

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	3465 0:44:35	VM	robert wilson	PENARTH & DINAS RUNNERS
63	3510 0:44:38	VM	Rob Falconer	
64	3181 0:44:41	SM	Andrew Mundy	BRACKLA HARRIERS
65	3302 0:44:53	VM	Mick Tabor	LES CROUPIERS

66	3472	0:44:56	VM	John Davies	
67	3670	0:44:58	SF	Martin Dando	
<b>68</b>	<b>3086</b>	<b>0:44:59</b>	<b>SM</b>	<b>Lloyd Morgan</b>	<b>SAN DOMENICO</b>
69	3114	0:44:59	SM	matthew stroud	
70	3012	0:45:03	SM	Ian Lucas	
71	3074	0:45:04	SM	Luke James	
72	3022	0:45:06	SM	Richard Wild	
<b>73</b>	<b>3245</b>	<b>0:45:12</b>	<b>SM</b>	<b>Jonathon Slade</b>	<b>PENCOED TRI</b>
74	3542	0:45:12	VM	Peter Johns	
<b>75</b>	<b>3330</b>	<b>0:45:13</b>	<b>VM</b>	<b>Jeremy Alford</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>76</b>	<b>3533</b>	<b>0:45:14</b>	<b>VM</b>	<b>Knill Baird-Murray</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
77	3887	0:45:16	VF	Michelle Weaver	
<b>78</b>	<b>3424</b>	<b>0:45:20</b>	<b>VM</b>	<b>John O'Shea</b>	<b>LES CROUPIERS</b>
<b>79</b>	<b>3502</b>	<b>0:45:21</b>	<b>VM</b>	<b>Leighton Gardner</b>	<b>SWANSEA HARRIERS</b>
80	3469	0:45:26	VM	Peter Hammond	
81	3485	0:45:30	VM	Jonathon Wright	
82	3009	0:45:39	SM	Chris Williams	
83	3229	0:45:42	SM	Owen Shadick	
84	3411	0:45:44	VM	simon darke	
85	3390	0:45:46	VM	barri edwards	
<b>86</b>	<b>3304</b>	<b>0:45:50</b>	<b>VM</b>	<b>Steve Wlash</b>	<b>3M GORSEINON RRC</b>
87	3403	0:45:51	VM	Nigel Cockram	
88	3605	0:45:52	SF	Laura Backhouse	
<b>89</b>	<b>3326</b>	<b>0:45:53</b>	<b>VM</b>	<b>Christopher Nellins</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
90	3023	0:45:54	SM	Douglas Reid	
<b>91</b>	<b>3418</b>	<b>0:46:03</b>	<b>VM</b>	<b>Mike Evans</b>	<b>NEATH HARRIERS</b>
<b>92</b>	<b>3387</b>	<b>0:46:04</b>	<b>VM</b>	<b>david rose</b>	<b>BRACKLA HARRIERS</b>
93	3361	0:46:05	VM	Richard Beasley	
94	3673	0:46:06	SF	victoria brailsford	
<b>95</b>	<b>3166</b>	<b>0:46:07</b>	<b>SM</b>	<b>R A Jones</b>	<b>LES CROUPIERS</b>
96	3177	0:46:19	SM	Andrew Wilkinson	
<b>97</b>	<b>3449</b>	<b>0:46:27</b>	<b>VM</b>	<b>Andrew Thomas</b>	<b>BRACKLA HARRIERS</b>
98	3337	0:46:29	VM	Justin Ham	

99	3122	0:46:30	SM	Lee Miller	
100	3108	0:46:33	SM	Kerrith Ashby	
<b>101</b>	<b>3324</b>	<b>0:46:34</b>	<b>VM</b>	<b>Mark Bryant</b>	<b>MDC</b>
<b>102</b>	<b>3041</b>	<b>0:46:35</b>	<b>SM</b>	<b>Richard Welpton</b>	<b>LLISWERRY RUNNERS</b>
<b>103</b>	<b>3402</b>	<b>0:46:38</b>	<b>VM</b>	<b>Dominic Shields</b>	<b>SAN DOMENICO</b>
<b>104</b>	<b>3186</b>	<b>0:46:54</b>	<b>SM</b>	<b>Mathew Powell</b>	<b>CELTIC TRI</b>
<b>105</b>	<b>3692</b>	<b>0:46:55</b>	<b>SF</b>	<b>Michelle Cole</b>	<b>3M GORSEINON RRC</b>
106	3049	0:47:06	SM	Carl Davies	
107	3339	0:47:07	VM	Neil Lewis	
108	3158	0:47:09	SM	Robert Rees	
<b>109</b>	<b>3417</b>	<b>0:47:14</b>	<b>VM</b>	<b>Howard Mason</b>	<b>CAERLEON RC</b>
110	3546	0:47:27	VM	Dave Cross	
111	3044	0:47:31	SM	Stephen Davies	
<b>112</b>	<b>3478</b>	<b>0:47:35</b>	<b>VM</b>	<b>Alan Pritchard</b>	<b>PORT TALBOT HARRIERS</b>
113	3509	0:47:37	VM	Anthony Deacy	
<b>114</b>	<b>3072</b>	<b>0:47:43</b>	<b>SM</b>	<b>Marcus Coles</b>	<b>LES CROUPIERS</b>
115	3099	0:47:46	SM	Gavin Froleay	
<b>116</b>	<b>3896</b>	<b>0:47:47</b>	<b>VF</b>	<b>Debbie Cooke</b>	<b>BRIDGEND AC</b>
<b>117</b>	<b>3500</b>	<b>0:47:48</b>	<b>VM</b>	<b>Martin Lucas</b>	<b>MYNYDDWYR DE CYMRU FRC</b>
118	3148	0:47:48	SM	adrian cartlidge	
<b>119</b>	<b>3508</b>	<b>0:47:51</b>	<b>VM</b>	<b>Christopher Jones</b>	<b>LLISWERRY RUNNERS</b>
<b>120</b>	<b>3395</b>	<b>0:47:56</b>	<b>VM</b>	<b>richard day</b>	<b>PONTYPRID ROADENTS</b>
121	3342	0:47:59	VM	Paul Jenkins	
122	3370	0:48:03	VM	Mark Wood	
123	3338	0:48:09	VM	Mike Ramsey	
<b>124</b>	<b>3358</b>	<b>0:48:12</b>	<b>VM</b>	<b>Richard Sewell</b>	<b>LES CROUPIERS</b>
<b>125</b>	<b>3484</b>	<b>0:48:14</b>	<b>VM</b>	<b>Clive Osmond</b>	<b>LES CROUPIERS</b>
<b>126</b>	<b>3444</b>	<b>0:48:15</b>	<b>VM</b>	<b>Paul Day</b>	<b>LLISWERRY RUNNERS</b>
127	3119	0:48:19	SM	Neil Stovold	
128	3221	0:48:20	SM	Ian Henry	
129	3094	0:48:21	SM	Christian Vaughan-Morris	
130	3192	0:48:22	SM	Joe Thomas	
131	3399	0:48:23	VM	William Ferguson	

