

Race Position	Race Number	Bar Code	Time	CName	Sname	Club	Sex	Males	Females	Age Group	Male	Female
											Positions	Positions
1	186	A0186	15:33	Richard	Gardiner	Aberdare V A C	M	1		MM40	1	
2	30	A0030	16:12	Matthew	Wells	Bridgend A C	M	2		SM	2	
3	51	A0051	16:17	Oliver	Williams	Les Croupiers	M	3		SM	3	
4	18	A0018	16:22	Daniel	Bodmin	Aberdare V A C	M	4		SM	4	
5	46	A0046	16:26	Edward	Donovan	Les Croupiers	M	5		SM	5	
6	23	A0023	16:33	Jason	Bragg	Aberdare V A C	M	6		SM	6	
7	26	A0026	16:44	Tom	Jeffery	Les Croupiers	M	7		SM	7	
8	2	A0002	16:48	Gavin	Gates	Bridgend A C	M	8		SM	8	
9	17	A0017	16:52	Rob	Sage	Les Croupiers	M	9		SM	9	
10	169	A0169	16:54	Andrew	Hodgeson	Bridgend A C	M	10		MM40	10	
11	5	A0005	16:55	Alex	Donald	Cardiff A A C	M	11		SM	11	
12	160	A0160	17:01	Matthew	Hurford	Les Croupiers	M	12		MM40	12	
13	54	A0054	17:05	Nigel	Davies	Les Croupiers	M	13		SM	13	
14	50	A0050	17:06	Daniel	Bradshaw	Aberdare V A C	M	14		SM	14	
15	3	A0003	17:08	Richard	Dando	Bridgend A C	M	15		SM	15	
16	187	A0187	17:10	Paul	Speyer	Brackla Harriers	M	16		MM40	16	
17	42	A0042	17:11	Doug	Nicholls	San Domenico	M	17		SM	17	
18	8	A0008	17:12	Matthew	Parkes	Les Croupiers	M	18		SM	18	
19	47	A0047	17:16	Jason	Kiely		M	19		SM	19	
20	15	A0015	17:20	Simon	Lewis	Aberdare V A C	M	20		SM	20	
21	111	A0111	17:23	Kate	Roberts	Swansea Harriers	F		21	SW		1
22	215	A0215	17:31	Phil	Cook	Les Croupiers	M	22		MM40	21	
23	14	A0014	17:40	Nick	Tulip	Les Croupiers	M	23		SM	22	
24	227	A0227	17:42	Anthony	Williams	Aberdare V A C	M	24		MM50	23	
25	27	A0027	17:46	Richard	Lloyd	Aberdare V A C	M	25		SM	24	
26	45	A0045	17:48	Peter	Croall	San Domenico	M	26		SM	25	
27	158	A0158	17:48	Richie	Bullen	Les Croupiers	M	27		MM50	26	
28	9	A0009	17:51	Darren	Edwards	Aberdare V A C	M	28		SM	27	
29	231	A0231	17:54	Alun	Jones	Les Croupiers	M	29		MM40	28	
30	12	A0012	18:12	Brian	Dias	Les Croupiers	M	30		SM	29	
31	220	A0220	18:14	Andrew	Blair	Les Croupiers	M	31		MM40	30	
32	20	A0020	18:18	Jamie	Fenarali	Swansea Harriers	M	32		SM	31	
33	217	A0217	18:22	Ian	Ogilvie	Brackla Harriers	M	33		MM40	32	
34	22	A0022	18:29	John	Mullaney	Aberdare V A C	M	34		SM	33	
35	223	A0223	18:32	Dave	Murray	Bridgend A C	M	35		MM40	34	
36	35	A0035	18:32	Matthew	Hopkins	Les Croupiers	M	36		SM	35	
37	29	A0029	18:33	David	Moore	Brackla Harriers	M	37		SM	36	
38	232	A0232	18:34	Glyn	Sansom	San Domenico	M	38		MM50	37	
