

Mizuno - Lliswerry 8 Mile Road Race - Results

Pos- ition	Name	Time	Cate- gory	in Cat	Club	Pos- ition	Name	Time	Cate- gory	in Cat	Club
1	Ellis, P	37.21	MS	1	U/A	81	Budd, M	46.37	MV45	7	Westbury Harriers
2	Newhams, G	38.37	MS	2	Bridgend A C	82	Stokes, G	46.52	MV45	8	Britton Ferry
3	Davies, K	39.48	MS	3	Crickhowell & Gilwern Harriers	83	Summers, P	46.54	MS	59	U/A
4	Magnell, A	39.59	MS	4	Luton A C	84	O'Brian, J	47.01	MV45	9	Felixstowe R R
5	Healey, M	40.04	MS	5	Lliswerry Runners	85	Jenkins, P	47.04	MS	60	Newport Harriers
6	Roper, A	40.10	MV45	1	Swansea Harriers	86	Carzana, T	47.05	MV40	14	Pegasus R C
7	Davies, G	40.23	MS	6	Bridgend A C	87	Milford, G	47.06	MV45	10	Pegasus R C
8	Rideout, M	40.26	MV40	1	Frome A C	88	Brown, A	47.07	MS	61	Gloucester A C
9	Edwards, J	40.37	MS	7	Bridgend A C	89	Streeter, D	47.09	MS	62	Horsham Blue Stars
10	Brace, S	41.06	MS	8	Bridgend A C	90	Williams, M	47.11	MS	63	Griffithstown Harriers
11	Vores, S	41.07	MS	9	Newport Harriers	91	Ayoub, J	47.14	MV40	15	Brynna Runners
12	Bennett, P	41.14	MS	10	Cardiff A C	92	Clement, N	47.15	MS	64	Penarth & Dinas Runners
13	Turner, K	41.17	MS	11	Newport Harriers	93	Huybs, J	47.17	WS	2	Bleanavon Joggers
14	Crane, P	41.25	MS	12	Caerphilly R C	94	Gorden, J	47.20	MS	65	Caerphilly R C
15	McGeoch, M	41.39	MS	13	Les Croupiers	95	Davies, G	47.28	MS	66	Brecon Bounders
16	Rhind, S	41.41	MS	14	Cardiff A C	96	Andrews, I	47.29	MS	67	U/A
17	Day, H	41.43	MS	15	Cardiff A C	97	Kelly, M	47.31	MS	68	Crickhowell & Gilwern Harriers
18	Cable, C	41.48	MS	16	Bridgend A C	98	Cooper, S	47.37	MS	69	Pontypridd R R
19	Kibble, P	41.57	MS	17	Chippenham Harriers	99	Veale, G	47.45	MS	70	Caldicot R C
20	Elliott, S	42.14	MS	18	Bristol A C	100	Reynolds, C	47.50	MV45	11	Les Croupiers
21	Davies, J	42.32	MS	19	N.R.C.A.	101	Hughes, L	47.50	MV50	3	Invicta A C
22	Rainbird, D	42.42	MS	20	Club 69	102	Shreeve, P	47.50	MS	71	Fareham A C
23	Rowlands, M	42.43	MV45	2	Newport Harriers	103	Carter, N	47.51	MV45	12	Cardiff Triathletes
24	Prescott, D	42.51	MS	21	Bridgend A C	104	Conlon, M	47.51	MV45	13	Islwyn R C
25	Rees, D	42.56	MS	22	Newport Harriers	105	Perrett, K	47.51	MV40	16	Newport Harriers
26	Dunn, R	43.01	MS	23	Les Croupiers	106	Bridges, S	47.54	MS	72	Club 69
