

Llanelli Half Marathon

8th March 2009

RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	797	01:15:24	Stephen Paterson	SAN DOMENICO	Male	1	MS	1	01:15:24	1
2	337	01:15:43	Steve Rees	PORT TALBOT HARRIERS	Male	2	MS	2	01:15:42	2
3	1368	01:16:47	Peter Coles	PONTYPRIDD ROADENTS	Male	3	M40	1	01:16:47	3
4	743	01:17:43	Richard Wilder	LES GROUPIERS	Male	4	MS	3	01:17:43	4
5	1130	01:17:54	Peter Ryder	CARDIFF AC	Male	5	MS	4	01:17:53	5
6	381	01:19:04	Dominic Malsom	GLOUCESTER AC	Male	6	MS	5	01:19:03	6
7	283	01:20:12	Chris Parker	SWANSEA HARRIERS	Male	7	M40	2	01:20:11	7
8	1377	01:20:17	Michael Davies	SARN HELEN	Male	8	M40	3	01:20:16	8
9	904	01:20:48	James Thomas	A.U. HARRIERS	Male	9	MS	6	01:20:46	9
10	1413	01:21:21	Scott Evans	SOSPAN ROAD RUNNERS	Male	10	MS	7	01:21:17	11
11	834	01:21:58	Andrew Friend	CARDIFF AC	Male	11	MS	8	01:21:57	12
12	1467	01:22:21	Brian Yates		Male	12	MS	9	01:22:18	13
13	597	01:22:22	Daniel Davies	ABERYSTWYTH AC	Male	13	MS	10	01:22:20	14
14	1238	01:22:36	Dewi Wyn Roberts	Bro Dysynni Aac	Male	14	M40	4	01:22:34	15
15	1418	01:23:04	Caryl Mair Jones	TROTS	Female	1	FS	1	01:23:03	16
16	1097	01:23:12	Simon Osborne	BRIDGEND AC	Male	15	M40	5	01:23:11	17
17	863	01:23:39	Haydn Hartnell	ISLWYN RUNNING CLUB	Male	16	M40	6	01:23:36	18
18	1202	01:23:40	Mark Reynolds	NEATH HARRIERS	Male	17	MS	11	01:23:38	20
19	113	01:23:41	Samuel Webster	CARDIFF TRIATHLETES	Male	18	MS	12	01:23:37	19
20	1177	01:23:58	Martin Williams	LES GROUPIERS	Male	19	M40	7	01:23:47	21
21	1438	01:24:02	Stephen Goulding	SWINDON HARRIERS	Male	20	M40	8	01:23:57	22
22	1182	01:24:12	Andrew Wright	PORT TALBOT HARRIERS	Male	21	MS	13	01:24:09	23
23	454	01:24:23	Richard Lewis		Male	22	MS	14	01:24:22	24
24	749	01:24:28	Lyndon Tudor Maisey	LES GROUPIERS	Male	23	MS	15	01:24:24	25
25	747	01:24:30	Kevin Griffiths	TROTS	Male	24	M40	9	01:24:29	26
26	230	01:24:32	Rhodri Davies	SOUTH WALES POLICE	Male	25	MS	16	01:24:29	27
27	1351	01:24:38	Jessica Parry-Williams	LES GROUPIERS	Female	2	FS	2	01:24:37	28
28	285	01:24:42	Rhys Jeffreys		Male	26	MS	17	01:24:42	29
29	120	01:25:02	Andy MacAskill	MAIDENHEAD AC	Male	27	MS	18	01:24:59	30
30	1201	01:25:06	Steven Hooper	PONTYPRIDD ROADENTS	Male	28	M40	10	01:25:05	32
31	412	01:25:07	Richard Whitcombe	EBBW VALE RUNNING CLUB	Male	29	MS	19	01:25:01	31
32	609	01:25:17	Lee Morris	3MS GORSEINON ROAD RUNNERS	Male	30	MS	20	01:25:15	33
33	483	01:25:32	Steffan Hughes	CARMARTHEN HARRIERS	Male	31	MS	21	01:25:30	35
34	971	01:25:36	Nick Cousins	GLOUCESTER AC	Male	32	MS	22	01:25:27	34
35	681	01:25:37	Adrian Weaver	PORT TALBOT HARRIERS	Male	33	MS	23	01:25:35	36
36	364	01:25:52	Jerome Evans	PORT TALBOT HARRIERS	Male	34	MS	24	01:25:50	37
37	1426	01:26:01	Brian James Palmer		Male	35	M50	1	01:25:55	38
38	1441	01:26:06	Scott Howell	LES GROUPIERS	Male	36	M40	11	01:26:03	39
39	905	01:26:11	Richard Jones		Male	37	M50	2	01:26:10	40
40	1419	01:26:14	Hywel William Jones	ABERDARE ATHLETIC	Male	38	MS	25	01:26:13	42
41	600	01:26:16	Martin George	SOSPAN ROAD RUNNERS	Male	39	MS	26	01:26:12	41
42	169	01:26:22	Chris Fulcher	PORT TALBOT HARRIERS	Male	40	M40	12	01:26:20	43
43	1154	01:26:26	Richard Thompson	PEMBROKESHIRE HARRIERS	Male	41	M40	13	01:26:23	44
44	589	01:26:52	Mark Dunscombe	SARN HELEN	Male	42	M40	14	01:26:50	46
45	1287	01:26:59	Ben Martin		Male	43	MS	27	01:26:48	45
46	1268	01:27:00	Rhys Harries	CARDIGAN RC	Male	44	MS	28	01:26:58	48
47	1276	01:27:02	Huw Jenkins	BROMSGROVE & REDDITCH	Male	45	M40	15	01:26:57	47
48	919	01:27:02	Rob Lewis		Male	46	MS	29	01:26:58	49
49	1126	01:27:02	Shan Roberts	INGLI RUNNERS	Female	3	F35	1	01:26:59	51
50	1317	01:27:03	Barry Wilson	LUDLOW RUNNERS	Male	47	M50	3	01:26:58	50
51	662	01:27:26	Matthew Wells		Male	48	MS	30	01:27:21	53
52	1321	01:27:27	Steven Bridges	ABERDARE ATHLETIC	Male	49	M40	16	01:27:26	54
53	577	01:27:29	Michael Havard		Male	50	M40	17	01:27:16	52
54	194	01:27:40	John Craven		Male	51	MS	31	01:27:36	55
55	659	01:27:41	Graham Moore	SAN DOMENICO	Male	52	MS	32	01:27:37	56
56	1087	01:27:45	Philip Meyler	PONTYPRIDD ROADENTS	Male	53	M50	4	01:27:43	57
57	660	01:27:50	Mike Evans	BUILT & DISTRICT RUNNING CLUB	Male	54	MS	33	01:27:49	58
58	663	01:27:58	John Morris	SBOC	Male	55	MS	34	01:27:52	59
59	1155	01:28:00	Stephen Thomas		Male	56	M40	18	01:27:55	60
60	998	01:28:06	Rob Falconer		Male	57	M50	5	01:28:04	62
61	844	01:28:16	Charles Walsh	PORT TALBOT HARRIERS	Male	58	MS	35	01:28:11	63
62	465	01:28:17	Dean Webster	3MS GORSEINON ROAD RUNNERS	Male	59	MS	36	01:28:11	64
63	1288	01:28:28	Ben Moon		Male	60	MS	37	01:28:18	65
64	728	01:28:32	Steve Matchett	PEMBROKESHIRE HARRIERS	Male	61	M40	19	01:28:30	66
65	1151	01:28:38	Kevin Taylor	AMMAN VALLEY HARRIERS	Male	62	M40	20	01:28:01	61
66	689	01:28:58	Ben Perkins	ST CLEARS TROTS	Male	63	MS	38	01:28:55	68
67	564	01:29:04	Andrew Wilkinson		Male	64	MS	39	01:28:58	69
68	1137	01:29:06	Rob Scott	LES GROUPIERS	Male	65	MS	40	01:28:54	67
69	598	01:29:11	Gareth Ayres	PORT TALBOT HARRIERS	Male	66	MS	41	01:29:08	71
70	1299	01:29:13	Andrew Paul Russell	LES GROUPIERS	Male	67	MS	42	01:29:00	70
71	1255	01:29:28	Andrew Dawe	PEMBROKESHIRE HARRIERS	Male	68	M40	21	01:29:19	73
72	1267	01:29:33	Michael Halsall	LLANELLI AAC	Male	69	MS	43	01:29:31	74
73	118	01:29:34	Russell Bailey		Male	70	MS	44	01:29:11	72
74	153	01:29:39	Rhyddian Reston		Male	71	MS	45	01:29:32	75
75	1272	01:29:58	Carl Hyde		Male	72	MS	46	01:29:55	77
76	1454	01:30:02	Christopher Nellins	PENARTH & DINAS RUNNERS	Male	73	M50	6	01:29:54	76
77	1291	01:30:03	Jamie O Reilly		Male	74	MS	47	01:30:02	78
78	610	01:30:12	Gareth Hall	LLISWERRY RUNNERS	Male	75	MS	48	01:30:08	80
79	644	01:30:12	David Bembo		Male	76	M40	22	01:30:05	79
80	713	01:30:14	Enfys Jones	CARMARTHEN HARRIERS	Female	4	FS	3	01:30:10	81
81	800	01:30:22	Eddie Hiscocks		Male	77	MS	49	01:30:18	83
82	304	01:30:25	Graham Barlow	3MS GORSEINON ROAD RUNNERS	Male	78	M50	7	01:30:12	82
83	479	01:30:28	Jamie Seekings	PENARTH & DINAS RUNNERS	Male	79	MS	50	01:30:20	84
84	951	01:30:47	Neil Burns		Male	80	MS	51	01:30:21	85
85	1092	01:30:53	Gareth Moss		Male	81	M40	23	01:30:46	86
86	900	01:30:58	Stuart Reeves	LES GROUPIERS	Male	82	M40	24	01:30:56	10
87	239	01:31:06	Mark Beveridge		Male	83	MS	52	01:30:59	87

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RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
88	49	01:31:15	Darren Edwards	CELTIC TRI	Male	84	MS	53	01:31:13	89
89	559	01:31:15	Gareth Richards		Male	85	MS	54	01:31:05	88
90	1049	01:31:31	Caroline Jones	TROTS	Female	5	F45	1	01:31:30	92
91	832	01:31:38	James Jenkins		Male	86	MS	55	01:31:29	91
92	833	01:31:42	Mark Whittle	RAF TRIATHLON	Male	87	MS	56	01:31:38	95
93	90	01:31:44	Stephanie James	MAIDENHEAD AC	Female	6	FS	4	01:31:41	97
94	1345	01:31:47	Marianne Gittoes	CHEPSTOW HARRIERS	Female	7	FS	5	01:31:37	94
95	308	01:31:50	Ian Wang		Male	88	MS	57	01:31:35	93
96	437	01:31:50	Mark Terry	TROTS	Male	89	M50	8	01:31:47	101
97	1015	01:31:52	Tony Hall	SARN HELEN	Male	90	M50	9	01:31:46	100
98	152	01:31:53	Graham Colvin	3MS GORSEINON ROAD RUNNERS	Male	91	M40	25	01:31:45	99
99	1162	01:32:01	Steve Walsh	3MS GORSEINON ROAD RUNNERS	Male	92	M40	26	01:31:55	105
100	1190	01:32:03	Amanda Evans	3MS GORSEINON ROAD RUNNERS	Female	8	F35	2	01:31:50	102
101	1275	01:32:05	Paul Jelley	PORT TALBOT HARRIERS	Male	93	M40	27	01:31:51	103
102	1464	01:32:08	Bernard Henderson	PORT TALBOT HARRIERS	Male	94	M50	10	01:31:54	104
103	878	01:32:11	Kev Joyce	PEMBROKESHIRE HARRIERS	Male	95	M40	28	01:32:02	109
104	1113	01:32:12	Nigel Phillips		Male	96	MS	58	01:31:42	98
105	332	01:32:13	Neil Phillips		Male	97	M50	11	01:31:38	96
106	944	01:32:13	Chris Bengier	ISLWYN RUNNING CLUB	Male	98	MS	59	01:31:57	107
107	1166	01:32:14	Rob Wilcox	PENARTH & DINAS RUNNERS	Male	99	M40	29	01:31:56	106
108	1007	01:32:29	Paul Garside		Male	100	MS	60	01:32:24	112
109	1227	01:32:29	Andrew Vulliamy		Male	101	MS	61	01:31:57	108
110	953	01:32:33	Laurie Carter		Male	102	M50	12	01:32:15	110
111	1501	01:32:40	Dominic Lord		Male	103	MS	62	01:31:24	90
112	1034	01:32:41	Hugh Hughes		Male	104	MS	63	01:32:23	111
113	1308	01:32:46	Sean Treloar	PORT TALBOT HARRIERS	Male	105	M40	30	01:32:26	113
114	327	01:32:48	Mat Dorn		Male	106	MS	64	01:32:44	118
115	247	01:32:50	Anthony Douglas		Male	107	MS	65	01:32:39	116
116	687	01:32:55	Nigel Francisco	TEAM WECORI	Male	108	M40	31	01:32:45	119
117	885	01:33:03	Robert Evans	EBBW VALE RUNNING CLUB	Male	109	M40	32	01:32:57	122
118	565	01:33:08	Rachel Allcock	AMMAN VALLEY HARRIERS	Female	9	F35	3	01:32:41	117
119	1415	01:33:14	Leighton Gardner	SWANSEA HARRIERS	Male	110	M40	33	01:33:06	124
120	299	01:33:16	Steffan Gruffudd		Male	111	MS	66	01:33:00	123
121	1186	01:33:16	Carroll Graham		Female	10	FS	6	01:32:56	121
122	1057	01:33:18	Terry Jones		Male	112	MS	67	01:33:08	125
123	1369	01:33:19	Lenny Hughes	MALDWYN HARRIERS NEWTOWN POWYS	Male	113	M50	13	01:33:16	131
124	962	01:33:19	Michelle Cole	RUNNING COACH	Female	11	FS	7	01:33:18	133
125	967	01:33:20	John Cook	SOSPAN ROAD RUNNERS	Male	114	M60	1	01:32:28	114
126	297	01:33:20	Alistair Coates		Male	115	MS	68	01:33:10	126
127	949	01:33:22	Terry Brown		Male	116	M40	34	01:33:19	134
128	347	01:33:22	Daniel Wills		Male	117	MS	69	01:33:17	132
129	349	01:33:23	Victoria Winzer		Female	12	FS	8	01:33:19	135
130	191	01:33:27	Mike Scotney	BOURNVILLE HARRIERS	Male	118	MS	70	01:33:14	130
131	527	01:33:30	Dean Trebilcock		Male	119	MS	71	01:33:23	136
132	901	01:33:37	Stephen Pearce		Male	120	M40	35	01:33:12	128
133	1071	01:33:39	Pete Lloyd	3MS GORSEINON ROAD RUNNERS	Male	121	MS	72	01:33:11	127
134	1152	01:33:43	Michael Thomas		Male	122	M40	36	01:33:24	137
135	1055	01:33:45	Neil Jones		Male	123	MS	73	01:33:40	141
136	1325	01:33:47	Ian Owen		Male	124	MS	74	01:32:52	120
137	1296	01:33:47	Sandra Pinkham	PORT TALBOT HARRIERS	Female	13	F45	2	01:33:36	140
138	1054	01:33:52	Ian Jones		Male	125	M40	37	01:32:37	115
139	1470	01:33:55	Michael Davies	LES CROUPIERS	Male	126	M50	14	01:33:45	143
140	181	01:33:55	Tom Leach		Male	127	MS	75	01:33:54	145
141	439	01:34:06	Paul Beard		Male	128	MS	76	01:33:52	144
142	1306	01:34:12	Helen Thomas	PEMBROKESHIRE HARRIERS	Female	14	FS	9	01:34:03	149
143	1446	01:34:15	Charlie Pope		Male	129	MS	77	01:34:02	146
144	760	01:34:19	Philip Probert		Male	130	M40	38	01:33:13	129
145	1361	01:34:21	Paul Morris		Male	131	M40	39	01:33:44	142
146	1475	01:34:29	Krijn Peters		Male	132	MS	78	01:33:27	138
147	1301	01:34:32	Gareth Lee Scriven		Male	133	MS	79	01:34:21	150
148	853	01:34:35	Larry McGeary		Male	134	MS	80	01:33:28	139
149	53	01:34:36	Keith James		Male	135	MS	81	01:34:27	153
150	1059	01:34:38	Andrew King	CLEVEDON AC	Male	136	M40	40	01:34:27	154
151	1028	01:34:39	Wayne Holmes		Male	137	M40	41	01:34:22	151
152	1175	01:34:44	Lorna Williams		Female	15	F45	3	01:34:43	158
153	1376	01:34:44	Andy Davies	PONTYPRIDD ROADENTS	Male	138	M40	42	01:34:38	155
154	553	01:34:47	Richard Webster	3MS GORSEINON ROAD RUNNERS	Male	139	M50	15	01:34:40	157
155	1516	01:34:54	Unknown Competitor		Male	140	MS	82	01:34:46	159
156	1229	01:34:56	Mark Stevens		Male	141	MS	83	01:34:02	147
157	1230	01:34:56	Paul Stevens		Male	142	MS	84	01:34:02	148
158	200	01:34:59	Roger Hailes		Male	143	M50	16	01:34:54	161
159	678	01:35:11	Andy Shanahan		Male	144	MS	85	01:35:02	162
160	1447	01:35:14	Simon Hall		Male	145	MS	86	01:35:07	164
161	496	01:35:15	Daniel Luffman		Male	146	MS	87	01:35:06	163
162	968	01:35:16	Debbie Cooke	BRIDGEND AC	Female	16	F35	4	01:35:11	165
163	721	01:35:20	Neil Williams		Male	147	M40	43	01:35:14	166
164	1327	01:35:23	Carol Moseley	PORT TALBOT HARRIERS	Female	17	FS	10	01:35:20	167
165	1453	01:35:24	Simon Williams		Male	148	MS	88	01:34:24	152
166	270	01:35:35	Matt Pryor		Male	149	MS	89	01:35:28	169
167	392	01:35:37	David Williams		Male	150	MS	90	01:34:39	156
168	567	01:35:43	Tony Deacy	MON TRI CLUB	Male	151	M50	17	01:35:34	172
169	397	01:35:45	Barry Evans		Male	152	MS	91	01:34:48	160
170	601	01:35:49	Julian Hoare		Male	153	MS	92	01:35:33	171
171	895	01:35:53	Gareth Rees	SOSPAN ROAD RUNNERS	Male	154	MS	93	01:35:48	179
172	1050	01:35:55	Richard Jones	CORNELLY STRIDERS	Male	155	MS	94	01:35:38	174
173	615	01:35:58	Jamie Evans	TEAM SA5	Male	156	MS	95	01:35:47	177
174	820	01:35:58	Jonathan Segal		Male	157	MS	96	01:35:52	181

