

2013 Richard Burton 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:30:42	305	Dewi Griffiths	M		Swansea Harriers	1	0:30:41
2	0:32:44	393	Andrew Hunt	M		Cardiff AAC	2	0:32:43
3	0:33:26	349	Matthew Edmonds	M		Lliswerry Runners	3	0:33:24
4	0:33:35	329	Guy Smith	M		Swansea Harriers	4	0:33:34
5	0:33:44	336	Matthew Wells	M		Bridgend AC	5	0:33:42
6	0:33:46	330	Steve Davies	M		Swansea Harriers	6	0:33:44
7	0:33:54	347	Martin Rees	M	60	Les Croupiers	7	0:33:53
8	0:34:32	110	Mark Jones	M		Newport Harriers	8	0:34:30
9	0:34:48	145	Chris Millington	M		Les Croupiers	9	0:34:46
10	0:35:06	77	Andrew Hodgson	M	40	Bridgend AC	10	0:35:03
11	0:35:08	290	Andrea Whitcombe	F	40	Swansea Harriers	11	0:35:06
12	0:35:16	118	Eamonn Kirk	M	40	Swansea Harriers	12	0:35:15
13	0:35:28	27	Peter Coles	M	50	Pontypridd Roadents	13	0:35:26
14	0:35:40	369	Richard Dando	M		Bridgend AC	14	0:35:38
15	0:35:55	165	Chris Parker	M	45	Port Talbot Harriers	15	0:35:53
16	0:35:59	334	Alan Davies	M	60	3Ms Gorseinon	16	0:35:57
17	0:36:01	209	Paul Speyer	M		Brackla Harriers	17	0:35:58
18	0:36:15	166	Jessica Parry-Williams	F		Les Croupiers	18	0:36:14
19	0:36:27	123	Holly Lawrence	F		Swansea Harriers	19	0:36:25
20	0:36:44	89	Richard Jackson-Hookins	M		Penarth & Dinas Runners	20	0:36:42
21	0:36:56	214	Paul Talbot	M	45	Neath Harriers	21	0:36:54
22	0:37:00	137	James Manson	M		Cardiff Tri	22	0:36:57
23	0:37:28	59	Gavin Gates	M		Bridgend AC	23	0:37:25
24	0:37:35	365	Geraint Lewis	M		Porthcawl Runners	24	0:37:31
25	0:37:51	11	Alaw Beynon-Thomas	F		Swansea Harriers	25	0:37:49
26	0:37:54	297	Daniel Gurmin	M		Swansea Harriers	26	0:37:53
27	0:38:13	255	Dylan Williams	M		Swansea Harriers	27	0:38:11
28	0:38:15	107	Jack Jones	M		Swansea Harriers	28	0:38:12
29	0:38:18	386	Neil Davies	M	55	Cornelly Striders	29	0:38:15
30	0:38:19	314	Nigel Barnes	M	45	Run4All	30	0:38:16
31	0:38:24	170	Kneath Philippart	M	55	Swansea Harriers	31	0:38:21
32	0:38:29	318	Greg Millan	M			32	0:38:26
33	0:38:34	299	Simon Wilson	M	45	Swansea Harriers	33	0:38:30
34	0:38:37	130	Jon Leyland	M	40		34	0:38:33
35	0:38:49	296	Michael Roderick	M		Swansea Harriers	36	0:38:47
36	0:38:50	247	Mark Williams	M	45		37	0:38:47
37	0:38:51	355	Shane Donnelly	M		Maidstone Harriers	35	0:38:41
38	0:39:10	364	Jeff Thomas	M	45	Porthcawl Runners	38	0:39:06
39	0:39:16	60	Carol Glover	F		Swansea Harriers	39	0:39:10
40	0:39:24	273	Ashley Jones	M			40	0:39:16
41	0:39:25	310	Ian Ogilvie	M	45	Brackla Harriers	41	0:39:19
42	0:39:45	180	Gareth Rees	M		TATA Multisport	42	0:39:38
43	0:39:48	333	Jamie Fenaroli	M		Swansea Harriers	43	0:39:43
44	0:40:08	125	Sharon Leech	F	40	Carmarthen Harriers	44	0:40:02
45	0:40:10	151	Simon Moore	M		Cr@pTri	45	0:40:06
