

Llanelli 10k

19th June 2011

RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	208	31:40	Carwyn Jones		Male	1	MS	1	31:40	1
2	652	34:56	Matthew Harvey	Neath Harriers	Male	2	MS	2	34:56	2
3	639	34:56	Lewis Young	Cardiff Athletics	Male	3	MS	3	34:56	3
4	184	35:08	Timothy Iveson	builth and district	Male	4	MS	4	35:08	4
5	562	35:34	Stephen Shields	San Domenico	Male	5	MS	5	35:33	5
6	564	35:53	Tom Davis	Porthcawl Runners	Male	6	MS	6	35:53	6
7	189	37:13	Jason Price		Male	7	M40	1	37:13	7
8	505	37:24	Brian Richardson	LES CROUPIER R C	Male	8	M50	1	37:24	8
9	607	37:39	Anthony Powell	Porthcawl Runners	Male	9	M40	2	37:38	9
10	618	37:39	Kate Roberts	Bridgend ac	Female	1	FS	1	37:39	10
11	592	38:13	Adam Roberts	Trots	Male	10	MS	7	38:13	11
12	506	38:16	Jonathan Jones	Carmarthen Harriers	Male	11	M40	3	38:13	12
13	408	38:16	Adrian Weaver	Port Talbot Harriers	Male	12	MS	8	38:16	13
14	670	38:42	Brent Anderson		Male	13	MS	9	38:41	14
15	644	38:42	Glyn Sansom	San Domenico	Male	14	M40	4	38:42	15
16	612	38:52	Nigel Barnes	Fords	Male	15	M40	5	38:51	16
17	93	38:58	Jason Dickinson	Trots	Male	16	M40	6	38:56	17
18	646	39:06	Scott Evans		Male	17	MS	10	39:03	18
19	338	39:17	David paul Rees		Male	18	MS	11	39:13	19
20	582	39:29	Reeve Marc		Male	19	MS	12	39:29	20
21	519	39:35	Andrew Blair	LES CROUPIER R C	Male	20	M40	7	39:34	21
22	385	39:41	Pari Thomas		Male	21	MS	13	39:38	22
23	657	39:52	John Bainbridge		Male	22	MS	14	39:49	23
24	292	39:55	Matthew Nankivell	Aberystwyth AC	Male	23	MS	15	39:52	24
25	40	39:56	Ellen Butler	Swansea Harriers	Female	2	FS	2	39:56	25
26	508	40:08	Tim John	Trots	Male	24	MS	16	40:06	26
27	113	40:17	Alun Evans		Male	25	M40	8	40:16	27
28	41	40:19	Stephen Cable	3Ms Road Runners	Male	26	MS	17	40:16	28
29	291	40:21	Michael Murphy	LES CROUPIER R C	Male	27	M50	2	40:20	29
30	499	40:36	Ben Hubbard		Male	28	MS	18	40:20	30
31	560	40:39	Philip Tucker		Male	29	MS	19	40:36	32
32	623	40:44	Raul Reismann	LC2	Male	30	MS	20	40:29	31
33	387	40:47	Steve Thomas	3Ms Road Runners	Male	31	MS	21	40:44	33
34	513	40:48	Mark Terry	Trots	Male	32	M50	3	40:46	34
35	141	40:50	NICK GRIFFITHS		Male	33	M40	9	40:47	35
36	73	40:50	Gareth Davey		Male	34	MS	22	40:48	37
37	345	40:51	Maria Richards	Islwyn Running	Male	35	M40	10	40:47	36
38	476	40:52	Robert Daines	Pembrokeshire Harriers	Male	36	MS	23	40:48	38
39	605	40:57	Kirsty Murray	Trots	Female	3	F35	1	40:56	40
40	346	40:57	David Richardson		Male	37	MS	24	40:53	39
41	102	40:59	William Edwards	Porthcawl Runners	Male	38	MS	25	40:58	41
42	347	41:04	Shan Roberts		Female	4	F35	2	41:03	42
43	493	41:07	Emma Hatherall		Female	5	FS	3	41:07	45
44	179	41:08	David Hughes	Pontypridd Roadents	Male	39	MS	26	41:05	43
45	294	41:10	Christopher Nellins	Penarth & Dinas Runners	Male	40	M50	4	41:05	44
46	486	41:11	Simon Wilkins		Male	41	MS	27	41:07	46
47	635	41:34	Bernard Henderson	Port Talbot Harriers	Male	42	M50	5	41:31	49
48	439	41:44	Adam Crumplin	Rhedwyr Sir Gar	Male	43	MS	28	41:29	48
49	78	41:47	Clair Davies	Pembs Triathlon Club	Female	6	F35	3	41:46	50
50	458	42:02	Ceri Davies	San Domenico	Male	44	MS	29	41:57	52
51	492	42:06	Andrew Preece		Male	45	MS	30	42:05	53
52	653	42:10	STUART DAVIES	TRANSPLANT SPORTS UK	Male	46	M40	11	42:07	54
53	405	42:15	PETER WALTERS	Trots	Male	47	M50	6	42:13	55
54	467	42:16	John Magee	LES CROUPIER R C	Male	48	MS	31	42:14	56
55	68	42:18	Peter Curran		Male	49	M40	12	42:17	57
56	525	42:20	Wayne Bowen		Male	50	MS	32	41:51	51
57	538	42:22	Mary Bowen Rees	Trots	Female	7	F45	1	42:21	58
58	362	42:26	Jack Sexty		Male	51	MS	33	42:26	60
59	271	42:28	Niki Morgan	Chepstow Harriers	Female	8	F35	4	42:24	59
60	588	42:29	Raymond Hall	Halifax Harriers	Male	52	M60	1	42:29	62
61	529	42:36	Paul Butcher	Amman Valley Harrier	Male	53	M40	13	42:35	66
62	301	42:37	Clive Osmond	LES CROUPIER R C	Male	54	M50	7	42:34	65
63	239	42:37	Nick Lewis	Wick Carriers	Male	55	MS	34	42:27	61
64	241	42:39	Owen Lewis	3Ms Road Runners	Male	56	MS	35	42:30	63
65	466	42:43	Alun Evans		Male	57	MS	36	42:41	67
66	471	42:51	David Moore		Male	58	MS	37	42:45	68
67	556	42:52	Gari Thomas	Rhedwyr Emlyn	Male	59	M40	14	42:49	69
68	474	42:55	Eric Davey	Llanelli AC	Male	60	M60	2	42:54	70
69	422	42:56	David E Williams	LES CROUPIER R C	Male	61	M40	15	42:54	71