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
175	1167	01:36:00	Shane Wilde		Male	158	M40	44	01:35:31	170
176	976	01:36:05	Rob Cunningham		Male	159	MS	97	01:35:22	168
177	708	01:36:07	Lee Davies		Male	160	MS	98	01:35:50	180
178	936	01:36:14	Jeremy Alford	PENARTH & DINAS RUNNERS	Male	161	M40	45	01:35:34	173
179	1472	01:36:14	Darren Stevens		Male	162	MS	99	01:36:06	183
180	65	01:36:16	Matthew Mulcahy		Male	163	MS	100	01:36:10	186
181	1241	01:36:17	Adrian Mark Allen		Male	164	MS	101	01:36:13	190
182	380	01:36:19	Lyn Richards		Male	165	M40	46	01:36:07	184
183	881	01:36:24	Stephen Owen	LES CROUPIERS	Male	166	M50	18	01:36:12	188
184	1502	01:36:25	Jayson James	PENCOED TRI	Male	167	M40	47	01:36:11	187
185	1312	01:36:25	Lee Anthony Watts		Male	168	MS	102	01:35:43	176
186	906	01:36:25	Alun Jones	LES CROUPIERS	Male	169	MS	103	01:36:13	191
187	1355	01:36:29	Sam Knight		Male	170	MS	104	01:35:47	178
188	431	01:36:30	Nick Elliott		Male	171	M40	48	01:36:07	185
189	569	01:36:31	David Medhurst		Male	172	MS	105	01:36:12	189
190	1231	01:36:33	Gareth Ash	ROAD RUNNERS CLUB	Male	173	M40	49	01:36:28	194
191	1242	01:36:34	Vincent Robert Bailey		Male	174	MS	106	01:35:42	175
192	311	01:36:36	Stuart Lee		Male	175	MS	107	01:36:16	192
193	1297	01:36:37	David Roberts	INGLI RUNNERS	Male	176	MS	108	01:36:29	195
194	1324	01:36:48	Andrew Murphy		Male	177	MS	109	01:35:53	182
195	354	01:36:49	Don Rees		Male	178	M40	50	01:36:46	199
196	1375	01:36:49	Elysia Ridley	SWANSEA HARRIERS	Female	18	FS	11	01:36:41	196
197	350	01:36:51	Rebecca Winzer		Female	19	FS	12	01:36:47	200
198	782	01:36:52	John Townsend		Male	179	MS	110	01:36:43	197
199	1104	01:36:54	David Parfitt		Male	180	MS	111	01:36:47	201
200	808	01:37:00	Stephen Morath		Male	181	MS	112	01:36:27	193
201	1249	01:37:06	Michael Anthony Curran		Male	182	MS	113	01:36:47	202
202	455	01:37:12	Lisa Thomas	AMMAN VALLEY HARRIERS	Female	20	FS	13	01:36:43	198
203	1347	01:37:15	Mandy Evans	PRESTEIGWE PACERS	Female	21	F45	4	01:37:06	205
204	1220	01:37:19	Brian Russell	CARDIGAN RC	Male	183	M50	19	01:37:06	206
205	1309	01:37:33	Jack Kendrick Tremlett		Male	184	MS	114	01:37:28	211
206	1163	01:37:34	Cyril Walters	TROTS	Male	185	M60	2	01:37:06	207
207	909	01:37:36	Jason Wilkins	CARDIGAN RC	Male	186	MS	115	01:37:33	212
208	978	01:37:39	Eric Davey	LLANELLI AAC	Male	187	M50	20	01:37:16	208
209	929	01:37:45	Philip Evans		Male	188	M40	51	01:37:01	203
210	1403	01:37:45	Paul Cannon		Male	189	MS	116	01:37:04	204
211	1070	01:37:47	Stephen Lewis		Male	190	M40	52	01:37:16	209
212	398	01:37:57	Bridget Parkinson	ABERYSTWYTH AC	Female	22	FS	14	01:37:47	218
213	389	01:37:59	Paul Davies	SWANSEA HARRIERS	Male	191	M40	53	01:37:42	216
214	295	01:38:06	Mark Howells	3MS GORSEINON ROAD RUNNERS	Male	192	MS	117	01:37:57	222
215	268	01:38:11	Ian Hoskins		Male	193	MS	118	01:37:50	220
216	726	01:38:13	David McKechnan		Male	194	MS	119	01:37:58	223
217	804	01:38:14	Rhydian Jones		Male	195	MS	120	01:37:37	214
218	79	01:38:18	Alex Lenthall	WARGRAVE	Male	196	M40	54	01:37:42	217
219	167	01:38:20	Paul Rees		Male	197	M40	55	01:38:06	224
220	1002	01:38:21	Louise Flynn		Female	23	FS	15	01:38:14	226
221	613	01:38:24	Mark Rees		Male	198	MS	121	01:38:18	229
222	190	01:38:26	Geraint Evans		Male	199	M40	56	01:37:49	219
223	1331	01:38:26	Jay Fernon		Male	200	MS	122	01:38:15	227
224	16	01:38:26	Philip Tucker		Male	201	MS	123	01:38:13	225
225	602	01:38:27	Will Kenyon	TEAM BRODIE	Male	202	MS	124	01:37:21	210
226	851	01:38:30	Uku Kumari	SWANSEA HARRIERS	Male	203	M50	21	01:38:25	232
227	658	01:38:30	Paul Edwards	PEMBROKESHIRE HARRIERS	Male	204	M40	57	01:38:20	230
228	1228	01:38:30	Guy Housley		Male	205	MS	125	01:37:37	215
229	1383	01:38:32	Huw Thomas		Male	206	M40	58	01:38:27	234
230	867	01:38:35	Michael Williams	EBBW VALE RUNNING CLUB	Male	207	M40	59	01:38:29	235
231	1259	01:38:37	Martyn Evans	TEAM WECORI	Male	208	M40	60	01:38:16	228
232	1189	01:38:38	Mark Davies	PORT TALBOT HARRIERS	Male	209	M40	61	01:38:34	239
233	556	01:38:40	Christina Smith	3MS GORSEINON ROAD RUNNERS	Female	24	F45	5	01:38:32	237
234	890	01:38:45	Brad Keirstead		Male	210	MS	126	01:37:56	221
235	340	01:38:47	Simon Thomas	FETCH EVERYONE RC	Male	211	MS	127	01:38:35	241
236	1477	01:38:49	John Rogers		Male	212	M40	62	01:37:33	213
237	666	01:39:00	Aled Evans	CLWB RHEDEG ARDAL PENLANFFOS	Male	213	M40	63	01:38:52	245
238	1406	01:39:00	Wayne Robert Cross		Male	214	M40	64	01:38:26	233
239	744	01:39:05	Paul Davies		Male	215	MS	128	01:38:49	244
240	826	01:39:09	Jonathan Wright		Male	216	M40	65	01:39:04	250
241	1179	01:39:13	Steven Williams		Male	217	MS	129	01:38:33	238
242	177	01:39:14	Matthew Bullock		Male	218	MS	130	01:38:56	247
243	379	01:39:14	Stephen Bartlett	ROAD RUNNERS CLUB	Male	219	M40	66	01:38:23	231
244	241	01:39:17	Chris Herdman		Male	220	MS	131	01:38:40	243
245	179	01:39:20	Tony Holling	PORT TALBOT HARRIERS	Male	221	M50	22	01:39:06	252
246	1088	01:39:24	Benjamin Milbourn		Male	222	MS	132	01:39:14	254
247	1322	01:39:24	Piers Morgan-Harvey	MUMBLES MILERS	Male	223	MS	133	01:39:15	255
248	242	01:39:26	Philip Bamsey	NEATH HARRIERS	Male	224	M50	23	01:39:21	257
249	415	01:39:30	Steven Percey		Male	225	M40	67	01:38:57	248
250	990	01:39:31	David Dunning		Male	226	M40	68	01:38:52	246
251	619	01:39:31	Kerrith Ashby		Male	227	MS	134	01:38:29	236
252	1127	01:39:34	Nigel Robinson	HYDROGRAPHIC HARRIERS	Male	228	MS	135	01:38:35	242
253	964	01:39:44	David Comery		Male	229	M40	69	01:39:05	251
254	255	01:39:44	Amanda John	AMMAN VALLEY HARRIERS	Female	25	F45	6	01:39:35	260
255	1349	01:39:49	John Carroll		Male	230	M50	24	01:39:28	258
256	997	01:39:50	Vaughan Evans		Male	231	MS	136	01:39:00	249
257	582	01:39:55	Paul Tapley		Male	232	M40	70	01:39:38	261
258	590	01:39:56	Ian Brannighan		Male	233	MS	137	01:39:15	256
259	48	01:39:56	Robert Warlow		Male	234	MS	138	01:39:40	263
260	973	01:39:59	Andrew Cox		Male	235	MS	139	01:39:56	267
261	1494	01:40:08	Dan Bowman		Male	236	MS	140	01:38:34	240

