

## Atlantic College 10k 2009

Pos	Time	Name	Gender	Cat	Club	Race#
1	30:24	Jon WILLS	M	Msenior/1	Bristol & West	61
2	30:26	Simon JONES	m	Msenior/2	Belgrave Harriers	206
3	30:48	Michael Edward JOHNSON	m	Msenior/3	Cardiff AC	231
4	30:54	Craig HOPKINS	M	Msenior/4	Swansea Harriers	284
5	31:46	Rob SAMUEL	m	Msenior/5	North Wales	162
6	32:29	Matt COLLINS	M	Msenior/6	Cardiff AC	381
7	32:42	Julian BAKER	M	MV40/1	Les Croupiers	269
8	32:50	Chris DISCABR	M	Msenior/7	Les Croupiers	355
9	33:03	Lee AHERNE	m	MV40/2	Les Croupiers	107
10	33:05	Jimmy GOULIS	M	MV35/1	Stragglers	299
11	33:21	Pete GRIST	M	Msenior/8	Cardiff AC	365
12	33:24	David MOUNTFORD	m	Msenior/9	Deeside Athletic	164
13	33:26	Brendan ROTHERY	m	Msenior/10	Eryri	177
14	33:30	Gareth EVANS	M	Msenior/11	Larkfield AC	262
15	33:35	Peter COLES	m	MV40/3	Pontypridd Roadents	199
16	33:41	Phil EDGE	m	Msenior/12	Deeside Athletic	168
17	33:47	Phil COOK	m	MV35/2	Les Croupiers	81
18	33:54	Matthew GURMIN	M	MV35/3	Abertillery Achilles AC	335
19	34:06	Stuart CREES	M	Msenior/13	Les Croupiers	309
20	34:17	Paul TALBOT	m	MV40/4	Neath Harriers	121
21	34:25	Afan HUMPHRIES	m	Msenior/14	Cwmbran Harriers	196
22	34:32	Nick FROST	m	MV40/5	Pontypridd Roadents	130
23	34:45	Phillip GEORGE	M	MV35/4	Les Croupiers	259
24	34:50	Richard WILDER	m	MV35/5	Les Croupiers	135
25	35:05	James RAVEN	m	Msenior/15	Chester-le-Street AC	183
26	35:05	Paul WATHAN	m	Msenior/16	Eryri	119
27	35:11	Laurence HUMPHREYS	M	Msenior/17	Fairwater Runners	276
28	35:18	Simon WILSON	M	MV40/6	Unattached	363
29	35:22	Calum CHESHIRE	m	Msenior/18	Les Croupiers	213
30	35:25	Darren BLAZIER	m	MV35/6	Abergele Harriers	174
31	35:28	Stacey MORGAN	m	MV35/7	CROFT Ambrey	123
32	35:30	Mark HARVEY	m	Msenior/19	Chepstow Harriers	211
33	35:32	Jez BROWN	M	MV35/8	Buckley Runners	240
34	35:37	Sean MCCORMACK	m	MV40/7	Abergele Harriers	175
35	35:47	Ivan TEED	M	Msenior/20	Chepstow Harriers	300
36	36:03	Caryl JONES	f	Fsenior/1	TROTS	94
37	36:06	Michael DURY	M	Msenior/21	Islayn RC	281
38	36:07	John FOSTER	m	MV50/1	Llisbury Runners	180
39	36:14	Emma WATERHOUSE	f	Fsenior/2	Chester-le-Street AC	182
40	36:21	Chris WILLIAMS	M	MV35/9	Neath Harriers	364

41	36:28	Natasha COCKRAM	f	Fsenior/3	Cwmbran Harriers	104
42	36:29	Richard SELF	m	MV40/8	Les Croupiers	41
43	36:31	Emrys PENNY	m	Msenior/22	Newport Harriers	91
44	36:32	Martin WILLIAMS	m	MV40/9	Les Croupiers	190
45	36:39	Gareth LYNCH	m	Msenior/23	Les Croupiers	7
46	36:44	Martin WEBBORN	m	MV40/10	Swansea Harriers	145
47	36:50	Andrea WHITCOMBE	F	FV35/1	Swansea Harriers	367
48	36:52	Mick MCGEOCH	m	MV50/2	Les Croupiers	153
49	36:56	Scott HOWELL	m	MV40/11	Les Croupiers	216
50	37:04	Stuart PENNY	M	MV40/12	Chepstow Harriers	315
51	37:07	Owen FLAGE	M	MV35/10	Oldham & Royton Harrie	351
52	37:10	Peter MORTON	M	Msenior/24	Unattached	261
53	37:15	Anthony POWELL	M	MV40/13	Neath Harriers	263
