

First name	Last name	Race number	Gender	Age category	Team name	Finish time	Overall position	Gender position	Category position
Lee	Ladd	205	Male	Male Open	Carmathen	00:33:47	1	1	1
Stuart	Crees	195	Male	Male Open	Les Croupiers	00:34:21	2	2	2
Paul	Talbot	73	Male	M40	Neath	00:34:36	3	3	1
Alan	Davies	105	Male	M50		00:36:05	4	4	1
Rhys	Harris	204	Male	Male Open		00:37:30	5	5	3
Mike	Evans	213	Male	Male Open	TROT	00:37:38	6	6	4
Julia	Cooke	134	Female	Female open	Cheltenham Harriers	00:38:32	7	1	1
Neil	Davzet	68	Male	M50	Cornelly Striders	00:38:45	8	7	2
Ann	Thomas	152	Female	F35	TROT	00:38:57	9	2	1
Martin	Webb	125	Male	M40	Swansea Harriers	00:39:11	10	8	2
Daniel	Hooper	236	Male	Male Open		00:39:25	11	9	5
Alaw	Thoms	168	Female	Female open	Carmathen	00:39:34	12	3	2
R	Austin	242	Male	Male Open		00:39:53	13	10	6
Gareth	Elliot	201	Male	Male Open	Pembrokeshire Harriers	00:39:58	14	11	7
Keith	Powell	72	Male	M50	Cornelly Striders	00:40:00	15	12	3
David	O'niel	198	Male	M40	Pembrokeshire Harriers	00:40:18	16	13	3
Jonathan	Jones	227	Male	M40	Carmathen	00:40:22	17	14	4
Gareth	Lloyd	115	Male	M40		00:40:27	18	15	5
Ben	Sutton	233	Male	Male Open		00:40:59	19	16	8
M	Kirkham	93	Female	Female open	Coventry Godiva H	00:41:07	20	4	3
Glenn	Draisey	135	Male	M40	Swansea Harriers	00:41:13	21	17	6
Robert	Daines	25	Male	Male Open		00:41:21	22	18	9
Tim	John	226	Male	Male Open	TROT	00:41:23	23	19	10
Ana	Lynch	199	Female	F35	Pembrokeshire Harriers	00:41:30	24	5	2
Matthew	Stroud	79	Male	Male Open		00:41:36	25	20	11
John	Diffey	61	Male	M40	Les Croupiers	00:41:47	26	21	7
Kris	Stowe	149	Male	Male Open		00:41:48	27	22	12
David	Williams	177	Male	Male Open		00:42:00	28	23	13
Peter	Hammond	150	Male	M40		00:42:04	29	24	8
Chris	Bowen	146	Male	Male Open		00:42:05	30	25	14
John	Sinnett	208	Male	M50	Pembrokeshire Harriers	00:42:09	31	26	4
Peter	Walters	214	Male	M50	TROT	00:42:14	32	27	5
Mark	Terry	187	Male	M50	TROT	00:42:19	33	28	6
Kevin	Corcoran	99	Male	M40	Swansea Harriers	00:42:26	34	29	9

Andrew	Miles	64	Male	M50		00:42:32	35	30	7
Steve	Brown	108	Male	M40	Pembrokeshire Harriers	00:42:32	36	31	10
Niel	Spencer	103	Male	M40	Rumney Club	00:42:40	37	32	11
Gordon	Orme	112	Male	M50	Cardigan Rc	00:42:51	38	33	8
Jason	Griffiths	189	Male	M40	Corus Multisport	00:42:53	39	34	12
Peter	Turner	71	Male	M50	Cornelly Striders	00:42:56	40	35	9
Ian	Speed	137	Male	M40		00:42:57	41	36	13
Eric	Davey	126	Male	M50	llanelli AC	00:43:03	42	37	10
Ricki	Morgan	240	Male	Male Open		00:43:11	43	38	15
Ian	Hoskins	107	Male	Male Open		00:43:12	44	39	16
Rhys	Evans	94	Male	Male Open		00:43:15	45	40	17
Richard	Evans	180	Male	M40		00:43:17	46	41	14
Darren	Stevens	91	Male	Male Open		00:43:19	47	42	18
Stephen	Jones	14	Male	M40		00:43:42	48	43	15
Alvin	Phillips	196	Male	Male Open		00:43:48	49	44	19
Richard	Thomas	28	Male	Male Open	Pembrokeshire Harriers	00:43:50	50	45	20
Lee	Bodenham	48	Male	Male Open	Porthcawl Runners Life	00:43:52	51	46	21
Mick	Grant	31	Male	M50	Road Runners Club	00:43:54	52	47	11
Simon	Surrell	200	Male	Male Open		00:44:00	53	48	22
David	Blackwell	76	Male	Male Open		00:44:01	54	49	23
Marc	Batchup	101	Male	Male Open	Swansea Harriers	00:44:04	55	50	24
Alyson	Hayes	111	Female	F35	Cardigan Rc	00:44:04	56	6	3
Tonia	Forsyth	181	Female	F35		00:44:21	57	7	4
David	Langford	139	Male	M50	Pembs tri Club	00:44:24	58	51	12
Gabriella	Maine	50	Female	Female open	Porthcawl Runners Life	00:44:26	59	8	4
Paul	Morris	158	Male	M50		00:44:29	60	52	13
Uku	Kumari	102	Male	M50	Swansea Harriers	00:44:41	61	53	14
Peter	Foale	167	Male	M50	Aberystwyth	00:44:51	62	54	15
Steven	Jones	54	Male	Male Open		00:44:58	63	55	25
Lawrence	Worth	239	Male	M40	Pembrokeshire Harriers	00:45:04	64	56	16
Dave	Griffiths	203	Male	M40	TROT	00:45:13	65	57	17
Cyril	Walters	88	Male	M50	TROT	00:45:15	66	58	16
Leighton	Gwyn	130	Male	M50		00:45:28	67	59	17
Helen	Jones	55	Female	F35		00:45:41	68	9	5
Tim	Jones	62	Male	M50		00:45:56	69	60	18