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
262	1310	01:40:09	Julian Vance-Daniel		Male	237	M50	25	01:39:08	253
263	969	01:40:09	Victoria Cooper	PONTYPRIDD ROADENTS	Female	26	FS	16	01:40:04	269
264	1260	01:40:11	Andriano Evola	ABERYSTWYTH AC	Male	238	M50	26	01:40:01	268
265	943	01:40:12	Ian Bason		Male	239	M40	71	01:40:04	270
266	1235	01:40:14	Ross Parker		Male	240	MS	141	01:40:07	276
267	323	01:40:17	Julian Lewis		Male	241	MS	142	01:39:42	264
268	432	01:40:21	Peter Kempshall		Male	242	MS	143	01:39:46	265
269	588	01:40:26	Ben Murrells		Male	243	MS	144	01:39:53	266
270	986	01:40:31	Rhys Davies		Male	244	MS	145	01:40:28	283
271	1146	01:40:31	Ann Thomas	TROTS	Female	27	F35	5	01:40:04	271
272	818	01:40:32	Ben Reid		Male	245	MS	146	01:40:16	279
273	958	01:40:36	Daniel Cherry		Male	246	MS	147	01:40:15	278
274	184	01:40:40	Martin Jones		Male	247	MS	148	01:40:33	284
275	921	01:40:42	Brett Hanmer	WIMBLEDON WINDMILERS	Male	248	MS	149	01:40:24	281
276	745	01:40:44	Nathan Maloney		Male	249	MS	150	01:40:37	285
277	829	01:40:44	Alwyn Willaims		Male	250	M40	72	01:39:31	259
278	846	01:40:45	Nick Bayliss		Male	251	MS	151	01:40:26	282
279	211	01:40:52	Judi Rhys	LES GROUPIERS	Female	28	F45	7	01:40:18	280
280	1304	01:40:56	Mark John Sunley	HATTON DARTS	Male	252	MS	152	01:39:38	262
281	1136	01:40:57	Mark Schweissiuiger		Male	253	M40	73	01:40:05	272
282	1420	01:40:58	Catherine Tudor Jones	LLANDABO HURRICANES	Female	29	FS	17	01:40:06	273
283	860	01:41:05	Matthew Williams		Male	254	MS	153	01:40:52	290
284	628	01:41:09	Peter Davies		Male	255	MS	154	01:40:44	288
285	690	01:41:12	Warren Tilke	PONTYPRIDD ROADENTS	Male	256	MS	155	01:40:06	274
286	1233	01:41:13	James Blanshard		Male	257	MS	156	01:40:06	275
287	693	01:41:17	Liz Ashton	LES GROUPIERS	Female	30	FS	18	01:41:07	295
288	372	01:41:19	Carl Joseph		Male	258	MS	157	01:40:42	287
289	1157	01:41:25	George Tordoff		Male	259	MS	158	01:41:17	298
290	697	01:41:27	Owen Clark		Male	260	MS	159	01:40:41	286
291	871	01:41:28	Rhys Evans		Male	261	MS	160	01:41:14	297
292	533	01:41:30	Dean Messer		Male	262	MS	161	01:40:52	291
293	1518	01:41:32	Unknown Competitor		Male	263	MS	162	01:40:10	277
294	711	01:41:33	Paul Oboyle		Male	264	M40	74	01:41:19	299
295	1123	01:41:33	David Rees	JJB FITNESS CLUB	Male	265	MS	163	01:40:55	292
296	847	01:41:37	Liam Morris		Male	266	MS	164	01:41:22	300
297	1103	01:41:40	Katharine Panicola		Female	31	F35	6	01:41:29	306
298	1102	01:41:41	Antonio Panicola		Male	267	M40	75	01:41:31	309
299	1332	01:41:45	Darren Bowen		Male	268	MS	165	01:41:06	294
300	1285	01:41:47	Andrew Lucas	3MS GORSEINON ROAD RUNNERS	Male	269	M40	76	01:41:25	301
301	1067	01:41:49	Chris Lewis	PORT TALBOT HARRIERS	Male	270	MS	166	01:41:35	310
302	345	01:41:51	Adrian Luckman		Male	271	M40	77	01:41:37	312
303	519	01:41:52	Olga Eyre		Female	32	FS	19	01:41:30	308
304	667	01:41:53	Kirk Ford	CAERLEON RUNNING CLUB	Male	272	MS	167	01:41:12	296
305	1252	01:41:56	Ian Davies		Male	273	M50	27	01:41:25	302
306	712	01:41:58	Barry Morgan	BRACKLA HARRIERS	Male	274	MS	168	01:41:49	315
307	1390	01:41:59	Laura Champion		Female	33	FS	20	01:41:25	303
308	1204	01:41:59	Mark Whitby		Male	275	MS	169	01:41:02	293
309	336	01:42:00	Paul Millard		Male	276	MS	170	01:41:29	307
310	866	01:42:01	Jason Dickinson	TROTS	Male	277	M40	78	01:41:48	314
311	793	01:42:03	Jon Gill		Male	278	MS	171	01:41:54	316
312	1248	01:42:03	Alison Louise Collins		Female	34	FS	21	01:40:45	289
313	632	01:42:12	Steven Jones		Male	279	MS	172	01:42:01	319
314	367	01:42:15	Philippa Sampson		Female	35	F35	7	01:41:42	313
315	289	01:42:19	Mark Acton		Male	280	MS	173	01:41:54	317
316	633	01:42:22	Helen Jones		Female	36	F35	8	01:42:11	325
317	1212	01:42:24	Clement Llewelyn		Male	281	M60	3	01:41:28	305
318	1290	01:42:25	Adrian Mulready		Male	282	M40	79	01:41:35	311
319	458	01:42:25	Mick Grant	ROAD RUNNERS CLUB	Male	283	M50	28	01:42:05	322
320	1098	01:42:27	Mark Overton		Male	284	M40	80	01:41:26	304
321	1033	01:42:28	Cheryl Hudgell	LES GROUPIERS	Female	37	FS	22	01:42:19	330
322	438	01:42:30	Simon Williams		Male	285	M40	81	01:42:18	329
323	488	01:42:31	Craig Thomas		Male	286	MS	174	01:42:05	323
324	1261	01:42:31	Michael Thomas Flynn		Male	287	M60	4	01:42:23	333
325	945	01:42:35	Chris Birch	TROTS	Male	288	M50	29	01:42:24	336
326	1283	01:42:36	Matthew James Lawlor		Male	289	MS	175	01:42:23	334
327	957	01:42:38	Leslie Chapman	AMMAN VALLEY HARRIERS	Male	290	M60	5	01:42:09	324
328	725	01:42:40	Paul Brown		Male	291	MS	176	01:42:14	328
329	342	01:42:41	Paul Davies		Male	292	MS	177	01:42:11	326
330	459	01:42:41	Alison Nicholls	BRECON ATHLETIC CLUB	Female	38	F45	8	01:42:22	332
331	1410	01:42:45	Ioan Wyn Davies		Male	293	MS	178	01:42:31	338
332	1427	01:42:45	Alvin Thomas Phillips		Male	294	MS	179	01:42:31	339
333	1449	01:42:47	Jason Williams		Male	295	MS	180	01:42:37	341
334	880	01:42:50	Andrew Sedgmond	LES GROUPIERS	Male	296	M50	30	01:42:38	342
335	516	01:42:54	Michael Offord		Male	297	M50	31	01:42:20	331
336	729	01:42:58	David Robson		Male	298	MS	181	01:42:45	344
337	692	01:42:58	Jonathan Kinnear		Male	299	M40	82	01:42:45	345
338	1466	01:43:01	Derek Hancock		Male	300	M50	32	01:42:11	327
339	767	01:43:05	Rhys Jenkins		Male	301	MS	182	01:42:04	320
340	896	01:43:07	Steven Hammond		Male	302	MS	183	01:42:04	321
341	1338	01:43:13	Ryan Orton		Male	303	MS	184	01:42:58	350
342	1164	01:43:17	Peter Walters	TROTS	Male	304	M40	83	01:43:12	355
343	72	01:43:18	Andrew Morris		Male	305	MS	185	01:42:34	340
344	645	01:43:19	Eleanor Smith		Female	39	FS	23	01:42:54	346
345	651	01:43:19	Nick Wright		Male	306	MS	186	01:42:54	347
346	934	01:43:21	Adam Abraham	LES GROUPIERS	Male	307	MS	187	01:43:07	352
347	344	01:43:21	Chris Williams		Male	308	MS	188	01:43:08	353
348	1280	01:43:22	Neil Jones		Male	309	MS	189	01:42:40	343

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
349	32	01:43:23	Mike Griffiths	TEAM DEVIANT	Male	310	MS	190	01:42:23	335
350	1150	01:43:24	Iestyn Thomas		Male	311	MS	191	01:42:24	337
351	1021	01:43:28	Helen Hayes		Female	40	FS	24	01:41:54	318
352	1009	01:43:30	Gary Gregor		Male	312	M60	6	01:42:57	348
353	930	01:43:37	Paul Whitmarsh	PENARTH & DINAS RUNNERS	Male	313	MS	192	01:42:57	349
354	778	01:43:37	Mark Bamford		Male	314	MS	193	01:43:23	358
355	893	01:43:42	Neil Evans		Male	315	MS	194	01:43:12	356
356	1439	01:43:43	Julie Goulding	SWINDON HARRIERS	Female	41	F35	9	01:43:17	357
357	1432	01:43:47	Paul White		Male	316	M40	84	01:43:42	363
358	132	01:43:52	Shaun Roach		Male	317	MS	195	01:43:49	367
359	1234	01:43:53	Harvey Turner		Male	318	MS	196	01:43:46	365
360	827	01:44:02	Paul Chamberlain		Male	319	MS	197	01:43:03	351
361	193	01:44:03	Hazel Craven		Female	42	FS	25	01:43:42	364
362	1222	01:44:04	Graeme Thomas	HEREFORD TRIATHLON CLUB	Male	320	M40	85	01:43:40	362
363	265	01:44:07	Gill Aldworth		Female	43	F35	10	01:43:37	361
364	566	01:44:07	Steven Thomas	3MS GORSEINON ROAD RUNNERS	Male	321	M40	86	01:43:10	354
365	1010	01:44:13	Chris Grey		Male	322	M40	87	01:43:55	369
366	42	01:44:19	Tonia Lewis		Female	44	FS	26	01:43:47	366
367	673	01:44:24	Andrew Jones		Male	323	MS	198	01:43:25	359
368	482	01:44:32	James Dent		Male	324	MS	199	01:43:26	360
369	923	01:44:32	Andy Mundy	LES GROUPIERS	Male	325	MS	200	01:44:20	376
370	1336	01:44:33	Mike Robertson		Male	326	M40	88	01:44:11	374
371	1319	01:44:39	Jason Woodruff		Male	327	M40	89	01:44:04	372
372	823	01:44:48	Keith Coleman		Male	328	M40	90	01:44:09	373
373	251	01:44:51	Andrew Robinson		Male	329	MS	201	01:43:52	368
374	1289	01:44:51	Chris Morris		Male	330	MS	202	01:44:03	371
375	522	01:44:52	Craig Stilwell		Male	331	MS	203	01:43:59	370
376	982	01:45:09	Huw Davies		Male	332	M40	91	01:44:58	380
377	1339	01:45:16	Marcus Thomas		Male	333	MS	204	01:44:17	375
378	30	01:45:20	Hayley Swaine		Female	45	FS	27	01:45:01	382
379	1160	01:45:27	Catrin Waddington		Female	46	F35	11	01:45:07	384
380	772	01:45:29	Eric Lindsay		Male	334	MS	205	01:44:55	378
381	617	01:45:34	Gareth Jones		Male	335	MS	206	01:44:47	377
382	1442	01:45:36	Clare Williams	INGLI RUNNERS	Female	47	F35	12	01:45:12	386
383	1402	01:45:42	Anthony Phillip Barron		Male	336	MS	207	01:45:10	385
384	994	01:45:45	Jeremy Evans		Male	337	MS	208	01:45:31	391
385	1108	01:45:49	Sian Phillips	SWANSEA HARRIERS	Female	48	F45	9	01:45:41	393
386	1461	01:45:56	Michael Nugent	PENARTH & DINAS RUNNING CLUB	Male	338	M50	33	01:45:18	387
387	1183	01:46:06	Captain Beany	PORT TALBOT HARRIERS	Male	339	M50	34	01:44:58	381
388	1489	01:46:07	Chris Thorne		Male	340	MS	209	01:45:06	383
389	1045	01:46:12	Nigel Jenkins		Male	341	MS	210	01:45:27	389
390	664	01:46:12	David Latham		Male	342	MS	211	01:45:46	395
391	989	01:46:14	Pierre-Michael Delamotte		Male	343	MS	212	01:45:57	398
392	572	01:46:17	Aled Rees		Male	344	MS	213	01:45:29	390
393	541	01:46:18	Stephen Matthews		Male	345	MS	214	01:44:56	379
394	668	01:46:21	Kevin Phelps		Male	346	M40	92	01:45:54	396
395	652	01:46:21	Deborah Otley	PONTYPRIDD ROADENTS	Female	49	F45	10	01:45:57	399
396	507	01:46:30	Paul Elliott		Male	347	MS	215	01:45:20	388
397	1352	01:46:34	Paul Hopkins		Male	348	MS	216	01:45:56	397
398	402	01:46:40	Tim Williams		Male	349	MS	217	01:46:03	401
399	468	01:46:45	Kathryn Hughes		Female	50	FS	28	01:46:36	409
400	756	01:46:45	Grant Hughes		Male	350	MS	218	01:46:36	410
401	1203	01:46:45	Julie Thomas	3MS GORSEINON ROAD RUNNERS	Female	51	F45	11	01:46:13	403
402	1431	01:46:48	Michael Thomas		Male	351	M40	93	01:46:33	407
403	835	01:46:54	Steven Riddler	PENCOED TRI	Male	352	M40	94	01:46:34	408
404	26	01:46:58	Charles Phillips		Male	353	MS	219	01:46:29	406
405	773	01:46:59	Ian Rees		Male	354	M50	35	01:46:46	412
406	1090	01:47:00	Ian Moore		Male	355	MS	220	01:45:59	400
407	727	01:47:00	David Way		Male	356	MS	221	01:46:08	402
408	1004	01:47:02	Iuo Ford		Male	357	M50	36	01:45:35	392
409	1294	01:47:03	Hannah Louise Pedder-Smith		Female	52	FS	29	01:46:39	411
410	1278	01:47:09	Paul Jones	MUMBLES MILERS	Male	358	MS	222	01:46:18	404
411	418	01:47:11	Lee Homeyard		Male	359	MS	223	01:46:56	414
412	387	01:47:26	Simon Ralphs		Male	360	MS	224	01:46:26	405
413	865	01:47:27	Emma Davies		Female	53	FS	30	01:46:57	415
414	446	01:47:27	David Thomas		Male	361	M40	95	01:46:53	413
415	581	01:47:32	Rees Morrell		Male	362	MS	225	01:47:14	421
416	312	01:47:36	Elliot Jones		Male	363	MS	226	01:47:01	418
417	1173	01:47:39	Georgina Williams		Female	54	F35	13	01:47:17	424
418	19	01:47:42	David Thomas	PEMBROKESHIRE HARRIERS	Male	364	MS	227	01:47:27	430
419	554	01:47:47	Geraint Smith		Male	365	MS	228	01:47:19	425
420	1017	01:47:50	Richard Harris	CELTIC TRI	Male	366	M40	96	01:47:35	434
421	1245	01:47:53	Robert Ivor Chapman	LES GROUPIERS	Male	367	M40	97	01:47:38	437
422	648	01:47:53	Jilly Holroyd		Female	55	FS	31	01:46:59	416
423	1512	01:47:54	Martin Buck		Male	368	MS	229	01:47:00	417
424	947	01:48:02	Ludovic Boucher-Hamon		Male	369	MS	230	01:47:46	440
425	891	01:48:03	Richard Bowie	FAIRWATER RUNNERS	Male	370	M40	98	01:47:35	435
426	319	01:48:06	Sarah Mason	COTSWOLD ALLRUNNERS	Female	56	FS	32	01:47:12	420
427	1315	01:48:08	Stephen Andrew Williams	LES GROUPIERS	Male	371	M50	37	01:47:43	438
428	1311	01:48:08	Eva Rebecka Von Mantripp		Female	57	F35	14	01:47:34	433
429	1207	01:48:09	Philip Jones	PRESTEIGWE PACERS	Male	372	M50	38	01:47:59	444
430	282	01:48:09	Leighton Williams		Male	373	MS	231	01:47:03	419
431	1485	01:48:09	Russell Vanstone		Male	374	MS	232	01:47:22	428
432	136	01:48:09	William Curtis		Male	375	MS	233	01:47:23	429
433	981	01:48:11	Dawn Davies		Female	58	F35	15	01:47:21	427
434	215	01:48:12	Martin Davies	TROTS	Male	376	MS	234	01:48:01	446
435	911	01:48:13	Bryn Thomas		Male	377	MS	235	01:47:52	442

