

Bib No.	First Name	Last Name	Carmarthenshire Athlete	Club	Category	Gender	Finish	Overall	Cat Pos	Gen Pos	Chip Time
279	Mark	Roberts			M40	M	00:54:39.20	1	1	1	00:54:38.75
91	Mathew	Harvey		Neath Harriers	MS	M	00:56:11.70	2	1	2	00:56:10.65
19	Matthew	Wells		Bridgend AC	MS	M	00:56:17.60	3	2	3	00:56:16.20
294	Anthony	Jackson		Sittingbourne Strdrs	MS	M	00:56:22.70	4	3	4	00:56:20.10
264	DAVID	KEHOE		Swansea Harriers	MS	M	00:57:17.75	5	4	5	00:57:16.15
302	Paul	Griffiths		Neath Harriers	M40	M	00:57:25.70	6	2	6	00:57:25.45
283	Steve	Davies		Swansea Harriers	MS	M	00:57:33.85	7	5	7	00:57:32.55
22	Timothy	Iveson		Builth & District RC	MS	M	00:58:12.40	8	6	8	00:58:11.30
14	Gareth	Ayres		port talbot harriers	MS	M	00:58:39.50	9	7	9	00:58:37.55
17	Holly	Rush		teambath ac	FS	F	00:58:42.65	10	1	1	00:58:40.95
130	JAMES	HOCKIN		CELTIC TRI	MS	M	00:58:50.40	11	8	10	00:58:47.90
109	MATTHEW	REYNOLDS			MS	M	00:58:58.30	12	9	11	00:58:55.10
235	Richard	Mulvany		Neath Harriers	MS	M	00:58:59.75	13	10	12	00:58:57.65
141	STEPHEN	THOMAS		ISLWYN	M40	M	00:59:14.50	14	3	13	00:59:12.30
143	OLIVER	WILLIAMS		SAN DOMENICO RRC	MS	M	01:00:36.80	15	11	14	01:00:35.75
290	John	Morris	Yes	Amman Valley Harriers	MS	M	01:00:39.25	16	12	15	01:00:37.35
250	Geraint	Lewis		Porthcawl Runnerslife	MS	M	01:00:58.95	17	13	16	01:00:57.00
234	Anne-marie	Hutchison		Neath	FS	F	01:01:02.30	18	2	2	01:01:00.70
301	Edward	Ball		San Domingo	M40	M	01:01:45.60	19	4	17	01:01:44.20
172	Steve	Thomas		3M GORSEINON RR	MS	M	01:03:30.00	20	14	18	01:03:26.50
222	Nigel	Phillips	Yes		MS	M	01:03:57.45	21	15	19	01:03:54.15
246	Gary	Brown		penarth and dinas	MS	M	01:04:22.80	22	16	20	01:04:22.80
169	Lee	Morris		3M GORSEINON RR	MS	M	01:05:05.10	23	17	21	01:05:01.05
9	Peter	Osborne	Yes	Swansea Harriers	M50	M	01:05:11.10	24	1	22	01:05:07.60

4	Paul	Thomas		Lliswerry Runners	MS	M	01:05:21.10	25	18	23	01:05:16.40
218	Mark	Gosney		3M GORSEINON RR	MS	M	01:05:26.40	26	19	24	01:05:22.20
166	Dean	Webster		3M GORSEINON RR	MS	M	01:05:41.60	27	20	25	01:05:37.80
18	John	Morgan		Bridgend Athletic	M40	M	01:05:54.50	28	5	26	01:05:54.50
108	ED	ASHLEY			MS	M	01:06:28.00	29	21	27	01:06:24.70
21	Clem	Clement		Penarth&DinasRunners	M50	M	01:06:49.75	30	2	28	01:06:45.85
24	Gregg	Jones			MS	M	01:07:09.40	31	22	29	01:07:05.50
6	Paul	Butcher	Yes	Amman Valley Harriers	M40	M	01:07:12.85	32	6	30	01:06:46.20
278	Nicola	Quinn	Yes	EMLYN RUNNERS	F35	F	01:07:35.25	33	1	3	01:07:31.85