54	37:45	Stuart MC ILROY	M	MV35/11	Les Croupiers	380
55	37:51	Mark REYNOLDS	M	MV35/12	Neath Harriers	243
56	38:10	Melanie ELLIS	f	FV40/1	Shaftesbury Barnet	24
57	38:12	Richard JOHNSON	M	MV35/13	Islwyn	371
58	38:21	Stuart PIERCE	m	Msenior/25	Newport Harriers	221
59	38:23	Richard JONES	M	MV50/3	Unattached	302
60	38:25	Dave HUGES	M	MV40/14	Bridgend AC	246
61	38:25	Nick REES	m	MV50/4	Les Croupiers	114
62	38:26	Michael CHAIUDLER	M	MV50/5	Unattached	247
63	38:27	Paul JENKINS	m	MV40/15		63
64	38:32	Andrew PALMER (T44)	m	MV40/16	Penarth & Dinas Runner	109
65	38:34	David FROST	M	MV40/17	Parc Bryn Bach RC	279
66	38:36	Darryn MCATEE	m	MV40/18	Newport Harriers	198
67	38:40	Steve DAVIES	M	MV50/6	Griffithstown Harriers	326
68	38:45	Sandy JOHNSTON	m	MV50/7	Les Croupiers	88
69	38:46	Matt HOPKINS	m	Msenior/26	Les Croupiers	108
70	38:51	Matt HURFORD	M	Msenior/27	Unattached	387
71	38:52	Paul PRICC	M	MV40/19	Unattached	312
72	38:57	Gerard CRISPIE	M	MV40/20	Les Croupiers	330
73	38:58	Shan ROBERTS	f	FV40/2	Ingli Runners	156
74	39:04	Brian RICHARDSON	M	FV50/1	Les Croupiers	329
75	39:06	Dimitri VORRES	M	MV40/21	Unattached	323
76	39:10	Robert BAMSON	M	MV50/8	Neath Harriers	244
77	39:11	Adam REES	m	MV40/22	Bridgend AC	8
78	39:12	Donna WELSH	f	Fsenior/4	Deeside Athletic	179
79	39:17	Rhydian RESTON	m	Msenior/28		49
80	39:19	Alexia HAMILTON-MORRIS	f	FV40/3	Wrescam Tri Club	161
81	39:22	Alun EVANS	M	MV40/23	Unattached	374
82	39:25	Colin REES	M	MV40/24	Parc Bryn Bach RC	313
83	39:26	Stuart REEVES	m	MV40/25	Les Croupiers	248
84	39:27	Darren JONES	m	Msenior/29	CAAC	27

85	39:27	Kate ROBERTS	F	Fsenior/5	Unattached	258
86	39:28	Keith POWELL	M	MV50/9	Cornelly Striders	257
87	39:32	Mitch TABOR	m	MV50/10		30
88	39:35	Rob WILCOX	M	MV40/26	Penarth & Dinas Runner	301
89	39:41	Steven OUSELEY	M	MV35/14	Ingli Runners	239
90	39:42	Anne Marrie HUTCHISON	F	Fsenior/6	Neath Harriers	242
91	39:49	Joshua CUTLER	m	AC-M/1	AC	551
92	39:49	Rob SCOTT	m	Msenior/30	Les Croupiers	6
93	39:50	Mike MURPHY	m	MV50/11	Les Croupiers	102
94	40:08	Andrew DAVIES	M	MV40/27	Pontypridd Roadents	251
95	40:16	Gareth HARDMAN	m	MV40/28	Bridgend AC	51
96	40:18	Sharon LEECH	f	FV35/2	Amman Valley Harriers	19
97	40:23	Scott HEMMENS	m	Msenior/31	Les Croupiers	223
98	40:29	Steffan SIMMS	M	MV40/29	Unattached	325
99	40:32	Erika SCHMID	f	Fsenior/7	Buckley Runners	173
100	40:36	David DAVIES	m	MV60/1	Neath Harriers	233
101	40:39	Howard CARPENTER	m	MV50/12	Neath Harriers	195
102	40:47	Maurus WUTRICH	m	AC-M/2	AC	595
103	40:49	Kay NELLINS	f	FV50/2	Women's Running Netw	34
104	40:52	Benjamin PERKINS	m	Msenior/32	TROTS	214
105	41:02	Paul BELCHER	m	AC-M/3	AC	93
106	41:03	Bethan WOODS	F	Fsenior/8	UWIC	352
107	41:07	Peter RODGER	M	MV50/13	Griffithstown Harriers	277
108	41:10	Jenny BRIERLEY	f	Fsenior/9	Bangor Uni	166
109	41:11	Russel HOLMAN	m	Msenior/33		129