70	650	42:56	Conrad Rees		Male	62	MS	38	42:33	64

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	213	43:00	Brendan Jones	LES CROUPIER R C	Male	63	M40	16	42:58	72
72	327	43:01	Kevin Pugh		Male	64	M40	17	42:58	73
73	565	43:10	Robert Rees		Male	65	MS	39	43:04	74
74	116	43:11	Louise Flynn		Female	9	FS	4	43:07	75
75	541	43:19	Dean Birt	Pontypridd Roadents	Male	66	F35	5	43:13	78
76	383	43:22	Owen Thomas		Male	67	MS	40	43:10	76
77	257	43:28	Samuel Marsh		Male	68	MS	41	43:23	79
78	567	43:29	Dean Thomas		Male	69	M40	18	43:25	80
79	606	43:30	Julian Maine	Porthcawl Runners	Male	70	M50	8	43:28	81
80	340	43:33	Gareth Rees	Sospan Road Runners	Male	71	MS	42	43:32	82
81	400	43:35	Stuart Tyrrell		Male	72	M40	19	43:32	83
82	641	43:37	Liz Jones	Trots	Female	10	FS	5	43:36	85
83	320	43:37	LAURENCE POLE	Pontypridd Roadents	Male	73	MS	43	43:36	86
84	596	43:39	ROBERT WILSON		Male	74	M50	9	43:34	84
85	117	43:50	Michael Flynn		Male	75	M60	3	43:48	89
86	553	43:55	Steven Williams		Male	76	MS	44	43:12	77
87	419	43:55	Daniel Williams	Pembs Harriers	Male	77	MS	45	43:51	90
88	435	44:07	Mark Bryant	Rhedwyr Sir Gar	Male	78	M40	20	43:44	87
89	186	44:16	Wyn James		Male	79	MS	46	44:12	92
90	17	44:20	Matthew Beamish		Male	80	MS	47	43:45	88
91	610	44:20	Huw Durham	Pontypridd Roadents	Male	81	MS	48	44:17	96
92	287	44:21	Matthew Mulcahy		Male	82	MS	49	44:15	95
93	39	44:24	Don Burows	Sospan Road Runners	Male	83	M40	21	44:20	98
94	121	44:25	Seamus Gallagher	San Domenico	Male	84	MS	50	44:19	97
95	37	44:31	Richard Brown		Male	85	M40	22	44:14	93
96	449	44:32	Neil Edwards		Male	86	M40	23	44:28	99
97	140	44:36	Mike Griffiths	Team Deviant	Male	87	M40	24	44:32	101
98	666	44:43	Ian Evans		Male	88	M40	25	44:10	91
99	310	44:45	Elliot Peace	Sospan Road Runners	Male	89	MS	51	44:29	100
100	463	44:48	Caroline Jones	Trots	Female	11	F45	2	44:47	107
101	496	44:50	Geoff Hall		Male	90	M50	10	44:42	103
102	32	44:53	Dave Breen	Porthcawl Runners	Male	91	M50	11	44:46	106
103	404	44:55	Paul Wallis		Male	92	M40	26	44:43	104
104	235	44:57	Stuart Lawton		Male	93	MS	52	44:14	94
105	36	44:58	Nina Brocklebank	3Ms Road Runners	Female	12	F35	6	44:40	102
106	352	45:01	Matt Rogerson		Male	94	MS	53	44:57	109
107	367	45:02	John Smewing	Swansea Harriers	Male	95	M60	4	44:56	108
108	531	45:07	Helen Rachel		Female	13	F35	7	45:03	110
109	342	45:14	Gareth Rees	LES CROUPIER R C	Male	96	M40	27	45:13	112
110	642	45:16	Rose Jones		Female	14	FS	6	45:15	114
111	384	45:18	Miles Thomas		Male	97	MS	54	44:45	105
112	351	45:26	Ioan Roberts		Male	98	MS	55	45:25	116
113	240	45:28	Sion Lewis		Male	99	MS	56	45:15	115
114	426	45:33	Sally Wilson		Female	15	F35	8	45:32	119
115	659	45:33	Andrew Hoy		Male	100	MS	57	45:30	118
116	319	45:37	Steven Plumb		Male	101	MS	58	45:14	113
117	532	45:40	Steven Jones		Male	102	M40	28	45:37	120
118	490	45:42	Gafin Griffiths	LES CROUPIER R C	Male	103	MS	59	45:08	111
119	248	45:45	Rhian Loudon	Newport Harriers	Female	16	F45	3	45:28	117
120	109	45:45	Mike Evans		Male	104	MS	60	45:38	121
121	182	45:50	ANDREA HURMAN	Penarth & Dinas Runners	Female	17	F45	4	45:40	122
122	31	45:54	MALCOLM BRADLEY	Penarth & Dinas Runners	Male	105	M60	5	45:40	123
123	8	46:01	Steven Amos		Male	106	MS	61	45:56	125
124	21	46:03	Mike Bessell		Male	107	MS	62	45:50	124
125	99	46:05	martyn Dulake		Male	108	M40	29	46:02	126
126	74	46:16	Daniel David		Male	109	MS	63	46:08	129
127	313	46:17	Kate Penquet		Female	18	FS	7	46:14	131
128	58	46:18	Adam Cooke		Male	110	MS	64	46:08	130
129	305	46:18	Keith Packwood		Male	111	MS	65	46:02	127
130	105	46:23	Carley Evans	Swansea Harriers	Female	19	FS	8	46:07	128
131	572	46:23	Delyth Davies		Female	20	FS	9	46:15	132
132	379	46:28	Michael Terry	Trots	Male	112	M60	6	46:23	138
133	286	46:30	Dafydd Moses		Male	113	MS	66	46:18	134
134	394	46:34	Alistair Thomson		Male	114	MS	67	46:15	133
135	114	46:34	Rhodri Evans	Penarth & Dinas Runners	Male	115	M40	30	46:27	140
136	209	46:34	CLIVE JONES		Male	116	MS	68	46:21	137
137	483	46:35	Micahel Halsall	Llanelli AC	Male	117	MS	69	46:26	139
138	552	46:45	Christopher Seal		Male	118	MS	70	46:27	141
139	443	46:46	Julian Lewis	Rhedwyr Sir Gar	Male	119	MS	71	46:20	136
140	150	46:48	Anthony Harris		Male	120	MS	72	46:27	142

