

Postion	Number	Time	Category	Name	Club
1	3191	0:36:40	SM	Rob Atkin	
2	3065	0:36:45	SM	Hugh Aggleton	Cardiff Harlequins
3	3082	0:38:15	SM	dean buchanan	SAN DOMENICO
4	3015	0:38:32	SM	Chris Moore	ALDRSHOT FARNEHAM AND DISTRICT
5	3225	0:38:41	SM	robert Hicks	TACH
6	3147	0:38:49	SM	Mark Emery	
7	3630	0:38:55	SM	jerome edwards	SAN DOMENICO
8	3045	0:38:59	SM	Richard Wilder	LES CROUPIERS
9	3526	0:39:01	VM	Adrian Woods	GRIFFITHSTOWN HARRIERS
10	3050	0:39:11	SM	Matthew Jones	
11	3503	0:39:23	VM	Chris Parker	SWANSEA HARRIERS
12	3473	0:39:28	VM	andrew davies	PONTYPRID ROADENTS
13	3463	0:39:35	VM	Stefan Simms	GRIFFITHSTOWN HARRIERS
14	3194	0:39:36	SM	Mark Palser	LES CROUPIERS
15	3235	0:39:38	SM	Chris Kiely	LES CROUPIERS
16	3234	0:39:42	SM	James Tugwell	BRISTOL AND WEST AC
17	3139	0:39:45	SM	vincent thomas	
18	3202	0:40:12	SM	Richard Baker	SOUTH CHESHIRE HARRIERS
19	3185	0:40:39	SM	Martin Dando	
20	3214	0:40:56	SM	Tom Davis	BRIDGEND AC
21	3237	0:41:26	SM	Matthew Wells	BRACKLA HARRIERS
22	3171	0:41:35	SM	Martin Williams	LES CROUPIERS
23	3033	0:41:39	SM	Geraint Williams	
24	3190	0:41:43	SM	Richard Samuel	Cardiff Harlequins
25	3175	0:41:44	SM	Josh Harris	
26	3367	0:41:44	VM	Phillip Jenkins	BRIDGEND AC
27	3138	0:41:47	SM	Dan Whaites	
28	3457	0:42:05	VM	Christine Vorres	GRIFFITHSTOWN HARRIERS
29	3349	0:42:21	VM	Steven Bridges	BRITISH AIRWAYS CYMRU
30	3612	0:42:22	SF	Sally Haselhurst	SAN DOMENICO
31	3327	0:42:27	VM	Alex Williams	PORT TALBOT HARRIERS
32	3319	0:42:28	VM	Richard Self	LES CROUPIERS

33	3100 0:42:33	SM	gareth hall	LLISWERRY RUNNERS
34	3368 0:42:35	VM	John Aggleton	MDC
35	3187 0:42:39	SM	James King	CAERLEON
36	3104 0:42:45	SM	John Littlewood	CELTIC TRI
37	3681 0:42:47	SF	Gemma Jones	LLISWERRY RUNNERS
38	3137 0:42:48	SM	Jason Morris	
39	3412 0:42:49	VM	Stephen Williams	NEATH HARRIERS
40	3118 0:42:52	SM	rhodri evans	PONTYPRID ROADENTS
41	3306 0:43:02	VM	Clem Clement	PENARTH & DINAS RUNNERS
42	3153 0:43:04	SM	Chris Blackmore	Cardiff Harlequins
43	3157 0:43:10	SM	david edwards	
44	3117 0:43:11	SM	SIMON DAVIES	
45	3353 0:43:13	VM	Phillip Miles	PARC BRYN BACH
46	3832 0:43:17	VF	Sharron Leech	CARMARTHEN HARRIERS
47	3046 0:43:23	SM	Ben Mitchell	
48	3543 0:43:26	VM	CARL GILMOUR	HAY HOTFOOTERS
49	3464 0:43:30	VM	Jeffrey Thomas	BRIDGEND AC
50	3213 0:43:33	SM	Matthew Hooper	CARIFF AAC
51	3003 0:43:35	SM	Jonathon Morris	
52	3685 0:43:44	SF	Bethan Woods	U.W.I.C
53	3377 0:43:46	VM	Andrew Dawe	LLISWERRY RUNNERS
54	3802 0:44:03	VF	Linda Jensen	LES CROUPIERS
55	3232 0:44:14	SM	Russell Holman	
56	3492 0:44:18	VM	David Proud	LES CROUPIERS
57	3493 0:44:19	VM	Eifion Owen	PENCOED TRI
58	3453 0:44:24	VM	Philip Probert	
59	3465 0:44:27	VM	robert wilson	PENARTH & DINAS RUNNERS
60	3510 0:44:31	VM	Rob Falconer	
61	3058 0:44:33	SM	Scott Davies	VILLAGE VIPERS
62	3510 0:44:38	VM	Rob Falconer	
63	3181 0:44:41	SM	Andrew Mundy	BRACKLA HARRIERS
64	3302 0:44:53	VM	Mick Tabor	LES CROUPIERS
65	3472 0:44:56	VM	John Davies	

