

Great Welsh Run 2006

Cardiff Bay

Monday, 01 May

1 – 100

Pos	Name	Num	Cat	Club	Time
1	Matt Lole	637	M	Coventry Godiva	0:24:29
2	Haggai Chepkwony	612	M	Army	0:24:53
3	Martin Rees	80	M50	Corus	0:25:18
4	Matthew Collins	1112	M	Cardiff AAC	0:25:40
5	Mark Davies	1113	M20	Swansea Harriers	0:25:50
6	Afan Humphries	661	M20	Cwmbran Harriers	0:26:06
7	Kate Reed	872	F	Bristol & West	0:26:10
8	Julian Baker	1086	M	Les Croupiers	0:26:41
9	Carwyn Jones	640	M	Uwa Harriers	0:26:49
10	Peter Coles	629	M40	Pontypridd Roadents	0:26:53
11	Stuart Crees	895	M	Les Croupiers	0:26:57
12	Phillip Matthews	306	M	U/A	0:26:59
13	Chris Discombe	931	M	Les Croupiers	0:27:13
14	David Williams	1087	M	Les Croupiers	0:27:18
15	Jeff Kettle	1090	M	Swansea Harriers	0:27:20
16	Paul Talbot	574	M	U/A	0:27:20
17	Stephen Paterson	74	M	Pegasus	0:27:21
18	Paul Sperrin	656	M45	Bitton RR	0:27:27
19	Ryan Kenny	1080	M20	Leamington C	0:27:30
20	James Thie	1190	M	Cardiff AAC	0:28:08
21	Alex Donald	1229	M	Cardiff AAC	0:28:10
22	Stephen Thomas	491	M	Islwyn RC	0:28:17
23	Edward Takata	1216	M	Cardiff AAC	0:28:32
24	Michael Dury	502	M	Islwyn RC	0:28:34
25	Greg Newham	25	M45	Bridgend AC	0:28:40
26	Peter Davies	27	M50	Bridgend AC	0:28:41
27	Anne-Marie Hutchison	597	F	Neath Harriers	0:28:47
28	John Williams	1176	M45	Neath Harriers	0:28:52
29	Alan Davies	689	M50	U/A	0:28:53
30	Matthew Doherty	565	M	U/A	0:29:05
31	Sandy Johnston*	51	M50	Les Croupiers	0:29:06
32	Phil Davies	166	M40	U/A	0:29:16
33	Dafydd Jenkins	1001	M20	U/A	0:29:18

1 – 100

Pos	Name	Num	Cat	Club	Time
34	Huw Roberts	650	M45	Bridgend AC	0:29:25
35	William Marshall	303	M	U/A	0:29:28
36	Steve Coupe	22	M55	Sospan RR	0:29:40
37	Ruth Pickvance	77	F40	Les Croupiers	0:29:42
38	Paul Jenkins	1221	M40	U/A	0:29:44
39	Richard Jones	902	M	U/A	0:29:46
40	Alun Williams	446	M40	U/A	0:29:57
41	Matthew Hurford	579	M	Les Croupiers	0:29:57
42	Dinah Cheverton	1188	F40	Tamar Trotters	0:30:00
43	Robert Bamsey	14	M50	Neath Harriers	0:30:02
44	Michael Evans	471	M	U/A	0:30:05
45	Oliver Williams	729	M	U/A	0:30:05
46	Angela Tyrrell	421	F	U/A	0:30:08
47	Stephen Edwards	645	M	Islwyn RC	0:30:10
48	Matthew Townsend	500	M	Les Croupiers	0:30:10
49	Geraint Williams	94	M	Pontypridd Roadents	0:30:20
50	Craig Hudson	1239	M20	Cardiff AAC	0:30:28
51	Sean Bradley	626	M20	Fvs Tri	0:30:29
52	Phillip Meyler	67	M50	Pontypridd AAC	0:30:33
53	Tara Park	618	F35	Cheltenham And County	0:30:40
54	Jon Sizer	384	M45	U/A	0:30:43
55	Christopher Brobin	888	M	U/A	0:30:45
56	Steve Brace	1070	M40	Bridgend AC	0:30:45
57	Morris Attard	1047	M	U/A	0:30:53
58	Andrew Rowlands	1051	M	U/A	0:30:56
59	Rhydian Reston	81	M	Penarth & Dinas	0:30:58
60	Tomas Whitmarsh-Knight	492	M20	Cardiff AAC	0:31:04
61	Cornelius Corcoran	1023	M	U/A	0:31:05
62	Martin George	644	M	Sospan RR	0:31:14
63	Peter Kellam	653	M40	Les Croupiers	0:31:17
64	Brad Webb	687	M	U/A	0:31:18
65	Frances Gill	1057	F45	Neath Harriers	0:31:22
66	Nicholas Walsh	92	M	Griffithstown	0:31:23
67	Dee Buchanan	1008	M	U/A	0:31:23
68	Clem Clement	17	M45	Penarth & Dinas	0:31:24
69	Nick Shires	564	M45	U/A	0:31:25
70	John Diffey	30	M40	Les Croupiers	0:31:31
71	Michael Havard	677	M40	U/A	0:31:33
72	Simon Bird	1155	M	U/A	0:31:35

1 – 100

Pos	Name	Num	Cat	Club	Time
73	Brian Lovett	1109	M	San Domenico	0:31:41
74	Craig Holland	1066	M40	U/A	0:31:47
75	Ian McDonald	1135	M40	San Domenico	0:31:53
76	Graeme Donnan	31	M50	Les Croupiers	0:31:57
77	Terry Caveney	616	M45	Les Croupiers	0:31:57
78	James Tyrrell	422	M	U/A	0:31:59
79	Charlotte Lightman	59	F20	Cardiff AAC	0:32:09
80	John O'Shea	71	M50	Les Croupiers	0:32:12
81	Paul Williams	1028	M40	Pontypridd Roadents	0:32:14
82	John Craven	567	M	U/A	0:32:14
83	John Robinson	1151	M	Pontypridd Roadents	0:32:20
84	Marcus Coles	20	M	Les Croupiers	0:32:21
85	Gerard Crispie	586	M40	Les Croupiers	0:32:22
86	Victoria Wright	1033	F	U/A	0:32:23
87	Sharon Leech	58	F35	Amman Valley	0:32:24
88	Stuart Jones	829	M	U/A	0:32:24
89	Paul Price	570	M40	U/A	0:32:25
90	David Hughes	495	M40	Brackla Harriers	0:32:26
91	Alun Wyn Evans	1015	M40	U/A	0:32:28
92	Richard Laydon	694	M40	U/A	0:32:32
93	David Bryans	1020	M	U/A	0:32:35
94	Craig Harper	736	M	U/A	0:32:36
95	Charles Coray	606	M45	U/A	0:32:37
96	Michael Davies	26	M55	Les Croupiers	0:32:37
97	Peter Jones	1232	M45	U/A	0:32:38
98	Sandra Pinkham	78	F40	Neath Harriers	0:32:38
99	Jarmo Suorsa	399	M40	U/A	0:32:39
100	Pawel Szwaykowski	1002	M	U/A	0:32:39

101 – 200

Pos	Name	Num	Cat	Club	Time
101	Tom Gloster	206	M	U/A	0:32:39
102	Dominic Pascoe	342	M	U/A	0:32:40
103	Mike Murphy	1133	M50	Les Croupiers	0:32:40
104	Patrick Hoare	49	M	Chepstow Harriers	0:32:50
105	John Ledsam	1101	M45	Les Croupiers	0:32:51
106	Mark Coles	865	M	U/A	0:32:52
107	Keith Patterson	1186	M60	Pegasus	0:32:56
108	Philip Miller	529	M20	U/A	0:32:57
109	Stephen Owen	73	M45	Les Croupiers	0:32:58