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
436	799	01:48:15	Andrew Hiscocks		Male	378	MS	236	01:47:32	432
437	751	01:48:15	Andrew Murphy		Male	379	M40	99	01:47:15	423
438	941	01:48:17	Julie Archer		Female	59	F35	16	01:47:45	439
439	680	01:48:18	Ian Marshall		Male	380	MS	237	01:47:20	426
440	279	01:48:20	Owen McNamara		Male	381	MS	238	01:48:08	449
441	1064	01:48:21	Neil Langstone		Male	382	M40	100	01:48:06	447
442	1056	01:48:22	Steve Jones		Male	383	M50	39	01:47:53	443
443	334	01:48:23	Alex Lockwood	SUNDERLAND STROLLERS	Male	384	MS	239	01:47:48	441
444	199	01:48:24	Chris Jones	STRAGGLERS	Male	385	MS	240	01:48:11	450
445	1353	01:48:25	Hywel Tomos		Male	386	M40	101	01:47:27	431
446	1487	01:48:25	Stephen Jones	ISLWYN RUNNING CLUB	Male	387	M50	40	01:47:37	436
447	107	01:48:29	Andrew Wheeler		Male	388	MS	241	01:48:12	451
448	1483	01:48:30	Damion Smith		Male	389	MS	242	01:47:14	422
449	718	01:48:50	Steve Cockwell		Male	390	MS	243	01:48:17	452
450	817	01:48:56	Nick O'Neill		Male	391	MS	244	01:48:29	459
451	1314	01:48:59	Clive Williams		Male	392	M40	102	01:48:06	448
452	1359	01:49:00	Lee Kwok	ESPORTA GLAMORGAN	Male	393	MS	245	01:48:47	465
453	484	01:49:00	Michael Reed		Male	394	M40	103	01:48:28	458
454	546	01:49:01	Dale Ryan		Male	395	MS	246	01:48:34	460
455	1036	01:49:01	Victoria Jackson		Female	60	FS	33	01:48:26	455
456	746	01:49:07	Ben Lester		Male	396	MS	247	01:48:26	456
457	802	01:49:09	Lucy Merredy		Female	61	FS	34	01:48:38	462
458	390	01:49:15	Lois Reed		Female	62	FS	35	01:48:20	454
459	376	01:49:17	Chris Johns		Male	397	M40	104	01:48:47	466
460	1484	01:49:20	Sally Wilson	INGLI RUNNERS	Female	63	FS	36	01:48:56	471
461	139	01:49:20	Peter Francis		Male	398	MS	248	01:48:26	457
462	331	01:49:22	Keir Lewis		Male	399	MS	249	01:48:39	463
463	1121	01:49:24	Richard Pulman		Male	400	MS	250	01:47:59	445
464	1444	01:49:29	Rachael Kennard		Female	64	F35	17	01:48:53	468
465	9	01:49:29	Alan Woods		Male	401	M50	41	01:49:05	476
466	178	01:49:29	Geraint Jenkins	AMMAN VALLEY HARRIERS	Male	402	M40	105	01:49:00	473
467	638	01:49:30	Neil Gabriel		Male	403	MS	251	01:48:59	472
468	176	01:49:30	Paul Carman		Male	404	M50	42	01:49:20	483
469	427	01:49:32	Tanya Wigley	BRISTOL ATHLETICS	Female	65	FS	37	01:49:10	477
470	1105	01:49:33	Simon Parfitt		Male	405	M40	106	01:48:40	464
471	683	01:49:33	Megan Rosser		Female	66	F45	12	01:49:00	474
472	1120	01:49:38	Sean Pritchard		Male	406	MS	252	01:49:35	489
473	498	01:49:40	Michael Henry		Male	407	M40	107	01:49:19	481
474	892	01:49:41	Clive Jones		Male	408	MS	253	01:48:53	469
475	875	01:49:41	Brian Simpson		Male	409	M40	108	01:48:19	453
476	1407	01:49:42	Alan Michael Davies		Male	410	MS	254	01:49:11	478
477	523	01:49:47	Susan Lloyd	PEMBROKESHIRE HARRIERS	Female	67	F35	18	01:49:02	475
478	642	01:49:50	Izhak Ben-Akiva	GREAT WESTERN RUNNERS	Male	411	MS	255	01:49:34	488
479	786	01:49:51	Jonathan Cotsen		Male	412	MS	256	01:49:25	487
480	607	01:49:52	Dan Tetlow		Male	413	MS	257	01:48:35	461
481	1318	01:49:54	Stephen Witts		Male	414	M40	109	01:49:15	479
482	636	01:49:54	Simon Malough		Male	415	MS	258	01:49:23	485
483	1221	01:49:56	Gwyn Taylor		Male	416	MS	259	01:48:54	470
484	606	01:49:59	Dafydd Davies		Male	417	MS	260	01:49:38	490
485	1408	01:50:00	Mark Davies		Male	418	M40	110	01:49:23	486
486	1430	01:50:01	Rhys Owain Stephens		Male	419	MS	261	01:48:48	467
487	287	01:50:03	Steve Hill	PENARTH & DINAS RUNNERS	Male	420	M40	111	01:49:44	497
488	226	01:50:03	Emily Luke	PENARTH & DINAS RUNNERS	Female	68	FS	38	01:49:44	498
489	1006	01:50:03	Bob Gardiner	TEAM WECORI	Male	421	M40	112	01:49:18	480
490	1258	01:50:05	Ffion Aur Evans	AMMAN VALLEY HARRIERS	Female	69	FS	39	01:49:21	484
491	31	01:50:08	Steven Jones		Male	422	MS	262	01:49:40	491
492	733	01:50:09	Burkhard Markhoff	SWANSEA HARRIERS	Male	423	M40	113	01:50:03	505
493	595	01:50:10	Jennifer White		Female	70	F45	13	01:49:45	500
494	792	01:50:10	Gwen Smith	SWANSEA HARRIERS	Female	71	F35	19	01:49:19	482
495	1458	01:50:18	Steve Bond	CHIPPENHAM HARRIERS	Male	424	MS	263	01:50:03	506
496	653	01:50:19	Joseph Carter		Male	425	MS	264	01:49:42	495
497	1506	01:50:25	Phil Regan		Male	426	MS	265	01:49:43	496
498	1448	01:50:30	Daniel Unsworth	TROTS	Male	427	MS	266	01:49:44	499
499	1295	01:50:38	Stephen Mark Pedder-Smith		Male	428	MS	267	01:50:14	516
500	1018	01:50:41	Craig Harris		Male	429	MS	268	01:50:01	504
501	1511	01:50:42	Terry Richards	HINKLEY	Male	430	M60	7	01:50:05	508
502	346	01:50:45	James Davies	3MS GORSEINON ROAD RUNNERS	Male	431	M40	114	01:50:11	512
503	480	01:50:47	John Ivins		Male	432	M40	115	01:50:31	523
504	1358	01:50:50	Lee Gumbrell		Male	433	MS	269	01:49:59	503
505	845	01:50:50	Richard Canale		Male	434	MS	270	01:50:13	514
506	373	01:50:51	John Ayres	PORT TALBOT HARRIERS	Male	435	M50	43	01:49:45	501
507	394	01:50:51	Daisy Seabourne		Female	72	FS	40	01:49:41	492
508	627	01:50:53	Jay Hoffman		Male	436	MS	271	01:50:07	509
509	769	01:50:54	Alun Parry		Male	437	MS	272	01:50:16	518
510	775	01:50:56	Paul Rees		Male	438	M40	116	01:49:51	502
511	1478	01:50:57	Kelvin Jones		Male	439	M40	117	01:49:41	493
512	587	01:50:57	Dennis Michael	POLICE SPORT UK	Male	440	M50	44	01:49:41	494
513	549	01:50:58	Jason Zerk		Male	441	MS	273	01:50:13	515
514	655	01:50:59	Jonathan Milton		Male	442	M40	118	01:50:15	517
515	874	01:50:59	Neil Lawrence		Male	443	MS	274	01:50:36	525
516	505	01:51:00	Joanna Owen		Female	73	F35	20	01:50:40	526
517	198	01:51:05	Emma Shaw		Female	74	F35	21	01:50:27	522
518	966	01:51:05	Eva Cook	SOSPAN ROAD RUNNERS	Female	75	F55	1	01:50:52	532
519	1374	01:51:05	Kevin Mead		Male	444	MS	275	01:50:16	519
520	1178	01:51:06	Noel Williams		Male	445	M40	119	01:50:04	507
521	1240	01:51:06	Steve Terry		Male	446	MS	276	01:50:48	530
522	1145	01:51:06	Michael Terry		Male	447	M50	45	01:50:48	531

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
523	1366	01:51:08	John Martin		Male	448	M50	46	01:50:53	533
524	219	01:51:09	Mark Eakins		Male	449	MS	277	01:50:46	528
525	218	01:51:09	Louise Eakins	3MS GORSEINON ROAD RUNNERS	Female	76	F35	22	01:50:46	529
526	1213	01:51:14	Jake Marks		Male	450	MS	278	01:50:11	513
527	1063	01:51:15	Ricky Langdon		Male	451	MS	279	01:51:01	534
528	274	01:51:16	Martin Radford	DAIHARDS	Male	452	M40	120	01:50:09	511
529	407	01:51:23	Alex O Keefe		Male	453	MS	280	01:51:03	535
530	993	01:51:24	Sheryl Evans	HEREFORD & COUNTY AC	Female	77	F35	23	01:51:10	537
531	524	01:51:24	Jane Williams		Female	78	F35	24	01:50:34	524
532	1079	01:51:24	Wayne Marstrand		Male	454	MS	281	01:50:08	510
533	580	01:51:31	Morne Bouwer		Male	455	MS	282	01:51:20	544
534	649	01:51:36	Hanan Moller		Male	456	M40	121	01:51:20	545
535	593	01:51:39	Mark Jones	CLWB TRIATHLON	Male	457	M50	47	01:51:11	538
536	722	01:51:40	Robert Green		Male	458	MS	283	01:51:25	547
537	537	01:51:42	Kevin McIntosh		Male	459	M40	122	01:51:03	536
538	445	01:51:42	Jacquelyn Sheldon	BLACK PEAR JOGGERS	Female	79	F35	25	01:51:18	541
539	702	01:51:44	Luke Pritchard		Male	460	MS	284	01:50:23	521
540	1095	01:51:45	Ruth Newman	VEGAN RUNNERS	Female	80	F35	26	01:50:17	520
541	29	01:51:47	Mark Kneen		Male	461	M50	48	01:51:19	542
542	557	01:51:49	Ben Rogers		Male	462	MS	285	01:51:27	548
543	586	01:51:49	Darren Williams	PORT TALBOT HARRIERS	Male	463	MS	286	01:51:27	549
544	37	01:51:49	Clare Parkinson	DULWICH PARK RUNNERS	Female	81	F55	2	01:51:17	540
545	248	01:51:49	Holly Janes		Female	82	FS	41	01:51:31	552
546	584	01:51:54	Dave Breen		Male	464	M50	49	01:51:28	550
547	758	01:51:58	Nicola Cole	PEMBROKESHIRE HARRIERS	Female	83	F35	27	01:51:12	539
548	1328	01:51:59	Paul Benjamin		Male	465	M40	123	01:50:42	527
549	450	01:52:02	Gerwyn Wade		Male	466	MS	287	01:51:24	546
550	510	01:52:05	Rosanna Martin		Female	84	FS	42	01:51:19	543
551	1316	01:52:07	Pauline Williams	PORT TALBOT HARRIERS	Female	85	F45	14	01:51:56	560
552	123	01:52:08	Darren Powis		Male	467	MS	288	01:51:33	555
553	870	01:52:24	Tracy Edwards	RHONDDA VALLEY RUNNERS	Female	86	F35	28	01:51:44	557
554	1020	01:52:25	Janice Harvey		Female	87	F45	15	01:51:32	554
555	661	01:52:26	Robert Beer		Male	468	MS	289	01:51:31	553
556	1386	01:52:26	Derek Fenton		Male	469	M40	124	01:52:08	565
557	1042	01:52:27	Hannah Jenkins		Female	88	FS	43	01:51:39	556
558	277	01:52:30	Lee Harris		Male	470	MS	290	01:52:00	562
559	208	01:52:32	Chris Barnes		Male	471	M40	125	01:51:48	558
560	1371	01:52:34	Stephen John Reynolds		Male	472	MS	291	01:51:30	551
561	1263	01:52:38	Garth Edward Giesbrecht		Male	473	M50	50	01:52:16	569
562	401	01:52:41	Rosie Sweetman		Female	89	FS	44	01:52:12	567
563	695	01:52:42	Vaughan Llewellyn		Male	474	M40	126	01:52:16	570
564	724	01:52:43	Paul Vowles		Male	475	MS	292	01:52:03	564
565	356	01:52:54	Lisa Thomas		Female	90	F35	29	01:51:57	561
566	20	01:52:54	Tom Pearson		Male	476	MS	293	01:52:13	568
567	258	01:52:59	Ben Innes		Male	477	MS	294	01:52:02	563
568	1452	01:53:00	Chris Derrick		Male	478	MS	295	01:52:37	575
569	338	01:53:01	Phil Perkins	JJB FITNESS CLUB	Male	479	MS	296	01:52:31	574
570	1409	01:53:04	Mark Davies		Male	480	M40	127	01:52:41	576
571	1169	01:53:05	David Wilkinson	LANCASTER & MORECAMBE	Male	481	M40	128	01:51:55	559
572	143	01:53:10	David McDonald	LES GROUPIERS	Male	482	M40	129	01:52:10	566
573	1429	01:53:15	Richard Springett		Male	483	M40	130	01:52:19	571
574	979	01:53:18	Caryl Davies	SARN HELEN	Female	91	FS	45	01:53:06	586
575	641	01:53:22	Laurence Worth	PEMBROKESHIRE HARRIERS	Male	484	M40	131	01:52:53	580
576	1391	01:53:22	Lindsay Roberts		Male	485	MS	297	01:52:21	572
577	686	01:53:24	Christa Matthews		Female	92	F35	30	01:52:53	581
578	73	01:53:26	Aled Williams		Male	486	MS	298	01:53:14	590
579	917	01:53:26	David Thomas		Male	487	M40	132	01:52:47	577
580	1019	01:53:28	Pete Harrop		Male	488	M40	133	01:52:54	582
581	489	01:53:30	Carlos Land		Male	489	M40	134	01:52:24	573
582	849	01:53:33	Nicholas Morgan		Male	490	MS	299	01:53:16	592
583	1065	01:53:35	Sue Lawrence		Female	93	F45	16	01:52:55	583
584	861	01:53:38	Nick Thorne		Male	491	MS	300	01:52:48	578
585	730	01:53:44	Lorraine Coopey		Female	94	F45	17	01:53:24	595
586	511	01:53:47	Pete Thomas		Male	492	M40	135	01:53:25	597
587	614	01:53:49	Glyn Meredith	TEAM SA5	Male	493	MS	301	01:53:38	607
588	142	01:53:51	Brian Matthews		Male	494	M50	51	01:53:01	585
589	848	01:53:52	Lynne Parry	3MS GORSEINON ROAD RUNNERS	Female	95	FS	46	01:52:49	579
590	1514	01:53:57	Unknown Competitor		Male	495	MS	302	01:53:06	587
591	514	01:54:00	Sophie Clements		Female	96	FS	47	01:53:16	593
592	513	01:54:00	Kate Farmer		Female	97	FS	48	01:53:16	594
593	1393	01:54:02	Kathryn Morris-John	3MS GORSEINON ROAD RUNNERS	Female	98	F35	31	01:52:58	584
594	1378	01:54:03	Suzie Pugh		Female	99	F35	32	01:53:28	600
595	897	01:54:05	John Fry	FAIRWATER RUNNERS	Male	496	M60	8	01:53:38	608
596	1341	01:54:06	David Elvy		Male	497	M40	136	01:53:33	604
597	1381	01:54:10	James Mitchell		Male	498	MS	303	01:53:15	591
598	1380	01:54:10	Caroline Morgan		Female	100	F35	33	01:53:35	605
599	1498	01:54:10	Kayley Riddle		Female	101	F35	34	01:53:11	588
600	260	01:54:12	Leonie Thomas		Female	102	FS	49	01:53:30	603
601	103	01:54:14	Peter Walmsley		Male	499	MS	304	01:53:38	609
602	898	01:54:17	Dave Webster		Male	500	M40	137	01:53:12	589
603	889	01:54:19	Daniel Thomas		Male	501	MS	305	01:53:24	596
604	1342	01:54:20	Owen Rees		Male	502	MS	306	01:53:28	601
605	1244	01:54:20	Andrew Morgan Brown	FIRST CYMRU BUSES	Male	503	M40	138	01:53:57	615
606	1411	01:54:21	Gareth John Davies		Male	504	MS	307	01:53:29	602
607	406	01:54:26	Pixie Taylor		Female	103	F35	35	01:54:07	620
608	1239	01:54:27	Darren Grounds		Male	505	MS	308	01:53:57	616
609	1416	01:54:28	Simon Hern		Male	506	M40	139	01:53:35	606

