

Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1	1	Tewodros Shiferaw	M		Ethiopia/Birchfield Harriers	00:29:38	1	00:29:37
2	3	Simon Tonui	M		Ethiopia/Birchfield Harriers	00:29:48	2	00:29:48
3	1496	Haggai Chepkwony	M		Army	00:30:14	4	00:30:14
4	3356	Simon Jones	M		Belgrave Harriers	00:30:15	3	00:30:13
5	16	Ayele Mezgebu	M		Ethiopia	00:30:19	5	00:30:18
6	4	Zachary Kihara	M		Kenya/Birchfield Harriers	00:31:05	6	00:31:04
7	10	Marc Hobbs	M		Swansea Harriers	00:31:45	7	00:31:44
8	3420	Shaun Whelan	M	40	London Frontrunners	00:32:04	8	00:32:02
9	9	Lewys Hobbs	M		Swansea Harriers	00:32:17	9	00:32:16
10	20	Martin Rees	M	50	Neath Harriers	00:32:19	10	00:32:19
11	15	Mark Huw Roberts	M		Swansea Harriers	00:32:45	11	00:32:44
12	2055	Craig Hopkins	M	20	City Of Norwich A.C.	00:32:47	12	00:32:45
13	5	Darren Hiscox	M		Bridgend AC	00:32:48	13	00:32:47
14	1184	Afan Humphries	M	20	Cwmbran Harriers	00:32:49	14	00:32:48
15	2089	Lee Aherne	M	40	Club 69	00:32:54	15	00:32:53
16	2265	Steve Davies	M		Swansea Harriers	00:33:03	16	00:33:02
17	1660	Paul Griffiths	M	40	Neath Harriers	00:33:13	17	00:33:12
18	3091	Stephen Paterson	M		San Domenico	00:33:15	18	00:33:13
19	2620	Richard Batchelor	M		Aldershot Farnham & District	00:33:19	19	00:33:18
20	2238	Peter Coles	M	45	Pontypridd Rodents AC	00:33:29	20	00:33:27
21	523	Ieuan Thomas	M	20	Cwmbran Harriers	00:33:31	21	00:33:30
22	1659	Edward Robert Takata	M		Cardiff AAC	00:33:41	22	00:33:39
23	13	Jane Muia	F		Kenya	00:33:45	24	00:33:43
24	1363	Richard Bullen	M	45	Les Croupiers	00:33:45	23	00:33:41
25	3328	Stuart Crees	M		Les Croupiers	00:34:03	25	00:34:00
26	6	Birhan Dagne	F		Belgrave Harriers	00:34:04	26	00:34:03

27	890 Phil Kibble	M	40 Swansea Harriers	00:34:15	27 00:34:13
28	3278 Simon Wilson	M	40	00:34:25	28 00:34:22
29	12 Cathy Mutwa	F	Kenya/Birchfield Harriers	00:34:32	29 00:34:30
30	3429 Christopher Davies	M	Swansea Harriers	00:34:37	30 00:34:37
31	3335 Gavin Hanrahan	M	20 Cwmbran Harriers	00:34:40	31 00:34:39
32	1548 Stephen Thomas	M	Islwyn Running Club	00:34:45	32 00:34:44
33	1059 Nicholas Frost	M	45 Pontypridd Roadents	00:34:47	33 00:34:44
34	3587 Tim Lewis	M	Bridgend AC	00:34:48	34 00:34:46
35	1645 Paul Talbot	M	40	00:34:50	35 00:34:47
36	1319 Luke Mason	M	20	00:34:54	36 00:34:52
37	3188 Eric Phillips	M	Serpentine	00:35:01	37 00:34:58
38	11 Banuelia Katesigwa	F	Tanzania	00:35:05	38 00:35:03
39	2310 Jamie Bussel	M	20	00:35:17	39 00:35:16
40	367 Owain Jones	M	Swansea Harriers	00:35:24	40 00:35:20
41	1595 John Glyn Price	M	40 Sarn Helen	00:35:29	41 00:35:25
42	1968 Patrick Dean Mcgeever	M	40	00:35:29	43 00:35:28
43	419 Martin Pengilly	M	40 Chepstow Harriers	00:35:30	42 00:35:25
44	3221 Philip Crane	M	45 Neath Harriers	00:35:34	44 00:35:30
45	3373 Stephen Whiting	M	40 London Frontrunners	00:35:35	45 00:35:33
46	2329 Michael Kershaw	M	20 Cwmbran Harriers	00:35:38	47 00:35:36
47	3549 Ifan Lloyd	M	45 Swansea Harriers	00:35:39	46 00:35:35
48	1423 David Kehoe	M		00:35:46	48 00:35:43
49	1480 Peter Morton	M		00:35:47	49 00:35:45
50	3218 Jason Scanlon	M	Pontypridd Rodents AC	00:35:50	50 00:35:47
51	170 Michael Rix	M	Farnham Runners	00:35:50	52 00:35:49
52	3172 Sheard Steven	M	Cardiff AAC	00:35:51	51 00:35:48
53	901 Chris Parker	M	40 Swansea Harriers	00:35:51	53 00:35:49
54	14 Nicki Nealon	F	35 Huncote Harriers	00:36:00	54 00:35:57
55	3232 David Wilson-Evans	M	50 Swansea Harriers	00:36:02	55 00:35:58
56	3237 Philip Kendrick	M	45 Brecon AC	00:36:04	56 00:35:59

57	2992 Peter John Crane	M	45		00:36:05	57	00:36:03
58	1257 Grant Howells	M	40	Swansea Harriers	00:36:07	58	00:36:05
59	3098 Kevin Griffiths	M	40	TROTS	00:36:10	59	00:36:07
60	2726 Richard Wilder	M		Reading Road Runners	00:36:13	60	00:36:11
61	17 Andrea Whitcombe	F	35	Swansea Harriers	00:36:22	61	00:36:20
62	1729 Melanie Ellis	F	40	Shaftsbury Barnet	00:36:30	62	00:36:29
63	315 Matt Ansfield	M		Wye Valley Runners	00:36:34	63	00:36:30
64	2191 Mathew Parkes	M	20		00:36:38	64	00:36:33
65	2489 Scott Evans	M		Sospan RR	00:36:40	65	00:36:35
66	3086 Michael Dury	M		Islwyn Running Club	00:36:41	66	00:36:38
67	139 James O'Callaghan	M			00:36:44	68	00:36:41
68	2725 Paul Bird	M	40	Clevedon AC	00:36:47	67	00:36:39
69	239 Eryl Husband	M	50	Lancaster And Morecambe A.C.	00:36:47	69	00:36:43
70	1648 Neil Crosby	M	40		00:36:51	70	00:36:48
71	2676 Jon Bisson	M	40		00:36:55	71	00:36:52
72	1361 Thomas Whitmarsh-Knight	M	20		00:36:59	72	00:36:54
73	3178 Rhys Jones	M	20	Neath Harriers	00:37:06	73	00:36:55
74	2656 Mark Reynolds	M		Neath Harriers	00:37:07	74	00:37:02
75	989 Stuart Hancock	M	40	Clevedon AC	00:37:08	75	00:37:02
76	2713 Derek Scarborough	M	45	Bridgend AC	00:37:11	78	00:37:06
77	3112 Simon Lewis	M	40	Club 69	00:37:12	76	00:37:04
78	1444 Ian Michael Williams	M			00:37:13	77	00:37:05
79	2399 Phillip Jenkins	M	40	Bridgend AC	00:37:15	80	00:37:11
80	3399 Mark Harvey	M	20	Chepstow Harriers	00:37:22	79	00:37:10
81	152 Catherine Newman	F	45	Exmouth Harriers	00:37:23	83	00:37:21
82	3564 Dean House	M	40		00:37:24	82	00:37:20
83	3557 Phil Cook	M		Les Croupiers	00:37:26	86	00:37:23
84	1139 Mark Frost	M	40	Hinckley Running Club	00:37:27	81	00:37:15
85	2513 Gary Irving	M	45	Swansea Harriers	00:37:29	85	00:37:23
86	3038 Mick Tabor	M	50	Les Croupiers	00:37:34	90	00:37:30

87	2688 Jason Heath	M	20 Celtic Tri	00:37:35	91 00:37:32
88	479 Richard Amos	M		00:37:36	84 00:37:22
89	254 Damian Williams	M	40 Club 69	00:37:36	88 00:37:27
90	429 David Hodgins	M		00:37:37	89 00:37:30
91	3659 Ivan Teed	M	Chepstow Harriers	00:37:39	87 00:37:27
92	3665 Jon Embling	M	50 Bridgend AC	00:37:40	92 00:37:34
93	663 Andrew Baker	M	40 Pontypridd Rodents AC	00:37:43	94 00:37:40
94	1324 Stephen Williams	M	45	00:37:45	95 00:37:41
95	1414 Barry Wilson	M	55 Ludlow Runners	00:37:45	93 00:37:39
96	3225 Ronald Morris	M	55 San Domenico	00:37:53	96 00:37:50
97	2358 Michael Sydney Packington	M	40 Birchgrove RFC	00:37:53	98 00:37:50
98	2375 Richard Jones	M	45 Swansea Harriers	00:37:54	100 00:37:52
99	3428 Dylan Owen	M	40 Les Croupiers	00:37:55	97 00:37:50
100	2598 Haydn Hartnell	M	45 Islwyn Running Club	00:37:58	101 00:37:52
101	3315 Steve Coupe	M	55 Sospan RR	00:38:00	103 00:37:55
102	2235 Rhodri Davies	M		00:38:03	99 00:37:51
103	1757 Antonio Roberto Cirillo	M	20 Swansea Harriers	00:38:06	102 00:37:54
104	2116 Kevin Lewis	M	45 Neath Harriers	00:38:07	106 00:38:03
105	1691 Jon Sizer	M	45	00:38:08	104 00:38:02
106	785 Jamie Bedford	M		00:38:11	105 00:38:03
107	3501 Martin Flowers	M	50 Wye Valley Runners	00:38:13	107 00:38:08
108	756 Richard Marks	M	55 Sarn Helen	00:38:18	109 00:38:10
109	2187 Rob Falconer	M	45	00:38:20	110 00:38:14
110	2443 Elinor Kirk	F	20 Swansea Harriers	00:38:20	108 00:38:08
111	2783 Jessica Leitch	F	University Of Wales	00:38:24	113 00:38:20
112	836 Paul Reynolds	M	3Ms	00:38:26	111 00:38:15
113	1463 Phillip Meyler	M	50 Pontypridd Roadents	00:38:27	114 00:38:24
114	2486 Craig Anderson Fowler	M	40 Pontypridd Rodents AC	00:38:34	112 00:38:18
115	3353 Aaron Goldsmith	M		00:38:34	115 00:38:27
116	2457 Paul Jenkins Jenkins	M	40	00:38:37	118 00:38:32

117	1929 Andrew Martin Davies	M		00:38:37	119	00:38:33
118	2057 Michael Murphy	M	50 Les Croupiers	00:38:39	121	00:38:35
119	2917 Sandy Johnston	M	55 Les Croupiers	00:38:42	122	00:38:36
120	189 Ann Thomas	F	40 TROTS	00:38:43	124	00:38:40
121	2068 Geraint Bembo	M	40	00:38:44	116	00:38:29
122	2384 Hayley Anne Elvins	F	35	00:38:47	125	00:38:41
123	641 David Shroll	M	Neath Harriers	00:38:48	127	00:38:43
124	343 Andrew Cleverly	M	20	00:38:50	129	00:38:47
125	261 Matthew Lawson	M	Chepstow Harriers	00:38:50	117	00:38:31
126	3439 Martin Williams	M	40	00:38:52	120	00:38:34
127	3068 Matt Jacklin	M		00:38:54	130	00:38:47
128	1043 Andy Ost	M	Welsh Athletics	00:38:54	126	00:38:41
129	1702 Robert Sandles	M	40 3Ms	00:38:57	128	00:38:46
130	3138 David Frost	M	40 Abergavenny Striders	00:39:03	132	00:38:58
131	2873 Howard Carpenter	M	50 Neath Harriers	00:39:06	135	00:39:01
132	2216 Dominic Valerio	M	20	00:39:07	131	00:38:54
133	3100 Alun Williams	M	40 Fairwater Runners	00:39:09	123	00:38:37
134	2179 Adam Marshall	M	20 Neath Harriers	00:39:10	134	00:39:00
135	294 Clare Phillips	F	35 Swansea Harriers	00:39:12	138	00:39:08
136	2001 David Alan Garlick	M	55	00:39:13	133	00:39:00
137	1982 Peter Lloyd	M	3Ms	00:39:16	143	00:39:13
138	637 Anthony Wilton	M	Sunderland Strollers	00:39:16	142	00:39:12
139	1144 Clem Clement	M	45 Penarth & Dinas	00:39:17	136	00:39:03
140	1201 Roger Coombs	M	40 TROTS	00:39:19	147	00:39:16
141	705 Matt Tooze	M		00:39:19	141	00:39:11
142	389 Dafydd Hollis	M		00:39:20	140	00:39:10
143	2013 Ned Irvine Owen Gill	M		00:39:23	145	00:39:14
144	2400 Andrew Palmer	M	Penarth & Dinas	00:39:24	139	00:39:10
145	3280 Peter Moody	M	60 Carmarthen Harriers	00:39:25	144	00:39:14
146	3469 Robert Bamsey	M	50 Neath Harriers	00:39:26	148	00:39:20

147	789 Samuel Jack Newton	M	20 Neath Harriers	00:39:28	150 00:39:22
148	1238 Alan W Jones	M	40	00:39:29	149 00:39:21
149	1780 Richard De-Camps	M	20 Gloucester AC	00:39:32	146 00:39:16
150	2276 Dave Wright	M		00:39:35	137 00:39:04
151	3248 Paul Llewellyn	M	45	00:39:38	151 00:39:27
152	2411 Dave Hughes	M	40 Bridgend AC	00:39:42	155 00:39:36
153	2346 Jamie Rees	M		00:39:45	161 00:39:43
154	2732 Clive Osmond	M	45 Les Croupiers	00:39:45	159 00:39:39
155	2464 Mark Weaver	M	Port Talbot Harriers	00:39:47	152 00:39:31
156	1777 Huw Nicholas Price	M	40 Sarn Helen	00:39:47	160 00:39:41
157	171 Philip Bamsey	M	50 Neath Harriers	00:39:48	162 00:39:44
158	980 Mark Williamson	M	45 Road Runners Club	00:39:49	153 00:39:33
159	3525 Wouter Poortinga	M	Les Croupiers	00:39:50	154 00:39:36
160	399 Gareth Richards	M		00:39:50	163 00:39:44
161	2453 Mike Rimmer	M	40 Multisport	00:39:52	157 00:39:37
162	2742 Peter Watkeys	M	Swansea Harriers	00:39:52	158 00:39:37
163	1310 Jason Statham	M		00:39:53	165 00:39:48
164	3477 David Shearer	M		00:39:59	156 00:39:36
165	288 Darren Johnson	M	Burnham Joggers	00:40:00	164 00:39:48
166	2559 Louise Copp	F	40 Neath Harriers	00:40:00	168 00:39:54
167	1101 Robert King	M	40	00:40:01	167 00:39:51
168	2584 Gareth David Lloyd Harvey	M		00:40:01	166 00:39:49
169	269 Tamsin Meadows	F	35 Burnham Joggers	00:40:07	169 00:39:55
170	2414 Chris Thomas	M		00:40:08	172 00:39:59
171	1132 Nigel Barnes	M	40 Port Talbot Harriers	00:40:10	170 00:39:55
172	2791 Alun Rees	M		00:40:15	179 00:40:13
173	1815 Ian Davies	M	55	00:40:20	175 00:40:07
174	2178 David Ryan Evans	M	Swansea University	00:40:22	171 00:39:57
175	1372 Christopher Rees	M	20	00:40:23	176 00:40:07
176	1647 Les Evans	M	60 Rhondda Valley Runners	00:40:24	186 00:40:15

177	1769 John O'Shea	M	50	Les Croupiers	00:40:25	178	00:40:11
178	704 Gair Mcadie	M		Team Deviant	00:40:25	181	00:40:13
179	3381 Andrew Davies	M	40	Pontypridd Rodents AC	00:40:26	184	00:40:15
180	2953 Kevin Gummery	M	50		00:40:26	183	00:40:13
181	2567 Rhys Pitman	M		Pontypridd Rodents AC	00:40:27	180	00:40:13
182	397 Gwion Llwyd	M			00:40:28	174	00:40:04
183	1002 Alex Williams	M		Road Runners Club	00:40:28	195	00:40:24
184	380 Gethin Jenkins	M	20	Sarn Helen	00:40:29	177	00:40:09
185	3623 Ceri-Anne Davies	F	35	Pontypridd Roadents AC	00:40:30	190	00:40:19
186	2812 Mark Terry	M	50	TROTS	00:40:31	173	00:40:03
187	2919 Lee Morris	M			00:40:32	196	00:40:25
188	2014 Marcus Coles	M		Les Croupiers	00:40:32	185	00:40:15
189	1779 Andrew De-Camps	M	20	Gloucester AC	00:40:32	189	00:40:17
190	3228 Darren Stevens	M			00:40:33	194	00:40:24
191	147 Libby O'Duffy	F	35	Les Croupiers	00:40:34	188	00:40:17
192	2157 Lee Davies	M		Pontypridd Rodents AC	00:40:35	191	00:40:20
193	1852 Steve Saunders	M		Admiral	00:40:35	182	00:40:13
194	1337 Robert Morgan	M			00:40:39	192	00:40:22
195	2105 Hugh Gareth Ash	M	40	3Ms	00:40:42	204	00:40:32
196	1230 Gareth Lewis	M	45	Chepstow Harriers	00:40:44	197	00:40:28
197	652 Colin Rees	M	45	Club 69	00:40:45	199	00:40:28
198	2692 Brian Richardson	M	45		00:40:46	203	00:40:30
199	2415 Trudi Anderson	F		Multisport	00:40:47	206	00:40:33
200	992 Simon Partridge	M	50	Neath Harriers	00:40:47	212	00:40:42
201	1149 Leighton Gardner	M	40	Swansea Harriers	00:40:48	215	00:40:44
202	2064 Christopher James Howell	M			00:40:48	209	00:40:36
203	738 Linda Burnell	F	40	Islwyn Running Club	00:40:49	205	00:40:32
204	3443 Thomas O'Donoghue	M	40	Wimbledon Windmilers	00:40:52	193	00:40:23
205	728 Leighton Williams	M	45	Team Deviant	00:40:54	207	00:40:34
206	2385 Colin Elvins	M	45	Swansea Harriers	00:40:54	219	00:40:48

207	1179 Michael Anthony Thomas	M	40		00:40:54	218	00:40:46
208	2459 Paul Price	M	40		00:40:55	208	00:40:36
209	2780 Daniel Greenwell	M			00:40:55	187	00:40:16
210	1726 Rhodri Evans	M	45		00:40:55	211	00:40:42
211	2777 Anthony Murphy	M	40		00:40:55	198	00:40:28
212	1332 Eifion Owen	M	50		00:40:57	213	00:40:43
213	2558 Eurof Davies	M	40	Les Croupiers	00:40:57	221	00:40:50
214	168 Mary Bowen Rees	F	45	TROTS	00:40:58	222	00:40:50
215	2458 Derek Rainbird	M	50	Club 69	00:40:59	226	00:40:53
216	1862 Andrew David Baker	M			00:41:01	223	00:40:51
217	2316 Steve Robinson	M			00:41:02	220	00:40:50
218	1213 Andrew Lee Evans	M			00:41:05	200	00:40:29
219	570 Mike Lane	M		Black Pear Juggers Worcester	00:41:05	217	00:40:45
220	1123 Gareth William Elliot	M		Pembrokeshire Harriers	00:41:06	210	00:40:41
221	3093 Thomas Clive Davies	M	45	Sospan RR	00:41:07	233	00:41:03
222	3548 Neil Williams	M			00:41:09	228	00:40:56
223	2324 Alan John Walton	M		San Domenico	00:41:10	234	00:41:05
224	1355 Paul Lewis	M	40	3Ms	00:41:10	230	00:40:59
225	2461 Leighton Anthony	M	45		00:41:12	214	00:40:43
226	3187 Gareth Bryer	M			00:41:15	229	00:40:56
227	2365 Elysia Ridley	F	20	Witney Road Runners	00:41:15	237	00:41:10
228	2251 Paul Flynn	M	40	Swansea Harriers	00:41:17	225	00:40:52
229	2330 Brian Hawkins	M	40	Cardiff Triathletes	00:41:18	238	00:41:10
230	955 Gareth Jehu	M			00:41:18	216	00:40:44
231	1074 Craig Ottolini	M		Muller Running Club	00:41:19	235	00:41:07
232	2826 Carl Price	M			00:41:23	242	00:41:17
233	2223 Paul Ezard	M		Brackla Harriers	00:41:25	244	00:41:17
234	3079 Jonathan Hancock	M		TROTS	00:41:26	227	00:40:54
235	557 Jason Williams	M			00:41:27	243	00:41:17
236	1136 Lee Glen Richards	M			00:41:28	236	00:41:07

237	3311 Ian Jones	M	45		00:41:29	232	00:41:02
238	1598 Chrisy Lewis	M			00:41:30	202	00:40:29
239	2034 Barry John Davies	M			00:41:32	240	00:41:13
240	1871 Gerard Howells	M	40	Chippenham Harriers	00:41:33	201	00:40:29
241	2303 Michael Davies	M	55	Les Croupiers	00:41:33	250	00:41:23
242	1706 Robert James Evans	M	45		00:41:37	247	00:41:20
243	501 Carys Mugford	F		Swansea Harriers	00:41:37	257	00:41:29
244	2985 Brian Jones	M	40		00:41:38	262	00:41:33
245	751 Christopher Lynsey	M		Visteon Exiles	00:41:39	256	00:41:29
246	2517 Robert Kirk	M			00:41:40	252	00:41:26
247	2603 Rob Worton	M			00:41:41	224	00:40:52
248	186 Russell Bailey	M			00:41:41	241	00:41:17
249	3531 Sam Hawking	M			00:41:42	249	00:41:22
250	711 Jeremy Forshew	M	40	Les Croupiers	00:41:42	253	00:41:26
251	3128 Walter Leach	M	45	Forest Of Dean AC	00:41:43	231	00:41:01
252	2809 Anwen Owen	F		Amman Valley Harriers	00:41:45	259	00:41:32
253	2999 Mark B Taylor	M	50	Tunbridge Wells Harriers	00:41:46	245	00:41:20
254	2323 Stephen William Littlewood	M	55	Hereford Couriers	00:41:48	267	00:41:40
255	1240 Michael Robert Evans	M	45		00:41:50	255	00:41:29
256	3384 Brian Phillips	M	40	Club 69	00:41:52	265	00:41:40
257	3627 Runner 3627	M			00:41:54	275	00:41:50
258	1293 John Smewinot	M	55	Swansea Harriers	00:41:56	264	00:41:37
259	3385 Michael Anthony	M	50	Lliswerry Runners	00:41:59	269	00:41:42
260	3528 Edward Cooper	M			00:42:00	268	00:41:40
261	2288 John Griffiths	M	40	TROTS	00:42:02	263	00:41:37
262	2888 Justin Buckwell	M			00:42:03	254	00:41:28
263	1063 Richard John Copley	M			00:42:03	273	00:41:49
264	2090 Neil Richard Jones	M		Wye Valley Runners	00:42:04	239	00:41:12
265	3338 Derek Hegarty	M	45	Armed Forces Careers Office	00:42:04	248	00:41:21
266	3006 Sam Powell	M			00:42:06	276	00:41:50

267	169 Tony Deacy	M	45	Llswerry Runners	00:42:07	281	00:42:00
268	573 Keith Hill	M	45	Westbury Harriers	00:42:09	270	00:41:43
269	2101 Michael Robert Halsall	M		Llanelli Road Runners	00:42:09	283	00:42:03
270	1789 Robert Edward Smith	M	40		00:42:09	246	00:41:20
271	2194 John Stanford	M	50		00:42:11	274	00:41:49
272	3362 Peter Burne	M			00:42:15	261	00:41:33
273	322 Benjamin Grice	M			00:42:16	266	00:41:40
274	1749 Kenneth Norgate	M	40	Wye Valley Runners	00:42:16	290	00:42:08
275	3679 Stephen John Powell	M	40		00:42:17	280	00:41:59
276	303 Jamie Evans	M			00:42:17	282	00:42:03
277	3375 Mark Owen	M	40		00:42:18	271	00:41:44
278	1614 Malcolm Reeks	M	45	Chepstow Harriers	00:42:18	284	00:42:05
279	1928 Ralph Pattison	M	50		00:42:19	296	00:42:12
280	2137 David Appleby	M	40	Burnham Joggers	00:42:21	291	00:42:09
281	446 Neil Parry	M			00:42:21	258	00:41:31
282	699 Brian Gough	M	65	Pontypridd Rodents AC	00:42:22	298	00:42:14
283	742 Sharon Leech	F	35	Amman Valley Harriers	00:42:22	293	00:42:10
284	695 Roger Bell	M	40	3Ms	00:42:23	279	00:41:59
285	3537 William Edwards	M		The Glamorgan Health And Raquet	00:42:23	301	00:42:18
286	1877 Hannah Jarvis	F		Cardiff AAC	00:42:25	300	00:42:18
287	326 Richard Jones	M			00:42:26	305	00:42:19
288	2460 David Josh Harry	M	40		00:42:26	307	00:42:22
289	805 Neil Davies	M	50		00:42:29	288	00:42:08
290	1535 Andrew Brown	M	40	Swansea Harriers	00:42:30	311	00:42:24
291	1838 Timothy James Phillips	M		Admiral	00:42:30	260	00:41:33
292	1156 Stephen Murphy	M	45	Rising Sun	00:42:33	309	00:42:23
293	2267 Darren Cheesman	M			00:42:34	278	00:41:55
294	1771 Robert O'Shea	M	20		00:42:34	304	00:42:19
295	2611 Brian Lovett	M		San Domenico	00:42:36	310	00:42:24
296	319 John Mcdonald	M	50	Fujitsu	00:42:36	319	00:42:33

297	3159 Kristian Evans	M		00:42:38	289	00:42:08
298	1275 Michael Antony Roderick	M	20	00:42:38	292	00:42:09
299	3504 Christopher Davies	M	50 Liswerry Runners	00:42:38	299	00:42:17
300	605 Phil Conridge	M	40 Chepstow Harriers	00:42:39	287	00:42:07
301	1943 Dean Pennel	M		00:42:41	302	00:42:19
302	622 Samuel Marsh	M		00:42:41	272	00:41:46
303	2392 Jeffrey Aston	M	60 Les Croupiers	00:42:42	313	00:42:24
304	2653 Michael Bunston	M	Islwyn Running Club	00:42:43	317	00:42:30
305	2373 Richard Morris	M	40 Team Bath	00:42:44	329	00:42:40
306	3521 Gavin Morris	M		00:42:44	251	00:41:25
307	3000 Dean Thomas	M		00:42:46	330	00:42:40
308	685 Steve Thomas	M		00:42:46	323	00:42:37
309	2499 Philip Morgan	M	45	00:42:48	308	00:42:22
310	1868 Attila Garai	M	40	00:42:49	277	00:41:50
311	138 Michelle Cole	F		00:42:49	332	00:42:44
312	2165 David Anthony Meredith	M		00:42:51	322	00:42:36
313	2199 Aled Anderson	M	20 3Ms	00:42:51	286	00:42:07
314	1914 Ben Eie Bowen	M		00:42:52	312	00:42:24
315	2679 Huw Steadman	M		00:42:53	295	00:42:10
316	2344 Stephen Roy Owen	M	50 Les Croupiers	00:42:54	306	00:42:22
317	2945 Marc Lewis	M		00:42:54	327	00:42:39
318	1936 Graham John Colvin	M	40 3Ms	00:42:55	326	00:42:38
319	1984 Anthony Martin Higgins	M		00:42:55	315	00:42:27
320	1989 Mervyn Ivor Thomas	M	55 Wye Valley Runners	00:42:56	285	00:42:05
321	150 Howard Last	M	50	00:42:56	294	00:42:10
322	819 Andrew Nicholas	M	40 Crymych Triathlon Club	00:42:59	316	00:42:29
323	3325 Geraint Torrington	M	Westbury Harriers	00:42:59	320	00:42:34
324	2228 Nick Johnson	M		00:43:03	324	00:42:37
325	3254 Kevin Artus	M	Wye Valley Runners	00:43:04	297	00:42:13
326	2731 Claire Everett	F	City Of Norwich A.C.	00:43:05	328	00:42:39

