

Pos	No.	Name	Age	Sex	Club	Special	Time
1	317	Richard Gardiner	S	M	Cardiff A.C.	F&S	24.38
2	319	Andrew Hunt	S	M	Cardiff A.C.	N/A	24.4
3	394	Marc Hobbs	S	M	Swansea Harriers	N/A	24.48
4	326	Daniel Gurmin	S	M	Abertillery	N/A	25.32
5	134	Martin Rees	V50	M	N/A	N/A	25.41
6	388	Michael Johnson	S	M	Cardiff University	N/A	25.47
7	321	Paul Griffiths	S	M	Swansea Harriers	N/A	26.19
8	76	Aled Thomas	18	M	Multisport	F&S	26.23
9	301	Martyn Jones	S	M	Swansea Harriers	N/A	26.58
10	328	Matthew Gurmin	S	M	Abertillery	N/A	27.05
11	318	Gavin Colcombe	S	M	Cardiff A.C.	N/A	27.06
12	336	Tim Lewis	S	M	Bridgend A.C.	N/A	27.08
13	155	Steve Smith	V40	M	Swansea Harriers	N/A	27.22
14	36	Sam Walsh	18	M	Swansea Harriers	N/A	27.24
15	322	Steve Davies	S	M	Swansea Harriers	N/A	27.27
16	395	Chris Meyler	S	M	Bridgend A.C.	F&S	27.28
17	380	Michael Bridge	S	M	Hillington Athletic	N/A	27.29
18	391	Paul Talbot	S	M	Neath Harriers	N/A	27.33
19	31	Non Stanford	16	F	Swansea Harriers	N/A	27.35
20	334	Steven Richards	S	M	Swansea Harriers	N/A	28.02
21	399	Clive Rowland	S	M	Wrexham A.C.	N/A	28.05
22	176	Gareth Thomas	V40	M	Multisport	N/A	28.13
23	150	John Williams	V45	M	Neath Harriers	N/A	28.24
24	57	Daniel Thomas	16	M	Llanelli A.C.	N/A	28.39
25	4	Anne-Marie Hutchinson	S	F	Neath Harriers	N/A	28.41
26	183	Paul Dyson	V45	M	Swansea Harriers	N/A	28.43
27	62	Daniel Challenger	17	M	Neath Harriers	N/A	28.48
28	338	Paul Thomas	S	M	N/A	N/A	28.5
29	344	Jonathan Williams	S	M	Team Deviant	N/A	28.53
30	204	Mike Venables	V	M	N/A	N/A	29.07
31	332	Steve Brown	S	M	Sparkhill Harriers	H&W	29.22
32	65	Lewis Bevan	18	M	Aberdare A.C.	F&S	29.29
33	42	Jamie Fenaroli	16	M	Swansea Harriers	N/A	29.31
34	190	Ian Webb	V45	M	Llanelli A.C.	N/A	29.38
35	302	Gareth Battle	S	M	Rhondda Tri	N/A	29.41
36	157	Phil Adams	V40	M	Neath Harriers	N/A	29.42
37	167	Eryl John Husband	V45	M	Lancaster & Morecambe	N/A	29.43
38	397	Geraint Williams	S	M	Pontypridd Roadents	N/A	29.44
39	205	Steve Brace	V40	M	Bridgend A.C.	H&W	30
40	315	Charlie Walsh	S	M	Port Talbot Harriers	N/A	30.03
41	154	Clive Davies	V45	M	Sospan R.R.	N/A	30.14
42	345	Simon Bird	S	M	N/A	N/A	0
43	115	Steve Coupe	V55	M	Sospan R.R.	N/A	30.27
44	110	Phil Meyler	V50	M	Pontypridd Roadents	F&S	30.29
45	47	Karen Smout	S	F	Horwich Harriers	N/A	30.51
46	381	Christopher Mullan-Jones	S	M	N/A	H&W	30.58
47	40	Angela Jones	V35	F	Brecon A.C.	N/A	31.09
48	137	Stuart Davidson	V50	M	Bridgend A.C.	H&W	31.2
49	351	Simon Merrick	S	M	N/A	N/A	31.26
50	327	Mike Tate	S	M	Multisport	N/A	31.31
