

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	Wilson Kogo	M Kenya		0:29:08
2	Isaac Arusei	M Kenya		0:30:02
3	Johnson Muiruri	M20 Kenya		0:30:05
4	Wilfred Taragon	M20 Kenya		0:30:28
5	Martin Cox	M Salford		0:30:59
6	Martin Rees	M50 Swansea Harrs		0:31:04
7	Richard Gardner	M Cardiff A A C		0:31:06
8	Tim Watson	M Havant		0:31:20
9	Ronnie Adams	M40 Portsmouth Joggers		0:31:31
10	Mark Roberts	M Wales		0:32:01
11	Mick O'Docherty	M40 Westbury Harrs		0:32:47
12	Simon Jones	M20 Cardiff A A C		0:33:05
13	Alan Shepherd	M Morpeth		0:33:09
14	Debbie Robinson	F35 England		0:33:28
15	Matthew Gurmin	M		0:33:45
16	Jon Parkinsos	M Bideford A A C		0:33:59
17	Steven Waldron	M20 Torbay		0:34:00
18	Alec Thomas Woods	M City Of Bath A C		0:34:01
19	Gary Eagle	M40 Frome A C		0:34:11
20	Miriam Wangari	F Kenya		0:34:16
21	Philip Hugh Kendrick	M40 Spa Tans		0:34:19
22	Gitte Karlshoj	F40 Denmark		0:34:24
23	Rob Atkin	M Bridgend A C		0:34:26
24	Mick McGeogh	M45 Les Coupiers		0:34:27
25	Christopher Philip Meyler	M Pontypridd Roadents		0:34:30
26	Oliver Thwaites	M City Of Bath A C		0:34:36
27	Daniel Mark Gurmin	M20 Abertillery		0:34:43
28	Wayne Thomas	M Swansea Harrs		0:34:44
29	Michael Andrew Evans	M Trots		0:34:50
30	Steve Brace	M40 Bridgend A C		0:34:54
31	Godfrey Howard Rhimes	M50 City Of Portsmouth A C		0:34:57
32	Philip Crane	M40 Neath Harrs		0:35:10
33	G Tudor Harries	M45 Neath Harrs		0:35:11
34	Anthony Paul Duffy	M45 Bolton Harrs		0:35:14
35	Tim Lewis	M Brackla Harrs		0:35:16
36	Stephen Davies	M45 Mansfield Harrs & A C		0:35:17
37	Geraint David Lewis	M20 Bridgend A C		0:35:25
38	Steven Charles Rees	M Port Talbot Harrs		0:35:35
39	Simon Lund	M Woodstock Harrs		0:35:36
40	Pauline Wangui	F20 Kenya		0:35:44

41	Clive Davies	M40 Sospan Road Runners	0:35:47
42	Derek Scarborough	M45 Bridgend A C	0:35:50
43	Amy Stiles	F Bristol A C	0:35:54
44	Richard J Marks	M50 Garn Helen	0:36:04
45	Elliot Cole	M Bridgend A C	0:36:05
46	David Cooper	M Tipton	0:36:07
47	Huw Roberts	M45 Bridgend A C	0:36:08
48	Ifan Lloyd	M40 Swansea Harrs	0:36:09
49	Robert William Bamsey	M45 Neath Harrs	0:36:13
50	Jon Embling	M45 Bridgend A C	0:36:14
51	Stuart Donald Davidson	M50 Bridgend A C	0:36:17
52	Clifford Evans	M45 Aberystwyth University	0:36:25
53	Carl Ellis	M Port Talbot Harrs	0:36:27
54	Michael Dury	M Islwyn R C	0:36:29
55	Liam Peter Ralph	M20 Corsham R C	0:36:32
56	Paul Dyson	M40 Swansea Harrs	0:36:33
57	David Davies	M55 Neath Harrs	0:36:34
58	Stephen Paterson	M Pegasus	0:36:37
59	Annabel Granger	F Bristol A C	0:36:37
60	Andy Jones	M Mynyddwr De Cymru	0:36:46
61	Steven Wilkinson	M Port Talbot Harrs	0:36:49
62	Ronald Morris	M50 San Domenico	0:36:50
63	Paul Harris	M Newport Harrs	0:36:52
64	John Mujinga	M40 Trec Road Runners	0:36:56
65	Daleboy S Rees	M	0:36:57
66	Louise Copp	F40 Cardiff A A C	0:36:57
67	Aaron Spencer Jones	M45 Swansea Harrs	0:37:07
68	Steve Smith	M40 Activa	0:37:09
69	Nicki Cornock	M20	0:37:10
70	Richard Bowen	M55 Neath Harrs	0:37:12
71	Simon Lewis	M Club 69	0:37:13
72	Clem Clement	M40 Penarth & Dinas	0:37:13
73	Paul Anthony Rose	M Cardigan R C	0:37:13
74	Alun Williams	M40 Fairwater Runners	0:37:14
75	Frances Gill	F40 Neath Harrs	0:37:15
76	David Coles	M40 Les Coupiers	0:37:20
77	Mick Tabor	M50 San Domenico	0:37:21
78	Gareth Jones	M	0:37:23
79	Matthew James Townsend	M Les Coupiers	0:37:24
80	Brian Hawkins	M	0:37:30
81	Barry Wilson	M50 Ludlow Runners	0:37:32

82	Colin William Elvins	M40 Swansea Harrs	0:37:33
83	Andrew Thompson	M45 Griffithstown Harrs	0:37:34
84	Aled Wyn Roberts	M	0:37:40
85	Lee James Ladd	M20 Carmarthen Harrs	0:37:43
86	David James Shroll	M20 Newport Harrs	0:37:43
87	Christopher Davies	M20 Swansea Harrs	0:37:45
88	Michael Robert Evans	M40 Neath Harrs	0:37:46
89	John Forrest	M	0:37:51
90	Scott Howell	M40 Les Coupiers	0:37:51
91	Barry H Johnston	M50 Les Coupiers	0:37:53
92	Andrew Thomas	M Sospan Road Runners	0:37:54
93	Helen Andrea Parkinson	F Bideford A A C	0:37:59
94	Noel Stephen Evans	M 3m R C	0:38:00
95	Thomas Jordan Rainsbury	M	0:38:08
96	Shaun McClure	M	0:38:10
97	Joe Thomas	M20 Cardiff A A C	0:38:16
98	Johnathan Williams	M	0:38:16
99	Barry Wayne Morgan	M Fairwater Runners	0:38:17
100	Howard Andrew Carpenter	M45 Neath Harrs	0:38:19
101	Dennis Andrew Collins	M Rhondda Valley	0:38:21
102	Nathan Parry	M Team Core Strength	0:38:24
103	Sam Walsh	M20 Swansea Harrs	0:38:25
104	Mark Davies	M20 Swansea Harrs	0:38:26
105	Melissa Neal	F Peterborough A C	0:38:27
106	Anthony Brooke	M	0:38:31
107	Chris Hughes	M20 Swansea Harrs	0:38:33
108	Clive Geoffrey Osmond	M40 Les Coupiers	0:38:35
109	Philip John Meyler	M45 Pontypridd Roadents	0:38:36
110	Russell Casey	M Garden City Runners	0:38:38
111	Helen Yule	F35 Lliswerry Runners	0:38:39
112	Rhodri Martin Evans	M40	0:38:45
113	Ian Davies	M50 Multisport R C	0:38:45
114	Martin Davies	M40 Lliswerry Runners	0:38:47
115	Les Hill	M40	0:38:50
116	Calvin Thomas	M50 Islwyn R C	0:38:51
117	Stephen L Williams	M45 Neath Harrs	0:38:53
118	Michael Murphy	M45 Les Coupiers	0:38:54
119	Darren Morris	M South Wales Police	0:38:55
120	Phillip Miles	M50 Club 69	0:38:56
121	Unknown Runner	M	0:38:57
122	Jonathan James Hughes	M20 Swansea Harrs	0:38:58

123 Peter Moody	M60 Carmarthen Harrs	0:38:58
124 Peter James Foale	M50 Aberystwyth A C	0:39:00
125 Steve Partner	M 3m R C	0:39:01
126 Richard Anthony Sewell	M45 Les Coupiers	0:39:01
127 Michael Packington	M	0:39:02
128 Carl Stuart Phelps	M	0:39:06
129 Gareth Hill	M	0:39:07
130 Werner Wilson	M	0:39:09
131 Malcolm Howells	M60 Sospan Road Runners	0:39:11
132 James Rodgers	M Windsor Slough Eton & Hounslow	0:39:11
133 Dave Oldham	M	0:39:16
134 Stephen Goulding	M40 Pewsey Vale R C	0:39:17
135 Paul Joseph Oughton	M40	0:39:20
136 Darren Wrintmore	M Avon Valley Runners	0:39:21
137 Emily Crowley	F20 Oxford Uni	0:39:23
138 Ryan Anthony	M	0:39:23
139 Alun Smith	M45 Rhondda Valley	0:39:24
140 John Smewing	M50 Swansea Harrs	0:39:28
141 Thomas G Williams	M	0:39:28
142 Gus Strang	M40 Corsham R C	0:39:29
143 Jeffrey Ralph Aston	M55 Les Coupiers	0:39:29
144 Andrew Baker	M Rhondda Valley Runners	0:39:30
145 Simon Peter Williams	M	0:39:30
146 Unknown Number	M	0:39:33
147 Gareth Williams	M	0:39:35
148 Leighton Thomas	M Sospan Road Runners	0:39:35
149 Andrew Martin Davies	M	0:39:37
150 Alan Legge	M Fairwater Runners	0:39:37
151 Martin Webb	M45	0:39:38
152 Jonathan Pike	M	0:39:40
153 Mike Rimmer	M45	0:39:43
154 John Martin Poston	M55 Swansea Harrs	0:39:45
155 Ann Evans	F45 Pontypridd Roadents	0:39:52
156 Stephen William Littlewood	M50 Hereford Couriers	0:39:52
157 Royston Whitehouse	M40	0:39:54
158 Graham John Colvin	M40 3m R C	0:39:55
159 Glyn A Griffiths	M	0:39:56
160 Robert William Sandles	M 3m R C	0:39:57
161 Richard Humphreys	M	0:39:58
162 Terry Walsh	M45	0:39:59
163 Christopher Mark Harrhy	M	0:40:00

164	Robert Stuart Jones	M50		0:40:02
165	Mark Steven Jones	M40	Pontypridd Roadents	0:40:05
166	Graeme Donnan	M50	Les Coupiers	0:40:06
167	Bernard Pierre Rossi	M		0:40:08
168	Andrew Holdsworth	M40	Corsham R C	0:40:08
169	Kevin Richard Davies	M		0:40:11
170	Knill Baird-Murray	M40	Penarth & Dinas	0:40:12
171	Michael R Robinson	M55	Portsmouth Joggers	0:40:12
172	Michael Paul Rees	M	Cardigan R C	0:40:13
173	Paul Rees	M40		0:40:13
174	Mark Dunscombe	M40	Sarn Helen	0:40:14
175	Adrian Varney	M	Trots	0:40:14
176	Warren Tilke	M	Pontypridd Roadents	0:40:19
177	John Hiscox	M50	Pontypridd Roadents	0:40:21
178	R Craig Davies	M20	Amman Valley	0:40:22
179	Matthew D Tooze	M		0:40:24
180	Goronwy Davies	M40		0:40:27
181	Mark Johnson	M40	Corsham R C	0:40:28
182	Philip J Davies	M40		0:40:29
183	Christopher David Bradshaw	M		0:40:31
184	Gareth David Lloyd Harvey	M		0:40:33
185	Jason Williams	M		0:40:34
186	Michael Sas	M	Swindon Harrs	0:40:36
187	Jeremy Clapham	M50	Dulwich Runners	0:40:37
188	Joanna Pritchard	F	Les Coupiers	0:40:37
189	David Gareth Colwill	M20	Neath Harrs	0:40:38
190	John Diffey	M	South Wales Police	0:40:39
191	Alexander David Meredith	M		0:40:40
192	Peter L Deacon	M45	Swansea Harrs	0:40:41
193	Cornelius L Corcoran	M		0:40:42
194	Ricky Mark Langdon	M20	Swansea Harrs	0:40:42
195	Peter Charles Ralph	M45	Corsham R C	0:40:44
196	Eifion Wyn Owen	M45		0:40:45
197	Kevin Wyn Rees	M40		0:40:46
198	Stuart Davies	M40	Cornelly Striders	0:40:47
199	Ann Thomas	F35	Trots	0:40:47

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Pos	Name	Cat	Club	Time
200	Keith Paterson	M60	Pegasus	0:40:48

201 Eric Acton	M55 Wye Valley Runners	0:40:48
202 Sara Rhimes	F45 Eastleigh R C	0:40:53
203 Andrew Palmer	M Penarth & Dinas	0:40:55
204 Michael Davies	M50 Les Coupiers	0:40:56
205 Barry Stephens	M40 Mulisport R C	0:40:57
206 Paul Phillips	M45	0:40:58
207 Neil Middleton	M55 Trentham	0:41:02
208 Nigel Marc Twort	M	0:41:03
209 Keith Andrew Burt	M	0:41:04
210 Huw Battenbo	M Swansea University	0:41:06
211 Benjamin Liam Grice	M	0:41:09
212 Richard Carter	M Newbury A C	0:41:09
213 Barbara Watts	F45	0:41:10
214 David Thomas	M Sospan Road Runners	0:41:11
215 Simon David Partridge	M50 Neath Hars	0:41:11
216 Grayham G McLean	M Multisport R C	0:41:12
217 Gareth William Hughes	M	0:41:12
218 Keith Thompson	M40	0:41:13
219 John Stanford	M45	0:41:13
220 Alan Perkins	M50 Port Talbot Hars	0:41:16
221 Angela Whitehouse	F40 Neath Hars	0:41:17
222 Lee Glen Richards	M	0:41:17
223 Robert George Rees	M50	0:41:19
224 Peter Copsey	M	0:41:20
225 David Woodsford	M	0:41:22
226 Peter Lloyd	M 3m R C	0:41:23
227 Cyril Walters	M55 Trots	0:41:24
228 Ben Rees	M	0:41:25
229 Daniel James	M20 Pontypridd A C	0:41:27
230 Unknown Runner	M	0:41:28
231 Anthony Murphy	M	0:41:29
232 Gavin L Gittins	M	0:41:31
233 David Robert James	M45	0:41:37
234 David James Williams	M20 Aberdare	0:41:38
235 Johnathan Green	M	0:41:38
236 Alexis Llewellyn-Porter	M	0:41:40
237 Paul Dawes	M San Domenico	0:41:44
238 Dominic Capel	M	0:41:45
239 Simon David Evans	M	0:41:46
240 Julie Scholey	F40 Les Coupiers	0:41:47
241 Chris Thomas	M	0:41:47

