

Pos.	Time	Race No.	Name	Surname	Club
1	57.42	203	STEPHEN	PATTERSON	SAN DOMENICO
2	59.31	183	STUART	CREES	LES CROUPIERS
3	59.47	41	KRISTIAN	JONES	SWANSEA HARRIERS
4	60.24	253	STEVE	REES	PORT TALBOT HARRIERS
5	60.38	200	LESLEY	HEWITSON	INGLI RUNNERS
6	60.44	204	GLYN	PRICE	SARN HELEN
7	61.07	202	PAUL	TALBOT	NEATH HARRIERS
8	62.31	257	CARL	ELLIS	PORT TALBOT HARRIERS
9	63.11	198	CHRIS	PARKER	SWANSEA HARRIERS
10	63.24	194	RICK	VELATI	SWANSEA HARRIERS
11	63.44	210	MICHAEL	DAVIES	SARN HELEN
12	64.14	163	SIMON	OSBORNE	BRIDGEND ATHLETIC
13	64.23	265	LAURENCE	HUMPHRIES	FAIRWATER RUNNERS
14	64.48	188	IAN	WEBB	LLANELLI ATH
15	64.59	232	JEROME	EVANS	PORT TALBOT HARRIERS
16	66.05	241	JOSEPH	HAINES	
17	66.34	280	PETE	OSBORNE	SWANSEA HARRIERS
18	66.42	230	ADRIAN	WEAVER	PORT TALBOT HARRIERS
19	66.48	238	CHRIS	GIBSON	
20	66.48	106	MARK	DUNSCOMBE	SARN HELEN
21	67.05	9	MARTIN	WILLIAMS	LES CROUPIERS
22	67.12	220	ANGELA	HEELEY	SAN DOMENICO
23	67.16	310	BRYN	GRIFFITHS	BRIDGEND ATHLETIC
24	67.22	231	CHRIS	FULCHER	PORT TALBOT HARRIERS
25	67.42	278	KEVIN	LEWIS	NEATH HARRIERS
26	67.47	175	PHILIP	MILES	PARC BRYNBACH
27	67.50	185	ROB	FALCONER	
28	68.14	312	STEVE	OUSELEY	INGLI RUNNERS
29	68.21	225	ALEX	WILLIAMS	RRC
30	68.30	189	RICHARD	MARKS	SARN HELEN
31	68.32	169	PHILIP	MEYLER	PONTYPRIDD ROADENTS
32	68.47	66	ROB	SCOTT	LES CROUPIERS
33	68.54	243	NEIL	ROGERS	
34	68.55	131	LEE	MORRIS	
35	68.57	267	GERAINT	REES	BRACKLA HARRIERS
36	68.59	151	ALUN	WILLIAMS	FAIRWATER RUNNERS
37	69.31	223	SHAN	ROBERTS	INGLI RUNNERS
38	69.32	272	DIMITRI	VARRES	GRIFFITHSTOWN HARRIERS
39	69.39	255	HOWARD	CARPENTER	NEATH HARRIERS
40	69.48	109	RUTH	TYLER	LES CROUPIERS
41	69.55	182	KEVIN	TAYLOR	AMMAN VALLEY
42	69.59	147	MATTHEW	REYNOLDS	
43	69.59	195	JEFF	THOMAS	BRIDGEND ATHLETIC
44	70.00	213	MARK	TERRY	TROTS
45	70.16	36	SHARON	LEECH	AMMAN VALLEY
46	70.38	229	MIKE	EVANS	CARDIFF AC
47	70.55	76	GLYN	WILLIAMS	PRESTEIGNE PACERS
48	71.09	123	IAN	OGILVIE	
49	71.27	187	HUW	PRICE	SARN HELEN
50	71.41	4	TONY	HALL	SARN HELEN
51	71.41	193	CAT	STEED	PEMBS HARRIERS
52	71.47	228	PETER	RODGER	GRIFFITHSTOWN HARRIERS