<b>66</b>	<b>3670 0:44:58</b>	<b>SF</b>	<b>Melissa Dando</b>	<b>LES CROUPIERS</b>
<b>67</b>	<b>3086 0:44:59</b>	<b>SM</b>	<b>Lloyd Morgan</b>	<b>SAN DOMENICO</b>
68	3114 0:44:59	SM	<i>matthew stroud</i>	
69	3012 0:45:03	SM	<i>Ian Lucas</i>	
70	3074 0:45:04	SM	<i>Luke James</i>	
71	3022 0:45:06	SM	<i>Richard Wild</i>	
<b>72</b>	<b>3245 0:45:12</b>	<b>SM</b>	<b>Jonathon Slade</b>	<b>PENCOED TRI</b>
73	3542 0:45:12	VM	<i>Peter Johns</i>	
<b>74</b>	<b>3330 0:45:13</b>	<b>VM</b>	<b>Jeremy Alford</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>75</b>	<b>3533 0:45:14</b>	<b>VM</b>	<b>Knill Baird-Murray</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>76</b>	<b>3887 0:45:16</b>	<b>VF</b>	<b>Michelle Weaver</b>	
<b>77</b>	<b>3424 0:45:20</b>	<b>VM</b>	<b>John O'Shea</b>	<b>LES CROUPIERS</b>
<b>78</b>	<b>3502 0:45:21</b>	<b>VM</b>	<b>Leighton Gardner</b>	<b>SWANSEA HARRIERS</b>
79	3469 0:45:26	VM	<i>Peter Hammond</i>	
80	3485 0:45:30	VM	<i>Jonathon Wright</i>	
81	3009 0:45:39	SM	<i>Chris Williams</i>	
82	3229 0:45:42	SM	<i>Owen Shadick</i>	
83	3411 0:45:44	VM	<i>simon darke</i>	
84	3390 0:45:46	VM	<i>barri edwards</i>	
<b>85</b>	<b>3304 0:45:50</b>	<b>VM</b>	<b>Steve Wlash</b>	<b>3M GORSEINON RRC</b>
86	3403 0:45:51	VM	<i>Nigel Cockram</i>	
<b>87</b>	<b>3605 0:45:52</b>	<b>SF</b>	<b>Laura Backhouse</b>	
<b>88</b>	<b>3326 0:45:53</b>	<b>VM</b>	<b>Christopher Nellins</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
89	3023 0:45:54	SM	<i>Douglas Reid</i>	
<b>90</b>	<b>3418 0:46:03</b>	<b>VM</b>	<b>Mike Evans</b>	<b>NEATH HARRIERS</b>
<b>91</b>	<b>3387 0:46:04</b>	<b>VM</b>	<b>david rose</b>	<b>BRACKLA HARRIERS</b>
92	3361 0:46:05	VM	<i>Richard Beasley</i>	
<b>93</b>	<b>3673 0:46:06</b>	<b>SF</b>	<b>victoria brailsford</b>	
<b>94</b>	<b>3166 0:46:07</b>	<b>SM</b>	<b>R A Jones</b>	<b>LES CROUPIERS</b>
95	3177 0:46:19	SM	<i>Andrew Wilkinson</i>	
<b>96</b>	<b>3449 0:46:27</b>	<b>VM</b>	<b>Andrew Thomas</b>	<b>BRACKLA HARRIERS</b>
97	3337 0:46:29	VM	<i>Justin Ham</i>	
98	3122 0:46:30	SM	<i>Lee Miller</i>	

99	3108 0:46:33	SM	Kerrith Ashby	
<b>100</b>	<b>3324 0:46:34</b>	<b>VM</b>	<b>Mark Bryant</b>	<b>MDC</b>
<b>101</b>	<b>3041 0:46:35</b>	<b>SM</b>	<b>Richard Welpton</b>	<b>LLISWERRY RUNNERS</b>
<b>102</b>	<b>3402 0:46:38</b>	<b>VM</b>	<b>Dominic Shields</b>	<b>SAN DOMENICO</b>
<b>103</b>	<b>3186 0:46:54</b>	<b>SM</b>	<b>Mathew Powell</b>	<b>CELTIC TRI</b>
<b>104</b>	<b>3692 0:46:55</b>	<b>SF</b>	<b>Michelle Cole</b>	<b>3M GORSEINON RRC</b>
105	3049 0:47:06	SM	Carl Davies	
106	3339 0:47:07	VM	Neil Lewis	
107	3158 0:47:09	SM	Robert Rees	
<b>108</b>	<b>3417 0:47:14</b>	<b>VM</b>	<b>Howard Mason</b>	<b>CAERLEON RC</b>
109	3546 0:47:27	VM	Dave Cross	
110	3044 0:47:31	SM	Stephen Davies	
<b>111</b>	<b>3478 0:47:35</b>	<b>VM</b>	<b>Alan Pritchard</b>	<b>PORT TALBOT HARRIERS</b>
112	3509 0:47:37	VM	Anthony Deacy	
<b>113</b>	<b>3072 0:47:43</b>	<b>SM</b>	<b>Marcus Coles</b>	<b>LES CROUPIERS</b>
114	3099 0:47:46	SM	Gavin Froleay	
<b>115</b>	<b>3896 0:47:47</b>	<b>VF</b>	<b>Debbie Cooke</b>	<b>BRIDGEND AC</b>
<b>116</b>	<b>3500 0:47:48</b>	<b>VM</b>	<b>Martin Lucas</b>	<b>MYNYDDWYR DE CYMRU FRC</b>
117	3148 0:47:48	SM	adrian cartlidge	
<b>118</b>	<b>3508 0:47:51</b>	<b>VM</b>	<b>Christopher Jones</b>	<b>LLISWERRY RUNNERS</b>
<b>119</b>	<b>3395 0:47:56</b>	<b>VM</b>	<b>richard day</b>	<b>PONTYPRID ROADENTS</b>
120	3438 0:47:59	VM	Stuart Keeping	
121	3370 0:48:03	VM	Mark Wood	
122	3338 0:48:09	VM	Mike Ramsey	
<b>123</b>	<b>3358 0:48:12</b>	<b>VM</b>	<b>Richard Sewell</b>	<b>LES CROUPIERS</b>
<b>124</b>	<b>3484 0:48:14</b>	<b>VM</b>	<b>Clive Osmond</b>	<b>LES CROUPIERS</b>
<b>125</b>	<b>3444 0:48:15</b>	<b>VM</b>	<b>Paul Day</b>	<b>LLISWERRY RUNNERS</b>
126	3119 0:48:19	SM	Neil Stovold	
127	3221 0:48:20	SM	Ian Henry	
128	3094 0:48:21	SM	Christian Vaughan-Mo	
129	3192 0:48:22	SM	Joe Thomas	
130	3399 0:48:23	VM	William Ferguson	
<b>131</b>	<b>3154 0:48:28</b>	<b>SM</b>	<b>Martin Twigg</b>	<b>SAN DOMENICO</b>