242 Vincent Peter Oak	M40	0:41:49
243 Daniel Alan Painter	M	0:41:51
244 Andrew Diffey	M	0:41:51
245 Stephen Bowsher	M45	0:41:56
246 Richard Lloyd	M40 Dulwich Runners	0:41:57
247 Chris Lewis	M	0:41:57
248 Michael John Gleeson	M	0:41:58
249 Jonathan David Harry	M	0:41:58
250 Mark Benbow	M40 Cardiff Harlequins	0:42:00
251 Aled Evans	M40 Clwb Rhedeg Ardal Penlanffos	0:42:01
252 Phillip Michael George	M	0:42:03
253 Matthew James Leathard	M	0:42:07
254 Stuart Ian Mann	M	0:42:09
255 Robin Howard Cook	M	0:42:10
256 John Wilson Rees	M50	0:42:10
257 Kevin Hughes	M Sarn Helen	0:42:12
258 Keith Williams	M	0:42:15
259 J Phillip Gardiner	M50 Aberdare	0:42:16
260 Gwilym Huw Lewis	M45	0:42:17
261 Christopher Blackmore	M Cardiff Harlequins	0:42:18
262 Laurence John Hopes	M50	0:42:18
263 Nicholas Arthur Bingham	M45 South Wales Police	0:42:19
264 Peter C Davies	M55	0:42:22
265 Jack Lyons	M40	0:42:27
266 Desmond Alan Davies	M50 Les Coupiers	0:42:29
267 Lee Morris	M	0:42:29
268 Leighton Gardner	M Swansea Harrs	0:42:29
269 Shane Wilde	M40	0:42:31
270 Carwyn Jenkins	M	0:42:32
271 David V Evans	M	0:42:37
272 Derek Moss	M55	0:42:37
273 Derek James Brooks	M60	0:42:37
274 Stephen Edwards	M Risca Road Runners	0:42:38
275 Richard John Ward	M	0:42:39
276 Colin Thomason	M	0:42:41
277 Julian Lewis	M	0:42:47
278 Raymond Anthony Dowrick	M55	0:42:49
279 Paul Bouston	M Wye Valley Runners	0:42:49
280 Michael Charles Dix	M45 Les Coupiers	0:42:50
281 Mike Davies	M40 Les Coupiers	0:42:50
282 Sandra Chipper	F Lliswerry Runners	0:42:51

283 Gerard Brophy	M	0:42:52
284 Steve Thomas	M50 Corsham R C	0:42:53
285 Nigel Pitt	M40 3m R C	0:42:54
286 Nicholas Bresnan	M	0:42:54
287 Antony Mercer	M	0:42:55
288 Neil James Loader	M Colchester Harrs	0:42:55
289 Nathan Joel Walker	M	0:42:56
290 Charles Thomas Walsh	M	0:42:56
291 Alan Stuart Mann	M45 Les Coupiers	0:42:56
292 Anthony Martin	M50	0:42:57
293 Andrew Owen	M40	0:42:58
294 Mark Williamson	M40	0:42:58
295 Paul Ezard	M Brackla Harrs	0:42:59
296 David Aldwyn Johns	M45	0:43:00
297 Robert Kersley	M40 Brecon Multisport	0:43:00
298 Paul Arnold	M 3m R C	0:43:01
299 Ian Mark Derrick	M Les Coupiers	0:43:01
300 Steve Bater	M	0:43:01
301 Derek Jarvis	M55 Avon Valley Runners	0:43:01
302 Mark Alexander Bennewith	M 3m R C	0:43:07
303 Emma Llewellyn-Rees	F Brackla Harrs	0:43:09
304 Kelvin Jones	M40	0:43:10
305 Terence Sullivan	M	0:43:11
306 Jonathan Holland	M	0:43:11
307 Edward Benjamin John	M20	0:43:12
308 Martin J Hooper	M40 Sospan Road Runners	0:43:13
309 Neil Crosby	M Rhondda Valley	0:43:14
310 Stuart Russell Henderson	M20 Neath College	0:43:15
311 David Geraint Bembo	M	0:43:16
312 Jayne Littlewood	F45 Hereford Couriers	0:43:18
313 Christopher Trevor Hughes	M45	0:43:19
314 Roger Ian Bell	M	0:43:20
315 Richard L Coates	M	0:43:20
316 Tudor O Davies	M40	0:43:22
317 Ian Stevens	M	0:43:28
318 Iain Robertson	M	0:43:29
319 Gareth Ayres	M20 Port Talbot Harrs	0:43:30
320 Dave Thomas	M50 Les Coupiers	0:43:30
321 Bernard James McCarthy	M50	0:43:32
322 David T Washbrook	M	0:43:34
323 Ori Bowen	M20	0:43:35



324 Timothy Patrick Gasser	M	Sospan Road Runners	0:43:36
325 Jonathan Williams	M40		0:43:36
326 Ron Anthony	M50 Trots		0:43:36
327 Colin Rees	M40 Club 69		0:43:37
328 Anthony Morris	M20 Swansea Harrs		0:43:38
329 Anthony Paul Baker	M		0:43:38
330 Michael William Rix	M		0:43:38
331 Andrew Graham Courte Smith	M45 Activa		0:43:42
332 Dewi West	M40 3m R C		0:43:46
333 Stephen Jones	M45 Islwyn R C		0:43:46
334 Steven Paul Thomas	M		0:43:47
335 Gareth Paul Higgins	M		0:43:48
336 Daniel Robert Ford	M		0:43:50
337 Alistair J Seabrook	M		0:43:50
338 Ashley Williams	M40		0:43:50
339 Linda Hutchinson	F40		0:43:53
340 Nick Davies	M		0:43:54
341 Martyn Hughes-Dowdle	M		0:43:54
342 Graeme Manning	M40		0:43:55
343 Paul Edwards	M40 Pembrokeshire Harrs		0:43:56
344 Tim O'Sullivan	M40 R R C		0:43:56
345 Kevin Mark Gibbons	M	Rhondda Valley	0:43:56
346 Leanne Quinn	F		0:43:57
347 Garth S Lezard	M		0:43:57
348 Michael Jenvey	M45		0:43:58
349 Andy Silk	M45 Chepstow Harrs		0:43:59
350 Kenneth Royston Medcraft	M55 Rhondda Valley		0:44:00
351 Elizabeth Natalie Parsons	F		0:44:01
352 Michael David Nash	M40 3m R C		0:44:02
353 Nigel Hugh Davies	M45		0:44:06
354 Jonathan Davies	M		0:44:07
355 Emily M Kendrick	F20 Brecon A C		0:44:08
356 Geraint Jones	M		0:44:08
357 Alex Marsh	M	Great Western Runners	0:44:08
358 John Bryan Jones	M		0:44:09
359 Dawn Bullock	F		0:44:09
360 Mary Virginia Bowen Rees	F40 Trots		0:44:14
361 Jeremy Forshew	M		0:44:16
362 Gary Waters	M50		0:44:17
363 Neil Robert Whitehouse	M		0:44:18
364 David Perriman	M40		0:44:19

365 Alun Wood	M	Brackla Harrs	0:44:20
366 Judith Bowsher	F40	Brackla Harrs	0:44:21
367 Dorian Phillip Rees	M		0:44:23
368 Robert Ward	M		0:44:24
369 Sarah Swaysland	F		0:44:25
370 Steve Porter	M50		0:44:26
371 Clive Stevenson	M40	Sospan Road Runners	0:44:28
372 Steve Davies	M20	Swansea Harrs	0:44:33
373 Andrew Carl Olsen	M		0:44:34
374 Tom Baker	M		0:44:36
375 Thomas Jared Carnall	M20	Cowbridge Comp School	0:44:38
376 Unknown Runner	M		0:44:39
377 Jon Hopkins	M		0:44:41
378 Gavin Roberts	M		0:44:43
379 Dave Hughes	M	Brackla Harrs	0:44:46
380 Thomas Natynczuk	M20		0:44:47
381 Mandy Jones	F40	Islwyn R C	0:44:48
382 Kristan Peter Hughes	M		0:44:49
383 Anthony Deacy	M40	Lliswerry Runners	0:44:49
384 David Curzon	M45		0:44:49
385 David Case	M65	Vets A C	0:44:50
386 Derek Farrington	M40	Southport Waterloo	0:44:50
387 Timothy Stephen Soar	M40		0:44:52
388 Mark Reynolds	M		0:44:53
389 Christopher Allton	M		0:44:54
390 Gary Murray	M		0:44:55
391 Barry David Bowen	M40		0:44:56
392 Karl Stevens	M40		0:44:56
393 Eric Hughes	M60	Bridgend A C	0:44:57
394 Mark Rhys James	M		0:44:57
395 David Caswell	M		0:44:57
396 Wendy Lacey	F45	Mulisport R C	0:44:57
397 Haldon Eddolls	M55		0:45:00
398 Jeff Thomas	M55	Abertillery Achilles	0:45:00
399 Mark Williams	M		0:45:01

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Pos	Name	Cat	Club	Time
400	Anthony Holling	M45	Port Talbot Harrs	0:45:01
401	Gareth John	M45	Les Coupiers	0:45:02

402 Simon John Thomas	M20	0:45:02
403 Bill Beynon	M	0:45:02
404 Darren Grant	M	0:45:02
405 David Headon	M40 Les Coupiers	0:45:03
406 Eifion Evans	M40	0:45:04
407 Timothy Mark Davies	M40	0:45:04
408 Malcolm Lee Thomas	M	0:45:05
409 Christopher Griffiths	M20 Neath Hars	0:45:06
410 Terance Perve	M	0:45:07
411 James Robert Taylor	M	0:45:07
412 Einir Morgan	F35	0:45:08
413 Craig Robert Davies	M	0:45:08
414 Sian Elizabeth Kirk	F20	0:45:09
415 Ursula Martin	F	0:45:09
416 Tudur Dylan Jones	M	0:45:09
417 Andy Evans	M	0:45:13
418 Philip Andrew Williams	M40 Llanelli Triathlon	0:45:14
419 John McDonald	M45 Fujitsu Services	0:45:16
420 Michael Reilly	M50 Barry & Vale Hars	0:45:17
421 Sven Erik Van Nicherek	M20	0:45:17
422 Raymond Morgan	M45 Llanelli	0:45:20
423 Unknown Runner	M	0:45:22
424 Jon Parnell	M	0:45:23
425 David Alan Williams	M	0:45:24
426 Chris Woodbridge	M	0:45:26
427 Mark Perrett	M40 Corsham R C	0:45:27
428 Unknown Runner	M	0:45:28
429 Cerith Thomas	M	0:45:31
430 Gokul Patel	M45	0:45:32
431 Chris Gordon Vaughan	M20	0:45:33
432 Peter Short	M50	0:45:33
433 David John James	M	0:45:34
434 29 Bryn Road Findlay Obinson	M	0:45:34
435 Sue Macgregor	F45 Avon Valley Runners	0:45:35
436 David J Naylor	M65 Swansea Hars	0:45:36
437 Brian Tobin	M40	0:45:37
438 Adrian Rees	M	0:45:38
439 Aled Rhys James	M	0:45:39
440 John Reid	M45 Corsham R C	0:45:39
441 Mark Batcup	M	0:45:39
442 Andrew John Rothwell	M45	0:45:40

443 Dave Hebbes	M50	0:45:40
444 Martyn Powell	M Mulisport R C	0:45:41
445 Heath Jones	M	0:45:42
446 Michael John Williams	M40	0:45:42
447 John Sterio	M45	0:45:42
448 Huw Arthur	M	0:45:43
449 Marcus N Coles	M	0:45:43
450 Lesley Woodward	F50	0:45:44
451 Alun Robertson	M45	0:45:44
452 Kevin John Smith	M45	0:45:44
453 Daniel J Rogers	M	0:45:45
454 Albert David Hall	M45 Bridgend A C	0:45:46
455 Susannah Bulpin	F	0:45:47
456 Alan M Jenkins	M40	0:45:47
457 Mark Tattersall	M Neath Hars	0:45:49
458 Philip Norris	M40 Pontypridd Roadents	0:45:49
459 Simon Hoffman	M	0:45:50
460 Mark Broom	M40	0:45:51
461 Mark T Hunt	M	0:45:51
462 Glywel Wynne Vaughan	M55	0:45:51
463 Mark Gosney	M	0:45:52
464 Derek Hegarty	M40	0:45:53
465 Goeffrey Robert Johnson	M50	0:45:54
466 John Evans	M65 Neath Hars	0:45:55
467 Paul Edwards	M	0:45:55
468 Ronald J Gear	M50	0:45:57
469 Robert W Morgan	M40	0:45:58
470 Iwan Wyn Jones	M	0:45:59
471 Michael John Williams	M	0:45:59
472 Lee Peter Sullivan	M	0:46:00
473 James Canning	M	0:46:00
474 Joanna Knight	F	0:46:01
475 Bleddyn Rhys Taylor	M20	0:46:02
476 Michael John Holding	M	0:46:02
477 Christopher J Ward	M	0:46:02
478 Robert John Harrhy	M45	0:46:03
479 Donald Jones	M45 Miskin Manor	0:46:04
480 Robert G Jones	M40	0:46:04
481 Andrew John Thomas	M	0:46:05
482 Andrew Williams	M	0:46:06
483 Michael Albert Rex	M45	0:46:06

