

## LLanelli 10K 2005 Results

Race No	Forename	Surname	Gender	Category	CatPos	Gun Time	Gun rank	Chip Time	Chip rank	TEA
596	RICHARD	GARDINER	Male	MS	1	00:31:06	1	00:31:06	1	CAR
382	CLIVE	WEST	Male	MS	2	00:33:13	2	00:33:13	2	NOR REG
630	Geraint	Lewis	Male	MU23	1	00:33:39	3	00:33:38	3	
383	GARETH	WILLIAMS	Male	MS	3	00:33:44	4	00:33:42	4	NOR REG
166	AFAN	HUMPHRIES	Male	MU23	2	00:34:19	5	00:34:19	5	
508	ALUN	WOOD	Male	MS	4	00:34:27	6	00:34:25	6	BRID
384	MIKE	ROBBINS	Male	M40	1	00:34:27	7	00:34:25	7	NOR REG
385	STEPHEN	GILLEN	Male	M40	2	00:34:56	8	00:34:54	8	NOR REG
417	ASHLEY	GRAY	Male	MS	5	00:34:59	9	00:34:57	9	
545	STEVE	JONES	Male	MS	6	00:35:08	10	00:35:07	10	
526	STEVE	SMITH	Male	M40	3	00:35:14	11	00:35:13	11	SWA HAR
495	TIM	LEWIS	Male	MS	7	00:35:18	12	00:35:17	12	BRID
730	Carwyn	Jones	Male	MS	8	00:35:39	13	00:35:36	13	
717	Mark	Roberts	Male	MS	9	00:35:46	14	00:35:46	14	
572	HUW	ROBERTS	Male	M40	4	00:36:03	15	00:36:02	15	BRID
563	PHIL	COOK	Male	MS	10	00:36:07	16	00:36:06	16	LES
448	STEPHEN	THOMAS	Male	MS	11	00:36:14	17	00:36:13	17	
550	ROBERT	JONES	Male	M40	5	00:36:17	18	00:36:16	18	LES
351	CHRISTOPHER	MEYLER	Male	MS	12	00:36:20	19	00:36:19	19	BRID
612	Paul	Bowen	Male	MS	13	00:36:24	20	00:36:23	21	
763	Tuder	Harries	Male	M40	6	00:36:26	21	00:36:22	20	
6	JOHN	WILLIAMS	Male	M40	7	00:36:29	22	00:36:26	22	NEA HAR
509	ARWEL	LEWIS	Male	M40	8	00:36:31	23	00:36:30	23	
591	PETER	KELLAM	Male	MS	14	00:36:38	24	00:36:36	24	LES

318	STUART	REEVES	Male	MS	15	00:36:46 25	00:36:44 25	LES
82	STUART	KEEN	Male	MS	16	00:36:49 26	00:36:47 26	
181	MICHAEL	EVANS	Male	MS	17	00:37:01 27	00:36:58 27	T.R.C
656	Ian	Webb	Male	M40	9	00:37:02 28	00:37:02 28	
600	KEVIN	GRIFFITHS	Male	M40	10	00:37:06 29	00:37:03 29	
728	Nick	Frost	Male	M40	11	00:37:06 30	00:37:04 30	
365	MELANIE	ELLIS	Female	F35	1	00:37:08 31	00:37:07 31	
661	Mark	Williams	Male	M40	12	00:37:14 32	00:37:10 32	
381	CLIVE	ROWLANDS	Male	MS	18	00:37:19 33	00:37:17 33	NOR REG
556	CLIVE	DAVIES	Male	M40	13	00:37:21 34	00:37:17 34	SOA RUN
451	PAUL	DYSON	Male	M40	14	00:37:29 35	00:37:25 35	SWA HAR
590	STEVE	WILLIAMS	Male	M40	15	00:37:38 36	00:37:34 36	NEA HAR
595	PETER	DAVIES	Male	M50	1	00:37:40 37	00:37:38 38	BRA HAR
28	JASON	PRICE	Male	MS	19	00:37:42 38	00:37:34 37	SWA HAR
505	PETER	WATKEYS	Male	MS	20	00:37:53 39	00:37:50 39	SWA HAR
583	NICK	DUKES	Male	MS	21	00:38:17 40	00:38:16 40	LES
500	LOUISE	COPP	Female	F35	2	00:38:27 41	00:38:25 42	NEA HAR
632	Scott	Evans	Male	MS	22	00:38:27 42	00:38:19 41	
642	George	Phillip	Male	MS	23	00:38:32 43	00:38:28 43	
715	James	Padfield	Male	MS	24	00:38:47 44	00:38:43 44	
147	MATHEW	TOOZE	Male	MS	25	00:38:49 45	00:38:43 45	
668	Emyr	Roberts	Male	MS	26	00:38:53 46	00:38:46 46	
731	Michael	Davies	Male	MS	27	00:38:56 47	00:38:54 47	
15	STEVE	COUPE	Male	M50	2	00:38:57 48	00:38:55 48	SOA RUN
42	JEFF	DAVIES	Male	M40	16	00:39:06 49	00:39:03 49	
193	ROGER	BERRY	Male	M60	1	00:39:21 50	00:39:17 50	WAL
710	Paul	Oughton	Male	M40	17	00:39:23 51	00:39:18 51	
516	EMYR	DAVIES	Male	M60	2	00:39:34 52	00:39:31 53	ERY HAR

379 ALEXIA	HAMILTON	Female	F45	1	00:39:35 53	00:39:31 54	NOR REG
643 Patryk	Huczkowski	Male	MS	28	00:39:39 54	00:39:36 56	
515 CRAIG	FOWLER	Male	M40	18	00:39:40 55	00:39:34 55	PON ROA
378 JANE	MOUNTFORD	Female	F35	3	00:39:42 56	00:39:37 57	NOR REG
482 ROB	FALCONER	Male	M40	19	00:39:42 57	00:39:37 58	
536 DANIEL	THOMAS	Male	MU23	3	00:39:46 58	00:39:45 60	BRY SCH
690 Martin	Webborn	Male	M40	20	00:39:48 59	00:39:45 61	
87 MELANIE	MALLON	Female	F35	4	00:39:50 60	00:39:27 52	
739 Haydn	Lloyd	Male	MS	29	00:39:53 61	00:39:37 59	
499 PETER	MOODY	Male	M60	3	00:40:00 62	00:39:56 62	
350 PHILIP	MEYLER	Male	M40	21	00:40:01 63	00:40:00 63	BRID
699 David	Garlick	Male	M50	3	00:40:06 64	00:40:01 64	
377 EMMA	PARRY	Female	FS	1	00:40:15 65	00:40:09 66	NOR REG
740 Tony	Hall	Male	M50	4	00:40:16 66	00:40:16 69	
360 M	BONNAUD	Male	MU23	4	00:40:17 67	00:40:05 65	
492 ANN	THOMAS	Female	F35	5	00:40:17 68	00:40:09 67	T.R.C
215 GRAEME	DONNAN	Male	M50	5	00:40:20 69	00:40:12 68	
691 Craig	Holland	Male	M40	22	00:40:22 70	00:40:16 70	
420 SATU	HAIKALA	Female	F35	6	00:40:31 71	00:40:25 71	BRE ATH
709 David	Lloyd	Male	M40	23	00:40:36 72	00:40:28 72	
403 JASON	STATHAM	Male	MS	30	00:40:45 73	00:40:40 73	
689 David	Thomas	Male	MS	31	00:40:48 74	00:40:42 75	
765 Kate	Goodmead	Female	FU23	1	00:40:48 75	00:40:47 77	
529 CLIVE	OSMOND	Male	M40	24	00:40:49 76	00:40:40 74	LES
747 Peter	Deacon	Male	M40	25	00:40:50 77	00:40:47 78	
681 Roger	Coombs	Male	MS	32	00:40:54 78	00:40:51 81	
7 CYRIL	WALTERS	Male	M50	6	00:40:54 79	00:40:46 76	T.R.C
56 DAVID	BEMBO	Male	MS	33	00:40:56 80	00:40:47 79	
742 Dallas	Wiseman	Male	MS	34	00:40:57 81	00:40:49 80	
128 JON	KERSTING	Male	M60	4	00:41:02 82	00:40:54 82	
679 Timothy	Bercury	Male	MS	35	00:41:10 83	00:41:04 83	
460 MARY	BOWEN	Female	F35	7	00:41:13 84	00:41:10 84	T.R.C
650 Lee	Mottis	Male	MS	36	00:41:19 85	00:41:17 87	

