

Reverse 10 2009**Reverse 10**

Sunday 22 February 2009. 10:00 am

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mil	Race	Race
1	0:51:33	GARDINER, RICHARD	Cardiff AAC	Senior Men	05:09.2	199	1
2	0:53:25	REES, MARTIN		V50 Men	05:20.4	23	2
3	0:53:56	PATERSON, STEPHEN	San Dominico	Senior Men	05:23.5	6	3
4	0:54:07	RICHARDS, PAUL	Neath Harriers	V40 Men	05:24.6	154	4
5	0:54:56	COLES, PETER	Pontypridd Roadents AC	V40 Men	05:29.5	183	5
6	0:55:18	RYDER, PETER	Cardiff AAC	Senior Men	05:31.7	37	6
7	0:55:56	COOK, PHIL	Les Croupiers	Senior Men	05:35.5	108	7
8	0:56:11	GRIFFITHS, PAUL	Neath Harriers	V40 Men	05:37.0	113	8
9	0:56:32	WILDER, RICHARD	Les Croupiers	Senior Men	05:39.1	95	9
10	0:57:15	FROST, NICK	Pontypridd Roadents AC	V40 Men	05:43.4	115	10
11	0:58:04	THOMAS, DABIEL	Swansea Harriers	Senior Men	05:48.3	174	11
12	0:58:52	GEORGE, PHILLIP	Les Croupiers	Senior Men	05:53.1	178	12
13	0:59:06	DUKES, NICHOLAS	Les Croupiers	Senior Men	05:54.5	27	13
14	0:59:24	KING, JAMES	caerleon	Senior Men	05:56.3	67	14
15	0:59:36	EVANS, SCOTT	Sospan Llanelli Road Runners	Senior Men	05:57.5	169	15
16	0:59:46	NUNN, JAMES	Cardiff Triathletes	Senior Men	05:58.5	152	16
17	0:59:52	DURY, MICHAEL	Islwyn	Senior Men	05:59.1	109	17
18	0:59:58	HEADON, DAVID	Les Croupiers	V40 Men	05:59.7	111	18
19	1:00:00	PITMAN, RHYS	Pontypridd Roadents AC	Senior Men	05:59.9	1	19
20	1:00:14	MULVANY, RICHARD	Abingdon Amblers	Senior Men	06:01.3	29	20
21	1:00:24	MCGEOCH, MICK	Les Croupiers	V50 Men	06:02.3	127	21
22	1:00:50	HARTNELL, HAYDN	Islwyn	V40 Men	06:04.9	54	22
23	1:00:53	OSBOURNE, SIMON	Bridgend AC	V40 Men	06:05.2	101	23
24	1:01:01	MORGAN, CHRIS	Fairwater Runners	V40 Men	06:06.0	116	24
25	1:01:14	ROYLES, JOHN		V40 Men	06:07.3	182	25
26	1:01:41	WILLIAMS, MARTIN	Les Croupiers	V40 Men	06:10.0	175	26
27	1:01:44	SELF, RICHARD	Les Croupiers	V40 Men	06:10.3	47	27
28	1:01:45	JONES, RICHARD		V50 Men	06:10.4	141	28
29	1:01:59	TUTESIGENSI, MOSES	Portsmouth Joggers Club	Senior Men	06:11.8	22	29
30	1:02:03	PITMAN, BEN		Senior Men	06:12.2	12	30
31	1:02:20	MORRIS, LEE	3 M's Gorseinon	Senior Men	06:13.9	99	31
32	1:02:29	EDWARDS, JEROME	San Dominico	Senior Men	06:14.8	13	32
33	1:02:31	GEORGE, MARTIN	Sospan Llanelli Road Runners	Senior Men	06:15.0	173	33
34	1:02:38	CLEMENT, CLEM	Penarth & Dinas Runner	V40 Men	06:15.7	79	34
35	1:02:51	WELLS, MATTHEW		Senior Men	06:17.0	66	35