327	807 Jonathan Smith	M		Wye Valley Runners	00:43:07	344	00:42:53
328	3245 Kelly Morgan	F		Pontypridd Rodents AC	00:43:10	347	00:42:55
329	842 Chris Silvester	M			00:43:11	361	00:43:03
330	291 Nigel Thomas	M	45	Meltham AC	00:43:13	314	00:42:27
331	2273 Philip Welch	M		Village Vipers	00:43:14	331	00:42:42
332	3527 Andrew Olsen	M	40		00:43:15	339	00:42:51
333	2029 Scot Andrews	M			00:43:15	346	00:42:55
334	537 Keith Paterson	M	60	San Domenico	00:43:15	351	00:42:58
335	628 Richard Otten	M	40		00:43:16	362	00:43:04
336	2347 Phillip Huw Davies	M			00:43:16	356	00:43:01
337	1596 Ian David Henry	M			00:43:17	357	00:43:01
338	964 Robert Rees	M			00:43:17	343	00:42:53
339	2643 Ben Sykes	M			00:43:18	325	00:42:38
340	451 Paul Davies	M	40		00:43:18	370	00:43:11
341	1087 Rebecca Merriman	F	35		00:43:20	338	00:42:51
342	137 Matthew Wilton	M			00:43:21	371	00:43:11
343	1401 Malcom Howells	M	65		00:43:21	369	00:43:11
344	177 Heath Jones	M	40		00:43:23	375	00:43:17
345	1380 Graham Vyner	M			00:43:26	363	00:43:05
346	1581 Ian Sparks	M			00:43:26	345	00:42:54
347	3317 Michael Offord	M	55		00:43:26	352	00:42:59
348	3060 Piers Morgan-Harvey	M		Mumbles Milers	00:43:27	334	00:42:44
349	1944 Nick Bingham	M	45	South Wales Police	00:43:27	333	00:42:44
350	531 Simon Inkson	M	40		00:43:28	373	00:43:14
351	1985 Jeffrey Davies	M		Thornbury Running Club	00:43:29	376	00:43:17
352	1279 Carolyn Eynon	F	45		00:43:30	353	00:42:59
353	2336 Kelvin Jones	M	55		00:43:30	318	00:42:33
354	2633 Mike Curran	M		Visteon	00:43:31	350	00:42:57
355	2390 Caroline Joan Jones	F	45		00:43:31	367	00:43:09
356	3346 Andrew Wheeler	M			00:43:32	365	00:43:07

357	583 Ian Clark	M		00:43:32	354	00:42:59
358	1913 Craig Evans	M	Celtic Tri	00:43:34	355	00:42:59
359	1354 Gareth Snook	M	45	00:43:34	368	00:43:10
360	2234 Rhodri Morgan	M		00:43:35	337	00:42:50
361	1534 Laurence Hopes	M	55	00:43:37	335	00:42:44
362	2969 Michael Dix	M	50 Les Croupiers	00:43:38	377	00:43:19
363	1046 David Alan Jones	M	55 Denbigh Harriers	00:43:38	321	00:42:34
364	1994 Glyn Meredith	M		00:43:39	384	00:43:25
365	719 Keith Davies	M	60 Swansea Harriers	00:43:40	397	00:43:34
366	1546 David Moore	M		00:43:42	336	00:42:45
367	1284 Robert Rees	M	55	00:43:44	342	00:42:52
368	2796 Sarah Hallett	F	35	00:43:44	394	00:43:33
369	1751 Michelle Thomas-Loisi	F	40 3Ms	00:43:44	379	00:43:22
370	1803 Marcus Eyre	M	45	00:43:45	389	00:43:28
371	2456 Robert Lawrence Ford	M	50 Pontypridd Rodents AC	00:43:46	390	00:43:32
372	3458 Dean Webster	M	3Ms	00:43:47	358	00:43:01
373	2757 Simon Thomas	M		00:43:47	385	00:43:25
374	3349 Thierry Maffeis	M		00:43:48	372	00:43:13
375	1926 Eric Acton	M	60 Wye Valley Runners	00:43:48	383	00:43:25
376	2322 Jane Winifred Littlewood	F	50 Hereford Couriers	00:43:49	405	00:43:41
377	658 Martin Davies	M	Sospan RR	00:43:52	387	00:43:27
378	2361 Stephanie Kate Mason	F	3Ms	00:43:53	408	00:43:44
379	707 Julie Scholey	F	45 Les Croupiers	00:43:53	401	00:43:37
380	1616 Catherine Louise Becher	F	Les Croupiers	00:43:54	388	00:43:28
381	1194 Stephen John Martin	M	45	00:43:55	415	00:43:48
382	564 Adrian Mathias	M	40	00:43:55	395	00:43:33
383	2765 Dean Trebilcock	M		00:43:55	414	00:43:47
384	1346 Simon Lane	M		00:43:56	360	00:43:03
385	2907 Andrew Dunscombe	M	40 Brackla Harriers	00:43:58	374	00:43:15
386	2902 Ian Trussler	M	50 Chippenham Harriers	00:44:00	393	00:43:33

387	1972 Gerry Briggs	M	60		00:44:03	366	00:43:08
388	713 Nick Hollis	M			00:44:04	386	00:43:26
389	729 Paula Ham	F	35	Les Croupiers	00:44:04	409	00:43:45
390	3049 Michael John	M			00:44:04	392	00:43:32
391	3483 Brian Arthur Griffiths	M	50		00:44:06	410	00:43:46
392	1709 James Moncreiff	M			00:44:06	403	00:43:39
393	3404 Mark Maxwell	M	40		00:44:07	364	00:43:07
394	1988 Eric Hughes	M	65	Bridgend AC	00:44:07	429	00:43:56
395	1417 Sarah Armstrong	F	40		00:44:08	398	00:43:34
396	2246 Wendy May Boon	F	45	Les Croupiers	00:44:08	419	00:43:49
397	2868 Viv Clement	F	35		00:44:08	416	00:43:49
398	1860 Jeremy Makin	M	45	Admiral	00:44:11	340	00:42:52
399	2895 Gareth Lee	M			00:44:11	426	00:43:55
400	2916 Steve Pemberton	M		Llswerry Runners	00:44:11	381	00:43:24
401	1812 Neil Watkins	M	40		00:44:12	413	00:43:47
402	3152 Martin Smith	M			00:44:12	341	00:42:52
403	3486 James Robert Potts	M			00:44:12	378	00:43:20
404	546 Philippa Williams	F	35		00:44:13	439	00:44:02
405	1352 Cyril Walters	M	60		00:44:14	432	00:43:58
406	2321 Derek Jarvis	M	60	Andover AC	00:44:15	421	00:43:50
407	2951 Johnny Lam	M			00:44:15	359	00:43:02
408	917 Bill Savage	M	55	Chepstow Harriers	00:44:15	380	00:43:23
409	1125 Kevin Corcoran	M	45	Swansea Harriers	00:44:17	453	00:44:11
410	1850 Leigh Anthony Manley	M		Admiral	00:44:19	418	00:43:49
411	1434 Fyn Corcoran	M		Serpentine	00:44:19	425	00:43:54
412	569 Maureen Emmett	F	50	IIF Group	00:44:19	430	00:43:57
413	1088 Andrew Merriman	M			00:44:21	422	00:43:51
414	302 Tom Pearson	M			00:44:22	382	00:43:25
415	2502 Jonathan Lloyd	M	20	Amman Valley Harriers	00:44:22	303	00:42:19
416	957 Christina Smith	F	45	3Ms	00:44:23	440	00:44:03

417	533 Zak Dugdale-Close	M	20		00:44:24	348	00:42:55
418	2580 Jennifer Wooldridge	F			00:44:25	427	00:43:55
419	2462 John Lee	M	55	Tunbridge Wells Harriers	00:44:26	431	00:43:58
420	232 Chris Dupain	M		Exmouth Harriers	00:44:26	399	00:43:35
421	1336 Natalie Darlow	F			00:44:28	455	00:44:11
422	2693 Stephen Chambers	M	45		00:44:28	412	00:43:47
423	2454 Gary Waters	M	55	Swansea Harriers	00:44:29	449	00:44:08
424	3181 Stuart Rees	M			00:44:29	467	00:44:20
425	1896 Mark Gosney	M			00:44:32	458	00:44:14
426	1870 Kristian Belmont	M		RAF	00:44:33	417	00:43:49
427	371 Matthew Herbert	M			00:44:34	476	00:44:27
428	2478 Meinir Jones	F	35		00:44:34	438	00:44:02
429	3185 Dylan Jones	M			00:44:35	400	00:43:36
430	1406 Lee Stone	M			00:44:35	428	00:43:56
431	1973 John Bryan Cook	M	55	Jalles Running Club	00:44:36	423	00:43:51
432	2863 Gavin Earnshaw	M			00:44:36	424	00:43:53
433	274 Leighton Connor	M			00:44:37	404	00:43:41
434	3211 Simon Hughes	M			00:44:37	406	00:43:42
435	282 Jeremy Pennock	M	40		00:44:38	448	00:44:08
436	2283 Sian Phillips	F	45		00:44:39	482	00:44:31
437	3169 Michael Brady	M			00:44:40	407	00:43:43
438	608 Leighton Williams	M			00:44:40	402	00:43:37
439	2131 Jamie Mitchell Sampson	M			00:44:41	452	00:44:11
440	3026 Matt Turner	M			00:44:41	391	00:43:32
441	1981 Alan Flear	M			00:44:42	451	00:44:10
442	3027 Kevin Francis	M			00:44:42	396	00:43:33
443	405 David Caswell	M	40		00:44:42	461	00:44:15
444	2956 Andy Williams-Gunn	M	40		00:44:42	434	00:44:01
445	759 Amanda John	F	40	Amman Valley Harriers	00:44:43	473	00:44:25
446	1590 Julian Rees	M	40		00:44:43	436	00:44:01

447	591 Richard Bebell	M		00:44:44	472	00:44:25
448	388 Rhydderch Wilson	M		00:44:44	446	00:44:06
449	3267 Paul Jelley	M	40	00:44:45	483	00:44:35
450	1174 Christopher John Birch	M	45 TROTS	00:44:45	457	00:44:13
451	3293 Katherine Wilson	F	35	00:44:46	485	00:44:36
452	3170 Graham Mack	M	50	00:44:46	466	00:44:20
453	3305 Dominic Shields	M	40 San Domenico	00:44:47	470	00:44:23
454	2545 Lee Watts	M		00:44:48	450	00:44:09
455	2678 Adam Morton	M		00:44:49	462	00:44:18
456	1945 Andrew James Preece	M		00:44:50	464	00:44:19
457	2282 Andrew Rothwell	M	45	00:44:51	484	00:44:35
458	646 Gary Davidson	M	40	00:44:52	479	00:44:30
459	510 Keith Verheyden	M	45	00:44:52	477	00:44:28
460	1075 Steve Walsh	M		00:44:52	447	00:44:07
461	2596 Ben Reid	M		00:44:52	459	00:44:15
462	2708 William Bowen	M	40 Mounts Bay Harriers	00:44:53	444	00:44:05
463	2967 David Roberts	M	Ingal Running Club	00:44:53	469	00:44:21
464	3355 Matt Griffiths	M		00:44:55	460	00:44:15
465	1407 Phill Turner	M		00:44:56	496	00:44:49
466	153 Christopher Griffiths	M	20 Neath Harriers	00:44:57	494	00:44:49
467	2802 Simon Gregory	M		00:44:57	441	00:44:04
468	2434 Richard Griffiths	M	Activa	00:44:58	475	00:44:26
469	3235 Jonathan Cook	M		00:44:59	463	00:44:19
470	3186 Huw Protheroe	M		00:45:00	437	00:44:01
471	2804 Michael Owen	M		00:45:01	349	00:42:55
472	2806 Alyn Lewis	M		00:45:02	433	00:43:59
473	2787 Anne Follan	F	35 Pontypridd Rodents AC	00:45:05	499	00:44:53
474	1752 Dafydd Thomas	M	40	00:45:06	487	00:44:43
475	1502 Lee Williams	M		00:45:07	471	00:44:24
476	2106 Simon Mansfield	M	45 Carmarthen Harriers	00:45:07	456	00:44:11

477	1505 Russell Crocker	M		Aberdare Athletic Running Club	00:45:08	478	00:44:28
478	2657 Richard Graham	M			00:45:09	480	00:44:30
479	2067 Paul Roberts Woollacott	M			00:45:10	474	00:44:25
480	2444 Sian Kirk	F		Swansea Harriers	00:45:11	504	00:44:58
481	415 Sian Ebden	F	20		00:45:11	445	00:44:06
482	849 Julian Price	M			00:45:12	442	00:44:05
483	2237 Matthew Preece	M			00:45:13	420	00:43:49
484	2388 Bernie Dietzig	M			00:45:13	488	00:44:43
485	1127 Jason Evans	M			00:45:14	481	00:44:31
486	1539 Donald Prosser	M	45		00:45:16	435	00:44:01
487	2801 Matthew Gwenter	M		Thames Valley Triathletes	00:45:16	506	00:44:59
488	2088 Michael John Williams	M			00:45:17	509	00:45:02
489	859 Owen Larsen	M	20	Swansea University	00:45:17	524	00:45:14
490	2963 Roy Board	M	40		00:45:18	454	00:44:11
491	2260 Dennis Collins	M	40	Rhondda Valley Runners	00:45:20	497	00:44:50
492	3033 Colin Thomason	M	40		00:45:20	468	00:44:20
493	198 Helen Jones	F	35		00:45:20	501	00:44:54
494	2508 Mathew Davies	M			00:45:22	490	00:44:46
495	2182 Nigel Moorse	M		Celtic Tri	00:45:23	489	00:44:45
496	1540 Simon Leroy	M			00:45:25	411	00:43:47
497	3462 Richard Harris	M			00:45:27	495	00:44:49
498	1998 Stephen Lewis	M	40		00:45:29	443	00:44:05
499	672 Malcolm Bradley	M	55	Colaps	00:45:30	486	00:44:39
500	2272 Gavin Ian Taylor	M			00:45:30	512	00:45:07
501	3398 Dave Bown	M			00:45:33	502	00:44:55
502	2409 James Carpenter	M	20		00:45:35	465	00:44:20
503	1024 Ralph Lloyd	M	45	Wye Valley Runners	00:45:36	514	00:45:10
504	369 Neil Thomas	M	55	Mumbles RFC	00:45:38	498	00:44:53
505	2128 Michael Jeffrey Thomas	M	45		00:45:39	510	00:45:03
506	1113 Jeremy Mark Rowlands	M	40		00:45:41	554	00:45:33

507	1688 Noel Stephen Evans	M	3Ms	00:45:41	505 00:44:59
508	1419 Phill Smith	M	50 Wye Valley Runners	00:45:41	537 00:45:22
509	2355 Beverly Dorset	F	35	00:45:42	540 00:45:24
510	3204 Diane Wilson-Evans	F	45 Swansea Harriers	00:45:42	521 00:45:12
511	2979 Steve Press	M	Wecorri	00:45:43	528 00:45:17
512	2487 Stephen Johnson	M	45	00:45:44	545 00:45:27
513	1364 Yvonne Bullen	F	40 Les Croupiers	00:45:44	544 00:45:26
514	3407 Javier Silla Sanchez	M		00:45:44	500 00:44:54
515	2747 John Bailey	M	45 Llanelli Triathlon Club	00:45:45	517 00:45:11
516	998 Ben Seabourne	M		00:45:46	507 00:45:00
517	3478 Catherine Shearer	F		00:45:48	525 00:45:15
518	1599 Alex Lewis	M		00:45:50	493 00:44:48
519	3300 Nigel Thomas	M	45	00:45:50	508 00:45:00
520	2202 Geraint Marc Higgins	M	Swansea Harriers	00:45:51	515 00:45:11
521	154 Sara Griffiths	F	Neath Harriers	00:45:51	568 00:45:43
522	1916 Espen Eie Bowen	M	20	00:45:52	511 00:45:05
523	824 Paul Evans	M	Brecon AC	00:45:52	492 00:44:46
524	983 Ian Morris	M		00:45:55	534 00:45:20
525	2748 Iain Wareing	M		00:45:57	542 00:45:25
526	1797 David Gareth James Crabbe	M		00:45:59	533 00:45:19
527	938 Ian Smith	M	45 Wye Valley Runners	00:45:59	503 00:44:56
528	3390 Andrew Thomas	M	40	00:46:00	535 00:45:21
529	1009 Tony Baker	M	40	00:46:00	582 00:45:55
530	2946 Daniel Picton	M		00:46:01	573 00:45:50
531	1853 Ian Barry Mort	M	Admiral	00:46:03	560 00:45:40
532	2735 Gareth Jones	M		00:46:03	557 00:45:36
533	3447 Gareth Morgan	M		00:46:04	550 00:45:31
534	2239 Gerald Gray Gray	M	50 Neath IAAW	00:46:05	567 00:45:43
535	1255 Tyrone Pope	M		00:46:05	541 00:45:24
536	99 Tony Phillips	M	50	00:46:06	552 00:45:33

537	745 Richard Davies	M	40		00:46:07	520	00:45:12
538	428 Jamie Kelleher	M			00:46:08	543	00:45:25
539	2539 Aled James	M			00:46:09	529	00:45:17
540	953 Richard Ieuan Evans	M	40		00:46:10	518	00:45:12
541	3611 Helen Duffield	F	35		00:46:10	530	00:45:18
542	1889 Joseph Lucas	M			00:46:11	491	00:44:46
543	1292 Phillippa Jane Sampson	F	40		00:46:11	563	00:45:41
544	2716 Carwyn Hughes	M	70	Havant AC	00:46:12	551	00:45:32
545	2418 Clare Lloyd	F			00:46:13	593	00:46:00
546	3166 Steve McClelland	M	50	3Ms	00:46:14	576	00:45:52
547	3509 Andrew Thomas	M	40		00:46:15	597	00:46:03
548	3163 Huw Roberts	M			00:46:15	570	00:45:48
549	1058 Bramley N	F	45	Ely Runners	00:46:16	527	00:45:17
550	1320 Rhydmyr Harris	M			00:46:16	519	00:45:12
551	3629 Runner 3629	M			00:46:18	609	00:46:13
552	2142 Tai Yasuda	M	20		00:46:19	587	00:45:56
553	225 Calvin Hold	M			00:46:20	569	00:45:46
554	1195 Harry George Franklin	M	70	Wye Valley Runners	00:46:20	547	00:45:29
555	3200 Lisa Thomas	F		Amman Valley Harriers	00:46:21	598	00:46:03
556	2552 Lee Williams	M	40		00:46:22	546	00:45:28
557	158 James Harris	M	45		00:46:24	601	00:46:04
558	801 Sue Richards	F	50	Brecon AC	00:46:26	548	00:45:30
559	2236 Simon Williams	M			00:46:26	572	00:45:50
560	3480 Darren Jason Porter	M			00:46:26	549	00:45:30
561	3614 Benjamin James Cromie	M			00:46:27	574	00:45:51
562	1724 Simon David Warren	M			00:46:27	558	00:45:37
563	1479 Rebecca Higginson	F		Exeter Harriers	00:46:27	562	00:45:41
564	1603 Julian Rhys Knoyle	M			00:46:28	536	00:45:21
565	1796 Amy Edwards	F		Rhondda Valley Runners	00:46:29	622	00:46:19
566	1653 Martin Edward Bishop	M	40	Rhondda Valley Runners	00:46:30	624	00:46:19

567	1938 Brian Brooks	M	55		00:46:30	604	00:46:09
568	3452 Bill Beynon	M	40	WLA	00:46:32	632	00:46:27
569	227 Gerry Aston	M	50	Chepstow Harriers	00:46:32	553	00:45:33
570	784 Jason Strange	M			00:46:32	516	00:45:11
571	1192 Carwyn Matthew Jenkins	M			00:46:32	561	00:45:40
572	3377 Lee Bodenham	F			00:46:34	630	00:46:25
573	1049 James Beynon	M			00:46:36	617	00:46:17
574	94 Simon P Franks	M	40	Swansea Harriers	00:46:36	634	00:46:28
575	3220 Gawain Barnard	M			00:46:36	555	00:45:35
576	888 Angela Delaney	F	35	Swansea Harriers	00:46:37	637	00:46:29
577	2634 Terry Jones	M	55	Visteon	00:46:37	599	00:46:03
578	2760 Andy Morton	M	45	Road Runners Club	00:46:37	643	00:46:30
579	2162 Graeme Hays	M	40		00:46:39	556	00:45:35
580	1282 Dean Llewellyn	M		South Wales Police	00:46:39	575	00:45:51
581	2353 Julie Lewis	F	50	Les Croupiers	00:46:39	626	00:46:21
582	1897 Stuart Alban	M			00:46:40	526	00:45:15
583	2352 Stephen Lewis	M	45	Les Croupiers	00:46:40	625	00:46:21
584	1265 Steve Brown	M	40	Pembroke Harriers	00:46:40	585	00:45:56
585	3598 Jeffrey Oswald Westwood	M	40		00:46:41	651	00:46:35
586	2069 Andrew Holmes	M	40		00:46:42	644	00:46:32
587	1152 Michael John Wade	M	45		00:46:42	580	00:45:54
588	1477 Gafin Griffiths	F			00:46:43	627	00:46:22
589	366 Christopher Jones	M	40		00:46:44	613	00:46:14
590	2799 Simon Ward	M			00:46:45	591	00:45:59
591	2815 Mandy Jones	F	45	Islwyn Running Club	00:46:46	539	00:45:23
592	1991 Christopher Jones	M	40	Port Talbot Harriers	00:46:46	653	00:46:36
593	1427 Lyndon Brewer	M			00:46:47	592	00:45:59
594	3506 John Sterio	M	50		00:46:48	665	00:46:43
595	1993 David Alun Rees	M			00:46:48	578	00:45:52
596	1760 Steven Thomas	M		3Ms	00:46:48	641	00:46:30

597	2784 Peter Welbirg	M	55	Griffithstown Harriers	00:46:49	564	00:45:42
598	1057 Sara Louise Thomas	F			00:46:49	614	00:46:15
599	2530 Tony Witchell	M	50		00:46:49	566	00:45:42
600	1011 Jonathan Davies	M			00:46:49	531	00:45:18
601	2521 Paul Davies	M	45		00:46:49	565	00:45:42
602	1579 Simon Cowlshaw	M	45		00:46:50	655	00:46:37
603	2413 Wayne Davies	M			00:46:50	650	00:46:35
604	1911 Judith Oakley	F	40	Vegan Runners	00:46:50	646	00:46:32
605	2404 Raymond Bremage	M			00:46:51	607	00:46:11
606	2405 Sharon Bromage	F			00:46:51	608	00:46:12
607	2193 Gillian Stanford	F	50		00:46:52	638	00:46:30
608	1097 Bill Griffiths	M	55	Wye Valley Runners	00:46:53	513	00:45:10
609	831 Chris Norling	M			00:46:54	658	00:46:40
610	3553 Anthony Williams	M	40		00:46:55	612	00:46:13
611	318 Tony Toole	M	55		00:46:56	606	00:46:09
612	410 Jan Morris	F	35	Chepstow Harriers	00:46:57	571	00:45:49
613	1602 Emyr Jones	F	35		00:46:58	602	00:46:05
614	3498 David Clement	M			00:46:58	685	00:46:58
615	2962 Rhian Sommers	F	35	Hart Road Runners	00:47:01	631	00:46:25
616	1082 Arfon John Rees	M			00:47:02	600	00:46:04
617	2366 Ian Ranft	M	20		00:47:02	628	00:46:22
618	3297 Mark Jones	M			00:47:03	559	00:45:39
619	2514 Ella Towers	F	35		00:47:04	674	00:46:51
620	1882 Dave Sherwood	M	50	Wye Valley Runners	00:47:04	654	00:46:37
621	2779 Kevin Chapman	M			00:47:08	610	00:46:13
622	3326 Judi Bowsher	F	45	Les Croupiers	00:47:09	666	00:46:45
623	2247 Geoff Clement	M			00:47:10	595	00:46:01
624	2830 Anthony Jukes	M			00:47:10	657	00:46:39
625	297 John Barry	M	45		00:47:11	629	00:46:22
626	1918 Anne Marie Evans	F	35	Club 69	00:47:12	611	00:46:13

627	2632 Adam Jones	M		00:47:15	523	00:45:14
628	2363 Paul Arnold	M	3Ms	00:47:16	596	00:46:03
629	2841 Stephen Jones	M	45 Islwyn Running Club	00:47:17	577	00:45:52
630	3074 Lloyd Griffiths	M		00:47:18	701	00:47:08
631	1630 Simon John Cox	M	40	00:47:19	656	00:46:37
632	1225 Stuart Price	M	40	00:47:21	538	00:45:23
633	1623 Simon Jon Parfitt	M		00:47:21	717	00:47:17
634	643 Michael Wilkinson	M		00:47:21	649	00:46:35
635	1394 John Bibby	M	40	00:47:22	669	00:46:47
636	2416 Brinley Aherne	M	55	00:47:22	635	00:46:29
637	2290 Robert Hughes	M		00:47:22	675	00:46:51
638	250 Hywel Tomos	M	40	00:47:24	645	00:46:32
639	3499 Philip Rees	M	45	00:47:24	583	00:45:56
640	1556 Alun Kurmaully	M		00:47:25	673	00:46:51
641	2939 Jenny Hughes	F	Les Croupiers	00:47:25	688	00:47:00
642	3340 James Bradbury	M	45	00:47:26	639	00:46:30
643	1150 Huw James	M	45	00:47:28	680	00:46:57
644	645 Stephen Rees	M	50 Swansea Law Society	00:47:29	693	00:47:04
645	3059 Ray D M Gandy Jnr	M		00:47:31	677	00:46:52
646	594 David Evans	M	45	00:47:31	581	00:45:55
647	2213 Martin Foster	M	50 Bournville Harriers	00:47:31	727	00:47:21
648	2650 Lloyd Morgan	M	San Domenico	00:47:33	664	00:46:42
649	3444 Jonathan Mainwaring	M		00:47:34	532	00:45:19
650	2805 Huw Durham	M	Pontypridd Rodents AC	00:47:35	621	00:46:18
651	1703 Caroline Sandles	F	40 3Ms	00:47:35	713	00:47:14
652	2140 Martin Richard Payne	M	Sri Chinmoy	00:47:35	584	00:45:56
653	3576 Rosta Vagner	M	Run & Become	00:47:35	586	00:45:56
654	3655 Ivana Nemarkova	F		00:47:36	588	00:45:57
655	3579 Ondrej Vesely	M	40	00:47:36	589	00:45:57
656	3104 Paul Rawden	M		00:47:36	590	00:45:57

