

## PowerHouse Cardiff Marathon 2002 - Results

Pos	#	Name	M/F	Cat	Team	Time
1	39	Dominic Croft	M		Woodstock Harriers	2:32:04
2	14	Michael Evans	M		TROTS	2:35:49
3	34	Howard Parsell	M	40		2:39:49
4	48	Alister Jones	M			2:44:15
5	1107	Gareth Thomas	M			2:46:55
6	1256	Paul Abraham	M		Swansea Harriers	2:47:27
7	8	Ian Spilsbury	M		Penarth & Dinas	2:47:57
8	43	Rob Atkin	M			2:48:39
9	49	David Headon	M	40	Les Croupiers	2:49:21
10	30	Andrew Phillips	M		Islwyn R C	2:51:19
11	51	Crispin Flower	M		Mynyddwr De Cymru	2:51:52
12	38	Mike Lewis	M			2:52:26
13	1437	Stefan Immisch	M		Uni of Wales	2:54:45
14	36	David Coles	M	40	Les Croupiers	2:54:54
15	21	Neil Marke	M		Bideford A A C	2:55:44
16	32	Sandy Johnston	M	50	Les Croupiers	2:56:00
17	1521	Stuart Butcher	M			2:56:44
18	1343	Andrew Keron	M			2:56:58
19	1353	Michael Evans	M	40	Neath	2:57:56
20	15	Nicholas Gidman	M			2:58:09
21	6	James Smith	M		R N A C	2:58:26
22	11	Dean John	M		TROTS	2:58:52
23	1429	Gareth Williams	M			2:59:39
24	29	James Murray	M		Bideford A A C	3:00:08
25	1531	Adrian Reilly	M		Fairwater	3:01:19
26	1472	Andrew Maynard	M			3:01:23
27	1117	Ian McMillan	M			3:02:42
28	22	Christopher Nellins	M	45	Headington Harriers	3:03:43
29	1387	Mark Williams	M			3:03:59
30	1486	Ian Sharpe	M	45	3 M Gorseinon	3:04:15
31	1508	David Freeman	M		Solihull & Small Heath	3:05:56
32	1356	Mark Evans	M			3:06:30
33	1071	David Wyles	M	45		3:07:15
34	1051	Matthew Davey	M		Les Croupiers	3:09:31
35	1485	Mark Garrett	M			3:09:43
36	1275	Leighton Ballett	M	40	Tri Sport Epping	3:09:59
37	1460	Edwin Evans	M	55	Welsh Veterans	3:10:17
38	1166	Carl Ellis	M			3:11:04
39	1146	Anthony Hall	M	45	Sam Helen	3:11:18
40	1476	Rob Watts	M		Dulwich Runners	3:11:46
41	1176	Phylip James	M	40	R R C	3:12:03
42	52	Scott Howell	M	40	Les Croupiers	3:12:29
43	2702	William Teague	M	40		3:13:20
44	1120	Jonathan Barlow	M			3:13:38
45	1446	Cai Britton	M		Les Croupiers	3:13:46
46	47	Bruce Hall	M		Standard Life	3:14:23
47	1147	Nicholas Clifford	M			3:14:39
48	2635	Graham Ford	M			3:14:40
49	1469	Ben Farag	M	40		3:14:41
50	1405	Mark Cockbain	M		R R C	3:14:43
51	1455	Les Hewitson	M		Cardigan R C	3:14:50
52	1430	Roy Barnes	M	40	R R C	3:14:51

53	1268	<b>Colin Ward</b>	M	45		<b>3:15:05</b>
54	1428	<b>Robin Ruston</b>	M	45	Cleethropes A C	<b>3:15:09</b>
55	1529	<b>Sarah McLoughlin</b>	F		Les Croupiers	<b>3:15:11</b>
56	2555	<b>Dave Oldham</b>	M			<b>3:15:29</b>
57	1505	<b>Wayne Morgan</b>	M		Hengoed R R	<b>3:16:18</b>
58	1484	<b>Jim Carnie</b>	M			<b>3:16:20</b>
59	19	<b>Graham Jones</b>	M			<b>3:16:21</b>
60	1411	<b>David Hall</b>	M			<b>3:16:22</b>
61	1377	<b>John Hargreaves</b>	M	45	Great Western Runners	<b>3:16:27</b>
62	1057	<b>Brian Thompson</b>	M			<b>3:16:47</b>
63	1319	<b>Steven Jones</b>	M			<b>3:16:50</b>
64	1359	<b>Paul Tedder</b>	M			<b>3:17:09</b>
65	1533	<b>Stephen Davies</b>	M		Port Talbot Harriers	<b>3:17:25</b>
66	1296	<b>Tom Yapp</b>	M			<b>3:17:36</b>
67	1311	<b>John Moulton</b>	M	40		<b>3:17:40</b>
68	1344	<b>Nicholas Brown</b>	M	40	Pembrokeshire Harriers	<b>3:17:44</b>
69	1078	<b>Alan Mann</b>	M	45	Les Croupiers	<b>3:18:09</b>
70	17	<b>Andy Macaskill</b>	M		British Airways A C	<b>3:18:23</b>
71	42	<b>Christopher Ryan</b>	M			<b>3:18:41</b>
72	1409	<b>Stephen Case</b>	M			<b>3:19:00</b>
73	1214	<b>Simon Maynard</b>	M			<b>3:19:00</b>
74	10	<b>Anthony Yates</b>	M		Cannons	<b>3:19:26</b>
75	1440	<b>Gina Borley</b>	F	35	Ryston Runners	<b>3:20:02</b>
76	2567	<b>John Murray</b>	M			<b>3:20:30</b>
77	1336	<b>Andrew Rich</b>	M		Plymstock Road Runners	<b>3:20:32</b>
78	1005	<b>Ray Donovan</b>	M	50	Les Croupiers	<b>3:20:53</b>
79	1458	<b>Graeme Donnan</b>	M	45	Les Croupiers	<b>3:21:22</b>
80	1036	<b>Sadie Hayes</b>	F			<b>3:21:26</b>
81	1035	<b>Anthony Hayes</b>	M			<b>3:21:26</b>
82	1479	<b>Colin Jones</b>	M		Barking Road Runners	<b>3:21:27</b>
83	1443	<b>Dean Malson</b>	M		Fairwater	<b>3:21:29</b>
84	1228	<b>Sean Courtney</b>	M			<b>3:21:32</b>
85	1515	<b>Robert Hardy</b>	M	55	Fairlands Valley Spartans	<b>3:21:53</b>
86	1261	<b>Llewellyn Rhys</b>	M			<b>3:21:57</b>
87	1452	<b>Steve Rosewell</b>	M			<b>3:22:00</b>
88	1119	<b>Veronica Singleton</b>	F	40	Les Croupiers	<b>3:22:13</b>
89	1468	<b>Andrew Wilmot</b>	M	55	100 Marathon Club	<b>3:22:35</b>
90	1454	<b>Lynn Green</b>	F	40	Cardigan R C	<b>3:22:52</b>
91	2751	<b>James Turner</b>	M			<b>3:22:57</b>
92	1145	<b>David Sedzik</b>	M			<b>3:23:17</b>
93	2002	<b>Craig Standage</b>	M			<b>3:23:24</b>
94	1517	<b>Lee Davies</b>	M		Aberdare Roadies	<b>3:23:28</b>
95	1451	<b>Dale Barlow</b>	M	40		<b>3:23:40</b>
96	1375	<b>Garteh Jenkins</b>	M			<b>3:23:45</b>
97	1432	<b>Mark Dunscombe</b>	M	40	Sam Helen	<b>3:23:50</b>
98	1427	<b>David Jones</b>	M		Abergele Harriers	<b>3:23:52</b>
99	1172	<b>Richard Self</b>	M			<b>3:23:52</b>
100	1318	<b>Gary Wade</b>	M	40	R R C	<b>3:23:54</b>
101	3161	<b>Khalid Ahmed</b>	M			<b>3:24:27</b>
102	1374	<b>Dean Packer</b>	M			<b>3:24:29</b>
103	1242	<b>David Johns</b>	M	45		<b>3:24:47</b>
104	28	<b>Barrie Dickinson</b>	M			<b>3:25:21</b>
105	1350	<b>Paul Hay</b>	M	45	Miskin Manor	<b>3:25:28</b>
106	1445	<b>David Browning</b>	M	60	R R C	<b>3:25:33</b>
107	2668	<b>Nigel Legge</b>	M	50	Fairwater	<b>3:25:33</b>