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
610	429	01:54:29	Polly Evans		Female	104	FS	50	01:53:40	611
611	273	01:54:36	Liam Perrott		Male	507	MS	309	01:54:02	619
612	794	01:54:39	John Eagle		Male	508	M40	140	01:54:22	629
613	1170	01:54:40	Carole Wilkinson	LANCASTER & MORECAMBE	Female	105	F45	18	01:54:17	626
614	1333	01:54:41	Sara Charles	PENARTH & DINAS RUNNERS	Female	106	FS	51	01:54:11	624
615	473	01:54:42	Jim Halsey		Male	509	M40	141	01:53:55	613
616	1282	01:54:47	Ryan Kelly		Male	510	M40	142	01:53:58	617
617	1271	01:54:47	Huw Elis Hopkins		Male	511	MS	310	01:53:58	618
618	1334	01:54:48	Sioned Evans	LLANBABO HURRICANES	Female	107	FS	52	01:53:56	614
619	530	01:54:51	Andre Palmer		Male	512	MS	311	01:53:25	598
620	531	01:54:51	Colin Davies		Male	513	MS	312	01:53:25	599
621	1133	01:54:51	Robert Sanders		Male	514	M50	52	01:54:29	632
622	807	01:54:53	Rachel Harris		Female	108	FS	53	01:54:19	628
623	830	01:54:55	Dee Smith		Female	109	FS	54	01:54:28	631
624	288	01:54:57	Jeff Evans	LLANELLI AAC	Male	515	M40	143	01:53:39	610
625	698	01:54:58	Andy Williams		Male	516	M40	144	01:53:48	612
626	927	01:55:01	David Lewis		Male	517	M50	53	01:54:30	633
627	1100	01:55:03	Daniel Palmer		Male	518	MS	313	01:54:17	627
628	1005	01:55:06	Edward Foxell		Male	519	MS	314	01:54:08	622
629	825	01:55:10	Eiri Evans	3MS GORSEINON ROAD RUNNERS	Female	110	FS	55	01:54:07	621
630	872	01:55:11	Samuel Richards		Male	520	MS	315	01:54:37	636
631	1111	01:55:20	Ian Phillips		Male	521	M40	145	01:54:08	623
632	843	01:55:21	Warren Beynon		Male	522	MS	316	01:54:26	630
633	1396	01:55:22	Dave Warrington		Male	523	MS	317	01:54:45	639
634	674	01:55:30	Sam Watras		Male	524	MS	318	01:45:45	394
635	1129	01:55:30	Greg Rowlands		Male	525	MS	319	01:55:16	647
636	550	01:55:30	Dominic Wiejak		Male	526	MS	320	01:54:13	625
637	1138	01:55:33	Debbie Shufflebottom		Female	111	F35	36	01:55:21	651
638	684	01:55:34	Michael Flanagan		Male	527	MS	321	01:55:14	646
639	985	01:55:36	Robert Davies		Male	528	M40	146	01:55:03	641
640	1037	01:55:37	Jason James		Male	529	MS	322	01:54:30	634
641	252	01:55:39	Nina Brocklebank	3MS GORSEINON ROAD RUNNERS	Female	112	F35	37	01:54:35	635
642	236	01:55:42	Jason Thomas		Male	530	MS	323	01:55:16	648
643	922	01:55:50	Stephen Osborne	LES CROUPIERS	Male	531	MS	324	01:55:32	657
644	1047	01:55:54	Colin Johns		Male	532	MS	325	01:55:04	642
645	757	01:55:55	Howard Jones	BRACKLA HARRIERS	Male	533	M50	54	01:54:44	638
646	35	01:56:00	Naemi Kilbey		Female	113	F35	38	01:54:56	640
647	1343	01:56:01	Amanda Morgan	TROTS	Female	114	FS	56	01:55:18	650
648	1517	01:56:03	Unknown Competitor		Male	534	MS	326	01:54:41	637
649	585	01:56:06	Stephen Palmer		Male	535	MS	327	01:55:33	658
650	175	01:56:07	Steve Jones		Male	536	M50	55	01:55:40	661
651	158	01:56:08	Thomas Jones		Male	537	MS	328	01:55:27	654
652	915	01:56:09	Alison Tay		Female	115	FS	57	01:55:46	664
653	682	01:56:16	Gordon Bossley		Male	538	M40	147	01:55:21	652
654	374	01:56:19	Daniel Came		Male	539	MS	329	01:56:01	667
655	975	01:56:19	Dermot Creegan		Male	540	M40	148	01:55:36	659
656	854	01:56:21	David Evans		Male	541	MS	330	01:55:31	656
657	1043	01:56:23	Katherine Jenkins		Female	116	FS	58	01:55:30	655
658	1149	01:56:23	Huw Thomas		Male	542	MS	331	01:55:09	644
659	440	01:56:23	Nick Hollis		Male	543	MS	332	01:55:08	643
660	592	01:56:27	Matthew Otteson		Male	544	MS	333	01:55:42	662
661	635	01:56:29	Shaun Thomas		Male	545	MS	334	01:55:58	666
662	573	01:56:30	Kathleen Bradbury	AMMAN VALLEY HARRIERS	Female	117	F45	19	01:55:16	649
663	813	01:56:30	Richard Donne	3MS GORSEINON ROAD RUNNERS	Male	546	M40	149	01:55:45	663
664	168	01:56:30	Steve Edgell		Male	547	MS	335	01:55:21	653
665	714	01:56:32	David Beynon		Male	548	MS	336	01:55:13	645
666	894	01:56:42	Chris Snook-Lumb		Male	549	MS	337	01:56:15	670
667	1303	01:56:45	Matthew Stephens		Male	550	M40	150	01:56:06	668
668	1395	01:56:49	Kelly Morgan	PONTYPRIDD ROADENTS	Female	118	FS	59	01:56:24	671
669	937	01:56:52	Ralph Allemano	SWANSEA HARRIERS	Male	551	M50	56	01:55:38	660
670	1161	01:56:56	Stephanie Walker		Female	119	FS	60	01:56:29	673
671	960	01:56:56	Debbie Cleary		Female	120	FS	61	01:56:29	674
672	428	01:57:02	Rachel Biggar		Female	121	FS	62	01:56:41	678
673	1128	01:57:03	Julie Roche	FAIRWATER RUNNERS	Female	122	F35	39	01:56:35	675
674	471	01:57:03	Jeff Partridge		Male	552	MS	338	01:56:42	679
675	1389	01:57:07	Cari Sowden-Taylor		Female	123	FS	63	01:56:06	669
676	145	01:57:11	Ioan Davies		Male	553	MS	339	01:55:57	665
677	1459	01:57:11	Raymond Hasler		Male	554	M50	57	01:56:28	672
678	824	01:57:15	Sarah Baker		Female	124	FS	64	01:56:53	682
679	839	01:57:17	Vance Harris		Male	555	M50	58	01:57:00	685
680	776	01:57:18	Chris Cogswell		Male	556	MS	340	01:56:38	676
681	271	01:57:23	Rachel Roberts		Female	125	FS	65	01:57:01	688
682	1024	01:57:29	Edmund Heery		Male	557	M50	59	01:56:53	683
683	1422	01:57:35	Lee Jones		Male	558	MS	341	01:56:46	680
684	1117	01:57:36	Keith Powell		Male	559	M50	60	01:56:57	684
685	453	01:57:36	David Llewellyn		Male	560	M60	9	01:56:40	677
686	1428	01:57:36	James Saunders		Male	561	MS	342	01:56:50	681
687	173	01:57:42	Sarah Bell		Female	126	FS	66	01:57:00	686
688	481	01:57:44	Victoria Holloway		Female	127	F35	40	01:57:15	692
689	873	01:57:47	Paul Lawrence		Male	562	MS	343	01:57:24	693
690	1014	01:57:56	Michael Griffiths		Male	563	M60	10	01:57:24	694
691	688	01:57:58	Gina Perkins		Female	128	FS	67	01:57:12	690
692	950	01:58:02	Reuben Brunt		Male	564	MS	344	01:57:00	687
693	783	01:58:09	Richard Price	CELTIC TRI	Male	565	M40	151	01:57:24	695
694	140	01:58:10	Adrian Samuel		Male	566	MS	345	01:57:14	691
695	141	01:58:19	Kate Brooks		Female	129	F35	41	01:58:01	705
696	643	01:58:19	Stuart Carey		Male	567	M40	152	01:57:07	689

