

<b>Postion</b>	<b>Number</b>	<b>Name</b>	<b>Time</b>	<b>Category</b>
1	294	Richie Gardiner	0:35:33	Senior Male (Under 40)
2	269	Rob Atkin	0:37:45	Senior Male (Under 40)
3	237	Ian Withers	0:39:32	Senior Male (Under 40)
4	445	Edward Donovan	0:39:38	Senior Male (Under 40)
5	146	Adrian Woods	0:39:48	Veteran Male (40 and Over)
6	496	Matthew Jones	0:39:53	Senior Male (Under 40)
7	300	Matthew Wells	0:40:17	Senior Male (Under 40)
8	136	Christopher Parker	0:41:01	Veteran Male (40 and Over)
9	325	Gareth Green	0:41:04	Senior Male (Under 40)
10	255	Henry Wright	0:41:07	Senior Male (Under 40)
11	276	Stuart Crees	0:41:09	Senior Male (Under 40)
12	469	Gareth Ayres	0:41:15	Senior Male (Under 40)
13	289	Paul Speyer	0:41:32	Senior Male (Under 40)
14	102	Mark Bryant	0:41:54	Veteran Male (40 and Over)
15	339	Richard Wilder	0:41:56	Senior Male (Under 40)
16	375	James King	0:41:56	Senior Male (Under 40)
17	383	Duncan Mann	0:42:05	Senior Male (Under 40)
18	365	Anthony Thompson	0:42:09	Senior Male (Under 40)
19	713	Sally Wilder	0:42:29	Senior Female (Under 35)
20	41	ROBERT HUNT	0:42:47	Veteran Male (40 and Over)
21	61	Jonathan Bisson	0:42:49	Veteran Male (40 and Over)
22	288	Raul Reismann	0:43:01	Senior Male (Under 40)
23	220	Anthony Powell	0:43:25	Veteran Male (40 and Over)
24	301	Wayne Beynon	0:44:02	Senior Male (Under 40)
25	293	Scot Davies	0:44:04	Senior Male (Under 40)
26	337	Chris Lewis	0:44:06	Senior Male (Under 40)
27	203	Phillip Jenkins	0:44:07	Veteran Male (40 and Over)
28	290	Mark Whittle	0:44:15	Senior Male (Under 40)
29	567	Sandy Johnston	0:44:27	Veteran Male (40 and Over)
30	185	Robert Falconer	0:44:29	Veteran Male (40 and Over)
31	156	Steve Walsh	0:44:32	Veteran Male (40 and Over)
32	348	Gair Mcadie	0:44:40	Senior Male (Under 40)
33	634	Justin Phillips	0:44:44	Senior Male (Under 40)
34	263	Jonathan Crocombe	0:44:46	Senior Male (Under 40)
35	216	James O'Callaghan	0:44:49	Veteran Male (40 and Over)
36	766	Ellen Greaves	0:44:53	Senior Female (Under 35)
37	430	Bryan Bliss	0:44:56	Senior Male (Under 40)
38	320	Luke James	0:45:02	Senior Male (Under 40)
39	698	Charlotte Wells	0:45:05	Senior Female (Under 35)
40	201	Philip Probert	0:45:06	Veteran Male (40 and Over)
41	163	Ian Liddiatt	0:45:15	Veteran Male (40 and Over)
42	351	Tomo Jeffery	0:45:25	Senior Male (Under 40)
43	314	Owain Griffiths	0:45:31	Senior Male (Under 40)
44	495	Paul Evans	0:45:35	Senior Male (Under 40)
45	432	Matthew Stroud	0:45:38	Senior Male (Under 40)
46	3	Simon Darke	0:45:39	Veteran Male (40 and Over)
47	147	Gareth Hardman	0:45:43	Veteran Male (40 and Over)
48	93	Knill Baird-Murray	0:45:45	Veteran Male (40 and Over)
49	295	#N/A	0:45:46	#N/A
50	336	Alex Lewis	0:45:50	Senior Male (Under 40)
51	213	Michael Murphy	0:45:57	Veteran Male (40 and Over)
52	524	Sharon Leech	0:46:02	Veteran Female (35 and Over)
53	492	Ben Mitchell	0:46:02	Senior Male (Under 40)
54	471	Morris Attard	0:46:05	Senior Male (Under 40)
55	197	Peter Johns	0:46:17	Veteran Male (40 and Over)
56	140	Clem Clement	0:46:23	Veteran Male (40 and Over)
57	535	Alun Jones	0:46:26	Senior Male (Under 40)
58	627	Phil Bristow	0:46:27	Veteran Male (40 and Over)
59	480	Stuart Hitchcock	0:46:37	Senior Male (Under 40)

