

# Cardiff KRUF 10K

Sunday, 4 September

1-100

Pos	Name	Num	Cat	Club	Time
1	Paul Langat	55	MS	Unattached	0:28:58
2	Simon Aruzei	1760	MS	Unattached	0:29:02
3	Wilfred Tarragon	1761	MS	Birchfield Harrs	0:29:20
4	John Maycock	17	MS	Barnsley AC	0:29:38
5	John Murithii	1759	MS	Unattached	0:30:04
6	Thembelani Zola	1765	MS	South Africa	0:30:22
7	Tom Humphries	10	MS	Cannock & Staffs A C	0:30:22
8	Phumlani Bangani	61	MS	South Africa	0:30:27
9	Mike Coleman	62	MS	Medway & Maidstone A C	0:30:28
10	Rod Finch	19	MS	Southampton R C	0:30:30
11	Martin Scaife	16	MS	Morpeth Harrs	0:30:32
12	Robert Whalley	7	MS	Bristol & West A C	0:30:36
13	James Walsh	9	MS	Leamington C & A C	0:30:38
14	Kevin Heywood	20	MS	Bristol & West A C	0:30:41
15	Philip Wicks	23	MS	Belgrave Harrs	0:30:49
16	Carl Morris	24	MS	Wells City Harrs	0:30:51
17	Nick Talbot	8	MS	Notts A C	0:31:00
18	Nick Weatheridge	22	MS	Basildon A C	0:31:19
19	Richard Gardiner	1	MS	Cardiff A A C	0:31:21
20	Ian Hudspith	15	MS	Morpeth Harrs	0:31:23
21	Angus Maclean	21	MS	Southampton R C	0:31:28
22	Tim Davies	58	MS	Maldwin	0:31:34
23	Jorge Thomas	3	MS	Cardiff A A C	0:32:05
24	Andrew Aked	419	M40	Rotherham Harrs	0:32:07
25	Sullivan Smith	2	MS	Swansea Harrs	0:32:08
26	Darren Hiscox	1687	MS	Bridgend A C	0:32:18
27	Mike Barrett	13	MS	Leeds City A C	0:32:18
28	Alun Vaughan	6	MS	Eyeri	0:32:20
29	Jon Willis	66	MS	Bristol & West A C	0:32:32
30	Matthew Collins	1883	MS	Cardiff A A C	0:32:33
31	Phillip Parry	972	M40	Bristol & West A C	0:32:45
32	Julian Baker	1287	MS	Les Croupiers	0:32:53
33	Clive West	5	MS	Buckley Runners	0:33:06
34	Michael Hager	685	M50	Tipton Harrs	0:33:06

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
35	Andrew Davies	59	MS	Maldwin	0:33:32
36	Shaun Tobin	1456	M40	Swansea Harrs	0:33:33
37	Olga Kimaiyo	1762	FS	Unattached	0:33:35
38	Daniel Gurmin	1894	MS	Abertillery	0:33:50
39	Paul Griffiths	1445	MS	Swansea Harrs	0:33:53
40	Stephen Paterson	975	MS	Pegasus RC	0:33:59
41	Nicki Cornock	1929	MS	Cwmbran	0:34:07
42	Tim Lewis	1180	MS	Bridgend A C	0:34:15
43	Andy Jones	1422	MS	Unattached	0:34:25
44	Stuart Crees	909	MS	Les Croupiers	0:34:40
45	Philip Kendrick	663	M40	Spa Tans AC	0:34:42
46	Gareth Thomas	1182	M40	Les Croupiers	0:34:46
47	Birhane Dagne	29	FS	Belgrave Harrs	0:34:47
48	Alex Taylor	739	MS	Bideford A A C	0:35:01
49	Paul Talbot	265	MS	Neath R C	0:35:04
50	Edward Takata	770	MS	Cardiff A A C	0:35:07
51	Mary Wilkinson	37	FS	Skipton A C	0:35:10
52	Stephen Powell	449	MS	Westbury Harrs	0:35:12
53	Lucy Hassell	30	FS	Unattached	0:35:14
54	Thomas Charles	1715	MS	Unattached	0:35:25
55	Keith Fairbank	1911	MS	Unattached	0:35:27
56	Chris Meyler	806	MS	Bridgend A C	0:35:30
57	Iwan Jones	924	MS	Coventry Godiva	0:35:34
58	Jason Williams	540	MS	Clevedon	0:35:35
59	Stephen Thomas	1575	MS	Islwyn R C	0:35:36
60	Nick Dukes	538	MS	Les Croupiers	0:35:56
61	Gareth Webber	1867	MS	Unattached	0:35:57
62	Robert Kenneth Jones	363	M45	Les Croupiers	0:35:58
63	Penny Thackray	38	FS	Wakefield Harrs	0:36:03
64	Mick McGeoch	1183	M50	Les Croupiers	0:36:07
65	Louise Watson	47	FS	Unattached	0:36:09
66	Michael Evans	190	MS	TROTS	0:36:09
67	Pablo Lazo	605	MS	Kent A C	0:36:11
68	Peter Osborne	1299	M45	Swansea Harrs	0:36:13
69	Vicky Whitehead	40	FS	Valley Striders A C	0:36:14
70	Nicholas Frost	1014	M45	Pontypridd Roadents	0:36:18
71	Phillip Jenkins	412	M40	Bridgend A C	0:36:22
72	Michael Dury	1153	MS	Islwyn R C	0:36:35
73	Beth Harris	140	FS	Unattached	0:36:44
74	Richard Marks	786	M55	Sarn Helen	0:36:48

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
75	Stuart Reeves	113	MS	Les Croupiers	0:36:51
76	Melanie Ellis	27	F40	Shaftesbury Barnet	0:36:51
77	Kevin Lewis	388	M40	Neath Harrs	0:36:56
78	David Davies	704	M45	Spa-Tans R C	0:36:56
79	David Headon	1530	M45	Les Croupiers	0:36:57
80	Philip Tugwell	1016	MS	Cornwall A C	0:36:58
81	Ann-Marie Hutchinson	26	FS	Neath Harrs	0:36:58
82	Peter Kellam	963	MS	Les Croupiers	0:37:07
83	Peter Davies	746	M50	Brackla Harrs	0:37:12
84	Jo Brewer	32	FS	Cheltenham Harrs	0:37:21
85	Ben Payne	1366	MS	Unattached	0:37:24
86	Alan Davies	415	M50	Unattached	0:37:26
87	Sian Monahan	973	F45	Bristol & West A C	0:37:27
88	Brian Hawkins	1384	MS	Cardiff Triathletes	0:37:33
89	Sam Gray	28	FS	Bristol & West A C	0:37:35
90	Robert Bamsey	169	M50	Neath Harrs	0:37:36
91	Phillip George	1289	MS	Les Croupiers	0:37:38
92	Scott Howell	788	M45	Les Croupiers	0:37:42
93	Steve Williams	800	M45	Neath Harrs	0:37:46
94	Alun Williams	874	M40	Fairwater Runners	0:37:46
95	Jenny Blizzard	39	FS	Rotherham Harrs	0:37:46
96	Jon Sizer	302	M45	Unattached	0:37:51
97	Eloise Crowley	1640	FS	Cardiff A A C	0:37:58
98	Ronald Morris	738	M55	San Domenico	0:38:11
99	Steve Coupe	684	M55	Sospan R R	0:38:17
100	Louise Copp	1493	F40	Neath Harrs	0:38:17

### **101-200**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
101	Knill Baird-Murray	1654	M40	Penarth & Dinas	0:38:20
102	Andrew Baker	1726	M40	Rhondda Valley R R	0:38:23
103	Joanne Ronaldson	48	F35	Ranelagh Harrs	0:38:28
104	Thomas Howells	1553	MS	Unattached	0:38:29
105	David Hodgins	115	MS	Unattached	0:38:32
106	Matthew Townsend	1723	MS	Les Croupiers	0:38:35
107	Phil Meyler	798	M50	Pontypridd Roadents	0:38:42
108	Laurence Kempton	1619	MS	Unattached	0:38:52
109	Gavin Colcombe	1892	MS	Cardiff A A C	0:38:53
110	Andrew Diffey	1417	MS	Les Croupiers	0:38:54

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
111	Patryk Huczowski	1743	MS	Unattached	0:38:59
112	Martin Davies	926	M45	Lliswerry Runners	0:39:00
113	Howard Carpenter	1246	M50	Neath Harrs	0:39:02
114	Andrew Thompson	288	M45	Unattached	0:39:03
115	John Diffey	860	M40	Les Croupiers (for South Wales Police)	0:39:06
116	Daniel Laver	1886	MS	Unattached	0:39:08
117	Mark Amos	565	MS	Unattached	0:39:09
118	Graham Moore	1663	MS	Unattached	0:39:15
119	Ben Farag	1159	M40	Les Croupiers	0:39:16
120	Oliver Williams	642	MS	Unattached	0:39:19
121	Frances Gill	1793	F45	Neath Harrs	0:39:21
122	Jose Vega	148	MS	Unattached	0:39:26
123	Helen Fines	1332	FS	Forest Of Dean A C	0:39:27
124	Martin Clissold	1633	M50	Les Croupiers	0:39:28
125	Lindsay Emyr	205	F35	Cardiff A A C	0:39:30
126	Ann Thomas	298	F35	TROTS	0:39:30
127	Ivan Wall	1397	MS	Unattached	0:39:33
128	Tom Burgess	1368	M55	South West Vets	0:39:34
129	Peter Moody	445	M60	Carmarthen Harrs	0:39:37
130	Mike Lewis	1358	MS	Unattached	0:39:38
131	Peter Thwaite	1340	MS	Birmingham University	0:39:39
132	John Tarkanyi	876	MS	Nailsea R C	0:39:41
133	Paul Miller	1815	M40	Pegasus	0:39:41
134	Graeme Donnan	670	M50	Les Croupiers	0:39:47
135	James R Brown	1862	MS	Unattached	0:39:53
136	Stuart Faulkner	378	MS	Unattached	0:39:55
137	Andrew Dwyer	163	MS	Unattached	0:39:56
138	Annabel Granger	33	FS	Bristol & West A C	0:39:58
139	Robert Sage	101	MS	Les Croupiers	0:40:03
140	Joad Raymond	243	MS	Cambridge & Coleridge	0:40:05
141	Matthew Witherstone	890	MS	Unattached	0:40:06
142	Matthew Hurford	346	MS	Les Croupiers	0:40:08
143	Michael Murphy	1212	M50	Les Croupiers	0:40:08
144	James Barber	1578	MS	Unattached	0:40:10
145	Stuart Davidson	931	M50	Bridgend A C	0:40:16
146	David Shroll	364	MS	Neath Harrs	0:40:18
147	Alan Mann	1136	M45	Les Croupiers	0:40:22
148	David Lloyd	424	M40	Les Croupiers	0:40:23
149	Julian Davies	698	MS	Unattached	0:40:23
150	Gary Lewis	1433	M40	Unattached	0:40:25

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
151	Peter Morton	1036	MS	Unattached	0:40:27
152	Chris Brobin	875	MS	Unattached	0:40:32
153	Clive Osmond	1199	M45	Les Croupiers	0:40:32
154	Cornelius Lyn Corcoran	1782	MS	Pontypridd Roadents	0:40:33
155	Andy Glover	727	M50	Bideford A A C	0:40:34
156	Matthew Taylor	223	MS	Unattached	0:40:35
157	Morris Attard	1830	MS	Unattached	0:40:37
158	Carl Feiven	542	MS	Brackla Harrs	0:40:39
159	Craig Standage	426	MS	Unattached	0:40:40
160	Gareth Williams	1318	MS	Unattached	0:40:40
161	Michael Ramsey	845	M40	Unattached	0:40:42
162	Neil Davies	644	MS	Cardiff Harlequins	0:40:42
163	Edward Hunt	573	MS	Unattached	0:40:44
164	Amanda Martin	734	F35	Unattached	0:40:45
165	Dorian Jones	807	MS	Unattached	0:40:49
166	Ian Jones	1109	M40	Unattached	0:40:50
167	Shaun McClure	779	MS	Unattached	0:40:52
168	George Rose	1507	MS	Unattached	0:40:53
169	Christopher Matthews	1457	MS	Unattached	0:40:54
170	Darren Cheesman	857	MS	Unattached	0:40:57
171	Karl Jeffereys	267	MS	Unattached	0:40:57
172	Craig Holland	1155	M40	Pontypridd Roadents	0:41:02
173	Nick Rees	1730	M45	Unattached	0:41:07
174	Ivan Teed	1335	MS	14AC Nottingham Old Boys	0:41:15
175	Andy Lazarou	1357	MS	Unattached	0:41:27
176	Hannah Cunningham	1825	FS	Acorn Harriers	0:41:27
177	John Smewing	683	M55	Unattached	0:41:28
178	Emma Phillips	31	FS	Tipton Harrs	0:41:29
179	Malcolm Howells	300	M60	Sospan R R	0:41:35
180	Geoffrey O'Keefe	1379	M45	Abertillery	0:41:36
181	Giancarlo Cancelliere	1914	MS	Unattached	0:41:36
182	Gareth Jehu	1400	MS	Unattached	0:41:38
183	Cyril Walters	131	M55	TROTS	0:41:41
184	Paul Sullivan	1076	M40	Pontypridd Roadents	0:41:45
185	Andrew Sepahpour	1587	M40	Unattached	0:41:47
186	Stephen Riley	1226	MS	Unattached	0:41:50
187	Ceri Roberts	1673	MS	Unattached	0:41:53
188	Robert Smith	105	M40	Unattached	0:41:53
189	Paul Chick	1059	MS	Risca Road Runners	0:41:55
190	John Peacock	1755	MS	Unattached	0:41:56

