

Merthyr Mawr 10K Xmas Pudding 2004

Pos	Name	Cat	Club	Time
1	Mark Jenkins	Senior Male	Bridgend Ac	34:30
2	Chris Moss	Senior Male	Belgrave Harriers	34:35
3	Alexander Donald	Senior Male	U/A	36:56
4	Andrew Jones	Senior Male	U/A	36:58
5	David Humphreys	Senior Male	Llisbury Runners	36:60
6	Rob Atkin	Senior Male	Bridgend Ac	37:17
7	Iain Stuart	Senior Male	Bristol & West Runners	37:26
8	Joe Thomas	Senior Male	Bridgend Ac	37:38
9	Michael Johnson	Senior Male	Cardiff Uni	38:10
10	Mike Roberts	Senior Male	Bristol & West Runners	38:15
11	Steffan Hughes	Senior Male	Carmarthen Runners	38:21
12	Andy Cleves	Senior Male	Les Croupiers	39:10
13	Peter Coles	Male Vet 40	Welsh Masters Aa	39:25
14	Steve Jones	Senior Male	Bridgend Ac	39:29
15	Samual Ryall	Senior Male	U/A	39:42
16	Chris Gowell	Senior Male	Swansea	39:45
17	Anthony King	Senior Male	Dartmoor Runners	39:47
18	Jonathan Bisson	Male Vet 40	U/A	39:59
19	Mark Foss	Senior Male	U/A	40:17
20	Kevin Lewis	Male Vet 40	Neath Harriers	40:31
21	Ian Withers	Senior Male	Newport Harriers	40:34
22	Martin Pengilly	Senior Male	Chepstow Harriers	40:38
23	Danny Norton	Senior Male	Rhumney Valley Runners	41:04
24	Alan Kerr	Male Vet 40	Bridgend Ac	41:08
25	Paul Phillips	Senior Male	Hay Hot Footers	41:11
26	Andrew Lane	Senior Male	Uwic Triathlon Club	41:13
27	Rhys Manning	Senior Male	M.D.C.	41:22
28	Steven Williams	Male Vet 40	Neath Harriers	41:26
29	Richard Dando	Senior Male	U/A	41:27
30	Simon Jones	Senior Male	Cardiff Ac	41:28
31	Kevin Taylor	Male Vet 40	Amman Valley Runners	41:38
32	Mark Saunders	Male Vet 40	Mdc	41:49
33	James Davies	Senior Male	Pencoed Tri	41:54
34	Blackmore Chris	Senior Male	Cardiff Harlequins	41:58
35	Ros Tabor	Female Vet 45	Dulwich Runners	42:13
36	Gareth Morgan	Senior Male	Cardiff Tri	42:15
37	Derek Scarborough	Male Vet 40	Bridgend Ac	42:16
38	Mark Anderson	Male Vet 40	Pewsey Vale R.C.	42:18