60	211	Dominic Shields	0:46:46	Veteran Male (40 and Over)
61	250	Darren Hall	0:46:54	Senior Male (Under 40)
62	217	John D Williams	0:46:55	Veteran Male (40 and Over)
63	43	Mark Balch	0:46:56	Veteran Male (40 and Over)
64	443	Simon Davies	0:46:56	Senior Male (Under 40)
65	116	Richard Beasley	0:47:01	Veteran Male (40 and Over)
66	114	Howard Mason	0:47:03	Veteran Male (40 and Over)
67	176	Richard Parcell	0:47:05	Veteran Male (40 and Over)
68	123	Eifion Owen	0:47:06	Veteran Male (40 and Over)
69	21	Simon Hazel	0:47:07	Veteran Male (40 and Over)
70	409	Christian Vaughan-Morris	0:47:08	Senior Male (Under 40)
71	493	Chris Hiatt	0:47:09	Senior Male (Under 40)
72	400	Lewis Stoate	0:47:10	Senior Male (Under 40)
73	347	Richard Wilde	0:47:11	Senior Male (Under 40)
74	229	Mark Allen	0:47:14	Senior Male (Under 40)
75	169	Jonathan Wright	0:47:15	Veteran Male (40 and Over)
76	729	Michelle Cole	0:47:16	Senior Female (Under 35)
77	313	Chris Williams	0:47:28	Senior Male (Under 40)
78	259	Richard Copp	0:47:57	Senior Male (Under 40)
79	417	Jonathan Morris	0:47:58	Senior Male (Under 40)
80	209	Matt Townsend	0:47:59	Veteran Male (40 and Over)
81	249	Matthew Hopkins	0:48:03	Senior Male (Under 40)
82	154	Wayne Cross	0:48:13	Veteran Male (40 and Over)
83	399	Tom Davis	0:48:18	Senior Male (Under 40)
84	311	Keith Richards	0:48:19	Senior Male (Under 40)
85	84	Andy Murray	0:48:20	Veteran Male (40 and Over)
86	228	Alan Stone	0:48:23	Senior Male (Under 40)
87	251	Robert Wilson	0:48:24	Senior Male (Under 40)
88	716	Ruth Barrett	0:48:25	Senior Female (Under 35)
89	435	Duncan Aggleton	0:48:30	Senior Male (Under 40)
90	281	JAMES MANSON	0:48:39	Senior Male (Under 40)
91	371	Richard Oram	0:48:39	Senior Male (Under 40)
92	426	Moritz Meister	0:48:40	Senior Male (Under 40)
93	392	Stuart Rees	0:48:42	Senior Male (Under 40)
94	27	Jonathon Moor	0:48:46	Veteran Male (40 and Over)
95	440	Dougie Young	0:49:01	Senior Male (Under 40)
96	58	Phillip Turner	0:49:02	Veteran Male (40 and Over)
97	202	Dominic Ryland	0:49:05	Veteran Male (40 and Over)
98	111	Andrew Thomas	0:49:06	Veteran Male (40 and Over)
99	485	Tomos Phillips	0:49:17	Senior Male (Under 40)
100	588	Sharon Woods	0:49:21	Veteran Female (35 and Over)
101	407	Philip Thomas	0:49:24	Senior Male (Under 40)
102	6	Ian Fiddes	0:49:28	Veteran Male (40 and Over)
103	90	Dave Thomas	0:49:33	Veteran Male (40 and Over)
104	422	Lee Whitnell	0:49:34	Senior Male (Under 40)
105	353	Simon Tippet	0:49:35	Senior Male (Under 40)
106	427	Jacob Harvey	0:49:36	Senior Male (Under 40)
107	282	Mark Suret	0:49:39	Senior Male (Under 40)
108	317	JAMES BRUCE	0:49:40	Senior Male (Under 40)
109	223	Julian Anstey	0:49:41	Veteran Male (40 and Over)
110	515	Kathryn Vaughan	0:49:42	Veteran Female (35 and Over)
111	205	Timothy Phillips	0:49:47	Veteran Male (40 and Over)
112	331	Joe Stoate	0:49:47	Senior Male (Under 40)
113	483	Ian Henry	0:49:58	Senior Male (Under 40)
114	387	Kerrith Ashby	0:50:01	Senior Male (Under 40)
115	379	Richard Boldero	0:50:05	Senior Male (Under 40)
116	360	#N/A	0:50:06	#N/A
117	81	Alexander Curran	0:50:06	Veteran Male (40 and Over)
118	25	Alex Williams	0:50:22	Veteran Male (40 and Over)
119	479	Cain Thomas	0:50:31	Senior Male (Under 40)

