

ADMIRAL SWANSEA BAY 10K - PROVISIONAL RESULTS (V2)

Position	Race Number	First Name	Last Name	Team Name	Age Category	Category Position	Club Name	Club Position	Gun Time	Chip Time	Result Status
1	1	MORIS MUNENE	GACHAGA		Junior Male	1	RUN FAST / KENYA	1	00:28:32	00:28:32	RES
2	2	CHRISTOPHER	CHERUIYOT		Senior Male	1	RUN FAST / KENYA	2	00:29:10	00:29:10	RES
3	3	DEWI	GRIFFITHS	WEST WALES TEAM	Senior Male	2	SWANSEA HARRIERS	1	00:29:20	00:29:20	RES
4	3394	IAN	KIMPTON		Senior Male	3	LUTON ATHLETIC CLUB	1	00:29:28	00:29:28	RES
5	16	GUY	SMITH	WEST WALES TEAM	Senior Male	4	SWANSEA HARRIERS	2	00:30:43	00:30:43	RES
6	9	JON	HOPKINS	SOUTH WALES TEAM	Senior Male	5	CARDIFF AAC	1	00:31:07	00:31:07	RES
7	4	MOHAMED	FARAH	RUN FAST / NEWHAM & ESSEX BEAGLES	Senior Male	6	RUN FAST / NEWHAM & ESSEX BEAGLES	1	00:31:23	00:31:23	RES
8	98	RUSSELL	BENTLEY		Senior Male	7	NORTH WALES TEAM / ERYRI HARRIERS	1	00:31:35	00:31:35	RES
9	4335	Christian	Lovatt		Junior Male	2	Swansea Harriers	3	00:31:37	00:31:37	RES
10	866	TES	GOITOM		Senior Male	8	LES CROUPIERS	1	00:31:43	00:31:43	RES

11	12	MATTHEW	COLLINS	EAST WALES TEAM	Senior Male	9	MICKY MORRIS RUNNING TEAM	1	00:31:46	00:31:46	RES
12	17	MATTHEW	HARVEY	WEST WALES TEAM	Senior Male	10	SWANSEA HARRIERS	4	00:32:32	00:32:32	RES
13	4251	MUKHTAAR	FARHAN		Senior Male	11		1	00:33:02	00:33:02	RES
14	11	MARK	JENNINGS	EAST WALES TEAM	M40+	1	MICKY MORRIS RUNNING TEAM	2	00:33:09	00:33:09	RES
15	41	STEPHEN	PATERSON	SOUTH WALES TEAM	Senior Male	12	LES CROUPIERS	2	00:33:14	00:33:13	RES
16	19	JOSH	DIXON	NORTH WALES TEAM	Senior Male	13	STROUD AC	1	00:33:16	00:33:16	RES
17	21	STEFFAN	SAYER	NORTH WALES TEAM	Senior Male	14	MENAI TRACK & FIELD	1	00:33:18	00:33:17	RES
18	35	DAN	BODMAN	SOUTH WALES TEAM	Senior Male	15	ABERDARE VALLEY AAC	1	00:33:24	00:33:23	RES
19	75	STEFAN	SIMMS	EAST WALES TEAM	M40+	2	MICKY MORRIS RUNNING TEAM	3	00:33:25	00:33:24	RES
20	10	PHIL	MATTHEWS	EAST WALES TEAM	Senior Male	16	SWANSEA HARRIERS	5	00:33:29	00:33:28	RES

21	18	RICKY	CHALLINOR	NORTH WALES TEAM	Senior Male	17	LIVERPOOL HARRIERS	1	00:33:38	00:33:38	RES
22	48	MATT	JACKLIN	SOUTH WALES TEAM	M40+	3	ABERDARE VALLEY AAC	2	00:33:44	00:33:43	RES
23	755	RICHARD	COPP		Senior Male	18	WEST WALES TEAM / SWANSEA HARRIERS	1	00:33:44	00:33:43	RES
24	4299	IAN	HARRIS		Senior Male	19	3MS GORSEINON ROAD RUNNERS	1	00:33:46	00:33:46	RES
25	24	TERESIAH	OMOSA		Junior Female	1	RUN FAST / KENYA	3	00:33:47	00:33:47	RES
26	76	LEE	AHERNE	EAST WALES TEAM	M40+	4	PARC BRYN BACH	1	00:33:49	00:33:49	RES
27	3566	CRAIG J	HUDSON		Senior Male	20		2	00:33:52	00:33:50	RES
28	4071	ASHLEIGH	HARPER		Senior Male	21	ABERDARE VALLEY AAC	3	00:33:53	00:33:52	RES
29	74	MATTHEW	REES	WEST WALES TEAM	Senior Male	22	SWANSEA HARRIERS	6	00:33:55	00:33:54	RES
30	25	PURITY	KIMETTO		Senior Female	1	RUN FAST / KENYA	4	00:34:03	00:34:03	RES
31	34	ADAM	BULL	SOUTH WALES TEAM	Junior Male	3	ABERDARE VALLEY AAC	4	00:34:07	00:34:06	RES

32	4145	KATE	REED		Senior Female	2	BRISTOL AND WEST AC	1	00:34:10	00:34:09	RES
33	59	JACK	TREMLET	WEST WALES TEAM	Senior Male	23	TROTS AC	1	00:34:28	00:34:28	RES
34	20	GARY W	DAVIES	NORTH WALES TEAM	Senior Male	24	ABERYSTWYTH AC	1	00:34:37	00:34:36	RES
35	47	SAM	RYALL	SOUTH WALES TEAM	M40+	5	PONTYPRIDD ROADENTS	1	00:34:40	00:34:39	RES
36	22	JOHN	MORRIS	NORTH WALES TEAM	Senior Male	25	DENBIGH HARRIERS	1	00:34:41	00:34:40	RES
37	1967	MIKE	PFEIFFER		M50+	1	BRECON AC	1	00:34:41	00:34:39	RES
38	14	MILES	THOMAS	EAST WALES TEAM	Senior Male	26	LLISWERRY RUNNERS	1	00:34:42	00:34:41	RES
39	3194	PETER	WATKEYS		Senior Male	27	WELSH ANGLO ATHLETICS	1	00:34:44	00:34:42	RES
40	2994	STUART	CREES		Senior Male	28	LES CROUPIERS	3	00:34:45	00:34:43	RES
41	2433	MICHAEL	RIX		M40+	6		3	00:34:46	00:34:46	RES
42	30	ANDREA	WHITCOMBE	WEST WALES TEAM	F35+	4	SWANSEA HARRIERS	7	00:34:48	00:34:47	RES
43	70	JEZ	BROWN	NORTH WALES TEAM	Senior Male	29	BUCKLEY RUNNERS CLUB	1	00:34:58	00:34:57	RES
44	577	JOHN	COOPER		Senior Male	30	PLYMOUTH HARRIERS	1	00:35:02	00:35:00	RES

45	1888	PHIL	COOK		M40+	7	LES CROUPIERS	4	00:35:04	00:35:02	RES
46	77	RICHARD	JOHNSON	EAST WALES TEAM	M40+	8	PONTYPOOL	1	00:35:09	00:35:06	RES
47	2730	PETER	COLES		M50+	2	SOUTH WALES TEAM / PONTYPRIDD ROADENTS	1	00:35:11	00:35:10	RES
48	522	DOUG	NICHOLLS		Senior Male	31	SAN DOMENICO RRC	1	00:35:17	00:35:15	RES
49	100	GAVIN	GATES	BRIDGEND	Senior Male	32	BRIDGEND	1	00:35:25	00:35:24	RES
50	1386	EAMONN	KIRK		M40+	9	WEST WALES TEAM / SWANSEA HARRIERS	2	00:35:26	00:35:25	RES
51	68	MARTIN	GREEN	NORTH WALES TEAM	M40+	10	NORTH WALES ROAD RUNNERS	1	00:35:30	00:35:28	RES
52	36	SAM	RICHARDS	SOUTH WALES TEAM	Senior Male	33	PONTYPRIDD ROADENTS	2	00:35:36	00:35:35	RES
53	1608	STEVE	RHIND		M50+	3	HENDRE LAKE RUNNING CLUB	1	00:35:43	00:35:41	RES
54	1895	DANIEL	TRIGGS		Senior Male	34	NEATH HARRIERS	1	00:35:49	00:35:48	RES
55	1426	TOM	BARR		Senior Male	35	SWANSEA HARRIERS	8	00:35:51	00:35:50	RES

56	1327	RICHARD	JACKSON-HOOKINS		Senior Male	36	PENARTH & DINAS RUNNERS	1	00:35:52	00:35:49	RES
57	4033	ANDREW	HOW		Senior Male	37		4	00:35:57	00:35:55	RES
58	3918	ALED	JONES-DAVIES		Senior Male	38	TROTS	1	00:36:02	00:35:58	RES
59	32	JESSICA	PARRY-WILLIAMS	WEST WALES TEAM	F35+	5	LES CROUPIERS	5	00:36:02	00:36:01	RES
60	2361	PAUL	MORGAN		Senior Male	39	PORT TALBOT HARRIERS	1	00:36:02	00:36:00	RES
61	935	MICHAEL	DURY		Senior Male	40	ISLWYN RC	1	00:36:07	00:36:03	RES
62	3524	ALEC	VESSEY		Junior Male	4	ABINGDON AC	1	00:36:07	00:36:06	RES
63	4204	STEVE	BARTLETT		M40+	11		5	00:36:08	00:36:05	RES
64	2530	MARTIN	WILLIAMS		M50+	4		6	00:36:11	00:36:07	RES
65	58	CHRIS	JENKINS	WEST WALES TEAM	Senior Male	41	NEATH HARRIERS	2	00:36:13	00:36:10	RES
66	1814	TERRY	EVANS		M40+	12		7	00:36:14	00:36:10	RES
67	2511	JAREK	OLSZOWKA		Senior Male	42	SERPENTINE RC	1	00:36:14	00:36:12	RES
68	29	EMMA	WOOKEY	EAST WALES TEAM	Senior Female	3	LLISWERRY RUNNERS	2	00:36:17	00:36:16	RES
69	2788	ROB	HUNT		M50+	5	BRIDGEND AC	1	00:36:28	00:36:27	RES
70	265	MIKE	EVANS		M40+	13		8	00:36:29	00:36:26	RES
71	2761	RAUL	REISMANN		M40+	14	WEST WALES TEAM / SWANSEA HARRIERS	3	00:36:30	00:36:28	RES

72	1260	ISAAC	THURGOOD		Junior Male	5	NEWPORT HARRIERS	1	00:36:30	00:36:28	RES
73	99	CLARA	EVANS	SWANSEA	Senior Female	4	SWANSEA	1	00:36:35	00:36:32	RES
74	3599	JOHN	MORRIS		Senior Male	43	AMMAN VALLEY HARRIERS	1	00:36:44	00:36:41	RES
75	803	KEVIN	GRIFFITHS		M50+	6		9	00:36:44	00:36:39	RES
76	346	STEVEN	FLOWERS		Senior Male	44	WYE VALLEY RUNNERS	1	00:36:45	00:36:42	RES
77	1660	NIGEL	PHILLIPS		M40+	15	SOSPAN ROAD RUNNERS	1	00:36:46	00:36:44	RES
78	3047	ROBERT	JOHN		M40+	16	FAIRWATER RUNNERS	1	00:36:48	00:36:46	RES
79	43	HANNAH	JARVIS	EAST WALES	Senior Female	5	DORKING & MOLE VALLEY AC	1	00:36:51	00:36:49	RES
80	1135	PAUL	GRAHAM		Senior Male	45	PONTYPRIDD ROADENTS AC	1	00:36:56	00:36:51	RES
81	46	KATH	MATTHEWS	EAST WALES TEAM	F35+	6	CHEPSTOW HARRIERS	1	00:36:58	00:36:58	RES
82	2583	CHARLES THOMAS	WALSH		M40+	17	PORT TALBOT HARRIERS	2	00:36:59	00:36:54	RES
83	1087	ALEX	SCOTT		Senior Male	46		10	00:37:00	00:36:53	RES
84	69	CHRIS	YORKE	NORTH WALES TEAM	M40+	18	NORTH WALES ROAD RUNNERS	2	00:37:03	00:37:02	RES
85	4203	JUSTIN	PHILLIPS		M40+	19	PONTYPRIDD ROADENTS AC	2	00:37:03	00:37:00	RES

86	1162	PETER	MORTON		Senior Male	47		11	00:37:12	00:37:11	RES
87	3114	ROBERT	DAVIES		M40+	20	ISLWYN RC	2	00:37:16	00:37:12	RES
88	1930	JON	BELCHER		Senior Male	48	LLISWERRY RUNNERS	3	00:37:18	00:37:15	RES
89	1618	GLYN	PRICE		M40+	21	SARN HELEN	1	00:37:18	00:37:13	RES
90	2244	NICK	MACKAY		Senior Male	49	SWANSEA HARRIERS	9	00:37:19	00:37:16	RES
91	643	DAMIAN	WILLIAMS		M40+	22	PARC BRYNBACH RUNNING CLUB	1	00:37:24	00:37:21	RES
92	40	CARYS	HUGHES	SOUTH WALES TEAM	Senior Female	6	LES CROUPIERS	6	00:37:29	00:37:27	RES
93	4075	ELIO	LEPORE		M60+	1	LES CROUPIERS	7	00:37:33	00:37:30	RES
94	2736	GARETH	AYRES		Senior Male	50	PORT TALBOT HARRIERS	3	00:37:34	00:37:33	RES
95	2436	ANDREW	DWYER		M40+	23		12	00:37:37	00:37:31	RES
96	1637	WAYNE	BOWEN		M40+	24	SWANSEA HARRIERS	10	00:37:39	00:37:32	RES
97	1126	BEN	PHILLIPS		Senior Male	51	PORT TALBOT HARRIERS	4	00:37:42	00:37:39	RES
98	2831	STEVE	COATES		M40+	25		13	00:37:46	00:37:33	RES
99	1798	JAMES	OCALLAGHAN		M40+	26		14	00:37:48	00:37:45	RES
100	3380	CERI	TAPPER		M40+	27		15	00:37:49	00:37:44	RES
101	3710	DAVE	JAMES		M50+	7	LES CROUPIERS	8	00:37:49	00:37:45	RES
102	429	ATTILA	GARAI		M40+	28		16	00:37:49	00:37:41	RES
103	824	MARTIN	SENIOR		M40+	29		17	00:37:50	00:37:45	RES
104	3673	DWAYNE	GRIFFITHS		Junior Male	6		18	00:37:50	00:37:39	RES

105	1212	MARCUS	BENNETTO		Senior Male	52	FOREST OF DEAN AC	1	00:37:52	00:37:43	RES
106	3109	ADAM	BRUCE-SMITH		Senior Male	53		19	00:37:55	00:37:50	RES
107	42	ANGHARAD	MAIR	SOUTH WALES TEAM	F45+	1	LES CROUPIERS	9	00:38:02	00:38:01	RES
108	2238	SIMON	REES		Senior Male	54		20	00:38:04	00:38:00	RES
109	1662	DAFYDD	LAMBETH		M40+	30		21	00:38:04	00:38:00	RES
110	67	DARREN	BLAZIER	NORTH WALES TEAM	M40+	31	ABERGELE HARRIERS	1	00:38:07	00:38:05	RES
111	207	STEVEN	SAUNDERS	ADMIRAL	M40+	32	ADMIRAL	1	00:38:11	00:38:00	RES
112	1655	TYLER	JONES		Senior Male	55		22	00:38:12	00:38:08	RES
113	2113	JOHNNY	LAM		M40+	33	SAN DOMENICO RRC	2	00:38:13	00:38:09	RES
114	3319	PHILIP	WILLIAMS		Senior Male	56	ISLWYN RC	3	00:38:15	00:38:11	RES
115	3337	CHRIS	LEWIS		Senior Male	57		23	00:38:20	00:38:11	RES
116	1736	COLIN	BRYCE		M40+	34		24	00:38:22	00:38:18	RES
117	3189	DAVID	JONES		Junior Male	7		25	00:38:23	00:38:21	RES
118	31	ALAW	BEYNON-THOMAS	WEST WALES	Senior Female	7	SWANSEA HARRIERS	11	00:38:23	00:38:22	RES
119	4316	ADRIAN	PADBURY		M40+	35		26	00:38:38	00:38:35	RES
120	1954	OWEN	MORRIS		Senior Male	58		27	00:38:44	00:38:33	RES
121	2245	DAMIEN	CARROLL		Junior Male	8		28	00:38:44	00:38:36	RES
122	1722	RICHARD	MARKS		M60+	2	SARN HELEN	2	00:38:45	00:38:40	RES

123	55	LOUISE	HOWELLS	EAST WALES TEAM	F35+	7	LLISWERRY RUNNERS	4	00:38:45	00:38:43	RES
124	2684	JEFFREY	GIANSIRACUSA		Senior Male	59		29	00:38:46	00:38:46	RES
125	1106	DAREN	SMITH		M40+	36	FOREST OF DEAN AC	2	00:38:48	00:38:41	RES
126	1409	JULIAN	BOON		M40+	37	FOREST OF DEAN AC	3	00:38:50	00:38:45	RES
127	1421	DANIEL	LEWIS		M40+	38	SAN DOMENICO RRC	3	00:38:50	00:38:47	RES
128	324	IAN	BIRD		Senior Male	60	PORT TALBOT HARRIERS	5	00:38:52	00:38:49	RES
129	3972	GABRIELIUS	STUOKUS		Senior Male	61		30	00:38:53	00:38:53	RES
130	56	JANE	HORLER	EAST WALES TEAM	F35+	8	CHEPSTOW HARRIERS	2	00:38:53	00:38:47	RES
131	1691	LEYTON	FLEET		M40+	39	FOREST OF DEAN AC	4	00:38:55	00:38:47	RES
132	54	NICOLA	GETHING	EAST WALES TEAM	F45+	2	PARC BRYN BACH	2	00:38:58	00:38:55	RES
133	3575	EMYR	JONES		M40+	40		31	00:39:01	00:38:55	RES
134	2094	SHAHIN	MEHRABAN		Senior Male	62		32	00:39:01	00:38:46	RES
135	901	MATT	YELLAND		Senior Male	63		33	00:39:02	00:38:57	RES
136	2770	MICHAEL	SULLIVAN		Senior Male	64		34	00:39:03	00:38:55	RES
137	2898	ANDREW	HUGHES		M40+	41		35	00:39:05	00:38:59	RES

138	1195	GAIR	MCADIE		Senior Male	65		36	00:39:08	00:38:57	RES
139	743	ALEX	WILLIAMS		M40+	42	PORT TALBOT HARRIERS	6	00:39:09	00:39:04	RES
140	1642	FRANKIE	WARD		M40+	43		37	00:39:09	00:38:17	RES
141	2980	ALAN	URWIN		Senior Male	66		38	00:39:10	00:38:55	RES
142	1181	MIKE	GUY		Senior Male	67		39	00:39:12	00:39:08	RES
143	3396	MALCOLM	O'BRIEN		Senior Male	68		40	00:39:12	00:39:04	RES
144	1061	MIKE	GLEESON		M40+	44	SWANSEA HARRIERS	12	00:39:14	00:39:11	RES
145	3986	STEVEN	SMITH		M40+	45		41	00:39:14	00:39:09	RES
146	3160	SHAUN	LOMBARDO		Senior Male	69		42	00:39:15	00:38:55	RES
147	3927	MARTIN	JONES		Senior Male	70	ISLWYN RC	4	00:39:15	00:39:11	RES
148	938	JOHN	MORGAN		M50+	8	BRIDGEND AC	2	00:39:17	00:39:06	RES
149	1901	JAMIE	BEST		M40+	46	SOSPAN ROAD RUNNERS	2	00:39:17	00:39:12	RES
150	2075	EMILY	BROWN		Senior Female	8	CARDIFF AAC	2	00:39:18	00:39:17	RES
151	334	SEAN	MCNALLY		Senior Male	71		43	00:39:20	00:39:12	RES
152	1213	DAVID	MILLER		Senior Male	72	BUILTH & DISTRICT	1	00:39:21	00:39:15	RES
153	39	SALLY	WILDER	SOUTH WALES TEAM	F35+	9	SAN DOMENICO RRC	4	00:39:22	00:39:19	RES
154	4056	JOHN	HILL		Senior Male	73	BRIDGEND AC	3	00:39:24	00:39:15	RES

155	3237	STEPHEN	HARRIES		M40+	47		44	00:39:25	00:39:03	RES
156	2061	GERALD	BRACE		M40+	48		45	00:39:26	00:39:18	RES
157	124	STEVEN	MCCUAIG	ADMIRAL	Senior Male	74	ADMIRAL	2	00:39:28	00:39:22	RES
158	3552	MATTHEW	REES		Senior Male	75		46	00:39:31	00:39:24	RES
159	3786	SCOTT	MORRIS		Senior Male	76		47	00:39:32	00:39:24	RES
160	178	ADAM	MORTON	ADMIRAL	Senior Male	77	ADMIRAL	3	00:39:34	00:39:20	RES
161	805	GLYN	SANSOM		M50+	9	SAN DOMENICO RRC	5	00:39:35	00:39:31	RES
162	33	HELEN	MARSHALL	WEST WALES TEAM	F35+	10	SWANSEA HARRIERS	13	00:39:36	00:39:34	RES
163	79	ANGELA	JONES	EAST WALES TEAM	F45+	3	FAIRWATER CWMBRAN	1	00:39:36	00:39:33	RES
164	269	SIMON	GILL		Senior Male	78	LLISWERRY RUNNERS	5	00:39:37	00:39:34	RES
165	944	JOSH	SPARKS		Junior Male	9		48	00:39:39	00:39:26	RES
166	690	EVAN	GRIFFITHS		Senior Male	79		49	00:39:41	00:39:33	RES
167	4278	KRIS	BUTTON		Senior Male	80		50	00:39:43	00:39:34	RES
168	3802	MARK	HAWTIN		M40+	49		51	00:39:44	00:39:13	RES
169	3896	ALEX	WILKS		Senior Male	81		52	00:39:44	00:39:34	RES
170	4161	PAUL	REES		M50+	10	PORT TALBOT HARRIERS	7	00:39:46	00:39:38	RES

171	78	OWEN	FLAGE	EAST WALES TEAM	M40+	50	OLDHAM & ROYTON HARRIERS	1	00:39:47	00:39:43	RES
172	52	CLARE	PHILLIPS	WEST WALES TEAM	F45+	4	PORT TALBOT HARRIERS	8	00:39:47	00:39:45	RES
173	2384	NEIL	MORGAN		M40+	51		53	00:39:48	00:39:40	RES
174	2834	STEVE	WILLIAMS		M50+	11	NEATH HARRIERS	3	00:39:49	00:39:43	RES
175	3095	STEVEN WARREN	DINHAM		Senior Male	82	PORT TALBOT HARRIERS	9	00:39:49	00:39:42	RES
176	3282	STEVEN	JONES		M40+	52	PORT TALBOT HARRIERS	10	00:39:50	00:39:42	RES
177	698	IAN	BELL		M50+	12	SAN DOMENICO RRC	6	00:39:51	00:39:45	RES
178	2165	JOE	CONNORS		Junior Male	10	YATE AND DISTRICT AC	1	00:39:54	00:39:47	RES
179	3730	JONATHAN	JARVIS		Senior Male	83	RUN4ALL RUNNING CLUB	1	00:39:54	00:39:47	RES
180	3363	RICHARD	REES		Senior Male	84		54	00:39:55	00:39:50	RES
181	1620	ROBERT	EVANS		M60+	3	LES CROUPIERS	10	00:39:56	00:39:46	RES
182	245	IAN	PHILLIPS	ADMIRAL	Senior Male	85	ADMIRAL	4	00:39:57	00:39:36	RES
183	2318	ALUN	JONES		Senior Male	86		55	00:39:57	00:39:13	RES
184	1891	HUGH	JANNEY		M40+	53	AMMAN VALLEY HARRIERS	2	00:39:58	00:39:46	RES

185	2782	LEIGH	JAMES		Senior Female	9	WELSH ANGLO ATHLETICS	2	00:39:58	00:39:54	RES
186	3274	ANTHONY	NUTTALL		Senior Male	87		56	00:39:59	00:39:47	RES
187	4303	STEVE	SMITH		M50+	13	ACTIVE SWANSEA	1	00:40:00	00:39:32	RES
188	3890	MARTIN	FLEAR		Senior Male	88		57	00:40:03	00:39:51	RES
189	968	JAMIE	STEDMAN		Senior Male	89	LLANELLI AC	1	00:40:05	00:39:55	RES
190	3117	LLYR	AB EINION		Junior Male	11	ABERYSTWYTH AC	2	00:40:09	00:39:58	RES
191	125	GARETH	ROWLANDS	ADMIRAL	Senior Male	90	ADMIRAL	5	00:40:11	00:39:44	RES
192	826	KEITH	GITTINS		M50+	14	CAERLEON RC	1	00:40:11	00:40:05	RES
193	1830	STUART	BOOKER		Junior Male	12	LUDLOW RUNNERS	1	00:40:11	00:39:52	RES
194	1145	JASON	BRAND		M40+	54		58	00:40:16	00:39:55	RES
195	1876	ANDREW	BOWEN		M40+	55		59	00:40:17	00:39:42	RES
196	2759	ALANA	SEAMAN		Senior Female	10		60	00:40:17	00:40:11	RES
197	3458	CHRISTOPHER	LEWIS		Senior Male	91	RUN4ALL RUNNING CLUB	2	00:40:19	00:40:12	RES
198	3969	DAVID	REES		Senior Male	92		61	00:40:19	00:40:06	RES
199	38	FFION	DAVIES	SOUTH WALES TEAM	Senior Female	11	PONTYPRIDD ROADENTS	3	00:40:20	00:40:15	RES

200	4265	SEAN	THOMASSON		Senior Male	93	PARC BRYNBACH RUNNING CLUB	2	00:40:20	00:40:12	RES
201	4105	NATHAN	JAMES		Senior Male	94		62	00:40:22	00:40:17	RES
202	4053	SUSANNAH	BULPIN		F35+	11	SAN DOMENICO RRC	7	00:40:24	00:40:18	RES
203	3344	TREVOR	HEDGES		Senior Male	95		63	00:40:25	00:40:18	RES
204	2427	DARREN	STEVENS		M40+	56	MERTHYR RUNNING CLUB	1	00:40:25	00:40:15	RES
205	1034	JON	HANCOCK		M40+	57	TROTS	2	00:40:27	00:40:21	RES
206	1085	RAY	GREENHOUSE		M50+	15	EBBW VALE RC	1	00:40:27	00:40:20	RES
207	1470	BRIAN	LOVETT		M40+	58		64	00:40:27	00:40:21	RES
208	2395	TIM	OWEN		M50+	16	BRIDGEND AC	4	00:40:29	00:40:25	RES
209	3844	HUW	ROBERTS		M50+	17	BRIDGEND AC	5	00:40:29	00:40:25	RES
210	2048	WILLIAM	FERGUSON		M50+	18		65	00:40:32	00:40:23	RES
211	3834	NEIL	NAVARRA		Senior Male	96		66	00:40:34	00:39:48	RES
212	629	JONATHAN	CARRICK		Senior Male	97		67	00:40:36	00:40:07	RES
213	4176	HOWARD	OWEN		Senior Male	98	LES CROUPIERS	11	00:40:38	00:40:29	RES
214	185	TIM	PHILLIPS	ADMIRAL	Senior Male	99	ADMIRAL	6	00:40:39	00:40:34	RES
215	3006	RICHARD	POWLES		M40+	59	FOREST OF DEAN AC	5	00:40:40	00:40:32	RES

216	2337	DAN	REILLY		Senior Male	100		68	00:40:43	00:40:36	RES
217	1975	MICK	MCGEOCH		M60+	4		69	00:40:43	00:40:35	RES
218	51	SHARON	LEECH	WEST WALES TEAM	F45+	5	CARMARTHEN HARRIERS	1	00:40:43	00:40:39	RES
219	765	DANIEL	BOLTON		Senior Male	101		70	00:40:44	00:40:31	RES
220	2689	STEVEN	LANE		M40+	60	ISLWYN RC	5	00:40:44	00:40:40	RES
221	4282	MARK	GOSNEY		Senior Male	102	3MS GORSEINON ROAD RUNNERS	2	00:40:46	00:40:29	RES
222	66	TRACEY	LLEWELLYN	NORTH WALES TEAM	F35+	12	CYBI STRIDERS	1	00:40:47	00:40:44	RES
223	619	ROBIN	EDWARDS		M40+	61		71	00:40:48	00:40:37	RES
224	3793	NEIL G	DAVIES		M40+	62		72	00:40:50	00:40:29	RES
225	941	DEAN	GODSALL		Senior Male	103		73	00:40:50	00:40:39	RES
226	641	MATTHEW	DAVIES		Senior Male	104		74	00:40:52	00:40:42	RES
227	954	HOWARD	KENT		M60+	5	LES CROUPIERS	12	00:40:52	00:40:47	RES
228	2738	CHRISTOPHER	FRANCIS		Senior Male	105	3MS GORSEINON ROAD RUNNERS	3	00:40:52	00:40:36	RES
229	4184	DANIEL	OSBORNE		Senior Male	106		75	00:40:58	00:40:31	RES

230	65	JAY	JENNIONS	NORTH WALES TEAM	F35+	13	DEESTRIDERS RC	1	00:41:01	00:40:57	RES
231	2339	CHRIS	WILLIAMS		Senior Male	107		76	00:41:03	00:40:38	RES
232	821	OWAIN	WILLIAMS		Senior Male	108	RUN4ALL RUNNING CLUB	3	00:41:04	00:40:55	RES
233	3782	JOSHUA	CASHELL		Junior Male	13		77	00:41:08	00:40:43	RES
234	3137	RACHEL	EVANS		F35+	14	RUN4ALL RUNNING CLUB	4	00:41:11	00:41:03	RES
235	774	JAMES	GRIFFITHS		Senior Male	109		78	00:41:11	00:41:01	RES
236	3085	JASON	EVANS		Senior Male	110		79	00:41:13	00:41:05	RES
237	3190	DAVID	JONES		M40+	63		80	00:41:14	00:40:59	RES
238	2805	GAIL	DUCKWORTH		F55+	1	LEIGHTON BUZZARD ATHLETIC CLUB	1	00:41:17	00:41:11	RES
239	550	JADE	WAKLEY		Senior Female	12	EAST WALES TEAM / CAERLEON RC	1	00:41:19	00:41:12	RES
240	3405	SIMON	CRANE		Senior Male	111		81	00:41:20		RES
241	3557	KEVIN ANTHONY	JONES		M40+	64	LES CROUPIERS	13	00:41:20	00:41:05	RES
242	1992	JAMES	RICHMOND		Senior Male	112		82	00:41:21	00:41:14	RES
243	3280	DAVID	ASHMORE		Senior Male	113		83	00:41:21	00:41:09	RES

244	109	GERAINT	JONES	ADMIRAL	Senior Male	114	ADMIRAL	7	00:41:23	00:41:12	RES
245	1972	MARTIN	GRAVES		M40+	65		84	00:41:24	00:40:56	RES
246	1755	ADAM	COOKE		M40+	66		85	00:41:26	00:41:17	RES
247	443	CHRIS	MACKAY		Senior Male	115		86	00:41:27	00:41:05	RES
248	3014	RHYS	JONES		Senior Male	116		87	00:41:30	00:41:24	RES
249	975	LEWIS	TONKS		Senior Male	117		88	00:41:31	00:41:07	RES
250	4128	JESSICA	WADEY		Junior Female	2		89	00:41:31	00:41:00	RES
251	4207	MATT	TOOZE		M40+	67		90	00:41:31	00:41:20	RES
252	1641	DAN	JOHNS		Senior Male	118	BRECON AC	2	00:41:35	00:41:23	RES
253	3713	PETER	HECKLES		Senior Male	119		91	00:41:36	00:41:21	RES
254	1020	ANDREW M	DAVIES		Senior Male	120		92	00:41:37	00:41:28	RES
255	2351	KEVIN	PLANK		M40+	68		93	00:41:37	00:41:21	RES
256	3714	MATTHEW	SMITH		Senior Male	121	PRESTATYN RC	1	00:41:41	00:41:37	RES
257	1298	PAUL	ABRAHAM		M50+	19		94	00:41:41	00:41:21	RES
258	4127	ALAN	WADEY		M40+	69		95	00:41:41	00:41:08	RES
259	775	ARON	JONES		Senior Male	122	3MS GORSEINON ROAD RUNNERS	4	00:41:42	00:41:25	RES
260	2812	ALUN	EVANS		M50+	20		96	00:41:43	00:41:40	RES
261	2819	ALEX	GRAHAM		Senior Male	123	RUN4ALL RUNNING CLUB	5	00:41:43	00:41:15	RES

262	4205	SARAH	BELL		F35+	15	CHEPSTOW HARRIERS	3	00:41:44	00:41:32	RES
263	37	GABRIELLA	BOOTH	SOUTH WALES TEAM	Senior Female	13	LES CROUPIERS	14	00:41:46	00:41:42	RES
264	3956	SAMUEL	JONES		Senior Male	124		97	00:41:51	00:41:44	RES
265	71	EMMA	COLLINS	NORTH WALES TEAM	F45+	6	DENBIGH HARRIERS	2	00:41:52	00:41:48	RES
266	3554	IAN	MORGAN		Senior Male	125		98	00:41:53	00:41:34	RES
267	1114	ROD	HARRIS		M50+	21		99	00:41:53	00:41:34	RES
268	1922	JASON	JAMES		M40+	70		100	00:41:56	00:41:50	RES
269	1109	CHRIS	LLOYD		Senior Male	126		101	00:41:56	00:41:38	RES
270	514	MICHAEL	WILLIAMS		M40+	71	SWANSEA HARRIERS	14	00:41:56	00:41:49	RES
271	4181	GARETH	HUMPHREYS		Senior Male	127		102	00:41:57	00:41:42	RES
272	3289	PAUL	CULLEN		M40+	72		103	00:41:59	00:41:36	RES
273	3104	ASHLEY	CULLEN		Senior Male	128		104	00:41:59	00:41:36	RES
274	1907	TERRY	O'BRIEN		M50+	22		105	00:42:00	00:41:45	RES
275	911	DAVID	BEMBO		M40+	73		106	00:42:01	00:41:52	RES
276	1957	MICHELLE	COLE		F35+	16		107	00:42:02	00:41:56	RES
277	1290	DAN	JONES		Senior Male	129		108	00:42:02	00:41:44	RES
278	1871	CARL	URQUHART		M50+	23	PONT Y PWL & DISTRICT RUNNERS	1	00:42:03		RES
279	2669	MARTYN	BIDWELL		M50+	24		109	00:42:04	00:41:48	RES

280	3101	MATTHEW	CURTIS		Senior Male	130		110	00:42:13	00:41:57	RES
281	529	STEPHEN	SCOTT		M40+	74		111	00:42:13	00:41:42	RES
282	4026	LLOYD	COTTRELL		Junior Male	14	LLISWERRY RUNNERS	6	00:42:15	00:42:03	RES
283	3167	WIM	HOLLEBRANDSE		M40+	75		112	00:42:16	00:42:03	RES
284	2791	NATHAN	FLEAR		Senior Male	131		113	00:42:17	00:42:01	RES
285	1547	JASON	DICKINSON		M40+	76	TROTS	3	00:42:18	00:42:13	RES
286	140	SEAN	WOODMAN	ADMIRAL	Senior Male	132	ADMIRAL	8	00:42:19	00:42:10	RES
287	985	GARETH	DAVIES		M40+	77	BRIDGEND AC	6	00:42:20	00:42:07	RES
288	3958	STEPHEN	NEIL		Senior Male	133		114	00:42:20	00:41:58	RES
289	2068	ALAN	HALL		Senior Male	134	PORT TALBOT HARRIERS	11	00:42:22	00:42:08	RES
290	666	NED	GILL		Senior Male	135		115	00:42:22	00:42:17	RES
291	595	SIAN	TRACE		Senior Female	14		116	00:42:23	00:42:11	RES
292	3867	NEIL	DAVIES		Senior Male	136		117	00:42:24	00:42:05	RES
293	60	ANEST	MULLER	NORTH WALES TEAM	Senior Female	15	W CHESHIRE AC	1	00:42:25	00:42:21	RES
294	50	HAZEL	CRAVEN	SOUTH WALES TEAM	F35+	17	LES CROUPIERS	15	00:42:26	00:42:21	RES
295	895	DREW	WEBBER		Senior Male	137	BRACKLA HARRIERS	1	00:42:27	00:42:18	RES

296	3564	JOSHUA	WHITAKER		Senior Male	138		118	00:42:30	00:42:16	RES
297	1600	STEPHEN	HUGHES		Junior Male	15		119	00:42:31	00:42:20	RES
298	2613	TOM	AVINGTON		Senior Male	139		120	00:42:32	00:42:16	RES
299	571	NICHOLAS	MERRONY		M50+	25		121	00:42:32	00:42:23	RES
300	1475	ALED	WILLIAMS		Senior Male	140		122	00:42:33	00:42:26	RES
301	2621	CHRIS	WILLIAMS		Senior Male	141		123	00:42:34	00:42:28	RES
302	3161	CARWYN	JENKINS		M40+	78	3MS GORSEINON ROAD RUNNERS	5	00:42:34	00:42:17	RES
303	393	ALAN	ROBERTSON		M60+	6	FOREST OF DEAN AC	6	00:42:35		RES
304	981	JOHN	SEAWARD		Senior Male	142	SAN DOMENICO RRC	8	00:42:37	00:42:31	RES
305	569	CALVIN	HOLD		M40+	79	SWANSEA HARRIERS	15	00:42:37	00:42:33	RES
306	4083	PAUL	MARTIN		Senior Male	143		124	00:42:38	00:42:21	RES
307	746	JAMES	HOLLOWAY		Senior Male	144		125	00:42:38	00:42:23	RES
308	1363	MARY	BOWEN-REES		F45+	7	TROTS	4	00:42:39	00:42:34	RES
309	1567	SCOTT	WILLIAMS		Senior Male	145		126	00:42:41	00:42:16	RES
310	4088	GAVIN	THOMAS		Senior Male	146		127	00:42:45	00:42:38	RES
311	1245	NEIL	DAVIES		M50+	26		128	00:42:46	00:42:19	RES

312	3586	PAUL	BOUSTON		M40+	80	WYE VALLEY RUNNERS	2	00:42:47	00:42:17	RES
313	1599	ANDREW	PROCTOR		Senior Male	147		129	00:42:48	00:42:18	RES
314	1225	ELIN	MORGAN		Senior Female	16		130	00:42:49	00:42:42	RES
315	1934	MELANIE	DAVIES		Senior Female	17		131	00:42:50	00:42:15	RES
316	351	BYRON	NICHOLAS		M40+	81		132	00:42:50	00:42:08	RES
317	4313	ALICE	SULLIVAN		F35+	18		133	00:42:50	00:42:40	RES
318	3642	SALLY	MUNRO		F35+	19		134	00:42:52	00:42:35	RES
319	4113	STEVEN	BENNETT		M40+	82		135	00:42:53	00:42:32	RES
320	62	GEMMA	MORGANS	NORTH WALES TEAM	Senior Female	18	ERYRI HARRIERS	1	00:42:53	00:42:50	RES
321	2039	LEIGH	FENNELL		M40+	83		136	00:42:56	00:42:48	RES
322	492	OWEN	DAVIES		M40+	84	SWANSEA HARRIERS	16	00:42:57	00:42:49	RES
323	3116	IAN	TRICK		Senior Male	148		137	00:42:57	00:42:42	RES
324	3675	PHILIP	CUSHION		Senior Male	149		138	00:42:58	00:42:42	RES
325	3534	RICHARD	BAKER		Senior Male	150	PONTARDAWE RUNNING CLUB	1	00:42:59	00:42:47	RES
326	565	NICK	VENABLES		Senior Male	151		139	00:43:01	00:42:52	RES
327	632	HELEN- MARIE	DAVIES		F35+	20	WEST WALES TEAM / SWANSEA HARRIERS	4	00:43:01	00:42:41	RES

328	191	STEVEN	TAYLOR	ADMIRAL	Senior Male	152	ADMIRAL	9	00:43:04	00:42:55	RES
329	459	RICHARD	DREWETT		M50+	27		140	00:43:04	00:42:55	RES
330	2867	HELEN	JONES		F45+	8	PORT TALBOT HARRIERS	12	00:43:04	00:42:50	RES
331	422	STEPHEN	PHILLIPS		Senior Male	153		141	00:43:06	00:42:46	RES
332	1408	PETER	COOK		M40+	85	READING ROAD RUNNERS	1	00:43:06	00:42:34	RES
333	63	AMIE	BAGNALL	NORTH WALES TEAM	Senior Female	19	SALFORD HARRIERS	1	00:43:07	00:43:03	RES
334	3855	GARETH	POWELL		M40+	86		142	00:43:09	00:42:43	RES
335	72	SAMANTHA	DUTTON	NORTH WALES TEAM	F35+	21	BUCKLEY RUNNERS CLUB	2	00:43:10	00:43:06	RES
336	4245	OLIVER	RENNISON		Junior Male	16		143	00:43:11	00:43:01	RES
337	942	BARRY	GRIFFITHS		M50+	28	BRECON AC	3	00:43:12	00:42:59	RES
338	1811	LAURA	DAVIES		Senior Female	20	DRAGONS RUNNING CLUB	1	00:43:13	00:42:51	RES
339	1576	DARREN	CHAPPLE		M40+	87	RUN4ALL RUNNING CLUB	6	00:43:13	00:42:55	RES
340	789	GARETH	SPUFFARD		Senior Male	154		144	00:43:16	00:43:03	RES
341	2176	SHANE	WILLIAMS		Senior Male	155		145	00:43:17	00:42:52	RES
342	4005	ALAN	PORTER		M40+	88		146	00:43:20	00:42:58	RES
343	3649	MARTIN	TURTON		M40+	89		147	00:43:21	00:43:08	RES
344	3541	HEATH	BRETT		M40+	90		148	00:43:22	00:43:03	RES

345	3487	NEIL	O'MAHONEY		Senior Male	156		149	00:43:22	00:42:01	RES
346	3186	DAVID	GARCIA RUIZ		Senior Male	157		150	00:43:23	00:42:15	RES
347	45	GEORGIE	PRIOR	EAST WALES TEAM	Senior Female	21	CHEPSTOW HARRIERS	4	00:43:23	00:43:18	RES
348	1278	MICHAEL	BENNS		M40+	91		151	00:43:24	00:43:15	RES
349	3623	JAMES	GWYTHYR		M40+	92	SWANSEA HARRIERS	17	00:43:24	00:43:12	RES
350	3036	MATHEW	GILES		Senior Male	158	RUN4ALL RUNNING CLUB	7	00:43:24	00:43:06	RES
351	2285	OLIVER	LONGMORE		Senior Male	159		152	00:43:24	00:43:12	RES
352	452	JEFF	DAVIES		M60+	7	MEIRIONYDD RUNNING CLUB	1	00:43:25	00:43:13	RES
353	1268	SIAN	BEDDOE		F55+	2		153	00:43:26	00:43:02	RES
354	1395	ROSS	GRIBBLE		Senior Male	160	3MS GORSEINON ROAD RUNNERS	6	00:43:28	00:43:08	RES
355	1449	PAUL	MILNER		M40+	93		154	00:43:28	00:43:15	RES
356	3624	IAN	BATER		M40+	94		155	00:43:30	00:43:09	RES
357	919	ALAN	DAGLISH		M60+	8	LUTON ATHLETIC CLUB	2	00:43:30	00:43:25	RES
358	2608	CRAIG	GAMBELL		Senior Male	161		156	00:43:31	00:43:05	RES
359	478	IAN	WALFORD		Senior Male	162		157	00:43:33	00:43:01	RES

