	2:07:35