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	547	46:49	Julie Scholey	LES CROUPIER R C	Female	21	F45	5	46:47	147
142	349	46:51	Steve Roberts		Male	121	M40	31	46:40	144
143	638	46:52	Kathryn Bleasdale	Trots	Female	22	F35	9	46:47	148
144	580	46:53	Mark Westcott		Male	122	M40	32	46:19	135
145	104	47:00	David Elvy		Male	123	M40	33	46:46	145
146	317	47:05	Antony Phillips	Porthcawl Runners	Male	124	M40	34	46:54	149
147	399	47:08	Ruth Treharne	Islwyn Running	Female	23	F45	6	47:03	150
148	630	47:08	Nick Ashley		Male	125	M40	35	46:46	146
149	664	47:16	Neil North		Male	126	M40	36	46:34	143
150	601	47:19	Dorian Rees		Male	127	M40	37	47:12	154
151	433	47:20	Alun Yeend		Male	128	M50	12	47:03	151
152	432	47:24	Michael Yeend		Male	129	M40	38	47:08	153
153	614	47:30	Mark Edwards		Male	130	MS	73	47:17	155
154	507	47:32	Wayne Davies		Male	131	MS	74	47:06	152
155	504	47:40	Alwyn Williams		Male	132	M40	39	47:21	157
156	438	47:44	Simon Williams	Rhedwyr Sir Gar	Male	133	MS	75	47:18	156
157	308	47:44	Stephen Parslow		Male	134	M40	40	47:27	158
158	110	47:55	Paul Evans	Brecon A C	Male	135	MS	76	47:38	160
159	563	47:56	Geraint Jenkins	Amman Valley Harrier	Male	136	M40	41	47:42	163
160	6	48:00	Evans Aled		Male	137	MS	77	47:52	165
161	11	48:03	Jeffrey Aston	LES CROUPIER R C	Male	138	M60	7	48:01	169
162	357	48:04	Paul Rowley		Male	139	M50	13	47:51	164
163	3	48:04	Graham Adams		Male	140	MS	78	47:56	167
164	306	48:06	Lee Parker		Male	141	MS	79	48:03	171
165	115	48:09	Allen Fitzpatrick		Male	142	M40	42	48:04	173
166	402	48:15	Mark Wade		Male	143	MS	80	48:05	174
167	64	48:16	Christopher Cray	Kidwelly RFC	Male	144	MS	81	47:28	159
168	441	48:20	Simon Davies	Rhedwyr Sir Gar	Male	145	MS	82	47:52	166
169	437	48:21	Michelle Thomas Luisi	Rhedwyr Sir Gar	Female	24	F35	10	47:56	168
170	498	48:21	Gavin Morris		Male	146	MS	83	47:40	161
171	500	48:21	Jason Morris		Male	147	MS	84	47:40	162
172	524	48:22	Eryl Jones		Male	148	M40	43	48:20	180
173	380	48:26	Nicola Thomas	Porthcawl Runners	Female	25	F35	11	48:08	175
174	445	48:26	Aled Eynon	Rhedwyr Sir Gar	Male	149	MS	85	48:01	170
175	94	48:32	Jason Dixon	Islwyn Running	Male	150	M40	44	48:22	181
176	515	48:34	Robert Connors		Male	151	M40	45	48:12	176
177	491	48:37	Andy Ellison	Rhondda Valley Runners	Male	152	MS	86	48:03	172
178	667	48:38	Jonathan Beynon	3Ms Road Runners	Male	153	MS	87	48:23	182
179	321	48:45	Ian Poley		Male	154	MS	88	48:24	183
180	194	48:45	Stephen Job		Male	155	M40	46	48:36	185
181	558	48:46	Andy Williams		Male	156	M40	47	48:17	178
182	324	48:48	Euan Pratt		Male	157	M40	48	48:18	179
183	423	48:51	Rob Williams	Brecon A C	Male	158	M50	14	48:34	184
184	521	48:54	Kristie Harper	Brecon A C	Female	26	FS	10	48:38	187
185	456	48:54	Richard Springett		Male	159	M40	49	48:12	177
186	386	49:03	David Thomas		Male	160	MS	89	48:37	186
187	339	49:03	Jonathan Rees		Male	161	MS	90	48:39	188
188	535	49:05	Hugh Peter Evans	Llanelli AC	Male	162	M50	15	48:55	189
189	167	49:08	Steve Hill		Male	163	M40	50	48:57	190
190	152	49:08	Mary Hawking		Female	27	FS	11	49:00	191
191	348	49:20	Rhys Roberts	Celtic Tri	Male	164	MS	91	49:09	193
192	85	49:20	ALLAN DAVIES		Male	165	M40	51	49:13	195
193	211	49:26	GREGG JONES		Male	166	MS	92	49:11	194
194	10	49:27	Neil Angelone		Male	167	MS	93	49:07	192
195	576	49:29	Claire House	San Domenico	Female	28	F35	12	49:23	199
196	516	49:31	Barry Owen	Rhedwyr Emlyn	Male	168	MS	94	49:21	196
197	569	49:34	Tonia Lewis		Female	29	F35	13	49:21	197
198	137	49:40	Daniel Griffiths		Male	169	MS	95	49:23	200
199	142	49:47	Simon Grogan		Male	170	M40	52	49:36	205
200	25	49:48	David Boucher		Male	171	M50	16	49:22	198
201	80	49:50	Andrew Davies		Male	172	MS	96	49:25	201
202	566	49:52	Mark Brownless		Male	173	M40	53	49:46	211
203	326	49:53	MICHAEL PRITCHARD		Male	174	M50	17	49:35	203
204	250	49:53	Stewart Lucitt		Male	175	MS	97	49:44	209
205	589	49:54	Ivor Hopkins	Carmarthen Harriers	Male	176	M60	8	49:44	210
206	70	49:55	Alastair Daniels		Male	177	M40	54	49:32	202
207	136	49:55	Emma Griffiths		Female	30	FS	12	49:38	206
208	417	49:58	Yvonne Williams	Penarth & Dinas Runners	Female	31	F55	1	49:48	213
209	132	50:00	Eleanor Grey		Female	32	FS	13	49:47	212
210	517	50:01	Elaine Wharmby		Female	33	F35	14	49:35	204

