

Pos	Number	Name	Club	Category	Time
1	426	Peter Coles	Pontypridd	M40	26.51
2	434	Richard Bullen	Les Croupiers	M45	27.01
3	403	Lee Aherne	Club 69	M40	27.09
4	445	Paul Sperrin	Unattached	M45	27.51
5	417	Gareth Davies	Bridgend	M40	28.11
6	409	Geoff Brimble	Newport	M40	28.46
7	531	John Foster	Lliswerry	M45	28.58
8	465	Mick McGeoch	Les Croupiers	M50	29.10
9	416	Mark Anderson	Pewsey Vale	M40	29.12
10	474	Peter Davies	Bridgend	M50	29.16
11	441	Scott Howell	Les Croupiers	M45	29.17
12	494	Sandy Johnston	Les Croupiers	M55	29.36
13	419	Damien Williams	Club 69	M40	29.43
14	497	Mick Tabor	Les Croupiers	M50	29.47
15	447	Peter Crane	Neath	M45	29.53
16	459	Peter Kellam	Les Croupiers	M40	29.59
17	442	Dave Coles	Les Croupiers	M45	30.05
18	406	Mark Carpanini	Newport	M40	30.12
19	413	Mike Lewis	Unattached	M40	30.20
20	485	Paul Ross-Davies	Invicta East Kent	M55	30.32
21	404	Pez Bullen	Keswick	M40	30.36
22	427	Brett Davis	Newport	M40	40.40
23	496	Kevin Wilkinson	San Domenico	M55	30.43
24	424	Neil Hardee	Newport	M40	30.51
25	456	David James	Unattached	M45	30.53
26	471	John Gordon	Cardiff	M50	30.58
27	450	Clive Osmond	Les Croupiers	M45	31.11
28	425	Ade White	Islwyn	M40	31.15
29	491	Phil Miles	Club 69	M55	31.17
30	526	Clare Phillips	Swansea	F35	31.21
31	453	Mark Dunscombe	Sarn Helen	M45	31.33
32	571	Paul Jenkins	Unattached	M40	31.38
33	423	Martin Williams	Unattached	M40	31.38
34	405	Mark Paviour	Preseigne Pacers	M40	31.39
35	559	Mark Baker	North Rock AC	M40	31.45
36	510	Paul Allen	Halesowen	M60	31.55
37	499	Alan Perkins	Port Talbot	M55	31.57
38	460	Steve Brace	Bridgend	M45	32.03
39	595	John Diffey	Les Croupiers	M40	32.08
40	560	James Delaney	San Domenico	M50	32.09
41	446	David Crane	Unattached	M45	32.09
42	448	Ivor Williams	Unattached	M45	32.14
43	479	Howard Carpenter	Neath	M50	32.15
44	481	Mike Davies	Les Croupiers	M55	32.21
45	478	Philip Bamsey	Neath	M50	32.34
46	487	John Plain	Les Croupiers	M55	32.37
47	437	Terry Caveney	Les Croupiers	M45	32.41
48	462	David Kennedy	Unattached	M50	32.44
49	505	Jonathan Kersting	Swansea	M65	32.48
50	596	Eirwyn Rees	Unattached	M40	32.49
51	495	David Jones	Denbigh Harriers	M55	32.49
52	422	Paul Price	Unattached	M40	32.53
53	597	Dave Hughes	Bridgend	M40	32.56
54	476	John Summers	Pewsey Vale	M50	32.58
55	464	Graeme Donnan	Les Croupiers	M50	32.58

56	414 Paul Young	Newport	M40	32.58
57	527 Sue Tagg	Club 69	F35	33.02
58	600 Alan Mann	Les Croupiers	M45	33.11
59	439 Mal Firouz	Les Croupiers	M45	33.21
60	435 Steve Owen	Les Croupiers	M45	33.24
61	458 Tim O'Sullivan	Les Croupiers	M45	33.24
62	517 Keith Paterson	Pegasus	M60	33.31
63	500 Richard Boon	Les Croupiers	M45	33.36
64	418 Peter Wilson	Malvern	M40	33.37
65	572 Howard Kent	Les Croupiers	M50	33.47
66	477 Rob Evans	Les Croupiers	M50	33.50