101 – 200

Pos	Name	Num	Cat	Club	Time
110	Paul Jelley	1230	M40	U/A	0:33:03
111	Tom Pearson	347	M	U/A	0:33:10
112	Neil Stevens	88	M	Club 69	0:33:10
113	Sean Molino	686	M	U/A	0:33:12
114	Peter Spriggs	894	M	Swansea Harriers	0:33:12
115	Tim O'Sullivan	72	M45	Les Croupiers	0:33:13
116	Daniel Matthews	521	M	U/A	0:33:18
117	Jaime Ortiz-Canavate	1037	M	U/A	0:33:19
118	William John	633	M	U/A	0:33:22
119	J D Hylton	1121	M	U/A	0:33:23
120	Andrew Mason	598	M	U/A	0:33:24
121	Dafydd Hughes	866	M	U/A	0:33:24
122	Philip Osmond	338	M	U/A	0:33:25
123	David Peacock	753	M	U/A	0:33:28
124	Francis Walsh	1119	M	U/A	0:33:30
125	Darren Morgan	1203	M	U/A	0:33:30
126	Nic Pow	623	M	WFRA	0:33:30
127	Antony Carzana	631	M55	Pegasus	0:33:31
128	Simon Burns	834	M	U/A	0:33:31
129	Peter Short	765	M50	U/A	0:33:32
130	Alan Kelly	1238	M	U/A	0:33:34
131	Michael Bunston	608	M	U/A	0:33:35
132	Wil Jeffs	1095	M20	U/A	0:33:38
133	Thomas Davies	1096	M20	U/A	0:33:39
134	Rowan Llewellyn-Williams	294	M	U/A	0:33:39
135	Damian Pathy	774	M40	U/A	0:33:41
136	Sylvain Lagier	690	M	U/A	0:33:42
137	Phillip Thomas	660	F40	Brackla Harriers	0:33:51
138	Jon Belcher	683	M	U/A	0:33:53
139	Simon Llewellyn	504	M	U/A	0:33:54
140	Eurof Davies	159	M40	U/A	0:33:55
141	Alan Mason	63	M45	Les Croupiers	0:33:57
142	Bill Fear	1026	M40	Les Croupiers	0:33:58
143	Tom Hall	832	M	U/A	0:33:58
144	Emrys Davies	158	M	U/A	0:33:59
145	Kieran McDonnell	498	M50	U/A	0:34:00
146	Gareth Morgan	321	M	U/A	0:34:00
147	Jeffrey Aston	639	M55	Les Croupiers	0:34:01
148	Jenny Hughes	242	F	Les Croupiers	0:34:06

101 – 200

Pos	Name	Num	Cat	Club	Time
149	David Edwards	740	M	U/A	0:34:09
150	Lee Phillips	588	M	Islwyn RC	0:34:14
151	Alex Bamford	882	M	U/A	0:34:15
152	Darryl Evans	842	M	U/A	0:34:15
153	Mark Nelson	331	M40	U/A	0:34:16
154	Colin Rees	363	M	U/A	0:34:18
155	Daniel Wood	1100	M	U/A	0:34:22
156	Phil Evans	1212	M45	U/A	0:34:25
157	Micahel Wood	1056	M40	U/A	0:34:28
158	James Ray	634	M45	Port Talbot Harriers	0:34:31
159	Julie Scholey	84	F45	Les Croupiers	0:34:32
160	Peter Maksimovic	301	M45	U/A	0:34:33
161	Stephen Hughes	867	M	U/A	0:34:34
162	Leighton Davies	658	M	Brackla Harriers	0:34:34
163	Steve Pickering	353	M40	U/A	0:34:40
164	David Stubbs	397	M40	U/A	0:34:40
165	Steven Guest	757	M	U/A	0:34:44
166	Clive Morgan	320	M40	U/A	0:34:46
167	Robert Hector	229	M	U/A	0:34:47
168	Liz Sowter	1030	F	Les Croupiers	0:34:49
169	James Delaney	1054	M50	San Domenico	0:34:52
170	Robin Greenslade	1219	M	U/A	0:34:53
171	Philip Bamsey	13	M50	Neath Harriers	0:34:54
172	jacqueline Brace	1071	F45	Bridgend AC	0:34:55
173	Tony Burt	651	M60	Brackla Harriers	0:34:57
174	Mark Owen	918	M40	U/A	0:34:58
175	Christopher Stratford	1059	M20	U/A	0:34:58
176	Catherine Gardner	40	F35	Les Croupiers	0:35:00
177	david Proud	1241	M	U/A	0:35:00
178	Stephen Cray	578	M45	Penarth & Dinas	0:35:00
179	John Weeks	591	M50	Islwyn RC	0:35:04
180	Simon Smale	386	M	U/A	0:35:05
181	Anna David	1183	F35	Neath Harriers	0:35:05
182	Neil Tatnell	581	M50	Les Croupiers	0:35:06
183	Paula Ham	42	F35	Les Croupiers	0:35:06
184	Howard Groves	220	M55	U/A	0:35:09
185	Runner 176	176	M	U/A	0:35:11
186	Ian Wang	1029	M	U/A	0:35:11
187	Wayne Miles	787	M	U/A	0:35:13

101 – 200

Pos	Name	Num	Cat	Club	Time
188	John Rogers	857	M40	U/A	0:35:13
189	Bryan Croud	152	M	U/A	0:35:15
190	Richard Vaughan	424	M	U/A	0:35:19
191	Dominic Shields	871	M40	U/A	0:35:19
192	Dan Trout	418	M	U/A	0:35:21
193	Mike Spencer	516	M50	U/A	0:35:25
194	Cerith Lewis	1140	M40	U/A	0:35:26
195	Andy Morton	69	M45	RR Club	0:35:32
196	Dafydd Jones	1244	M	U/A	0:35:34
197	Peter Davies	165	M55	U/A	0:35:37
198	David Cornock	621	M40	Barnes Runners	0:35:41
199	Keith Miller	520	M45	U/A	0:35:46
200	Kelvin Jones	743	M40	U/A	0:35:49

201 – 300

Pos	Name	Num	Cat	Club	Time
201	Jane Bramwell	126	F55	U/A	0:35:50
202	Stephen New	70	M40	100 Marathon Club	0:35:52
203	Andrew Commins	762	M	U/A	0:35:53
204	Michael Johns	837	M	U/A	0:35:53
205	Colin Downey	32	M45	Dudley Kingswinford	0:35:53
206	Johnny Lam	808	M	U/A	0:35:54
207	Simon Thomas	1049	M	U/A	0:35:54
208	Libby Lavis	655	F45	Brackla Harriers	0:35:59
209	Charlotte Johns	643	F35	Brackla Harriers	0:35:59
210	Mike Lister	60	M50	Les Croupiers	0:36:02
211	Thia Rennie	830	F	U/A	0:36:05
212	Jenny Buckland	1043	F35	U/A	0:36:06
213	Keith Treharne	610	M60	Brackla Harriers	0:36:06
214	David MacDonald	1182	M	U/A	0:36:08
215	Kevin Passmore	343	M45	U/A	0:36:08
216	Peter Young	97	M50	U/A	0:36:09
217	Michael Park	712	M	U/A	0:36:12
218	Geraint Evans	1024	M	U/A	0:36:13
219	Debbis Evans	35	F35	Penarth & Dinas	0:36:14
220	Luis Gomes	1007	M	U/A	0:36:15
221	Phil Rees	722	M40	U/A	0:36:17
222	Nick Darroch	826	M45	U/A	0:36:18
223	Martin Symonds	1018	M45	U/A	0:36:19
224	Jonathan Griffiths	1222	M	U/A	0:36:20

