

Merthyr Mawr Christmas Pudding 10km Challenge

Sunday 21 December 2003

| Pos | Name | Cat | Club | Time |
|------------|------------------|------------|-----------------------|-------------|
| 1 | Marc Jenkins | SM | Bridgend | 35:13 |
| 2 | Gavin Smith | SM | Windsor Slough & Eton | 35:18 |
| 3 | Rob Atkin | SM | Bridgend | 35:28 |
| 4 | Richard Jones | SM | Bridgend | 35:51 |
| 5 | Daniel Lewis | SM | Telford | 36:08 |
| 6 | Daniel Gurmin | SM | Abertillery | 36:26 |
| 7 | Alex Donald | SM | Cardiff | 36:39 |
| 8 | Joe Thomas | SM | Bridgend | 36:55 |
| 9 | Jeremy Collins | V50 | Swansea | 37:24 |
| 10 | Richard Haines | SM | U/A | 37:32 |
| 11 | Martin Pengilly | SM | Lliswerry | 37:36 |
| 12 | Kit Edwards | SM | MDC | 37:42 |
| 13 | Nicholas Dukes | SM | Les Croupiers | 37:50 |
| 14 | John Bignall | SM | Harrow | 37:52 |
| 15 | Peter Coles | V40 | U/A | 38:07 |
| 16 | Steve Brace | V40 | Bridgend | 38:27 |
| 17 | Mark Foss | SM | Les Croupiers | 38:33 |
| 18 | Kevin Lewis | V40 | Swansea | 38:59 |
| 19 | Andrew Sims | SM | Newport | 39:08 |
| 20 | Matthew Parkes | SM | Bridgend | 39:12 |
| 21 | Clem Clement | V40 | Penarth | 39:14 |
| 22 | Simon Type | SM | Cardiff | 39:17 |
| 23 | Mark Bryant | SM | MDC | 39:26 |
| 24 | Edward Takata | SM | Cardiff | 39:28 |
| 25 | Phil Adams | V40 | Neath | 39:32 |
| 26 | David Currie | SM | Southampton | 39:35 |
| 27 | Stuart Dinwoode | V40 | Cirencester | 39:36 |
| 28 | Dewi Jones | V40 | Trots | 39:37 |
| 29 | Jon Bisson | V40 | U/A | 39:38 |
| 30 | David Cunningham | SM | U/A | 39:47 |
| 31 | Mick Tabor | V50 | San Domenico | 40:01 |
| 32 | Mark Saunders | V40 | MDC | 40:02 |
| 33 | Matthew Townsend | SM | Les Croupiers | 40:03 |
| 34 | David Williams | V40 | Hereford Couriers | 40:22 |

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|----|---------------------|------------------------------|-------|
| 35 | Andrew Keron | SM MDC | 40:42 |
| 36 | James Clemence | V40 South Wales Orienteering | 40:50 |
| 37 | Steve Williams | V40 Neath | 40:59 |
| 38 | Martin Gaunt | SM Nottingham University | 41:08 |
| 39 | Simon Osbourne | V40 U/A | 41:11 |
| 40 | Andy Murray | V50 Dulwich | 41:12 |
| 41 | Stuart Davidson | V50 Bridgend | 41:15 |
| 42 | Rhys Peters | SM Islwyn | 41:18 |
| 43 | Michael Starr | SM Cardiff Harlequins | 41:23 |
| 44 | Kevin Crew | V40 Neath | 41:28 |
| 45 | Dave Griffiths | SM West 4 | 41:30 |
| 46 | Helen Zinner | SL Oxford University | 41:35 |
| 47 | Emily Crowley | SL Oxford University | 41:35 |
| 48 | A.williams | SM Penarth | 41:37 |
| 49 | Phillip Holder | V40 Cardiff Harlequins | 41:41 |
| 50 | Richard Self | SM Les Croupiers | 41:42 |
| 51 | William Darby | V50 MDC | 41:51 |
| 52 | Mark Anderson | V40 Pewsey Vale | 41:54 |
| 53 | Phil Meyler | V40 Pontypridd | 41:57 |
| 54 | Martin Dando | SM U/A | 42:05 |
| 55 | William Lloyd | SM Hereford Couriers | 42:08 |
| 56 | David Coles | V40 Les Croupiers | 42:10 |
| 57 | Paul Cable | V40 Taff Ely Tri | 42:14 |
| 58 | Mark Ford | SM Team Bike Active | 42:16 |
| 59 | John Rees | SM Barrow | 42:21 |
| 60 | James Joseph | SM Team Devient | 42:30 |
| 61 | Clive Osmond | V40 Les Croupiers | 42:31 |
| 62 | Michael Evans | V40 Neath | 42:34 |
| 63 | Bill Savage | V50 Chepstow | 42:35 |
| 64 | Ian Procter | SM U/A | 42:42 |
| 65 | Helen Tucker | SL Bridgend | 42:44 |
| 66 | Nick Pringle | V40 Lliswerry | 42:46 |
| 67 | John Aggleton | V40 MDC | 42:48 |
| 68 | Lindsey Christopher | SM Visteon | 42:53 |
| 69 | Stuart Reeves | SM Les Croupiers | 42:55 |
| 70 | Richard Sewell | V40 Les Croupiers | 43:00 |
| 71 | Emyr Roberts | SM U/A | 43:04 |
| 72 | Warren Tilke | SM Pontypridd | 43:05 |
| 73 | Jon Embling | V40 Bridgend | 43:07 |
| 74 | Glyn Pask | SM City Of Bath | 43:21 |
| 75 | Martin Lucas | V50 MDC | 43:22 |

