

## Atlantic College 10K

Sunday 16 February 2003. 11:00 am

### Results for All Competitors in finish order.

<i>Pace</i>	<i>Race</i>				<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/Km</i>	
1	0:31:40	HISCOX, Darran	Swansea Harriers	Senior Men	03:10.0	310 1
2	0:31:42	HULA, Martin	Shaftesbury Barnet	Senior Men	03:10.2	60 2
3	0:31:50	JENNINGS, Mark	Cardiff AC	Senior Men	03:11.0	335 3
4	0:32:14	BAKER, Julian	Les Croupiers	Senior Men	03:13.4	315 4
5	0:32:21	HUNT, Andrew	Cardiff AC	Senior Men	03:14.1	350 5
6	0:33:39	CARTHY, Daniel	Cardiff AC	Senior Men	03:21.9	79 6
7	0:33:55	FROST, Nick	Pontypridd Roadents AC	Veteran Men	03:23.5	42 7
8	0:34:17	MCGEOCH, Mick	Les Croupiers	Veteran Men	03:25.7	25 8
9	0:34:51	MEYLER, Chris	Pontypridd Roadents AC	Senior Men	03:29.1	166 9
10	0:35:02	LEWIS, Tim	Brackla Harriers	Senior Men	03:30.2	100 10
11	0:35:15	ELVINS, Colin	Swansea Harriers	Veteran Men	03:31.5	385 11
12	0:35:19	LIST, John		Senior Men	03:31.9	291 12
13	0:35:24	JONES, Aaron	Swansea Harriers	Veteran Men	03:32.4	289 13
14	0:35:27	WEBBORN, Martin	Swansea Harriers	Veteran Men	03:32.7	313 14
15	0:35:57	JOHNSTON, Barry	Les Croupiers	Super Vet. Men	03:35.7	146 15
16	0:36:00	BEATTY, Huw	Brackla Harriers	Senior Men	03:36.0	69 16
17	0:36:01	PICKVANCE, Ruth	Swansea Harriers	Veteran Ladies	03:36.1	3 17
18	0:36:19	KELLAM, Peter	Les Croupiers	Senior Men	03:37.9	314 18
19	0:36:27	HORVATH, Paul	San Domenico	Senior Men	03:38.7	401 19
20	0:36:29	HILL, Paul	Pegasus	Senior Men	03:38.9	317 20
21	0:36:30	HEADON, David	Les Croupiers	Veteran Men	03:39.0	276 21
22	0:36:33	ADAMS, Phil	Neath Harriers	Veteran Men	03:39.3	365 22
23	0:36:35	PATERSON, Stephen	Pegasus	Senior Men	03:39.5	390 23
24	0:36:45	CLEMENT, Nigel	Penarth & Dinas Runners	Veteran Men	03:40.5	131 24
25	0:36:45	ELLIS, Melanie	Shaftesbury Barnet	Veteran Ladies	03:40.5	133 25
26	0:36:48	FOSS, Mark		Senior Men	03:40.8	275 26
27	0:36:51	JOHNSTON, Sandy	Les Croupiers	Super Vet. Men	03:41.1	290 27
28	0:36:59	COLES, David	Les Croupiers	Veteran Men	03:41.9	234 28
29	0:37:00	CHANDLER, Mike	Pontypridd Roadents AC	Veteran Men	03:42.0	328 29
30	0:37:12	SINNETT, John	Pembroke Harriers	Veteran Men	03:43.2	300 30
31	0:37:12	WILSON, Barry	Ludlow Runners	Super Vet. Men	03:43.2	274 31
32	0:37:21	WATKINSON, David	Bingley Harriers	Super Vet. Men	03:44.1	144 32
33	0:37:28	MORRIS, Ronald	San Domenico	Super Vet. Men	03:44.8	174 33
34	0:37:30	TYPE, Simon	Cardiff AC	Senior Men	03:45.0	361 34
35	0:37:35	SAGE, Rob		Senior Men	03:45.5	159 35
36	0:37:37	PERRINGTON, Chris		Senior Men	03:45.7	18 36
37	0:37:38	EVANS, Owain		Under 20 Men	03:45.8	242 37
38	0:37:39	SIMS, Andy		Senior Men	03:45.9	349 38
39	0:37:41	DAVIES, Peter	Fontygary Tri-Club	Veteran Men	03:46.1	113 39
40	0:37:45	BELCHER, Paul		Super Vet. Men	03:46.5	2 40
41	0:38:05	JONES, Steve		Senior Men	03:48.5	272 41
42	0:38:20	EAGER, Mark	Fontygary Tri-Club	Veteran Men	03:50.0	341 42
43	0:38:34	BARNETT, Matt		Under 20 Men	03:51.4	259 43