27	Gribble, P	43.07	MS	24	Bridgend A C	107	Williams, K	47.54	MS	73	San Domenico
28	Thomas, P	43.14	MS	25	Swansea Harriers	108	James, C	48.04	MV40	17	Heartbeat Wales
29	Davies, E	43.16	MV45	3	Cardiff A C	109	Bennett, S	48.04	MV40	18	Caerphilly R C
30	Davies, J	43.23	MS	26	Pegasus R C	110	House, D	48.07	MS	74	Pegasus R C
31	Frapwell, C	43.25	MS	27	Omega R C	111	Cummins, J	48.10	MS	75	San Domenico
32	Parker, S	43.45	MS	28	Yate and District	112	Gittings, G	48.10	MS	76	Caerphilly R C
33	Johnson, S	43.46	MV40	2	Les Croupiers	113	Davies, G	48.13	MV45	14	Sospan R R
34	Morgan, M	43.48	MS	29	Bridgend A C	114	James, N	48.13	MV40	19	Newport Harriers
35	McGuinness, B	43.54	MS	30	Pegasus R C	115	Short, S	48.13	MS	77	Bridgend A C
36	Jones, W	43.58	MS	31	R.V.A.C	116	Sullivan, P	48.16	MS	78	Pegasus R C
37	Hall, A	43.59	MS	32	Bridgend A C	117	Bolwell, P	48.20	MS	79	Newport Harriers
38	Weston, D	44.05	MV40	3	Newport Harriers	118	Price, S	48.24	MV40	20	San Domenico
39	Garrett, A	44.06	MV50	1	Cardiff A C	119	Harwood, J	48.27	MS	80	San Domenico
40	Nash, H	44.07	WS	1	Torfaen A C	120	Townsend, W	48.27	MS	81	U/A
41	Stevens, R	44.12	MV40	4	Club 69	121	Fox, D	48.32	MS	82	Bridgend A C
42	Widdison, P	44.12	MV40	5	Caerphilly R C	122	Lloyd, G	48.43	MS	83	Pontypridd R R
43	Gwilym, P	44.16	MS	33	Brecon Bounders	123	Brown, G	48.45	MV50	4	Dursley & District
44	Cowan, M	44.24	MS	34	Dalry Thistle	124	Medcraft, K	48.48	MV40	21	Rhondda Valley Runners
45	White, T	44.26	MS	35	Griffithstown Harriers	125	Jenkins, P	48.48	MS	84	U/A
46	Davies, E	44.30	MV40	6	R.V.A.C	126	Rees, M	48.48	MV40	22	Rhondda Valley Runners
47	Box, D	44.32	MS	36	Clevedon A C	127	Davies, C	48.53	MS	85	San Domenico
48	Anderson, M	44.33	MS	37	Pensey Vale A C	128	Diggie, M	48.54	MV40	23	Club 69
49	Miles, P	44.38	MV40	7	Club 69	129	Morteo, R	49.01	MV45	15	Les Croupiers
50	Evans, G	44.42	MS	38	Beddau A C	130	Westhead, K	49.07	MS	86	U/A
51	Gwilym, L	44.45	MS	39	Bleanavon Joggers	131	Worley, B	49.16	MV40	24	Pontypridd R R
52	James, W	44.46	MS	40	Mercury	132	Barclay, J	49.20	MS	87	Pontypridd R R
53	Clayton, H	44.48	MV50	2	Bristol A C	133	Broughton, M	49.22	MV45	16	Westbury Harriers
54	Hapgood, S	44.59	MS	41	Griffithstown Harriers	134	Baldwin, R	49.24	MV50	5	R.V.A.C
