

# RHAYADER 20 MILE ROAD RACE 2014

Pos	Time	Family	First	Num	Gen	Age	Catgy	Club	C1	M
1	2:04:34	Pugh	Jonathan	226	M	32	OM	Rhayader RC	L	0:
2	2:05:04	Grover	Robert	207	M	27	OM			0:
3	2:07:42	Loxam	Jamie	240	M	36	OM	Stockport Harriers		0:
4	2:08:37	Gore	Andy	17	M		M40	Cheltenham Harriers		0:
5	2:10:36	Davies	Tim	154	M	46	M45	Rhayader RC	L	0:
6	2:11:18	Lewis	Simon	180	M	37	OM	Aberdare Valley AAC		0:
7	2:12:07	Rowland	Chris	191	M	41	M40	RAF		0:
8	2:13:14	Davis	Nick	242	M	43	M40	Chepstow Harriers		0:
9	2:13:44	Price	Glyn	181	M	46	M45	Sarn Helen		0:
10	2:14:33	Edginton	Nigel	34	M		OM	Halesown Tri Club		0:
11	2:14:41	Webber	Stuart	44	M		OM			0:
12	2:16:06	Tremlett	Jack	145	M		OM	TROTS		0:
13	2:16:12	Davies	Steve	232	M	55	M55	Pontypool Runners		0:
14	2:17:18	Reynolds	Matthew	38	M		OM	Celtic Tri		0:
15	2:17:27	Thomas	James	237	M	40	M40			0:
16	2:17:34	James	Ian	70	M		M50	Wrexham AC		0:
17	2:17:49	Nicholls	Doug	84	M		OM	San Domenico		0:
18	2:18:06	Collier	John	96	M		OM	Westbury Harriers		0:
19	2:18:12	Jones	Charlie	138	M		OM	Westbury Harriers		0:
20	2:18:49	Aylmore	James	115	M		M50	Poole Runners		0:
21	2:18:50	Smith	Ian	152	M		M55	Severn		0:
22	2:19:26	Owen	Ian	100	M		OM			0:
23	2:19:40	Phillips	Robin	153	M		M40	Westbury Harriers		0:
24	2:21:57	Powell	Dave	197	M	53	M50	Aberystwyth AC		0:
25	2:22:09	Hooper	Nick	230	M	48	M45	Black Pear Joggers		0:
26	2:22:24	Garrod	Tom	31	M		M45	Witney RR		0:
27	2:22:55	Croall	Pete	90	M		OM	San Domenico		0:
28	2:23:04	Tyack	James	112	M		OM	Hogweed Trotters		0:
29	2:23:15	Kendrick	Philip	190	M	52	M50	Rhayader RC	L	0:
30	2:23:46	Anslow	Mike	6	M		OM	Black Country Triathletes		0:
31	2:23:59	Jackson-Hookins	Richard	147	M		OM	Penarth & Dinas Runners		0:
32	2:24:19	Lambeth	Dafydd	140	M		M40	Islwyn		0:
33	2:24:44	Dimmer	Simon	146	M		M50	Forest of Dean AC		0:
34	2:25:43	Pinter	Balazs	143	M		M40			0:
35	2:25:53	Williams	David	139	M		M50	Hereford Couriers		0:

36	2:25:55	Boon	Julian	124	M		M40	Forest of Dean AC		0:
37	2:26:10	Davies	Vic	87	M		M50			0:
38	2:26:31	Gordon	Karl james	249	M	38	OM	Dee Striders		0:
39	2:27:13	King	Richard	101	M		OM	Hogweed Trotters		0:
40	2:27:16	Brett	Duncan	108	M		OM			0:
41	2:27:28	Griffiths	Nick	171	M	44	M40	Amman Valley Harriers		0:
42	2:27:33	Jukes	Daman	206	M	43	M40	Parc Bryn Bach		0:
43	2:27:35	Lewis	Robert	221	M	40	M40			0:
44	2:27:48	Lam	Jonny	151	M		M40	San Domenico		0:
45	2:28:05	Thomas	Rhys	248	M	27	OM			0:
46	2:28:18	Curtis	Marc	93	M		M45	Kenilworth RC		0:
47	2:28:29	Rose	David	94	M		M50	Stourbridge RC		0:
48	2:28:38	Williams	Glyn	198	M	41	M40	CroFt AMbrey Runners		0:
49	2:28:51	Carter	Laurie	129	M		M55	Chepstow Harriers		0:
