

# *RHAYADER 20 MILE ROAD RACE*



Pos	Time	Family	First	No	Gen	Age	Cat	Club	Split
1	2:02:51	Kehoe	David	193	M		OM	Swansea Harriers	0:06:09
2	2:03:55	Roberts	Matthew	153	M		OM	Eryri Harriers	0:06:12
3	2:05:43	Gore	Andy	29	M		M40	Cheltenham Harriers	0:06:17
4	2:05:47	Thomas	Carwyn	278	M	23	OM	Sarn Helen	0:06:17
5	2:07:07	Hayes	Jacob	82	M		M40	Bitton RR	0:06:21
6	2:08:33	Smith	John	151	M		M40	Tipton Harriers	0:06:26
7	2:09:01	Newey	Jonathan	33	M		M40	Mercia Fell Runners	0:06:27
8	2:09:18	Rooney	John	39	M		OM	Nailsea RC	0:06:28
9	0:09:53	Mullins	Roger	1	M		OM	Cheltenham Harriers	0:00:30

10	2:10:15	Cannon	Steve	114 M		OM	Lytchett Manor Striders	0:06:31
11	2:10:50	Collinson	Rich	113 M		OM	Westbury Harriers	0:06:32
12	2:10:52	Price	Glyn	226 M	43	M40	Sarn Helen	0:06:33
13	2:11:09	Smith	Mark	284 M	27	OM	Aberystwyth AC	0:06:33
14	2:11:36	Baulch	James	244 M	34	OM	Poole Runners	0:06:35
15	2:12:36	Davis	Nick	290 M	40	M40	Chepstow Harriers	0:06:38
16	2:12:44	Wells	Matthew	81 M		OM	Brackla Harriers	0:06:38
17	2:13:52	Speyer	Paul	272 M	37	OM	Brackla Harriers	0:06:42
18	2:15:13	Flower	Crispin	266 M	42	M40	Brecon AC	0:06:46
19	2:15:26	James	Ian	26 M		M50	WrexhamAC	0:06:46
20	2:15:49	Davies	Tim	214 M	43	M40		0:06:47
21	2:16:30	Griffiths	Kevin	281 M	47	M45	TROTts	0:06:49
22	2:16:35	Preston	Adam	67 M		OM	Meirionnydd RC	0:06:50
23	2:17:00	Smoult	Robin	271 M	57	M55	Llswerry Runners	0:06:51
24	2:17:21	Stanier	Raymond	134 M		M55	Tipton Harriers	0:06:52
25	2:17:34	Green	Martin	44 M		OM	Nth Wales RR	0:06:53
26	2:17:48	Fletcher	glyn	245 M	49	M45	Maldwyn Harriers	0:06:53
27	2:18:14	Cartwright	David	162 M		M60	Poole Runners	0:06:55
28	2:19:47	Powell	Dave	260 M	50	M50	Aberystwyth AC	0:06:59
29	2:19:59	Rooke	Steve	247 M	42	M40	Ledbury & District Harriers	0:07:00
30	2:20:03	Bellamy	Stewart	177 M		M40	Rhayader RC	0:07:00
31	2:20:06	Green	Gareth	275 M	34	OM	San Domenico	0:07:00
32	2:20:24	Davies	Michael	227 M	42	M40	Sarn Helen	0:07:01
33	2:20:27	Powell	Paul	277 M	42	M40	Parc Brywbach	0:07:01
34	2:20:39	Towner	John	241 M	28	OM	Poole Runners	0:07:02
35	2:21:29	Drasdo	Duncan	150 M		M40	Trafford Ac	0:07:04
36	2:21:49	Wells	Charlotte	558 F		OF	Brackla Harriers	0:07:05
37	2:23:11	Rees	Stafford	111 M		M40	Rhayader RC	0:07:10
38	2:23:29	Owen	Dylan	287 M	46	M45	Eryri Harriers	0:07:10
39	2:23:33	Falconer	Rob	236 M	52	M50		0:07:11
40	2:23:48	Rogerson	Nigel	132 M		OM	Lytchett Manor Striders	0:07:11
41	2:23:53	Mole	Robert	131 M		M40	Bromsgrove & Redditch	0:07:12
42	2:24:11	Chadwick	Robert	11 M		OM		0:07:13
43	2:24:16	Ferency	Peter	231 M	47	M45	Poole Runners	0:07:13
44	2:24:27	Hayes	Richard	192 M		M40	Wrecsam Tri	0:07:13
45	2:24:43	Aylmore	James	264 M	51	m50	Poole Runners	0:07:14
