

**San
Domenico
20M**

Sunday 20th March 2011

**Provisional Results
for All Competitors
in finish order.**

<i>Pos.</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Pace</i>	<i>No.</i>	<i>Pos.</i>
1	2:00:00	BLACKMORE, Mike	Bitton Road Runners	Senior Men	05:59.9	114	1
2	2:00:54	DONOVAN, Edward	Les Croupiers R.C.	Senior Men	06:02.6	143	2
3	2:02:39	ATKIN, Robert	Avon Fire & Rescue	Senior Men	06:07.8	104	3
4	2:02:53	ROSE, Paul	Yeovil Town R.R.C.	Male Vet 40-49	06:08.5	247	4
5	2:02:59	PARKER, Chris	Port Talbot Harriers	Male Vet 40-49	06:08.8	613	5
6	2:03:42	PASCOE, Hugh	Celtic Tri	Senior Men	06:11.0	233	6
7	2:04:22	THOMAS, Stephen	Islwyn Running Club	Male Vet 40-49	06:13.0	263	7
8	2:06:40	MOGHADDAS-DAVIES, Luke	Unaffiliated	Senior Men	06:19.9	220	8
9	2:07:12	JACKLIN, Matthew	Unaffiliated	Senior Men	06:21.5	186	9
10	2:08:34	JOHNSTON, Connor	Unaffiliated	Senior Men	06:25.6	194	10
11	2:11:07	ELLIS, Wayne	Bitton Road Runners	Senior Men	06:33.2	151	11
12	2:11:25	D'ALTON, Emma	Westbury Harriers	Senior Women	06:34.1	306	12
13	2:11:37	BENTLEY, Simon	Solihull & Small Heath A.C.	Senior Men	06:34.7	111	13
14	2:13:00	WOODSFORD, David	Cardiff Triathletes	Senior Men	06:38.9	281	14
15	2:13:54	PASCOE, Dominic	Unaffiliated	Senior Men	06:41.6	232	15
16	2:14:03	DAVIES, Steve	Griffithstown Harriers	Male Vet 50-59	06:42.0	573	16
17	2:14:09	SMITH, Richard	Clevedon A.C.	Male Vet 40-49	06:42.3	252	17
18	2:14:18	THOMPSON, Barry	Ledbury and District Harriers	Senior Men	06:42.8	608	18
19	2:14:52	HOOPER, Steve	Pontypridd Roadents	Male Vet 40-49	06:44.5	179	19
20	2:15:01	COLES, David	Les Croupiers R.C.	Male Vet 50-59	06:44.9	620	20
21	2:15:01	THRAVES, Jon	Great Western Runners	Male Vet 40-49	06:44.9	264	21
22	2:15:04	TEMPLER, Mark	Clevedon A.C.	Male Vet 40-49	06:45.1	260	22
23	2:16:30	WILLIAMS, Alun	Fairwater Runners	Male Vet 40-49	06:49.4	272	23
24	2:16:52	GIANSIRACUSA, Jeffrey	Swansea Harriers	Senior Men	06:50.5	166	24
25	2:17:04	HARRIES, Rhys	Cardigan A.C.	Senior Men	06:51.1	175	25
26	2:17:43	BODMAN, Daniel	Pontypridd Roadents	Senior Men	06:53.0	577	26
27	2:18:05	JONES, Jonathan	Carmarthen Harriers	Male Vet 40-49	06:54.1	621	27
28	2:18:11	VOLLER, Sophie	Westbury Harriers	Senior Women	06:54.4	375	28
29	2:18:19	GORMLEY, Gerard	Griffithstown Harriers	Male Vet 40-49	06:54.8	596	29
30	2:19:29	AWAN, Barry	Team Bath A.C.	Male Vet 40-49	06:58.3	603	30
31	2:20:19	PROCTER, Andrew	Unaffiliated	Senior Men	07:00.8	239	31
32	2:20:26	DAWE, Andrew	Llswerry Runners	Male Vet 40-49	07:01.2	136	32
33	2:20:33	ALLTON, Chris	Swansea Harriers	NDB	07:01.5	614	33
34	2:20:39	HALE, Laura	Unaffiliated	Senior Women	07:01.8	320	34
35	2:20:59	HUGHES, Steffan	Carmarthen Harriers	Senior Men	07:02.8	628	35