36	1:02:52	DAVIES, COLIN	Brecon Athletic Club	V40 Men	06:17.1	163	36
37	1:02:53	MCILROY, STUART	Les Croupiers	Senior Men	06:17.2	69	37
38	1:02:57	THOMAS, ANDREW	Sospan Llanelli Road Runners	V40 Men	06:17.6	170	38
39	1:03:21	CHAMBERLAIN, GARGA R	SRI Chinmoy AC	V40 Men	06:20.0	136	39
40	1:03:27	DAVIS, ANTHONY	brackla harriers	Senior Men	06:20.6	216	40
41	1:03:29	DAVIES, STEVE	Griffithstown Harriers	V50 Men	06:20.8	191	41
42	1:03:52	DUGDALE, CATHERINE	Swansea Harriers	Senior Ladies	06:23.1	659	42
43	1:03:53	FARAG, BEN	Les Croupiers	V40 Men	06:23.2	56	43
44	1:04:07	BROWNE, MARTIN		V40 Men	06:24.6	156	44
45	1:04:10	VORRES, DIMITRI	Griffithstown Harriers	V40 Men	06:24.9	197	45
46	1:04:34	PHILLIPS, CLARE	Swansea Harriers	Vet 35 Ladies	06:27.3	624	46
47	1:04:41	MCDONALD, IAN	San Dominico	V40 Men	06:28.0	201	47
48	1:04:52	JOHNSON, RICHARD	Islwyn	Senior Men	06:29.1	143	48
49	1:05:07	MORTON, ADAM		Senior Men	06:30.6	35	49
50	1:05:10	SPEYER, PAUL	brackla harriers	Senior Men	06:30.9	193	50
51	1:05:13	HUTCHISON, ANNE-MARIE	Neath Harriers	Senior Ladies	06:31.2	661	52
52	1:05:15	BAMSEY, ROBERT	Neath Harriers	V50 Men	06:31.4	70	53
53	1:05:16	MORGAN, DARREN		V40 Men	06:31.5	86	54
54	1:05:26	JOHNSTON, SANDY	Les Croupiers	V50 Men	06:32.5	195	55
55	1:05:28	O'DUFFY, LIBBY	Les Croupiers	Vet 35 Ladies	06:32.7	623	56
56	1:05:31	HOPKINS, MATT	Les Croupiers	Senior Men	06:33.0	89	57
57	1:05:43	REES, ALUN	Neath Harriers	Senior Men	06:34.2	131	58

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Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mil	Race	Race
58	1:05:45	HALSALL, MICHAEL	Llanelli AAC	Senior Men	06:34.4	146	59
59	1:05:50	DONOVAN, EDWARD		Senior Men	06:34.9	90	60
60	1:05:56	BEMBO, DAVID		V40 Men	06:35.5	59	61
61	1:06:03	HEMMENS, SCOTT	Les Croupiers	Senior Men	06:36.2	3	62
62	1:06:15	JAMES, LEIGH	Windsor Slough Eton & Hounslow AC	Senior Ladies	06:37.4	636	63
63	1:06:26	SEEKINGS, JAMIE	Penarth & Dinas Runner	Senior Men	06:38.5	24	64
64	1:06:34	MASON, HOWARD	caerleon	V40 Men	06:39.3	153	65
65	1:06:41	GORMLEY, GERARD	Griffithstown Harriers	V40 Men	06:40.0	217	66
66	1:06:45	MORGAN, JOHN	brackla harriers	V40 Men	06:40.4	40	67
67	1:06:46	DUNSCOMBE, MARK	Sarn Helen	V40 Men	06:40.5	45	68
68	1:06:51	RUSSELL, ANDREWS	Les Croupiers	Senior Men	06:41.0	112	69
69	1:06:54	DIFFEY, JOHN	Les Croupiers	V40 Men	06:41.3	137	70