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|-----|-------------------|-----|---------------|-------|
| 76 | John Diffey | V40 | Les Croupiers | 43:25 |
| 77 | Max Dillon | SM | U/A | 43:27 |
| 78 | Gwyn Lloyd | V40 | Pontypridd | 43:30 |
| 79 | Christopher Jones | V40 | Lliswerry | 43:31 |
| 80 | Gareth Manning | SM | U/A | 43:32 |
| 81 | Andrew Diffey | SM | Les Croupiers | 43:33 |
| 82 | Sharon Leech | SL | Amman Valley | 43:40 |
| 83 | John Collins | V60 | Swansea | 43:41 |
| 84 | Peter Curran | V40 | U/A | 43:48 |
| 85 | Calum Cheshire | SM | Chepstow | 43:50 |
| 86 | Rhys Williams | SM | MDC | 43:51 |
| 87 | Peter Deacon | V40 | Swansea | 43:53 |
| 88 | Roger Day | V50 | MDC | 43:54 |
| 89 | Steven Hooper | SM | Pontypridd | 43:55 |
| 90 | Rob Sandals | SM | 3m`s | 44:01 |
| 91 | Gareth Battle | SM | U/A | 44:02 |
| 92 | Alun Lewis | V40 | U/A | 44:05 |
| 93 | Bob Ellis | V40 | Avon Valley | 44:06 |
| 94 | Paul Thomas | V40 | U/A | 44:12 |
| 95 | George Phillips | SM | Les Croupiers | 44:13 |
| 96 | David Townhill | SM | U/A | 44:14 |
| 97 | Terence Caveney | V40 | Les Croupiers | 44:16 |
| 98 | Edwin Green | SM | Chepstow | 44:17 |
| 99 | Paul Lewis | V40 | U/A | 44:30 |
| 100 | Mark Davies | SM | Port Talbot | 44:32 |

101 – 200

| Pos | Name | Cat | Club | Time |
|-----|------------------|------|--------------------|-------|
| 101 | Alice Beverley | SL | Oxford University | 44:34 |
| 102 | John Plain | V50 | Les Croupiers | 44:35 |
| 103 | Eifion Owen | V40 | Pencoed Tri Club | 44:41 |
| 104 | Christine Currie | SL | Southampton | 44:43 |
| 105 | Phil Geddes | V40 | U/A | 44:44 |
| 106 | Mark Dunscombe | V40 | Sarn Helen | 44:48 |
| 107 | Unknown Runner | | | 44.49 |
| 108 | John Crofts | V40 | Les Croupiers | 44:51 |
| 109 | John Griffiths | V40 | Cardiff Harlequins | 44:53 |
| 110 | Joe Thomas | SM | Cardiff | 44:55 |
| 111 | Fiona Davies | VL45 | Bridgend | 44:56 |
| 112 | Peter Hutton | V40 | Chepstow | 44:56 |