36	2:21:02	CLARK, Pete	Bitton Road Runners	Male Vet 40-49	07:03.0	124	36
37	2:21:29	OSBORNE, Peter	Swansea Harriers	Male Vet 50-59	07:04.3	228	37
38	2:22:48	MORGAN, John	Brackla Harriers	Male Vet 40-49	07:08.3	222	38
39	2:22:50	WILLIAMS, Oliver	Unaffiliated	Senior Men	07:08.4	276	39
40	2:23:40	MEER, Allan	Spirit of Monmouth	Male Vet 40-49	07:10.9	615	40
41	2:24:14	JOHNSON, Colin	Westbury Harriers	Male Vet 40-49	07:12.6	622	41
42	2:24:28	STEVENS, Darren	Unaffiliated	Senior Men	07:13.3	256	42
43	2:24:37	CRISPIE, Gerry	Les Croupiers R.C.	Male Vet 40-49	07:13.7	602	43
44	2:24:42	JOHNSTON, Anthony	Unaffiliated	Senior Men	07:14.0	193	44
45	2:24:45	JONES, Richard	Unaffiliated	Senior Men	07:14.1	198	45
46	2:24:47	DUNSCOMBE, Mark	Sarn Helen	Male Vet 40-49	07:14.2	145	46

47	2:25:08	PARFITT, David	Port Talbot Harriers	Male Vet 40-49	07:15.3	230	47
48	2:25:39	EMERY, Mark	Bridgend	Senior Men	07:16.8	153	48
49	2:26:11	HUGHES, Hugh	Unaffiliated	Male Vet 40-49	07:18.4	183	49
50	2:26:29	HALL, Gareth	Lliswerry Runners	Senior Men	07:19.3	173	50
51	2:26:47	WARD, Gregg	Westbury Harriers	Senior Men	07:20.2	268	51
52	2:27:19	MORGAN, Ray	Griffithstown Harriers	Senior Men	07:21.8	223	52
53	2:27:52	DICKINSON, Jason	TROT.s.	Male Vet 40-49	07:23.5	141	53
54	2:28:03	DAVISON, Andy	Unaffiliated	Male Vet 40-49	07:24.0	588	54
55	2:28:18	HUGHES, Grant	Unaffiliated	Senior Men	07:24.8	593	55
56	2:28:26	HILL, Paul	Pegasus R.R.C.	Male Vet 40-49	07:25.2	177	56
57	2:28:28	RESTON, Rhydian	Unaffiliated	Senior Men	07:25.3	246	57
58	2:28:30	LEACH, Tom	Unaffiliated	Senior Men	07:25.4	206	58
59	2:28:40	KING, Paul	Team Bath A.C.	Male Vet 50-59	07:25.9	204	59
60	2:28:49	BREWER, Jason	Unaffiliated	Male Vet 40-49	07:26.3	117	60
61	2:29:15	CALABRESE, Paul	Bitton Road Runners	Senior Men	07:27.6	121	61
62	2:29:25	PARKER, Carl	Unaffiliated	Senior Men	07:28.1	594	62
63	2:29:38	AGGLETON, John	Cardiff Harlequins	Male Vet 50-59	07:28.8	101	63
64	2:29:40	DAVIES, Julie	Griffithstown Harriers	Female Vet 35-44	07:28.9	307	64
65	2:29:55	JAMES, Keith	Lliswerry Runners	Senior Men	07:29.6	189	65
66	2:29:57	FOWLER, Bethan	Unaffiliated	Senior Women	07:29.7	314	66
67	2:30:06	MILLS, Roger	Fairwater Runners	Senior Men	07:30.2	219	67
68	2:30:19	WHITE, Ade	Islwyn Running Club	Male Vet 40-49	07:30.8	270	68
69	2:30:32	BROWN, Chris	Bitton Road Runners	Senior Men	07:31.5	118	69
70	2:30:43	JONES, Neil	Unaffiliated	Senior Men	07:32.0	197	70
71	2:30:54	THOMAS, Lloyd	Unaffiliated	Senior Men	07:32.6	262	71
72	2:31:15	CLARKE, Steve	Amazing Feet	Male Vet 40-49	07:33.6	125	72
73	2:31:16	SPENCER, Andrew	Fairwater Runners	Male Vet 40-49	07:33.7	254	73
74	2:31:23	SYNGE, Tim	Westbury Harriers	Male Vet 40-49	07:34.0	258	74
