

## Cardiff Half Marathon - Full results - all runners

Race No	First Name	Surname	Gun Time	Chip Time	Gender	Category	Club
5588	Adrian	Marriott	01:09:29.75	01:09:27.30	Male	SENIOR	Hercules Wimbledon AC
6025	Simon	Jones	01:10:30.50	01:10:27.80	Male	SENIOR	Cardiff AAC
6064	Tim	Lewis	01:15:53.25	01:15:49.85	Male	SENIOR	Brackla Harriers
461	Alister	Jones		01:16:25.00	Male	SENIOR	Les Croupiers
6192	Derek	Scarborough	01:17:42.55	01:17:39.15	Male	45-49	Bridgend AC
5858	Paul	Slaymaker	01:17:42.85	01:17:39.80	Male	SENIOR	
5750	Nick	Dukes	01:18:00.95	01:17:59.50	Male	SENIOR	Les Croupiers
5672	Robert	Sage	01:18:13.65	01:18:09.80	Male	SENIOR	
6346	Philip	Thomas	01:18:29.00	01:18:23.10	Male	SENIOR	
5869	Malcolm	Howells	01:24:56.40	01:25:42.00	Male	60+	
5508	Clem	Clement	01:19:06.10	01:18:51.85	Male	40-44	Penarth & Dinas Runners
5964	Ronald	Morris	01:18:54.60	01:18:52.30	Male	50-54	San Domenico RRC
6335	Jeremy	Cook	01:19:08.70	01:19:05.50	Male	SENIOR	
5611	Stephen	Paterson	01:19:08.15	01:19:05.60	Male	SENIOR	Pegasus
6400	Gary	Davies	01:19:22.35	01:19:15.45	Male	45-49	
5810	Jon	Embling	01:19:35.55	01:19:32.00	Male	45-49	Bridgend AC
6336	Peter	Kellam	01:19:35.50	01:19:33.15	Male	SENIOR	Les Croupiers
6191	Stuart	Davidson	01:19:38.00	01:19:34.65	Male	50-54	Bridgend AC
6079	Phil	Adams	01:19:41.90	01:19:39.15	Male	40-44	Neath Harriers
5538	Vincent	Williams	01:19:54.30	01:19:43.15	Male	40-44	St. Albans Striders
6104	Jeff	Davies	01:19:50.35	01:19:46.40	Male	40-44	Pontypridd Rodents AAC
6128	Peter	Coles	01:19:58.75	01:19:55.75	Male	40-44	
6196	Andrew	Cleves	01:21:39.75	01:21:35.90	Male	SENIOR	Les Croupiers
6325	Paul	Harris		01:21:58.00	Male	SENIOR	
6117	Clive	Davies	01:22:15.50	01:22:11.20	Male	40-44	Sospan RR
6391	Andrew	Cooney	01:22:59.00	01:22:55.10	Male	SENIOR	Datchet Dashers
5643	Michael	Evans	01:23:06.45	01:23:03.45	Male	40-44	Neath Athletic Club
6353	Lee	Scott	01:23:46.20	01:23:41.10	Male	SENIOR	Westbury Harriers
5626	Alan	Legge	01:24:22.80	01:24:01.05	Male	SENIOR	Fairwater Runners
5999	David	Sharp	01:24:54.95	01:24:51.25	Male	SENIOR	
211	Keith	Tannetta	01:25:00.20	01:24:56.40	Male	40-44	Cardiff A.C.
6041	Andrew	Thomas	01:25:26.00	01:25:21.70	Male	SENIOR	Sospan Road Runners
6075	Jeffrey	Aston	01:25:47.85	01:25:41.85	Male	55-59	Les Croupiers
5102	Steven	Jones	01:27:13.50	01:26:29.95	Male	SENIOR	
5578	Ali	Abdi Farah	01:26:47.95	01:26:38.80	Male	SENIOR	
6121	Graham	Colvin	01:26:56.10	01:26:41.20	Male	40-44	3M Gorseinon
5938	Peter	Moody	01:27:08.95	01:27:04.25	Male	60+	Carmarthen Harriers
5884	Gareth	Hill	01:27:17.55	01:27:11.85	Male	SENIOR	
5962	Claire	Peacock	01:27:32.65	01:27:23.70	Female	35-39	Sragglers
5536	Gareth	Hall	01:27:49.85	01:27:40.55	Male	SENIOR	
5429	Peter	Curran	01:27:59.00	01:27:53.35	Male	40-44	
6361	Paul	Charles	01:28:09.85	01:28:03.35	Male	45-49	Miskin Manor R. C.
6208	Des	Mulcahy	01:28:11.10	01:28:06.95	Male	SENIOR	
6298	Wesley	Drennan	01:28:23.90	01:28:10.70	Male	SENIOR	
5896	Lloyd	King	01:28:55.60	01:28:23.15	Male	SENIOR	Cardiff Amateur Athletics
6390	Jeremy	Keogh	01:28:38.75	01:28:30.15	Male	SENIOR	Les Croupiers
5334	David	Jones	01:28:45.25	01:28:34.55	Male	SENIOR	
6395	Des	Hewitt	01:28:47.45	01:28:36.85	Male	40-44	North Staffs Road Runners Asso
5675	Brian	Malin	01:28:49.65	01:28:41.30	Male	45-49	Rugby & Northampton AC
6172	John	Wilson	01:29:02.50	01:28:47.40	Male	45-49	Penarth & Dinas
5958	Colin	Lee	01:29:29.30	01:28:47.90	Male	40-44	Weston AC
5949	Ray	Wood	01:29:01.10	01:28:49.80	Male	40-44	
6352	Ben	Keene	01:29:07.60	01:28:49.90	Male	SENIOR	
6363	Si	Williams	01:29:01.20	01:28:51.65	Male	SENIOR	
5921	John	Diffey	01:29:20.75	01:28:51.75	Male	SENIOR	Les Croupiers
6205	Rachael	Currie	01:29:20.30	01:29:08.50	Female	SENIOR	

6199 Marc	Weatherall	01:29:19.80	01:29:10.30	Male	SENIOR	
6359 Stephen	Griffiths	01:29:16.30	01:29:10.45	Male	SENIOR	CHEPSTOW HARRIERS
5612 Keith	Paterson	01:29:17.20	01:29:12.30	Male	60+	Pegasus
6318 Phil	Hamer	01:29:33.70	01:29:14.40	Male	SENIOR	
5816 Wendy	Edwards	01:29:23.45	01:29:16.80	Female	40-44	Les Croupiers
6032 Pablo	Borrueal	01:29:22.95	01:29:17.60	Male	SENIOR	
5163 James	Harvey	01:29:51.20	01:29:20.10	Male	SENIOR	
5111 Brian	Lang	01:29:26.75	01:29:23.15	Male	SENIOR	Serpentine
6123 Mark	Thomas	01:30:17.55	01:29:42.35	Male	SENIOR	
6037 Richard	Webster	01:30:03.15	01:29:44.50	Male	45-49	
6206 Richard	Beaman	01:30:16.15	01:29:44.80	Male	SENIOR	
5878 Lindsay	Emyr	01:29:55.60	01:29:47.75	Female	SENIOR	Cardiff Amateur Athletics
6279 Gwyn	Davies	01:30:05.00	01:29:55.70	Male	40-44	Kenilworth runners
5941 Robert	Sandles	01:30:23.15	01:30:03.80	Male	SENIOR	3Ms Gorsinion
5339 Michael	Davies	01:30:09.40	01:30:04.90	Male	50-54	Les Croupiers
6280 Iwan	Horan		01:30:09.35	Male	SENIOR	
5257 Knill	Baird Murray	01:30:58.70	01:30:40.05	Male	40-44	Penarth & Dinas Runners
6342 Clive	Harrison	01:30:54.30	01:30:40.20	Male	45-49	Penarth & Dinas Runners
6173 Robert	Wilcox	01:30:59.50	01:30:43.65	Male	SENIOR	Penarth & Dinas
5943 Rik	Groves		01:31:04.00	Male	SENIOR	
6091 Paul	Sullivan	01:31:37.30	01:31:08.60	Male	SENIOR	
6351 William	Lynch	01:31:25.45	01:31:10.95	Male	SENIOR	
5793 Christopher	Oxley		01:31:14.00	Male	SENIOR	
5688 Simon	Osborne	01:31:33.70	01:31:23.15	Male	SENIOR	
5683 Paul	Tedder	01:31:33.85	01:31:23.35	Male	SENIOR	
610 David	Carr		01:31:34.30	Male	SENIOR	
6151 Shan	Cuthbert	01:32:19.30	01:31:58.00	Female	35-39	Cardigan RC
5759 Michael	Wann	01:32:26.10	01:31:59.85	Male	SENIOR	
5986 Joanna	Pritchard	01:32:34.10	01:32:00.50	Female	SENIOR	Les Croupiers
6068 Phillip	George	01:32:17.40	01:32:01.00	Male	SENIOR	
5847 Richard	Brewer	01:32:08.75	01:32:01.75	Male	45-49	Les Croupiers
5920 Andrew	Diffey	01:32:30.40	01:32:01.90	Male	SENIOR	
5800 Gareth	Jones	01:32:06.90	01:32:02.60	Male	SENIOR	
6060 Bradley	Carter	01:32:33.00	01:32:05.60	Male	SENIOR	
5416 Dafydd	Williams	01:33:08.60	01:32:05.75	Male	SENIOR	
6272 Cathy	Darby	01:32:15.80	01:32:06.95	Female	SENIOR	DML Running Club
5842 Michael	Havard	01:32:40.35	01:32:18.80	Male	SENIOR	
5944 Rich	Berry	01:32:34.20	01:32:20.55	Male	SENIOR	
5722 Anthony	Morgan	01:33:55.15	01:32:24.30	Male	SENIOR	
5437 Adrian	Edwards	01:32:52.20	01:32:24.90	Male	SENIOR	
5922 Noel	Thompson		01:32:33.00	Male	50-54	
5288 Aled	Phillips	01:32:52.65	01:32:33.05	Male	40-44	
6366 Rhodri	Rowlands	01:32:48.45	01:32:37.55	Male	SENIOR	
5103 Paul	Brown	01:33:01.70	01:32:39.30	Male	SENIOR	
6332 Phil	Evans	01:33:03.20	01:32:44.90	Male	40-44	
5336 Kate	Rees	01:33:13.30	01:32:49.90	Female	35-39	
517 Nicholas	Keylock		01:32:51.00	Male	SENIOR	
6282 Michael	Donald	01:33:12.60	01:33:00.50	Male	SENIOR	
6349 David	Price	01:33:12.25	01:33:05.30	Male	SENIOR	Les Croupiers
5699 Christopher	Blackmore	01:33:17.10	01:33:06.50	Male	SENIOR	Cardiff Harlequins
5661 Julie	Scholey	01:33:19.65	01:33:12.45	Female	40-44	Les Croupiers
5159 James	Towl	01:33:35.90	01:33:29.40	Male	SENIOR	
6163 Rhydian	Reston	01:33:46.30	01:33:37.65	Male	SENIOR	
6101 Tim	Lewis	01:33:51.00	01:33:38.40	Male	40-44	Aberdare Roadies AAC
6355 Thomas	McEwen	01:33:58.15	01:33:44.45	Male	SENIOR	
6119 Roger	Caldwell	01:34:15.80	01:33:59.05	Male	45-49	Bristol AC
5272 Lee	Morris	01:34:25.50	01:34:03.20	Male	SENIOR	
6229 Craig	Standage	01:34:19.15	01:34:05.75	Male	SENIOR	
6014 Paul	Arnold	01:34:38.80	01:34:20.00	Male	SENIOR	3M Gorseinon RR

