

Merthyr Mawr Christmas Pudding Race 2010

Postion	Number	Time	Category	Name	Club
1	294	0:35:33	Senior Male (Under 40)	Richie Gardiner	ABERDARE
2	269	0:37:45	Senior Male (Under 40)	Rob Atkin	BRIDGEND AC
3	237	0:39:32	Senior Male (Under 40)	Ian Withers	
4	445	0:39:38	Senior Male (Under 40)	Edward Donovan	LES CROUPIERS
5	146	0:39:48	Veteran Male (40 and Over)	Adrian Woods	GRIFFTHSTOWN HARRIERS
6	496	0:39:53	Senior Male (Under 40)	Matthew Jones	SWANSEA HARRIERS
7	300	0:40:17	Senior Male (Under 40)	Matthew Wells	BRACKLA HARRIERS
8	136	0:41:01	Veteran Male (40 and Over)	Christopher Parker	PORT TALBOT HARRIERS
9	325	0:41:04	Senior Male (Under 40)	Gareth Green	SAN DOMENICO
10	255	0:41:07	Senior Male (Under 40)	Henry Wright	CORUS MULTISPORT
11	276	0:41:09	Senior Male (Under 40)	Stuart Crees	LES CROUPIERS
12	469	0:41:15	Senior Male (Under 40)	Gareth Ayres	PORT TALBOT HARRIERS
13	289	0:41:32	Senior Male (Under 40)	Paul Speyer	BRACKLA HARRIERS
14	102	0:41:54	Veteran Male (40 and Over)	Mark Bryant	MDC
15	339	0:41:56	Senior Male (Under 40)	Richard Wilder	SAN DOMENICO
16	375	0:41:56	Senior Male (Under 40)	James King	CAERLEON
17	383	0:42:05	Senior Male (Under 40)	Duncan Mann	
18	365	0:42:09	Senior Male (Under 40)	Anthony Thompson	
19	713	0:42:29	Senior Female (Under 35)	Sally Wilder	SAN DOMENICO
20	41	0:42:47	Veteran Male (40 and Over)	ROBERT HUNT	BRIDGEND AC
21	61	0:42:49	Veteran Male (40 and Over)	Jonathan Bisson	
22	288	0:43:01	Senior Male (Under 40)	Raul Reismann	LC COBRAS
23	220	0:43:25	Veteran Male (40 and Over)	Anthony Powell	PORTHCAWL RUNNERSLIFE
24	301	0:44:02	Senior Male (Under 40)	Wayne Beynon	
25	293	0:44:04	Senior Male (Under 40)	Scot Davies	CELTIC TRI
26	337	0:44:06	Senior Male (Under 40)	Chris Lewis	
27	203	0:44:07	Veteran Male (40 and Over)	Phillip Jenkins	BRIDGEND AC
28	290	0:44:15	Senior Male (Under 40)	Mark Whittle	ROYAL AIR FORCE
29	567	0:44:27	Veteran Male (40 and Over)	Sandy Johnston	LES CROUPIERS
30	185	0:44:29	Veteran Male (40 and Over)	Robert Falconer	
31	156	0:44:32	Veteran Male (40 and Over)	Steve Walsh	PORT TALBOT HARRIERS
32	348	0:44:40	Senior Male (Under 40)	Gair Mcadie	
33	634	0:44:44	Senior Male (Under 40)	Justin Phillips	
34	263	0:44:46	Senior Male (Under 40)	Jonathan Crocombe	
35	216	0:44:49	Veteran Male (40 and Over)	James O'Callaghan	3M GORSEINON ROAD RUNNERS
36	766	0:44:53	Senior Female (Under 35)	Ellen Greaves	
37	430	0:44:56	Senior Male (Under 40)	Bryan Bliss	OUTDOOR FITNESS
38	320	0:45:02	Senior Male (Under 40)	Luke James	
39	698	0:45:05	Senior Female (Under 35)	Charlotte Wells	BRACKLA HARRIERS
40	201	0:45:06	Veteran Male (40 and Over)	Philip Probert	
41	163	0:45:15	Veteran Male (40 and Over)	Ian Liddiatt	
42	351	0:45:25	Senior Male (Under 40)	Tomo Jeffery	LES CROUPIERS
43	314	0:45:31	Senior Male (Under 40)	Owain Griffiths	Scoop Club
44	495	0:45:35	Senior Male (Under 40)	Paul Evans	
45	432	0:45:38	Senior Male (Under 40)	Matthew Stroud	
46	3	0:45:39	Veteran Male (40 and Over)	Simon Darke	MAINDAY HARRIERS
47	147	0:45:43	Veteran Male (40 and Over)	Gareth Hardman	BRIDGEND AC
48	93	0:45:45	Veteran Male (40 and Over)	Knill Baird-Murray	PENARTH & DINAS RUNNERS
49	295	0:45:46	Senior Male (Under 40)	Martin Evans	
50	336	0:45:50	Senior Male (Under 40)	Alex Lewis	
51	213	0:45:57	Veteran Male (40 and Over)	Michael Murphy	LES CROUPIERS
