

Cardiff KRUF 10K

14 September 2003

Incorporating Inter-Area Championships

Pos	Name	Club	Cat	Time
1	Julius Kibet		M	28:41
2	Wilfred Tarragon		M	28:53
3	Johnson Muiruri		M	29:10
4	Isaac Arusei		M	29:18
5	Chelimo Wilfred Chessrek		M	29:24
6	Chris Davies	Telford Harrs	M	29:27
7	Sam Haughian	Windsor Slough Hounslow	M	29:30
8	Steve Hepples	Loftus AC	M	29:32
9	Adrian Mussett	Colchester Harrs	M	29:37
10	Austine M Rono		M	29:55
11	Andrew Pearson	Longwood Harrs	M	30:08
12	R Burchall	Birchfield	M	30:13
13	Stuart Hall	Tipton Harrs	M	30:16
14	Gareth Raven	Sale Harrs	M	30:17
15	Nathanial Lane	Cardiff AAC	M	30:26
16	Adam Sutton	Preston Harrs	M	30:29
17	Lee Rodriquez	New Forrest Runners	M	30:43
18	Richard Gardener	Cardiff AAC	M	30:57
19	Rodri Jones	Westbury Harrs	M	31:01
20	Matthew Shaw		M	31:04
21	Gordon Lee	Nuneaton	M	31:05
22	Tim Watson	Havant AC	M	31:09
23	Andrew Swearing	Birchfield	M	31:11
24	Sullivan Smith	Swansea Harrs	M	31:13
25	Simon Deakin	Leeds City AC	M	31:27
26	Ray Plant	Stoke	M	31:44
27	Simon Jones	Cardiff AAC	M	31:48
28	Toby Lambert	Alton Runners	M	31:55
29	Mick O'Doherty	Westbury Harrs	M40	31:58
30	Gareth Davies	Swansea Harrs	M40	31:58
31	Julian Baker	Les Coupies	M	31:59
32	Luke Northall	Wrexham AAC	M	32:36

33	Paul Griffiths	Swansea Harrs	M	32:40
34	Steven Waldron	Torbay	M	32:52
35	Alec Woods	City of Bath	M	32:54
36	Daniel Lewis	Telford AC	M	33:06
37	Rye John	Thames Hare & Hounds	M45	33:10
38	Danny Norton	Rhondda Valley	M	33:10
39	Matthew Gurmin	Abertillery Achilles AC	M	33:14
40	Daniel Gurmin	Abertillery	M	33:19
41	Dave Lander	Severn AC	M	33:21
42	Stephen Hale	Severn AC	M	33:23
43	Alun Wood	Brackla Harrs	M	33:28
44	Simon Lund	Weston AC	M	33:58
45	Ian Williams	Trots	M	34:04
46	Miryam Wangari		F	34:04
47	Simon John Lewis	Cardiff AAC	M	34:08
48	Philip Crane	Neath Harrs	M40	34:12
49	Mick McGeoch	Les Coupies	M45	34:17
50	Chris Meyler	Pontypridd Roadents	M	34:20
51	Bev Jenkins	Salford Harrs	F	34:21
52	Michael Edward Johnson		M	34:23
53	Lucy Elliott	Shaftesbury Harrs	F35	34:33
54	Tim Lewis	Brackla Harrs	M	34:38
55	Philip Kendrick	Spa Tans	M40	34:42
56	Afan Humphries		M	34:49
57	John Sanders	Telford Harrs	M	34:52
58	Andy Jones		M	34:57
59	David Astins		M	35:04
60	Robert Kenneth Jones	Les Coupies	M40	35:05
61	Kieran White	Hercules Wimbledon	M	35:09
62	Julie O'Mara	Wakefield Harrs	F	35:09
63	Nicki Nealon	Huncote Harrs	F35	35:13
64	Jason Brown	Islwyn R C	M	35:16
65	Richard Ansell		M	35:19
66	Huw Beatty	Brackla Harrs	M	35:20
67	Nick Dukes	Les Coupies	M	35:25
68	Richard Marks	Sarn Helen	M50	35:27
69	Steve Brace	Bridgend AC	M40	35:29
70	Sandy Johnston	Les Coupies	M50	35:32
71	Peter Kellam	Les Coupies	M	35:33
72	Kevin Taylor	Amman Valley	M40	35:37
73	Michael Dury	Islwyn R C	M	35:38

74	Tara Krzywicki	Charnwood AC	F	35:40
75	Stuart Davidson	Bridgend AC	M50	35:40
76	Geraint Lewis	Bridgend AC	M	35:45
77	Simon Meredith		M	35:47
78	Huw Roberts	Bridgend AC	M45	35:57
79	David Davies	Spa Tans	M45	35:58
80	Derek Scarborough	Bridgend AC	M45	35:59
81	Kevin Lewis	Swansea Harrs	M40	36:00
82	Tom Ferrington	Corstorphine	M	36:01
83	Unknown Runner		M	36:02
84	David Constance	Stafford Harrs	M40	36:02
85	Robert William Bamsey	Neath Harrs	M45	36:03
86	David J Cunningham		M	36:05
87	Clifford Evans	Aberyswyth University	M45	36:06
88	Gavin Hanrahan		M	36:08
89	Alan Davies		M50	36:14
90	Clem Clement	Penarth & Dinas	M40	36:21
91	Peter Coles		M40	36:22
92	Gill Bacon	Wigan Phoenix	F	36:26
93	Phil Adams	Neath Harrs	M40	36:29
94	Jeff Davies	Pontypridd Roadents	M40	36:32
95	David Davies	Neath Harrs	M55	36:33
96	Claire Smallwood	Jarrow & Bebburn	F	36:37
97	Ignatills Wentzel	Yeovil Town R R C	M40	36:39
98	Jo Thompson		F	36:39
99	Amanda Proter	Basingstoke & Mid Hants	F	36:40
100	Paul Harris	Newport Harrs	M	36:42

Pos	Name	Club	Cat	Time
101	Phillip Jenkins	Bridgend AC	M	36:43
102	George Robinson	Stroud & District	M	36:44
103	Andrew Thomas	Sospan R R	M	36:46
104	David Harris	Lliswerry Runners	M	36:48
105	John Cox	Les Coupies	M	36:50
106	Barry H Johnston	Les Coupies	M50	36:50
107	Barry Wilson	Ludlow Runners	M50	36:51
108	Dave Coles	Les Coupies	M	36:54
109	Andrew Cleves	Les Coupies	M	36:56
110	Leslie Davis	Severn AC	M60	36:57
111	Mark Donovan		M40	36:58
112	Stephen Paterson	Pegasus R C	M	36:59
113	Anthony Jones		M	37:00

114 Louise Copp	Cardiff AAC	F40 37:02
115 Aaron Jones	Swansea Harrs	M45 37:03
116 Brian Hawkins		M 37:09
117 Emyr Roberts	Team Core Strength	M 37:10
118 Benjamin Payne	Team Core Strength	M 37:12
119 Edward Takata	Cardiff AAC	M 37:13
120 Philip Hurd		M45 37:13
121 Philip Davies		M 37:26
122 John David Cobb	W S E D H	M45 37:32
123 Matt Clarke	Sixth Dimension	M 37:33
124 Patrick Stockreisser		M 37:34
125 Mick Tabor	San Domenico	M50 37:35
126 David Lippiatt	Nailsea R C	M40 37:35
127 Frances Gill	Neath Harrs	F40 37:38
128 Andrew David Thompson		M45 37:39
129 Viv Tolley	Ludlow Runners	M40 37:44
130 Martin Dando	Team Core Strength	M 37:48
131 Ben Farag	Les Coupies	M40 37:48
132 Helen Yule	Lliswerry Runners	F35 37:58
133 Nathan Parry	Team Core Strength	M 37:59
134 Paul Wheeler	Overton Harrs	M40 38:05
135 Matthew Townsend	Les Coupies	M 38:06
136 Jason Williams		M 38:10
137 Michael Starr	Cardiff Harlequins	M 38:14
138 John Morris	Wolverhampton & Bilston	M55 38:16
139 Paul Mabbitt		M 38:21
140 Vicky Pincombe	Milton Keynes AC	F 38:21
141 Thomas Rainsbury		M 38:23
142 Gareth Hill		M 38:25
143 Clive Osmond	Les Coupies	M40 38:27
144 Scott Howell	Les Coupies	M40 38:29
145 Andy Murray	Dulwich Runners	M50 38:30
146 Jeffrey Aston	Les Coupies	M55 38:36
147 Dylan Owen	Dulwich Runners	M 38:36
148 Martnin John Webb		M45 38:42
149 Mark Steven Jones	Pontypridd Roadents	M40 38:44
150 Michael Murphy	Les Coupies	M45 38:45
151 Peter Hart	Exmouth Harrs	M45 38:46
152 David Alan Jones	Denbigh Harrs	M50 38:47
153 Philip Beattie		M 38:48
154 Jane Mountford	Buckley	F35 38:48