<b>132</b>	<b>3154 0:48:28</b>	<b>SM</b>	<b>Martin Twigg</b>	<b>SAN DOMENICO</b>
<b>133</b>	<b>3480 0:48:29</b>	<b>VM</b>	<b>Darren Morgan</b>	<b>VILLAGE VIPERS</b>
134	3035 0:48:30	SM	Phillip Williams	
<b>135</b>	<b>3134 0:48:39</b>	<b>SM</b>	<b>Andrew Palmer</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
136	3019 0:48:44	SM	Richard Boldero	
<b>137</b>	<b>3346 0:48:47</b>	<b>VM</b>	<b>Paul Dursley</b>	<b>LLISWERRY RUNNERS</b>
<b>138</b>	<b>3389 0:48:47</b>	<b>VM</b>	<b>Tim Reese</b>	<b>LLISWERRY RUNNERS</b>
139	3340 0:48:57	VM	Micheal Johnson	
140	3226 0:49:07	SM	Christopher Hicks	
<b>141</b>	<b>3926 0:49:13</b>	<b>VF</b>	<b>Sharon Woods</b>	<b>GRIFFITHSTOWN HARRIERS</b>
<b>142</b>	<b>3378 0:49:14</b>	<b>VM</b>	<b>Mark Anderson</b>	<b>PEWSEY VALE RC</b>
<b>143</b>	<b>3398 0:49:16</b>	<b>VM</b>	<b>John McDonough</b>	<b>TACH</b>
144	3164 0:49:29	SM	Adrian Gibbs	
<b>145</b>	<b>3413 0:49:30</b>	<b>VM</b>	<b>Stephen Owen</b>	<b>LES CROUPIERS</b>
<b>146</b>	<b>3434 0:49:37</b>	<b>VM</b>	<b>David Proffitt</b>	<b>NEWPORT HARRIERS AC</b>
147	3030 0:49:39	SM	Simon Hazel	
148	3247 0:49:41	SM	Rob Duggan	
<b>149</b>	<b>3537 0:49:43</b>	<b>VM</b>	<b>Steve Parker</b>	<b>PENCOED TRI</b>
150	3466 0:49:44	VM	Anne Beard	
151	3037 0:49:46	SM	Stephen Tranner	
152	3014 0:49:46	SM	Ian Humphreys	
153	3244 0:49:47	SM	Andy Dunn	
154	3236 0:49:47	SM	Guy Breakingbury	
<b>155</b>	<b>3526 0:49:53</b>	<b>VM</b>	<b>Adrian Woods</b>	<b>GRIFFITHSTOWN HARRIERS</b>
156	3501 0:49:55	VM	Gideon Jones	
157	3021 0:50:01	SM	Guy Wood	
<b>158</b>	<b>3143 0:50:03</b>	<b>SM</b>	<b>dennis pounder</b>	<b>PONTYPRID ROADENTS</b>
159	3447 0:50:06	VM	Mark Thomas	
<b>160</b>	<b>3071 0:50:11</b>	<b>SM</b>	<b>Gavin Watts</b>	<b>PENCOED TRI</b>
161	3167 0:50:20	SM	DAVID WILLIAMS	
162	3216 0:50:21	SM	Neil Buckman	
163	3446 0:50:22	VM	Chris Moore	
<b>164</b>	<b>3203 0:50:27</b>	<b>SM</b>	<b>David Garwood</b>	<b>PSOF</b>