657	1231	Barrie M A Roberts	M	60	Bournville Harriers	00:47:37	734	00:47:26
658	1030	Philip Davies	M	45		00:47:37	725	00:47:20
659	1037	Richard Howe	M			00:47:37	636	00:46:29
660	3236	Mark Weston	M			00:47:38	615	00:46:16
661	3286	Alan Taylor	M	45	Wye Valley Runners	00:47:38	672	00:46:49
662	2767	Kevyn Lewis	M			00:47:40	676	00:46:52
663	2374	Kevin Sweany	M	20	3Ms	00:47:40	648	00:46:34
664	933	Ann Rowell	F	50	TROTS	00:47:40	715	00:47:17
665	258	Eddie Harris	M			00:47:42	667	00:46:46
666	2051	Ian Vaughan Davies	M	40		00:47:42	647	00:46:33
667	1252	Timothy Soar	M	40		00:47:44	722	00:47:20
668	1039	Dave Walker	M	50		00:47:45	594	00:46:01
669	2315	Matthew Crowcombe	M			00:47:45	705	00:47:11
670	2896	Steven Jones	M			00:47:45	730	00:47:23
671	1978	Nick Golunski	M			00:47:47	695	00:47:04
672	2557	Paul Harmes	M	40		00:47:48	679	00:46:57
673	1970	Rhys James Jones	M			00:47:48	618	00:46:18
674	881	Jeremy Mccluskey	M			00:47:48	522	00:45:13
675	3132	David Locke	M	45		00:47:49	678	00:46:54
676	3039	Simon Rundle	M	40		00:47:49	692	00:47:02
677	3314	Claire Jones	F		St David'S Medical Foundation	00:47:50	700	00:47:08
678	513	Jonathan Phillips	M			00:47:50	605	00:46:09
679	2402	Adrian Powell	M			00:47:50	748	00:47:38
680	262	Dan Davies	M			00:47:50	640	00:46:30
681	3545	Adrian Mulready	M	45		00:47:51	752	00:47:44
682	1485	Martin Slee	M	45	Wye Valley Runners	00:47:52	619	00:46:18
683	216	Andrew Owen	M	40	Avon And Somerset Police	00:47:52	756	00:47:45
684	3234	Richard Lloyd	M			00:47:52	663	00:46:42
685	2024	Sarah Hellen Hurford	F	20	Swansea Harriers	00:47:53	704	00:47:10
686	3230	Matthew Thomas	M			00:47:53	697	00:47:05

687	3008 Chris Gibbard	M			00:47:54	662	00:46:42
688	1398 Paula Ace	F	35		00:47:55	681	00:46:57
689	208 David Curzon	M	50	Village Vipers	00:47:55	736	00:47:27
690	3304 Frank Rott	M	60		00:47:56	744	00:47:34
691	1799 Paul Bevan	M	55		00:47:56	660	00:46:41
692	1782 Alison Natachat Holmes	F	35	Wye Valley Runners	00:47:56	723	00:47:20
693	1627 Gail Colley	F	40		00:47:56	721	00:47:19
694	959 Hayley Griffiths	F			00:47:56	623	00:46:19
695	1617 Edward John Worthington	M			00:47:57	698	00:47:06
696	1233 David Davies	M	50	Running Sisters Chiltern Area	00:47:58	691	00:47:01
697	2949 Robert McCormick	M	50		00:48:00	755	00:47:45
698	2827 Kevin Eynon	M	45		00:48:01	772	00:47:54
699	124 Philip Tucker	M			00:48:01	633	00:46:27
700	661 Andrew Oram	M			00:48:05	746	00:47:35
701	3555 Richard John Mckie	M		Amman Valley Harriers	00:48:05	761	00:47:47
702	3199 Liam J Davies	M	45		00:48:05	719	00:47:18
703	3411 Alex Okeefe	M		Westbury Harriers	00:48:07	739	00:47:30
704	2022 Gavin Gilfedder	M	40		00:48:07	616	00:46:17
705	2406 Hanneke Van Der Werf	F	40	Wye Valley Runners	00:48:08	766	00:47:50
706	2407 Ged Wood	M	50		00:48:08	769	00:47:51
707	2343 Huw Morgan	M			00:48:08	729	00:47:23
708	3675 Alan Jenkins	M	45		00:48:10	686	00:46:59
709	3277 Julian Mahoney	M	40		00:48:10	683	00:46:58
710	175 Steve Davies	M	40		00:48:11	791	00:48:04
711	1683 Jonathan Nigel Clarke	M			00:48:13	784	00:48:01
712	3391 Chris Grey	M	40		00:48:13	707	00:47:12
713	2687 Emyr Thomas	M			00:48:15	763	00:47:49
714	3197 Nick Richards	M	40		00:48:17	711	00:47:13
715	3406 Mike Wolf	M			00:48:17	735	00:47:27
716	1597 Keith Charles Clinton	M	50		00:48:18	671	00:46:49

717	2644 Andrew Taylor	M	40		00:48:19	642	00:46:30
718	1503 Peter Young	M		Aberdare Athletic Running Club	00:48:20	785	00:48:01
719	3482 Adrian Rees	M			00:48:20	731	00:47:26
720	2576 Rhodri Williams	M		Sutton Runners	00:48:20	706	00:47:12
721	3136 Darren Gwynne-Hamer	M			00:48:21	687	00:46:59
722	3127 Kim Provis	M	45		00:48:21	804	00:48:15
723	1604 Raymond Vaughan Majer	M	50		00:48:21	718	00:47:18
724	229 Sue Ashton	F	50	Chepstow Harriers	00:48:22	745	00:47:35
725	1146 Marcus Lee Thomas	M			00:48:22	694	00:47:04
726	2387 Gwen Smith	F	40	Swansea Harriers	00:48:22	778	00:47:57
727	2156 Trevor Leon Morrison	M	40		00:48:23	720	00:47:18
728	2259 Stuart Kendal	M			00:48:25	790	00:48:03
729	2428 Kraig Dhar	M	20	Activa	00:48:25	750	00:47:44
730	3053 Emma Thomas	F		Es	00:48:25	724	00:47:20
731	3142 Chris Parvin	M	40		00:48:26	771	00:47:53
732	2257 Mark Roblin	M	40		00:48:26	732	00:47:26
733	2173 Huw Gareth Rowcliffe	M	20		00:48:26	793	00:48:05
734	553 Jason James	M			00:48:28	764	00:47:50
735	993 Rhian Williams	F		Brackla Harriers	00:48:28	795	00:48:09
736	2943 Terry Shore	M	55		00:48:29	770	00:47:52
737	2612 Darren Pass	M			00:48:30	796	00:48:11
738	2622 Abyd Quinn Aziz	M	50	Penarth & Dinas	00:48:30	668	00:46:46
739	595 Gareth Parry	M			00:48:31	603	00:46:07
740	3108 Simon Vass	M	40		00:48:31	696	00:47:05
741	2705 Robert Mainwaring	M			00:48:32	702	00:47:09
742	615 Richard Noon	M			00:48:32	797	00:48:11
743	1247 Yvonne Nicola Strode	F			00:48:33	780	00:48:00
744	2588 Colin Fish	M			00:48:34	620	00:46:18
745	3674 Paul Maguire	M			00:48:34	806	00:48:16
746	1345 Neil Fenn	M	40		00:48:35	661	00:46:41

747	534 Daryl Dugdale	M	40		00:48:35	699	00:47:06
748	1093 Michael John Shaw	M	55	Wye Valley Runners	00:48:35	792	00:48:05
749	248 Robert Gray	M	45		00:48:35	579	00:45:53
750	1147 Keith David Coxon	M	40		00:48:36	714	00:47:16
751	234 Nigel Dupain	M	55	Exmouth Harriers	00:48:36	751	00:47:44
752	1893 Robert Lancaster	M			00:48:36	709	00:47:12
753	1267 Mario Rabaiotti	M	40		00:48:37	812	00:48:21
754	233 Emma Dupain	F		Exmouth Harriers	00:48:37	759	00:47:46
755	2776 Raymond Greenhouse	M	40		00:48:37	689	00:47:00
756	3282 Anthony Renowden	M	20		00:48:38	652	00:46:35
757	3625 Runner 3625	M			00:48:39	805	00:48:15
758	2881 Adrian Luckman	M	40		00:48:39	733	00:47:26
759	3339 Kathleen Bradbury	F	45	Amman Valley Harriers	00:48:39	753	00:47:45
760	1593 Geoff Johnson	M	55		00:48:39	767	00:47:51
761	2219 Phillip Mathews	M			00:48:40	820	00:48:26
762	3394 Dylan Thomas	M			00:48:40	684	00:46:58
763	2606 Matt Norman	M	40		00:48:41	737	00:47:27
764	3249 Sarah Ganderton	F	35		00:48:41	712	00:47:14
765	3577 Abichal Watkins	M	40	Sri Chinmoy	00:48:41	690	00:47:01
766	3189 Annette Davies	F	45		00:48:42	776	00:47:55
767	3312 Julie Collins	F			00:48:42	758	00:47:45
768	3066 Ray Collier	M	50	3Ms	00:48:43	670	00:46:48
769	3213 Sophie Kendrick	F	20	Brecon AC	00:48:43	789	00:48:03
770	679 Gareth Thomas	M			00:48:43	703	00:47:09
771	375 Geoffrey Bayliss	M	60	Chepstow Harriers	00:48:44	716	00:47:17
772	2035 Emma Hatherall	F			00:48:44	801	00:48:13
773	976 Mark Whittaker	M			00:48:46	710	00:47:13
774	1790 Peter W R Pritchard	M	60	Wye Valley Runners	00:48:46	794	00:48:08
775	870 Nigel Impey	M			00:48:46	762	00:47:48
776	3024 Carley Evans	F			00:48:47	827	00:48:28

777	148 Mark Lintern	M			00:48:49	682	00:46:57
778	211 Richard Payne	M	40	Glamorgan Health & Raquet	00:48:50	741	00:47:31
779	3547 David Bryer	M			00:48:50	749	00:47:40
780	1440 Christopher Jones	M	40		00:48:51	863	00:48:46
781	2658 Ceri Carter	F	40		00:48:52	726	00:47:21
782	1849 Gareth Alban	M		Admiral	00:48:52	740	00:47:30
783	3102 Andrew Lewis	M	40		00:48:53	742	00:47:32
784	1304 Chris Johns	M	45		00:48:55	775	00:47:55
785	1450 Phillip Monaghan	M	50		00:48:57	858	00:48:42
786	2921 David Griffiths	M	50		00:48:57	728	00:47:23
787	2286 David Morgan	M	45		00:48:58	872	00:48:51
788	156 Oliver Harris	M	20		00:48:59	799	00:48:13
789	1203 Timothy Michael Cock	M	65	Holmfirth Harriers AC	00:48:59	834	00:48:32
790	3568 Gareth J Morgan	M			00:48:59	851	00:48:40
791	1033 Nina Brocklebank	F	35	WRN	00:49:01	773	00:47:54
792	2360 Mathew Paul Radford	M			00:49:02	875	00:48:53
793	3020 Tony Wertheim	M	45		00:49:03	777	00:47:56
794	314 Mike Cole	M		Wye Valley Runners	00:49:03	853	00:48:41
795	2882 Craig Fitzek	M			00:49:03	819	00:48:25
796	897 Kevin Curtis	M	50		00:49:03	783	00:48:01
797	3307 Janet Davies	F	40		00:49:03	782	00:48:00
798	1883 Michael Medicke	M	45		00:49:05	754	00:47:45
799	2911 Shaun Barry	M	40		00:49:06	822	00:48:27
800	2362 Rebecca Sian Clatworthy	F		3Ms	00:49:07	774	00:47:55
801	363 Debbie James	F	35	Chepstow Harriers	00:49:08	866	00:48:47
802	90 Simon Alexander Brewer	M			00:49:08	738	00:47:29
803	766 Kathryn John	F	40	3Ms	00:49:08	867	00:48:48
804	3660 Sian Griffith	F		Chepstow Harriers	00:49:09	815	00:48:24
805	2147 Alun Wyn Jones	M			00:49:09	831	00:48:31
806	3321 Mark Castle	M			00:49:11	811	00:48:20

807	3405 Stephen Ellery	M		00:49:11	891	00:49:00
808	3670 Keith Davies	M	60 Swansea Harriers	00:49:12	779	00:47:57
809	3457 Garry Merrell	M		00:49:12	708	00:47:12
810	1643 Andrew Geraint James	M		00:49:13	659	00:46:40
811	1865 Mark Lloyd	M	45	00:49:14	816	00:48:24
812	811 Darren James	M	40	00:49:15	838	00:48:34
813	1915 W Richard Bowen	M	50	00:49:15	823	00:48:28
814	3651 Ian Brice	M	40	00:49:16	781	00:48:00
815	2803 Runner 2803	M		00:49:17	800	00:48:13
816	747 Aidan Davies	M		00:49:17	813	00:48:23
817	2325 Linzi Claire Palmer	F	Swansea Ladies Football Club	00:49:18	879	00:48:54
818	554 Donna Steel	F	Penlan Activa	00:49:18	914	00:49:09
819	1362 Stephen Whitmarsh-Knight	M	60	00:49:19	836	00:48:33
820	700 Robert Lloyd	M	40	00:49:20	839	00:48:35
821	1950 Laura Newington	F		00:49:21	757	00:47:45
822	2540 Dennis Blunt	M	60	00:49:22	842	00:48:36
823	1303 Laurence Cahill	M		00:49:22	747	00:47:37
824	427 Alison Donald	F		00:49:22	803	00:48:15
825	3302 Mike Mcgowan	M	40	00:49:23	865	00:48:47
826	348 Ray Fisher	M	50	00:49:23	880	00:48:55
827	430 David Webb	M	40	00:49:24	798	00:48:12
828	1561 Peter Norris	M	45	00:49:24	817	00:48:24
829	1615 William James Ellis Whitely	M		00:49:25	787	00:48:02
830	1888 Syd Wheeler	M	65 Chepstow Harriers	00:49:25	814	00:48:23
831	1453 Peter Moscrop	M	50	00:49:26	821	00:48:27
832	1314 Robin Bereza	M	55	00:49:28	876	00:48:53
833	2163 Rhodri Griffiths	M		00:49:29	840	00:48:35
834	817 Andrew Fall	M	40	00:49:30	882	00:48:56
835	2865 Andrew Templeton	M		00:49:31	788	00:48:03
836	1912 Martin Carroll	M	45	00:49:31	760	00:47:46

837	2003 Michael John Williams	M	45		00:49:32	832	00:48:32
838	3409 Anwen Abraham	F			00:49:32	818	00:48:24
839	100 Paul Savage	M	45		00:49:33	892	00:49:00
840	563 David Hebbes	M	55		00:49:35	848	00:48:39
841	1869 Simon Short	M	40		00:49:38	843	00:48:36
842	3378 Adam Shore	M			00:49:38	899	00:49:01
843	2744 Craig Walker	M			00:49:40	860	00:48:44
844	600 Suzanne Viant	F			00:49:40	917	00:49:14
845	3219 Alun Williams	M		Clwb Rhedeg Menter Caerdydd	00:49:41	845	00:48:38
846	2053 John Ian Rees	M			00:49:42	833	00:48:32
847	2372 Natalie Morris	F	40	Team Bath	00:49:43	966	00:49:40
848	2629 Philippa Dodd	F	35		00:49:43	901	00:49:04
849	603 John Evans	M	60		00:49:43	859	00:48:43
850	199 Steven Jones	M			00:49:44	926	00:49:17
851	2512 Robert Howells	M			00:49:44	905	00:49:06
852	3040 Ryan Orton	M			00:49:44	810	00:48:20
853	3374 Sarah Vye	F	35		00:49:45	844	00:48:37
854	3194 Vic Walsh	M			00:49:46	809	00:48:19
855	2876 Alison Davies	F	40	WRN	00:49:46	852	00:48:41
856	3626 Runner 3626	M			00:49:47	961	00:49:37
857	1652 Kevin Ellis	M	45	Rhondda Valley Runners	00:49:48	911	00:49:08
858	2028 John Lovell	M	55	Neath Harriers	00:49:49	938	00:49:24
859	203 Martin Jones	M	40		00:49:49	886	00:48:58
860	187 Julie Webster	F	35	Brackla Harriers	00:49:50	953	00:49:34
861	3069 Huw Maddock	M	45		00:49:50	930	00:49:19
862	773 Stephen Buller	M			00:49:50	898	00:49:01
863	2874 Jaime Blythe	F			00:49:50	928	00:49:18
864	961 Andrew Biston	M	40		00:49:50	825	00:48:28
865	2880 Sam Palmer	M		TROTS	00:49:51	835	00:48:32
866	2054 Craig Geoff Hurst	M		TROTS	00:49:51	743	00:47:33

867	3334 Oliver Powell	M		00:49:53	861	00:48:45
868	2904 Paul Clipston	M		00:49:54	963	00:49:38
869	2364 Jayne Arnold	F	35 3Ms	00:49:55	857	00:48:42
870	2201 David Paul Fletcher	M	45 Wye Valley Runners	00:49:57	893	00:49:00
871	1948 Ian Thomas Moore	M		00:49:58	918	00:49:14
872	3324 Sean Granville	M		00:49:58	896	00:49:01
873	101 Steven Williams	M		00:49:59	910	00:49:08
874	2593 Bethan Jane Williams	F	20	00:49:59	957	00:49:35
875	2111 Yvette Johnson	F	35	00:50:01	932	00:49:20
876	1161 Daniela Woodbridge	F	35 Fairwater Runners	00:50:02	908	00:49:07
877	1589 Richard John Yea	M	50	00:50:03	888	00:48:58
878	1121 Nicholas Geoffrey Pattas	M		00:50:03	873	00:48:52
879	2933 Ruth Newman	F	35 Veganrunners	00:50:04	828	00:48:29
880	1153 Hayden John Williams	M	40 Amman Valley Harriers	00:50:04	807	00:48:16
881	3253 John Martin	M	50	00:50:05	889	00:48:59
882	1905 Adrian Thomas Jay	M	40	00:50:06	934	00:49:20
883	2891 Michael Cosgrove	M	45	00:50:08	862	00:48:46
884	204 Felicity Jones	F		00:50:08	925	00:49:15
885	231 Benjamin White	M	Exmouth Harriers	00:50:09	929	00:49:19
886	209 Geraint H Jenkins	M	40 Amman Valley Harriers	00:50:09	977	00:49:50
887	300 Chris Evans	M		00:50:09	854	00:48:41
888	967 Michael Greenly	M	40	00:50:10	931	00:49:20
889	344 Andrew Woodhouse	M		00:50:11	919	00:49:14
890	2252 Chris Weller	M	40	00:50:11	965	00:49:38
891	1151 Nigel Hugh Davies	M	45	00:50:11	969	00:49:44
892	2077 Carol Ransom	F	35 St Albans Striders	00:50:12	864	00:48:47
893	3075 Myhill Ross	M	Dragon Health Club	00:50:12	847	00:48:38
894	2264 Robin Thondyke	M	60	00:50:13	944	00:49:27
895	1542 Emma Langdon	F		00:50:13	956	00:49:35
896	3602 Andrew Hughes	M		00:50:14	849	00:48:39

897	1224 Simon Donald Hern	M			00:50:14	824	00:48:28
898	865 Sarah Gibby	F			00:50:14	829	00:48:31
899	3599 Sydney Willocks	M	60	Teignbridge Trotters	00:50:14	923	00:49:15
900	1359 Derer Balsdon	M	65		00:50:15	949	00:49:31
901	1028 Stewart Collins	M			00:50:15	887	00:48:58
902	120 Tim Morgan	M			00:50:15	808	00:48:18
903	1876 Lee Kwok	M		Glamorgan Health Club	00:50:15	884	00:48:57
904	2465 Leigh Jones	M			00:50:16	768	00:47:51
905	2538 Dewi Hughes	M	50		00:50:17	890	00:48:59
906	2931 Emanuele Borrelli	M	40		00:50:17	786	00:48:01
907	1056 Matthew Pugh	M			00:50:18	802	00:48:14
908	2129 Brian Philip Walters	M	40		00:50:18	826	00:48:28
909	1851 Weng Kan	M		Admiral	00:50:18	982	00:49:55
910	680 Iain Brown	M			00:50:19	869	00:48:50
911	2306 Richard Bilton	M			00:50:21	972	00:49:47
912	1223 Natalie Helen Davies	F	35		00:50:23	841	00:48:36
913	3155 Luke Jones	M			00:50:23	878	00:48:54
914	1899 Tony Simoncini	M			00:50:23	1003	00:50:05
915	2475 Owen Morgan	M	40		00:50:23	837	00:48:33
916	867 Michael Evans	M	40		00:50:24	921	00:49:14
917	403 Tim Jones	M			00:50:24	850	00:48:39
918	2816 Sarah Borley	F	45		00:50:24	894	00:49:00
919	1986 Gareth Scott	M			00:50:26	998	00:50:03
920	3202 Kim Williams	M	50	Cardiff Harlequins	00:50:26	855	00:48:42
921	659 Nigel Heal	M	45		00:50:26	765	00:47:50
922	2935 Liam Perrott	M			00:50:27	955	00:49:35
923	2920 Jeff Evans	M	40	Llanelli AAC	00:50:29	904	00:49:05
924	2781 Anthony Barron	M			00:50:31	1030	00:50:20
925	2070 Christine Elizebeth Lloyd	F	45	Swansea Harriers	00:50:31	948	00:49:31
926	2177 Robert Wayne Cross	M	40		00:50:33	945	00:49:28

927	1222 Lindsay Tom Robert Davis	M	45	Totton Running Club	00:50:33	897	00:49:01
928	848 Stephen Ware	M	40		00:50:34	913	00:49:09
929	1806 Richard Lewis Mainwaring	M			00:50:34	983	00:49:55
930	2808 Waseem Chaudhry	M	40		00:50:35	1015	00:50:14
931	2065 Alex Graham	M			00:50:35	912	00:49:09
932	472 Michael Aston	M	50	Leamington C & A C	00:50:37	1016	00:50:14
933	352 Wayne Elias	M			00:50:37	871	00:48:51
934	2332 John Stephen Griffiths	M	60	Ford Bridgend RC	00:50:38	1041	00:50:24
935	3198 Paul Read	M		Esporta Glamorgan	00:50:38	979	00:49:53
936	774 Lee Parton	M			00:50:39	978	00:49:50
937	3191 Timothy Williams	M			00:50:39	987	00:49:58
938	93 Ray Jaeckels	M	60		00:50:40	1000	00:50:04
939	974 Ian Storrar	M	40		00:50:40	900	00:49:03
940	798 Bryan O'Leary	M		Amman Valley Harriers	00:50:40	874	00:48:52
941	1655 Alun Smith	M	45	Rhondda Valley Runners	00:50:41	1010	00:50:11
942	3265 Andrew Williams	M	40		00:50:42	915	00:49:10
943	3400 Andrew Pugh	M			00:50:42	902	00:49:04
944	1884 Carlo Davide Rabaiotti	M	40		00:50:42	883	00:48:56
945	973 James Storrar	M	45		00:50:43	906	00:49:06
946	1628 James Thomas Davies	M		3Ms	00:50:43	1001	00:50:05
947	538 Robert Harding	M	55	Telford Harriers	00:50:44	986	00:49:57
948	3363 Leonie Roberts	F		Griffithstown Harriers	00:50:44	870	00:48:51
949	3073 Gemma Waters	F			00:50:45	909	00:49:08
950	3115 Richard Davies	M	40		00:50:46	1011	00:50:12
951	2795 Samantha Carter	F			00:50:46	881	00:48:55
952	1454 Suzane Bevan	F	40		00:50:47	933	00:49:20
953	3435 Sandra Beynon	F	40	WLA	00:50:47	1033	00:50:21
954	259 Adam Gilbert	M	20		00:50:49	885	00:48:57
955	1475 Brian Blandford	M		Neath Harriers	00:50:49	999	00:50:04
956	3470 Jason Hughes	M			00:50:50	973	00:49:48

957	2150 Steven Thomson	M		00:50:50	991	00:50:01
958	122 Daniel Humphreys	M		00:50:51	877	00:48:53
959	634 Robin Davies	M		00:50:51	1036	00:50:22
960	3495 Terry Hinder	M	Admiral	00:50:52	830	00:48:31
961	518 Lucy J Morgan	F		00:50:52	1044	00:50:24
962	2843 James Gravell	M		00:50:53	936	00:49:22
963	1949 Benjamin Sainen Raichoudhur	M	55	00:50:54	1024	00:50:18
964	3296 Joseph Rainsbury	M		00:50:54	903	00:49:04
965	2248 Wilfield Phillips	M	55	00:50:54	947	00:49:30
966	1576 Huw Morris	M	40	00:50:55	970	00:49:46
967	985 Beverley Lewis	F	40	00:50:55	967	00:49:40
968	887 Roger Opie	M	60	00:50:56	1040	00:50:24
969	2025 Robert A J Sanders	M	50	00:50:56	976	00:49:50
970	2510 Andrew Davies	M		00:50:56	1047	00:50:31
971	3050 Martin Evans	M	50 SWFS	00:50:57	959	00:49:36
972	1122 Lee Samuel	M		00:50:58	942	00:49:26
973	1716 Bridget Heath	F	40	00:50:58	1012	00:50:13
974	893 Dudley Ashford	M		00:50:59	1008	00:50:08
975	3070 Ben Williams	M		00:51:00	1022	00:50:18
976	2367 Mark Clutterbuck	M	45	00:51:01	846	00:48:38
977	2004 Noel A C Williams	M	40	00:51:01	1019	00:50:16
978	3180 Peter Davies	M	40	00:51:02	927	00:49:18
979	3654 Ffion Evans	F	20 Amman Valley Harriers	00:51:02	922	00:49:14
980	1367 Paul Webber	M	55	00:51:02	950	00:49:32
981	3103 Rachel Collier	F	20	00:51:02	937	00:49:23
982	2601 Mark Pickering	M		00:51:04	1029	00:50:20
983	1032 Christian Rees	M		00:51:04	993	00:50:02
984	3083 Chris Bennett	M		00:51:05	952	00:49:34
985	2993 Ruth Mason	F	45	00:51:06	985	00:49:56
986	2536 Novia Imm	F	Griffithstown Harriers	00:51:06	916	00:49:13

987	604 Heidi Gartland	F		Penarth & Dinas	00:51:06	1063	00:50:44
988	2217 Elfina Valerio	F	20		00:51:06	1061	00:50:43
989	1952 Lynette Newington	F	45		00:51:07	1077	00:50:52
990	2098 Mary Isabela Evans	F	35		00:51:08	1094	00:50:57
991	2574 Tom Denman	M			00:51:08	1028	00:50:20
992	612 Mark Bachelor	M			00:51:09	968	00:49:41
993	3208 R Crook	M	40		00:51:09	954	00:49:34
994	1166 James Whelan	M	45		00:51:11	868	00:48:50
995	182 Ian Price	M	45		00:51:11	943	00:49:27
996	3107 Paul Walters	M			00:51:12	1049	00:50:35
997	1566 Pixie Taylor	F	40		00:51:12	1007	00:50:07
998	2383 Christopher Bowen	M	40		00:51:12	1071	00:50:49
999	194 Nick Richards	M			00:51:12	1046	00:50:29
1000	2577 Ellen Maine	F	35		00:51:18	951	00:49:33
1001	3532 Paul O'Brien	M			00:51:19	990	00:50:01
1002	1154 Philip John Mackie	M	40		00:51:19	856	00:48:42
1003	841 Stephen Riseley	M	40		00:51:19	989	00:50:01
1004	450 Dave Williams	M			00:51:20	1085	00:50:55
1005	2736 Stephen Lisle	M			00:51:21	964	00:49:38
1006	2498 Dai O'Brien	M			00:51:21	946	00:49:30
1007	2221 Stephen Osbourne	M			00:51:23	1053	00:50:38
1008	556 Dave Griffin	M			00:51:23	1013	00:50:13
1009	2284 Joanne Rothwell	F	20		00:51:23	1043	00:50:24
1010	2166 Mel Owen	F			00:51:24	939	00:49:24
1011	2297 Phillipa Francis	F	40		00:51:24	997	00:50:03
1012	1635 Mairwen Rees Harris	F	40		00:51:25	1091	00:50:56
1013	1013 Ian James	M	45		00:51:25	1018	00:50:16
1014	1015 Amanda Lynch	F	35		00:51:26	1017	00:50:16
1015	1861 Wendy Owen	F	35	Admiral	00:51:26	1014	00:50:14
1016	1178 Graham Hugh Jones	M	65		00:51:26	1002	00:50:05

