

## Cardiff Marathon - Full results - All runners

Race No	First Name	Surname	Halfway	Chip Time	Guntime	Gender	Category	Club
870	Richard	Gardiner	01:13:15.70	02:24:31.50	02:24:32.90	Male	SENIOR	Cardiff AC
854	Julian	Baker	01:14:30.45	02:30:03.45	02:30:05.70	Male	SENIOR	Les Croupiers
197	Mike	Evans	01:18:04.60	02:35:50.95	02:35:52.45	Male	SENIOR	TROTS
707	Mick	McGeoch	01:20:21.95	02:42:43.90	02:42:47.80	Male	45-49	Les Croupiers
733	Gareth	Thomas	01:22:07.65	02:48:01.10	02:48:03.50	Male	SENIOR	
900	Jason	Harne	01:26:57.30	02:50:42.05	02:50:51.50	Male	SENIOR	
637	Rob	Atkin	01:25:39.75	02:50:56.60	02:51:04.45	Male	45-49	Matlock AC
859	Ruth	Pickvance	01:20:58.20	02:51:33.55	02:51:35.70	Female	40-44	Swansea Harriers
417	Alun	Williams	01:25:39.65	02:51:22.80	02:51:44.10	Male	40-44	Fairwater Runners
772	Evan	Bond	01:27:33.50	02:51:53.90	02:52:03.60	Male	SENIOR	Stragglers
801	Sandy	Johston	01:25:21.00	02:52:31.10	02:52:33.90	Male	50-54	Les Croupiers
120	David	Coles	01:25:41.15	02:53:11.40	02:53:15.55	Male	40-44	Les Croupiers
93	Ian	Spilsbury	01:20:34.00	02:53:23.85	02:53:27.00	Male	SENIOR	Penarth & District
702	Rosalyn	Alexander	01:23:42.10	02:54:05.50	02:54:07.20	Female	SENIOR	
881	David	Cunningham	01:28:17.00	02:54:21.05	02:54:37.50	Male	SENIOR	
885	Ian	Stainthorpe	01:24:09.80	02:54:56.00	02:55:00.95	Male	40-44	Rochdale Harriers
400	Dr. Johnathan	Bisson	01:22:51.25	02:55:00.30	02:55:04.00	Male	40-44	
661	Paul	Loxton	01:25:52.70	02:55:19.85	02:55:33.30	Male	45-49	
862	Robert	Dickinson	01:27:05.05	02:57:23.40	02:57:33.20	Male	45-49	Forest Of Dean
541	Dave	Oldham	01:31:12.70	02:59:10.25	02:59:18.40	Male	SENIOR	Les Croupiers
503	Iain	Darby	01:28:47.00	02:59:22.60	02:59:31.60	Male	SENIOR	DML Running Club
171	Philip	Watson	01:32:24.15	03:00:01.00	03:00:10.20	Male	SENIOR	
669	Christopher	Nellins	01:26:48.00	03:01:50.10	03:02:04.15	Male	45-49	Headington Road Runners
448	Daniel	Ashman	01:28:36.25	03:02:46.85	03:02:52.70	Male	SENIOR	
817	Ian	Boardley	01:32:35.80	03:03:14.60	03:03:24.70	Male	SENIOR	Beverley AC
730	Graeme	Miller	01:29:35.45	03:03:54.85	03:03:56.95	Male	SENIOR	Littledown Harriers
644	Andrew	Mynard	01:29:24.40	03:04:01.60	03:04:22.40	Male	SENIOR	
540	Carl	Ellis	01:27:30.45	03:04:31.15	03:04:33.55	Male	SENIOR	
14	Colin	Davies	01:27:04.15	03:04:03.10	03:04:35.50	Male	40-44	Brecon Athletic
833	Nicholas	Gidman	01:27:39.30	03:04:56.50	03:05:00.60	Male	SENIOR	
405	Alexander	Meredith	01:31:59.80	03:05:22.00	03:05:44.95	Male	SENIOR	
896	Thomas	Williams	01:31:59.35	03:05:21.45	03:05:45.15	Male	SENIOR	
672	Eric	Botchett	01:31:12.55	03:05:22.50	03:06:16.20	Male	SENIOR	
365	Andrew	Spencer	01:28:58.70	03:06:42.45	03:06:44.25	Male	40-44	Griffithstown Harriers

507	Simon	Handley	01:28:46.85	03:06:35.50	03:06:50.50	Male	SENIOR	
962	Michael	Smith			03:07:09.00			
758	Michael	Kestle	01:33:09.70	03:07:09.30	03:07:11.80	Male	50-54	Newquay RR
427	Philip	Ide	01:28:36.45	03:07:15.00	03:07:24.40	Male	50-54	South London Harriers
249	Chris	Perrington	01:29:55.40	03:08:00.70	03:08:11.35	Male	SENIOR	
759	Thomas	Skinner			03:08:26.25	Male	SENIOR	
86	Paul	Read	01:30:23.55	03:07:31.10	03:08:28.60	Male	SENIOR	
805	Dean	Lloyd	01:32:07.35	03:09:13.55	03:09:52.40	Male	SENIOR	
612	Michael	Woods	01:32:21.65	03:09:46.25	03:10:25.10	Male	SENIOR	
757	David	Hall	01:32:21.75	03:10:02.75	03:10:25.40	Male	SENIOR	
63	Clive	Williams	01:31:37.45	03:09:59.45	03:10:35.90	Male	SENIOR	
658	Terry	Booth	01:36:41.15	03:10:13.20	03:10:38.35	Male	SENIOR	Windsor Slough Eton & Hounslow
545	Ben	Farag	01:35:01.35	03:10:32.10	03:10:38.75	Male	40-44	Les Croupiers
88	Anthony	Griffiths	01:30:36.30	03:10:36.80	03:11:00.50	Male	SENIOR	
332	Gary	White	01:29:25.90	03:11:05.20	03:11:09.35	Male	50-54	Hamworth Harriers
263	Joe	Welch	01:35:52.30	03:11:10.50	03:11:23.00	Male	SENIOR	
846	Terence	Caveney	01:35:01.30	03:11:16.40	03:11:23.10	Male	40-44	Les Croupiers
782	Michael	Anthony	01:33:35.60	03:11:51.80	03:12:08.00	Male	45-49	Llisbury Runners
852	Timothy	Phillips	01:33:52.70	03:12:11.65	03:12:21.15	Male	40-44	Epsom & Ewell Harriers
85	Michael	Johnson	01:34:15.80	03:12:30.30	03:12:32.50	Male	SENIOR	
338	Nigel	Legge	01:35:02.40	03:13:18.05	03:13:39.15	Male	55-59	Fairwater Runners
592	Gerry	O'Beirne	01:33:22.70	03:13:34.95	03:13:42.70	Male	45-49	
349	Robert	Pearce	01:37:07.20	03:13:50.65	03:13:56.65	Male	SENIOR	
132	Ibrahim	Jalloh	01:33:49.80	03:13:49.05	03:14:01.70	Male	SENIOR	
819	Kim	Grant	01:31:15.00	03:13:38.65	03:14:03.30	Female	SENIOR	
943	Mike	Holgate	01:40:10.30	03:13:45.95	03:14:12.30	Male	45-49	
677	Ian	Spencer	01:35:03.20	03:14:04.85	03:14:20.30	Male	40-44	Stafford Harriers
816	Gerard	McDaid	01:36:19.15	03:14:20.55	03:14:25.90	Male	40-44	foyle valley
798	Paul	Dawes	01:37:03.00	03:14:50.10	03:14:59.20	Male	SENIOR	San Domenico
802	William	Teague	01:35:01.30	03:15:10.40	03:15:16.90	Male	40-44	
268	William	Grey	01:28:04.55	03:15:32.80	03:15:41.75	Male	SENIOR	
147	Damian	Pathy	01:36:52.60	03:15:39.45	03:15:41.75	Male	SENIOR	
401	John	Thomas	01:37:18.35	03:15:42.35	03:15:45.75	Male	60+	Corby Athletic Club
607	Malachy	McAllister	01:35:25.95	03:15:40.60	03:15:49.30	Male	SENIOR	
127	Keith	Thompson	01:36:55.55	03:15:47.30	03:15:53.10	Male	40-44	
706	Anthony	Yates	01:30:48.15	03:16:03.05	03:16:04.75	Male	SENIOR	
732	Richard	Sewell	01:35:57.00	03:15:32.65	03:16:21.45	Male	45-49	Les Croupiers
413	Edwin	Evans	01:31:18.45	03:16:37.30	03:16:40.85	Male	55-59	Welsh Veterans AA

