

Pos	Time	No	Name	M/F	Cat	Club
1	00:28:32	45	Ernest Kimeli	M		
2	00:29:28	85	Wilfred Tarragon	M		
3	00:29:49	22	Glyn Tromans	M		Coventry Godiva
4	00:30:03	86	Zachhary Kimara	M		
5	00:30:18	25	Matthew Lole	M		Coventry Godiva
6	00:30:27	32	Angus McLean	M		South England
7	00:30:29	2	Richie Gardner	M		Cardif A A C
8	00:30:30	12	Andrew Jones	M		North England
9	00:30:34	23	Billy Farquarson	M		Midlands
10	00:30:42	3	Sullivan Smith	M		Swansea Harriers
11	00:30:44	34	Daniel Simons	M		South England
12	00:30:47	15	Phil Hinch	M		North England
13	00:30:49	2110	Rhodri Jones	M		Westbury Harriers
14	00:30:56	1974	Adrian Marriot	M		Yeovil Town R R C
15	00:31:00	1779	Steven Waldron	M		UWIC
16	00:31:00	35	Simon Plumber	M		South England
17	00:31:04	36	Elliot Robinson	M		South England
18	00:31:06	809	Simon Jones	M		Cardiff A A C
19	00:31:13	14	Chris Birchall	M		North England
20	00:31:18	16	Chris Winward	M		North England
21	00:31:22	607	David Benton	M		Ranelagh Harriers
22	00:31:28	33	Ben Tickner	M		South England
23	00:31:45	4	Darren Hiscox	M		Bridgend A C
24	00:32:20	234	Jason Hodgson	M		Horwich RMI Harriers
25	00:32:29	5	Luke Northhall	M		Wrexham A C
26	00:32:31	6	Julian Baker	M		Les Croupiers
27	00:32:42	1567	Simon John Lewis	M		Cardiff A A C
28	00:32:52	668	Colin Rigby	M		Horwich RMI Harriers
29	00:32:56	24	Emerson Combstock	M		Coventry Godivas
30	00:32:59	920	Alec Woods	M		City Of Bath A.C.
31	00:33:16	88	Andrew Swearman	M		
32	00:33:18	1315	Michael Hager	M	50	Tipton Harriers
33	00:33:20	1403	Richard Bullen	M	40	Les Croupiers
34	00:33:44	1853	Paul Griffiths	M		Swansea Harriers
35	00:33:58	1136	Afan Humphries	M		Cwnbran Harriers
36	00:34:01	84	Miriam Wangari	F		
37	00:34:05	1808	Mark Jennings	M		Cardiff A A C
38	00:34:10	83	Monicam Otworl	F		
39	00:34:15	422	John Burns	M		Pewsey Vale
40	00:34:22	2160	Andrew Doel	M	40	Swansea Harrs
41	00:34:23	1027	Paul Sperrin	M	45	Bitton Road Runners
42	00:34:27	1677	Joe Thomas	M		Bridgend A.C.
43	00:34:27	2355	Clive Thomas	M	45	Trots
44	00:34:43	2158	Philip Crane	M	40	Neath Harrs
45	00:34:45	403	Phil Walker	M		Bladen Harriers
46	00:34:50	1803	Rhys Peters	M		Islwyn Running Club

47	00:34:54	2011	Steven Newcombe	M		Plymouth Harrs
48	00:34:56	44	Carol Rotich	F		
49	00:35:01	796	Chris Meyler	M		Pontypridd Roadents
50	00:35:05	763	Tim Lewis	M		Brackla Harriers
51	00:35:06	38	Andrea Green	F		Dartford
52	00:35:19	690	Matthew Lynas	M		Thames Hare & Hounds
53	00:35:21	1646	Robert Kenneth Jones	M	45	Les Croupiers
54	00:35:23	39	Louise Damen	F		South England
55	00:35:26	1400	Mick McGeoch	M	45	Les Croupiers
56	00:35:32	608	Allison O'Neill	F	35	Ranelagh Harriers
57	00:35:34	721	Anthony Jones	M		Cwmbran Harriers
58	00:35:37	2378	Philip Kendrick	M	40	Spatans
59	00:35:37	2161	Annabel Grainger	F		Bristol West AC
60	00:35:38	19	Lisa Mawer	F		North England
61	00:35:39	41	Alison Outram	F		South England
62	00:35:40	18	Olivia Renshaw	F		North England
63	00:35:55	1133	Michael Evans	M		Trots
64	00:35:59	2162	Peter Osborne	M	40	Swansea Harrs
65	00:36:03	999	Ben Payne	M		Team Core Strength
66	00:36:07	1438	Peter Kellam	M		Les Croupiers
67	00:36:10	878	David Astins	M		
68	00:36:16	2405	Huw Roberts	M	45	Bridgend
69	00:36:20	1579	Phillip Jenkins	M	40	Bridgend A.C.
70	00:36:23	1665	Emyr Roberts	M		Team Core Strength
71	00:36:23	1652	Sandy Johnston	M	55	Les Croupiers
72	00:36:24	2283	Lauren Shelley	F		
73	00:36:26	1761	Jon Embling	M	45	Bridgend A.C.
74	00:36:38	901	Richard Marks	M	50	Sarn Helen
75	00:36:43	1021	David Constance	M	40	Stafford Harriers
76	00:36:44	2145	Benjamin R Williams	M		
77	00:36:46	734	Paul Archer	M		
78	00:36:51	979	Kevin Lewis	M	40	Neath Harriers
79	00:36:54	2278	David Headon	M	40	
80	00:36:58	373	Tom Salway	M	55	Nene Vally Harriers
81	00:36:58	2232	Brian Hawkins	M		
82	00:37:00	261	Tony Symons	M	40	Tavistock Athletic Club
83	00:37:02	441	Jason Daniels	M		Swindon Harriers
84	00:37:11	1733	Peter Davies	M	50	Brackla Harriers
85	00:37:14	2340	Rhys Watkeys	M		Swansea Uni
86	00:37:17	1954	Steve Williams	M	45	Neath Harriers
87	00:37:17	1608	Alan Davies	M	50	
88	00:37:19	1928	Kevin Taylor	M	40	Amman Valley Running
89	00:37:21	1995	Ronald Morris	M	50	San Domenico
90	00:37:23	2384	Leslie G Chapman	M	55	Amman Valley Harrs
91	00:37:24	621	Ben Danvers	M		Bristol A.C.
92	00:37:27	1291	Edward Tanata	M		Cardiff A A C
93	00:37:27	2159	Darren Morris	M		
94	00:37:28	204	Robert Bamsey	M	50	Neath Harriers
95	00:37:31	2207	Richard Jones	M	45	Swansea Harrs
96	00:37:33	319	Mark Legge	M		Topnotch Health Club

97	00:37:33	2198	Jeff Davies	M	40	Pontypridd Roadents AC
98	00:37:38	11	Nick Jones	M		North England
99	00:37:38	1507	Howard Carpenter	M	50	Neath Harriers
100	00:37:40	549	Clem Clement	M	45	Penarth & Dinas Runners
101	00:37:41	879	Michael Dury	M		Islwyn Running Club
102	00:37:44	813	Jon Sizer	M	45	
103	00:37:46	1359	Les Davis	M	60	Severn AC
104	00:37:47	1194	Nathan Parry	M		Team Core Strength
105	00:37:49	308	Mark Tankard	M		
106	00:37:53	1250	Ryan Kenny	M		Leamington C & C.V.
107	00:37:57	795	Phil Meyler	M	45	Pontypridd Roadents
108	00:38:06	249	Stuart Crees	M		
109	00:38:06	2393	Matthew L Hughes	M		
110	00:38:10	779	David Coles	M	40	Les Croupiers
111	00:38:13	578	Peter Moody	M	60	Carmarthen Harriers
112	00:38:18	2009	David Munro	M		
113	00:38:19	1568	Alan Donovan	M	45	
114	00:38:20	714	Phil Davies	M	40	
115	00:38:21	1610	David Davies	M	45	Spa-Tans RC
116	00:38:22	1696	Joe Thomas	M		Cardiff A A C
117	00:38:23	1540	Craig Anderson Fowler	M		Pontypridd Roadents
118	00:38:24	2315	James Padfield	M		Swansea Harrs
119	00:38:25	40	Bethan Harris	F		South England
120	00:38:30	81	Andy Cleves	M		Les Croupiers
121	00:38:33	9	Ruth Schofield	F		Wrexham A C
122	00:38:37	2063	David Crispie	M	40	Les Croupiers
123	00:38:37	869	Andrew Thompson	M	45	
124	00:38:43	495	Paul Douglass	M		Swindon Harriers
125	00:38:45	1570	Dean House	M		Pegasus RC
126	00:38:51	919	Alun Williams	M	40	Fairwater Runners
127	00:38:55	1602	Ben Farag	M	40	Les Croupiers
128	00:38:58	129	Dave Richards	M	40	Exeter Harriers
129	00:38:58	1776	Paul William Dawes	M		San Domenico
130	00:39:02	1745	Ann Thomas	F	35	TROTS
131	00:39:02	2094	Steve Brace	M	40	Bridgend AC
132	00:39:03	1492	Tony Carzana	M	55	Pegasus RC
133	00:39:09	2249	Dimitri Vorres	M	40	Griffithstown
134	00:39:16	367	John Diffey	M	40	Les Croupiers
135	00:39:18	1845	Stuart Davidson	M	50	Bridgend A.C.
136	00:39:19	1953	Michael Evans	M	40	Neath Harriers
137	00:39:21	2006	Rhus Thomas	M		Pembrokeshire Tri
138	00:39:22	1778	Martin Davies	M	40	Lliswerry Runners
139	00:39:23	10	Helen Yule	F	35	Wales
140	00:39:24	976	Steve Coupe	M	50	Sospan Road Runners
141	00:39:31	2153	Paul A O'Callaghan	M		
142	00:39:36	2169	Andrew Dwyer	M		
143	00:39:36	1806	Phil Hamer	M		
144	00:39:39	371	Alan John Walton	M		San Domenico
145	00:39:41	1311	James Delaney	M	45	San Domenico
146	00:39:43	1799	Michael Murphy	M	50	Les Croupiers

147	00:39:44	854	Rhydian Huw Reston	M	Dinas & Penarth Runners
148	00:39:45	242	Allan Herdman	M 50	Tavistock Athletic Club
149	00:39:49	1083	Shaun McClure	M	Team Core Strength
150	00:39:53	1998	Edward Hunt	M	
151	00:39:54	2295	Simon Bird	M	
152	00:39:54	272	Keith Yendall	M	
153	00:39:55	566	Amy Lunnon	F	
154	00:39:55	174	Philippa Jones	F	Bedford & County
155	00:39:55	365	Paul Richards	M 40	Dudley Kingswinford
156	00:39:57	498	Tony Hall	M 45	Sarn Helen
157	00:40:01	1535	Dean Tyler	M	
158	00:40:01	1943	Rhodri Pashley	M	Bearbrook Joggers
159	00:40:01	673	Amanda Martin	F 35	
160	00:40:05	540	Dallas Wiseman	M	Sarn Helen
161	00:40:08	2412	Tom Jones	M	Bristol
162	00:40:08	1931	Graham Colvin	M 40	3M's Road Runners
163	00:40:14	1735	John Griffiths	M	Cardiff Harlequins
164	00:40:17	2199	Jonathan Williams	M	
165	00:40:19	1455	Julia Clarke	F	Cardiff A A C
166	00:40:19	880	Keith Paterson	M 60	Pegasus RC
167	00:40:24	865	Robert Anthony John	M	Les Croupiers
168	00:40:26	1518	Richard Hoare	M	
169	00:40:26	244	Chris Eastaugh	M 40	Tavistock Athletic Club
170	00:40:27	285	David Powell	M 40	Croft Ambrey
171	00:40:28	2096	Paul Miller	M 40	Pegasus RRC
172	00:40:28	2387	Emma Newnn	F	
173	00:40:29	376	Graeme Donnan	M 50	Les Croupiers
174	00:40:30	594	Stephen Owen	M 45	Les Croupiers
175	00:40:37	1272	Joanna Prichard	F	Les Croupiers
176	00:40:41	614	Paul Marchant	M 50	
177	00:40:43	368	Andrew Diffey	M	Les Croupiers
178	00:40:43	597	David Shroll	M	Newport Harriers
179	00:40:44	968	Martin Lascelles	M 45	Yeovil Town R R C
180	00:40:48	58	Matthew Taylor	M	HSBC Newbridge 1
CORP					
181	00:40:48	509	Michael Davies	M 50	Les Croupiers
182	00:40:50	884	Gareth Hill	M	
183	00:40:51	1941	Ivan Teed	M 14	AC Nottingham Old Boys
184	00:40:52	1212	Mark Shepherd	M	
185	00:40:53	1580	Gary Lewis	M 40	
186	00:40:53	2205	Nick Yarworth	M 45	Tri Team Glos
187	00:40:55	969	Linda Cummins	F 40	Yeovil Town R R C
188	00:40:56	89	Mark Haynes	M	Cardiff Urologists CORP
189	00:40:56	2002	Brian Lovett	M	San Domenico
190	00:40:57	887	Gary Pearce	M 40	Bristol A.C.
191	00:40:57	743	Robert Smith	M	
192	00:40:58	2000	Nicholas Charles	M	
193	00:41:03	762	Barrie Goode	M	
194	00:41:03	1432	Michael Ramsey	M 40	
195	00:41:04	910	Andrew Spencer	M 40	Griffithstown Harriers

