



# Lliswerry Runners

*Newport's friendly running club.*

## Lliswerry 8 - 2013 Results

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#### Overall Winners - Male

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Phillip Matthews	Swansea Harriers	MS	00:40:49.05	1	1	00:40:48.40
Christopher Carpanini	Newport Harriers	MS	00:41:12.40	2	2	00:41:10.65
Michael Kallenberg	Cardiff AC	MS	00:41:42.65	3	3	00:41:41.75

#### Overall Winners - Femails

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Kate Roberts	Bridgend AC	FS	00:45:59.95	26	1	00:45:58.85
Emma Wookey	Lliswerry Runners	FS	00:49:07.75	44	2	00:49:04.05
Sally Wilder	San Domenico RRC	FS	00:49:24.75	49	3	00:49:20.80

#### Category Winners

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Claire Beatty	Les Croupiers RC	F35	00:54:17.25	112	1	00:54:11.85
Nicola Gething	Parc Bryn BACH	F40	00:52:03.05	79	1	00:51:58.50
Deborah Reed	3M Gorseinon RR	F45	00:54:31.25	117	1	00:54:23.70
Fiona Turner		F50	01:00:25.35	252	1	00:59:58.45
JACKie Green	Forest Of Dean AC	F55	01:06:20.15	384	1	01:05:35.55
JACKy Miles	Parc Bryn BACH	F60	01:00:44.75	264	1	01:00:34.45

Terri Woodford	Penarth Women Runners	F65	01:17:25.15	552	1	01:16:56.35
Kate Roberts	Bridgend AC	FS	00:45:59.95	26	1	00:45:58.85
Stefan Simms	Fairwater Runners	M40	00:43:29.05	10	1	00:43:26.75
Chris Harrhy	Lliswerry Runners	M45	00:47:20.35	34	1	00:47:16.65
Peter Coles	Pontypridd Roadents AC	M50	00:44:48.45	19	1	00:44:44.25
Martin Rees	Les Croupiers RC	M55	00:43:22.15	9	1	00:43:20.70
Phil Miles	Parc Bryn BACH	M60	00:52:53.85	92	1	00:52:46.65
Clive James	Midland Masters AC	M65	01:02:19.50	296	1	01:02:11.25
Brian Gough	Pontypridd Roadents AC	M70	00:57:50.05	197	1	00:57:41.20
Phillip Matthews	Swansea Harriers	MS	00:40:49.05	1	1	00:40:48.40

### Full Results

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Phillip Matthews	Swansea Harriers	MS	00:40:49.05	1	1	00:40:48.40
Christopher Carpanini	Newport Harriers	MS	00:41:12.40	2	2	00:41:10.65
Michael Kallenberg	Cardiff AC	MS	00:41:42.65	3	3	00:41:41.75
Richard Gardiner	Aberdare Valley AAC	MS	00:41:46.20	4	4	00:41:43.65
Stephen Paterson	Les Croupiers RC	MS	00:41:55.35	5	5	00:41:53.95
Mark Jennings	Fairwater Runners	MS	00:42:38.45	6	6	00:42:36.85
Matthew Harvey	Neath Harriers	MS	00:42:38.80	7	7	00:42:37.50
Matthew Edmonds	Lliswerry Runners	MS	00:43:09.35	8	8	00:43:08.30
Martin Rees	Les Croupiers RC	M55	00:43:22.15	9	1	00:43:20.70
Stefan Simms	Fairwater Runners	M40	00:43:29.05	10	1	00:43:26.75
Steve Davies	Swansea Harriers	MS	00:43:33.10	11	9	00:43:30.80
Matthew Collins	Fairwater Runners	MS	00:43:42.80	12	10	00:43:40.25
Chris Pristavec	Les Croupiers RC	MS	00:43:48.20	13	11	00:43:45.65
Stuart Crees	Les Croupiers RC	MS	00:43:52.05	14	12	00:43:49.95
Nathaniel Lane	Cardiff AC	MS	00:43:57.50	15	13	00:43:55.10
Daryll Barnby	Fairwater Runners	MS	00:44:06.80	16	14	00:44:04.10
David Rees	Les Croupiers RC	MS	00:44:18.15	17	15	00:44:17.10
Daniel Bodman	Aberdare	MS	00:44:32.65	18	16	00:44:29.95
Peter Coles	Pontypridd Roadents AC	M50	00:44:48.45	19	1	00:44:44.25
Henry Wright	Virgin Active RC	MS	00:45:11.65	20	17	00:45:08.70
Matthew Gurmin	Swansea Harriers	M40	00:45:16.60	21	2	00:45:15.40
Oliver Williams	Les Croupiers RC	MS	00:45:21.30	22	18	00:45:18.70
Jerome Edwards	Les Croupiers RC	MS	00:45:35.90	23	19	00:45:34.00
Robert Sage	Les Croupiers RC	MS	00:45:46.80	24	20	00:45:41.10
Matthew Hurford	Les Croupiers Running Club	M40	00:45:54.80	25	3	00:45:51.85

Kate Roberts	Bridgend AC	FS	00:45:59.95	26	1	00:45:58.85
Mike Griffiths	Llisbury Runners	MS	00:46:00.05	27	21	00:45:56.65
Leighton Rawlinson	Caerleon RC	MS	00:46:20.85	28	22	00:46:18.75
Paul Speyer	Brackla Harriers	MS	00:46:24.65	29	23	00:46:21.40
Raul Reismann	Swansea Harriers	MS	00:46:33.05	30	24	00:46:27.70
Eamonn Kirk	Swansea Harriers	M40	00:46:35.30	31	4	00:46:32.45
Stuart Wadlow	Outdoor Fitness	MS	00:46:39.20	32	25	00:46:39.20
Stephen Thomas	Aberdare	M40	00:46:42.70	33	5	00:46:39.25
Chris Harrhy	Llisbury Runners	M45	00:47:20.35	34	1	00:47:16.65
Alun Jones	Les Croupiers	M40	00:47:33.15	35	6	00:47:28.30
Greg Wood	Wye Valley Runners	MS	00:47:42.75	36	26	00:47:38.80
Bernd Kulesa	3M Gorseinon RR	M40	00:47:47.05	37	7	00:47:44.25
Simon Anthony Lewis	Parc Bryn BACH	MS	00:48:06.75	38	27	00:48:01.85
Miles Thomas	Llisbury Runners	MS	00:48:13.95	39	28	00:48:10.00
Peter Morton		MS	00:48:38.60	40	29	00:48:36.90
Pete Clark	Bitton Road Runners	M40	00:48:42.85	41	8	00:48:36.85
Steve Davies	Pont-Y-Pwl And District Runner	M50	00:48:52.00	42	2	00:48:48.10
Rhys Annett	Cardiff University AC	MS	00:48:54.10	43	30	00:48:45.30
Emma Wookey	Llisbury Runners	FS	00:49:07.75	44	2	00:49:04.05
Bob Capel	Cardiff University AC	MS	00:49:10.85	45	31	00:49:00.45
Tom Jeffery	Les Croupiers RC	MS	00:49:11.85	46	32	00:49:08.60
Jonathan Williams	Swansea Harriers	MS	00:49:13.25	47	33	00:49:10.70
Richard Wilder	San Domenico RRC	MS	00:49:24.40	48	34	00:49:21.30
Sally Wilder	San Domenico RRC	FS	00:49:24.75	49	3	00:49:20.80
Hayden Hartnell	Islwyn RC	M50	00:49:28.65	50	3	00:49:24.70
Jason Lammie	Southville RC	M40	00:49:32.95	51	9	00:49:25.40
Gary Brown	Penarth And Dinas Runners	MS	00:49:54.45	52	35	00:49:44.75
Dafydd Lambeth	Islwyn RC	MS	00:49:59.80	53	36	00:49:52.35
Matt Hopkins	Les Croupiers RC	MS	00:50:07.45	54	37	00:50:02.95
Tom Bland		MS	00:50:10.35	55	38	00:50:05.80
Daniel Bradshaw		MS	00:50:19.20	56	39	00:50:13.00
Mark Balch	Newt	M45	00:50:19.30	57	2	00:50:09.70
Adam Newton	Celtic Tri	MS	00:50:22.90	58	40	00:50:12.85
Geraint Williams	Aberdare	M40	00:50:29.20	59	10	00:50:17.85
Glyn Sansom	San Domenico Rrc	M50	00:50:32.10	60	4	00:50:28.50
Ray Morgan	Pont-Y-Pwl And District Runner	MS	00:50:37.15	61	41	00:50:28.90
Tyrone Fowler	Newport Harriers	MS	00:50:41.05	62	42	00:50:34.45
Marcus Bennetto	Forest Of Dean AC	MS	00:50:54.85	63	43	00:50:48.75