75	2:31:28	DOBBS, Russell	Islwyn Running Club	Senior Men	07:34.3	142	75
76	2:31:35	RYAN, Chris	Lliswerry Runners	Male Vet 40-49	07:34.6	248	76
77	2:32:07	WATTS, Lee	Unaffiliated	Senior Men	07:36.2	605	77
78	2:32:48	DURSTON, Wayne	Bitton Road Runners	Male Vet 40-49	07:38.3	146	78
79	2:33:10	BAXTER, Stephen	Weston A.C.	Male Vet 50-59	07:39.4	109	79
80	2:33:12	FLEMMINGS, Richard	Great Western Runners	Senior Men	07:39.5	161	80
81	2:33:43	HOPES, Peter	Bitton Road Runners	Male Vet 40-49	07:41.0	235	81
82	2:33:48	WEBB, Jo	Bitton Road Runners	Female Vet 45-54	07:41.3	381	82
83	2:33:50	PRYOR, Matt	Unaffiliated	Senior Men	07:41.4	241	83
84	2:34:02	ATTFIELD, Michael	Unaffiliated	Senior Men	07:42.0	105	84
85	2:34:21	JEHU, Gareth	Aberdare Valley A.A.C.	Male Vet 40-49	07:42.9	589	85
86	2:35:09	WILLIAMS, Geraint	Unaffiliated	Senior Men	07:45.3	587	86
87	2:35:19	WISHERALL, Robert	Griffithstown Harriers	Senior Men	07:45.8	623	87
88	2:35:38	LAUDER, Sarah	Unaffiliated	Senior Women	07:46.8	342	88
89	2:35:49	WRIGHT, Kevin	Bitton Road Runners	Male Vet 50-59	07:47.3	282	89
90	2:36:40	BRIDGES, Steven	Aberdare Valley A.A.C.	Male Vet 40-49	07:49.9	626	90
91	2:37:03	DAVIDSON, Andrew	Les Croupiers R.C.	Senior Men	07:51.0	133	91
92	2:37:15	DAVID, Cedric	Vegan Runners UK	Senior Men	07:51.6	132	92
93	2:37:41	BIRCH, Sean	Islwyn Running Club	Male Vet 40-49	07:52.9	590	93
94	2:37:45	MCNEILL, Paul	3M Road Runners	Senior Men	07:53.1	217	94
95	2:37:58	CORCORAN, Kevin	Swansea Harriers	Male Vet 40-49	07:53.8	127	95
96	2:38:00	FARNELL, Stacey	3M Road Runners	Senior Men	07:53.9	157	96

97	2:38:00	FLETCHER, Adam	Unaffiliated	Senior Men	07:53.9	607	97
98	2:38:08	GALPIN, Karen	Almost Athletes	Female Vet 45-54	07:54.3	316	98
99	2:38:28	BAMFORD, Ian	3M Road Runners	Senior Men	07:55.3	107	99
100	2:38:48	ARNOLD, Jayne	Celtic Tri	Female Vet 35-44	07:56.3	292	100
101	2:39:41	LEWIS, Stephen	Unaffiliated	Male Vet 40-49	07:58.9	583	101
102	2:39:56	HORNER, James	Les Croupiers R.C.	Senior Men	07:59.7	181	102
103	2:40:12	KELLY, Phil	Unaffiliated	Male Vet 40-49	08:00.5	203	103
104	2:40:18	TERRY, Mark	TROT.s.	Male Vet 50-59	08:00.8	261	104
105	2:40:20	POWELL-CHANDLER, Andrew	Unaffiliated	Male Vet 40-49	08:00.9	238	105
106	2:40:24	DENTON, Clive	Rhondda Valley Runners	Male Vet 40-49	08:01.1	139	106
107	2:40:56	FORD, Adrian	Unaffiliated	Senior Men	08:02.7	162	107
108	2:41:08	EDGAR, Brian	Westbury Harriers	Male Vet 50-59	08:03.2	147	108
109	2:41:23	DAVIES, Stuart	Unaffiliated	Senior Men	08:04.0	135	109
110	2:41:29	MURPHY, Andrew	Unaffiliated	Senior Men	08:04.3	225	110
111	2:41:29	CLOTHIER, Adam	Hydro Harriers	Senior Men	08:04.3	585	111
112	2:41:46	DAY, Richard	Pontypridd Roadents	Male Vet 40-49	08:05.1	137	112