201 – 300

Pos	Name	Num	Cat	Club	Time
225	Chris Higgins	233	M	U/A	0:36:23
226	Jaime Massanet-Nicolau	904	M	U/A	0:36:23
227	Robert Davies	28	M45	Islwyn RC	0:36:23
228	Kathleen Wilson	652	F	Cardiff AAC	0:36:24
229	Chris Lindley	291	M	U/A	0:36:25
230	Paul Slade	1075	M	U/A	0:36:26
231	Pierre Jotterand	1126	M	U/A	0:36:27
232	Paul Folland	198	M	U/A	0:36:27
233	Elaine Williams	93	F50	Islwyn RC	0:36:31
234	Stephen Carr	905	M	U/A	0:36:31
235	Stephen Barnett	108	M40	U/A	0:36:33
236	Robert Rees	839	M	U/A	0:36:33
237	Gill Kellam	654	F40	Les Croupiers	0:36:36
238	Fiona Jeffreys Thomas	725	F40	U/A	0:36:39
239	Kate Phillips	351	F35	U/A	0:36:39
240	Geraint Thomas	726	F40	U/A	0:36:39
241	Andy Cole	525	M	U/A	0:36:41
242	Stephen Quin	1141	M	U/A	0:36:41
243	Alan Cox	150	M45	U/A	0:36:42
244	Mandy Morris	68	F	U/A	0:36:43
245	James Allan	921	M	U/A	0:36:44
246	Rebekah Mills	319	F	U/A	0:36:45
247	Paul Titchener	414	M	U/A	0:36:47
248	mark Bleasdale	1077	M	U/A	0:36:48
249	Timothy Brice	128	F	U/A	0:36:49
250	Brian Greaves	216	M	U/A	0:36:50
251	Catharine Bleasdale	1076	F	U/A	0:36:52
252	Joseph Whitmarsh-Knight	493	M20	Cardiff AAC	0:36:53
253	Mandy Peace	1083	F40	Sospan RR	0:36:55
254	Kirsty Morgan	711	F20	U/A	0:36:56
255	Richard Simpson	1202	M40	U/A	0:36:58
256	Alan Rockliffe	373	M45	U/A	0:37:01
257	Cennydd Amos	103	M	U/A	0:37:02
258	Ian O'Sullivan	804	M	U/A	0:37:05
259	Gillian Phillips	1213	F45	Sospan RR	0:37:05
260	Owen Pearse	716	M	U/A	0:37:08
261	Mark Headon	731	M40	U/A	0:37:09
262	Richard Pugsley	1142	M	Bbc Runners	0:37:14
263	Ceri Tothill	91	F	U/A	0:37:14

201 – 300

Pos	Name	Num	Cat	Club	Time
264	Unknown Runner	2001	M U/A		0:37:14
265	Nick Williams	1131	M40	Les Croupiers	0:37:14
266	Rhys Goodfellow	210	M20 U/A		0:37:15
267	Michael Griffiths	768	M55 U/A		0:37:15
268	Anthony Phillips	1210	M40	Penarth & Dinas	0:37:16
269	David Hebbes	228	M55 U/A		0:37:20
270	Rod Harris	477	M40 U/A		0:37:21
271	Caroline Harris	486	F40 U/A		0:37:21
272	Mark Edwards	773	M U/A		0:37:22
273	Ian Hayes	675	M U/A		0:37:23
274	Joe Ham	815	M20 U/A		0:37:25
275	Mark Broom	585	M40 U/A		0:37:25
276	Philip Boorman	122	M U/A		0:37:25
277	Rhydwyn Harris	587	M	Islwyn RC	0:37:27
278	Neil Hendry	45	M50	Penarth & Dinas	0:37:27
279	Paul Archer	739	M U/A		0:37:30
280	Abyd Quinn Aziz	361	M45 U/A		0:37:31
281	Kelly Morgan	657	F	Pontypridd Roadents	0:37:31
282	Elinor East	668	F U/A		0:37:32
283	Lee Clifton	1233	M U/A		0:37:37
284	Martin Jones	1224	M U/A		0:37:41
285	Neal Xiberras	464	M U/A		0:37:43
286	Ross Lewis	288	M U/A		0:37:45
287	Steve Groves	805	M45 U/A		0:37:47
288	Neale Wood	862	M45 U/A		0:37:49
289	Paul Rowlands	83	M50 U/A		0:37:49
290	Andy James	1081	M40 U/A		0:37:51
291	Kevin Tobin	1105	M45	Swansea Harriers	0:37:52
292	Mark Hutchings	1017	M40 U/A		0:37:54
293	Dennis Micheal	741	M50 U/A		0:37:59
294	Paul davies	1120	M U/A		0:38:03
295	Unknown Runner 2002	2002	M U/A		0:38:03
296	Johanna Tucker	419	F35 U/A		0:38:04
297	Bryn Hewitt-Thomas	232	M U/A		0:38:04
298	Keith Verheyden	497	M45 U/A		0:38:05
299	Unknown Runner 2003	2003	M U/A		0:38:06
300	Simon Cartlidge	734	M U/A		0:38:06

301 – 400

Pos	Name	Num	Cat	Club	Time
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301 – 400

Pos	Name	Num	Cat	Club	Time
301	Neil Thomas	90	M	Islwyn RC	0:38:06
302	Kirsten Tucker	576	F	Swansea Harriers	0:38:07
303	Philippa Callingham	806	F	Uwic Uni AC	0:38:07
304	Roger Fawke	609	M50	Islwyn RC	0:38:08
305	Arthur Phillips	75	M70	Sospan RR	0:38:09
306	Alistair Musgrove	328	M	U/A	0:38:12
307	Chris Low	297	M	U/A	0:38:15
308	Jemma Nurse	615	F	Les Croupiers	0:38:17
309	Dennis Blunt	843	M55	U/A	0:38:17
310	Rhodri Morgan	1136	M20	U/A	0:38:17
311	Steven Evans	1181	M	U/A	0:38:19
312	David Hatto	1218	M45	Sospan RR	0:38:21
313	Mark McConkey	309	M	U/A	0:38:21
314	Aherne Brindley	129	M55	U/A	0:38:22
315	Anna Pitcairn-Knowles	1016	F	U/A	0:38:29
316	Andrew Nock	676	M	U/A	0:38:30
317	Robert Taylor	825	M	U/A	0:38:31
318	Claire Bugler	133	F	U/A	0:38:31
319	Stephen Goss	212	M	U/A	0:38:32
320	Alun Williams	930	M	U/A	0:38:32
321	Matthew Wictome	695	M	U/A	0:38:33
322	Russell Jenkins	254	M	U/A	0:38:35
323	Tom Sung	828	M	U/A	0:38:38
324	Katy McGavin	901	F	U/A	0:38:43
325	Jane Ellison	1122	F	U/A	0:38:46
326	Sg Tan	1237	M	U/A	0:38:47
327	Jane Humpage	807	F35	U/A	0:38:47
328	John Martin	732	M45	U/A	0:38:48
329	Barry Morgan	1058	M	U/A	0:38:52
330	Joanne Davies	162	F20	U/A	0:38:53
331	Neil Davies	164	M45	U/A	0:38:53
332	Ted Diment	926	M	U/A	0:39:00
333	Scott Jenkins	255	M20	U/A	0:39:01
334	Ronnie Cunningham	728	F	U/A	0:39:04
335	Stephen Whitmarsh-Knight	475	M60	U/A	0:39:04
336	Stephen Evans	738	M	U/A	0:39:05
337	Eryl Tottle	617	M	Lliswerry Runners	0:39:06
338	Pauline Williams	95	F45	U/A	0:39:06
339	Steve Jenkins	256	M40	U/A	0:39:07

301 – 400

Pos	Name	Num	Cat	Club	Time
340	Paul Thomas	571	M U/A		0:39:07
341	Nigel Davies	1003	M45 U/A		0:39:08
342	Jody Ballard	107	M U/A		0:39:11
343	Ian Rees	1073	M U/A		0:39:11
344	Antony Perry	717	M U/A		0:39:11
345	Simon Maal	1118	M40 U/A		0:39:12
346	Andrew Jenkins	822	M40 U/A		0:39:13
347	Robert Davies	761	M40 U/A		0:39:14
348	Wayne Jones	268	M U/A		0:39:14
349	Adam Tucker	810	M U/A		0:39:15
350	Michael Owens	754	M U/A		0:39:17
351	Mark Morant	889	M U/A		0:39:17
352	mark Pearce	1211	M40 U/A		0:39:20
353	Julie Roche	1110	F35 U/A		0:39:20
354	Tim Reese	365	M40 U/A		0:39:22
355	Matthew Townsend	1107	M U/A		0:39:23
356	Paul Sheppard	380	M U/A		0:39:23
357	Clive Denton	174	M U/A		0:39:26
358	Steve Hudson	1178	M45 U/A		0:39:27
359	Neil Thomas	798	M U/A		0:39:27
360	Michael Newman	1036	M55	Neath Harriers	0:39:29
361	Darren Xiberras	462	M U/A		0:39:30
362	Joanne Xiberras	463	F U/A		0:39:30
363	Jennifer Shepherd	890	F	Islwyn RC	0:39:32
364	Sam Powell	355	M U/A		0:39:33
365	Ty Ward	756	M U/A		0:39:34
366	Darren James	249	M U/A		0:39:35
367	Simon Lidders	1079	M U/A		0:39:35
368	Cliff Spence	392	M40 U/A		0:39:38
369	Glynis Davies	878	F40 U/A		0:39:42
370	Alisa Cullen	153	F U/A		0:39:43
371	James Smith	816	M U/A		0:39:44
372	Mark Gerrish	534	M U/A		0:39:44
373	Mike Davies	163	M U/A		0:39:44
374	Martin Walker	469	M45 U/A		0:39:45
375	Angharad Roberts	490	F	Les Croupiers	0:39:48
376	Lisa Cleary	1038	F40	Penarth & Dinas	0:39:49
377	Paul Maksimair	1069	M U/A		0:39:49
378	Beverley Warburton	483	F40 U/A		0:39:49

