

MERTHYR MAWR LANE 5 km : Wednesday 1st June 2016 – Provisional Results v1

Position	Number	Time	Name	Surname	Club	Sex	Males	Females	Age Group	Counter	Rank	Males	Females
1	404	14:34	Danial	Desta	Swansea Harriers	M	1		U20M	1	1	1	
2	61	15:59	James	Hunt	Cardiff	M	2		SM	2	2	2	
3	49	16:21	Ian	Harris	Swansea Harriers	M	3		SM	3	3	3	
4	85	16:35	Doug	Nichols	Les Croupiers	M	4		SM	4	4	4	
5	51	16:36	Dean	Johnston	Neath	M	5		SM	5	5	5	
6	406	16:41	Lee	Aherne	Parc Bryn Bach	M	6		MM40	6	6	6	
7	82	16:42	Darren	Bishop	Pontypridd Roadents Ac	M	7		SM	7	7	7	
8	70	16:42	Nick	Tulp	Les Croupiers	M	8		SM	8	8	8	
9	86	16:43	Paul	Graham	Pontypridd Roadents Ac	M	9		SM	9	9	9	
10	175	16:43	Martin	Rees	Les Croupiers	M	10		MM60	10	10	10	
11	87	16:44	Matthew	Evans	Aberdare Valley	M	11		SM	11	11	11	
12	379	17:04	Sam	Ryall	Pontypridd Roadents Ac	M	12		MM40	12	12	12	
13	25	17:11	Donovan	Williams-Hale	Bridgend Ac	M	13		U20M	13	13	13	
14	359	17:14	Matthew	Hurford	Les Croupiers	M	14		MM40	14	14	14	
15	48	17:14	Paul	Morgan	Swansea Harriers	M	15		SM	15	15	15	
16	411	17:24	Geraint	Lewis	Porthcawl Runners	M	16		SM	16	16	16	
17	77	17:25	Joseph	Reardon	Neath	M	17		U20M	17	17	17	
18	23	17:32	Mark	Emery	Bridgend Ac	M	18		SM	18	18	18	
19	360	17:36	Adrian	Lewis	Aberdare Valley	M	19		MM40	19	19	19	
20	386	17:39	Clara	Evans	Pontypridd Roadents Ac	F		20	SW	20	20		1
21	15	17:41	Neil	Jones	Cwm Ogwr	M	21		SM	21	21	20	
22	387	17:44	Martin	Williams	Les Croupiers	M	22		MM50	22	22	21	
23	53	17:50	Brian	Dias	Les Croupiers	M	23		SM	23	23	22	
24	190	17:52	Andrew	Blair	Les Croupiers	M	24		MM50	24	24	23	
25	62	17:55	Matthew	Reynolds	U/A	M	25		SM	25	25	24	
26	5	17:56	Sean	Lewis	Brackla Harriers	M	26		SM	26	26	25	
27	391	17:59	A N	Other	U\A								
28	50	18:03	Gabrielius	Stuokus	Les Croupiers	M	28		SM	28	27	26	
29	42	18:08	Rowan	Hobbs	Brackla Harriers	M	29		SM	29	28	27	
30	57	18:15	Matt	Hopkins	Les Croupiers	M	30		SM	30	29	28	
31	10	18:19	Daniel	Nicholas	Cornelly Striders	M	31		SM	31	30	29	

32	184	18:29	Peter	Turnbull	Les Croupiers	M	32		MM50	32	31	30	
33	36	18:32	John	Hill	Bridgend Ac	M	33		SM	33	32	31	
34	180	18:35	Paul	Talbot	Neath	M	34		MM40	34	33	32	
35	195	18:41	David	Murray	Pencoed Tri	M	35		MM40	35	34	33	
36	32	18:44	Tom	Chapman	Pencoed Tri	M	36		SM	36	35	34	
37	194	18:49	Stuart	Mcilroy	Les Croupiers	M	37		MM40	37	36	35	
38	374	18:55	Robert	Hunt	Bridgend Ac	M	38		MM50	38	37	36	
39	73	18:57	Matthew	Verran	Cardiff	M	39		U20M	39	38	37	
40	67	18:58	Christopher	Jeynes	Brackla Harriers	M	40		SM	40	39	38	
41	397	19:00	Dean	House	Pegasus	M	41		MM50	41	40	39	
42	389	19:02	Lauren	Cooper	Parc Bryn Bach	F		42	SW	42	41		2
43	33	19:05	Matt	Edwards	Pencoed Tri	M	43		SM	43	42	40	
44	116	19:14	Ian	Ogilvie	Brackla Harriers	M	44		MM40	44	43	41	
45	192	19:15	Colin	Mcqueen	Brackla Harriers	M	45		MM50	45	44	42	