155 Ann Evans	Pontypridd Roadents	F45 38:52
156 Tony Hall	Sarn Helen	M 38:53
157 Richard Sewell	Les Coupies	M45 38:58
158 Tom Salway		M55 38:58
159 Phil Meyler	Pontypridd Roadents	M45 39:02
160 Nicola Haines-Jones	Neath Harrs	F35 39:03
161 Brendon Gabriel		M 39:05
162 Paul William Dawes	San Domenico	M 39:06
163 Keith Quinn	Les Coupies	M50 39:06
164 Andrew Chainey		M 39:06
165 Howard Mason	Caerleon Running Club	M 39:09
166 Malcom Howells	Sospan R R	M60 39:14
167 Tim Ashton		M 39:15
168 Stephen Littlewood	Couriers	M50 39:17
169 Melissa Minshull	Les Coupies	F 39:17
170 Paul Lewis		M45 39:21
171 Lee Scott	Westbury Harrs	M 39:22
172 John Spiteri	Penarth & Dinas	M 39:23
173 Nick Lewis		M 39:23
174 Andrew Spencer	Griffithstown Harrs	M40 39:24
175 Denise Cureton	Telford Harrs	F35 39:24
176 Peter Cottnam	Penarth & Dinas	M40 39:25
177 Simon Williams	Amman Valley	M 39:25
178 Terry Townsend	Bristol AC	M 39:26
179 Lindsay Emyr	Cardiff AAC	F 39:35
180 Graeme Donnan	Les Coupies	M50 39:36
181 Tarki Micallef		M40 39:37
182 Christopher Jones		M50 39:39
183 John Andrew Shaun McClure	Team Core Strength	M 39:42
184 Terry John Caveney	Les Coupies	M40 39:43
185 Kevin Dews		M40 39:45
186 Ryan Anthony		M 39:47
187 Dave Hughes	Brackla Harrs	M 39:48
188 Grant Thomas Gibbon		M 39:48
189 Michael Wheeler		M45 39:49
190 Keith Thompson		M40 39:49
191 Vincent Peter Oak		M40 39:50
192 Dave Rose	Brackla Harrs	M 39:51
193 Robert Stuart Jones	Swansea Harrs	M50 39:52
194 David Shroll	Newport Harrs	M 39:53
195 James McLoughlin	GD1	M 39:53

196 Dan Williams	Team Core Strength	M	39:53
197 Tony Carzana	Pegasus R C	M55	39:54
198 Bill Pletcher	Cardiff Triathletes	M40	39:55
199 Gary Pearce	Bristol AC	M40	39:56
200 Steve Rosewell		M	39:59
201 Cornelius L Corcoran	Pontypridd Roadents	M	40:05
202 John Henry Collins	Swansea Harrs	M65	40:06
203 Stephen Hughes		M	40:06
204 Anne Follan	Pontypridd Roadents	F	40:07
205 Brian Lovett	San Domenico	M	40:12
206 Shaun Pritchard	Les Coupies	M	40:12
207 Knill Baird-Murray	Penarth & Dinas	M40	40:14
208 Desmond Astley		M40	40:14
209 John Diffey	Les Coupies	M	40:16
210 Andy Diffy		M	40:20
211 James Delaney	San Domenico	M45	40:20
212 Robert James Wilcox	Penarth & Dinas	M	40:32
213 Jason Sloots		M	40:34
214 John Hopkins		M	40:35
215 Andrew Clements		M	40:35
216 Graham Colvin	3Ms	M40	40:38
217 Simon Moat		M40	40:39
218 Martin Reed	Sospan R R	M40	40:42
219 Simon Gardiner		M	40:43
220 David Russell Mogford		M	40:43
221 Cyril Walters	Trots	M55	40:43
222 Dawn Kenwright	Sarn Helen	F45	40:44
223 Richard Humphreys		M	40:45
224 Sharon Ford	Brackla Harrs	F	40:48
225 Andrew Brown		M	40:49
226 Joanna Pritchard	Les Coupies	F	40:50
227 Robin Griffiths		M	40:50
228 Dallas Wisoman	Sarn Helen	M	40:51
229 Stuart Mann		M	40:52
230 David Woodsford		M	40:52
231 Liam Sullivan		M40	40:53
232 Andrew Lawes	Blackheath & Bromley Harrs	M45	40:54
233 Christopher Pristavec		M	40:54
234 Leighton Neil Thomas	Sospan R R	M	40:54
235 Daniel James	Pontypridd	M	40:55
236 Lee Jones		M	40:56

237	Andrew Sepahpour		M	40:56
238	Stephen Owen	Les Coupies	M45	40:57
239	Michael Davies	Les Coupies	M50	40:58
240	Anthony Peter Burt	Cornelly Striders	M60	41:00
241	Keith Paterson	Pegasus R C	M60	41:00
242	Simon David Partridge	Neath Harrs	M50	41:06
243	Peter Morton		M	41:07
244	Paul Gough		M	41:07
245	Aled Phillips		M40	41:07
246	Steve Davies	Port Talbot Harrs	M	41:08
247	Julie Scholey	Les Coupies	F40	41:08
248	William Spencer		M	41:09
249	Richard Boon	Les Coupies	M40	41:10
250	Leon Baker		M	41:15
251	Penny Gardiner	Bristol AC	F35	41:18
252	John Ceutcher	Bridgend AC	M50	41:18
253	Eifion Wyn Owen		M45	41:19
254	Christopher Blackmore	Cardiff Harlequins	M	41:20
255	Peter Cumming	Great Western Runners	M	41:20
256	Angela Whitehouse	Neath Harrs	F40	41:21
257	Micheal Bunston	Islwyn R C	M	41:24
258	Barrie Goode		M	41:25
259	Grant Morrow		M40	41:25
260	Jim Townhill		M	41:26
261	Phil Hamer		M	41:26
262	Alan Mann	Les Coupies	M45	41:30
263	David Townhill		M	41:31
264	Martin John Liddineton	Bitton R R	M40	41:32
265	Katherine Humphreys	Exeter Harrs	F	41:37
266	Ashley Brace	Bridgend AC	M	41:39
267	Noelwyn Daniel		M	41:40
268	Sarah Mead		F	41:41
269	Fiona Davies	Bridgend AC	F45	41:42
270	Jose Henriques		M	41:42
271	Jon Greenhaigh		M	41:43
272	Stephen Lewis	Les Coupies	M55	41:43
273	Alex Marsh	Great Western Runners	M	41:46
274	Gerard O'Beirne		M45	41:47
275	Andy Carter	Les Coupies	M40	41:48
276	Miles Thomas Brown		M	41:50
277	Robert Russell	Clayton Le Moors Harrs	M50	41:57

278	Leighton Anthony		M40 42:00
279	Julian Lewis		M 42:05
280	Denis Murphy	Les Coupies	M50 42:06
281	Ros Tabor	Dulwich Runners	F50 42:08
282	Antoinette Thomas	Les Coupies	F 42:09
283	Wendy May Edwards	Les Coupies	F40 42:14
284	Ashley Michael Cudlipp		M 42:15
285	John Keenan	Southampton R C	M45 42:16
286	Chris Morgan	Caerleon Running Club	M 42:21
287	Richie Guy Hart		M 42:23
288	Gareth Rhun Jones	Les Coupies	M 42:24
289	Peter C Davies		M55 42:24
290	Kingsley Morris		M 42:26
291	Andrew Adams		M40 42:29
292	Paul Dursley	Lliswerry Runners	M50 42:33
293	Gerard Brophy		M 42:36
294	Gary Hyatt	Les Coupies	M55 42:38
295	John Pascoe	Brackla Harrs	M70 42:41
296	Darren Mein		M 42:41
297	Heidi Williams		F35 42:42
298	Norman Jones	Mynyddwyr De Cymru	M40 42:44
299	Tim Parfitt		M 42:44
300	Neale MacCarthaigh	Team Bruvee Cobus	M40 42:49
301	Paul Calabrese	Bitton R R	M 42:50
302	Phillip Gardiner	Aberdare	M50 42:51
303	Kevin Roderick		M40 42:55
304	Alan Geddes		M45 42:56
305	Richard Lisle	Sixth Dimension	M 42:57
306	Paul Watkins	Wooton Basset	M45 42:57
307	Philip Booth		M45 42:59
308	Andrew Taylor	Caerleon Running Club	M45 43:01
309	James Samworth		M 43:02
310	Robert Duggan		M 43:04
311	Andy Shanahan	Pencoed Triathlon	M40 43:07
312	John Proulock	The Summiteers	M 43:07
313	Paul Baker		M 43:10
314	Jan Williams	Les Coupies	M40 43:10
315	Andrew Evans		M40 43:10
316	Craig Holland		M 43:11
317	Oliver Grummell		M 43:12
318	Kelvin Jones		M40 43:13

319 Gareth Ward		M40 43:15
320 Nadine Oldfield	Swansea Harrs	F 43:16
321 Alun John Owen		M 43:17
322 Martin Abbott		M 43:18
323 Nicky Peters	Cardiff AAC	F45 43:19
324 Adrian Quicke		M 43:19
325 Anthony Martin		M50 43:20
326 Vivienne Clement		F35 43:20
327 Jonathan Johnson		M 43:23
328 Peter wilson		M 43:29
329 David Aldwyn Johns		M45 43:31
330 Phil Allen		M 43:32
331 Bill Johnson		M50 43:33
332 Jayne Littlewood	Couriers	F45 43:33
333 Gareth Llewellyn Davies		M 43:35
334 Carwyn Jenkins		M 43:35
335 Ian Wallace	South Wales Police	M40 43:37
336 Thomas Hill		M45 43:38
337 Martyn Darby		M 43:40
338 Matthew Taylor		M 43:42
339 Aled Roberts	Team Core Strength	M 43:44
340 Steven Thomas		M 43:44
341 Joseph Wellings		M 43:45
342 Nicholas James Walsh		M 43:45
343 Daniel Grimstead		M 43:46
344 David Hodgins		M 43:46
345 Philip Lawrence Osmond		M 43:47
346 Leighton Gwyn		M 43:47
347 David Gurden		M 43:49
348 Roger Bell		M 43:50
349 Patrick Hoare		M 43:53
350 Edward Donovan		M 43:54
351 Amy Turner	Les Coupies	F 43:55
352 Phillip Cording		M 43:56
353 Colin Rees	Club 69	M40 43:58
354 Gareth Battle		M 43:59
355 David Sedzir		M 43:59
356 Malcolm Edwards		M 44:00
357 Tina Lewis	Clayton Le Moors Harrs	F40 44:01
358 Nicholas Emmott		M 44:02
359 Anthony John Moore	San Domenico	M45 44:06