55	Price, D	45.02	MS	42	Rhymney Valley A C	135	Davies, A	49.32	MS	88	Pontypridd R R
56	Eddy, M	45.02	MS	43	U/A	136	Learoyd, M	49.32	MS	89	Penarth & Dinas Runners
57	Barry, T	45.02	MV40	8	Newport Harriers	137	Wilson, J	49.33	MS	90	Penarth & Dinas Runners
58	Morris, R	45.14	MV40	9	San Domenico	138	Goodger, K	49.33	MV40	25	Newport Harriers
59	Davies, K	45.17	MS	44	Newport Harriers	139	Cox, M	49.35	MV40	26	Griffithstown Harriers
60	Ellis, P	45.23	MS	45	Les Croupiers	140	Hamer, T	49.37	MS	91	Barry and Vale
61	Morgan, R	45.24	MV45	4	Newport Harriers	141	Wotten, R	49.38	MV40	27	Great Western Runners
62	Hanson, J	45.30	MS	46	Beddau A C	142	Russell, D	49.42	MS	92	Monmouth A C
63	Hennings, K	45.40	MS	47	San Domenico	143	Thomas, W	49.42	MS	93	Newport Harriers
64	Murphy, P	45.49	MS	48	Club 69	144	Holder, P	49.43	MS	94	Cardiff H/Quinns
65	Emes, S	45.54	MS	49	Pegasus R C	145	Fisher, D	49.55	MV50	6	Newport Harriers
66	Clissold, M	45.58	MS	50	UNAT	146	Moss, K	50.01	MS	95	Penarth & Dinas Runners
67	Baigent, P	45.58	MS	51	Yeovil & Town R R	147	Hourihan, M	50.03	MS	96	Merthyr R C
68	Caulfield, R	45.58	MS	52	Penarth & Dinas Runners	148	Chapman, G	50.03	MV50	7	Heartbeat Wales
69	Evans, L	45.58	MV40	10	Club 69	149	Roberick, J	50.10	MV40	28	Newport Harriers
70	Jefferies, T	45.58	MV45	5	Yate and District	150	Pearce, R	50.12	MV40	29	Pensey Vale R C
71	Casebeard, P	45.59	MS	53	U/A	151	Penny, M	50.12	WS	3	Westbury Harriers
72	Jones, G	45.59	MV40	11	Caldicot R C	152	Moore, A	50.12	MS	97	San Domenico
73	Walsh, D	46.06	MV45	6	Les Croupiers	153	Edwards, N	50.16	MS	98	U/A
74	Evans, H	46.10	MS	54	Cardiff A C	154	Hyatt, G	50.19	MV40	30	Barry and Vale
75	Davies, G	46.13	MS	55	Club 69	155	Lawless, S	50.22	MV40	31	Newport Harriers
76	Sauter, S	46.23	MS	56	Rhondda Valley Runners	156	Raymond, A	50.27	MS	99	U/A
77	Stokes, V	46.24	MS	57	Newport Harriers	157	Day, C	50.27	MS	100	Beddau A C
78	Coombes, C	46.26	MV40	12	Beddau A C	158	Stone, M	50.30	MS	101	Caerphilly R C
79	Sheenan, A	46.30	MV40	13	Newport Harriers	159	Price, K	50.30	MV40	32	R.V.A.C
80	Robers, M	46.30	MS	58	Cardiff Triathletes	160	Smith, S	50.38	MV40	33	Newport Harriers

Mizuno - Lliswerry 8 Mile Road Race - Results

Pos- ition Name	Time	Cate- gory	in Cat Club	Pos- ition Name	Time	Cate- gory	in Cat Club
