

2012 St David's Day 5k

GunPos	GunTime	No	Name	M/F	Cat	Club
1	00:14:52	1829	Ieuan Thomas	M	50	CARDIFF AAC
2	00:14:53	1879	Marc Hobbs	M		SWANSEA HARRIERS
3	00:15:02	1851	James Thie	M		CARDIFF AAC
4	00:15:06	1854	Adam Bitchell	M		CARDIFF AAC
5	00:15:11	1828	Tom Phillips	M		WOODFORD GREEN AC WITH ESSEX LADIES
6	00:15:13	1856	Chris Carpanini	M		NEWPORT HARRIERS
7	00:15:15	1852	Richard Gardiner	M		ABERDARE AC
8	00:15:15	1858	Dewi Griffiths	M		SWANSEA HARRIERS
9	00:15:19	1810	Michael Kallenberg	M		CARDIFF AAC
10	00:15:41	1988	Jonathon Morgan	M		NEWPORT HARRIERS
11	00:15:48	1857	Josh Griffiths	M		CARMARTHEN HARRIERS
12	00:15:50	1860	Nathaniel Lane	M		CARDIFF AAC
13	00:15:51	1904	Helen Jenkins	F		
14	00:16:03	1776	Caryl Mair Jones	F		SWANSEA HARRIERS
15	00:16:05	1850	Gwynant Jones	M		MALDWYN HARRIERS
16	00:16:12	1669	Martin Rees	M	55	
17	00:16:30	1832	Edward Donovan	M		LES CROUPIERS
18	00:16:37	1855	Elsidig Ibrahim	M		CARDIFF AAC
19	00:16:40	1978	Tom Davis	M		PORTHCAWL RUNNERSLIFE
20	00:16:42	2012	Darryll Barnby	M		fairwater runners
21	00:16:46	1573	Rob Sheen	M	50	LEICESTER CORITANIAN
22	00:16:48	1840	Andrea Whitcombe	F	40	HARROW AC
23	00:16:49	1778	Evan Wynne	M		NEWPORT HARRIERS
24	00:16:54	1830	Alaw Beynon-Thomas	F		SWANSEA HARRIERS
25	00:16:57	1837	Richard Wilder	M		SAN DOMENICO
26	00:17:05	1890	Geoff Brimble	M	45	NEWPORT HARRIERS
27	00:17:13	1875	Kate Roberts	F		BRIDGEND AC
28	00:17:21	1859	Debbie Rees	F		CAAC
29	00:17:29	1639	Callum Beare	M		LLANELLI AAC
30	00:17:29	1849	Anthony Powell	M	40	NEATH HARRIERS
31	00:17:29	1982	Charlotte Avter	F		CARDIFF AAC
32	00:17:42	1841	Simon Wilson	M	45	SWANSEA HARRIERS
33	00:17:51	1845	Sarah Livett	F		MENAI TRACK AND FIELD
34	00:17:56	2008	Elliot Clissold	M		
35	00:17:57	1877	Carol Glover	F		SWANSEA HARRIERS
36	00:18:01	1801	Shan Morgan	F		SWANSEA HARRIERS
37	00:18:02	1985	David Moore	M		CARDIFF UNIVERSITY
38	00:18:10	1842	Bethan Strange	F		CARDIFF AAC
39	00:18:13	1838	Saly Wilder	F	35	SAN DOMENICO
40	00:18:29	1870	Kelly Morgan	F		PONTYPRIDD ROADENTS
41	00:18:39	1831	Steven Sheard	M		
42	00:18:43	1987	Fenella Langrobye	F		UWIC
43	00:18:46	1504	Charlie Walker	M		CWMBRAN HARRIERS
44	00:18:47	2005	James Wilson	M		Swansea University
45	00:19:03	1885	Paul Bevan	M	50	CARDIFF AAC
46	00:19:03	1869	Rebecca Evans	F		CARDIFF AAC
47	00:19:16	1716	Darren Jones	M		CARDIFF AAC
48	00:19:20	1636	Jihad Dabab	M		BUTETOWN RUNNERS
49	00:19:32	2000	Curtis Mayer	M		MPCT
50	00:19:39	1682	Emily Brown	F		CARDIFF AAC
