

Pos	Time	No Name	M/F	Cat	Club
1	00:55:34	27 Barry Reynolds	M		
2	00:56:34	96 Austin Davies	M	40	Brecon AC
3	00:57:13	104 Stuart Crees	M		Les Croupiers
4	00:58:44	183 Glyn Price	M	40	Sarn Helen
5	00:59:34	188 Jason Scanlon	M		Pontypridd Roadents
6	00:59:43	86 Paul Talbot	M	40	Neath Harriers
7	01:00:18	168 Martin Shaw	M		Brecon AC
8	01:00:32	247 Matthew Gurmin	M		Swansea Harriers
9	01:00:50	127 Philip Kendrick	M	45	Brecon AC
10	01:01:24	105 Andrew Baker	M	40	Pontypridd Roadents
11	01:02:29	50 John Sanders	M	40	Telford AC
12	01:02:31	38 Richard Mulvany	M		Arinedon Amblers
13	01:02:36	222 Robin Smoult	M		Lliswerry Runners
14	01:02:41	135 David Coles	M	45	Les Croupiers
15	01:02:52	226 Mark Harvey	M		Chepstow Harriers
16	01:03:20	6 Hayden Hartnell	M	45	Islwyn RC
17	01:03:43	154 Matt Leathard	M		Chepstow Harriers
18	01:03:55	194 Edward Ball	M	40	Rhondda Valley Runners
19	01:04:13	115 Martin Webborn	M	45	Swansea Harriers
20	01:04:21	182 Charles Walsh	M		Port Talbot Harriers
21	01:04:49	73 Carl Gilmour	M	40	Hay Hot Footers
22	01:05:02	95 David Noel Davies	M	50	Brecon AC
23	01:05:07	232 Alun Evans	M	40	
24	01:05:08	125 Stuart McIlroy	M		Les Croupiers
25	01:05:22	229 Paul Harris	M	40	Lliswerry Runners
26	01:05:28	141 David Munro	M		
27	01:05:34	152 Clare Phillips	F	40	Port Talbot Harriers
28	01:05:43	133 Gerard Crispie	M	45	Les Croupiers
29	01:05:48	227 Steven Harris	M		Chepstow Harriers
30	01:05:52	92 Andrew Palmer	M	40	Penarth Dinas Runners
31	01:06:15	11 Colin Davies	M	45	Brecon AC
32	01:06:44	85 Keith Powell	M	55	Cornelly Striders
33	01:06:59	39 Alex Williams	M	40	Port Talbot Harriers
34	01:07:08	2 David Proud	M	40	Les Croupiers
35	01:07:17	124 Richie Bristow	M	40	San Domenico
36	01:07:29	5 Liegh James	F		WSCH AC
37	01:07:36	153 Marianne Gittoes	F		Chepstow Harriers
38	01:07:40	42 Laurie Carter	M	50	
39	01:08:05	109 Glyn Williams	M		Presteigne Pacers
40	01:08:11	184 Glyn Sansom	M	45	San Domenico
41	01:08:19	246 Rob Lewis	M		
42	01:08:30	170 Peter Thomas	M	45	Caerleon RC
43	01:08:35	193 Martin Davies	M	45	Lliswerry Runners
44	01:08:39	82 Leigh Hiscox	M		Ponty
45	01:08:42	164 Darren Stevens	M		
46	01:08:50	121 Andy Davies	M	45	Pontypridd Roadents
47	01:08:54	111 Kevin Taylor	M	45	Amman Valley
48	01:09:10	14 Jason Evans	M		
49	01:09:18	49 Denise Sanders	F	40	Telford AC
50	01:09:22	228 Phil Bristow	M	45	San Domenico
51	01:09:24	244 Chris Lewis	M		
52	01:09:28	88 Dawn Kenwright	F	50	Sarn Helen
53	01:09:31	75 Mark Tregilgas	M		
54	01:09:31	19 Peter Cockett	M		

55	01:09:34	56 Niki Puleio	F	
56	01:09:35	47 Rhodri Evans	M	Pontypridd Roadents
57	01:09:38	134 Julie Davies	F	35 Griffiths Town
58	01:09:58	118 Mark Terry	M	50 Trots
59	01:10:21	169 Howard Mason	M	40 Caerleon RC
60	01:10:26	162 Huw Morgans	M	
61	01:10:29	72 Simon Partridge	M	55 Neath Harriers
62	01:10:31	7 Christopher Nellins	M	65 Penarth Dinas Runners