196	00:41:04	2195	Gareth Davies	M	
197	00:41:05	1805	David Bannon	M	Alchester
198	00:41:08	1425	Huw Keri Jones	M	
199	00:41:08	1910	Karl Davies	M 40	Kidderminster &
Stourport AC					
200	00:41:10	2400	Richard Self	M	Les Croupiers
201	00:41:12	2334	David A Rose	M 40	Brackla Harrs
202	00:41:13	1028	Neil Davies	M	
203	00:41:13	2176	Laura Jackson	F	
204	00:41:14	745	David Russell Mogford	M	
205	00:41:14	1135	Michael Bunston	M	Islwyn Running Club
206	00:41:15	2186	Andrew Thomas	M	Sospan RR
207	00:41:17	934	Ellie Jones	F	
208	00:41:18	1342	Andrew Sepahpour	M	
209	00:41:19	404	Cyril Walters	M 55	TROTS
210	00:41:20	1539	Gareth Williams	M	
211	00:41:21	484	Denis Murphy	M 50	Les Croupiers
212	00:41:23	1324	Julian Davies	M	Pontypridd Roadents
213	00:41:28	2367	David Edwards	M	Malvern Joggers
214	00:41:33	2147	Gareth R Williams	M	
215	00:41:35	2402	Daniel J James	M	Pontypridd AC
216	00:41:35	1695	Simon David Partridge	M 50	Neath Harriers
217	00:41:35	2237	Thomas Guy	M	Griffithstown
218	00:41:36	1235	Damian Pathy	M 40	
219	00:41:37	2418	Grahame Smout	M	
220	00:41:42	289	Jonathan Johnson	M	
221	00:41:46	415	Grant Thomas Gibbon	M	
222	00:41:47	417	Tim O'Sullivan	M 45	Les Croupiers
223	00:41:47	329	Nicholas Hitchings	M	
224	00:41:50	2225	Unknown Runner	M	
225	00:41:53	2323	Brendan Sullivan	M 40	Les Croupiers
226	00:41:56	542	Peter Wilson	M	Malvern Joggers
227	00:41:56	1720	Paul Williams	M	Pontypridd Roadents
228	00:41:56	1231	Sandy Urro	F 50	Wye Valley Runners
229	00:41:58	1914	Carl Feiven	M	Brackla Harriers
230	00:41:58	1044	Steven Sheard	M	
231	00:42:00	2095	Jeremy Labrecque	M	
232	00:42:00	1241	Gary Bonner	M 40	Dudley Kingswinford
233	00:42:01	1724	Gareth John	M 50	Les Croupiers
234	00:42:02	1369	Dameon Windsor	M	
235	00:42:03	1945	Ian Herbert	M 40	
236	00:42:03	2016	Mike Woods	M	
237	00:42:08	1165	Marc Francois	M	S.C. t
238	00:42:08	1316	Eifion Wyn Owen	M 45	
239	00:42:09	1264	Paul Charles	M 45	
240	00:42:09	582	Neil Davies	M 45	
241	00:42:10	1637	Antoinette Thomas	F	Les Croupiers
242	00:42:13	1591	Paul Ezard	M	Brackla Harriers
243	00:42:13	1802	Neil Kendrick	M 40	Dudley Kingswinford
244	00:42:13	517	Richard Brown	M	

245	00:42:14	1526	Jason Statham	M	
246	00:42:16	1007	Ben Welch	M	
247	00:42:16	1613	Robert Duggan	M	
248	00:42:17	2219	Paul Hill	M	Pegasus
249	00:42:17	732	Jason Rudolph	M	
250	00:42:19	1228	Noel Wonfor	M 50	Worcester Athletic Club
251	00:42:21	1070	Tony Burt	M 60	Brackla Harriers
252	00:42:24	1030	Richard Sewell	M 45	Les Croupiers
253	00:42:24	1830	Francis Walsh	M	
254	00:42:25	1195	Frances Burge	F	
255	00:42:27	530	Mark Halliwell	M 45	Brackla Harriers
256	00:42:29	2117	Amanda Kerr	F	
257	00:42:32	1550	Mike Griffiths	M	Team Deviant
258	00:42:33	369	Jeffrey Davies	M	
259	00:42:33	1389	Nick Cooper	M	
260	00:42:34	1164	David Yves	M 40	S.C. Orvault
261	00:42:36	752	Robin Griffiths	M	
262	00:42:37	2349	Gair McAdie	M	
263	00:42:37	2361	Lynsey Christopher	M	
264	00:42:37	801	Sophie Lunnon	F	
265	00:42:38	290	David Hodgins	M	
266	00:42:39	1870	Mark Amos	M	
267	00:42:41	2012	Christian John	M	
268	00:42:43	1883	Claire Evans	F	Carmarthen Harriers
269	00:42:44	2391	Cornelius Corcoran	M	
270	00:42:49	1017	Sara Richards	F	
271	00:42:51	2325	Andrew Chainey	M	
272	00:42:51	183	Rhydwyn Harris	M	Islwyn Running Club
273	00:42:51	1049	Tim Older	M 40	
274	00:42:52	726	Daniel Regan	M	
275	00:42:53	499	Simon Hall	M	Sarn Helen
276	00:42:55	1988	Alan Mann	M 45	
277	00:42:55	2341	Huw Battenbo	M	Swansea Uni
278	00:42:55	2407	Stephen Edwards	M	
279	00:42:56	1725	Darren Cheesman	M	
280	00:42:56	558	Andrew Palmer	M	Penarth & Dinas
Runners					
281	00:42:57	116	Simon Gardiner	M	Westbury Harriers
282	00:42:58	2329	Andy Ketchin	M	Les Croupier
283	00:42:58	1056	Anthony Martin	M 50	
284	00:42:59	2215	Matthew Wason	M	
285	00:43:02	1993	Elio Lepore	M 50	
286	00:43:05	1490	Michael Perry	M	
287	00:43:06	777	David Pacini	M 40	
288	00:43:10	104	Gareth Knight	M 45	Isle Of Wight AC
289	00:43:10	2333	Dave Hughes	M	Brackla Harrs
290	00:43:13	1143	Roger Hugh Jones	M 40	
291	00:43:14	624	Julie Scholey	F 45	Les Croupiers
292	00:43:15	1242	Simon Rourke	M	
293	00:43:15	1876	Mark Jones	M 45	Llanelli Tri

294	00:43:15	994	Frank Williams	M	50	Les Croupiers
295	00:43:16	2256	Gill Bearman	F	40	Westbury Harriers
296	00:43:20	954	Darren Mein	M		
297	00:43:20	1754	Heidi Williams	F		Les Croupiers
298	00:43:21	1875	Richard Saunders	M	40	
299	00:43:22	1440	Martyn Darby	M		
300	00:43:24	662	Phil Beaven	M		Team McKay
301	00:43:24	471	Deborah Youngs	F		3M's Road Runners
302	00:43:26	233	James White	M		
303	00:43:30	240	Peter Jones	M	45	
304	00:43:32	1571	Stephen George Lewis	M	55	Les Croupiers
305	00:43:36	915	James Henry Matthews	M	50	
306	00:43:37	2284	Nathan Skidmore	M		
307	00:43:38	1332	Fiona Davies	F	45	Bridgend A.C.
308	00:43:38	962	Neil Williams	M	40	Pontypridd Roadents
309	00:43:38	2099	Jonathan Rigby	M		
310	00:43:40	2166	Michael Johnson	M	40	
311	00:43:41	152	Aled Phillips	M	40	Team KRUF 1
312	00:43:42	2409	Paul Chick	M		
313	00:43:44	1340	Andrew Shelling	M		
314	00:43:45	1226	Rob Scott	M		
315	00:43:45	2048	Mark Carter	M		
316	00:43:49	792	David Proffitt	M	50	Newport Harriers
317	00:43:50	378	Joad Raymond	M		
318	00:43:51	2022	Steven Sparks	M		Yeovil Town R C
319	00:43:52	1874	Stephen Williams	M		
320	00:43:52	1282	Claire Beatty	F		Les Croupiers
321	00:43:53	1216	Colin Thomason	M		
322	00:43:54	536	Declan McManus	M	50	Westbury Harriers
323	00:43:55	1393	Anthony John Moore	M	45	San Domenico
324	00:43:56	955	Karl Jeffereys	M		
325	00:43:56	622	Paul Mambery	M		
326	00:43:57	113	Steve Akins	M		Dudley Kingswinford
327	00:43:57	560	Nick Lewis	M		
328	00:43:57	1936	Andrew Lock	M	40	
329	00:44:02	1597	Norman Jones	M	45	Mynyddwyr De Cymru
330	00:44:03	724	Mark Harwood	M		
331	00:44:03	581	John Huggins	M	45	Les Croupiers
332	00:44:03	2408	Sean Lambert	M		
333	00:44:05	1465	Trish Robson	F	40	Westbury Harriers
334	00:44:06	1885	Michael O'Callaghan	M		
335	00:44:07	1520	Robert Russell	M	50	Clayton Harriers
336	00:44:08	1014	Noelwyn Daniel	M		
337	00:44:11	539	Tom Winter	M		
338	00:44:13	1726	Crispin Masterman	M	60	
339	00:44:15	1564	Anna Phillips	F		Abergele Harriers
340	00:44:15	1317	Ian Derrick	M		Les Croupiers
341	00:44:18	1718	Richard Pugsley	M		BBC Runners
342	00:44:23	2312	Mike Jones	M	40	
343	00:44:24	1127	James Townhill	M		

344 00:44:24 2007 Sian Williams F Pembrokeshire Tri
345 00:44:25 483 Michael Tanner M
346 00:44:25 2211 Nicky Peters F 45 Cardiff A A C
347 00:44:26 1782 Tim Thomas M
348 00:44:27 232 Stephen Katchi M
349 00:44:28 2157 Stephen Gilbert M
350 00:44:30 338 Jon Belcher M
351 00:44:30 632 Gareth Jehu M
352 00:44:31 1278 Michael Dix M 50 Les Croupiers
353 00:44:35 1109 Michael James M 40
354 00:44:35 1497 Unknown Runner M
355 00:44:36 603 Aled Wyn Roberts M
356 00:44:38 1985 Tim Parfitt M
357 00:44:39 353 Michael Hurley M 50
358 00:44:40 2056 David Bown M
359 00:44:42 876 Andy Morton M 40
360 00:44:44 1314 Craig Harper M
361 00:44:45 618 Mark Powell M
362 00:44:45 2243 Ceri Tothill F
363 00:44:46 1019 Richie Hart M
364 00:44:47 157 Jamie Monslow M Team KRUF 2
365 00:44:47 1837 Bill Johnson M 55 Hogweed Trotters
366 00:44:47 611 Colin Mutton M 45
367 00:44:48 2130 David Somersall M
368 00:44:49 94 Ed Matthews M Cardiff Urologists CORP
369 00:44:49 1323 Loretta Daley F 35 Cardiff A A C
370 00:44:51 2336 Ogden Weary M
371 00:44:52 867 Tim Davies M 40
372 00:44:52 1630 Ray Collier M 50 3M's Road Runners
373 00:44:55 1565 Julian Harrold M
374 00:44:55 1434 Peter Thomas M 40 Caerleon
375 00:44:56 1577 Aled Morgan M Menter Caerdydd
376 00:45:01 175 Mark Knight M 40 Dudley Kingswinford
377 00:45:02 452 Edward John Donovan M
378 00:45:05 1736 Shaun Connor M Les Croupiers
379 00:45:06 1124 Terrance Robert Evans M
380 00:45:08 697 Alex Lyle M Hogweed Trotters
381 00:45:08 1426 Vivienne Patricia Clement F 35
382 00:45:11 722 Ian Drury M Hogweed Trotters
383 00:45:11 1193 Norman Williams M 55
384 00:45:15 1213 Daniel White M
385 00:45:17 834 Andrew Sedgmond M 50 Les Croupiers
386 00:45:22 1972 Huw Thomas M
387 00:45:24 2082 Barry Bowen M 40
388 00:45:28 256 Mark Williamson M 45
389 00:45:28 2148 Rhodri Llywelyn M
390 00:45:33 1542 Steve Sully M
391 00:45:35 1154 Richard Eastwood M 40 Redrow Homes
392 00:45:35 1719 Geraint Dawe M Llandaf RC
393 00:45:35 281 Howard Last M 50

394 00:45:36 2255 David A Shearer M
395 00:45:38 2220 Nick Battersby M 40 Chepstow Harriers
396 00:45:38 2054 Alan Roderick M
397 00:45:38 1223 Richard Howe M 3M's Road Runners
398 00:45:39 143 Kevin Stoye F 40
399 00:45:40 1105 Anthony Lindsey M
400 00:45:41 1529 Mark Unsworth M 40
401 00:45:41 62 Ian Owen M Acorn CORP
402 00:45:42 761 Ceri-Anne Davies F 35 Pontypridd Roadents
403 00:45:43 598 Mark Broom M 40
404 00:45:43 1824 Chris Moore M 40
405 00:45:44 2021 Gareth Ashmead M 40 Yeovil Town R C
406 00:45:44 2346 Robert Evans M 40 Brackla Harrs
407 00:45:45 2125 Lloyd Toghill M
408 00:45:46 2047 Lucy Atkins F
409 00:45:47 659 Andy Gillespie M 45 Team McKay
410 00:45:49 1363 Andrew Davies M 40 Pontypridd Roadents
411 00:45:49 2075 Steve Cray M 45 Penarth & Dinas Runners
412 00:45:52 842 Terry Hill M Brackla Harriers
413 00:45:52 1819 James Eccleshall M
414 00:45:53 2087 Daniel Bearson M
415 00:45:53 1480 David Gurden M
416 00:45:54 772 Mike Lister M 50 Les Croupiers
417 00:45:55 1450 Justin Waite M
418 00:45:57 1804 Angela Mills F Alchester
419 00:45:59 1463 Calvin Thomas M
420 00:46:04 927 Damien Quennell M
421 00:46:05 2189 David Bevan M
422 00:46:06 1694 Michael Shead M 40 YRRC
423 00:46:07 669 Lloyd Giddins M Team McKay
424 00:46:07 1698 Christopher Bache M
425 00:46:08 1555 Adrian Taylor M 40
426 00:46:09 481 Robert Hector M
427 00:46:12 2144 Gareth Davies M
428 00:46:13 518 Valerie Brown F 35
429 00:46:13 151 Stephen Riley M Team KRUF 1
430 00:46:16 2398 Nicola Chandler F
431 00:46:17 2113 Julia Grey F 40
432 00:46:17 705 Danny Smith M
433 00:46:18 965 Gareth Poole M 45
434 00:46:19 458 Ian Warburton M 40
435 00:46:20 988 Janet Williams F 40 Orion Harriers
436 00:46:22 1973 Cheryl Hudgell F
437 00:46:22 2025 Matthew Lewis M
438 00:46:23 913 Thomas Michael M 40
439 00:46:24 1309 Kenneth Davies M 60
440 00:46:24 973 Kelvin Richard Scammell M
441 00:46:24 2251 Emma Lynch F Brackla Harriers
442 00:46:25 970 Richard Holland M Pontypridd Roadents
443 00:46:25 1839 Darren Walker M Les Croupiers

