

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
1	630		Richie Gardner	00:32:23	00:32:23	OM	1	Male	1	Port Talbot Harriers
2	121		Oliver Simon	00:33:57	00:33:57	OM	2	Male	2	
3	562		David Cole	00:35:18	00:35:17	OM	3	Male	3	
4	542		Chris Parker	00:35:25	00:35:23	M40	1	Male	4	
5	532		Kate Roberts	00:35:46	00:35:46	OF	1	Female	1	
6	142		Alan Davies	00:36:21	00:36:21	M60	1	Male	5	3M Gorseinon
7	361		Nicola Brookland	00:36:33	00:36:33	F35	1	Female	2	Bristol and West AC
8	365		Rob Johnson	00:36:52	00:36:49	OM	4	Male	6	
9	382		Chris Heesom	00:36:59	00:36:51	OM	5	Male	7	
10	128		Romana Maine	00:37:05	00:37:05	F45	1	Female	3	Porthcawl Runners
11	496		Peter Osborne	00:37:05	00:37:05	M50	1	Male	8	Llanelli AC
12	543		John Collier	00:37:23	00:37:21	OM	6	Male	9	
13	331		Kevin Griffiths	00:37:30	00:37:27	M50	2	Male	10	Trot
14	289		Raul Reismann	00:37:32	00:37:32	M40	2	Male	11	
15	436		Nick Mackay	00:37:40	00:37:37	OM	7	Male	12	Swansea Harriers
16	571		Joseph Moores	00:37:46	00:37:44	OM	8	Male	13	
17	320		James Thomas	00:37:51	00:37:51	OM	9	Male	14	Running Somewhere Else
18	462		Alun Daniel	00:37:55	00:37:51	OM	10	Male	15	Les Croupier
19	486		Martin George	00:38:01	00:37:57	OM	11	Male	16	Llanelli AC
20	455		Chris Evans	00:38:19	00:38:12	M40	3	Male	17	Garden City Runners
21	589		Gareth Williams	00:38:39	00:38:39	OM	12	Male	18	Stamford Striders
22	518		David Mccabe	00:38:43	00:38:43	M40	4	Male	19	
23	362		Gareth Cullen	00:38:45	00:38:42	M40	5	Male	20	Bristol and West AC
24	259		Dewi Roberts	00:38:54	00:38:52	M40	6	Male	21	Bro Dysynni AC
25	290		Carol Parsons	00:38:54	00:38:49	F35	2	Female	4	
26	280		David Hazell	00:38:59	00:38:59	OM	13	Male	22	
27	117		Aled Smith	00:39:25	00:39:24	OM	14	Male	23	Pontypridd Roadents
28	226		Emil Chwistek	00:39:25	00:39:22	OM	15	Male	24	
29	580		Charles Walsh	00:39:27	00:39:27	OM	16	Male	25	Port Talbot Harriers
30	550		Karen O'Hanlon	00:39:44	00:39:41	F35	3	Female	5	
31	110		Roscoe Howell	00:39:46	00:39:33	OM	17	Male	26	
32	394		Justin Wyke	00:39:50	00:39:50	M40	7	Male	27	SY TRI
33	166		Ray Brockway	00:39:53	00:39:35	M40	8	Male	28	
34	389		Shaun Evans	00:39:54	00:39:52	OM	18	Male	29	RSCAC
35	498		James Butcher	00:39:55	00:39:52	OM	19	Male	30	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
36	99		Steven Jones	00:40:01	00:39:58	M40	9	Male	31	Port Talbot Harriers
37	168		Philip Pearce	00:40:01	00:39:58	OM	20	Male	32	
38	585		David Morgan	00:40:05	00:40:01	M50	3	Male	33	
39	541		Paul Oughton	00:40:09	00:40:06	M50	4	Male	34	
40	276		Michael Guy	00:40:11	00:40:11	OM	21	Male	35	
41	138		Dean Hardie	00:40:12	00:40:08	M50	5	Male	36	3M Gorseinon
42	572		Gafin Griffiths	00:40:14	00:40:08	OM	22	Male	37	
43	190		Tony Jones	00:40:58	00:40:56	OM	23	Male	38	
44	575		Tim Jones	00:41:02	00:40:57	OM	24	Male	39	
45	588		Terry O Brien	00:41:06	00:40:52	M50	6	Male	40	
46	127		Julian Rowland	00:41:09	00:41:04	OM	25	Male	41	
47	380		Mark Robinson	00:41:17	00:41:12	OM	26	Male	42	
48	35		David Hawkins	00:41:46	00:41:44	OM	27	Male	43	Pembrokeshire Harriers
49	27		Jason Evans	00:41:52	00:41:46	OM	28	Male	44	
50	431		Daniel Evans	00:41:57	00:41:56	OM	29	Male	45	
51	129		Julian Maine	00:41:59	00:41:55	M50	7	Male	46	Porthcawl Runners
52	193		James Pearce	00:42:01	00:41:53	OM	30	Male	47	Lliswerry Runners
53	158		Christopher Frearson	00:42:06	00:41:51	OM	31	Male	48	
54	537		Paul Lewis	00:42:14	00:42:09	M40	10	Male	49	
55	387		Kyle Wallis	00:42:21	00:42:20	OM	32	Male	50	
56	316		Rachel Haggar	00:42:23	00:42:22	F45	2	Female	6	Overton Harriers
57	12		Adam Cooke	00:42:26	00:42:19	M40	11	Male	51	
58	139		Robin Stacey	00:42:30	00:41:59	OM	33	Male	52	
59	502		John Marson	00:42:31	00:42:25	M40	12	Male	53	
60	336		Harry Goforth	00:42:34	00:42:24	OM	34	Male	54	Tenby Aces
61	53		Ade Wilson	00:42:43	00:42:38	M40	13	Male	55	
62	359		Allan Speirs	00:42:43	00:42:32	OM	35	Male	56	
63	147		Ricki Morgan	00:42:44	00:42:28	OM	36	Male	57	Cardiff Triathletes
64	73		Daniel Caine	00:42:46	00:42:17	OM	37	Male	58	
65	229		Simon Batty	00:42:46	00:42:39	M40	14	Male	59	
66	438		Jon Holland	00:42:50	00:42:24	OM	38	Male	60	
67	333		Gerald Brace	00:42:55	00:42:51	M40	15	Male	61	
68	28		Nathan Mathias	00:43:02	00:43:01	OM	39	Male	62	
69	501		Carl Urquhart	00:43:16	00:43:10	M50	8	Male	63	
70	522		Ales Cerny	00:43:19	00:42:59	M40	16	Male	64	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
71	162		James Broomhead	00:43:26	00:43:18	OM	40	Male	65	Tenby Aces
72	356		Martyn Brown	00:43:29	00:43:13	OM	41	Male	66	
73	457		Paul Morris-Tinner	00:43:31	00:43:21	M40	17	Male	67	
74	345		Rhys Thomas	00:43:35	00:43:28	OM	42	Male	68	
75	153		Benjamin McNeil	00:43:36	00:43:30	OM	43	Male	69	
76	293		Paul Craddock	00:43:42	00:43:26	OM	44	Male	70	
77	237		Sean Pritchard	00:43:45	00:43:34	OM	45	Male	71	
78	338		Phillip John	00:43:47	00:43:42	OM	46	Male	72	
79	100		Helen Jones	00:43:48	00:43:44	F45	3	Female	7	Port Talbot Harriers
80	491		Kevin Pugh	00:43:48	00:43:39	M40	18	Male	73	
81	177		Neal Spencer	00:43:50	00:43:32	OM	47	Male	74	
82	93		Jack Bagley	00:43:51	00:43:35	OM	48	Male	75	
83	492		Neil Spencer	00:43:51	00:43:45	M40	19	Male	76	
84	376		Gavin Harry	00:43:52	00:43:48	OM	49	Male	77	Trot
85	78		Ian Bamford	00:43:53	00:43:46	M40	20	Male	78	3M Gorseinon
86	435		Hayden Johns	00:43:54	00:43:50	OM	50	Male	79	
87	650		Gordon Orme	00:43:56	00:43:56	M60	2	Male	80	Cardigan R.C.