360	2633	JAMES	HOPKINS		Senior Male	163		158	00:43:34	00:43:10	RES
361	1419	PETER	ELLISON		M40+	95		159	00:43:35	00:43:21	RES
362	1346	JOHN	YOUNG		M40+	96		160	00:43:36	00:43:20	RES
363	1796	STEVEN	BADGER		M40+	97		161	00:43:37	00:43:10	RES
364	4212	BECCA	JONES		F35+	22	BRECON AC	4	00:43:37	00:43:25	RES
365	3130	CATHERINE	STEPHENS		F35+	23		162	00:43:37	00:43:26	RES
366	745	MICHAEL	OLIVER		Junior Male	17		163	00:43:38	00:43:34	RES
367	4086	ANDREW	COURTS		M50+	29	PORT TALBOT HARRIERS	13	00:43:40	00:43:27	RES
368	220	STUART	LUKINS	ADMIRAL	M40+	98	ADMIRAL	10	00:43:41	00:43:17	RES
369	1174	COLIN	WELLSTEAD		M50+	30		164	00:43:41	00:43:21	RES
370	2166	NERYS	JONES		F35+	24	RUN4ALL RUNNING CLUB	8	00:43:42	00:43:26	RES
371	3283	NATHAN	JONES		Senior Male	164		165	00:43:43	00:43:15	RES
372	2036	CHRIS	OSBORNE		M50+	31		166	00:43:43	00:43:27	RES
373	3346	MARK	COLEMAN		Senior Male	165		167	00:43:45	00:42:20	RES
374	3350	ALISTAIR	THOMSON		Senior Male	166	PORTHCAWL HARRIERS	1	00:43:45	00:43:32	RES
375	2711	MALCOLM	BRADLEY		M60+	9	PENARTH & DINAS RUNNERS	2	00:43:45	00:43:21	RES
376	2656	ANTONY	METCALFE		M40+	99		168	00:43:47	00:43:20	RES
377	299	TIMOTHY	JONES		Senior Male	167		169	00:43:48	00:43:31	RES
378	2507	DANIEL	MORGAN		Senior Male	168	SWANSEA HARRIERS	18	00:43:49	00:43:40	RES
379	4029	KATIE	MORRIS		Senior Female	22	SOSPAN ROAD RUNNERS	3	00:43:51	00:43:34	RES

380	2875	LOUISE	JONES-EVANS		F45+	9		170	00:43:52	00:43:43	RES
381	3798	LINDY	EYNON		F55+	3	TROTS	5	00:43:52	00:43:39	RES
382	2234	MICHAEL H	DAVIES		M60+	10	LES CROUPIERS	16	00:43:52	00:43:31	RES
383	196	JOSHUA	DAVIES	ADMIRAL	Senior Male	169	ADMIRAL	11	00:43:53	00:41:02	RES
384	2828	PETER	JONES		M50+	32		171	00:43:54	00:42:10	RES
385	2130	GARETH	DAVIES		M40+	100	OXFORD CITY AC	1	00:43:55	00:43:33	RES
386	1032	CARITAS	ADERE		Senior Male	170		172	00:43:55	00:43:02	RES
387	1989	HUW	DAVIES		M40+	101	CARMARTHEN AND DISTRICT HARRIERS	1	00:43:56	00:43:33	RES
388	558	GERAINT	WILLIAMS		Senior Male	171		173	00:43:59	00:43:36	RES
389	3149	JUSTIN	SHOWELL		M40+	102	FENLAND RUNNING CLUB	1	00:43:59	00:43:38	RES
390	4151	KEVIN	HALE		M40+	103		174	00:44:00	00:43:37	RES
391	1940	JAMES	KEMP		Senior Male	172		175	00:44:02	00:43:52	RES
392	1485	CHERYL	EVANS		Senior Female	23	LES CROUPIERS	17	00:44:02	00:43:46	RES
393	2364	SAM	CORFIELD		Senior Male	173		176	00:44:03	00:43:44	RES
394	2399	MIKE	ROSE		M50+	33		177	00:44:05	00:43:57	RES
395	4308	TIM	FRY		Senior Male	174		178	00:44:05	00:43:59	RES
396	1380	GARETH	VERNAU		Senior Male	175		179	00:44:06	00:43:21	RES

397	3536	ANDREW	BARRY		M50+	34	LLISWERRY RUNNERS	7	00:44:06	00:43:42	RES
398	4259	BRYAN	JONES		M50+	35		180	00:44:06	00:43:38	RES
399	1959	DAWN	EVANS		F45+	10		181	00:44:07	00:43:34	RES
400	2118	MARK	TAYLOR		Senior Male	176		182	00:44:07	00:43:51	RES
401	1043	GERARD	SHIEL		Senior Male	177		183	00:44:07	00:43:23	RES
402	1758	IAN	TAYLOR		Senior Male	178		184	00:44:07	00:44:04	RES
403	2239	TIM	WASHBROOK		Senior Male	179		185	00:44:09	00:43:58	RES
404	1941	RACHEL	BOWEN		F35+	25	LLISWERRY RUNNERS	8	00:44:10	00:43:44	RES
405	1402	PAUL	EDWARDS		M60+	11	VEGAN RUNNERS UK	1	00:44:11	00:44:05	RES
406	990	HUW	WILLIAMS		Junior Male	18		186	00:44:11	00:43:45	RES
407	2350	DAN	HALL		Junior Male	19		187	00:44:11	00:42:40	RES
408	3342	CLIVE	OSMOND		M50+	36	LES CROUPIERS	18	00:44:12	00:43:50	RES
409	3327	PETER	HARTLEY- GREEN		M40+	104		188	00:44:12	00:43:59	RES
410	2085	MICHAEL	HUGHES		M40+	105		189	00:44:13	00:43:39	RES
411	547	DANNY	JAMES		Senior Male	180		190	00:44:13	00:43:52	RES
412	2949	ALAN	WATTS		Senior Male	181		191	00:44:14	00:43:53	RES
413	1704	HELEN	OLIVER		Senior Female	24	WINCHESTER & DISTRICT AC	1	00:44:14	00:43:46	RES
414	3196	SHERRYL	HALL		F45+	11	FOREST OF DEAN AC	7	00:44:15	00:44:05	RES

415	1300	PHILIP	MEYLER		M60+	12	PONTYPRIDD ROADENTS AC	3	00:44:16	00:44:09	RES
416	4036	KELLY	DRISCOLL		Senior Female	25		192	00:44:17	00:44:09	RES
417	2787	KIERAN	MCGLYNN		Senior Male	182		193	00:44:17	00:44:04	RES
418	61	RACHEL	SHIPLEY	NORTH WALES TEAM	Senior Female	26	ABERGELE HARRIERS	2	00:44:19	00:44:15	RES
419	2734	DAVID	WILLIAMS		M40+	106		194	00:44:19	00:44:11	RES
420	495	ANDREW	KAYE		M50+	37	FOREST OF DEAN AC	8	00:44:24		RES
421	3259	EDWARD	REES		Senior Male	183		195	00:44:24	00:43:58	RES
422	3146	JOHN	REES		M50+	38		196	00:44:26	00:43:14	RES
423	1235	NEIL	HORSLEY		M60+	13	NEATH HARRIERS	4	00:44:26	00:44:14	RES
424	3734	DAVID	LAMB		Senior Male	184		197	00:44:26	00:44:04	RES
425	1587	STEPHEN	DAVEY		Senior Male	185		198	00:44:27	00:43:42	RES
426	2224	DAVE	POWNER		M40+	107	BOURNEVILLE HARRIERS	1	00:44:28	00:44:05	RES
427	515	JOANNE	REES		F35+	26	RHAYADER AC	1	00:44:32	00:44:18	RES
428	419	OWAIN	DAVID		Senior Male	186		199	00:44:33	00:44:08	RES
429	2043	MARK	GOVIER		Senior Male	187		200	00:44:33	00:44:16	RES
430	440	BRYAN	MEREDITH		M50+	39	RHONDDA VALLEY RUNNERS	1	00:44:34	00:44:10	RES

431	768	KARL	WILLIAMS		Senior Male	188		201	00:44:34	00:44:03	RES
432	598	JAMES	EDY		Senior Male	189		202	00:44:34	00:43:54	RES
433	1633	CARYL	WILLIAMS-FORD		F35+	27	SOSPAN ROAD RUNNERS	4	00:44:37	00:44:20	RES
434	1387	TONY	POWNALL		M50+	40	FOREST OF DEAN AC	9	00:44:38	00:44:21	RES
435	3016	DOMINIC	SHIELDS		M50+	41	SAN DOMENICO RRC	9	00:44:39	00:44:29	RES
436	621	KEVIN	PUGH		M50+	42		203	00:44:39	00:44:13	RES
437	4152	JAKE	LYNCH		Senior Male	190		204	00:44:40	00:44:26	RES
438	4119	GERAINT	HOBBS		Senior Male	191		205	00:44:41	00:44:17	RES
439	372	CHRISTOPHER	MOORE		M60+	14	FOREST OF DEAN AC	10	00:44:41	00:44:28	RES
440	1946	NEIL	JONES		Senior Male	192		206	00:44:42	00:44:17	RES
441	1570	TOM	PERRY		Junior Male	20		207	00:44:42	00:43:58	RES
442	594	LLOYD	DAVIES		Senior Male	193		208	00:44:42	00:44:08	RES
443	4003	GEORGES	VIDEAU		M50+	43		209	00:44:44	00:44:25	RES
444	3970	JOSHUA	BLACKMORE		Senior Male	194		210	00:44:45	00:44:32	RES
445	2489	TOBY	WELLS		Senior Male	195		211	00:44:46	00:44:02	RES
446	4274	TERRY	JONES		Senior Male	196		212	00:44:47	00:44:31	RES

447	612	ANDREW	EVANS		Senior Male	197	RUN4ALL RUNNING CLUB	9	00:44:47	00:44:28	RES
448	3538	KEVIN	CHALLINOR		M50+	44	DEESIDE AAC	1	00:44:48	00:44:37	RES
449	3035	PETER	O'KANE		M40+	108		213	00:44:50	00:44:36	RES
450	2272	CHRIS	JONES		Senior Male	198		214	00:44:50	00:44:17	RES
451	2943	JOE	IVINS		Senior Male	199		215	00:44:52	00:44:22	RES
452	385	ANDREW	EVANS		M50+	45		216	00:44:52	00:44:31	RES
453	1329	MICK	GRANT		M50+	46	ROAD RUNNERS CLUB	1	00:44:53	00:44:38	RES
454	1994	REBECCA	MILLER		Junior Female	3	DERBY ATHLETIC CLUB	1	00:44:54	00:44:35	RES
455	3916	DANIEL	GRAHAM		Senior Male	200		217	00:44:54	00:44:26	RES
456	3453	IFAN	THORNE		Senior Male	201		218	00:44:54	00:44:36	RES
457	130	LEIGH	MANLEY	ADMIRAL	Senior Male	202	ADMIRAL	12	00:44:55	00:44:39	RES
458	2466	JAMIE	MCMEEKING		Senior Male	203		219	00:44:55	00:44:26	RES
459	3612	LUKE	HARRIS		Junior Male	21		220	00:44:56	00:44:36	RES
460	2000	PAUL	HARRIS		M40+	109		221	00:44:57	00:44:43	RES
461	1334	CARL	CROUCH		M40+	110		222	00:44:57	00:44:33	RES
462	3440	JOHN	DAVIS		M40+	111		223	00:44:58	00:44:39	RES
463	2177	DAFYDD	LEWIS		M40+	112		224	00:44:58	00:44:49	RES
464	1274	JULIE	HARTLEY- GREEN		F35+	28		225	00:44:58	00:44:43	RES

465	3243	ALEX	WORTH		Senior Male	204		226	00:44:58	00:44:38	RES
466	1771	MARK	CAMPION		M40+	113		227	00:45:00	00:44:49	RES
467	1835	MANDY	MORRIS		F35+	29	PORT TALBOT HARRIERS	14	00:45:00	00:44:46	RES
468	536	JOHN	REES		M60+	15		228	00:45:03	00:44:50	RES
469	3078	ANTHONY	HOBBS		M40+	114	RUN4ALL RUNNING CLUB	10	00:45:03	00:44:44	RES
470	2255	CARYL	DAVIES		Senior Female	27	SARN HELEN	3	00:45:03	00:44:55	RES
471	3747	MARK	BAMFORD		M40+	115	3MS GORSEINON ROAD RUNNERS	7	00:45:03	00:44:42	RES
472	1866	ABBIE	CROCKER		Senior Female	28		229	00:45:04	00:44:45	RES
473	333	MARK	FRANCIS		M50+	47	BRACKLA HARRIERS	2	00:45:04	00:44:34	RES
474	3209	ROSS	POINER		M40+	116		230	00:45:06	00:44:46	RES
475	1593	THIERRY	MAFFEIS		M40+	117		231	00:45:06	00:44:47	RES
476	4261	CHRISTOPH ER	BREWER		M40+	118		232	00:45:07	00:44:33	RES
477	3094	SARAH	HURFORD		Senior Female	29	NEWBURY AC	1	00:45:07	00:44:37	RES
478	693	PHILLIP	BLOXHAM		Senior Male	205		233	00:45:08	00:44:59	RES
479	1461	PHILIP	TREHARNE		M50+	48		234	00:45:08	00:44:51	RES
480	4010	SIAN	RENDELL		Senior Female	30		235	00:45:08	00:45:00	RES
481	2066	MIKEY	SMITH		Senior Male	206		236	00:45:10	00:44:33	RES

482	2672	RICHARD	WILLIAMS		Senior Male	207		237	00:45:12	00:43:59	RES
483	396	CLIVE	DENTON		M40+	119	RHONDDA VALLEY RUNNERS	2	00:45:13	00:44:49	RES
484	1863	KEIRON	BURROWS		M40+	120		238	00:45:14	00:44:40	RES
485	3841	STEPHEN	MAY		M40+	121		239	00:45:14	00:45:08	RES
486	1571	PAUL	GRIFFITHS		M40+	122		240	00:45:14	00:44:38	RES
487	1368	PETER	MOODY		M60+	16	CARMARTHEN AND DISTRICT HARRIERS	2	00:45:14	00:44:59	RES
488	1773	CHERRY	FOWLER		F45+	12	FOREST OF DEAN AC	11	00:45:14	00:45:02	RES
489	2411	LAURENCE	JONES		Senior Male	208		241	00:45:15	00:45:06	RES
490	3518	ALEX	KEAY		M40+	123		242	00:45:15	00:45:01	RES
491	608	ALUN	JENKINS		Senior Male	209		243	00:45:15	00:44:51	RES
492	3244	PAUL	JOHN		M40+	124		244	00:45:15	00:45:03	RES
493	4289	CERI	ISAAC		Senior Male	210	3MS GORSEINON ROAD RUNNERS	8	00:45:16	00:44:47	RES
494	1684	CLAIRE	SUTTON		F45+	13		245	00:45:16	00:44:49	RES
495	4135	TOM	GRAHAM		Senior Male	211		246	00:45:17	00:44:41	RES
496	871	LEE	JAMES		M40+	125	DRAGONS RUNNING CLUB	2	00:45:17	00:44:55	RES
497	587	TIM	SLACK		Junior Male	22		247	00:45:18	00:44:38	RES

498	64	ABBIE	CHEETHAM	NORTH WALES TEAM	Junior Female	4	PRESTATYN RUNNERS CLUB	1	00:45:18	00:45:14	RES
499	2388	ADRIAN	EVANS		Senior Male	212		248	00:45:18	00:44:52	RES
500	2151	PHIL	JONES		M40+	126		249	00:45:19	00:45:02	RES
501	1351	HELEN	LIPSCOMB		F35+	30	FOREST OF DEAN AC	12	00:45:24	00:45:11	RES
502	2217	TOM	MULLEN		Senior Male	213		250	00:45:26	00:44:55	RES
503	197	ANDREW	WILSON	ADMIRAL	Senior Male	214	ADMIRAL	13	00:45:26	00:44:48	RES
504	4156	MATTHEW	FOWLER		Senior Male	215	BLAENAU GWENT ATHLETIC	1	00:45:28	00:45:05	RES
505	3073	STUART	WILLIAMS		M40+	127		251	00:45:29	00:45:04	RES
506	2273	JEFF	HANSON		M50+	49		252	00:45:29	00:45:16	RES
507	2432	BARRY	BOWEN		M50+	50		253	00:45:31	00:45:19	RES
508	4048	JOHN	ROSS		M40+	128	SAN DOMENICO RRC	10	00:45:31	00:45:02	RES
509	2779	GARETH	DAVIES		M40+	129		254	00:45:33	00:45:04	RES
510	2712	CHRIS	HILL		Senior Male	216		255	00:45:33	00:44:53	RES
511	163	BEN	WINTON	ADMIRAL	Senior Male	217	ADMIRAL	14	00:45:33	00:44:59	RES
512	1489	CAMERON	WALES		Junior Male	23		256	00:45:35	00:44:37	RES
513	4024	MARK	JONES		M40+	130		257	00:45:35		RES
514	4147	CHRISTIAN	REES		M40+	131		258	00:45:36	00:45:12	RES
515	1120	ELLIS	RODERICK		Junior Male	24		259	00:45:38	00:44:22	RES
516	852	ANTHONY	DOUGLAS		Senior Male	218		260	00:45:38	00:45:05	RES

517	3942	GERAINT	CUDDIHY		Senior Male	219		261	00:45:38	00:45:28	RES
518	453	KAREN	DIAMOND		F35+	31		262	00:45:38	00:45:16	RES
519	3983	ANDREW	CAPLE		M50+	51		263	00:45:40	00:45:15	RES
520	1734	ROB	FULFORD		Senior Male	220		264	00:45:40	00:45:21	RES
521	3621	KEVIN	JENKINS		M50+	52		265	00:45:41	00:45:30	RES
522	3660	BRIAN	FRANCIS		M50+	53	FOREST OF DEAN AC	13	00:45:42	00:45:08	RES
523	211	ALEXANDER	RICKETT	ADMIRAL	Senior Male	221	ADMIRAL	15	00:45:42	00:44:19	RES
524	1785	PAUL	MORRIS		M50+	54	LES CROUPIERS	19	00:45:43	00:45:22	RES
525	4198	CARL	EVANS		Senior Male	222		266	00:45:44	00:45:19	RES
526	3469	GARETH	DANTER-HILL		Senior Male	223		267	00:45:44	00:45:09	RES
527	2534	KEVIN	O'SULLIVAN		Senior Male	224		268	00:45:45	00:43:53	RES
528	705	MATTHEW	DEELEY		Senior Male	225		269	00:45:51	00:45:22	RES
529	3156	DANIEL	LAYCOCK		Senior Male	226		270	00:45:53	00:45:34	RES
530	2430	LUKE	LYONS		Senior Male	227		271	00:45:55	00:45:11	RES
531	1476	THOMAS	WALTERS		Senior Male	228		272	00:45:56	00:45:17	RES
532	3862	ANDREW	HILLIER		Senior Male	229		273	00:45:57	00:45:12	RES
533	4116	LEON	SHUALL		M40+	132		274	00:45:58	00:45:28	RES
534	382	MARK	HARVEY		M50+	55	CHEPSTOW HARRIERS	5	00:45:59	00:45:35	RES

535	4206	JAMES	MOSTON		Senior Male	230		275	00:45:59	00:45:25	RES
536	3207	ANDREW	STONEMAN		Senior Male	231		276	00:46:00	00:45:40	RES
537	3699	GERARD	CRISPIE		M50+	56	LES CROUPIERS	20	00:46:01	00:45:29	RES
538	2922	KELVIN	PHILLIPS		Senior Male	232		277	00:46:02	00:45:23	RES
539	893	PHILLIP	JOHN		M40+	133		278	00:46:02	00:45:35	RES
540	1325	KEITH	POWELL		M50+	57	TROTS	6	00:46:03	00:45:52	RES
541	2581	PAUL	RIDGWAY		Senior Male	233		279	00:46:03	00:45:41	RES
542	1591	ROBERT	PENN		Senior Male	234		280	00:46:05	00:45:32	RES
543	3303	GARETH	RICHARDS		Senior Male	235		281	00:46:08	00:45:51	RES
544	4031	PAUL	EVANS		M40+	134	BRECON AC	5	00:46:09	00:45:35	RES
545	988	MATTHEW	KNIGHT		Senior Male	236		282	00:46:09	00:45:54	RES
546	2785	MATT	LEWIS		Senior Male	237		283	00:46:13	00:45:41	RES
547	1987	MICHAEL	ELLISTON		M40+	135	LES CROUPIERS	21	00:46:14	00:45:51	RES
548	3102	ASHLEY	JONES		M50+	58		284	00:46:15		RES
549	3325	JACKY	MILES		F55+	4	PARC BRYNBACH RUNNING CLUB	3	00:46:16	00:46:04	RES
550	2998	JAMES	DAVIES		Senior Male	238		285	00:46:17	00:45:47	RES
551	2378	MARTYN	NORRIS		Senior Male	239		286	00:46:17	00:45:59	RES

552	2838	WAYNE	EDWARDS		M50+	59		287	00:46:18	00:46:08	RES
553	4044	HUGHES	JONATHAN		Senior Male	240		288	00:46:19	00:45:31	RES
554	2908	STEPHEN	MURPHY		M50+	60		289	00:46:21	00:46:10	RES
555	2247	TIM	JAMES		M40+	136		290	00:46:21	00:45:51	RES
556	3783	MATTHEW	JACOB		Senior Male	241		291	00:46:21	00:45:25	RES
557	1659	LEE	MORTIMER		Senior Male	242		292	00:46:22	00:45:54	RES
558	2716	YVES	DAVID		M50+	61		293	00:46:24	00:45:55	RES
559	2744	JARED	GREEN		Senior Male	243		294	00:46:25	00:45:51	RES
560	1716	IAN	LOWTON		M40+	137		295	00:46:25	00:45:53	RES
561	1756	RYAN	COOK		Senior Male	244		296	00:46:25	00:45:51	RES
562	3472	ANDREW	DAVIES		Senior Male	245		297	00:46:26	00:46:08	RES
563	2137	JOHN	EVANS		M40+	138		298	00:46:26	00:45:31	RES
564	2519	ANTHONY	ONEILL		Senior Male	246		299	00:46:26	00:46:09	RES
565	322	PAULINE	WILLIAMS		F55+	5	PORT TALBOT HARRIERS	15	00:46:27	00:46:13	RES
566	3563	GARY	SAWDON		M50+	62		300	00:46:28	00:45:59	RES
567	3619	JONATHAN	BOSWELL		Senior Male	247		301	00:46:29	00:45:16	RES
568	3979	JULIAN	STEAD		Senior Male	248		302	00:46:29	00:46:15	RES
569	2596	GERAINT	EVANS		Senior Male	249		303	00:46:29	00:45:37	RES
570	723	PAUL	WILLIAMS		Senior Male	250		304	00:46:29	00:46:09	RES
571	3717	MATTHEW	REES		M40+	139		305	00:46:30	00:45:42	RES

572	101	SCOTT	HAMILTON-SHAW	ADMIRAL	Senior Male	251	ADMIRAL	16	00:46:30	00:46:01	RES
573	2593	ANDREW	WALSH		Senior Male	252		306	00:46:31	00:45:51	RES
574	1297	CHRISTOPHER	MORGAN		Senior Male	253		307	00:46:33	00:46:04	RES
575	3991	STEWART	LUCITT		M40+	140		308	00:46:33	00:45:51	RES
576	3906	ROBBIE	WALDRON		Junior Male	25		309	00:46:35	00:46:09	RES
577	4039	PHIL	JONES		M50+	63		310	00:46:35	00:45:57	RES
578	1391	RICHARD	MORGAN		Senior Male	254		311	00:46:36	00:46:05	RES
579	2841	PATRICK	RENNISON		M50+	64	FOREST OF DEAN AC	14	00:46:37	00:46:21	RES
580	1369	JAMES	ROUSE		M40+	141		312	00:46:37	00:46:14	RES
581	4182	DEBBIE	DAVIES		F45+	14	PONTARDAWE RUNNING CLUB	2	00:46:37	00:46:00	RES
582	739	LLEWELYN	JAMES		Senior Male	255		313	00:46:38	00:45:57	RES
583	1902	KEVIN	OLIVER		Senior Male	256		314	00:46:39	00:46:08	RES
584	4068	HANNAH	WILLIAMS		Senior Female	31		315	00:46:40	00:46:15	RES
585	1781	LEANNE	ELLISTON		Senior Female	32		316	00:46:41	00:46:18	RES
586	3993	DORIAN	JONES		Senior Male	257		317	00:46:42	00:46:26	RES
587	3001	STEVE	BURRELL		M50+	65		318	00:46:42	00:46:23	RES
588	751	ROBERT	FORD		M60+	17	PONTYPRIDD ROADENTS AC	4	00:46:43	00:46:33	RES

589	1915	ANDREW	THOMAS		M50+	66	3MS GORSEINON ROAD RUNNERS	9	00:46:43	00:46:02	RES
590	2028	ROBERT LLOYD	EVANS		M40+	142	FAIRLANDS VALLEY SPARTANS	1	00:46:44	00:46:07	RES
591	1316	DON	BURROWS		M50+	67		319	00:46:44	00:46:09	RES
592	3702	ADRIAN	LUCKMAN		M50+	68		320	00:46:44	00:45:51	RES
593	1510	MARK	FERMANDEL		M40+	143		321	00:46:45	00:46:25	RES
594	2271	MARC	DAVIES		Senior Male	258		322	00:46:47	00:46:18	RES
595	3839	LLOYD	EVANS		Senior Male	259		323	00:46:47	00:46:31	RES
596	2056	PETER	WALTERS		M50+	69	TROTS	7	00:46:50	00:46:26	RES
597	1049	NINA	DAVIES		F35+	32	BRIDGEND AC	7	00:46:50	00:45:39	RES
598	2175	RICHARD	STEELE		Senior Male	260		324	00:46:54	00:46:34	RES
599	53	VANESSA	HARRAGAN	WEST WALES TEAM	F35+	33	SWANSEA HARRIERS	19	00:46:55	00:46:40	RES
600	2419	STEVE	MCLELLAND		M60+	18	3MS GORSEINON ROAD RUNNERS	10	00:46:55	00:46:34	RES
601	3174	THOMAS	WILLIAMS		Senior Male	261		325	00:46:56	00:45:49	RES
602	2306	GRAHAM	MACKLEWORT H		M40+	144		326	00:46:56	00:45:44	RES
603	329	ANDREW	JENKINS		M40+	145		327	00:46:58	00:46:31	RES
604	3076	ROB	BENNETT		M40+	146	PORTHCAWL HARRIERS	2	00:46:58	00:46:35	RES

605	4284	BENJAMIN	CURTIN		Senior Male	262		328	00:46:59	00:46:33	RES
606	2509	DAVID	EVANS		M50+	70		329	00:46:59	00:46:27	RES
607	488	IOLO	THOMAS		Junior Male	26		330	00:46:59	00:46:24	RES
608	320	JOHN	BIBBY		M40+	147		331	00:47:00	00:45:35	RES
609	2879	STEPHEN	WILLIAMS		M40+	148		332	00:47:02	00:46:46	RES
610	233	HARLEY	O'DONOGHUE	ADMIRAL	Senior Male	263	ADMIRAL	17	00:47:05	00:46:17	RES
611	3909	TARIQ	EL-HOSS		Senior Male	264		333	00:47:06		RES
612	3618	JOHN	CARROLL		M50+	71		334	00:47:06	00:45:58	RES
613	2073	KARL	DAVIES		Senior Male	265		335	00:47:10	00:46:29	RES
614	165	MARK	BOWEN	ADMIRAL	Senior Male	266	ADMIRAL	18	00:47:11	00:46:39	RES
615	1739	SIMON	SHORT		M50+	72		336	00:47:11	00:46:55	RES
616	2985	STEVE	EVEREST		M40+	149		337	00:47:12	00:46:46	RES
617	1916	ALAOUIDINE	CHANFI		M40+	150	PORT TALBOT HARRIERS	16	00:47:12	00:46:43	RES
618	3860	LEE	HOPKINS		Senior Male	267		338	00:47:13	00:46:44	RES
619	4042	GARETH	EDWARDS		Senior Male	268		339	00:47:14	00:46:49	RES
620	3738	DUSTY	KENNEDY		M40+	151	SWANSEA HARRIERS	20	00:47:14	00:46:40	RES
621	1499	MATTHEW	HULMES		Senior Male	269		340	00:47:16	00:46:42	RES
622	4138	RICHARD	FORTT		M60+	19		341	00:47:16	00:46:41	RES
623	4247	ELIZABETH	STOKES		F35+	34	GRIFFITHSTOW N HARRIERS	1	00:47:17	00:46:29	RES

624	2162	MELANIE	HOWARD		F35+	35	RUN4ALL RUNNING CLUB	11	00:47:18	00:46:23	RES
625	971	CHRIS	DODDS		M50+	73		342	00:47:18	00:46:34	RES
626	1505	GARETH JOHN	DAVIES		Senior Male	270		343	00:47:19	00:46:57	RES
627	1013	ALAN	JOHN		M40+	152		344	00:47:20	00:46:48	RES
628	2312	ADRIAN	KILLA		Senior Male	271		345	00:47:20	00:46:47	RES
629	2369	DARREN	RICHARDS		Senior Male	272		346	00:47:21	00:47:05	RES
630	3925	IAN	BAMFORD		M40+	153	3MS GORSEINON ROAD RUNNERS	11	00:47:21	00:46:40	RES
631	812	JONATHON	HATFIELD		M40+	154		347	00:47:21	00:46:44	RES
632	1966	CHARLOTTE	MORAN		F35+	36		348	00:47:23	00:46:47	RES
633	599	SIMON	VAUGHAN		M40+	155	3MS GORSEINON ROAD RUNNERS	12	00:47:23	00:46:41	RES
634	3861	SHAUN	MORGANS		Junior Male	27		349	00:47:23	00:46:36	RES
635	116	MATTHEW	THOMAS	ADMIRAL	Senior Male	273	ADMIRAL	19	00:47:23	00:47:02	RES
636	3872	ROGER	CAPPER		M40+	156		350	00:47:23	00:46:43	RES
637	3708	GREG	BARBER		Senior Male	274		351	00:47:23	00:47:05	RES
638	779	TIM	KILEY		M40+	157		352	00:47:26	00:46:38	RES
639	3110	PAUL	GRIFFITHS		M40+	158		353	00:47:27	00:46:27	RES
640	2637	KEITH	VERHEYDEN		M50+	74	FETCH EVERYONE	1	00:47:28	00:46:49	RES
641	3882	CHRISTIAN	THOMAS		M40+	159		354	00:47:28	00:46:45	RES

642	3838	BRIAN	WALTERS		M50+	75		355	00:47:29	00:46:55	RES
643	173	DAVID	FOULSTON	ADMIRAL	Senior Male	275	ADMIRAL	20	00:47:29	00:47:02	RES
644	2517	ANDREW	ARRAN		Senior Male	276		356	00:47:31	00:46:19	RES
645	2182	CHRISTINE	WEBB		F35+	37	SWANSEA HARRIERS	21	00:47:35	00:47:18	RES
646	3183	TERRI	BOOKER		Senior Female	33		357	00:47:35	00:46:34	RES
647	3473	LOUISE	EVANS		F45+	15	EBBW VALE RC	2	00:47:35	00:46:56	RES
648	2116	CAROLINE	HARRIS		F45+	16		358	00:47:35	00:47:14	RES
649	3805	LEWIS	D'AMBRA		Senior Male	277		359	00:47:36	00:47:10	RES
650	1427	CARA	FARLEY		Junior Female	5	RUN4ALL RUNNING CLUB	12	00:47:37	00:47:19	RES
651	2602	BEN	RABEY		Senior Male	278		360	00:47:37	00:47:02	RES
652	1446	DAVID	BOWN		M40+	160		361	00:47:37	00:47:14	RES
653	147	RICHARD	ROBERTS	ADMIRAL	M40+	161	ADMIRAL	21	00:47:39	00:46:49	RES
654	3537	JONATHAN	DAVIES		Senior Male	279		362	00:47:40	00:47:22	RES
655	1201	PAUL	ADAMS		Senior Male	280		363	00:47:42	00:47:05	RES
656	3246	ALAN	LANGDON		Senior Male	281		364	00:47:42	00:47:28	RES
657	840	LORRAINE	DAGLISH		F55+	6	LUTON ATHLETIC CLUB	3	00:47:42	00:47:33	RES
658	2882	JAMES	AUSTIN		Senior Male	282		365	00:47:43	00:46:44	RES

659	1906	TONY	EUSTACE		M40+	162		366	00:47:43	00:47:05	RES
660	3312	NEIL	THOMAS		M60+	20		367	00:47:43	00:47:10	RES
661	2240	JENNY	MCADIE		F35+	38		368	00:47:44	00:47:23	RES
662	105	ALEX	WOTMAN	ADMIRAL	Senior Male	283	ADMIRAL	22	00:47:44	00:46:38	RES
663	4143	PAUL	PRITCHARD		M40+	163		369	00:47:45	00:47:22	RES
664	3565	MICHAEL	MARKS		M40+	164	FOREST OF DEAN AC	15	00:47:46	00:47:15	RES
665	2111	IOAN	KEMP		Senior Male	284		370	00:47:47	00:46:57	RES
666	2372	ANDREW	JONES		M40+	165		371	00:47:49	00:47:02	RES
667	3103	AARON	PEGLER		Senior Male	285		372	00:47:50	00:46:49	RES
668	2309	CHRIS	HOWELLS		Senior Male	286		373	00:47:50	00:47:04	RES
669	3455	MARK	LAVIS		M50+	76		374	00:47:51	00:47:18	RES
670	1151	PAUL	MADDEN		M50+	77		375	00:47:51	00:47:13	RES
671	3403	MICHAEL	RICHARDS		Senior Male	287		376	00:47:52	00:47:35	RES
672	2249	PATRICK	TUDOR		Senior Male	288		377	00:47:52	00:47:20	RES
673	3402	CAROLINE	LAVIS		F45+	17		378	00:47:52	00:47:19	RES
674	4183	DAVE	MARTIN		M40+	166		379	00:47:54	00:47:09	RES
675	460	ADRIAN	REES		M40+	167		380	00:47:54	00:46:35	RES
676	2038	BOB	SMITH		M60+	21	BUILTH & DISTRICT	2	00:47:54		RES
677	2329	ALASTAIR	JONES		Senior Male	289		381	00:47:55	00:47:07	RES
678	3401	DAVID	PHELPS		Senior Male	290		382	00:47:56	00:47:30	RES
679	2927	RICHARD	DAVIES		Senior Male	291		383	00:47:58	00:47:23	RES

680	306	LYN	THOMAS		Senior Male	292		384	00:47:58	00:47:08	RES
681	3309	NIGEL	NORTON		M40+	168		385	00:47:58	00:47:27	RES
682	4141	DEAN	CARTWRIGHT		M40+	169		386	00:47:59	00:47:13	RES
683	2848	MICHAEL	HOLDING		M50+	78		387	00:47:59	00:47:29	RES
684	398	SARAH	SKILTON		Senior Female	34		388	00:48:00	00:47:37	RES
685	3438	PETER	CHOWDHURY		M40+	170		389	00:48:00	00:46:25	RES
686	766	STEVE	JAMES		M40+	171		390	00:48:00	00:47:37	RES
687	4150	MICHAEL	TITLEY		M40+	172	LLISWERRY RUNNERS	9	00:48:00	00:47:21	RES
688	2014	SIAN	PHILLIPS		F45+	18	SWANSEA HARRIERS	22	00:48:01	00:47:31	RES
689	2699	JULIAN	GRIFFITHS		M40+	173		391	00:48:02	00:47:11	RES
690	1198	SILKE	LUHRMANN		F45+	19		392	00:48:02	00:47:21	RES
691	2420	LEIGHTON	GARDNER		M40+	174	SWANSEA HARRIERS	23	00:48:02	00:47:59	RES
692	874	RHYS	JONES		M40+	175		393	00:48:03	00:47:41	RES
693	3803	DEREK	HEGARTY		M50+	79		394	00:48:03	00:47:24	RES
694	2781	GARETH	LEWIS		Senior Male	293		395	00:48:04	00:47:06	RES
695	3587	ANDREW	BROWN		M40+	176		396	00:48:05	00:47:25	RES
696	3680	GARY	DAVIDSON		M50+	80		397	00:48:05	00:47:38	RES
697	3068	JOSH	PELUSI		Junior Male	28		398	00:48:06	00:47:27	RES
698	1089	AMY	ROBERTS		Senior Female	35	AMMAN VALLEY HARRIERS	3	00:48:06	00:47:41	RES
699	3990	MOLLY	DAVIES		Junior Female	6		399	00:48:08	00:47:58	RES
700	270	GREG	ACE		Senior Male	294		400	00:48:08	00:47:29	RES

701	4051	GERALD	HODGSON		Senior Male	295		401	00:48:09	00:47:39	RES
702	2134	ALEX	ROBERTS		Senior Male	296		402	00:48:11	00:47:26	RES
703	1308	LEE	O'SHEA		Senior Male	297		403	00:48:11	00:47:13	RES
704	2389	GERAINT	JENKINS		M40+	177	AMMAN VALLEY HARRIERS	4	00:48:12	00:47:47	RES
705	4291	WAYNE	MATTHEWS		M50+	81		404	00:48:12	00:48:00	RES
706	3684	MOHAMMA D NAJMUDIN	MORAD		Senior Male	298		405	00:48:12	00:46:38	RES
707	1382	RICHARD	BOWMER		M50+	82		406	00:48:13	00:47:41	RES
708	1264	KATE	JONES		Senior Female	36		407	00:48:13	00:47:31	RES
709	2258	LEE	DAVIES		Senior Male	299		408	00:48:13	00:47:19	RES
710	4095	JESSICA	CARTWRIGHT		Senior Female	37		409	00:48:15	00:47:30	RES
711	3046	ANDREW	EVANS		M40+	178		410	00:48:15	00:47:31	RES
712	2448	LUCY	MORGAN		F35+	39		411	00:48:16	00:47:58	RES
713	1983	GARETH	DAVIES		Senior Male	300		412	00:48:17	00:45:42	RES
714	3963	MARK	WAY		M40+	179		413	00:48:18	00:47:55	RES
715	923	C	GREGORY		M40+	180		414	00:48:19	00:47:46	RES
716	3964	ROBERT	LEWIS		M60+	22		415	00:48:21	00:47:47	RES
717	2904	DEAN	PACKER		M40+	181		416	00:48:22	00:47:57	RES
718	4144	JAMIE	LEWIS		Senior Male	301	PORT TALBOT HARRIERS	17	00:48:22	00:48:03	RES
719	4257	MARK	JONES		M50+	83		417	00:48:23	00:48:04	RES
720	3944	LINDA	WOODLAND		F55+	7		418	00:48:23	00:48:06	RES

721	1480	STEVE	ORRELLS		M60+	23	MALDWYN HARRIERS	1	00:48:23	00:48:06	RES
722	4250	LEIGH	RISELEY		Senior Male	302		419	00:48:24	00:47:31	RES
723	2536	JOHN	SANDERSON		M50+	84	3MS GORSEINON ROAD RUNNERS	13	00:48:25	00:48:03	RES
724	948	BRIAN	FOX		M60+	24	SWANSEA HARRIERS	24	00:48:25	00:48:16	RES
725	541	BRIAN	STEVENDALE		M50+	85		420	00:48:25	00:47:53	RES
726	2666	ANNA	PARSONS		F45+	20	PORT TALBOT HARRIERS	18	00:48:27	00:47:59	RES
727	2200	MARCUS	HULL		Senior Male	303		421	00:48:27	00:47:54	RES
728	4319	MEGAN	CLEMENTS		Senior Female	38	SWANSEA HARRIERS	25	00:48:27	00:47:56	RES
729	2490	IAN	BRICE		M50+	86		422	00:48:29	00:47:41	RES
730	3691	ANDREW	BRADSHAW		M40+	182		423	00:48:30	00:47:40	RES
731	1337	DANIEL	HENWOOD		Senior Male	304		424	00:48:31	00:47:26	RES
732	1491	ROBERT	REES		Senior Male	305		425	00:48:31	00:47:54	RES
733	3755	DAVID	REES		M50+	87	YEOVIL TOWN RC	1	00:48:31	00:47:53	RES
734	2901	TEIFION	MADDOCKS		Senior Male	306		426	00:48:31	00:47:50	RES
735	1740	JAMES	GRIFFITHS		Senior Male	307		427	00:48:32	00:47:59	RES
736	4021	DARREN	THOMAS		Senior Male	308		428	00:48:33	00:47:52	RES
737	4022	JESSICA	THOMAS		F35+	40		429	00:48:33	00:47:52	RES

738	1026	HEATHER	GARRATT		F35+	41	CWM OGWR RUNNING CLUB	1	00:48:33	00:47:51	RES
739	4255	ERIC	DAVEY		M60+	25		430	00:48:34	00:48:20	RES
740	2979	JONATHAN	COLE		Senior Male	309		431	00:48:36	00:48:24	RES
741	1200	MELERI	COLE		F35+	42		432	00:48:36	00:48:05	RES
742	3225	GEOFF	WHITE		M60+	26	3MS GORSEINON ROAD RUNNERS	14	00:48:37	00:47:46	RES
743	1997	GIDEON	JONES		M50+	88		433	00:48:37	00:47:45	RES
744	3846	JOHN	REES		M40+	183		434	00:48:37	00:48:17	RES
745	807	JOHN	HEWITT		Senior Male	310		435	00:48:38	00:47:30	RES
746	1766	ADAM	WILLIAMS		Senior Male	311		436	00:48:38	00:46:20	RES
747	3951	MARCELLO	ANDERSON		Senior Male	312		437	00:48:39	00:47:59	RES
748	2792	ANDREW	BIRCH		M40+	184		438	00:48:40	00:48:16	RES
749	3926	AMY	BERGIERS		F35+	43		439	00:48:41	00:47:43	RES
750	1726	DANIEL	TOTTERDALE		Senior Male	313		440	00:48:43	00:47:58	RES
751	3388	MARGARET	POWLES		F55+	8	FOREST OF DEAN AC	16	00:48:44	00:48:09	RES
752	3712	ANDREW	DAVIES		M40+	185		441	00:48:44	00:47:55	RES
753	1721	MARK	MCKAY		Senior Male	314		442	00:48:44	00:47:25	RES
754	1242	RICHARD	MANN		Senior Male	315		443	00:48:45	00:48:04	RES
755	3250	PAUL	BOWDEN		Senior Male	316		444	00:48:45	00:48:02	RES