63	01:10:45	13 Jeremy Alford	M	40 Penarth Dinas Runners
64	01:10:59	4 Lyn Richards	M	45
65	01:11:02	123 Nick Bayliss	M	
66	01:11:06	64 Andrew Spencer	M	45 Fairwater Runners
67	01:11:10	147 Ian Jones	M	45
68	01:11:24	155 Graham Colvin	M	45 3M Gorseinon RR
69	01:11:35	251 Gareth Griffiths	M	40
70	01:11:42	107 Steve Owen	M	50 Les Croupiers
71	01:12:06	139 Martin Buck	M	45 Brecon AC
72	01:12:07	151 David Garlick	M	55 Brecon AC
73	01:12:51	18 Oliver Greenslade	M	Serpentine
74	01:13:21	138 James Delaney	M	50 San Domenico
75	01:13:26	245 Alex Lewis	M	
76	01:13:28	254 Mat Dorn	M	
77	01:13:32	32 Rob Hector	M	
78	01:13:38	91 Dominic Shields	M	40 San Domenico
79	01:13:45	8 Clem Clement	M	50 Penarth Dinas Runners
80	01:13:45	260 Trevor Billinge	M	
81	01:13:47	34 Lee Jones	M	Team Kennet
82	01:13:52	122 Lloyd Morgan	M	San Domenico
83	01:14:02	189 Kate Jones	F	Pontypridd Roadents
84	01:14:03	99999 Unknown Number	M	
85	01:14:04	99999 Unknown Number	M	
86	01:14:04	99999 Unknown Number	M	
87	01:14:11	25 Mike Green	M	50 Vegan Runners UK
88	01:14:17	208 David Smout	M	60 Parc Bryn Bach
89	01:14:24	215 Andy Creber	M	50 Chepstow Harriers
90	01:14:28	98 Michael Keddle	M	
91	01:14:31	90 Elspeth Jenkins	F	40 Brakla Harriers
92	01:14:39	17 Tim Price	M	Village Vipers
93	01:14:43	22 Cliff Thomas	M	60 Aberystwyth AC
94	01:14:45	3 Mike Alley	M	
95	01:14:47	159 Paul Dursley	M	55 Lliswerry Runners
96	01:14:57	100 Mike Jones	M	45
97	01:15:07	219 Graham Vyner	M	40 3M Gorseinon RR
98	01:15:10	101 Bill Savage	M	55 Chepstow Harriers
99	01:15:10	197 Frankie Vaughan	M	50 Meirionydd RC
100	01:15:11	37 Niki Morgan	F	40 Chepstow Harriers
101	01:15:12	110 Mandy Evans	F	45 Presteigne Pacers
102	01:15:13	150 Bev Davies	F	
103	01:15:18	240 Clive Denton	M	40 Rhondda Valley Runners
104	01:15:42	257 Cyril Walters	M	60 Trots
105	01:15:51	224 Chris Davies	M	50 Lliswerry Runners
106	01:16:17	59 Terry Fenton	M	50 Great Western Runners
107	01:16:27	205 Andrea Williams	F	35 Road Runners
108	01:16:30	255 Kevin O'Donnell	M	40
109	01:16:33	202 Ian Ashton	M	

110	01:16:37	99 Nick Williams	M	45	Les Croupiers
111	01:16:44	108 Philip Jones	M	50	Presteigne Pacers
112	01:16:46	28 Barri Edwards	M	40	
113	01:16:50	21 Gerry O'Beirne	M	50	Les Croupiers
114	01:16:54	236 Marcus Eyre	M	50	3M Gorseinon RR
115	01:17:11	40 David Moore	M		
116	01:17:18	178 Eryl-lois Davies	F		Team Wecuri
117	01:17:33	112 Stuart Jones	M		Penarth Dinas Runners
118	01:17:42	97 Pete Tracey	M		
119	01:17:46	76 Lou Summers	M	40	Chepstow Harriers
120	01:17:46	120 Anthony Hollins	M	50	Port Talbot Harriers
121	01:17:47	242 Dylan Roberts	M	40	
122	01:17:48	180 Lily Dyll	F	35	Hay Hot Footers
123	01:18:07	198 Andrea Vaughan	F	35	Meirionydd RC
124	01:18:07	45 John Williams	M	50	
125	01:18:11	167 Kevin McEntee	M	50	Chepstow Harriers
126	01:18:28	234 Phil Evans	M	45	
127	01:18:36	235 Amy Edwards	F		Rhondda Valley Runners
128	01:18:36	166 Paul Evans	M		Brecon AC
