

RHAYADER 20 MILE ROAD RACE 2010

Position	Time	Family	First	Number	Gender	Age	Catgy	Club
1	1:57:59	Herbert	John	206	M		M40	Werrington Joggers
2	2:04:50	Gore	Andy	5	M		M50	Cheltenham & Cty H
3	2:05:48	Moore	Michael	215	M		OM	Werrington Joggers
4	2:07:56	Ridway	Iain	104	M		OM	Eryri
5	2:08:36	Aggleton	Hugh	200	M		OM	Cardiff Harlequins
6	2:10:19	Parry	Neil	149	M		OM	Clwydian Range Runners
7	2:10:23	Davies	Michael	265	M		M40	Sarn Helen
8	2:10:33	Ford	John	203	M		M40	Mysteruns of Abergele
9	2:12:13	Thomas	Carwyn	89	M		OM	Sarn Helen
10	2:12:30	James	Ian	42	M		M45	Wreccsam AC
11	2:13:10	Armstrong	Mark	119	M		OM	Silson Joggers
12	2:13:14	Parker	Chris	59	M		M40	Swansea Harriers
13	2:13:55	Ellis	Wayne	45	M		OM	Bitton RR
14	2:14:37	Hartnell	Haydn	193	M		M45	Islwyn
15	2:15:05	Wells	Matthew	255	M		OM	Brackla Harriers
16	2:15:20	Hawkes	Stuart	184	M		OM	Amazing Feet RC
17	2:15:37	Rees	Andrew	10	M		OM	NONE

18	2:16:07	Evans	Mike	307	M
19	2:16:57	Terry	John	145	M
20	2:17:13	Price	Glyn	267	M
21	2:17:14	Kulesa	Bernd	231	M
22	2:18:52	Dalton	Emma	583	F
23	2:20:35	Webster	Phoebe	629	F
24	2:20:39	Thompson	Joanna	502	F
25	2:20:49	Headon	David	275	M
26	2:21:05	Johns	Dean	91	M
27	2:21:18	Davies	Tim	248	M
28	2:21:27	Roberts	Dewi	207	M
29	2:21:29	Jones	Richard	277	M
30	2:22:14	Dixon	Dave	129	M
31	2:22:27	Chadwick	Robert	94	M
32	2:22:49	Jones	Geraint	312	M
33	2:22:56	Rose	David	31	M
34	2:23:41	Bateman	Jonathan	48	M
35	2:23:55	Hooson	Shaun	132	M
36	2:23:57	Ridgway	Sarah	543	F
37	2:24:17	Churchward	Ian	256	M
38	2:24:42	Aylmore	Jim	280	M
39	2:25:06	Cakebread	John	14	M
40	2:25:12	Williams	Alex	15	M
41	2:25:14	Ryan	Lorraine	611	F
42	2:25:18	Webborn	Martin	276	M
43	2:25:53	Durnall	Paul	46	M

OM	TROTS
OM	Westbury Harriers
M40	Sarn Helen
M40	3ms Gorseinon RR
OF	Westbury Harriers
OF	Aberystwyth AC
F50	Team Bath AC
M45	Les Croupiers
M40	TROTS
M40	NONE
M40	NONE
M50	Swansea Harriers
M45	British Airways
OM	NONE
OM	NONE
M45	Stourbridge RC
M60	RRC
M40	Buckley Runner
F35	Eryri
M40	Lytchett Manor Striders
M50	Poole Runners
M55	Poole Runners
M40	Port Talbot Harriers
F35	Gloucester AC
M45	Swansea Harriers
OM	Stourbridge RC

