

Pos.	Time	Race No.	Name	Surname	Club	Sex	Age	Cat
1	57.55	352	STEVE	MILLWARD	CARDIFF AAC	M	28	ms
2	58.10	298	DAN	BROOK		M	22	ms
3	59.36	206	STEPHEN	PATERSON	SAN DOMENICO	M	29	ms
4	59.59	275	STUART	CREES	LES CROUPIERS	M	29	ms
5	60.26	293	RICK	VELATI		M	28	ms
6	61.41	294	ALEX	LEWIS		M	24	ms
7	63.33	212	ALAN	DAVIES		M	55	mv
8	63.59	347	MIKE	EVANS	CARDIFF AAC	M	32	ms
9	64.31	280	PETER	OSBORNE	SWANSEA HARRIERS	M	47	mv
10	64.37	239	CHRIS	PARKER	SWANSEA HARRIERS	M	42	mv
11	64.52	94	NICHOLAS	DUKES	LES CROUPIERS	M	32	ms
12	65.18	244	GARY	IRVING	SWANSEA HARRIERS	M	48	mv
13	65.49	274	BRIAN	PALMER	CELTIC TRI	M	54	mv
14	65.56	315	PAUL	REYNOLDS	SERPENTINE	M	37	ms
15	66.52	351	GARETH	MORGAN	LES CROUPIERS	M	28	ms
16	67.03	295	PHILIP	CRAMER	YORK AC	M	18	ms
17	67.25	231	CHARLES	WALSH	PORT TALBOT HARRIERS	M	33	ms
18	67.45	28	ANN	THOMAS	TROTS	F	40	fv
19	68.01	256	MARTIN	WILLIAMS		M	43	mv
20	68.06	196	CRAIG	FOWLER	PONTYPRIDD ROADENTS	M	42	mv
21	68.08	331	ANDREW	THOMPSON	GRIFFITHSTOWN HARRIERS	M	50	mv
22	68.15	296	RONNIE	RODGERS	SWANSEA HARRIERS	M	53	mv
23	68.22	328	DAVID	ASTINS	PEMBS TRI	M	38	ms
24	68.24	338	RHIANNON	ACE	PEMBS TRI	F	28	fs
25	68.37	229	STEVE	WILLIAMS	NEATH HARRIERS	M	49	mv
26	68.41	226	HOWARD	GARDENER	NEATH HARRIERS	M	54	mv
27	68.45	148	CHRIS	FULCHER	PORT TALBOT HARRIERS	M	40	mv
28	69.10	205	CHRIS	LEWIS		M	26	ms
29	69.12	99	ROBERT	FALCONER		M	49	mv
30	69.12	141	ADRIAN	WEAVER	PORT TALBOT	M	30	ms
31	69.23	4	JASON	BOWDEN		M	37	ms
32	69.27	57	DIMITRI	VORRES	GRIFFITHSTOWN HARRIERS	M	45	mv
33	69.34	301	PAUL	LLEWELLYN	VISTEON	M	45	mv
34	69.38	228	DAVID	DAVIES	NEATH HARRIERS	M	59	mv
35	69.51	222	GERAINT	WILLIAMS	PONTYPRIDD ROADENTS	M	35	ms
36	70.09	54	JOHN	DIFFEY	LES CROUPIERS	M	44	mv

37	70.49	97	TERRY	CAVENEY	LES CROUPIERS	M	48	mv
38	70.58	285	GARY	HOWE	3M GORSEINON RR	M	50	mv
39	71.12	100	LAURENCE	HUMPHREYS		M	25	ms
40	71.18	161	RUSSELL	BAILEY		M	24	ms
41	71.26	219	TASHA	SEXTON	INGLI RUNNERS	F	34	fs
42	71.32	286	JOHN	SINNETT	PEMBS HARRIERS	M	51	mv
43	71.34	245	LEIGHTON	GARDNER	SWANSEA HARRIERS	M	41	mv
44	71.42	162	MIKE	TATE	MULTISPORT	M	37	ms
45	71.44	236	NIGEL	BARNES	PORT TALBOT HARRIERS	M	42	mv
46	71.47	345	DARON	GREYSMITH	CARDIFF TRI	M	32	ms