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
211	279	50:04	Roger Morgan	Forest of Dean AC	Male	178	M50	18	49:51	214
212	98	50:05	Martyn Dulake		Male	179	M40	55	49:43	208
213	522	50:07	Chris Dix		Male	180	M40	56	49:41	207
214	477	50:09	Sunniva Bowen		Female	34	FS	14	49:56	216
215	478	50:09	Richard Bowen		Male	181	M50	19	49:56	217
216	83	50:12	Martyn Davies		Male	182	M40	57	49:53	215
217	615	50:16	Romana Maine	Porthcawl Runners	Female	35	F45	7	49:59	218
218	260	50:16	Emma Matthews	builth and district	Female	36	FS	15	50:06	220
219	523	50:18	Penny Graepel		Female	37	F45	8	50:05	219
220	207	50:24	Alun Jones		Male	183	MS	98	50:08	221
221	457	50:25	Stuart James		Male	184	M40	58	50:17	223
222	542	50:26	Rhys Gladwyn		Male	185	M40	59	50:17	224
223	625	50:26	Shane Webley		Male	186	MS	99	50:17	225
224	447	50:32	Val Brown	Rhedwyr Sir Gar	Female	38	F45	9	50:13	222
225	266	50:36	Rachel Merriman		Female	39	F35	15	50:29	228
226	119	50:39	SIMON FROBISHER		Male	187	M50	20	50:31	229
227	95	50:43	Colin Dixon	Islwyn Running	Male	188	M60	9	50:32	230
228	440	50:44	Lynne Jones	Rhedwyr Sir Gar	Female	40	FS	16	50:19	227
229	389	50:51	Duncan Thomas		Male	189	M40	60	50:17	226
230	139	50:55	Rhidian Griffiths		Male	190	MS	100	50:38	232
231	227	50:57	Jonathan Kinnear		Male	191	M40	61	50:37	231
232	332	51:13	John Raybould		Male	192	M40	62	50:50	234
233	52	51:14	LISA COLLINS		Female	41	F35	16	50:48	233
234	210	51:15	Andrew Jones		Male	193	MS	101	50:56	235
235	451	51:20	Ann Rowell	Trots	Female	42	F55	2	51:14	243
236	261	51:20	Ricky Mattioli		Male	194	M40	63	51:06	239
237	7	51:21	Toby Ambler		Male	195	M40	64	51:06	240
238	421	51:27	Martin Williams		Male	196	M40	65	51:05	238
239	640	51:27	Lloyd Mark		Male	197	M50	21	51:00	236
240	497	51:29	Robert Williams		Male	198	MS	102	51:10	242
241	595	51:31	Ray James	Port Talbot Harriers	Male	199	M50	22	51:06	241
242	472	51:32	John Morrissey	Celtic Tri	Male	200	M50	23	51:20	245
243	283	51:38	Paul Morris		Male	201	MS	103	51:02	237
244	573	51:47	Stephen Newbury		Male	202	M50	24	51:14	244
245	2	51:48	Stephen Ackroyd		Male	203	M60	10	51:27	246
246	81	51:52	Ryan Davies		Male	204	MS	104	51:43	248
247	636	52:06	Huw Thomas		Male	205	MS	105	51:46	249
248	550	52:07	Sharon James		Female	43	F35	17	52:01	255
249	195	52:07	Andrew Johnson		Male	206	M40	66	51:58	253
250	514	52:08	Jonathan Bartley		Male	207	MS	106	51:47	250
251	549	52:14	Craig Rollinson		Male	208	MS	107	51:41	247
252	96	52:16	Sarah Dodd		Female	44	FS	17	51:48	251
253	511	52:19	Heather Dennis	Penarth & Dinas Runners	Female	45	F35	18	52:13	259
254	450	52:21	Simon Ford		Male	209	MS	108	52:00	254
255	473	52:25	Allan Spencer	3Ms Road Runners	Male	210	M60	11	52:22	262
256	18	52:27	Mandy Beer	Womens Running Network	Female	46	F45	10	52:08	258
257	172	52:27	Michelle Hoey	Penarth & Dinas Runners	Female	47	FS	18	52:16	260
258	648	52:28	Andrea Webster		Female	48	F45	11	52:05	256
259	575	52:29	Jayne Smith		Female	49	FS	19	52:22	263
260	1	52:29	Andrew Abrons		Male	211	M40	67	51:49	252
261	144	52:32	Darren Hall	TataSteel Multisport	Male	212	MS	109	52:06	257
262	100	52:37	Simon Edmunds		Male	213	M40	68	52:17	261
263	594	52:39	Sara El-khatib	Penarth & Dinas Runners	Female	50	FS	20	52:28	264
264	526	52:42	Stuart Rowlands		Male	214	M50	25	52:28	265
265	273	52:54	Elizabeth Morgan	Forest of Dean AC	Female	51	F45	12	52:42	270
266	82	53:04	Gethin Davies		Male	215	MS	110	52:44	271
267	174	53:10	DAVID HOLLAND		Male	216	M50	26	52:35	266
268	651	53:10	Neil Gabriel		Male	217	MS	111	52:38	267
269	129	53:12	Kelly Gipson	Team Deviant	Female	52	F35	19	52:40	268
270	546	53:15	Neil Jones		Male	218	M40	69	52:59	273
271	465	53:18	Philippa Francis		Female	53	F45	13	53:01	274
272	510	53:19	Fiona Evans		Female	54	F35	20	53:12	278
273	353	53:19	Anthony Rolley		Male	219	M60	12	53:11	277
274	251	53:20	Helen Lutley	Emlyn Runners	Female	55	F55	3	53:13	281
275	26	53:21	Joanthon Bourne		Male	220	MS	112	52:40	269
276	230	53:29	Andrew Lane		Male	221	M50	27	53:23	285
277	548	53:29	Aled Thomas		Male	222	MS	113	52:57	272
278	103	53:36	Richard Edwards		Male	223	M40	70	53:31	297
279	299	53:36	Andrew Oatley		Male	224	M40	71	53:25	292
280	262	53:38	Gary McAdoo		Male	225	M40	72	53:12	279