39	Lisa Howe	Senior Female	U/A	42:24
40	Daniel Thomas	Senior Male	Llanelli Aac	42:36
41	Matthew Jones	Senior Male	U/A	42:40
42	Laura Jackson	Senior Female	Cardiff Uni	42:48
43	Michael Chandler	Male Vet 50	Pontypridd Roadents	42:60
44	David Coles	Male Vet 40	Les Croupiers	43:13
45	Lea Farmer	Senior Male	Swansea	43:17
46	Simon Osborne	Male Vet 40	Bridgend Ac	43:25
47	Craig Fowler	Senior Male	Ponty Roadents	43:28
48	Phil Meyler	Male Vet 40	Pontypridd Roadents	43:32
49	Ivan Wall	Senior Male	Tipton Harriers	43:35
50	Robert Hackett	Male Vet 40	Neath	43:38
51	Gareth Battle	Senior Male	U/A	43:39
52	Rhys Williams	Senior Male	Mdc	43:46
53	Ian Spilsbury	Male Vet 40	Penarth & Dinas	43:48
54	Chris Meyler	Senior Male	Pontypridd Roadents	43:49
55	Hugh Aggleton	Senior Male	U/A	43:51
56	John Syms	Senior Male	U/A	43:52
57	John Johnson	Senior Male	Royal Air Force Aa	43:58
58	Mark Benbow	Male Vet 40	Cardiff Harlequins	43:60
59	Ed Whiting	Senior Male	Cardiff Harlequins	43:61
60	Steve Brace	Male Vet 40	Bridgend Ac	44:06
61	Jon Embling	Male Vet 40	Bridgend Ac	44:08
62	Andrew Dwyer	Senior Male	U/A	44:20
63	Clive Davies	Male Vet 40	Sospan Runners	44:21
64	Hywel Wyn Jones	Male Vet 40	Ammon Valley Harriers	44:22
65	Liam Sullivan	Male Vet 40	U/A	44:24
66	Richard Adams	Senior Male	U/A	44:27
67	Phillip George	Senior Male	Les Croupiers	44:35
68	Linda Jensen	Female Vet 35	U/A	44:36
69	Paul Robinson	Senior Male	U/A	44:39
70	Phillip Jenkins	Male Vet 40	Brighend Ac	44:41
71	Nick Dukes	Senior Male	Les Croupiers	44:42
72	Richard Self	Senior Male	Les Croupiers	44:47
73	Paul Dawes	Senior Male	San Dominico	44:50
74	Jones Dewi Evans	Male Vet 50	Trots	44:52
75	Eifion Owen	Male Vet 40	Pencoed Triathlon Club	45:05
76	Lynsey Christopher	Senior Male	Visteon	45:06
77	David Shroll	Senior Male	Newport Harriers	45:09
78	Brian Hawkins	Senior Male	U/A	45:11
79	William Derby	Male Vet 50	M.D.C.	45:14

80	Peter Curran	Male Vet 40	U/A	45:23
81	Chris Reynolds	Senior Male	Woodford Green Ac	45:31
82	Mark Dunscombe	Male Vet 40	Sarn Helen	45:31
83	Andrew Curniw	Male Vet 40	U/A	45:37
84	Robert Sandles	Senior Male	Gorseinon Road Runners	45:41
85	Robert Hunt	Male Vet 40	Bridgend Ac	45:43
86	Anne Fallows	Senior Female	Les Croupiers	45:44
87	Unknown Runner ?	?	?	45:47
88	Nicola Haines-Jones	Female Vet 35	Neath	45:49
89	Stuart Reeves	Senior Male	U/A	45:50
90	Roger Day	Male Vet 50	Mdc	45:51
91	Adrian Edwards	Senior Male	Cornelly Striders	45:54
92	Peter Deacon	Male Vet 40	Swansea Harriers	45:58
93	Bob Ellis	Male Vet 40	Avon Valley Runners	45:59
94	Stephen Edwards	Senior Male	Risca	46:04
95	Rod Bowen	Male Vet 40	U/A	46:05
96	Greame Donnan	Male Vet 50	Les Croupiers	46:06
97	Huw Lullen	Senior Male	Cardiff Tri	46:08
98	Dave Rose	Male Vet 40	Brackla Harriers	46:13
99	John Griffiths	Male Vet 40	Cardiff Harlequins	46:13
100	Jason Prout	Senior Male	Cardiff Ac	46:15
101	Rhodri Williams	Senior Male	Cardiff Tri	46:24
102	Nigel Griffiths	Male Vet 40	U/A	46:34
103	David Gunthorpe	Senior Male	U/A	46:37
104	Michael Dury	Senior Male	Islwyn Running Club	46:41
105	Phil Norton	Senior Male	U/A	46:51
106	Craig Evans	Senior Male	U/A	46:57
107	Unknown Runner ?	?	?	46:61
108	Alice Bedwell	Female Vet 35	Mdc	46:62
109	Ann Saxena	Female Vet 45	Newport Harriers	46:63
110	Jim Townhill	Senior Male	U/A	47:07
111	Edward Mathews	Senior Male	U/A	47:12
112	Mathew Robsen	Senior Male	U/A	47:13
113	Nick Bingham	Male Vet 40	South Wales Police	47:15
114	Francois Chapelet	Senior Male	Cardiff Uni	47:17
115	Neil Williams	Male Vet 40	Pontypridd Roadents	47:18
116	Richard Hammond	Male Vet 40	U/A	47:24
117	John Aggleton	Male Vet 40	Mdc	47:25
118	Julie Scholey	Female Vet 45	Les Croupiers	47:28
119	Dan Redfern	Senior Male	Penarth & Dinas	47:31
120	Richard Sewell	Male Vet 40	Les Croupiers	47:36

