

Pos	Name	Cat	Club	Time
1	Richard Gardiner	MS	Cardiff AC	0:31:02
2	Marc Hobbs	MS	Swansea Harriers	0:31:25
3	Haggai Chepkwony	MS	Army	0:32:00
4	Nigel Leighton	MS	U/A	0:32:29
5	Martin Rees	M50	U/A	0:32:42
6	Rodri Jones	MS	Westbury Harriers	0:33:27
7	Paul Richards	M40	U/A	0:33:36
8	Gareth Thomas	M40	Les Croupiers	0:34:28
9	Stuart Crees	MS	Les Croupiers	0:34:42
10	Afan Humphries	MS	Cwmbran Harriers	0:34:54
11	Alun Wood	MS	Brackla Harriers	0:34:59
12	Mary Wilkinson	FS	Skipton Harries	0:35:01
13	Tim Lewis	MS	U/A	0:35:25
14	Steve Davies	MS	Swansea Harriers	0:35:54
15	Alan Davies	M50	U/A	0:35:56
16	Sue Harrison	FS	Leamington C & AC	0:35:59
17	Steven Sheard	MS	Cardiff AC	0:36:12
18	David Astins	MS	Pembrokeshire Tri Club	0:36:16
19	Matthew Hurford	MS	Les Croupiers Lost Sheep	0:36:19
20	Lisa Norden	FS	U/A	0:36:20
21	Jonathen Williams	MS	Swansea Harriers	0:36:30
22	Peter Davies	M50	Bridgend Athletic	0:36:34
23	Stephen Thomas	MS	Islwyn	0:36:34
24	Holly May	FS	City Of Bath AC	0:36:46
25	Emyr Roberts	MS	U/A	0:37:05
26	Chris Parker	M40	U/A	0:37:10
27	Stuart Keen	MS	Northbrook AC	0:37:18
28	Ian Webb	MS	U/A	0:37:20
29	Scott Evans	MS	U/A	0:37:36
30	Michael Davies	MS	U/A	0:37:45
31	Steve Coupe	M50	Sospan RR	0:37:51
32	Neil Davies	M40	Cornelly Striders	0:38:10
33	Martin George	MS	Sospan RR	0:38:14
34	Nick Dukes	MS	Les Croupiers Lost Sheep	0:38:17
35	Mathew Tooze	MS	U/A	0:38:17
36	Paul Reynolds	MS	3M'S	0:38:39
37	Ben Farag	M40	Les Croupiers	0:38:41
38	James Ocallaghan	MS	U/A	0:38:50
39	Lee Wells	MS	Pembrokeshire Harriers	0:39:08
40	Clive Davies	M40	Sospan RR	0:39:12

Pos	Name	Cat	Club	Time
41	Keith Powell	M50	Cornelly Striders	0:39:14
42	Michael Murphy	M50	Les Croupiers Lost Sheep	0:39:39
43	Michael Havard	M40	U/A	0:39:39
44	Ron Jenkins	M40	U/A	0:39:45
45	Owain Jones	MS	U/A	0:40:01
46	John Diffey	M40	Les Croupiers Lost Sheep	0:40:07
47	Geraint Williams	MS	Pontypridd Rodents	0:40:12
48	Peter Turner	M50	Cornelly Striders	0:40:19
49	Bernd Kulesa	MS	U/A	0:40:21
50	Marcus Coles	MS	Les Croupiers	0:40:23
51	Richard Boon	M40	Les Croupiers Lost Sheep	0:40:25
52	Rob Falconer	M40	U/A	0:40:27
53	Jason Statham	MS	Swansea Harriers	0:40:29
54	Graham Colvin	M40	3M'S	0:40:32
55	Noel Evans	MS	3M'S	0:40:41
56	Mary Bowen	F35	TROTS	0:40:42
57	David Bembo	M40	U/A	0:40:44
58	Steve Williams	M40	Les Croupiers Lost Sheep	0:40:49
59	John O'Shea	M50	Les Croupiers	0:41:09
60	Andrew Thomas	M40	Sospan RR	0:41:23
61	Gavin Morris	MS	U/A	0:41:24
62	Darren Evans	MS	U/A	0:41:35
63	Richard Webster	M50	3M'S	0:41:38
64	Michael Evans	M40	Neath Harriers	0:41:52
65	Lee Morris	MS	U/A	0:42:02
66	Gareth Jehu	MS	U/A	0:42:06
67	Mark Nelson	M40	U/A	0:42:14
68	Daniel Thomas	MS	Llanelli AAC	0:42:18
69	Wayne Proctor	MS	U/A	0:42:28
70	Ruth Tyler	FS	U/A	0:42:33
71	Richard Humphreys	MS	U/A	0:42:36
72	David Lloyd	M40	Les Croupiers	0:42:41
73	Robert Rees	M50	U/A	0:42:44
74	David Proud	MS	Les Croupiers Lost Sheep	0:42:45
75	Gokul Patel	M50	U/A	0:42:46
76	Brian Richardson	M40	U/A	0:42:49
77	Nigel Thomas	M40	U/A	0:43:00
78	Martin Slee	M40	U/A	0:43:03
79	John Ashton	M40	Whitney RR	0:43:21
80	Wendy Boon	F45	Les Croupiers Lost Sheep	0:43:28