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	236	53:39	Hannah Leach		Female	56	FS	21	53:27	293
282	512	53:41	Michael Giffard		Male	226	MS	114	53:12	280
283	215	53:41	Stephen Jones		Male	227	M40	73	53:30	296
284	5	53:42	Karen Aitchison	Celtic Tri	Female	57	F35	21	53:23	286
285	276	53:42	Will Morgan		Male	228	MS	115	53:13	282
286	270	53:43	Kelly Morgan		Female	58	FS	22	53:13	283
287	159	53:43	Paul Henderson		Male	229	MS	116	53:37	300
288	314	53:43	Rhian Phillips		Female	59	FS	23	53:08	276
289	668	53:44	Andy Creber	Chepstow Harriers	Male	230	M50	28	53:15	284
290	76	53:45	Lisa Davies		Female	60	F35	22	53:24	288
291	557	53:45	Sue Thomas	Rhedwyr Emlyn	Female	61	F35	23	53:35	299
292	571	53:47	Mark Jackson		Male	231	M40	74	53:24	289
293	411	53:48	Dorian White		Male	232	MS	117	53:27	294
294	586	53:48	Steven Liles		Male	233	M40	75	53:07	275
295	381	53:49	Carolyn Thomas		Female	62	F45	14	53:31	298
296	355	53:50	Keith Rothin	RNAC	Male	234	M50	29	53:24	290
297	244	53:53	Hefin Lloyd		Male	235	MS	118	53:24	291
298	118	53:53	Eva Frisk Cook	Sospan Road Runners	Female	63	F55	4	53:47	304
299	637	53:58	Johnny Lam	San Domenico	Male	236	MS	119	41:16	47
300	649	54:00	Graham Webster		Male	237	M50	30	53:37	301
301	647	54:02	Bernadette Wilkinson	San Domenico	Female	64	F45	15	53:45	303
302	626	54:04	Lowri Jones		Female	65	FS	24	53:27	295
303	487	54:05	Jane Batten		Female	66	F35	24	53:23	287
304	123	54:10	Ben Giesbrecht	runningsomewhereelse	Male	238	M50	31	53:52	306
305	204	54:15	Jacky Jones		Female	67	F35	25	53:57	307
306	629	54:20	Jay Davis		Male	239	M40	76	53:39	302
307	436	54:24	Vivienne Jones	Rhedwyr Sir Gar	Female	68	F35	26	53:58	308
308	177	54:24	Ashley Howells		Male	240	MS	120	54:05	311
309	669	54:28	Alistair Hoare		Male	241	MS	121	54:20	315
310	16	54:30	Stuart Barrow		Male	242	MS	122	53:47	305
311	470	54:32	Emma Humphries		Female	69	FS	25	54:18	313
312	60	54:32	ELAINE COOPER		Female	70	F35	27	54:18	314
313	84	54:35	Wayne Davies		Male	243	M40	77	54:08	312
314	72	54:41	Rhys Dart		Male	244	MS	123	54:02	310
315	183	54:43	Samantha Hyett		Female	71	F35	28	53:59	309
316	551	54:44	Rachel Rogers		Female	72	FS	26	54:38	320
317	245	54:46	Geraint Lloyd		Male	245	MS	124	54:37	319
318	20	54:52	Anthony Bennett		Male	246	MS	125	54:45	323
319	488	54:54	Cathrin Owen		Female	73	F35	29	54:27	317
320	590	55:00	Jason Beynon		Male	247	M40	78	54:30	318
321	533	55:02	Mathew Evans		Male	248	MS	126	54:42	322
322	160	55:08	David Henry		Male	249	M40	79	54:22	316
323	633	55:09	Paul Jenkins		Male	250	M40	80	54:55	326
324	634	55:09	David Jenkins		Male	251	MS	127	54:55	327
325	622	55:12	John Parke		Male	252	M40	81	54:51	325
326	75	55:12	Jody Davies		Female	74	FS	27	54:48	324
327	453	55:21	Malcolm Bullough		Male	253	M50	32	54:38	321
328	143	55:23	Jodie Grove		Female	75	FS	28	55:16	333
329	444	55:30	Nigel Jones	Rhedwyr Sir Gar	Male	254	M50	33	55:05	330
330	171	55:34	Chris Hockley		Male	255	M40	82	55:19	334
331	410	55:36	Roxanne Welham		Female	76	FS	29	55:03	328
332	604	55:38	Kevin Griffiths		Male	256	MS	128	55:03	329
333	284	55:40	Carl Morris		Male	257	MS	129	55:07	332
334	415	55:43	Sarah Williams		Female	77	F35	30	55:06	331
335	55	55:45	Eleri Connor	Penarth & Dinas Runners	Female	78	FS	30	55:29	336
336	354	55:46	WENDY ROSSALL		Female	79	F45	16	55:32	339
337	388	55:48	Simon Thomas		Male	258	MS	130	55:35	340
338	484	55:52	David Watkins		Male	259	M40	83	55:37	341
339	243	55:55	Edwina Lloyd		Female	80	F55	5	55:44	344
340	534	55:58	Lyn Evans	Penarth & Dinas Runners	Male	260	M50	34	55:39	343
341	176	56:05	Justin Hostettler-Davies		Male	261	MS	131	55:45	345
342	390	56:08	Mark Thomas		Male	262	M40	84	55:29	337
343	396	56:11	Sian Tomos		Female	81	F35	31	55:27	335
344	559	56:11	Nigel Watts		Male	263	M50	35	56:03	348
345	403	56:11	Helen Wallace		Female	82	F35	32	55:37	342
346	185	56:12	Clare James		Female	83	FS	31	55:29	338
347	307	56:12	Rachael Parkinson		Female	84	FS	32	55:48	346
348	247	56:16	Martine Lomax		Female	85	F35	33	55:56	347
349	363	56:20	Sara Shiel		Female	86	FS	33	56:08	350
350	97	56:27	Richard Donne	Ms road Runners	Male	264	M40	85	56:08	351

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	238	56:32	Sarah Lewis		Female	87	F35	34	56:13	353
352	460	56:38	Louise Piper-Jones		Female	88	FS	34	56:20	355