Mike Mcbeth	Southville RC	M50	00:50:59.15	64	5	00:50:51.00
Arwel Roberts	Bitton Road Runners	M40	00:51:12.35	65	11	00:50:56.00
Tim Lewis		MS	00:51:13.35	66	44	00:51:06.60
Michael Harris	Caerleon RC	MS	00:51:14.45	67	45	00:51:03.95
Leyton Fleet	Forest Of Dean AC	M40	00:51:19.25	68	12	00:51:13.40
Jon Sliczny	Griffithstown Harriers	MS	00:51:20.45	69	46	00:51:12.75
Phil Bristow	San Domenico Rrc	M50	00:51:22.15	70	6	00:51:13.00
Rrobert Davies	Islwyn Running Club	M40	00:51:30.10	71	13	00:51:04.60
Laurie Carter	Chepstow Harriers	M55	00:51:31.20	72	2	00:51:26.85
Andrew Brasington	Brecon AC	M45	00:51:32.95	73	3	00:51:18.95
Mark Carpanini	Newport Harriers	M45	00:51:35.75	74	4	00:51:32.35
Robin Steacy	Royal Marines Triathlon	MS	00:51:39.40	75	47	00:51:37.70
Gerard Gormley	Griffithstown Harriers	M45	00:51:55.45	76	5	00:51:35.80
Andrew James		MS	00:51:56.80	77	48	00:51:50.90
Chris Lewis	Hogweed Trotters	M40	00:51:56.85	78	14	00:51:47.60
Nicola Gething	Parc Bryn BACH	F40	00:52:03.05	79	1	00:51:58.50
Julian Boon	Forest Of Dean AC	M40	00:52:10.35	80	15	00:52:04.70
Andrew Dawe	Llswerry Runners	M45	00:52:13.45	81	6	00:52:09.85
Clem Clement	Penarth And Dinas Runners	M50	00:52:22.05	82	7	00:52:10.70
Tony Walsh	Bitton Road Runners	M50	00:52:28.35	83	8	00:52:12.90
Steve Pemberton	Llswerry Runners	MS	00:52:29.90	84	49	00:52:25.00
James Thompson	Cardiff University AC	MS	00:52:31.75	85	50	00:52:21.75
Gemma Jones	Llswerry Runners	FS	00:52:31.85	86	4	00:52:27.60
Neil Williams	Aberdare	M50	00:52:32.05	87	9	00:52:24.05
Robert Evans	Ebbw Vale RC	M50	00:52:35.65	88	10	00:52:27.65
John Davies	San Domenico Rrc	M55	00:52:35.95	89	3	00:52:29.75
Stuart McIlroy	Les Croupiers	M40	00:52:44.35	90	16	00:52:31.45
Duncan Campbell		MS	00:52:48.75	91	51	00:52:44.50
Phil Miles	Parc Bryn BACH	M60	00:52:53.85	92	1	00:52:46.65
Howard Kent	Les Croupiers RC	M60	00:52:57.20	93	2	00:52:51.40
Keith Thompson	Rhondda Valley Runners	M50	00:53:02.10	94	11	00:52:55.10
Russell Finch	Spirit of Monmouth	M45	00:53:04.10	95	7	00:52:45.85
Daman Jukes	Parc Bryn BACH	M40	00:53:04.65	96	17	00:52:59.50
Patrcik Hoare	Llswerry Runners	M45	00:53:08.05	97	8	00:52:58.05
Maria Zubizarreta	Les Croupiers RC	F40	00:53:11.10	98	2	00:53:04.60
Richard JACKson-Hookins	Penarth And Dinas Runners	MS	00:53:11.55	99	52	00:53:02.05
Chris Davies	Islwyn RC	M40	00:53:23.05	100	18	00:53:14.40
Marc Evans	San Domenico Rrc	MS	00:53:32.95	101	53	00:53:30.00

Gabriella Maine	Les Croupiers RC	FS	00:53:36.70	102	5	00:53:28.90
Darren Ramage	Spirit Of Monmouth	MS	00:53:43.05	103	54	00:53:25.55
Niall Foster	Cardiff Triathletes	MS	00:53:45.20	104	55	00:53:36.20
Howard Mason	Caerleon RC	M45	00:53:46.95	105	9	00:53:37.35
Nick Lewis	Virgin Active RC	MS	00:53:51.60	106	56	00:53:33.05
Neil Grant	Chepstow Harriers	M60	00:53:55.00	107	3	00:53:50.60
Colin Wilmott	Griffithstown Harriers	M55	00:53:56.70	108	4	00:53:41.20
Paul Donovan	Pont-Y-Pwl And District Runner	M45	00:54:01.50	109	10	00:53:48.25
Neil Stevens	Ebbw Vale Running Club	M40	00:54:06.05	110	19	00:53:58.50
Matthew Spear		MS	00:54:10.65	111	57	00:53:58.10
Claire Beatty	Les Croupiers RC	F35	00:54:17.25	112	1	00:54:11.85
Ray Greenhouse	Ebbw Vale RC	M45	00:54:20.15	113	11	00:54:11.55
Gary Howgate	Les Croupiers Running Club	M40	00:54:24.85	114	20	00:54:15.90
Allen Bunney	Aberdare	M45	00:54:25.10	115	12	00:54:14.05
Anthony Cullinane	Pontypridd Roadents	M40	00:54:29.25	116	21	00:54:20.95
Deborah Reed	3M Gorseinon RR	F45	00:54:31.25	117	1	00:54:23.70
Andy Merritt	Bitton Road Runners	MS	00:54:31.65	118	58	00:54:03.55
Brian Dias	Les Croupiers RC	MS	00:54:32.20	119	59	00:54:27.00
Ian Hoskins	3M Gorseinon	M40	00:54:33.10	120	22	00:54:16.90
Matthew Pearce	Pontypridd Roadents AC	MS	00:54:40.35	121	60	00:54:35.00
Sara Thomas		FS	00:54:45.70	122	6	00:54:24.40
Kim Wehden	Islwyn RC	M50	00:54:49.20	123	12	00:54:31.40
Philip Hughes	San Domenico Rrc	MS	00:54:53.80	124	61	00:54:40.85
Terry OBrien		M55	00:55:01.25	125	5	00:54:30.35
Ian Warburton	Penarth And Dinas Runners	M45	00:55:03.70	126	13	00:54:50.15
Sarah Lauder	Llswerry Runners	FS	00:55:05.65	127	7	00:54:59.85
Nick Holliday	Stroud And District AC	M55	00:55:07.90	128	6	00:54:43.10
Ian Williams	Ebbw Vale RC	M50	00:55:08.15	129	13	00:54:38.05
Alan Walton	San Domenico RRC	M40	00:55:12.05	130	23	00:55:00.45
Richard Weber	South Wales Police	M40	00:55:12.65	131	24	00:54:57.50
Eric Rayner	Bitton Road Runners	M50	00:55:14.25	132	14	00:54:36.95
Samantha Toop	Pont-Y-Pwl And District Runner	FS	00:55:15.00	133	8	00:55:06.05
Warren Jackson-Hookins	Gosport Road Runners	MS	00:55:18.30	134	62	00:55:07.40
Clive Osmond	Les Croupiers RC	M50	00:55:21.45	135	15	00:55:09.35
Keith Gittins		M50	00:55:21.90	136	16	00:55:09.30
Jade Wakley	Caerleon RC	FS	00:55:26.20	137	9	00:55:12.85
Nicholas James Walsh	Griffithstown Harriers	M40	00:55:31.25	138	25	00:55:20.55
Dom Hurford	Hogweed Trotters	MS	00:55:39.30	139	63	00:55:11.00