63	Gareth	Morgan		Gorseinon 3M's	MS	M	01:07:37.25	34	23	31	01:07:34.35
178	Stephen	Cable		3M GORSEINON RR	MS	M	01:07:39.55	35	24	32	01:07:35.35
224	Steven	Dinham		port talbot harriers	MS	M	01:08:24.50	36	25	33	01:08:21.70
268	Keith	Thompson			M50	M	01:08:47.05	37	3	34	01:08:44.55
64	Philip	Tucker	Yes		MS	M	01:09:04.75	38	26	35	01:09:01.55
184	Paul	Rees		3M GORSEINON RR	M50	M	01:09:09.15	39	4	36	01:09:00.65
45	Owen	Thomas	Yes		MS	M	01:09:13.05	40	27	37	01:09:07.45
303	Jon	Hancock	Yes	TROT's	M40	M	01:09:15.25	41	7	38	01:09:08.65
239	ROBERT	EVANS		EBBW VALE RUNNING CLUB	M40	M	01:09:18.25	42	8	39	01:09:15.25
89	Kevin	Jones		Vegan Runners Club	M40	M	01:09:26.80	43	9	40	01:09:21.30
241	Dean	House			M40	M	01:09:34.45	44	10	41	01:09:32.25
198	Ian	Hoskins	Yes	3M GORSEINON RR	MS	M	01:09:38.80	45	28	42	01:09:33.30
27	Andrew Marc	Brain			MS	M	01:09:38.85	46	29	43	01:09:31.65
230	Ian	Williams		Ebbw Vale R C	M50	M	01:09:39.20	47	5	44	01:09:35.30
151	CHRIS	CONWAY		PENARTH AND DINAS RUNNERS	MS	M	01:09:40.95	48	30	45	01:09:35.15
149	BARRY	WILSON		LUDLOW RUNNERS	M50	M	01:10:16.05	49	6	46	01:10:08.10
181	Richard	Webster		3M GORSEINON RR	M50	M	01:10:44.70	50	7	47	01:10:40.15
242	RUSSELL	DOBBS		ISLWYN RUNNING CLUB	MS	M	01:11:00.20	51	31	48	01:10:57.70
226	Nick	Thorne			MS	M	01:11:04.25	52	32	49	01:10:57.65
210	Paul	McNeill		3M GORSEINON RR	MS	M	01:11:08.05	53	33	50	01:11:00.55
274	Stuart	Howells	Yes	Slimming World	M40	M	01:11:13.20	54	11	51	01:11:06.80
124	PETER	WALTERS	Yes	TROT's	M50	M	01:11:38.75	55	8	52	01:11:31.70
252	Owen	Lewis		3M GORSEINON RR	M40	M	01:11:43.60	56	12	53	01:11:34.80
291	Jon	Owen	Yes		M40	M	01:12:30.80	57	13	54	01:12:22.55

227	James	Gwyther			MS	M	01:12:36.95	58	34	55	01:12:29.50
54	Neil	Parry		NA	MS	M	01:12:40.75	59	35	56	01:12:22.10
304	Andrew	Morris			MS	M	01:12:42.20	60	36	57	01:12:37.65
243	HUW	DURHAM		PONTYPRIDD ROADENTS	MS	M	01:12:48.70	61	37	58	01:12:42.90
200	Robert	Sandles		3M GORSEINON RR	M40	M	01:12:59.55	62	14	59	01:12:49.35
289	Ray	Greenhouse		Ebbw Vale RC	M40	M	01:13:05.55	63	15	60	01:13:01.35
38	Matt	Rogerson	Yes		MS	M	01:13:36.00	64	38	61	01:13:29.40
74	Cris	Campbell-Cross	Yes		M40	M	01:13:36.05	65	16	62	01:13:16.05
191	Mark	Eakins		3M GORSEINON RR	M40	M	01:13:42.20	66	17	63	01:13:34.60
197	Nina	Brocklebank		3M GORSEINON RR	F35	F	01:13:53.25	67	2	4	01:13:47.65
267	GRANT	THOMAS		TEAM WECORI	MS	M	01:13:53.75	68	39	64	01:13:33.00