353	462	56:38	Terry Jones	Porthcawl Runners	Male	265	MS	132	56:20	356
354	193	56:41	David Jenkinson		Male	266	M40	86	56:06	349
355	23	56:41	Richard Bleaney		Male	267	MS	133	56:10	352
356	424	56:55	Mark Williamson	Road Runners Club	Male	268	M50	36	56:19	354
357	91	56:58	Lee Derrick	Weartech	Male	269	MS	134	56:42	359
358	481	57:03	Sarah Pope	Women Running Penarth	Female	89	F45	17	56:39	358
359	263	57:04	Jason McGarrigle	TEAM HYDRAQUIP	Male	270	MS	135	56:36	357
360	304	57:08	Suzanne Owens		Female	90	FS	35	56:49	363
361	674	57:08	Mari Hobbs		Female	91	F45	18	56:58	365
362	656	57:12	Andrew Rockley		Male	271	M40	87	56:49	364
363	628	57:17	Andrea Brabrook	Trots	Female	92	F35	35	56:47	360
364	671	57:18	Amanda Coulson		Female	93	F55	6	56:48	361
365	377	57:30	Natalie Summerhill		Female	94	FS	36	57:25	369
366	509	57:31	Aled Gravell		Male	272	MS	136	56:48	362
367	190	57:39	Bob Jeffreys	TEAM HYDRAQUIP	Male	273	M40	88	57:11	367
368	285	57:40	J. Ceri Morris		Male	274	M40	89	57:07	366
369	393	57:40	Amanda Thompson	LES CROUPIER R C	Female	95	F45	19	57:13	368
370	217	57:53	Alun Jones		Male	275	M50	37	57:30	372
371	43	57:56	Robert Carter		Male	276	MS	137	57:35	374
372	30	57:56	Sian Bradley	Weartech	Female	96	F35	36	57:40	377
373	86	57:57	Steven Davies		Male	277	M40	90	57:27	370
374	225	57:57	Merritt Kevin		Male	278	M50	38	57:27	371
375	337	58:00	Sarah Rees		Female	97	F35	37	57:36	376
376	358	58:01	Andrew Russell		Male	279	M40	91	57:44	380
377	448	58:02	Paul Overfield		Male	280	MS	138	57:35	375
378	624	58:05	Elaine Sutherland	Pontypridd Roadents	Female	98	FS	37	57:49	382
379	609	58:05	Robert Phillips	Pontypridd Roadents	Male	281	M40	92	57:49	383
380	222	58:06	Michael Kearney	Team Kearney	Male	282	M50	39	57:33	373
381	126	58:06	RYAN GILLETTE		Male	283	MS	139	57:43	379
382	135	58:09	Lisa Griffiths		Female	99	FS	38	57:55	385
383	544	58:09	Chris Hourihane		Male	284	MS	140	57:59	386
384	199	58:13	Sian Jones		Female	100	FS	39	57:40	378
385	255	58:14	Neil Mansell		Male	285	M50	40	58:08	391
386	134	58:15	Jane Griffiths		Female	101	FS	40	57:44	381
387	181	58:17	Tracey Hughes-jenkins		Female	102	F35	38	58:09	392
388	264	58:18	ALISON MCHUGH		Female	103	F35	39	58:04	388
389	19	58:27	Liam Bennett		Male	286	MS	141	57:59	387
390	527	58:32	Rob Scott		Male	287	M50	41	57:52	384
391	480	58:40	Joanne Williams		Female	104	F35	40	58:20	397
392	53	58:40	Margaret Collins		Female	105	F55	7	58:07	390
393	608	58:41	Rhian Powell	Porthcawl Runners	Female	106	F35	41	58:13	395
394	4	58:42	Anthony Adams		Male	288	M40	93	58:11	394
395	201	58:43	Rebecca Jones		Female	107	F35	42	58:06	389
396	303	58:44	Kate Owen		Female	108	F35	43	58:28	398
397	173	58:49	EMMA HOLLAND		Female	109	FS	41	58:15	396
398	375	58:54	Gary Stevens		Male	289	MS	142	58:09	393
399	574	58:56	Leslie Pugh		Male	290	M60	13	58:31	401
400	267	59:04	Lauren Merritt		Female	110	FS	42	58:34	402
401	120	59:11	Kevin Fussell		Male	291	MS	143	58:40	404
402	593	59:13	Darren Davies		Male	292	MS	144	58:51	406
403	537	59:15	Dewi Griffiths		Male	293	M40	94	58:30	399
404	489	59:15	John Griffiths		Male	294	M40	95	58:30	400
405	382	59:16	Pauline Thomas	Trots	Female	111	F55	8	58:39	403
406	343	59:18	Dale Reeves		Male	295	MS	145	58:47	405
407	543	59:19	Kathryn Hourihane		Female	112	F35	44	59:09	409
408	598	59:20	Miriam Thomas		Female	113	F45	20	59:12	412
409	482	59:20	Charlotte Davies		Female	114	F45	21	59:13	413
410	233	59:25	MARTIN LAWRENCE		Male	296	MS	146	59:05	408
411	200	59:28	Nerys Jones		Female	115	F35	45	59:09	410
412	71	59:32	Jonathan Dark		Male	297	MS	147	59:15	415
413	34	59:41	Matthew Briant		Male	298	M40	96	58:56	407
414	597	59:45	Annette Williams		Female	116	F35	46	59:38	421
415	501	59:47	Hannah Johnson		Female	117	FS	43	59:25	416
416	316	59:50	Karen Phillips		Female	118	F35	47	59:31	417
417	371	59:53	Helen Southby		Female	119	FS	44	59:11	411
418	12	59:54	Sian Atkinson		Female	120	F35	48	59:13	414
419	59	1:00:03	Bethan Cooper		Female	121	FS	45	59:31	418
420	61	1:00:04	Gareth Cooper		Male	299	MS	148	59:32	419

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	395	1:00:08	JOANNE TODD		Female	122	F45	22	59:55	424
422	212	1:00:13	Wayne Jones		Male	300	M40	97	59:46	422
423	253	1:00:15	Kirsty Macdonald		Female	123	F35	49	59:36	420