70	1:06:56	SCRIVEN, GARETH		Senior Men	06:41.5	36	71
71	1:07:00	NELLINS, CHRISTOPHER	Penarth & Dinas Runner	V50 Men	06:41.9	48	72
72	1:07:05	BARNES, NIGEL		V40 Men	06:42.4	128	73
73	1:07:05	MACLEAN, ANDREW	Cardiff Triathletes	Senior Men	06:42.4	50	74
74	1:07:19	DAVIES, GRON		V40 Men	06:43.8	155	75
75	1:07:25	WILSON, BARRY	London Runners	V50 Men	06:44.4	126	76
76	1:07:26	MURPHY, MIKE	Les Croupiers	V50 Men	06:44.5	180	77
77	1:07:43	WELCH, PHILIP	Village Vipers	Senior Men	06:46.2	8	78
78	1:07:52	WALTON, ALAN	San Dominico	Senior Men	06:47.1	134	79
79	1:07:54	TERRY, MARK	TROT	V50 Men	06:47.3	166	80
80	1:08:22	JONES, IAN		V40 Men	06:50.1	188	81
81	1:08:23	MUNDY, ANDREW	brackla harriers	Senior Men	06:50.2	187	82
82	1:08:36	DAWES, PAUL	San Dominico	V40 Men	06:51.5	64	83
83	1:08:36	DAVE, ANDREW		V40 Men	06:51.5	177	84
84	1:09:04	DONNAN, GRAEME	Les Croupiers	V50 Men	06:54.3	63	85
85	1:09:06	SCOTT, ROB	Les Croupiers	Senior Men	06:54.5	17	86
86	1:09:15	BUCK, MARTIN	Brecon Athletic Club	V40 Men	06:55.4	204	87
87	1:09:18	DAVIES, MICHAEL H	Les Croupiers	V50 Men	06:55.7	120	88
88	1:09:23	BRASINGTON, ANDREW	Brecon Athletic Club	V40 Men	06:56.2	18	89
89	1:09:24	BAYLISS, NICK		Senior Men	06:56.3	34	90
90	1:09:28	BOON, RICHARD	Les Croupiers	V40 Men	06:56.7	200	91
91	1:09:29	OWEN, STEPHEN	Les Croupiers	V50 Men	06:56.8	68	92
92	1:09:31	STEVENS, DARREN		Senior Men	06:57.0	123	93
93	1:09:58	GEORGE, SIMON		Senior Men	06:59.7	219	94
94	1:10:04	HARDMAN, GARETH	Bridgend AC	V40 Men	07:00.3	203	95
95	1:10:05	HARDMAN, GINA	Bridgend AC	Vet 35 Ladies	07:00.4	703	96
96	1:10:08	HECTOR, ROBERT		Senior Men	07:00.7	184	97
97	1:10:16	COOKE, DEBBIE	Bridgend AC	Vet 35 Ladies	07:01.5	682	98
98	1:10:25	ALFORD, JEREMY	Penarth & Dinas Runner	V40 Men	07:02.4	189	99
99	1:10:30	INGHAM, VICKI	Poole Runners	Senior Ladies	07:02.9	710	100
100	1:10:31	WEHDEN, KIM	Islwyn	V40 Men	07:03.0	140	101
101	1:10:34	EVANS, ALUN		V40 Men	07:03.3	198	102
102	1:10:36	O SULLIVAN, SAM		Senior Men	07:03.5	139	103
103	1:10:38	VAS, DAVID		V40 Men	07:03.7	85	104
104	1:10:50	DAVEY, ERIC	Llanelli AAC	V50 Men	07:04.9	145	105
105	1:11:11	WILLIAMS, DARREN	Bridgend AC	Senior Men	07:07.0	125	106
106		Unregistered Competitor		NDB			107
107	1:11:14	PHILLIPS, BRIAN	Parc Bryn Bach RC	V40 Men	07:07.3	83	108
108	1:11:16	DELANEY, JAMES	San Dominico	V50 Men	07:07.5	78	109