44	0:38:38	MEYLER, Phil	Pontypridd Roadents AC	Veteran Men	03:51.8	165 44
45	0:38:59	MCCABE, Chris	Brackla Harriers	Senior Men	03:53.9	345 45
46	0:39:10	BRIGHT, David	Les Croupiers	Veteran Men	03:55.0	224 46
47	0:39:10	DAWES, Paul	San Domenico	Senior Men	03:55.0	193 47
48	0:39:12	GILLARD, Alan		Veteran Men	03:55.2	4 48
49	0:39:16	DONNAN, Graeme	Les Croupiers	Veteran Men	03:55.6	39 49
50	0:39:17	LEWIS, Steve	Les Croupiers	Veteran Men	03:55.7	285 50
51	0:39:19	SMEWIN, John		Super Vet. Men	03:55.9	352 51
52	0:39:30	REDFERN, Dan	Penarth & Dinas Runners	Senior Men	03:57.0	364 52
53	0:39:31	WILLIAMS, Jason		Senior Men	03:57.1	320 53
54	0:39:33	DICKINSON, Barrie	Cardiff Harlequins	Senior Men	03:57.3	343 54
55	0:39:40	WILCOX, Robert James	Penarth & Dinas Runners	Senior Men	03:58.0	218 55
56	0:39:44	WILLIAMS, Paul	San Domenico	Senior Men	03:58.4	101 56
57	0:39:49	BUCKLAND, Barrie		Super Vet. Men	03:58.9	370 57
58	0:39:52	DAVIES, Fiona	Bridgend	Super Vet. Ladies	03:59.2	204 58
59	0:39:56	DAVIES, Gary	Road Runners Club	Veteran Men	03:59.6	171 59
60	0:40:01	BAKER, Andrew	Rhondda Valley Runners	Senior Men	04:00.1	295 60
61	0:40:05	EZARD, Paul	Brackla Harriers	Senior Men	04:00.5	38 61
62	0:40:06	JONES, Christopher P.		Super Vet. Men	04:00.6	286 62

63	0:40:10	COLMAN, Paul	Pembroke Harriers	Veteran Men	04:01.0	231	63
64	0:40:11	FORD, Sharon	Brackla Harriers	Senior Ladies	04:01.1	20	64
65	0:40:12	DAVIES, Leighton	Brackla Harriers	Senior Men	04:01.2	88	65
66	0:40:13	DIFFEY, John		Senior Men	04:01.3	151	66
67	0:40:16	PLETCHER, Bill	Cardiff Tri	Veteran Men	04:01.6	117	67
68	0:40:23	THOMPSON, Keith		Veteran Men	04:02.3	208	68
69	0:40:29	ELLIS, Gethin		Senior Men	04:02.9	399	69
70	0:40:34	DERRICK, Owen	Pembroke Harriers	Senior Men	04:03.4	353	70
71	0:40:39	PRICHARD, Shaun	Les Croupiers	Senior Men	04:03.9	136	71
72	0:40:41	JEFFERSON, Will		Under 20 Men	04:04.1	241	72
73	0:40:44	HUNT, Gerald	Brackla Harriers	Super Vet. Men	04:04.4	24	73
74	0:40:44	JONES, Angela	MDC	Veteran Ladies	04:04.4	405	74
75	0:40:45	FORD, Paul	Brackla Harriers	Senior Men	04:04.5	21	75
76	0:40:47	SEWELL, Richard		Veteran Men	04:04.7	109	76
77	0:40:56	TINKE, Warren	Pontypridd Roadents AC	Senior Men	04:05.6	359	77
78	0:41:01	PATERSON, Keith	Pegasus	Super Vet. Men	04:06.1	389	78
79	0:41:02	SCHULTZ, Graham	RealRunner.com	Senior Men	04:06.2	110	79
80	0:41:03	REYNOLDS, Christopher		Senior Men	04:06.3	16	80
81	0:41:05	MOORE, Sam	Llanelli AAC	Super Vet. Men	04:06.5	329	81
82	0:41:09	LLOYD, Gwyn	Pontypridd Roadents AC	Veteran Men	04:06.9	324	82
83	0:41:12	MCCANDLESS-VELUSSI, Katy		Senior Ladies	04:07.2	192	83
84	0:41:13	SPITERI, John	Penarth & Dinas Runners	Senior Men	04:07.3	129	84
85	0:41:14	OWEN, Steve	Les Croupiers	Veteran Men	04:07.4	168	85
86	0:41:15	HALLIWELL, Mark	Brackla Harriers	Veteran Men	04:07.5	237	86
87	0:41:20	BRADSHAW, Chris		Senior Men	04:08.0	62	87
88	0:41:21	HILHORST, Sean		Under 20 Men	04:08.1	244	88