39	225	A0225	18:35	Johnny	Lam	San Domenico	M	39		MM40	38	
40	104	A0104	18:36	Carys Mai	Hughes	Les Croupiers	F		40	SW		2
41	37	A0037	18:39	Darren	Hutchins	Merthyr	M	41		SM	39	
42	154	A0154	18:46	Adrian	Lewis	Aberdare V A C	M	42		MM40	40	
43	105	A0105	18:54	Clara	Evans	Pontypridd Roadents	F		43	SW		3
44	55	A0055	18:57	geraint	lewis	Porthcawl Runners	M	44		SM	41	
45	229	A0229	19:02	Brian	Richardson	Les Croupiers	M	45		MM50	42	
46	28	A0028	19:03	Andrew	Reddy	Aberdare V A C	M	46		SM	43	
47	41	A0041	19:04	Laurence	Pole	Pontypridd Roadents	M	47		SM	44	
48	212	A0212	19:05	Will	Edwards	Porthcawl Runners	M	48		MM40	45	
49	103	A0103	19:06	Zoe	Thomas	Bridgend A C	F		49	SW		4
50	183	A0183	19:10	Dean	House	Pegasus	M	50		MM40	46	
51	7	A0007	19:11	David	Williams	Aberdare V A C	M	51		SM	47	
52	43	A0043	19:11	Daniel	Davies	San Domenico	M	52		SM	48	
53	163	A0163	19:12	Jeff	Thomas	Bridgend A C	M	53		MM40	49	
54	182	A0182	19:13	Richard	Self	Les Croupiers	M	54		MM40	50	
55	151	A0151	19:14	John	Morgan	Bridgend A C	M	55		MM50	51	
56	176	A0176	19:16	Colin	McQueen	Brackla Harriers	M	56		MM50	52	
57	24	A0024	19:18	Simon	Marks	Penarth & Dinas	M	57		SM	53	
58	216	A0216	19:20	Terry	O'Brien		M	58		MM50	54	
59	188	A0188	19:20	James	White	Bridgend A C	M	59		MM40	55	
60	10	A0010	19:20	Daniel	Glen	Bridgend A C	M	60		U20M	56	
61	31	A0031	19:22	Luke	Jones	Brackla Harriers	M	61		SM	57	
62	6	A0006	19:23	Andy	Wilton	San Domenico	M	62		SM	58	
63	34	A0034	19:28	John	Burridge	Cwm Ogwr	M	63		SM	59	
64	202	A0202	19:30	David	Bennet		M	64		MM40	60	
65	155	A0155	19:31	Neil	Brooke-Smith	Pontypridd Roadents	M	65		MM40	61	
66	134	A0134	19:33	Katie	Beecher	Les Croupiers	F		66	MW35		5
67	178	A0178	19:37	Mick	McGeoch	Les Croupiers	M	67		MM50	62	
68	221	A0221	19:38	Andrew	Palmer	Penarth & Dinas	M	68		MM40	63	
69	164	A0164	19:41	Keith	Powell	Cornelly Striders	M	69		MM60	64	

70	174	A0174	19:49	Peter	Turner	Cornelly Striders	M	70		MM60	65	
71	39	A0039	19:50	rhys	Lee	Merthyr	M	71		U20M	66	
72	123	A0123	19:52	Georgie	Dando	Bridgend A C	F		72	MW35		6
73	167	A0167	19:56	Julian	Maine	Porthcawl Runners	M	73		MM50	67	
74	44	A0044	19:58	Rhys	Williams	Aberdare V A C	M	74		SM	68	
75	172	A0172	19:59	Richard	Dyke	Brackla Harriers	M	75		MM40	69	
76	16	A0016	19:59	Donavan	Williams Hale	Bridgend A C	M	76		U20M	70	
77	181	A0181	20:00	Jeffrey	Hanson		M	77		MM50	71	
78	208	A0208	20:01	Howard	Kent	Les Croupiers	M	78		MM60	72	