53	71.51	214	KEVIN	JOYCE	
54	71.54	289	CAROLINE	JONES	TROTS
55	72.06	72	RHYS	HEATH	
56	72.08	307	STEVE	MATCHETT	PEMBS TRI
57	72.27	282	DYLAN	LEWIS	
58	72.33	208	GRON	DAVIES	
59	72.44	51	CLIVE	OSMOND	LES CROUPIERS
60	72.52	250	GWYN	LLOYD	PONTYPRIDD ROADENTS
61	72.54	234	THOMAS	GUY	GRIFFITHSTOWN HARRIERS
62	73.04	240	PETER	WALTERS	TROTS
63	73.10	55	WAYNE	FREWEN	BRACKLA HARRIERS
64	73.20	77	GARY	LEWIS	PRESTEIGNE PACERS
65	73.25	191	RICHARD	LLOYD	FAIRWATER RUNNERS
66	73.40	130	ADRIAN	BROWN	PRESTEIGNE PACERS
67	73.42	3	JOHN	MORGAN	BRACKLA HARRIERS
68	73.46	13	PHILIP	PROBERT	
69	73.52	266	ALAN	PERKINS	PORT TALBOT HARRIERS
70	73.55	49	WAYNE	HOLMES	
71	74.04	181	DAVID	ROSE	BRACKLA HARRIERS
72	74.07	11	NICK	BAYLISS	
73	74.08	134	CHRIS	DUPAIN	EXMOUTH HARRIERS

74	74.11	247	BERNARD	HENDERSON	PORT TALBOT HARRIERS
75	74.16	43	ANDREW	HERBERT	
76	74.16	219	LEIGHTON	GARDNER	SWANSEA HARRIERS
77	74.24	304	PAUL	STEVENS	
78	74.32	186	GARY	HOWE	3MS
79	74.34	65	STEPHEN	JONES	
80	74.43	64	TIM	REESE	LLISWERRY
81	74.51	114	RICHARD	JAMES	
82	74.53	82	MICHAEL	DAVIES	LES CROUPIERS
83	74.56	172	JON	GILL	
84	74.58	226	NIGEL	FRANCISCO	TEAM WECORI
85	74.59	275	GRAEME	DONNAN	LES CROUPIERS
86	75.02	102	KIM	WEHDEN	ISLWYN RUNNING CLUB
87	75.16	205	CAROLINE	JOHN	SARN HELEN
88	75.17	276	STEPHEN	OWEN	LES CROUPIERS
89	75.29	256	STEPHEN	ALEXANDER	LES CROUPIERS
90	75.36	165	ADELE	AVERY	ESPORTA GLAMORGAN
91	75.41	215	ALEC	WILLIAMS	INGLI RUNNERS
92	75.41	297	CHRIS	DAVIES	LLISWERRY
93	75.42	242	JAMES	BRAMHALL	
94	76.04	245	MIKE	MURPHY	LES CROUPIERS
95	77.12	135	EMMA	DUPAIN	EXMOUTH HARRIERS
96	77.17	100	RICHARD	DAY	PONTYPRIDD ROADENTS
97	77.20	311	GARY	WATERS	SWANSEA HARRIERS
98	77.25	84	CYRIL	WALTERS	TROTS
99	77.40	254	CAROLINE	MOSELEY	PORT TALBOT HARRIERS
100	77.49	217	DAYMION	JENKINS	
101	78.12	90	COLIN	ELVINS	SWANSEA HARRIERS
102	78.19	303	MARK	STEVENS	
103	78.25	6	SIMON	HALL	
104	78.25	63	WAYNE	CROSS	
105	78.29	248	GARRY	MORGAN	BRACKLA HARRIERS
106	78.29	174	RICHARD	WICKS	
107	78.30	211	MARIA	ZUBIZARRETA	LES CROUPIERS
108	78.32	142	PAUL	HARMES	
109	78.33	308	PAUL	PADGET	INGLI RUNNERS
110	78.34	52	ANDREA	STARRITT	BRACKLA HARRIERS