13	Rhodri	Evans		Penarth & Dinas	M40	M	01:14:26.20	69	18	65	01:14:17.90
162	Jayne	Arnold		CELTIC TRI	F35	F	01:14:41.55	70	3	5	01:14:32.45
202	Andrew	Lucas		3M GORSEINON RR	M40	M	01:14:42.60	71	19	66	01:14:30.20
164	Eric	Davey	Yes	Llanelli AC	M60	M	01:14:43.95	72	1	67	01:14:41.35
126	MALCOLM	BRADLEY		PENARTH + DINAS RUNNERS	M60	M	01:14:45.70	73	2	68	01:14:37.45
295	Alyson	Hayes		Les Croupiers RC	F35	F	01:14:46.35	74	4	6	01:14:39.45
53	Gareth	Bishop			MS	M	01:14:46.95	75	40	69	01:14:29.70
190	Dewi	West		3M GORSEINON RR	M40	M	01:14:50.45	76	20	70	01:14:44.10
237	Antony	Furlong		penarth and dinas	MS	M	01:14:51.55	77	41	71	01:14:44.70
180	Byron	Davies		3M GORSEINON RR	MS	M	01:15:05.40	78	42	72	01:14:59.30
225	Bryan	Meredith		Rhondda Valley Runne	M40	M	01:15:08.55	79	21	73	01:15:08.55
215	David	Rees	Yes	3M GORSEINON RR	MS	M	01:15:18.45	80	43	74	01:15:10.60
201	Steve	McLelland		3M GORSEINON RR	M50	M	01:15:20.25	81	9	75	01:15:10.75
270	TOM	BOURTON		IRC	MS	M	01:15:24.50	82	44	76	01:15:19.50
223	Caroline	Jones	Yes	TROT's	F45	F	01:15:25.80	83	1	7	01:15:23.30
161	Dawn	Kenwright		Sarn Helen	F55	F	01:15:33.90	84	1	8	01:15:30.20
262	Amy	Edwards		RVR	FS	F	01:15:37.00	85	3	9	01:15:26.10
286	Paul	Jasper			M40	M	01:16:01.15	86	22	77	01:15:55.75
298	Jon	Richards		SWP Tri	M40	M	01:16:09.35	87	23	78	01:15:52.05
56	Delyth	Jones			F45	F	01:16:11.55	88	2	10	01:15:57.20
121	STEPHEN	FISHER			M50	M	01:16:17.00	89	10	79	01:15:56.25
107	MICK	GRANT		ROAD RUNNERS CLUB	M50	M	01:16:28.75	90	11	80	01:16:19.45

5	John	Smewing		Swansea Harriers	M60	M	01:16:38.75	91	3	81	01:16:34.15
282	LISA	CLEARY		PENARTH & DINAS RUNNERS	F45	F	01:16:48.50	92	3	11	01:16:37.30
196	Roger	Bell		3M GORSEINON RR	M40	M	01:16:50.00	93	24	82	01:16:40.15
247	Tony	Wertheim		Ebbw Vale RC	M50	M	01:16:56.50	94	12	83	01:16:53.00
125	ROBERT	GALPIN		WYE VALLEY RUNNERS	M50	M	01:17:17.30	95	13	84	01:17:08.50
147	STEPHEN	SYMONS		MANCHESTER YMCA HARRIERS	M40	M	01:17:23.50	96	25	85	01:17:19.80
256	Ian	Bamford	Yes	3M GORSEINON RR	MS	M	01:17:30.10	97	45	86	01:17:21.55
245	HELEN	GRIFFITHS			FS	F	01:17:37.95	98	4	12	01:17:27.10
113	RICHARD	MAW		ST ALBANS STRIDERS	M50	M	01:17:57.30	99	14	87	01:17:37.40
120	MIKE	PRITCHARD			M50	M	01:18:06.00	100	15	88	01:17:51.15
187	Lisa	Williams		3M GORSEINON RR	F35	F	01:18:11.55	101	5	13	01:18:00.90
81	Adam	Cooke			MS	M	01:18:23.90	102	46	89	01:18:18.10
131	CERI	JONES			F35	F	01:18:28.35	103	6	14	01:18:22.95