79	108	A0108	20:04	Elaine	Ferguson	Pontypridd Roadents	F		79	SW		7
80	4	A0004	20:04	Joe	Beech	Pencoed Tri	M	80		SM	73	
81	132	A0132	20:06	Susan	Watson	Les Croupiers	F		81	MW45		8
82	11	A0011	20:08	Adrian	Cartlidge	Bridgend A C	M	82		SM	74	
83	137	A0137	20:11	Lisa	Jones	Aberdare V A C	F		83	MW35		9
84	32	A0032	20:13	Thomas	Ogilvie	Brackla Harriers	M	84		U20M	75	
85	156	A0156	20:14	Dominic	Shields	San Domenico	M	85		MM40	76	
86	13	A0013	20:16	Paul	Graham	Pontypridd Roadents	M	86		SM	77	
87	209	A0209	20:29	marcus	Meyrick	Les Croupiers	M	87		MM40	78	
88	170	A0170	20:31	Anthony	Phillips	Bridgend A C	M	88		MM40	79	
89	190	A0190	20:32	Tim	Owen	Bridgend A C	M	89		MM50	80	
90	21	A0021	20:38	Nicholas	Harris	Cwm Ogwr	M	90		SM	81	
91	77	A0077	20:42	Christie	O'Connel	Pontypridd Roadents	F		91	SW		10
92	165	A0165	20:47	Gareth	Davies	Bridgend A C	M	92		MM40	82	
93	222	A0222	20:49	Robert	Wilson	Penarth & Dinas	M	93		MM50	83	
94	38	A0038	20:52	Andrew	Murphy	Merthyr	M	94		SM	84	
95	207	A0207	20:54	Tim	Green	Les Croupiers	M	95		MM40	85	
96	121	A0121	20:54	Clare	Hughes	Bridgend A C	F		96	MW35		11
97	168	A0168	20:58	Clive	Osmond	Les Croupiers	M	97		MM50	86	
98	230	A0230	20:59	Dave	Carrington	Pencoed Tri	M	98		MM40	87	
99	146	A0146	21:00	Maria	Zubuzarreta	Les Croupiers	F		99	MW35		12
100	114	A0114	21:02	Aine	Kenny	Les Croupiers	F		100	SW		13
101	152	A0152	21:03	David	Evans		M	101		MM40	88	
102	175	A0175	21:03	David	Hesketh	Cornelly Striders	M	102		MM50	89	
103	102	A0102	21:06	Marcia	Gouveia	San Domenico	F		103	SW		14
104	157	A0157	21:09	Graham	Mack	Merthyr	M	104		MM50	90	
105	228	A0228	21:10	Malcolm	Bradley	Penarth & Dinas	M	105		MM60	91	
106	1	A0001	21:16	Jamie	Clode	Bridgend A C	M	106		SM	92	
107	25	A0025	21:16	Oliver	Shimmen		M	107		SM	93	
108	153	A0153	21:17	Nick	Stocker	Bridgend A C	M	108		MM40	94	
109	177	A0177	21:18	Allan	Jones	Brackla Harriers	M	109		MM60	95	
110	109	A0109	21:20	Gemma	RocheClarke	Bridgend A C	F		110	SW		15
111	203	A0203	21:25	Roy	Silver	Les Croupiers	M	111		MM50	96	
112	52	A0052	21:27	Paul	Davies	Merthyr	M	112		SM	97	
113	162	A0162	21:30	Richard	Beech	Brackla Harriers	M	113		MM50	98	
114	143	A0143	21:33	Debbie	Evans	Penarth & Dinas	F		114	MW45		16
115	144	A0144	21:38	Cath	Tailby	Penarth & Dinas	F		115	MW35		17
116	75	A0075	21:51	Emma	Challenger	Merthyr	F		116	SW		18
117	191	A0191	21:56	Gary	John	Les Croupiers	M	117		MM50	99	