113	2:42:00	JONES, Steven	Unaffiliated	Male Vet 40-49	08:05.8	200	113
114	2:42:00	JONES, Helen	Unaffiliated	Female Vet 35-44	08:05.8	338	114
115	2:42:19	JONES, Catharine	Bitton Road Runners	Senior Women	08:06.8	337	115
116	2:42:19	DRAKE, Dawn	Bitton Road Runners	Female Vet 35-44	08:06.8	309	116
117	2:42:22	STACEY, Steve	Bitton Road Runners	Male Vet 40-49	08:06.9	255	117
118	2:42:23	GWILLIAM, Adrian	Fairwater Runners	Male Vet 40-49	08:07.0	172	118
119	2:42:57	CAMPBELL, Robin	Unaffiliated	Senior Men	08:08.7	122	119
120	2:43:18	BEBBINGTON, Elizabeth	Nailsea R.C.	Female Vet 45-54	08:09.7	293	120
121	2:43:25	BUNNEY, Allen	Aberdare Valley A.A.C.	Male Vet 40-49	08:10.1	119	121
122	2:44:02	TAYLOR, Adrian	Parc Bryn Bach R.C.	Male Vet 50-59	08:11.9	629	122
123	2:44:59	BAYLISS, Nick	Unaffiliated	Senior Men	08:14.8	110	123
124	2:45:11	MCLOUGHLIN, Sarah	Les Croupiers R.C.	Female Vet 35-44	08:15.4	349	124
125	2:45:42	BUTLER, Rob	Bitton Road Runners	Male Vet 40-49	08:16.9	120	125
126	2:45:55	WILLIAMS, Jonathan	Clevedon A.C.	Male Vet 50-59	08:17.6	618	126
127	2:45:57	TURNER, Phillip	Llanelli Tri Club	Male Vet 40-49	08:17.7	574	127
128	2:46:06	TOPHAM, Rebecca	Dursley & District A.C.	Female Vet 35-44	08:18.1	372	128
129	2:46:09	THOMAS, Phillip	Brackla Harriers	Male Vet 40-49	08:18.3	627	129
130	2:46:15	BATER, James	Unaffiliated	Senior Men	08:18.6	108	130
131	2:46:26	CUDDIHY, Marc	Unaffiliated	Male Vet 40-49	08:19.1	129	131
132	2:47:02	WILLIAMS, Stephen	Lliswerry Runners	Male Vet 50-59	08:20.9	277	132
133	2:48:06	CLEARY, Lisa	Penarth and Dinas Runners	Female Vet 45-54	08:24.1	302	133
134	2:48:07	ELLIOTT, Dave	Almost Athletes	Male Vet 50-59	08:24.2	150	134
135	2:48:15	MUNRO, Edward	Almost Athletes	Male Vet 50-59	08:24.6	224	135
136	2:48:17	HURMAN, Andrea	Penarth and Dinas Runners	Female Vet 35-44	08:24.7	332	136
137	2:48:30	MAWSON, Guy	Fetch Everyone R.C.	Male Vet 40-49	08:25.3	215	137
138	2:49:07	RAHMAN, Luthfur	Unaffiliated	Senior Men	08:27.2	244	138
139	2:49:08	GITTINS, Jade	Caerleon R.C.	Senior Women	08:27.2	317	139
140	2:49:08	DUGGAN, Sam	Unaffiliated	Senior Men	08:27.2	144	140
141	2:49:24	BOWIE, Richard	Fairwater Runners	Male Vet 40-49	08:28.0	115	141
142	2:49:28	BROWN, Janet	Bitton Road Runners	Female Vet 45-54	08:28.2	297	142
143	2:49:37	GRANT, Mick	Road Runners Club	Male Vet 50-59	08:28.7	171	143
144	2:49:43	LEWIN, Claire	Unaffiliated	Female Vet 45-54	08:29.0	343	144
145	2:49:48	JOYCE, Thomas	Unaffiliated	Senior Men	08:29.2	202	145
146	2:49:52	WEEKS, Alison	Sole Sisters North Bristol	Female Vet 35-44	08:29.4	382	146

147	2:49:58	KING, Emma	Spirit of Monmouth	Senior Women	08:29.7	616	147
148	2:50:24	ARNOLD, Paul	Celtic Tri	Male Vet 40-49	08:31.0	103	148
149	2:50:32	LLOYD, Chris	Islwyn Running Club	Senior Men	08:31.4	210	149