Pos	Name	Cat	Club	Time
81	Kristian Evans	MS U/A		0:43:31
82	Ingrid Taylor	F35 U/A		0:43:33
83	Tony Cottey	M40 U/A		0:43:41
84	Hugh Evans	M40 Llanelli AAC		0:43:44
85	Tom Pearson	MS U/A		0:43:47
86	Neil Stevens	MS Club 69		0:43:48
87	Raymond James	M40 Port Talbot Harriers		0:43:50
88	Darren Morris	M40 U/A		0:43:50
89	Philip Miller	MS U/A		0:43:52
90	Keith Paul	M40 U/A		0:43:54
91	Kev Joyce	M40 Pembrokeshire Harriers		0:44:04
92	Neil Williams	M40 Pontypridd Rodents		0:44:09
93	Mark Perry	MS U/A		0:44:16
94	Mark Bryant	MS U/A		0:44:18
95	Rowan Llewellyn-Williams	MS U/A		0:44:18
96	Liz Clarke	F45 Les Croupiers		0:44:22
97	David Hopkins	M40 U/A		0:44:27
98	Michael Orchard	M40 Hayle Runners		0:44:30
99	Mark Eakins	MS U/A		0:44:34
100	Adrian Haworth	MS U/A		0:44:42

101 – 200

Pos	Name	Cat	Club	Time
101	Jason Woodruff	MS U/A		0:44:44
102	Mark Stevens	MS U/A		0:44:44
103	Stuart Douie	MS U/A		0:44:44
104	Libby O'Duffy	F35 Les Croupiers Lost Sheep		0:44:46
105	Tony Cribb	M50 Miskin Harriers		0:44:52
106	Alun Wyn Evans	M40 U/A		0:44:53
107	Mathew Phillips	MS U/A		0:44:54
108	Wayne Davies	MS U/A		0:45:03
109	Emma Hatherall	FS U/A		0:45:03
110	Heath Jones	MS U/A		0:45:04
111	Stephen Keogh	MS Swansea Harriers		0:45:05
112	Mark Jones	M40 U/A		0:45:11
113	M Bonnaud	MS St Andrew's Uni XC		0:45:16
114	Christopher Lewis	MS U/A		0:45:18
115	Huw Rowcliffe	MS Sarn Helen		0:45:23
116	Dave Evans	MS U/A		0:45:26
117	William Edwards	MS U/A		0:45:27
118	Mark Terry	M40 U/A		0:45:31

101 – 200

Pos	Name	Cat	Club	Time
119	Paul Arnold	MS 3M'S		0:45:33
120	Geraint Evans	MS U/A		0:45:34
121	Alan Geddes	M40 U/A		0:45:34
122	Leon Murnieks	MS U/A		0:45:35
123	Simon Thomas	MS U/A		0:45:36
124	Peter Jones	M40 U/A		0:45:43
125	Colin Rees	MS U/A		0:45:44
126	Jon Belcher	MS U/A		0:46:00
127	Edward Fish	M40 U/A		0:46:03
128	Alexander Jenkins	MS U/A		0:46:03
129	Mark Edwards	MS U/A		0:46:11
130	Peter Maksimovic	M40 U/A		0:46:24
131	Richard Otten	M40 U/A		0:46:24
132	Bernie Monk	M60 Club 69		0:46:26
133	Sian Phillips	F45 U/A		0:46:27
134	Wayne Holmes	M40 U/A		0:46:28
135	Lindy Eynon	F45 TROTS		0:46:32
136	Matthew Lewis	MS U/A		0:46:36
137	Thomas Rogers	MS Treasury RC		0:46:38
138	Steven Guest	MS U/A		0:46:42
139	Jeanette Ashton	F45 Whitney RR		0:46:51
140	Christopher Cray	MS U/A		0:46:55
141	Dafydd Loughran	MS Carmarthen Harriers		0:46:57
142	Greg Lord	MS U/A		0:46:58
143	Dafydd Jones	MS U/A		0:46:58
144	Dorian Hughes	M40 U/A		0:46:59
145	Mark Picton	M40 U/A		0:47:05
146	Christopher Sexton	M40 U/A		0:47:10
147	Philip Brown	M40 Great Western Runners		0:47:12
148	Scott Harris	MS U/A		0:47:21
149	Simon Parkhouse	MS U/A		0:47:23
150	Jamie Harris	MS U/A		0:47:24
151	Wayne Preece	M50 U/A		0:47:25
152	Mike Griffiths	MS Deviant		0:47:27
153	Tania Schwabe	FS Sospan RR		0:47:34
154	Ahtony Marsh	MS U/A		0:47:35
155	Robert Thomas	M40 U/A		0:47:36
156	Howard Cole	M40 U/A		0:47:38
157	Johnny Lam	MS U/A		0:47:38