121	Kathryn Rosedale	Senior Female	Cardiff Uni	47:39
122	Cyril Walters	Male Vet 50	Trots	47:44
123	Paul Dorsley	Male Vet 50	Lliswerry Runners	47:46
124	Michelle Weaver	Senior Female	U/A	47:48
125	Ashley Cooke	Male Vet 40	Hereford Runners	47:53
126	Michael Davies	Male Vet 50	Les Croupiers	47:55
127	Richard Eastwood	Male Vet 40	U/A	47:61
128	Andy Shanahan	Senior Male	Pencoed Tri	48:04
129	Andrew Sepahour	Senior Male	U/A	48:11
130	Alan Stone	Male Vet 40	Mdc	48:13
131	William Mc Caree	Senior Male	U/A	48:14
132	Will John	Senior Male	U/A	48:18
133	Nick Jones	Senior Male	U/A	48:22
134	William Roe	Male Vet 40	U/A	48:23
135	Tom Winter	Senior Male	U/A	48:25
136	Ryhdwyn Harris	Senior Male	Islwyn Running Club	48:26
137	Alison Cooke	Female Vet 35	Hereford Couriers	48:27
138	Phillip Geddes	Male Vet 40	U/A	48:31
139	Richard Stannard	Senior Male	U/A	48:34
140	Mike Griffiths	Senior Male	Team Deviant	48:36
141	Andrew Pearce	Senior Male	U/A	48:40
142	Gareth Hall	Senior Male	U/A	48:46
143	Craig Holland	Male Vet 40	Pontypridd Roadents	48:47
144	Paul Whittemore	Senior Male	U/A	48:54
145	Alan Mann	Male Vet 40	Les Croupiers	49:04
146	Steve Crandon	Male Vet 40	U/A	
147	Andrew Lott	Male Vet 40	U/A	
148	Paul Day	Male Vet 50	Lliswerry Runners	
149	Stephen Cray	Male Vet 40	Penarth & Dinas	
150	Unknown Runner ?	?	?	
151	Chris Moore	Male Vet 40	U/A	
152	Mick Tabor	Male Vet 50	San Domenico	
153	Gareth John	Male Vet 50	Les Croupiers	
154	Simon Thomas	Senior Male	U/A	
155	Stephen Chambers	Male Vet 40	U/A	
156	Chris North	Male Vet 40	Hay Hotfooters	
157	Nick Rees	Male Vet 40	U/A	
158	Nick Darroch	Male Vet 40	U/A	
159	Denise Murphy	Male Vet 50	Les Croupiers	
160	Tim Philips	Senior Male	U/A	
161	Neil Jones	Senior Male	U/A	

162	Joel Ferrand	Senior Male	U/A
163	Neil Hendry	Senior Male	Penarth & Dinas
164	Darren Cheesman	Senior Male	U/A
165	Gavin Frolely	Senior Male	U/A
166	Richard Holland	Senior Male	Pontypridd Roadents
167	Kevin Scammell	Senior Male	U/A
168	Ronald Gulwell	Male Vet 40	Penarth & Dinas
169	Robert John	Senior Male	Les Croupiers
170	Aled Evans	Male Vet 40	C.R.H.A.P.
171	Gary Howe	Male Vet 40	3M Road Runners
172	Simon George	Senior Male	U/A
173	Kate Morgan	Female Vet 35	U/A
174	Michael Evans	Male Vet 40	Neath Harriers
175	Paul Membery	Senior Male	U/A
176	Amy Lunnon	Senior Female	U/A
177	Carla Molinaro	Senior Female	U/A
178	John Weeks	Male Vet 40	Islwyn Running Club
179	Cerys Manning	Senior Female	U/A
180	Tudor Jones	Male Vet 40	U/A
181	Anthony O Keefe	Senior Male	U/A
182	Christopher Jones	Male Vet 40	Port Talbot Ac
183	Geoff Jones	Senior Male	U/A
184	Nigel Griffiths	Male Vet 40	U/A
185	Steve Hill	Male Vet 40	Chepstow Harriers
186	Alexander Curran	Senior Male	U/A
189	Sophie Lunnon	Senior Female	U/A
187	Mandy Jones	Female Vet 35	Islwyn Running Club
188	Steven Jones	Male Vet 40	Islwyn Running Club
190	Eddie Watts	Male Vet 40	U/A
191	Graham Evans	Male Vet 50	U/A
192	Bridget Heath	Female Vet 35	Pencoed Tri
193	Shaun Conner	Senior Male	Les Croupiers
194	Elin Morris	Female Vet 35	U/A
195	Andrew Oldham	Senior Male	U/A
196	Anna James	Senior Female	U/A
197	Clive Harrison	Male Vet 40	U/A
198	Ashley Brace	Senior Male	Bridgend Ac
199	Sybil Upton	Female Vet 45	U/A