120	512	Allyson Lipp	0:50:31	Veteran Female (35 and Over)
121	324	Rhoddy Davies	0:50:35	Senior Male (Under 40)
122	15	Shaun Connor	0:50:49	Veteran Male (40 and Over)
123	196	Gary John	0:50:55	Veteran Male (40 and Over)
124	5	Christopher Nellins	0:50:56	Veteran Male (40 and Over)
125	727	Cheryl Hudgell	0:50:58	Senior Female (Under 35)
126	166	Haydn Griffiths	0:50:59	Veteran Male (40 and Over)
127	491	David Gamble	0:51:06	Senior Male (Under 40)
128	124	John Aggleton	0:51:08	Veteran Male (40 and Over)
129	327	John Redmond	0:51:22	Senior Male (Under 40)
130	64	Adrian Corbett	0:51:23	Veteran Male (40 and Over)
131	361	Fred Bisson	0:51:25	Senior Male (Under 40)
132	615	Rachel Matthews	0:51:26	Veteran Female (35 and Over)
133	575	Debbie Cooke	0:51:34	Veteran Female (35 and Over)
134	109	Larry McGeary	0:51:35	Veteran Male (40 and Over)
135	297	Keith Dando	0:51:43	Senior Male (Under 40)
136	298	Owen Jones	0:51:46	Senior Male (Under 40)
137	65	Steven Jones	0:51:47	Veteran Male (40 and Over)
138	312	Cornelius Tom	0:51:48	Senior Male (Under 40)
139	62	Dave Rose	0:51:51	Veteran Male (40 and Over)
140	227	Daryl Davies	0:51:56	Senior Male (Under 40)
141	758	Emma Williams	0:52:00	Senior Female (Under 35)
142	424	Andrew Proctor	0:52:15	Senior Male (Under 40)
143	24	Rod Perons	0:52:16	Veteran Male (40 and Over)
144	386	Nick O'Neill	0:52:18	Senior Male (Under 40)
145	319	Karl Sepahpour	0:52:20	Senior Male (Under 40)
146	747	Eleri Connor	0:52:23	Senior Female (Under 35)
147	733	Angharad Rhys	0:52:24	Senior Female (Under 35)
148	551	Nicky Mcwilliam	0:52:25	Veteran Female (35 and Over)
149	291	Daniel Williams	0:52:26	Senior Male (Under 40)
150	286	Alun Eurig Williams	0:52:27	Senior Male (Under 40)
151	172	Paul Frost	0:52:34	Veteran Male (40 and Over)
152	91	Richard Long	0:52:41	Veteran Male (40 and Over)
153	423	Gwyn Williams	0:52:47	Senior Male (Under 40)
154	490	Leigh Ridgeway	0:52:50	Senior Male (Under 40)
155	148	Kevin Russell	0:53:06	Veteran Male (40 and Over)
156	323	Anthony Furlong	0:53:13	Senior Male (Under 40)
157	381	Dale Lord	0:53:14	Senior Male (Under 40)
158	380	Andrew Glasspoole	0:53:20	Senior Male (Under 40)
159	252	Thomas Hurst	0:53:22	Senior Male (Under 40)
160	83	Gareth Welsh	0:53:24	Veteran Male (40 and Over)
161	538	Jacqueline Thomas	0:53:25	Veteran Female (35 and Over)
162	225	Colin Harvey	0:53:30	Senior Male (Under 40)
163	157	William David	0:53:31	Veteran Male (40 and Over)
164	112	John Mihell	0:53:32	Veteran Male (40 and Over)
165	159	Andrew Palmer	0:53:36	Veteran Male (40 and Over)
166	564	Gillian Phillips	0:53:37	Veteran Female (35 and Over)
167	566	Mandy Peace	0:53:40	Veteran Female (35 and Over)
168	333	Jaroslaw Kowalczuk	0:53:41	Senior Male (Under 40)
169	224	Geraint Rees	0:53:43	Senior Male (Under 40)
170	418	Chris Warman	0:53:46	Senior Male (Under 40)
171	296	Gareth Holtam	0:53:47	Senior Male (Under 40)
172	125	Tim Dalgleish	0:53:48	Veteran Male (40 and Over)
173	37	Richard Price	0:53:49	Veteran Male (40 and Over)
174	96	Glyn George	0:53:51	Veteran Male (40 and Over)
175	299	Jason Cule	0:53:52	Senior Male (Under 40)
176	438	David Willey	0:53:55	Senior Male (Under 40)
177	107	Alun Powell	0:53:55	Veteran Male (40 and Over)
178	218	Waseem Chaudhry	0:53:55	Veteran Male (40 and Over)
179	76	Mike Rees	0:54:03	Veteran Male (40 and Over)

