

Llanelli Half Marathon 2010

7th March 2010

RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	840	1:12:05	LEE LADD	CARMARTHEN HARRIERS	Male	1	MS	1	1:12:05	1
2	1395	1:12:12	STEPHEN PATERSON	SAN DOMENICO	Male	2	MS	2	1:12:11	2
3	932	1:12:53	STEVE REES	PORT TALBOT HARRIERS	Male	3	MS	3	1:12:52	3
4	1204	1:16:35	STEPHEN THOMAS	ISLWYN RC	Male	4	M40	1	1:16:35	4
5	1105	1:17:05	STACEY MORGAN	CROFT AMBREY	Male	5	MS	4	1:17:04	5
6	1773	1:17:22	DAVID KEHOE		Male	6	MS	5	1:17:21	6
7	1392	1:17:52	ROBERT DYDE	PEMBROKESHIRE HARRIERS	Male	7	MS	6	1:17:51	7
8	1252	1:17:55	GLYN PRICE	SARN HELEN	Male	8	M40	2	1:17:54	8
9	1461	1:18:41	MICHAEL DAVIES	SARN HELEN	Male	9	M40	3	1:18:41	9
10	689	1:19:05	TIM IVESON	BUILTH & DISTRICT RUNNING CLUB	Male	10	MS	7	1:19:04	10
11	816	1:19:09	CHRIS PARKER	SWANSEA HARRIERS	Male	11	M40	4	1:19:08	11
12	3	1:19:29	JONATHAN BARNES	WYE VALLEY RUNNERS	Male	12	MS	8	1:19:27	12
13	1103	1:19:47	L TUDOR-MAISEY	LES CROUPIERS	Male	13	MS	9	1:19:45	13
14	1318	1:19:48	RICHARD LEWIS	CELTIC TRI	Male	14	MS	10	1:19:48	14
15	1817	1:19:54	EDWARD BALL	RHONDDA VALLEY RUNNERS	Male	15	MS	11	1:19:51	15
16	116	1:20:00	MATT JACKLIN	PENYDRE HIGH SCHOOL	Male	16	MS	12	1:19:56	16
17	1739	1:20:04	SCOTT EVANS	SOSPAN ROAD RUNNERS	Male	17	MS	13	1:20:02	17
18	1148	1:20:19	RICHARD DANDO	BROMSGROVE & REDDITCH	Male	18	MS	14	1:20:19	18
19	1033	1:20:43	ANDREW CLEVERLY	SWANSEA HARRIERS	Male	19	MS	15	1:20:42	19
20	657	1:20:57	JOHN MORRIS	AMMAN VALLEY HARRIERS	Male	20	MS	16	1:20:56	20
21	1076	1:21:00	PETER MORTON	ESPORTA	Male	21	MS	17	1:20:56	21
22	1905	1:21:29	IAN WEBB		Male	22	M50	1	1:21:26	22
23	1386	1:21:31	RICHARD HAYES	TAFF ELY TRI CLUB	Male	23	MS	18	1:21:27	23
24	1337	1:21:42	DANIEL DAVIES	ABERYSTWYTH AC	Male	24	MS	19	1:21:42	24
25	316	1:21:56	RICHARD GORDON		Male	25	MS	20	1:21:54	25
26	1403	1:22:25	LIAN DAVIES		Male	26	MS	21	1:22:24	26
27	1114	1:22:28	HUGH PASCOE		Male	27	MS	22	1:22:25	27
28	1441	1:22:29	STEFFEN SCHOLZ	LES CROUPIERS	Male	28	M40	5	1:22:26	28
29	804	1:22:33	MIKE EVANS	TROTS	Male	29	MS	23	1:22:28	29
30	1730	1:23:02	OLIVER WILLIAMS		Male	30	MS	24	1:23:00	32
31	1303	1:23:02	PETER DAVIES	BRIDGEND AC	Male	31	M50	2	1:22:59	31
32	1137	1:23:19	GARETH AYRES	PORT TALBOT HARRIERS	Male	32	MS	25	1:23:17	33
33	901	1:23:22	DAN PEACE	WHITE HORSE HARRIERS	Male	33	MS	26	1:23:20	34
34	1002	1:23:30	DAVE POWELL	ABERYSTWYTH AC	Male	34	M40	6	1:23:27	35
35	1003	1:23:32	PHOEBE WEBSTER	ABERYSTWYTH AC	Female	1	FS	1	1:23:29	36
36	1723	1:23:45	ANN THOMAS	TROTS	Female	2	F35	1	1:23:41	37
37	1099	1:24:04	HAYDN HARTNELL	ISLWYN RC	Male	35	M40	7	1:22:36	30
38	1682	1:24:12	KEVIN GRIFFITHS	TROTS	Male	36	M40	8	1:24:08	38
39	1847	1:24:19	DAVID KEENAN		Male	37	MS	27	1:24:13	39
40	1890	1:24:23	BRIAN YATES	WESHAM ROAD RUNNERS	Male	38	MS	28	1:24:22	41
41	744	1:24:27	LEE WATTS		Male	39	MS	29	1:24:14	40
42	692	1:24:31	DEAN WEBSTER	3MS GORSEINON ROAD RUNNERS	Male	40	MS	30	1:24:27	42
43	360	1:24:34	JOHN HIDDLESTONE		Male	41	MS	31	1:24:30	43
44	1051	1:24:35	MARTIN WEBBORN	SWANSEA HARRIERS	Male	42	M40	9	1:24:35	44
45	44	1:24:37	RHODRI DAVIES	SOUTH WALES POLICE	Male	43	MS	32	1:24:37	46
46	173	1:24:44	NIGEL PHILLIPS		Male	44	MS	33	1:24:36	45
47	231	1:24:46	R WHITEHOUSE		Male	45	M40	10	1:24:45	47
48	200	1:24:53	NEIL SCHOLES	WESTBURY HARRIERS	Male	46	M40	11	1:24:51	48
49	1538	1:24:56	PETER OSBORNE	SWANSEA HARRIERS	Male	47	M40	12	1:24:52	49
50	1910	1:24:57	RICHARD BAKER	SOUTH CHESHIRE HARRIERS	Male	48	MS	34	1:24:55	50
51	1420	1:25:01	RICHARD JONES		Male	49	M50	3	1:25:00	53
52	1022	1:25:01	MARTIN DAVIES	TROTS	Male	50	MS	35	1:24:57	52
53	368	1:25:03	JOHN LITTLEWOOD	CELTIC TRI	Male	51	MS	36	1:24:55	51
54	1280	1:25:04	ADRIAN WEAVER	NEATH HARRIERS	Male	52	MS	37	1:25:02	54
55	613	1:25:14	STEVEN JAMES	CLEVEDON AC	Male	53	MS	38	1:25:12	55
56	1819	1:25:19	LEE SANDHAM	NEATH HARRIERS	Male	54	MS	39	1:25:17	57
57	1152	1:25:21	MARK DUNSCOMBE	SARN HELEN	Male	55	M40	13	1:25:18	58
58	688	1:25:25	ROBERT ROTHERHAM		Male	56	MS	40	1:25:13	56
59	1389	1:25:37	ANDREW DAWE	PEMBROKESHIRE HARRIERS	Male	57	M40	14	1:25:36	59
60	1021	1:26:12	DEAN JOHN	TROTS	Male	58	M40	15	1:26:08	60
61	522	1:26:15	SCOT DAVIES	CELTIC TRI	Male	59	MS	41	1:26:08	61
62	609	1:26:17	LEIGH JAMES	WINDSOR SLOUGH ETON & HOUNSLOW	Female	3	FS	2	1:26:13	63
63	1127	1:26:23	PETER HARRIS		Male	60	M40	16	1:26:17	64
64	542	1:26:27	LUKE PAUL DAVIES		Male	61	MS	42	1:26:10	62
65	885	1:26:30	CHRIS DAVIES	ISLWYN RC	Male	62	MS	43	1:26:25	65
66	505	1:26:32	IAN PHILLIPS	3MS GORSEINON ROAD RUNNERS	Male	63	MS	44	1:26:28	66
67	969	1:26:35	DAVID PROUD	LES CROUPIERS	Male	64	M40	17	1:26:32	67
68	733	1:26:37	JON GOODALL		Male	65	MS	45	1:26:36	69
69	1235	1:26:37	SALLY HASELHURST	SAN DOMENICO	Female	4	FS	3	1:26:36	70

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
70	311	1:26:42	LEE MORRIS		Male	66	MS	46	1:26:40	71
71	1884	1:26:45	STEPHANIE JAMES	MAIDENHEAD AC	Female	5	FS	4	1:26:43	72
72	818	1:26:48	RICHARD SEGUST		Male	67	M40	18	1:26:34	68
73	989	1:26:56	RHODRI EVANS	PONTYPRIDD ROADENTS	Male	68	MS	47	1:26:52	74
74	813	1:26:57	WARREN TILKE	PONTYPRIDD ROADENTS	Male	69	M40	19	1:26:53	75
75	598	1:26:59	NICK COUSINS	GLOUCESTER ATHLETICS CLUB	Male	70	MS	48	1:26:49	73
76	1661	1:27:02	ANDREW FAIRCLOUGH		Male	71	MS	49	1:26:57	76
77	910	1:27:07	STEVE THOMAS	3MS GORSEINON ROAD RUNNERS	Male	72	MS	50	1:27:03	77
78	724	1:27:11	MATT CROCKER	PORTISHEAD RUNNING CLUB	Male	73	MS	51	1:27:09	78
79	341	1:27:20	EMYR MORGAN	TEAM SOUTHAMPTON	Male	74	MS	52	1:27:09	79
80	1106	1:27:21	ANDREW MURPHY		Male	75	MS	53	1:27:14	80
81	861	1:27:37	STUART WADLOW		Male	76	MS	54	1:27:32	84
82	1425	1:27:39	JAMES BROMFIELD		Male	77	MS	55	1:27:27	82
83	92	1:27:40	STUART GRIFFITHS	3MS GORSEINON ROAD RUNNERS	Male	78	MS	56	1:27:38	85
84	1361	1:27:47	JOE NEWTON	PSOF	Male	79	MS	57	1:27:28	83
85	527	1:27:47	DEAN TREBILCOCK		Male	80	MS	58	1:27:41	86
86	1110	1:27:49	ROBERT DAVIES	ISLWYN RC	Male	81	MS	59	1:27:23	81
87	1728	1:28:05	TIM MOSS	PENARTH & DINAS RUNNERS	Male	82	MS	60	1:27:52	87
88	1391	1:28:07	MERVYN WILLIAMS	GREAT WESTERN RUNNERS	Male	83	MS	61	1:28:05	90
89	239	1:28:10	BARRY WILSON	LUDLOW RUNNERS	Male	84	M50	4	1:28:04	89
90	1693	1:28:12	SIMON WILLIAMS		Male	85	M40	20	1:28:02	88
91	18	1:28:25	GARY BROWN	PENARTH & DINAS RUNNERS	Male	86	MS	62	1:28:16	91
92	1684	1:28:26	GARETH HICKMAN		Male	87	MS	63	1:28:18	92
93	884	1:28:31	DANIEL HOOPER		Male	88	MS	64	1:28:25	93
94	892	1:28:34	JULIAN HOARE		Male	89	MS	65	1:28:27	95
95	1335	1:28:43	JONATHAN CROCOMBE		Male	90	MS	66	1:28:39	96
96	321	1:28:48	ENFYS JONES	CARMARTHEN HARRIERS	Female	6	FS	5	1:28:48	99
97	1220	1:28:51	PAUL BUTCHER		Male	91	M40	21	1:28:25	94
98	1850	1:28:53	BERNARD HENDERSON	PORT TALBOT HARRIERS	Male	92	M50	5	1:28:47	98
99	1253	1:28:57	HUW NICHOLAS PRICE	SARN HELEN	Male	93	M40	22	1:28:54	103
100	1288	1:29:00	JON BELCHER		Male	94	MS	67	1:28:53	102
101	215	1:29:01	PAUL HAIG THOMAS		Male	95	MS	68	1:28:45	97
102	1216	1:29:03	NATHAN LEE ALLEN		Male	96	MS	69	1:29:00	105
103	1014	1:29:03	ADAM BRUCE-SMITH		Male	97	MS	70	1:28:52	101
104	933	1:29:07	PAUL REES	PORT TALBOT HARRIERS	Male	98	M40	23	1:29:00	106
105	810	1:29:14	JOHN RICHARDS	CANTERBURY HARRIERS	Male	99	MS	71	1:29:00	107
106	577	1:29:15	LENNY HUGHES	MALDWYN HARRIERS NEWTOWN POWYS	Male	100	M50	6	1:29:07	108
107	1475	1:29:21	KEVIN HUGHES	SARN HELEN	Male	101	MS	72	1:28:58	104
108	1016	1:29:29	LOUISE BARKER	ABERYSTWYTH AC	Female	7	FS	6	1:29:23	109
109	252	1:29:29	LEE WATTS		Male	102	MS	73	1:28:49	100
110	134	1:29:34	NEIL JONES		Male	103	MS	74	1:29:31	111
111	442	1:29:37	MICHAEL PARFITT		Male	104	M40	24	1:29:28	110
112	1632	1:29:46	DAVID O'NEILL	PEMBROKESHIRE HARRIERS	Male	105	M40	25	1:29:33	112
113	1482	1:29:52	J EDWARDS		Male	106	MS	75	1:29:35	113
114	1354	1:29:55	TONY HALL	SARN HELEN	Male	107	M50	7	1:29:50	114
115	1313	1:29:59	PHILIP PROBERT		Male	108	M40	26	1:29:55	116
116	651	1:30:03	NATHAN EDWARDS		Male	109	MS	76	1:30:00	118
117	1352	1:30:03	SIMON HALL	SARN HELEN	Male	110	MS	77	1:29:58	117
118	1718	1:30:08	DANIEL EVANS		Male	111	MS	78	1:29:50	115
119	1834	1:30:08	EMMA HATHERALL		Female	8	FS	7	1:30:02	119
120	453	1:30:15	DAVID ROBERTSON	UKNETRUNNER.CO.UK	Male	112	M40	27	1:30:06	120
121	1319	1:30:25	ANDREW BRASINGTON	BRECON AC	Male	113	M40	28	1:30:15	123
122	966	1:30:35	ADRIAN CARTLIDGE		Male	114	MS	79	1:30:35	126
123	1282	1:30:36	RHYDIAN RESTON		Male	115	MS	80	1:30:12	122
124	1716	1:30:37	DAVID COLE		Male	116	MS	81	1:30:37	128
125	1305	1:30:38	ANTHONY DAVIES	BRACKLA HARRIERS	Male	117	MS	82	1:30:35	127
126	852	1:30:41	ANDREW BLAIR	LES CROUPIERS	Male	118	M40	29	1:30:38	129
127	1591	1:30:43	EDWARD GALE		Male	119	MS	83	1:30:26	124
128	1314	1:30:52	ED TUCKER	BRIDGEND AC	Male	120	M40	30	1:30:50	130
129	1725	1:30:59	KATRIN STEED	PEMBROKESHIRE HARRIERS	Female	9	MS	84	1:30:55	132
130	1092	1:30:59	IAN OWEN		Male	121	MS	85	1:30:53	131
131	82	1:31:03	STEVE GLYNN		Male	122	MS	86	1:30:09	121
132	1018	1:31:09	JASON DICKINSON	TROTS	Male	123	M40	31	1:31:02	133
133	1072	1:31:15	LLOYD MORGAN	SAN DOMENICO	Male	124	MS	87	1:31:10	134
134	1544	1:31:21	RUSSELL DOBBS	ISLWYN RC	Male	125	MS	88	1:31:19	138
135	907	1:31:33	ANDREW THATCHER	BITTON ROAD RUNNERS	Male	126	M40	32	1:31:12	136
136	627	1:31:34	PATRICK HOARE		Male	127	M40	33	1:31:11	135
137	36	1:31:37	MICHELLE COLE	3MS GORSEINON ROAD RUNNERS	Female	10	FS	8	1:31:36	143
138	902	1:31:38	HENRY WALKER		Male	128	MS	89	1:31:33	142