89	0:41:25	DAVIES, Michael		Veteran Men	04:08.5	375	89
90	0:41:27	MORGAN, Ed	Taff Ely Triathlon	Veteran Men	04:08.7	299	90
91	0:41:35	DANIEL, Noelwyn	Llanelli Tri	Senior Men	04:09.5	201	91
92	0:41:36	IRVING, Andrew	Cardiff Uni	Under 20 Men	04:09.6	342	92
93	0:41:36	DAVIES, Jeffrey		Senior Men	04:09.6	56	93
94	0:41:41	BLACK, Brian George		Under 20 Men	04:10.1	187	94
95	0:41:42	WITHERSTONE, Matthew		Senior Men	04:10.2	22	95
96	0:41:42	LANINI, Sion		Under 20 Men	04:10.2	255	96
97	0:41:43	MCKENNA, Simran	Atlantic College	Under 20 Men	04:10.3	407	97
98	0:41:46	SCHOLEY, Julie	Les Croupiers	Veteran Ladies	04:10.6	229	98
99	0:41:47	O'HALLORAN, Sean		Senior Men	04:10.7	309	99
100	0:41:48	DAVIES, Ray	Aberdare Roadies	Veteran Men	04:10.8	368	100
101	0:41:51	BRIDGER, Pete		Senior Men	04:11.1	316	101
102	0:41:52	THOMPSON, N.		Super Vet. Men	04:11.2	72	102
103	0:41:55	JAMES, Daniel	Pontypridd Roadents AC	Under 20 Men	04:11.5	362	103
104	0:41:58	JEFFREYS, Karl	San Domenico	Senior Men	04:11.8	217	104
105	0:42:02	TUCKER, Beverley	Cardiff AC	Veteran Ladies	04:12.2	384	105
106	0:42:08	DAVIES, Lee	Rhondda Valley Runners	Senior Men	04:12.8	294	106
107	0:42:11	DODD, Richard	Brackla Harriers	Senior Men	04:13.1	31	107
108	0:42:13	KNAPP, Bethan	Cardiff AC	Senior Ladies	04:13.3	322	108
109	0:42:13	UNSWORTH, Mark		Veteran Men	04:13.3	17	109
110	0:42:14	WILLIAMS, Jan	Les Croupiers	Veteran Ladies	04:13.4	356	110
111	0:42:17	TAYLOR, Graham	Serpentine Running Club	Veteran Men	04:13.7	50	111
112	0:42:19	JONES, Lyndon		Under 20 Men	04:13.9	367	112
113	0:42:21	DIFFEY, Andrew		Senior Men	04:14.1	173	113
114	0:42:26	OWEN, Eifion		Veteran Men	04:14.6	19	114
115	0:42:27	BLACKMORE, Chris	Cardiff Harlequins	Senior Men	04:14.7	346	115
116	0:42:31	GRIFFITHS, Nigel	Taff Ely Triathlon	Veteran Men	04:15.1	374	116
117	0:42:31	TANDY, Phil	San Domenico	Veteran Men	04:15.1	120	117
118	0:42:31	FOLLAN, Anne	Pontypridd Roadents AC	Senior Ladies	04:15.1	366	118
119	0:42:35	EDWARDS, Steve		Senior Men	04:15.5	115	119
120	0:42:36	CARSON, Fiona		Senior Ladies	04:15.6	195	120
121	0:42:37	THOMAS, David	Llanelli AAC	Senior Men	04:15.7	337	121
122	0:42:40	GRIFFITHS, Alistair	Llanelli AAC	Veteran Men	04:16.0	333	122
123	0:42:42	CUMINES, Steven	Cardiff Tri	Veteran Men	04:16.2	297	123
124	0:42:47	BALCIUNAS, Karolis		Under 20 Men	04:16.7	260	124
125	0:43:07	CRAY, Stephen	Penarth & Dinas Runners	Veteran Men	04:18.7	54	125
126	0:43:13	WILLIAMS, S.		Senior Men	04:19.3	392	126
127	0:43:14	JONES, Gavin	Les Croupiers	Senior Men	04:19.4	323	127
128	0:43:15	CAMBULE, Anna	Swansea Harriers	Veteran Ladies	04:19.5	287	128
129	0:43:16	DACKINS, Jason		Senior Men	04:19.6	425	129
130	0:43:16	KENDALL, Lee		Senior Men	04:19.6	420	130
131	0:43:16	DAVID, Hauke		Senior Men	04:19.6	75	131
132	0:43:22	PHILLIPS, Tony		Senior Men	04:20.2	93	132
133	0:43:23	KINLOCH, Stewart		Veteran Men	04:20.3	394	133
134	0:43:23	GRIFFITHS, Mark		Senior Men	04:20.3	277	134