Ivor Cardwell		M45	00:55:42.05	140	14	00:55:28.45
Thomas Smith		MS	00:55:43.00	141	64	00:55:35.80
Mark White		M45	00:55:45.35	142	15	00:55:20.75
Paul Morris	Les Croupiers RC	M50	00:55:47.75	143	17	00:55:41.45
Peter Stunell		MS	00:55:48.65	144	65	00:55:37.60
Barrie Dunn	Bitton Road Runners	M55	00:55:49.80	145	7	00:55:21.35
Louise Summers	Chepstow Harriers	F45	00:55:53.55	146	2	00:55:48.70
Ryan Mcflynn	Griffithstown Harriers	MS	00:55:54.25	147	66	00:55:38.40
Jim Storrar	Forest Of Dean AC	M50	00:55:54.90	148	18	00:55:40.80
Peter Hopes	Bitton Road Runners	M45	00:55:56.30	149	16	00:55:27.15
Louise Howells	Lliswerry Runners	FS	00:56:00.20	150	10	00:55:55.85
Rob Wilcox	Penarth And Dinas Runners	M45	00:56:02.90	151	17	00:55:41.60
Gavin Brace		MS	00:56:03.20	152	67	00:55:48.05
Matthew Mulcahy		M40	00:56:07.00	153	26	00:55:43.30
Wayne Durston	Bitton Road Runners	M45	00:56:08.95	154	18	00:55:48.30
Nick Pringle	Lliswerry Runners	M50	00:56:08.95	155	19	00:55:35.10
James Delaney	San Domenico Rrc	M55	00:56:13.50	156	8	00:56:01.85
Chris Herdman	Penarth And Dinas Runners	MS	00:56:20.25	157	68	00:56:10.55
Chris Cleary	Hereford Couriers	MS	00:56:22.40	158	69	00:56:03.85
Huw Gibbs	Rhondda Valley Runners	MS	00:56:23.65	159	70	00:56:21.90
Malcolm Bradley	Penarth And Dinas Runners	M60	00:56:26.70	160	4	00:56:16.70
Kevin Russell	San Domenico Rrc	M50	00:56:27.60	161	20	00:56:12.00
Matthew Couch		MS	00:56:29.30	162	71	00:56:29.30
Mark Emes	Bitton Road Runners	M50	00:56:30.30	163	21	00:56:01.35
Vanessa Lawson	Chepstow Harriers	F40	00:56:34.25	164	3	00:56:27.80
Daniel Luffman		M40	00:56:35.85	165	27	00:56:29.50
Stephen Hitchen	Les Croupiers RC	MS	00:56:36.45	166	72	00:56:01.35
James Wilden		MS	00:56:38.25	167	73	00:56:20.95
Robert Grierson	Cardiff University AC	MS	00:56:40.20	168	74	00:56:21.50
Thomas Hesslenberg	Cardiff University AC	MS	00:56:53.95	169	75	00:56:35.25
Judith Austerberry	Chepstow Harriers	F35	00:56:57.45	170	2	00:56:50.75
Anna Moon	Cardiff University AC	FS	00:57:01.45	171	11	00:56:16.90
Robert King	Parc Bryn Bach	MS	00:57:03.40	172	76	00:56:52.80
Luke Webber	Newt	MS	00:57:05.75	173	77	00:56:23.50
Phil Booth		M45	00:57:06.05	174	19	00:56:50.75
Alan Robertson	Forest Of Dean AC	M55	00:57:06.10	175	9	00:56:24.90
Terry Lewis	Islwyn RC	M50	00:57:08.40	176	22	00:56:43.30
Simon Marshall		M40	00:57:11.15	177	28	00:57:07.85

Andrew Archer		M50	00:57:12.15	178	23	00:56:55.05
Marcia Smith	San Domenico Rrc	FS	00:57:12.70	179	12	00:56:58.60
Jack Adams		MS	00:57:13.10	180	78	00:56:43.35
Ed Ashley	Les Croupiers RC	MS	00:57:18.30	181	79	00:56:55.80
Jo Webb	Bitton Road Runners	M50	00:57:19.45	182	24	00:56:49.70
Wendy Owen	San Domenico Rrc	F40	00:57:21.60	183	4	00:57:09.10
Angela Champion	Village Vipers	F35	00:57:22.55	184	3	00:57:15.55
Peter Curran		M45	00:57:25.45	185	20	00:57:10.85
John Mullaney	Aberdare Valley AAC	MS	00:57:26.05	186	80	00:57:01.75
Innes Robinson		MS	00:57:38.00	187	81	00:57:10.40
Damian Caswell	Ebbw Vale RC	MS	00:57:38.35	188	82	00:57:28.35
Chris Lloyd	Islwyn RC	MS	00:57:40.95	189	83	00:57:10.40
Mark Whittle	San Domenico Rrc	MS	00:57:40.95	190	84	00:57:24.20
Vickie Woodsford	San Domenico Rrc	F35	00:57:41.00	191	4	00:57:24.65
Keith Verheyden	Fetch Everyone	M50	00:57:41.80	192	25	00:57:18.60
Dave Hughes	Bridgend AC	M45	00:57:44.15	193	21	00:57:31.55
Paul Lonergan		MS	00:57:46.20	194	85	00:56:55.20
Amy Edwards	Rhondda Valley Runners	FS	00:57:46.95	195	13	00:57:42.05
Gareth Lawrence		MS	00:57:47.65	196	86	00:57:15.35
Brian Gough	Pontypridd Roadents AC	M70	00:57:50.05	197	1	00:57:41.20
Geoff OKeefe		M50	00:57:51.10	198	26	00:57:24.20
Bryan Meredith	Rhondda Valley Runners	M45	00:57:52.00	199	22	00:57:41.50
James Harvey	Cardiff Triathletes	MS	00:57:54.35	200	87	00:57:42.55
Paul Lewis	3M Gorseinon RR	M45	00:57:57.65	201	23	00:57:38.05
Tom Frost	Avon Valley Runners	MS	00:58:00.25	202	88	00:57:25.15
Darren Way	Bitton Road Runners	M40	00:58:01.95	203	29	00:57:25.45
Stephen Wood	Pegasus Rc (Cardiff)	MS	00:58:13.30	204	89	00:57:54.10
Rob Summers	Chepstow Harriers	M45	00:58:13.95	205	24	00:57:49.40
Trevor Hay	Dragons Running Club	M50	00:58:15.75	206	27	00:57:37.45
Gareth Rees	Les Croupiers RC	M45	00:58:17.35	207	25	00:58:07.85
Dominic Shields	San Domenico Rrc	M45	00:58:20.15	208	26	00:58:05.25
Peter Carwardine	Hereford Couriers	M55	00:58:25.15	209	10	00:58:05.95
Martin Mellor	Rhondda Valley Runners	M50	00:58:27.65	210	28	00:58:22.15
Nicholas Jones	Penarth And Dinas Runners	MS	00:58:30.00	211	90	00:58:13.80
Nina Brocklebank	3M Gorseinon RR	F40	00:58:31.15	212	5	00:58:10.40
Catherine Tailby	Les Croupiers RC	F40	00:58:34.05	213	6	00:58:26.10
Lea Wood	Wye Valley Runners	FS	00:58:36.05	214	14	00:58:16.75
Neil Higbey	Southville RC	MS	00:58:40.00	215	91	00:58:23.95