<b>Pos</b>	<b>Name</b>	<b>Num Cat</b>	<b>Club</b>	<b>Time</b>
191	Jeff Prett	1652 M55	Unattached	0:41:58
192	Richard Sewell	1192 M45	Les Croupiers	0:42:02
193	Stephen Owen	191 M45	Les Croupiers	0:42:04
194	Keith Paterson	268 M60	Pegasus	0:42:07
195	Dewi Roberts	622 MS	Unattached	0:42:09
196	Shaun Connor	1278 MS	Les Croupiers	0:42:11
197	Michael Davies	133 M55	Les Croupiers	0:42:13
198	Paul Charles	577 M45	Unattached	0:42:13
199	Michael Marshall	1302 M45	Unattached	0:42:14
200	William McAree	1913 MS	Unattached	0:42:14

### **201-300**

<b>Pos</b>	<b>Name</b>	<b>Num Cat</b>	<b>Club</b>	<b>Time</b>
201	Peter Wilson	162 MS	Malvern Joggers	0:42:14
202	Christopher McCabe	1631 MS	Brackla Harrs	0:42:15
203	Lee Davies	787 MS	Rhondda Valley Runners	0:42:15
204	Dave Treharne	1503 MS	Chepstow Harrs	0:42:16
205	Christopher Benger	586 MS	Wattsville Harrs	0:42:16
206	John O'Shea	1049 M50	Les Croupiers	0:42:20
207	Neil Davies	638 M45	Unattached	0:42:22
208	Lee A Williams	1812 MS	Unattached	0:42:26
209	Barry Johnston	225 M50	Les Croupiers	0:42:26
210	Simon Darkin	624 MS	Unattached	0:42:28
211	Damian Pathy	1705 M40	Unattached	0:42:31
212	Robert Duggan	1283 MS	Unattached	0:42:33
213	Tim O'Sullivan	878 M45	Les Croupiers	0:42:34
214	Graham Colvin	682 M40	3Ms	0:42:34
215	Richard Holland	409 MS	Pontypridd Roadents	0:42:37
216	Joe Wellings	1188 MS	Unattached	0:42:38
217	Chris Palmer	165 M40	Unattached	0:42:39
218	William H Edwards	1930 MS	Unattached	0:42:39
219	John Westlake	1467 M40	Unattached	0:42:40
220	Mike Antony	1650 M45	Unattached	0:42:42
221	George Roberts	723 MS	Avon Valley Runners	0:42:43
222	James Harvey	884 MS	Unattached	0:42:43
223	Barry Morgan	1300 MS	Fairwater Runners	0:42:44
224	Jonathan Rigby	175 MS	Unattached	0:42:45
225	Tom Ball	706 MS	Unattached	0:42:45
226	Paul Marchant	676 M50	Unattached	0:42:46

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
227	Jason Elistace	1925	MS	Unattached	0:42:47
228	Julian Morgan	1556	MS	Unattached	0:42:48
229	Andrew Hulcoop	621	MS	Empire Sports	0:42:49
230	Daniel Regan	471	MS	Unattached	0:42:49
231	Darren Stevens	1434	MS	Unattached	0:42:50
232	Chris Hebbes	462	MS	Unattached	0:42:51
233	Michael Andrew Harry	627	MS	Unattached	0:42:51
234	Malcolm Reeks	635	M40	Chepstow Harrs	0:43:00
235	Ingrid Taylor	925	F35	3Ms	0:43:01
236	Peter Jones	109	M45	Unattached	0:43:04
237	Martyn Darby	842	MS	Unattached	0:43:05
238	Deborah Youngs	774	F35	3Ms	0:43:06
239	Robert Evans	1042	M40	Unattached	0:43:08
240	Declan McManus	834	M50	Westbury Harrs	0:43:11
241	Simon Warren	1639	M40	Unattached	0:43:18
242	Marcus Coles	820	MS	Les Croupiers	0:43:19
243	Matt White	790	M50	Neath Harrs	0:43:19
244	Kelvin Jones	868	M40	South Wales Police	0:43:22
245	Tony Carzana	1267	M55	Pegasus	0:43:25
246	Nick Priddle	1648	M45	Unattached	0:43:26
247	Jaime Ortiz-Canavate	440	MS	Unattached	0:43:28
248	Sandy Urro	1218	F55	Wye Valley Runners	0:43:28
249	Robert Hasse	142	MS	Unattached	0:43:29
250	Stephen Williams	102	MS	Unattached	0:43:30
251	Aled Huws	1610	MS	Unattached	0:43:31
252	Ian O'Sullivan	1525	MS	Unattached	0:43:32
253	Kevin C Fulthorpe	1735	M50	157 Reg RLC	0:43:32
254	Anna David	1118	F35	Unattached	0:43:33
255	Veronica Singleton	1115	F45	Les Croupiers	0:43:37
256	Matthew Wason	1151	MS	Unattached	0:43:37
257	Alan Cox	473	M45	Unattached	0:43:41
258	Steve Lewis	1208	M45	Les Croupiers	0:43:42
259	Denis Murphy	408	M50	Les Croupiers	0:43:46
260	Lee Phillips	283	MS	Unattached	0:43:47
261	Michael Johnson	1923	MS	Unattached	0:43:52
262	Eirwyn Rees	212	M40	Unattached	0:43:53
263	Huw Lewis	902	M50	Unattached	0:43:54
264	Eifion Wyn Owen	218	M50	Unattached	0:43:54
265	David Price	1068	M40	Les Croupiers	0:43:55
266	Michael Dix	1172	M50	Les Croupiers	0:43:55

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
267	Ben Welch	846	MS	Unattached	0:43:56
268	Rachel Bird	1747	F40	Unattached	0:43:56
269	Steven Carpenter	1089	MS	Unattached	0:43:58
270	Will Hillier	1632	MS	Unattached	0:44:04
271	Phil Elstone	1316	MS	Unattached	0:44:04
272	Amanda Kerr	1718	FS	Unattached	0:44:08
273	Ashley Clough	159	MS	Unattached	0:44:13
274	Catherine Gardner	719	F35	Les Croupiers	0:44:13
275	Robert Hector	130	MS	Unattached	0:44:13
276	Arthur Williams	1711	M55	Unattached	0:44:14
277	Roger Bell	1535	M40	3Ms	0:44:15
278	Jon Belcher	762	MS	Unattached	0:44:16
279	Sam Smith	709	MS	Garden City Runners	0:44:20
280	Martin Slee	174	M40	Unattached	0:44:23
281	Richard Bristow	1869	M40	SW8	0:44:29
282	Kern William Cruddas	1391	MS	Unattached	0:44:30
283	Kate Rees	1373	F35	Unattached	0:44:30
284	Neil Evans	640	MS	Unattached	0:44:30
285	Arthur Johns	1334	M55	Poole Runners	0:44:35
286	Andy Quicke	898	MS	Unattached	0:44:36
287	Dameon Windsor	1680	MS	Unattached	0:44:38
288	Dean Roberts	276	MS	Unattached	0:44:39
289	Deborah Green	271	FS	Unattached	0:44:41
290	John Crutcher	1432	M55	Bridgend A C	0:44:41
291	Mark James	1677	MS	Unattached	0:44:44
292	David McKeag	1611	MS	Cardiff Triathletes	0:44:44
293	Craig Donovan	1407	MS	Unattached	0:44:45
294	Wayne Miles	952	MS	Unattached	0:44:46
295	Ralph Pattinson	413	M45	Unattached	0:44:51
296	Jonathan Davies	1496	MS	Unattached	0:44:51
297	Ian Rowe	374	MS	Unattached	0:44:52
298	David W Davies	1851	M40	Unattached	0:44:53
299	James Jordan	206	MS	Unattached	0:44:53
300	Michael Tong	495	MS	Unattached	0:44:55

### **301-400**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
301	Chris Moore	1023	M45	Unattached	0:44:56
302	Ben Brookshaw	522	MS	Brecon A C	0:44:56



<b>Pos</b>	<b>Name</b>	<b>Num Cat</b>	<b>Club</b>	<b>Time</b>
303	Keith Miller	197 M45	Unattached	0:44:57
304	Timothy Griffiths	1171 M40	Unattached	0:44:58
305	Mark Halliwell	672 M45	Brackla Harrs	0:45:00
306	Andrew Freedman	1835 M45	Unattached	0:45:01
307	Gareth Snook	254 M40	Unattached	0:45:02
308	Aled Evans	1552 MS	Unattached	0:45:03
309	Peter Windows	1574 M45	Unattached	0:45:07
310	Ray Donovan	1472 M55	Unattached	0:45:09
311	Mark Unsworth	1864 MS	Unattached	0:45:10
312	Trish Robson	832 F40	Westbury Harrs	0:45:11
313	Rhodri Williams	979 MS	Unattached	0:45:11
314	Gwion Prydderch	1720 MS	Unattached	0:45:13
315	Mark A Street	1814 MS	Unattached	0:45:15
316	Martyn Richards	1364 MS	Unattached	0:45:15
317	Edwina Turner	785 F50	Les Croupiers	0:45:16
318	Ira Rainey	607 MS	Bitton R R	0:45:21
319	David Proffitt	643 M50	Newport Harrs	0:45:21
320	Hywel Price	1628 M40	Unattached	0:45:28
321	Peter Dennis	903 MS	Unattached	0:45:29
322	Andrew Davies	918 M40	Pontypridd Roadents	0:45:29
323	Tessa Gould	1701 F40	Les Croupiers	0:45:31
324	Peter Collins	716 M40	Unattached	0:45:34
325	Craig Harper	651 MS	Unattached	0:45:35
326	Neil Hendry	1010 M50	Penarth & Dinas	0:45:36
327	Simon Parkhouse	537 MS	Unattached	0:45:37
328	Libby O'Duffy	1751 F35	Les Croupiers	0:45:38
329	Michael James	959 M40	Unattached	0:45:38
330	Tom Bird	1748 MS	Unattached	0:45:39
331	Catrin Davies	1596 FS	Unattached	0:45:39
332	John Wainwright	1877 M40	Unattached	0:45:39
333	Nigel Cockram	1492 M50	Unattached	0:45:40
334	Glyn Sansom	1832 M40	Unattached	0:45:40
335	Michael Thomas	360 M40	Unattached	0:45:40
336	Colin Book	1904 M40	Bath AC	0:45:45
337	Waseem Chaudhry	164 M40	Unattached	0:45:49
338	Christopher Bache	754 MS	Unattached	0:45:49
339	Christian John	1566 MS	Unattached	0:45:50
340	Mark Broom	1184 M40	Unattached	0:45:52
341	Justin Phillips	1504 MS	Unattached	0:45:55
342	Yvonne Bullen	1135 F40	Les Croupiers	0:45:58

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
343	Simon Mingay	1728	M40	Unattached	0:46:01
344	James Lewindon	139	MS	Unattached	0:46:01
345	Susan Tagg	1594	F35	Unattached	0:46:02
346	Mike James	381	M45	Unattached	0:46:02
347	Brian Richardson	1614	M45	Unattached	0:46:08
348	Kevin Butler	530	M50	Unattached	0:46:08
349	Paul Davies	1753	MS	Unattached	0:46:09
350	Alex Marsh	775	MS	Great Western Runners	0:46:09
351	Ann Wyatt	987	FS	Unattached	0:46:11
352	Malcolm Cox	233	M55	Griffithstown Harrs	0:46:12
353	Dean Murphy	661	MS	Unattached	0:46:12
354	Stephen Rees	557	MS	Unattached	0:46:14
355	Andrew Mason	1238	MS	Unattached	0:46:17
356	Glen Harper	653	MS	Unattached	0:46:18
357	Aled Rees	1196	MS	Unattached	0:46:19
358	Runner 1767	1767	MS	Unattached	0:46:21
359	Timothy Hawkins	447	MS	Unattached	0:46:21
360	Mike Lister	1756	M50	Les Croupiers	0:46:24
361	Judi Bowsher	581	F45	Les Croupiers	0:46:24
362	John Nicholls	1900	M50	3Ms	0:46:27
363	Elizabeth Megan Precious	272	FS	Unattached	0:46:29
364	Stuart Mackendrick	515	M55	Unattached	0:46:30
365	Nick Ball	730	MS	Unattached	0:46:32
366	Alun Walters	1351	MS	Unattached	0:46:35
367	Paul Membery	688	MS	Unattached	0:46:39
368	Wayne Phenis	1565	MS	Unattached	0:46:39
369	Dafydd Hughes	1392	MS	Unattached	0:46:40
370	Nick Johnson	226	MS	Unattached	0:46:43
371	Nadine Oldfield	1844	FS	Unattached	0:46:45
372	Mark Essenhigh	383	M45	Unattached	0:46:46
373	David Bicker	810	MS	Unattached	0:46:51
374	David Hebbes	106	M55	Unattached	0:46:52
375	Alex Williams	1800	MS	Unattached	0:46:54
376	Adrian Leen	1309	MS	Unattached	0:46:54
377	Stephen Segan	1275	M45	Pontypridd Roadents	0:46:54
378	David Peacock	1858	MS	Unattached	0:46:55
379	Joanne Laity	1413	F40	Penarth & Dinas	0:46:55
380	Darryl Smith	1884	MS	Unattached	0:46:56
381	Martyn Cooke	1040	MS	Unattached	0:46:59
382	Mark Williams	968	MS	Unattached	0:47:02

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
383	Dafydd Meredydd Jones	1382	MS	Unattached	0:47:05
384	Paul John Rees	843	MS	Unattached	0:47:06
385	Nicky Peters	1427	F50	Cardiff AAC	0:47:07
386	Jay Williams	844	MS	Unattached	0:47:08
387	James Raymond	766	M40	P T Harrs	0:47:09
388	Gareth Waters	1885	MS	Unattached	0:47:09
389	Justine Russell	207	FS	Unattached	0:47:10
390	Catherine Bleasdale	1889	F35	Unattached	0:47:13
391	Neil Davies	202	MS	Unattached	0:47:15
392	Nigel Harison	1882	M40	Unattached	0:47:16
393	Peter Thacker	1738	MS	Unattached	0:47:17
394	David Fundalski	1577	MS	Unattached	0:47:17
395	Haydn Mayo	432	M45	Unattached	0:47:17
396	Oswyn Hughes	1142	MS	Unattached	0:47:20
397	Neil Coleman	152	MS	Unattached	0:47:20
398	Simon Burns	1469	MS	Unattached	0:47:20
399	Leigh James	1219	FS	Windsor Slough Eton & Hounslow	0:47:20
400	Geoffrey Hooper	1034	M55	Unattached	0:47:22