135	0:43:23	EVANS, Rob	Brackla Harriers	Veteran Men	04:20.3	397	135
136	0:43:26	MIYAGAWA, Yuma		Under 20 Men	04:20.6	256	136
137	0:43:27	MADDOCK, Angela		Veteran Ladies	04:20.7	10	137
138	0:43:32	REES, Andy		Veteran Men	04:21.2	82	138
139	0:43:33	BRISTOW, Richard		Senior Men	04:21.3	71	139
140	0:43:37	ROSE, Dave	Brackla Harriers	Senior Men	04:21.7	30	140
141	0:43:44	EVANS, Debbie	Penarth & Dinas Runners	Veteran Ladies	04:22.4	318	141
142	0:43:46	PHILLIPS, Sian	Swansea Harriers	Veteran Ladies	04:22.6	63	142
143	0:43:47	HOLLOWAY, Don		Super Vet. Men	04:22.7	181	143
144	0:43:52	PLUMMER, Victoria	Cardiff University Harriers	Senior Ladies	04:23.2	92	144
145	0:43:57	SELLICK, Gary		Senior Men	04:23.7	116	145
146	0:44:01	MAKUMBE, Don		Under 20 Men	04:24.1	258	146
147	0:44:05	LAWRENCE, Michael	Pembroke Harriers	Veteran Men	04:24.5	233	147
148	0:44:08	KATCHI, Stephen	Les Croupiers	Senior Men	04:24.8	103	148
149	0:44:13	MILLER, Carol	Les Croupiers	Veteran Ladies	04:25.3	64	149
150	0:44:13	REES, Phil		Senior Men	04:25.3	363	150
151	0:44:16	DIX, Michael	Les Croupiers	Veteran Men	04:25.6	209	151
152	0:44:16	HARTLY, Robert		Veteran Men	04:25.6	351	152
153	0:44:22	CLAYTON, Gary		Senior Men	04:26.2	135	153
154	0:44:26	REES, Nick		Veteran Men	04:26.6	128	154
155	0:44:30	HOTSKO, Matthew		Under 20 Men	04:27.0	261	155
156	0:44:34	TREHARNE, Keith	Brackla Harriers	Super Vet. Men	04:27.4	23	156
157	0:44:35	WILLIAMS, Neil		Senior Men	04:27.5	155	157
158	0:44:38	REES, Adam		Senior Men	04:27.8	127	158
159	0:44:42	DELANEY, James	San Domenico	Veteran Men	04:28.2	197	159
160	0:44:44	ROBERTS, D.		Super Vet. Men	04:28.4	327	160
161	0:44:45	PARKER, Steve		Senior Men	04:28.5	211	161
162	0:44:46	RIDDLER, Steve	Brackla Harriers	Veteran Men	04:28.6	347	162
163	0:44:47	DAVEY, Joliet	Brackla Harriers	Veteran Ladies	04:28.7	331	163
164	0:44:48	LAITY, Joanne	Penarth & Dinas Runners	Veteran Ladies	04:28.8	330	164
165	0:44:55	DAVIES, Tony	Cardiff Harlequins	Super Vet. Men	04:29.5	395	165
166	0:44:58	ATKINS, Lucy		Senior Ladies	04:29.8	307	166
167	0:45:04	DISNE, Adrian		Senior Men	04:30.4	354	167
168	0:45:08	MCDONNELL, Sean		Under 20 Men	04:30.8	421	168
169	0:45:21	MUSSA, Paul		Veteran Men	04:32.1	293	169
170	0:45:28	SPENCER, James		Veteran Men	04:32.8	7	170
171	0:45:39	AHMED, Zed	Les Croupiers	Senior Men	04:33.9	357	171
172	0:45:45	DANDO, Glyn	Brackla Harriers	Super Vet. Men	04:34.5	371	172
173	0:45:48	JONES, Shan		Super Vet. Ladies	04:34.8	236	173
174	0:45:49	MORTON, Peter		Under 20 Men	04:34.9	96	174
175	0:45:56	LISTER, Mike	Les Croupiers	Super Vet. Men	04:35.6	37	175
176	0:45:56	SAUNDERS, Steve		Senior Men	04:35.6	28	176
177	0:45:59	LEWIS, Jane		Veteran Ladies	04:35.9	321	177
178	0:46:04	WILLIAMS, Frances	Les Croupiers	Veteran Ladies	04:36.4	409	178
179	0:46:06	PRICHARD, Joanna	Les Croupiers	Senior Ladies	04:36.6	183	179
180	0:46:11	GANN, Chris	Rhondda Valley Runners	Veteran Men	04:37.1	296	180
181	0:46:22	RICHARDS, Roy		Super Vet. Men	04:38.2	200	181
