

Pos	Time	No	Name	M/F	Cat	Club
1	00:53:56	192	Martin Rees	M	50	Neath Harriers
2	00:56:25	317	Stuart Crees	M		Les Croupiers
3	00:57:14	304	Martin Shaw	M		Brecon AC
4	00:58:27	367	Mark Roberts	M		Swansea Harriers
5	00:58:36	315	Rob Hughes	M		City Of Edinburgh
6	00:59:07	156	Stacey Morgan	M		Croft Ambrey
7	00:59:13	130	Ben Osborn	M		The Stragglers
8	00:59:16	323	Christopher Hayward	M		Brecon AC
9	00:59:26	408	Philip Kendrick	M	40	Brecon AC
10	00:59:33	249	Thomas Holger	M		LT Furtwangen
11	00:59:49	275	Austin Davies	M	40	Brecon AC
12	01:00:13	282	Carl Ellis	M		Port Talbot Harriers
13	01:00:48	246	David Davies	M	50	Brecon AC
14	01:02:30	305	Tim Hindle	M	40	Brecon AC
15	01:02:41	254	Rhys Pitman	M		Pontypridd Roadents
16	01:03:03	277	Paul Harris	M	40	Llswerry Runners
17	01:03:28	426	Mark Harvey	M		Chepstow Harriers
18	01:03:56	148	Clem Clement	M	40	Penarth & Dinas
19	01:04:02	230	Mike Chandler	M	50	Pontypridd Roadents
20	01:04:08	90	Joe Boardman	M	40	Annan & Dist AC
21	01:04:08	311	Gerard Crispie	M	40	Les Croupiers
22	01:04:16	199	Chris Fulcher	M	40	Port Talbot Harriers
23	01:04:29	299	Jerome Evans	M		Port Talbot Harriers
24	01:04:37	364	Paul Dyson	M	40	Swansea Harriers
25	01:04:43	273	Charles Walsh	M		Port Talbot Harriers
26	01:04:52	49	Rob Falconer	M	50	
27	01:05:11	269	Adrian Weaver	M		Port Talbot Harriers
28	01:05:16	157	Matt Marshall	M		
29	01:05:18	182	Ann Thomas	F	35	Trots
30	01:05:22	245	Hywel Jones	M	40	Arena 80
31	01:05:43	87	Steven Sanders	M		
32	01:05:47	365	Paul Reynolds	M		Black Water Valley
33	01:05:47	298	Kieran Mackintosh	M		Port Talbot Harriers
34	01:05:48	129	Stuart McIlroy	M		
35	01:05:50	381	Dimitri Vorres	M	40	Griffithstown Harriers
36	01:05:52	111	Matthew Hopkins	M		Les Croupiers
37	01:05:52	229	Matt Jacklin	M		
38	01:06:00	248	Clifford Evans	M	50	Aberystwyth University
39	01:06:18	332	Andrew Cleverly	M		Swansea Harriers
40	01:06:18	291	Symon Murphy	M		Pontypridd Roadents
41	01:06:18	114	Peter Miskell	M		Reading RR
42	01:06:20	183	Wayne Mayer	M	40	
43	01:06:28	1	Richard Mulvami	M		Abbingdon Amblers
44	01:06:36	240	Andrew Holbrook	M		Kenilworth Runners
45	01:06:43	287	Clare Phillips	F	35	Swansea Harriers
46	01:06:44	343	Martin Davies	M	40	Llswerry Runners
47	01:06:53	354	Ian McDonald	M	40	San Domenico
48	01:06:55	220	Alun Wyn Evans	M	40	
49	01:06:55	274	Dougal Wilson-Croome	M	50	Chepstow Harriers
50	01:06:55	96	Lorna Williams	F	45	
51	01:06:58	88	Mark Emes	M	40	
52	01:07:02	232	Edward John Donovan	M		
53	01:07:04	179	Leigh James	F		WSE&H
54	01:07:09	270	Lee Morris	M		