1017	1504 Oliver Lewis	M		Aberdare Athletic Running Club	00:51:26	1055	00:50:38
1018	1654 Vernon Thomas Mccarthy	M		Rhondda Valley Runners	00:51:27	1141	00:51:18
1019	3034 Marcus Gale	M	45		00:51:27	941	00:49:26
1020	1613 Aled Wyn Gruffydd	M			00:51:27	924	00:49:15
1021	256 Adam Bruce-Smith	M	20		00:51:28	940	00:49:26
1022	2255 Peta Daniels	F	40		00:51:28	895	00:49:00
1023	2549 David Mcdonald	M			00:51:28	992	00:50:01
1024	874 Paul Rowlands	M	50		00:51:28	1026	00:50:19
1025	2996 David Walters	M	40		00:51:29	981	00:49:53
1026	2800 Charlie Nixon	M			00:51:30	907	00:49:06
1027	3610 Jan Edwards	F	50	Wye Valley Runners	00:51:30	1038	00:50:23
1028	1389 Barry Young	M	55		00:51:31	1039	00:50:23
1029	3025 Jacqueline L Jones	F	35	Islwyn Running Club	00:51:31	1045	00:50:28
1030	3137 Eurig Morgan	M		Multisport	00:51:32	935	00:49:21
1031	3087 Bernard Murphy	M			00:51:32	1086	00:50:55
1032	2701 Andrew Edwards	M			00:51:33	1081	00:50:54
1033	290 Ruth Thomas	F	40	Meltham AC	00:51:34	1069	00:50:48
1034	1684 Debra Clarke	F	35		00:51:34	1133	00:51:14
1035	2741 Alison Tay	F	20	Swansea University	00:51:35	1052	00:50:37
1036	3019 Ian Capon	M	50		00:51:35	1151	00:51:22
1037	2932 Andrew Jones	M			00:51:35	984	00:49:56
1038	1390 Andy George	M			00:51:36	995	00:50:03
1039	2551 David Jones	M	40		00:51:36	1107	00:51:03
1040	116 Alun Barfoot	M	55		00:51:36	1020	00:50:17
1041	1408 Andrew George	M			00:51:37	1135	00:51:14
1042	2550 Michael Flavin	M	45		00:51:38	1079	00:50:54
1043	2824 Chris Spiller	M	45		00:51:39	1048	00:50:34
1044	3479 Vanessa Davies	F			00:51:39	1115	00:51:06
1045	2509 David Davies	M			00:51:40	1114	00:51:06
1046	1908 Raymond Boyce	M	45	Cornelly Striders	00:51:40	1112	00:51:06

1047	1468 Kevin Davies	M		00:51:41	1080	00:50:54
1048	3157 Dafydd Rogers	M	40	00:51:42	962	00:49:37
1049	2829 Gareth Jones	M		00:51:43	996	00:50:03
1050	535 Howard Jones	M	50 Caboodle	00:51:43	1068	00:50:46
1051	2729 Bethan Williams	F		00:51:43	960	00:49:37
1052	894 Geoff Evans	M		00:51:44	1128	00:51:12
1053	1848 Ross Conner	M	Admiral	00:51:44	1084	00:50:55
1054	1274 Keith Brewer	M	50	00:51:45	920	00:49:14
1055	1510 Marco Batcup	M	Aberdare Athletic Running Club	00:51:46	1165	00:51:30
1056	1126 Colin Leslie Williams	M	65 Wye Valley Runners	00:51:47	1096	00:50:59
1057	1196 Simon Bevan	M		00:51:47	1009	00:50:10
1058	2529 Robert Jones	M	40	00:51:48	1035	00:50:21
1059	2380 David Llewelyn Breeze	M	45 TROTS	00:51:48	1059	00:50:41
1060	1094 Michael James Garden	M	50	00:51:49	1021	00:50:17
1061	3600 Michelle Willocks Watts	F	35 Teignbridge Trotters	00:51:49	1074	00:50:51
1062	448 Jonathan Walters	M		00:51:50	1117	00:51:07
1063	1439 Barny Langstone	M	40	00:51:50	1054	00:50:38
1064	1081 Anthony Vallario	M	50	00:51:51	1181	00:51:39
1065	1705 Louise Stephanie Evans	F	40	00:51:51	1027	00:50:19
1066	447 Andrew Beasley	M		00:51:52	1120	00:51:08
1067	3252 Craig Flannery	M		00:51:53	994	00:50:02
1068	2209 Anthony Terry	M	Taibalii Rfc	00:51:54	1190	00:51:43
1069	668 Ian Hill	M	40	00:51:55	1116	00:51:06
1070	3123 Allen Bunney	M		00:51:55	1105	00:51:01
1071	1167 Ron Andrews Claywood	M	55 Wye Valley Runners	00:51:57	1101	00:51:00
1072	2682 Peter Williams	M	40	00:51:57	1099	00:51:00
1073	1708 Roger D Stein	M	50 Swansea Bay Orienteering Club	00:51:57	1189	00:51:43
1074	3113 Laura Doheny	F	45 Abergavenny Striders	00:51:58	1109	00:51:04
1075	2108 John Palmer	M	45	00:51:58	1004	00:50:05
1076	2109 Daniel Palmer	M	20	00:51:58	1006	00:50:06

1077	2253 Paul Kearns	M		00:51:59	1037	00:50:23
1078	2937 Victoria Jackson	F		00:51:59	1143	00:51:19
1079	617 Kevin Viant	M	40	00:51:59	1160	00:51:27
1080	126 David Ashman	M	40	00:52:00	1146	00:51:21
1081	1177 Russell Pullen	M	60 Neath Harriers	00:52:00	1219	00:51:58
1082	3436 Andrew Jones	M		00:52:01	958	00:49:35
1083	2100 James Scott	M	60	00:52:01	1050	00:50:36
1084	2485 Adam Curtis	M		00:52:02	1065	00:50:44
1085	795 Alun Board	M		00:52:03	1137	00:51:15
1086	979 Andrew Williamson	M	20	00:52:03	980	00:49:53
1087	2746 Meirion Board	M		00:52:03	1139	00:51:16
1088	1486 Keith Clash	M	50 Wye Valley Runners	00:52:03	1088	00:50:55
1089	2766 Cennydd Amos	M		00:52:04	1076	00:50:52
1090	1605 George Green	M		00:52:04	1075	00:50:51
1091	1155 Sheila James	F	35	00:52:05	1214	00:51:56
1092	3496 Joel Copp	M	20	00:52:06	1127	00:51:12
1093	2524 Trudy Kenward	F	40	00:52:07	1073	00:50:50
1094	406 Berian Davies	M	50	00:52:08	1031	00:50:21
1095	2834 Darren Raz-Nick	M		00:52:08	1184	00:51:40
1096	1397 Sue Neal	F	55	00:52:08	1182	00:51:39
1097	1794 Christopher Robert Carter	M	45	00:52:09	974	00:49:49
1098	1756 Jonathan Davies	M	20	00:52:10	1072	00:50:50
1099	1351 Mark Vivian	M	40	00:52:11	1186	00:51:41
1100	2305 Anwar Najjar	M		00:52:12	1177	00:51:38
1101	178 Gareth Picton	M	45	00:52:12	1092	00:50:57
1102	1234 James McLaren	M		00:52:12	975	00:49:49
1103	2706 John Holohan	M	55 3Ms	00:52:12	1056	00:50:38
1104	1552 John Bourne	M	60	00:52:12	1023	00:50:18
1105	2369 Rachel Elizabeth Mathews	F	35	00:52:13	1221	00:52:00
1106	3630 Runner 3630	M		00:52:15	1210	00:51:54

1107	1260 Alun Lloyd Harries	M	45		00:52:15	1131	00:51:13
1108	3290 Mark Blackmore	M			00:52:17	1126	00:51:11
1109	2867 Helen Gorman	F		Long Eaton Running Club	00:52:17	1192	00:51:45
1110	3273 Paul Edwards	M			00:52:18	1209	00:51:54
1111	98 Neil J Lewis	M	45	Mumbles Hashers	00:52:19	1170	00:51:35
1112	1003 Caroline Thraves	F			00:52:20	1058	00:50:40
1113	712 Stephen Postlethwaite	M			00:52:21	1236	00:52:12
1114	3661 Runner 499	M			00:52:21	1144	00:51:21
1115	2991 Liz Phillips	F			00:52:22	1145	00:51:21
1116	217 Gareth Bradley	M			00:52:22	1152	00:51:24
1117	2966 Stephen Brown	M			00:52:23	1203	00:51:51
1118	1631 Richard James Parry	M	50		00:52:24	1083	00:50:54
1119	2982 Arwyn Jones	M	55		00:52:27	1178	00:51:38
1120	1410 David Davies	M	45		00:52:27	1110	00:51:05
1121	1481 Stephen Turner	M			00:52:28	1119	00:51:07
1122	2561 Andrew White	M			00:52:28	1025	00:50:19
1123	1662 Jennifer Sleaty	F	35		00:52:30	1097	00:50:59
1124	242 Lawrence Gilbert	M	55		00:52:30	1057	00:50:39
1125	2531 Richard Denton	M			00:52:31	1157	00:51:26
1126	1176 Sidney W D Evans	M	60		00:52:31	1222	00:52:00
1127	3502 Cecilia Thomas	F	50		00:52:32	1156	00:51:26
1128	1755 Gareth Huw Harris	M	40		00:52:34	1132	00:51:13
1129	1776 Ian Andrew Mitchell	M			00:52:35	1195	00:51:47
1130	3487 Jonathan Mather	M	20		00:52:35	1005	00:50:05
1131	2704 Kim Holohan	F	50	3Ms	00:52:36	1106	00:51:03
1132	409 Darren Chappell	M			00:52:36	1089	00:50:56
1133	2143 Tetsuro Yasuda	M	45		00:52:36	1242	00:52:14
1134	1387 Jonathan Aldridge	M			00:52:37	1162	00:51:30
1135	3214 Simon Carter	M			00:52:37	988	00:49:59
1136	2185 Robert Price	M			00:52:37	1090	00:50:56

1137	3044 Teresa Thomas	F	40		00:52:39	1229	00:52:07
1138	3043 Lois Reed	F			00:52:39	1125	00:51:11
1139	111 Cathy Chamberlain	F	35		00:52:41	1134	00:51:14
1140	2337 John G Watkin	M	55	Chsub RC	00:52:41	1095	00:50:58
1141	1976 Tim Phillips	M			00:52:41	1262	00:52:24
1142	1975 Robert Challenger	M	45		00:52:42	1265	00:52:25
1143	3259 Mark Turp	M	45		00:52:42	1248	00:52:16
1144	1600 Christine Motteram	F	60	Wye Valley Runners	00:52:42	1169	00:51:35
1145	3524 Alison Porter	F	40		00:52:42	1070	00:50:49
1146	1608 Kelvin Rees Phillips	M			00:52:43	1171	00:51:35
1147	1262 Joanna Rhead	F	35		00:52:43	1124	00:51:11
1148	3402 Stephanie Richards	F	40		00:52:43	1172	00:51:36
1149	3517 Charles Harris	M	55		00:52:44	1103	00:51:01
1150	1318 David Rowlands	M			00:52:45	1032	00:50:21
1151	1237 Frank Neil Griffiths	M	50		00:52:46	1269	00:52:26
1152	2668 Cary Young	M	20		00:52:46	1159	00:51:26
1153	1554 Kieth Hawkins	M			00:52:46	1108	00:51:04
1154	517 Hywel Daniels	M			00:52:47	1118	00:51:07
1155	255 Michael Gunner	M			00:52:47	1158	00:51:26
1156	1248 Deborah Anne Hutchinson	F	35		00:52:47	1256	00:52:21
1157	3064 David Hirst	M	50		00:52:49	1051	00:50:36
1158	1704 James Ross	M	55		00:52:50	1223	00:52:01
1159	1898 Mark Wilkes	M			00:52:51	1280	00:52:31
1160	108 Daniel Clarkson	M	20		00:52:51	1168	00:51:31
1161	631 Michael Morgans	M	40		00:52:51	1211	00:51:54
1162	3535 Stephen Griffiths	M			00:52:51	1288	00:52:37
1163	2138 Neil Hennessy	M			00:52:52	1218	00:51:58
1164	237 David Marshalsay	M	45		00:52:52	1224	00:52:01
1165	2785 James Richards	M			00:52:52	1078	00:50:54
1166	2890 Andrew Robinson	M	40		00:52:52	1246	00:52:16

1167	2711 Stephen Palmer	M	40		00:52:53	1136	00:51:14
1168	3030 Sophie Crampin	F			00:52:53	1100	00:51:00
1169	2488 Rachel Roberts	F			00:52:54	1066	00:50:45
1170	1497 Stephen Hughes	M	40	Llanwiggly Harriers	00:52:54	1303	00:52:45
1171	1425 Neil Griffiths	M			00:52:55	1123	00:51:10
1172	776 Caroline Jones	F	35	WRN	00:52:57	1273	00:52:29
1173	716 Rachel Davies	F			00:52:57	1093	00:50:57
1174	2775 Lance Edwards	M	45		00:52:58	1113	00:51:06
1175	3284 Liam Hedges	M	20		00:52:58	1087	00:50:55
1176	2638 Richard Vizard	M	40		00:52:59	971	00:49:47
1177	2391 Dean Bryan Israel	M	40		00:53:00	1060	00:50:41
1178	2909 Debrah Davies	F			00:53:02	1230	00:52:07
1179	2915 Mark Jenkins	M			00:53:02	1232	00:52:08
1180	2183 Sarah Kathrine Whyman	F			00:53:03	1149	00:51:22
1181	2186 Berwyn Price	M	55		00:53:03	1148	00:51:22
1182	1145 Janice Clement	F	45	Penarth & Dinas	00:53:04	1257	00:52:22
1183	2553 David Rees	M			00:53:04	1206	00:51:53
1184	2139 Arnot Neil Craig Wilkinson	M			00:53:06	1187	00:51:42
1185	1980 Jonathan Paul Palmer	M			00:53:06	1142	00:51:19
1186	172 Eluned Jones	F	35		00:53:07	1297	00:52:40
1187	1626 David James Williams	M			00:53:07	1147	00:51:21
1188	495 Leighton Bowen	M			00:53:08	1212	00:51:54
1189	2050 Caroline Lavery	F			00:53:10	1062	00:50:43
1190	3401 David Cappell	M			00:53:10	1034	00:50:21
1191	2049 Rachel Lewis	F			00:53:10	1064	00:50:44
1192	1331 Tina Davies	F	35		00:53:11	1302	00:52:44
1193	1637 Gwyneth Mary Parry	F	55		00:53:12	1188	00:51:42
1194	769 David Trew	M	50		00:53:12	1164	00:51:30
1195	2878 Joanne Earnshaw	F	35		00:53:14	1278	00:52:31
1196	3036 Alun Evans	M	40		00:53:14	1305	00:52:45

1197	307 Tracy Hopkins	F		00:53:16	1293	00:52:39
1198	1917 Vyvyan Clive Smith	M	45	00:53:17	1276	00:52:30
1199	2300 Derek Vaughan	M	60 Swansea Harriers	00:53:17	1324	00:52:58
1200	1286 Julie Ann Archer	F	35	00:53:17	1176	00:51:38
1201	1083 Alen Sparrow	M	55 Plymouth Harriers	00:53:17	1308	00:52:48
1202	2944 Chris Emanuel	M		00:53:18	1140	00:51:17
1203	3618 Stacey Boyle	F		00:53:19	1279	00:52:31
1204	1392 Neil Fermandel	M		00:53:19	1225	00:52:02
1205	2159 Michelle Phillips	F	35 Amman Valley Harriers	00:53:20	1331	00:53:02
1206	136 Emma Jones	F		00:53:20	1299	00:52:42
1207	1570 Jonathan Thomas	M	40 Amman Valley Harriers	00:53:20	1138	00:51:16
1208	2349 Stephen Kieth Hughes	M	20	00:53:21	1285	00:52:36
1209	2351 Alex Jackson	M	Swansea Harriers	00:53:21	1150	00:51:22
1210	2010 Neil Davies	M	45	00:53:21	1197	00:51:48
1211	2590 Daniel Brookman	M		00:53:22	1121	00:51:10
1212	337 Leon Patnett	M		00:53:23	1122	00:51:10
1213	1301 Michael Williams	M	60 Fairwater Runners	00:53:23	1111	00:51:06
1214	900 Steve Logan	M		00:53:23	1318	00:52:54
1215	3430 Tim Boothby	M		00:53:24	1155	00:51:26
1216	2636 Ian Moss	M		00:53:24	1200	00:51:50
1217	1795 Joanne Rogers	F		00:53:24	1154	00:51:24
1218	675 Derian Evans	M		00:53:24	1259	00:52:23
1219	1472 Bernard Carroll	M	55	00:53:25	1185	00:51:40
1220	1864 Malcom James Bullough	M	40 Swansea Harriers	00:53:25	1042	00:50:24
1221	271 James Morland	M		00:53:25	1175	00:51:37
1222	3255 Christopher Jones	M	20	00:53:26	1153	00:51:24
1223	588 Alyson Williams	F	40	00:53:27	1342	00:53:05
1224	132 Sian Tomos	F	35	00:53:28	1204	00:51:52
1225	3288 Richard Derrett-Smith	M		00:53:28	1193	00:51:45
1226	1218 Justin Peter Tamlin	M		00:53:29	1102	00:51:01

1227	3341 Martin Thornton	M		St David'S Medical Foundation	00:53:29	1199	00:51:49
1228	3046 Iwan Thomas	M			00:53:30	1104	00:51:01
1229	3097 Tara Hammett	F		Dragon Health Club	00:53:32	1217	00:51:57
1230	948 Mark Hammacott	M	45		00:53:32	1227	00:52:06
1231	1541 Nicolas Cavaille	M			00:53:32	1208	00:51:53
1232	2424 Craig Cooley	M		Activa	00:53:33	1241	00:52:14
1233	3047 Tanya Wigley	F	20	Runners World	00:53:34	1194	00:51:46
1234	1845 Darryn Bushbye	M		Admiral	00:53:34	1067	00:50:45
1235	905 Claire Brown	F			00:53:35	1129	00:51:12
1236	267 Ian Gall	M	45		00:53:36	1244	00:52:14
1237	804 Joanne Davies	M	20	Swansea University	00:53:37	1339	00:53:04
1238	3162 Alastair Wilson	M			00:53:37	1191	00:51:43
1239	1974 Eva Frisk Cook	F	55	Jalles Running Club	00:53:38	1243	00:52:14
1240	2753 Gareth Hart	M			00:53:38	1235	00:52:11
1241	511 Jonathan Kinnear	M	40		00:53:39	1098	00:51:00
1242	1711 Helen Kirkham	F			00:53:40	1255	00:52:20
1243	3489 Clara Eliese Hatfield	F			00:53:41	1161	00:51:28
1244	1228 Robert James Sandry	M	55		00:53:41	1361	00:53:19
1245	180 Peter Davies	M	40		00:53:42	1270	00:52:28
1246	1902 Kevin Robert Ridgway	M			00:53:42	1370	00:53:23
1247	940 Christopher Lane	M	45		00:53:43	1272	00:52:28
1248	2793 Antonio Milello	M	45		00:53:43	1082	00:50:54
1249	1442 Glyn Jones	M	70		00:53:43	1254	00:52:20
1250	1102 Jacqueline King	F	35		00:53:43	1228	00:52:07
1251	2710 Emma Humphreys	F			00:53:44	1360	00:53:17
1252	3146 Robert Morgan	M	45		00:53:44	1240	00:52:13
1253	3130 Nicholas Huffer	M			00:53:44	1311	00:52:51
1254	1533 Nigel Jones	M	50		00:53:44	1292	00:52:39
1255	301 Matt Rogerson	M			00:53:44	1245	00:52:16
1256	2828 Samuel Spiller	M	20		00:53:44	1294	00:52:39

1257	616 Martin Heaven	M	50	NPHSW	00:53:45	1251	00:52:19
1258	2758 Bob Fenwick	M	40		00:53:45	1365	00:53:22
1259	1642 Gavin Hope	M			00:53:46	1130	00:51:13
1260	123 Tracey Wynne	F	40		00:53:47	1207	00:51:53
1261	962 Emma Brown	F	35		00:53:48	1286	00:52:36
1262	2660 Heather Smith	F			00:53:49	1350	00:53:11
1263	1042 Sue Ost	F		Welsh Athletics	00:53:49	1179	00:51:38
1264	2645 Ashley Rowden	M	40		00:53:50	1180	00:51:39
1265	2326 Gill Marie Edwards	F	40		00:53:51	1173	00:51:37
1266	1885 Jonathan Davies	M			00:53:52	1296	00:52:40
1267	577 Duncan Smith	M			00:53:53	1393	00:53:42
1268	3574 Catherine Jenkins	F	40		00:53:54	1306	00:52:47
1269	3522 Susan Widlake	F	40		00:53:56	1356	00:53:16
1270	2840 Andrew Morris	M		Ebbw Vale	00:53:56	1163	00:51:30
1271	999 Catrin Daniels	F		Barnet And District	00:53:56	1271	00:52:28
1272	912 Bernadette Power	F	45		00:53:57	1314	00:52:53
1273	3116 Anthony Harris	M			00:53:57	1183	00:51:39
1274	1880 Gary Bendale	M	40		00:53:57	1290	00:52:38
1275	195 Caroline Robinson	F			00:53:57	1315	00:52:53
1276	2965 Dale Johnson	M	40		00:53:57	1346	00:53:08
1277	3140 John Phillips	M	60	Chepstow Harriers	00:53:58	1322	00:52:56
1278	2455 Alan Jones	M	45		00:53:59	1234	00:52:10
1279	2537 Michael Llewellyn	M	40		00:54:01	1213	00:51:55
1280	1131 Andrew Calvin John	M	45		00:54:01	1277	00:52:30
1281	321 Jose Cifuentes	M	55		00:54:03	1421	00:53:54
1282	1867 Addrian Paul Palmer	M	50		00:54:03	1249	00:52:17
1283	582 Stacey Price	M			00:54:04	1369	00:53:23
1284	1592 Adrian Weston	M	50		00:54:04	1344	00:53:07
1285	51 Sue Mary Charles	F			00:54:05	1406	00:53:48
1286	1873 Janine Owen	F		Running 4 Women M185F	00:54:05	1372	00:53:25

1287	2866 Juliet Davey	F	45		00:54:05	1166	00:51:31
1288	1199 Christopher Maggs	M			00:54:06	1174	00:51:37
1289	3619 Michael Jones	M		Team Macallan	00:54:07	1309	00:52:50
1290	1584 Christopher O'Brien	M	45		00:54:09	1283	00:52:34
1291	3558 Ian Swanson	M	55	Port Talbot Harriers	00:54:09	1401	00:53:46
1292	703 Jenny Mcadie	F		Team Deviant	00:54:09	1391	00:53:42
1293	2452 Caroline Ann Griffiths	F	40		00:54:09	1267	00:52:26
1294	2218 Karen Valerio	F	45		00:54:10	1400	00:53:46
1295	3081 Brian Cheetham	M			00:54:11	1307	00:52:48
1296	1216 Stephen Lawrence Hier	M			00:54:12	1201	00:51:50
1297	3372 Rosy Benbow	F	20		00:54:13	1410	00:53:49
1298	3371 Steve Benbow	M	55		00:54:13	1412	00:53:50
1299	1933 David Huw Williams	M			00:54:14	1295	00:52:39
1300	2176 Kylene Rafferty	F			00:54:14	1167	00:51:31
1301	2491 Coleen Birch	F		Islwyn Running Club	00:54:14	1351	00:53:13
1302	2308 Richard Morgan	M	40		00:54:15	1284	00:52:34
1303	3427 Sian Wigley	F	45		00:54:15	1396	00:53:45
1304	3143 Alison Walker	F	40		00:54:16	1394	00:53:43
1305	2473 Sam Rimmer	M	20		00:54:18	1196	00:51:48
1306	2923 Bryn Hewitt-Thomas	M			00:54:18	1237	00:52:12
1307	3609 Gareth Morris	M			00:54:19	1263	00:52:24
1308	714 Andrea Flamini	F			00:54:19	1253	00:52:19
1309	2672 Ruth Swinnerton	F			00:54:19	1281	00:52:32
1310	2000 Rhian Elizabeth Thomas	F			00:54:20	1436	00:54:05
1311	1518 Trevor Vaughan	M	50	Aberdare Athletic Running Club	00:54:20	1355	00:53:15
1312	1460 Keith Coleman	M			00:54:20	1326	00:52:58
1313	1693 Craig Pearce	M			00:54:21	1198	00:51:48
1314	1235 Chris Knight	M			00:54:22	1220	00:51:59
1315	1555 Kirsty Ellis	F			00:54:22	1247	00:52:16
1316	1920 Nicky Davies	F	35		00:54:22	1347	00:53:09

1317	3258 David Boucher	M	55		00:54:23	1298	00:52:42
1318	2370 Julie Lewis	F	40	Islwyn Running Club	00:54:24	1327	00:52:59
1319	353 Mark Slade	M			00:54:25	1379	00:53:31
1320	1965 Alan James Roberts	M	50		00:54:25	1454	00:54:16
1321	3605 Rachel Mcdonald	F			00:54:26	1252	00:52:19
1322	2872 Darren Holland	M			00:54:26	1413	00:53:50
1323	2734 Richard Chivers	M			00:54:27	1328	00:53:00
1324	1560 Mike Evans	M			00:54:29	1462	00:54:21
1325	2609 Anna Hill	F	35		00:54:30	1291	00:52:38
1326	1007 Beth Ridout	F			00:54:30	1238	00:52:12
1327	464 Sarah Rees	F	20		00:54:32	1440	00:54:06
1328	1130 Nick Davies	M			00:54:33	1411	00:53:50
1329	667 Jay M Ramsurrun	M	55		00:54:33	1216	00:51:57
1330	1295 David Rideout	M			00:54:35	1472	00:54:26
1331	394 Simon Hawkins	M			00:54:35	1260	00:52:24
1332	2342 Wendy Richards Richards	F	40		00:54:35	1310	00:52:51
1333	370 Rhiannon Powell-Herbert	F			00:54:35	1426	00:53:56
1334	2482 Nicky Honeyman	M			00:54:37	1215	00:51:56
1335	2196 Rhodri Stanford	M			00:54:37	1202	00:51:51
1336	2572 Shaun Bowen	M			00:54:38	1231	00:52:08
1337	3239 John Fry	M	60	Fairwater Runners	00:54:41	1261	00:52:24
1338	167 Christopher Gwynn	M	40		00:54:43	1352	00:53:13
1339	2582 Geoff Rainsbury	M	55		00:54:43	1316	00:52:54
1340	1010 Dave Phillips	M			00:54:44	1268	00:52:26
1341	1095 Mark Tudor Williams	M			00:54:46	1376	00:53:30
1342	2666 Sarah Bowen	F			00:54:46	1453	00:54:15
1343	1787 Kevin David Chidwick	M	40		00:54:47	1419	00:53:53
1344	1811 John Ralph Pascoe	M	70	Atletismo Millennium Torrevieja Spa	00:54:48	1480	00:54:29
1345	1810 Gary Pascoe	M	45		00:54:49	1483	00:54:30
1346	2901 Tim Mckay	M	45	Wessex Road Runners	00:54:49	1264	00:52:24