484	Nicholas John Salter	M40	0:46:07
485	Peter John Davies	M40	0:46:08
486	Gareth Jehu	M	0:46:08
487	Scott William Ward	M20	0:46:09
488	Mark David Eakins	M	0:46:09
489	Christopher Wall	M40	0:46:10
490	Kelvyn Harris	M50 3m R C	0:46:11
491	Lyndon Evans	M50 Sweet F A	0:46:11
492	Beverley Dawn Tucker	F35 Cardiff A A C	0:46:14
493	Andrew Thomas	M	0:46:15
494	Thomas Frederick Jackson	M	0:46:16
495	Ron Morgan	M65 Trots	0:46:16
496	Lyn Evans	M45	0:46:17
497	Adam James Francis	M	0:46:19
498	Michael Davies	M40	0:46:19
499	Iona Mary Mackenzie	F35	0:46:20
500	Simon Cogger	M	0:46:20
501	Michael Jeffrey Thomas	M40	0:46:21
502	Don Holloway	M50 Brackla Harrs	0:46:21
503	David Frank Mitchell	M45	0:46:22
504	Darren G James	M	0:46:22
505	Joanne Laity	F35 Penarth & Dinas	0:46:23
506	Michael Renwick	M55 Penarth & Dinas	0:46:23
507	Sian Gardner	F	0:46:24
508	Gill Stanford	F45	0:46:25
509	Derek Aubrey James	M55	0:46:26
510	Mark Ramsey	M40 3m R C	0:46:27
511	Glyn Williams	M55 3m R C	0:46:29
512	Neil Edward Thomas	M50	0:46:30
513	Grace Watson	F	0:46:31
514	Robert Keith Thomas	M40	0:46:32
515	Robert Evans	M	0:46:33
516	Chris Lewis	M	0:46:34
517	Suzanne Thomas	M Pembrokeshire Tri Club	0:46:34
518	Elizabeth Clifford	F45 Bromsgrove & Reddich	0:46:35
519	Andrew Richards	M	0:46:35
520	Gareth Patrick Thomas	M20	0:46:36
521	David John Ledbury	M50 Fairwater Runners	0:46:37
522	Darren Stevens	M	0:46:37
523	Alun Powell	M55	0:46:37
524	Jeff Cadogan	M	0:46:39

525 Clive Jones	M40	0:46:40
526 Benjamin Bowen	M20	0:46:40
527 Efa Llewelyn	F20 Swansea Harrs	0:46:40
528 Jeff Davies	M Team Real Runners	0:46:41
529 Simon John Cowlshaw	M	0:46:41
530 Thomas Anthony Edginton	M	0:46:41
531 Arfon John Rees	M	0:46:42
532 Roger G Lipscombe	M	0:46:43
533 Julian Mark Williams	M	0:46:44
534 Christopher John Moore	M45	0:46:46
535 Richard Robinson	M	0:46:46
536 Gareth T E Belfield	M	0:46:47
537 Steven Evans	M	0:46:47
538 Ian Childs	M	0:46:48
539 Andrew John Edwards	M	0:46:49
540 William John Davies	M70 Winchester & District A C	0:46:50
541 Unknown Runner	M	0:46:51
542 Alastair Richard Wilson	M	0:46:51
543 Wendy June Huggins	F45 Swansea Harrs	0:46:51
544 Teifion Perve	M	0:46:52
545 Allan Spencer Smith	M70 3m R C	0:46:52
546 Clive Johnson	M45	0:46:52
547 Peter James Morgan	M	0:46:54
548 Sandra Pinkham	F35	0:46:55
549 Alun Davies Kurmaully	M	0:46:56
550 Catherine Kear	F	0:46:57
551 Vicky Morgan	F35	0:46:57
552 Unknown Runner	F	0:46:57
553 Wayne Havard	M40	0:46:58
554 Alan Brook	M45 Stilton Striders	0:47:00
555 Keith Treharne	M55 Brackla Harrs	0:47:01
556 Ceinwen Williams	F45	0:47:02
557 Jason Williams	M	0:47:03
558 Stewart Kinloch	M40	0:47:05
559 Darren John	M	0:47:05
560 Dylan Huw Richards	M	0:47:06
561 Meurig Jones	M40	0:47:08
562 Sarah McCarthy	F	0:47:08
563 Alan Geddes	M45	0:47:09
564 Nathan Hern	M	0:47:10
565 Tony Meyrick	M	0:47:13

566	Antonio C Rodriguez	M		0:47:14
567	John Mark Salt	M		0:47:16
568	Nicholas McGinn	M	Neath Harrs	0:47:17
569	Stephen Edward Cray	M40	Penarth & Dinas	0:47:20
570	Deborah Roberts	F		0:47:22
571	Liam Davies	M20		0:47:22
572	David Alun Rees	M		0:47:23
573	Glyndwr Phillip Hicks	M50	Islwyn R C	0:47:23
574	Leighton Anthony Quinn	M40		0:47:26
575	Raymond Vaughan Majer	M50		0:47:27
576	Andrew Hellier	M	Visteon	0:47:27
577	Leslie Johnson	M	Neath Harrs	0:47:27
578	Keith Smith	M55		0:47:30
579	Lindsa Stevenson	F35	Wye Valley Runners	0:47:30
580	John Lovell	M50	Neath Harrs	0:47:30
581	Paul Fisher	M40		0:47:31
582	Geraint M Higgins	M		0:47:32
583	Peta Lynne Daniels	F35	Lliswerry Runners	0:47:32
584	John Edwards	M45		0:47:35
585	Ian Bevan	M		0:47:35
586	Tudur R Hallam	M		0:47:37
587	Nigel Anthony Leneve Norman	M55		0:47:38
588	Unknown Number	M		0:47:39
589	Leonie M Warlow	F35		0:47:39
590	Thomas Garetson	M40		0:47:40
591	Cliff Cross	M45		0:47:41
592	Noel John Harris	M		0:47:42
593	Yvonne Nicola Strobe	F		0:47:43
594	Sian Elisabeth Phillips	F40	Swansea Harrs	0:47:44
595	Karl Walton	M		0:47:45
596	Phillipa Catherine Francis	F40		0:47:45
597	Thomas A Parsons	M		0:47:46
598	Peter Young	M50		0:47:46
599	Byron David Davies	M		0:47:47

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Pos	Name	Cat	Club	Time
600	Justin Tamlin	M		0:47:48
601	Susan George	F		0:47:48
602	Emma Langdon	F20	Leighton Buzzard A C	0:47:49

603 Hugh Carle Thomas	M45	0:47:49
604 Peter Stuart Dunn	M55	0:47:49
605 Paula Ramsey	F35 3m R C	0:47:52
606 Alastair Daniels	M40	0:47:53
607 Colin Hampton	M	0:47:54
608 Wyn James	M	0:47:55
609 Victoria Anne Brailsford	F	0:47:55
610 Stephen Chambers	M40	0:47:55
611 Geoff Parry	M55	0:47:56
612 Stephen Anthony Bendle	M Swansea Harrs	0:47:56
613 Steve McLelland	M45	0:47:56
614 Jeremy Pennock	M	0:47:57
615 Gareth Judd	M	0:47:58
616 Huw M Thomas	M	0:47:58
617 Gareth Whelpton	M	0:47:58
618 Huw Meredydd Davies	M40 Carmarthen Harrs	0:47:59
619 Dominic O'Connor	M40 Corsham R C	0:48:00
620 James Beckett	M	0:48:01
621 Neil Pearce	M	0:48:01
622 Lindsay Tom Robert Davis	M45 Totton R C	0:48:02
623 Wayne Edmond	M50	0:48:02
624 Sandra Smith	F40	0:48:04
625 Jane Lewis	F35	0:48:05
626 Chris Mellor	M40	0:48:06
627 Marc Jones	M	0:48:07
628 David Morgan	M40 Vale Harrs	0:48:07
629 Tony Wertheim	M40	0:48:07
630 Steven James Thomson	M	0:48:08
631 Adam Edwards	M	0:48:09
632 Unknown Runner	M	0:48:10
633 David Nigel Lee	M	0:48:10
634 Jonathan Grant Thomas	M	0:48:11
635 Owain Rhys Heaven	M20	0:48:11
636 David Rosser	M65 Amman Valley	0:48:11
637 Gareth Brown	M	0:48:11
638 Brian John Brookes	M50 Enfield Runners	0:48:12
639 Stephen John Davies	M	0:48:13
640 Andrew Mark Sedgmond	M45 Les Coupiers	0:48:15
641 Steve Pullinger	M45	0:48:16
642 Clive Tucker	M40	0:48:17
643 Jacqueline Austin	F50 Club 69	0:48:17



644	Simon Williams	M	Blackheath & Bromley Harrs	0:48:17
645	Teresa Ann Clark	F40	Thurrock Harrs	0:48:17
646	John Howard Canning	M60	Westbury Harrs	0:48:18
647	Colin Dyne	M45	Cornelly Striders	0:48:18
648	Lee Draper	M20		0:48:18
649	Philip Turner	M		0:48:18
650	Richard Samuel	M		0:48:19
651	Nigel Huw Rees	M		0:48:19
652	Christopher John Haynes	M		0:48:20
653	Lyndon David Brewer	M		0:48:21
654	Lee Aspland	M40		0:48:21
655	Alex Arnold	F		0:48:22
656	Sean Robert Birch	M	Islwyn R C	0:48:22
657	Peter A.m. Williams	M40		0:48:23
658	Miles Rowland Willis	M	Dogs On Ropes	0:48:23
659	David Martin Walker	M45		0:48:24
660	Graham T Howells	M55		0:48:24
661	Alun David Jones	M		0:48:24
662	Paul Rees	M		0:48:25
663	Louise Miskell	F	3m R C	0:48:25
664	Tony Smart	M		0:48:25
665	Neil Jeffers	M		0:48:27
666	Simon Sutton	M		0:48:28
667	Michael Garey Williams	M55	Fairwater Runners	0:48:29
668	John Rees	M50		0:48:29
669	Kevin Scannell	M	South Wales Police	0:48:29
670	Derek Perkins	M45		0:48:29
671	Paul Bruton	M		0:48:30
672	Geoffrey White	M45	3m R C	0:48:30
673	Alison Jones	F		0:48:30
674	Roger James Owen	M		0:48:30
675	Antonio Gil	M		0:48:31
676	Robin Parris	M50		0:48:31
677	Robert Anthony James Sanders	M45		0:48:32
678	Michael Davies	M		0:48:33
679	Richard James Davies	M		0:48:33
680	Andrew Long	M40		0:48:33
681	Jack Maclachlan	M45		0:48:34
682	Andrew Richard Gardner	M		0:48:34
683	Amy Leanne Johns	F20	Cardiff A A C	0:48:35
684	Jon Brown	M	City Of Bath A C	0:48:35

685 Alan Geoffrey Ward	M45	0:48:37
686 Javier Silla	M	0:48:38
687 Zsuzsanna Blackmore	F	0:48:38
688 Anthony Charles Hunt	M45 Stratford-Upon-Avon A C	0:48:39
689 Unknown Runner	M	0:48:40
690 Richard John Neil Marvin	M	0:48:40
691 Timothy Stephen Clarke	M40	0:48:41
692 Anne Glenys Learmouth	F35	0:48:41
693 Mark Sheridan	M45	0:48:41
694 David Goodwin	M	0:48:42
695 Simon Donald Hern	M	0:48:42
696 Dewi Rhys Thomas	M	0:48:43
697 Michael Cosgrove	M40	0:48:43
698 Maude Lilian Van Rensburg	F45	0:48:43
699 Aled Rhodri Walters	M	0:48:44
700 Sally E Jones	F	0:48:45
701 Paul Mark Membery	M20	0:48:46
702 Andrew Paul Lewis	M Swansea Harrs	0:48:47
703 Richard Charles Barnes	M45 R R C	0:48:47
704 Sian Ellen Davies	F	0:48:47
705 Stephen Thomas Miles	M40	0:48:48
706 Kelvin Hugh Lucas	M50	0:48:48
707 Matthew Fincher	M Sospan Road Runners	0:48:49
708 Gerwyn J Evans	M45	0:48:50
709 Richard James Pearl	M	0:48:50
710 Simon Thomas Collier	M	0:48:50
711 John Hughes	M40	0:48:51
712 Jago Rupert Marchant Snook	M	0:48:51
713 David John Archer	M40	0:48:52
714 Simon Jon Parfitt	M	0:48:53
715 James Michael Macfadden	M	0:48:53
716 Dennis Blunt	M55	0:48:54
717 Stuart Charles James	M	0:48:54
718 Matt Elwin	M	0:48:54
719 Marianne Gittoes	F Brecon	0:48:56
720 Richard James Wilson	M	0:48:56
721 Mark Castle	M	0:48:57
722 Pauline Thomas	F60 Trots	0:48:57
723 Keith Brewer	M45	0:48:58
724 Kenneth William Hughes	M	0:48:58
725 Jason Steven Short	M	0:48:59