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RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
697	105	01:58:24	Janice Clement	PENARTH & DINAS RUNNERS	Female	130	F45	20	01:57:50	701
698	1027	01:58:28	Lee Hodgson		Male	568	MS	346	01:58:12	707
699	740	01:58:34	Simon Tucker		Male	569	MS	347	01:57:29	696
700	220	01:58:36	Michael Jones		Male	570	MS	348	01:57:44	698
701	162	01:58:38	Claire Davies		Female	131	F35	42	01:58:18	712
702	790	01:58:41	Andrew Hext		Male	571	MS	349	01:58:16	711
703	935	01:58:42	Richard Adams		Male	572	M40	153	01:58:14	710
704	596	01:58:42	Mark Ibbitson		Male	573	MS	350	01:57:38	697
705	608	01:58:44	Howell Williams		Male	574	MS	351	01:57:45	699
706	512	01:58:44	Chris Maher		Male	575	M50	61	01:58:24	715
707	908	01:58:46	Gethin Thomas		Male	576	MS	352	01:57:58	703
708	222	01:58:48	Lucy Thomas		Female	132	FS	68	01:58:23	714
709	144	01:58:48	Andrew Smith		Male	577	M40	154	01:57:55	702
710	371	01:58:59	Tom Denman		Male	578	MS	353	01:58:02	706
711	1437	01:59:04	Glenda Roberts	ABERYSTWYTH AC	Female	133	F55	3	01:58:26	716
712	576	01:59:05	Nuala Davies		Female	134	F35	43	01:58:31	719
713	701	01:59:09	Ben Pritchard		Male	579	MS	354	01:57:47	700
714	717	01:59:12	Simon Roach		Male	580	M40	155	01:58:20	713
715	777	01:59:16	Jon Henderson		Male	581	MS	355	01:59:03	731
716	1011	01:59:17	Nicola Griffiths	SOSPAN ROAD RUNNERS	Female	135	F35	44	01:57:59	704
717	578	01:59:19	Andrew Johnson		Male	582	M40	156	01:58:43	722
718	946	01:59:19	Spencer Booth		Male	583	MS	356	01:58:49	724
719	444	01:59:24	John Hurst		Male	584	MS	357	01:58:13	708
720	640	01:59:26	Adrian Bytheway	JJB FITNESS CLUB	Male	585	M40	157	01:58:53	728
721	736	01:59:30	Sam Seaton	WALES URNU	Male	586	MS	358	01:58:13	709
722	1394	01:59:30	Phil Thomas		Male	587	MS	359	01:58:36	720
723	855	01:59:31	Alison Bennetts-Brown	ABERYSTWYTH AC	Female	136	FS	69	01:58:44	723
724	493	01:59:33	Stephen Job		Male	588	M40	158	01:59:04	732
725	1142	01:59:35	Claire Strawbridge		Female	137	F35	45	01:59:19	740
726	812	01:59:36	Debbie Nash	ABERYSTWYTH AC	Female	138	FS	70	01:58:50	725
727	696	01:59:37	Margaret Llewellyn		Female	139	F45	21	01:59:11	736
728	719	01:59:43	Paul Moruzzi		Male	589	MS	360	01:59:19	741
729	735	01:59:43	Darran Coleman		Male	590	MS	361	01:58:26	717
730	737	01:59:44	Katherine Leonard	WALES URNU	Female	140	FS	71	01:58:27	718
731	914	01:59:45	Elspeth Jarman	ABERGAVENNY STRIDERS	Female	141	F45	22	01:59:07	733
732	676	01:59:49	Nicky Honeyman		Male	591	MS	362	01:58:55	730
733	1340	01:59:49	Paul Jenkins		Male	592	M40	159	01:58:50	726
734	1337	01:59:49	Keith Coxon		Male	593	M40	160	01:58:50	727
735	814	01:59:52	Juliet Milne		Female	142	FS	72	01:59:14	737
736	434	01:59:53	Gregg Leslie		Male	594	MS	363	01:59:17	739
737	375	01:59:56	Eric Frew		Male	595	M40	161	01:59:24	743
738	1195	02:00:03	Paul Hawkins	BAD TRI BRISTOL	Male	596	M50	62	01:59:07	734
739	57	02:00:04	Sian Stoddart		Female	143	FS	73	01:58:42	721
740	1307	02:00:06	Jonathon Robert Thomas		Male	597	M40	162	01:58:53	729
741	1490	02:00:07	Richard Pennell		Male	598	MS	364	01:59:14	738
742	1273	02:00:09	Heulwen James	EMLYN RUNNERS	Female	144	F35	46	01:59:48	746
743	1274	02:00:10	Richard James	EMLYN RUNNERS	Male	599	M40	163	01:59:49	747
744	856	02:00:11	Stuart Charles		Female	145	F35	47	01:59:08	735
745	189	02:00:28	Charlotte Goodwin		Female	146	FS	74	02:00:09	752
746	526	02:00:30	Rebecca Higgins		Female	147	FS	75	01:59:40	744
747	368	02:00:33	Hadrian Evans		Male	600	M50	63	01:59:43	745
748	234	02:00:35	Jon Goodall	MAD TEAM IRC	Male	601	MS	365	02:00:03	749
749	114	02:00:36	Garmon Davies		Male	602	MS	366	01:59:23	742
750	1023	02:00:41	Cath Heery		Female	148	FS	76	02:00:05	750
751	1168	02:00:45	John Wilkins		Male	603	M40	164	02:00:17	754
752	187	02:00:51	Michelle Davis		Female	149	F35	48	02:00:14	753
753	1434	02:00:53	Steve Bibby		Male	604	MS	367	02:00:20	755
754	784	02:01:02	Andrea Griffiths		Female	150	F35	49	02:00:43	761
755	1370	02:01:07	Christine Jones	WOMENS RUNNING NETWORK	Female	151	F45	23	02:00:34	757
756	1450	02:01:12	Steven Thomas		Male	605	MS	368	02:00:29	756
757	249	02:01:22	Rhian Davies		Female	152	FS	77	02:00:05	751
758	816	02:01:25	Sharon Carthew		Female	153	F35	50	01:59:59	748
759	1515	02:01:29	Unknown Competitor		Male	606	MS	369	02:01:09	766
760	305	02:01:42	James Harvey		Male	607	MS	370	02:00:34	758
761	992	02:01:46	Paul Edwards		Male	608	M40	165	02:01:01	765
762	810	02:01:56	David Griffin	TEAM GRIFFIN	Male	609	MS	371	02:00:56	764
763	306	02:01:56	Ben Bullard		Male	610	MS	372	02:00:48	762
764	442	02:02:00	Lorena Fernandez		Female	154	FS	78	02:00:40	759
765	321	02:02:01	Lisa Bain		Female	155	F35	51	02:00:42	760
766	1417	02:02:02	Eurig Lloyd Jenkins		Male	611	M40	166	02:01:36	777
767	316	02:02:04	Ben Giesbrecht		Male	612	M50	64	02:01:41	780
768	476	02:02:05	Julia Ridge		Female	156	F35	52	02:00:55	763
769	294	02:02:06	Ashley Smart		Male	613	MS	373	02:01:40	779
770	217	02:02:09	Karen Burrows	CELTIC TRI	Female	157	F45	24	02:01:11	767
771	1392	02:02:14	Jennifer Conway		Female	158	FS	79	02:01:42	782
772	961	02:02:14	Mike Clinch		Male	614	M40	167	02:01:33	775
773	716	02:02:14	Paul Lynch		Male	615	MS	374	02:01:33	776
774	1008	02:02:17	David Gates		Male	616	MS	375	02:01:42	783
775	748	02:02:23	Kathy Lewis		Female	159	F45	25	02:01:54	786
776	125	02:02:23	Caitlyn Donaldson		Female	160	FS	80	02:01:39	778
777	151	02:02:24	Tim Nichols		Male	617	MS	376	02:01:27	772
778	1266	02:02:25	Fiona Gwyther	PEMBROKESHIRE HARRIERS	Female	161	F35	53	02:01:14	768
779	1066	02:02:29	Tanya Layden		Female	162	F45	26	02:02:11	792
780	1051	02:02:30	Craig Jones		Male	618	MS	377	02:01:16	770
781	155	02:02:31	Pauline Rees		Female	163	F45	27	02:01:58	788
782	803	02:02:33	Ben Thomas		Male	619	MS	378	02:02:02	790
783	166	02:02:34	Simon Elias		Male	620	M50	65	02:01:43	784

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
784	419	02:02:34	Sian Collyer		Female	164	FS	81	02:01:15	769
785	1388	02:02:34	Gareth Kloet		Male	621	MS	379	02:01:29	773
786	752	02:02:35	Michael McCormack		Male	622	M40	168	02:01:30	774
787	182	02:02:37	Wyn Morgan		Male	623	M50	66	02:02:20	795
788	1509	02:02:45	Steven Morgan		Male	624	MS	380	02:02:19	793
789	705	02:02:45	Gary Bracey		Male	625	MS	381	02:02:20	796
790	464	02:02:46	Rhidian Griffiths		Male	626	MS	382	02:01:41	781
791	955	02:02:48	Owen Cawley		Male	627	MS	383	02:02:20	797
792	1046	02:02:59	Peter Johns		Male	628	MS	384	02:01:25	771
793	1404	02:03:11	Bernard James Carroll		Male	629	M50	67	02:02:30	800
794	677	02:03:12	Rachel Parsons	RECS RUN	Female	165	FS	82	02:01:50	785
795	1460	02:03:13	Neil Lewis	MUMBLES MILERS	Male	630	M40	169	02:02:01	789
796	466	02:03:18	Carys Roberts		Female	166	FS	83	02:02:27	799
797	508	02:03:22	Justin Edwards		Male	631	MS	385	02:02:35	802
798	605	02:03:22	Steffan Phillips		Male	632	M40	170	02:01:56	787
799	1156	02:03:22	Garnon Thornton		Male	633	MS	386	02:02:34	801
800	1397	02:03:24	Michael O'Brien		Male	634	MS	387	02:02:54	810
801	1495	02:03:24	Alun Day		Male	635	M40	171	02:02:38	804
802	243	02:03:25	Allison Jones	TEAM WECORI	Female	167	FS	84	02:02:04	791
803	1191	02:03:27	Hugh Gallagher		Male	636	MS	388	02:02:55	811
804	928	02:03:30	David Clark		Male	637	M50	68	02:02:19	794
805	232	02:03:34	Tracey Williams	CELTIC TRI	Female	168	F45	28	02:02:37	803
806	822	02:03:37	David Jones		Male	638	M40	172	02:03:16	813
807	383	02:03:43	Wendy Harris		Female	169	FS	85	02:02:22	798
808	520	02:03:50	Terri Bachel		Female	170	FS	86	02:03:22	817
809	604	02:03:51	Lesley Mainwaring		Female	171	F35	54	02:03:04	812
810	1219	02:03:59	Alan Roberts	PORT TALBOT HARRIERS	Male	639	M50	69	02:02:51	806
811	1372	02:04:04	Louise Udiawar		Female	172	FS	87	02:02:44	805
812	1362	02:04:06	John Baker		Male	640	M40	173	02:02:53	808
813	147	02:04:08	Joanna Dale		Female	173	FS	88	02:02:51	807
814	1519	02:04:09	Unknown Competitor		Male	641	MS	389	02:02:53	809
815	910	02:04:15	Richard Lewis		Male	642	M50	70	02:03:21	815
816	296	02:04:18	Kim Holohan	3MS GORSEINON ROAD RUNNERS	Female	174	F45	29	02:03:21	816
817	630	02:04:22	Jonathan Roberts		Male	643	MS	390	02:03:38	819
818	1232	02:04:25	Margaret Breese	ABERYSTWYTH AC	Female	175	F45	30	02:03:58	826
819	750	02:04:26	Helen Stretch	ABERYSTWYTH AC	Female	176	F55	4	02:03:59	828
820	348	02:04:35	Tasmin Thomas	SWANSEA MEDICS	Female	177	FS	89	02:04:12	831
821	780	02:04:36	Daniel News	RUNNERSLIFE	Male	644	MS	391	02:04:17	834
822	1405	02:04:39	Martin Carroll		Male	645	M40	174	02:03:58	827
823	1412	02:04:39	Tricia East		Female	178	F45	31	02:03:27	818
824	1302	02:04:42	Nina Skubala		Female	179	FS	90	02:03:17	814
825	1041	02:04:43	Claire Jenkins		Female	180	F35	55	02:03:52	821
826	1279	02:04:44	Darren Wayne Jones		Male	646	MS	392	02:03:52	822
827	300	02:04:49	Lisa Phillips		Female	181	F35	56	02:03:52	823
828	902	02:04:50	Laurence Jackman		Male	647	M40	175	02:03:53	824
829	203	02:04:55	Mark Davies		Male	648	MS	393	02:03:55	825
830	11	02:04:59	Karen Hewitt		Female	182	FS	91	02:03:43	820
831	828	02:05:06	Louise Nicholls		Female	183	FS	92	02:04:52	843
832	972	02:05:11	Richard Cousins		Male	649	MS	394	02:04:03	829
833	685	02:05:18	Louise Pierpoint		Female	184	FS	93	02:04:47	841
834	67	02:05:20	Philip Ralph		Male	650	MS	395	02:04:40	838
835	768	02:05:27	Adam Burge		Male	651	MS	396	02:04:26	835
836	1012	02:05:27	Donna Griffiths	3MS GORSEINON ROAD RUNNERS	Female	185	FS	94	02:04:40	839
837	1013	02:05:28	Stuart Griffiths	3MS GORSEINON ROAD RUNNERS	Male	652	MS	397	02:04:41	840
838	352	02:05:36	Michelle Shorney	BRACKLA HARRIERS	Female	186	F45	32	02:04:13	833
839	1206	02:05:38	Terisa Maddison		Female	187	F35	57	02:04:12	832
840	244	02:05:38	Jody Davies		Female	188	FS	95	02:04:38	837
841	369	02:05:39	Cathy Hancox		Female	189	F45	33	02:05:01	845
842	298	02:05:42	Carly Day		Female	190	FS	96	02:04:34	836
843	1076	02:05:44	Joanne Manning		Female	191	FS	97	02:05:02	846
844	1062	02:06:04	Lesley Langdon		Female	192	F45	34	02:05:50	855
845	594	02:06:05	Andrew Job		Male	653	M40	176	02:05:16	847
846	536	02:06:07	Jane Lewis		Female	193	F35	58	02:04:51	842
847	1473	02:06:09	Bernard Stevens		Male	654	M60	11	02:04:55	844
848	988	02:06:16	Lidia De Orte Jinez		Female	194	FS	98	02:05:55	857
849	463	02:06:17	Chris Dix		Male	655	MS	398	02:05:33	851
850	77	02:06:19	Stephen Holderness		Male	656	MS	399	02:05:31	849
851	1106	02:06:20	Heather Payton	TRENT PARK RUNNING CLUB	Female	195	F55	5	02:05:46	854
852	809	02:06:23	Laura Griffin	TEAM GRIFFIN	Female	196	FS	99	02:05:24	848
853	1496	02:06:27	Alexander Betambeau		Male	657	MS	400	02:05:44	853
854	1208	02:06:33	Mike James	LES CROUPIERS	Male	658	M60	12	02:06:09	859
855	1492	02:06:36	Bob Fenwick		Male	659	M40	177	02:05:54	856
856	1246	02:06:44	Lynda Civil		Female	197	F35	59	02:05:32	850
857	1237	02:06:48	Des Hylton		Male	660	MS	401	02:05:35	852
858	472	02:06:53	Sally Reid		Female	198	F35	60	02:06:21	860
859	1214	02:07:01	William Marks		Male	661	M40	178	02:05:58	858
860	704	02:07:20	Michelle Sullivan		Female	199	F35	61	02:06:53	870
861	858	02:07:24	Vicki Broad		Female	200	F35	62	02:06:22	861
862	264	02:07:28	Oona Crawford	TROTS	Female	201	F55	6	02:06:46	869
863	887	02:07:28	Shirley Davies		Female	202	F45	35	02:06:22	862
864	1119	02:07:29	Ian Price		Male	662	M50	71	02:06:53	871
865	1223	02:07:29	Andrea Whitfield		Female	203	F35	63	02:06:53	872
866	357	02:07:29	Linda Keelan		Female	204	F45	36	02:06:54	873
867	245	02:07:31	Susan Davies	3MS GORSEINON ROAD RUNNERS	Female	205	F45	37	02:06:33	865
868	837	02:07:40	Peter Morse		Male	663	M50	72	02:06:22	863
869	430	02:07:40	Catherine Lloyd-Bennett	3MS GORSEINON ROAD RUNNERS	Female	206	FS	100	02:06:42	867
870	694	02:07:45	Sarah Borley		Female	207	F45	38	02:06:31	864