52	524	0:46:02	Veteran Female (35 and Over)	Sharon Leech	CAMARTHEN HARRIERS
53	492	0:46:02	Senior Male (Under 40)	Ben Mitchell	
54	471	0:46:05	Senior Male (Under 40)	Morris Attard	
55	197	0:46:17	Veteran Male (40 and Over)	Peter Johns	
56	140	0:46:23	Veteran Male (40 and Over)	Clem Clement	PENARTH & DINAS RUNNERS
57	535	0:46:26	Senior Male (Under 40)	Alun Jones	LES CROUPIERS
58	627	0:46:27	Veteran Male (40 and Over)	Phil Bristow	SAN DOMENICO
59	480	0:46:37	Senior Male (Under 40)	Stuart Hitchcock	
60	211	0:46:46	Veteran Male (40 and Over)	Dominic Shields	SAN DOMENICO
61	250	0:46:54	Senior Male (Under 40)	Darren Hall	
62	217	0:46:55	Veteran Male (40 and Over)	John D Williams	
63	43	0:46:56	Veteran Male (40 and Over)	Mark Balch	
64	443	0:46:56	Senior Male (Under 40)	Simon Davies	
65	116	0:47:01	Veteran Male (40 and Over)	Richard Beasley	

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66	114	0:47:03	Veteran Male (40 and Over)	Howard Mason	CAERLEON
67	126	0:47:05	Veteran Male (40 and Over)	Kim Wehden	ISLWYN RC
68	123	0:47:06	Veteran Male (40 and Over)	Eifion Owen	
69	21	0:47:07	Veteran Male (40 and Over)	Simon Hazel	
70	409	0:47:08	Senior Male (Under 40)	Christian Vaughan-Morris	
71	493	0:47:09	Senior Male (Under 40)	Chris Hiatt	
72	400	0:47:10	Senior Male (Under 40)	Lewis Stoate	
73	347	0:47:11	Senior Male (Under 40)	Richard Wilde	
74	229	0:47:14	Senior Male (Under 40)	Mark Allen	
75	169	0:47:15	Veteran Male (40 and Over)	Jonathan Wright	
76	729	0:47:16	Senior Female (Under 35)	Michelle Cole	3M GORSEINON ROAD RUNNERS
77	313	0:47:28	Senior Male (Under 40)	Chris Williams	
78	259	0:47:57	Senior Male (Under 40)	Richard Copp	
79	417	0:47:58	Senior Male (Under 40)	Jonathan Morris	
80	209	0:47:59	Veteran Male (40 and Over)	Matt Townsend	LES CROUPIERS
81	249	0:48:03	Senior Male (Under 40)	Matthew Hopkins	LES CROUPIERS
82	154	0:48:13	Veteran Male (40 and Over)	Wayne Cross	
83	399	0:48:18	Senior Male (Under 40)	Tom Davis	PORTHCAWL RUNNERSLIFE
84	311	0:48:19	Senior Male (Under 40)	Keith Richards	PENCOED TRI
85	84	0:48:20	Veteran Male (40 and Over)	Andy Murray	DULWICH RUNNERS
86	228	0:48:23	Senior Male (Under 40)	Alan Stone	CARDIFF HARLEQUINS
87	251	0:48:24	Senior Male (Under 40)	Robert Wilson	PENARTH & DINAS RUNNERS
88	716	0:48:25	Senior Female (Under 35)	Ruth Barrett	SAN DOMENICO
89	435	0:48:30	Senior Male (Under 40)	Duncan Aggleton	
90	281	0:48:39	Senior Male (Under 40)	JAMES MANSON	
91	371	0:48:39	Senior Male (Under 40)	Richard Oram	
92	426	0:48:40	Senior Male (Under 40)	Moritz Meister	
93	392	0:48:42	Senior Male (Under 40)	Stuart Rees	
94	27	0:48:46	Veteran Male (40 and Over)	Jonathon Moor	
95	440	0:49:01	Senior Male (Under 40)	Dougie Young	
96	58	0:49:02	Veteran Male (40 and Over)	Phillip Turner	SOSOPAN ROAD RUNNERS
97	202	0:49:05	Veteran Male (40 and Over)	Dominic Ryland	CARDIFF TRIATHLETES
98	111	0:49:06	Veteran Male (40 and Over)	Andrew Thomas	SOSOPAN ROAD RUNNERS
99	485	0:49:17	Senior Male (Under 40)	Tomos Phillips	
100	588	0:49:21	Veteran Female (35 and Over)	Sharon Woods	GRIFFTHSTOWN HARRIERS
101	407	0:49:24	Senior Male (Under 40)	Philip Thomas	RHONDDA TRI
102	6	0:49:28	Veteran Male (40 and Over)	Ian Fiddes	
103	90	0:49:33	Veteran Male (40 and Over)	Dave Thomas	TEAM DEVIANT
104	422	0:49:34	Senior Male (Under 40)	Lee Whitnell	