236	Michael	Terry	Yes	TROTs	M60	M	01:18:33.65	104	4	90	01:18:27.25
41	Mark	Thomas		Dragons	M40	M	01:18:46.00	105	26	91	01:18:34.15
118	MIKE	NASH	RCT	3M GORSEINON RR	M50	M	01:18:50.40	106	16	92	01:18:40.40
212	Christina	Smith		3M GORSEINON RR	F45	F	01:18:51.20	107	4	15	01:18:42.25
153	PHILIP	LEWIS			M40	M	01:19:07.55	108	27	93	01:18:56.45
146	JAMIE	BROWN			MS	M	01:19:11.40	109	47	94	01:19:11.40
232	Andrew	price		brecon ac	M40	M	01:19:33.80	110	28	95	01:19:27.45
199	Caroline	Sandles		3M GORSEINON RR	F45	F	01:19:39.95	111	5	16	01:19:29.05
271	Miranda	Clarke		Manchester YMCA Harr	F35	F	01:19:41.35	112	7	17	01:19:28.95
72	David	Harris	Yes		MS	M	01:19:46.40	113	48	96	01:19:38.65
76	Richard	Brown			MS	M	01:19:54.40	114	49	97	01:19:38.90
140	RYAN	PENNY			MS	M	01:20:00.95	115	50	98	01:19:47.60
117	LOUISE	MISKELL	RCT	3M GORSEINON RR	F35	F	01:20:17.05	116	8	18	01:20:07.35
195	Clive	Greaves		3M GORSEINON RR	M40	M	01:20:29.35	117	29	99	01:20:16.55
205	Richard	Springett	Yes		M40	M	01:20:35.55	118	30	100	01:20:23.80
219	Michael	Halsall	Yes	Llanelli AC	MS	M	01:20:51.45	119	51	101	01:20:48.70
275	STEPHEN	JOB	Yes	n/a	M40	M	01:21:20.65	120	31	102	01:21:01.30
37	Allen	Fitzpatrick			M40	M	01:22:02.25	121	32	103	01:21:40.85
79	Barry	Nichols			MS	M	01:22:15.45	122	52	104	01:22:03.20
183	Linda	Rees		3M GORSEINON RR	F45	F	01:22:16.50	123	6	19	01:22:04.25

52	Alun	Yeend			M50	M	01:22:58.40	124	17	105	01:22:40.25
297	Ray	James		port talbot harriers	M50	M	01:23:04.15	125	18	106	01:22:47.45
58	Norton	Hill			MS	M	01:23:15.00	126	53	107	01:23:06.40
159	Jeff	Jones		Rhondda Tri Club	M40	M	01:23:28.75	127	33	108	01:23:15.35
238	Paul	Furlong		penarth and dinas	M60	M	01:23:40.55	128	5	109	01:23:31.85
257	Sarah	Rees			F45	F	01:23:43.85	129	7	20	01:23:27.85
78	Eleanor	Grey			FS	F	01:23:48.80	130	5	21	01:23:37.25
276	Steve	Jones		Swansea Harriers	M50	M	01:23:56.15	131	19	110	01:23:48.05
40	Phillippa	Sharpe			FS	F	01:23:58.00	132	6	22	01:23:47.65
39	Ben	Sharpe			MS	M	01:23:58.30	133	54	111	01:23:47.35
260	Michael	Betteridge		WYE VALLEY RUNNERS	M50	M	01:23:59.80	134	20	112	01:23:51.55
185	John	Sanderson		3M GORSEINON RR	M50	M	01:24:00.85	135	21	113	01:23:50.25
36	Simon	Painter	Yes		M50	M	01:24:07.75	136	22	114	01:23:49.20
85	Owen	Thomas			M40	M	01:24:10.00	137	34	115	01:23:48.00
213	James	Davies		3M GORSEINON RR	M40	M	01:24:12.55	138	35	116	01:23:59.85