Brian Hall		M45	00:58:40.40	216	27	00:57:45.60
Peter Rodger	Caerleon RC	M55	00:58:47.45	217	11	00:58:03.95
Helen Mann		FS	00:58:49.95	218	15	00:58:27.25
Michael Thomas		M50	00:58:50.90	219	29	00:58:32.95
Richard Elgar	Lliswerry Runners	MS	00:58:52.95	220	92	00:58:40.00
Andrea Hurman	Penarth And Dinas Runners	F45	00:58:59.55	221	3	00:58:25.75
Katie Young	Cardiff University AC	FS	00:59:02.00	222	16	00:58:15.40
Simon Morgan	Dragons Running Club	M45	00:59:07.00	223	28	00:58:21.90
Aine Kenny	Les Croupiers RC	FS	00:59:08.85	224	17	00:58:33.35
Andrew Dickens	Pont-Y-Pwl And District Runner	M40	00:59:14.75	225	30	00:59:01.20
Neil Stovold	San Domenico Rrc	MS	00:59:16.35	226	93	00:59:04.50
Gary Bowen-Thomson	Outdoor Fitness	M40	00:59:20.70	227	31	00:58:55.95
Nick Read		M40	00:59:22.30	228	32	00:58:44.40
Barry Griffiths	Brecon AC	M45	00:59:22.85	229	29	00:58:27.55
Ffion Davies	Pontypridd Roadents AC	FS	00:59:24.20	230	18	00:58:49.70
Lucy Boucher		FS	00:59:26.05	231	19	00:58:33.60
Malin Falck	Les Croupiers RC	F35	00:59:28.15	232	5	00:59:14.50
Ian Nash	Bitton Road Runners	M45	00:59:29.70	233	30	00:59:21.50
Fayme Knight		F35	00:59:33.20	234	6	00:59:01.25
Mark Taylor		M40	00:59:33.55	235	33	00:59:20.70
Anders Lewis	Bitton Road Runners	MS	00:59:35.25	236	94	00:59:03.95
Joshua Davies	Penarth And Dinas Runners	MS	00:59:37.60	237	95	00:59:37.60
Andy Davies	Pontypridd Roadents AC	M45	00:59:38.40	238	31	00:59:19.50
Maria Richards	Pont-Y-Pwl And District Runner	F35	00:59:42.85	239	7	00:59:30.60
John Scanlan	Thornbury RC	M50	00:59:45.00	240	30	00:59:32.75
Dave Timson	Pont-Y-Pwl And District Runner	M45	00:59:47.55	241	32	00:59:33.10
Phillip Mears	Virgin Active RC	M45	00:59:51.30	242	33	00:59:33.10
Alan Mann	Les Croupiers RC	M55	00:59:57.85	243	12	00:59:35.70
Rhys Thomas	Griffithstown Harriers	MS	01:00:00.45	244	96	00:59:43.70
Adrian Taylor	Parc Bryn Bach	M50	01:00:02.75	245	31	00:59:46.10
Peter Wilson	Malvern Joggers	M45	01:00:04.85	246	34	00:59:53.75
Neil Davies		M55	01:00:06.20	247	13	00:59:19.25
Paul McAfee	Spirit Of Monmouth	M45	01:00:11.10	248	35	00:59:44.45
Paul Evans	Brecon AC	MS	01:00:15.90	249	97	00:59:21.20
Ian Robinson	Swansea Harriers	M45	01:00:18.50	250	36	00:59:56.95
Paul Grainger Jones	Pont-Y-Pwl And District Runner	MS	01:00:20.05	251	98	01:00:05.75
Fiona Turner		F50	01:00:25.35	252	1	00:59:58.45
Antoinette Dumayne	Lliswerry Runners	FS	01:00:26.15	253	20	01:00:22.05



Michael Pritchard		M55	01:00:27.80	254	14	01:00:10.95
Clive Denton	Rhondda Valley Runners	M45	01:00:28.95	255	37	01:00:12.55
Michael Elliston		M40	01:00:29.10	256	34	01:00:13.95
Lizzie Hunt	Cardiff University AC	FS	01:00:29.50	257	21	00:59:38.50
Matt Greenough		MS	01:00:30.30	258	99	00:59:37.40
Caitlin Pearson	Les Croupiers RC	FS	01:00:31.75	259	22	01:00:21.00
Sharon Haley	Penarth And Dinas Runners	FS	01:00:31.90	260	23	00:59:54.30
Nigel Pryce		MS	01:00:35.10	261	100	01:00:17.60
Daniel Davies		MS	01:00:37.65	262	101	01:00:15.05
Joanne Skilton	San Domenico Rrc	F50	01:00:44.35	263	2	01:00:30.80
JACKy Miles	Parc Bryn BACH	F60	01:00:44.75	264	1	01:00:34.45
Andrea Hall	Bitton Road Runners	F40	01:00:46.65	265	7	01:00:17.15
Rita Kingdon	Btf	FS	01:00:49.20	266	24	01:00:28.75
James Wade	Bitton Road Runners	M50	01:00:49.20	267	32	01:00:26.50
Mark Williamson	Road Runners Club	M50	01:00:52.80	268	33	01:00:13.00
Ricci Watts	Pont-Y-Pwl And District Runner	MS	01:00:57.70	269	102	01:00:38.40
Chris Moore	Forest Of Dean AC	M55	01:00:58.15	270	15	01:00:16.65
Richard Collier		MS	01:00:59.35	271	103	01:00:24.65
Nathan Evans		MS	01:00:59.95	272	104	01:00:31.15
Darren Morgan	Ebbw Vale RC	MS	01:01:00.70	273	105	01:00:27.60
Rhys Phillips		MS	01:01:00.95	274	106	01:00:30.15
J Dixon	Islwyn RC	M40	01:01:06.70	275	35	01:00:28.45
Yvonne Williams	Outdoor Fitness	F40	01:01:07.00	276	8	01:01:00.25
Neil Stoneman		MS	01:01:12.70	277	107	01:00:25.45
Ruth Treharne	Islwyn RC	F45	01:01:15.70	278	4	01:00:45.30
Adam Fletcher	Islwyn RC	MS	01:01:15.85	279	108	01:00:44.75
Lee James	Spirit Of Monmouth	M40	01:01:27.45	280	36	01:01:01.70
Stuart Kramer	Spirit Of Monmouth	M45	01:01:28.10	281	38	01:00:39.50
Christopher Thomas	Ebbw Vale RC	M50	01:01:31.75	282	34	01:00:59.95
Louise Evans	Ebbw Vale RC	F45	01:01:34.35	283	5	01:01:02.80
Roger Morgan	Forest Of Dean AC	M55	01:01:49.40	284	16	01:01:06.50
Allan Gill		MS	01:01:50.05	285	109	01:01:32.55
Abyd Quinn Aziz	Penarth And Dinas Runners	M55	01:01:53.00	286	17	01:01:34.40
Dan Reilly		MS	01:01:56.25	287	110	01:01:02.20
Paul Furlong	Penarth And Dinas Runners	M60	01:01:57.70	288	5	01:01:41.45
Catrin Davies	Pontypridd Roadents AC	FS	01:01:58.15	289	25	01:01:24.05
Keith Bryant	Bitton Road Runners	M50	01:01:59.50	290	35	01:01:51.20
Hywel Jones	Pontypridd Roadents AC	MS	01:02:00.95	291	111	01:01:35.55