756	3512	JOHN	SMEWING		M60+	27		445	00:48:48	00:48:07	RES
757	2742	NATHANIEL	ROGERS		Senior Male	317		446	00:48:49	00:48:06	RES
758	4221	NATALIA	MIKHAILOVA		Senior Female	39		447	00:48:50	00:46:12	RES
759	2553	BETHAN	MARKS		F35+	44		448	00:48:50	00:48:14	RES
760	2731	CARYS	MORGAN		Senior Female	40	DRAGONS RUNNING CLUB	3	00:48:51	00:48:29	RES
761	268	DAVID	DERBYSHIRE		M40+	186		449	00:48:51	00:48:22	RES
762	2015	DAVID	MCDONALD		M40+	187	LES CROUPIERS	22	00:48:52	00:47:51	RES
763	1861	MICHAEL	BYNG		Senior Male	318		450	00:48:52	00:48:14	RES
764	1769	MICHAEL	PRITCHARD		M50+	89		451	00:48:53	00:48:29	RES
765	1673	RICHARD	BARROW		M40+	188		452	00:48:55	00:47:57	RES
766	1851	BERWYN	LEWIS		M40+	189		453	00:48:55	00:48:21	RES
767	3873	EMMA	COLWILL		Senior Female	41		454	00:48:55	00:48:19	RES
768	3277	ROBIN	D'ARCY		Senior Male	319		455	00:48:55	00:48:19	RES
769	1985	ROB	WILLIAMS		M50+	90	BRECON AC	6	00:48:57	00:48:22	RES
770	1503	RICHARD	BARROW		M40+	190		456	00:48:57	00:47:56	RES
771	421	TONY	BAKER		M50+	91		457	00:48:58	00:48:35	RES
772	2347	MELANIE	MORGAN		F35+	45		458	00:49:00	00:48:35	RES
773	3760	DENISE	ROSE		F45+	21		459	00:49:00	00:48:15	RES
774	3994	EIFION	JONES		Senior Male	320		460	00:49:00	00:47:32	RES
775	240	IAN	MORT	ADMIRAL	M40+	191	ADMIRAL	23	00:49:00	00:47:33	RES
776	2231	CLARE	GRIFFITHS		F35+	46	MERTHYR RUNNING CLUB	2	00:49:01	00:47:28	RES

777	1248	KIERAN	MATTHEWS		Senior Male	321	RHONDDA VALLEY RUNNERS	3	00:49:02	00:47:42	RES
778	1448	RAYMOND	TILLEY		Senior Male	322		461	00:49:02	00:48:36	RES
779	3639	CAYO	ARRAN		Senior Male	323		462	00:49:04	00:47:54	RES
780	1187	RACHEL	WILLIAMS		Senior Female	42		463	00:49:04	00:48:20	RES
781	2104	ALEXANDER	HANLEY		Senior Male	324		464	00:49:04	00:47:36	RES
782	3029	MATTHEW	ALI		Senior Male	325		465	00:49:04	00:47:42	RES
783	1533	PHILL	WATTS		Senior Male	326		466	00:49:06	00:48:44	RES
784	914	ANDREW	BEALE		Senior Male	327		467	00:49:07	00:47:59	RES
785	157	ANDREW	DRISCOLL	ADMIRAL	Senior Male	328	ADMIRAL	24	00:49:07	00:48:11	RES
786	3859	ROB	KINSEY		M40+	192		468	00:49:08	00:48:11	RES
787	445	STEVE	BROWN		M60+	28		469	00:49:10	00:48:14	RES
788	2961	ANDREW	GIBBS		Senior Male	329		470	00:49:11	00:48:52	RES
789	616	KRISTIAN	WATTS		Senior Male	330		471	00:49:11	00:48:33	RES
790	4200	HOWARD	COOLE		M40+	193		472	00:49:12	00:48:08	RES
791	754	BOB	HOWE		M50+	92		473	00:49:13	00:47:57	RES
792	2857	RHYS	ROBERTS		Senior Male	331		474	00:49:14	00:48:45	RES
793	2582	MAL	FIROUZ		M50+	93	LES CROUPIERS	23	00:49:15	00:48:15	RES

794	2308	ANDREW	THOMAS		Senior Male	332		475	00:49:15	00:48:43	RES
795	216	SARA	WILLIAMS	ADMIRAL	F35+	47	ADMIRAL	25	00:49:16	00:48:50	RES
796	3847	NIC	FORBES		M40+	194		476	00:49:17	00:48:07	RES
797	1495	MATTHEW	POLLARD		Junior Male	29		477	00:49:17	00:47:15	RES
798	1654	PETER	JONES		Senior Male	333		478	00:49:19	00:48:09	RES
799	3262	RHYS	FAULKNER		Senior Male	334		479	00:49:21	00:48:40	RES
800	2924	RICHARD	ACE		Senior Male	335		480	00:49:21	00:48:50	RES
801	4215	ROY	KING		M40+	195	FOREST OF DEAN AC	17	00:49:22	00:48:46	RES
802	2414	CATRIN	EVANS		Junior Female	7		481	00:49:23	00:48:46	RES
803	1412	MATTHEW	JOHN		M40+	196		482	00:49:23	00:48:26	RES
804	3637	JAMIE	REES		M40+	197		483	00:49:24	00:48:31	RES
805	4194	BRIAN	VARCAS		M50+	94	RUN4ALL RUNNING CLUB	13	00:49:26	00:48:59	RES
806	1323	NATALIE	HERN		F45+	22	GRIFFITHSTOW N HARRIERS	2	00:49:27	00:48:39	RES
807	3917	LIAM	MAPSTONE		Senior Male	336		484	00:49:28	00:47:42	RES
808	2825	CHRIS	RAMSELL		Senior Male	337		485	00:49:28	00:47:43	RES
809	4038	MARTIN	FURNESS		M50+	95	PORTHCAWL HARRIERS	3	00:49:29	00:48:30	RES
810	231	TOM	RAINS	ADMIRAL	Senior Male	338	ADMIRAL	26	00:49:30	00:48:05	RES
811	3305	KRIS	SIMEONE		Senior Male	339		486	00:49:30	00:49:02	RES

812	3261	ANDREW	JONES		M40+	198		487	00:49:31	00:48:17	RES
813	2550	DARIAN	JONES		M40+	199		488	00:49:31	00:49:05	RES
814	201	MATTHEW	LANE	ADMIRAL	Senior Male	340	ADMIRAL	27	00:49:31	00:48:46	RES
815	2292	RICHARD	PARRY		M60+	29		489	00:49:33	00:49:16	RES
816	4000	ANGELA	MARTIN		F35+	48		490	00:49:35	00:48:39	RES
817	3941	ALEXANDER	HUTTON-LEWIS		Senior Male	341		491	00:49:35	00:49:01	RES
818	307	SIMON	HURFORD		Senior Male	342		492	00:49:35	00:48:53	RES
819	276	PAUL	WILLIAMS		M50+	96		493	00:49:35	00:49:08	RES
820	3236	MIKE	DAVIS		M40+	200		494	00:49:39	00:49:03	RES
821	3383	DAVID	DARLINGTON		M40+	201		495	00:49:39	00:49:06	RES
822	2755	SUZANNE	BEVAN		F45+	23		496	00:49:41	00:48:37	RES
823	4059	VICKY	STROUD		F35+	49		497	00:49:42	00:48:56	RES
824	3887	ANTHONY	HOLLING		M50+	97	PORT TALBOT HARRIERS	19	00:49:42	00:49:25	RES
825	4192	GARETH	NICHOLAS		M50+	98		498	00:49:45	00:48:54	RES
826	4271	CHRISTOPHER	DAVIE		M40+	202		499	00:49:45	00:48:47	RES
827	2886	TONY	PHILLIPS		M50+	99		500	00:49:46	00:49:24	RES
828	586	DAVID	REES		M40+	203		501	00:49:47	00:49:19	RES
829	2141	MARK	DAVIES		Senior Male	343		502	00:49:47	00:48:53	RES
830	1698	MIKE	PRASAD		M40+	204		503	00:49:47	00:48:56	RES
831	473	MATTHEW	LANDERS		Senior Male	344		504	00:49:48	00:49:08	RES
832	3009	DANIEL	THOMAS		Senior Male	345		505	00:49:48	00:48:50	RES
833	3054	ALUN	JOB		M40+	205		506	00:49:48	00:49:12	RES
834	946	RHYS	LEWIS		Senior Male	346		507	00:49:48	00:49:21	RES

835	194	ALEEM	JAVED	ADMIRAL	Senior Male	347	ADMIRAL	28	00:49:48	00:48:55	RES
836	2471	HELEN	WILLIAMS		F35+	50	FAIRWATER RUNNERS	2	00:49:49	00:49:21	RES
837	128	ROB	GOLLEDGE	ADMIRAL	Senior Male	348	ADMIRAL	29	00:49:49	00:48:58	RES
838	2086	ANDREW	BISTON		M50+	100		508	00:49:49	00:49:17	RES
839	2333	AIMEE	PINK		Senior Female	43		509	00:49:49	00:48:55	RES
840	3571	LUTICIA	THOMAS		Senior Female	44		510	00:49:50	00:48:54	RES
841	4281	JAMES	FLYNN		Senior Male	349		511	00:49:50	00:49:09	RES
842	1949	DANIELA	GORMLEY		F45+	24	GRIFFITHSTOW N HARRIERS	3	00:49:50	00:49:01	RES
843	3200	AIDAN	DAVIES		Junior Male	30	ISLWYN RC	6	00:49:51	00:49:37	RES
844	1635	MARK	THOMAS		Senior Male	350	RUN4ALL RUNNING CLUB	14	00:49:51	00:49:01	RES
845	1455	RICHARD	MORGAN		Senior Male	351		512	00:49:52	00:49:12	RES
846	1381	BETHAN	WILCOX		F35+	51		513	00:49:53	00:49:25	RES
847	3962	DHANA	CAPLE		F35+	52		514	00:49:53	00:49:28	RES
848	1943	CHRISTIE	COLEMAN		M40+	206	CWM OGWR RUNNING CLUB	2	00:49:53	00:49:11	RES
849	3813	MARCUS	GOLDSWORTHY		M40+	207		515	00:49:53	00:48:59	RES
850	2950	SARAH	PACKER		F45+	25		516	00:49:54	00:49:29	RES
851	1681	GARETH	JONES		M40+	208		517	00:49:54	00:48:59	RES
852	533	GAVIN	DAVIES		Senior Male	352		518	00:49:54	00:49:21	RES

853	1366	GAVIN	SHOPLAND		M40+	209		519	00:49:55	00:49:04	RES
854	1230	STUART	DAVIES		Senior Male	353		520	00:49:55	00:48:23	RES
855	3886	MATTHEW	BROOKS		Senior Male	354		521	00:49:55	00:48:49	RES
856	2071	KATHY	BRADBURY		F55+	9	AMMAN VALLEY HARRIERS	5	00:49:55		RES
857	1176	JOANNE	DAVIES		Senior Female	45		522	00:49:55	00:49:29	RES
858	248	WESLEY	BLOM	ADMIRAL	Senior Male	355	ADMIRAL	30	00:49:55	00:49:25	RES
859	2019	YEUNG	NG		M40+	210		523	00:49:56	00:49:08	RES
860	610	NATHAN	EVANS		Senior Male	356		524	00:49:56	00:48:22	RES
861	2434	RICHARD	HART		Senior Male	357		525	00:49:56	00:49:12	RES
862	3483	ANDREW	JONES		M50+	101		526	00:49:56	00:47:49	RES
863	3894	NANETTE	VIRGO		F35+	53	GRIFFITHSTOWN HARRIERS	4	00:49:56	00:49:08	RES
864	3315	WILLIAM	CARTER		Senior Male	358		527	00:49:57		RES
865	297	PETER	GRAVES		Senior Male	359		528	00:49:57	00:49:10	RES
866	464	MIKE	JAMES		M40+	211		529	00:49:58	00:49:24	RES
867	1761	ANNA	WESTLAKE		F35+	54		530	00:49:58	00:49:13	RES
868	1202	DAVID	MAYNARD		M60+	30		531	00:49:58	00:49:19	RES
869	1833	ASHLEY	PUNTER		Senior Male	360		532	00:49:58	00:48:25	RES
870	1223	CHRISTOPHER	WILLIAMS		M40+	212		533	00:49:58	00:49:42	RES

871	3739	BARRY	COX		Senior Male	361		534	00:49:58	00:49:17	RES
872	3973	CHRISTOPHER	BLOODWORTH		M50+	102		535	00:49:59	00:49:38	RES
873	4009	RUTH	NICHOLAS		Senior Female	46		536	00:49:59	00:49:02	RES
874	2964	MATTHEW	EDWARDS		Senior Male	362		537	00:49:59	00:48:14	RES
875	219	ALEX	HAMMETT	ADMIRAL	Senior Male	363	ADMIRAL	31	00:49:59	00:49:10	RES
876	287	NICOLA	PERRY-GOWER		F35+	55		538	00:50:00	00:48:41	RES
877	741	VICTORIA	VELLACOTT		F35+	56		539	00:50:01	00:49:05	RES
878	2865	OWEN	PEARSE		Senior Male	364		540	00:50:02	00:49:27	RES
879	868	LYNNE	PARK		F45+	26	FOREST OF DEAN AC	18	00:50:03	00:49:31	RES
880	925	ALAN	RYLAND		M60+	31	BUILTH & DISTRICT	3	00:50:03	00:49:17	RES
881	3254	KELLY	OWEN		F35+	57	CWM OGWR RUNNING CLUB	3	00:50:03	00:49:21	RES
882	3279	EVA	FRISK COOK		F55+	10		541	00:50:04	00:49:09	RES
883	785	CARA	DAVIES		F35+	58	EMLYN RUNNERS	1	00:50:05	00:49:10	RES
884	2719	JON	PLAYSTED		M40+	213		542	00:50:05	00:49:08	RES
885	2966	SARAH	LEWIS		F45+	27		543	00:50:05	00:48:07	RES
886	1051	GARETH	BORSDEN		M40+	214		544	00:50:05	00:48:36	RES
887	2721	SARAH	JONES		F45+	28		545	00:50:06	00:49:44	RES
888	1053	TRACY	THOMAS		F45+	29		546	00:50:06	00:49:44	RES
889	4018	ANDREW	COCKERAM		M40+	215	LLISWERRY RUNNERS	10	00:50:06	00:49:42	RES

890	3503	MEGAN	COLBECK		Senior Female	47		547	00:50:07	00:48:40	RES
891	1921	STEFANIE	FRANCIS		F45+	30	FOREST OF DEAN AC	19	00:50:07	00:49:32	RES
892	823	JON	CRECRAFT		Senior Male	365		548	00:50:07	00:49:27	RES
893	1226	PETER	WALSH		Senior Male	366		549	00:50:07	00:49:08	RES
894	999	PHILIP	DAVIES		M50+	103	SOUTH WALES POLICE	1	00:50:08	00:49:31	RES
895	2822	GARETH	PHILLIPS		Senior Male	367		550	00:50:08	00:49:31	RES
896	726	DEAN	HUGHES		M40+	216		551	00:50:08	00:48:12	RES
897	4260	SARAH	PRYOR		F35+	59	PEGASUS RC	1	00:50:09	00:49:25	RES
898	1077	PENNY	KENNEDY		F45+	31	SWANSEA HARRIERS	26	00:50:10	00:49:22	RES
899	906	KEITH	COLEMAN		M40+	217		552	00:50:10	00:48:34	RES
900	415	VICKY	LOGAN		F35+	60		553	00:50:10	00:49:17	RES
901	2798	DYLAN	WILLIAMS-EVANS		Senior Male	368		554	00:50:11	00:49:29	RES
902	825	PAUL	HOWARD		M40+	218		555	00:50:11	00:49:15	RES
903	2334	STEVEN	EVANS		M50+	104		556	00:50:12	00:49:27	RES
904	3296	HANNAH	MURTAGH		F35+	61		557	00:50:12	00:49:26	RES
905	2676	RUTH	TREHARNE		F45+	32	ISLWYN RC	7	00:50:13	00:49:11	RES
906	3992	CLARE	DEASY		F35+	62	MERTHYR RUNNING CLUB	3	00:50:14	00:49:36	RES
907	3539	THOMAS	DAVIES		Senior Male	369		558	00:50:14	00:49:26	RES
908	798	JAN	KEELAN		F45+	33		559	00:50:14	00:49:26	RES
909	1435	MICHAEL	TABBERER		M40+	219		560	00:50:15	00:49:13	RES

910	1272	SOPHIE	TREACY		Senior Female	48		561	00:50:15	00:49:24	RES
911	414	CHRIS	HOWELLS		M40+	220		562	00:50:15	00:49:45	RES
912	4190	ANDREW	LUTHER		Senior Male	370		563	00:50:16	00:48:30	RES
913	3175	ROGER	MORGAN		M60+	32	FOREST OF DEAN AC	20	00:50:16	00:49:21	RES
914	4318	Richard	Williams			1		564	00:50:16	00:49:22	RES
915	2352	SAMUEL	RAI		Junior Male	31		565	00:50:17	00:49:30	RES
916	3435	LORNA	SILKE		F45+	34		566	00:50:17	00:49:22	RES
917	2197	STEVEN	FLEET		Senior Male	371		567	00:50:17	00:49:03	RES
918	2561	LEE	GREGORY		M40+	221		568	00:50:17	00:48:59	RES
919	2992	DAVID	BOUCHER		M60+	33		569	00:50:18	00:49:38	RES
920	513	DAVID	PALLET		Senior Male	372		570	00:50:18	00:48:33	RES
921	2892	DAVE	HEBBES		M60+	34		571	00:50:18	00:49:50	RES
922	3143	LIZ	MAY		F35+	63		572	00:50:19	00:50:12	RES
923	833	EDWARD	SWEBY		Senior Male	373		573	00:50:19	00:49:19	RES
924	2278	BYRON	JONES		M40+	222	DRAGONS RUNNING CLUB	4	00:50:20	00:49:00	RES
925	1577	MANDY	WEARE		F45+	35	FOREST OF DEAN AC	21	00:50:21	00:50:08	RES
926	1001	KERI	HILES		M40+	223		574	00:50:23	00:49:14	RES
927	1062	DAVID	PARKER		M40+	224		575	00:50:25	00:49:21	RES
928	2784	IAN	JAMES		M50+	105	FOREST OF DEAN AC	22	00:50:25	00:49:16	RES
929	1555	RICH	AMOS		Senior Male	374		576	00:50:25	00:49:35	RES
930	302	CHARLES	MUSSELWHITE		M40+	225		577	00:50:25	00:49:42	RES

931	3852	REBECCA	JONES		Senior Female	49		578	00:50:26	00:49:09	RES
932	380	LEE	LLEWELLYN		Senior Male	375		579	00:50:27	00:49:12	RES
933	672	HANNAH	JOHNSON		Senior Female	50		580	00:50:28	00:49:38	RES
934	1694	BRYN	POWIS		Senior Male	376		581	00:50:28	00:48:58	RES
935	1877	MATT	JENKINS		M40+	226		582	00:50:29	00:49:08	RES
936	3330	CERYS	MORGAN		Senior Female	51	LLANELLI AC	2	00:50:30	00:49:34	RES
937	202	JESSE	ANDREWS	ADMIRAL	Senior Male	377	ADMIRAL	32	00:50:30	00:49:38	RES
938	4016	TOM	MURPHY		Senior Male	378		583	00:50:30	00:47:10	RES
939	3689	JULIE	CASHELL		F35+	64	PARC BRYNBACH RUNNING CLUB	4	00:50:30	00:49:42	RES
940	3356	JOANNE	RYAN		F35+	65	RHONDDA VALLEY RUNNERS	4	00:50:31	00:49:12	RES
941	3971	DAVID	JAMES		M40+	227		584	00:50:31	00:49:54	RES
942	2503	JAMIE	EVANS		Senior Male	379		585	00:50:31	00:49:20	RES
943	603	MARK	DANIEL		M40+	228		586	00:50:32	00:50:02	RES
944	3544	CLAIRE	WILLIAMS		F55+	11	PONTARDAWE RUNNING CLUB	3	00:50:32	00:49:57	RES

945	850	GWEN	SMITH		F45+	36	3MS GORSEINON ROAD RUNNERS	15	00:50:32	00:49:48	RES
946	2642	SHAUN	COTTER		M40+	229		587	00:50:33	00:50:00	RES
947	3172	DOMINIC	JOHNSON		M40+	230		588	00:50:33	00:49:30	RES
948	2138	RICHARD	LOWCOCK JAMES		Senior Male	380	CWM OGWR RUNNING CLUB	4	00:50:34	00:49:54	RES
949	834	HANNAH	CLACK		Senior Female	52		589	00:50:34	00:50:08	RES
950	2976	RICHARD	BOND		Senior Male	381		590	00:50:36	00:49:49	RES
951	1281	STUART	REES		Senior Male	382		591	00:50:37	00:48:40	RES
952	2704	WAYNE	BRENCHLEY		Senior Male	383		592	00:50:37	00:49:47	RES
953	1009	GARRY	GRIFFITHS		M40+	231	RHONDDA VALLEY RUNNERS	5	00:50:38	00:49:16	RES
954	3387	MATTHEW	FRANCIS		M40+	232	SWANSEA HARRIERS	27	00:50:38	00:49:49	RES
955	2968	LIAM	BROWN		Senior Male	384		593	00:50:38	00:49:15	RES
956	1117	GRAHAM	BENNETTO		M50+	106	FOREST OF DEAN AC	23	00:50:38	00:49:44	RES
957	1411	ROBERT	PARSONS		M50+	107		594	00:50:39	00:50:11	RES
958	2098	JULIE	HILL		F45+	37		595	00:50:39	00:49:46	RES
959	2265	MEGAN	MULLINS		F35+	66		596	00:50:41	00:49:15	RES
960	2183	JOSE	LEITE		Senior Male	385		597	00:50:42	00:48:23	RES
961	3817	BRINLEY	AHERNE		M60+	35		598	00:50:43	00:49:49	RES

962	1944	MARK	WELLS		M40+	233		599	00:50:43	00:49:25	RES
963	1848	DANIELA	GORMLEY		F45+	38	GRIFFITHSTOW N HARRIERS	5	00:50:44	00:49:55	RES
964	4153	JO	DOWDALL		F35+	67		600	00:50:45	00:49:37	RES
965	3840	GEMMA	HEWITT		Senior Female	53	FOREST OF DEAN AC	24	00:50:46	00:49:23	RES
966	3617	ANDREA	WILLIAMS		F35+	68	PORT TALBOT HARRIERS	20	00:50:46	00:50:31	RES
967	596	JAMIE	JEWELL		Senior Male	386		601	00:50:47	00:49:46	RES
968	620	BECKY	NICHOLAS		Senior Female	54		602	00:50:47	00:49:49	RES
969	293	KIM	WEHDEN		M50+	108	ISLWYN RC	8	00:50:49	00:49:59	RES
970	1765	OWEN	LEWIS		M40+	234		603	00:50:49	00:49:41	RES
971	2510	ANGELA	DAVIES		F35+	69		604	00:50:49	00:49:41	RES
972	3395	STEVEN	EVANS		M40+	235		605	00:50:51	00:49:46	RES
973	2132	SAMANTHA	MOGFORD		Senior Female	55	AMMAN VALLEY HARRIERS	6	00:50:51	00:50:07	RES
974	1071	MADISON	SHADDICK		Senior Female	56		606	00:50:52	00:49:53	RES
975	1094	PAUL	JAMES		Senior Male	387		607	00:50:54	00:48:59	RES
976	2236	STEPHEN	FITZGERALD		M40+	236		608	00:50:54	00:50:16	RES
977	3776	DAVID	BRYANT		M40+	237		609	00:50:54	00:49:32	RES
978	2051	AARON	KELLY		Senior Male	388		610	00:50:54	00:49:32	RES
979	3915	LEANNE	BURRIDGE		F35+	70		611	00:50:55	00:50:19	RES
980	341	TIM	SOAR		M50+	109		612	00:50:56	00:50:00	RES
981	1451	LAUREN	MACKIE		Senior Female	57		613	00:50:56	00:49:37	RES

982	1139	JAY	PRICE		Senior Male	389		614	00:50:58	00:50:16	RES
983	3736	DANIEL	HEARD		Senior Male	390		615	00:50:59	00:49:50	RES
984	1645	TANYA	GUEST		F35+	71		616	00:51:00	00:49:57	RES
985	3885	JAMIE	WHEELER		Senior Male	391		617	00:51:00	00:50:45	RES
986	166	SANDEEP	GILL	ADMIRAL	Senior Male	392	ADMIRAL	33	00:51:01	00:49:28	RES
987	1310	DUNCAN	LA BARRE		Senior Male	393		618	00:51:01	00:50:08	RES
988	778	JAMIEE	GITTINS		Senior Female	58		619	00:51:01	00:50:23	RES
989	224	EMMA	LEACH	ADMIRAL	Senior Female	59	ADMIRAL	34	00:51:02	00:49:45	RES
990	1471	KEVIN	DALLING		M50+	110		620	00:51:02	00:49:53	RES
991	3461	YVONNE	WILLIAMS		F55+	12	PENARTH & DINAS RUNNERS	3	00:51:02		RES
992	2840	MICHAEL	JOHN		Senior Male	394		621	00:51:03	00:50:06	RES
993	4296	WAYNE	HAYHURST		Senior Male	395		622	00:51:03	00:49:53	RES
994	713	MICHAEL	PARKHOUSE		Senior Male	396		623	00:51:03	00:49:36	RES
995	2826	HUW	HAMER		Senior Male	397		624	00:51:04	00:50:00	RES
996	1321	MANDY	WILLIAMS		F35+	72		625	00:51:06	00:50:44	RES
997	3606	EMMA	MORRIS		Senior Female	60		626	00:51:07	00:50:36	RES
998	2157	CRAIG	HINKS		M40+	238		627	00:51:07	00:49:45	RES

999	3128	RYAN	PREECE		Senior Male	398		628	00:51:07	00:50:30	RES
1000	2499	OSIAN	THOMAS		Junior Male	32		629	00:51:08	00:48:56	RES
1001	1398	ROB	PRITCHARD		Senior Male	399	CWM OGWR RUNNING CLUB	5	00:51:08	00:50:26	RES
1002	1364	JEFF	DONG		M40+	239		630	00:51:09	00:50:32	RES
1003	1826	IAN	EVANS		Senior Male	400		631	00:51:09	00:48:57	RES
1004	112	KELLI	WINTER	ADMIRAL	Senior Female	61	ADMIRAL	35	00:51:09	00:50:38	RES
1005	2424	RYAN	LAMBETH		Junior Male	33		632	00:51:10	00:50:31	RES
1006	3115	BARRY	WOODLEY		M40+	240		633	00:51:10	00:50:06	RES
1007	4106	JONATHAN	MARSHALL		Senior Male	401		634	00:51:12	00:49:54	RES
1008	2136	JAMES	ASHLEY		M40+	241	MERTHYR RUNNING CLUB	4	00:51:12	00:49:54	RES
1009	2813	RAY	DAVIES		M60+	36		635	00:51:13	00:50:58	RES
1010	1514	ALEX	TOVEY		M40+	242	RUN4ALL RUNNING CLUB	15	00:51:14	00:50:34	RES
1011	2532	KATHRYN	DAVIES		F45+	39		636	00:51:15	00:50:02	RES
1012	3656	ALUN	JONES		M50+	111	RUN4ALL RUNNING CLUB	16	00:51:15	00:50:36	RES
1013	3609	RHIAN	WILLIAMS		F35+	73		637	00:51:16	00:50:29	RES
1014	499	LAURA	MELLIN		Senior Female	62		638	00:51:17	00:50:19	RES
1015	4101	RHYS	HUGHES		Senior Male	402		639	00:51:18	00:50:24	RES
1016	2913	WAYNE	ENTICOTT		M40+	243		640	00:51:19	00:49:58	RES

1017	274	CALLUM	CRAWFORD		Junior Male	34		641	00:51:19	00:50:58	RES
1018	399	NIGEL	CRAWFORD		M50+	112		642	00:51:19	00:50:59	RES
1019	2287	PAUL	DAVIES		M50+	113	RUN4ALL RUNNING CLUB	17	00:51:20	00:50:52	RES
1020	1961	PETER	JONES		M40+	244		643	00:51:22	00:49:54	RES
1021	2131	MARK	WHEATLEY		M40+	245		644	00:51:23		RES
1022	2952	MATTHEW	JONES		M40+	246		645	00:51:23	00:50:26	RES
1023	407	KARL	HUTCHINGS		Senior Male	403		646	00:51:24	00:50:37	RES
1024	512	STEPHEN	LEWIS		M40+	247		647	00:51:25	00:49:55	RES
1025	49	SIAN	KHALIL	SOUTH WALES TEAM	F45+	40	PONTYPRIDD ROADENTS	4	00:51:25	00:50:51	RES
1026	2724	ANDREW	REED		M50+	114		648	00:51:27	00:49:41	RES
1027	882	JONATHAN	PRITCHARD		M40+	248		649	00:51:27	00:48:47	RES
1028	2852	DANIEL	FRANCIS		Senior Male	404		650	00:51:28	00:50:52	RES
1029	3652	TERESA	NORTON		F35+	74		651	00:51:28	00:49:55	RES
1030	1270	DAVID	GRIFFITHS		M40+	249		652	00:51:28	00:50:33	RES
1031	1813	SCOTT	FISHER		M40+	250		653	00:51:29	00:50:24	RES
1032	761	VINCE	PRICE		M40+	251		654	00:51:30	00:50:00	RES
1033	2277	CHRIS	MORCOM		M50+	115		655	00:51:30	00:50:04	RES
1034	1132	SION	WAY		Junior Male	35		656	00:51:31	00:51:13	RES
1035	737	CRAIG	GAVIN		Senior Male	405		657	00:51:32	00:49:57	RES
1036	203	NICOLA	BOWMAN	ADMIRAL	F45+	41	ADMIRAL	36	00:51:33	00:50:47	RES
1037	2747	EINION	GRUFFUDD		M40+	252		658	00:51:34	00:50:27	RES
1038	3995	MATTHEW	SWEENEY		Senior Male	406		659	00:51:34		RES
1039	4111	MICHAEL	LOCKE		Senior Male	407		660	00:51:35	00:50:08	RES

1040	851	STEWART	COLLINS		M40+	253		661	00:51:35	00:49:56	RES
1041	3705	WILLIAM	DAVIES		M40+	254		662	00:51:36		RES
1042	2074	KIERAN	BROWN		Senior Male	408		663	00:51:37	00:50:40	RES
1043	1581	HELEN	JANNEY		F35+	75	AMMAN VALLEY HARRIERS	7	00:51:37	00:50:46	RES
1044	4118	KIM	CARWARDINE		Senior Female	63		664	00:51:37	00:50:14	RES
1045	3022	ANGHARAD	GAVIN		F35+	76		665	00:51:37	00:50:03	RES
1046	3603	SIMON	BREWER		M40+	255	SWANSEA HARRIERS	28	00:51:39	00:51:17	RES
1047	3781	CELYN	EVANS		Senior Female	64		666	00:51:39	00:50:38	RES
1048	917	STUART	WAREING		Senior Male	409		667	00:51:40	00:50:54	RES
1049	190	RUSS	BURT	ADMIRAL	M40+	256	ADMIRAL	37	00:51:42	00:50:36	RES
1050	2860	MAGS	ATTWELL		Junior Female	8		668	00:51:42	00:50:44	RES
1051	236	MATHEW	PICTON	ADMIRAL	Senior Male	410	ADMIRAL	38	00:51:42	00:50:54	RES
1052	1671	AIMEE	WILLIAMS		Senior Female	65		669	00:51:43	00:50:37	RES
1053	1999	DEAN	WILLIAMS		Senior Male	411		670	00:51:46	00:49:49	RES
1054	291	JONATHAN	HANCOCK		Senior Male	412		671	00:51:47	00:50:30	RES
1055	474	JOHN	HUNT		Junior Male	36		672	00:51:48	00:49:45	RES
1056	1842	DAMIEN	SAUNDERS		M40+	257		673	00:51:48	00:50:35	RES
1057	142	LINDSEY	DARVELL	ADMIRAL	Senior Female	66	ADMIRAL	39	00:51:48	00:51:16	RES

1058	156	MICHAEL	DAVIES	ADMIRAL	Senior Male	413	ADMIRAL	40	00:51:49	00:51:00	RES
1059	286	DANIEL	MASON		Senior Male	414		674	00:51:49	00:50:03	RES
1060	2326	WENDY	HOYLAND		F45+	42		675	00:51:50	00:50:21	RES
1061	1735	ANDREW	CADMORE		M40+	258	BRECON AC	7	00:51:51	00:51:16	RES
1062	1523	RICHIE	VRAC		Senior Male	415		676	00:51:52	00:49:49	RES
1063	2999	JASON	GARRAHAN		M40+	259		677	00:51:53	00:50:53	RES
1064	3810	NATALIE	JONES		Senior Female	67		678	00:51:53	00:51:04	RES
1065	1561	NICK	JACQUES		M50+	116		679	00:51:55	00:50:21	RES
1066	1098	PHILIP	WELLS		Senior Male	416	RUN4ALL RUNNING CLUB	18	00:51:55	00:49:17	RES
1067	2167	DAVE	ROYLANCE		M40+	260		680	00:51:55	00:51:09	RES
1068	3045	EDWARD	HARRIS		M40+	261		681	00:51:55	00:50:55	RES
1069	1689	NATHAN	WILLIAMS		Senior Male	417	DRAGONS RUNNING CLUB	5	00:51:56	00:50:36	RES
1070	1566	STEVE	KERN		M40+	262		682	00:51:57	00:49:56	RES
1071	1469	PAUL	JOHNS		M40+	263		683	00:51:57	00:51:05	RES
1072	209	LASHIRA	HERRING	ADMIRAL	Senior Female	68	ADMIRAL	41	00:51:58	00:51:12	RES
1073	1286	EDWARD	DAVIES		M50+	117		684	00:51:58	00:50:48	RES
1074	1015	REBECCA	PHILLIPS		F35+	77		685	00:51:58	00:50:59	RES
1075	3789	PAUL	ABRAHAM		Senior Male	418		686	00:51:59	00:51:09	RES
1076	2317	CLAIRE	MORGAN		F45+	43	FOREST OF DEAN AC	25	00:51:59	00:51:05	RES
1077	3352	KIERAN	MILLS		Junior Male	37		687	00:52:00		RES
1078	1416	MARTIN	EAMES		M40+	264		688	00:52:00	00:50:44	RES

1079	2093	ERNIE	CLIFT		M60+	37		689	00:52:01	00:51:06	RES
1080	2324	ISAAC	SHADBOLT		Junior Male	38		690	00:52:04	00:50:12	RES
1081	277	DAVID	HODGES		M50+	118	LES CROUPIERS	24	00:52:04	00:51:27	RES
1082	1718	SAMANTHA	SINGH		F45+	44		691	00:52:06	00:50:49	RES
1083	3155	STEVE	COLE		M40+	265		692	00:52:06	00:50:47	RES
1084	1236	JAFAR	OJRA		Senior Male	419		693	00:52:07	00:49:38	RES
1085	2284	DYLAN	WILLIAMS		Junior Male	39		694	00:52:07	00:50:16	RES
1086	3024	NEIL	BEVAN		Senior Male	420		695	00:52:08	00:50:53	RES
1087	2150	LUKE	HESLOP		Senior Male	421	LES CROUPIERS	25	00:52:09	00:51:09	RES
1088	1331	MATT	BAILEY		M40+	266		696	00:52:10	00:51:13	RES
1089	153	ALEX	MAYES	ADMIRAL	Senior Male	422	ADMIRAL	42	00:52:12	00:51:26	RES
1090	991	JAMIE	CLAYDEN		Senior Male	423		697	00:52:12	00:49:43	RES
1091	902	KEN	HAYNES		Senior Male	424		698	00:52:13	00:51:13	RES
1092	3830	DELME	WILLIAMS		F35+	78		699	00:52:13	00:51:44	RES
1093	1548	SI?	HUGHES		Senior Male	425		700	00:52:14	00:50:56	RES
1094	2821	ANDREW	LAWTON		Senior Male	426		701	00:52:14	00:51:27	RES
1095	187	MARTYN	SPENCER	ADMIRAL	Senior Male	427	ADMIRAL	43	00:52:16	00:51:28	RES
1096	1793	DAFYDD	FACKRELL		Senior Male	428		702	00:52:16	00:50:56	RES
1097	3581	IAN	EVANS		M40+	267		703	00:52:17	00:50:54	RES
1098	3505	STEPHEN	BEALE		M40+	268		704	00:52:17	00:51:31	RES

1099	519	JACQUI	WYNDS		F55+	13	FOREST OF DEAN AC	26	00:52:20	00:50:56	RES
1100	1047	UKU	KUMARI		M60+	38	SWANSEA HARRIERS	29	00:52:20	00:52:05	RES
1101	679	KRISTIAN	WALTERS		Senior Male	429		705	00:52:21	00:51:52	RES
1102	912	LOUISE	REES JAMES		F35+	79		706	00:52:22	00:51:13	RES
1103	3911	ALEXANDER	ELLIOTT		M50+	119		707	00:52:23	00:51:16	RES
1104	2112	FFION	DAVIES		Junior Female	9	ISLWYN RC	9	00:52:23	00:51:53	RES
1105	3849	THOMAS	WOOD		Senior Male	430		708	00:52:24	00:50:06	RES
1106	3968	NICHOLAS	ORUM		Senior Male	431		709	00:52:24	00:51:32	RES
1107	2636	WOLFGANG	ACKERMANN		M40+	269		710	00:52:24	00:50:39	RES
1108	3725	JOSEPH	HOLLAND		Junior Male	40		711	00:52:25	00:50:22	RES
1109	4091	DAVE	WILLIAMS		Senior Male	432		712	00:52:25	00:51:14	RES
1110	250	ALEX	REES	ADMIRAL	Senior Male	433	ADMIRAL	44	00:52:26	00:51:33	RES
1111	2402	JACK	HOLLAND		Junior Male	41		713	00:52:26	00:50:23	RES
1112	998	LEAH	TREHARNE		Senior Female	69		714	00:52:27	00:51:31	RES
1113	3433	STEVE	ROBERTS		M40+	270		715	00:52:27	00:51:48	RES
1114	913	NEIL	HARRIES		M40+	271		716	00:52:27	00:49:34	RES
1115	3897	ROBERT	JONES		Senior Male	434	DRAGONS RUNNING CLUB	6	00:52:27	00:51:07	RES
1116	418	OLIVER	DUGDALE		Senior Male	435		717	00:52:28	00:51:00	RES

1117	272	ANTONI	MAIELLO		Senior Male	436		718	00:52:28	00:51:09	RES
1118	3686	YASMIN	WILLIAMS		Senior Female	70		719	00:52:28	00:51:44	RES
1119	554	ALLEN	BEVAN		M50+	120	PONTYPRIDD ROADENTS AC	5	00:52:28	00:51:50	RES
1120	1209	LOUISE	UDIAWAR		F35+	80		720	00:52:28	00:50:11	RES
1121	4266	JOHNATHAN	ROBISON		Senior Male	437		721	00:52:29	00:51:20	RES
1122	3100	MATTHEW	HENN		Senior Male	438		722	00:52:29	00:52:17	RES
1123	3184	NIGEL	EVANS		M50+	121		723	00:52:31	00:51:36	RES
1124	2584	LORNA	JOHNSON		F35+	81		724	00:52:31	00:50:59	RES
1125	853	VIKI	METZLER		F35+	82		725	00:52:32	00:51:43	RES
1126	4186	HUW	WILLIAMS		M50+	122	BRIDGEND AC	8	00:52:32	00:51:31	RES
1127	3466	JOANNE	BICKHAM		F35+	83		726	00:52:33	00:51:34	RES
1128	3980	RALPH	DAVEY		M60+	39	LES CROUPIERS	26	00:52:33	00:51:32	RES
1129	2282	NICKY	LAWRENSON		F35+	84		727	00:52:33	00:51:03	RES
1130	3975	NATALIE	BRIDGER		Senior Female	71		728	00:52:33	00:51:57	RES
1131	1392	ANDREW	FAWKES-WILLIAMS		M40+	272		729	00:52:34	00:52:26	RES
1132	3159	ANDREW	HOPKINS		Senior Male	439		730	00:52:34	00:51:12	RES
1133	3221	TERRY	SHORE		M60+	40		731	00:52:35	00:51:02	RES
1134	1119	JAMES	NOOTT		M40+	273		732	00:52:38		RES
1135	2634	MATTHEW	BARRELL		Senior Male	440		733	00:52:39	00:50:57	RES
1136	1904	JAN	GRANDISON		F55+	14		734	00:52:40	00:51:00	RES
1137	1456	DAVID	PERRY		M50+	123		735	00:52:40	00:50:21	RES

1138	3655	DAVID	THOMAS		M50+	124	FOREST OF DEAN AC	27	00:52:41	00:52:02	RES
1139	3211	KATE	AMOS		Senior Female	72		736	00:52:43	00:51:47	RES
1140	57	CAPTAIN	BEANY		M60+	41	PORT TALBOT	1	00:52:43	00:51:24	RES
1141	3129	EMMA	JOHN		F35+	85		737	00:52:44	00:52:28	RES
1142	2332	JANE	HARWOOD		Senior Female	73	PORT TALBOT HARRIERS	21	00:52:44	00:52:28	RES
1143	2535	ELINOR	KING		Senior Female	74		738	00:52:45	00:52:02	RES
1144	4085	STEPHANIE	FOULKES-MORAN		F35+	86	PONTYPRIDD ROADENTS AC	6	00:52:45	00:51:59	RES
1145	3141	PHILIP	SHERIDAN		Senior Male	441		739	00:52:45	00:52:14	RES
1146	4314	Helen	Hughesdon			2		740	00:52:45	00:51:58	RES
1147	2462	NICK	OWEN		M50+	125		741	00:52:46	00:51:24	RES
1148	1407	COLIN	LAVER		M60+	42	FOREST OF DEAN AC	28	00:52:47	00:51:41	RES
1149	1560	ADAM	DEMERY		Senior Male	442		742	00:52:48	00:50:20	RES
1150	3608	DARREN	PURCELL		M40+	274		743	00:52:48	00:52:00	RES
1151	3462	PETER	CLEMENT		M50+	126		744	00:52:49	00:52:06	RES
1152	1947	JOSH	HAINES		Junior Male	42		745	00:52:49	00:50:31	RES
1153	3709	CAI	WILLIAMS		Senior Male	443	RUN4ALL RUNNING CLUB	19	00:52:50	00:50:36	RES
1154	3582	BILL	PARSONS		M60+	43		746	00:52:50	00:52:14	RES
1155	551	GILLIAN	MURPHY		F55+	15	LES CROUPIERS	27	00:52:51	00:52:24	RES
1156	4217	MIKE	BILLINGS		Senior Male	444		747	00:52:51	00:52:08	RES
1157	2869	ANDY	EVANS		M40+	275		748	00:52:51	00:51:35	RES

1158	3905	BARRIE	ROBERTS		M60+	44	WELSH ANGLO ATHLETICS	3	00:52:51	00:52:28	RES
1159	580	MICHAEL	MURPHY		M60+	45	LES CROUPIERS	28	00:52:52	00:52:24	RES
1160	3053	CRAIG	LLEWELLYN		Senior Male	445		749	00:52:53	00:52:04	RES
1161	2291	RICHARD	WASTNAGE		M50+	127		750	00:52:54	00:52:22	RES
1162	4286	JONATHAN	DAVIES		Junior Male	43		751	00:52:54	00:51:33	RES
1163	3796	CHARLIE	JAMES		Senior Female	75	3MS GORSEINON ROAD RUNNERS	16	00:52:56	00:52:08	RES
1164	1810	DAVID	WARRINGTON		Senior Male	446		752	00:52:56	00:51:12	RES
1165	711	SARAH	THEOBALD		F35+	87		753	00:52:57	00:51:34	RES
1166	2604	ANGHARAD	DANTER		F35+	88		754	00:52:57	00:51:34	RES
1167	4076	ABBIE	WATERS		Junior Female	10		755	00:52:57	00:52:47	RES
1168	1095	KIRSTY	MACDONALD		Senior Female	76		756	00:52:58	00:52:06	RES
1169	1685	ALICE MAY	THOMAS		Senior Female	77		757	00:52:58	00:52:16	RES
1170	304	DANI	REES		F35+	89		758	00:52:58	00:51:39	RES
1171	222	CATHERINE	BARCLAY	ADMIRAL	Senior Female	78	ADMIRAL	45	00:52:58	00:52:00	RES
1172	1774	OONA	CRAWFORD		F55+	16		759	00:52:59	00:51:55	RES
1173	2013	FIONA	LEWIS		F35+	90		760	00:52:59	00:51:32	RES
1174	328	DAWN	PROSSER		F45+	45		761	00:53:00	00:52:22	RES
1175	4019	SIMON	THOMAS		M40+	276		762	00:53:01	00:52:26	RES
1176	2410	ANDREW	EVANS		Senior Male	447		763	00:53:01	00:51:25	RES