108	1295	<b>Christopher Smart</b>	M	R R C	<b>3:25:58</b>
109	1439	<b>Clive Osmond</b>	M 40	Les Croupiers	<b>3:25:59</b>
110	1489	<b>Simon Evans</b>	M		<b>3:25:59</b>
111	1136	<b>Lindsay Emyr</b>	F	Cardiff A A C	<b>3:26:14</b>
112	1431	<b>Arthur Brooks</b>	M 50	St Albans Striders	<b>3:26:21</b>
113	1091	<b>Paul Kinsey</b>	M		<b>3:26:26</b>
114	1441	<b>John Pask</b>	M 60	Islwyn R C	<b>3:26:32</b>
115	1103	<b>John Hale</b>	M 40		<b>3:26:35</b>
116	1477	<b>Graham Colvin</b>	M		<b>3:26:53</b>
117	1270	<b>Richard Ormrod</b>	M		<b>3:27:01</b>
118	1308	<b>Kevin Knight</b>	M	Swansea Harriers	<b>3:27:15</b>
119	1464	<b>Sandra Wolanski</b>	F 40	Eynsham R R	<b>3:27:41</b>
120	1189	<b>Ian Ceely</b>	M	South Devon A C	<b>3:27:44</b>
121	1457	<b>Ivor Cardwell</b>	M	Newport Harriers	<b>3:27:45</b>
122	1329	<b>Simon Huges</b>	M	Cardiff University	<b>3:28:03</b>
123	1292	<b>Antoinette Thomas</b>	F	Les Croupiers	<b>3:28:21</b>
124	1001	<b>Eric Hughes</b>	M 60	Bridgend	<b>3:28:22</b>
125	1532	<b>Tim O'Donovan</b>	M		<b>3:28:44</b>
126	1056	<b>Calvin Harris</b>	M		<b>3:28:51</b>
127	2642	<b>Alexander Matthews</b>	M		<b>3:28:54</b>
128	1063	<b>Michael Letwenjuk</b>	M		<b>3:29:04</b>
129	1315	<b>Simon Hurford</b>	M 40		<b>3:29:11</b>
130	1040	<b>Peter Cottnam</b>	M	Penarth & Dinas	<b>3:29:16</b>
131	2073	<b>Paul Dawes</b>	M		<b>3:29:25</b>
132	1067	<b>Peter Moon</b>	M		<b>3:29:39</b>
133	1300	<b>Mike Woods</b>	M		<b>3:29:50</b>
134	2202	<b>Jeffrey Davies</b>	M		<b>3:30:00</b>
135	2651	<b>Keiron Jones</b>	M		<b>3:30:06</b>
136	1148	<b>Robert Stephens</b>	M 40	Multisport	<b>3:30:09</b>
137	1473	<b>Darren Stevens</b>	M	Merthyr Warriors	<b>3:30:14</b>
138	1279	<b>Jonathan Hourihan</b>	M		<b>3:30:26</b>
139	1084	<b>Daniel Regan</b>	M		<b>3:30:27</b>
140	2704	<b>Gary Powell</b>	M		<b>3:30:39</b>
141	1438	<b>Clive Stevenson</b>	M 40	Sospan Road Runners	<b>3:31:12</b>
142	2677	<b>Gerry OBeirne</b>	M 40		<b>3:31:33</b>
143	1276	<b>Sean Powers</b>	M		<b>3:31:47</b>
144	1528	<b>Esther Williams</b>	M		<b>3:32:04</b>
145	2669	<b>Juliet Davey</b>	F 40	Brackla Harriers	<b>3:32:07</b>
146	2046	<b>Paul Brown</b>	M		<b>3:32:09</b>
147	1366	<b>Paul Taylor</b>	M		<b>3:32:13</b>
148	2582	<b>Geoffrey Jones</b>	M		<b>3:32:32</b>
149	4	<b>Paul Miller</b>	M 40	Pegasus	<b>3:32:49</b>
150	1422	<b>Jim Pooley</b>	M 40		<b>3:32:51</b>
151	46	<b>Mark Davies</b>	M	Port Talbot Harriers	<b>3:32:53</b>
152	2259	<b>Robert Lewis</b>	M 50		<b>3:33:02</b>
153	1150	<b>Mark Amos</b>	M		<b>3:33:08</b>
154	1060	<b>Andrew Godwin</b>	M 40		<b>3:33:20</b>
155	1352	<b>Mark Evans</b>	M 40		<b>3:33:36</b>
156	1413	<b>Arwel Jones</b>	M 40		<b>3:33:43</b>
157	2745	<b>Damion Huggins</b>	M		<b>3:34:00</b>
158	1304	<b>Philip Morgan</b>	M 40		<b>3:34:03</b>
159	1349	<b>Leonard Richards</b>	M 50		<b>3:34:09</b>
160	2182	<b>Shan Morgan</b>	F		<b>3:34:34</b>
161	1244	<b>Michael Davies</b>	M 40		<b>3:34:45</b>
162	1025	<b>Blair Drummond</b>	M 40		<b>3:34:48</b>

163	1173	<b>Keith Thompson</b>	M 40		<b>3:34:50</b>
164	2018	<b>Chris Moore</b>	M 40		<b>3:35:25</b>
165	1373	<b>Gregory Ogilvie</b>	M		<b>3:35:27</b>
166	1396	<b>John Carpanini</b>	M		<b>3:35:41</b>
167	1230	<b>David Burgess</b>	M		<b>3:35:50</b>
168	1448	<b>James Barr</b>	M	Willowfield	<b>3:36:06</b>
169	1307	<b>Stephen Bendle</b>	M	Swansea Harriers	<b>3:36:19</b>
170	1281	<b>Chris Elvidge</b>	M		<b>3:36:20</b>
171	1504	<b>John Picton</b>	M 50		<b>3:36:27</b>
172	1465	<b>John Rhoden</b>	M 45		<b>3:36:27</b>
173	1252	<b>Michael Beynon</b>	M		<b>3:36:34</b>
174	1048	<b>Michelle Greatrex</b>	F		<b>3:36:57</b>
175	2726	<b>Jonny Gibson</b>	M		<b>3:36:59</b>
176	1527	<b>Paul Marchant</b>	M 45		<b>3:37:00</b>
177	1229	<b>David Palmer</b>	M 40	Vegetarian C & A C	<b>3:37:05</b>
178	1372	<b>Robert Griffith</b>	M 40		<b>3:37:09</b>
179	1370	<b>Carole Trolen</b>	F 45	Brecon A C	<b>3:37:19</b>
180	1514	<b>Andrew Foster</b>	M		<b>3:37:26</b>
181	1111	<b>Stephen Payne</b>	M 40		<b>3:37:42</b>
182	1271	<b>Nigel Cockram</b>	M 50		<b>3:37:49</b>
183	1346	<b>Marc Cuddihy</b>	M 40		<b>3:38:06</b>
184	1471	<b>James Almond</b>	M		<b>3:38:15</b>
185	2253	<b>David Shearer</b>	M		<b>3:38:24</b>
186	1470	<b>Alan Littlejohns</b>	M 55	South West Road Runners	<b>3:38:30</b>
187	2452	<b>Gerard Brophy</b>	M		<b>3:38:31</b>
188	1068	<b>Andrew Alford</b>	M 45		<b>3:38:34</b>
189	1322	<b>Stephen Katchi</b>	M		<b>3:38:35</b>
190	1293	<b>Michael Jones</b>	M		<b>3:38:36</b>
191	2728	<b>Peter Davies</b>	M 55		<b>3:38:38</b>
192	1212	<b>David McDonald</b>	M 40	R R C	<b>3:38:39</b>
193	1290	<b>Des Hewitt</b>	M	North Staffs Road Runners	<b>3:38:47</b>
194	1029	<b>Christopher Reynolds</b>	M		<b>3:38:50</b>
195	1314	<b>Philip Whitmore</b>	M	100 Marathon Club	<b>3:38:58</b>
196	1226	<b>Chris Godfrey</b>	M 50	North Devon Road Runners	<b>3:39:01</b>
197	1406	<b>Christian Vincent</b>	M		<b>3:39:11</b>
198	1386	<b>Peter Waldren</b>	M		<b>3:39:14</b>
199	1199	<b>James Bruce</b>	M	Pegasus	<b>3:39:16</b>
200	1108	<b>David Perrett</b>	M 40		<b>3:39:43</b>
201	1257	<b>Alwyn Powell</b>	M		<b>3:39:45</b>
202	1482	<b>Clive Luty</b>	M 60	Stockport Harriers	<b>3:40:07</b>
203	2255	<b>Matthew White</b>	M 45	Neath	<b>3:40:09</b>
204	1385	<b>Ian Herbert</b>	M		<b>3:40:10</b>
205	2709	<b>Anthony Ferguson</b>	M		<b>3:40:10</b>
206	1031	<b>Chris Wilkinson</b>	M 50	Cardiff Harlequins	<b>3:40:15</b>
207	1388	<b>Steven Whitford</b>	M		<b>3:40:18</b>
208	1393	<b>David Blake</b>	M		<b>3:40:22</b>
209	1265	<b>Dafydd Gwynn</b>	M		<b>3:40:25</b>
210	1187	<b>Andrew Bickle</b>	M 45	R R C	<b>3:40:27</b>
211	1509	<b>Simon Grant</b>	M		<b>3:40:29</b>
212	2713	<b>Nicholas Emmott</b>	M		<b>3:40:57</b>
213	3030	<b>Paul Sullivan</b>	M		<b>3:40:59</b>
214	1267	<b>Catrin Verrall</b>	F		<b>3:41:11</b>
215	1269	<b>Gruffudd Williams</b>	F		<b>3:41:11</b>
216	1491	<b>Paul Jennings</b>	M 40	Bideford A A C	<b>3:41:36</b>
217	1355	<b>Andrew Stephenson</b>	M		<b>3:41:38</b>