46	29	19:18	Jack	Couch	Cornelly Striders	M	46		SM	46	45	43	
47	155	19:19	Will	Edwards	Porthcawl Runners	M	47		MM40	47	46	44	
48	107	19:20	Nick	Stocker	Bridgend Ac	M	48		MM40	48	47	45	
49	64	19:21	Phil	Welch	Bridgend Ac	M	49		SM	49	48	46	
50	140	19:22	Alex	Williams	Port Talbot Harriers	M	50		MM40	50	49	47	
51	177	19:23	Richard	Self	Les Croupiers	M	51		MM50	51	50	48	
52	149	19:28	Aled	Hughes	Cwm Ogwr	M	52		MM40	52	51	49	
53	185	19:29	Robert	Evans	Les Croupiers	M	53		MM60	53	52	50	
54	113	19:31	David	Bennett	Porthcawl Runners	M	54		MM40	54	53	51	
55	408	19:33	Drew	Webber	Brackla Harriers	M	55		SM	55	54	52	
56	72	19:35	Ffion	Higginson	Bridgend Ac	F		56	U20W	56	55		3
57	128	19:45	Steven	Hooper	Pontypridd Roadents Ac	M	57		MM50	57	56	53	
58	45	19:48	Alex	Worthington	U/A	M	58		SM	58	57	54	
59	173	19:51	Glyn	Sansom	San Domenico	M	59		MM50	59	58	55	
60	191	19:51	Jeff	Thomas	Bridgend Ac	M	60		MM50	60	59	56	
61	21	19:53	Mike	Haines	Pencoed Tri	M	61		SM	61	60	57	
62	7	19:55	Huw	Griffiths	Bridgend Ac	M	62		SM	62	61	58	
63	52	19:56	Daniel	Mayne	Cardiff	M	63		U20M	63	62	59	
64	366	20:00	Peter	Johns	U\A	M	64		MM50	64	63	60	
65	186	20:02	Richie	Pett	Cwm Ogwr	M	65		MM40	65	64	61	

66	3	20:03	Jamie	Clode	Bridgend Ac	M	66		SM	66	65	62	
67	398	20:03	Jamy	Thomas	Parc Bryn Bach	M	67		SM	67	66	63	
68	132	20:05	Terry	O'Brien	U/A	M	68		MM50	68	67	64	
69	218	20:07	Jessica	Hegarty	Cornelly Striders	F		69	SM	69	68		4
70	109	20:08	Will	John	Bridgend Ac	M	70		MM40	70	69	65	
71	183	20:10	Adrian	Phillips	Cornelly Striders	M	71		MM40	71	70	66	
72	150	20:12	Peter	Turner	Cornelly Striders	M	72		MM60	72	71	67	
73	112	20:13	David	Evans	Cwm Ogwr	M	73		MM40	73	72	68	
74	157	20:13	Gareth	Richards	Cwm Ogwr	M	74		MM40	74	73	69	
75	151	20:15	Keith	Powell	Cornelly Striders	M	75		MM60	75	74	70	
76	315	20:15	Ruth	Davies	Pencoed Tri	F		76	MW35	76	75		5
77	35	20:18	Nick	Harris	Cwm Ogwr	M	77		SM	77	76	71	
78	11	20:25	Stephen	Hogan	Cornelly Striders	M	78		SM	78	77	72	
79	83	20:29	Jamie	Bishop	Pontypridd Roadents Ac	M	79		SM	79	78	73	
80	361	20:32	John	Marson	Llanelli Ac	M	80		MW35	80	79	74	
81	129	20:34	Richard	Beech	Brackla Harriers	M	81		MM50	81	80	75	
82	139	20:35	Rob	Bennett	Porthcawl Runners	M	82		MM40	82	81	76	
83	16	20:35	Brian	Cotton	Cwm Ogwr	M	83		SM	83	82	77	
84	43	20:37	Lloyd	Francis	Brackla Harriers	M	84		U20M	84	83	78	
85	383	20:37	Evat	Cummings	Les Croupiers	M	85		MM40	85	84	79	
86	130	20:38	Chris	Pratt	Cwm Ogwr	M	86		MM40	86	85	80	
87	19	20:43	Jon	Thiel	Bridgend Ac	M	87		SM	87	86	81	
88	145	20:44	Jonathan	Hayes	Bridgend Ac	M	88		MM50	88	87	82	
89	394	20:45	Phil	Meyler	Pontypridd Roadents Ac	M	89		MM60	89	88	83	
90	286	20:51	Carol	Rees	Les Croupiers	F		90	MW45	90	89		6
91	141	20:53	Kevin	Raymond	Cwm Ogwr	M	91		MM50	91	90	84	