88	187		David Thomas	00:44:00	00:43:58	M40	21	Male	81	
89	58		Andrew Rees	00:44:07	00:44:02	M40	22	Male	82	Amman Valley Harriers
90	433		Tristram Lewis	00:44:17	00:44:10	OM	51	Male	83	
91	59		Matthew Tuttle	00:44:19	00:43:58	OM	52	Male	84	
92	151		James Harries	00:44:20	00:44:09	OM	53	Male	85	Tenby Aces
93	70		Neil Groves	00:44:23	00:44:23	M60	3	Male	86	Eastleigh Running Club
94	180		Dewi West	00:44:36	00:44:29	M50	9	Male	87	3M Gorseinon
95	283		Jake Jenkins	00:44:40	00:44:17	OM	54	Male	88	
96	131		Oliver Minton	00:44:44	00:44:38	OM	55	Male	89	
97	343		James O'Connell	00:44:47	00:44:41	OM	56	Male	90	
98	243		Ben Jones	00:44:48	00:44:26	OM	57	Male	91	
99	275		Rhys Humphries	00:44:51	00:44:48	OM	58	Male	92	
100	384		Patrick McKeown	00:44:55	00:44:53	OM	59	Male	93	
101	185		Anthony Rowley	00:44:56	00:44:48	M50	10	Male	94	
102	183		Dawn Kenwright	00:44:58	00:44:51	F55	1	Female	8	Sarn Helen
103	125		Roger Devonald	00:45:10	00:45:06	M40	23	Male	95	
104	587		David Harris	00:45:14	00:44:53	OM	60	Male	96	
105	164		Brett Johnson	00:45:16	00:45:00	M40	24	Male	97	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
106	51		Alex Murphy	00:45:19	00:44:45	OM	61	Male	98	
107	11		Emma Thomas	00:45:24	00:44:50	OF	2	Female	9	
108	232		John Rothery	00:45:24	00:45:24	M40	25	Male	99	
109	186		Andrew Miles	00:45:26	00:45:16	M50	11	Male	100	
110	493		Michael Halsall	00:45:28	00:45:24	M40	26	Male	101	
111	228		Andrew Emanuel	00:45:30	00:45:15	M50	12	Male	102	
112	535		Harry Wood	00:45:31	00:44:34	OM	62	Male	103	
113	196		Darren Peatfield	00:45:34	00:45:24	M40	27	Male	104	
114	577		Stephen Glynn	00:45:39	00:45:26	M50	13	Male	105	Pembrokeshire Harriers
115	485		David Kent	00:45:43	00:45:28	M40	28	Male	106	
116	108		Alistair Thomson	00:45:47	00:45:39	OM	63	Male	107	Porthcawl Runners
117	294		Lisa Brydon	00:45:51	00:45:43	F35	4	Female	10	
118	346		Richard Hanlon -Boyd	00:45:56	00:45:56	OM	64	Male	108	
119	265		Rhodri Davies-Camplin	00:45:59	00:45:47	OM	65	Male	109	
120	182		Karina Ebsworth	00:46:05	00:45:44	F35	5	Female	11	
121	141		Daniel Evans	00:46:08	00:45:57	OM	66	Male	110	
122	79		Franco Setaro	00:46:17	00:46:13	M40	29	Male	111	
123	590		Patrick Roberts	00:46:19	00:45:56	OM	67	Male	112	
124	334		Leo Moreland	00:46:20	00:45:42	OM	68	Male	113	
125	574		Tom Griffin	00:46:20	00:45:57	OM	69	Male	114	
126	451		James White	00:46:26	00:46:26	OM	70	Male	115	
127	274		Christopher Leyshon	00:46:28	00:46:25	OM	71	Male	116	
128	478		Malcoplm Edwards	00:46:33	00:46:20	M40	30	Male	117	
129	576		Yvonne Williams	00:46:36	00:46:20	F35	6	Female	12	
130	113		Alyson Heard	00:46:38	00:46:31	F45	4	Female	13	3M Gorseinon
131	546		Richard Callaghan	00:46:41	00:46:38	OM	72	Male	118	
132	136		Jodie Hughes	00:46:46	00:46:39	OF	3	Female	14	
133	143		Robert Sandles	00:46:52	00:46:43	M40	31	Male	119	3M Gorseinon
134	144		Caroline Sandles	00:47:03	00:46:53	F45	5	Female	15	3M Gorseinon
135	67		Claire Stubbs	00:47:11	00:47:04	F35	7	Female	16	Tenby Aces
136	481		C Bartley	00:47:18	00:46:30	OM	73	Male	120	
137	235		William Griffin	00:47:24	00:46:40	OM	74	Male	121	
138	219		Gareth Davies	00:47:28	00:47:28	OM	75	Male	122	
139	245		Marc James	00:47:29	00:47:07	OM	76	Male	123	
140	554		Martyn Cooke	00:47:34	00:47:23	M40	32	Male	124	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
141	548		Simon Rees	00:47:39	00:47:27	OM	77	Male	125	
142	559		Peter Clarke	00:47:45	00:47:43	M40	33	Male	126	
143	474		Nick Veneables	00:47:52	00:46:51	OM	78	Male	127	
144	459		Andrew Worrall	00:47:57	00:47:05	OM	79	Male	128	
145	250		Michael Davies	00:47:58	00:47:29	OM	80	Male	129	
146	569		Ian Slate	00:48:04	00:47:32	OM	81	Male	130	
147	201		Nick Eacock	00:48:07	00:47:36	M40	34	Male	131	Black Pear Joggers
148	484		James Organ	00:48:08	00:47:54	OM	82	Male	132	
149	54		Daniela Ferro	00:48:11	00:47:43	OF	4	Female	17	
150	65		David Taylor	00:48:13	00:48:08	M60	4	Male	133	
151	471		Graham Morgan	00:48:16	00:48:10	M40	35	Male	134	
152	220		John Jackson	00:48:18	00:48:10	M40	36	Male	135	
153	192		Eric Davey	00:48:20	00:48:15	M60	5	Male	136	Llanelli AC
154	448		Steve Burrell	00:48:23	00:48:04	M40	37	Male	137	