Pos	Name	Cat	Club	Time
200	Paul Rowlands	Male Vet 50	U/A	
201	Andrew Palmer	Senior Male	Penarth & Dinas	

202 Gideon Jones	Male Vet 40	U/A
203 Unknown Runner ?	?	?
204 Unknown Runner ?	?	?
205 Stuart Keeping	Male Vet 40	U/A
206 Simon Boniface	Male Vet 40	U/A
207 Julie Davies	Senior Female	Griffithstown Harriers
208 Nicky Evans	Female Vet 35	Penarth & Dinas
209 Claire Beatty	Senior Female	Les Croupiers
210 Michael Churchman	Senior Male	U/A
211 Rhys Osborne	Senior Male	U/A
212 Neil Davies	Senior Male	Rhondda Tri
213 Ian Carlisle	Senior Male	U/A
214 Maria Newton	Senior Female	U/A
215 Mike Woods	Senior Male	U/A
216 David Hall	Male Vet 40	U/A
217 Stuart Griffiths	Senior Male	Llanelli Tri
218 Anna Crockett	Female Vet 35	U/A
219 Paul Thomas	Male Vet 40	Les Croupiers
220 Adam Bater	Senior Male	U/A
221 Gary Pashley	Male Vet 50	Les Croupiers
222 Terry Jones	Male Vet 50	Visteon
223 Frank Bowen	Senior Male	Team Deviant
224 Glyn ?	Male Vet 50	Islwyn Runners
225 Roger Hardy	Senior Male	U/A
226 Peter Hammond	Senior Male	U/A
227 John Stephens	Male Vet 40	U/A
228 Steve Lewis	Senior Male	Port Talbot Harriers
229 Julie Winter	Female Vet 35	Pewsey Vale R.C.
230 Arwyn Jones	Male Vet 50	U/A
231 Lee Knowels	Senior Male	U/A
232 Mark Clatworthy	Senior Male	U/A
233 Helen Marshall	Senior Female	Swansea Harriers
234 Jo Bradford	Senior Female	Royal Air Force Aa
235 David Collins	Male Vet 40	U/A
236 Gethin Jones	Senior Male	U/A
237 Sean Hanton	Male Vet 40	U/A
238 Rob Leering	Male Vet 40	Penarth & Dinas
239 Harvard Prosser	Male Vet 50	U/A
240 Niall Foster	Senior Male	U/A
241 Carol Miller	Female Vet 35	Les Croupiers
242 Darren Walker	Senior Male	Les Croupiers