401	MICHAEL	DAVIES	Male	M50	7	00:41:19	86	00:41:11	85	
547	RICHARD	WEBSTER	Male	M50	8	00:41:22	87	00:41:17	88	3 M'S
239	HELEN	MANSFIELD	Female	F35	8	00:41:28	88	00:41:15	86	
110	MICHAEL	THOMAS	Male	M40	26	00:41:33	89	00:41:27	89	
247	MICK	MARSHALL	Male	M40	27	00:41:35	90	00:41:32	90	
598	NIGEL	HADDOCK	Male	MS	37	00:41:43	91	00:41:33	91	SOSI RUN
447	MARCUS	COLES	Male	MS	38	00:41:48	92	00:41:36	92	
153	SIMON	PAINTER	Male	M40	28	00:41:50	93	00:41:46	94	
255	Gareth	Jehu	Male	MS	39	00:41:55	94	00:41:45	93	
103	MARK	WILLIAMSON	Male	M40	29	00:42:08	95	00:41:56	95	
594	TERRY	CAVENEY	Male	M40	30	00:42:14	96	00:42:07	98	LES
616	Lee	Williams	Male	MS	40	00:42:15	97	00:42:03	96	
462	MARK	REES	Male	MS	41	00:42:17	98	00:42:10	99	
466	DAWN	KENWRIGHT	Female	F45	2	00:42:26	99	00:42:20	100	
672	J	Gardner	Male	MS	42	00:42:27	100	00:42:05	97	
622	Peter	Jones	Male	M40	31	00:42:29	101	00:42:25	101	
294	TOM	PEARSON	Male	MS	43	00:42:38	102	00:42:34	105	
253	TIM	O'SULLIVAN	Male	M40	32	00:42:42	103	00:42:32	103	
619	Dave	Roberts	Male	M40	33	00:42:45	104	00:42:41	108	
142	SAM	GROSS	Male	MS	44	00:42:47	105	00:42:25	102	
729	Graham	Colvin	Male	M40	34	00:42:50	106	00:42:39	107	
196	STEPHEN	POWELL	Male	M40	35	00:42:51	107	00:42:34	106	
165	STEVE	MORIS	Male	MS	45	00:42:51	108	00:42:44	109	
368	NEIL	WILLIAMS	Male	M40	36	00:42:52	109	00:42:46	110	
34	MARK	BATCHUP	Male	MU23	5	00:42:54	110	00:42:32	104	
683	James	Delaney	Male	M50	9	00:43:01	111	00:42:51	111	
370	ROGER	DAY	Male	M50	10	00:43:06	112	00:43:00	114	
721	Aled	Evans	Male	M40	37	00:43:07	113	00:42:57	113	
326	INGRID	TAYLOR	Female	F35	9	00:43:09	114	00:43:04	115	3 M'S
640	Ray	Davies	Male	M40	39	00:43:17	116	00:42:55	112	
604	Claire	Cleathero	Female	FS	2	00:43:18	117	00:43:15	116	
467	DANIEL	JAMES	Male	MU23	6	00:43:27	118	00:43:21	118	
470	DEBORAH	YOUNGS	Female	F35	10	00:43:36	119	00:43:31	120	3 M'S
475	GARETH	JONES	Male	MS	46	00:43:37	120	00:43:19	117	

493 DENIS	MURPHY	Male	M50	11	00:43:38	121	00:43:28	119
504 RICHARD	WILLIAMS	Male	MS	47	00:43:41	122	00:43:33	121
473 DAVID	OAK	Male	M60	5	00:43:43	123	00:43:40	124
593 MIKE	EVANS	Male	M40	40	00:43:47	124	00:43:36	122
111 PETER	MOSCROP	Male	M40	41	00:43:50	125	00:43:39	123
305 JON	BELCHER	Male	MS	48	00:43:54	126	00:43:43	125
685 Dean	Llewellyn	Male	MS	49	00:44:02	127	00:43:48	126
697 Gerraint	Evans	Male	MS	50	00:44:07	128	00:43:50	127
523 KENNETH	MEDERAFT	Male	M50	12	00:44:14	129	00:44:08	128
357 GARY	WATERS	Male	M50	13	00:44:18	130	00:44:15	129
91 PAUL	GRANT	Male	MS	51	00:44:23	131	00:44:15	130
304 RICHARD	DURSTON	Male	MS	52	00:44:26	132	00:44:18	132
124 ROBERT	GRIFFITHS	Male	MS	53	00:44:27	133	00:44:18	133
162 ANDREW	PALMER	Male	MS	54	00:44:27	134	00:44:17	131
241 STEPHEN	CRAY	Male	M40	42	00:44:31	135	00:44:20	134
532 WAYNE	DAVIES	Male	MS	55	00:44:39	136	00:44:23	136
339 EMMA	PARRY	Female	FS	3	00:44:42	137	00:44:22	135
216 philip	miller	Male	MU23	7	00:44:49	138	00:44:45	142
517 MARK	DAVIES	Male	MS	56	00:44:50	139	00:44:32	138
636 Martin	Buck	Male	M40	43	00:44:54	140	00:44:36	139
279 JASON	EUSTACE	Male	MS	57	00:44:57	141	00:44:39	140
132 MARK	BRYANT	Male	MS	58	00:44:58	142	00:44:29	137
81 COLIN	THOMASON	Male	MS	59	00:45:01	143	00:44:54	147
485 STEVE	CHAMBERS	Male	M40	44	00:45:02	144	00:44:43	141
722 Huw	Davies	Male	M40	45	00:45:03	145	00:44:53	144
554 EIRWYN	REES	Male	M40	46	00:45:10	146	00:44:54	148
386 GRANT	THOMAS	Male	MS	60	00:45:12	147	00:44:49	143
289 ALLAN	PARSONS	Male	MS	61	00:45:17	148	00:44:53	145
682 Rob	Jones	Male	MS	62	00:45:18	149	00:44:53	146
271 STEPHEN	NEW	Male	MS	63	00:45:20	150	00:45:02	151
217 JOHN	LONERGAN	Male	M40	47	00:45:24	151	00:45:09	152
396 MICHAEL	BEVAN	Male	MS	64	00:45:26	152	00:45:13	154
220 MAUREEN	EMMETT	Female	F45	3	00:45:28	153	00:45:18	155
603 PAULA	HAM	Female	FS	4	00:45:32	154	00:45:24	157