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139	461	1:31:40	GRAHAM FORREST		Male	129	MS	90	1:31:31	141
140	1118	1:31:41	DAVID BARBER		Male	130	MS	91	1:31:25	140
141	1712	1:31:43	RHYDIAN COLEMAN		Male	131	MS	92	1:31:16	137
142	794	1:31:50	PHIL MEYLER	PONTYPRIDD ROADENTS	Male	132	M50	8	1:31:46	145
143	1089	1:31:53	LEE MILLER		Male	133	MS	93	1:31:43	144
144	1520	1:32:02	AMANDA EVANS	3MS GORSEINON ROAD RUNNERS	Female	11	F35	2	1:31:58	147
145	1094	1:32:02	MARK DAVIES		Male	134	MS	94	1:31:51	146
146	193	1:32:04	MICHAEL ROBINSON	PORTSMOUTH JOGGERS	Male	135	M60	1	1:32:02	149
147	1535	1:32:09	LEE DRAPER		Male	136	MS	95	1:32:00	148
148	29	1:32:12	STEPHEN DAVID CABLE	3MS GORSEINON ROAD RUNNERS	Male	137	MS	96	1:32:07	150
149	859	1:32:25	CHRISTOPHER NELLINS	PENARTH & DINAS RUNNERS	Male	138	M50	9	1:32:13	151
150	1339	1:32:31	DAVID REES		Male	139	MS	97	1:32:30	152
151	612	1:32:36	LAURA CROKER	PORTISHEAD RUNNING CLUB	Female	12	F35	3	1:32:34	154
152	883	1:32:40	PAUL DAVIES	PORT TALBOT HARRIERS	Male	140	M40	34	1:32:33	153
153	1701	1:32:42	PATRICK MARTIN	PEMBS TRI CLUB	Male	141	MS	98	1:32:34	155
154	275	1:32:45	ROBERT WARLOW		Male	142	MS	99	1:32:39	156
155	1222	1:32:50	CLAIRE CLEATHERO	TROTS	Female	13	F35	4	1:32:45	158
156	318	1:32:55	PHILIP TUCKER		Male	143	MS	100	1:32:49	161
157	1264	1:32:59	STEVEN WILLIAMS		Male	144	MS	101	1:32:50	162
158	803	1:33:00	DAVID THOMAS	SARN HELEN	Male	145	M40	35	1:32:45	159
159	960	1:33:02	MATTHEW MOSS		Male	146	MS	102	1:32:47	160
160	1631	1:33:04	ANA LYNCH	PEMBROKESHIRE HARRIERS	Female	14	F35	5	1:32:52	164
161	1296	1:33:04	MARK TERRY	TROTS	Male	147	M50	10	1:32:58	165
162	747	1:33:07	MICHAEL WEST		Male	148	MS	103	1:32:44	157
163	1098	1:33:12	VANESSA HAWKINS	BITTON ROAD RUNNERS	Female	15	F45	1	1:32:50	163
164	28	1:33:15	KEVIN BARNES	HEREFORD COURIERS	Male	149	M40	36	1:32:59	166
165	1044	1:33:21	ALED BLAKE		Male	150	MS	104	1:33:05	167
166	1778	1:33:24	PAUL MORRIS		Male	151	M40	37	1:33:15	168
167	828	1:33:24	JOHN COOK	SOSPAN ROAD RUNNERS	Male	152	M60	2	1:33:20	170
168	1656	1:33:26	GREG TILSTON		Male	153	MS	105	1:33:18	169
169	1169	1:33:36	HUGH HUGHES		Male	154	MS	106	1:33:28	172
170	1087	1:33:40	DARREN EDWARDS	CELTIC TRI	Male	155	MS	107	1:33:36	174
171	1823	1:33:40	JONATHAN HANCOCK	TROTS	Male	156	M40	38	1:33:30	173
172	762	1:33:41	STUART DAVIES		Male	157	MS	108	1:33:27	171
173	1350	1:33:56	IAN EVANS	ABERYSTWYTH AC	Male	158	MS	109	1:33:49	177
174	1365	1:34:05	ADRIAN JONES		Male	159	M40	39	1:33:56	179
175	1036	1:34:09	IAN HOSKINS		Male	160	MS	110	1:33:50	178
176	32	1:34:11	CHRIS CARTER		Male	161	M40	40	1:34:06	181
177	1084	1:34:12	PAUL DAVIES		Male	162	MS	111	1:33:42	175
178	127	1:34:13	ARWEL WYN JONES		Male	163	MS	112	1:34:00	180
179	1822	1:34:14	JEREMY ALFORD	PENARTH & DINAS RUNNERS	Male	164	M40	41	1:31:20	139
180	1450	1:34:14	ABYD QUINN AZIZ	PENARTH & DINAS RUNNERS	Male	165	M50	11	1:33:42	176
181	1531	1:34:21	NEIL WILLIAMS		Male	166	M40	42	1:34:11	183
182	1586	1:34:25	MATTHEW LEWIS		Male	167	MS	113	1:34:17	185
183	1688	1:34:26	PAUL JELLEY	PORT TALBOT HARRIERS	Male	168	M40	43	1:34:20	186
184	1779	1:34:28	LEIGHTON GARDNER	SWANSEA HARRIERS	Male	169	M40	44	1:34:22	188
185	680	1:34:29	TOM JEFFERY		Male	170	MS	114	1:34:20	187
186	1625	1:34:34	ROB DRAPER		Male	171	MS	115	1:34:24	189
187	1483	1:34:45	BRIAN RUSSELL	CARDIGAN RC	Male	172	M50	12	1:34:33	190
188	1500	1:34:47	ROBERT HOOK	CHEPSTOW HARRIERS	Male	173	M40	45	1:34:42	192
189	588	1:34:48	STUART ANDERSON		Male	174	M40	46	1:34:38	191
190	1685	1:34:52	DAVID LLOYD	LES CROUPIERS	Male	175	M40	47	1:34:12	184
191	301	1:34:58	LAURENCE WORTH	PEMBROKESHIRE HARRIERS	Male	176	M40	48	1:34:45	194
192	328	1:34:58	GARETH HILL		Male	177	MS	116	1:34:45	195
193	1384	1:35:13	JONATHAN OWEN		Male	178	M40	49	1:34:43	193
194	977	1:35:23	DAVID GREEN		Male	179	MS	117	1:34:06	182
195	1297	1:35:27	RICHARD THOMAS		Male	180	MS	118	1:35:16	201
196	1048	1:35:29	HUW GRIFFITHS		Male	181	MS	119	1:35:11	198
197	941	1:35:32	A HURLEY	PENARTH & DINAS RUNNERS	Male	182	MS	120	1:35:20	203
198	1348	1:35:38	LISA THOMAS	AMMAN VALLEY HARRIERS	Female	16	FS	9	1:35:21	204
199	1412	1:35:40	PHILLIP THOMAS	BRACKLA HARRIERS	Male	183	M40	50	1:35:15	200
200	1519	1:35:42	NICK ELLIOTT		Male	184	M40	51	1:35:14	199
201	472	1:35:43	MARTIN DAVIES		Male	185	MS	121	1:35:31	205
202	1872	1:35:46	SIMON WILLIAMS		Male	186	MS	122	1:35:16	202
203	26	1:35:49	SARAH ARMSTRONG		Female	17	F35	6	1:35:44	210
204	47	1:35:51	JAMES DIXON		Male	187	MS	123	1:35:34	207
205	1622	1:35:53	PAUL EDWARDS	PEMBROKESHIRE HARRIERS	Male	188	M50	13	1:35:34	208
206	411	1:35:57	JONATHAN WATTS	SERPENTINE	Male	189	MS	124	1:35:57	212
207	1897	1:35:59	OLIVER NAZER		Male	190	MS	125	1:35:31	206

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
208	128	1:36:01	CAROLINE JONES	TROTS	Female	18	F45	2	1:35:55	211
209	1146	1:36:08	IAN COPLEY	BARNLSLEY A.C.	Male	191	MS	126	1:35:08	197
210	1233	1:36:10	SIMON PETER GILLET		Male	192	MS	127	1:36:02	213
211	1879	1:36:23	MATTHEW PEARCE		Male	193	MS	128	1:34:47	196
212	1342	1:36:25	MARK TREGILGAS		Male	194	MS	129	1:36:02	214
213	1916	1:36:27	JAMES DELANEY		Male	195	M60	3	1:36:22	219
214	251	1:36:28	MATTHEW MULCAHY		Male	196	MS	130	1:36:22	220
215	996	1:36:33	ALAN FLEAR	LEG-IT	Male	197	MS	131	1:36:17	217
216	463	1:36:36	GARETH REES	SOSPAN ROAD RUNNERS	Male	198	MS	132	1:36:29	224
217	235	1:36:43	LEIGHTON WILLIAMS		Male	199	MS	133	1:36:22	221
218	1428	1:36:43	ANDREW ROBERTS		Male	200	MS	134	1:36:23	222
219	1891	1:36:53	STEPHEN DAVIES		Male	201	MS	135	1:36:33	225
220	1009	1:36:53	JONATHAN JONES	CARMARTHEN HARRIERS	Male	202	MS	136	1:35:37	209
221	1119	1:36:56	STUART TYRRELL		Male	203	MS	137	1:36:41	230
222	1844	1:36:58	ANTHONY WILLIAMS		Male	204	MS	138	1:36:45	231
223	1517	1:36:59	KEITH ANDREW BURT		Male	205	M40	52	1:36:02	215
224	187	1:37:01	LYN RICHARDS		Male	206	M40	53	1:36:35	227
225	107	1:37:04	HAILES ROGER		Male	207	MS	139	1:36:11	216
226	33	1:37:07	NIGEL JOHN CLARKE	HEREFORD COURIERS	Male	208	M40	54	1:36:46	232
227	81	1:37:10	MIKE GIBBS	BITTON ROAD RUNNERS	Male	209	M40	55	1:30:32	125
228	963	1:37:10	PAUL SHEPPARD		Male	210	MS	140	1:36:38	228
229	1290	1:37:12	AMY WILLIAMS		Female	19	FS	10	1:37:03	234
230	54	1:37:15	MIKE ERSKINE		Male	211	MS	141	1:36:27	223
231	1643	1:37:16	DAVID BOWN		Male	212	MS	142	1:37:07	235
232	1444	1:37:24	PAUL WHITMARSH	PENARTH & DINAS	Male	213	MS	143	1:36:52	233
233	1101	1:37:27	JASON WOODRUFF		Male	214	M40	56	1:37:16	237
234	655	1:37:33	MARTIN JONES		Male	215	MS	144	1:37:14	236
235	1326	1:37:39	CHRIS WELSH		Male	216	M40	57	1:37:28	242
236	1262	1:37:43	MARK WHITBY		Male	217	MS	145	1:37:21	239
237	756	1:37:43	NEIL JONES		Male	218	MS	146	1:37:30	244
238	1400	1:37:47	MARK WHITEHEAD		Male	219	MS	147	1:36:33	226
239	1630	1:37:49	LEANN GIBBS		Female	20	F35	7	1:37:28	243
240	836	1:37:51	RICHARD SMITH		Male	220	MS	148	1:36:39	229
241	1669	1:37:52	KEV JOYCE	PEMBROKESHIRE HARRIERS	Male	221	M40	58	1:37:23	240
242	917	1:37:56	JASON THOMAS EVANS		Male	222	MS	149	1:37:17	238
243	593	1:38:02	CHRISTOPHER BROWN	BITTON ROAD RUNNERS	Male	223	MS	150	1:37:41	246
244	1373	1:38:03	DION DAFYDD		Male	224	MS	151	1:37:23	241
245	1805	1:38:04	RICKY WELLS		Male	225	MS	152	1:37:32	245
246	1246	1:38:04	JOHN MAGEE	LES CROUPIERS	Male	226	MS	153	1:37:56	249
247	851	1:38:08	MICHAEL JONES		Male	227	M40	59	1:37:52	248
248	594	1:38:13	DAVID WILLIAMS	LES CROUPIERS	Male	228	M40	60	1:38:06	251
249	103	1:38:16	ANDREW HERBERT		Male	229	MS	154	1:36:17	218
250	410	1:38:19	TONY WENLOCK	ABERYSTWYTH AC	Male	230	M50	14	1:38:19	254
251	1112	1:38:23	ANDREW EVANS		Male	231	M50	15	1:38:12	253
252	1416	1:38:24	ROBERT REES		Male	232	MS	155	1:38:09	252
253	145	1:38:26	ALEX MARK LORD		Male	233	MS	156	1:37:51	247
254	928	1:38:27	ANITA WORTHING	ABERYSTWYTH AC	Female	21	F45	3	1:37:58	250
255	177	1:38:37	CHRISTOPHER PRICE	CELTIC TRI	Male	234	MS	157	1:38:29	260
256	1724	1:38:40	STEVE BROWN	PEMBROKESHIRE HARRIERS	Male	235	M40	61	1:38:27	259
257	1047	1:38:40	PAUL ROWLAND		Male	236	MS	158	1:38:25	258
258	1006	1:38:53	ANDY HUNTER		Male	237	MS	159	1:38:29	261
259	940	1:39:00	MARTIN GEORGE	SOSPAN ROAD RUNNERS	Male	238	MS	160	1:38:53	271
260	1247	1:39:02	RAY MAJER	SOSPAN ROAD RUNNERS	Male	239	M50	16	1:38:50	268
261	1387	1:39:02	SARAH GIBBY	EMLYN RUNNERS	Female	22	FS	11	1:38:52	270
262	674	1:39:03	JONATHAN HARVEY		Male	240	MS	161	1:38:57	278
263	119	1:39:04	RICHARD JAMES	EMLYN RUNNERS	Male	241	M40	62	1:38:54	274
264	67	1:39:08	LOUISE FLYNN		Female	23	FS	12	1:38:51	269
265	882	1:39:08	LUKE JONES		Male	242	MS	162	1:38:49	267
266	50	1:39:09	LEE ELWELL		Male	243	MS	163	1:38:22	256
267	1156	1:39:09	MICHAEL FLYNN		Male	244	M60	4	1:38:53	272
268	1697	1:39:09	ANTHONY CUSACK		Male	245	MS	164	1:38:47	265
269	1812	1:39:11	DORIAN JONES	BTA	Male	246	MS	165	1:38:54	275
270	1243	1:39:13	STEPHEN JONES		Male	247	M40	63	1:38:48	266
271	1134	1:39:18	JAYNE ARNOLD	CELTIC TRI	Female	24	F35	8	1:38:55	276
272	1518	1:39:19	MARC BATCUP	SWANSEA HARRIERS	Male	248	MS	166	1:39:01	280
273	706	1:39:20	MICHAEL WARNER		Male	249	M60	5	1:39:02	281
274	513	1:39:21	LEE DEAN		Male	250	M40	64	1:38:20	255
275	578	1:39:24	TIM MYALL		Male	251	MS	167	1:39:09	286
276	70	1:39:26	NIALL FOSTER		Male	252	MS	168	1:38:56	277

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
277	1505	1:39:28	IAN DAVIES	BUILTH & DISTRICT RUNNING CLUB	Male	253	M50	17	1:39:19	294
278	1049	1:39:28	KEVIN BRYAN		Male	254	M40	65	1:39:10	287
279	222	1:39:30	P TURNER	LLANELLI TRI-CLUB	Male	255	M40	66	1:39:13	288
280	1100	1:39:30	GERAINT JENKINS	AMMAN VALLEY HARRIERS	Male	256	M40	67	1:39:13	289
281	1158	1:39:33	DAVID LEWIS FOWLER		Male	257	MS	169	1:38:34	262
282	831	1:39:36	DONALD MATHESON		Male	258	MS	170	1:39:04	282
283	894	1:39:38	ALLEN BUNNEY	ABERDARE V.A.A.C	Male	259	M40	68	1:39:17	291
284	1340	1:39:39	JONATHAN WRIGHT	PENARTH & DINAS RUNNERS	Male	260	M40	69	1:39:18	293
285	1330	1:39:39	PAUL WRIGHT		Male	261	MS	171	1:39:17	292
286	1429	1:39:39	JOHNNY LAM		Male	262	MS	172	1:38:39	264
287	1366	1:39:41	ZOE WELCH	WEST END	Female	25	F35	9	1:39:22	295
288	583	1:39:45	JANET BROWN	BITTON ROAD RUNNERS	Female	26	F45	4	1:39:23	296
289	1674	1:39:48	SIMON O'BRIEN		Male	263	M40	70	1:38:36	263
290	976	1:39:48	NICKY EDWARDS	HEREFORD COURIERS	Female	27	F35	10	1:39:31	298
291	1481	1:39:48	PHILIP JONES	PRESTEIGNE PACERS	Male	264	M50	18	1:39:41	300
292	1835	1:39:56	ALVIN PHILLIPS	RWPY WARRIORS	Male	265	MS	173	1:39:04	283
293	1738	1:39:57	IOAN DAVIES	RWPY WARRIORS	Male	266	MS	174	1:39:05	284
294	1875	1:39:59	DAVID MCKECHAN		Male	267	MS	175	1:39:44	301
295	792	1:40:02	CHARLIE WHITE	CANTERBURY HARRIERS	Male	268	M50	19	1:39:31	299
296	488	1:40:05	OLIVER DUBBERT		Male	269	MS	176	1:38:53	273
297	1388	1:40:06	PAUL BENJAMIN		Male	270	M40	71	1:38:22	257
298	1125	1:40:12	IAN SPEED		Male	271	M40	72	1:39:30	297
299	1740	1:40:17	MEILYR HUGHES		Male	272	MS	177	1:40:06	306
300	1273	1:40:19	GREG ROWLANDS		Male	273	MS	178	1:39:16	290
301	1198	1:40:20	YVONNE REES		Female	28	F35	11	1:40:01	304
302	1244	1:40:20	UKU KUMARI	SWANSEA HARRIERS VET	Male	274	M50	20	1:40:11	308
303	1308	1:40:21	KEVIN PLANK		Male	275	MS	179	1:39:48	302
304	1452	1:40:22	STACEY FARNELL		Male	276	MS	180	1:40:02	305
305	693	1:40:31	MICK GRANT	ROAD RUNNERS CLUB	Male	277	M50	21	1:39:07	285
306	1068	1:40:32	CEDRIC DAVID	VEGAN RUNNERS UK	Male	278	MS	181	1:40:17	310
307	1111	1:40:37	DAVID GRIFFITHS		Male	279	MS	182	1:40:17	311
308	1231	1:40:40	DARREN FLOYD		Male	280	MS	183	1:40:36	317
309	1623	1:40:41	CLIVE DENTON	RHONDDA VALLEY RUNNERS	Male	281	M40	73	1:40:20	313
310	1363	1:40:47	ALEX JENKINS		Male	282	MS	184	1:39:00	279
311	842	1:40:50	PAUL CARMAN		Male	283	M50	22	1:40:35	316
312	1181	1:40:55	C LLEWELLYN		Male	284	M60	6	1:40:12	309
313	1004	1:41:00	NATASHA DOYLE		Female	29	FS	13	1:40:33	314
314	165	1:41:03	DAVID PARFITT	PORT TALBOT HARRIERS	Male	285	M40	74	1:40:57	329
315	514	1:41:04	RABAB RABAB		Male	286	MS	185	1:40:36	318
316	698	1:41:05	ANTHONY DOUGLAS		Male	287	MS	186	1:40:52	324
317	1705	1:41:05	STEPHEN BENDLE	SWANSEA HARRIERS	Male	288	M40	75	1:40:52	325
318	1331	1:41:08	MATTHEW BEAMISH		Male	289	MS	187	1:39:48	303
319	727	1:41:10	BETHAN OUSELEY	INGLI RUNNERS	Female	30	FS	14	1:40:58	331
320	12	1:41:11	MARCUS BOSKEY		Male	290	MS	188	1:40:46	322
321	373	1:41:15	JONATHAN ALFORD		Male	291	M50	23	1:40:55	326
322	1378	1:41:17	PATRICK O'BRIEN		Male	292	M40	76	1:40:36	319
323	1376	1:41:17	PHILLIP THOMAS		Male	293	MS	189	1:40:36	320
324	791	1:41:20	LOTTIE CHANT		Female	31	FS	15	1:40:56	327
325	427	1:41:22	MATTHEW HOLLIFIELD		Male	294	MS	190	1:40:42	321
326	1885	1:41:25	J HEYWOOD-ONSDALE		Male	295	MS	191	1:41:06	334
327	1381	1:41:25	STUART MOYSE	MLC	Male	296	M40	77	1:40:56	328
328	925	1:41:28	STEPHEN RICHARDS		Male	297	MS	192	1:40:33	315
329	481	1:41:30	GEOFF SMITH		Male	298	MS	193	1:40:50	323
330	1054	1:41:33	BRIAN SIMPSON		Male	299	M40	78	1:41:18	341
331	1449	1:41:35	CERITH GRIFFITHS		Male	300	M40	79	1:40:59	332
332	432	1:41:38	JUSTIN SHOWELL	PURPLE PATCH RUNNERS	Male	301	M40	80	1:41:26	343
333	630	1:41:41	MATTHEW JONES		Male	302	MS	194	1:41:10	336
334	823	1:41:44	ANDREW SEDGMOND	LES CROUPIERS	Male	303	M50	24	1:41:17	339
335	1670	1:41:46	PETER CUCUZ		Male	304	MS	195	1:40:19	312
336	1362	1:41:47	RICHARD JAMES	DIK AND FULLER'S BARMY ARMY	Male	305	MS	196	1:41:24	342
337	1356	1:41:52	NICK FRANCIS		Male	306	MS	197	1:40:10	307
338	1743	1:41:53	GETHIN JONES		Male	307	MS	198	1:41:39	348
339	1491	1:41:56	GERWYN MALPAS		Male	308	MS	199	1:41:34	345
340	1462	1:41:57	DOMINIC NORCROSS		Male	309	MS	200	1:41:44	350
341	1135	1:41:59	PAUL ARNOLD	CELTIC TRI	Male	310	M40	81	1:41:34	346
342	1478	1:41:59	PETER DONNISON		Male	311	MS	201	1:41:15	337
343	1479	1:42:00	DANIEL DUNCAN		Male	312	MS	202	1:41:17	340
344	638	1:42:05	ROY BOARD		Male	313	M40	82	1:41:46	352
345	964	1:42:06	ANDY CARPENTER		Male	314	M40	83	1:41:58	359