360	Brendon Bush		M	44:07
361	Dawn Bullock		F	44:08
362	Aled Morgan		M	44:09
363	Lee Gwyn		M	44:10
364	Gary John	Les Coupies	M45	44:11
365	Simon Hall		M	44:13
366	Carl Colwill		M40	44:14
367	Gareth Davies		M	44:15
368	Richard Laydon		M	44:15
369	Paul Brown		M	44:16
370	Mark Sheppard		M	44:17
371	Helen M John		F	44:18
372	Glyn Sanson		M40	44:24
373	Judi Bowsher	Brackla Harrs	F40	44:24
374	Larry Burford	Pegasus R C	M40	44:26
375	Richard Hunt	Thrift Green Trotters	M45	44:27
376	Andy Evans		M	44:29
377	Nigel Hugh Davies		M45	44:31
378	Rhodri Pashley	Istead & Ifield Harrs	M	44:32
379	Colin Mutton		M45	44:32
380	David Hoole	Penarth & Dinas	M	44:33
381	Jeff Clark		M	44:33
382	Sarah Jayne Cudlipp		F	44:34
383	Anthony Welsh		M	44:34
384	Mike Griffiths	Team Dunvant Triathlon Club	M	44:37
385	Cerith Thomas		M	44:38
386	Tim O'Sullivan	R R C	M40	44:39
387	Richard Hamer		M	44:40
388	Stuart Briscoe		M	44:41
389	Jona Davies		M	44:42
390	Hywel Price		M40	44:43
391	Ian Mark Derrick	Les Coupies	M	44:43
392	Andrew George Davies	Pontypridd Roadents	M40	44:44
393	Ian Rowe		M	44:44
394	David Hebbes		M50	44:45
395	Philip Norris	Pontypridd Roadents	M40	44:47
396	James Taylor		M	44:48
397	Doug Webb	Brynceiniog	M45	44:51
398	Unknown Runner		M	44:53
399	Edward Morgan	Taff Ely Triathlon	M45	44:53
400	Christopher J Benger		M	44:54

Pos	Name	Club	Cat	Time
401	David Stubbs		M40	44:54
402	Joanne Laity		F35	44:57
403	Barry Bowen		M40	44:58
404	Geoffrey Cram	Les Coupies	M55	44:58
405	Richard Pugsley		M	45:05
406	Mark Watts		M	45:06
407	Neil Hendry	Penarth & Dinas	M45	45:07
408	Phillip Beaven		M	45:10
409	Don Holloway	Brackla Harrs	M50	45:13
410	Derek Scott		M40	45:13
411	Bruce Caterson		M55	45:14
412	Alwyn Ashford		M40	45:16
413	Andrew Piper		M	45:17
414	Peter J Crabtree	Miskin Manor	M40	45:18
415	Garth Dawson		M	45:19
416	Keith Williams		M	45:20
417	Derek Seddon	Nailsea R C	M50	45:21
418	Ralph Pattinson		M45	45:21
419	Richard Holland		M	45:21
420	Sarah Swaysland		F	45:22
421	Neil Tatnell		M45	45:23
422	Frank Jose Williams		M50	45:24
423	Michael James		M40	45:25
424	Pete Bridger		M	45:26
425	Catherine Kear		F	45:27
426	Matt Edwards		M	45:29
427	Peter Williams		M45	45:30
428	Victoria Anne Plummer		F	45:31
429	Robert I Williams		M	45:32
430	Nicola Williams	Les Coupies	F	45:34
431	Ceri Tothill		F	45:34
432	Lucy Atkins		F	45:35
433	Keith Treharne	Brackla Harrs	M55	45:42
434	Richard Howe		M	45:42
435	Paul Spurrier		M40	45:43
436	Mike Nicholls		M45	45:44
437	Malcolm Downes		M45	45:45
438	Stephen Hayes		M	45:45
439	Rhydwyn Harris	Islwyn R C	M	45:46
440	William J Davies	Winchester & Dist	M70	45:46

441	Adrian Rees		M	45:48
442	Blair Brummond		M45	45:53
443	Trevor Anderson	Sixth Dimension	M40	45:54
444	David Hussell		M	45:54
445	Oliver Ince		M	45:56
446	Phil Kruszewski		M45	45:57
447	Peter Speller		M40	45:59
448	James Nunn		M	45:59
449	Mark Morris		M	46:00
450	Arthur John Philips	Sospan R R	M65	46:01
451	Sarah Townhill		F	46:01
452	David Burns		M45	46:03
453	Keith Humphreys		M45	46:04
454	Christopher John Moore		M45	46:05
455	Steve New	Gwent Police	M	46:06
456	Donald Jones	Miskin Manor	M45	46:07
457	Steve Pickering		M	46:15
458	Stephen Cray	Penarth & Dinas	M40	46:15
459	Rhys Jenkins		M	46:16
460	Mark S Jnekins		M	46:17
461	Anthony Friis		M	46:17
462	Richard Jenkins		M	46:18
463	Gareth Jehu		M	46:19
464	Martin Hill		M	46:19
465	John Randall Hatfield		M	46:20
466	Ian Ellis		M40	46:22
467	Haydn Williams		M60	46:23
468	Frank Lewis		M45	46:24
469	Duncan Innes		M40	46:24
470	Jamie Reed		M	46:24
471	Joanne Ramsey		F	46:25
472	John Syer		M50	46:25
473	Matthew West		M	46:25
474	Jeff Gorwill		M	46:26
475	Matthew Wason		M	46:26
476	Steven Arnold		M40	46:27
477	Stephen Fisher	GD1	M45	46:27
478	Sean Hanton		M	46:28
479	Martin Carney		M45	46:29
480	Andrew Gillespie		M40	46:29
481	Ron Morgan	Trots	M65	46:31

482	Mike James		M45 46:34
483	Damian Quennell		M 46:35
484	David Rosser	Amman Valley	M65 46:35
485	Simon James Flack		M 46:38
486	Keith Harman		M50 46:38
487	Andrew Williams		M 46:38
488	Marc Benger		M 46:39
489	Robert J Harrhy		M45 46:40
490	Geoffrey Shelley		M 46:40
491	Paul Miller	Wimbledon Windmilers	M45 46:41
492	Richard Shipp	Risca R R	M 46:41
493	Andrew Pritchard		M 46:41
494	Paul Byron		M 46:42
495	Jaime Veiga	Les Coupies	M40 46:46
496	Nick Ball	GD2	M 46:48
497	Andrew Gardner		M 46:50
498	Vicky Morgan		F35 46:51
499	Albert David Hall	Bridgend AC	M45 46:51
500	Dominic Ryland		M 46:52
501	George Gabriel		M55 46:53
502	Paul Mark Mambery		M50 46:54
503	Paul Fisher		M40 46:56
504	Michael Jeffrey Thomas		M40 47:02
505	Steven Sully		M 47:03
506	Simon George		M 47:04
507	Jeffrey Norris		M45 47:05
508	Andy Riden		M 47:08
509	Steve Saunders		M 47:08
510	Trevor Fitsall		M 47:09
511	Lynn Hunt		F 47:09
512	Malcolm Cox	Griffithstown Harrs	M50 47:11
513	Mike Ridout		M50 47:15
514	Peta Daniels	Lliswerry Runners	F35 47:16
515	Phillip Salt		M40 47:18
516	Gwion Ap Rhisiart		M 47:19
517	Neil Andrew Jeffers		M 47:19
518	Matthew Tucker		M 47:19
519	Andrew Dwyer		M 47:21
520	Andrew Bishop		M40 47:21
521	Andy Kernot		M 47:21
522	Miss Victoria Hawker		F 47:22

523 Rhian Parry-Williams		F	47:23
524 Daniel J Rogers		M	47:23
525 Edward Garner		M40	47:25
526 Glen Jackson	Simmons Health & Fitness Club	F55	47:28
527 Sybil Upton		F50	47:28
528 Deberah Roberts		F	47:29
529 Stephen Vaughan		M40	47:29
530 Dylan R Evans		M	47:30
531 Paul Donoghue		M40	47:31
532 Jeffrey Wallace		M45	47:32
533 Tony Wertheim		M40	47:32
534 Tony Smith		M50	47:32
535 Fraser Stephens	BOF/BOK	M	47:33
536 Steve Lane		M50	47:33
537 Philippa Francis		F40	47:34
538 Suzsanna Blackmore		F	47:35
539 Colin Elvins	Swansea Harrs	M40	47:36
540 Paul Grant		M	47:37
541 Robert Wilson		M	47:37
542 David Connolly		M	47:38
543 Peter Jones		M45	47:39
544 Shaun Conner	Les Coupies	M	47:39
545 Gareth Judd		M	47:40
546 Andrew Cunningham		M	47:41
547 Phil Gwyn		M	47:42
548 Mark Broom		M40	47:43
549 Dennis Wheeler		M45	47:43
550 Lloyd Giddins		M	47:46
551 Huw Parry		M45	47:47
552 Darrell Sturley		M40	47:48
553 Iain Brown		M	47:49
554 Martyn Lennon		M45	47:49
555 Lynda Fisher	GD1	F35	47:49
556 Darren Stevens		M	47:50
557 Stuart Keeping		M40	47:50
558 Jared Davies		M	47:50
559 Kristian Gardener		M	47:51
560 David Rowe		M	47:51
561 Claire Beatty	Loughrea AC (Ireland)	F	47:52
562 Tyron Gibbon		M	47:53
563 Stephen Jenkins		M	47:53