44	2:26:25	King	Paul	7	M
45	2:27:30	Tillott	Nigel	144	M
46	2:27:41	Walker	Ross	299	M
47	2:27:50	Beecher	Katie	577	F
48	2:28:11	Davidson	Robert	183	M
49	2:28:27	Kendrick	Phillip	273	M
50	2:28:35	Davies	Martin	158	M
51	2:28:59	Green	Martin	1	M
52	2:30:19	Birch	Sean	295	M
53	2:30:22	Thatcher	Andrew	148	M
54	2:30:45	King	Steve	95	M
55	2:31:07	Kisbee	Murry	268	M
56	2:31:18	Price	Huw	266	M
57	2:31:37	Hooper	Mike	92	M
58	2:31:39	Kingdom	Robert	85	M
59	2:31:47	Warrick	Michael	168	M
60	2:31:49	O'Duffy	Libby	573	F
61	2:32:20	Martin	Francis	223	M
62	2:32:36	Synge	Timothy	24	M
63	2:32:36	Barker	Louise	635	F
64	2:32:40	Parry	John	311	M
65	2:32:59	Kelly	Neil	294	M
66	2:33:35	Bridges	Steven	232	M
67	2:33:59	Duggan	Mike	79	M
68	2:34:11	Davies	Julie	526	F
69	2:34:28	Robbie	Neil	155	M

M50	Team Bath AC
M45	Tewkesbury AC
OM	Great Western Runners
OF	Les Croupiers
OM	Black Pear Joggers
M45	Rhayader RC
M50	Lliswerry Runners
OM	North Wales RR
M40	Iswyn RC
M40	Bitton RR
OM	Wye Valley Runners
M60	Sarn Helen
M45	Sarn Helen
OM	Black Pear Joggers
M40	Bitton RR
M55	Rhayader RC
F40	Les Croupiers
M45	Penny Lane Striders
M45	Westbury Harriers
OF	Aberystwyth AC
M55	Builth RC
OM	Penny Lane Striders
M45	NONE
M40	Bitton RR
F35	Griffithstown Harriers
M40	Black Pear Joggers

70	2:34:31	Crossley	Tony	290	M
71	2:34:37	Robberts	Geoff	239	M
72	2:34:48	Garbett	Richard	29	M
73	2:34:48	Poortinga	Wouter	67	M
74	2:34:49	McCallion	Thomas	43	M
75	2:34:49	Davies	Andrew	106	M
76	2:35:22	Hayes	Anthony	55	M
77	2:35:35	Mole	Robert	160	M
78	2:35:35	Guerrier	Chris	242	M
79	2:35:46	Harvey	Jessica	555	F
80	2:36:21	Edwards	Barrie	111	M
81	2:36:32	Bennett	Chris	264	M
82	2:36:37	Shields	Dominic	108	M
83	2:36:46	Ozanne	David	245	M
84	2:36:52	Davies	Michael	196	M
85	2:36:54	Cook	John	236	M
86	2:37:30	Nethercott	Steve	284	M
87	2:37:43	Evans	Aled	228	M
88	2:37:48	Titley	Norman	195	M
89	2:38:14	Hirrell	Martin	293	M
90	2:38:32	Hobday	Mike	271	M
91	2:38:33	Taylor	Alan	101	M
92	2:38:33	Evans	Daniell	298	M
93	2:38:34	Jarvis	Jacki	626	F
94	2:39:37	Thomas	James	197	M
95	2:38:42	Commander	Richard	167	M

M55	East Grinstead AC
M55	Poole Runners
OM	Oswestry Olympians
OM	Les Croupiers
OM	Telford Harriers
M55	Telford Harriers
OM	NONE
OM	Bromsgrove & Redditch
M55	Poole Runners
OF	Telford Harriers
M40	NONE
OM	NONE
M40	San Domenico
M50	Poole Runners
M60	Les Croupiers
M60	Sospan RR
M40	Lytchett Manor Striders
M45	Clwb Rhedeg Ardal Penlanfford
M45	NONE
M40	Penny Lane Striders
M50	Mysterruns of Abergele
M55	Mysteruns of Abergele
OM	NONE
F45	Oswestry Olympians
M45	Brackla Harriers
M55	Telford Harriers