55	01:07:13	349	Matt Leathard	M		Chepstow Harriers
56	01:07:38	206	Jamie Seekings	M		Penarth & Dinas
57	01:07:44	286	Alison Lavender	F		Oswestry Olympians
58	01:07:48	272	Ivan Teed	M		Chepstow Harriers
59	01:07:50	169	Stephen Egan	M	40	Bitton Road Runners
60	01:07:56	391	Martin Browne	M	40	Brecon Multi Sport
61	01:07:59	104	Colin Davies	M	40	Brecon AC
62	01:08:02	167	Ashley Cooke	M	50	Hereford Couriers
63	01:08:10	379	Richie Bristow	M	40	S W P
64	01:08:11	362	Andrew Palmer	M		Penarth & Dinas
65	01:08:21	312	Stephen Sinnott	M	40	Hercules Wimbledon
66	01:08:43	212	Steve Hooper	M	40	Pontypridd Roadents
67	01:08:48	91	David Ross	M		
68	01:08:52	403	Howard Mason	M	40	Caerleon RC
69	01:08:56	244	Ronald Morris	M	50	San Domenico
70	01:08:56	97	Katie Beecher	F		Les Croupiers
71	01:09:04	418	Alan Jones	M	40	Team Wecori

Pos	Time	No	Name	M/F	Cat	Club
72	01:09:07	310	Graham barlow	M	50	3Ms
73	01:09:11	406	Pete Lloyd	M		3Ms
74	01:09:14	303	Alan Perkins	M	50	Port Talbot Harriers
75	01:09:19	307	Chris Davies	M		Islwyn RC
76	01:09:25	387	Martin Buck	M	40	Brecon AC
77	01:09:28	39	Lyn Richards	M	40	
78	01:09:34	378	Gerry Gormley	M	40	Griffithstown Harriers
79	01:09:35	423	John Parry	M	50	BadTri
80	01:09:41	288	Chris Lewis	M		
81	01:09:44	360	James Murphy	M	40	
82	01:09:45	355	Michael Keddle	M		
83	01:09:45	117	Ian Owen	M		
84	01:09:49	330	Julie Davies	F	35	Griffithstown Harriers
85	01:10:08	350	Nigel Francisco	M	40	Team Wecori
86	01:10:19	325	Dean Birt	M		Pontypridd Roadents
87	01:10:25	340	Derek Rainbird	M	50	Parc Bryn Bach
88	01:10:27	188	Peter Thomas	M	40	Caerleon RC
89	01:10:29	173	Clive Osmond	M	40	Les Croupiers
90	01:10:30	174	Ben Brookshaw	M	40	Chepstow Harriers
91	01:10:34	38	James Delaney	M	50	San Domenico
92	01:10:38	168	Alison Cooke	F	45	Hereford Couriers
93	01:10:39	327	Chris Davies	M	50	Llswerry Runners
94	01:10:43	78	Andrew Brasington	M	40	Brecon AC
95	01:10:44	284	Gwyn Davies	M	40	Kenilworth Runners
96	01:10:45	424	Ian Davies	M	50	Builth Wells RC
97	01:10:46	137	Alan Mann	M	50	Les Croupiers
98	01:10:48	419	Cheryl Hudgell	F		Les Croupiers
99	01:10:49	77	Libby O'Duffy	F	35	Les Croupiers
100	01:10:50	99999	Unknown Number	F		
101	01:10:54	30	Kevin McCarthy	M	40	RRC
102	01:10:57	226	Stephen Warrell	M		
103	01:11:02	264	David Garlick	M	50	
104	01:11:07	198	Tom Yapp	M	40	
105	01:11:12	324	Stephen Owen	M	50	Les Croupiers
106	01:11:19	295	Claire Cleathero	F		Trots
107	01:11:21	113	Graeme Donnan	M	50	Les Croupiers
108	01:11:35	69	Mark Rees	M		
109	01:11:40	58	Haydn Davies	M	40	