105	353	0:49:35	Senior Male (Under 40)	Simon Tippett	
106	427	0:49:36	Senior Male (Under 40)	Jacob Harvey	
107	282	0:49:39	Senior Male (Under 40)	Mark Suret	
108	317	0:49:40	Senior Male (Under 40)	JAMES BRUCE	LES CROUPIERS
109	223	0:49:41	Veteran Male (40 and Over)	Julian Anstey	
110	515	0:49:42	Veteran Female (35 and Over)	Kathryn Vaughan	OUTDOOR FITNESS
111	205	0:49:47	Veteran Male (40 and Over)	Timothy Phillips	LES CROUPIERS
112	331	0:49:47	Senior Male (Under 40)	Joe Stoate	
113	483	0:49:58	Senior Male (Under 40)	Ian Henry	
114	387	0:50:01	Senior Male (Under 40)	Kerrith Ashby	
115	379	0:50:05	Senior Male (Under 40)	Richard Boldero	
116	366	0:50:06	Senior Male (Under 40)	Huw Durham	PONTYPRIDD ROADENTS
117	81	0:50:06	Veteran Male (40 and Over)	Alexander Curran	
118	25	0:50:22	Veteran Male (40 and Over)	Alex Williams	
119	479	0:50:31	Senior Male (Under 40)	Cain Thomas	VILLAGE VIPERS
120	512	0:50:31	Veteran Female (35 and Over)	Allyson Lipp	
121	324	0:50:35	Senior Male (Under 40)	Rhoddy Davies	
122	15	0:50:49	Veteran Male (40 and Over)	Shaun Connor	LES CROUPIERS
123	196	0:50:55	Veteran Male (40 and Over)	Gary John	LES CROUPIERS
124	5	0:50:56	Veteran Male (40 and Over)	Christopher Nellins	PENARTH & DINAS RUNNERS
125	727	0:50:58	Senior Female (Under 35)	Cheryl Hudgell	LES CROUPIERS
126	166	0:50:59	Veteran Male (40 and Over)	Haydn Griffiths	
127	491	0:51:06	Senior Male (Under 40)	David Gamble	
128	124	0:51:08	Veteran Male (40 and Over)	John Aggleton	MDC
129	327	0:51:22	Senior Male (Under 40)	John Redmond	
130	64	0:51:23	Veteran Male (40 and Over)	Adrian Corbett	OUTDOOR FITNESS
131	361	0:51:25	Senior Male (Under 40)	Fred Bisson	

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132	615	0:51:26	Veteran Female (35 and Over)	Rachel Matthews	CARDIFF AAC
133	575	0:51:34	Veteran Female (35 and Over)	Debbie Cooke	BRIDGEND AC
134	109	0:51:35	Veteran Male (40 and Over)	Larry McGeary	
135	297	0:51:43	Senior Male (Under 40)	Keith Dando	
136	298	0:51:46	Senior Male (Under 40)	Owen Jones	
137	312	0:51:48	Senior Male (Under 40)	Cornelius Tom	
138	62	0:51:51	Veteran Male (40 and Over)	Dave Rose	PORTHCAWL RUNNERSLIFE
139	227	0:51:56	Senior Male (Under 40)	Daryl Davies	
140	758	0:52:00	Senior Female (Under 35)	Emma Williams	
141	424	0:52:15	Senior Male (Under 40)	Andrew Proctor	
142	24	0:52:16	Veteran Male (40 and Over)	Rod Perons	LES CROUPIERS
143	386	0:52:18	Senior Male (Under 40)	Nick O'Neill	
144	319	0:52:20	Senior Male (Under 40)	Karl Sepahpour	
145	747	0:52:23	Senior Female (Under 35)	Eleri Connor	PENARTH & DINAS RUNNERS
146	733	0:52:24	Senior Female (Under 35)	Angharad Rhys	
147	551	0:52:25	Veteran Female (35 and Over)	Nicky McWilliam	LES CROUPIERS
148	291	0:52:26	Senior Male (Under 40)	Daniel Williams	
149	286	0:52:27	Senior Male (Under 40)	Alun Eurig Williams	
150	172	0:52:34	Veteran Male (40 and Over)	Paul Frost	
151	91	0:52:41	Veteran Male (40 and Over)	Richard Long	
152	423	0:52:47	Senior Male (Under 40)	Gwyn Williams	
153	490	0:52:50	Senior Male (Under 40)	Leigh Ridgeway	
154	148	0:53:06	Veteran Male (40 and Over)	Kevin Russell	SAN DOMENICO
155	323	0:53:13	Senior Male (Under 40)	Anthony Furlong	PENARTH & DINAS RUNNERS
156	381	0:53:14	Senior Male (Under 40)	Dale Lord	
157	380	0:53:20	Senior Male (Under 40)	Andrew Glasspoole	
158	252	0:53:22	Senior Male (Under 40)	Thomas Hurst	