444 00:46:26 785 Tony Smith M 50
445 00:46:27 717 Simon Burns M
446 00:46:27 835 Tyron Gibbon M
447 00:46:28 948 Jamie Read M
448 00:46:29 2115 Sharon Nevile F
449 00:46:30 2370 Kate Rees F 35
450 00:46:32 2151 Paul Williams M
451 00:46:33 301 Alan Geddes M 45
452 00:46:34 1672 John Rogers M
453 00:46:35 2042 Timothy Griffiths M
454 00:46:38 2077 Catherine Kear F Caerleon
455 00:46:38 840 Martin Abbott M
456 00:46:39 1329 Martin Slee M 40
457 00:46:41 1834 Peter Halford M Hayle Road Runners
458 00:46:42 605 David Sedzik M 40
459 00:46:42 1388 David Wade M
460 00:46:43 2064 Garry Mounter M
461 00:46:43 1606 Mark Essenhig M 40
462 00:46:44 2360 Gerald Harris M 40
463 00:46:44 2259 Huw Williams M 40
464 00:46:44 1789 Katy Wormald F
465 00:46:45 1788 Anna Walker F
466 00:46:46 470 Alex Marsh M Great Western Runners
467 00:46:47 1404 Yvonne Bullen F 40 Les Croupiers
468 00:46:47 1305 Bryan Robert Hart M
469 00:46:48 991 John Craven M
470 00:46:49 1528 Nigel Hugh Davies M 45
471 00:46:49 2395 Jonathan Davies M 40
472 00:46:50 877 Simon Stockton M 40
473 00:46:50 1312 Keith Williams M
474 00:46:51 1573 Michael Andrew Harry M
475 00:46:53 2328 Leslie W Phillips M 45
476 00:46:55 2202 Jeff Jervis M 60 Club 69
477 00:46:55 1623 David Palmer M 40 Vegetarian Cycling & Athletic
478 00:46:56 1616 Sarah Drewer F
479 00:46:56 2339 Mike Travers M 40
480 00:46:57 852 William J Davies M 70
481 00:46:58 1094 Dawn Bullock F
482 00:47:00 1240 Ashley Spreadborough M
483 00:47:00 627 Catherine Gardner F Les Croupiers
484 00:47:01 719 Gareth Snook M 40
485 00:47:02 725 Alan Cox M 45
486 00:47:05 2010 Mike Dummer M 40
487 00:47:08 2214 Chris Benge M
488 00:47:09 1572 Tina Lewis F 40 Clayton Harriers
489 00:47:10 55 Jamie Woodward M HSBC Newbridge 1 CORP
490 00:47:12 1299 Hywel Price M 40
491 00:47:13 366 Jenny Hughes F
492 00:47:14 2326 Lowri Randell F
493 00:47:16 2149 Marcus N Loce M

494 00:47:17 942 Peter Davies M 40
495 00:47:18 730 John O'Shea M 45
496 00:47:18 1300 Adrian Rees M
497 00:47:20 1026 Jacqui Denning F 35 Jersey Spartans
498 00:47:22 1022 Peter Williams M 45
499 00:47:22 220 David Seabourne M
500 00:47:23 1647 Jeff Norris M 45
501 00:47:23 922 Adrian English M
502 00:47:23 1721 Mike Price M 40
503 00:47:24 849 Neil Davies M
504 00:47:25 1161 Mark Tamblyn M 45 S.C. Orvault
505 00:47:26 1160 Lyn Evans M 50 S.C. Orvault
506 00:47:27 1398 Huw Lewis M Les Croupiers
507 00:47:28 2342 Michael Donnelly M 45
508 00:47:28 729 Paul Collins M
509 00:47:29 2071 Michael Marshall M 45
510 00:47:29 2013 Neil Stevens M
511 00:47:29 1690 Brian Lane M 45 Dudley Kingswinford
512 00:47:30 1009 Kristian Gardner M
513 00:47:30 2258 Kieran McDonnell M 45
514 00:47:30 1387 Keith Treharse M 55 Brackla Harriers
515 00:47:31 408 Andrew Stuart Rose M
516 00:47:31 2376 Andrew Carey M 40
517 00:47:33 1159 Shane Proctor M Redrow Homes
518 00:47:34 2091 Luke Northy-Baker M
519 00:47:35 1373 Geoffrey Shelley M NSRRA
520 00:47:35 1023 Odette White F 45 Sospan Road Runners
521 00:47:35 1353 Andrew Cleaver M
522 00:47:36 633 Bob Jones M 45
523 00:47:36 1060 Wendy Ivins F 35
524 00:47:37 821 Peter Young M 50
525 00:47:38 161 Colin Downey M 45 Dudley Kingswinford
526 00:47:38 909 Michael Newman M 50 Neath Harriers
527 00:47:39 588 Neil Hendry M 45 Penarth & Dinas Runners
528 00:47:40 1852 Paul Miller M 50 Wimbledon Windmilers
529 00:47:41 1334 Mike Ridout M 50 Brackla Harriers
530 00:47:41 1863 Jeffrey Wellington M
531 00:47:42 1559 Dorian Jones M
532 00:47:43 907 Graham Jones M 50
533 00:47:44 2282 Rachel Ham F
534 00:47:45 891 Robert John Harray M 45
535 00:47:46 485 Geraint Alun Hughes M
536 00:47:48 465 Mike James M 45
537 00:47:49 2252 Shan Jones F 45 Brackla Harriers
538 00:47:50 696 M Morris M Port Talbot Harriers
539 00:47:51 1595 Sally Haselhurst F Les Croupiers
540 00:47:51 2045 Dominic Westwood M
541 00:47:54 1902 Llywelyn Ap Gwilym M
542 00:47:55 1560 Mark Bleasedale M
543 00:47:55 1987 Huw Phillips M 40

544 00:47:56 1069 Malcolm Cox M 50
545 00:47:57 348 Geoff Baxter M
546 00:47:57 823 Jamie Veiga M 40 Les Croupiers
547 00:47:57 1102 Tom Troth M
548 00:47:59 166 David Oldfield M 55 Dudley Kingswinford
549 00:47:59 693 Michael Davies M 45
550 00:47:59 354 Nigel Derbyshire M 55
551 00:48:02 1253 Mike Smith M
552 00:48:04 381 Richard Jones M
553 00:48:04 200 Sarup Chand M
554 00:48:05 557 Craig Hughes M
555 00:48:06 866 Simon Elias M 40
556 00:48:07 2164 Stephen Maguire M
557 00:48:08 1089 Carl Llewelyn M
558 00:48:08 173 Andrew Hedges M 55
559 00:48:09 2104 Martin Jones M
560 00:48:10 1146 Mark Davies M
561 00:48:11 1244 Matthew Tucker M
562 00:48:12 1911 Martin Hardy M 45
563 00:48:12 1561 Catharine Bleasedale F 35
564 00:48:13 1569 David Rhys Morgan M 40
565 00:48:14 2345 Don Holloway M 55
566 00:48:18 429 Steve Snook M 40
567 00:48:18 685 Richard Charlton M
568 00:48:19 2281 Michael Williams M
569 00:48:19 1096 James Jordan M
570 00:48:20 1481 David Stubbs M 40
571 00:48:22 1050 Raymond James M 40 Port Talbot Harriers
572 00:48:23 226 Ian Wills M
573 00:48:24 1271 Stephen Williams M 45 Les Croupiers
574 00:48:25 2359 James Rees M
575 00:48:26 1866 Anthony Green M 40
576 00:48:26 1072 Mark Thorne M
577 00:48:26 652 Anthony Beer M 40
578 00:48:28 1601 Arthur J Phillips M 70
579 00:48:30 2092 Richard Reeves M
580 00:48:32 967 David Curzon M 45
581 00:48:32 309 Gareth Judd M
582 00:48:33 1277 Gavin Jones M Les Croupiers
583 00:48:34 1189 Mike Voros M 40
584 00:48:35 2185 Dylan R Evans M
585 00:48:36 380 Richard John Neil Marvin M Porthcawl
586 00:48:37 2289 Andrew Shardlow M 45
587 00:48:37 972 Andrew Bishop M 40
588 00:48:40 2374 Richard Roberts M
589 00:48:41 629 Aled Jones M
590 00:48:41 983 Haydn Williams M 60
591 00:48:42 2316 Jenny Buckland F 35
592 00:48:44 1907 Johanne Williams F 35
593 00:48:46 1295 Steven Evans M

594 00:48:46 1760 Kevin Scannell M
595 00:48:48 1097 Justine Russell F
596 00:48:49 48 Chris Bangs M Sequence CORP
597 00:48:49 1688 Simon Grainger M
598 00:48:50 1667 Neale Wood M 45
599 00:48:50 675 Keith Borkett M 40 Hunts AC
600 00:48:50 1895 Simon Cox M 40
601 00:48:50 894 Wayne Miles M
602 00:48:52 1792 Catherine Beecher F
603 00:48:52 1031 Tony Holloway M 45
604 00:48:52 91 Gareth Brown M Cardiff Urologists CORP
605 00:48:52 1402 Malcolm Farnham M 65 Les Croupiers
606 00:48:54 61 Steven Murphy M Acorn CORP
607 00:48:59 362 Julian Levitt M 55 Dudley Kingswinford
608 00:49:01 2354 Gethin Jones M
609 00:49:02 172 David Hebbes M 55
610 00:49:02 1385 Stephen Segan M 40 Pontypridd Roadents
611 00:49:04 914 Deborah Roberts F Road Runners Club
612 00:49:04 304 Steve Sewell M 40
613 00:49:05 145 Celia Greenwood F 55 Great Western Runners
614 00:49:06 636 Neil Evans M
615 00:49:07 1499 Stephen Elworthy M
616 00:49:07 1351 Adrian Wainwright M
617 00:49:08 1153 Howard Griffiths M
618 00:49:08 1152 Christopher Edwards M
619 00:49:09 482 Daniel Nicholls M
620 00:49:11 2150 Owen Evans M
621 00:49:12 1247 Lisa Brabbins F
622 00:49:12 135 Paul Stevens M
623 00:49:13 451 Peter Barrett-Lee M 45
624 00:49:13 808 John Burton M
625 00:49:14 2141 Matthew Mallett M
626 00:49:14 576 Andrew Matthews M
627 00:49:16 1515 Phil Davies M 45
628 00:49:16 2305 Dave Keys M
629 00:49:19 941 Claire Hebblethwait F
630 00:49:19 1121 Richard Shipp M Risca Road Runners
631 00:49:21 1588 Robert Davies M 40
632 00:49:22 1293 Paul Cobbald M
633 00:49:22 1689 Ashley Clough M
634 00:49:24 1791 Simon Tremlett M 40
635 00:49:25 1697 Wayne Wright M
636 00:49:25 2246 Mark Clatworthy M
637 00:49:25 1544 Anthony Spurrier M
638 00:49:25 1262 Steven Osbourne M
639 00:49:26 585 Jeffrey Clark M
640 00:49:26 402 Tanya Walker F Bladen Harriers & A.C.
641 00:49:28 989 Nigel Davies M 45
642 00:49:29 1575 Rebecca Williams F
643 00:49:29 1956 Peter Quinn M 50

644 00:49:29 1375 Ralph Allen M 45
645 00:49:30 543 Matthew Coles M
646 00:49:31 950 Glen Jackson F 55
647 00:49:32 49 Rich Shearman M Sequence CORP
648 00:49:34 616 Lisa Cleary F 40
649 00:49:37 2146 Carl Williams M
650 00:49:39 507 Richard Brown M 50 Sheen Shufflers
651 00:49:41 602 Jeffrey Thomas M 55 Abertillery
652 00:49:41 2238 Waseem Chaudhry M
653 00:49:41 2406 Ross Brown M
654 00:49:42 748 John Andrew Doolan M
655 00:49:43 2274 Nick Johnson M
656 00:49:44 1843 Greg Clements M
657 00:49:46 928 Richard Owen Hughes M
658 00:49:47 671 Keith Miller M 45
659 00:49:47 1820 Victor Walsh M
660 00:49:48 60 Andrew Murphy M Acorn CORP
661 00:49:48 694 Paul Rowlands M 45
662 00:49:50 1638 Daniel Rhys Thomas M 40
663 00:49:50 374 Paul Searle M 45
664 00:49:51 2069 Richard Adams M 45 Westbury Harriers
665 00:49:52 2369 Paul N Brown M
666 00:49:52 2083 Iwan James M
667 00:49:52 1671 Robert Powell M
668 00:49:53 1313 Raymond Greenhouse M
669 00:49:55 868 Matthew Meredith M
670 00:49:55 2067 Adrian Hanks M
671 00:49:55 853 Adam Higgitt M
672 00:49:56 744 Stephen Quin M
673 00:49:56 845 Yvonne Nicola Strode F
674 00:49:56 2060 Ian Petrie M
675 00:49:57 2040 Andy Cole M 40
676 00:49:59 1381 Mary Susan Lawrence F 35
677 00:50:00 343 Steve Cieslik M 50
678 00:50:00 1709 Nigel Holbrook M 40
679 00:50:00 829 Robert Hall M 45 Bridgend A.C.
680 00:50:01 2404 Jeremy Hall M
681 00:50:03 1296 Dennis Blunt M 55
682 00:50:05 595 Brinley Aherne M 55
683 00:50:05 1989 Colin Harris M 50
684 00:50:08 1800 Jon Taylor M 40
685 00:50:09 1585 Paul John Rees M
686 00:50:09 1584 Jonathan Gordon M
687 00:50:10 1406 Steven Donovan M 40
688 00:50:11 897 Andrew Rees M 40
689 00:50:13 981 Dave Denning M
690 00:50:13 857 Cathy Marshall F 35
691 00:50:15 1787 Robert McGhan M
692 00:50:16 110 Richard Froggatt M Dudley Kingswinford
693 00:50:18 612 Nigel Flanagan M

694 00:50:19 2128 Rhys Thomas M
695 00:50:21 1181 Donna Julie Hughes F 45
696 00:50:21 1676 John Cockwill M
697 00:50:22 1036 Paul Millener M 50
698 00:50:25 477 Emma Williams F
699 00:50:26 1743 Alun Morgan M
700 00:50:26 1997 Tracy Frow F 35
701 00:50:27 2081 Rhodri John M 50
702 00:50:28 1664 Stephen Bartlett M 40
703 00:50:28 985 Dean Harris M
704 00:50:29 2105 Robert Sanders M 45
705 00:50:30 1196 Ian Childs M
706 00:50:31 1449 Matt Millener M
707 00:50:31 2100 Geraint Hughes M 50
708 00:50:32 723 Rod Price M
709 00:50:32 663 John Risk M 55 Runnymede Runners
710 00:50:33 2247 Grant Thomas M
711 00:50:33 2230 Philip Davies M
712 00:50:35 947 Nigel James M 45
713 00:50:35 1203 Alex Worthington M
714 00:50:35 2136 Cennydd Amos M
715 00:50:36 1519 Colin Stacy M 55
716 00:50:37 1186 Andrea Clark F 35 Lliswerry Runners
717 00:50:37 911 Christopher Sawyer M 40
718 00:50:37 1846 Paul Harmes M
719 00:50:38 1467 Philip Paul Stoneman M 45
720 00:50:39 735 Matthew Simmonds M
721 00:50:39 2300 Karl Sepahour M
722 00:50:39 1401 Andrew Wilson M Les Croupiers
723 00:50:40 656 Terry Robson M
724 00:50:40 966 Eileen Wall F 50
725 00:50:41 1051 Wayne Edmond M 50
726 00:50:41 468 Simon Ward M 40 Gloucester A.C.
727 00:50:42 215 Melanie Johncock F
728 00:50:42 574 Steve Stacey M 40
729 00:50:45 548 Steve Chadwell M
730 00:50:45 2371 Dominic Kiernander M
731 00:50:46 372 Sue Payton F 40 Dudley Kingswinford
732 00:50:46 1073 Benjamin Marrin M
733 00:50:48 462 Arthur Smith M 55 Dudley Kingswinford
734 00:50:48 2023 Hannah Manley F
735 00:50:49 996 David Siegel M 40
736 00:50:50 843 Owain Pascoe M
737 00:50:52 1187 Nicholas Clark M 40
738 00:50:54 1284 David Howells M 50
739 00:50:54 2330 Ian Caulfield M
740 00:50:55 660 Scott Gillespie M Team McKay
741 00:50:57 386 Barry Nichols M
742 00:50:57 1862 Suzanne Carpenter F 40 Caerleon
743 00:50:57 992 Hazel Thayer F