416	Howard	Parsell	01:20:30.85	03:17:27.20	03:17:28.90	Male	40-44	
491	Richard	Boldero	01:35:05.85	03:16:52.85	03:17:47.85	Male	SENIOR	
50	Gareth	Harvey	01:36:58.50	03:18:23.05	03:18:43.20	Male	SENIOR	
708	Adam	Sharp	01:42:55.60	03:17:36.90	03:18:48.50	Male	SENIOR	
893	Martin	Ennis	01:33:07.45	03:18:46.00	03:18:51.20	Male	SENIOR	
623	Robert	Stephens	01:35:01.90	03:18:59.35	03:19:05.20	Male	40-44	Multisport
773	Paul	Lynton	01:43:55.00	03:17:05.40	03:19:09.60	Male	45-49	
656	Nigel	Stone	01:29:55.70	03:19:34.10	03:19:55.50	Male	45-49	Somer AC
762	Penny	Clayton	01:37:36.20	03:19:46.05	03:20:01.10	Female	SENIOR	South West Road Runners
837	David	Collins	01:37:54.30	03:19:07.55	03:20:09.00	Male	SENIOR	
20	Alwyn	Powell	01:36:18.10	03:20:04.00	03:20:12.10	Male	SENIOR	
34	Graeme	Donnan	01:36:30.05	03:20:08.00	03:20:18.50	Male	50-54	Les Croupiers
734	James	Delaney	01:37:04.95	03:20:22.20	03:20:32.00	Male	45-49	San Domenico RRC
783	Mark	Dunscombe	01:41:09.75	03:19:30.25	03:20:38.70	Male	40-44	Sarn Helen
124	Paul	O'Callaghan	01:37:21.40	03:20:10.75	03:20:49.30	Male	SENIOR	
304	Andrew	Stephenson	01:40:10.50	03:20:33.75	03:21:19.45	Male	SENIOR	
786	Russell	Evans	01:38:59.60	03:21:18.90	03:22:08.10	Male	40-44	
105	Sam	Ryall	01:35:28.90	03:22:23.65	03:22:34.90	Male	SENIOR	
681	Terry	Coles	01:39:48.80	03:22:35.25	03:22:41.90	Male	40-44	
763	Witold	Radke	01:37:56.50	03:22:49.20	03:22:51.35	Male	60+	T.S. Walbrzych
326	Khalid	Ahmed	01:32:42.60	03:22:57.15	03:23:01.90	Male	SENIOR	
562	Tom	Holden	01:33:39.80	03:22:59.60	03:23:05.80	Male	50-54	Birchfield Harriers
649	David	Johns	01:38:22.25	03:23:00.75	03:23:07.10	Male	45-49	Cardiff AAC
527	Paul	Stuart	01:39:00.75	03:22:50.60	03:23:14.00	Male	SENIOR	
840	Nigel	Brooks	01:38:57.10	03:23:19.65	03:23:22.25	Male	SENIOR	
437	Lloyd	Richard	01:39:58.10	03:22:45.25	03:23:27.45	Male	40-44	Dulwich Runners
603	Nicola	Bedwell	01:35:43.85	03:23:27.75	03:23:32.30	Female	40-44	
485	Clive	Osmond	01:36:21.70	03:23:33.00	03:23:40.50	Male	40-44	Les Croupiers
482	Marc	Cuddihy	01:40:38.60	03:23:31.00	03:23:49.20	Male	40-44	
731	Christian	Vincent	01:33:46.80	03:23:57.90	03:24:01.20	Male	SENIOR	
926	David	Brady	01:37:28.55	03:23:16.40	03:24:04.80	Male	50-54	
928	Veronica	Singleton	01:37:55.95	03:24:04.80	03:24:14.00	Female	40-44	Les Croupiers
89	Simon	Hurford	01:38:47.30	03:24:27.45	03:24:32.70	Male	40-44	
103	Noel	Charlton	01:41:21.85	03:24:21.95	03:24:53.65	Male	SENIOR	
436	Nigel	Barker	01:44:02.95	03:24:47.75	03:24:59.50	Male	40-44	Great Western Runners
160	Alan	Taylor	01:40:38.40	03:24:33.15	03:25:10.45	Male	45-49	
611	Philip	Blasé	01:43:13.00	03:25:11.55	03:25:19.15	Male	SENIOR	
628	Nina	Van de pol	01:42:27.40	03:24:34.85	03:25:25.40	Female	SENIOR	

898	Andrew	Connochie	01:43:38.00	03:25:08.30	03:25:33.70	Male	SENIOR	
250	John	Simpson	01:39:03.25	03:25:20.65	03:25:37.10	Male	SENIOR	
6	John	Spiteri	01:38:56.05	03:25:30.65	03:25:39.90	Male	SENIOR	Penarth & District Runners
884	Gary	Hyatt	01:40:56.35	03:25:38.70	03:25:40.70	Male	55-59	Les Croupiers R.C.
630	Michael	Jones	01:42:27.20	03:25:09.65	03:25:41.75	Male	40-44	
613	Neil	Jones	01:38:53.40	03:25:39.90	03:25:55.60	Male	45-49	Wells City Harriers
764	Ade	White	01:29:12.90	03:25:54.25	03:26:03.10	Male	SENIOR	Islwyn
877	Stephen	Lewis	01:41:31.50	03:26:00.75	03:26:11.90	Male	55-59	Les Croupiers
165	Stuart	Walker	01:40:12.40	03:26:01.30	03:26:28.30	Male	40-44	
710	Martyn	Blud	01:35:04.00	03:26:17.45	03:26:30.65	Male	SENIOR	
299	Jeff	Davies	01:38:24.20	03:26:25.85	03:26:32.30	Male	SENIOR	
892	David	Stearn	01:41:40.55	03:26:23.40	03:26:38.20	Male	SENIOR	
624	Mark	Davies	01:38:24.15	03:26:32.30	03:27:04.60	Male	40-44	
469	Judi	Bowsher	01:41:37.10	03:26:55.50	03:27:07.20	Female	40-44	Brackla Harriers
735	Huw	Percy	01:42:18.10	03:26:59.05	03:27:11.50	Male	SENIOR	Padarn Triathlon
671	Danny	Kay	01:43:58.00	03:26:59.75	03:27:25.95	Male	60+	Avon Valley Runners
395	Andrew	Chainey	01:36:17.75	03:27:21.60	03:27:34.60	Male	SENIOR	
811	Sam	Bradley	01:33:55.95	03:27:37.30	03:27:41.60	Male	SENIOR	
345	John	Holland	01:38:45.80	03:27:34.90	03:28:03.90	Male	40-44	
932	Clive	Gillman	01:43:15.85	03:28:08.35	03:28:10.90	Male	50-54	South Devon Athletic Club
748	Andrew	Clements	01:41:30.20	03:28:18.85	03:28:24.85	Male	SENIOR	
657	Michael	Edwards	01:43:43.40	03:28:07.75	03:28:29.20	Male	40-44	Somer AC
554	Stephen	Collier	01:39:38.05	03:28:30.40	03:28:39.35	Male	SENIOR	
688	Graham	Taylor	01:41:19.10	03:28:28.60	03:29:11.75	Male	45-49	Serpentine RC
920	Robert	Looker	01:39:15.50	03:28:46.85	03:29:26.15	Male	SENIOR	
784	Brian	Lovett	01:37:02.95	03:29:25.45	03:29:34.60	Male	SENIOR	San Domenico RRC
343	Rachel	Bown	01:43:49.20	03:29:37.70	03:29:52.00	Female	SENIOR	FromeAC
534	Ray	Wallace	01:41:09.80	03:29:07.85	03:29:59.35	Male	SENIOR	
496	Mandy	Jones	01:45:40.30	03:28:33.70	03:30:03.50	Female	40-44	Islwyn Running Club
303	Roger	Jones	01:45:39.80	03:29:23.65	03:30:09.65	Male	40-44	
948	Cornelius	Corcoran	01:29:41.90	03:28:56.40	03:30:35.10	Male	SENIOR	Pontypridd Roadents
499	Simon	Montgomery	01:33:24.55	03:30:30.60	03:30:37.40	Male	SENIOR	Tadley Runners
504	Leighton	Davies	01:39:07.80	03:29:57.25	03:30:52.55	Male	SENIOR	Brackla Harriers
12	Chris	Moore	01:44:46.25	03:30:38.95	03:30:59.25	Male	40-44	
353	Simon	Mingay	01:45:52.90	03:30:22.70	03:31:00.10	Male	40-44	
226	Dawn	Critchell	01:44:13.30	03:30:58.75	03:31:10.20	Female	35-39	EGDON HEATH HARRIERS
228	Stephen	Iles	01:41:54.50	03:31:36.90	03:31:41.15	Male	45-49	LINGFIELD RUNNING CLUB
937	Peter	Riley	01:44:45.60	03:31:40.10	03:31:58.80	Male	55-59	burnham joggers