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|-----|------------------|------|--------------------|-------|
| 113 | Matthew Lawson | SM | Chhepstow | 44:57 |
| 114 | Haydn Griffiths | V40 | MDC | 45:02 |
| 115 | Tim Phillips | V40 | Pontypridd | 45:12 |
| 116 | Andy Ketchin | SM | Cardiff Medics | 45:13 |
| 117 | Michael Dury | SM | Islwyn | 45:14 |
| 118 | David Price | SM | Les Croupiers | 45:16 |
| 119 | Andy Scott | V40 | Chepstow | 45:24 |
| 120 | Ronald Morris | V50 | San Domenico | 45:25 |
| 121 | Steve Edwards | SM | Risca | 45:26 |
| 122 | James Delaney | V40 | San Domenico | 45:30 |
| 123 | Gareth Jones | SM | Les Croupiers | 45:40 |
| 124 | Daniel James | SM | Pontypridd | 45:42 |
| 125 | Ann Follan | SL | Pontypridd | 45:45 |
| 126 | Alice Scriven | SL | U/A | 45:48 |
| 127 | Andrew Sepahour | SM | U/A | 45:49 |
| 128 | Matthew Scott | SM | Chepstow | 45:56 |
| 129 | Paul Day | V50 | Newport | 46:00 |
| 130 | Neil Park | SM | Islwyn | 46:04 |
| 131 | Phillip Linnard | SM | U/A | 46:05 |
| 132 | David Naylor | V60 | Swansea | 46:06 |
| 133 | Alison Cooke | VL35 | Hereford Couriers | 46:09 |
| 134 | Nick Bingham | V40 | South Wales Police | 46:10 |
| 135 | Darren Cheeseman | SM | U/A | 46:12 |
| 136 | Paul Williams | SM | U/A | 46:14 |
| 137 | Stephen Jones | V40 | Islwyn | 46:19 |
| 138 | Phillip Jenkins | SM | Bridgend | 46:22 |
| 139 | Andrew Thomas | V40 | U/A | 46:24 |
| 140 | Hugh Aggleton | SM | U/A | 46:25 |
| 141 | Tim Broome | SM | U/A | 46:29 |
| 142 | Edward Matthews | SM | U/A | 46:30 |
| 143 | Rebecca Evans | SL | Bridgend | 46:31 |
| 144 | Barry Stevens | V40 | Multisport | 46:33 |
| 145 | Gary Howe | V40 | 3m`s | 46:35 |
| 146 | Richard Horswell | SM | U/A | 46:38 |
| 147 | Des Davies | V40 | U/A | 46:44 |
| 148 | Craig Fowler | SM | Pontypridd | 46:49 |
| 149 | Stephen Bowsher | V40 | U/A | 46:50 |
| 150 | Paul Ezard | SM | Brackla | 46:50 |
| 151 | Paul Ford | SM | Brackla | 46:50 |
| 152 | Owen Rogers | SM | U/A | 47:07 |
| 153 | Mike Griffiths | SM | Team Deviant | 47:09 |

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|-----------------------|------|-----------------------|-------|
| 154 Gareth Jones | V50 | Chepstow | 47:10 |
| 155 Frank Bowen | SM | Team Deviant | 47:21 |
| 156 Jan Williams | VL35 | Les Croupiers | 47:24 |
| 157 Neil Williams | V40 | Pontypridd | 47:28 |
| 158 Steve Griffiths | SM | Chepstow | 47:34 |
| 159 Ros Tabor | VL50 | Dulwich | 47:46 |
| 160 Paul Figgins | SM | U/A | 47:47 |
| 161 Robert John | SM | U/A | 47:47 |
| 162 Vincent Oak | V40 | U/A | 47:48 |
| 163 Mike Davies | V50 | Les Croupiers | 47:49 |
| 164 Ray Davies | V40 | U/A | 47:50 |
| 165 Justin Ham | SM | U/A | 47:51 |
| 166 Steven Winter | V40 | Pewsey Vale | 47:54 |
| 167 Barry Morgan | SM | U/A | 47:56 |
| 168 Alun Robertson | V40 | U/A | 47:58 |
| 169 Mike Ridout | V50 | Brackla | 48:05 |
| 170 Rod Sherman | V40 | U/A | 48:08 |
| 171 Neil Hendry | V40 | Penarth | 48:15 |
| 172 Andy Quicke | SM | U/A | 48:17 |
| 173 Alan Geddes | V40 | U/A | 48:18 |
| 174 Dominic Pascoe | SM | U/A | 48:19 |
| 175 Ian Wade | V40 | Chepstow | 48:28 |
| 176 Robert Wilson | V40 | Penarth | 48:31 |
| 177 Bruce Grant | SM | U/A | 48:32 |
| 178 Steve Bell | V40 | Town & Country | 48:35 |
| 179 Hannah Cunningham | SL | Nottingham University | 48:36 |
| 180 Gary Davies | V40 | MDC | 48:39 |
| 181 James Townhill | SM | U/A | 48:40 |
| 182 Andrew Palmer | SM | Penarth | 48:49 |
| 183 Jason Lewis | SM | U/A | 48:50 |
| 184 Melissa Minshull | SL | Les Croupiers | 48:54 |
| 185 Steve Lewis | SM | Port Talbot | 48:56 |
| 186 Cerys Manning | SL | U/A | 48:57 |
| 187 Andrew Pattison | SM | U/A | 48:59 |
| 188 Carwyn Jenkins | SM | U/A | 49:07 |
| 189 David Owen | SM | U/A | 49:07 |
| 190 Steve Cayzer | SM | U/A | 49:12 |
| 191 Geraint Rees | SM | U/A | 49:20 |
| 192 Ed Whiting | SM | U/A | 49:21 |
| 193 Chris Moore | V40 | U/A | 49:21 |
| 194 Tom Winter | SM | U/A | 49:24 |