180	89	Graham Vyner	0:54:13	Veteran Male (40 and Over)
181	133	Robert Wilcox	0:54:15	Veteran Male (40 and Over)
182	326	Mathew Mulcahy	0:54:19	Senior Male (Under 40)
183	119	Aled Rhys Roberts	0:54:20	Veteran Male (40 and Over)
184	20	Guy Mawson	0:54:35	Veteran Male (40 and Over)
185	798	Clare Clement	0:54:36	Senior Female (Under 35)
186	487	Louis Clement	0:54:37	Senior Male (Under 40)
187	437	Arron Thomas	0:54:39	Senior Male (Under 40)
188	175	Neil Pilliner	0:54:40	Veteran Male (40 and Over)
189	542	Ros Tabor	0:54:41	Veteran Female (35 and Over)
190	36	Mick Tabor	0:54:42	Veteran Male (40 and Over)
191	329	Simon Davies	0:54:51	Senior Male (Under 40)
192	454	Thomas Rees	0:54:52	Senior Male (Under 40)
193	421	Rachel Ward	0:54:52	Senior Female (Under 35)
194	465	Richard Owen	0:54:56	Senior Male (Under 40)
195	267	James Watson	0:55:09	Senior Male (Under 40)
196	562	Julia Becker	0:55:12	Veteran Female (35 and Over)
197	626	Beverly Lewis	0:55:14	Veteran Female (35 and Over)
198	701	Nicola Beynon	0:55:15	Senior Female (Under 35)
199	332	Robert Gerula	0:55:24	Senior Male (Under 40)
200	171	Stephen Jones	0:55:33	Veteran Male (40 and Over)
201	167	David Mitchell	0:55:33	Veteran Male (40 and Over)
202	457	Barry Nichols	0:55:40	Senior Male (Under 40)
203	53	Lyn Evans	0:55:41	Veteran Male (40 and Over)
204	164	David Comery	0:55:42	Veteran Male (40 and Over)
205	763	Judith Oakley	0:55:47	Senior Female (Under 35)
206	350	Evans Mathew	0:55:50	Senior Male (Under 40)
207	441	Ross Owen	0:56:00	Senior Male (Under 40)
208	248	Andrew Wilkinson	0:56:01	Senior Male (Under 40)
209	433	Daniel Luffman	0:56:08	Senior Male (Under 40)
210	68	Ray Majer	0:56:11	Veteran Male (40 and Over)
211	414	Gareth Phillips	0:56:16	Senior Male (Under 40)
212	57	IAN PALLISTER	0:56:17	Veteran Male (40 and Over)
213	545	Lisa Phipps	0:56:20	Veteran Female (35 and Over)
214	753	Eleanor Grey	0:56:22	Senior Female (Under 35)
215	59	Gary Bodman	0:56:23	Veteran Male (40 and Over)
216	447	Marc Yeoman	0:56:48	Senior Male (Under 40)
217	79	Colin Downey	0:56:52	Veteran Male (40 and Over)
218	71	Gary Hobbs	0:56:54	Veteran Male (40 and Over)
219	735	Rachel Woolley	0:56:57	Senior Female (Under 35)
220	533	Helen Jones	0:56:57	Veteran Female (35 and Over)
221	373	Lee Newman	0:57:01	Senior Male (Under 40)
222	39	Terry James	0:57:02	Veteran Male (40 and Over)
223	33	Stephen Harrett	0:57:03	Veteran Male (40 and Over)
224	608	Jane Thomas	0:57:10	Veteran Female (35 and Over)
225	113	Phil Tandy	0:57:11	Veteran Male (40 and Over)
226	470	P.L Srinath	0:57:15	Senior Male (Under 40)
227	631	Caroline Dallimore	0:57:49	Veteran Female (35 and Over)
228	494	Richard Baker	0:57:50	Senior Male (Under 40)
229	536	Sara Macbride-Stewart	0:57:53	Veteran Female (35 and Over)
230	56	Greg King	0:57:54	Veteran Male (40 and Over)
231	338	Marc Evans	0:57:54	Senior Male (Under 40)
232	45	Mark Wood	0:57:56	Veteran Male (40 and Over)
233	368	Andy Sutton	0:57:58	Senior Male (Under 40)
234	501	Keri Hutchinson	0:58:01	Veteran Female (35 and Over)
235	29	Paul Furlong	0:58:01	Veteran Male (40 and Over)
236	258	Dewi Owen	0:58:05	Senior Male (Under 40)
237	453	Harri Rees	0:58:07	Senior Male (Under 40)
238	212	Dharmacasi Padmasimha	0:58:12	Veteran Male (40 and Over)
239	770	Mollie Brodie	0:58:13	Senior Female (Under 35)