51	330	Peter Miskell	S	M	Reading R.R.	N/A	31.38
52	60	Leah Dixon	14	F	Neath Harriers	N/A	31.4
53	191	Stephen Powell	V40	M	Port Talbot Harriers	N/A	31.43
54	86	Lee Williams	S	M	N/A	N/A	31.49

55	106	Gwyon Jenkins	V45	M	Sospan R.R.	N/A	32
56	316	Daman Jukes	S	M	Club 69	N/A	32.03
57	119	Edwin Evans	V55	M	Welsh Masters A.A.	N/A	32.07
58	199	Mike Jones	V50	M	N/A	N/A	32.1
59	303	Rhodri Stanford	S	M	N/A	N/A	32.16
60	164	Andrew Thomas	V40	M	Sospan R.R.	N/A	32.25
61	174	Alan Mann	V45	M	Les Croupiers	N/A	32.31
62	135	Michael Thomas	V40	M	N/A	N/A	32.33
63	307	Christian Kersting	S	M	N/A	N/A	32.34
64	163	Robert Fowler	V60	M	N/A	N/A	32.35
65	168	Peter Jones	V45	M	N/A	N/A	32.44
66	146	Jonathan Kersting	V65	M	Boulagne A.C.	N/A	32.5
67	107	Peter Short	V50	M	N/A	N/A	32.52
68	50	Grant Griffiths	18	M	N/A	N/A	32.56
69	45	Rhys Jones	15	M	Neath Harriers	N/A	32.56
70	63	Greg Freeman	19	M	N/A	N/A	32.58
71	346	Dean Llewellyn	S	M	South Wales Police	N/A	33
72	320	Gareth Ayres	S	M	Port Talbot Harriers	N/A	33.07
73	184	Peter Deacon	V45	M	N/A	N/A	33.09
74	331	Gareth Havard	S	M	N/A	N/A	33.1
75	306	Philip Thomas	S	M	Swansea Harriers	N/A	33.11
76	192	Steven Wilkinson	V40	M	Port Talbot Harriers	N/A	33.16
77	158	Howard Thomas	V40	M	Club 69	N/A	33.23
78	125	Alan Perkins	V50	M	Port Talbot Harriers	N/A	33.27
79	67	Katie Hopkins	16	F	Neath Harriers	N/A	33.31
80	304	John Stanford	V45	M	N/A	N/A	33.34
81	305	Paul Morris	S	M	N/A	N/A	33.36
82	309	Mike Woods	S	M	N/A	N/A	33.36
83	28	Sandra Pinkham	V40	F	Neath Harriers	N/A	33.36
84	143	Tim Lewis	V40	M	N/A	N/A	33.38
85	340	Neil Thomas	S	M	Rhondda R.R.	N/A	33.39
86	333	Lynsey Christopher	S	M	Bryncoch	N/A	33.41
87	130	Steve Martin	V40	M	N/A	N/A	33.46
88	203	Dewi West	V40	M	3M's	N/A	33.51
89	95	Chris Griffiths	18	M	Neath Harriers	N/A	33.55
90	348	James O'Callaghan	S	M	N/A	N/A	33.57
91	353	Andrew Reynolds	S	M	Neath Harriers	N/A	33.57
92	112	John Collins	V65	M	Swansea Harriers	N/A	34.04
93	180	Philip Gardner	V55	M	Aberdare Roadies	N/A	34.07
94	127	Roger Day	V55	M	Worcester Tri Club	F&D	34.12
95	156	Nigel Jones	V50	M	Minidd	N/A	34.29
96	66	Christina Bridge	17	F	N/A	N/A	34.36
97	386	Dylan Thomas	S	M	N/A	N/A	34.4
98	35	Lowri Richards	15	F	Tonbridge A.C.	N/A	34.47
99	97	Sian Phillips	V40	F	Swansea Harriers	N/A	34.48
100	109	Cyril Walters	V55	M	T.R.O.T.	N/A	34.53
101	101	Leonard Richards	V50	M	Port Talbot Harriers	N/A	34.54
102	55	Mandy Reace	V40	F	Sospan R.R.	N/A	34.56
103	103	Tony Holling	V50	M	Port Talbot Harriers	N/A	34.56