#### **401-500**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
401	Kevin Passmore	1568	M45	Unattached	0:47:26
402	Dave McElhill	1895	MS	Unattached	0:47:26
403	Dean Collins	1129	MS	Unattached	0:47:28
404	Julie Lewis	1207	F45	Les Croupiers	0:47:29
405	Martin Clarke	1585	M45	Unattached	0:47:31
406	Peter Young	183	M50	Unattached	0:47:31
407	Tim Davies	722	M40	Unattached	0:47:31
408	Gary Creed	1584	MS	Unattached	0:47:32
409	Caroline Harris	394	F40	Unattached	0:47:33
410	Steve Mill	1579	M40	Penarth & Dinas	0:47:33
411	Ian Edmunds	405	MS	Unattached	0:47:33
412	Andrew Sturrock	1638	MS	Unattached	0:47:38
413	Peter Hawkins	551	M40	Unattached	0:47:39
414	Christian Baars	546	MS	Unattached	0:47:42
415	Rachel Walsh	1056	FS	Unattached	0:47:44
416	Stuart Keeping	1547	M40	Unattached	0:47:45
417	David Stubbs	439	M40	Unattached	0:47:46
418	Kevin Scannell	867	MS	South Wales Police	0:47:46

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
419	Beverley Dorsett	792	F35	Unattached	0:47:47
420	Jenny Hughes	1164	FS	Les Croupiers	0:47:47
421	Keith Brown	567	MS	Unattached	0:47:49
422	Neil Wilson	609	MS	Unattached	0:47:50
423	Kate Phillips	1361	F35	Unattached	0:47:50
424	Ben Troth	483	MS	Unattached	0:47:51
425	Michael Roberts	1824	MS	Unattached	0:47:51
426	Lawson Hamer	600	MS	Unattached	0:47:52
427	Michael Jones	285	MS	Unattached	0:47:53
428	Allen Eurig Williams	1179	MS	Clwb Rhedeg Menter Caerdydd	0:47:54
429	Dale Gardiner	1796	MS	Unattached	0:47:56
430	Daniel Carr	625	MS	Unattached	0:47:57
431	Nicholas Pow	745	MS	Unattached	0:47:58
432	Bradley Malcolm	1227	M55	Unattached	0:48:00
433	Nick Meaney	1733	MS	Unattached	0:48:00
434	Michael Hurley	1048	M50	Unattached	0:48:01
435	Richard Barnes	1258	M45	Unattached	0:48:02
436	Daniyel Parish	1645	MS	Unattached	0:48:04
437	Steve Snook	686	M40	Unattached	0:48:06
438	Rajesh Passi	1513	MS	Unattached	0:48:08
439	Gareth Perkins	1378	MS	Unattached	0:48:11
440	David Curzon	1294	M45	Unattached	0:48:11
441	Richard Hamer	1534	MS	Unattached	0:48:11
442	Loretta Daley	1137	F35	Cardiff A A C	0:48:12
443	Lee O'Sullivan	1216	MS	Unattached	0:48:13
444	Lisa Cleary	707	F40	Penarth & Dinas	0:48:13
445	Anthony Spurrier	818	MS	Unattached	0:48:14
446	David Owen	652	MS	Unattached	0:48:15
447	Mark Stacey	980	M40	Unattached	0:48:16
448	David Holmes	1875	M45	First Active	0:48:16
449	Ceri Foley	1582	MS	Unattached	0:48:16
450	Andrew Dunscombe	637	M40	Unattached	0:48:18
451	Andrew Bishop	262	M40	Unattached	0:48:19
452	Sandra Sforza	833	F40	Westbury Harrs	0:48:19
453	Richard Adams	1346	M45	Westbury Harrs	0:48:19
454	Andy Dacey	1717	MS	Unattached	0:48:21
455	Julia Grey	1837	F40	Unattached	0:48:22
456	Simon Budd	1890	MS	Unattached	0:48:22
457	David Connolly	974	MS	Unattached	0:48:23
458	Matt Norman	1713	M40	Unattached	0:48:24

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
459	Howard Attwood	1716	M55	Unattached	0:48:25
460	Gareth Bryer	923	MS	Unattached	0:48:25
461	Tom Lawson	1094	MS	Unattached	0:48:26
462	Richard Saunders	1641	MS	Unattached	0:48:27
463	Andrew Shelling	699	MS	Unattached	0:48:27
464	Carley Willoughby	303	FS	Unattached	0:48:28
465	Jenny Buckland	1026	F35	Unattached	0:48:29
466	Casell Davies	1672	MS	Unattached	0:48:30
467	Stuart Adams	1679	MS	Unattached	0:48:32
468	Guto Eames	1888	MS	Unattached	0:48:34
469	Ian Derrick	1279	MS	Les Croupiers	0:48:36
470	Andrew Sedgmond	1168	M50	Les Croupiers	0:48:36
471	Rhys Jenkins	1714	MS	Unattached	0:48:37
472	Julian Lewis	1001	MS	Unattached	0:48:37
473	Nigel Derbyshire	402	M55	Unattached	0:48:38
474	Nick Williams	1519	M40	Unattached	0:48:39
475	Samantha Middle	1682	FS	Unattached	0:48:41
476	Paul Garside	1229	MS	Unattached	0:48:41
477	Leah Headon	1607	FS	Unattached	0:48:42
478	Andrew Matthews	784	M40	Unattached	0:48:42
479	Aled Jones	830	MS	Unattached	0:48:43
480	Frank Williams	1113	M50	Les Croupiers	0:48:43
481	Naomi Fisher	1458	FS	Unattached	0:48:43
482	Martyn Bullock	1462	MS	Unattached	0:48:44
483	Katie Beecher	401	FS	Unattached	0:48:44
484	Huw Williams	1605	M40	Unattached	0:48:46
485	Karl Sepahpour	1744	MS	Unattached	0:48:49
486	Laurence Moore	1662	MS	Unattached	0:48:49
487	Bob Jones	469	M45	Unattached	0:48:52
488	Cennydd Amos	499	MS	Unattached	0:48:52
489	Carl Hellerman	678	MS	Unattached	0:48:52
490	Timothy Dacey	1734	M50	Unattached	0:48:54
491	Tony Holloway	417	M50	Unattached	0:48:55
492	Ursula Hankinson	334	FS	Unattached	0:48:56
493	Michael Price	1841	M40	Unattached	0:48:58
494	Nigel Hugh Davies	1077	M45	Unattached	0:48:59
495	Herbert Hall	1019	MS	Unattached	0:49:01
496	Amanda Morgan	1348	FS	TROTS	0:49:04
497	Thomas Spurrier	817	MS	Unattached	0:49:04
498	Helen Newton	1823	FS	Unattached	0:49:06

<b>Pos</b>	<b>Name</b>	<b>Num Cat</b>	<b>Club</b>	<b>Time</b>
499	Runner 1676	1676 MS	Unattached	0:49:07
500	Steve Stacey	946 M40	Unattached	0:49:08

### **501-600**

<b>Pos</b>	<b>Name</b>	<b>Num Cat</b>	<b>Club</b>	<b>Time</b>
501	Alex Mean	1924 MS	Unattached	0:49:09
502	Mark Hutchings	1848 M40	Unattached	0:49:09
503	Phillip Martin	287 M40	Unattached	0:49:10
504	Stuart Duff	497 MS	Unattached	0:49:11
505	Celia Speake	894 F35	Brecon A C	0:49:13
506	Richard Vokes	856 MS	Unattached	0:49:14
507	Kate Green	326 FS	Unattached	0:49:14
508	Aled Wyn Roberts	308 MS	Unattached	0:49:15
509	Gawain Barnard	988 MS	Unattached	0:49:15
510	Paul Titchener	185 MS	Unattached	0:49:16
511	Phil Davies	273 M45	Unattached	0:49:19
512	Allun Thomas	247 MS	Unattached	0:49:19
513	Oilver Janes	877 MS	Unattached	0:49:21
514	Stephen Quin	427 MS	Unattached	0:49:21
515	Nigel Holbrook	375 M40	Unattached	0:49:22
516	Runner 978	978 MS	Unattached	0:49:24
517	Adrian Hanks	666 MS	Unattached	0:49:27
518	Matthew Tucker	915 MS	Unattached	0:49:28
519	Flat GCS 16 Glamorga Massanet-Nicolau	872 MS	Unattached	0:49:28
520	Nicky Young	1810 MS	Unattached	0:49:29
521	Jeffrey Wallace	748 M45	Unattached	0:49:29
522	Stephen Williams	1608 M45	Les Croupiers	0:49:31
523	Wayne Edmond	390 M50	Unattached	0:49:31
524	Dennis Blunt	431 M55	Unattached	0:49:33
525	Emmanuel Brousseau	1731 MS	Unattached	0:49:34
526	Karen Silver	532 FS	Unattached	0:49:35
527	Mr Jonathan	601 MS	Unattached	0:49:36
528	Richard Arnold	1402 MS	Unattached	0:49:36
529	Guto Evans	733 MS	Unattached	0:49:37
530	Simon Reynolds	1365 M40	Unattached	0:49:38
531	Jeff Aston	1224 M55	Les Croupiers	0:49:38
532	Paul Maksimovic	1817 MS	Unattached	0:49:39
533	Christopher Wall	1708 M40	Unattached	0:49:40
534	Claire Thompson	289 FS	Unattached	0:49:40

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
535	Paul John	1898	M45	Unattached	0:49:41
536	Steven Evans	438	MS	Unattached	0:49:43
537	Dom Hurford	367	MS	Hogweed Trotters	0:49:45
538	Keith Verhuyden	971	M45	Unattached	0:49:46
539	Ruth McLees	1943	FS	Unattached	0:49:46
540	Richard Vaughan	1549	MS	Unattached	0:49:47
541	Ross Brown	1908	MS	Unattached	0:49:49
542	Ian Sullivan	864	M40	South Wales Police	0:49:49
543	Andrew Farr	421	MS	Unattached	0:49:52
544	Peter Greenlees	626	MS	Bitton R R	0:49:53
545	Arthur J Phillips	1154	M70	Sospan R R	0:49:54
546	Stephen Bartlett	156	M40	Road Runners Club	0:49:57
547	Graham Roblin	468	M40	Unattached	0:49:57
548	Anthony Smith	1527	M40	Unattached	0:49:57
549	Peter Wilcock	901	M40	Fairwater Runners	0:49:59
550	Simon Flack	597	MS	Unattached	0:50:02
551	Phillippe Hough	1459	FS	Unattached	0:50:03
552	David Vas	1554	MS	Unattached	0:50:03
553	Rebecca Horwood	1441	FS	Unattached	0:50:03
554	David Griffiths	649	M50	Unattached	0:50:03
555	Gary Smith	380	M45	Unattached	0:50:04
556	Simon Brown	1344	MS	Unattached	0:50:06
557	Jeff Lewis	1681	M45	Unattached	0:50:07
558	David Butler	541	MS	Unattached	0:50:10
559	Darren Young	1902	MS	Pegasus	0:50:10
560	Adrian Mathias	674	M40	Unattached	0:50:13
561	Andy Plumpton	1342	MS	Unattached	0:50:13
562	Mark Donovan	404	M50	Unattached	0:50:13
563	Ian Lang	615	M45	Southampton R C	0:50:16
564	Michael Henderson	411	M40	Unattached	0:50:16
565	Ronald Payne	160	M60	Kidderminster & Stourport A C	0:50:16
566	Richard Rogers	1856	MS	Unattached	0:50:16
567	Menna Morgan	934	F45	Unattached	0:50:18
568	Gareth Evans	1390	MS	Unattached	0:50:19
569	Amanda Trevett	559	FS	Unattached	0:50:20
570	Nicholas Clark	836	M40	Unattached	0:50:22
571	Chris Prewett	1396	MS	Unattached	0:50:23
572	Robert Sanders	838	M45	Unattached	0:50:23
573	Chris Moles	1372	MS	Unattached	0:50:23

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
574	Keith L McIntyre	1727	M40	Unattached	0:50:24
575	Sarah Plummer	467	F35	Unattached	0:50:24
576	Colin Gaffney	1260	MS	Unattached	0:50:24
577	Joseph Beddow	1935	MS	Unattached	0:50:24
578	Steven Morris	735	MS	Unattached	0:50:26
579	Imran Raza	1195	MS	Unattached	0:50:26
580	Stuart Fraser	1197	MS	Unattached	0:50:26
581	Richard Haskayne	929	M40	Unattached	0:50:28
582	Eleri Price	1826	FS	Unattached	0:50:29
583	David MacDonald	353	MS	Unattached	0:50:30
584	Mike Wilson	1669	MS	Unattached	0:50:31
585	Kevin O'Leary	1223	M45	Unattached	0:50:31
586	Peter Davies	718	M40	Unattached	0:50:34
587	Chris Jenkins	458	MS	Unattached	0:50:34
588	Judith Austerberry	641	FS	Unattached	0:50:35
589	Lowri Cynan	478	F40	Unattached	0:50:35
590	Celia Rumbold	589	FS	Unattached	0:50:36
591	Sallianne Saunders	1576	F40	Unattached	0:50:36
592	Jarad Seale	1095	MS	Unattached	0:50:37
593	Russell McDonald	1784	MS	Unattached	0:50:43
594	Geoff Baxter	1044	MS	Unattached	0:50:43
595	Paul Tattersall	937	MS	Unattached	0:50:44
596	Jon Goodall	961	MS	Unattached	0:50:44
597	Steven Donovan	1602	M45	Unattached	0:50:44
598	Eurig Jenkins	470	M40	Unattached	0:50:49
599	Sarah Bugler	1272	FS	Unattached	0:50:50
600	Clive Denton	132	MS	Unattached	0:50:50

