

Winners	Time	Position	Number	forename	surname	Sex	Age	Category	Club
1st SM	35.23	1	243	Jason	Scanlon	Male		39 SM	Pontypridd Roadents
1st MV	36.13	2	188	Stefan	Simms	Male		42 MV	Griffithstown Harriers
	37.02	3	131	Stephen	Thomas	Male		42 MV	Islwyn
	37.21	4	270	Robin	Smoult	Male		37 SM	
	37.33	5	296	Sean	Taylor	Male		34 SM	Griffithstown Harriers
	38.03	6	236	Lian	Davies	Male		20 SM	
	38.24	7	244	Leighton	Rawlinson	Male		27 SM	CAERLEON RUNNING CLUB
1st MSV	38.34	8	229	Philip	Crane	Male		50 MSV	Neath Harriers
	38.41	9	120	Gareth	Green	Male		33 SM	San Domenico
	38.52	10	271	John	Foster	Male		52 MSV	LLISWERRY RUNNERS
	39.06	11	394	Eddie	Hiscocks	Male		34 SM	LLISWERRY RUNNERS
	39.20	12	283	Steve	Davies	Male		52 MSV	Griffithstown Harriers
	39.51	13	230	Peter	Crane	Male		49 MV	Neath Harriers
	40.19	14	228	David	Crane	Male		51 MSV	Neath Harriers
	40.33	15	293	Mark	Harvey	Male		23 SM	CHEPSTOW HARRIERS
	40.56	16	200	Paul	Price	Male		46 MV	
	41.00	17	237	Rhodri	Evans	Male		34 SM	Pontypridd Roadents
	41.01	18	268	Glyn	Sansom	Male		48 MV	San Domenico
1st lady & 1st FV	41.31	19	278	Angela	Jones	Female		44 FV	Islwyn
	41.51	20	111	Nick	Rees	Male		52 MSV	Les Croupiers
	41.59	21	266	Alun	Evans	Male		45 MV	
	42.09	22	295	Robert	Witherall	Male		29 SM	Griffithstown Harriers
	42.12	23	256	Howard	Mason	Male		46 MV	CAERLEON RUNNING CLUB
	42.29	24	299	Kim	Wehden	Male		48 MV	Islwyn
	42.39	25	218	JIM	DOBBS	Male		59 MSV	ISLWYN RUNNING CLUB
2nd Lady & 1st SF	42.45	26	231	Kelly	Morgan	Female		32 SF	Pontypridd Roadents
	43.05	27	398	Mark	Everson	Male		39 SM	
	43.09	28	300	Shaun	Jones	Male		26 SM	
1st MSSV	43.12	29	153	Ronald	Morris	Male		61 MSSV	San Domenico
3rd Lady	43.16	30	164	Lou	Summers	Female		43 FV	CHEPSTOW HARRIERS
	43.18	31	400	Paul.	Chick	Male		42 MV	NEWT
	43.33	32	282	Kelsham	Hanna	Male		41 MV	Mynydd Du

43.46	33	163 Robert	Evans	Male	48 MV	Ebbw Vale Running Club
43.56	34	221 Jonathan	Sliczny	Male	27 SM	
44.11	35	253 Darren	Stevens	Male	39 SM	
44.16	36	125 Matt	Webb	Male	33 SM	
44.17	37	183 Eric	Davey	Male	61 MSSV	Llanelli AC
44.25	38	139 Dave	Treherne	Male	35 SM	
44.33	39	149 Paul	Bradbury	Male	45 MV	
44.42	40	197 Steven	Dix	Male	41 MV	none
44.44	41	289 Andrew	Preece	Male	29 SM	
44.52	42	242 Laurence	Pole	Male	36 SM	Pontypridd Roadents
44.57	43	401 Andrew	Thompson	Male	53 MSV	Griffithstown Harriers
45.04	44	399 Steven	Isles	Male	37 SM	
45.10	45	260 Julie	Davies	Female	39 SF	Griffithstown Harriers
45.16	46	416 Justin	Pockwell	Male	42 MV	CAERLEON RUNNING CLUB
45.21	47	288 Matt	Creed	Male	34 SM	LLISWERRY RUNNERS
45.32	48	128 David	Willey	Male	34 SM	
45.44	49	410 Mark	Evans	Male	29 SM	
45.45	50	233 Michael	Williams	Male	48 MV	Ebbw Vale Running Club
46.04	51	232 Ray	Greenhouse	Male	45 MV	Ebbw Vale Running Club
46.08	52	190 Maria	Richards	Female	37 SF	Islwyn RC
46.24	53	126 Ross	Nowell	Male	26 SM	
46.28	54	226 Terry	Lewis	Male	50 MSV	
46.35	55	269 Alyson	Hayes	Female	40 FV	
46.47	56	294 Peter	Rodger	Male	54 MSV	Griffithstown Harriers
47.00	57	418 Peter	Short	Male	58 MSV	
47.01	58	217 MATHEW	WALL	Male	39 SM	NEWT
47.05	59	290 Andrew	How	Male	33 SM	
47.24	60	397 Mark	Beard	Male	46 MV	
47.33	61	251 Rhian	Jinny-Jones	Female	23 SF	Griffithstown Harriers
47.35	62	174 LAURA	POWELL	Female	23 SF	
47.37	63	261 Mike	POWELL	Male	52 MSV	
47.38	64	284 Bobby	Ford	Male	58 MSV	
47.39	65	386 Malcolm	Bradley	Male	60 MSSV	PENARTH & DINAS RUNNERS