104	78	Siobhan Brown	S	F	Sparkhill Harriers	N/A	34.58
105	70	Louise Miskill	V35	F	3M's	N/A	34.59
106	170	Jonathan Davies	V40	M	Sospan R.R.	N/A	35
107	33	Ceri Battle	S	F	N/A	N/A	35.08
108	69	Anna David	V35	F	Neath Harriers	N/A	35.08
109	396	Lee Hopkins	S	M	N/A	N/A	35.14

110	64	Alice Bevan	16	F	Aberdare A.C.	F&D	35.18
111	323	Philip White	S	M	N/A	N/A	35.22
112	96	Jacqueline Brace	V45	F	Bridgend A.C.	H&W	35.24
113	52	Gillian Phillips	V45	F	Sospan R.R.	N/A	35.33
114	321	Paul Griffiths	S	M	Swansea Harriers	N/A	35.38
115	34	Judith Oakley	V40	F	Veg Cycling & Athletic Cl	N/A	35.39
116	61	Joanna Freeman	14	F	Neath Harriers	N/A	35.4
117	159	Ian McDonald	V40	M	San Domenico	N/A	35.41
118	177	Geoff Hall	V50	M	N/A	N/A	35.45
119	165	David Smout	V55	M	Abertillery	F&D	35.48
120	6	Deborah Green	S	F	N/A	F&D	35.49
121	387	Ian Henton	S	M	N/A	N/A	35.5
122	108	Raymond James	V40	M	Port Talbot Harriers	N/A	35.53
123	152	Christopher Richards	V45	M	EGH3	F&D	35.54
124	16	Jenny Gray	S	F	Port Talbot Harriers	N/A	36.09
125	104	Stephen New	V40	M	Gwent Police (PSOK)	N/A	36.16
126	132	Peter Lewis	S	M	N/A	N/A	36.21
127	352	Aled Roberts	S	M	N/A	N/A	36.25
128	129	Mario Rabaiotti	V40	M	N/A	N/A	0
129	325	Kerry Evans	S	M	N/A	N/A	36.27
130	398	Neil Davies	S	M	N/A	N/A	36.28
131	354	Mark Reynolds	S	M	N/A	N/A	36.29
132	92	Anne Billan	V35	F	Pontypridd Roadents	N/A	36.3
133	206	Andrew Rothwell	V45	M	N/A	N/A	36.31
134	335	Grant Jones	S	M	N/A	N/A	36.32
135	383	Neil Lewis	S	M	Hereford Couriers	N/A	36.33
136	166	Chris Moore	V45	M	Club 69	N/A	36.34
137	20	Mandy Morris	S	F	Neath Harriers	N/A	36.35
138	131	John Cunnane	V55	M	100 KM Association	F&D	36.35
139	343	Alan Jones	S	M	N/A	N/A	36.44
140	75	Jayne Arnold	S	F	3M's	N/A	36.46
141	208	Alun Lewis	V55	M	N/A	N/A	36.48
142	41	Gwen Smith	V40	F	Swansea Harriers	N/A	36.5
143	17	Becky Jones	S	F	Port Talbot Harriers	N/A	36.52
144	142	Nigel Davies	V45	M	N/A	N/A	36.56
145	145	Glyn Williams	V55	M	3M's	N/A	37.01
146	114	Paul Edwards	V40	M	N/A	N/A	37.02
147	379	Christopher Price	S	M	Celtic Tri	N/A	37.16
148	12	Dawn French	V45	F	3M's	H&W	37.21
149	46	Frances Williams	V40	F	Les Croupiers	N/A	37.27
150	100	Paul Gillard	V45	M	N/A	N/A	37.32
151	15	Carol Moseley	S	F	Port Talbot Harriers	N/A	37.36
152	196	Bob Gardiner	V45	M	Wecori	N/A	37.38
153	179	Edward Rol	V60	M	N/A	N/A	37.42
154	102	Peter Young	V50	M	N/A	N/A	37.45
155	133	Terry Jones	V50	M	3M's	H&W	37.45
156	32	Gill Stanford	V45	F	N/A	N/A	37.5
157	172	Kevin Christie	V40	M	Coventry Saracen	N/A	38