726 Martin Cahill	M	0:48:59
727 Robert Stephen Prowse	M	0:49:00
728 Alun Ivor Lewis	M50	0:49:02
729 Ellie Vincent	F Corsham R C	0:49:03
730 Andrew Lyn Thomas	M40	0:49:04
731 Ceri Battle	F	0:49:05
732 Tony Padley	M45	0:49:06
733 Derek Balsdon	M60 Stubbington Green Runners	0:49:06
734 Dean Thomas	M	0:49:07
735 David Anthony Parfitt	M	0:49:07
736 Alyn Lewis	M	0:49:07
737 Malcolm Reginald Farnham	M60 Les Coupiers	0:49:08
738 Richard Green	M Bridgend A C	0:49:09
739 James David Thomas	M40	0:49:09
740 Ian McGaw	M	0:49:10
741 Roger Davies	M40	0:49:11
742 Martin Probert	M40	0:49:12
743 Eamonn Greevy	M50	0:49:12
744 Donald Prosser	M40	0:49:13
745 Craig Waters	M	0:49:13
746 Leigh Francis	M40	0:49:14
747 Michael Newman	M50 Neath Harrs	0:49:14
748 Rob Leering	M45 Penarth & Dinas	0:49:14
749 Lisa Cleary	F35 Penarth & Dinas	0:49:16
750 David Phillips	M40	0:49:16
751 Stephen Press	M	0:49:17
752 Terence Thomas	M55	0:49:17
753 Anthony D Massey	M45	0:49:17
754 Robert Clive Trick	M45	0:49:18
755 Paul Hughes	M50	0:49:18
756 Robert William Llewelyn	M40	0:49:18
757 Mark Wyatt	M45	0:49:19
758 Ian Arthur Hughes	M	0:49:20
759 Jonathan Newman	M	0:49:20
760 Michael Christopher Thomas	M50	0:49:21
761 Mark C Fleming	M40	0:49:23
762 Brian Jenkins	M40	0:49:23
763 Tom Furness	M55 St Clears Trots	0:49:23
764 Robert Jones	M40	0:49:24
765 John Paul Hudd	M	0:49:24
766 Rob Adkins	M	0:49:24

767 Ray Jaeckels	M55 Great Western Runners	0:49:26
768 Glen Jackson	F55	0:49:27
769 Gareth Vaughan Jones	M	0:49:29
770 Michael John Pearce	M55 Pembrokeshire Harrs	0:49:29
771 Kevin Vernon Goodall	M40	0:49:29
772 Roger Stein	M45	0:49:30
773 David Ceri Jones	M45	0:49:32
774 Stephen Campling	M50 Fujitsu	0:49:34
775 Paul Bevan	M50	0:49:35
776 Caroline Jayne Sandles	F35	0:49:35
777 Steven Turner	M40 Serpentine	0:49:35
778 Mervyn Lavercombe	M65 Exeter Harrs	0:49:36
779 Monica Busse	F Les Coupiers	0:49:37
780 Jeffrey Vaughan	M55	0:49:37
781 Unknown Number	M	0:49:38
782 Derrick Thomas Harris	M60	0:49:39
783 Andrew Hall	M	0:49:39
784 Michael Rose	M40	0:49:40
785 Edward David James	M20	0:49:40
786 Robert William Arthur	M50	0:49:42
787 Louise Nuttall	F Griffithstown Harrs	0:49:43
788 Russell Paul Crocker	M	0:49:43
789 Ralph Lewis	M	0:49:44
790 Gwyn Charlett	M45 Pembrokeshire Harrs	0:49:44
791 Robert Biggs	M	0:49:45
792 Susan Neal	F50 Les Coupiers	0:49:45
793 Delfryn Thomas	M40	0:49:46
794 Mark R Jenkins	M	0:49:46
795 Frank Britton	M50	0:49:46
796 Desmond Davies	M45	0:49:47
797 Wayne Aylott	F40 Garden City Runners	0:49:49
798 Matthew Lyons	M20	0:49:49
799 Adrian Leszkiewics	M45	0:49:49

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Pos	Name	Cat	Club	Time
800	David Huw Williams	M45		0:49:51
801	Stephen Groves	M40		0:49:51
802	Anthony Clements	M50		0:49:52
803	Barry Roberts	M		0:49:52

804 Kim Stevens	F40 Reading R R	0:49:54
805 Geraint Jones	M	0:49:55
806 Richard Vyvyan Jones	M	0:49:55
807 Graham Muir	M50	0:49:56
808 Julian Alan Smith	M	0:49:56
809 Suzanne Myra Kendrick	F40 Spa Tans	0:49:56
810 Andrew J Beedles	M	0:49:56
811 Steven Wright	M	0:49:57
812 John Eric Evans	M55	0:49:58
813 Carl James Singleton	M	0:49:58
814 Vivian Denver Davies	M	0:49:59
815 Paul D Jenkins	M	0:49:59
816 Wayne Bryant	M	0:49:59
817 Stephen Andrew Williams	M45 Les Coupiers	0:50:00
818 Peter Jones	M45	0:50:00
819 Kenneth John Graham Maddocks	M55	0:50:00
820 Roger Jones	M	0:50:00
821 Rhydderch Wilson	M	0:50:01
822 Michael George Shellard	M60	0:50:02
823 Graham Jones	M60	0:50:03
824 Cyril Reynolds	M60 Aberdare	0:50:04
825 Sue Kersley	F40 Brecon Multisport	0:50:05
826 Craig Brown	M	0:50:05
827 Terry Dixon	M50	0:50:06
828 Dawn James	F40	0:50:09
829 Terry Mullins	M	0:50:10
830 Wayne Preece	M50	0:50:11
831 James Evans	M	0:50:13
832 David George Tink	M	0:50:14
833 Phillip Ian Lewis	M	0:50:15
834 Unknown Number	M	0:50:16
835 Marina Francis Troughton	F45	0:50:16
836 Unknown Number	F	0:50:17
837 Unknown Number	F	0:50:17
838 William Thomas	M40	0:50:17
839 Lyndon R J Thomas	M60	0:50:18
840 Neil Williams	M40	0:50:18
841 Stephen Rhys Davies	M	0:50:19
842 Clare Johnson	F55 Les Coupiers	0:50:19
843 Gareth Raymond Withers	M	0:50:19
844 David Reginald Francis	M40	0:50:20

845 Ott Parkes	M	0:50:20
846 Tyrone Pope	M	0:50:22
847 Paul Darby	M	0:50:23
848 Meirion James Board	M	0:50:24
849 Stuart Haden	M	0:50:25
850 Simon Davies	M	0:50:25
851 Terry Jones	M50	0:50:25
852 Andrew Austin	M	0:50:26
853 Barry Dare	M50	0:50:26
854 Brinley John Aherne	M55	0:50:26
855 Mike Parfitt	M40	0:50:27
856 Adrian English	M	0:50:27
857 Colin Lloyd	M	0:50:28
858 Jonathan James Andrews	M	0:50:31
859 Russell Bullen	M40	0:50:32
860 Ian Andrew Swanson	M50 Port Talbot Hars	0:50:35
861 Christopher John Purnell	M	0:50:35
862 Steven Percey	M	0:50:36
863 Andrew Mark Hinder	M	0:50:37
864 Maria Kathleen Morris	F40	0:50:37
865 Leighton Johnson	M45	0:50:37
866 Jeffery Mogford	M40 Visteon	0:50:38
867 Mark Baker	M	0:50:39
868 Stuart Mort	M	0:50:40
869 Byron Measday	M	0:50:40
870 Christopher James Popham	M	0:50:41
871 Christopher Jones	M P T W	0:50:41
872 Adrian Weston	M45	0:50:42
873 Mags Smith	F35 Corsham R C	0:50:42
874 Simon Hudson	M40 Aldridge R C	0:50:44
875 John Payne	M	0:50:44
876 Gareth Jones	M	0:50:45
877 David Rowlands	M45 Rhoose S L S C	0:50:46
878 Aled Jones	M40	0:50:46
879 Lee Andrew Wenham	M	0:50:46
880 Mike Jones	M40	0:50:46
881 Tony Hamilton	M50	0:50:47
882 David Lawson	M45	0:50:47
883 Huw Maddock	M40	0:50:49
884 Abigail Reynolds	F Wolverhampton & Bilston A.C	0:50:49
885 Luke Howell	M	0:50:50

886 Adrian Hedgley	M40 Rhayader	0:50:50
887 Julian T Eynon	M	0:50:51
888 Neil Murphy	M20	0:50:51
889 Stephen Lewis Barclay	M	0:50:51
890 Alex C Smith	M	0:50:52
891 Michelle Evans	F	0:50:52
892 Antonio Milello	M40	0:50:52
893 Royston Edwards	M55 Sospan Road Runners	0:50:52
894 Unknown Runner	M	0:50:53
895 Nigel Morgan	M	0:50:53
896 Stewart Kendall	M	0:50:53
897 Thomas Michael Rice	M50	0:50:54
898 Berian James Davies	M45	0:50:54
899 Jeanette Jenkins	F40 Fairwater Runners	0:50:54
900 Dean David Holyoake	M	0:50:55
901 Karen Esther Holyoake	F	0:50:55
902 Robert Mainwaring	M	0:50:55
903 Joanne Fraser Jones	F35	0:50:55
904 Gareth Jones	M Sarn Helen	0:50:56
905 Sara Edwards	F	0:50:56
906 Edward James	M	0:50:57
907 Colin Leslie Williams	M60 Wye Valley Runners	0:50:57
908 Alan Rose	M45	0:50:58
909 Carol Anne Kuhlmann	F55 Cardigan R C	0:51:00
910 Bryan Edwin Shayle	M40	0:51:00
911 Karen Jane Corcoran	F45 Pembrokeshire Tri Club	0:51:00
912 Martin Heaven	M45	0:51:01
913 Rhian Eluned Owen	F35	0:51:02
914 Martin Foster	M45 Bournville Harrs	0:51:03
915 Bleddyn Bowen	M40	0:51:04
916 Alwyn Thomas	M45 Porthcawl A C	0:51:06
917 Stephen Pearce	M	0:51:06
918 Eluned Hawis Jones	F	0:51:06
919 Helga Warren	F35	0:51:07
920 Max Morris	M60 3m R C	0:51:08
921 Christopher F Jones	M45	0:51:08
922 Susan Hopkins	F40 Islwyn R C	0:51:09
923 Kevin Davison Bygate	M40	0:51:09
924 Nicholas John Fluck	M	0:51:10
925 Gemma Catherine Gilluley	F	0:51:14
926 Richard Lawrence Tuckett	M20	0:51:15

927 Christian Lee Williams	M	0:51:17
928 Stephen Whitmarsh-Knight	M55	0:51:18
929 Neil Thomas	M Islwyn R C	0:51:19
930 Martyn Dew	M45	0:51:20
931 Huw Llewelyn Edwards	M40 Clwb Rhedeg Ardal Penlanffos	0:51:21
932 Paul Whittaker	M	0:51:22
933 Emma Jane Nehemiah	F	0:51:22
934 Michelle Perrett	F	0:51:22
935 Alan Prosser	M	0:51:23
936 Alun Wyn Reynolds	M45	0:51:23
937 Robin Williams	M45	0:51:24
938 Kathryn Anne Dootson	F Pembrokeshire Tri Club	0:51:26
939 Jonathan Edward Payne	M	0:51:29
940 Robert Anthony Morgan	M	0:51:31
941 Unknown Number	M	0:51:31
942 Unknown Number	M	0:51:32
943 Ian Thomas	M	0:51:32
944 Sue Thomas	F35	0:51:32
945 Andrea Butcher-Wood	F35 Button Road Runner	0:51:32
946 Gary William Collier	M55	0:51:34
947 Douglas Malcolm Jones	M50 Brackla Harrs	0:51:34
948 John Cunnane	M55	0:51:35
949 Xiang Ivan Zhao	M20	0:51:36
950 Ian Gareth Moss	M	0:51:36
951 Robert Gwynfor Lewis	M	0:51:37
952 Keith Brooks	M	0:51:39
953 Byron David McNeil	M40	0:51:41
954 Unknown Number	M	0:51:42
955 Steven Rusell Manning	M20	0:51:44
956 Neil James Lewis	M40	0:51:44
957 Glenn Roberts	M	0:51:45
958 Unknown Runner	M	0:51:46
959 Mike Hill	M	0:51:46
960 Anthony Thomas	M	0:51:47
961 Hugh Griffiths Jones	M40	0:51:47
962 Kim Joanne Crockett	F45	0:51:47
963 Juliette Pauline Hadley	F	0:51:48
964 Peter Harding	M60 Carmarthen Harrs	0:51:48
965 Unknown Number	M	0:51:49
966 Unknown Number	M	0:51:49
967 Unknown Number	M	0:51:51



968 Bernard James Carroll	M50	0:51:52
969 Sioned Williams	F	0:51:52
970 Tony Williams	M45	0:51:52
971 Martin Carroll	M40	0:51:53
972 Robert M Walters	M	0:51:53
973 Luke Williams	M	0:51:54
974 Russell Tracy Evns	M40	0:51:55
975 Huw Williams	M	0:51:56
976 Vivienne E Kavanagh	F40 3m R C	0:51:56
977 James Alford Aitken	M20	0:51:57
978 Peter Copsey	M65	0:51:57
979 Nigel Williams	M40	0:51:58
980 Anita Tucknutt	F David Lloyd R C	0:51:59
981 Lon Morgan	F45 Trots	0:51:59
982 Gwendolen F Swordy	F	0:52:01
983 Helen Marie Nichols	F	0:52:02
984 Paula Shepherd	F35	0:52:03
985 Rebecca Sian Clement	F 3m R C	0:52:05
986 Peter Doran	M55 Wells City HARRS	0:52:06
987 Paul A Beynon	M20	0:52:07
988 Steve McCarthy	M	0:52:09
989 Gareth Williams	M	0:52:10
990 Janet Ann Younger	F50 Pembrokeshire HARRS	0:52:11
991 Jamie Salter	M	0:52:12
992 John Kevin O'Driscoll	M50 Wye Valley Runners	0:52:13
993 Roy Evans	M	0:52:14
994 Paul Thomas	M45 Les Coupiers	0:52:14
995 Chris Gentry	M50 Handy Cross Runners	0:52:14
996 Brian John Stewart	M55 Langrove Health Club	0:52:14
997 Andrea Louise Clark	F35 Llisbury Runners	0:52:15
998 Sarah Jones	F35	0:52:15
999 Jackie Garland	F40	0:52:16