240	602	Alexandra Fudge	0:58:14	Veteran Female (35 and Over)
241	306	Stephen Quin	0:58:15	Senior Male (Under 40)
242	127	Garry Jones	0:58:22	Veteran Male (40 and Over)
243	292	Paul Miles	0:58:23	Senior Male (Under 40)
244	242	Matt Gitsham	0:58:23	Senior Male (Under 40)
245	11	Steven Welch	0:58:29	Veteran Male (40 and Over)
246	14	David Williams	0:58:30	Veteran Male (40 and Over)
247	464	Carwyn Williams	0:58:32	Senior Male (Under 40)
248	208	Ray James	0:58:33	Veteran Male (40 and Over)
249	598	Rachel Frost	0:58:33	Veteran Female (35 and Over)
250	511	Claire House House	0:58:36	Veteran Female (35 and Over)
251	549	Jane Travaglia	0:58:37	Veteran Female (35 and Over)
252	142	Stephen Hall	0:58:40	Veteran Male (40 and Over)
253	309	David Manley	0:58:43	Senior Male (Under 40)
254	97	Simon Cox	0:58:44	Veteran Male (40 and Over)
255	607	Rosalind Edmonds	0:58:46	Veteran Female (35 and Over)
256	38	Simon James	0:58:53	Veteran Male (40 and Over)
257	128	Chris Moles	0:59:03	Veteran Male (40 and Over)
258	523	Sarah Morris	0:59:04	Veteran Female (35 and Over)
259	232	David Moor	0:59:05	Senior Male (Under 40)
260	623	Jonna Yeomans	0:59:12	Veteran Female (35 and Over)
261	790	Claire MANSON	0:59:25	Senior Female (Under 35)
262	274	David Waugh	0:59:25	Senior Male (Under 40)
263	692	Jilly Holroyd	0:59:30	Senior Female (Under 35)
264	67	Mike Harpin	0:59:33	Veteran Male (40 and Over)
265	431	Seamus Gallagher	0:59:37	Senior Male (Under 40)
266	162	Stuart Keeping	0:59:43	Veteran Male (40 and Over)
267	118	Chris Chappell	0:59:44	Veteran Male (40 and Over)
268	556	Lyne Bulbeck	0:59:49	Veteran Female (35 and Over)
269	349	Taliesin Maynard	0:59:50	Senior Male (Under 40)
270	498	Tony Richards	0:59:51	Senior Male (Under 40)
271	310	Hywel Daniels	0:59:52	Senior Male (Under 40)
272	541	Heather Dennis	0:59:53	Veteran Female (35 and Over)
273	452	Matthew Fox	0:59:54	Senior Male (Under 40)
274	612	Beverley Warburton	0:59:55	Veteran Female (35 and Over)
275	704	Gillian McCue	0:59:55	Senior Female (Under 35)
276	222	Scott Cairns	0:59:57	Veteran Male (40 and Over)
277	395	Andrew Hamblin	1:00:04	Senior Male (Under 40)
278	456	Mark Farrar	1:00:05	Senior Male (Under 40)
279	161	Stephen Jones	1:00:06	Veteran Male (40 and Over)
280	120	Allan Smith	1:00:09	Veteran Male (40 and Over)
281	534	Natalie Harpin	1:00:13	Veteran Female (35 and Over)
282	138	Phil Saunders	1:00:20	Veteran Male (40 and Over)
283	70	Jonathan Rees	1:00:25	Veteran Male (40 and Over)
284	488	Kirsty Harper	1:00:31	Senior Female (Under 35)
285	158	Nick O'Neill	1:00:56	Veteran Male (40 and Over)
286	525	FRANCES MACHIN	1:01:12	Veteran Female (35 and Over)
287	514	Fleur Jones	1:01:14	Veteran Female (35 and Over)
288	238	Nicholas Pounder	1:01:15	Senior Male (Under 40)
289	581	Anna Helsing	1:01:16	Veteran Female (35 and Over)
290	363	Rhodri Evans	1:01:24	Senior Male (Under 40)
291	425	Richard Morgan	1:01:29	Senior Male (Under 40)
292	519	Karen Owen	1:01:30	Veteran Female (35 and Over)
293	219	Colin Johns	1:01:40	Veteran Male (40 and Over)
294	592	Julia Churton	1:01:40	Veteran Female (35 and Over)
295	354	Gareth Lloyd	1:01:44	Senior Male (Under 40)
296	526	Sue Anne Lloyd	1:02:00	Veteran Female (35 and Over)
297	9	Kenneth Chirighin	1:02:08	Veteran Male (40 and Over)
298	462	Adam Abraham	1:02:29	Senior Male (Under 40)
299	476	Thomas Johnson	1:02:56	Senior Male (Under 40)