110	41:13	Clive OSMOND	m	MV40/30	Les Croupiers	44
111	41:19	Dylan (did she?) HITCHCOCK	m	AC-M/4	AC	520
112	41:21	Howard KENT	m	MV50/14	Les Croupiers	159
113	41:24	Marcus COLES	m	MV35/15	Les Croupiers	117
114	41:29	Jen SALTER	F	Fsenior/10	Les Croupiers	346
115	41:39	Richard WEBSTER	m	MV50/15	3M Gorseinon Road Run	232
116	41:45	Shaun BROOME	M	MV35/16	Neath Harriers	295
117	41:45	Alan COX	m	MV50/16		12
118	41:49	Debbie COOKE	f	FV40/4	Bridgend AC	23
119	41:56	David PROUD	M	MV40/31	Les Croupiers	268
120	42:00	David PROFFITT	m	MV50/17	Newport Harriers	71
121	42:04	Nicky EVANS	f	FV40/5	Penarth & Dinas Runner	188
122	42:10	Carys DAVIES	f	Fsenior/11	Sarn Helen	217
123	42:10	Malcom MEDHURST	M	MV40/32	Newport Harriers	317
124	42:11	William DAVIES	m	MV50/18		128
125	42:11	Abby MORGAN	f	AC-F/1	AC	586
126	42:14	Cyril WALTERS	m	MV60/2	TROTS	134
127	42:15	Graeme DONNAN	m	MV50/19	Les Croupiers	143
128	42:17	Jenny PHILLIPS	f	FV40/6	Llanelli AAC	141

129	42:17	David REID	m	AC-M/5	AC	207
130	42:19	Derek RAINBIRD	M	MV50/20	Parc Bryn Bach RC	341
131	42:24	Stephen ALEXANDER	m	MV40/33	Les Croupiers	98
132	42:26	Steve PICKERING	m	MV40/34		139
133	42:30	Lisa MORLEY	f	FV35/3	Wrexham AC	172
134	42:30	Simon GIBSON	m	Msenior/34		137
135	42:31	David MEDHURST	M	Msenior/35	Unattached	344
136	42:43	Davis SMOUT	M	MV50/21	Parc Bryn Bach RC	375
137	42:43	Gina HARDMAN	f	FV35/4	Bridgend AC	52
138	42:49	Brett HANNER	M	MV35/17	Wimbledon Windmilers	293
139	42:52	Jon CIRL	M	Msenior/36	Unattached	304
140	42:52	Thomas ANDERSEN	m	AC-M/6	AC	651
141	42:56	Katie BEECHER	F	Fsenior/12	Les Croupiers	298
142	43:03	Jeanne MCDONOUGH	f	Fsenior/13	Prestatyn RC	197
143	43:06	Stephen OWEN	M	MV50/22	Les Croupiers	264
144	43:09	Peter BURNE	M	MV35/18	Unattached	328
145	43:17	Alan MANN	M	MV50/23	Les Croupiers	265
146	43:18	Scott WHEATLEY	M	Msenior/37	Unattached	254
147	43:22	Jane LINDLEY	f	FV40/7	Buckley Runners	163
148	43:25	John SHANAHAN	M	MV50/24	Unattached	331
149	43:37	Maria ZUBIZARRETA	f	FV35/5	Les Croupiers	82
150	43:44	Jeff ASTON	m	MV60/3	Les Croupiers	115
151	43:45	Bob WOLTERTON	m	MV60/4	Bridgend AC	68
152	43:47	Alice JOHNSTON	f	Fsenior/14	Cardiff AC	89
153	43:49	Gemma MORGANS	f	Fsenior/15	Eryri	171
154	44:04	Ray MAJER	M	MV50/25	Sospan Road Runners	358
155	44:06	Tom HOWLES	m	Msenior/38	Cardiff AC	22
156	44:09	Loretta DALEY	F	FV40/8	Les Croupiers	266
157	44:12	Paul REES	M	MV40/35	Unattached	350
158	44:23	Gary WATERS	M	MV50/26	Swansea Harriers	338
159	44:26	Dean BRIT	M	MV35/19	Pontypridd Roadents	377
160	44:28	Steven JONES	M	MV35/20	Unattached	306
161	44:29	John NERETSE	m	AC-M/7	AC	587
162	44:30	Yvonne BULLEN	f	FV40/9	Les Croupiers	39
163	44:33	Andrew BEATON	M	MV35/21	Unattached	256
164	44:35	Rhodri EVANS	M	Msenior/39	Unattached	347
165	44:42	Wrenford THAFFE	m	AC-M/8	AC	564
166	44:46	Stephen BARTLETT	m	MV40/36	Road Runners	42
167	44:51	Nikhil BOOLELL	m	AC-M/9	AC	535