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|--------------------|-----|--------------|-------|
| 195 Jonathan Green | SM | U/A | 49:26 |
| 196 Gareth Pugh | SM | U/A | 49:27 |
| 197 Gerry Ashton | V40 | Chepstow | 49:27 |
| 198 Sian Williams | SL | Team Deviant | 49:28 |
| 199 Cyril Regis | SM | U/A | 49:29 |
| 200 Gareth Fish | V40 | U/A | 49:29 |

201 – 300

| Pos | Name | Cat | Club | Time |
|-----|------------------|------|-------------------|-------|
| 201 | Peter Davies | V50 | U/A | 49:33 |
| 202 | Alan Mann | V40 | Les Croupiers | 49:37 |
| 203 | Rhydwyn Harris | SM | Islwyn | 49:38 |
| 204 | Elin Morris | VL35 | U/A | 49:40 |
| 205 | Daniel Rogers | SM | U/A | 49:41 |
| 206 | Adrian Menear | V40 | U/A | 49:42 |
| 207 | Judith Llewellyn | VL35 | Chepstow | 49:44 |
| 208 | Sean Burt | SM | Islwyn | 49:45 |
| 209 | Jeff Harvey | V50 | U/A | 49:53 |
| 210 | Robert Hunt | V40 | Bridgend | 49:54 |
| 211 | Paul Membery | SM | U/A | 49:54 |
| 212 | Albert Hall | V40 | Bridgend | 49:54 |
| 213 | Carol Miller | VL35 | Les Croupiers | 50:00 |
| 214 | Rod Bowen | V40 | U/A | 50:02 |
| 215 | Andy Shanahan | SM | Pencoed Tri Club | 50:05 |
| 216 | Sybil Upton | VL45 | U/A | 50:11 |
| 217 | Andy Silk | V40 | Chepstow | 50:12 |
| 218 | Matthew James | SM | Hereford Couriers | 50:16 |
| 219 | Roy Richards | V50 | U/A | 50:18 |
| 220 | Paul Whittemore | SM | U/A | 50:18 |
| 221 | Nick Darroch | V40 | U/A | 50:19 |
| 222 | Eric Bailey | V50 | Chepstow | 50:22 |
| 223 | Geraint Kettley | SM | U/A | 50:22 |
| 224 | Tom Inman | SM | Bedford | 50:23 |
| 225 | Dean Llewellyn | SM | Team Deviant | 50:28 |
| 226 | Tom Bayliss | SM | U/A | 50:32 |
| 227 | Matthew Candy | SM | U/A | 50:33 |
| 228 | Tudor Jones | V40 | U/A | 50:36 |
| 229 | Sue Ashton | VL45 | Chepstow | 50:40 |
| 230 | Mark Morris | SM | Port Talbot | 50:40 |
| 231 | Anthony Thicket | SM | U/A | 50:47 |