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
346	701	1:42:09	IAN MORGAN		Male	315	MS	203	1:40:57	330
347	990	1:42:13	ALWYN WILLIAMS		Male	316	M40	84	1:41:01	333
348	1627	1:42:17	STUART LYNCH		Male	317	MS	204	1:41:42	349
349	1306	1:42:17	ALAIN THOMAS		Male	318	M50	25	1:41:54	355
350	749	1:42:18	SALLY WILSON	INGLI RUNNERS	Female	32	FS	16	1:42:05	361
351	1576	1:42:19	CHRISTINA SMITH	3MS GORSEINON ROAD RUNNERS	Female	33	F45	5	1:41:55	356
352	822	1:42:19	SIMON LA MONICA		Male	319	MS	205	1:42:10	364
353	1225	1:42:23	BEN CURTIS	ISLWYN RC	Male	320	MS	206	1:41:57	357
354	1401	1:42:36	OWEN LEWIS		Male	321	MS	207	1:41:27	344
355	1355	1:42:39	SANDIP THAKALI		Male	322	MS	208	1:42:11	365
356	1899	1:42:42	NATALIE TAYLOR		Female	34	FS	17	1:42:15	367
357	812	1:42:43	IRINA DALE		Female	35	FS	18	1:41:35	347
358	642	1:42:44	HELEN WALKER	INGLI RUNNERS	Female	36	F45	6	1:42:31	372
359	1783	1:42:45	CHRIS HERDMAN		Male	323	MS	209	1:41:15	338
360	783	1:42:47	LLOYD THOMAS		Male	324	MS	210	1:41:07	335
361	1272	1:42:47	C WALTERS	TROTS	Male	325	M60	7	1:42:13	366
362	1149	1:42:53	CARWYN DAVIES		Male	326	MS	211	1:42:09	363
363	1052	1:42:56	SIMON SCURRELL		Male	327	MS	212	1:41:45	351
364	1641	1:42:57	AMY EDWARDS	RHONDDA VALLEY RUNNERS	Female	37	FS	19	1:42:36	373
365	1841	1:42:57	DEAN THOMAS		Male	328	MS	213	1:42:42	376
366	1766	1:42:57	ELLIE PIERCY		Female	38	MS	214	1:42:22	368
367	1393	1:43:00	RICHARD PRICE		Male	329	M40	85	1:42:27	370
368	1029	1:43:01	RICHARD PHILLIPS		Male	330	MS	215	1:41:50	353
369	1088	1:43:02	D DAVIES		Male	331	MS	216	1:42:36	374
370	938	1:43:04	CLARE HUGHES	BRIDGEND AC	Female	39	F35	12	1:42:43	378
371	1675	1:43:08	DEAN BIRT	PONTYPRIDD ROADENTS	Male	332	MS	217	1:42:00	360
372	1710	1:43:10	DAMION SMITH		Male	333	MS	218	1:41:57	358
373	349	1:43:12	JUDI RHYS	LES CROUPIERS	Female	40	F45	7	1:43:03	388
374	1369	1:43:12	KEITH HAWKINS		Male	334	MS	219	1:42:48	380
375	502	1:43:20	KATHRYN JAMES		Female	41	FS	20	1:42:06	362
376	1721	1:43:20	LYNN GOWARD	VILLAGE VIPERS	Female	42	F45	8	1:42:58	385
377	1731	1:43:21	SARAH MORRIS	VILLAGE VIPERS	Female	43	F35	13	1:42:59	386
378	229	1:43:21	MARK WESTCOTT		Male	335	M40	86	1:43:04	389
379	672	1:43:26	LIBBY LAVIS	BRACKLA HARRIERS	Female	44	F45	9	1:43:01	387
380	1404	1:43:29	MARI GRIFFITHS		Female	45	FS	21	1:43:08	392
381	1880	1:43:29	RYAN JONES		Male	336	MS	220	1:41:53	354
382	152	1:43:32	C MEARS		Male	337	M40	87	1:43:14	394
383	1349	1:43:34	MATT HEIRENE		Male	338	MS	221	1:42:54	382
384	520	1:43:35	JEFF ROBINSON		Male	339	M40	88	1:42:42	377
385	336	1:43:35	DAVID WAY		Male	340	MS	222	1:42:27	371
386	1545	1:43:36	KIERON JONES		Male	341	MS	223	1:43:26	398
387	952	1:43:37	ALEXIS PRINCE		Female	46	FS	22	1:42:41	375
388	737	1:43:39	JACK O'SULLIVAN		Male	342	MS	224	1:42:56	383
389	319	1:43:40	DANIEL HUMPHREYS		Male	343	MS	225	1:43:04	390
390	356	1:43:41	MARC RAWLE		Male	344	MS	226	1:43:29	401
391	575	1:43:42	GERAINT SMITH		Male	345	MS	227	1:43:07	391
392	1506	1:43:42	LYNNETTE PECK		Female	47	FS	23	1:42:57	384
393	78	1:43:47	ANTONY FURLONG	PENARTH & DINAS RUNNERS	Male	346	MS	228	1:43:19	395
394	1436	1:43:49	MICHAEL THOMAS		Male	347	M40	89	1:43:12	393
395	731	1:43:50	SOPHIE KEATES		Female	48	FS	24	1:43:25	397
396	1359	1:43:57	JOHN FULLER		Male	348	MS	229	1:43:34	404
397	1548	1:44:00	MATTHEW ORCHARD		Male	349	MS	230	1:42:26	369
398	496	1:44:08	MICHAEL PETERS		Male	350	MS	231	1:43:40	406
399	241	1:44:11	ROBERT WILSON	PENARTH & DINAS RUNNERS	Male	351	M50	26	1:43:23	396
400	658	1:44:17	DARRAN MAINWARING		Male	352	MS	232	1:43:52	410
401	650	1:44:17	CHRIS ROGERS	TEAM AMERICA!	Male	353	MS	233	1:43:52	411
402	1543	1:44:20	MATTHEW OSBORN		Male	354	M40	90	1:43:57	413
403	501	1:44:22	MARK SULLIVAN		Male	355	MS	234	1:43:27	399
404	1511	1:44:24	MIKE ROSE	CELTIC TRI	Male	356	M40	91	1:43:33	403
405	1760	1:44:25	GILL ALDWORTH	BRECON AC	Female	49	F35	14	1:43:31	402
406	468	1:44:26	MARK ROOKE		Male	357	MS	235	1:43:58	414
407	1588	1:44:35	CRAIG DE-VULGT		Male	358	MS	236	1:44:02	416
408	1616	1:44:35	ROBERT DARROCK		Male	359	MS	237	1:42:46	379
409	1597	1:44:36	CHRISTOPHER EVANS		Male	360	MS	238	1:44:06	419
410	820	1:44:37	SIMON MARKS	NEWT (NEWPORT EAST WALES TRIAT	Male	361	MS	239	1:43:51	408
411	1565	1:44:42	SIMON BIGGS		Male	362	MS	240	1:44:23	428
412	647	1:44:42	ALEX BROWN		Male	363	MS	241	1:44:30	429
413	1677	1:44:42	JONATHAN MILES		Male	364	MS	242	1:42:52	381
414	1228	1:44:43	D DAVIES		Female	50	FS	25	1:44:13	423

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
415	1113	1:44:43	DEREK FENTON		Male	365	M40	92	1:44:14	424
416	873	1:44:43	ANDREA ROSS		Female	51	FS	26	1:44:10	422
417	686	1:44:46	ROBERT SHORNEY		Male	366	MS	243	1:44:06	420
418	1510	1:44:46	JAMES RHYS DOYLE		Male	367	MS	244	1:43:36	405
419	1680	1:44:47	BRETT GILLETT		Male	368	MS	245	1:43:58	415
420	562	1:44:51	NEIL WILLIAMS	WILLIAMS RUNS AGAIN	Male	369	MS	246	1:44:19	425
421	908	1:44:54	BENJAMIN JONES		Male	370	MS	247	1:44:42	432
422	682	1:45:01	CARWYN THOMAS		Male	371	M40	93	1:43:51	409
423	1547	1:45:02	CHRISTIAN BURGE		Male	372	MS	248	1:43:28	400
424	1458	1:45:04	MATTHEW COOK		Male	373	MS	249	1:44:50	434
425	1435	1:45:07	NEIL HANHAM		Male	374	MS	250	1:44:37	430
426	85	1:45:13	CLIVE GREAVES	3MS GORSEINON ROAD RUNNERS	Male	375	M40	94	1:44:50	435
427	39	1:45:15	CARYL DAVIES	SARN HELEN	Female	52	FS	27	1:44:48	433
428	1260	1:45:17	N THOMAS		Male	376	MS	251	1:44:22	427
429	1207	1:45:19	JILL WILCOX	INGLI RUNNERS	Female	53	F35	15	1:45:05	439
430	949	1:45:19	DANIEL ALDOUS		Male	377	MS	252	1:43:53	412
431	525	1:45:36	S TARLING		Male	378	M40	95	1:44:03	417
432	857	1:45:38	DARREN BEDDOWS		Male	379	MS	253	1:45:06	440
433	1761	1:45:38	MATT HUSSAIN		Male	380	MS	254	1:44:05	418
434	1488	1:45:40	RICHARD BOLDERO		Male	381	MS	255	1:44:06	421
435	1683	1:45:42	PAUL REES		Male	382	MS	256	1:45:32	449
436	1041	1:45:43	ROB WOOD		Male	383	MS	257	1:45:33	450
437	871	1:45:51	BRIAN DRYSDALE	CARDIFF UNIVERSITY ATHLETICS C	Male	384	M40	96	1:45:18	441
438	677	1:45:51	JONATHAN HILL		Male	385	MS	258	1:44:19	426
439	1304	1:45:51	PAUL BIGMORE	BRACKLA HARRIERS	Male	386	M50	27	1:45:25	446
440	959	1:45:55	JON BALDWIN		Male	387	M40	97	1:45:21	444
441	497	1:45:55	MARGARET POBJOY		Female	54	FS	28	1:45:24	445
442	666	1:45:57	LAURA GUSH		Female	55	FS	29	1:45:48	456
443	1530	1:45:59	JOHN FAIRCLOUGH		Male	388	M50	28	1:45:18	442
444	797	1:46:03	DAVID ROBSON		Male	389	MS	259	1:45:29	448
445	1648	1:46:06	BARRY NICHOLS		Male	390	MS	260	1:45:26	447
446	1679	1:46:06	RICHARD PEARL		Male	391	MS	261	1:45:18	443
447	543	1:46:07	CERI STEPHENS		Male	392	MS	262	1:44:57	437
448	447	1:46:10	RICHARD LEWIS	CELTIC TRI	Male	393	MS	263	1:45:36	451
449	1848	1:46:15	PAUL JONES	MUMBLES MILERS	Male	394	MS	264	1:45:49	457
450	1242	1:46:21	KEVIN ANTHONY JONES		Male	395	M40	98	1:45:45	454
451	1484	1:46:24	IAN VIVEASH		Male	396	M40	99	1:44:38	431
452	1703	1:46:24	HYWEL JONES		Male	397	MS	265	1:44:59	438
453	1720	1:46:27	ANDREW DAVIDSON		Male	398	MS	266	1:46:00	461
454	1028	1:46:35	RICHARD MORGAN		Male	399	M40	100	1:46:20	469
455	1116	1:46:35	TASMIN THOMAS		Female	56	FS	30	1:45:59	460
456	1433	1:46:37	NICOLA COLE	PEMBROKESHIRE HARRIERS	Female	57	F35	16	1:45:56	459
457	1732	1:46:39	GARETH WELSH		Male	400	M50	29	1:46:02	462
458	1249	1:46:40	THOMAS NINNIS		Male	401	MS	267	1:46:31	477
459	1527	1:46:43	MICHAEL TERRY	TROTS	Male	402	M50	30	1:46:19	468
460	947	1:46:44	RAYMOND THOMAS		Male	403	M40	101	1:46:09	463
461	946	1:46:45	RHIANYDD EDWARDS		Female	58	F35	17	1:46:10	464
462	607	1:46:45	BENJAMIN HANKS		Male	404	MS	268	1:46:30	476
463	206	1:46:48	LEE STONE		Male	405	MS	269	1:46:10	465
464	199	1:46:49	BETH SCHOLES	WESTBURY HARRIERS	Female	59	F35	18	1:46:31	478
465	1889	1:46:49	STEFFAN HUGHES	CARMARTHEN HARRIERS	Male	406	MS	270	1:46:49	491
466	784	1:46:51	ANDY MORTON		Male	407	M50	31	1:46:34	482
467	1419	1:46:55	KEIR LEWIS		Male	408	MS	271	1:46:24	472
468	1800	1:46:56	WYN JAMES		Male	409	MS	272	1:46:32	479
469	745	1:46:58	DANIEL HOWELL		Male	410	MS	273	1:46:11	466
470	1598	1:46:58	CHRIS WARMAN		Male	411	MS	274	1:46:32	480
471	602	1:47:02	BEN SEABOURNE		Male	412	MS	275	1:46:26	474
472	366	1:47:03	SIMON CARTLIDGE		Male	413	MS	276	1:46:39	487
473	1074	1:47:04	MARK BYFORD		Male	414	MS	277	1:44:56	436
474	1504	1:47:05	JULIAN FORSTER		Male	415	M50	32	1:46:36	485
475	955	1:47:07	JONATHAN LEWIS		Male	416	MS	278	1:45:55	458
476	1126	1:47:08	GRANT MAUNDER		Male	417	M40	102	1:45:36	452
477	911	1:47:09	MARTIN RADFORD	DAIHARDS	Male	418	M40	103	1:45:37	453
478	387	1:47:12	A VAN HEININGEN	SERPENTINE RUNNING CLUB	Male	419	M40	104	1:46:49	492
479	1199	1:47:15	GARETH REES		Male	420	MS	279	1:45:46	455
480	1529	1:47:15	KIRSTY JOPSON	SERPENTINE	Female	60	FS	31	1:47:00	497
481	1357	1:47:20	STEPHEN HEATH		Male	421	M40	105	1:46:34	483
482	944	1:47:24	STEVEN DAVIES		Male	422	MS	280	1:46:17	467
483	1460	1:47:24	NEIL MILVAIN		Male	423	MS	281	1:47:06	501

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
484	973	1:47:29	ANTHONY PHILLIPS		Male	424	M50	33	1:46:49	493
485	637	1:47:31	RHIAN WILLIAMS	BRACKLA HARRIERS	Female	61	FS	32	1:46:48	490
486	1567	1:47:34	ANDREW MARTIN		Male	425	MS	282	1:46:45	489
487	1281	1:47:34	DAN CLUROE		Male	426	MS	283	1:47:05	499
488	1418	1:47:34	SAM CORFIELD		Male	427	MS	284	1:47:06	502
489	945	1:47:36	STEPHEN DANTER		Male	428	M40	106	1:46:29	475
490	1426	1:47:36	DARREN MORGAN		Male	429	MS	285	1:46:33	481
491	79	1:47:37	PAUL FURLONG		Male	430	M60	8	1:47:09	503
492	1734	1:47:44	MARK HANFORD		Male	431	MS	286	1:46:35	484
493	53	1:47:47	GARETH EVANS		Male	432	M40	107	1:47:13	504
494	1027	1:47:48	MATT ROGERSON	3MS GORSEINON ROAD RUNNERS	Male	433	MS	287	1:47:18	505
495	997	1:47:50	DAVID WILLIAMS		Male	434	MS	288	1:47:34	512
496	547	1:47:50	BURKHARD MARKHOFF	SWANSEA HARRIERS	Male	435	M40	108	1:47:44	518
497	219	1:47:52	HYWEL WYNN TOMOS		Male	436	M40	109	1:46:42	488
498	1440	1:47:54	DALE LORD		Male	437	MS	289	1:46:22	471
499	435	1:47:57	DEBBIE DRAKE	TORBAY AAC	Female	62	F45	10	1:47:30	509
500	1751	1:48:02	DAVID CHRISTOPHER		Male	438	MS	290	1:46:55	496
501	1414	1:48:03	MARK BAMFORD		Male	439	MS	291	1:47:43	517
502	1532	1:48:03	KEN KNIGHTS		Male	440	M40	110	1:46:37	486
503	1839	1:48:05	SIMON COX		Male	441	M40	111	1:47:02	498
504	397	1:48:10	JULIE ARCHER		Female	63	F35	19	1:47:24	506
505	1652	1:48:10	PAUL DUGGAN		Male	442	MS	292	1:47:54	521
506	1634	1:48:11	NEIL GABRIEL	TRAMS PACEMAKERS	Male	443	MS	293	1:47:59	523
507	937	1:48:13	LOWRI JONES		Female	64	F35	20	1:47:27	507
508	1830	1:48:14	NICKY JOHN		Female	65	M40	112	1:47:05	500
509	1115	1:50:17	DANIEL MURTAGH		Male	444	MS	294	1:46:50	494
510	1694	1:48:17	JUSTIN TAMLIN		Male	445	MS	295	1:48:17	528
511	1117	1:48:18	JENNY BARBER		Female	66	FS	33	1:47:32	511
512	1402	1:48:20	S DINHAM		Male	446	MS	296	1:46:53	495
513	1206	1:48:21	HUW WELLS		Male	447	M40	113	1:47:38	513
514	675	1:48:21	TIMOTHY BRICE		Male	448	MS	297	1:47:40	515
515	466	1:48:22	MARK LAVIS		Male	449	M40	114	1:47:31	510
516	841	1:48:22	LLOYD MORRIS		Male	450	MS	298	1:47:29	508
517	1687	1:48:27	BECKY CRAWFORD		Female	67	FS	34	1:47:53	520
518	1334	1:48:30	ROSIE LEWIS		Female	68	FS	35	1:48:00	524
519	1600	1:48:30	CLAIRE JOHNSTON		Female	69	FS	36	1:46:24	473
520	1064	1:48:30	ANDREA HURMAN	PENARTH & DINAS RUNNERS	Female	70	F35	21	1:47:50	519
521	1073	1:48:32	GLYN JONES		Male	451	M50	34	1:47:39	514
522	860	1:48:43	ZOE RADFORD	PINKY AND THE BRAIN	Female	71	FS	37	1:48:22	530
523	1138	1:48:46	MARTIN BENNETT		Male	452	MS	299	1:47:41	516
524	1368	1:48:54	DAVID REES	TEAM IMPULSE	Male	453	MS	300	1:47:54	522
525	439	1:48:55	PAUL EVANS		Male	454	MS	301	1:48:27	534
526	900	1:48:56	SIMON REES	ZANUSSI 'S HARRIERS	Male	455	MS	302	1:48:07	526
527	1612	1:49:00	STEPHEN COCKWELL		Male	456	MS	303	1:48:24	532
528	1293	1:49:00	ALUN PARRY		Male	457	MS	304	1:48:06	525
529	61	1:49:07	SHERYL EVANS	HEREFORD & COUNTY AC	Female	72	F35	22	1:48:41	539
530	710	1:49:13	SHANE WATKINS		Male	458	MS	305	1:48:28	535
531	477	1:49:20	ANTHONY DEW		Male	459	MS	306	1:48:23	531
532	1454	1:49:23	PETER LEWIS		Male	460	M40	115	1:48:33	536
533	189	1:49:23	JULIA RIDGE		Female	73	F35	23	1:48:45	542
534	790	1:49:31	WILLIAM CHANT		Male	461	MS	307	1:49:08	550
535	1802	1:49:34	LEE ARTHURS		Male	462	MS	308	1:48:45	543
536	1781	1:49:35	PAUL REYNOLDS		Male	463	MS	309	1:48:47	545
537	558	1:49:40	ARON JONES		Male	464	MS	310	1:48:26	533
538	1336	1:49:41	KRISTIE HARPER		Female	74	FS	38	1:49:17	554
539	1746	1:49:45	STEPHEN WILLIAMS	LES CROUPIERS	Male	465	M50	35	1:48:15	527
540	494	1:49:46	SIMON DOUGLAS		Male	466	MS	311	1:49:33	563
541	1456	1:49:47	KEITH COXON		Male	467	M40	116	1:49:27	559
542	1560	1:49:47	PAUL JENKINS		Male	468	M40	117	1:49:28	561
543	1397	1:49:48	LEE SAMUEL		Male	469	MS	312	1:49:03	547
544	101	1:49:48	PHILIP HAWKINS		Male	470	M40	118	1:49:09	551
545	1197	1:49:51	PETER LYNN ROBINSON		Male	471	M40	119	1:48:38	538
546	440	1:49:55	SILKE LUEHRMANN		Female	75	F35	24	1:49:27	560
547	1876	1:49:56	CLAIRE DAVIES		Female	76	FS	39	1:49:03	548
548	508	1:49:58	IAN FIDDES		Male	472	M40	120	1:49:32	562
549	112	1:50:02	NICOLE HUBERT		Female	77	FS	40	1:49:39	570
550	755	1:50:04	DAFYDD HARRIES		Male	473	MS	313	1:49:16	553
551	893	1:50:05	JENNIE CONTI	BUILTH & DISTRICT RUNNING CLUB	Female	78	F55	1	1:49:19	555
552	1871	1:50:10	DAVID WHITEHILL		Male	474	M40	121	1:49:46	579