168	44:54	James TAYLOR	M	Msenior/40	Unattached	287
169	44:55	Stuart DAVIDSON	M	MV50/27	Bridgend AC	292
170	44:57	Nick PARKER	m	MV35/22		160
171	45:12	Roy RICHARDS	M	MV60/5	Unattached	285
172	45:15	Bridget PARKINSON	F	Fsenior/16	Aberystwyth AC	235

173	45:25	Stuart KEEPING	M	MV40/37	Unattached	360
174	45:26	Debbie COCKRAM	f	FV40/10	Fairwater Runners	105
175	45:27	Mark DORREL	m	Msenior/41		138
176	45:31	Peter WELBIRG	m	MV50/28	Griffithstown Harriers	200
177	45:34	Julia CLARKE	f	Fsenior/17	San Domenico	100
178	45:42	James TAYLOR	M	MV60/6	Unattached	286
179	45:46	Andrew SEDGMOND	m	MV50/29	Les Croupiers	77
180	45:54	Robert DAVIES	M	MV35/23	Unattached	357
181	46:00	Liam J. DAVIES	m	MV50/30		202
182	46:09	Angela FELANEY	F	FV40/11	Swansea Harriers	238
183	46:10	Ceri STEPHENS	F	Fsenior/18	Unattached	333
184	46:21	Helen JONES	F	FV35/6	Unattached	305
185	46:24	Ray WALL	m	MV40/38		90
186	46:33	Andy REES	M	MV50/31	Unattached	343
187	46:36	Dave BREEN	M	MV50/32	Unattached	373
188	46:37	Paul BIGMORE	M	MV50/33	Unattached	319
189	46:40	Phillip HOSKINS	M	MV40/39	Unattached	289
190	46:43	Michael DIX	M	MV50/34	Les Croupiers	267
191	46:53	Cecilia DIEMONT	f	AC-F/2	AC	508
192	46:55	John DAVIES	m	MV60/7	Port Talbot Harriers	194
193	47:02	Julie SCHOLEY	F	FV40/12	Les Croupiers	370
194	47:03	Brian Phillip WALTERS	m	MV40/40		15
195	47:06	Peter SUEREF	m	Msenior/42		40
196	47:06	Sian GRIFFITH	F	Fsenior/19	Chepstow Harriers	307
197	47:07	Jason BEAUMONT	m	MV35/24		59
198	47:14	Peter CUTLER	m	AC-M/10	AC	615
199	47:16	Andrea ROTHWELL	m	MV50/35		58
200	47:17	Christine AJINJERU	f	AC-F/3	AC	658
201	47:20	Allan JONES	M	MV50/36	Brackla Harriers	282
202	47:26	Clive JAMES	M	MV60/8	Midland Masters AC	278
203	47:29	Ben COLES	M	Msenior/43	Unattached	417
204	47:30	Lisa CLEARY	f	FV40/13	Penarth & Dinas Runner	13
205	47:30	Rhys STEPHENS	M	Msenior/44	Unattached	366
206	47:37	Thom STEPHANAKIS	m	Msenior/45	Penarth & Dinas Runner	142
207	47:38	Carl SOLBERG	m	AC-M/11	AC	504
208	47:40	Arianna SULLIVAN	f	AC-F/4	AC	575
209	47:43	John MARTIN	M	MV50/37	Unattached	389
210	47:44	Jon Morten STEINVEG	m	AC-M/12	AC	187
211	47:45	Ehsan HAQ	m	AC-M/13	AC	555
212	47:51	April HAVARD	f	FV35/7		189
213	47:58	Andy MORTON	M	MV40/41	Unattached	260
214	48:01	Rhian WILLIAMS	f	Fsenior/20	Brackla Harriers	111
215	48:11	Chris BOWEN	m	MV40/42		209
216	48:22	Idris THOMAS	f	FV35/8		192

217	48:29	Jonathon PEARSON	M	Msenior/46	Unattached	340
218	48:34	Andrew FORD	m	MV50/38	Ledbury Harriers	14
219	48:38	Robert WILSON	M	MV50/39	Penarth & Dinas Runner	332
220	48:40	Jasmeet JERNAILL	m	AC-M/14	AC	638
221	48:41	Andreas GABRIELSEN	m	AC-M/15	AC	553
222	48:46	David BOUCHER	m	MV50/40		158
223	48:52	Patrick BRUNELL	m	AC-M/16	AC	652
224	48:54	Miguel ESTEBAN	m	AC-M/17	AC	634
225	48:59	Kevin MOORE	m	MV35/25		126
226	49:01	Robert PHILLIPS	M	MV40/43	Pontypridd Roadents	316