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|----------------------|------|-------------------|-------|
| 232 Phillip Norton | SM | U/A | 50:59 |
| 233 Sian Phillips | VL35 | Swansea | 51:10 |
| 234 Dean Smith | SM | U/A | 51:15 |
| 235 Joel Ferrand | SM | U/A | 51:16 |
| 236 Ronald Gulwell | V40 | U/A | 51:16 |
| 237 Sian Stroud | VL35 | Chepstow | 51:22 |
| 238 James Thomas | V40 | U/A | 51:24 |
| 239 Donald Jones | V40 | Miskin Manor | 51:27 |
| 240 Amy Turner | SL | Les Croupiers | 51:33 |
| 241 Andrew Ezard | SM | Town & Country | 51:35 |
| 242 Graeme Donnan | V50 | Les Croupiers | 51:38 |
| 243 Glyn Hicks | V50 | Islwyn | 51:43 |
| 244 Havard Prosser | V50 | U/A | 51:46 |
| 245 Stuart Keeping | V40 | U/A | 51:48 |
| 246 Gareth Judd | SM | U/A | 51:51 |
| 247 John Broad | V40 | U/A | 51:51 |
| 248 Alan Smith | V70 | 3m`s | 52:01 |
| 249 Liam Sullivan | V40 | U/A | 52:05 |
| 250 Anthony Powell | SM | U/A | 52:10 |
| 251 Andy Pearce | SM | U/A | 52:17 |
| 252 Steve Parkers | SM | U/A | 52:17 |
| 253 Malcolm Pardey | V50 | U/A | 52:17 |
| 254 Michael Catling | V40 | U/A | 52:17 |
| 255 Sarah Swaysland | SL | U/A | 52:18 |
| 256 David Hebbes | V50 | U/A | 52:18 |
| 257 Martin James | SM | U/A | 52:18 |
| 258 Andy Barnes | V40 | U/A | 52:19 |
| 259 Paul Haddow | SM | U/A | 52:19 |
| 260 John West | V40 | U/A | 52:25 |
| 261 Chris Bloor | V50 | Town & Country | 52:28 |
| 262 Colin Hillman | V40 | U/A | 52:31 |
| 263 Lloyd Gilby | SM | Bridgend | 52:31 |
| 264 Tom Rogers | SM | U/A | 52:36 |
| 265 Shaun Connor | SM | Les Croupiers | 52:38 |
| 266 Vicky John | SL | Pontypridd | 52:40 |
| 267 Richard Brown | V50 | Sheen Shufflers | 52:41 |
| 268 Dick Finch | V50 | Chepstow | 52:42 |
| 269 Julie Suff | SL | Hereford Couriers | 52:43 |
| 270 Tony Smart | SM | U/A | 52:44 |
| 271 Stephen Chambers | V40 | U/A | 52:53 |
| 272 Peter Whittemore | V50 | U/A | 52:54 |

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|-----------------------|------|------------------|-------|
| 273 Robert Lister | V40 | Pewsey Vale | 52:57 |
| 274 Sue Neal | VL45 | Les Croupiers | 53:11 |
| 275 Paul Mccartney | V50 | U/A | 53:22 |
| 276 Arwyn Jones | V50 | U/A | 53:25 |
| 277 Leon Vaughan | SM | U/A | 53:34 |
| 278 Siwan Gwilym | SL | David Lloyd | 53:36 |
| 279 Michael Dix | V40 | Les Croupiers | 53:41 |
| 280 Michael Renwick | V50 | Penarth | 53:45 |
| 281 Ian Henton | SM | U/A | 53:46 |
| 282 Liz Clarke | SL | U/A | 53:49 |
| 283 Mary Lawrence | VL35 | U/A | 53:50 |
| 284 Cathrine Lawford | VL35 | U/A | 53:51 |
| 285 Ashley Gulwell | SM | U/A | 54:02 |
| 286 Robert Leering | V40 | Penarth | 54:06 |
| 287 David Waugh | V60 | U/A | 54:07 |
| 288 Trevor Fletcher | SM | U/A | 54:09 |
| 289 Mark Farrar | SM | Les Croupiers | 54:11 |
| 290 Ian Derrick | SM | Les Croupiers | 54:20 |
| 291 Mike Parfitt | V40 | U/A | 54:31 |
| 292 Michael Hopkins | V40 | U/A | 54:33 |
| 293 Phillip Protheroe | SM | RRC | 54:38 |
| 294 Rothery Harris | V40 | Hogweed Trotters | 54:43 |
| 295 Angela Neal | VL45 | Les Croupiers | 54:50 |
| 296 Teg Jones | V50 | U/A | 55:01 |
| 297 Antonio Rodriguez | SM | U/A | 55:02 |
| 298 Ken Rogers | V40 | U/A | 55:04 |
| 299 Stephen Hill | V40 | Chepstow | 55:25 |
| 300 Stephen New | SM | Gwent Police | 55:29 |