111	78.42	92	JEFFREY	ASTON	LES CROUPIERS
112	78.51	60	HELEN	JONES	
113	78.59	221	DAVID	NAYLOR	
114	79.04	61	STEVEN	JONES	
115	79.05	235	MARIO	RABAIOTTI	PORT TALBOT HARRIERS
116	79.10	46	JULIE	SCHOLEY	LES CROUPIERS
117	79.11	176	JACKIE	MILES	PARC BRYNBACH
118	79.19	111	LIZ	ASHTON	LES CROUPIERS
119	79.27	53	CHARLOTTE	JOHNS	BRACKLA HARRIERS
120	79.30	201	PAUL	EDWARDS	PEMBS HARRIERS
121	79.34	199	JOHN	COLLINS	SWANSEA HARRIERS
122	79.42	184	BERNIE	MONK	PARC BRYNBACH
123	79.44	288	DAVE	BRIGLIN	
124	79.45	68	ALLAN	JONES	BRACKLA HARRIERS
125	79.57	98	MARK	SUTTON	GRIFFITHSTOWN HARRIERS
126	80.06	85	ANDREW	ROTHWELL	
127	80.11	197	DAVID	OAK	PORT TALBOT HARRIERS
128	80.19	283	SIMON	PRICE	
129	80.31	136	BEN	WHITE	EXMOUTH HARRIERS
130	80.33	209	BEV	DAVIES	
131	80.50	15	MICK	GRANT	ROAD RUNNERS CLUB
132	80.53	20	JOHN	PARKINSON	MUMBLES MILERS
133	80.55	19	DARREN	HALL	
134	80.55	171	DOMINIC	SHIELDS	SAN DOMENICO
135	81.00	249	SUZIE	PUGH	
136	81.15	54	LIBBY	LAVIS	BRACKLA HARRIERS
137	81.30	48	ROLAND	MATTHEWS	BRACKLA HARRIERS
138	81.43	78	PHILIP	JONES	PRESTEIGNE PACERS
139	81.46	301	WARREN	PERKINS	
140	82.00	177	ROLAND	SHERWOOD	AMMAN VALLEY
141	82.17	113	TONY	BURT	BRACKLA HARRIERS
142	82.29	95	PAUL	ARNOLD	3MS
143	82.30	83	MANIE	TANG	GLAMORGAN
144	82.40	173	DAVE	LLOYD	PRESTEIGNE PACERS
145	82.41	252	HELEN	WALKER	INGLI RUNNERS
146	82.46	260	JACK	TREMLETT	
147	82.52	10	PAUL	DURSLEY	LLISWERRY

148	82.59	279	TONY	HOLLING	PORT TALBOT HARRIERS
149	83.06	104	ANDREW	SEDGMOND	LES CROUPIERS
150	83.12	237	BOB	GARDINER	TEAM WECORI
151	83.15	16	JAMES	THOMAS	BRACKLA HARRIERS
152	83.15	39	MIKE	RIDOUT	BRACKLA HARRIERS
153	83.19	119	PAUL	BIGMORE	BRACKLA HARRIERS
154	83.23	239	CHIRIS	FREY-DAVIES	TEAM WECORI
155	83.37	129	SIMON	COX	
156	83.37	259	JOHN	AYRES	PORT TALBOT HARRIERS
157	83.40	299	STEPHEN	MATTHEWS	GLAMORGAN
158	83.43	261	ELIZABETH	GOODWIN-JONES	
159	83.43	262	ROSE	GOODWIN-JONES	
160	84.13	118	JUDITH	OAKLEY	PORT TALBOT HARRIERS
161	84.15	31	DAVID	DUNBAR	
162	84.19	86	SIAN	PHILLIPS	SWANSEA HARRIERS
163	84.32	57	KEITH	TREHARNE	BRACKLA HARRIERS