96	2:39:22	Malthouse	Chris	20	M
97	2:39:54	Webb	Joseph	204	M
98	2:40:08	Hawkins	Vanessa	548	F
99	2:40:20	Sawyer	Keith	81	M
100	2:40:37	Wager	Ashley	296	M
101	2:40:50	Williams	Simon	313	M
102	2:40:55	Malthouse	Rachael	511	F
103	2:40:55	Roberts	Richard	164	M
104	2:40:59	Gregg	Simon	138	M
105	2:41:04	Cleary	Steve	211	M
106	2:41:18	Wells	Charlotte	615	F
107	2:41:28	Murphy	Andrew	185	M
108	2:41:35	Highfield	Colin	40	M
109	2:41:45	Boothroyd	Dave	110	M
110	2:42:03	Mahon	Keith	53	M
111	2:42:10	Scott	Jim	12	M
112	2:42:16	Prentice	Iain	157	M
113	2:42:22	Letheren	Michael	278	M
114	2:42:40	Jones	Garfield	225	M
115	2:42:45	Shacklock	Sue	539	F
116	2:42:47	Naughton	Aidan	309	M
117	2:43:02	Anthony	Carl	150	M
118	2:43:03	Grundy	Allison	527	F
119	2:43:04	Gibby	Sarah	634	F
120	2:43:05	James	Richard	283	M
121	2:43:48	Thompson	Teri	541	F

OM	Bitton RR
M40	Mysteruns of Abergele
F50	Bitton RR
M55	Bitton RR
M45	Eryri Harriers
OM	NONE
OF	Bitton RR
OM	Team Bath AC
OM	Amazing Feet RC
OM	Cobra RC
OF	Brackle Harriers
OM	NONE
M45	Sneyd Striders
M45	Buckley Runner
M45	Village RR
M55	Cheddar RC
M40	Ludlow Runners
M55	Lordshill RR
M50	Islwyn
F40	Black Pear Joggers
M45	Westbury Harriers
OM	Malvern Joggers
F35	Tattenhall Runners
OF	Rhedwyr Emlyn Runners
M45	Rhedwyr Emlyn Runners
F40	Black Pear Joggers

122	2:43:48	Adams	Nick	127	M
123	2:43:51	Dobbs	Russell	190	M
124	2:43:54	Witts	David	73	M
125	2:44:02	Orme	Richard	77	M
126	2:44:03	Higgs	Mark	60	M
127	2:44:03	Yale	Julie	618	F
128	2:44:07	Amos	Mark	214	M
129	2:44:11	Malkin	Alayne	609	F
130	2:44:17	Davies	Martin	37	M
131	2:44:36	Vlaarkamp	Judith	623	F
132	2:44:49	Joseph	Patrick	103	M
133	2:44:50	Worthing	Anita	580	F
134	2:44:55	Pearson	Simon	244	M
135	2:45:03	Hardwick	Rob	238	M
136	2:45:11	O'Leary	Bryan	220	M
137	2:45:34	Sheppard	Dave	47	M
138	2:45:40	Rowlands	Glyn	202	M
139	2:45:59	Jenkins	GH	251	M
140	2:46:14	McCann	Paul	192	M
141	2:46:15	Barker	Rob	75	M
142	2:46:18	Tann	Garry	272	M
143	2:46:19	Nash	Ian	234	M
144	2:46:31	Goodwin	David	230	M
145	2:46:59	Morgan	Ray	205	M
146	2:47:37	Newman	Paul	213	M
147	2:48:01	Brown	Janet	510	F

OM	Black Pear Joggers
OM	Islwyn
OM	NONE
M45	Shropshire Shufflers
M45	Stourbridge RC
F50	Mysteruns of Abergele
M40	W4 Harriers
F45	TRA
OM	NONE
OF	Lytchett Manor Striders
M40	Lordshill RR
F50	Aberyswyth AC
M45	Aldrige RC
M40	Penny Lane Striders
M40	Amman Valley Harriers
M50	Stourbridge RC
M50	Meirionnydd RC
M40	Amman Valley Harriers
OM	NONE
OM	NONE
M50	Mynterruns of Abergele
M40	Bitton RR
M40	Sandwell Valley
OM	Griffithstown Harriers
M45	Malvern Joggers
F50	Bitton RR