1177	1980	ANNE	LEWIS		F45+	46	PONTARDAWE RUNNING CLUB	4	00:53:02	00:51:59	RES
1178	3767	HYWEL	BUTTS		M40+	277		764	00:53:03	00:51:52	RES
1179	2974	JORDAN	URQUHART		Senior Male	448		765	00:53:03	00:51:38	RES
1180	1031	KEV	FITZGERALD		M60+	46		766	00:53:04	00:51:43	RES
1181	3372	SHARON	EVANS		F35+	91		767	00:53:05	00:51:35	RES
1182	3222	SHARON	HARRIS		F35+	92		768	00:53:06	00:51:49	RES
1183	3551	LISA	DANIEL		F45+	47		769	00:53:09	00:52:39	RES
1184	1556	CAMERON	HOPKINS		Senior Male	449		770	00:53:10	00:51:40	RES
1185	2568	TOM	VINEY		Senior Male	450		771	00:53:10	00:51:40	RES
1186	3329	SCOTT	PHILLIPS		M40+	278		772	00:53:11	00:51:48	RES
1187	3985	SIMON	TALBOT		Senior Male	451	NEWPORT HARRIERS	2	00:53:12	00:51:30	RES
1188	1597	ANGHARAD	THOMAS		Senior Female	79		773	00:53:12	00:52:04	RES
1189	3851	CHERYL	PARKHOUSE		Senior Female	80		774	00:53:12	00:51:54	RES
1190	2615	JAMES	PELUSI		Junior Male	44		775	00:53:13	00:52:46	RES
1191	862	MIGUEL	SUTCLIFFE		M40+	279		776	00:53:13	00:52:19	RES
1192	1155	AMY	COOPER		Senior Female	81		777	00:53:13	00:52:25	RES
1193	2288	ELERI	GEORGE		F35+	93		778	00:53:14	00:52:30	RES
1194	1867	VYVYAN	SMITH		M50+	128		779	00:53:14	00:52:15	RES
1195	3450	DONA	VINEY		Senior Female	82		780	00:53:15	00:51:45	RES
1196	3332	LYNN	DAVIES		M40+	280		781	00:53:17	00:50:57	RES
1197	2461	CORDELIA	LOUGHLIN		Senior Female	83		782	00:53:17	00:52:32	RES

1198	1295	STEVE	WILLIAMS		M40+	281		783	00:53:17	00:51:16	RES
1199	576	SARA	MORGAN		F35+	94		784	00:53:18	00:52:32	RES
1200	3124	KELLIE	HERBERT		Senior Female	84		785	00:53:20	00:52:17	RES
1201	2215	RHYS	MORGAN		M40+	282		786	00:53:21	00:51:44	RES
1202	2991	JOSHUA	WILLIAMS		Senior Male	452		787	00:53:21	00:51:14	RES
1203	722	REBECCA	GOSNEY		Senior Female	85		788	00:53:21	00:52:06	RES
1204	2437	RACHEL	BAILEY		Senior Female	86		789	00:53:22	00:52:04	RES
1205	3650	STEVEN	HOWLETT		M40+	283		790	00:53:23	00:52:39	RES
1206	259	REV PETE	ORPHAN		M40+	284		791	00:53:24	00:49:32	RES
1207	167	HEULWEN	ROBERTS	ADMIRAL	Senior Female	87	ADMIRAL	46	00:53:24	00:52:24	RES
1208	3292	GEMMA	ROBERTS		Senior Female	88		792	00:53:26	00:52:20	RES
1209	3439	KELVIN	THOMAS		M40+	285		793	00:53:27	00:51:57	RES
1210	3494	NEIL	GARDNER		Senior Male	453		794	00:53:28	00:52:05	RES
1211	3819	RICHARD	WILLIAMS		Senior Male	454		795	00:53:28	00:52:14	RES
1212	2799	PAUL	DAVIES		M40+	286		796	00:53:29	00:52:45	RES
1213	860	IAN	COLE		M50+	129		797	00:53:29	00:52:52	RES
1214	3033	JONATHAN	MICHAEL		Senior Male	455		798	00:53:30	00:52:44	RES
1215	1653	NEIL	DAVIES		M40+	287		799	00:53:31	00:52:46	RES
1216	1328	DAUNE	GREEN		F35+	95	GRIFFITHSTOWN HARRIERS	6	00:53:31	00:52:41	RES
1217	4178	AMANDA	JAMES		F35+	96		801	00:53:31	00:51:43	RES
1218	2611	SIMON	JONES		M40+	288		800	00:53:31	00:51:31	RES
1219	2296	PHILIP	PLEASS		M50+	130		802	00:53:31	00:52:53	RES

1220	1590	JOANNA	HUTCHINGS		F45+	48		803	00:53:31	00:52:16	RES
1221	4157	MYFANWY	PERROTT		Senior Female	89	RUN4ALL RUNNING CLUB	20	00:53:32	00:52:53	RES
1222	570	NEIL	GEORGE		Senior Male	456		804	00:53:33	00:51:48	RES
1223	3377	PAIGE	LEWIS		Senior Female	90		805	00:53:33	00:52:18	RES
1224	1675	CERI	MORGAN		Senior Male	457		806	00:53:33	00:50:58	RES
1225	4268	CHRIS	RESTALL		Senior Male	458		807	00:53:34	00:51:06	RES
1226	2777	WAYNE	EDMOND		M60+	47		809	00:53:35	00:52:00	RES
1227	816	TOM	PEARSON		Senior Male	459		808	00:53:35	00:52:09	RES
1228	3742	RICHARD	HURST		Senior Male	460		810	00:53:35	00:51:02	RES
1229	104	JAMIE	CHAPMAN	ADMIRAL	Senior Male	461	ADMIRAL	47	00:53:35	00:52:01	RES
1230	1336	PATRICK	ANDERSON		M40+	289		811	00:53:35	00:51:20	RES
1231	3508	LAURA	KIMPTON		Senior Female	91	BEARBROOK RUNNING CLUB	1	00:53:36	00:52:40	RES
1232	2944	MARC	LOGAN		Senior Male	462		812	00:53:36	00:52:01	RES
1233	493	PAUL	BROOKS		M40+	290		813	00:53:37	00:51:50	RES
1234	3654	DARREN	EVANS		M40+	291		814	00:53:38	00:53:19	RES
1235	650	DEAN	EDWARDS		M40+	292		815	00:53:39	00:52:36	RES
1236	3863	JOSH	HUGHES		Junior Male	45		816	00:53:39	00:52:52	RES
1237	4158	RAYMOND	JAMES		M50+	131		817	00:53:39	00:51:48	RES
1238	481	LYN	MORRIS		M50+	132		818	00:53:40	00:51:14	RES

1239	3064	KRISTIAN	DAVIES		Senior Male	463		819	00:53:40	00:52:30	RES
1240	4337	LUCY	O'CALLAGHAN		Senior Female	92		820	00:53:40	00:52:50	RES
1241	1715	CATHERINE	REEN		F45+	49		821	00:53:40	00:52:33	RES
1242	2651	GEORGIA	SHOARE		Senior Female	93		822	00:53:42	00:52:14	RES
1243	1640	RYAN	LARCOMBE		Senior Male	464		823	00:53:43	00:51:45	RES
1244	2936	JOHN	MORRISSEY		M50+	133		824	00:53:45	00:52:50	RES
1245	3158	STEPHANIE	AUSTIN		F45+	50		825	00:53:46	00:52:44	RES
1246	898	ANDREW	GERTSEN		Senior Male	465		826	00:53:46	00:52:16	RES
1247	1822	ADRIAN	HEYDON		M60+	48		827	00:53:46	00:52:31	RES
1248	3206	MARTIN	HOLLAND		M50+	134		828	00:53:47	00:52:12	RES
1249	2001	DAVID	CARTER		M50+	135		829	00:53:48	00:53:32	RES
1250	3857	JOE	KINSEY		Junior Male	46		830	00:53:48	00:52:52	RES
1251	1612	LEE	BENNETT		M60+	49		831	00:53:48	00:52:33	RES
1252	4179	ANNE	FOLLAN		F35+	97		832	00:53:49		RES
1253	397	STEPHEN	LAYMAN		M40+	293		833	00:53:50	00:53:05	RES
1254	435	RICHARD	BOWEN		M60+	50		834	00:53:50	00:52:45	RES
1255	3635	PETER	HODGES		M50+	136		835	00:53:51	00:52:18	RES
1256	1007	SHAHNAZ	SCULLY		F35+	98		836	00:53:52	00:52:22	RES
1257	3842	JACK	PHILLIPS		Junior Male	47		837	00:53:52	00:52:00	RES
1258	2654	JAMES	TAYLOR		Senior Male	466	RUN4ALL RUNNING CLUB	21	00:53:52	00:52:13	RES
1259	1762	ADRIAN	EVANS		M40+	294		838	00:53:52	00:52:34	RES
1260	687	THOMAS	MADDOCK		Senior Male	467		839	00:53:54	00:53:41	RES

1261	2412	GARETH	DENTON		M40+	295	RHONDDA VALLEY RUNNERS	6	00:53:54	00:52:04	RES
1262	2670	ANDREW	MEADOWS		Senior Male	468		840	00:53:54	00:52:04	RES
1263	2766	MANUEL	HERNANDEZ		M40+	296		841	00:53:54	00:52:03	RES
1264	4123	NIGEL	WILLIAMS		Senior Male	469		842	00:53:54	00:52:56	RES
1265	2335	MATTHEW	BROWN		Senior Male	470		843	00:53:55	00:52:59	RES
1266	266	GEMMA	WOOLFE		Senior Female	94		844	00:53:55	00:52:26	RES
1267	199	KEVIN	SMART	ADMIRAL	Senior Male	471	ADMIRAL	48	00:53:55	00:52:31	RES
1268	1115	ANDREW	GUNTER		Senior Male	472		845	00:53:56	00:51:52	RES
1269	752	PAUL	PETERS		Senior Male	473		846	00:53:57	00:52:40	RES
1270	2168	JASON	KING		M40+	297		847	00:53:57	00:53:00	RES
1271	254	MIKE	HUNTER		M40+	298		848	00:53:58	00:53:10	RES
1272	2087	SAM	JONES		Junior Male	48		849	00:53:58	00:51:33	RES
1273	3320	PALVINDER	SINGH		M40+	299		850	00:54:00	00:52:22	RES
1274	463	DIANNA	TUDOR		F35+	99	RUN4ALL RUNNING CLUB	22	00:54:00	00:53:20	RES
1275	3051	JONATHAN	MATTHEWS		Senior Male	474		851	00:54:01	00:52:24	RES
1276	175	ANDREW	COGHLIN	ADMIRAL	Senior Male	475	ADMIRAL	49	00:54:01	00:53:03	RES
1277	2605	JULIAN	WAKE		M40+	300		852	00:54:02	00:53:03	RES
1278	2078	HELEN	LANE		F35+	100		853	00:54:02	00:52:59	RES

1279	2146	ZOE	FOISTER		Senior Female	95		854	00:54:02	00:52:08	RES
1280	4061	CERI	EAST		F35+	101	MERTHYR RUNNING CLUB	5	00:54:03	00:52:44	RES
1281	899	AUDREY	ALIES		F35+	102		855	00:54:05	00:51:53	RES
1282	348	RALPH	NICHOLLS		M50+	137		856	00:54:05	00:52:31	RES
1283	1046	RICHARD	GARRATT		M40+	301	CWM OGWR RUNNING CLUB	6	00:54:06	00:53:23	RES
1284	932	RACHEL	GOVIER-WILLIAMS		Senior Female	96		857	00:54:07	00:53:25	RES
1285	2764	IAN	WELSH		Senior Male	476		858	00:54:08	00:52:46	RES
1286	3630	REBECCA	WILLIAMS		Senior Female	97		859	00:54:08	00:53:29	RES
1287	750	LEAH	HINTON		Senior Female	98		860	00:54:08	00:53:05	RES
1288	652	SARAH	REES		F45+	51		861	00:54:08	00:53:05	RES
1289	709	ZOE	ELVER		F35+	103	PONT Y PWL & DISTRICT RUNNERS	2	00:54:09	00:53:20	RES
1290	3086	STEVE	TWIGG		M40+	302		862	00:54:09	00:53:14	RES
1291	3888	KRISTOPHER	HOCKING		Senior Male	477		863	00:54:10	00:52:31	RES
1292	3420	GARY	MARSHALL		M50+	138		864	00:54:10	00:52:52	RES
1293	2354	CLIVE	SEARLE		M50+	139		865	00:54:11	00:52:38	RES
1294	4234	RYAN	MORRIS		Senior Male	478		866	00:54:12	00:52:54	RES
1295	263	SIMON	REES		M40+	303	RUN4ALL RUNNING CLUB	23	00:54:14	00:52:55	RES

1296	2376	PHIL	BLACKLER		M50+	140		867	00:54:15	00:52:32	RES
1297	4236	CHLOE	FRY		Junior Female	11	RHONDDA VALLEY RUNNERS	7	00:54:16	00:52:56	RES
1298	2706	ELIZABETH	GRIFFITHS		F35+	104		868	00:54:16	00:53:25	RES
1299	890	DARREN	THOMAS		M40+	304		869	00:54:17	00:52:27	RES
1300	1526	SHAREEN	GEERS		F35+	105		870	00:54:17	00:53:23	RES
1301	1770	COLLEEN	BOWEN		Senior Female	99		871	00:54:17	00:51:18	RES
1302	584	MIKE	FOOTMAN		M40+	305		872	00:54:19	00:52:29	RES
1303	2194	HELEN	ELWARD		F35+	106		873	00:54:20	00:53:28	RES
1304	1350	ANDREW	MORGAN		M40+	306		874	00:54:22	00:53:00	RES
1305	1623	DAVID	JAMES		M40+	307		875	00:54:23	00:53:07	RES
1306	456	JON	MERREY		M40+	308		876	00:54:24	00:52:52	RES
1307	2392	MARTIN	CROSHAW		M40+	309		877	00:54:25	00:53:04	RES
1308	2660	SARAH	POPE		F45+	52	WOMEN RUNNING PENARTH	1	00:54:26	00:53:46	RES
1309	206	SIAN	JONES	ADMIRAL	Senior Female	100	ADMIRAL	50	00:54:26	00:52:53	RES
1310	1048	DEE	CAMPBELL		F45+	53		878	00:54:26	00:52:48	RES
1311	1829	PAUL	WALTERS		Senior Male	479		879	00:54:27	00:52:59	RES
1312	2101	JAMES	GREGORY		M40+	310	PEMBROKESHIRE HARRIERS	1	00:54:27	00:52:34	RES
1313	1291	JOICE	BANDOQUILLO SHOWELL		Senior Female	101		880	00:54:28	00:53:04	RES
1314	4072	RHIANNON	HART		Senior Female	102		881	00:54:33	00:52:46	RES
1315	3921	KAREN	JONES		F35+	107		882	00:54:36	00:52:51	RES
1316	3904	TONY	BYRNE		Senior Male	480		883	00:54:37	00:52:43	RES

1317	3375	MIKE	LYNCH		M40+	311		884	00:54:37	00:52:50	RES
1318	1190	LEE	LAWRENCE		M40+	312		885	00:54:38	00:52:41	RES
1319	160	ROBERT	COOK	ADMIRAL	Senior Male	481	ADMIRAL	51	00:54:39	00:53:41	RES
1320	3092	JAMIE	SHORT		Senior Male	482		886	00:54:39	00:52:54	RES
1321	480	LIZ	REES		F35+	108		887	00:54:40	00:53:21	RES
1322	905	JOSH	KEANE		Senior Male	483		888	00:54:41	00:53:37	RES
1323	1542	SALOME	EVANS		F35+	109		889	00:54:41	00:53:11	RES
1324	497	IAN	WILLIAMS		Senior Male	484		890	00:54:42	00:53:15	RES
1325	4287	PHILIP	ABBOTT		M50+	141		891	00:54:43	00:53:22	RES
1326	1862	MIKE	WAKELYN		Senior Male	485		892	00:54:44	00:53:12	RES
1327	3631	CORY	PITT		Junior Female	12		893	00:54:44	00:53:23	RES
1328	4131	PHIL	HOBBS		Senior Male	486		894	00:54:44	00:52:52	RES
1329	4062	JODI	BATEMAN		F35+	110		895	00:54:45	00:52:40	RES
1330	3693	ALAN	KIRTON		M50+	142		896	00:54:45	00:53:33	RES
1331	1978	BARRI	MORGAN		Senior Male	487		897	00:54:46	00:51:10	RES
1332	2946	LAURA	CHAPPLE		Senior Female	103	RUN4ALL RUNNING CLUB	24	00:54:47	00:54:08	RES
1333	2818	JACK	WHIFFIN		Junior Male	49		898	00:54:48	00:53:25	RES
1334	4235	KIMBERLEY	PRICE		Senior Female	104		899	00:54:49	00:54:04	RES
1335	744	DARREN	SADLER		M40+	313		900	00:54:50	00:54:17	RES
1336	3794	PAUL	DURBIN		Senior Male	488		901	00:54:50	00:54:25	RES

1337	3118	SARAH	BARNETT		Senior Female	105		902	00:54:51	00:52:24	RES
1338	3347	STUART	HOWE		Senior Male	489		903	00:54:52	00:53:57	RES
1339	3293	IAN	PARFITT		M40+	314		904	00:54:52	00:53:19	RES
1340	670	BECS	WADLEY		F45+	54		905	00:54:52	00:53:26	RES
1341	2223	NICOLA	HIGGS		Senior Female	106		906	00:54:53	00:53:38	RES
1342	2109	CALE	SINFIELD		Senior Male	490	HASTINGS RUNNERS	1	00:54:54	00:54:02	RES
1343	3749	SARAH	SELLENS		F35+	111		907	00:54:54	00:54:02	RES
1344	261	JOHN	WILLIAMS		Senior Male	491		908	00:54:54	00:53:36	RES
1345	1464	TIMOTHY	ROBERTS		M50+	143		909	00:54:54		RES
1346	1441	KAREN	BARNETT		F45+	55	FOREST OF DEAN AC	29	00:54:55	00:53:48	RES
1347	2996	STEPHEN	WOODS		M50+	144		910	00:54:56	00:53:40	RES
1348	4104	STEPHEN	HUGHES		M40+	315		911	00:54:56	00:53:29	RES
1349	3003	HANNAH	REES		F35+	112		912	00:54:57	00:54:19	RES
1350	144	SAMANTHA	GROVE	ADMIRAL	F35+	113	ADMIRAL	52	00:54:57	00:53:41	RES
1351	662	DANIEL	DAVIES		Senior Male	492		913	00:54:57	00:53:00	RES
1352	2193	SHANE	MATHEWS		Senior Male	493		914	00:54:57	00:52:31	RES
1353	4166	HUW	COLLINS		Junior Male	50		915	00:54:57	00:51:58	RES
1354	257	RONAN	O'FLYNN		Senior Male	494		916	00:54:58	00:52:35	RES
1355	3164	LOGAN	SPITTLE		Junior Male	51		917	00:54:58	00:54:23	RES
1356	3446	KEITH	STARR		M60+	51		918	00:54:58	00:53:09	RES
1357	2727	MARTIN	ORRELLS		M50+	145		919	00:54:59	00:52:47	RES
1358	4298	LEIGH	BESLEY		Senior Male	495		920	00:54:59	00:54:30	RES

1359	4066	LEE	EDWARDS		M40+	316		921	00:54:59	00:52:55	RES
1360	2422	ANDREW	COOPER		M40+	317		922	00:55:01	00:52:52	RES
1361	400	NICOLAS	WENG KAN		M40+	318		923	00:55:01	00:54:05	RES
1362	1951	DEVEN	JONES		Senior Female	107		924	00:55:02	00:53:26	RES
1363	4169	JAROSLAW	SANECKI		Senior Male	496		926	00:55:03	00:53:19	RES
1364	2668	GARETH	THOMAS		Senior Male	497		925	00:55:03	00:54:40	RES
1365	601	VICKI	JONES		F35+	114	ISLWYN RC	10	00:55:04	00:53:27	RES
1366	4079	RHIAN	JONES		F35+	115		927	00:55:05	00:53:14	RES
1367	3007	CHRISTOPHER	EVANS		Senior Male	498		928	00:55:06	00:54:52	RES
1368	2126	IAN	LEWIS		M50+	146		929	00:55:06	00:51:50	RES
1369	3740	MARK	FAULKNER		M50+	147	LLISWERRY RUNNERS	11	00:55:07	00:52:56	RES
1370	149	ALEX	MACDONALD	ADMIRAL	Senior Male	499	ADMIRAL	53	00:55:07	00:52:25	RES
1371	2708	MICHELLE	GOOCH		F45+	56	PONT Y PWL & DISTRICT RUNNERS	3	00:55:08	00:54:19	RES
1372	1074	ALEX	ALLEN		Junior Male	52		930	00:55:08	00:53:44	RES
1373	3111	DAVID	BOULD		M40+	319		931	00:55:08	00:53:16	RES
1374	3495	MICHELLE	JAMES		F45+	57	AMMAN VALLEY HARRIERS	8	00:55:10	00:53:38	RES
1375	939	JASON	SCANLON		M40+	320	PONTYPRIDD ROADENTS AC	7	00:55:11	00:52:40	RES
1376	310	MARCUS	PHILLIPS		Senior Male	500		932	00:55:12	00:53:21	RES
1377	2393	RICHARD	ATCHERLEY		M40+	321		933	00:55:14	00:52:46	RES

1378	1348	SHANNON	MABEY		Junior Female	13		934	00:55:15	00:54:12	RES
1379	1229	ROSIE	MAYNARD		F35+	116		935	00:55:16	00:54:20	RES
1380	3201	CHRISTOPHER	ROBERTS		Senior Male	501		936	00:55:16	00:54:03	RES
1381	1217	GEMMA	HARRIS		Senior Female	108	RUN4ALL RUNNING CLUB	25	00:55:17	00:54:37	RES
1382	476	GEMMA	NESBITT		Senior Female	109		937	00:55:17	00:53:11	RES
1383	2549	MARK	MAYERS		Senior Male	502	RUN4ALL RUNNING CLUB	26	00:55:17	00:54:36	RES
1384	1472	ROSS	MARTIN		Senior Male	503		938	00:55:18	00:52:49	RES
1385	3892	EMMA	BLOW		F35+	117		939	00:55:20	00:54:11	RES
1386	1750	MEGAN	EDNEY		Senior Female	110		940	00:55:21	00:53:59	RES
1387	2307	ELLIOT	WALL		Junior Male	53		941	00:55:22	00:54:19	RES
1388	3937	BRYAN	DANDO		Senior Male	504		942	00:55:23	00:54:03	RES
1389	769	ALYS	CARLISLE		F35+	118		943	00:55:23	00:53:09	RES
1390	4322	Christopher	jones			3		944	00:55:23	00:54:14	RES
1391	3437	BETHAN	WATERS		F35+	119		945	00:55:24	00:54:12	RES
1392	3790	IAIN	GRAY		M50+	148		946	00:55:24		RES
1393	106	RORY	O'BRIEN	ADMIRAL	Senior Male	505	ADMIRAL	54	00:55:26	00:52:35	RES
1394	3932	HANNAH	BUCKINGHAM		Senior Female	111		947	00:55:27	00:53:28	RES
1395	3371	DAVID	MITCHELL		M50+	149		948	00:55:27	00:53:48	RES
1396	1083	STEVE	JONES		M50+	150		949	00:55:27	00:53:47	RES

1397	1008	ANDREW	TIDY		Senior Male	506		950	00:55:27	00:53:39	RES
1398	3664	KEITH	HOPKINSON		M50+	151		951	00:55:27	00:54:41	RES
1399	2483	ANNE	EVANS		F35+	120		952	00:55:28	00:53:22	RES
1400	537	SIAN	REES		F45+	58		953	00:55:28	00:54:29	RES
1401	1183	HANNAH	JONES		Senior Female	112		954	00:55:29	00:54:51	RES
1402	2497	GEMMA	GIBBON		F35+	121		955	00:55:29	00:53:55	RES
1403	3644	SIMON	NURSE		M40+	322		956	00:55:30	00:54:17	RES
1404	193	KELLY ANN	WILLIAMS	ADMIRAL	Senior Female	113	ADMIRAL	55	00:55:30	00:53:56	RES
1405	2259	DEAN	LEWIS		M40+	323		957	00:55:30	00:54:28	RES
1406	1828	KEVIN	DAVIES		Senior Male	507		958	00:55:31	00:53:51	RES
1407	993	GEMMA	LOCKWOOD		Senior Female	114		959	00:55:31	00:54:52	RES
1408	728	KEVIN	BUTTON		M40+	324		960	00:55:31	00:53:24	RES
1409	1613	ELAINE	WILLIAMS		F35+	122		961	00:55:31	00:54:03	RES
1410	1073	DEAN	REES		Senior Male	508		962	00:55:33	00:54:08	RES
1411	2743	SARAH	STEWART		Senior Female	115		963	00:55:35	00:53:54	RES
1412	4134	PAUL	MATTHEWS		Senior Male	509		964	00:55:35	00:54:28	RES
1413	4133	LEANNE	MATTHEWS		Senior Female	116		965	00:55:35	00:54:27	RES
1414	2058	JOHN	GREENHILL		M40+	325	SOSPAN ROAD RUNNERS	5	00:55:36	00:53:54	RES
1415	2740	REBECCA	BOWERS		F35+	123		966	00:55:36	00:54:24	RES
1416	3901	TOP	MOSTON		Senior Male	510		967	00:55:37	00:53:36	RES

1417	4032	BETHAN	WILLIAMS		Senior Female	117		968	00:55:37	00:55:09	RES
1418	281	NIGEL	BEST		M50+	152		969	00:55:39	00:54:02	RES
1419	922	CORNELIA	SKIBBE		F45+	59		970	00:55:40	00:54:15	RES
1420	1099	CHRISTIAN	PARSLEY		M40+	326	CREDIT SUISSE ATHLETIC NETWORK	1	00:55:40	00:54:09	RES
1421	4252	MATTHEW	FOLIGNO		Senior Male	511		971	00:55:40	00:53:54	RES
1422	454	MICHELLE	MCCULLY		F35+	124		972	00:55:41	00:53:42	RES
1423	1995	EMMA	FORTUNE		F35+	125		973	00:55:42	00:53:28	RES
1424	2100	LEIGH	WANKLYN		Senior Female	118		974	00:55:42	00:54:16	RES
1425	2172	LIONEL	PANNETIER		M60+	52		975	00:55:44	00:54:43	RES
1426	3049	MARCIA	GOUVEIA		Senior Female	119	SAN DOMENICO RRC	11	00:55:44	00:55:34	RES
1427	3378	ALICE	TOMOS		Senior Female	120		976	00:55:45	00:53:34	RES
1428	325	CALLUM	OGILVY		Senior Male	512		977	00:55:47	00:53:17	RES
1429	1081	JAMES	SNAITH		Senior Male	513		978	00:55:48	00:53:53	RES
1430	3864	ALAN	KING		M40+	327		979	00:55:48	00:54:30	RES
1431	1265	CLAIRE	RUSSELL		Senior Female	121		980	00:55:48	00:54:04	RES
1432	1494	LAUREN	THOMAS		Junior Female	14	RUN4ALL RUNNING CLUB	27	00:55:49	00:53:39	RES
1433	3410	GARETH	BARTLEY		M40+	328		981	00:55:49	00:53:45	RES
1434	1657	SEAN	KIERNAN		M40+	329		982	00:55:49	00:53:44	RES

1435	387	ALUN	EVANS		Senior Male	514		983	00:55:50	00:54:28	RES
1436	470	DUNCAN	SMITH		M40+	330		984	00:55:50	00:55:26	RES
1437	678	RHIAN	DAVIES		F35+	126		985	00:55:50	00:53:56	RES
1438	3500	GEORGIA	BEVAN		Junior Female	15		986	00:55:51	00:53:41	RES
1439	496	LEANNE	FOWLER		Senior Female	122		987	00:55:51	00:54:06	RES
1440	1990	KEITH	BROWN		M40+	331		988	00:55:52	00:53:56	RES
1441	2184	ALAN	WHIFFIN		M40+	332		989	00:55:53	00:54:30	RES
1442	1998	RYAN	WILLIAMS		Senior Male	515		990	00:55:54	00:53:55	RES
1443	3441	MARTYN	JONES		M50+	153	LLISWERRY RUNNERS	12	00:55:54	00:54:35	RES
1444	301	SIMON	REES		M40+	333		991	00:55:55	00:53:37	RES
1445	623	RONI	MARGERISON		F35+	127	LLISWERRY RUNNERS	13	00:55:55	00:54:36	RES
1446	4063	MATTHEW	KUCK		M40+	334		992	00:55:55	00:54:04	RES
1447	2196	RHYS	JONES		Senior Male	516		993	00:55:56	00:54:00	RES
1448	836	MATTHEW	SMITH		Senior Male	517		994	00:55:56	00:54:04	RES
1449	3139	PAUL	WALLEN		M60+	53		995	00:55:56	00:54:41	RES
1450	3772	COLIN	CUTHBERTSON		M40+	335		996	00:55:56	00:54:24	RES
1451	3004	PETER	HARRIS		Senior Male	518		997	00:55:57	00:54:51	RES
1452	4087	CATHERINE	COURTS		F35+	128	RUN4ALL RUNNING CLUB	28	00:55:57	00:55:06	RES
1453	784	KATHRYN	MORGANS		F35+	129		998	00:55:57	00:54:05	RES
1454	3878	BURKHARD	MARKHOFF		M50+	154		999	00:55:57	00:55:45	RES

1455	2030	DAMIEN	CORCORAN		Senior Male	519		1000	00:55:58	00:55:01	RES
1456	2512	IAN	FRASER		M50+	155	MALDWYN HARRIERS	2	00:55:58	00:54:23	RES
1457	3235	CHRIS	BIDDER		M40+	336		1001	00:55:59	00:54:22	RES
1458	3020	ANDY	DAVIES		M40+	337		1002	00:55:59	00:54:16	RES
1459	1845	ANDRZEJ (ANDREW)	NOWAK		Senior Male	520		1003	00:56:00	00:54:15	RES
1460	3310	ANTHONY	BARRON		M40+	338		1004	00:56:01	00:54:21	RES
1461	237	SIOBHAN	EVANS	ADMIRAL	Senior Female	123	ADMIRAL	56	00:56:03	00:54:59	RES
1462	2773	CHRISTOPH ER	HOCKLEY		M40+	339		1005	00:56:03	00:54:31	RES
1463	2547	BEV	JAMES		F55+	17	FOREST OF DEAN AC	30	00:56:03	00:54:54	RES
1464	1011	CATHERINE	SELLICK		F45+	60		1006	00:56:04	00:54:40	RES
1465	151	NATHAN	DAVIES	ADMIRAL	Senior Male	521	ADMIRAL	57	00:56:06	00:53:56	RES
1466	138	DECLAN	BAKER	ADMIRAL	Junior Male	54	ADMIRAL	58	00:56:06	00:53:56	RES
1467	2954	CHRISTOPH ER	DUFFIELD		Senior Male	522		1007	00:56:07	00:54:29	RES
1468	2152	LEIGH	ROBERTS		Senior Male	523		1008	00:56:07	00:54:08	RES
1469	3002	CHRISTOPH ER	SCOTT		Senior Male	524		1009	00:56:08	00:54:14	RES
1470	804	MELISSA	CALDER- MATTHEWS		Senior Female	124	PONT Y PWL & DISTRICT RUNNERS	4	00:56:09	00:55:18	RES
1471	2903	DARINA	DAVIES		Senior Female	125		1010	00:56:09	00:54:11	RES
1472	1157	ANDREA	FELTON		F35+	130		1011	00:56:10	00:55:17	RES
1473	3777	JASON	WORRALL		M40+	340		1012	00:56:10	00:54:30	RES

1474	3683	JORDAN	BYRNE		Senior Male	525		1013	00:56:10	00:55:03	RES
1475	4276	THOMAS	WHEELER		Junior Male	55		1014	00:56:11	00:55:35	RES
1476	2695	CARL	GABRIELSEN		Senior Male	526		1015	00:56:11	00:54:53	RES
1477	1439	RACHAEL	KINGDON		Senior Female	126		1016	00:56:11	00:55:20	RES
1478	2732	WYNNE	KEENAN		Senior Male	527		1017	00:56:12	00:54:58	RES
1479	1669	ANDREW	DUNSCOMBE		M50+	156		1018	00:56:13	00:53:50	RES
1480	841	DAISY	NOOTT		Junior Female	16		1019	00:56:13	00:54:12	RES
1481	1033	GRANT	HOPKINS		Senior Male	528		1020	00:56:14	00:54:39	RES
1482	3475	SAMANTHA	DALLING		Senior Female	127		1021	00:56:14	00:55:42	RES
1483	1545	BETH	AMOS		F35+	131		1022	00:56:15	00:54:51	RES
1484	2675	CATHERINE	HARRIS		F35+	132		1023	00:56:15	00:54:07	RES
1485	1197	ARWYN	THOMAS		M40+	341		1024	00:56:16	00:53:20	RES
1486	1219	MARY	SCOURFIELD		F45+	61	CAERLEON RC	2	00:56:16	00:54:38	RES
1487	585	JODIE	JENKINS		Senior Male	529		1025	00:56:17	00:52:30	RES
1488	2921	RICHARD	CLARK		Senior Male	530		1026	00:56:17	00:54:27	RES
1489	1540	DAMIAN	HOLT		Senior Male	531		1027	00:56:17	00:55:10	RES
1490	134	MICHAEL	JONES	ADMIRAL	Senior Male	532	ADMIRAL	59	00:56:17	00:53:28	RES
1491	2122	LAUREN	THOMAS		Junior Female	17		1028	00:56:18	00:55:08	RES
1492	4017	PHIL	KETTLEY		M40+	342		1029	00:56:19	00:54:06	RES

1493	3893	KIERON	REES		Senior Male	533		1030	00:56:20	00:55:00	RES
1494	1812	MEGHANN	REYNOLDS		Senior Female	128		1031	00:56:20	00:54:41	RES
1495	2847	STUART	JAMES		Senior Male	534		1032	00:56:21		RES
1496	858	JAYNIE	RANCE		F45+	62	FETCH EVERYONE	2	00:56:21	00:54:47	RES
1497	126	TOM	AVON	ADMIRAL	Senior Male	535	ADMIRAL	60	00:56:22	00:55:33	RES
1498	1431	CHRIS	THOMAS		M40+	343		1033	00:56:22	00:55:54	RES
1499	2067	DAVINA	MORGAN		F35+	133		1034	00:56:23	00:54:49	RES
1500	1175	DANIEL	MALE		Senior Male	536		1035	00:56:23	00:54:26	RES
1501	218	CHARLOTTE	STURGESS	ADMIRAL	Senior Female	129	ADMIRAL	61	00:56:23	00:55:53	RES
1502	1914	CHARLOTTE	KOSCIAN		F35+	134		1036	00:56:24	00:54:29	RES
1503	885	CLAIRE	MANFIELD		F35+	135		1037	00:56:24	00:54:10	RES
1504	1002	MELINDA	RUCK		F45+	63		1038	00:56:24	00:54:12	RES
1505	1984	ELIZABETH	DAVIES		F35+	136		1039	00:56:24	00:53:47	RES
1506	955	IAIN	ROBERTSON		M40+	344		1040	00:56:25	00:54:16	RES
1507	1488	STEVEN	MATHEWS		M50+	157		1041	00:56:25	00:54:17	RES
1508	847	SOPHIE	CARMAN		Senior Female	130		1042	00:56:26	00:55:10	RES
1509	2662	KIM	WELLS		F35+	137		1043	00:56:26	00:54:42	RES
1510	349	LEIGH	GOUGH		Senior Male	537		1044	00:56:26	00:54:18	RES
1511	205	WENDY	HOLLOWAY	ADMIRAL	F35+	138	ADMIRAL	62	00:56:26	00:55:40	RES
1512	3381	DANIELLE	FRENCH		Senior Female	131		1045	00:56:27	00:54:45	RES
1513	1294	JANE	CREED		F35+	139	FOREST OF DEAN AC	31	00:56:27	00:54:15	RES

1514	535	RACHAL	EDWARDS		Senior Female	132		1046	00:56:27	00:54:47	RES
1515	3522	IAN	THOMAS		Senior Male	538		1047	00:56:28	00:54:47	RES
1516	1153	CHARLOTTE	BEARE		F35+	140		1048	00:56:28	00:54:41	RES
1517	2171	CHRISTOPHER	PLEASS		Senior Male	539		1049	00:56:29	00:53:57	RES
1518	4187	TULA	SMALLMAN		Senior Female	133		1050	00:56:29	00:53:41	RES
1519	1040	ELLIS	HOPKINS		M50+	158		1051	00:56:29	00:54:23	RES
1520	4224	BEN	GRIFFITHS		Senior Male	540		1052	00:56:30	00:54:18	RES
1521	4188	VICKY	BASSETT		Senior Female	134		1053	00:56:30	00:53:42	RES
1522	3812	SARAH	BEYNON		Senior Female	135		1054	00:56:31	00:54:27	RES
1523	1751	RICHARD	COLWILL		Senior Male	541		1055	00:56:31	00:54:36	RES
1524	1617	JAFAR	GHALAMKARY		M50+	159		1056	00:56:32	00:56:13	RES
1525	1240	DAVID	COTTRELL		Senior Male	542		1057	00:56:32		RES
1526	3105	NATALIE	PARSONS		F35+	141		1058	00:56:32	00:54:55	RES
1527	4292	SIAN	WATERS		F45+	64		1059	00:56:32	00:54:42	RES
1528	3632	DENNIS	CATTELL		M50+	160		1060	00:56:33	00:54:45	RES
1529	606	GARETH	PONTING		M40+	345	DRAGONS RUNNING CLUB	7	00:56:33	00:54:59	RES
1530	1319	CHRISTOPHER	DAVIES		Senior Male	543		1061	00:56:33	00:54:54	RES
1531	1777	CLAIRE	JONES		F35+	142		1062	00:56:34	00:55:01	RES
1532	3479	KEVIN	BENNETT		M40+	346		1063	00:56:34	00:55:07	RES

1533	378	ROBERT	EVANS		Senior Male	544		1064	00:56:34	00:54:41	RES
1534	1707	LOWRI	JONES		Junior Female	18		1065	00:56:35	00:54:40	RES
1535	2170	STEPHEN	LEY		Senior Male	545		1066	00:56:35	00:54:16	RES
1536	1520	SARAH	LEY		F35+	143		1067	00:56:35	00:54:16	RES
1537	1000	STUART	HOWELLS		M40+	347		1068	00:56:35	00:55:08	RES
1538	2123	NERYS	MONAGHAN		F35+	144		1069	00:56:36	00:54:29	RES
1539	294	ADRIAN	BENCE		Senior Male	546		1070	00:56:38	00:54:22	RES
1540	3763	CARYS	RICKETTS		F35+	145		1071	00:56:38	00:55:18	RES
1541	3360	LAURA	DAVIES		Senior Female	136		1072	00:56:38	00:55:22	RES
1542	3226	ALISON	HOLTON		F35+	146	PARC BRYNBACH RUNNING CLUB	5	00:56:39	00:54:41	RES
1543	1500	SCOTT	MATTHEWS		Senior Male	547		1073	00:56:39	00:55:26	RES
1544	1021	EMMA	WILLIAMS		F35+	147	BLAENAU GWENT ATHLETIC	2	00:56:39	00:55:09	RES
1545	540	KAREN	HAILE		F45+	65		1074	00:56:39	00:54:01	RES
1546	567	DION	SUTTON		Junior Male	56		1075	00:56:40	00:54:04	RES
1547	1832	DEBORAH	MARTIN		F35+	148		1076	00:56:40	00:55:19	RES
1548	3269	JAMIE	HOGG		Senior Female	137		1077	00:56:41	00:55:50	RES
1549	402	STUART	TAYLOR		Senior Male	548		1078	00:56:41	00:54:33	RES
1550	1314	MARTIN	BENNETT		Senior Male	549		1079	00:56:41	00:55:55	RES

1551	3542	CLAIRE	WORKMAN		Senior Female	138		1080	00:56:43	00:55:35	RES
1552	2722	SARAH	PETTITT		Senior Female	139		1081	00:56:43	00:53:53	RES
1553	3355	CERI	PHILLIPS		M60+	54		1082	00:56:44	00:54:52	RES
1554	2232	TRUDI	ADAMS		Senior Female	140		1083	00:56:44	00:55:51	RES
1555	702	LISA	VEALE		Senior Female	141		1084	00:56:45	00:55:18	RES
1556	2031	GLENN	VAUGHAN		Senior Male	550		1085	00:56:45	00:55:52	RES
1557	4226	MALCOLM	COADY		M50+	161		1086	00:56:45	00:54:25	RES
1558	2728	CHRIS	CARTER		M50+	162		1087	00:56:45	00:55:55	RES
1559	2488	ROBIN	BRIDGE		M40+	348		1088	00:56:46	00:55:40	RES
1560	2540	DAVID	KEOGH		M40+	349		1089	00:56:46	00:54:58	RES
1561	543	NICOLA	WILLIAMS- TESHO		F35+	149	AMMAN VALLEY HARRIERS	9	00:56:47	00:56:03	RES
1562	2477	JODIE	BRIDGE		F35+	150		1090	00:56:47	00:55:42	RES
1563	3412	KATJA	DAVIES		F35+	151		1091	00:56:48	00:55:07	RES
1564	2527	BETTI	DAVIES		Senior Female	142		1092	00:56:48	00:55:05	RES
1565	2341	DAFYDD	THOMAS		Senior Male	551		1093	00:56:48	00:54:36	RES
1566	951	CHRIS	HORTON		Senior Male	552		1094	00:56:48	00:55:07	RES
1567	2899	GAYNOR	EVANS		F45+	66		1095	00:56:49	00:55:44	RES
1568	3468	PAUL	JONES		M50+	163		1096	00:56:49	00:54:47	RES
1569	1850	AMY	YOUNG		Junior Female	19		1097	00:56:49	00:55:56	RES
1570	1509	JULIE	DAVIES		F45+	67	LLISWERRY RUNNERS	14	00:56:49	00:55:24	RES