1347	3062 Paula James	F	35	Pontypridd Rodents AC	00:54:49	1403	00:53:46
1348	188 Joanne Pudner	F			00:54:50	1287	00:52:36
1349	1078 Stephen Thomas Miles	M	40		00:54:50	1282	00:52:34
1350	2153 Thomas Darren Paul Hopkins	M			00:54:51	1409	00:53:49
1351	1378 Ray Mitchell	M	45		00:54:51	1359	00:53:17
1352	1415 Luis Padilla	M			00:54:51	1338	00:53:04
1353	2032 Eiry Miles	F			00:54:52	1395	00:53:44
1354	2266 Dewi Winter	M	50		00:54:52	1381	00:53:33
1355	2641 Sian Richards	F			00:54:53	1354	00:53:15
1356	2484 Gina Antoniazzi	F			00:54:53	1384	00:53:35
1357	1525 Emyr John Griffiths	M	40		00:54:54	1329	00:53:01
1358	1527 Leighton Thomas	M	40		00:54:54	1319	00:52:55
1359	1528 Mark Thomas	M	45		00:54:54	1320	00:52:55
1360	2189 Darryl Sleaty	M			00:54:55	1371	00:53:24
1361	1526 Kathryn Griffiths	F	35		00:54:55	1332	00:53:02
1362	207 Keith Powell	M	50		00:54:55	1233	00:52:09
1363	2254 Rhian Durham	F		Pontypridd Rodents AC	00:54:56	1385	00:53:37
1364	945 Joanne Powell	F	35		00:54:56	1275	00:52:30
1365	2146 Lynne Parker	F			00:54:56	1304	00:52:45
1366	758 John Langdon	M	55		00:54:57	1460	00:54:19
1367	3215 Suzanne Kendrick	F	45	Rhayader	00:54:58	1416	00:53:52
1368	579 Jason Bowden	M			00:54:58	1507	00:54:44
1369	3261 Clare Wood	F			00:54:59	1439	00:54:06
1370	1210 Catherine Lisa Evans	F	35		00:54:59	1430	00:54:00
1371	2647 Sarah Pass	F			00:55:01	1502	00:54:41
1372	2974 Philip Stone	M	55		00:55:01	1358	00:53:16
1373	649 Roger Brown	M	60		00:55:01	1317	00:52:54
1374	2396 Pauline Thomas	F	65	TROTS	00:55:02	1345	00:53:07
1375	1492 Richard Tudor Morgan	M	60		00:55:03	1334	00:53:03
1376	671 Melanie Stone	F	35		00:55:03	1521	00:54:49

1377	544 Karl Fitt	M		00:55:04	1205	00:51:52
1378	3209 Mat Dorn	M		00:55:04	1382	00:53:34
1379	1621 Andrew John Howells	M		00:55:04	1226	00:52:05
1380	3260 Antonio Gil Ruiz	M		00:55:04	1446	00:54:11
1381	3212 Samantha Dorn	F	35	00:55:04	1383	00:53:34
1382	3134 Christopher Anderson	M	40	00:55:05	1313	00:52:53
1383	1349 Henry Hayward	M	50 3Ms	00:55:06	1418	00:53:53
1384	2277 Mary Wright	F		00:55:06	1300	00:52:43
1385	1051 Dwayne Mcdaid	M	20	00:55:09	1433	00:54:01
1386	1809 Alan Rose	M	50	00:55:09	1335	00:53:03
1387	1290 Cathy Hancox	F	40	00:55:10	1437	00:54:05
1388	3105 Matthew Reece	M		00:55:10	1274	00:52:29
1389	578 Phillip Doel	M	45	00:55:11	1343	00:53:06
1390	514 Jennifer Evans	F		00:55:11	1438	00:54:06
1391	1792 David Andrew Jones	M	40	00:55:11	1250	00:52:17
1392	1326 Jafar Ghalamkary	M	45	00:55:12	1543	00:55:03
1393	2649 Sarah Lindsay	F	35	00:55:12	1388	00:53:40
1394	1386 Paula Murphy	F	35	00:55:12	1468	00:54:23
1395	2532 James Brayshaw	M		00:55:13	1441	00:54:06
1396	3299 Joanne Brewster	F	35 Sospan RR	00:55:14	1503	00:54:42
1397	1658 HÔf Jones	F		00:55:14	1496	00:54:37
1398	173 Elizabeth Whitwell	F	40	00:55:14	1417	00:53:52
1399	2274 Sara Lloyd	F	20	00:55:15	1405	00:53:48
1400	2180 Louise Hayley Martin	F	35	00:55:16	1456	00:54:17
1401	1553 Richard Bracken	M		00:55:16	1459	00:54:19
1402	2938 Paul Davies	M	50	00:55:17	1387	00:53:39
1403	1026 Clare Blacklidge	F	35	00:55:17	1357	00:53:16
1404	768 Rhian Thomas	F		00:55:18	1501	00:54:41
1405	2690 Julian Griffiths	M	40	00:55:19	1266	00:52:26
1406	478 Stephen Ricketts	M		00:55:19	1330	00:53:01

1407	1071 John Kevin O' Driscoll	M	55	Wye Valley Runners	00:55:21	1415	00:53:51
1408	2160 Alun Ivor Lewis	M	55		00:55:22	1476	00:54:27
1409	2161 Alaine Pamela Lewis	F	55		00:55:22	1475	00:54:27
1410	1085 Colin Gardner	M	55		00:55:23	1348	00:53:10
1411	3389 Roberta Havers	F		Chepstow Harriers	00:55:23	1312	00:52:53
1412	3455 Alison Norman	F			00:55:24	1389	00:53:40
1413	1073 David Ellis	M			00:55:25	1239	00:52:12
1414	1571 Benjamin Lambert	M			00:55:26	1375	00:53:28
1415	2419 Adam Heap	M			00:55:27	1321	00:52:55
1416	2892 Paul Dorrell	M	40		00:55:27	1366	00:53:22
1417	1170 Kenneth Maddocks	M	60		00:55:27	1504	00:54:42
1418	1798 Ruth Elisabeth Williams	F	40		00:55:27	1493	00:54:34
1419	779 Julie Chapman	F	40	Wye Valley Runners	00:55:28	1353	00:53:15
1420	1096 Martyn Jones	M	45		00:55:28	1494	00:54:35
1421	2908 Sarah Hartrey	F		Brackla Harriers	00:55:29	1435	00:54:04
1422	2852 Alun Powell	M			00:55:29	1333	00:53:02
1423	1404 Andrew Davies	M	40		00:55:30	1565	00:55:21
1424	311 Jane Bayliss	F	55	Chepstow Harriers	00:55:31	1362	00:53:19
1425	2446 Rhian Jones	F			00:55:32	1470	00:54:25
1426	2972 Glenn Cronk	M			00:55:32	1538	00:55:00
1427	780 Emma Richards	F			00:55:33	1458	00:54:18
1428	2401 Lorraine Buck	F	45		00:55:33	1489	00:54:32
1429	2782 Lee Tregoning	M			00:55:34	1325	00:52:58
1430	2847 David Jarman	M			00:55:34	1380	00:53:33
1431	1062 Melanie Mallow	F	40	Esporta	00:55:34	1552	00:55:11
1432	461 Rob Stone	M	50		00:55:35	1258	00:52:22
1433	2683 James Rees	M			00:55:37	1301	00:52:43
1434	3029 Matthew Jones	M			00:55:37	1390	00:53:41
1435	1639 Ian Williams-Clement	M			00:55:38	1341	00:53:05
1436	3263 Philip Richardson	M			00:55:38	1429	00:54:00

1437	1514 William Morgan	M	45	Aberdare Athletic Running Club	00:55:38	1427	00:53:57
1438	1047 Suzie Shepherd	F	35	Chepstow Harriers	00:55:38	1367	00:53:23
1439	360 Philip John William Jones	M			00:55:39	1392	00:53:42
1440	2126 Paul Andrews Jones	M			00:55:39	1377	00:53:30
1441	3096 Paul Hooper	M	45	Chosen Hill Old Boys	00:55:40	1465	00:54:22
1442	1399 Kevin William	M	50		00:55:40	1289	00:52:37
1443	3279 Mike James	M			00:55:40	1336	00:53:03
1444	2104 Nicola Roberts	F	35		00:55:41	1397	00:53:45
1445	1297 Amanda Bebb	F	40		00:55:41	1488	00:54:31
1446	293 Aaron Treagus	M	20		00:55:42	1374	00:53:27
1447	954 Steve Davis	M	45		00:55:42	1340	00:53:05
1448	3023 Mark Kemp	M			00:55:43	1364	00:53:20
1449	793 Tracey Mcintosh	F	40	Wye Valley Runners	00:55:44	1378	00:53:31
1450	273 Finola Wilson	F	35	WRN	00:55:44	1349	00:53:11
1451	1805 Robert Jeremy Jones	M	45		00:55:45	1509	00:54:46
1452	3141 Nigel Thomas	M	50		00:55:46	1423	00:53:54
1453	3309 John Hill	M			00:55:46	1428	00:53:58
1454	527 Caroline Boote	F	35		00:55:47	1487	00:54:31
1455	2842 Robert Adam Bowden	M	20		00:55:47	1463	00:54:21
1456	3571 Gregory Willams	M			00:55:50	1520	00:54:49
1457	50 Karen Ceeney	F	50	Lliswerry Runners	00:55:51	1517	00:54:48
1458	48 Martin Davies	M	45	Lliswerry Runners	00:55:51	1518	00:54:48
1459	827 Stephen Pickard	M			00:55:52	1323	00:52:57
1460	702 Paul Burke	M	50	Bridgend Ford	00:55:54	1452	00:54:14
1461	696 Colin Child	M	65	Swindon Striders	00:55:54	1450	00:54:14
1462	3184 Stephen Merchant	M	40		00:55:55	1464	00:54:21
1463	240 Christopher Bevan	M			00:55:55	1337	00:53:04
1464	1907 John Coronin	M	40		00:55:55	1572	00:55:25
1465	3588 Gareth Jones	M	45		00:55:56	1363	00:53:20
1466	3201 Eamon Tuhami	M			00:55:56	1491	00:54:33

1467	1266 Anthony Patrick Hall	M	55		00:55:57	1514	00:54:47
1468	2354 Sian Brown	F	45		00:55:58	1490	00:54:33
1469	718 William Hunt	M			00:55:58	1542	00:55:03
1470	3233 Graham Singer	M	50		00:55:59	1560	00:55:18
1471	2477 Lisa Phillips	F	40		00:56:00	1519	00:54:49
1472	3560 Peter J Richards	M	60		00:56:02	1540	00:55:02
1473	3617 Daniel Rees	M			00:56:03	1579	00:55:28
1474	3536 Sean Stillman	M	40		00:56:03	1529	00:54:55
1475	2646 Alan Sargeant	M	45		00:56:04	1451	00:54:14
1476	1076 John Thomas Wilshaw	M	55		00:56:04	1408	00:53:48
1477	1758 Allison Walker	F			00:56:04	1580	00:55:29
1478	2339 Darren Craig Davies	M			00:56:05	1603	00:55:46
1479	2279 David Astley	M	50		00:56:06	1587	00:55:37
1480	2469 Daniel Reilly	M		Newport Harriers	00:56:06	1373	00:53:27
1481	3556 Nigel Williams	M	45		00:56:07	1368	00:53:23
1482	1474 Jennifer Camm	F	45		00:56:07	1471	00:54:26
1483	1025 Michael Evans	M	45		00:56:08	1402	00:53:46
1484	1817 Wayne Holmes	M	40		00:56:09	1554	00:55:11
1485	1580 Nicola Dawn Richards	F			00:56:09	1508	00:54:45
1486	3342 Shaun Lake	M		St David'S Medical Foundation	00:56:10	1563	00:55:20
1487	1511 Phillip Andrew Williams	M	40	Aberdare Athletic Running Club	00:56:11	1424	00:53:54
1488	3607 Roger Morrell	M	40		00:56:11	1604	00:55:46
1489	110 Jason Mcintosh	M			00:56:13	1569	00:55:24
1490	1086 Josie Greenwood	F	35		00:56:14	1481	00:54:29
1491	2541 Ross Walton	M			00:56:15	1443	00:54:08
1492	1353 Rachel Evans	F	35		00:56:15	1555	00:55:12
1493	1148 Jonathan Evans	M	20		00:56:16	1506	00:54:43
1494	1874 Michael John Reed	M			00:56:17	1420	00:53:53
1495	1875 Angela Reed	F	35		00:56:17	1422	00:53:54
1496	2794 Sarah Pope	F	40	WRN	00:56:18	1561	00:55:18

1497	3192 Emma Tucker	F		00:56:18	1398	00:53:45
1498	736 Carolyn Hollis	F	50	00:56:18	1404	00:53:47
1499	3193 Stephen Tucker	M		00:56:19	1399	00:53:45
1500	2151 Emily Thompson	F	35	00:56:19	1575	00:55:26
1501	3122 Ryan Davies	M	20	00:56:19	1510	00:54:46
1502	1573 Johny Lambert	M	65	00:56:21	1467	00:54:23
1503	3320 Jonathan Cooze	M		00:56:22	1414	00:53:51
1504	1124 Pauline Elizabeth Teague	F	40	Wye Valley Runners	00:56:23	1585 00:55:35
1505	3606 Gail Morrell	F	40	00:56:23	1628	00:55:58
1506	3652 Emily A Hill	F		00:56:23	1484	00:54:30
1507	3662 Peter Morse	M	55	00:56:24	1473	00:54:26
1508	965 Anna Langridge	F		00:56:24	1485	00:54:31
1509	871 Joanna Dale	F		00:56:24	1407	00:53:48
1510	3337 Rob Newman	M		00:56:26	1613	00:55:50
1511	607 Lee Davies	M		00:56:26	1499	00:54:39
1512	3336 Philippa Mounsey	F		00:56:26	1614	00:55:51
1513	847 Justin Moreman	M		00:56:27	1505	00:54:43
1514	1748 John Anthony Charles	M	40	00:56:28	1546	00:55:06
1515	1894 Christian Tancock	M	20	00:56:28	1545	00:55:04
1516	2448 Richard James Pennal	M		Glamorgan Health	00:56:29	1597 00:55:43
1517	806 Hae-Kyong Smith	F	40	Wye Valley Runners	00:56:29	1631 00:55:59
1518	2271 Amanda Bayliss	F		00:56:31	1516	00:54:48
1519	1206 Jane Phillips	F	40	Griffithstown Harriers	00:56:32	1478 00:54:28
1520	2546 Rachel Long	F	35	00:56:32	1497	00:54:37
1521	2585 Jim Mcculloch	M	50	Penarth & Dinas	00:56:32	1577 00:55:27
1522	2203 Fiona Susan Neill	F	35	Mumbles Milers	00:56:32	1612 00:55:50
1523	2307 Simon Thomas	M	40	00:56:34	1515	00:54:48
1524	1309 Michael Steeds	M	45	00:56:35	1445	00:54:10
1525	3348 Gemma Brady	F		00:56:35	1592	00:55:38
1526	3090 Catherine Lyons	F		Pontypridd Rodents AC	00:56:35	1559 00:55:17

1527	903 Marc Barrow	M		00:56:37	1431	00:54:00
1528	1269 Patricia Louise Howells	F	40	00:56:37	1576	00:55:27
1529	2474 Richard Rimmer	M	45	00:56:37	1442	00:54:08
1530	2066 Jeffery Follant	M		00:56:38	1469	00:54:24
1531	1697 Lisa Thompson	F	35	00:56:40	1578	00:55:28
1532	1227 Andrew Butcher-Wood	F	40	Bitton Road Runners	1486	00:54:31
1533	1634 Philip Wayne Harris	M	45	00:56:42	1658	00:56:13
1534	2030 Verity Leach	F		00:56:43	1675	00:56:23
1535	2597 Alex Harding	M		00:56:43	1449	00:54:14
1536	1551 Eleanor Grey	F		Royal Holloway	1596	00:55:43
1537	1142 Neale Davies	M	40	00:56:45	1477	00:54:28
1538	2007 Peter Hansford	M	55	00:56:46	1522	00:54:50
1539	565 Paula Kennedy	F	35	00:56:47	1461	00:54:20
1540	1741 Ian Wayne Smalldon	M	20	00:56:47	1589	00:55:37
1541	3223 Bernard Stevens	F	60	00:56:48	1541	00:55:02
1542	2565 Wendy Lawrence	F	50	Forest Of Dean AC	1567	00:55:23
1543	3503 Julia Davies	F	50	Llisbury Runners	1616	00:55:51
1544	2831 Sara Rudman	F	35	00:56:49	1598	00:55:43
1545	1175 Howard Randall Morgan	M	65	00:56:49	1584	00:55:34
1546	2511 Rachel Bowen	F		00:56:49	1498	00:54:39
1547	1254 Mari Elen Hobbs	F	45	00:56:50	1525	00:54:51
1548	3494 George Hinde	M		Admiral	1479	00:54:29
1549	2348 Mark Stephen Carter	M	20	00:56:50	1647	00:56:06
1550	975 Andrew Booth	M	50	Road Runners Club	1500	00:54:41
1551	3150 Gina Dolan	F		00:56:51	1670	00:56:20
1552	298 Alan Hirst	M		00:56:52	1386	00:53:38
1553	2871 Neil Harvey	M	45	00:56:52	1425	00:53:56
1554	2971 Frances Knight	F	50	WRN	1669	00:56:20
1555	359 Leighton James Rees	F		00:56:52	1660	00:56:14
1556	752 Michael Griffiths	M	45	00:56:52	1531	00:54:57

1557	2172 Barry Peters Oldfield	M	40		00:56:53	1444	00:54:10
1558	2621 Sebastian Van Lochem	M	20	Swansea University	00:56:53	1492	00:54:34
1559	3540 Kamal Ray	M			00:56:53	1595	00:55:41
1560	1283 Dude Hurford	M	50		00:56:54	1653	00:56:11
1561	436 Dean Reynolds	M	40		00:56:55	1432	00:54:01
1562	644 Liz Hope	F	40	Swansea Law Society	00:56:55	1600	00:55:44
1563	1644 Stephen Jones	M			00:56:55	1466	00:54:22
1564	457 Josephine Ross	F	50		00:56:56	1599	00:55:44
1565	2564 Ian Carter	M			00:56:56	1457	00:54:18
1566	541 Hayley Davies	F		Aberdare Athletic Running Club	00:56:56	1641	00:56:05
1567	2833 Stuart Barnes	M	45		00:56:57	1434	00:54:04
1568	2292 Glenda Roberts	F	50	Aberystwyth University	00:56:57	1447	00:54:13
1569	877 Melanie Bowman	F	40		00:56:57	1602	00:55:45
1570	2377 Barry James	M	55		00:56:58	1448	00:54:13
1571	2754 Ian Gill	M			00:56:58	1566	00:55:23
1572	2928 Michelle Chapman	F			00:56:59	1629	00:55:58
1573	2817 Brenda Spiller	F	55		00:57:00	1622	00:55:54
1574	151 Daren Pike	M			00:57:00	1609	00:55:49
1575	2542 Polly Ivens	F			00:57:00	1528	00:54:55
1576	3376 Wayne Evans	M		Sospan RR	00:57:01	1532	00:54:58
1577	1433 Stacey Murphy	F			00:57:02	1694	00:56:36
1578	3227 Catherine Llewellyn	F	40		00:57:02	1671	00:56:21
1579	1946 Jonathan David Evans	M			00:57:03	1536	00:54:59
1580	2849 Rebecca Holland	F			00:57:03	1683	00:56:26
1581	1291 Jez Sampson	M	40		00:57:04	1455	00:54:17
1582	943 Grant Alden	M			00:57:04	1537	00:55:00
1583	895 Adele Evans	F			00:57:05	1533	00:54:58
1584	193 Nia Godsmark	F			00:57:06	1534	00:54:59
1585	3077 Rob Skelton	M	50		00:57:06	1556	00:55:15
1586	384 Ian Janes	M			00:57:07	1513	00:54:47

1587	1878 Lydia Dee Mathews	F		00:57:08	1606	00:55:48
1588	2008 Carl Anthony Morgan	M		00:57:08	1535	00:54:59
1589	1191 Paul Darby	M		00:57:09	1570	00:55:24
1590	1500 Mark Adey	M		00:57:10	1712	00:56:45
1591	3007 Carl Read	M	40	00:57:10	1625	00:55:57
1592	925 Mike Griffiths	M	Team Deviant	00:57:10	1690	00:56:34
1593	924 Sue Harris	F	35 Team Deviant	00:57:10	1692	00:56:34
1594	1140 Berwyn Lloyd	M	45	00:57:11	1571	00:55:25
1595	2869 Jayne James	F	40	00:57:11	1725	00:56:50
1596	347 Nicola Griffiths	F	40 Sospan RR	00:57:14	1557	00:55:15
1597	2026 Karen Elizebeth Potter	F	40 Griffithstown Harriers	00:57:14	1562	00:55:20
1598	2642 Vivienne Jones	F	Sospan RR	00:57:15	1558	00:55:16
1599	2154 Gregory Stephens Gimblett	M		00:57:15	1657	00:56:13
1600	1995 Ian Anthony Mccloy	M	50	00:57:15	1618	00:55:52
1601	3262 Jessica Mugaseth	F		00:57:15	1568	00:55:24
1602	1317 Peter Moryc	M	50	00:57:16	1573	00:55:25
1603	775 Nichola Parton	F		00:57:16	1661	00:56:14
1604	632 Emily Davies	F	Wye Valley Runners	00:57:16	1539	00:55:00
1605	1483 John Holdroyd	M	50 Wye Valley Runners	00:57:17	1548	00:55:07
1606	1104 Grant Norman	M		00:57:18	1547	00:55:07
1607	781 Claire Parkin	F		00:57:19	1639	00:56:03
1608	383 Rhidian Morgan	M	45	00:57:21	1678	00:56:25
1609	629 Paul Morris	M		00:57:21	1636	00:56:01
1610	3306 Ashley Davies	M		00:57:22	1474	00:54:26
1611	530 Jo Mcnally	F	40	00:57:22	1482	00:54:29
1612	764 Louise Draycott	F	40	00:57:24	1667	00:56:17
1613	1347 Deborah Price	F	40	00:57:24	1550	00:55:10
1614	2739 William Stuart Mcintyre	M	55	00:57:25	1564	00:55:21
1615	3082 Stuart Rowlands	M	45	00:57:27	1523	00:54:51
1616	3153 Neil Schofield	M	45	00:57:29	1512	00:54:47

1617	2751 Susan Lawrence	F	50		00:57:29	1553	00:55:11
1618	566 Andrew Davies	M			00:57:31	1530	00:54:55
1619	2856 Anthony Pritchard	M			00:57:31	1593	00:55:39
1620	3301 Chris Hight	M	40		00:57:31	1633	00:56:00
1621	3246 Rhiannon Morgan	F			00:57:31	1524	00:54:51
1622	1188 Christopher Hockley	M			00:57:32	1544	00:55:04
1623	1385 Lindi Lloyd	F	35		00:57:32	1590	00:55:37
1624	1890 Chris Smith	M			00:57:33	1648	00:56:07
1625	2011 Gareth Rhys Davies	M	20		00:57:34	1635	00:56:01
1626	1420 Peter Orphan	M			00:57:34	1549	00:55:09
1627	1382 Nicola Bell	F			00:57:35	1619	00:55:54
1628	1200 Christopher Colin Thomas	M			00:57:36	1672	00:56:22
1629	1696 Mervyn Vivian Owen	M	50		00:57:36	1632	00:55:59
1630	1940 Richard Jones	M	40		00:57:36	1789	00:57:19
1631	1143 Julian Wake	M			00:57:38	1638	00:56:02
1632	3042 Greg Hutton	M	45		00:57:38	1605	00:55:47
1633	2814 Kevin Gibson	M			00:57:40	1551	00:55:10
1634	1501 Robert Brown	M	55	Chepstow Harriers	00:57:41	1574	00:55:26
1635	191 Peter Jones	M	50		00:57:41	1656	00:56:13
1636	3196 Judy Donovan	F	35		00:57:41	1642	00:56:05
1637	3174 Anthony Donovan	M			00:57:42	1643	00:56:05
1638	392 Kathryn Frankling	F	20		00:57:42	1607	00:55:48
1639	2197 Andrew Hall	M			00:57:42	1582	00:55:32
1640	396 Richard Glyn Williams	M			00:57:42	1730	00:56:53
1641	330 Matthew Griffiths	M			00:57:43	1652	00:56:10
1642	2501 Richard Lloyd	M			00:57:43	1588	00:55:37
1643	3433 Jennifer Winkley	F			00:57:43	1706	00:56:42
1644	3352 Robert Bousie	M			00:57:44	1623	00:55:55
1645	558 Jarad Seale	M	20		00:57:44	1620	00:55:54
1646	3110 Joanna Warner	F	35		00:57:44	1759	00:57:04

1647	3244 Liz Dutch	F	50		00:57:46	1527	00:54:53
1648	160 Fiona Cumming	F	35	WRN	00:57:47	1634	00:56:01
1649	1198 Helena Juliet Sykes	F			00:57:48	1526	00:54:53
1650	2522 Lee Knowles	M			00:57:49	1695	00:56:36
1651	2504 Sara Cadogan	F			00:57:50	1697	00:56:37
1652	2964 Miriam Thomas	F	40	Sospan RR	00:57:50	1617	00:55:51
1653	1954 Sophie Newington	F			00:57:50	1733	00:56:55
1654	522 Andy Leitch	M			00:57:50	1724	00:56:49
1655	1820 Rhodri Charles	M		Admiral	00:57:51	1495	00:54:36
1656	141 Allison Jones	F			00:57:51	1511	00:54:47
1657	3129 Lara Capel	F	35		00:57:52	1771	00:57:11
1658	2771 Sian Jones	F	35		00:57:52	1673	00:56:23
1659	1746 Derrick Thomas Harris	M	65		00:57:53	1682	00:56:25
1660	1854 Alex Deem	M		Admiral	00:57:54	1731	00:56:54
1661	1971 Sara Elizabeth Thomas	F			00:57:54	1783	00:57:16
1662	2225 John Paul Sydenham	M	50		00:57:54	1680	00:56:25
1663	2224 Nigel Thomas	M	50		00:57:54	1681	00:56:25
1664	218 Kevin Lane	M	50		00:57:56	1655	00:56:12
1665	3585 Ryan Kelly	M			00:57:56	1767	00:57:08
1666	2120 Gareth Williams	M			00:57:57	1583	00:55:33
1667	1098 Paul Guy Metcalfe	M			00:57:57	1704	00:56:40
1668	1259 David Bickerton	M			00:57:58	1699	00:56:38
1669	520 Joanne Williams	F	35		00:57:59	1716	00:56:48
1670	2519 Alex Robertson	M	50		00:57:59	1665	00:56:16
1671	1189 Michael George Shellard	M	65		00:58:00	1768	00:57:10
1672	2338 Hellen Jane Griffiths	F	35		00:58:01	1654	00:56:12
1673	1737 Helen Samuel	F	40		00:58:02	1719	00:56:48
1674	1306 Eleanor Johns	F	20		00:58:03	1744	00:57:00
1675	1052 Chris Mills	M			00:58:04	1740	00:56:57
1676	2087 Mark Griffiths	M	45	Neath Harriers	00:58:04	1752	00:57:02

1677	2086 Beth Griffiths	F	40	Neath Harriers	00:58:04	1749	00:57:02
1678	512 Bethan Amos	F			00:58:05	1586	00:55:37
1679	1476 Glyn Griffiths	M	50		00:58:06	1831	00:57:44
1680	3490 Neil M Lewis	M	50		00:58:06	1723	00:56:49
1681	364 Andrew Mcgill	M			00:58:07	1608	00:55:49
1682	2599 Simon Jones	M	40		00:58:07	1581	00:55:32
1683	2148 Christopher Lloyd Hughes	M	20		00:58:08	1659	00:56:14
1684	2544 Tony Harris	M	40		00:58:09	1591	00:55:38
1685	3106 Michael Nash	M	40		00:58:10	1601	00:55:44
1686	1651 Paul Warburton	M	55	Rhondda Valley Runners	00:58:11	1786	00:57:18
1687	3367 Suzanne Rees	F			00:58:12	1637	00:56:02
1688	1927 John Dennis Price	M	50		00:58:12	1627	00:55:58
1689	213 Andrew Thomas	M			00:58:14	1837	00:57:46
1690	921 Rebecca Williams	F			00:58:17	1610	00:55:49
1691	190 Matthew Sweeney	M			00:58:18	1649	00:56:09
1692	1482 Owen George	M	55		00:58:21	1676	00:56:23
1693	3634 Runner 3634	M			00:58:21	1761	00:57:05
1694	2149 Mathew Prior	M			00:58:21	1838	00:57:47
1695	837 Will Davies	M	20		00:58:22	1640	00:56:03
1696	200 Elizabeth Barclay	F	35	WRN	00:58:23	1743	00:57:00
1697	3472 Caron Mckee-Hands	F	40		00:58:26	1644	00:56:05
1698	3442 Helga Warren	F	40		00:58:27	1651	00:56:10
1699	1508 Sharon Rogers	F	40	Aberdare Athletic Running Club	00:58:27	1718	00:56:48
1700	339 Stephen Job	M	40		00:58:27	1611	00:55:50
1701	3303 Graham Coult	M		Serpentine	00:58:28	1624	00:55:56
1702	277 Mandy Beer	F	45	WRN	00:58:28	1626	00:55:57
1703	2118 Samantha Rose Harris	F			00:58:28	1684	00:56:27
1704	2119 Sarah Rees	F	35		00:58:28	1685	00:56:27
1705	2289 Emma Cownie	F	40		00:58:29	1742	00:56:59
1706	2410 Alan Bladen	M	70	Les Croupiers	00:58:30	1662	00:56:15