218	1492	<b>Philip Evans</b>	M 40		<b>3:41:48</b>
219	2601	<b>Geoffrey Davies</b>	M		<b>3:42:03</b>
220	1099	<b>Nicola Thomas</b>	F		<b>3:42:10</b>
221	1064	<b>Matthew Wilson</b>	M		<b>3:42:15</b>
222	1002	<b>Paul Allen</b>	M	Pontypridd	<b>3:42:15</b>
223	2294	<b>Michael Taylor</b>	M		<b>3:42:16</b>
224	1518	<b>Jason Donovan</b>	M	100 Marathon Club	<b>3:42:18</b>
225	3060	<b>Michael Johnson</b>	M		<b>3:42:19</b>
226	1392	<b>Gokul Patel</b>	M 45		<b>3:42:24</b>
227	2432	<b>Stephen Crandon</b>	M		<b>3:42:25</b>
228	1449	<b>John Williams</b>	M 60	100 Marathon Club	<b>3:42:27</b>
229	2556	<b>Matthew Jackson</b>	M		<b>3:42:36</b>
230	2512	<b>Darren Cole</b>	M		<b>3:42:38</b>
231	1043	<b>Philip Huckle</b>	M 40		<b>3:42:44</b>
232	2476	<b>Kathleen Bradbury</b>	F 40	Amman Valley	<b>3:42:50</b>
233	2600	<b>John Ainsley</b>	M		<b>3:42:54</b>
234	2587	<b>Steve Ashmore</b>	M		<b>3:43:08</b>
235	1328	<b>Richard Jones</b>	M		<b>3:43:10</b>
236	2503	<b>Mark Broom</b>	M 40		<b>3:43:20</b>
237	1397	<b>Harold Garner</b>	M 40		<b>3:43:52</b>
238	2688	<b>Sandra Davies</b>	F		<b>3:44:10</b>
239	1340	<b>Nick Lewis</b>	M		<b>3:44:12</b>
240	2563	<b>Kevin Jones</b>	M		<b>3:44:14</b>
241	1400	<b>Robert Kulik</b>	M		<b>3:44:16</b>
242	1134	<b>Simon Philpin</b>	M		<b>3:44:30</b>
243	1264	<b>Rhys Davies</b>	M		<b>3:44:52</b>
244	1055	<b>Peter Hughes</b>	M		<b>3:44:53</b>
245	2191	<b>Richard Bailey</b>	M		<b>3:44:57</b>
246	2103	<b>Marco Camilleri</b>	M		<b>3:45:06</b>
247	1345	<b>Jeremy Bright</b>	M		<b>3:45:23</b>
248	1420	<b>Bruce Catterson</b>	M 50		<b>3:45:26</b>
249	1162	<b>Noel Charlton</b>	M		<b>3:45:38</b>
250	1126	<b>Mandy Jones</b>	F 40	Islwyn R C	<b>3:45:44</b>
251	1127	<b>Stephen Jones</b>	M 40	Islwyn R C	<b>3:45:44</b>
252	1501	<b>Patrick Currie</b>	M 50	TROTS	<b>3:45:46</b>
253	1130	<b>David Maskell</b>	M 45		<b>3:45:51</b>
254	1090	<b>Damian Pathy</b>	M		<b>3:45:57</b>
255	2216	<b>Aled Jones</b>	M		<b>3:46:01</b>
256	1236	<b>Sally Haselhurst</b>	F		<b>3:46:06</b>
257	1237	<b>Nick Barford</b>	M		<b>3:46:11</b>
258	1016	<b>Russell Hutchings</b>	M	Splott Cons	<b>3:46:11</b>
259	3033	<b>Michael Crofts</b>	M		<b>3:46:22</b>
260	2498	<b>Gerald James</b>	M 50		<b>3:46:38</b>
261	2285	<b>Mark Davies</b>	M 40	Welsh Triathlon	<b>3:46:45</b>
262	1306	<b>Elena Thomas</b>	F 40	Cardiff A A C	<b>3:46:46</b>
263	1192	<b>Glen Jackson</b>	F 55	Simones	<b>3:46:51</b>
264	1021	<b>Howell Owen</b>	M 45	R R C	<b>3:46:55</b>
265	1461	<b>Wayne Bryant</b>	M	Brackla Harriers	<b>3:47:02</b>
266	1502	<b>John Barrett</b>	M 40		<b>3:47:18</b>
267	1376	<b>Christian Parker</b>	M		<b>3:47:22</b>
268	3064	<b>John Carroll</b>	M		<b>3:47:28</b>
269	1525	<b>Bruno Troisi</b>	M		<b>3:47:45</b>
270	2159	<b>Gary Phillips</b>	M		<b>3:47:45</b>
271	2654	<b>Carol Howell</b>	F 40		<b>3:47:48</b>
272	1283	<b>Darron Brewster</b>	M		<b>3:47:48</b>

273	1209	<b>Mark Kallenberg</b>	M 40		<b>3:47:50</b>
274	2706	<b>John Davies</b>	M 50		<b>3:47:52</b>
275	2232	<b>Matthew Witherstone</b>	M		<b>3:48:09</b>
276	2752	<b>Frank Williams</b>	M 45		<b>3:48:12</b>
277	2596	<b>Clifford Diego</b>	M 45		<b>3:48:16</b>
278	1410	<b>Colin Poole</b>	M 65	Blackheath Harriers	<b>3:48:24</b>
279	1273	<b>Simon Wooster</b>	M		<b>3:48:32</b>
280	1096	<b>Haydn Williams</b>	M 60		<b>3:48:48</b>
281	1238	<b>Hadrian Evans</b>	M 50	Virtual Runners	<b>3:48:48</b>
282	1105	<b>Stephen Cray</b>	M 40		<b>3:48:56</b>
283	2478	<b>Owain Griffiths</b>	M		<b>3:48:57</b>
284	2624	<b>Kieron Scott</b>	M		<b>3:48:58</b>
285	2705	<b>Stephen Smith</b>	M 40		<b>3:49:00</b>
286	1499	<b>Syd Wheeler</b>	M 60	Chepstow Harriers	<b>3:49:03</b>
287	2524	<b>Susan Tagg</b>	F 35		<b>3:49:05</b>
288	1207	<b>Kevin OConnor</b>	M		<b>3:49:31</b>
289	1407	<b>John Lovell</b>	M 50	Neath	<b>3:49:34</b>
290	2753	<b>David Bryer</b>	M		<b>3:49:34</b>
291	1414	<b>Mark Edwards</b>	M		<b>3:49:37</b>
292	1200	<b>David Webester</b>	M		<b>3:49:47</b>
293	2252	<b>Stuart Ansell</b>	M		<b>3:49:47</b>
294	2696	<b>Angela Brown</b>	F 45	Chepstow Harriers	<b>3:49:48</b>
295	2697	<b>Andrew Price</b>	M 45	Chepstow Harriers	<b>3:49:48</b>
296	1453	<b>John Edwards</b>	M 50		<b>3:49:54</b>
297	2714	<b>George Johnson</b>	M 50		<b>3:49:57</b>
298	1357	<b>Katherine John</b>	F		<b>3:49:59</b>
299	1362	<b>Raymond Norman</b>	M 40		<b>3:50:04</b>
300	1358	<b>Stewart Kinloch</b>	M 40		<b>3:50:13</b>
301	2113	<b>Roland Knight</b>	M 50		<b>3:50:13</b>
302	1488	<b>William Inskip</b>	M 40		<b>3:50:36</b>
303	2605	<b>Jamie Gregory</b>	M		<b>3:50:36</b>
304	2606	<b>Richard Anstee</b>	M		<b>3:50:36</b>
305	2426	<b>Geoffrey Johnson</b>	M 50		<b>3:51:12</b>
306	2754	<b>Edwain Molenaar</b>	M		<b>3:51:14</b>
307	2665	<b>Jenny Corser</b>	F		<b>3:51:15</b>
308	1354	<b>Neil Roff</b>	M	Lordshill AC	<b>3:51:18</b>
309	1013	<b>Philip Henfrey</b>	M		<b>3:51:20</b>
310	2353	<b>Michael James</b>	M 40		<b>3:51:27</b>
311	1442	<b>Steven Lewis</b>	M	Port Talbot Harriers	<b>3:51:33</b>
312	2626	<b>Arran Davies</b>	M		<b>3:51:35</b>
313	2266	<b>Cenydd Lewis</b>	M		<b>3:51:46</b>
314	1339	<b>Royston Toon</b>	M 50	Chepstow Harriers	<b>3:51:47</b>
315	1165	<b>Terry Magee</b>	M	Amman Valley	<b>3:51:52</b>
316	2264	<b>Siân Powys</b>	F 40		<b>3:52:06</b>
317	1167	<b>Simon Williams</b>	M	Amman Valley	<b>3:52:09</b>
318	2482	<b>Paul Howes</b>	M		<b>3:52:15</b>
319	1288	<b>Jeremy Sinclair</b>	M		<b>3:52:21</b>
320	2009	<b>Kevin Parry</b>	M 40		<b>3:52:22</b>
321	2666	<b>Jarlath Fitzgerald</b>	M		<b>3:52:27</b>
322	2467	<b>David Miller</b>	M 50		<b>3:52:29</b>
323	1220	<b>Charles Coray</b>	M 40		<b>3:53:02</b>
324	1155	<b>Tudor Jones</b>	M 40		<b>3:53:03</b>
325	1401	<b>Andy Pearson</b>	M		<b>3:53:03</b>
326	1466	<b>Jan Puzio</b>	M 50	R R C	<b>3:53:08</b>
327	1503	<b>Phillip Waters</b>	M		<b>3:53:10</b>