150	2:50:33	LEIGHTON, Iain	Unaffiliated	Senior Men	08:31.5	207	150
151	2:50:56	JONES, Mandy	Islwyn Running Club	Female Vet 45-54	08:32.6	340	151
152	2:51:03	HUME, Shirley	Road Runners Club	Female Vet 55+	08:33.0	331	152
153	2:51:32	ATTWOOD, Howard	Lliswerry Runners	Male Vet 60+	08:34.4	106	153
154	2:52:00	PHILLIPS, Sian	Swansea Harriers	Female Vet 45-54	08:35.8	361	154
155	2:52:05	WHITE, Andrew	Bitton Road Runners	Male Vet 40-49	08:36.1	271	155
156	2:52:10	ROWE, Leslie	Unaffiliated	Male Vet 50-59	08:36.3	632	156
157	2:52:35	EVANS, Paul	Brecon A.C.	Senior Men	08:37.6	630	157
158	2:52:49	DENYER, Chris	Unaffiliated	Male Vet 40-49	08:38.3	140	158
159	2:53:03	VAUGHAN, Richard	Unaffiliated	Senior Men	08:39.0	266	159
160	2:53:05	QUIN, Stephen	Les Croupiers R.C.	Senior Men	08:39.1	242	160
161	2:53:14	PHILLIPS, Jane	Bitton Road Runners	Female Vet 45-54	08:39.5	360	161
162	2:54:35	SEPAHPOUR, Karl	Unaffiliated	Senior Men	08:43.6	250	162
163	2:55:07	ANDERSON, Robert	Lliswerry Runners	Male Vet 60+	08:45.2	102	163
164	2:55:37	TANNA, Laura	Westbury Harriers	Senior Women	08:46.7	371	164
165	2:55:37	HUGHES, Richard	Westbury Harriers	Male Vet 50-59	08:46.7	606	165
166	2:55:39	RICHARDS, Elizabeth	Caerleon R.C.	Female Vet 45-54	08:46.8	364	166
167	2:55:45	WALSH, Toni	Bitton Road Runners	Female Vet 45-54	08:47.1	377	167
168	2:55:57	GOYDER, Nicholas	Unaffiliated	Male Vet 40-49	08:47.7	169	168
169	2:56:15	EDMUNDS, Ros	Taff Ely Tri	Female Vet 45-54	08:48.6	311	169
170	2:56:43	JAMES, Alyson	Bitton Road Runners	Female Vet 45-54	08:50.0	333	170
171	2:56:47	WOOD, Neale	Lliswerry Runners	Male Vet 50-59	08:50.2	279	171
172	2:57:06	WATKINSON, Helen	Vegan Runners UK	Senior Women	08:51.1	379	172
173	2:57:10	DAVIES, Martin	TROT.S.	Senior Men	08:51.3	580	173
174	2:57:44	MOUNTJOY, Matthew	Unaffiliated	Senior Men	08:53.0	595	174
175	2:58:07	MEARS, Christian	Unaffiliated	Male Vet 40-49	08:54.2	218	175
176	2:58:15	MCELHILL, David	Unaffiliated	Senior Men	08:54.6	216	176
177	2:58:24	REYNOLDS, Rebecca	Fairwater Runners	Senior Women	08:55.0	363	177
178	2:58:59	WILLIAMS, Clare	Ingli Runners	Female Vet 35-44	08:56.8	384	178
179	2:59:12	WILLICOTT, Ann-Marie	Almost Athletes	Female Vet 35-44	08:57.4	388	179
180	3:00:05	EVANS, Natasha	Unaffiliated	Senior Women	09:00.1	611	180
181	3:00:09	QUINN AZIZ, Abyd	Penarth and Dinas Runners	Male Vet 50-59	09:00.3	243	181
182	3:00:13	LEWIS, Tim	Unaffiliated	Senior Men	09:00.5	209	182
183	3:00:27	ROCHE, Julie	Fairwater Runners	Female Vet 35-44	09:01.2	365	183
184	3:00:50	PARKER, Michael	Unaffiliated	Senior Men	09:02.3	231	184
185	3:01:12	STICKLER, Rachel	Unaffiliated	Female Vet 35-44	09:03.4	612	185
186	3:01:19	FARRAR, Mark	Les Croupiers R.C.	Senior Men	09:03.8	158	186