### **601-700**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
601	Robert Davies	1232	M40	Unattached	0:50:51
602	Paul Whittemore	1561	MS	Unattached	0:50:52
603	Blair Drummond	1868	M45	Unattached	0:50:52
604	Julie Roche	1276	F35	Fairwater Runners	0:50:53
605	David Davies	1843	M50	Unattached	0:50:54
606	Gareth East	1410	MS	Unattached	0:50:54
607	Paul Fisher	155	MS	Unattached	0:50:56
608	Runner 576	576	MS	Unattached	0:50:56
609	Nigel James	871	M45	Unattached	0:50:56



<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
610	Martin Anderson	1845	MS	Unattached	0:50:57
611	Brinley Aherne	216	M55	Unattached	0:50:59
612	Paul Blake	184	M40	Unattached	0:51:00
613	Rachel Jones	1480	F35	Les Croupiers	0:51:02
614	Michael Renwick	1277	M55	Penarth & Dinas	0:51:03
615	Michael Jones	1941	M40	Unattached	0:51:04
616	Dylan Evans	1700	MS	Unattached	0:51:05
617	John Martin	1515	M45	Unattached	0:51:06
618	Adrian Read	1870	M45	Unattached	0:51:06
619	Phil Lewis	103	MS	Unattached	0:51:07
620	Eileen Wall	234	F50	Unattached	0:51:09
621	Emma Burnside	1338	FS	Unattached	0:51:09
622	Kate Evans	1282	FS	Unattached	0:51:09
623	David Morgan	1228	M40	Vale Harrs	0:51:11
624	Pam White	791	F50	Neath Harrs	0:51:11
625	Wayne Owens	1304	M45	Unattached	0:51:14
626	Elaine Hillary	520	F40	Unattached	0:51:14
627	Alex Daw	1127	FS	Unattached	0:51:16
628	Namoi Butler	528	FS	Unattached	0:51:18
629	Colin Rodgerson	1429	M55	Unattached	0:51:18
630	Elinor East	1408	FS	Unattached	0:51:19
631	Mark Farrar	1024	MS	Les Croupiers	0:51:19
632	Miriam Butler	529	FS	Unattached	0:51:21
633	Lois Reed	1264	FS	Unattached	0:51:22
634	Stephen Turner	750	MS	Unattached	0:51:24
635	Mary Murray	917	F45	Unattached	0:51:25
636	Joanne Owen	144	F35	Caerleon	0:51:26
637	Kirsty J Woolford	1899	FS	3Ms	0:51:27
638	Matthew Smith	1721	MS	Unattached	0:51:28
639	Andrea Clark	837	F35	Unattached	0:51:29
640	Stephen Whitmarsh-Knight	1581	M60	Unattached	0:51:37
641	Jason Foster	1385	MS	Unattached	0:51:37
642	Sian Powys	252	F40	Unattached	0:51:38
643	Rhys Powys	253	M40	Unattached	0:51:38
644	Dave Charrett	1061	M50	Unattached	0:51:39
645	Gino Damiani	385	M50	Unattached	0:51:39
646	Jude Cassam	789	F35	Unattached	0:51:39
647	Anita Tucknutt	1514	FS	Unattached	0:51:40
648	David Owens	1689	M50	Unattached	0:51:40
649	Beverley Warburton	177	F40	Unattached	0:51:40

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
650	Neil Thomas	1606	MS	Unattached	0:51:43
651	Shirley Ann Albrow	1078	F45	Unattached	0:51:44
652	Stephen Morris	628	M45	Unattached	0:51:45
653	Jane Phillips	201	FS	Unattached	0:51:47
654	Carl Colwill	200	M45	Unattached	0:51:47
655	Bashar Ibrahim	1836	MS	Unattached	0:51:48
656	Henrietta Anstey	1271	FS	Unattached	0:51:48
657	Sue Graves	345	F55	Hart Road Runners	0:51:49
658	Robert Stachowiak	1831	MS	Unattached	0:51:52
659	David Keane	1897	MS	Unattached	0:51:57
660	Tony Bibey	1189	M45	Unattached	0:52:00
661	Angharad Roberts	266	FS	Les Croupiers	0:52:02
662	Neil Reynolds	1025	MS	Unattached	0:52:02
663	Ryan Alderman	1866	MS	Unattached	0:52:02
664	E Taplin	456	F35	Celtic Manor R C	0:52:02
665	Ross Lewis	1147	MS	Unattached	0:52:02
666	Alan Rockcliffe	827	M45	Unattached	0:52:03
667	Michael Stephen	1269	M50	Unattached	0:52:03
668	Michael James	905	M65	Unattached	0:52:04
669	Darrell Walkley	1724	MS	Unattached	0:52:04
670	Allan Matthews	1794	MS	Unattached	0:52:04
671	Ian John Warner	502	M45	Unattached	0:52:05
672	Shane Hughes	1811	MS	Unattached	0:52:06
673	Stephen Jenkins	1165	M40	Unattached	0:52:07
674	Andrew Canning	983	M40	Unattached	0:52:07
675	Edward Fish	126	M45	Unattached	0:52:09
676	Carol Sullivan	825	FS	Unattached	0:52:09
677	Julie Burchell	1494	F35	Griffithstown Harrs	0:52:10
678	Phillip Best	897	M45	Unattached	0:52:14
679	Glynne Raymond Leach	744	M50	Unattached	0:52:16
680	Sarah Farrier	1454	FS	Unattached	0:52:18
681	Nicholas Scanlon	938	MS	Unattached	0:52:19
682	Lucy J Morgan	1138	FS	Unattached	0:52:20
683	Neil Couston	1426	MS	Unattached	0:52:20
684	Zamri Mahmud	1550	MS	Unattached	0:52:21
685	Wayne Higgins	1046	M45	Unattached	0:52:23
686	Tim Reese	534	MS	Unattached	0:52:24
687	Joe Cartwright	1928	M45	Unattached	0:52:24
688	Kathryn John	549	F35	Unattached	0:52:26
689	Mark Cleland	1903	MS	Unattached	0:52:26

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
690	Peter Bird	1745	M40	Unattached	0:52:27
691	Helen Abbott	1446	F45	Westbury Harrs	0:52:27
692	Gary Merrell	319	M50	Unattached	0:52:28
693	Jonathan Andrews	250	MS	Unattached	0:52:28
694	Martin Hilton	1466	F35	Unattached	0:52:29
695	Meriel Howells	870	F45	Unattached	0:52:29
696	Graham Jenkins	1801	M45	Unattached	0:52:29
697	Laura Thom	1320	FS	Westbury Harrs	0:52:29
698	Keith Clash	782	M45	Unattached	0:52:31
699	Mike Jones	1562	MS	Unattached	0:52:32
700	David Hawkins	1806	MS	Unattached	0:52:35

### **701-800**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
701	Philippa Francis	1263	F40	Unattached	0:52:36
702	John Plowman	1293	M65	Unattached	0:52:37
703	Suzanne Myra Kendrick	662	F40	Unattached	0:52:37
704	Paul Mackenzie-Cummins	151	MS	Unattached	0:52:38
705	Chris Sully	760	MS	Unattached	0:52:39
706	Vicky Bolwell	712	FS	Unattached	0:52:41
707	Christian Lee Sparey	711	MS	Unattached	0:52:41
708	Richard Woods	1303	M40	Unattached	0:52:44
709	Dave Stephens	135	MS	Unattached	0:52:45
710	Thomas Craig Johnson	227	M50	Unattached	0:52:46
711	John David Perkins	299	M60	Westbury Harrs	0:52:47
712	Nicholas Murphy	489	M40	Unattached	0:52:47
713	Jo Lord	366	F40	Hay Hotfooters	0:52:49
714	Jonathan Kemp	1169	MS	Unattached	0:52:50
715	Claire Porter	1719	F35	Unattached	0:52:51
716	Debbie Mitson	1037	F35	Unattached	0:52:52
717	Gill Kellam	964	F40	Unattached	0:52:53
718	John Clarke	406	M55	Unattached	0:52:55
719	Gareth Purcell	1651	MS	Unattached	0:52:58
720	Andrew Burton	667	MS	Unattached	0:53:00
721	Michael Davies	612	M45	Unattached	0:53:00
722	Vivian H Davies	1725	M45	Unattached	0:53:01
723	David Bourn	596	MS	Unattached	0:53:03
724	Jeffrey Sharpe	571	MS	Unattached	0:53:03
725	Robert Helyar	1952	MS	Unattached	0:53:04

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
726	Barry McCormack	939	MS	Unattached	0:53:05
727	Lon Morgan	178	F45	TROTS	0:53:07
728	Alastair Scott	1114	MS	Unattached	0:53:08
729	Frances Davies	1006	FS	Unattached	0:53:08
730	Richard Simpson	263	M40	Unattached	0:53:09
731	Anthony Alan Jones	1333	MS	Unattached	0:53:09
732	Nicholas Hanson	1694	M40	Unattached	0:53:10
733	Arthur Hallett	511	M55	Road Runners Club	0:53:13
734	Annette Holland	1080	FS	Unattached	0:53:14
735	Ieuan Williams	505	MS	Unattached	0:53:14
736	Emma Langdon	1855	FS	Leighton Buzzard A C	0:53:15
737	Christian Borge	623	MS	Unattached	0:53:16
738	Tom Clark	1729	MS	Unattached	0:53:16
739	Tegryd Rees	1688	MS	Unattached	0:53:16
740	Simon Bleasdale	1896	MS	Unattached	0:53:17
741	Peter Whittemore	1560	M55	Unattached	0:53:18
742	Pauline Thomas	1453	F60	TROTS	0:53:19
743	Rachel Holden	882	F40	Unattached	0:53:20
744	Steven Downes	904	MS	Unattached	0:53:21
745	Nick Cowley	121	MS	Unattached	0:53:21
746	Huw L Morris	1878	M45	Unattached	0:53:23
747	Martin Ellis	599	MS	Unattached	0:53:23
748	Jonathan Bedwani	1789	MS	Unattached	0:53:25
749	Paul Nicholas Brown	947	MS	Unattached	0:53:27
750	Lewis Olwen	692	MS	Unattached	0:53:27
751	Duane Partelow	691	MS	Unattached	0:53:28
752	Roger Derbyshire	347	M55	Unattached	0:53:29
753	Jason Cardy	1874	MS	Unattached	0:53:30
754	David James	1088	M55	Unattached	0:53:31
755	Simon Farr	1449	MS	Unattached	0:53:32
756	Cathy Mansell	1450	F35	Unattached	0:53:32
757	Stuart Love	695	M45	Unattached	0:53:32
758	John Chandrinos	1125	MS	Unattached	0:53:35
759	SUZanne Brooke	954	FS	Unattached	0:53:37
760	Len Casley	619	M40	Unattached	0:53:37
761	Rhys Clyburn	1919	MS	Unattached	0:53:37
762	Gethin Evans	1536	M50	Unattached	0:53:37
763	Charlotte Meyler	801	FS	Unattached	0:53:38
764	Kevin Lee	1452	MS	Unattached	0:53:38
765	Paul Archer	865	MS	South Wales Police	0:53:40

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
766	Jamie Campbell	994	MS	Unattached	0:53:41
767	Jim Osman	645	MS	Unattached	0:53:44
768	Kerry Morgan	558	FS	Unattached	0:53:44
769	Laura Whittaker	1803	FS	Unattached	0:53:45
770	Neil J Henessy	1834	MS	Unattached	0:53:47
771	Rhodri Griffiths	1833	MS	Unattached	0:53:47
772	Christopher Matthews	1637	MS	Unattached	0:53:48
773	Michael Williams	808	M50	Unattached	0:53:52
774	Rhiannydd Jones	1383	FS	Unattached	0:53:53
775	Michael Richards	320	M60	Unattached	0:53:53
776	Sian Evans	1780	F35	Unattached	0:53:54
777	Colin Lewis	1399	M45	Unattached	0:53:54
778	Liz Lewis	1398	F45	Unattached	0:53:54
779	Emily Phillips	349	FS	Unattached	0:53:55
780	Tim Francis	235	MS	Unattached	0:53:55
781	Neil Robins	799	MS	Unattached	0:53:57
782	John Andrew Doolan	1015	MS	Unattached	0:53:59
783	Richard Brown	1082	M55	Sheen Shufflers	0:54:00
784	Ronald Austin Davies	301	M50	Unattached	0:54:00
785	Michael Hall	127	MS	Unattached	0:54:02
786	Ian Gall	1225	MS	Unattached	0:54:03
787	Rachel Clarke	1660	FS	Unattached	0:54:04
788	Gerant Fowler	1141	MS	Unattached	0:54:04
789	David Perez	703	MS	Unattached	0:54:05
790	Geoff Walpole	1166	M50	Whetstone Harrs	0:54:05
791	John Paul Cadogan	1646	MS	Unattached	0:54:06
792	Simon Grey	1838	M40	Unattached	0:54:08
793	Tim Murphy	660	M45	Unattached	0:54:08
794	Jeffrey McCue	1647	M45	Unattached	0:54:09
795	Andrew Thomas	1656	M40	Unattached	0:54:11
796	John Terrell	1423	MS	Unattached	0:54:11
797	Hywel Hughes	1477	MS	Unattached	0:54:12
798	Mari Griffith	442	F35	Unattached	0:54:12
799	N Taplin	457	M55	Celtic Manor R C	0:54:13
800	Jack McNamara	794	MS	Unattached	0:54:13

### 801-900

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
801	Hugh Price	282	M55	Unattached	0:54:13