161 Thomas, R	50.39	MS	102 Newport Harriers	241 Clarke, W	54.09	MV40	54 Islwyn R C
162 Bullimore, G	50.45	MV50	8 Newport Harriers	242 Rees, D	54.12	MV45	22 Beddau A C
163 Jenkins, W	50.52	MV40	34 Newport Harriers	243 Harvey, L	54.14	MS	136 Penarth & Dinas Runners
164 Mills, J	50.55	MS	103 San Domenico	244 Davies, B	54.15	MS	137 Monmouth A C
165 Fettah, A	50.56	MS	104 U/A	245 Adamec, P	54.22	MS	138 Barry and Vale
166 Watson, J	51.03	MS	105 Great Western Runners	246 Lloyd, C	54.25	MV50	19 Griffithstown Harriers
167 Jones, E	51.05	MV40	35 Pontypridd R R	247 Lewis, C	54.34	MS	139 U/A
168 Braham, R	51.06	MS	106 Bleanavon Joggers	248 Virgin, R	54.43	MV45	23 Cardiff H/Quinns
169 Whitfield, K	51.08	MS	107 Penarth & Dinas Runners	249 Newling, P	54.44	MV40	55 U/A
170 Davies, M	51.10	MS	108 Pontypridd R R	250 Beynon, A	54.45	MS	140 Ford Bridgend
171 Higgins, W	51.13	WV35	1 Sospan R R	251 Tatersall, M	54.46	MV50	20 Neath Harriers
172 Hoskins, M	51.17	MS	109 U/A	252 Sutton, M	54.46	MS	141 Gwent Police
173 Johnson, A	51.28	MV50	9 Griffithstown Harriers	253 Milne, I	54.46	MV45	24 Swansea Harriers
174 Renishaw, A	51.30	MV40	36 Thornbury R C	254 Paterson, D	54.51	MV40	56 U/A
175 Chapman, J	51.30	MV45	17 Pegasus R C	255 Brownsey, B	54.59	MV50	21 Cardiff A C
176 Archer, D	51.30	MV45	18 U/A	256 Vincent, M	55.03	MS	142 U/A
177 Davis, W	51.34	MS	110 San Domenico	257 Lock, S	55.09	MS	143 Penarth & Dinas Runners
178 Haslam, K	51.37	MV40	37 U/A	258 Andrews, N	55.13	MS	144 U/A
179 Cooksey, C	51.38	MV45	19 Club 69	259 Woods, T	55.13	MV60	2 Risca R R
180 Hallett, A	51.39	MV40	38 Pontypridd R R	260 Rugman, S	55.14	MS	145 Rhondda Valley Runners
181 Buttler, S	51.46	MS	111 Brynna Runners	261 Scott, D	55.20	MS	146 Rhondda Valley Runners
182 Abbot, J	51.48	MV40	39 Newport Harriers	262 Edwards, H	55.20	MS	147 Rhondda Valley Runners
183 Thomas, D	51.48	MV40	40 Penarth & Dinas Runners	263 Fettah, L	55.20	MS	148 Cardiff A C
184 Neal, S	51.50	WV40	1 Les Croupiers	264 Rugman, D	55.22	MV40	57 Thornbury R C
185 Griffiths, J	51.59	MS	112 Cardiff Triathletes	265 Wheeler, S	55.24	MV50	22 Chepstow Harriers
186 Savage, W	52.00	MV40	41 Chepstow Harriers	266 Twose, R	55.27	MS	149 Caerphilly R C
187 Gore, T	52.03	MS	113 Pegasus R C	267 Brown, G	55.29	MS	150 U/A
188 Grandin, T	52.03	MS	114 Bargoed	268 Hancock, M	55.32	MS	151 Wyvern Road Runners
189 Davison, S	52.05	MV45	20 San Domenico	269 Edwards, T	55.33	MS	152 Ford Bridgend
190 Hughes, L	52.11	MV40	42 Mercury	270 Adkins, S	55.33	WV40	4 Griffithstown Harriers
191 Halliwell, M	52.14	MS	115 Risca R R	271 Weeks, S	55.33	MV50	23 San Domenico
192 Bailey, M	52.15	MV40	43 San Domenico	272 Williamson, N	55.33	MV50	24 Bleanavon Joggers
193 Louden, M	52.20	WV45	1 Newport Harriers	273 Loving, A	55.35	WS	8 Nailsea R C
194 Poole, S	52.23	MS	116 U/A	274 Parker, L	55.44	MV45	25 U/A
195 Dunn, C	52.32	MS	117 Great Western Runners	275 Suhuy, G	55.49	MV60	3 Newport Harriers