101 – 200

Pos	Name	Cat	Club	Time
158	Adrian Powell	MS U/A		0:47:39
159	David Wintle	M40 U/A		0:47:39
160	Jayne Arnold	FS 3M'S		0:47:43
161	Judi Bowsher	F45	Les Croupiers	0:47:46
162	Adam Coates	MS U/A		0:47:48
163	Christopher Miller	MS U/A		0:47:49
164	Richard Springett	M40 U/A		0:47:57
165	Malcolm Bradley	M50 U/A		0:48:00
166	Paul Rowlands	M50 U/A		0:48:00
167	Richard McKie	MS U/A		0:48:04
168	Paul Webber	M50 U/A		0:48:11
169	Andrew Rothwell	M40 U/A		0:47:57
170	Catrin Daniels	FS U/A		0:48:24
171	Paul Grist	M40 U/A		0:48:30
172	Rhydian Evans	MS U/A		0:48:30
173	Alex Okeefe	MS	Westbury Harriers	0:48:38
174	Alex Williams	MS	RR Club	0:48:43
175	Sue Neal	F55	Les Croupiers	0:48:45
176	Keith Verheyden	M40 U/A		0:48:47
177	Leighton Davies	MS U/A		0:48:53
178	Mark Williamson	M40	RR Club	0:48:53
179	Mike Allen	MS U/A		0:48:53
180	Andrew Wallis	MS U/A		0:48:56
181	Nick Megginson	MS U/A		0:48:56
182	John Ivins	M40 U/A		0:48:56
183	Andrew Davies	MS U/A		0:48:58
184	Mark Riley	MS U/A		0:48:59
185	Robert Mainwaring	MS U/A		0:49:03
186	Amanda Evans	F35 3M'S		0:49:03
187	Jane Chard	F45 U/A		0:49:04
188	Sally Wintle	F35 U/A		0:49:08
189	Alun Lewis	M50 U/A		0:49:09
190	Neil Pilliner	MS U/A		0:49:16
191	Brian Jenkins	M40 U/A		0:49:26
192	Andreas Eisenbach	M40 U/A		0:49:28
193	Clare Lloyd	FS U/A		0:49:28
194	Kelly Owen	FS U/A		0:49:28
195	Andrew Fall	M40 U/A		0:49:33
196	Zoe Roberts	FS U/A		0:49:43

101 – 200

Pos	Name	Cat	Club	Time
197	Ian Henry	MS U/A		0:49:43
198	Greg Dow	MS U/A		0:49:43
199	Steven Press	MS U/A		0:49:49
200	Mike Nash	M40 U/A		0:49:50

201 – 300

Pos	Name	Cat	Club	Time
201	Emma Simpkins	F35	Amman Valley Harriers	0:49:53
202	Paula Williams	F35	U/A	0:49:53
203	Jason Foley	MS	U/A	0:49:59
204	Bobby Gardiner	M40	Wecori	0:50:02
205	Emma Griffiths	FS	U/A	0:50:05
206	Mike Bailey	MS	U/A	0:50:09
207	Mathew Webb	MS	U/A	0:50:09
208	Ian Harper	M40	U/A	0:50:10
209	John Martin	M40	U/A	0:50:10
210	Sharron Kington	F35	Taunton AC	0:50:13
211	Paul Evans	MS	U/A	0:50:24
212	Ben Mathews	MS	U/A	0:50:27
213	Craig Thomas	MS	U/A	0:50:30
214	Mike Evans	MS	U/A	0:50:31
215	Mel Bailey	M50	San Dominico	0:50:37
216	Richard Harris	MS	U/A	0:50:44
217	Stephen Whitmarsh	M60	U/A	0:50:46
218	Jason Phelps	MS	U/A	0:50:46
219	Andrew Hanney	M40	Llanelli Tri	0:50:54
220	John Griffiths	M60	U/A	0:50:56
221	Rosco White	M50	U/A	0:50:57
222	Keith Morgan	M50	Whitney RR	0:51:00
223	Helena Mc Daid	FS	U/A	0:51:00
224	Christina Rossiter	F45	Les Croupiers	0:51:01
225	David Sweetman	MS	U/A	0:51:01
226	Kwok Lee	MS	GHRC	0:51:02
227	Stephen Davies	M40	U/A	0:51:05
228	Karl Roberts	M40	U/A	0:51:06
229	Andrew Lycett	M40	U/A	0:51:08
230	Robert Rees	MS	U/A	0:51:08
231	Janice Harvey	F45	U/A	0:51:09
232	Abyd Quinn Aziz	M40	U/A	0:51:10
233	Stephen Jenkins	MS	U/A	0:51:12