1707	3633 Runner 3633	M		00:58:30	1782	00:57:16
1708	726 Kim Wehden	M	45 Islwyn Running Club	00:58:32	1663	00:56:15
1709	1857 Kevin John Foley	M	Admiral	00:58:33	1720	00:56:48
1710	1656 Stephen Michael Kent	M	45	00:58:33	1674	00:56:23
1711	1016 Paul Lynch	M		00:58:34	1795	00:57:24
1712	618 Mark Ware	M	40	00:58:37	1772	00:57:12
1713	1587 Duncan Thomas	M		00:58:37	1650	00:56:09
1714	3018 Mary Gent	F	50	00:58:38	1857	00:58:04
1715	335 Rebecca Farr	F		00:58:38	1728	00:56:51
1716	1484 Christine Slee	F	50 Wye Valley Runners	00:58:38	1748	00:57:01
1717	639 Sally Shroll	F	45	00:58:39	1830	00:57:43
1718	2145 Zoe Grange	F		00:58:39	1686	00:56:28
1719	2378 Gareth Kieth Davies	M	50	00:58:40	1645	00:56:05
1720	1564 Ceri Yadahali	F	45	00:58:40	1862	00:58:12
1721	2579 Howard King	M		00:58:41	1630	00:55:59
1722	2526 Peter Evans	M	40	00:58:43	1702	00:56:40
1723	379 Sian Jenkins	F	20 Sarn Helen	00:58:43	1885	00:58:23
1724	246 Carly Day	F		00:58:44	1746	00:57:01
1725	129 Julie Gething	F	35 WRN	00:58:44	1668	00:56:18
1726	787 Sarah Stevens	F		00:58:44	1679	00:56:25
1727	525 Sharon Stones	F	45 Forest Of Dean AC	00:58:45	1793	00:57:21
1728	2573 Pete Regan	M	45	00:58:46	1747	00:57:01
1729	2864 Rachel Betsworth	F		00:58:47	1757	00:57:04
1730	1044 Joanne Boden	F		00:58:47	1814	00:57:36
1731	1055 Steven Christopher Evans	M		00:58:48	1758	00:57:04
1732	1807 Anne Marie Bowen	F	60 WRN	00:58:48	1689	00:56:34
1733	2296 Paul Rowland	M		00:58:49	1664	00:56:16
1734	505 Sarah Johnson	F	40 Three Crosses Trio	00:58:49	1813	00:57:35
1735	228 Mick Carter	M	55	00:58:51	1700	00:56:39
1736	1356 Neil Davies	M	55	00:58:51	1822	00:57:39

1737	2123 Sheila Cory Williams	F	50		00:58:52	1840	00:57:49
1738	1369 Alfryn Easter	M	55		00:58:52	1621	00:55:54
1739	2587 Helen Louise Davies	F	35	Cardigan Running Club	00:58:52	1906	00:58:32
1740	1509 Lisa Phillips	F	35	Aberdare Althletic Running Club	00:58:52	1741	00:56:58
1741	331 Rory Millien	M			00:58:53	1594	00:55:40
1742	3596 Jody Louise Davies	F			00:58:54	1703	00:56:40
1743	1516 Gregory Sandles	M		Aberdare Althletic Running Club	00:58:54	1696	00:56:36
1744	174 Robert Mcfarlane	M			00:58:55	1839	00:57:48
1745	1515 Shiona Frances Sandles	F		Aberdare Althletic Running Club	00:58:55	1698	00:56:37
1746	950 Sarah Fish	F	35		00:58:56	1701	00:56:40
1747	1563 Tracy Wing	F	45		00:58:58	1901	00:58:30
1748	1632 Christine Jones	F	45		00:58:59	1687	00:56:30
1749	2060 Neil Murphy	M	20		00:59:00	1714	00:56:46
1750	2712 Sheila Pictor	F	50		00:59:00	1827	00:57:42
1751	3510 Alun Thomas	M	40		00:59:01	1915	00:58:37
1752	1694 Jennifer Roberts	F	55	Brecon AC	00:59:02	1693	00:56:34
1753	179 Helen Davies	F	40		00:59:02	1756	00:57:03
1754	1666 Zena Laws	F	35		00:59:02	1829	00:57:43
1755	3437 Victoria Anderson	F		Sospan RR	00:59:04	1763	00:57:07
1756	3088 Karen Burrows	F	45	3Ms	00:59:04	1809	00:57:31
1757	1119 Jack Llewellyn Brown	M			00:59:04	1736	00:56:56
1758	418 Helen Thoams	F	35		00:59:04	1914	00:58:37
1759	737 Carolyn Best	F	40		00:59:04	1717	00:56:48
1760	483 Eleanor Williams	F	40		00:59:05	1847	00:57:55
1761	1641 Lee Roberts	M			00:59:06	1691	00:56:34
1762	898 Antje Cockrill	F	40		00:59:06	1722	00:56:49
1763	1445 Jane Ellen Williams	F	35		00:59:06	1765	00:57:08
1764	230 Joanna Carter	F			00:59:08	1735	00:56:56
1765	1768 Laura Ruth Hall	F	40		00:59:08	1854	00:58:01
1766	374 Meinir Llwyd	F	35		00:59:09	1799	00:57:26

1767	3179 Andrea Pugh	F	40		00:59:09	1807	00:57:30
1768	1530 Kath Crane	F	65	Brecon AC	00:59:09	1841	00:57:51
1769	500 James Morris	M			00:59:10	1709	00:56:42
1770	526 Christopher Dodds	M			00:59:11	1708	00:56:42
1771	3500 Geraldine Bousie	F	40		00:59:11	1828	00:57:43
1772	1133 Sara Elizabeth Davies	F	40		00:59:12	1666	00:56:17
1773	839 Natalie Opdenoordt	F	35		00:59:12	1688	00:56:31
1774	438 John Stephens	M	40		00:59:13	1615	00:55:51
1775	1106 Stuart Wynford Hopkins	M			00:59:13	1737	00:56:56
1776	3358 Steven Mattu	M			00:59:14	1801	00:57:26
1777	1910 Phillip Arthue Davies	M	60	3Ms	00:59:14	1821	00:57:39
1778	1068 Owen Gilson	M			00:59:15	1721	00:56:49
1779	1785 Roger Howell	M	60	Penarth & Dinas	00:59:15	1787	00:57:18
1780	3361 Gareth Mccarthy	M			00:59:15	1842	00:57:51
1781	1646 Irene Mann	F	55		00:59:15	1874	00:58:18
1782	3546 Sarah Howe	F			00:59:15	1766	00:57:08
1783	157 Branwen Harris	F	20		00:59:15	1796	00:57:24
1784	2376 Cathrine Crosby	F	40		00:59:16	1780	00:57:15
1785	1368 Phillip Dicks	M	50		00:59:16	1941	00:58:50
1786	829 Clare Bennett	F	40		00:59:16	1802	00:57:27
1787	2233 Tara Rees	F	35		00:59:17	1646	00:56:06
1788	2027 Gwynfor James	M	55		00:59:17	1825	00:57:41
1789	2481 Mark Tarrant	M	40		00:59:18	1774	00:57:13
1790	939 Maggie Lane	F	45		00:59:18	1788	00:57:19
1791	1169 Alison Maddocks	F	55		00:59:18	1863	00:58:14
1792	2761 Conny Carnuth	F	35		00:59:18	1949	00:58:54
1793	421 Donna Caswell	F	35		00:59:19	1954	00:58:55
1794	3678 Gareth Thomas	M	40		00:59:19	1896	00:58:28
1795	1012 Gary Fender	M	40		00:59:20	1738	00:56:56
1796	2555 Oonagh Jaquest	F			00:59:20	1798	00:57:25

1797	918 Mac Mcleod	M	45		00:59:21	1715	00:56:46
1798	601 Rebecca Davies	F			00:59:22	1707	00:56:42
1799	835 Geraint Davies	M	50		00:59:22	1751	00:57:02
1800	791 Terisa Maddison	F	35		00:59:22	1710	00:56:43
1801	1207 Anthony Phillips	M	50	Griffithstown Harriers	00:59:22	1785	00:57:17
1802	1077 Lynda Joan Wilshaw	F	35		00:59:23	1764	00:57:08
1803	3289 Caroline Mccaffery	F			00:59:23	1800	00:57:26
1804	1620 Martin Nicholls	M		3Ms	00:59:24	1778	00:57:14
1805	183 Richard Jones	M	45		00:59:24	1875	00:58:19
1806	1544 Joanne Davies	F	35		00:59:24	1876	00:58:19
1807	2394 Claire Louise Ricketts	F			00:59:25	1711	00:56:43
1808	362 Jaynie Rance	F	40		00:59:26	1824	00:57:40
1809	2924 Piero Rizzi	M			00:59:26	1797	00:57:24
1810	1731 Samantha Jayne Kennedy	F		WRN	00:59:26	1980	00:59:13
1811	2451 Adam E.P. Richards	M			00:59:27	1760	00:57:04
1812	2600 Alex O'Brien	M	20		00:59:27	1677	00:56:24
1813	3396 Huw Griffiths	M	45		00:59:28	1762	00:57:05
1814	3161 Tracy Thomas	F	35	Aberdare Athletic Running Club	00:59:28	1713	00:56:46
1815	2671 David Van Gelder	M	50		00:59:28	1773	00:57:12
1816	2887 Lynn Goward	F	40	Village Vipers	00:59:30	1817	00:57:37
1817	3426 Tracy French	F	40		00:59:30	1820	00:57:38
1818	3425 Julian French	M	40		00:59:30	1816	00:57:37
1819	2314 Jason Dennis	M			00:59:30	1922	00:58:41
1820	3028 Gemma Hodgson	F			00:59:31	1884	00:58:22
1821	286 Andrew Bowden	M			00:59:31	1732	00:56:55
1822	465 Mary Davies	F	45	WRN	00:59:31	1859	00:58:06
1823	2675 Daryl Briggs	M			00:59:32	1803	00:57:27
1824	1963 Michael Jeffrey Willis	M			00:59:32	1753	00:57:02
1825	163 Al Marner	M			00:59:33	1823	00:57:40
1826	2031 Sarah Louise Maguire	F			00:59:33	1981	00:59:13

1827	467 Tamsin Josty	F	35		00:59:35	1729	00:56:53
1828	2230 Stuart David Walker	M	50		00:59:36	1754	00:57:02
1829	2021 Sarah Johnson	F		3Ms	00:59:37	1805	00:57:28
1830	1217 Paul Franks	M			00:59:38	1781	00:57:15
1831	1214 Richard Rossers	M	50		00:59:38	1705	00:56:42
1832	2838 Dawn Heppell	F		Southampton Running Sisters	00:59:38	1726	00:56:51
1833	840 Giles Cuddy	M			00:59:38	1727	00:56:51
1834	1219 Wynford John Franks	M	60		00:59:39	1784	00:57:17
1835	2245 Kevin Barriball	M			00:59:39	1734	00:56:56
1836	1591 Janet Owens	F	40		00:59:39	1826	00:57:42
1837	1687 Martin Garry	M	40		00:59:39	1745	00:57:00
1838	1892 Jonathan Janes	M			00:59:40	1868	00:58:16
1839	264 Adrian Davies	M	40		00:59:40	1755	00:57:03
1840	2304 David Moore	M	40		00:59:41	1883	00:58:22
1841	1664 Kate Elizabeth Quick	F			00:59:41	1750	00:57:02
1842	1160 Madeleine Newcomb	F	55		00:59:42	1794	00:57:23
1843	1441 Melanie Jones	F	35		00:59:42	1880	00:58:20
1844	542 Catherine Larkman	F	40		00:59:42	1812	00:57:35
1845	875 Matthew Dardecker	M			00:59:43	1898	00:58:29
1846	214 Simon Gillings	M	45		00:59:44	1846	00:57:55
1847	2681 Lawrence Davies	M	40		00:59:45	1919	00:58:40
1848	1186 Christopher Vaughan Plaice	M	60		00:59:46	1739	00:56:57
1849	1305 Nia Victoria Johns	F	20		00:59:46	1927	00:58:43
1850	2249 Patricia Cole	F	50		00:59:49	1888	00:58:24
1851	828 Marcus Bennett	M	40		00:59:49	1851	00:58:00
1852	287 Nicola Bowden	F	35		00:59:50	1777	00:57:14
1853	476 Paul Smith	M			00:59:50	2185	00:58:55
1854	2691 Christine Long	F	45		00:59:51	1945	00:58:52
1855	1887 Susan Roberts	F			00:59:52	1907	00:58:32
1856	3085 Tracey Hinton	F	40	WRN	00:59:53	1860	00:58:07

1857	2772 David Phelps	M	40		00:59:53	1869	00:58:17
1858	2821 Llinos Roberts	F			00:59:53	1925	00:58:43
1859	545 Lee James	M		Aberdare Athletic Running Club	00:59:53	1967	00:59:02
1860	1959 Sian Morgan	F			00:59:53	1924	00:58:42
1861	134 Mainwaring Lesley	F	35		00:59:55	1810	00:57:32
1862	740 Steve Lawrence	M			00:59:56	1852	00:58:00
1863	694 Julie Lloyd	F	35		00:59:57	1961	00:59:00
1864	1574 Alexandra Clayton	F	20		00:59:57	1938	00:58:48
1865	1448 Nerys Angharad Jones	F	20		00:59:58	1776	00:57:13
1866	3636 Runner 3636	M			00:59:58	1867	00:58:15
1867	1022 Lynne Hamilton	F	40		00:59:59	1923	00:58:42
1868	3635 Runner 3635	M			00:59:59	1932	00:58:44
1869	3210 Gareth Thomas	M	20		01:00:00	1835	00:57:45
1870	3021 Jason D MCGarrigle	M			01:00:00	1903	00:58:31
1871	3418 Nabaz Khidir	M			01:00:00	2029	00:59:57
1872	2669 Scilla Lees	F	55	Forest Of Dean AC	01:00:00	1909	00:58:35
1873	334 Scott Maddock-Ellis	M			01:00:02	1850	00:57:59
1874	724 Peter Hopping	M			01:00:03	1920	00:58:41
1875	155 Elizabeth Kivell	F			01:00:06	1791	00:57:20
1876	423 Stewart Williams	M	40		01:00:06	1806	00:57:28
1877	1045 Joanne Baines	F	35		01:00:06	1952	00:58:54
1878	2258 Simon Locke	M			01:00:07	1855	00:58:02
1879	2670 Matt Bassett	M			01:00:07	1843	00:57:53
1880	2934 Andrew Lewis	M			01:00:09	1936	00:58:47
1881	3231 Sandra Stevens	F	60		01:00:10	1886	00:58:24
1882	488 Matthew Hulmes	M			01:00:11	1848	00:57:57
1883	2762 Helena Kosuthova	F			01:00:11	1908	00:58:33
1884	1276 Kevin Bygate	M	45		01:00:12	1792	00:57:20
1885	3135 Sarah Alonzi	F	35		01:00:12	1853	00:58:01
1886	1744 David Andrew Evans	M			01:00:12	1819	00:57:38

1887	648 Simone Souquet	F		01:00:13	1815 00:57:37
1888	3111 Lisa Saunders	F	40	01:00:13	1779 00:57:15
1889	3058 Stephanie Perrett	F		01:00:13	1818 00:57:37
1890	351 Kathryn Arthur	F		01:00:14	1892 00:58:27
1891	788 Roger Harding	M	45	01:00:15	1834 00:57:45
1892	3669 Perveen Chopra	F	35 Burnham Joggers	01:00:15	1942 00:58:50
1893	3471 Jenny Johnson	F	40 Les Croupiers	01:00:15	1889 00:58:25
1894	1668 Joanna Louise Donald	F		01:00:16	1956 00:58:57
1895	3010 Amy Jenkins	F		01:00:16	1998 00:59:24
1896	3041 Teresa Evans	F		01:00:17	1790 00:57:20
1897	2635 Gerry Allin	M	50	01:00:17	1939 00:58:48
1898	1638 Darryl John Hope	M		01:00:17	1832 00:57:44
1899	3051 Laura Jenkins	F		01:00:17	2002 00:59:25
1900	3266 Jason Mcfadzean	M	Armed Forces Careers Office	01:00:18	1912 00:58:36
1901	1582 John Tinelli	M	50	01:00:19	1775 00:57:13
1902	1677 Debbie Keogh	F	35	01:00:19	1943 00:58:51
1903	561 Leanne Fakande	F	35	01:00:19	1900 00:58:29
1904	1159 Kathryn Greenfield	F		01:00:22	1895 00:58:28
1905	1707 Helen Louise Wolsey	F	45 WRN	01:00:22	1890 00:58:26
1906	3054 Beatrix Bown	F	50	01:00:23	1957 00:58:57
1907	1403 Cathy Richards	F	45	01:00:23	1866 00:58:15
1908	2515 Justin Aleman	M		01:00:24	1844 00:57:53
1909	3667 Michael Ronald Sheppard	M	50	01:00:24	1769 00:57:10
1910	1299 Elly Edmunds	F	35	01:00:24	1911 00:58:35
1911	3668 Diane Marie Edwards	F	40	01:00:24	1770 00:57:11
1912	1549 Lea Glyn Tanner	M	40 Islwyn Running Club	01:00:25	1930 00:58:44
1913	3383 Emma Davies	F		01:00:25	1808 00:57:30
1914	1061 Phillip Mallow	M	Esporta	01:00:26	1978 00:59:08
1915	3448 Philippa Smith	F		01:00:26	1804 00:57:27
1916	755 Patricia Davidson	F	50 Brackla Harriers	01:00:27	1935 00:58:45

1917	1366 Paula Thomas	F	45		01:00:27	1934	00:58:45
1918	2359 Gary John Richards	M			01:00:27	1897	00:58:28
1919	3453 Eleanor Jones	F	35		01:00:28	1916	00:58:38
1920	1048 Victoria Walters	F			01:00:28	2045	01:00:10
1921	1747 Andrew Mary Bowen	F	45	WRN	01:00:28	1833	00:57:45
1922	3331 Marianne Burrige	F	45	Fairwater Runners	01:00:29	1861	00:58:11
1923	1458 Wendy Godwin	F			01:00:30	1913	00:58:36
1924	1064 Shirley Anne Evans	F	50		01:00:30	1944	00:58:52
1925	2006 Ian Pritchard	M	45		01:00:31	1926	00:58:43
1926	146 James Williams	M			01:00:31	1856	00:58:03
1927	2433 Jon Wallace	M		Activa	01:00:32	1988	00:59:18
1928	1904 Phillip James Manfield	M	45		01:00:32	2031	00:59:58
1929	2447 Sally Ann Griffiths	F	35		01:00:32	1929	00:58:43
1930	1187 Thomas Parsell	M			01:00:32	1905	00:58:32
1931	1089 Amanda Charlotte Davies	F	35		01:00:32	1918	00:58:39
1932	1466 Phil Ransome	M			01:00:32	1991	00:59:19
1933	2618 Jane Llewellyn	F	50		01:00:35	1966	00:59:01
1934	2822 Gaynor Hughes	F	40	Builth&District RC	01:00:36	1873	00:58:18
1935	2619 David Llewellyn	M	45		01:00:36	1968	00:59:03
1936	2968 Johnathan Jones	M	20		01:00:37	1870	00:58:17
1937	3099 Jonathan Wisbey	M	20		01:00:37	1872	00:58:17
1938	3148 Heather Payton	F	60	Trent Park Rc	01:00:39	1878	00:58:20
1939	3165 Mike Matthews	M	60		01:00:39	1877	00:58:20
1940	2703 Dianne Connor	F	40	3Ms	01:00:40	1975	00:59:06
1941	3603 Eleanor Hughes	F			01:00:40	2014	00:59:43
1942	357 Catherine Bowen	F	40		01:00:41	2048	01:00:11
1943	3538 Matthew Barnes	M	20		01:00:42	1917	00:58:39
1944	2181 Elizabeth Harris	F	35		01:00:42	1887	00:58:24
1945	1679 Julie James	F	35		01:00:42	1997	00:59:23
1946	2912 Bradley Wood	M			01:00:43	1836	00:57:45

1947	571 Gareth Miles	M		01:00:43	1891	00:58:26
1948	1080 Nia Dickie	F	40	01:00:44	1951	00:58:54
1949	1489 Elena Zarate	F	55 Wye Valley Runners	01:00:45	1881	00:58:21
1950	1939 Roger John Rule	M	55 Mounts Bay Harriers	01:00:47	1879	00:58:20
1951	3131 Sarah Davies	F	35	01:00:48	1902	00:58:30
1952	1412 Richard Samuel	M		01:00:50	2088	01:00:50
1953	377 Sheryl Stoneman	F		01:00:51	1963	00:59:00
1954	1112 Elizabeth Anne Potter	F	35 Moulton Road Runners	01:00:52	1811	00:57:35
1955	1633 Jayne Alison Evans	F	50	01:00:55	1871	00:58:17
1956	3171 Frances Manley	F	55	01:00:56	1965	00:59:01
1957	3048 Sarah Jones	F	35 Sospan RR	01:00:56	1953	00:58:55
1958	3451 Adrian Thomas	M	50	01:00:57	1955	00:58:56
1959	2743 Pete Morris	M	40	01:00:58	1972	00:59:05
1960	3274 James Layzell	M		01:00:59	1849	00:57:58
1961	3133 Anna Anderson	F	35	01:01:01	1940	00:58:50
1962	599 Mike Kirton	M	45	01:01:01	1950	00:58:54
1963	653 Paul Richards	M		01:01:02	1894	00:58:28
1964	838 Koert Pelders	M	40	01:01:04	1882	00:58:21
1965	2602 Emma Hickson	F	40	01:01:04	1948	00:58:53
1966	2818 Hywel Morgan	M	20	01:01:06	1865	00:58:14
1967	562 Lisa Cronin	F		01:01:08	1899	00:58:29
1968	821 Rachel Holland	F		01:01:09	1959	00:58:58
1969	504 Tony Scott	M	45	01:01:10	1931	00:58:44
1970	1069 Richard William Davies	M		01:01:10	1864	00:58:14
1971	2769 Wendy Dorrell	F	35	01:01:12	2075	01:00:39
1972	2062 Gillian Mary Jones	F	35	01:01:12	2082	01:00:44
1973	3613 Louise Davies	F	35	01:01:14	1987	00:59:16
1974	1930 Celia Ann Melvin	F	45	01:01:14	1962	00:59:00
1975	3351 Tina Roderick	F	40	01:01:15	1964	00:59:01
1976	263 Kevin Allen	M		01:01:16	2057	01:00:19

1977	1681 John Cole	M	60		01:01:16	1933 00:58:45
1978	3055 Steven Rees-Thomas	M	45		01:01:16	1845 00:57:55
1979	1307 Lisa Johns	F	40		01:01:19	2054 01:00:16
1980	3387 Matthew Collins	M	40		01:01:19	1893 00:58:27
1981	1517 Robert Williams	M		Aberdare Athletic Running Club	01:01:20	2074 01:00:38
1982	1027 Martyn Williams	M	40		01:01:20	2049 01:00:11
1983	3419 Tammy Cappell	F	35		01:01:20	1904 00:58:32
1984	2496 Jeff Brooks	M	40		01:01:23	2052 01:00:15
1985	1116 David Royston Harris	M		Activa	01:01:25	1979 00:59:12
1986	3203 Sally Smith	F			01:01:25	1989 00:59:19
1987	2837 Rebecca Lewis	F	35		01:01:25	2035 01:00:02
1988	2058 Gillian Murphy	F	50	Les Croupiers	01:01:26	1983 00:59:14
1989	2854 Bethan Roberts	F		Brecon AC	01:01:26	1960 00:58:58
1990	205 Duncan Dawson	M	65		01:01:27	2023 00:59:49
1991	3264 Elaine Kellerher	F			01:01:28	2030 00:59:58
1992	3250 Wayne Ganderton	M			01:01:29	2033 01:00:00
1993	2581 Paul Robinson	M			01:01:29	1937 00:58:47
1994	107 Osborn Samantha	F	40	WRN	01:01:30	1971 00:59:05
1995	3283 Claire Lynch	F			01:01:30	2001 00:59:24
1996	3269 Bethan Walsh	F			01:01:30	1999 00:59:24
1997	2278 Alex Warburton	M	50		01:01:31	1858 00:58:06
1998	2099 Frances Chamberlain	F	40	Sri Chinmoy	01:01:31	2027 00:59:53
1999	1567 Samantha Louise Marshall	F	35		01:01:32	1928 00:58:43
2000	1999 Mark Evans	M			01:01:33	1910 00:58:35
2001	1092 Christina M Brannigan	F	35		01:01:34	1977 00:59:07
2002	2231 Clive Williams	M	55		01:01:34	1947 00:58:53
2003	678 Ian Ross	M			01:01:34	2005 00:59:34
2004	928 Kay Varley	F			01:01:34	2008 00:59:35
2005	3481 Gillian Ann Palmer	F	40		01:01:35	2006 00:59:35
2006	1449 Peter Thomas	M	45		01:01:39	2009 00:59:35

2007	184 Joanne Jones	F	35		01:01:39	2072	01:00:35
2008	3310 Hayley Morton	F			01:01:39	2103	01:00:59
2009	3580 Simon Andrew	M			01:01:40	1974	00:59:06
2010	651 Peter Jones	M	45		01:01:41	1976	00:59:07
2011	1676 Chris Keogh	M	40		01:01:43	2053	01:00:16
2012	1961 Phillip James Meaclem	M	40		01:01:43	1973	00:59:05
2013	1728 Carys Ann Roderick	F		WRN	01:01:45	1969	00:59:03
2014	2844 Carolyn Williams	F	40		01:01:48	2034	01:00:01
2015	3291 Helen Robins	F	40	Griffithstown Harriers	01:01:49	2015	00:59:46
2016	1209 Sean Lyon Evans	M			01:01:50	2090	01:00:50
2017	892 Joanne Phillips	F	35		01:01:51	2130	01:01:22
2018	2786 Angela Morgan	F	35		01:01:51	1995	00:59:21
2019	1832 Richard Lee Morgan Loughor	M		Admiral	01:01:51	1958	00:58:58
2020	734 Justin Wemyss	M			01:01:51	2067	01:00:32
2021	2431 Eric Pedersen	M	45	Activa	01:01:52	2108	01:01:04
2022	3467 Peter Davies	M			01:01:52	1946	00:58:52
2023	434 Stephanie Duggan	F	35		01:01:54	2011	00:59:37
2024	3292 Joanne O'Brien	F	35		01:01:55	2131	01:01:23
2025	2651 Elizabeth Morgan	F		San Domenico	01:01:55	2000	00:59:24
2026	2417 Paul Sellars	M			01:01:58	1986	00:59:16
2027	223 Tracy Morgan	F	40	Caboodle	01:02:00	2036	01:00:02
2028	3422 Sarah Mynott	F	35		01:02:00	1970	00:59:04
2029	3080 Jim Mordue	M	50		01:02:03	1921	00:58:41
2030	1426 Denise Brennan	F	35		01:02:03	2044	01:00:09
2031	1469 David Williams	M			01:02:03	2068	01:00:33
2032	619 Linzi Soper	F			01:02:04	2021	00:59:48
2033	3474 Angela Harris	F		WRN	01:02:05	2022	00:59:49
2034	144 Liz Lovell	F	40		01:02:05	2024	00:59:49
2035	1506 Paul Whittaker	M	40	Aberdare Athletic Running Club	01:02:06	2026	00:59:52
2036	508 Andrew Davison	M	40		01:02:07	2003	00:59:26