217	Cordella	Jones		3M GORSEINON RR	FS	F	01:24:17.70	139	7	23	01:24:07.35
189	Anna	Hill			F35	F	01:24:22.15	140	9	24	01:24:05.80
284	Richard	Fallows			M40	M	01:24:28.55	141	36	117	01:24:18.10
139	IGNATIUS	NAUDE	Yes		M60	M	01:24:30.60	142	6	118	01:24:25.65
158	Ross	Painer		3M GORSEINON RR	MS	M	01:24:48.95	143	55	119	01:24:39.75
211	Leighton	Jones		3M GORSEINON RR	M60	M	01:24:49.55	144	7	120	01:24:36.85
266	ANDREW	SHELDON		RHONDDA VALLEY RUNNERS	MS	M	01:24:53.45	145	56	121	01:24:42.10
263	BOB	GARDINER		TEAM WECORI	M50	M	01:24:59.90	146	23	122	01:24:39.15
220	Garey	Davies	Yes		M40	M	01:25:01.20	147	37	123	01:24:43.00
258	Stuart	Rees			M40	M	01:25:04.80	148	38	124	01:24:49.50
265	Daniel	Morgan		Ebbw Vale RC	M50	M	01:25:05.65	149	24	125	01:24:48.90
80	Terry	O'Brien			M50	M	01:25:11.15	150	25	126	01:24:52.20
188	Glyn	Williams		3M GORSEINON RR	M60	M	01:25:19.50	151	8	127	01:25:04.80
253	Geoff	White		3M GORSEINON RR	M50	M	01:25:36.75	152	26	128	01:25:24.25
49	Will	Morgan			MS	M	01:25:39.20	153	57	129	01:25:21.65
50	Kelly	Morgan			FS	F	01:25:39.40	154	8	25	01:25:22.65
176	John	Holohan		3M GORSEINON RR	M60	M	01:26:05.30	155	9	130	01:25:51.95
7	Yvonne	Williams		Penarth & Dinas Runn	F55	F	01:26:14.55	156	2	26	01:26:02.65

233	Tracy	Edwards		Rhondda Valley Runne	F45	F	01:26:17.70	157	8	27	01:26:05.00
308	Roland	Sherwood			M60	M	01:26:21.90	158	10	131	01:26:17.60
31	Andrew	Davies	Yes		M40	M	01:26:33.70	159	39	132	01:26:33.70
231	Keri	Hamer		ebbw vale running cl	FS	F	01:26:38.70	160	9	28	01:26:22.35
83	Robert	Hughes	Yes	n/a	M50	M	01:26:39.40	161	27	133	01:26:23.60
203	Nigel	Pitt		3M GORSEINON RR	M50	M	01:26:54.40	162	28	134	01:26:40.60
240	KELLY	WAITE		ISLWYN	FS	F	01:26:58.50	163	10	29	01:26:53.85
167	Catherine	Lloyd-Bennet		3M GORSEINON RR	FS	F	01:27:02.15	164	11	30	01:26:49.10
87	Mathew	Hughes	Yes		MS	M	01:27:06.85	165	58	135	01:26:57.15
299	Lisa	Griffiths		IRC	FS	F	01:27:37.70	166	12	31	01:27:18.85
115	JENNIFER	HENDERSON	Yes		F45	F	01:27:59.50	167	9	32	01:27:51.45
305	Jason	Short			MS	M	01:28:28.35	168	59	136	01:28:28.35
206	Kevin	Morris	Yes	3M GORSEINON RR	M40	M	01:28:44.05	169	40	137	01:28:28.85
170	Sali	Davies		3M GORSEINON RR	F35	F	01:28:47.60	170	10	33	01:28:35.05
157	SARAH	BARKER			FS	F	01:29:00.95	171	13	34	01:28:48.40
42	Carolyn	Thomas		Dragons	F45	F	01:29:05.65	172	10	35	01:28:52.80
30	Paul	Hambly			MS	M	01:29:08.95	173	60	138	01:28:54.00
204	Allan	Smith		3M GORSEINON RR	M60	M	01:29:18.40	174	11	139	01:29:09.20
