

Rank	Bib #	Time	Name	Sex	Cat	Club
1	68	31m39s	Chris Carpanini	M	Junior	Newport Harriers
2	83	32m13s	Stephan Simms	M	V40	Griffithstown Harriers
3	119	33m04s	Daryll Barnby	M	SM	Fairwater
4	34	34m25s	Richard Wilder	M	SM	San Domenico
5	120	34m39s	Sean Taylor	M	SM	Griffithstown Harriers
6	99	35m14s	Steve Davies	M	V40	Griffithstown Harriers
7	92	35m29s	Ashley Owen	M	V40	Ebbw Vale RC
8	19	36m12s	Sally Wilder	F	SF	San Domenico
9	69	36m28s	Mark Carpanini	M	V40	Unattached
10	122	36m47s	Graham Betty	M	SM	Griffithstown Harriers
11	100	37m24s	Simon James	M	V40	Parc Bryn Bach
12	89	37m49s	Martin Chamings	M		Parc Bryn bach
13	108	37m52s	Angela Jones	F	V35	Islwyn
14	40	38m09s				
15	13	38m17s	Mark Everson	M	SM	Unattached
16	4	38m55s	Robert Evans	M	V40	Ebbw Vale RC
17	117	38m58s	Kim Wehden	M	V40	Islwyn RC
18	101	39m11s	Caroline Merton	F	V35	Parc Bryn Bach
19	12	39m23s	Nicholas Walsh	M	SM	Griffithstown Harriers
20	96	39m41s	Scott Morris	M	SM	Ebbw Vale RC
21	111	40m17s	Darren Stevens	M	SM	Merthyr
22	97	40m33s	Craig Williams	M	SM	Unattached
23	2	40m43s	Damian Caswell	M	SM	Ebbw Vale RC
24	114	40m51s	Jonathan Davies	M	V40	Islwyn RC
25	115	41m25s	Nathan	M	SM	Unattached

			Maione			
26	5	41m28s	Matthew Mulcahy	M	SM	Unattached
27	70	41m41s	Shaw Jones	M	SM	Unattached
28	11	42m30s	Peter Welbirg	M	V40	Griffithstown Harriers
29	6	43m16s	Liam Davies	M	V40	FERC
30	109	43m44s	John Langley	M	V40	Unattached
31	81	43m53s	Louise Evans	F	V35	Ebbw Vale
32	118	44m22s	Michael Stuart	M	V40	Fairwater Runners
33	30	44m25s	Carolyn Hale	F	V35	Unattached
34	39	44m43s	Paul Harris	F	V35	Llisbury RC
35	80	44m51s	Mark Hurford	M		Unattached
36	27	45m25s	Annette Davies	F	V35	FERC
37	10	45m41s	Paul Jenkins	M	V40	Unattached
38	105	46m21s	Keith Langley	M	V40	Unattached
39	7	47m02s	Peter Townsend	M	SM	Unattached
40	84	47m09s	Jacqueline Jones	F	V35	Islwyn RC
41	76	47m34s	Christopher Finn	M	V40	Unattached
42	79	47m36s	Chris Wall	M		Unattached
43	65	47m42s	David Cross	M	V40	Ebbw Vale RC
44	56	47m58s	John Martin	M	V40	Unattached
45	17	48m30s	David Kempton	M	V40	Unattached
46	3	48m34s	John Evans	M	V40	Unattached
47	91	48m34s	Alan Coles	M	V40	Act plumbers
48	8	48m34s	Nicholas Hunt	M	V40	Unattached
49	95	48m59s	Daniel Morgan	M		Ebbw Vale RC
50	102	49m07s	Josephine Ross	F	V35	Unattached
51	103	49m16s	Elsbeth Jarman	F	V35	Abergavenny Strides

52	112	49m23s	Mike Lane	M	SM	Unattached
53	94	49m38s	Alun Wood	M	SM	Unattached
54	116	50m17s	Martin Jenkins	M	V40	Unattached
55	77	50m22s	Glyn Hicks	M	V40	Islwyn RC
56	82	50m24s	David James	M	V40	Unattached
57	87	50m26s	Gareth Evans	M		Unattached
58	85	51m08s	Ceri Louise Jones	F	SF	Unattached
59	98	51m28s	Brian Morgan	M	V40	Ebbw Vale RC
60	9	51m43s	Phillip George	M	V40	Unattached
61	74	51m46s	Catherine Llewellyn	F	V35	Unattached
62	110	51m47s	Sandra Stevens	F	V35	Merthyr
63	15	51m48s	Gareth Holyfield	M	V40	Abergavenny Striders
64	17	51m48s	David Kempton	M	V40	Unattached
65	57	53m20s	Derek Wallace	M	V40	Hollywell Harriers
66	106	53m29s	Julie Burchell	F	V35	Griffithstown
67	51	53m41s	Gemma Gunter	F	SF	Unattached
68	90	53m51s	Stephen Drayton	M	SM	Unattached
69	53	53m56s	Gareth Pearce	M	V40	Llisbury RC
70	32	54m15s	Alison Strong	F	V35	Unattached
71	121	54m15s	Christian Hooper	M	SM	Unattached
72	88	54m25s	Eric Meredith	M		Unattached
73	104	54m27s	Claire Sutton	F	V35	Griffithstown
74	60	54m50s	Mark Horton	M	V40	Unattached
75	86	54m50s	Greg Price	M	V40	Unattached
76	67	54m50s	Stephen Hughes	M	V40	Llanwiggly
77	18	54m52s	Michael Thomes	M	V40	Unattached
78	38	55m50s	Sarah	F	SF	Women's

			Stevens			RN
79	73	56m07s	Graham Singer	M	V40	Unattached
80	113	56m36s	Andrea Marfell	F	V35	Abergavenny Strides
81	107	59m04s	Tracey Havelot	F	V35	Griffithstown
82	43	60m23s	Gill Williams	F	V35	Hollywell Harriers
83	42	60m23s	Carolyn Wallace	F	V35	Hollywell Harriers
84	47	66m09s	Sheridan Jeffery	M	V40	Unattached
85	93	66m55s	Joan Jones	F	V35	Unattached
86	31	67m15s	Beth Jones	F	V35	Unattached
87	37	68m31s	Samantha Froud	F	V35	Women's RN