46	2:25:16	Sansom	Glyn	190 M		M45	San Domenico	0:07:16
47	2:25:19	Cakebread	John	15 M		M55	Poole Runners	0:07:16
48	2:25:27	Davies	Jonty	276 M	22	OM	San Domenico	0:07:16
49	2:25:38	Jones	Gethin	243 M	38	OM	Sarn Helen	0:07:17
50	2:25:38	Smallman	Chris	269 M	47	M45	Mercia Fell Runners	0:07:17
51	2:25:52	Agnew	Peter	196 M		M45	Denbigh Harriers	0:07:18
52	2:25:55	Heathcock	Laurence	24 M		OM	Tipton Harriers	0:07:18

53	2:26:24	Kittle	Ian	42	M		OM		0:07:19
54	2:26:47	Hooper	Nick	283	M	45	M45	Black Paer Joggers	0:07:20
55	2:27:00	Gavin	Nick	230	M	30	OM	Lytchett Manor Striders	0:07:21
56	2:27:15	Lammas	Ned	203	M		M45	Evesham Vale RC	0:07:22
57	2:27:30	Walker	Ross	268	M	33	OM	Great Western Runners	0:07:23
58	2:27:51	Parfitt	Scott	76	M		OM	Lytchett Manor Striders	0:07:24
59	2:27:56	Davies	Edward	279	M	55	M55	Maldwyn Harriers	0:07:24
60	2:28:17	Pinkham	Sandra	633	F	47	F45	Port Talbot Harriers A. C.	0:07:25
61	2:28:21	Birch	Sean	274	M	43	M40	Islwyn	0:07:25
62	2:28:24	Self	Richard	19	M		M45	Les Croupiers RC	0:07:25
63	2:28:34	Brown	Gary	85	M		OM	Penarth & Dinas RC	0:07:26
64	2:29:12	Williams	Andrew	73	M		M40	Tipton Harriers	0:07:28
65	2:29:20	Badger	Jonathan	13	M		OM		0:07:28
66	2:29:53	Jones	Geraint	235	M	27	OM		0:07:30
67	2:30:01	Rose	David	89	M		M50	Stourbridge RC	0:07:30
68	2:30:31	Scriven	Matt	522	M	42	M40	Mercia Fell Runners	0:07:32
69	2:30:33	Sherratt	Sarah	605	F		F35	Wesham RR	0:07:32
70	2:30:58	Lam	Johnny	199	M		OM	San Domenico	0:07:33
71	2:31:38	O'Neill	Ana	643	F	38	F35	Pembrokeshire Harriers	0:07:35
72	2:31:42	Bennett	Chris	216	M	33	OM		0:07:35
73	2:32:16	Childs	Shelly	254	M	37	OM	Aberystwyth AC	0:07:37
74	2:32:35	Warrick	Mike	135	M		M55	Rhayader RC	0:07:38
75	2:32:38	Baird Murry	Knill	237	M	49	M45	Penarth & Dinas Runners	0:07:38
76	2:32:51	Barker	Louise	649	F	35	F35	Aberystwyth AC	0:07:39
77	2:33:28	Amos	Mark	167	M		M40	W4 Harriers	0:07:40
78	2:33:37	Burgess	Daniel	255	M	35	OM	Aberystwyth AC	0:07:41
79	2:33:45	Palmer	Janice	616	F		F50	Poole Runners	0:07:41
80	2:33:45	Jones	Steve	17	M		OM	Southville RC	0:07:41
81	2:33:58	Peach	Tony	220	M	45	M45	Lytchett Manor Striders	0:07:42
82	2:34:00	Caveney	Terry	263	M	51	M50	Les Croupiers	0:07:42
83	2:34:07	Malarz	Luke	149	M		OM	Chepstow Harriers	0:07:42
84	2:34:37	Thomas	Henry	248	M	46	M45	Telford Harriers	0:07:44
85	2:34:58	Bedder	Steve	273	M	59	M55	Hinkley RC	0:07:45
86	2:35:21	Hall	Simon	242	M	31	OM	Sarn Helen	0:07:46
87	2:35:31	Joyce	Kev	257	M	45	M45		0:07:47
88	2:35:48	Collins	Richard	2	M		M40	Oswestry Olympians	0:07:47
89	2:36:18	Davies	Andrew	179	M		M55	Telford Harriers	0:07:49
90	2:37:11	Toogood	Shane	157	M		OM	Hogweed Trotters	0:07:52
91	2:37:18	Webb	Daniel	118	M		OM	Tewkesbury AC	0:07:52