300	341	John Gronow	1:02:57	Senior Male (Under 40)
301	768	Alison Cook	1:03:02	Senior Female (Under 35)
302	796	Jennifer Hiscox	1:03:03	Senior Female (Under 35)
303	268	Paul Kearns	1:03:09	Senior Male (Under 40)
304	578	Julia Ridge	1:03:10	Veteran Female (35 and Over)
305	719	Elizabeth Ashton	1:03:16	Senior Female (Under 35)
306	287	Matt Jones	1:03:23	Senior Male (Under 40)
307	150	Keri James	1:03:24	Veteran Male (40 and Over)
308	590	Pauline James	1:03:24	Veteran Female (35 and Over)
309	476	Thomas Johnson	1:03:40	Senior Male (Under 40)
310	633	Caroline Murray	1:03:40	Veteran Female (35 and Over)
311	200	Nigel Tinkler	1:03:52	Veteran Male (40 and Over)
312	412	Michael Jones	1:04:01	Senior Male (Under 40)
313	582	Helen Passant	1:04:15	Veteran Female (35 and Over)
314	695	Justine Dawkins	1:04:20	Veteran Female (35 and Over)
315	565	Alex Howells	1:04:20	Veteran Female (35 and Over)
316	522	Marilyn Allin	1:04:28	Veteran Female (35 and Over)
317	759	Cecilia Thomas	1:04:36	Senior Female (Under 35)
318	221	Rod Jones	1:05:03	Veteran Male (40 and Over)
319	521	Sue Purnell	1:05:05	Veteran Female (35 and Over)
320	51	Jeremy Alford	1:05:05	Veteran Male (40 and Over)
321	799	Sara El-khatib	1:05:10	Senior Female (Under 35)
322	394	Paul Whitmarsh	1:05:10	Senior Male (Under 40)
323	270	Duncan Ludlow	1:05:16	Senior Male (Under 40)
324	632	Caroline Powell	1:05:17	Senior Female (Under 35)
325	100	Roger Vince	1:05:18	Veteran Male (40 and Over)
326	787	Jenny Mcadie	1:05:24	Senior Female (Under 35)
327	247	Ben Russell	1:05:38	Senior Male (Under 40)
328	246	Matthew Jessop	1:05:39	Senior Male (Under 40)
329	482	Neil Hughes	1:05:55	Senior Male (Under 40)
330	30	William Ferguson	1:06:08	Veteran Male (40 and Over)
331	580	Janice Clement	1:06:10	Veteran Female (35 and Over)
332	510	Bernadette Wilkinson	1:06:20	Veteran Female (35 and Over)
333	74	Mark Cleland	1:06:26	Veteran Male (40 and Over)
334	635	Samantha Heighway	1:06:27	Senior Female (Under 35)
335	42	JAMES JOHNSON	1:06:34	Veteran Male (40 and Over)
336	792	Julia Suret	1:06:35	Senior Female (Under 35)
337	537	Caroline Nightingale	1:06:37	Veteran Female (35 and Over)
338	614	Clare Johnson	1:06:45	Veteran Female (35 and Over)
339	284	Manuel Pelaez	1:06:53	Senior Male (Under 40)
340	193	Ifor Thomas	1:07:26	Veteran Male (40 and Over)
341	751	Gabrielle Jones	1:07:40	Senior Female (Under 35)
342	451	Peter Sueref	1:07:40	Senior Male (Under 40)
343	516	Jackie Gentles	1:07:41	Veteran Female (35 and Over)
344	285	Leigh Pember	1:07:46	Senior Male (Under 40)
345	764	Mandy Powell	1:07:46	Senior Female (Under 35)
346	4	Mike O'donoghue	1:07:58	Veteran Male (40 and Over)
347	744	Heather Smith	1:08:09	Senior Female (Under 35)
348	518	Ceri Jones	1:08:16	Veteran Female (35 and Over)
349	66	John Vine	1:08:20	Veteran Male (40 and Over)
350	726	Bethan Moore	1:08:21	Senior Female (Under 35)
351	398	Matt Govier	1:08:24	Senior Male (Under 40)
352	144	Tony Richards	1:08:34	Veteran Male (40 and Over)
353	568	Sarah Tudor	1:08:47	Veteran Female (35 and Over)
354	591	Karen Spiller	1:09:03	Veteran Female (35 and Over)
355	65	Steven Jones	1:09:04	Veteran Male (40 and Over)
356	397	Gerwyn Cox	1:09:05	Senior Male (Under 40)
357	446	Aled Evans	1:09:07	Senior Male (Under 40)
358	236	Rob Brodie	1:09:13	Senior Male (Under 40)
359	283	Simon Hodgson	1:09:24	Senior Male (Under 40)