Dave Webster		M50	01:02:02.45	292	36	01:01:52.15
Gareth John	Les Croupiers RC	M55	01:02:10.80	293	18	01:02:01.05
Marc Durkin	Penarth And Dinas Runners	MS	01:02:11.90	294	112	01:01:55.85
Derek Rainbird	Parc Bryn Bach	M55	01:02:18.50	295	19	01:01:53.45
Clive James	Midland Masters AC	M65	01:02:19.50	296	1	01:02:11.25
Carolyn Thomas	Dragons Running Club	F45	01:02:23.95	297	6	01:01:49.60
Tim Sheppard	Brecon AC	MS	01:02:32.25	298	113	01:02:07.60
Rebecca Comins	Chepstow Harriers	F40	01:02:32.45	299	9	01:01:49.75
Paul Wuitmarsh	Penarth And Dinas Runners	MS	01:02:33.45	300	114	01:02:15.45
Michael Williams	Ebbw Vale RC	M50	01:02:34.25	301	37	01:02:23.75
Lizzie Richards	Caerleon RC	F45	01:02:35.80	302	7	01:01:35.95
Kathryn Holley	Ebbw Vale RC	FS	01:02:36.35	303	26	01:02:22.20
Andrew Price	South Wales Police	MS	01:02:37.30	304	115	01:02:07.50
Jeffrey Aston	Les Croupiers RC	M65	01:02:39.40	305	2	01:02:28.25
David Proffitt	Newport Harriers	M55	01:02:42.85	306	20	01:02:19.90
Rob Rudge	Bitton Road Runners	M40	01:02:43.95	307	37	01:02:10.40
Hannah Withers	San Domenico Rrc	F35	01:02:46.10	308	8	01:02:12.55
Jason Morris		M40	01:02:47.30	309	38	01:01:46.10
Mark Wotton	Teignbridge Trotters	M50	01:02:49.75	310	38	01:02:47.45
Andrew Johnson		MS	01:02:53.30	311	116	01:01:59.55
Ian Price	Caerleon RC	M40	01:02:54.65	312	39	01:02:11.15
Daniel Reynolds		MS	01:02:57.15	313	117	01:01:56.65
Rhys Parfitt	Pont-Y-Pwl And District Runner	MS	01:02:58.05	314	118	01:02:37.70
Andrew Matthews		M45	01:03:04.85	315	39	01:02:32.15
Stuart Thomas	Hogweed Trotters	MS	01:03:05.95	316	119	01:02:45.20
Malcolm Cox	Griffithstown Harriers	M60	01:03:12.20	317	6	01:02:42.90
Kevin MACdonald	Dragons Running Club	M40	01:03:14.35	318	40	01:02:39.85
Andrew Taylor	Caerleon RC	M55	01:03:16.35	319	21	01:02:34.25
Daren Mcdonnell		M40	01:03:16.60	320	41	01:02:51.95
Robert Smith		M50	01:03:18.20	321	39	01:03:02.40
Malcolm Roberts	Clevedon AC	M60	01:03:19.10	322	7	01:02:59.00
Tim Washbrook		MS	01:03:20.50	323	120	01:02:56.55
Katy Longworth		FS	01:03:21.25	324	27	01:03:08.15
Scott Mcloone	Taff Ely Tri	MS	01:03:23.10	325	121	01:03:10.40
Micheal Rossiter	Les Croupiers RC	M50	01:03:25.05	326	40	01:03:05.45
John Ivins		M45	01:03:26.05	327	40	01:03:08.15
Muhammad Hussan		MS	01:03:28.00	328	122	01:03:06.25
Desmond Clements	Bitton Road Runners	M40	01:03:33.50	329	42	01:02:40.75

Simon Cartlidge		M40	01:03:37.60	330	43	01:03:25.95
Deb Sauh	The Puxton Bog Monsters	F40	01:03:37.75	331	10	01:03:28.80
Lloyd Harris	Ebbw Vale RC	MS	01:03:38.25	332	123	01:03:23.80
Martin Davies	The Puxton Bog Monsters	M40	01:03:38.80	333	44	01:03:30.40
Adrian Wills	The Puxton Bog Monsters	M50	01:03:38.80	334	41	01:03:31.20
Rob Williams	Brecon AC	M55	01:03:47.55	335	22	01:02:52.35
David Boucher		M60	01:03:48.55	336	8	01:02:56.30
Steve Herring	Bitton Road Runners	M55	01:03:50.05	337	23	01:03:23.75
Ruth Owens	Penarth And Dinas Runners	FS	01:03:54.30	338	28	01:03:21.75
Paul Gillard		M50	01:04:02.85	339	42	01:03:40.80
Martin Stark		M45	01:04:03.85	340	41	01:03:08.60
Nova Jeffries	Lliswerry Runners	FS	01:04:04.10	341	29	01:03:57.50
Phillip Watts		MS	01:04:08.95	342	124	01:03:41.10
Paddy Maloney		M45	01:04:11.60	343	42	01:03:17.75
Liam Davies	Fetch Everyone	M50	01:04:11.65	344	43	01:03:20.30
Buffy Evesham		FS	01:04:11.75	345	30	01:03:18.15
Tom Riddington	Chepstow Harriers	M40	01:04:12.90	346	45	01:03:34.10
Jordan Kibble		MS	01:04:17.00	347	125	01:03:23.45
Keith Hopkins		M60	01:04:19.05	348	9	01:03:48.15
Anthony Gettins		MS	01:04:21.00	349	126	01:03:51.70
Nick Cox		MS	01:04:27.55	350	127	01:03:57.80
Catherine Olivant	Brecon AC	F35	01:04:31.35	351	9	01:03:51.00
Peter Short	Forest Of Dean AC	MS	01:04:33.35	352	128	01:04:08.10
Geraint Giles		M40	01:04:33.75	353	46	01:03:59.15
Paul Harvey	Islwyn RC	MS	01:04:39.30	354	129	01:04:01.30
Sara Morgan	Dragons Running Club	F35	01:04:42.30	355	10	01:04:02.95
Mark Keats	Pegasus Rc (Cardiff)	MS	01:05:02.75	356	130	01:04:42.80
Tony Kear	Caerleon RC	M45	01:05:07.20	357	43	01:04:24.00
Alan Davies	Usk Runners	M55	01:05:10.55	358	24	01:04:21.65
Ralph Davey	Les Croupiers RC	M65	01:05:12.20	359	3	01:04:45.40
John Pryer		M45	01:05:14.60	360	44	01:04:55.50
Elaine Rees	Outdoor Fitness	F40	01:05:15.15	361	11	01:05:08.65
Gareth Jones		MS	01:05:16.85	362	131	01:04:42.65
Kelly Waite	Islwyn RC	FS	01:05:23.20	363	31	01:04:51.90
Chris Lewis		M45	01:05:28.55	364	45	01:04:32.10
Sam Tabiner		MS	01:05:37.40	365	132	01:05:15.95
Sarah Lee		F35	01:05:43.35	366	11	01:04:47.35
Eleanor Johnson	Cardiff University AC	FS	01:05:44.65	367	32	01:05:00.25