155	324		Sali Sweetman	00:48:26	00:47:53	F35	8	Female	18	3M Gorseinon
156	246		Gary Smedley	00:48:28	00:48:07	OM	83	Male	138	
157	503		Marc Davies	00:48:28	00:48:01	OM	84	Male	139	
158	509		Jason Dukes	00:48:28	00:48:13	M40	38	Male	140	
159	81		Sian Flaherty	00:48:29	00:48:22	F45	6	Female	19	
160	122		Sara Thomas	00:48:37	00:48:37	F35	9	Female	20	Tenby Aces
161	383		Andrew Burgess	00:48:37	00:48:13	OM	85	Male	141	Tenby Aces
162	291		Michael Henshaw	00:48:42	00:48:35	M50	14	Male	142	
163	52		Ruben Lightfoot	00:48:44	00:48:31	OM	86	Male	143	
164	341		Clare Stansfield	00:48:45	00:47:43	OF	5	Female	21	
165	342		Matt Broadhurst	00:48:45	00:47:43	M40	39	Male	144	
166	497		Stephen Derbyshire	00:48:47	00:48:45	M40	40	Male	145	
167	564		Jonathan Harwood	00:48:47	00:48:03	OM	87	Male	146	
168	44		John Brownhill	00:48:50	00:48:50	OM	88	Male	147	
169	41		Barrie Evans	00:48:53	00:48:41	OM	89	Male	148	
170	412		Rebecca Lewis	00:48:55	00:48:43	OF	6	Female	22	
171	120		Kevin Rawlins	00:48:56	00:48:56	M40	41	Male	149	
172	299		Justin Richards	00:48:58	00:48:01	OM	90	Male	150	
173	106		Jack Gradidge	00:49:00	00:48:38	OM	91	Male	151	
174	504		Michael Terry	00:49:05	00:48:59	M60	6	Male	152	
175	255		Craig Lewis	00:49:06	00:48:39	OM	92	Male	153	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
176	512		Phillip Terry	00:49:06	00:49:01	M40	42	Male	154	
177	533		Chris Shields	00:49:08	00:48:46	OM	93	Male	155	
178	443		David Selwyn	00:49:11	00:48:53	M40	43	Male	156	
179	47		Nathan Orford	00:49:12	00:49:12	M40	44	Male	157	
180	432		Robert Freeman	00:49:16	00:48:57	M40	45	Male	158	Forest of Dean AC
181	539		Gerald Goby	00:49:18	00:49:04	M60	7	Male	159	
182	450		Lary Dutton	00:49:20	00:48:40	OM	94	Male	160	
183	449		Jason Brazier	00:49:21	00:48:41	OM	95	Male	161	
184	534		Craig Fisher	00:49:26	00:49:04	OM	96	Male	162	
185	406		Andrew Thomas	00:49:27	00:48:51	M40	46	Male	163	3M Gorseinon
186	582		Carl Williams	00:49:28	00:49:15	OM	97	Male	164	
187	133		Gareth Beynon	00:49:30	00:49:10	OM	98	Male	165	
188	530		Steve Roberts	00:49:33	00:48:56	M40	47	Male	166	
189	221		Gary O'Neill	00:49:39	00:49:34	M40	48	Male	167	
190	234		Steve White	00:49:42	00:49:29	OM	99	Male	168	
191	597		Adrian Lewis	00:49:44	00:48:51	M40	49	Male	169	
192	332		Nathan Spiller	00:49:45	00:49:45	M40	50	Male	170	
193	330		Cyril Walters	00:49:49	00:49:43	M60	8	Male	171	Trot
194	596		Julia Williams	00:49:54	00:49:38	F35	10	Female	23	
195	407		Richard Edmunds	00:49:57	00:49:34	OM	100	Male	172	
196	452		Sanjay Farmahan	00:50:01	00:49:23	OM	101	Male	173	
197	528		Stephanie Waring	00:50:02	00:49:02	F35	11	Female	24	
198	529		Gary Waring	00:50:02	00:49:02	M40	51	Male	174	
199	66		Steve Stubbs	00:50:05	00:49:56	M40	52	Male	175	Tenby Aces
200	483		Jo Slatter	00:50:06	00:49:53	OM	102	Male	176	
201	573		Mark Atwell	00:50:09	00:49:40	M50	15	Male	177	
202	114		Julie Williams	00:50:10	00:49:19	F45	7	Female	25	
203	18		David Lewis	00:50:18	00:50:05	M40	53	Male	178	
204	266		David Mallin	00:50:19	00:49:25	M40	54	Male	179	
205	388		Liam Impey	00:50:30	00:49:57	OM	103	Male	180	
206	555		Russell Williams	00:50:31	00:50:11	OM	104	Male	181	
207	327		Neil Finlay	00:50:32	00:50:18	M50	16	Male	182	
208	248		Gary Godsall	00:50:33	00:49:56	M40	55	Male	183	
209	149		Gwen Smith	00:50:39	00:50:18	F45	8	Female	26	3M Gorseinon
210	206		Thomas Lewis	00:50:45	00:50:36	OM	105	Male	184	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
211	95		Christine Brash	00:50:46	00:50:38	F45	9	Female	27	
212	61		Laura Jenkins	00:50:47	00:50:47	OF	7	Female	28	
213	499		David Field	00:50:52	00:50:42	OM	106	Male	185	
214	315		Jaime Powell	00:50:53	00:50:34	F35	12	Female	29	Evesham Vale Running Club
215	524		Amy Jones	00:50:54	00:49:56	OF	8	Female	30	
216	207		Jon Roberts	00:51:01	00:50:51	OM	107	Male	186	
217	350		William Thomas	00:51:01	00:50:55	OM	108	Male	187	
218	242		Matthew Smith	00:51:07	00:50:31	OM	109	Male	188	
219	434		Stuart Day	00:51:07	00:50:16	OM	110	Male	189	
220	538		Geoff Marsh	00:51:09	00:50:47	OM	111	Male	190	
221	545		Lee Simmons	00:51:09	00:50:48	M40	56	Male	191	
222	366		Rebecca Johnson	00:51:13	00:51:04	F35	13	Female	31	