201 – 300

Pos	Name	Cat	Club	Time
234	Marc Jones	M40 U/A		0:51:14
235	Steven Yendle	MS U/A		0:51:17
236	Emma Thomas	FS U/A		0:51:18
237	Raymond Majer	M50 U/A		0:51:20
238	Tanis Hand	F45 TROTS		0:51:20
239	Margrett Monk	F55 Club 69		0:51:23
240	Lisa Thomas	FS U/A		0:51:23
241	Arfon Rees	MS Wecori		0:51:27
242	Daniel Harries	MS U/A		0:51:31
243	Michael Newman	M50 Neath Harriers		0:51:32
244	Bethan Jones	FS U/A		0:51:33
245	Steve Pemberton	MS U/A		0:51:33
246	Kirsten Tucker	FS Swansea Harriers		0:51:34
247	Louise Eakins	F35 U/A		0:51:35
248	Liz Thomas	FS Les Croupiers		0:51:35
249	Kathryn John	F35 3M'S		0:51:36
250	Martin Lawrence	MS U/A		0:51:37
251	John Sissons	MS U/A		0:51:37
252	Andrew Jones	MS U/A		0:51:40
253	Graham Vynar	MS U/A		0:51:42
254	Andrew Biston	M40 U/A		0:51:43
255	Catherine Harper	F35 U/A		0:51:44
256	Darren Davis	MS U/A		0:51:44
257	Anthony Davies	M40 U/A		0:51:46
258	Paul Stevens	MS U/A		0:51:47
259	Barry Norris	M40 U/A		0:51:50
260	Ryan King	MS U/A		0:51:51
261	Rod MacKay	M50 U/A		0:51:52
262	Ben Rees	MS U/A		0:51:53
263	Eleanor Power	FS U/A		0:51:55
264	Simon Jenkins	M40 U/A		0:51:56
265	Eve Watkins	FS U/A		0:52:03
266	Sian Evans	F35 U/A		0:52:04
267	Philip Tucker	MS U/A		0:52:07
268	Ray Fisher	M40 U/A		0:52:09
269	Neil Williams	M40 U/A		0:52:09
270	Ryan Jones	MS U/A		0:52:10
271	Terry Shore	M50 U/A		0:52:11
272	Shelley Baynes	FS U/A		0:52:19

201 – 300

Pos	Name	Cat	Club	Time
273	Isobel Norris	FS U/A		0:52:22
274	Simon Thomas	MS U/A		0:52:24
275	Adrian Mathias	M40 U/A		0:52:31
276	Michael Halsall	MS U/A		0:52:33
277	Gillian Edwards	F35 U/A		0:52:34
278	Berian Davies	M40 U/A		0:52:35
279	Tom Venables	MS U/A		0:52:35
280	Guy Watkins	MS U/A		0:52:35
281	Ian Merrick	MS U/A		0:52:37
282	John Williams	MS U/A		0:52:40
283	Neil Young	MS U/A		0:52:40
284	Sian Stanley	F35 U/A		0:52:41
285	Mark Barrell	MS U/A		0:52:46
286	Ralph Allemano	M50 Highgate Harriers		0:52:49
287	Stuart Ballinger	MS U/A		0:52:52
288	Teresa Shanklin	F35 U/A		0:52:57
289	Mike Burns	M50 San Dominico		0:53:04
290	Justin Aleman	MS U/A		0:53:07
291	Richard Payne	M40 U/A		0:53:07
292	Owen Morgan	MS U/A		0:53:07
293	Andrew Booth	M40 RR Club		0:53:09
294	Elaine Ferguson	FS U/A		0:53:11
295	Kevin Williams	M40 U/A		0:53:13
296	Ian Cole	MS U/A		0:53:19
297	Daniel Bird	MS U/A		0:53:27
298	Dominic Rapley	M40 U/A		0:53:37
299	Shona Dunlop	FS Les Croupiers		0:53:38
300	Christopher Lane	M40 U/A		0:53:47

301 – 400

Pos	Name	Cat	Club	Time
301	Hywel Tomos	MS U/A		0:53:56
302	Nigel Jones	M50 U/A		0:53:56
303	Janika Maiwald	FS Brackla Harriers		0:53:58
304	Nick Portsmouth	M40 RR Club		0:53:59
305	Peter Lawlor	M40 U/A		0:54:05
306	Bryan O'Leary	MS U/A		0:54:06
307	David Elvy	M40 U/A		0:54:06
308	Jeff Evans	MS U/A		0:54:10
309	James Lewindon	MS U/A		0:54:11