424	258	1:00:25	CHRIS MARSHALL		Male	301	MS	149	59:50	423
425	330	1:00:25	Tracey Ramsden		Female	124	FS	46	59:59	426
426	434	1:00:26	Rachel Youlten		Female	125	FS	47	1:00:07	432
427	54	1:00:30	Karl Connick		Male	302	M40	98	1:00:17	439
428	28	1:00:30	gemma bowen		Female	126	FS	48	1:00:03	429
429	344	1:00:33	Kate Reilly		Female	127	FS	49	1:00:14	436
430	464	1:00:34	Lisa Phillips		Female	128	F35	50	1:00:06	431
431	370	1:00:39	Barry Smith		Male	303	MS	150	1:00:29	441
432	528	1:00:43	Mal Downey		Male	304	M50	42	1:00:02	428
433	175	1:00:43	Alison Holton		Female	129	F35	51	59:59	427
434	392	1:00:45	Colin Thomas		Male	305	M50	43	59:57	425
435	254	1:00:46	Andrew Macdonald		Male	306	MS	151	1:00:07	433
436	297	1:00:47	Vicky North		Female	130	F35	52	1:00:04	430
437	127	1:00:47	SIMON GILLINGS		Male	307	M50	44	1:00:15	437
438	169	1:00:47	Gary Hobbs		Male	308	M40	99	1:00:13	435
439	665	1:00:51	Ian Thomas		Male	309	MS	152	1:00:09	434
440	153	1:00:51	Mark Hay		Male	310	MS	153	1:00:39	446
441	502	1:00:51	Jonny Hay		Male	311	MS	154	1:00:39	447
442	237	1:00:53	Rhiannon Lewis	SW Milfit	Female	131	FS	50	1:00:29	442
443	33	1:00:55	Denise Brennan		Female	132	F35	53	1:00:27	440
444	35	1:00:56	Russell Bright		Male	312	M40	100	1:00:15	438
445	425	1:01:01	N WILLIAMS-TESHO		Female	133	F35	54	1:00:49	449
446	503	1:01:06	AMY SCOURFIELD		Female	134	FS	51	1:00:57	451
447	350	1:01:06	Stephen Roberts		Male	313	M40	101	1:00:29	443
448	224	1:01:07	Dave Kemeny		Male	314	M40	102	1:00:44	448
449	147	1:01:08	Hadeel Hamod		Female	135	FS	52	1:00:29	444
450	111	1:01:14	Ian Evans		Male	315	M40	103	1:00:51	450
451	530	1:01:17	Steve Coates	team Alpha	Male	316	M60	14	1:00:38	445
452	616	1:01:28	Sarah Stevens	Penarth & Dinas Runners	Female	136	FS	53	1:01:10	452
453	156	1:01:44	Lisa Heath		Female	137	F35	55	1:01:22	454
454	51	1:01:44	Jason Colley		Male	317	MS	155	1:01:23	455
455	282	1:01:45	HuW Morris		Male	318	MS	156	1:01:33	458
456	300	1:01:45	Graham O'Connor		Male	319	M40	104	1:01:23	456
457	24	1:01:52	Andrew Booth	Road Runners Club	Male	320	M50	45	1:01:17	453
458	372	1:01:57	C Southcote-Want		Male	321	MS	157	1:01:39	460
459	302	1:01:57	Sian Owen		Female	138	F35	56	1:01:34	459
460	77	1:02:02	Donna Davies		Female	139	F35	57	1:01:30	457
461	673	1:02:07	Hazel Morgan		Female	140	F45	23	1:01:58	464
462	27	1:02:08	Ffion Bourton		Female	141	FS	54	1:01:54	462
463	613	1:02:17	Amanda Smith		Female	142	FS	55	1:02:08	468
464	600	1:02:20	Jaimie Rees		Female	143	FS	56	1:02:04	466
465	101	1:02:21	Sarah Edwards	Porthcawl Runners	Female	144	F35	58	1:01:53	461
466	90	1:02:22	Nicola Derrick	Weartech	Female	145	F35	59	1:02:06	467
467	219	1:02:32	Peter Jones		Male	322	M50	46	1:01:59	465
468	278	1:02:37	JOHN MORGAN		Male	323	M40	105	1:02:15	471
469	13	1:02:39	Nicola Baker	Porthcawl Runners	Female	146	F35	60	1:02:11	470
470	376	1:02:39	Emma Stewart		Female	147	F35	61	1:01:55	463
471	44	1:02:44	Andrew Christopher		Male	324	MS	158	1:02:10	469
472	38	1:02:44	Kay Buck		Female	148	F45	24	1:02:20	472
473	672	1:02:56	Angela Morgan		Female	149	F45	25	1:02:47	476
474	420	1:03:10	Chris Williams		Male	325	MS	159	1:02:30	473
475	494	1:03:12	Anthony Jarvis		Male	326	M40	106	1:02:35	474
476	368	1:03:15	Laura Smith		Female	150	FS	57	1:02:50	478
477	49	1:03:16	Andrew Coffey	TEAM HYDRAQUIP	Male	327	MS	160	1:02:49	477
478	587	1:03:27	Susan Hall		Female	151	F55	9	1:03:24	482
479	196	1:03:29	Beth Jones		Female	152	FS	58	1:02:46	475
480	112	1:03:32	David Evans		Male	328	M40	107	1:03:00	480
481	87	1:03:39	Arwel Davies	Sospan Road Runners	Male	329	M40	108	1:03:34	484
482	391	1:03:41	Wynne Thomas		Male	330	M40	109	1:02:58	479
483	602	1:03:42	Tim Hopkins		Male	331	MS	161	1:03:05	481
484	461	1:03:44	Keith Staley		Male	332	M50	47	1:03:26	483
485	378	1:03:48	Hannah Tarr		Female	153	F35	62	1:03:40	485
486	568	1:03:55	Trish Butchers		Female	154	F35	63	1:03:47	488
487	191	1:04:00	Carys Jenkins		Female	155	F35	64	1:03:44	486
488	69	1:04:03	WAYNE CURTIS		Male	333	M40	110	1:03:48	489
489	331	1:04:20	Louise Ratcliffe		Female	156	F35	65	1:03:56	491
490	57	1:04:23	LLEUCU COOKE		Female	157	FS	59	1:03:44	487

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	603	1:04:26	Catrin Cooke		Female	158	FS	60	1:03:48	490