92	2:37:22	Rowlands	Dilwyn	154	M		M40	Eryri Harriers	0:07:52
93	2:37:31	Lehmann	Reinhard	127	M		OM	Poole Runners	0:07:53
94	2:37:32	Barbour	Sheila	619	F		F40	Evesham Vale RC	0:07:53
95	2:37:34	Thomas	Raymond	258	M	46	M45		0:07:53

96	2:37:40	Jarvis	Jacki	608	F		F45	Oswestry Olympians	0:07:53
97	2:38:00	Quinn	Nicola	606	F		F40	Emlyn Runners	0:07:54
98	2:38:19	Brindle	Stephen	112	M		OM	Dragons RC	0:07:55
99	2:38:59	Burnage	Paul	174	M		M45	Lordshill RR	0:07:57
100	2:39:20	Daish	Stephen	186	M		M55	Poole Runners	0:07:58
101	2:39:25	Tann	Gary	249	M	53	M50	Abergele Myterious	0:07:58
102	2:39:40	Rogers	Jean	501	F		F45	Chester Tri	0:07:59
103	2:39:47	Edwards	Janet	566	F		F45	Shropshire Shufflers	0:07:59
104	2:39:47	Price	Huw	224	M	47	M45	Sarn Helen	0:07:59
105	2:40:08	Heap	Jon	88	M		M40	Road Hoggs - Leics	0:08:00
106	2:40:12	Mail	David	43	M		M55	Cambridge & Coleridge	0:08:01
107	2:40:17	Ap Dafydd	Aled	207	M		OM		0:08:01
108	2:40:31	Shacklock	Sue	572	F		F40	Black Pear Joggers	0:08:02
109	2:40:47	Mason	Paul	110	M		M50	Tewkesbury AC	0:08:02
110	2:40:56	Orme	Paul	52	M		OM	Cobra RC	0:08:03
111	2:41:09	Woodward	Robert	69	M		M40	Stourbridge RC	0:08:03
112	2:41:14	Shields	Dominic	31	M		M45	San Domenico	0:08:04
113	2:41:23	Thompson	Teri	604	F		F40	Black Pear Joggers	0:08:04
114	2:41:36	Smith	Lee	200	M		M40		0:08:05
115	2:41:46	Lock	Darren	217	M	40	M40	Poole Runners	0:08:05
116	2:42:11	Armstrong	Sarah	549	F		F45	Amazing Feet	0:08:07
117	2:42:23	Zubizarreta	Maria	641	F	41	F40	Les Croupiers	0:08:07
118	2:42:23	O'Duffy	Libby	622	F		F40	Les Croupiers RC	0:08:07
119	2:42:27	Franklin	Richard	234	M	42	M40	Bitton RR	0:08:07
120	2:42:44	Homer	Anthony David	222	M	48	M45	Stourbridge RC	0:08:08
121	2:43:32	Jordan	Mark	117	M		M50		0:08:11
122	2:43:32	Betts	Roy	64	M		M50	Evesham Valley RC	0:08:11
123	2:43:45	Jones	Dylan	156	M		OM		0:08:11
124	2:43:58	Burke	Robert	210	M		M45	Liverpool RC	0:08:12
125	2:43:58	Taylor	Alan	90	M		M55	Mysteruns of Abergele	0:08:12
126	2:44:05	Roode	Steve	18	M		M45	Malvern Joggers	0:08:12
127	2:45:18	Cortvriend	Martin	189	M		M55	Denbigh Harriers	0:08:16
128	2:45:23	Sadler	Angie	615	F		F50	Tewkesbury AC	0:08:16
129	2:45:23	Laws	Michelle	611	F		F40	Tewkesbury AC	0:08:16
130	2:45:28	Moore	Rob	65	M		OM	Stourbridge RC	0:08:16
131	2:45:30	Sandra	Brain	545	F		F45	Dudley & Kingswinford	0:08:16
132	2:45:49	Letheren	Michael	32	M		M55	Lordshill RR	0:08:17
133	2:45:56	Churchward	Ian	104	M		M40	Lytchett Manor Striders	0:08:18
134	2:46:08	Collinson	Libby	546	F		F55	Shropshire Shufflers	0:08:18
135	2:46:24	Ap Gwyn	Rhys	170	M		OM		0:08:19
136	2:46:29	Lewis	Chris	155	M		M40	Hogweed Trotters	0:08:19
137	2:46:51	Black	Susie	600	F		OF	Clapham Pioneers	0:08:21
138	2:46:51	Rose-Innes	Stewart	152	M		OM	Clapham Pioneers	0:08:21