164	84.41	133	NIGEL	DUPAIN	EXMOUTH HARRIERS
165	84.47	62	DIANE	BROWNHILL	
166	84.47	216	JILL	WILCOX	INGLI RUNNERS
167	84.51	300	LYN	REES	SARN HELEN
168	84.55	71	CAROLINE	DALLIMORE	LES CROUPIERS
169	85.15	251	PETER	WALKER	INGLI RUNNERS
170	85.42	101	ANDREW	TIMMS	
171	85.46	224	NICK	DARROCH	BRACKLA HARRIERS
172	85.46	281	RAY	JAMES	PORT TALBOT HARRIERS
173	86.16	145	KRISTIAN	SHEARAN	BRACKLA HARRIERS
174	86.16	23	STEVE	NEW	100 MARATHON CLUB
175	86.26	108	LEE	KWOK	GLAM HEALTH+RACQUET
176	86.45	170	IAN	DOBBEY	
177	86.50	178	JEANETTE	JENKINS	FAIRWATER RUNNERS
178	87.18	264	JOHN	DAVIES	PORT TALBOT HARRIERS
179	87.34	246	NEIL	MURPHY	
180	87.36	22	GEORGE	HALL	ROTHWELL HARRIERS
181	87.50	94	JAYNE	ARNOLD	3MS
182	88.02	284	GWEN	SMITH	SWANSEA HARRIERS
183	88.12	222	MALCOLM	JONES	BRACKLA HARRIERS
184	88.12	207	JANE	ASH	LES CROUPIERS
185	88.24	40	STEVE	JONES	SBOC
186	88.30	42	DAVE	MITCHELL	SBOC
187	88.56	227	HELEN	NICHOLAS	
188	89.05	298	RICHARD	PENNELL	GLAMORGAN
189	89.09	196	STEVE	COCKWELL	
190	89.13	305	MICHAEL	TERRY	
191	89.19	91	HAYLEY	ELVINS	
192	89.42	116	JANICE	HARVEY	
193	89.56	164	JO	LORD	HAY HOTFOOTERS
194	90.15	67	PATRICIA	JONES	BRACKLA HARRIERS
195	90.48	315	PETER	TAYLOR	
196	90.51	292	STEFFAN	PICKLES	
197	90.58	277	ALED	MORGAN	
198	91.00	44	JULIE	ROCHE	FAIRWATER RUNNERS
199	91.54	141	JAMES	HOBBS	
200	91.57	25	MICHAEL	PARRISH	
201	91.57	79	TRACY	EDWARDS	RHONDDA VALLEY RUNNERS
202	92.08	47	IAN	GALL	BRACKLA HARRIERS
203	92.18	192	IAN	CHALMERS	AVON VALLEY RUNNERS
204	92.56	122	TYRONE	WILLIAMS	
205	92.56	218	IAN	SWANSON	PORT TALBOT HARRIERS
206	93.03	121	GARY	WILLIAMS	
207	93.03	274	KATHERINE	JENKINS	GLAMORGAN
208	93.28	293	GILLIAN	MASON	GLAMORGAN
209	93.34	263	LEAH	EVERTON	
210	93.36	290	GILL	EDWARDS	
211	93.39	75	RICHARD	BOWIE	
212	94.04	117	RUSSELL	THOMAS	
213	94.04	291	JAN	JONES	SARN HELEN
214	94.05	115	HEULWEN	JAMES	
215	94.18	273	HOWARD	GRIFFITHS	
216	94.18	285	LYNNE	JONES	
217	94.57	269	RACHEL	LONG	GRIFFITHSTOWN HARRIERS
218	95.24	112	PETER	CHOWDHURY	
219	95.56	306	LAURENCE	JACKMAN	
220	96.26	45	COLIN	GARDNER	
221	96.35	80	TINA	LAVELLE	HAY HOTFOOTERS

Sex	Age	Cat	Res Cat	Aff?