158	58	Loretta Daley	V35	F	Cardiff A.C.	N/A	38.05
159	118	Gerald Gray	V50	M	N/A	N/A	38.08
160	161	Calin Rees	V40	M	Club 69	N/A	38.12
161	201	Marcus Eyre	V45	M	3M's	N/A	38.13
162	337	Alex Williams	S	M	R.R.C	N/A	38.2
163	175	Mike Nash	V45	M	3M's	N/A	38.29
164	89	Gareth Evans	20	M	N/A	M&S	38.31

165	144	Ian Swanson	V55	M	Port Talbot Harriers	N/A	38.35
166	198	Huw Williams	V50	M	N/A	H&W	38.48
167	178	John Griffiths	V60	M	Bridgend A.C.	N/A	38.51
168	13	Marianne Day	S	F	Worcester Tri Club	F&D	38.52
169	314	Darren James	S	M	N/A	N/A	38.58
170	173	Howard Jones	V45	M	Brachleg	N/A	39.02
171	117	Michael Newman	V55	M	Neath Harriers	N/A	39.02
172	195	Heddwyn Evans	V55	M	N/A	N/A	
173	8	Hayley Furze	S	F	N/A	N/A	39.1
174	21	Pauline Williams	V45	F	Neath Harriers	N/A	39.11
175	189	Richard Donne	V40	M	N/A	N/A	39.16
176	37	Joanne Davies		F	N/A	N/A	39.23
177	151	Neil Davies	V45	M	NYRRC	F&D	39.28
178	194	Gareth Davies	V45	M	Aberdare Valley		39.32
179	10	Kathryn John	V35	F	3M's	H&W	39.32
180	48	Christopher Melbourne		M	Neath Harriers	N/A	39.36
181	136	Philip Swann	V40	M	Sospan R.R.	N/A	39.37
182	324	Keith Coleman	S	M	N/A	N/A	39.4
183	185	Andrew Gronent	V45	M	N/A	N/A	39.43
184	153	Alan Powis	V55	M	N/A	N/A	39.48
185	347	Kevin Davies	S	M	Multisport	N/A	39.58
186	341	Steve Press	S	M	Wecori	N/A	40.03
187	162	Martin Evans	V40	M	Amman Valley Harriers	N/A	40.03
188	182	Alan Evans	V65	M	Cardiff A.C.	N/A	40.23
189	77	Nia Thomas		F	Multisport	F&D	40.33
190	84	Kirsten Tucker	S	F	3M's	N/A	40.47
191	82	Sheryl Husband	V35	F	N/A	N/A	40.51
192	53	Kayleigh Moses		F	Multisport	N/A	41.12
193	393	Mark Jenkins	S	M	N/A	N/A	41.13
194	382	Andrew Christopher	S	M	N/A	N/A	41.28
195	186	Mike Thomas	V55	M	Penderry Sports	N/A	41.29
196	299	Claire James	V40	F	Multisport	N/A	41.29
197	207	Eddie Bessant	V40	M	N/A	N/A	41.3
198	197	Gareth Morgan	V45	M	N/A	N/A	41.37
199	85	Nicholas Hancock		M	Aberdare Valley	N/A	41.46
200	187	Stephen Rohman	V40	M	N/A	N/A	41.47
201	91	Del Eyre	V40	M	3M's	N/A	41.47
202	83	Andrea Reynolds	V40	F	N/A	N/A	42.05
203	121	Mark Rees	V40	M	N/A	N/A	42.09
204	54	Christine Davies	V40	F	Sospan R.R.	N/A	42.11
205	128	Robert Sheffield	V60	M	N/A	H&W	42.18
206	88	Debbie Evans	V50	F	N/A	M&S	42.32
207	111	Colin Gardner	V55	M	N/A	N/A	42.59
208	116	Andrew John	V45	M	N/A	N/A	43.05
209	22	Pauline Anthony	V40	F	N/A	N/A	43.07
210	355	Tomas Morris		M	N/A	N/A	43.23
211	19	Anita Howells	V55	F	Aberdare V.A.A.C.	M&D	43.37
212	73	Hannah Dyson		F	N/A	F&D	43.38