51	00:19:41	1802	Simon Mansfield	M	40	ARMY
52	00:19:48	1559	Huw Roberts-Thomas	M		
53	00:19:51	1766	Angela Jones	F	45	ISLWYN
54	00:20:02	1699	Paul Morris	M	50	LES CROUPIERS
55	00:20:07	1963	Robert Borley	M		
56	00:20:17	1676	Brian Dias	M		CARDIFF AAC
57	00:20:34	1718	Jacqueline Brace	F	50	BRIDGEND AC
58	00:20:43	1991	Chad Travis	M		Military Prep School
59	00:20:49	1846	Stephen Livett	M	50	MENAI TRACK AND FIELD
60	00:20:53	1770	Jenny Phillips	F	45	LLANELLI AAC
61	00:20:54	1867	Erin Hayes	F		CARDIFF AAC
62	00:20:59	1637	Hamza Dabab	M		BUTETOWN RUNNERS
63	00:21:14	1983	Chloe Anderson	F		UWIC
64	00:21:24	1739	Leighton Cody	M		
65	00:21:25	1752	Dave Breen	M	55	PORTHCAWL RUNNERSLIFE
66	00:21:26	1969	Runner 1969	M		
67	00:21:27	1720	Malcolm Bradley	M	60	PENARTH & DINAS
68	00:21:39	1864	Jonathan Hayes	M	45	
69	00:22:11	1895	Delme Price	M		
70	00:22:30	1962	David Walker	M	55	
71	00:22:35	1934	Julie Scholey	F	50	LES CROUPIERS
72	00:22:36	1638	Andrea Hurman	F	45	PENARTH & DINAS
73	00:22:43	1863	Catherine Hayes	F	40	CARDIFF AAC
74	00:22:58	2027	Alex Webber	M		
75	00:23:18	1989	Matthew Allen	M		

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GunPos	GunTime	No	Name	M/F	Cat	Club
76	00:23:27	2030	Alexander Huntley	M		MPCT
77	00:23:29	1882	Clare Pocock	F		
78	00:23:30	1528	Lowri Newman	F	40	
79	00:23:31	1936	Emily Lagomarsino	F		DUDLEY & STOURBRIDGE HARRIERS
80	00:23:32	1677	Catherine Olivant	F	35	BRECON AC
81	00:23:38	1627	Vincent Gauci	M		
82	00:23:42	1771	Mick Olivant	M	60	
83	00:23:43	2014	Dan Whitehall	M		
84	00:23:45	1984	John Ferraday	M		PEGASUS
85	00:23:46	2006	Ben Cornwell	M		
86	00:23:47	1874	Sue Davies	F	50	BRECON AC
87	00:23:49	1981	Sean Hodges	M		Military Prep School
88	00:23:51	2032	Matthew Jones	M		
89	00:23:55	1996	John Lewis	M	45	
90	00:23:57	1986	Michael McCarthy	M		
91	00:23:57	1529	Amy Johns	F		
92	00:24:00	1866	Dawn Howtes	F	40	
93	00:24:07	1574	Daniel Jury	M		
94	00:24:13	1932	Steve Baker	M	40	
95	00:24:13	1979	Cameron Whyte	M		Military Prep School
96	00:24:16	1980	Toby Boss	M		Military Prep School
97	00:24:19	1545	Mark Freeman	M		
98	00:24:25	1808	Jamal Sanani	M		BUTETOWN RUNNERS
99	00:24:27	1593	Michael Bridge	M		
100	00:24:39	1868	Kelsea Peterson	F		
101	00:24:41	1964	Lauren Blake	F		
102	00:24:51	1659	Liam Jury	M		
103	00:24:51	1998	Oliver Taylor	M		MPCT
104	00:24:54	1942	Sion Davies	M		
105	00:24:55	1853	Yvonne Williams	F	55	PENARTH & DINAS
106	00:24:56	1805	Nathan Thomas	M		
107	00:24:58	1747	Ben Read	M		
108	00:24:58	1816	Matt Morgan	M		