227	49:01	Jessamyn MCARDLE	f	AC-F/5	AC	572
228	49:07	Francesca CAPEL	f	Fsenior/21	Cardiff AC	201
229	49:13	Hazel GAMBLING	f	Fsenior/22		146
230	49:31	Adeyemi ADETUNJI	f	AC-F/6	AC	514
231	49:32	Steve OSBORNE	M	Msenior/47	Les Croupiers	291
232	49:35	James HOBBS	m	MV40/44		95
233	49:36	Adam SZAKAL	m	AC-M/18	AC	529
234	49:48	Michael DAVIES	M	MV50/41	Unattached	376
235	49:55	Daniel UNSWORTH	m	Msenior/48	TROTS	215
236	49:57	Simon FRANKS	m	MV40/45	Swansea Harriers	205
237	49:59	Allan Spencer SMITH	m	MV60/9	3M Gorseinon Road Run	210
238	50:03	Jose PAEZ	m	AC-M/19	AC	543
239	50:03	Justin MULCAHY	M	Msenior/49	Unattached	368
240	50:15	Anne Marie EVANS	F	FV35/9	Parc Bryn Bach RC	294
241	50:17	Sian EVANS	f	FV40/14	Les Croupiers	124
242	50:23	Oliver LEWIS	M	Msenior/50	Vale Harriers	382
243	50:24	Catherine HAYES	f	FV40/15	Barry and Vale Harriers	80
244	50:33	Geoffrey BAYLISS	m	MV60/10	Chepstow Harriers	69
245	50:36	John LEWIS	M	MV40/46	Vale Harriers	383
246	50:37	Dawne HOWLES	f	FV40/16	Barry AC	21
247	50:43	Ann ROWELL	f	FV50/3	TROTS	155
248	50:49	Martyn YATES	M	MV40/47	Unattached	369
249	50:56	Ben HANKS	M	Msenior/51	Unattached	362
250	50:56	Jonathan ROWLATT	m	MV40/48		73
251	50:57	Malin FALCK	f	FV35/10		65
252	51:09	Jane ASH	F	FV35/11	Les Croupiers	311
253	51:13	Mark HALLIWELL	M	MV50/42	Brackla Harriers	249
254	51:21	Xurxo GARCIA	M	Msenior/52	Unattached	310
255	51:36	Madani SY	m	AC-M/20	AC	621
256	51:38	Beverley WARBURTON	f	FV40/17		144
257	51:39	Laura DOHENY	F	FV50/4	Unattached	280
258	51:40	Gareth JOHN	M	MV50/43	Les Croupiers	245
259	51:41	Coleen BIRCH	f	FV35/12		62
260	51:44	Martin KITCHENER	m	MV40/49		106

261	51:49	Sian MORGAN	f	FV35/13		54
262	51:52	A DAVIES	f	FV40/18		203
263	51:53	Arwyn JONES	M	MV50/44	Unattached	272
264	51:57	Pauline REES	F	FV50/5	Unattached	342
265	52:00	Richard PARRY	m	MV50/45		219
266	52:01	Gwyneth PARRY	f	FV50/6		218
267	52:03	Lindy BEATON	F	FV40/19	Unattached	255
268	52:06	John EDWARDS	M	MV35/26	Pontypridd Roadents	318
269	52:11	Charlie YOUNG	m	AC-M/21	AC	649
270	52:19	Ray JAMES	M	MV40/50	Port Talbot Harriers	308
271	52:22	Janice CLEMENT	f	FV50/7	Penarth & Dinas Runner	84
272	52:26	Hamza EL-RUFAI	m	AC-M/22	AC	503
273	52:34	Joanna ROTHWELL	f	Fsenior/23		415
274	52:35	Pat JONOR	M	MV50/46	Brackla Harriers	283
275	52:43	Catherine HEERY	f	Fsenior/24		97
276	53:00	Syd WHEELER	m	MV60/11	Chepstow Harriers	212
277	53:01	Chris DAVIES	M	MV40/51	Ogmore Valley	297
278	53:06	Graeme SMITH	M	MV40/52	Unattached	252
279	53:10	Kim SAM	m	AC-M/23	AC	650
280	53:27	Stephen HARRET	m	MV40/53	The Eddy Wang Runnin	17
281	53:30	Ian LEWIS	M	MV35/27	Unattached	356
282	53:33	Ian John WARNER	m	MV50/47		16
283	53:40	Choepel URQUHART	m	AC-M/24	AC	512
284	53:43	Emma RIDGILL	f	Fsenior/25	Penarth & Dinas Runner	149
285	53:45	Dieteke TAMMINGA	f	AC-F/7	AC	591
286	53:48	Rina KUUSUPALO	f	AC-F/8	AC	640