NEA  
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497 NOEL	EVANS	Male	MS	65	00:45:38	155	00:45:26	158	3 M'S
293 JUDI	BOWSHER	Female	F45	4	00:45:38	156	00:45:27	159	
635 Gareth	Brown	Male	MS	66	00:45:39	157	00:45:28	160	
421 RICHARD	HOWE	Male	MS	67	00:45:40	158	00:45:31	161	3 M'S
654 Mike	Nash	Male	M40	48	00:45:41	159	00:45:32	162	
422 MARTIN	MAINWARING	Male	MS	68	00:45:42	160	00:45:35	163	
687 Charles	Coray	Male	M40	49	00:45:45	161	00:45:09	153	
238 SIMON	MANSFIELD	Male	M40	50	00:45:46	162	00:45:20	156	
675 Carl	Rock	Male	MS	69	00:45:49	163	00:44:57	149	
427 CATH	GARDNER	Female	F35	11	00:45:49	164	00:45:42	166	
737 Sean	Treloar	Male	MS	70	00:45:50	165	00:44:59	150	
413 LIBBY	O'DUFFY	Female	F35	12	00:45:51	166	00:45:40	165	LES
463 JOHN	ASHTON	Male	M40	51	00:45:54	167	00:45:46	167	
376 LEAH	HUGHES	Female	FS	5	00:46:01	168	00:45:56	173	NOR REG
512 JOHN	OSHEA	Male	M50	14	00:46:01	169	00:45:47	168	LES
416 ALISON	NICHOLLS	Female	F35	13	00:46:04	170	00:45:56	174	BRE ATH
531 STUART	MANN	Male	MS	71	00:46:06	171	00:45:53	170	
172 JEFF	DAVIES	Male	MS	72	00:46:08	172	00:45:55	172	
94 ANTONIA	FERRERRA	Female	FS	6	00:46:13	173	00:45:35	164	
321 DEAN	THOMAS	Male	MS	73	00:46:15	174	00:46:12	177	
491 JULIAN	WILLIAMS	Male	MS	74	00:46:16	175	00:45:51	169	
46 MARK	PERRY	Male	MS	75	00:46:20	176	00:45:54	171	
667 Aled	Roberts	Male	MS	76	00:46:25	177	00:46:18	181	
646 Gokul	Patel	Male	M40	52	00:46:25	178	00:46:09	176	
678 Julie	Lewis	Female	F45	5	00:46:28	179	00:46:16	180	
664 Steve	Hill	Male	M40	53	00:46:30	180	00:46:18	182	
716 Claire	Morgan	Male	FS	7	00:46:34	181	00:46:30	188	
355 DAN	FORD	Male	MS	77	00:46:36	182	00:46:19	183	
191 SIAN	PHILLIPS	Female	F35	14	00:46:36	183	00:46:12	178	SWA HAR
727 Paul	Davies	Male	MS	78	00:46:42	184	00:46:26	186	
301 Robert	Mainwaring	Male	MS	79	00:46:46	185	00:45:57	175	
544 BRIAN	BLANDFORD	Male	M60	6	00:46:46	186	00:46:38	193	
178 CERI	BATTLE	Female	FS	8	00:46:49	187	00:46:30	189	
671 Anna	David	Female	F35	15	00:46:49	188	00:46:31	190	
502 PAULO	ANTONIAZZI	Male	MS	80	00:46:52	189	00:46:12	179	

602 SIMON	COX	Male	M40	54	00:46:53	190	00:46:24	185	
149 NEIL	HENDRY	Male	M40	55	00:46:56	191	00:46:27	187	
441 THOMAS	ROGERS	Male	MS	81	00:46:59	192	00:46:31	191	
575 LINDY	EYNON	Female	F35	16	00:47:00	193	00:46:38	194	
410 Catherine	Bleasdale	Female	F35	17	00:47:02	194	00:46:44	195	
653 Louise	Miskell	Female	FS	9	00:47:04	195	00:46:57	198	
275 CHRISTINA	SMITH	Female	F45	6	00:47:05	196	00:46:58	199	3 M'S
620 Lloyd	Cowley	Male	M40	56	00:47:08	197	00:46:53	197	
522 KEVIN	GIBBONS	Male	M40	57	00:47:09	198	00:47:03	202	RHO VAL RUN
127 GEOFF	JOHNSON	Male	M50	15	00:47:12	199	00:46:59	200	
746 Andrew	Davies	Male	M40	58	00:47:13	200	00:46:59	201	
47 PHILIP	THOMAS	Male	M40	59	00:47:13	201	00:46:51	196	
204 PHILIP	LEWIS	Male	M40	60	00:47:14	202	00:46:21	184	
24 ROBERT	JOHNS	Male	MS	82	00:47:18	203	00:47:15	206	
274 LISA	CLEARY	Female	F35	18	00:47:19	204	00:47:07	203	
734 ?	Roberts	Male	MS	83	00:47:22	205	00:46:32	192	
617 David	Bennett	Male	M40	61	00:47:26	206	00:47:16	207	
764 Anthony	Collin	Male	M60	7	00:47:29	207	00:47:22	211	
450 CELIA	SPEAKE	Female	F35	19	00:47:31	208	00:47:18	210	BRE ATH
75 JAVIER	SILLA	Male	MS	84	00:47:31	209	00:47:12	205	
143 MIKE	YOUNG	Male	M50	16	00:47:33	210	00:47:23	212	
200 CHRISTOPHER	BIRCH	Male	M40	62	00:47:37	211	00:47:28	213	
658 Jeff	Keen	Male	M40	63	00:47:46	212	00:47:37	215	
648 Gareth	Wetterfield	Male	MU23	8	00:47:46	213	00:47:30	214	
501 EDWARD	HARRIS	Male	MS	85	00:47:49	214	00:47:48	221	
5 ALLAN	SMITH	Male	M60	8	00:47:51	215	00:47:44	216	3 M'S
296 KEITH	MILLS	Male	MS	86	00:47:52	216	00:47:11	204	
95 ALICE	PENGILLY	Female	FS	10	00:47:54	217	00:47:16	208	
108 PHILIP	PROTHEROE	Male	MS	87	00:47:58	218	00:47:48	222	
605 James	Leigh	Male	MU23	9	00:48:00	219	00:47:47	218	
20 ALEX	WILLIAMS	Male	MS	88	00:48:08	220	00:47:17	209	
175 ALUN	LEWIS	Male	M50	17	00:48:08	221	00:47:45	217	
464 JEANETTE	ASHTON	Female	F45	7	00:48:10	222	00:47:59	224	
159 CLIVE	WILLIAMS	Male	M40	64	00:48:16	223	00:47:47	219	