6019 Paul	Harvey	01:35:26.90	01:34:25.65	Male	SENIOR	
6147 Tudur	Davies	01:34:53.20	01:34:28.65	Male	40-44	
5579 Owen	Walters	01:34:33.40	01:34:28.95	Male	SENIOR	
6054 Ashley	Williams	01:35:58.65	01:34:40.10	Male	40-44	
5031 Larry	Burford	01:34:57.50	01:34:48.75	Male	40-44	Pegasus Running Club
5639 Brian	Telford	01:35:18.50	01:34:51.85	Male	45-49	
5648 Bryce	Alford	01:34:57.60	01:34:53.10	Male	SENIOR	instinctive sports
5936 George	Rose	01:35:07.80	01:34:53.55	Male	SENIOR	
91 David	Sedzik		01:34:59.65	Male	SENIOR	
5387 Huw	Jones	01:35:46.60	01:35:02.10	Male	SENIOR	
5998 Mark	Dreyer	01:35:34.30	01:35:05.40	Male	SENIOR	
6034 Mark	Fischer	01:35:33.90	01:35:05.85	Male	SENIOR	
6175 Andy	Shanahan	01:35:23.00	01:35:14.15	Male	SENIOR	Pencoed Triathlon Club
5716 Julian	Malton	01:35:54.45	01:35:18.45	Male	SENIOR	
5965 Dewi	West	01:35:39.60	01:35:20.25	Male	40-44	3M Gorseinon RR
5537 Richie	Hart	01:35:58.50	01:35:21.75	Male	SENIOR	
5562 Steven	Smith	01:35:44.20	01:35:29.40	Male	SENIOR	serpenine
5158 Gareth	Davies	01:35:55.50	01:35:31.55	Male	SENIOR	
5927 John	Larkin	01:35:55.55	01:35:32.75	Male	SENIOR	
5151 Jonathan	Holland	01:35:53.75	01:35:34.50	Male	SENIOR	
6243 Carly	Richards	01:35:48.35	01:35:36.15	Female	SENIOR	
5789 Gerard	Brophy	01:36:36.25	01:35:38.85	Male	SENIOR	
5940 Roger	Bell	01:35:58.60	01:35:43.50	Male	SENIOR	
6072 Jerome	Cronin	01:37:15.40	01:35:46.45	Male	SENIOR	
5652 Nick	Fletcher	01:36:06.30	01:35:47.40	Male	SENIOR	
358 John	Hale		01:35:47.45	Male	40-44	
6370 Elizabeth	Andrew	01:36:05.50	01:35:50.20	Female	SENIOR	
5162 Gary	Macalister	01:36:20.00	01:35:55.10	Male	SENIOR	
6212 Linda	Hutchinson	01:36:15.45	01:35:56.25	Female	40-44	
6374 David	Hughes	01:36:21.80	01:36:10.15	Male	SENIOR	
6188 Nicholas	Emmott	01:37:31.50	01:36:12.75	Male	SENIOR	
5499 Grant	Gibbon	01:36:29.75	01:36:17.10	Male	SENIOR	
5212 Kevin Paul	Stoyle	01:36:28.30	01:36:17.95	Male	SENIOR	
5529 Gareth	Battle	01:36:44.55	01:36:23.95	Male	SENIOR	
6047 Kevin	Smith	01:36:53.75	01:36:29.70	Male	SENIOR	
6248 Tim	Street	01:37:23.90	01:36:47.30	Male	40-44	
5872 Glyn	Sawsom		01:36:52.00	Male	40-44	
6303 Phillip	Probert		01:36:55.00	Male	SENIOR	
6154 Ian	Herbert	01:37:36.80	01:36:59.95	Male	SENIOR	
6180 Alistair	Plummer	01:37:43.90	01:37:04.15	Male	SENIOR	
5262 William	Campion	01:37:41.50	01:37:06.85	Male	SENIOR	
6178 Mark	Davis	01:37:48.60	01:37:07.50	Male	40-44	
5717 Edward	Donovan	01:37:42.10	01:37:08.20	Male	SENIOR	
6109 Cerith	Thomas	01:37:42.80	01:37:10.15	Male	SENIOR	
5472 Paul	Richards	01:37:32.15	01:37:11.05	Male	40-44	
5755 Huw	Thomas	01:37:44.65	01:37:18.35	Male	SENIOR	
5678 Simon	George	01:37:43.80	01:37:26.10	Male	SENIOR	
5849 Andrew	Thomas	01:37:38.80	01:37:26.25	Male	40-44	
5696 David	Miles	01:37:50.35	01:37:28.25	Male	SENIOR	
195 David	Proud		01:37:28.90	Male	SENIOR	
6135 Christopher	Wooley	01:37:45.10	01:37:29.50	Male	SENIOR	Rhondda Tri
5300 Tom	Bates	01:37:40.70	01:37:29.55	Male	SENIOR	
5893 Gerwyn	Britton	01:38:25.25	01:37:29.75	Male	SENIOR	
5604 Phil	Hullah	01:37:41.80	01:37:33.05	Male	SENIOR	
5046 Philip	Tandy	01:38:07.10	01:37:40.05	Male	45-49	San Domenico - Cardiff
6185 John	Kirkham	01:38:24.45	01:37:41.75	Male	SENIOR	Horsham Joggers
6274 Simon	Heseltine	01:38:01.75	01:37:45.30	Male	40-44	forest of dean athletic
5996 Daniel	Childs	01:38:14.70	01:37:45.65	Male	SENIOR	
5530 Andrew	Brown	01:38:28.80	01:37:49.30	Male	SENIOR	

795 Vincent	Oak		01:37:49.70	Male	40-44	
31 Gordon	Fletcher		01:37:58.15	Male	40-44	
5172 Robert	Williams	01:38:40.00	01:37:58.55	Male	JUNIOR	
6405 Simon	Slinn	01:38:14.90	01:38:03.70	Male	SENIOR	
6057 Darren	Humphreys	01:38:47.90	01:38:08.00	Male	SENIOR	
6022 Tom	Yapp	01:38:53.30	01:38:13.50	Male	SENIOR	
5802 Peter	Crabtree	01:38:32.90	01:38:21.00	Male	40-44	Miskin Manor
6241 Richard	Beck	01:38:51.30	01:38:21.65	Male	SENIOR	
5646 Andy	Evans		01:38:23.00	Male	SENIOR	
5991 Thomas	Hill	01:39:17.50	01:38:30.25	Male	45-49	
5586 Jeremy	Frankel	01:39:46.50	01:38:31.85	Male	SENIOR	Forest Of Dean AC
5791 Amy	Turner	01:38:52.70	01:38:33.50	Female	SENIOR	Les Croupiers
5621 Kevin	Parry	01:39:03.20	01:38:44.45	Male	40-44	
5185 Ian	Chitty	01:39:29.65	01:38:45.45	Male	SENIOR	
6160 Gerard	Gormley	01:39:27.90	01:38:54.35	Male	SENIOR	Griffithstown Harriers
6312 Edward	Gillfillan	01:39:19.10	01:38:54.60	Male	SENIOR	
500 David	Evans		01:38:58.20	Male	SENIOR	Llswerry Runners
5765 Donald	Jones	01:39:12.70	01:39:00.00	Male	45-49	Miskin Manor
5912 Simon	Glanville		01:39:01.00	Male	SENIOR	
5312 Marc	Bevan	01:39:39.90	01:39:06.40	Male	JUNIOR	Swansea Harriers
5270 Christopher	Reynolds	01:39:16.80	01:39:06.90	Male	SENIOR	
5526 David	Mortimer	01:39:28.15	01:39:08.45	Male	SENIOR	
6242 Phillip	Geddes	01:39:39.65	01:39:10.20	Male	40-44	
5989 Gareth	John	01:39:54.75	01:39:13.55	Male	45-49	Les Croupiers
5870 Toby	Andrews	01:39:35.30	01:39:14.20	Male	SENIOR	
5025 Robert	Barnett	01:40:21.40	01:39:22.45	Male	40-44	
5659 David	Somersall	01:40:32.85	01:39:27.85	Male	SENIOR	
5698 Ian	Derrick	01:40:13.30	01:39:32.45	Male	SENIOR	Les Croupiers
6110 Catrin	Verall	01:39:50.10	01:39:35.20	Female	SENIOR	
5959 Jonathan	Harry	01:40:37.85	01:39:37.25	Male	SENIOR	
5388 Tim	Davies	01:40:06.80	01:39:37.45	Male	40-44	
5075 Neil	Hendry	01:40:01.30	01:39:39.10	Male	45-49	Penarth & Dinas Runners
5600 Nick	Biddle	01:40:56.50	01:39:41.05	Male	45-49	
6107 Daniel	Madge	01:40:46.25	01:39:45.45	Male	SENIOR	
5048 Mark	Gunning	01:40:11.25	01:39:57.55	Male	40-44	
5278 Christopher	Jones	01:40:18.60	01:40:06.20	Male	SENIOR	
5903 Matt	Evans	01:40:17.30	01:40:06.35	Male	SENIOR	
5993 Kenny	Yam	01:40:31.50	01:40:10.55	Male	50-54	Weston AC
5657 Dan	Ransenberg	01:40:39.50	01:40:13.60	Male	SENIOR	
5838 Don	Holloway	01:41:31.35	01:40:13.60	Male	50-54	Brackla Harriers
5891 Mike	Boardman	01:41:00.85	01:40:20.35	Male	40-44	
6129 Peter	Harrop	01:41:10.30	01:40:20.70	Male	40-44	
251 John	Carroll		01:40:20.70	Male	SENIOR	
5679 James	Nunn	01:40:40.60	01:40:21.40	Male	SENIOR	
6130 Darren	Stevens	01:40:52.70	01:40:21.70	Male	SENIOR	Merthyr Harriers
6162 Rhodri	Williams	01:40:52.65	01:40:22.10	Male	SENIOR	
6235 Mark	Hampson	01:40:52.95	01:40:22.85	Male	SENIOR	
5863 Rhys	Fish	01:40:49.55	01:40:25.05	Male	SENIOR	
6127 Gareth	Petty	01:40:50.90	01:40:26.30	Male	45-49	
5391 Edward	Garner	01:40:44.30	01:40:27.10	Male	40-44	
6136 Gillian	Phillips	01:41:28.75	01:40:31.75	Female	45-49	Sospan RR
5224 Terence	O'Neill	01:41:39.00	01:40:32.00	Male	SENIOR	
6040 Paula	Sadler	01:40:56.80	01:40:33.00	Female	SENIOR	Serpentine Athletic Club
5398 Stephen	Fisher	01:41:03.40	01:40:36.25	Male	45-49	Tadley Runners
6033 Juan	Toscano	01:41:05.10	01:40:37.20	Male	SENIOR	
6052 Lisa	Blackmore	01:41:07.60	01:40:39.15	Female	SENIOR	
6268 Stephen	Perchard	01:41:01.00	01:40:43.80	Male	SENIOR	
6369 Mark	Jenkins	01:41:28.30	01:40:46.50	Male	SENIOR	
5352 Peter	Davies	01:41:17.50	01:40:48.20	Male	40-44	

5898	Frank	Williams	01:41:17.85	01:40:50.35	Male	50-54	
5649	Stuart	Briscoe	01:41:03.40	01:40:51.30	Male	SENIOR	Brackla Harriers
5205	Robert	John	01:41:13.30	01:40:55.50	Male	SENIOR	
6165	John	Fairclough	01:41:41.30	01:41:02.30	Male	50-54	
6166	Crispin	Masterman	01:41:41.00	01:41:02.35	Male	55-59	
6010	Richard	Jones	01:41:27.50	01:41:05.35	Male	SENIOR	
5456	Matthew	Jones	01:41:35.40	01:41:06.35	Male	SENIOR	
5558	Sally	Roberts	01:41:34.30	01:41:06.65	Female	40-44	
5093	Daniel	Smith	01:41:25.75	01:41:08.70	Male	SENIOR	
6131	Simon	Baldwin	01:41:43.80	01:41:10.80	Male	40-44	
5254	Iona	Mackenzie	01:41:55.60	01:41:12.50	Female	35-39	
6231	Duncan	Miller	01:42:02.15	01:41:15.40	Male	SENIOR	
5797	Martin	Davies	01:41:55.00	01:41:15.70	Male	SENIOR	
5132	Rebecca	Grosvenor	01:41:38.60	01:41:16.80	Female	SENIOR	
5697	Sue	MacGregor	01:41:42.50	01:41:20.35	Female	45-49	Avon Valley Runners
5953	Lucy	Atkins	01:41:36.25	01:41:22.85	Female	SENIOR	
5283	Garry	Jones	01:41:47.55	01:41:28.30	Male	SENIOR	
5114	Nigel	Gardener	01:42:22.50	01:41:30.30	Male	45-49	Springfield Striders
6161	John	Pask	01:41:42.70	01:41:31.75	Male	60+	
5832	Nia	Jones	01:41:47.15	01:41:32.00	Female	SENIOR	
5693	Leah	Headon	01:42:06.30	01:41:33.20	Female	SENIOR	
6278	Henrietta	Anstey	01:41:48.50	01:41:36.50	Female	SENIOR	City of Bath AC
6273	Maureen	Coffey	01:41:52.10	01:41:44.75	Female	50-54	Westbury Harriers
5992	Iwan	Jones	01:42:44.95	01:41:48.20	Male	SENIOR	
6016	Paul	Lynton	01:43:55.10	01:41:51.20	Male	45-49	
6230	Andrew	Richards	01:42:38.75	01:41:56.35	Male	SENIOR	
5876	Susan	Angulatta	01:42:17.25	01:42:03.35	Female	35-39	Runnymede Road Runers
5286	Antony	Williams	01:42:37.35	01:42:03.55	Male	SENIOR	
5988	Ray	Gandy	01:42:30.30	01:42:07.80	Male	SENIOR	
6240	Phil	Rees	01:42:41.55	01:42:07.95	Male	SENIOR	
5513	Jamie	Davies	01:43:24.10	01:42:14.70	Male	SENIOR	
6177	Warren	Merchant	01:42:37.20	01:42:19.70	Male	SENIOR	
5460	Simon	Ringham	01:42:41.85	01:42:20.00	Male	SENIOR	Avon Valley Runners
5889	Alistair	Wilson	01:43:05.85	01:42:21.40	Male	SENIOR	
	8 David	Hebbes		01:42:27.50	Male	50-54	
5471	Tony	Brown	01:43:49.60	01:42:32.50	Male	45-49	
5343	Denis	Murphy	01:42:46.75	01:42:35.35	Male	50-54	Les Croupiers
5994	Helen	Eve	01:43:00.00	01:42:36.55	Female	35-39	
5573	Dani	Boucher	01:43:00.55	01:42:38.75	Female	SENIOR	
5630	Wayne	Davies	01:43:31.00	01:42:42.20	Male	SENIOR	
6295	Mark	Watts	01:42:55.20	01:42:47.50	Male	SENIOR	
5955	Dennis	Blunt	01:43:22.70	01:42:48.55	Male	55-59	
5426	Graham	Roblin	01:43:47.60	01:42:49.70	Male	SENIOR	
6134	Hywel	Davies	01:44:36.20	01:42:58.40	Male	SENIOR	Rhondda Tri
5071	Stephen	Vooght	01:43:32.00	01:43:00.00	Male	45-49	
5518	Eurgain	Tomos	01:43:21.30	01:43:01.15	Female	SENIOR	
5227	Lois	Eckley	01:43:21.45	01:43:01.35	Female	SENIOR	
5139	Jamie	Griffiths	01:44:23.85	01:43:06.05	Male	SENIOR	
5821	Clare	Tweed	01:43:29.60	01:43:10.55	Female	SENIOR	
5820	Simon	Kendall	01:43:27.95	01:43:11.95	Male	SENIOR	
5828	Mark	Morris	01:43:50.35	01:43:12.10	Male	SENIOR	
5945	Mark	Joyce	01:44:18.20	01:43:16.35	Male	SENIOR	
5565	Richard	Maddock	01:43:41.20	01:43:19.40	Male	SENIOR	Somer A.C.
5638	Ross	Brown	01:44:00.10	01:43:19.60	Male	SENIOR	
5937	Paul	Gwynne	01:43:39.15	01:43:20.90	Male	SENIOR	Bro Dysynni AC
6027	Andrew	Bishop	01:44:38.20	01:43:21.20	Male	40-44	
5948	Jonathan	Warman	01:44:14.30	01:43:25.35	Male	SENIOR	
5879	Jeffrey	Woods	01:43:50.10	01:43:29.35	Male	40-44	
6000	Robert	Haase	01:44:06.80	01:43:33.25	Male	40-44	