2037	2899 Rob Wilkinson	M	40		01:02:08	2016	00:59:46
2038	2900 Jane Wilkinson	F	45		01:02:08	2017	00:59:46
2039	3298 Jackie Evans	F		Sospan RR	01:02:09	2042	01:00:07
2040	3114 Karen Pearman	F	45	Grange Running Club	01:02:09	2046	01:00:11
2041	2988 Kyra Kirkham	F			01:02:10	1992	00:59:19
2042	3190 Barry Owen	M			01:02:10	1990	00:59:19
2043	2318 Gail Osbourne	F	35		01:02:10	1993	00:59:20
2044	1070 Oliver David Longmore	M			01:02:11	1984	00:59:14
2045	3476 Saira Luckman	F	40		01:02:11	1994	00:59:20
2046	2983 Ian James	M			01:02:12	2012	00:59:39
2047	1211 Anthony Aleman	M	65		01:02:13	2013	00:59:40
2048	2714 Jason Lewis	M			01:02:13	2081	01:00:44
2049	2689 Nicola Denman	F			01:02:15	2004	00:59:29
2050	521 Jayne Kinnear	F	35		01:02:15	2007	00:59:35
2051	3491 Andrew John Ace	M			01:02:15	2078	01:00:40
2052	2122 Jessica Elisebeth Sandry	F			01:02:16	2123	01:01:15
2053	328 Graeme Thelwell	M	50		01:02:16	2018	00:59:46
2054	3226 Rebecca Harrison	F			01:02:16	2111	01:01:05
2055	2778 Sarah Butt	F	35		01:02:17	2110	01:01:05
2056	2755 Elaine Melbourne	F	35		01:02:17	2113	01:01:05
2057	443 Dolores Donnelly	F	45	WRN	01:02:18	2020	00:59:47
2058	3475 Lisa O'Mahoney	F			01:02:18	1996	00:59:22
2059	2905 Gemma Williams	F			01:02:20	2170	01:02:03
2060	3271 Andrew Llewellyn	M			01:02:21	2055	01:00:18
2061	2302 Kevin Llewellyn	M	45		01:02:21	2056	01:00:18
2062	1953 Ella Newington	F	20		01:02:22	2133	01:01:26
2063	2341 Ann Shirley Lewis	F	45		01:02:23	2112	01:01:05
2064	958 Kathryn Davies	F	35		01:02:26	2186	01:02:11
2065	145 Catherine Skuse	F			01:02:26	2089	01:00:50
2066	201 Robert Clarke	M	45	Robert Clarke Gym	01:02:26	1985	00:59:15

2067	1208 Anthony Michael Paget	M	45		01:02:27	2037	01:00:03
2068	2883 Graham Smith	M			01:02:29	2077	01:00:40
2069	444 Andre Mcpherson	M			01:02:31	2041	01:00:07
2070	1700 Mark Austin	M	40		01:02:32	1982	00:59:13
2071	249 Pamela Gray	F	40		01:02:34	2025	00:59:51
2072	3224 Robert Matthews	M	55		01:02:35	2064	01:00:29
2073	575 Darren Clement	M			01:02:36	2080	01:00:42
2074	2610 Natalie Hemingway-Main	F			01:02:36	2071	01:00:34
2075	638 Rebeccah Thomas	F			01:02:37	2060	01:00:25
2076	1828 Michael Whitehouse	M		Admiral	01:02:38	2028	00:59:55
2077	2616 Catherine Lloyd-Bennett	F		3Ms	01:02:38	2038	01:00:05
2078	2615 Stuart Charles	M			01:02:38	2010	00:59:36
2079	224 Paul Morgan	M		Caboodle	01:02:39	2079	01:00:41
2080	2914 Sharon Davies	F	35		01:02:39	2184	01:02:10
2081	1333 Joanne Stamway	F			01:02:39	2047	01:00:11
2082	1391 Johny Thomas	M			01:02:41	2117	01:01:09
2083	2072 Tracy Edwards	F	40		01:02:43	2073	01:00:37
2084	3612 Lisa Heath	F		Amman Valley Harriers	01:02:45	2096	01:00:55
2085	1766 Mike Todd	M	50	Amman Valley Harriers	01:02:45	2097	01:00:56
2086	576 Julie Clement	F	35		01:02:46	2091	01:00:52
2087	3016 Steve Charalambou	M	40		01:02:46	2061	01:00:26
2088	1538 Andrew John	M	40		01:02:48	2139	01:01:31
2089	1428 Vanessa Brewer	F			01:02:49	2141	01:01:31
2090	3144 Melanie Jehu	F	40		01:02:50	2050	01:00:13
2091	149 Rhian Last	F	50		01:02:51	2043	01:00:09
2092	3195 Mark Caswell	M			01:02:52	2065	01:00:30
2093	1405 Geoff Grant	M			01:02:53	2102	01:00:59
2094	3175 Owen Morris	M			01:02:54	2032	00:59:59
2095	1531 Irene Hains	F	60		01:02:55	2039	01:00:06
2096	1232 Jean Sellars	F	60	Running Sisters Chiltern Area	01:02:57	2059	01:00:23

2097	2059 Sarah Murphy	F		01:02:59	2084	01:00:46
2098	1823 Michael Lewis	M	Admiral	01:03:00	2019	00:59:47
2099	2929 Phil Rees	M	60	01:03:01	2040	01:00:06
2100	3514 Keith Parsons	M	45	01:03:01	2062	01:00:26
2101	3408 Peter Abraham	M		01:03:02	2160	01:01:54
2102	117 Karen Williams	F		01:03:03	2153	01:01:46
2103	1670 Tracey Kloet	F	35	01:03:03	2087	01:00:48
2104	1680 Amanda Helen George	F	50	01:03:04	2145	01:01:38
2105	3014 Daniel Cundy	M	45	01:03:05	2083	01:00:44
2106	2955 Rhian Jones	F		01:03:08	2147	01:01:40
2107	2941 Ruth Clark	F	35	01:03:08	2148	01:01:41
2108	2408 John William	M	55	01:03:11	2162	01:01:54
2109	760 Annette Williams	F	35	01:03:11	2076	01:00:40
2110	721 Melanie Rogers	F		01:03:11	2176	01:02:07
2111	3653 Iain Mccallum	M	45	01:03:14	2058	01:00:22
2112	2958 Rachael Johnson	F		01:03:14	2167	01:01:56
2113	3120 Beth Murphy	F	35	01:03:16	2069	01:00:33
2114	1185 Mark Arnold	M	40	01:03:17	2101	01:00:58
2115	210 Suzanna J Jenkins	F	40	01:03:18	2100	01:00:58
2116	911 Chris Rees	M		01:03:19	2070	01:00:34
2117	1678 Innes James	F	35	01:03:20	2169	01:01:59
2118	2113 Lowri Jane Jones	F		01:03:21	2099	01:00:57
2119	2112 Alexander Ryan Evans	M		01:03:21	2092	01:00:55
2120	1031 Gail Macnulty	F	50	01:03:22	2129	01:01:21
2121	2930 Angela Borrelli	F	40	01:03:25	2116	01:01:09
2122	1416 Bernita De Wet	F	35	01:03:25	2146	01:01:38
2123	3347 Christine Sanderson	F	40	01:03:26	2109	01:01:05
2124	2350 Robert Lionel Thomas	M	75	01:03:27	2166	01:01:56
2125	1205 Simon Mark Hudd	M	40	01:03:29	2124	01:01:16
2126	2989 Emma Derrett-Smith	F		01:03:29	2086	01:00:48

2127	868 Abbie Gadd	F		01:03:30	2218	01:02:43
2128	1302 Deborah Talbott	F	40	01:03:30	2063	01:00:28
2129	844 Ian Robertson	M		01:03:30	2104	01:00:59
2130	3365 Christian Williams	M		01:03:31	2106	01:01:02
2131	2994 Joy Davies	F	40 Les Croupiers	01:03:31	2154	01:01:46
2132	439 Tony Dally	M	40	01:03:33	2114	01:01:08
2133	2886 Marcell Smith	F	45	01:03:33	2066	01:00:32
2134	2226 James Harry	M		01:03:34	2051	01:00:13
2135	3167 Joanne Knight	F	North Herts Road Runners	01:03:34	2095	01:00:55
2136	1577 Gwenda Morris	F	45	01:03:37	2193	01:02:15
2137	3591 Tracy Thomas	F	35 WRN	01:03:39	2134	01:01:29
2138	3592 Kathryn Rees	F	35 WRN	01:03:40	2135	01:01:29
2139	3497 Terry Copp	F	45 WRN	01:03:40	2136	01:01:29
2140	3658 Runner 3658	M		01:03:42	2177	01:02:07
2141	2505 Bridgette Griffiths	F	40	01:03:42	2178	01:02:08
2142	2061 Elliot Murphy	M	20	01:03:44	2140	01:01:31
2143	1813 Amanda Lewis	F		01:03:45	2085	01:00:47
2144	2591 Anthony Wilson	M	45 Dragon Health Club	01:03:45	2105	01:01:01
2145	3393 Jessica Froud	F		01:03:46	2107	01:01:02
2146	1090 Rawadee Davies	F	40	01:03:46	2159	01:01:53
2147	2884 Alun Cleverley	M	40	01:03:47	2093	01:00:55
2148	3468 John Parke	M	40	01:03:47	2094	01:00:55
2149	2436 Lisa Fabb	F	35 Activa	01:03:48	2206	01:02:31
2150	3168 Andrew Knight	M	North Herts Road Runners	01:03:49	2120	01:01:11
2151	3565 Sarah Ford	F	40	01:03:52	2229	01:02:51
2152	3061 Liz Duncan	F	40	01:03:52	2115	01:01:08
2153	1285 Hazel Morgan	F	40	01:03:53	2164	01:01:55
2154	1264 Rachel Alice Williams	F		01:03:57	2198	01:02:22
2155	1263 Rebecca Lee Williams	F		01:03:59	2201	01:02:24
2156	670 Tracey Thomas	F	35	01:03:59	2118	01:01:10

2157	669 Simon Edmunds	M	40		01:03:59	2119	01:01:10
2158	2441 Menna Jane Price	F		Activa	01:04:00	2126	01:01:18
2159	2281 Joseph Tobin	M			01:04:01	2125	01:01:17
2160	524 Alison Maguire	F	35		01:04:03	2217	01:02:42
2161	3247 Adrian Bailey	M	45		01:04:03	2175	01:02:05
2162	1922 Julia Coffey	F			01:04:05	2180	01:02:08
2163	2275 Delyth Lloyd	F	45		01:04:05	2210	01:02:37
2164	3410 Philip Collier	M	40		01:04:08	2138	01:01:30
2165	884 Andrew Bate	M			01:04:08	2122	01:01:15
2166	2976 Carys Davies	F			01:04:09	2121	01:01:14
2167	1557 Angela Mary Morgan	F	45		01:04:10	2187	01:02:12
2168	1690 Jenny Bailey	F	35		01:04:10	2192	01:02:14
2169	1689 Dennis Bailey	M	65		01:04:10	2191	01:02:14
2170	1499 Paul Freeman	M	40		01:04:11	2179	01:02:08
2171	972 Phillip Carton	M	40		01:04:11	2195	01:02:19
2172	665 Gysintha Mallon	F		Glamorgan Health & Raquet	01:04:12	2278	01:03:47
2173	3183 John Hopkin	M	55		01:04:13	2194	01:02:18
2174	1773 Colin Martin	M	45		01:04:14	2098	01:00:57
2175	920 Helen Scott	F		WRN	01:04:14	2150	01:01:43
2176	1409 Jayne George	F			01:04:14	2251	01:03:12
2177	930 Lynne Hodgetts	F	50	WRN	01:04:15	2151	01:01:44
2178	620 Gareth Davies	M			01:04:15	2128	01:01:20
2179	3465 Cicely Warren	F			01:04:15	2181	01:02:08
2180	1308 David Watkins	M	45		01:04:16	2149	01:01:42
2181	2617 Deborah Wilson	F	40	Dragon Health Club	01:04:19	2143	01:01:34
2182	1521 Michael Rees	M	55	WRN	01:04:19	2183	01:02:10
2183	402 Mark Lewis	M	40		01:04:20	2171	01:02:04
2184	2285 Juliet Milme	F			01:04:20	2246	01:03:09
2185	176 Julie Kemp	F	40		01:04:22	2137	01:01:30
2186	559 Olugbenga Fakande	M	45		01:04:24	2208	01:02:33

2187	765 Meinir Hutchings	F	35		01:04:25	2252	01:03:14
2188	2987 Shilpa Chaudhry	F	40		01:04:25	2301	01:04:05
2189	220 Gerald Kemp	M	40		01:04:26	2142	01:01:32
2190	3002 Ros Ash	F	40	WRN	01:04:26	2213	01:02:38
2191	131 Mary Gillingham	F	45	WRN	01:04:27	2214	01:02:38
2192	660 Leanne Lewis	F			01:04:27	2245	01:03:09
2193	2155 Elizabeth Claire Morrison	F	35		01:04:30	2165	01:01:56
2194	3357 Christopher Langdon	M			01:04:31	2260	01:03:31
2195	3119 April Young	F	45		01:04:31	2155	01:01:48
2196	2393 Claire Jones	F			01:04:31	2156	01:01:50
2197	2811 Keith Saddington	M	50		01:04:32	2163	01:01:55
2198	1847 Rachel Green	F		Admiral	01:04:33	2157	01:01:50
2199	1770 Karen Phillips	F	40		01:04:33	2222	01:02:47
2200	1455 Linda Thomas	F	40		01:04:34	2207	01:02:32
2201	3488 Annette Leponis	F			01:04:35	2127	01:01:19
2202	1377 Barbara Pearce	F	50		01:04:36	2209	01:02:36
2203	627 Lynn Delfosse	F	40		01:04:37	2262	01:03:34
2204	435 Nia Beagles	F	20		01:04:38	2144	01:01:36
2205	332 Chris Parkin	M			01:04:39	2132	01:01:25
2206	1373 Brian Ford	M	70		01:04:41	2248	01:03:09
2207	320 Hannah Woodward	F		Mad Hatters Tea Party	01:04:42	2197	01:02:22
2208	1066 Joanna Evans	F			01:04:47	2247	01:03:09
2209	1281 Anthony Jenkins	M		Aberdare Athletic Running Club	01:04:48	2263	01:03:36
2210	280 Owain Richardson	M	20		01:04:49	2204	01:02:31
2211	947 Lucy Saunders	F	35		01:04:49	2174	01:02:04
2212	1038 Helen Mcdaid	F	35	WRN	01:04:49	2172	01:02:04
2213	458 Susan Pendleton	F	35	WRN	01:04:49	2173	01:02:04
2214	516 Marie Beer	F			01:04:51	2152	01:01:44
2215	373 Rhidian Edwards	M			01:04:52	2196	01:02:20
2216	581 Gillian Jones	F	40		01:04:53	2168	01:01:59

2217	299 Sam Brown	M		01:04:56	2225	01:02:48
2218	3505 Nicholas Browne	M	45	01:04:57	2220	01:02:44
2219	1665 Rachel Fermin	F	35	01:04:58	2212	01:02:37
2220	96 Catherine Beer	F		01:04:58	2199	01:02:22
2221	97 Tracy Phipps	F	35	01:04:58	2200	01:02:23
2222	2614 Non Pettican	F	40	01:05:02	2249	01:03:11
2223	662 Rhian Jones	F		01:05:03	2202	01:02:24
2224	2127 Jemma Jones	F		01:05:05	2237	01:02:56
2225	2107 Alison Palmer	F	45	01:05:06	2253	01:03:15
2226	2875 Matthew Fowler	M		01:05:07	2300	01:04:05
2227	1478 Debbie Gibbs	F		01:05:07	2294	01:04:00
2228	3092 Benjamin Amit	M		01:05:08	2288	01:03:57
2229	910 Rachel Mcdonald	F		01:05:10	2189	01:02:12
2230	1814 Joanne Elizabeth Easter-Thor	F		01:05:11	2190	01:02:13
2231	296 Anna Teesdale	F		01:05:11	2231	01:02:51
2232	2709 Clare Hingott	F		01:05:11	2323	01:04:34
2233	408 Linda Owens	F	55 3Ms	01:05:12	2161	01:01:54
2234	2571 Roger Jones	M	55	01:05:15	2188	01:02:12
2235	469 Lawrence Parrott	M		01:05:16	2158	01:01:52
2236	2503 Sheila Curran	F	50 WRN	01:05:17	2221	01:02:45
2237	2674 Sarah Barnes	F	35	01:05:19	2216	01:02:42
2238	2926 Julie Noble	F	40	01:05:20	2283	01:03:51
2239	1778 Susan De-Camps	F	55 Forest Of Dean AC	01:05:20	2287	01:03:55
2240	2523 Gareth Crees	M	50	01:05:22	2226	01:02:49
2241	2807 Andrew Thomas	M	Llanelli AAC	01:05:22	2233	01:02:53
2242	245 Karen Birdsall	F	35	01:05:23	2203	01:02:29
2243	1640 Matthew Townsend	M		01:05:23	2228	01:02:50
2244	3173 Carl Maus	M		01:05:24	2182	01:02:09
2245	2075 Tony Hennion	M	20	01:05:28	2215	01:02:38
2246	1365 Hannah Hector	F		01:05:29	2230	01:02:51

2247	1105 Winnie Moore	F	60		01:05:29	2324	01:04:34
2248	2595 Huw Beckett	M			01:05:30	2243	01:03:07
2249	3124 Charlotte Buckler	F			01:05:32	2205	01:02:31
2250	2002 Lucy Anderson	F			01:05:36	2227	01:02:50
2251	733 Beverley Lougher	F			01:05:41	2238	01:02:58
2252	2823 Andrew Vipond	M	45		01:05:42	2240	01:03:04
2253	1487 Dylan Hughes Jones	M	40	Wye Valley Runners	01:05:42	2235	01:02:55
2254	880 Stephanie Jones	F			01:05:42	2223	01:02:48
2255	2947 Claire Geary	F	35		01:05:43	2211	01:02:37
2256	2845 Patricia Searle	F	45		01:05:44	2236	01:02:55
2257	2566 Alex Parry	M	40		01:05:45	2219	01:02:44
2258	2208 Phillip Terry	M	50	Taibalii Rfc	01:05:48	2338	01:04:49
2259	244 Sally Killian	F	35		01:05:48	2234	01:02:54
2260	2210 Steven Williams	M	45	Taibalii Rfc	01:05:49	2340	01:04:51
2261	2998 Ashok Kumar	M	20		01:05:49	2239	01:02:59
2262	1173 Sara Jayne Davies	F	40		01:05:50	2256	01:03:21
2263	489 Laura Burns	F			01:05:50	2339	01:04:50
2264	327 Sarah Price	F			01:05:52	2311	01:04:19
2265	3512 Jacqueline Spencer	F	35		01:05:53	2270	01:03:44
2266	3511 Kevin Spencer	M			01:05:53	2273	01:03:45
2267	3076 Ann Komzolik	F	45		01:05:57	2232	01:02:53
2268	568 Christopher Didio	M	45		01:05:57	2267	01:03:41
2269	3572 Paul Thomas	M	45		01:05:57	2259	01:03:30
2270	754 Jayne Trew	F	45	WRN	01:05:58	2271	01:03:44
2271	1763 Kathryn E Ratcliffe	F	45		01:05:59	2250	01:03:11
2272	873 Tracey Davies	F	40		01:05:59	2244	01:03:07
2273	1537 Lisa Griffin	F		Brackla Harriers	01:05:59	2242	01:03:07
2274	757 Janet Langdon	F	50		01:05:59	2316	01:04:24
2275	1183 Gary Rees	M	60		01:06:02	2282	01:03:51
2276	2243 Richard Timothy Clarke	M			01:06:04	2274	01:03:45

2277	2242 Karen Long	F	45		01:06:04	2276	01:03:45
2278	2654 Catherine Pritchard	F			01:06:05	2255	01:03:19
2279	3154 Simon Thomas	M			01:06:05	2257	01:03:26
2280	498 Louise Warren	F			01:06:05	2241	01:03:05
2281	1863 Thomas Walsh	M	40		01:06:06	2304	01:04:13
2282	2661 Jane Edge	F	40		01:06:07	2258	01:03:26
2283	2190 Colin Crumpler	M			01:06:09	2224	01:02:48
2284	2495 Linda Keelan	F	45		01:06:10	2266	01:03:38
2285	1609 John Christian Browne	M			01:06:15	2297	01:04:03
2286	3590 Elizabeth Michael Newton	F	40	WRN	01:06:16	2298	01:04:03
2287	1456 Alice Thomas	F	20		01:06:17	2308	01:04:17
2288	915 Kurstyn Thomas	F	40		01:06:17	2344	01:05:09
2289	3063 David Thomas	M		Pembrokeshire Harriers	01:06:18	2394	01:06:18
2290	1762 Amanda Wastnage	F	35		01:06:19	2281	01:03:51
2291	2942 Rhian John	F			01:06:19	2312	01:04:20
2292	346 Nicola Williams	F	35	Sospan RR	01:06:20	2315	01:04:21
2293	2386 Sandra Hopkins	F	40		01:06:22	2261	01:03:34
2294	1698 Paul Gibbs Sykes	M			01:06:24	2265	01:03:38
2295	473 Heather Waller	F	40	Leamington C & A C	01:06:27	2320	01:04:28
2296	1020 Rachel Thomas	F		WRN	01:06:27	2303	01:04:10
2297	3473 Mark Williams	M	40		01:06:28	2254	01:03:18
2298	1742 Dean Jones	M			01:06:28	2345	01:05:17
2299	586 Mark Davies	M			01:06:28	2279	01:03:47
2300	1701 Caroline Jane Morgan	F	35		01:06:31	2280	01:03:50
2301	3240 Steve Morgan	M	50		01:06:32	2289	01:03:58
2302	165 Dilys Morris-Jones	F	45		01:06:33	2343	01:05:09
2303	853 Jenny Wyatt	F	40	WRN	01:06:34	2295	01:04:02
2304	1839 Jo-Anne Connett	F		Admiral	01:06:35	2268	01:03:42
2305	1858 Steven Williams	M		Admiral	01:06:35	2269	01:03:43
2306	2960 Jeffrey Owen	M			01:06:35	2272	01:03:44

2307	3513 Lauren Parsons	F	20	01:06:37	2291 01:03:59
2308	770 Gemma Parker	F		01:06:37	2325 01:04:37
2309	316 Pauline Powell	F	45	01:06:39	2299 01:04:04
2310	2984 Brian Cotton	M		01:06:40	2388 01:06:12
2311	1836 Louisa Scadden	F	40 Admiral	01:06:40	2313 01:04:21
2312	2694 Jessica Whitehead	F		01:06:40	2327 01:04:40
2313	1164 Jeanette Whelan	F	40	01:06:41	2314 01:04:21
2314	1402 Francon Davies	M	50	01:06:43	2362 01:05:44
2315	2518 Jayne Goodwin	F	35	01:06:43	2290 01:03:58
2316	2516 Christine Snape	F	55	01:06:44	2292 01:03:59
2317	2913 Sian Wood	F		01:06:44	2277 01:03:45
2318	470 Delyth Murray- Lines	F		01:06:44	2275 01:03:45
2319	1619 Roma Ann Whitely	F	55	01:06:47	2331 01:04:41
2320	114 Jill Royce	F	40 WRN	01:06:48	2307 01:04:16
2321	1323 Jonathan Clarke	M		01:06:49	2321 01:04:29
2322	1692 Mary Elisabeth Donnelly	F	45	01:06:51	2293 01:03:59
2323	532 Tracey Close	F	40	01:06:52	2296 01:04:02
2324	2543 Rhoswen Collings	F		01:06:52	2310 01:04:19
2325	2885 Bronwen Parry	F		01:06:53	2309 01:04:19
2326	3151 Daniela Smillie	F	40	01:06:53	2317 01:04:27
2327	424 Nicola Roberts	F		01:06:54	2361 01:05:44
2328	2707 Sarah West	F	40	01:06:54	2264 01:03:38
2329	1350 Geta Aldridge	F	55	01:06:56	2400 01:06:25
2330	1330 Nicola Anderson	F	35	01:06:57	2416 01:06:44
2331	2506 Kay Thomas	F	45 Neath Harriers	01:07:01	2363 01:05:46
2332	236 Clare Douglas	F	WRN	01:07:03	2305 01:04:16
2333	3657 Melanie Williams	F	WRN	01:07:03	2306 01:04:16
2334	1418 Karl Lewis	M		01:07:03	2302 01:04:09
2335	1268 Darryll David Howells	M	40	01:07:04	2329 01:04:41
2336	932 Steven Kelly	M	45	01:07:04	2370 01:05:48

2337	2398 Kay Davies	F	35		01:07:07	2286	01:03:54
2338	826 Hayley Parsons	F	35	WRN	01:07:08	2318	01:04:27
2339	459 Gill Stone	F	50		01:07:09	2284	01:03:52
2340	417 Rebecca Kench	F			01:07:09	2342	01:05:01
2341	460 Hannah Stone	F			01:07:09	2285	01:03:52
2342	677 Linda Brown	F	55		01:07:12	2337	01:04:49
2343	2986 Helen Reynolds	F	40		01:07:13	2335	01:04:49
2344	2662 Kevin Fisher	M	45		01:07:17	2395	01:06:21
2345	2685 Marlize Palmer	F	45		01:07:17	2396	01:06:22
2346	2320 Jane Elliot	F	50	Avon Valley Runners	01:07:18	2328	01:04:40
2347	1395 Carol Bibby	F	55		01:07:19	2414	01:06:43
2348	2480 Mark Peters	M	45		01:07:21	2381	01:05:55
2349	1251 Lawrence Fisher	M	60		01:07:26	2326	01:04:40
2350	219 Cerys Llewellyn-Bevan	F	35		01:07:27	2333	01:04:43
2351	822 Patricia Moore	F	45		01:07:32	2336	01:04:49
2352	2977 Neil Hallam	M			01:07:34	2377	01:05:53
2353	2978 Clare Hallam	F			01:07:34	2379	01:05:54
2354	3057 Richard Parrott	M			01:07:35	2322	01:04:29
2355	407 Frances Keogh	F	45		01:07:37	2373	01:05:50
2356	3508 Ben Giesbrecht	M	50		01:07:37	2330	01:04:41
2357	3507 Garth Giesbrecht	M	50		01:07:37	2332	01:04:41
2358	1588 Cathrine Jane Jackson	F	45		01:07:40	2405	01:06:30
2359	449 Bronwen Williams	F			01:07:43	2346	01:05:17
2360	1118 Rebecca Aeronwy Gunstone	F		Activa	01:07:45	2356	01:05:33
2361	1855 Wright James	M	40	Admiral	01:07:49	2319	01:04:27
2362	1765 Donald Patrick Fearn	M	75		01:07:50	2380	01:05:55
2363	2095 Hayley Medicott	F			01:07:50	2347	01:05:22
2364	2093 Nicola Jane Davies	F	35		01:07:50	2348	01:05:22
2365	2094 Catherine Cross	F	35		01:07:50	2349	01:05:22
2366	2240 Jill Luckwell	F	45		01:07:51	2334	01:04:45