139	2:46:59	Osmond	Clive	140	M		M50	Les Croupiers RC	0:08:21

140	2:47:11	Evans	John Glynn	239 M	64	M60	Aberystwyth AC	0:08:22
141	2:47:24	Wilcox	Alan	238 M	41	M40	Hogweed Trotters	0:08:22
142	2:47:28	Grice	Robert	137 M		M45		0:08:22
143	2:47:36	Bateman	Jeremy	22 M		M50	Ripley RC	0:08:23
144	2:47:38	Jones	Judith	638 F	49	F45	Abergele Myterious	0:08:23
145	2:48:04	Lawrence	Neil	180 M		OM	Builth & D AC	0:08:24
146	2:48:16	Ward	Rachel	569 F		F50	Amazing Feet	0:08:25
147	2:48:32	Richardson	Sharron	553 F		F35	Shropshire Shufflers	0:08:26
148	2:48:37	Davies	Fiona	591 F		F55	Pontypridd Roadents	0:08:26
149	2:49:06	Humphries	John	253 M	53	M50	Abergele Myterious	0:08:27
150	2:49:16	Charles	Paul	119 M		M50		0:08:28
151	2:49:37	Lawerence	Richard	262 M	42	M40		0:08:29
152	2:49:41	Suff	Max	286 M	48	M45	Hereford Couriers	0:08:29
153	2:49:51	Speake	Celia	576 F		F40	Builth & D AC	0:08:30
154	2:50:28	Bennett	Rachel	645 F	32	OF	Hogweed Trotters	0:08:31
155	2:50:29	Whitlock	Tony	252 M	55	M55	Eynsham RR	0:08:31
156	2:50:30	Joseph	Patrick	145 M		M45	Lordshill RR	0:08:31
157	2:50:32	Whitehead	Michael	4 M		M45		0:08:32
158	2:50:49	Herdman	Chris	280 M	37	OM	Penarth & Dinas Runners	0:08:32
159	2:51:12	Williams	David	72 M		M45	Les Croupiers RC	0:08:34
160	2:51:15	Bodman	Gary	205 M		M45	Les Croupiers RC	0:08:34
161	2:51:25	Morris	Karl	5 M		M40	Telford AC	0:08:34
162	2:51:43	Humphreys	Daniel	98 M		OM		0:08:35
163	2:51:47	McFadden	Roger	129 M		M60	Birmingham RA&TC	0:08:35
164	2:51:54	Trussler	Ian	16 M		M50	Chippenham Harriers	0:08:36
165	2:52:11	Higgs	Elaine	623 F	48	F45	Lytchett Manor Striders	0:08:37
166	2:52:40	McKenna	Martin	208 M		M60	Spirit of Monmouth RC	0:08:38
167	2:52:51	Bunn	Tricia	520 F		F35	Peel RR	0:08:39
168	2:52:57	Rowlands	Glyn	130 M		M50	Meirionnydd RC	0:08:39
169	2:52:58	Worthing	Anita	610 F		F55	Aberystwyth AC	0:08:39
170	2:52:59	Moffett	Brian	109 M		M60	TROTS	0:08:39
171	2:53:01	Lee	Angela	596 F		F45	Lordshill RR	0:08:39
172	2:53:25	Skehan	Martin	123 M		M45	Telford Harriers	0:08:40
173	2:53:51	Poortinga	Wouter	70 M		OM	Les Croupiers RC	0:08:42
174	2:54:22	Rickus	Michae;	62 M		M50	Telford Harriers	0:08:43
175	2:54:29	Jones	David	160 M		M45	Mysteruns of Abergele	0:08:43
176	2:54:32	Woods	Aimee	534 F		OF	Telford Harriers	0:08:44
177	2:54:34	Hayes	Simon	125 M		M40		0:08:44
178	2:54:35	Edwards	Rhianydd	642 F	39	F35		0:08:44
179	2:54:35	Smith	Geraint	259 M	40	M40		0:08:44
180	2:55:03	Mould	David	49 M		M40	Ely Runners	0:08:45
181	2:55:18	Portelli	Kellinu	115 M		M45	Les Croupiers RC	0:08:46
182	2:55:29	Jenkins	Alun	232 M	47	M45	Rhayader RC	0:08:46

183	2:55:31	Hurford	Dominic	99	M		OM	Hogweed Trotters	0:08:47
184	2:55:53	Greaves	Sarah	590	F		F50	Oswestry Olympians	0:08:48