223	56		Gemma Burton	00:51:27	00:51:14	OF	9	Female	32	
224	516		Tim Carslake	00:51:27	00:51:23	OM	112	Male	192	
225	513		Ian Meredith	00:51:28	00:51:24	OM	113	Male	193	
226	584		Troy Wright	00:51:31	00:50:38	OM	114	Male	194	
227	62		Richard Hillier	00:51:33	00:50:42	OM	115	Male	195	
228	319		Elizabeth Coombs	00:51:38	00:51:19	OF	10	Female	33	Running Somewhere Else
229	473		Nathan Lewis	00:51:40	00:50:51	OM	116	Male	196	
230	302		Jamie Smith	00:51:42	00:51:20	OM	117	Male	197	
231	288		Becky Nicholas	00:51:45	00:51:17	OF	11	Female	34	
232	25		Antony Cawton	00:51:48	00:50:54	M40	57	Male	198	
233	558		Jane Hill	00:51:48	00:51:29	F45	10	Female	35	
234	586		Alistair Mansell	00:51:55	00:51:20	OM	118	Male	199	
235	48		Naomi Sharp	00:51:58	00:51:42	OF	12	Female	36	
236	154		Christopher Hale	00:51:58	00:51:30	M40	58	Male	200	CLC Striders
237	155		Justine Hale	00:51:58	00:51:30	F35	14	Female	37	
238	510		Katrina Wheadon	00:52:03	00:51:50	F35	15	Female	38	
239	527		Adam Tyler	00:52:03	00:51:05	OM	119	Male	201	
240	301		John Sanderson	00:52:18	00:51:44	M50	17	Male	202	3M Gorseinon
241	26		Liam Jones	00:52:21	00:51:36	M40	59	Male	203	
242	105		Tim Morphew	00:52:22	00:51:59	OM	120	Male	204	
243	236		Rachel Merriman	00:52:30	00:52:04	F35	16	Female	39	
244	441		Scott Findlay	00:52:36	00:52:05	OM	121	Male	205	
245	468		Julie Jones	00:52:38	00:51:56	F35	17	Female	40	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
246	357		Alex Owen	00:52:39	00:52:08	OM	122	Male	206	
247	112		Alan Townsend	00:52:40	00:52:04	OM	123	Male	207	
248	551		Julian King	00:52:45	00:52:35	M50	18	Male	208	
249	583		Morgan Wright	00:52:50	00:51:56	M40	60	Male	209	
250	230		Lorraine Andrews	00:52:53	00:52:53	F35	18	Female	41	
251	225		Wendy Chwistek	00:52:54	00:52:51	OF	13	Female	42	
252	553		Clare Cook	00:52:58	00:52:48	F35	19	Female	43	
253	161		Stephen Lowe	00:53:09	00:52:58	M50	19	Male	210	
254	49		Hazel Wakefield	00:53:12	00:52:32	OF	14	Female	44	
255	179		Luke Wallis	00:53:15	00:52:47	OM	124	Male	211	
256	396		Rhodri Hopkins	00:53:16	00:52:59	OM	125	Male	212	
257	430		Royston Whitney	00:53:16	00:52:42	OM	126	Male	213	
258	137		Jonathan Mathias	00:53:20	00:52:40	M40	61	Male	214	
259	475		Gian-Carlo Favorido	00:53:26	00:52:39	M40	62	Male	215	
260	199		Cheryl Morgan	00:53:27	00:53:18	F35	20	Female	45	Pontypridd Roadents
261	297		Julian White	00:53:28	00:52:47	OM	127	Male	216	
262	194		Emma Davies	00:53:31	00:52:57	F35	21	Female	46	Pembrokeshire Harriers
263	116		Clare Kettle	00:53:33	00:53:15	OF	15	Female	47	
264	281		Phill Braddon	00:53:39	00:53:21	M60	9	Male	217	
265	598		Darren Hall	00:53:40	00:53:19	OM	128	Male	218	3M Gorseinon
266	544		Paul Hodge	00:53:50	00:53:16	OM	129	Male	219	
267	358		Patrick Owen	00:53:55	00:53:24	OM	130	Male	220	
268	398		Gary Peniket	00:53:55	00:53:08	M40	63	Male	221	
269	210		Phil Kite	00:53:57	00:53:06	M40	64	Male	222	
270	287		Neil Nicholas	00:53:59	00:53:31	OM	131	Male	223	
271	364		Sue Lloyd	00:54:00	00:53:36	F45	11	Female	48	Pembrokeshire Harriers
272	397		Rob Smallman	00:54:00	00:54:00	M40	65	Male	224	
273	189		Glyn Williams	00:54:04	00:53:11	M60	10	Male	225	3M Gorseinon
274	381		Nicola Tinsley	00:54:07	00:53:47	F35	22	Female	49	
275	314		Daniel Griffiths	00:54:09	00:53:34	OM	132	Male	226	Tenby Aces
276	500		Anna Field	00:54:11	00:54:00	F35	23	Female	50	
277	227		Emil Dibble -Chwistek	00:54:14	00:54:10	OM	133	Male	227	
278	489		Rebecca Groves	00:54:16	00:53:30	OF	16	Female	51	
279	482		Darren Bartley	00:54:25	00:53:37	OM	134	Male	228	
280	353		Mike Lewis	00:54:26	00:54:14	OM	135	Male	229	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
281	148		Emily Maguire	00:54:28	00:54:11	OF	17	Female	52	Berlin Running Club
282	349		Stephen Handicott	00:54:29	00:53:53	OM	136	Male	230	
283	181		Justine Williams	00:54:30	00:54:10	F35	24	Female	53	
284	472		Aaron Lewis	00:54:32	00:53:43	OM	137	Male	231	
285	464		Ben Aubrey	00:54:35	00:53:40	M40	66	Male	232	Pembrokeshire Harriers
286	76		Simon Charles	00:54:36	00:54:27	OM	138	Male	233	
287	567		Stephen Priddy	00:54:37	00:54:03	M50	20	Male	234	
288	104		Caroline Davies	00:54:40	00:54:16	OF	18	Female	54	