187	3:01:19	NEWELL, Claire	Unaffiliated	Female Vet 45-54	09:03.8	355	187
188	3:01:24	JONES, Andrew	Penarth and Dinas Runners	Senior Men	09:04.0	195	188
189	3:01:34	SWEETING, John	Mynyddwyr De Cymru	Male Vet 60+	09:04.5	257	189
190	3:02:11	MARTIN, John	Unaffiliated	Male Vet 50-59	09:06.4	214	190
191	3:02:29	VYNER, Graham	Celtic Tri	Male Vet 40-49	09:07.3	581	191
192	3:02:38	LEWIS, Julie	Islwyn Running Club	Female Vet 35-44	09:07.7	344	192
193	3:02:52	SEAMAN, Carl	Rhondda Valley Runners	Male Vet 40-49	09:08.4	586	193
194	3:02:56	JOHN, Chris	Unaffiliated	Male Vet 40-49	09:08.6	191	194
195	3:03:12	HOTCHEN, Graham	Wye Valley Runners	Male Vet 50-59	09:09.4	182	195
196	3:03:49	PALMER, Michael	Sarn Helen	Senior Men	09:11.3	229	196

197	3:03:59	ALDER, Sharon	Penarth and Dinas Runners	Senior Women	09:11.8	290	197
198	3:04:05	COLMAN, David	Bitton Road Runners	Male Vet 40-49	09:12.1	126	198
199	3:04:11	PROTHEROE, Phil	Brackla Harriers	Male Vet 40-49	09:12.4	240	199
200	3:04:34	HUMPHREYS, Daniel	Unaffiliated	Senior Men	09:13.5	185	200
201	3:04:42	DURHAM, Rhian	Pontypridd Roadents	Senior Women	09:13.9	310	201
202	3:04:42	HUME, Alison	Almost Athletes	Female Vet 45-54	09:13.9	330	202
203	3:04:47	WOODSFORD, Victoria	San Domenico R.R.C.	Senior Women	09:14.2	390	203
204	3:04:51	CHAMPION, Angela	Village Vipers	Senior Women	09:14.4	301	204
205	3:05:20	HAWKINS, Vanessa	Bitton Road Runners	Female Vet 45-54	09:15.8	324	205
206	3:05:26	TREHARNE, Ruth	Islwyn Running Club	Female Vet 45-54	09:16.1	373	206
207	3:05:26	MATTHEWS, Donna	Islwyn Running Club	Female Vet 45-54	09:16.1	348	207
208	3:05:44	HARVEY, Janice	Unaffiliated	Female Vet 45-54	09:17.0	323	208
209	3:05:44	KNIGHT, Fran	Unaffiliated	Female Vet 45-54	09:17.0	341	209
210	3:05:49	DAVEY, David	Almost Athletes	Male Vet 40-49	09:17.3	131	210
211	3:06:18	GILL, Simon	Unaffiliated	Senior Men	09:18.7	168	211
212	3:07:06	SANDERSON, John	3M Road Runners	Male Vet 50-59	09:21.1	249	212
213	3:08:15	NEALE, Alex	Unaffiliated	Senior Men	09:24.6	227	213
214	3:08:25	PENNY, Steve	Unaffiliated	Male Vet 40-49	09:25.1	234	214
215	3:08:29	TUCKER, Kirsten	Port Talbot Harriers	Female Vet 35-44	09:25.3	374	215
216	3:08:59	MORGAN, Claire	Forest of Dean A.C.	Female Vet 45-54	09:26.8	351	216
217	3:09:01	CROOK, Richard	Unaffiliated	Senior Men	09:26.9	128	217
218	3:09:01	CUNNINGHAM, Neil	Unaffiliated	Senior Men	09:26.9	130	218
219	3:09:05	SARGENT, Jayne	Unaffiliated	Senior Women	09:27.1	367	219
220	3:10:22	ASTON, Jeff	Les Croupiers R.C.	Male Vet 60+	09:30.9	575	220
221	3:10:50	WILLIAMS, Alwyn	Unaffiliated	Male Vet 40-49	09:32.3	273	221
222	3:10:59	EDWARDS, Tracy	Rhondda Valley Runners	Female Vet 35-44	09:32.8	619	222