301 – 400

Pos	Name	Num	Cat	Club	Time
379	Owain Lloyd	884	M U/A		0:39:50
380	Thomas Dickinson	175	M20 U/A		0:39:51
381	Hazel Craven	568	F U/A		0:39:51
382	Adrian Mathias	1089	M40 U/A		0:39:51
383	Craig Pearce	1108	M U/A		0:39:54
384	Anthony Beer	476	M40 U/A		0:39:55
385	Tom Tasker	1013	M U/A		0:39:57
386	Mel Bailey	12	M55	San Domenico	0:39:57
387	Mary Murray	693	F45 U/A		0:39:57
388	Ianner Ketchell	1014	M40 U/A		0:39:58
389	Shaun Thomas	795	M U/A		0:40:01
390	Wayne Edmond	183	M55 U/A		0:40:03
391	Sarah Plummer	916	F35 U/A		0:40:06
392	Gareth Herdman	230	M45 U/A		0:40:07
393	Chris Puckett	1124	M U/A		0:40:07
394	Gillian M Young	1128	M U/A		0:40:08
395	Alex Amery	1204	M20 U/A		0:40:09
396	Simon Bleasdale	824	M U/A		0:40:10
397	Allun Thomas	1050	M	RR Club	0:40:16
398	Darren Rowles	723	M U/A		0:40:22
399	Mark Davies	1148	M U/A		0:40:23
400	Phillipa Francis	664	F40 U/A		0:40:23

401 – 500

Pos	Name	Num	Cat	Club	Time
401	Vic Walsh	431	M U/A		0:40:29
402	Lj Saunders	766	F40	Fitness First	0:40:35
403	Teca Phillips	1208	F45	Penarth & Dinas	0:40:36
404	Anthony Blacker	499	M45	Westbury Harriers	0:40:37
405	Becky Martin	304	F U/A		0:40:38
406	Andrew Lycett	536	M U/A		0:40:41
407	Liz Lewis	286	F45 U/A		0:40:43
408	Colin Lewis	281	M45 U/A		0:40:44
409	Philip Gloster	205	M U/A		0:40:44
410	Terry Smith	390	M60 U/A		0:40:48
411	gareth O'Callaghan	1215	M U/A		0:40:48
412	Helen Griffiths	596	F	Les Croupiers	0:40:48
413	Liz Pearce	582	F35	Brackla Harriers	0:40:49
414	Brian Cotton	149	M U/A		0:40:50
415	Kevin Williams	449	M45 U/A		0:40:50

401 – 500

Pos	Name	Num	Cat	Club	Time
416	Phil Griffiths	217	M50	U/A	0:40:52
417	Linda Jensen	619	F45	Les Croupiers	0:40:53
418	Mick Tabor	620	M50	Les Croupiers	0:40:53
419	Geoffrey Pearce	345	M50	U/A	0:40:53
420	Robert Knight	1062	M50	U/A	0:40:55
421	Susan Fry	39	F40	Les Croupiers	0:40:56
422	Stephen Fry	38	M45	Les Croupiers	0:40:56
423	Gareth Johnston	259	M	U/A	0:40:58
424	Steven Jones	680	M40	U/A	0:40:58
425	Catherine Jones	52	F	Tattenhall Runners	0:40:59
426	Simon Valencia	423	M	U/A	0:41:00
427	Gareth East	667	M20	U/A	0:41:02
428	Jason Batcock	691	M	U/A	0:41:03
429	Rhys Lloyd	887	M	U/A	0:41:04
430	Eleanor Power	356	F	U/A	0:41:04
431	Paul Morgan	800	M	U/A	0:41:04
432	Rhys Lilley	1158	M20	U/A	0:41:06
433	James Wallis	1248	M	U/A	0:41:06
434	James Smith	915	M	U/A	0:41:07
435	Gareth Morgan	1104	M	U/A	0:41:07
436	Craig Trotman	935	M20	U/A	0:41:08
437	Trevor Jones	903	M40	U/A	0:41:09
438	Kathryn Stoate	666	F	U/A	0:41:09
439	Beverley Smith	387	F35	U/A	0:41:10
440	Wayne Wright	460	M	U/A	0:41:13
441	Alan Woollam	459	M55	U/A	0:41:18
442	Peter Goodfellow	209	M40	U/A	0:41:18
443	Sally Martin	733	F20	U/A	0:41:22
444	Rob Lewis	1179	M40	U/A	0:41:24
445	Rhianydd Livesy	292	F	U/A	0:41:24
446	Mike Burns	1067	M50	U/A	0:41:26
447	James Crothers	827	M	U/A	0:41:30
448	Phil Davies	748	M	U/A	0:41:33
449	Dyfrig Parri	341	M40	U/A	0:41:33
450	Carlos Land	276	M	U/A	0:41:34
451	Christopher Cassin	799	M	U/A	0:41:34
452	Donna Lloyd	885	F35	U/A	0:41:35
453	June Owen	638	F40	U/A	0:41:35
454	Ronald Davies	474	M50	U/A	0:41:37

401 – 500

Pos	Name	Num	Cat	Club	Time
455	Paul Morgan	1103	M	U/A	0:41:38
456	Gary Mickelsen	315	M	U/A	0:41:38
457	Neil Welsh	439	M	U/A	0:41:39
458	Adam Garner	202	M	U/A	0:41:40
459	Darryl Wilson	457	M20	U/A	0:41:40
460	Robert Hay	556	M40	U/A	0:41:41
461	Janet Allen	101	F	U/A	0:41:46
462	Ian Warner	436	M45	U/A	0:41:47
463	Craig Jones	262	M	U/A	0:41:48
464	Cathy Thomas	89	F35	U/A	0:41:51
465	Malcolm Parker	628	M60	Islwyn RC	0:41:53
466	Kevin Tyers	831	M	U/A	0:41:53
467	Nick Speller	537	M40	U/A	0:41:58
468	Adrian Jay	470	M40	U/A	0:41:58
469	Rachael Honey	240	F	U/A	0:42:00
470	Jo Probert	906	F	U/A	0:42:01
471	Gary Shilling	838	M45	U/A	0:42:06
472	Sara Charles	1153	F	U/A	0:42:08
473	Neil Grosset	745	M	U/A	0:42:12
474	James Charles Doyle	671	M20	U/A	0:42:15
475	Neil Jones	1116	M	U/A	0:42:16
476	Spencer Drew	180	M	U/A	0:42:20
477	Chris Barnes	794	M40	U/A	0:42:23
478	Sue Murray	786	F	U/A	0:42:23
479	Rod Gunn	625	M55	Harlequins	0:42:23
480	John Kasberas	1041	M	U/A	0:42:25
481	Rhianydd Gardiner	595	F	U/A	0:42:26
482	Ceri Jones	466	F	U/A	0:42:26
483	Jonathan Grimes	219	M	U/A	0:42:26
484	David Jones	771	M	U/A	0:42:27
485	David Jones	263	M	U/A	0:42:27
486	Sarah Dodd	580	F	Les Croupiers	0:42:28
487	Anne Tatnell	532	F45	U/A	0:42:31
488	Julie Tucker	811	F35	U/A	0:42:35
489	Glenys Rugman	940	F50	U/A	0:42:35
490	Robert Williams	557	M	U/A	0:42:36
491	Rosie Pearson	346	F	U/A	0:42:36
492	Lyn Rees	1145	F50	U/A	0:42:41
493	Sarah Irwin	246	F35	U/A	0:42:43