289	163		Simon Lewis	00:54:51	00:54:32	OM	139	Male	235	
290	525		Pete Jones	00:54:57	00:53:58	M50	21	Male	236	
291	415		Owain Smuth	00:55:00	00:54:10	OM	140	Male	237	
292	211		Richard Lewis	00:55:02	00:54:11	OM	141	Male	238	
293	42		Judy Stevenson	00:55:08	00:55:08	F45	12	Female	55	
294	594		John Holohan	00:55:18	00:54:44	M60	11	Male	239	3M Gorseinon
295	292		Laura Craddock	00:55:19	00:55:04	F35	25	Female	56	
296	479		Suzanna Brownhill	00:55:20	00:55:08	F35	26	Female	57	
297	1		Louise Miller	00:55:23	00:54:45	OF	19	Female	58	
298	424		Bronwen Davies	00:55:26	00:55:15	OF	20	Female	59	
299	414		Neil Davies	00:55:32	00:54:55	OM	142	Male	240	
300	565		Melanie Williams	00:55:35	00:55:24	OF	21	Female	60	
301	109		Rachel Thomson	00:55:37	00:55:15	OF	22	Female	61	Porthcawl Runners
302	260		Chris Harries	00:55:43	00:54:59	M40	67	Male	241	
303	566		Craig Priday	00:55:46	00:55:13	OM	143	Male	242	
304	88		Gareth Burks	00:55:47	00:55:22	OM	144	Male	243	
305	593		Ravena Ford	00:55:52	00:55:33	OF	23	Female	62	
306	592		Tracy Flint	00:55:53	00:55:35	F45	13	Female	63	
307	249		Gordon Stafford	00:55:54	00:55:15	M50	22	Male	244	
308	247		Charlotte Godsall	00:55:57	00:55:21	F35	27	Female	64	
309	508		Michelle Dukes	00:56:03	00:55:49	F35	28	Female	65	
310	282		Russell Boyatt	00:56:17	00:56:17	OM	145	Male	245	
311	20		Emma Loyns	00:56:24	00:56:05	OF	24	Female	66	
312	84		David Douglas-Law	00:56:29	00:56:02	OM	146	Male	246	
313	273		Lewis Ridout	00:56:29	00:55:40	OM	147	Male	247	
314	560		Alice Bower	00:56:29	00:55:55	OF	25	Female	67	
315	10		Daniel Brace	00:56:32	00:56:07	OM	148	Male	248	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
316	591		Kim Holohan	00:56:35	00:55:57	M50	23	Male	249	3M Gorseinon
317	599		Linda Rees	00:56:35	00:55:57	F45	14	Female	68	
318	370		Rachel Edwards	00:56:38	00:56:24	OF	26	Female	69	
319	408		Nicholas Heath	00:56:39	00:56:28	OM	149	Male	250	
320	124		Hayley Jackson	00:56:42	00:56:15	F35	29	Female	70	
321	511		Craig Wheadon	00:56:42	00:56:29	OM	150	Male	251	
322	98		Emma Keating	00:56:43	00:56:21	F35	30	Female	71	
323	428		Anthony Morris	00:56:46	00:56:03	OM	151	Male	252	
324	22		Angela Jolly	00:56:47	00:56:41	F35	31	Female	72	
325	184		Brian Lee	00:56:48	00:56:01	M40	68	Male	253	
326	578		Nan Edwards	00:56:50	00:56:21	OF	27	Female	73	
327	467		Hugh Jones	00:56:51	00:56:08	M50	24	Male	254	
328	191		Fay Sharpe	00:56:55	00:56:33	F45	15	Female	74	3M Gorseinon
329	458		Alistair Smith	00:56:58	00:56:48	M40	69	Male	255	
330	317		Juliana Morgans	00:57:03	00:56:50	OF	28	Female	75	
331	344		Rob Luly	00:57:09	00:56:32	OM	152	Male	256	
332	240		Dominic Masters	00:57:14	00:57:14	M40	70	Male	257	
333	175		Sharon Trotman	00:57:16	00:56:28	F35	32	Female	76	3M Gorseinon
334	262		Elaine Evans	00:57:16	00:57:00	F35	33	Female	77	Silson Joggers
335	216		Bev Rodriguez	00:57:18	00:56:25	F35	34	Female	78	
336	23		Benjamin Evans	00:57:20	00:57:20	OM	153	Male	258	
337	97		Claire Badham	00:57:21	00:57:00	F35	35	Female	79	
338	520		Caroline Peyman	00:57:23	00:56:32	F45	16	Female	80	
339	200		Kate Eacock	00:57:24	00:56:51	F35	36	Female	81	Black Pear Joggers
340	308		Vanessa Boyett	00:57:34	00:57:05	F35	37	Female	82	Trot
341	71		Paul Jenkins	00:57:39	00:57:15	OM	154	Male	259	
342	96		Neil Griffiths	00:57:39	00:56:57	M50	25	Male	260	
343	526		Russell Thomas	00:57:50	00:57:05	M40	71	Male	261	
344	556		Anthony Jenkins	00:57:50	00:57:05	M40	72	Male	262	
345	92		Nicola Thomas	00:57:53	00:57:05	OF	29	Female	83	
346	159		Terence Longstreth	00:57:59	00:57:54	M60	12	Male	263	
347	224		Frances Harrison	00:58:01	00:57:44	F45	17	Female	84	
348	392		Steven Escott	00:58:16	00:58:05	M50	26	Male	264	
349	360		Anne Roe	00:58:22	00:58:10	F65	1	Female	85	
350	488		Jessica Venn	00:58:35	00:57:49	OF	30	Female	86	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
351	213		Ffion Richards	00:58:36	00:57:43	OF	31	Female	87	
352	46		Peter Gilmartin	00:58:37	00:58:07	M50	27	Male	265	
353	268		Leroy Cheal	00:58:37	00:58:18	OM	155	Male	266	
354	325		Anto O'Hara	00:58:38	00:58:32	F35	38	Female	88	
355	267		Janina Louise Evans	00:58:39	00:58:21	F35	39	Female	89	