5287	Tony	Rudge	01:44:08.85	01:43:33.65	Male	45-49	
6322	Leslie	Phillips	01:44:32.70	01:43:35.65	Male	45-49	Llanelli Tri Club
5024	Dorian	Rees	01:43:43.35	01:43:36.10	Male	SENIOR	
5365	Howell	Thomas	01:44:02.15	01:43:36.45	Male	SENIOR	
5581	Leon	Smith	01:44:19.50	01:43:38.95	Male	SENIOR	
5844	Ian	Osborne	01:43:59.55	01:43:49.55	Male	SENIOR	Headington RR
5700	Zsuzsanna	Blackmore	01:44:19.95	01:43:50.65	Female	SENIOR	
5961	Derick	Handcock	01:44:06.55	01:43:51.50	Male	45-49	
	222 Clive	Morgan		01:43:53.20	Male	SENIOR	San Domenico
5656	Keith	Johnson	01:44:25.40	01:44:00.25	Male	SENIOR	
6290	Jonathan	Rohrer	01:44:31.50	01:44:02.95	Male	SENIOR	
5827	Toby	Gardener	01:44:20.50	01:44:04.40	Male	SENIOR	
5901	Kirk	Taylor	01:45:06.35	01:44:04.60	Male	SENIOR	
5952	David	Connolly	01:44:42.45	01:44:08.10	Male	SENIOR	
5401	Janice	Coyle	01:44:42.70	01:44:08.20	Female	SENIOR	
5925	Rob	Smith	01:45:37.10	01:44:08.35	Male	SENIOR	
5230	Gary	Dale	01:45:37.80	01:44:09.00	Male	SENIOR	
5761	Jamie	Dallimore	01:44:43.40	01:44:09.10	Male	SENIOR	
5264	Alan	Lewis	01:44:43.50	01:44:09.10	Male	SENIOR	
5448	Christopher	Smith	01:45:13.40	01:44:12.45	Male	SENIOR	
6252	Jeff	Jones	01:44:37.30	01:44:15.55	Male	40-44	
5105	Dean	Fisher	01:44:23.40	01:44:16.40	Male	SENIOR	
6042	Joanne	Laity	01:44:36.85	01:44:17.05	Female	35-39	Penarth and Dinas
6193	Debbie	Evans	01:44:36.90	01:44:17.65	Female	35-39	Penarth & Dinas Runners
6139	Nicola	Williams	01:44:25.90	01:44:17.75	Female	SENIOR	Les Croupiers
5490	Anthony	Thomas	01:44:41.40	01:44:21.70	Male	SENIOR	
6302	Shawn	Halpin	01:45:10.90	01:44:24.50	Male	40-44	
6195	Mark	Farrar	01:45:08.20	01:44:25.30	Male	SENIOR	Les Croupiers
5430	Martin	Stott	01:45:04.45	01:44:25.65	Male	SENIOR	
6414	Gethin	Thomas	01:45:54.10	01:44:25.90	Male	SENIOR	
6407	Alun	Powell	01:44:53.85	01:44:26.85	Male	55-59	
6380	Sioned	Whitfield	01:45:40.55	01:44:27.95	Female	SENIOR	
6375	James	Taylor	01:45:08.65	01:44:36.75	Male	SENIOR	
5900	Mike	Ridout	01:45:56.15	01:44:38.05	Male	50-54	
6142	Alun	Bonello	01:45:50.65	01:44:38.45	Male	SENIOR	
	599 Nicola	Thomas		01:44:40.80	Female	SENIOR	
5054	Sanu	Miah	01:45:26.30	01:44:41.70	Male	SENIOR	
5347	Gino	Damiani	01:45:26.40	01:44:46.75	Male	50-54	
5173	Benjamin	Chivers	01:45:03.35	01:44:49.85	Male	SENIOR	
6053	Michelle	Evans	01:45:13.15	01:44:51.00	Female	SENIOR	
6256	Tom	Musicka	01:45:38.85	01:44:54.05	Male	SENIOR	
5776	Kevin	Passmore	01:45:13.30	01:44:55.70	Male	45-49	
6289	Tim	Fry	01:45:53.45	01:45:07.05	Male	SENIOR	
6024	Christopher	Jones	01:45:49.70	01:45:07.10	Male	40-44	
	925 Francis	Martin		01:45:08.15	Male	45-49	
6044	John	Anson	01:45:45.30	01:45:08.40	Male	40-44	
5650	Bridget	Heath	01:45:53.20	01:45:09.55	Female	35-39	Brackla Harriers
6141	Huw	Parry	01:46:30.90	01:45:09.55	Male	SENIOR	
5662	Kathleen	Bradbury	01:46:19.90	01:45:13.20	Female	40-44	Amman Valley Harriers
5389	Catherine	Beecher	01:46:25.20	01:45:18.90	Female	SENIOR	
5875	Paul	Searle		01:45:24.00	Male	40-44	
5877	Rhiannon	Baum	01:46:25.65	01:45:24.15	Female	40-44	
5310	John	Rees	01:45:35.15	01:45:24.20	Male	50-54	Neath Harriers
5734	Mark	Upson	01:46:46.70	01:45:27.80	Male	SENIOR	
5990	Paul	Lewis	01:47:04.50	01:45:53.80	Male	SENIOR	
5215	Katherine	Probert	01:46:18.30	01:45:59.60	Female	SENIOR	
6152	Martin	Church	01:46:38.90	01:46:01.05	Male	60+	Great Western Runners
5647	Sian	Jones	01:46:36.45	01:46:02.75	Female	SENIOR	Amman Valley Harriers
5931	Stuart	Keeping	01:47:21.20	01:46:04.00	Male	40-44	

5303	Michael	Farrell	01:46:21.30	01:46:06.90	Male	SENIOR	
5313	James	Bruce	01:46:16.20	01:46:07.55	Male	SENIOR	Pegasus Running Club cardiff
5164	Iain	Godden	01:46:42.95	01:46:11.75	Male	SENIOR	
5687	Philippa	Williams	01:46:24.70	01:46:14.90	Female	SENIOR	
5830	Anna	Helsing	01:47:13.10	01:46:15.55	Female	40-44	Penarth & Dinas
5314	Hadrian	Evans	01:47:28.30	01:46:16.80	Male	50-54	virtual runners
5840	Philippa	Francis	01:46:47.45	01:46:17.80	Female	40-44	
5740	Jonathan	Mills	01:47:38.25	01:46:19.00	Male	40-44	Royal Navy
5326	Stuart	Mason	01:47:27.70	01:46:25.05	Male	SENIOR	
5701	Ken	Beck	01:47:01.90	01:46:26.30	Male	50-54	Reading Road Runners
5871	Helen	McMamara	01:46:48.30	01:46:26.90	Female	45-49	Pembrokeshire Harriers
6050	Christian	John	01:47:55.50	01:46:29.15	Male	SENIOR	
5778	Benoit	Pistre	01:46:53.80	01:46:33.15	Male	SENIOR	
5751	Andrew	Alford	01:47:01.50	01:46:35.05	Male	50-54	
5330	Lucy-ann	Jones	01:47:04.60	01:46:37.25	Female	40-44	
6305	Richard	Barnes	01:47:51.75	01:46:40.45	Male	45-49	Road Runners 12289
6262	Tim	O'Sullivan	01:48:08.90	01:46:41.55	Male	50-54	Tadley Runners
5724	Stuart	Dobson	01:47:23.00	01:46:44.05	Male	SENIOR	
6401	Jonathan	Coleman	01:47:14.10	01:46:44.80	Male	SENIOR	
5540	Clare	Johnson	01:46:55.40	01:46:47.40	Female	55+	Les Croupiers
5790	Gareth	Brown	01:47:48.70	01:46:50.55	Male	SENIOR	3Ms Gorseinon
6270	Barrie	Tribe	01:47:19.40	01:46:54.90	Male	55-59	Tadley Runners
6284	Naithan	Keeping	01:47:41.40	01:46:55.30	Male	SENIOR	
5924	Jeanette	Jenkins	01:48:08.45	01:46:56.75	Female	40-44	Fairwater
6236	John	Davies	01:47:22.30	01:47:00.70	Male	50-54	
5340	Karen	Seeley	01:47:37.75	01:47:01.05	Female	SENIOR	
5128	Alyn	Howells	01:47:37.10	01:47:02.35	Male	SENIOR	
5666	Idris	Davies	01:47:37.15	01:47:02.50	Male	SENIOR	
5809	Jason	Smith	01:48:52.20	01:47:16.30	Male	SENIOR	
6156	Simon	Owens	01:47:58.60	01:47:18.70	Male	SENIOR	
5981	Elinor	East	01:47:34.40	01:47:22.75	Female	SENIOR	
5543	Paul	Foster	01:48:20.55	01:47:23.05	Male	SENIOR	
6026	Joe	Edmundson	01:47:40.75	01:47:24.45	Male	55-59	
6281	Shaun	Field		01:47:26.00	Male	SENIOR	
5483	Alex	Harris	01:48:00.50	01:47:32.35	Male	JUNIOR	
5351	Jody	Ballard	01:49:09.55	01:47:32.45	Male	SENIOR	
5361	Matthew	Atkins		01:47:37.00	Male	SENIOR	
5385	David	Pickering	01:48:46.60	01:47:44.45	Male	SENIOR	
5116	Rebecca	Williams	01:48:26.95	01:47:44.85	Female	SENIOR	Bath University Athletic Club
5482	Robert	Harris	01:48:16.35	01:47:48.25	Male	45-49	
5739	Matthew	Allsopp		01:47:52.00	Male	SENIOR	
6078	Wesley	Limbrick	01:48:59.15	01:47:52.50	Male	SENIOR	
5862	Christopher	Probert	01:48:40.90	01:47:52.70	Male	SENIOR	
5632	Andrew	Stevens	01:48:39.85	01:47:53.20	Male	SENIOR	
6065	John	Steadmam	01:48:21.50	01:47:54.95	Male	50-54	
5554	Natalie	Williams	01:49:20.80	01:47:56.95	Female	SENIOR	
5617	Winifred	Hodges	01:49:37.25	01:48:00.80	Female	45-49	Spa Tans
6382	Joseph	Large	01:48:51.30	01:48:00.95	Male	SENIOR	
5956	Daniel	Parry	01:48:24.25	01:48:03.65	Male	SENIOR	
5438	Michael	Henderson	01:49:12.80	01:48:04.05	Male	40-44	
5779	Simon	Biggs	01:49:18.20	01:48:09.50	Male	40-44	
5216	Christina E.	Rossiter	01:48:21.50	01:48:10.05	Female	40-44	Les Croupiers
5549	Gareth	Downes	01:48:39.80	01:48:10.45	Male	SENIOR	
6197	Jackie	Mitchell	01:48:18.00	01:48:15.55	Female	35-39	Cherwell Runners
6149	Roland	Powell	01:48:57.00	01:48:16.80	Male	SENIOR	
6315	Richard	Starke	01:48:39.30	01:48:18.30	Male	SENIOR	
6070	James	Anthony	01:48:39.30	01:48:18.90	Male	SENIOR	
6267	Nick	Babbe	01:48:39.35	01:48:21.20	Male	SENIOR	
6344	Neil	Jeffers		01:48:25.00	Male	SENIOR	

