

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
1	507	VAHER SANDER	SWANSEA BAY ORIENTEERING	SM	MEN	1	1	1:33:22
2	1	MARCUS MUMFORD	—	SM	MEN	2	2	1:39:31
3	190	ROB SAGE	LES CROUPIERS	SM	MEN	3	3	1:41:14
4	38	PAUL MURRIN	CHEPSTOW HARRIERS	MV40	MEN	4	1	1:41:30
5	181	LEIGHTON RAWLINSON	CAERLEON RC	SM	MEN	5	4	1:43:35
6	175	MIKE EVANS	TROT	SM	MEN	6	5	1:43:48
7	3	RICHARD JOHNSON	MYNYDD DU	MV40	MEN	7	2	1:45:41
8	183	JAMES CASBURN	CAERLEON RC	SM	MEN	8	6	1:45:46
9	5	STEVE DAVIES	PONTYPWL & DISTRICT	MV50	MEN	9	1	1:46:34
10	506	CHARLIE JENKINS	SWANSEA BAY ORIENTEERING	SM	MEN	10	7	1:48:13
11	125	ANDREW BAKER	PONTYPRIDD ROADENTS	MV40	MEN	11	3	1:49:42
12	65	ANDREW WALSH	GRIFFITHSTOWN HARRIERS	SM	MEN	12	8	1:49:43
13	156	RHODRI EVANS	PONTYPRIDD ROADENTS	SM	MEN	13	9	1:49:49
14	502	MATTHEW LAWSON	CHEPSTOW HARRIERS	MV40	MEN	14	4	1:49:54
15	45	RAY MORGAN	PONTYPWL & DISTRICT	SM	MEN	15	10	1:50:02
16	9	JULIAN BAKER	LES CROUPIERS	MV40	MEN	16	5	1:51:07
17	192	ALUN JONES	LES CROUPIERS	MV40	MEN	17	6	1:51:52
18	509	DIMITRI VORRES	PONTYPWL & DISTRICT	MV50	MEN	18	2	1:52:48
19	118	LAURIE CARTER	CHEPSTOW HARRIERS	MV50	MEN	19	3	1:53:33
20	113	JOSHUA BISHOP	—	SM	MEN	20	11	1:54:27
21	10	JULIAN BOON	FOREST OF DEAN AC	MV40	MEN	21	7	1:54:56
22	200	PHIL RICHARDS	WESTON AC	SW	LADIES	1	1	1:55:02
23	139	SIMON DURY	CHEPSTOW HARRIERS	SM	MEN	22	12	1:55:04
24	160	GARETH BECK	LLISWERRY RUNNERS	MV40	MEN	23	8	1:55:17
25	75	BEN GRAHAM	—	SM	MEN	24	13	1:55:30

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
26	2	NIKI MORGAN	CHEPSTOW HARRIERS	FV40	LADIES	2	1	1:55:37
27	137	CHARLIE JONES	WESTBURY HARRIERS	SM	MEN	25	14	1:55:57
28	168	EMMA WOOKEY	LLISWERRY RUNNERS	SW	LADIES	3	2	1:56:10
29	197	KELVIN DICKINSON	WIRRAL AC	MV40	MEN	26	9	1:56:54
30	116	JACK CASEY	_	SM	MEN	27	15	1:57:12
31	179	JOHN DIFFEY	SAN DOMENICO	MV40	MEN	28	10	1:57:43
32	187	NICOLA GETHIN	PARC BRYN BACH	FV40	LADIES	4	2	1:57:48
33	173	HAYDN HARTNELL	ISLWYN RUNNING CLUB	MV50	MEN	29	4	1:57:55
34	72	NATHAN KERSLEY	_	SM	MEN	30	16	1:59:27
35	112	DAVID QUIGLEY	_	MV50	MEN	31	5	1:59:39
36	144	DAVID STANDING	FAIRWATER RUNNERS CWMBRAN	SM	MEN	32	17	2:00:07
37	148	LYNETTE PORTER	BITTON ROAD RUNNERS	FV40	LADIES	5	3	2:00:13
38	73	PETER HOPSON	_	MV40	MEN	33	11	2:00:29
39	68	MARK DUNSCOMBE	SARN HELEN	MV50	MEN	34	6	2:01:02
40	7	PHILLIP MILES	PARC BRYN BACH	MV60	MEN	35	1	2:01:15
41	117	STEPHEN POOLE	RHONDDA VALLEY RUNNERS	MV50	MEN	36	7	2:01:29
42	61	KEVIN JONES	LES CROUPIERS	MV40	MEN	37	12	2:01:35
43	159	MIKE DAVIES	CAERLEON RC	MV50	MEN	38	8	2:01:40
44	103	ROB BEVES	CHEPSTOW HARRIERS	MV40	MEN	39	13	2:01:55
45	196	KEITH JAMES	LLISWERRY RUNNERS	MV40	MEN	40	14	2:01:57
46	504	MARK CASON	MYNYDD DU	MV40	MEN	41	15	2:02:06
47	508	EDDIE HISCOCKS	_	SM	MEN	42	18	2:02:36
48	162	ANGELA JONES	FAIRWATER RUNNERS CWMBRAN	FV40	LADIES	6	4	2:03:02
49	59	ROB HOOK	CHEPSTOW HARRIERS	MV40	MEN	43	16	2:03:06
50	166	DAN SANDFORD	_	SM	MEN	44	19	2:03:15