[^Top](#) | [200](#) | [400](#) | [600](#) | [800](#) | **1000** | [1200](#) | [1400](#) | [1600](#) | [1800](#) | [2000](#) | [2200](#) | [2400](#) | [2600](#) | [2800](#) | [3000](#) | [3200](#) | [3400](#) | [3600](#) | [3800](#)

Pos	Name	Cat	Club	Time
1000	Kwok Lee	M		0:52:16
1001	Stephen Rees Davies	M		0:52:18
1002	Vernon Brown	M60		0:52:19
1003	Chris Burke	M		0:52:19
1004	Deborah Julie Price	F40		0:52:20

1005 Richard Evans	M40	0:52:20
1006 Nigel Morse	M	0:52:21
1007 Simon Burnett	M	0:52:22
1008 Steve Edgell	M	0:52:22
1009 Janice Clement	F45 Penarth & Dinas	0:52:22
1010 Stephen May	M	0:52:22
1011 Liz Thomas	F	0:52:23
1012 Andrew Nakonecznyj	M	0:52:23
1013 John Price	M45	0:52:24
1014 Paul Wyn Evans	M	0:52:25
1015 Garry Mounter	M	0:52:27
1016 Mark Wyndham Aitken	M	0:52:28
1017 Gavin N Waters	M20	0:52:30
1018 Colin Gardner	M50	0:52:30
1019 Peter David Mason	M45	0:52:31
1020 John Rhidian Morgan	M45	0:52:31
1021 Michael John Edmonds	M55	0:52:31
1022 Ian Anthony McCloy	M45	0:52:32
1023 Nigel Robert Evans	M40	0:52:32
1024 Christian Paul Rees	M	0:52:34
1025 Elizabeth Curson	F	0:52:36
1026 Stephen Donald John Lewis	M	0:52:37
1027 Nashie Anne Shuttleworth	F35	0:52:39
1028 Richard Rimmer	M40	0:52:41
1029 Catherine Harper	F40	0:52:42
1030 Ian Harper	M40	0:52:43
1031 John Richard Cronin	M45	0:52:44
1032 Anthony Vallario	M45 Port Talbot Harrs	0:52:45
1033 David John Boakes	M	0:52:46
1034 Michael John Kennedy	M45	0:52:46
1035 Richard Regan	M	0:52:46
1036 Nigel Andrew Morris	M	0:52:47
1037 Deanne Rebane	F40	0:52:48
1038 Claire Niblett	F Wye Valley Runners	0:52:48
1039 Brian Williams	M50 Trots	0:52:49
1040 Jon Knox	M Serpentine	0:52:49
1041 Eiri Evans-James	F	0:52:50
1042 Sarah Louise Upton	F	0:52:51
1043 Susan Patricia Evans	F45	0:52:51
1044 Cassandra Czepil	F	0:52:54
1045 John Jones	M40	0:52:55

1046 Gareth Davies	M	0:52:55
1047 Sean Drake Reed	M	0:52:56
1048 Unknown Number	M	0:52:56
1049 Stephen Smout	M40	0:52:58
1050 Michael Anthony O'Shea	M55	0:52:58
1051 Paul Northcott	M	0:52:59
1052 Andrew Hole	F40	0:53:00
1053 Stephen Robert Swinton	M Cycle Surgery	0:53:01
1054 Darren Peter Rixon	M	0:53:01
1055 Shiona Frances Oldham	F	0:53:03
1056 Sian M Davies	F	0:53:04
1057 Lee Thomas	M	0:53:07
1058 Pamela Taylor	F40	0:53:07
1059 Andrew Thomas	M Rhondda Valley	0:53:08
1060 Mair Rhian West	F Griffithstown Harrs	0:53:09
1061 Paul Douglas Atkins	M50 San Domenico	0:53:09
1062 Unknown Number	M	0:53:10
1063 Aranka Pratt	F55	0:53:11
1064 William Nigel Protheroe	M	0:53:12
1065 Adrian John Stephens	M	0:53:13
1066 Kevin Brian Collins	M40	0:53:13
1067 Mark Andrew Weston	M	0:53:13
1068 Richard Lewis Mainwaring	M20	0:53:14
1069 Kathryn Fielder	F	0:53:15
1070 Howard Davies	M	0:53:16
1071 Dave Wright	M	0:53:17
1072 Andrew Evan Rockley	M Cardigan R C	0:53:18
1073 Robert James Malough	M	0:53:19
1074 Lowri Morgan	F	0:53:20
1075 Ian Wills	M	0:53:21
1076 Ian Ross Davies	M20	0:53:21
1077 Paul David Smith	M20	0:53:21
1078 Glenville John	M	0:53:23
1079 Jill Northway Jones	F40	0:53:24
1080 Claire Cowell	F20	0:53:25
1081 Unknown Number	F	0:53:25
1082 Jan Davies	F40	0:53:27
1083 Allen William Bevan	M45	0:53:27
1084 Tim Williams	M	0:53:29
1085 Stephanie Richards	F35	0:53:29
1086 Sarah Packer	F35	0:53:31

1087 Dean Gary Packer	M	0:53:31
1088 Michael Griffiths	M40	0:53:32
1089 Nicola Claire Roche	F	0:53:32
1090 Jack Fell	M60 City Of Norwich Athletic Club	0:53:33
1091 Greg Dow	M	0:53:34
1092 Natalie Helen Davies	F35	0:53:36
1093 Matthew James Owen	M	0:53:37
1094 Dario Diulio	M	0:53:37
1095 Kevin M Flack	M	0:53:38
1096 Anita Eirwen Howells	F55 Aberdare	0:53:39
1097 Damian Kelly	M	0:53:41
1098 Richard Stewart Howe	M50 Porthcawl A C	0:53:43
1099 Andrea Reynolds	F35	0:53:44
1100 Adrian Thomas	M50	0:53:44
1101 Michael Allchurch	M45	0:53:45
1102 Joanne Bibby	F35	0:53:46
1103 Colin Thomas	M55	0:53:46
1104 Jose Hernan Cifuentes	M50	0:53:46
1105 Tony Hall	M55	0:53:47
1106 Adrian Kay	M	0:53:49
1107 Simon Thomas Gilby Lucas	M20	0:53:49
1108 Stephen Morris	M	0:53:50
1109 Jay Ramsurrun	M50	0:53:50
1110 John Rhys Birks	M55	0:53:51
1111 Phillip Doel	M40	0:53:51
1112 David Tucker	M	0:53:53
1113 Chantal Patel	F45	0:53:53
1114 Dyfrig Parri	M	0:53:54
1115 David Rideout	M	0:53:55
1116 Unknown Number	M	0:53:56
1117 Russell Pullen	M60 Neath Hars	0:53:57
1118 Helen Elizabeth Muxworthy	F35	0:53:58
1119 Peter W Bateman	M50	0:53:58
1120 Joanne Rogers	F	0:53:58
1121 Peter D Flower	M	0:53:59
1122 Timothy Lewis	M45 Carmarthen Hars	0:54:02
1123 Richard Alan Woods	M	0:54:02
1124 Jeffery Keith Evans	M Rhondda Valley	0:54:02
1125 Martyn Jenkins	M40	0:54:03
1126 Alun Davies	M50	0:54:05
1127 Howard R Morgan	M60	0:54:06

1128	Leighton Crook	M40	0:54:07
1129	Johnathan Charles Davies	M	0:54:09
1130	David A Jones	M	0:54:11
1131	Nichola Louise Landes	F	0:54:11
1132	Stephen Wilcox	M40	0:54:11
1133	Michael John Ashton	M	0:54:12
1134	Reigit Lane Sunnybank	F	0:54:12
1135	Catherine Thomas	F35	0:54:13
1136	Samanyha J Shroll	F Newport Harrs	0:54:13
1137	Tina Alison Davies	F	0:54:14
1138	Jill Colman	F35 Pembrokeshire Harrs	0:54:14
1139	Tom Cornelius	M20	0:54:14
1140	Steven John Lewis	M Port Talbot Harrs	0:54:14
1141	Sian E Evans	F	0:54:16
1142	Melanie Graham	F40	0:54:16
1143	Graham David Thomas	M	0:54:16
1144	Meinir Jones	F	0:54:18
1145	David Maynard	M50	0:54:18
1146	Simon Franks	M40	0:54:20
1147	Peter Thomas	M40	0:54:21
1148	Jeffery Keith Brooks	M	0:54:22
1149	Duncan Stanley Smith	M	0:54:23
1150	Simon Inkson	M	0:54:25
1151	Scott Thomas	M	0:54:27
1152	Alun Blackmore	M	0:54:28
1153	Duncan Daniel Clarac Thomas	M	0:54:28
1154	Unknown Number	M	0:54:29
1155	Unknown Number	M	0:54:30
1156	Robert McIntyre	M40	0:54:31
1157	Richard Fielder	M20	0:54:32
1158	Peter Dodge	M40	0:54:33
1159	Richard Knowles	M50	0:54:33
1160	David Hibbs	M40	0:54:33
1161	Adrian Thomas Pugh	M40	0:54:33
1162	David J Brake	M40 Aberdare	0:54:35
1163	Sion Evans	M	0:54:37
1164	Margaret Eve Morgan	F45	0:54:38
1165	Julie Berry	F40 Basingstoke Road Runners	0:54:39
1166	Craig Pearce	M	0:54:41
1167	Michelle Karen Valerio	F40	0:54:42
1168	Linda Helen Maynard	F40 Serpentine	0:54:43

1169	Christopher Hockley	M		0:54:45
1170	Robert John Edwards	M50		0:54:46
1171	Huw Madoc	M		0:54:46
1172	Matthew Townsend	M		0:54:46
1173	John Joseph Morgan	M45		0:54:47
1174	Andrew James Swinton	M	Cycle Surgery	0:54:48
1175	Fay Elizabeth Harris	F40		0:54:49
1176	Rhona Jane Hill	F		0:54:50
1177	Esme Joy Hill	F		0:54:50
1178	Annie Conroy	F55	Les Coupiers	0:54:51
1179	Jim Loft	M45		0:54:51
1180	Neil Coleman	M		0:54:51
1181	John Langdon	M50		0:54:52
1182	Sarah H Hurford	F20		0:54:52
1183	Brinley Hurford	M45		0:54:54
1184	Simon John Cox	M40		0:54:55
1185	James Downey	M50		0:54:56
1186	Philip David Smith	M45		0:54:56
1187	Teresa Anne Norris	F35		0:54:56
1188	Neil John Fenn	M		0:54:58
1189	Gregory J Sandles	M		0:54:58
1190	Huw Richard Griffiths	M		0:55:00
1191	Louise Elenud Jones	F		0:55:00
1192	Richard Byron Crook	M		0:55:03
1193	Tony Gill	M		0:55:04
1194	Ken Rogers	M40		0:55:08
1195	Unknown Number	M		0:55:09
1196	Edward Lewis Davies	M		0:55:09
1197	Keith Edward Obrien	M		0:55:10
1198	Ian Henton	M		0:55:11
1199	Michael Parrish	M40		0:55:12

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1200	Paul Jan Evans	M40		0:55:12
1201	Mark Sheldon Vivian	M		0:55:13
1202	Wendy Anthony	F40		0:55:13
1203	Angela Davies	F40		0:55:16
1204	Lisa Clare Parker	F		0:55:16
1205	John Holdroyd	M45	Wye Valley Runners	0:55:17

1206 Patrick Furlong	M		0:55:18
1207 Geraint Huw Jenkins	M		0:55:19
1208 Sian Mari Jones	F	Amman Valley	0:55:19
1209 Jennifer Irene Sleath	F		0:55:20
1210 John Richard Lovegrove	M		0:55:20
1211 Dennis Lynch	M60	Cornelly Striders	0:55:21
1212 Unknown Number	M		0:55:21
1213 Richard Peter Moodie	M	Llanelli	0:55:21
1214 Peter Anthony Clark	M45		0:55:22
1215 Jeremy Wells	M40		0:55:24
1216 Jo Hunt	F		0:55:25
1217 Lucy Griffiths	F		0:55:26
1218 Samantha E Lovegrove	F		0:55:27
1219 Hendrik Adriaan Innemee	M50		0:55:27
1220 Jennifer Roberts	F50	Brecon	0:55:28
1221 Kath Crane	F60	Brecon	0:55:29
1222 Richard Neil Caie	M40		0:55:30
1223 Michael K Williams	M		0:55:34
1224 Elena Zarate	F50	Bracknell Forest Runners	0:55:34
1225 Paul Francis	M		0:55:34
1226 Nigel Thomas	M45		0:55:35
1227 Catherine Jayne Beer	F	3m R C	0:55:36
1228 John Spencer James	M55	3m R C	0:55:36
1229 Ann B Grove-White	F50		0:55:37
1230 Kathryn John	F35		0:55:37
1231 Iolo Llewelyn	M45		0:55:38
1232 Julie Peconi	F		0:55:39
1233 James Thomas Davies	M		0:55:39
1234 Christopher David Howells	M		0:55:41
1235 Cheryl A Tucker	F35		0:55:42
1236 Ian Capon	M50		0:55:43
1237 Bethan Jones	F		0:55:45
1238 Sonia Lilian Hunt	F45	R R C	0:55:47
1239 Benjamin Sailen Raichoudhury	M50		0:55:47
1240 Christopher Daniel	M45	Mulisport R C	0:55:48
1241 Mark Davies	M		0:55:48
1242 Suzanne Louise Bevan	F35		0:55:49
1243 Deborah Marshall	F40		0:55:49
1244 Gary Marshall	M45		0:55:50
1245 Viraliur Palanisamy Sivasamy	M45		0:55:51
1246 Neil Davies	M50		0:55:52