92	66	20:59	Katrin	Higginson	Bridgend Ac	F		92	U20W	92	91		7
93	189	21:01	Liam	Bryson	Caerphilly Runners	M	93		MM40	93	92	85	
94	144	21:03	Richard	Purnell	Cwm Ogwr	M	94		MM40	94	93	86	
95	106	21:04	David	Hesketh	Cornelly Striders	M	95		MM50	95	94	87	
96	22	21:06	Gareth	Jenkins	Cwm Ogwr	M	97		SM	97	95	88	
97	416	21:07	Daniel	Glen	Bridgend Ac	M	98		SM	98	96	89	
98	211	21:09	Angela	Champion	Les Croupiers	F		99	MW35	99	97		8
99	354	21:10	Gemma	Roche-Clarke	Bridgend Ac	F		100	SW	100	98		9

100	200	21:11	Tony	Mckay	Pegasus	M	101		MM50	101	99	90	
101	143	21:12	Kris	Denholm	Cwm Ogwr	M	102		MM40	102	100	91	
102	384	21:13	Richard	Dyke	Brackla Harriers	M	103		MM40	103	101	92	
103	1	21:14	Daniel	Morgan	Pencoed Tri	M	104		SM	104	102	93	
104	44	21:16	Richard	Steele	Brackla Harriers	M	105		SM	105	103	94	
105	69	21:25	Antony	Phillips	Bridgend Ac	M	106		MM50	106	104	95	
106	385	21:28	Howard	Carpenter	Neath	M	108		MM60	108	105	96	
107	314	21:31	Charlotte	Johns	Brackla Harriers	F		109	MW45	109	106		10
108	108	21:33	Matthew	Bunce	Brackla Harriers	M	110		MM40	110	107	97	
109	2	21:34	Kris	Powell	Pencoed Tri	M	111		SM	111	108	98	
110	114	21:40	Iwan	Dowie	Cornelly Striders	M	112		MM40	112	109	99	
111	125	21:43	Chris	Roberts	Cwm Ogwr	M	113		MM40	113	110	100	
112	20	21:45	Wayne	Hayhurst	U/A	M	114		SM	114	111	101	
113	318	21:46	Sarah	Judd	Porthcawl Runners	F		115	MW45	115	112		11
114	28	21:46	Tom	Attwood	Bridgend Ac	M	117		U20M	117	113	102	
115	156	21:51	Mark	Francis	Brackla Harriers	M	118		MM50	118	114	103	
116	27	21:54	Peter	Walsh	U/A	M	119		SM	119	115	104	
117	30	21:57	Mark	Pedler	Cornelly Striders	M	120		SM	120	116	105	
118	121	21:59	Dominic	Shields	San Domenico	M	121		MM50	121	117	106	
119	193	22:00	Simon	Partridge	Neath Harriers Ac	M	122		MM60	122	118	107	
120	90	22:00	Simon	Bowen	Null	M	123		SM	123	119	108	
121	229	22:01	Erin	Hayes	Bridgend Ac	F		124	U20F	124	120		12
122	168	22:03	Tony	Eustace	U/A	M	125		MM40	125	121	109	
123	220	22:03	Lucy	Edwards	Cornelly Striders	F		126	U20F	126	122		13
124	161	22:04	Stephen	Summers	Pencoed Tri	M	127		MM40	127	123	110	
125	40	22:06	Alistair	Thomson	Porthcawl Runners	M	128		SM	128	124	111	
126	154	22:07	Antony	Lewis	Cwm Ogwr	M	129		MM40	129	125	112	
127	197	22:08	Gwyn	Jones	Les Croupiers	M	130		MM50	130	126	113	
128	396	22:09	Geoff	Jones	Pontypridd Roadents Ac	M	131		MM40	131	127	114	
129	399	22:12	Julie	Scholey	Les Croupiers	F		132	MW55	132	128		14
130	120	22:14	David	Carrington	Bridgend Ac	M	133		MM50	133	129	115	
131	148	22:16	David	Kembery	Cwm Ogwr	M	134		MM40	134	130	116	
132	403	22:19	Mark	Evans	Brackla Harriers	M	135		MM50	135	131	117	
133	349	22:20	Lauren	Davies	Pencoed Tri	F		136	SW	136	132		15

134	171	22:22	Andy	Fisher	Brackla Harriers	M	137		MM50	137	133	118	
135	378	22:23	Paul	Miles	U\A	M	138		MM40	138	134	119	