Brian Jones	Usk Runners	M45	01:05:44.95	368	46	01:04:56.10
Richard Clay		MS	01:05:45.90	369	133	01:04:45.55
Fadi Baydoun		MS	01:05:46.25	370	134	01:05:25.45
David Barker		MS	01:05:47.30	371	135	01:05:25.40
Daniel Morgan	Ebbw Vale RC	M50	01:05:50.35	372	44	01:05:17.65
Margrett Monk	Parc Bryn BACH	F60	01:05:50.95	373	2	01:05:24.75
Carl Davies		MS	01:05:52.95	374	136	01:05:35.85
Rhodri Evans	Penarth And Dinas Runners	M45	01:05:53.95	375	47	01:05:38.95
Chris Hawkins	Forest Of Dean AC	M60	01:05:54.05	376	10	01:05:09.35
Phil Johnson		M45	01:05:57.90	377	48	01:05:05.10
Andrew Hughes		M40	01:06:00.40	378	47	01:05:24.80
Ceri Morris		MS	01:06:10.45	379	137	01:05:46.50
Louise Ward	Dragons Running Club	FS	01:06:12.20	380	33	01:05:31.40
John Cocker	Penarth And Dinas Runners	MS	01:06:14.10	381	138	01:05:40.35
Kris Broome	Pont-Y-Pwl And District Runner	MS	01:06:14.75	382	139	01:06:01.85
Donna Hunkin	Dragons Running Club	F35	01:06:15.85	383	12	01:05:33.05
JACKie Green	Forest Of Dean AC	F55	01:06:20.15	384	1	01:05:35.55
Keith Langley		M55	01:06:28.80	385	25	01:05:54.70
Ian Storrar		M45	01:06:31.40	386	49	01:05:46.05
Jeremy Creasey	Spirit Of Monmouth	M45	01:06:33.25	387	50	01:06:08.40
Dave Greaves	South Wales Police	MS	01:06:37.75	388	140	01:06:20.65
Andrew Underhill		MS	01:06:38.05	389	141	01:06:33.25
Neil Chipper	Llisbury Runners	M50	01:06:40.05	390	45	01:06:03.15
Dave Kempton		M55	01:06:45.90	391	26	01:06:11.05
David Cross	Ebbw Vale RC	M55	01:06:46.20	392	27	01:06:30.45
John Martin		M55	01:06:51.85	393	28	01:06:00.65
Graham Bennetto	Forest Of Dean AC	M50	01:06:53.15	394	46	01:06:11.65
Christina Rossiter	Les Croupiers RC	F50	01:06:54.85	395	3	01:06:35.35
Michelle Greatrex	Swp Tri Club	F35	01:06:55.20	396	13	01:06:25.00
Paul Kelrman		M40	01:06:57.85	397	48	01:05:59.70
Kelly Felstead		F35	01:06:59.05	398	14	01:06:04.05
Justine Lee	Spirit Of Monmouth	F40	01:07:00.70	399	12	01:06:33.15
Alastair Maidment		MS	01:07:03.40	400	142	01:06:40.45
Jolene Podmore		MS	01:07:04.35	401	143	01:06:11.30
Ian Stratton	Brackla Harriers	M45	01:07:16.20	402	51	01:06:12.10
Graham James	Forest Of Dean AC	M45	01:07:18.45	403	52	01:06:36.25
Claire House	San Domenico Rrc	F35	01:07:21.50	404	15	01:06:55.70
Delyth Murray Lines		F35	01:07:23.15	405	16	01:06:52.05

JACqui Wynds	Forest Of Dean AC	F55	01:07:23.15	406	2	01:06:40.25
Melissa Mould	Forest Of Dean AC	FS	01:07:24.10	407	34	01:06:39.25
Tony Grandon	Outdoor Fitness	M60	01:07:24.50	408	11	01:06:26.85
Julie Lewis	Islwyn RC	F45	01:07:25.00	409	8	01:06:47.95
Amanda Barrington	Penarth And Dinas Runners	F45	01:07:25.30	410	9	01:06:55.20
Ian Lewis	Islwyn RC	MS	01:07:25.90	411	144	01:06:46.30
Helen Williams	Islwyn RC	FS	01:07:28.25	412	35	01:07:02.10
Lyn Evans	Penarth And Dinas Runners	M50	01:07:28.85	413	47	01:06:41.05
Danielle Rayner	Penarth And Dinas Runners	FS	01:07:32.70	414	36	01:07:00.50
Andrea Webster		F55	01:07:41.95	415	3	01:06:47.45
Keith Paterson	San Domenico RRC	M65	01:07:47.65	416	4	01:06:44.95
Rhys John		MS	01:07:52.90	417	145	01:07:25.65
Caroline Hall	Bitton Road Runners	FS	01:07:53.15	418	37	01:07:14.35
Natalie Hern	Griffithstown Harriers	F40	01:07:56.55	419	13	01:07:01.00
Marina Wright		FS	01:07:57.10	420	38	01:07:10.60
Andy Armstrong		M45	01:07:59.95	421	53	01:06:55.55
Jeff Wallace		M50	01:08:06.10	422	48	01:07:50.30
Luke Heslop	Les Croupiers RC	MS	01:08:08.90	423	146	01:07:49.10
Kelly Collins	Parc Bryn Bach	FS	01:08:16.05	424	39	01:07:32.15
Jane Rymer	Chepstow Harriers	F45	01:08:17.85	425	10	01:07:32.45
Adam Pirouet		MS	01:08:26.30	426	147	01:07:35.10
Betha Adams	Pont-Y-Pwl And District Runner	FS	01:08:27.75	427	40	01:07:31.75
Sheryl Rakei	Dragons Running Club	F35	01:08:29.75	428	17	01:07:39.40
Robert Prowse		M45	01:08:32.25	429	54	01:08:09.65
Austin Keenan	The Puxton Bog Monsters	M50	01:08:38.75	430	49	01:08:27.95
Annette Davies	Fetch Everyone	F50	01:08:39.95	431	4	01:07:49.20
Brendan Price	Dragons Running Club	MS	01:08:48.10	432	148	01:08:06.70
Lucy Morgan		F35	01:08:51.10	433	18	01:07:59.15
Janice Clement	Penarth And Dinas Runners	F50	01:08:57.95	434	5	01:08:22.45
David Pirret	Thornbury RC	M45	01:08:58.15	435	55	01:08:36.95
Gary Bird		M50	01:09:11.80	436	50	01:08:22.80
Andrew Cadmore	Brecon AC	M40	01:09:16.85	437	49	01:08:17.90
Peter Shanley		M45	01:09:17.85	438	56	01:08:50.30
Jason Kennedy		M45	01:09:18.15	439	57	01:08:32.20
Jane Saunders		F45	01:09:27.85	440	11	01:08:36.20
Paul Clarke		M40	01:09:29.95	441	50	01:08:30.30
Stephen Morgan		M40	01:09:31.10	442	51	01:08:34.65
Nicola Burford	Dragons Running Club	F35	01:09:38.45	443	19	01:09:11.95