287	53:52	Edmund HEERY	m	MV50/48		96
288	53:57	Charlotte HAYHURST	F	Fsenior/26		418
289	53:57	Hugh PRICE	m	MV50/49		32
290	54:04	Yvonne BRINDLEY	F	FV40/20	Cardiff Triathlon	314
291	54:12	Gareth HOLYFIELD	M	MV40/54	Abergavenny Striders	296
292	54:13	James BARRETT	m	AC-M/25	AC	517
293	54:26	James ARLE	M	Msenior/53	Unattached	393
294	54:33	Jacob SILKSTONE	M	Msenior/54	Unattached	241
295	54:36	Jane BAYLISS	f	FV50/8	Chepstow Harriers	70
296	54:40	Ilyad MANASRA	m	AC-M/26	AC	571
297	54:41	Naomi SILKSTONE	f	AC-F/9	AC	646
298	54:58	Jawad AL-MASANNAT	m	AC-M/27	AC	630
299	55:09	Felix SAINT-DENIS	m	AC-M/28	AC	527
300	55:12	Jack LEWIS	m	AC-M/29	AC	653
301	55:14	Linda JENSEN	f	FV40/21	Les Croupiers	29
302	55:15	Bjorn GABRIELSEN	M	MV40/55	Unattached	345
303	55:23	Eli CARTER	f	Fsenior/27		67
304	55:27	Roman BULGAKOV	m	AC-M/30	AC	600

305	55:27	Eduardo WHAITE PAREDES	m	AC-M/31	AC	611
306	55:28	Ravinder SINGH	m	AC-M/32	AC	528
307	55:30	Kasope Ayodeji ALESHINLOY	m	AC-M/33	AC	629
308	55:38	Carly REAGON	F	Fsenior/28	Unattached	391
309	55:43	Kilian RAISER	m	AC-M/34	AC	525
310	55:50	Daniel PRINZ	m	AC-M/35	AC	559
311	55:51	Jigme NORBU	m	AC-M/36	AC	654
312	55:55	John DEAKIN	m	MV60/12		113
313	56:01	Annie CONROY	F	FV60/1	Les Croupiers	384
314	56:10	Sarah PEARCE	F	Fsenior/29	Unattached	339
315	56:11	Nigel THOMAS	M	MV50/50	Unattached	288
316	56:12	Ryan EVANS	M	Msenior/55	Unattached	322
317	56:15	Annabel OWEN	f	FV35/14		76
318	56:17	Jak BAYNON	M	Msenior/56	Unattached	321
319	56:18	Sophie DEAS	f	AC-F/10	AC	624
320	56:19	Julie BROUGHTON	f	FV40/22		222
321	56:22	Bill MEIKLEJOHN	m	MV50/51		152
322	56:41	Alan BLADEN	m	MV60/13	Les Croupiers	186
323	56:50	Delyth MURRAY-LINES	f	Fsenior/30		204
324	56:53	Lara MEPHAM	f	AC-F/11	AC	605
325	57:04	Matt BOWRING	M	Msenior/57	Unattached	349
326	57:12	Andreas ROIJEN	m	AC-M/37	AC	618
327	57:14	Hannah DAVIES	f	Fsenior/31		28
328	57:14	Francis HEAL	F	Fsenior/32	Unattached	414
329	57:19	Tina BYLINSKI	f	AC-F/12	AC	633
330	57:23	John SANDERSON	m	MV50/52		122
331	57:27	Christine VORRES	F	FV40/23	Unattached	324
332	57:34	mark FERRIE	M	MV40/56	Unattached	388
333	57:37	Alan HOWELL	M	MV60/14	Unattached	372
334	57:38	Helen HUNT	f	FV50/9		191
335	57:39	Keith LOWTHER	M	MV50/53	San Domenico	327
336	57:41	Steve THOMPSON	M	MV40/57	Unattached	359
337	57:48	Anne DONALD	F	FV60/2	Les Croupiers	416
338	57:49	Elvira FIGUERAS GABAS	f	AC-F/13	AC	616
339	57:50	Heather PAYTON	F	FV60/3	Unattached	250
340	57:50	Anne ROBERTS	f	FV50/10		64
341	57:51	Sarah PAGE	F	Fsenior/33	Unattached	236
342	57:52	Tom REES	M	Msenior/58	Unattached	237
343	57:58	Sian BROWN	f	FV50/11		140
344	58:02	Paula JAMES	F	FV35/15	Pontypridd Roadents	303
345	58:06	Kathy BENNETT	F	FV50/12	Unattached	273
346	58:07	Marilyn ROWSON	f	FV50/13	Les Croupiers	79
347	58:09	Paul MURRAY	M	MV40/58	Unattached	334
348	58:15	Max MORBACH	m	AC-M/38	AC	558