<b>132</b>	<b>3480 0:48:29</b>	<b>VM</b>	<b>Darren Morgan</b>	<b>VILLAGE VIPERS</b>
133	3035 0:48:30	SM	Phillip Williams	
<b>134</b>	<b>3134 0:48:39</b>	<b>SM</b>	<b>Andrew Palmer</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
135	3019 0:48:44	SM	Richard Boldero	
<b>136</b>	<b>3346 0:48:47</b>	<b>VM</b>	<b>Paul Dursley</b>	<b>LLISWERRY RUNNERS</b>
<b>137</b>	<b>3389 0:48:47</b>	<b>VM</b>	<b>Tim Reese</b>	<b>LLISWERRY RUNNERS</b>
138	3340 0:48:57	VM	Micheal Johnson	
139	3226 0:49:07	SM	Christopher Hicks	
<b>140</b>	<b>3926 0:49:13</b>	<b>VF</b>	<b>Sharon Woods</b>	<b>GRIFFITHSTOWN HARRIERS</b>
<b>141</b>	<b>3378 0:49:14</b>	<b>VM</b>	<b>Mark Anderson</b>	<b>PEWSEY VALE RC</b>
<b>142</b>	<b>3398 0:49:16</b>	<b>VM</b>	<b>John McDonough</b>	<b>TACH</b>
143	3164 0:49:29	SM	Adrian Gibbs	
<b>144</b>	<b>3413 0:49:30</b>	<b>VM</b>	<b>Stephen Owen</b>	<b>LES CROUPIERS</b>
<b>145</b>	<b>3434 0:49:37</b>	<b>VM</b>	<b>David Proffitt</b>	<b>NEWPORT HARRIERS AC</b>
146	3030 0:49:39	SM	Simon Hazel	
147	3247 0:49:41	SM	Rob Duggan	
<b>148</b>	<b>3537 0:49:43</b>	<b>VM</b>	<b>Steve Parker</b>	<b>PENCOED TRI</b>
149	3466 0:49:44	VM	Anne Beard	
150	3037 0:49:46	SM	Stephen Tranner	
151	3014 0:49:46	SM	Ian Humphreys	
152	3244 0:49:47	SM	Andy Dunn	
153	3236 0:49:47	SM	Guy Breakingbury	
<b>154</b>	<b>3526 0:49:53</b>	<b>VM</b>	<b>Adrian Woods</b>	<b>GRIFFITHSTOWN HARRIERS</b>
155	3501 0:49:55	VM	Gideon Jones	
156	3021 0:50:01	SM	Guy Wood	
<b>157</b>	<b>3143 0:50:03</b>	<b>SM</b>	<b>dennis pounder</b>	<b>PONTYPRID ROADENTS</b>
158	3447 0:50:06	VM	Mark Thomas	
<b>159</b>	<b>3071 0:50:11</b>	<b>SM</b>	<b>Gavin Watts</b>	<b>PENCOED TRI</b>
160	3167 0:50:20	SM	DAVID WILLIAMS	
161	3216 0:50:21	SM	Neil Buckman	
162	3446 0:50:22	VM	Chris Moore	
<b>163</b>	<b>3203 0:50:27</b>	<b>SM</b>	<b>David Garwood</b>	<b>PSOF</b>
164	3043 0:50:27	SM	Gavin Earnshaw	

<b>165</b>	<b>3882 0:50:28</b>	<b>VF</b>	<b>Rebecca Merriman</b>	<b>CHEPSTOW HARRIERS</b>	
<b>166</b>	<b>3479 0:50:36</b>	<b>VM</b>	<b>andrew dunscombe</b>	<b>PONTYPRID ROADENTS</b>	
167	3105 0:50:38	SM	Jacob Harvey		
<b>168</b>	<b>3110 0:50:42</b>	<b>SM</b>	<b>Mark Goodger</b>	<b>NEWPORT HARRIERS AC</b>	
<b>169</b>	<b>3344 0:50:43</b>	<b>VM</b>	<b>William Darby</b>	<b>MYNYDD DU</b>	
170	3142 0:50:45	SM	Andrew Proctor		
171	3172 0:50:52	SM	Alec McIntyre		
172	3440 0:50:56	VM	Charles Crundwell		
173	3081 0:50:58	SM	Michael Holloway		
174	3042 0:51:03	SM	Gwyn Williams		
<b>175</b>	<b>3915 0:51:06</b>	<b>VF</b>	<b>Sian Phillips</b>	<b>SWANSEA HARRIERS</b>	
176	3027 0:51:11	SM	Ian Holt		
<b>177</b>	<b>3521 0:51:20</b>	<b>VM</b>	<b>John Price</b>	<b>HAY HOTFOOTERS</b>	
178	3343 0:51:30	VM	Micheal Brace		
<b>179</b>	<b>3475 0:51:32</b>	<b>VM</b>	<b>Mark Sutton</b>	<b>GRIFFITHSTOWN HARRIERS</b>	
180	3049 0:51:42	SM	Carl Davies		
181	3054 0:51:45	SM	HUW MACMILLIAN		
182	3048 0:51:46	SM	Peter Burne		
183	3176 0:51:47	SM	john marshall		
184	3155 0:51:50	SM	Matthew Mulcahy		
185	3057 0:51:51	SM	Andrew Williams		
186	3103 0:51:52	SM	Daniel Luffman		
187	3206 0:51:53	SF	Lee Bodenham		
<b>188</b>	<b>3356 0:51:59</b>	<b>VM</b>	<b>Steve Jones</b>	<b>SWANSEA HARRIERS</b>	<b>unpad</b>
189	3212 0:52:05	SM	Keith Richards		
<b>190</b>	<b>3067 0:52:12</b>	<b>SM</b>	<b>Gareth Rees</b>	<b>SOSPAN ROAD RUNNERS</b>	
191	3445 0:52:16	VM	neil davies		
192	3061 0:52:18	SM	James Stroud		
<b>193</b>	<b>3347 0:52:18</b>	<b>VM</b>	<b>Kevin Barnes</b>	<b>HEREFORD COUIERS</b>	
194	3026 0:52:24	SM	David Moore		
195	3002 0:52:25	SM	Joe Stoate		<i>unpad</i>
196	3317 0:52:27	VM	Jeff Davies		
<b>197</b>	<b>3410 0:52:30</b>	<b>VM</b>	<b>Mario Rabaiotti</b>	<b>PORT TALBOT HARRIERS</b>	