185	2:56:17	Pope	Bob	188	M		M45	Evesham Vale RC	0:08:49
186	2:56:22	Mongared	Matthew	228	M	24	OM		0:08:49
187	2:56:25	Bright	Jeremy	251	M	43	M40	Abergele Myterious	0:08:49
188	2:56:32	Ward	Rob	120	M		OM		0:08:50
189	2:56:36	O'Sullivan	Kate	650	F	46	F45	Aberystwyth AC	0:08:50
190	2:56:37	Blackburn	John	240	M	41	M40	Poole Runners	0:08:50
191	2:56:42	Williams	Andrew	102	M		M45	Shropshire Shufflers	0:08:50
192	2:56:49	Wilson	Peter	71	M		M40	Malvern Joggers	0:08:50
193	2:56:59	Palmer	Richard	40	M		M45		0:08:51
194	2:57:19	Higgs	Mark	218	M	47	M45	Stourbridge RC	0:08:52
195	2:57:19	Mawson	Guy	83	M		M40	Fetch Everyone RC	0:08:52
196	2:57:30	Cole	Kay	635	F	43	F40		0:08:52
197	2:57:41	Hughes	Philip	124	M		OM	San Domenico	0:08:53
198	2:58:05	Melbourn	Adrian	202	M		OM		0:08:54
199	2:58:06	Evans	Goronwy	181	M		M50	Aberystwyth AC	0:08:54
200	2:58:12	Swinbourne	Thomas	66	M		OM		0:08:55
201	2:58:12	Boughton	Ellis	8	M		M40		0:08:55
202	2:58:12	Hogg	Paul	10	M		M40		0:08:55
204	2:58:17	Prentice	Iain	141	M		M40	Ludlow Runners	0:08:55
205	2:58:24	Davies	Allan	165	M		M40		0:08:55
206	2:58:25	Conner	Andy	146	M		M45		0:08:55
207	2:58:28	Pye	David	34	M		M55	Amazing Feet	0:08:55
208	2:58:31	Dryden	Stuart	139	M		OM	Shropshire Shufflers	0:08:56
211	2:59:02	Wade	Ian	166	M		M50	Chepstow Harriers	0:08:57
212	2:59:10	Paskin	Gavin	187	M		M45	Black Pear Joggers	0:08:58
213	2:59:17	O'Malley	Helen	625	F	38	F35	Plymouth Harriers	0:08:58
214	2:59:29	Knill	Julie	646	F	44	F40	Rhayader RC	0:08:58
215	2:59:40	Newman	Mike	93	M		M55	Lordshill RR	0:08:59
216	3:00:18	Cox	Steven	121	M		M50	Shropshire Shufflers	0:09:01
217	3:00:47	Sidaway	David	80	M		M40		0:09:02
218	3:00:49	Crowther	Linda	517	F		F40		0:09:02
219	3:01:06	Howe	Andrew	163	M		M50	Worcester AC	0:09:03
220	3:01:12	James	Daniel	136	M		OM		0:09:04
221	3:01:17	Williams	Pauline	634	F	52	F50	Port Talbot Harriers A. C.	0:09:04
222	3:01:31	Mann	Kareen	559	F		F50	Malvern Joggers	0:09:05
223	3:01:49	Burns	Robert	223	M	63	M60	Lytchett Manor Striders	0:09:05
224	3:01:54	Wood	Christopher	233	M	54	M50	Shropshire Shufflers	0:09:06
225	3:02:02	Evans	Ian	256	M	31	OM	Aberystwyth AC	0:09:06
226	3:02:30	Carter	Lee	56	M		M40		0:09:07
227	3:02:36	Sanders	Gerald	158	M		M50	Amazing Feet	0:09:08
228	3:03:31	Baron	Lorraine	588	F		F45		0:09:11
229	3:04:21	McDonnell	Tina	601	F		F40	Eryri Harriers	0:09:13



230	3:06:15	Ballard	Neil	175	M		M50	Oswestry Olympians	0:09:19
231	3:06:40	Lauder	Michaela	543	F		OF	Cybi Striders	0:09:20
232	3:06:54	McCorkell	Mike	27	M		M40	Tattenhall Runners	0:09:21
233	3:06:58	Conti	Jennie	582	F		F55	Builth & D AC	0:09:21
234	3:07:16	Jones	Carole	603	F		F55	Brecon AC	0:09:22
235	3:07:29	Collett	Sarah	580	F		OF		0:09:22