118	219	A0219	21:58	Dean	Thomas	Merthyr	M	118		MM40	100	
119	147	A0147	22:01	Beth	Lewis	Les Croupiers	F		119	MW35		19
120	173	A0173	22:06	Carl	Edwards	Pontypridd Roadents	M	120		MM40	101	
121	139	A0139	22:06	Julie	Scholie	Les Croupiers	F		121	MW45		20
122	213	A0213	22:11	Roland	Matthews	Brackla Harriers	M	122		MM50	102	
123	48	A0048	22:16	Nick	Pounder	Pontypridd Roadents	M	123		SM	103	
124	101	A0101	22:17	Gwen	Richards	Pontypridd Roadents	F		124	U20F		21
125	83	A0083	22:22	Cheryl	Evans	Les Croupiers	F		125	SW		22
126	81	A0081	22:24	Lisa	Cleary	Penarth & Dinas	F		126	MW45		23
127	86	A0086	22:27	Jenny	Martin	Les Croupiers	F		127	SW		24
128	36	A0036	22:30	Jonathon	Rees	Merthyr	M	128		SM	104	
129	138	A0138	22:34	Emma	Reed	Aberdare V A C	F		129	MW45		25
130	226	A0226	22:38	Steven	Quinn	Les Croupiers	M	130		MM40	105	
131	19	A0019	22:39	Jon	Thirel		M	131		SM	106	
132	33	A0033	22:39	Gareth	jenkins	Cwm Ogwr	M	132		SM	107	
133	171	A0171	22:51	Alex	Ford	Brackla Harriers	M	133		MM60	108	
134	120	A0120	22:55	Claire	Walters	Merthyr	F		134	SW		26
135	201	A0201	22:55	Tim	O'Sullivan	Les Croupiers	M	135		MM50	109	
136	150	A0150	22:56	Fiona	Davies	Ponty Roadents	F		136	MW55		27
137	210	A0210	23:02	Martin	Millett		M	137		MM40	110	
138	145	A0145	23:03	Jane	Ogilvie	Brackla Harriers	F		138	MW45		28
139	76	A0076	23:04	Alice	Bevan	Merthyr	F		139	SW		29
140	135	A0135	23:07	Libby	Lavis	Brackla Harriers	F		140	MW55		30

141	80	A0080	23:08	Andrea	Hurman	Penarth & Dinas	F		141	MW45		31
142	129	A0129	23:20	Jane	Edwards	Pontypridd Roadents	F		142	MW45		32
143	126	A0126	23:21	Liz	Beech	Brackla Harriers	F		143	MW45		33
144	206	A0206	23:26	Ray	James	Port Talbot	M	144		MM50	111	
145	211	A0211	23:27	Paul	Furlong	Penarth & Dinas	M	145		MM60	112	
146	218	A0218	23:39	Justin	Smith		M	146		MM40	113	
147	224	A0224	23:39	Abyd Quin	Aziz	Penarth & Dinas	M	147		MM50	114	
148	166	A0166	23:44	Paul	Chapman	Les Croupiers	M	148		MM40	115	
149	107	A0107	23:46	Stephanie	Davies	Pontypridd Roadents	F		149	U20F		34
150	189	A0189	23:57	Eric	hughes	Bridgend A C	M	150		MM70	116	
151	136	A0136	23:59	Mary	Beech	Brackla Harriers	F		151	MW45		35
152	141	A0141	24:00	Yvonne	Williams	Penarth & Dinas	F		152	MW55		36
153	184	A0184	24:02	Dai	Evans		M	153		MM50	117	
154	214	A0214	24:03	Ian	Stratton	Brackla Harriers	M	154		MM40	118	
155	119	A0119	24:03	Nadine	Cannon		F		155	SW		37