328	2041	<b>Byron Beer</b>	M 40		3:53:11
329	2492	<b>Christopher Williams</b>	M		3:53:11
330	2636	<b>Nigel Bowen</b>	M		3:53:19
331	2357	<b>Jonathan Gough</b>	M		3:53:36
332	2721	<b>Martin Evans</b>	M		3:53:51
333	1184	<b>Paul Meredith</b>	M		3:53:58
334	2408	<b>Steven Daniels</b>	M		3:53:59
335	2502	<b>Dennis Bickerton</b>	M 55		3:54:10
336	1069	<b>David Stephens</b>	M 40		3:54:13
337	2653	<b>Neil McCarthy</b>	M		3:54:14
338	1506	<b>David Brown</b>	M		3:54:15
339	2585	<b>Michael Smith</b>	M 40		3:54:15
340	2489	<b>Darren Mein</b>	M		3:54:21
341	1260	<b>Dan Landeg</b>	M		3:54:25
342	2166	<b>Clive Elliot</b>	M 40	R N A C	3:54:32
343	1365	<b>Robert Ellis</b>	M		3:54:43
344	1222	<b>Ivan Field</b>	M	Fairland Valley Spartans	3:54:46
345	2737	<b>Fergus Macbeth</b>	M 50		3:54:56
346	2173	<b>Mark Hogben</b>	M		3:54:59
347	1188	<b>Paul OCallaghan</b>	M		3:55:11
348	2398	<b>Christine Parfin</b>	F 40		3:55:17
349	2399	<b>Sara Hunter</b>	F		3:55:18
350	2490	<b>Ian Haines</b>	M		3:55:18
351	2360	<b>Leigh Manley</b>	M		3:55:19
352	1313	<b>Malcolm Parker</b>	M 60	Islwyn R C	3:55:26
353	2604	<b>Peter Harrop</b>	M 40		3:55:26
354	1333	<b>Ryan Murphy</b>	M		3:55:27
355	2711	<b>Louise Bond</b>	F		3:55:30
356	1369	<b>Mietek Niedosjadlo</b>	M 50		3:55:36
357	1475	<b>Benjamin Welch</b>	M		3:55:37
358	2621	<b>Katarzyna Kozlowska</b>	F		3:55:43
359	2323	<b>JohnPaul Barker</b>	M		3:55:49
360	1298	<b>Michael Elliott</b>	M 40		3:55:56
361	2588	<b>James Hewitt</b>	M 40		3:56:09
362	2469	<b>Roger Jones</b>	M 40		3:56:21
363	1082	<b>John Spiteri</b>	M		3:56:21
364	1121	<b>Jason Donagh</b>	M		3:56:32
365	2703	<b>Howard Johnson</b>	M 60		3:56:32
366	1520	<b>David Bembo</b>	M		3:56:32
367	1149	<b>Jerome Donagh</b>	M		3:56:32
368	1274	<b>Wayne Matthews</b>	M		3:56:33
369	2581	<b>Mark Hunt</b>	M		3:56:38
370	1383	<b>Paul Seddon</b>	M 40		3:56:39
371	2058	<b>Doug Elliott</b>	M 40		3:56:54
372	1204	<b>Jeffrey Olding</b>	M 40		3:56:55
373	2080	<b>Gareth Judd</b>	M		3:56:58
374	1390	<b>Charles Walsh</b>	M		3:57:11
375	2283	<b>David Warrington</b>	M		3:57:14
376	2161	<b>Leslie Southard</b>	M 40		3:57:18
377	2684	<b>Nick Elliott</b>	M		3:57:26
378	2102	<b>Terry Coles</b>	M 40		3:57:29
379	1049	<b>Katherine Wright</b>	F		3:57:34
380	2511	<b>Julia May</b>	F		3:57:39
381	1004	<b>Sarah Tudball</b>	F		3:57:48
382	1325	<b>Michelle Hill</b>	F		3:57:52

383	1425	<b>Peter Nicholas</b>	M		<b>3:57:59</b>
384	1223	<b>Richard Williams</b>	M		<b>3:58:07</b>
385	1208	<b>Phillip George</b>	M		<b>3:58:09</b>
386	1249	<b>David Proud</b>	M		<b>3:58:25</b>
387	2538	<b>Jeremy Alford</b>	M		<b>3:58:42</b>
388	3027	<b>Nicky Oliver</b>	F		<b>3:58:49</b>
389	2401	<b>Colin Batten</b>	M 50		<b>3:58:49</b>
390	2594	<b>John Burrell</b>	M		<b>3:58:50</b>
391	1384	<b>Ian Swanson</b>	M 50	Port Talbot Harriers	<b>3:59:13</b>
392	2351	<b>Robert Scott</b>	M		<b>3:59:23</b>
393	2054	<b>Kevin OSullivan</b>	M		<b>3:59:24</b>
394	1027	<b>George Baugh</b>	M 45		<b>3:59:38</b>
395	2017	<b>Sharon Broome</b>	F		<b>3:59:43</b>
396	1456	<b>Jorge DominguezLopez</b>	M		<b>3:59:46</b>
397	1076	<b>Richard Llewellyn</b>	M		<b>4:00:11</b>
398	1363	<b>Neil Thomas</b>	M	Hengoed R R	<b>4:00:19</b>
399	1227	<b>Peter Courtney</b>	M 45		<b>4:00:29</b>
400	2722	<b>Jeff Norris</b>	M 45		<b>4:00:31</b>
401	2409	<b>Tara Edwards</b>	F		<b>4:00:34</b>
402	2682	<b>John Walshaw</b>	M 55	Redcar	<b>4:00:36</b>
403	1459	<b>Roger Biggs</b>	M 50	Fairlands Valley Spartans	<b>4:00:37</b>
404	2628	<b>Dean Griffiths</b>	M		<b>4:00:39</b>
405	1305	<b>Ian Smillie</b>	M		<b>4:00:50</b>
406	2418	<b>Emma Palmer</b>	F 35		<b>4:00:53</b>
407	1102	<b>Mark Glover</b>	M		<b>4:01:08</b>
408	2052	<b>Debbie McCarthy</b>	F		<b>4:01:16</b>
409	1337	<b>Neil Evans</b>	M 40		<b>4:01:16</b>
410	1216	<b>Andrew Fodor</b>	M		<b>4:01:21</b>
411	1330	<b>Michael Scott</b>	M		<b>4:01:34</b>
412	1450	<b>Dominic Pascoe</b>	M		<b>4:01:52</b>
413	2034	<b>David Hebbes</b>	M 50		<b>4:01:55</b>
414	1516	<b>Alison Roberts</b>	F	Port Talbot Harriers	<b>4:01:56</b>
415	1100	<b>Michael Smith</b>	M 40		<b>4:02:10</b>
416	1381	<b>Russell Evans</b>	M 40		<b>4:02:11</b>
417	2441	<b>Robin Payne</b>	M 55		<b>4:02:15</b>
418	2302	<b>Jacqui Denning</b>	F 35		<b>4:02:30</b>
419	2023	<b>Kevin Harris</b>	M		<b>4:02:33</b>
420	2655	<b>Alan Thomas</b>	M	Llanelli Tri	<b>4:02:57</b>
421	2658	<b>Lon Morgan</b>	F 45	TROTS	<b>4:03:00</b>
422	1513	<b>Gilbert John</b>	M 50	Les Croupiers	<b>4:03:00</b>
423	2670	<b>Anna Fishlock</b>	F		<b>4:03:05</b>
424	2203	<b>Andrew Wright</b>	M		<b>4:03:38</b>
425	1335	<b>Mike Hodges</b>	M 45	S P S T A N S	<b>4:03:38</b>
426	3034	<b>Sajid Qureshi</b>	M		<b>4:03:40</b>
427	2165	<b>Edwin Counsell</b>	M		<b>4:03:43</b>
428	3113	<b>Fiona JeffreysThomas</b>	F 35		<b>4:04:04</b>
429	3112	<b>Claire Phillips</b>	F		<b>4:04:04</b>
430	1426	<b>Massoud Tabrizi</b>	M		<b>4:04:09</b>
431	1444	<b>Janine Burford</b>	F		<b>4:04:11</b>
432	2464	<b>Alan Whiteley</b>	M		<b>4:04:17</b>
433	2465	<b>Ashley Hooper</b>	M		<b>4:04:23</b>
434	2625	<b>Clare Sinkinson</b>	F		<b>4:04:49</b>
435	1371	<b>Nigel Lambert</b>	M 55	Alcester R C	<b>4:04:49</b>
436	2589	<b>Paul Ferrier</b>	M 45		<b>4:04:54</b>
437	3120	<b>Dallas Wiseman</b>	M	Sarn Helen	<b>4:05:17</b>