M	30	ms	z	Y
M	30	ms	z	N
M	17	ms	z	N
M	30	ms	z	Y
M	45	mv	x	Y
M	41	mv	x	Y
M	41	mv	x	N
M	33	ms	z	Y
M	43	mv	x	N
M	29	ms	z	N
M	39	mv	x	Y
M	48	mv	x	Y
M	26	ms	z	N
M	51	mv	x	Y
M	18	ms	z	Y
M	27	ms	z	N
M	48	mv	x	Y
M	31	ms	z	Y
M	26	ms	z	N
M	47	mv	x	Y
M	44	mv	x	Y
F	29	fs	b	Y
M	34	ms	z	N
M	41	mv	x	Y
M	47	mv	x	Y
M	57	mv	x	N
M	50	mv	x	
M	34	ms	z	N
M			#N/A	N
M	58	mv	x	Y
M	53	mv	x	Y
M	34	ms	z	Y
M	19	ms	z	N
M	27	ms	z	N
M	35	mv	x	N
M	45	mv	x	N
F	41	fv	a	Y
M	46	mv	x	Y
M	55	mv	x	Y
F	23	fs	b	Y
M	48	mv	x	Y
M	28	ms	z	N
M	42	mv	x	N
M	51	mv	x	N
F	38	fv	a	Y
M	33	ms	z	N
M	36	mv	x	Y
M	42	mv	x	Y
M	45	mv	x	Y
M	52	mv	x	Y
F	32	fs	b	Y
M	52	mv	x	Y
M	43	mv	x	N
F	48	fv	a	N
M	31	ms	z	N
M	40	mv	x	N
M	26	ms	z	N
M	48	mv	x	N
M	48	mv	x	Y
M	53	mv	x	Y
M	36	mv	x	N
M	48	mv	x	N
M	49	mv	x	Y
M	39	mv	x	Y
M	29	ms	z	Y
M	37	mv	x	N
M	45	mv	x	Y
M	42	mv	x	N
M	57	mv	x	Y
M	46	mv	x	N
M	44	mv	x	Y
M	34	ms	z	N
M	25	ms	z	N

M	53	mv	x	Y
M	38	mv	x	N
M	42	mv	x	N
M	29	ms	z	N
M	51	mv	x	Y
M	45	mv	x	N
M	45	mv	x	N
M	45	mv	x	N
M	58	mv	x	Y
M	32	ms	z	N
M	44	mv	x	N
M	55	mv	x	Y
M	46	mv	x	Y
F	43	fv	a	Y
M	51	mv	x	Y
M	41	mv	x	Y
F	36	fv	a	N
M	41	mv	x	N
M	51	mv	x	Y
M	33	ms	z	N
M	55	mv	x	N
F	22	fs	b	N
M	45	mv	x	Y
M	59	mv	x	N
M	61	mv	x	Y
F	32	fs	b	Y
M	39	mv	x	N
M	48	mv	x	Y
M	31	ms	z	N
M	29	ms	z	N
M	42	mv	x	N
M	31	ms	z	Y
M	51	mv	x	N
F	38	fv	a	Y
M	41	mv	x	N
M	53	mv	x	Y
F	41	fv	a	Y
M	61	mv	x	Y
F	39	fv	a	N
M	74	mv	x	N
M	38	mv	x	N
M	45	mv	x	Y
F	49	fv	a	Y
F	56	fv	a	N
F	27	fs	b	N
F	42	fv	a	Y
M	49	mv	x	Y
M	70	mv	x	Y
M	63	mv	x	Y
M	40	mv	x	N
M	54	mv	x	Y
M	47	mv	x	Y
M	50	mv	x	N
M	63	mv	x	Y
M	33	ms	z	N
M	22	ms	z	N
F	22	fs	b	N
M	52	mv	x	N
M	61	mv	x	Y
M	31	ms	z	N
M	43	mv	x	N
F	38	fv	a	N