133	SARAH	LEWIS	Yes		F35	F	01:29:21.25	175	11	36	01:29:08.25
165	Jo	Otteson		3M GORSEINON RR	F35	F	01:29:21.55	176	12	37	01:29:21.55
20	Janice	Clement		Penarth&DinasRunners	F45	F	01:29:24.55	177	11	38	01:29:12.70
277	Claire	Morgan			F35	F	01:29:36.30	178	13	39	01:29:22.50
182	Tony	Baker		3M GORSEINON RR	M50	M	01:29:40.20	179	29	140	01:29:29.75
306	Jonathan	Short			MS	M	01:29:43.00	180	61	141	01:29:43.00
269	Gethin	Williams	Yes		MS	M	01:29:45.55	181	62	142	01:29:27.20
60	Kate	Quick			F35	F	01:30:06.70	182	14	40	01:29:46.60
177	Kim	Holohan		3M GORSEINON RR	F45	F	01:30:43.15	183	12	41	01:30:28.45
43	Ali	King	Yes		FS	F	01:30:46.85	184	14	42	01:30:26.55
95	Stephen	Ackroyd			M60	M	01:30:57.15	185	12	143	01:30:40.35
194	Sharon	Trotman		3M GORSEINON RR	F35	F	01:31:01.15	186	15	43	01:30:45.35
8	Julia	Roworth	Yes	rhedwyr emlyn	F45	F	01:31:19.75	187	13	44	01:31:00.35
307	Sian	Rees	Yes		F35	F	01:31:22.80	188	16	45	01:31:06.95
11	Michelle	Rivett	Yes		F35	F	01:31:38.95	189	17	46	01:31:24.20

186	Fay	Sharpe		3M GORSEINON RR	F45	F	01:31:57.10	190	14	47	01:31:40.00
128	ANDY	SILK		CHEPSTOW HARRIERS	M50	M	01:32:13.75	191	30	144	01:31:54.75
15	Lyn	Evans		penarth and dinas	M50	M	01:32:15.65	192	31	145	01:31:57.75
127	LYNDA	THOMAS			FS	F	01:32:28.40	193	15	48	01:32:23.90
244	MIKE	HODGES		TROT	M50	M	01:32:36.40	194	32	146	01:32:29.10
221	Mike	Gallacher			MS	M	01:32:40.90	195	63	147	01:32:20.05
92	Vivienne	Jones	Yes	SOSPAN ROAD RUNNERS	F35	F	01:32:42.60	196	18	49	01:32:19.25
272	Rhianydd	Evans			FS	F	01:32:58.05	197	16	50	01:32:41.35
209	Gary	Morris	Yes		MS	M	01:33:08.40	198	64	148	01:32:54.45
35	Tracey	Hughes-jenkins			F35	F	01:33:08.80	199	19	51	01:32:53.85
192	Louise	Eakins		3M GORSEINON RR	F35	F	01:33:24.85	200	20	52	01:33:10.80
214	Donna	Griffiths	Yes	3M GORSEINON RR	FS	F	01:33:38.75	201	17	53	01:33:23.80
160	Scott	Phillips	Yes		M40	M	01:33:55.30	202	41	149	01:33:46.60
156	SARAH	EDWARDS	Yes		FS	F	01:33:59.20	203	18	54	01:33:51.05
84	Kate	Reilly			FS	F	01:34:19.35	204	19	55	01:34:09.00
29	Paul	Oakley			M40	M	01:34:50.05	205	42	150	01:34:33.10
138	DAWN	GOULBOURNE	Yes		F35	F	01:34:50.35	206	21	56	01:34:40.45
99	HELEN	LUTLEY		EMLYN RUNNERS	F55	F	01:34:51.75	207	3	57	01:34:42.15
34	Amanda	Coulson	Yes		F55	F	01:34:59.85	208	4	58	01:34:34.60
174	Laura	Hall		3M GORSEINON RR	F45	F	01:35:50.10	209	15	59	01:35:36.30
12	Emily	Luke		penarth and dinas	FS	F	01:35:53.95	210	20	60	01:35:38.25