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
51	191	KIM WEHDEN	ISLWYN RUNNING CLUB	MV50	MEN	45	9	2:03:17
52	110	MATT CREED	LLISWERRY RUNNERS	SM	MEN	46	20	2:03:26
53	70	CHRIS MORRIS	—	SM	MEN	47	21	2:03:55
54	171	ANDREW ELLSON	—	SM	MEN	48	22	2:04:19
55	55	RICHARD NEWHOUSE	—	MV40	MEN	49	17	02:04:31
56	24	SIMON GILL	LLISWERRY RUNNERS	SM	MEN	50	23	02:04:35
57	78	NICHOLAS WALSH	GRIFFITHSTOWN HARRIERS	MV40	MEN	51	18	2:04:39
58	161	CHRIS MORGAN	CAERLEON RC	SM	MEN	52	24	2:05:05
59	177	MICHAEL HARRIS	CAERLEON RC	SM	MEN	53	25	2:05:55
60	104	STACEY FARNELL	—	SM	MEN	54	26	2:06:22
61	99	GWYN LLOYD	PONTYPRIDD ROADENTS	MV50	MEN	55	10	2:06:48
62	500	ALUN WOOD	ISLWYN RUNNING CLUB	SM	MEN	56	27	2:07:09
63	4	HELEN DUFFIELD	CHEPSTOW HARRIERS	FV40	LADIES	7	5	2:07:20
64	67	CARL EDWARDS	PONTYPRIDD ROADENTS	MV40	MEN	57	19	2:07:49
65	199	SPENCER JOSEPH	SOUTHVILLE BRISTOL	MV50	MEN	58	11	2:07:57
66	63	NEIL JACKS	WYE VALLEY RUNNERS	MV40	MEN	59	20	2:08:25
67	188	ANDY CREBER	CHEPSTOW HARRIERS	MV50	MEN	60	12	2:08:42
68	109	ROB SYMONS	FAIRWATER RUNNERS CWMBRAN	MV40	MEN	61	21	2:08:48
69	50	NICK PRINGLE	LLISWERRY RUNNERS	MV50	MEN	62	13	2:08:59
70	87	BEN GORELL	—	SM	MEN	63	28	2:10:01
71	501	KEITH LANGLEY	PONTYPWL & DISTRICT	MV50	MEN	64	14	2:10:51
72	49	JUSTIN POCKNELL	CAERLEON RC	MV40	MEN	65	22	2:11:05
73	165	SIMON DIMMER	FOREST OF DEAN AC	MV50	MEN	66	15	2:11:35
74	126	MICHAEL TONG	—	MV40	MEN	67	23	2:12:01
75	35	TOSH SIMPKIN	CHEPSTOW HARRIERS	MV40	MEN	68	24	2:12:10