564	Martin Chaffey	Yeovil Town R R C	M	47:55
565	Mark Davies		M	47:56
566	Andrew Cripps		M40	47:57
567	Richard Killeen-Payne		M	47:57
568	James Bailey		M	48:00
569	Nigel Derbyshire		M50	48:00
570	Gary Pashley	Les Coupies	M55	48:01
571	Suhail Maqsd Ahmed		M	48:01
572	Jeffrey Wellington		M	48:03
573	Rod Price		M	48:03
574	David Holmes		M45	48:04
575	Steven Windsor		M	48:04
576	Jason Foster		M	48:04
577	Jillian Hastings		F	48:05
578	Andrew Green		M	48:05
579	Nigel Stuart-Thorn	South West Vets	M70	48:05
580	Paul Stevens		M	48:06
581	Steven Evans		M	48:06
582	Graham Roblin		M	48:06
583	Dennis Blunt		M55	48:07
584	Jeffrey Donovan		M40	48:07
585	Pamela Jones	Ilford AC	F65	48:07
586	Jamie Monslow		M	48:11
587	Maureen Coffey	Westbury Harrs	F50	48:12
588	Simon Brown		M	48:14
589	David Pemberton		M40	48:15
590	Alyn Lewis		M	48:17
591	Steven David Llewellyn		M	48:18
592	Paul Pulis		M40	48:19
593	Fergus Adams		M	48:19
594	Andrew Cleaver		M	48:19
595	Dawn French	3Ms	F40	48:20
596	Brenda Avery		F50	48:21
597	Andy Leather		M40	48:24
598	Hayley Elvins		F	48:27
599	Derrick Harris		M60	48:27
600	Martin Cripps		M40	48:28
	Pos	Name	Club	Cat Time
601	Ellen Harris		F45	48:30
602	Yvonne Strode		F	48:31
603	Michael Renwick	Penarth & Dinas	M55	48:31

604	John Murphy		M	48:32
605	Roger Davies		M45	48:34
606	Ian Hughes		M	48:35
607	Alun Morgan		M	48:35
608	Graham T Howells		M55	48:35
609	Huw Thomas		M	48:36
610	Ged Griffiths		M50	48:36
611	Paul Rees		M	48:36
612	Kevin Lynsey	GD2	M	48:36
613	Anthony Alan Jones		M	48:37
614	Tracey Booth	Hogweed Trotters	F40	48:40
615	Dean Harris		M	48:41
616	Jo Box		M	48:42
617	Dean Stone		M	48:43
618	Amy Johns	Cardiff AAC	F	48:44
619	Keith Jones		M50	48:45
620	Micheal Janes		M40	48:45
621	Peter Whittmore		M50	48:46
622	Michael Rex		M45	48:47
623	Paul Morgan		M40	48:48
624	Lisa Cleary	Penarth & Dinas	F35	48:48
625	Gary Mascetti	Neath Harrs	M45	48:49
626	Rebecca S Williams		F	48:50
627	Jeremy Hall		M	48:50
628	Joseph Crocker		M55	48:51
629	Chris Shackle		M	48:51
630	Andrea Clark	Llswerry Runners	F35	48:51
631	Wayne Owens		M45	48:52
632	Eric Evans		M55	48:52
633	Malcolm Farnham	Les Coupies	M60	48:53
634	Chris Buckton		M45	48:57
635	Kelvin Richard Scammell		M	48:58
636	Ralph Allen		M45	49:00
637	Simon Hall		M	49:00
638	Mark Farrar	Les Coupies	M	49:01
639	Janice Coyle		F	49:01
640	Adeline Roblin	Worthing Harrs	F	49:02
641	Bryan Isaac		M50	49:02
642	Miles Hooper		M	49:03
643	Lee Cannan		M	49:03
644	Alan Haythorne		M45	49:03

645	Scott Haythorne		M	49:04
646	Simon Parkhouse		M	49:05
647	Susan Urbano	Penarth & Dinas	F35	49:07
648	Joni Bentham		F	49:08
649	Dean Thomas		M	49:09
650	Roland Knight		M50	49:10
651	Robert Biggs		M	49:11
652	Unknown Runner		M	49:11
653	Keith Miller		M45	49:12
654	Rachel Jones	Les Coupies	F	49:12
655	Mike Clinch		M40	49:12
656	John Carpanini		M	49:14
657	Steven Edwards		M	49:15
658	Wayne Edmond		M50	49:15
659	Wayne Preece		M50	49:16
660	Richard Goodman		M45	49:18
661	Tony Holloway		M45	49:19
662	Robin Parsons	Llisbury Runners	M70	49:20
663	Teca Phillips	Penarth & Dinas	F40	49:20
664	Suzanne Carpenter	Caerleon Running Club	F40	49:20
665	David Edbrooke	Fordthorne	M40	49:21
666	Phil Cook		M45	49:21
667	Geoffrey Davies		M40	49:22
668	Ruth Collishaw	Les Coupies	F55	49:22
669	Stephen Segan		M40	49:23
670	Karl Sephapur		M	49:24
671	Dan Moss		M	49:25
672	Ben Smith	GD2	M	49:26
673	John Anson		M40	49:27
674	Pauline Thomas	Trots	F60	49:28
675	Lon Morgan	Trots	F45	49:28
676	Lee Rippard		M40	49:29
677	Bryan E Shails		M40	49:30
678	Raymond James	Port Talbot Harrs	M40	49:30
679	Michael Newman	Neath Harrs	M50	49:30
680	Sian Davies		F	49:31
681	Rob Kersley		M40	49:31
682	Sue Kersley		F40	49:31
683	Sian Powys		F40	49:32
684	Chris Coppock		M45	49:33
685	Christopher Mackay		M	49:33

686	Ian Stuart Marshall		M	49:33
687	Jonathan Joseph		M	49:34
688	Gaynor Ambler	Cardiff AAC	F35	49:35
689	Tony Rolls		M60	49:35
690	John Plowman		M60	49:36
691	Michelle Evans		F	49:36
692	Arthur Williams	Cardiff Vets	M55	49:38
693	Richard Mason		M40	49:39
694	Neil Cook		M40	49:40
695	Keith Clash		M45	49:40
696	Phil Protheroe		M	49:44
697	Nigel Robert Davies		M45	49:46
698	Robert McGhan		M	49:47
699	Neil Morgan		M40	49:47
700	Mark Clatworthy		M	49:49
701	Michael Ramsey		M	49:49
702	Marcus Coles		M	49:50
703	Dave Denning		M	49:51
704	Stuart Conick		M50	49:52
705	Kevin Jones		M	49:52
706	Darren Walker		M	49:53
707	Matthew Bush		M	49:54
708	Mike Parfitt	4FRC	M40	49:55
709	Mathew Williams		M	49:56
710	Mairwen Price		F40	49:59
711	Tyrone Pope		M	49:59
712	Matthew Reid		M	49:59
713	Barry Dare		M50	50:00
714	Alan Pyke		M50	50:00
715	Sue Brennan		F35	50:00
716	Geoffrey Edwards		M55	50:02
717	Martin Neil Jones		M	50:03
718	John Greenway	Leasowes R C	M55	50:04
719	Anthony Beer		M	50:04
720	Ian Tucker		M	50:04
721	Aleem Ahmed		M	50:04
722	Mandy Peace		F35	50:05
723	Antony Gittins		M	50:06
724	Dominic Kiernander	Team Core Strength	M	50:09
725	Simon Collins		M40	50:09
726	Phil Davies		M45	50:09

727	Matthew Fincher	Sospan R R	M	50:11
728	Eileen Wall		F50	50:11
729	Chris Rabaiottoi		M	50:12
730	Dave Keys		M	50:12
731	Steffan Phillips		M	50:13
732	Dawn James		F40	50:14
733	Adrian Wainwright		M	50:14
734	Robert Sanders		M45	50:14
735	Gareth Williams		M	50:15
736	Stephen Whitmarsh-Knight		M55	50:16
737	Kevin Scannell	South Wales Police	M	50:16
738	Rhys Powys		M40	50:16
739	Richard Brown	Sheen Shufflers	M50	50:17
740	Matthew J Stephenson		M	50:17
741	Wendy Rowley		F35	50:18
742	Stan Weeks		M60	50:21
743	John Harries	UK Can	M	50:21
744	James Jordan		M	50:22
745	Elaine Hillary		F40	50:23
746	Matthew Shaw	Tipton Harrs	M	50:23
747	Melanie Louise Johncock		F	50:23
748	Catherine Noyes		F35	50:24
749	Kate Evans		F	50:25
750	Hannah Sutton	Team Core Strength	F	50:25
751	Gareth Edwards		M50	50:25
752	Christopher Osmond		M60	50:26
753	David Perkins		M	50:28
754	Simon Marcus Caines		M40	50:29
755	Annabel Price		F	50:31
756	Alun Reynolds		M45	50:32
757	Malin Falck	Les Coupies	F	50:33
758	Martin Franklin		M	50:39
759	Antony Thole		M	50:39
760	Mark Jones		M	50:40
761	Chantal Busby		F35	50:40
762	Mary Lawrence		F35	50:41
763	Edward Wyn Jones		M	50:42
764	Justine Russell		F	50:42
765	Jonathan Arnold		M40	50:42
766	Louise Nuttall	Griffithstown Harrs	F	50:43
767	David Nicholas		M45	50:43

768	Mark Morgan		M	50:44
769	Richard Evans	4FRC	M	50:45
770	Chris Davies		M	50:45
771	Terry Potter		M40	50:46
772	Julian Taylor		M	50:46
773	Sara Lewis		F	50:46
774	Sarah Hardman	Penarth & Dinas	F	50:47
775	Graham Davey	Les Coupies	M55	50:47
776	Esther Louise Hatfield		F	50:48
777	Brinley John Aherne		M55	50:48
778	Michael Davies		M40	50:49
779	Janet Richards	Griffithstown Harrs	F35	50:52
780	Ralph Pratt		M40	50:52
781	Mark Elliott		M	50:53
782	Sharon Townhill		F	50:54
783	Gary Rees		M55	50:54
784	Anthony Green		M	50:58
785	Karl Fry		M	50:58
786	Gill Kellam		F40	50:58
787	Tracey Hinton	Cardiff AAC	F	51:00
788	Caroline Dallimore		F45	51:01
789	Keith Richardson		M55	51:01
790	Ceril Rhys-Dillon		F	51:04
791	Gwyn Howells	Caerleon	F50	51:05
792	Stephen Hunt		M55	51:06
793	Richard White		M	51:10
794	Jim Osman		M	51:11
795	Paul Barnes		M	51:11
796	Susan Ogg		F	51:13
797	Ian Wills		M	51:14
798	Darren Richards		M	51:18
799	Nicholas Cousins		M45	51:18
800	Mark Kerbey		M	51:20
801	Steven Donovan		M40	51:20
802	Thomas McLean		M	51:21
803	Raymond Greenhouse		M	51:21
804	Neil McCarthy		M40	51:24
805	Idris Amhed		M45	51:25
806	Jeffrey Burton		M	51:26
807	Robert Cartwright		M40	51:26
808	Neil Davies		M45	51:27