1247 Mark Lawrence Ellis	M	0:55:52
1248 Michael R Jennings	M	0:55:54
1249 Rhian Owen	F	0:55:55
1250 Stella Sturgess	F Penarth & Dinas	0:55:55
1251 Ronald Harris	M65 Lliswerry Runners	0:55:56
1252 Eryl Jon Tottle	M Risca Road Runners	0:55:56
1253 Jeff Sullivan	M45	0:55:56
1254 Julie Holdsworth	F40	0:55:57
1255 Sarah Edwards	F40	0:55:58
1256 Jayne James	F35	0:55:59
1257 Coleen Griffiths	F Islwyn R C	0:56:00
1258 Tom Wallace	M45	0:56:00
1259 Andrea Irene Jones	F	0:56:02
1260 Irfon Jones	M40	0:56:06
1261 Andrew Scott Davies	M45	0:56:08
1262 Andrea Williams	F35 Penarth & Dinas	0:56:09
1263 Angela Jill Sollars	F	0:56:10
1264 Kate Greenfield	F	0:56:11
1265 John Robert Bibby	M	0:56:11
1266 Geraint Thomas	M	0:56:12
1267 Alan John Thomas	M65 Les Coupiers	0:56:16
1268 Andrew Owen	M	0:56:16
1269 Anthony Jenkins	M45 Aberdare	0:56:17
1270 Alan Bladen	M65 Les Coupiers	0:56:18
1271 Victoria John	F	0:56:18
1272 John M Parsons	M40	0:56:18
1273 Irene Elizabeth Mann	F50	0:56:19
1274 Michelle Jenkins	F40	0:56:20
1275 Gerald Curtis	M50	0:56:22
1276 Helen Parry	F45	0:56:22
1277 Melanie Griffith-Williams	F	0:56:24
1278 Martin Norris	M40	0:56:25
1279 Andy Turner	M Fujitsu	0:56:26
1280 Raymond Paul Newell	M	0:56:27
1281 Lynne Patricia Toogood	F35 Les Coupiers	0:56:28
1282 Paul Colman	M40 Pembrokeshire Hars	0:56:28
1283 Lyndon Lewis	M	0:56:29
1284 Ian James Edwards	M	0:56:30
1285 Stuart David Whittaker	M	0:56:31
1286 Neil W Powell	M	0:56:31
1287 Richard Graham Avery	M	0:56:33



1288 Wayne Thomas	M45	0:56:33
1289 Ryan Kelly	M	0:56:35
1290 Jennifer Mary Coutts	F35	0:56:35
1291 David Brian Clough	M	0:56:35
1292 Helen Margaret Roberts	F35 Trots	0:56:36
1293 Gareth Roper	M50 Porthcawl A C	0:56:36
1294 Heather Payton	F55 Trent Park	0:56:36
1295 Michael Matthews	M60	0:56:39
1296 Stephen J M Lisle	M	0:56:39
1297 Alun James Barfoot	M50	0:56:40
1298 Amy L Cox	F	0:56:41
1299 Stephen Michael Kent	M40	0:56:41
1300 Anthony Stephen Williams	M	0:56:42
1301 Diane Williams	F35	0:56:43
1302 Louise Eakins	F	0:56:44
1303 Amy James	F20	0:56:44
1304 John Paul Griffiths	M	0:56:44
1305 Tracey Jayne Edwards	F	0:56:45
1306 Ralph Davey	M55 Les Coupiers	0:56:46
1307 Tom Hughes	M55	0:56:46
1308 Novia Lena Imm	F Griffithstown Harrs	0:56:47
1309 Jacqueline Louise Jones	F	0:56:48
1310 Helen Daniels	F	0:56:49
1311 Sarah Cook	F45	0:56:51
1312 Howard Allen	M45	0:56:52
1313 Paul Williams	M40	0:56:52
1314 Brian Ford	M65	0:56:53
1315 Jafar Ghalamkary	M40	0:56:57
1316 Phillip Phillips	M50	0:56:57
1317 Sian Brown	F45	0:56:57
1318 Martin Nugent	M	0:56:58
1319 Rebecca Edwards	F Cardigan R C	0:56:59
1320 Paul Jones	M	0:57:00
1321 Keith Edmund Harris	M40	0:57:00
1322 Pailip Monaghan	M45	0:57:00
1323 Deborah Anne Hutchinson	F	0:57:00
1324 Rhian Evans	F40	0:57:00
1325 Martin Evans	M40	0:57:01
1326 Lowri R Poiner	F	0:57:02
1327 Gareth David Price	M	0:57:05
1328 Robert George Gardiner	M40	0:57:06

1329 Cristina Santos	F40 Rhayader	0:57:06
1330 Roger Anthony	M	0:57:07
1331 Brendan Lee James	M	0:57:08
1332 Colin Brown	M60	0:57:09
1333 Laura Faye Moryl	F	0:57:10
1334 Alun Davies	M45	0:57:14
1335 Iestyn Rhys Morgan	M	0:57:14
1336 Kenneth Brooks	M55	0:57:15
1337 Stephanie Mary Jones	F	0:57:18
1338 Pauline Stephenson	F45	0:57:19
1339 Tony Dorsett	M60 Les Coupiers	0:57:19
1340 Janet Jones	F35 Sarn Helen	0:57:20
1341 Stephan Natynczuk	M40	0:57:22
1342 Malcolm George Lucas	M45	0:57:23
1343 Sean Patrick Kenny	M	0:57:23
1344 Gary John Wilcox	M40	0:57:23
1345 Stuart Lee Cairns	M	0:57:24
1346 Graham Eddolls	M50	0:57:24
1347 Carolyn Jane Asher	F40	0:57:24
1348 Deborah Jayne Jenkins	F40	0:57:25
1349 Richard John Hopkins	M	0:57:26
1350 Harvey John Jenkins	M	0:57:28
1351 Bryan M Chileshe	M	0:57:29
1352 Marilyn Rowson	F50 Les Coupiers	0:57:30
1353 Linda Hassell	F45	0:57:30
1354 Jennifer O'Connor	F40 Corsham R C	0:57:31
1355 June Clifton	F45	0:57:34
1356 Matthew Mansell Clifton	M45	0:57:34
1357 Mari Ellen Hobbs	F40	0:57:35
1358 Andrew Sheffield	M40	0:57:36
1359 Peter James Northcott	M50	0:57:37
1360 Jim Northcott	M	0:57:37
1361 Lyndon Murphy	M45	0:57:37
1362 Mark Murphy	M	0:57:38
1363 Susan Jones	F35	0:57:39
1364 Julia A Samuel	F35	0:57:39
1365 David Longshaw	M	0:57:39
1366 Frank Neil Griffiths	M45	0:57:39
1367 Nigel Paul Calcutt	M40	0:57:41
1368 Unknown Number	M	0:57:41
1369 Keith Williams	M	0:57:42

1370 Dave Bright	M	0:57:42
1371 William Thomas Wilson	M60	0:57:43
1372 Eileen Blain	F45	0:57:44
1373 Paul Michael Holland	M	0:57:44
1374 Peter John Orphan	M	0:57:44
1375 Stephen James Walker Williams	M	0:57:45
1376 Unknown Number	M	0:57:45
1377 Catherine Griffiths	F	0:57:47
1378 Steve Firth	M40	0:57:49
1379 John Hubert Daniels	M70 Swansea Harrs	0:57:49
1380 David Phillip Capus	M	0:57:49
1381 Unknown Runner	M	0:57:50
1382 Sandra Beynon	F40	0:57:53
1383 Katherine Anne Thomas	F40	0:57:56
1384 Sally Ann Natynczuk	F40	0:57:58
1385 Jason Merrifield	M	0:57:59
1386 Anthony Mason	M	0:58:00
1387 Angela Mulvaney	F	0:58:00
1388 Daniel J G Powell	M20	0:58:02
1389 Andrea Cleaver	F	0:58:03
1390 Donald Patrick Fearn	M70 Brecon	0:58:04
1391 John Morrissey	M45	0:58:06
1392 Isabel Mary Evans	F	0:58:07
1393 Brendan Jackman	M	0:58:08
1394 Mark Anthony Kemp	M	0:58:09
1395 Graham Underdown	M50	0:58:10
1396 Alison Clare Rica	F	0:58:13
1397 Sheila Dyer	F40 Brecon Multi Sport	0:58:13
1398 Gillian Mary Jones	F	0:58:14
1399 Stephen Maddock	M	0:58:15

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1400 Dawn Thompson		F		0:58:16
1401 Nicola Bowden		F		0:58:17
1402 Jason James Nicholls		M		0:58:17
1403 Stephen Riseley		M40		0:58:17
1404 Mark Thomas Johns		M		0:58:18
1405 Louise Hughes		F35		0:58:19
1406 Samantha Ann Jones		F		0:58:19

1407 Kelly Emma Wake	F	0:58:19
1408 Jennifer Coombs -= Hoar	F40	0:58:21
1409 Tina Jones	F40	0:58:21
1410 Tracey Newman	F Les Coupiers	0:58:22
1411 Marlene Alford	F50 Corsham R C	0:58:22
1412 Robert Lionel Thomas	M70	0:58:22
1413 Deborah Jane Tyler	F35	0:58:23
1414 Mark Owen Jones	M	0:58:23
1415 Fiona Goodwin	F	0:58:24
1416 Steven John Bowerman	M40	0:58:24
1417 Beth Griffiths	F40	0:58:24
1418 Mark Griffiths	M40	0:58:25
1419 Rhiannon Sarah Jones	F	0:58:25
1420 Lewis Keil	M50	0:58:26
1421 Gareth Huw Harris	M40	0:58:30
1422 Caroline Jones	F	0:58:31
1423 Anne Roberts	F45	0:58:31
1424 Paul Mort	M45	0:58:33
1425 Hywel James	M45	0:58:34
1426 Andrew Derek George	M	0:58:35
1427 Catrin Defis	F35	0:58:36
1428 David Christopher Massey	M	0:58:36
1429 Ian Price	M	0:58:37
1430 Unknown Runner	M	0:58:38
1431 Christopher D Brewer	M	0:58:38
1432 Alfryn Easter	M55 3m R C	0:58:40
1433 Susan Jeanette Plenderleith	F	0:58:41
1434 Natalie Margaret Train	F	0:58:41
1435 Dawn Samantha Moore	F20	0:58:42
1436 Jane N Hankins	F35	0:58:42
1437 Mike Kent	M55	0:58:45
1438 Andrew George Williams	M	0:58:51
1439 Cathryn Williams	F	0:58:52
1440 Hazel Thorne	F	0:58:55
1441 Victoria Faye Austin	F35	0:58:56
1442 Patricia Morris	F35	0:58:58
1443 James Parfitt	M20 Mulisport R C	0:58:58
1444 Simon Franks	M	0:59:00
1445 Alison Franks	F35	0:59:01
1446 Philip Goss	M	0:59:03
1447 Mark Arnold	M40 Nhs Direct Wales R C	0:59:04

1448 Elizabeth Williams	F40	0:59:04
1449 William P Williams	M	0:59:04
1450 Stuart John Powell	M	0:59:05
1451 Marianne Joan Burridge	F45 Fairwater Runners	0:59:06
1452 Kwok Lee	M	0:59:06
1453 John Marriott Soulsby	M60	0:59:07
1454 Billy McWilliams	M	0:59:10
1455 Sally Anne Roberts	F35	0:59:11
1456 Jason David Lewis	M	0:59:12
1457 Bethan Ruth Morgan	F	0:59:13
1458 Vivian J Thomas	M55	0:59:14
1459 Anthony Mark Rees	M40	0:59:17
1460 Huw Morgan	M40	0:59:17
1461 Jeff Davies	M50	0:59:17
1462 Kerri Finney	F	0:59:18
1463 Martin Woodfield	M40	0:59:18
1464 Sarah Ames	F	0:59:18
1465 Amanda Woodfield	F40	0:59:21
1466 David Thomas	M40 Team Deviant	0:59:22
1467 David Rhys Birks	M	0:59:22
1468 Unknown Runner	M	0:59:22
1469 Victoria Jones	F	0:59:27
1470 Emma Rees	F	0:59:28
1471 Mike Rees	M	0:59:28
1472 Sharon Michelle Williams	F35	0:59:29
1473 Fahrat Ali	M	0:59:29
1474 Mike Rees	M Brackla Harrs	0:59:30
1475 Cathy Hancox	F40	0:59:31
1476 Paul M Richmond	M	0:59:34
1477 Rachel Maharg	F	0:59:35
1478 Mike Roberts	M	0:59:36
1479 Nicola Lynette Phillips	F35	0:59:39
1480 Dean Bryan Israel	M	0:59:42
1481 Sam Brown	M	0:59:42
1482 Susan Lewis	F	0:59:42
1483 Stephen Niblett	M40 Wye Valley Runners	0:59:43
1484 Alistair Charles Bennett	M	0:59:43
1485 Andrew Plenderleith	M	0:59:44
1486 Joanne Cunningham	F35	0:59:45
1487 Christian David Trubey	M	0:59:45
1488 Richard D Colman	M20	0:59:46