172	Nicholas	Rees	01:43:36.80	03:32:00.00	03:32:06.65	Male	SENIOR	
774	John	Hollingdale	01:41:59.80	03:31:34.40	03:32:07.15	Male	SENIOR	
745	James	Barr	01:44:44.60	03:31:34.05	03:32:12.55	Male	SENIOR	Willowfield Harriers
560	Leslie	Unsworth	01:44:21.95	03:32:09.95	03:32:30.90	Male	45-49	Avon Valley Runners
539	Liz	Ringham			03:32:31.05	Female	35-39	Avon Valley Runners
494	Sarah	Tudball	01:43:53.65	03:32:56.80	03:33:06.40	Female	SENIOR	
481	Garry	Tann	01:39:15.50	03:34:03.80	03:34:24.00	Male	45-49	Abergele Harriers
424	Richard	Hale	01:46:02.30	03:34:09.95	03:34:29.45	Male	50-54	Axe Valley Runners
264	Mark	Bollom	01:35:52.60	03:34:33.55	03:34:46.90	Male	SENIOR	
800	Michael	Taylor	01:47:26.05	03:33:48.70	03:34:51.20	Male	SENIOR	
575	Howard	Davies	01:40:17.80	03:34:55.50	03:35:02.70	Male	50-54	
910	Peter	Davies	01:41:01.40	03:34:12.80	03:35:08.70	Male	55-59	
164	Peter	Nicholas	01:46:46.40	03:34:57.70	03:35:13.15	Male	40-44	
683	Nick	Lewis	01:51:24.10	03:34:56.80	03:35:19.10	Male	SENIOR	
386	Peter	Cottnam	01:39:04.40	03:35:19.20	03:35:28.40	Male	40-44	Penarth & Dinas Runners
686	Andrew	Fallas	01:43:16.90	03:35:24.90	03:35:52.85	Male	SENIOR	
73	Steven	Westcough	01:40:24.65	03:35:42.00	03:36:08.50	Male	40-44	
897	Ashley	Wager	01:44:02.70	03:35:57.80	03:36:24.45	Male	40-44	
475	Patrick	Stockreisser	01:29:55.50	03:36:12.35	03:36:31.15	Male	SENIOR	
684	Ivor	Cardwell	01:30:30.40	03:36:24.70	03:36:31.20	Male	SENIOR	Newport Harriers
288	Mark	Bray	01:46:11.00	03:36:16.55	03:37:04.60	Male	SENIOR	
146	Vivienne	Clement	01:46:02.10	03:37:15.15	03:37:41.45	Female	35-39	
823	Alan	Littlejohns	01:42:29.00	03:37:32.80	03:37:49.20	Male	55-59	South West Road Runners
360	Mark	Unsworth	01:42:59.05	03:37:42.95	03:37:54.10	Male	40-44	
640	Lyndon	Currie	01:39:06.50	03:37:42.10	03:37:58.30	Male	40-44	drr
65	Richard	Bailey	01:41:01.30	03:38:01.25	03:38:13.50	Male	SENIOR	
157	Raymond	Boyce	01:39:21.70	03:38:11.25	03:38:20.80	Male	40-44	Cornelly Striders
815	Terry	Field			03:38:26.20	Male	55-59	North Devon Road Runners
946	Dominic	Sullivan	01:46:43.00	03:37:14.10	03:38:26.25	Male	SENIOR	Serpentine
639	Gary	Wade	01:45:10.10	03:38:16.40	03:38:33.60	Male	45-49	Road Runners Club
791	Douglas	Lamont	01:52:58.80	03:38:14.10	03:38:49.80	Male	50-54	Bellahouston RR
653	Mick	Taylor	01:48:31.75	03:38:09.70	03:39:19.95	Male	SENIOR	
126	Andrew	Godwin	01:45:20.10	03:38:59.65	03:39:43.10	Male	40-44	
237	Linda	Finch	01:43:35.50	03:39:53.80	03:40:19.45	Female	35-39	Tadley Runners
824	Dorian	Widdick	01:25:35.10	03:40:06.70	03:40:24.80	Male	SENIOR	
871	Damon	Stewart	01:39:58.80	03:40:18.40	03:40:38.55	Male	SENIOR	Les Croupiers
643	Ian	Haines	01:53:08.65	03:39:51.65	03:41:01.45	Male	SENIOR	
167	Sarah	Swaysland	01:48:44.60	03:40:19.55	03:41:09.40	Female	SENIOR	

765	Andy	Barnes	01:48:44.40	03:39:25.60	03:41:11.70	Male	45-49	
363	David	Palmer	01:47:33.75	03:41:10.65	03:41:20.50	Male	40-44	Vegetarian Cycling & Athletic
559	Arran	Davies	01:44:51.85	03:41:02.70	03:41:27.70	Male	SENIOR	
30	Matthew	Hopkins	01:48:41.70	03:40:57.90	03:41:45.80	Male	SENIOR	
809	Nigel	Cockram	01:49:55.15	03:41:40.70	03:41:56.80	Male	50-54	
724	Richard	Williams	01:53:08.50	03:40:59.50	03:42:08.80	Male	SENIOR	
426	Sean	Courtney	01:52:25.60	03:42:19.65	03:42:33.30	Male	SENIOR	
659	Peter	Mannion	01:42:55.40	03:41:42.85	03:42:35.50	Male	SENIOR	
546	Graham	Clarke	01:50:21.05	03:41:08.80	03:42:38.20	Male	SENIOR	
839	Lee	McMeeking	01:34:19.65	03:42:36.10	03:42:43.15	Male	SENIOR	
542	David	Ryder	01:53:15.20	03:42:35.40	03:42:44.10	Male	SENIOR	Oak Park
212	Elin	Morris	01:52:42.90	03:42:09.85	03:42:50.70	Female	35-39	
567	Gilbert	John	01:50:45.00	03:42:42.90	03:42:56.90	Male	50-54	Les Croupiers
189	Sybil	Upton	01:52:42.65	03:42:34.35	03:43:15.35	Female	50-54	
232	Richard	Griffin	01:53:09.15	03:43:11.55	03:43:19.55	Male	50-54	Blackheath & Bromley Harriers
518	Peter	Jones	01:47:45.50	03:42:30.45	03:43:21.55	Male	45-49	Langport Runners
519	Royston	Toon	01:51:10.60	03:42:54.40	03:43:30.55	Male	55-59	CHEPSTOW HARRIERS
9	Blair	Drummond	01:43:22.40	03:43:24.65	03:44:00.75	Male	45-49	
246	Robert	Gillan	01:58:15.85	03:43:31.05	03:44:10.55	Male	45-49	
693	Peter	Hughes	01:37:40.75	03:44:26.35	03:44:30.15	Male	SENIOR	
58	Billy	Pearce	01:49:41.95	03:43:46.80	03:44:31.75	Male	SENIOR	Dulwich Park Runners
557	Paul	Edwards	01:47:30.70	03:43:57.55	03:44:47.75	Male	40-44	Pembrokeshire Harriers
725	Roy	Barnes	01:49:41.45	03:44:26.75	03:44:52.80	Male	45-49	Road Runners
578	Alan	Mann	01:54:08.05	03:44:49.65	03:45:02.55	Male	45-49	Les Croupiers
766	Dominic	Pascoe	01:52:40.50	03:44:07.20	03:45:07.40	Male	SENIOR	
23	Ivan	Randall	01:41:42.80	03:44:57.60	03:45:08.45	Male	SENIOR	
662	Sarah	Shewell	01:48:39.65	03:45:09.70	03:45:25.30	Female	40-44	Sevenoaks
478	Juliet	Davey	01:46:40.90	03:44:49.55	03:45:32.00	Female	40-44	Brackla Harriers
447	Marc	King	01:41:39.70	03:45:46.10	03:45:51.70	Male	SENIOR	
576	Andrew	Bickle	01:46:28.50	03:45:29.85	03:45:58.15	Male	45-49	Road Runners Club
399	Andrew	Richards	01:46:58.95	03:45:31.65	03:46:05.50	Male	SENIOR	
398	Mark	Reynolds	01:46:58.60	03:45:32.05	03:46:05.60	Male	SENIOR	
620	Richard	Bristow	01:42:23.30	03:45:28.95	03:46:06.70	Male	SENIOR	South Wales Police Athletic Cl
703	Simon	Grant	01:50:33.50	03:45:22.55	03:46:08.10	Male	SENIOR	
847	Kieron	Jones	01:38:24.40	03:46:06.60	03:46:12.70	Male	SENIOR	
906	Steve	Smith	01:47:37.15	03:45:46.60	03:46:20.60	Male	40-44	
650	Brian	Tennant	01:49:41.85	03:45:42.80	03:46:25.10	Male	SENIOR	Serpentine RC
673	Mark	Spratt	01:40:43.20	03:46:03.15	03:46:25.95	Male	SENIOR	