182	ANDREW	ROTHWELL	Male	M40	65	00:48:19	224	00:48:19	232
432	ROSS	MOORE	Male	MS	89	00:48:23	225	00:48:02	225
150	RICHARD	SPRINGETT	Female	F35	20	00:48:24	226	00:48:10	227
527	GWEN	SMITH	Female	F35	21	00:48:25	227	00:48:07	226
333	ANDRE	FALL	Male	M40	66	00:48:27	228	00:48:22	233
374	RAYMOND	MAJER	Male	M50	18	00:48:27	229	00:47:47	220
265	EMMA	SIMPKINS	Female	F35	22	00:48:28	230	00:48:17	231
105	CHRIS	WILLIAMS	Male	M40	67	00:48:30	231	00:47:55	223
313	PETER	YOUNG	Male	M50	19	00:48:32	232	00:48:12	229
232	JOHANNA	WATERS	Female	FS	11	00:48:40	233	00:48:30	234
597	MATHEW	FINCHER	Male	MS	90	00:48:46	234	00:48:37	237
743	Colin	Stacey	Male	M50	20	00:48:49	235	00:48:12	230
543	DANIEL	GILLMAN	Male	MU23	10	00:48:54	236	00:48:44	239
645	Matthew	Phillips	Male	MU23	11	00:48:55	237	00:48:52	243
224	STEPHEN	WHITEMARSH	Male	M60	9	00:48:57	238	00:48:39	238
73	MARK	DAVIES	Male	M40	68	00:48:57	239	00:48:30	235
256	DON	SULLIVAN	Male	M60	10	00:48:59	240	00:48:45	240
758	John	Martin	Male	M40	69	00:49:02	241	00:48:57	246
457	CATHY	LAWFORD	Female	F35	23	00:49:02	242	00:48:30	236
637	James	Trace	Male	M40	70	00:49:05	243	00:48:11	228
266	BOBBY	GARDINER	Male	M40	71	00:49:12	244	00:48:49	242
530	CATHERINE	MARKS	Female	FU23	2	00:49:13	245	00:49:00	247
343	Mike	Parfitt	Male	M40	72	00:49:14	246	00:48:53	244
684	Paul	McNeill	Male	MS	91	00:49:15	247	00:48:56	245
624	Neil	Thomas	Male	MS	92	00:49:18	248	00:49:02	249
639	Michael John	Thomas	Male	M60	11	00:49:21	249	00:48:47	241
562	ARTHUR	PHILLIPS	Male	M60	12	00:49:22	250	00:49:15	254
434	COLIN	LEWIS	Male	M40	73	00:49:24	251	00:49:09	251
736	Tanid	Schwabe	Female	FS	12	00:49:25	252	00:49:18	257
97	JAN	HARVEY	Female	F45	8	00:49:25	253	00:49:19	258
694	Rod	Morgan	Male	MS	93	00:49:31	254	00:49:21	260
745	Tony	Holloway	Male	M50	21	00:49:34	255	00:49:03	250
340	PETER	LEA	Male	MS	94	00:49:37	256	00:49:29	263

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295 HUW	ROBERTS	Male	MS	95	00:49:39	257	00:49:17	256
665 Gary	Pashley	Male	M50	22	00:49:41	258	00:49:15	255
267 MIKE	O'LEARY	Male	MS	96	00:49:43	259	00:49:11	252
732 Stuart	Mason	Male	MS	97	00:49:45	260	00:49:13	253
534 KEITH	MORGAN	Male	M50	23	00:49:49	261	00:49:39	264
647 Andy	Evans	Male	M40	74	00:49:51	262	00:49:00	248
677 Rhys	Harries	Male	MS	98	00:49:51	263	00:49:21	261
102 SIMON	ELIAS	Male	M40	75	00:49:55	264	00:49:24	262
63 ZAK	BARRETT	Male	MS	99	00:50:00	265	00:49:39	265
713 Richard	Otten	Male	MS	100	00:50:02	266	00:49:46	266
12 Mario	Rabaiotti	Male	M40	76	00:50:06	267	00:49:19	259
560 MANDY	MORRIS	Female	FS	13	00:50:12	268	00:50:06	273
756 Raymond	Mitchell	Male	M50	24	00:50:14	269	00:49:58	268
369 NATASHIA	DAY	Female	FU23	3	00:50:19	270	00:50:01	269
347 KEVIN	MOORE	Male	MS	101	00:50:20	271	00:49:46	267
567 CHRISTOPHER	PURNELL	Male	M40	77	00:50:26	272	00:50:01	270
367 PAUL	GILLARD	Male	M40	78	00:50:27	273	00:50:02	271
599 GWYN	JONES	Male	M60	13	00:50:28	274	00:50:12	274
292 ALAN	MORRIS	Male	M40	79	00:50:38	275	00:50:17	278
696 Robert	Thomas	Male	M40	80	00:50:40	276	00:50:25	281
219 NIGEL	MORSE	Male	MS	102	00:50:45	277	00:50:17	279
469 ALEX	MARSH	Male	MS	103	00:50:47	278	00:50:42	285
62 EMMA	WASHBURN	Female	FS	14	00:50:47	279	00:50:27	282
392 SUE	NEAL	Female	F45	9	00:50:47	280	00:50:15	276
623 John	Pash	Male	M60	14	00:50:48	281	00:50:32	284
76 JAMES	MACFADDEN	Male	MS	104	00:50:49	282	00:50:31	283
496 Keith	Verheyden	Male	M40	81	00:50:53	283	00:50:13	275
303 Simon	Budd	Male	MS	105	00:50:54	284	00:50:05	272
134 DAVID	GATES	Male	M40	82	00:50:55	285	00:50:16	277
659 Hayley	Elvins	Female	F35	24	00:50:56	286	00:50:21	280
3 NEIL	DAVIES	Male	MS	106	00:51:08	287	00:50:50	288
461 MICHAEL	DEADMAN	Male	M60	15	00:51:11	288	00:50:59	292
476 JAN	JONES	Female	F35	25	00:51:12	289	00:50:54	290
559 LEE	RICHARDS	Male	MS	107	00:51:13	290	00:50:48	287
281 TANIS	HAND	Female	F45	10	00:51:14	291	00:50:51	289
693 Kenwyn	Davies	Male	M40	83	00:51:19	292	00:50:55	291
589 TONY	HILL	Male	MU23	12	00:51:20	293	00:51:18	297
456 JO	LORD	Female	F35	26	00:51:21	294	00:51:09	294