349	58:15	Sophie VAN MAKWIJK KOOY	f	AC-F/14	AC	655
350	58:29	Thilo ROTH	m	AC-M/39	AC	619
351	58:36	Mike WILLIAMS	m	MV50/54		31
352	58:36	Zoe WILLIAMS	f	AC-F/15	AC	592
353	58:38	Christine WILSON	f	FV50/14		148
354	58:38	Elena KIRILLOVA	f	AC-F/16	AC	617
355	58:41	Beatrix BOWN	f	FV50/15		193
356	58:42	Gill MURPHY	f	FV50/16	Les Croupiers	103
357	58:51	Victor TANGEMANN	m	AC-M/40	AC	544
358	58:51	Elia SOMMERLAD	f	AC-F/17	AC	645
359	58:57	Louise COPP	f	FV40/24	Neath Harriers	36
360	59:03	Joy DAVIES	f	FV40/25	Les Croupiers	147
361	59:11	Helena PRYER	f	AC-F/18	AC	523
362	59:12	Linda SMITH	f	FV40/26		25
363	59:14	Jacqui JENKINS	f	FV40/27		53
364	59:25	Hannah SMITHIES	f	AC-F/19	AC	620
365	59:31	Mari HUGHES	f	Fsenior/34		85
366	59:32	Alun ROBERTSON	m	MV50/55		86
367	59:32	Katherine LAW WHEATLEY	F	FV40/28	Unattached	253
368	59:33	Christopher STANTON	m	MV60/15		72
369	59:38	Claire JONES	f	FV40/29		154
370	59:51	Karen BINFIELD	f	FV40/30	Women's Running Netw	87
371	59:52	Christopher NELLINS	m	MV50/56	Penarth & Dinas Runner	35
372	59:53	Sophie LEWIS	f	FV35/16		220
373	59:54	Judith BAYDOUN	F	FV50/17	Unattached	385
374	59:55	Sasha MACKEN	f	FV35/17	Les Croupiers	127
375	59:58	Amanda SCHEI	f	AC-F/20	AC	609
376	1:00:01	Alexandra CRAVEN	f	Fsenior/35		48
377	1:00:05	Erika FITZGIBBON	f	FV50/18	Women's Running Netw	43
378	1:00:06	Erik VOLL	m	AC-M/41	AC	576
379	1:00:10	Chris CHENG	m	AC-M/42	AC	506
380	1:00:16	Catherine RICHARDS	F	AC-F/21	AC	274
381	1:00:19	Zoe EMERY	f	Fsenior/36		112
382	1:00:22	Thea HILDING	f	AC-F/22	AC	637
383	1:00:24	Dean CROY	M	Msenior/59	Unattached	379
384	1:00:26	John BUTLER	m	MV60/16	Stratford-upon-Avon AC	101
385	1:00:32	Steve ROWSON	m	MV50/57		78
386	1:00:36	Eadi BAYDOUN	M	MV35/28	Unattached	386
387	1:00:43	Dorothy 'commando' PRICE	f	AC-F/23	AC	644
388	1:00:43	Stephen ASHTON	m	AC-M/43	AC	501
389	1:00:50	Carmen GOMEZ LANGLEY	f	Fsenior/37		131
390	1:00:50	Janet BEYNON	F	FV40/31	Unattached	354
391	1:01:51	Chrlie OLIVER	F	Fsenior/38	Unattached	392
392	1:01:53	Leonardo GOI	m	AC-M/44	AC	582

393	1:01:54	Letizia CAPRILE ORTIZ	f	AC-F/24	AC	601
394	1:01:57	Leyla BERIKER	f	AC-F/25	AC	599
395	1:02:11	Huahao LUO	m	AC-M/45	AC	641
396	1:02:31	Neil RICHARDS	M	AC-M/46	AC	275
397	1:02:33	My DANG	f	AC-F/26	AC	622
398	1:02:34	Jane EVANS	f	FV50/19		20
399	1:02:43	Sally NORRIS	f	AC-F/27	AC	3
400	1:02:44	Hedd WOOD	f	AC-F/28	AC	92
401	1:02:50	Jasper VAN DOESELAAR	m	AC-M/47	AC	647
402	1:03:02	Patrcia DAVIDSON	F	FV50/20	Brackla Harriers	290
403	1:03:34	Farah ADAMALI	f	AC-F/29	AC	613
404	1:03:35	Aranka PRATT	f	FV60/4		26
405	1:03:48	Hedda ROSENBERG	f	AC-F/30	AC	574
406	1:04:00	Grace OSBORNE	f	Fsenior/39	Bridgend AC	5
407	1:04:01	Julie REES	f	FV40/32		9
408	1:04:21	Nina HANBURY	f	AC-F/31	AC	636
409	1:04:28	Pieter HOGEWONING	m	AC-M/48	AC	510
410	1:04:31	Facundo RIVAROLA	m	AC-M/49	AC	526
411	1:04:52	Jordan MILLER	m	AC-M/50	AC	511