109	00:25:02	1531	Martin Edwards	M		
110	00:25:05	1532	Iwan Thomas	M		
111	00:25:07	2031	Ian Lewis	M		ISLWYN
112	00:25:07	1955	Christopher Crimmins	M		
113	00:25:12	1817	Terry Jones	M	60	
114	00:25:36	1601	Jonathan Parry	M		
115	00:25:37	1977	Jason Jones	M		
116	00:25:43	1992	Daniel Harrison	M		Military Prep School
117	00:25:56	1939	Zoe James	F		NIKE CARDIFF RUN CLUB
118	00:26:04	1945	Herman Valentin	M		
119	00:26:07	1821	Leanne Casley	F	40	
120	00:26:10	1599	Jonathan Evans	M		
121	00:26:10	1694	Nick Evans	M	45	
122	00:26:13	1824	John G Clifford	M		
123	00:26:19	2021	Jack Jenkins	M		
124	00:26:27	1519	Sara Richards	F		
125	00:26:33	1899	Alison Gwyther	F	45	
126	00:26:36	1582	Joanne Harries	F	35	
127	00:26:38	1920	James Meacham	M		
128	00:26:42	1968	Runner 1968	M		
129	00:26:47	1972	Runner 1972	M		
130	00:26:49	1836	Vicky Fazekas	F		
131	00:26:54	1790	Tessa Legg	F		
132	00:26:57	1862	Gareth McMullen	M	45	
133	00:26:58	1661	Adam Jury	M		
134	00:27:00	1787	Rebecca Greenway	F	40	
135	00:27:00	1873	Danny Roberts	M		
136	00:27:00	1785	Sarah Jones	F		
137	00:27:04	1779	Sharon Jones	F		
138	00:27:08	1630	Graham John	M		
139	00:27:09	1652	Martyn Ingham	M	55	
140	00:27:10	1865	Colin Peterson	M		
141	00:27:10	1900	Anna Elias	F	35	
142	00:27:11	1737	Stephen Gibbins	M	60	PORTHCAWL RUNNERSLIFE
143	00:27:14	2029	Sadie Thomas	M		
144	00:27:19	1717	Jason Benson	M		
145	00:27:22	1843	Alan Mothersole	M		
146	00:27:29	1848	Samantha Mcloughlin	F	40	
147	00:27:30	1726	Elle Marie Mapstone	F		
148	00:27:42	1995	Liam Duncan	M		
149	00:27:42	2023	Matthew Jenkins	M		
150	00:27:45	1515	Lee Mengo	M		

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GunPos	GunTime	No Name	M/F	Cat	Club
151	00:27:46	1550 Peter Olivier	M	45	
152	00:27:48	2038 Neil Jenkins	M		
153	00:27:52	2016 Craig Litchfield	M		
154	00:27:53	1730 JTr(me Cherre	M		
155	00:27:53	1912 Joe Harrop-Griffiths	M	40	
156	00:27:56	2019 Terence O'Sullivan	M		
157	00:27:56	1673 Emma Mckenna	F		
158	00:27:57	1648 Julie Pickering	F	40	
159	00:27:57	1738 Iqbal Hassan	M		
160	00:28:00	1534 Angharad Davies	F		
161	00:28:01	1572 Brian Watson	M		
162	00:28:02	2025 Robert Green	M		
163	00:28:03	1803 Gosia Nowicka	F		
164	00:28:06	1589 Nicola Williams	F	40	
165	00:28:16	1933 Sarah Bryant	F	40	
166	00:28:16	2020 Nigel Bragg	M		
167	00:28:19	2040 Ryan Lomas	M		
168	00:28:19	1999 Jake Warren	M		MPCT
169	00:28:22	1876 Haadi Daud	M		
170	00:28:29	1767 Andrew Morgan	M	45	
171	00:28:29	1768 Paul Smith	M		