47	72.32	318	GERAINT	REES	BRACKLA HARRIERS	M	34	ms
48	72.50	291	RICHARD	SEWELL	LES CROUPIERS	M	50	mv
49	72.52	63	ANDREW	SPENCER	FAIRWATER RUNNERS	M	44	mv
50	72.52	209	MICHAEL	CURRAN	VISTEON	M	26	ms
51	72.57	306	NIGEL	FRANCISCO	TEAM WECORI	M	43	mv
52	73.04	335	CHRIS	ALLTON	SWANSEA HARRIERS	M	44	mv
53	73.09	59	SHARON	LEECH	AMMAN VALLEY HARRIERS	F	37	fv
54	73.13	102	WAYNE	FREWEN	BRACKLA HARRIERS	M	48	mv
55	73.19	60	RICHARD	HUMPHREYS		M	39	ms
56	73.22	284	SOPHIE	JOHN	BRIDGEND	F	27	fs
57	73.25	243	ALUN	WILLIAMS	FAIRWATER RUNNERS	M	44	mv
58	73.50	90	WAYNE	BROWN		M	51	mv
59	73.58	202	CLARE	PHILLIPS	SWANSEA HARRIERS	F	38	fv
60	74.06	25	EMMA	BAYLISS	GRIFFITHSTOWN HARRIERS	F	26	fs
61	74.06	53	PAUL	GRIFFITHS	DIDCOT RUNNERS	M	43	mv
62	74.12	289	IAN	JONES		M	46	mv
63	74.13	177	MICHAEL	DAVIES	LES CROUPIERS	M	57	mv
64	74.21	310	HARFORD	EVANS	AMMAN VALLEY HARRIERS	M	59	mv
65	74.27	232	DAVID	ROSE-FLOWER	BRACKLA HARRIERS	M	43	mv
66	74.33	281	GRAHAM	COLVIN	3M GORSEINON RR	M	44	mv
67	74.35	204	ANDREW	NICHOLAS	CRYMYCH TRI	M	40	mv
68	74.36	333	JOHN	SMEWING	SWANSEA HARRIERS	M	57	mv
69	74.39	319	ERYLLOIS	DAVIES	TEAM WECORI	F	26	fs
70	74.41	119	CYRIL	WALTERS	TROTS	M	60	mv
71	74.48	260	NEIL	LEWIS		M	37	ms
72	74.48	268	JUSTIN	HAM		M	39	ms
73	75.00	192	ALEX	WILLIAMS		M	40	mv
74	75.01	350	SANDRA	PINKHAM	NEATH HARRIERS	F	44	fv

75	75.06	290	GARETH	ELLIOTT	PEMBS HARRIERS	M	25	ms
76	75.10	279	GRAHAM	BARLOW	3M GORSEINON RR	M	50	mv
77	75.20	84	BENJAMIN	BOWEN		M	22	ms
78	75.25	270	ALED	WILLIAMS	CELTIC TRI	M	46	mv
79	75.35	332	BRENDAN	HEALEY		M	35	ms
80	75.40	81	GRAEME	DONNAN	LES CROUPIERS	M	54	mv
81	75.46	185	RUTH	TYLER	CARDIFF UNI	F	22	fs
82	75.54	353	PHILLIP	THOMAS	BRACKLA HARRIERS	M	42	mv
83	75.56	109	LORNA	SHAW	CHEPSTOW HARRIERS	F	47	fv
84	75.57	104	RHYS	WILLIAMS		M	25	ms
85	75.58	181	PETER	CURRAN		M	44	mv
86	76.09	354	SIMON	PRICE	MULTISPORT	M	32	ms
87	76.19	250	JONATHON	DAVID	BRACKLA HARRIERS	M	47	mv
88	76.27	211	JASON	WILLIAMS		M	36	ms
89	76.38	288	DAVE	GRIFFITHS	TROTS	M	44	mv
90	76.40	125	MICHAEL	WHEELER		M	53	mv
91	77.00	7	JULIE	SCHOLEY	LES CROUPIERS	F	48	fv
92	77.05	68	ANGHARAD	MASON	BRACKLA HARRIERS	F	28	fs
93	77.07	137	MIKE	WOODS		M	40	mv
94	77.12	24	ANTHONY	THOMPSON		M	30	ms
95	77.12	26	TIMOTHY	HAWKINS		M	29	ms