243 Michael Brace	Senior Male	U/A
244 Tom Rogers	Senior Male	U/A
245 Tom Crosby	Senior Male	U/A
246 Arfon Rees	Senior Male	Wecori
247 Kevin Ireland	Senior Male	U/A
248 Martin Heaven	Male Vet 40	U/A
249 Mike ?	Male Vet 40	U/A
250 Leigh James	Senior Female	Bridgend Ac
251 Ian Derrick	Senior Male	Les Croupiers
252 Maria Prout	Female Vet 35	Cardiff Ac
253 Karl Sepahour	Senior Male	U/A
254 Ceridwen Owen	Senior Female	U/A
255 Marianne Day	Senior Female	Loughborough
256 Arron Horrex	Senior Male	Newport Harriers
257 Anthony Thickett	Senior Male	U/A
258 Robert Lister	Male Vet 40	Pewsey Vale R.C.
259 Shane Tew	Senior Male	U/A
260 Andrew Ezard	Male Vet 40	U/A
261 Philip Thomas	Senior Male	U/A
262 Julian French	Senior Male	U/A
263 Damian Thomas	Senior Male	U/A
264 Lee Rees	Senior Male	U/A
265 Emma Bayliss	Senior Female	Griffithstown Harriers
266 David Waugh	Male Vet 50	U/A
267 Victoria John	Senior Female	Pontypridd Roadents
268 Jo Lord	Female Vet 35	Hay Hotfooters
269 Richard Beech	Male Vet 40	U/A
270 Carole Fereday	Female Vet 45	U/A
271 Steve Edgell	Senior Male	U/A
272 Derek Thornley	Male Vet 50	Mdc
273 Mark Pearce	Male Vet 40	U/A
274 John Cunnane	Male Vet 50	U/A
275 Alexandra Fudge	Senior Female	U/A
276 Unknown Runner ?	?	?
277 Richard Oram	Senior Male	U/A
278 Steven Evans	Senior Male	U/A
279 Steven Bridges	Senior Male	Taff Ely Tri
280 Nichola Bowden	Senior Female	U/A
281 Michael Catling	Male Vet 40	Road Runners Club
282 Ian Henry	Senior Male	U/A
283 Robert Gardiner	Male Vet 40	U/A

284 Michael Sullivan	Male Vet 40	Swansea Wheelers
285 Caroline Sandlers	Female Vet 35	3Ms Gorseinon
286 Neil Pillinger	Senior Male	U/A
287 Dave Keys	Senior Male	U/A
288 Peter Whittemore	Male Vet 50	U/A
289 Ashley Rees	Senior Male	U/A
290 Keith Lowther	Male Vet 40	San Dominico
291 Robert Rees	Male Vet 40	U/A
292 Anthony Vallario	Male Vet 40	Port-Talbot Harriers
293 Richard Ace	Senior Male	U/A
294 Phil Protheroe	Senior Male	Rrc
295 Steven Winter	Male Vet 40	Pewsey Vale R.C.
296 Thomas Rees	Senior Male	U/A
297 Vikki Harmer	Senior Female	U/A
298 David Mitchell	Male Vet 40	Swansea Bay Orienteering
299 Steven Jones	Male Vet 40	U/A
300 Ty Golding	Senior Male	U/A
301 Judith Moore	Female Vet 45	Cardiff Uni
302 Joanne Hicks	Female Vet 35	U/A
303 Paul Evans	Senior Male	U/A
304 Dawn French	Female Vet 45	3Ms Gorseinon
305 Claire Prosser	Senior Female	U/A
306 Jerome Donagh	Male Vet 40	U/A
307 Amanda Edgeworth	Senior Female	U/A
308 David Griffiths	Male Vet 50	U/A
309 John Hoskin	Senior Male	U/A
310 Huw Evans	Male Vet 40	U/A
311 Stella Sturgess	Senior Female	Penarth & Dinas
312 Geoffrey Roberts	Male Vet 40	U/A
313 Dave Charrett	Male Vet 50	U/A
314 Mike James	Male Vet 50	Les Croupiers
315 Darryl Sleath	Senior Male	U/A
316 Huw Marshall	Senior Male	U/A
317 Ros Edmonds	Female Vet 35	Pontypridd Roadents
318 Keith Brown	Male Vet 50	U/A
319 Steve Press	Senior Male	Team Wecori
320 Peter Evans	Male Vet 50	U/A
321 Sue Neil	Female Vet 45	Les Croupiers
322 Carolyn Llewellyn	Female Vet 45	Les Croupiers
323 Richard Green	Senior Male	Bridgend Ac
324 Paul Gillard	Male Vet 40	U/A