172	00:28:29	1769 Richard James	M		
173	00:28:33	2009 David Sinclair	M	40	
174	00:28:33	2004 Kate Davies	F		Team ellie
175	00:28:43	1834 Adi Asmawi Adanan	M		
176	00:28:48	1590 Milly Williams	F		
177	00:28:51	1704 Louisa Chant	F	40	
178	00:28:54	1786 Carla Hill	F	35	
179	00:28:54	1901 Tiffany Jones	F		
180	00:28:55	1755 Stephen Southam	M		
181	00:28:55	1641 Tomas Ellis	M		
182	00:28:57	1897 Michelle Davies	F		
183	00:28:57	1607 Michael Walker	M		
184	00:29:02	1811 Emma-Jayne Lockwood	F		
185	00:29:02	1812 Micheala Platt	F	40	
186	00:29:04	1578 David Bater	M		
187	00:29:05	1629 Andrew Davies	M		
188	00:29:09	1729 Diane Jones	F	50	
189	00:29:11	2026 Amir Hazizi Abbul Razak	M		
190	00:29:19	2036 Robert Lewis	M	40	
191	00:29:22	1826 Marc Bevan	M	40	
192	00:29:23	1911 Hannah Saunders	F		
193	00:29:25	2002 Haziq Hi Ramli	M		
194	00:29:25	1943 Roy Preece	M	55	
195	00:29:27	1624 Paul Evans	M		
196	00:29:27	1795 Anna Marshall	F	40	
197	00:29:29	1833 Nicola Edwards	F		
198	00:29:32	1777 Chalotte Lund Sorensen	F		
199	00:29:42	1773 Andrew Beacon	M	40	
200	00:29:46	1508 Diane Potter	F	45	
201	00:29:52	1927 Spencer Drew	M		
202	00:29:57	1760 Arthur Duncan-Jones	M		
203	00:29:57	1583 Connor Cattell	M		
204	00:29:58	1757 Nathan Jones	M		
205	00:30:00	1756 Dewi Clark	M		
206	00:30:00	1689 Dee Pullen	F		
207	00:30:01	1567 Dafydd Saer	M	45	
208	00:30:05	1688 Matthew Pullen	M		
209	00:30:06	1957 Kate Thomas	F	40	
210	00:30:07	1940 Rosemary Williams	F	60	
211	00:30:08	1916 Sian Hollins	F	35	
212	00:30:10	1721 Joanne Williams	F	35	
213	00:30:15	1640 Sasha Kingston	F	40	
214	00:30:18	1541 Hannah Jenkins	F		
215	00:30:18	1540 Anna Calnan	F		
216	00:30:20	1506 Aimie Gornall	F		
217	00:30:23	1871 Claire Jones	F		
218	00:30:25	1678 Sally-Anne Atkinson	F	35	
219	00:30:25	1698 Gareth Roper	M	55	PORTHCAWL RUNNERSLIFE
220	00:30:27	1906 Nursazwillla Rosdie	F		
221	00:30:29	1588 Heidi James	F	40	
222	00:30:30	2001 William David	M	40	
223	00:30:30	1727 Kirsty Heritage	F		
224	00:30:33	1959 Susan Pullen	F		
225	00:30:34	1892 Anurag Saxena	M	40	

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GunPos	GunTime	No	Name	M/F	Cat	Club
226	00:30:34	1568	Cara Arbery	F	35	
227	00:30:34	1960	Patrick Pullen	M		
228	00:30:35	1569	Elly Worgan	F		
229	00:30:40	1576	Ricci Burton	M		
230	00:30:44	1598	Jessica Parsons	F		
231	00:30:48	1649	Nigel Pickering	M	40	
232	00:30:49	1702	John-Paul Piper	M		
233	00:30:51	1804	Catherine Robison	F		
234	00:30:53	1643	Steven Herbert	M	40	
235	00:30:54	1546	Adam Marshall	M		