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
802	Gail Williams	1233	F45	Unattached	0:54:13
803	Stan Weeks	395	M60	Unattached	0:54:13
804	Simon Ridout	351	MS	Unattached	0:54:14
805	Ceri Western	1488	FS	Unattached	0:54:15
806	Beth Sheppard	307	FS	Unattached	0:54:15
807	Martin Bowen Jones	1455	M40	Unattached	0:54:16
808	Alun Powell	940	M55	Unattached	0:54:19
809	Steven Gilbay	1636	MS	Unattached	0:54:20
810	Andrew Brunsdon	646	MS	Unattached	0:54:20
811	Rhys Jones	1670	MS	Unattached	0:54:21
812	Sandie Wilson	1343	FS	Les Croupiers	0:54:22
813	Richard Knowles	1531	M55	Unattached	0:54:23
814	Lewis Smith	1247	MS	Unattached	0:54:23
815	James Close	1505	MS	Unattached	0:54:24
816	Helen Griffiths	1706	FS	Les Croupiers	0:54:24
817	Peter Browne	369	M50	Griffithstown Harrs	0:54:24
818	Carol Pearsom	1722	F50	Brecon A C	0:54:25
819	Heather Allan	1842	F35	Unattached	0:54:26
820	Alex Deem	507	MS	Unattached	0:54:27
821	Johanna Tucker	1328	F35	Unattached	0:54:27
822	James Horsham	492	MS	Unattached	0:54:27
823	Jeff Osman	700	M50	Unattached	0:54:28
824	Clare Green	1798	F35	San Domenico	0:54:28
825	Nikki Jones	1474	FS	Unattached	0:54:28
826	Simon Morgan	258	M40	Unattached	0:54:29
827	Tim Davies	1881	MS	Unattached	0:54:29
828	Paul Fackrell	1529	MS	Unattached	0:54:31
829	Leah Perkins-Ferd	1781	FS	Unattached	0:54:32
830	Trevor Fletcher	1931	MS	Unattached	0:54:33
831	Louise Evans	1017	F35	Unattached	0:54:34
832	Andy Sandy	614	MS	Unattached	0:54:35
833	Iestyn Morris	1741	MS	Unattached	0:54:35
834	Susan Jenkins	244	F45	Sarn Helen	0:54:35
835	Christopher Webber	448	MS	Unattached	0:54:35
836	Nigel Leighton Jones	1079	M50	Unattached	0:54:38
837	Paul Smith	1922	M40	Unattached	0:54:39
838	Susan Parsons	781	F40	Unattached	0:54:39
839	Bruce Caterson	1947	MS	Unattached	0:54:39
840	Christian Tait	461	MS	Unattached	0:54:40
841	Gareth Peter Martin	1075	MS	Unattached	0:54:40

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
842	Alex Attard	1827	FS	Unattached	0:54:40
843	John Cronin	1033	M45	Unattached	0:54:41
844	Helen Slaughter	604	F35	Unattached	0:54:41
845	Barry Dare	1085	M55	Unattached	0:54:42
846	Terry Vickery	1157	M65	Unattached	0:54:43
847	Alison Kibblewhite	1658	F35	Unattached	0:54:45
848	Mark Rees	1502	M40	Unattached	0:54:45
849	Stephen Ridgway	1181	MS	Unattached	0:54:46
850	Iljaz Hodzovic	297	M45	Unattached	0:54:46
851	Steve Burrow	1369	MS	Unattached	0:54:47
852	Rosie Pearson	535	FS	Unattached	0:54:47
853	Bob Watson	965	MS	Unattached	0:54:47
854	Joanna Penny	1512	FS	Unattached	0:54:48
855	Kim Rockcliffe	828	F45	Unattached	0:54:49
856	John Atherton	368	M45	Unattached	0:54:50
857	Kate Callaghan	323	F40	Unattached	0:54:50
858	Anne Barratt	1086	F35	Unattached	0:54:51
859	Clare Shears	715	FS	Unattached	0:54:51
860	Jagdish Vaghani	886	MS	Unattached	0:54:52
861	Ben Reed	566	MS	Unattached	0:54:53
862	David Birks	1370	MS	Unattached	0:54:55
863	Beverley Meek-Welsh	241	F45	Chepstow Harrs	0:54:55
864	Clare Johnson	1285	F60	Les Croupiers	0:54:55
865	Anna Bird	1746	FS	Unattached	0:54:56
866	Robert Hay	1301	M40	Unattached	0:54:57
867	Susan Wooller	740	F35	Unattached	0:54:58
868	Gareth Herdman	992	M40	Unattached	0:54:59
869	Roger McPherson	1907	M40	Unattached	0:55:01
870	Lynn Bulbeck	1478	F35	Unattached	0:55:02
871	Glyn Smith	1852	M50	Unattached	0:55:07
872	Mark Salt	1555	M40	Unattached	0:55:09
873	Catherine Bradshaw	1280	F40	Unattached	0:55:09
874	Peter Janicijevic	318	M45	Unattached	0:55:11
875	Marc Janicijevic	317	MS	Unattached	0:55:11
876	Lianne Morris	1221	FS	Unattached	0:55:14
877	Jon Coleman	1222	MS	Unattached	0:55:15
878	Philip Bolton	1447	M50	Unattached	0:55:16
879	Tracy Newman	358	F35	Les Croupiers	0:55:16
880	David Place	1321	M40	Unattached	0:55:17
881	Richard Huntley	1758	M60	Unattached	0:55:19

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
882	Martin Bevan	1310	MS	Unattached	0:55:20
883	Anita Howells	1027	F55	Aberdare A A C	0:55:20
884	Owen Morgan	1822	MS	Unattached	0:55:21
885	Steve Fry	1194	M45	Les Croupiers	0:55:22
886	Timothy John Ridd	819	MS	Unattached	0:55:23
887	Andrew Peters	1854	MS	Unattached	0:55:24
888	Peter Gray	977	M50	Unattached	0:55:24
889	Nick Ballard	526	MS	Unattached	0:55:25
890	Lawrence Smith	848	M40	Unattached	0:55:27
891	Arwel aka Rocet Jones	274	MS	Unattached	0:55:27
892	Sarah Borley	778	F40	Unattached	0:55:28
893	Carolyn Cameron	1678	FS	Unattached	0:55:28
894	Nia Sutton	1262	FS	Unattached	0:55:29
895	Tracy Houghton	314	F35	Unattached	0:55:30
896	Claire Cowell	1818	FS	Unattached	0:55:33
897	Lloyd Edwards	1143	M50	Unattached	0:55:35
898	Sara Macbride	1659	F35	Unattached	0:55:35
899	Ingrid Geesink	1661	FS	Unattached	0:55:35
900	Aranka Pratt	1940	F55	Unattached	0:55:37

### **901-1000**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
901	Chris Groves	1319	MS	Unattached	0:55:39
902	Owen Coxall	831	MS	Unattached	0:55:40
903	Peter Tanner	1047	M40	Great Western Runners	0:55:40
904	Matt Newton	194	MS	Unattached	0:55:41
905	Hannah Withers	755	FS	Les Croupiers	0:55:42
906	Rachel Bowen	763	FS	Unattached	0:55:43
907	David Pearce	1090	MS	Unattached	0:55:43
908	Marcus Constantinou	720	MS	Unattached	0:55:44
909	Steve Cole	1655	MS	Unattached	0:55:44
910	Runner 1766	1766	MS	Unattached	0:55:46
911	Sarah Irwin	137	FS	Unattached	0:55:47
912	Neil Godding	847	MS	Unattached	0:55:47
913	Elfed Godding	835	M45	Unattached	0:55:47
914	Gillian Jack	1604	F40	Unattached	0:55:47
915	Jackie Vickers	232	FS	Unattached	0:55:48
916	Gwyneth Howells	1240	F55	Caerleon	0:55:50
917	Peter Lanacette	1936	MS	Unattached	0:55:50



<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
918	Edward Newman	278	M55	Les Croupiers	0:55:51
919	Ronald Leach	257	M45	Unattached	0:55:53
920	Sarah Branfoot	1245	FS	Unattached	0:55:54
921	Ainsley Evans	305	M50	Unattached	0:55:55
922	Sue Fry	1193	F40	Les Croupiers	0:55:55
923	Colin Ames	1431	MS	Unattached	0:55:56
924	Trish Gale	1418	F35	Unattached	0:55:57
925	Sian Jones	999	FS	Unattached	0:55:58
926	Eve Gallop-Evans	948	F40	Unattached	0:56:00
927	Neil Pugh	1542	MS	Unattached	0:56:02
928	Gwilym Pritchard	1692	MS	Unattached	0:56:03
929	Neil Woolocott	1124	MS	Unattached	0:56:04
930	Samya Obaji	1691	FS	Unattached	0:56:04
931	Elin Rees	553	FS	Unattached	0:56:05
932	Lawrence Hicks	1131	MS	Unattached	0:56:05
933	Jennifer Stone	1412	F35	Unattached	0:56:06
934	Deborah Roberts	724	F35	Unattached	0:56:10
935	Jane Travaglia	1779	F35	Unattached	0:56:11
936	Sally Martin	1516	FS	Unattached	0:56:15
937	Megan Evans	1406	FS	Unattached	0:56:15
938	Sue Mary Charles	1696	FS	Unattached	0:56:16
939	Sian Brown	1237	F45	Unattached	0:56:16
940	Mairwen Price	1629	F40	Unattached	0:56:16
941	Barry Watson	932	MS	Unattached	0:56:16
942	Maureen O'Kane	1764	F40	Unattached	0:56:18
943	Lois Eckley	1311	FS	Unattached	0:56:19
944	Ann Palmer	166	F35	Unattached	0:56:22
945	Lisa Wilson	1161	FS	Unattached	0:56:23
946	Hayley Jeavons	908	FS	Unattached	0:56:23
947	Ravi Aggarwal	1623	MS	Unattached	0:56:23
948	Rebecca Howell-Jones	1415	FS	Unattached	0:56:26
949	Susan Urbano	951	F40	Unattached	0:56:29
950	Stephen Davies	1644	MS	Unattached	0:56:29
951	Kathryn Sweetman	1327	FS	Running 4 Women	0:56:32
952	Paul O'Neill	1551	M45	Unattached	0:56:32
953	Richard Snow	895	MS	Unattached	0:56:32
954	Diana Snow	896	FS	Unattached	0:56:32
955	Andy Jenkins	863	M40	South Wales Police	0:56:32
956	Tina Halliwell	509	F40	Aylesham R R	0:56:33
957	Duncan Smith	1901	MS	Unattached	0:56:35

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
958	Christine Benson	173	F45	Unattached	0:56:36
959	Geoffrey Pearce	221	M50	Unattached	0:56:37
960	Diane Park	1799	F40	Unattached	0:56:39
961	Peter Regan	574	M40	Unattached	0:56:40
962	Anette Woehl	1783	FS	Unattached	0:56:41
963	Philip Addicott	112	MS	Unattached	0:56:42
964	Alexa Mitchell	255	F35	Reigate Priory A C	0:56:42
965	Edward Jones	1312	MS	Unattached	0:56:43
966	Caroline O'Brien	1160	FS	Unattached	0:56:48
967	Andrew Giles	1069	MS	Unattached	0:56:49
968	Paul Charles Williams	840	M45	Unattached	0:56:50
969	Rhidian Edwards	506	MS	Unattached	0:56:51
970	Stephanie Davies	187	FS	Unattached	0:56:53
971	Janet Allen	1476	FS	Unattached	0:56:53
972	Philip Reardon Smith	444	MS	Unattached	0:56:55
973	Stephen Murphy	714	M45	Unattached	0:56:55
974	Dave Allerton	921	M55	Unattached	0:56:56
975	Hannah Manley	264	FS	Unattached	0:56:57
976	Sarah Parkhouse	873	F35	Unattached	0:56:57
977	Colin Lloyd	219	M70	Griffithstown Harrs	0:56:58
978	Andrew Richards	136	MS	Unattached	0:56:58
979	Kevin Jones	1642	MS	Unattached	0:56:59
980	Joanne Bassett	1951	FS	Unattached	0:57:01
981	Russell Pullen	186	M60	Neath Harrs	0:57:03
982	Lynsey Hughes	1683	FS	Unattached	0:57:04
983	Dawn Parry	869	F40	Unattached	0:57:05
984	Robin Jeffreys	1857	MS	Unattached	0:57:06
985	Bernard Stevens	1435	M60	Unattached	0:57:07
986	Jacqueline Morgan	1123	F40	Unattached	0:57:08
987	Christopher Weston	996	MS	Unattached	0:57:09
988	Julie Vivers	1039	F45	Rhondda Valley Runners	0:57:10
989	Neil Jellings	1893	M50	Unattached	0:57:11
990	Peter James Sargent	562	MS	Unattached	0:57:12
991	Helen Price	1416	FS	Unattached	0:57:12
992	Catrin Lisa Thomas	1360	FS	Unattached	0:57:12
993	Caryl Owen	1630	FS	Unattached	0:57:12
994	Sandra Donnan	671	F45	Unattached	0:57:17
995	Elizabeth Payne	488	FS	Unattached	0:57:18
996	Stuart Ballinger	696	MS	Unattached	0:57:21
997	Eryl Hicks	1703	F50	Unattached	0:57:23

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
998	Michael Copsey	1546	MS	Unattached	0:57:24
999	Paul Errington	1876	M40	Unattached	0:57:24
1000	Caroline Milwright	1545	FS	Unattached	0:57:25