744 00:50:58 858 Paul Rees M
745 00:50:59 274 Ian Lang M 45
746 00:51:00 2156 Tina A Davies F 35
747 00:51:01 2191 Matthew Smith M
748 00:51:02 185 Peter Kidwell M 40
749 00:51:02 2414 Matt Norman M
750 00:51:03 184 James Burke M 55
751 00:51:03 2086 Richard Bell F 35
752 00:51:06 2298 Enylois Davies F Team We Can
753 00:51:06 196 Tracy Booth F 40 Hogweed trotters
754 00:51:07 187 Matthew Coe M
755 00:51:07 1116 Jeff Lewis M 45
756 00:51:07 396 Mike Hughes M 40
757 00:51:07 1828 Kevin Gardener M 45 Chepstow Harriers
758 00:51:08 2038 Mark Davies M
759 00:51:08 666 Carlos Land M
760 00:51:09 797 Wayne Mark Weedall M
761 00:51:10 516 Derek Charles Coe M 55
762 00:51:11 1065 Dean Anthony Daly M
763 00:51:11 2348 Jenny Clark F Solihull & Small Heath AC
764 00:51:11 782 John Harries M
765 00:51:13 1896 Bobby Gardiner M 40
766 00:51:16 1174 Mark Farrar M Les Croupiers
767 00:51:17 164 Richard Maddock M Somer AC
768 00:51:18 502 Gary Phillips M 45
769 00:51:18 1556 Nicholas Hanson M 40
770 00:51:18 2307 Jerry Fisher M
771 00:51:19 280 Barry Dare M 55
772 00:51:19 670 Steve Craig M
773 00:51:21 2055 Jim Davies M
774 00:51:22 2286 Simon Flack M
775 00:51:22 2078 Robert Beer M
776 00:51:23 952 Keith Mills M
777 00:51:26 2358 Maria Newton F
778 00:51:27 1506 Clive Galligan M 60 Leasowes KFRC
779 00:51:27 2304 Ian Ellis M
780 00:51:28 815 Nigel Williams M
781 00:51:29 1163 Domenique Lamour M 45 S.C. Orvault
782 00:51:29 460 Paul Sullivan M
783 00:51:30 1686 Martyn Willis M
784 00:51:31 1868 Richard Mason M 40
785 00:51:32 428 Simon Dowell M
786 00:51:32 101 John Glover M 55 Dudley Kingswinford
787 00:51:34 686 Gareth Williams M Penarth & Dinas Runners
788 00:51:35 1204 Paul O'Neill M 40
789 00:51:36 704 Darren Marklew M
790 00:51:36 513 Lee Thomas M
791 00:51:36 1379 Martin Cripps M 40
792 00:51:37 1983 Philip Cook M 50
793 00:51:37 1750 Elaine Hillary F 40

794 00:51:37 265 Phillip Salt M 40
795 00:51:39 2277 Ian Hughes M
796 00:51:40 2119 Darren Worthing M
797 00:51:40 2266 Keith Verhugden M 45
798 00:51:42 1120 Gaynor Ambler F 40 Cardiff A A C
799 00:51:42 1004 Stephen Heaven M Redbrook F.C.
800 00:51:42 592 Linda Graves F 50
801 00:51:43 1530 Susan Brennan F 40
802 00:51:44 828 Max Bergmanski M 45
803 00:51:44 1167 Keith Clash M 45
804 00:51:45 1202 Andrew Cripps M 40
805 00:51:45 529 David Strevens M
806 00:51:45 935 Colette Borg F 35
807 00:51:46 1650 Gareth Lynn Bevan M 45
808 00:51:47 162 Alun Cripps M 40
809 00:51:47 1075 Geoffrey Pearce M 45
810 00:51:48 1622 Matthew Eveleigh M
811 00:51:50 1374 Keith Harper M 40
812 00:51:51 1752 Nigel Edmunds M
813 00:51:52 1999 Chris Foster M
814 00:51:52 984 Jessica Elliot F
815 00:51:53 1099 David House M
816 00:51:53 1157 Louise Pottinger F Redrow Homes
817 00:51:55 1659 Simon Parkhouse M
818 00:51:56 1609 Pauline Thomas F 60 TROTS
819 00:51:57 1266 Anthony Alan Jones M
820 00:51:58 2270 Anthony Thickett M
821 00:51:59 1256 Ian Thomas M
822 00:52:00 1217 Richard White M
823 00:52:00 1822 Mark Kingston M
824 00:52:00 1462 Jeremy Llewellyn M
825 00:52:01 1525 John Price M 45
826 00:52:03 2388 Stephen Lane M 50
827 00:52:04 1032 Leigh James F Bridgend A.C.
828 00:52:04 2268 Ellen Harris F 45
829 00:52:04 2285 James Horsham M
830 00:52:06 459 Beverley Warburton F 40
831 00:52:08 431 Rhidian Cockwell M Cardiff Harlequins
832 00:52:09 2317 Iona Mackenzie F 35
833 00:52:09 811 David Gostelow M 55
834 00:52:10 1005 Ian Menzies M 40
835 00:52:10 315 Callum McKenzie M Great Western Runners
836 00:52:12 1640 Steven Llewellyn M
837 00:52:12 1687 Alann Scott M
838 00:52:12 1934 Daniel West M
839 00:52:13 1390 Tanja Cooper F
840 00:52:13 1766 Clare Johnson F 55 Les Croupiers
841 00:52:14 1748 Sarah Borley F 40
842 00:52:14 1443 Raymond Gandy M
843 00:52:15 1445 Dave Bassett M 55

844 00:52:15 2172 Richard Evans M
845 00:52:15 1898 Phil Protheroe M Road Runners Club
846 00:52:16 148 John Martin M 45 Team KRUF 1
847 00:52:16 2244 Mark Painter M 40
848 00:52:16 2389 Grace Chau F Caerleon RC
849 00:52:16 630 Rhodri Gruffydd M
850 00:52:17 1744 Stephen Whitmarsh-Knight M 55
851 00:52:18 1052 Dawn James F 40
852 00:52:18 1076 Keith Jones M 50 Cardiff A A C
853 00:52:19 1905 Helen Abbott F 45
854 00:52:19 1566 Lisa Tonkin F
855 00:52:19 297 Nicholas Murphy M 40
856 00:52:19 1040 Christopher Davies M
857 00:52:20 54 Jeffrey McCue M 40 HSBC Newbridge 1 CORP
858 00:52:20 375 William Hurley M 55 Westbury Harriers
859 00:52:20 491 Mark Carter M
860 00:52:22 1365 Ellis Perryman M
861 00:52:22 1417 Colin Thomas M 40
862 00:52:23 1306 Craig Holland M 40 Pontypridd Roadents
863 00:52:24 2108 Michael Stephen M 50
864 00:52:25 2257 John Cunnane M 55
865 00:52:25 805 Martin Sulman M
866 00:52:27 1624 David Wilkins M
867 00:52:28 1182 Dean Lewis M
868 00:52:29 2382 Nell Jeffers M 40
869 00:52:30 753 Russell Pullen M 60 Neath Harriers
870 00:52:30 1255 Paula Hewitt F
871 00:52:31 1245 Kate Tucker F
872 00:52:32 2052 Oliver Mahon M 40
873 00:52:32 2098 Jeffrey Donovan M 40
874 00:52:33 1961 Helen Medley F
875 00:52:33 764 Janet Richards F 35 Griffithstown Harriers
876 00:52:35 1081 Michael Henderson M 40
877 00:52:36 109 James Bibb M 60 Dudley Kingswinford
878 00:52:37 810 Craig Mayor M
879 00:52:38 978 Tony Rolls M 60
880 00:52:38 2039 Ashley Pearce M
881 00:52:39 190 Lon Morgan F 45 TROTS
882 00:52:40 1751 Pawel Urban M
883 00:52:41 342 Roger Derbyshire M 55
884 00:52:41 1797 Nathan Williams M
885 00:52:41 755 Joanna Jordan F 40
886 00:52:41 147 Paul Rowlands M 50 Dudley Kingswinford
887 00:52:41 57 Steven Turner M HSBC Newbridge 1 CORP
888 00:52:42 1960 Emma Ridgill F Penarth & Dinas Runners
889 00:52:42 2201 Hazel Baker F 35 Angels Gloucester
890 00:52:42 648 Peter Woolston M 55
891 00:52:42 427 Sarah Rhodes F
892 00:52:42 1548 Gareth Ash M
893 00:52:43 870 Steve Hill M 40 Penarth & Dinas Runners

894 00:52:43 1547 Allun Thomas M
895 00:52:43 504 James McBride M
896 00:52:45 188 Cliff Spence M
897 00:52:45 510 John Collins M 40 Cardiff Post Office Running Cl
898 00:52:46 472 Robert Smith M 55 Hogweed Trotters
899 00:52:46 951 David John Collins M 45
900 00:52:47 1479 Dean Thomas M
901 00:52:47 211 Jennifer Shepherd F
902 00:52:48 2089 Ursula Hankinson F HMSGRC
903 00:52:49 243 Joanne Peacock F 35 Lliswerry Runners
904 00:52:50 2350 Jill Humphries F
905 00:52:50 1435 Helen Thomas F 40 Lliswerry Runners
906 00:52:51 1482 John Plowman M 60
907 00:52:52 250 Helen King F
908 00:52:53 1230 Sally Evans F
909 00:52:54 1649 Michael Fogg M
910 00:52:55 1908 Dafydd Snelling M
911 00:52:57 2362 Dean Howells M
912 00:52:57 1599 Michael Alan Powell M 55 Caerleon
913 00:52:57 1439 Gill Kellam F 40
914 00:52:58 1681 Hayley Lewis F
915 00:52:58 2363 Andrew Silverthorne M
916 00:52:59 533 Ian Edmunds M
917 00:52:59 1013 Carys Holloway F
918 00:52:59 1684 Catherine Morgan F
919 00:52:59 1554 Jim Osman M
920 00:53:00 2343 James D Thomas M 40
921 00:53:00 1906 Mark Jones M 40
922 00:53:01 702 Simon Ridout M
923 00:53:01 1706 Steven Wyndham M
924 00:53:01 1531 Ann Brennan F 40
925 00:53:02 78 Kathryn Stoate F
926 00:53:03 1352 Michael Rees M
927 00:53:03 461 Colin Newman M 50
928 00:53:05 255 Neil Coleman M
929 00:53:05 209 Paul Titchener M
930 00:53:05 132 Gareth Roberts M 40
931 00:53:06 2365 Glenn Dennes M
932 00:53:06 1653 Ian Morris M
933 00:53:07 2248 Steve Press M
934 00:53:10 793 Deanne Rebane F 40
935 00:53:13 1358 Deborah Price F 40
936 00:53:14 1361 Declan Ward M
937 00:53:14 2188 Jonathan Carnell M
938 00:53:15 476 Stan Weeks M 60
939 00:53:15 1145 Sue Lawrence F 45
940 00:53:15 1912 Jemma Henderson F
941 00:53:15 861 Dougie Forde M 40
942 00:53:16 1082 Beth Ford F
943 00:53:16 1715 Andrew Thomas M 40

944 00:53:19 1666 Trevor Hunt M
945 00:53:19 1100 Michael King M 55 Nailsea R.C.
946 00:53:20 1301 Michael Regan M 45 Yeovil Town R R C
947 00:53:20 123 Sarah Gage F 35
948 00:53:20 1077 Richard Huntley M 55
949 00:53:21 1491 Craig Williams M
950 00:53:22 1457 Maurice Gordon M
951 00:53:22 1053 Matthew James M
952 00:53:22 703 Seona Currie F 35 Penarth & Dinas Runners
953 00:53:23 496 Ann Law F 40 Dudley Kingswinford
954 00:53:23 93 Paul Ainsworth M Cardiff Urologists CORP
955 00:53:23 2030 Steven Legge M
956 00:53:24 520 Patrick Callaghan M
957 00:53:24 2179 Rhys Cahill M
958 00:53:25 1248 Nia Davies F
959 00:53:25 1949 David Bicker M
960 00:53:27 389 John David Perkins M 60 Westbury Harriers
961 00:53:28 1712 Rhian Williams F 35
962 00:53:28 2287 Celia Rumbold F
963 00:53:28 1576 Paul Charles Williams M 45
964 00:53:29 841 Christian James Thomas M
965 00:53:29 1607 Stephen Pickard M
966 00:53:30 1701 Lucy J Morgan F Trustee
967 00:53:30 2070 Rob Lawson M
968 00:53:31 1642 Jonathan Andrews M
969 00:53:32 82 Cathy Mansell F 35 Welsh Assembly Government
970 00:53:33 650 Andrew Young M 40
971 00:53:33 1813 Jeff Taylor M 40
972 00:53:34 2372 Liam Addy M
973 00:53:35 1900 James Rudolf M
974 00:53:36 803 Adrian Mathias M 40
975 00:53:36 1942 Mair West F Griffithstown Harriers
976 00:53:39 1508 Neil McCarthy M 40
977 00:53:40 2018 Unknown Runner M
978 00:53:40 2142 Simon P Cook M
979 00:53:40 1691 James John McGrath M
980 00:53:41 2046 Jack McNamara M
981 00:53:41 2276 Simon Baldwin M 40
982 00:53:42 197 Peter Janicijevic M 45
983 00:53:42 584 Francine Falzon F
984 00:53:43 1274 Edward Newman M 55 Les Croupiers
985 00:53:43 2292 Daniel Thacker M
986 00:53:45 1621 David Holdsworth M
987 00:53:45 1513 Scott Howe M
988 00:53:45 977 Gethin Daniels M
989 00:53:46 2017 Keith Bushell M 55
990 00:53:46 63 Karl Neilseen M Acorn CORP
991 00:53:47 2124 Hawys Rees F 35
992 00:53:48 1593 Derek Morgan M 40
993 00:53:49 2127 Eifion Thomas M 40