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
76	132	TOM RIDDINGTON	CHEPSTOW HARRIERS	MV40	MEN	69	25	2:12:42
77	51	RACHEL FOYLE	TOWN & COUNTRY HARRIERS	FV40	LADIES	8	6	2:12:49
78	28	PAUL DAY	LLISWERRY RUNNERS	MV60	MEN	70	2	2:13:09
79	195	PAUL DONOVAN	PONTYPWL & DISTRICT	MV40	MEN	71	26	2:13:43
80	138	JAN MORRIS	CHEPSTOW HARRIERS	FV40	LADIES	9	7	2:13:54
81	182	DAN ARTHUR	CAERLEON RC	SM	MEN	72	29	2:14:35
82	74	EMMA BAYLISS	PONTYPWL & DISTRICT	SW	LADIES	10	3	2:15:02
83	115	DAVID HAYWARD	CHEPSTOW HARRIERS	MV60	MEN	73	3	2:15:15
84	198	CAROLINE HALL	WIRRAL AC	FV40	LADIES	11	8	2:16:08
85	41	ANDREW DICKENS	PONTYPWL & DISTRICT	MV40	MEN	74	27	2:16:54
86	189	PAUL DURSLEY	LLISWERRY RUNNERS	MV60	MEN	75	4	2:17:32
87	193	JASON DIXON	ISLWYN RUNNING CLUB	MV40	MEN	76	28	2:18:18
88	141	SEAN DAVEY	CAERLEON RC	MV50	MEN	77	16	2:18:31
89	155	LEE SUTHERLAND	BRIDGEND AC	SM	MEN	78	30	2:18:58
90	14	MIKE EVANS	CHEPSTOW HARRIERS	MV50	MEN	79	17	2:19:17
91	167	JANET DIMMER	FOREST OF DEAN AC	FV50	LADIES	12	1	2:19:39
92	150	STEPHEN WOOD	PEGASUS RC	SM	MEN	80	31	2:20:10
93	121	ALLAN MCCALL	CHEPSTOW HARRIERS	MV40	MEN	81	29	2:20:16
94	44	MICHAEL ELLISTON	LES CROUPIERS	MV40	MEN	82	30	2:20:22
95	510	WYN DAVIS	MYNYDD DU	MV40	MEN	83	31	2:20:49
96	62	DAVE RENNICK	—	SM	MEN	84	32	2:21:03
97	31	GRAHAM BAZLEY	TOWN & COUNTRY HARRIERS	MV40	MEN	85	32	2:21:05
98	178	ANDY DAVIES	PONTYPRIDD ROADENTS	MV50	MEN	86	18	2:21:30
99	142	COLIN PORTER	BAD TRI	SM	MEN	87	33	2:21:36
100	77	KEVIN RUSSELL	SAN DOMENICO	MV50	MEN	88	19	2:21:52

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
101	32	RICHARD REGAN	—	MV40	MEN	89	33	2:21:58
102	143	REBECCA POOLE	FAIRWATER RUNNERS CWMBRAN	SW	LADIES	13	4	2:22:04
103	69	MARK BURCHILL	—	SM	MEN	90	34	2:22:05
104	16	NICOLA BECK	LLISWERRY RUNNERS	FV40	LADIES	14	9	2:22:06
105	129	RICCI WATTS	PONTYPWL & DISTRICT	SM	MEN	91	35	2:23:05
106	172	TRACY EDWARDS	RHONDDA VALLEY RUNNERS	FV40	LADIES	15	10	2:23:07
107	124	DAVE TIMSON	PONTYPWL & DISTRICT	MV40	MEN	92	34	2:23:15
108	140	EMILIA HORNSEY	—	SW	LADIES	16	5	2:23:16
109	100	JUDITH OAKLEY	PORT TALBOT HARRIERS	FV40	LADIES	17	11	2:24:42
110	101	YVONNE BROWN	PORT TALBOT HARRIERS	FV50	LADIES	18	2	2:25:04
111	145	RICHARD DUNKERTON	LLISWERRY RUNNERS	SM	MEN	93	36	2:25:45
112	133	DAVID GATES	LLISWERRY RUNNERS	MV50	MEN	94	20	2:26:51
113	58	KAREN ELVERS	CHEPSTOW HARRIERS	FV40	LADIES	19	12	2:28:13
114	17	RUTH PHILLIPS	LLISWERRY RUNNERS	SW	LADIES	20	6	2:28:41
115	39	STEPHEN OWEN	LES CROUPIERS	MV50	MEN	95	21	2:29:04
116	84	ALLAN GREEN	ALMOST ATHLETES	MV60	MEN	96	5	2:29:31
117	66	JAN EDWARDS	PONTYPRIDD ROADENTS	FV40	LADIES	21	13	2:30:18
118	96	RHYS PARFITT	PONTYPWL & DISTRICT	SM	MEN	97	37	2:30:26
119	131	DICK FINCH	CHEPSTOW HARRIERS	MV60	MEN	98	6	2:31:43
120	20	STUART DUNCAN	CHEPSTOW HARRIERS	MV50	MEN	99	22	2:31:45
121	13	DENISE EVANS	CHEPSTOW HARRIERS	FV40	LADIES	22	14	2:31:50
122	102	GEMMA BEVES	CHEPSTOW HARRIERS	SW	LADIES	23	7	2:31:51
123	15	HOWARD ATTWOOD	LLISWERRY RUNNERS	MV60	MEN	100	7	2:32:57
124	180	WARREN TILKE	PONTYPRIDD ROADENTS	MV40	MEN	101	35	2:33:35
125	147	DAVID CUMPSTONE	—	SM	MEN	102	38	2:36:54