325 Huw Mason	Male Vet 40	U/A
326 Paul Meredith	Male Vet 40	U/A
327 Michael Alsworth	Male Vet 50	U/A
328 Kathryn Richards	Senior Female	Swansea Harriers
329 Carl Seaman	Senior Male	Rhondda Valley Runners
330 Rhiannon Davies	Senior Female	U/A
331 Roger Vince	Male Vet 50	U/A
332 Ken Rogers	Male Vet 40	U/A
333 Stephen Hurdman	Senior Male	U/A
334 Andrew Thomas	Senior Male	Sospan Runners
335 David Doherty	Male Vet 50	Swansea Bay Orient
336 Duncan Aggleton	Senior Male	U/A
337 Martin Wells	Senior Male	U/A
338 Michael Yarrish	Male Vet 40	U/A
339 Howard Morgan	Male Vet 50	U/A
340 Seona Currie	Female Vet 35	Penarth & Dinas
341 Aiden Thomas	Senior Male	U/A
342 Rob Vaughan	Male Vet 50	U/A
343 Stephen Enticott	Senior Male	U/A
344 Stephen Birmingham	Senior Male	Brackla Harriers
345 Frances Machin	Senior Female	Les Croupiers
346 Martin Neville	Male Vet 40	Islwyn Runners
347 Katherine Moore	Senior Female	Cardiff Uni
348 Unknown Runner ?	?	?
349 Simon Franks	Male Vet 40	U/A
350 Rhodri Brown	Senior Male	Vale Of Glamorgan Runners
351 Ute Meister	Female Vet 35	U/A
352 Chris Jones	Male Vet 40	U/A
353 Ann Llewellyn	Female Vet 45	Pontypridd Roadents
354 Andy Murray	Male Vet 50	Dulwich Runners
355 Eryl Lois Davies	Senior Female	Team Wecori
356 Liz Beech	Female Vet 35	U/A
357 Gary Rees	Male Vet 50	U/A
358 Neil Thomas	Senior Male	Islwyn Running Club
359 Haydon Lewis	Senior Male	U/A
360 Denise Ellis	Female Vet 35	Avon Valley Runners
361 Nigel Ferrand	Male Vet 40	U/A
362 Trevor Fletcher	Senior Male	U/A
363 Mike Rees	Senior Male	U/A
364 Dean Saunders	Male Vet 40	U/A
365 Mike King	Male Vet 50	Nailsea R.C.

366 Ian Henton	Senior Male	Multisport	
367 Nick Williams	Male Vet 40	U/A	
368 Clare Johnson	Female Vet 45	Les Croupiers	
369 Ashley Gulwell	Senior Male	U/A	
370 David Thomas	Male Vet 40	Team Deviant	
371 Ben Williams	Senior Male	U/A	
372 Ian Jakeman	Senior Male	Pencoed Tri	
373 Janice Clement	Female Vet 45	Penarth & Dinas	
374 Helen Embling	Female Vet 45	Bridgend Ac	
375 David Richards	Senior Male	U/A	
376 Gareth Watson	Senior Male	U/A	
377 Julie Williams	Female Vet 45	U/A	
378 Lee Richards	Senior Male	U/A	
379 Caroline Worsdell	Female Vet 35	Pewsey Vale R.C.	
380 Denise Jones	Female Vet 45	U/A	
381 Anthony Beer	Male Vet 40	U/A	
382 Natalie Vernon	Female Vet 35	U/A	
383 Michael Hammett	Senior Male	U/A	
384 Mike Harpin	Male Vet 40	U/A	
385 Gareth Lloyd	Senior Male	U/A	
386 Jane Fletcher	Senior Female	U/A	
387 Loretta Daley	Female Vet 35	Cardiff Ac	
388 Brian Brayford	Male Vet 50	U/A	
389 Stephen Witts	Male Vet 40	U/A	
390 Ian Harris	Senior Male	U/A	
391 Jill Manning	Female Vet 45	U/A	
392 Colette Borg	Female Vet 35	Les Croupiers	
393 Paul Evans	Male Vet 40	U/A	
394 Keith Harris	Male Vet 40	Mumbles Yatch Club	
395 Andrea Reynolds	Female Vet 35	Swansea Harriers	
396 Eryl Tottle	Senior Male	Lliswerry Runners	
397 Emma Ridgill	Senior Female	Penarth & Dinas	
398 Keith Anderson	Male Vet 40	Lliswerry	
399 Lynn Bulbeck	Female Vet 35	U/A	