994 00:53:49 1397 Philip Addicott M Les Croupiers
995 00:53:49 2116 Alison Morgan F 40
996 00:53:49 1836 Eryl Tottle M Lliswerry Runners
997 00:53:49 1627 Martha Cane F
998 00:53:50 2093 Carys Roberts F
999 00:53:50 2114 Geraint Morgan M 40
1000 00:53:50 2209 Sharon Byrne F 35
1001 00:53:50 489 Mark Lewis M
1002 00:53:50 2236 Joanne Owen F 35 Caerleon
1003 00:53:51 1656 Nick Kane M 40
1004 00:53:51 1758 Paul Archer M
1005 00:53:52 349 Michael Woodfield M
1006 00:53:55 1428 Philip Hollins M 50
1007 00:53:56 455 Nick Cowley M
1008 00:53:57 1239 Steve Howell M 50
1009 00:53:59 2392 Andrew Jones M 40
1010 00:53:59 2377 Suzanne M Kendrick F 40 Spatans
1011 00:54:00 1229 Johanna Tucker F 35
1012 00:54:02 1873 Mike McCullagh M
1013 00:54:02 1338 Glynne Raymond Leach M 45
1014 00:54:04 165 Rachel Mattock F
1015 00:54:04 847 Kevin John Williams M 45
1016 00:54:05 1041 Emma Davies F
1017 00:54:05 2218 Jerome Donagh M 40
1018 00:54:07 1502 John Bibby M
1019 00:54:08 1888 Ian Harris M
1020 00:54:08 1978 Tom Hughes M 55
1021 00:54:09 1827 Ros Johnson F 40 Bitton Road Runners
1022 00:54:09 2008 Daniel Broome M
1023 00:54:10 210 Stephanie Davies F
1024 00:54:10 1038 Matthew Derbyshire M
1025 00:54:11 1092 Paul Morris M
1026 00:54:11 2235 Gwyneth Howells F 50 Caerleon
1027 00:54:11 387 Richard Arnold M
1028 00:54:12 1249 Penny Medlen F
1029 00:54:12 700 Mark Headon M 40
1030 00:54:12 1929 Allen Eurig Williams M Clwb Rhedeg Menter Caerdydd
1031 00:54:13 899 Kerry Evans M
1032 00:54:14 1990 Jonathan Griffiths M Chandle-KBS
1033 00:54:14 871 Rob Lewis M
1034 00:54:16 647 Keri Hutchinson F
1035 00:54:16 1168 John Atherton M 40
1036 00:54:17 80 Helen Ruth Priest F
1037 00:54:17 634 Steve Saunders M
1038 00:54:18 2324 Alison Porter F 35
1039 00:54:19 163 Stuart Ropke M
1040 00:54:19 245 Dewi Wyn Morgan M Serpentine RC
1041 00:54:21 1880 Tina Halliwell F 40
1042 00:54:24 1793 Michael O'Shea M 60
1043 00:54:25 361 Rhodri Tomos M 40

1044 00:54:26 2264 Trevor Fletcher M
1045 00:54:28 515 Martin Bowen Jones M 40
1046 00:54:28 1877 Ray Blackler M
1047 00:54:29 550 Janice Clement F 45 Penarth & Dinas Runners
1048 00:54:30 1412 Jonathon Leaman M
1049 00:54:32 791 Helen Parry F 50
1050 00:54:36 837 Ronald Austin Davies M 50
1051 00:54:36 391 Peter Clark M 50
1052 00:54:36 1054 Adrian Paul Hibbert M
1053 00:54:36 1881 David Hibbs M 40
1054 00:54:37 457 Elizabeth Lewis F 40
1055 00:54:37 456 Colin Lewis M 40
1056 00:54:39 2131 Russell Jenkins M
1057 00:54:41 79 Eric Owen M 65
1058 00:54:42 1598 Catherine Johns F
1059 00:54:42 1441 Dave Charrett M 50
1060 00:54:43 124 Susan Wooller F 35
1061 00:54:44 825 Nigel Leighton Jones M 50
1062 00:54:46 577 Gerard Smith M 45
1063 00:54:46 559 Melinda Walker F
1064 00:54:47 895 Derrick Harris M 65
1065 00:54:47 1511 Marc Incledon M
1066 00:54:49 1946 Hugh Price M 50
1067 00:54:50 519 Kate Callaghan F 35
1068 00:54:50 2112 Simon Grey M 40
1069 00:54:50 2103 Rachel Gillard F
1070 00:54:51 444 Paul Spark M 40
1071 00:54:51 1461 Martin Taffetsauffer M
1072 00:54:52 1335 Stuart Love M 40
1073 00:54:52 2250 Julie Burchell F Griffithstown
1074 00:54:54 1825 Rob Adkins M
1075 00:54:54 1660 Gillian Jack F 40
1076 00:54:54 2175 Andrew Peters M
1077 00:54:55 1536 Anita Howells F 55 AV AAC
1078 00:54:57 486 Catherine Drury F 35
1079 00:54:59 2321 Karin Wahl-Jorgensen F
1080 00:55:00 2320 Andrew Byde M
1081 00:55:01 180 Phillip Gwyn Thomas M
1082 00:55:02 102 Peter Tanner M 40 Great Western Runners
1083 00:55:02 1137 Dave Jones M
1084 00:55:03 1592 Rebecca Gretton F
1085 00:55:04 2221 Steve Fry M 40
1086 00:55:04 2223 Sue Fry F 40
1087 00:55:05 905 Miles Owen Hooper M
1088 00:55:06 1756 David Griffiths M 50
1089 00:55:08 2079 Justin Howells M
1090 00:55:08 1682 Gary John Richards M
1091 00:55:09 1162 Lionel Pannetier M 55 S.C. Orvault
1092 00:55:09 225 Matt Washburn M
1093 00:55:10 2051 Serena Wood F 35

1094 00:55:10 344 Richard Knowles M 50
1095 00:55:10 746 Gary Smith M 45
1096 00:55:11 1574 David Pendleton M
1097 00:55:12 1215 Dave Broadbent M
1098 00:55:13 1632 Richard Oram M
1099 00:55:14 708 Bryan Shayle M 40 3M's Road Runners
1100 00:55:16 400 Colin Thomas M 45
1101 00:55:17 1283 Lucy Elcomb F
1102 00:55:18 544 Helen Hollywell F
1103 00:55:19 1414 David Atkins M Peacocks Flyers
1104 00:55:20 688 Susan Plant F 40
1105 00:55:20 1959 Andrew Wilkinson M
1106 00:55:20 2088 Jack Desborough M
1107 00:55:21 689 Jayne Thomas F 35
1108 00:55:21 889 Gareth Ropke M
1109 00:55:22 664 Diana Moses F
1110 00:55:24 998 Denver Jones M
1111 00:55:24 851 Michael Jones M
1112 00:55:24 1958 Timothy John Ridd M
1113 00:55:25 2027 Stephen O'Hanlon M
1114 00:55:25 1420 Steven Christmas M 40
1115 00:55:26 545 Wendy Harris F 40
1116 00:55:28 474 Michael Hall M
1117 00:55:28 1409 Graham Irving M 40
1118 00:55:28 1341 Desmond O'Duffy M 40
1119 00:55:31 1106 Raymond Cox M 40
1120 00:55:32 547 Karen Chadwell F
1121 00:55:34 340 Stephanie Gilmour F Rothwell Harriers
1122 00:55:35 1537 Craig Nichol M
1123 00:55:37 1067 Marcus John Furman M
1124 00:55:38 1533 Ralph Saunders M
1125 00:55:38 1469 Sandra Sforza F 35 Westbury Harriers
1126 00:55:38 2386 Neil Fletcher M
1127 00:55:39 1612 Peter Lavaliette M
1128 00:55:39 355 Andrew Roberts M
1129 00:55:40 1088 Tim Murphy M 45
1130 00:55:41 2288 Alun Powell M 55
1131 00:55:41 684 Huw Maddock M 40
1132 00:55:41 1710 Gary Merrell M 45
1133 00:55:42 1091 Geoffrey Brown M 45
1134 00:55:42 1475 Robert Mapp M 45
1135 00:55:43 299 Simon Morgan M 40
1136 00:55:44 1775 Annie Conroy F 55 Les Croupiers
1137 00:55:44 1407 Simone Harris F
1138 00:55:45 959 Caron Potter F 40
1139 00:55:45 2065 Kevin O'Leary M 45
1140 00:55:46 1714 Wendy Thomas F 40
1141 00:55:46 687 Antonio Rodriguez M
1142 00:55:47 521 Jo Vickers F 35
1143 00:55:47 1298 Mairwen Price F 40

1144 00:55:49 1034 Ross Fennell M
1145 00:55:49 1035 Craig Fennell M 40
1146 00:55:51 1003 Mark Harper M
1147 00:55:52 695 Jane Ellison F
1148 00:55:53 370 Joanna Williams F
1149 00:55:54 1675 Stephen Redmond M 45
1150 00:55:54 1354 David James M 55
1151 00:55:55 706 Michael Williams M
1152 00:56:00 2066 Nicola Tiebosch F
1153 00:56:02 1855 Andy Arthur M 50
1154 00:56:03 410 Sian Brown F 45
1155 00:56:04 1986 Illya Duval M
1156 00:56:05 111 Cindy Froggatt F 35 Dudley Kingswinford
1157 00:56:06 492 Robert Hay M 40
1158 00:56:08 1345 Darren Young M
1159 00:56:09 661 Julie Halligan F 40
1160 00:56:09 1810 Ffion Buckland-Evers F
1161 00:56:09 1781 Lokri Angell Jones F
1162 00:56:10 1221 Steve Thompson M
1163 00:56:11 2084 Melanie Jenkins F
1164 00:56:12 222 Brian Matthews M 55 Hayes & Harlington
1165 00:56:14 1951 Philip Andrew Williams M 40
1166 00:56:14 1950 Sarah Baugh F
1167 00:56:15 328 Mark Anthony Hurley M
1168 00:56:15 318 Gareth Jones M
1169 00:56:15 2227 Andy Evans M 40
1170 00:56:16 2228 Rachel Maharw F
1171 00:56:16 1198 Tasha Reilly F
1172 00:56:16 357 Jenny Almond F
1173 00:56:17 356 Daniel Knibb M
1174 00:56:17 2216 Dawn Parry F 35
1175 00:56:18 345 Richard Woods M
1176 00:56:18 1807 Nell Pugh F
1177 00:56:18 1483 Gregory Plowman M
1178 00:56:19 2344 Chris Foster M
1179 00:56:19 182 James Hathaway M
1180 00:56:20 181 Katie Worth F Maidenhead Athletics Club
1181 00:56:21 1303 Sara Beattie F 40 Trull Troggers
1182 00:56:22 2062 Mark Aitken M
1183 00:56:24 1233 James Gallagher M
1184 00:56:24 2396 Alan Morris M 40
1185 00:56:25 1994 Mark J Carey M 45
1186 00:56:25 1059 Julian Lewis M
1187 00:56:27 194 Alun Reynolds M 45
1188 00:56:29 733 Susan Urbano F 40
1189 00:56:29 940 John Clarke M 55
1190 00:56:31 2197 Christopher Ellis M
1191 00:56:31 305 Catherine Griffiths F
1192 00:56:31 306 Steve Firth M 40
1193 00:56:32 2118 Collette Bevan F 35

1194 00:56:33 1578 Adrian Rodney Edwards M 55
1195 00:56:33 900 Colin Lloyd M 70 Griffithstown Harriers
1196 00:56:33 1740 Chris Chambers M
1197 00:56:34 1066 Adrian Leen M
1198 00:56:34 2187 Eurgain Dafydd F Clwb Rhegeg Menter
1199 00:56:35 2373 Adam Sullivan M
1200 00:56:35 1117 Simon Type M
1201 00:56:37 1410 John Cronin M 45
1202 00:56:38 1795 Matthew Parry M
1203 00:56:38 2168 Jon Evans M
1204 00:56:41 923 Kevin Lee M
1205 00:56:41 924 Simon Cox M
1206 00:56:42 1818 Mark Salt M 40
1207 00:56:42 2167 David Harris M
1208 00:56:43 1384 Stephen Hughes M
1209 00:56:44 651 Karen Pearce F 40
1210 00:56:46 2028 Stephen Heard M
1211 00:56:47 421 Stefan Jakubowska M 45
1212 00:56:48 2403 Andrew Burton M
1213 00:56:49 1838 Gill Johnson F 50 Hogweed Trotters
1214 00:56:49 1321 Gary William Collier M 55
1215 00:56:50 1887 Richard Thornton M
1216 00:56:51 1366 David Cole M
1217 00:56:53 2217 Jennifer Johnson F 35
1218 00:56:54 423 Mark Robert Adey M
1219 00:56:54 453 Julie Owen F 35
1220 00:56:54 401 Clare Walby F
1221 00:56:55 1937 Graham Davey M 60 Lea Croupiers
1222 00:56:55 1962 Paul Frost M 40
1223 00:56:56 1634 Samantha Evans F
1224 00:56:56 1628 Beth Price-Thomas F
1225 00:56:58 2134 Alan Oliver M 40
1226 00:56:58 2135 Gareth Morris M 40
1227 00:57:05 1524 Vicky Bolwell F
1228 00:57:05 1523 Chris Spacey M
1229 00:57:06 206 Laura Abbott F 40
1230 00:57:06 207 David Abbott M 40
1231 00:57:07 106 Andrea Reynolds F 40 Swansea Harriers
1232 00:57:07 1048 Karen Price F
1233 00:57:08 740 Tony Blake M 40
1234 00:57:09 434 Clive Patrick Mangan M
1235 00:57:09 1318 Michael Farr M 40
1236 00:57:10 439 Gavin Start M UK Transplant
1237 00:57:10 1275 Tracy Newman F Les Croupiers
1238 00:57:11 1723 Michael Williams M 50
1239 00:57:12 1932 Craig Pearce M
1240 00:57:13 1980 Neil Thomas M
1241 00:57:13 1878 Richie Howels M
1242 00:57:14 126 Philip Reardon Smith M
1243 00:57:15 1107 Rob Ellis M 45