213	392	Aaron Griffiths	S	M	N/A	N/A	43.46
214	147	Graham Evans	V40	M	N/A	N/A	44.07
215	171	John Clifford	V45	M	N/A	N/A	44.1
216	38	Tom Low		M	N/A	N/A	44.1
217	18	Anita Griffiths	V45	F	3M's	N/A	44.19
218	313	Paul Michael	S	M	N/A	N/A	44.25
219	93	Ceri Hammond		M	N/A	N/A	44.53

220	202	Terry Hammond	V45	M	N/A	F&S	44.58
221	68	Bronwen Brook	S	F	N/A	N/A	44.58
222	87	Sean Hirons	16	M	Multisport	N/A	45.01
223	308	Sean Nugent	S	M	N/A	N/A	45.11
224	124	Graeme Jones	V45	M	N/A	N/A	45.13
225	74	Denise Williams	V50	F	N/A	N/A	45.15
226	312	Robert Williams	S	M	N/A	N/A	45.23
227	181	John Goodwin	V50	M	N/A	N/A	45.44
228	72	Annie Conroy	V60	F	Les Croupiers	N/A	45.47
229	329	Richard Clifford	S	M	N/A	N/A	45.56
230	350	Howell Davies	S	M	N/A	N/A	45.57
231	51	Carol Vyner	V35	F	3M's	N/A	46.05
232	160	Stuart Williams	V55	M	N/A	N/A	46.18
233	14	Cheryl Davies	V35	F	Sospan R.R.	N/A	46.22
234	49	Lowri Hughes	S	F	N/A	F&D	46.22
235	30	Sue Coghlin	V40	F	Sospan R.R.	N/A	46.22
236	349	R.Morris	S	M	N/A	N/A	46.22
237	79	Cynthia Davies	V40	F	N/A	N/A	46.23
238	29	Audrey Jones	V45	F	N/A	N/A	46.33
239	25	Katherine Mullan-Jones	S	F	N/A	H&W	46.44
240	141	Graham Singer	V45	M	N/A	N/A	46.45
241	149	Gary Rees	V60	M	N/A	N/A	47.04
242	7	Linda Owens	V50	F	N/A	N/A	47.27
243	98	Elaine Lewis	V50	F	N/A	N/A	48
244	342	Philip Williams	S	M	N/A	N/A	48.01
245	193	John Cooper	V55	M	Aberdare A.C.	N/A	48.13
246	43	Julie Kemp	V40	F	N/A	N/A	48.23
247	140	Robert Thomas	V40	M	N/A	N/A	48.5
248	122	Stephen Rees	V55	M	N/A	N/A	49.36
249	44	Tracey Davies	V40	F	N/A	N/A	49.39
250	139	Peter Boyden	V50	M	N/A	N/A	49.59
251	81	Louise Evans	V35	F	3M's	N/A	50.11
252	80	Sally Kidwell	V35	F	N/A	N/A	50.16
253	120	Andrew John	V40	M	N/A	H&W	50.16
254	339	Darren Hancock	S	M	Aberdare Valley	N/A	50.4
255	90	Helen Maurice	V40	F	N/A	N/A	50.44
256	200	Paul Phillips	V45	M	N/A	N/A	50.44
257	5	Helen Jenkins	V40	F	Sospan R.R./P.Walkers	N/A	51.04
258	310	Christopher Pavett	S	M	N/A	N/A	51.15
259	311	Clinton Broome	S	M	N/A	N/A	51.22
260	99	Susan Daw	V50	F	Port Talbot Harriers	N/A	52.12
261	39	Matthew Hills	15	M	N/A	N/A	53.07
262	188	Philip Davies	V45	M	N/A	N/A	53.48
263	123	Eric Ricketts	V60	M	3M's	N/A	55.15
264	24	Dorothy Egessa	S	F	N/A	N/A	55.42
265	27	Patricia Davidson	V45	F	Brackla Harriers	H&W	56.09
266	94	Rebecca Baxter	16	F	N/A	N/A	57.2
267	59	Luke Winston	13	M	N/A	N/A	65.43
268	169	Martin Winston	V40	M	N/A	N/A	65.43
269	71	Helen Jones	V55	F	N/A	N/A	67.45
270	1	Kirsty Hill	S	F	N/A	N/A	67.46
271	3	Jane Elliott	V50	F	N/A	N/A	67.56