182	0:46:28	NORRIS, Jeff		Veteran Men	04:38.8	76	182
183	0:46:35	BRAY, Andy	Fontygary Tri-Club	Veteran Men	04:39.5	378	183
184	0:46:38	DAVIES, Jeff	RealRunner.com	Senior Men	04:39.8	186	184
185	0:46:42	HIGGINS, Geraint Mark		Senior Men	04:40.2	68	185
186	0:46:43	SMITH, Gwen		Veteran Ladies	04:40.3	239	186
187	0:46:46	CADOGAN, Jeff		Senior Men	04:40.6	77	187
188	0:46:51	NEAL, Sue	Les Croupiers	Super Vet. Ladies	04:41.1	311	188
189	0:46:52	PARKER, Ted	Bridgend	Super Vet. Men	04:41.2	210	189
190	0:46:57	JONES, Mandy	Islwyn Running Club	Veteran Ladies	04:41.7	169	190
191	0:46:57	JONES, Stephen	Islwyn Running Club	Veteran Men	04:41.7	170	191
192	0:47:04	MILES, David		Senior Men	04:42.4	121	192
193	0:47:13	WILLIAMS, Debbie	Penarth & Dinas Runners	Veteran Ladies	04:43.3	319	193
194	0:47:15	JONES, Tudor		Veteran Men	04:43.5	358	194
195	0:47:19	LOWTHER, Keith	San Domenico	Super Vet. Men	04:43.9	377	195
196	0:47:25	SWAYSLAND, Sarah		Senior Ladies	04:44.5	35	196
197	0:47:26	HUNT, Stephen		Super Vet. Men	04:44.6	288	197
198	0:47:27	WASSEL, Julie	Penarth & Dinas Runners	Senior Ladies	04:44.7	221	198
199	0:47:28	BROWN, Ed		Senior Men	04:44.8	222	199
200	0:47:29	HAYCOX, Alan	Les Croupiers	Veteran Men	04:44.9	376	200
201	0:47:34	VAN DER VEN, Colette		Under 20 Ladies	04:45.4	249	201
202	0:47:35	HOWELL, Alan		Super Vet. Men	04:45.5	126	202
203	0:47:39	FURLONG, Anthony		Senior Men	04:45.9	45	203
204	0:47:41	HANSON, Zoe	Cardiff Uni	Senior Ladies	04:46.1	332	204
205	0:47:44	REES, Gary		Super Vet. Men	04:46.4	334	205
206	0:47:47	HUNTLEY, Richard		Super Vet. Men	04:46.7	202	206

207	0:47:47	BODOR, Balasz		Under 20 Men	04:46.7	252	207
208	0:47:49	SCANNELL, Kevin		Senior Men	04:46.9	47	208
209	0:47:55	HOLLAND, Jon		Senior Men	04:47.5	340	209
210	0:47:59	DONAGH, Jerome		Senior Men	04:47.9	403	210
211	0:48:01	HARRIES, John		Senior Men	04:48.1	33	211
212	0:48:02	BAKER, Alex		Senior Men	04:48.2	99	212
213	0:48:04	KENRICK, Joel		Under 20 Men	04:48.4	266	213
214	0:48:05	JONES, Gwyn	Sospan Road Runners	Super Vet. Men	04:48.5	138	214
215	0:48:07	NASH, Richard	Taff Ely Triathlon	Senior Men	04:48.7	373	215
216	0:48:09	WALLACE, Jeff		Veteran Men	04:48.9	282	216
217	0:48:14	SHEPPERD, Maria		Veteran Ladies	04:49.4	325	217
218	0:48:14	SHEPPERD, Paul		Veteran Men	04:49.4	326	218
219	0:48:17	BROWN, R.	Sheen Shufflers	Super Vet. Men	04:49.7	372	219
220	0:48:20	SPENCER, Anna		Under 20 Ladies	04:50.0	248	220
221	0:48:26	LIMBRICK, Wes		Senior Men	04:50.6	419	221
222	0:48:26	WHITTEMORE, Peter		Super Vet. Men	04:50.6	118	222
223	0:48:30	BLACKMORE, Zsuzsanna		Senior Ladies	04:51.0	344	223
224	0:48:34	LLEWELLYN, Ann	Rhondda Triathlon Club	Super Vet. Ladies	04:51.4	396	224
225	0:48:40	ROGERS, Ken J.		Veteran Men	04:52.0	70	225
226	0:48:46	WOOD, Charles	Pembroke Harriers	Veteran Men	04:52.6	292	226
227	0:48:54	JONES, Nigel		Super Vet. Men	04:53.4	417	227
228	0:48:58	FURLONG, Paul		Super Vet. Men	04:53.8	46	228
229	0:49:01	MARKS, P.		Veteran Men	04:54.1	416	229