1571	3252	PHILIP	MATTHEWS		M60+	55	PARC BRYNBACH RUNNING CLUB	6	00:56:49	00:54:59	RES
1572	3988	JANE	MORRIS		F35+	152		1098	00:56:50	00:55:59	RES
1573	4004	SOPHIE	ROUYS		F35+	153		1099	00:56:50	00:55:01	RES
1574	1513	TONY	HILL		M50+	164		1100	00:56:50	00:55:53	RES
1575	2025	MEGAN	JONES		Junior Female	20	SWANSEA HARRIERS	30	00:56:50	00:55:56	RES
1576	694	OLIVIA	TURLEY		Junior Female	21		1101	00:56:51	00:55:58	RES
1577	2358	GRACE	NEWBOULD		Senior Female	143	WOMEN RUNNING PENARTH	2	00:56:52	00:55:50	RES
1578	3210	SAMANTHA	HYETT		F35+	154		1102	00:56:52	00:55:08	RES
1579	879	RICHARD	DONNE		M50+	165		1103	00:56:53	00:55:59	RES
1580	4275	EMMA	WHEELER		F45+	68		1104	00:56:53	00:56:16	RES
1581	1873	KIRSTY	MCDOWELL		Senior Female	144		1105	00:56:53	00:54:25	RES
1582	727	HUGH	BENNETT		M40+	350		1106	00:56:54	00:55:41	RES
1583	2832	ADAM	JOHNSON		Senior Male	553		1107	00:56:54	00:55:20	RES
1584	2454	SARAH	DAVIES		F35+	155		1108	00:56:54	00:55:24	RES
1585	308	ROHAN	HERBERT		Senior Male	554		1109	00:56:54	00:56:02	RES
1586	1919	EMMA	CALLOW		F35+	156		1110	00:56:54	00:55:21	RES
1587	3071	MARSHAM	MOSELHI		M50+	166		1111	00:56:55	00:54:31	RES
1588	1078	MARYANN	TOBIN		Senior Female	145		1112	00:56:55	00:54:41	RES
1589	3875	HANNAH	MATTHEWSON		F35+	157	PORTHCAWL HARRIERS	4	00:56:55	00:55:02	RES
1590	2790	COLIN	THOMAS		M50+	167		1113	00:56:56	00:55:10	RES

1591	1807	SIAN	WHITTAKER		F35+	158		1114	00:56:56	00:54:33	RES
1592	3555	STEPHEN	JOHNSON		M50+	168		1115	00:56:56	00:55:07	RES
1593	3338	RICHIE	MORGAN		M50+	169		1116	00:56:57	00:53:59	RES
1594	671	WILL	FULLER		M40+	351		1117	00:56:57	00:53:42	RES
1595	1929	DAVID	ROBERTS		Senior Male	555		1118	00:56:59	00:55:37	RES
1596	1960	LYNDON	HESTER		M50+	170		1119	00:56:59	00:54:38	RES
1597	501	JANA	WEIDEMANN		Senior Male	556		1120	00:57:00	00:54:07	RES
1598	3256	DEINIOL	SION		Senior Male	557		1121	00:57:00	00:53:18	RES
1599	3997	AARON	LEWIS		Junior Male	57		1122	00:57:02	00:53:26	RES
1600	1210	DAN	MOYLE		Senior Male	558		1123	00:57:02	00:54:17	RES
1601	2870	JIM	FITZGIBBON		M60+	56		1124	00:57:04	00:55:39	RES
1602	846	JOANNE	COYNE		F35+	159		1125	00:57:04	00:55:41	RES
1603	4132	SARAH	JONES		Senior Female	146		1126	00:57:05	00:55:39	RES
1604	2862	JAN	WILLIAMS		F55+	18	RUN4ALL RUNNING CLUB	29	00:57:05	00:54:51	RES
1605	3030	ZOE	HOLLOWAY		Junior Female	22		1127	00:57:06	00:55:07	RES
1606	179	CLAIRE	CHARLTON	ADMIRAL	F35+	160	ADMIRAL	63	00:57:06	00:55:40	RES
1607	1104	MATT	JONES		M40+	352		1128	00:57:07	00:56:13	RES
1608	3661	CAROLINE	FACEY		F45+	69		1129	00:57:08	00:54:56	RES
1609	3758	GERALD	CURTIS		M60+	57		1130	00:57:09	00:56:02	RES
1610	2023	MARK	GRIFFITHS		Senior Male	559		1131	00:57:09	00:55:41	RES
1611	3525	MARTIN	BOWEN JONES		M50+	171		1132	00:57:09	00:55:58	RES
1612	3748	DAVID	CURTIS		Senior Male	560		1133	00:57:09	00:56:01	RES

1613	2253	LLYWELYN	WILLIAMS		Senior Male	561		1134	00:57:09	00:54:51	RES
1614	2691	PATRICIA	WILLIAMS		F35+	161		1135	00:57:11	00:54:34	RES
1615	809	ERYL	JONES		M40+	353		1136	00:57:11	00:55:09	RES
1616	2786	RACHEL	HULMES		F35+	162		1137	00:57:11	00:55:43	RES
1617	135	ANDREW	SNOW	ADMIRAL	Senior Male	562	ADMIRAL	64	00:57:11	00:55:21	RES
1618	2493	ANDREW	MASON		M40+	354		1138	00:57:12	00:55:58	RES
1619	3232	PAULA	BURGESS		F35+	163		1139	00:57:12	00:55:17	RES
1620	3531	JOHN	REES		M60+	58		1140	00:57:13	00:55:27	RES
1621	3017	LIZZIE	ROSHIER		F45+	70		1141	00:57:13	00:55:58	RES
1622	4006	LYNNE	PORTER		F45+	71		1142	00:57:14	00:55:21	RES
1623	172	CHRIS	DAVIES	ADMIRAL	Senior Male	563	ADMIRAL	65	00:57:14	00:56:49	RES
1624	2021	FRANK NEIL	GRIFFITHS		M60+	59		1143	00:57:16	00:55:12	RES
1625	927	GRANT	JARRETT		M40+	355		1144	00:57:16	00:56:03	RES
1626	3808	NEIL	HERBERT		M40+	356		1145	00:57:19	00:55:59	RES
1627	2592	LEAH	EYNON		Senior Female	147		1146	00:57:19	00:54:44	RES
1628	154	LIZ	JAMES MAHONEY	ADMIRAL	Junior Male	58	ADMIRAL	66	00:57:19	00:56:10	RES
1629	2080	JO	DALTON		Senior Female	148		1147	00:57:20	00:54:48	RES
1630	2371	JOHN	BURA		M60+	60		1148	00:57:20	00:56:36	RES
1631	1701	BRAD	JONES		Senior Male	564		1149	00:57:20	00:54:28	RES
1632	574	ANGHARAD	TAYLOR		F35+	164		1150	00:57:22	00:56:16	RES
1633	3595	KEVIN	TWISSELL		Senior Male	565		1151	00:57:23	00:56:08	RES
1634	4089	NICK	HUGHES		Senior Male	566		1152	00:57:23	00:56:40	RES

1635	469	STUART	WHIFFIN		Senior Male	567		1153	00:57:24	00:55:50	RES
1636	2008	HUGH	THOMAS		M40+	357		1154	00:57:25	00:55:15	RES
1637	552	GARETH	THOMAS		M40+	358	RUN4ALL RUNNING CLUB	30	00:57:26	00:55:16	RES
1638	1133	JOANNA	PIETRZAK		F35+	165		1155	00:57:28	00:55:15	RES
1639	2810	RACHEL	LEWIS		Senior Female	149		1156	00:57:29	00:56:27	RES
1640	973	LAURA	GREY		F35+	166	RUN4ALL RUNNING CLUB	31	00:57:29	00:55:15	RES
1641	441	CHRISTIAN	FREETH		Senior Male	568		1157	00:57:29	00:56:01	RES
1642	2541	JILL	MATTHEWS		F55+	19	PARC BRYNBACH RUNNING CLUB	7	00:57:30	00:55:40	RES
1643	1977	ROGER	STEIN		M60+	61		1158	00:57:30	00:57:04	RES
1644	253	ROGER	STEIN		M60+	62		1159	00:57:30	00:57:04	RES
1645	520	CHRIS	TODD JONES		M50+	172		1160	00:57:31	00:55:43	RES
1646	2069	JAMES	BRADBURY		M50+	173		1161	00:57:31	00:55:43	RES
1647	2216	GED	WOOD		M50+	174		1162	00:57:31	00:55:24	RES
1648	3471	LORD ALEXANDER	NOLAN		Senior Male	569		1163	00:57:31	00:56:01	RES
1649	1128	HAYLEY	SULLIVAN		Senior Female	150		1164	00:57:34	00:55:54	RES
1650	1583	DARRYN	CROSS		Senior Male	570		1165	00:57:34	00:55:39	RES
1651	1743	VICKIE	JACKSON		Senior Female	151		1166	00:57:36	00:55:34	RES

1652	1651	RICHARD	THOMAS		M40+	359		1167	00:57:38	00:56:08	RES
1653	2690	DEAN	JEFFERY		Senior Male	571		1168	00:57:38	00:56:40	RES
1654	2977	CAROL	MORGAN		F35+	167		1169	00:57:38	00:56:26	RES
1655	2579	HAYLEY	MARSHALLSAY		F35+	168		1170	00:57:38	00:55:53	RES
1656	4060	SARAH	BOWEN		Senior Female	152		1171	00:57:39	00:55:58	RES
1657	1708	JOHN	EVANS		M50+	175		1172	00:57:41	00:56:02	RES
1658	2910	CHRISTOPHER	BROWN		M40+	360		1173	00:57:41	00:56:01	RES
1659	3120	SUZANNE	BELLEW		F45+	72		1174	00:57:42	00:56:01	RES
1660	609	DEREK	BALSDON		M60+	63		1175	00:57:42	00:55:52	RES
1661	1824	TYRONE	POPE		M40+	361		1176	00:57:43	00:56:22	RES
1662	1968	VICTORIA	BAILEY		F35+	169		1177	00:57:43	00:55:46	RES
1663	1856	ANNA	BASTEK		F35+	170		1178	00:57:43	00:54:59	RES
1664	1080	ANDY	SMITH		M40+	362		1179	00:57:44	00:56:43	RES
1665	2439	DANIEL	LANDEK		Senior Male	572		1180	00:57:45	00:56:22	RES
1666	600	RICKY	HUNT		M40+	363		1181	00:57:45	00:55:43	RES
1667	3651	RACHELLE	PROTHERO		Senior Female	153	WYE VALLEY RUNNERS	3	00:57:45	00:57:12	RES
1668	3417	RACHEL	JONES		Senior Female	154	ISLWYN RC	11	00:57:46	00:56:10	RES
1669	3324	MATTHEW	JAMES		Senior Male	573		1182	00:57:46	00:54:01	RES
1670	4238	WYN	MEREDITH		Senior Male	574		1183	00:57:46	00:56:12	RES
1671	2780	WILL	CARROLL		Senior Male	575		1184	00:57:48	00:55:47	RES
1672	1241	LEE	DANDO		M40+	364		1185	00:57:48	00:56:18	RES
1673	1257	CHRISTOPHER	PHILLIPS		M40+	365		1186	00:57:48	00:56:32	RES

1674	1365	MICK	ASTON		M50+	176	LEAMINGTON CYCLING & ATHLETIC CLUB	1	00:57:49	00:56:33	RES
1675	408	JAMES	RIDGEWAY		Senior Male	576		1187	00:57:50	00:55:55	RES
1676	2627	OLIVER	REES-STONER		Senior Male	577		1188	00:57:50	00:55:26	RES
1677	1287	DELYTH	EVANS		F35+	171		1189	00:57:51	00:56:45	RES
1678	3804	STEVE	PHILPOTT		M40+	366		1190	00:57:51	00:56:45	RES
1679	448	LOUISE	BAYNHAM		F35+	172		1191	00:57:51	00:55:27	RES
1680	627	MARY-KATE	EYNON		Senior Female	155		1192	00:57:51	00:55:16	RES
1681	3549	ALEX	HUMPHREYS		Senior Male	578		1193	00:57:51	00:55:01	RES
1682	2926	VICTORIA	WILLIAMS		F35+	173		1194	00:57:52	00:55:32	RES
1683	1056	DAWN	HOPKINS		F35+	174		1195	00:57:53	00:56:00	RES
1684	4078	LYNDSEY	JONES		Senior Female	156		1196	00:57:54	00:56:10	RES
1685	1908	CLARE	BENNETT		F45+	73		1197	00:57:55	00:55:49	RES
1686	3021	LOUISE	RENGOZZI		Senior Female	157		1198	00:57:55	00:54:17	RES
1687	980	ADAM	DAVIS		Senior Male	579		1199	00:57:56	00:56:00	RES
1688	2203	LAURA	ABRAHAM		F35+	175		1200	00:57:56	00:56:13	RES
1689	451	EMMA	LOYNS		F35+	176		1201	00:57:56	00:56:03	RES
1690	931	CHARLOTTE	HILL		Senior Female	158		1202	00:57:57	00:55:15	RES
1691	1875	WENDY	GODWIN		F35+	177	PONTARDAWE RUNNING CLUB	5	00:57:57	00:56:39	RES

1692	381	SIMON	HOWELL		Senior Male	580		1203	00:57:58	00:55:59	RES
1693	3077	LYNNE	EVANS		F45+	74	WOMEN RUNNING PENARTH	3	00:57:58	00:56:56	RES
1694	730	JENNIFER	JAMES		F35+	178		1204	00:57:59	00:55:50	RES
1695	2375	RYAN	BEST		Senior Male	581		1205	00:57:59	00:55:59	RES
1696	1802	MARK	WHITTAKER		Senior Male	582		1206	00:58:01	00:55:39	RES
1697	3615	IAN	PORTWAY		M50+	177		1207	00:58:01	00:55:38	RES
1698	3543	VICTORIA	HENRY		Senior Female	159		1208	00:58:01	00:57:18	RES
1699	2641	MARI	HOBBS		F45+	75		1209	00:58:03	00:55:37	RES
1700	657	ALAN	CROMACK		M40+	367		1210	00:58:03	00:55:49	RES
1701	4230	STEPHANIE	DAVIES		Senior Female	160		1211	00:58:04	00:56:33	RES
1702	1974	DAVID	TREW		M60+	64		1212	00:58:04	00:55:09	RES
1703	1487	IAN	MILLER		M40+	368		1213	00:58:06	00:56:12	RES
1704	1678	JORDAN	DISCOMBE		Senior Male	583		1214	00:58:08	00:56:07	RES
1705	3385	CATHERINE	LLEWELLYN		F45+	76	MERTHYR RUNNING CLUB	6	00:58:09	00:57:19	RES
1706	3135	ALDO	PICEK		M40+	369		1215	00:58:09	00:56:53	RES
1707	684	MICHAEL	HOCKING		M50+	178		1216	00:58:10	00:56:31	RES
1708	1172	C	TRAINER		Senior Female	161		1217	00:58:11	00:56:48	RES
1709	2836	SAMANTHA	HEALY		F35+	179		1218	00:58:11	00:56:15	RES
1710	487	LIAM	BUFTON		Junior Male	59		1219	00:58:12	00:54:11	RES
1711	534	RICHARD	GRAHAM		M50+	179		1220	00:58:12	00:57:52	RES
1712	1070	LEE	HAZELWOOD		M40+	370		1221	00:58:12	00:56:16	RES

1713	208	SAMUEL	CULLEY	ADMIRAL	Senior Male	584	ADMIRAL	67	00:58:13	00:55:58	RES
1714	2849	ADRIAN	DAVIES		M40+	371		1222	00:58:13	00:56:42	RES
1715	244	SCOTT	DAVIES	ADMIRAL	Senior Male	585	ADMIRAL	68	00:58:13	00:55:53	RES
1716	3765	DONNA	REED		F35+	180		1223	00:58:13	00:56:35	RES
1717	1036	PEGGY	EDWARDS		F45+	77		1224	00:58:14	00:57:54	RES
1718	2932	KAREN	CHADWELL		F45+	78	LES CROUPIERS	29	00:58:14	00:56:37	RES
1719	531	STEVEN	PRICE		M40+	372		1225	00:58:14	00:55:46	RES
1720	1429	RHIAN	MANSEL		F35+	181		1226	00:58:15	00:57:31	RES
1721	4258	CLAIRE	JONES		F45+	79	MERTHYR RUNNING CLUB	7	00:58:15	00:56:54	RES
1722	2715	MARK	DOUGLAS		Senior Male	586		1227	00:58:15	00:56:27	RES
1723	1277	CERI	DAVIES		Senior Female	162		1228	00:58:16	00:56:58	RES
1724	367	MARTYN	WAYGOOD		M50+	180		1229	00:58:18	00:56:35	RES
1725	1748	MATTHEW	JONES		Senior Male	587		1230	00:58:19		RES
1726	3364	JACKIE	MARTIN		F45+	80	SOSPAN ROAD RUNNERS	6	00:58:20	00:55:56	RES
1727	2794	LIZZIE	WILBERFORCE		F35+	182		1231	00:58:20	00:56:01	RES
1728	3729	SARAH	JAMES		F35+	183		1232	00:58:21	00:56:16	RES
1729	3676	PHILIP	JAMES		F45+	81		1233	00:58:21	00:56:16	RES
1730	3530	ROBERT	MELLIN		Senior Male	588		1234	00:58:21	00:56:09	RES
1731	1237	DAVID	HUGHES		M40+	373		1235	00:58:22	00:56:55	RES
1732	3227	JOANNE	DENDLE		F35+	184		1236	00:58:22	00:56:51	RES

1733	2539	LUCY	EVANS		Senior Female	163	DRAGONS RUNNING CLUB	8	00:58:24	00:56:43	RES
1734	4067	HANNAH	GRIFFITHS		Senior Female	164		1237	00:58:24	00:57:15	RES
1735	174	LAURA	MULLETT	ADMIRAL	Senior Female	165	ADMIRAL	69	00:58:24	00:56:43	RES
1736	1962	CARRIE	PERRY		F35+	185		1238	00:58:24	00:57:15	RES
1737	1127	JASON	MCGARRIGLE		M40+	374		1239	00:58:24	00:56:16	RES
1738	3913	CHRIS	THOMAS		M40+	375		1240	00:58:24	00:56:50	RES
1739	1459	LUKE	BAINES		Senior Male	589		1241	00:58:25	00:56:17	RES
1740	674	LYDIA	SMITH		F45+	82		1242	00:58:25	00:56:19	RES
1741	764	TOM	DAY		Senior Male	590		1243	00:58:25	00:56:16	RES
1742	1039	MARK	BANKHEAD		Senior Male	591		1244	00:58:25	00:55:30	RES
1743	2344	GARY	ELWARD		M40+	376		1245	00:58:26	00:57:22	RES
1744	3694	CHRIS	EYNON		Senior Male	592		1246	00:58:26	00:56:22	RES
1745	2206	STUART	JONES		Senior Male	593		1247	00:58:27	00:55:48	RES
1746	686	NATALIE	COLLARD		F35+	186		1248	00:58:27	00:56:43	RES
1747	651	SARAH	PHILLIPS		Senior Female	166		1249	00:58:28	00:56:51	RES
1748	3931	GARETH	ROBERTS		Senior Male	594		1250	00:58:28	00:56:11	RES
1749	3361	JOANNE	PRICE		F35+	187		1251	00:58:29	00:57:16	RES
1750	4130	JOSIE	AITKEN		Senior Female	167		1252	00:58:30	00:55:41	RES
1751	2526	GRAHAM	WALKER		M40+	377		1253	00:58:30	00:57:27	RES

1752	3182	KARL	TAYLOR		Senior Male	595		1254	00:58:31	00:54:40	RES
1753	483	STUART	SANDY		Senior Male	596		1255	00:58:31		RES
1754	4112	HEATHER	THOMAS		F35+	188		1256	00:58:31	00:56:48	RES
1755	3480	ELERI	THOMAS		F35+	189		1257	00:58:32	00:57:27	RES
1756	3662	GARETH	EVANS		Senior Male	597	PORT TALBOT HARRIERS	22	00:58:35	00:57:44	RES
1757	1160	BILL	RUMBLE		M60+	65		1258	00:58:36	00:57:22	RES
1758	1870	MATTHEW	ALGER		Junior Male	60		1259	00:58:36	00:56:54	RES
1759	3370	FRANCESCA	CHRISTIAN		F35+	190		1260	00:58:37	00:56:57	RES
1760	3482	DARREN	WILLIAMS		M40+	378		1261	00:58:37	00:55:52	RES
1761	689	SARAH	BARKER		Senior Female	168		1262	00:58:38	00:56:23	RES
1762	3943	JO	SULMAN		F35+	191		1263	00:58:38	00:56:43	RES
1763	2289	ELLA	SHADBOLT		Junior Female	23		1264	00:58:39	00:56:47	RES
1764	628	MARK	EMMS		M40+	379		1265	00:58:40	00:55:18	RES
1765	1584	PHIL	MAWBY		M50+	181		1266	00:58:40	00:56:42	RES
1766	2556	MELODY	GARDINER		Senior Female	169		1267	00:58:40	00:57:37	RES
1767	2011	LIZ	DAVIES		F35+	192		1268	00:58:40	00:56:57	RES
1768	1253	RICHARD	BEHAN		Senior Male	598		1269	00:58:41	00:56:40	RES
1769	1643	MARTIN	FOSTER		M60+	66	BOURNEVILLE HARRIERS	2	00:58:41	00:56:19	RES
1770	718	SIMON	LEWIS		M40+	380		1270	00:58:42	00:56:02	RES
1771	4246	LEE	MORRIS		Senior Male	599		1271	00:58:42	00:55:48	RES
1772	3098	CERI	AVINGTON		F35+	193		1272	00:58:43	00:56:25	RES
1773	1801	SIMON	JONES		Senior Male	600		1273	00:58:44	00:56:15	RES

1774	560	HEATHER	REES		F45+	83		1274	00:58:44	00:57:20	RES
1775	2049	CLARE	JONES		F45+	84		1275	00:58:44	00:56:19	RES
1776	626	EIRI	EVANS		F35+	194	3MS GORSEINON ROAD RUNNERS	17	00:58:44	00:57:21	RES
1777	1615	HELEN	LEWIS		Senior Female	170		1276	00:58:45	00:56:11	RES
1778	2505	WAYNE	HOPKIN		M40+	381		1277	00:58:46	00:58:19	RES
1779	336	PAUL	REID		Senior Male	601		1278	00:58:47	00:57:01	RES
1780	1306	LOWRI	DAVIES		F35+	195		1279	00:58:47	00:56:35	RES
1781	691	VICKI	ROYLANCE		F35+	196		1280	00:58:50	00:57:36	RES
1782	2548	MICHELA	FINNIS		Senior Female	171		1281	00:58:50	00:56:13	RES
1783	4110	ZOE	JAMES		Senior Female	172		1282	00:58:51	00:57:20	RES
1784	4011	BEN	DOBSON		Senior Male	602		1283	00:58:51	00:55:31	RES
1785	3119	SIAN	ALLEN		Senior Female	173		1284	00:58:52	00:58:39	RES
1786	4109	DANIEL	WARRELL		Senior Male	603		1285	00:58:52	00:57:20	RES
1787	3192	RICHARD	PHILLIPS		M40+	382		1286	00:58:53	00:56:03	RES
1788	1403	ANDREW	HARPER		Senior Male	604		1287	00:58:53	00:56:58	RES
1789	2047	NEVERN	O'NEILL		Senior Male	605		1288	00:58:54	00:55:58	RES
1790	984	NIGEL	DAVIES		M50+	182		1289	00:58:54	00:58:09	RES
1791	2957	STEPHEN	BARCLAY		M40+	383		1290	00:58:54	00:55:00	RES
1792	4125	MARC	LOCKWOOD		Senior Male	606		1291	00:58:55	00:56:11	RES

1793	1218	MICHELLE	DAVIES		F35+	197		1292	00:58:55	00:57:09	RES
1794	2748	GRAHAM	BINGHAM		M50+	183		1293	00:58:57	00:56:59	RES
1795	1982	BEN	ANDERSON		Junior Male	61		1294	00:58:57	00:57:43	RES
1796	2971	SALLY	HODSON		F35+	198		1295	00:58:58	00:57:15	RES
1797	3984	EMMA	SMITH		F35+	199		1296	00:58:59	00:58:00	RES
1798	311	KAREN	WAKE		F35+	200		1297	00:59:00	00:57:46	RES
1799	1311	DAVID	HENRY		M40+	384		1298	00:59:00	00:55:42	RES
1800	3326	GETHIN	WILCOX		Senior Male	607		1299	00:59:02	00:57:22	RES
1801	2972	KEVIN	HALMKAN		Senior Male	608		1300	00:59:03	00:57:05	RES
1802	238	MICHAEL	FAULDS	ADMIRAL	Senior Male	609	ADMIRAL	70	00:59:03	00:57:10	RES
1803	3899	ZOE	ANTHONY		F35+	201		1301	00:59:05	00:56:37	RES
1804	2587	ANNA	HEWINSON		Senior Female	174		1302	00:59:05	00:57:28	RES
1805	3895	AMY	BREWEN		Senior Female	175		1303	00:59:06	00:56:39	RES
1806	1644	LEANNE	HOWELLS		F35+	202		1304	00:59:06	00:57:19	RES
1807	2718	CARLY	ROWLANDS		Senior Female	176		1305	00:59:06	00:57:19	RES
1808	3976	GARETH	HALL		Senior Male	610		1306	00:59:07	00:56:42	RES
1809	1318	JOHANNE	HUGHES-DOWDLE		F45+	85	3MS GORSEINON ROAD RUNNERS	18	00:59:08	00:58:10	RES
1810	1359	DENIS	BAKER		Senior Male	611		1307	00:59:08	00:58:38	RES
1811	1543	TIM	COLEBROOK		Senior Male	612		1308	00:59:10	00:57:50	RES
1812	363	STEVEN	BRITTEN		M40+	385		1309	00:59:10	00:56:50	RES

1813	2187	JANE	JARRETT		F45+	86		1310	00:59:10	00:57:56	RES
1814	1573	AARON	ELWARD		Senior Male	613		1311	00:59:10	00:56:51	RES
1815	3058	DEAN	FLETCHER		M40+	386		1312	00:59:10	00:57:39	RES
1816	2945	ALAN	EVANS		M40+	387		1313	00:59:11	00:58:48	RES
1817	2383	GARETH	WYN		Senior Male	614		1314	00:59:11	00:57:03	RES
1818	2650	ISOBEL	NORRIS		Senior Female	177		1315	00:59:11	00:57:39	RES
1819	2629	ELAN	DANIELS		Junior Female	24		1316	00:59:11	00:56:15	RES
1820	1023	EMMA	DAVIES MAIDEN		F35+	203		1317	00:59:12	00:57:17	RES
1821	3369	GWENNO	HENLEY		Senior Female	178		1318	00:59:12	00:56:48	RES
1822	117	KELLY	WILLIAMS	ADMIRAL	Senior Female	179	ADMIRAL	71	00:59:12	00:57:39	RES
1823	701	JANE	GRIFFITHS		F35+	204		1319	00:59:13	00:57:12	RES
1824	3093	ANDREA	HALLORAN		F35+	205		1320	00:59:13	00:58:41	RES
1825	4097	SOPHIE	JONES		Senior Female	180		1321	00:59:14	00:57:53	RES
1826	656	MAIR	DAVIES		Senior Female	181	PONTARDAWE RUNNING CLUB	6	00:59:14	00:57:25	RES
1827	1082	STUART	JAMES		M40+	388		1322	00:59:14	00:57:55	RES
1828	1186	KATIE	EBDEN		Senior Female	182		1323	00:59:15	00:56:22	RES
1829	3811	NIGEL LEIGHTON	JONES		M60+	67	LLANELLI STROLLERS	1	00:59:16	00:58:12	RES
1830	3923	LAUREN	CHILTON		Senior Female	183		1324	00:59:16	00:56:39	RES
1831	3922	CHRIS	CHILTON		M50+	184		1325	00:59:16	00:56:39	RES

1832	3540	CHIKO	AJUTI		Senior Female	184		1326	00:59:17	00:56:24	RES
1833	992	TOM	STEPHENS		Senior Male	615		1327	00:59:17	00:57:02	RES
1834	3977	TONI	BULL		Senior Female	185		1328	00:59:17	00:56:53	RES
1835	1820	ADAM	WELLS		M60+	68		1329	00:59:18	00:58:18	RES
1836	3674	JOANNE	DAVIES		F45+	87		1330	00:59:19	00:56:58	RES
1837	1776	CAROLINE	MORGAN		F45+	88		1331	00:59:19	00:57:37	RES
1838	3659	KIRSTY	EASTWOOD		Senior Female	186		1332	00:59:19	00:58:18	RES
1839	3724	PHILIP	WILCOX		M60+	69		1333	00:59:20	00:57:40	RES
1840	1955	SIMON	JONES		M40+	389		1334	00:59:20	00:56:45	RES
1841	3202	RHIANNON	GRIFFITHS		Senior Female	187		1335	00:59:20	00:56:43	RES
1842	2863	OLIVER	BARRETT		Senior Male	616		1336	00:59:21	00:57:46	RES
1843	2279	BRIAN	SZAJDA		Senior Male	617		1337	00:59:21	00:57:10	RES
1844	1178	JULIE	BROWN		F55+	20		1338	00:59:22	00:58:41	RES
1845	1744	KATHRYN	DAVIES		F35+	206		1339	00:59:22	00:58:31	RES
1846	371	EMMA	WALFORD		F35+	207		1340	00:59:23	00:57:43	RES
1847	3348	TONY	BARRY		Senior Male	618		1341	00:59:24	00:57:14	RES
1848	2020	RACHEL	NELSON		F45+	89		1342	00:59:24	00:57:31	RES
1849	2311	CARRA	CARTER		F35+	208		1343	00:59:25	00:56:40	RES
1850	1156	ADRIENNE	THORPE		Senior Female	188		1344	00:59:25	00:58:35	RES
1851	1624	PAUL	BATCUP		Senior Male	619		1345	00:59:26	00:57:22	RES
1852	3825	STEPHEN	WILLIAMS		Senior Male	620		1346	00:59:26	00:57:43	RES

1853	2494	LYN	RYLAND		Senior Female	189		1347	00:59:26	00:57:22	RES
1854	605	JULIE	TOY		F45+	90	MERTHYR RUNNING CLUB	8	00:59:27	00:58:07	RES
1855	3178	AIMEE	COOK		Senior Female	190		1348	00:59:27	00:55:46	RES
1856	1924	RICHARD	THOMAS		Senior Male	621		1349	00:59:27	00:56:42	RES
1857	818	PETER	ROBERTS		M40+	390		1350	00:59:28	00:57:31	RES
1858	2572	LAURENCE	CHRISTMAS		M40+	391		1351	00:59:28	00:56:44	RES
1859	607	RHYS	PELLARD		Senior Male	622		1352	00:59:29	00:57:30	RES
1860	1148	MARC	THOMAS		Senior Male	623		1353	00:59:29	00:57:17	RES
1861	3234	HEDDA	K??HLING		Senior Female	191		1354	00:59:29	00:58:04	RES
1862	3171	TOBIAS	PL??GER		Senior Male	624		1355	00:59:29	00:58:05	RES
1863	2396	RICHARD	SIMPSON		M40+	392		1356	00:59:30	00:58:04	RES
1864	2189	SCOTT	PALMER		Senior Male	625		1357	00:59:31	00:58:45	RES
1865	2408	FAYE	HIRST		Senior Female	192		1358	00:59:32	00:56:32	RES
1866	2139	CHRISTINE	MANT		Senior Female	193	PONTYPRIDD ROADENTS AC	8	00:59:33	00:57:27	RES
1867	2221	JONATHAN	BOURNE		Senior Male	626		1359	00:59:33	00:56:55	RES
1868	1490	RICHARD	MORGAN		M50+	185		1360	00:59:34	00:55:45	RES
1869	1562	KYLE	OWEN		Senior Male	627		1361	00:59:35	00:57:19	RES
1870	1674	NEIL	ROBERTS		M40+	393		1362	00:59:36	00:57:16	RES

1871	1194	HANNAH	OWEN		Senior Female	194		1363	00:59:36	00:57:20	RES
1872	625	LAURA	INGHAM		F35+	209		1364	00:59:37	00:58:13	RES
1873	3191	THERESE	PARRY		F35+	210		1365	00:59:38	00:58:14	RES
1874	1699	MARI	LLYWELYN		Junior Female	25		1366	00:59:38	00:56:42	RES
1875	3416	JASON	HESLOP		M40+	394		1367	00:59:38		RES
1876	4136	ANDREA	WILLIAMS		F45+	91		1368	00:59:39	00:58:18	RES
1877	2796	CATH	WHITE		F35+	211		1369	00:59:40	00:57:16	RES
1878	3286	HELEN	DAVIES		F45+	92	ISLWYN RC	12	00:59:40	00:58:04	RES
1879	760	RACHEL	PRICE		F35+	212		1370	00:59:40	00:57:43	RES
1880	431	ALEX	THOMAS		Senior Male	628		1371	00:59:40	00:57:00	RES
1881	4064	TONY	MARTINDALE		M40+	395		1372	00:59:41	00:57:36	RES
1882	3365	LYNDSEY	DODDS		F35+	213		1373	00:59:41	00:58:57	RES
1883	2060	LEIGHTON	DAVIES		M40+	396		1374	00:59:41	00:56:49	RES
1884	915	NICHOLAS	RABAIOTTI		M40+	397		1375	00:59:41	00:58:26	RES
1885	4267	RORY	OWEN		M50+	186		1376	00:59:42	00:57:37	RES
1886	3055	KIMBERLEY	GASKINS		Senior Female	195		1377	00:59:42	00:58:29	RES
1887	2551	SIAN	LEWIS		Senior Female	196		1378	00:59:43	00:57:32	RES
1888	1330	EMMA	HUGHES		Senior Female	197		1379	00:59:43	00:56:22	RES
1889	3297	NATALIE	CRANE		F35+	214		1380	00:59:44	00:58:30	RES
1890	2614	ZANA	BRYAN		F35+	215		1381	00:59:44	00:58:26	RES
1891	1238	LOUISE	NORRIS		Senior Female	198		1382	00:59:44	00:58:53	RES
1892	1282	JOANNA	MORGAN		Senior Female	199		1383	00:59:45	00:57:59	RES

1893	3787	PETER	ROGERS		M50+	187	RUN4ALL RUNNING CLUB	32	00:59:46	00:58:35	RES
1894	4189	MEIRIAN	EVANS		F35+	216		1384	00:59:47	00:57:58	RES
1895	2562	STEPHEN	PALMER		M40+	398		1385	00:59:47	00:56:29	RES
1896	549	CATHERINE	MUIR		Senior Female	200		1386	00:59:48	00:57:34	RES
1897	2801	JENNI	THOMAS		Senior Female	201		1387	00:59:48	00:57:32	RES
1898	177	DAN	CAUNT	ADMIRAL	Senior Male	629	ADMIRAL	72	00:59:49	00:57:50	RES
1899	3978	DENISE	HADIGATE		F35+	217	ISLWYN RC	13	00:59:50	00:57:37	RES
1900	2652	MATTHEW	HARRIS		Senior Male	630		1388	00:59:50	00:59:16	RES
1901	2874	LAWRENCE	HUMPHREYS		Senior Male	631		1389	00:59:51	00:59:08	RES
1902	392	SARAH	ELLIOTT		Senior Female	202		1390	00:59:51	00:57:15	RES
1903	1886	TAMSIN	JOSTY		F45+	93		1391	00:59:52	00:57:36	RES
1904	2191	LAURA	POINER		F35+	218		1392	00:59:52	00:57:57	RES
1905	1783	JOSIE	THOMAS		Senior Female	203		1393	00:59:53	00:57:38	RES
1906	3219	REBECCA	DAVIES		Senior Female	204		1394	00:59:53	00:57:25	RES
1907	2310	DENISE	PHILLIPS		F35+	219		1395	00:59:54	00:59:26	RES
1908	1872	RHYS	JENKINS		Senior Male	632		1396	00:59:54	00:57:39	RES
1909	3308	STEVE	GROVES		M50+	188		1397	00:59:55		RES
1910	3493	CAMERON	BEYNON		Junior Male	62		1398	00:59:55	00:56:52	RES
1911	579	GINA	SOUTHAM		F35+	220		1399	00:59:55	00:57:47	RES
1912	3982	RHIAN	JONES		Senior Female	205		1400	00:59:56	00:58:53	RES

1913	972	GAREY	DAVIES		M40+	399		1401	00:59:56	00:57:04	RES
1914	1474	ALAN	MARSH		M60+	70		1402	00:59:56	00:58:15	RES
1915	3506	JOANNA	JONES		F45+	94		1403	00:59:56	00:58:00	RES
1916	2385	MIKE	BEWS		M40+	400		1404	00:59:56	00:57:10	RES
1917	1362	MIKE	BOSLEY		M50+	189		1405	00:59:58	00:58:18	RES
1918	1747	KERI	DAVIES		M50+	190		1406	00:59:58	00:58:09	RES
1919	1193	SARAH	LEMON-DAVIES		F35+	221		1407	00:59:58	00:57:05	RES
1920	2180	BAILJIT	GILL		F35+	222		1408	00:59:59	00:58:27	RES
1921	697	NEIL	GREGORY		M40+	401		1409	00:59:59	00:58:48	RES
1922	546	RHIAN	MORGAN		Senior Female	206		1410	00:59:59	00:58:41	RES
1923	3607	WAYNE	WALKLEY		Senior Male	633		1411	00:59:59	00:57:50	RES
1924	3353	BELINDA	GABBE		F35+	223		1412	01:00:00	00:57:28	RES
1925	2304	ADRIAN	THOMAS		M40+	402		1413	01:00:00	00:58:08	RES
1926	710	ANTHONY	PIPER		M40+	403		1414	01:00:01	00:58:25	RES
1927	2941	JANE	ROE		F55+	21		1415	01:00:01	00:58:37	RES
1928	667	GARY	MATTHEWS		Senior Male	634	RUN4ALL RUNNING CLUB	33	01:00:01	00:59:10	RES
1929	2962	CIERAN	MORGAN		Junior Male	63		1416	01:00:03	00:57:28	RES
1930	2227	HAYLEY	MCCLELLAND		Senior Female	207		1417	01:00:03	00:57:16	RES
1931	3771	PHILIP	HILL		Senior Male	635		1418	01:00:03	00:58:52	RES
1932	2386	CELLAN	THOMAS		M40+	404		1419	01:00:04	00:58:04	RES
1933	3351	CARAGH	HOGAN		F35+	224		1420	01:00:05	00:58:09	RES
1934	1942	ANDREW	WALKER		Senior Male	636		1421	01:00:05	00:57:39	RES
1935	892	CATHRYN	THOMAS		Senior Female	208		1422	01:00:05	00:58:05	RES

1936	4163	ANDREA	BATEMAN		F35+	225		1423	01:00:05	00:57:18	RES
1937	3390	RACHEL	WALKER		Senior Female	209		1424	01:00:05	00:57:39	RES
1938	3421	DEWI	THOMAS		M60+	71		1425	01:00:06	00:57:55	RES
1939	243	CRAIG	CURTIS	ADMIRAL	Senior Male	637	ADMIRAL	73	01:00:07	00:56:58	RES
1940	4326	SOPHIE	HODGSON		Senior Female	210		1426	01:00:08	00:58:21	RES
1941	1789	RICHARD	LEE		Senior Male	638		1427	01:00:08	00:58:10	RES
1942	2380	JOHN	BROOKS		M40+	405		1428	01:00:08	00:57:54	RES
1943	4002	NAOMI	ROWE		F35+	226		1429	01:00:09	00:58:36	RES
1944	3745	SIAN	EVANS		Senior Female	211		1430	01:00:09	00:58:47	RES
1945	3815	JULIAN	KELLY		M40+	406		1431	01:00:10	00:59:14	RES
1946	1639	WENDY	JOHNSON		F35+	227	RUN4ALL RUNNING CLUB	34	01:00:10	00:59:19	RES
1947	1258	MARIE	DAVIES		F45+	95		1432	01:00:10	00:58:39	RES
1948	2260	MELANIE	WELLS		F35+	228		1433	01:00:12	00:58:30	RES
1949	2464	IAN	KNIGHT		M50+	191		1434	01:00:12	00:56:33	RES
1950	258	MARIA	BOWERS		F35+	229	ITCHEN SPITFIRES RUNNING CLUB	1	01:00:13	00:58:31	RES
1951	434	GILLIAN	HANDSCOMB		F35+	230		1435	01:00:13	00:58:59	RES
1952	1610	KEVIN	WHITCOMBE		M50+	192		1436	01:00:14	00:57:53	RES
1953	2368	HUW	DAVIES		M40+	407		1437	01:00:14	00:58:30	RES
1954	1214	EMMA-JANE	JONES		Senior Female	212		1438	01:00:16	00:58:15	RES
1955	319	TONY	PULLEN		M60+	72		1439	01:00:16	00:57:55	RES
1956	1434	ANDREW	PARKER		M40+	408		1440	01:00:16	00:58:05	RES

1957	391	ELIZABETH	VAUGHAN		F35+	231		1441	01:00:17	00:57:54	RES
1958	2059	CLAIRE	MORGAN		F35+	232		1442	01:00:17	00:58:54	RES
1959	323	DAVID	BAYNHAM		Senior Male	639		1443	01:00:17	00:57:53	RES
1960	1388	RHIANEDD	MEIRING		Senior Female	213		1444	01:00:18	00:58:31	RES
1961	2601	ELLIE	WAITE		F35+	233		1445	01:00:18	00:58:10	RES
1962	2065	KELLY	EVANS		Senior Female	214	CARDIFF TRIATHLETES	1	01:00:19	00:58:35	RES
1963	129	GARETH	AKERS	ADMIRAL	Senior Male	640	ADMIRAL	74	01:00:20	00:57:20	RES
1964	4043	HAYLEY	EDWARDS		Senior Female	215		1446	01:00:22	00:58:26	RES
1965	3974	MAXINE	JANUARY		F45+	96		1447	01:00:23	00:56:39	RES
1966	3507	DEBORAH	SPIERS		F35+	234		1448	01:00:23	00:59:16	RES
1967	1296	JILL	DAVIES		F55+	22		1449	01:00:23	00:58:38	RES
1968	1344	STEPHEN	JOHN		M50+	193		1450	01:00:24	00:58:55	RES
1969	3136	EMMA	DERRICK		F35+	235		1451	01:00:25	00:58:23	RES
1970	1415	TOM	MOORE		Junior Male	64		1452	01:00:26	00:58:34	RES
1971	213	JAKE	MORRIS	ADMIRAL	Junior Male	65	ADMIRAL	75	01:00:27	00:57:28	RES
1972	4279	JOANNE	KING		F35+	236		1453	01:00:27	00:58:30	RES
1973	3407	DANIELLE	HARDCASTLE		F35+	237		1454	01:00:27	00:58:32	RES
1974	370	RHYS	VICKERY		Junior Male	66		1455	01:00:28	00:58:23	RES
1975	1649	LOUISE	FICKE		Senior Female	216		1456	01:00:28	00:58:08	RES
1976	2625	KAREN	FOLEY		Senior Female	217		1457	01:00:29	00:58:03	RES
1977	1853	DARREN	HALPIN		F35+	238		1458	01:00:29	00:58:12	RES
1978	1468	KARL	MADDOCK		M40+	409		1459	01:00:30	00:58:35	RES
1979	3176	KATE	REED		F35+	239		1460	01:00:30	00:58:51	RES
1980	1016	JACQUI	VAUGHAN		F45+	97		1461	01:00:30	00:58:21	RES