196 Toon, R	52.34	MV40	44 Chepstow Harriers	276 Harper, C	56.05	WV35	2 Risca R R
197 Baldwin, M	52.35	MV40	45 Islwyn R C	277 Jenkins, R	56.10	MS	153 Fairwater Runners
198 Wallis, M	52.35	MV50	10 Penarth & Dinas Runners	278 Smart, D	56.10	MV50	25 Peterson Super Ely A C
199 Browning, D	52.35	MV50	11 R.R.R.	279 Brown, R	56.10	MV40	58 Sheen Shufflers
200 Pask, J	52.39	MV50	12 R.V.A.C	280 Perry, N	56.16	MS	154 U/A
201 Lowther, K	52.41	MS	118 San Domenico	281 Gibbs, C	56.18	MV40	59 Somer A C
202 Welsh, G	52.43	MS	119 Rhondda Valley Runners	282 Woods, S	56.21	WS	9 Griffithstown Harriers
203 Jones, G	52.43	MV40	46 Club 69	283 Drenitt, D	56.23	MV45	26 Pensey Vale A C
204 Hancock, B	52.43	MV40	47 Newport Harriers	284 Barker, J	56.26	MV45	27 Swindon R R
205 Lemmer, B	52.46	MV40	48 Cardiff A C	285 Lovell, G	56.26	MV50	26 Kingswood Tri Club
206 Barker, N	52.46	MS	120 Wyvern Road Runners	286 Dunn, K	56.33	MV40	60 U/A
207 Argent, A	52.46	MS	121 U/A	287 Keogan, P	56.35	MV40	61 Westbury Harriers
208 Albutt, B	52.50	MS	122 AAA	288 Collins, P	56.35	MS	155 U/A
209 Reynolds, R	52.50	MV50	13 Post Office R C	289 Green, L	56.53	MV60	4 Midlands Vets
210 Ruck, T	52.52	MV50	14 U/A	290 Antell, D	56.55	MV40	62 U/A
211 Knox, C	52.56	WS	4 Penarth & Dinas Runners	291 Jones, R	56.55	MS	156 U/A
212 Jenkins, C	52.58	MS	123 Barry and Vale	292 Renyon, S	56.56	MV40	63 Post Office R C
213 Harnett, M	53.00	MV50	15 Fairwater Runners	293 White, C	57.12	MV40	64 M.G.A.
214 Roberts, M	53.00	MV40	49 Clevedon A C	294 McCarthy, A	57.14	MS	157 Post Office R C
215 Symonds, S	53.02	WV40	2 Monmouth A C	295 John, S	57.17	MS	158 U/A
216 Thomas, J	53.02	MS	124 Newport Harriers	296 Smith, J	57.22	MV50	27 U/A
217 Mathews, P	53.08	MS	125 U/A	297 Crooks, J	57.25	WV35	3 Great Western Runners
218 O'Keefe, G	53.08	MS	126 Reebok R C	298 Bajada, W	57.28	MS	159 U/A
219 Howells, G	53.11	MS	127 Rhymney Valley A C	299 Edwards, N	57.32	MS	160 Cardiff Triathletes
220 Farnham, M	53.15	MV50	16 Les Croupiers	300 Harper, D	57.35	MV50	28 R.V.A.C
221 Evans, T	53.15	MS	128 Pontypridd R R	301 Nurdan, R	57.36	MS	161 Chepstow Harriers
222 Dunscombe, A	53.16	MS	129 U/A	302 Graham, M	57.39	MS	162 Cardiff H/Quinns
223 Ward, K	53.19	MV40	50 Penarth & Dinas Runners	303 Robson, M	57.42	MS	163 San Domenico
224 Meredith, E	53.22	MV45	21 Bleanavon Joggers	304 Edwards, M	57.43	MS	164 U/A
225 Jones, C	53.22	MS	130 U/A	305 Davies, P	57.44	MS	165 U/A
226 Jones, C	53.25	WS	5 Camarthen Harriers	306 Moore, K	57.50	MS	166 Gwent Police
227 Waite, J	53.25	WS	6 Bleanavon Joggers	307 Jones, C	57.53	MS	167 Brecon Bounders
228 Whiting, D	53.27	MV60	1 Westbury Harriers	308 Carter, M	57.53	WV35	4 Penarth & Dinas Runners
229 Owen, E	53.36	MV50	17 Cornelly Striders	309 Harris, A	57.54	MV40	65 U/A
230 Smart, J	53.45	WV40	3 Peterson Super Ely A C	310 Tovey, C	57.58	MV45	28 Thornbury R C
231 Pope, G	53.46	MS	131 Bargoed	311 Smith, J	58.03	WV40	5 Monmouth A C
232 Webb, T	53.50	MV40	51 Pegasus R C	312 Stone, D	58.03	MS	168 Penarth & Dinas Runners