492	409	1:04:30	Phil Webb		Male	334	M40	111	1:03:57	492
493	92	1:04:34	Nia Dickie		Female	159	F35	66	1:04:13	495
494	397	1:04:34	Kevin Topping		Male	335	M40	112	1:03:59	493
495	229	1:04:34	Neil Lane	TEAM HYDRAQUIP	Male	336	MS	162	1:04:00	494
496	197	1:04:46	Joanna Jones	Llangammarch Wells	Female	160	FS	61	1:04:37	498
497	645	1:04:52	Sharon Williams		Female	161	F45	26	1:04:13	496
498	192	1:05:01	Gavin Jenkins		Male	337	MS	163	1:04:16	497
499	45	1:05:23	Nicola Clayton		Female	162	F35	67	1:04:57	500
500	164	1:05:32	Michelle Higgins		Female	163	FS	62	1:04:54	499
501	401	1:05:37	Charleen Vandenberg		Female	164	F35	68	1:05:04	501
502	242	1:05:42	Sara Lloyd		Female	165	F35	69	1:05:33	506
503	149	1:05:45	David Harries	Pemb's Triathlon Club	Male	338	M40	113	1:05:16	502
504	107	1:05:52	Kirsty Evans		Female	166	F35	70	1:05:21	503
505	220	1:05:59	Leanne Kavanagh		Female	167	FS	63	1:05:30	504
506	554	1:05:59	Kathryn Jones		Female	168	FS	64	1:05:31	505
507	520	1:06:20	Glyn George		Male	339	M50	48	1:05:35	507
508	259	1:06:24	Lilian Martin		Female	169	FS	65	1:05:42	508
509	246	1:06:27	Catherine Nia Lockett		Female	170	FS	66	1:06:08	510
510	157	1:06:38	Margaret Henderson		Female	171	FS	67	1:05:57	509
511	475	1:06:45	Joel Williams		Male	340	M40	114	1:06:31	513
512	198	1:06:46	Katie Jones		Female	172	FS	68	1:06:20	511
513	130	1:07:02	Martin Goddard		Male	341	MS	164	1:06:54	516
514	145	1:07:09	Paul Hambly		Male	342	MS	165	1:06:30	512
515	329	1:07:26	Marie Raistrick		Female	173	FS	69	1:06:45	514
516	322	1:07:26	Joanna Poulson-jenkins		Female	174	F35	71	1:06:47	515
517	188	1:07:33	Lyn James		Male	343	M40	115	1:07:22	519
518	203	1:07:45	SARA JONES		Female	175	F35	72	1:07:16	518
519	249	1:07:54	Myfanwy Loudon	Newport Harriers	Female	176	F55	10	1:07:10	517
520	611	1:07:59	Kay Barnes		Female	177	F35	73	1:07:34	520
521	272	1:08:37	JOANNE MORGAN		Female	178	F45	27	1:08:12	521
522	231	1:08:48	Philippa Large		Female	179	F45	28	1:08:23	522
523	232	1:08:48	John Large		Male	344	M40	116	1:08:23	523
524	202	1:09:16	Lisa Jones		Female	180	F35	74	1:08:43	525
525	518	1:09:18	Garry Wharmby		Male	345	M40	117	1:08:40	524
526	216	1:09:37	Grahame Jones		Male	346	M40	118	1:09:05	526
527	584	1:09:54	Jenna Morgan		Female	181	FS	70	1:09:16	527
528	234	1:10:03	Fflur Lawton		Female	182	F35	75	1:09:31	528
529	617	1:10:22	Samantha Froud		Female	183	F35	76	1:09:59	531
530	495	1:10:24	Tara Jarvis		Female	184	F35	77	1:09:47	530
531	154	1:10:30	Teresa Healy		Female	185	FS	71	1:09:44	529
532	452	1:10:41	Michael Thomas		Male	347	M50	49	1:10:29	533
533	66	1:11:12	Sean Crockett		Male	348	M40	119	1:10:28	532
534	577	1:11:29	Andrew Davies		Male	349	M40	120	1:11:27	538
535	124	1:11:46	Amanda Gilbert		Female	186	F45	29	1:10:59	534
536	125	1:11:46	Andrew Gilbert		Male	350	MS	166	1:11:00	535
537	323	1:11:57	Penny Powell		Female	187	F35	78	1:11:20	536
538	555	1:11:57	Judith Spencer		Female	188	F45	30	1:11:21	537
539	366	1:12:14	Martyn Simpson		Male	351	MS	167	1:11:54	541
540	163	1:12:22	Tanya Higgins		Female	189	FS	72	1:11:44	539
541	485	1:12:24	Cath Watkins		Female	190	F45	31	1:12:09	542
542	585	1:12:25	Lyndsay Macgregor		Female	191	FS	73	1:11:46	540
543	269	1:12:56	Sarah Moghaddam		Female	192	FS	74	1:12:15	543
544	281	1:12:56	Sean Morris		Male	352	MS	168	1:12:16	544
545	369	1:13:00	Susan Smith		Female	193	F35	79	1:12:38	545
546	416	1:13:00	Melanie Williams		Female	194	F35	80	1:12:39	546
547	429	1:13:20	Donna Woods	Womens Running Network	Female	195	F45	32	1:13:00	548
548	675	1:13:38	Paul Davies		Male	353	M40	121	1:12:58	547
549	631	1:16:34	Elinor McBurney		Female	196	F45	33	1:15:52	549
550	661	1:17:26	Lisa Williams		Female	197	FS	75	1:16:47	550
551	48	1:17:27	Adam Coates		Male	354	MS	169	1:16:48	551
552	178	1:20:51	ELERI HUGHES		Female	198	FS	76	1:20:10	552
553	158	1:21:32	Angela Henderson		Female	199	F45	34	1:21:20	553
554	298	1:25:02	Ivor Novelle		Male	355	M40	122	1:24:17	554
555	663	1:28:39	Alan Watts		Male	356	MS	170	1:28:35	555
556	620	1:53:10	Tony Barnett		Male	357	M60	15	1:52:15	557
557	311	1:53:12	Marie Pearson		Female	200	FS	77	1:52:14	556
558	309	1:53:12	Ian Parton		Male	358	MS	171	1:52:15	558
559	619	1:53:15	Andrea Evans		Female	201	F45	35	1:52:20	559