136	231	22:24	Alisha	Hayes	Bridgend Ac	F		139	U20F	139	135		16
137	31	22:25	Damien	Crombie	Pencoed Tri	M	140		SM	140	136	120	
138	368	22:31	Molly	Reardon	Neath Harriers Ac	F		141	JF	141	137		17
139	18	22:31	Chris	Deere	Brackla Harriers	M	142		U20M	142	138	121	
140	79	22:33	Ben	Davies	U\A	M	143		SM	143	139	122	
141	402	22:36	Allan	Jones	Brackla Harriers	M	144		MM60	144	140	123	
142	246	22:37	Angharad	Starr	U/A	F		145	SW	145	141		18
143	388	22:38	Stephen	Quin	Les Croupiers	M	146		MM40	146	142	124	
144	147	22:41	Keith	Coleman	Cwm Ogwr	M	147		MM40	147	143	125	
145	65	22:41	Cai	Pughsley	Port Talbot Harriers	M	148		U20M	148	144	126	
146	342	22:44	Andrea	Starritt	Brackla Harriers	F		149	MW45	149	145		19
147	41	22:46	Neil	Morgan	Cwm Ogwr	M	150		SM	150	146	127	
148	233	22:53	Shelley	Smithson	Cwm Ogwr	F		151	SW	151	147		20
149	179	22:54	Ian	Cuthbert	Brackla Harriers	M	152		MM50	152	148	128	
150	80	22:58	George	Webber	U\A	M	153		U20M	153	149	129	
151	414	22:59	Sai	Godal	Les Croupiers	M	154		MM40	154	150	130	
152	88	23:01	Darren	Richards	Port Talbot Harriers	M	155		SM	155	151	131	
153	355	23:04	Leeah	Cooper	U\A	F		156	SW	156	152		21
154	393	23:05	Gary	John	Les Croupiers	M	157		MM60	157	153	132	
155	357	23:07	Elaine	Wharmby	Pegasus	F		158	MW45	158	154		22
156	167	23:07	David	Mcdonald	Les Croupiers	M	159		MM40	159	155	133	
157	260	23:08	Jane	Ogilvie	Brackla Harriers	F		160	MW45	160	156		23
158	234	23:12	Jenny	Martin	Les Croupiers	F		161	MW35	161	157		24
159	390	23:13	Caerwyn	Lewis	Cwm Ogwr	M	162		MM50	162	158	134	
160	325	23:18	Melanie	Williams	Brackla Harriers	F		163	MW35	163	159		25
161	273	23:21	Liz	Beech	Brackla Harriers	F		165	MW55	165	160		26
162	81	23:25	Matthew	Churchill	Brackla Harriers	M	167		SM	167	161	135	
163	258	23:26	Sian	Williams	Cornelly Striders	F		168	MW35	168	162		27
164	238	23:26	Rebecca	Bland	Brackla Harriers	F		168	MW35	168	162		27
165	334	23:28	Lorraine	Burvill	Les Croupiers	F		169	MW45	169	164		29
166	142	23:30	James	Marks	Cornelly Striders	M	170		MM50	170	165	136	
167	248	23:33	Nadine	Ritterskamp	Les Croupiers	F		171	SW	171	166		30

168	103	23:45	David	Sheard	Cwm Ogwr	M	172		MM50	172	167	137	
169	255	23:45	Joanne	Edwards	Cornelly Striders	F		173	MW45	173	168		31
170	339	23:46	Lorraine	Colton	U/A	F		174	MW45	174	169		32
171	89	23:47	Adam	Burroughes	U\A	M	175		SM	175	170	138	
172	102	23:49	Pete	Harrop	Cwm Ogwr	M	176		MM50	176	171	139	
173	209	23:50	Hayley	Coburn	Bridgend Ac	F		177	MW35	177	172		33
174	166	23:55	Chris	Jones	Porthcawl Runners	M	178		MM50	178	173	140	
175	14	23:58	Jack	Hughes	Bridgend Ac	M	179		U20M	179	174	141	
176	327	24:01	Libby	Lavis	Brackla Harriers	F		180	MW55	180	175		34
177	17	24:02	Lloyd	Wood	U/A	M	181		SM	181	176	142	
178	293	24:06	Catherine	Hayes	Bridgend Ac	F		182	MW45	182	177		35