198	3442	0:52:34	VM	Aled Roberts	
<b>199</b>	<b>3363</b>	<b>0:52:40</b>	<b>VM</b>	<b>Stuart Thomson</b>	<b>GRIFFITHSTOWN HARRIERS</b>
200	3182	0:52:41	SM	Mark Herman	
201	3054	0:52:42	SM	HUW MACMILLIAN	
202	3076	0:52:43	SM	Vince Thomas	
203	3448	0:52:44	VM	Ian Fiddes	
204	3156	0:52:45	SM	Lynne Travers-Jones	
<b>205</b>	<b>3477</b>	<b>0:52:45</b>	<b>VM</b>	<b>A R woolterton</b>	<b>BRIDGEND AC</b>
206	3241	0:52:49	SM	Alun Morris	
<b>207</b>	<b>3534</b>	<b>0:52:51</b>	<b>VM</b>	<b>Ray Majer</b>	<b>SOSPAN ROAD RUNNERS</b>
<b>208</b>	<b>3121</b>	<b>0:52:54</b>	<b>SM</b>	<b>warren tilke</b>	<b>PONTYPRID ROADENTS</b>
209	3020	0:52:54	SM	Dale Lord	
210	3488	0:52:55	VM	DHARMACARI PADMAS	
<b>211</b>	<b>3322</b>	<b>0:53:03</b>	<b>VM</b>	<b>Ben Hannigan</b>	<b>PONTYPRID ROADENTS</b>
212	3878	0:53:06	VF	CLAIRE CREW-GEE	
213	3124	0:53:06	SM	Paul Sheppard	
214	3198	0:53:06	SM	Paul Harris	
<b>215</b>	<b>3868</b>	<b>0:53:11</b>	<b>VF</b>	<b>susan tagg</b>	<b>PARC BRYN BACH</b>
216	3146	0:53:12	SM	Larry McGeary	
217	3073	0:53:20	SM	Mark Allen	
218	3182	0:53:21	SM	Mark Herman	
219	3206	0:53:23	SF	Lee Bodenham	
220	3354	0:53:23	VM	John SHANAHAN	
221	3648	0:53:24	SF	Emma Thomas	
222	3018	0:53:26	SM	Matthew Hussain	
223	3371	0:53:29	VM	Simon Cox	
224	3513	0:53:35	VM	John Martin	
<b>225</b>	<b>3688</b>	<b>0:53:35</b>	<b>SF</b>	<b>Charlotte Wells</b>	<b>BRACKLA HARRIERS</b>
226	3406	0:53:36	VM	Waseem Chaudhry	
227	3246	0:53:37	SM	Morgan Lewis	
228	3335	0:53:39	VM	Adrain Johnson	
229	3125	0:53:44	SM	michael brown	
230	3089	0:53:46	SM	N PILLINER	

231	3836	0:53:50	VF	Jane Thomas	
232	3008	0:53:58	SM	Tom Cornelius	
233	3052	0:53:59	SM	Christopher Chappell	
234	3643	0:54:04	SF	Ute Meister	
<b>235</b>	<b>3401</b>	<b>0:54:05</b>	<b>VM</b>	<b>Abyd Quinn Aziz</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
236	3544	0:54:06	VM	Paul Rundle	
237	3432	0:54:07	VM	Stephen Milburn	
238	3068	0:54:17	SM	Nick McAndrew	
239	3340	0:54:24	VM	Micheal Johnson	
240	3127	0:54:25	SM	Nick Youle	
<b>241</b>	<b>3132</b>	<b>0:54:26</b>	<b>SM</b>	<b>Paul Whitmarsh</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
242	3115	0:54:27	SM	Jon A Jones	
243	3325	0:54:28	VM	Jonathon Moore	
<b>244</b>	<b>3541</b>	<b>0:54:31</b>	<b>VM</b>	<b>Alexander Ford</b>	<b>BRACKLA HARRIERS</b>
245	3679	0:54:32	SF	Joanna Rothwell	
246	3379	0:54:37	VM	Richard Lloyd Jones	
247	3655	0:54:37	SF	rhyann sutton	
<b>248</b>	<b>3654</b>	<b>0:54:40</b>	<b>SF</b>	<b>Sharon Phillips</b>	<b>PONTYPRID ROADENTS</b>
249	3075	0:54:46	SM	James Ashwin	
250	3120	0:54:46	SM	Daniel Hubball	
251	3051	0:54:48	SM	David Morris	
<b>252</b>	<b>3314</b>	<b>0:54:50</b>	<b>VM</b>	<b>Stephen Harrett</b>	<b>THE EDDY WANG RUNNERS</b>
253	3419	0:54:51	VM	mark powell	
254	3128	0:54:56	SM	Gareth Phillips	
255	3204	0:54:57	SM	David Parry	
256	3540	0:54:57	VM	andrew Smith	
257	3189	0:54:58	SM	Liz Willey	
258	3628	0:54:59	SF	Michelle McCully	
259	3355	0:55:18	VM	Keith Starr	
260	3064	0:55:20	SM	Gareth Arnold	
261	3059	0:55:21	SM	Andrew Gott	
262	3483	0:55:22	VM	Christian Mears	
<b>263</b>	<b>3341</b>	<b>0:55:24</b>	<b>VM</b>	<b>Andrew Segmond</b>	<b>LES CROUPIERS</b>

264	3476	0:55:25	VM	andrew woolley		
265	3039	0:55:28	SM	Richard House		
<b>266</b>	<b>3517</b>	<b>0:55:29</b>	<b>VM</b>	<b>Micheal Dix</b>	<b>LES CROUPIERS</b>	
<b>267</b>	<b>3927</b>	<b>0:55:30</b>	<b>VF</b>	<b>Venessa Turnbull</b>	<b>WOMENS RUNNING NETWORK</b>	
268	3669	0:55:40	SF	Abi Gibbs		
269	3333	0:55:44	VM	STEVE Johnson		
270	3423	0:55:47	VM	Robert Hart		
271	3228	0:55:48	SM	Daniel Palmer		
272	3173	0:55:50	SM	Stuart Rees		
273	3098	0:56:01	SM	owain lloyd		
274	3460	0:56:02	VM	David Kaged		
275	3470	0:56:05	VM	Stephen Hill		
276	3140	0:56:06	SM	Robert Brodie		
<b>277</b>	<b>3505</b>	<b>0:56:06</b>	<b>VM</b>	<b>Tony Eustace</b>	<b>FORDS BRIDGEND</b>	
278	3382	0:56:13	VM	Ian Thomas		
<b>279</b>	<b>3879</b>	<b>0:56:14</b>	<b>VF</b>	<b>LISA Chichester</b>		
<b>280</b>	<b>3320</b>	<b>0:56:16</b>	<b>VM</b>	<b>Chris Howland</b>	<b>FELIXSTOWE ROAD RUNN</b>	<b>15</b>
<b>281</b>	<b>3880</b>	<b>0:56:25</b>	<b>VF</b>	<b>Helen Jones</b>		
282	3504	0:56:30	VM	Tony Lewis		
283	3365	0:56:35	VM	Dorian Thomas		
284	3342	0:56:45	VM	Paul Jenkins		
285	3112	0:56:47	SM	Geraint Rees		
<b>286</b>	<b>3854</b>	<b>0:56:49</b>	<b>VF</b>	<b>Jo Lord</b>	<b>HAY HOTFOOTERS</b>	
287	3342	0:56:56	VM	Paul Jenkins		
<b>288</b>	<b>3435</b>	<b>0:56:59</b>	<b>VM</b>	<b>Rob Phillips</b>	<b>PONTYPRID ROADENTS</b>	
<b>289</b>	<b>3468</b>	<b>0:57:00</b>	<b>VM</b>	<b>Paul Buckley</b>	<b>HOGWEED TROTTERS</b>	
<b>290</b>	<b>3851</b>	<b>0:57:07</b>	<b>VF</b>	<b>Angela Price</b>	<b>HAY HOTFOOTERS</b>	
291	3159	0:57:16	SM	andrew emery		
292	3384	0:57:19	VM	Lee David		
293	3429	0:57:20	VM	Matthew Jones		
<b>294</b>	<b>3195</b>	<b>0:57:21</b>	<b>SM</b>	<b>Gareth Evans</b>	<b>VILLAGE VIPERS</b>	
<b>295</b>	<b>3345</b>	<b>0:57:23</b>	<b>VM</b>	<b>Doug Webb</b>	<b>VILLAGE VIPERS</b>	
296	3531	0:57:23	VM	Steven Lewis		