6194	Andrew	Bate	01:49:00.90	01:48:31.30	Male	SENIOR	Herne Hill Harriers
5338	Mark	Yendle	01:48:47.75	01:48:34.25	Male	SENIOR	
5091	Kevin	Yendle	01:48:48.20	01:48:34.40	Male	SENIOR	
6246	Tony	Lloyd	01:49:05.60	01:48:36.50	Male	40-44	
6245	Peter	Lloyd	01:49:05.35	01:48:36.60	Male	SENIOR	
6402	Aled	Davies	01:49:19.50	01:48:36.80	Male	SENIOR	
6228	David	Reynolds	01:49:24.80	01:48:39.85	Male	55-59	
5435	Andy	Smith	01:50:02.70	01:48:41.35	Male	SENIOR	
5273	Alun	Harper	01:49:47.55	01:48:43.85	Male	45-49	
6184	Michelle	Armour	01:49:16.10	01:48:46.00	Female	SENIOR	
5476	Christopher	Bolton	01:49:18.70	01:48:48.20	Male	60+	Northern Vets.A.C.
6077	Stephen	Woodfine	01:49:07.00	01:48:53.10	Male	SENIOR	
5066	Jason	Lewis	01:49:02.25	01:48:53.95	Male	SENIOR	
6097	Richard	Tong	01:49:01.35	01:48:54.70	Male	40-44	
5331	Jackie	Lewis	01:49:22.20	01:48:55.90	Female	40-44	
6048	Anthony	Waring	01:49:39.60	01:49:00.40	Male	SENIOR	
5332	Meriel	Jeny	01:49:27.60	01:49:01.00	Female	40-44	
5813	Stephen	Ward-Booth	01:50:03.15	01:49:03.45	Male	SENIOR	
5020	Sarah	Bowen	01:49:30.50	01:49:03.65	Female	35-39	
5806	Kevin	Evans	01:49:32.90	01:49:09.35	Male	45-49	
5899	Brinley	Aherne	01:50:35.60	01:49:14.40	Male	55-59	
6259	Ilkka	Savimaki	01:50:02.10	01:49:15.20	Male	SENIOR	
150	Paul	Evans		01:49:18.15	Male	SENIOR	
5911	Mike	Lohman	01:50:46.80	01:49:18.60	Male	SENIOR	
6020	Janice	Harvey	01:50:08.10	01:49:18.70	Female	45-49	
5910	Ben	Joiner	01:50:13.10	01:49:19.05	Male	SENIOR	
5837	Andrew	Sedgmond	01:50:04.65	01:49:24.35	Male	45-49	Les Croupiers
5846	Fiona	Cummins	01:50:05.50	01:49:30.05	Female	35-39	Axe Valley Runners
5294	Darren	Abdulla	01:49:43.30	01:49:32.95	Male	SENIOR	
5358	Robert	Emmitt	01:51:18.40	01:49:36.85	Male	40-44	
5487	Diana	Jones	01:50:16.10	01:49:37.90	Female	35-39	
5885	James	Thomas	01:50:57.80	01:49:40.30	Male	40-44	
6397	Rhodri	Price	01:50:47.30	01:49:44.05	Male	SENIOR	
5746	Alison	Hobbs	01:51:05.80	01:49:45.30	Female	SENIOR	
5640	Mari	Williams	01:50:32.00	01:49:50.10	Female	SENIOR	
5811	Bethan	Williams	01:50:31.90	01:49:50.30	Female	35-39	
5439	Jo	Keeping	01:50:37.00	01:49:52.25	Female	SENIOR	
340	Sean	Powers		01:49:53.05	Male	SENIOR	Newquay RR
6275	Ann	Rowell	01:50:29.75	01:49:55.60	Female	45-49	TROT St Clears
6398	Dylan	Matthews	01:51:01.85	01:49:58.25	Male	SENIOR	
5926	Sarah	Hardman	01:50:40.50	01:49:59.95	Female	SENIOR	Penarth & Dinas RC
5825	Antonio	Panicola	01:51:01.95	01:50:01.00	Male	SENIOR	
5410	Stuart	Conick	01:50:30.10	01:50:02.70	Male	50-54	
5486	Sian	Powys	01:50:28.30	01:50:03.70	Female	40-44	
5485	Rhys	Powys	01:50:31.60	01:50:07.05	Male	40-44	
6331	John	Bohlin	01:51:37.15	01:50:07.05	Male	45-49	
6330	Nicky	Piper	01:51:37.30	01:50:07.15	Male	SENIOR	
6046	Ben	Brookshaw	01:50:24.75	01:50:07.20	Male	SENIOR	
5425	Anthony	Williams	01:50:34.70	01:50:07.55	Male	SENIOR	
6399	Jon	Christopher	01:51:16.20	01:50:10.40	Male	SENIOR	
5177	Carl	Burgess	01:51:01.50	01:50:13.80	Male	SENIOR	
5124	Steven	Daniels	01:51:13.30	01:50:15.00	Male	SENIOR	
5125	Michale	Daniels	01:51:13.45	01:50:15.05	Male	SENIOR	
5718	Sara	Edwards	01:50:58.90	01:50:16.40	Female	SENIOR	
6371	Paisley	Dillon	01:50:32.35	01:50:17.95	Female	SENIOR	
5762	Helen	Jessop	01:50:42.80	01:50:18.80	Female	SENIOR	
6081	Mark	Kerbey	01:51:39.45	01:50:20.80	Male	SENIOR	
6018	James	Colhoun	01:50:46.25	01:50:22.35	Male	SENIOR	
6190	Ali	Nash	01:50:45.10	01:50:23.10	Male	SENIOR	AAA

5359	Jane	Underwood		01:50:29.00	Female	SENIOR	
5843	Steve	Snook	01:51:19.75	01:50:31.95	Male	40-44	
5729	Adam	Greenslade		01:50:35.00	Male	SENIOR	
5684	Matthew	Trigger	01:50:58.95	01:50:37.10	Male	SENIOR	
6394	Neil	Grove	01:51:52.40	01:50:39.70	Male	40-44	
5794	Wayne	Phenis	01:51:57.80	01:50:47.10	Male	SENIOR	
	916 Emmy	Hume		01:50:47.40	Female	SENIOR	Sevenoaks
6076	Phil	Cook	01:51:15.35	01:50:48.00	Male	45-49	
5835	Nick	Barford	01:51:36.80	01:50:51.50	Male	SENIOR	
6319	Gregory	Rankin	01:51:14.70	01:50:52.40	Male	55-59	Bay Area Runners Club
5533	Sonya	Stephens	01:51:15.85	01:50:53.70	Female	40-44	Avon Valley Runners
5383	John	Cronin	01:51:32.70	01:50:57.25	Male	45-49	
	134 Gregory	Brown		01:50:57.50	Male	SENIOR	
5083	Andrea	Reynolds	01:51:28.00	01:50:57.80	Female	35-39	
5792	Bronwen	Boyce	01:51:40.70	01:50:58.75	Female	SENIOR	
5575	Steven	Donovan	01:52:20.50	01:50:58.90	Male	40-44	
6189	Richard	Honey	01:51:32.00	01:50:59.20	Male	SENIOR	
6365	Martin	Franklin	01:51:40.70	01:50:59.60	Male	SENIOR	
6051	Miles	Hooper	01:51:36.85	01:51:03.00	Male	SENIOR	
5298	Andrew	Thomas	01:51:29.70	01:51:03.20	Male	SENIOR	
5342	Cheryl	Hudgell	01:51:55.30	01:51:04.90	Female	SENIOR	
5433	James	Boxford	01:51:32.10	01:51:06.35	Male	SENIOR	
6182	Odette	White	01:51:15.10	01:51:06.75	Female	40-44	Sospan RR
5246	Alex	Hannaway	01:51:50.70	01:51:13.15	Male	SENIOR	
6164	David	Strevens	01:52:51.60	01:51:14.60	Male	SENIOR	
6255	Kieron	Scott	01:52:50.45	01:51:16.70	Male	SENIOR	
5753	Kate	Evans	01:52:07.45	01:51:27.10	Female	SENIOR	
6356	Alastair	Milburn	01:51:56.50	01:51:31.20	Male	SENIOR	
	356 Mark	Morgan		01:51:31.25	Male	SENIOR	
5616	Dennis	Bickerton	01:52:29.75	01:51:35.30	Male	55-59	
5804	Heledd	Gruffudd	01:52:24.50	01:51:36.30	Female	SENIOR	
5229	Lindsey	Muller	01:51:57.65	01:51:37.00	Female	SENIOR	
6408	Simon	Davis	01:52:14.20	01:51:37.10	Male	40-44	
6035	Huw	Williams	01:52:21.10	01:51:37.80	Male	SENIOR	
5009	Eurgain	Dafydd	01:52:20.20	01:51:38.85	Female	SENIOR	
6125	William	Gasson	01:52:34.60	01:51:39.20	Male	SENIOR	
6167	Sheila	Carruthers	01:52:24.70	01:51:45.00	Female	50-54	Shepshed RC
5497	Derrick	Moses	01:52:17.30	01:51:47.00	Male	SENIOR	
5570	James	Howells	01:52:53.60	01:51:47.05	Male	SENIOR	
5542	Tom	McEvoy		01:51:51.00	Male	SENIOR	
6007	Andrew	Evans	01:53:17.00	01:51:54.80	Male	SENIOR	
6132	James	Finch	01:53:17.40	01:51:55.20	Male	SENIOR	
5532	Gary	Collier	01:52:27.70	01:52:00.05	Male	55-59	
5636	John	Roberts	01:52:17.95	01:52:01.85	Male	SENIOR	
5886	Gary	Tippetts	01:52:37.30	01:52:02.50	Male	45-49	
6364	Jason	Howe	01:52:14.60	01:52:06.55	Male	SENIOR	
5424	Esta	Williams	01:53:27.10	01:52:10.50	Female	45-49	jersey spartan athletic club
5109	Claire	Rigney	01:52:58.00	01:52:12.65	Female	SENIOR	Dulwich Park Runners
5892	Melanie	Colburn	01:53:02.80	01:52:12.95	Female	35-39	
5322	Karl	Sepahpour	01:53:20.00	01:52:14.10	Male	SENIOR	
6227	Emma	Phillips	01:52:36.75	01:52:16.70	Female	SENIOR	
5267	Tracie	Williams	01:53:36.35	01:52:16.85	Female	SENIOR	
5445	Ian	Wills	01:53:02.55	01:52:17.20	Male	SENIOR	
5274	Craig	Harper	01:53:19.30	01:52:18.10	Male	JUNIOR	
5796	Francis	Yorke	01:52:54.50	01:52:18.55	Male	40-44	
5850	Dawn	James	01:52:33.95	01:52:21.95	Female	40-44	
5325	Claire	Gardner	01:52:38.15	01:52:24.05	Female	SENIOR	
6168	Darryl	Thomas		01:52:33.00	Male	SENIOR	
5834	Sally	Haselhurst	01:53:20.50	01:52:35.45	Female	SENIOR	

5218	Andy	Bray	01:54:06.40	01:52:38.65	Male	40-44	Fontygary Tri Club
5568	Rose	Thomas	01:53:12.80	01:52:41.30	Female	50-54	Spa Tans
6285	Jamie	Norman	01:53:31.70	01:52:42.25	Male	SENIOR	
5309	Rachel	Jones	01:53:42.20	01:52:49.25	Female	SENIOR	Les Croupiers
6170	Steven	Browning		01:52:50.00	Male	SENIOR	
6013	Jayne	Arnold		01:52:52.35	Female	SENIOR	3M Gorseinon RR
6247	Daryl	Davies	01:54:18.95	01:52:55.15	Male	SENIOR	
6204	Alexandra	Fudge	01:54:18.85	01:52:55.55	Female	SENIOR	
5984	Christopher	Browning		01:52:56.00	Male	40-44	
6112	Michael	Brace	01:54:21.65	01:52:58.15	Male	SENIOR	
	35 Neil	Thomas		01:52:58.25	Male	SENIOR	Islwyn RC
5231	David	Couch	01:53:41.30	01:53:02.10	Male	SENIOR	
6015	Suhail	Ahmed	01:54:07.35	01:53:03.50	Male	SENIOR	
5419	Lynn	Goward	01:53:44.65	01:53:06.75	Female	35-39	
5553	Julian	French	01:53:44.90	01:53:06.80	Male	SENIOR	
5255	Gareth	Jones	01:53:25.50	01:53:10.05	Male	40-44	
5694	Melissa	Whiting	01:54:02.30	01:53:11.30	Female	SENIOR	
5550	Giles	Hartman	01:53:46.15	01:53:17.95	Male	SENIOR	
5660	Christian	Moger	01:53:56.40	01:53:18.35	Male	SENIOR	
6286	Celine	O'Halloran	01:54:09.20	01:53:19.35	Female	SENIOR	
5839	Rachel	Stickler	01:54:01.90	01:53:25.10	Female	SENIOR	
5856	Cennydd	Amos	01:54:42.35	01:53:29.85	Male	SENIOR	
6114	Annabel	Price	01:54:32.65	01:53:31.65	Female	SENIOR	
6316	Carl	Peacock	01:54:55.60	01:53:35.85	Male	SENIOR	
5444	Amanda	Payne	01:54:04.80	01:53:44.50	Female	40-44	
5423	Jacqui	Denning		01:53:45.00	Female	SENIOR	
5743	Paul	Izatt	01:55:06.00	01:53:46.75	Male	SENIOR	
6254	Clare	Sinkinson	01:55:20.50	01:53:46.85	Female	SENIOR	
6038	Jonathon	Evans	01:55:11.95	01:53:47.45	Male	SENIOR	
5713	Steve	Saunders	01:54:39.65	01:53:48.15	Male	SENIOR	
6100	Matthew	Fincher	01:54:07.20	01:53:50.10	Male	SENIOR	Sospan RR
5122	Phillip	Mears	01:54:13.50	01:53:50.30	Male	SENIOR	
5655	Jane	Maggs	01:54:29.90	01:53:51.30	Female	SENIOR	
6324	Graham	Carson	01:54:34.20	01:53:52.70	Male	45-49	
6297	Steve	Quinn	01:54:01.70	01:53:53.80	Male	SENIOR	
5951	Martin	Duffy	01:54:38.65	01:53:56.85	Male	SENIOR	
6296	Andrea	Tanner	01:54:18.00	01:53:57.65	Female	35-39	
5436	Chris	Carrel	01:54:26.80	01:53:59.20	Male	SENIOR	
5295	Philip	Haynes	01:54:39.35	01:54:07.40	Male	SENIOR	
5610	Kevin	Davies	01:54:39.60	01:54:07.45	Male	50-54	
6002	Richard	Allen	01:54:38.50	01:54:19.70	Male	SENIOR	
6263	John	Lancaster		01:54:20.00	Male	40-44	
5381	William	Charles	01:55:10.25	01:54:20.10	Male	SENIOR	
5942	Caroline	Sandles	01:54:42.10	01:54:22.20	Female	35-39	3Ms Gorseinon
5642	Elaine Louise	Price	01:55:23.55	01:54:24.05	Female	35-39	
6045	Tom	Stroud	01:54:59.00	01:54:24.10	Male	SENIOR	
5932	Melanie	Hooper	01:54:42.95	01:54:28.75	Female	SENIOR	
5744	Ian	Carmichael	01:54:50.55	01:54:32.95	Male	SENIOR	
6225	Christopher	Wall		01:54:39.00	Male	40-44	
5572	David	Rossiter	01:55:44.45	01:54:44.75	Male	40-44	
6062	Martinez	Alejandro	01:55:39.75	01:54:45.45	Male	SENIOR	
5412	Mike	Hickman	01:55:53.60	01:54:49.55	Male	SENIOR	
6039	Tom	Shackleton	01:56:23.90	01:54:53.25	Male	SENIOR	
5063	Clive	Evans	01:55:27.50	01:54:55.25	Male	60+	
6418	Nathan	Cummins	01:56:11.20	01:54:55.45	Male	SENIOR	
5742	Jonathan	Davies	01:56:20.70	01:55:00.35	Male	SENIOR	
5747	Rebecca	Phillips	01:56:20.75	01:55:00.55	Female	SENIOR	
5523	Hilary	McCarthy	01:55:50.50	01:55:03.05	Female	35-39	Cardigan
6417	Peter	Alcock	01:56:24.65	01:55:04.70	Male	40-44	