401 – 500

Pos	Name	Num	Cat	Club	Time
494	Paul Fackrell	1072	M40	U/A	0:42:44
495	Geoff Norton	594	M	U/A	0:42:44
496	Hannah Manley	61	F	Bridgend AC	0:42:45
497	James Shilton	381	M20	U/A	0:42:45
498	Emma Ridgill	98	M	Penarth & Dinas	0:42:45
499	Matthew Davies	853	M	U/A	0:42:47
500	Len Casley	136	M40	U/A	0:42:48

501 – 600

Pos	Name	Num	Cat	Club	Time
501	Heidi Day	899	F	U/A	0:42:48
502	George McSorley	900	M	U/A	0:42:52
503	Sian Collyer	908	F	U/A	0:42:52
504	Matthew Williams	590	M	U/A	0:42:53
505	Nigel Jones	266	M50	U/A	0:42:53
506	Pete O'Brien	522	M45	U/A	0:42:55
507	Jo Powell	530	F	U/A	0:42:55
508	Jeremy Thomas	674	M	U/A	0:42:56
509	Rachel Gardiner	941	F35	U/A	0:42:57
510	Stephanie Berrow	724	F	U/A	0:42:57
511	Geraint Lewis	1245	M45	U/A	0:43:00
512	Clare Green	932	F35	San Domenico	0:43:01
513	Tim Clarke	1137	M45	U/A	0:43:01
514	Stuart Milbourne	1064	M50	U/A	0:43:01
515	Hannah McBrown	1097	F	U/A	0:43:02
516	Judith Humphries	50	F35	U/A	0:43:02
517	David Keeling	860	M40	U/A	0:43:03
518	Ian Ellis	188	M40	U/A	0:43:03
519	Dieter Pullan	558	M	U/A	0:43:07
520	Joe Lewis	285	F	U/A	0:43:08
521	Sera Bryant	1021	F35	U/A	0:43:09
522	Rhodri Kitt	920	M20	U/A	0:43:09
523	David Capel	512	M55	U/A	0:43:09
524	Verity Simon	1098	F	U/A	0:43:10
525	Trish Gale	679	F40	U/A	0:43:11
526	Rachel Bowen	684	F	U/A	0:43:11
527	Fiona Glen	1019	F	U/A	0:43:12
528	Lynne Rixon	630	F35	U/A	0:43:13
529	Graham Clark	139	M45	U/A	0:43:13
530	Kate Macdonald	613	F	Les Croupiers	0:43:13

501 – 600

Pos	Name	Num	Cat	Club	Time
531	Nigel Hunt	1152	M	U/A	0:43:14
532	James Gladwin	910	M	U/A	0:43:14
533	Cecilia Thomas	1242	F50	U/A	0:43:14
534	Stephanie Davies	168	F	U/A	0:43:15
535	Ceri Evans	194	F20	U/A	0:43:19
536	Jon Martin	305	M	U/A	0:43:19
537	Sophie Peerbux	707	F	U/A	0:43:21
538	Tony Jay	848	M45	U/A	0:43:23
539	Gary Collier	1138	M60	U/A	0:43:24
540	Desmond O'Duffy	845	M40	U/A	0:43:24
541	Gareth James	880	M	U/A	0:43:26
542	Gary Pearce	879	M40	U/A	0:43:26
543	Simon James	1189	M	Les Croupiers	0:43:28
544	Paula Kennedy	270	F35	U/A	0:43:28
545	Brian Isaac	1147	M55	U/A	0:43:28
546	Tracey Newman	642	F35	Les Croupiers	0:43:30
547	Sian Jones	820	F	U/A	0:43:31
548	Dylan Hughes	758	M	U/A	0:43:33
549	Gavin Batten	109	M	U/A	0:43:36
550	Mark Johns	257	M	U/A	0:43:36
551	Clive Evans	195	M65	U/A	0:43:38
552	Graham Morgan	322	M65	U/A	0:43:38
553	Sara Cadogan	1225	F	U/A	0:43:39
554	Angelo Pucella	714	M	U/A	0:43:40
555	Ceri Knight	922	F	Les Croupiers	0:43:42
556	Robin Parker	1048	M	U/A	0:43:43
557	Peter Lloyd	747	M	U/A	0:43:43
558	Gareth Davies	161	M	U/A	0:43:44
559	Philip Reardon Smith	1127	M	U/A	0:43:45
560	Ceridwen Wilson	817	F40	U/A	0:43:45
561	Mike Llewellyn	641	M60	Swansea Harriers	0:43:46
562	Nigel Thompson	472	M	U/A	0:43:47
563	Joanna Hendry	44	F35	Penarth & Dinas	0:43:47
564	Robert Nihan	333	M	U/A	0:43:49
565	Alison Muggleton	909	F	U/A	0:43:50
566	Colin Lloyd	487	M70	Griffithstown	0:43:52
567	Mark Donovan	177	M50	U/A	0:43:53
568	Martyn Evans	196	M40	U/A	0:43:53
569	Andrew Holden	237	M40	U/A	0:43:55

501 – 600

Pos	Name	Num	Cat	Club	Time
570	Rachel Holden	238	F40	U/A	0:43:56
571	Sarah Williams	453	F	U/A	0:43:57
572	Aranka Pratt	599	F55	U/A	0:43:57
573	Peter Janicijevic	251	M50	U/A	0:43:57
574	Sarah Stevens	395	F	U/A	0:43:59
575	Dawn Edwards	554	F	U/A	0:44:00
576	Annie Conroy	614	F60	Les Croupiers	0:44:02
577	Andrea Davies	156	M	U/A	0:44:05
578	Kathryn Thomas	665	F	U/A	0:44:06
579	David Morris	527	M45	U/A	0:44:06
580	Lloyd Hughes	243	M20	U/A	0:44:14
581	Peter Bellingham	781	M50	U/A	0:44:14
582	Rhian Adams	99	F	U/A	0:44:14
583	Nick Spurling	393	M60	U/A	0:44:14
584	Kate Geogre-Weaver	600	F	U/A	0:44:15
585	David Lewis	282	M	U/A	0:44:20
586	Beverley Rogers	509	F35	U/A	0:44:21
587	Catrin Brown	132	F	U/A	0:44:22
588	Kate Davies	780	F	U/A	0:44:25
589	Ian Bosworth	123	M40	U/A	0:44:26
590	Jeremy Cooper	146	M	U/A	0:44:27
591	Brendan Bush	1236	F40	U/A	0:44:29
592	Jeff Clark	140	M40	U/A	0:44:29
593	Rhia Berni	117	F	U/A	0:44:30
594	Sarah Williams	452	F	U/A	0:44:30
595	Sam Lloyd	602	M45	U/A	0:44:34
596	Joanne Manning	627	F	U/A	0:44:35
597	Cheryl Davies	25	F35	Sospan RR	0:44:35
598	Troy Dawkins	1114	M	U/A	0:44:35
599	Neil Godding	1053	M	U/A	0:44:35
600	Elfed Godding	1052	M45	U/A	0:44:36

601 – 700

Pos	Name	Num	Cat	Club	Time
601	Susan Coghlin	19	F40	Sospan RR	0:44:36
602	Janice Clement	18	F45	Penarth & Dinas	0:44:37
603	Colin Davies	784	M45	U/A	0:44:40
604	Terry Vickery	760	M65	U/A	0:44:41
605	Tom Walsh	430	M40	U/A	0:44:41
606	Michele Jones	482	F	U/A	0:44:41