110	01:11:42	149	Robert Hector	M		
111	01:11:54	219	Darren Stevens	M		
112	01:11:55	210	David Oak	M	60	Port Talbot Harriers
113	01:12:00	373	Gearint Evans	M		Llandovery Rodents
114	01:12:03	405	Andrew Boxhall	M		Brecon Multi Sport
115	01:12:05	233	Justin Mark Phillips	M		
116	01:12:05	71	Peter Cockett	M		
117	01:12:06	180	Robert Rees	M		
118	01:12:07	256	Kelly Morgan	F		Pontypridd Roadents
119	01:12:08	7	Chris Parker	M		Abbingdon Amblers
120	01:12:14	243	Kev Joyce	M	40	Pembrokeshire Harriers
121	01:12:17	231	Wayne Lloyd	M		
122	01:12:35	178	Steve Davies	M	40	Port Talbot Harriers
123	01:12:39	339	Abyd Quinn Aziz	M	50	Penarth & Dinas
124	01:12:45	62	Mark Dunscombe	M	40	Sarn Helen
125	01:12:47	241	Jeff Aston	M	60	Les Croupiers
126	01:12:53	409	Will Edwards	M		
127	01:12:55	250	Scott Mann	M		Army
128	01:13:00	82	Mark Jeffries	M	40	Chepstow Harriers
129	01:13:02	193	Ruth McLees	F		Les Croupiers
130	01:13:09	252	Simon Greenman	M		Rifles
131	01:13:11	12	Jason Evans	M		
132	01:13:13	120	Michael Lord	M	40	
133	01:13:27	385	Kelly Woolley	F		Llswerry Runners
134	01:13:27	430	Peter Short	M	50	Forest Of Dean AC
135	01:13:30	429	P T Durnel	M	40	Brackla Harriers
136	01:13:30	132	Simon James	M	40	Abergavenny Striders
137	01:13:37	128	Tim O'Sullivan	M	40	Les Croupiers
138	01:13:50	425	Andy Ost	M		Chepstow Harriers
139	01:13:57	377	Andy Duffy	M		
140	01:14:02	318	Kellinu Portelli	M	40	Les Croupiers
141	01:14:17	251	Lloyd Morgan	M		San Domenico
142	01:14:19	331	Brian Jones	M	40	Griffithstown Harriers

Pos	Time	No Name	M/F	Cat	Club
143	01:14:24	2 Terry Fenton	M	40	
144	01:14:26	242 Neil Davies	M	50	NYRRC
145	01:14:29	238 Tony Oakley	M		
146	01:14:29	309 Stephen Bendle	M	40	
147	01:14:30	306 Andrew Murphy	M		
148	01:14:31	374 Piers Morgan-Harvey	M		Mumbles Milers
149	01:14:33	239 John H Collins	M	60	Swansea Harriers
150	01:14:43	253 Adam Jones	M	40	Chiltern Harriers
151	01:14:46	279 Maria Zubizarreta	F	35	Les Croupiers
152	01:14:51	100 Andrew Thomas	M		Great Western Runners
153	01:14:58	73 Dominic Shields	M	40	San Domenico
154	01:14:58	185 Keith Verheyden	M	40	
155	01:15:08	380 Phil Bristow	M	40	
156	01:15:16	382 Mike Hodges	M	50	
157	01:15:16	292 Ian Cook	M	40	
158	01:15:38	413 Paul Disley	M	50	Llswerry Runners
159	01:15:41	255 Kate Jones	F		Pontypridd Roadents
160	01:15:42	357 Paul Evans	M		Brecon AC
161	01:15:49	363 Peter Maksimovic	M	40	
162	01:16:03	313 Lee Masters	M		Hogweed Trotters
163	01:16:09	265 Andy Davies	M	40	Pontypridd Roadents
164	01:16:11	225 Bernie Fail	M	50	
165	01:16:14	361 Daniel King	M		Hereford AC