62	Ann	Griffiths	Yes	Llanelli	FS	F	01:36:29.80	211	21	61	01:36:14.40
55	Anna	Perry			FS	F	01:36:33.20	212	22	62	01:36:33.20
150	JOHN	HIGGON			M60	M	01:37:47.75	213	13	151	01:37:26.25
248	Nigel	Jones	Yes		M50	M	01:37:52.45	214	33	152	01:37:32.45
216	Eiri	Evans		3M GORSEINON RR	FS	F	01:38:08.80	215	23	63	01:37:55.40
259	Mari	Hobbs			F45	F	01:38:11.10	216	16	64	01:37:47.30
70	Jennifer	Howells			FS	F	01:39:38.95	217	24	65	01:39:13.85
134	SHARON	HALPIN			F35	F	01:40:02.75	218	22	66	01:39:40.80
229	Janice	sidoli		ebbw vale	F45	F	01:40:12.45	219	17	67	01:40:12.45
94	Karen	O'Brien	Yes	SOSPAN ROAD RUNNERS	F45	F	01:41:02.05	220	18	68	01:40:36.60
300	Arwel	Davies	Yes	SOSPAN ROAD RUNNERS	M40	M	01:42:41.95	221	43	153	01:42:19.00
122	NIA	DICKIE	Yes		F45	F	01:43:07.90	222	19	69	01:42:56.85

175	Linda	Owens		3M GORSEINON RR	F55	F	01:45:09.90	223	5	70	01:44:52.00
96	Fiona	Davies			FS	F	01:46:17.45	224	25	71	01:46:03.80
255	Hywel	Mainwaring		3M GORSEINON RR	M60	M	01:46:25.85	225	14	154	01:46:10.25
71	Clare	Tilley			FS	F	01:47:01.10	226	26	72	01:46:36.65
26	Clare	Fencott			FS	F	01:47:15.55	227	27	73	01:46:53.55
136	SALLIE	WEST			F45	F	01:47:36.50	228	20	74	01:47:13.75
86	Hannah	Tarr	Yes		F35	F	01:47:55.15	229	23	75	01:47:40.50
251	Linda	Waller		3M GORSEINON RR	F55	F	01:48:13.80	230	6	76	01:47:54.90
168	Nicola	Julian		3M GORSEINON RR	F45	F	01:48:56.65	231	21	77	01:48:36.95
288	TARA	WATT	Yes	CELTIC TRI	FS	F	01:51:20.10	232	28	78	01:50:55.50
207	Kieran	Morris	Yes		MS	M	01:52:51.00	233	65	155	01:52:36.50
135	PHILIP	WILLIAMS			MS	M	01:56:21.70	234	66	156	01:55:59.15
171	Nadine	Hall		3M GORSEINON RR	F35	F	01:57:40.40	235	24	79	01:57:21.25
32	Lyn	James	Yes		M40	M	01:57:43.80	236	44	157	01:57:20.45
66	Rebecca	Chahal			FS	F	01:58:48.95	237	29	80	01:58:26.70
67	Keri	Chahal			M40	M	01:58:49.20	238	45	158	01:58:26.10
65	NEIL	EKMAN			MS	M	02:01:15.25	239	67	159	02:00:51.25
287	Lee	Raymond		Pembrokeshire harrie	MS	M	02:01:34.90	240	68	160	02:01:11.70
1	Joanne	Morgan	Yes	Womens Running Netwk	F45	F	02:01:40.85	241	22	81	02:01:17.35
273	Lisa	Howells	Yes		F35	F	02:01:52.40	242	25	82	02:01:32.65
148	KATHRYN	MANTOVANI	Yes		F35	F	02:02:28.40	243	26	83	02:02:07.20
293	Meryl	Thomas	Yes		F35	F	02:07:43.05	244	27	84	02:07:25.55
292	Amanda	Jones	Yes		F35	F	02:07:44.50	245	28	85	02:07:26.75
249	Sally	Sims			F55	F	02:08:39.20	246	7	86	02:08:13.85
155	TERENCE	CLARKE			M60	M	02:08:39.35	247	15	161	02:08:13.65