574 IAN	SAINT	Male	MS	108	00:51:25	295	00:50:45	286
446 GILLIAN	EDWARDS	Female	F35	27	00:51:25	296	00:51:08	293
657 Micheal	Newman	Male	M50	25	00:51:30	297	00:51:30	304
525 MARTIN	EVANS	Male	M40	84	00:51:40	298	00:51:34	305
540 MATHEW	LITTLEJOHNS	Male	MU23	13	00:51:46	299	00:51:35	306
707 Kirsty-Jayne	Woolford	Female	FU23	4	00:51:47	300	00:51:40	307
700 John	Nicholls	Male	M50	26	00:51:48	301	00:51:40	308
666 Brian	Short	Male	MS	109	00:51:55	302	00:51:18	298
519 JOHN	CADOGAN	Male	MS	110	00:51:58	303	00:51:52	312
113 David	Nicholas	Male	M50	27	00:51:59	304	00:51:28	301
387 CERI	UNDERWOOD	Female	F35	28	00:52:00	305	00:51:27	300
67 KEITH	GRIFFITHS	Male	M40	85	00:52:02	306	00:51:28	302
744 Julie	Morgan	Female	F35	29	00:52:02	307	00:51:10	295
701 Selwyn	Williams	Male	M50	28	00:52:02	308	00:51:28	303
631 Justin	Howells	Male	MS	111	00:52:03	309	00:51:50	311
738 Ken	Rogers	Male	M40	86	00:52:04	310	00:51:19	299
695 Steve	Press	Male	MS	112	00:52:04	311	00:51:41	309
571 PHILIP	THOMAS	Male	M40	87	00:52:13	312	00:51:55	313
652 Kevin	Scannell	Male	MS	113	00:52:13	313	00:51:56	314
118 SEAN	REED	Male	MS	114	00:52:15	314	00:51:15	296
570 LEE	DAVIES	Male	MU23	14	00:52:23	315	00:51:59	315
698 Mel	Bailey	Male	M50	29	00:52:28	316	00:52:06	317
400 ALWYN	THOMAS	Male	M50	30	00:52:29	317	00:51:45	310
185 KEIR	LEWIS	Male	MS	115	00:52:39	318	00:51:59	316
674 Elery	Rogers	Female	FS	15	00:52:40	319	00:52:30	321
418 CRISTIAN	DAVIES	Male	MS	116	00:52:42	320	00:52:30	322
406 MIKE	MCGOWAN	Male	MS	117	00:52:46	321	00:52:16	319
649 Leigh	Cooke	Male	MU23	15	00:52:48	322	00:52:35	323
692 Matthew	Parry	Male	MS	118	00:52:49	323	00:52:42	328
586 GARY	MICKELSEN	Male	MS	119	00:52:50	324	00:52:28	320
733 Hannah	Davies	Female	FS	16	00:52:56	325	00:52:07	318
414 GARETH	EVANS	Male	M40	88	00:53:03	326	00:52:41	327
161 RAYMOND	FISHER	Male	M40	89	00:53:04	327	00:52:36	325
703 Gail	Williams	Female	F45	11	00:53:09	328	00:52:35	324
433 STEPHEN	WITTS	Male	M40	90	00:53:14	329	00:53:01	334

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633 Adele	Davies	Female F35	30	00:53:16	330	00:52:50	329	
263 ANDREA	REYNOLDS	Female F35	31	00:53:17	331	00:52:50	330	SWA HAR
21 SIAN	STANLEY	Female F35	32	00:53:19	332	00:53:00	332	
607 Leighton	Davies	Male MS	120	00:53:22	333	00:53:06	335	
435 RHIDIAN	THOMAS	Male MS	121	00:53:28	334	00:52:56	331	
397 eleanor	hale	Female FS	17	00:53:29	335	00:53:12	337	
411 Alastair	Scott	Male MS	122	00:53:32	336	00:52:38	326	
173 KEVIN	O'LEARY	Male M40	91	00:53:34	337	00:53:00	333	
569 BERIAN	DAVIES	Male M40	92	00:53:36	338	00:53:12	338	
54 DAVID	SWEETMAN	Male MS	123	00:53:41	339	00:53:13	340	
436 RITA	KINGDON	Female FU23	5	00:53:42	340	00:53:27	343	
290 JOHN	PRICE	Male M50	31	00:53:43	341	00:53:23	341	
126 HYWEL	TOMOS	Male MS	124	00:53:49	342	00:53:29	345	
565 PAULINE	THOMAS	Female F55	1	00:53:50	343	00:53:26	342	T.R.C
614 Jeff	Evans	Male MS	125	00:53:51	344	00:53:12	339	
358 GAVIN	WATERS	Male MS	126	00:53:52	345	00:53:49	350	
291 DEBORAH	PRICE	Female F35	33	00:54:01	346	00:53:41	348	
754 David	Jones	Male M40	93	00:54:01	347	00:53:11	336	
584 CAROL	PEARSON	Female F45	12	00:54:02	348	00:53:48	349	BRE ATH
198 RACHEL	PROBERT	Female FS	18	00:54:04	349	00:53:39	347	
626 Malcolm	Parker	Male M60	16	00:54:08	350	00:53:33	346	
225 KATHRYN	JOHN	Female F35	34	00:54:09	351	00:53:58	352	
314 PETER	TRILL	Male M60	17	00:54:12	352	00:54:01	354	
122 CHRIS	UNSTED	Male MS	127	00:54:13	353	00:53:27	344	
688 Victoria	John	Female FS	19	00:54:15	354	00:54:01	355	
282 BRYAN	SHAYLE	Male M40	94	00:54:17	355	00:54:00	353	
323 PAUL	SKINNER	Male MS	128	00:54:23	356	00:54:17	357	
579 CHRIS	SETTLE	Male MS	129	00:54:25	357	00:53:55	351	FINA FAT
229 RICHARD	POWELL	Male MS	130	00:54:29	358	00:54:19	359	
106 CLARE	WOOD	Female FS	20	00:54:32	359	00:54:12	356	
708 Richard	Donne	Male M40	95	00:54:41	360	00:54:25	363	
724 Laura	Ham	Female FS	21	00:54:51	361	00:54:42	368	
288 GUTO	EVANS	Male MS	131	00:54:52	362	00:54:17	358	
768 Mel	Williams	Female FS	22	00:54:58	363	00:54:31	367	
520 KEVIN	ELLIS	Male M40	96	00:55:00	364	00:54:54	371	RHO VAL