438	1085	<b>David Salt</b>	M 50		<b>4:05:20</b>
439	1086	<b>Mark McConkey</b>	M		<b>4:05:26</b>
440	2744	<b>Dean Huggins</b>	M		<b>4:05:37</b>
441	1175	<b>Michael Lister</b>	M 45	Les Croupiers	<b>4:05:49</b>
442	2311	<b>Brian Lovett</b>	M		<b>4:05:54</b>
443	2685	<b>Graham Wright</b>	M		<b>4:06:17</b>
444	1447	<b>Martin Church</b>	M 60	Great Western Runners	<b>4:06:32</b>
445	2345	<b>Nigel Pryce</b>	M		<b>4:06:32</b>
446	1095	<b>Gwyn Morris</b>	M		<b>4:06:33</b>
447	1094	<b>Katie Morris</b>	F		<b>4:06:33</b>
448	2494	<b>Sally Davies</b>	F		<b>4:06:40</b>
449	2265	<b>Rhys Powys</b>	M 40		<b>4:06:41</b>
450	1332	<b>Ken Marsh</b>	M 50		<b>4:06:45</b>
451	2652	<b>Ola Fashade</b>	M		<b>4:06:47</b>
452	1530	<b>John McCarthy</b>	M 60	Milocarian AC	<b>4:07:27</b>
453	2640	<b>Wayne Radnedge</b>	M 40		<b>4:07:32</b>
454	2532	<b>Trevor Morrison</b>	M		<b>4:07:41</b>
455	1280	<b>Leigh Rowland</b>	M		<b>4:07:55</b>
456	2001	<b>Craig Burridge</b>	M		<b>4:08:12</b>
457	50	<b>Corcoran Cornelius</b>	M	Pontypridd	<b>4:08:24</b>
458	1382	<b>Keven Condick</b>	M	St Therasas	<b>4:08:26</b>
459	2163	<b>Paula Thomas</b>	F	Elmbridge Road Runners	<b>4:08:34</b>
460	2100	<b>Ian Davies</b>	M		<b>4:08:46</b>
461	2332	<b>Andrew Ewing</b>	M		<b>4:08:53</b>
462	1143	<b>Graham Craven</b>	M 40		<b>4:09:02</b>
463	2718	<b>Michael James</b>	M 60		<b>4:09:11</b>
464	2105	<b>Anthony Grimley</b>	M		<b>4:09:43</b>
465	3095	<b>Jeremy Griffiths</b>	M 40		<b>4:09:53</b>
466	2249	<b>John Dobson</b>	M		<b>4:09:57</b>
467	1080	<b>David Thomas</b>	M		<b>4:09:59</b>
468	1018	<b>Jacob Harvey</b>	M		<b>4:10:14</b>
469	1241	<b>Elfed Joseph</b>	M 40		<b>4:10:16</b>
470	1112	<b>John Jones</b>	M		<b>4:10:34</b>
471	2528	<b>Martin Lewis</b>	M 40		<b>4:10:37</b>
472	2428	<b>Chi Wong</b>	M		<b>4:10:48</b>
473	2633	<b>Tudur Davies</b>	M 40		<b>4:10:56</b>
474	2584	<b>Steven James</b>	M		<b>4:11:08</b>
475	2358	<b>JohnPaul McSherry</b>	M		<b>4:11:11</b>
476	1045	<b>John McDonnell</b>	M		<b>4:11:22</b>
477	1303	<b>Nicholas Phillips</b>	M		<b>4:11:29</b>
478	2483	<b>William Lewis</b>	M		<b>4:11:34</b>
479	2341	<b>Gareth Ivens</b>	M		<b>4:11:34</b>
480	2758	<b>Ioan Prydderch</b>	M		<b>4:11:48</b>
481	2411	<b>Clifton Carey</b>	M 40		<b>4:11:48</b>
482	2118	<b>Anita Tucknutt</b>	F		<b>4:11:57</b>
483	2732	<b>Allan Green</b>	M 50	100 Marathon Club	<b>4:12:04</b>
484	2757	<b>Richard Owen</b>	M		<b>4:12:12</b>
485	2310	<b>Julie Roche</b>	F		<b>4:12:15</b>
486	1163	<b>Domonic Smith</b>	M		<b>4:12:23</b>
487	3174	<b>Andrew Manley</b>	M	Bridgend	<b>4:12:23</b>
488	1417	<b>Michael Fogg</b>	M	Uni of Wales	<b>4:12:27</b>
489	2627	<b>James Nield</b>	M		<b>4:12:33</b>
490	4029	<b>Paul James</b>	M		<b>4:13:25</b>
491	2554	<b>Errol Alexis</b>	M 65	Les Croupiers	<b>4:13:30</b>
492	3088	<b>Judith Garrett</b>	F		<b>4:13:32</b>

493	1007	<b>Michael Harry</b>	M		<b>4:13:33</b>
494	1087	<b>Leigh Hale</b>	M		<b>4:13:36</b>
495	1074	<b>Davniel Froud</b>	M	Cardiff University	<b>4:13:50</b>
496	1024	<b>Larry Burford</b>	M 40	Pegasus	<b>4:13:50</b>
497	1075	<b>Robert Burford</b>	M	Instinctive Sport	<b>4:13:50</b>
498	2663	<b>Kevin O'Donnell</b>	M		<b>4:13:50</b>
499	2415	<b>Nathan Williams</b>	M		<b>4:13:52</b>
500	2496	<b>Jamie Read</b>	M		<b>4:13:52</b>
501	2261	<b>Joanne Ramsay</b>	F		<b>4:13:53</b>
502	2649	<b>Howard Davies</b>	M 50		<b>4:13:54</b>
503	2506	<b>Marcia Howells</b>	F 40		<b>4:13:58</b>
504	2526	<b>Llinos Morgan</b>	F		<b>4:14:05</b>
505	2267	<b>David Jackson</b>	M		<b>4:14:10</b>
506	1169	<b>David Rosser</b>	M 65	Amman Valley	<b>4:14:14</b>
507	2181	<b>Rachel Elden</b>	F		<b>4:14:22</b>
508	1394	<b>Matthew Helm</b>	M		<b>4:14:23</b>
509	2559	<b>Gareth Kloet</b>	M		<b>4:14:40</b>
510	3127	<b>Rosie Swale Pope</b>	F 55	TROTS	<b>4:14:46</b>
511	2715	<b>Edward Sanford</b>	M		<b>4:14:51</b>
512	1408	<b>Andrew Howells</b>	M		<b>4:15:10</b>
513	2548	<b>Martin Andrew</b>	M 40		<b>4:15:10</b>
514	2535	<b>Kirsten Tedder</b>	F		<b>4:15:12</b>
515	2742	<b>Paul Clarke</b>	M 50		<b>4:15:20</b>
516	2560	<b>Sharon Byrne</b>	F	Simones	<b>4:15:32</b>
517	1500	<b>Andy Sole</b>	M		<b>4:15:42</b>
518	2510	<b>Paul Brain</b>	M 55	Sospan Road Runners	<b>4:15:42</b>
519	2700	<b>Lindi Lloyd</b>	F	3 M Gorseinon	<b>4:15:45</b>
520	1412	<b>Eirian Williams</b>	M		<b>4:15:48</b>
521	2286	<b>Oliver Keates</b>	M		<b>4:15:48</b>
522	2739	<b>Carwyn Jenkins</b>	M		<b>4:15:52</b>
523	2144	<b>Michael Bevan</b>	M		<b>4:15:53</b>
524	2304	<b>Erwan Inizan</b>	M		<b>4:15:53</b>
525	2699	<b>Kevin Smith</b>	M 45		<b>4:15:57</b>
526	2657	<b>Dave Hodgson</b>	M		<b>4:15:59</b>
527	1478	<b>Lloyd Edwards</b>	M 45		<b>4:16:10</b>
528	1534	<b>Sam Hinton</b>	M 45		<b>4:16:12</b>
529	1020	<b>Neil Sellars</b>	M 55	Newport Harriers	<b>4:16:18</b>
530	2312	<b>Ryan Stewart</b>	M		<b>4:16:23</b>
531	2137	<b>Paul Davies</b>	M		<b>4:16:38</b>
532	1093	<b>Jayson Harrison</b>	M 40		<b>4:18:13</b>
533	2672	<b>Mark Powell</b>	M		<b>4:18:17</b>
534	2692	<b>Brian Mills</b>	M 45	100 Marathon Club	<b>4:18:33</b>
535	2693	<b>Malcolm Offer</b>	M 65	Great Western Runners	<b>4:18:40</b>
536	1487	<b>Colin Riley</b>	M		<b>4:18:54</b>
537	2386	<b>Karen Thomas</b>	F		<b>4:19:08</b>
538	2641	<b>Stephen Hiscox</b>	M		<b>4:19:16</b>
539	3059	<b>David McCormack</b>	M		<b>4:19:17</b>
540	2382	<b>Lee Prescott</b>	M		<b>4:19:18</b>
541	2354	<b>Leon Taylor</b>	M		<b>4:19:19</b>
542	1129	<b>Robert Afleck</b>	M 40		<b>4:19:23</b>
543	100	<b>Steve New</b>	M	Gwent Police	<b>4:19:23</b>
544	2209	<b>Stuart Wild</b>	M 55	Worcester Joggers	<b>4:19:40</b>
545	2412	<b>Garfield Jones</b>	M		<b>4:19:45</b>
546	2727	<b>Louie Underwood</b>	M 45		<b>4:19:54</b>
547	2515	<b>David Stacey</b>	M		<b>4:20:04</b>

548	2756	<b>Andrew Burr</b>	M		4:20:19
549	2749	<b>Les Jones</b>	M 50		4:20:20
550	1493	<b>Phillip Coles</b>	M		4:20:26
551	1073	<b>Tony Bibey</b>	M 45		4:20:27
552	2509	<b>Tanis Hand</b>	F 40	TROTS	4:20:42
553	2580	<b>Ann Rowell</b>	F 45	TROTS	4:20:43
554	1498	<b>Jeffrey Dare</b>	M 50		4:21:09
555	3166	<b>Steven Howard</b>	M		4:21:28
556	2393	<b>Mariclare Gallagher</b>	F		4:21:41
557	3190	<b>Steven Davies</b>	M 40		4:21:56
558	1323	<b>Peter Burns</b>	M 50	Witham R C	4:22:04
559	2695	<b>Robert Evans</b>	M 40	Brackla Harriers	4:22:09
560	2442	<b>David Blower</b>	M		4:22:11
561	2169	<b>Kerry Williams</b>	M		4:22:12
562	1003	<b>Colin Dawkins</b>	M 45		4:22:40
563	1012	<b>Ross Dawkins</b>	M		4:22:40
564	2406	<b>Stephen Hunt</b>	M 55		4:23:03
565	2075	<b>Andrew Jones</b>	M		4:23:22
566	4003	<b>Eileen Wall</b>	F 50		4:23:32
567	2008	<b>Gavin Bentley</b>	M		4:23:32
568	3131	<b>Natasha Brazenell</b>	F		4:23:32
569	1526	<b>Alun Bonello</b>	M		4:23:37
570	2188	<b>Jason Bell</b>	M		4:23:38
571	1255	<b>John Hall</b>	M		4:24:07
572	2629	<b>Aiden Thomas</b>	M		4:24:33
573	1277	<b>Matthew Baker</b>	M		4:24:33
574	1331	<b>George Findlay</b>	M		4:24:34
575	2450	<b>Robert Lewis</b>	M		4:24:35
576	1524	<b>David Vaughan</b>	M 55	R R C	4:24:37
577	2240	<b>Linda Morgan</b>	F 50		4:24:53
578	2701	<b>Mark Jones</b>	M		4:24:53
579	2667	<b>Jonathan Owen</b>	M		4:25:06
580	2372	<b>Alun Brain</b>	M		4:25:22
581	2325	<b>Roy Fronwen</b>	M 55		4:25:23
582	2689	<b>Paul Lewis</b>	M		4:25:24
583	2380	<b>Wesley Limbrick</b>	M		4:25:26
584	2333	<b>Mererid Jones</b>	F		4:25:35
585	2290	<b>Elizabeth Newen</b>	F 50		4:25:37
586	2708	<b>George Roberts</b>	M 55		4:25:38
587	1247	<b>Michael Baggott</b>	M		4:25:43
588	2523	<b>Michael Wong</b>	M		4:25:48
589	4004	<b>Matthew Thomas</b>	M		4:26:00
590	2407	<b>Helen Hunt</b>	F 50		4:26:20
591	3061	<b>Angharad Morgan</b>	F		4:26:27
592	2131	<b>Kathryn Scott</b>	F 40		4:26:46
593	2517	<b>Matthew Locke</b>	M		4:26:50
594	1183	<b>Stephen White</b>	M	Liswerry Runners	4:27:08
595	2733	<b>Lee Blackwell</b>	M		4:27:12
596	2646	<b>Helen Knapman</b>	F 35	Risca R R	4:27:24
597	3110	<b>Trevor Latham</b>	M 45		4:27:28
598	2499	<b>Amy Turner</b>	F		4:27:29
599	2675	<b>Mark Honour</b>	M 50		4:27:39
600	2189	<b>Andrew Hill</b>	M		4:27:50
601	2734	<b>Craig Freeman</b>	M	Amazing Feet R C	4:27:54
602	2320	<b>Thomas Stroud</b>	M		4:27:56