	47.51	66	225 Craig	Howells	Male	27 SM	
	47.54	67	157 Peter	Welbirg	Male	47 MV	Griffithstown Harriers
	48.00	68	404 Sean	Davey	Male	47 MV	
	48.35	70	396 John	Sibey	Male	27 SM	
	48.41	71	267 Richard	Shaw	Male	45 MV	
	48.46	72	210 Lance	O'Connor	Male	47 MV	Ebbw Vale Running Club
	48.52	73	189 Wayne	Cooper	Male	41 MV	newt
	48.57	74	292 Neill	Parker	Male	42 MV	Islwyn
	49.02	75	105 Lee	Hillard	Male	35 SM	
	49.05	76	246 Rita	Kingdon	Female	26 SF	East London
	49.15	77	113 Ian	Williams	Male	50 MSV	Ebbw Vale Running Club
1st FSV	49.17	78	412 Janet	RICHARDS	Female	46 FSV	Griffithstown Harriers
	49.26	79	175 MICHAEL	PRITCHARD	Male	54 MSV	
	49.31	80	138 Malcolm	Cox	Male	61 MSSV	Griffithstown harriers
	49.39	81	384 Andrew	Taylor	Male	54 MSV	CAERLEON RUNNING CLUB
	49.43	82	239 Lewis	Conlon	Male	22 SM	
	49.50	83	147 Stephen	New	Male	45 MV	
	49.52	84	170 GARETH	HART	Male	40 MV	CAERLEON RUNNING CLUB
	49.59	85	227 Carl	Seaman	Male	41 MV	Rhondda Valley Runners
	50.03	86	160 J	Smith	Male	SM	
	50.04	87	285 Alex	Leadley	Female	33 SF	
	50.05	88	145 Andrew	Dickens	Male	40 MV	
	50.07	89	154 Tim	Clarke	Male	49 MV	
	50.19	90	135 Neale	Wood	Male	52 MSV	LLISWERRY RUNNERS
	50.43	91	262 Nick	Pounder	Male	36 SM	Pontypridd Roadents
	50.59	92	264 Robert	Phillips	Male	48 MV	Pontypridd Roadents
	51.18	93	179 Rebecca	Dunn	Female	41 FV	Quantock harriers
1st FSSV	51.32	94	390 Jeanette	Jenkins	Female	50 FSSV	Fairwater
	51.46	95	395 Ian	Price	Male	41 MV	CAERLEON RUNNING CLUB
	51.49	96	158 Genevieve	Thueux	Female	40 MV	
	52.03	97	385 Gavin	Williams	Male	28 SM	
	52.14	98	130 John	Ebdon	Male	56 MSV	
	52.29	99	196 andy	ROBERTSON	Male	31 SM	