109	1:11:17	SHIELDS, DOMINIC	San Dominico	V40 Men	07:07.6	30	110
110	1:11:19	THOMAS, PAUL		Senior Men	07:07.8	51	111
111	1:11:25	ALEXANDER, STEPHEN	Les Croupiers	V40 Men	07:08.4	192	112
112	1:11:27	LEWIS, TERRY	Islwyn	V40 Men	07:08.6	53	113
113	1:11:31	DAVIES, JEFF		V40 Men	07:09.0	33	114
114	1:11:44	BEGUE, NADIA	Llswerry Runners	Senior Ladies	07:10.3	643	115
115	1:11:53	HARMES, PAUL		V40 Men	07:11.2	46	116
116	1:11:56	ASTON, JEFF	Les Croupiers	V60 men	07:11.5	49	117
117	1:12:00	QUINN AZIZ, ABYD	Penarth & Dinas Runner	V50 Men	07:11.9	41	118

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mil</i>	<i>Race</i>	<i>Race</i>
118	1:12:05	DAVIES, BEV		Senior Ladies	07:12.4	694	119
119	1:12:07	AUDRAIN, HELEN	Great Western Runners	Senior Ladies	07:12.6	640	120
120	1:12:10	EARNSHAW, GAVIN		Senior Men	07:12.9	133	121
121	1:12:14	O'SULLIVAN, TIM	Les Croupiers	V50 Men	07:13.3	122	122
122	1:12:16	THOMAS, ANDREW ROBERT	brackla harriers	V40 Men	07:13.5	151	123
123	1:12:18	EVANS, GARETH	Valley Vipers	Senior Men	07:13.7	132	124
124	1:12:25	CLARK, IAN ROBERT		V40 Men	07:14.4	205	125
125	1:12:25	MOORE, BRUCE		Senior Men	07:14.4	105	126
126	1:12:44	PARKINSON, BRIDGET	Aberystwyth	Senior Ladies	07:16.3	626	127
127	1:13:01	JENKINS, DAYMION		Senior Men	07:18.0	185	128
128	1:13:05	ZUBIZARRETA, MARIA	Les Croupiers	Vet 35 Ladies	07:18.4	670	129
129	1:13:10	PROTHEROE, PHIL	brackla harriers	Senior Men	07:18.9	194	130
130	1:13:11	MAKSIMOVIC, PETAR		V40 Men	07:19.0	150	131
131	1:13:17	SAWYERS, SHAYNE	Les Croupiers	Senior Men	07:19.6	75	132
132	1:13:18	PORTELLI, KELLINU	Les Croupiers	V40 Men	07:19.7	19	133
133	1:13:33	REES, GARETH JOHN	Sospan Llanelli Road Runners	Senior Men	07:21.2	168	134
134	1:13:42	BULLEN, YVONNE	Les Croupiers	Vet 35 Ladies	07:22.1	657	135
135	1:13:49	HASELHURST, SALLY	San Domingo	Senior Ladies	07:22.8	696	136
136	1:13:50	EDWARDS, AMY	Rhondda Valley Runners	Senior Ladies	07:22.9	655	137
137	1:14:13	MULREADY, ADRIAN	VISTEON	V40 Men	07:25.2	209	138
138	1:14:18	DONOVAN, MARTIN		V40 Men	07:25.7	82	139
139	1:14:24	COCORAN, COCO	Pontypridd Roadents AC	V40 Men	07:26.3	144	140
140	1:14:26	THOMAS, MICHAEL		V40 Men	07:26.5	202	141
141	1:14:30	RHYS, JUDI		Vet 45 ladies	07:26.9	617	142
142	1:14:37	RICHARDS, LEONARDS		V50 Men	07:27.6	135	143
143	1:14:43	BEATTY, CLAIRE	Les Croupiers	Senior Ladies	07:28.2	612	144