46	0:40:12	292	Martin Cole	M	45		46	0:40:08
47	0:40:14	52	Rob Falconer	M	55	Swansea Harriers	47	0:40:10
48	0:40:23	322	Adam Jones	M		Brecon AC	49	0:40:20
49	0:40:23	46	William Edwards	M	40	Porthcawl Runners	48	0:40:18
50	0:40:28	8	Jon Belcher	M			50	0:40:23
51	0:40:29	345	Gareth Ayres	M		Port Talbot Harriers	52	0:40:27
52	0:40:34	375	Andrew Brasington	M	45	Brecon AC	51	0:40:25
53	0:40:40	261	Keith Powell	M	60	Cornelly Striders	53	0:40:35
54	0:40:49	391	Bernard Henderson	M	55	Port Talbot Harriers	54	0:40:42
55	0:40:58	153	John Morgan	M	50	Bridgend AC	57	0:40:55
56	0:41:01	54	Andrew Frayling	M		Penarth & Dinas Runners	56	0:40:51
57	0:41:01	222	Keith Thompson	M	50	Rhondda Valley Runners	58	0:40:57
58	0:41:01	160	Terry O'brien	M	55		55	0:40:50
59	0:41:02	114	Richard Jones	M	55	Swansea Harriers	59	0:40:57
60	0:41:14	122	Christopher Latham	M			60	0:41:04
61	0:41:15	67	Neil Harris	M	50	Porthcawl Runners	61	0:41:08
62	0:41:18	371	Paul Jelley	M	45	Port Talbot Harriers	62	0:41:10
63	0:41:24	185	Danny Ridley	M			63	0:41:21
64	0:41:29	108	Luke Jones	M		Brackla Harriers	64	0:41:22
65	0:41:32	225	Graham Vyner	M	45	Run4All	65	0:41:26
66	0:41:47	149	David Moore	M		Brackla Harriers	66	0:41:35
67	0:41:58	24	Clem Clement	M	50	Penarth & Dinas Runners	67	0:41:51
68	0:42:12	193	Scott Robinson	M			68	0:42:06
69	0:42:44	126	Bill Leslie	M	40	Amman Valley Harriers	69	0:42:30
70	0:42:44	119	Sian Kirk	F		Swansea Harriers	72	0:42:38
71	0:42:45	36	Andrew Davies	M	40		70	0:42:32
72	0:42:48	4	Richard Baker	M			71	0:42:35
73	0:42:53	61	David Goodall	M	60		74	0:42:44
74	0:42:54	132	Hywel Longman	M			73	0:42:43
75	0:43:03	298	Martin Slucutt	M		Swansea Harriers	75	0:42:58

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:43:09	301	Dave Hughes	M	45	Bridgend AC	77	0:43:03
77	0:43:11	49	Debbie Evans	F	45	Penarth & Dinas Runners	76	0:43:00
78	0:43:13	200	Christopher Seal	M		Penarth & Dinas Runners	78	0:43:04
79	0:43:19	69	Steve Herington	M	65	Hereford Couriers	80	0:43:15
80	0:43:26	308	Morgan McIntosh	M			82	0:43:23
81	0:43:27	45	Huw Edwards	M	40		79	0:43:10
82	0:43:28	135	Angharad Mair	F	50		81	0:43:23
83	0:43:32	286	Peter Turner	M	60	Cornelly Striders	83	0:43:25
84	0:43:37	47	Nathan Emery	M		Running Wise	86	0:43:26
85	0:43:37	112	Nick Jones	M		Penarth & Dinas Runners	85	0:43:25
86	0:43:39	53	Marcus Fitchett	M			84	0:43:25
87	0:43:48	350	Richard Dyke	M	40	Brackla Harriers	87	0:43:36
88	0:43:51	281	Neil Davies	M	55		88	0:43:38
89	0:43:53	293	Richard Jones	M	40	Cornelly Striders	89	0:43:46
90	0:43:57	216	Mark Terry	M	55	Trots	90	0:43:46
91	0:44:10	217	Anthony Thomas	M	40		91	0:43:47
92	0:44:12	321	Jamey Taylor	M			92	0:43:50