67	576 Dawn Kenwright	Sarn Helen	F50	33.54
68	556 Mark Unsworth	San Domenico	M45	33.56
69	473 Simon Partridge	Neath	M50	34.01
70	428 Ben Brookshaw	Unattached	M40	34.02
71	463 Alan Cox	Unattached	M50	34.07
72	567 Jacquie Brace	Bridgend	F45	34.08
73	438 Steve B Lewis	Les Croupiers	M45	34.11
74	511 John Collins	Swansea	M65	34.15
75	536 Martin Clissold	Les Croupiers	M50	34.35
76	472 Stuart Davidson	Bridgend	M50	34.39
77	587 Ann Saxena	Newport	F50	34.40
78	594 Anne Follan	Pontypridd	F35	34.42
79	547 Debbie Cook	Bridgend	F40	34.50
80	415 Malcolm Medurst	Newport	M40	34.58
81	574 Phil Osmond	Unattached	M40	35.00
82	573 Veronica Singleton	Les Croupiers	F45	35.02
83	490 Dave Paterson	Unattached	M55	35.06
84	412 Kevin McCarthy	Road Runners Club	M40	35.15
85	539 Dennis Murphy	Les Croupiers	M50	35.27
86	542 Yvonne Bullen	Les Croupiers	F40	35.28
87	455 Stephen Jones	Islwyn	M45	35.31
88	444 Andy Morton	Road Runners Club	M45	35.34
89	486 Des Davies	Les Croupiers	M55	35.40
90	585 Jackie Austin	Club 69	F50	35.42
91	566 Mandy Jones	Islwyn	F45	35.44
92	562 Maureen Emmett	I I F Group	F45	35.46
93	402 Wayne Miles	Unattached	M40	35.51
94	484 Jeff Aston	Les Croupiers	M55	35.55
95	454 Stephen Parfit	Witney Road Runners	M45	36.13
96	570 John Cunnane	100k Association	M55	36.15
97	451 Mark Halliwell	Brackla Harriers	M45	36.24
98	407 Geoff Jones	Unattached	M40	36.24
99	440 Ralph Pattinson	Bridgend	M45	36.26
100	493 David Weston	Unattached	M55	36.26
101	533 James McLenaghan	Unattached	M50	36.29
102	411 Steve Hill	Penarth and Dinas	M40	36.31
103	401 Steve New	100 Marathon	M40	36.31
104	593 Tony Carzana	Pegasus	M55	36.39
105	534 Anthony Phillips	Griffithstown	M45	36.43
106	436 Keith Verheyden	Unattached	M45	36.44
107	433 Alan Mason	Les Croupiers	M45	36.47
108	A N Unknown	Anonymous A C		36.48
109	550 Gill Kellam	Les Croupiers	F40	36.49
110	A N Unknown	Anonymous A C		36.50
111	528 Loretta Daley	Les Croupiers	F35	37.02

112	449 Neale Wood	Unattached	M45	37.04
113	568 Judi Bowsher	Les Croupiers	F45	37.10
114	598 Neil Roberts	Unattached	M40	37.11
115	584 Fiona Davies	Bridgend	F50	37.13
116	468 Andrew Sedgmond	Les Croupiers	M50	37.15
117	410 Steve Hole	Unattached	M40	37.21
118	564 Sue Davies	Unattached	F45	37.27
119	582 Julie Lewis	Les Croupiers	F50	37.28
120	546 Judith Oakley	Vegan Runners	F40	37.32
121	466 Mike Lister	Les Croupiers	M50	37.34
122	504 Alan Smith	3M Gorseinion	M70	37.44
123	501 David Oak	Port Talbot	M60	37.54
124	540 Keith Quinn	Les Croupiers	M55	38.02
125	589 Cynthia Greenslade	Newport	F50	38.05
126	529 Sian Evans	Les Croupiers	F35	38.07
127	581 Brenda Avery	Unattached	F55	38.17
128	489 Keith Starr	Unattached	M55	38.26
129	452 Jeff Wallace	Unattached	M45	38.31