233 Sell, M	53.54	MS	132 Thornbury R C	313 Fencott, P	58.07	MS	169 U/A
234 Horsfield, C	53.56	MV50	18 Newport Harriers	314 Pope, M	58.09	MS	170 U/A
235 Evans, M	53.59	MV40	52 Risca R R	315 Osbourne, J	58.13	MV50	29 Newport Harriers
236 Carhill, P	54.00	MS	133 U/A	316 Rodgers, P	58.14	MV45	29 Southern Counties Vets
237 Lewis, J	54.03	MS	134 Cardiff Triathletes	317 Berry, G	58.15	MV50	30 U/A
238 Pycroft, D	54.03	WS	7 Barry and Vale	318 Thomas, D	58.19	MV45	30 Alfa R C
239 Treavor, S	54.09	MS	135 U/A	319 Pugh, L	58.19	MV45	31 Bleanavon Joggers
240 Morgan, B	54.09	MV40	53 Club 69	320 Ball, D	58.21	MS	171 U/A

Mizuno - Lliswerry 8 Mile Road Race - Results

Pos- ition	Name	Time	Cate- gory	in Cat	Club	Pos- ition	Name	Time	Cate- gory	in Cat	Club
321	Ambler, G	58.27	WS	10	San Domenico	401	Driscoll, J	69.12	WV40	8	Peterson Super Ely A C
322	Press, P	58.31	MS	172	Wyvern Road Runners	402	Tomson, C	69.18	MV50	38	Rhondda Valley Runners
323	Woodfield, M	58.47	MS	173	Penarth & Dinas Runners	403	Davies, B	69.20	MS	204	U/A
324	Martin, K	58.47	WS	11	Penarth & Dinas Runners	404	Smith, I	69.20	MS	205	U/A
325	John, D	58.53	MV40	66	Alfa R C	405	Notman, T	69.24	MV50	39	Mercury
326	Dunscombe, B	58.55	MV50	31	U/A	406	Notman, A	69.25	WV35	8	Mercury
327	Tovey, A	58.55	MS	174	San Domenico	407	Rudd, S	69.30	WS	19	San Domenico
328	Rowson, M	58.59	WV40	6	Les Croupiers	408	Thomas, K	69.51	WS	20	U/A
329	Lloyd, P	59.09	MS	175	Beddau A C	409	Boyd, A	70.16	WV40	9	U/A
330	Kilbourne, S	59.26	MS	176	U/A	410	Groves, R	70.19	MV50	40	U/A
331	Townsend, C	59.27	MS	177	Forest of Dean	411	Hill, R	71.26	WV40	10	Monmouth A C
332	Punter, J	59.31	MS	178	Mercury	412	Toon, L	71.26	WV40	11	Chepstow Harriers
333	Saunders, R	59.31	MV40	67	U/A	413	Rees, C	71.47	MS	206	Gwent Police
334	Harris, D	59.31	MS	179	U/A	414	Lewis, P	72.26	WV45	2	Penarth & Dinas Runners
335	Turner, A	59.35	MS	180	U/A	415	Morey, D	72.53	MV40	78	U/A
336	Glover, R	59.35	MS	181	Glamorgan Police	416	Swales, A	72.53	MV60	8	Rechem
337	Hodges, F	59.38	MV50	32	Brecon Bounders	417	Beray, D	73.50	MV40	79	U/A
338	Hinchcliffe, B	59.45	MS	182	U/A	418	Clement, J	74.18	WS	21	Penarth & Dinas Runners
339	Hann, G J	59.46	MV45	32	U/A	419	Stalley, I	74.42	WV45	3	Llanelli
340	Davies, R	59.48	MV45	33	Gwent Police	420	John, P	75.36	WV45	4	Llanelli
341	Williams, D	59.48	MV40	68	Gwent Police	421	Morgan, D	76.13	WS	22	Penarth & Dinas Runners
342	Cecpo, J	60.07	MV45	34	Abertillery Ach.	422	Press, L	76.13	WV35	9	Wyvern Road Runners
343	Sullivan, B	60.12	MV50	33	U/A	423	Wilkinson, G	76.17	MV45	44	Swindon R R
344	Ng, J	60.12	MV40	69	Gwent Police	424	James, J	77.18	WS	23	U/A
345	Duffin, R	60.15	MV45	35	West Mid Police	425	Huck, J	77.18	WV35	10	U/A
346	Brierley, B	60.17	MV60	5	Camarthen Harriers						
347	Taylor, B	60.28	MV45	36	Cardiff A C						
348	Millar, B	60.35	MS	183	Caerphilly R C						
349	Thomas, G	60.40	MV50	34	Caerphilly R C						
350	Burris, G	60.55	MV45	37	Cardiff H/Quinns						