129	01:18:40	204 Gareth Jehu	M	40	Aberdare Valley AAC
130	01:18:42	36 Guy Watkins	M		
131	01:18:45	181 Julie Scholey	F	50	Les Croupiers
132	01:18:53	223 Peta Daniels	F	40	Lliswerry Runners
133	01:18:53	206 Allen Bunngy	M	40	Aberdare Valley AAC
134	01:19:10	207 Alun Jenkins	M	45	Rhayader RC
135	01:19:23	174 Jonathan Lee	M	40	Caerleon RC
136	01:19:32	144 Michael Thomas	M	45	
137	01:19:35	103 Emily Kendrick	F		Brecon AC
138	01:20:07	175 David Thomas	M	45	Sarn Helen
139	01:20:09	93 Paul Rowe	M	45	
140	01:20:11	114 Radoslaw Bohm	M		Victoria Wrzesnia
141	01:20:16	177 Bob Gardiner	M	45	Team Wecuri
142	01:20:45	201 Sue Ashton	F	55	Chepstow Harriers
143	01:20:47	185 Piers Morgan-Harvey	M		Mumbles Milers
144	01:20:58	221 Robert Phillips	M	45	Pontypridd Roadents
145	01:21:06	233 Ashley Williams	M		Hay Hotfooters
146	01:21:11	203 Dennis Collins	M	40	Rhondda Valley Runners
147	01:21:22	248 Emily Januszewski	F	35	
148	01:21:30	217 Alun Nash	M	45	
149	01:21:33	259 Robert Nash	M	50	
150	01:21:42	157 Bryn Burgess	M	50	Lliswerry Runners
151	01:21:51	250 Richard Bowie	M	45	Fairwater Runners
152	01:21:55	10 Jo Lord	F	45	Hay Hot Footers
153	01:22:00	119 Rich Barnes	M	50	Road Runners
154	01:22:13	131 Howard Attwood	M	55	Lliswerry Runners
155	01:22:25	46 Carole Jones	F	55	Brecon AC
156	01:22:26	212 Gill Aldworth	F	35	
157	01:22:27	66 Emma Frost	F	40	Hay Hot Footers
158	01:22:41	70 David Lovell	M		
159	01:23:08	220 Rob Fearnley	M		
160	01:23:09	156 Simon Dye	M		
161	01:23:10	129 Michael Took	M		
162	01:23:11	80 Rob Williams	M	50	Brecon AC
163	01:23:27	239 Sarah Rees	F	45	Builth & District
164	01:23:31	200 Geoff Bayliss	M	60	Chepstow Harriers

165	01:23:38	137 Neil Coleman	M	40	
166	01:23:39	136 Jayson Holloway	M		
167	01:23:49	231 Nicola Price	F		Caerleon RC
168	01:24:12	199 Paul Jones	M		Mumbles Milers
169	01:24:15	243 Charles Orr-Elinc	M	55	
170	01:24:26	71 Jamie Mahoney	M		
171	01:24:31	41 Tracy Edwards	F	40	Rhondda Valley Runners
172	01:24:36	94 Darren Williams	M		Port Talbot Harriers
173	01:24:59	171 Helen Thomas	F	45	Caerleon RC
174	01:25:29	20 Gary Davies	M	45	
175	01:25:36	161 Andrew Williams	M	55	Billy's Running Club
176	01:25:50	57 Brenda Avery	F	55	Chepstow Harriers
177	01:26:01	176 Andrew Cunningham	M		
178	01:26:04	126 Suzanne Kendrick	F	45	Rhayader RC
179	01:26:19	241 Jeanette Jenkins	F	45	Fairwater Runners
180	01:26:25	186 Lynne Parry	F		3M Gorseinon RR
181	01:26:26	65 Jane Ash	F	35	Les Croupiers
182	01:26:54	89 Richard Sharpe	M	40	Thorney Running Club
183	01:27:02	83 Lee Phelps	M		Forest of Dean
184	01:27:12	62 Dick Finch	M	60	Chepstow Harriers
185	01:27:12	55 Julie Roche	F	40	Fairwater Runners
186	01:27:17	179 Ray James	M	45	Port Talbot Harriers
187	01:27:24	102 Carl Seaman	M		Rhondda Valley Runners
188	01:27:40	60 Barrie Jackson	M	65	Bro Dysynni AC
189	01:27:46	258 Claire Carro	F	40	