1489 Peter Jeffrey Norton	M50	0:59:46
1490 Richard Davies	M White	0:59:47
1491 Teresa Moore	F City Of Bath A C	0:59:47
1492 Yvette Sutton	F50 Wye Valley Runners	0:59:50
1493 Michael John Shaw	M50 Wye Valley Runners	0:59:50
1494 Graham Singer	M45	0:59:51
1495 Christopher James	M	0:59:51
1496 Hywel Davies	M45	0:59:52
1497 Manfred Langley	M50	0:59:52
1498 Jane Priborsky	F40 Corsham R C	0:59:52
1499 Brian Hooker	M Corsham R C	0:59:55
1500 Christopher Edwards	M45	0:59:56
1501 Lea Glyn Tanner	M	0:59:56
1502 Elen Wyn Jones	F	0:59:58
1503 Sarah Elizabeth Butt	F	0:59:58
1504 Gary Rees	M55	1:00:00
1505 Philip Arthur Davies	M55 3m R C	1:00:01
1506 Rhodri Lloyd Richards	M45	1:00:02
1507 Colin Rees	M45	1:00:02
1508 Sian Clwyd Roberts	F	1:00:06
1509 Louise Atkinson	F	1:00:08
1510 Keith Williams	M50	1:00:09
1511 Tom Hall	M	1:00:11
1512 Darren Roy Lewis	M	1:00:16
1513 Donna Brown	F	1:00:16
1514 Jane Allchurch	F40	1:00:17
1515 Samantha Ellen Ward Jones	F	1:00:18
1516 Alison Wood	F35	1:00:18
1517 Nanette John	F40	1:00:18
1518 William Morgan	M40	1:00:20
1519 Unknown Number	M	1:00:21
1520 John Lambert	M60	1:00:22
1521 Anthony Paul Harris	M40	1:00:22
1522 Neil Jenkins	M	1:00:23
1523 Rachel Price	F	1:00:23
1524 Simon Margrave	M	1:00:23
1525 Terry Copp	F45	1:00:25
1526 Delyth Ann Rees	F35 Clwb Rhedeg Ardal Penlanffos	1:00:27
1527 Andrew John Phillips	M40	1:00:29
1528 Michaela Bandom	F	1:00:29
1529 Peter Slee	M45	1:00:32

1530	Geraldine Williams	F	1:00:33
1531	Emily Jocelyn Cosgrove	F	1:00:35
1532	Sian Mary Jones	F	1:00:38
1533	Siriol Catrin Jones	F35	1:00:38
1534	Colin Samuel Henson	M60	1:00:43
1535	Sheila Irene Pictor	F45	1:00:44
1536	Les Evanson	M	1:00:46
1537	Jill Evanson	F35	1:00:47
1538	Anna Hill	F	1:00:48
1539	Nina K Brocklebank	F	1:00:48
1540	Steven Simmons	M	1:00:54
1541	Andrew J Palmer	M40	1:00:56
1542	Keith Saddington	M45	1:00:56
1543	Alun Lloyd Harris	M40	1:00:56
1544	Nigel Ferrand	M45	1:00:59
1545	Sue Bennett	F35	1:01:00
1546	Susan Jenkins	F45	1:01:02
1547	Laura Elizabeth Tucker	F35	1:01:02
1548	Ann Margaret Jones	F55	1:01:07
1549	Sharon Rose	F Les Coupiers	1:01:08
1550	David Phillips	M20	1:01:08
1551	Geoffrey Drayton Stevenson	M	1:01:08
1552	Victoria Charlotte Rowling	F	1:01:09
1553	Sally P Shroll	F40	1:01:10
1554	Elwyn Williams	M60	1:01:11
1555	Rocio Cifuentes	F	1:01:13
1556	James Murphy	M	1:01:13
1557	Laura Richards	F	1:01:15
1558	Malin Kylander	F	1:01:17
1559	Stephen Rowson	M50	1:01:18
1560	Francon Davies	M50	1:01:21
1561	Adrian Peter Samuel	M	1:01:22
1562	Eryl Powell	F	1:01:23
1563	Malcolm Sutton	M45	1:01:23
1564	Reena M Owen	F45	1:01:24
1565	Richard Davies	M55	1:01:25
1566	Virginia Davies	F50	1:01:25
1567	Kerry Louise Thompson	F	1:01:27
1568	Sarah Edwards	F40	1:01:27
1569	Phillipa Jane Poulton	F40	1:01:30
1570	David Saunders	M40	1:01:31

1571 Shirley Davies	F40	1:01:33
1572 Christine Browning	F45	1:01:35
1573 Brian Brooks	M50	1:01:35
1574 John Munn	M45	1:01:37
1575 Catherine Llewellyn	F35	1:01:38
1576 Gary Smith	M45	1:01:39
1577 Elin Wyn O'Neill	F35	1:01:40
1578 Christopher Vaughan Plaice	M60	1:01:40
1579 Adrian James Burton	M40	1:01:42
1580 Darian Jones	M	1:01:43
1581 Stephen Mellalieu	M	1:01:44
1582 Polly Adams	F	1:01:44
1583 David Michael Taylor	M50	1:01:45
1584 Andrew T Vipond	M45	1:01:45
1585 Janine Payne	F	1:01:46
1586 Mark Evans	M	1:01:49
1587 Richard Edward Cross	M	1:01:49
1588 Owen Thomas George	M50	1:01:53
1589 Ruth Burton	F	1:01:55
1590 Julie Anne Hughes	F35	1:01:59
1591 Joanne Phillips	F	1:02:00
1592 Anette Scholz	F35	1:02:01
1593 Paul Dulais James	M20	1:02:02
1594 Robert Charles Davidson-Owen	M	1:02:03
1595 Steve Whyte	M40	1:02:04
1596 Huw Vaughan	M40	1:02:04
1597 Caryl Davies	F20 Sarn Helen	1:02:07
1598 Simon Paul Cox	M	1:02:08
1599 Haydn John Madoc	M55	1:02:09

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1600	Darren Thomas	M		1:02:10
1601	Mary Leszkiewics	F40		1:02:12
1602	Leighton Roberts	M		1:02:14
1603	Kirsty Angharad Ellis	F		1:02:14
1604	Janet Saunders	F40		1:02:14
1605	Christine Kimberly Davies	F		1:02:15
1606	Unknown Number	F		1:02:15
1607	Catherine Power	F		1:02:16



1608	Suzanne Viant	F	1:02:18	
1609	Ashley J White	M	1:02:23	
1610	Joanne Elizabeth Jones	F35	1:02:24	
1611	Nikki Connors	F20	1:02:24	
1612	Ed Connors	M50	1:02:29	
1613	Julie Estcourt	F35	1:02:30	
1614	Pauline Annette Charlett	F40	Pembrokeshire Harrs	1:02:33
1615	Maria Poole	F	1:02:33	
1616	Anna Poole	F	1:02:34	
1617	Rhian Sian Burgess	F	1:02:34	
1618	Christia B Hann	M	1:02:35	
1619	Adrian J Paton	M20	1:02:36	
1620	Elizabeth Rhian Barclay	F	1:02:37	
1621	Gareth John	M	1:02:37	
1622	Douglas John Hughes	M65	1:02:38	
1623	Andrew John	M	1:02:40	
1624	Geraint William Thomas	M	1:02:42	
1625	Charlie Crocker	F	1:02:42	
1626	Michael Morris	M	1:02:42	
1627	Nick Hopkins	M	1:02:45	
1628	Denise Perry	F	1:02:45	
1629	Nicola Partridge	F35	1:02:45	
1630	Alan Howell	M45	1:02:48	
1631	Unknown Number	M	1:02:49	
1632	Janet Langdon	F50	Leighton Buzzard A C	1:02:50
1633	Neil Robertson	M	1:02:51	
1634	Helen Mary Griffiths	F	1:02:52	
1635	Derek Hawkins	M60	1:02:53	
1636	Lisa Mary Oglivie	F35	1:02:53	
1637	Amanda Bayliss	F	1:02:53	
1638	Henry M Gilbert	M45	1:02:55	
1639	Julie Morgan	F	1:02:55	
1640	Stuart Martin Evans	M	1:02:59	
1641	John James	M60	San Domenico	1:03:02
1642	Michelle P Morgan	F	1:03:02	
1643	Unknown Runner	F	1:03:04	
1644	Jonathan Owen	M	1:03:04	
1645	Gwenfron E Williams	F45	1:03:07	
1646	Timothy Parfitt	M40	1:03:09	
1647	Elaine Beasley	F40	1:03:09	
1648	Dorothy Green	F35	1:03:14	

1649 Anthony Sudworth	M40	1:03:17
1650 Anthony James O'Connell	M	1:03:22
1651 Sian Elisabeth King	F40	1:03:23
1652 Penny Carr	F35 Flying Fairies	1:03:24
1653 Ian Milne	M55 Bournville Harrs	1:03:26
1654 Andrew Lee Owen	M	1:03:29
1655 Sinead Napier	F	1:03:29
1656 Richard Edward Llewellyn	M	1:03:30
1657 Ronald Bolsh	M70	1:03:33
1658 Gwenda Morris	F40	1:03:35
1659 Hilary Bignell	F	1:03:35
1660 Hazel Alyson Morgan	F35	1:03:35
1661 Richard John Jones	M	1:03:35
1662 Rhian Wyn Holland	F	1:03:37
1663 Keith Evans	M55	1:03:40
1664 Paul W Thomas	M50	1:03:41
1665 Ian Roberts	M	1:03:41
1666 Andrea Marie Williams	F35	1:03:41
1667 John Llewelyn	M45	1:03:42
1668 Gareth Robert Frost	M	1:03:43
1669 Anthony Michael Paget	M45	1:03:44
1670 Ian Davies	M	1:03:45
1671 Beryl Alice Margaret Jones	F50	1:03:45
1672 Glenys Curtis	F45	1:03:48
1673 Helena Holmgren	F	1:03:48
1674 Unknown Number	F	1:03:51
1675 Linda Clark	M40	1:03:54
1676 Tracey Cox	F	1:03:57
1677 Enid Wyn Jones	F35	1:03:57
1678 Bernita De Wet	F35	1:03:58
1679 Carol Louise Bibby	F35	1:04:01
1680 Donna Steel	F	1:04:03
1681 Cara Louise Taylor	F	1:04:03
1682 Angela Josephine White	F40	1:04:04
1683 Kristina M Williams	F Team Deviant	1:04:04
1684 Keith Douglas Prosser	M20	1:04:06
1685 Johnny Edwin Sandal	M65	1:04:07
1686 Jenny Elizabeth Wyatt	F40	1:04:08
1687 Geriant James Meyrick	M40	1:04:08
1688 Beverley Cole	F40	1:04:09
1689 Brian Thomas Twose	M60	1:04:12

1690 Jonathan L Arnould	M		1:04:14
1691 Jovita Langley	F40		1:04:15
1692 Catherine Richards	F40		1:04:16
1693 Anne Fry	F		1:04:16
1694 Eirwen Christine Davies	F35	Sospan Road Runners	1:04:17
1695 Julie Goulding	F35	Pewsey Vale R C	1:04:19
1696 Alison Ann Phillipart	F40		1:04:20
1697 Derrick Ivor Phillipart	M40		1:04:21
1698 12 Gethin Road Lee Kevin	M		1:04:25
1699 Rhian Lowri Walters	F		1:04:26
1700 David Gwynfor Davies	M45		1:04:30
1701 Simon Mark Hudd	M	Penarth & Dinas	1:04:33
1702 Stephanie Evans	F		1:04:33
1703 Ann Patricia Evans	F50		1:04:34
1704 Paula Burgess	F		1:04:35
1705 Gary Thompson	M20		1:04:35
1706 Debbie Nugent	F		1:04:35
1707 Carolyn Heaven	F		1:04:36
1708 Timothy Martin Jones	M		1:04:37
1709 Anne Mary Soulsby	F50		1:04:38
1710 Julian Wake	M		1:04:39
1711 Ray Rivett	M65		1:04:39
1712 Alison Palmer	F40		1:04:40
1713 Elizabeth Joy Owen	F45		1:04:41
1714 Wendy Skinner	F		1:04:44
1715 KATH QUINLAN	S		1:04:44
1716 Hannah Elizabeth Mawson	F		1:04:45
1717 Rhodri Aled Rees	M		1:04:45
1718 Allen Watts	M70	Sarn Helen	1:04:46
1719 Mary Reed	F		1:04:47
1720 Michael Glover	M		1:04:48
1721 Robert Jeremy Jones	M40		1:04:49
1722 Nathan James Rickinson	M		1:04:49
1723 Margaret A Thomas	F45		1:04:50
1724 Hannah Jane Fowler	F		1:04:50
1725 Graig Anderson Fowler	M		1:04:51
1726 Beverley Ann Williams	F45		1:04:52
1727 Kenneth Davies	M55		1:04:52
1728 Christopher Clark	M45		1:04:54
1729 Enid Ann Kehrein	F		1:04:55
1730 David Winter	M40		1:04:59

1731 Jessica A Camburn	F		1:05:01
1732 Robert Alexander Gadd	M		1:05:03
1733 Karen B Burrows	F40		1:05:04
1734 4 Castle Street Pollitt	F		1:05:06
1735 Ching Yip	M		1:05:07
1736 Rachel Morgan	F		1:05:07
1737 Rhodri L Evans	M		1:05:11
1738 Gwynfor James	M55		1:05:11
1739 Emyr Roberts	M55 Brecon		1:05:12
1740 Carys Roberts	F		1:05:13
1741 Nicola Lyndsey Cole	F		1:05:15
1742 Angela Mary Morgan	F40		1:05:18
1743 Michael Rees	M50		1:05:18
1744 Andrew David Owens	M40		1:05:21
1745 Maxine Louise Sollars	F		1:05:22
1746 Niki Adkins	F35		1:05:23
1747 Ashley Clive Davies	M40		1:05:24
1748 Rosemarie Baggs	F35		1:05:24
1749 Unknown Number	F		1:05:24
1750 Suzanne Oakley	F		1:05:25
1751 Owen John Morgan	M		1:05:25
1752 Becky Warne-Thomas	F	Sospan Road Runners	1:05:26
1753 Victoria Sansom	F		1:05:28
1754 Natalie Bateman	F		1:05:29
1755 Jo Allchurch	F20		1:05:31
1756 Carys E Jenkins	F20		1:05:32
1757 Wendy Louise Godwin	F		1:05:32
1758 Gillian Murphy	F45		1:05:32
1759 Laura Bourne	F		1:05:35
1760 Gareth Abraham	M		1:05:35
1761 Kate Adkins	F		1:05:35
1762 Andrew P Abramson	M		1:05:36
1763 Elaine Pamela Lewis	F50		1:05:36
1764 David Anthony Miskell	M		1:05:37
1765 Louise Dennis	F		1:05:38
1766 Richard Thomas	M		1:05:39
1767 Jean Towell	F55		1:05:39
1768 Richard Saunders	M		1:05:47
1769 Wendy Jane Williams	F35		1:05:49
1770 Eleri Hunt	F		1:05:49
1771 Sarah Murphy	F20		1:05:49