159	83	0:53:24	Veteran Male (40 and Over)	Gareth Welsh	PORTHCAWL RUNNERSLIFE
160	538	0:53:25	Veteran Female (35 and Over)	Jacqueline Thomas	
161	225	0:53:30	Senior Male (Under 40)	Colin Harvey	
162	157	0:53:31	Veteran Male (40 and Over)	William David	
163	112	0:53:32	Veteran Male (40 and Over)	John Mihell	
164	159	0:53:36	Veteran Male (40 and Over)	Andrew Palmer	PENARTH & DINAS RUNNERS
165	564	0:53:37	Veteran Female (35 and Over)	Gillian Phillips	SOSOPAN ROAD RUNNERS
166	566	0:53:40	Veteran Female (35 and Over)	Mandy Peace	SOSOPAN ROAD RUNNERS
167	333	0:53:41	Senior Male (Under 40)	Jaroslawn Kowalczuk	
168	224	0:53:43	Senior Male (Under 40)	Geraint Rees	
169	418	0:53:46	Senior Male (Under 40)	Chris Warman	
170	296	0:53:47	Senior Male (Under 40)	Gareth Holtam	
171	125	0:53:48	Veteran Male (40 and Over)	Tim Dalglish	
172	37	0:53:49	Veteran Male (40 and Over)	Richard Price	
173	96	0:53:51	Veteran Male (40 and Over)	Glyn George	
174	299	0:53:52	Senior Male (Under 40)	Jason Cule	
175	438	0:53:55	Senior Male (Under 40)	David Willey	
176	107	0:53:55	Veteran Male (40 and Over)	Alun Powell	
177	218	0:53:55	Veteran Male (40 and Over)	Waseem Chaudhry	
178	76	0:54:03	Veteran Male (40 and Over)	Mike Rees	
179	89	0:54:13	Veteran Male (40 and Over)	Graham Vyner	CELTIC TRI
180	133	0:54:15	Veteran Male (40 and Over)	Robert Wilcox	PENARTH & DINAS RUNNERS
181	326	0:54:19	Senior Male (Under 40)	Mathew Mulcahy	
182	119	0:54:20	Veteran Male (40 and Over)	Aled Rhys Roberts	
183	20	0:54:35	Veteran Male (40 and Over)	Guy Mawson	FERC
184	798	0:54:36	Senior Female (Under 35)	Clare Clement	
185	487	0:54:37	Senior Male (Under 40)	Louis Clement	
186	437	0:54:39	Senior Male (Under 40)	Arron Thomas	
187	175	0:54:40	Veteran Male (40 and Over)	Neil Pilliner	
188	542	0:54:41	Veteran Female (35 and Over)	Ros Tabor	DULWICH RUNNERS
189	36	0:54:42	Veteran Male (40 and Over)	Mick Tabor	LES CROUPIERS
190	329	0:54:51	Senior Male (Under 40)	Simon Davies	
191	454	0:54:52	Senior Male (Under 40)	Thomas Rees	
192	421	0:54:52	Senior Female (Under 35)	Rachel Ward	
193	465	0:54:56	Senior Male (Under 40)	Richard Owen	
194	267	0:55:09	Senior Male (Under 40)	James Watson	
195	562	0:55:12	Veteran Female (35 and Over)	Julia Becker	LES CROUPIERS
196	626	0:55:14	Veteran Female (35 and Over)	Beverly Lewis	CARDIFF TRIATHLETES
197	701	0:55:15	Senior Female (Under 35)	Nicola Beynon	CARDIFF TRIATHLETES

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198	332	0:55:24	Senior Male (Under 40)	Robert Gerula	
199	171	0:55:33	Veteran Male (40 and Over)	Stephen Jones	SWANSEA HARRIERS
200	167	0:55:33	Veteran Male (40 and Over)	David Mitchell	
201	457	0:55:40	Senior Male (Under 40)	Barry Nichols	
202	53	0:55:41	Veteran Male (40 and Over)	Lyn Evans	PENARTH & DINAS RUNNERS
203	164	0:55:42	Veteran Male (40 and Over)	David Comery	
204	763	0:55:47	Senior Female (Under 35)	Judith Oakley	PORT TALBOT HARRIERS
205	350	0:55:50	Senior Male (Under 40)	Evans Mathew	
206	441	0:56:00	Senior Male (Under 40)	Ross Owen	
207	248	0:56:01	Senior Male (Under 40)	Andrew Wilkinson	
208	433	0:56:08	Senior Male (Under 40)	Daniel Luffman	
209	68	0:56:11	Veteran Male (40 and Over)	Ray Majer	SOSOPAN ROAD RUNNERS
210	414	0:56:16	Senior Male (Under 40)	Gareth Phillips	
211	57	0:56:17	Veteran Male (40 and Over)	IAN PALLISTER	