223	3:11:39	ELLISON, Andrew	Rhondda Valley Runners	Senior Men	09:34.8	152	223
224	3:12:22	DAVIES, Matthew	Unaffiliated	Senior Men	09:36.9	134	224
225	3:12:55	KWOK, Lee	Unaffiliated	Senior Men	09:38.6	597	225
226	3:13:00	BRYAN, Jeanette	Almost Athletes	Female Vet 55+	09:38.8	298	226
227	3:13:55	HOWELL, Kim	Caerleon R.C.	Female Vet 45-54	09:41.6	329	227
228	3:14:53	JOHNS, Colin	Unaffiliated	Male Vet 40-49	09:44.5	192	228
229	3:15:29	LEONARD, Christopher	Bitton Road Runners	Male Vet 50-59	09:46.3	208	229
230	3:16:07	GRANDON, Tony	Unaffiliated	Male Vet 60+	09:48.2	170	230
231	3:16:18	PAYNE, Karen	Caerleon R.C.	Female Vet 35-44	09:48.7	358	231
232	3:16:31	CHADWELL, Karen	Womens Running Network	Female Vet 35-44	09:49.4	300	232
233	3:16:33	KNIGHT, Tim	Unaffiliated	Senior Men	09:49.5	205	233
234	3:16:36	SMITH, Heather	Unaffiliated	Female Vet 35-44	09:49.6	368	234
235	3:16:45	BROWN, Angharad	Unaffiliated	Female Vet 35-44	09:50.1	296	235
236	3:16:53	STOKES, Elizabeth	Griffithstown Harriers	Female Vet 35-44	09:50.5	370	236
237	3:17:13	PARTRIDGE, Geoff	Hogweed Trotters	Male Vet 40-49	09:51.5	576	237
238	3:17:34	WATT, Shona	Unaffiliated	Female Vet 35-44	09:52.5	380	238
239	3:17:38	MANLEY, David	Unaffiliated	Senior Men	09:52.7	213	239
240	3:17:38	MOSES, Sarah	Unaffiliated	Senior Women	09:52.7	354	240
241	3:18:23	HARRIS, Gareth	Unaffiliated	Male Vet 40-49	09:55.0	176	241
242	3:18:37	HOPKINS, Keith	Unaffiliated	Male Vet 60+	09:55.7	180	242
243	3:18:38	HOPKINS, Aimee	Liswerry Runners	Senior Women	09:55.7	328	243
244	3:18:50	JAMES, Bridget	Aberystwyth A.C.	Senior Women	09:56.3	599	244
245	3:18:52	OTTESON, Joanna	3M Road Runners	Female Vet 35-44	09:56.4	356	245
246	3:19:15	COLLIER, Allison	Bitton Road Runners	Female Vet 35-44	09:57.6	303	246

247	3:19:44	JOHNSON, Rebecca	Unaffiliated	Senior Women	09:59.0	335	247
248	3:19:49	BIRCH, Coleen	Islwyn Running Club	Female Vet 35-44	09:59.3	591	248
249	3:19:55	WOODWARD, Marcus	Unaffiliated	Male Vet 40-49	09:59.6	610	249
250	3:20:15	WAKS, Evan	Unaffiliated	Male Vet 40-49	10:00.6	267	250
251	3:20:16	TANNER, Peter	Great Western Runners	Male Vet 40-49	10:00.6	592	251
252	3:22:45	HARTNELL, Nathan	Unaffiliated	Senior Men	10:08.1	631	252
253	3:24:22	JAMES, Ian	Unaffiliated	Senior Men	10:12.9	188	253
254	3:24:24	DENMAN, Tom	Unaffiliated	Senior Men	10:13.0	138	254
255	3:24:40	ROBERTS, Glenda	Aberystwyth A.C.	Female Vet 55+	10:13.8	598	255
256	3:25:00	JAMES, Barry	Porthcawl RunnersLife	Male Vet 60+	10:14.8	187	256
257	3:25:15	PEARCE, Carrie-Anne	Unaffiliated	Senior Women	10:15.6	359	257
258	3:25:42	SOQUENA, Jairus	Unaffiliated	Senior Men	10:16.9	253	258
259	3:26:42	HAMMOND, Susan	Southville Runners	Senior Men	10:19.9	604	259