52.29	99	286 Cornelius	Corcoran	Male	42 MV	
52.33	100	186 Stella	Symons	Female	46 FSV	Fairwater
52.42	101	247 Dadi	Baydoun	Male	38 SM	
52.48	102	112 Ralph	Roberts	Male	35 SM	Griffithstown Harriers
52.54	103	224 Tracey	Edwards	Female	44 FV	
52.58	104	155 Alison	Sheedy	Female	45 FSV	LLISWERRY RUNNERS
52.59	105	115 Glyn	Hicks	Male	MSSV	Islwyn
53.00	106	216 OLOF	OSTLUND	Male	32 SM	
53.07	107	214 PHILIP	WELCH	Male	29 SM	
53.16	108	165 David	Cross	Male	55 MSV	Ebbw Vale Running Club
53.19	109	132 David	Brunnock	Male	28 SM	
53.20	110	124 Julie	Twist	Female	39 SF	
53.24	111	415 Jason	Dixon	Male	40 MV	
53.30	112	238 Gareth	Newnes	Male	31 SM	
53.37	113	281 Keith	Langley	Male	56 MSV	
54.03	114	169 MIKE	DAVIES	Male	52 MSV	
54.06	115	167 Gareth	JONES	Male	37 SM	
54.25	116	254 Ann	North	Female	30 FV	Little Mill Losers
54.25	116	276 Sarah	Moses	Female	27 SF	
54.29	118	241 Rachel	Merriman	Female	40 FV	
54.30	119	272 Steve	Matthews	Male	48 MV	
54.41	120	129 Liz	Willey	Female	33 SF	n/a
54.48	121	181 Neil	Coe	Male	37 SM	Little Mill Losers
54.53	122	222 Alun	Wood	Male	29 SM	
55.04	123	402 Elizabeth	Stokes	Female	39 SF	Griffithstown Harriers
55.10	124	117 NICOLA	VANNET	Female	30 SF	
55.10	124	414 Colin	Dixton	Male	60 MSSV	
55.16	126	185 Jackie	Jones	Female	40 FV	Islwyn
55.17	127	199 Stephen	Cocke	Male	40 MV	
55.24	128	280 Carl	Brain	Male	66 MSSV	
55.31	129	148 AMANDA	BARRINGTON	Female	45 FSV	PENARTH & DINAS RUNNERS
55.32	130	223 David	James	Male	43 MV	
55.41	131	142 Gerwen	Morgan	Male	37 SM	

55.45	132	389 Rebecca	Jenkins	Female	29 SF	Fairwater
55.49	133	143 Dawson	Barratt	Male	37 SM	
55.49	133	141 Karl	Smith	Male	31 SM	
55.50	135	150 Nicola	Bradbury	Female	45 FSV	
55.59	136	287 Justin	Jones	Male	39 SM	Pontypridd Roadents
56.01	137	194 james	evans	Male	27 SM	
56.06	138	391 Martyn	Jenkins	Male	51 MSV	
56.08	139	118 NATALIE	RICHARDS	Female	30 SF	
56.13	140	257 Mike	Davies	Male	51 MSV	CAERLEON RUNNING CLUB
56.14	141	383 Daniel	Payton	Male	34 SM	
56.22	142	123 Rhian	Davies	Female	37 SF	
56.29	143	192 jeremiah	carl	Male	42 MV	
56.57	144	249 Josie	Ross	Female	54 FSSV	
57.01	145	198 Peter	Jones	Male	35 SM	
57.18	146	182 Owen	Davies	Male	40 MV	
57.44	147	172 DAVE	KEMPTON	Male	53 MSV	
57.45	148	392 Alan	Hunt	Male	47 MV	FBT
57.59	149	255 Peter	Lyons	Male	41 MV	
58.10	150	184 Gareth	Holyfield	Male	47 MV	
58.29	151	258 Sean	Edwards	Male	40 MV	
58.34	152	171 SIAN	JONES	Female	30 SF	CAERLEON RUNNING CLUB
58.54	153	168 DAMIAN	MORAN	Male	49 MV	
59.14	154	122 Bryan	Menzies	Male	37 SM	
59.19	155	265 Daniel	Saxton	Male	33 SM	Pontypridd Roadents
59.22	156	291 Jessica	Bowman	Female	24 SF	
59.25	157	417 Robbie	Hyde	Male	35 SM	NEWTS
59.47	158	235 Catherine	Llewellyn	Female	47 FSV	
59.51	159	152 Alison	Strong	Female	38 SF	
60.24	160	252 Sandra	Stevens	Female	63 FSSV	
60.32	161	234 T	Grandon	Male	61 MSSV	
60.42	162	273 Andy	Rowlands	Male	50 MSV	
60.56	163	259 Michael	Bond	Male	44 MV	
60.57	164	104 bernadette	davies	Female	40 FV	caerleon running club