148	2:48:21	Myers	Tony	11	M
149	2:48:28	Lauder	Michaela	553	F
150	2:48:33	Mansfield	Kylie	540	F
151	2:48:51	Steer	David	194	M
152	2:48:51	Cromie	Andrew	269	M
153	2:48:54	O'Sullivan	Tim	16	M
154	2:48:55	Burrows	Barry	187	M
155	2:49:06	Rees	John	302	M
156	2:49:08	Sterry-Macdonald	George	23	M
157	2:49:27	Cowley	Carol	563	F
158	2:49:41	McFadden	Roger	109	M
159	2:50:00	Kingdon	Mark	35	M
160	2:50:02	Law	Andrew	258	M
161	2:50:28	Brown	Christopher	17	M
162	2:50:28	Moffett	Brian	39	M
163	2:50:54	Thornton	Daniel	306	M
164	2:51:10	Baylis	Nick	137	M
165	2:51:27	Hammerson	Richard	96	M
166	2:51:38	Copus	Chris	285	M
167	2:51:47	Mail	David	98	M
168	2:52:03	Elliot	Robin	44	M
169	2:52:10	Zammit	Arthur	22	M
170	2:52:26	Thompson	Michael	2	M
171	2:52:29	Brooks	Richard	51	M
172	2:52:51	Palmer	Richard	56	M
173	2:52:56	Hartman	Loes	522	F

M50	Southville RC
OF	Cybi Striders
OF	Wye Valley Runners
M40	Maldwyn Harriers
M45	Rhayader RC
M50	Les Croupiers
OM	Sphinx AC
M45	Pembrokeshire Harriers
OM	Amazing Feet RC
F55	Tewkesbury AC
M60	Birmingham R,A &TC
M45	Bitton RR
M45	NONE
OM	Bitton RR
M60	NONE
OM	Brecon AC
OM	NONE
M65	Reading RR
M55	Maldwyn Harriers
M55	Cambridge & Colderide AC
M45	Shropshire Shufflers
OM	Telford Harriers
M50	Team Bath AC
M40	Cobra RC
M45	NONE
OF	Stourbridge RC

174	2:53:11	Pownall	Lee	304	M
175	2:53:22	Wenlock	Tony	139	M
176	2:53:38	Edwards	Amy	633	F
177	2:53:47	Worth	Laurence	270	M
178	2:53:54				
179	2:54:04	Collett	Sarah	557	F
180	2:54:05	Owen	Ian	188	M
181	2:54:10	Humphries	John	274	M
182	2:54:23	Tatton	Jonathan	199	M
183	2:54:33	Gillan	Robert	118	M
184	2:54:48	Quinn Aziz	Abyd	249	M
185	2:55:24	Cole	Felicity	636	F
186	2:55:28	Lee	Angela	567	F
187	2:55:38	Richardson	Sharron	517	F
188	2:55:43	Davies	Ian	286	M
189	2:55:47	Lewis	Phil	246	M
190	2:55:48	Ruhnke	Andreas	93	M
191	2:55:58	Richards	Maria	631	F
192	2:56:09	Cockwell	Stephen	243	M
193	2:56:12	Allan	Peter	115	M
194	2:56:14	Hayes	Sadie	519	F
195	2:56:18	Vyner	Graham	279	M
196	2:56:20	Hardy	Lorraine	604	F
197	2:56:22	Howes	Andrew	152	M
198	2:56:25	Jones	Anthony	62	M

M40	North Wales RRC
M55	Aberystwyth AC
OF	Rhondda valley Runners
M45	Pembrokeshire Harriers
OF	Cobra RC
OM	NONE
M50	Myseruns of Abergele
M45	NONE
M50	NONE
M50	Penarth & Dinas Runners
F45	Wye Valley Runners
F45	Lordshill RR
F35	Shropshire Shufflers
M55	Builth & District
M45	NONE
M40	Kenilworth Runners
F35	Islwyn RC
OM	NONE
M40	Black Pear Joggers
F40	NONE
M40	3M's Gorseinon RR
F50	Shropshire Shufflers
M45	Lordshill RR
OM	Black Pear Joggers