351	Lame, T	61.00	MV50	35	Cardiff H/Quinns						
352	Brolon, S	61.02	WS	12	Angels R C						
353	Webb, C	61.29	MV40	70	Warminster						
354	Thomas, R	61.37	MS	184	U/A						
355	David, S	61.43	MS	185	Caerphilly R C						
356	Tasker, S	61.50	MV40	71	U/A						
357	Richards, G	62.06	WV35	5	Penarth & Dinas Runners						
358	McGlynn, P	62.12	MS	186	Alfa R C						
359	Davies, C	63.03	MS	187	Monmouth A C						
360	Whitfield, A	63.06	WS	13	Penarth & Dinas Runners						
361	Thomas, A	63.16	MV50	36	Les Croupiers						
362	Bradshaw, A	63.18	MS	188	U/A						
363	Phillips, D	63.20	MS	189	Monmouth A C						
364	Nair, S	63.23	MV40	72	U/A						
365	James, I	63.30	MS	190	U/A						
366	Spicer, A	63.31	MV60	6	Great Western Runners						
367	Gwilym, L	63.32	MV40	73	U/A						
368	Edwards, G	63.33	WS	14	Les Croupiers						
369	Fenn, S	63.35	MS	191	Gwent Police						
370	Price, R	63.38	MS	192	Gwent Police						
371	Watson, I	63.39	MS	193	Serpentine R C						
372	Lewis, R	63.48	MV40	74	Penarth & Dinas Runners						
373	Topping, C	64.02	MS	194	Mercury						
374	West, L	64.08	WV35	6	Fairwater Runners						
375	Griffiths, E	64.13	MV45	38	Neath Harriers						
376	Scott, I	64.19	MS	195	U/A						
377	Newling, G	64.26	MV45	39	Newport Harriers						
378	Campbell, G	64.38	MS	196	San Domenico						
379	Williams, C	64.41	MS	197	U/A						
380	Webster, A	64.42	MV40	75	U/A						
381	Baker, L	64.44	WV40	7	San Domenico						
382	Case, M	64.51	MS	198	U/A						
383	Plumpton, A	65.08	WS	15	Bitton Ferry R R						
384	Jones, B G	65.37	MV45	40	U/A						
385	Thomas, D	66.05	MS	199	U/A						
386	Adamec, R	66.08	MS	200	U/A						
387	Buckland, D	66.20	MS	201	San Domenico						
388	Tanner, C	66.24	WS	16	Griffithstown Harriers						
389	Morley, G	66.25	MS	202	U/A						
390	Hales, R	66.32	MV45	41	U/A						
391	Williams, G	66.38	MV60	7	Llanelli						
392	Nicholson, P	66.51	MV40	76	Peterson Super Ely A C						
393	Davies, C	66.52	MS	203	Peterson Super Ely A C						
394	Alegnaui, P	67.33	WS	17	Ridgeway Striders						
395	Townsend, D	67.37	MV50	37	Forest of Dean						
396	Paige, S	67.38	WV35	7	Ridgeway Striders						
397	Meredith, K	67.40	MV40	77	U/A						
398	Thomas, D	67.52	MV45	42	U/A						
399	Benham, B	68.01	MV45	43	Islwyn R C						
400	Williams, L	68.05	WS	18	San Domenico						
Teams											
Men											
1	Bridgend AC	38.37	MS	2	Newhams, G						
		40.23	MS	3	Davies, G						
		40.37	MS	9	Edwards, J						
		41.06	MS	10	Brace, S						
2	Newport Harriers	41.07	MS	11	Vores, S						
		41.17	MS	13	Turner, K						
		42.43	MV45	23	Rowlands, M						
		42.56	MS	25	Rees, D						
3	Cardiff AC	41.14	MS	12	Bennet, P						
		41.41	MS	16	Rhind, S						
		41.43	MS	17	Day, H						
		43.16	MV45	29	Davies, E						
Women											
1	Penarth & Dinas Runners	52.56	WS	211	Knox, C						
		57.53	WV35	308	Carter, M						
		58.47	WS	324	Martin, K						
2	Les Croupiers	51.50	WV40	184	Neal, S						
		58.59	WV40	328	Rowson, M						
		63.33	WS	368	Edwards, G						