236	3:08:46	Graham	Kate	620	F		OF	Salford Metropolitan AC	0:09:26
237	3:08:13	Greenwood	Penny	508	F		F45	Sole Sisters Nth Bristol	0:09:25
238	3:08:13	Quane	Catherine	504	F		F35	DK RC	0:09:25
239	3:08:20	Quane	Mick	107	M		M40	DK RC	0:09:25
240	3:08:48	Lester-Owen	Peter	206	M		M50	Mysteruns of Abergele	0:09:26
241	3:08:57	Stokes	Mark	176	M		OM		0:09:27
242	3:09:10	Williams	Sandra	502	F		F40	Meirionnydd RC	0:09:28
243	3:09:16	Bentley	Charlotte	556	F		OF		0:09:28
244	3:09:22	Preston	Janet	500	F		F35	Meirionnydd RC	0:09:28
245	3:09:52	edwards	David	100	M		M50	Abergele Harriers	0:09:30
246	3:10:23	Goodwin	Jane	585	F		F40	Westbury Harriers	0:09:31
247	3:10:51	Damen	Janet	624	F	54	F50	Poole Runners	0:09:33
248	3:11:23	Campbell	Malcolm	108	M		M60		0:09:34
249	3:11:52	Morton	Mary	637	F	37	F35	Rhayader RC	0:09:36
250	3:11:57	Daniels	Hywel	172	M		OM		0:09:36
251	3:12:01	Whitfield	Karl	215	M	34	OM	Lytchett Manor Striders	0:09:36
252	3:12:20	Knott	Shane	59	M		OM	Penny Lane Striders	0:09:37
253	3:12:29	Wollaston	Sandra	562	F		F45	Dudley & Kingswinford	0:09:37
254	3:12:35	Nash	Robert	291	M	52	M50		0:09:38
255	3:12:37	Latreche	Marie	560	F		F45	Dudley & Kingswinford	0:09:38
256	3:12:48	Harper	Gill	581	F		F45	Cobra RC	0:09:38
257	3:13:13	James	Shan	627	F	24	OF	Aberystwyth AC	0:09:40
258	3:13:54	Birch	Coleen	647	F	37	F35	Islwyn	0:09:42
259	3:14:16	Gruber	Edith	570	F		OF		0:09:43
260	3:14:31	Jones	Sue	542	F		F50	Cybi Striders	0:09:44
261	3:14:38	Hasler	Raymond	265	M	60	M60		0:09:44
262	3:14:48	Williams	Gareth	161	M		M40		0:09:44
263	3:14:58	Shepperd	Jim	219	M	51	M50	Lordshill RR	0:09:45
264	3:15:06	Cairns	Stuart	171	M		M40		0:09:45
265	3:15:10	Gibbs	Maggie	533	F		F50	Sole Sisters Nth Bristol	0:09:45
266	3:15:19	Sharratt	Raymond	270	M	68	M65	Rhayader RC	0:09:46
267	3:15:41	Massey	Joanne	552	F		F35		0:09:47
268	3:15:46	Collins	Dennis	261	M	46	M45	Rhondda Valley Runners	0:09:47
269	3:16:01	Pritchard	Maureen	640	F	48	F45	Aberystwyth AC	0:09:48
270	3:16:02	Stockley	Sue	587	F		F40		0:09:48
271	3:16:09	Metcalfe	Joanne	579	F		F35		0:09:48
272	3:16:18	Marshall	Alan	21	M		OM	Stourbridge RC	0:09:49

273	3:16:21	Maher	Chris	30	M		M55	Islwyn RC	0:09:49
274	3:16:26	Cowell	David	191	M		M45	Weston AC	0:09:49
275	3:16:26	Cowell	Lesley	617	F		F45	Weston AC	0:09:49
276	3:16:35	Storey	Matthew	148	M		OM		0:09:50
277	3:16:36	Thornton	Jane	595	F		F40	Westbury Harriers	0:09:50
278	3:17:04	Rabjohns	Kate	557	F		F45	Poole Runners	0:09:51
279	3:17:04	Nethercott	Heather	626	F	45	F45	Poole Runners	0:09:51
280	3:18:06	Palmer	David	106	M		M50	Vegetarian C & AC	0:09:54
281	3:18:21	Davies	Dee	632	F	36	F35	Rhayader RC	0:09:55
282	3:18:28	Pigott	Graham	209	M		OM		0:09:55
