

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	Jorge Thomas	WM23	Cardiff AAC	14:56
2	Andy Morgan Lee	M	Southampton RC	15:05
3	Ian Williams	WM23	Birm Univtrots	15:09
4	Gwyn Bellamy	WM23	Warwick Ucarm H	15:20
5	Michael Johnston	M	Cardiff AC	15:21
6	Marc Jenkins Wm	Bridgend	AC	15:23
7	Martin Rees	WM50	U/A	15:26
8	Gareth Jones	M	Swansea	16:19
9	Carwyn Jones Wm	UWA	Aberystwyth	16:22
10	Gareth Thomas	WM40	Les Croupiers RC	16:23
11	Edward Takata	WM23	Cardiff AAC	16:40
12	Non Stanford	WL23	Swansea H	16:43
13	Paul Talbot Wm	Neath	H	16:47
14	Mary Wilkinson	L	Skipton AC	16:50
15	Helen Tucker	WL23	Bridgend AC	16:55
16	Philip Crane	WM45	Neath H	16:59
17	Chris Meyler Wm	Bridgend	AC	17:13
18	Paul Clarke Wm	Carmarthen	H	17:19
19	Peter Crane	M40	Neath H	17:27
20	Dic Evans	WM55	Cardiff AAC	17:30
21	John Williams	WM45	Neath H	17:35
22	Greg Newhams	WM45	Bridgend AC	17:38
23	Roger Coombes	WM40	TROTS	17:40
24	Kevin Griffiths	WM40	TROTS	17:42
25	Arwel Lewis	WM45	Eryri H	17:46
26	Steve Williams	WM45	Neath H	18:02
27	Simon Osbourne	WM45	Bridgend AC	18:08
28	Sandy Johnston	WM55	Les Croupiers	18:11
29	Simon Type	M	Cardiff AC	18:13
30	Anna McLaughlin Wl	Ranelagh	H	18:14
31	Steve Coupe	WM55	Sospan RR	18:14
32	Andrew Thomas	M40	Neath H	18:15
33	Peter Watkeys Wm	Swansea	H	18:18
34	Patrick Martin	M	Milford Haven	18:18
35	John Simpson	M	Haverfordwest	18:22
36	Mike Evans	M	TROTS	18:22
37	Melica Woodward	L	Aldershot AC	18:24
38	Glyn Price	M	Sarn Helen	18:27
39	Stephen Thomas	M40	Milford Haven	18:29
40	Darryn McAtee	WM45	Newport H	19:32

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
41	Paul Coker	WM45	Les Croupiers	18:34
42	Huw Price	M40	Sarn Helen	18:36
43	Phil Meyler	WM50	Pontypridd Roadents	18:37
44	Kelsham Hanna	M	Rhayader AC	18:43
45	Melissa Watson	WL40	TROTS	18:59
46	Mark Dunscombe	WM40	Sarn Helen	19:01
47	Matthew Birch	M	Univ Of Bristol	19:02
48	David Griffiths	M40	TROTS	19:06
49	Peter Foale	WM50	Aberystwyth AC	19:08
50	Tristan Vanhegan	M	London	19:08
51	David Clark	M	Whitland	19:12
52	Steve Brace	M45	Bridgend AC	19:13
53	Mary Bowen Rees	WL40	TROTS	19:15
54	Helen Mansfield	WL40	Carmarthen H	19:15
55	Liam Bowden	M	Haverfordwest	19:17
56	Peter Turner	WM55	Cornelly Striders	19:20
57	Stephen Powell	M40	Port Talbot	19:24
58	Mike Evans	WM45	Neath H	19:25
59	Peter Davies V50	Sarn	HELEN	19:33
60	Gareth Elliot	M	Pembs H	19:35
61	Sian Pritchard W1	Coventry	Godiva H	19:40
62	Dave Roberts	M40	AVH	19:41
63	Gordon Orme V50	Birchfield	H	19:42
64	Claire Cleathero W1	Trots	U/A	19:42
65	Derek Rainbird V50	Club	69	19:43
66	Michael Marshall	M45	Birchgrove	19:43
67	Cyril Walters	WM55	TROTS	19:44
68	Sandra Pinkham	WL40	Neath H	19:48
69	Ian Morris	M45	TROTS	19:50
70	Clive Evans	WM55	Aberystwyth AC	20:00
71	Steven Butterworth	M40	Peniel	20:02
72	Ingrid Taylor	WL35	3M Gorseinon	20:05
73	Adam Crumplin	M	Carmarthen	20:19
74	Peter Jones	M45	Cardiff	20:20
75	Julia Clarke W1	Cardiff	AAC	20:21
76	Stuart Mann	M	Pontarddulais	20:23
77	Gavin Roberts	M40	Swansea H	20:25
78	Jane Coker	WL45	Les Croupiers	20:25
79	Paul Smethurst	M40	Haverfordwest	20:27
80	Aled Evans	M45	Penllanfos	20:30