David	Selwyn	148	Male	Male Open		00:46:03	70	61	26
Rachel	Byers	230	Female	F35	winchester	00:46:03	71	10	6
Rhys	Phillips	65	Male	Male Open		00:46:12	72	62	27
Rhoddy	Davies	3	Male	Male Open		00:46:14	73	63	28
Andrew	O'conner	219	Male	Male Open	Lincoln	00:46:24	74	64	29
Luciano	Tamilia	32	Male	M40		00:46:28	75	65	18
Zoe	Welch	212	Female	F35		00:46:28	76	11	7
Daffyd	Lewis	145	Male	Male Open		00:46:29	77	66	30
Andrew	Phillips	66	Male	M40		00:46:31	78	67	19
Julian	Maine	49	Male	M50	Porthcawl Runners Life	00:46:41	79	68	19
David	Needham	63	Male	M50	Penistone Footpath Runners	00:47:00	80	69	20
Andrew	Dunscombe	109	Male	M40	Pontypridd Roadents	00:47:00	81	70	20
Bethan	Ouseley	231	Female	Female open	Ingli Runners	00:47:01	82	12	5
Jessica	Element	47	Female	Female open		00:47:08	83	13	6
Patrick	Ward	175	Male	M50		00:47:17	84	71	21
Carl	Harry	35	Male	M40		00:47:23	85	72	21
Gwydion	Williams	154	Male	Male Open		00:47:43	86	73	31
David	Smith	163	Male	M50		00:47:53	87	74	22
Peter	Clarke	183	Male	M40		00:47:57	88	75	22
Roland	Sherwood	85	Male	M50		00:48:11	89	76	23
Morgan	Allen	157	Male	M40		00:48:11	90	77	23
Peter	Manning	46	Male	M50		00:48:36	91	78	24
Alison	Smith	185	Female	F35		00:48:38	92	14	8
Alun	Morgan	192	Male	Male Open		00:48:55	93	79	32
Catherine	Marks	83	Female	Female open		00:49:10	94	15	7
David	Field	10	Male	Male Open		00:49:16	95	80	33
Jolyon	Craig	117	Male	Male Open		00:49:19	96	81	34
Kirsty	Morgan	118	Female	F35		00:49:19	97	16	9
Kate	Cross	174	Female	F35		00:49:29	98	17	10
David	Hudstone	144	Male	Male Open	Penistone Footpath Runners	00:49:41	99	82	35
Scott	Barrington	232	Male	Male Open		00:49:41	100	83	36
Christopher	Gee	136	Male	Male Open		00:49:44	101	84	37
Sue	Lloyd	81	Female	F45	Pembrokeshire Harriers	00:49:53	102	18	1