297	3545	0:57:23	VM	David Roberts	
<b>298</b>	<b>3900</b>	<b>0:57:30</b>	<b>VF</b>	<b>Del Eyre</b>	<b>3M GORSEINON RRC</b>
299	3211	0:57:31	SM	Gregory Prout	
300	3243	0:57:33	SM	Rhys Floyd	
301	3482	0:57:34	VM	Phil Tandy	
302	3352	0:57:35	VM	David Mitchell	
<b>303</b>	<b>3911</b>	<b>0:57:50</b>	<b>VF</b>	<b>Maria Prout</b>	
304	3090	0:57:53	SM	gordon knowles	
<b>305</b>	<b>3675</b>	<b>0:57:54</b>	<b>SF</b>	<b>Johanna Waters</b>	
306	3130	0:57:58	SM	james smith	
307	3205	0:58:01	SM	Brendan Rogers	
<b>308</b>	<b>3917</b>	<b>0:58:02</b>	<b>VF</b>	<b>Jane Underwood</b>	
<b>309</b>	<b>3242</b>	<b>0:58:02</b>	<b>SM</b>	<b>Paul Jones</b>	<b>MUMBLES MILERS</b>
310	3416	0:58:05	VM	Martin Johns	
311	3070	0:58:07	SM	Matthew Williams	
<b>312</b>	<b>3616</b>	<b>0:58:16</b>	<b>VF</b>	<b>Janet Richards</b>	<b>GRIFFITHSTOWN HARRIERS</b>
313	3547	0:58:18	VM	marc hortin	
314	3415	0:58:29	VM	RICHARD PARCELL	
<b>315</b>	<b>3391</b>	<b>0:58:30</b>	<b>VM</b>	<b>allan smith</b>	<b>3M GORSEINON RRC</b>
316	3024	0:58:33	SM	Taliesin Maynard	
317	3036	0:58:34	SM	Eoin Murphy	
<b>318</b>	<b>3829</b>	<b>0:58:35</b>	<b>VF</b>	<b>Beverly Lewis</b>	
319	3362	0:58:38	VM	Gareth John	
<b>320</b>	<b>3604</b>	<b>0:58:45</b>	<b>SF</b>	<b>Emilly Luke</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
321	3301	0:58:45	VM	Nigel Cowan	
322	3078	0:58:49	SM	COLIN Harvey	
<b>323</b>	<b>3420</b>	<b>0:58:55</b>	<b>VM</b>	<b>James Davies</b>	<b>3M GORSEINON RRC</b>
324	3455	0:58:56	VM	Grant Hartley	
325	3357	0:59:01	VM	Stephen Bond	
<b>326</b>	<b>3053</b>	<b>0:59:03</b>	<b>SM</b>	<b>Mark Farrar</b>	<b>LES CROUPIERS</b>
<b>327</b>	<b>3380</b>	<b>0:59:08</b>	<b>VM</b>	<b>John Cunnane</b>	<b>ISLWYN</b>
<b>328</b>	<b>3901</b>	<b>0:59:09</b>	<b>VF</b>	<b>Beverly Warburton</b>	
<b>329</b>	<b>3011</b>	<b>0:59:10</b>	<b>SM</b>	<b>Robert Wayne Morgan</b>	<b>TEAM WECORI</b>

<b>330</b>	<b>3400 0:59:14</b>	<b>VM</b>	<b>Mike Hodges</b>	<b>TROTS</b>
331	3656 0:59:19	SF	kathryn stoate	
332	3370 0:59:21	VM	Mark Wood	
333	3651 0:59:22	SF	JOANNA YEOMANS	
<b>334</b>	<b>3487 0:59:26</b>	<b>VM</b>	<b>Mark Jones</b>	<b>PONTYPRID ROADENTS</b>
335	3116 0:59:31	SM	James White	
<b>336</b>	<b>3864 0:59:33</b>	<b>VF</b>	<b>Alison Cook</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
337	3151 0:59:38	SM	Ben McGibney	
338	3207 0:59:40	SM	Gareth Morris	
339	3066 0:59:41	SM	Ian Harris	
<b>340</b>	<b>3507 0:59:41</b>	<b>VM</b>	<b>Edward Williams</b>	<b>ST ATHANS</b>
341	3441 0:59:45	VM	Simon Sparks	
342	3131 0:59:51	SM	Rhys Smith	
343	3660 0:59:56	SF	Rachel Evans	
344	3055 0:59:56	SM	Steven Morrgan	
<b>345</b>	<b>3414 1:00:03</b>	<b>VM</b>	<b>Neil williams</b>	<b>PONTYPRID ROADENTS</b>
<b>346</b>	<b>3486 1:00:05</b>	<b>VM</b>	<b>Alun Lowe</b>	<b>LLISWERRY RUNNERS</b>
347	3939 1:00:17	VF	Rosalind Edmonds	
348	3606 1:00:19	SF	Emma Hatherall	
349	3029 1:00:19	SM	Andrew Preece	
350	3405 1:00:25	VM	Richard Long	
351	3828 1:00:27	VF	Pamela Sutter	
<b>352</b>	<b>3491 1:00:32</b>	<b>VM</b>	<b>Alan Harry</b>	<b>HAY HOTFOOTERS</b>
353	3169 1:00:42	SM	Richard Powell	
354	3199 1:00:48	SM	Alun Williams	
355	3210 1:00:49	SM	Dave Semmens	
<b>356</b>	<b>3897 1:00:49</b>	<b>VF</b>	<b>Ceri Jones</b>	<b>NEWT</b>
357	3199 1:00:50	SM	Alun Williams	
358	3822 1:01:16	VF	Celia Johnson	
<b>359</b>	<b>3496 1:01:18</b>	<b>VM</b>	<b>Andy George</b>	<b>CHEPSTOW HARRIERS</b>
<b>360</b>	<b>3818 1:01:19</b>	<b>VM</b>	<b>Micheal Alsworth</b>	<b>100 MARATHON CLUB</b>
361	3429 1:01:20	VM	Matthew Jones	
<b>362</b>	<b>3676 1:01:21</b>	<b>SF</b>	<b>Gillian McCue</b>	<b>LES CROUPIERS</b>