704 Bruce	Catterson	01:42:11.30	03:46:20.85	03:46:27.90	Male	55-59	
32 David	Townhill	01:54:02.50	03:45:59.00	03:46:42.65	Male	SENIOR	
497 Stephen	Jones	01:45:40.35	03:45:17.70	03:46:47.80	Male	45-49	Islwyn Running Club
148 James	Townhill	01:52:40.30	03:46:08.25	03:46:51.85	Male	SENIOR	
660 Steve	Partridge	01:47:45.80	03:46:24.20	03:46:59.90	Male	SENIOR	
604 Phillip	Howells	01:44:09.80	03:46:55.20	03:47:03.30	Male	55-59	realrunner.com
290 Andrew	Thomas	01:47:44.30	03:46:40.40	03:47:23.00	Male	SENIOR	
581 Michael	Fogg	03:19:05.05	03:45:57.75	03:47:28.50	Male	SENIOR	UWC Harriers
878 Steven	Owen	01:48:31.70	03:47:42.50	03:47:45.25	Male	40-44	Loftus Athletics Club
879 Alistair	Suttcliff	01:48:31.10	03:47:42.75	03:47:45.50	Male	SENIOR	Loftus Athletics Club
876 Alistair	Sutcliffe	01:48:31.45	03:47:42.50	03:47:45.60	Male	SENIOR	LoftusAC
44 Iestyn	Harris	01:41:34.30	03:47:10.00	03:47:53.15	Male	40-44	
740 Alex	Mcinch	01:45:52.40	03:47:17.60	03:47:53.45	Male	SENIOR	
111 Robert	Hector	01:48:07.75	03:46:48.35	03:48:11.35	Male	SENIOR	
480 Goff	Lewis	01:50:27.75	03:47:56.40	03:48:20.75	Male	45-49	
728 Kenneth	Powney	01:51:53.05	03:48:05.25	03:48:23.90	Male	55-59	
648 Graham	Rowland	01:51:53.10	03:48:06.30	03:48:24.20	Male	40-44	
10 Robert	Lewis	01:45:08.30	03:48:05.70	03:48:25.90	Male	50-54	
618 Michael	Hodges	01:53:14.50	03:46:50.40	03:48:27.00	Male	45-49	
154 Anthony	Powell	01:53:32.30	03:47:03.50	03:48:27.10	Male	SENIOR	
627 Charles	Garbett	01:40:13.20	03:48:10.45	03:48:28.35	Male	45-49	
727 Jeremy	Alford	01:49:19.10	03:46:41.50	03:48:38.90	Male	SENIOR	
129 Chris	Wilkinson	01:48:18.60	03:48:28.45	03:48:41.25	Male	50-54	Cardiff Harlequins
755 Michael	Harry	01:50:21.30	03:47:49.70	03:48:50.10	Male	SENIOR	
753 Andrew	James	01:39:49.00	03:49:05.50	03:49:12.30	Male	SENIOR	
348 Nathan	Phelps	01:50:26.15	03:48:42.85	03:49:31.80	Male	SENIOR	
130 David	Hatcher	01:48:18.60	03:49:24.90	03:49:52.00	Male	40-44	
354 Michael	Beynon	01:45:59.80	03:50:07.20	03:50:22.90	Male	SENIOR	
850 John	Rhoden	01:53:12.20	03:50:20.25	03:50:36.85	Male	45-49	
907 Alex	Graham	01:54:40.00	03:49:56.85	03:50:40.00	Male	SENIOR	
184 Margot	Cooper	01:52:42.80	03:50:08.00	03:50:49.50	Female	40-44	
697 Raymond	James	01:45:50.10	03:50:37.75	03:50:51.25	Male	40-44	Port Talbot Harriers
473 Neil	Williams	01:44:17.10	03:50:41.30	03:50:53.70	Male	40-44	
831 Gareth	Jones	01:47:23.85	03:50:53.85	03:51:03.85	Male	SENIOR	Les Croupiers RC
143 Jamie	Read	01:48:15.50	03:50:23.70	03:51:12.40	Male	SENIOR	
169 Joanne	Ramsay	01:48:15.85	03:50:23.65	03:51:12.55	Female	SENIOR	
692 Rob	Meredith	01:48:41.45	03:50:35.15	03:51:17.90	Male	SENIOR	
307 Jonny	Watson	01:50:02.35	03:50:27.40	03:51:25.10	Male	SENIOR	

789	Lee	Williams	01:57:51.40	03:49:59.40	03:51:35.55	Male	SENIOR	
670	Richard	Palmer	01:47:02.25	03:51:01.80	03:51:39.30	Male	SENIOR	
19	Terrence	Irvine	01:52:35.35	03:50:48.65	03:51:54.75	Male	45-49	MOD (Army)
749	Oliver	Ince	01:41:30.75	03:51:55.65	03:52:01.20	Male	SENIOR	
770	Anthony	Holling	01:52:05.70	03:51:11.20	03:52:07.30	Male	45-49	Port Talbot Harriers AC
203	Elizabeth	Lavis	01:47:15.30	03:51:25.75	03:52:07.95	Female	45-49	Brackla Harriers
570	Anthony	Phillips	01:48:32.80	03:51:18.25	03:52:15.55	Male	40-44	Penarth & Dinas Runners
905	Jason	Evans	01:52:28.65	03:51:25.50	03:52:18.85	Male	SENIOR	
711	Helen	Embling	01:55:20.95	03:51:41.50	03:52:25.40	Female	45-49	Bridgend AC
552	Tudor	Jones	01:49:43.95	03:52:08.20	03:52:34.30	Male	40-44	
38	Geraint	Williams	01:53:10.55	03:51:43.85	03:52:47.40	Male	SENIOR	
537	Nick	Darroch	01:50:55.25	03:52:20.65	03:52:53.60	Male	45-49	
394	Christopher	Smart	01:49:13.00	03:52:14.85	03:52:55.15	Male	45-49	Nailsea RC
102	Derek	Chadwick	01:46:26.90	03:51:59.10	03:52:55.80	Male	SENIOR	
214	Glenda	Jackson	01:52:05.45	03:52:17.40	03:53:07.10	Female	55+	
723	Amanda	Elias	01:52:05.65	03:52:11.90	03:53:08.00	Female	35-39	Neath Harriers/Sospan RR
155	Ed	Whiting	01:45:50.55	03:52:48.05	03:53:38.95	Male	SENIOR	
750	Ivan	Arkininstall	01:50:27.80	03:53:24.85	03:53:49.40	Male	40-44	Ivanhoe Runners
92	Sharon	Broome	01:55:25.95	03:53:46.90	03:53:58.20	Female	SENIOR	
479	Jonathon	Johnson	01:40:37.00	03:53:59.00	03:54:04.00	Male	SENIOR	
935	Phillip	Jenkins	01:44:33.80		03:54:04.00			
923	Gavin	Fisher		03:54:02.05	03:54:13.35	Male	SENIOR	
253	Andrew	Lucas	01:46:15.25	03:53:14.60	03:54:14.10	Male	40-44	
404	Rebecca	Harris	01:53:51.45	03:53:29.70	03:54:36.25	Female	35-39	
291	Rhys	Jenkins	01:47:46.45	03:54:14.40	03:54:39.25	Male	SENIOR	
388	David	Wheeler	01:47:46.65	03:54:15.15	03:54:39.50	Male	40-44	
370	Joseph	Mein	01:43:32.30	03:54:36.35	03:55:12.75	Male	SENIOR	
794	Scott	Collins	01:40:42.00	03:55:21.60	03:55:23.40	Male	SENIOR	
838	Richard	Mahoney	01:47:32.35	03:54:40.90	03:55:26.50	Male	SENIOR	
551	Frances	Doyle	01:57:41.00	03:55:18.35	03:55:32.30	Male	SENIOR	
161	Garfield	Jones	01:46:58.35	03:55:17.35	03:55:51.65	Male	SENIOR	
235	Stephen	Katchi	01:51:23.90	03:55:20.60	03:55:59.60	Male	SENIOR	Les Croupiers
826	Anna	Fishlock	01:54:48.40	03:55:55.65	03:56:25.10	Female	SENIOR	
177	Gareth	Morgan	01:42:58.55	03:56:17.00	03:56:29.90	Male	SENIOR	
820	Aeron	Rees			03:56:31.00			
860	Liz	Neser	01:50:30.65	03:55:54.50	03:56:31.50	Female	SENIOR	
371	Jeremy	Sinclair	01:44:49.90	03:55:44.10	03:56:35.55	Male	SENIOR	
769	Tim	Pollard	01:50:23.60	03:56:06.25	03:56:45.95	Male	40-44	Weston AC



856	David	Brown	01:52:48.25	03:56:40.00	03:56:52.40	Male	60+	Vale of Glamorgan RC
321	Tod	Kindler	01:56:09.65	03:55:57.60	03:56:53.80	Male	SENIOR	
696	William	Jackson	01:52:55.15	03:55:48.05	03:56:54.10	Male	45-49	Army Athletics
355	Amaryllis	Roper	01:50:08.25	03:56:20.85	03:57:01.65	Female	45-49	
585	Julian	Williams	01:42:55.40	03:56:09.80	03:57:01.70	Male	SENIOR	
701	Paul	O'Brien	01:55:00.25	03:57:04.85	03:57:35.75	Male	45-49	
901	Bill	Evans	01:56:50.80	03:57:12.50	03:57:44.30	Male	40-44	
402	Ivo	Ford	01:53:15.35	03:56:05.65	03:57:50.85	Male	40-44	
564	Darrell	Harrison	01:47:43.80	03:57:00.85	03:58:12.75	Male	SENIOR	Pembrokeshire Harriers
565	Terri	Harrison	01:47:44.45	03:57:00.50	03:58:13.00	Female	SENIOR	Pembrokeshire Harriers
435	Edward	Thomas	01:46:43.10	03:58:01.75	03:58:20.50	Male	SENIOR	
4	Chi	Wong	01:54:23.05	03:57:33.30	03:58:28.90	Male	SENIOR	
645	Tracey	Booth	01:50:31.40	03:57:48.70	03:58:29.75	Female	40-44	Hogweed Totters
529	Michael	James	01:45:38.80	03:57:40.15	03:58:32.35	Male	40-44	
243	Kate	Kindler	01:56:09.85	03:57:45.60	03:58:41.75	Female	SENIOR	
818	Vicky	Harne	01:57:10.95	03:58:38.90	03:58:56.40	Female	SENIOR	Beverley AC
741	Robert	Perrin	01:52:43.30	03:58:42.45	03:59:05.25	Male	50-54	
584	Mark	Tibbert	01:37:37.75	03:58:26.05	03:59:09.70	Male	SENIOR	
938	Paul	Clarke	01:59:46.15	03:57:52.20	03:59:11.95	Male	50-54	
341	Graham	Wright	01:53:21.50	03:57:31.85	03:59:15.15	Male	40-44	
526	David	Quin	01:58:16.25	03:58:56.15	03:59:41.35	Male	SENIOR	
439	Jamie	Seekings	01:54:09.20	03:58:53.70	03:59:46.30	Male	SENIOR	
218	David	Perrett	01:40:10.45	03:59:28.40	03:59:56.45	Male	40-44	
914	Gareth	Davies	02:04:00.60	03:45:28.95	04:00:15.50	Male	SENIOR	Loughborough Students
642	Graham	Ford	01:48:34.40	03:59:01.10	04:00:19.65	Male	SENIOR	
262	Edward	Ayala-Angear	01:57:30.00	03:58:56.85	04:00:22.20	Male	40-44	
614	Christopher	Roberts	01:44:35.65	04:00:03.05	04:00:35.50	Male	40-44	
626	Andy	Carter	01:48:32.55	04:00:08.80	04:00:37.30	Male	40-44	
41	Lee	Dawkins	01:47:06.95	04:00:12.55	04:00:38.15	Male	SENIOR	
514	Ian	Phillips	01:56:28.30	03:59:41.45	04:00:39.50	Male	SENIOR	
646	Ian	Scott	01:59:49.30	03:59:55.20	04:00:43.25	Male	50-54	new eltham joggers
889	Ceridwen	Owen	01:56:12.70	04:00:02.60	04:01:08.35	Female	SENIOR	
739	Simon	Hughes	02:05:05.30	04:00:25.65	04:01:12.40	Male	SENIOR	
334	Nick	Elliott	01:59:24.25	04:00:29.30	04:01:20.15	Male	SENIOR	
33	Mark	Perry	01:50:44.95	04:00:02.65	04:01:31.35	Male	SENIOR	
804	Davidq	Brown	01:45:02.20	04:01:14.20	04:01:50.60	Male	SENIOR	
875	Jeffrey	Norris	01:58:16.05	04:02:00.15	04:02:32.90	Male	45-49	
841	David	Browning	01:45:58.90	04:02:20.65	04:02:40.00	Male	60+	Fairwater Runners