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
553	1370	1:50:10	STEVE ALCOCK		Male	475	MS	314	1:48:34	537
554	1799	1:50:11	LEE KWOK	GLAMORGAN HEALTH & RAQUET	Male	476	MS	315	1:49:36	567
555	396	1:50:12	TONIA LEWIS		Female	79	F35	25	1:49:33	564
556	1151	1:50:13	RAY DAVIES		Male	477	M50	36	1:48:41	540
557	1438	1:50:14	TOM DUDLEY		Male	478	MS	316	1:48:19	529
558	697	1:50:19	OWEN MCNAMARA		Male	479	MS	317	1:49:33	565
559	83	1:50:20	JOHN GOODBY		Male	480	M50	37	1:49:35	566
560	1129	1:50:20	GARY ZOLA JONES	WINDOS	Male	481	MS	318	1:50:05	585
561	1341	1:50:20	CERI JONES		Male	482	M40	122	1:48:41	541
562	422	1:50:21	JAIME PHILLIPS		Male	483	MS	319	1:48:54	546
563	1473	1:50:21	BOB GARDINER	TEAM WECORI	Male	484	M50	38	1:49:04	549
564	1180	1:50:24	W LLEWELLYN		Male	485	M60	9	1:49:41	572
565	1108	1:50:25	LORRAINE COOPEY		Female	80	F45	11	1:49:49	580
566	1926	1:50:28	CARL SEAMAN	RHONDDA VALLEY RUNNERS	Male	486	M40	123	1:49:44	575
567	20	1:50:30	IAIN BURNS		Male	487	MS	320	1:49:56	583
568	413	1:50:34	ANDREW WILLIAMS		Male	488	M40	124	1:49:25	558
569	1046	1:50:34	RICHARD THOMAS		Male	489	MS	321	1:49:44	576
570	221	1:50:35	JAMES BEN TURNER		Male	490	MS	322	1:48:45	544
571	614	1:50:35	CARL BROOKES		Male	491	MS	323	1:49:37	568
572	1109	1:50:39	MICHAEL REED		Male	492	M40	125	1:49:44	577
573	1657	1:50:41	GRAHAME VINER		Male	493	M50	39	1:49:15	552
574	172	1:50:42	KEVIN PHELPS		Male	494	M40	126	1:49:43	573
575	1467	1:50:43	L TOMLINS		Male	495	MS	324	1:49:44	578
576	942	1:50:48	PHILLIP WORTH		Male	496	MS	325	1:49:24	557
577	868	1:50:48	MATTHEW THOMAS		Male	497	MS	326	1:50:03	584
578	1692	1:50:48	ROGER SPITH	BIRKENHEAD	Male	498	M60	10	1:50:16	590
579	1528	1:50:52	KATHRYN HUGHES		Female	81	FS	41	1:50:48	603
580	571	1:50:55	CHERYL GRIFFITHS		Female	82	F35	26	1:49:51	581
581	1542	1:50:56	GERWYN WADE		Male	499	M40	127	1:49:40	571
582	957	1:50:59	HELEN RODDICK		Female	83	FS	42	1:50:26	593
583	915	1:51:02	ANDREW WILLIAMS		Male	500	MS	327	1:50:28	594
584	1786	1:51:02	RACHEL WILLIAMS		Female	84	FS	43	1:50:16	591
585	1210	1:51:03	J WATKINS	WILLMOTT DIXON TEAM ON BEHALF	Male	501	MS	328	1:49:38	569
586	1722	1:51:05	TRACY EDWARDS	RHONDDA VALLEY RUNNERS	Female	85	F35	27	1:49:43	574
587	289	1:51:06	MICHELLE TOWNSEND		Female	86	F35	28	1:50:31	595
588	1208	1:51:06	T WARNER		Male	502	M40	128	1:50:14	588
589	351	1:51:07	IRENE HEWINGS	TORBAY AAC	Female	87	F45	12	1:50:41	597
590	154	1:51:09	CRESSY MORGAN		Female	88	F35	29	1:50:15	589
591	262	1:51:10	ALISON LEWIS		Female	89	F45	13	1:50:49	604
592	708	1:51:20	RICHARD WEBSTER	3MS GORSEINON ROAD RUNNERS	Male	503	M50	40	1:50:58	613
593	1509	1:51:20	JANETTE MORGAN		Female	90	FS	44	1:50:45	600
594	1686	1:51:21	SASHA MACKEN	LES CROUPIERS	Female	91	F35	30	1:50:32	596
595	1173	1:51:23	IAN JONES		Male	504	MS	329	1:49:20	556
596	1057	1:51:26	JULIE JONES		Female	92	F35	31	1:51:19	625
597	704	1:51:27	MATTHEW WILLIAMS		Male	505	MS	330	1:50:13	587
598	419	1:51:29	SUSAN LLOYD	PEMBROKESHIRE HARRIERS	Female	93	F45	14	1:50:47	601
599	343	1:51:32	MATTHEW HULMES		Male	506	MS	331	1:50:56	611
600	1259	1:51:33	JAMES STUART		Male	507	M40	129	1:49:54	582
601	1908	1:51:38	MATHEW MARZANO		Male	508	M40	130	1:50:54	607
602	640	1:51:40	GLYN WILLIAMS	3MS GORSEINON ROAD RUNNERS	Male	509	M60	11	1:51:16	623
603	1831	1:51:43	RYAN FLETCHER	FLETCHER	Male	510	MS	332	1:51:22	627
604	610	1:51:45	BEN BULLARD	WIOC	Male	511	MS	333	1:50:20	592
605	830	1:51:46	DARREN ROBINSON		Male	512	MS	334	1:50:53	606
606	487	1:51:48	JO DALE	TEAM BARROW	Female	94	FS	45	1:50:10	586
607	668	1:51:49	CRAIG MILLS		Male	513	MS	335	1:50:59	614
608	1487	1:51:52	MICHAEL GARDEN		Male	514	M50	41	1:51:06	618
609	921	1:51:56	ROBERT SANDERS		Male	515	M50	42	1:51:01	615
610	982	1:51:59	COLIN HARMAN		Male	516	MS	336	1:50:57	612
611	1549	1:52:00	SAMANTHA PRICE		Female	95	FS	46	1:51:59	644
612	1676	1:52:02	NEIL LEWIS	MUMBLES MILERS	Male	517	MS	337	1:51:35	633
613	1806	1:52:04	RAYMOND HASLER		Male	518	M50	43	1:51:12	620
614	623	1:52:04	IAIN MORING		Male	519	M40	131	1:51:50	639
615	1001	1:52:04	LISA COLLINS		Female	96	F35	32	1:51:18	624
616	930	1:52:05	THOMAS DAVIES		Male	520	MS	338	1:51:30	630
617	153	1:52:05	CHRIS B MORGAN	LES CROUPIERS	Male	521	M40	132	1:51:04	617
618	771	1:52:06	LEIGH WILLIAMS		Male	522	MS	339	1:50:52	605
619	846	1:52:06	LUKE DAVIES		Male	523	MS	340	1:51:31	631
620	1287	1:52:08	PAUL CLARKE	MUMBLES MILERS	Male	524	MS	341	1:51:41	634
621	922	1:52:09	GARRETH DAVIES		Male	525	MS	342	1:51:24	628

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
622	1396	1:52:11	SAMUEL RICHARDS		Male	526	MS	343	1:51:01	616
623	244	1:52:13	A WORMAN		Male	527	MS	344	1:50:44	598
624	31	1:52:14	FRANCESCA CAPEL	CARDIFF AAC	Female	97	FS	47	1:51:45	637
625	596	1:52:16	GABRIEL JONES		Male	528	MS	345	1:51:20	626
626	663	1:52:18	ARFON EDWARDS		Male	529	MS	346	1:50:44	599
627	1170	1:52:23	DERYCK HUTCHINSON	KESWICK AC	Male	530	M50	44	1:52:18	653
628	1226	1:52:24	KAREN DAVIES	ACTIVA	Female	98	F35	33	1:51:44	636
629	282	1:52:28	DAVE SAUNDERS		Male	531	M50	45	1:51:52	641
630	1471	1:52:29	RAMON BORRELL		Male	532	MS	347	1:50:54	608
631	1472	1:52:30	M BURGESS		Male	533	MS	348	1:50:55	610
632	1069	1:52:31	HELEN WATKINSON	VEGAN RUNNERS UK	Female	99	FS	48	1:51:13	621
633	164	1:52:32	TIM PADFIELD		Male	534	M40	133	1:51:25	629
634	985	1:52:32	BRYAN REES	RHEDWYR EMLYN RUNNERS	Male	535	M60	12	1:51:49	638
635	1171	1:52:36	ELSPETH JARMAN	ABERGAVENNY STRIDERS	Female	100	F45	15	1:52:14	649
636	648	1:52:37	JAMES JEWELL		Male	536	M40	134	1:50:47	602
637	203	1:52:40	RICHARD SPRINGETT		Male	537	M40	135	1:51:13	622
638	1411	1:52:42	HOLLY LEWIS		Female	101	FS	49	1:52:12	647
639	246	1:52:46	MIKE WADE		Male	538	M40	136	1:50:54	609
640	1671	1:52:49	DAN GREGORY		Male	539	MS	349	1:52:21	654
641	1209	1:52:55	B Warburton		Female	102	F45	16	1:51:31	632
642	919	1:52:58	MARTIN DONOVAN		Male	540	M40	137	1:52:35	660
643	431	1:53:03	LEE HAPGOOD		Male	541	M40	138	1:51:41	635
644	109	1:53:05	LINDA HIRD		Female	103	F45	17	1:52:43	666
645	528	1:53:07	ALED PHILLIPS		Male	542	MS	350	1:51:54	642
646	242	1:53:09	J WISBEY		Male	543	MS	351	1:52:14	650
647	1810	1:53:10	MICHAEL JAMES		Male	544	MS	352	1:52:15	651
648	950	1:53:12	GEMMA BUFTON		Female	104	FS	50	1:52:22	657
649	1700	1:53:14	CRAIG GAMBELL		Male	545	MS	353	1:52:12	648
650	605	1:53:15	HUW THOMAS		Male	546	MS	354	1:52:03	645
651	711	1:53:20	SIMON SLINN		Male	547	MS	355	1:52:53	672
652	712	1:53:20	CATRIN WILLIAMS		Female	105	FS	51	1:52:54	674
653	536	1:53:22	M WILLIAMS		Male	548	M40	139	1:51:50	640
654	1617	1:53:23	PATRICIA EAST		Female	106	F45	18	1:52:26	658
655	1061	1:53:25	GARETH JONES		Male	549	MS	356	1:52:17	652
656	1635	1:53:26	RICHARD HUMPHREYS		Male	550	MS	357	1:51:56	643
657	220	1:53:26	KIRSTEN TUCKER	SWANSEA HARRIERS	Female	107	FS	52	1:53:16	683
658	1223	1:53:27	EMMA CONTI	BUILTH & DISTRICT RUNNING CLUB	Female	108	F35	34	1:52:40	663
659	1265	1:53:29	THOMAS WILLIAMS		Male	551	MS	358	1:52:37	661
660	560	1:53:30	NIGEL EVANS		Male	552	MS	359	1:52:57	676
661	1043	1:53:30	BILLY STORRS		Male	553	MS	360	1:53:02	677
662	1257	1:53:32	DAVID ROZIER		Male	554	MS	361	1:52:41	664
663	1278	1:53:37	HANNAH GARDNER		Female	109	FS	53	1:51:11	619
664	782	1:53:38	STACEY EVANS		Female	110	FS	54	1:52:52	670
665	1499	1:53:39	TONY CHI WAH CHAN		Male	555	MS	362	1:52:39	662
666	526	1:53:40	RICHARD WILLIAMS		Male	556	M40	140	1:52:11	646
667	329	1:53:40	CLARE PARKINSON	DULWICH PARK RUNNERS	Female	111	F55	2	1:52:42	665
668	691	1:53:40	JAMES HALE		Male	557	MS	363	1:53:06	680
669	1765	1:53:44	RHIAN JINNY-JONES		Female	112	FS	55	1:46:21	470
670	1660	1:53:47	JENNY HUGHES	LES CROUPIERS	Female	113	FS	56	1:53:20	686
671	1611	1:53:49	OWAIN HANMER		Male	558	MS	364	1:53:17	685
672	1196	1:53:50	JONATHAN PRITCHARD		Male	559	MS	365	1:52:21	655
673	929	1:53:51	RONY SEAMONS		Male	560	MS	366	1:52:43	667
674	1706	1:53:57	NEIL BALL		Male	561	MS	367	1:53:05	678
675	168	1:54:00	ANTONIO PANICOLA		Male	562	M40	141	1:52:43	668
676	123	1:54:00	HANNAH JENKINS		Female	114	FS	57	1:52:43	669
677	1604	1:54:02	RHIAN CLAYTON	ISLWYN RC	Female	115	FS	58	1:53:13	681
678	1121	1:54:03	SALLY HARTNELL		Female	116	FS	59	1:53:31	691
679	126	1:54:07	ANTHONY PAUL JONES		Male	563	MS	368	1:52:52	671
680	1039	1:54:08	MIKE HODGES	TROTS	Male	564	M50	46	1:53:55	706
681	1496	1:54:11	ADAM THOMAS YOUNG		Male	565	MS	369	1:52:29	659
682	1490	1:54:14	PAUL SEDDON		Male	566	M50	47	1:53:05	679
683	769	1:54:14	CHRIS MAHER		Male	567	M50	48	1:53:24	689
684	1501	1:54:15	DAVID ELVY		Male	568	M40	142	1:53:38	698
685	1788	1:54:18	DEREK EDMONDS		Male	569	M60	13	1:53:32	692
686	1489	1:54:20	NEALE DAVIES	TRAMS RUNNING CLUB	Male	570	M40	143	1:54:07	715
687	1911	1:54:22	PHILL PERKINS		Male	571	M40	144	1:53:48	704
688	1821	1:54:23	CHRIS KUMARAN		Male	572	MS	370	1:52:55	675
689	878	1:54:23	S SMITH		Female	117	FS	60	1:53:34	693
690	531	1:54:25	DAVID PLACE		Male	573	M40	145	1:52:21	656

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
691	742	1:54:26	ALLAN SMITH	3MS GORSEINON ROAD RUNNERS	Male	574	M60	14	1:53:59	711
692	1451	1:54:28	OWAIN GRIFFITHS	TAFF ELY TRI CLUB	Male	575	MS	371	1:52:53	673
693	66	1:54:30	JAMIE FLEIG		Male	576	MS	372	1:53:14	682
694	574	1:54:32	RICHARD BAKER		Male	577	M60	15	1:53:37	697
695	1480	1:54:36	JAMES DAVIES	3MS GORSEINON ROAD RUNNERS	Male	578	M40	146	1:53:47	703
696	535	1:54:36	CAROLINE DANCYGER		Female	118	FS	61	1:53:57	710
697	1633	1:54:36	SHAREEN GEERS		Female	119	F35	35	1:53:41	702
698	1291	1:54:37	SHONA DOUGLAS	ISLWYN RC	Female	120	FS	62	1:54:11	718
699	105	1:54:37	MICHAEL HENRY		Male	579	M40	147	1:53:22	688
700	1737	1:54:38	TONY EUSTACE	BRIDGEND FORDS	Male	580	M40	148	1:54:11	719
701	1829	1:54:38	OWAIN BROWN	OWTABCLANG	Male	581	MS	373	1:53:51	705
702	1653	1:54:38	STEPHEN GARVEY		Male	582	M50	49	1:53:36	694
703	63	1:54:44	MARK FARRAR	LES CROUPIERS	Male	583	MS	374	1:54:17	721
704	934	1:54:46	ANNE FOLLANE	PONTYPRIDD ROADENTS	Female	121	F35	36	1:54:26	730
705	702	1:54:50	BECKY HORSFALL		Female	122	FS	63	1:54:05	713
706	1372	1:54:50	ANDREW WILLIAMS		Male	584	MS	375	1:53:36	695
707	641	1:54:53	STEPHEN PHILLIPS		Male	585	MS	376	1:53:59	712
708	780	1:54:55	WYN JOHN HARRIES		Male	586	MS	377	1:53:21	687
709	147	1:54:55	EMILY LUKE	PENARTH & DINAS RUNNERS	Female	123	FS	64	1:54:13	720
710	212	1:54:59	JASON THOMAS		Male	587	MS	378	1:54:05	714
711	1776	1:55:00	RHYS HARPER		Male	588	MS	379	1:53:36	696
712	1618	1:55:00	DAVID FAIRCLOUGH		Male	589	M40	149	1:54:19	722
713	202	1:55:08	JENNIFER SLEATH		Female	124	F35	37	1:53:56	708
714	320	1:55:09	CHARLOTTE GOODWIN		Female	125	FS	65	1:54:22	725
715	1097	1:55:14	KELLY GIPSON	TEAM DEVIANT	Female	126	F35	38	1:53:56	709
716	829	1:55:17	EVA COOK	SOSPAN ROAD RUNNERS	Female	127	F55	3	1:54:53	742
717	1601	1:55:25	NIGEL TAYLOR		Male	590	M40	150	1:53:26	690
718	529	1:55:28	HUW KEENAN		Male	591	MS	380	1:53:38	699
719	1833	1:55:28	EDWIN GREEN	CHEPSTOW HARRIERS	Male	592	M40	151	1:54:56	746
720	144	1:55:28	RICHARD LONG		Male	593	M40	152	1:54:58	749
721	707	1:55:29	JENNIFER FRYER		Female	128	FS	66	1:54:08	716
722	1592	1:55:31	IAN SHAW		Male	594	M40	153	1:54:26	731
723	1904	1:55:33	NICK THORNE		Male	595	MS	381	1:54:20	723
724	295	1:55:37	JOHN REDMOND		Male	596	MS	382	1:53:16	684
725	879	1:55:38	PETER DREW		Male	597	M40	154	1:54:40	736
726	1241	1:55:42	GARETH JONES		Male	598	MS	383	1:53:55	707
727	1443	1:55:43	DELLA GRIFFITHS	PEMBROKESHIRE HARRIERS	Female	129	F45	19	1:55:01	752
728	55	1:55:44	LYN EVANS		Male	599	M50	50	1:54:23	726
729	1442	1:55:45	KEN MILLIGAN		Male	600	M50	51	1:55:21	762
730	376	1:55:46	BURNADETTE DAVIES		Female	130	F35	39	1:55:27	766
731	1886	1:55:46	RAY ELLINGHAM	SAN DOMENICO	Male	601	M40	155	1:54:56	747
732	739	1:55:48	MALCOLM BOOY		Male	602	MS	384	1:54:09	717
733	395	1:55:48	LEE JENKINS		Male	603	MS	385	1:54:29	732
734	233	1:55:50	C WILLIAMS		Male	604	M40	156	1:54:24	727
735	732	1:55:51	ANTHONY BARKER	SOUTH WALES FIRE SERVICE	Male	605	M60	16	1:54:24	728
736	1469	1:55:51	ANDREW GALLIVAN		Male	606	M40	157	1:54:25	729
737	684	1:55:52	MATHEW JAMES		Male	607	MS	386	1:54:20	724
738	1689	1:55:54	ANNA PARKINSON		Female	131	FS	67	1:54:55	745
739	46	1:55:55	S DAVIES-MORRIS		Female	132	F35	40	1:55:02	753
740	1344	1:55:56	AMANDA MORGAN	TROTS	Female	133	FS	68	1:55:18	761
741	1172	1:55:58	ADAM THOMAS JONES		Male	608	MS	387	1:53:40	700
742	1159	1:55:58	JAMIE FRANCIS		Male	609	MS	388	1:53:40	701
743	1579	1:55:58	RICHARD HARRIES		Male	610	M40	158	1:54:45	738
744	615	1:56:00	JAMES ASHTON		Male	611	MS	389	1:55:00	751
745	1638	1:56:03	KEVIN MORGAN		Male	612	MS	390	1:55:02	754
746	1607	1:56:05	GERAINT EDWARDS		Male	613	M40	159	1:55:07	757
747	482	1:56:08	PAUL EVANS		Male	614	MS	391	1:54:56	748
748	924	1:56:10	DON BURROWS		Male	615	M40	160	1:55:26	765
749	1477	1:56:12	G GIESBRECHT		Male	616	M50	52	1:54:59	750
750	1321	1:56:12	JASON DONOVAN		Male	617	MS	392	1:54:54	744
751	270	1:56:13	ALASDAIR HIGGINS		Male	618	MS	393	1:54:42	737
752	471	1:56:16	ARWYN WILLIAMS		Male	619	MS	394	1:54:50	740
753	1217	1:56:16	LLION AP DYLAN		Male	620	MS	395	1:55:43	772
754	132	1:56:19	HELEN DONNA JONES		Female	134	F35	41	1:55:48	774
755	1015	1:56:20	NIGEL IMPEY		Male	621	MS	396	1:55:27	767
756	671	1:56:24	JOANNE HALE		Female	135	FS	69	1:55:17	760
757	1266	1:56:24	DAMIEN LLOYD-JONES		Male	622	MS	397	1:55:16	759
758	1025	1:56:27	ARFON JAMES		Male	623	MS	398	1:54:39	735
759	1345	1:56:27	ALICE TRAVERS		Female	136	FS	70	1:54:49	739