301 – 400

Pos	Name	Cat	Club	Time
310	John Hurst	MS	U/A	0:54:11
311	Ann Rowell	F45	TROTS	0:54:17
312	Marcus Roberts	M40	Celtic Tri	0:54:20
313	Tracey Newman	F35	Les Croupiers	0:54:22
314	Sara Griffiths	FS	Neath Harriers	0:54:25
315	Ian Henton	MS	Celtic Tri	0:54:26
316	Rachel Stickler	F35	U/A	0:54:28
317	Coroline Spanton	FS	U/A	0:54:29
318	Karen Phelps	FS	U/A	0:54:30
319	Kevin Samuel	M40	Bitton RR	0:54:40
320	Darryl Evans	MS	U/A	0:54:41
321	Captain Beany	M50	U/A	0:54:41
322	Thomas Denman	MS	U/A	0:54:42
323	Toni Ashworth	FS	U/A	0:54:44
324	Mark Rees	M40	U/A	0:54:44
325	Carl James	MS	U/A	0:54:47
326	Paul Darby	MS	U/A	0:54:48
327	Philip Doel	M40	U/A	0:54:50
328	Lisa Phillips	FS	U/A	0:54:51
329	Alun Thomas	MS	U/A	0:54:53
330	Paul Jones	MS	U/A	0:54:55
331	Alison Nicholls	F35	Brecon Athletic	0:54:59
332	Daren Pike	MS	U/A	0:55:08
333	Philip Bosley	M40	U/A	0:55:10
334	Beth Jones	FS	U/A	0:55:13
335	Joanne Powell	FS	U/A	0:55:17
336	Carlton James	MS	U/A	0:55:24
337	Lee Davies	MS	U/A	0:55:25
338	Stephanie Perrett	F35	U/A	0:55:29
339	Louise Foulkes	FS	U/A	0:55:31
340	Liz Smith	F35	U/A	0:55:39
341	Anwen Brown	F35	U/A	0:55:41
342	Harvey Jenkins	M40	U/A	0:55:46
343	Anthony Vallario	M40	Port Talbot Harriers	0:55:50
344	Melanie Mallon	F35	U/A	0:55:51
345	Andrea Reynolds	F35	Swansea Harriers	0:55:52
346	Michael Rossiter	M40	U/A	0:55:53
347	Clare Green	F35	San Dominico	0:55:57
348	Edward Newman	M50	Les Croupiers Lost Sheep	0:55:59

301 – 400

Pos	Name	Cat	Club	Time
349	Wendy Lawrence	F45	Forest Of Dean RC	0:56:00
350	Mike Mathews	M60	U/A	0:56:01
351	Heather Payton	F55	Trent Park AC	0:56:01
352	Angela Rees	FS	U/A	0:56:08
353	Mathew John	MS	U/A	0:56:09
354	Heather Smith	FS	U/A	0:56:18
355	Wendy Gravell	FS	Welsh Athletics	0:56:19
356	Nicholas Speller	M40	U/A	0:56:22
357	Andrew Thomas	M40	U/A	0:56:24
358	Sian Tomos	F35	U/A	0:56:25
359	Deborah Price	F35	U/A	0:56:26
360	Melonie Galvin	F35	U/A	0:56:32
361	Stella Rudd	FS	U/A	0:56:33
362	Steve Edwards	M40	U/A	0:56:35
363	Caryl Richards	FS	U/A	0:56:38
364	Christine Slee	F45	U/A	0:56:39
365	William Honey	MS	U/A	0:56:40
366	Steven Percey	MS	U/A	0:56:44
367	Russell Crocker	MS	U/A	0:56:44
368	Mike Todd	M50	Amman Valley Harriers	0:56:45
369	Anthony Beer	M40	U/A	0:56:47
370	Martin Riley	M40	U/A	0:56:48
371	Louise Rees	FS	U/A	0:56:48
372	Cecilia Thomas	F45	U/A	0:56:52
373	Tonia Lewis	FS	U/A	0:56:52
374	Tony Hall	M50	U/A	0:56:59
375	Elaine Rees	F35	U/A	0:57:00
376	James Davies	MS	U/A	0:57:04
377	Steve Coates	M50	U/A	0:57:05
378	Elaine Lewis	F55	U/A	0:57:10
379	Andre McPherson	MS	U/A	0:57:10
380	Gillian Franklin	FS	Brackla Harriers	0:57:15
381	Paula Kennedy	F35	U/A	0:57:26
382	Emma Cownie	F35	U/A	0:57:28
383	Melanie Andrews	FS	Reading RR	0:57:32
384	Ali Wood	F35	U/A	0:57:34
385	Sarah Rigden	F45	U/A	0:57:38
386	Elizabeth Hopkins	FS	U/A	0:57:39
387	Natalie Boyd	FS	U/A	0:57:39

301 – 400

Pos	Name	Cat	Club	Time
388	Barbara Griffiths	F35 U/A		0:57:47
389	Bethan Hughes	FS U/A		0:57:48
390	Lowri Cynan	F35 U/A		0:57:50
391	Carol Vyner	F35 3M'S		0:57:51
392	Mark Kemp	MS U/A		0:57:53
393	Helen Jones	F35 U/A		0:57:59
394	Diane Godsave	FS U/A		0:58:00
395	Lucy Roberts	FS U/A		0:58:06
396	Steffan Griffiths	MS U/A		0:58:14
397	David Orrels	M50	Maldwyn Harriers	0:58:16
398	Huw Griffiths	M40 U/A		0:58:17
399	Georgina Govier	F35 U/A		0:58:20
400	Claire Morgan	F35	Forest Of Dean RC	0:58:24