179	115	24:10	Alan	March	U/A	M	183		MM50	183	178	143	
180	9	24:10	Andrew	Lamont	Cornelly Striders	M	184		SM	184	179	144	
181	320	24:11	Romana	Maine	Porthcawl Runners	F		185	MW55	185	180		36
182	199	24:12	Graham	Foster	Brackla Harriers	M	186		MM50	186	181	145	
183	201	24:12	Sophie	Deere	Brackla Harriers	F		187	SW	187	182		37
184	312	24:12	Helen	Little	Brackla Harriers	F		188	MW35	188	183		38
185	163	24:13	Ian	Stratton	Brackla Harriers	M	189		MM40	189	185	147	
186	170	24:23	Martyn	John	Pencoed Tri	M	190		MM40	190	187	148	
187	395	24:24	Alan	Furnell	Port Talbot Harriers	M	191		MM60	191	189	149	
188	240	24:25	Joseph	Bishop	U/A	M	192		SM	192	191	151	
189	413	24:27	Lauren	Eley	Bridgend Ac	F		193	SM	193	193		42
190	275	24:29	Jennet	James	Cornelly Striders	F		194	MW45	194	195		44
191	352	24:30	Zoe	Holloway	San Domenico	F		195	JF	195	197		46
192	165	24:35	Martin	Jones	Cornelly Striders	M	196		MM40	196	199	152	
193	181	24:38	Paul J	Morgan	Brackla Harriers	M	197		MM50	197	201	153	
194	60	24:39	Kate	Phillips	Cornelly Striders	M	198		SM	198	203	155	
195	176	24:40	Andrew	Sedgmond	Les Croupiers	M	199		MM60	199	205	156	
196	303	24:41	Eve	Gallop-Evans	Les Croupiers	F		200	MW45	200	207		51
197	371	24:42	Stephen	Basset	Pencoed Tri	M	201		MM40	201	209	157	
198	265	24:46	Denise	Bradley	Cwm Ogwr	F		202	MW45	202	211		54
199	111	24:47	Christie	Coleman	Cwm Ogwr	M	203		MM40	203	213	158	
200	244	24:50	Laura	Butcher	Porthcawl Runners	F		204	SW	204	215		57
201	164	24:51	Stephen	Gibbins	Porthcawl Runners	M	205		MM60	205	217	159	

202	410	24:52	Alex	Ford	Brackla Harriers	M	206		MM60	206	219	160	
203	256	24:53	Georgina	Fraser	Cornelly Striders	F		207	MW45	207	221		61
204	152	24:53	Simon	Davies	U/A	M	208		MM40	208	223	161	
205	249	24:56	Fathi	Blatchford	U/A	F		209	SW	209	225		64
206	78	25:00	Patrick	O'Toole	U\A	M	210		SM	210	227	162	
207	213	25:01	Alison	Allen	Cornelly Striders	F		211	MW35	211	228		66
208	68	25:05	Michael	Highes	U/A	M	212		SM	212	230	163	
209	6	25:06	Richard	Lowcock-James	Cwm Ogwr	M	213		SM	213	232	164	
210	328	25:10	Claire	Smithson	Porthcawl Runners	F		214	MW35	214	234		70
211	24	25:15	Craig	Lamont	Cornelly Striders	M	215		SM	215	236	165	
212	264	25:16	Nikki	Dowie	Cornelly Striders	F		216	MW45	216	238		73
213	257	25:17	Vicki	Jeffery	Cornelly Striders	F		217	MW45	217	240		74
214	34	25:21	Morgan	Grant	U/A	M	218		U20M	218	242	167	
215	214	25:21	Willow	Hughes	U/A	F		219	U20F	219	244		77
216	301	25:25	Claire	Dunbar-Bowen	Cwm Ogwr	F		220	MW35	220	246		79
217	188	25:28	Adam	Rowe	Cwm Ogwr	M	221		MM40	221	248	169	
218	363	25:30	Rachel	Thomson	Porthcawl Runners	F		222	SW	222	250		81
219	252	25:31	Carolyn	Windos	Cornelly Striders	F		223	MW55	223	252		83
220	336	25:36	Alison	Gwyther	U/A	F		224	MW45	224	254		85