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
760	1215	1:56:28	PAULA ACE		Female	137	F35	42	1:55:37	770
761	80	1:56:28	OWEN GILSON		Male	624	MS	399	1:55:32	768
762	1448	1:56:28	ELIZABETH RUBIN		Female	138	FS	71	1:55:46	773
763	673	1:56:29	HILARY DAVIS		Female	139	F35	43	1:55:08	758
764	248	1:56:30	STEVE YOUNG		Male	625	MS	400	1:55:33	769
765	584	1:56:33	STEVE DUFFILL		Male	626	MS	401	1:56:00	780
766	41	1:56:39	MARK DAVIES		Male	627	M40	161	1:55:24	763
767	750	1:56:41	CHARLES COWAN		Male	628	M50	53	1:55:24	764
768	358	1:56:44	IRENE COOPER		Female	140	F55	4	1:54:34	734
769	1150	1:56:46	EIROS DAVIES		Male	629	M40	162	1:54:53	743
770	205	1:56:51	ANNA E STICKLAND		Female	141	F35	44	1:54:52	741
771	889	1:56:52	V LIDDIARD-REES	ESPORTA	Female	142	F35	45	1:56:52	802
772	196	1:56:55	KATE RUSSELL	PARC BRYN BACH	Female	143	FS	72	1:56:17	787
773	420	1:57:00	IAN STARK		Male	630	MS	402	1:55:39	771
774	1752	1:57:00	HUGH CHRISTOPHER		Male	631	MS	403	1:55:54	777
775	1385	1:57:01	SARAH GOULD-DAVIES		Female	144	FS	73	1:56:39	797
776	833	1:57:03	SHAHID AFZAL		Male	632	MS	404	1:55:48	775
777	1283	1:57:04	VICKY LANGSTON		Female	145	FS	74	1:56:14	784
778	869	1:57:07	RICHARD MYERS		Male	633	MS	405	1:56:26	792
779	8	1:57:08	ADRIAN BINNEY		Male	634	M40	163	1:55:03	755
780	1468	1:57:13	HELEN MANN		Female	146	FS	75	1:55:53	776
781	1107	1:57:15	EIRI EVANS	3MS GORSEINON ROAD RUNNERS	Female	147	FS	76	1:56:38	795
782	1711	1:57:16	MIKE SMITH		Male	635	M50	54	1:57:16	811
783	414	1:57:17	IEUAN BENNETT		Male	636	M40	164	1:56:49	801
784	757	1:57:21	JONATHAN KESTIN		Male	637	MS	406	1:55:03	756
785	469	1:57:24	CATH ROOKE		Female	148	F35	46	1:56:56	803
786	741	1:57:26	JOSIE HUNSDON		Female	149	F35	47	1:57:15	810
787	175	1:57:27	S PHILLIPS		Male	638	MS	407	1:56:11	783
788	1167	1:57:30	AMY HILLIER		Female	150	FS	77	1:56:14	785
789	1512	1:57:33	CRAIG JONES	BRITISH AIRWAYS CYMRU	Male	639	MS	408	1:56:07	782
790	1463	1:57:33	BEN GIESBRECHT	RUNNING SOMEWHERE ELSE	Male	640	MS	409	1:56:20	788
791	1807	1:57:36	SIAN WIGLEY	RHONDDA VALLEY RUNNERS	Female	151	F45	20	1:56:14	786
792	1236	1:57:46	ANDREW HILL		Male	641	MS	410	1:56:00	781
793	465	1:57:49	LUKAS GAMBLE		Male	642	MS	411	1:57:33	818
794	778	1:57:52	ROBERT GREEN		Male	643	MS	412	1:55:54	778
795	1754	1:57:56	RHIANNON KINGSLEY		Female	152	FS	78	1:57:19	812
796	1755	1:57:56	PAUL WHITTAKER		Male	644	M40	165	1:57:19	813
797	1139	1:57:56	WILLIAM BEW G	CHEPSTOW HARRIERS	Male	645	M60	17	1:57:00	804
798	935	1:57:57	HOWARD JONES	BRACKLA HARRIERS	Male	646	M50	55	1:56:24	791
799	1250	1:58:00	H O'CONNELL		Female	153	FS	79	1:56:20	789
800	1218	1:58:00	ADRIAN DANIEL BLAIR		Male	647	MS	413	1:56:20	790
801	37	1:58:02	BRIAN COLEMAN		Male	648	M60	18	1:55:57	779
802	1394	1:58:03	STUART BARNES		Male	649	M50	56	1:56:42	799
803	1791	1:58:03	KIM LAWSON		Female	154	F45	21	1:56:38	796
804	709	1:58:03	PHILIP WATKINS		Male	650	M50	57	1:57:19	814
805	1803	1:58:03	ANTONIA LAMONT		Female	155	F35	48	1:56:33	793
806	1832	1:58:05	IAN EVANS		Male	651	MS	414	1:54:33	733
807	1045	1:58:07	JONATHAN DAVIES		Male	652	MS	415	1:56:37	794
808	962	1:58:08	BRIAN DIAS	CARDIFF AAC	Male	653	MS	416	1:43:49	407
809	1870	1:58:08	GREG KING		Male	654	M40	166	1:57:07	808
810	124	1:58:08	MARK JENKINS		Male	655	M40	167	1:57:07	809
811	1063	1:58:08	RHIANNON JONES		Female	156	FS	80	1:57:00	805
812	1299	1:58:11	D PHILLIPS		Male	656	M40	168	1:56:40	798
813	299	1:58:11	RACHEL EVANS		Female	157	F35	49	1:57:31	817
814	1417	1:58:13	YVONNE WILLIAMS	PENARTH & DINAS RUNNERS	Female	158	F55	5	1:57:33	819
815	984	1:58:23	STEVEN GARDINER		Male	657	MS	417	1:57:40	822
816	805	1:58:25	RACHEL BEVAN		Female	159	FS	81	1:57:43	824
817	806	1:58:26	CAMERON HUDSON		Male	658	MS	418	1:57:43	825
818	920	1:58:28	MARK ROWLANDSON		Male	659	MS	419	1:57:48	829
819	895	1:58:30	SIMON ELIAS		Male	660	M50	58	1:57:01	806
820	1409	1:58:33	IAN WALKER		Male	661	MS	420	1:57:35	820
821	158	1:58:37	JASON MURPHY		Male	662	MS	421	1:57:20	815
822	1013	1:58:40	ANTHONY EVANS		Male	663	MS	422	1:58:19	840
823	970	1:58:40	SARAH PHILLIPS		Female	160	FS	82	1:58:05	837
824	118	1:58:40	HEULWEN JAMES	EMLYN RUNNERS	Female	161	F35	50	1:58:30	843
825	1143	1:58:42	N COLWELL		Male	664	M40	169	1:57:45	826
826	211	1:58:46	IAN DAVID THOMAS		Male	665	M40	170	1:57:52	832
827	619	1:58:47	ROBIN PARKER		Male	666	MS	423	1:57:47	827
828	1202	1:58:50	GARETH SHAW		Male	667	MS	424	1:56:48	800

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
829	1578	1:58:51	CHRISTOPHER LANE		Male	668	M50	59	1:57:49	831
830	748	1:58:51	DARREN POWIS		Male	669	MS	425	1:57:41	823
831	243	1:58:52	DAN WOOD		Male	670	MS	426	1:57:06	807
832	721	1:58:52	STEVEN ROBERTS	SOMER AC	Male	671	MS	427	1:57:48	830
833	1742	1:59:00	SIAN JONES		Female	162	FS	83	1:58:45	849
834	403	1:59:02	VICTORIA WOODSFORD		Female	163	FS	84	1:57:25	816
835	106	1:59:02	KAREN ANN HEWITT		Female	164	FS	85	1:57:35	821
836	730	1:59:03	LEE LLEWELLYN		Male	672	MS	428	1:58:22	841
837	1185	1:59:08	LESLEY MAINWARING		Female	165	F35	51	1:58:06	838
838	1174	1:59:11	N JONES		Male	673	M50	60	1:57:54	833
839	954	1:59:12	B CHICHLOWSKA		Female	166	FS	86	1:58:04	836
840	1896	1:59:13	RICHARD NICHOLAS		Male	674	M40	171	1:57:47	828
841	1346	1:59:18	ANWEN JONES		Female	167	FS	87	1:58:03	835
842	30	1:59:25	C CAMPBELL-CROSS		Male	675	M40	172	1:58:43	848
843	1816	1:59:25	RHIAN BREESE		Female	168	FS	88	1:58:38	846
844	723	1:59:28	MATT WILLIAMSON		Male	676	MS	429	1:58:38	847
845	42	1:59:29	PAUL ANTHONY DAVIES		Male	677	MS	430	1:58:47	852
846	1131	2:01:33	FRANK CALDER		Male	678	MS	431	1:58:23	842
847	184	1:59:36	EMYR REES		Male	679	MS	432	1:58:32	844
848	1901	1:59:41	ALUN NELSON		Male	680	MS	433	1:58:46	850
849	1717	1:59:43	SARAH DRAPER		Female	169	FS	89	1:58:11	839
850	1024	1:59:45	PAUL DAVIES		Male	681	MS	434	1:57:57	834
851	480	1:59:47	RICHARD MCCARTHY		Male	682	MS	435	1:58:32	845
852	740	1:59:48	STEPHEN JOB		Male	683	M40	173	1:58:46	851
853	1589	1:59:48	ROBERT HARRIS	ASICS AMATEURS	Male	684	MS	436	1:59:16	866
854	1508	1:59:52	LON MORGAN	TROT'S	Female	170	F45	22	1:59:14	864
855	1774	1:59:53	CHRISTOPHER BURKE		Male	685	MS	437	1:59:03	859
856	1521	1:59:54	SIAN HARTSTILL		Female	171	FS	90	1:59:33	874
857	1065	2:00:03	DAMIAN MACKAY		Male	686	M40	174	1:58:52	853
858	1649	2:00:07	REBECCA GUNSTONE	MUMBLES MILERS	Female	172	FS	91	1:59:40	882
859	120	2:00:09	R JEFFERIES		Male	687	MS	438	1:59:04	860
860	772	2:00:15	WAYNE TALBOT		Male	688	M40	175	1:59:07	862
861	1827	2:00:15	JIM HALSEY		Male	689	M40	176	1:59:43	884
862	1311	2:00:15	CARL HANNEY		Male	690	MS	439	1:59:36	879
863	1309	2:00:15	GARETH MORGAN		Male	691	MS	440	1:59:36	880
864	1332	2:00:16	KELLY WAITE	ISLWYN RC	Female	173	FS	92	1:59:27	870
865	1000	2:00:18	CHRIS HAINES		Male	692	MS	441	1:58:53	854
866	1699	2:00:18	NEIL GREENAWAY		Male	693	MS	442	1:58:56	856
867	207	2:00:19	PHILLIP STONEMAN		Male	694	M40	177	1:59:48	885
868	1120	2:00:20	RICHARD ELLISON		Male	695	M40	178	1:58:59	857
869	1615	2:00:20	MATTHEW THOMAS		Male	696	M40	179	1:59:00	858
870	1609	2:00:20	CHRISTOPHER WRIGHT		Male	697	MS	443	1:59:35	878
871	1808	2:00:23	ORMOND WILLIAMS		Male	698	M40	180	2:00:10	901
872	669	2:00:26	AIDAN DAVIES		Male	699	MS	444	1:59:20	868
873	1382	2:00:32	STEVEN WILLIAMS	MLC	Male	700	M40	181	2:00:02	893
874	617	2:00:35	STEVEN JEFFERIES		Female	174	FS	93	1:59:34	875
875	498	2:00:42	EWEN MCLAUGHLIN		Male	701	M40	182	1:58:53	855
876	284	2:00:42	PHIL DAWBER		Male	702	MS	445	2:00:29	917
877	389	2:00:44	OWEN HATHWAY	ABER BAA BAAS	Male	703	MS	446	1:59:57	891
878	489	2:00:45	EMMA BOWEN		Female	175	FS	94	1:59:55	888
879	459	2:00:48	PETER SHANLEY		Male	704	M40	183	1:59:04	861
880	1655	2:00:48	PHILIP HYATT		Male	705	M40	184	1:59:23	869
881	1470	2:00:48	EMMA EVANS		Female	176	F35	52	1:59:18	867
882	1398	2:00:53	NEIL HUGGINS		Male	706	MS	447	1:59:13	863
883	34	2:00:53	H COATES		Female	177	FS	95	1:59:41	883
884	1842	2:00:54	MARTIN WELLS	SILVER SURFER	Male	707	MS	448	2:00:17	908
885	1777	2:00:55	MICHAEL CLAYDEN		Male	708	MS	449	1:59:31	873
886	195	2:01:02	J ROTHWELL		Female	178	FS	96	1:59:27	871
887	1594	2:01:05	ANNETTE DAVIES	BUILTH & DISTRICT RUNNING CLUB	Female	179	F35	53	2:00:17	909
888	1642	2:01:07	RHIAN EDWARDS		Female	180	FS	97	2:00:10	902
889	1640	2:01:07	RACHAEL KENNARD		Female	181	F35	54	2:00:10	903
890	1286	2:01:09	MARY-ANNE MILLS		Female	182	FS	98	2:00:19	911
891	1239	2:01:09	GLYN JOHNSTON		Male	709	MS	450	2:00:03	894
892	1497	2:01:10	MATTHEW JENKINS		Male	710	MS	451	2:00:17	910
893	814	2:01:10	ROB JONES		Male	711	M40	185	2:00:19	912
894	258	2:01:13	RACHEL REES		Female	183	F35	55	1:59:34	876
895	1431	2:01:13	JASON TURNBULL		Male	712	M40	186	1:59:34	877
896	1327	2:01:14	ERYL POWELL	PENARTH & DINAS	Female	184	F35	56	1:59:39	881
897	1298	2:01:15	CARL MORRIS		Male	713	MS	452	1:59:57	892