212	545	0:56:20	Veteran Female (35 and Over)	Lisa Phipps	
213	753	0:56:22	Senior Female (Under 35)	Eleanor Grey	
214	59	0:56:23	Veteran Male (40 and Over)	Gary Bodman	LES CROUPIERS
215	447	0:56:48	Senior Male (Under 40)	Marc Yeoman	
216	79	0:56:52	Veteran Male (40 and Over)	Colin Downey	DUDLEY KINGSWINFORD
217	71	0:56:54	Veteran Male (40 and Over)	Gary Hobbs	VILLAGE VIPERS
218	735	0:56:57	Senior Female (Under 35)	Rachel Woolley	VILLAGE VIPERS
219	533	0:56:57	Veteran Female (35 and Over)	Helen Jones	
220	373	0:57:01	Senior Male (Under 40)	Lee Newman	PORTHCAWL RUNNERSLIFE
221	39	0:57:02	Veteran Male (40 and Over)	Terry James	
222	33	0:57:03	Veteran Male (40 and Over)	Stephen Harrett	THE EDDY WANG RUNNERS
223	608	0:57:10	Veteran Female (35 and Over)	Jane Thomas	
224	113	0:57:11	Veteran Male (40 and Over)	Phil Tandy	
225	470	0:57:15	Senior Male (Under 40)	P.L Srinath	SOUTH CARDIFF PANTHERS
226	631	0:57:49	Veteran Female (35 and Over)	Caroline Dallimore	LES CROUPIERS
227	494	0:57:50	Senior Male (Under 40)	Richard Baker	
228	536	0:57:53	Veteran Female (35 and Over)	Sara Macbride-Stewart	LES CROUPIERS
229	56	0:57:54	Veteran Male (40 and Over)	Greg King	LLANELLI TRI
230	338	0:57:54	Senior Male (Under 40)	Marc Evans	SAN DOMENICO
231	45	0:57:56	Veteran Male (40 and Over)	Mark Wood	
232	368	0:57:58	Senior Male (Under 40)	Andy Sutton	SAN DOMENICO
233	501	0:58:01	Veteran Female (35 and Over)	Keri Hutchinson	
234	29	0:58:01	Veteran Male (40 and Over)	Paul Furlong	
235	258	0:58:05	Senior Male (Under 40)	Dewi Owen	
236	453	0:58:07	Senior Male (Under 40)	Harri Rees	
237	212	0:58:12	Veteran Male (40 and Over)	Dharmacasi Padmasimha	
238	770	0:58:13	Senior Female (Under 35)	Mollie Brodie	
239	602	0:58:14	Veteran Female (35 and Over)	Alexandra Fudge	
240	734	0:58:14	Senior Female (Under 35)	Stephanie Davies	PONTYPRIDD ROADENTS
241	306	0:58:15	Senior Male (Under 40)	Stephen Quin	LES CROUPIERS
242	127	0:58:22	Veteran Male (40 and Over)	Garry Jones	BRIDGEND AC
243	292	0:58:23	Senior Male (Under 40)	Paul Miles	
244	242	0:58:23	Senior Male (Under 40)	Matt Gitsham	
245	11	0:58:29	Veteran Male (40 and Over)	Steven Welch	
246	14	0:58:30	Veteran Male (40 and Over)	David Williams	LES CROUPIERS
247	464	0:58:32	Senior Male (Under 40)	Carwyn Williams	
248	208	0:58:33	Veteran Male (40 and Over)	Ray James	PORT TALBOT HARRIERS
249	598	0:58:33	Veteran Female (35 and Over)	Rachel Frost	
250	511	0:58:36	Veteran Female (35 and Over)	Claire House House	SAN DOMENICO
251	549	0:58:37	Veteran Female (35 and Over)	Jane Travaglia	
252	142	0:58:40	Veteran Male (40 and Over)	Stephen Hall	
253	309	0:58:43	Senior Male (Under 40)	David Manley	
254	97	0:58:44	Veteran Male (40 and Over)	Simon Cox	
255	607	0:58:46	Veteran Female (35 and Over)	Rosalind Edmonds	
256	38	0:58:53	Veteran Male (40 and Over)	Simon James	GRIFFTHSTOWN HARRIERS
257	128	0:59:03	Veteran Male (40 and Over)	Chris Moles	VILLAGE VIPERS
258	523	0:59:04	Veteran Female (35 and Over)	Sarah Morris	VILLAGE VIPERS
259	232	0:59:05	Senior Male (Under 40)	David Moor	
260	623	0:59:12	Veteran Female (35 and Over)	Jonna Yeomans	
261	790	0:59:25	Senior Female (Under 35)	Claire MANSON	
262	274	0:59:25	Senior Male (Under 40)	David Waugh	
263	692	0:59:30	Senior Female (Under 35)	Jilly Holroyd	

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264	67	0:59:33	Veteran Male (40 and Over)	Mike Harpin	