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
871	801	02:07:48	David Thomas		Male	664	M50	73	02:06:54	874
872	1445	02:07:51	Jason Donovan		Male	665	MS	402	02:06:41	866
873	1503	02:07:52	Nicola Donovan		Female	208	FS	101	02:06:43	868
874	742	02:07:54	Celia Wells		Female	209	F55	7	02:07:00	875
875	753	02:08:00	Robert Waddington		Male	666	M40	179	02:07:14	877
876	754	02:08:00	Robert Price		Male	667	MS	403	02:07:14	878
877	715	02:08:15	Joanne Stanway	SOUTH WALES POLICE	Female	210	FS	102	02:07:28	880
878	477	02:08:16	Martin Symonds		Male	668	M50	74	02:07:09	876
879	925	02:08:30	Simon Prothero		Male	669	M40	180	02:07:16	879
880	1211	02:08:37	Claire Lewis		Female	211	FS	103	02:07:50	885
881	1250	02:08:49	Jason Curtis		Male	670	MS	404	02:08:15	891
882	329	02:08:53	Samantha Dorn		Female	212	F35	64	02:08:37	895
883	1096	02:08:57	Peter Oldfield		Male	671	M40	181	02:07:34	881
884	959	02:09:02	Simon Clarke		Male	672	MS	405	02:08:19	892
885	876	02:09:06	Tina Seward		Female	213	FS	104	02:07:39	882
886	877	02:09:07	Russell Crocker		Male	673	MS	406	02:07:40	883
887	1073	02:09:11	Louise Maguire		Female	214	FS	105	02:07:52	886
888	956	02:09:13	Angela Champion	VILLAGE VIPERS	Female	215	FS	106	02:07:48	884
889	623	02:09:13	Andrew Light		Male	674	M40	182	02:08:02	887
890	328	02:09:23	Rachel Betsworth		Female	216	FS	107	02:08:14	890
891	631	02:09:23	Emma Radford	JJB FITNESS CLUB	Female	217	FS	108	02:08:21	894
892	654	02:09:32	Louise Lang		Female	218	F35	65	02:08:20	893
893	1215	02:09:33	Louise Meredith		Female	219	F35	66	02:08:50	900
894	315	02:09:34	Graham Cannell		Male	675	M50	75	02:08:10	888
895	309	02:09:34	Karen Baker		Female	220	FS	109	02:08:10	889
896	448	02:09:36	Lee Worley		Male	676	MS	407	02:08:46	897
897	256	02:09:37	Jodie Jenkins		Male	677	MS	408	02:09:18	908
898	1424	02:09:38	Catherine Llewellyn		Female	221	F45	39	02:09:38	913
899	868	02:09:45	Jon Lewis		Male	678	MS	409	02:09:29	911
900	954	02:09:48	Kate Castleden	HEADINGTON ROAD RUNNERS	Female	222	FS	110	02:08:46	898
901	939	02:09:48	Nick Andreopoulos		Male	679	MS	410	02:08:45	896
902	501	02:09:51	Lewis Richards	CARMARTHEN HARRIERS	Male	680	MS	411	02:08:50	901
903	920	02:09:54	Catrin Defis		Female	223	F35	67	02:08:46	899
904	1457	02:10:06	Nick Denny	PONTYPRIDD ROADENTS	Male	681	MS	412	02:08:52	902
905	494	02:10:10	Sioned Hancock		Female	224	FS	111	02:09:10	906
906	1083	02:10:15	Christian Mears		Male	682	MS	413	02:09:50	916
907	1082	02:10:15	Catherine Mears		Female	225	F35	68	02:09:51	917
908	1124	02:10:19	Bryan Rees		Male	683	M50	76	02:09:12	907
909	1481	02:10:20	Mike Johns		Male	684	M40	183	02:08:52	903
910	540	02:10:22	Laura Smith		Female	226	FS	112	02:08:55	904
911	491	02:10:22	Rhodri Jenkins		Male	685	MS	414	02:08:55	905
912	571	02:10:31	Chris Armstrong		Male	686	MS	415	02:09:49	915
913	272	02:10:32	Sandra Radford		Female	227	F35	69	02:09:27	910
914	618	02:10:34	Rhys Thomas		Male	687	MS	416	02:09:37	912
915	562	02:10:52	Eliane Travers		Female	228	FS	113	02:09:26	909
916	1469	02:10:57	Bernrd McCarthy		Male	688	M60	13	02:09:38	914
917	762	02:10:59	Keith Hopkins		Male	689	M60	14	02:10:15	920
918	761	02:10:59	Aimee Hopkins		Female	229	FS	114	02:10:15	921
919	291	02:11:00	Rhianydd Edwards		Female	230	F35	70	02:09:53	918
920	805	02:11:04	Bethan Evans		Female	231	FS	115	02:10:15	922
921	257	02:11:14	Dianne Connor	3MS GORSEINON ROAD RUNNERS	Female	232	F45	40	02:10:16	923
922	759	02:11:18	Nigel Crowe		Male	690	M40	184	02:10:33	929
923	447	02:11:23	Lydia Smith		Female	233	F35	71	02:10:32	928
924	54	02:11:24	Tim Boothby		Male	691	MS	417	02:10:58	937
925	903	02:11:26	Ioan Bellin		Male	692	MS	418	02:11:04	939
926	93	02:11:28	Jassa Scott		Female	234	FS	116	02:10:51	932
927	650	02:11:30	Matt Rogerson		Male	693	MS	419	02:09:59	919
928	886	02:11:31	Catherine Richards		Female	235	F45	41	02:10:25	924
929	87	02:11:35	Jenny Storey		Female	236	F45	42	02:10:31	927
930	1256	02:11:40	William Denny		Male	694	MS	420	02:10:27	926
931	1284	02:11:44	Ceris Margaret Llewellyn		Female	237	F45	43	02:10:47	930
932	1486	02:11:51	Christopher Jones		Male	695	MS	421	02:10:25	925
933	1456	02:11:51	Yulia Morris		Female	238	FS	117	02:11:00	938
934	1335	02:11:54	Deirdre O'Rourke		Female	239	FS	118	02:10:52	933
935	539	02:11:59	Clare Ruggiero		Female	240	F35	72	02:11:29	940
936	787	02:12:03	Anna Richards		Female	241	FS	119	02:10:54	935
937	1435	02:12:06	Robert McFarlane		Male	696	MS	422	02:10:47	931
938	233	02:12:10	Keri Hutchinson		Female	242	F35	73	02:10:56	936
939	475	02:12:12	Liz Jones		Female	243	FS	120	02:11:32	941
940	700	02:12:16	Ian Pritchard		Male	697	M40	185	02:10:53	934
941	1504	02:12:25	Ella Mozdiak		Female	244	FS	121	02:11:39	942
942	96	02:12:31	Sara Morgan		Female	245	FS	122	02:12:12	943
943	1081	02:12:44	Hannah McKinney		Female	246	FS	123	02:12:28	950
944	723	02:13:03	Sian Vowles		Female	247	FS	124	02:12:24	947
945	932	02:13:25	Roland Knight		Male	698	M60	15	02:12:44	955
946	555	02:13:27	Joanne Hale		Female	248	FS	125	02:12:36	951
947	603	02:13:27	Adrian Paton		Male	699	MS	423	02:12:36	952
948	791	02:13:30	Catherine Hext		Female	249	FS	126	02:13:05	960
949	109	02:13:30	Sharon Rogers		Female	250	F35	74	02:12:16	945
950	421	02:13:31	Mark Lloyd		Male	700	M50	77	02:12:15	944
951	1277	02:13:33	Nigel Leighton Jones	LLANELLI STROLLERS	Male	701	M50	78	02:12:27	949
952	1143	02:13:37	Michele Marshall		Female	251	FS	127	02:12:21	946
953	1243	02:13:38	Megan Irene Joanne Elizabeth Bennett		Female	252	FS	128	02:12:36	953
954	1247	02:13:45	Steve Coates		Male	702	M50	79	02:12:26	948
955	517	02:13:53	Ken Milligan		Male	703	M50	80	02:12:43	954
956	126	02:14:01	Nicholas Donaldson		Male	704	MS	424	02:13:17	962
957	461	02:14:02	Rachel Williams	SERPENTINE RUNNING CLUB	Female	253	FS	129	02:13:03	959

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RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
958	1118	02:14:07	Aranka Pratt		Female	254	F55	8	02:12:54	956
959	637	02:14:13	Paul Robinson		Male	705	MS	425	02:13:19	963
960	108	02:14:17	Deborah Morris		Female	255	F35	75	02:13:20	964
961	798	02:14:17	Alan Sargeant		Male	706	M40	186	02:13:00	958
962	656	02:14:19	Richard Clarke		Male	707	MS	426	02:12:57	957
963	290	02:14:21	Sarah Stevens		Female	256	FS	130	02:13:11	961
964	1072	02:14:28	Julie Lloyd		Female	257	F35	76	02:13:41	969
965	691	02:14:36	Jamie Organ		Male	708	MS	427	02:13:40	968
966	970	02:14:42	Irene Cooper		Female	258	F55	9	02:13:28	966
967	333	02:14:43	George Venables	S.W.CON ATH CLUB.	Male	709	M50	81	02:13:23	965
968	1052	02:14:47	David Jones		Male	710	M50	82	02:13:33	967
969	1508	02:14:49	Laura Scriven		Female	259	FS	131	02:14:23	977
970	1153	02:14:52	Pauline Thomas	TROTS	Female	260	F55	10	02:14:10	975
971	819	02:14:53	James Mason		Male	711	MS	428	02:14:00	971
972	263	02:15:14	Kathryn Harries		Female	261	FS	132	02:13:57	970
973	1354	02:15:16	Rebecca O Leary		Female	262	FS	133	02:14:06	974
974	765	02:15:24	John Rowlands		Male	712	M60	16	02:14:02	972
975	1471	02:15:25	Sandra Stevens		Female	263	F55	11	02:14:03	973
976	1085	02:15:29	Molly Melhuish		Female	264	F35	77	02:15:29	990
977	811	02:15:30	Sarah Pyle		Female	265	F35	78	02:14:18	976
978	709	02:15:41	Hannah Harries		Female	266	FS	134	02:15:07	985
979	1080	02:15:44	Caron McKee-Hands	FERC	Female	267	F35	79	02:14:41	978
980	1400	02:15:53	Elin Aaron	LLANDABO HURRICANES	Female	268	FS	135	02:15:00	981
981	983	02:15:56	Llinos Davies		Female	269	FS	136	02:15:05	984
982	1326	02:15:59	Claire Owen		Female	270	FS	137	02:14:54	980
983	492	02:16:07	Lynette Newington		Female	271	F45	44	02:15:00	982
984	534	02:16:07	Ella Newington		Female	272	FS	138	02:15:00	983
985	1313	02:16:10	Mairead Sarah Whitty		Female	273	F35	80	02:14:52	979
986	210	02:16:11	Nicola Jones		Female	274	FS	139	02:15:21	987
987	326	02:16:19	David Armstrong		Male	713	MS	429	02:15:22	988
988	325	02:16:19	Karen Williams	BUILTH & DISTRICT RUNNING CLUB	Female	275	FS	140	02:15:22	989
989	499	02:16:25	Clare Edwards		Female	276	FS	141	02:16:04	994
990	977	02:16:33	Douglas Dalwood		Male	714	M60	17	02:15:10	986
991	75	02:16:49	Sarah Hancock		Female	277	FS	142	02:15:49	991
992	774	02:17:01	Sarah Thompson		Female	278	F35	81	02:16:11	995
993	1476	02:17:10	Ewen McLaughlin		Male	715	MS	430	02:16:22	997
994	186	02:17:17	Rhia Berni		Female	279	FS	143	02:15:56	992
995	1115	02:17:22	Louise Piper-Jones		Female	280	FS	144	02:16:42	1006
996	1140	02:17:22	Andrew Staley		Male	716	M40	187	02:16:42	1007
997	159	02:17:34	Gareth Stilwell		Male	717	MS	431	02:16:38	1002
998	1292	02:17:34	Andrew Owen		Male	718	M40	188	02:16:40	1003
999	1513	02:17:37	Unknown Competitor		Male	719	MS	432	02:16:15	996
1000	1382	02:17:39	Laura Dowsett		Female	281	FS	145	02:16:24	998
1001	1061	02:17:40	John Lambert		Male	720	M60	18	02:16:31	999
1002	478	02:17:40	Isobel Symonds		Female	282	F45	45	02:16:35	1000
1003	396	02:17:44	Sheila Curran	WOMENS RUNNING NETWORK	Female	283	F45	46	02:16:41	1004
1004	916	02:17:44	Sandra Joy	WOMENS RUNNING NETWORK	Female	284	F45	47	02:16:41	1005
1005	46	02:17:47	Christine Hewitt		Female	285	F45	48	02:17:05	1009
1006	1298	02:18:02	Carys Ann Roderick	WOMENS RUNNING NETWORK	Female	286	FS	146	02:16:37	1001
1007	836	02:18:04	Paul Sim		Male	721	MS	433	02:17:15	1013
1008	720	02:18:07	Phil Okwedy		Male	722	M40	189	02:17:14	1012
1009	999	02:18:18	Ms. Farr		Female	287	FS	147	02:17:11	1011
1010	1176	02:18:26	Lynwen Williams		Female	288	F35	82	02:17:04	1008
1011	657	02:18:32	Robert Clarke		Male	723	M40	190	02:17:10	1010
1012	23	02:18:43	Liz Lewis		Female	289	F35	83	02:17:30	1015
1013	1135	02:18:45	Graham Singer		Male	724	M50	83	02:17:26	1014
1014	195	02:18:49	Jan-Marie Jones		Female	290	F35	84	02:18:10	1018
1015	63	02:18:55	Rachel Hurley		Female	291	FS	148	02:17:37	1017
1016	62	02:18:55	Michelle Hurley-Tyers		Female	292	FS	149	02:17:36	1016
1017	229	02:19:17	Claire Lewis		Female	293	F35	85	02:18:47	1023
1018	1474	02:19:31	Paul Wheatley		Male	725	MS	434	02:19:06	1027
1019	532	02:19:37	Susan Buckley	FETCH EVERYONE RC	Female	294	FS	150	02:18:29	1021
1020	741	02:19:39	Michelle Payne	BUILTH & DISTRICT RUNNING CLUB	Female	295	FS	151	02:18:16	1019
1021	339	02:19:49	Freya Davies		Female	296	FS	152	02:19:13	1029
1022	1131	02:19:49	David Sadler		Male	726	MS	435	02:19:05	1026
1023	1480	02:19:56	Chris Johns		Male	727	M40	191	02:18:28	1020
1024	7	02:20:01	Terry Curran		Male	728	M50	84	02:19:27	1030
1025	612	02:20:01	Karen Obrien		Female	297	F45	49	02:18:38	1022
1026	984	02:20:04	Martin Davies		Male	729	M60	19	02:19:12	1028
1027	171	02:20:04	Amy Davies		Female	298	FS	153	02:19:00	1024
1028	1218	02:20:13	Tina Morris		Female	299	F35	86	02:19:03	1025
1029	330	02:20:35	Sarah Holohan		Female	300	FS	154	02:19:37	1031
1030	940	02:21:02	Simon Andrew		Male	730	MS	436	02:20:05	1035
1031	205	02:21:03	Karen Patel		Female	301	FS	155	02:19:44	1033
1032	1270	02:21:05	Helene Hennessey		Female	302	FS	156	02:19:41	1032
1033	766	02:21:17	Aled Morris		Male	731	MS	437	02:20:48	1040
1034	1035	02:21:23	Helen Hunt		Female	303	F55	12	02:20:11	1036
1035	1174	02:21:28	Karen Williams		Female	304	FS	157	02:20:04	1034
1036	420	02:21:37	Tyrone Peters		Male	732	M40	192	02:20:33	1037
1037	307	02:21:45	Kevin Topping		Male	733	M40	193	02:21:00	1041
1038	1455	02:21:54	Jeffrey Brooks		Male	734	M40	194	02:20:44	1039
1039	862	02:22:00	Carl Hanney		Male	735	MS	438	02:20:38	1038
1040	952	02:22:02	Mariann Burrridge	FAIRWATER RUNNERS	Female	305	F45	50	02:21:20	1044
1041	317	02:22:10	Rowan Blewett		Female	306	FS	158	02:21:02	1042
1042	1320	02:22:11	Marcia Eynon		Female	307	F35	87	02:21:32	1047
1043	1462	02:22:12	Janine Snell		Female	308	F45	51	02:21:52	1050
1044	852	02:22:16	Katharine Lewis		Female	309	F35	88	02:21:07	1043

