

Pos.	Time	Race No.	Name	Surname	Club	Sex	Age	Cat
1	55.40	366	ANDREW	HUNT	CARDIFF AAC	M	35	mv
2	57.36	178	STEPHEN	PATERSON	SAN DOMENICO	M	31	ms
3	59.17	251	AFAN	HUMPHRIES	CWMBRAN HARRIERS	M	22	ms
4	59.50	303	CARWYN	JONES	CARDIFF AAC	M	30	ms
5	60.00	245	STUART	CREES	LES CROUPIERS	M	31	ms
6	60.31	159	LEE	LADD	CARMARTHEN HARRIERS	M	21	ms
7	60.35	244	NICK	DUKES	LES CROUPIERS	M	34	ms
8	60.50	217	STEVE	REES	PORT TALBOT HARRIERS	M	31	ms
9	61.31	232	CHRIS	MOORE	ALDRSHOT + DISTRICT	M	20	ms
10	62.36	68	STEPHEN	THOMAS	ISLWYN RUNNING CLUB	M	41	mv
11	62.55	181	DANIEL	THOMAS	SWANSEA HARRIERS	M	20	ms
12	62.59	216	ANDREW	REYNOLDS	NEATH HARRIERS	M	26	ms
13	63.16	385	CARWYN	THOMAS		M	21	ms
14	64.00	250	JANE	WILKINS	CARDIGAN RC	F	46	fv
15	64.05	129	JEROME	EDWARDS	SAN DOMENICO	M	34	ms
16	64.16	333	MICHAEL	DAVIES	SARN HELEN	M	40	mv
17	64.40	260	CHRIS	PARKER	SWANSEA HARRIERS	M	44	mv
18	65.23	81	SIMON	OSBORNE	BRIDGEND AC	M	49	mv
19	65.26	259	IAN	WEBB	LLANELLI AAC	M	52	mv
20	65.37	280	DEE	BUCHANAN	SAN DOMENICO	M	31	ms
21	65.59	317	MATTHEW	WELLS	BRACKLA HARRIERS	M	25	ms
22	66.18	318	PAUL	SPEYER	BRACKLA HARRIERS	M	35	mv
23	66.33	190	BRIAN	PALMER	CELTIC TRI	M	56	mv
24	66.49	214	RICK	VELATI		M	30	ms
25	66.59	304	CHARLES	WALSH	PORT TALBOT HARRIERS	M	35	mv
26	67.05	374	KEVIN	GRIFFITHS	TROTS	M	46	mv
27	67.18	221	MIKE	EVANS	TROTS	M	34	ms
28	67.24	402	STEVE	?	INGLI RUNNERS	M	35	
29	67.35	185	KEVIN	LEWIS	NEATH HARRIERS	M	48	mv
30	67.43	191	STEVE	DAVIES	GRIFFITHSTOWN HARRIERS	M	50	mv
31	67.51	215	ADRIAN	WEAVER	PORT TALBOT HARRIERS	M	32	ms
32	67.55	225	CHRIS	FULCHER	PORT TALBOT HARRIERS	M	42	mv
33	67.56	229	LEE	MORRIS		M	28	ms
34	68.11	334	PETER	OSBORNE	SWANSEA HARRIERS	M	49	mv
35	68.19	189	ANTHONY	MAYS		M	39	mv
36	68.27	187	DIMITRI	VORRES	GRIFFITHSTOWN HARRIERS	M	47	mv

37	68.30	246	KATY	BEECHER	LES CROUPIERS	F	30	fs
38	68.43	209	ROBERT	DYDE	PEMBS HARRIERS	M	26	ms
39	69.01	108	JOHN	HIDDLESTONE		M	38	mv
40	69.08	288	DYLAN	LEWIS	CERIST TRI	M	27	ms
41	69.14	11	ALEX	WILLIAMS	PORT TALBOT	M	42	mv
42	69.16	205	CRAIG	STEPHENS	GRIFFITHSTOWN HARRIERS	M	20	ms
43	69.20	119	RHODRI	EVANS	PONTYPRIDD ROADENTS	M	33	ms
44	69.30	277	MAT	HURFORD	LES CROUPIERS	M	36	mv
45	69.31	227	ROBERT	FALCONER		M	51	mv
46	69.42	357	IAN	OGIWIE ?	BRACKLA HARRIERS	M	43	mv
47	69.47	237	GLYN	WILLIAMS	PRESTEIGNE PACERS	M	37	mv
48	70.18	247	IAN	MCDONALD	SAN DOMENICO	M	46	mv
49	70.24	394	NEIL	DAVIES	CORNELLYstriders	M	51	mv
50	70.30	230	KEVIN	TAYLOR	AMMAN VALLEY	M	49	mv
51	70.35	367	CHRIS	ALLTON	SWANSEA HARRIERS	M	46	mv
52	71.11	133	DAVID	PROUD	LES CROUPIERS	M	42	mv
53	71.26	401	ALEX	WILLIAMS	INGLI RUNNERS	M	42	mv
54	71.27	369	JONATHAN	WILLIAMS	LLANELLI	M	24	ms
55	71.32	184	ROYSTON	WHITEHOUSE		M	46	mv
56	71.45	84	PHILLIP	MILES	PARC BRYN BACH RUNNERS	M	58	mv
57	71.58	308	ED	CLEMENTS		M	21	ms
58	72.02	310	LAURA	CLEMENTS		F	22	fs
59	72.22	349	GLYN	SANSOM	SAN DOMENICO	M	47	mv
60	72.32	131	ANDREW	MUNDY	BRACKLA HARRIERS	M	35	mv
61	72.35	18	TONY	HALL	SARN HELEN	M	54	mv
62	72.49	306	ANDREW	DAWE	PEMBS HARRIERS	M	42	mv
63	72.56	39	PHILIP	PROBERT		M	43	mv
64	72.56	399	KAT	STEED	PEMBS HARRIERS	F	33	fs
65	73.05	166	TERRY	CAVENEY	LES CROUPIERS	M	50	mv
66	73.08	281	LEE	DAVIES	PONTYPRIDD ROADENTS	M	38	mv
67	73.25	175	KELLY	MORGAN	PONTYPRIDD ROADENTS	F	31	fs
68	73.40	103	MARK	TERRY	TROTS	M	52	mv
69	73.42	379	ALUN	JONES	LES CROUPIERS	M	38	mv
70	73.47	266	DAVID	PARFITT	PORT TALBOT HARRIERS	M	40	mv
71	73.58	182	ERIC	DAVEY	LLANELLI AAC	M	59	mv
72	74.02	196	MIKE	MURPHY	LES CROUPIERS	M	56	mv
73	74.04	20	SIMON	HALL	SARN HELEN	M	30	ms
74	74.09	220	PETER	WALTERS	TROTS	M	49	mv

75	74.27	263	LEIGHTON	GARDNER	SWANSEA HARRIERS	M	43	mv
76	74.35	286	JOHN	O'SHEA	LES CROUPIERS	M	54	mv
77	74.37	233	GARY	HOWELL	3MS	M	52	mv
78	75.16	297	MARTIN	FLEAR	LEG IT	M	23	ms
79	75.17	378	PAUL	STEVENS	GLAIS GRUNTS	M	30	ms
80	75.21	330	WAYNE	FREWEN	BRACKLA HARRIERS	M	50	mv
81	75.24	38	CAROLINE	JONES	TROTS	F	49	fv
82	75.29	359	MICHAEL	RAMSEY		M	46	mv
83	75.29	348	CLAIRE	CLEATHRO	TROTS	F	35	fv
84	75.31	125	BARRI	EDWARDS		M	40	mv
85	75.34	273	BERNARD	HENDERSON	PORT TALBOT HARRIERS	M	54	mv
86	75.46	361	MICK	JOHNS		M	40	mv
87	76.00	236	PETER	CROWTHER	NORTHERN VETS AC	M	55	mv
88	76.05	300	TOM	HALL		M	42	mv
89	76.10	256	ALED	PARRY	AMMAN VALLEY	M	31	ms
90	76.10	283	GORDON	ORME	CARDIGAN RC	M	67	mv
91	76.16	192	ANDREW	BEATON		M	36	mv
92	76.30	243	ROBERT	HACKETT	GLAM ESPORTA GYM	M	52	mv
93	76.30	249	JENNIFER	?		F	27	fs
94	76.32	102	LLOYD	MORGAN	SAN DOMENICO	M	35	mv
95	76.33	380	MARK	JONES	PONTYPRIDD ROADENTS	M	46	mv
96	76.42	127	KERRITH	ASHBY		M	38	mv
97	76.43	313	ALAN	FLEAR	LEG IT	M	26	ms
98	76.45	147	CLIVE	OSMOND	LES CROUPIERS	M	49	mv
99	76.52	362	GIANNI	ARRIGHI		M	40	mv
100	76.58	311	RICHARD	DAY	PONTYPRIDD ROADENTS	M	46	mv
101	76.59	234	JASON	WILKINS	CARDIGAN RC	M	39	mv
102	76.59	271	ALAN	PRITCHARD	PORT TALBOT HARRIERS	M	49	mv
103	77.16	183	MICHAEL	HALSALL	LLANELLI AAC	M	36	mv
104	77.24	40	RICHARD	WICKS		M	52	mv
105	77.30	284	NICK	POUNPER ?	PONTYPRIDD ROADENTS	M	35	mv
106	77.34	158	RICHARD	BRIDLE		M	39	mv
107	77.34	331	WAYNE	BROWNE		M	53	mv
108	77.35	255	ALUN	REES		M	34	ms
109	77.35	235	PHILIP	JONES	PRESTEIGNE PACERS	M	51	mv
110	77.51	51	STEPHEN	CABLE	3M	M	25	ms
111	77.52	358	STEPHEN	OWENS	LES CROUPIERS	M	52	mv
112	77.56	110	DARRAN	LLOYD		M	41	mv

113	77.57	197	CALVIN	WILLIAMS	SARN HELEN	M	47	mv
114	77.59	274	RICHARD	JAMES	EMLYN RUNNERS	M	46	mv
115	78.02	25	NEIL	WILLIAMS	PONTYPRIDD ROADENTS	M	46	mv
116	78.03	292	PAUL	OSBORNE	LEG IT	M	53	mv
117	78.08	34	ALAN	MASON	LES CROUPIERS	M	49	mv
118	78.24	212	PETER	RODGER	GRIFFITHSTOWN HARRIERS	M	53	mv
119	78.27	128	KENNY	MOLYNEUX		M	40	mv
120	78.40	269	CAROL	MOSELEY	PORT TALBOT HARRIERS	F	33	fs
121	78.52	19	DEE	JOLLY	SARN HELEN	F	22	fs
122	79.05	295	DEREK	RAINBIRD	PARC BRYN BACH RUNNERS	M	56	mv
123	79.06	337	IAN	MERRICK		M	32	ms
124	79.08	117	MIKE	WOODS		M	42	mv
125	79.11	363	SIMON	WARREN		M	46	mv
126	79.20	143	CARL	GILMOUR	HAY HOTFOOTERS	M	42	mv
127	79.28	186	STEVE	HAMES	NEATH HARRIERS	M	47	mv
128	79.28	278	JONATHON	JONES	CARMS HARRIERS	M	39	mv
129	79.32	368	PETER	DEACON		M	52	mv
130	79.45	10	ANDREA	WILLIAMS	ROAD RUNNERS CLUB	F	37	fv
131	79.50	404	BRENDAN	JONES	LES CROUPIERS	M	40	mv
132	80.00	69	RICHARD	SEWELL	LES CROUPIERS	M	52	mv
133	80.10	315	ALLAN	JONES	BRACKLA HARRIERS	M	55	mv
134	80.14	320	HUW	THOMAS		M	45	mv
135	80.15	268	DOMINIC	SHIELDS	SAN DOMENICO	M	44	mv
136	80.42	155	AMY	WILLIAMS		F	31	fs
137	80.49	290	GARRY	WOODS	FAIRWATER RUNNERS	M	48	mv
138	80.50	213	PHILIPPA	WILLIAMS		F	37	fv
139	80.50	279	NICOLA	QUINN	EMLYN RUNNERS	F	41	fv
140	80.51	325	ROWENA	MELBOURNE	TROTS	F	29	fs
141	81.00	299	ROSCOE	HOWELL		M	27	ms
142	81.12	386	CHRIS	MOORE	EMLYN RUNNERS	M	36	mv
143	81.17	240	KEV	JOYCE	PEMBS HARRIERS	M	44	mv
144	81.19	347	MARK	STEVENS		M	43	mv
145	81.27	49	SHARON	PHILLIPS	PONTYPRIDD ROADENTS	F	29	fs
146	81.39	287	STACEY	FARNELL		M	31	ms
147	81.39	296	CHARLOTTE	JOHNSON	BRACKLA HARRIERS	F	43	fv
148	81.40	338	GARETH	JONES	SARN HELEN	M	43	mv
149	81.41	223	SIMON	HAYES		M	44	mv
150	81.44	264	GEMMA	LEAHY	PEMBS HARRIERS	F	22	fs

151	81.50	202	MARK	SUTTON	GRIFFITHSTOWN HARRIERS	M	48	mv
152	81.52	98	ROBERT	WARLOW		M	36	mv
153	81.56	46	GAVIN	MCKAY		M	37	mv
154	81.57	377	JIM	HEWITT	?	M	48	mv
155	81.57	43	JENNIFER	TOPALIAN	LES CROUPIERS	F	27	fs
156	81.58	312	RUSSELL	BOWN	YEOVIL TOWN	M	51	mv
157	82.02	13	JAMES	HOBBS		M	42	mv
158	82.08	342	DAVID	THOMAS ?	SARN HELEN	M	46	mv
159	82.14	67	MEIRION	EVANS		M	31	ms
160	82.20	56	STEVEN	JONES		M	39	mv
161	82.23	55	HELEN	JONES		F	40	fv
162	82.28	329	SIAN	KIRK		F	23	fs
163	82.33	328	MARK	POTTER	BRACKLA HARRIERS	M	35	mv
164	82.40	28	PHILLIP	TURNER	LLANELLI TRI CLUB	M	41	mv
165	82.43	360	ADRIAN	GUILLIAM	FAIRWATER RUNNERS	M	43	mv
166	82.45	101	JEFF	DAVIES		M	43	mv
167	82.51	150	LILY	DYU	HAY HOTFOOTERS	F	39	fv
168	82.55	22	WAYNE	TAYLOR		M	38	mv
169	83.00	100	MIKE	GRANT	ROAD RUNNERS CLUB	M	53	mv
170	83.05	354	MARK	WHEELER		M	32	ms
171	83.07	219	ALAN	KIRTON		M	46	mv
172	83.15	218	TONY	HOLLING	PORT TALBOT HARRIERS	M	52	mv
173	83.21	122	KRISTIAN	SHEARAN	BRACKLA HARRIERS	M	34	ms
174	83.25	267	UKU	KUMARI	SWANSEA HARRIERS	M	58	mv
175	83.29	387	CHRIS	CRAY		M	26	ms
176	83.41	75	JUSTIN	BROWN		M	41	mv
177	83.47	173	MICHELLE	WITHAM	SWANSEA HARRIERS	F	29	fs
178	83.58	4	RICHARD	EVANS		M	46	mv
179	84.22	298	LUCY	ELCOMB	PEMBS TRI	F	32	fs
180	84.25	74	STEVE	JONES	SWANSEA HARRIERS	M	51	mv
181	84.30	171	KEVIN	TAYLOR		M	43	mv
182	84.43	7	JULIE	SCHOLEY	LES CROUPIERS	F	50	fv
183	84.44	105	ANTHONY	DOUGLAS		M	29	ms
184	84.48	201	PETER	ROBERTS	GRIFFITHSTOWN HARRIERS	M	52	mv
185	84.54	314	EMMA	LYNCH	BRACKLA HARRIERS	F	33	fs
186	84.57	501	LISA	PHIPPS		F	40	
187	84.59	134	PAUL	BIGMORE	BRACKLA HARRIERS	M	54	mv
188	85.05	33	CAROLINE	DALLIMORE	LES CROUPIERS	F	54	fv

189	85.11	164	JON	CRANE		M	34	ms
190	85.15	30	MARK	WESTCOTT		M	41	mv
191	85.30	124	PAUL	CARMAN		M	55	mv
192	85.33	400	CLAIRE	WILLIAMS	INGLI RUNNERS	F	43	fv
193	85.40	130	MIKE	RIDOUT	BRACKLA HARRIERS	M	56	mv
194	85.40	231	JAMES	THOMAS	BRACKLA HARRIERS	M	46	mv
195	85.41	228	ANDREW	HELLIER	VISTEON	M	45	mv
196	85.46	66	ALEX	FORD	BRACKLA HARRIERS	M	58	mv
197	85.48	64	ROBERT	SCOTT	BRACKLA HARRIERS	M	30	ms
198	85.52	345	PAUL	DAVIES		M	28	ms
199	86.05	93	MATTHEW	FRANCIS		M	35	mv
200	86.05	121	ANDREW	WILLIAMS		M	45	mv
201	86.16	375	NICK	THORNE		M	36	mv
202	86.20	222	PHIL	DAVIES		M	38	mv
203	86.24	96	JANE	LEWIS	GRIFFITHSTOWN HARRIERS	F	42	fv
204	86.41	370	SIAN	PHILLIPS	SWANSEA HARRIERS	F	48	fv
205	86.49	353	MICHAEL	DAVIES	LES CROUPIERS	M	59	mv
206	87.14	252	SIMON	REYNOLDS		M	48	mv
207	87.20	14	STEVE	NEW	100 MARATHON CLUB	M	44	mv
208	87.25	262	STUART	JAMES		M	44	mv
209	87.25	321	RICHARD	BARNES	ROAD RUNNERS CLUB	M	51	mv
210	87.26	3	ANDREW	JOLLY		M	38	mv
211	87.30	301	LIBBY	LAVIS	BRACKLA HARRIERS	F	51	fv
212	87.44	50	CARYL	DAVIES	SARN HELEN	F	21	fs
213	87.50	41	JANET	RICHARDS	GRIFFITHSTOWN HARRIERS	F	44	fv
214	87.56	58	ROBERT	PHILLIPS	PONTYPRIDD ROADENTS	M	46	mv
215	88.14	146	SIMON	COX		M	46	mv
216	88.16	293	GUY	DAVIES	LEG IT	M	35	mv
217	88.19	332	BRIAN	FOX	SWANSEA HARRIERS	M	64	mv
218	88.21	319	SARA	MACBRIDE-STOWART	LES CROUPIERS	F	40	fv
219	88.22	144	GARY	EVANS		M	63	mv
220	88.39	341	LEE	DAVIES		M	34	ms
221	88.45	37	NICHOLAS	WALSH	GRIFFITHSTOWN HARRIERS	M	38	mv
222	88.48	71	DAVID	MITCHELL	SWANSEA BAY ORIENTEERING	M	51	mv
223	88.49	390	PAUL	BIDDEN		M	43	mv
224	88.53	168	DARREN	HALL		M	32	ms
225	88.53	57	MICHAEL	HENRY		M	43	mv
226	89.09	9	SIAN	EVANS	LES CROUPIERS	F	40	fv

227	89.10	326	KEV ?	KNIGHTS		M	44	mv
228	89.13	285	ANNE	FULLAN ?	PONTYPRIDD ROADENTS	F	39	fv
229	89.20	403	NICK	HAMPSON		M	27	
230	89.23	270	JOHN	AYRES	PORT TALBOT HARRIERS	M	54	mv
231	89.26	323	STEWART	THOMSON	GRIFFITHSTOWN HARRIERS	M	47	mv
232	89.26	86	JANE	TRAVAGLIA		F	41	fv
233	89.38	302	RAY	JAMES	PORT TALBOT HARRIERS	M	48	mv
234	89.44	109	GILLIAN	MCCUE	LES CROUPIERS	F	32	fs
235	90.06	163	JANE	ASH	LES CROUPIERS	F	35	fv
236	90.09	162	RICHIE	BRILL		M	43	mv
237	90.13	389	KEVIN	DALLING		M	46	mv
238	90.15	371	JOANNA	ROTHWELL		F	18	fs
239	90.20	174	JENNY	HUGHES	LES CROUPIERS	F	30	fs
240	90.23	405	ALUN	WILLIAMS		M	32	
241	90.32	47	DEBBIE	OTLEY	PONTYPRIDD ROADENTS	F	50	fv
242	90.34	327	GWEN	SMITH	SWANSEA HARRIERS	F	44	fv
243	90.42	32	JENNIFER	WHITE		F	46	fv
244	90.43	258	NICHOLAS	JONES		M	35	mv
245	90.47	257	LIZZY	EVANS		F	31	fs
246	90.52	177	DAVID	MORGAN		M	35	mv
247	90.53	193	TONY	PHILLIPS	GRIFFITHSTOWN HARRIERS	M	52	mv
248	90.53	126	TRACY	EDWARDS	RHONDDA VALLEY RUNNERS	F	43	fv
249	91.09	352	OWAIN	GRIFFITHS		M	33	ms
250	91.24	335	KEITH ?	POWELL		M	53	mv
251	91.26	140	JO	LORD	HAY HOTFOOTERS	F	47	fv
252	91.40	141	STUART	BARNES		M	50	mv
253	91.50	351	PAUL	RUNDIC ?		M	48	mv
254	91.56	289	FRANCIS	WILLIAMS	SAN DOMENICO	F	44	fv
255	91.58	226	DEL	EYRE	3MS	F	46	fv
256	92.00	261	PAUL	JONES	MUMBLES MILERS	M	37	mv
257	92.20	324	AELWEN	BLYTHE	LES CROUPIERS	F	45	fv
258	92.22	294	HILARY	MCCARTHY	CARDIGAN RC	F	42	fv
259	92.24	169	SAM	POWELL		M	35	mv
260	93.00	211	RICK	RIMMER		M	48	mv
261	93.07	79	STEPHEN	WILLIAMS	LES CROUPIERS	M	52	mv
262	93.25	500	SCOTT	TAYLOR		M	31	
263	93.30	204	DAVID	BASSETT	GRIFFITHSTOWN HARRIERS	M	61	mv
264	93.30	198	RACHEL	LONG	GRIFFITHSTOWN HARRIERS	F	38	fv

265	93.38	99	CATRIN	DANIELS	BARNET + DISTRICT AC	F	33	fs
266	93.51	82	KEVIN	O'LEARY		M	50	mv
267	93.51	167	DEBRA	JONES	PONTYPRIDD ROADENTS	F	31	fs
268	93.52	45	EMMA	MCKAY		F	35	fv
269	93.54	151	RICHARD	SAMUEL		M	39	mv
270	93.55	207	MARTIN	DYDE	PEMBS HARRIERS	M	51	mv
271	93.55	210	ALISON	GRIFFITHS	PEMBS HARRIERS	F	40	fv
272	93.56	238	STEVE	MORRIS		M	23	ms
273	94.12	365	JANICE	HARVEY	GLAMORGAN	F	53	fv
274	94.22	153	MARK	JENKINS		M	48	mv
275	94.24	157	CHRIS	PURNELL	CARDIGAN RC	M	45	mv
276	94.45	87	PAUL	GROSVENER		M	31	ms
277	94.47	382	KRISTIE	HARPER		F	25	fs
278	94.59	179	MICHELLE	JOHN	PORT TALBOT HARRIERS	F	39	fv
279	95.02	391	DALE	GEORGE	GLAM HEALTH + RACQUET	M	22	ms
280	95.12	376	ANGHARAD	HULL	SARN HELEN	F	28	fs
281	95.13	70	RACHEL	STICKLER		F	38	fv
282	95.38	42	MARK	WARREN		M	47	mv
283	95.39	396	TANYA	HOWELLS		F	32	fs
284	96.06	364	KATHERINE	JENKINS		F	32	fs
285	96.09	138	SIAN	WIGLEY		F	48	fv
286	96.11	276	HEULWEN	JAMES	EMLYN RUNNERS	F	42	fv
287	96.19	224	FAY	SHARPE	3MS	F	49	fv
288	96.22	188	CHRISTINE	VORRES	GRIFFITHSTOWN HARRIERS	F	50	fv
289	96.31	265	JAMES	HOLDGATE		M	35	mv
290	97.22	53	KERI	HUTCHINSON	CARDIFF TRI	F	38	fv
291	97.40	350	MIKE	HODGES	TROTS	M	56	mv
292	98.10	336	JAN	THOMAS	GLENWOOD	F	44	fv
293	98.15	154	GARETH	JONES		M	50	mv
294	98.15	344	KATHLEEN	JEFFERIES		F	38	fv
295	98.18	383	GILLIAN	MASON	GLAM HEALTH + RACQUET	F	48	fv
296	98.45	73	PAUL	WHITTAKER		M	43	mv
297	98.45	72	RHIANNON	KINGSLEY		F	34	fs
298	99.00	120	NIGEL	FERRAND		M	53	mv
299	99.00	355	MARGARET	REYNOLDS	SBOC	F	48	fv
300	99.19	83	NIGEL	JONES		M	55	mv
301	99.20	44	YUSUF	HASHEM		M	43	mv
302	99.24	384	JAMES	MASON	GLAM HEALTH + RACQUET	M	22	ms

303	99.26	242	CLAIRE	JOHNSON	LES CROUPIERS	F	64	fv
304	99.36	372	CAROL	REES		F	39	fv
305	99.36	373	DONNA	THOMAS		F	35	fv
306	99.42	203	JULIE	BURCHELL	GRIFFITHSTOWN HARRIERS	F	39	fv
307	99.57	16	JOHN	WILKINS		M	50	mv
308	100.06	356	ROD	JONES	LES CROUPIERS	M	63	mv
309	100.40	80	KATHLEEN	EVANS	BRACKLA HARRIERS	F	60	fv
310	100.50	200	CLAIRE	SUTTON	GRIFFITHSTOWN HARRIERS	F	43	fv
311	100.59	145	ERIC	MEREDITH		M	66	mv
312	101.02	275	ELIZABETH	WHEELER	EMLYN RUNNERS	F	23	fs
313	101.05	339	JAN	JONES	SARN HELEN	F	44	fv
314	101.19	195	GILL	MURPHY	LES CROUPIERS	F	56	fv
315	101.21	397	SHIRLEY	DAVIES	CORNELLYstriders	F	46	fv
316	101.26	65	PAUL	JONES		M	32	ms
317	101.38	392	HOHN	HIGGOM	AMMAN VALLEY	M	62	mv
318	101.40	76	TINA	LAVELLE	HAY HOTFOOTERS	F	52	fv
319	101.41	139	MICHAEL	HOWELL		M	47	mv
320	102.10	206	WENDY	REES	GRIFFITHSTOWN HARRIERS	F	47	fv
321	102.41	113	KAREN	DUSGATE		F	44	fv
322	102.58	194	CAROLINE	MORGAN		F	39	fv
323	103.15	8	LESLIE	PUGH		M	63	mv
324	103.15	6	CAROLINE	BOOTE		F	37	fv
325	103.20	52	SHAUN	EMMS	HAY HOTFOOTERS	M	70	mv
326	103.30	31	GREGORY	KING		F	42	fv
327	103.44	89	SIAN	ATKINSON		F	34	fs
328	103.44	90	RUTH	SOUTHBY		F	33	fs
329	104.22	92	GERARD	PITT		M	37	mv
330	104.28	282	ANDREA	BRABROOK	EMLYN RUNNERS	F	37	fv
331	104.30	176	WENDY	CLARK		F	38	fv
332	105.30	239	DAWN	HEADON		F	47	fv
333	105.41	398	CATHERINE	RICHARDS	CORNELLYstriders	F	49	fv
334	105.56	26	CHRISTOPHER	HOCKLEY		M	41	mv
335	107.27	393	LEONA	SHANLEY	RHONDDA VALLEY RUNNERS	F	39	fv
336	108.00	309	DIANE	CLEMENTS		F	43	fv
337	108.52	149	CARL	HAINES	VILLAGE VIPERS	M	52	mv
338	108.52	254	CARON	MCKEE-HANDS	FERC	F	45	fv
339	109.10	160	CATHERINE	HAFNER	HAY HOTFOOTERS	F	63	fv
340	109.25	305	PAT	STANLEY	BRACKLA HARRIERS	F	55	fv

341	109.28	322	PATRICIA	JONES	BRACKLA HARRIERS	F	55	fv
342	109.32	346	EMYR	PENLAN		M	39	mv
343	111.08	199	PETER	BROWNE	GRIFFITHSTOWN HARRIERS	M	55	mv
344	111.08	395	SALLY	POWELL	RHONDDA VALLEY RUNNERS	F	31	fs
345	111.18	272	COLIN	GARDNER ?		M	61	mv
346	111.25	152	PAULA	SAMUEL		F	30	fs
347	113.33	241	SHAN	BREESE	ABER AC	F	50	fv
348	113.52	24	OWEN	BROWN		M	27	ms
349	114.28	307	SIAN	ACKLAND	BRACKLA HARRIERS	F	43	fv
350	114.36	208	TRACEY	HAVELOT	GRIFFITHSTOWN HARRIERS	F	39	fv
351	115.24	343	AMY	GILLON		F	26	fs
352	115.40	253	SARAH	STEVENS	PENARTH + DINAS	F	31	fs
353	115.40	340	LINSEY	DAVIES		F	30	fs
354	117.18	123	CLAIRE	MILNER	HAY HOTFOOTERS	F	57	fv
355	133.44	135	LESLEY	BIGMORE		F	51	fv
356	143.00	161	COLIN	PICTON		M	34	ms
357	147.20	63	ALED	ARNOLD	TY BRYN WANDERERS	M	38	mv
358	147.20	61	REBECCA	JONES	TY BRYN WANDERERS	F	27	fs