221	136	25:40	Christian	Thomas	Cwm Ogwr	M	225		MM40	225	256	170	
222	13	25:42	Daniel	Clark	Cwm Ogwr	M	226		SM	226	258	171	
223	178	25:43	Richard	Garratt	Cwm Ogwr	M	227		MM40	227	260	172	
224	217	25:44	Charlotte	Harries	Cornelly Striders	F		228	SW	228	262		90
225	162	25:52	Howard	Jones	Brackla Harriers	M	229		MM50	229	264	173	
226	207	25:55	Rebecca	Murray	Cornelly Striders	F		230	U20F	230	266		92
227	313	26:00	Julie	Couzens	Brackla Harriers	F		231	MW45	231	268		94
228	117	26:01	Gareth	Mole	Porthcawl Runners	M	232		MM40	232	270	175	
229	335	26:06	Carol	Bartle	Cwm Ogwr	F		233	MW45	233	272		97
230	331	26:08	Julie	Griffiths	Cwm Ogwr	F		234	MW35	234	274		99
231	321	26:09	Karen	Phillips	Porthcawl Runners	F		235	MW45	235	276		101
232	350	26:11	Karen	Chadwell	Les Croupiers	F		236	MW45	236	278		103
233	309	26:13	Claire	George	Cornelly Striders	F		237	MW45	237	280		105
234	401	26:15	Graham	Bingham	Pontypridd Roadents Ac	M	238		MM50	238	282	177	
235	169	26:17	Barry	James	Porthcawl Runners	M	239		MM60	239	284	178	

236	137	26:17	Alwyn	Thomas	Porthcawl Runners	M	240		MM60	240	286	179	
237	54	26:23	Clare	Worthington	Cwm Ogwr	F		241	MW35	241	288		109
238	367	26:23	Rosie	Bristow	Pegasus	M	242		SM	242	290	180	
239	215	26:24	Kate	Ashton	Cornelly Striders	F		243	MW35	243	292		112
240	253	26:26	Fiona	Evans	Cwm Ogwr	F		244	MW45	244	294		114
241	261	26:28	Stephanie	Murray	Cornelly Striders	F		245	MW45	245	296		116
242	224	26:30	Ashleigh	Muir	Cornelly Striders	F		246	SW	246	298		118
243	101	26:31	Andy	Wilkins	Brackla Harriers	M	247		MM60	247	300	181	
244	340	26:33	Tracey	Bond	U/A	F		248	MW35	248	302		121
245	250	26:36	Sarah	Littlewood	Cwm Ogwr	F		249	MW35	249	304		123
246	160	26:42	Dermot	Nolan	Cwm Ogwr	M	250		MM40	250	306	182	
247	369	26:50	Alysha	Dickeson	Brackla Harriers	F		251	SW	251	308		126
248	153	27:12	Steve	Riddler	Cwm Ogwr	M	252		MM50	252	310	183	
249	381	27:14	Colin	Crooks	Pegasus	M	253		MM60	253	312	185	
250	329	27:19	Dawn	Coram	U/A	F		254	MW35	254	314		128
251	415	27:26	Chris	Caldwell	Brackla Harriers	M	255		MM49	255	316	187	
252	291	27:28	Diana	Purnell	Cwm Ogwr	F		256	MW35	256	318		131
253	409	27:41	Tim	Webb	Pegasus	M	257		MM60	257	320	188	
254	12	27:54	James	Davies	Pencoed Tri	M	258		SM	258	322	190	
255	333	27:56	Eirian	Arwyn	Les Croupiers	F		259	MW55	259	324		134
256	46	27:58	Shaun	Langdon	U/A	M	260		SM	260	326	191	
257	326	28:01	Susan	Ralph	Brackla Harriers	F		261	MW45	261	328		137
258	278	28:02	Claire	Jones	Cornelly Striders	F		262	MW45	262	330		139
259	300	28:03	Melanie	Thomas	Cwm Ogwr	F		263	MW35	263	332		141
260	251	28:06	Sue	Wilkins	Brackla Harriers	F		264	MW55	264	334		143
261	182	28:15	Jeff	Aston	Les Croupiers	M	265		MM60	265	336	193	
262	245	28:21	Juliane	Mort	Porthcawl Runners	F		266	MW35	266	338		145