### **1001-1100**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1001	Lucy Trayford	1567	MS	Unattached	0:57:26
1002	William Hurley	656	M55	Westbury Harrs	0:57:26
1003	David Edbrooke	664	M40	Unattached	0:57:27
1004	Mark Davies	767	MS	Unattached	0:57:28
1005	Tony Hall	304	M55	Unattached	0:57:29
1006	Keiron Self	1620	MS	Unattached	0:57:29
1007	Matthew Bowen	1621	MS	Unattached	0:57:30
1008	Andrew Doherty	1337	MS	Unattached	0:57:30
1009	Gareth Denton	129	MS	Unattached	0:57:30
1010	Rebecca Williams	911	F35	Unattached	0:57:31
1011	Sian Doherty	1336	F35	Unattached	0:57:31
1012	Carys Roberts	1739	FS	Unattached	0:57:33
1013	Iona Mackenzie	1268	F35	Unattached	0:57:35
1014	Mark Evans	145	MS	Unattached	0:57:36
1015	Sion Roberts	486	M40	Unattached	0:57:38
1016	Trevor Durbridge	352	M50	Unattached	0:57:40
1017	Melanie Youngs	556	FS	Unattached	0:57:41
1018	Bethan Enticott	1859	FS	Unattached	0:57:44
1019	Ian Smith	610	MS	Unattached	0:57:45
1020	Dylan Hughes	1853	MS	Unattached	0:57:46
1021	George Venables	1616	M50	South Wales Police	0:57:46
1022	Sue Murray	1589	FS	Unattached	0:57:52
1023	Fintan McDonald	514	M40	Unattached	0:57:52
1024	Charlotte Haward	348	FS	Unattached	0:57:53
1025	Leah Moustselou	1664	FS	Unattached	0:57:55
1026	Paul Davies	914	M55	Unattached	0:57:57
1027	Carl Sherlock	603	MS	Unattached	0:57:59
1028	Andrew Owens	900	M40	Unattached	0:58:00
1029	Amanda Jane Morgan	179	FS	TROTS	0:58:02
1030	James Rabaiotti	322	MS	Unattached	0:58:03
1031	Richard Oram	783	MS	Unattached	0:58:04
1032	Leah Hefferman	1206	FS	Unattached	0:58:04
1033	Sarah Williams	941	F35	Unattached	0:58:05

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1034	Alec Phillips	1489	M40	Unattached	0:58:05
1035	Mike Batt	888	M40	Unattached	0:58:07
1036	Orla Donnelly	196	FS	Unattached	0:58:08
1037	Anna Bellamy	1598	FS	Unattached	0:58:09
1038	Kevin L Jones	1776	MS	First Wheelchair Finisher	0:58:10
1039	Paul Clyburn	1920	M50	Unattached	0:58:11
1040	Helena Gannon-Thomas	814	FS	Unattached	0:58:12
1041	David Pitman	812	M40	Unattached	0:58:12
1042	Helen Irons	1544	FS	Unattached	0:58:13
1043	Jane Ellison	1543	FS	Unattached	0:58:14
1044	Allen Bevan	1186	M45	Unattached	0:58:16
1045	Catherine Rowlands	942	F35	Unattached	0:58:16
1046	Penny Leat	705	FS	Unattached	0:58:16
1047	Emma Cownie	354	F35	Unattached	0:58:17
1048	Julie Williams	387	F45	Unattached	0:58:18
1049	Diana Davies	1479	FS	Unattached	0:58:19
1050	Sherry Masoud	328	FS	Unattached	0:58:20
1051	Nigel Thomas	193	M45	Unattached	0:58:21
1052	Joanne Powell	1775	FS	Unattached	0:58:21
1053	Samantha Evans	239	FS	Unattached	0:58:23
1054	Susan Wykes	1517	F40	Unattached	0:58:26
1055	Ian Bullock	1463	MS	Unattached	0:58:26
1056	Emma Neale Edwards	335	FS	Unattached	0:58:28
1057	Krisitan Rogers	1588	MS	Unattached	0:58:28
1058	Gerard Smith	222	M45	Unattached	0:58:28
1059	Laura Lelievre	336	FS	Unattached	0:58:29
1060	Michael Griffiths	171	M40	Unattached	0:58:29
1061	Jennifer Roberts	1444	F55	Brecon A C	0:58:30
1062	Alan Wilkins	1074	M50	Unattached	0:58:32
1063	Phillip Thomas	1617	M50	Unattached	0:58:32
1064	Kathryn Wilkins	1073	F45	Unattached	0:58:32
1065	Ceridwen Wilson	580	F40	Unattached	0:58:33
1066	Lisa Thomas	632	F35	Unattached	0:58:33
1067	Lisa Davies	1468	F35	Unattached	0:58:33
1068	Joanne Davies	639	FS	Unattached	0:58:33
1069	Adrian Rodney Edwards	280	M55	Unattached	0:58:34
1070	Ruth Hambley	1353	F35	Unattached	0:58:35
1071	Mark Iles	138	MS	Unattached	0:58:35
1072	Wesley James	913	MS	Unattached	0:58:36
1073	Kelvin Spear	1298	MS	Unattached	0:58:36

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1074	Glenys Curtis	823	F50	Unattached	0:58:37
1075	Karen Ceeny	1097	F45	Lliswerry Runners	0:58:37
1076	Dawn Howles	281	F35	Unattached	0:58:37
1077	Jane Owens	1305	F40	Unattached	0:58:38
1078	Derrick Harris	1442	M65	Unattached	0:58:38
1079	Frances Machin	1002	FS	Les Croupiers	0:58:39
1080	Daniel Symonds	342	MS	Unattached	0:58:40
1081	John Townson	910	MS	Unattached	0:58:41
1082	Gary Dunsford	277	MS	Unattached	0:58:41
1083	Elen Willis	732	FS	Unattached	0:58:42
1084	Michael Waters	1043	MS	Unattached	0:58:43
1085	Andrew Cowley	1191	M50	Unattached	0:58:44
1086	Julie O'Leary	1132	F35	Unattached	0:58:47
1087	Angela Parry Lowther	1352	F40	Unattached	0:58:47
1088	Elizabeth Rees	1345	F40	Unattached	0:58:47
1089	Georgina Williams	945	F35	Unattached	0:58:48
1090	Phil Allen	1684	M45	Unattached	0:58:49
1091	William D Norgan	1736	M40	Unattached	0:58:52
1092	Andrea Wilcox	1790	FS	Unattached	0:58:52
1093	Rob Wilcox	1791	MS	Unattached	0:58:52
1094	Christopher Sollars	654	M45	Unattached	0:58:53
1095	Nina Burczyk	1933	FS	Unattached	0:58:54
1096	Glynn Canning	436	M45	Unattached	0:58:54
1097	Ruth Graham	1934	F35	Unattached	0:58:54
1098	Sarah Pellow	578	FS	Unattached	0:58:55
1099	Thomas Roberts	957	MS	Unattached	0:58:55
1100	David Attley	371	MS	Unattached	0:58:56

### **1101-1200**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1101	Darren Morgan	1501	MS	Cardiff Harlequins	0:58:58
1102	Alan Bladen	1053	M65	Les Croupiers	0:59:00
1103	Annabel Brito	1950	F35	Unattached	0:59:01
1104	Lorenza Thomas	1470	F50	Unattached	0:59:02
1105	Elizabeth Williams	386	F45	Unattached	0:59:02
1106	Helen Cahill	1374	F45	Unattached	0:59:02
1107	Runner 687	687	MS	Unattached	0:59:03
1108	Chris Daw	154	MS	Unattached	0:59:03
1109	Jane Chappelle	690	F40	Unattached	0:59:03

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1110	Geraldine Williams	967	F35	Sospan R R	0:59:04
1111	Gareth Williams	593	MS	Unattached	0:59:04
1112	Mark Harper	821	MS	Unattached	0:59:04
1113	Sandra Stevens	1437	F55	Unattached	0:59:04
1114	David R. Tapper	256	M60	Islwyn R C	0:59:06
1115	Andy Jones	1792	MS	Unattached	0:59:07
1116	Clive Evans	199	M60	Unattached	0:59:07
1117	Catherine Willey	1430	FS	Unattached	0:59:08
1118	Tom Dyer	728	M55	Unattached	0:59:08
1119	Suzanne Thickens	389	FS	Unattached	0:59:08
1120	Gary Pearce	1863	MS	Unattached	0:59:08
1121	Lowri Edwards	1592	FS	Unattached	0:59:09
1122	Simon James	906	MS	Les Croupiers	0:59:11
1123	Mark Pringle	1500	MS	Unattached	0:59:13
1124	Susan Davies	1591	FS	Unattached	0:59:14
1125	Hannah Davey	153	FS	Unattached	0:59:15
1126	Richard Hale	976	MS	Unattached	0:59:15
1127	Paula Kennedy	675	F35	Unattached	0:59:17
1128	Nigel Ferrand	446	M45	Unattached	0:59:18
1129	Richard Edwards	547	MS	Unattached	0:59:20
1130	Gary William Collier	261	M60	Unattached	0:59:21
1131	Ken East	1409	M50	Unattached	0:59:22
1132	Terry Wesson	182	M65	Unattached	0:59:25
1133	Liam Plowman	1292	MS	Unattached	0:59:26
1134	Michelle Powell	679	FS	Unattached	0:59:26
1135	Tristan Christopher Plowman	1291	MS	Unattached	0:59:27
1136	Stephen Thomas	1564	MS	Unattached	0:59:27
1137	Marianne Burridge	1149	F45	Fairwater Runners	0:59:28
1138	Nigel Williams	1239	M40	Unattached	0:59:28
1139	Victoria Roderick	284	FS	Unattached	0:59:28
1140	Julia Daw	1126	FS	Unattached	0:59:28
1141	Steve James	1697	M45	Unattached	0:59:29
1142	Brendan Plowman	1290	MS	Unattached	0:59:29
1143	Emma Williams	1499	FS	Unattached	0:59:36
1144	Dyfed Cynan	479	MS	Unattached	0:59:37
1145	Graham Funnell	290	M60	Unattached	0:59:38
1146	David Payne	125	MS	Unattached	0:59:41
1147	Andrea Reynolds	1009	F40	Swansea Harrs	0:59:42
1148	Maria Porter	1484	FS	Islwyn R C	0:59:44
1149	Joanne Greenwood	1052	FS	Les Croupiers	0:59:46

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1150	Lisa Wood	1051	FS	Les Croupiers	0:59:46
1151	Anna Auchterlonie	1599	FS	Unattached	0:59:46
1152	Anthony Malcolm	1586	MS	Unattached	0:59:49
1153	Derek Stroud	582	M55	Unattached	0:59:49
1154	John Lewis	1156	M40	Unattached	0:59:50
1155	Carol Forde	1359	F40	Unattached	0:59:51
1156	Fadi Baydoun	1106	MS	Unattached	0:59:51
1157	Kevin Protheroe	1241	M45	Unattached	0:59:51
1158	David Tanner	1816	M50	Unattached	0:59:52
1159	Geraint Lloyd Griffiths	1045	MS	Unattached	0:59:52
1160	Lynne Cronin	1032	F45	Unattached	0:59:53
1161	Tony Dorsett	780	M60	Les Croupiers	0:59:55
1162	Jon Brassey	1861	MS	Unattached	1:00:00
1163	Peter Clark	209	M50	Unattached	1:00:00
1164	Christine Vokes	855	F60	Unattached	1:00:02
1165	Margaret Morgan	1270	F50	Unattached	1:00:03
1166	Gwen Thomas	104	FS	Unattached	1:00:04
1167	Kristina Enilcoat	1847	FS	Unattached	1:00:05
1168	Graham Irving	764	M40	Unattached	1:00:05
1169	Robert Lewis	1880	M40	Unattached	1:00:05
1170	Fiona Smith	634	FS	Unattached	1:00:10
1171	Bethan Griffiths	1451	FS	Unattached	1:00:13
1172	Sarah Harries	631	F35	Unattached	1:00:16
1173	Julie Evans	1150	FS	Unattached	1:00:17
1174	Rhian Roberts	1905	F40	Unattached	1:00:20
1175	Kate Johnson	437	FS	Unattached	1:00:21
1176	Cheryl Davies	513	F35	Unattached	1:00:22
1177	Marc Bengier	572	MS	Unattached	1:00:23
1178	Valerie Meechan	765	F55	Angels R C	1:00:25
1179	Pru Marriot	805	F40	Unattached	1:00:28
1180	Carlos Pinatti	1763	MS	Unattached	1:00:31
1181	Matthew Harris	1707	M40	Unattached	1:00:33
1182	Bill Eaton	309	M70	Unattached	1:00:34
1183	Alison Grant	1600	FS	Unattached	1:00:34
1184	Pamela Murch	1248	FS	Unattached	1:00:37
1185	Philip Collier	1583	MS	Unattached	1:00:37
1186	Jayne Evans	721	F50	Unattached	1:00:38
1187	Steve Powell	680	MS	Unattached	1:00:38
1188	Raymond Cox	564	M40	Unattached	1:00:39
1189	Claire Lewis	907	F35	Unattached	1:00:41

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1190	Anna Porazinski	343	FS	Unattached	1:00:41
1191	Carl Hier	669	M40	Unattached	1:00:42
1192	Suzanne Bishop	1927	F40	Unattached	1:00:43
1193	Pamela Browning	1144	F35	Unattached	1:00:43
1194	Judith Anne Maragna	1064	F50	Unattached	1:00:44
1195	Neil Leonard Price	214	M55	Islwyn R C	1:00:46
1196	Sasha Macken	1386	FS	Unattached	1:00:47
1197	Illya Duval	743	MS	Unattached	1:00:47
1198	Margaret Smith	1380	F35	Unattached	1:00:48
1199	Jo McConnell	1570	F35	Unattached	1:00:49
1200	Dosanjh MacKinder	1768	MS	Unattached	1:00:49