363	3040	1:01:21	SM	Mark Kelleher	
364	3396	1:01:24	VM	John Ivins	
365	3528	1:01:25	VM	andrew Cook	
366	3056	1:01:25	SM	Patrick Heery	
367	3231	1:01:26	SM	Gethin Thomas	
368	3329	1:01:32	VM	David Waugh	
<b>369</b>	<b>3914</b>	<b>1:01:40</b>	<b>VF</b>	<b>Clare Houghton</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>370</b>	<b>3427</b>	<b>1:01:40</b>	<b>VM</b>	<b>Simon James</b>	<b>LES CROUPIERS</b>
371	3806	1:01:42	VF	Jacrie Gentles	
<b>372</b>	<b>3351</b>	<b>1:01:42</b>	<b>VM</b>	<b>ROY SILVER</b>	<b>W.F.R.A</b>
373	3524	1:01:46	VM	Andy Rees	
374	3650	1:01:50	SF	catrin daniels	could be 3654 dubl in p
375	3133	1:01:53	SM	Lloyd Palmer	
<b>376</b>	<b>3530</b>	<b>1:01:55</b>	<b>VM</b>	<b>Rod Jones</b>	<b>LES CROUPIERS</b>
377	3224	1:02:02	SM	Steven Hancock	
<b>378</b>	<b>3808</b>	<b>1:02:10</b>	<b>VF</b>	<b>Julie Lewis</b>	<b>ISLWYN</b>
<b>379</b>	<b>3805</b>	<b>1:02:18</b>	<b>VF</b>	<b>Janice Clement</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
380	3824	1:02:19	VF	Lynn Bulbeck	
381	3305	1:02:20	VM	Nigel Tinker	
382	3499	1:02:21	VM	andrew Rothwell	
383	3489	1:02:22	VM	Ken Rogers	
<b>384</b>	<b>3925</b>	<b>1:02:23</b>	<b>VF</b>	<b>Liz Folkes</b>	<b>THORNBURY R.C.</b>
385	3668	1:02:24	SF	stella rudd	
386	3935	1:02:27	VF	Fiona Drysdale	
387	3162	1:02:27	SM	Joe David Godding	
388	3161	1:02:30	SM	Neil Godding	
389	3888	1:02:30	VF	Carl Morris	
<b>390</b>	<b>3129</b>	<b>1:02:30</b>	<b>SM</b>	<b>stephen lee</b>	<b>MUMBLES MILERS</b>
391	3025	1:02:31	SM	Gavin Price	
392	3506	1:02:34	VM	Julien Reed	
<b>393</b>	<b>3825</b>	<b>1:02:38</b>	<b>VF</b>	<b>Tana Lavelle</b>	<b>HAY HOTFOOTERS</b>
394	3618	1:02:39	SF	Karen Tune	
395	3619	1:02:40	SF	Fiona Carroll	

<b>396</b>	<b>3945 1:02:45</b>	<b>VF</b>	<b>stella Sturgess</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
397	3425 1:02:48	VM	David Perez	
<b>398</b>	<b>3096 1:02:50</b>	<b>SM</b>	<b>Gareth Ayres</b>	<b>PORT TALBOT HARRIERS</b>
<b>399</b>	<b>3421 1:02:53</b>	<b>VM</b>	<b>Robert Lister</b>	<b>PEWSEY VALE RC</b>
400	3511 1:03:03	VM	Wayne Cross	
<b>401</b>	<b>3309 1:03:03</b>	<b>VM</b>	<b>Paul Davies</b>	<b>CARDIFF TRI</b>
402	3837 1:03:18	VF	Ruth Davies	
403	3101 1:03:24	SM	John stacey	
404	3135 1:03:26	SM	Michael Hammett	
405	3034 1:03:27	SM	Dan Humphreys	
406	3621 1:03:34	SF	Bettina Schelkle	
407	3624 1:03:35	SF	Sharon Alder	
408	3639 1:03:41	SF	Meg stacey	
<b>409</b>	<b>3662 1:03:42</b>	<b>SF</b>	<b>Kirsten Tucker</b>	<b>SWANSEA HARRIERS</b>
410	3193 1:03:43	SM	Tom Howe	
411	3184 1:03:46	SM	Liam Perrott	
412	3946 1:03:47	VF	Jane Allely	
413	3539 1:03:48	VM	John Humphries	
<b>414</b>	<b>3461 1:03:49</b>	<b>VM</b>	<b>John Brewer</b>	<b>VILLAGE VIPERS</b>
415	3830 1:03:53	VF	Helen Kerbey	
416	3624 1:04:02	SF	Sharon Alder	
<b>417</b>	<b>3898 1:04:05</b>	<b>VF</b>	<b>Anna Helsing</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
418	3614 1:04:06	SF	Catherine Heery	
419	3498 1:04:07	VM	John Vine	
<b>420</b>	<b>3077 1:04:15</b>	<b>SM</b>	<b>Robert Ward</b>	<b>CAERLEON RC</b>
<b>421</b>	<b>3321 1:04:15</b>	<b>VM</b>	<b>Steve Hill</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
422	3861 1:04:23	VF	Sarah Hughes	
423	3642 1:04:25	SF	JAMES JOHNSON	
424	3366 1:04:33	VM	Colin Johns	
<b>425</b>	<b>3375 1:04:35</b>	<b>VM</b>	<b>Andy Brown</b>	<b>MUMBLES MILERS</b>
426	3667 1:04:48	SF	Kathryn James	
427	3635 1:04:53	SF	Gwawr Owen	
428	3819 1:04:57	VM	Jo Power	