603	2254	<b>Pamela White</b>	F 45	Neath	4:28:00
604	2134	<b>Ian Coles</b>	M 50		4:28:11
605	1399	<b>Shane Grist</b>	M		4:28:29
606	2603	<b>Chris Amy</b>	F 50		4:28:31
607	2387	<b>John O'Neil</b>	M		4:28:32
608	2729	<b>Georgina Lloyd</b>	F		4:28:40
609	2607	<b>Christopher Gibbon</b>	M		4:28:40
610	2025	<b>Joanna Dutch</b>	F	Penarth & Dinas	4:28:50
611	2338	<b>Stephen Davies</b>	M		4:29:03
612	1436	<b>Nick Lloyd</b>	M 40		4:29:14
613	2660	<b>Tony Harris</b>	M		4:29:14
614	2156	<b>John Carling</b>	M		4:29:15
615	1380	<b>Deborah Roberts</b>	F		4:29:35
616	5	<b>Steven Hooper</b>	M	Ponty Roadents	4:29:39
617	2488	<b>Jane Truscott</b>	F		4:29:52
618	1463	<b>Peter Broadhurst</b>	M 55	Chepstow Harriers	4:29:55
619	2119	<b>Karen Davies</b>	F 35	Brackla Harriers	4:30:06
620	4038	<b>Lesley Parratt</b>	F 40		4:30:10
621	2022	<b>Gail Williams</b>	F 45		4:30:12
622	2724	<b>David Phillips</b>	M 55	Massey Ferguson	4:30:23
623	3167	<b>Gareth Thomas</b>	M		4:30:34
624	2033	<b>Trevor Durbidge</b>	M 45	Cardiff Squash Club	4:30:35
625	2218	<b>Richard Huntley</b>	M 55		4:30:51
626	2067	<b>Selyf Morgan</b>	M 45		4:30:54
627	2228	<b>Valerie Lomas</b>	F		4:31:10
628	2508	<b>Michael Williams</b>	M		4:31:16
629	2591	<b>Phillip White</b>	M		4:31:40
630	1196	<b>Owen Clutterbuck</b>	M		4:31:54
631	2150	<b>Jeremy Fackrell</b>	M		4:31:55
632	1320	<b>Paul Eastabrook</b>	M 45	Epsom Oddballs	4:32:11
633	2201	<b>Andrew Thomas</b>	M		4:32:29
634	2200	<b>Wendy Thomas</b>	F 35		4:32:30
635	1083	<b>Ian Spence</b>	M		4:33:02
636	2545	<b>Gerald O'Connor</b>	M		4:33:05
637	1234	<b>Symon Murphy</b>	M		4:33:06
638	3021	<b>Bernard McCarthy</b>	M 55		4:33:11
639	2309	<b>Martin Egan</b>	M		4:33:39
640	2427	<b>Mark Kerbey</b>	M		4:33:45
641	2206	<b>Rachel Gillard</b>	F		4:33:45
642	3039	<b>Richard Manning</b>	M 50		4:33:50
643	3006	<b>Francis Cowe</b>	M		4:33:56
644	2549	<b>Richard Thomas</b>	M		4:34:05
645	4028	<b>Isabel Aguilera</b>	F 40	Cogan Leisure Centre	4:34:06
646	2276	<b>Catherine Beecher</b>	F		4:34:38
647	1495	<b>Trevor Huddleston</b>	M	Army	4:34:52
648	1494	<b>Samantha Halls</b>	F	Army	4:34:55
649	2743	<b>Brian Fakir</b>	M 45	Fitness First	4:35:00
650	1142	<b>Stephen Quin</b>	M		4:35:09
651	2039	<b>Shane Mogford</b>	M		4:35:16
652	2694	<b>Liam Donaghey</b>	M 45		4:35:23
653	2139	<b>Charles Westlake</b>	M 50		4:35:36
654	2435	<b>Darrell Walkley</b>	M		4:35:42
655	1235	<b>Denis Wilde</b>	M		4:36:00
656	2335	<b>Vivien Collins</b>	F		4:36:08
657	2183	<b>Jean Gambling</b>	F 40		4:36:19

658	2178	<b>Jacqueline Rees</b>	F 35		<b>4:36:19</b>
659	1361	<b>Jim Dobson</b>	M 45	Amazing Feet R C	<b>4:36:23</b>
660	2384	<b>Andrew Cowley</b>	M 45		<b>4:36:36</b>
661	1327	<b>Paul Chellingworth</b>	M		<b>4:36:52</b>
662	2204	<b>Lynne Ashby</b>	F 40		<b>4:37:29</b>
663	1046	<b>Christopher Bartlett</b>	M		<b>4:37:42</b>
664	1324	<b>Steven Page</b>	M		<b>4:38:05</b>
665	2537	<b>Jonathan Thiel</b>	M		<b>4:38:09</b>
666	2575	<b>Simon Floyd</b>	M		<b>4:38:24</b>
667	2164	<b>Richard Kelland</b>	M		<b>4:38:31</b>
668	3156	<b>Emma Critchlow</b>	F		<b>4:38:32</b>
669	2107	<b>Gavin Parsons</b>	M		<b>4:38:41</b>
670	2468	<b>David Delbridge</b>	M		<b>4:38:44</b>
671	2520	<b>Stephen Matthews</b>	M		<b>4:38:59</b>
672	1131	<b>Michael O'Neill</b>	M		<b>4:39:04</b>
673	4013	<b>Adam Mitchell</b>	M		<b>4:39:23</b>
674	2390	<b>Nia Williams</b>	F		<b>4:39:24</b>
675	1321	<b>Phillip Roberts</b>	M 40		<b>4:39:36</b>
676	2190	<b>Mark Howells</b>	M		<b>4:39:38</b>
677	2373	<b>Steven Lias</b>	M		<b>4:39:43</b>
678	1191	<b>Leigh Reardon</b>	M		<b>4:39:44</b>
679	2602	<b>Paul King</b>	M		<b>4:39:48</b>
680	3116	<b>Aranka Pratt</b>	F 50		<b>4:39:51</b>
681	1088	<b>Clive Morgan</b>	M	San Dominico	<b>4:39:59</b>
682	2707	<b>Peter Bullock</b>	M 50	Litchfield	<b>4:40:03</b>
683	1092	<b>Jonathan Johnson</b>	M		<b>4:40:12</b>
684	3003	<b>Christopher Gregg</b>	M 40		<b>4:40:15</b>
685	3163	<b>Alun Jones</b>	M		<b>4:40:25</b>
686	2643	<b>Thomas Gracey</b>	M 55		<b>4:40:29</b>
687	2152	<b>Peter Janicjeuic</b>	M 45		<b>4:40:43</b>
688	2186	<b>Michael Griffiths</b>	M 40		<b>4:40:52</b>
689	2245	<b>Michael Woodfield</b>	M		<b>4:40:58</b>
690	2030	<b>Philippe Schartz</b>	M		<b>4:41:01</b>
691	3160	<b>Dave Carter</b>	M 45	Fairlands Valley Spartans	<b>4:41:03</b>
692	2123	<b>Simon James</b>	M		<b>4:41:13</b>
693	2755	<b>Craig Napper</b>	M		<b>4:41:17</b>
694	2374	<b>Ian Knight</b>	M		<b>4:41:19</b>
695	3138	<b>Nicholas Scott</b>	M		<b>4:41:21</b>
696	1418	<b>James Townhill</b>	M		<b>4:42:01</b>
697	2681	<b>David Townhill</b>	M		<b>4:42:01</b>
698	2388	<b>Mark Howard</b>	M 45		<b>4:42:18</b>
699	1415	<b>Geoffrey Davis</b>	M		<b>4:42:27</b>
700	2241	<b>Donald Morgan</b>	M 55		<b>4:42:38</b>
701	2417	<b>Gavin Jones</b>	M		<b>4:42:43</b>
702	3139	<b>Rhys Davies</b>	M		<b>4:42:49</b>
703	2679	<b>James Thomas</b>	M		<b>4:42:52</b>
704	4018	<b>Karen Mears</b>	F		<b>4:43:13</b>
705	2208	<b>Wayne Davies</b>	M		<b>4:43:14</b>
706	2125	<b>Paul Percival</b>	M 45		<b>4:43:35</b>
707	53	<b>Adam Francis</b>	M		<b>4:44:23</b>
708	3096	<b>Jason Bevan</b>	M		<b>4:44:30</b>
709	2740	<b>Goksel Duzbeyaz</b>	M		<b>4:44:59</b>
710	2712	<b>Gwenda Jones</b>	F		<b>4:45:02</b>
711	2184	<b>Josh Kingston</b>	M		<b>4:45:07</b>
712	2063	<b>Andrew McNie</b>	M		<b>4:45:07</b>