199	2:56:51	Hunter	Julian	3	M
200	2:56:58	James	Alyson	584	F
201	2:56:58	Eyre	Del	571	F
202	2:56:58	Eyre	Marcus	179	M
203	2:57:43	Burnett	Lucy	506	F
204	2:57:49	Portelli	Kellinu	113	M
205	2:57:56	Revell	Andy	181	M
206	2:58:30	Walker	Mick	308	M
207	2:58:39	Treharne	Ruth	630	F
208	2:58:40	Wright	Jeff	54	M
209	2:58:52	Ramakrishna Goud	Peeta	210	M
210	2:58:55	Roode	Steve	166	M
211	2:58:58	Cox	Stephen	142	M
212	2:59:16	Quill	Tony	240	M
213	2:59:17	Moore	Chris	136	M
214	2:59:19	Lewis	Neil	250	M
215	2:59:24	Birch	Coleen	632	F
216	2:59:28	Churchward	Robert	281	M
217	2:59:37	Cross	Roger	233	M
218	2:59:57	Cole	Barbara	514	F
219	3:00:04	Hawkins	Chris	131	M
220	3:00:07	Hardman	Robert	83	M
221	3:00:13	Knill	Julie	627	F
222	3:00:17	Bell	Austin	186	M
223	3:00:34	Dore	Anna Kaarina	574	F
224	3:00:58	Goddard	Alan	222	M

M55	Wreccsam Tri
F45	Bitton RR
F45	3Ms Gorseinon RR
M50	3ms Gorseonon RR
F35	Spa Striders
M40	Les Croupiers
OM	Black Pear Joggers
M40	Met Police AC
F45	Islwyn RC
M50	Telford Harriers
OM	Serpentine RC
M45	Malvern Joggers
M45	Shropshire Shufflers
M40	NONE
M55	NONE
M50	Mumbles Milers
F35	Islwyn RC
OM	Lytchett Manor Striders
M50	Poole Runners
F50	Shropshire Shufflers
M55	Forest of Dean AC
M40	Stourbridge RC
F40	Rhayader RC
M55	Mysturuns
F45	Bournemouth Joggers
M50	Oswestry Olympians

225	3:01:02	Lewis	Peter	303	M
226	3:01:06	Orme	Paul	292	M
227	3:01:15	Davies	Caryl	521	F
228	3:01:31	Conti	Jennie	579	F
229	3:01:34	Donnan	Graeme	68	M
230	3:01:40	Duggan	Lisa	530	F
231	3:01:49	Larwood	Alsion	532	F
232	3:02:10	Ashhead	Lee	257	M
233	3:02:30	Gillman	Darren	6	M
234	3:02:30	Amuelson	Katie	504	F
235	3:02:48	Whittall	Robert	30	M
236	3:02:49	Goldthorpe	Helen	559	F
237	3:02:54	Perkins	Christopher	74	M
238	3:03:00	Davies	Neil	65	M
239	3:03:14	Lester-Owen	Peter	229	M
240	3:03:21	Noble	Andrew	135	M
241	3:03:30	Cox	Simon	156	M
242	3:03:31	Turner	Phillip	64	M
243	3:03:34	Davies	Jonathan	282	M
244	3:03:36	Whitfield	Karl	261	M
245	3:03:36	Marande	Russell	259	M
246	3:04:04	Hamer	Nigel	61	M
247	3:04:33	Hale	Adam	254	M
248	3:04:56	Leonard	Christopher	163	M
250	3:05:06	Seaman	Carl	191	M
251	3:05:10	Preece	Wayne	216	M