### **1201-1300**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1201	Ioan Evans	510	MS	Unattached	1:00:50
1202	David Phelps	1401	M40	Unattached	1:00:51
1203	Catrin Griffith	443	F35	Unattached	1:00:52
1204	Don O'Driscoll	1018	M40	Unattached	1:00:52
1205	Pat Kelly	508	M50	Unattached	1:00:54
1206	Michael Owen	543	MS	Unattached	1:00:55
1207	Cathy Hallows	1580	F35	Unattached	1:00:58
1208	Kerry Francis	1871	M40	Unattached	1:00:59
1209	Nia Honeybun	1054	F40	Unattached	1:01:00
1210	Frances Sloan	747	F45	Unattached	1:01:03
1211	Alan Oliver	1846	M40	Unattached	1:01:08
1212	Timothy Bowen	1520	M40	Unattached	1:01:08
1213	Mike Cox	291	M50	Unattached	1:01:09
1214	Alun Muardi	1008	MS	Unattached	1:01:12
1215	Carol Osman	701	F50	Unattached	1:01:14
1216	Emma Williams	1387	FS	Unattached	1:01:14
1217	Wendy Thomas	851	F40	Unattached	1:01:14
1218	Heidi Lorenz	1255	F45	Unattached	1:01:17
1219	Maureen Fallon	1686	F40	Unattached	1:01:17
1220	David Saunders	1254	M45	Unattached	1:01:19
1221	Lee Rowley	1671	MS	Unattached	1:01:20
1222	Julie James	108	FS	Unattached	1:01:20
1223	Andrew James	107	MS	Unattached	1:01:21
1224	Andrew Rowlands	943	M40	Unattached	1:01:22
1225	Marie Badaire	1949	FS	Unattached	1:01:23



<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1226	Nest Evans	885	F40	Unattached	1:01:24
1227	James Doyle	1121	MS	Unattached	1:01:24
1228	Neil Sargeant	1712	MS	Unattached	1:01:25
1229	Melissa Jenkins	1170	FS	Unattached	1:01:25
1230	Claire Turner	1698	FS	Unattached	1:01:25
1231	Andrew Davies	1236	M40	Aberdare A A C	1:01:26
1232	Ashok Aggarwal	1625	M50	Unattached	1:01:26
1233	Joe Emms	1665	MS	Unattached	1:01:26
1234	Carol Goddard	1128	FS	Unattached	1:01:27
1235	Anthony Cribb	1288	M50	Unattached	1:01:28
1236	Sarah Stroud	989	F35	Unattached	1:01:29
1237	Joanne Kershaw	1612	FS	Unattached	1:01:31
1238	Nichola Simmonds	617	FS	Unattached	1:01:31
1239	Nichola Williams	618	FS	Unattached	1:01:31
1240	Niall Hughes	1618	MS	Unattached	1:01:32
1241	Gareth Davies	570	MS	Unattached	1:01:33
1242	Neil Carless	608	MS	Unattached	1:01:34
1243	Tobias Buckler	1795	M45	Unattached	1:01:35
1244	Neil Sellars	1609	M55	Unattached	1:01:35
1245	Huw Griffiths	899	M45	Unattached	1:01:35
1246	Deborah Spencer	930	F45	Unattached	1:01:36
1247	Paul Atkins	1257	M50	San Domenico	1:01:37
1248	Donald Fraser	841	MS	Unattached	1:01:38
1249	Jasper Trevelyan	1788	MS	Unattached	1:01:38
1250	Peter Rodda	400	M50	Unattached	1:01:39
1251	Ceri Fielding	373	MS	Unattached	1:01:39
1252	Gabriel Hagar	1787	MS	Unattached	1:01:39
1253	Emma Rees	1031	FS	Unattached	1:01:41
1254	Mike Rees	1030	MS	Unattached	1:01:41
1255	Tim Barsby	370	M50	Unattached	1:01:41
1256	Catherine Llewelyn	1436	F40	Unattached	1:01:42
1257	Wayne Jenkins	1424	M45	Unattached	1:01:43
1258	Julia Price	450	F45	Unattached	1:01:43
1259	Angela Jones	1523	FS	Unattached	1:01:43
1260	Lindsey Davies	1850	FS	Unattached	1:01:44
1261	Lydia Vitolo	1944	FS	Unattached	1:01:45
1262	Patrizia Donovan	403	F45	Unattached	1:01:45
1263	Jamie Trask	1201	MS	Unattached	1:01:47
1264	Nell Pugh	1354	FS	Unattached	1:01:48
1265	Alan Phillips	1490	MS	Unattached	1:01:48

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1266	Runner 583	583	MS	Unattached	1:01:48
1267	David Jones	1699	M40	Unattached	1:01:48
1268	Bernard Davies	708	M60	Unattached	1:01:50
1269	Emyr Roberts	1443	M60	Brecon A C	1:01:52
1270	Katharine Lewis	414	FS	Unattached	1:01:54
1271	Bryan Wadley	1371	MS	Unattached	1:01:54
1272	Cheryl Norris	756	FS	Unattached	1:01:54
1273	Kathryn Bramhall	757	FS	Unattached	1:01:54
1274	Lynne Owen	1483	F35	Islwyn R C	1:01:54
1275	Robert Davies	984	MS	Unattached	1:01:56
1276	Emma Davies	958	FS	Unattached	1:01:58
1277	Huw Williams	657	M50	Unattached	1:02:00
1278	Julie Gandy	480	FS	Unattached	1:02:01
1279	Raymond Gandy	481	MS	Unattached	1:02:02
1280	Katie Chappell	1475	FS	Unattached	1:02:02
1281	Charlotte Brown	1081	FS	Unattached	1:02:05
1282	Julian French	1938	M40	Unattached	1:02:06
1283	Tracy French	1937	FS	Unattached	1:02:07
1284	Karen Lewis	459	F35	Unattached	1:02:09
1285	Louisa Vitolo	1945	FS	Unattached	1:02:09
1286	Denver Jones	1175	MS	Unattached	1:02:09
1287	Richard McCarthy	496	MS	Unattached	1:02:11
1288	Easter Alfryn	702	M55	Unattached	1:02:11
1289	Steve Harris	826	M45	Unattached	1:02:13
1290	Huw Mason	1306	M45	Unattached	1:02:14
1291	Sharon Palmer	1093	FS	Unattached	1:02:19
1292	Joanne Rees	1108	FS	Unattached	1:02:20
1293	Andrew Hollins	1518	MS	Unattached	1:02:22
1294	Pam Selwyn	158	F50	Angels R C	1:02:25
1295	Sarah Williams	891	FS	Unattached	1:02:27
1296	Katrina Greenhaf	822	F40	Unattached	1:02:27
1297	Bethan Skelton	927	FS	Unattached	1:02:30
1298	Suzanne Langrish	1573	F40	Unattached	1:02:31
1299	Ann Jones	829	F40	Unattached	1:02:33
1300	Karl Pryce	1819	M40	Unattached	1:02:34

### **1301-1400**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1301	Matt Turner	803	MS	Unattached	1:02:35

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1302	Kate Turner	802	FS	Unattached	1:02:35
1303	John Cole	410	M55	Unattached	1:02:35
1304	Huw Griffiths	647	MS	Unattached	1:02:36
1305	Steven Anthony Pritchard	1198	MS	Unattached	1:02:37
1306	Shirley Morris	1104	F45	Unattached	1:02:42
1307	David Morris	1103	M45	Unattached	1:02:42
1308	Philip Price	1297	M40	Unattached	1:02:45
1309	Jonathan Cheesman	324	MS	Unattached	1:02:45
1310	David Jones	689	MS	Unattached	1:02:48
1311	Julie Williams	1220	F40	Unattached	1:02:48
1312	Mari Herbert	1749	F35	Unattached	1:02:49
1313	Rachel Lord	1777	F35	Unattached	1:02:49
1314	David Thomas	737	M40	Unattached	1:02:51
1315	Caryl Lewis	1376	FS	Unattached	1:02:53
1316	Hayley Rogers	1508	F35	Unattached	1:02:54
1317	Claire Curneen	1572	F35	Unattached	1:02:55
1318	Michael Farr	420	M40	Unattached	1:02:55
1319	Kim Farr	422	F40	Unattached	1:02:55
1320	Julie Rees	1485	F40	Unattached	1:02:55
1321	Chris Rees	1486	M40	Unattached	1:02:55
1322	David Cartwright	584	M40	Unattached	1:02:56
1323	Helen Hunt	1939	F55	Unattached	1:02:56
1324	Gerald Kemp	1421	M40	Unattached	1:02:56
1325	Deborah Spurrier	815	F40	Unattached	1:02:56
1326	Paul Spurrier	816	M40	Unattached	1:02:56
1327	Christine Anne Long	1234	F45	Unattached	1:03:00
1328	Gareth Morris	1174	M40	Unattached	1:03:02
1329	Richard Haggerty	985	MS	Unattached	1:03:03
1330	Christopher James	382	MS	Unattached	1:03:06
1331	Sally Patricia Shroll	365	F45	Unattached	1:03:08
1332	Rhys Birks	1367	M55	Unattached	1:03:16
1333	Dilys Morris - Jones	1710	F45	Unattached	1:03:21
1334	Donald Fearn	1070	M70	Brecon A C	1:03:22
1335	Ceri Jones	453	F40	Unattached	1:03:23
1336	Maggie Vinestock	569	F40	Unattached	1:03:25
1337	Una Jones	555	F40	Unattached	1:03:25
1338	Pauline Jane Rees	116	F45	Unattached	1:03:27
1339	Janet Powell	986	F50	Unattached	1:03:27
1340	Simon Wigley	773	M40	Unattached	1:03:28
1341	Julia Smith	752	F35	Unattached	1:03:41

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1342	Sharon Pope	751	F35	Unattached	1:03:42
1343	Clare Cann	1809	F35	Unattached	1:03:42
1344	Grant McKay	311	M55	Unattached	1:03:43
1345	Vikki Thomas	1909	FS	Unattached	1:03:44
1346	Carl McDermott	441	M40	Unattached	1:03:44
1347	Richard Penny	242	M55	Unattached	1:03:44
1348	Richard Dobson	1482	M50	Westbury Harrs	1:03:46
1349	Liz Mallen	1548	F40	Unattached	1:03:47
1350	Peter Lawley	1116	M45	Bedford Harrs	1:03:48
1351	Simon Hudd	279	MS	Unattached	1:03:48
1352	Nico Van Greunen	1317	MS	Unattached	1:03:50
1353	Philip Harding	1653	M45	Unattached	1:03:51
1354	Geoff Wyatt	1657	M50	Unattached	1:03:51
1355	Rachel Deacon	518	FS	Unattached	1:03:52
1356	Hussana Khanom	758	FS	Unattached	1:03:54
1357	Charles Davies	423	M70	Unattached	1:03:58
1358	Katherine Armstrong	579	FS	Unattached	1:03:58
1359	John Soulsby	230	M60	Unattached	1:03:58
1360	Kay Ramsey	568	F35	Unattached	1:03:59
1361	Anthony Lockyer	1643	MS	Unattached	1:03:59
1362	Frank Broderick	633	MS	Unattached	1:04:00
1363	Philip Manfield	665	M40	Unattached	1:04:10
1364	Andrea Jones	1209	F35	Unattached	1:04:12
1365	Anne Donald	1013	F55	Les Croupiers	1:04:15
1366	Richard Davies	399	MS	Unattached	1:04:16
1367	Heledd Parry	1395	FS	Unattached	1:04:20
1368	Judy Wright	668	F35	Unattached	1:04:22
1369	Neil Jepps	1244	M40	Unattached	1:04:28
1370	Gerald Curtis	824	M50	Unattached	1:04:29
1371	Giles Peacock	1820	MS	Unattached	1:04:29
1372	Tony Sudworth	1242	M45	Unattached	1:04:30
1373	Steven Jenkins	1313	M40	Unattached	1:04:31
1374	Richard Hamling	710	MS	Unattached	1:04:34
1375	April Dent	554	FS	Unattached	1:04:36
1376	Judith Baydoun	1107	F50	Unattached	1:04:37
1377	Louise Kinsey	1509	FS	Unattached	1:04:38
1378	Anna Peace	339	FS	Unattached	1:04:38
1379	Sinead Morgan	361	FS	Unattached	1:04:38
1380	Katherine Duerdoth	356	FS	Unattached	1:04:43
1381	Beverley Rogers	1038	F35	Unattached	1:04:48

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1382	Nickie Davies	1778	F35	Unattached	1:04:51
1383	Nev Jenkins	455	MS	Unattached	1:04:53
1384	Joanne Sproul	1130	F35	Unattached	1:04:55
1385	Stephen O'Leary	1133	M45	Unattached	1:04:56
1386	Linda Isaac	1634	F45	Unattached	1:04:57
1387	Anne Wesson	181	FS	Unattached	1:05:00
1388	Paul Wesson	180	MS	Unattached	1:05:00
1389	Diane McTavish	1341	F40	Unattached	1:05:01
1390	Carolyn Michael	1498	F40	Unattached	1:05:03
1391	Leanne Frankande	693	FS	Unattached	1:05:08
1392	Julie Kemp	1420	F40	Unattached	1:05:09
1393	Kirsty Gameson	238	FS	Unattached	1:05:12
1394	Michael Rees	1690	MS	Unattached	1:05:14
1395	Linda Clark	208	F40	Unattached	1:05:14
1396	Ron Hill	1281	M50	Unattached	1:05:17
1397	Michelle Narey	494	F40	Unattached	1:05:17
1398	Carol Davies	741	F35	Unattached	1:05:19
1399	Sarah Cuddihy	658	F40	Unattached	1:05:19
1400	Nia Jones	1635	FS	Unattached	1:05:19

#### **1401-1500**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1401	Sarah Pyle	435	FS	Unattached	1:05:19
1402	Mary McDonough	659	F35	Unattached	1:05:20
1403	David R Davies	1865	MS	Unattached	1:05:20
1404	Sarah Gage	195	F35	Unattached	1:05:20
1405	Anneli Smitham	1393	FS	Unattached	1:05:24
1406	Alison Bassett	920	F40	Unattached	1:05:26
1407	Megan Edwards	1187	FS	Unattached	1:05:29
1408	David Turner	1148	MS	Unattached	1:05:30
1409	Michelle Christmas	892	F35	Unattached	1:05:30
1410	Sarah Gregory	893	F35	Unattached	1:05:31
1411	Alison Evans	434	F40	Unattached	1:05:33
1412	Pamela Jane Clancy	355	F50	Unattached	1:05:33
1413	Anthony Morgan	1230	M40	Unattached	1:05:35
1414	Kiloran Buckler	338	FS	Unattached	1:05:35
1415	Kevin Llewellyn	1163	M50	Unattached	1:05:37
1416	Lisa Whitten	1414	FS	Unattached	1:05:40
1417	Hannah Massey	1464	FS	Unattached	1:05:42