713	3157	<b>Nigel Williams</b>	M 40		4:45:08
714	2062	<b>Magaret Davies</b>	F 45		4:45:14
715	2121	<b>Michael James</b>	M 40		4:45:33
716	2678	<b>Matthew West</b>	M		4:45:41
717	1186	<b>Luciano Merolla</b>	M		4:45:53
718	3077	<b>Craig Ryan</b>	M		4:45:54
719	2138	<b>Paul Morris</b>	M		4:46:15
720	3140	<b>Mari Gruffydd</b>	F 50	Cybi Stiders	4:46:42
721	2505	<b>Hilary Jaques</b>	F 45	Cybi Stiders	4:46:43
722	1423	<b>Robert Baldwin</b>	M 45	Crawley A C	4:46:52
723	2461	<b>Keith Millar</b>	M 45		4:47:00
724	2562	<b>Corin MorganArmstrong</b>	M		4:47:11
725	2425	<b>Mike Thomas</b>	M		4:47:11
726	3081	<b>Nigel OShea</b>	M		4:47:13
727	2196	<b>Ivan Randall</b>	M		4:47:29
728	2368	<b>Anthony Witcombe</b>	M		4:47:31
729	2315	<b>Michelle Aldridge</b>	F		4:47:31
730	2639	<b>Marie ONeil</b>	F		4:47:50
731	1116	<b>Gareth Evans</b>	M		4:47:53
732	1014	<b>Mark Richards</b>	M		4:48:08
733	2050	<b>John Cunnane</b>	M 50		4:48:20
734	2217	<b>Jacqui Clachan</b>	M		4:48:20
735	2330	<b>Ryan Gogherty</b>	M		4:48:29
736	2748	<b>Chris Obrien</b>	M		4:48:29
737	2620	<b>Jessica Baynham</b>	F		4:48:46
738	2007	<b>Sharon Rose</b>	F		4:48:59
739	1287	<b>Geraint Collins</b>	M		4:49:09
740	2053	<b>John Cronin</b>	M 40		4:49:17
741	2573	<b>Duncan Dunlop</b>	M		4:49:36
742	1070	<b>Jeremy Hoare</b>	M 45		4:49:37
743	2680	<b>Christopher Von Ruhland</b>	M 40		4:49:54
744	2269	<b>Nicola Davies</b>	F		4:50:15
745	2553	<b>Huw Thomas</b>	M	Beddau R F C	4:50:17
746	3018	<b>Ian Aviet</b>	M 45		4:50:18
747	3090	<b>Dominic Murphy</b>	M		4:50:21
748	3175	<b>Lynne Lewis</b>	F		4:50:27
749	2069	<b>Colette Borg</b>	F		4:50:31
750	2557	<b>David Mordecai</b>	M		4:50:33
751	3067	<b>Anthony Stretton</b>	M		4:50:34
752	2446	<b>Tracey Newman</b>	F	Les Croupiers	4:50:38
753	2024	<b>Nicola Brain</b>	F 40		4:50:53
754	2735	<b>Allen Bevan</b>	M 45		4:51:14
755	3029	<b>Paul Bannister</b>	M		4:51:34
756	1218	<b>Richard Foscolo</b>	M		4:51:36
757	2534	<b>Paul Kefford</b>	M		4:51:41
758	2116	<b>Joanna Langston</b>	F		4:51:41
759	2375	<b>Stuart Briscoe</b>	M		4:51:41
760	2800	<b>Simon Stone</b>	M		4:51:44
761	3158	<b>Carol Palmer</b>	F 55	Newport Harriers	4:51:49
762	2612	<b>Kwai Siu</b>	F		4:51:52
763	1245	<b>Michael Davies</b>	M 40		4:51:56
764	1246	<b>Rosemarie Bowen</b>	F 40		4:51:57
765	2250	<b>Caspar Neill</b>	M		4:52:04
766	2313	<b>Mark Lintern</b>	M		4:52:05
767	3080	<b>Russell Searle</b>	M		4:52:18

768	2346	<b>Michael Atkin</b>	M		<b>4:52:50</b>
769	2546	<b>Steven Morgan</b>	M		<b>4:53:08</b>
770	2479	<b>Matthew Brushett</b>	M		<b>4:53:11</b>
771	2480	<b>Simon Brushett</b>	M		<b>4:53:14</b>
772	3154	<b>Felicity Kok</b>	F		<b>4:53:14</b>
773	2730	<b>Roland Francois</b>	M 45		<b>4:53:17</b>
774	2334	<b>Colin Rose</b>	M 55		<b>4:53:30</b>
775	3155	<b>William Meikletjohn</b>	M 45		<b>4:53:34</b>
776	2723	<b>Gavin Parry</b>	M 50		<b>4:53:35</b>
777	2279	<b>John Davies</b>	M 45		<b>4:53:40</b>
778	2234	<b>Martin Reckford</b>	M		<b>4:53:43</b>
779	2336	<b>Martin Hilton</b>	M		<b>4:53:47</b>
780	2047	<b>Nick Roe</b>	M 45	Barry & Vale Harriers	<b>4:53:51</b>
781	2235	<b>Neil Cargill</b>	M		<b>4:54:08</b>
782	2608	<b>Meleri Johns</b>	F		<b>4:54:09</b>
783	2297	<b>Michael Jones</b>	M		<b>4:54:10</b>
784	2566	<b>Christopher Foster</b>	M		<b>4:54:13</b>
785	3063	<b>Gareth Hill</b>	M		<b>4:54:13</b>
786	2272	<b>Andrew Morgan</b>	M		<b>4:54:15</b>
787	2197	<b>Howel Davies</b>	M		<b>4:54:36</b>
788	3031	<b>Elizabeth Fletcher</b>	F		<b>4:54:51</b>
789	2057	<b>Andrew Wain</b>	M		<b>4:55:19</b>
790	2547	<b>Jonathon Sharp</b>	M		<b>4:55:31</b>
791	3129	<b>Amanda Hall</b>	F 40		<b>4:55:34</b>
792	2691	<b>Jamie Campbell</b>	M		<b>4:55:48</b>
793	2463	<b>Andrew Cavill</b>	M		<b>4:55:59</b>
794	2671	<b>DewiJohn Matthews</b>	M		<b>4:56:00</b>
795	2683	<b>David Moles</b>	M 45	Dovedale Harriers	<b>4:56:03</b>
796	2595	<b>Andrew Timms</b>	M		<b>4:56:30</b>
797	2258	<b>Stephen WynneOwen</b>	M 40		<b>4:56:43</b>
798	3017	<b>Judith Jones</b>	F 45		<b>4:56:46</b>
799	3023	<b>Rachel Thomas</b>	F		<b>4:57:06</b>
800	3108	<b>Laurence Brophy</b>	M 70	Brackla Harriers	<b>4:57:07</b>
801	2609	<b>Nathan Ryan</b>	M		<b>4:57:07</b>
802	2473	<b>Mark Morgan</b>	M		<b>4:57:10</b>
803	3073	<b>Colin Harris</b>	M 45		<b>4:57:10</b>
804	2082	<b>David Loe</b>	M		<b>4:57:15</b>
805	2444	<b>Amanda Iles</b>	F		<b>4:57:16</b>
806	1010	<b>Mathew Ball</b>	M		<b>4:57:21</b>
807	2578	<b>Andrew Jones</b>	M		<b>4:57:22</b>
808	3004	<b>Amanda Gregg</b>	F 40		<b>4:57:23</b>
809	2736	<b>Neil Senior</b>	M		<b>4:57:25</b>
810	3141	<b>Daniel Carr</b>	M		<b>4:57:25</b>
811	2275	<b>John Collins</b>	M 40	Cardiff Post Office	<b>4:57:30</b>
812	3143	<b>Elizabeth Wainwright</b>	F 35		<b>4:57:36</b>
813	2638	<b>Matthew James</b>	M		<b>4:57:37</b>
814	2617	<b>Thomas Cox</b>	M		<b>4:57:37</b>
815	2616	<b>Chantal Patel</b>	F 45		<b>4:57:42</b>
816	2316	<b>Jane Allely</b>	F 35		<b>4:57:47</b>
817	2451	<b>Orla Donnelly</b>	F		<b>4:57:48</b>
818	2101	<b>Christopher Hunt</b>	M		<b>4:57:54</b>
819	3070	<b>Christopher James</b>	M		<b>4:58:25</b>
820	3111	<b>Godfrey Ainsworth</b>	M 45		<b>4:58:42</b>
821	2404	<b>Richard Webb</b>	M		<b>4:59:07</b>
822	2405	<b>Terence Webb</b>	M 45		<b>4:59:10</b>