M45	NONE
OM	Cobra RC
OF	Sarn Helen
F55	Builth & Dist AC
M55	Les Croupiers
F40	Bitton RR
F40	Telford Harriers
OM	NONE
OM	Spa Striders
OF	Cambridge & Colderide AC
OM	NONE
OF	Kirkstall Harriers
OM	NONE
M40	Shropshire Shufflers
M45	Mysteruns of Abergele
M40	Chase Harriers
M45	NONE
M40	Llanelli Triathlon Club
M45	Sospan RR
OM	Lytchett Manor Striders
OM	Lytchett Manor Striders
M40	NONE
OM	RAF
M50	Bitton RR
OM	Rhondda Valley Runners
M55	NONE

252	3:05:11	Quinn	Nicola	576	F
254	3:06:14	Llewellyn	Tammy	562	F
255	3:06:14	Llewellyn	Dafydd	161	M
256	3:06:29	Campbell	Malcolm	180	M
257	3:06:42	Maher	Chris	41	M
258	3:06:42	Edwards	Tracy	610	F
259	3:06:42	Oliver	Ben	88	M
260	3:07:09	Towner	Haunah	625	F
261	3:07:09	Lewis	Howard	288	M
262	3:07:15	Rose	Ian	100	M
263	3:05:40	Barrett	Roger	122	M
263	3:07:15	Rose	Duncan	99	M
264	3:07:22	Morgan	Kevin	151	M
265	3:07:31	Millington	Eleanor	501	F
266	3:07:34	Thomas	Neil	27	M
267	3:08:02	Staniforth	Jane	515	F
268	3:08:19	O'Reilly	Haydn	301	M
269	3:08:32	Coleman	David	198	M
270	3:08:55	Savory	Mandy	607	F
272	3:09:01	Jones	Patrick	253	M
273	3:09:01	Pugh	Marc	247	M
274	3:09:01	Clarke	Paul	262	M
275	3:09:07	Burchett	Rainer	165	M
276	3:09:21	Berrow	Tim	72	M
277	3:09:27	Brown	Angela	621	F
278	3:09:41	Ridout	Mike	177	M

F40	Rhedwyr Emlyn Runners
OF	NONE
M40	NONE
M55	NONE
M55	NONE
F40	Rhondda Valley Runners
OM	Stroud & Dist AC
OF	Poole Runners
OM	Poole Runners
M50	NONE
M50	NONE
M55	Shrewsbury AC
OM	NONE
F45	Almost Athletes
M40	Bungay Black Dog
F50	Stroud & Dist AC
OM	NONE
M45	Bitton RR
F40	Bath AC
M40	NONE
OM	NONE
OM	Mumslee Milers
M70	Shaftesbury Barnett Harriers
OM	NONE
F40	Poole Runners
M55	Brackla Harriers

279	3:09:41	Hopkins	Vicki	520	F
280	3:09:58				
281	3:10:02	Quin	Stephen	86	M
282	3:10:18	McKenna	Martin	227	M
283	3:10:45	Lewis	Richard	49	M
284	3:10:50	Cook	Eva	602	F
285	3:11:03	Luke	Emily	508	F
286	3:11:21	Hill	Steve	13	M
287	3:11:24	Hallows	Jane	606	F
288	3:11:31	Edwards	Glenda	509	F
289	3:12:23	Kelly	Carolyn	518	F
290	3:13:04	Whittall	Phil	176	M
291	3:13:30	Buxton	Louise	533	F
292	3:13:31	Goodchild	Derek	8	M
293	3:13:33	Pye	David	105	M
294	3:13:37	Butler	Colin	34	M
295	3:13:50	Knott	Shane	143	M
296	3:13:56	Martin	Denzil	170	M
297	3:13:58	Thornton	Jane	575	F
298	3:14:01	Butler	Lauren	613	F
299	3:14:02	Alsworth	Michael	224	M
300	3:14:03	Goodwin	Jane	523	F
301	3:14:09	Thomas	Rose	603	F
302	3:14:28	Jones	Sue	554	F
303	3:14:37	Jones	Carole	586	F