144	1:14:52	JONES, ALLAN STEPHEN	brackla harriers	V50 Men	07:29.1	93	145
145	1:14:52	JOHNS, CHARLOTTE	brackla harriers	Vet 35 Ladies	07:29.1	700	146
146	1:15:20	BIGMORE, PAUL	brackla harriers	V50 Men	07:31.9	94	147
147	1:15:31	HILL, STEVE	Penarth & Dinas Runner	V40 Men	07:33.0	7	148
148	1:15:33	DOBBS, JIM	Islwyn	V50 Men	07:33.2	42	149
149	1:15:45	PHILLIPS, SIAN		Vet 45 ladies	07:34.4	629	150
150	1:15:56	AGUILAR-STONE, SHAN	Bitton Road Runners	Vet 45 ladies	07:35.5	632	151
151	1:16:00	COLEMAN, KEITH		V40 Men	07:35.9	26	152
152	1:16:05	CUNNANE, JOHN	Islwyn	V60 men	07:36.4	210	153
153	1:16:46	DAVIES, JEFF		V40 Men	07:40.5	138	154
154	1:16:50	ABRAHAM, ADAM	Les Croupiers	Senior Men	07:40.9	91	155
155	1:17:02	BENNETT, PAUL		V50 Men	07:42.1	179	156
156	1:17:04	BURT, TONY	brackla harriers	V60 men	07:42.3	73	157
157	1:17:19	MUNDY, ANDY	Les Croupiers	Senior Men	07:43.8	98	158
158	1:17:41	MANN, ALAN	Les Croupiers	V50 Men	07:46.0	60	159
159	1:17:44	ROBINSON, ANDREW		Senior Men	07:46.3	148	160
160	1:17:54	BURFORD, LARRY	Pegasus RC	V40 Men	07:47.3	92	161
161	1:18:02	BOWIE, RICHARD		V40 Men	07:48.1	58	162
162	1:18:11	ELLIOTT, PAUL		Senior Men	07:49.0	71	163
163	1:18:16	SULLIVAN, MARK		Senior Men	07:49.5	84	164
164	1:18:18	OWEN, WENDY	San Domingo	Vet 35 Ladies	07:49.7	668	165
165	1:18:25	HATTO, DAVID	Sospan Llanelli Road Runners	V40 Men	07:50.4	171	166
166	1:18:26	GWYNNE-HAMER, DARREN		Senior Men	07:50.5	206	167
167	1:18:37	SPANTON, CAROLINE		Senior Ladies	07:51.6	679	168
168	1:19:11	WHITMARSH, PAUL	Penarth & Dinas Runner	Senior Men	07:55.0	190	169
169	1:19:23	CLEARY, LISA	Penarth & Dinas Runner	Vet 35 Ladies	07:56.2	649	170
170	1:19:32	SEABOURNE, DAISY		Senior Ladies	07:57.1	685	171
171	1:19:39	O'DONNELL, KEVIN		V40 Men	07:57.8	20	172
172	1:19:41	NICHOLLS, ALISON	Brecon Athletic Club	Vet 45 ladies	07:58.0	630	173
173	1:19:50	BURCZYK, NINA		Senior Ladies	07:58.9	639	174
174	1:20:00	OLIVER, NICKY		Vet 35 Ladies	07:59.9	681	175
175	1:20:01	DUNSTAN, CLAIRE		Senior Ladies	08:00.0	690	176
176	1:20:03	NEW, STEVE	100 marathon club	V40 Men	08:00.2	149	177
177	1:20:10	WILLIAMS, STEPHEN	Les Croupiers	V50 Men	08:00.9	102	178
178	1:20:20	DENTON, CLIVE	Rhondda Valley Runners	V40 Men	08:01.9	61	179

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179	1:20:21	FARMER, JOHN		V50 Men	08:02.0	172	180
180	1:20:25	TREHARNE, KEITH	brackla harriers	V60 men	08:02.4	55	181