1244 00:57:17 92 Duncan Smith M Cardiff Urologists CORP
1245 00:57:19 1302 Mari Griffith F
1246 00:57:20 600 Martin Nugent M
1247 00:57:21 160 Penelope Jamieson F 40
1248 00:57:21 896 Marcus Constantinou M
1249 00:57:22 1128 Darriell Ann Hair F
1250 00:57:22 2381 Simon Moss M
1251 00:57:24 1319 Andrew Farr M
1252 00:57:24 1474 Nigel Williams M 40
1253 00:57:24 587 Joanna Hendry F 35 Penarth & Dinas Runners
1254 00:57:25 1631 Rachel Anna Jones F
1255 00:57:26 881 Nick Williams M 45
1256 00:57:27 1396 Sandra Caveney F 40 Les Croupiers
1257 00:57:27 1399 Lynne Toogood F 35 Les Croupiers
1258 00:57:28 506 Stephen Rees M 55
1259 00:57:30 1641 Richard Andrew Kelland M
1260 00:57:30 2109 Jacqueline Jones F Islwyn
1261 00:57:30 497 Hussana Khanom F
1262 00:57:32 804 Trevor Durbridge M 50
1263 00:57:33 961 Stephen Witts M 40
1264 00:57:33 784 Ian Everett M
1265 00:57:34 2310 Nicola Good F
1266 00:57:34 176 Helen Knight F 40 Dudley Kingswinford
1267 00:57:35 2213 Julie Carlin F 35
1268 00:57:36 1477 Jennifer Roberts F 55 Brecon Athletic
1269 00:57:39 302 Anne Barrett F 35
1270 00:57:39 303 Alan Yule M
1271 00:57:39 610 James Derbyshire M
1272 00:57:40 2061 Deborah Green F
1273 00:57:41 364 Gareth Jenkins M
1274 00:57:42 885 Mike Brooks M
1275 00:57:44 2029 Julie Roche F 35 Fairwater Runners
1276 00:57:45 1377 Barney Feely M
1277 00:57:45 1913 Novia Imm F Griffithstown Harriers
1278 00:57:46 1532 Helen Robson F
1279 00:57:46 2397 Darren Richards M
1280 00:57:47 1611 Rainer Wieser M
1281 00:57:47 2050 Monica Sanchez F
1282 00:57:48 1304 Brian Glyn Dews M 50
1283 00:57:49 1811 Tom Wallace M 50
1284 00:57:50 2385 Martin Smidman M 45
1285 00:57:50 1901 Sarah Medlicott F 40
1286 00:57:51 424 Pauline Jane Rees F 45
1287 00:57:51 2090 Sherry Masoud F HMSGRC
1288 00:57:51 1227 Emma Scott F
1289 00:57:51 1604 Amanda Reynolds F
1290 00:57:52 674 Claire Davies F
1291 00:57:54 642 Kevin McCarthy M
1292 00:57:55 599 Debbie Nugent F
1293 00:57:56 2332 Karl Treharne M

1294 00:57:56 1043 Steve Harris M 40
1295 00:57:57 1668 Lynda Bagley F
1296 00:57:58 153 Rachel McLoughlin F Team KRUF 1
1297 00:57:59 1670 Clare Green F 35 San Domenico
1298 00:58:00 214 Martin Chaffey M Yeovil Town R R C
1299 00:58:01 137 Jane Jenks F 50 Dudley Kingswinford
1300 00:58:03 316 Emily Foulstone F
1301 00:58:04 2357 Rhiannon Davies F
1302 00:58:05 1680 Ian Janes M
1303 00:58:05 134 Janette Lamb F 45 Dudley Kingswinford
1304 00:58:05 500 Leighton James M
1305 00:58:06 1764 Paul Martin M
1306 00:58:08 918 Stuart Ballinger M
1307 00:58:08 1734 Andrew Richards M
1308 00:58:10 1699 Gareth Harris M
1309 00:58:11 1894 Helen Kerbey F
1310 00:58:11 1527 Rhian Watcyn Taylor F
1311 00:58:11 294 Beverley Noble F 45
1312 00:58:11 1122 Ray Taylor M 55
1313 00:58:11 1260 Alison Williams F
1314 00:58:12 2206 Gaynor Hunt F 45 Simones H&FC
1315 00:58:12 2005 Andy Wilson M
1316 00:58:13 333 Amanda Jane Morgan F
1317 00:58:14 1261 Emma Williams F
1318 00:58:15 1897 Jason Kingdom M
1319 00:58:15 580 Sarah Childs F
1320 00:58:15 1071 Bernard Asnong M
1321 00:58:15 1280 Stephen Leach M
1322 00:58:16 2177 Ellen Pawar F
1323 00:58:16 1394 Paul Barnes M
1324 00:58:17 1172 Vimal Kansara M
1325 00:58:17 59 Adam Lewis M HSBC Newbridge 1 CORP
1326 00:58:17 1849 Jaime Duggan M
1327 00:58:18 1700 Kathleen Docherty F 35 Sole Sisters
1328 00:58:18 1418 Christopher Hight M 40
1329 00:58:20 1921 Rachel Gardiner F 35
1330 00:58:20 1214 Stephen Bushell M
1331 00:58:20 1290 Allen Bevan M 45
1332 00:58:22 1141 Jayne Owen F 40
1333 00:58:25 1713 David Huw Morgans M 45
1334 00:58:26 1270 Geoff Wright M 55 Les Croupiers
1335 00:58:28 1180 Kelly Louise Hughes F
1336 00:58:29 1234 Paul Gallagher M 40
1337 00:58:29 1619 Pete Hybart M
1338 00:58:29 875 Cath Hather F 35
1339 00:58:30 904 Phil Allen M 40
1340 00:58:31 1294 Ian O'Sullivan M
1341 00:58:32 251 Dave Critchley M Bitton Road Runners
1342 00:58:33 775 Robert Edwards M 50
1343 00:58:34 655 Sarah Branfoot F

1344 00:58:35 1222 Paul Mackenzie-Cummins M
1345 00:58:37 2379 Wayne Higgins M 45
1346 00:58:39 882 Rhidian Morgan M 45
1347 00:58:41 1184 Wendy Evans F 35
1348 00:58:41 1801 Elgan Morgan M
1349 00:58:41 212 Laura Fletcher F
1350 00:58:41 2356 Jacqueline Wall F
1351 00:58:41 317 Jill Frankland F Horsforth Harriers
1352 00:58:42 2190 Rhodri James M Pentyrch Rangers
1353 00:58:45 1427 Huw Mason M 45
1354 00:58:46 1368 Beverley Rogers F 35
1355 00:58:46 751 Caryl Davies F Sarn Helen
1356 00:58:47 131 Amanda Roberts F 35
1357 00:58:48 1169 Helen Jenkins F
1358 00:58:49 1257 Mark Kelly M
1359 00:58:49 1405 Georgina Govier F 40
1360 00:58:49 1451 Sarah Varrall F 40
1361 00:58:50 1002 Katrina Greenhaf F 40
1362 00:58:50 1147 Colin Rose M 55
1363 00:58:50 379 William John Davey M 40
1364 00:58:53 830 Lee Burksfield M
1365 00:58:53 346 Robin Jefferies M 45
1366 00:58:53 944 Sean Davison M
1367 00:58:54 1749 Hywel Lewis M
1368 00:58:54 739 Ruth Ashfield M 40
1369 00:58:57 454 Glyn Johnston M
1370 00:58:57 1108 Kay Ramsey F 35
1371 00:58:57 1648 Emma Williams F
1372 00:58:58 1268 Christopher Sollars M 45
1373 00:58:59 534 Ainsley Brown M
1374 00:58:59 1171 Ian Corfield M
1375 00:59:00 1662 Andrew Owens M 40
1376 00:59:01 47 Chris Charesign M Sequence CORP
1377 00:59:02 262 Nigel Ferrand M 45
1378 00:59:06 2239 Emma Blake F
1379 00:59:06 512 Sharon Wilkinson F 35
1380 00:59:07 926 Derek Quennell M 55
1381 00:59:08 1000 Alexander Price M
1382 00:59:10 1259 Sasha Mackenzie-Cummins F
1383 00:59:10 1111 Annette Holland F
1384 00:59:12 1016 Joe Wellings M
1385 00:59:14 1344 Wendy Gallimore F 40 Dudley Kingswinford
1386 00:59:15 146 Hilary Wilkes F 60 Dudley Kingswinford
1387 00:59:15 133 Beryl Glover F 50 Dudley Kingswinford
1388 00:59:16 1546 Ian Farrow M 40
1389 00:59:19 2152 Andrew Turner M
1390 00:59:19 1285 Victoria Warwick F
1391 00:59:20 1286 Steven Warwick M 50
1392 00:59:20 2296 Peter Morgan M 55 Les Croupiers
1393 00:59:21 1707 Mark Donovan M 45

1394 00:59:23 2364 Colin Griffiths M 50
1395 00:59:24 2390 Joanne Davies F 35
1396 00:59:24 1865 Jane Tull F 35 Angels
1397 00:59:25 848 Richard Simpson M 40
1398 00:59:25 1872 Samantha Hughes F
1399 00:59:26 1436 Rachel Kennedy F 35
1400 00:59:26 709 Gavin Jones M
1401 00:59:26 657 Emma Phillips F
1402 00:59:27 679 Sarah Stroud F 35
1403 00:59:27 1459 Julie Vivers F 45
1404 00:59:28 774 Carl Colwill M 45
1405 00:59:28 773 Jane Phillips F
1406 00:59:30 90 Michelle Earby F Cardiff Urologists CORP
1407 00:59:31 2240 Natalie Glover F
1408 00:59:32 1930 Julie Morphet F
1409 00:59:32 237 Gareth Beard M
1410 00:59:33 1437 Andrea Jones F 35
1411 00:59:35 1183 Hannah Mansfield F
1412 00:59:35 1115 Ceridwen Wilson F 40
1413 00:59:35 2212 Kath Jervis F 45 Club 69
1414 00:59:37 1704 Philip Morgan M 55
1415 00:59:41 1008 Carl Hier M 40
1416 00:59:42 2001 Joliet Kingsnorth F
1417 00:59:42 1001 David Lee M
1418 00:59:42 737 Paul Todd M 40
1419 00:59:46 479 Karen Phelps F
1420 00:59:48 1112 Ginna Gow-Smith F 40
1421 00:59:48 155 Wisam Rashid M Team KRUF 2
1422 00:59:49 939 Janet Moyle F 35
1423 00:59:49 1423 Andrew Hobden M
1424 00:59:50 906 Flora Bianco F 35 DK Running Club
1425 00:59:52 2085 Elaine Crawforth F
1426 00:59:52 1867 Susan Jenkins F 45 Sarn Helen
1427 00:59:52 1273 Tony Dorsett M 60 Les Croupiers
1428 00:59:52 269 Ian Williams M
1429 00:59:53 1084 Aled Evans M
1430 00:59:53 2044 Debbie Mitson F 35
1431 00:59:55 1177 Jacqueline Mary Moran F 35
1432 00:59:55 1966 Heather Lewis F 40
1433 00:59:56 596 Sally Patricia Shroll F 40
1434 00:59:56 1952 Malcolm Parker M 60 Islwyn Running Club
1435 00:59:57 565 Peter Williams M 45
1436 00:59:58 2351 Michael Hansford M 55 Les Croupiers
1437 00:59:58 1279 Alan Bladen M 65 Les Croupiers
1438 00:59:59 2208 Sue Kilminster F 50
1439 01:00:04 448 Emma Webb F Les Croupiers
1440 01:00:04 122 Gareth Griffiths M 45
1441 01:00:05 1068 Simon Fry M
1442 01:00:09 2019 Luke Jones M
1443 01:00:13 677 Claire Turner F

1444 01:00:13 2182 Jonathan Cox M 45
1445 01:00:14 738 Rachele Foley F
1446 01:00:14 609 Julia Boggio F
1447 01:00:14 1039 Kerry Kirwan F
1448 01:00:17 167 Karen Aslan F 40
1449 01:00:18 802 Paula Kennedy F 35
1450 01:00:18 2294 Craig J Wood M
1451 01:00:18 541 Ruth Hall F Sarn Helen
1452 01:00:19 1933 Joanne Powell F
1453 01:00:19 2327 Gillian E Phillips F 45 Sospan RR
1454 01:00:19 1093 Michael Waters M
1455 01:00:19 856 Tessa Adams F 55
1456 01:00:20 136 Sarah Baltruschat F 45 Bexhill Running Club
1457 01:00:20 883 Sally Webbe F 40
1458 01:00:20 1963 Rachel Frost F 35
1459 01:00:20 1063 Anthony Jenkins M 55
1460 01:00:20 1504 David Hughes M
1461 01:00:21 292 Laura Thomas F
1462 01:00:21 2394 Christine Davies F 40
1463 01:00:21 1521 Justin Marriot M
1464 01:00:21 1522 Georgie Dow F
1465 01:00:22 203 Lisa Davies F 35
1466 01:00:22 930 Susan Emily Tong F 35
1467 01:00:22 2313 Sara Bond F
1468 01:00:23 1538 Robert Vaughan M 50
1469 01:00:23 1899 Karen Lewis F
1470 01:00:25 219 Clive Evans M 60
1471 01:00:26 437 Claire Hamilton F UK Transplant
1472 01:00:26 1814 Brian Tucker M 50
1473 01:00:27 2306 Philip Bolton M 50
1474 01:00:27 438 Kerri Barber F UK Transplant
1475 01:00:29 1471 Niki Turner F 35
1476 01:00:30 707 Pat Kelly M 50
1477 01:00:30 789 Graham Funnell M 60
1478 01:00:32 537 Mary Sheppard F 50
1479 01:00:32 538 Elizabeth Sheppard F
1480 01:00:32 1348 Terry Vickery M 60
1481 01:00:34 1149 Kathryn Judith Coggins F 45 Hogweed Trotters
1482 01:00:34 287 Matthew Gwenter M
1483 01:00:35 112 Jenny Rhodes F 40 Bexhill Running Club
1484 01:00:35 1498 Richard Suter M
1485 01:00:36 363 Alison Watkins F
1486 01:00:36 820 Debbie Shuffley F 35
1487 01:00:38 1292 Mike Jones M
1488 01:00:38 442 Jaqueline Smith F
1489 01:00:38 902 Ruth Hayton F
1490 01:00:39 1922 Steven Anthony Pritchard M
1491 01:00:39 414 Joanne Parry F
1492 01:00:40 943 Andrew Hollins M
1493 01:00:41 293 Nigel Thomas M 45

1494 01:00:44 2026 Neil Bailey M
1495 01:00:45 806 Julia Smith F 35
1496 01:00:45 982 Sali Beynon F
1497 01:00:48 644 Beth Morgan F
1498 01:00:48 990 Emma Hancock F 35
1499 01:00:49 1551 Cheryl Ann Roberts F 35
1500 01:00:49 393 Mellisa Beale F
1501 01:00:51 1769 Fabrice Ledentu M
1502 01:00:51 2163 Rhys Jenkins M
1503 01:00:52 2318 Andrew Brunsdon M
1504 01:00:52 1541 Hannah Jane Fowler F Pontypridd Roadents
1505 01:00:53 1915 Emma Ducker F 35
1506 01:00:54 2293 Suzanne Langrish F 40
1507 01:00:56 888 Michael Griffiths M 40
1508 01:01:00 1919 Rosemary Brett F 45 Dudley Kingswinford
1509 01:01:01 2102 Matthew Jones M
1510 01:01:02 2034 Lesley Watkins F 35
1511 01:01:02 1011 Suzanne Pritchard F
1512 01:01:03 1037 Becky Millener F
1513 01:01:03 2107 Michelle Beattie F
1514 01:01:04 1891 Paul Ellis M
1515 01:01:08 1391 Marianne Burridge F 45 Fairwater Runners
1516 01:01:08 388 Ross Drayton M
1517 01:01:12 1158 Nicola Evans F Redrow Homes
1518 01:01:14 1842 Catherine Senter F 55
1519 01:01:14 945 Katharine Lewis F
1520 01:01:17 800 Geraint Lloyd Griffiths M
1521 01:01:17 2241 Jane Truscott F 35
1522 01:01:19 392 Judith Anne Jones F 45
1523 01:01:21 1794 Gareth Watson M
1524 01:01:22 1411 Tom Lagan M
1525 01:01:24 1176 Emma Rees F
1526 01:01:24 1175 Mike Rees M
1527 01:01:24 2253 Patricia M Stanley F 45 Brackla Harriers
1528 01:01:25 2254 Lesley Alexander F 45
1529 01:01:26 1614 Carla Potter F
1530 01:01:26 2024 Mary Jennings F
1531 01:01:27 1012 Mike White M
1532 01:01:27 1254 Susan Smith F
1533 01:01:27 2101 Charlotte Brown F
1534 01:01:29 1924 Gwyon Prydderch M
1535 01:01:32 713 Jeffrey Collins M 60
1536 01:01:34 1330 Elizabeth Williams F 40
1537 01:01:36 1768 Lorraine Phillips F 35
1538 01:01:37 2015 Alan Clatworthy M
1539 01:01:39 447 Mike Cox M 50
1540 01:01:40 2165 Jack Price M
1541 01:01:40 2036 Alan Wilkins M 50
1542 01:01:40 2037 Kathryn Wilkins F 45
1543 01:01:41 528 Jonathan Cheesman M HMSGRC