283	3:18:58	James	David	45	M		OM	Rhayader RC	0:09:57
284	3:19:21	Reed	David	79	M		M60	Rhedwyr Emlyn	0:09:58
285	3:19:55	Lewis	Peter	285	M	46	M45		0:10:00
286	3:20:37	McCudden	Simon	54	M		M50	Ripon RC	0:10:02
287	3:21:10	Cresswell	Duncan	168	M		OM	Malvern Joggers	0:10:03
288	3:21:54	Davey	Ralph	95	M		M65	Les Croupiers RC	0:10:06
289	3:22:01	Lloyd	Sue	609	F		F45	Wrekin RR	0:10:06
290	3:22:02	Keating	Lynne	506	F		F35	Liverpool RC	0:10:06
291	3:22:04	Healy	Andrew	9	M		OM	Liverpool RC	0:10:06
292	3:22:56	Lewis	Howard	246	M	39	OM	Poole Runners	0:10:09
293	3:23:07	Robins	Alan	142	M		M55	Black Pear Joggers	0:10:09
294	3:23:15	Ferenczy	Fiona	631	F	47	F45	Poole Runners	0:10:10
295	3:23:17	Hully	Peter	25	M		M45		0:10:10
296	3:23:29	Hillman	Jill	648	F	53	F50	Maldwyn Harriers	0:10:10
297	3:23:41	Alsworth	Michael	182	M		M55	100 Marathon Club	0:10:11
298	3:24:44	Frank	Sonja	563	F		F35	Cybi Striders	0:10:14
299	3:24:55	McDonald	David	204	M		M40	Les Croupiers RC	0:10:15
300	3:25:05	Richardson	Kerry	535	F		F40	Telford Harriers	0:10:15
301	3:25:20	Lloyd	Christine	538	F		F50	Halesowen A & CC	0:10:16
302	3:25:52	Davis	Llinos	524	F		OF		0:10:18
303	3:26:22	Ashton	Brian	213	M	59	M55	Aberystwyth AC	0:10:19
304	3:26:42	Parkes	Roy	282	M	55	M55		0:10:20
305	3:27:21	Van den Winterboerg	Nicole	525	F		F40	Dragons RC	0:10:22
306	3:27:26	Williams	Rhian	511	F		F40	Shropshire Shufflers	0:10:22
307	3:27:31	Porritt	Bethan	529	F		F35		0:10:23
308	3:28:05	Warrick	Stephanie	586	F		F55	Rhayader Running Club	0:10:24
309	3:28:23	Brabrook	Andera	636	F	38	f35	TROTs	0:10:25
310	3:28:23	Staniforth	Jane	554	F		F50	Stroud & Dist AC	0:10:25
311	3:28:50	Liahill	Bruce	229	M	23	OM		0:10:26
312	3:29:10	Roberts	David	37	M		M45		0:10:27
313	3:29:18	Williams	Sarah	513	F		F40	Shropshire Shufflers	0:10:28
314	3:29:21	McNee	Paul	87	M		M55	Dudley & Kingswinford	0:10:28
315	3:29:28	Lewis	Sarah	548	F		F40	Amazing Feet	0:10:28



316	3:29:41	Ferguson	Paul	6	M		M45		0:10:29
317	3:30:16	Dellar	Natalie	598	F		OF	Stourbridge RC	0:10:31
318	3:30:28	Scovell	Keith	63	M		M45	Arrowe Park Amblers	0:10:31
319	3:30:28	Flanagan	Jane	537	F		F40	Arrowe Park Amblers	0:10:31
320	3:30:32	Brierley	Susanne	512	F		F40		0:10:32
321	3:31:32	Powell	Michael	20	M		M60	Shropshire Shufflers	0:10:35
322	3:31:36	Hooper	Jo	651	F	41	F40	Black Pear Joggers	0:10:35
323	3:33:35	Phillips	Nicola	532	F		F45	Sole Sisters Nth Bristol	0:10:41
324	3:34:15	Briggs	Kirsty	565	F		F35	Telford Harriers	0:10:43
325	3:35:05	Yates	Helen	577	F		OF	Wrekin RR	0:10:45
326	3:35:07	Manley	Isabelle	592	F		F35	Littledown Harriers	0:10:45
327	3:36:26	Warrington	Frankie	584	F		F50	Dudley & Kingswinford	0:10:49
328	3:36:42	Dickens	Robin	143	M		M60	Lytchett Manor Striders	0:10:50