601 – 700

Pos	Name	Num	Cat	Club	Time
607	Belinda Meyer	1214	F	U/A	0:44:42
608	Rachel Evans	775	F35	U/A	0:44:44
609	Lee Llewellyn	293	M	U/A	0:44:48
610	Adam Self	379	M20	U/A	0:44:49
611	Richard Self	85	M40	Les Croupiers	0:44:49
612	Anne Roberts	485	F55	U/A	0:44:53
613	Janice Berni	116	F50	U/A	0:44:54
614	Aaron Hoskins	241	M	U/A	0:44:57
615	Kerry Livesy	823	M55	U/A	0:44:57
616	Matthew Taylor	1039	M	Barry & Vale	0:44:59
617	Jayne Evans	484	F50	U/A	0:45:01
618	Sian Wigley	709	F40	Treorchy Harriers	0:45:02
619	Sarah Bracken	859	F35	U/A	0:45:03
620	Christopher Sollars	603	M45	U/A	0:45:04
621	Jeffrey Rowlands	377	M	U/A	0:45:05
622	Len Judd	1063	M50	U/A	0:45:05
623	Steve Pengelly	348	M	U/A	0:45:05
624	Mike Macklin	298	M50	U/A	0:45:08
625	Christian Ogden	814	M	U/A	0:45:10
626	Daniel Stokes	396	M	U/A	0:45:11
627	Christine Davies	1078	F40	Sospan RR	0:45:14
628	Odette White	1082	F45	Sospan RR	0:45:14
629	Francine Clark	138	F35	U/A	0:45:16
630	Connor" "O	886	N	U/A	0:45:17
631	Mal Rowson	494	F55	Les Croupiers	0:45:19
632	Greg Baily	106	M45	U/A	0:45:19
633	Rachel Thomas	410	F	U/A	0:45:19
634	Mark Iles	245	M	U/A	0:45:21
635	Garry Newbould	793	M50	U/A	0:45:23
636	Sarah Robson	1139	F40	U/A	0:45:24
637	Matt Bown	1012	M	U/A	0:45:25
638	Leyton Stevens	767	M40	U/A	0:45:27
639	Sarah Passfield	721	F35	U/A	0:45:29
640	Nichol Cullen	154	F50	U/A	0:45:29
641	Tom Dyer	1022	M55	U/A	0:45:32
642	Maggie Vinestock	547	F40	U/A	0:45:34
643	Gareth Morris	324	M	U/A	0:45:35
644	Brenda Evans	34	F55	U/A	0:45:35
645	Cheryl Roberts	1011	F40	U/A	0:45:38

601 – 700

Pos	Name	Num	Cat	Club	Time
646	Michael Chung	1091	M	U/A	0:45:39
647	Joanne Allen	102	F35	U/A	0:45:39
648	Michael Waite	791	M	U/A	0:45:40
649	Samantha Davies	167	F	U/A	0:45:40
650	Johanne Edwards	186	F	U/A	0:45:40
651	Ros Chown	701	F50	U/A	0:45:40
652	Bernie Vella	425	F	U/A	0:45:45
653	Russell Williams	451	M	U/A	0:45:47
654	Stephen McGranaghan	719	M50	U/A	0:45:47
655	Katy Duerdoth	181	F	U/A	0:45:47
656	Mark Barry	896	M40	U/A	0:45:53
657	Michael Chown	702	M55	U/A	0:45:55
658	Clare Hingott	234	F	U/A	0:45:55
659	Heather Smith	388	F	U/A	0:45:55
660	Lisa Mair Williams	450	F	U/A	0:45:55
661	Gerald Kemp	924	M40	U/A	0:45:56
662	Ben Bacon	1084	M	U/A	0:45:56
663	Una Jones	575	F40	U/A	0:45:57
664	Phillip Wood	96	M40	U/A	0:45:59
665	Gwen Thomas	510	F	U/A	0:46:03
666	Chris Willcox	445	M	U/A	0:46:03
667	Louise Kinsey	272	F35	U/A	0:46:03
668	Keri Hutchinson	713	F35	U/A	0:46:03
669	Helen Watkinson	1177	F	U/A	0:46:13
670	Georgina Govier	1180	F40	U/A	0:46:13
671	Nic Bowes	124	F	U/A	0:46:13
672	Gail Watkins	1249	F40	U/A	0:46:15
673	Darren Fettah	912	M	U/A	0:46:15
674	Bex Gingell	204	F	U/A	0:46:16
675	Derren Richardson	877	M	U/A	0:46:18
676	Tracy Hughes	496	F	Brackla Harriers	0:46:21
677	Gene Morgan	876	M	U/A	0:46:22
678	Andrew Williams	517	M20	U/A	0:46:23
679	Sarah Williams	454	F	U/A	0:46:25
680	Jane Dakin	624	F40	Brackla Harriers	0:46:27
681	Matthew Narey	329	M20	U/A	0:46:32
682	Matthew Goode	518	M	U/A	0:46:32
683	Vincent Titchener	415	M60	U/A	0:46:33
684	Simon Ward	435	M	U/A	0:46:34

601 – 700

Pos	Name	Num	Cat	Club	Time
685	Beatrix Bown	125	F50	U/A	0:46:35
686	Trine Larsen	870	F	U/A	0:46:36
687	Julie O'Leary	336	F40	U/A	0:46:37
688	Angela Champion	869	F	U/A	0:46:39
689	Aled Wynne	461	M	U/A	0:46:41
690	Simon Hadley	553	M	U/A	0:46:41
691	Jason Cardy	927	M	U/A	0:46:42
692	Louise Trotman	934	F40	U/A	0:46:43
693	Linda Smith	764	F40	U/A	0:46:45
694	Robert Binding	1240	M	U/A	0:46:46
695	Geraint Griffiths	501	M	U/A	0:46:47
696	Jayne Moulton	326	F40	U/A	0:46:48
697	Bruce Clayton	550	M	U/A	0:46:48
698	Anne Bowen	846	F60	U/A	0:46:50
699	Sam Wheeler	440	F	U/A	0:46:52
700	Gail Humphreys	1205	F35	U/A	0:46:52

701 – 800

Pos	Name	Num	Cat	Club	Time
701	Natalie Edwards	685	F	U/A	0:46:53
702	Marianne Ericsson	1102	F	U/A	0:46:55
703	Bryan Wadley	427	M	U/A	0:46:56
704	Ken East	669	M50	U/A	0:46:56
705	Daryl Watkins	513	M	U/A	0:46:58
706	Lorenza Thomas	409	F50	U/A	0:46:58
707	Morwenna Herdman	231	F20	U/A	0:46:59
708	Philip Harding	222	M45	U/A	0:47:00
709	Ceri Skone	1206	F35	U/A	0:47:00
710	Brenda Goodfellow	208	F45	U/A	0:47:00
711	Amanda Biss	604	F40	U/A	0:47:01
712	Elizabeth Reid	601	F45	U/A	0:47:01
713	David Murphy	1088	M	U/A	0:47:01
714	Ryan Hurley	835	M	U/A	0:47:02
715	Alex Cole	746	M	U/A	0:47:03
716	Tony Sudworth	398	M45	U/A	0:47:04
717	Mark Bates	1149	M	U/A	0:47:05
718	Karl Jeffreys	9	M	U/A	0:47:05
719	Debbie Garner	203	F	U/A	0:47:05
720	Kate Wood	1055	F35	U/A	0:47:07
721	Sarah Baidwin	1010	F	U/A	0:47:10