263	358	28:27	Denise	Buckley	Brackla Harriers	F		267	MW35	267	340		147
264	174	28:31	Ralph	Davey	Les Croupiers	M	268		MM70	268	342	194	
265	56	28:32	Stuart	Ball	Les Croupiers	M	269		SM	269	344	195	
266	247	28:34	Emma	Williams	Cwm Ogwr	F		270	SW	270	346		151
267	159	28:41	Nigel	Hale	Thornbury Running Club	M	271		MM60	271	347	196	
268	377	28:43	Paul	Webber	U\A	M	188		MM40	188	183	146	
269	407	28:44	Olivia	Webb	Pegasus	F		189	SW	189	185		39

270	263	28:48	Daniela	Jones	Porthcawl Runners	F		190	MW35	190	187		40
271	123	28:52	Shawn	Cullen	Cwm Ogwr	M	191		MM40	191	189	149	
272	356	28:54	Amanda	Thompson	Les Croupiers	F		192	MW55	192	191		41
273	269	29:02	Susan	Prescott	Cornelly Striders	F		193	MW45	193	193		42
274	203	29:07	Nicola	Nicholas	Cornelly Striders	F		194	SW	194	195		44
275	316	29:21	Jackie	Lewis	Cwm Ogwr	F		195	MW55	195	197		46
276	289	29:22	Jo	Hegarty	Cornelly Striders	F		196	MW45	196	199		48
277	110	29:23	Jude	Jerwood	Cornelly Striders	M	197		MM50	197	201	153	
278	364	29:24	Melanie	Hall	Brackla Harriers	F		198	SW	198	203		49
279	274	29:25	Beverley	Sheard	Cwm Ogwr	F		199	MW45	199	205		50
280	277	29:34	Rachel	Kidd	Cornelly Striders	F		200	MW35	200	207		51
281	400	29:37	Julie	Herbert	Pontypridd Roadents Ac	F		201	MW35	201	209		53
282	239	29:40	Kelly	Crofts	U/A	F		202	MW35	202	211		54
283	247	29:42	Emma	Williams	Cwm Ogwr	F		203	SW	203	213		56
284	259	29:43	Nicola	Howells	Cornelly Striders	F		204	MW45	204	215		57
285	280	29:43	Helen	Duke	Cornelly Striders	F		205	MW45	205	217		59
286	304	29:43	Joanne	Kendall	Cwm Ogwr	F		206	MW35	206	219		60
287	290	29:45	Charlotte	Watkins	Porthcawl Runners	F		207	MW35	207	221		61
288	299	29:45	Gail	Pritchard	Cwm Ogwr	F		208	MW45	208	223		63
289	295	29:45	Andrea	Randall	Cwm Ogwr	F		209	MW45	209	225		64
290	284	29:51	Janet	Ollivier	Porthcawl Runners	F		211	MW55	211	228		66
291	287	30:06	Marnie	Muir	Cornelly Striders	F		212	MW45	212	230		68
292	282	30:07	Katherine	Campbell	Cornelly Striders	F		213	MW35	213	232		69
293	276	30:10	Jo	Rees	Porthcawl Runners	F		214	MW35	214	234		70
294	308	30:16	Janice	Francis	Brackla Harriers	F		215	MW45	215	236		72
295	412	30:20	Jon	Tudor	U\A	M	216		MM50	216	238	166	
296	310	30:24	Laura	Coombes	Les Croupiers	F		217	MW35	217	240		74
297	373	30:32	Julie	Haigh	Caerphilly Runners	F		218	MW55	218	242		76
298	243	30:33	Kimberley	Davies	Cwm Ogwr	F		219	SW	219	244		77
299	392	30:40	Ian	Swanson	Port Talbot Harriers	M	220		MM60	220	246	168	
300	338	30:42	Kathleen	Evans	Brackla Harriers	F		221	MW55	221	248		80
301	208	30:43	Bethan	Cross	Cwm Ogwr	F		222	SW	222	250		81
302	237	30:45	Kirsty	Mcgowan	Les Croupiers	F		223	SW	223	252		83
303	294	30:58	Helen	Griffiths	Cwm Ogwr	F		224	MW45	224	254		85

304	212	31:01	Natalie	Griffiths	Cwm Ogwr	F		225	MW35	225	256		87
305	324	31:06	Karen	Skinley	Bridgend Ac	F		226	MW45	226	258		88