236	00:30:56	1990	Neil Blacknen	M	40	
237	00:30:57	1671	Ross Evans	M		
238	00:31:01	1741	Genevieve Tyler	F	40	
239	00:31:02	1742	Natasha Tyler	F		
240	00:31:03	1618	Hill Gemma	F		
241	00:31:03	1617	Dewi Hill	M		
242	00:31:03	1818	Garry Whitelam	M		
243	00:31:05	1762	Dannii Ramsey	F		
244	00:31:08	1761	Stuart Ramsey	M	50	
245	00:31:08	1763	Bini Ramsey	F	35	
246	00:31:11	1577	Danielle Burton	F		
247	00:31:14	1514	Hollie Dinwoodie	F		
248	00:31:18	1822	Dewi Casley	M		
249	00:31:22	1647	Natalie Tanner	F		
250	00:31:23	1971	Runner 1971	M		
251	00:31:28	1703	Natasha Piper	F		
252	00:31:29	1861	Christina McMullen	F	45	
253	00:31:32	1965	Samantha Blake	F		
254	00:31:33	1966	Suzanne Blake	F	40	
255	00:31:35	1651	Fadiya Ahmed	F		
256	00:31:37	2024	Shu Ling Guam	F		
257	00:31:38	1753	Ben Beacham	M		
258	00:31:40	1625	Lewis Evans	M	50	
259	00:31:40	2028	Sue Wei Chong	F		
260	00:31:48	1634	Kelly Painter	F		
261	00:31:49	2015	Claire Gunter	F		
262	00:31:50	1896	Helen Fisher	F	35	
263	00:31:51	1656	Christy Welsh	F	35	
264	00:31:51	1655	Natasha Louca-Jones	F	35	
265	00:31:52	1807	Sarah Davies	F		
266	00:31:54	1642	Sally Herbert	F	40	
267	00:31:55	1793	Abbe Opher	F	35	
268	00:31:57	1538	Gill Sinclair	M	45	
269	00:31:57	1614	Amanda Phillips	F		
270	00:31:59	1914	Katy Simpson	F		
271	00:32:01	2037	Zoe Mott	M		
272	00:32:06	1930	Tracy Derrett	F	35	
273	00:32:12	1823	John Clifford	M	50	
274	00:32:12	1740	Angela Walsh	F		PORTHCAWL RUNNERSLIFE
275	00:32:15	1537	Kevan Sinclair	M	50	
276	00:32:15	1744	Sally Fairlie	F	45	
277	00:32:16	1600	Emma Parry	F		
278	00:32:16	1743	Julie Saville	F	40	
279	00:32:16	1602	Rhian Burnett	F		
280	00:32:35	1501	Karen Eldridge	F	40	
281	00:32:41	1628	Stacey Ward	F		
282	00:32:53	1898	Rachelle Wheeler	F	40	
283	00:32:57	1794	Claudia Peake	F	35	
284	00:32:57	1923	Mathew Evans	M		
285	00:32:59	1748	Adam Hughes	M		
286	00:33:00	1570	Rachel Jones	F	35	
287	00:33:09	1734	Simon Nelson	M	50	
288	00:33:10	1735	Alison Nelson	F	50	
289	00:33:10	1596	Maxine Rhodes	F	40	CAERLEON RC
290	00:33:10	2017	Brandon Miller	M		
291	00:33:11	1685	Prashant Naik	M		
292	00:33:32	1825	Imelda Stamp	F		
293	00:33:32	2034	Tim Forman	M		
294	00:33:36	1783	Llio Owen	F		
295	00:33:36	1781	Ffion Jones	F		
296	00:33:36	1622	Kath Bramhall	F		
297	00:33:37	1633	Cheryl Roberts	F	35	
298	00:33:37	1612	Emma Humphry	F		
299	00:33:44	1535	Tracy Nixon	F		
300	00:33:46	1657	Michelle Joy	F	35	

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301	00:33:51	1713	Wyndham Thomas	M	55	