165	3043	0:50:27	SM	Gavin Earnshaw	
<b>166</b>	<b>3882</b>	<b>0:50:28</b>	<b>VF</b>	<b>Rebecca Merriman</b>	<b>CHEPSTOW HARRIERS</b>
<b>167</b>	<b>3479</b>	<b>0:50:36</b>	<b>VM</b>	<b>andrew dunscombe</b>	<b>PONTYPRID ROADENTS</b>
168	3105	0:50:38	SM	Jacob Harvey	
<b>169</b>	<b>3110</b>	<b>0:50:42</b>	<b>SM</b>	<b>Mark Goodger</b>	<b>NEWPORT HARRIERS AC</b>
<b>170</b>	<b>3344</b>	<b>0:50:43</b>	<b>VM</b>	<b>William Darby</b>	<b>MYNYDD DU</b>
171	3142	0:50:45	SM	Andrew Proctor	
172	3172	0:50:52	SM	Alec McIntyre	
173	3440	0:50:56	VM	Charles Crundwell	
174	3081	0:50:58	SM	Michael Holloway	
175	3042	0:51:03	SM	Gwyn Williams	
<b>176</b>	<b>3915</b>	<b>0:51:06</b>	<b>VF</b>	<b>Sian Phillips</b>	<b>SWANSEA HARRIERS</b>
177	3027	0:51:11	SM	Ian Holt	
<b>178</b>	<b>3521</b>	<b>0:51:20</b>	<b>VM</b>	<b>John Price</b>	<b>HAY HOTFOOTERS</b>
179	3343	0:51:30	VM	Micheal Brace	
<b>180</b>	<b>3475</b>	<b>0:51:32</b>	<b>VM</b>	<b>Mark Sutton</b>	<b>GRIFFITHSTOWN HARRIERS</b>
181	3049	0:51:42	SM	Carl Davies	
182	3054	0:51:45	SM	HUW MACMILLIAN	
183	3048	0:51:46	SM	Peter Burne	
184	3176	0:51:47	SM	john marshall	
185	3155	0:51:50	SM	Matthew Mulcahy	
186	3057	0:51:51	SM	Andrew Williams	
187	3103	0:51:52	SM	Daniel Luffman	
<b>188</b>	<b>3206</b>	<b>0:51:53</b>	<b>SF</b>	<b>Lee Bodenham</b>	
<b>189</b>	<b>3356</b>	<b>0:51:59</b>	<b>VM</b>	<b>Steve Jones</b>	<b>SWANSEA HARRIERS</b>
190	3212	0:52:05	SM	Keith Richards	
<b>191</b>	<b>3067</b>	<b>0:52:12</b>	<b>SM</b>	<b>Gareth Rees</b>	<b>SOSPAN ROAD RUNNERS</b>
192	3445	0:52:16	VM	neil davies	
193	3061	0:52:18	SM	James Stroud	
<b>194</b>	<b>3347</b>	<b>0:52:18</b>	<b>VM</b>	<b>Kevin Barnes</b>	<b>HEREFORD COUIERS</b>
195	3026	0:52:24	SM	David Moore	
196	3002	0:52:25	SM	Joe Stoate	
197	3317	0:52:27	VM	Jeff Davies	

<b>198</b>	<b>3410 0:52:30</b>	<b>VM</b>	<b>Mario Rabaiotti</b>	<b>PORT TALBOT HARRIERS</b>
199	3442 0:52:34	VM	Aled Roberts	
<b>200</b>	<b>3363 0:52:40</b>	<b>VM</b>	<b>Stuart Thomson</b>	<b>GRIFFITHSTOWN HARRIERS</b>
201	3182 0:52:41	SM	Mark Herman	
202	3054 0:52:42	SM	HUW MACMILLIAN	
203	3076 0:52:43	SM	Vince Thomas	
204	3448 0:52:44	VM	Ian Fiddes	
205	3156 0:52:45	SM	Lynne Travers-Jones	
<b>206</b>	<b>3477 0:52:45</b>	<b>VM</b>	<b>A R woolterton</b>	<b>BRIDGEND AC</b>
207	3241 0:52:49	SM	Alun Morris	
<b>208</b>	<b>3534 0:52:51</b>	<b>VM</b>	<b>Ray Majer</b>	<b>SOSPAN ROAD RUNNERS</b>
<b>209</b>	<b>3121 0:52:54</b>	<b>SM</b>	<b>warren tilke</b>	<b>PONTYPRID ROADENTS</b>
210	3020 0:52:54	SM	Dale Lord	
211	3488 0:52:55	VM	DHARMACARI PADMASIMHA	
<b>212</b>	<b>3322 0:53:03</b>	<b>VM</b>	<b>Ben Hannigan</b>	<b>PONTYPRID ROADENTS</b>
<b>213</b>	<b>3878 0:53:06</b>	<b>VF</b>	<b>CLAIRE CREW-GEE</b>	
214	3124 0:53:06	SM	Paul Sheppard	
215	3198 0:53:06	SM	Paul Harris	
<b>216</b>	<b>3868 0:53:11</b>	<b>VF</b>	<b>susan tagg</b>	<b>PARC BRYN BACH</b>
217	3146 0:53:12	SM	Larry McGeary	
218	3073 0:53:20	SM	Mark Allen	
219	3182 0:53:21	SM	Mark Herman	
<b>220</b>	<b>3206 0:53:23</b>	<b>SF</b>	<b>Lee Bodenham</b>	
221	3354 0:53:23	VM	John SHANAHAN	
<b>222</b>	<b>3648 0:53:24</b>	<b>SF</b>	<b>Emma Thomas</b>	
223	3018 0:53:26	SM	Matthew Hussain	
224	3371 0:53:29	VM	Simon Cox	
225	3513 0:53:35	VM	John Martin	
<b>226</b>	<b>3688 0:53:35</b>	<b>SF</b>	<b>Charlotte Wells</b>	<b>BRACKLA HARRIERS</b>
227	3406 0:53:36	VM	Waseem Chaudhry	
228	3246 0:53:37	SM	Morgan Lewis	
229	3335 0:53:39	VM	Adrain Johnson	
230	3125 0:53:44	SM	michael brown	