301 – 400

| Pos | Name | Cat | Club | Time |
|---------------------|------|---------------|-------|------|
| 301 Kevin Christie | V40 | Coventry | 55:30 | |
| 302 Howard Jones | V40 | U/A | 55:30 | |
| 303 Cyril Reynolds | V60 | Aberdare | 55:35 | |
| 304 Steve Till | V40 | Basingstoke | 55:37 | |
| 305 Vanessa Lawson | SL | Chepstow | 55:50 | |
| 306 Rhian Llewellyn | SL | Les Croupiers | 55:58 | |
| 307 Jeff Keen | V40 | U/A | 56:05 | |
| 308 Stuart Renshaw | SM | Cardiff Tri | 56:13 | |
| 309 Lisa Reece | SL | Cardiff Tri | 56:13 | |

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|-----------------------|------|----------------------|-------|
| 310 Neil Thomas | SM | Islwyn | 56:16 |
| 311 Stephen Hill | V40 | U/A | 56:17 |
| 312 Jo Lord | VL35 | U/A | 56:28 |
| 313 Gaynor Benson | SL | Reading Road Runners | 56:28 |
| 314 Phillipa Francis | VL35 | U/A | 56:31 |
| 315 Malcolm Jones | V50 | Brackla | 56:33 |
| 316 Lloyd Crisp | SM | U/A | 56:36 |
| 317 Anthony Vallerio | V40 | Port Talbot | 56:39 |
| 318 Guray Aydin | SM | U/A | 56:40 |
| 319 Robert Griffiths | SM | U/A | 56:41 |
| 320 Mark Aston | V40 | U/A | 56:44 |
| 321 Gareth Roper | V50 | Porthcawl | 56:47 |
| 322 Stuart Connick | V50 | U/A | 56:49 |
| 323 John Cunnane | V50 | U/A | 56:52 |
| 324 Martin Dew | V40 | U/A | 56:58 |
| 325 Jackie Garland | VL35 | U/A | 56:58 |
| 326 Tudor Davies | V40 | U/A | 57:00 |
| 327 Michael Gowing | V50 | U/A | 57:02 |
| 328 Craig Harper | SM | U/A | 57:06 |
| 329 Stephen Williams | V40 | Les Croupiers | 57:07 |
| 330 Alun Brain | SM | U/A | 57:16 |
| 331 John Mcsherry | SM | U/A | 57:17 |
| 332 Andrew Lucas | V40 | U/A | 57:18 |
| 333 Christopher White | SM | U/A | 57:33 |
| 334 Trevor Arnold | SM | U/A | 57:35 |
| 335 Geoffrey Baylis | V50 | Chepstow | 57:37 |
| 336 Keith Harper | V40 | U/A | 57:42 |
| 337 Richared Green | SM | Bridgend | 57:43 |
| 338 Garry Reece | V50 | U/A | 57:46 |
| 339 Louise Nuttall | SL | Griffithstown | 57:49 |
| 340 Julie Winter | VL35 | Pewsey Vale | 57:52 |
| 341 Barry James | V50 | U/A | 57:54 |
| 342 Beverley Evans | VL45 | U/A | 57:58 |
| 343 Nathan Vine | SM | Town & Country | 57:59 |
| 344 Ann Llewellyn | VL45 | Pontypridd | 58:03 |
| 345 Michael O`shea | V60 | Swansea | 58:15 |
| 346 Michael Brace | SM | U/A | 58:18 |
| 347 Ian Mcclay | V40 | U/A | 58:29 |
| 348 Helen Embling | VL45 | Bridgend | 58:29 |
| 349 Glyn Gibson | V50 | U/A | 58:30 |
| 350 Andrew Sedgemond | V40 | Les Croupiers | 58:32 |