Geoff Bayliss	Chepstow Harriers	M65	01:09:41.45	444	5	01:09:04.05
Claire Morgan	Forest Of Dean AC	F50	01:09:45.55	445	6	01:09:02.25
Tim Spencer		MS	01:09:45.85	446	149	01:08:42.55
Huw Fry		MS	01:09:47.75	447	150	01:08:46.95
Rhianydd Gardiner		F40	01:09:48.90	448	14	01:09:16.90
Bernadette Jones	Outdoor Fitness	F40	01:09:55.35	449	15	01:08:58.65
Sara Morgan	Outdoor Fitness	F35	01:09:56.95	450	20	01:09:20.30
Amanda Thomas		F40	01:10:04.55	451	16	01:09:48.05
Roberta Havers	Chepstow Harriers	FS	01:10:06.90	452	41	01:09:30.40
Sophie Gott		F35	01:10:11.60	453	21	01:09:34.95
Colin Crooks	Pegasus Rc (Cardiff)	M55	01:10:13.00	454	29	01:09:49.10
Helen Griffiths		FS	01:10:13.40	455	42	01:09:37.00
Andrea PACe	Penarth And Dinas Runners	F45	01:10:14.85	456	12	01:09:44.90
Richard Brown	Sheen Shufflers	M60	01:10:20.15	457	12	01:09:43.55
Mark Davies		M45	01:10:20.60	458	58	01:09:28.60
Nadine Donovan	Pont-Y-Pwl And District Runner	F40	01:10:21.25	459	17	01:09:25.65
Lowri Phillips	Bad Tri	FS	01:10:21.45	460	43	01:09:37.95
Rhian Hopkins	Pontypridd Roadents AC	FS	01:10:26.45	461	44	01:10:04.65
Natalie Richards		FS	01:10:28.55	462	45	01:10:07.35
Sally Reid	3M Gorseinon RR	F45	01:10:35.35	463	13	01:10:02.05
John Weeks		M55	01:10:42.60	464	30	01:09:56.10
Deborah Evans	Dragons Running Club	F50	01:10:45.95	465	7	01:10:19.15
Teresa Jeffries	Dragons Running Club	F45	01:10:46.25	466	14	01:10:20.00
Karen Elvers	Chepstow Harriers	F40	01:10:55.75	467	18	01:10:11.70
Emma Fitzmaurice		FS	01:10:57.90	468	46	01:10:04.10
Jacqueline Lambeth	Islwyn RC	F40	01:11:04.05	469	19	01:10:40.35
Neil Brierley		M40	01:11:07.95	470	52	01:10:40.60
Anne Wendt	Penarth And Dinas Runners	FS	01:11:10.05	471	47	01:10:36.65
Shirley Albrow	Forest Of Dean AC	F55	01:11:13.00	472	4	01:10:28.95
Geoff Jones		M40	01:11:19.30	473	53	01:10:21.00
Laura Howells	Cardiff University AC	FS	01:11:27.55	474	48	01:10:34.35
Amanda Thompson	Les Croupiers RC	F50	01:11:29.95	475	8	01:11:14.80
RACHel Kennedy		F45	01:11:37.10	476	15	01:10:51.05
Fiona Cross	Pont-Y-Pwl And District Runner	FS	01:11:37.40	477	49	01:11:18.55
Simon Thomas		MS	01:11:42.70	478	151	01:11:07.40
Bill Bewg	Chepstow Harriers	M70	01:11:50.85	479	2	01:11:06.95
Ian Warner		M50	01:11:52.75	480	51	01:11:16.65
Jane Bayliss	Chepstow Harriers	F60	01:11:53.30	481	3	01:11:08.40

Helen Clancy	Chepstow Harriers	F45	01:11:59.45	482	16	01:11:16.10
Chris OBrien		MS	01:12:03.60	483	152	01:11:35.15
Andy Booth	Road Runners Club	M55	01:12:08.80	484	31	01:11:28.35
Tammy Raz-Nick	Brackla Harriers	F35	01:12:11.85	485	22	01:11:08.80
Richard Pearson	Brackla Harriers	M45	01:12:12.25	486	59	01:11:08.75
Kiel Finiak		MS	01:13:05.00	487	153	01:12:37.15
Paul Griffths		MS	01:13:07.15	488	154	01:12:55.35
Michelle David		F45	01:13:11.75	489	17	01:12:33.35
Lee David		M45	01:13:12.20	490	60	01:12:33.40
Huw Williams		M45	01:13:12.55	491	61	01:12:49.30
Damien Johnson	Llanelli Strollers	MS	01:13:12.75	492	155	01:12:15.10
Anthony Carzana	Pegasus Rc (Cardiff)	M65	01:13:19.25	493	6	01:12:55.90
Tim Parker		MS	01:13:19.50	494	156	01:13:07.00
Andrea Jones	Dragons Running Club	F45	01:13:20.80	495	18	01:12:30.55
Sarah Pope	Penarth And Dinas Runners	F45	01:13:28.90	496	19	01:12:57.25
Dewi Felstead		MS	01:13:46.50	497	157	01:12:52.15
Elaine Jones	Penarth Women Runners	F55	01:13:50.35	498	5	01:13:11.85
Sarah Williams		F35	01:13:52.15	499	23	01:12:59.70
Lynne Pitts	Bitton Road Runners	F40	01:13:54.50	500	20	01:13:06.35
Karen Chadwell	Les Croupiers RC	F40	01:13:58.95	501	21	01:13:30.85
Lynne Evans	Penarth Women Runners	F40	01:14:00.05	502	22	01:13:22.30
Tricia Jones	Dragons Running Club	F35	01:14:02.50	503	24	01:13:31.90
Elaine Hiscox	Dragons Running Club	F35	01:14:02.70	504	25	01:13:30.70
Ian Macrory		M40	01:14:09.90	505	54	01:13:19.60
Mary Trenfield	Caerleon RC	F50	01:14:17.25	506	9	01:13:14.70
Nigel Leighton Jones	Llanelli Strollers	M55	01:14:20.80	507	32	01:13:23.75
Colin Spence	Southville RC	M60	01:14:21.25	508	13	01:13:40.35
Chris Burfoot		M45	01:14:27.15	509	62	01:13:46.45
Alan Wilcox	Hogweed Trotters	M40	01:14:30.55	510	55	01:13:40.55
Sheila Hartnett	Hogweed Trotters	F40	01:14:30.65	511	23	01:13:41.00
Lee Durkee	Pont-Y-Pwl And District Runner	MS	01:14:30.70	512	158	01:13:32.55
Ruth Smith	Penarth Women Runners	F50	01:14:31.05	513	10	01:13:55.45
Daune Green	Griffithstown Harriers	F35	01:14:32.70	514	26	01:13:34.25
Claire Lewis	San Domenico Rrc	F45	01:14:36.35	515	20	01:14:12.05
Nicholas Llewellyn	Dragons Running Club	MS	01:14:40.00	516	159	01:13:40.35
Ceri Clarke		F35	01:14:42.80	517	27	01:13:43.75
Sara Wakefield	Pont-Y-Pwl And District Runner	FS	01:14:42.80	518	50	01:14:30.00
Peter Bartlett	Dragons Running Club	MS	01:14:43.10	519	160	01:13:44.30