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
898	97	2:01:16	MARTIN JOHN HARRIS		Male	714	M40	187	2:00:07	898
899	1020	2:01:17	ALAN WOODS		Male	715	MS	453	2:00:14	907
900	1644	2:01:20	RICHARD DONNE	3MS GORSEINON ROAD RUNNERS	Male	716	M40	188	2:00:08	899
901	1814	2:01:25	RHYS MURPHY		Male	717	MS	454	2:01:08	926
902	1010	2:01:26	HUW DAVIES		Male	718	MS	455	1:59:55	889
903	1562	2:01:27	JUSTIN LLOYD	SCARLETS	Male	719	MS	456	1:59:56	890
904	1590	2:01:29	TERESA PRIDMORE	ELODIE WILTON APPEAL	Female	185	F35	57	2:00:38	921
905	452	2:01:29	HEATHER DENNIS		Female	186	F35	58	2:00:39	922
906	426	2:01:29	SAMANTHA STRONACH		Female	187	FS	99	2:00:10	904
907	1322	2:01:29	NICOLA DONOVAN		Female	188	F35	59	2:00:11	906
908	180	2:01:32	JAMES REED		Male	720	MS	457	1:59:28	872
909	967	2:01:33	CARYS ROBERTS		Female	189	FS	100	2:00:31	919
910	1818	2:01:36	ROBERT TOD		Male	721	MS	458	1:59:51	886
911	548	2:01:37	ANITA TUCKNUTT		Female	190	F35	60	2:00:24	916
912	214	2:01:39	MARK THOMAS		Male	722	MS	459	2:00:29	918
913	770	2:01:42	JONATHAN WALTERS		Male	723	MS	460	2:00:42	923
914	157	2:01:44	DELYTH MURRAY-LINES		Female	191	FS	101	2:00:19	913
915	190	2:01:44	RICHARD RIMMER		Male	724	M40	189	2:00:08	900
916	130	2:01:52	DYLAN JONES		Male	725	M40	190	1:59:52	887
917	1486	2:01:54	B CARROLL		Male	726	M50	61	2:00:34	920
918	774	2:01:56	JONATHON TALBOT		Male	727	MS	461	2:00:48	924
919	96	2:01:56	D HARDCASTLE		Female	192	FS	102	2:00:10	905
920	795	2:01:58	LISA THOMAS		Female	193	F35	61	2:01:08	927
921	809	2:01:58	GRANT DUNCAN		Male	728	M50	62	2:01:19	930
922	1096	2:02:01	GEMMA DAVIES		Female	194	FS	103	2:00:22	914
923	753	2:02:05	DONNA THATCHER		Female	195	F35	62	2:01:43	943
924	1584	2:02:11	MICHAEL WILLIAMS		Male	729	MS	462	2:01:00	925
925	1793	2:02:15	DEBBIE ONEIL		Female	196	FS	104	2:00:04	895
926	1794	2:02:15	HUW DAKIN		Male	730	MS	463	2:00:04	896
927	1410	2:02:26	DAVE WALKER		Male	731	M40	191	2:01:28	936
928	1351	2:02:32	GARETH PARRY		Male	732	MS	464	2:00:23	915
929	534	2:02:34	SIMON CLEMENT		Male	733	MS	465	2:01:26	934
930	718	2:02:37	JASON JONES		Male	734	M40	192	2:01:59	948
931	760	2:02:42	KATE QUICK		Female	197	F35	63	2:01:25	932
932	1895	2:02:44	DAVID ROBINSON		Male	735	MS	466	2:01:56	947
933	1749	2:02:47	ALAN EVANS		Male	736	M50	63	2:01:15	928
934	788	2:02:50	RICHARD COUSINS		Male	737	MS	467	2:01:26	935
935	864	2:02:50	SARAH BARKER		Female	198	FS	105	2:01:48	946
936	374	2:02:58	TONY DICKINSON	BRAT CLUB	Male	738	MS	468	2:01:21	931
937	450	2:02:59	DORIAN WHITE		Male	739	MS	469	2:01:33	939
938	1058	2:03:06	SARA MORGAN		Female	199	FS	106	2:02:04	950
939	337	2:03:06	KEVIN DAVIS	THORNBURY RUNNING CLUB	Male	740	M50	64	2:01:37	940
940	838	2:03:08	FRAN PARKINSON		Female	200	FS	107	2:02:09	952
941	436	2:03:10	STEPHEN LEWIS		Male	741	MS	470	2:01:30	937
942	751	2:03:12	KATHRYN ZEHETMAYR	MINNE MOUSE	Female	201	FS	108	2:01:47	945
943	1539	2:03:12	MARTIN SYMONDS		Male	742	M50	65	2:01:44	944
944	114	2:03:14	REBECCA HUDSON	CLUB DERIANT	Female	202	FS	109	2:01:41	941
945	1744	2:03:14	CARON HANDS	FERC	Female	203	F45	23	2:01:15	929
946	1828	2:03:23	STUART PEARSON		Male	743	MS	471	2:03:11	973
947	1647	2:03:31	JENNY WILLIAMS	GOOCH	Female	204	FS	110	2:01:25	933
948	1459	2:03:31	KEVIN GRIFFITHS		Male	744	MS	472	2:02:11	953
949	862	2:03:31	JIM SULLIVAN		Male	745	M40	193	2:02:16	955
950	416	2:03:35	STEVE THOMAS		Male	746	M40	194	2:02:19	956
951	1221	2:03:38	ALAN CHESTERS		Male	747	M50	66	2:01:41	942
952	384	2:03:40	KAREN DUSGATE		Female	205	F45	24	2:02:31	958
953	232	2:03:43	JOHN DAVID WILKINS		Male	748	M50	67	2:02:05	951
954	890	2:03:43	HUW RICHARDS		Male	749	MS	473	2:02:41	962
955	1667	2:03:47	RACHEL WOOLLEY	VILLAGE VIPERS	Female	206	FS	111	2:01:59	949
956	1918	2:03:47	STEPHEN DONNELLY		Male	750	MS	474	2:01:31	938
957	1323	2:03:53	CHRISTINE O'SHEA		Female	207	FS	112	2:02:15	954
958	765	2:03:59	MURRAY HICKEY		Male	751	MS	475	2:02:36	960
959	956	2:04:02	RICHARD THORPE		Male	752	M40	195	2:02:50	966
960	659	2:04:03	BRIAN SLATE		Male	753	M60	19	2:02:32	959
961	980	2:04:05	AMANDA BARRINGTON	WOMENS RUNNING NETWORK	Female	208	F35	64	2:03:07	971
962	524	2:04:05	ANDREA PACE		Female	209	F35	65	2:03:08	972
963	958	2:04:16	JASON MERRIFIELD		Male	754	MS	476	2:02:25	957
964	1315	2:04:22	ANDREW LIGHT		Male	755	M40	196	2:03:24	976
965	1651	2:04:23	OLIVER MINERS		Male	756	MS	477	2:02:40	961
966	775	2:04:24	STUART REES		Male	757	MS	478	2:04:02	986

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
967	1536	2:04:29	JAMES SAUNDERS		Male	758	MS	479	2:03:19	975
968	1067	2:04:30	COLIN JOHNS		Male	759	M40	197	2:02:56	968
969	865	2:04:36	GARETH JONES		Male	760	M40	198	2:02:45	964
970	866	2:04:36	DONNA JONES		Female	210	F35	66	2:02:45	965
971	113	2:04:36	KATH HUDD		Female	211	FS	113	2:02:44	963
972	1406	2:04:42	STEVEN THOMAS		Male	761	MS	480	2:03:40	979
973	1405	2:04:42	JAMIE PROBERT		Male	762	MS	481	2:03:40	980
974	1178	2:04:53	IAIN LEIGHTON		Male	763	MS	482	2:02:57	969
975	1624	2:05:01	ALUN EVANS		Male	764	MS	483	2:03:58	985
976	9	2:05:02	GARY BIRD		Male	765	M40	199	2:04:04	989
977	1526	2:05:06	RICHARD ADAMS		Male	766	M40	200	2:03:01	970
978	888	2:05:07	NIC NORTH		Male	767	M40	201	2:05:00	1000
979	687	2:05:13	ALLISON JONES	WECORI	Female	212	F35	67	2:03:14	974
980	1312	2:05:18	AMANDA LYNCH		Female	213	F35	68	2:04:12	992
981	736	2:05:30	GARY JONES		Male	768	M50	68	2:03:56	982
982	735	2:05:30	SADIE JONES		Female	214	FS	114	2:03:57	984
983	635	2:05:31	MICHAEL WILLIAMS		Male	769	MS	484	1:59:15	865
984	1193	2:05:33	ALUN NEALE		Male	770	MS	485	2:03:32	977
985	218	2:05:35	SIAN LOUISE TOMOS		Female	215	F35	69	2:03:45	981
986	518	2:05:38	DAVE THOMAS	BRITISH AIRWAYS AC	Male	771	M40	202	2:04:45	996
987	1214	2:05:39	S WILLIAMS		Male	772	M40	203	2:03:38	978
988	1421	2:05:44	JIM HOLLAND		Male	773	MS	486	2:04:11	990
989	1789	2:05:53	JUDE ROBERTS		Female	216	F35	70	2:04:02	987
990	167	2:05:54	JOHN PALMER		Male	774	M50	69	2:04:39	994
991	592	2:05:57	DUNCAN THROP		Male	775	MS	487	2:03:56	983
992	122	2:05:58	CLAIRE JENKINS		Female	217	F35	71	2:05:14	1004
993	462	2:06:00	BETH COLLINS		Female	218	FS	115	2:04:34	993
994	1023	2:06:01	ANDREW WILLIAMS		Male	776	MS	488	2:05:24	1011
995	1546	2:06:02	ROBAT RUSSELL		Female	219	FS	116	2:05:19	1007
996	478	2:06:03	PAUL GANDER		Male	777	MS	489	2:04:41	995
997	1599	2:06:09	MATTHEW PRICE		Male	778	MS	490	2:04:11	991
998	1270	2:06:09	C HALL		Male	779	M40	204	2:04:02	988
999	225	2:06:10	HELEN WALSH		Female	220	F55	6	2:05:02	1001
1000	310	2:06:11	LYNDA THOMAS		Female	221	FS	117	2:05:21	1009
1001	1550	2:06:16	HELEN UZZELL		Female	222	F35	72	2:05:46	1019
1002	839	2:06:17	JAMIE PAWSEY		Male	780	MS	491	2:05:24	1012
1003	140	2:06:18	PHILLIP KYTE		Male	781	MS	492	2:05:15	1005
1004	1413	2:06:27	ANDREA GRIFFITHS	CELTIC TRI	Female	223	F35	73	2:05:23	1010
1005	1005	2:06:28	PETER JONES		Male	782	M50	70	2:04:50	997
1006	1493	2:06:30	HYWEL LLOYD HUGHES		Male	783	M50	71	2:05:07	1003
1007	1485	2:06:39	MARTIN CARROLL		Male	784	M50	72	2:05:19	1008
1008	1678	2:06:44	SIAN SPENCER-JONES		Female	224	FS	118	2:05:40	1018
1009	1537	2:06:45	LEA FOGARAS		Female	225	FS	119	2:04:57	998
1010	1868	2:06:45	BEN RAICHONDHURY		Male	785	M60	20	2:04:58	999
1011	1367	2:06:47	NICOLA POOLE		Female	226	F35	74	2:05:05	1002
1012	1464	2:06:52	HELEN GRIFFITHS		Female	227	F35	75	2:06:32	1038
1013	380	2:06:56	ANDRE MCPHERSON	SOSPAN ROAD RUNNERS	Male	786	MS	493	2:05:53	1022
1014	595	2:07:03	RUMIKO KING		Female	228	FS	120	2:06:07	1028
1015	1603	2:07:06	DYLAN JONES		Male	787	MS	494	2:05:15	1006
1016	1320	2:07:07	JOHN AYRES	PORT TALBOT HARRIERS	Male	788	M50	73	2:05:58	1025
1017	1563	2:07:08	ANDREW PARK	TORQUAY ATHLETIC CLUB	Male	789	M60	21	2:06:14	1029
1018	764	2:07:10	LINDA KEELAN		Female	229	F45	25	2:05:47	1020
1019	1525	2:07:15	JOHN JOSEPH KING		Male	790	M60	22	2:06:54	1047
1020	1177	2:07:16	JULIE ANN LEWIS		Female	230	F35	76	2:06:25	1036
1021	1772	2:07:18	OWEN DUGGAN		Male	791	MS	495	2:05:53	1023
1022	265	2:07:20	JOHN RYAN BEVAN		Male	792	MS	496	2:05:50	1021
1023	844	2:07:20	RHIANWEN PETRUSE		Female	231	F35	77	2:06:14	1030
1024	1295	2:07:23	EIRIAN MARC DAVIES		Male	793	MS	497	2:06:49	1043
1025	1907	2:07:29	JOSEPHINE ROSS		Female	232	F45	26	2:00:05	897
1026	227	2:07:30	ROBERT WEEKS		Male	794	M40	205	2:05:53	1024
1027	1840	2:07:30	NICHOLAS COLE		Male	795	MS	498	2:05:33	1014
1028	1430	2:07:30	FIONA OWEN		Female	233	F45	27	2:05:30	1013
1029	52	2:07:32	ZOE EMERY		Female	234	F35	78	2:06:35	1039
1030	1797	2:07:33	JO WATSON		Female	235	FS	121	2:05:39	1017
1031	166	2:07:34	ALISON PALMER		Female	236	F45	28	2:06:18	1033
1032	1729	2:07:40	KIM WILLIAMS		Female	237	F45	29	2:06:31	1037
1033	1165	2:07:42	DARREN HANCOCK		Male	796	MS	499	2:06:38	1040
1034	363	2:07:50	ERIKA FITZGIBBON	WOMENS RUNNING NETWORK	Female	238	F55	7	2:06:53	1045
1035	1893	2:07:50	DANIELLE CASE	WRL	Female	239	FS	122	2:06:52	1044

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1036	1122	2:07:50	MARK THOMAS		Male	797	M40	206	2:06:40	1041
1037	1587	2:07:50	CATRIN ELLIS		Female	240	FS	123	2:05:58	1026
1038	1867	2:07:52	LEIGH MOSES		Male	798	MS	500	2:07:05	1049
1039	545	2:07:55	SARAH POPE	WOMEN'S RUNNING NETWORK	Female	241	F45	30	2:06:57	1048
1040	1271	2:07:58	PAUL CARPANINI		Male	799	MS	501	2:07:12	1050
1041	877	2:08:00	SHIRLEY DAVIES		Female	242	F35	79	2:06:40	1042
1042	825	2:08:07	DAVID LOCKE	SPIRIT OF MONMOUTH RUNNING CLU	Male	800	M40	207	2:06:00	1027
1043	905	2:08:07	WENDY WALKER		Female	243	FS	124	2:06:17	1032
1044	1771	2:08:32	CAROLINE COLE		Female	244	FS	125	2:06:53	1046
1045	1422	2:08:32	GAVIN EVANS		Male	801	M40	208	2:06:20	1034
1046	371	2:08:33	HELEN GRIFFITHS		Female	245	FS	126	2:06:16	1031
1047	1423	2:08:33	JULIAN SANDERS		Male	802	MS	502	2:06:21	1035
1048	493	2:08:50	MANDY BEER	WOMENS RUNNING NETWORK	Female	246	F45	31	2:07:12	1051
1049	240	2:08:52	FINOLA WILSON	WOMENS RUNNING NETWORK	Female	247	F35	80	2:07:14	1052
1050	1476	2:08:57	CLIVE POUND		Male	803	MS	503	2:07:46	1058
1051	69	2:08:59	STEVEN FORD		Male	804	MS	504	2:07:24	1054
1052	601	2:09:00	JAMES HARVEY	WIOC	Male	805	MS	505	2:07:34	1055
1053	1408	2:09:04	JOHN GEESON		Male	806	MS	506	2:05:34	1015
1054	1268	2:09:06	JOHN PAYNE		Male	807	M40	209	2:08:35	1071
1055	1407	2:09:06	AISHA HUSSEIN		Female	248	FS	127	2:05:36	1016
1056	1881	2:09:17	STEVEN NADEN		Male	808	M40	210	2:07:16	1053
1057	1727	2:09:18	HAYLEY REVELL		Female	249	F35	81	2:08:33	1070
1058	1606	2:09:19	HELEN WILLIAMS	ISLWYN RC	Female	250	FS	128	2:08:30	1069
1059	1203	2:09:21	P TOWNSEND		Male	809	MS	507	2:08:17	1066
1060	507	2:09:26	NICK STAVRAKIS		Male	810	M40	211	2:07:57	1061
1061	1780	2:09:30	C LLEWELLYN		Female	251	F45	32	2:09:21	1087
1062	22	2:09:32	NIGEL WILLIAM BRYANT		Male	811	M50	74	2:02:54	967
1063	201	2:09:33	DARRYL SLEATH		Male	812	M40	212	2:07:58	1062
1064	1514	2:09:35	VIVIANNE KAVANAGH	3MS GORSEINON ROAD RUNNERS	Female	252	F45	33	2:07:47	1059
1065	1513	2:09:35	JOANNE DERRICK		Female	253	F35	82	2:07:47	1060
1066	1759	2:09:43	MATHEW JOJES		Male	813	MS	508	2:08:39	1072
1067	1035	2:09:46	RHIAN JONES		Female	254	FS	129	2:07:38	1057
1068	1279	2:09:49	GRAHAM TUCKWOOD		Male	814	M40	213	2:09:08	1084
1069	646	2:09:49	CLARE JEWELL		Female	255	F45	34	2:07:58	1063
1070	891	2:09:51	NIGEL WILLIAMS		Male	815	MS	509	2:09:15	1085
1071	1240	2:09:55	EMMA JOHNSTON		Female	256	FS	130	2:08:48	1076
1072	832	2:09:57	KEITH LEWIS		Male	816	M40	214	2:08:41	1074
1073	974	2:10:02	JOANA LINDLEY		Female	257	FS	131	2:08:16	1065
1074	975	2:10:03	SARA SANCHEZ		Female	258	F35	83	2:08:17	1067
1075	1654	2:10:03	CALUM LAWSON		Male	817	MS	510	2:08:07	1064
1076	1353	2:10:07	ANGHARAD HULL	SARN HELEN	Female	259	FS	132	2:09:25	1090
1077	1285	2:10:09	JUSTINE PHILLIPS		Female	260	FS	133	2:08:48	1077
1078	1541	2:10:19	LOUISE NICHOLLS		Female	261	FS	134	2:08:49	1078
1079	1123	2:10:19	CAROLINE YOUNG		Female	262	FS	135	2:07:35	1056
1080	683	2:10:22	SIMON DAVIS		Male	818	M40	215	2:09:01	1081
1081	931	2:10:23	ANTHONY HENEBERY	MUMBLES MILERS	Male	819	M40	216	2:09:23	1088
1082	1775	2:10:27	CERIS LLEWELLYN		Female	263	F45	35	2:09:43	1095
1083	781	2:10:27	RICHARD KYTE		Male	820	M40	217	2:09:24	1089
1084	1696	2:10:32	CHERYL STANSFIELD		Female	264	F45	36	2:08:40	1073
1085	133	2:10:34	LOUISE PIPER-JONES		Female	265	FS	136	2:09:15	1086
1086	1646	2:10:35	LOUISE PARRY	3MS GORSEINON ROAD RUNNERS	Female	266	FS	137	2:09:58	1099
1087	271	2:10:37	E HARDY-REES		Female	267	FS	138	2:08:49	1079
1088	1610	2:10:40	CLAIRE THOMAS	TROTS	Female	268	FS	139	2:10:02	1103
1089	1702	2:10:41	NIAMH GILL		Female	269	FS	140	2:08:42	1075
1090	1284	2:10:43	MICHAEL HOWELL		Male	821	M40	218	2:08:25	1068
1091	768	2:10:48	BECKY STACKHOUSE		Female	270	FS	141	2:09:04	1082
1092	1162	2:10:52	TONY GRANDON		Male	822	M60	23	2:09:31	1091
1093	1811	2:10:58	GARETH EDWARDS		Male	823	M40	219	2:10:12	1107
1094	1446	2:10:58	SHIRLEY DAVIES	MULTISPORT RACING CLUB	Female	271	F45	37	2:10:14	1108
1095	367	2:11:01	GEMMA WILLIAMS		Female	272	FS	142	2:09:56	1098
1096	1140	2:11:08	STEVEN BIRCHENOUGH		Male	824	MS	511	2:09:06	1083
1097	863	2:11:15	JOSEPH SULLIVAN		Male	825	MS	512	2:10:01	1101
1098	867	2:11:16	DAVID GUINEE		Male	826	MS	513	2:10:02	1104
1099	1277	2:11:20	MATT COLTON		Male	827	MS	514	2:08:54	1080
1100	1445	2:11:25	CATHERINE RICHARDS	MULTISPORT RACING CLUB	Female	273	F45	38	2:10:41	1115
1101	332	2:11:26	PETER LACEY		Male	828	M40	220	2:09:41	1093
1102	333	2:11:27	JENNY PARKER		Female	274	FS	143	2:09:42	1094
1103	1424	2:11:31	IAN STRATTON	BRACKLA HARRIERS	Male	829	M40	221	2:10:07	1105
1104	1302	2:11:32	RACHAEL SHAW		Female	275	FS	144	2:10:39	1114