425 MICHAEL	JONES	Male	MS	132	00:55:00	365	00:54:27	365
514 MARK	REES	Male	M40	97	00:55:00	366	00:54:26	364
486 NATALIE	PARSONS	Female	FS	23	00:55:02	367	00:54:22	361
488 JOANNE	CUNNINGHAM	Female	F35	35	00:55:02	368	00:54:22	362
80 PAUL	EVANS	Male	MS	133	00:55:03	369	00:54:19	360
741 Ruth	Hall	Female	FS	24	00:55:09	370	00:54:28	366
233 TRACEY	NEWMAN	Female	F35	36	00:55:09	371	00:54:56	372
673 Rhian	Rogers	Female	FS	25	00:55:14	372	00:55:02	375
445 ELIZABETH	WILLIAMS	Female	F45	13	00:55:15	373	00:54:46	369
64 DAVID	MORGAN	Male	MS	134	00:55:20	374	00:54:50	370
251 ALED	DAVIES	Male	MS	135	00:55:29	375	00:55:10	379
438 TERESA	POWELL	Female	FS	26	00:55:37	376	00:55:05	377
426 SIAN	BROWN	Female	F45	14	00:55:39	377	00:55:26	383
317 ANITA	HOWELS	Female	F55	2	00:55:42	378	00:55:35	384
273 MIKE	TODD	Male	M40	98	00:55:43	379	00:55:02	376
354 MICHAEL	DIMARCO	Male	M40	99	00:55:45	380	00:55:09	378
170 NICOLA	COFFEY	Female	FS	27	00:55:46	381	00:55:25	382
459 IAN	GRIMSTEAD	Male	MS	136	00:55:48	382	00:55:40	389
588 NEIL	BRADY	Male	MS	137	00:55:49	383	00:55:36	387
158 HELEN	WILLIAMS	Female	F35	37	00:55:51	384	00:55:22	380
163 IAN	HENTON	Male	MS	138	00:55:54	385	00:55:01	373
372 LAURA	HENTON	Female	FU23	6	00:55:54	386	00:55:01	374
186 STEPHEN	COATES	Male	M50	32	00:55:59	387	00:55:56	392
655 Jayne	Lewis	Female	F35	38	00:56:01	388	00:55:46	390
250 NIGEL	JONES	Male	M50	33	00:56:04	389	00:55:35	385
192 JAYNE	DAWSON	Female	FS	28	00:56:08	390	00:55:35	386
287 JANNINE	NICKSON	Female	F35	39	00:56:18	391	00:55:58	393
634 Thomas Mark	Davies	Male	M40	100	00:56:19	392	00:55:24	381
759 Julie	Peconi	Female	FS	29	00:56:22	393	00:56:01	395
32 BARRY	DARE	Male	M50	34	00:56:23	394	00:56:00	394
14 KEITH	JOYCE	Male	MS	139	00:56:28	395	00:55:36	388
119 MICHAEL	ASHTON	Male	MS	140	00:56:30	396	00:55:53	391
641 Rhidian Wyn	Edwards	Male	MS	141	00:56:32	397	00:56:10	401

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454 DAVID	SALISBURY	Male	MS	142	00:56:33	398	00:56:03	397
440 ANDREW	HANNEY	Male	M40	101	00:56:36	399	00:56:08	399
104 ANDREW	BOOTH	Male	M40	102	00:56:39	400	00:56:15	403
615 Chris	Carter	Male	MS	143	00:56:40	401	00:56:01	396
252 ALAN	JONES	Male	MS	144	00:56:42	402	00:56:22	404
177 Andrew	Richards	Male	MS	145	00:56:43	403	00:56:10	402
430 WENDY	LAWRENCE	Female	F45	15	00:56:55	404	00:56:23	405
761 Nicola	Berry	Female	FS	30	00:56:56	405	00:56:07	398
542 ROBIN	MAJER	Male	MU23	16	00:56:59	406	00:56:47	411
352 RICHARD	JONES	Male	MS	146	00:56:59	407	00:56:54	412
51 SUZANNE	EVANS	Female	FS	31	00:57:01	408	00:56:08	400
329 JOANNE	POWELL	Female	FS	32	00:57:06	409	00:56:30	407
180 NEIL	GOURLAY	Male	MS	147	00:57:10	410	00:56:43	409
349 ANNE	ROBERTS	Female	F45	16	00:57:11	411	00:56:58	413
725 ?	Davies	Female	FS	33	00:57:13	412	00:56:28	406
30 NEILL	MCDONNELL	Male	M40	103	00:57:15	413	00:56:32	408
375 CLAIRE	MORGAN	Female	F35	40	00:57:17	414	00:56:45	410
419 LISA	GUEST	Female	FS	34	00:57:18	415	00:57:05	416
187 LISA	PHILLIPS	Female	FS	35	00:57:21	416	00:57:13	417
312 SALLY	MARTIN	Female	FU23	7	00:57:47	417	00:57:41	428
391 Sally	Varrall	Female	F35	41	00:57:48	418	00:56:59	414
752 Claire	Thomas	Female	F45	17	00:57:49	419	00:57:14	418
390 Georgina	Govier	Female	F35	42	00:57:52	420	00:57:02	415
555 DAVE	KEMENY	Male	M40	104	00:57:53	421	00:57:39	425
69 GEOFF	BARRETT	Male	M50	35	00:57:55	422	00:57:23	419
148 JOANNA	HENDRY	Female	F35	43	00:57:58	423	00:57:29	421
337 SIAN	JONES	Female	FS	36	00:57:59	424	00:57:31	423
528 NICHOLAS	DAVIES	Male	M40	105	00:58:10	425	00:57:39	426
194 Gareth	Davies	Male	MS	148	00:58:14	426	00:57:29	422
353 STUART	WILLIAMS	Male	M40	106	00:58:15	427	00:57:25	420
4 PHILIP	DAVIES	Male	M40	107	00:58:17	428	00:57:41	429
176 ELAINE	LEWIS	Female	F45	18	00:58:18	429	00:57:53	432
362 SCOTT	CHARLES	Male	MS	149	00:58:19	430	00:58:09	435
96 IAN	HURD	Male	M40	108	00:58:21	431	00:57:42	430

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471	JONATHAN	WATKINS	Male	MS	150	00:58:23	432	00:57:40	427	
524	CRIS	CANN	Male	M50	36	00:58:24	433	00:57:36	424	RHO VAL RUN
428	CAROLINE	GARDINER	Female	FS	37	00:58:30	434	00:57:49	431	
767	Sasna	Mackon	Female	FS	38	00:58:30	435	00:58:03	433	
320	RACHEL	BOWEN	Female	FS	39	00:58:35	436	00:58:11	436	
53	KATHRYN	SWEETMAN	Female	FS	40	00:58:45	437	00:58:17	437	
669	Kevin	Richards	Male	MS	151	00:58:46	438	00:58:05	434	
581	MATHEW	KEATING	Male	MU23	17	00:58:53	439	00:58:23	439	FINA FAT
465	ANDRE	MCPHERSON	Male	MS	152	00:59:00	440	00:58:20	438	
718	Hannah	Griffiths	Female	FS	41	00:59:01	441	00:58:30	441	
757	Jeff	Williams	Male	MS	153	00:59:02	442	00:58:32	442	
551	NURIA	MARTINEZ	Female	F35	44	00:59:03	443	00:58:50	452	LES
55	CHRISTOPHER	PLAICE	Male	M60	18	00:59:09	444	00:58:47	449	
726	Nigel	Ferrand	Male	M40	109	00:59:11	445	00:58:34	444	
332	ALED	WILLIAMS	Male	MS	154	00:59:17	446	00:58:56	453	
423	TERESA	SHANKLIN	Female	F35	45	00:59:19	447	00:58:41	447	
26	RICK	BRITTAIN	Male	MU23	18	00:59:21	448	00:58:28	440	
735	Ceri	Munro	Female	F35	46	00:59:23	449	00:58:34	445	
125	SIAN	TOMOS	Female	F35	47	00:59:24	450	00:59:01	454	
9	JILL	REES	Female	F35	48	00:59:25	451	00:58:32	443	RHO VAL RUN
404	HOWELL	THOMAS	Male	MS	155	00:59:28	452	00:58:47	450	
324	ANDREW	PRICKETT	Male	MS	156	00:59:30	453	00:58:48	451	
627	Daniel	Gareth	Male	MS	157	00:59:31	454	00:58:39	446	
705	Sue	Johnson	Female	F45	19	00:59:34	455	00:58:46	448	
468	ANNE	CONROY	Female	F55	3	00:59:47	456	00:59:14	456	
356	NICKY	CARNE	Male	MS	158	00:59:55	457	00:59:35	458	
183	IAN	SMITH	Male	MS	159	00:59:58	458	00:59:13	455	
429	ROBERT	AYRE	Male	M60	19	00:59:58	459	00:59:42	461	
254	JOANNE	MURPHY	Female	FS	42	01:00:09	460	00:59:38	460	
208	IAN	GILL	Male	MS	160	01:00:11	461	00:59:32	457	
335	CHRISTOPHER	HOCKLEY	Male	MS	161	01:00:17	462	00:59:37	459	
269	JENNY	JOHNSON	Female	F35	49	01:00:21	463	00:59:50	466	
209	ANDREW	GILL	Male	MS	162	01:00:21	464	00:59:42	462	
478	BARBARA	GRIFFITHS	Female	F35	50	01:00:25	465	00:59:54	467	
116	CHERYL	DAVIES	Female	F35	51	01:00:27	466	00:59:47	464	
613	Amanda	Bayliss	Female	F35	52	01:00:30	467	01:00:03	471	
625	David	Tappur	Male	M60	20	01:00:31	468	00:59:45	463	