429	3223	1:04:59	SM	Gareth David Rhys Lloy	
<b>430</b>	<b>3315</b>	<b>1:05:02</b>	<b>VM</b>	<b>Gary Hobs</b>	<b>VILLAGE VIPERS</b>
431	3425	1:05:04	VM	David Perez	
<b>432</b>	<b>3924</b>	<b>1:05:05</b>	<b>VF</b>	<b>Nina Brocklebank</b>	<b>3M GORSEINON RRC</b>
433	3815	1:05:06	VF	JULIA RIDGE	
434	3646	1:05:06	SF	Sophie Cobb	
435	3647	1:05:09	SF	Gemma Barry	
436	3059	1:05:22	SM	Andrew Gott	
437	3609	1:05:24	SF	Sophie Quinney	
438	3328	1:05:35	VM	Paul Phillips	
439	3617	1:05:36	SF	Sophie Arbuthnot	
440	3810	1:05:36	VF	Cathryn Russell	
<b>441</b>	<b>3332</b>	<b>1:05:37</b>	<b>VM</b>	<b>JAMES RAY</b>	<b>PORT TALBOT HARRIERS</b>
442	3408	1:05:37	VM	Ifor Thomas	
443	3626	1:05:49	VF	Sian Brown	
444	3312	1:05:54	VM	William Hopkin	
445	3222	1:05:55	SM	Jason Murphy	
446	3684	1:05:59	SF	Hanhah Jenkins	
447	3515	1:06:59	VM	Antonid Panicola	
448	3439	1:05:59	VF	susan mace	
449	3060	1:06:19	SM	Huw Morgan	
450	3890	1:06:21	VF	Alison Porter	
451	3323	1:06:32	VM	Peter Widdrington	
452	3821	1:06:37	VF	Paula Johnson	
453	3867	1:06:38	VF	Jennifer Stone	
454	3431	1:06:41	VM	Malcolm Clews	
455	3360	1:06:47	VM	Edmund Heery	
456	3536	1:06:56	VM	Anthony Beer	
457	3095	1:06:57	SM	John Price	
458	3085	1:07:08	SM	Peter Haley	
<b>459</b>	<b>3889</b>	<b>1:07:11</b>	<b>VF</b>	<b>Clare Johnson</b>	<b>LES CROUPIERS</b>
<b>460</b>	<b>3876</b>	<b>1:07:16</b>	<b>VF</b>	<b>Sarah Tudor</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
461	3846	1:07:17	VF	Denise Fletcher	

462	3857	1:07:18	VF	Angela Wools	
463	3826	1:07:19	VF	Roxanne McCarthy	
464	3006	1:07:20	SM	Jason Edmonds	
<b>465</b>	<b>3856</b>	<b>1:07:33</b>	<b>VF</b>	<b>Claire House</b>	<b>SAN DOMENICO</b>
466	3848	1:07:45	VF	Elizabeth Harris	
467	3686	1:07:46	SF	Lauren Shurety	
468	3625	1:07:48	SF	Siwan Gwilym	
469	3921	1:07:49	VF	Aranka Pratt	
470	3092	1:07:50	SM	Arfon Hughes	
<b>471</b>	<b>3331</b>	<b>1:07:56</b>	<b>VM</b>	<b>Shaun Emms</b>	<b>HAY HOTFOOTERS</b>
472	3682	1:07:57	SF	Sally Martin	
473	3512	1:07:58	VM	Nigel Thomas	
474	3514	1:07:59	VM	Paul Sydenham	
475	3841	1:08:00	VF	Joy Lott	
476	3047	1:08:03	SM	Matthew Evans	
<b>477</b>	<b>3533</b>	<b>1:08:04</b>	<b>VM</b>	<b>Knill Baird-Murray</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>478</b>	<b>3881</b>	<b>1:08:06</b>	<b>VF</b>	<b>Christine Vorres</b>	<b>GRIFFITHSTOWN HARRIERS</b>
479	3602	1:08:07	SF	Jennifer Hiscox	
480	3653	1:08:08	SF	Kate Jones	
<b>481</b>	<b>3190</b>	<b>1:08:09</b>	<b>SM</b>	<b>Richard Samuel</b>	<b>Cardiff Harlequins</b>
482	3940	1:08:11	VF	Cathy Lloyd	
483	3821	1:08:20	VF	Paula Johnson	
484	3827	1:08:21	VF	Mairi Dunn	
485	3520	1:08:43	VM	Les Pugh	
486	3601	1:08:46	SF	Dionne Wood	
487	3872	1:08:47	VF	Jane Chappelle	
488	3874	1:08:47	VF	Liz Mallen	
489	3633	1:08:57	SF	Laura Watkins	
490	3636	1:08:58	SF	Alison Kibblewhite	
491	3381	1:09:05	VM	Nick Jones	
492	3895	1:09:13	VF	Yvonne Veitch	
493	3227	1:09:14	SM	Andrew Cairns	
494	3875	1:09:29	VF	Anne Roberts	

495	3422	1:09:31	VM	Peter Williams	
496	3102	1:09:38	SM	Alun Edwards	
497	3920	1:09:40	VF	Helen Hunt	
<b>498</b>	<b>3886</b>	<b>1:09:41</b>	<b>VF</b>	<b>Claire Sutton</b>	<b>GRIFFITHSTOWN HARRIERS</b>
499	3007	1:09:42	SM	Daniel George	
500	3922	1:09:58	VF	Pauline Rees	
501	3613	1:09:59	SF	Laura Scriven	
502	3525	1:10:04	VM	Martin Ashford	
503	3467	1:10:11	VM	Clifford Ashwin	
504	3145	1:10:11	SM	Bryan Isaac	
505	3645	1:10:12	SF	heather smith	
506	3109	1:10:17	SM	Andrew Hiscox	
<b>507</b>	<b>3028</b>	<b>1:10:23</b>	<b>SM</b>	<b>Adam Abraham</b>	<b>LES CROUPIERS</b>
<b>508</b>	<b>3672</b>	<b>1:10:24</b>	<b>SF</b>	<b>Nicola Powell</b>	<b>CELTIC TRI</b>
<b>509</b>	<b>3944</b>	<b>1:10:25</b>	<b>SF</b>	<b>Carol Vyner</b>	<b>CELTIC TRI</b>
510	3909	1:10:33	VF	Emma Lamport	
511	3907	1:10:34	VF	Natalie Harpin	
512	3908	1:10:55	VF	CLAIRE Jenkins	
513	3629	1:10:55	SF	Johanne Edwards	
514	3080	1:10:57	SM	Paul Simon	
515	3522	1:10:57	VM	Simon Hudd	
<b>516</b>	<b>3348</b>	<b>1:11:09</b>	<b>VM</b>	<b>Erol Alexis</b>	<b>LES CROUPIERS</b>
517	3518	1:11:14	VM	David John Lloyd	
518	3179	1:11:15	SM	huw jakeway	
519	3497	1:11:30	VM	Lloyd Williams	
520	3152	1:11:33	SM	FADI Baydoun	
521	3683	1:12:00	SF	Louise Piper-Jones	
522	3386	1:12:09	VM	Charlie Chucas	
523	3804	1:12:15	VF	Moira Kitchen	
524	3840	1:12:17	VF	Julie Davies	
525	3850	1:12:18	VF	Jane Blacker	
<b>526</b>	<b>3932</b>	<b>1:12:24</b>	<b>VF</b>	<b>Justine Cass</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
527	3443	1:12:25	VM	Andy Evans	