181	1:20:29	MARTIN, JOHN		V50 Men	08:02.8	32	182
182	1:20:30	MCDONALD, DAVID	Les Croupiers	V40 Men	08:02.9	2	183
183	1:20:33	LUKE, EMILY	Penarth & Dinas Runner	Senior Ladies	08:03.2	618	184
184	1:20:39	HOUGHTON, CLARE	Penarth & Dinas Runner	Senior Ladies	08:03.8	616	185
185	1:20:43	WILLIAMS, MARIA	Islwyn	Vet 35 Ladies	08:04.2	687	186
186	1:20:59	BROCKLEBANK, NINA	3 M's Gorseinon	Vet 35 Ladies	08:05.8	691	187
187	1:21:26	BOWEN, DAVID		V50 Men	08:08.5	129	188
188	1:21:48	WATT, THOMAS		Senior Men	08:10.7	87	189
189	1:21:50	MALLON, MELANIE	Sporta	Vet 45 ladies	08:10.9	646	190
190	1:21:57	JONES, PAUL	Mumbles Milers	Senior Men	08:11.6	207	191
191	1:22:02	FRY, JOHN	Fairwater Runners	V60 men	08:12.1	118	192
192	1:22:19	JOHN, GARY	Les Croupiers	V50 Men	08:13.8	142	193
193	1:22:36	LLEWELYN, NICOLA		Senior Ladies	08:15.5	641	194
194	1:22:52	POWELL, MARK		V40 Men	08:17.1	196	195
195	1:23:04	HOBBS, JAMES		V40 Men	08:18.3	44	196
196	1:23:52	LEWIS, JANE		Vet 35 Ladies	08:23.1	638	197
197	1:24:03	PARRY, LYNNE	3 M's Gorseinon	Senior Ladies	08:24.2	692	198
198	1:24:04	WEST, DEWI	3 M's Gorseinon	V40 Men	08:24.3	10	199
199	1:24:12	ROCHE, JULIE	Fairwater Runners	Vet 35 Ladies	08:25.1	631	200
200	1:24:26	MORRIS, COLIN		V40 Men	08:26.5	160	201
201	1:24:37	HUTCHINSON, KERI		Vet 35 Ladies	08:27.6	645	202
202	1:24:37	SMITH, SUE		Vet 35 Ladies	08:27.6	667	203
203	1:24:47	JONES, CRAIG		Senior Men	08:28.6	186	204
204	1:24:57	CURTIS, MICHAEL		Senior Men	08:29.6	157	205
205	1:25:01	TREHARNE, RUTH	Islwyn	Vet 35 Ladies	08:30.0	613	206
206	1:25:13	EDWARDS, TRACY	Rhondda Valley Runners	Vet 35 Ladies	08:31.2	651	207
207	1:25:13	CADOGAN, RICHARD	Rhondda Valley Runners	V40 Men	08:31.2	114	208
208	1:25:24	CLARK, CAROLINE		Vet 35 Ladies	08:32.3	677	209
209	1:25:40	DONNE, RICHARD	3 M's Gorseinon	V40 Men	08:33.9	212	210
210	1:25:44	BURTON, TRACY	Chepstow Harriers	Senior Ladies	08:34.3	628	211
211	1:26:15	CLEMENT, JANICE	Penarth & Dinas Runner	Vet 45 ladies	08:37.4	656	212
212	1:27:18	WILLIAMS, MICHAEL		Senior Men	08:43.7	38	213
213	1:27:28	JONES, GARETH		V40 Men	08:44.7	164	214
214	1:27:33	JAMES, BARRY		V50 Men	08:45.2	117	215
215	1:27:34	SMITH, LEE		Senior Men	08:45.3	158	216
216	1:27:41	NEWMAN, TRACEY	Les Croupiers	Vet 35 Ladies	08:46.0	704	217
217	1:28:03	GARDINER, RHIANYDD		Vet 35 Ladies	08:48.2	706	218