F50	NONE
OM	Les Croupiers
M55	Spirit of Monmouth
OM	Celtic Tri
F55	Sospan RR
OF	Penarth & Dinas Runners
M45	Penarth & Dinas Runners
F35	Penny Lane Striders
F45	Les Croupiers
F35	Cobra RC
OM	Shrewsbury AC
F45	Team Bath AC
M60	Lordshill RR
M55	Amazing Feet RC
OM	Telford Harriers
OM	Penny Lane Striders
OM	Wrekin RR
F40	Westbury Harriers
OF	NONE
M55	100 Marathon Club
F40	Westbury Harriers
F55	Rhayader RC
F45	Cybi Striders
F55	Brecon AC

304	3:14:39	Cheseldine	Noel	212	M
305	3:14:47	Williams	Melanie	587	F
306	3:14:47	Grant	Pamela	596	F
307	3:15:22	Mitchell	Paul	130	M
308	3:16:00	Rees	David Bryan	146	M
309	3:16:21	Warrington	Frankie	525	F
310	3:17:19	Horner	James	141	M
311	3:17:49	Banning-Boddy	Nondus	544	F
312	3:18:09	Corns	Ian	159	M
313	3:18:29	Wood	Chris	128	M
314	3:18:57	Lewis	Sarah	570	F
315	3:19:37	Lowrey	Carol	513	F
316	3:20:32	James	Heulwen	599	F
317	3:21:32	De Orte Jiminez	Lidia	591	F
318	3:21:18	Hully	Peter	33	M
319	3:21:21	Ferguson	Paul	120	M
320	3:21:25	Leddle	Michael	305	M
321	3:21:38	Saunders	Rachel	588	F
322	3:21:37	Carney	Lisa	589	F
323	3:22:16	Sharratt	Tracy	601	F
324	3:22:29	Stanley	Drew	125	M
325	3:22:29	Harvey	David	126	M
326	3:22:33	Hurdridge	Christine	593	F
327	3:22:34	Sharpe	Faye	592	F
328	3:22:38	Sanderson	John	241	M
329	3:23:13	Harper	Gill	556	F

OM	Village RR
F45	Mysteruns of Abergele
F50	Mysteruns of Abergele
M40	Wreccsam Tri
M60	Rhedwyr Emlyn Runners
F50	Dudley & Kingswinford
OM	Les Croupiers
F60	Rhayader RC
M40	Dudley & Kingswinford
M50	Shropshire Shufflers
F40	Amazing Feet RC
F50	Bitton RR
F40	Rhedwyr Emlyn Runners
OF	Rhedwyr Emlyn Runners
M45	NONE
M45	NONE
OM	Brecon AC
F45	Wallasey AC
OF	Wallasey AC
F35	TROTS
M40	Black Pear Joggers
M40	NONE
F55	3Ms Gorseinon RR
F50	3Ms Gorseinon RR
M50	3ms Gorseonon RR
F45	Cobra RC

330	3:24:09	Lukehurst	Tessa	524	F
331	3:24:37	Carmichael	Chris	300	M
332	3:24:38	Evans	Deborah	590	F
333	3:24:41	Jones	Brenda	614	F
334	3:24:45	Lewis	Julie	569	F
336	3:25:00	Warrick	Stephanie	568	F
337	3:25:09	Ainscow	Barrie	124	M
338	3:25:16	Thomas	Caroline	536	F
339	3:25:49	Davies	Rob	169	M
340	3:25:52	Russell	Andrew	182	M
341	3:26:02	Murray-Crisp	John	32	M
342	3:26:29	Bolton	David	97	M
343	3:26:59	McDonald	David	114	M
344	3:27:07	Roberts	David	134	M
345	3:27:23	Phillips	Stefan	52	M
346	3:27:26	Ward	Beverley	507	F
347	3:27:33	Brown	Lindsay	172	M
348	3:28:54	Richards	Philip	291	M
349	3:30:36	Cowling	Gert	641	F
350	3:30:38	Evans	Rachel	644	F
351	3:33:14	Powell	Michael	235	M
352	3:33:54	McCudden	Simon	36	M
354	3:34:31	Phillips	David	82	M
355	3:34:48	Healy	Joanne	546	F
356	3:34:48	Bundock	Sarah	594	F
357	3:35:16	Thomas	Abi	642	F