231	3089	0:53:46	SM	N PILLINER	
232	3836	0:53:50	VF	Jane Thomas	
233	3008	0:53:58	SM	Tom Cornelius	
234	3052	0:53:59	SM	Christopher Chappell	
235	3643	0:54:04	SF	Ute Meister	
<b>236</b>	<b>3401</b>	<b>0:54:05</b>	<b>VM</b>	<b>Abyd Quinn Aziz</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
237	3544	0:54:06	VM	Paul Rundle	
238	3432	0:54:07	VM	Stephen Milburn	
239	3068	0:54:17	SM	Nick McAndrew	
240	3340	0:54:24	VM	Micheal Johnson	
241	3127	0:54:25	SM	Nick Youle	
<b>242</b>	<b>3132</b>	<b>0:54:26</b>	<b>SM</b>	<b>Paul Whitmarsh</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
243	3115	0:54:27	SM	Jon A Jones	
244	3325	0:54:28	VM	Jonathon Moore	
<b>245</b>	<b>3541</b>	<b>0:54:31</b>	<b>VM</b>	<b>Alexander Ford</b>	<b>BRACKLA HARRIERS</b>
246	3679	0:54:32	SF	Joanna Rothwell	
247	3379	0:54:37	VM	Richard Lloyd Jones	
248	3655	0:54:37	SF	rhyann sutton	
<b>249</b>	<b>3654</b>	<b>0:54:40</b>	<b>SF</b>	<b>Sharon Phillips</b>	<b>PONTYPRID ROADENTS</b>
250	3075	0:54:46	SM	James Ashwin	
251	3120	0:54:46	SM	Daniel Hubball	
252	3051	0:54:48	SM	David Morris	
<b>253</b>	<b>3314</b>	<b>0:54:50</b>	<b>VM</b>	<b>Stephen Harrett</b>	<b>THE EDDY WANG RUNNERS</b>
254	3419	0:54:51	VM	mark powell	
255	3128	0:54:56	SM	Gareth Phillips	
256	3204	0:54:57	SM	David Parry	
257	3540	0:54:57	VM	andrew Smith	
258	3189	0:54:58	SM	Liz Willey	
259	3628	0:54:59	SF	Michelle McCully	
260	3355	0:55:18	VM	Keith Starr	
261	3064	0:55:20	SM	Gareth Arnold	
262	3059	0:55:21	SM	Andrew Gott	
263	3483	0:55:22	VM	Christian Mears	

<b>264</b>	<b>3341 0:55:24</b>	<b>VM</b>	<b>Andrew Segmond</b>	<b>LES CROUPIERS</b>
265	3476 0:55:25	VM	andrew woolley	
266	3039 0:55:28	SM	Richard House	
<b>267</b>	<b>3517 0:55:29</b>	<b>VM</b>	<b>Micheal Dix</b>	<b>LES CROUPIERS</b>
<b>268</b>	<b>3927 0:55:30</b>	<b>VF</b>	<b>Venessa Turnbull</b>	<b>WOMENS RUNNING NETWORK</b>
269	3669 0:55:40	SF	Abi Gibbs	
270	3333 0:55:44	VM	STEVE Johnson	
271	3423 0:55:47	VM	Robert Hart	
272	3228 0:55:48	SM	Daniel Palmer	
273	3173 0:55:50	SM	Stuart Rees	
274	3098 0:56:01	SM	owain lloyd	
275	3460 0:56:02	VM	David Kaged	
276	3470 0:56:05	VM	Stephen Hill	
277	3140 0:56:06	SM	Robert Brodie	
<b>278</b>	<b>3505 0:56:06</b>	<b>VM</b>	<b>Tony Eustace</b>	<b>FORDS BRIDGEND</b>
279	3382 0:56:13	VM	Ian Thomas	
280	3879 0:56:14	VF	LISA Chichester	
<b>281</b>	<b>3320 0:56:16</b>	<b>VM</b>	<b>Chris Howland</b>	<b>FELIXSTOWE ROAD RUNNERS</b>
282	3880 0:56:25	VF	Helen Jones	
283	3504 0:56:30	VM	Tony Lewis	
284	3365 0:56:35	VM	Dorian Thomas	
285	3342 0:56:45	VM	Paul Jenkins	
286	3112 0:56:47	SM	Geraint Rees	
<b>287</b>	<b>3854 0:56:49</b>	<b>VF</b>	<b>Jo Lord</b>	<b>HAY HOTFOOTERS</b>
288	3342 0:56:56	VM	Paul Jenkins	
<b>289</b>	<b>3435 0:56:59</b>	<b>VM</b>	<b>Rob Phillips</b>	<b>PONTYPRID ROADENTS</b>
<b>290</b>	<b>3468 0:57:00</b>	<b>VM</b>	<b>Paul Buckley</b>	<b>HOGWEED TROTTERS</b>
<b>291</b>	<b>3851 0:57:07</b>	<b>VF</b>	<b>Angela Price</b>	<b>HAY HOTFOOTERS</b>
292	3159 0:57:16	SM	andrew emery	
293	3384 0:57:19	VM	Lee David	
294	3429 0:57:20	VM	Matthew Jones	
<b>295</b>	<b>3195 0:57:21</b>	<b>SM</b>	<b>Gareth Evans</b>	<b>VILLAGE VIPERS</b>
<b>296</b>	<b>3345 0:57:23</b>	<b>VM</b>	<b>Doug Webb</b>	<b>VILLAGE VIPERS</b>

297	3531	0:57:23	VM	Steven Lewis	
298	3545	0:57:23	VM	David Roberts	
<b>299</b>	<b>3900</b>	<b>0:57:30</b>	<b>VF</b>	<b>Del Eyre</b>	<b>3M GORSEINON RRC</b>
300	3211	0:57:31	SM	Gregory Prout	
301	3243	0:57:33	SM	Rhys Floyd	
302	3482	0:57:34	VM	Phil Tandy	
303	3352	0:57:35	VM	David Mitchell	
304	3911	0:57:50	VF	Maria Prout	
305	3090	0:57:53	SM	gordon knowles	
306	3675	0:57:54	SF	Johanna Waters	
307	3130	0:57:58	SM	james smith	
308	3205	0:58:01	SM	Brendan Rogers	
309	3917	0:58:02	VF	Jane Underwood	
<b>310</b>	<b>3242</b>	<b>0:58:02</b>	<b>SM</b>	<b>Paul Jones</b>	<b>MUMBLES MILERS</b>
311	3416	0:58:05	VM	Martin Johns	
312	3070	0:58:07	SM	Matthew Williams	
<b>313</b>	<b>3616</b>	<b>0:58:16</b>	<b>VF</b>	<b>Janet Richards</b>	<b>GRIFFITHSTOWN HARRIERS</b>
314	3547	0:58:18	VM	marc hortin	
315	3415	0:58:29	VM	RICHARD PARCELL	
<b>316</b>	<b>3391</b>	<b>0:58:30</b>	<b>VM</b>	<b>allan smith</b>	<b>3M GORSEINON RRC</b>
317	3024	0:58:33	SM	Taliesin Maynard	
318	3036	0:58:34	SM	Eoin Murphy	
319	3829	0:58:35	VF	Beverly Lewis	
320	3362	0:58:38	VM	Gareth John	
<b>321</b>	<b>3604</b>	<b>0:58:45</b>	<b>SF</b>	<b>Emilly Luke</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
322	3301	0:58:45	VM	Nigel Cowan	
323	3078	0:58:49	SM	COLIN Harvey	
<b>324</b>	<b>3420</b>	<b>0:58:55</b>	<b>VM</b>	<b>James Davies</b>	<b>3M GORSEINON RRC</b>
325	3455	0:58:56	VM	Grant Hartley	
326	3357	0:59:01	VM	Stephen Bond	
<b>327</b>	<b>3053</b>	<b>0:59:03</b>	<b>SM</b>	<b>Mark Farrar</b>	<b>LES CROUPIERS</b>
<b>328</b>	<b>3380</b>	<b>0:59:08</b>	<b>VM</b>	<b>John Cunnane</b>	<b>ISLWYN</b>
329	3901	0:59:09	VF	Beverly Warburton	