218	1:28:14	JAMES, KATHRYN		Senior Ladies	08:49.3	658	219
219	1:28:30	HUSSAIN, MATT		Senior Men	08:50.9	213	220
220	1:28:31	GALL, IAN	brackla harriers	V40 Men	08:51.0	15	221
221	1:28:34	JARMAN, ELSPETH	Abergavenny Striders	Vet 45 ladies	08:51.3	699	222
222	1:28:47	STEVEN, KIM	Reading Roadrunners	Vet 45 ladies	08:52.6	707	223
223	1:29:05	SMITH, MIKE		Senior Men	08:54.4	107	224
224	1:29:11	LORD, DALE		Senior Men	08:55.0	215	225
225	1:29:13	JONES, ALLISON		Senior Ladies	08:55.2	619	226
226	1:29:17	COLLEY, ADRIAN	Taff Ely Triathlon	V50 Men	08:55.6	77	227
227	1:29:22	FLANAGAN, MICHAEL		Senior Men	08:56.1	72	228
228	1:29:49	RUSSELL, CATHRYN		Vet 45 ladies	08:58.8	674	229
229	1:30:26	ARNOLD, GARETH		Senior Men	09:02.5	214	230
230	1:30:33	MILNE, JULIET		Senior Ladies	09:03.2	702	231
231	1:30:56	DIX, CATHRYN		Vet 35 Ladies	09:05.5	705	232
232	1:31:24	THORNE, ZANE		Senior Men	09:08.3	5	233
233	1:31:24	BOWN, RUSSELL	Yeovil Town RRC	V50 Men	09:08.3	65	234
234	1:31:27	MCCARTHY, KEVIN	road runners cub	V40 Men	09:08.6	4	235
235	1:31:29	WIDDRINGTON, PETER		V60 men	09:08.8	167	236
236	1:31:31	JOSEPH, ANDREW JOHN		Senior Men	09:09.0	162	237
237	1:31:35	HERRING, MATTHEW		Senior Men	09:09.4	159	238
238	1:31:41	HATHER, CATH	brackla harriers	Vet 35 Ladies	09:10.0	620	239
239	1:31:43	HOLYFIELD, GARETH	Abergavenny Striders	V40 Men	09:10.2	176	240

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mil</i>	<i>Race</i>	<i>Race</i>
240	1:32:14	CHAMPION, ANGELA	Village Vipers	Senior Ladies	09:13.3	653	241
241	1:32:23	MCGILL, JO		Vet 35 Ladies	09:14.2	689	242
242	1:32:31	CHAPPELLE, JANE		Vet 45 ladies	09:15.0	660	243
243	1:32:44	JOHNSON, JAMES		V60 men	09:16.3	181	244
244	1:33:01	DAKIN, JANE	brackla harriers	Vet 35 Ladies	09:18.0	673	245
245	1:33:02	HOPKINS, AIMEE		Senior Ladies	09:18.1	666	246
246	1:33:02	HOPKINS, KEITH		V60 men	09:18.1	100	247
247	1:34:19	WILLIAMS, JOHN RHYS		Senior Men	09:25.7	161	248
248	1:34:27	WILLIAMS, NIGEL		V40 Men	09:26.5	104	249
249	1:35:14	GOWARD, LYNN	Valley Vipers	Vet 35 Ladies	09:31.2	683	250
250	1:35:14	CLINCH, MIKE		V40 Men	09:31.2	76	251
251	1:35:14	LYNCH, PAUL		Senior Men	09:31.2	57	252
252	1:35:25	JONES, NIGEL	Llanelli AAC	V50 Men	09:32.3	147	253
253	1:35:31	MORRISSEY, JASON		V40 Men	09:32.9	165	254
254	1:35:33	LLEWELLYN, CATHRINE		Vet 45 ladies	09:33.1	675	255