96	77.20	14	JOHN	COLLINS	SWANSEA HARRIERS	M	70	mv
97	77.34	186	COLIN	REES		M	40	mv
98	77.39	112	WAYNE	HOLMES		M	45	mv
99	77.44	316	TIM	O'SULLIVAN		M	?	#N/A
100	77.55	312	JIM	HEWITT	GLAM HEALTH + RACQUET	M	46	mv
101	78.01	327	ELLIE	JONES	PEMBS TRI	F	27	fs
102	78.01	330	CATRIN	HUPGELL	LES CROUPIERS	F	31	fs
103	78.08	76	DENIS	MURPHY	LES CROUPIERS	M	55	mv
104	78.13	344	DAVID	GUNTORPE	CARDIFF TRI	M	32	ms
105	78.37	78	ANDREW	DIPPIE	TEFORD HARRIERS	M	47	mv
106	78.42	91	KEITH	VERHEYDEN		M	48	mv
107	78.49	49	IAN	HAINES	ISLWYN	M	35	ms
108	79.12	134	STEVE	THOMAS	3M GORSEINON RR	M	31	ms
109	79.15	89	CHRISTOPHER	JOHNS		M	45	mv
110	79.21	264	KIM	WEHDEN	ISLWYN RC	M	45	mv
111	79.23	213	PAUL	EDWARDS	PEMBS HARRIERS	M	48	mv
112	79.23	235	TIM	REESE	LLYSWERRY	M	44	mv

113	79.25	326	SIAN	PHILLIPS	SWANSEA HARRIERS	F	46	fv
114	79.26	269	DAVID	NAYLOR		M	73	mv
115	79.30	5	GERALD	GRAY	TEAM WECORI	M	53	mv
116	79.51	169	JEROME	EDWARDS		M	32	ms
117	80.02	248	PAUL	FORD	BRACKLA HARRIERS	M	38	ms
118	80.08	31	CLIVE	OSMOND	LES CROUPIERS	M	47	mv
119	80.17	64	JOHN	MORGAN	BRACKLA HARRIERS	M	44	mv
120	80.23	258	MICHAEL	RAMSEY		M	44	mv
121	80.25	200	DAVID	HOPKINS		M	50	mv
122	80.31	224	LISA	THOMAS	AMMAN VALLEY HARRIERS	F	31	fs
123	80.42	103	ANDREA	STARRITT	BRACKLA HARRIERS	F	40	fv
124	80.51	265	JEFF	DAVIES		M	41	mv
125	81.00	51	PHIL	PROTHEROE	BRACKLA HARRIERS	M	36	ms
126	81.05	223	KEV	JOYCE		M	42	mv
127	81.06	257	ROBERT	FORD	PONTYPRIDD ROADENTS	M	54	mv
128	81.21	166	AMANDA	JOHN	AMMAN VALLEY HARRIERS	F	44	fv
129	81.23	246	ROGER	EDMUNDS		M	44	mv
130	81.34	93	KIRK	RIORDAN		M	33	ms
131	81.36	210	TERRY	JONES	VISTEON	M	59	mv
132	81.39	261	JUDY	RHYS	LES CROUPIERS	F	47	fv
133	81.42	95	DAVID	MOORE		M	32	ms
134	81.50	337	IAN	COOPER	PEMBS TRI	M	23	ms
135	81.54	16	STEPHEN	JONES		M	44	mv
136	82.08	320	MARTIN	WAKELEY		M	37	ms
137	82.14	252	ANDREW	DUNSCOMBE	BRACKLA HARRIERS	M	42	mv
138	82.22	195	KEVIN	SWEENEY	3M GORSEINON RR	M	19	ms
139	82.23	114	CHARLOTTE	JOHNS	BRACKLA HARRIERS	F	41	fv
140	82.31	66	STEPHEN	NEW	100 MARATHON CLUB	M	42	mv
141	82.32	292	STEVEN	BROWN		M	49	mv
142	82.33	74	PAUL	WALLIS		M	38	ms
143	82.40	325	ANDREW	ROTHWELL		M	49	mv
144	82.50	215	MARTYN	ROSSER	HAY HOTFOOTERS	M	58	mv