1981	1553	EMMA	REES		Senior Female	218		1462	01:00:31	00:57:48	RES
1982	1595	KAREN	JONES		F35+	240		1463	01:00:31	00:58:52	RES
1983	150	JAMES	CARMICHAEL	ADMIRAL	Senior Male	641	ADMIRAL	76	01:00:31	00:58:02	RES
1984	4273	EMYR	WILLIAMS		Senior Male	642		1464	01:00:32	00:57:46	RES
1985	2243	SHARON	HALPIN		F35+	241		1465	01:00:34	00:58:16	RES
1986	4208	GAZ	PRITCHARD		Senior Male	643		1466	01:00:35	00:58:32	RES
1987	2631	RICHARD	RENFREY		Senior Male	644		1467	01:00:35	00:58:06	RES
1988	468	EMMA	ANDREAE		F35+	242		1468	01:00:36	00:59:09	RES
1989	2607	JOANNA	NORTH		Senior Female	219		1469	01:00:36	00:58:48	RES
1990	3083	LAURA-JAYNE	O'CONNOR		Senior Female	220		1470	01:00:37	00:58:36	RES
1991	589	YASMIN	FORD		F45+	98		1471	01:00:37	00:58:41	RES
1992	2739	DAVID	BIRD		M40+	410		1472	01:00:38	00:58:50	RES
1993	1686	AMANDA	BIRD		F45+	99		1473	01:00:39	00:58:50	RES
1994	2491	CHRIS	DULLAGHAN		Senior Male	645		1474	01:00:40	00:58:58	RES
1995	2300	EMMA	DUMMER		F35+	243		1475	01:00:41	00:58:25	RES
1996	477	KAYLEIGH	EVANS		Senior Female	221		1476	01:00:41	00:59:02	RES
1997	490	BETH	BEEMER		F35+	244		1477	01:00:42	00:58:46	RES
1998	781	DANIEL	MOUNTER		Junior Male	67		1478	01:00:42	00:57:53	RES
1999	3131	ABI	TEE		Senior Female	222		1479	01:00:42	00:59:26	RES
2000	3187	ANDREW	BOWEN		M40+	411		1480	01:00:43	00:59:03	RES
2001	1146	SHANE	JONES		Senior Male	646		1481	01:00:43	00:58:31	RES

2002	1400	JAMES	LAMB		Senior Male	647		1482	01:00:44	00:58:10	RES
2003	3535	NATALIE	OLIVER		F35+	245		1483	01:00:44	00:58:58	RES
2004	148	RHIANNON	AKERS	ADMIRAL	Senior Female	223	ADMIRAL	77	01:00:48	00:57:48	RES
2005	362	ELLEN	PARKER-JONES		F35+	246		1484	01:00:49	00:59:49	RES
2006	1937	HEATHER	RANDALL		F35+	247		1485	01:00:50	00:59:33	RES
2007	3010	ALLAN	SMITH		M60+	73	3MS GORSEINON ROAD RUNNERS	19	01:00:51	01:00:22	RES
2008	2864	CLAIRE	WALBY-KETTLE		F35+	248		1486	01:00:53	00:58:54	RES
2009	1647	MARK	DAVIES		M40+	412		1487	01:00:53	00:58:26	RES
2010	1467	BRIAN	CHRISTENSEN		Senior Male	648		1488	01:00:53	00:58:59	RES
2011	4074	KEVIN	CORNELIUS		M50+	194		1489	01:00:55	00:58:42	RES
2012	2269	DANIEL	HIRD		Senior Male	649		1490	01:00:55	00:56:54	RES
2013	2301	NIA	PICKRELL		Senior Female	224		1491	01:00:58	00:58:09	RES
2014	637	ANGELA	JAMES		F35+	249	RUN4ALL RUNNING CLUB	35	01:00:58		RES
2015	1149	CHARLOTTE	PARKER		Senior Female	225		1492	01:00:58	00:58:01	RES
2016	3590	JAMIE	NICKLIN		M40+	413		1493	01:00:58	00:58:52	RES
2017	1360	TRICIA	WEBB		F45+	100		1494	01:00:59	00:58:24	RES
2018	2149	CATHERINE	HARPER		F45+	101		1495	01:00:59	00:58:26	RES
2019	4311	DIANE	PHILLIPS		F35+	250		1496	01:01:00	00:58:35	RES
2020	4094	LEE	NEWMAN		M40+	414		1497	01:01:00	00:58:24	RES
2021	1724	ANTHONY	PHILLIPS		Senior Male	650		1498	01:01:00	00:58:27	RES

2022	1005	STUART	RIBY		M40+	415		1499	01:01:01	00:58:17	RES
2023	888	MATTHEW	RICHARDS		Junior Male	68		1500	01:01:01	00:59:03	RES
2024	369	LOWRI	FRANCIS		F35+	251		1501	01:01:02	00:58:14	RES
2025	2529	JESSICA	BOUCHER		Senior Female	226		1502	01:01:02	00:58:16	RES
2026	776	RACHEL	SANDERS		Senior Female	227		1503	01:01:02	00:59:36	RES
2027	3079	KAREN	RICHARDS		F35+	252		1504	01:01:04	00:58:44	RES
2028	3043	NATALIE	WILLIAMS		F35+	253		1505	01:01:04	00:58:57	RES
2029	1267	NAO	STEWART		F45+	102		1506	01:01:04	00:59:20	RES
2030	3720	IAN	MORGAN		Senior Male	651		1507	01:01:05	00:58:46	RES
2031	3400	SALLY	KILLIAN		F45+	103		1508	01:01:05	00:59:56	RES
2032	2667	NON	GWYNN		Senior Female	228		1509	01:01:05	00:58:40	RES
2033	2575	PAUL	KING		M40+	416		1510	01:01:07	00:58:20	RES
2034	3797	CAROLYN	WALLACE		F45+	104		1511	01:01:08	00:59:00	RES
2035	2404	KIMBERLEY	GIBBONS		Senior Female	229		1512	01:01:08	00:59:53	RES
2036	3665	CHLOE	CHILD		Senior Female	230		1513	01:01:08	01:00:07	RES
2037	1211	VICTORIA	BISHOP		F35+	254		1514	01:01:08	00:59:42	RES
2038	2188	MIKE	LANE		F55+	23		1515	01:01:08	00:59:00	RES
2039	891	ALEX	TYLER		Senior Male	652		1516	01:01:08	00:58:57	RES
2040	3681	DAVID	EVANS		M50+	195		1517	01:01:09	00:59:30	RES
2041	2909	LYNSEY	MORRIS		Senior Female	231		1518	01:01:10	00:59:20	RES
2042	3643	ALISON	EVANS		F45+	105		1519	01:01:10	00:59:31	RES
2043	3653	ALISTER	GREEN		M40+	417		1520	01:01:11	00:58:50	RES
2044	2472	LYNSEY	BRENCHLEY		Senior Female	232		1521	01:01:13	00:58:51	RES

2045	3930	ANDREW	DAVIES		M40+	418		1522	01:01:13	00:59:46	RES
2046	315	MATTHEW	JONES		M40+	419		1523	01:01:14	01:01:00	RES
2047	3150	REBECCA	PINCH		F35+	255		1524	01:01:16	00:59:15	RES
2048	3307	OWEN	GRIFFITHS		M40+	420		1525	01:01:16	00:59:27	RES
2049	4115	ELLIOT	JOSEPH		Senior Male	653		1526	01:01:17	00:59:29	RES
2050	2264	CLAIRE	THOMAS		F35+	256		1527	01:01:17	00:59:07	RES
2051	2829	SUSAN	OWEN		Senior Female	233	RUN4ALL RUNNING CLUB	36	01:01:17	00:59:03	RES
2052	491	JASON	THOMAS		Senior Male	654		1528	01:01:18	00:58:07	RES
2053	783	MARC	JONES		M50+	196		1529	01:01:19	01:00:32	RES
2054	4093	LAURA	O'DRISCOLL		Senior Female	234		1530	01:01:19	00:59:54	RES
2055	2251	ALAN	KINEVANE		Senior Male	655		1531	01:01:19	00:58:56	RES
2056	3965	ALED	BONNELL		Senior Male	656		1532	01:01:20	00:59:11	RES
2057	3902	CLAIRE	DAVIES		Senior Female	235		1533	01:01:20	00:58:34	RES
2058	3732	CLARE	YATES		F35+	257		1534	01:01:20	01:00:22	RES
2059	2626	JULIAN	POWER		M40+	421		1535	01:01:20	00:58:38	RES
2060	3013	JAMES	NICHOLAS		Senior Male	657		1536	01:01:20	00:59:20	RES
2061	4168	ALEX	REES		Senior Female	236		1537	01:01:20	01:00:06	RES
2062	1531	HELEN	NICHOLAS		F35+	258		1538	01:01:20	00:59:20	RES
2063	3574	SIAN	PASSEY		F45+	106		1539	01:01:21	00:59:05	RES
2064	4137	JOLIE	GRIFFITHS		F45+	107		1540	01:01:21	00:58:30	RES
2065	2854	SHARLA	FLEET		F35+	259	FOREST OF DEAN AC	32	01:01:22	00:59:10	RES

2066	1621	BETHAN	JAMES		F45+	108		1541	01:01:22	00:59:11	RES
2067	921	SHARON	DAVIES		F35+	260		1542	01:01:23	01:00:06	RES
2068	1948	KERI	BOWDEN		M40+	422		1543	01:01:23	00:58:41	RES
2069	2585	KAREN	NEWBURY		F45+	109		1544	01:01:23	00:59:38	RES
2070	2210	TOM	DEVINE		Senior Male	658		1545	01:01:24	00:58:12	RES
2071	3459	FIONA	DAVIES		F35+	261		1546	01:01:25	00:59:55	RES
2072	1478	JUDITH	JEEVES		F45+	110		1547	01:01:27	00:59:51	RES
2073	115	THOMAS	JAMES	ADMIRAL	Senior Male	659	ADMIRAL	78	01:01:27	00:59:04	RES
2074	3945	LUCIE	AYERS		Senior Female	237		1548	01:01:27	00:58:51	RES
2075	3671	RHIAN	MAINWARING		Senior Female	238		1549	01:01:27	00:59:31	RES
2076	1911	LUDO	BOUCHER-HAMON		M40+	423	PORHCRAWL HARRIERS	5	01:01:29	00:58:58	RES
2077	4045	ELLIE	HUMPHREYS		F35+	262		1550	01:01:31	00:59:19	RES
2078	4028	SUSAN	ROGERS		F35+	263		1551	01:01:31	01:00:27	RES
2079	1275	ANNA	THOMAS		Senior Female	239		1552	01:01:31	00:59:17	RES
2080	945	CARL	ROSE		M40+	424		1553	01:01:32	00:59:52	RES
2081	2723	JAYNE	EVANS		F55+	24		1554	01:01:32	00:59:40	RES
2082	3688	SAMANTHA	WILLIAMS		Senior Female	240		1555	01:01:33	00:59:36	RES
2083	223	ELLIOT	HOMEWOOD	ADMIRAL	Senior Male	660	ADMIRAL	79	01:01:33	01:00:37	RES
2084	3445	GAIL	PRITCHARD		F35+	264	CWM OGWR RUNNING CLUB	7	01:01:34	00:59:12	RES
2085	3318	JAN	KAUFHOLD		M40+	425		1556	01:01:34	00:58:12	RES
2086	787	MARK	DAVIES		Senior Male	661		1557	01:01:35	00:58:51	RES

2087	791	DENISE	BRADLEY		F45+	111	CWM OGWR RUNNING CLUB	8	01:01:35	00:59:41	RES
2088	3392	DARYL	WILLIAMS		Senior Male	662		1558	01:01:36	01:00:17	RES
2089	2735	LINDA	OWENS		F55+	25	3MS GORSEINON ROAD RUNNERS	20	01:01:37	00:59:54	RES
2090	3442	JAMES	WATERS		Senior Male	663		1559	01:01:37	00:58:43	RES
2091	1700	KELLY	HURFORD		F35+	265		1560	01:01:38	01:00:37	RES
2092	1393	JANINE	JONES		Senior Female	241		1561	01:01:38	00:59:17	RES
2093	1428	DEBORAH	WHITE		F45+	112	FOREST OF DEAN AC	33	01:01:38	00:58:48	RES
2094	3567	CARL	JOSEPH		Senior Male	664		1562	01:01:38	00:59:21	RES
2095	1910	JOSHUA	STRATTON		Senior Male	665		1563	01:01:38	00:59:17	RES
2096	1667	ALEXANDRA	ROBERTS		F35+	266		1564	01:01:39	00:59:19	RES
2097	792	ELLA	WILLIAMS		Senior Female	242		1565	01:01:40	01:00:06	RES
2098	2543	JOHN	MORAN		Senior Male	666		1566	01:01:40	01:01:13	RES
2099	3404	PHIL	WILLIAMS		M40+	426		1567	01:01:40	01:00:55	RES
2100	3743	LUKE	GODRICH		Senior Male	667		1568	01:01:40	01:00:09	RES
2101	2007	ARTURO	SANORJO		Senior Male	668		1569	01:01:41	00:59:12	RES
2102	2776	KEVIN	BENNETT		M50+	197		1570	01:01:41	00:59:25	RES

2103	4126	HENRY	DAVIS		Senior Male	669		1571	01:01:41	00:59:01	RES
2104	3716	MATTHEW	GILBERT		Senior Male	670	SWANSEA HARRIERS	31	01:01:41	00:59:09	RES
2105	262	IAN	ROACH		Senior Male	671		1572	01:01:42	01:00:10	RES
2106	2571	RUTH	BAINES		Senior Female	243		1573	01:01:42	00:58:13	RES
2107	3856	DAN	BROWN		Senior Male	672		1574	01:01:42	01:00:09	RES
2108	273	CIARAN	RYAN		Senior Male	673		1575	01:01:43	00:59:23	RES
2109	3754	SIAN	WATERS		Senior Female	244		1576	01:01:44	00:58:51	RES
2110	659	TOM	BEALE		Senior Male	674		1577	01:01:45	00:57:58	RES
2111	683	CLAIRE	MATTHEWS		Senior Female	245		1578	01:01:45		RES
2112	4114	HAYLEY	THOMAS		Senior Female	246		1579	01:01:46	00:59:28	RES
2113	2537	BETH	GREANEY		Senior Female	247		1580	01:01:47	00:59:21	RES
2114	1757	TOM	BLOOMFIELD		Senior Male	675		1581	01:01:48	01:00:22	RES
2115	712	NICOLE	THOMAS		F35+	267		1582	01:01:48	00:58:43	RES
2116	227	PHILIP	BALE	ADMIRAL	M40+	427	ADMIRAL	80	01:01:48	00:59:59	RES
2117	2970	KATRINA	DOLMAN		F45+	113		1584	01:01:48	00:59:15	RES
2118	622	FFION	JONES		Senior Female	248		1583	01:01:48	01:00:21	RES
2119	3069	PAUL	HINMAN		M40+	428		1585	01:01:49	00:58:59	RES
2120	3425	STEFFAN	PROBERT		M40+	429		1586	01:01:49	00:58:44	RES
2121	2294	KAREN	PURCELL		F45+	114		1587	01:01:50	00:59:33	RES

2122	1578	JESSICA	VICKERY		Junior Female	26		1588	01:01:50	00:59:46	RES
2123	2145	ELEANOR	PREECE		Senior Female	249		1589	01:01:52	00:59:49	RES
2124	1417	EDWARD	TABBERER		M60+	74		1590	01:01:54	01:00:50	RES
2125	3898	DYLAN	JAMES		M40+	430		1591	01:01:54	00:59:00	RES
2126	845	CHARLOTTE	POINTON		Senior Female	250		1592	01:01:54	00:59:23	RES
2127	3291	MIKE	COE		Senior Male	676		1593	01:01:54	01:00:46	RES
2128	2673	HUW	COONEY		Senior Male	677		1594	01:01:54	01:00:46	RES
2129	3858	REBECCA	KINSEY		Senior Female	251		1595	01:01:54	01:00:59	RES
2130	4239	BEN	GOVIER		Senior Male	678		1596	01:01:55	00:59:46	RES
2131	164	CHRISTOPHER	HAWKINS	ADMIRAL	Senior Male	679	ADMIRAL	81	01:01:55	00:59:47	RES
2132	2155	KEN	BLACKIE		M50+	198		1597	01:01:55	00:59:37	RES
2133	1572	DAVID	OWEN		M40+	431		1598	01:01:56	00:59:36	RES
2134	4290	SYDNEY	WHEELER		M60+	75	CHEPSTOW HARRIERS	6	01:01:56	01:01:06	RES
2135	3065	KERRY	TEMPLETON		F35+	268		1599	01:01:57	00:59:12	RES
2136	3814	CLAIRE	GOLDSWORTHY		F45+	115		1600	01:01:58	01:01:03	RES
2137	618	JAYNE	KEELEY		F45+	116		1601	01:01:59	00:59:15	RES
2138	1988	ANDREA	WHITNEY		F45+	117		1602	01:01:59	00:59:09	RES
2139	2693	LISA	JAMES		F35+	269		1603	01:01:59	00:59:23	RES
2140	3687	KAREN	PENNY		F45+	118	LLISWERRY RUNNERS	15	01:01:59	00:59:57	RES
2141	867	JEREMY	ASHDOWN		M40+	432		1604	01:01:59	01:01:28	RES

2142	1664	CATHERINE	NEAL		Senior Female	252		1605	01:01:59	00:59:39	RES
2143	3397	AMIE	DAVIES		Senior Female	253		1606	01:02:02	00:59:49	RES
2144	2640	SOPHIE	REES		F35+	270		1607	01:02:03	01:00:46	RES
2145	1354	MARK	MCNEISH		M40+	433		1608	01:02:03	01:00:07	RES
2146	143	JORDAN	HOWELLS	ADMIRAL	Senior Male	680	ADMIRAL	82	01:02:04	01:00:31	RES
2147	2861	LEONA	PRICE		F35+	271	FOREST OF DEAN AC	34	01:02:04	01:00:55	RES
2148	1250	REBECCA	SAUNDERS-JONES		F35+	272		1609	01:02:04	00:59:33	RES
2149	1843	DAVID	PRICE		M40+	434	FOREST OF DEAN AC	35	01:02:04	01:00:55	RES
2150	406	KAREN	BENNETT-WILSON		F55+	26		1610	01:02:05	01:00:10	RES
2151	3633	CARYS	WILLIAMS		Senior Female	254		1611	01:02:05	00:59:17	RES
2152	2888	MIRIAM	DURKIN		F55+	27		1612	01:02:06	00:59:31	RES
2153	3883	CAROLINE	BEST		Senior Female	255		1613	01:02:07	01:00:02	RES
2154	3284	LOUISE	HARRIS		F45+	119		1614	01:02:08	01:01:00	RES
2155	1116	MATHEW	HOWELLS		Senior Male	681		1615	01:02:08	00:59:34	RES
2156	1466	SARAH	LLOYD		Senior Female	256		1616	01:02:08	00:59:20	RES
2157	1717	SCOTT	EVANS		Senior Male	682		1617	01:02:09	01:01:25	RES
2158	2749	CERI	EMANUEL		F45+	120		1618	01:02:09	01:00:05	RES
2159	1592	REBECCA	WATTS		Senior Female	257		1619	01:02:09	01:01:25	RES
2160	3275	EMILIA	ARDOUIN		F35+	273		1620	01:02:09	01:00:44	RES

2161	1844	SCOTT	ORMOND		Senior Male	683		1621	01:02:10	01:00:32	RES
2162	3157	JULIE	CROSSMAN		F45+	121		1622	01:02:11	00:59:07	RES
2163	1261	JO	BABIJ		F45+	122	FOREST OF DEAN AC	36	01:02:13	01:00:01	RES
2164	3865	AMANDA	BEBB		F45+	123		1623	01:02:13	01:00:02	RES
2165	4117	JEN	HARDING		Senior Female	258	CHEPSTOW HARRIERS	7	01:02:14	01:00:17	RES
2166	4165	ALUN	JONES		M40+	435		1624	01:02:14	00:59:53	RES
2167	2127	ANDREW	SMITH		M40+	436		1625	01:02:15	00:59:35	RES
2168	1582	SCOTT	MACLEAN		Senior Male	684		1626	01:02:15	00:59:36	RES
2169	1142	ALEXANDER	GRIFFITHS		Senior Male	685		1627	01:02:16	00:59:57	RES
2170	3032	GARETH	WILLIAMS		Senior Male	686		1628	01:02:16	00:59:38	RES
2171	133	CHRIS	BERRY	ADMIRAL	M40+	437	ADMIRAL	83	01:02:17	00:59:37	RES
2172	1737	AMY	MORGAN		Senior Female	259		1629	01:02:17	00:58:41	RES
2173	592	JEREMY	HAYNES		M40+	438	LC COBRAS	1	01:02:18	00:59:54	RES
2174	3294	DANIELLE	WALSH		Senior Female	260		1630	01:02:19	01:00:25	RES
2175	1255	SARAH	PULESTON		F35+	274		1631	01:02:20	01:00:46	RES
2176	3600	HAYLEY	PRICE		F35+	275		1632	01:02:21	00:59:54	RES
2177	2336	JOHN	LOVELL		M60+	76		1633	01:02:21	01:01:11	RES
2178	4167	MICHAEL	WILLIAMS		M50+	199		1634	01:02:21	01:01:05	RES
2179	953	ANGELA	WALSH		Senior Female	261	PORTHCAWL HARRIERS	6	01:02:22	01:00:28	RES
2180	1779	SARAH	ALLEN		Senior Female	262		1635	01:02:22	01:00:23	RES

2181	2597	CERI	RAFFILL		F35+	276	CWM OGWR RUNNING CLUB	9	01:02:22	00:59:59	RES
2182	837	ROSIE	BRISTOW		F35+	277		1636	01:02:22	01:00:10	RES
2183	3668	TANYA	WIGLEY		Senior Female	263	SERPENTINE RC	2	01:02:22	00:53:20	RES
2184	4108	KYLE	MORRIS		Senior Male	687		1637	01:02:23	00:59:58	RES
2185	530	MARK	BOLT		M40+	439		1638	01:02:25	01:00:48	RES
2186	1166	GARY	HOLLOWAY		M40+	440		1639	01:02:25	01:01:14	RES
2187	3946	CARI	PELLARD		Senior Female	264		1640	01:02:26	01:00:26	RES
2188	4107	ANDREA	THOMAS		F35+	278	ISLWYN RC	14	01:02:26	01:00:13	RES
2189	1519	REBECCA	CARTER		Senior Female	265		1641	01:02:27	01:00:45	RES
2190	989	ELLIE	GALLAGHER		Senior Female	266		1642	01:02:27	01:00:45	RES
2191	2915	ELIZABETH	BARCLAY		F45+	124		1643	01:02:28		RES
2192	2973	DAN	HUBBLE		Senior Male	688		1644	01:02:28	00:59:59	RES
2193	3258	REBECCA	WILLIAMS		Senior Female	267		1645	01:02:29	01:00:28	RES
2194	404	HANNA	CULVERHOUSE		Senior Female	268		1646	01:02:29	01:00:51	RES
2195	3735	MATTHEW	BARRY		Senior Male	689		1647	01:02:29	01:00:20	RES
2196	3018	JENNA	PONTING		Senior Female	269	DRAGONS RUNNING CLUB	9	01:02:29	01:00:49	RES
2197	1696	NIA	JONES		F45+	125		1648	01:02:30	00:59:21	RES
2198	1971	BRONWEN	WILLIAMS		F35+	279		1649	01:02:30	01:00:37	RES

2199	869	STEVEN JAMES	DAVIES		M40+	441		1650	01:02:31	00:59:49	RES
2200	1661	CLAIRE	MELBOURNE		F35+	280		1651	01:02:33	01:00:49	RES
2201	1656	ANNIE	KETTLEY		Senior Female	270		1652	01:02:33	01:00:40	RES
2202	884	MICHAEL	ROGERS		M50+	200		1653	01:02:34		RES
2203	548	KATHERINE	O'NEILL		Senior Female	271		1654	01:02:34	00:59:40	RES
2204	2400	RICHARD	JONES		M40+	442		1655	01:02:35	01:01:23	RES
2205	3358	ANDREW	HARWOOD		M50+	201		1656	01:02:36	01:00:26	RES
2206	1420	JACK	PARKER		Junior Male	69		1657	01:02:36	01:00:26	RES
2207	2878	CHRIS	EDDS		Senior Male	690		1658	01:02:38	01:00:21	RES
2208	3081	MATTHEW	COX		Senior Male	691		1659	01:02:38	01:00:05	RES
2209	929	VICKY	LOTT		F35+	281		1660	01:02:38	01:00:28	RES
2210	3278	CHARLES	KING		M60+	77		1661	01:02:39	00:59:53	RES
2211	2778	STEVE	BIDDER		Senior Male	692		1662	01:02:40	01:01:02	RES
2212	2955	NICOLA	JAMESON		F35+	282		1663	01:02:42	01:00:03	RES
2213	3950	ALEX	GLENDENNING		Senior Male	693		1664	01:02:43	00:59:47	RES
2214	1192	ANTHONY	JENKINS		M50+	202		1665	01:02:43	01:00:27	RES
2215	2802	LINDSAY	THOMAS		F55+	28		1666	01:02:44	01:00:24	RES
2216	2797	NERYS	WRIGHT		F35+	283		1667	01:02:44	01:00:55	RES
2217	2804	JACK	BURGESS		Senior Male	694		1668	01:02:45	00:59:50	RES
2218	2362	LAURA	STEPHENS		Senior Female	272		1669	01:02:45	01:01:29	RES
2219	2774	GLADYS	EDWARDS		F35+	284		1670	01:02:45	01:01:43	RES
2220	518	LAURA	BAINES		Senior Female	273		1671	01:02:46	00:59:17	RES

2221	1029	JULIE	PHILLIPS		F35+	285		1672	01:02:46	01:00:20	RES
2222	3728	JOHN	VINE		M60+	78		1673	01:02:46	01:00:02	RES
2223	1309	PHILIPPA	TORRANCE		Senior Female	274		1674	01:02:46	01:00:08	RES
2224	1147	KERRY	DARE-EDWARDS		F45+	126	PORTHCAWL HARRIERS	7	01:02:46	01:00:52	RES
2225	2674	JACKIE	LEWIS		F55+	29	CWM OGWR RUNNING CLUB	10	01:02:47	01:00:23	RES
2226	284	LUKE	UPTON		Senior Male	695		1675	01:02:47	01:00:37	RES
2227	358	NATASHA	MIDGLEY		Senior Female	275		1676	01:02:47	01:01:21	RES
2228	3934	EMMA	HAINES		Senior Female	276		1677	01:02:48	01:00:10	RES
2229	1799	JOANNE	FAIRGRAY		F45+	127		1678	01:02:48	01:00:03	RES
2230	1326	ROBERT	ADAMS		Senior Male	696		1679	01:02:48	01:01:42	RES
2231	3837	FAYE	CHAMBERLAIN		F35+	286		1680	01:02:49	00:59:40	RES
2232	2052	CIARA	SMALL		Senior Female	277		1682	01:02:49	01:00:06	RES
2233	797	EMMA	FROST		Senior Female	278		1681	01:02:49	01:00:06	RES
2234	1885	CARLY	GODDEN		Senior Female	279		1683	01:02:49	01:00:06	RES
2235	2190	ADS	PELUSI		M40+	443		1684	01:02:49	01:01:10	RES
2236	1507	TIM	MCKAY		M50+	203		1685	01:02:50	00:59:54	RES
2237	1952	NICOLA	MICHAEL		F45+	128		1686	01:02:50	00:59:58	RES
2238	1672	IAN	MICHAEL		M40+	444		1687	01:02:50	00:59:58	RES
2239	347	CHRISTOPHER	KILNER		Senior Male	697		1688	01:02:50	00:59:11	RES

2240	285	MICHELLE	WARD		F45+	129	FOREST OF DEAN AC	37	01:02:51	01:01:29	RES
2241	844	AMY	MAINWARING		Senior Female	280		1689	01:02:52	01:00:51	RES
2242	3436	DANIEL	LOREY		Senior Male	698		1690	01:02:52	01:00:51	RES
2243	2603	SIRIOL	JONES		F45+	130		1691	01:02:53	01:00:06	RES
2244	583	ANNETTE	RUSSELL		F45+	131		1692	01:02:53	00:59:42	RES
2245	3426	GARETH	MILES		M40+	445		1693	01:02:55	01:00:12	RES
2246	4098	ROGER	JONES		M60+	79		1694	01:02:55	01:01:09	RES
2247	3647	KATHY	LEWIS		F55+	30		1695	01:02:57	01:00:17	RES
2248	1723	RACHEL	EVANS		F45+	132		1696	01:02:57	01:00:20	RES
2249	1939	CHRIS	TERBLANCHE		M40+	446		1697	01:02:58	01:00:48	RES
2250	1251	ELLIE	CARPENTER		Senior Female	281		1698	01:02:58	01:02:05	RES
2251	3697	LISA	PHILLIPS		Senior Female	282		1699	01:02:59	01:00:26	RES
2252	511	EMMA	DAVIES		F35+	287		1700	01:02:59	01:00:16	RES
2253	918	JILL	BOND		F55+	31		1701	01:03:04	01:00:52	RES
2254	3449	ALED	JONES		Senior Male	699		1702	01:03:05	01:00:44	RES
2255	2709	HABIBA	LEWIS		F35+	288		1703	01:03:05	01:01:39	RES
2256	465	DEAN	HAYHURST		Senior Male	700		1704	01:03:07	01:01:56	RES
2257	524	DANIELLE	WARD		Senior Female	283	ISLWYN RC	15	01:03:08	01:00:54	RES
2258	2827	CATHERINE	WILSON		F35+	289		1706	01:03:11	01:02:13	RES
2259	661	JONATHAN	WILLIAMS		M40+	447		1705	01:03:11	01:00:15	RES
2260	1557	MATTHEW	WALLACE		Senior Male	701		1707	01:03:11		RES
2261	3415	RYAN	DAVIES		M40+	448		1708	01:03:12	01:00:49	RES
2262	2891	NICOLA	BOYD		F35+	290		1709	01:03:14	01:01:14	RES

2263	2498	SIAN	DAVIES		Senior Female	284		1710	01:03:15	01:00:51	RES
2264	1821	ADELE	REES		Senior Female	285		1711	01:03:17	01:01:24	RES
2265	2199	EMILY	DAVIES		Junior Female	27		1712	01:03:17	01:00:38	RES
2266	703	SIAN	HENLEY		Senior Female	286		1713	01:03:19	01:00:54	RES
2267	360	JOANNE	GRIFFITHS		F45+	133		1714	01:03:19	01:02:19	RES
2268	889	SHIRLEY	NORRIS		F55+	32		1715	01:03:20	01:00:51	RES
2269	3251	ANDREW	HURFORD		M40+	449		1716	01:03:21	01:00:18	RES
2270	2283	MARTIN	POOLE		M40+	450		1717	01:03:22	01:01:26	RES
2271	1377	JENNIFER	WALKER		F45+	134		1718	01:03:22	01:00:56	RES
2272	2280	HANNAH	POOLE		Senior Female	287		1719	01:03:23	01:01:28	RES
2273	997	DAN	STEPHENSON		M40+	451		1720	01:03:23	00:59:51	RES
2274	3248	CHRIS	TUCKER		M40+	452		1721	01:03:25	01:01:18	RES
2275	3374	JOANNA	HEARD		Senior Female	288		1722	01:03:25	01:02:16	RES
2276	3960	JOANNE	EDWARDS		F35+	291		1723	01:03:25	01:00:35	RES
2277	120	HELEN	THOMAS	ADMIRAL	Senior Female	289	ADMIRAL	84	01:03:25	01:02:45	RES
2278	256	CATHERINE	GREY		F35+	292		1724	01:03:26	01:00:18	RES
2279	365	SARAH	BERRY		F35+	293		1725	01:03:27	01:00:47	RES
2280	4129	KELLY	HILLARD		F35+	294		1726	01:03:28	01:01:14	RES
2281	2679	TRACY	OGDEN DAVIES		F45+	135		1727	01:03:28	01:00:38	RES
2282	2969	CARL	JOHN		Senior Male	702		1728	01:03:28	01:02:06	RES
2283	2266	LAURA	SIMPSON		F35+	295		1729	01:03:30	01:00:46	RES
2284	3588	ALISTAIR	PHILLIPS		Senior Male	703		1730	01:03:30	01:01:37	RES

2285	1322	JANET	WILLIAMS		F45+	136		1731	01:03:30	01:01:06	RES
2286	3354	KIP	CHEMWOR		Senior Male	704		1732	01:03:30	01:01:25	RES
2287	614	SAMANTHA	ROSIE		F45+	137	PONTYPRIDD ROADENTS AC	9	01:03:30	01:02:03	RES
2288	3831	JULIE	GRAHAM		F45+	138		1733	01:03:31	01:00:46	RES
2289	1184	ZAC	ARCHER		Senior Male	705		1734	01:03:31	01:01:50	RES
2290	1958	KAY	CULLEN		F45+	139		1735	01:03:31	01:00:39	RES
2291	2090	CATRIN	HART		Senior Female	290		1736	01:03:32	01:01:45	RES
2292	2057	ROBERT	ROSE		M60+	80		1737	01:03:33	01:00:33	RES
2293	3908	CARI	EL-HOSS		Senior Female	291		1738	01:03:33	01:01:56	RES
2294	2856	SARAH	BUTLER		F35+	296		1739	01:03:35	01:01:20	RES
2295	3197	KELLY	MCNEISH		F35+	297		1740	01:03:35	01:01:39	RES
2296	1473	MARIA	SHOPLAND PRIDE		F45+	140		1741	01:03:36	01:00:53	RES
2297	1544	KIM	EVANS		F55+	33		1742	01:03:37	01:01:38	RES
2298	2938	NATALIE	WILLIAMS		F35+	298		1743	01:03:39	01:03:06	RES
2299	3260	CLAIR	KINSEY		F35+	299		1744	01:03:40	01:02:30	RES
2300	1535	JANINE	PATRICK		Senior Male	706		1745	01:03:41	01:02:01	RES
2301	2377	LYNETTE	MASON-DAVIES		F45+	141		1746	01:03:42	01:03:04	RES
2302	2160	TAYLOR	MARGETSON		Junior Female	28		1747	01:03:42	01:03:01	RES
2303	103	SIAN	TURNER	ADMIRAL	Senior Female	292	ADMIRAL	85	01:03:42	01:02:20	RES
2304	354	ROBERT BARRY	STEPHENS		M50+	204		1748	01:03:44	01:02:28	RES

2305	829	SAMANTHA	WILLIAMS		Senior Female	293		1749	01:03:44	01:03:04	RES
2306	3880	ALYS	DALLY		Junior Male	70	DRAGONS RUNNING CLUB	10	01:03:45	01:01:03	RES
2307	3072	JONATHAN	MORGAN		Senior Male	707		1750	01:03:45	01:00:56	RES
2308	2409	MYRIAM	BONDUELLE		F55+	34		1751	01:03:47	01:01:23	RES
2309	2981	LUCY	JONES		Senior Female	294		1752	01:03:47	01:01:14	RES
2310	1358	CATHY	HOLLAND		F45+	142		1753	01:03:47	01:01:43	RES
2311	3328	GETHYN	MCFALL		Senior Male	708	BRECON AC	8	01:03:48	01:01:57	RES
2312	1437	BEN	HEATH		Junior Male	71		1754	01:03:48	01:01:46	RES
2313	1090	NIA	DICKIE		F45+	143		1755	01:03:49	01:01:32	RES
2314	1764	CERI	HAMMOND		F35+	300		1756	01:03:49	01:01:49	RES
2315	810	CAITLIN	AWADALLA		Senior Female	295		1757	01:03:50	01:01:15	RES
2316	3012	LOUISA	STEEL		F35+	301		1758	01:03:51	01:00:58	RES
2317	241	JAMES	SHANNON	ADMIRAL	M40+	453	ADMIRAL	86	01:03:52	01:00:17	RES
2318	817	KELLY	KEAM		F35+	302		1759	01:03:52	01:00:40	RES
2319	462	SIMON	MORSE-JONES		M40+	454		1760	01:03:53	01:01:10	RES
2320	682	KELLY	MACKENNALL		F35+	303		1761	01:03:53	01:01:51	RES
2321	4058	SHARON	TRIVETT		F45+	144		1762	01:03:53	01:01:31	RES
2322	321	RHIAN	WHITE		Senior Female	296		1763	01:03:54	01:00:48	RES
2323	1574	HELYN	LATIMER		F45+	145		1764	01:03:54	01:01:20	RES
2324	1262	PAMELA	BROWNING		F45+	146		1765	01:03:55	01:00:49	RES
2325	562	GARY	THOMPSON		Senior Male	709		1766	01:03:55	01:02:21	RES
2326	3785	TRACEY	RAVENSROFT		F35+	304		1767	01:03:56	01:01:38	RES
2327	2630	STEVEN	GRIMMETT		M40+	455		1768	01:03:57	01:01:39	RES

2328	2653	PAUL	WILLIAMS		M40+	456		1769	01:03:57	01:02:39	RES
2329	2403	CAROL	GRIMMETT		F55+	35		1770	01:03:57	01:01:39	RES
2330	1546	CLAIRE	SULLIVAN		F35+	305		1771	01:03:59	01:02:05	RES
2331	3928	JUSTYNA	WYZYNSKA		Senior Female	297		1772	01:04:00	01:01:43	RES
2332	3929	PETER	LAVALETTE		M40+	457		1773	01:04:00	01:01:44	RES
2333	1693	LESLEY	BEVAN		F45+	147		1774	01:04:01	01:02:06	RES
2334	1517	NIK	PHILLIPS		Senior Male	710		1775	01:04:01	01:00:29	RES
2335	707	LOUISE	BIBBY		F45+	148		1776	01:04:02	01:02:09	RES
2336	706	PAUL	GALLAGHER		M50+	205		1777	01:04:03	01:02:15	RES
2337	3952	HAYLEY	EDWARDS		Senior Female	298	LLISWERRY RUNNERS	16	01:04:05	01:02:37	RES
2338	2274	ANDREW	THOMAS		M40+	458		1778	01:04:05	01:00:21	RES
2339	2095	GARETH	JONES		Senior Male	711		1779	01:04:06		RES
2340	3463	REBECCA	REED		Senior Female	299		1781	01:04:06	01:01:21	RES
2341	3023	SUSAN	LAWRENCE		F55+	36		1780	01:04:06	01:01:11	RES
2342	1079	RICHARD	DAVIES		M40+	459		1782	01:04:07	01:01:34	RES
2343	2830	DARRYL	OWEN		Senior Male	712		1783	01:04:07	01:00:36	RES
2344	327	ISABEL	EVANS		F35+	306		1784	01:04:07	01:02:09	RES
2345	4025	ELIZABETH	THOMAS		F35+	307		1785	01:04:09	01:01:36	RES
2346	4081	SIMON	PETHERBRIDGE		Senior Male	713		1786	01:04:11	01:01:30	RES
2347	3247	MATHEW	SPRY		Senior Male	714		1787	01:04:11	01:01:08	RES
2348	4324	IAIN	ROSE		Senior Male	715		1788	01:04:13	01:01:14	RES
2349	835	PAUL	MORT		M50+	206		1789	01:04:13	01:01:19	RES
2350	2567	SAMANTHA	JONES		F35+	308		1790	01:04:15	01:02:15	RES

2351	2988	DEBBIE	GIBBS		F35+	309		1791	01:04:16	01:01:36	RES
2352	2302	ELLIOT	CAPARROS		M40+	460		1792	01:04:18	01:00:37	RES
2353	1072	JACK	ROBERTS		Junior Male	72		1793	01:04:18	01:00:33	RES
2354	2178	LOWRI	MORGAN		Senior Female	300		1794	01:04:18	01:01:43	RES
2355	145	CHRISTIAN	WILLIAMS	ADMIRAL	Senior Male	716	ADMIRAL	87	01:04:19	01:02:37	RES
2356	542	MELANIE	THOMAS		F35+	310	CWM OGWR RUNNING CLUB	11	01:04:19	01:01:57	RES
2357	916	CATRIN	BEDDOE		Senior Female	301		1795	01:04:19	01:01:52	RES
2358	1413	JEAN	ARCHER		F55+	37		1796	01:04:20	01:03:38	RES
2359	1897	JOHN	GEORGE		Senior Male	717		1797	01:04:20	01:01:04	RES
2360	2091	MELANIE	SHIPTON		F45+	149	LLISWERRY RUNNERS	17	01:04:20	01:02:51	RES
2361	1285	RICHARD	BROWN		M40+	461		1798	01:04:21	01:01:28	RES
2362	1447	MICHAEL	DAVIES		M40+	462		1799	01:04:21	01:02:06	RES
2363	1628	BEVERLEY	ROGERS		Senior Female	302		1800	01:04:21	01:03:20	RES
2364	2655	ANDREA	CRAIG		Senior Female	303	PEMBROKESHI RE HARRIERS	2	01:04:22	01:02:31	RES
2365	3097	WAYNE	JONES		M40+	463		1801	01:04:23		RES
2366	3270	LLINOS	DAVIES		F35+	311	RUN4ALL RUNNING CLUB	37	01:04:23	01:01:25	RES
2367	2890	BRIONY	DANIEL		Senior Female	304		1802	01:04:23	01:03:18	RES
2368	1481	NICOLA	ROADS		F45+	150		1803	01:04:24	01:01:53	RES
2369	1883	PAUL	THOMAS		Senior Male	718		1804	01:04:24	01:01:57	RES

2370	2465	SUSAN	PENDLETON		F45+	151		1805	01:04:24	01:00:32	RES
2371	1339	JASON	PENDLETON - STAGG		Junior Male	73		1806	01:04:24	01:00:33	RES
2372	2606	CASEY	LEWIS		Senior Female	305		1807	01:04:25	01:01:18	RES
2373	3998	KIERAN	LEWIS		Junior Male	74		1808	01:04:26	01:00:50	RES
2374	3199	JOANNA	EVANS		F35+	312		1809	01:04:29	01:01:31	RES
2375	3427	HELEN	ALEXANDER		Senior Female	306		1810	01:04:29	01:01:15	RES
2376	2737	MICHELLE	GEORGE		F45+	152		1811	01:04:29	01:02:23	RES
2377	2421	RYAN	SMITH		M40+	464		1812	01:04:30	01:02:42	RES
2378	2366	RHIAN	JONES		F35+	313		1813	01:04:31	01:01:43	RES
2379	4023	EMMA	JONES		F35+	314		1814	01:04:31	01:03:23	RES
2380	2327	MARGARET	BOWEN		F45+	153		1815	01:04:32	01:01:56	RES
2381	1976	JENNY	MCGRATH		Senior Female	307		1816	01:04:33	01:01:31	RES
2382	2546	JULIE	GIBSON		F45+	154	LLISWERRY RUNNERS	18	01:04:34	01:01:04	RES
2383	952	ANN	JAMES		F55+	38		1817	01:04:34	01:01:04	RES
2384	195	TIM	HARDING	ADMIRAL	Senior Male	719	ADMIRAL	88	01:04:34	01:01:53	RES
2385	2496	NATALIE	MCGRATH		Senior Female	308		1818	01:04:35	01:01:34	RES
2386	1690	SIAN	OWEN		F35+	315		1819	01:04:38	01:02:30	RES
2387	1227	ANNE	REES		Senior Female	309		1820	01:04:39	01:02:17	RES
2388	3061	SARAH	ALLAN		Senior Female	310		1821	01:04:40	01:01:47	RES
2389	2290	REBECCA	JOHNSTON		F35+	316		1822	01:04:40	01:01:46	RES
2390	3306	SARAH	WELLS		Junior Female	29		1823	01:04:41	01:02:02	RES
2391	4272	PAULINE	THOMAS		F55+	39	TROTS	8	01:04:42	01:03:37	RES