809	Paul Archer	South Wales Police	M	51:27
810	Steve Hill	Chepstow Harrs	M45	51:27
811	Nick Jones		M	51:31
812	Michael Powell	Caerleon Running Club	M50	51:32
813	Sam Phillips		F35	51:33
814	Mr McNauton		M	51:35
815	Gareth Bevan		M40	51:35
816	Claire Cowell	Miskin Manor	F	51:36
817	Howard Davies		M	51:36
818	Dean Lewis		M	51:38
819	Alex Weeks		M	51:39
820	Richard Maddock	Somer AC	M	51:40
821	Shirley Ann Albrow		F45	51:42
822	David Vaatstra		M40	51:43
823	Lorraine Harris		F45	51:44
824	Colin Lloyd	Griffithstown Harrs	M70	51:44
825	Brian Williams		M50	51:45
826	Micheal Stephen		M50	51:46
827	Ian Thomas		M55	51:47
828	Charles Stuart		M	51:47
829	Jason Howe		M	51:47
830	Adrian Kay		M	51:48
831	Jonathon Evans		M	51:49
832	Michael Hall		M	51:49
833	Caroline Rabaiotti		F	51:50
834	Keith Hanson	Hogweed Trotters	M50	51:50
835	Steven McCathy		M40	51:51
836	John Roberts		M	51:52
837	John Peter Ivins		M	51:52
838	Steve Quinn		M	51:53
839	Warwick Sickling		M	51:54
840	Steve Platt		M40	51:55
841	Rhianon Astley		F40	51:55
842	Rhiannon Davies		F	51:55
843	Frances Machin		F	51:56
844	Deanne Rebane	Dowlais Circuits	F40	51:57
845	Stephen Quin		M	51:59
846	Richard Huntley		M55	51:59
847	Stephen Jacques		M40	52:00
848	Leighton Davies		M60	52:01
849	Phineas Brooks		M	52:01

850	Jeffrey Atkins		M50 52:02
851	Nigel James		M40 52:03
852	Tim Ridd		M 52:04
853	Michael Morley		M 52:04
854	Trevor Hunt		M 52:05
855	Dai Morris		M45 52:13
856	Joanne Owen	Caerleon Running Club	F35 52:15
857	Daniel Worthington		M 52:16
858	Chris Burke		M 52:16
859	Darren Philip Young		M 52:18
860	Clive John Galligan	Leasowes R C	M55 52:22
861	Keatley Adams		M50 52:25
862	Mair West	Griffithstown Harrs	F 52:26
863	Paul Errington		M40 52:27
864	Joanne Fraser Jons		F35 52:28
865	Lynn Bulbeck		F35 52:29
866	Stephen J Hales		M 52:29
867	Matthew Twohigg		M 52:29
868	Martyn Dew		M45 52:30
869	Ian Smith		M 52:32
870	Neil Coleman		M 52:32
871	Tim Murphy		M45 52:37
872	June Elizabeth Kingston		F 52:37
873	David Wade		M 52:38
874	Keith Harper		M40 52:38
875	Janet Lavelle		F45 52:39
876	Steve Snook		M40 52:41
877	Peter Cawley		M45 52:41
878	Terry Robson		M 52:42
879	Libby O'Duffy		F35 52:42
880	Kevin Morgan		M50 52:42
881	Nick Mitchell	Reigate Priory AC	M50 52:43
882	Paul Wood		M 52:43
883	Janice Clement	Penarth & Dinas	F45 52:43
884	Alexander Grun		M 52:45
885	Paul Lewis		M 52:45
886	Philip Bolton		M50 52:45
887	Nigel Williams		M40 52:46
888	Colette Borg		F 52:47
889	Gary William Collier		M55 52:47
890	Shery Mosoud	Habs Dash	F 52:48

891	Charlotte Louise Neale Edwards Habs Dash		F	52:48
892	Jason Kenney		M	52:48
893	Janina Burczyk		F	52:49
894	Steve O'Hanlon		M	52:49
895	Howel Davies		M	52:50
896	Beverely Warburton		F40	52:50
897	Luc Evans		M	52:51
898	Nick Steele		M45	52:51
899	Clare Green	San Domenico	F35	52:51
900	Sandra Green		F	52:51
901	Niel Andrew Livingstone		M	52:52
902	Trevor Durbidge		M50	52:52
903	Unknown Runner		M	52:53
904	Paul O'Neill		M40	52:53
905	Jackie Garland		F40	52:53
906	Nicholas Murphy		M40	52:54
907	Helen Parry		F45	52:54
908	Sara Beattie	Trull Troggers (Taunton)	F40	52:55
909	Genine Ann Meek		F	52:55
910	Rhodri John		M45	52:56
911	Andrew Marsh		M	52:56
912	Gary Smith		M45	52:58
913	Gareth Harris		M	52:59
914	John Neil Atherton		M40	53:02
915	Philip Breeden	Leasowes R C	M55	53:02
916	Wayne Grimstead		M	53:05
917	Brandon Robert Williams		M	53:05
918	David Michael James		M55	53:06
919	Sian Drinkwater		F	53:07
920	David Beman	4FRC	M55	53:08
921	Karen Lloyd		F	53:09
922	Gareth Grier		M	53:12
923	Jeff Thomas		M	53:12
924	Penny Medlen	GD3	F	53:12
925	David Thissen		M	53:14
926	Paul Grahame Percival		M	53:16
927	Barry James		M50	53:16
928	Eric Owen	Cornelly Striders	M60	53:16
929	Helen Cherns		F	53:19
930	Marc Jones		M	53:19
931	Rachel Anna Jones		F	53:20

932	Joanna Jones	Caerleon Running Club	F	53:21
933	Gill Johnson		F50	53:22
934	John Leaman	Peacocks Flyers	M	53:23
935	Anthony Jenkins		M55	53:23
936	Kim Howell	Caerleon Running Club	F45	53:23
937	Gillian Marles		F35	53:24
938	Ursula Hankinson	Oarsome Habs	F	53:26
939	John Cronin		M45	53:27
940	Andrea Collins	Cardiff University	F	53:28
941	Seamus Sullivan		M40	53:28
942	Andrew Thomas		M40	53:29
943	Wendy Thomas		F35	53:30
944	Paul Atkins	San Domenico	M50	53:32
945	Angela Parry Lowther		F40	53:33
946	Georgina Williams		F35	53:33
947	David Gostelow		M55	53:33
948	Jacqueline Louise Jones	Islwyn R C	F	53:34
949	Tiv Thomas		M45	53:35
950	Beth Ford		F	53:36
951	David Williams		M	53:36
952	Graham Irving		M40	53:36
953	Rob Lewis		M	53:37
954	Susan Dews		F35	53:37
955	Thomas Tempest	Nailsea R C	M	53:38
956	Jessica Beel		F	53:41
957	Lee Stoneham		M	53:42
958	John Dowden		M55	53:42
959	Geoffrey Wright	Les Coupies	M50	53:44
960	Andrea Reynolds		F35	53:45
961	Aranka Pratt		F50	53:47
962	Thomas Brialey		M50	53:47
963	Graham Thoams		M	53:49
964	Carol Potter		F40	53:52
965	Michael Topping		M	53:52
966	Dave Williams		M40	53:53
967	Matthew Jason Simmonds		M	53:54
968	Helena Jones		F35	53:55
969	Claudia Jane Marchesi		F35	53:56
970	John Cockwill		M	53:56
971	Simon Williams		M	53:57
972	Andrew Rees		M40	54:00

973	Joanne Peacock	Lliswerry Runners	F35	54:01
974	Richard Howe	Porthcawl	M50	54:02
975	Anita Howells	A V AAC	F55	54:05
976	Angela Seddon	Nailsea R C	F45	54:06
977	Nadia Swanwick		F	54:09
978	Lisa Jane Saunders		F35	54:10
979	Maria Newton		F	54:10
980	Carys Holloway		F	54:11
981	Mari Griffith		F	54:14
982	Catrin Griffith		F35	54:14
983	Helen Thomas		F40	54:15
984	Michael Gillespie		M40	54:15
985	Christopher James		M	54:16
986	Robert Cawley		M	54:16
987	Mick Jones		M	54:17
988	Brian Dews		M50	54:18
989	Phillip Mears		M	54:18
990	David Gower		M45	54:18
991	Alun Davies		M50	54:19
992	Paul Coleman		M40	54:19
993	Celia Rumbold		F	54:20
994	Daniel Girardi		M	54:20
995	Julian Treweek		M	54:20
996	Benjamin Marrin		M	54:21
997	Alan Marrin		M50	54:21
998	Leighton Jones		M	54:22
999	Ian Ross Davies		M	54:23
1000	Charlotte Evans		F	54:23

Pos	Name	Club	Cat	Time
1001	Rachel Kennedy		F35	54:23
1002	Allen Bevan		M45	54:25
1003	Richard Jasper Day		M	54:26
1004	Rhiannon Gravell		F35	54:28
1005	Huw Mawson		M	54:30
1006	Sandra Heather North		F40	54:30
1007	Heather Kitts		F35	54:32
1008	Gareth Jenkins		M	54:32
1009	Thomas Amedee		M	54:33
1010	Mark Williams		M	54:34
1011	Eiri Evans		F	54:35
1012	Neil Russell Cargill		M	54:36