356	377		Scott Meades	00:58:39	00:58:03	OM	156	Male	267	
357	531		Clive Mccoll	00:58:41	00:57:48	M50	28	Male	268	
358	490		A.n. Other Runner	00:58:47	00:57:56	OM	157	Male	269	
359	256		Karl Lewis	00:58:50	00:58:24	OM	158	Male	270	
360	561		Micky Bear	00:58:50	00:58:27	M50	29	Male	271	
361	413		Gemma Evans	00:58:56	00:58:44	OF	32	Female	90	
362	454		Sarah Evans	00:58:56	00:58:03	F45	18	Female	91	
363	34		Mario Hing	00:58:57	00:58:26	OM	159	Male	272	
364	157		Sophie Frearson	00:58:57	00:58:39	OF	33	Female	92	
365	371		Deb Lester	00:59:01	00:58:46	F45	19	Female	93	
366	313		David Bowen	00:59:08	00:58:51	OM	160	Male	273	
367	463		Emily Aubrey	00:59:08	00:58:12	OF	34	Female	94	
368	80		Kevin Webb	00:59:10	00:59:09	M40	73	Male	274	
369	263		Georgia Joyce	00:59:10	00:59:10	F35	40	Female	95	
370	456		Graham John	00:59:28	00:58:45	M40	74	Male	275	
371	156		Darren Chant	00:59:36	00:58:57	M40	75	Male	276	
372	429		Scott Cooper	00:59:38	00:59:10	OM	161	Male	277	
373	94		Nigel Smith	00:59:39	00:59:00	M40	76	Male	278	
374	439		Beth Ridgway	00:59:42	00:59:16	OF	35	Female	96	
375	595		Helen Williams	00:59:49	00:59:09	OF	36	Female	97	
376	318		Alisha John	00:59:52	00:59:39	OF	37	Female	98	
377	506		Sophie Dark	00:59:58	00:59:38	OF	38	Female	99	
378	312		Gemma Lindsay	00:59:59	00:59:44	OF	39	Female	100	
379	523		Sarah-Kay Tushingham-Ford	01:00:13	01:00:01	OF	40	Female	101	
380	244		Matthew Davies	01:00:14	00:59:51	OM	162	Male	279	
381	347		Donna John	01:00:21	01:00:14	OF	41	Female	102	
382	405		Stuart Smith	01:00:30	01:00:13	OM	163	Male	280	
383	309		Rob Barker	01:00:40	01:00:18	OM	164	Male	281	
384	90		Dawn Hopkins	01:00:42	01:00:23	F35	41	Female	103	
385	354		Gene Hocking	01:00:44	01:00:40	M40	77	Male	282	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
386	123		Laura Hall	01:00:47	01:00:26	F45	20	Female	104	3M Gorseinon
387	286		Emily Nicholas	01:00:48	01:00:20	OF	42	Female	105	
388	355		Carly Christopher	01:01:13	01:01:05	OF	43	Female	106	
389	37		Faye Benson	01:01:20	01:00:25	OF	44	Female	107	
390	419		Tam Y Law	01:01:21	01:00:31	OF	45	Female	108	
391	167		Rachel Treadaway-Williams	01:01:22	01:00:41	F35	42	Female	109	
392	43		Nicholas Davies	01:01:23	01:00:30	M40	78	Male	283	
393	600		Neil Lewis	01:01:27	01:01:11	M50	30	Male	284	
394	198		Christopher Evans	01:01:31	01:01:31	OM	165	Male	285	
395	241		Christine Hurdidge	01:01:32	01:00:53	F55	2	Female	110	3M Gorseinon
396	174		Tracey Newman	01:01:38	01:00:53	F35	43	Female	111	Les Croupier
397	352		Shelley Lewis	01:01:42	01:01:34	OF	46	Female	112	
398	74		Linda Waller	01:01:47	01:01:08	F55	3	Female	113	3M Gorseinon
399	17		Katherine Peaty	01:01:54	01:01:29	OF	47	Female	114	
400	264		Corina Holley	01:01:54	01:01:27	F45	21	Female	115	Pembrokeshire Harriers
401	19		Harriet Sleight	01:01:55	01:01:30	OF	48	Female	116	
402	442		Wendy Hawkins	01:01:55	01:01:36	F35	44	Female	117	
403	437		Emma Powell	01:01:56	01:01:08	F35	45	Female	118	
404	9		Paul Childs	01:02:04	01:01:38	OM	166	Male	286	
405	176		Katherine John	01:02:08	01:02:01	OF	49	Female	119	
406	188		Graham Singer	01:02:22	01:01:37	M50	31	Male	287	
407	254		Dominic Bonacini	01:02:23	01:01:54	OM	167	Male	288	
408	409		Amy Bayley	01:02:42	01:02:32	OF	50	Female	120	
409	165		Charlotte Davies	01:02:51	01:02:25	F45	22	Female	121	
410	69		David Bolton	01:02:52	01:02:48	M50	32	Male	289	
411	258		Ben Pugh	01:02:52	01:01:56	OM	168	Male	290	
412	303		Huw Bridges	01:02:52	01:02:47	M40	79	Male	291	Tenby Aces
413	257		Terry Pugh	01:02:54	01:01:57	M40	80	Male	292	
414	440		Nia Holland	01:02:58	01:02:33	OF	51	Female	122	
415	45		Roger Derbyshire	01:03:03	01:02:32	M60	13	Male	293	
416	126		Melanie Rowland	01:03:04	01:02:45	OF	52	Female	123	
417	469		Paul Neale	01:03:04	01:02:22	M40	81	Male	294	
418	470		Inke Neale	01:03:04	01:02:22	OM	169	Male	295	
419	252		Lisa Sheldon	01:03:08	01:03:08	F35	46	Female	124	
420	253		Gemma Harland	01:03:10	01:02:45	OF	53	Female	125	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
421	363		Julie Hobby	01:03:10	01:03:02	F45	23	Female	126	
422	521		Lola Martinez-Miranda	01:03:10	01:02:50	F35	47	Female	127	
423	453		Lee Thompson	01:03:13	01:03:00	M40	82	Male	296	