Pos	Name	Cat	Club	Time
400 Jason Mc Gill	Senior Male	U/A		
401 Marilyn Allin	Female Vet 35	U/A		
402 Matthew Parry	Senior Male	U/A		
403 Josie Grindulis	Female Vet 45	Les Croupiers		
404 Michael Griffiths	Male Vet 40	U/A		
405 Justine Dawkins	Senior Female	U/A		

406 Mike Clinch	Male Vet 40	U/A
407 Andrea Moffatt	Female Vet 35	U/A
408 Jacqueline Ezard	Female Vet 35	U/A
409 Jackie Gentle	Female Vet 45	U/A
410 Julia Ridge	Senior Female	U/A
411 Rod Jones	Male Vet 50	Les Croupiers
412 David Russ	Male Vet 50	U/A
413 Victor Gentle	Male Vet 40	U/A
414 Aranka Pratt	Female Vet 45	U/A
415 Marc Coombe	Senior Male	U/A
416 Nigel Williams	Male Vet 40	U/A
417 Susan Bisson	Female Vet 45	U/A
418 Fiona Glen	Senior Female	U/A
419 Karen Spiller	Female Vet 35	U/A
420 Julia Churton	Female Vet 35	U/A
421 Jacqui Spiller	Female Vet 35	U/A
422 Peter Howell	Senior Male	U/A
423 Nia Honeybun	Senior Female	U/A
424 Paul Jones	Senior Male	Mumbles Yatch Club
425 Ceri Evans	Senior Male	U/A
426 Joanna Hendry	Male Vet 40	Penarth & Dinas
427 Hannah Fowler	Senior Female	Pontypridd Roadents
428 Mick Whitworth	Male Vet 40	U/A
429 Vicky Whitworth	Female Vet 35	U/A
430 Brian Dunscombe	Male Vet 50	U/A
431 James Jarrett	Senior Male	U/A
432 John Davies	Senior Male	U/A
433 Emily Tong	Female Vet 35	U/A
434 Lisa Thomas	Female Vet 35	U/A
435 Lisa Davies	Female Vet 35	U/A
436 Denise Fletcher	Female Vet 35	U/A
437 Helen Trollope	Senior Female	Lliswerry Runners
438 John Goodwin	Male Vet 50	U/A
439 Philip Owen	Male Vet 50	U/A
440 Clare Green	Female Vet 35	San Domenico
441 Lynne Rossiter	Female Vet 45	Lliswerry Runners
442 Michael Hansford	Male Vet 50	Les Croupiers
443 Peter Morgan	Male Vet 50	Les Croupiers
444 Simon James	Senior Male	Les Croupiers
445 Simon Hudd	Senior Male	U/A
446 Karla Broomfield	Female Vet 35	Pewsey Vale R.C.

447 John Lloyd	Male Vet 50	U/A
448 Andrew Edwards	Senior Male	U/A
449 Tracey Newman	Senior Female	Les Croupiers
450 Richard Killick	Male Vet 50	U/A
451 Suzie Shepherd	Female Vet 35	Chepstow Harriers
452 Unknown Runner	??	?
453 Julie Pullins	Female Vet 45	3Ms Gorseinon
454 Anita Griffiths	Female Vet 35	3Ms Gorseinon
455 Edward Newman	Male Vet 50	Les Croupiers
456 Linda Smith	Female Vet 35	U/A
457 Lawrence Brophy	Male Vet 50	Bridgend Ac
458 Gary Bradford	Male Vet 40	U/A
459 Unknown Runner	??	?
460 Mike Jones	Male Vet 40	U/A
461 Natalie Sheridan	Senior Female	U/A
462 Gwyn Butler	Senior Male	U/A
463 Eric Rickett	Male Vet 50	3M Road Runners
464 Louisa Vitola	Senior Female	U/A
465 Louise Mitchell	Senior Female	U/A
466 Julie Davies	Senior Female	U/A
467 Angela Morgan	Female Vet 45	U/A
468 Sue Shannon Jones	Female Vet 45	W.R.N.
469 Jool Heller Dixon	Female Vet 45	U/A
470 Allen Watts	Male Vet 50	Sarn Helen
471 Eleanor Bailey	Senior Female	U/A
472 Deana Owen	Female Vet 45	U/A