1013 Jules Smailes	Nailsea R C	F40 54:36
1014 Rhidian Morgan		M45 54:37
1015 Donna Julie Hughes		F40 54:41
1016 Lynne Toogood	Les Coupies	F35 54:44
1017 Christopher Meirion Hight		M 54:48
1018 Tony Hall		M55 54:48
1019 David Breen	GD2	M40 54:49
1020 Jay Patel		M 54:50
1021 Gareth Beard		M 54:51
1022 Paul Fackrell		M40 54:51
1023 Eddy Blackmore	GD1	M 54:52
1024 David Cole		M 54:52
1025 Sian Evans	4FRC	F 54:56
1026 Lloyd Edwards		M45 54:57
1027 Colin Harris	CVC Cardiff Team 1	M50 54:57
1028 Dyfrig Parri		M 54:58
1029 Gavin Sullivan	CVC Cardiff Team 1	M 54:59
1030 Steve Fry		M40 55:00
1031 Susan Fry		F40 55:01
1032 Joanne Williams	CVC Cardiff Team 2	F35 55:04
1033 Eryl Tottle	Risca R R	M 55:04
1034 Steve Harris		M40 55:05
1035 Hayley Jeavons		F 55:06
1036 Simon Grant		M 55:07
1037 Laurie Robins		F 55:08
1038 Alexa Mitchell	Reigate Priory AC	F35 55:10
1039 Kevin Davies		M45 55:10
1040 Huw Marshall		M 55:15
1041 Vickie Portens		F40 55:15
1042 Lisa Berry		F 55:17
1043 Cathy Thomas		F35 55:18
1044 Nicholas Seager	CVC Cardiff Team 1	M 55:18
1045 Tessa Wynne Adams		F55 55:21
1046 Grant McKay		M50 55:24
1047 Andrew Simon Roberts		M 55:25
1048 Dennis Lynch	Cornelly Striders	M60 55:26
1049 Alan Bladen	Les Coupies	M65 55:28
1050 Steven Chridtmas		M40 55:29
1051 Kereen Thomas		F 55:29
1052 Graham Funnell		M60 55:33
1053 Simon Elias		M40 55:34

1054 Sian Brown		F45 55:35
1055 Deborah Tuler		F35 55:35
1056 Raymond Jones		M40 55:37
1057 Philip Morgan		M55 55:38
1058 Hannah Denman		F 55:39
1059 Robert Edwards		M50 55:40
1060 Gordon Sturrock		M60 55:40
1061 Beverly Ann Rogers		F35 55:41
1062 Nigel Roberts		M 55:42
1063 Catrin Defis		F35 55:44
1064 Katheryn Edwards		F 55:45
1065 Liam Kilawee		M 55:46
1066 Liz Thomas		F 55:47
1067 Stephen May		M 55:48
1068 Brian Tucker		M50 55:49
1069 Claire Porter		F 55:50
1070 Jane Worthington		F40 55:51
1071 Jennifer Roberts	Brecon AC	F50 55:52
1072 Sophie Dann		F 55:53
1073 Linda Davies		F45 55:53
1074 Kath Crane	Brecon AC	F60 55:53
1075 Rhianydd Livesy		F 55:54
1076 Adrian Rodney Edwards		M55 55:55
1077 Peter Williams		M 55:55
1078 Mest Llwyd Evans		F40 55:55
1079 Christine Mary Thomas		F35 55:56
1080 Paul Thomas		M40 55:56
1081 John Western		M55 55:57
1082 Faith Egan		F 55:59
1083 Emma Webb	Les Coupies	F 55:59
1084 Ian Corfield		M 55:59
1085 Margaret Morgan		F45 55:59
1086 Glynn Salter		M 56:00
1087 Stephanie Richards		F35 56:00
1088 Mike Pitman		M 56:00
1089 John Fish		M40 56:01
1090 Noel Chester		M 56:01
1091 Roy Thomas		M40 56:01
1092 Lucy Morgan		F 56:01
1093 Emma Ridgill	Penarth & Dinas	F 56:02
1094 Andrew Cowley		M50 56:02

1095 Novia L Imm	Griffithstown Harrs	F	56:02
1096 James Thomas		M40	56:03
1097 John Lewis		M	56:03
1098 Ruth Graham		F	56:06
1099 Alan Thomas	Les Coupies	M65	56:06
1100 Sharon Rose	Les Coupies	F	56:07
1101 Stephen Hill		M40	56:08
1102 Michael Rees		M	56:08
1103 Rebecca Booth		F	56:09
1104 Frankie Cole	Oarsome Habs	F	56:10
1105 Ralph Davey	Les Coupies	M55	56:10
1106 Paul Davies		M45	56:11
1107 Alan Edwards		M65	56:13
1108 Steve Thompson		M	56:14
1109 Matthew Stephen Redmond		M	56:15
1110 Mark Clements		M	56:15
1111 Sheila Dyer	Brecon Multi Sport Group	F40	56:16
1112 Melanie Jenkins		F	56:19
1113 Siwan Mc Adams		F35	56:19
1114 John Mc Adams		M	56:19
1115 Nigel Thomas		M45	56:20
1116 Vivienne Helps		F40	56:21
1117 Greg Graham		M50	56:21
1118 John Martin		M45	56:23
1119 William Derek Morgan	GD3	M40	56:27
1120 Karen Oaksford		F	56:28
1121 Jane Truscott		F	56:32
1122 Bryn Williams		M	56:32
1123 Gary Dunsford		M	56:33
1124 Jim Honeywell		M	56:34
1125 Carlos Pinatti		M40	56:34
1126 Ray Hurrell		M50	56:35
1127 Mike Jones		M	56:36
1128 Aled Davies		M	56:37
1129 Stuart Ballinger		M	56:37
1130 Faridah Newman	Oarsome Habs	F	56:38
1131 Emma Thomas		F35	56:38
1132 Peter Clark		M45	56:38
1133 Joanna Hendry	Penarth & Dinas	F	56:39
1134 Andrew Owens		M40	56:39
1135 David Fostor		M40	56:40

1136 Rachel Maharg		F	56:40
1137 Pru Marriott		F40	56:43
1138 James Braun	GD3	M	56:45
1139 Helen Kerbey		F	56:46
1140 Staurt Allen		M40	56:47
1141 Karl Perry		M	56:49
1142 Tony Dorsett	Les Coupies	M60	56:49
1143 Donna Sumner		F	56:51
1144 Kate Callaghan	Summiteers	F35	56:51
1145 Simon Morgan		M	56:51
1146 Frances Pearson		F	56:52
1147 Morgan Cadman-Davies	Habs Dash	F	56:52
1148 Fiona Gillies	Habs Dash	F	56:52
1149 Ron Harris	Lliswerry Runners	M65	56:53
1150 Chom Srithoni		F40	56:53
1151 Karen Pontin		F45	56:53
1152 Charles Davies		M70	56:53
1153 Aled Rhys Evans		M	56:54
1154 Robert Smith	Hogweed Trotters	M55	56:55
1155 Coleen Griffiths	Islwyn R C	F	56:57
1156 Stephen Gareth Mann		M40	56:58
1157 Colin Jones		M40	56:58
1158 Michelle Day		F35	56:58
1159 Allyson Lipp		F45	56:59
1160 Christopher John Langmead		M50	56:59
1161 Matthew Taylor	Barry & Vale	M	57:00
1162 Ann Hughes		F55	57:02
1163 Deborah Lazarou		F35	57:03
1164 Matthew Jones		M	57:04
1165 Paul Phillips		M45	57:05
1166 Stella Sturgess	Penarth & Dinas	F	57:05
1167 Daniel Taylor	CVC Cardiff Team 1	M	57:09
1168 Gareth Steggles		M	57:11
1169 Gordon Lovell	Kingswood Triathlon Club	M65	57:12
1170 Stephen Parry		M50	57:13
1171 Ian Edwards		M	57:13
1172 Alfryn Easter		M55	57:14
1173 Laura Speake		F	57:14
1174 Donald Fearn	Brecon AC	M70	57:15
1175 Shirley Rose		F35	57:16
1176 John Speake		M	57:17

1177 Tracy Dallimore		F	57:18
1178 david Guppy	Summiteers	M	57:19
1179 Jamie Dallimore		M	57:19
1180 Andrew Holden	Les Coupies	M40	57:19
1181 Julia Tempest	Nailsea R C	F40	57:20
1182 Michael Griffiths		M40	57:20
1183 Emily Tona		F35	57:21
1184 Nicola Turner		F35	57:21
1185 Rachel Holden		F35	57:22
1186 Matt Downton		M	57:24
1187 Hayley Lewis		F	57:25
1188 Jeremy Evas		M	57:25
1189 Kathryn Coggins		F45	57:25
1190 Louis Collins		M40	57:26
1191 Greg French		M	57:26
1192 Gethyn Evans		M45	57:26
1193 Errol Alexis	Les Coupies	M65	57:27
1194 Carolyn Harris		F	57:28
1195 Catherine Macmillan		F	57:28
1196 Jane Fletcher		F35	57:28
1197 Gareth daniel		M	57:29
1198 Neville Daniel		M60	57:29
1199 David Williams		M45	57:30
1200 Michelle Rowsell		F	57:31
1201 Steve Powell		M	57:31
1202 Sue Alderman		F45	57:32
1203 Janet Moyle		F35	57:33
1204 Tracey Newman	Les Coupies	F	57:34
1205 Jeffrey Williams		M	57:34
1206 Gerald Curtis		M50	57:35
1207 Joanna Williams		F	57:35
1208 Raymond Williams	Poole Athletic	M60	57:36
1209 Denise Gallagher		F	57:37
1210 Paul Griffiths		M	57:38
1211 Steven Bridges		M	57:38
1212 Clare Bairston	Brackla Harrs	F40	57:39
1213 David Summers		M	57:39
1214 Claire Curneen		F	57:40
1215 David Richard		M	57:40
1216 Alison Van Buren		F35	57:42
1217 Essex Havard		M	57:44