166	01:16:15	223 Bev Davies	F		
167	01:16:16	217 Lou Summers	F	35	Chepstow Harriers
168	01:16:25	392 Tom Davis	M		
169	01:16:28	341 Jacky Miles	F	55	Parc Bryn Bach
170	01:16:30	414 Mike Lewis	M	40	
171	01:16:31	160 Stephen Segan	M	40	Pontypridd Roadents
172	01:16:31	56 John Williams	M	50	
173	01:16:40	76 Cliff Thomas	M	60	Aberystwyth Ac
174	01:16:50	348 Marianne Gittoes	F		Chepstow Harriers
175	01:16:54	235 Ray Donovan	M	50	
176	01:17:13	320 Simon Hayward	M		
177	01:17:15	289 Alex Lewis	M		
178	01:17:40	51 Oliver Greenslade	M		
179	01:17:41	155 Stephen Rees	M		
180	01:17:43	412 Kevin Russell	M	40	S W P
181	01:18:38	276 Amy Edwards	F		Rhondda Valley Runners
182	01:18:42	140 Paul Rowe	M	40	
183	01:18:50	388 Clive Denton	M	40	Rhondda Valley Runners
184	01:18:56	28 Amanda John	F	35	Amman Valley Harriers
185	01:19:00	83 Matthew Thomas	M		
186	01:19:02	281 Mike Nash	M	40	3Ms
187	01:19:07	203 Andrew Taylor	M	50	Caerleon RC
188	01:19:18	353 Frances Williams	F	35	San Domenico
189	01:19:23	334 Bryn Burgess	M	50	Llswerry Runners
190	01:19:34	138 Loretta Daley	F	35	Les Croupiers
191	01:19:41	404 Paul Jones	M	40	Rhayader AC
192	01:19:46	422 Alvin Phillips	M		Llandoverly
193	01:19:51	158 Paul Harmes	M	40	
194	01:19:53	145 Sian Pritchard	F		Coventry Godiva
195	01:19:55	399 Julie Scholey	F	45	Les Croupiers
196	01:20:00	164 Carole Jones	F	45	Brecon AC
197	01:20:01	329 Naomi law	F	35	Brecon AC
198	01:20:12	228 James Bruce	M		Pegasus RC
199	01:20:25	384 Andrew Douwe	M		
200	01:20:29	280 Louise Miskell	F	35	3Ms
201	01:20:35	107 Michael Rossiter	M	40	Les Croupiers
202	01:20:37	152 Shaun Broome	M		Neath Harriers
203	01:20:43	234 Gareth John	M	50	Les Croupiers
204	01:20:46	428 Maria Martin	F	35	Rhayader AC
205	01:20:47	411 Alun Jenkins	M	40	Rhayader AC
206	01:21:17	205 Helen Williams	F	45	Trots
207	01:21:25	297 Sara Griffiths	F		Neath Harriers
208	01:21:33	337 Ruth Higginson	F	35	Rhayader AC
209	01:21:37	421 Sara MacBride-Stewart	F	35	Les Croupiers
210	01:21:38	271 Sian Griffith	F		Chepstow Harriers
211	01:21:45	371 Mat Humphreys	M		
212	01:21:49	159 Robert Morgan	M	40	
213	01:21:50	420 Liz Ashton	F		Les Croupiers

Pos	Time	No	Name	M/F	Cat	Club
214	01:21:53	215	Elvet Jones	M	60	Brecon AC
215	01:22:16	125	Mick Olivant	M	50	Highworth RC
216	01:22:26	290	Stephen Pars	M	40	
217	01:22:41	402	Justin Howells	M		
218	01:22:46	294	Gill Aldworth	F	35	
219	01:23:02	194	Julie Caseley	F	45	Malvern Joggers
220	01:23:04	122	Brenda Avery	F	55	Chepstow Harriers
221	01:23:10	314	Alison Ramsey	F		Hogweed Trotters