360	539	Ros Street	1:09:26	Veteran Female (35 and Over)
361	344	Andrew Hiscox	1:09:30	Senior Male (Under 40)
362	550	Louise Wybar	1:09:42	Veteran Female (35 and Over)
363	617	Denice Fletcher	1:09:44	Veteran Female (35 and Over)
364	522	Marilyn Allin	1:09:52	Veteran Female (35 and Over)
365	472	Stephen Thompson	1:09:52	Senior Male (Under 40)
366	405	Matthew Emanuel	1:10:33	Senior Male (Under 40)
367	555	Kate Jones	1:10:34	Veteran Female (35 and Over)
368	80	Julian Reed	1:10:34	Veteran Male (40 and Over)
369	708	Johanne Edwards	1:10:44	Senior Female (Under 35)
370	321	Paul Simon	1:10:44	Senior Male (Under 40)
371	55	John Lloyd	1:10:51	Veteran Male (40 and Over)
372	530	Sarah Hughes	1:10:55	Veteran Female (35 and Over)
373	34	Victor Gentles	1:11:01	Veteran Male (40 and Over)
374	141	Alun Edwards	1:11:03	Veteran Male (40 and Over)
375	503	Rachel Jones	1:11:06	Veteran Female (35 and Over)
376	737	Helen Fletcher	1:11:06	Senior Female (Under 35)
377	730	Leah Martens	1:11:06	Senior Female (Under 35)
378	345	Jonathan Cronin	1:11:18	Senior Male (Under 40)
379	410	Mark Kelleher	1:11:18	Senior Male (Under 40)
380	694	Michelle Shorney	1:11:18	Veteran Female (35 and Over)
381	527	Angela Coles	1:12:04	Veteran Female (35 and Over)
382	364	Arfon Hughes	1:12:35	Senior Male (Under 40)
383	778	Chloe Lafon	1:12:37	Senior Female (Under 35)
384	489	Mark Windsor	1:12:37	Senior Male (Under 40)
385	693	Adele Parry	1:12:42	Veteran Female (35 and Over)
386	620	Julie Davis	1:13:02	Veteran Female (35 and Over)
387	101	John Goodwin	1:13:06	Veteran Male (40 and Over)
388	554	Annie Conroy	1:13:06	Veteran Female (35 and Over)
389	529	Susan Bisson	1:13:51	Veteran Female (35 and Over)
390	629	Gillain Murphy	1:13:56	Veteran Female (35 and Over)
391	791	Karen Wilkinson	1:13:57	Senior Female (Under 35)
392	622	Moira Kitchen	1:15:04	Veteran Female (35 and Over)
393	593	Justine Cass	1:15:05	Veteran Female (35 and Over)
394	700	Katherine Rands	1:15:23	Senior Female (Under 35)
395	485	Tomos Phillips	1:15:23	Senior Male (Under 40)
396	743	Kirsty Macdonald	1:15:34	Senior Female (Under 35)
397	121	Russell Bright	1:15:39	Veteran Male (40 and Over)
398	559	Katie Lewis	1:15:41	Veteran Female (35 and Over)
399	563	Samantha Marshall	1:15:41	Veteran Female (35 and Over)
400	508	Gail Lusardi	1:15:56	Veteran Female (35 and Over)
401	235	Mike Clinch	1:16:32	Senior Male (Under 40)
402	143	Paul Lynch	1:16:35	Veteran Male (40 and Over)
403	198	Charles Ian Allen	1:17:00	Veteran Male (40 and Over)
404	504	Maria Lalic	1:17:33	Veteran Female (35 and Over)
405	86	Gary Rees	1:17:43	Veteran Male (40 and Over)
406	585	Amanda Lynch	1:18:39	Veteran Female (35 and Over)
407	87	Bryan Isaac	1:19:09	Veteran Male (40 and Over)
408	132	Stephen Mann	1:20:19	Veteran Male (40 and Over)
409	732	Stephanie Colgan	1:20:41	Senior Female (Under 35)
410	784	Jessica Poole	1:20:43	Senior Female (Under 35)
411	782	Anne-Marie Beresford-Webb	1:21:10	Senior Female (Under 35)
412	543	Lyn Rees	1:22:00	Veteran Female (35 and Over)
413	597	Rhian Brace	1:22:56	Veteran Female (35 and Over)
414	718	Janine David	1:25:18	Senior Female (Under 35)
415	355	Michael Hammett	1:25:19	Senior Male (Under 40)
416	188	Laurence Brophy	1:27:03	Veteran Male (40 and Over)
417	544	Lesley Bigmore	1:29:48	Veteran Female (35 and Over)
418	746	Sarah Joseph	1:30:42	Senior Female (Under 35)
419	630	Sharron Price	1:32:24	Veteran Female (35 and Over)

420	696	Paula Stockley	1:32:35	Senior Female (Under 35)
421	402	Gareth Dyton	1:34:48	Senior Male (Under 40)
422	69	Steven Howard	1:34:50	Veteran Male (40 and Over)
423	104	Andrew Bishop	1:34:50	Veteran Male (40 and Over)
424	569	Sue Neal	1:35:53	Veteran Female (35 and Over)
425	570	Angela Neal	1:36:20	Veteran Female (35 and Over)
426	572	Sian Llewellyn	1:36:21	Veteran Female (35 and Over)
427	571	Rhian Llewellyn	1:36:22	Veteran Female (35 and Over)
428	573	Carolyn Llewellyn	1:36:52	Veteran Female (35 and Over)