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1045	987	02:22:21	Sarah Dawes-Clark	LES CROUPIERS	Female	310	F35	89	02:21:33	1048
1046	366	02:22:42	Joanne Scott		Female	311	F35	90	02:21:21	1045
1047	137	02:22:42	Joanne Farmer		Female	312	F35	91	02:21:28	1046
1048	86	02:22:48	Amanda Barrington	WOMENS RUNNING NETWORK	Female	313	F35	92	02:21:44	1049
1049	1451	02:22:53	Maxine Thomas		Female	314	FS	159	02:22:10	1053
1050	1197	02:23:18	Sharon Henton		Female	315	F35	93	02:21:57	1051
1051	246	02:23:18	Kari Jones		Female	316	FS	160	02:22:18	1054
1052	1196	02:23:19	Paul Henton		Male	736	MS	439	02:21:58	1052
1053	124	02:24:01	Natalie Williams		Female	317	FS	161	02:22:47	1056
1054	51	02:24:01	Nadeem Mouti		Male	737	MS	440	02:23:08	1059
1055	441	02:24:06	Lindsay Parkes		Female	318	FS	162	02:22:45	1055
1056	495	02:24:11	Nneka Okonta	DATCHET DASHERS	Female	319	FS	163	02:22:47	1057
1057	926	02:24:12	Melanie Jehu		Female	320	F35	94	02:23:11	1061
1058	133	02:24:13	Alison Atkins	WOMENS RUNNING NETWORK	Female	321	F35	95	02:23:10	1060
1059	112	02:24:15	Sarah Manning		Female	322	FS	164	02:23:22	1063
1060	815	02:24:25	Beverley Hathor		Female	323	F35	96	02:22:59	1058
1061	1210	02:24:32	Rachel Hughes		Female	324	F35	97	02:24:02	1066
1062	1099	02:24:42	Alison Palmer		Female	325	F45	52	02:23:56	1064
1063	1364	02:24:42	Kerri McCallion		Female	326	FS	165	02:23:17	1062
1064	500	02:24:47	Anna Barrett		Female	327	FS	166	02:24:25	1068
1065	22	02:25:07	Rebecca Gunstone		Female	328	FS	167	02:24:01	1065
1066	629	02:25:08	Owen Duggan		Male	738	MS	441	02:24:26	1069
1067	1423	02:25:18	Arlene Lee		Female	329	F45	53	02:24:08	1067
1068	548	02:25:39	Emma Davies		Female	330	FS	168	02:25:08	1071
1069	547	02:25:39	Rhian Cawsey		Female	331	F35	98	02:25:08	1072
1070	675	02:25:44	Gareth Griffiths		Male	739	MS	442	02:15:59	993
1071	1198	02:25:54	Peter Hewitt		Male	740	M50	85	02:24:30	1070
1072	1414	02:26:09	Mark Evans		Male	741	MS	443	02:25:14	1074
1073	1101	02:26:09	John Palmer		Male	742	M40	195	02:25:21	1076
1074	506	02:26:23	Karen Birdsall		Female	332	F35	99	02:25:11	1073
1075	1086	02:26:28	Ceire Merrison		Female	333	F35	100	02:25:36	1079
1076	1379	02:26:30	Patricia Hooper		Female	334	FS	169	02:25:20	1075
1077	66	02:26:47	Steven Young		Male	743	MS	444	02:25:41	1080
1078	1497	02:26:47	Melissa Thorne		Female	335	FS	170	02:25:41	1081
1079	864	02:26:51	Emma Fox		Female	336	FS	171	02:26:02	1108
1080	850	02:26:51	Cellan Davies		Male	744	M50	86	02:25:28	1078
1081	391	02:26:51	Michael Howell		Male	745	M40	196	02:25:27	1077
1082	1	02:26:56	Jaynie Rance	RUNNING4WOMEN NETWORK	Female	337	F35	101	02:25:48	1084
1083	1293	02:27:00	Clive Anthony Parish		Male	746	M50	87	02:26:05	1109
1084	204	02:27:01	Nikunj Patel		Male	747	MS	445	02:25:42	1082
1085	1159	02:27:06	Sandra Veasey		Female	338	F35	102	02:25:45	1083
1086	888	02:27:19	Mark Eckley	S M B FITNESS	Male	748	M40	197	02:25:51	1104
1087	706	02:27:19	Amy Lewis		Female	339	FS	172	02:25:51	1105
1088	879	02:27:19	Jason Draper	BRECON MARATHON MEN	Male	749	MS	446	02:25:51	1106
1089	1488	02:27:19	Dean Birt	PONTYPRIDD ROADENTS	Male	750	MS	447	02:25:50	1085
1090	1465	02:27:19	Stuart Jones		Male	751	MS	448	02:25:50	1086
1091	622	02:27:19	Richard Phillips		Male	752	MS	449	02:25:50	1087
1092	869	02:27:19	Robert Darrock		Male	753	MS	450	02:25:50	1088
1093	883	02:27:20	Christopher Jones		Male	754	MS	451	02:25:51	1107
1094	842	02:27:20	Neal Gardner		Male	755	MS	452	02:25:50	1089
1095	1491	02:27:20	Ian Morgan		Male	756	MS	453	02:25:50	1090
1096	1440	02:27:20	Eifion Pengelly		Male	757	MS	454	02:25:50	1091
1097	859	02:27:20	Andrew Quarrell		Male	758	MS	455	02:25:50	1092
1098	1463	02:27:21	Jason Bevan		Male	759	MS	456	02:25:50	1093
1099	363	02:27:21	Gareth Jones		Male	760	M50	88	02:25:50	1094
1100	1217	02:27:21	Colin Morris		Male	761	M40	198	02:25:50	1095
1101	1329	02:27:21	Andrew Joseph		Male	762	MS	457	02:25:50	1096
1102	841	02:27:21	Steven Davies		Male	763	MS	458	02:25:50	1097
1103	620	02:27:22	Jonathan Smith		Male	764	MS	459	02:25:50	1098
1104	621	02:27:22	Stephen Smith		Male	765	MS	460	02:25:50	1099
1105	1330	02:27:22	Michael Curtis		Male	766	MS	461	02:25:50	1100
1106	1254	02:27:22	Gron Davies		Male	767	M40	199	02:25:50	1101
1107	1253	02:27:22	Beverley Davies		Female	340	FS	173	02:25:50	1102
1108	1185	02:27:22	Martin Browne		Male	768	M40	200	02:25:50	1103
1109	462	02:27:47	Mark Williams		Male	769	M40	201	02:26:44	1110
1110	1068	02:27:54	Mandy Lewis		Female	341	F35	103	02:26:50	1112
1111	1030	02:27:54	Louise Howell-Jones		Female	342	F35	104	02:26:49	1111
1112	568	02:28:09	Michael Williams		Male	770	MS	462	02:04:04	830
1113	611	02:28:20	Kelly Gaffney		Female	343	FS	174	02:27:08	1113
1114	574	02:28:27	James Bradbury		Male	771	M40	202	02:27:12	1114
1115	907	02:29:25	Alice Thomas	SOSPAN ROAD RUNNERS	Female	344	FS	175	02:28:06	1115
1116	85	02:29:46	Jayne Beeslee		Female	345	F35	105	02:28:41	1116
1117	84	02:29:46	Paul Beeslee		Male	772	M40	203	02:28:42	1117
1118	670	02:29:50	Ruth Richards		Female	346	FS	176	02:29:01	1119
1119	1305	02:30:03	Gary Taylor	MUMBLES MILERS	Male	773	MS	463	02:28:42	1118
1120	1373	02:30:21	Sarah West		Female	347	F45	54	02:29:25	1120
1121	59	02:30:24	Robert Workman		Male	774	MS	464	02:30:00	1126
1122	52	02:30:28	Nick Thompson		Male	775	M40	204	02:29:59	1125
1123	188	02:30:32	Non Lewis		Female	348	FS	177	02:29:37	1121
1124	545	02:30:50	Michaela Weaver		Female	349	F35	106	02:29:55	1124
1125	324	02:30:59	Carolann Jones		Female	350	FS	178	02:30:21	1127
1126	266	02:31:08	Chloe Elding		Female	351	FS	179	02:29:41	1122
1127	1265	02:31:11	Donald Thomas Grinnell		Male	776	M60	20	02:29:48	1123
1128	1107	02:31:35	Natasha Pearson		Female	352	FS	180	02:30:57	1128
1129	1482	02:32:35	Nathen Welch		Male	777	MS	465	02:31:07	1129
1130	1357	02:32:46	Cat Hayes		Female	353	FS	181	02:31:31	1130
1131	1224	02:32:59	Joel Williams		Male	778	MS	466	02:32:27	1132

Llanelli Half Marathon

8th March 2009

RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1132	174	02:33:28	Julie Milford		Female	354	FS	182	02:32:38	1135
1133	1493	02:33:29	Caryn Hill		Female	355	FS	183	02:32:41	1136
1134	806	02:33:30	Kim Evans		Female	356	F45	55	02:32:30	1134
1135	45	02:33:32	Emma Pawsey		Female	357	FS	184	02:32:18	1131
1136	68	02:33:46	Jane Kerr	BUILT & DISTRICT RUNNING CLUB	Female	358	F35	107	02:32:29	1133
1137	525	02:36:08	Gary Richards		Male	779	M40	205	02:35:40	1139
1138	237	02:36:17	Jacqueline Jones		Female	359	FS	185	02:35:05	1137
1139	1348	02:36:48	Nansi Reynolds		Female	360	FS	186	02:35:33	1138
1140	1194	02:37:28	Linda Hawkins		Female	361	F45	56	02:36:23	1141
1141	1040	02:37:28	Andrew Jenkins		Male	780	M40	206	02:36:12	1140
1142	991	02:37:37	Andrew Edwards		Male	781	MS	467	02:36:29	1142
1143	436	02:38:37	Alice Turner		Female	362	FS	187	02:37:48	1143
1144	1094	02:40:36	Sheila Mullin		Female	363	F55	13	02:39:25	1144
1145	1093	02:40:37	Frank Mullin		Male	782	M50	89	02:39:26	1145
1146	202	02:40:48	Jennifer Haworth		Female	364	F55	14	02:39:28	1146
1147	201	02:40:49	Adrian Haworth		Male	783	M40	207	02:39:29	1147
1148	1507	02:40:49	Damian Howarth		Male	784	MS	468	02:39:29	1148
1149	1091	02:42:13	Caroline Morgan		Female	365	F35	108	02:41:07	1150
1150	426	02:42:13	Ceri John		Male	785	MS	469	02:41:10	1151
1151	502	02:42:22	Robin Hughes		Male	786	M40	208	02:41:02	1149
1152	443	02:42:45	Robin Darcy		Male	787	MS	470	02:41:32	1152
1153	552	02:43:09	Jarred Evans		Male	788	M40	209	02:41:45	1153
1154	551	02:43:09	Penny Evans		Female	366	F35	109	02:41:45	1154
1155	899	02:43:51	Sue Webster		Female	367	F35	110	02:42:33	1155
1156	779	02:44:05	Angharad Haf		Female	368	FS	188	02:42:54	1156
1157	197	02:44:15	Mari Thomas		Female	369	FS	189	02:42:55	1157
1158	196	02:44:16	Lorenza Thomas		Female	370	F45	57	02:42:56	1158
1159	286	02:44:21	Mary Wang		Female	371	F55	15	02:43:01	1159
1160	351	02:46:25	Lisa Worton		Female	372	F35	111	02:45:04	1160
1161	1346	02:46:29	Elin Rhys		Female	373	F45	58	02:45:17	1161
1162	267	02:47:11	Barrie Elding		Male	789	M50	90	02:45:44	1162
1163	83	02:47:37	Leanne Hughes		Female	374	FS	190	02:46:12	1163
1164	88	02:47:37	Jayne Hall Edwards	WOMENS RUNNING NETWORK	Female	375	F35	112	02:46:12	1164
1165	1200	02:48:12	Steve Hill		Male	790	MS	471	02:47:03	1165
1166	626	02:50:57	Sian Jones	OUTDOOR FITNESS	Female	376	FS	191	02:49:55	1166
1167	1141	02:52:11	Alun Stevens		Male	791	MS	472	02:50:55	1167
1168	76	02:52:43	Lynn Chambers		Female	377	F55	16	02:51:27	1168
1169	518	02:55:23	Jilly Bentley		Female	378	F45	59	02:54:10	1169
1170	1468	02:56:09	Allen Watts	SARN HELEN	Male	792	M60	21	02:55:24	1170
1171	91	02:56:46	S Evans		Female	379	F35	113	02:55:25	1171
1172	81	02:57:42	Toni Hall-Edwards		Female	380	FS	192	02:56:17	1172
1173	821	02:57:51	Ann Wanklyn		Female	381	F45	60	02:56:26	1173
1174	528	02:58:01	Richard Standing		Male	793	M50	91	02:57:00	1174
1175	1199	02:58:37	Collette Hill		Female	382	F35	114	02:57:28	1175
1176	1147	02:59:22	Catherine Thomas	SOSPAN ROAD RUNNERS	Female	383	FS	193	02:58:32	1176
1177	781	03:01:19	Lindsay Hughes		Female	384	FS	194	02:59:53	1177
1178	322	03:01:42	Marilyn Fouweather		Female	385	F45	61	03:00:31	1178
1179	490	03:04:33	Becky Land		Female	386	F35	115	03:02:59	1179
1180	1251	03:04:33	Sylvia Davies	SOSPAN ROAD RUNNERS	Female	387	F55	17	03:02:59	1180
1181	1401	03:07:19	Peter Austin		Male	794	MS	473	03:06:36	1182
1182	625	03:07:50	Christine Hagan		Female	388	FS	195	03:06:24	1181
1183	795	03:13:04	W.john Griffiths		Male	795	M60	22	03:12:23	1183
1184	102	03:18:36	Sarah Bridgeman		Female	389	F35	116	03:17:11	1184