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
81	John Collins	WM65	Swansea H	30:31
82	Huw Davies	M40	Caerfyrddin	20:32
83	Gari Thomas	M	NCE	20:35
84	Dawn Kenwright	WL50	Sarn Helen	20:36
85	Dorian Jones	M	Ffriars Park	20:39
86	Jenny Phillips	WL35	Llanelli AAC	20:42
87	Andrew Richley	M	Blackwood	20:42
88	Richard Maddocks	M	Rawlins Quorn	20:47
89	Heulyn Roderick	M	Carmarthen	20:55
90	Huw Rowcliffe	M	Dyffryn Teifi	21:00
91	Mark Bryant	M	Burry Port	21:02
92	Caroline Jones	LV45	Carmarthen H	21:03
93	Helen Thomas	L	Milford Haven	21:04
94	Chris Birch	M45	Reynalton	21:04
95	Daniel Morris	M	Cwmffrwd	21:07
96	Nor Vanhegan	M	London	21:13
97	Leighton Hughes	M45	Neath	21:13
98	Julie Scholey	WL45	Les Croupiers	21:13
99	Simon Mansfield	WM40	Carmarthen H	21:16
100	Liz Clarke	WL45	Les Croupiers	21:28

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
101	Richard Springett	M40	Capel Iwan	21:38
102	Jacqueline Brace	WL45	Bridgend AC	21:39
103	Hayden Williams	M	Amman Valley	21:40
104	Mike Allen	M	Cardigan	21:40
105	Jeremy Bowen Rees	M45	Whitland	21:42
106	Michael Halsall	M	BRYN	21:43
107	Alex Williams	M	Swansea	21:44
108	Wendy Huggins	WL45	Swansea H	21:50
109	Mandy Morris Wl	Neath	H	22:00
110	Jeffrey Lewis	M40	Nantgaredig	22:10
111	John Scally	M	Ranelagh H	22:11
112	Rob Woods	M	Carmarthen	22:12
113	Hywel Roderick	M	Ingli Runners	22:12
114	Peter Young V50	Cwmdare	U/A	22:16
115	Bruce Morgan V50	Llanelli	U/A	22:17
116	Ann Rowell	WL50	TROTS	22:23
117	Gwen Smith	WL40	Swansea H	22:25
118	John Davies	WM55	Port Talbot H	22:30