1772 Helen Elizabeth Evans	F		1:05:50
1773 Sally-Jane Jones	F35		1:05:51
1774 Louise Jones	F		1:05:52
1775 Bryn Bailey	M45		1:05:57
1776 Kathy Pearce	F45	Sospan R R	1:05:57
1777 Lynne Margaret Moodie	F	Llanelli	1:05:58
1778 Anita Fyfield	F35		1:06:01
1779 Carol Prior	F		1:06:03
1780 Rebecca Reid	F		1:06:07
1781 Philip Cuggy	M		1:06:10
1782 Jeffery Leighton Jones	M		1:06:12
1783 Caroline Martin	F		1:06:14
1784 Rachel Holland	F		1:06:14
1785 Unknown Number	F		1:06:15
1786 Amanda Jane Stretton	F40		1:06:15
1787 Ulrica Bergman	F		1:06:17
1788 Steven Scourfield	M		1:06:21
1789 Dawn Prosser	F		1:06:23
1790 Erika Angelique Verbraak	F		1:06:24
1791 Laura Ruth Hall	F40		1:06:29
1792 Sian E Birks	F		1:06:29
1793 Jo-Anne Lyn Cutler	F		1:06:31
1794 Amanda Helene George	F45		1:06:31
1795 Lee Cobley	M		1:06:32
1796 Louisa Jane Callow	F		1:06:32
1797 Katharine Lewis	F		1:06:35
1798 Sarah Morton	F		1:06:38
1799 Penny Jane Williams	F40		1:06:38

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1800	Wendy Jane Wallace	F40		1:06:40
1801	Brian Richard Baynham	M		1:06:41
1802	Alison Williams	F35		1:06:43
1803	Karen Joseph	F40		1:06:45
1804	Anne Marie Morgan	F		1:06:45
1805	Susan Ellen Bailey	F40		1:06:47
1806	Roger Pendrill Owen	M50		1:06:48
1807	Malcolm Walker	M55		1:06:51
1808	Michelle Bessant	F35		1:06:52

1809 Simon Thomas	M	1:06:55
1810 Timothy Nicholls	M20	1:06:56
1811 Michael Edward Thomas	M60	1:06:57
1812 Rebecca Jane Jones	F	1:06:58
1813 Darren Mark Paul Young	M	1:06:58
1814 Gareth John Hughes	M45	1:07:18
1815 Stuart Andrew Barrow	M	1:07:19
1816 Ceri Isaac	F Blue	1:07:25
1817 Julie Hughes	F	1:07:27
1818 Gareth Paul Davies	M	1:07:27
1819 Tim Gibson	M45	1:07:28
1820 Ruth Armstrong	F	1:07:29
1821 Andrea Binks	F	1:07:33
1822 Simon Binks	M	1:07:36
1823 Sue Shannon-Jones	F50	1:07:40
1824 Philip I Dicks	M45	1:07:43
1825 Alison James	F	1:07:43
1826 Anthony Miskell	M60	1:07:47
1827 Christopher Jones	M20	1:07:48
1828 Tony Nakonecznyj	M50	1:07:48
1829 Delyth Anne Johnstone	F35	1:07:55
1830 Jeffery Patrick Jones	M40	1:07:56
1831 Gaye Lorraine Jones	F	1:07:58
1832 Anthony James Davenport	M45	1:08:00
1833 Robert Keith Beale	M	1:08:01
1834 Carol Ann Bale	F40	1:08:02
1835 Alice Owen	F	1:08:05
1836 Dai Pick	M40 Carmarthen Harrs	1:08:08
1837 Tracey Edwards	F	1:08:11
1838 Vivienne Helen Mumby	F40	1:08:12
1839 Catherine Thomas	F35	1:08:18
1840 Ellinore Lightbody	F45	1:08:20
1841 Jackie Scullion	F	1:08:21
1842 Tracy Roberts	F35	1:08:23
1843 Paul Bowen	M	1:08:24
1844 Marina Ody	F	1:08:26
1845 Tony Scott	M40	1:08:35
1846 Jasmin Hopkins	F35	1:08:35
1847 Andre Paul De Beer	M45	1:08:40
1848 Angela Maddock	F40	1:08:42
1849 Claire Morris	F	1:08:48

1850 Rebecca Shaughnessy	F		1:08:55
1851 Sarah Hodgson	F35	Aldridge R C	1:09:07
1852 Mathew Damien Jones	M		1:09:09
1853 Ronald Peck	M65	Centurions	1:09:09
1854 Peter Graham Thomas	M60		1:09:21
1855 Jayne Gingell	F40		1:09:23
1856 Neil Gingell	M45		1:09:23
1857 Siwan Evans	F		1:09:25
1858 Stephanie Alexandra Davies	F		1:09:38
1859 Peter Galloway	M45		1:09:41
1860 Jason Rogers	M	Holme Valley A C	1:09:45
1861 Fawzi Powerosman	M	Activa	1:09:47
1862 Sian Hayley Edwards	F		1:09:52
1863 Cheryl Reid	F	Corsham R C	1:09:53
1864 Paul Anthony Prosser	M45		1:09:54
1865 Protacio Gomez	M		1:09:56
1866 Alan James Roberts	M45		1:09:57
1867 Vanessa Louise Brewer	F		1:10:05
1868 Richard Owen Jones	M		1:10:06
1869 Victoria Helen Ody	F		1:10:11
1870 Michael R Stephen	M50		1:10:13
1871 Siwan E Davies	F		1:10:29
1872 Katherine Stephan	F		1:10:32
1873 Karen E Holland	F45		1:10:34
1874 Neil Wilson	M40		1:10:40
1875 Michael Anthony Warren	M40		1:10:41
1876 Kathleen Davies	F55		1:10:43
1877 Jeannette Ruth Holliday	F60	Trots	1:10:44
1878 T.e Virginia Madoc	F55		1:10:46
1879 Delyth Ann Mainwaring	F		1:10:53
1880 Lisa Jane Jones	F		1:10:56
1881 Catherine Therasa Vickery	F40		1:10:57
1882 Andrew J Varney	M55		1:10:59
1883 Pippa Daley	F		1:11:02
1884 Andrew F John	M40		1:11:12
1885 Kathryn Hurley	F40		1:11:16
1886 Jayne George	F		1:11:19
1887 Michelle Yvonne James-Ellison	F40		1:11:24
1888 Clive Davies	M		1:11:24
1889 Seonaid Redden	F		1:11:27
1890 Simon Leslie Morris	M		1:11:31

1891 Susan Buckley	F		1:11:32
1892 Jill Elizabeth John	F45		1:11:36
1893 Valerie George	F40		1:11:45
1894 David Alan Kirton	M		1:11:45
1895 Denise J Cross-Edwards	F35		1:11:50
1896 Karen Hoddinott	F40		1:11:52
1897 Alex Bourner	F		1:11:59
1898 Lucy Gaisford	F		1:12:03
1899 Rachel Eleri Chilcott	F35		1:12:05
1900 Amelia Doran	F	Wells City Harrs	1:12:07
1901 Dorothy Faith Stewart	F50	Langrove Health Club	1:12:16
1902 Jeanette Storm Edmonds	F		1:12:21
1903 David Williams	M50		1:12:25
1904 Sarah Stacey	F		1:12:25
1905 Desiree Julia Galloway	F45		1:12:26
1906 Christopher Hicks	M40		1:12:32
1907 Antony Jon Butt	M	Northern Vets	1:12:48
1908 Kathleen Mary Mogford	F45		1:12:55
1909 Gary Edward Sparkes	M		1:12:59
1910 Julie Ann Lloyd	F		1:13:03
1911 Sarah Elizabeth Rees	F		1:13:03
1912 Lucy Green	F35		1:13:09
1913 Lynda Ann Maule	M50		1:13:12
1914 Alison Giffard	F35		1:13:14
1915 Justin D Aleman	M		1:13:18
1916 James Brennan	M40		1:13:30
1917 Anthony Francis Lee Tofts	M55		1:13:47
1918 Neil Andrew Bailey	M		1:13:58
1919 Dianne Connor	F35		1:13:59
1920 Robert Gwyn Williams	M		1:14:04
1921 Ruth Humphrey	F35		1:14:18
1922 Daniel Humphrey	M		1:14:19
1923 Elizabeth Perkins	F		1:14:24
1924 Maggie McAlinden	F40		1:14:31
1925 Laurence Morrissey	M60		1:14:31
1926 Bethan W James	F35		1:14:34
1927 Maria E Hopkinson-Hassell	F		1:14:41
1928 Joanne McGouran	F35		1:14:48
1929 Janet Taylor	F40		1:14:49
1930 Anita Thomas	F35		1:14:50
1931 Fay McNamara	F		1:14:53



1932 Marisa Lorraine Whitbread	F	1:14:55
1933 Robert Jones	M	1:14:56
1934 Ainsley Jayne Thomas	F35	1:15:13
1935 Kurstyn Jessica Jord Thomas	F35	1:15:21
1936 Russell Wood	M55	1:15:23
1937 Diane Mary Woods	F35	1:15:31
1938 Geoff Garner	M45	1:15:33
1939 Karen Elizabeth Eynon	F35	1:15:46
1940 Wendy Fisher	F45	1:15:47
1941 Herman Frazer Van Rensburg	M45	1:16:08
1942 Helen Margaret Yewlett	F55	1:16:16
1943 Simon Leslie Hall	M40	1:16:16
1944 Angela Ash	F35	1:16:49
1945 Tracey A Williams	F40	1:16:49
1946 Karen E Grey	F	1:16:52
1947 Helen Joyce Wilson	F35	1:16:53
1948 Deidre Hall	M	1:16:53
1949 Graham Dennis Sarge	M40	1:16:54
1950 Lynn Holmes	F40	1:16:56
1951 Jane Williams	F45	1:16:57
1952 Sian Elizabeth Lewis	F40	1:17:03
1953 David Anthony Roberts	M	1:17:05
1954 Owen David Shepherd	M	1:17:20
1955 Derek B Newman	M70 Neath Hars	1:17:20
1956 Wendy Elizabeth Davies	F55	1:17:21
1957 Richard Thomas	M40	1:17:22
1958 Wendy Thomas	F40	1:17:23
1959 Brigitte Lisbeth Davenport	F45	1:17:23
1960 Kevin Anthony Jones	M	1:17:26
1961 Mandy Davies	F40	1:17:26
1962 Sarah Price	F	1:17:43
1963 Gareth Michael George	M45	1:17:56
1964 Nicole Brake	F20 Aberdare	1:18:05
1965 Sharon Mainwaring	F45	1:19:02
1966 John Edgecombe	M55	1:19:03
1967 Jonathan P Newman	M	1:19:10
1968 Julie Louise Riseley	F40	1:19:13
1969 Amy Jayne Walters	F20	1:19:14
1970 Alexander Mark Lord	M	1:19:16
1971 David Wyn James	M45	1:19:18
1972 Martyn H Arthur	M40	1:19:18

1973 Clare Fry	F		1:19:30
1974 Judith Dale	F		1:19:35
1975 Terrence Pearson	M50		1:20:09
1976 Pauline Elizabeth Lloyd	F50		1:20:10
1977 Julia Byford	F50		1:20:10
1978 Julie Manning	F		1:20:53
1979 Christopher Lee Taylor	M		1:21:01
1980 Lisa Manning	F		1:21:01
1981 Vellore Jayachandran Rajkumar	M45		1:21:05
1982 Claire Louise Davis	F		1:21:31
1983 Kwok Chi Lee	M		1:22:00
1984 Glenys Jones	F65		1:22:18
1985 Huw Evans	M		1:22:29
1986 Gareth Stillwell	M		1:22:30
1987 Sarah Jacqueline Carter	F35	Cycle Surgery	1:22:30
1988 Nia Mari Chadwick	F		1:22:49
1989 Claire Elizabeth Lock	F		1:22:56
1990 Jane Elliot	F50		1:23:01
1991 Tanya Christine Watson	F45		1:23:01
1992 Melanie James	F		1:24:11
1993 Linsey Marie Jones	F20		1:24:39
1994 Michael Cooper	M		1:25:38
1995 Julia Stewart Tink	F45		1:25:39
1996 Stuart David Gwynn	M		1:26:08
1997 Nigel Arfryn Thomas	M		1:26:32
1998 John Davies	M		1:26:36
1999 John Clive Thomas	M60		1:28:58

[^Top](#) | [200](#) | [400](#) | [600](#) | [800](#) | [1000](#) | [1200](#) | [1400](#) | [1600](#) | [1800](#) | **2000** | [2200](#) | [2400](#) | [2600](#) | [2800](#) | [3000](#) | [3200](#) | [3400](#) | [3600](#) | [3800](#)

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
2000	Donna Rees	F		1:29:16
2001	Michelle Lorraine Jones	F35		1:29:45
2002	Megan Morgan	F45		1:29:47
2003	Gemma M Jordan	F20		1:30:22
2004	Joan Edgecombe	F55		1:30:30
2005	Susan Lang	F50		1:30:56
2006	Sarah Louise Stroud	F20		1:30:56
2007	Kelly Marie Griffiths	F20		1:30:57
2008	Carol Anne Skilling	F55		1:31:01
2009	Frances Davies	F50		1:40:11

2010 Heather Morrissey	F55	1:42:39
2011 Sylvaine Carr-Hill	F60	1:42:39
2012 Mandy Jewell	F	1:51:15
2013 Alun Wynne Jones	M65 Neath Hars	1:51:54