306	318	31:12	Sarah	Judd	Porthcawl Runners	F		227	MW45	227	260		89
307	219	31:14	Natalie	Carey	Cornelly Striders	F		228	MW35	228	262		90
308	8	31:16	Chris	Stanlake	Cwm Ogwr	M	229		SM	229	264	173	
309	365	31:26	Kath	Jones	Bridgend Ac	F		230	MW45	230	266		92
310	370	31:28	Nicola	Roylance	Caerphilly Runners	F		231	SW	231	268		94
311	372	31:28	Ruth	Hazell	Caerphilly Runners	F		232	MW35	232	270		96
312	341	31:30	Jayne	Hopkins	Porthcawl Runners	F		233	MW55	233	272		97
313	236	31:37	Kelly	Griffiths	Cwm Ogwr	F		234	MW35	234	274		99
314	298	31:39	Jayne	Kembery	Cwm Ogwr	F		235	MW35	235	276		101
315	296	31:50	Patricia	Stanley	Cwm Ogwr	F		236	MW55	236	278		103
316	187	31:51	Jamie	Bevan	Cwm Ogwr	M	237		MM40	237	280	176	
317	305	32:07	Sian	Tossell	Cwm Ogwr	F		238	MW45	238	282		106
318	205	32:25	Lucy	Hancock	Cwm Ogwr	F		239	MW35	239	284		107
319	337	32:39	Sandra	Blatchford	U/A	F		240	MW45	240	286		108
320	297	32:41	Alica	Thomas	Cwm Ogwr	F		241	MW35	241	288		109
321	227	32:51	Sian	Llewellyn-Goring	Cwm Ogwr	F		242	MW35	242	290		111
322	285	33:15	Lindsey	Kale	Porthcawl Runners	F		243	MW45	243	292		112
323	267	33:18	Lucy	Kerry	U/A	F		244	MW35	244	294		114
324	311	33:24	Wendy	Webb	U/A	F		245	MW45	245	296		116
325	266	33:25	Julie	Ransom	Cwm Ogwr	F		246	MW35	246	298		118
326	268	33:29	Karen	Burgess-Hopkins	Cwm Ogwr	F		247	MW35	247	300		120
327	343	33:30	Susan	Roberts	Cwm Ogwr	F		248	MW45	248	302		121
328	347	33:34	Rhian	Randall-Nolan	Cwm Ogwr	F		249	MW35	249	304		123
329	254	33:59	Delia	Domachowski	Cornelly Striders	F		250	MW45	250	306		125
330	288	34:13	Gail	O'Gorman	Cornelly Striders	F		251	MW45	251	308		126
331	135	34:23	Stephane	Ollivier	Porthcawl Runners	M	252		MM40	252	310	183	
332	47	34:34	Jaimie	Hepburn	U/A	M	253		SM	253	312	185	
333	241	34:36	Lynette	Mithan	U/A	F		254	SW	254	314		128
334	242	34:36	Eleanor	Cooper	U/A	F		255	SW	255	316		130
335	344	35:21	Joanne	Rowling	Cwm Ogwr	F		256	MW35	256	318		131
336	105	36:10	Vince	Lawlor	Cornelly Striders	M	257		MM50	257	320	188	
337	319	36:22	Bethan	Jones	Cornelly Striders	F		258	MW45	258	322		133

338	345	36:23	Amanda	Pallister	U/A	F		259	MW35	259	324		134
339	346	36:24	Clare	Williams	Pencoed Panthers	F		260	MW35	260	326		136
340	382	36:28	Ceri	Edwards	U\A	F		261	MW55	261	328		137
341	216	37:14	Rhiannon	Buckley	Cwm Ogwr	F		262	SW	262	330		139
342	223	37:53	Rhiannon	Whiteley	Cwm Ogwr	F		263	SW	263	332		141
343	405	39:06	Tommie	Clemmet	Cwm Ogwr	M	264		SM	264	334	192	
344	302	39:54	Lesley	Lewis	Cornelly Striders	F		265	MW55	265	336		144
345	230	42:07	Bethan	Grant	U/A	F		266	U20F	266	338		145
346	292	42:13	Lynda	Denholm	Cwm Ogwr	F		267	MW45	267	340		147
347	348	49:24	Pippa	Clark	Cwm Ogwr	F		268	SW	268	342		149
348	232	49:25	Louise	Bennett	Cwm Ogwr	F		269	MW35	269	344		150