712 Rees	Gray	Male	M60	21	01:00:33	469	00:59:54	468
399 TONY	HALL	Male	M50	37	01:00:34	470	00:59:58	469
548 FINOLA	WILSON	Female	F35	53	01:00:37	471	00:59:49	465
199 MICHAEL	PROBERT	Male	MU23	19	01:00:40	472	01:00:14	472
272 SIAN	THOMPSON	Female	FS	43	01:00:43	473	01:00:28	474
487 DAVID	MORRIS	Male	M40	110	01:00:45	474	01:00:30	475
35 BRYAN	O'LEARY	Male	MS	163	01:00:49	475	00:59:58	470
164 CARYL	DAVIES	Female	FU23	8	01:01:04	476	01:00:45	477
552 AARON	STEPHENS	Male	MS	164	01:01:16	477	01:00:24	473
79 GWEN	THOMAS	Female	FS	44	01:01:16	478	01:00:40	476
227 ALAN	MILLICHIP	Male	MS	165	01:01:23	479	01:00:53	478
711 Elizabeth	Richards	Female	F45	20	01:01:31	480	01:01:22	483
582 PETER	HOPPING	Male	MS	166	01:01:38	481	01:01:08	479
503 KIM	PHELPS	Female	FS	45	01:01:40	482	01:01:16	481
751 Jane	Ellis	Female	F45	21	01:01:46	483	01:01:11	480
363 CAROLYN	HEAVEN	Female	F35	54	01:01:53	484	01:01:17	482
236 DONNA	CASWELL	Female	F35	55	01:01:54	485	01:01:27	484
342 NICOLA	ANDERSON	Female	F35	56	01:01:55	486	01:01:29	486
394 David	Phelps	Male	MS	167	01:02:09	487	01:01:36	487
188 DENISE	BRENNAN	Female	F35	57	01:02:12	488	01:01:27	485
334 GAYNOR	JONES	Female	F45	22	01:02:38	489	01:02:02	488
361 BARRY	O' DONOVAN	Male	MS	168	01:02:40	490	01:02:21	494
246 LAURENCE	JACKMAN	Male	M40	111	01:02:41	491	01:02:22	495
477 DENISE	EVANS	Female	F35	58	01:02:42	492	01:02:11	489
331 PAULA	KENNEDY	Female	F35	59	01:02:50	493	01:02:14	491
587 MATTHEW	HARRIS	Male	M40	112	01:02:53	494	01:02:16	492
606 Anthony	Cribb	Male	M50	38	01:02:54	495	01:02:18	493
169 PHILIP	CAPLE	Male	M40	113	01:03:08	496	01:02:12	490
549 JAMES	JOHNSON	Male	M60	22	01:03:19	497	01:02:55	497
568 PAULINE	WILLIAMS	Female	F45	23	01:03:24	498	01:03:18	502

FINA  
FAT

WOM  
RUN  
NET

398 Katy	Duerdoth	Female FS	46	01:03:37	499	01:03:19	504
638 Kate	Buck	Female F35	60	01:03:41	500	01:03:14	501
322 Llinos	Roberts	Female FS	47	01:03:43	501	01:02:50	496
578 MATHEW	WALTERS	Male MS	169	01:03:48	502	01:03:18	503
706 Sian Eryl	Hopkins	Female F35	61	01:03:51	503	01:03:06	499
48 JUDITH	TANNER	Female F35	62	01:03:52	504	01:03:08	500
195 Alison	DAVIES	Female FS	48	01:03:55	505	01:03:05	498
431 GILLIAN	ELLIS - WILLIAMS	Female F35	63	01:03:56	506	01:03:40	505
319 HUW	GRIFFITHS	Male M40	114	01:04:01	507	01:03:47	506
261 LES	HART	Male M40	115	01:04:28	508	01:04:12	513
750 Ian	Ewiltri	Male M40	116	01:04:34	509	01:04:03	509
310 JAMES	PRICE	Male MS	170	01:04:35	510	01:04:04	510
43 MAL	ROWSON	Male M50	39	01:04:38	511	01:03:53	508
506 SUZZIE	SHEPHERD	Female F35	64	01:04:38	512	01:03:50	507
576 LYN	RICHARDS	Male M40	117	01:04:49	513	01:04:28	517
577 ODETTE	RICHARDS	Female FS	49	01:04:50	514	01:04:29	519
268 PAUL	WESSON	Male MS	171	01:04:54	515	01:04:05	511
490 ANNE	WESSON	Female F35	65	01:04:55	516	01:04:06	512
553 MICHELLE	EVANS	Female FS	50	01:04:56	517	01:04:35	520
68 MARGARET	BARRETT	Female F55	4	01:04:59	518	01:04:13	514
109 NICKY	PATRICK	Female F35	66	01:04:59	519	01:04:13	515
99 STEPHEN	ROWSON	Male M50	40	01:05:08	520	01:04:21	516
601 ABIGAIL	STEVENS	Female FS	51	01:05:19	521	01:04:59	522
52 IRENE	WITTICH	Female F35	67	01:05:19	522	01:05:15	526
494 MERERID	THOMAS	Female FS	52	01:05:20	523	01:04:28	518
489 SHIRLEY	MORRIS	Female F45	24	01:05:37	524	01:05:25	528
405 RACHEL	WOODMANSEE	Female FS	53	01:05:40	525	01:04:48	521
184 NEIL	CARLESS	Male MS	172	01:05:45	526	01:05:00	523
651 Karen	Dusgate	Female F35	68	01:05:49	527	01:05:13	525
546 DAVID	WATKINS	Male M40	118	01:05:51	528	01:05:04	524
644 Chantal	Patel	Female F45	25	01:05:59	529	01:05:24	527
152 DAVID	HAIN	Male M50	41	01:06:12	530	01:05:46	530
325 ANTHONY	FARR	Male M40	119	01:06:17	531	01:05:53	532
242 JULIE	WATTS	Female F45	26	01:06:21	532	01:05:54	533
472 IAN	MELDING	Male MS	173	01:06:25	533	01:05:42	529
230 JON	PARKER	Male MS	174	01:06:33	534	01:05:46	531
262 SARAH	BARNES	Female FS	54	01:06:49	535	01:05:54	534
115 RHIAN	JONES	Female FS	55	01:06:51	536	01:06:00	535
336 PHILLIP	JONES	Male M50	42	01:06:58	537	01:06:28	537