Kate	Tamilia	33	Female	F35		00:49:55	103	19	11
Joseph	Durrant	197	Male	Male Open		00:50:04	104	85	38
Andrew	Jones	15	Male	Male Open		00:50:08	105	86	39
Conor	Watkins	159	Male	Male Open		00:50:24	106	87	40
Stefan	Wathan	132	Male	M40		00:50:36	107	88	24
Alison	Lewis	89	Female	F45	TROT	00:50:43	108	20	2
Graham	Slate	215	Male	M40		00:50:46	109	89	25
Michael	Terry	190	Male	M50	TROT	00:50:48	110	90	25
Sarah	Gould-Davies	34	Female	Female open		00:50:55	111	21	8
Adam	Brow	217	Male	Male Open		00:51:06	112	91	41
Julie	Jones	56	Female	F35		00:51:22	113	22	12
Christine	Davies	171	Female	F35		00:51:22	114	23	13
Simon	Grogan	36	Male	M40		00:51:35	115	92	26
Susannah	Brownhill	119	Female	Female open		00:51:44	116	24	9
Anna	Field	11	Female	Female open		00:51:54	117	25	10
Ormond	Williams	153	Male	M50		00:52:02	118	93	26
Gareth	Jones	9	Male	Male Open		00:52:08	119	94	42
David	Clark	142	Male	M50		00:52:42	120	95	27
Robert	Reynolds	237	Male	Male Open		00:52:48	121	96	43
Nicola	Thomas	100	Female	F35	Porthcawl Runners Life	00:52:49	122	26	14
Romana	Maine	51	Female	F45	Porthcawl Runners Life	00:52:50	123	27	3
Raymond	Davies	161	Male	M40		00:52:54	124	97	27
Stephen	Job	75	Male	M40		00:52:56	125	98	28
Lorraine	Coopey	182	Female	F45		00:53:15	126	28	4
Karl	Sutton	140	Male	M40	Pembs tri Club	00:53:17	127	99	29
Anna	Phillips	143	Female	Female open	Penistone Footpath Runners	00:53:20	128	29	11
Kate	Blackwell	77	Female	F35		00:53:23	129	30	15
Sara	Thomas	97	Female	Female open		00:53:32	130	31	12
Rebecca	Salisbury	98	Female	Female open		00:53:37	131	32	13
Damien	Johnson	235	Male	Male Open		00:54:26	132	100	44
Tracey	Walsh	209	Female	F35		00:54:30	133	33	16
Raymond	Boyce	74	Male	M40	Cornelly Striders	00:54:31	134	101	30
H	Lloyd	122	Male	Male Open		00:54:46	135	102	45
E	Bateman	67	Male	M50	Pembrokeshire Harriers	00:54:59	136	103	28

E	Dylan	121	Male	Male Open		00:55:14	137	104	46
Diana	Fox	53	Female	F45		00:55:19	138	34	5
Jon	Boobyer	178	Male	M40		00:55:43	139	105	31
Caroline	Cumberlin	70	Female	F35		00:55:48	140	35	17
Nigel	Junes	234	Male	M50	llanelli AC	00:55:49	141	106	29
Niel	Griffiths	164	Male	M50		00:55:53	142	107	30
Guy	Flavell	60	Male	Male Open		00:56:14	143	108	47
Lindsey	Cooke	133	Female	F45		00:56:15	144	36	6
Andrew	Russell	16	Male	Male Open		00:56:21	145	109	48
Brian	Slate	216	Male	M50		00:56:24	146	110	31
Ned	Chiverton	165	Male	Male Open		00:56:25	147	111	49
Ed	Davies	223	Male	Male Open		00:56:26	148	112	50
Richie	Wilde	6	Male	Male Open		00:56:28	149	113	51
Charlotte	Kan	179	Female	Female open		00:56:38	150	37	14
Paul	Neale	229	Male	M40		00:56:43	151	114	32
Gerard	Mccabe	156	Male	M50	Trawden Ac	00:56:46	152	115	32
Andrew	Job	184	Male	M40		00:56:48	153	116	33
Rebecca	Kindred	52	Female	F35		00:56:56	154	38	18
Andy	Light	138	Male	M40		00:57:02	155	117	34
Judy	Stevenson	23	Female	F35		00:57:03	156	39	19
Jamie	Daniel	127	Male	Male Open		00:57:05	157	118	52
Carolyn	Peyman	22	Female	F35		00:57:06	158	40	20
Paul	Mullins	129	Male	M40		00:57:06	159	119	35
Tracey	Ravenscroft	40	Female	F35		00:57:17	160	41	21
Huw	Davies	44	Male	M40		00:57:19	161	120	36
Charlotte	Davies	8	Female	F45		00:57:34	162	42	7
Graham	Singer	92	Male	M50		00:57:54	163	121	33
Wes	Josey	69	Male	Male Open		00:57:57	164	122	53
Simon	Greenfield	186	Male	Male Open		00:57:58	165	123	54
Helen	Stretch	166	Female	F45	Aber Ac	00:57:59	166	43	8
Bernadette	Jones	29	Female	F35		00:58:00	167	44	22
Alex	Holland	238	Male	M40		00:58:06	168	124	37
Catherine	Llewellyn	90	Female	F45		00:58:08	169	45	9
Luke	Roberson	194	Male	Male Open		00:58:08	170	125	55
David	Phillips	141	Male	M50	Massey Ferguson RC	00:58:13	171	126	34