823	3136	<b>Molly Melhuish</b>	F		4:59:52
824	3122	<b>Kathryn Green</b>	F		5:00:39
825	3037	<b>Marina Watkins</b>	F 45		5:00:40
826	3147	<b>Rosalind Edmonds</b>	F 40		5:01:05
827	2274	<b>David Coombes</b>	M		5:01:12
828	2747	<b>Ian Salter</b>	M		5:01:12
829	2347	<b>Peter Hewitt</b>	M 45		5:01:21
830	2145	<b>Paul Jermyn</b>	M		5:01:38
831	2192	<b>Gary Baker</b>	M 40	Les Croupiers	5:01:51
832	2521	<b>Gregory Brown</b>	M		5:01:52
833	2085	<b>Richard Twamley</b>	M		5:01:55
834	2146	<b>Robert Hector</b>	M		5:02:35
835	2296	<b>Robert Curtis</b>	M		5:02:36
836	2662	<b>Natasha Trigg</b>	F		5:02:44
837	2371	<b>Nick Phillips</b>	M		5:03:08
838	1497	<b>Grant Malcolm</b>	M	Army	5:03:09
839	3153	<b>Ian Lamprey</b>	M		5:03:12
840	3086	<b>Lee Jones</b>	M		5:03:32
841	3173	<b>Julie Hames</b>	F		5:03:34
842	4023	<b>Denise Gratton</b>	F 45		5:03:34
843	3093	<b>Nikki Murphy</b>	F		5:03:47
844	4031	<b>Lorenza Thomas</b>	F 45		5:03:53
845	2016	<b>Kathleen Drewe</b>	F 35		5:03:55
846	2470	<b>Cerith Griffiths</b>	M		5:04:02
847	3087	<b>Adrian Cook</b>	M		5:04:13
848	1434	<b>Raza Prince</b>	M		5:04:18
849	1435	<b>Martin Peach</b>	M		5:04:18
850	1041	<b>Ceri Davies</b>	F		5:04:21
851	3107	<b>Philip McGonagall</b>	M 45	203 Running Club	5:04:25
852	2170	<b>Craig Williams</b>	M		5:05:37
853	2544	<b>Kelvyn Davies</b>	M		5:06:11
854	2477	<b>James Bradbury</b>	M 40		5:06:24
855	3101	<b>Graham Kitchen</b>	M 60		5:06:49
856	2277	<b>Huw Townley</b>	M 40		5:06:50
857	2558	<b>Huw Oddy</b>	M	Garden City Joggers	5:06:51
858	3121	<b>Jaspaul Birk</b>	M		5:07:21
859	2568	<b>Gareth Jones</b>	M		5:07:45
860	2484	<b>Ken East</b>	M 45		5:08:17
861	3125	<b>Laura Currie</b>	F		5:08:30
862	2475	<b>Michael Wilkinson</b>	M		5:08:31
863	35	<b>Karl Williams</b>	M	Neath	5:09:14
864	2645	<b>Simon Arscott</b>	M		5:09:14
865	3105	<b>Rachel Jenkins</b>	F		5:10:06
866	4027	<b>Tamarisk Kay</b>	F		5:10:06
867	2673	<b>Amanda Lynch</b>	F		5:10:17
868	1402	<b>James Powell</b>	M		5:10:18
869	2130	<b>Mark Hasell</b>	M		5:10:21
870	2391	<b>Glyn Jenkins</b>	M 40		5:10:27
871	3100	<b>Alexandra Bowden</b>	F		5:10:31
872	2394	<b>Alex Skibinski</b>	M 40		5:10:31
873	2367	<b>Graham Richardson</b>	M		5:10:43
874	2577	<b>Simon Jones</b>	M		5:11:09
875	2295	<b>Andrew Tipper</b>	M		5:11:14
876	2177	<b>Robert Jones</b>	M		5:11:15
877	2501	<b>Gareth Harris</b>	M		5:12:04



878	2438	Jane Oakley	F 40		5:12:17
879	2491	Paul Scott	M		5:12:18
880	2172	Timothy Wilson	M		5:12:26
881	3134	Steven Mock	M		5:12:40
882	1496	Michael Clarke	M	Army	5:12:44
883	2579	Steve Williams	M		5:12:46
884	3032	Michael Griffiths	M 40		5:13:29
885	3020	Karen Jones	F 35	Les Croupiers	5:13:30
886	2136	Jon Purnell	M		5:13:57
887	2507	Jeremy Hockridge	M 40		5:14:01
888	2583	Hussain Gilani	M 40	Rhondda	5:14:45
889	2527	Brian Dews	M 50		5:14:47
890	3000	Andrew Herbert	M		5:15:07
891	3048	Philip Bryant	M	Inland Revenue	5:15:07
892	2676	Alan Rees	M		5:15:12
893	2381	Richard Hughes	M	Chepstow Harriers	5:15:20
894	2040	Michael Perry	M		5:15:22
895	2746	Nathan Perry	M		5:15:25
896	2155	Stephen Kavanagh	M 40		5:15:53
897	2738	Howard Bush	M 55		5:16:10
898	2149	Mark Aitken	M		5:16:16
899	2115	Garry Mounter	M		5:16:19
900	3055	Carol Britton	F 55	Les Croupiers	5:16:39
901	2661	Matthew Daniel	M		5:16:41
902	4000	Norman Jones	M 45		5:16:53
903	3162	Allen Watts	M	Sarn Helen	5:16:58
904	2153	David Payne	M		5:17:15
905	2659	Lewis Giles	M		5:17:16
906	3038	Andrew Williams	M		5:17:29
907	3172	Rob Walkley	M		5:17:37
908	2288	Rebecca Clement	F		5:18:22
909	3083	David Lewis	M 55	South Wales Police	5:18:28
910	2500	Rachel Clement	F		5:18:39
911	1202	Lisa Taylor	F		5:19:49
912	2077	Michael Keoghane	M		5:21:12
913	2350	Gary Mickelsen	M		5:22:34
914	2352	Angelo Pucella	M		5:22:34
915	2456	Duncan Clark	M		5:22:55
916	2111	Matthew Taylor	M	Barry & Vale Harriers	5:24:31
917	3109	Joanne Biddiscombe	F		5:24:43
918	3050	Caroline Thonger	F		5:24:43
919	2226	Alex Cunningham	M		5:26:00
920	2079	Victoria Coleman	F		5:26:34
921	2003	Terence Montgomery	M 50		5:26:35
922	3176	Terri Hayes	F 55		5:26:49
923	1061	Dean Ahmed	M		5:27:03
924	2331	Darren Evans	M		5:27:03
925	3124	Katherine Gibbs	F		5:27:17
926	2293	Huw Jones	M 40		5:27:31
927	1248	Mark Williams	M		5:27:45
928	3164	Rhodri Thomas	M 45		5:29:21
929	2127	David Mason	M		5:29:34
930	2268	Geraint Griffiths	M		5:29:34
931	4034	Leanne Elliott	F		5:29:40
932	3078	Julian Thomas	M		5:29:58

933	3104	<b>Olugbenga Fakande</b>	M 40		5:30:28
934	2471	<b>Anthony Powell</b>	M		5:31:09
935	3165	<b>Peter Warmeant</b>	M 50		5:31:16
936	2044	<b>Lawrence Pires</b>	M 50		5:31:25
937	2716	<b>Christopher George</b>	M		5:31:47
938	4022	<b>Julie Newton</b>	F 35		5:33:27
939	4033	<b>Captain Beany</b>	M 45		5:33:44
940	4032	<b>Michelle Thomas</b>	F		5:33:45
941	2043	<b>Margaret Ravenscroft</b>	F 50		5:35:28
942	3170	<b>Michelle Moriarty</b>	F		5:35:34
943	2472	<b>Maria Filipponi</b>	F 35		5:35:54
944	1403	<b>Wayne Powell</b>	M		5:37:24
945	2064	<b>Wayne Higgins</b>	M 40		5:40:21
946	2289	<b>Paul Cozens</b>	M		5:41:09
947	2210	<b>Clement Riordan</b>	M		5:41:23
948	2424	<b>Mary Gent</b>	F 40		5:42:01
949	2436	<b>Vivian Davies</b>	M 45		5:42:23
950	1123	<b>Russell Scott</b>	M		5:42:41
951	3159	<b>Colin Thomson</b>	M 65	Rhondda	5:43:13
952	2664	<b>Alan Carter</b>	M 45		5:44:46
953	3145	<b>Janet Bell</b>	F 55		5:45:07
954	3099	<b>Sallyann Melhuish</b>	F 35		5:45:10
955	3098	<b>Alun Pitcock</b>	M 40		5:45:11
956	1368	<b>Stuart Crombie</b>	M		5:47:04
957	2586	<b>Luke Mainwaring</b>	M		5:47:05
958	2630	<b>Steven Delaney</b>	M		5:47:21
959	4030	<b>Lian Bailey</b>	F	Penarth & Dinas	5:47:21
960	3171	<b>Maxwell ScottCook</b>	M 55		5:47:53
961	2597	<b>Ivor Davies</b>	M 50		5:47:59
962	2247	<b>Ashley Poole</b>	M		5:53:21
963	3123	<b>Christopher Green</b>	M		5:53:29
964	1523	<b>Lee Rowley</b>	M		5:53:42
965	3168	<b>Trevor Davis</b>	M 70	Aldbourne Runners	5:55:15
966	2212	<b>Roger Bishop</b>	M 50		5:55:51
967	1081	<b>James Taylor</b>	M		5:56:11
968	2065	<b>Rhian Lewis</b>	F		5:56:21
969	1062	<b>David Watkins</b>	M 50		5:56:26
970	2611	<b>David Wright</b>	M 40		5:58:46
971	2610	<b>Darren Hoskins</b>	M		5:58:46
972	2142	<b>Ruth Benzimra</b>	F 35		5:59:08
973	2540	<b>Richard Davies</b>	M		6:02:09
974	2215	<b>Christopher Jermyn</b>	M		6:02:09
975	2364	<b>Lewis Head</b>	M		6:02:48
976	3142	<b>Colin Bird</b>	M 45		6:05:27
977	2301	<b>William Thomas</b>	M		6:18:13
978	2487	<b>Samuel Vernon</b>	M		6:18:43
979	3089	<b>Alisabeth Collins</b>	F 40		6:37:20
980	2725	<b>John Currell</b>	M 40		6:37:24