230	0:49:05	VELUSSI, Luca		Senior Men	04:54.5	191	230
231	0:49:07	DEARDEN, Martyn		Senior Men	04:54.7	400	231
232	0:49:27	KAEMPFE, Kurt		Under 20 Men	04:56.7	257	232
233	0:49:33	BELCHER, Sarah		Under 20 Ladies	04:57.3	245	233
234	0:49:43	CLEARY, Lisa	Penarth & Dinas Runners	Veteran Ladies	04:58.3	355	234
235	0:49:51	TOTTLE, Eryl	Risca Road Runners	Senior Men	04:59.1	111	235
236	0:49:56	GRAY, Liz	Ware Joggers	Veteran Ladies	04:59.6	177	236
237	0:50:00	REYNOLDS, David		Super Vet. Men	05:00.0	86	237
238	0:50:05	HUNT, Jo		Senior Ladies	05:00.5	338	238
239	0:50:10	BOWEN, Nigel		Senior Men	05:01.0	386	239
240	0:50:10	RAMSAY, Jo		Senior Ladies	05:01.0	147	240
241	0:50:11	READ, Jamie		Senior Men	05:01.1	53	241
242	0:50:17	JAMES, Mike	Les Croupiers	Super Vet. Men	05:01.7	280	242
243	0:50:17	LEWIS, Nick	Wick Harriers	Under 20 Men	05:01.7	411	243
244	0:50:27	DAVIES, Mark		Senior Men	05:02.7	382	244
245	0:50:28	EVANS, Barny		Senior Men	05:02.8	223	245
246	0:50:28	NORMAN, Emma		Senior Ladies	05:02.8	161	246
247	0:50:29	PAYNE, John		Senior Men	05:02.9	228	247
248	0:50:34	EVANS, Hadrian	Virtual Runners	Super Vet. Men	05:03.4	130	248
249	0:50:35	JAMES, Keith		Senior Men	05:03.5	184	249
250	0:50:45	BARLOW, Simon		Senior Men	05:04.5	182	250
251	0:50:47	MORRIS, Max	3M's Gorseinon	Super Vet. Men	05:04.7	134	251
252	0:50:54	DONOVAN, Mark		Veteran Men	05:05.4	205	252
253	0:50:54	DARE, Barry		Super Vet. Men	05:05.4	107	253
254	0:50:54	GRINDULIS, Josie	Les Croupiers	Veteran Ladies	05:05.4	104	254
255	0:50:55	JEANS, Hayley		Senior Ladies	05:05.5	124	255
256	0:50:56	CUMINES, Wendy	Cardiff Tri	Veteran Ladies	05:05.6	298	256
257	0:50:57	FRANKS, Simon		Veteran Men	05:05.7	67	257
258	0:51:00	SMITH, Allan Spencer	3M's Gorseinon	Super Vet. Men	05:06.0	139	258
259	0:51:11	EDWARDS, X		Veteran Men	05:07.1	281	259
260	0:51:14	PREECE, Richard		Senior Men	05:07.4	360	260
261	0:51:18	WICTOME, Matt	Brackla Harriers	Senior Men	05:07.8	40	261
262	0:51:20	ARCHER, Paul		Senior Men	05:08.0	154	262
263	0:51:29	MEDLAM, Dave	Pegasus	Veteran Men	05:08.9	227	263
264	0:51:33	COLLINS, Andrea		Senior Ladies	05:09.3	34	264
265	0:51:35	WHITMARSH-KNIGHT, Steve		Super Vet. Men	05:09.5	59	265
266	0:51:36	JONES, Malcolm	Brackla Harriers	Super Vet. Men	05:09.6	418	266
267	0:51:37	GRIFFITHS, Phil		Veteran Men	05:09.7	278	267
268	0:51:42	ROBERTS, David		Senior Men	05:10.2	80	268
269	0:51:47	MADDOCK, Huw		Veteran Men	05:10.7	11	269
270	0:51:52	LINFIELD, Pelham		Veteran Men	05:11.2	422	270
271	0:51:53	FRAMPTON, Robert	San Domenico	Veteran Men	05:11.3	308	271
272	0:51:55	JONES, Rachel		Senior Ladies	05:11.5	339	272
273	0:52:00	DAVIES, Hadyn		Super Vet. Men	05:12.0	194	273
274	0:52:01	DAVIES, Geraint		Senior Men	05:12.1	190	274
275	0:52:07	SMITH, G.		Senior Men	05:12.7	312	275
276	0:52:10	NEVILLE, Martin		Veteran Men	05:13.0	157	276
277	0:52:17	EVANS, Linda	Brackla Harriers	Veteran Ladies	05:13.7	185	277