265	431	0:59:37	Senior Male (Under 40)	Seamus Gallagher	
266	162	0:59:43	Veteran Male (40 and Over)	Stuart Keeping	
267	118	0:59:44	Veteran Male (40 and Over)	Chris Chappell	
268	556	0:59:49	Veteran Female (35 and Over)	Lyne Bulbeck	
269	349	0:59:50	Senior Male (Under 40)	Taliesin Maynard	
270	498	0:59:51	Senior Male (Under 40)	Tony Richards	
271	310	0:59:52	Senior Male (Under 40)	Hywel Daniels	
272	541	0:59:53	Veteran Female (35 and Over)	Heather Dennis	PENARTH & DINAS RUNNERS
273	452	0:59:54	Senior Male (Under 40)	Matthew Fox	
274	612	0:59:55	Veteran Female (35 and Over)	Beverley Warburton	
275	704	0:59:55	Senior Female (Under 35)	Gillian McCue	
276	222	0:59:57	Veteran Male (40 and Over)	Scott Cairns	
277	395	1:00:04	Senior Male (Under 40)	Andrew Hamblin	
278	456	1:00:05	Senior Male (Under 40)	Mark Farrar	LES CROUPIERS
279	161	1:00:06	Veteran Male (40 and Over)	Stephen Jones	ISLWYN RC
280	120	1:00:09	Veteran Male (40 and Over)	Allan Smith	3M GORSEINON ROAD RUNNERS
281	534	1:00:13	Veteran Female (35 and Over)	Natalie Harpin	
282	138	1:00:20	Veteran Male (40 and Over)	Phil Saunders	
283	70	1:00:25	Veteran Male (40 and Over)	Jonathan Rees	
284	488	1:00:31	Senior Female (Under 35)	Kirsty Harper	
285	158	1:00:56	Veteran Male (40 and Over)	Nick O'Neill	
286	525	1:01:12	Veteran Female (35 and Over)	FRANCES MACHIN	LES CROUPIERS
287	514	1:01:14	Veteran Female (35 and Over)	Fleur Jones	
288	238	1:01:15	Senior Male (Under 40)	Nicholas Pounder	PONTYPRIDD ROADENTS
289	581	1:01:16	Veteran Female (35 and Over)	Anna Helsing	PENARTH & DINAS RUNNERS
290	363	1:01:24	Senior Male (Under 40)	Rhodri Evans	PONTYPRIDD ROADENTS
291	425	1:01:29	Senior Male (Under 40)	Richard Morgan	
292	519	1:01:30	Veteran Female (35 and Over)	Karen Owen	
293	219	1:01:40	Veteran Male (40 and Over)	Colin Johns	
294	592	1:01:40	Veteran Female (35 and Over)	Julia Churton	
295	354	1:01:44	Senior Male (Under 40)	Gareth Lloyd	
296	526	1:02:00	Veteran Female (35 and Over)	Sue Anne Lloyd	
297	9	1:02:08	Veteran Male (40 and Over)	Kenneth Chirighin	
298	462	1:02:29	Senior Male (Under 40)	Adam Abraham	
299	476	1:02:56	Senior Male (Under 40)	Thomas Johnson	
300	341	1:02:57	Senior Male (Under 40)	John Gronow	
301	768	1:03:02	Senior Female (Under 35)	Alison Cook	PENARTH & DINAS RUNNERS
302	796	1:03:03	Senior Female (Under 35)	Jennifer Hiscox	
303	268	1:03:09	Senior Male (Under 40)	Paul Kearns	
304	578	1:03:10	Veteran Female (35 and Over)	Julia Ridge	PENARTH & DINAS RUNNERS
305	719	1:03:16	Senior Female (Under 35)	Elizabeth Ashton	ASHTON
306	287	1:03:23	Senior Male (Under 40)	Matt Jones	LC COBRAS
307	150	1:03:24	Veteran Male (40 and Over)	Keri James	
308	590	1:03:24	Veteran Female (35 and Over)	Pauline James	
309	633	1:03:40	Veteran Female (35 and Over)	Caroline Murray	
310	200	1:03:52	Veteran Male (40 and Over)	Nigel Tinkler	
311	412	1:04:01	Senior Male (Under 40)	Michael Jones	
312	582	1:04:15	Veteran Female (35 and Over)	Helen Passant	
313	695	1:04:20	Veteran Female (35 and Over)	Justine Dawkins	
314	565	1:04:20	Veteran Female (35 and Over)	Alex Howells	
315	522	1:04:28	Veteran Female (35 and Over)	Marilyn Allin	
316	759	1:04:36	Senior Female (Under 35)	Cecilia Thomas	
317	221	1:05:03	Veteran Male (40 and Over)	Rod Jones	LES CROUPIERS
318	521	1:05:05	Veteran Female (35 and Over)	Sue Purnell	