302	00:33:51	1798	Emma Lionel	F		
303	00:33:53	1675	Alaw Roberts	F		
304	00:33:55	1784	Sarah Phillips	F	45	
305	00:33:55	1797	Olivia Collins	F		
306	00:33:57	1712	Nerys Guerin	F	40	
307	00:33:57	1772	Zara Tancock	F	35	
308	00:34:00	1711	Alan Gregroy	M	45	
309	00:34:00	1710	Samantha Llewellyn-Jones	F	35	
310	00:34:03	1565	Rebecca Callan	F		
311	00:34:17	1557	Rachel Manley	F	35	
312	00:34:19	1819	Luciana Skidmore	F		
313	00:34:21	1913	Naomi Rees	F		
314	00:34:22	1765	Carmen Rey	F	40	
315	00:34:25	1623	Gareth Jones	M	40	
316	00:34:25	1621	Paul Bramhall	M	40	
317	00:34:27	1556	Gareth McMullen	M		
318	00:34:27	1764	Debbie Cumming	F	45	
319	00:34:27	1719	Allison Harrison	F	45	
320	00:34:31	1670	Sarah Vining	F	35	
321	00:34:33	1658	Anthony Jury	M	45	
322	00:34:33	1954	Harvey Braun	M		
323	00:34:34	1952	Karen Braun	F	40	
324	00:34:37	1605	Sian Parsons	F		
325	00:34:37	1606	Ruth Rajan	F		
326	00:34:38	2035	Nanoy Webb	F	40	
327	00:34:41	1976	Dean Trott	M		
328	00:34:41	1536	Caroline Evans	F		
329	00:34:43	1542	Barbara Stevenson	F	45	
330	00:34:44	1953	Ella Braun	F		
331	00:34:46	1665	Laura Bowen	F		
332	00:34:50	1961	Mark Keenan	M	40	
333	00:34:51	1539	Rhian Keenan	F		
334	00:34:54	1722	Luke Williams	M		
335	00:35:01	1947	Fiona Glover	F	35	
336	00:35:04	1701	George Taber	M		
337	00:35:05	1789	Suzanne Lawn	F		
338	00:35:06	1951	James Braun	M	40	LES CROUPIERS
339	00:35:16	1946	Julie Morris	F	35	
340	00:35:24	1662	Emily Sinclair	F		
341	00:35:24	1745	Kim Yee	F		
342	00:35:24	1516	Leighanne Palmer	F		
343	00:35:24	1910	Heather Williams	F	35	
344	00:35:28	1937	Sara Brown	F	45	
345	00:35:29	1928	Sara Evans	F	40	
346	00:35:33	2039	Osian Jenner	M		
347	00:35:39	1690	Simone Foster	F		
348	00:35:39	1691	Catherine Darnton	F	40	
349	00:35:41	2003	Wajdi Manaf	M		
350	00:35:43	1684	Sally Naik	F	35	
351	00:35:43	2011	Catherine Blake	F		Team ellie
352	00:35:53	1733	Ofelia Sanejo	F	35	
353	00:35:57	2022	Richard Harding	M		
354	00:35:58	1561	Nicola Baker	F		
355	00:35:59	1938	Amy Griffiths	F		
356	00:36:00	1680	Emma Bradley	F		
357	00:36:07	1613	Lowri Jones	F	40	
358	00:36:07	1788	Angharad Fell	F	35	
359	00:36:08	1705	Leanne Hopkins	F		
360	00:36:19	1827	Eileen Tran	F		
361	00:36:21	1907	Nahdhatul Simaa Haji Sabtu	F		
362	00:36:37	1521	Catherine Bain	F		
363	00:36:38	1800	Charity Verlander	F	35	
364	00:36:39	1815	Cerianne Hayward	F	40	
365	00:36:44	1919	Michaela Jones	F	40	
366	00:36:45	1626	Daniella Gauci	F		
367	00:36:58	1631	Claire Satchell	F	35	