278	0:52:22	FALCK, Malin	Les Croupiers	Senior Men	05:14.2	66	278

279	0:52:22	MOONE, Rebecca		Senior Ladies	05:14.2	369	279
280	0:52:30	WOOD, Ellen		Veteran Ladies	05:15.0	408	280
281	0:52:32	COLMAN, Jill	Pembroke Harriers	Veteran Ladies	05:15.2	230	281
282	0:52:36	WILLIAMS, Stephen	Les Croupiers	Veteran Men	05:15.6	415	282
283	0:52:39	JAMES, Simon	Les Croupiers	Senior Men	05:15.9	279	283
284	0:52:42	NOYES, Cath		Veteran Ladies	05:16.2	391	284
285	0:52:43	HUBBLE, Louise		Senior Ladies	05:16.3	284	285
286	0:52:48	CORN, Ken		Veteran Men	05:16.8	238	286
287	0:52:50	BAIRSTOW, Clare		Veteran Ladies	05:17.0	55	287
288	0:52:51	SYLVESTER, Yosuzi		Under 20 Ladies	05:17.1	267	288
289	0:52:52	SAUNDERS, Jane		Veteran Ladies	05:17.2	85	289
290	0:52:55	LANE, Andrew		Veteran Men	05:17.5	273	290
291	0:52:59	FOX, Jane	Brackla Harriers	Veteran Ladies	05:17.9	412	291
292	0:53:00	BOULT, David		Super Vet. Men	05:18.0	206	292
293	0:53:06	CURTIS, Julie		Senior Ladies	05:18.6	48	293
294	0:53:17	DAKIN, Jane	Brackla Harriers	Veteran Ladies	05:19.7	36	294
295	0:53:25	SPENCER, Simon		Veteran Men	05:20.5	271	295
296	0:53:26	HUDD, Simon	Penarth & Dinas Runners	Senior Men	05:20.6	179	296
297	0:53:27	HADLEY, James		Under 20 Men	05:20.7	413	297
298	0:53:34	RICHARDSON, Nicola		Veteran Ladies	05:21.4	143	298
299	0:53:34	FLETCHER, Jane		Veteran Ladies	05:21.4	142	299
300	0:53:38	BUCK, Kate		Veteran Ladies	05:21.8	406	300
301	0:53:38	DAVIES, Adele		Veteran Ladies	05:21.8	398	301
302	0:53:46	ROWLEY, S.C.		Senior Men	05:22.6	414	302
303	0:53:46	CROWLEY, Justin		Senior Men	05:22.6	410	303
304	0:53:49	MARSTAD, Andreas		Under 20 Men	05:22.9	264	304
305	0:53:55	THOMAS, Gary		Senior Men	05:23.5	303	305
306	0:53:59	EDWARDS, Andrew		Senior Men	05:23.9	379	306
307	0:54:00	GRANT, Dylan		Senior Men	05:24.0	302	307
308	0:54:01	FARNHAM, Malcolm	Les Croupiers	Super Vet. Men	05:24.1	304	308
309	0:54:03	HOLDEN, Rachel		Veteran Ladies	05:24.3	108	309
310	0:54:04	BALDWIN, Kenneth		Senior Men	05:24.4	283	310
311	0:54:05	KIRK, Claire		Super Vet. Ladies	05:24.5	216	311
312	0:54:15	GREEN, Clare	San Domenico	Veteran Ladies	05:25.5	141	312
313	0:54:18	WILLIAMS, Elizabeth		Veteran Ladies	05:25.8	175	313
314	0:54:20	ALI, Khalida		Veteran Ladies	05:26.0	348	314
315	0:54:20	PRICHARD, Katie		Senior Ladies	05:26.0	6	315
316	0:54:21	DALWOOD, Douglas		Super Vet. Men	05:26.1	61	316
317	0:54:22	MORTON, Andy		Veteran Men	05:26.2	97	317
318	0:54:30	PEARCE, Marjorie	Hereford Couriers	Super Vet. Ladies	05:27.0	301	318
319	0:54:30	SNOOK, Claire		Senior Ladies	05:27.0	29	319
320	0:54:31	BAKER-WESTHEAD, Claire		Veteran Ladies	05:27.1	306	320
321	0:54:31	WESTHEAD, Steve		Senior Men	05:27.1	305	321
322	0:54:32	VERSPOOR, Anna		Under 20 Ladies	05:27.2	246	322
323	0:54:42	LAKE, Paul		Senior Men	05:28.2	387	323
324	0:54:42	JONES, Gareth	Les Croupiers	Senior Men	05:28.2	388	324
325	0:54:48	BURT, Tony	Cornelly Striders	Super Vet. Men	05:28.8	198	325
326	0:54:48	SIJKENS, Meertien		Under 20 Ladies	05:28.8	263	326