319	51	1:05:05	Veteran Male (40 and Over)	Jeremy Alford	PENARTH & DINAS RUNNERS
320	799	1:05:10	Senior Female (Under 35)	Sara El-khatib	PENARTH & DINAS RUNNERS
321	394	1:05:10	Senior Male (Under 40)	Paul Whitmarsh	PENARTH & DINAS RUNNERS
322	270	1:05:16	Senior Male (Under 40)	Duncan Ludlow	CCW
323	632	1:05:17	Senior Female (Under 35)	Caroline Powell	
324	100	1:05:18	Veteran Male (40 and Over)	Roger Vince	
325	787	1:05:24	Senior Female (Under 35)	Jenny Mcadie	TEAM DEVIANT
326	247	1:05:38	Senior Male (Under 40)	Ben Russell	
327	246	1:05:39	Senior Male (Under 40)	Matthew Jessop	
328	482	1:05:55	Senior Male (Under 40)	Neil Hughes	
329	30	1:06:08	Veteran Male (40 and Over)	William Ferguson	

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330	580	1:06:10	Veteran Female (35 and Over)	Janice Clement	PENARTH & DINAS RUNNERS
331	510	1:06:20	Veteran Female (35 and Over)	Bernadette Wilkinson	SAN DOMENICO
332	74	1:06:26	Veteran Male (40 and Over)	Mark Cleland	
333	635	1:06:27	Senior Female (Under 35)	Samantha Heighway	
334	42	1:06:34	Veteran Male (40 and Over)	JAMES JOHNSON	
335	792	1:06:35	Senior Female (Under 35)	Julia Suret	
336	537	1:06:37	Veteran Female (35 and Over)	Caroline Nightingale	
337	614	1:06:45	Veteran Female (35 and Over)	Clare Johnson	LES CROUPIERS
338	284	1:06:53	Senior Male (Under 40)	Manuel Pelaez	
339	193	1:07:26	Veteran Male (40 and Over)	Ifor Thomas	
340	751	1:07:40	Senior Female (Under 35)	Gabrielle Jones	
341	451	1:07:40	Senior Male (Under 40)	Peter Sueref	
342	516	1:07:41	Veteran Female (35 and Over)	Jackie Gentles	
343	285	1:07:46	Senior Male (Under 40)	Leigh Pember	
344	764	1:07:46	Senior Female (Under 35)	Mandy Powell	
345	4	1:07:58	Veteran Male (40 and Over)	Mike O'donoghue	
346	744	1:08:09	Senior Female (Under 35)	Heather Smith	
347	518	1:08:16	Veteran Female (35 and Over)	Ceri Jones	
348	66	1:08:20	Veteran Male (40 and Over)	John Vine	
349	726	1:08:21	Senior Female (Under 35)	Bethan Moore	MAINDAY HARRIERS
350	398	1:08:24	Senior Male (Under 40)	Matt Govier	
351	144	1:08:34	Veteran Male (40 and Over)	Tony Richards	
352	568	1:08:47	Veteran Female (35 and Over)	Sarah Tudor	PENARTH & DINAS RUNNERS
353	591	1:09:03	Veteran Female (35 and Over)	Karen Spiller	
354	65	1:09:04	Veteran Male (40 and Over)	Steven Jones	
355	397	1:09:05	Senior Male (Under 40)	Gerwyn Cox	
356	446	1:09:07	Senior Male (Under 40)	Aled Evans	
357	236	1:09:13	Senior Male (Under 40)	Rob Brodie	
358	283	1:09:24	Senior Male (Under 40)	Simon Hodgson	
359	539	1:09:26	Veteran Female (35 and Over)	Ros Street	
360	344	1:09:30	Senior Male (Under 40)	Andrew Hiscox	
361	550	1:09:42	Veteran Female (35 and Over)	Louise Wybar	
362	617	1:09:44	Veteran Female (35 and Over)	Denice Fletcher	
363	472	1:09:52	Senior Male (Under 40)	Stephen Thompson	
364	405	1:10:33	Senior Male (Under 40)	Matthew Emanuel	
365	555	1:10:34	Veteran Female (35 and Over)	Kate Jones	
366	80	1:10:34	Veteran Male (40 and Over)	Julian Reed	
367	708	1:10:44	Senior Female (Under 35)	Johanne Edwards	
368	321	1:10:44	Senior Male (Under 40)	Paul Simon	
369	55	1:10:51	Veteran Male (40 and Over)	John Lloyd	
370	530	1:10:55	Veteran Female (35 and Over)	Sarah Hughes	
371	34	1:11:01	Veteran Male (40 and Over)	Victor Gentles	
372	141	1:11:03	Veteran Male (40 and Over)	Alun Edwards	