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1105	1040	2:11:36	JOHN SHEEHAN		Male	830	MS	515	2:10:23	1110
1106	24	2:11:38	CHARLES IAN ALLEN		Male	831	M40	222	2:09:59	1100
1107	1269	2:11:40	HELEN WYN HALL		Female	276	F45	39	2:09:33	1092
1108	785	2:11:42	KATE BROOKS		Female	277	F35	84	2:10:01	1102
1109	357	2:11:42	PETER THOMAS		Male	832	MS	516	2:10:23	1111
1110	1629	2:11:42	JONATHAN DAVIES		Male	833	MS	517	2:10:23	1112
1111	269	2:11:44	FIONA EVANS		Female	278	F35	85	2:10:45	1117
1112	1613	2:11:44	RACHEL NEWTON		Female	279	FS	145	2:10:44	1116
1113	992	2:11:45	CHLOE WHITTALL		Female	280	FS	146	2:09:47	1096
1114	1380	2:11:47	FRAN EDWARDS		Female	281	FS	147	2:09:55	1097
1115	1056	2:11:49	LANA REES	QUEST	Female	282	FS	148	2:10:17	1109
1116	204	2:11:52	ANDREW KEITH STALEY		Male	834	M40	223	2:11:52	1149
1117	136	2:11:52	TINA JONES		Female	283	F45	40	2:10:07	1106
1118	1453	2:11:54	LAURA PRITCHARD		Female	284	FS	149	2:10:29	1113
1119	217	2:11:56	SARA THOMAS		Female	285	FS	150	2:10:56	1122
1120	1645	2:12:01	PETER WIDDRINGTON		Male	835	M60	24	2:11:13	1126
1121	1042	2:12:02	ANDREA BRABROOK	EMLYN RUNNERS	Female	286	F35	86	2:11:19	1128
1122	183	2:12:09	DAVID REES		Male	836	M40	224	2:10:45	1118
1123	1846	2:12:18	ERIC FREW		Male	837	M40	225	2:12:06	1155
1124	1767	2:12:22	KAREL BALCAEN	SWANSEA UNIVERSITY	Male	838	MS	518	2:10:45	1119
1125	1762	2:12:23	KAROLINA KAPETANAKI	SWANSEA UNIVERSITY ATHLETIC UN	Female	287	FS	151	2:10:47	1120
1126	1081	2:12:26	NIGEL BEST		Male	839	M50	75	2:11:03	1125
1127	1628	2:12:31	CERI FRANCIS		Female	288	FS	152	2:11:13	1127
1128	667	2:12:37	M CAMPBELL-DAVIES		Female	289	FS	153	2:11:44	1144
1129	654	2:12:38	RUNA BAKSHI		Female	290	FS	154	2:11:45	1146
1130	1605	2:12:39	DYLAN DAVIES		Male	840	MS	519	2:11:28	1131
1131	1375	2:12:39	EIFION JONES		Male	841	MS	520	2:11:28	1132
1132	223	2:12:40	HAYLEY WALDER		Female	291	F35	87	2:11:33	1137
1133	1498	2:12:41	E WILLIAMS		Female	292	FS	155	2:11:36	1138
1134	1909	2:12:44	JAMES HEALEY		Male	842	M40	226	2:11:59	1154
1135	378	2:12:45	TIMOTHY CUNDY		Male	843	MS	521	2:11:02	1123
1136	379	2:12:45	JON CUNDY		Male	844	MS	522	2:11:02	1124
1137	1913	2:12:56	DAVID CLARK		Male	845	M50	76	2:11:57	1152
1138	1698	2:12:58	REBECCA GREENAWAY		Female	293	F35	88	2:11:37	1140
1139	272	2:12:58	JEREMIE RICHARD		Male	846	MS	523	2:10:50	1121
1140	653	2:13:01	IAN MORRIS		Male	847	MS	524	2:11:28	1133
1141	652	2:13:01	RHIANNON MORRIS		Female	294	F35	89	2:11:28	1134
1142	377	2:13:05	CHARLOTTE MONNIOT		Female	295	FS	156	2:11:22	1130
1143	1032	2:13:06	KIM STOUT		Female	296	F45	41	2:11:36	1139
1144	903	2:13:06	CAROLINE MORGAN		Female	297	F35	90	2:11:57	1153
1145	483	2:13:09	HUW JAKEWAY		Male	848	M40	227	2:11:43	1143
1146	237	2:13:09	LLOYD WILLIAMS		Male	849	M40	228	2:11:44	1145
1147	1102	2:13:15	KEVIN GREEN		Male	850	M40	229	2:12:22	1156
1148	608	2:13:19	MATTHEW BRIANT		Male	851	M40	230	2:11:30	1135
1149	1070	2:13:21	LES TAYLOR		Male	852	M50	77	2:12:47	1165
1150	125	2:13:24	EMMA JOHN		Female	298	F35	91	2:11:19	1129
1151	1561	2:13:25	VICTORIA ANDERSON	SCARLETS	Female	299	FS	157	2:11:55	1150
1152	1224	2:13:27	MARTIN CORRALL		Male	853	M50	78	2:11:55	1151
1153	1316	2:13:29	ALUN SAMUEL		Male	854	M40	231	2:11:40	1141
1154	1555	2:13:30	MAUREEN FOLEY		Female	300	F35	92	2:11:51	1148
1155	1189	2:13:33	ANDREW DAVID MILES		Male	855	M40	232	2:11:30	1136
1156	1798	2:13:40	TOM STEVENS		Male	856	MS	525	2:11:46	1147
1157	1465	2:13:45	MARK ELLIS		Male	857	MS	526	2:12:46	1164
1158	1079	2:13:49	GARY GREY		Male	858	MS	527	2:11:40	1142
1159	1128	2:13:49	MARIO PICOTTOW	WINDOS	Male	859	MS	528	2:13:34	1180
1160	926	2:13:51	ANTHONY RICHARDS		Male	860	M40	233	2:12:31	1158
1161	1851	2:13:59	LIAM ROBERTS	1ST BATTALION WELSH GUARDS	Male	861	MS	529	2:13:42	1185
1162	1852	2:13:59	STEVEN JONES	1ST BATTALION WELSH GUARDS	Male	862	MS	530	2:13:40	1182
1163	1862	2:13:59	BEN FLYNN	1ST BATTALION WELSH GUARDS	Male	863	MS	531	2:13:43	1188
1164	1856	2:13:59	CARL TAYLOR	1ST BATTALION WELSH GUARDS	Male	864	MS	532	2:13:44	1190
1165	1854	2:13:59	SCOTT HAYWARD	1ST BATTALION WELSH GUARDS	Male	865	MS	533	2:13:41	1184
1166	1861	2:14:00	STEVEN PETERS	1ST BATTALION WELSH GUARDS	Male	866	MS	534	2:13:45	1191
1167	1855	2:14:00	STUART MAY	1ST BATTALION WELSH GUARDS	Male	867	MS	535	2:13:42	1186
1168	1620	2:14:00	E MANSEL LEWIS		Male	868	MS	536	2:13:42	1187
1169	1859	2:14:00	BEN DAVIES	1ST BATTALION WELSH GUARDS	Male	869	MS	537	2:13:43	1189
1170	334	2:14:06	LIZ LEWIS		Female	301	F35	93	2:12:42	1162
1171	848	2:14:08	CORRINE WILLIAMS		Female	302	FS	158	2:12:51	1167
1172	1012	2:14:25	BEN WILLIAMSON		Male	870	MS	538	2:13:15	1174
1173	570	2:14:32	MARY HARRIS		Female	303	F45	42	2:13:09	1169

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1174	362	2:14:34	BRENDAN SWEENEY		Male	871	M40	234	2:12:23	1157
1175	1571	2:14:34	HELEN WELCH		Female	304	F35	94	2:12:37	1161
1176	1666	2:14:35	ALUN CLEVERLEY		Male	872	M40	235	2:12:31	1159
1177	1668	2:14:36	CERI CLEVERLEY		Female	305	F35	95	2:12:32	1160
1178	1434	2:14:36	JUDY TAYLOR		Female	306	F45	43	2:13:54	1196
1179	499	2:14:37	ROBERT FENWICK		Male	873	M40	236	2:13:27	1178
1180	1637	2:14:38	NAYLOR CHARLOTTE		Female	307	FS	159	2:13:01	1168
1181	1593	2:14:40	SANDRA RADFORD		Female	308	F35	96	2:13:12	1172
1182	991	2:14:43	STEVEN DELANEY		Male	874	MS	539	2:12:44	1163
1183	1179	2:14:58	GIANCARLO LODWIG		Male	875	MS	540	2:12:49	1166
1184	143	2:15:05	ALLYSON LIPP		Female	309	F45	44	2:13:21	1176
1185	45	2:15:06	SARAH DAVIES		Female	310	FS	160	2:13:28	1179
1186	1212	2:15:11	WING WONG		Male	876	MS	541	2:13:10	1171
1187	1307	2:15:14	CALUM JONES		Male	877	MS	542	2:13:37	1181
1188	1522	2:15:15	SARAH MAJOR		Female	311	FS	161	2:13:09	1170
1189	1374	2:15:17	ROBERT CLARKE	ROBERT CLARKE FITNESS CENTRE	Male	878	M40	237	2:13:40	1183
1190	798	2:15:34	COLETTE CONROY		Female	312	F35	97	2:13:14	1173
1191	1602	2:15:35	PETER JONES		Male	879	M40	238	2:13:52	1194
1192	720	2:15:36	RACHEL ROBERTS		Female	313	FS	162	2:15:11	1214
1193	567	2:15:37	ANDREW JONES		Male	880	MS	543	2:13:49	1193
1194	1343	2:15:40	CHRISTOPHER O'SHEA		Male	881	MS	544	2:14:20	1202
1195	1733	2:15:40	EDWARD MORRIS		Male	882	MS	545	2:14:17	1200
1196	799	2:15:43	LUCY NEVITT		Female	314	F35	98	2:13:23	1177
1197	1681	2:15:44	SARAH GILLETT		Female	315	FS	163	2:14:54	1205
1198	1614	2:15:46	RUTH BUTTERFIELD		Female	316	FS	164	2:14:54	1206
1199	1338	2:15:48	NATHAN ANNAND		Male	883	MS	546	2:15:27	1217
1200	1427	2:15:49	EIRA ROWE	WOMENS RUNNING NETWORK	Female	317	F35	99	2:13:56	1197
1201	738	2:15:53	MICHAEL JAMES	LES CROUPIERS	Male	884	M60	25	2:15:01	1209
1202	491	2:15:57	MANDY CAVILL		Female	318	F45	45	2:13:53	1195
1203	238	2:15:57	LOWRI WILLIAMS		Female	319	FS	165	2:13:46	1192
1204	1658	2:15:58	ALICE PIERCY		Female	320	FS	166	2:15:23	1216
1205	286	2:15:59	SARAH EDWARDS		Female	321	FS	167	2:14:17	1201
1206	625	2:16:11	SUSAN BUCKLEY	FETCH EVERYONE RC	Female	322	FS	168	2:14:10	1198
1207	1062	2:16:14	GEORGE VENABLES		Male	885	M50	79	2:14:16	1199
1208	961	2:16:26	P EVELEIGH-WILLIAMS		Female	323	F35	100	2:14:44	1203
1209	449	2:16:32	LISA WOOD		Female	324	FS	169	2:15:05	1212
1210	1782	2:16:36	NEIL JONES		Male	886	MS	547	2:15:48	1221
1211	74	2:16:46	CHRISTOPHER FRAZER		Male	887	M40	239	2:15:09	1213
1212	516	2:16:53	T DRUMMOND-GOVIER	CELTIC TRI	Female	325	F35	101	2:14:55	1207
1213	515	2:16:53	ROBERT GOVIER	CELTIC TRI	Male	888	MS	548	2:14:57	1208
1214	870	2:16:58	VIVIENNE JONES	SOSPAN ROAD RUNNERS	Female	326	F35	102	2:15:02	1210
1215	87	2:17:00	LINDA GREENFIELD		Female	327	F45	46	2:14:51	1204
1216	1874	2:17:03	GERAINT DAVIES		Male	889	MS	549	2:15:32	1218
1217	1900	2:17:03	DYLAN HUGHES		Male	890	MS	550	2:15:32	1219
1218	159	2:17:03	MARTIN NICHOLLS	3MS GORSEINON ROAD RUNNERS	Male	891	M40	240	2:15:03	1211
1219	624	2:17:10	KELLY GAFFNEY	LLISWERRY RUNNERS	Female	328	FS	170	2:15:47	1220
1220	936	2:17:11	CLARE BIRCH	QUEST FITNESS	Female	329	F35	103	2:15:19	1215
1221	927	2:17:17	MIKE RICHARDS		Male	892	MS	551	2:15:57	1222
1222	1191	2:17:34	J NOBLE	CELTIC TRI	Female	330	F35	104	2:16:00	1223
1223	257	2:17:37	ELINOR CORDINER		Female	331	F35	105	2:16:29	1228
1224	897	2:17:50	EIRLYS EVANS		Female	332	F45	47	2:17:16	1237
1225	696	2:17:58	SEANNE SANDFORD		Female	333	FS	171	2:16:13	1224
1226	896	2:18:02	ELIZABETH WAITES		Female	334	F45	48	2:16:33	1230
1227	40	2:18:09	JODY DAVIES	WOMENS RUNNING NETWORK	Female	335	FS	172	2:17:20	1238
1228	307	2:18:10	RACHAEL PARKINSON		Female	336	FS	173	2:17:21	1239
1229	117	2:18:14	CAROLYN JAY		Female	337	F35	106	2:16:29	1229
1230	1201	2:18:18	N STEPHENS		Male	893	M40	241	2:16:17	1226
1231	1183	2:18:18	PAUL LANE		Male	894	M40	242	2:16:16	1225
1232	1157	2:18:21	S FELSTEAD	CELTIC TRI	Female	338	F35	107	2:16:48	1232
1233	1175	2:18:26	BILL KENT		Male	895	M50	80	2:16:24	1227
1234	1770	2:18:40	SARAH STEVENS	PENARTH & DINAS RUNNERS	Female	339	FS	174	2:16:40	1231
1235	587	2:18:44	GEOFF BURROWS		Male	896	M50	81	2:18:09	1254
1236	1503	2:18:49	PAUL GIBBY		Male	897	M60	26	2:17:12	1234
1237	1595	2:18:54	ROGER O'BRIEN		Male	898	M40	243	2:18:54	1268
1238	876	2:19:08	MICHAEL PRITCHARD		Male	899	M50	82	2:17:41	1242
1239	1813	2:19:12	ELLENA TALBOT		Female	340	FS	175	2:18:16	1257
1240	151	2:19:15	CATHRYN MCLEAN		Female	341	F35	108	2:18:24	1260
1241	622	2:19:19	MARK DAVIES		Male	900	MS	552	2:17:13	1236
1242	1690	2:19:23	MARTYN RUCK		Male	901	MS	553	2:18:08	1253

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1243	685	2:19:26	JENNY FIFIELD		Female	342	F45	49	2:17:33	1241
1244	1083	2:19:26	PETER DALE		Male	902	M50	83	2:17:07	1233
1245	1155	2:19:27	MARK EMMS		Male	903	MS	554	2:18:05	1252
1246	1726	2:19:30	ANGELA LEWIS		Female	343	F45	50	2:17:53	1246
1247	149	2:19:31	ANNE MASTERS	CHEPSTOW HARRIERS	Female	344	F55	8	2:17:47	1245
1248	1301	2:19:33	JACKIE MILLER		Female	345	F45	51	2:17:58	1248
1249	135	2:19:35	NIGEL JONES		Male	904	M50	84	2:17:30	1240
1250	1843	2:19:41	JENNIFER FRIGGENS		Female	346	FS	176	2:17:42	1243
1251	1078	2:19:41	DARREN XIBERRAS		Male	905	MS	555	2:18:46	1266
1252	1566	2:19:42	CLIVE THOMPSON		Male	906	M50	85	2:17:43	1244
1253	23	2:19:47	ALICE ANDREWS		Female	347	FS	177	2:17:12	1235
1254	1379	2:19:49	ALEXANDRA MASON		Female	348	FS	178	2:17:58	1249
1255	743	2:19:49	CARLOS HERNANDEZ		Male	907	MS	556	2:17:58	1250
1256	509	2:19:51	KEVIN DAVIES		Male	908	MS	557	2:18:33	1262
1257	296	2:19:54	STEPHEN MERCHANT		Male	909	M40	244	2:17:55	1247
1258	370	2:19:56	ADELLE GRIFFITHS		Female	349	FS	179	2:18:29	1261
1259	802	2:20:01	ALFIE GUAVARA		Male	910	MS	558	2:18:18	1258
1260	801	2:20:01	CAROLINE FREEMAN	RIVERSIDE RUNNERS	Female	350	FS	180	2:18:18	1259
1261	409	2:20:06	WAYNE MALIPHANT		Male	911	MS	559	2:18:38	1265
1262	1815	2:20:14	SHAN BREESE	ABERYSTWYTH AC	Female	351	F45	52	2:19:26	1274
1263	923	2:20:20	SELINA PHILPIN		Female	352	FS	181	2:18:37	1264
1264	131	2:20:20	HELEN JONES		Female	353	FS	182	2:18:11	1255
1265	2	2:20:21	LEE-JOHN BAKER		Male	912	MS	560	2:18:49	1267
1266	369	2:20:22	ANNA GRIFFITHS		Female	354	FS	183	2:18:54	1269
1267	909	2:20:23	HELEN ASHCROFT		Female	355	FS	184	2:18:15	1256
1268	1144	2:20:29	R COLWELL	NEATH HARRIERS	Male	913	MS	561	2:19:32	1276
1269	1188	2:20:38	TOM MILLARD		Male	914	MS	562	2:18:35	1263
1270	25	2:20:38	MARK ANDREWS		Male	915	M40	245	2:18:03	1251
1271	1533	2:20:45	EMMA WHITTICK	ABERYSTWYTH AC	Female	356	FS	185	2:18:59	1270
1272	1034	2:20:57	JULIE SPENCER	POTTERS TROTTERS	Female	357	F35	109	2:19:03	1271
1273	1205	2:21:15	JONATHAN THOMAS		Male	916	MS	563	2:19:13	1272
1274	1187	2:21:15	LISA MOFFAT		Female	358	FS	186	2:19:14	1273
1275	1747	2:21:30	MICHAEL GREEN		Male	917	M50	86	2:19:39	1278
1276	421	2:21:31	KRISTIAN MCCALLUM		Male	918	MS	564	2:19:59	1285
1277	1792	2:21:32	ROBERT WILLIAMS		Male	919	MS	565	2:19:50	1282
1278	1795	2:21:32	WILL HYNDMAN		Male	920	MS	566	2:19:51	1283
1279	1673	2:21:34	KAREN O'BRIEN		Female	359	F45	53	2:19:39	1279
1280	385	2:21:34	ELIZABETH BEGLEY	DULWICH PARK RUNNERS	Female	360	F45	54	2:19:29	1275
1281	407	2:21:37	DAVE HOWELLS		Male	921	M40	246	2:19:51	1284
1282	1090	2:21:43	S GRIGG-WILLIAMS	TEAM G-W	Male	922	MS	567	2:19:35	1277
1283	872	2:21:44	CHRISTINA MILLAR	CLAPHAM CLASSICS	Female	361	FS	187	2:20:38	1289
1284	1659	2:21:45	ALISON BRETTELL		Female	362	FS	188	2:19:44	1281
1285	181	2:21:50	JANET DILYS REED		Female	363	F35	110	2:19:43	1280
1286	1745	2:21:56	GRAHAM SINGER		Male	923	M50	87	2:20:31	1288
1287	626	2:22:16	ANNEMARIE ROGERS		Female	364	F35	111	2:20:22	1286
1288	606	2:22:16	CATHERINE NEWTON		Female	365	F35	112	2:20:23	1287
1289	886	2:22:19	DAVID KINSELLA		Male	924	MS	568	2:20:44	1292
1290	530	2:22:25	KEVIN TOPPING		Male	925	M40	247	2:21:48	1301
1291	1358	2:22:43	LYNDA CIVIL		Female	366	F35	113	2:21:46	1300
1292	1873	2:22:45	JANICE BERNI		Female	367	F45	55	2:20:41	1290
1293	1086	2:22:45	D SHUFFLEBOTHAM		Female	368	F35	114	2:20:42	1291
1294	1523	2:22:49	PEGGY SMITH	SPIRIT OF MONMOUTH	Female	369	F45	56	2:20:57	1294
1295	1719	2:22:57	LIZ THORNE		Female	370	FS	189	2:21:10	1295
1296	111	2:22:58	S HOWELLS		Male	926	M40	248	2:20:46	1293
1297	402	2:23:09	RUTH BEER		Female	371	FS	190	2:22:18	1308
1298	850	2:23:14	IAN MCCARTHY		Male	927	MS	569	2:22:13	1306
1299	1825	2:23:23	ALAN HOWELLS	SOSPAN ROAD RUNNERS	Male	928	M40	249	2:21:29	1296
1300	89	2:23:27	DONNA GRIFFITHS	3MS GORSEINON ROAD RUNNERS	Female	372	FS	191	2:22:36	1313
1301	49	2:23:30	JODY DOVE-DIXON		Female	373	F45	57	2:21:33	1297
1302	138	2:23:30	TRUDI KAYE		Female	374	F45	58	2:21:33	1298
1303	843	2:23:36	STEFFANI DAVIES		Female	375	FS	192	2:22:02	1305
1304	137	2:23:42	SARAH JOHNSON		Female	376	F35	115	2:22:39	1314
1305	1192	2:23:42	HUW THOMAS NEALE		Male	929	MS	570	2:21:40	1299
1306	1447	2:23:44	PARTRIDGE SARAH		Female	377	F35	116	2:21:50	1302
1307	1639	2:23:44	SARA THOMAS		Female	378	F35	117	2:21:50	1303
1308	115	2:23:44	J HUGHES-DOWDLER		Female	379	F35	118	2:22:40	1315
1309	425	2:23:47	GARETH JOHN		Male	930	M40	250	2:21:52	1304
1310	1636	2:24:03	VICTORIA WALL		Female	380	FS	193	2:22:24	1309
1311	1524	2:24:07	PATRICK SMITH	SPIRIT OF MONMOUTH	Male	931	M50	88	2:22:16	1307