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
126	86	SAM GORELL	—	SM	MEN	103	39	2:37:49
127	85	JULIE DAVIES	PONTYPWL & DISTRICT	FV40	LADIES	24	15	2:37:57
128	176	GAYLE SHEPPARD	—	FV40	LADIES	25	16	2:38:17
129	27	CERI JENKINS	LLISWERRY RUNNERS	SW	LADIES	26	8	2:38:20
130	108	RAVEN TIMMS	ISLWYN RUNNING CLUB	SW	LADIES	27	9	2:38:37
131	56	LUKE GRIFFIN	—	SM	MEN	104	40	2:38:42
132	88	SCOTT GRIFFIN	—	SM	MEN	105	41	2:38:42
133	120	HELEN MANN	—	FV50	LADIES	28	3	2:38:49
134	119	TOM ASHFORD	—	SM	MEN	106	42	2:39:15
135	25	BEN BLACK	—	SM	MEN	107	43	2:39:44
136	114	ELIZABETH STOKES	GRIFFITHSTOWN HARRIERS	FV40	LADIES	29	17	2:40:02
137	503	COLIN PROSSER	CHEPSTOW HARRIERS	MV50	MEN	108	23	2:40:10
138	8	ROBERT ANDERSON	LLISWERRY RUNNERS	MV70	MEN	109	1	2:40:44
139	174	DAVID MANLEY	LLISWERRY RUNNERS	SM	MEN	110	44	2:41:15
140	97	KELLY WAITE	ISLWYN RUNNING CLUB	SW	LADIES	30	10	2:42:07
141	83	RACHEL PRANGLEY	ISLWYN RUNNING CLUB	SW	LADIES	31	11	2:42:15
142	33	MATTHEW REES	—	SM	MEN	111	45	2:44:15
143	186	INGRID HARRIS	ALMOST ATHLETES	FV50	LADIES	32	4	2:45:18
144	53	RHYS DOOLAN	—	SM	MEN	112	46	2:45:27
145	90	SARAH KEDWARD	—	SW	LADIES	33	12	2:45:28
146	105	PAUL HARVEY	ISLWYN RUNNING CLUB	SM	MEN	113	47	2:45:33
147	157	SAM JONES	—	SM	MEN	114	48	2:46:04
148	158	SIAN PRICE	—	SW	LADIES	34	13	2:46:04
149	94	ROS EDMONDS	TAFF ELY TRIATHLON CLUB	FV50	LADIES	35	5	2:46:17
150	47	RHIAN HOPKINS	PONTYPRIDD ROADENTS	SW	LADIES	36	14	2:47:02

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
151	79	RAYMOND JAMES	PORT TALBOT HARRIERS	MV50	MEN	115	24	2:47:14
152	127	JULIE BROUGHTON	—	FV40	LADIES	37	18	2:51:48
153	135	BILL MEIKLEJOHN	BARRY RUNNING CLUB	MV60	MEN	116	8	2:51:48
154	89	SAMUEL KERTON	—	SM	MEN	117	49	2:52:43
155	11	NINA KILLICK	TOWN & COUNTRY HARRIERS	FV50	LADIES	38	6	2:53:29
156	152	JANE BAYLISS	CHEPSTOW HARRIERS	FV60	LADIES	39	1	2:53:54
157	54	GARETH MCBRIDE	—	MV40	MEN	118	36	2:54:50
158	48	DANIEL NEWTON	—	MV40	MEN	119	37	2:55:29
159	151	GEOFFREY BAYLISS	CHEPSTOW HARRIERS	MV60	MEN	120	9	2:56:31
160	184	MICHELLE JAYNE	PARC BRYN BACH	SW	LADIES	40	15	2:57:58
161	163	JACQUELINE LAMBETH	ISLWYN RUNNING CLUB	FV40	LADIES	41	19	2:58:23
162	194	COLIN DIXON	ISLWYN RUNNING CLUB	MV60	MEN	121	10	2:58:23
163	153	ANDREW RALPH	LLISWERRY RUNNERS	MV50	MEN	122	25	2:58:59
164	154	LEANNE PHILLIPS	LLISWERRY RUNNERS	FV40	LADIES	42	20	2:58:59
165	98	KAY DIXON	ISLWYN RUNNING CLUB	FV40	LADIES	43	21	3:00:39
166	40	MELONIE SENIOR	ISLWYN RUNNING CLUB	FV40	LADIES	44	22	3:00:39
167	134	CARA GATES	LLISWERRY RUNNERS	FV40	LADIES	45	23	3:01:26
168	92	CERI ANNE BROWN	—	SW	LADIES	46	16	3:01:30
169	93	RUTH HALE	—	SW	LADIES	47	17	3:01:30
170	185	GAVIN GRIFFITHS	BRO DYSYNNI AC	MV40	MEN	123	38	3:04:29
171	164	LEE DURKEE	PONTYPWL & DISTRICT	SM	MEN	124	50	3:04:42
172	42	NADINE DONOVAN	PONTYPWL & DISTRICT	FV40	LADIES	48	24	3:04:42
173	505	EMMA MORGAN	PONTYPWL & DISTRICT	SW	LADIES	49	18	3:04:42
174	82	SARA ARNOLD	—	FV40	LADIES	50	25	3:08:51
175	81	HELEN WILLIAMS	ISLWYN RUNNING CLUB	SW	LADIES	51	19	3:10:05