222	01:23:11	322	R Woollacott	M		
223	01:23:11	176	Dick Finch	M	60	Chepstow Harriers
224	01:23:12	190	Gareth Jones	M		
225	01:23:26	201	Christine Lloyd	F	45	Swansea Harriers
226	01:23:27	257	Don Burrows	M	40	White Horse Harriers
227	01:23:28	171	Steve Higgins-Worrall	M	40	Brecon Multi Sport
228	01:23:30	359	Mike McGovan	M	40	
229	01:23:30	395	Dylan Roberts	M		
230	01:23:32	359	Already Finished	M		
231	01:23:32	356	Peter Clark	M	50	
232	01:23:36	207	Timothy Williams	M		
233	01:23:49	191	Paul Keddle	M	50	
234	01:23:50	376	Gerard Hughes	M	50	
235	01:23:54	316	Julie Suff	F		Hereford Couriers
236	01:24:03	293	Rich Barnes	M	50	RRC
237	01:24:05	358	Bob Gardiner	M	40	Team Wecori
238	01:24:14	431	Steven Thomas	M		3Ms
239	01:24:26	204	David Macdonald	M	40	Les Croupiers
240	01:24:30	115	Syd Wheeler	M	70	Chepstow Harriers
241	01:24:31	417	Lucy J Morgan	F		
242	01:24:34	386	Victoria Darre	F		
243	01:24:38	300	Roland Adams	M	50	
244	01:24:55	93	Steve Hill	M	40	Penarth & Dinas
245	01:24:56	59	Alun Jones	M		
246	01:24:59	346	Andrew Williams	M	50	Billys RC
247	01:25:06	162	Michael King	M	60	Nailsea RC
248	01:25:10	21	Amanda Lynch	F	35	
249	01:25:10	20	Paul Lynch	M		
250	01:25:25	81	Paula Ace	F	35	
251	01:25:29	285	Daymion Jenkins	M		
252	01:25:31	347	Richard Saunders	M		
253	01:25:34	57	Annabel Price	F	35	
254	01:25:43	202	Paul Davies	M	50	Penarth & Dinas
255	01:25:44	131	Sharon Byrne	F	35	
256	01:25:45	398	Paul Jones	M		Mumbles Milers
257	01:25:49	389	Alwyn Edwards	M	40	
258	01:25:50	41	Adrian Kay	M		
259	01:25:55	67	Emily Luke	F		Penarth & Dinas
260	01:25:56	80	Sabina Meehan	F	35	
261	01:26:05	65	Jo Lord	F	45	Hay Hotfooters
262	01:26:15	211	Colin Anthony	M	60	Port Talbot Harriers
263	01:26:38	267	Rachel Stickler	F	35	
264	01:26:38	268	Caroline Medicott	F		
265	01:26:44	108	Christina Rossiter	F	45	Les Croupiers
266	01:27:18	260	Aaron Holmes	M		
267	01:27:37	35	Ian Wallace	M	40	South Wales Police
268	01:27:51	144	Mark Tattersall	M	60	Neath Harriers
269	01:27:53	383	Sarah Rees	F	45	
270	01:28:00	369	Steven Eggington	M		
271	01:28:07	86	Tracy Edwards	F	35	Rhondda Valley Runners
272	01:28:15	44	Rob Abrehart	M		Hatton Darts
273	01:28:15	43	Nichola Abrehart	F		Hatton Darts
274	01:28:28	153	Berna Cartwell	F	35	Chepstow Harriers
275	01:28:32	25	Allan Havard	M	60	Watford Joggers
276	01:28:33	410	Suzanne Kendrick	F	45	Rhayader AC
277	01:28:36	186	Peter Davies	M	40	
278	01:28:39	216	Kate Hovers	F	45	Brecon AC
279	01:28:57	143	Geoffrey Bayliss	M	60	Chepstow Harriers
280	01:29:05	407	Jeff Harvey	M	60	
281	01:29:07	10	Richard Parry	M	50	
282	01:29:19	394	Neil Lewis	M	40	Mumbles Milers
283	01:29:34	370	Malcolm Jones	M	50	Brackla Harriers
284	01:29:42	368	David Phillips	M	60	Pembrokeshire Harriers

Pos	Time	No Name	M/F	Cat	Club
285	01:29:51	36 Sue Neal	F	55	Les Croupiers
286	01:29:56	197 Jonathan Mayglothling	M		
287	01:29:56	296 David Thomas	M	50	Abergavenny Striders
288	01:29:57	66 James Hobbs	M	40	
289	01:30:24	335 Nondus Banning-Buddy	F	55	Rhayader AC
290	01:30:28	393 Suzanne Bowen	F		
291	01:30:36	278 Clare Johnson	F	55	Les Croupiers
292	01:30:38	319 Criag Jones	M		
293	01:30:45	55 Chris Jones	M	40	
294	01:30:57	208 Brian Blandford	M	60	Neath Harriers
295	01:31:05	237 Vikki Powell	F		
296	01:31:31	98 David Mann	M	40	Builth & Dist RC
297	01:31:49	189 Michael Williams	M		
298	01:32:05	9 Gwyneth Parry	F	55	
299	01:32:18	61 Chris Copas	F	35	
300	01:32:22	283 Mike Hodges	M	50	Trots
301	01:32:23	184 Dudley Ashford	M		
302	01:32:23	209 Gwyneth Howells	F	55	Caerleon RC
303	01:32:26	415 Bernard Darrock	M	50	
304	01:32:35	147 Janice Clement	F	45	Penarth & Dinas
305	01:32:38	200 Claire Morgan	F	45	Forest Of Dean AC
306	01:32:41	345 Mike Barham	M	60	
307	01:32:47	397 Kathryn John	F	35	3Ms
308	01:32:48	150 Ali Wood	F	35	
309	01:32:50	45 Vicki Hughes	F		
310	01:32:53	214 Aileen Griffiths	F	45	Forest Of Dean AC
311	01:32:55	227 Nigel Jones	M	40	
312	01:32:55	37 C. Allen	M	40	
313	01:33:04	109 Tony Adolphus	M	50	Ipswich Jaffa
314	01:33:05	34 Annabel Bacon	F		
315	01:33:23	401 Christine Hurdidge	F	55	3Ms
316	01:33:30	85 Tina Lavelle	F	45	Hay Hotfooters
317	01:33:44	46 Nigel Best	M	50	
318	01:33:48	356 Already Finished	M		
319	01:33:52	326 Julia Davies	F	45	Lliswerry Runners
320	01:34:00	16 Stephen Bartlett	M	40	RRC
321	01:34:07	301 David Edwards	M	50	
322	01:34:40	427 Andrew Kennedy	M	40	Wimborne AC
323	01:34:45	99 Imogen Rattle	F		
324	01:34:51	139 Barry Hughes	M		Malvern Joggers
325	01:35:06	106 Janet Owens	F	35	
326	01:35:19	142 Jane Bayliss	F	55	Chepstow Harriers
327	01:35:33	72 Tracy Burton	F		Chepstow Harriers
328	01:35:36	266 A Holling	M	50	Port Talbot Harriers
329	01:35:45	375 Catherine Llewellyn	F	35	
330	01:36:14	336 Carol Farrington	F	55	Rhayader AC
331	01:36:16	110 Judith Adolphus	F	45	Ipswich Jaffa
332	01:36:19	121 Pete Matthews	M		
333	01:36:20	101 Saun Emms	M	60	Hay Hotfooters
334	01:36:22	126 Andy Smith	M	50	
335	01:36:28	18 Caroline Taraskevics	F	45	Corsham
336	01:36:31	247 Andy Shallcross	M	40	Cymau
337	01:37:01	64 Michael Howell	M	40	
338	01:37:18	308 Alan Howell	M	60	
339	01:37:27	170 Mike Gowing	M	50	
340	01:37:35	187 Catherine Wilson	F		
341	01:37:44	302 Aranka Pratt	F	55	
342	01:37:56	47 Louise Judd	F	35	
343	01:38:09	236 Alun Powell	M	60	
344	01:38:14	396 Carol Vyner	F	35	3Ms
345	01:38:20	52 Angela Champion	F		Village Vipers
346	01:38:29	181 Gary Illingworth	M	40	
347	01:38:30	218 Sandra Stevens	F	55	
348	01:38:34	321 Linda Smith	F	45	
349	01:38:40	258 Gill Ellis	F	45	Chepstow Harriers
350	01:39:22	146 Michael Cottrell	M	60	Billericay Striders
351	01:39:28	124 Shirley Mathurin	F	45	
352	01:39:35	195 Amanda Bayliss	F		3Ms
353	01:39:48	372 Simon Eggington	M		
354	01:40:22	54 Dale Patterson	M		
355	01:40:28	5 Dan Matthews	M		

Pos	Time	No	Name	M/F	Cat	Club
356	01:40:35	351	K Blackwell	F		
357	01:40:55	105	Rosalind Matthews	F		
358	01:40:57	134	Caroline Owens	F		
359	01:41:04	177	Graham Singer	M		
360	01:41:04	70	Rachel Jones	F	35	Hay Hotfooters
361	01:41:08	94	Sian Wigley	F	45	
362	01:41:33	328	Tina Morris	F	35	Brecon AC
363	01:42:34	416	Gary Taylor	M		Mumbles Milers
364	01:42:48	151	Steve Whyte	M	40	
365	01:42:53	13	Rachel Gregory	F		
366	01:42:56	344	Clare Green	F	35	San Domenico
367	01:43:17	259	Gareth Jenkins	M	40	Chepstow Harriers
368	01:43:59	133	Lynda James	F	35	Abergavenny Striders
369	01:44:49	338	Arlene Lee	F	45	Brecon AC
370	01:45:29	400	Julie Davies	F	55	3Ms
371	01:45:35	175	Kate Chamberlain	F	35	
372	01:45:57	154	David Clayton	M		
373	01:46:21	135	Claire Milner	F	55	Hay Hotfooters
374	01:46:29	390	Jacqueline Goold	F	35	
375	01:46:35	48	Nigel Mahoney	M		
376	01:46:40	196	Josh Cohen	M		
377	01:46:45	263	Catherine Hafner	F	55	Hay Hotfooters
378	01:48:38	172	Kay Higgins-Worrall	F	35	Brecon Multi Sport
379	01:49:08	123	Martin Lane	M	40	
380	01:49:14	366	Radoslaw Bohm	M		Wrzesnia
381	01:51:23	15	Rebecca Nolan	F	35	
382	01:51:24	127	Ann Williams	F	45	
383	01:52:39	165	Thomas Carroll	M		
384	01:52:39	166	Jo Prior	F		
385	01:53:03	213	Neil Webster	M		
386	01:53:46	92	Helen Davies	F	35	Rhayader AC
387	01:54:19	333	Ros Burgess	F	35	Lliswerry Runners
388	01:54:19	342	Kaz Ceeney	F	45	Lliswerry Runners
389	01:56:18	89	Don Fearn	M	70	Brecon AC
390	01:56:42	60	Sarah Blake	F	45	Brecon AC
391	01:58:52	84	Suzie Shepherd	F	35	Chepstow Harriers
392	01:58:52	262	Elizabeth Barton	F		RRC
393	02:05:14	261	Catherine Thomas	F		
394	02:08:00	42	Daphne Austerberry	F	65	
395	02:11:33	221	Hayley Jones	F		
396	02:11:34	222	Martin Kitchener	M	40	
397	02:12:16	352	Judith Townhill	F	55	
398	02:16:07	14	Helen Ives	F	35	
399	02:16:34	224	Allen Watts	M	60	Sarn Helen