412	1:04:54	Zeeshan WARIS	m	AC-M/51	AC	547
413	1:05:16	Julie NITSCHMANN	f	AC-F/32	AC	607
414	1:05:28	Colum SULLIVAN	M	MV40/59	Unattached	270
415	1:05:32	Conner ANDERSON	m	AC-M/52	AC	513
416	1:05:49	Ruth MARTIN	F	FV50/21	Unattached	390
417	1:05:52	Tina LLOYD	f	FV40/33		60
418	1:06:02	Donna CROY	F	Fsenior/40	Unattached	378
419	1:06:42	Kjersti LOWEHR	f	AC-F/33	AC	625
420	1:06:43	Dongju YE	m	AC-M/53	AC	533
421	1:06:59	Chenni ZHANG	f	AC-F/34	AC	570
422	1:07:00	Sioned GWYN	f	AC-F/35	AC	541
423	1:07:35	Consuelo FUENTES PEREZ	f	AC-F/36	AC	540
424	1:07:41	Mallika LEUZINGER	f	AC-F/37	AC	557
425	1:07:41	Quinn BLANCO	m	AC-M/54	AC	632
426	1:07:57	Michelle ASUNCION	f	AC-F/38	AC	614
427	1:08:02	Dave ROBERTS	M	MV40/60	Unattached	337
428	1:08:02	Cheryl ROBERTS	F	FV40/34	Unattached	336
429	1:08:14	Steven WENGLORZ	m	Msenior/60		151
430	1:08:57	Jonathan DE LEYSER	m	AC-M/55	AC	623
431	1:08:57	Abdoulie CEESAY	m	AC-M/56	AC	656
432	1:09:03	Gareth WILLIAMS	m	AC-M/57	AC	566
433	1:09:03	Pranav RAMKRISHNAN	m	AC-M/58	AC	627
434	1:09:54	Marieke WERNER	f	AC-F/39	AC	648
435	1:10:02	Alan PETERS	m	MV50/58		150
436	1:10:13	Katherine CAREY	f	AC-F/40	AC	573

437	1:10:13	Beth GREEN	f	AC-F/41	AC	509
438	1:10:52	Lindsay EMYR	f	FV40/35		224
439	1:11:01	Ben LATHAM	m	Msenior/61		230
440	1:11:02	Honor MISHCON	f	AC-F/42	AC	626
441	1:11:15	Floria CHING	f	AC-F/43	AC	518
442	1:11:17	Joame WAIN	F	MV35/29	Unattached	353
443	1:12:11	Olivia HARDACRE	f	AC-F/44	AC	556
444	1:12:15	Elaine ALVEY	f	AC-F/45	AC	598
445	1:12:25	Lesley BIGMORE	F	FV50/22	Unattached	320
446	1:13:04	Anisha WILMINK	f	AC-F/46	AC	593
447	1:13:11	Kimberly MARTINEZ	f	AC-F/47	AC	642
448	1:14:18	Alexandria GUNN	f	Fsenior/41		74
449	1:14:18	Joanne GAMBA	f	Fsenior/42		66
450	1:14:19	Maria CARR	f	Fsenior/43		55
451	1:14:19	Eshtiaque KHAN MOHD	f	AC-F/48	AC	603
452	1:15:38	Julie OSBORNE	f	FV40/36		4
453	1:15:38	Vicky PHILLIPS	f	AC-F/49	AC	11
454	1:15:45	Michael WILLMOT	m	AC-M/59	AC	568
455	1:15:45	Eloise RAAB	f	AC-F/50	AC	589
456	1:16:08	V. THOMPSON	m	MV60/17		56
457	1:17:14	Nathan WILLIAMS	m	AC-M/60	AC	567
458	1:17:28	Katherine WORTHING	f	AC-F/51	AC	594
459	1:17:41	Xhensila BRAHAXHIA	f	AC-F/52	AC	536
460	1:17:50	Tenzin YEWONG	f	AC-F/53	AC	548
461	1:18:22	Yao CHEN	m	AC-M/61	AC	538
462	1:18:24	Gabriela JUNCOSA	f	AC-F/54	AC	657
463	1:18:56	Monrada YAMKASIKORN	f	AC-F/55	AC	569
464	1:18:58	Morna MANSON	F	FV35/18	Unattached	271
465	1:18:58	Elys VALIANTE-MOGUEL	f	AC-F/56	AC	565
466	1:20:07	Mai SHIBLIE	f	AC-F/57	AC	561
467	1:22:37	Mohamad DAR-KHAWAJA	m	AC-M/62	AC	507
468	1:22:38	Melissa DAVIES	f	AC-F/58	AC	602
469	1:23:48	Barbara DIOR	f	AC-F/59	AC	639
470	1:23:48	Leanne FUNG	f	AC-F/60	AC	635
471	1:25:57	Anniken STABBETORP	f	AC-F/61	AC	562
472	1:26:19	Faridah DIKKO	f	AC-F/62	AC	552
473	1:26:47	Andrew FEGAN	m	Msenior/62		226
474	1:27:04	Jason HARRIS	m	Msenior/63		227