183	Fiona	Jeffreys-Thomas	01:49:27.70	04:02:39.45	04:02:51.35	Female	35-39	
498	Claire	Phillips	01:49:27.70	04:02:39.40	04:02:51.35	Female	SENIOR	
705	Stephen	Williams	01:55:07.70	04:02:29.45	04:03:00.25	Male	45-49	Les Croupiers
428	David	Rose	01:41:21.10	04:02:22.45	04:03:17.35	Male	SENIOR	Brackla Harriers
373	Cesar	Ortega	01:55:46.70	04:02:31.75	04:03:25.20	Male	SENIOR	
186	Gerwyn	Neale	01:49:57.30	04:03:31.75	04:03:40.35	Male	SENIOR	
486	Dan	Landeg	02:03:56.20	04:02:14.05	04:03:43.50	Male	SENIOR	
777	Ran	Fiennes	01:57:51.95	04:02:44.50	04:04:09.90	Male	55-59	
999	Mike	Stroud	01:57:52.00	04:02:44.75	04:04:10.00	Male	45-49	
687	John	Clapp	01:48:32.10	04:04:11.60	04:04:52.60	Male	50-54	Hogweed Trotters
718	Mark	Lewis	01:52:04.00	04:04:52.45	04:05:02.50	Male	SENIOR	
151	Nathan	Ryan	01:53:24.20	04:04:29.20	04:05:39.75	Male	SENIOR	
221	Andrew	Gibbons	01:54:10.45	04:04:32.55	04:05:42.70	Male	SENIOR	
682	Helen	Jones	01:53:33.50	04:05:15.50	04:06:04.95	Female	35-39	
569	Anthony	Fox	01:44:19.05	04:05:57.45	04:06:06.55	Male	SENIOR	
215	Eileen	Wall	01:53:34.20	04:05:58.20	04:06:09.65	Female	50-54	
25	Rosalind	Edmonds	01:55:46.80	04:05:23.30	04:06:25.35	Female	40-44	
382	Howell	Owens	01:56:06.55	04:06:42.60	04:07:14.10	Male	50-54	R.R.C.
245	Susan	Urbano	01:58:16.85	04:07:03.55	04:07:17.50	Female	35-39	
244	Huw	Lewis	02:02:58.25	04:06:08.85	04:07:31.95	Male	SENIOR	
247	Chris	Buckton	02:00:31.50	04:06:55.80	04:07:40.50	Male	45-49	
787	Dan	Watford	01:40:34.50	04:08:26.10	04:08:29.40	Male	SENIOR	
793	Ian	Swanson	01:55:53.15	04:08:28.75	04:08:34.00	Male	50-54	Port Talbot Harriers
474	Charles	Walsh	01:57:19.55	04:07:58.45	04:08:47.75	Male	SENIOR	
387	Jamie	Rowland	01:57:45.10	04:07:53.85	04:09:04.45	Male	SENIOR	
799	Aiden	Thomas	01:52:33.75	04:08:05.05	04:09:05.40	Male	SENIOR	
729	Kerry	Bennett	01:58:36.55	04:08:12.55	04:09:28.85	Male	40-44	
641	George	Holdsworth	01:53:46.90	04:09:03.25	04:09:28.90	Male	SENIOR	
139	Steven	Whitford	01:55:30.40	04:08:15.50	04:09:42.40	Male	SENIOR	
207	Liz	Sowter	02:01:36.60	04:09:23.55	04:09:43.40	Female	SENIOR	
848	Natt	Hutt	02:09:15.30	04:09:03.05	04:10:08.80	Male	SENIOR	
94	Stephen	Owen	01:43:57.60	04:09:59.45	04:10:16.20	Male	45-49	Les Croupiers
691	Gareth	Williams	01:42:28.20	04:10:06.45	04:10:22.45	Male	SENIOR	
261	Phil	Rikards	01:54:05.45	04:09:39.70	04:10:38.10	Male	SENIOR	
508	Keith	Jones	02:01:36.70	04:10:38.95	04:10:41.40	Male	40-44	
797	David	Bryer	01:57:04.15	04:09:37.35	04:10:45.40	Male	SENIOR	
903	Dan	Tipp	01:54:59.90	04:09:54.00	04:10:48.35	Male	SENIOR	
68	Darren	Mein	01:45:02.20	04:10:15.45	04:10:51.85	Male	SENIOR	

476	Kevin	Russell	01:42:16.25	04:10:18.20	04:10:55.70	Male	40-44	South Wales Police
636	Christopher	Blockwell	01:58:17.10	04:10:10.30	04:11:03.10	Male	40-44	
459	Peter	Harris	02:06:53.30	04:10:05.70	04:11:15.95	Male	45-49	
310	Abigail	Rees	01:56:09.55	04:10:12.45	04:11:23.55	Female	SENIOR	
530	Joel	Rees	01:56:09.35	04:10:12.40	04:11:23.75	Male	SENIOR	
619	Alun	Brain	01:57:53.75	04:11:02.85	04:11:24.50	Male	SENIOR	
501	Christopher	Williams	02:01:25.30	04:10:10.90	04:11:26.50	Male	40-44	
887	Edwin	Counsell	01:58:55.45	04:10:28.00	04:11:28.50	Male	40-44	
357	Byron	Beer	01:57:45.20	04:10:22.35	04:11:32.80	Male	40-44	
379	Adam	Fairbank	01:58:34.00	04:10:26.75	04:11:52.35	Male	SENIOR	
359	Mike	Quick	01:53:26.20	04:12:00.15	04:12:03.50	Male	50-54	Bracknell Forest Runners
141	Jeremy	Griffiths	02:00:39.90	04:10:39.70	04:12:13.35	Male	40-44	
239	David	Lewis	02:01:36.65	04:11:46.65	04:12:33.45	Male	45-49	new eltham joggers
131	Colin	Poole	01:53:09.20	04:12:35.85	04:12:43.20	Male	60+	Blackheath Harriers
964	Adam	Edwards			04:12:47.00			
577	Tad	Lancucki	02:03:51.80	04:12:00.55	04:12:47.75	Male	50-54	100 Marathon Club
56	Caspar	Neill	01:59:57.60	04:11:38.30	04:12:53.60	Male	SENIOR	
531	Vivien	Toms	01:58:52.90	04:12:40.80	04:13:03.65	Female	55+	Avon Valley Runners
66	Kathryn	Scott	01:55:34.15	04:12:55.45	04:13:05.95	Female	40-44	
152	Stuart	Wild	01:59:48.80	04:12:54.65	04:13:14.30	Male	55-59	
329	Steven	Vout	01:41:30.40	04:13:46.70	04:13:52.40	Male	SENIOR	
364	Robert	Heaton-Jones	01:56:53.90	04:13:36.40	04:13:53.00	Male	45-49	
317	Andrew	Bowdler	02:00:48.40	04:12:37.25	04:14:02.50	Male	45-49	
543	Hugh	Daniels	02:10:33.85	04:12:42.00	04:14:14.80	Male	SENIOR	
950	Ryan	Anthony			04:14:16.00			
882	Steve	Lewis	01:59:46.30	04:12:43.80	04:14:16.10	Male	SENIOR	Port Talbot Harriers
455	Gerald	Watt			04:14:41.00			
934	Michael	Smith	01:51:53.20	04:13:38.05	04:14:41.25	Male	45-49	
865	Stuart	Whittaker	02:02:05.45	04:14:53.75	04:15:10.80	Male	SENIOR	
219	Steven	James	02:07:09.20	04:15:05.05	04:15:11.15	Male	SENIOR	
921	Bart	Poublon	01:52:28.90	04:14:46.15	04:15:29.15	Male	SENIOR	
535	Raymond	Norman	01:53:41.95	04:14:07.70	04:15:33.85	Male	40-44	
230	Terence	Wootton	01:59:49.85	04:14:49.45	04:15:37.50	Male	55-59	new eltham joggers
663	Vivien	Collins	02:02:01.15	04:14:37.85	04:15:45.20	Female	SENIOR	
389	David	Bennett	02:05:32.95	04:14:22.95	04:15:50.75	Male	SENIOR	
54	Robin	Payne	02:00:28.95	04:14:47.85	04:15:52.10	Male	55-59	
532	Brian John	Mills	02:03:52.05	04:15:23.95	04:16:12.10	Male	45-49	100 Marathon Club
471	Stuart	Henderson	01:54:21.20	04:14:57.90	04:16:12.80	Male	45-49	