701 – 800

Pos	Name	Num	Cat	Club	Time
722	Clive Busson	1009	M55	U/A	0:47:10
723	Peter Morris	325	M40	U/A	0:47:11
724	Ian Henton	46	M	Celtic Tri	0:47:11
725	Laura Henton	47	F	Celtic Tri	0:47:12
726	Ruth Martin	812	F50	U/A	0:47:13
727	Gareth Duglan	1243	M	U/A	0:47:18
728	Joy Beavon	897	F35	Les Croupiers	0:47:18
729	Lee Adams	917	M	U/A	0:47:18
730	Suzanne Jones	708	F40	Treorchy Harriers	0:47:19
731	Patricia McFarlane	1246	F45	U/A	0:47:21
732	Richard McCarthy	308	M	U/A	0:47:21
733	Sarah Tudor	891	F35	U/A	0:47:22
734	Justine Cass	137	F	U/A	0:47:24
735	Stephen O'Leary	337	M45	U/A	0:47:28
736	Julie Kemp	925	F40	U/A	0:47:31
737	Catrin Defis	173	F40	U/A	0:47:34
738	Paul Hartery	224	M	U/A	0:47:35
739	Liz Mallen	548	F40	U/A	0:47:39
740	Katie Toozer	416	F	U/A	0:47:41
741	Alan Bladen	607	M70	Les Croupiers	0:47:43
742	Michele Narey	330	F40	U/A	0:47:48
743	James Oatridge	334	M	U/A	0:47:49
744	Neil Griffiths	508	M	U/A	0:47:49
745	Alan Jones	260	M	U/A	0:47:49
746	Llinos Owen	898	F	Les Croupiers	0:47:52
747	Jenny Johnson	489	F40	Les Croupiers	0:47:59
748	Jane Llewellyn	1006	F45	U/A	0:48:05
749	David Llewellyn	1005	M45	U/A	0:48:05
750	Philip Davies	1085	M50	U/A	0:48:07
751	Sian Williams	455	F	U/A	0:48:07
752	Helen Lloyd	295	F40	U/A	0:48:08
753	Neil Price	79	M55	Islwyn RC	0:48:08
754	Lesley McGranaghan	720	F45	U/A	0:48:09
755	Andrew Clements	141	M20	U/A	0:48:12
756	Gillian Queally	360	F	U/A	0:48:13
757	Margaret Ogden	813	F	U/A	0:48:13
758	Fadi Baydoun	752	M	U/A	0:48:13
759	Judith Baydoun	856	F50	U/A	0:48:14
760	Shirley Morris	526	F45	U/A	0:48:15

701 – 800

Pos	Name	Num	Cat	Club	Time
761	F ISer	1130	F	U/A	0:48:16
762	Anna Stokes	706	F	U/A	0:48:16
763	Peter Griffiths	1004	M40	U/A	0:48:18
764	Gill Murphy	1134	F50	Les Croupiers	0:48:18
765	Daniel Jones	803	M	U/A	0:48:22
766	Myfawwy Riley	369	F	U/A	0:48:23
767	Eirlys Rhiannon	533	F	U/A	0:48:24
768	Glyndwr Hicks	48	M55	Islwyn RC	0:48:25
769	Janet Bagwell	555	F	U/A	0:48:31
770	Claire Jones	703	F	U/A	0:48:33
771	Amy Grant	215	F	U/A	0:48:33
772	Michael hansford	1143	M55	U/A	0:48:33
773	Eleri Jones	559	F35	U/A	0:48:35
774	Anne Donald	648	F55	Les Croupiers	0:48:36
775	Sian Phillips	796	F35	U/A	0:48:37
776	Cerys Miles	317	F	U/A	0:48:38
777	Rosalind Creer	151	F	U/A	0:48:39
778	Marianne Burridge	15	F45	U/A	0:48:39
779	Paul Michael	314	M	U/A	0:48:40
780	Gwyn Williams	447	F	U/A	0:48:41
781	Jan Frost	670	F40	U/A	0:48:41
782	John McCabe	1129	M	U/A	0:48:48
783	martin Weller	864	M	U/A	0:48:48
784	Sarah Wilde	863	F	U/A	0:48:49
785	Jayne Jukes	269	F	U/A	0:48:51
786	Hedd Wood	458	F35	U/A	0:48:51
787	John Matthew Love	503	M	U/A	0:48:52
788	Pamela Clancy	678	F50	U/A	0:49:01
789	Nikki Manning	544	F	U/A	0:49:03
790	Anwen Hopkins	928	F	U/A	0:49:03
791	Christina Maksimouis	1068	F45	U/A	0:49:04
792	Simon Bentley	776	M45	U/A	0:49:06
793	Julia Ansell	104	F35	U/A	0:49:07
794	Veronica Singleton	86	F45	Les Croupiers	0:49:07
795	Peter Lawley	57	M45	Bedford Harriers	0:49:07
796	Peter Townend	417	M50	U/A	0:49:07
797	Rachael Howard	545	F	U/A	0:49:10
798	Julia Tucker	546	F	U/A	0:49:11
799	Heledd Richards	692	F	U/A	0:49:21

701 – 800

Pos	Name	Num	Cat	Club	Time
800	Patrizia Donovan	179	F50	U/A	0:49:22

801 – 900

Pos	Name	Num	Cat	Club	Time
801	Brett Wattam	438	M	U/A	0:49:24
802	Patricia Searle	1132	F45	U/A	0:49:24
803	Martin Donovan	178	M45	U/A	0:49:25
804	Rosie Bell	854	F	U/A	0:49:27
805	Mei Wah Hui	244	F	U/A	0:49:29
806	Darrem Blackbird	120	M	U/A	0:49:30
807	David White	755	M	U/A	0:49:30
808	Alison Gordon	211	F	U/A	0:49:30
809	Kath Azzopardi	1226	F35	U/A	0:49:30
810	Sandra Cook	145	F40	U/A	0:49:31
811	Sarah Voisey-Smith	1025	F35	U/A	0:49:32
812	Joanna Harrison	1125	F	Treorchy Harriers	0:49:32
813	Delyth Judd	1065	F45	U/A	0:49:34
814	Alison Evans	192	F40	U/A	0:49:35
815	Lee Burksfield	134	M	U/A	0:49:35
816	Angela O'Neill	1187	F40	U/A	0:49:36
817	Gerry Oneil	672	M55	U/A	0:49:37
818	Nicola Morgan	836	F	U/A	0:49:38
819	Melany Rees	364	F35	U/A	0:49:38
820	Philippa Kerrigan	589	F45	U/A	0:49:38
821	Claire Skidmore	385	F	U/A	0:49:39
822	Dilys Morris-Jones	704	F45	U/A	0:49:39
823	Bruce Richards	367	M	U/A	0:49:44
824	David Beale	110	M40	U/A	0:49:45
825	Suzanne Bishop	1235	F40	U/A	0:49:45
826	Mary Davies	1117	F45	U/A	0:49:46
827	Deborah Grimes	218	F40	U/A	0:49:46
828	Tegryn Jones	772	M	U/A	0:49:48
829	Louise Brodrick	737	F40	U/A	0:49:51
830	Julia Price	727	F45	U/A	0:49:54
831	Matthew Deane	913	M	U/A	0:50:07
832	Emma Lloyd	855	F	U/A	0:50:08
833	Felicity Quance	358	F	U/A	0:50:08
834	James Quance	359	M	U/A	0:50:09
835	Lewis Beecham	479	M20	U/A	0:50:10
836	Becky Land	275	F35	U/A	0:50:10

801 – 900

Pos	Name	Num	Cat	Club	Time
837	Gill Regan	1074	F45	U/A	0:50:17
838	David Chan	1094	M	U/A	0:50:20
839	Graham Davey	636	M60	Les Croupiers	0:50:23
840	Andrew Miller	318	M	U/A	0:50:23
841	Pete Morgan	1144	M60	Les Croupiers	0:50:25
842	Ruth Hayton	840	F	U/A	0:50:25
843	Maureen Foley	801	F40	U/A	0:50:26
844	Luke Surrey	1184	M	U/A	0:50:26
845	Sara McGaughey	310	F40	U/A	0:50:27
846	Owain Williams	818	M	U/A	0:50:28
847	Bethan Jones	821	F	U/A	0:50:29
848	Janet Powell	354	F50	U/A	0:50:42
849	Nigel Williams	1111	M45	U/A	0:50:44
850	Rachel Knight	273	F	U/A	0:50:46
851	Alexandra Sandoe	1201	F	U/A	0:50:46
852	Gordon Sturrock	759	M60	U/A	0:50:52
853	Michelle Day	29	F35	Uk Netrunner	0:50:54
854	Rosser Thomas	1220	M45	U/A	0:50:56
855	Bethan Lewis	280	F35	U/A	0:50:57
856	Adele Hobbs	235	F35	U/A	0:50:58
857	Nick Rutter	539	F35	U/A	0:50:59
858	Gill Pritchard	942	F35	U/A	0:51:09
859	Lily Stuebe	699	F20	U/A	0:51:12
860	Rachel Lloyd	296	F20	U/A	0:51:12
861	Gareth Jenkins	253	M40	U/A	0:51:13
862	Graeme Thelwell	403	M50	U/A	0:51:14
863	Emily Harmer	1060	F	U/A	0:51:15
864	Michael Harmer	1061	M55	U/A	0:51:15
865	Sara Elliot	506	F	U/A	0:51:17
866	Charles Thomas	507	M	U/A	0:51:17
867	Catherine O'Hara	335	F	U/A	0:51:22
868	David Robinson	82	M	Fvs Tri	0:51:24
869	Helen Robinson	372	F	U/A	0:51:24
870	Jane Cummings	155	F	U/A	0:51:26
871	Philip Price	1034	M45	U/A	0:51:26
872	Matthew Johnson	1035	M	U/A	0:51:26
873	Sian Coxall	23	F	San Domenico	0:51:27
874	Carolyn Nicholson	698	F35	U/A	0:51:38
875	Naomi Evans	197	F	U/A	0:51:48