6403 Owen	Haines	01:56:22.80	01:55:06.00	Male	40-44	
6404 Chimene	Haines	01:56:22.45	01:55:06.10	Female	SENIOR	
6384 Darren	Morgan	01:55:45.10	01:55:07.85	Male	SENIOR	
5715 Alison	Malton	01:55:58.25	01:55:21.95	Female	35-39	
6222 Grant	Stott	01:56:26.30	01:55:22.45	Male	SENIOR	
5067 Andrew	Townsend	01:55:52.55	01:55:27.10	Male	SENIOR	
6080 Victoria	Brailsford	01:55:40.70	01:55:30.00	Female	SENIOR	
5916 Beverley	Warburton	01:56:49.20	01:55:30.40	Female	40-44	
5708 Lyndon	Thomas	01:55:59.55	01:55:31.45	Male	50-54	
5377 David	Edwards	01:57:05.35	01:55:33.10	Male	40-44	
5238 Gregory	Woods	01:56:32.85	01:55:38.65	Male	SENIOR	
5880 Helga	Warren	01:56:22.75	01:55:44.40	Female	35-39	
5087 Lisa	Saunders	01:56:31.80	01:55:48.65	Female	35-39	
5861 Sioned	Williams	01:56:45.80	01:55:49.80	Female	SENIOR	
5860 Tony	Williams	01:56:46.00	01:55:50.40	Male	45-49	
5510 Janice	Clement	01:56:48.15	01:55:51.60	Female	45-49	Penarth & Dinas Runners
5247 Jane	Norris	01:56:31.65	01:55:55.15	Female	40-44	
5620 Jeffrey	Dare	01:57:21.00	01:55:56.30	Male	50-54	
5244 Liam	Hannaway	01:56:41.45	01:56:04.25	Male	SENIOR	
5623 Aranka	Pratt	01:56:45.10	01:56:05.00	Female	55+	
6340 Paul	Gilbert-Jones	01:56:30.25	01:56:05.55	Male	SENIOR	
6124 Rhys	Langdon	01:57:06.95	01:56:06.00	Male	JUNIOR	
5690 Ian	Henton	01:56:28.35	01:56:06.30	Male	SENIOR	
5741 Justin	Livermore	01:57:25.95	01:56:07.30	Male	SENIOR	
5380 Deborah	Price	01:56:49.40	01:56:17.70	Female	40-44	
5503 Steve	Gregory	01:56:41.70	01:56:19.00	Male	SENIOR	
5923 Rhys	Williams	01:57:14.20	01:56:21.25	Male	40-44	
5733 Jacobus	Lombard	01:57:12.50	01:56:22.15	Male	50-54	
5135 Sali	Walsh	01:56:38.45	01:56:24.25	Female	35-39	
5434 Pete	Williams	01:57:33.10	01:56:24.30	Male	SENIOR	
6299 Simon	Day	01:57:33.00	01:56:24.40	Male	SENIOR	
6069 David	Morgan		01:56:26.00	Male	40-44	
5799 Roger	Evans	01:57:29.35	01:56:26.65	Male	50-54	
5528 Jeff	Owen	01:57:29.40	01:56:27.20	Male	50-54	
5061 Mark	Aitken	01:57:36.95	01:56:27.80	Male	SENIOR	
6220 Peter	Randerson	01:57:01.45	01:56:29.05	Male	55-59	
5506 Jeremy	Hoare	01:56:46.30	01:56:32.35	Male	50-54	Dulwich Park Runners
6215 Bethan	de-la-Taste		01:56:33.00	Female	SENIOR	
6106 Kathryn	Mackie	01:57:27.10	01:56:35.70	Female	SENIOR	Oxford University CCC
5142 Jackie	Garland	01:57:04.40	01:56:35.80	Female	40-44	
6216 Catrin	Ashton		01:56:37.00	Female	SENIOR	
5175 Russell	Dobbs	01:58:11.50	01:56:37.95	Male	SENIOR	
5544 Rees	Dobbs	01:58:11.35	01:56:38.50	Male	50-54	
6108 Catherine	Thomas	01:57:15.20	01:56:42.40	Female	35-39	
6306 Tom	Rushford	01:57:06.50	01:56:43.25	Male	60+	Bay Area Runners Club
6063 Peter	Harding		01:56:44.00	Male	60+	
5478 Aled	Williams	01:57:26.70	01:56:45.80	Male	SENIOR	
6089 Paul	Gasson	01:57:42.30	01:56:46.70	Male	SENIOR	
5556 Matt	Gubbins	01:57:25.50	01:56:47.50	Male	SENIOR	
5415 Huw	Williams	01:57:58.30	01:56:55.15	Male	SENIOR	
6096 Stan	Weeks	01:58:13.75	01:56:56.60	Male	60+	
6214 Gareth	Kemp	01:58:46.25	01:57:03.65	Male	SENIOR	
5004 Stuart	Laslett	01:57:37.65	01:57:06.90	Male	SENIOR	
5115 Ian	Murdoch	01:57:38.35	01:57:07.55	Male	40-44	Handy Cross Runners
6373 Jackie	Williams	01:57:59.20	01:57:08.35	Female	SENIOR	
5607 Nigel	Allen	01:58:45.80	01:57:12.35	Male	40-44	
5378 Stephen	Heath	01:58:46.00	01:57:13.75	Male	40-44	
5411 Suzanne	Craig	01:58:55.90	01:57:15.25	Female	SENIOR	
5318 Terry	Dixon	01:58:55.90	01:57:15.50	Male	50-54	

561 Ellen	Wood		01:57:16.30	Female	35-39	Cardiff
5250 Simon	Enoch	01:58:58.50	01:57:16.40	Male	SENIOR	
5249 David	Manley	01:58:58.35	01:57:16.85	Male	SENIOR	
6111 Demond	Alford	01:58:07.70	01:57:18.75	Male	SENIOR	
5957 Tim	Elias	01:57:47.50	01:57:18.95	Male	SENIOR	
5293 Christopher	Bates	01:58:26.10	01:57:20.10	Male	SENIOR	
6036 Gill	Pratt	01:59:01.30	01:57:21.45	Female	SENIOR	
6271 Cheryl	Hicks	01:59:01.30	01:57:21.60	Female	SENIOR	
6055 Paul	Morgan	01:58:13.50	01:57:26.70	Male	SENIOR	
5703 Richard	Huntley	01:58:31.30	01:57:26.70	Male	55-59	
5767 Kirsten	Jack	01:57:44.00	01:57:27.80	Female	SENIOR	
5768 Rhona	Jack	01:57:43.95	01:57:28.50	Female	SENIOR	
5635 Gwydion	Gruffudd	01:58:16.20	01:57:29.85	Male	SENIOR	
5157 Mark	Hale	01:58:17.20	01:57:31.05	Male	SENIOR	
5654 Robert	Downes	01:58:01.45	01:57:31.55	Male	SENIOR	
5668 Philip	Lloyd	01:58:52.10	01:57:34.00	Male	SENIOR	
24 Garry	Mounter		01:57:36.60	Male	SENIOR	Trerhondda Triathlon Club
6213 Elizabeth	Kemp	01:58:20.85	01:57:43.95	Female	SENIOR	
6362 Lena	Eriksson	01:58:38.00	01:57:44.80	Female	SENIOR	
5919 Wendy	Thomas	01:59:03.25	01:57:45.55	Male	SENIOR	
5918 Andrew	Thomas	01:59:03.80	01:57:45.80	Male	40-44	
5319 Adam	Mitchell	01:59:14.50	01:57:53.30	Male	SENIOR	
453 Stephen	White		01:57:53.45	Male	SENIOR	
5145 Rob	O'Brien	01:58:58.20	01:57:53.60	Male	SENIOR	
6341 Tim	Gilbert	01:59:02.85	01:57:55.05	Male	40-44	
5130 Shane	Allen	01:59:18.90	01:57:56.00	Male	SENIOR	
5855 Alex	Law	01:59:14.25	01:58:00.25	Male	40-44	
5950 Hartej	Jagdev	01:59:12.30	01:58:07.65	Male	SENIOR	
5154 James	Birk	01:59:31.95	01:58:11.20	Male	SENIOR	
6092 Andrew	Pearce	01:58:56.70	01:58:20.30	Male	SENIOR	
5504 Ceri	Jones	01:59:17.90	01:58:24.90	Male	40-44	
5685 Zoe	Brillard	01:58:36.90	01:58:26.65	Female	SENIOR	
6067 David	Lewis	01:59:35.00	01:58:31.70	Male	55-59	
5081 Joanne	Brewster	01:59:48.45	01:58:34.25	Female	35-39	
6202 Ellen	Fraser	01:58:59.15	01:58:35.45	Female	35-39	
5469 Ian	Dyson	02:03:45.40	01:58:35.70	Male	SENIOR	
5302 Francine	Duke	01:59:18.30	01:58:36.05	Female	SENIOR	
5034 Craig	Pearce	01:59:35.25	01:58:36.65	Male	SENIOR	
5677 John	Letton	01:59:50.60	01:58:39.50	Male	50-54	
5627 Mohammad	Yaadollahi	01:59:39.50	01:58:40.15	Male	40-44	
5970 Dennis	Peel	01:58:54.45	01:58:42.50	Male	45-49	
5285 Teresa	Schrezenmaier	01:59:17.30	01:58:46.55	Female	SENIOR	
5143 Esther	Roberts	01:59:44.75	01:58:46.85	Female	SENIOR	
6221 Geoff	Weir	01:59:53.30	01:58:49.40	Male	SENIOR	
5447 Martin	Hawke	01:59:52.30	01:58:51.05	Male	SENIOR	
5590 Steven	Christmas	01:59:53.50	01:58:52.25	Male	40-44	
5239 Peter	Brown	01:59:56.00	01:58:53.00	Male	SENIOR	
5346 David	Evans	01:58:54.95	01:58:53.25	Male	SENIOR	
5721 Alison	Elliott	02:00:10.45	01:58:59.60	Female	SENIOR	
5263 Sarah	Botterill	01:59:42.10	01:59:04.95	Female	SENIOR	
5888 Michael	Gardiner	02:00:25.35	01:59:11.50	Male	50-54	
6085 David	Rees	01:59:24.65	01:59:17.85	Male	SENIOR	
5074 Joanna	Hendry	01:59:44.45	01:59:20.15	Female	SENIOR	Penarth & Dinas Runners
6237 Brian	Brayford	01:59:37.80	01:59:22.20	Male	55-59	
5064 Helen	Hunt	02:00:03.80	01:59:24.00	Female	50-54	
5673 Andrew	Oatley	02:00:01.70	01:59:30.50	Male	SENIOR	
5299 Jane	Allely	02:00:03.80	01:59:38.50	Female	35-39	
6269 Wendy	Raybould	02:00:13.50	01:59:40.55	Female	SENIOR	
6088 Owain	Llewellyn	02:00:26.45	01:59:42.65	Male	50-54	