<b>330</b>	<b>3011 0:59:10</b>	<b>SM</b>	<b>Robert Wayne Morgan</b>	<b>TEAM WECORI</b>
<b>331</b>	<b>3400 0:59:14</b>	<b>VM</b>	<b>Mike Hodges</b>	<b>TROTS</b>
332	3656 0:59:19	SF	kathryn stoate	
333	3370 0:59:21	VM	Mark Wood	
334	3651 0:59:22	SF	JOANNA YEOMANS	
<b>335</b>	<b>3487 0:59:26</b>	<b>VM</b>	<b>Mark Jones</b>	<b>PONTYPRID ROADENTS</b>
336	3116 0:59:31	SM	James White	
<b>337</b>	<b>3864 0:59:33</b>	<b>VF</b>	<b>Alison Cook</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
338	3151 0:59:38	SM	Ben McGibney	
339	3207 0:59:40	SM	Gareth Morris	
340	3066 0:59:41	SM	Ian Harris	
<b>341</b>	<b>3507 0:59:41</b>	<b>VM</b>	<b>Edward Williams</b>	<b>ST ATHANS</b>
342	3441 0:59:45	VM	Simon Sparks	
343	3131 0:59:51	SM	Rhys Smith	
344	3660 0:59:56	SF	Rachel Evans	
345	3055 0:59:56	SM	Steven Morrgan	
<b>346</b>	<b>3414 1:00:03</b>	<b>VM</b>	<b>Neil williams</b>	<b>PONTYPRID ROADENTS</b>
<b>347</b>	<b>3486 1:00:05</b>	<b>VM</b>	<b>Alun Lowe</b>	<b>LLISWERRY RUNNERS</b>
348	3939 1:00:17	VF	Rosalind Edmonds	
349	3606 1:00:19	SF	Emma Hatherall	
350	3029 1:00:19	SM	Andrew Preece	
351	3405 1:00:25	VM	Richard Long	
352	3828 1:00:27	VF	Pamela Sutter	
<b>353</b>	<b>3491 1:00:32</b>	<b>VM</b>	<b>Alan Harrhy</b>	<b>HAY HOTFOOTERS</b>
354	3169 1:00:42	SM	Richard Powell	
355	3199 1:00:48	SM	Alun Williams	
356	3210 1:00:49	SM	Dave Semmens	
<b>357</b>	<b>3897 1:00:49</b>	<b>VF</b>	<b>Ceri Jones</b>	<b>NEWT</b>
358	3199 1:00:50	SM	Alun Williams	
359	3822 1:01:16	VF	Celia Johnson	
<b>360</b>	<b>3496 1:01:18</b>	<b>VM</b>	<b>Andy George</b>	<b>CHEPSTOW HARRIERS</b>
<b>361</b>	<b>3818 1:01:19</b>	<b>VM</b>	<b>Micheal Alsworth</b>	<b>100 MARATHON CLUB</b>
362	3429 1:01:20	VM	Matthew Jones	

<b>363</b>	<b>3676</b>	<b>1:01:21</b>	<b>SF</b>	<b>Gillian McCue</b>	<b>LES CROUPIERS</b>
364	3040	1:01:21	SM	Mark Kelleher	
365	3396	1:01:24	VM	John Ivins	
366	3528	1:01:25	VM	andrew Cook	
367	3056	1:01:25	SM	Patrick Heery	
368	3231	1:01:26	SM	Gethin Thomas	
369	3329	1:01:32	VM	David Waugh	
<b>370</b>	<b>3914</b>	<b>1:01:40</b>	<b>VF</b>	<b>Clare Houghton</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>371</b>	<b>3427</b>	<b>1:01:40</b>	<b>VM</b>	<b>Simon James</b>	<b>LES CROUPIERS</b>
372	3806	1:01:42	VF	Jacrie Gentles	
<b>373</b>	<b>3351</b>	<b>1:01:42</b>	<b>VM</b>	<b>ROY SILVER</b>	<b>W.F.R.A</b>
374	3524	1:01:46	VM	Andy Rees	
375	3650	1:01:50	SF	catrin daniels	
376	3133	1:01:53	SM	Lloyd Palmer	
<b>377</b>	<b>3530</b>	<b>1:01:55</b>	<b>VM</b>	<b>Rod Jones</b>	<b>LES CROUPIERS</b>
378	3224	1:02:02	SM	Steven Hancock	
<b>379</b>	<b>3808</b>	<b>1:02:10</b>	<b>VF</b>	<b>Julie Lewis</b>	<b>ISLWYN</b>
<b>380</b>	<b>3805</b>	<b>1:02:18</b>	<b>VF</b>	<b>Janice Clement</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
381	3824	1:02:19	VF	Lynn Bulbeck	
382	3305	1:02:20	VM	Nigel Tinker	
383	3499	1:02:21	VM	andrew Rothwell	
384	3489	1:02:22	VM	Ken Rogers	
<b>385</b>	<b>3925</b>	<b>1:02:23</b>	<b>VF</b>	<b>Liz Folkes</b>	<b>THORNBURY R.C.</b>
386	3668	1:02:24	SF	stella rudd	
387	3935	1:02:27	VF	Fiona Drysdale	
388	3162	1:02:27	SM	Joe David Godding	
389	3161	1:02:30	SM	Neil Godding	
390	3888	1:02:30	VF	Carl Morris	
<b>391</b>	<b>3129</b>	<b>1:02:30</b>	<b>SM</b>	<b>stephen lee</b>	<b>MUMBLES MILERS</b>
392	3025	1:02:31	SM	Gavin Price	
393	3506	1:02:34	VM	Julien Reed	
<b>394</b>	<b>3825</b>	<b>1:02:38</b>	<b>VF</b>	<b>Tana Lavelle</b>	<b>HAY HOTFOOTERS</b>
395	3618	1:02:39	SF	Karen Tune	