61.13	165	151 Sara-Jane	Bevan	Female	35 SF	
61.19	166	393 Nigel	Jones	Male	56 MSV	
61.20	167	166 Terry	Vaughan	Male	38 SM	
61.24	168	140 Kate	Joseph	Female	30 SF	
61.37	169	403 Paolo	Raimondo	Male	32 SM	
61.41	170	263 Helen	Welch	Female	39 FV	
61.46	171	159 Jonathan	Bailey	Male	61 MSSV	N/A
61.52	172	101 Cecilia	Bawler	Female	37 SF	
62.03	173	119 Laura	Glass	Female	37 SF	
62.05	174	274 Diane	Rowlands	Female	48 FSV	
62.07	175	156 Andrew	Smith	Male	58 MSV	Griffithstown Harriers
62.09	176	245 Graham	Singer	Male	56 MSV	
62.14	177	187 Vicky	Fear	Female	29 SF	LLISWERRY RUNNERS
62.19	178	240 Keith	Lowther	Male	53 MSV	San Domenico
62.23	179	408 Sarah	Graham	Female	31 SF	Griffithstown Harriers
62.25	180	387 Julie	Burchell	Female	40 FV	Griffithstown Harriers
62.34	181	405 Claire	Sutton	Female	44 FV	Griffithstown Harriers
62.46	182	193 terrance	warfield	Male	28 SM	
63.17	183	275 Anita	Roberts	Female	32 SF	
63.25	184	173 DEB	WOOD	Female	38 SF	LLISWERRY RUNNERS
63.48	185	406 Wendy	Rees	Female	49 FSV	Griffithstown Harriers
63.55	186	407 Kelly	Fry	Female	29 SF	Griffithstown Harriers
64.11	187	277 Paul	Cole	Male	42 MV	
64.58	188	162 Nadine	Donovan	Female	38 SF	
65.16	189	250 Lea	Mitchell	Female	52 FSSV	
65.24	190	248 Judith	Baydown	Female	55 FSSV	
65.50	191	134 Emma	Nowell	Female	30 SF	
66.24	192	279 Simon	Hudd	Male	43	
66.36	193	213 Ann-Marie	Curtis	Female	43 FV	
66.38	194	212 Hayley	Baker	Female	28 SF	
66.39	195	176 Elizabeth	McCarthy	Female	43 FV	
66.51	196	177 Peter	McCarthy	Male	44 MV	
71.51	197	180 Cecilia	Lindberg	Female	43 FV	n/a

71.51	198	108 Mary	Middleton	Female	41 FV	
74.23	199	136 Heidi	Erhardt	Female	51 FSSV	
78.25	200	133 NATALIE	Archer	Female	28 SF	
78.25	201	146 William	Lewis	Male	56 MSV	
78.25	202	219 ANGHARAD	DANDO	Female	39 SF	
78.56	203	220 COLLEEN	NURTON	Female	40 FV	
80.54	204	388 Colin	Lloyd	Male	79 SSVM	Griffithstown Harriers
80.55	205	110 Stephen	O'Hara	Female	42 FV	
86.15	206	109 Stephen	O'Hara	Male	31 SM	
86.52	207	409 Jessica	Price	Female	15 Sf	
Not record	208	298 Angela	Parfitt	Female	43 FV	
Not record	209	297 Claire	Williams	Female	36 SF	Islwyn
		103 Rebecca	Cosgrove	Female	32 SF	Griffithstown Harriers
		211 Jen	Davies	Female	26 SF	
		161 Paul	Donovan	Male	43 MV	
		191 Isobel	Donovan	Female	15 SF	
		137 Heidi	Erhardt	Female	51 FSSV	
		195 Simon	Fairclough	Male	27 SM	
		121 Heather	Gunn	Female	43 FV	
		116 OWEN	HATHWAY	Male	27 SM	
		178 Mickey	Havard	Male	45 MV	San Domenico
		Stephanie	Heed	Female		
		106 Jonathan	Howell	Male	29 SM	
		127 Helen	Nowell	Female	26 SF	
		Jason	Smith	Male	30 SF	Griffithstown harriers
		114 Elaine	WILLIAMS	Female	FSV	Islwyn
		215 ADAM	WILLIAMS	Male	34 SM	
		144 Daniela	Woodbridge	Female	40 FV	Griffithstown Harriers
DNF		413 Amy	Jones	Female	15	