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1418	Dan Cochrane	1465	MS	Unattached	1:05:42
1419	Rob Ellis	776	M45	Unattached	1:05:42
1420	Julie Pamplin	813	F40	Unattached	1:05:44
1421	Jeff Davies	1265	M50	Unattached	1:05:45
1422	Derek Miller	725	M65	Road Runners Club	1:05:48
1423	Bethan Cartwright	1685	M40	Unattached	1:05:49
1424	Jacqueline McDonald	935	FS	Unattached	1:06:02
1425	Anne Soulsby	231	F50	Unattached	1:06:03
1426	Nicholas Bennett	1740	MS	Unattached	1:06:04
1427	Geraint Wright	1742	MS	Unattached	1:06:10
1428	Jocelyn Andrews	1872	F45	Unattached	1:06:14
1429	Molly Melhuish	259	FS	Unattached	1:06:21
1430	Elizabeth Walters	1593	FS	Unattached	1:06:24
1431	Lara Hopkinson	248	FS	Unattached	1:06:25
1432	Sarah Russell	966	F35	Unattached	1:06:27
1433	Andrew John	550	M40	Unattached	1:06:29
1434	Potteth Sudheer	1953	MS	Unattached	1:06:33
1435	Martin Donovan	1261	M45	Unattached	1:06:39
1436	Julia Sherlock	602	F35	Unattached	1:06:41
1437	Dilek Akgan	1615	F35	Unattached	1:06:53
1438	Sian Jones	1860	FS	Unattached	1:06:54
1439	David Reese	598	M45	Unattached	1:06:56
1440	Claire Burgess	1754	F35	Unattached	1:06:59
1441	Julie Kelleher	416	F40	Unattached	1:07:00
1442	Richard Hopkinson	249	MS	Unattached	1:07:03
1443	Lucy Kerslake	1063	FS	Unattached	1:07:04
1444	Debbie Gill	124	F40	Unattached	1:07:05
1445	Ian Jarman	270	M55	Unattached	1:07:05
1446	Helen Brown	809	FS	Unattached	1:07:13
1447	Laura Thomas	192	FS	Unattached	1:07:14
1448	Karen Phillips	1050	F35	Les Croupiers	1:07:14
1449	Janette Evans	306	F45	Unattached	1:07:16
1450	Sarah Jane Norris	464	F35	Unattached	1:07:17
1451	Malcolm Parker	1537	M60	Islwyn R C	1:07:21
1452	Rachel Mitchell	1096	FS	Unattached	1:07:22
1453	Sarah Mynott	1597	F35	Unattached	1:07:24
1454	Jeff Walsh	1802	M40	Unattached	1:07:26
1455	L Hargist	210	M45	Unattached	1:07:27
1456	Paula Thomas	928	F45	Unattached	1:07:27
1457	Desmond O'Duffy	1752	M40	Unattached	1:07:28

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1458	Liddy Evans	119	F35	Unattached	1:07:28
1459	Kathryn Sanders	118	F35	Unattached	1:07:28
1460	Rachel Hector	1732	FS	Unattached	1:07:36
1461	Michael Harmer	465	M50	Unattached	1:07:37
1462	Judith Hall	516	F45	Unattached	1:07:37
1463	Bethan Lewis	1004	FS	Unattached	1:07:38
1464	Jane Ellis	1005	FS	Unattached	1:07:38
1465	Janice Potter	313	F45	Unattached	1:07:43
1466	Bronwen Liles	1071	F55	Unattached	1:07:47
1467	Kathryn McKay	310	FS	Unattached	1:07:52
1468	Emily Harmer	466	FS	Unattached	1:07:56
1469	David Coles	585	MS	Wattsville Harrs	1:08:17
1470	Carol Palmer	1177	F55	Newport Harrs	1:08:17
1471	Christopher Owens	1066	M45	Unattached	1:08:21
1472	Lois Borley	777	FS	Unattached	1:08:25
1473	Angela O'Neill	1122	F40	Unattached	1:08:30
1474	Sarah Thomas	1510	FS	Unattached	1:08:33
1475	Martin Gaunt	595	MS	Edinburgh Uni Hare & Hounds	1:08:37
1476	Garthine Walker	1569	F40	Unattached	1:08:42
1477	Andrea Jones	429	F40	Unattached	1:08:42
1478	teri Harvey	1028	F35	Unattached	1:08:46
1479	Jacob Harvey	1029	MS	Unattached	1:08:46
1480	Elizabeth Trenchard	1785	F55	Unattached	1:08:49
1481	Phillip Trenchard	1786	M55	Unattached	1:08:49
1482	Glynys Davies	1058	F40	Unattached	1:08:57
1483	Kath Smith	1526	F40	Unattached	1:08:57
1484	Rachel Collier	1403	FS	Unattached	1:08:58
1485	Simon Collier	1404	MS	Unattached	1:08:59
1486	Anita Aggarwal	1624	FS	Unattached	1:09:00
1487	Sarah Oliver	475	FS	Unattached	1:09:01
1488	Rhianne Cox	474	FS	Unattached	1:09:01
1489	Helen Anderson	1797	FS	Unattached	1:09:01
1490	Melanie Duggan	294	FS	Unattached	1:09:02
1491	Patricia Davidson	933	F45	Unattached	1:09:05
1492	Bethan Jones	997	FS	Unattached	1:09:10
1493	David Winter	1419	M40	Unattached	1:09:11
1494	Jannette Thorne	1178	F40	Womens Running Network	1:09:11
1495	Cath Dutfield	1557	F40	Unattached	1:09:15
1496	Sarah Hartrey	636	FS	Unattached	1:09:23
1497	Michael Davies	362	MS	Unattached	1:09:25

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1498	Paula Rees	1813	F35	Unattached	1:09:27
1499	Paul Rees	260	MS	Unattached	1:09:28
1500	Laurie Robins	1200	FS	Unattached	1:09:28

### **1501-1600**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1501	Sandra Cook	433	F40	Unattached	1:09:29
1502	Simon Burnell	188	MS	Unattached	1:09:30
1503	Katie James	1460	FS	Unattached	1:09:31
1504	Jonathan James	1461	MS	Unattached	1:09:31
1505	Claire Cottrell	1558	FS	Unattached	1:09:33
1506	Richard Moodie	970	MS	Unattached	1:09:34
1507	Lynne Moodie	969	FS	Unattached	1:09:35
1508	Paul Costigan	379	MS	Unattached	1:09:37
1509	Gillian Murphy	1211	F50	Unattached	1:09:39
1510	Rhodri Evans	1473	MS	Unattached	1:09:43
1511	Tegryn Jones	1256	MS	Unattached	1:09:47
1512	Neil Cargill	795	MS	Unattached	1:09:49
1513	Alun Parry	1314	MS	Unattached	1:09:51
1514	Emma Sainsbury	1331	FS	Unattached	1:09:59
1515	Debbie Hawkins	536	F40	Unattached	1:10:02
1516	Nikki Coburn	1110	FS	Unattached	1:10:05
1517	Philip Coburn	1111	M50	Unattached	1:10:05
1518	Kate Miller	1119	FS	Unattached	1:10:11
1519	Darren Eastmond	548	MS	Unattached	1:10:12
1520	Debbie Flint	936	FS	Unattached	1:10:13
1521	Eleri Owen	922	FS	Unattached	1:10:13
1522	Sian Coxall	1704	FS	San Domenico	1:10:27
1523	Ray Rivett	1060	MS	Unattached	1:10:28
1524	Hilary Duggan	293	F50	Unattached	1:10:30
1525	Sue Cox	292	F50	Unattached	1:10:30
1526	Fiona Clancy	454	FS	Unattached	1:10:40
1527	Victoria Wright	1259	FS	Unattached	1:10:45
1528	David Braithwaite	451	M55	Unattached	1:10:58
1529	Charlie Sorrell	1668	MS	Unattached	1:11:06
1530	Gareth Murphy	1666	MS	Unattached	1:11:07
1531	Cal Marshman	344	F35	Unattached	1:11:07
1532	Ian Thomas	811	MS	Unattached	1:11:08
1533	Anita Van Der Niet	393	F35	Unattached	1:11:09



<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1534	Christine Faulkner	1213	F35	Unattached	1:11:10
1535	Linda Burnell	189	F40	Womens Running Network	1:11:10
1536	Graham Johnson	286	M60	Serpentine R C	1:11:12
1537	Jim Hogg	1425	M70	Unattached	1:11:25
1538	Shula Mahoney	793	F40	Unattached	1:11:30
1539	Sian E Clyburn	1917	FS	Unattached	1:11:43
1540	Joanne Parry	149	FS	Unattached	1:11:52
1541	Susan Walker	1185	F60	Unattached	1:11:52
1542	Carys Roberts-Amos	498	FS	Unattached	1:11:55
1543	Matthew Collins	1709	MS	Unattached	1:12:07
1544	Kay Lewis	1906	FS	Unattached	1:12:07
1545	John Peters	713	MS	Unattached	1:12:09
1546	Michael Rees	949	MS	Unattached	1:12:15
1547	Nia Thomas	950	FS	Unattached	1:12:15
1548	Alex Jackson	316	M45	Unattached	1:12:21
1549	Allison Jones	650	FS	Unattached	1:12:23
1550	Tanya Watson	161	F50	Unattached	1:12:30
1551	Runner 839	839	MS	Unattached	1:12:32
1552	Michelle Salter	1215	F45	Unattached	1:12:38
1553	Rachael McMullen	769	FS	Unattached	1:12:38
1554	Wayne Driscoll	503	MS	Unattached	1:12:39
1555	G Sudhir	1932	MS	Unattached	1:12:43
1556	Robert Partridge	1091	M50	Unattached	1:12:46
1557	Mary Egan	490	F45	Unattached	1:12:49
1558	Monica Roblin	1887	F45	Unattached	1:12:55
1559	Pip Thomas	333	FS	Unattached	1:13:05
1560	Lisa Bentham	341	FS	Unattached	1:13:18
1561	Laura Kingdon	545	FS	Running 4 Women	1:13:21
1562	Rita Kongdon	1821	FS	Unattached	1:13:22
1563	Emily Jakubowska	1324	FS	Unattached	1:13:30
1564	Stefan Jakubowska	1322	M45	Unattached	1:13:35
1565	Catriona Kay	331	FS	Unattached	1:13:38
1566	Helen McTavish	859	F40	Unattached	1:14:37
1567	Kate Hankinson	329	FS	Unattached	1:14:46
1568	Lydia Bullock	332	FS	Unattached	1:14:46
1569	Madeline Newcombe	327	FS	Unattached	1:14:47
1570	Pauline Lynch	982	F40	Unattached	1:14:50
1571	Jill Stephens	1087	F45	Aberdare A A C	1:14:54
1572	Emma Payne	1158	FS	Unattached	1:14:55
1573	Janette Davies	1173	F40	Unattached	1:14:55

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1574	Runner 655	655	MS	Unattached	1:14:55
1575	Sarah Watkins	889	FS	Unattached	1:14:58
1576	Anwen Lewis	1062	FS	Unattached	1:15:54
1577	William Mannings	1041	M70	Unattached	1:15:55
1578	Diana Johnson	1840	F60	Unattached	1:15:59
1579	Ms Preece	487	F35	Unattached	1:16:23
1580	David Siegel	887	F40	Unattached	1:16:24
1581	Manon Edwards	477	FS	Unattached	1:17:01
1582	Sarah Smith	1590	FS	Unattached	1:17:07
1583	Luned Davies	1495	FS	Unattached	1:17:25
1584	Ellie Waite	1105	FS	Unattached	1:17:26
1585	Ros Griffiths	1381	F40	Unattached	1:17:26
1586	Gaynor Denny	1100	FS	Unattached	1:17:34
1587	John Denny	1101	M50	Unattached	1:17:34
1588	David Peace	1693	M45	Unattached	1:17:57
1589	Becky Macnair	340	FS	Unattached	1:18:21
1590	Rachel Walters	998	FS	Unattached	1:18:44
1591	Suzanne Halliwell	673	F40	Unattached	1:19:04
1592	Feriel Jarrett	330	FS	Unattached	1:19:10
1593	Cathy Davies	203	FS	Unattached	1:20:04
1594	Jeffrey Davies	204	MS	Unattached	1:20:05
1595	Roisin Willmott	519	F35	Unattached	1:20:20
1596	Rakesh Aggarwal	1626	MS	Unattached	1:22:23
1597	Thomas Skinner	296	M40	Unattached	1:22:59
1598	Angie Jakubowska	1323	F45	Unattached	1:23:39
1599	Gemma Alderman	1325	FS	Unattached	1:23:39
1600	Huw Robert Barnes	850	MS	Unattached	1:24:39

### **1601-1613**

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1601	Sandra Anne Barnes	849	F35	Unattached	1:24:40
1602	Lee O'Donoghue	1702	MS	Unattached	1:24:44
1603	Karen Rutter	1521	FS	Unattached	1:25:17
1604	Margaret Derry	1595	F55	Unattached	1:25:17
1605	Ashu Aggarwal	1627	FS	Unattached	1:25:22
1606	Ruth Jackson	315	F40	Unattached	1:25:27
1607	Louise Katramanos	1349	F35	Unattached	1:25:30
1608	Shan Murphy	1916	F45	Unattached	1:25:36
1609	Nicola Brydon	1329	F35	Unattached	1:25:36

<b>Pos</b>	<b>Name</b>	<b>Num</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1610	Kim Browne	337	FS	Unattached	1:25:53
1611	Bethan Clyburn	1921	FS	Unattached	1:26:32
1612	Claire Sanderson	731	FS	Unattached	1:26:47
1613	Sally Clyburn	1918	F50	Unattached	1:26:54