401 – 500

Pos	Name	Cat	Club	Time
401	Gareth Daniel	MS U/A		0:58:28
402	Claire Davies	FS U/A		0:58:35
403	Noel Powell	MS U/A		0:58:42
404	Simon Locke	MS U/A		0:58:44
405	Alex Locke	F35 U/A		0:58:44
406	David Williams	MS U/A		0:58:48
407	Cathy Bruton	FS U/A		0:59:03
408	Paul Bruton	MS U/A		0:59:03
409	Chantal Patel	F45 U/A		0:59:04
410	Caron McKee-Hands	F45 U/A		0:59:07
411	Sian Jones	FS U/A		0:59:12
412	Ian Smith	MS U/A		0:59:17
413	Clare Hingott	FS U/A		0:59:24
414	Denise Evans	F35	Forest Of Dean AC	0:59:27
415	Rhiannon Britton	FS U/A		0:59:28
416	Laurence Jackman	M40 U/A		0:59:30
417	Barry O' Donovan	MS U/A		0:59:30
418	Joanne Cunningham	F35 U/A		0:59:30
419	Elizabeth Parsons	FS U/A		0:59:30
420	Bryan Shayle	M40 U/A		0:59:31
421	Angella Champion	FS U/A		0:59:31
422	Steve Whyte	M40 U/A		0:59:33
423	Jennifer Brown	FS U/A		0:59:34
424	Mark Brown	MS U/A		0:59:34

401 – 500

Pos	Name	Cat	Club	Time
425	Rachel Thomas	FS U/A		0:59:38
426	Helena Parry	FS U/A		0:59:42
427	Nerys Roberts	FS U/A		0:59:44
428	Alun Griffiths	M40 U/A		0:59:48
429	Deanne Rebane	F45 U/A		0:59:48
430	Denise Brennan	F35 U/A		0:59:55
431	Ruth Lovell	FS U/A		0:59:55
432	Aileen Griffiths	F45 U/A		0:59:59
433	Rachel Bowen	FS U/A		1:00:00
434	Finola Wilson	F35	Women's Running Network	1:00:09
435	Alan Jones	MS U/A		1:00:13
436	Kathy Duerdoth	FS U/A		1:00:14
437	Kelly Gammon	FS U/A		1:00:18
438	Catherine Oconnor	FS U/A		1:00:27
439	Paul Wesson	MS U/A		1:00:35
440	Christopher Plaice	M60 U/A		1:00:44
441	Daryl Watkins	MS U/A		1:00:44
442	Deborah Jenkins	F35 U/A		1:00:48
443	David Astley	M40 U/A		1:00:50
444	Tina Newton	F35 3M'S		1:00:59
445	Linda Van Poetch	F35 U/A		1:01:00
446	James Prosser	MS U/A		1:01:04
447	Kelly Thyler	FS U/A		1:01:07
448	Rhodri Evans	MS U/A		1:01:13
449	Matthew Harris	M40	Miskin Harriers	1:01:13
450	Carl Rose	MS U/A		1:01:14
451	Christopher Carter	MS U/A		1:01:18
452	Catherine Skuse	FS U/A		1:01:22
453	Lisa Williams	FS U/A		1:01:24
454	Carolyne Thomas	F35	Team Tanyard	1:01:26
455	Anne Wesson	FS U/A		1:01:27
456	Philip Davies	M50 3M'S		1:01:27
457	Carys Roderick	FS U/A		1:01:28
458	Grant Thomas	MS U/A		1:01:28
459	Rebecca Griffiths	FS U/A		1:01:34
460	Huw Griffiths	M40 U/A		1:01:35
461	Philip Davies	M50 U/A		1:01:38
462	Dee Lawrence	MS	Team Tanyard	1:01:43
463	Clayton Meek	MS U/A		1:01:50