145	83.04	29	STEVEN	JONES		M	37	ms
146	83.10	138	CRAIG	ELLIS	GRIFFITHSTOWN HARRIERS	M	25	ms
147	83.19	160	CLARE	SHEPPARD	GRIFFITHSTOWN HARRIERS	F	31	fs
148	83.23	218	CHRIS	SEXTON	INGLI RUNNERS	M	44	mv
149	83.25	170	PAUL	ANSTICE	FAIRWATER RUNNERS	M	48	mv
150	83.48	13	WAYNE	CROSS		M	41	mv

151	83.50	9	ANDREW	FREEDMAN		M	51	mv
152	83.50	346	JOHN	BAILEY	LLANELLI TRI	M	47	mv
153	84.03	153	PAUL	HARMES		M	40	mv
154	84.10	314	GRAHAM	VYNER	3M GORSEINON RR	M	39	ms
155	84.22	106	CAROLINE	DALLIMORE	LES CROUPIERS	F	52	fv
156	84.31	194	DARREN	HALL		M	30	ms
157	84.53	180	LYNN	GOWARD	VILLAGE VIPERS	F	42	fv
158	84.53	203	JONATHAN	SMITH	VILLAGE VIPERS	M	35	ms
159	85.07	123	JOHN	AYRES	PORT TALBOT HARRIERS	M	52	mv
160	85.10	283	DAVID	BEEES		M	24	ms
161	85.17	198	HUGH	HUGHES		M	36	ms
162	85.18	220	STEFAN	NURSE		M	28	ms
163	85.33	317	STEVE	PRESS	TEAM WECORI	M	38	ms
164	85.37	147	NATHAN	PHILPOTT		M	29	ms
165	85.39	190	TIM	JONES		M	37	ms
166	85.59	355	DEAN	LLEWELLYN	S W POLICE	M	30	ms
167	86.03	172	SIAN	EVANS	LES CROUPIERS	F	38	fv
168	86.11	42	ANTHONY	KAVANAGH	BRACKLA HARRIERS	M	62	mv
169	86.11	52	NICK	DARROCH	BRACKLA HARRIERS	M	49	mv
170	86.17	124	MARK	WHEELER		M	30	ms
171	86.21	253	ANDREW	DAVIES		M	31	ms
172	86.24	193	STEPHEN	STOCKDALE		M	40	mv
173	86.26	48	JAMES	THOMAS	BRACKLA HARRIERS	M	44	mv
174	86.26	67	MIKE	RIDOUT	BRACKLA HARRIERS	M	54	mv
175	86.49	234	RAY	JAMES	PORT TALBOT HARRIERS	M	46	mv
176	86.49	247	LIBBY	LAVIS	BRACKLA HARRIERS	F	49	fv
177	86.52	276	ALAN	JENKINS		M	46	mv
178	86.56	263	GWEN	SMITH	SWANSEA HARRIERS	F	42	fv
179	87.02	303	MATTHEW	HUMPHREYS		M	32	ms
180	87.02	304	CHRIS	HUMPHREYS		M	34	ms
181	87.08	136	ANDREW	BIDNELL		M	37	ms
182	87.12	145	JONATHAN	KINNEAR		M	41	mv
183	87.13	321	RICHARD	GRAHAM		M	36	ms
184	87.13	322	PHILIPPA	DODD		F	36	fv
185	87.18	2	RICHARD	SAMUEL		M	37	ms
186	87.32	176	WENDY	LACEY	CELTIC TRI	F	50	fv
187	87.41	238	BRIAN	GRIFFITHS	3M GORSEINON RR	M	62	mv

188	87.45	174	LARRY	BURFORD	PEGASUS RUNNING CLUB	M	45	mv
189	87.46	277	ANDREW	HELIER	VISTEON	M	43	mv
190	87.53	208	LYNDON	SUTTON	ISLWYN RC	M	57	mv
191	87.55	237	ALAN	JONES		M	53	mv
192	87.56	240	JULIE	WEBSTER	BRACKLA HARRIERS	F	35	fv
193	87.59	23	JULIE	BURCHELL	GRIFFITHSTOWN HARRIERS	F	37	fv
194	88.02	201	TONY	GORE	PEGASUS RUNNING CLUB	M	53	mv
195	88.10	299	GARETH	PHILLIPS	TRI HARDER TRI	M	26	ms
196	88.12	101	LEE	KWOK	GLAM HEALTH + RACQUET	M	33	ms
197	88.15	179	HOWARD	JONES	BRACKLA HARRIERS	M	51	mv
198	88.22	27	CHRISTINE	LLOYD	SWANSEA HARRIERS	F	49	fv
199	88.24	8	KEITH	TREHARNE	BRACKLA HARRIERS	M	62	mv
200	88.31	40	YUSUF	HASHEM		M	41	mv
201	88.33	225	RICHARD	MCKIE	AMMAN VALLEY HARRIERS	M	36	ms
202	88.46	349	GLYN	HICKS	ISLWYN RC	M	58	mv
203	88.57	183	IAN	DERRICK	LES CROUPIERS CARDIFF	M	39	ms
204	89.22	135	DAVID	MATHIAS		M	37	ms
205	89.26	191	IAN	PRICE		M	49	mv
206	89.39	282	ROBERT	SCOTT		M	28	ms
207	90.02	216	BRIAN	RUSSELL		M	48	mv
208	90.13	324	GARETH	PASSEY	GLAM HEALTH + RACQUET	M	40	mv
209	90.19	357	KERI	DILLY		M	44	mv
210	90.22	348	DAWNE	RANDELL		F	29	fs
211	90.31	18	JANET	RICHARDS	GRIFFITHSTOWN HARRIERS	F	42	fv
212	91.07	255	PAUL	GILLARD		M	48	mv
213	91.17	241	JEANETTE	JENKINS	FAIRWATER RUNNERS	F	47	fv
214	91.26	266	HUGH	MADDOCK		M	45	mv
215	91.33	139	SHELLEY	BAYNES	GRIFFITHSTOWN HARRIERS	F	28	fs
216	91.59	305	PAULINE	THOMAS	TROTS	F	65	fv
217	92.16	82	MICHELLE	PHILLIPS	AMMAN VALLEY HARRIERS	F	35	fv
218	92.18	227	ROBERT	FOWLER	AMMAN VALLEY HARRIERS	M	62	mv
219	92.43	343	HELEN	WILLIAMS	ABERYSTWYTH AC	F	46	fv
220	92.44	271	MIKE	GRIFFITHS	TEAM DEVIANT	M	36	ms
221	92.49	110	JEFF	EVANS	LLANELLI AAC	M	41	mv
222	92.53	1	NIGEL	JONES		M	53	mv
223	92.57	116	ALLAN	MAGUIRE	CARDIGAN RUNNING CLUB	M	33	ms
224	93.09	297	SCOTT	POWELL	TRI HARDER TRI	M	33	ms
225	93.11	37	STEVE	JONES	SBOC	M	49	mv

226	93.11	111	KEVIN	O'LEARY		M	48	mv
227	93.25	38	DAVE	MITCHELL	SBOC	M	49	mv
228	93.36	6	CHRISTINE	VORRES	GRIFFITHSTOWN HARRIERS	F	48	fv
229	93.36	308	MATTHEW	LILLEY		M	41	mv
230	93.42	10	STUART	GRIFFITHS		M	31	ms
231	93.44	20	PETER	HARDING	CARMARTHEN HARRIERS	M	68	mv
232	93.51	45	PATRICIA	JONES	BRACKLA HARRIERS	F	53	fv
233	93.56	249	MALCOLM	JONES	BRACKLA HARRIERS	M	55	mv
234	94.04	334	RAY	MAJER		M	54	mv
235	94.14	230	MICK	WARNER		M	62	mv
236	94.23	158	LILY	DYU		F	37	fv
237	94.27	356	HELEN	BOAB		F	32	fs
238	94.29	92	PETER	MORRIS		M	37	ms
239	94.31	341	KEN	NESS		M	37	ms
240	94.34	189	CLARE	JOHNSON	LES CROUPIERS	F	62	fv
241	94.38	98	SIMONE	EADE		F	33	fs
242	94.38	214	IAN	SWANSON	PORT TALBOT HARRIERS	M	57	mv
243	94.52	96	RICHARD	WICKS		M	50	mv
244	95.11	342	MARK	SUTTON	GRIFFITHSTOWN HARRIERS	M	46	mv
245	95.16	73	MARK	WARREN		M	45	mv
246	95.30	267	JACQUELINE	KING		F	39	fv
247	95.34	121	ANDREW	LANE		M	49	mv
248	95.45	199	RICHARD	COUSINS		M	35	ms
249	95.57	313	CHRISTINE	JENNINGS		F	40	fv
250	96.39	184	GEMMA	MORGAN		F	24	fs
251	96.42	287	HANNAH	MANLEY	BRIDGEND	F	27	fs
252	96.51	273	GETHIN	JONES	TEAM DEVIANT	M	41	mv
253	96.57	323	RICHARD	PAYNE	GLAM HEALTH + RACQUET	M	42	mv
254	96.59	307	HEULWEN	JAMES		F	40	fv
255	97.10	130	DARREN	RAZ-NICK		M	27	ms
256	97.39	272	WENDY	CLARK		F	37	fv
257	97.59	86	PHIL	STONE		M	59	mv
258	98.06	128	CAPTAIN	BEANY		M	53	mv
259	98.19	302	NIGEL	WILLIAMS		M	46	mv
260	98.24	105	JANE	ASH	LES CROUPIERS	F	33	fs
261	98.26	118	SIMON	COGGER		M	43	mv
262	98.59	107	CHRIS	HOCKLEY		M	39	ms
263	99.07	175	ANTHONY	VALLARIO	PORT TALBOT HARRIERS	M	51	mv

264	99.15	41	NORMAN	JONES	ABERGAVENNY STRIDERS	M	63	mv
265	99.15	173	TINA	LAVELLE		F	50	fv
266	99.19	85	SUNNIVA	BOWEN		F	25	fs
267	99.25	108	GARETH	JENKINS		M	30	ms
268	99.41	187	GRAHAM	SINGER		M	51	mv
269	100.07	50	STUART	BARNES		M	48	mv
270	100.13	58	SARAH	SMILES	BRACKLA HARRIERS	F	27	fs
271	100.35	278	JAMES	MASON		M	20	ms
272	100.41	309	LIDIA	DE OMESSIRENEZ		F	25	fs
273	100.46	251	GLENDA	ROBERTS	ABERYSTWYTH AC	F	54	fv
274	100.47	221	FAY	SHARPE	3M GORSEINON RR	F	47	fv
275	101.29	126	BARRY	JAMES		M	57	mv
276	101.34	83	SHAUN	EMMS	HAY HOTFOOTERS	M	68	mv
277	101.56	178	TONY	GRANDON		M	58	mv
278	102.43	182	CHRIS	SIMONSON		M	52	mv
279	103.00	233	MICHELLE	SHORNEY	BRACKLA HARRIERS	M	44	mv
280	103.13	340	CLAIRE	SUTTON	GRIFFITHSTOWN HARRIERS	F	41	fv
281	103.29	207	HOWARD	MORGAN		M	65	mv
282	103.44	65	ARANKA	PRATT		F	59	fv
283	103.50	127	ALAN	ROBERTS		M	52	mv
284	103.56	259	GARETH	MCCARTHY		M	30	ms
285	104.00	19	COLIN	GARDINER		M	59	mv
286	104.00	168	ANNA	TURLEY		F	29	fs
287	104.16	167	OWAIN	GILLARD		M	30	ms
288	104.20	149	SARAH	STEVENS		F	29	fs
289	104.31	140	GARRY	NEWBOULD	VILLAGE VIPERS, CARDIFF	M	55	mv
290	104.43	339	WENDY	REES	GRIFFITHSTOWN HARRIERS	F	45	fv
291	105.06	254	HELEN	DAVIES	CARDIGAN RUNNING CLUB	F	37	fv
292	105.13	44	HELEN	HUNT		F	57	fv
293	105.45	39	GARY	RICHARDS		M	40	mv
294	105.49	188	CATHERINE	LLEWELLYN		F	43	fv
295	106.15	77	CARON	MCKEE-HANDS	FERC	F	43	fv
296	106.22	142	JANE	EDGE		F	40	fv
297	107.39	115	LOUISE	MAGUIRE	CARDIGAN RUNNING CLUB	F	33	fs
298	108.03	33	HEATHER	PAYNTON	TRENT PARK RC	F	61	fv
299	108.20	329	NIA	DICKIE		F	41	fv
300	108.36	154	NATALIE	RICHARDS		F	27	fs

301	108.40	156	ALLISON	JONES		F	33	fs
302	109.19	151	J	HOBBS		M	40	mv
303	109.51	336	PAULA	MURPHY		F	39	fv
304	111.32	32	MIKE	MATTHEWS		M	65	mv
305	111.41	146	CLAIRE	MILNER		F	55	fv
306	111.41	131	JESS	PLAYER		F	26	fs
307	112.09	22	DENISE	BRENNAN		F	38	fv
308	112.09	129	RICHARD	PLAYER		M	56	mv
309	114.09	242	ANDRE	MCPHERSON		M	34	ms
310	114.09	262	ANTHONY	HOLLING	PORT TALBOT HARRIERS	M	52	mv
311	114.36	72	MARK	WILLIAMS		M	43	mv
312	114.56	43	MARIANNE	BURRIDGE	FAIRWATER RUNNERS	F	49	fv
313	115.06	197	HANNAH	FOWLER	PONTYPRIDD ROADENTS	F	37	fv
314	115.15	70	LINDA	SMITH		F	46	fv
315	115.31	47	PAULA	THOMAS	BRACKLA HARRIERS	F	49	fv
316	117.32	3	PAVLA	SAMUEL		F	28	fs
317	117.32	55	PAVLA	BLOOR		F	38	fv
318	118.37	311	MARK	STEVENS		M	30	ms
319	128.20	17	MARY	DONNELLY	BRACKLA HARRIERS	F	45	fv
		11	DEBORAH	GREEN	LES CROUPIERS	F	33	fs
		12	LISA	PHILLIPS		F	35	fv
		15	ROBERT	CLARKE		M	47	mv
		21	DAFYDD	JOHN		M	33	ms
		30	HELEN	JONES		F	38	fv
		34	GAVIN	MORRIS		M	29	ms
		35	PATRICK	BISHOP		M	27	ms
		36	KRISTIAN	JONES	SBOC	M	17	ms
		56	ANNE	THOMAS		F	50	fv
		61	RONALD	DAVIES		M	56	mv
		62	BRIAN	JONES	GRIFFITHSTOWN HARRIERS	M	44	mv
		69	ROBERT	EVANS		M	32	ms
		75	RHIDIAN	EDWARDS		M	28	ms
		79	DOUGLAS	DALWOOD		M	58	mv
		80	STEPHEN	HILL	CHEPSTOW HARRIERS	M	52	mv
		87	KATHRYN	HOLLEY	WOMENS RUNNING NETWORK	F	32	fs
		88	SARA	DINEEN		F	30	fs
		113	DEAN	THOMAS		M	33	ms
		117	NIGEL	REES		M	37	ms

		120	CRAIG	JOHNSON		M	25	ms
		122	IAN	HENRY		M	34	ms
		133	MARY	GENT		F	50	fv
		143	LIAM	GALLAGHER		M	33	ms
		144	TIM	O'SULLIVAN	LES CROUPIERS	M	49	mv
		150	SARAH	HUDSON		F	30	fs
		155	DARREN	HOLLAND		M	33	ms
		157	GILL	MORRIS	WOMEN'S RUNNING NETWO	F	39	fv
		159	CLIVE	ROWE		M	39	ms
		163	ANDREW	THORNE		M	33	ms
		164	ANN	THOMAS		F	27	fs
		165	GARETH	JUDD		M	42	mv
		171	JANET	OWENS		F	41	fv
		217	KEVIN	TAYLOR	AMMAN VALLEY HARRIERS	M	47	mv
		300	HOWARD	WILLIAMS		M	45	mv