Billy	Connor	17	Male	Male Open		00:58:16	172	127	56
Dylan	James	104	Male	Male Open		00:58:19	173	128	57
Katie	Giles	131	Female	F35	Almost Athletes	00:58:36	174	46	23
Abi	Hart	220	Female	F35		00:58:49	175	47	24
Julie	Evans	173	Female	F45	Tri Exercise	00:59:04	176	48	10
Louise	Pooley	2	Female	Female open		00:59:29	177	49	15
Colin	Gardner	26	Male	M50		01:00:14	178	129	35
Michael	Davies	160	Male	M40		01:00:20	179	130	38
Nicola	Gould	151	Female	Male Open		01:00:23	180	50	1
Sarah	Davies	45	Female	F35		01:00:26	181	51	25
Pamela	Howarth	59	Female	F35		01:00:36	182	52	26
Claire	Ronowitz	176	Female	Female open		01:00:49	183	53	16
Harriet	King	222	Female	Female open		01:00:49	184	54	17
Hayley	Scotcher	95	Female	F35		01:00:52	185	55	27
Nick	Guymer	96	Male	Male Open		01:00:52	186	131	58
Cleo	Wilson	147	Female	Female open		01:00:58	187	56	18
C	Ravenscroft	188	Male	M50		01:00:59	188	132	36
Martyn	Sayle	106	Male	M40		01:01:07	189	133	39
Stephen	King	221	Male	Male Open		01:01:26	190	134	59
Kristine	Ritchie	38	Female	Female open		01:01:33	191	57	19
Lisa	Humphrey	225	Female	F35		01:01:48	192	58	28
Carole	White	27	Female	F45		01:01:54	193	59	11
Pete	Lewis	114	Male	M40		01:02:30	194	135	40
Claire	Badham	19	Female	F35		01:02:32	195	60	29
Eirly	Evans	120	Female	F45		01:02:37	196	61	12
Mick	Marne	241	Male	M50	TRA	01:02:55	197	136	37
Dominique	Delpech	116	Female	F35		01:03:04	198	62	30
Sarah	Stretton	170	Female	Female open		01:03:10	199	63	20
Chris	Stanton	80	Male	M50		01:03:13	200	137	38
Michelle	Knight	228	Female	Female open		01:03:15	201	64	21
Paul	Hinman	57	Male	M40		01:03:57	202	138	41
Joel	Williams	4	Male	M40		01:04:33	203	139	42
Hannah	Thomas	210	Female	Female open		01:04:38	204	65	22
Carl	Williams	41	Male	M50		01:04:46	205	140	39
David	Kempton	155	Male	M50		01:04:53	206	141	40

Stacey	Evans	172	Female	Female open	Tri Exercise	01:04:55	207	66	23
Jayne	Williams	206	Female	F35		01:05:20	208	67	31
Lynne	Parry	193	Female	F35	3Ms Gorseinon	01:05:22	209	68	32
Thomas	O'conner	211	Male	Male Open		01:05:33	210	142	60
Graham	O'Connor	24	Male	M40		01:05:58	211	143	43
Ken	Evans	7	Male	M50		01:06:10	212	144	41
Wendy	Diment	202	Female	F35		01:06:25	213	69	33
Gemm	Rees	123	Male	M40		01:07:02	214	145	44
Mike	Sayell	20	Male	M40		01:08:07	215	146	45
Louise	Morgan	207	Female	Female open		01:08:07	216	70	24
Kevin	Bennett	1	Male	M40		01:08:28	217	147	46
Trevor	Ellis	169	Male	M50	hartsheard Rc	01:09:03	218	148	42
Lisa	Bradley	18	Female	Female open		01:09:05	219	71	25
Philip	Davies	78	Male	M50	3Ms Gorseinon	01:09:37	220	149	43
Linda	Clark	42	Female	F45		01:09:41	221	72	13
Peter	Clark	43	Male	M50		01:09:41	222	150	44
Emma	Wilson	5	Female	F35		01:12:05	223	73	34
Gareth	Graham	218	Male	M40		01:15:14	224	151	47
Bryony	Jones	110	Female	Female open	Pembrokeshire Harriers	01:16:19	225	74	26
Patricia	Sherwood	84	Female	F45		01:33:43	226	75	14
Allen	Watts	162	Male	Male Open	Sarn Helen	01:33:43	227	152	61