F	50	fv	a	Y
M	45	mv	x	Y
M	50	mv	x	Y
M	42	mv	x	N
M	63	mv	x	Y
M	65	mv	x	Y
M	40	mv	x	Y
M	32	ms	z	N
M	53	mv	x	Y
F	52	fv	a	Y
M	28	ms	z	N
M	55	mv	x	Y

M	53	mv	x	Y
M	54	mv	x	Y
M	48	mv	x	N
M	45	mv	x	Y
M	55	mv	x	Y
M	53	mv	x	Y
M	29	ms	z	N
M	45	mv	x	N
M	53	mv	x	Y
M	33	ms	z	N
F	30	fs	b	N
F	28	fs	b	N
F	43	fv	a	Y
M	47	mv	x	N
F	47	fv	a	Y
M	63	mv	x	Y
M	56	mv	x	N
F	36	fv	a	N
F	36	fv	a	N
M	58	mv	x	Y
F	53	fv	a	Y
M	53	mv	x	Y
M	36	mv	x	N
M	50	mv	x	Y
M	47	mv	x	N
M	33	ms	z	N
M	43	mv	x	Y
M	34	ms	z	N
M	59	mv	x	N
F	48	fv	a	Y
M	60	mv	x	Y
M	21	ms	z	N
M	47	mv	x	Y
F	37	fv	a	Y
F	43	fv	a	Y
M	56	mv	x	N
F	34	fs	b	Y
M	50	mv	x	N
M	50	mv	x	N
F	32	fs	b	N
M	39	mv	x	N
M	37	mv	x	N
M	58	mv	x	N
F	39	fv	a	N
F	52	fv	a	N
F	46	fv	a	N
F	54	fv	a	Y
M	21	ms	z	N
M	44	mv	x	N
M	33	ms	z	N
F	40	fv	a	Y
M	41	mv	x	N
M	48	mv	x	N
F	42	fv	a	Y
M	47	mv	x	Y
M	43	mv	x	Y
M	32	ms	z	N
M	58	mv	x	Y
M	42	mv	x	N
F	31	fs	b	N
F	47	fv	a	N
F	29	fs	b	N
F	41	fv	a	N
M	46	mv	x	N
M	38	mv	x	N
F	43	fv	a	Y
F	41	fv	a	N
M	57	mv	x	N
F	31	fs	b	N
F	37	fv	a	Y
M	37	mv	x	N
M	47	mv	x	N
M	60	mv	x	N
F	51	fv	a	N

F	40	fv	a	N
F	44	fv	a	Y
M	53	mv	x	Y
M	22	ms	z	N
M	56	mv	x	Y
M	54	mv	x	N
F	34	fs	b	N
F	46	fv	a	Y
F	42	fv	a	Y
F	37	fv	a	N
F	32	fs	b	N
F	42	fv	a	Y
M	55	mv	x	N
F	63	fv	a	Y
F	39	fv	a	Y
F	60	fv	a	N
M	42	mv	x	Y
F		fs	b	
F	37	fv	a	Y
F	42	fv	a	N
M	39	mv	x	N
F	27	fs	b	N
F	58	fv	a	N
F	30	fs	b	N
M	48	mv	x	N
F	31	fs	b	Y
F	59	fv	a	Y
M	63	mv	x	N
M	35	mv	x	N
M	39	mv	x	N
F	55	fv	a	N
M	62	mv	x	N
F	62	fv	a	N
M	46	mv	x	
F	46	fv	a	Y
M	21	ms	z	N
M	37	mv	x	N
F	29	fs	b	N
M	40	mv	x	N
F	26	fs	b	N
F	43	fv	a	N
F	56	fv	a	N
F	50	fv	a	Y
F	42	fv	a	N
F	44	fv	a	Y
F	48	fv	a	Y
F	50	fv	a	Y
F	50	fv	a	N
M	80	mv	x	Y