156	82	A0082	24:09	Anna	Heising	Penarth & Dinas	F		156	MW45		38
157	89	A0089	24:14	Abigail	Sullivan	Merthyr	F		157	SW		39
158	193	A0193	24:21	David	McDonald	Les Croupiers	M	158		MM40	119	
159	115	A0115	24:24	Emma	Jarrett	Penarth & Dinas	F		159	SW		40
160	204	A0204	24:38	Phil	Thomas	Les Croupiers	M	160		MM60	120	
161	205	A0205	24:38	Tony	Burt	Brackla Harriers	M	161		MM70	121	
162	185	A0185	24:47	Simon	Davies		M	162		MM40	122	
163	194	A0194	24:52	Andrew	Sedgmond	Les Croupiers	M	163		MM50	123	
164	192	A0192	24:52	Ralph	Davey	Les Croupiers	M	164		MM60	124	
165	122	A0122	25:26	Sarah	Brooke-Smith	Pontypridd Roadents	F		165	MW35		41
166	40	A0040	25:38	Gareth	Jarrod	Merthyr	M	166		SM	125	
167	179	A0179	25:44	Huw	Williams	Bridgend A C	M	167		MM40	126	
168	116	A0116	26:10	Charlotte	Barlow	Brackla Harriers	F		168	SW		42
169	49	A0049	26:22	Lee	Hopkins	Aberdare V A C	M	169		SM	127	
170	142	A0142	26:27	Stella	Sturgess	Penarth & Dinas	F		170	MW35		43
171	117	A0117	26:43	Miolly	Smith	Merthyr	F		171	SW		44
172	125	A0125	26:46	Amanda	Thompson	Les Croupiers	F		172	MW45		45
173	161	A0161	26:50	Jeff	Aston	Les Croupiers	M	173		MM60	128	
174	180	A0180	27:00	Phil Francis	Smith	Brackla Harriers	M	174		MM50	129	
175	118	A0118	27:01	Lisa	Davies	Cwm Ogwr	F		175	SW		46
176	133	A0133	27:20	Eirian	Arwyn	Les Croupiers	F		176	MW55		47
177	149	A0149	27:44	Emma	Morris	Merthyr	F		177	MW35		48
178	85	A0085	28:02	Rosemary	Williams	Les Croupiers	F		178	MW55		49
179	148	A0148	28:16	Sherrie	Jones	Cwm Ogwr	F		179	MW45		50
180	84	A0084	28:25	Clare	Johnson	Les Croupiers	F		180	MW65		51
181	131	A0131	28:45	Jackie	Lewis		F		181	MW55		52
182	110	A0110	29:02	Sarah	McCartney	Brackla Harriers	F		182	SW		53
183	140	A0140	29:06	Heidi	Bennet	Porthcawl Runners	F		183	MW35		54
184	113	A0113	29:11	Amanda	Moore	Brackla Harriers	F		184	SW		55
185	106	A0106	29:13	Jenna	Horn		F		185	SW		56
186	127	A0127	29:24	Judy	Morgan	Penarth & Dinas	F		186	MW55		57
187	88	A0088	29:25	Suzanne	Bishop	Merthyr	F		187	MW45		58
188	90	A0090	29:37	Clare	o'Riely	Penarth & Dinas	F		188	SW		59
189	130	A0130	29:47	Sue	Wilkins		F		189	MW55		60
190	112	A0112	30:47	Angela	Walsh	Porthcawl Runners	F		190	SW		61
191	78	A0078	30:51	erin	Wood	Cwm Ogwr	F		191	MW35		62
192	128	A0128	30:58	Sian	Tossell	Brackla Harriers	F		192	MW45		63
193	79	A0079	31:20	Rachel	Turner	Cwm Ogwr	F		193	MW35		64
194	87	A0087	31:39	Rhiane	Davies	Merthyr	F		194	SW		65