368	00:36:58	1632	Kate Rose	F		
369	00:37:22	1692	Sonia Unsted	F	45	
370	00:37:22	1994	Jordan Tramley	M		Military Prep School
371	00:37:23	1993	Tristan Lewis	M		Military Prep School
372	00:37:23	1950	Gaynor Tullett	F	55	
373	00:37:32	1905	Hannah Jarrett	F		
374	00:37:41	1872	Williams Helen	F	35	ABERDARE VALLEY AAC
375	00:37:41	1893	Jenny Tran	F		

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376	00:37:43	1543	Eleanor Jones	F		
377	00:37:44	1505	David Braithwaite	M	60	
378	00:38:02	1581	Erin Fudge	F		
379	00:38:02	1580	Victoria Fudge	F	45	
380	00:38:02	1591	Delyth Jones	F	40	
381	00:38:02	1696	Rosie Evans	F		
382	00:38:02	1695	Jenny Evans	F	45	
383	00:38:05	1725	Leah Farmer	F		
384	00:38:10	1887	Sandy Snell	F	50	
385	00:38:40	1608	Vetri Sudar Jayaprakasam	F	35	
386	00:38:41	1645	Amarjot Chander	F		
387	00:39:05	1746	Laura Harris	F		
388	00:39:07	1654	Greg Owen	M		
389	00:39:08	1650	Nicola Owen	F	40	
390	00:39:14	1575	Sharon Jury	F	45	
391	00:39:27	1635	Rabia Ahmed	F		
392	00:39:52	2018	Christina O'Sullivan	F	35	
393	00:39:53	2013	Tracy Litchfield	F	35	
394	00:40:18	1759	Martin Hughes	M	45	
395	00:40:20	1997	Megan Phillips	F		
396	00:40:22	1646	Amanda Harvey	F	35	
397	00:40:23	1560	Stephanie Evans	F		
398	00:40:34	1813	Jane Harding	F	50	
399	00:40:50	1666	Lisa Williams	F		
400	00:40:50	1667	Nicola Davies	F		
401	00:41:02	1502	Sarah Barker	F	50	
402	00:41:21	1902	Pat Dobbs	F	45	
403	00:41:22	1903	Cass Walby	F		
404	00:41:26	1697	Helen Wells	F	50	
405	00:41:35	1922	Sian Evans	F		
406	00:41:35	1644	Anne Davies	F	50	
407	00:41:36	1889	Jessica Gulliver	F		
408	00:41:37	1782	Rhian Thomas Turner	F		
409	00:41:58	1944	Janine Dimech	F	50	
410	00:41:59	1796	Lucy Whiteside	F		
411	00:42:04	1886	Denise Jones	F	45	
412	00:43:14	1594	Jen Lovering	F		
413	00:43:28	1749	Abigail Hughes	F		
414	00:43:38	1839	Sheila Symonds	F	75	BRO DYSYNNI AC
415	00:45:19	1881	Debra Beecham	F	45	
416	00:45:22	1880	Norma Webb	F	50	
417	00:45:43	1921	Meleri Griffiths	F	35	
418	00:45:52	1686	Harold Mills	M	85	
419	00:46:25	1924	Catrin Griffiths	F		
420	00:46:26	1925	Emyr Evans	M		
421	00:46:49	1948	Leah Jenkins	F		
422	00:46:53	1616	Christine Smith	F	55	
423	00:46:56	1888	Dawn Williams	F	45	
424	00:47:04	1774	Allen Watts	M	80	SARN HELEN
425	00:47:14	1619	Elizabeth Wylde	F		
426	00:51:57	1949	Charmaine Deen	F		
427	00:51:57	1592	Lorna Nocivelli	F		
428	00:52:00	1758	Susan Hughes	F	45	
429	00:52:00	1660	Suzanne Jury	F	35	
430	00:53:42	1814	Angela Ralph	F	45	