801 – 900

Pos	Name	Num	Cat	Club	Time
876	Anna Thomas	404	F	U/A	0:51:49
877	Rachael Jessop	649	F	Novotel	0:51:50
878	Lucy Philpott	352	F	U/A	0:51:54
879	Sarah Weaver	809	F	U/A	0:51:54
880	Rebecca Davies	841	F	U/A	0:51:54
881	Sarah Watkins	514	F	U/A	0:51:55
882	Gareth James	851	M40	U/A	0:51:58
883	Julia Wood	937	F35	U/A	0:52:04
884	Kay Thomas	715	F40	U/A	0:52:04
885	Heather Gourley	213	F	U/A	0:52:06
886	Caroline Marshman	62	F35	U/A	0:52:07
887	Suzanne Chesterton	833	F40	U/A	0:52:07
888	Victoria Normansell	778	F	U/A	0:52:08
889	Stephen Evans	36	M55	U/A	0:52:13
890	Bryony Evans	193	F20	U/A	0:52:14
891	Julie Bellingham	782	F45	U/A	0:52:19
892	Emma Davies	157	F	U/A	0:52:20
893	Elaine Rosier	376	F	U/A	0:52:21
894	Rhian Williams	560	F35	U/A	0:52:42
895	Kate Miller	1031	F	U/A	0:52:43
896	Robert Powell	1032	M	U/A	0:52:44
897	Amy Verheyden	1106	F20	U/A	0:53:04
898	Luke Penwarden	349	M20	U/A	0:53:04
899	Sarah Mazonas	511	F	U/A	0:53:05
900	Sean Pearce	531	M	U/A	0:53:16

901 – 983

Pos	Name	Num	Cat	Club	Time
901	Lisa Nichols	332	F	U/A	0:53:17
902	Cerys Jones	769	F	U/A	0:53:18
903	Blair Hogan	797	M	U/A	0:53:19
904	Lianne Blakey	121	F	U/A	0:53:21
905	Nathan Howells	907	M	U/A	0:53:22
906	Caroline Havard	225	F40	U/A	0:53:25
907	Cathy Sampson	858	F40	U/A	0:53:25
908	Alexandra Bell	111	F35	U/A	0:53:28
909	Lesley Maksimovic	300	F40	U/A	0:53:40
910	Thomas De Greeve	172	M20	U/A	0:53:41
911	Laura Mahoney	299	F20	U/A	0:53:44
912	Louis Rapa	682	M20	U/A	0:53:45

901 – 983

Pos	Name	Num	Cat	Club	Time
913	Anita Harris	785	F	U/A	0:53:47
914	Sara Tucker	420	F40	U/A	0:53:51
915	Clare Docherty	718	F	U/A	0:53:53
916	Joanne Snaith	467	F	U/A	0:53:54
917	Graham Hogg	236	M45	U/A	0:53:54
918	Jackie McDonald	65	F	U/A	0:53:54
919	Tracey McKenzie	312	F	U/A	0:53:55
920	Andrew Capel	592	M	U/A	0:53:58
921	Sarah Weldon	881	F35	U/A	0:54:00
922	Karen Phillips	76	F35	Les Croupiers	0:54:07
923	Suzanne Hazell	227	F55	U/A	0:54:13
924	Doris Culverhouse	24	F55	Sole Sisters	0:54:17
925	Rachel Walters	819	F	U/A	0:54:18
926	Stephanie Every	37	F50	Sole Sisters	0:54:19
927	Rosemary Chivers	16	F50	Sole Sisters	0:54:20
928	Rachael Collier	144	F	U/A	0:54:22
929	Jeffery Collier	143	M50	U/A	0:54:22
930	David Cole	523	M55	U/A	0:54:24
931	Catherine Mortimer	1150	F45	U/A	0:54:30
932	Charmaine Sivell	383	F20	U/A	0:54:30
933	Huw Lewis	284	M	U/A	0:54:42
934	Susan Lowrey-Dyer	569	F	U/A	0:54:48
935	Garthine Walker	428	F40	U/A	0:54:54
936	Simone Joyce	844	F35	U/A	0:54:56
937	Awen Jones	261	F40	U/A	0:54:56
938	Jack Smith	1045	M20	U/A	0:55:05
939	Sian Ackland	1027	F40	Brackla Harriers	0:55:21
940	Rob Brazier	127	M	U/A	0:55:26
941	Karen Rutter	584	F	Islwyn RC	0:55:31
942	Adam Baldrey	789	M	U/A	0:55:40
943	Caroline Magill	790	F	U/A	0:55:40
944	Gary Rees	1146	M55	U/A	0:55:44
945	Liz De Greeve	171	F35	U/A	0:55:46
946	Alison Cole	524	F	U/A	0:55:49
947	Robert Payne	344	M45	U/A	0:55:50
948	Julie Edwards	777	F	U/A	0:55:54
949	Louise Foulkes	199	F	U/A	0:56:22
950	Kim Saunders	892	F	U/A	0:56:22
951	Sian Lloyd-Cave	1234	F	U/A	0:56:23

901 – 983

Pos	Name	Num	Cat	Club	Time
952	Angharad Rogers	528	F	U/A	0:56:23
953	Barbara Voisin	426	F	U/A	0:56:27
954	Jessica Froud	200	F	U/A	0:56:30
955	Ruth Coles	1154	F35	U/A	0:56:41
956	Era Bird	1156	F	U/A	0:56:41
957	Karen De Claire	735	F	U/A	0:56:58
958	Lorraine Speight	391	F40	U/A	0:56:58
959	Pamela Walker	488	F35	Islwyn RC	0:57:01
960	Thomas Skinner	473	M40	U/A	0:57:27
961	Wendy McNeil	313	F45	U/A	0:57:29
962	Helen Huntley	696	F35	U/A	0:57:29
963	Dawn Surrey	1185	F	U/A	0:57:41
964	Ann Williams	770	F45	U/A	0:57:45
965	Claire Howard	1044	F20	U/A	0:57:45
966	Katie Pearce	1042	F20	U/A	0:57:46
967	Sarah Gage	201	F35	U/A	0:57:57
968	J A Pearce	1123	M	U/A	0:58:14
969	Sachin Krishnan	274	M	U/A	0:58:39
970	Paul Runacres	378	M	U/A	0:58:43
971	Katherine Whitehouse	442	F	U/A	0:58:43
972	Adam Lewis	279	M	U/A	1:00:33
973	Tracy Davies	169	F20	U/A	1:00:40
974	Paul Briscoe	130	M	U/A	1:01:32
975	Sarah Parker	1046	F	U/A	1:01:36
976	Maxine Vaughan	749	F	Corus R F C	1:01:41
977	Anne Harding	849	F45	U/A	1:01:50
978	Leon Phibben	852	M	U/A	1:01:51
979	Karen Regnart	366	F40	U/A	1:02:13
980	Anne-Marie Roberts	370	F35	U/A	1:03:48
981	Wendy Davies	170	F55	U/A	1:04:13
982	Susan Price	750	F50	Corus R F C	1:09:21
983	Gareth Thomas	406	M	U/A	1:09:21