6118	Mike	Collins	02:00:18.40	01:59:46.80	Male	60+	
5484	Myfanwy	Louden		01:59:49.00	Female	55+	
5682	Kirsten	Tedder	02:00:32.50	01:59:50.55	Female	SENIOR	
5260	David	Williams	02:01:10.50	01:59:54.00	Male	SENIOR	
5290	Huw	Mawson	02:01:08.20	02:00:01.50	Male	SENIOR	
5887	Stella	Tippetts	02:00:39.80	02:00:04.40	Female	40-44	
6201	Gavin	Moore	02:00:45.50	02:00:04.80	Male	SENIOR	
6367	Allen	Bevan	02:01:29.70	02:00:09.15	Male	45-49	
5582	Emma	Ridgill	02:00:54.50	02:00:14.10	Female	SENIOR	Penarth Running Club
5783	Gwynne	Tuthill	02:01:38.35	02:00:16.10	Male	SENIOR	
5613	Mark	Williams	02:02:03.50	02:00:18.25	Male	SENIOR	
5841	Peter	Clark	02:01:30.95	02:00:18.65	Male	45-49	
5329	James	Armstrong	02:01:10.65	02:00:24.85	Male	SENIOR	
5168	Richard	Edwards	02:01:18.15	02:00:25.00	Male	SENIOR	
6385	Simon	Pope	02:01:14.70	02:00:26.00	Male	SENIOR	
5240	Nicholas	Tyler	02:02:06.70	02:00:28.20	Male	SENIOR	
5845	Brynley	Sheppard	02:02:06.20	02:00:34.30	Male	SENIOR	
5405	Jo	Hunt	02:01:27.95	02:00:35.75	Female	SENIOR	
5689	Claire	Rutter	02:01:30.25	02:00:36.35	Female	35-39	
6157	Jane	Truscott	02:01:33.50	02:00:36.80	Female	SENIOR	
5112	Lyn	Brown	02:01:16.55	02:00:42.05	Female	40-44	Amman Valley Harriers
5864	Rosalind	Bolton	02:01:33.20	02:00:44.70	Female	SENIOR	
5117	Malcolm	Potter	02:01:39.75	02:00:47.50	Male	50-54	Springfield Striders
6115	Caroline	Fordham	02:02:08.00	02:00:52.25	Female	35-39	Staffs - Moorlands
5006	Alexa	Mitchell	02:01:43.95	02:01:00.15	Female	35-39	Reigate Priory AC
5704	Anthony	Beer	02:02:01.00	02:01:04.45	Male	SENIOR	
5939	Gary	Whitbread	02:02:01.15	02:01:04.85	Male	40-44	
5059	Andrew	Smith	02:02:20.25	02:01:11.35	Male	SENIOR	
5068	Suzanne	Brown	02:02:29.40	02:01:18.30	Female	40-44	
6338	Jessica	Baynham	02:02:31.10	02:01:23.60	Female	SENIOR	
5194	Andrew Raymond	Cowley	02:02:00.35	02:01:23.85	Male	50-54	
5561	Ffion	John		02:01:30.00	Female	SENIOR	
5003	Nick	Mitchell	02:02:15.00	02:01:31.70	Male	50-54	Reigate Priory AC
6309	Francis	Chivers	02:01:56.65	02:01:34.20	Male	55-59	100 Marathon Club
5976	Claire	Rainey	02:02:40.90	02:01:34.30	Female	SENIOR	
236	Nick	Partridge		02:01:34.55	Male	SENIOR	Axe Valley Runners
6378	Paul	Ryan	02:03:16.95	02:01:38.25	Male	SENIOR	
6082	Helen	Kerbey	02:02:58.75	02:01:39.85	Female	SENIOR	
5080	Giles	Nuttall	02:02:43.15	02:01:43.35	Male	SENIOR	
5633	Julia	Churton	02:02:31.45	02:01:45.55	Female	40-44	
6218	Karen	Spiller	02:02:31.40	02:01:45.75	Female	35-39	
5974	Sam	Humphries	02:02:53.20	02:01:46.55	Male	SENIOR	
6376	Helen	Raynor	02:02:33.75	02:01:55.55	Female	SENIOR	
5452	David	Potter	02:03:21.25	02:01:56.45	Male	50-54	
5663	James	Bradbury	02:03:04.95	02:01:57.65	Male	40-44	
5597	Helen	Cummins	02:03:18.45	02:02:02.45	Female	SENIOR	
5088	Gethyn	Evans	02:03:36.95	02:02:16.45	Male	45-49	
5766	Valerie	Jack	02:02:33.75	02:02:17.80	Female	SENIOR	
6232	Vanesa	De Llanos Berrutti	02:03:57.55	02:02:21.95	Female	SENIOR	
5968	Ieuan	Counsell	02:03:22.00	02:02:30.40	Male	SENIOR	
5368	Emma	Cushen	02:03:22.90	02:02:35.05	Female	SENIOR	
5337	Jean	Morris	02:03:23.20	02:02:35.05	Female	SENIOR	
5913	Albert	Brindley	02:03:29.85	02:02:41.40	Male	50-54	
6153	Vivienne	Keeble	02:03:24.30	02:02:46.45	Female	50-54	Worcester Joggers
5979	David	Williams	02:03:31.55	02:02:47.35	Male	40-44	
6210	Gareth	Lloyd	02:03:31.90	02:02:49.05	Male	SENIOR	
137	Roland	Knight		02:02:49.05	Male	50-54	
6209	Greg	French	02:03:41.40	02:02:49.60	Male	SENIOR	
5818	Mike	Roberts	02:03:34.20	02:02:52.55	Male	SENIOR	

456	Amanda	Powell		02:02:55.00	Female	SENIOR	
5859	Victoria	Spitzley	02:03:32.00	02:02:56.90	Female	SENIOR	
6233	Susie	Procter	02:03:32.15	02:02:57.20	Female	SENIOR	
5902	Simon	Williams	02:04:22.20	02:03:00.45	Male	SENIOR	
6061	Isabel	Caballero	02:03:54.10	02:03:00.75	Female	SENIOR	
5571	Janine	Laver	02:03:56.25	02:03:02.55	Female	SENIOR	Les Croupiers
5200	Orla	Donnelly	02:04:13.80	02:03:12.35	Female	SENIOR	
5883	David	Davies	02:04:07.90	02:03:13.20	Male	45-49	
5882	Mara	Cadman-Davies	02:04:07.60	02:03:13.50	Female	45-49	
5982	Roger	Watkins	02:04:19.75	02:03:15.95	Male	50-54	
5251	Byron	Lloyd	02:05:01.30	02:03:19.10	Male	SENIOR	
5852	Emyr	Thomas	02:03:50.60	02:03:20.45	Male	SENIOR	
5206	Emma	Tovey	02:05:10.50	02:03:26.50	Female	SENIOR	
5402	Dafydd	Snelling	02:03:52.75	02:03:27.60	Male	SENIOR	
5345	Catherine	Chabert	02:04:07.55	02:03:28.60	Female	40-44	
5473	Nicola	Waite	02:04:38.60	02:03:30.10	Female	SENIOR	
6183	Rachel	Hemmings	02:04:05.90	02:03:35.15	Female	35-39	
6181	Stephen	Hill	02:04:05.10	02:03:39.45	Male	40-44	
6265	Sharon	Rose	02:04:04.65	02:03:39.55	Female	SENIOR	Les Croupiers
5409	Sian	Henson	02:04:45.80	02:03:42.20	Female	SENIOR	
6412	Eleanor	Jones	02:04:52.20	02:03:44.10	Female	50-54	
5370	Sheila	Brown	02:04:52.15	02:03:44.40	Female	55+	
5012	Andy	Morton	02:04:50.90	02:03:45.70	Male	40-44	
5507	Ross	Lewis	02:05:28.30	02:03:46.30	Male	SENIOR	
5819	John	Roberts		02:03:50.00	Male	55-59	
5234	Bethan	Morgan	02:05:10.65	02:03:54.35	Female	SENIOR	
5479	Bryan	Williams	02:05:12.60	02:03:57.90	Male	60+	
6260	Sarah	Cook	02:04:43.20	02:04:00.70	Female	45-49	
6261	Howard	Allen	02:04:43.15	02:04:00.90	Male	45-49	
6004	Antoni	Geach	02:04:53.70	02:04:02.00	Male	SENIOR	
5242	Darrell	Walkley	02:05:02.20	02:04:07.40	Male	SENIOR	
6155	Andrew	Morgan	02:04:56.55	02:04:10.95	Male	SENIOR	
458	Brian	Edwards		02:04:13.55	Male	SENIOR	
5289	Clare	Wright	02:04:48.50	02:04:16.00	Female	SENIOR	
5033	Geoffrey	Wright	02:05:02.10	02:04:16.00	Male	50-54	Les Croupiers
5038	Josie	Grindulis	02:05:25.20	02:04:17.50	Female	45-49	Les Croupiers
615	Brian	Dews		02:04:21.00	Male	50-54	
457	Paul	Davey		02:04:22.15	Male	SENIOR	
5458	Katrina	Darcy	02:06:06.40	02:04:22.30	Female	SENIOR	
5069	Deborah	Jones	02:05:41.30	02:04:30.30	Female	35-39	
5547	Frances	Wooten	02:05:22.85	02:04:31.55	Female	SENIOR	
5634	Daniel	Symmonds	02:05:27.50	02:04:39.00	Male	SENIOR	
6304	Malcom	Parker	02:05:51.10	02:04:43.20	Male	60+	Islwyn Running Club
5376	Coleen	Griffiths	02:05:50.90	02:04:44.05	Female	SENIOR	
6409	Andy	Ellis	02:06:21.55	02:04:51.20	Male	SENIOR	
5719	Melanie	Dellibovi	02:05:42.70	02:04:52.30	Female	SENIOR	
5317	Hannah	Denman	02:05:45.00	02:04:53.30	Female	SENIOR	
6073	Kathryn	Stoate	02:06:16.30	02:05:07.60	Female	SENIOR	
5363	Carol	Mogford	02:05:44.50	02:05:09.70	Female	35-39	Amman Valley Harriers
5915	Gareth	Hegarty	02:06:12.00	02:05:09.95	Male	SENIOR	
5930	Liz	Mallen	02:06:30.55	02:05:11.10	Female	35-39	
5362	Kenneth	Mogford	02:05:44.95	02:05:11.30	Male	40-44	Amman Valley Harriers
5935	Sandra	Caveney	02:05:57.65	02:05:11.55	Female	40-44	Les Croupiers
5580	James	Ralph	02:05:18.30	02:05:13.85	Male	SENIOR	
6187	Matthew	Taylor	02:06:40.60	02:05:36.10	Male	SENIOR	Barry & Vale
5695	Sarah	Hutchinson	02:06:47.45	02:05:38.25	Female	SENIOR	
5748	Sophie	Sierra	02:06:47.65	02:05:38.65	Female	SENIOR	
5449	Sally	Shand	02:06:31.75	02:05:38.80	Female	40-44	
5028	Rachel	Gardiner	02:07:09.25	02:05:51.25	Female	SENIOR	

5774	Catherine	Isherwood	02:06:44.35	02:05:55.95	Female	SENIOR	
5178	Andrew	Robingson	02:06:49.55	02:06:01.75	Male	SENIOR	
5493	Jonathan	Bale	02:07:08.60	02:06:10.40	Male	SENIOR	
5874	Colin	John	02:07:37.45	02:06:13.75	Male	50-54	
100	Neil	Cargill		02:06:16.85	Male	SENIOR	
5459	Robert	Lee	02:07:38.10	02:06:19.80	Male	50-54	David Lloyd
5166	Pete	Sueref	02:07:18.15	02:06:25.20	Male	SENIOR	
6049	Ross	Duffield	02:08:01.50	02:06:27.55	Male	SENIOR	
5043	Vicky	Luffrum	02:07:10.60	02:06:29.55	Female	SENIOR	
5969	Mark	Johns	02:07:38.90	02:06:30.35	Male	SENIOR	
5076	Penny	Clarkson	02:07:05.25	02:06:36.25	Female	35-39	Les Croupiers
5752	Catherine	Tytherleigh	02:07:07.00	02:06:36.45	Female	SENIOR	
5196	Helen	Murdoch	02:07:07.50	02:06:37.90	Female	SENIOR	
5736	Marc	Feighery	02:07:59.25	02:06:39.55	Male	SENIOR	
5933	Rebecca	Topping	02:07:31.75	02:06:41.70	Female	SENIOR	
6005	Stephanie	Evans	02:07:41.15	02:06:45.70	Female	SENIOR	
5204	Liz	Coombes	02:07:48.80	02:06:46.80	Female	35-39	
5029	Pauline	Stephenson	02:07:39.15	02:06:49.65	Female	45-49	
6043	Jake	Bourne	02:07:21.30	02:06:49.90	Male	SENIOR	Long Eaton RC
5316	Louise	Davies	02:07:42.70	02:06:50.65	Female	SENIOR	
5202	Steven	Roberts	02:08:46.75	02:06:52.90	Male	40-44	
5589	Gaynor	Hall	02:08:31.00	02:06:53.30	Female	35-39	
5512	Sioned	Harold	02:08:20.60	02:06:54.15	Female	SENIOR	
5603	Amber	Putnam	02:07:57.25	02:06:57.05	Female	SENIOR	
5535	Joanne	Wheeldon	02:08:35.10	02:07:05.40	Female	SENIOR	
5584	Lynne	Toogood	02:07:13.45	02:07:05.45	Female	35-39	Le Croupiers
5259	Karen	Oaksford	02:08:27.85	02:07:07.30	Female	SENIOR	
5219	Dylan	Williams	02:08:48.25	02:07:11.20	Male	SENIOR	
5815	Rebecca	Close	02:08:16.00	02:07:16.60	Female	SENIOR	
5711	Mark	Griffiths	02:08:25.30	02:07:19.65	Male	SENIOR	
5587	David	Chapple	02:08:12.35	02:07:24.85	Male	40-44	Tamar Trotters
873	Christopher	George		02:07:32.90	Male	40-44	
6234	Vince	Jones	02:08:43.00	02:07:37.85	Male	40-44	
6381	John	Large	02:09:12.30	02:07:44.95	Male	40-44	
5897	William	Meiklejohn	02:08:27.55	02:07:54.35	Male	50-54	
6224	David	Pope	02:08:48.90	02:08:00.90	Male	SENIOR	
5281	Gareth	Steggles	02:08:54.65	02:08:09.85	Male	SENIOR	
6323	Catherine	Gorno	02:08:54.65	02:08:15.50	Female	40-44	
712	David	Webster		02:08:16.20	Male	SENIOR	
5836	Blair	Lundie	02:09:10.35	02:08:19.10	Male	50-54	
5042	Julian	Thomas	02:09:50.80	02:08:21.65	Male	40-44	
5966	Alan	Howell	02:09:11.35	02:08:24.75	Male	55-59	
5591	Llio	Penri	02:55:32.20	02:08:24.80	Female	SENIOR	
5373	Julian	Phillips	02:09:54.15	02:08:25.20	Male	SENIOR	
5296	Colin	Daws	02:09:54.70	02:08:25.45	Male	SENIOR	
5051	Annette	James	02:09:01.30	02:08:31.15	Female	SENIOR	
5608	Jacqueline	Jones	02:09:40.45	02:08:33.75	Female	SENIOR	Islwyn
5233	Julie	McCormick	02:09:13.30	02:08:34.05	Female	35-39	
5349	Sian	Daniels	02:10:08.55	02:08:36.95	Female	SENIOR	
6337	Helene	Oosthuizen	02:09:35.95	02:08:37.85	Female	SENIOR	
6283	Emma	Parsons	02:09:29.70	02:08:39.30	Female	SENIOR	
5738	Dale	Ward	02:10:04.30	02:08:44.00	Male	SENIOR	
5279	Stephen	Banfield	02:10:00.30	02:08:54.90	Male	40-44	
5491	Sandra	North	02:10:19.00	02:08:59.90	Female	40-44	
5775	Alan	White	02:10:14.35	02:09:01.10	Male	SENIOR	
5670	Rachel	Williams	02:10:11.60	02:09:01.90	Female	SENIOR	
5756	Catherine	Henley	02:10:12.10	02:09:02.15	Female	SENIOR	
5730	Lucy	Hancock	02:10:11.80	02:09:02.50	Female	SENIOR	
5615	Wendy	Bowden	02:10:25.25	02:09:03.80	Female	SENIOR	