2392	2144	ALISON	COLDERICK		F45+	155		1824	01:04:42	01:01:48	RES
2393	2006	KIERAN	BEAUMONT		Senior Male	720		1825	01:04:43	01:04:23	RES
2394	2745	LAURA	TIPPETT		Senior Female	311		1826	01:04:43	01:03:48	RES
2395	1112	ANNA	COLCLOUGH		Senior Female	312		1827	01:04:43	01:03:00	RES
2396	2379	BARBARA	WILLIAMS		F45+	156		1828	01:04:44	01:02:06	RES
2397	1401	GEORGINA	GRUNDY		Senior Female	313		1829	01:04:44	01:02:48	RES
2398	1432	CLAIRE	CHAPMAN		F35+	317		1830	01:04:44	01:01:04	RES
2399	3723	ALFRYN	EASTER		M60+	81	3MS GORSEINON ROAD RUNNERS	21	01:04:45	01:00:59	RES
2400	2314	IAN	PARRY- BELCHER		Senior Male	721		1831	01:04:45	01:01:05	RES
2401	3546	LAUREN	THOMAS		Senior Female	314		1832	01:04:45	01:01:40	RES
2402	904	DAVID	WILLIAMS		Senior Male	722		1833	01:04:46		RES
2403	2214	MARIE	DAVIES		F35+	318		1834	01:04:48	01:02:09	RES
2404	1102	RACHEL	PERKINS		F35+	319		1835	01:04:48	01:02:18	RES
2405	3756	JOY	HUTFIELD		F45+	157		1836	01:04:50	01:02:36	RES
2406	4055	STEVEN	ROBERTS		M40+	465		1837	01:04:50	01:03:01	RES
2407	4264	BETHAN	MOSS		F35+	320		1838	01:04:51	01:03:04	RES
2408	3914	VINCE	DAVIES		M40+	466		1839	01:04:51	01:02:09	RES
2409	1100	CERI	WATERS		F35+	321		1840	01:04:51	01:03:55	RES
2410	2664	LEANNE	THOMAS		Senior Female	315		1841	01:04:51	01:03:54	RES
2411	1522	MIKE	COX		M40+	467		1842	01:04:52	01:03:28	RES

2412	217	CATHERINE	HOOK	ADMIRAL	Senior Female	316	ADMIRAL	89	01:04:52	01:02:45	RES
2413	2391	KAYE	PROTHERO- JOHN		F35+	322		1843	01:04:53	01:03:25	RES
2414	3545	DEBORAH	LEWIS		F45+	158	MUMBLES MILERS	1	01:04:53	01:01:12	RES
2415	2772	CAROLE	MORGAN		F45+	159		1844	01:04:53	01:02:30	RES
2416	3418	JENNIFER	LALANDE		Senior Female	317		1845	01:04:54	01:01:52	RES
2417	1440	SHARON	DANIEL		F45+	160		1846	01:04:54	01:02:32	RES
2418	2373	NIA	TAYLOR		F35+	323		1847	01:04:54	01:03:27	RES
2419	1945	KAYLEIGH	MOSES		Senior Female	318		1848	01:04:54	01:01:50	RES
2420	1054	KELLY	THOMAS		Senior Female	319		1849	01:04:56	01:01:48	RES
2421	790	LISA	CRONIN		F35+	324		1850	01:04:57	01:01:38	RES
2422	729	LAURA	BELL		Junior Female	30		1851	01:04:59	01:03:56	RES
2423	2881	ALASTAIR	HALL		Senior Male	723		1852	01:04:59	01:02:06	RES
2424	3028	JULIA	HILL		Senior Female	320		1853	01:05:00	01:02:52	RES
2425	597	HANNAH	MARTIN		Senior Female	321		1854	01:05:00	01:02:52	RES
2426	4174	MARK	POWELL		Senior Male	724		1855	01:05:01	01:02:10	RES
2427	4263	JAMIE	LANNEN		Senior Male	725		1856	01:05:01	01:03:14	RES
2428	3188	SAMANTHA	SHAVE		Senior Female	322		1857	01:05:02	01:04:04	RES
2429	3142	TASH	SMITH		Senior Female	323		1858	01:05:02	01:04:02	RES

2430	4175	REBECCA	MARIE		F35+	325		1859	01:05:02	01:02:11	RES
2431	3999	RYLAND	LEWIS		M40+	468		1860	01:05:03	01:01:28	RES
2432	4218	ROSS	KEELING		Senior Male	726		1861	01:05:04	01:02:49	RES
2433	123	JESSICA	WILLIAMS	ADMIRAL	Senior Female	324	ADMIRAL	90	01:05:04	01:03:22	RES
2434	636	NON	PETTICAN		F45+	161		1862	01:05:04	01:02:48	RES
2435	215	HELEN	WILLIAMS	ADMIRAL	F35+	326	ADMIRAL	91	01:05:04	01:02:50	RES
2436	2401	CHARLOTTE	LOCKWOOD		Senior Female	325		1863	01:05:05	01:02:10	RES
2437	920	RICHARD	HARRY		Senior Male	727		1864	01:05:05	01:02:50	RES
2438	3605	FRANCES	CAREY		Senior Female	326		1866	01:05:05	01:02:24	RES
2439	1768	SEAMUS	EDNEY		M50+	207		1865	01:05:05	01:02:38	RES
2440	2345	CHRISTOPHER	THOMAS		M40+	469		1867	01:05:06	01:01:21	RES
2441	3583	CAPRICE	BEGGS		F35+	327		1868	01:05:08	01:02:21	RES
2442	1445	NADIA	BOSHOFF		Senior Female	327		1869	01:05:08	01:02:21	RES
2443	3050	KERRIN	ROBERTS		Senior Male	728		1870	01:05:08	01:02:20	RES
2444	2521	SUZANNE	LUKER-DAVIES		F35+	328	DRAGONS RUNNING CLUB	11	01:05:09	01:02:28	RES
2445	2457	HUW	DAVIES		M40+	470		1871	01:05:10	01:02:29	RES
2446	588	JESSICA	PRICE		Junior Female	31		1872	01:05:11	01:02:26	RES
2447	2815	CLARE	ROGERS		F45+	162		1873	01:05:11	01:02:46	RES
2448	1003	CHLOE	ROBINSON		Senior Female	328		1874	01:05:12	01:01:44	RES

2449	1140	ALICA	THOMAS		F35+	329	CWM OGWR RUNNING CLUB	12	01:05:13	01:03:20	RES
2450	2323	SAM	DONALDSON		Senior Male	729		1875	01:05:13	01:03:23	RES
2451	581	JAMES	MCGETTRICK		Senior Male	730		1876	01:05:14	01:01:32	RES
2452	3429	CLARE	TUCKER		Senior Female	329		1877	01:05:15	01:02:19	RES
2453	4338	LLOYD	HARRIS		Senior Male	731		1878	01:05:16	01:02:40	RES
2454	3257	LYNN	HICKMAN		F45+	163		1879	01:05:16	01:01:53	RES
2455	1855	ANITA	PHILLIPS		F45+	164		1880	01:05:17	01:02:39	RES
2456	1088	NAOMI	JAMES		Senior Female	330		1881	01:05:17	01:04:05	RES
2457	368	JORDAN	TWEEDALE		Senior Male	732		1882	01:05:18	01:02:24	RES
2458	2612	DAWNE	MEYNELL- WESTERN		F35+	330		1883	01:05:18	01:03:27	RES
2459	3933	MARGARET	POWELL		F55+	40		1884	01:05:19	01:03:18	RES
2460	4227	DYLAN	WRIGHT		M40+	471		1885	01:05:19	01:02:47	RES
2461	2286	GETHIN	FRANCIS		Senior Male	733		1886	01:05:20	01:04:38	RES
2462	1636	VINCE	RUSSELL		M50+	208		1887	01:05:20	01:02:08	RES
2463	3703	KAREN	MORGAN		F35+	331		1888	01:05:20	01:02:56	RES
2464	2661	MARK	RICHARDS		F45+	165		1889	01:05:21	01:03:29	RES
2465	2665	DARREN	THOMAS		M40+	472		1890	01:05:21	01:03:34	RES
2466	1143	DAWN	MORGAN		F35+	332		1891	01:05:22	01:01:50	RES
2467	934	NIA	LLOYD		F35+	333		1892	01:05:22	01:04:16	RES
2468	1124	LIZZ	READING		F45+	166		1893	01:05:24	01:02:48	RES
2469	1683	TANIA	HILL		F45+	167		1894	01:05:24	01:02:32	RES

2470	1438	MARILYN	ROWSON		F55+	41	LES CROUPIERS	30	01:05:24	01:02:44	RES
2471	2846	SCOTT	JAMES		Senior Male	734		1895	01:05:25	01:04:40	RES
2472	2470	SARAH	STANTON		Senior Female	331		1896	01:05:25	01:02:01	RES
2473	831	BEVERLEY	COLE		F45+	168		1897	01:05:26	01:04:45	RES
2474	762	SHARON	GITTINS		F45+	169		1898	01:05:26	01:04:45	RES
2475	3276	SIAN	DAVIES		F35+	334	DRAGONS RUNNING CLUB	12	01:05:27	01:02:24	RES
2476	2096	NIA	DAVIES-JONES		Senior Female	332		1899	01:05:27	01:02:49	RES
2477	4312	LIANNE	WILLIAMS		F35+	335		1900	01:05:27	01:02:24	RES
2478	2600	SIAN	PASCOE		F45+	170		1901	01:05:28	01:02:44	RES
2479	777	WAYNE	GRIFFITHS		M40+	473		1902	01:05:30	01:03:59	RES
2480	2185	TERI	POWIS		F35+	336		1903	01:05:30	01:04:00	RES
2481	4302	EMMA	LLOYD		F35+	337	ACTIVE SWANSEA	2	01:05:31	01:04:19	RES
2482	1122	ALAN	BOTTRELL		M60+	82		1904	01:05:31	01:04:27	RES
2483	634	TRACY	JERMIN		F45+	171		1905	01:05:31	01:04:19	RES
2484	4120	GARETH	LEWIS		Senior Male	735		1906	01:05:32	01:03:40	RES
2485	4049	NATALIE	GRIFFITHS		F35+	338		1907	01:05:32	01:03:09	RES
2486	2416	DAVID	HUNT		Senior Female	333		1908	01:05:34	01:04:22	RES
2487	557	CHRIS	BRUDENELL		M40+	474		1909	01:05:34	01:02:56	RES
2488	170	JAMES	VECK	ADMIRAL	Junior Male	75	ADMIRAL	92	01:05:34	01:03:17	RES
2489	2108	PHILIP	BOWLES		Senior Male	736		1910	01:05:36	01:02:39	RES
2490	613	PAUL	MILLER		M40+	475		1911	01:05:36	01:03:10	RES
2491	1518	NEIL	RAINEY		M50+	209		1912	01:05:37	01:03:15	RES

2492	2502	RACHEL	SPICER		F35+	339		1913	01:05:38	01:02:27	RES
2493	3779	MICHAEL	MATTHEWS		M60+	83		1914	01:05:39	01:02:57	RES
2494	2855	CHRIS	TIDY		F55+	42	RUN4ALL RUNNING CLUB	38	01:05:40	01:02:57	RES
2495	3788	SUZANNE	GRIFFITHS		F35+	340		1915	01:05:40	01:04:09	RES
2496	3504	SIOBHAN	LLOYD		Senior Female	334		1916	01:05:40	01:03:53	RES
2497	2034	SARAH	MEAH		F45+	172	LES CROUPIERS	31	01:05:42	01:04:06	RES
2498	3376	GARETH LYN	THOMAS		M40+	476		1917	01:05:43	01:03:38	RES
2499	3935	JONATHAN	BENNETT- JAMES		Senior Male	737		1918	01:05:44	01:03:21	RES
2500	1697	ALEC	DUBENS		M40+	477		1919	01:05:45	01:03:03	RES
2501	416	SAIRA	LUCKMAN		F45+	173		1920	01:05:45	01:02:57	RES
2502	2390	ALEX	ALDWORTH		Senior Male	738		1921	01:05:46	01:03:27	RES
2503	3239	NATASHA	DAGNALL		F35+	341		1922	01:05:46	01:03:03	RES
2504	1634	GEORGINA	JONES		F35+	342		1923	01:05:47	01:04:37	RES
2505	1652	JEZ	JAMES		M40+	478		1925	01:05:47	01:02:28	RES
2506	1159	FRAN	JAMES		F35+	343		1924	01:05:47	01:02:28	RES
2507	1299	WENDY	MAY		F35+	344		1926	01:05:50	01:03:09	RES
2508	859	KAREN	DAWSON		F45+	174		1927	01:05:51	01:03:44	RES
2509	3746	PHILIP	BADMAN		Senior Male	739		1928	01:05:52	01:02:18	RES
2510	617	CAROLINE	HIORNS		F45+	175		1929	01:05:53	01:03:35	RES
2511	3570	SHARON	NICHOLSON		F35+	345		1930	01:05:54	01:03:40	RES
2512	3398	TONY	O KEEFE		M50+	210		1931	01:05:56	01:04:11	RES
2513	424	JANICE	FRANCIS		F45+	176	BRACKLA HARRIERS	3	01:05:57	01:02:45	RES

2514	1819	BETH	HARRIES		Senior Female	335		1932	01:05:59	01:04:40	RES
2515	4082	AMY	OWEN		Senior Female	336		1933	01:05:59	01:03:28	RES
2516	820	HAZEL	JOHN		F35+	346		1934	01:06:00	01:04:55	RES
2517	2035	LYNDA	THOMAS		F35+	347		1935	01:06:00	01:04:55	RES
2518	1565	EMMA	PARSONS		F35+	348	FOREST OF DEAN AC	38	01:06:02	01:03:51	RES
2519	3153	SALLY	HINMAN		F35+	349		1936	01:06:03	01:03:13	RES
2520	3604	LAUREN JAYNE	HARRIS		Senior Female	337		1937	01:06:03	01:03:59	RES
2521	1825	CATHERINE	GWYNN		Senior Female	338		1938	01:06:03	01:04:05	RES
2522	1249	HANNAH	GODFREY		Senior Female	339		1939	01:06:04	01:03:04	RES
2523	2443	LYNN	HOLMES		F45+	177	3MS GORSEINON ROAD RUNNERS	22	01:06:05	01:04:42	RES
2524	3366	CATHERINE	JOHNSON		F45+	178		1940	01:06:06	01:03:56	RES
2525	2148	KELLY	MAPSTONE		Senior Female	340		1942	01:06:07	01:04:45	RES
2526	366	CLARE	REES		F35+	350		1941	01:06:07	01:02:38	RES
2527	3719	CARL	VONK		M40+	479		1943	01:06:08	01:03:14	RES
2528	1121	MARTIN	NICHOLLS		M40+	480		1944	01:06:08	01:03:13	RES
2529	2554	JESS	STORER		Senior Female	341		1945	01:06:08	01:05:06	RES
2530	1301	FIONA	ASHMORE		Senior Female	342		1946	01:06:09	01:02:43	RES
2531	2455	STACEY	WILLIAMS		Senior Female	343		1947	01:06:09	01:03:24	RES
2532	4092	CLARE	CASTLE		F35+	351		1948	01:06:10	01:03:34	RES

2533	1256	VICKY	RICHARDS		F35+	352		1949	01:06:11	01:04:08	RES
2534	386	CARLY	DAVIES		Senior Female	344		1950	01:06:11	01:04:46	RES
2535	1271	LUCY	NICHOLSON		F35+	353		1951	01:06:11	01:04:08	RES
2536	1208	LAURA	CHARLES-AINGWORTH		Senior Female	345		1952	01:06:11	01:04:33	RES
2537	767	SIMON	TRERISE		M40+	481		1953	01:06:12	01:02:53	RES
2538	1252	CLAIR	GRIFFITHS		F35+	354		1954	01:06:12	01:04:31	RES
2539	1521	ALEX	JONES		Junior Male	76		1955	01:06:16	01:03:03	RES
2540	1787	JENNY	BURNS		F45+	179		1956	01:06:16	01:03:03	RES
2541	2469	NAOMI	GUEST		Senior Female	346		1957	01:06:16	01:02:55	RES
2542	2500	HUW	BRYER		M40+	482		1958	01:06:17	01:03:47	RES
2543	3602	PAUL	MCNEILL		Senior Male	740		1959	01:06:18	01:03:24	RES
2544	3589	ALEXANDRA	MCNEILL		F35+	355		1960	01:06:18	01:03:24	RES
2545	4305	SEAN	MACEY		Senior Male	741	ACTIVE SWANSEA	3	01:06:19	01:02:30	RES
2546	527	ANGELA	MORGAN		F55+	43		1961	01:06:20	01:03:54	RES
2547	1986	ASHLEIGH	HOPKIN		Senior Female	347		1962	01:06:20	01:05:54	RES
2548	786	ELIZABETH	KING		Senior Female	348		1963	01:06:21	01:04:01	RES
2549	1882	RACHEL	STEVENS		Senior Female	349		1964	01:06:23	01:02:30	RES
2550	2939	HELEDD	BEBB		F35+	356		1965	01:06:25	01:03:53	RES
2551	2544	NIA	BRYER		F35+	357		1966	01:06:26	01:03:55	RES
2552	2458	JENNY	MANUEL		Senior Female	350		1967	01:06:27	01:03:13	RES
2553	2045	MARK	THODAY		M40+	483		1968	01:06:27	01:03:36	RES
2554	3835	ANGIE	STEVENS		F35+	358		1969	01:06:29	01:03:31	RES

2555	1786	ALISTAIR	PITT		M40+	484		1970	01:06:29	01:03:23	RES
2556	3444	ANDREW	BURKINSHAW		Senior Male	742		1971	01:06:30	01:03:31	RES
2557	2978	LINDSEY	KALE		F45+	180	PORTHCAWL HARRIERS	8	01:06:30	01:04:36	RES
2558	162	LAILA	QUATTRINI	ADMIRAL	F35+	359	ADMIRAL	93	01:06:30	01:04:22	RES
2559	2751	LYNSEY	DAWSON		Senior Female	351		1972	01:06:31	01:05:04	RES
2560	1719	CARYL	WILLIAMS		Senior Female	352		1973	01:06:31	01:04:14	RES
2561	338	MIRANDA	WILLIAMS		F45+	181	PONTARDAWE RUNNING CLUB	7	01:06:32	01:04:42	RES
2562	1414	NICOLA	FELTON		Senior Female	353		1974	01:06:36	01:04:01	RES
2563	2431	KATHRYN	JONES		Senior Female	354		1975	01:06:36	01:04:17	RES
2564	1357	ADRIAN	BEVAN		Senior Male	743		1976	01:06:38	01:04:10	RES
2565	2953	BETHAN	DAVIES		F35+	360		1977	01:06:38	01:03:54	RES
2566	2125	GARETH	PHILLIPS		Senior Male	744		1978	01:06:38	01:04:01	RES
2567	3179	CLARE	PHILLIPS		F35+	361		1979	01:06:38	01:03:47	RES
2568	2920	AIMEE	JONES		Senior Female	355		1980	01:06:39	01:04:31	RES
2569	900	SARAH	FLOYD		F35+	362		1981	01:06:40	01:03:32	RES
2570	780	JUDITH	HARRIS		F35+	363		1982	01:06:41	01:04:04	RES
2571	3481	CLAUDIA	FARESE		Senior Female	356		1983	01:06:43	01:03:29	RES
2572	3386	CLAIRE	GRIFFITHS		F35+	364		1984	01:06:43	01:05:40	RES
2573	3568	HEATHER	PAYTON		F55+	44		1985	01:06:43	01:04:01	RES
2574	3523	JASON	GRIFFITHS		M40+	485		1986	01:06:43	01:05:03	RES

2575	242	BECCI	THOMAS	ADMIRAL	Senior Female	357	ADMIRAL	94	01:06:43	01:05:39	RES
2576	1772	LAURALEE	REED		Senior Female	358		1987	01:06:44	01:05:19	RES
2577	1042	MICHELLE	RIVETT		F35+	365	LES CROUPIERS	32	01:06:44	01:02:46	RES
2578	2037	JASON	DAVIES		M40+	486		1988	01:06:46	01:04:35	RES
2579	1353	JANINE	DAVIES		F35+	366		1989	01:06:46	01:04:35	RES
2580	430	FIONA	CROOK		F45+	182		1990	01:06:47	01:04:21	RES
2581	332	SHARON	EVANS		F45+	183		1991	01:06:48	01:04:17	RES
2582	3477	SUKHJINDER	KAUR		F35+	367		1992	01:06:48	01:04:53	RES
2583	956	SARAH	VINING		F35+	368		1993	01:06:49	01:05:22	RES
2584	3140	ROBERT	HARDING		M60+	84	TELFORD HARRIERS	1	01:06:51	01:04:03	RES
2585	742	MARK	LOCK		Senior Male	745		1994	01:06:52	01:03:29	RES
2586	2207	SIMON	ANDREW		M40+	487		1995	01:06:52	01:04:19	RES
2587	949	REBECCA	JONES		Senior Female	359		1996	01:06:52	01:04:14	RES
2588	3265	GETHIN	JONES		Senior Male	746		1997	01:06:57	01:04:37	RES
2589	1564	RICHARD	NORRIS		Senior Male	747		1998	01:06:57	01:04:16	RES
2590	506	CATH	DAVIES		F35+	369		1999	01:06:58	01:04:45	RES
2591	2574	JUDITH	PAGET		F45+	184		2000	01:06:58	01:04:42	RES
2592	417	EMMA	CARRO		F35+	370		2001	01:07:01	01:04:33	RES
2593	3499	ALISON	SANDY		F55+	45		2002	01:07:01	01:05:05	RES
2594	856	CHRIS	JACOBS		M50+	211		2003	01:07:01	01:03:16	RES
2595	1317	MAISIE	SHORT		Senior Female	360		2004	01:07:02	01:03:36	RES

2596	3579	JOHN	TUCKER		Senior Male	748		2005	01:07:02	01:03:19	RES
2597	1900	RACHEL	LONG		Senior Female	361		2006	01:07:04	01:04:30	RES
2598	1991	JAMIE	CLEMENT		Senior Male	749		2007	01:07:04	01:05:36	RES
2599	1935	VANYA	BRIGGS		F35+	371		2008	01:07:06	01:04:25	RES
2600	747	LAUREN	THOMAS		Senior Female	362		2009	01:07:07	01:05:07	RES
2601	2275	JAMIE	WILLIAMS		Senior Male	750		2010	01:07:07	01:05:22	RES
2602	466	ABBIE	CHARLTON		Junior Female	32		2011	01:07:07	01:06:57	RES
2603	3961	MADISON	JONES		Junior Female	33		2012	01:07:08	01:04:34	RES
2604	2658	PAUL	BUTTLE		Senior Male	751		2013	01:07:09	01:05:15	RES
2605	288	PATRICIA	REES		F35+	372		2014	01:07:10	01:05:33	RES
2606	4041	VIV	JONES		F35+	373		2015	01:07:10	01:05:37	RES
2607	3641	RACHEL	HUGHES		F35+	374		2016	01:07:10	01:05:38	RES
2608	680	NICOLA	REES		F35+	375		2017	01:07:11	01:03:26	RES
2609	909	JADE	LUNDIE		Senior Female	363		2018	01:07:12	01:04:48	RES
2610	428	GARETH	WORGAN		Senior Male	752		2019	01:07:12	01:04:36	RES
2611	3721	TAMSIN	MANLEY		Senior Female	364		2020	01:07:13	01:04:34	RES
2612	2948	SATTAM	ALHAMMAD		Senior Male	753		2021	01:07:14	01:04:54	RES
2613	2983	MICHAEL	MORSE		Senior Male	754		2022	01:07:15	01:03:56	RES
2614	283	LISA	POWELL		F45+	185		2023	01:07:19	01:04:44	RES

2615	2062	EMMA	BALLARDIE		Senior Female	365		2024	01:07:19	01:04:18	RES
2616	2552	PIP	NICHOLAS		Senior Female	366		2025	01:07:20	01:04:43	RES
2617	573	KAREN	BURGESS-HOPKINS		F35+	376		2026	01:07:20	01:05:27	RES
2618	1852	ALUN	HOWARD		Senior Male	755		2027	01:07:21	01:04:35	RES
2619	390	RACHEL	ROSE		Senior Female	367		2028	01:07:22	01:04:29	RES
2620	4231	CLARE	HARTNETT		F45+	186		2029	01:07:23	01:05:19	RES
2621	3707	TINA	MORGAN		Senior Female	368		2030	01:07:23	01:05:06	RES
2622	4300	CIAR?N	DOYLE		Senior Male	756		2031	01:07:24		RES
2623	4249	ELIZABETH	VAN RUSSELT		Senior Female	369		2032	01:07:24	01:03:40	RES
2624	3125	CHERIE	COUGHLAN		F35+	377		2033	01:07:26	01:04:39	RES
2625	4040	AMANDA	DENNER		F35+	378		2034	01:07:27	01:03:49	RES
2626	2508	BEN	DAVIES		M50+	212		2035	01:07:27	01:03:57	RES
2627	1292	CEINWEN	CLONEY		Senior Female	370		2036	01:07:28	01:04:50	RES
2628	344	KATHERINE	SLADER		F35+	379		2037	01:07:28	01:03:43	RES
2629	720	ANDREW	GULLY		Senior Male	757		2038	01:07:29	01:05:02	RES
2630	967	KATE	JONES		Senior Female	371		2039	01:07:29	01:06:20	RES
2631	1345	NICOLA	RICHARDS		F35+	380	ISLWYN RC	16	01:07:29	01:05:15	RES
2632	3474	AMANDA	EDWARDS		F45+	187		2040	01:07:32	01:06:00	RES
2633	2088	KIRSTEN	LEARY		Senior Female	372		2041	01:07:34	01:04:13	RES
2634	3622	JULIE	URQUHART		F45+	188		2042	01:07:34	01:04:24	RES

2635	4277	ELIZABETH	BORLAND		Senior Female	373		2043	01:07:36	01:03:52	RES
2636	1979	LINZI	MARGETSON		F35+	381		2044	01:07:36	01:06:58	RES
2637	1372	WILLIAM BARRIE	LEWIS		M60+	85		2045	01:07:37	01:06:44	RES
2638	255	EMMA	WILLIAMS		Senior Female	374	RUN4ALL RUNNING CLUB	39	01:07:37	01:05:20	RES
2639	4307	CHRISTOPHER	HOSKINS		Senior Male	758		2046	01:07:38	01:04:28	RES
2640	715	REBECCA	WALTERS		F35+	382		2047	01:07:39	01:04:41	RES
2641	2084	SUZANNE	COURT		F35+	383	PARC BRYNBACH RUNNING CLUB	8	01:07:39	01:04:41	RES
2642	815	PATRICK	MURRAY		M40+	488		2048	01:07:41	01:05:07	RES
2643	1682	LISA	LITTLEWOOD		F35+	384		2049	01:07:41	01:05:07	RES
2644	303	LEE-ANNE	TAYLOR		F35+	385		2050	01:07:41	01:04:43	RES
2645	1269	LIZ	GRAY		F55+	46		2051	01:07:42	01:06:52	RES
2646	3903	JULIE	WILLIAMS		F35+	386	ISLWYN RC	17	01:07:43	01:05:29	RES
2647	2398	SHARON	GROTHER		F35+	387	CAERPHILLY RUNNERS	1	01:07:45	01:03:58	RES
2648	555	LISA	SLEE		F35+	388		2052	01:07:46	01:04:41	RES
2649	3954	VICTORIA	SHINGLER		F35+	389		2053	01:07:46	01:04:31	RES
2650	3613	TINA	CHARLES		F35+	390		2054	01:07:49		RES
2651	2912	TRACEY	EDWARDS		F45+	189		2055	01:07:51	01:07:28	RES
2652	2758	NICOLA	HOLDEN		F35+	391		2056	01:07:52	01:07:31	RES
2653	2850	ANDREA	THOMAS		F45+	190		2057	01:07:53	01:07:30	RES
2654	1019	HELEN	JENKINS		Senior Female	375		2058	01:07:54	01:05:14	RES
2655	2516	STEPHEN	CALVERT		M40+	489		2059	01:07:54	01:05:38	RES
2656	2975	LLOYD	WILLIAMS		M40+	490		2060	01:07:54	01:04:52	RES

2657	4146	CHARLES	FENCOTT		Senior Male	759		2061	01:07:55	01:06:03	RES
2658	3959	IAN	CHRISWICK		Senior Male	760		2062	01:07:55	01:06:04	RES
2659	471	RICHARD	CROOK		M40+	491		2063	01:07:58	01:05:31	RES
2660	1596	AMY	HATHAWAY		Senior Female	376		2064	01:07:58	01:06:47	RES
2661	449	KATIE	CROOK		Junior Female	34		2065	01:07:58	01:05:31	RES
2662	1479	PAUL	WARREN		Senior Male	761		2066	01:07:59	01:04:24	RES
2663	1167	LOUISE	WARREN		F35+	392		2067	01:07:59	01:04:22	RES
2664	3389	HELEN	PRIDHAM		F35+	393		2068	01:08:00	01:05:13	RES
2665	1626	ALISON	BALLANTINE		F45+	191		2069	01:08:00	01:04:49	RES
2666	482	CLARE	FENCOTT		F35+	394		2070	01:08:02	01:05:38	RES
2667	1231	CLARE	SANTIMANO		F35+	395		2071	01:08:04	01:05:01	RES
2668	2438	LUKE	TANNER		Junior Male	77		2072	01:08:04	01:05:03	RES
2669	645	CATH	HANCOCK		F45+	192		2073	01:08:04	01:06:44	RES
2670	2046	JUDITH	TANNER		F45+	193		2074	01:08:05	01:05:04	RES
2671	2931	ALEXA	PARRY		F35+	396		2075	01:08:06	01:05:33	RES
2672	4241	AMANDA	WILLIAMS		F35+	397		2076	01:08:06	01:05:32	RES
2673	2649	KIRSTY	THOMAS		Junior Female	35		2077	01:08:08	01:05:20	RES
2674	2876	CAROLINE	LEWIS		Senior Female	377		2078	01:08:08	01:04:29	RES
2675	1442	BARBIE	AHEARN		F35+	398		2079	01:08:09	01:06:55	RES
2676	2501	WAYNE	HOLLE		Senior Male	762		2080	01:08:10	01:06:01	RES
2677	1837	FRANCESCA	RUGGIERI		Senior Female	378		2081	01:08:10	01:05:04	RES
2678	461	LIZ	ELLIS		F55+	47		2082	01:08:12	01:05:56	RES
2679	2525	PHILLIP	BARNES		M40+	492		2083	01:08:14	01:04:53	RES

2680	3333	CARWYN	EVANS		M40+	493	DRAGONS RUNNING CLUB	13	01:08:16	01:05:35	RES
2681	1239	KEIRA	FORD		Senior Female	379		2084	01:08:20	01:05:41	RES
2682	870	TIMOTHY	ROBINSON		Senior Male	763		2085	01:08:20	01:05:00	RES
2683	3666	CATHERINE	BALL		F35+	399		2086	01:08:21	01:05:15	RES
2684	2883	PHIL	VERGARA		Senior Male	764		2087	01:08:22	01:05:13	RES
2685	1383	SUSAN	VAUGHAN		F45+	194		2088	01:08:24	01:05:15	RES
2686	2563	TIM	INGHAM		M40+	494		2089	01:08:26	01:07:24	RES
2687	4225	JACQUI	LEWIS		F45+	195		2090	01:08:27	01:06:15	RES
2688	827	TRACY	LORD		F45+	196		2091	01:08:29	01:04:59	RES
2689	1361	ROBERT	BROWN		M60+	86		2092	01:08:29	01:04:48	RES
2690	843	ELLIE	PRIOR		Junior Female	36		2093	01:08:29	01:04:58	RES
2691	296	KELLY	CHRISTOPHER		F35+	400		2094	01:08:30	01:06:45	RES
2692	3578	AMANDA	HILL		Senior Female	380		2095	01:08:30	01:05:48	RES
2693	2017	NICOLA	GILLANDERS		F35+	401		2096	01:08:32	01:05:03	RES
2694	3430	JENNY	COWLEY		F35+	402		2097	01:08:33	01:05:25	RES
2695	3027	JANE	LLEWELLYN		F55+	48		2098	01:08:33	01:06:07	RES
2696	4149	SIAN	MELONI		Senior Female	381		2099	01:08:33	01:06:08	RES
2697	2923	SARAH	BEES		Senior Female	382		2100	01:08:34	01:05:47	RES
2698	4213	KATE	JOBINS		Senior Female	383		2101	01:08:34	01:05:47	RES
2699	2082	CATHERINE	PLEASS		Senior Female	384		2102	01:08:34	01:06:01	RES
2700	526	JON	COPPACK		M40+	495		2103	01:08:34	01:05:25	RES

2701	3154	BOBBY	COLE		Senior Male	765		2104	01:08:35	01:05:27	RES
2702	4090	JAMES	GENT		Senior Male	766		2105	01:08:35	01:06:05	RES
2703	2004	DANNY	MEREDITH		Senior Male	767		2106	01:08:36	01:05:17	RES
2704	2914	KATH	MEREDITH		Senior Female	385		2107	01:08:36	01:05:18	RES
2705	2682	KATE	PIPER		Senior Female	386		2108	01:08:36	01:05:28	RES
2706	4306	JONATHON	BAINBRIDGE		M40+	496		2109	01:08:37	01:06:02	RES
2707	3547	CATHERINE	PEART		Senior Female	387		2110	01:08:38	01:05:07	RES
2708	4073	BROOKE	FRENCH		Senior Male	768		2111	01:08:38	01:05:09	RES
2709	3593	SOPHIE	SHARP		Senior Female	388		2112	01:08:39	01:05:47	RES
2710	1804	NIGEL	PROSSER		M40+	497		2113	01:08:39	01:06:12	RES
2711	631	RHODRI	JONES		Senior Male	769		2114	01:08:41	01:04:58	RES
2712	508	NICOLA	GRIFFITHS		F35+	403		2115	01:08:42	01:06:02	RES
2713	883	MICHELLE	PERROT		Senior Female	389		2116	01:08:42	01:06:02	RES
2714	235	EMMA	ALBRIGHTON	ADMIRAL	Senior Female	390	ADMIRAL	95	01:08:43	01:07:41	RES
2715	969	SANDRA	REES		F45+	197		2117	01:08:43	01:06:16	RES
2716	4309	CATRIN	ALLEN		Junior Female	37		2118	01:08:43	01:06:51	RES
2717	2349	IMELDA	MORRISSON		Senior Female	391		2119	01:08:44	01:06:15	RES
2718	1846	JEFF	BROOKS		M40+	498		2120	01:08:44	01:05:05	RES

2719	1216	SIMON	KNOYLE		Senior Male	770		2121	01:08:45	01:06:01	RES
2720	4323	ANTHONY	CLARKE		M40+	499		2122	01:08:45	01:05:42	RES
2721	1538	SHANNON	LYONS		Junior Female	38		2123	01:08:46	01:05:56	RES
2722	3996	STEPHANIE	FERGUSON		Senior Female	392		2124	01:08:46	01:06:15	RES
2723	4013	JOHN	BIDWELL		Senior Male	771		2125	01:08:47	01:06:03	RES
2724	1131	WENDY	JONES		F45+	198		2126	01:08:48	01:06:09	RES
2725	2365	JULIE	DAVIES		F55+	49	3MS GORSEINON ROAD RUNNERS	23	01:08:48	01:06:07	RES
2726	863	LEIGH	WALLACE		M40+	500		2127	01:08:48	01:06:11	RES
2727	1027	NAOMI	STEPHENSON		Senior Female	393		2128	01:08:49	01:05:17	RES
2728	3359	CATHY	YOUNG		Senior Female	394		2129	01:08:49	01:06:01	RES
2729	1746	MARGARET	EDNEY		F55+	50		2130	01:08:50	01:06:22	RES
2730	1320	SALLY	TURNER		F45+	199		2131	01:08:51	01:05:20	RES
2731	1993	MICHAEL	DICKERSON		M40+	501		2132	01:08:51	01:05:36	RES
2732	2418	LILI	THOMPSON		Junior Female	39		2133	01:08:52	01:05:40	RES
2733	3737	AIMEE	WILLIAMS		Senior Female	395		2134	01:08:53	01:07:16	RES
2734	1288	LISA	THOMAS		F35+	404		2135	01:08:54	01:06:39	RES
2735	1263	KATHRYN	PRICE		F45+	200	PARC BRYNBACH RUNNING CLUB	9	01:08:58	01:05:59	RES
2736	2147	STEVEN	MUXWORTHY		M40+	502		2136	01:08:59	01:06:57	RES

2737	2281	WENDY	HERBERT		F45+	201		2137	01:08:59	01:05:38	RES
2738	2868	MIKE	DURRAN		M40+	503		2138	01:09:00	01:05:33	RES
2739	950	EMMA	WILSON		Senior Female	396		2139	01:09:00	01:07:17	RES
2740	2877	ANITA	HARPER		F45+	202		2140	01:09:01	01:06:27	RES
2741	3580	REBECCA	BOWRING		F35+	405		2141	01:09:02	01:07:45	RES
2742	1168	CLARE	WILLIAMS		F45+	203		2142	01:09:02	01:05:39	RES
2743	1554	SHONA	LOW		Junior Female	40		2143	01:09:03	01:07:59	RES
2744	3836	PHILIP	SCULLY		Senior Male	772		2144	01:09:04	01:06:03	RES
2745	2843	RICHARD	VELLACOTT		M40+	504		2145	01:09:05	01:05:23	RES
2746	1932	PABLO	ABRAHAMS		M40+	505		2146	01:09:06	01:06:10	RES
2747	383	HANAN	JAMIL		Senior Male	773		2147	01:09:07	01:07:38	RES
2748	2960	AYUMI	ISHIMOTO		Senior Female	397		2148	01:09:07	01:06:01	RES
2749	753	PAUL	BRAIN		M60+	87		2149	01:09:08	01:06:05	RES
2750	1759	SARAH	PIZEY		F35+	406	CAERPHILLY RUNNERS	2	01:09:08	01:07:03	RES
2751	1173	RUTH	KNOYLE		F35+	407		2150	01:09:08	01:05:31	RES
2752	2643	SANDRA	BURNETT		F45+	204		2151	01:09:09	01:05:43	RES
2753	3981	SUZANNE	GREEN		F35+	408		2152	01:09:10	01:07:16	RES
2754	1017	PETER	KANE		Senior Male	774		2153	01:09:12	01:08:08	RES
2755	876	LAURA	KANE		F35+	409		2154	01:09:12	01:08:08	RES
2756	2990	JILLIAN	DANIEL		F45+	205		2155	01:09:12	01:08:07	RES
2757	1817	EMMA	VAUGHAN		F35+	410		2156	01:09:18	01:07:03	RES
2758	1899	CHERYL	THOMSON		F35+	411		2157	01:09:20	01:06:02	RES
2759	1086	SOPHIE	MADDOX		Senior Female	398		2158	01:09:22	01:07:36	RES
2760	2763	DELIA	PUDNEY		F35+	412		2159	01:09:24	01:06:24	RES

2761	4209	RHYDIAN	REES		Senior Male	775		2160	01:09:25	01:07:20	RES
2762	4210	AMIE	REES		Senior Female	399		2161	01:09:25	01:07:19	RES
2763	1705	HAZEL	MORGAN		F45+	206		2162	01:09:26	01:07:00	RES
2764	675	GERALD	KEMP		M50+	213		2163	01:09:28	01:07:43	RES
2765	4321	TRACY	PHIPPS		F35+	413		2164	01:09:29	01:06:20	RES
2766	1585	HELENA	SYKES		Senior Female	400	HENDRE LAKE RUNNING CLUB	2	01:09:29	01:05:42	RES
2767	3241	LISA	DAVIES		Senior Female	401		2165	01:09:30	01:07:00	RES
2768	2741	NEIL	COTTON		M40+	506		2166	01:09:33	01:08:03	RES
2769	4014	CARYS	TIMPERLEY- WHITE		Senior Female	402		2167	01:09:33	01:06:13	RES
2770	3879	REBECCA	DYAS		Senior Female	403	DRAGONS RUNNING CLUB	14	01:09:34	01:06:54	RES
2771	2192	CHRISTOPHER	GUSTAVSON		Senior Male	776		2168	01:09:34	01:06:21	RES
2772	3853	AMELIA	HUGHES		Senior Female	404		2169	01:09:35	01:06:04	RES
2773	2710	SARAH	HOWE		Senior Female	405		2170	01:09:36	01:07:07	RES
2774	2617	ELISA	MANSIKKAMAK I		Senior Female	406		2171	01:09:36	01:06:02	RES
2775	3919	CLAIRE	POOLE		F35+	414		2172	01:09:36	01:06:24	RES
2776	4015	CRAIG	TIMPERLEY- WHITE		Senior Male	777		2173	01:09:37	01:06:18	RES
2777	2297	KAREN	PRICE		F35+	415		2174	01:09:39		RES
2778	409	ANTHONY	JOHANSEN		M40+	507		2175	01:09:39	01:06:53	RES
2779	1969	AUDREY	ROGERS		F45+	207		2176	01:09:39	01:05:55	RES

2780	1841	SIAN	WILLIAMS		F35+	416		2177	01:09:39	01:06:30	RES
2781	3938	EMMA	COOK		F35+	417		2178	01:09:39	01:06:39	RES
2782	2204	BYRON	LEWIS		M40+	508		2179	01:09:40	01:06:58	RES
2783	3428	EMMA	SWAN		Senior Female	407		2180	01:09:40	01:07:18	RES
2784	3510	ALAN	ROSE		M50+	214		2181	01:09:41	01:07:05	RES
2785	1504	DAVID	BERRY		Senior Male	778		2182	01:09:43	01:08:17	RES
2786	2934	PAUL	WHEELER		M50+	215		2183	01:09:45	01:07:05	RES
2787	1860	RACHEL	RICHARDS		Senior Female	408		2184	01:09:45	01:07:05	RES
2788	4030	SAMANTHA	TURNER		F35+	418		2185	01:09:45	01:06:50	RES
2789	3040	MARGARET	CLEVERLY		F55+	51		2186	01:09:46	01:06:34	RES
2790	2528	JOANNA	HOLDEN		F45+	208		2187	01:09:49	01:06:47	RES
2791	1745	TINA	EVANS		Wheel Chair	1		2188	01:09:50	01:05:50	RES
2792	1280	PAUL	ROWE		Senior Male	779		2189	01:09:53	01:07:35	RES
2793	1874	JAMIE	MATHIAS		M40+	509		2190	01:09:53	01:07:35	RES
2794	3701	HOLLY	MORGAN		Senior Female	409		2191	01:09:55	01:08:27	RES
2795	2997	SHERYL	STONEMAN		F35+	419		2192	01:09:58	01:06:12	RES
2796	1171	EMMA	BEAZER		Senior Female	410		2193	01:09:59	01:08:10	RES
2797	1397	KELLY	WALLACE		Senior Female	411		2194	01:09:59	01:07:38	RES
2798	1068	BRYONY	ROBERTS		F35+	420		2195	01:09:59	01:08:10	RES
2799	1022	SIAN	JONES		F45+	209		2196	01:10:01	01:07:03	RES
2800	1012	GARETH	JONES		M50+	216		2197	01:10:01	01:07:03	RES
2801	450	HUGH	REYNOLDS		M50+	217		2198	01:10:02	01:06:56	RES
2802	3288	CATHERINE	JACKSON		F55+	52		2199	01:10:03	01:08:07	RES
2803	455	FRASER	WARWICK		Junior Male	78		2200	01:10:03	01:07:12	RES