93	0:44:14	289	Steven Howell	M	40		96	0:44:09
94	0:44:15	44	Christopher Economides	M	60	Penarth & Dinas Runners	94	0:44:07
95	0:44:16	6	Ian Barnett	M	45		93	0:44:06
96	0:44:19	357	David Miskell	M			95	0:44:09
97	0:44:27	14	Malcolm Bradley	M	60	Penarth & Dinas Runners	97	0:44:19
98	0:44:29	361	Charlotte Johns	F	45	Brackla Harriers	101	0:44:29
99	0:44:33	316	Gareth Edwards	M	45		99	0:44:22
100	0:44:34	233	Richard Watts	M		Run4All	98	0:44:21
101	0:44:36	171	Sian Phillips	F	50	Swansea Harriers	102	0:44:30
102	0:44:37	42	Marc Durkin	M		Penarth & Dinas Runners	100	0:44:26
103	0:44:40	291	Daniel Wilyeo	M			103	0:44:31
104	0:44:40	51	Rachel Evans	F	40	Run4All	104	0:44:33
105	0:44:49	211	Charles Stevenson	M			106	0:44:41
106	0:44:50	374	Martin Reed	M	50		107	0:44:42
107	0:44:51	389	Allan Jones	M	55	Brackla Harriers	105	0:44:37
108	0:44:53	288	Darren Chapple	M		Run4All	108	0:44:45
109	0:44:54	239	Dave Wilcox	M	50		109	0:44:49
110	0:45:02	41	Alistair Downes	M			110	0:44:51
111	0:45:08	368	Georgie Dando	F	35	Bridgend AC	112	0:44:59
112	0:45:10	190	Steve Roberts	M	45		111	0:44:55
113	0:45:10	337	Jamie Barton	M			113	0:45:00
114	0:45:11	397	Anthony Phillips	M	45	Porthcawl Runners	114	0:45:04
115	0:45:12	102	Caroline Jones	F	50	Trots	115	0:45:07
116	0:45:15	320	Simon Heatman	M	45		117	0:45:12
117	0:45:23	5	Darren Barnard	M			116	0:45:10
118	0:45:35	129	Steve Lewis	M	50		118	0:45:26
119	0:45:39	262	Martin Hines	M	40	Cwmafan RFC	119	0:45:27
120	0:45:41	362	Andrea Starritt	F	45	Brackla Harriers	120	0:45:27
121	0:45:42	332	Aron Jones	M			121	0:45:34
122	0:45:50	328	Barry Griffiths	M	45	Brecon AC	122	0:45:42
123	0:46:02	251	Robin Williams	M	50		123	0:45:43
124	0:46:13	359	Anthony Davis	M		Brackla Harriers	125	0:45:57
125	0:46:17	343	Jay Weaver	M			124	0:45:50
126	0:46:23	254	Charlie Wise	M			127	0:46:11
127	0:46:35	313	Christopher Thomas	M	55	Ebbw Vale RC	126	0:46:06
128	0:46:36	87	Andrea Hurman	F	45	Penarth & Dinas Runners	128	0:46:25
129	0:46:38	191	Ethan Robinson	M			131	0:46:33
130	0:46:43	242	Anthony Williams	M			129	0:46:32
131	0:46:46	13	Rachel Bowen	F	35		130	0:46:33
132	0:46:47	192	Peter Robinson	M			135	0:46:41
133	0:46:51	203	Carl Singleton	M		Celtic Tri	133	0:46:36
134	0:46:53	376	Michael Pascoe	M			132	0:46:35
135	0:46:57	22	Tom Chapman	M			134	0:46:41
136	0:47:05	227	Richard Walton	M			136	0:46:52
137	0:47:10	398	Alan Perkins	M	60	Port Talbot Harriers	138	0:47:04
138	0:47:19	379	Alex Ford	M	60	Brackla Harriers	137	0:47:02
139	0:47:22	136	Claire Manson	F		Cardiff Tri	139	0:47:17
140	0:47:28	346	Mark Watts	M		Run4All	144	0:47:22
141	0:47:29	97	Keith Jenkins	M			142	0:47:20
142	0:47:31	168	Steven Perks	M	50	Run4All	145	0:47:23