1218 Joseph O'Connell	CVC Cardiff Team1	M	57:45
1219 Peter Rodda		M50	57:45
1220 Amanda Jane England		F	57:47
1221 Maria Teresa McMahon		F	57:48
1222 Gary Cook		M50	57:49
1223 Laurie Palmer		M	57:49
1224 Kevin Eric Protheroe		M45	57:49
1225 Michael Waters		M	57:51
1226 Simon D Moss		M	57:51
1227 Brian Irvin Brooks		M50	57:52
1228 Mathew Stevens	CVC Cardiff Team 1	M	57:57
1229 Clare Galea		F35	57:57
1230 Liz Roberts		F35	57:59
1231 Christopher Plaice		M60	57:59
1232 Liz Mallen		F35	58:00
1233 Mike White		M	58:00
1234 Nicola Lewis		F	58:00
1235 Jacqueline Moran		F35	58:01
1236 Christine Vokes		F55	58:04
1237 Jassa Scott		F	58:05
1238 Julie Gandy		F	58:10
1239 Raymond Gandy		M	58:11
1240 Emyr Roberts	Brecon AC	M55	58:11
1241 Barney Feely	Yun Jung Do	M	58:13
1242 Sue Browne	GD3	F40	58:15
1243 Stephen Redmond		M45	58:16
1244 Steven Robson		M	58:16
1245 Penny Jamieson		F40	58:17
1246 Paul Baglow		M45	58:20
1247 Maureen O'Kane		F40	58:21
1248 Helen Robson		F	58:22
1249 Leigh Christopher Tucker		M	58:23
1250 David Roberts		M	58:23
1251 Helen Pugh		F35	58:23
1252 Daniel Evans		M	58:24
1253 Paul Jameson		M	58:27
1254 William J Shroll		M50	58:28
1255 June Hanson	Hogweed Trotters	F50	58:30
1256 Rob Hawkins		M	58:31
1257 Rachel Hawkins		F35	58:35
1258 Alison Turner		F35	58:39

1259 David Charrett		M45 58:39
1260 Lynne Hamilton		F40 58:41
1261 Carol Box	Hogweed Trotters	F50 58:42
1262 Milke Kear		M 58:43
1263 Lorraine Scott		F40 58:43
1264 Sean Davison		M 58:43
1265 Lee Burksfield		M 58:44
1266 Michael Jones		M 58:47
1267 Martin Philip Woodfield		M45 58:47
1268 Amanda Woodfield		F40 58:48
1269 Donna Wilson		F40 58:49
1270 Simone Jenkins		F45 58:49
1271 Gareth Perry		M40 58:50
1272 Lorraine Elizabeth Johncock		F45 58:50
1273 April Young		F40 58:50
1274 Karen Hurd		F40 58:54
1275 Colin Thomas		M40 58:57
1276 Lynn Sewell		F40 58:57
1277 Ann Jones		F40 59:02
1278 Aled Jones		M 59:02
1279 Conor Lovett		M 59:03
1280 Cathy Jayne Hallows		F35 59:03
1281 Janine Morgan	Bio Cats	F 59:04
1282 Janet Evans		F45 59:05
1283 Anita Griffiths		F45 59:05
1284 Philip John Coburn		M50 59:06
1285 Sarah Thompson		F 59:08
1286 Debbie Shuffley		F35 59:08
1287 Geraint Lloyd Griffiths		M 59:09
1288 Peter Morgan	Les Coupies	M55 59:09
1289 Ian Avery		M45 59:10
1290 David Nicholas Williams		M45 59:10
1291 Caroline Barnett		F 59:10
1292 Jennefer Wallis		F 59:10
1293 Paula Kennedy		F35 59:11
1294 John Munn		M45 59:11
1295 Aled Owain Richards		M 59:11
1296 Ruth Hall		F 59:12
1297 Steve Powell	Les Coupies	M40 59:12
1298 Phil Allen		M40 59:13
1299 Rachel Gardiner		F 59:13

1300 John Soulsby		M60 59:15
1301 Martin Davies		M40 59:17
1302 Sarah Parkhouse		F35 59:20
1303 Gareth Jones Roberts		M 59:21
1304 Kristian P Dalley		M 59:22
1305 Nia Honeybun		F40 59:24
1306 Amy Cross		F 59:25
1307 Dilys Morris-Jones		F45 59:25
1308 David Lee		M 59:27
1309 Alex Price		M 59:28
1310 Andrew Dugan		M 59:30
1311 Christopher Owens		M45 59:30
1312 Steven Wyndham		M 59:34
1313 Sian Austin		F40 59:35
1314 Richard Bunney		M 59:35
1315 Holly Richards		F 59:37
1316 Carl Hier		M40 59:37
1317 Mary Harris		F40 59:50
1318 Michael Hansford	Les Coupies	M55 59:51
1319 Stephen Conway		M45 59:51
1320 Gwyn Williams		M 59:55
1321 Ray Taylor		M55 59:58
1322 Ceri Davies		M 59:58
1323 Ken Wood	Gloucester AC	M70 59:59
1324 Mark Donovan		M45 59:59
1325 Helen Hunt		F50 1:00:00
1326 Nicola Mellor		F 1:00:01
1327 Christopher Edwards		M45 1:00:02
1328 Nicola Lambert		F 1:00:03
1329 Mark Thomas		M40 1:00:06
1330 Steven Westhead		M40 1:00:11
1331 Gary Booth		M45 1:00:16
1332 Alan Jones		M 1:00:21
1333 Catherine Llewellyn		F35 1:00:23
1334 Ellen Duncan		F 1:00:24
1335 Rachel Lewis		F 1:00:24
1336 Richard Simson		M 1:00:24
1337 Jenny Johnson		F35 1:00:25
1338 Sam Frost		F 1:00:26
1339 Alice Tunnicliffe		F 1:00:28
1340 Susan Vaughan		F 1:00:29

1341 Jeff Davies		M50 1:00:30
1342 Russell Williams		M 1:00:32
1343 John Cole		M55 1:00:33
1344 Karen Ann Jones	Les Coupies	F35 1:00:36
1345 Sian Austin		F40 1:00:37
1346 Kevin Gregory		M 1:00:37
1347 Karen Griffiths		F 1:00:37
1348 Michael Farr		M40 1:00:38
1349 Heather Allum		F 1:00:40
1350 Eryl Ponell		F 1:00:43
1351 Gerry O'Neill		M50 1:00:45
1352 Caryl Davies	Sarn Helen	F 1:00:46
1353 Karen Hoole		F35 1:00:47
1354 Philip Thomas		M 1:00:48
1355 Keith George Williams		M50 1:00:50
1356 Gareth Griffiths		M40 1:00:51
1357 Michael Atkin		M40 1:00:51
1358 Eleanor Waters	Habs Dash	F 1:00:52
1359 Eifion Jones		M40 1:00:52
1360 Ceri Wilson		F40 1:00:53
1361 Louise Brodrick		F35 1:00:53
1362 Ann Griffin		F35 1:00:54
1363 Gaynor Cordelia Jones		F45 1:00:54
1364 Marina Stock		F45 1:00:55
1365 Elaine Davies		F45 1:00:56
1366 Lindsey Ernest		F 1:00:56
1367 Stuart Crowley		M40 1:00:57
1368 Anthony Morgan		M40 1:01:01
1369 Shaun Winter		M 1:01:03
1370 Jill Davies		F55 1:01:04
1371 Jacqueline Woodman		F35 1:01:04
1372 Nigel Roedemer		M50 1:01:05
1373 Lisa White		F 1:01:06
1374 Patrizia Donovan		F45 1:01:07
1375 Paul Mount		M40 1:01:11
1376 Katrina Doherty		F 1:01:11
1377 Hannah May Kirkland		F 1:01:11
1378 Anne-Marie Bennet		F 1:01:11
1379 Jonathon Grun		M45 1:01:15
1380 Jayne Robson		F 1:01:15
1381 Claire Baker-Westhead		F35 1:01:15

1382 Nigel Chivers		M	1:01:15
1383 Mark Evans		M	1:01:23
1384 Lisa Davies		F35	1:01:27
1385 Lowri Tona		F	1:01:27
1386 Louise Jones		F	1:01:29
1387 Alison Cokeley		F45	1:01:31
1388 Emma Llewellyn_Rees		F	1:01:31
1389 Mike Rees		M	1:01:32
1390 Richard E Cross		M	1:01:32
1391 Joan Ward		F50	1:01:33
1392 Antonina Georgetti		F40	1:01:33
1393 Marieh Esmaelpour		F	1:01:35
1394 Emma Borrington		F	1:01:36
1395 Greg Williams		M	1:01:37
1396 Sally Shroll		F40	1:01:37
1397 Lisa Miller		F	1:01:39
1398 Paul Miller		M40	1:01:39
1399 Colin Moody		M55	1:01:40
1400 Carol Christopher		F40	1:01:41
1401 D Glynfoc Davies		M45	1:01:42
1402 Michaela K Brandom		F	1:01:43
1403 Adele Carnevale		F	1:01:43
1404 Rosalind Chown		F50	1:01:44
1405 Eric Ricketts		M60	1:01:45
1406 Simon Hudd	Penarth & Dinas	M	1:01:46
1407 Tony Paget		M45	1:01:53
1408 Dean Morgan	CVC Cardiff Team 2	M	1:01:57
1409 Cara Taylor		F	1:01:58
1410 Rhian Thomas		F	1:01:58
1411 Martin John Thomas		M50	1:01:59
1412 Christa Roberts		F	1:01:59
1413 Ross Fennell		M	1:02:00
1414 Craig Fennell		M40	1:02:01
1415 Charlotte Brown		F	1:02:06
1416 Dorothy Green		F35	1:02:07
1417 Alex Jackson		M45	1:02:08
1418 Sarah Bradley		F	1:02:08
1419 Jayne Hayward		F	1:02:09
1420 Victoria Bolwell		F	1:02:10
1421 Moira Spencer		F35	1:02:20
1422 Michael McClung		M	1:02:22