50	2:28:57	Walker	Ross	229	M	36	OM	BAD Tri		0:
51	2:29:21	Williams	Martin	199	M	46	M45	CroFt AMbrey Runners		0:
52	2:29:23	Davies	Carwyn	243	M	36	OM			0:
53	2:29:31	Penny	Chris	215	M	40	M40	Forest of Dean AC		0:
54	2:30:02	Bennett	Chris	163	M	36	OM		L	0:
55	2:30:38	Deaton	Paul	13	M		M45	Southville RC		0:
56	2:30:44	Hughes	Simon	59	M		OM	Dudley & Kingswinford		0:
57	2:30:46	Barnes	Paul	141	M		M50	Cheltenham Harriers		0:
58	2:30:57	Gething	Nicola	525	F		F40	Parc Bryn Bach		0:
59	2:31:41	Herron	Neil	131	M		M50	Black Pear Joggers		0:
60	2:32:01	Titley	Norman	51	M		M50	Shropshire Shufflers		0:
61	2:32:12	Beves	Rob	189	M	49	M45	Chepstow Harriers		0:
62	2:32:27	Davies	Nicola	522	F		OF	Shropshire Shufflers		0:
63	2:32:37	Brown	Matt	21	M		OM			0:
64	2:33:13	Taylor	Jan	41	M		M40			0:
65	2:33:21	Tremlett	Elizabeth	588	F		F35	TROTS		0:
66	2:33:31	Price	Jimmy	212	M	61	M60	Liverpool RC		0:
67	2:33:40	Barker	Louise	615	F	38	F35	Aberystwyth AC		0:
68	2:33:44	Harris	Chris	175	M	39	OM	Black Pear Joggers		0:
69	2:34:28	Warrick	Michael	150	M	61	M60	Rhayader RC	L	0:
70	2:35:13	Atkins	James	92	M		M45	Halesowen AC		0:
71	2:35:25	Spencer	Andrew	130	M		M50	Griffithstown Harriers		0:
72	2:35:34	Harris	Lenny	188	M	44	M40	Stourbridge RC		0:
73	2:35:35	Dix	Steven	62	M		OM			0:
74	2:36:20	Watts	Rick	246	M	26	OM	Pontypool Runners		0:
75	2:36:51	Merrell	Andrew	26	M		M40	Halesowen AC		0:
76	2:37:21	Lewis	Terry	63	M		M50	Islwyn		0:
77	2:37:32	Leibling	Simon	37	M		M50	Marlborough RC		0:
78	2:37:46	Bennett	Anthony	83	M		M45	Malvern Joggers		0:

79	2:38:50	Phibben	Lee	119	M		M40	Southville RC		0:
80	2:39:01	Addison	Jamie	228	M	20	OM			0:
81	2:39:20	Syngge	Tim	49	M		M50	Westbury Harriers		0:
82	2:39:28	Moore	Lesley	541	F		F35	Poole Ac		0:
83	2:39:45	James	Russell	193	M	47	M45	Hereford Couriers		0:
84	2:39:52	Adams	Nick	174	M	43	M40	Black Pear Joggers		0:
85	2:40:04	Evans	Robert	55	M		M50	Ebbw Vale RC		0:
86	2:40:06	Stevens	Neil	46	M		M45	Ebbw Vale RC		0:
87	2:40:32	Jones	Llinos	625	F	33	OF	Amman Valley Harriers		0:
88	2:40:38	Price	Richard	74	M		M45	Celtic Tri		0:
89	2:40:47	Hide	Simon	120	M		M45	Wrexham AC		0:
90	2:41:02	Jones	Nigel	82	M		M45	Mynydd Du		0:
91	2:41:06	Green	Tim	225	M	47	M45	Les Croupiers		0:
92	2:41:18	Lewis	Chris	103	M		M40	Hogweed Trotters		0:
93	2:41:21	Smith	Andrew	118	M		M45	Southville RC		0:
94	2:41:26	Adams	Phil	224	M	52	M50	100 km Association		0:
95	2:41:32	Ball	Katie	504	F		OF	Southville RC		0:
96	2:41:43	Runacres	Adam	241	M	19	OM	Aberystwyth Uni Harriers		0:
97	2:42:23	Mc Dermott	Paul	183	M	51	M50	Sarn Helen		0:
98	2:43:23	Murphy	Andrew	239	M	32	OM	Merthyr RC		0:
99	2:43:32	Bunn	Tricia	547	F		F35	Peel RR		0:
100	2:44:02	Mitchell	Tristan	121	M		OM	Malvern Joggers		0:
101	2:44:16	Loach	Ben	218	M	37	OM	Stourbridge RC		0:
102	2:44:17	Baird Murray	Justin	238	M	48	M45	Rhayader RC	L	0:
103	2:44:44	Langley	Keith	220	M	58	M55	Pontypool & District RC		0:
104	2:44:45	Pickering	Jon	110	M		M45	Malvern Joggers		0:
105	2:44:52	Hughes	Richard	105	M		M50	Westbury Harriers		0:
106	2:44:54	Lee	Rebecca	542	F		OF	Westbury Harriers		0:
107	2:44:57	Bailey Gard	Jullian	157	M	38	OM	Westbury Harriers		0:
108	2:45:07	Mallett	Gemma	510	F		OF	Croft ambrey RC		0:
109	2:45:44	Davies	Andrew	123	M		M60	Telford Harriers		0:
110	2:45:45	Burch	Steven	25	M		OM	Stourbridge RC		0:
111	2:45:54	Tattersall	Toby	217	M	49	M45			0:
112	2:45:58	Frampton	Robert	56	M		M50	Poole Runners		0:
113	2:46:29	Samuels	Paul	201	M	38	OM	Wrexham AC		0:
114	2:46:30	Breathnach	Poc	195	M	19	OM	Aberystwyth Tri		0:
115	2:46:48	Traynor	Roy	12	M		M50	Ellesmere Port RC		0:
116	2:46:52	Thomas	David	166	M	51	M50	Sarn Helen		0:
117	2:47:16	Dobbing	James	244	M	28	OM	Forest of Dean AC		0:
118	2:47:32	Exton	Charles	222	M	46	M45	Hereford County AC		0:
119	2:47:46	Restall	Sandy	196	M	35	OM	Dirty Daps Muddy Tracks		0:
120	2:47:56	Bradshaw	Sian	593	F		F35	Carmarthen Harriers		0:
121	2:48:13	Rendall	Matthew	35	M		OM			0:

122	2:48:48	Dixon	Jason	210	M	43	M40	Islwyn		0:
123	2:48:52	Berry	Scott	97	M		OM	Forest of Dean AC		0:
124	2:48:56	Frances	David	227	M	42	M40			0:
125	2:48:59	Turner	Neil	219	M	46	M45	Wye Valley Runners		0:
126	2:49:07	Doran	Victoria	545	F		OF	Telford Harriers		0:
127	2:49:27	Hall	Ian	18	M		M50	Amazing Feet RC		0:
128	2:49:51	Robertson	Gavin	233	M	35	OM			0:
129	2:50:18	Charles	Paul	91	M		M55	Pegasus RC		0:
130	2:50:22	Johnson-Taylor	Jo	546	F		OF	Southville RC		0:
131	2:50:40	Sergeant	Beth	639	F	34	OF	Westbury Harriers		0:
132	2:51:03	Blanning	Samuel	77	M		OM	Southville RC		0:
133	2:51:23	Evans	John	185	M	67	M65	Aberystwyth AC		0:
134	2:51:35	Robertson	Alan	28	M		M55	Forest of Dean AC		0:
135	2:51:37	Goodwin	Jane	597	F		F40	Westbury Harriers		0:
136	2:51:44	Donoval	Paul	235	M	46	M45	Ponty y Pwl District Runners		0:
137	2:52:03	Jenkins	Alun	177	M	50	M50	Rhayader RC	L	0:
138	2:52:12	Power	Lloyd	216	M	47	M45			0:
139	2:52:23	Rushton	Donna	548	F		F40	Black Pear Joggers		0:
140	2:52:24	Hughes	Lenny	187	M	57	M55	Maldwyn Harriers		0:
141	2:52:37	Roscoe	Martyn	106	M		OM			0:
142	2:52:47	Westcott	Lorraine	511	F		F40	Black Pear Joggers		0:
143	2:53:17	Gardener	John	61	M		M70	Pembrokeshire Harriers		0:
144	2:53:18	Bradley	Malcolm	54	M		M60	Penarth & Dinas		0:
145	2:53:42	Worthing	Anita	576	F		F55	Aberystwyth AC		0:
146	2:53:53	Davies	gareth	636	M	50	M50			0:
147	2:53:57	Jones	Stevan	29	M		M40	Southville RC		0:
148	2:54:11	Williams	David	24	M		M40			0:
149	2:54:29	Habib	Sara	558	F		F45	Kenilworth RC		0:
150	2:54:35	Prosser	Lucy	550	F		F40	Malvern Joggers		0:
151	2:54:36	Cornish	Ruth	505	F		F45	Southville RC		0:
152	2:54:36	Saward	Yann	104	M		M45	Southville RC		0:
153	2:54:45	Galbraith	ANdy	47	M		M65	Shropshire Shufflers		0:
154	2:55:04	Todman	Martin	133	M		M55	Stratford on Avon AC		0:
155	2:56:08	Tann	Garry	176	M	56	M55	Mysteruns of Abergele		0:
156	2:56:29	Philipps	Euan	75	M		OM			0:
157	2:56:35	Bunn	Richie	79	M		M40	Peel RR		0:
158	2:56:45	O Dwyer	Rachel	606	F	42	F40			0:
159	2:56:54	Churchwand	Ian	231	M	45	M45	Lytchett Manor Striders		0:
160	2:56:54	Gavin	Nick	202	M	33	OM	Lytchett Manor Striders		0:
161	2:57:01	Jones	Stephen	127	M		OM			0:
162	2:57:02	Monk	Caroline	583	F		OF	Warley Wood Pacers		0:
163	2:57:28	Riddington	Tom	88	M		M40	Chepstow Harriers		0:
164	2:57:42	Woodall	Mark	608	M	41	M40	Cobra RC		0:

165	2:57:53	Davies	Benjamin	113	M		OM	Wye Valley Runners		0:
166	2:58:18	Lewis	Julie	532	F		F45	Islwyn		0:
167	2:58:31	Bright	Louise	637	F	34	OF	Ponty y Pwl District Runners		0:
168	2:58:33	Cale	Daniel	89	M		OM	Black Pear Joggers		0:
169	2:58:37	Pollard	Karen	523	F		F40	Black Pear Joggers		0:
170	2:59:06	Smout	David	57	M		M60	Parc Brynbach RC		0:
171	2:59:12	Moore	Chris	111	M		M60	Forest of Dean AC		0:
172	2:59:19	Davies	Allan	23	M		M45			0:
173	2:59:32	Percival	John	245	M	59	M55	Westbury Harriers		0:
174	2:59:52	Gaskell	Ben	247	M	28	OM			0:
175	2:59:59	McCudden	Simon	43	M		M50	Ripon Runners		0:
176	3:00:31	Willey	Charlotte	582	F		OF	Hogweed Trotters		0:
177	3:00:51	Humphries	John	178	M	57	M55	Mysteruns of Abergele		0:
178	3:00:58	Myers	Toby	3	M		M55	Southville RC		0:
179	3:01:12	Griffiths	Helen	560	F		F35			0:
180	3:01:28	Tunwell	Laura	611	F	27	OF			0:
181	3:01:46	Morgan	Emme	632	F	29	OF			0:
182	3:01:50	Bailey	Amanda	591	F		F40			0:
183	3:02:04	Palmer	Richard	9	M		M45			0:
184	3:02:28	Hellman	Toby	1	M		M45			0:
185	3:02:42	Sanders	Gerald	144	M		M55	Amazing Feet RC		0:
186	3:03:04	Hern	Natalie	567	F		F45	Griffithstown Harriers		0:
187	3:03:29	Taylor	Andy	136	M		OM	Hogweed Trotters		0:
188	3:03:37	David	Jonathan	635	M	33	OM			0:
189	3:03:44	Morris	Andy	99	M		OM			0:
190	3:03:56	Jones-Morris	Sarah	543	F		F40	Penistone Footpath Runners		0:
191	3:04:42	Griffiths	Lisa	551	F		OF	Outdoor Fitness		0:
192	3:04:43	Liles	Steven	169	M	44	M40	Bridgend Ford		0:
193	3:04:55	Harman	Joe	86	M		M55	Vegan Runners UK		0:
194	3:04:57	Butler	Rachel	627	F	51	F50	Maldwyn Harriers		0:
195	3:05:12	Morgan	Lucy	584	F		F35			0:
196	3:05:29	Powell Jones	Dilwyn	610	M	30	OM			0:
197	3:06:12	Priest	David	117	M		OM			0:
198	3:06:18	Banham	Andrew	15	M		M55	Malvern Joggers		0:
199	3:06:21	Tolalin	Jos	158	M	44	M40			0:
200	3:06:25	Webster	Owen	122	M		OM			0:
201	3:06:30	Abell	Martin	208	M	28	OM			0:
202	3:06:39	Stockley	John	60	M		OM			0:
203	3:06:57	Trebilcock	Linda	501	F		F50	Plymouth Harriers		0:
204	3:07:25	Pritchard	Maureen	580	F		F50	Aberystwyth AC		0:
205	3:07:36	Jordan	Mark	27	M		M50			0:
206	3:07:58	Gynn	Dave	135	M		M40	Hogweed Trotters		0:
207	3:08:24	Jones	Lee-Michelle	568	F		F40			0:

208	3:08:35	Boulton	Kieran	194	M	19	OM	Aberystwyth Tri	0:
209	3:08:53	Stocks	Paul	2	M		M45	Dallam RC	0:
210	3:09:02	Noonan	Jim	19	M		M50	Shropshire Shufflers	0:
211	3:09:08	Otteson	Joanna	575	F		F40	3Ms Goreinon	0:
212	3:09:11	Davies	Catrin Lynne	638	F	24	OF	Bristol AC	0:
213	3:10:11	Garner	Amanda	553	F		OF	Buckley Runners	0:
214	3:10:44	Lesutiene	Lina	594	F		OF	Aberystwyth AC	0:
215	3:10:51	Land	Edward	148	M		OM	Aberystwyth AC	0:
216	3:11:16	Morgan	Carole	603	F	68	F65	Shropshire Shufflers	0:
217	3:11:38	Turner	Phillip	114	M		M45	Sospan RR	0:
218	3:11:41	Williams	David	236	M	51	M50	Les Croupiers	0:
219	3:12:01	Duncan	Stuart	204	M	53	M50	Chepstow Harriers	0:
220	3:12:07	Baines	Barry	78	M		OM	Southville RC	0:
221	3:12:10	Duncan	Amanda	585	F		F40	Malvern Joggers	0:
222	3:12:13	Beves	Gemma	607	F	32	OF	Chepstow Harriers	0:
223	3:12:15	Frikl	Robert	162	M	44	M40	Telford Harriers	0:
224	3:12:24	Pritchard	Geraint	192	M	45	M45		0:
225	3:13:06	Jones	Sue	529	F		F50	Cybi Striders	0:
226	3:13:16	Rowlands	Elaine	534	F		F45	Aberystwyth AC	0:
227	3:13:25	Newman	Mike	11	M		M55	Lordshill RR	0:
228	3:13:31	Harvey	Paul	209	M	33	OM	Islwyn	0:
229	3:13:52	Haynes	Carlie	518	F		OF	Black Pear Joggers	0:
230	3:14:07	Frampton	Kelly	528	F		OF	Poole Runners	0:
231	3:24:09	Amos	Steve	58	M		OM	Poole Runners	0:
232	3:14:58	Cannon	Steve	160	M	39	OM	Lytchett Manor Striders	0:
233	3:15:04	Houlton	Alison	507	F		F35	Lytchett Manor Striders	0:
234	3:15:59	Spence	Cilin	168	M	62	M60	Southville RC	0:
235	3:16:05	Williams	Yvonne	590	F		F60	Penarth & Dinas Runners	0:
236	3:16:24	Hooper	Cara	599	F	22	OF	3Ms Gorseinon RR	0:
237	3:16:46	Jones	Neil	213	M	38	OM		0:
238	3:18:12	Kerr	Jane	634	F	49	F45	Builth & District RC	0:
239	3:18:14	Stephens	Lisa	563	F		F40	Black Pear Joggers	0:
240	3:18:17	Shacklock	David	30	M		OM	Black Pear Joggers	0:
241	3:18:25	Nadin	Clive	172	M	51	M50		0:
242	3:18:28	Shacklock	Claire	515	F		OF	Black Pear Joggers	0:
243	3:18:59	Mann	Alan	137	M		M55	Les Croupiers	0:
244	3:19:02	Bryan	John	66	M		OM	Malvern Joggers	0:
245	3:19:02	Roode	Steve	69	M		M45	Malvern Joggers	0:
246	3:19:17	Dexter	Nigel	134	M		OM		0:
247	3:19:52	Toon	Royston	116	M		M65	Chepstow Harriers	0:
248	3:20:14	Sanders	Carolyne	503	F		F45	Malvern Joggers	0:
249	3:20:19	Roden	Heidi	613	F	44	F45	Meirionnydd RC	0:
250	3:20:32	Kirkby	Dave	33	M		M45	Eryri Harriers	0:

251	3:21:07	Owen	David	14	M		M60	Prestatyn		0:
252	3:21:25	Rice	Jodie	535	F		F35			0:
253	3:22:09	Ridgwell	Kay	574	F		F55	Westbury Harriers		0:
254	3:22:31	Frost	Kate	531	F		F35	Forest of Dean AC		0:
255	3:22:36	Pye	David	72	M		M60	Amazing Feet RC		0:
256	3:22:56	Jones	Anthony	80	M		M40	Black Pear Joggers		0:
257	3:23:00	Thomas	Rose	566	F		F60	Rhayader RC	L	0:
258	3:23:12	Walton	Tony	16	M		M50			0:
259	3:23:43	Rees	Nicola	612	F	47	F45	Meirionnydd RC		0:
260	3:23:45	Jones	Carole	537	F		F60	Brecon AC		0:
261	3:23:49	Storey	Mathew	128	M		OM			0:
262	3:23:59	Vlaarkamp	Judith	616	F	37	F35	Lytchett Manor Striders		0:
263	3:23:59	Whitfield	Karl	203	M	37	OM	Lytchett Manor Striders		0:
264	3:24:12	O Dwyer	Ryan	186	M	19	OM			0:
265	3:24:18	Duff	Stephen	161	M	34	OM			0:
266	3:24:18	Duff	Sarah	600	F	37	F35			0:
267	3:24:31	Morgan	Amberley	631	F	33	OF	Ponty y Pwl District Runners		0:
268	3:24:45	Birch	Coleen	617	F	40	F40	Islwyn		0:
269	3:24:46	Lambeth	Jacqueline	586	F		F40	Islwyn		0:
270	3:24:48	Thomas	Cliff	173	M	68	M65	Aberystwyth AC		0:
271	3:25:09	Lewis	Beth	512	F		F35	Les Croupiers		0:
272	3:25:40	Plews	Rebecca	544	F		F35	Black Pear Joggers		0:
273	3:25:40	Vones	Steve	149	M	38	OM	Black Pear Joggers		0:
274	3:26:14	Evans	Ioan	71	M		M40			0:
275	3:26:16	Edwards	David	223	M	57	M55	Abergele Harriers		0:
276	3:26:47	Donoval	Nadine	633	F	41	F40	Pontypool & District RC		0:
277	3:27:03	Hodges	David	36	M		M50	Les Croupiers		0:
278	3:27:48	Hunter	Barbara	502	F		F40	Southville RC		0:
279	3:27:58	Hinxman	Peter	205	M	47	M45			0:
280	3:28:10	Phillips	Lowri	520	F		OF	San Domenico		0:
281	3:28:12	Restall	Sarah jane	614	F	38	F35	Dirty Daps Muddy Tracks		0:
282	3:28:31	Austin	Derek	211	M	62	M60	Triteam Glos		0:
283	3:28:41	Dwan	Jason	85	M		OM	Buckley Runners		0:
284	3:29:40	Dellar	Natalie	564	F		F35	Stourbridge RC		0:
285	3:29:43	Thompson	Lisa Jayne	618	F	38	F35			0:
286	3:29:45	Frampton	Marion	530	F		F50	Poole Runners		0:
287	3:29:57	Hunt	Lindsey	592	F		OF	Penarth & Dinas Runners		0:
288	3:29:59	Tagg	Susan	527	F		F45	Parc Bryn Bach		0:
289	3:30:33	Brownless	Maric	184	M	43	M40	Carmarthen Harriers		0:
290	3:30:45	Judge	Megan	506	F		OF	Malvern Joggers		0:
291	3:30:45	Anstey	Michael	53	M		M55	Malvern Joggers		0:
292	3:32:19	Warrick	Stephanie	595	F	62	F60	Rhayader RC		0:
293	3:32:19	Banning-Boddy	Nondus	578	F		F60	Rhayader RC	L	0:

294	3:32:26	Kelynack	Kate	557	F		F35	Pont y Pwl & Dist		0:
295	3:32:27	Timson	Dave	234	M	48	M45	Ponty y Pwl District Runners		0:
296	3:33:02	Elders	Karen	587	F		F40	Chepstow H		0:
297	3:33:51	Bailey	Richard	164	M	69	M65	Shropshire Shufflers		0:
298	3:33:54	King	Sara	571	F		OF			0:
299	3:34:14	Maher	Chris	102	M		M60			0:
300	3:34:59	Parker	Malcolm	125	M		M70	Islwyn		0:
301	3:35:25	Eore	David	214	M	45	M45			0:
302	3:36:32	Jones	June	628	F	41	F45	Maldwyn Harriers		0:
303	3:37:08	Jones	Eleri	609	F	43	F40	Prestatyn		0:
304	3:37:43	Thenton	Jane	596	F		F40	Westbury Harriers		0:
305	3:37:54	Farrington	Carol	581	F		F65	Rhayader RC	L	0:
306	3:39:31	Hodges	Margaret	630	F	56	F55			0:
307	3:40:15	Lewis	Eifion	182	M	44	M40	Carmarthen Harriers		0:
308	3:41:53	Alsworth	Michael	156	M	62	M60	100 Marathon Club		0:
309	3:42:26	Cain	Ingrid	602	F	57	F55	D K R C		0:
310	3:41:26	Thomas	Abi	601	F	37	F35			0:
311	3:42:50	Humble	Tina	572	F		F40			0:
312	3:44:03	Davies	Heather	620	F	48	F45			0:
313	3:46:54	Boutle	Jude	514	F		F50			0:
314	3:47:30	Cole	Wendy	562	F		F40	Black Pear Joggers		0:
315	3:47:32	Brighton	Lee	64	M		M40	Black Pear Joggers		0:
316	3:48:48	Grandon	Tony	68	M		M60	Outdoor Fitness		0:
317	3:48:59	Gill	Colin	167	M	67	M65			0:
318	3:49:18	Kelly	Andrew	179	M	38	OM			0:
319	3:49:18	Gizzie	Tanya	605	F	36	F35	Mysteruns of Abergele		0:
320	3:51:04	Lawrence	Sian	626	F	30	OF	Rhayader RC	L	0:
321	3:51:32	Francis	Anne	538	F		F65	Lordshill RR		0:
322	3:52:02	Harris	Rhys	159	M	42	M40		L	0:
323	3:52:20	Smith	Sarah	604	F	29	OF	Rhayader RC	L	0:
324	3:53:04	Crocker	Philippa	561	F		F50	Kingswood Tri Club		0:
325	3:55:28	Fallon	Helen	521	F		OF			0:
326	3:55:47	Watts	Melanie	598	F	36	F35			0:
327	4:00:24	Greene	Duane	569	F		F35	Griffithstown Harriers		0:
328	4:00:37	Dodd	Richard	126	M		M50			0:
329	4:05:07	Osborne	Linda	517	F		F50	Shropshire Shufflers		0:
330	4:06:42	Fee	Carol	540	F		F40	Westbury Harriers		0:
331	4:13:55	Welch	Wendy	619	F	54	F50			0:
332	4:15:25	Wakefield	Saran	629	F	37	F35	Pontypridd Roadents		0:
333	4:17:40	Barnes	Suzanne	621	F	47	F45	Purbeck Runners		0:
334	4:19:05	Wrobel	Carol	622	F	53	F50	Purbeck Runners		0:
335	4:20:57	Phillips	David	107	M		M70	Pembrokeshire Harriers		0:
336	4:22:38	Watts	Ken	155	M	68	M65		L	0:



337	4:24:18	Price	Mike	65	M		M60	Wrekin Orienteers		0:
338	4:24:45	Gosling	Julie	624	F	56	F55	Wimborne AC		0:
339	4:26:11	Smart	Amanda	623	F	50	F50	Poole AC		0:
340	4:35:00	Ahl	Jo	570	F		F45	England Athletics		0:
341	4:35:40	Coles	Jane	536	F		F55	Shropshire Shufflers		0:
342	4:35:55	Weaver	Jacque	519	F		F50	Shropshire Shufflers		0: