

<u>Position</u>	<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>Club</u>	<u>Age Category</u>
1	0:26:55	567	Jon James	Wells City	M55
2	0:26:58	454	Vaughn Edwards	Les Croupiers RC	M40
3	0:27:09	531	Huw Evans	Parc Bryn Bach	M50
4	0:27:15	460	Owain Schiavone	Cardiff AAC	M40
5	0:27:27	403	Phil Hambleton	Les Croupiers RC	M35
6	0:27:39	453	James Thie	Pontypridd Roadents AC	M40
7	0:27:51	457	Edward Land	Aberystwyth AC	M40
8	0:28:00	406	Andy Gardiner	San Domenico	M35
9	0:28:19	407	Gary Wyn Davies	Aberystwyth AC	M35
10	0:28:22	461	Gary Brown	Penarth & Dinas	M40
11	0:28:46	455	Phil Morris	Builth & District	M40
12	0:28:59	539	Nicholas Grinnell	Bridgend AC	M50
13	0:29:00	452	Paul Morton	Les Croupiers RC	M40
14	0:29:10	401	Nathan Christoforato	Penarth & Dinas	M35
15	0:29:12	609	Ifan Lloyd	Swansea Harriers AC	M60
16	0:29:39	571	Andy Blair	Les Croupiers RC	M55
17	0:30:13	493	Chris Medcalf	San Domenico	M45
18	0:30:20	561	Colin Williams	Les Croupiers RC	M55
19	0:30:26	494	Craig Hopkins	Caerleon	M45
20	0:30:30	703	Louise Flynn	Les Croupiers RC	W35
21	0:30:40	495	Shelley Childs	Aberystwyth AC	M45
22	0:30:44	408	Charlie Bendall	Chepstow Harriers	M35
23	0:31:03	409	Owen Davies	Les Croupiers RC	M35
24	0:31:22	534	Steve Davies	Parc Bryn Bach	M50
25	0:31:40	538	William Edwards	Porthcawl Runners	M50
26	0:31:41	605	Kevin Chalke	Penarth & Dinas	M60
27	0:31:51	546	Kevin Plank	San Domenico	M50
28	0:31:53	704	Mary Cormack	Clapham Chasers	W35
29	0:31:54	770	Cherry Fowler	Chepstow Harriers	W50
30	0:32:04	545	Brian Paynter	Les Croupiers RC	M50
31	0:32:25	485	Wayne Humphries	Unattached	M45
32	0:32:36	729	Helen Sharpe	Penarth & Dinas	W40
33	0:32:39	780	Nicola Jukes	Parc Bryn Bach	W50
34	0:32:41	497	Laurence Pole	Pontypridd Roadents AC	M45
35	0:32:43	484	Gareth Lynch	Les Croupiers RC	M45
36	0:32:43	413	Lee Gwyn	Unattached	M35
37	0:32:43	486	Aled Hughes	Ogmore Phoenix Runners	M45
38	0:32:48	722	Kelly Morgan	Clapham Chasers	W40
39	0:33:01	414	Gareth Logan	Les Croupiers RC	M35
40	0:33:04	482	James Bruce	Les Croupiers RC	M45
41	0:33:04	575	Michael Ramsey	Les Croupiers RC	M55
42	0:33:06	746	Susannah Bulpin	San Domenico	W45
43	0:33:08	797	Nikki Morgan	Chepstow Harriers	W55
44	0:33:12	462	Rhydian Darcy	CDF Runners	M40
45	0:33:19	731	Llinos Jones	Swansea Harriers AC	W40
46	0:33:21	601	Vince Nazareth	Les Croupiers RC	M60

47	0:33:23	568	Alan Jordon	Griffithstown Harriers	M55
48	0:33:27	612	Jeremy Thomas	Les Croupiers RC	M60
49	0:33:33	632	Terry O'Brian	Unattached	M65
50	0:33:38	489	Richard Edge	CDF Runners	M45
51	0:33:54	617	Richie Bullen	Les Croupiers RC	M60
52	0:34:20	487	Lenny Sayers	Les Croupiers RC	M45
53	0:34:37	778	Joanne Hudson	Caerphilly Runners	W50
54	0:34:47	405	Anthony Cusack	Les Croupiers RC	M35
55	0:35:05	404	Stephen George	Parc Bryn Bach	M35
56	0:35:06	726	Elizabeth Neville	Les Croupiers RC	W40
57	0:35:15	572	Alun Evans	Unattached	M55
58	0:35:19	702	Michelle Taylor	Islwyn RC	W35
59	0:35:27	410	Brian Dias	Cardiff AAC	M35
60	0:35:47	616	Ian Bell	San Domenico	M60
61	0:35:57	794	Kay Chapman	Les Croupiers RC	W55
62	0:36:11	772	Mandy Morris	Neath Harriers AC	W50
63	0:36:13	537	Stuart Felix	Rhondda Valley	M50
64	0:36:24	564	Richard Self	Les Croupiers RC	M55
65	0:36:35	723	Becca Sayers	Unattached	W40
66	0:36:40	547	Nick Stocker	Bridgend AC	M50
67	0:36:45	536	Paul Chapman	Les Croupiers RC	M50
68	0:36:48	640	John Davies	Penarth & Dinas	M65
69	0:36:59	570	Kevin Thomas	Neath Harriers AC	M55
70	0:37:01	639	Mick Tabor	Les Croupiers RC	M65
71	0:37:11	811	Judi Rhys	Les Croupiers RC	W60
72	0:37:16	577	Darren Griffiths-Warner	Pontypridd Roadents AC	M55
73	0:37:21	641	Elio Lepore	Les Croupiers RC	M65
74	0:37:26	775	Jane Sheldon	Penarth & Dinas	W50
75	0:37:50	562	Anthony Phillips	Bridgend AC	M55
76	0:37:54	574	Philip Payne	Unattached	M55
77	0:37:57	728	Nicola Smith	Les Croupiers RC	W40
78	0:38:10	565	Steve Davies	Port Talbot Harriers	M55
79	0:38:10	730	Rachel Walsh	Les Croupiers RC	W40
80	0:38:14	782	Sharon Newell	Parc Bryn Bach	W50
81	0:38:23	608	Terry Caveney	Les Croupiers RC	M60
82	0:38:24	631	Paul Dodd	Chepstow Harriers	M65
83	0:38:33	573	Kevin Bradfield	Parc Bryn Bach	M55
84	0:38:39	745	Paula Allen	Unattached	W45
85	0:39:02	459	Alan Vaughn	White Rock Runners	M40
86	0:39:09	451	Chris Collin	Ogmore Phoenix Runners	M40
87	0:39:11	637	Christopher Grant	Caerphilly Runners	M65
88	0:39:21	653	Simon Partridge	Neath Harriers AC	M70
89	0:39:34	725	Michelle Hoey	Penarth & Dinas	W40
90	0:39:37	741	Sarah Pryor	Les Croupiers RC	W45
91	0:39:59	602	Alan Mason	Les Croupiers RC	M60
92	0:40:09	615	Peter Warren	Les Croupiers RC	M60
93	0:40:23	604	Frank Atherton	Penarth & Dinas	M60

94	0:40:23	743	Ann Johnson	Penarth & Dinas	W45
95	0:40:54	824	Andrea Webster	Les Croupiers RC	W65
96	0:41:15	618	Adrian Bragger	Pontypridd Roadents AC	M60
97	0:41:18	652	Mike Davies	Les Croupiers RC	M70
98	0:41:29	533	Stephen Quin	Les Croupiers RC	M50
99	0:41:56	544	Brian Jones	Les Croupiers RC	M50
100	0:42:10	569	Steve Hill	Penarth & Dinas	M55
101	0:42:17	576	Iestyn Henson	Pontypridd Roadents AC	M55
102	0:42:51	606	Michael Bryant	Newent	M60
103	0:42:56	781	Fiona Drysdale	Ogmore Phoenix Runners	W50
104	0:42:58	681	Brian Gough	Pontypridd Roadents AC	M80
105	0:43:13	619	Rory Coleman	Les Croupiers RC	M60
106	0:43:32	543	Robert Jones	Pegasus RC	M50
107	0:43:37	638	Firouz Mal	Les Croupiers RC	M65
108	0:43:38	833	Brenda Avery	Chepstow Harriers	W70
109	0:43:58	812	Julie Scoley	Les Croupiers RC	W60
110	0:44:09	792	Sally Groves	Pegasus RC	W55
111	0:44:17	611	Gerry Crispie	Les Croupiers RC	M60
112	0:44:21	747	Hannah Withers	San Domenico	W45
113	0:44:30	784	Janet Smith	Les Croupiers RC	W50
114	0:44:45	458	Nigel Hammersley	Pegasus RC	M40
115	0:44:50	634	Graeme Donnan	Les Croupiers RC	M65
116	0:44:52	799	Jill Hancock	White Rock Runners	W55
117	0:44:54	701	Kelly Crofts	Les Croupiers RC	W35
118	0:44:55	779	Lindsey Allen	Unattached	W50
119	0:45:02	727	Deborah O'Sullivan	Les Croupiers RC	W40
120	0:45:33	540	Bernard Starkey	Pencoed Panthers	M50
121	0:45:35	774	Karen Skinley	Pencoed Panthers	W50
122	0:46:32	614	David Prowse	Lliswerry Runners	M60
123	0:46:41	635	Colin Crooks	Pegasus RC	M65
124	0:47:15	578	Marcus Broughton	Penarth & Dinas	M55
125	0:47:15	800	Julie Broughton	Penarth & Dinas	W55
126	0:47:36	607	Phil Groves	Pegasus RC	M60
127	0:47:39	706	Dalia Dundulyte	Pencoed Panthers	W35
128	0:47:49	813	Tricia Searle	She Runs Cardiff	W60
129	0:48:21	613	John Weatherbed	Lliswerry Runners	M60
130	0:48:24	724	Louise Starkey	Pencoed Panthers	W40
131	0:49:00	822	Kath Jervis	Parc Bryn Bach	W65
132	0:50:29	411	Nick Harris	Ogmore Phoenix Runners	M35
133	0:51:30	798	Suzanne Thomas	Unattached	W55
134	0:52:20	793	Sandra Caveney	Les Croupiers RC	W55
135	0:53:04	708	Kirsty McGowan	Les Croupiers RC	W35
136	0:53:49	651	Geoff Wright	Les Croupiers RC	M70
137	0:55:35	832	Clare Johnson	Les Croupiers RC	W75
138	0:55:45	777	Joanne Jenkins	Pencoed Panthers	W50
139	0:55:45	744	Cerys Jones	Pencoed Panthers	W45
140	0:56:41	783	Rhiannon Griffiths	Brackla Harriers	W50

141	0:59:29	541	Byron Jenkins	Pencoed Panthers	M50
142	1:00:05	542	Stephen Blake	Pegasus RC	M50
143	1:04:44	796	Linda Harris	Ogmore Phoenix Runners	W55
144	1:13:08	831	Helen Lloyd-Jones	Pegasus RC	W70
145	1:13:42	821	Carol Barrett	Unattached	W65
146	1:27:48	682	Syd Wheeler	Chepstow Harriers	M85