401 – 500

Pos	Name	Cat	Club	Time
464	Huw Beckett	MS U/A		1:01:52
465	James Hobbs	MS U/A		1:02:09
466	Caroline Carter	FS U/A		1:02:16
467	Wayne Browning	M50 U/A		1:02:16
468	Kim Phelps	FS U/A		1:02:21
469	Adam Richards	MS U/A		1:02:23
470	Peter Morris	M40 U/A		1:02:23
471	Maureen Foley	F35 U/A		1:02:24
472	Christopher Hockley	MS U/A		1:02:30
473	Julian Ridgeway	MS U/A		1:02:33
474	Alun Williams	MS U/A		1:02:34
475	Dai Morris	M40 U/A		1:02:35
476	Shirley Morris	F45 U/A		1:02:35
477	Sophie Rees	FS U/A		1:02:37
478	Celia Speake	F35 U/A		1:02:39
479	Mike Speake	M40 U/A		1:02:39
480	Gillian Jones	FS U/A		1:02:45
481	Phillipa Wood	FS U/A		1:02:45
482	Sarah Grant	FS U/A		1:02:46
483	Owain Williams	MS U/A		1:02:50
484	Odette Richards	F35 U/A		1:02:55
485	Lyn Richards	M40 U/A		1:02:55
486	Clare Nelson	FS U/A		1:02:55
487	Sian Phillips	FS U/A		1:02:56
488	Carroline Orrels	F45	Maldwyn Harriers	1:02:57
489	Bryan Isaac	M50 U/A		1:03:00
490	Delyth Rees	F45	CRHAP	1:03:07
491	Dai Pick	MS	Carmarthen Harriers	1:03:07
492	Craig Pearce	MS U/A		1:03:11
493	Stephen Gimblett	MS U/A		1:03:19
494	Nia Dickie	F35 U/A		1:03:33
495	Helen Brown	FS U/A		1:03:35
496	Sarah Barker	FS U/A		1:03:38
497	Ian Evans	MS U/A		1:03:38
498	Kevin Sullivan	MS U/A		1:03:41
499	Rebecca Gingell	FS U/A		1:03:56
500	Kathryn Sweetman	FS	Running 4 Women	1:03:58

501 – 600

Pos	Name	Cat	Club	Time
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501 – 600

Pos	Name	Cat	Club	Time
501	Elinor Richards	FS U/A		1:03:59
502	Dylan Hughes	MS U/A		1:03:59
503	Peter Whittemore	M50 U/A		1:04:12
504	Barbara Hawkrigde	F45 U/A		1:04:14
505	Catrin Jones	FS U/A		1:04:14
506	Ian Phillips	MS U/A		1:04:14
507	Gill Nicholls	F45 3M'S		1:04:21
508	David Harries	MS U/A		1:04:31
509	Sian Coxall	FS San Dominico		1:04:40
510	Victoria Martin	FS U/A		1:04:44
511	Richard Tyzack	MS Robert Clarke Gym		1:04:47
512	Andrew John	M40 U/A		1:04:48
513	Jeffery Collier	F45 U/A		1:04:50
514	Patricia Hooper	FS U/A		1:04:50
515	Mark Kavanagh	MS U/A		1:04:50
516	Anna Boffey	FS U/A		1:05:00
517	Neil Carless	MS U/A		1:05:04
518	Karina Muller	FS U/A		1:05:14
519	Rosemary Rhys	F45 Aberystwyth		1:05:26
520	Paula Burges	FS U/A		1:05:36
521	Rachael Whitfield	FS U/A		1:05:44
522	Rhian Phillips	FS U/A		1:05:53
523	Rachael Collier	FS U/A		1:05:54
524	Carwyn Williams	MS U/A		1:06:06
525	Maureen Firth	F55 Women's Running Network		1:06:08
526	Daphne Godsave	F55 U/A		1:06:09
527	Kay Thomas	F35 U/A		1:06:10
528	Sue Harris	F35 Team Deviant		1:06:13
529	Karen Dusgate	F35 U/A		1:06:25
530	Jeanette Picton	F35 U/A		1:06:27
531	Philip Williams	M40 U/A		1:06:28
532	Holly Pembridge	FS U/A		1:06:31
533	Wayne Hoskins	M40 U/A		1:06:40
534	Sally-Ann Kidwell	F35 U/A		1:06:41
535	Amy Worrell	FS U/A		1:06:45
536	Mduduzi Mlotshwa	MS U/A		1:06:49
537	Bryn Evans	MS U/A		1:06:54
538	Lowri Roberts	FS U/A		1:06:54
539	Delyth Mainwaring	FS U/A		1:06:55

501 – 600

Pos	Name	Cat	Club	Time
540	Rhian Jones	FS U/A		1:06:55
541	Michelle Sion	FS	Women's Running Network	1:06:59
542	Jayne Quinn	F35 U/A		1:07:22
543	Philip Abbot	M40 U/A		1:07:28
544	Wayne Newton	M40 U/A		1:07:36
545	Bethan Jones	FS U/A		1:07:48
546	Philip Jones	M50 U/A		1:07:48
547	Lyndsey Thomas	FS U/A		1:07:58
548	Heather Thomas	F35	Team Deviant	1:08:02
549	David Thomas	M40	Team Deviant	1:08:02
550	Julie Watts	F45 U/A		1:08:05
551	Felicity Curtis	FS U/A		1:08:10
552	Claire Rogers	FS U/A		1:08:10
553	Ann Alderton	F45 U/A		1:08:20
554	Gillian Murphy	F45	Les Croupiers Lost Sheep	1:08:25
555	Claire Lloyd	FS U/A		1:08:37
556	Geraldine Reynolds	F35 U/A		1:08:37
557	Sarah Watkins	FS U/A		1:08:38
558	Lisa Isaac	FS U/A		1:08:52
559	Simon Collier	MS U/A		1:09:01
560	Gwyneth Jones	FS U/A		1:09:16
561	Meleri Jones	FS U/A		1:09:17
562	Jamie Cheng	MS	Robert Clarke Gym	1:09:30
563	Norman Gettings	M50 U/A		1:09:31
564	Rv Holdsworth	FS U/A		1:09:37
565	Natalie Evans	FS U/A		1:09:47
566	Rebecca Davies	FS U/A		1:10:16
567	Elaine Jones	FS U/A		1:10:16
568	Karen Phillips	F35	Les Croupiers	1:10:19
569	Dean Stockwell	MS U/A		1:10:23
570	Louis Dare	MS U/A		1:10:23
571	Chris Still	MS U/A		1:10:30
572	Daphne Austerberry	F55 U/A		1:10:33
573	Nigel Smith	M40 U/A		1:10:51
574	Michelle Rees	FS U/A		1:10:51
575	Alan Roberts	M50 U/A		1:11:01
576	Lynne Perrott	F45 U/A		1:11:09
577	Amanda Evans	F35 U/A		1:11:10
578	Manon Edwards	FS U/A		1:11:30