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|-------------------------|------|---------------|-------|
| 351 Alexandra Fudge | SL | U/A | 58:33 |
| 352 Roger Vince | V40 | U/A | 58:37 |
| 353 Stella Sturgess | SL | Penarth | 58:38 |
| 354 Ann Bartlett | VL45 | U/A | 58:45 |
| 355 Paul Bartlett | V40 | U/A | 58:45 |
| 356 Rebecca Harrington | SL | U/A | 58:48 |
| 357 Martin Peters | V40 | Yate | 58:52 |
| 358 David Hibbs | V40 | U/A | 58:57 |
| 359 Max Morris | V60 | 3m`s | 58:58 |
| 360 Paul Evans | SM | U/A | 58:59 |
| 361 Ian Jakeman | SM | U/A | 59:01 |
| 362 Gwynne Jenkins | V40 | U/A | 59:09 |
| 363 Lisa Jane Saunders | VL35 | U/A | 59:11 |
| 364 Victoria Brailsford | SL | U/A | 59:12 |
| 365 Jamie Reed | SM | U/A | 59:18 |
| 366 Jo Ramsay | SL | U/A | 59:20 |
| 367 Marina Troughton | VL45 | U/A | 59:21 |
| 368 Becky Booth | SL | Team Deviant | 59:23 |
| 369 Chris Jones | V40 | U/A | 59:25 |
| 370 Robert Vaughan | V50 | U/A | 59:25 |
| 371 Syd Wheeler | V60 | Chepstow | 59:27 |
| 372 David Jones | SM | Team Deviant | 59:27 |
| 373 Simon Hurley | SM | U/A | 59:32 |
| 374 Mark Davies | V40 | U/A | 59:32 |
| 375 Stan Weeks | V60 | U/A | 59:35 |
| 376 Andrea Reynolds | VL35 | Swansea | 59:40 |
| 377 Keith Loucher | V40 | San Domenico | 59:41 |
| 378 Peter Scott | V50 | U/A | 59:43 |
| 379 Robert Jones | V50 | U/A | 59:47 |
| 380 Denise Ellis | VL35 | Avon Valley | 59:56 |
| 381 Katuryn Scott | VL35 | U/A | 59:56 |
| 382 Stewart Coles | SM | U/A | 59:57 |
| 383 Janice Clement | VL45 | Penarth | 59:58 |
| 384 Gethin Jones | SM | U/A | 59:59 |
| 385 Michael Parrish | V40 | U/A | 60:00 |
| 386 Paul Evans | V40 | U/A | 60:00 |
| 387 Malcolm Farnham | V60 | Les Croupiers | 60:10 |
| 388 Maria Stephens | VL35 | Les Croupiers | 60:11 |
| 389 Richard Howe | V50 | Porthcawl | 60:16 |
| 390 Jane Bayliss | VL45 | Chepstow | 60:29 |
| 391 Nick Williams | V40 | U/A | 60:31 |

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|-----|-------------------|------|---------------------|-------|
| 392 | Francis Williams | VL35 | Les Croupiers | 60:32 |
| 393 | Ian Carruthers | V40 | Team Deviant | 60:34 |
| 394 | Michael Alsworthy | V50 | Roadrunners Club | 60:37 |
| 395 | David Beeman | V50 | Alf Tupper Tri Club | 60:45 |
| 396 | Ann Frost | VL35 | David Lloyd | 60:47 |
| 397 | Ian Willis | SM | U/A | 60:52 |
| 398 | Leigh James | SL | Bucks University | 60:59 |
| 399 | Sarah Davies | SL | Penarth | 61:05 |
| 400 | Dawn Cox | VL45 | S.w. Police | 61:08 |

401 – 482

| Pos | Name | Cat | Club | Time |
|-----|-------------------|------|-----------------------|-------|
| 401 | Leslie Pugh | V50 | MDC | 61:09 |
| 402 | Nichola Bowden | SL | U/A | 61:11 |
| 403 | David Thomas | V50 | Aberystwth University | 61:11 |
| 404 | Lynn Goward | VL35 | U/A | 61:12 |
| 405 | Julian French | SM | U/A | 61:13 |
| 406 | Alan Petts | V50 | Chepstow | 61:15 |
| 407 | Gwenllian Lloyd | SL | U/A | 61:23 |
| 408 | Jeff Lewis | V40 | U/A | 61:23 |
| 409 | Nigel Williams | V40 | U/A | 61:25 |
| 410 | Debbie Otley | VL35 | Pontypridd | 61:33 |
| 411 | Clare Green | VL35 | San Domenico | 61:41 |
| 412 | David Boulton | V50 | U/A | 61:55 |
| 413 | Wendy Rogers | SL | U/A | 61:56 |
| 414 | Julie Williams | VL45 | U/A | 61:58 |
| 415 | Steven Richards | V40 | U/A | 62:04 |
| 416 | Michael Griffiths | V40 | U/A | 62:19 |
| 417 | Simon Franks | V40 | U/A | 62:25 |
| 418 | David Thissen | SM | Roadrunners Club | 62:39 |
| 419 | Teckwin Goodwin | V40 | U/A | 62:49 |
| 420 | Mike Harpin | V40 | U/A | 62:49 |
| 421 | Howard Morgan | V60 | U/A | 62:51 |
| 422 | Jill Manning | VL45 | U/A | 62:56 |
| 423 | Paul Jenkins | SM | U/A | 62:58 |
| 424 | Martin Neville | V40 | Islwyn | 63:00 |
| 425 | Susan Jenkins | VL35 | Penarth | 63:01 |
| 426 | Rhian Evans | SL | Bridgend | 63:07 |
| 427 | Colin Harris | V40 | Chepstow | 63:17 |
| 428 | Geoff Bushell | V50 | U/A | 63:27 |