327	0:54:49	BOULAND, Annelien		Under 20 Ladies	05:28.9	251	327
328	0:54:49	STURROCK, Gordon		Super Vet. Men	05:28.9	84	328
329	0:54:54	TOBY, George	Cardiff Tri	Veteran Men	05:29.4	122	329
330	0:54:58	CLEMENT, Janice	Penarth & Dinas Runners	Veteran Ladies	05:29.8	132	330
331	0:55:06	AGERBAK, Susanne		Senior Ladies	05:30.6	94	331
332	0:55:15	PRICHARD, Sophie		Senior Ladies	05:31.5	5	332
333	0:55:26	MCKENZIE, Malcolm		Veteran Men	05:32.6	1	333
334	0:55:32	JOSEPHS, Jonathan		Under 20 Men	05:33.2	253	334
335	0:55:36	SULLIVAN, Jeff		Super Vet. Men	05:33.6	125	335
336	0:55:47	JONES, Miriam		Under 20 Ladies	05:34.7	254	336
337	0:55:50	PRATT, Aranka		Super Vet. Ladies	05:35.0	95	337
338	0:56:08	BANCROFT, Ian		Senior Men	05:36.8	196	338
339	0:56:09	BROPHY, Laurence	Brackla Harriers	Super Vet. Men	05:36.9	226	339
340	0:56:27	CHABERT, Catherine		Veteran Ladies	05:38.7	91	340
341	0:56:31	HELSUNG, Anna	Penarth & Dinas Runners	Veteran Ladies	05:39.1	393	341
342	0:57:15	ATKINS, Paul	San Domenico	Super Vet. Men	05:43.5	57	342
343	0:57:17	HYDE, Stephen		Senior Men	05:43.7	81	343
344	0:57:19	JOHNSON, James		Super Vet. Men	05:43.9	73	344
345	0:57:25	MADDOCK, Carol		Veteran Ladies	05:44.5	9	345
346	0:57:59	VAVONAN, Huw		Veteran Men	05:47.9	380	346
347	0:58:13	ROBERTS, Anne		Super Vet. Ladies	05:49.3	8	347
348	0:58:18	JAMES, John	San Domenico	Super Vet. Men	05:49.8	105	348
349	0:58:21	HAMILTON, M.		Senior Men	05:50.1	381	349
350	0:58:34	CHISLETT, J.		Veteran Men	05:51.4	213	350

351	0:58:36	THOMAS, Alwyn		Veteran Men	05:51.6	180	351
352	0:58:36	JENKINS, Clare		Veteran Ladies	05:51.6	225	352
353	0:58:37	WILLIAMS, Ann	San Domenico	Veteran Ladies	05:51.7	102	353
354	0:58:38	EGAN, Faith		Senior Ladies	05:51.8	112	354
355	0:58:38	ROBINS, Laurie		Senior Ladies	05:51.8	176	355
356	0:58:41	MICHAEL, Dennis		Veteran Men	05:52.1	149	356
357	0:58:41	KNIGHT, Roland		Super Vet. Men	05:52.1	336	357
358	0:58:43	BROOK, Diana		Senior Ladies	05:52.3	235	358
359	0:58:43	GARDINER, Rachel		Senior Ladies	05:52.3	78	359
360	0:59:23	GORNO, Catherine		Veteran Ladies	05:56.3	219	360
361	0:59:28	LIPETZ, Clare		Senior Ladies	05:56.8	220	361
362	0:59:48	LABATON, Adrian		Super Vet. Men	05:58.8	51	362
363	0:59:58	MOORE, Winnie	Sospan Road Runners	Super Vet. Ladies	05:59.8	137	363
364	1:00:26	MAINWARING, Brinieq	Rhondda Valley Runners	Super Vet. Ladies	06:02.6	199	364
365	1:00:35	SHA'BAN, Fadlo		Under 20 Men	06:03.5	243	365
366	1:01:43	COCKWELL, Joanna		Senior Ladies	06:10.3	65	366
367	1:03:03	HOWELLS, Graham		Super Vet. Men	06:18.3	232	367
368	1:03:50	BURTON, Ruth		Senior Ladies	06:23.0	74	368
369	1:03:54	FOOT, Kathryn		Senior Ladies	06:23.4	83	369
370	1:05:21	LOEHRER, Josh		Under 20 Men	06:32.1	247	370
371	1:09:07	JONES, Michael		Veteran Men	06:54.7	58	371
372	1:17:44	THOMAS, Kate		Veteran Ladies	07:46.4	89	372
373	1:17:44	THOMAS, Wayne		Senior Men	07:46.4	87	373

There were 373 finishers in the All Competitors category.