329	3:36:42	Houlton	Alison	507	F		F35	Lytchett Manor Striders	0:10:50
330	3:38:11	Phillips	David	138	M		M60	Pembrokeshire Harriers	0:10:55
331	3:38:14	Smith	Michael	86	M		M50	Shropshire Shufflers	0:10:55
332	3:39:26	Johnston	Adam	289	M	42	M40		0:10:58
333	3:39:26	Jones	Robert	144	M		M40	Wreccsam Tri	0:10:58
334	3:39:45	Gill	Colin	221	M	64	M60	Team Coco	0:10:59
335	3:40:07	Huxley	Anne Marie	597	F		OF		0:11:00
336	3:40:07	Williams	Melanie	561	F		F45	Mysteruns of Abergele	0:11:00
337	3:40:07	Jones	Shelagh	639	F	51	F50	Abergele Myterious	0:11:00
338	3:40:44	Phillips	Lowri	564	F		OF	BAD Tri	0:11:02
339	3:40:49	Bradwell	Carol	547	F		F60	Lordshill RR	0:11:02
340	3:40:49	Fordham	Jan	544	F		F55	Lordshill RR	0:11:02
341	3:40:51	Davies	Jim	201	M		OM	Lordshill RR	0:11:03
342	3:42:19	Jones	Sarah	555	F		OF		0:11:07
343	3:45:02	Osborne	Linda	505	F		F45	Shropshire Shufflers	0:11:15
344	3:45:20	Davies	Rob	94	M		M50	Buckley Runners	0:11:16
345	3:45:20	Dwan	Jason	3	M		OM		0:11:16
346	3:45:20	Roberts	Kevin	184	M		OM	Denbigh Harriers	0:11:16
347	3:45:34	Davis	Steve	60	M		M50	Spirit of Monmouth RC	0:11:17
348	3:45:48	Kerr	Jane	621	F		F45	Builth & District	0:11:17
349	3:46:15	Fletcher	Sally	599	F		F35	Spirit of Monmouth RC	0:11:19
350	3:46:46	Minshall	Adele	523	F		F50	Whitchurch Whippets	0:11:20
351	3:47:26	Myers	Tony	28	M		M50	Southville RC	0:11:22
352	3:47:37	Sadler	Jennifer	613	F		OF		0:11:23
353	3:49:36	Dukes	Mike	147	M		M60	Lordshill RR	0:11:29
354	3:49:41	Roberts	Iorwerth	267	M	67	M65	Eryri Harriers	0:11:29
355	3:53:37	Studman	Nicola	612	F		OF		0:11:41
356	3:54:38	Jones	Jenna	594	F		OF	Shropshire Shufflers	0:11:44
357	3:54:54	Francis	Anne	518	F		F60	Lordshill RR	0:11:45
358	3:55:41	Law	Peter	97	M		M65	Stratford on Avon AC	0:11:47
359	3:56:16	Crooks	Sarah	607	F		OF	Spirit of Monmouth RC	0:11:49

360	3:57:26	Hodgkiss	Alan	122	M		M65	Telford AC	0:11:52
361	3:57:26	Shaw	Ann	574	F		F60	Newport & Dist	0:11:52
362	3:57:59	Wilkinson	Jodi	541	F		OF	Sole Sisters Nth Bristol	0:11:54
363	3:57:59	Walsh	Karen	539	F		F45	Sole Sisters Nth Bristol	0:11:54
364	3:59:51	Swan	Eileen	568	F		F50		0:12:00
365	4:02:13	Williams	Rachel	630	F	43	F40	Rhayader RC	0:12:07
366	4:02:58	Hill	Andrew	225	M	40	M40		0:12:09
367	4:04:36	Jenkins	Helen	629	F	45	F45	Rhayader RC	0:12:14
368	4:04:56	Woodford	Carol	571	F		F50	Lliswerry Runners	0:12:15
369	4:07:06	Whitehouse	Susan	509	F		F40	Action Heart RC	0:12:21
370	4:10:17	Jones	Gudrun	628	F	53	F50	Sarn Helen	0:12:31
371	4:12:14	Stock	Emma	578	F		F45	Sole Sisters Nth Bristol	0:12:37
372	4:15:09	Lane	Bronwen	602	F		F50	Shropshire Shufflers	0:12:45
373	4:15:53	Griffiths	Marjorie	583	F		F65	Bro Dysynni AC	0:12:48
374	4:16:18	Sanders	Noel	198	M		M50	Stourbridge RC	0:12:49