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1312	1	2:24:11	JAYNIE RANCE		Female	381	F35	119	2:22:49	1316
1313	699	2:24:25	JACKIE EVANS	SOSPAN ROAD RUNNERS	Female	382	F35	120	2:22:29	1310
1314	1133	2:24:37	PHIL ANDREWS		Male	932	M40	251	2:22:33	1311
1315	1153	2:24:37	DAVID EDWARDS		Male	933	M40	252	2:22:33	1312
1316	7	2:24:48	LAILA BEYNON		Female	383	FS	194	2:22:51	1317
1317	141	2:25:16	REBEKAH LANE	CHEPSTOW HARRIERS	Female	384	F35	121	2:23:33	1318
1318	383	2:25:17	NICOLA JONES		Female	385	FS	195	2:24:38	1323
1319	216	2:25:20	PAULINE THOMAS	TROTS	Female	386	F55	9	2:24:41	1325
1320	1626	2:25:30	MARK LYNCH		Male	934	M40	253	2:23:49	1319
1321	178	2:25:37	TOM PRICE		Male	935	MS	571	2:24:51	1328
1322	1849	2:25:54	LEE GRIFFITHS		Male	936	MS	572	2:24:00	1321
1323	438	2:25:58	SUZANNE ROBERTS		Female	387	F35	122	2:23:49	1320
1324	717	2:26:03	KATHRYN DUGGAN	TEAM BEAR	Female	388	FS	196	2:24:16	1322
1325	245	2:26:07	G WRIGHT		Male	937	MS	573	2:24:46	1326
1326	1863	2:26:22	EDWARD KEMP	1ST BATTALION WELSH GUARDS	Male	938	MS	574	2:26:06	1339
1327	1860	2:26:22	LUKE HAMMOND	1ST BATTALION WELSH GUARDS	Male	939	MS	575	2:26:04	1338
1328	1213	2:26:40	JARROD WILSON		Male	940	M40	254	2:24:38	1324
1329	281	2:27:00	WAYNE JONES		Male	941	M40	255	2:25:06	1329
1330	1275	2:27:02	ALED ANTHONY		Male	942	MS	576	2:26:40	1343
1331	247	2:27:06	JENNY WYATT	WOMENS RUNNING NETWORK	Female	389	F45	59	2:25:50	1336
1332	15	2:27:07	CASSIE BRAY		Female	390	FS	197	2:25:21	1331
1333	734	2:27:07	LUCY BARBER		Female	391	FS	198	2:25:29	1332
1334	1145	2:27:12	JUDY COOKE	REIGATE PRIORY	Female	392	F45	60	2:24:49	1327
1335	150	2:27:20	TIM MCCARTHY	F.D.A.C	Male	943	M50	89	2:25:11	1330
1336	1232	2:27:20	M FRYER		Male	944	MS	577	2:26:20	1341
1337	344	2:27:38	KATH EVANS		Female	393	F35	123	2:25:42	1334
1338	345	2:27:38	MIKE EVANS		Female	394	F45	61	2:25:42	1335
1339	1824	2:27:45	ROBERT STONE		Male	945	M50	90	2:25:36	1333
1340	912	2:27:57	STEPHEN ROBINSON		Male	946	MS	578	2:25:53	1337
1341	1865	2:27:57	SAMUEL WILLIAMS	1ST BATTALION WELSH GUARDS	Male	947	MS	579	2:27:39	1351
1342	555	2:28:23	CERY S GWYNNE		Female	395	FS	199	2:27:21	1346
1343	554	2:28:23	KERRY GILBERT		Female	396	FS	200	2:27:21	1347
1344	1466	2:28:30	LOUISA GILPIN		Female	397	FS	201	2:26:12	1340
1345	198	2:28:36	CERI ANNE SAUNDERS		Female	398	F35	124	2:27:31	1349
1346	1621	2:28:36	DAVID SPENCER		Male	948	M40	256	2:27:31	1350
1347	65	2:28:39	LOUISE FLEET		Female	399	F55	10	2:26:24	1342
1348	382	2:28:47	JULIE MILFORD		Female	400	F35	125	2:28:08	1365
1349	331	2:28:52	PETER DAVIES	NAILSEA RUNNING CLUB	Male	949	M60	27	2:27:24	1348
1350	386	2:28:59	SARAH STANSFIELD		Female	401	F45	62	2:26:54	1344
1351	256	2:29:04	CLARE FENCOTT		Female	402	FS	202	2:28:20	1367
1352	845	2:29:06	RACHEL MORTELL		Female	403	FS	203	2:13:18	1175
1353	580	2:29:07	LOUISE EVANS		Female	404	FS	204	2:27:11	1345
1354	1845	2:29:11	MARK HALL		Male	950	MS	580	2:27:49	1357
1355	458	2:29:24	LEONA SHANLEY	RHONDDA VALLEY RUNNERS	Female	405	F35	126	2:27:41	1353
1356	1184	2:29:26	KEVIN MORRIS		Male	951	M40	257	2:28:02	1362
1357	400	2:29:28	KELLY HUGGINS		Female	406	FS	205	2:27:48	1356
1358	568	2:29:40	CATE LANGLEY	BCTTT	Female	407	F35	127	2:27:41	1354
1359	1869	2:29:41	CHAN-JU-ANGEL WANG		Female	408	FS	206	2:27:44	1355
1360	914	2:29:54	HANNAH LEACH		Female	409	FS	207	2:28:02	1363
1361	603	2:29:56	JENNA SPINK		Female	410	FS	208	2:27:50	1359
1362	294	2:29:56	CLAIRE WHITNEY		Female	411	FS	209	2:27:50	1360
1363	170	2:29:56	ALISON PENDLE		Female	412	F55	11	2:27:49	1358
1364	918	2:29:58	RUTH CHAPPELL		Female	413	F55	12	2:27:40	1352
1365	1903	2:30:06	STEVE AUSTINS		Male	952	MS	581	2:29:02	1371
1366	208	2:30:09	C THOMAS		Female	414	FS	210	2:27:59	1361
1367	787	2:30:13	EIRIAN WILLIAMS		Male	953	M40	258	2:28:02	1364
1368	1820	2:30:14	STACEY EVANS		Female	415	FS	211	2:28:12	1366
1369	91	2:30:28	LLOYD GRIFFITHS		Male	954	MS	582	2:29:41	1380
1370	43	2:30:30	P DAVIES		Male	955	M60	28	2:29:42	1381
1371	68	2:30:31	BRIAN FORD		Male	956	M60	29	2:28:57	1370
1372	338	2:30:32	JOANNA BURKINSHAW		Female	416	FS	212	2:28:33	1368
1373	670	2:30:51	PHIL PHILLIPS		Male	957	M40	259	2:28:49	1369
1374	430	2:31:14	HANNAH STONE		Female	417	FS	213	2:29:06	1372
1375	761	2:31:16	KAREN PERRY		Female	418	F35	128	2:29:33	1378
1376	108	2:31:30	ROCHELLE HILL		Female	419	F35	129	2:29:09	1373
1377	1619	2:31:30	CLAIRE JAMES	WOMENS RUNNING NETWORK	Female	420	F35	130	2:29:10	1374
1378	406	2:31:34	BENJAMIN TUCKER		Male	958	MS	583	2:29:36	1379
1379	51	2:31:38	P EMANUEL		Male	959	MS	584	2:29:23	1375
1380	1768	2:31:44	GERARD PITT		Male	960	MS	585	2:30:02	1383

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1381	1515	2:31:44	DAVID WATKINS		Male	961	M40	260	2:29:58	1382
1382	773	2:31:47	ALED WILLIAMS		Male	962	MS	586	2:29:25	1376
1383	287	2:31:48	IWAN JONES		Male	963	MS	587	2:29:25	1377
1384	1877	2:32:19	PATRICK TEAGUE		Male	964	MS	588	2:30:06	1384
1385	599	2:32:32	ALEX BREMNER		Male	965	M40	261	2:31:38	1388
1386	1258	2:32:47	JOHN SELBY		Male	966	M40	262	2:30:54	1385
1387	460	2:32:56	KIM EVANS		Female	421	F45	63	2:31:09	1386
1388	1492	2:33:16	G WESTLAKE-TOMS		Female	422	F35	131	2:32:24	1391
1389	906	2:33:17	JAMES MORGAN		Male	967	MS	589	2:31:31	1387
1390	1095	2:33:49	DARREN ROBERTS		Male	968	MS	590	2:32:02	1389
1391	887	2:34:15	VICKY NORTH		Female	423	F35	132	2:33:44	1396
1392	1474	2:34:24	GARY RICHARDS		Male	969	M40	263	2:32:12	1390
1393	1455	2:34:30	LISA WILLIAMS		Female	424	FS	214	2:32:41	1394
1394	1161	2:34:39	CLARE GEORGE		Female	425	FS	215	2:33:00	1395
1395	899	2:34:39	GERAINT JOHN		Male	970	MS	591	2:32:28	1392
1396	881	2:34:52	JOYCE HEMMINGS		Female	426	F55	13	2:32:34	1393
1397	1329	2:35:01	E RICHARDS	TROTS	Female	427	FS	216	2:34:22	1402
1398	1011	2:35:31	CARL JONES		Male	971	MS	592	2:33:53	1399
1399	263	2:36:02	HELEN LUTLEY		Female	428	F55	14	2:33:49	1397
1400	268	2:36:02	DAWN GOULBOURNE		Female	429	F35	133	2:33:49	1398
1401	972	2:36:17	CHRIS REDGERS		Male	972	MS	593	2:36:14	1411
1402	335	2:36:24	CAROLINE SARGEANT	SHROPSHIRE SHUFFLERS	Female	430	F35	134	2:34:16	1401
1403	979	2:36:32	SANDRA MITCHELL		Female	431	FS	217	2:34:12	1400
1404	776	2:37:04	JESSICA NESBITT		Female	432	FS	218	2:35:24	1403
1405	999	2:37:56	SARA DAVIES		Female	433	FS	219	2:35:36	1404
1406	1211	2:38:03	ROBERT WOOLCOCK		Male	973	MS	594	2:36:00	1408
1407	327	2:38:06	SARAH BRAIN		Female	434	F35	135	2:35:49	1405
1408	326	2:38:06	MARIA KOSTROMIN		Female	435	F35	136	2:35:49	1406
1409	995	2:38:15	CAROL BUDGE		Female	436	F35	137	2:35:55	1407
1410	1756	2:38:17	WENDY JONES	PEMBROKESHIRE HARRIERS	Female	437	F35	138	2:36:08	1409
1411	1757	2:38:17	WENDY PREECE	PEMBROKESHIRE HARRIERS	Female	438	F35	139	2:36:08	1410
1412	404	2:38:49	MATTHEW SMITH		Male	974	MS	595	2:36:33	1412
1413	1229	2:38:59	PAUL FAULKNER		Male	975	MS	596	2:37:10	1413
1414	1495	2:39:06	JATINDER PARMAR		Male	976	MS	597	2:37:23	1414
1415	176	2:39:14	FAYE POLSON		Female	439	FS	220	2:37:30	1416
1416	1804	2:39:18	MARK HAY		Male	977	MS	598	2:37:49	1418
1417	77	2:39:23	RACHEL FRYER		Female	440	FS	221	2:38:21	1420
1418	953	2:39:24	LYNNE HODGETTS	WOMENS RUNNING NETWORK	Female	441	F55	15	2:37:28	1415
1419	1176	2:39:37	SIMON KNOYLE		Male	978	MS	599	2:37:34	1417
1420	1709	2:40:15	SCOTT MORGAN		Male	979	MS	600	2:38:24	1421
1421	1457	2:40:18	DEBBIE MORGAN		Female	442	F45	64	2:38:11	1419
1422	1894	2:40:18	DANIEL BAKER		Male	980	MS	601	2:38:27	1422
1423	486	2:41:16	RUSSELL HOOPER		Male	981	M40	264	2:39:09	1423
1424	826	2:41:59	PAUL MARRIOTT		Male	982	M50	91	2:40:00	1424
1425	827	2:42:00	MICHAEL WHELAN		Male	983	MS	602	2:40:01	1425
1426	1227	2:42:11	JULIE DAVIES	3MS GORSEINON ROAD RUNNERS	Female	443	F55	16	2:40:59	1427
1427	1164	2:42:15	NADINE HALL	3MS GORSEINON ROAD RUNNERS	Female	444	F35	140	2:41:02	1429
1428	476	2:42:21	CHERIE HUNTER		Female	445	F35	141	2:40:04	1426
1429	777	2:42:36	DALE LLEWELLYN		Male	984	MS	603	2:41:04	1430
1430	779	2:42:36	MICHAEL BEACHAM		Male	985	MS	604	2:41:04	1431
1431	1753	2:43:19	KIRSTY BRICE		Female	446	FS	222	2:41:13	1432
1432	559	2:43:24	WENDY YATES		Female	447	F55	17	2:41:01	1428
1433	506	2:43:39	CLAIRE FIDLER		Female	448	F45	65	2:41:25	1433
1434	350	2:43:57	ADRIENNE JOYCE		Female	449	F35	142	2:41:35	1434
1435	485	2:44:28	HELEN EDWARDS		Female	450	FS	223	2:42:46	1437
1436	484	2:44:28	J EDWARDS-MATTHEWS		Female	451	FS	224	2:42:47	1438
1437	110	2:44:29	B HODGKINSON		Female	452	FS	225	2:42:19	1436
1438	148	2:44:29	MANN CARL ROBERT		Male	986	M50	92	2:42:15	1435
1439	1892	2:45:21	SCOTT BURTON		Male	987	MS	605	2:43:44	1439
1440	1796	2:47:19	STEVE HAMMOND		Male	988	M50	93	2:45:33	1442
1441	398	2:47:19	CONNIE EVANS		Female	453	F55	18	2:44:57	1440
1442	1919	2:47:30	NIA GODSMARK		Female	454	FS	226	2:45:11	1441
1443	17	2:47:54	HANNAH BROOKE		Female	455	FS	227	2:45:57	1443
1444	951	2:48:25	LAURA SIMPSON		Female	456	F35	143	2:46:02	1444
1445	1053	2:48:33	BEVERLEY MORGAN		Female	457	FS	228	2:46:27	1445
1446	322	2:48:36	NICOLA O'SULLIVAN		Female	458	F35	144	2:46:37	1446
1447	1801	2:48:47	ALLEN WATTS	SARN HELEN	Male	989	M60	30	2:48:21	1450
1448	156	2:49:02	GARY MORRIS		Male	990	MS	606	2:49:02	1455
1449	1665	2:49:56	ELIZABETH STEWART		Female	459	F45	66	2:48:00	1447

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1450	1764	2:49:56	ANDREA WHITTON		Female	460	FS	229	2:48:01	1448
1451	1784	2:49:57	YVONNE LILES		Female	461	F35	145	2:48:01	1449
1452	1292	2:50:58	CLAUDINE GERRARD		Female	462	FS	230	2:49:11	1457
1453	339	2:51:04	ALYSON SMITH	DRAIGAU DERWYDD	Female	463	F35	146	2:48:40	1451
1454	1248	2:51:06	ALUN NEWSOME		Male	991	MS	607	2:48:50	1452
1455	27	2:51:08	ZOE LOUISE ASHTON		Female	464	F35	147	2:48:51	1453
1456	191	2:51:08	ZOE ANNE ROBERTS		Female	465	FS	231	2:48:51	1454
1457	565	2:51:27	TOBY GARRUD		Male	992	MS	608	2:49:08	1456
1458	1912	2:51:33	MARTYN FIDLER		Male	993	M50	94	2:49:19	1458
1459	298	2:51:41	DAPHNE AUSTRBERRY		Female	466	F55	19	2:49:44	1459
1460	1325	2:51:48	CRAIG STURGESS		Male	994	MS	609	2:50:47	1461
1461	1142	2:52:09	KEVIN COLLINS		Male	995	MS	610	2:50:05	1460
1462	581	2:53:37	CATRIN REES		Female	467	FS	232	2:52:09	1462
1463	1914	2:54:26	SIAN MORGAN		Female	468	F35	148	2:52:35	1463
1464	628	2:55:01	NEIL GRIFFITHS		Male	996	MS	611	2:52:50	1464
1465	1132	2:55:04	S AMOS		Female	469	FS	233	2:54:12	1465
1466	1650	2:56:47	NIA GRIFFITHS		Female	470	FS	234	2:54:55	1466
1467	1141	2:58:03	STEPHEN CLARKE		Male	997	M50	95	2:55:58	1467
1468	171	2:58:12	N PERINPARAJAH		Female	471	FS	235	2:56:04	1468
1469	315	2:58:57	HELEN WILLIAMS		Female	472	FS	236	2:56:36	1469
1470	188	2:59:35	MIKE RICHARDSON		Male	998	MS	612	2:57:25	1470
1471	1136	3:00:32	PETER AUSTIN		Male	999	MS	613	2:58:31	1471
1472	1219	3:01:17	LIZ BOWEN		Female	473	F45	67	2:59:00	1472
1473	1507	3:01:17	CYNTHIA BERESFORD		Female	474	F55	20	2:59:00	1473
1474	1091	3:01:31	LYNN CHAMBERS		Female	475	F55	21	2:59:22	1474
1475	1917	3:03:54	CARL PHILLIPS		Male	1000	MS	614	3:02:23	1478
1476	1672	3:04:06	SINEAD CASEY		Female	476	FS	237	3:02:22	1477
1477	1066	3:04:09	SARAH PHILLIPS		Female	477	F35	149	3:01:46	1475
1478	1540	3:04:10	ZENTA SZPYT		Female	478	FS	238	3:01:56	1476
1479	1906	3:04:50	GARETH HYW JOHN		Male	1001	M40	265	3:03:32	1479
1480	455	3:05:40	SUSAN EDWARDS		Female	479	F35	150	3:03:58	1480
1481	323	3:07:29	HANNAH JOHNSON		Female	480	FS	239	3:05:13	1481
1482	1866	3:09:41	DAVID LLOYD		Male	1002	M60	31	3:07:19	1482
1483	236	3:12:14	LINDA SUSAN WILLIAMS		Female	481	F55	22	3:10:07	1483
1484	5	3:15:28	CHRIS BEESTON		Male	1003	M40	266	3:13:14	1484
1485	6	3:15:28	MARIA BEESTON		Female	482	F35	151	3:13:14	1485
1486	585	3:44:10	CHRISTINE BURROWS	ELLE & BEAU GREASE	Male	1004	M60	32	3:41:48	1486