260	3:27:12	MORGAN, Sara	Womens Running Network	Senior Women	10:21.4	352	260
261	3:27:51	JONES, Malcolm	Unaffiliated	Male Vet 50-59	10:23.4	617	261
262	3:28:16	HODGES, Rachael	Team AVS	Female Vet 35-44	10:24.6	327	262
263	3:28:18	JEFFERIES, Nova	Lliswerry Runners	Senior Women	10:24.7	334	263
264	3:29:19	FLEMANS, Mark	Bitton Road Runners	Senior Men	10:27.8	160	264
265	3:29:50	HUME, Chris	Road Runners Club	Male Vet 60+	10:29.3	184	265
266	3:30:21	CAMPBELL, Lucille	Unaffiliated	Senior Women	10:30.9	299	266
267	3:31:29	WILLIAMS, Charlotte	Unaffiliated	Senior Women	10:34.3	383	267
268	3:31:42	EVANS, Jamie	Unaffiliated	Senior Men	10:34.9	154	268
269	3:31:42	EVANS, Debbie	Unaffiliated	Female Vet 35-44	10:34.9	312	269
270	3:32:48	HALLIGAN, Andrew	Unaffiliated	Senior Men	10:38.2	174	270
271	3:33:25	STEPHENS, Hayley	Unaffiliated	Female Vet 35-44	10:40.1	369	271
272	3:33:44	WOOLLEY, Rachel	Village Vipers	Senior Women	10:41.0	391	272
273	3:34:52	FROST, Jack	Unaffiliated	Male Vet 40-49	10:44.4	165	273
274	3:34:52	MORRIS, Lisa	Unaffiliated	Female Vet 35-44	10:44.4	353	274
275	3:35:28	WILLIAMS, Helen	Islwyn Running Club	Senior Women	10:46.2	385	275
276	3:35:42	MARAGNA, Judith	Penarth and Dinas Runners	Female Vet 55+	10:46.9	346	276
277	3:35:48	LAWE, Jason	Unaffiliated	Senior Men	10:47.2	624	277
278	3:35:50	TAYLOR, Mark	Unaffiliated	Senior Men	10:47.3	259	278
279	3:36:29	MOLD, Bridget	Alchester R.C.	Female Vet 45-54	10:49.3	350	279
280	3:37:07	WAITE, Kelly	Islwyn Running Club	Senior Women	10:51.2	376	280
281	3:38:43	OWEN, Kate	Unaffiliated	Female Vet 35-44	10:56.0	357	281
282	3:39:09	BESSANT, David	Black Pear Joggers	Male Vet 40-49	10:57.3	112	282
283	3:39:17	HISCOX, Elaine	Unaffiliated	Female Vet 35-44	10:57.7	579	283
284	3:39:17	MURPHY, Beth	Unaffiliated	Female Vet 35-44	10:57.7	578	284
285	3:39:17	WILLIAMS, Diane	Unaffiliated	Senior Women	10:57.7	582	285
286	3:42:23	WITHERS, Gareth	Cardiff HSOB	Male Vet 50-59	11:07.0	584	286
287	3:43:47	HARRIS, Mary	Lliswerry Runners	Female Vet 45-54	11:11.2	321	287
288	3:44:21	KHAN, Alex	Unaffiliated	Senior Men	11:12.9	625	288
289	3:47:22	GAFFNEY, Kelly	Lliswerry Runners	Senior Women	11:21.9	315	289
290	3:47:38	CONROY, Colette	Unaffiliated	Female Vet 35-44	11:22.7	304	290
291	3:50:27	FELLINO, Antonio	Unaffiliated	Senior Men	11:31.2	159	291
292	4:04:55	EVANS, Richard	Unaffiliated	Senior Men	12:14.5	155	292
293	4:06:48	REDMAN, Anna	Lliswerry Runners	Female Vet 45-54	12:20.2	601	293
294	4:15:44	WILSON, Alex	Ipswich Jaffa	Senior Women	12:47.0	389	294
295	4:19:16	SILSBURY-BASEY, Russell	Bitton Road Runners	Senior Men	12:57.6	251	295
296	4:40:32	LORENTZ, Matthew	Unaffiliated	Senior Men	14:01.4	211	296

297

5:13:45 LEWIS, Non

Unaffiliated

Senior Women

15:41.0 345 297