Melonie Senior	Islwyn RC	F40	01:14:48.45	520	24	01:14:01.00
Jeanette Ward	Penarth Women Runners	F45	01:14:48.75	521	21	01:14:11.30
Colin Dixon	Islwyn RC	M60	01:14:50.15	522	14	01:14:02.45
Roger Fawke	Islwyn RC	M55	01:14:50.35	523	33	01:14:02.40
Brett Regulski	Chepstow Harriers	M50	01:14:51.45	524	52	01:14:12.15
James Maddock		MS	01:14:52.95	525	161	01:14:17.65
Kevin Booth		M40	01:14:58.90	526	56	01:14:07.60
Iain Osborne		MS	01:15:05.60	527	162	01:14:40.50
Anthony MACKay		M45	01:15:07.15	528	63	01:14:45.50
Mark Harris	Rhondda Valley Runners	MS	01:15:07.75	529	163	01:15:07.75
Simon Collier		MS	01:15:22.85	530	164	01:14:46.60
Helen Hodgson	Penarth Women Runners	F40	01:15:24.75	531	25	01:14:47.75
Terry Vickery		M70	01:15:25.30	532	3	01:14:33.60
Allison Collier	Bitton Road Runners	F40	01:15:32.05	533	26	01:14:49.80
Lis Chamberlain		FS	01:15:33.75	534	51	01:15:31.85
Leanne Fakande		F40	01:15:49.60	535	27	01:14:47.80
Syd Wheeler	Chepstow Harriers	M70	01:15:50.60	536	4	01:15:11.05
Sarah Chamerlain	Penarth Women Runners	FS	01:15:51.70	537	52	01:15:15.40
Heidy Davies		F45	01:15:58.45	538	22	01:15:06.50
Sue Lee	Aberystwyth AC	F40	01:15:59.25	539	28	01:15:03.35
Suzanne Williams		F45	01:16:06.95	540	23	01:15:31.05
Lisa Price		F35	01:16:07.20	541	28	01:15:30.15
Rebecca Phillips		FS	01:16:09.55	542	53	01:15:27.65
Andy Sutton	San Domenico Rrc	MS	01:16:21.60	543	165	01:15:55.95
Carol Williams	Bitton Road Runners	F55	01:16:22.70	544	6	01:15:34.95
Vicky Watkins		FS	01:16:23.35	545	54	01:15:40.85
Carys Davies		F40	01:16:28.80	546	29	01:15:49.60
Lynne Sellers		F45	01:16:41.95	547	24	01:16:19.80
James Richards		MS	01:16:42.40	548	166	01:16:10.10
Gareth Davies		M40	01:17:00.65	549	57	01:15:56.45
Huw Price		MS	01:17:07.45	550	167	01:16:14.25
Lauren Savigar	Griffithstown Harriers	FS	01:17:09.25	551	55	01:16:11.80
Terri Woodford	Penarth Women Runners	F65	01:17:25.15	552	1	01:16:56.35
Wendy Rees	Griffithstown Harriers	F50	01:17:28.05	553	11	01:16:31.80
Louise Robinson		FS	01:17:30.50	554	56	01:17:04.50
Matthew Rees		MS	01:17:36.20	555	168	01:16:41.30
Anu Ganapathy	Great Western Runners	F35	01:17:42.45	556	29	01:17:27.45
Barry Williams		M40	01:18:02.75	557	58	01:17:54.65



Rhian Llewellyn	Les Croupiers RC	F45	01:18:05.05	558	25	01:17:50.80
Anne Seymour	Bitton Road Runners	F55	01:18:07.55	559	7	01:17:14.00
Leona Shanley	Rhondda Valley Runners	F40	01:18:12.10	560	30	01:17:44.70
Michelle Edgell	Hogweed Trotters	F40	01:18:20.90	561	31	01:17:30.95
Gareth Howells	Usk Runners	MS	01:18:27.75	562	169	01:17:38.75
Matthew Briant		M45	01:18:33.20	563	64	01:17:37.80
Cerianne Jenkins		F35	01:18:37.60	564	30	01:17:47.35
Helen Davies		F35	01:18:41.05	565	31	01:17:52.05
Paul Davies		M45	01:18:41.30	566	65	01:17:49.35
John Charlton		MS	01:18:56.20	567	170	01:17:50.70
Mark Harrison	Rhondda Valley Runners	M50	01:18:58.15	568	53	01:18:34.65
Angela Bowkett	Forest Of Dean AC	F45	01:19:00.00	569	26	01:18:16.35
Judy Maragna	Penarth And Dinas Runners	F55	01:19:18.65	570	8	01:18:50.85
Jane Clay		F35	01:19:36.25	571	32	01:18:34.65
Gwyn Howells	Caerleon RC	F60	01:20:02.90	572	4	01:19:02.75
Joanna Rowberry		FS	01:20:04.65	573	57	01:19:18.15
Kate Rowberry		FS	01:20:04.75	574	58	01:19:18.65
Gordon Lewis	Bitton Road Runners	M60	01:20:21.60	575	15	01:19:47.20
John Fry	Fairwater Runners	M65	01:20:58.80	576	7	01:19:57.00
Emma Harber		FS	01:21:01.90	577	59	01:20:15.70
Ellie Mogridge		FS	01:21:08.70	578	60	01:20:27.00
Marie-Claire Hopkin	Dragons Running Club	F40	01:21:09.45	579	32	01:20:17.20
Claire Powell	Brecon AC	FS	01:21:10.30	580	61	01:20:04.50
Sue Jones	Brecon AC	F40	01:21:11.15	581	33	01:20:05.15
Claire Warner	Bitton Road Runners	F45	01:21:29.65	582	27	01:20:42.20
David Phillips	Pembrokeshire Harriers	M65	01:21:41.45	583	8	01:21:18.55
Nicola Dando		FS	01:21:44.40	584	62	01:21:04.80
Coral Putman	Vegan Runners UK	F40	01:22:02.40	585	34	01:21:03.30
Paula Davies	Islwyn RC	F40	01:22:03.75	586	35	01:21:44.90
Blair Lundie	Islwyn RC	M60	01:22:15.25	587	16	01:21:15.90
Charlotte Austin		FS	01:22:37.20	588	63	01:21:57.30
Jane Mills		F40	01:22:40.55	589	36	01:22:16.45
Elin Phillips	Gravesend Road Runners	FS	01:22:42.20	590	64	01:21:58.15
Elizabeth Griffiths		F40	01:22:43.50	591	37	01:21:40.65
Kate White		F40	01:22:48.20	592	38	01:21:49.95
RACHel Woodman	Bitton Road Runners	F40	01:22:49.05	593	39	01:21:57.90
Karen Trivett		F35	01:23:21.90	594	33	01:22:18.85
Graeme Davies		M55	01:23:26.75	595	34	01:22:25.60

Rebecca Davies		FS	01:23:27.30	596	65	01:22:26.00
Rodney Edwards		M45	01:23:32.30	597	66	01:22:42.35
Lisa Harwood		F40	01:23:32.95	598	40	01:22:54.55
Sarah Phillips-Mruk		F35	01:23:47.25	599	34	01:22:45.45
Olugbenga Fakande		M50	01:24:12.95	600	54	01:23:10.85
Michelle Unsworth		F45	01:25:39.20	601	28	01:24:58.40
Elaine Hicks	Islwyn RC	F55	01:26:00.00	602	9	01:25:02.95
Glyn Hicks	Islwyn RC	M60	01:26:00.55	603	17	01:25:03.05
Rosalyn Mills		FS	01:26:12.40	604	66	01:25:23.00
Diane Williams	Dragons Running Club	FS	01:26:12.55	605	67	01:25:22.15
Brian Cox		M65	01:27:09.50	606	9	01:26:12.85
Helen Edwards		F40	01:28:23.15	607	41	01:27:33.30
Jenny Wyatt		F45	01:28:38.20	608	29	01:27:37.85
Valerie Collier	Bitton Road Runners	F65	01:29:56.45	609	2	01:28:57.40
Menna Mccarthy	Dragons Running Club	F40	01:30:12.55	610	42	01:29:41.20
Damita Stathakis		F35	01:30:37.80	611	35	01:29:39.55
Clive Thomas		M45	01:31:15.95	612	67	01:30:35.90
Maxine Rhodes	Caerleon RC	F45	01:31:30.10	613	30	01:30:24.50
Victoria Kay		FS	01:33:01.55	614	68	01:32:07.05
Hayley Blignaut		F35	01:34:04.85	615	36	01:33:16.60
Jayne Woodman		F45	01:34:41.30	616	31	01:33:41.25
Debra Davies	Dragons Running Club	FS	01:36:16.40	617	69	01:35:27.40
Daphne Austerberry		F65	01:37:12.30	618	3	01:36:22.70
Abby Gough		FS	01:38:42.25	619	70	01:37:37.45
Derek Gough		M45	01:38:44.35	620	68	01:37:39.75