68	Sarah	Gallagher			FS	F	02:11:43.45	248	30	87	02:11:22.85
173	Jane	Elliott		3M GORSEINON RR	F55	F	02:26:43.75	249	8	88	02:26:24.35
2	Jason	Dickinson	Yes	TROTs	M40	M	DNF				
3	Steve	Walsh		port talbot harriers	M40	M	DNS				
10	Barry	Owen	Yes	rhedwyr emlyn	MS	M	DNS				
16	ANDREA	HURMAN		Penarth & Dinas Runn	F45	F	DNS				
23	Christopher	Williams			MS	M	DNS				
25	Jonathan	Bourne	Yes		MS	M	DNS				

28	Owen	Brown	Yes		MS	M	DNS				
33	Christopher	Cray	Yes	Kidwelly Runners	MS	M	DNS				
44	David	Jenkinson			M40	M	DNS				
46	Sam	Holley			FS	F	DNS				
47	Jennifer	Selby			F35	F	DNS				
48	Andrew	Jones		NA	MS	M	DNS				
51	Andrew	Maclaen		penarth and dinas	M40	M	DNS				
57	David paul	Rees	Yes		FS	F	DNS				
59	Stacey	Evans			FS	F	DNS				
61	Graham	Adams	Yes		M40	M	DNS				
69	Lee	Matthews			MS	M	DNS				
73	Michael	Rees	Yes		MS	M	DNS				
75	Keith	Skeggs			MS	M	DNS				
77	Amanda	Bebb			F45	F	DNS				
82	Paul	Faulkner	Yes		M40	M	DNS				
88	Mr	Williams			MS	M	DNS				
90	Keith	Skeggs			MS	M	DNS				
93	Will	Morgan			MS	M	DNS				
97	ANDREW	WHEELER			MS	M	DNS				
98	EMMA	THOMAS			FS	F	DNS				
100	EMMA	WILSON			F35	F	DNS				
101	GWYDION	LYN			MS	M	DNS				
102	STEVE	HAGGET	Yes		MS	M	DNS				
103	KEITH	RICHARDSON			M60	M	DNS				
104	ALISON	BANFIELD			F35	F	DNS				
105	SIAN	JONES		CAERLEON R. C	FS	F	DNS				
106	GARETH	HART		CAERLEON RC	M40	M	DNS				
110	GRAHAM	MORGAN			M40	M	DNS				
111	JASON	LANE			M40	M	DNS				
112	RUSSELL	BOWN		PONTYPRIDD ROADENTS AC	M50	M	DNS				
114	LISA	HEATH	Yes		F35	F	DNS				
116	TRACEY	NEWTON			FS	F	DNS				
119	ANDY	WILLIAMS			M40	M	DNS				

123	JULIAN	LEWIS	Yes		MS	M	DNS				
129	CHRIS	LUTLEY			MS	M	DNS				
132	KERRI	MATTHEWS	Yes		FS	F	DNS				
137	RHIDIAN	EDWARDS	Yes		MS	M	DNS				
142	PETER	CURRAN			M40	M	DNS				
144	TOM	WRIGHT	Yes	SOSPAN ROAD RUNNERS	M50	M	DNS				
145	PHILIP	COLLINGS			M50	M	DNS				
152	KELLY	OWEN			FS	F	DNS				
154	RHYDIAN	RESTON			MS	M	DNS				
163	Paul	Arnold		CELTIC TRI	M40	M	DNS				
179	Michelle	Davies		3M GORSEINON RR	F35	F	DNS				
193	Alfryn	Easter		3M GORSEINON RR	M60	M	DNS				
208	Brian	James	Yes		MS	M	DNS				
228	Amy	Roberts			F35	F	DNS				
254	Debbie	Veck	Yes	3M GORSEINON RR	F35	F	DNS				
261	Stephen	Cray		Penarnth and dinas	M50	M	DNS				
280	DOMINIC	SHIELDS		SAN DOMENICO	M40	M	DNS				
281	Mark	Terry	Yes	TROT	M50	M	DNS				
285	Sian	Hughes	Yes		FS	F	DNS				
296	Guy	Smith		Swansea Harriers	MS	M	DNS				