130	475 Robert Lister	Pewsey Vale	M50	38.35
131	514 Geoff Cram	Chepstow	M60	38.48
132	543 Jane Carpanini	Newport	F40	38.52
133	513 Arthur Phillips	3M Gorseinion	M70	38.58
134	408 Rob Lewis	Unattached	M40	39.15
135	520 Ron Morgan	Unattached	M60	39.22
136	575 John Plowman	Unattached	M65	39.29
137	555 David Rowlands	Unattached	M40	39.31
138	518 Brian Blandford	Neath	M70	39.39
139	457 John Martin	Unattached	M45	39.41
140	503 William T Davies	Winchester and District	M75	39.47
141	580 Caroline Dallimore	Les Croupiers	F50	39.50
142	469 Steve Williams	Les Croupiers	M50	39.54
143	512 Haydn Williams	Unattached	M65	39.57
144	488 Mike King	Portishead	M55	40.40
145	467 Gerard Newman	Stroud and District	M50	40.44
146	492 Richard Brown	Sheen Shufflers	M55	40.47
147	515 Syd Wheeler	Chepstow	M65	40.51
148	554 Vanessa Turnbull	Womens Running Network	F40	40.56
149	430 John O'Boyle	Unattached	M35	41.14
150	557 Martyn Yates	Unattached	M45	41.48
151	432 Ian John Warner	Unattached	M45	41.49
152	599 David Heath	Unattached	M40	41.56
153	522 Seona Currie	Penarth and Dinas	F35	42.07
154	537 Chris Osmond	Unattached	M65	42.42
155	421 Peter Regan	Unattached	M40	42.46
156	420 Robert Helyar	Unattached	M40	43.16
157	521 Tracey Newman	Les Croupiers	F35	43.19
158	558 Mark Williams	Les Croupiers	M45	43.27
159	578 Pamela Clancy	Unattached	F50	43.32
160	519 Russell Pullen	Neath	M60	44.07
161	588 Carole Fereday	Newport	F55	44.24
162	538 Mick Hansford	Les Croupiers	M55	44.32
163	551 Maggie Vinestock	Unattached	F40	44.52
164	552 Una Jones	Unattached	F40	44.53
165	509 Mal Farnham	Les Croupiers	M65	45.02
166	429 Aled Hughes	Unattached	M35	45.23
167	592 Mal Rowson	Les Croupiers	F55	45.32

168	482 Geoff Wright	Les Croupiers	M55	45.49
169	508 Alan Bladen	Les Croupiers	M70	46.29
170	549 Sandra Caveney	Les Croupiers	F40	47.20
171	553 Jane Phillips	Griffithstown	F40	47.25
172	530 Novia Im	Griffithstown	F35	47.27
173	525 Anne Marie Francis	Unattached	F35	47.28
174	541 Joy Davies	Unattached	F40	47.32
175	524 Lisa Davies	Unattached	F35	47.33
176	532 Rachel Long	Griffithstown	F35	47.35
177	523 Karen Phillips	Les Croupiers	F35	47.41
178	545 Mary Donnelly	Brackla Harriers	F40	47.46
179	569 Peter Morgan	Les Croupiers	M60	48.46
180	480 Brian Coman	Unattached	M55	49.22
181	561 Judith Rowland	Unattached	F45	49.22
182	590 Ruth Martin	Cheltenham	F50	49.22
183	498 Steve Rowson	Les Croupiers	M55	49.35
184	583 Eirian Heledd	Les Croupiers	F50	49.38
185	548 Pat Searle	Unattached	F40	49.39
186	535 Karen Mingay	Unattached	F35	49.45
187	565 Paula Thomas	Brackla Harriers	F45	49.47
188	563 Patricia Davidson	Brackla Harriers	F45	49.48
189	586 Carol Palmer	Newport	F60	52.04
190	544 Sian Ackland	Brackla Harriers	F40	52.08
191	507 Edward Newman	Corfin Dodgers	M60	52.20