2367	1280 Lesley West	F	50		01:07:52	2390	01:06:15
2368	2699 Linda Brown	F	50		01:07:53	2371	01:05:49
2369	2212 Julie Burchell	F	35	Griffithstown Harriers	01:07:53	2372	01:05:49
2370	361 Les Cuthbert	M	50		01:07:54	2378	01:05:54
2371	3424 Hayley Mccutcheon	F			01:07:54	2351	01:05:31
2372	462 Rhian Pippins	F			01:07:57	2341	01:04:59
2373	358 Helen Handley	F	45		01:07:59	2383	01:06:00
2374	3380 Emma Wilson	F			01:08:01	2384	01:06:00
2375	376 Michael Stoneman	M			01:08:02	2389	01:06:12
2376	3011 Gemma Owen	F			01:08:06	2415	01:06:43
2377	2222 Tony Dorset	M	65	Les Croupiers	01:08:08	2466	01:07:50
2378	2426 Mathew Paul John Hayward	M	20	Activa	01:08:10	2441	01:07:17
2379	2425 Thomas James Powell	M	20	Activa	01:08:11	2440	01:07:17
2380	2556 Victoria Rope	F			01:08:12	2392	01:06:16
2381	1459 Keith Norwood	M	45		01:08:14	2359	01:05:43
2382	1400 Jessy Mills	F			01:08:16	2353	01:05:32
2383	1168 Derek Hawkins	M	60		01:08:17	2407	01:06:33
2384	3589 Sylvia Edwards	F	40	WRN	01:08:17	2385	01:06:06
2385	3386 Catherine Bennett	F			01:08:18	2393	01:06:17
2386	2171 Christopher Johnny Pickles	M	55		01:08:18	2354	01:05:32
2387	3520 Laura Feeney	F			01:08:18	2352	01:05:31
2388	1682 Gwen Kahan	F	50		01:08:18	2355	01:05:33
2389	1816 Stewart Evans	M	45		01:08:21	2444	01:07:18
2390	215 Kristine Hamilton	F	50	WRN	01:08:22	2374	01:05:51
2391	1886 Eleanor Evans	F	40		01:08:24	2391	01:06:15
2392	673 Christine Williams	F	40		01:08:24	2350	01:05:23
2393	3434 Kelly Smith	F			01:08:26	2367	01:05:47
2394	741 Jamie Lannen	M			01:08:27	2431	01:07:07
2395	2317 Helen Elizebeth Pattas	F	35		01:08:27	2360	01:05:44
2396	657 Kate Jones	F			01:08:29	2369	01:05:48

2397	656 Alison Jones	F	35	01:08:29	2365	01:05:47
2398	393 Susan Frankling	F	50	01:08:30	2410	01:06:36
2399	103 Awen Penri	F		01:08:30	2398	01:06:24
2400	984 Sian Ackland	F	40	01:08:31	2358	01:05:39
2401	2471 Nora Davies	F	45	01:08:31	2368	01:05:47
2402	2810 Judith Michael	F	WRN	01:08:31	2366	01:05:47
2403	2114 Lynne Perrott	F	50	01:08:32	2364	01:05:46
2404	3022 Lance Garland	M		01:08:34	2402	01:06:26
2405	3012 Amy Vaithilingam	F		01:08:34	2403	01:06:27
2406	140 Charlotte Firth	F		01:08:39	2357	01:05:37
2407	3463 Nathan Smith	M	20	01:08:42	2375	01:05:51
2408	2450 Lionel Morris	M	50	01:08:47	2376	01:05:52
2409	2313 Robert Mellin	M		01:08:49	2470	01:07:59
2410	1753 Gareth Bowen Morris	M	40	01:08:50	2420	01:06:48
2411	852 Susan Phillips	F	40	01:08:50	2411	01:06:39
2412	2158 Jane Helens Ablett	F		01:08:53	2387	01:06:11
2413	1091 Rachel Thomas	F	35	01:08:53	2382	01:05:56
2414	2287 Rhian Thomas	F		01:08:53	2424	01:06:54
2415	2639 Jane Denman	F	35	01:08:55	2404	01:06:30
2416	3319 Alexa Thomas	F	40	01:08:56	2406	01:06:30
2417	3366 Kaye Imm	F	55	01:08:56	2422	01:06:52
2418	2528 Rachel Thomas	F		01:08:57	2419	01:06:47
2419	1243 Melanie Dawn Carson-Thoma	F		01:08:58	2442	01:07:17
2420	687 Juliet Meades	F	45	01:08:58	2437	01:07:12
2421	686 Katie Meades	F	20	01:08:58	2438	01:07:13
2422	2009 Emlyn Paul Gray	M		01:09:00	2423	01:06:52
2423	1956 Neil Leonard Price	M	55	01:09:03	2386	01:06:09
2424	1452 David Roberts	M		01:09:06	2397	01:06:22
2425	1714 Joanne Roberts	F	35	01:09:12	2465	01:07:48
2426	1447 Natalya Slee	F	20	01:09:12	2418	01:06:46

2427	1669 Gavin Earley	M		01:09:13	2425	01:06:57
2428	1738 David Pavey	M	45	01:09:18	2413	01:06:41
2429	456 Fiona Campbell	F		01:09:19	2399	01:06:25
2430	2490 Rhys George	M		01:09:21	2401	01:06:25
2431	949 Dawn Skipper	F		01:09:24	2439	01:07:15
2432	295 Lynn Joseph	F	40	01:09:26	2453	01:07:30
2433	453 Jacqueline John	F	35	01:09:27	2513	01:09:27
2434	968 Sioned Powell	F	20	01:09:27	2473	01:08:05
2435	312 Mark Joseph	M	40	01:09:27	2454	01:07:31
2436	2115 Anita Wynne Lane	F	45 WRN	01:09:28	2417	01:06:45
2437	3423 Richard Mynott	M		01:09:31	2408	01:06:35
2438	2268 Lisa Lewis	F	35 WRN	01:09:32	2427	01:06:58
2439	2270 Diane Poole	F	55 WRN	01:09:32	2429	01:06:59
2440	2269 Martyn Lewis	M		01:09:32	2428	01:06:59
2441	934 Andrea Jones	F	35	01:09:34	2449	01:07:26
2442	3672 Andrew Morrissi	M		01:09:36	2421	01:06:48
2443	1663 Iain Douglas Quick	M		01:09:37	2426	01:06:57
2444	3013 Catherine Hunt	F		01:09:37	2409	01:06:35
2445	1672 Chris Hancock	M	40	01:09:50	2451	01:07:28
2446	1671 Jackie Hancock	F	35	01:09:50	2452	01:07:29
2447	3432 Paul Hinman	M	40	01:09:53	2412	01:06:40
2448	1507 Enid Ann Kehrein	F	35 Aberdare Athletic Running Club	01:09:54	2474	01:08:07
2449	790 Wendy Shamsaee	F	45	01:09:57	2445	01:07:19
2450	3526 Jackie Marshall	F	TROTS	01:09:58	2432	01:07:07
2451	1270 Mandy Templeton	F	45	01:10:00	2433	01:07:09
2452	1271 Huw Daniels	M	40	01:10:00	2434	01:07:10
2453	1715 Grant Roberts	M	40	01:10:01	2435	01:07:11
2454	1006 Margaret Powell	F	45	01:10:01	2483	01:08:40
2455	850 Paul Brettle	M	40	01:10:03	2486	01:08:47
2456	3484 Deborah Harris	F	45	01:10:05	2496	01:09:01

2457	3485 Ron Harris	M	45	Llswerry Runners	01:10:05	2498	01:09:01
2458	606 Sian Davies	F			01:10:06	2499	01:09:02
2459	3438 Alison Gould	F			01:10:07	2476	01:08:11
2460	3182 Judith Hopkin	F			01:10:08	2478	01:08:14
2461	2940 Guillemine Owen	F			01:10:11	2446	01:07:22
2462	731 Katie Webb	F			01:10:12	2447	01:07:22
2463	1338 David Taylor	M	40		01:10:16	2430	01:07:05
2464	2997 Joanne Haines	F			01:10:18	2521	01:09:39
2465	720 Claire Davies	F	40		01:10:20	2450	01:07:26
2466	3621 David H John	M	65		01:10:21	2461	01:07:47
2467	1141 Meinir Bird	F	35		01:10:21	2460	01:07:47
2468	1287 Neil Taylor	M			01:10:27	2544	01:10:14
2469	1360 Lizzy Brown	F			01:10:30	2471	01:08:01
2470	1273 Kate Reilly	F			01:10:30	2472	01:08:03
2471	3207 Helene Johns	F	40		01:10:31	2537	01:09:57
2472	454 Angela Knox	F	40		01:10:32	2436	01:07:12
2473	1296 Martin Whatty	M			01:10:33	2477	01:08:11
2474	539 Lisa Dawson	F			01:10:35	2448	01:07:23
2475	3032 Bleddyn Price	M	40		01:10:37	2455	01:07:36
2476	2718 Emma Jones	F			01:10:38	2457	01:07:38
2477	1856 Jamie Sharp	M		Admiral	01:10:39	2443	01:07:18
2478	2789 Maxine January	F	40		01:10:41	2479	01:08:18
2479	923 Wayne Dorel	M			01:10:42	2469	01:07:58
2480	2493 Mark Evans	M			01:10:44	2458	01:07:46
2481	2492 Joanna Roach	F			01:10:45	2459	01:07:46
2482	814 Hilary Webb	F	55		01:10:45	2456	01:07:37
2483	1713 Linda Powell	F	50		01:10:45	2508	01:09:24
2484	341 Christopher Anthony	M			01:10:46	2462	01:07:47
2485	340 Sally-Anne Anthony	F			01:10:46	2463	01:07:47
2486	2770 Stuart Baker	M			01:10:52	2533	01:09:53

2487	1470 Greg Watkins	M	40		01:10:57	2516	01:09:28
2488	825 Robert Priddy	M	40		01:10:58	2514	01:09:27
2489	493 Michael Evans	M	45		01:11:00	2468	01:07:53
2490	356 Kath Evans	F	35		01:11:00	2467	01:07:53
2491	3671 Robert Gadd	M			01:11:00	2545	01:10:14
2492	683 Katy Miller	F			01:11:01	2523	01:09:44
2493	342 Roz Fender	F			01:11:01	2524	01:09:44
2494	684 Nia Miles	F			01:11:01	2525	01:09:44
2495	879 David Williams	M			01:11:03	2488	01:08:48
2496	1772 Karen Pope	F	50		01:11:05	2464	01:07:48
2497	926 Bronwen Brooke	F			01:11:08	2480	01:08:21
2498	794 Chaela Carrell	F			01:11:08	2475	01:08:07
2499	2763 John Williams	M	70		01:11:15	2548	01:10:18
2500	143 Frances Davies	F	45		01:11:22	2484	01:08:41
2501	914 Richard Llewellyn	M			01:11:22	2482	01:08:38
2502	2005 Carol Deborah Lord	F	35		01:11:26	2481	01:08:33
2503	3329 Siobhan Collins	F	40		01:11:31	2527	01:09:49
2504	1411 Paula Samuel	F			01:11:33	2581	01:11:33
2505	2261 Michael Hodge	M	40		01:11:33	2497	01:09:01
2506	1606 Sian Louise Pursey	F			01:11:34	2485	01:08:46
2507	2700 Lorraine Hodson	F	40	Swansea Harriers	01:11:35	2487	01:08:48
2508	862 Kayte Brimacombe	F	40		01:11:37	2489	01:08:53
2509	863 Liz Brimacombe-Jones	F	45		01:11:38	2491	01:08:53
2510	3078 Donna Woods	F	40	WRN	01:11:43	2492	01:08:56
2511	3242 Ian Renowden	M			01:11:44	2522	01:09:41
2512	1512 Kathryn Brown	F	35	Aberdare Athletic Running Club	01:11:45	2507	01:09:24
2513	1513 Craig Brown	M	40	Aberdare Athletic Running Club	01:11:45	2511	01:09:25
2514	2959 Eleri Lane	F			01:11:46	2500	01:09:04
2515	2175 Danika Rafferty	F	20		01:11:48	2501	01:09:05
2516	2507 Hannah Cummings	F			01:11:53	2543	01:10:11

2517	547 Push Mangat	M	45		01:11:56	2495	01:08:59
2518	1193 Christopher Kyle Turner	M	55		01:11:57	2490	01:08:53
2519	902 Jannette Thorne	F	40		01:11:59	2573	01:11:09
2520	624 Louise Daniels	F	35	WRN	01:11:59	2519	01:09:33
2521	3414 Richard Williams	M			01:12:01	2529	01:09:49
2522	3413 Julie Williams	F	45		01:12:01	2528	01:09:49
2523	834 Jennifer Luscombe	F			01:12:05	2506	01:09:18
2524	970 Helen Roberts	F	40		01:12:07	2564	01:10:44
2525	1041 Lynn Holmes	F	45		01:12:08	2515	01:09:27
2526	3360 Clare Harvey	F			01:12:09	2505	01:09:14
2527	3035 David Evans	M	40		01:12:10	2582	01:11:40
2528	748 Paul Williams	M	40		01:12:15	2493	01:08:59
2529	749 Wendy Baker	F	40		01:12:15	2494	01:08:59
2530	2301 Katrina Ace	F	35		01:12:16	2503	01:09:12
2531	935 Roberts Christopher	M	45		01:12:17	2502	01:09:05
2532	1997 Rhian Griffiths	F	40		01:12:17	2504	01:09:12
2533	2727 Stephen Dixon	M			01:12:19	2554	01:10:36
2534	1348 Chrisy Clarke	M	45		01:12:19	2546	01:10:18
2535	3354 Caroline Brentnall	F	35		01:12:22	2518	01:09:31
2536	3037 Deborah Evans	F	45		01:12:25	2509	01:09:25
2537	3015 Melanie Wilson	F			01:12:25	2510	01:09:25
2538	455 Victoria Rix	F			01:12:31	2532	01:09:52
2539	292 Lucy Weavind	F	20		01:12:32	2547	01:10:18
2540	1162 Helen Sian Michael	F	35		01:12:33	2517	01:09:31
2541	889 Sinead Hancock	F		WRN	01:12:34	2526	01:09:48
2542	997 David Protheroe	M	40		01:12:36	2536	01:09:56
2543	3229 Kenneth Parcel	M	50		01:12:40	2539	01:10:02
2544	2023 Chris Jones	M	40		01:12:43	2530	01:09:51
2545	1764 Wayne Noble	M			01:12:44	2512	01:09:26
2546	2925 David Rees	M	55		01:12:47	2553	01:10:36

2547	2853 Nicola Hughes	F		01:12:50	2531	01:09:51
2548	1837 Sarah Louise Jessop	F	Admiral	01:12:51	2520	01:09:36
2549	2894 Rachel Hughes	F		01:12:54	2534	01:09:55
2550	2144 Hiroko Yasuda	F	45	01:12:56	2599	01:12:33
2551	378 Teresa Whatty	F		01:12:59	2555	01:10:37
2552	2846 Ellen Draper	F		01:13:01	2571	01:11:00
2553	2096 Lillian Dobby Mbe	F	65	01:13:01	2559	01:10:39
2554	2470 Phillipa Reilly	F	45 Newport Harriers	01:13:03	2540	01:10:09
2555	1578 David Bailey	M	70 Serpentine	01:13:04	2549	01:10:24
2556	270 Karen Owen	F	35	01:13:07	2541	01:10:10
2557	272 William Dafydd Owen	M		01:13:08	2542	01:10:10
2558	2294 Ann Long	F		01:13:08	2590	01:12:10
2559	1879 Phillip James Richards	M	50	01:13:11	2538	01:09:57
2560	115 Catherine Thacker	F		01:13:12	2563	01:10:42
2561	130 Joanna Randhawa	F		01:13:12	2562	01:10:42
2562	3461 Melanie Davis	F	35	01:13:12	2569	01:10:57
2563	3459 Nick Davis	M	Chepstow Harriers	01:13:12	2570	01:10:57
2564	2728 Mark Dixon	M	20	01:13:13	2579	01:11:31
2565	3056 Jill Jones	F	45	01:13:14	2535	01:09:56
2566	278 Sally Pullin	F		01:13:15	2556	01:10:38
2567	279 Ceri Mellalieu	F		01:13:15	2558	01:10:39
2568	1843 Leanne Marie Squires	F	Admiral	01:13:17	2550	01:10:26
2569	1699 Moira Louise Sykes	F		01:13:28	2561	01:10:41
2570	109 Steve Minney	M		01:13:38	2565	01:10:51
2571	1099 Adrian Demoulied	M	40	01:13:39	2551	01:10:27
2572	1100 Martin Donald Lewis	M	40	01:13:39	2552	01:10:27
2573	3160 Pauline John	F	40	01:13:42	2557	01:10:39
2574	1969 Andrew Vaughan	M	40	01:13:46	2574	01:11:12
2575	1951 Michelle Rees	F		01:13:46	2598	01:12:31
2576	797 Charlotte Emanuel	F		01:13:53	2566	01:10:52

2577	796 David Emanuel	M		01:13:53	2567	01:10:53
2578	927 Cath Chanter	F		01:13:55	2576	01:11:20
2579	2903 Emma Williams	F		01:13:56	2560	01:10:40
2580	135 Gareth Jones	M		01:13:57	2586	01:11:57
2581	2575 Anthony Hickey	M	50	01:13:59	2578	01:11:28
2582	2835 Jenna Doyle	F		01:14:07	2613	01:13:38
2583	2335 John Edward Coles	M	55	01:14:12	2568	01:10:55
2584	142 Philip Jones	M	50	01:14:13	2580	01:11:33
2585	1005 Melanie Thornton	F		01:14:13	2589	01:12:06
2586	3561 Darren Hatton	M		01:14:19	2584	01:11:50
2587	772 Sian Coxall	F	San Domenico	01:14:21	2577	01:11:26
2588	1334 Samuel Stamway	M		01:14:22	2572	01:11:05
2589	1241 David John Flynn	M	50	01:14:22	2605	01:13:01
2590	1321 Krysia Groves	F	45	01:14:31	2575	01:11:13
2591	3251 Cerian Brauner	F		01:14:32	2600	01:12:41
2592	3533 Donna Rees	F	35	01:14:37	2591	01:12:12
2593	3673 Ceri John	M		01:14:39	2601	01:12:42
2594	2861 Richard Smith	M	40	01:14:40	2585	01:11:50
2595	3176 Theresa Ward	F	35	01:14:46	2583	01:11:45
2596	3563 Ray Rivett	M	70	01:14:51	2592	01:12:14
2597	2792 Rhian Milello	F	40	01:14:51	2588	01:12:03
2598	585 Gill Morris	F	35 WRN	01:15:05	2596	01:12:20
2599	2637 Andrea Kingston	F	50	01:15:09	2587	01:12:02
2600	390 Robert Jones	M		01:15:21	2597	01:12:27
2601	1733 Helen Margaret Lloyd Jones	F	55	01:15:21	2624	01:14:59
2602	164 Ruth Evans	F	45	01:15:24	2593	01:12:18
2603	1029 Catherine Goddard	F	40	01:15:24	2595	01:12:19
2604	2859 Suzanne` Lee	F		01:15:25	2622	01:14:26
2605	2858 Lisa Ambrose	F	35	01:15:26	2621	01:14:26
2606	354 Richard Davies	M		01:15:27	2604	01:12:55

2607	2562 Linda Welch	F	45		01:15:38	2594	01:12:19
2608	946 Christine Kelly	F	45		01:15:44	2623	01:14:27
2609	2340 Russ Mainwaring	M	45		01:15:48	2602	01:12:43
2610	1611 Richard Norman	M	45		01:15:51	2612	01:13:36
2611	1822 Rhiannon Nia Jugessur	F		Admiral	01:16:01	2603	01:12:45
2612	1226 Helen Jacobs	F			01:16:06	2618	01:14:04
2613	2627 Karen O'Brien	F	40		01:16:06	2606	01:13:03
2614	2936 Julie Hocking	F			01:16:07	2609	01:13:24
2615	3005 Samantha Evans	F	40		01:16:12	2607	01:13:10
2616	2980 Sharon Demery-Jones	F	35		01:16:12	2608	01:13:10
2617	1674 Robert Carle Smith	M	40		01:16:19	2615	01:13:50
2618	1673 Nicola Mills	F	40		01:16:19	2616	01:13:50
2619	1558 Jeffrey Patrick Jones	M	45	Swansea Valley Round Table	01:16:24	2610	01:13:34
2620	2788 Rebecca Saltmarsh	F	35		01:16:32	2619	01:14:12
2621	1967 Sandra Caramella-Viciery	F	35		01:16:46	2617	01:13:57
2622	1575 Nicholas Norman	M	40		01:16:59	2614	01:13:44
2623	2041 David Michael Launder	M	50		01:17:05	2611	01:13:36
2624	2124 Gilbert Paul Shill	M	45		01:17:06	2620	01:14:20
2625	2250 Katie Fabricius	F			01:17:41	2625	01:15:08
2626	125 Pablo Abrahams	M			01:17:57	2632	01:15:55
2627	289 Kathryn Holley	F		WRN	01:17:59	2627	01:15:14
2628	3666 Susan Longthorn	F		Admiral	01:18:31	2626	01:15:08
2629	681 Caroline Jones	F	45		01:18:34	2628	01:15:39
2630	682 John Jones	M	45		01:18:35	2629	01:15:39
2631	1881 Elizabeth Thomas	F			01:18:40	2630	01:15:41
2632	611 Catherine Fuller	F			01:18:43	2631	01:15:50
2633	3539 Rhian James	F	20		01:18:50	2638	01:16:47
2634	2244 Helen Osette Lloyd	F			01:18:50	2636	01:16:08
2635	1465 Valda Budd	F	60		01:18:56	2639	01:17:01
2636	951 Laurence Brophy	M	75	Bridgend AC	01:19:14	2635	01:16:03

2637	221 Louise Dugdale	F	35		01:19:14	2634	01:15:57
2638	843 Paula Strange	F			01:19:14	2633	01:15:56
2639	1340 Heather James	F	35		01:19:33	2637	01:16:24
2640	1718 Samantha Karen Smith	F	35		01:19:39	2640	01:17:10
2641	1239 Richard Emmanuel Wood	M	65		01:19:56	2660	01:19:56
2642	3446 Angela Hill	F	35		01:20:15	2646	01:18:21
2643	3216 Emma Pole	F			01:20:20	2641	01:17:33
2644	251 Sue Trott	F	50	WRN	01:20:55	2643	01:18:09
2645	519 Kathy Malinowszky	F	40		01:20:57	2649	01:18:52
2646	222 Bethan Wall	F	40		01:20:57	2650	01:18:52
2647	799 Lynda Wood	F	45	Chippenham Harriers	01:21:02	2642	01:17:54
2648	832 Vicky Robertson	F			01:21:10	2647	01:18:38
2649	1163 Sarah Louise Makinson	F			01:21:22	2645	01:18:20
2650	1072 Clare Wynn	F			01:21:30	2644	01:18:17
2651	276 Ed Ryan	M	20		01:21:40	2653	01:19:24
2652	2200 Jill Stephens	F	50	Aberdare Athletic Running Club	01:21:41	2669	01:21:18
2653	509 Jane Davison	F	40		01:21:44	2651	01:19:03
2654	2957 Jo Robins	F	35		01:21:48	2648	01:18:42
2655	2910 Lynne Tully	F	50	Chippenham Harriers	01:21:48	2652	01:19:05
2656	1341 Joanne Northcote	F			01:21:55	2663	01:20:41
2657	1342 Paul Kerkin	M			01:21:55	2664	01:20:41
2658	909 Delyth Carey	F			01:22:28	2654	01:19:31
2659	916 Russell Wood	M	60		01:22:36	2671	01:21:27
2660	1462 Joanne Bowen	F	35		01:22:42	2655	01:19:50
2661	1461 Deberah Louise Bromham	F			01:22:43	2656	01:19:50
2662	2851 Rosie Snape	F	40	Brecon AC	01:22:49	2657	01:19:52
2663	2262 Simon Evans	M			01:22:50	2670	01:21:25
2664	2855 Gordon Snape	M	45	Brecon AC	01:22:50	2659	01:19:53
2665	3281 Lesley Collier	F	50		01:22:52	2667	01:20:56
2666	746 Mike Jones	M	45		01:22:56	2658	01:19:52

2667	1739 Sarah Jones	F	20		01:23:19	2680	01:22:08
2668	3158 Lindsay Hughes	F			01:23:40	2661	01:20:21
2669	2227 Christine Hagan	F			01:23:48	2662	01:20:28
2670	1117 Louise Chittenden	F		Activa	01:24:06	2676	01:21:53
2671	1740 Jeanette Jones	F	35		01:24:10	2682	01:22:56
2672	3243 Corinne Hey	F	35		01:24:11	2665	01:20:44
2673	3445 Esther Fretwell	F	35		01:24:11	2666	01:20:44
2674	2019 Anne Morris	F	60		01:24:42	2668	01:21:13
2675	1808 Amy Helen Hopwood	F			01:24:46	2674	01:21:44
2676	1190 Kareshmeh Nasehi	F	50		01:24:46	2675	01:21:45
2677	1909 Rachel Kathryn Watkins	F		WRN	01:24:46	2672	01:21:43
2678	3382 Elizabeth Harris	F		WRN	01:24:47	2673	01:21:43
2679	105 Iain Sullivan	M	40		01:25:11	2679	01:21:58
2680	913 Sarah Harding	F			01:25:15	2677	01:21:54
2681	529 Jane Cheyney	F	35		01:25:15	2678	01:21:55
2682	1934 Dawn L J Dave	F	40		01:25:44	2681	01:22:56
2683	400 Claire Tucker	F	35		01:26:24	2683	01:23:20
2684	1339 Sian Stephens	F	40		01:26:40	2685	01:23:31
2685	2740 Janet Clifford	F	55	Griffithstown Harriers	01:26:45	2693	01:24:38
2686	1017 Jane Elliott	F	50	3Ms	01:26:46	2684	01:23:27
2687	3559 Emma North	F			01:27:10	2687	01:24:14
2688	698 Zoe Hill	F		Fairbridge	01:27:10	2686	01:24:14
2689	2389 Rhiannon Louise Budd	F			01:27:11	2688	01:24:15
2690	2995 Cathrine Howarth	F	35		01:27:32	2692	01:24:35
2691	2990 Amanda Howarth	F	35		01:27:32	2690	01:24:34
2692	3001 Tim Lewis	M	45	Aberdare Athletic Running Club	01:27:32	2691	01:24:35
2693	1040 Cynthia Eileen Beresford	F	60		01:27:43	2689	01:24:24
2694	2981 Susan Mccall	F	60	Serpentine	01:28:56	2694	01:26:17
2695	1529 Alex Evans	F	40		01:29:45	2695	01:26:33
2696	2256 Julie Pulling	F	45	3Ms	01:29:45	2696	01:26:33

2697	1393 Susan Willaims	F	50	01:29:46	2697	01:26:34
2698	2241 Sharon Favey	F	40	01:30:06	2699	01:26:53
2699	2371 Roslyn Thomas	F	60	01:30:06	2698	01:26:53
2700	2020 Anne Morris	F	60	01:30:57	2700	01:27:48
2701	181 Samantha Davies	F		01:30:57	2701	01:27:57
2702	2589 Reshma Patel	F		01:30:58	2702	01:27:58
2703	536 Ann Pugh	F	45	01:31:24	2703	01:29:15
2704	3217 Matthew Smith	M		01:32:10	2705	01:29:22
2705	3206 Emma Smith	F		01:32:11	2706	01:29:23
2706	1840 Sharon Anne Bowden	F	35 Admiral	01:32:15	2704	01:29:22
2707	202 Anne Miles	F	50	01:34:45	2707	01:33:06
2708	1783 Denise Kathleen Devereux	F	55	01:36:14	2708	01:33:15
2709	1723 Michelle Bendle	F		01:38:23	2709	01:35:56
2710	2141 Beverly Jones	F		01:38:23	2710	01:35:56
2711	3676 Vi Morris	F		01:39:16	2713	01:39:16
2712	468 Rebecca Rosenthal	F		01:40:25	2711	01:37:05
2713	3515 Heather Elphick	F	55	01:40:38	2712	01:37:52
2714	878 Tania Arthur	F	40	01:44:17	2714	01:42:09
2715	2039 Steven Paul Lancey	M		01:46:40	2715	01:43:29
2716	2046 Christine Nutt	F	55	01:47:28	2717	01:44:19
2717	2045 Anne Morris	F	60	01:47:29	2716	01:44:18
2718	2043 Carol Ann Redburn	F	55	02:03:06	2718	01:59:37
2719	2044 Sylvia Coker	F	50	02:04:33	2719	02:01:04
2720	2040 Tom Jones	M		02:07:20	2721	02:07:20
2721	2048 Cathrine Anne Launder	F	45	02:07:41	2720	02:04:11