5182 Adam	Birnie	02:10:06.45	02:09:12.45	Male	SENIOR	
5500 Philip	Smith	02:10:32.60	02:09:17.70	Male	45-49	
6372 Laverne	Richardson	02:10:16.85	02:09:26.00	Female	45-49	
5170 Matthew	Jones	02:09:59.50	02:09:29.40	Male	SENIOR	
5187 Geoffrey	Lloyd	02:11:17.80	02:09:35.65	Male	45-49	
5371 Eleri	Randerson	02:10:39.15	02:09:39.80	Female	SENIOR	
5475 Liz	Baker	02:10:49.60	02:09:41.30	Female	55+	
5291 Stephen	Jones	02:10:53.20	02:09:49.20	Male	SENIOR	
5985 Matthew	Judd	02:10:21.70	02:09:52.55	Male	SENIOR	
5386 Gary	Edwards	02:10:47.60	02:09:52.70	Male	SENIOR	
5271 Angharad	Chard	02:10:22.60	02:09:54.05	Female	SENIOR	
5217 Heike	Verdon	02:11:02.15	02:10:00.60	Female	35-39	
5213 Janet Mary	Mathias	02:11:02.40	02:10:00.95	Female	40-44	
5788 Nicki	Blayber	02:11:40.70	02:10:01.70	Female	35-39	
6120 Anne	Fry	02:10:33.30	02:10:03.70	Female	SENIOR	
6419 Fazleen	Harte	02:10:22.00	02:10:05.50	Female	SENIOR	
5563 Susannah	Gilbert	02:10:22.60	02:10:06.00	Female	SENIOR	
205 Jeremy	Hockridge		02:10:07.70	Male	40-44	
6308 Lynn	Sewell	02:11:31.40	02:10:12.45	Female	40-44	
5350 Gail	Hutchins	02:11:54.15	02:10:25.25	Female	SENIOR	
6001 Gareth	Jenkins	02:11:43.30	02:10:25.55	Male	SENIOR	
5829 Christine	Thomas	02:11:43.90	02:10:44.70	Female	35-39	
5192 Sie Liang	Lau	02:11:31.35	02:10:45.05	Male	SENIOR	
6095 Alex	Weeks	02:11:55.40	02:10:56.30	Male	SENIOR	
5707 Felicity	Pateman	02:11:48.50	02:10:57.45	Female	SENIOR	
5674 Teresa	Evans	02:12:43.45	02:11:00.05	Female	SENIOR	
5854 Anna	Allen	02:11:25.20	02:11:05.55	Female	SENIOR	
5534 Rachel	Maharg	02:12:22.95	02:11:24.05	Female	SENIOR	
5276 June	Allinson		02:11:31.00	Female	55+	
6410 Ian	Price	02:13:05.80	02:11:35.80	Male	40-44	
5807 Christopher	Ruddy	02:12:23.60	02:11:40.50	Male	SENIOR	
6030 Michelle	Clarke	02:12:42.00	02:11:42.75	Female	SENIOR	Avon Valley Runners
6392 Peter	Morgan	02:13:04.15	02:11:44.20	Male	55-59	Les Croupiers Cardiff
5702 Sian	Brown	02:12:57.40	02:11:44.50	Female	45-49	
5040 Gideon	Brough	02:12:16.50	02:11:44.90	Male	SENIOR	
5156 Anne	Roberts	02:13:05.40	02:11:52.80	Female	45-49	
5908 Chris	Mellor	02:13:24.50	02:12:01.25	Male	40-44	
5907 Nicola	Bowden	02:13:24.90	02:12:02.65	Female	SENIOR	
5384 Melissa	Coles	02:12:59.50	02:12:02.85	Female	SENIOR	
5545 Carrie-Marie	Bowers	02:13:03.50	02:12:12.85	Female	SENIOR	
5754 Alice	Poole	02:13:13.50	02:12:14.25	Female	SENIOR	
5757 David	Summers	02:13:33.60	02:12:14.50	Male	SENIOR	
5769 Elisabeth	Jack	02:12:29.55	02:12:14.70	Female	SENIOR	
445 Richard	Arnold		02:12:17.80	Male	SENIOR	
5161 Grant	Mckenzie	02:12:48.75	02:12:18.80	Male	SENIOR	
5203 Helen	Roberts	02:13:42.40	02:12:27.60	Female	35-39	
6217 Neil	Bailey	02:14:04.65	02:12:49.10	Male	SENIOR	
6105 Ian	Mackie	02:14:41.10	02:12:57.90	Male	50-54	
835 Richard	Llewellyn		02:13:03.55	Male	SENIOR	
5692 Paul	Davies	02:14:00.20	02:13:05.90	Male	45-49	
5357 David	Morris	02:14:59.75	02:13:16.65	Male	SENIOR	
5446 Stephen	Elworthy	02:15:00.75	02:13:29.35	Male	SENIOR	
6126 Carl	Maus	02:14:27.25	02:13:30.75	Male	SENIOR	
5625 Alexander	Jackson	02:15:02.55	02:13:48.10	Male	45-49	
5190 Clinton	Solomon	02:15:17.30	02:13:52.25	Male	SENIOR	
5191 Jayne	Solomon	02:15:17.40	02:13:52.45	Female	SENIOR	
5732 Ruth	Wright	02:15:34.80	02:13:54.75	Female	35-39	
6358 Bryn	Jones	02:15:31.20	02:13:57.85	Male	45-49	
6292 Pru	Marriott	02:15:06.35	02:14:01.55	Female	40-44	

5967	Jeff	Sullivan	02:14:53.45	02:14:04.05	Male	55-59	
5160	Tony	Paget	02:15:08.90	02:14:08.80	Male	45-49	
138	Jonathan	Kemp		02:14:12.15	Male	SENIOR	
6288	Rupert	Evans	02:14:48.10	02:14:17.85	Male	40-44	
5658	Katherine	Doran	02:14:47.20	02:14:21.45	Female	SENIOR	
5333	Simon	Elias	02:15:44.65	02:14:22.75	Male	45-49	
598	Leigh-Anne	Davies		02:14:25.80	Female	SENIOR	
5681	Katy	Pennyfield	02:14:57.60	02:14:27.05	Female	SENIOR	
5123	Marina	Stock	02:15:16.25	02:14:27.10	Female	45-49	
6413	Karen	Lewis	02:15:10.20	02:14:28.55	Female	SENIOR	
6287	Nick	Williams	02:16:08.70	02:14:34.30	Male	45-49	
6239	Sarah	Williams	02:15:52.50	02:14:38.05	Female	SENIOR	
6244	Mike	James	02:16:04.30	02:14:56.85	Male	SENIOR	
5602	Fflur	Bedwyr	02:16:13.50	02:15:00.35	Female	SENIOR	
6238	Stephen	Harrison	02:16:10.10	02:15:04.50	Male	SENIOR	
5454	Richard	Davies	02:16:30.40	02:15:05.10	Male	SENIOR	
5222	Nigel	Radusin	02:16:10.60	02:15:11.80	Male	40-44	
6074	Anthony	Lancaster	02:16:53.30	02:15:18.10	Male	SENIOR	
5353	Shirley	Rose	02:15:52.25	02:15:20.15	Female	35-39	
5831	Judi	Bowsher	02:16:50.25	02:15:29.50	Female	40-44	Brackla Harriers
5727	Marianne	Burridge	02:16:49.80	02:15:37.80	Female	45-49	Fairwater RC
5467	Miles	Caine	02:16:25.00	02:15:38.20	Male	SENIOR	
6059	Roger	Bailey	02:17:22.55	02:15:47.50	Male	SENIOR	
5450	Sue	Shannon-Jones	02:17:31.25	02:15:53.35	Female	50-54	
6058	Annette	Taylor	02:17:34.10	02:15:53.90	Female	35-39	
5745	Elaine	Hopkins	02:17:09.45	02:16:06.65	Female	35-39	
5609	Anna	Charity	02:17:41.35	02:16:08.25	Female	SENIOR	
6133	Rachel	Morgan	02:17:49.00	02:16:15.90	Female	SENIOR	
5184	Sarah	Bond	02:16:58.80	02:16:20.55	Female	SENIOR	
6056	Elizabeth	Wren-Owens	02:17:42.30	02:16:25.45	Female	SENIOR	
6066	Philip	Wren	02:17:42.15	02:16:25.50	Male	50-54	Brackla Harriers
5676	Helen	Pugh	02:17:35.80	02:16:26.75	Female	35-39	
5072	Andrew	Turner	02:17:03.55	02:16:30.25	Male	SENIOR	
6071	Ray	Rivett	02:17:39.80	02:16:32.60	Male	60+	
6146	Sarah	Morton	02:18:12.60	02:16:39.30	Female	SENIOR	
6327	Suzanne	Hyett	02:18:04.60	02:16:54.70	Female	40-44	
5946	Steve	Powell	02:18:41.70	02:17:28.20	Male	40-44	Les Croupiers
785	Clement	Riordan		02:17:46.20	Male	SENIOR	
5023	Alison	Gardner	02:19:08.40	02:17:54.75	Female	40-44	
5106	John	Gardner	02:19:08.55	02:17:55.45	Male	60+	
6083	Jennifer	Conway	02:19:03.90	02:18:01.20	Female	50-54	
6084	Paul	Conway	02:19:04.00	02:18:01.65	Male	55-59	
5306	Ruth	Burton	02:19:44.95	02:18:11.15	Female	SENIOR	
5496	Andrew	Roach	02:19:35.40	02:18:11.25	Male	SENIOR	
5606	Clare	Whiting	02:19:51.95	02:18:11.65	Female	SENIOR	
5909	Ross	Brevitt	02:19:51.90	02:18:12.10	Male	SENIOR	
5980	Kenneth	East	02:18:24.50	02:18:12.55	Male	45-49	
6329	Mark	Fraser	02:19:39.00	02:18:21.45	Male	SENIOR	
6328	Sandra	Loy	02:19:39.30	02:18:21.50	Female	SENIOR	
5441	Debbie	Farrar	02:19:37.45	02:18:44.05	Female	35-39	
6386	Jamie	White	02:19:22.25	02:19:01.90	Male	SENIOR	
5404	Martin	Smidman		02:19:07.00	Male	45-49	
5812	John	Wilkie	02:20:15.30	02:19:16.05	Male	SENIOR	
6008	Clare	Boobier	02:19:56.60	02:19:22.40	Female	35-39	
6009	Bryony	Whetter	02:19:56.60	02:19:22.70	Female	35-39	
5136	Justina	Walsh	02:19:38.50	02:19:23.25	Female	SENIOR	
5795	Leanne	Power	02:20:49.95	02:19:38.65	Female	SENIOR	
5414	joanne	Phillips	02:20:36.60	02:19:39.00	Female	SENIOR	
5593	Carolyn	Davies	02:21:31.00	02:19:52.50	Female	35-39	