F45	Fetch Everyone RC
M45	NONE
F40	Sole Sisters
F65	Bro Dysynni AC
F40	Islwyn
F55	Rhayader RC
M45	Dragons RC Sale
F50	Team Bath AC
M50	Buckley Runner
M40	Westbury Harriers
M45	Wreccsam Tri
OM	NONE
M40	Les Croupiers
M45	NONE
OM	NONE
F45	WRN (Newton Abbot)
M40	NONE
OM	NONE
F60	NONE
F35	Rhayader RC
M60	Shropshire Shufflers
M45	Ripon Runners
M65	Pembrokeshire Harriers
F35	Dragons RC Sale
F35	Dragons RC Sale
OF	Stourbridge RC

358	3:35:16	Cain	Ingrid	643	F
359	3:35:22	Gill	Colin	287	M
360	3:36:33	Evans	Kathleen	605	F
361	3:37:00	Edwards	Richard	90	M
362	3:37:55	Paterson	Susan	608	F
363	3:38:14	Murray	Rachel	598	F
364	3:38:32	Davies	Dee	638	F
365	3:40:23	Jones	David	221	M
366	3:40:50	Fordham	Jan	505	F
367	3:40:51	Dukes	Mike	208	M
368	3:41:19	Bradley	Roger	9	M
369	3:41:32	Williams	Carol	538	F
370	3:43:20	Williams	Sarah	561	F
371	3:43:21	Osborne	Linda	534	F
372	3:44:42	Hawes	Mike	140	M
373	3:46:07	Houlton	Alison	616	F
374	3:46:07	Collins	Peter	260	M
375	3:49:01	Swann	Philip	209	M
376	3:50:48	Dunn	Gareth	226	M
377	3:51:15	Hooper	Jo	639	F
378	3:51:31	Costello	Amanda	578	F
379	3:52:06	Shepherd	Suzie	585	F
380	3:52:59	Wild	Stuart	70	M
381	3:53:03	Kotsiopoulos	Laetitia	612	F
382	3:53:03	Kotsiopoulos	Costa	252	M
383	3:53:26	Jones	Gudrun	624	F

F50	Stourbridge RC
M60	Team Coco
F60	Brackla Harriers
M40	NONE
F50	NONE
OF	NONE
F35	Rhayader RC
M45	Mysteruns of Abergele
F55	Lordshill RR
M60	Lordshill RR
M65	Lordshill RR
F50	Bitton RR
F35	Shropshire Shufflers
F45	Shropshire Shufflers
M45	NONE
F35	Lytchett Manor Striders
M40	Lytchett Manor Striders
M45	Sospan RR
OM	NONE
F40	Black Pear Joggers
F45	Wol
F40	Chepstow Harriers
M60	Black Pear Joggers
OF	Team K
OM	Team K
F50	Sarn Helen

384	3:54:06	Farrington	Carol	637	F
385	3:54:53	Cox	Mary	640	F
386	3:55:25	Fletcher	Sally	549	F
387	3:55:48	Brabrook	Andrea	622	F
388	3:59:52	Hope	Craig	289	M
389	4:01:36	Stanley	Debbie	545	F
390	4:02:01	Swales	Rosie	514	F
391	4:03:32	Evans	Haut	620	F
392	4:05:51	Pritchard	Clare	595	F
393	4:06:42	Jones	Shirley	582	F
394	4:10:55	Lane	Carron	565	F
395	4:10:57	Dyde	Ros	535	F

F65	Rhayader RC
F55	Shropshire Shufflers
F35	Spirit of Monmouth
F35	Rhedwyr Emlyn Runners
OM	NONE
F40	Black Pear Joggers
F60	TROTS
F45	Bro Dysymmi AC
OF	Spirit of Monmouth
F50	Wolverhampton & Bilston
F45	Winston Runners
F50	Winston Runners