373	503	1:11:06	Veteran Female (35 and Over)	Rachel Jones	
374	737	1:11:06	Senior Female (Under 35)	Helen Fletcher	
375	730	1:11:06	Senior Female (Under 35)	Leah Martens	
376	345	1:11:18	Senior Male (Under 40)	Jonathan Cronin	
377	410	1:11:18	Senior Male (Under 40)	Mark Kelleher	SWANSEA BAY ORIENTEERING CLUB
378	694	1:11:18	Veteran Female (35 and Over)	Michelle Shorney	
379	527	1:12:04	Veteran Female (35 and Over)	Angela Coles	
380	364	1:12:35	Senior Male (Under 40)	Arfon Hughes	
381	778	1:12:37	Senior Female (Under 35)	Chloe Lafon	
382	489	1:12:37	Senior Male (Under 40)	Mark Windsor	SAN DOMENICO
383	693	1:12:42	Veteran Female (35 and Over)	Adele Parry	
384	620	1:13:02	Veteran Female (35 and Over)	Julie Davis	
385	101	1:13:06	Veteran Male (40 and Over)	John Goodwin	
386	554	1:13:06	Veteran Female (35 and Over)	Annie Conroy	LES CROUPIERS
387	529	1:13:51	Veteran Female (35 and Over)	Susan Bisson	
388	629	1:13:56	Veteran Female (35 and Over)	Gillain Murphy	LES CROUPIERS
389	791	1:13:57	Senior Female (Under 35)	Karen Wilkinson	
390	622	1:15:04	Veteran Female (35 and Over)	Moira Kitchen	
391	593	1:15:05	Veteran Female (35 and Over)	Justine Cass	PENARTH & DINAS RUNNERS
392	700	1:15:23	Senior Female (Under 35)	Katherine Rands	
393	743	1:15:34	Senior Female (Under 35)	Kirsty Macdonald	
394	121	1:15:39	Veteran Male (40 and Over)	Russell Bright	
395	559	1:15:41	Veteran Female (35 and Over)	Katie Lewis	

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396	563	1:15:41	Veteran Female (35 and Over)	Samantha Marshall	
397	508	1:15:56	Veteran Female (35 and Over)	Gail Lusardi	
398	235	1:16:32	Senior Male (Under 40)	Mike Clinch	
399	143	1:16:35	Veteran Male (40 and Over)	Paul Lynch	
400	198	1:17:00	Veteran Male (40 and Over)	Charles Ian Allen	
401	504	1:17:33	Veteran Female (35 and Over)	Maria Lalic	
402	86	1:17:43	Veteran Male (40 and Over)	Gary Rees	
403	585	1:18:39	Veteran Female (35 and Over)	Amanda Lynch	
404	87	1:19:09	Veteran Male (40 and Over)	Bryan Isaac	
405	132	1:20:19	Veteran Male (40 and Over)	Stephen Mann	
406	732	1:20:41	Senior Female (Under 35)	Stephanie Colgan	
407	784	1:20:43	Senior Female (Under 35)	Jessica Poole	CCW
408	782	1:21:10	Senior Female (Under 35)	Anne-Marie Beresford-Webb	CCW
409	543	1:22:00	Veteran Female (35 and Over)	Lyn Rees	
410	597	1:22:56	Veteran Female (35 and Over)	Rhian Brace	
411	718	1:25:18	Senior Female (Under 35)	Janine David	
412	355	1:25:19	Senior Male (Under 40)	Michael Hammett	
413	188	1:27:03	Veteran Male (40 and Over)	Laurence Brophy	
414	544	1:29:48	Veteran Female (35 and Over)	Lesley Bigmore	BRACKLA HARRIERS
415	746	1:30:42	Senior Female (Under 35)	Sarah Joseph	
416	630	1:32:24	Veteran Female (35 and Over)	Sharron Price	
417	696	1:32:35	Senior Female (Under 35)	Paula Stockley	WOMENS RUNNNG NETWORK
418	402	1:34:48	Senior Male (Under 40)	Gareth Dyton	
419	69	1:34:50	Veteran Male (40 and Over)	Steven Howard	
420	104	1:34:50	Veteran Male (40 and Over)	Andrew Bishop	
421	569	1:35:53	Veteran Female (35 and Over)	Sue Neal	LES CROUPIERS
422	570	1:36:20	Veteran Female (35 and Over)	Angela Neal	LES CROUPIERS
423	572	1:36:21	Veteran Female (35 and Over)	Sian Llewellyn	LES CROUPIERS
424	571	1:36:22	Veteran Female (35 and Over)	Rhian Llewellyn	LES CROUPIERS
425	573	1:36:52	Veteran Female (35 and Over)	Carolyn Llewellyn	LES CROUPIERS