396	3619	1:02:40	SF	Fiona Carroll	
<b>397</b>	<b>3945</b>	<b>1:02:45</b>	<b>VF</b>	<b>stella Sturgess</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
398	3425	1:02:48	VM	David Perez	
<b>399</b>	<b>3096</b>	<b>1:02:50</b>	<b>SM</b>	<b>Gareth Ayres</b>	<b>PORT TALBOT HARRIERS</b>
<b>400</b>	<b>3421</b>	<b>1:02:53</b>	<b>VM</b>	<b>Robert Lister</b>	<b>PEWSEY VALE RC</b>
401	3511	1:03:03	VM	Wayne Cross	
<b>402</b>	<b>3309</b>	<b>1:03:03</b>	<b>VM</b>	<b>Paul Davies</b>	<b>CARDIFF TRI</b>
403	3837	1:03:18	VF	Ruth Davies	
404	3101	1:03:24	SM	John stacey	
405	3135	1:03:26	SM	Michael Hammett	
406	3034	1:03:27	SM	Dan Humphreys	
407	3621	1:03:34	SF	Bettina Schelkle	
408	3624	1:03:35	SF	Sharon Alder	
409	3639	1:03:41	SF	Meg stacey	
<b>410</b>	<b>3662</b>	<b>1:03:42</b>	<b>SF</b>	<b>Kirsten Tucker</b>	<b>SWANSEA HARRIERS</b>
411	3193	1:03:43	SM	Tom Howe	
412	3184	1:03:46	SM	Liam Perrott	
413	3946	1:03:47	VF	Jane Allely	
414	3539	1:03:48	VM	John Humphries	
<b>415</b>	<b>3461</b>	<b>1:03:49</b>	<b>VM</b>	<b>John Brewer</b>	<b>VILLAGE VIPERS</b>
416	3830	1:03:53	VF	Helen Kerbey	
417	3624	1:04:02	SF	Sharon Alder	
<b>418</b>	<b>3898</b>	<b>1:04:05</b>	<b>VF</b>	<b>Anna Helsing</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
419	3614	1:04:06	SF	Catherine Heery	
420	3498	1:04:07	VM	John Vine	
<b>421</b>	<b>3077</b>	<b>1:04:15</b>	<b>SM</b>	<b>Robert Ward</b>	<b>CAERLEON RC</b>
<b>422</b>	<b>3321</b>	<b>1:04:15</b>	<b>VM</b>	<b>Steve Hill</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
423	3861	1:04:23	VF	Sarah Hughes	
424	3642	1:04:25	SF	JAMES JOHNSON	
425	3366	1:04:33	VM	Colin Johns	
<b>426</b>	<b>3375</b>	<b>1:04:35</b>	<b>VM</b>	<b>Andy Brown</b>	<b>MUMBLES MILERS</b>
427	3667	1:04:48	SF	Kathryn James	
428	3635	1:04:53	SF	Gwawr Owen	

429	3819	1:04:57	VM	Jo Power	
430	3223	1:04:59	SM	Gareth David Rhys Lloyd	
<b>431</b>	<b>3315</b>	<b>1:05:02</b>	<b>VM</b>	<b>Gary Hobs</b>	<b>VILLAGE VIPERS</b>
432	3425	1:05:04	VM	David Perez	
<b>433</b>	<b>3924</b>	<b>1:05:05</b>	<b>VF</b>	<b>Nina Brocklebank</b>	<b>3M GORSEINON RRC</b>
434	3815	1:05:06	VF	JULIA RIDGE	
435	3646	1:05:06	SF	Sophie Cobb	
436	3647	1:05:09	SF	Gemma Barry	
437	3059	1:05:22	SM	Andrew Gott	
438	3609	1:05:24	SF	Sophie Quinney	
439	3328	1:05:35	VM	Paul Phillips	
440	3617	1:05:36	SF	Sophie Arbuthnot	
441	3810	1:05:36	VF	Cathryn Russell	
<b>442</b>	<b>3332</b>	<b>1:05:37</b>	<b>VM</b>	<b>JAMES RAY</b>	<b>PORT TALBOT HARRIERS</b>
443	3408	1:05:37	VM	Ifor Thomas	
444	3626	1:05:49	VF	Sian Brown	
445	3312	1:05:54	VM	William Hopkin	
446	3222	1:05:55	SM	Jason Murphy	
447	3684	1:05:59	SF	Hanhah Jenkins	
448	3515	1:06:59	VM	Antonid Panicola	
449	3439	1:05:59	VF	susan mace	
450	3060	1:06:19	SM	Huw Morgan	
451	3890	1:06:21	VF	Alison Porter	
452	3323	1:06:32	VM	Peter Widdrington	
453	3821	1:06:37	VF	Paula Johnson	
454	3867	1:06:38	VF	Jennifer Stone	
455	3431	1:06:41	VM	Malcolm Clews	
456	3360	1:06:47	VM	Edmund Heery	
457	3536	1:06:56	VM	Anthony Beer	
458	3095	1:06:57	SM	John Price	
459	3085	1:07:08	SM	Peter Haley	
<b>460</b>	<b>3889</b>	<b>1:07:11</b>	<b>VF</b>	<b>Clare Johnson</b>	<b>LES CROUPIERS</b>
<b>461</b>	<b>3876</b>	<b>1:07:16</b>	<b>VF</b>	<b>Sarah Tudor</b>	<b>PENARTH &amp; DINAS RUNNERS</b>