501 – 600

Pos	Name	Cat	Club	Time
579	Karin Marsh	FS U/A		1:11:46
580	Linda Read	F35	Team Tanyard	1:12:03
581	Lorraine Hovey	F45	U/A	1:12:16
582	Graeme Thelwell	M50	U/A	1:12:18
583	Levon Sandercock	MS	U/A	1:12:28
584	Kelly Morris	FS	U/A	1:12:29
585	Gwenno Rowlands	FS	U/A	1:12:31
586	Lisa Evans	FS	U/A	1:13:10
587	Allen Watts	M60	Sarn Helen	1:13:17
588	Debbie Gill	F35	U/A	1:13:23
589	Ian Jarman	M50	U/A	1:13:23
590	Peter Burrage	M40	U/A	1:13:26
591	Amanda Glanville	FS	U/A	1:13:34
592	Les Hart	M50	U/A	1:13:36
593	Alison Atkins	F35	Robert Clarke Gym	1:13:51
594	Felicity Barrow	F35	U/A	1:13:51
595	Lilian Dobby	F55	U/A	1:13:58
596	Gerwyn James	M40	U/A	1:14:42
597	Paula Kearns	F35	U/A	1:14:45
598	Jacqueline Jones	F35	U/A	1:15:16
599	Richard Harry	MS	Robert Clarke Gym	1:15:23
600	Lyn Rees	F45	U/A	1:15:52

601 – 641

Pos	Name	Cat	Club	Time
601	Wendy Fisher	F45 U/A		1:16:11
602	Anthony Morgan	M40	U/A	1:16:22
603	Anthony Wallis	MS	U/A	1:17:24
604	Bronwen Thompson	F35	U/A	1:17:39
605	Trevor Pitman	MS	U/A	1:17:52
606	Sandra Lewis	F35	U/A	1:17:52
607	Amie Halliday	FS	U/A	1:17:54
608	Kate Halliday	FS	U/A	1:17:54
609	Jenna Barrollu	FS	Robert Clarke Gym	1:17:55
610	Kelly Gaffney	FS	U/A	1:17:57
611	Gareth Hall	MS	U/A	1:17:57
612	Kevin Johns	M40	Robert Clarke Gym	1:18:29
613	Jayne Caparros	F35	U/A	1:18:29
614	Robert Clarke	M40	U/A	1:18:29
615	Richard Knight	MS	U/A	1:18:51

601 – 641

Pos	Name	Cat	Club	Time
616	Julie Thomas	F35	3M'S	1:18:51
617	Rebecca Thomas	FS	U/A	1:19:01
618	Jan Twedily	F55	U/A	1:20:28
619	Stuart Hill	MS	U/A	1:21:24
620	Hannah Tarr	FS	U/A	1:21:38
621	Nia Lopez	F45	U/A	1:21:38
622	Wendy Ivins	F35	U/A	1:21:46
623	Rebecca Palfrey	FS	Sister ACT	1:21:51
624	Andrew Glanville	FS	U/A	1:21:51
625	Fiona Campbell	FS	U/A	1:22:00
626	Rebecca Hutchens	FS	U/A	1:22:00
627	Amy Jones	FS	Sister ACT	1:23:08
628	Kirsty Lampard	FS	U/A	1:23:26
629	Alison Corten	F35	U/A	1:23:26
630	Janice Francis	F45	Robert Clarke Gym	1:24:17
631	Adele John	FS	U/A	1:25:07
632	Emyr Davies	MS	U/A	1:25:08
633	Rhian Mathews	FS	U/A	1:28:07
634	Leanne Checker	FS	U/A	1:28:07
635	Eira Jenkins	F55	U/A	1:28:35
636	Darren Roberts	MS	U/A	1:29:46
637	Helen Roblin	F35	Robert Clarke Gym	1:30:02
638	Sian Thomas	FS	U/A	1:31:10
639	Helen Corbett	FS	Robert Clarke Gym	1:40:30
640	Mary Roberts	FS	U/A	1:40:38
641	David Charles	M60	U/A	1:47:02