424	170		Hayley Waller	01:03:17	01:03:17	F35	48	Female	128	Builth&District
425	171		Joane Jones	01:03:18	01:02:42	F45	24	Female	129	Builth&District
426	31		Laura Edwards	01:03:21	01:02:51	OF	54	Female	130	
427	215		Mark Jones	01:03:39	01:02:45	M40	83	Male	297	
428	86		Beth Williams	01:03:47	01:03:40	F35	49	Female	131	
429	40		Max Brewster	01:03:51	01:03:00	OM	170	Male	298	
430	487		Richard Powles	01:03:52	01:03:05	M40	84	Male	299	
431	208		Amy Linke	01:03:53	01:03:53	OF	55	Female	132	
432	222		Drew Smith	01:03:54	01:03:38	M50	33	Male	300	
433	421		Shae De la Cruz	01:03:56	01:03:13	OM	171	Male	301	
434	304		Sally Kertzman	01:04:03	01:03:07	F45	25	Female	133	
435	21		Sheree Mann	01:04:10	01:03:24	F45	26	Female	134	Fairwater Runners
436	217		Carl Davies	01:04:13	01:03:18	OM	172	Male	302	
437	369		Helen Marie Rooney	01:04:19	01:03:50	F35	50	Female	135	
438	375		Delyth Mattick	01:04:19	01:03:51	F45	27	Female	136	
439	372		Mandy Rees	01:04:20	01:03:47	F45	28	Female	137	
440	152		Jessica Baldry	01:04:21	01:04:04	OF	56	Female	138	
441	8		Cassie Allen	01:04:22	01:04:14	OF	57	Female	139	
442	261		Laura William	01:04:22	01:04:04	OF	58	Female	140	
443	205		Thanyalak Todd	01:04:53	01:04:04	F35	51	Female	141	
444	101		Molly Lewis	01:04:55	01:04:31	OF	59	Female	142	
445	172		Logan Cardy	01:04:58	01:04:15	OM	173	Male	303	
446	311		Sadie Lindsay	01:05:01	01:04:46	OF	60	Female	143	
447	329		Vicki Jones	01:05:01	01:04:09	OF	61	Female	144	
448	390		Susan Howell	01:05:02	01:04:02	F35	52	Female	145	
449	107		Rosie Griffin	01:05:14	01:04:50	OF	62	Female	146	
450	50		Ellen Wakelam	01:05:17	01:04:43	OF	63	Female	147	
451	514		Kimi Williams	01:05:19	01:04:34	F35	53	Female	148	
452	214		Mark Richards	01:05:20	01:04:27	M50	34	Male	304	
453	103		Melanie Lewis	01:05:24	01:05:01	F35	54	Female	149	
454	505		Mavi Elinor Jones	01:05:29	01:05:09	OF	64	Female	150	
455	515		Katie Williams	01:05:29	01:04:45	OF	65	Female	151	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
456	321		Louise Abbott	01:05:31	01:04:39	F55	4	Female	152	Running Somewhere Else
457	323		Lucy Bintcliffe	01:05:31	01:04:40	OF	66	Female	153	
458	140		Alfryn Easter	01:05:32	01:04:54	M60	14	Male	305	3M Gorseinon
459	115		Sian Phillips	01:05:36	01:04:43	OF	67	Female	154	
460	418		Cherry Chen	01:05:37	01:04:47	OF	68	Female	155	
461	135		Fiona Davies	01:05:45	01:05:24	OF	69	Female	156	
462	277		Jamie Uren	01:05:46	01:05:43	OM	174	Male	306	
463	536		Suzanne Hull	01:05:55	01:05:08	F35	55	Female	157	
464	417		Jin Shun Luo	01:05:59	01:05:10	M40	85	Male	307	
465	326		Joanne Brace	01:06:06	01:05:59	F35	56	Female	158	
466	563		Catherine Harwood	01:06:08	01:05:24	OF	70	Female	159	
467	581		Keith Richardson	01:06:14	01:05:40	M60	15	Male	308	RRC
468	373		Lisa Hire	01:06:16	01:05:43	F35	57	Female	160	
469	402		Jon Wallace	01:06:16	01:05:50	OM	175	Male	309	
470	386		Claire Bowen	01:06:19	01:06:16	F35	58	Female	161	
471	285		Elizabeth Williams	01:06:20	01:06:16	F35	59	Female	162	
472	173		Sarah Mansbridge	01:06:21	01:05:48	F45	29	Female	163	
473	298		Catrin Richards	01:06:21	01:05:49	F35	60	Female	164	
474	63		Andrea Boughton	01:06:29	01:06:00	F45	30	Female	165	
475	540		Brian Slate	01:06:40	01:06:08	M60	16	Male	310	
476	374		Victoria Randall	01:07:09	01:06:37	F45	31	Female	166	
477	378		Alex Morse	01:07:16	01:06:40	OM	176	Male	311	
478	379		Sarah - Jayne Hanlon	01:07:49	01:07:20	OF	71	Female	167	
479	335		Maxine Parsons	01:08:04	01:07:23	F35	61	Female	168	
480	579		Will Allan	01:08:04	01:08:04	OM	177	Male	312	
481	218		Marwen Richards	01:08:07	01:07:12	OF	72	Female	169	
482	233		Karen Bayliss	01:08:09	01:07:18	OF	73	Female	170	
483	426		Katie O'Shea	01:08:11	01:07:53	F35	62	Female	171	
484	425		Marco Hernandez	01:08:13	01:07:56	OM	178	Male	313	
485	272		Daniel Wildy	01:08:14	01:07:25	OM	179	Male	314	
486	202		Julie Davies	01:08:24	01:07:46	F55	5	Female	172	3M Gorseinon
487	209		Donna Thomas	01:08:26	01:07:31	F35	63	Female	173	
488	295		Fred Hunter	01:08:35	01:07:52	M50	35	Male	315	
489	296		Claire Davies	01:08:35	01:07:51	F35	64	Female	174	
490	223		Nicky Smith	01:08:37	01:08:20	F45	32	Female	175	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