190	01:27:56	216 Dave Andrews	M	60	Chepstow Harriers
191	01:28:39	196 James Llewellyn	M		
192	01:29:01	230 Andy Bray	M	50	Chepstow Harriers
193	01:29:21	256 Sian Jones	F	35	
194	01:29:26	84 Bill Bewg	M	65	Chepstow Harriers
195	01:30:02	79 Sian Williams	F	50	Brecon AC
196	01:30:16	29 Steve Hill	M	45	Penarth Dinas Runners
197	01:30:30	209 Alwyn Edwards	M	45	Billy's Running Club
198	01:30:47	63 Emma Ridgill	F		Penarth Dinas Runners
199	01:31:01	16 Emily Luke	F		Penarth Dinas Runners
200	01:31:06	192 Nina Brocklebank	F	35	3M Gorseinon RR
201	01:31:10	213 Debra Jones	F		
202	01:31:11	214 Mark Howels	M		
203	01:31:14	225 David Edwards	M	50	
204	01:31:15	187 Neil Lewis	M	50	Mumbles Milers
205	01:31:19	43 James Hobbs	M	40	
206	01:31:32	31 Tina Lavelle	F	50	
207	01:32:12	173 Karen Payne	F	35	Caerleon RC
208	01:32:20	160 Mike Barham	M	65	Billy's Running Club
209	01:32:26	9 Janice Clement	F	50	Penarth Dinas Runners
210	01:32:26	128 Eleri Connor	F		Penarth Dinas Runners
211	01:33:51	211 N Williams	F	40	Chepstow Harriers
212	01:34:59	74 David Phillips	M	65	Pembs Harriers
213	01:35:21	30 Rob Brown	M	60	Chepstow Harriers
214	01:35:36	87 Brett Regulski	M	45	Chepstow Harriers
215	01:36:03	149 Annette Davies	F	40	Builth & District
216	01:36:48	238 Nicholas Maxwell	M		
217	01:36:56	163 Catherine Llewellyn	F	45	
218	01:37:09	35 E Newman	M	60	Coffin Dodgers
219	01:37:11	253 Sam Dorn	F	35	

220	01:37:29	130 Louise Nicholls	F	
221	01:37:33	252 Nigel Jones	M	50 Lanelli Strollers
222	01:37:35	58 Hannah Elizabeth Davies	F	Les Croupiers
223	01:37:54	81 Andy Shallcross	M	45
224	01:37:55	218 Paula James	F	35 Pontypridd Roadents
225	01:37:56	48 Rachel Jones	F	35 Hay Hot Footers
226	01:38:15	195 Mandy Bees	F	45 Womens Running Network
227	01:38:35	148 Angela Price	F	35 Hay Hotfooters
228	01:38:41	143 Finola ilson	F	40 Womens Running Network
229	01:38:46	53 Frank Williams	M	55 Les Croupiers
230	01:38:46	54 David Williams	M	Les Croupiers
231	01:39:04	24 Gwyneth Howells	F	55 Caerleon RC
232	01:39:56	117 Leona Shanley	F	35 Rhondda Valley Runners
233	01:39:56	116 Peter Shanley	M	40
234	01:40:35	190 Mike Green	M	50
235	01:40:42	237 Dominic Maxwell	M	55
236	01:40:54	165 Graham Singer	M	50
237	01:41:59	113 Gareth Jenkins	M	40 Chepstow Harriers
238	01:42:10	61 Sarah Tudor	F	35 Penarth Dinas Runners
239	01:42:51	33 Claire Milner	F	55 Hay Hot Footers
240	01:45:05	26 Marie Reynolds	F	
241	01:46:40	140 Carl Buck	M	45
242	01:47:08	137 Already Finished	M	
243	01:48:01	52 Patrick Smith	M	50 Spirit Of Monmouth
244	01:48:48	142 Carol Woodford	F	45 Lliswerry Runners
245	01:50:51	249 Marianne Burridge	F	50 Fairwater Runners
246	01:51:16	51 Peggy Smith	F	50 Spirit Of Monmouth
247	01:52:30	158 Ros Burgess	F	40 Lliswerry Runners
248	01:54:54	145 Gill Ellis	F	45 Chepstow Harriers
249	01:56:44	191 Frances Green	F	45 Spirit Of Monmouth
250	02:27:21	77 Sally Sims	F	55
251	02:27:21	78 Norma Higginson	F	55