PLACE	NUMBER	NAME		CLUB	CATEGORY	GENDER	gender place	category place	TIME
176	22	CERI	DONOVAN	LLISWERRY RUNNERS	FV40	LADIES	52	26	3:12:33
177	18	LISA	BATEMAN	LLISWERRY RUNNERS	FV40	LADIES	53	27	3:12:33
178	111	MARY	GENT	LES CROUPIERS	FV50	LADIES	54	7	3:17:17
179	169	CLAIRE	DUNKERTON-MORRIS	LLISWERRY RUNNERS	SW	LADIES	55	20	3:19:12
180	146	ZARA	CUMPSTONE	LLISWERRY RUNNERS	SW	LADIES	56	21	3:19:12
181	91	VIV	BALL	EBBW VALE RUNNING CLUB	MV40	MEN	125	39	3:47:09
182	23	MAXINE	RHODES	LLISWERRY RUNNERS	FV40	LADIES	57	28	3:55:25
183	29	RACHAEL	NETHERWAY	-	FV40	LADIES	58	29	3:55:25



### AWARDS

	PLACE	NUMBER	NAME	CLUB	time	
<b>MEN</b>	1	1	<b>VAHER SANDER</b>	<b>SWANSEA BAY ORIENTEERING</b>	<b>1:33:22</b>	
	2	2	<b>MARCUS MUMFORD</b>		<b>1:39:31</b>	
	3	3	<b>ROB SAGE</b>	<b>LES CROUPIERS</b>	<b>1:41:14</b>	
MV40	1	4	<b>PAUL MURRIN</b>	<b>CHEPSTOW HARRIERS</b>	<b>1:41:30</b>	
MV50	1	9	<b>STEVE DAVIES</b>	<b>PONTYPWL &amp; DISTRICT</b>	<b>1:46:34</b>	
MV60	1	40	<b>PHILLIP MILES</b>	<b>PARC BRYN BACH</b>	<b>2:01:15</b>	
MV70	1	138	<b>ROBERT ANDERSON</b>	<b>LLISWERRY RUNNERS</b>	<b>2:40:44</b>	
<b>TEAM</b>	gender place					
	1	3	<b>ROB SAGE</b>	<b>LES CROUPIERS</b>	<b>1:41:14</b>	
		16	<b>JULIAN BAKER</b>		<b>1:51:07</b>	
		17	<b>ALUN JONES</b>		<b>1:51:52</b>	
(NOTE : based on 3 highest place runners)						
<b>LADIES</b>	1	22	<b>PHIL RICHARDS</b>	<b>WESTON AC</b>	<b>1:55:02</b>	
	2	26	<b>NIKI MORGAN</b>	<b>CHEPSTOW HARRIERS</b>	<b>1:55:37</b>	
	3	28	<b>EMMA WOOKEY</b>	<b>LLISWERRY RUNNERS</b>	<b>1:56:10</b>	
FV40	1	32	<b>NICOLA GETHIN</b>	<b>PARC BRYN BACH</b>	<b>1:57:48</b>	
(NOTE : runner no. 2 awarded 2nd overall lady; therefore runner no. 187 awarded 1st FV40)						
FV50	1	91	<b>JANET DIMMER</b>	<b>FOREST OF DEAN AC</b>	<b>2:19:39</b>	
FV60	1	156	<b>JANE BAYLISS</b>	<b>CHEPSTOW HARRIERS</b>	<b>2:53:54</b>	
<b>TEAM</b>	gender place					
	1	2	<b>NIKI MORGAN</b>	<b>CHEPSTOW HARRIERS</b>	<b>1:55:37</b>	
		7	<b>HELEN DUFFIELD</b>		<b>2:07:20</b>	
		9	<b>JAN MORRIS</b>		<b>2:13:54</b>	
(NOTE : based on 3 highest place runners)						