72	Mike	Lister	01:52:17.20	04:16:34.65	04:16:40.65	Male	50-54	Les Croupiers
635	Jane	Fletcher	01:59:46.90	04:15:56.65	04:16:45.85	Female	SENIOR	Les Croupiers
260	Paul	Sanderson	01:54:05.70	04:16:04.25	04:17:02.35	Male	SENIOR	
374	Lee	Prescott	01:52:24.15	04:16:17.75	04:17:18.55	Male	SENIOR	
778	Mark	Davies	01:56:51.00	04:16:50.90	04:17:22.60	Male	SENIOR	
895	Adam	McMeeking	01:58:53.60	04:17:16.45	04:17:24.15	Male	SENIOR	
528	Julian	Bowles	01:48:03.40	04:16:03.90	04:17:26.70	Male	SENIOR	
451	Paul	James	02:07:07.50	04:17:36.75	04:17:40.55	Male	SENIOR	
949	Rodney	Greenway			04:17:53.95	Male	SENIOR	
908	Maurice	Timmins	02:12:45.15	04:17:43.45	04:18:10.00	Male	55-59	
566	Pamela	Storey	02:04:09.55	04:17:31.05	04:18:18.55	Female	55+	Serpentine Running Club
104	Kevin	Harris	01:57:56.55	04:18:17.15	04:18:33.25	Male	SENIOR	
676	Jeff	Gorwill	01:57:58.40	04:18:21.10	04:18:33.60	Male	SENIOR	
680	Josh	Allerton	02:19:27.10	04:17:18.60	04:18:34.60	Male	SENIOR	
227	Les	Hooper	02:00:07.75	04:17:17.70	04:18:36.70	Male	50-54	EGDON HEATH HARRIERS
208	Andrew	Sinclair	01:58:36.40	04:17:23.50	04:18:40.40	Male	SENIOR	
781	Sean	O'Connor	01:51:49.75	04:18:34.15	04:18:49.45	Male	SENIOR	
74	John	Cunnane	01:53:22.70	04:17:47.60	04:18:50.25	Male	55-59	
313	Lee	Clements	01:49:31.80	04:18:30.00	04:18:54.00	Male	SENIOR	
256	Lee	Miller	01:54:02.45	04:17:57.10	04:18:54.10	Male	SENIOR	
506	James	White	01:54:08.80	04:18:23.60	04:18:56.40	Male	SENIOR	
891	Nick	Roe	02:07:48.90	04:17:44.55	04:19:11.75	Male	45-49	
634	Colin	Riley	01:51:10.70	04:19:12.90	04:19:24.40	Male	SENIOR	
502	Stuart	Vanstone	01:49:57.10	04:19:39.75	04:19:47.65	Male	SENIOR	
408	Paul	Percival	01:59:59.30	04:19:50.70	04:20:08.10	Male	45-49	
18	Mark	Lintern	02:01:05.25	04:19:00.35	04:20:14.80	Male	SENIOR	
372	Nicole	Lloyd	02:05:02.00	04:18:41.85	04:20:23.85	Female	SENIOR	
39	David	McClaren			04:20:24.00			
248	David	Hesketh	01:53:11.50	04:19:22.25	04:20:30.35	Male	SENIOR	
173	Michael	Griffiths	01:58:48.15	04:19:15.65	04:20:40.40	Male	40-44	
333	Francis	Cowe	02:02:22.15	04:19:28.25	04:20:51.60	Male	SENIOR	
902	Nigel	Lane	01:55:06.90	04:19:58.45	04:20:52.25	Male	45-49	
714	Jason	Barnett	02:00:25.80	04:19:21.20	04:20:56.80	Male	SENIOR	
464	Adam	Murphy	01:59:25.15	04:20:10.45	04:21:02.25	Male	SENIOR	
849	Ashley	Morgan	02:09:15.25	04:20:07.70	04:21:12.95	Female	35-39	
347	Jeffrey	Donovan	01:56:08.15	04:21:14.40	04:21:37.60	Male	40-44	
927	Thomas	Stafford	02:06:54.70	04:21:08.30	04:21:57.40	Male	50-54	
698	David	Greaves	01:47:45.35	04:21:04.00	04:22:09.10	Male	SENIOR	

325	Christopher	Jones	01:55:40.00	04:22:09.10	04:22:16.45	Male	SENIOR	
77	John	McDonnell	01:56:52.60	04:21:48.80	04:22:46.10	Male	SENIOR	
328	Mark	Earls	01:56:52.95	04:21:48.80	04:22:46.50	Male	40-44	
587	Nicholas	Cuffie	02:03:09.00	04:21:51.80	04:22:46.80	Male	40-44	
397	John	King	02:06:38.80	04:23:12.35	04:23:24.30	Male	55-59	
918	Mathew	West	01:53:00.25	04:23:26.65	04:23:32.25	Male	SENIOR	
883	Bob	Bell	02:04:58.80	04:23:18.20	04:23:58.50	Male	55-59	Hogweed Trotters
675	Nicholas	James	02:16:35.65	04:22:34.45	04:24:00.35	Male	SENIOR	
580	Peter	Padley	01:47:38.80	04:23:18.50	04:24:08.60	Male	40-44	
122	Donald	Morgan	02:10:55.30	04:23:15.85	04:24:28.80	Male	55-59	
45	Lyndon	Thomas	02:00:32.20	04:23:34.35	04:24:28.90	Male	60+	
123	Linda	Morgan	02:10:55.80	04:23:24.30	04:24:37.50	Female	55+	
204	Phillip	Doel			04:24:38.75	Male	40-44	
412	Paul	Darby			04:24:39.00	Male	SENIOR	
689	David	Major	02:06:29.45	04:23:39.40	04:24:45.15	Male	SENIOR	Road Runners Club
803	Nicholas	Melville	01:56:18.00	04:24:01.45	04:24:53.65	Male	SENIOR	
425	Peter	Courtney	01:57:41.00	04:25:13.35	04:25:27.10	Male	45-49	
664	Nigel	Williams	01:58:16.95	04:24:46.50	04:25:28.10	Male	40-44	
59	Lynne	Lewis	02:08:24.35	04:24:29.80	04:25:40.80	Female	35-39	
174	Colette	Borg	02:07:37.45	04:25:12.85	04:25:43.50	Female	SENIOR	
125	Jason	Donagh	01:51:34.15	04:24:14.25	04:25:51.40	Male	SENIOR	
213	Wayne	Radnedge	01:56:14.70	04:25:50.55	04:26:04.25	Male	40-44	
665	Rachel	Elden	02:10:17.20	04:26:00.85	04:26:11.20	Female	SENIOR	
285	Nick	Williams	02:19:12.25	04:26:01.70	04:26:22.45	Male	SENIOR	
806	John	Dawson	02:09:19.20	04:25:55.20	04:26:39.60	Male	60+	Lichfield RC
113	Karen	Thomas	02:07:15.70	04:25:18.50	04:26:44.50	Female	35-39	
941	Lisa	Jenkins-Williams	02:03:08.15	04:25:35.10	04:26:46.10	Female	SENIOR	
834	Gavin	Parsons	01:54:44.35	04:25:32.60	04:26:52.50	Male	SENIOR	
217	Marcia	Howells	02:10:03.65	04:25:24.80	04:27:14.90	Female	40-44	
720	John	Renton	01:56:57.30	04:26:28.80	04:27:19.35	Male	40-44	
911	Peter	Reed	02:09:37.75	04:26:21.10	04:27:22.90	Male	40-44	Veterans A.C.
912	Moira	Reed	02:09:37.65	04:26:21.85	04:27:22.90	Female	45-49	Veterans A.C.
940	Andrew	Williams	02:03:08.40	04:26:25.05	04:27:36.15	Male	SENIOR	
522	Russell	Barwise	01:50:38.65	04:27:41.50	04:27:46.50	Male	SENIOR	
305	Steven	James	01:59:25.20	04:27:43.45	04:28:34.70	Male	SENIOR	
788	Martin	Hill	01:56:08.15	04:28:11.70	04:28:34.80	Male	SENIOR	
825	Nigel	Frowen			04:28:54.35	Male	SENIOR	
595	Craig	Jones	02:08:01.60	04:27:09.65	04:28:55.30	Male	SENIOR	