1544 01:01:41 1258 Olivia Roche F
1545 01:01:42 1957 Ronald Leach M 45
1546 01:01:42 527 Elizabeth Megan Precious F HMSGRC
1547 01:01:43 2122 Ian Horsburgh M 50
1548 01:01:45 2192 Beborah Jones F 40
1549 01:01:45 2193 Suzanne Brown F 40
1550 01:01:45 1263 Bryan King M 45
1551 01:01:47 1057 Genine Urch F
1552 01:01:48 2097 John Coombes M 40
1553 01:01:48 1893 Geraldine Williams F Sospan Road Runners
1554 01:01:49 1992 Elaine Fyfe F
1555 01:01:49 1197 Coreen Mynett F
1556 01:01:50 332 Alan Maddock M 65
1557 01:01:50 313 Anna Maddox F
1558 01:01:51 314 Alan Buckland M
1559 01:01:51 1755 Jones Morris F 40
1560 01:01:51 1948 Kevin Seal M 40
1561 01:01:52 1190 Louise Brodrick F 40
1562 01:01:53 552 Terry Copp F 45
1563 01:01:54 1456 Lorenza Thomas F 45
1564 01:01:56 562 Michael Hall M
1565 01:01:58 1200 Alfryn Easter M 55
1566 01:01:59 1991 Huw Williams M 50
1567 01:01:59 2111 Coleen Birch F Islwyn
1568 01:01:59 1683 Rachael Finlayson F
1569 01:02:01 2133 Greg French M
1570 01:02:02 2301 Anette Scholz F 35
1571 01:02:03 1944 Peter Regan M 40
1572 01:02:03 430 Peter Dymond M
1573 01:02:03 2271 Martin Frances M
1574 01:02:04 1816 Chantal Colmont F
1575 01:02:05 1185 Jenny Johnson F 35
1576 01:02:05 1971 Antonina Georgetti F 40
1577 01:02:06 1848 Katrina Duggan F
1578 01:02:07 377 Sandra Donnan F 40
1579 01:02:07 2273 David Attley M
1580 01:02:09 450 Lynn Barrett-Lee M 45
1581 01:02:09 1269 Amanda Biss F 40
1582 01:02:10 997 Matthew Williams M
1583 01:02:10 564 Gerrard Williams M
1584 01:02:11 1890 Emma Russell F
1585 01:02:13 1015 Charles Davies M 70
1586 01:02:14 1783 Ceri Gould Thomas F
1587 01:02:15 179 Kathryn Sweetman F
1588 01:02:15 1220 David Sweetman M
1589 01:02:16 2155 Rhian Lees F
1590 01:02:17 573 Paul Phillips M 45
1591 01:02:17 2154 Steve Jones M
1592 01:02:18 382 Paul Wesson M
1593 01:02:18 2106 Kelly Williams F

1594 01:02:19 117 Anna Bellamy F
1595 01:02:20 1785 Ceri Abdulla F
1596 01:02:20 2411 Leah Heffernen F
1597 01:02:21 2410 Andrew Llewellyn M
1598 01:02:22 324 Kevin McCarthy M
1599 01:02:22 195 Lisa Thomas F 35
1600 01:02:22 1615 Rhys Wilson M
1601 01:02:23 1979 Julie Evans F
1602 01:02:24 832 John Cole M 55
1603 01:02:25 118 Sarah Mynott F 35
1604 01:02:26 311 Beverley Meek-Welsh F 40
1605 01:02:28 525 Hannah Davies F HMSGRC
1606 01:02:28 1020 Donald Fearn M 70 Brecon Athletic
1607 01:02:28 330 Nicholas Yule M
1608 01:02:29 526 Catherine Adams F HMSGRC
1609 01:02:31 1679 Helen Clifford F 35
1610 01:02:31 859 John Soulsby M 60
1611 01:02:33 2290 David Edwards M
1612 01:02:35 2335 Richard Parrott M
1613 01:02:36 1155 Emma Ball F Redrow Homes
1614 01:02:36 953 Anthony Morgan M 40
1615 01:02:38 768 Michelle Louise Rowe F 35 Dudley Kingswinford
1616 01:02:38 1079 Christopher Plaice M 60
1617 01:02:39 691 Wendy Lynas F 50 Thames Hare & Hounds
1618 01:02:39 2272 Gaynor Mayers F 40
1619 01:02:40 1142 Gary Purnell M
1620 01:02:40 2231 Alan Davies M 45
1621 01:02:44 872 Christopher Edwards M 45
1622 01:02:49 443 Kate Walker F 40
1623 01:02:50 2171 Dougal Wilson-Croome M 45
1624 01:02:50 2170 Ruth Bevan F 45
1625 01:02:51 291 Charlotte Haward F
1626 01:02:51 975 Nicky Adcock F 45 Yeovil Town R R C
1627 01:02:51 1747 Gerry O'Neill M 50
1628 01:02:52 1392 Julie Clode F 35
1629 01:02:52 337 Rachel Bowen F
1630 01:02:53 1812 Wendy Wallace F 45
1631 01:02:53 2173 Juliet Meades F 40
1632 01:02:54 2138 Nigel Lynch M 50
1633 01:02:54 2140 Alwyn Ashford M 40
1634 01:02:54 1831 Sarah Richards F
1635 01:02:55 1678 Elena Major F
1636 01:02:55 399 Auriol Miller F
1637 01:03:00 514 Robert Newton M
1638 01:03:02 1478 Emyr Roberts M 55 Brecon Athletic
1639 01:03:02 1494 Peter Rodda M 50
1640 01:03:02 1583 Nia Honeybun F 40
1641 01:03:03 1629 Rhian Hopkins F Pontypridd Roadents
1642 01:03:03 201 Heidi Lorenz F 40
1643 01:03:03 2224 Louise Giles F

1644 01:03:05 1741 Lisa Ford F 35
1645 01:03:06 807 Gerald Curtis M 50
1646 01:03:07 273 Jacqui Murray F
1647 01:03:07 2303 Philip Price M 40
1648 01:03:08 931 Matt Richards M
1649 01:03:09 750 Hayley Jones F
1650 01:03:10 341 Doug Richards M 55 University Of Birmingham
1651 01:03:10 425 Leanne Fakande F
1652 01:03:11 1590 Jeff Davies M 50
1653 01:03:12 1350 Tony Hall M 55
1654 01:03:13 464 Christopher James M
1655 01:03:14 1045 Caroline Jones F 40
1656 01:03:15 288 Kathryn Vowles F
1657 01:03:17 1625 Joanna Shepherd F
1658 01:03:17 2319 Ian Leek M 40
1659 01:03:20 170 Stephen Parry M 50
1660 01:03:21 119 Steven Andrew James M
1661 01:03:21 120 Kalley Marie Jones F
1662 01:03:22 473 Dawn Joseph F
1663 01:03:22 1996 Kirstn Gault F
1664 01:03:25 1685 James Braun M
1665 01:03:26 467 Mark Evans M
1666 01:03:28 855 David R Tapper M 55 Islwyn Running Club
1667 01:03:30 754 Christopher Davies M 40
1668 01:03:30 1325 Michael Walsh M 45
1669 01:03:31 715 Elizabeth Harmer F 35
1670 01:03:34 1360 Pauline Davis F 55 Midland Vets
1671 01:03:35 1732 Gareth Jones M 40
1672 01:03:35 1731 Jacky Jones F 45
1673 01:03:38 1587 Nia Tudor Parry F
1674 01:03:46 2380 Zoe Moss F
1675 01:03:46 275 Gareth Murphy M
1676 01:03:46 2203 Lee O'Sullivan M
1677 01:03:46 276 Robin Williams M
1678 01:03:47 1288 Kevin Protheroe M 45
1679 01:03:48 2265 Lydia Vitolo F
1680 01:03:51 1976 James Spiteri M
1681 01:03:51 1207 Russell Williams M
1682 01:03:52 1970 Frances Sloan F 45
1683 01:03:52 1705 Annette Wyndham F 35
1684 01:03:53 2059 Richard Thurston M
1685 01:03:54 1545 Deborah Spurrier F 40
1686 01:03:54 1543 Paul Spurrier M 40
1687 01:03:54 239 Siwan Davies F
1688 01:03:54 412 Sarah Williams F
1689 01:03:55 2181 Mary Davies F 45
1690 01:03:55 2178 Helen Cahill F 45
1691 01:03:55 2180 Helen Williams F 45
1692 01:03:55 2229 Stephen Richards M 45
1693 01:03:56 1336 Jane Newton F 40

1694 01:03:56 1151 Daniel Kirk M
1695 01:03:57 1150 Dave Williams M 40
1696 01:03:57 1935 Phillip Davies M 45
1697 01:04:03 310 Julie Lewis F 40
1698 01:04:06 2337 Deborah J Brimingham F
1699 01:04:06 591 Alan Cripps M 50
1700 01:04:06 628 Ann Jones F 40
1701 01:04:07 1798 Gillian Murphy F 50
1702 01:04:09 270 Matthew Jones M
1703 01:04:09 323 Rebecca Hirst F
1704 01:04:11 1886 Andrea Dymond F
1705 01:04:12 53 Steven Martin M Sequence CORP
1706 01:04:13 50 Catrin Southall F Sequence CORP
1707 01:04:13 1620 Richard Shearman M
1708 01:04:13 1777 David Kay M 50
1709 01:04:13 1470 Laura Jones F
1710 01:04:14 929 Sandra Green F
1711 01:04:17 1024 Richard Jones M 50
1712 01:04:17 778 Richard Penny M 55
1713 01:04:18 619 Simon Hudd M
1714 01:04:18 571 Wyn Williams M 40
1715 01:04:19 949 Carol Palmer F 55 Newport Harriers
1716 01:04:20 1331 Catrin Evans F
1717 01:04:20 2366 Guto Evans M
1718 01:04:22 1984 Katherine Smith F 40
1719 01:04:24 2269 Alyson Rees F 40
1720 01:04:26 1343 Simon Williams M
1721 01:04:26 1320 Emma Williams F
1722 01:04:26 1362 Frank Broderick M
1723 01:04:26 1349 Mark Charles Davies M
1724 01:04:28 524 Jane Reid F HMSGRC
1725 01:04:28 522 Lisa Bentham F HMSGRC
1726 01:04:31 1503 Louise Bibby F 35
1727 01:04:33 1939 Ralph Davey M 60 Les Croupiers
1728 01:04:33 2275 Paul J Salathiel M
1729 01:04:34 1708 Patrizia Donovan F 45
1730 01:04:34 1596 Michelle Morgan F
1731 01:04:36 1191 Lynda Hammett F 35
1732 01:04:36 1809 Kerry Francis F 40
1733 01:04:43 864 Patricia McFarlane F 40
1734 01:04:47 1552 Carol Box F 50 Hogweed Trotters
1735 01:04:47 933 Jane Chappelle F 40
1736 01:04:47 1644 Gerwyn Bowden M
1737 01:04:49 1860 Hayley Rogers F 35
1738 01:04:49 653 Maxine Gardner F 35
1739 01:04:52 1219 Andrew White M
1740 01:04:52 1192 Jackie Price F 35
1741 01:04:54 213 Timothy Colebrook M
1742 01:04:56 938 Paul Atkins M 50 San Domenico
1743 01:04:57 2291 Maureen O'Kane F 40

1744 01:04:59 390 Linda Clark F 40
1745 01:05:02 1188 Rachel Hurford F 40
1746 01:05:07 107 Jenny Harries F 40
1747 01:05:07 1618 Maz Platt F 40
1748 01:05:08 1617 Steve Platt M 40
1749 01:05:09 1422 Richard Wood M 65
1750 01:05:10 490 Karen Griffiths F
1751 01:05:11 1448 Keith Ronald Norris M 55
1752 01:05:11 1447 Sarah Jane Norris F 35
1753 01:05:18 1692 Beverley Rogan F 35
1754 01:05:20 1209 Sally Bromley F 40
1755 01:05:21 1746 Michael Brookes M 40
1756 01:05:22 1466 Christopher Allen M
1757 01:05:22 395 Eleanor Jowitt F 35
1758 01:05:22 1046 Clare Wilks F
1759 01:05:24 2003 Conor Lovett M 40
1760 01:05:28 727 Marina Stock F 45
1761 01:05:29 1940 Elizabeth Reid F 45
1762 01:05:29 1635 Christian Burrows M
1763 01:05:29 2004 Rachel Bridges F
1764 01:05:30 1903 Sarah Hartrey F
1765 01:05:31 2041 Brian Dunscombe M 60
1766 01:05:31 1310 Gemma Grey F
1767 01:05:34 561 Michelle Morgan F
1768 01:05:34 2261 Neil Clarke M 45
1769 01:05:35 1661 Philippa Marsden F 35
1770 01:05:36 681 Jayne Robson F
1771 01:05:37 1140 Grant McKay M 55
1772 01:05:38 604 Robert Hawkins M
1773 01:05:38 1218 David White M 55
1774 01:05:39 1080 Tegryn Jones M
1775 01:05:39 231 Anthony Giles M 50
1776 01:05:40 1967 Leanne Dyer F
1777 01:05:40 568 Katherine Bagley F
1778 01:05:40 466 Cheryl Norris F
1779 01:05:41 1558 Helen Brown F
1780 01:05:41 469 Spencer Clarke M
1781 01:05:47 1854 Sue Arthur F 50
1782 01:05:53 1968 Laura Hamblin F
1783 01:05:54 1252 Dawn Blanchard F
1784 01:05:54 1225 Rebecca Jones F 35
1785 01:05:55 812 Sam Frost F
1786 01:06:01 643 Lara Hopkinson F
1787 01:06:12 1669 Darryn Havard M
1788 01:06:14 159 Timothy Bowen M 40 Team KRUF 2
1789 01:06:17 300 Michael Cartwright M
1790 01:06:19 957 Nicola Caldwell F 35
1791 01:06:19 956 Kim Rockcliffe F 40
1792 01:06:21 138 Danielle Llewellyn F
1793 01:06:21 139 Anne Alison F