5592 Kellie	Jeffcott	02:21:31.25	02:19:52.70	Female	SENIOR	
5021 Nigel	O'shea	02:21:00.55	02:19:54.15	Male	SENIOR	
6150 Maria	Filipponi	02:21:22.30	02:19:55.05	Female	35-39	
6003 Simon	Wheeler	02:21:29.70	02:19:57.75	Male	SENIOR	
5516 Samantha	Harvey		02:20:00.00	Female	SENIOR	
5541 Julie	Morgan	02:21:19.10	02:20:07.30	Female	SENIOR	
6264 Rachel	Jenkins	02:21:07.60	02:20:20.10	Female	SENIOR	
6223 Anita	Waters	02:21:30.00	02:20:31.20	Female	SENIOR	
6357 Andy	Robinson	02:22:07.35	02:20:35.05	Male	SENIOR	
5305 Michael	Payne	02:22:02.85	02:20:40.65	Male	40-44	
5881 Karen	Perry	02:21:38.60	02:20:46.35	Female	SENIOR	
5525 Dirk	Sykes	02:22:28.50	02:20:55.15	Male	45-49	
5527 Robin	Morgan	02:22:28.50	02:20:55.15	Male	50-54	
5077 Sean	Sullivan	02:22:11.10	02:21:17.80	Male	SENIOR	
6311 Marcia	Eynon	02:22:55.40	02:21:19.20	Female	35-39	
5348 Kay	Richmond	02:22:46.75	02:21:23.10	Female	50-54	
6116 Rahel	Edwards	02:22:24.30	02:21:24.15	Female	SENIOR	
6021 Ann	Evans	02:22:30.35	02:21:34.50	Female	50-54	
5894 Carol	Britton	02:22:36.10	02:21:40.45	Female	55+	Les Croupiers
6122 Christopher	Price	02:21:59.50	02:21:41.80	Male	SENIOR	
5737 Gavin	Fitton	02:23:14.25	02:21:54.50	Male	SENIOR	
582 Graham	Wilkes		02:21:54.85	Male	SENIOR	
5413 george	Chalmers	02:23:33.50	02:21:58.30	Male	50-54	
5488 Mark	Hopwood	02:22:51.80	02:22:04.55	Male	40-44	
5210 Ruth Helene	Smith	02:23:44.00	02:22:08.25	Female	40-44	
5201 Gillian	Mc Tiffen	02:23:44.15	02:22:08.65	Female	40-44	
5440 Jennifer	Baldwin	02:23:05.55	02:22:11.80	Female	35-39	
756 John	Griffiths		02:22:13.45	Male	60+	
5146 Paul	Griffiths	02:22:33.90	02:22:17.05	Male	SENIOR	
5095 Jacqueline	Hatton-Bell	02:23:43.65	02:22:39.00	Female	SENIOR	
6321 Leah	Jay	02:23:27.95	02:22:45.55	Female	SENIOR	
6203 Matthew	Lang	02:24:17.45	02:23:05.00	Male	SENIOR	
5427 Jeffrey	Webb	02:24:17.95	02:23:11.90	Male	40-44	
5428 Caroline	Jones	02:24:17.90	02:23:12.10	Female	35-39	
5805 Helen	Kearsey	02:24:25.10	02:23:12.35	Female	40-44	
6368 Claire	Moriarty	02:24:22.60	02:23:17.00	Female	SENIOR	
5760 Tracy	Dallimore	02:23:37.70	02:23:19.25	Female	SENIOR	
5614 Gareth	Bird	02:23:52.55	02:23:29.35	Male	SENIOR	
6313 Michelle	Moriarty	02:24:36.30	02:23:30.25	Female	SENIOR	
5354 Clair	Shaw	02:23:52.40	02:23:30.50	Female	SENIOR	
5777 Garthine	Walker	02:24:55.10	02:23:38.65	Female	40-44	
5245 michael	Oaksford	02:25:12.75	02:23:51.75	Male	45-49	
6347 Dave	Ayliffe	02:25:34.25	02:23:52.80	Male	55-59	Swindon Striders
5327 Lucy	Reed	02:25:19.45	02:24:04.25	Female	SENIOR	
5328 Helen	Ball	02:25:22.30	02:24:04.45	Female	SENIOR	
5001 Nia	Potter	02:25:40.60	02:24:05.80	Female	SENIOR	
5758 Ian	Williams	02:24:39.40	02:24:06.30	Male	SENIOR	
5055 Peter	Greenhill	02:26:04.45	02:24:38.05	Male	40-44	
5726 Paul	Morgan	02:25:34.50	02:24:48.80	Male	SENIOR	South Wales Police AC
5798 Paul	Spurrier	02:25:34.60	02:24:48.80	Male	40-44	
368 Gill	Mullins		02:24:57.45	Female	35-39	
5934 Stuart	Barrow	02:26:45.90	02:25:05.40	Male	SENIOR	
5867 Hayley	Rogers	02:26:10.60	02:25:16.55	Female	35-39	
5418 Lindsey	Jackson	02:26:10.65	02:25:16.75	Male	SENIOR	
5108 Natalie	Shearn	02:26:46.30	02:25:58.55	Female	SENIOR	
5241 Vivian	Davies	02:27:04.50	02:26:10.00	Male	45-49	
6099 James	Llewellyn	02:27:27.65	02:26:11.50	Male	SENIOR	
6387 Mark	Erricker	02:26:35.95	02:26:15.35	Male	SENIOR	
309 Steven	Murry		02:26:28.20	Male	45-49	

5574	Ceri	Clutterbuck-Jones	02:27:49.90	02:26:43.50	Female	SENIOR	
5520	Caroline	Phelan	02:28:00.20	02:26:45.40	Female	35-39	
5466	Philip	Hodgkiss	02:27:38.00	02:26:50.70	Male	40-44	
5914	Warwick	Marshall	02:28:26.80	02:26:56.10	Male	40-44	
5253	Sharon	Kirby	02:28:34.75	02:26:57.85	Female	35-39	
5665	Ceri	Isaac	02:28:44.20	02:27:03.40	Female	SENIOR	
5225	Joanne	Bray	02:28:25.20	02:27:17.00	Female	SENIOR	
6102	Charlotte	Peterson-Street	02:28:25.25	02:27:17.30	Female	SENIOR	
5096	John	Hatton-Bell	02:28:23.30	02:27:18.90	Male	40-44	
5297	Heike	O'Neill	02:28:18.00	02:27:30.20	Female	50-54	
5851	Sian	Allen	02:28:34.70	02:27:37.50	Female	SENIOR	
6253	Elin	Francis	02:28:34.90	02:27:37.80	Female	SENIOR	
6379	Margaret	Ryan	02:29:23.90	02:27:44.35	Female	50-54	
6389	Eric	Mathias	02:29:23.10	02:27:48.40	Male	55-59	TROT
5866	Lynne	Smith	02:29:15.55	02:27:53.60	Female	40-44	
5865	Michael	Smith	02:29:15.65	02:27:53.70	Male	45-49	
5045	Karen	Jones	02:28:34.45	02:27:57.45	Female	35-39	Les Croupiers
5119	Fiona	Bell	02:28:43.15	02:28:06.05	Female	35-39	Les Croupiers Cardiff
5492	Karen	Wilkinson	02:29:14.95	02:28:14.65	Female	SENIOR	
6314	Andrew	Jones	02:29:57.35	02:28:29.20	Male	SENIOR	
5110	Rosemary	Fitzgerald	02:29:22.20	02:28:46.40	Female	55+	Amman Valley Harriers
5514	Maria	Norman	02:29:38.00	02:28:47.00	Female	SENIOR	
5515	Claire	Butterworth	02:29:38.40	02:28:48.25	Female	SENIOR	
5138	Christopher	Bartlett	02:29:33.50	02:28:58.70	Male	SENIOR	
6301	Fain	Ferguson	02:30:34.10	02:29:07.45	Male	SENIOR	
5392	Simon	Hudd	02:30:59.30	02:29:21.75	Male	SENIOR	Penarth & Dinas Runners
5308	Rebecca	Stokes	02:31:15.40	02:29:46.70	Female	35-39	
5519	Mairi	Dunn		02:29:55.00	Female	35-39	
6350	Ian	Jenkinson	02:31:29.80	02:29:58.50	Male	SENIOR	
6354	Amanda	Poll	02:31:30.50	02:29:58.65	Female	SENIOR	
5577	Debora	Fisher	02:30:44.60	02:30:37.40	Female	40-44	
5824	Kate	Panicola	02:31:55.40	02:30:54.95	Female	35-39	
6186	Adrian	Mustoe	02:31:20.10	02:31:03.05	Male	SENIOR	
5397	N	Hughes	02:34:04.45	02:32:36.05	Male	SENIOR	
6294	Ruth	Slader	02:34:04.80	02:32:36.80	Female	SENIOR	
6006	Hamblin	Hamblin	02:35:26.30	02:33:41.50	Female	SENIOR	
6383	Laura	Hamblin	02:35:26.55	02:33:42.05	Female	SENIOR	
5422	Kate	Wells	02:35:46.90	02:34:22.90	Female	SENIOR	
5406	Andrew	Bryant	02:35:46.85	02:34:22.95	Male	SENIOR	
5929	Nicola	Hegarty	02:35:41.00	02:34:39.10	Female	35-39	
6415	Martin	Dando	02:36:24.90	02:34:52.60	Male	SENIOR	
6012	Venessa	Sixbery	02:36:25.15	02:35:46.60	Female	SENIOR	David Lloyd
5782	Raymond	Blackler	02:37:02.00	02:36:43.85	Male	SENIOR	
5781	Amanda	Blackler	02:37:03.20	02:36:45.55	Female	SENIOR	
6087	Ursula	Kearns	02:38:50.20	02:37:19.40	Female	35-39	
5546	Jonathan	Bowers	02:38:40.25	02:37:49.05	Male	SENIOR	
5344	Sara	Evans	02:38:12.55	02:37:57.70	Female	SENIOR	
5062	Alastair	Park	02:39:27.90	02:38:29.10	Male	SENIOR	
5005	Jonathan	Passmore	02:39:27.00	02:38:34.10	Male	SENIOR	
5671	Laura	Priddle	02:40:28.10	02:39:01.00	Female	SENIOR	
6207	Amy	Pedwell	02:40:46.20	02:39:32.60	Female	SENIOR	
868	Reginald	Roberts		02:39:43.80	Male	SENIOR	
5198	Wendy Elizabeth	Williams	02:41:17.25	02:39:45.05	Female	SENIOR	
6103	Carol	McCusker	02:41:17.30	02:39:45.25	Female	45-49	
5199	Janette	Davies	02:41:18.00	02:39:46.45	Female	40-44	
5127	Brad	Evans	02:40:47.10	02:39:51.70	Male	SENIOR	
5037	Lyndsey	Whitehouse	02:41:56.75	02:40:17.35	Female	SENIOR	
5082	Lisa	Evans	02:41:56.80	02:40:17.50	Female	SENIOR	
5209	Barry	Vickery	02:41:16.00	02:40:23.60	Male	SENIOR	

5107	Martin	Lewis	02:41:59.00	02:40:47.70	Male	45-49	
5155	Jillian	Rees	02:41:50.60	02:40:48.80	Female	SENIOR	
5268	Sian	Richardson	02:42:45.95	02:41:11.35	Female	35-39	
5011	Allan	Westlake	02:42:49.50	02:41:31.50	Male	55-59	
6198	Faye	Sutton	02:43:14.20	02:41:45.70	Female	40-44	
751	Colin	Thomson		02:43:28.60	Male	60+	Rhondda Valley Runners
5379	Dale	Ilsley	02:45:11.85	02:43:47.15	Male	SENIOR	
5261	Gerald.	Kirby	02:46:24.25	02:44:47.40	Male	45-49	
5186	Dave	Lloyd	02:47:12.40	02:45:31.15	Male	40-44	
6317	Karen	Davies	02:46:54.50	02:45:44.10	Female	35-39	
5382	Judith	Aubrey	02:47:50.10	02:46:03.40	Female	55+	
5723	Anna	Ramberg	02:49:40.20	02:48:08.80	Female	SENIOR	
5147	Sarah	Williams	02:49:16.10	02:48:14.80	Female	SENIOR	
6310	Elizabeth	Francis	02:50:18.40	02:49:08.25	Female	35-39	
5394	Nadeem	Madrick	02:52:33.70	02:50:59.65	Male	SENIOR	
5097	Einir	Hughes	02:52:33.95	02:50:59.75	Female	SENIOR	
5814	Sally	Ward-Booth	02:55:16.90	02:54:15.85	Female	SENIOR	
5566	Ruth	Wooton	02:56:20.00	02:55:25.00	Female	55+	new eltham joggers
5567	Frances	Williams	02:56:20.10	02:55:25.05	Female	55+	new eltham joggers
5395	Tanya	Watson	02:56:43.15	02:55:36.80	Female	45-49	
6266	Amitabh	Prasad	02:57:34.50	02:55:59.20	Male	SENIOR	
6140	David	Rushforth	02:56:58.50	02:56:01.75	Male	45-49	
5808	Katherine	Morton	02:57:50.75	02:56:14.45	Female	SENIOR	
5098	Derek	Hanlin	02:58:36.20	02:57:01.85	Male	60+	
5786	Wendy	Richards		02:57:32.00	Female	35-39	
5725	Lesley	Parratt	03:01:43.00	03:00:01.75	Female	40-44	
5070	Susan	Earnshaw	03:00:57.70	03:00:03.45	Female	50-54	
5728	Clare	Molloy	03:01:45.65	03:00:04.60	Female	SENIOR	
266	Jim	Bird-Waddington	03:03:39.60	03:02:42.85	Male	SENIOR	
6138	Lesley	Freeman	03:14:07.55	03:12:31.05	Female	35-39	
6137	Dean	Freeman	03:14:07.75	03:12:31.05	Male	SENIOR	
5771	Mari	Owens		03:21:39.00	Female	35-39	
5975	Dennis	Hadlock	03:31:44.80	03:30:18.90	Male	55-59	
6145	Jane	Griffiths	03:43:19.60	03:41:59.50	Female	SENIOR	
6143	Laura	Evans	03:43:20.60	03:41:59.80	Female	SENIOR	
6258	Christopher	Binding	03:51:08.60	03:49:48.25	Male	SENIOR	
5669	Anthony	Tibbs	01:46:29.00		Male	55-59	
6144	Neil	Gibson	03:51:10.40		Male	SENIOR	
6159	Barry	Dare		n/a	Male	50-54	
5016	Mike	Starr		n/a	Male	SENIOR	Cardiff Harlequins
6226	Marc	Thomas		n/a	Male	SENIOR	
6326	Ian	Sawell	01:53:11.45		Male	SENIOR	
5583	Alan	Yule	01:55:29.50		Male	SENIOR	
5078	Beth	Ford	01:58:33.50		Female	SENIOR	
5030	David	Salt	01:59:22.50		Male	50-54	
6211	Paul	Rees	02:15:57.00		Male	40-44	
6348	Christopher	Carey	02:35:04.00		Male	JUNIOR	
5321	Meirion	Thomas	02:37:04.10		Male	SENIOR	
5324	Elizabeth	Webber	02:37:04.15		Female	SENIOR	
5772	Gareth	Owens	03:21:39.80		Male	SENIOR	