255	1:35:59	TIPPING, ANGELA CHRISTINA	Lliswerry Runners	Senior Ladies	09:35.7	671	256
256	1:36:36	BLADEN, ALAN	Les Croupiers	V60 men	09:39.4	119	257
257	1:36:43	BIRKETT, SARA	brackla harriers	Vet 35 Ladies	09:40.1	647	258
258	1:36:55	WILLIAMS, LYNWEN		Vet 35 Ladies	09:41.3	627	259
259	1:37:11	STEVENS, SANDRA		Vet 55 Ladies	09:42.9	676	260
260	1:37:14	STEVENS, SARAH		Senior Ladies	09:43.2	684	261
261	1:37:25	STICKLAND, ANNA		Vet 35 Ladies	09:44.3	708	262
262	1:37:42	CHADWELL, K	Womens Running Network	Vet 35 Ladies	09:46.0	642	263
263	1:38:16	CALL, JUSTINE	Penarth & Dinas Runner	Vet 35 Ladies	09:49.4	701	264
264	1:38:26	ROBERTS, ANNE		Vet 45 ladies	09:50.4	621	265
265	1:38:48	BROWN, SIAN		Vet 45 ladies	09:52.6	693	266
266	1:38:55	MARSHMAN, SANDRA	Pontypridd Roadents AC	Vet 35 Ladies	09:53.3	680	267
267	1:39:07	BURRIDGE, MARIANNE	Fairwater Runners	Vet 45 ladies	09:54.5	635	268
268	1:40:27	WOOLLEY, RACHEL	Village Vipers	Senior Ladies	10:02.5	665	269
269	1:42:01	SINGER, GRAHAM		V50 Men	10:11.9	121	270
270	1:42:16	HICKS, GLYN	Islwyn	V50 Men	10:13.4	97	271
271	1:43:43	EVANS, CLIVE		V60 men	10:22.1	74	272
272	1:43:48	ANDERSON, SARAH		Senior Ladies	10:22.6	633	273
273	1:44:03	WOODFOND, CAROL	Lliswerry Runners	Vet 45 ladies	10:24.1	698	274
274	1:45:50	FORSEY, YVONNE	Lliswerry Runners	Vet 45 ladies	10:34.8	669	275
275	1:45:59	HAYWARD, GERRY		Vet 45 ladies	10:35.7	650	276
276	1:45:59	LEWIS, DAVID	Celtic Tri	V40 Men	10:35.7	62	277
277	1:46:27	DONNELLY, MARY E	brackla harriers	Vet 45 ladies	10:38.5	686	278
278	1:46:39	DAVIDSON, TRISHA	brackla harriers	Vet 45 ladies	10:39.7	672	279
279	1:46:45	HOOD, ZOE		Senior Ladies	10:40.3	695	280
280	1:48:25	MORRIS, TINA		Vet 35 Ladies	10:50.3	697	281
281	1:48:41	TAYLOR, GARY	Mumbles Milers	Senior Men	10:51.9	208	282
282	1:51:41	BELCHER, YOGI		Senior Men	11:09.9	211	283
283	1:51:41	CANTELO, OWEN		V40 Men	11:09.9	218	284
284	1:54:08	WEST, SARAH		Vet 45 ladies	11:24.6	614	285
285	1:54:10	THORNE, JANETTE		Vet 35 Ladies	11:24.8	615	286
286	1:55:20	ACKLAND, SIAN	brackla harriers	Vet 35 Ladies	11:31.8	664	287
287	1:55:20	ROSE, SHIRLEY	brackla harriers	Vet 35 Ladies	11:31.8	688	288
288	1:58:32	MASSEY, LEANNE		Senior Ladies	11:51.0	709	289
289	2:02:35	BIGMORE, LESLEY		Vet 45 ladies	12:15.3	663	290
290	2:32:52	WATTS, ALLEN E	Sarn Helen	V60 men	15:17.0	130	291

There were 290 finishers in the All Competitors category.