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
119	Howard Brown	WM55	Les Croupiers	22:31
120	Andrew Hanney	M45	Llanelli	22:36
121	Chris Jones	M	Narberth	22:59
122	Steve Groves	M45	CIMLA	23:02
123	Arthur Phillips	WM70	Sospan RR	23:06
124	Andrew Phillips	M	Cwmrhydyceirw	23:07
125	Stephen Williams	WM45	Les Croupiers RC	23:17
126	C Lewis	M40	Llannon	23:17
127	Kevin Phelps	M	Llanteg	23:15
128	Simon Ma	M40	Carmarthen	23:18
129	Simon Biggs	M	Trevaughan	23:19
130	Kirsten Tucker W1	Swansea	H	233:23
131	James Trace	M40	AVH	23:32
132	Sara Griffiths	WL23	Neath H	23:45
133	Edward Davies	M40	Sketty	23:46
134	Sue Neal	WL55	Les Croupiers	23:47
135	Paul Arthur	M45	Carmarthen	23:48
136	Peter Harding	WM65	Carmarthen H	23:53
137	Phillip Swan	M40	Sospan RR	23:55
138	Bob Elliott	M50	Pembs H	23:56
139	Michael Newnan V50	Neath	H	23:29
140	Rhidian Edwards	M	Kidwelly	24:27
141	Eryl Jones	M	Aberporth	24:28
142	Richard Rasmussen	M	Satorius	24:31
143	Hayley Furze	L	Cardiff	24:32
144	Suzanne Bevan	L40	Llanarthne	24:43
145	Unknown			24:44
146	Oona Crawford	LV45	Carmarthen	24:45
147	Aled John	M	Narberth	24:56
148	Bridget Parkinson	WL23	Aberystwyth AC	25:00
149	Rob Monk	M	Caldecote	25:03
150	Roy Morgan	M40	Port Talbot	25:06
151	Gill Edwards	L35	Carmarthen	25:10
152	Nigel Jones V50	Llanelli	U/A	25:24
153	Mark Rees	M40	Neath	25:27
154	Carol Jones	L40	Drefach	25:30
155	John Price V50	Llanelli	U/A	25:31
156	Pauline Thomas	WL60	TROTS	25:44
157	Peter Loughran V50	Abergwili	U/A	25:50

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
158	Mark Turtle V50	Carmarthen	U/A	25:50
159	David Phillips	WM60	Pembs H	25:54
160	Brian Slate V50	Llanllwch	U/A	25:57
161	Edward Takata V50	Llandaff	U/A	25:57
162	Gareth Davies	M	CWMDU	25:59
163	Wayne Evans	M	Llanelli	26:02
164	Susan Thomas	WL55	TROTS	26:02
165	Amy Westcott	L	Llanelli AAC	26:09
166	Lynwen Griffiths	L	Bancyfelin	26:10
167	Stewart Williams	M40	Peniel	26:16
168	Richard Green	M	Bridgend AC	26:17
169	Caroline Jones	L40	Swansea H	26:25
170	Jeff Jones	M45	Llanelli	26:32
171	Susan Morgan	L40	Cheltenham	23:36
172	Anita Howells	WL55	Aberdare V AC	26:39
173	Andrea Reynolds	WL40	Swansea H	26:56
174	Delyth Rees	L40	Pelanffos	26:59
175	Jennifer Campbell	L40	Sartorius	27:16
176	Tracey Thomas	L	Pontarothi	27:24
177	Colin Thomas V50	Carmarthen	U/A	27:24
178	Viv Edwards	LV45	Llanwnda	27:39
179	Pauline Williams	WL45	Neath H	27:49
180	Katherine Lewis	L	Peniel	28:15
181	David Hawkins	M40	Meidrim	28:22
182	Clare Kirk	LV45	Tycoch	28:22
183	Tina Roderick	L35	Carmarthen	28:36
184	Alex Cooper	L35	Sywell	28:37
185	Helen Morgan	L	Trinity College	28:44
186	Michael Jones	M	Gowerton	28:57
187	Elwyna Thomas	L40	Johnstown	29:30
188	Menna Ward	L40	Foelgastell	29:30
189	Esther Armstrong	L40	Llandeilo	29:31
190	Chris Kidner	M	Carmarthen	29:33
191	Helen Brown	L	Whitland	30:03
192	Rhian Jones	L	Friars Park	30:04
193	Susan Thomas	L35	NCE	30:20
194	Sian Jenkins	L	Sarn Helen	30:38
195	Jackie Evans	L	Sospan RR	30:46
196	Lynne Jones	L35	Carmarthen	30:47

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<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
197	Phil Westcott	M45	Swiss Valley	31:23