491	422		Lok Cheiz	01:08:38	01:07:49	OM	180	Male	316	
492	423		Jenny Camilo	01:08:38	01:07:49	OF	74	Female	176	
493	411		Alan Jones	01:08:44	01:08:35	OM	181	Male	317	
494	7		Holly Cloake	01:08:46	01:08:39	OF	75	Female	177	
495	328		Julie Keating	01:08:47	01:07:54	F45	33	Female	178	
496	410		Kathryn Lewis-Bayley	01:08:49	01:08:40	F35	65	Female	179	
497	420		Cecilia Moi Kim Chin	01:08:52	01:08:05	F45	34	Female	180	
498	480		Cery Williams	01:08:52	01:07:57	F35	66	Female	181	
499	204		Siriphon Welsh	01:09:04	01:08:15	F35	67	Female	182	
500	494		Mandy Rainbow	01:09:17	01:08:42	F35	68	Female	183	
501	495		Sarah Fawcett	01:09:17	01:08:42	F45	35	Female	184	
502	134		Hannah Tarr	01:09:19	01:08:58	F35	69	Female	185	
503	444		Debbie Chodecka	01:09:35	01:09:06	F45	36	Female	186	
504	465		Sally Anderton	01:10:00	01:09:11	F35	70	Female	187	
505	477		Andrew Addiscott	01:10:02	01:09:03	M40	86	Male	318	
506	340		Ashley Boyd	01:10:10	01:10:02	OM	182	Male	319	
507	33		Adele Morgan	01:10:38	01:10:38	F35	71	Female	188	
508	476		Louisa Addiscott	01:11:10	01:10:11	F35	72	Female	189	Dragons Running Club
509	239		Victoria Holmes	01:11:12	01:10:34	OF	76	Female	190	
510	178		Simon Lloyd	01:11:16	01:10:58	OM	183	Male	320	
511	460		Rebecca Riggs	01:11:22	01:10:32	F35	73	Female	191	
512	461		Carolyn Thomas	01:11:22	01:10:32	F45	37	Female	192	
513	400		Emma Wilson	01:11:28	01:10:45	F35	74	Female	193	
514	160		Elaine Longstreth	01:11:43	01:10:57	F45	38	Female	194	
515	557		Melisa Jenkins	01:11:43	01:10:57	F35	75	Female	195	
516	271		Gemma Barnett	01:11:44	01:10:59	F35	76	Female	196	
517	85		Alison Brown	01:12:07	01:11:08	F35	77	Female	197	Dragons Running Club
518	238		Lynn Holmes	01:12:25	01:11:46	F45	39	Female	198	3M Gorseinon
519	269		Zoe Priestley	01:12:25	01:12:25	OF	77	Female	199	
520	270		Simon Stanford	01:12:25	01:12:23	OM	184	Male	321	Tenby Aces
521	445		Cath Graham	01:12:27	01:12:15	F35	78	Female	200	Tenby Aces
522	447		Mairwen Head	01:12:27	01:12:15	OF	78	Female	201	
523	30		Dawn Evans	01:12:32	01:11:36	F35	79	Female	202	
524	279		Ruth Hazell	01:12:32	01:11:35	OF	79	Female	203	
525	60		Kate Lewis	01:12:34	01:12:04	OF	80	Female	204	

Pos	Race No	Print	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
526	401		Suzanne Wallace	01:13:17	01:12:52	OF	81	Female	205	
527	2		Rhydian Rees	01:13:23	01:12:23	OM	185	Male	322	
528	3		Amie Trick	01:13:23	01:12:23	OF	82	Female	206	
529	547		Amy O'Brian	01:13:23	01:13:13	OF	83	Female	207	
530	212		Claire Griffiths	01:13:32	01:12:37	OF	84	Female	208	
531	403		Geraint Walker	01:14:12	01:13:46	OM	186	Male	323	
532	570		Kelly Slate	01:14:33	01:14:01	OF	85	Female	209	
533	568		Graham Slate	01:14:34	01:14:01	M40	87	Male	324	
534	39		Elizabeth Tomlinson	01:14:47	01:13:53	F45	40	Female	210	
535	38		Victoria Tomlinson	01:14:49	01:13:55	OF	86	Female	211	
536	36		Jenny Kinahan	01:15:30	01:14:42	OF	87	Female	212	
537	395		Becky Williams	01:15:30	01:14:42	OF	88	Female	213	
538	446		Frances Head	01:16:32	01:16:08	OF	89	Female	214	
539	466		Adam Brown	01:16:32	01:16:08	M40	88	Male	325	Tenby Aces
540	337		Leah Flux	01:17:29	01:17:21	F35	80	Female	215	
541	507		Allen Watts	01:17:37	01:17:37	M60	17	Male	326	
542	416		Michelle Chewing	01:19:27	01:18:37	F55	6	Female	216	
543	14		Delyth Davies	01:19:37	01:18:45	F35	81	Female	217	
544	130		Marie Jones	01:19:37	01:18:45	OF	90	Female	218	
545	197		Rebecca Lewis	01:20:00	01:19:33	OF	91	Female	219	
546	306		Katie Morgan-Lewis	01:21:28	01:20:58	OF	92	Female	220	
547	307		Stacey McKeown	01:21:28	01:20:59	OF	93	Female	221	
548	75		Danielle Charles	01:21:44	01:21:36	OF	94	Female	222	
549	385		Denise Cousins	01:22:08	01:21:21	F55	7	Female	223	
550	68		Rebecca Farrelly	01:24:27	01:23:57	OF	95	Female	224	
551	195		Paula Stockley	01:24:40	01:24:00	OF	96	Female	225	3M Gorseinon
552	549		Ben Simmons	01:25:31	01:24:55	OM	187	Male	327	
553	404		Julie James	01:26:20	01:26:08	F45	41	Female	226	
554	13		Becky Heal	01:30:30	01:29:43	OF	97	Female	227	
555	519		Jolene Morgan	01:36:16	01:36:11	OF	98	Female	228	
556	517		Rebecca Winchcombe	01:36:19	01:36:13	OF	99	Female	229	