143	0:47:32	256	Andrew Evans	M	50		141	0:47:19
144	0:47:33	358	Louise Miskell	F	40	3Ms Gorseinon	146	0:47:23
145	0:47:39	32	Adrian Cross	M			143	0:47:21
146	0:47:41	38	Desmond Davies	M	60	Les Croupiers	140	0:47:19
147	0:47:45	212	Tom Stobbart	M			147	0:47:28
148	0:47:50	303	Tony Holling	M	55	Port Talbot Harriers	149	0:47:44
149	0:47:52	115	Victoria Jones	F	40		148	0:47:39
150	0:47:55	12	Richard Bleaney	M		Run4All	150	0:47:46

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:47:58	245	Jonathan Williams	M	40		153	0:47:54
152	0:48:04	380	Libby Lavis	F	55	Brackla Harriers	151	0:47:47
153	0:48:05	228	Richard Wanklyn	M		Ponhrydyfen Rugby Club	155	0:47:55
154	0:48:05	124	Rhys Lawrence	M		Ponhrydyfen Rugby Club	154	0:47:54
155	0:48:12	210	Mark Steedman	M	40		152	0:47:54
156	0:48:23	378	Marc Usher	M			156	0:48:14
157	0:48:30	304	Matthew William	M			157	0:48:20
158	0:48:40	80	Victoria Holloway	F	40		159	0:48:27
159	0:48:43	138	Neil Marvin	M	45	Port Talbot Harriers	158	0:48:26
160	0:48:50	265	Kelly Morgan	F			161	0:48:32
161	0:48:51	319	John M Petty	M			162	0:48:32
162	0:48:52	103	Chris Jones	M	50		160	0:48:31
163	0:48:52	2	Ben Adams	M		Run4All	163	0:48:45
164	0:48:56	331	Linda A Woodland	F	50	Run4All	165	0:48:51
165	0:49:00	363	Debra Clarke	F	45	Run4All	166	0:48:51
166	0:49:02	221	Gary Thompson	M			164	0:48:50
167	0:49:03	377	Megan Clark-Reid	F			167	0:48:54
168	0:49:15	143	Mark Mcneish	M	40		168	0:49:03
169	0:49:20	9	Danothy Bennett	M			169	0:49:06
170	0:49:29	85	Lindsey Hunt	F		Penarth & Dinas Runners	170	0:49:08
171	0:49:34	28	Brian Cotton	M		Cym Ogwr	171	0:49:22
172	0:49:37	155	John Morrissey	M	55	Swansea Bay Tri	173	0:49:24
173	0:49:43	344	Lee Newman	M	40	Porthcawl Runners	174	0:49:25
174	0:49:44	66	Paul Groves	M	45		179	0:49:39
175	0:49:46	283	Catherine Gilbert	F	40	Brecon AC	177	0:49:38
176	0:49:46	16	Katherine Brown	F			175	0:49:30
177	0:49:49	382	Mark Thompson	M			172	0:49:22
178	0:49:51	92	Jennet James	F	45		178	0:49:39
179	0:49:55	252	Yvonne Williams	F	55	Penarth & Dinas Runners	176	0:49:34
180	0:49:57	40	Thomas Davies	M			180	0:49:45
181	0:50:01	224	Gareth Tomos	M			181	0:49:56
182	0:50:09	282	Joanne Davies	F			182	0:49:57
183	0:50:18	327	Chris Morton	M	45		184	0:50:01
184	0:50:21	206	Gwen Smith	F	45		185	0:50:06
185	0:50:25	18	Tony Burt	M	70	Brackla Harriers	186	0:50:10
186	0:50:30	100	Ben Jones	M			183	0:50:01
187	0:50:37	373	Runner 373	M			189	0:50:33
188	0:50:43	372	Federica Civale	F			191	0:50:39
189	0:50:43	104	Claire Marie Jones	F		Les Croupiers	188	0:50:27
190	0:50:44	39	Kristian Davies	M			187	0:50:24
191	0:50:53	96	Cathryn Jenkins	F	40		192	0:50:50
192	0:50:57	269	Mark Weight	M			190	0:50:39
193	0:51:03	249	Noel Williams	M			193	0:50:52
194	0:51:11	270	Michael Curran	M			194	0:51:03
195	0:51:11	266	Shaun Broome	M	40	Run4All	195	0:51:05
196	0:51:22	323	Amy Cox	F		Brecon AC	197	0:51:14
197	0:51:28	311	Jane Oglvie	F	45	Brackla Harriers	198	0:51:14
198	0:51:33	244	Gerard Williams	M	40	Celtic Tri	199	0:51:27
199	0:51:37	342	Lewis Cronin	M			196	0:51:10
200	0:51:43	335	Stephen Bond	M	65	Brackla Harriers	200	0:51:33
201	0:51:51	113	Paul Jones	M	40	Mumbles Milers	201	0:51:34
202	0:51:56	181	John Rees	M	60		202	0:51:44
203	0:52:24	1	Gavin Richards	M			203	0:51:53
204	0:52:25	195	Paul Rowley	M	55		206	0:52:10
205	0:52:27	275	Ian Robinson	M			204	0:52:05
206	0:52:29	399	Runner 399	M	50	Brackla Harriers	205	0:52:05
207	0:52:31	287	Samantha Perrott	F	40	Run4All	208	0:52:25
208	0:52:47	271	Neil Rigdon	M	40		212	0:52:40
209	0:52:48	20	Emma Campbell	F	35		207	0:52:24
210	0:52:49	78	Michelle Hoey	F	35	Penarth & Dinas Runners	209	0:52:30
211	0:52:52	73	Steve Hill	M	50	Penarth & Dinas Runners	210	0:52:31
212	0:52:55	387	James Francis	M			211	0:52:37
213	0:52:58	202	L Silke	F	40	Swansea Bay Tri	213	0:52:45
214	0:53:08	390	Patricia Jones	F	55	Brackla Harriers	214	0:52:54
215	0:53:14	101	Carl Jones	M			217	0:53:03
216	0:53:18	117	Adam Khadiri	M			215	0:53:00
217	0:53:19	147	Michael Monaghan	M			216	0:53:00
218	0:53:21	139	Tony Matthews	M	40		220	0:53:06
219	0:53:21	83	Jeff Huckridge	M	40		221	0:53:06
220	0:53:23	178	Glyn Radford	M	40	OsoFit	225	0:53:23
221	0:53:24	91	Chris James	M	45		218	0:53:04
222	0:53:25	267	Madison Landeg	F			219	0:53:05
223	0:53:28	34	Claire Date	F	35		223	0:53:15
224	0:53:31	17	Russ Burt	M		Run4All	224	0:53:22
225	0:53:40	274	Alex Jones	M			222	0:53:08

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:53:49	64	Cheryl Griffiths	F	40		227	0:53:34
227	0:53:50	264	Rhys Woolcock	M	40	Cwmafan RFC	226	0:53:26
228	0:54:18	243	Gail Williams	F	35		233	0:54:09
229	0:54:20	341	Dean Cronin	M	40		228	0:53:53
230	0:54:23	257	Keith Harris	M	50	Mumbles Milers	229	0:53:55
231	0:54:23	278	Rhian O'Brien	F			230	0:53:55
232	0:54:32	218	Gareth Thomas	M	45		231	0:54:03
233	0:54:33	394	Hannah Rees	F			232	0:54:04
234	0:54:36	146	Daniel Mizen	M			235	0:54:28
235	0:54:39	231	Hannah Waters	F			234	0:54:26
236	0:54:58	57	Captain Beany	M	55		237	0:54:57
237	0:55:08	48	Catrin Evans	F	45		236	0:54:43
238	0:55:13	142	Kelly Mcneish	F	35		238	0:55:00
239	0:55:24	25	Janice Clement	F	55	Penarth & Dinas Runners	239	0:55:01
240	0:55:29	65	Owen Griffiths	M	40		240	0:55:10
241	0:55:33	354	Peter Davies	M			242	0:55:24
242	0:55:34	366	Anthony Bwye	M	55		245	0:55:32
243	0:55:40	285	Ian Swanson	M	60	Port Talbot Harriers	247	0:55:34
244	0:55:45	182	Liz Rees	F	35		244	0:55:30
245	0:55:48	98	Leighton Jenkins	M			241	0:55:22
246	0:55:51	19	Stephen Calvert	M	45		243	0:55:27
247	0:55:57	279	Rhian Powell	F	35	Run4All	246	0:55:33
248	0:56:02	312	John Davies	M	65	Port Talbot Harriers	249	0:55:57
249	0:56:14	219	Gwenno Thomas	F	35	Les Croupiers	250	0:55:59
250	0:56:14	133	Richard Lowcock James	M		Lliswerry Runners	251	0:55:59
251	0:56:15	223	Gemma Tomlinson	F			248	0:55:55
252	0:56:23	81	Naidine Hook	F			253	0:56:05
253	0:56:24	94	Anthony Jenkins	M	50		255	0:56:12
254	0:56:24	385	Shirley Davies	F	50		252	0:56:05
255	0:56:27	159	John Nugent	M	50		254	0:56:06
256	0:56:36	351	Stephen Saunders	M	55		256	0:56:15
257	0:56:38	392	Andrew John	M	40		257	0:56:19
258	0:56:42	156	Jon Murcutt	M			262	0:56:42
259	0:56:45	238	Royston Whitney	M			259	0:56:27
260	0:56:45	240	Nathan Wilcox	M			258	0:56:27
261	0:56:51	306	Robert Jones	M	40		260	0:56:29
262	0:56:56	348	Andrew Waters	M	40		266	0:56:56
263	0:56:56	388	Laura Weaver	F			261	0:56:30
264	0:56:57	175	Rebecca Pritchard	F			263	0:56:43
265	0:57:01	158	Julie Noble	F	45	Celtic Tri	265	0:56:55
266	0:57:21	277	Richard Jones	M	40		264	0:56:54
267	0:57:31	237	Neil Wheeler	M	40	Run4All	267	0:57:06
268	0:57:32	204	Allan Smith	M	80	3Ms Gorseinon	268	0:57:22
269	0:57:43	174	Adrian Price	M	40		269	0:57:28
270	0:57:44	229	Steve Ware	M	45		270	0:57:28
271	0:57:46	131	Michelle Lloyd	F	45		271	0:57:31
272	0:57:51	144	Josh Miles	M			272	0:57:34
273	0:57:56	150	Eleanor Moore	F			274	0:57:41
274	0:57:58	396	Paul Buttle	M			275	0:57:42
275	0:58:05	383	Richard Donne	M	50	3Ms Gorseinon	273	0:57:39
276	0:58:09	120	Martin Lane	M	45		276	0:57:49
277	0:58:14	325	Catherine Hoile-Davies	F	45	Run4All	277	0:57:51
278	0:58:28	10	Richard Bennett	M			278	0:58:08
279	0:58:51	121	Shirley Lane	F	50		281	0:58:32
280	0:58:58	259	Alla Bamford	F	55		280	0:58:29
281	0:58:59	154	Tracey Morris	F	40		279	0:58:17
282	0:59:07	234	Natalie Wearne	F	35		282	0:58:44
283	0:59:08	198	Julie Samuel	F	45	TATA Multisport	284	0:58:48
284	0:59:10	82	James Howells	M			283	0:58:46
285	0:59:18	99	Andrew Jones	M			285	0:58:53
286	0:59:18	272	Kirsty Lewis	F			286	0:58:59
287	0:59:28	199	Neil Samuel	M	60	TATA Multisport	288	0:59:08
288	0:59:34	43	David Eagle	M			287	0:59:01
289	0:59:36	326	Gareth Lewis	M			289	0:59:09
290	0:59:51	74	Teresa Hillier	F	50		292	0:59:34
291	0:59:55	21	Fiona Campbell	F	35	Pontypridd Roadents	291	0:59:33
292	0:59:56	29	Andrew Courts	M	50		290	0:59:33
293	0:59:58	76	Christopher Hockley	M	45		293	0:59:37
294	1:00:04	284	Richard Nuell	M	60	Portishead RC	295	0:59:44
295	1:00:05	197	Aled Samuel	M	55		294	0:59:39
296	1:00:12	339	Alison Williams	F	45	Run4All	296	0:59:50
297	1:00:33	260	Louise Hopkins	F	35		297	1:00:21
298	1:00:55	33	Sophie Dark	F			298	1:00:27
299	1:01:33	324	Sioned Street	F	40	Run4All	299	1:01:10
300	1:01:40	352	Michael L Saunders	M			300	1:01:18

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	1:01:40	353	Amy Saunders	F			301	1:01:18
302	1:01:52	161	Claire O'kane	F	35		303	1:01:37
303	1:02:19	30	Catherine Courts	F	40	Run4All	304	1:01:55
304	1:02:19	232	Verity Watson	F			302	1:01:32
305	1:02:20	127	Eira Wyn Lewis	F	45		308	1:02:06
306	1:02:21	72	Mari Higginson	F	40		305	1:01:58
307	1:02:23	370	Cathy Jones	F	60		306	1:02:00
308	1:02:26	300	Alun Dainty	M	40	Cwmafan RFC	307	1:02:02
309	1:02:43	263	Amy Hines	F	35	Cwmafan RFC	309	1:02:27
310	1:02:45	68	Lloyd Hayden	M		Ponthrydyfen Rugby Club	311	1:02:35
311	1:02:55	205	Andrew Smith	M	60		312	1:02:41
312	1:02:57	148	Amanda Moore	F		Brackla Harriers	310	1:02:28
313	1:03:06	360	Kay Barnes	F	40	Run4All	314	1:02:44
314	1:03:06	236	Hazel Wheeler	F	40	Run4All	313	1:02:42
315	1:03:16	23	Tony Chess	M	60		315	1:03:00
316	1:03:29	90	Barry James	M	60	Porthcawl Runners	317	1:03:01
317	1:03:29	93	Rhian James	F			316	1:03:01
318	1:03:34	157	Sam Murcutt	F			321	1:03:34
319	1:03:37	226	Angela Walsh	F		Porthcawl Runners	318	1:03:13
320	1:03:41	207	Sharon Smith	F	40		319	1:03:23
321	1:03:51	26	Ruth Cochran	F	45	Pontypridd Roadents	320	1:03:29
322	1:03:58	95	Bethan Jenkins	F		Run4All	322	1:03:34
323	1:04:24	302	Sian Tossell	F	45	Brackla Harriers	323	1:03:58
324	1:04:32	294	Clare Evans	F	40		325	1:04:06
325	1:04:32	295	John Taylor	M		Cwmafan RFC	324	1:04:06
326	1:05:00	164	Julian Page	M	40	Cwmavon RFC	326	1:04:34
327	1:07:02	280	Karen Davies	F	35		327	1:06:37
328	1:07:27	116	Sarah Joseph	F	45		328	1:07:01
329	1:07:46	309	Kathleen Evans	F	60	Brackla Harriers	329	1:07:30
330	1:08:10	317	Victoria Millard	F	35		332	1:07:52
331	1:08:10	276	Christopher Mellows	M	40		331	1:07:51
332	1:08:19	188	Paul Roberts	M	40		330	1:07:49
333	1:10:12	213	Larry Summers	M			334	1:09:56
334	1:10:12	50	Natalie Evans	F	35		333	1:09:54
335	1:10:26	176	Kath Pugh	F			335	1:10:14
336	1:11:19	307	Jennifer Carroll	F	45		336	1:11:11
337	1:12:22	250	Phil Williams	M			337	1:11:50
338	1:12:26	71	Erin Heymann	F			340	1:12:22
339	1:12:26	70	Claire Heymann	F	40		339	1:12:21
340	1:12:37	169	Lucasz Perski	M			338	1:12:21
341	1:12:43	167	Meryl Partridge	F	40		342	1:12:32
342	1:12:50	235	Laura Weaver	F			341	1:12:28
343	1:13:38	258	Gary Taylor	M		Mumbles Milers	343	1:13:10
344	1:14:20	338	Rhian Thomas	F	40	Run4All	344	1:13:56
345	1:14:24	268	Sarah Mainwaring	F			345	1:14:01
346	1:15:08	367	Dylan Williams	M		Swansea Harriers	346	1:14:50
347	1:18:25	340	Nigel Rees	M	40	Cwmafan RFC	347	1:17:59