1423 Adrian Burton	M40 1:02:27
1424 Douglas Gay	M50 1:02:28
1425 Sally-Ann Richards	F 1:02:29
1426 Jane Williams	F35 1:02:33
1427 Andrea Munro	F35 1:02:33
1428 Michael Oaksford	M45 1:02:36
1429 Annette Lane	F 1:02:38
1430 Amanda Jayne Biss	F40 1:02:42
1431 Chenette Thomas	F35 1:02:42
1432 Vince Jones	M 1:02:45
1433 Jane Morgan	F35 1:02:49
1434 Geoff Brown	M45 1:02:49
1435 Shaminda B Nawinne	M 1:02:58
1436 Carol Jones	F55 1:02:58
1437 Estelle Thistleton	F45 1:03:02
1438 Annette Wyndham	F35 1:03:08
1439 Paul Tucker	M 1:03:09
1440 Penny Carr	F35 1:03:13
1441 Debra Cripps	F40 1:03:15
1442 Joanna Rowe	F 1:03:15
1443 Michelle Morgan	F 1:03:15
1444 Lynda Kim	F 1:03:19
1445 Elizabeth Glenys Curtis	F45 1:03:19
1446 David Wood	M 1:03:20
1447 Linet Goodman	F45 1:03:21
1448 Joanne Parry	F 1:03:22
1449 Jackie Smith	F 1:03:25
1450 Michael Box	M50 1:03:30
1451 Anne Soulsby	F50 1:03:30
1452 Justina Mary Walsh	F 1:03:32
1453 Sian Birks	F 1:03:36
1454 Kathleen Fulton	F 1:03:37
1455 Paul Lewis	M 1:03:38
1456 Martin Purchase	M 1:03:39
1457 Helen Jenkins	F 1:03:41
1458 Colin Rose	M55 1:03:41
1459 Tom Wallace	M45 1:03:43
1460 Wendy Wallace	F40 1:03:45
1461 Alexander Yule	M60 1:03:47
1462 Victoria Langridge	F 1:04:01
1463 Frances Sloan	F40 1:04:01

1464	sandra Loy		F	1:04:02
1465	Kerry Ann Francis		F35	1:04:02
1466	Geraint James Meyrick		M40	1:04:10
1467	Howard Bernard Davies		M60	1:04:10
1468	Steve McGranaghan		M45	1:04:10
1469	Lorraine McGranaghan		F45	1:04:14
1470	Laura Kemp		F	1:04:17
1471	Philip John Kirby		M50	1:04:18
1472	Angela Allen		F40	1:04:18
1473	Lesley D Hale		F50	1:04:24
1474	Lewis Evans		M40	1:04:30
1475	Shirley Morris		F45	1:04:32
1476	Gaynor Jones		F35	1:04:33
1477	Carol Palmer	Newport Harrs	F55	1:04:34
1478	Paul Hartery		M	1:04:36
1479	Paul Deacon		M	1:04:37
1480	Gareth John Hughes		M45	1:04:40
1481	Dylan Foster Evans		M	1:04:43
1482	Michael McCullagh		M	1:04:43
1483	Hayley Rogers		F35	1:04:45
1484	Ray Rivett		M65	1:05:04
1485	Anita Van Der Niet		F35	1:05:05
1486	Maria Teresa Filipponi		F35	1:05:17
1487	James Hogg		M70	1:05:20
1488	Lynda Tunnicliffe		F45	1:05:22
1489	Sarah Hall		F35	1:05:28
1490	Thomas Bernard Gwillim		M	1:05:29
1491	Christian Sparey		M	1:05:30
1492	Liz Cain		F	1:05:30
1493	Gary Brown		M45	1:05:36
1494	Suzanne Hazell		F55	1:05:36
1495	Stephen Jones		M45	1:05:39
1496	Mandy Jones		F40	1:05:40
1497	Lynda Dursley		F40	1:05:41
1498	Mary Elizabeth Evans	Islwyn R C	F40	1:05:42
1499	Unknown Runner		F	1:05:43
1500	John Lee Fletcher		M	1:05:43
1501	Amanda Blacklier		F	1:05:54
1502	Ray Blackler		M	1:06:21
1503	Lisa Jayne Williams		F	1:06:31
1504	Nicola Phelps		F35	1:06:34

1505 Phillipa Marsden		F35 1:06:35
1506 Sallianne Sanders		F35 1:06:42
1507 Jonathan Tillott		M 1:06:48
1508 Denise Hubball		F35 1:06:48
1509 Marian Sweet		F40 1:06:50
1510 Diana Cole		F35 1:06:52
1511 Peter Box		M40 1:06:56
1512 Matthew Williams		M 1:06:58
1513 Carl Cross		M40 1:07:04
1514 Pamela Jane Clancy		F45 1:07:04
1515 Claire Hallford		F 1:07:07
1516 Rhys Williams		M40 1:07:08
1517 Beverly Williams		F45 1:07:16
1518 Russell Godfrey	4FRC	M40 1:07:23
1519 Claire Lloyd		F35 1:07:23
1520 David Winter		M40 1:07:26
1521 Tania Sickling		F 1:07:28
1522 Linda Clark		F40 1:07:29
1523 Sarah Mott		F 1:07:32
1524 Paula Mullins		F 1:07:35
1525 Angela O'Neill		F40 1:07:37
1526 Ann Western		F55 1:07:41
1527 Laura Thomas		F 1:07:42
1528 Eleri Owen		F 1:07:42
1529 Debbie Flint		F 1:07:44
1530 Helen Fowler		F40 1:07:44
1531 Susan Jay		F45 1:07:45
1532 Alison Evans		F35 1:08:01
1533 Sandra Cook		F35 1:08:02
1534 Sue Lloyd		F40 1:08:03
1535 Sinead Lawlor		F 1:08:03
1536 Dawn Howles		F35 1:08:03
1537 Janet Smith		F40 1:08:16
1538 Helen Williams		F40 1:08:16
1539 Ann Williams		F40 1:08:19
1540 Elizabeth Reid		F45 1:08:21
1541 Sara Martin		F40 1:08:21
1542 Rachel Ann Stickler		F 1:08:23
1543 Roisin Willmott		F35 1:08:47
1544 Gwenno Williams	Peacocks Flyers	F 1:08:50
1545 Ronald Peck	Centurions	M65 1:08:52

1546 Peter Gosling		M45 1:08:58
1547 Stephenie Cherrington	Habs Dash	F 1:08:58
1548 Katrina Jacks	Oarsome Habs	F 1:09:09
1549 Claire Sheehan		F 1:09:09
1550 Nick Machin		M 1:09:12
1551 Linda Burnell		F35 1:09:16
1552 Kenneth Davies		M55 1:09:17
1553 Siwan Davies		F 1:09:24
1554 Unknown Runner		F 1:09:27
1555 Rachel Haigh		F 1:09:28
1556 Stephen Conway		M45 1:09:30
1557 Claire Rees		F 1:09:31
1558 Claire Ryall		F 1:09:31
1559 Julie Meecham		F 1:09:36
1560 Linda McClung		F 1:09:42
1561 Helen Murray		F35 1:09:45
1562 Jessica Sefton		F 1:09:49
1563 Anwen Lewis		F 1:09:51
1564 William Mannings		M65 1:09:51
1565 Bernie Knight		F55 1:10:10
1566 Deborah Stone		F 1:10:17
1567 Adrian Hibbert		M 1:10:17
1568 Graham Johnson	Serpentine R C	M55 1:10:29
1569 Louise Webb		F 1:10:39
1570 Lewis Eden		M 1:10:43
1571 Melanie Jones		F 1:10:58
1572 Loraine Gittins		F50 1:11:03
1573 Jill Bendeaux	Hogweed Trotters	F50 1:11:08
1574 Linda Starling	Hogweed Trotters	F50 1:11:08
1575 Robin Morgan		M50 1:11:26
1576 Dirk Sykes		M45 1:11:26
1577 Lynnr Beavon		F35 1:11:28
1578 Kath Crimmins		F40 1:11:28
1579 Richard Tomkins		M45 1:11:32
1580 Joanna Williams		F 1:11:35
1581 Victoria Hurley		F 1:11:47
1582 Melissa Beal		F 1:11:47
1583 Unknown Runner		F 1:12:09
1584 John Neary		M45 1:12:09
1585 Laurette James		F50 1:12:15
1586 Penny Wyatt		F35 1:12:30

1587 Kate Smith		F40 1:12:31
1588 Ann Patterson	U/A	F 1:12:31
1589 Philip Hardwicke	Caerleon	M45 1:12:41
1590 Claire Page		F35 1:12:46
1591 Sarah Fisher		F 1:12:50
1592 Cath Janes		F 1:12:50
1593 Kerry Shelley		F 1:12:52
1594 Kelly Andrews		F 1:12:54
1595 Simon West		M 1:12:55
1596 Graham Bronwen		F 1:13:05
1597 Helen Clements		F35 1:14:12
1598 Jane James		F35 1:14:13
1599 Rameh O'Sullivan		F40 1:14:13
1600 Wendy Elizabeth Davies		F55 1:15:46
1601 Gill Early		F 1:15:57
1602 Pally Mills	Oarsome Habs	F 1:16:19
1603 Suzanne Halliwell		F40 1:16:37
1604 Kundan Pitrola		F45 1:17:58
1605 Caroline Awitti-Sunga		F35 1:18:35
1606 Wendy Ivins		F 1:19:56
1607 Lynne Potts	North Veterans	F40 1:20:33
1608 Mary Adams		F55 1:20:51
1609 Rebecca Watkins		F 1:21:53
1610 Neil Dymock		M 1:21:54
1611 Unknown Runner		M 1:23:45
1612 Prudence Melhuish		F 1:24:35
1613 Lucy Melhuish		F 1:24:36
1614 Andrew Price Williams	CVC Cardiff Team 2	M 1:29:43
1615 Maz Platt		F40 1:29:43