1794 01:06:28 2132 Caterina Pappalardo F
1795 01:06:29 699 Jean Headon F 40
1796 01:06:29 701 Jane Starr F 35
1797 01:06:33 631 Ann Marie Thomas F
1798 01:06:35 1103 Janet Elizabeth Ivimey-Cook F 35
1799 01:06:35 790 Ron Hill M 45
1800 01:06:38 1378 Debra Cripps F 45
1801 01:06:39 613 Catharine Worthington F Dudley Kingswinford
1802 01:06:41 2043 Mary Walker F 40
1803 01:06:42 1224 Helen McDaid F 3M's Road Runners
1804 01:06:44 1918 Kevin Llewellyn M 50
1805 01:06:50 2210 Colin John M 65
1806 01:06:50 2267 Louisa Vitolo F
1807 01:06:53 589 Andrew James M
1808 01:06:53 590 Julie James F
1809 01:06:57 1042 Hilary Davies F 55
1810 01:07:01 1742 Sara Ann Morgan F
1811 01:07:02 1357 Paul Mackinnon M 40
1812 01:07:03 1356 Jennifer Carr F
1813 01:07:03 1355 Paul Davis M
1814 01:07:03 501 Katherine Shelton F
1815 01:07:04 1871 Steve Evans M
1816 01:07:04 169 Julie O'Leary F 35
1817 01:07:05 1926 Janice Jones F 35
1818 01:07:05 1645 Alex Jackson M 45
1819 01:07:05 2401 Huw Roberts M
1820 01:07:05 1460 Bethan Reynolds F
1821 01:07:09 617 Gordon Lovell M 70
1822 01:07:10 1879 Kevan James M 45
1823 01:07:13 1861 Sheila Evans F 35
1824 01:07:13 1859 Sandra Cook F 35
1825 01:07:14 199 Babs Gruar F 40
1826 01:07:15 1139 Kathryn McKay F
1827 01:07:17 235 Teresa Russell F 40
1828 01:07:17 1844 Emma Farrington F
1829 01:07:19 511 Karin Cuthbert F 45
1830 01:07:20 397 Peter Box M 40
1831 01:07:24 1772 Rebecca Leach F 35
1832 01:07:27 1770 Elizabeth Tucker F 35
1833 01:07:27 1771 Michelle Brinn F 35
1834 01:07:27 227 David Braithwaite M 50
1835 01:07:29 223 Pamela Swadling F 50 Hayes & Harlington
1836 01:07:29 2308 Emma Chalk F
1837 01:07:32 932 Ian Smith M
1838 01:07:34 325 Ann Adams F 40 Dudley Kingswinford
1839 01:07:34 960 Paula Williams F 35
1840 01:07:34 986 Neil Cargill M
1841 01:07:36 683 Angela Maddock F 40
1842 01:07:40 831 Tracy Burgess F
1843 01:07:42 1119 Harri Llyr Evans M 40

1844 01:07:43 1123 Sally Griffiths F 35
1845 01:07:43 1134 Helen Griffiths F
1846 01:07:43 827 Rachel Gover F 40
1847 01:07:46 1029 Ai Tong Ho M
1848 01:07:47 463 Nia Mason F
1849 01:07:56 260 Sarah Jones F 35
1850 01:07:57 298 Claire Richards F
1851 01:07:57 860 Anne Soulsby F 50
1852 01:08:02 2074 Rosie Griffiths F
1853 01:08:03 168 Stephen O'Leary M 40
1854 01:08:05 1892 Gary Williams M
1855 01:08:06 1408 James Donovan M 45
1856 01:08:07 2076 Bethan Williams F
1857 01:08:08 405 Arwel aka Rocet Jones M
1858 01:08:09 1923 Nia Prydderch F
1859 01:08:09 267 Shari Finch F
1860 01:08:10 64 Kate Moore F Acorn CORP
1861 01:08:10 65 Emily Meredith F Acorn CORP
1862 01:08:11 1415 Vicky Tanner F Peacocks Flyers
1863 01:08:12 1850 Natalie Loveless F
1864 01:08:14 1738 Julie Collins F 50
1865 01:08:15 2053 Tony Paget M 45
1866 01:08:17 230 Melanie Giles F 35
1867 01:08:20 583 Joanne Davies F
1868 01:08:20 149 Robert Jenkins M Team KRUF 1
1869 01:08:21 127 Paul Clifford M
1870 01:08:24 987 Jacqueline Obeny F 50 Orion Harriers
1871 01:08:25 1693 Sue Smith F 45
1872 01:08:26 1829 Carolyn Michael F 35
1873 01:08:27 1553 Michael Box M 55
1874 01:08:32 1087 Tracy French F 35
1875 01:08:32 1086 Lynn Goward F 35
1876 01:08:32 1085 Julian French M
1877 01:08:32 770 Colin Moody M 55
1878 01:08:35 1977 Diane McTavish F 40
1879 01:08:37 2311 Bernadette Good F 45
1880 01:08:38 1416 Julie Nixon F Peacocks Flyers
1881 01:08:38 1208 Helen Williams F
1882 01:08:40 1380 Alexandra Theakston F
1883 01:08:40 1326 Jess Rogan F
1884 01:08:47 1757 Elizabeth Plenty F 40
1885 01:08:50 846 Jackie Vickers F
1886 01:08:54 154 Nicholas Topley M 40 Team KRUF 2
1887 01:08:57 2352 Andrew Browne M 45
1888 01:08:58 2353 Sue Browne F 40 Chepstow Harrs
1889 01:09:03 819 Glenys Curtis F 50
1890 01:09:05 1104 Sarah Gwynn F 35
1891 01:09:05 1454 Neil Hancock M
1892 01:09:09 1090 Hazell Suzanne F 55
1893 01:09:10 359 Sarah Thomas F

1894 01:09:11 282 Rhian Last F 50
1895 01:09:13 798 Sarah Jenkins F
1896 01:09:13 682 Steven Robson M
1897 01:09:13 799 Lee Jenkins M
1898 01:09:14 625 Neil Leonard Price M 55 Islwyn Running Club
1899 01:09:15 1333 Anwen Lewis F
1900 01:09:16 974 William Mannings M 70
1901 01:09:17 440 Samantha Armstrong F UK Transplant
1902 01:09:18 1156 Jeff Hughes M Redrow Homes
1903 01:09:21 257 Lewis Evans M 45
1904 01:09:21 586 Rachel Haigh F
1905 01:09:23 435 Andrew Holtom M UK Transplant
1906 01:09:24 1716 Debbie Rees F 35
1907 01:09:24 103 Susan Knight F 40 Isle Of Wight AC
1908 01:09:27 1382 Eleanor Hughes F
1909 01:09:27 1383 Darren Heath M
1910 01:09:33 1586 Mat Grouse M
1911 01:09:34 1098 Nicola Jones F 40
1912 01:09:42 1975 Sian Emery F
1913 01:09:42 407 Tanya Watson F 50
1914 01:09:48 221 Heledd Llewelyn F
1915 01:09:54 360 Rhian Connick F 40
1916 01:09:58 411 Ann Ager F 50
1917 01:10:01 2057 Lowri Clement F
1918 01:10:01 2058 Ioan Bellin M
1919 01:10:06 1453 Julie Morgan F Fairwater Runners
1920 01:10:12 767 Gareth John Hughes M 45
1921 01:10:16 1882 Sudhir Kaligotla M
1922 01:10:17 1909 Tahira Ellahi F
1923 01:10:20 158 Kim Abberley F 45 Team KRUF 2
1924 01:10:22 2129 Anna Charity F
1925 01:10:35 2068 Paul Hartery M
1926 01:10:36 626 Jackie Phillips F 45
1927 01:10:36 1130 Katie Pearce F Yeovil Town R R C
1928 01:10:39 217 Lorraine Johncock F 45
1929 01:10:44 1376 Pamela Jane Clancy F 45
1930 01:10:45 2143 Unknown Runner F
1931 01:10:46 1927 Karen Lloyd F 35
1932 01:10:48 1485 Liam Plowman M
1933 01:10:49 1484 Brendan Plowman M
1934 01:10:49 1486 Tristan Christopher Plowman M
1935 01:10:52 2184 Nick Bennett M
1936 01:10:55 1476 Carlo De Benedictis M 50
1937 01:10:59 446 Sue Cox F 50
1938 01:10:59 445 Hilary Duggan F 50
1939 01:11:01 1424 Richard Howell M
1940 01:11:02 1413 Gwenno Williams F Peacocks Flyers
1941 01:11:04 224 Helen Edwards F 40 Dudley Kingswinford
1942 01:11:05 503 Clare Brown M
1943 01:11:10 142 Krystyna Huelin F 45

1944 01:11:10 1064 Janette Davies F 40
1945 01:11:11 2194 Owen Jones M
1946 01:11:12 1055 Wendy Williams F
1947 01:11:13 1657 Nicola Ellis F
1948 01:11:16 1517 Ellie Atkinson F
1949 01:11:20 2196 James T Roe M
1950 01:11:26 1774 Gary Pearce M
1951 01:11:26 1773 John Spurrier M 40
1952 01:11:26 665 Suzie Shepherd F 35
1953 01:11:31 2314 David Phelps M
1954 01:11:31 331 Alexander Yule M 60
1955 01:11:37 1925 Lesney Jones F 40
1956 01:11:37 2080 Jeff Jones M 40
1957 01:11:38 593 James Endicott M
1958 01:11:42 1603 Kim Phelps F
1959 01:11:45 205 Katherine Bennett F
1960 01:11:45 1982 Sue Wilshere F 50
1961 01:11:52 1790 Theresa Tremlett F 40
1962 01:11:55 1549 Anthony Watt M 40
1963 01:12:03 1281 Unknown Runner M
1964 01:12:08 247 Cathy Vale F
1965 01:12:08 741 Simon Taylor M
1966 01:12:11 2031 Alison Davies F
1967 01:12:11 2032 Gareth Davies M
1968 01:12:15 406 Amanda Penny F 40
1969 01:12:16 712 Sue Shannon-Jones F 50 Womens Running Network
1970 01:12:17 115 Andrew Brown M 40
1971 01:12:17 1078 Rachel Freeth F 35
1972 01:12:19 2279 Rachel Zajano F
1973 01:12:24 478 Patricia Peters F 50
1974 01:12:25 2020 Julie Cramer F
1975 01:12:30 781 Matthew Cook M
1976 01:12:30 780 Lucy Cook F
1977 01:12:43 1655 Lisa Marsh F 35
1978 01:12:47 532 Christine Faulkner F 35
1979 01:12:49 903 Graham Hogg M 45
1980 01:13:00 1430 Kathryn Foxall F 50 Dudley Kingswinford
1981 01:13:08 2302 Hester Snoek F
1982 01:13:11 449 Sue Peters F 60
1983 01:13:23 1767 Simone Price F
1984 01:13:26 720 Tracey Hinton F 35 Womens Running Network
1985 01:13:29 1047 Natalie Williams F
1986 01:13:44 1061 John Ivins M
1987 01:13:51 824 Allan Jefferies M 40
1988 01:14:01 551 David Wilson M
1989 01:14:02 2014 Ceri Parkhouse F
1990 01:14:22 1347 Graham Johnson M 55 Serpentine RC
1991 01:14:27 2049 Philip Golds M
1992 01:14:30 523 Catriona Kay F HMSGRC
1993 01:14:33 1489 Rebecca Bantjes F

1994 01:14:38 1728 Penelope Wyatt F 35
1995 01:14:38 1727 Kathryn Smith F 40
1996 01:14:52 1025 Ilse Ferwerda F
1997 01:14:55 1289 Robert Payne M 40
1998 01:15:07 680 Roger Hardiman M
1999 01:15:07 640 Lisa Hardiman F
2000 01:15:08 1166 Severine Pauvert F S.C. Orvault
2001 01:15:12 839 Karen Holmes F
2002 01:15:13 1131 Bernard Davies M 60
2003 01:15:17 2399 Carol Greenway F 50
2004 01:15:17 2204 Catherine Reilly F 45
2005 01:16:00 56 Louise Robinson F HSBC Newbridge 1 CORP
2006 01:16:17 1730 Christine Anne Long F 45
2007 01:16:18 505 Sue Wakelam F 55 Dudley Kingswinford
2008 01:16:19 731 Karen Phillips F 35
2009 01:16:19 2174 John Peters M
2010 01:16:26 893 Alex Melhuish M
2011 01:16:37 1452 Janice Potter F 45
2012 01:17:06 1429 Sue Skidmore F 50 Dudley Kingswinford
2013 01:17:12 769 Mary Webb F 60 Dudley Kingswinford
2014 01:17:12 409 Janet F Brown F 45 Dudley Kingswinford
2015 01:17:16 563 Ruth McJennett F
2016 01:17:17 1600 Laura Rochefort F
2017 01:17:19 1516 Erin Jones F
2018 01:17:46 1847 Roisin Willmott F 35
2019 01:18:12 1964 Margaret Joseph F 45
2020 01:18:19 1729 Ann Long F
2021 01:18:27 1018 Ronald Peck M 65
2022 01:18:29 150 Tarnjit Khara F Team KRUF 1
2023 01:18:32 1651 Meeta Mistry F
2024 01:18:32 1276 Urvisha Mistry F
2025 01:18:42 1815 Lesley Collier F 45
2026 01:18:53 1753 Ann Patterson F 35
2027 01:18:54 736 Pamela Spence F 35
2028 01:18:54 1205 Jannette Thorne F 35
2029 01:18:55 1206 Beverley Green F
2030 01:19:09 908 Rosina Jane Reynolds F 50
2031 01:19:14 420 Angie Jakubowska F 40
2032 01:19:24 2033 Vanessa Fowler F
2033 01:19:49 1327 George Tustin M 60
2034 01:20:00 862 Thomas Skinner M 40
2035 01:20:51 531 Suzanne Halliwell F 40
2036 01:21:02 2200 Linda Mounter F
2037 01:21:02 826 Holly Pembridge F
2038 01:21:20 963 Katie Lote F
2039 01:22:14 1833 Penny Mickelsen F
2040 01:23:41 2035 Jacqueline Jones F 40
2041 01:23:41 2368 Gwyn Nichols M 50
2042 01:24:11 1654 Lynda Abd-Alahad F 35
2043 01:25:27 822 Mary Gostelow F 45

2044 01:28:29 1126 Judy Townhill F 65
2045 01:28:29 1129 Sharon Townhill F
2046 01:29:08 1346 Diana Johnson F 60
2047 01:34:18 71 Fiona Tanner F CSV Training Wales CORP
2048 01:34:19 66 Tracy Pallant F 40 CSV Training Wales CORP
2049 01:34:19 68 Tanner Bradley M CSV Training Wales CORP