**Club**

ABERDARE  
BRIDGEND AC

LES CROUPIERS  
GRIFFTHSTOWN HARRIERS  
SWANSEA HARRIERS  
BRACKLA HARRIERS  
PORT TALBOT HARRIERS  
SAN DOMENICO  
CORUS MULTISPORT  
LES CROUPIERS  
PORT TALBOT HARRIERS  
BRACKLA HARRIERS  
MDC  
SAN DOMENICO  
CAERLEON

SAN DOMENICO  
BRIDGEND AC

LC COBRAS  
PORTHCAWL RUNNERSLIFE

CELTIC TRI

BRIDGEND AC  
ROYAL AIR FORCE  
LES CROUPIERS

PORT TALBOT HARRIERS

3M GORSEINON ROAD RUNNERS

OUTDOOR FITNESS

BRACKLA HARRIERS

LES CROUPIERS  
Scoop Club

MAINDAY HARRIERS  
BRIDGEND AC  
PENARTH & DINAS RUNNERS  
#N/A

LES CROUPIERS  
CAMARTHEN HARRIERS

PENARTH & DINAS RUNNERS  
LES CROUPIERS  
SAN DOMENICO

SAN DOMENICO

CAERLEON  
LLISWERRY RUNNERS

3M GORSEINON ROAD RUNNERS

LES CROUPIERS  
LES CROUPIERS

PORTHCAWL RUNNERSLIFE  
PENCOED TRI  
DULWICH RUNNERS  
CARDIFF HARLEQUINS  
PENARTH & DINAS RUNNERS  
SAN DOMENICO

SOSOPAN ROAD RUNNERS  
CARDIFF TRIATHLETES  
SOSOPAN ROAD RUNNERS

GRIFFTHSTOWN HARRIERS  
RHONDDA TRI

TEAM DEVIANT

LES CROUPIERS

OUTDOOR FITNESS  
LES CROUPIERS

#N/A

VILLAGE VIPERS

LES CROUPIERS  
LES CROUPIERS  
PENARTH & DINAS RUNNERS  
LES CROUPIERS

MDC

OUTDOOR FITNESS

CARDIFF AAC  
BRIDGEND AC

PORTHCAWL RUNNERSLIFE

LES CROUPIERS

PENARTH & DINAS RUNNERS

LES CROUPIERS

SAN DOMENICO  
PENARTH & DINAS RUNNERS

PORTHCAWL RUNNERSLIFE

PENARTH & DINAS RUNNERS  
SOSOPAN ROAD RUNNERS  
SOSOPAN ROAD RUNNERS

CELTIC TRI  
PENARTH & DINAS RUNNERS

FERC

DULWICH RUNNERS  
LES CROUPIERS

LES CROUPIERS  
CARDIFF TRIATHLETES  
CARDIFF TRIATHLETES

SWANSEA HARRIERS

PENARTH & DINAS RUNNERS

PORT TALBOT HARRIERS

SOSOPAN ROAD RUNNERS

LES CROUPIERS

DUDLEY KINGSWINFORD  
VILLAGE VIPERS  
VILLAGE VIPERS

PORTHCAWL RUNNERSLIFE

THE EDDY WANG RUNNERS

SOUTH CARDIFF PANTHERS  
LES CROUPIERS

LES CROUPIERS  
LLANELLI TRI  
SAN DOMENICO

SAN DOMENICO

LES CROUPIERS  
BRIDGEND AC

LES CROUPIERS

PORT TALBOT HARRIERS

SAN DOMENICO

GRIFFTHSTOWN HARRIERS  
VILLAGE VIPERS  
VILLAGE VIPERS

PENARTH & DINAS RUNNERS

LES CROUPIERS  
ISLWYN RC  
3M GORSEINON ROAD RUNNERS

LES CROUPIERS

PONTYPRIDD ROADENTS  
PENARTH & DINAS RUNNERS  
PONTYPRIDD ROADENTS

PENARTH & DINAS RUNNERS

PENARTH & DINAS RUNNERS  
ASHTON  
LC COBRAS

LES CROUPIERS

PENARTH & DINAS RUNNERS  
PENARTH & DINAS RUNNERS  
PENARTH & DINAS RUNNERS  
CCW

TEAM DEVIANT

PENARTH & DINAS RUNNERS  
SAN DOMENICO

LES CROUPIERS

MAINDAY HARRIERS

PENARTH & DINAS RUNNERS

SWANSEA BAY ORIENTEERING CLUB

SAN DOMENICO

LES CROUPIERS

LES CROUPIERS

PENARTH & DINAS RUNNERS

CCW  
CCW

BRACKLA HARRIERS

WOMENS RUNNNG NETWORK

LES CROUPIERS  
LES CROUPIERS  
LES CROUPIERS  
LES CROUPIERS  
LES CROUPIERS