462	3846	1:07:17	VF	Denise Fletcher	
463	3857	1:07:18	VF	Angela Wools	
464	3826	1:07:19	VF	Roxanne McCarthy	
465	3006	1:07:20	SM	Jason Edmonds	
<b>466</b>	<b>3856</b>	<b>1:07:33</b>	<b>VF</b>	<b>Claire House</b>	<b>SAN DOMENICO</b>
467	3848	1:07:45	VF	Elizabeth Harris	
468	3686	1:07:46	SF	Lauren Shurety	
469	3625	1:07:48	SF	Siwan Gwilym	
470	3921	1:07:49	VF	Aranka Pratt	
471	3092	1:07:50	SM	Arfon Hughes	
<b>472</b>	<b>3331</b>	<b>1:07:56</b>	<b>VM</b>	<b>Shaun Emms</b>	<b>HAY HOTFOOTERS</b>
473	3682	1:07:57	SF	Sally Martin	
474	3512	1:07:58	VM	Nigel Thomas	
475	3514	1:07:59	VM	Paul Sydenham	
476	3841	1:08:00	VF	Joy Lott	
477	3047	1:08:03	SM	Matthew Evans	
<b>478</b>	<b>3533</b>	<b>1:08:04</b>	<b>VM</b>	<b>Knill Baird-Murray</b>	<b>PENARTH &amp; DINAS RUNNERS</b>
<b>479</b>	<b>3881</b>	<b>1:08:06</b>	<b>VF</b>	<b>Christine Vorres</b>	<b>GRIFFITHSTOWN HARRIERS</b>
480	3602	1:08:07	SF	Jennifer Hiscox	
481	3653	1:08:08	SF	Kate Jones	
<b>482</b>	<b>3190</b>	<b>1:08:09</b>	<b>SM</b>	<b>Richard Samuel</b>	<b>Cardiff Harlequins</b>
483	3940	1:08:11	VF	Cathy Lloyd	
484	3821	1:08:20	VF	Paula Johnson	
485	3827	1:08:21	VF	Mairi Dunn	
486	3520	1:08:43	VM	Les Pugh	
487	3601	1:08:46	SF	Dionne Wood	
488	3872	1:08:47	VF	Jane Chappelle	
489	3874	1:08:47	VF	Liz Mallen	
490	3633	1:08:57	SF	Laura Watkins	
491	3636	1:08:58	SF	Alison Kibblewhite	
492	3381	1:09:05	VM	Nick Jones	
493	3895	1:09:13	VF	Yvonne Veitch	
494	3227	1:09:14	SM	Andrew Cairns	

495	3875	1:09:29	VF	Anne Roberts	
496	3422	1:09:31	VM	Peter Williams	
497	3102	1:09:38	SM	Alun Edwards	
498	3920	1:09:40	VF	Helen Hunt	
<b>499</b>	<b>3886</b>	<b>1:09:41</b>	<b>VF</b>	<b>Claire Sutton</b>	<b>GRIFFITHSTOWN HARRIERS</b>
500	3007	1:09:42	SM	Daniel George	
501	3922	1:09:58	VF	Pauline Rees	
502	3613	1:09:59	SF	Laura Scriven	
503	3525	1:10:04	VM	Martin Ashford	
504	3467	1:10:11	VM	Clifford Ashwin	
505	3145	1:10:11	SM	Bryan Isaac	
506	3645	1:10:12	SF	heather smith	
507	3109	1:10:17	SM	Andrew Hiscox	
<b>508</b>	<b>3028</b>	<b>1:10:23</b>	<b>SM</b>	<b>Adam Abraham</b>	<b>LES CROUPIERS</b>
<b>509</b>	<b>3672</b>	<b>1:10:24</b>	<b>SF</b>	<b>Nicola Powell</b>	<b>CELTIC TRI</b>
<b>510</b>	<b>3944</b>	<b>1:10:25</b>	<b>SF</b>	<b>Carol Vyner</b>	<b>CELTIC TRI</b>
511	3909	1:10:33	VF	Emma Lamport	
512	3907	1:10:34	VF	Natalie Harpin	
513	3908	1:10:55	VF	CLAIRE Jenkins	
514	3629	1:10:55	SF	Johanne Edwards	
515	3080	1:10:57	SM	Paul Simon	
516	3522	1:10:57	VM	Simon Hudd	
<b>517</b>	<b>3348</b>	<b>1:11:09</b>	<b>VM</b>	<b>Erol Alexis</b>	<b>LES CROUPIERS</b>
518	3518	1:11:14	VM	David John Lloyd	
519	3179	1:11:15	SM	huw jakeway	
520	3497	1:11:30	VM	Lloyd Williams	
521	3152	1:11:33	SM	FADI Baydoun	
522	3683	1:12:00	SF	Louise Piper-Jones	
523	3386	1:12:09	VM	Charlie Chucas	
524	3804	1:12:15	VF	Moira Kitchen	
525	3840	1:12:17	VF	Julie Davies	
526	3850	1:12:18	VF	Jane Blacker	
<b>527</b>	<b>3932</b>	<b>1:12:24</b>	<b>VF</b>	<b>Justine Cass</b>	<b>PENARTH &amp; DINAS RUNNERS</b>