403	Noel	Harris	01:54:05.70	04:27:58.85	04:29:04.50	Male	SENIOR	
754	Christian	Wheeler	02:21:29.35	04:27:35.05	04:29:06.60	Male	SENIOR	
629	Gavin	Parry	02:09:13.50	04:28:32.85	04:29:43.30	Male	50-54	
864	John	Walshaw	02:06:57.75	04:29:39.00	04:29:51.55	Male	55-59	Redcar RC
240	Wayne	Bryant	02:00:22.45	04:30:01.20	04:30:15.50	Male	SENIOR	Brackla Harriers
631	Francis	Rushe	01:56:49.70	04:30:29.60	04:30:42.30	Male	SENIOR	
779	Christopher	Moseley	02:01:52.85	04:29:32.75	04:30:44.40	Male	SENIOR	
180	Matthew	Brushett	02:01:53.00	04:29:33.85	04:30:45.20	Male	SENIOR	
544	Mark	Smith	02:13:29.65	04:30:00.00	04:30:52.70	Male	SENIOR	
390	Gavin	Jones	02:06:24.05	04:30:26.55	04:31:04.25	Male	SENIOR	
493	Karen	Evans	02:08:29.20	04:30:06.70	04:31:09.70	Female	SENIOR	
606	Stephen	Commander	01:58:16.35	04:31:20.25	04:32:05.45	Male	SENIOR	
318	Michael	Bartlett	01:57:59.90	04:31:49.65	04:32:09.00	Male	SENIOR	
924	Michael	Kennedy	02:06:09.50	04:31:55.30	04:32:20.70	Male	50-54	
917	Sean	McAteer	02:20:38.70	04:31:40.80	04:32:45.40	Male	SENIOR	
616	Matthew	Wictome	02:14:58.50	04:31:26.20	04:33:04.75	Male	SENIOR	
383	David	Hibbs	02:14:16.30	04:31:39.90	04:33:09.20	Male	40-44	
668	Andrew	Burr	02:16:30.25	04:32:32.15	04:33:46.65	Male	SENIOR	
621	Philip	Stokes	02:16:30.55	04:32:32.90	04:33:46.90	Male	SENIOR	Andover AC
855	Nigel	Rashley	02:03:12.10	04:33:34.80	04:34:03.00	Male	45-49	
597	Richard	Webb	02:17:50.05	04:33:13.70	04:34:22.00	Male	SENIOR	
821	Matthew	Williams	02:11:35.10	04:33:31.00	04:34:40.40	Male	SENIOR	
913	Peter	Ruhen	02:28:47.60	04:33:45.85	04:34:40.70	Male	60+	Honiton Running Club
853	Michael	Murphy	01:38:57.40	04:34:51.60	04:34:57.80	Male	45-49	Les Croupiers
929	Dougie	Tobutt	01:58:53.35	04:34:50.25	04:35:02.60	Male	50-54	Bolton
638	Gerald	James	01:46:05.45	04:35:04.40	04:35:08.95	Male	50-54	
99	Rachel	Gillard	02:09:43.40	04:34:44.50	04:35:15.10	Female	SENIOR	
814	Howard	Taylor	02:04:57.65	04:34:48.25	04:35:28.60	Male	45-49	Hogweed Trotters
792	Roger	Jones	02:00:48.90	04:35:42.45	04:36:06.85	Male	50-54	
572	Steven	McCarthy	01:55:59.05	04:34:41.00	04:36:14.15	Male	40-44	
163	David	Rosser	02:04:24.60	04:36:38.40	04:36:57.50	Male	60+	Amman Valley Harriers
679	Gareth	Watkins	02:03:20.20	04:36:45.95	04:38:21.95	Male	SENIOR	
460	Simon	O'Leary	02:06:54.05	04:37:11.10	04:38:22.30	Male	SENIOR	
191	Len	Baggs	02:14:58.20	04:38:18.15	04:39:12.85	Male	55-59	
462	John	McSherry	02:16:09.60	04:39:01.15	04:39:22.15	Male	SENIOR	
880	Phil	Scott	02:01:31.20	04:37:58.80	04:39:36.40	Male	SENIOR	
423	Anthony	Wiggin	02:04:12.95	04:39:35.85	04:39:41.10	Male	SENIOR	Pentyrch Rugby Club
915	Kevin	Martin	01:54:43.75	04:39:14.05	04:39:41.35	Male	40-44	Northern(IOM)ac

558	Janine	Burford	02:01:45.05	04:39:17.05	04:39:54.50	Female	SENIOR	
830	David	Toms	01:58:24.95	04:39:53.05	04:40:11.30	Male	50-54	Brandon Fern Hoppers
828	Mick	Curry	01:58:11.20	04:38:40.25	04:40:22.10	Male	45-49	
761	Stuart	Dawson	02:11:10.10	04:39:04.85	04:40:26.15	Male	40-44	
944	Mark	Down	01:48:31.45	04:40:25.10	04:40:30.10	Male	SENIOR	
556	Frances	Mills	02:15:14.50	04:39:05.95	04:40:33.75	Female	40-44	Tring Running Club
568	Stephen	Jones	02:08:42.25	04:39:38.75	04:40:38.90	Male	40-44	
61	Deborah	Roberts	02:19:36.55	04:39:27.00	04:40:39.40	Female	SENIOR	
140	Tracey	Newman	02:12:53.90	04:39:07.30	04:40:41.00	Female	SENIOR	Les Croupiers
429	Brian	Davies	02:07:13.50	04:40:28.30	04:40:58.25	Male	SENIOR	
571	Martim	Neville	02:11:31.30	04:40:32.80	04:41:23.70	Male	40-44	Isllyn
179	Ian	Holt	01:58:45.60	04:40:54.10	04:42:06.00	Male	SENIOR	
384	Jeff	Waite	02:03:23.90	04:41:06.50	04:42:13.20	Male	SENIOR	
62	Lynne	Ashby	02:06:03.35	04:41:15.85	04:42:38.70	Female	40-44	
588	Matthew	Kibblewhite	02:11:53.10	04:42:41.15	04:42:46.80	Male	SENIOR	
555	Laura	Grasby	02:08:30.25	04:42:00.25	04:43:03.50	Female	SENIOR	
176	Daniel	Francis			04:43:23.00			
278	Tim	Hughes	02:19:01.40	04:43:05.00	04:43:23.50	Male	40-44	
119	Michael	Williams	02:12:07.30	04:31:36.50	04:43:42.45	Male	SENIOR	
449	Geraint	Collins	02:06:25.90	04:42:46.65	04:43:51.55	Male	SENIOR	
505	Fiona	Gwyther	02:13:31.90	04:42:55.70	04:44:00.90	Female	35-39	
26	Jason	Morrissey	01:53:56.10	04:44:02.15	04:44:17.85	Male	SENIOR	
796	Max	Scott-Cook	02:08:48.00	04:45:11.05	04:45:27.85	Male	55-59	
199	Jacqueline	Harries	02:19:34.95	04:44:10.30	04:45:41.15	Female	40-44	
933	Chris	Amy	02:13:40.15	04:45:02.25	04:46:00.40	Female	50-54	
362	Nigel	Clarke	01:51:41.15	04:46:12.50	04:46:29.40	Male	45-49	
301	Jamie	Wheaton	02:14:02.05	04:45:36.10	04:46:37.35	Male	SENIOR	
300	Paul	Richards	02:14:02.40	04:45:36.45	04:46:37.35	Male	SENIOR	
808	Tim	Dyer	01:59:55.50	04:45:40.10	04:46:59.35	Male	SENIOR	
414	Steven	Morris	02:12:45.60	04:46:26.45	04:47:21.30	Male	SENIOR	
434	Julian	Bill	02:06:19.40	04:46:42.95	04:48:07.70	Male	SENIOR	
768	Fabian	Jones	01:58:26.65	04:47:33.65	04:48:15.40	Male	SENIOR	
279	Simone	Collins	02:17:27.60	04:48:30.55	04:49:34.65	Female	SENIOR	
101	Michael	Woodfield	02:00:33.05	04:49:03.05	04:49:55.85	Male	SENIOR	
98	John	Manson	02:18:48.60	04:48:14.35	04:49:57.55	Male	SENIOR	
842	James	McKay	02:24:11.50	04:49:26.00	04:51:02.80	Male	SENIOR	
930	Geoffrey	Dennis	02:15:14.45	04:49:49.30	04:51:17.70	Male	60+	Tring Running Club
431	Hayley	Jeans	02:27:14.80	04:51:24.50	04:52:00.50	Female	SENIOR	