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| 429 Nigel Ferrand | V40 U/A | 63:40 |
| 430 Marilyn Rowson | VL45 Les Croupiers | 64:06 |
| 431 Joanna Hendry | SL Penarth | 64:15 |
| 432 Zoe Lawson | SL U/A | 64:27 |
| 433 Clare Kirk | VL45 U/A | 64:31 |
| 434 Sue Bisson | VL35 U/A | 64:44 |
| 435 Becky Whittemore | SL U/A | 64:45 |
| 436 Keith Harris | V40 U/A | 64:46 |
| 437 Dan Williams | SM U/A | 64:47 |
| 438 Neil Jones | SM Team Deviant | 64:51 |
| 439 Julia Ridge | SL U/A | 64:55 |
| 440 Neil Lewis | V40 Sjh 3 | 65:00 |
| 441 Sandra Caveney | VL35 Les Croupiers | 65:13 |
| 442 Libby Bloor | VL45 Town & Country | 65:16 |
| 443 Anne Donald | VL45 Les Croupiers | 65:25 |
| 444 P G Jones | SM U/A | 65:26 |
| 445 Jackie Spiller | VL35 U/A | 65:30 |
| 446 Coleen Griffiths | SL Islwyn | 65:44 |
| 447 Edward Newman | V50 U/A | 65:46 |
| 448 Julia Churton | VL35 U/A | 66:10 |
| 449 Karen Spiller | VL35 U/A | 66:10 |
| 450 Hannah Fowler | SL Pontypridd | 66:41 |
| 451 Darren Evans | SM U/A | 66:44 |
| 452 Denise Fletcher | VL35 U/A | 66:55 |
| 453 Anne Conroy | VL45 Les Croupiers | 65:56 |
| 454 Carol Palmer | VL45 Newport | 65:56 |
| 455 Sian Evans | SL U/A | 67:10 |
| 456 Emily Tong | SL U/A | 67:16 |
| 457 Francis Whittle | VL35 U/A | 67:30 |
| 458 Vicky Whitworth | VL35 U/A | 67:40 |
| 459 Mick Whitworth | V40 U/A | 67:40 |
| 460 Stephen Rowson | V50 U/A | 67:41 |
| 461 Richard Fudge | SM U/A | 67:58 |
| 462 Rachel Maharg | SL U/A | 68:14 |
| 463 Andy Evans | V40 U/A | 68:14 |
| 464 Carole Thomas | VL45 U/A | 68:14 |
| 465 Lynne Toogood | VL35 Les Croupiers | 68:20 |
| 466 Carolyn Lewellyn | VL45 Les Croupiers | 68:51 |
| 467 David Thomas | V40 Team Deviant | 69:21 |
| 468 Suzanne Adams | SL Les Croupiers | 69:47 |
| 469 Graham Underdown | V50 U/A | 69:57 |

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| 470 Lisa Thomas | VL35 U/A | 70:34 |
| 471 Lisa Davies | VL35 U/A | 70:35 |
| 472 Lowri Tong | SL U/A | 70:35 |
| 473 Tracey Newman | SL Les Croupiers | 71:00 |
| 474 Nicola Davies | VL35 U/A | 72:14 |
| 475 Roisin Willmott | VL35 U/A | 72:14 |
| 476 Azrah Hussain | SL U/A | 74:19 |
| 477 Allen Watts | V70 Sarn Helen | 74:37 |
| 478 Carole Hancock | VL45 U/A | 74:43 |
| 479 Helen Jefferies | VL35 Les Croupiers | 74:43 |
| 480 Angela Morgan | VL45 U/A | 81:23 |
| 481 Van Sittert | VL35 South Africa | 81:23 |
| 482 Silvia Tufuga | SM U/A | 82:49 |