<b>528</b>	<b>3816 1:12:31</b>	<b>VF</b>	<b>Caroline Hafner</b>	<b>HAY HOTFOOTERS</b>
529	3459 1:12:32	VM	Stephen Thompson	
530	3032 1:12:33	SM	Mark Cleland	
531	3817 1:12:33	VF	Jaci Thomas-Cleland	
<b>532</b>	<b>3860 1:12:39</b>	<b>VF</b>	<b>Sarah Morris</b>	<b>VILLAGE VIPERS</b>
<b>533</b>	<b>3615 1:12:39</b>	<b>SF</b>	<b>Claire Davies</b>	<b>VILLAGE VIPERS</b>
534	3918 1:12:40	VF	Suzanne Ollier	
535	3350 1:12:41	VM	Charles Ian Allen	
536	3893 1:12:42	VF	Julia Churton	
537	3894 1:12:42	VF	Karen Spiller	
538	3516 1:12:46	VM	Keith Staley	
539	3884 1:12:54	VF	Penelope Buckley	
540	3838 1:13:02	VF	Alison Morgan	
541	3364 1:13:03	VM	John Slack	
542	3451 1:13:03	VM	Kenneth Chirighin	
543	3913 1:13:04	VF	Helen Platel	
544	3607 1:13:05	SF	Fleur Jones	
545	3539 1:13:10	VM	John Humphries	
546	3373 1:13:18	VM	Carl Haines	
547	3535 1:13:19	VM	Mike Clinch	
548	3666 1:13:20	SF	janet owens	
549	3622 1:13:31	SF	Jo McAndrew	
550	3910 1:13:31	VF	Rhiannon Stone	
551	3869 1:13:42	VF	Mary harris	
552	3637 1:13:43	SF	Kelly Gaffney	
553	3017 1:13:56	SM	Stuart Morris	
554	3640 1:13:57	SF	Laura Watkins	
555	3437 1:13:58	VM	Gary rees	
556	3632 1:14:07	SF	Sarah-Jane Hammett	
<b>557</b>	<b>3495 1:14:14</b>	<b>VM</b>	<b>Phil Scriven</b>	<b>CHEPSTOW HARRIERS</b>
558	3519 1:14:16	VM	John Owen	
559	3873 1:14:36	VF	Lynn rees	
560	3532 1:14:41	VM	Mike Baggott	

561	3687	1:14:41	SF	Sophie Baggott	
562	3690	1:14:41	SF	Laura McCann	
563	3691	1:14:52	SF	Esther McCann	
564	3308	1:14:57	VM	Victor Gentles	
565	3835	1:14:57	VF	Gwen Thomas	
566	3813	1:15:31	VF	Jackie Phillips	
567	3863	1:15:46	VF	Justine Dawkins	
568	3374	1:15:47	VM	Andy Philpin	
569	3803	1:15:48	VF	Gwen Khan	
570	3303	1:15:49	VM	Chris Pickles	
571	3847	1:16:12	VF	Antonia John	
572	3923	1:16:19	VF	Dorothy Ashford	
573	3849	1:16:24	VF	Vicky Whitworth	
574	3376	1:16:25	VM	Mick Whitworth	
575	3843	1:16:34	VF	Karen A Jones	
576	3807	1:16:35	VF	MARIA JEANETTE	
577	3005	1:16:36	SM	Terry Hughes	
578	3677	1:17:17	SF	Clare Hingott	
579	3877	1:17:24	VF	Gillian Donald	LES CROUPIERS
580	3912	1:17:33	VF	LISA Richards	
581	3862	1:18:15	VF	Mrs E S Jenkins-Parroti	
582	3942	1:18:26	SF	Claire Milner	
583	3664	1:18:31	SF	Judith Baydoun	
584	3663	1:18:32	SF	joanne davies	
585	3892	1:18:33	VF	Steve Burchell	GRIFFITHSTOWN HARRIERS
586	3658	1:19:05	SF	Anna beard	
587	3383	1:19:07	VM	Paul Haley	
588	3385	1:19:34	VM	Clive Thomas	
589	3930	1:19:34	VF	Mary Davies	
590	3929	1:19:34	VF	Helen Cahill	
591	3928	1:19:46	VF	Louise Heery	
592	3394	1:19:52	VM	Tracey Newman	THE COFFIN DODGERS
593	3931	1:19:53	VF	Molly Melhuish	

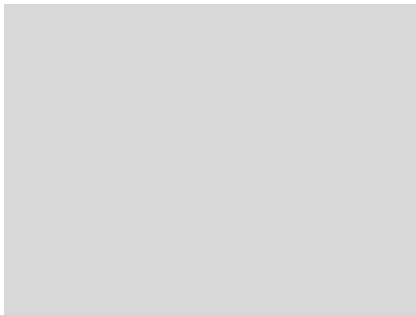
594	3233 1:19:53	SM	Dyfed Evans	
595	3870 1:20:05	VF	Karen Phillips	LES CROUPIERS
596	3933 1:20:12	VF	Joy Beavan	LES CROUPIERS
597	3891 1:20:19	VF	ruth benzimra	100 MARATHON CLUB
598	3458 1:20:20	VM	Anthony L Powell	NEATH HARRIERS
599	3859 1:20:26	VF	Tracey Newman	LES CROUPIERS
600	3180 1:22:21	SM	Rhys Thomas	
601	3623 1:22:35	SF	Becky Ashwin	
602	3141 1:22:54	SM	Richard Morgan	
603	3659 1:22:54	SF	Kate Jones	PONTYPRID ROADENTS
604	3852 1:24:35	VF	Louise Spruce	
605	3916 1:24:50	VF	Carol Hancock	
606	3091 1:26:33	SM	B M Etherington	
607	3163 1:31:18	SM	matthew thomas	
608	3855 1:31:31	VF	Shirley Rose	BRACKLA HARRIERS
609	3938 1:31:31	#N/A	#N/A	#N/A
610	3906 1:32:20	VF	Sian Llewellyn	LES CROUPIERS
611	3905 1:32:22	VF	Rhian Llewellyn	LES CROUPIERS
612	3903 1:32:30	VF	Angela Neal	LES CROUPIERS
613	3902 1:32:56	VF	Sue Neal	LES CROUPIERS
614	3904 1:32:56	VF	Carolyn Llewellyn	LES CROUPIERS
615	3943 1:35:34	VF	Lesley Bigmore	BRACKLA HARRIERS
616	3845 1:37:27	VF	Caroline Oram	











Grey bar

Grey bar

Red bar

Grey bar

Grey bar

Grey bar

Grey bar

Grey bar

Grey bar