FINA  
FAT

338 BETHAN	JONES	Female FS	56	01:06:58	538	01:06:29	538
120 KAREN	REED	Female F35	69	01:07:00	539	01:06:01	536
558 KATHRYN	METER	Female FS	57	01:07:08	540	01:06:44	539
518 Sarah	Williams	Female FS	58	01:07:09	541	01:06:45	540
90 PAULA	BURGESS	Female FS	59	01:07:30	542	01:07:15	543
86 MARIA	MALLON	Female FU23	9	01:07:31	543	01:07:24	545
564 KATHERINE	SMITH	Female F35	70	01:07:39	544	01:07:12	541
535 GLYNIS	DAVIES	Female F35	71	01:07:39	545	01:07:12	542
145 JONATHEN	EDWARDS	Male MU23	20	01:07:43	546	01:07:28	546
144 AMY	WILLIAMS	Female FU23	10	01:07:43	547	01:07:29	547
197 ALISON	FRANCIS	Female F35	72	01:07:44	548	01:07:19	544
212 TIMOTHY	ROBERTS	Male M40	120	01:08:09	549	01:08:05	551
211 MICHAELA	PERRY	Female F35	73	01:08:09	550	01:07:49	549
452 TYRONE	PETERS	Male M40	121	01:08:24	551	01:07:37	548
720 Linda	Owens	Female F45	27	01:08:34	552	01:07:51	550
140 AINSLEY JAYNE	THOMAS	Female F35	74	01:08:48	553	01:08:15	552
670 Sarah	Davies	Female FS	60	01:08:50	554	01:08:31	557
442 VICTORIA	MARTIN	Female FU23	11	01:08:54	555	01:08:24	556
424 JAYNE	QUINN	Female F35	75	01:09:00	556	01:08:22	555
61 PETER	BURRAGE	Male M40	122	01:09:03	557	01:08:21	554
662 Sue	Shannon Jones	Female F55	5	01:09:06	558	01:08:17	553
388 TRACEY	LEWIS	Female F35	76	01:09:08	559	01:08:35	558
412 SARAH	GREEN	Female FS	61	01:09:10	560	01:08:36	559
117 MARK	ALFORD	Male MS	175	01:09:26	561	01:08:41	560
680 Greg	Mullett	Male M50	43	01:09:30	562	01:09:04	561
168 RUTH	JONES	Female FS	62	01:09:30	563	01:09:05	562
557 ALLEN	WATTS	Male M60	23	01:09:48	564	01:09:20	566
276 MELERI	JONES	Female FS	63	01:09:50	565	01:09:16	564
277 GWYNETH	JONES	Female FS	64	01:09:50	566	01:09:16	565
59 HUW	JONES	Male M40	123	01:09:52	567	01:09:10	563
49 GERWYN	JAMES	Male M40	124	01:10:06	568	01:09:23	568
57 HELEN	EVANS	Female F35	77	01:10:11	569	01:09:45	570
537 LIA	ROBERTS	Female FU23	12	01:10:13	570	01:09:20	567
218 CLAIRE	PETTIFER- STOCKS	Female FS	65	01:10:22	571	01:09:44	569
621 Rhodri	Evans	Male MS	176	01:10:31	572	01:09:48	571
135 CARA	GATES	Female F35	78	01:10:43	573	01:10:04	572
704 Margaret	Hammond	Female F45	28	01:11:38	574	01:10:51	573

BRY  
SCH

160 WENDY	FISHER	Female F45	29	01:11:48	575	01:11:20	575	
93 MARK	DAVIES	Male MS	177	01:12:11	576	01:11:19	574	
83 DIANE	KEEN	Female F35	79	01:12:15	577	01:11:28	576	
762 Allison	Davies	Female F35	80	01:12:17	578	01:11:28	577	
760 Donna	Kumci	Female FS	66	01:12:17	579	01:11:28	578	
260 BRONWEN	THOMPSON	Female F35	81	01:12:33	580	01:12:17	580	
207 WENDY	ASHTON	Female FS	67	01:12:34	581	01:11:56	579	
157 Sarah	Davies	Female FS	68	01:12:44	582	01:12:28	581	
156 Wayne	Davies	Male MS	178	01:12:45	583	01:12:29	582	
676 Sarah	Evans	Female FS	69	01:13:07	584	01:12:56	584	
330 SARAH	WATKINS	Female FS	70	01:13:08	585	01:12:54	583	
100 NEIL	GRANT	Male MS	179	01:14:04	586	01:13:49	585	
663 John	Roberts	Male M40	125	01:15:21	587	01:15:00	588	
283 JENNY	WILLIAMS	Female FS	71	01:15:22	588	01:14:32	586	
458 ANGELA	LEWIS	Female F35	82	01:15:23	589	01:14:42	587	
444 GRAHAM	JOHNSON	Male M60	24	01:15:55	590	01:15:01	589	
443 DIANA	JOHNSON	Female F55	6	01:15:56	591	01:15:02	590	
121 SONIA	UNSTED	Female F35	83	01:16:42	592	01:15:56	591	
455 JACKIE	SALISBURY	Female F35	84	01:16:42	593	01:16:11	592	
60 KATHRYN	JONES	Female F45	30	01:16:54	594	01:16:12	593	
402 GILL	NICHOLLS	Female F45	31	01:17:01	595	01:16:14	594	3 M'S
611 Sean	Madigan	Male M40	126	01:18:03	596	01:17:09	595	
98 NAT	ROWSON	Male MS	180	01:18:36	597	01:17:51	596	
538 KAREN	HOLLAND	Female F35	85	01:18:41	598	01:18:21	597	BRY SCH
300 Delyth	Mainwaring	Female FS	72	01:20:26	599	01:19:35	598	
302 Catrin	Davies	Female FS	73	01:20:27	600	01:19:36	599	
539 DUANE	LEWIS	Male MU23	21	01:21:42	601	01:21:31	600	BRY SCH
702 S.M	Griffiths	Female F55	7	01:25:11	602	01:24:24	601	
719 Jane	Elliott	Female F45	32	01:28:00	603	01:27:17	602	
592 TRACEY	WILLCOCKS	Female F35	86	01:29:04	604	01:28:26	603	
189 WENDY	REED	Female F55	8	01:36:15	605	01:35:16	604	
393 PAUL	SEARLE	Male M40	127	01:36:16	606	01:35:53	606	

366 ANNE	EVANS	Female F35	87	01:36:17 607	01:35:18 605
609 David	Thomas	Male M50	44	01:38:27 608	01:37:32 607
608 Tracy	Thomas	Female F45	33	01:38:27 609	01:37:32 608
481 JON	EMBLING	Male M50	1	01:47:58 610	01:47:57 609