744 Ian	Spence	02:09:25.50	04:51:03.15	04:52:49.20	Male	SENIOR	
29 Jeffrey	Clark	02:20:21.40	04:52:11.30	04:52:49.55	Male	SENIOR	
516 Joshua	Cohen	02:11:25.15	04:52:35.00	04:53:42.45	Male	SENIOR	
75 Rhian	Jones	02:07:01.00	04:52:41.60	04:53:49.70	Female	SENIOR	
411 Anthony	Vallario	02:20:06.85	04:52:35.05	04:53:55.15	Male	45-49	Port Talbot Harriers
690 Linda	Hart	02:12:45.70	04:52:49.65	04:53:55.70	Female	35-39	Road Runners Club
466 Stephen	James	02:04:13.00	04:54:30.80	04:54:36.45	Male	SENIOR	
547 Mark	Clarke	01:55:46.00	04:53:20.00	04:54:49.30	Male	SENIOR	
393 Andrew	Herbert	02:27:25.70	04:53:14.25	04:54:50.70	Male	SENIOR	
813 David	Marriott	01:58:09.95	04:54:20.40	04:55:01.85	Male	SENIOR	Bridgend
963 Maurice	O'Connor			04:55:02.00			
275 Graham	Wooding	02:13:21.10	04:54:25.10	04:55:34.70	Male	45-49	
452 Christopher	Lloyd	02:06:53.45	04:54:27.90	04:55:53.50	Male	SENIOR	
939 Michael	Alsworth	02:11:08.40	04:55:44.55	04:56:32.50	Male	50-54	100 Marathon Club
40 Nicola	Davies	02:18:49.50	04:55:59.65	04:57:20.70	Female	35-39	
738 Julie	Smith	02:16:16.25	04:56:15.85	04:57:30.75	Female	35-39	
185 Christopher	Canning	02:25:32.80	04:57:02.10	04:58:09.50	Male	SENIOR	
947 Liam	Fenelon	02:09:00.55	04:57:28.60	04:58:10.60	Male	60+	100 Marathon Club
942 Karen	Lewis	02:14:25.20	04:56:58.70	04:58:38.50	Female	SENIOR	
775 Brian	Smith	02:19:02.90	04:57:51.90	04:59:23.70	Male	60+	Road Runners Club
674 Dean	Ahmed	02:15:57.55	04:59:18.05	05:00:53.15	Male	SENIOR	
752 Doug	Lawrence	02:14:05.65	05:01:09.90	05:01:22.80	Male	SENIOR	Kidderminster & Stourport AC
609 James	Snook	02:27:14.60	05:01:04.00	05:01:39.30	Male	SENIOR	
175 Claire	Snook	02:27:21.95	05:01:03.90	05:01:39.40	Female	SENIOR	
377 Nicola	Perry	02:27:21.90	05:01:04.90	05:01:39.60	Female	SENIOR	
115 Keith	Miller	02:19:12.55	05:02:52.40	05:03:14.90	Male	45-49	
654 Joanna	Allerton	02:25:18.15	05:02:50.10	05:04:05.65	Female	SENIOR	
596 Terence	Webb	02:18:47.05	05:04:35.30	05:05:43.60	Male	45-49	
346 Michael	Perry	02:14:17.10	05:06:41.45	05:06:52.00	Male	SENIOR	
361 Iain	Cronin	02:14:17.15	05:06:41.70	05:06:52.00	Male	SENIOR	
574 Norman	Jones	02:19:33.75	05:07:48.00	05:09:13.90	Male	45-49	
832 Andi	Schmidt	02:22:46.10	05:08:38.15	05:10:05.70	Male	SENIOR	
472 Karen	Saunders	02:16:18.25	05:08:58.00	05:10:10.20	Female	SENIOR	Stroud & District Athletic Clu
602 Hellen	Allsop	02:20:08.45	05:09:43.50	05:11:19.80	Female	35-39	
170 Cerys	Humphreys	02:25:33.15	05:11:22.10	05:12:29.45	Female	SENIOR	
315 Mark	Chilton	02:34:12.85	05:11:27.10	05:12:54.20	Male	SENIOR	
490 Stephen	Chilton	02:34:12.45	05:11:26.75	05:12:54.50	Male	SENIOR	
352 Philip	McGonagall	02:19:24.35	05:14:44.25	05:15:32.65	Male	50-54	203 FD Hosp Running Club



655 Gemma	Brain	02:17:08.70	05:15:48.70	05:16:03.90	Female	SENIOR	
37 Nicky	Brain	02:17:09.25	05:16:04.55	05:16:19.30	Female	40-44	
827 Robert	Ryan	02:20:09.85	05:15:01.35	05:16:27.80	Male	45-49	
589 Peter	Janicijevic	02:20:10.00	05:15:01.40	05:16:27.85	Male	45-49	
409 Olugbenga	Fakande	02:22:01.45	05:15:25.55	05:16:29.95	Male	40-44	
109 Janet	Bell	02:21:54.90	05:16:02.15	05:17:11.20	Female	55+	Pembrokshire Harriers
272 Robert	Wicks	01:59:32.80	05:10:38.35	05:17:30.50	Male	SENIOR	
339 Fotini	Maragakis	02:22:18.85	05:18:16.70	05:19:38.00	Female	SENIOR	
96 Huw	Townley	02:17:08.35	05:22:19.20	05:22:47.30	Male	40-44	
367 Victoria	Jones	02:16:18.30	05:22:44.60	05:23:48.50	Female	SENIOR	
509 Daniel	Broome	02:07:28.95	05:23:42.85	05:24:35.25	Male	SENIOR	
810 Nicholas	Graham	02:33:41.90	05:24:06.00	05:25:13.10	Male	SENIOR	
156 Paula	Thornley	02:25:30.75	05:24:02.20	05:25:36.50	Female	40-44	
391 Stephen	Hales	02:01:15.95	05:26:01.70	05:26:09.25	Male	SENIOR	
209 Peter	Warneant	02:30:07.90	05:25:37.25	05:26:51.40	Male	50-54	
467 Alfred	Oliveira	02:28:54.85	05:26:03.40	05:27:30.35	Male	60+	Footworks Miami FL USA
21 Geraint	Griffiths	02:22:33.30	05:27:37.15	05:27:47.70	Male	SENIOR	
583 David	Reeves	02:17:07.50	05:27:09.90	05:28:43.20	Male	45-49	
114 Keri	Hutchinson	02:20:21.30	05:28:14.10	05:28:51.40	Female	SENIOR	
27 Franoine	Falzon	02:20:21.80	05:28:14.00	05:28:51.45	Female	SENIOR	
231 Denis	Pratt	02:31:51.35	05:27:38.55	05:29:03.25	Male	50-54	
281 Michael	Abbott	02:31:51.45	05:28:48.35	05:30:12.90	Male	40-44	
776 Allen	Watts	02:33:05.15	05:29:03.65	05:30:17.50	Male	60+	Sarn Helen Lampeter
888 Francois	Roland	02:32:23.70	05:34:29.70	05:34:58.45	Male	45-49	
899 Willems	Jean	02:32:23.75	05:34:29.65	05:34:58.80	Male	55-59	
443 Christine	Howson	02:22:07.10	05:37:00.80	05:38:22.70	Female	40-44	
295 Martin	Britton			05:38:23.00			
442 Vicki	Groves	02:22:08.70		05:38:23.20	Female	35-39	
271 Karen	Stevens	02:31:05.40	05:37:01.60	05:38:27.60	Female	35-39	
432 Laura	Currie	02:32:26.40	05:37:18.70	05:38:44.55	Female	SENIOR	
55 Phillip	Bryant	02:33:09.90	05:37:40.85	05:39:03.60	Male	40-44	
145 Shawn	Eastman	02:27:23.60	05:37:34.80	05:40:16.20	Male	SENIOR	
836 Howard	Bush	02:44:48.90	05:38:54.10	05:43:31.15	Male	55-59	
206 Pedro	Martinez	02:13:59.55	05:42:07.00	05:45:53.50	Male	SENIOR	
308 David	Philpott	01:58:50.75	05:44:38.60	05:47:51.80	Male	40-44	
549 John	Hopkins	02:14:13.80	05:47:37.05	05:48:22.35	Male	40-44	
622 Vusi	Siphika	02:13:19.85	05:48:17.55	05:51:07.45	Male	SENIOR	
52 Gary	Cook	02:26:32.55	05:49:49.05	05:54:20.50	Male	50-54	

719	Victoria	Archbold	02:16:03.30	05:53:18.65	05:54:25.60	Female	SENIOR	
548	James	Hogg	02:31:35.95	05:54:02.65	05:56:00.45	Male	60+	
69	Huw	Jones	02:31:03.05	05:55:42.35	05:57:03.50	Male	40-44	
419	Sallyann	Melhuish	02:45:55.30	05:55:30.15	05:58:39.45	Female	35-39	
812	Fiona	Derrick	02:50:29.40	05:58:20.55	05:58:48.50	Female	40-44	
625	Wayne	Jenkins	02:31:36.00	05:57:43.45	06:01:00.50	Male	40-44	
652	David	Headon		06:00:41.90	n/a	Male	40-44	Les Croupiers
444	Alistair	Chambers	n/a	n/a		Male	40-44	
869	Charles	Coray	n/a	n/a		Male	40-44	
904	Andrew	Clanahan	n/a	n/a		Male	45-49	
822	Derek	Church	n/a	n/a		Male	45-49	
736	Cassandra	Sabo	n/a	n/a		Female	SENIOR	
378	Claire	Fitzgerald	n/a	n/a		Female	SENIOR	
678	Michael	Johnson	n/a	n/a		Male	SENIOR	
890	Neal	Boardley	n/a	n/a		Male	SENIOR	
845	Stephen	New	n/a	n/a		Male	SENIOR	Gwent Police
200	Richard	Harries	n/a	n/a		Male	SENIOR	