528	3443	1:12:25	VM	Andy Evans	
<b>529</b>	<b>3816</b>	<b>1:12:31</b>	<b>VF</b>	<b>Caroline Hafner</b>	<b>HAY HOTFOOTERS</b>
530	3459	1:12:32	VM	Stephen Thompson	
531	3032	1:12:33	SM	Mark Cleland	
532	3817	1:12:33	VF	Jaci Thomas-Cleland	
<b>533</b>	<b>3860</b>	<b>1:12:39</b>	<b>VF</b>	<b>Sarah Morris</b>	<b>VILLAGE VIPERS</b>
<b>534</b>	<b>3615</b>	<b>1:12:39</b>	<b>SF</b>	<b>Claire Davies</b>	<b>VILLAGE VIPERS</b>
535	3918	1:12:40	VF	Suzanne Ollier	
536	3350	1:12:41	VM	Charles Ian Allen	
537	3893	1:12:42	VF	Julia Churton	
538	3894	1:12:42	VF	Karen Spiller	
539	3516	1:12:46	VM	Keith Staley	
540	3884	1:12:54	VF	Penelope Buckley	
541	3838	1:13:02	VF	Alison Morgan	
542	3364	1:13:03	VM	John Slack	
543	3451	1:13:03	VM	Kenneth Chirighin	
544	3913	1:13:04	VF	Helen Platel	
545	3607	1:13:05	SF	Fleur Jones	
546	3539	1:13:10	VM	John Humphries	
547	3373	1:13:18	VM	Carl Haines	
548	3535	1:13:19	VM	Mike Clinch	
549	3666	1:13:20	SF	janet owens	
550	3622	1:13:31	SF	Jo McAndrew	
551	3910	1:13:31	VF	Rhiannon Stone	
552	3869	1:13:42	VF	Mary harris	
553	3637	1:13:43	SF	Kelly Gaffney	
554	3017	1:13:56	SM	Stuart Morris	
555	3640	1:13:57	SF	Laura Watkins	
556	3437	1:13:58	VM	Gary rees	
557	3632	1:14:07	SF	Sarah-Jane Hammett	
<b>558</b>	<b>3495</b>	<b>1:14:14</b>	<b>VM</b>	<b>Phil Scriven</b>	<b>CHEPSTOW HARRIERS</b>
559	3519	1:14:16	VM	John Owen	
560	3873	1:14:36	VF	Lynn rees	

561	3532	1:14:41	VM	Mike Baggott	
562	3687	1:14:41	SF	Sophie Baggott	
563	3690	1:14:41	SF	Laura McCann	
564	3691	1:14:52	SF	Esther McCann	
565	3308	1:14:57	VM	Victor Gentles	
566	3835	1:14:57	VF	Gwen Thomas	
567	3813	1:15:31	VF	Jackie Phillips	
568	3863	1:15:46	VF	Justine Dawkins	
569	3374	1:15:47	VM	Andy Philpin	
570	3803	1:15:48	VF	Gwen Khan	
571	3303	1:15:49	VM	Chris Pickles	
572	3847	1:16:12	VF	Antonia John	
573	3923	1:16:19	VF	Dorothy Ashford	
574	3849	1:16:24	VF	Vicky Whitworth	
575	3376	1:16:25	VM	Mick Whitworth	
576	3843	1:16:34	VF	Karen A Jones	
577	3807	1:16:35	VF	MARIA JEANETTE	
578	3005	1:16:36	SM	Terry Hughes	
579	3677	1:17:17	SF	Clare Hingott	
580	3877	1:17:24	VF	Gillian Donald	LES CROUPIERS
581	3912	1:17:33	VF	LISA Richards	
582	3862	1:18:15	VF	Mrs E S Jenkins-Parrott	
583	3942	1:18:26	SF	Claire Milner	
584	3664	1:18:31	SF	Judith Baydoun	
585	3663	1:18:32	SF	joanne davies	
586	3892	1:18:33	VF	Steve Burchell	GRIFFITHSTOWN HARRIERS
587	3658	1:19:05	SF	Anna beard	
588	3383	1:19:07	VM	Paul Haley	
589	3385	1:19:34	VM	Clive Thomas	
590	3930	1:19:34	VF	Mary Davies	
591	3929	1:19:34	VF	Helen Cahill	
592	3928	1:19:46	VF	Louise Heery	
593	3394	1:19:52	VM	Tracey Newman	THE COFFIN DODGERS

594	3931	1:19:53	VF	Molly Melhuish	
595	3233	1:19:53	SM	Dyfed Evans	
596	3870	1:20:05	VF	Karen Phillips	LES CROUPIERS
597	3933	1:20:12	VF	Joy Beavan	LES CROUPIERS
598	3891	1:20:19	VF	ruth benzimra	100 MARATHON CLUB
599	3458	1:20:20	VM	Anthony L Powell	NEATH HARRIERS
600	3859	1:20:26	VF	Tracey Newman	LES CROUPIERS
601	3180	1:22:21	SM	Rhys Thomas	
602	3623	1:22:35	SF	Becky Ashwin	
603	3141	1:22:54	SM	Richard Morgan	
604	3659	1:22:54	SF	Kate Jones	PONTYPRID ROADENTS
605	3852	1:24:35	VF	Louise Spruce	
606	3916	1:24:50	VF	Carol Hancock	
607	3091	1:26:33	SM	B M Etherington	
608	3163	1:31:18	SM	matthew thomas	
609	3855	1:31:31	VF	Shirley Rose	BRACKLA HARRIERS
610	3938	1:31:31	#N/A	#N/A	#N/A
611	3906	1:32:20	VF	Sian Llewellyn	LES CROUPIERS
612	3905	1:32:22	VF	Rhian Llewellyn	LES CROUPIERS
613	3903	1:32:30	VF	Angela Neal	LES CROUPIERS
614	3902	1:32:56	VF	Sue Neal	LES CROUPIERS
615	3904	1:32:56	VF	Carolyn Llewellyn	LES CROUPIERS
616	3943	1:35:34	VF	Lesley Bigmore	BRACKLA HARRIERS
617	3845	1:37:27	VF	Caroline Oram	