2804	3213	JAMES	NORRIS		Senior Male	780		2201	01:10:03	01:07:17	RES
2805	3245	DONNA	CASWELL		F45+	210		2202	01:10:04	01:07:20	RES
2806	2681	JAZMINE	OWENS		Senior Female	412		2203	01:10:04	01:06:13	RES
2807	782	EMMA	RADFORD		Senior Female	413		2204	01:10:05	01:06:42	RES
2808	3866	PRINCE	APPAH		Senior Male	781		2205	01:10:07	01:06:21	RES
2809	3871	WAYNE	CORBEN		M40+	510		2206	01:10:07	01:06:17	RES
2810	3556	ALAN	LEWIS		M50+	218		2207	01:10:08	01:06:46	RES
2811	2893	MEGAN	BECK		Senior Female	414		2208	01:10:09	01:07:16	RES
2812	3465	HANNAH	TUDOR		Senior Female	415		2209	01:10:09	01:07:12	RES
2813	2445	CARLY	JAMES		Senior Female	416		2210	01:10:11	01:08:55	RES
2814	1536	ANDREW	HARRIS		M50+	219		2211	01:10:13	01:07:20	RES
2815	3208	DIANE	RIDGEWAY		F45+	211		2212	01:10:14	01:07:20	RES
2816	1063	TORI	BILSON		Senior Female	417		2213	01:10:16	01:07:03	RES
2817	2032	DANIEL	HENNAH		Senior Male	782		2214	01:10:17	01:06:32	RES
2818	3406	NIA	GRIFFITHS		Junior Female	41		2215	01:10:19	01:07:40	RES
2819	4102	RHYS	FRANCIS-HOPKINS		Senior Male	783		2216	01:10:21	01:07:55	RES
2820	500	NAFISEH	BADIEI		F35+	421		2217	01:10:22	01:08:08	RES
2821	3242	MAS	MINOU		F35+	422		2218	01:10:22	01:08:07	RES
2822	3419	GRAHAM	WYATT		M50+	220		2219	01:10:22	01:06:26	RES
2823	2947	ALLYSON	EDMONDS		F45+	212	LLISWERRY RUNNERS	19	01:10:23	01:06:49	RES

2824	1390	JOSEPH	LYONS		Junior Male	79		2220	01:10:24	01:08:27	RES
2825	3848	KELLY	BURSON- GRIFFITHS		F35+	423		2221	01:10:24	01:06:52	RES
2826	759	LOUISE	MELLIN		Senior Female	418		2222	01:10:25	01:09:26	RES
2827	1898	PHOEBE	BELLERBY		Junior Female	42		2223	01:10:26	01:08:04	RES
2828	2473	DAVID	GROFFITHS		Senior Male	784		2224	01:10:27		RES
2829	2474	KAINE	MCKENNA		Senior Male	785		2225	01:10:31		RES
2830	2940	RICHARD	DAVIES		M40+	511		2226	01:10:32	01:06:44	RES
2831	3629	ANDREW	HARMAN		Senior Male	786		2227	01:10:35	01:06:59	RES
2832	4035	DIANE	ROBERTS		F35+	424		2228	01:10:36	01:08:01	RES
2833	1097	OWAIN	BROOKS		Junior Male	80		2229	01:10:37	01:08:29	RES
2834	3948	ANGELA	PRICE		F35+	425	ISLWYN RC	18	01:10:38	01:08:25	RES
2835	2328	ADRIANNE	ROBERTS		Senior Female	419		2230	01:10:38	01:09:33	RES
2836	2476	LAURA	COLLINS		Senior Female	420		2231	01:10:38	01:09:33	RES
2837	1712	ANDY	EMM		Senior Male	787		2232	01:10:39	01:08:31	RES
2838	1709	JOANNE	JONES		F35+	426		2233	01:10:40	01:07:52	RES
2839	3726	EMMA	WALLACE		F35+	427		2234	01:10:40	01:08:03	RES
2840	2624	MERYL	PARTRIDGE		F35+	428		2235	01:10:40	01:07:01	RES
2841	1925	CARLY	REES		Senior Female	421		2236	01:10:40	01:07:01	RES
2842	3572	SAMANTHA	WILLIAMS		F45+	213		2237	01:10:40	01:07:18	RES
2843	924	EMMA	CHARLES		F35+	429		2238	01:10:43	01:07:32	RES
2844	3285	CLAIRE	SHANAHAN		F35+	430		2239	01:10:43	01:07:06	RES

2845	1601	KATHERINE	HOOPER		Senior Female	422		2240	01:10:44	01:08:21	RES
2846	1742	VANESSA	KIDWELL		Junior Female	43		2241	01:10:45	01:07:03	RES
2847	4155	KELLY-ANN	ALLEN		F35+	431		2242	01:10:46	01:07:51	RES
2848	1836	ANDREW	CROSS		M50+	221		2243	01:10:47	01:07:14	RES
2849	725	ANTHONY	LEWIS		M40+	512		2244	01:10:48	01:08:25	RES
2850	2456	RUSSELL	DAVIES		M40+	513		2245	01:10:48	01:07:43	RES
2851	977	KIRSTY	STALLEY		F35+	432		2246	01:10:49	01:07:59	RES
2852	3598	CAROL	POWER		F45+	214		2247	01:10:49	01:08:01	RES
2853	326	LOUISE	EVANS		Senior Female	423		2248	01:10:52	01:07:45	RES
2854	1164	RICKY	MORGAN		Senior Male	788		2249	01:10:53	01:07:07	RES
2855	1293	HEATHER	ASTON		F45+	215	LEAMINGTON CYCLING & ATHLETIC CLUB	2	01:10:54	01:08:51	RES
2856	3434	ANN	THOMAS		F55+	53		2250	01:10:56	01:07:17	RES
2857	976	DIVYA	PANDILLA		Senior Female	424		2251	01:10:57	01:08:25	RES
2858	2299	ANN	EVANS		F45+	216		2252	01:10:57	01:07:14	RES
2859	865	CHRISTINE	LEONARD		F55+	54		2253	01:10:57	01:07:14	RES
2860	2133	LYNNE	JONES		F55+	55	MERTHYR RUNNING CLUB	9	01:10:58	01:07:31	RES
2861	1035	KEVIN	HARRIS		M40+	514		2254	01:10:59	01:08:28	RES
2862	2248	CAROLINE	LEWIS		F35+	433		2255	01:10:59	01:07:56	RES
2863	1191	CLAIRE	LAVENDER		F35+	434	FOREST OF DEAN AC	39	01:11:01	01:08:10	RES
2864	3249	ADELE	JONES		Senior Female	425		2256	01:11:01	01:07:47	RES

2865	507	PAUL	CUMMINS		M40+	515		2257	01:11:02	01:08:01	RES
2866	2161	LISA	MORRIS		F35+	435		2258	01:11:03	01:08:01	RES
2867	312	CLAIRE	GEORGE		F35+	436		2259	01:11:04	01:09:15	RES
2868	2692	NEIL	PHILLIPS		Senior Male	789		2260	01:11:04		RES
2869	3298	SHARON	FUNNELL		Senior Female	426		2261	01:11:08	01:08:35	RES
2870	2053	VIKKI	JONES		F35+	437		2262	01:11:08	01:07:24	RES
2871	2022	GERAINT	HYWEL		M40+	516		2263	01:11:09	01:07:14	RES
2872	4054	LISA	BRENNAN		F35+	438		2264	01:11:10	01:07:24	RES
2873	1579	GARETH	JONES		M50+	222		2265	01:11:11	01:08:16	RES
2874	3152	RUTH	JAMES		F35+	439		2266	01:11:11	01:08:29	RES
2875	502	KIRSTY	JOSEPH		Senior Female	427		2267	01:11:14	01:07:58	RES
2876	1666	GEMMA	THOMAS		Senior Female	428		2268	01:11:15	01:08:41	RES
2877	3106	RICHARD	JONES		M40+	517		2269	01:11:15	01:08:07	RES
2878	2622	DAWN	FORSTER		F35+	440		2270	01:11:16	01:08:20	RES
2879	3795	RHIAN	BUTTON		F35+	441	MERTHYR RUNNING CLUB	10	01:11:20	01:08:10	RES
2880	4080	MANDY	WINTLE		F35+	442		2271	01:11:20		RES
2881	2833	NICOLA	THOMAS		F35+	443		2272	01:11:23	01:08:44	RES
2882	1840	CHRISTOPHER	BODLEY		Senior Male	790		2273	01:11:24	01:08:01	RES
2883	2425	MARK	POLE		M40+	518		2274	01:11:25	01:10:12	RES
2884	1423	BECKY	JONES		Senior Female	429		2275	01:11:25	01:10:22	RES
2885	2688	RHIAN	POLE		F35+	444		2276	01:11:25	01:10:13	RES
2886	4154	JANE	LEWIS		F35+	445		2277	01:11:26	01:07:41	RES
2887	3203	SUSAN	WILLIAMS		F35+	446		2278	01:11:26	01:08:17	RES

2888	734	RHIANNE	ANZANI		Senior Female	430		2279	01:11:26	01:07:41	RES
2889	3451	REBECCA	MOORE		Senior Female	431		2280	01:11:27	01:08:31	RES
2890	3138	ANGELA	HEARING		F35+	447		2281	01:11:28	01:09:44	RES
2891	2767	MAUREEN	DYCHITAN		F35+	448		2282	01:11:30	01:09:00	RES
2892	3198	ABI	MOORE		Senior Female	432		2283	01:11:31	01:08:33	RES
2893	3039	JOHN	LOVEGROVE		M40+	519		2284	01:11:35	01:08:55	RES
2894	3240	SIAN	EVANS		F35+	449		2285	01:11:35	01:08:56	RES
2895	1953	BETHAN	WILLIAMS		F35+	450		2286	01:11:38	01:10:42	RES
2896	2479	DERI	GREEN		Senior Male	791		2287	01:11:40	01:08:28	RES
2897	1154	WYN	JAMES		M40+	520		2288	01:11:42	01:09:16	RES
2898	4122	LOUISE	WILLIAMS		Senior Female	433		2289	01:11:44	01:09:09	RES
2899	1795	JENNA	WILLIAMS		Senior Female	434		2290	01:11:47	01:09:09	RES
2900	2515	SONJA	JONES		F35+	451		2291	01:11:49	01:08:47	RES
2901	3577	GIDEON	HOOKWAY		Senior Male	792		2292	01:11:50	01:08:21	RES
2902	660	SOPHIE	WILSON		Senior Female	435		2293	01:11:55	01:09:30	RES
2903	161	TERESA	COWERN	ADMIRAL	F35+	452	ADMIRAL	96	01:11:55	01:09:05	RES
2904	3464	RHIAN	MORAN		F45+	217	MERTHYR RUNNING CLUB	11	01:11:55	01:08:46	RES
2905	3833	SIAN	THOMAS		F45+	218		2294	01:11:55	01:08:09	RES
2906	1780	CARIAD	MARGETSON		Junior Female	44		2295	01:11:55	01:11:17	RES
2907	3832	LEE	THOMAS		M40+	521		2296	01:11:55	01:08:09	RES

2908	110	PENNY	PHILLIPS-JONES	ADMIRAL	Senior Female	436	ADMIRAL	97	01:11:56	01:10:14	RES
2909	3550	SIMONE	GREGORY		F45+	219		2297	01:11:57	01:10:12	RES
2910	1794	RHIAN	LEWIS		F35+	453		2298	01:11:57	01:10:12	RES
2911	1436	ANNE	LALIC		F55+	56		2299	01:11:57	01:08:16	RES
2912	3080	MARK	KING		Senior Male	793		2300	01:11:58	01:08:07	RES
2913	2894	LISA	KING		F35+	454		2301	01:11:58	01:08:07	RES
2914	1247	ESME	BELLERBY		Junior Female	45		2302	01:11:59	01:09:37	RES
2915	4069	BRYONY	WILLIAMS		Junior Female	46		2303	01:11:59	01:09:13	RES
2916	2478	MICHELLE	KEEN		F35+	455		2304	01:12:01	01:08:56	RES
2917	4001	BEV	HORRELL		F45+	220		2305	01:12:03	01:09:03	RES
2918	4103	CHRISTOPHER	PLAICE		M60+	88		2306	01:12:03	01:08:39	RES
2919	3082	NATALIE	CHAMBERLAIN		F35+	456		2307	01:12:05	01:08:45	RES
2920	2576	COREY	HARRIS		Junior Male	81		2308	01:12:11	01:09:15	RES
2921	654	CATHERINE	EVANS		Senior Female	437		2309	01:12:11	01:10:31	RES
2922	3953	HAYLEY	GALLIVAN		Senior Female	438		2310	01:12:11	01:09:57	RES
2923	639	BETHANY	WILSON		Senior Female	439		2311	01:12:12	01:09:46	RES
2924	226	JOE	O'CONNELL	ADMIRAL	Senior Male	794	ADMIRAL	98	01:12:13	01:10:22	RES
2925	3809	MALCOLM	BULLOUGH		M60+	89		2312	01:12:15	01:08:24	RES
2926	1196	ANNE	BOWEN		F55+	57		2313	01:12:15	01:09:23	RES
2927	1234	NIAMH	BEVAN		Junior Female	47		2314	01:12:16	01:09:20	RES
2928	300	ALISON	WARNER		F45+	221		2315	01:12:17	01:08:36	RES

2929	3368	JESSICA	BLANCHARD		Junior Female	48		2316	01:12:17	01:09:30	RES
2930	648	OWEN	MORGAN		M40+	522		2317	01:12:18	01:10:08	RES
2931	4248	JENNIFER	CARROLL		F45+	222	RUN4ALL RUNNING CLUB	40	01:12:18	01:09:46	RES
2932	359	TIMOTHY	WARNER		M40+	523		2318	01:12:19	01:08:38	RES
2933	1809	NATALIE	STEVEN		Senior Female	440		2319	01:12:20	01:09:15	RES
2934	290	RYAN	LLOYD		Senior Male	795		2320	01:12:20		RES
2935	279	JANINE	RICHARDS		F35+	457		2321	01:12:22	01:11:09	RES
2936	4007	IAN	JENKINS		M40+	524	WHITE ROCK RUNNERS	1	01:12:24	01:08:31	RES
2937	3936	ROSS	SMITH		Junior Male	82		2322	01:12:26	01:08:45	RES
2938	475	HANNAH	SWAIN		Junior Female	49		2323	01:12:26	01:08:45	RES
2939	1706	JOANNE	PRICE		F35+	458	LLISWERRY RUNNERS	20	01:12:29	01:08:54	RES
2940	3715	JENNIFER	SMITH		Senior Female	441		2324	01:12:33	01:09:15	RES
2941	357	MATTHEW	GUSTAR		Senior Male	796		2325	01:12:34	01:08:50	RES
2942	2900	MARIA	LALIC		F55+	58	CWM OGWR RUNNING CLUB	13	01:12:37	01:08:51	RES
2943	2252	DEAN	BUFTON		M40+	525		2326	01:12:38	01:08:36	RES
2944	3822	ZOE	WILLIAMS		Senior Female	442		2327	01:12:38	01:10:18	RES
2945	3585	LAURA	DAVIES		Senior Female	443		2328	01:12:39	01:10:55	RES

2946	4139	LAUREN	PESCHMANN		Senior Female	444		2329	01:12:40	01:10:20	RES
2947	4027	JANINE	WILTSHIRE		F35+	459		2330	01:12:40	01:10:46	RES
2948	1878	KEN	BLAKEMORE		M60+	90		2331	01:12:40	01:09:06	RES
2949	590	RHIANNON	REYNOLDS		Senior Female	445		2332	01:12:40	01:10:20	RES
2950	1611	LEIGHTON	JAMES		M40+	526		2333	01:12:44	01:09:02	RES
2951	3616	LISA	JAMES		F45+	223		2335	01:12:46	01:10:58	RES
2952	2762	BILIE	JAMES		Junior Female	50		2334	01:12:46	01:10:58	RES
2953	1203	LOWRIE	REES		Senior Female	446		2336	01:12:47	01:10:59	RES
2954	2044	KATY	PROSSER		Senior Female	447		2337	01:12:50	01:11:48	RES
2955	442	MARK	AITKEN		M50+	223		2338	01:12:51	01:10:02	RES
2956	3133	MARK	LUCAS		M50+	224		2339	01:12:52	01:10:54	RES
2957	3558	PAM	LUCAS		F35+	460		2340	01:12:52	01:10:54	RES
2958	4222	SALLY	FLYNN		F45+	224		2341	01:12:54	01:10:33	RES
2959	4223	GEOFF	FLYNN		M50+	225		2342	01:12:54	01:10:33	RES
2960	1137	RICHARD	HOWE		Senior Male	797		2343	01:12:54	01:10:25	RES
2961	1283	BETHAN	THOMAS-WILLIAMS		Senior Female	448		2344	01:12:55	01:10:40	RES
2962	2800	KURT	VINCENT		Junior Male	83		2345	01:12:55	01:09:59	RES
2963	1938	NATASHA	HARRIS		Junior Female	51		2346	01:12:55	01:09:59	RES
2964	4293	BETHAN	TAYLOR		Senior Female	449		2347	01:12:56	01:10:20	RES
2965	1279	MICHAEL	MULHERN		Senior Male	798		2348	01:12:56		RES
2966	644	ALISON	GOULD		F35+	461		2349	01:12:56	01:10:05	RES

2967	3217	FFION	WILLIAMS		Senior Female	450		2350	01:12:56	01:10:41	RES
2968	374	KEITH	TAYLOR		M50+	226		2351	01:12:57	01:10:21	RES
2969	3502	CAROLINE	CARRO		F35+	462		2352	01:12:59		RES
2970	1909	TRACEY	EYNON		F45+	225		2353	01:12:59		RES
2971	3414	STEVEN	WEST		Senior Male	799		2354	01:12:59	01:09:00	RES
2972	1524	LUCY	MARTIN		Senior Female	451		2355	01:13:01	01:09:20	RES
2973	1525	NICOLA	HENWOOD		Senior Female	452		2356	01:13:02	01:09:22	RES
2974	653	KYLE	GRAVES		Senior Male	800		2357	01:13:03	01:12:35	RES
2975	655	REBECCA	CASEY		Junior Female	52		2358	01:13:03	01:11:08	RES
2976	1215	LEXI	RICHMOND		Junior Female	53		2359	01:13:04	01:12:06	RES
2977	1394	STEVE	RICHMOND		M50+	227		2360	01:13:04	01:12:07	RES
2978	314	TRACEY	ISSOTT		F45+	226		2361	01:13:04	01:11:19	RES
2979	4124	VICKY	NEWCOMBE		Senior Female	453		2362	01:13:05	01:10:16	RES
2980	503	ANGHARAD	LAWRENCE		Senior Female	454		2363	01:13:08	01:09:30	RES
2981	3096	CIARAN	FOLEY		Junior Male	84		2364	01:13:09	01:10:34	RES
2982	1076	KIRSTY	LUKE		Senior Female	455		2365	01:13:09	01:10:27	RES
2983	1609	LEANNE	SWAINSTON		F35+	463		2366	01:13:09	01:10:05	RES
2984	4084	TAMSIN	MATHIAS		Junior Female	54		2367	01:13:11	01:10:41	RES
2985	1912	CATRIN	REES		F35+	464		2368	01:13:11	01:11:33	RES
2986	1404	JAYNE	COX		F35+	465		2369	01:13:17	01:11:53	RES

2987	3302	MEINIR	THOMAS		Senior Female	456		2370	01:13:24	01:10:45	RES
2988	1103	EMMA	HENDY		F35+	466		2371	01:13:24	01:10:45	RES
2989	3784	DONNA	GILL		Senior Female	457		2372	01:13:25	01:09:48	RES
2990	2907	LORRAINE	HODSON		F45+	227		2373	01:13:26	01:11:51	RES
2991	1894	LAUREN	JONES		Senior Female	458		2374	01:13:27	01:10:48	RES
2992	2250	DANIELLE	THORPE		Senior Female	459		2375	01:13:29	01:12:39	RES
2993	2381	INGRID	JONES		F45+	228		2376	01:13:29		RES
2994	3818	JOHN	SELBY		M50+	228		2377	01:13:30	01:11:46	RES
2995	1741	EMYR	EVANS		Senior Male	801		2378	01:13:32	01:10:04	RES
2996	3059	GERWYN	BOWEN		M40+	527		2379	01:13:32	01:09:58	RES
2997	1808	WILLIAM	MORGAN		M50+	229		2380	01:13:33	01:09:45	RES
2998	3316	OLUGBENG A	FAKANDE		M50+	230		2381	01:13:35	01:09:56	RES
2999	2560	MARTYN	WILLETTS		M40+	528		2382	01:13:38	01:10:37	RES
3000	2769	SALLY	WILLETTS		F35+	467		2383	01:13:39	01:10:38	RES
3001	3204	LORRAINE	SWAIN		F55+	59		2384	01:13:39	01:09:59	RES
3002	1728	YVETTE	TRACEY		F35+	468		2385	01:13:40	01:11:35	RES
3003	3636	FAITH	RYDER		F35+	469		2386	01:13:41	01:10:13	RES
3004	437	JAMES	RYDER		Senior Male	802		2387	01:13:41	01:10:12	RES
3005	1763	JEANETTE	CONTI		F45+	229		2388	01:13:41	01:09:54	RES
3006	3967	SARAH-JANE	KEY		Senior Female	460	ISLWYN RC	19	01:13:43	01:11:29	RES
3007	3489	GYSINTHA	HACKETT		Senior Female	461		2389	01:13:45	01:13:15	RES
3008	3067	MAGDALEN A	NOWINSKA		F35+	470		2390	01:13:47	01:10:37	RES

3009	521	ELIZABETH	HODGES		F45+	230		2391	01:13:49	01:10:07	RES
3010	2142	RHIANE	DAVIES		Senior Female	462	MERTHYR RUNNING CLUB	12	01:13:49	01:10:28	RES
3011	3910	NEIL	DAVIES		M60+	91		2392	01:13:49	01:11:21	RES
3012	192	GEMMA	HOPKINS	ADMIRAL	F35+	471	ADMIRAL	99	01:13:50	01:10:28	RES
3013	4020	BRANWEN	HART		Senior Female	463		2393	01:13:51	01:12:05	RES
3014	880	EMMA	DEAN		Senior Female	464		2394	01:13:53	01:11:19	RES
3015	2070	PIPPA	WILSON		F35+	472		2395	01:13:56	01:09:19	RES
3016	1680	AMY	THOMAS		Senior Female	465		2396	01:13:58	01:11:20	RES
3017	936	LAURA	CARVER		Senior Female	466		2397	01:13:59	01:10:51	RES
3018	1045	MICHELLE	HARRIS		F35+	473		2398	01:13:59	01:11:28	RES
3019	1118	ALLISON	WALKER		F35+	474		2399	01:14:01	01:11:54	RES
3020	3700	MOIRA	SYKES		F35+	475		2400	01:14:04	01:11:11	RES
3021	559	DEB	EVANS		F45+	231		2401	01:14:08	01:10:47	RES
3022	2750	MARK	ROWLAND		M50+	231		2402	01:14:10	01:10:37	RES
3023	2120	ALISON	KINSEY		F55+	60		2403	01:14:12	01:10:51	RES
3024	572	MARIE	EVANS		F35+	476		2404	01:14:12	01:10:50	RES
3025	716	CLEMENTIN E	BARRINGTON		Senior Female	467		2405	01:14:13	01:11:21	RES
3026	2154	DANIEL	GEVAUX ROSS		Senior Male	803		2406	01:14:14	01:10:34	RES
3027	2169	HANNAH	HARRIS		F35+	477		2407	01:14:17	01:12:10	RES
3028	3443	LOUISE	AHERN		F45+	232	LLISWERRY RUNNERS	21	01:14:18	01:12:49	RES
3029	2565	SAMMY CLAIRE	LONG		F35+	478		2408	01:14:18	01:10:35	RES
3030	1493	PHILIP	ALLEN		M60+	92		2409	01:14:21	01:11:22	RES

3031	640	TANYA	BARRETT		Senior Female	468		2410	01:14:21	01:11:01	RES
3032	1185	EMMA	ROBERTS		Junior Female	55		2411	01:14:22	01:11:11	RES
3033	3331	ANDREW	LITTLEJOHNS		M40+	529		2412	01:14:24	01:10:47	RES
3034	1638	HAYLEY	PUGH		F35+	479		2413	01:14:24	01:10:43	RES
3035	2580	KAREN	DAVIES		F35+	480		2414	01:14:24	01:10:44	RES
3036	3281	LOUISE	THOMAS		Senior Female	469		2415	01:14:25	01:11:05	RES
3037	3151	GARETH	THOMAS		Senior Male	804		2416	01:14:25	01:11:05	RES
3038	3627	JANNINE	POWELL		F35+	481	RUN4ALL RUNNING CLUB	41	01:14:26	01:11:01	RES
3039	4121	LUCY	ALLEN		Senior Female	470	PEMBROKESHIRE HARRIERS	3	01:14:27	01:11:51	RES
3040	1433	CAROLINE	HOBSON		Senior Female	471		2417	01:14:28	01:10:41	RES
3041	3108	SIWAN	TIERNEY		F35+	482		2418	01:14:32	01:12:13	RES
3042	2254	SAMANTHA	BABB		Senior Female	472		2419	01:14:34	01:11:16	RES
3043	668	JENNIFER	GRIFFITHS		F45+	233		2420	01:14:35	01:11:56	RES
3044	3957	KERRIE	HUSEEY		Senior Female	473		2421	01:14:35	01:12:24	RES
3045	3038	AMY	HOOKWAY		Senior Female	474		2422	01:14:36	01:11:07	RES
3046	3596	KAYLEIGH	HOWELLS		Senior Female	475		2423	01:14:38	01:13:35	RES
3047	309	BEVERLEY	GUSTAR		Senior Female	476		2424	01:14:40	01:10:55	RES
3048	389	CERI	PHILLIPS		Senior Female	477		2425	01:14:40	01:13:27	RES

3049	1315	DEBBIE	HANNAH		F35+	483		2426	01:14:41	01:12:26	RES
3050	4283	SARAH	FLOWER		Senior Female	478		2427	01:14:42	01:11:17	RES
3051	3826	KATH	BEVAN		F35+	484		2428	01:14:43		RES
3052	2092	AMANDA	BEVAN		F35+	485		2429	01:14:49	01:12:01	RES
3053	4180	HANNAH	GLASSEY		Senior Female	479		2430	01:14:54	01:11:18	RES
3054	3947	JULIETTE	MACDONALD		F35+	486		2431	01:15:02	01:12:28	RES
3055	3533	ALEX	PRIDMORE		Senior Male	805		2432	01:15:08	01:11:20	RES
3056	763	SUZANNA	SMITH		Senior Female	480		2433	01:15:10	01:11:52	RES
3057	1222	LORRAINE	DAVIES		F35+	487		2434	01:15:12	01:11:26	RES
3058	1668	NATALIE	GREENHOUGH		F45+	234		2435	01:15:13	01:12:03	RES
3059	1385	RACHEL	BENDALL		F35+	488		2436	01:15:16	01:13:20	RES
3060	2746	TIM	STEWART		M50+	232		2437	01:15:16	01:14:05	RES
3061	3165	LEE	DOUGLAS		Senior Male	806		2438	01:15:17	01:11:42	RES
3062	2820	CLIVE	O'CONNOR		M60+	93		2439	01:15:17	01:13:14	RES
3063	4297	YASMIN	WILLIAMS		Senior Female	481		2440	01:15:18	01:12:38	RES
3064	3193	MICHAEL	AUSTIN		M50+	233		2441	01:15:19	01:12:50	RES
3065	2616	SARAH	AUSTIN		Senior Female	482		2442	01:15:19	01:12:49	RES
3066	3966	TREVOR ALLAN	HARRIS		F55+	61		2443	01:15:21	01:12:27	RES
3067	3267	JESSICA	PROTHEROE		F35+	489	RUN4ALL RUNNING CLUB	42	01:15:23	01:11:58	RES
3068	3548	KATIE	SMITH		Senior Female	483		2444	01:15:25	01:14:10	RES

3069	305	ALISON	JOHN		Senior Female	484		2445	01:15:30	01:12:48	RES
3070	2987	MARINA	JONES		Senior Female	485		2446	01:15:31	01:12:16	RES
3071	1663	ADELE	JONES		F35+	490	RUN4ALL RUNNING CLUB	43	01:15:31	01:12:16	RES
3072	1452	RUTH	HALE		F35+	491	RUN4ALL RUNNING CLUB	44	01:15:31	01:12:16	RES
3073	2623	CHERYL	DAVIES		Senior Female	486		2447	01:15:31	01:12:26	RES
3074	438	REBECCA	FIELD		Senior Female	487		2448	01:15:34	01:14:33	RES
3075	2370	ROBERT	JONES		Senior Male	807		2449	01:15:39	01:12:25	RES
3076	2599	JESSICA	MCCARTHY		Senior Female	488		2450	01:15:43	01:13:15	RES
3077	282	LOUISE	BALL		F35+	492		2451	01:15:46	01:12:26	RES
3078	3000	JAMES	PARKER		Senior Male	808		2452	01:15:46	01:12:53	RES
3079	340	LAURA	PARKER		Senior Female	489		2453	01:15:46	01:12:54	RES
3080	2357	ALISON	KILLA		Senior Female	490		2454	01:15:47	01:12:02	RES
3081	1858	ANGELA	KILLA		F35+	493		2455	01:15:47	01:12:02	RES
3082	1586	NAOMI	ROSSER		Junior Female	56		2456	01:15:49	01:13:04	RES
3083	3148	ALEXANDRA	GRAINGER		Senior Female	491		2457	01:15:52	01:12:31	RES
3084	2753	JONATHAN	VERBEECK		Senior Male	809		2458	01:15:53	01:14:12	RES

3085	433	LLEWELYN	EDWARDS		Senior Male	810		2459	01:15:55	01:13:27	RES
3086	2218	ANDREW	JONES		Senior Male	811		2460	01:15:55	01:13:44	RES
3087	1349	JOHN	DAVIES		M50+	234		2461	01:15:57	01:14:33	RES
3088	1110	MICHELLE	BENDLE		F35+	494		2462	01:15:58	01:13:02	RES
3089	280	DEBBIE	BISHOP		Senior Female	492	RUN4ALL RUNNING CLUB	45	01:15:59	01:12:34	RES
3090	444	PAUL	EDWARDS		Senior Male	812	RUN4ALL RUNNING CLUB	46	01:15:59	01:12:33	RES
3091	2055	HOWARD	DAVIES		M40+	530		2463	01:16:02	01:13:45	RES
3092	1465	JESSICA	DAVIES		Senior Female	493		2464	01:16:02	01:13:45	RES
3093	3491	CLAIRE	TICKNER		F35+	495		2465	01:16:03	01:12:44	RES
3094	4052	CELENE	COLEMAN		Senior Female	494		2466	01:16:04	01:12:39	RES
3095	1246	MICHAELA	MAYHEW		Senior Female	495		2467	01:16:06	01:13:59	RES
3096	1405	CHERYL	COPESTAKE		F45+	235		2468	01:16:07		RES
3097	2995	LAURAIN	MEREDITH		F55+	62		2469	01:16:17	01:13:00	RES
3098	3529	GEMMA	BEATTIE		F45+	236		2470	01:16:19	01:13:07	RES
3099	3399	BRIGID	HAINES		F55+	63		2471	01:16:23	01:13:36	RES
3100	2406	PHOEBE GRACE	BROWN		Senior Female	496		2472	01:16:29	01:13:16	RES
3101	801	CHLOE ROSE	BROWN		Senior Female	497		2473	01:16:30	01:13:17	RES
3102	3177	SIAN	DYER		Senior Female	498		2474	01:16:32	01:13:45	RES
3103	591	NICOLA	HAMPTON		F35+	496		2475	01:16:32	01:13:01	RES
3104	1720	NICOLA	JOHNS		F45+	237		2476	01:16:33	01:12:49	RES

3105	808	MEGAN	GRAVES		Junior Female	57		2477	01:16:33	01:12:49	RES
3106	4057	RACHEL	GOLDTHORPE		F45+	238		2478	01:16:35	01:13:40	RES
3107	564	LAURA	BEARD		F35+	497		2479	01:16:37	01:13:46	RES
3108	692	VIXIE	WILLIAMS		Senior Female	499		2480	01:16:38	01:12:41	RES
3109	3070	RUTH	GATENBY		F35+	498		2481	01:16:38	01:12:41	RES
3110	896	EMMA	THOMAS		Senior Female	500		2482	01:16:43	01:14:10	RES
3111	974	NIA	WILLIAMS		F35+	499		2483	01:16:45	01:13:03	RES
3112	4171	LEANNE	MARTIN		F35+	500		2484	01:16:46	01:12:49	RES
3113	2647	ANTHONY	OWEN		Junior Male	85		2485	01:16:47	01:13:48	RES
3114	3509	JAMES	BAKER		Junior Male	86		2486	01:16:48	01:13:49	RES
3115	2072	JENNIFER	JONES		Senior Female	501		2487	01:16:49	01:13:59	RES
3116	486	JUDITH	GABB		F55+	64		2488	01:16:50	01:13:11	RES
3117	2896	ROSIE	JONES		Senior Female	502		2489	01:16:50	01:13:59	RES
3118	3432	JAN	LAWRENCE		F55+	65		2490	01:16:51	01:13:33	RES
3119	894	HANNAH	LECKIE		Senior Female	503		2491	01:16:57	01:14:05	RES
3120	509	DEBRA ANN	LEWIS		F45+	239		2492	01:17:01	01:13:39	RES
3121	4172	NATALIE	HUGHES		Senior Female	504		2493	01:17:02	01:13:04	RES
3122	3345	SIAN	MORGAN		Senior Female	505		2494	01:17:03	01:14:14	RES
3123	2837	TRACEY	MURPHY		F45+	240	LLISWERRY RUNNERS	22	01:17:05	01:13:30	RES
3124	3845	RHYDIAN	EYNON		Senior Male	813		2495	01:17:12	01:13:17	RES

3125	4229	SIAN	JONES		F35+	501	LLISWERRY RUNNERS	23	01:17:14	01:15:45	RES
3126	539	CLAIRE	HODGES		Senior Female	506		2496	01:17:15	01:13:33	RES
3127	3889	GEMMA	SUEN		Senior Female	507		2497	01:17:16	01:13:35	RES
3128	2720	CERI	DOYLE		F35+	502		2498	01:17:16	01:13:50	RES
3129	2930	RYAN	MEREDITH		Senior Male	814		2499	01:17:23	01:14:11	RES
3130	3290	JAY	NORTHEY		Senior Male	815		2500	01:17:27		RES
3131	426	TERESA	WHATTY		F35+	503		2501	01:17:30	01:13:52	RES
3132	4304	ADAM	GODBEER		Senior Male	816	ACTIVE SWANSEA	4	01:17:30		RES
3133	1113	KARYS	DERMODY		F35+	504		2502	01:17:30	01:13:49	RES
3134	897	DEBORAH	NEWTON- WILLIAMS		Senior Female	508		2503	01:17:31	01:15:01	RES
3135	2657	KRISTEN	HYETT		Junior Female	58		2504	01:17:32	01:14:34	RES
3136	4096	LISA	JANUARY		F45+	241		2505	01:17:35	01:13:51	RES
3137	3216	DAVID	SMITH		Senior Male	817		2506	01:17:38	01:14:29	RES
3138	2446	EVANGELIN E	BALCHIN		Senior Male	818		2507	01:17:39	01:14:34	RES
3139	3238	NATASHA	BOWD		Senior Female	509		2508	01:17:39	01:14:29	RES
3140	2405	CAROL	COLE		F45+	242		2509	01:17:42	01:14:59	RES
3141	2480	WESLEY	COLE		M50+	235		2510	01:17:42	01:14:59	RES
3142	3876	COLIN	POWELL		M40+	531	RUN4ALL RUNNING CLUB	47	01:17:46	01:14:22	RES
3143	1847	SARA	BASS		F45+	243		2511	01:17:54	01:15:02	RES

3144	3576	KRISTINA	KOSIROVA		Senior Female	510		2512	01:17:58	01:14:20	RES
3145	1516	JILL	LUCKWELL		F45+	244		2513	01:17:59	01:14:50	RES
3146	3218	NICHOLAS	LEWIS		Senior Male	819		2514	01:18:00	01:14:06	RES
3147	3034	CARRIE	SMITH		F35+	505		2515	01:18:00	01:14:40	RES
3148	1784	DIANA	KANTARDZHIEV A		F35+	506		2516	01:18:01	01:14:24	RES
3149	2305	JAMIE	HOWELLS		Senior Male	820		2517	01:18:04	01:15:17	RES
3150	4142	SARAH	POWELL		Senior Female	511		2518	01:18:04	01:15:09	RES
3151	2754	MELLISSA	NASH		F35+	507		2519	01:18:04	01:15:20	RES
3152	2054	GERALD	DOCHERTY		M50+	236		2520	01:18:07	01:15:07	RES
3153	2757	SIAN	BROWN		F45+	245		2521	01:18:08		RES
3154	1254	CHRISTINE	LUCAS		F55+	66		2522	01:18:12	01:14:25	RES
3155	2648	KATIE	DAVIES		Senior Female	512		2523	01:18:12	01:15:55	RES
3156	3645	ALISON	CASEY		F45+	246		2524	01:18:13	01:16:16	RES
3157	3112	OWEN	GEORGE		M60+	94		2525	01:18:14	01:14:59	RES
3158	842	PAUL	CASEY		M40+	532		2526	01:18:14	01:16:17	RES
3159	2646	PATRICIA	LAWSON- DAVIES		F55+	67		2527	01:18:17	01:14:37	RES
3160	2889	ROYSTON	DAVIES		M50+	237		2528	01:18:17	01:14:37	RES
3161	318	LEE	JUKES		Senior Male	821		2529	01:18:27	01:14:40	RES
3162	2795	HAYLEY	OCALLAGHAN		F35+	508		2530	01:18:27	01:15:47	RES
3163	4242	ELERI	MORGAN		Junior Female	59		2531	01:18:30	01:15:54	RES
3164	1496	SAMSON	MAFICO		Senior Male	822		2532	01:18:31	01:14:52	RES
3165	1815	NICOLA	WALTERS		F35+	509		2533	01:18:32	01:15:23	RES

3166	4240	ZARA	FOOTITT		Senior Female	513		2534	01:18:33	01:17:18	RES
3167	425	FELICITY	QUANCE		F35+	510		2535	01:18:34	01:15:24	RES
3168	3614	DARREN	YOUNG		Senior Male	823		2536	01:18:35	01:14:52	RES
3169	800	CAROLINE	PARKHOUSE		F35+	511		2537	01:18:36	01:17:00	RES
3170	994	MELANIE	CARSON-THOMAS		F35+	512		2538	01:18:36	01:17:00	RES
3171	2845	BEV	REYNOLDS-IBELL		Senior Female	514		2539	01:18:39	01:16:12	RES
3172	2468	STEPH	REYNOLDS-IBELL		Senior Female	515		2540	01:18:39	01:16:12	RES
3173	2475	GAIL	EAVES		F35+	513		2541	01:18:44	01:14:54	RES
3174	3620	LORRAE	JONES		F55+	68		2542	01:18:44	01:15:17	RES
3175	1163	JULIE	KEMP		F45+	247		2543	01:18:45	01:15:55	RES
3176	1616	KERRY	DAVIES		F35+	514		2544	01:18:45	01:15:56	RES
3177	1864	STEVE	GROTHER		M40+	533	CAERPHILLY RUNNERS	3	01:18:48	01:15:01	RES
3178	2103	JO	HOME		F35+	515		2545	01:18:49	01:16:06	RES
3179	523	YVONNE	BURSON		Senior Female	516		2546	01:19:04	01:17:27	RES
3180	412	DANIELLE	REES		Senior Female	517		2547	01:19:05	01:15:17	RES
3181	335	WAYNE	GODDEN		M40+	534		2548	01:19:05		RES
3182	940	TERENCE	CLARKE		M60+	95		2549	01:19:08	01:15:23	RES
3183	3692	ABIGAIL	HOPKIN		Junior Female	60		2550	01:19:09	01:18:43	RES
3184	1754	LISA	PARKER		F35+	516		2551	01:19:16	01:15:52	RES
3185	2586	JUSTIN	PARKER		Senior Male	824		2552	01:19:16	01:15:52	RES
3186	2564	CAROLINE	WOODMAN		Senior Female	518		2553	01:19:17	01:15:39	RES

3187	3163	JENNIFER	STEPHENS		F55+	69		2554	01:19:19	01:16:26	RES
3188	3939	TERESA	JONES		F35+	517		2555	01:19:19	01:16:18	RES
3189	733	JOANNE	KERKIN		Senior Female	519		2556	01:19:21	01:18:10	RES
3190	1827	DAVID	REES		M60+	96		2557	01:19:21	01:16:29	RES
3191	2342	REBECCA	PRATCHETT		Senior Female	520		2558	01:19:25	01:16:08	RES
3192	3314	CERI	COLE		F35+	518		2559	01:19:27	01:16:04	RES
3193	2394	SALLYANNE	GREENSLADE		F45+	248		2560	01:19:31	01:16:36	RES
3194	3640	TRICIA	WOODHOUE		F45+	249		2561	01:19:32	01:16:24	RES
3195	806	SUE	RIDDING		F45+	250		2562	01:19:32	01:16:25	RES
3196	2566	CHRISTINE	JONES		F45+	251		2563	01:19:34	01:16:28	RES
3197	849	JAMES	ROBERTS		Junior Male	87		2564	01:19:35	01:17:36	RES
3198	556	CATHRYN	DAVIES		Senior Female	521		2565	01:19:36	01:15:57	RES
3199	3731	LLINOS	DAVIES		Senior Female	522		2566	01:19:36		RES
3200	3341	SARAH	COTTLE		F45+	252		2567	01:19:36	01:16:45	RES
3201	1179	LYNN	LOCKWOOD		F55+	70		2568	01:19:38	01:17:22	RES
3202	3313	LINDA	THOMAS		F45+	253		2569	01:19:47	01:16:16	RES
3203	2982	BARI	DAVIES		Senior Male	825		2570	01:19:50	01:16:09	RES
3204	3751	RHIAN	O'HALLORAN		F45+	254		2571	01:19:54	01:16:28	RES
3205	1352	WILL	WILLIAMS		M50+	238		2572	01:19:54	01:18:18	RES
3206	793	NADIA	AHMED		Senior Female	523		2573	01:19:54	01:16:09	RES
3207	3169	MARGARET	BIRCH		F45+	255		2574	01:19:55	01:18:03	RES
3208	1233	RUTH	BUNTING		F35+	519		2575	01:20:09	01:17:21	RES
3209	3900	CLAIRE	PHILLIPS		F35+	520		2576	01:20:26	01:17:02	RES
3210	3679	ALLYSON	SULLIVAN		F45+	256		2577	01:20:30	01:17:48	RES
3211	2866	SALLY	WAKEFORD		Senior Female	524		2578	01:20:30	01:17:31	RES

3212	1670	HELEN	WILLIAMS T36		F35+	521		2579	01:20:31	01:18:54	RES
3213	532	PHILIPPA	SIMPSON		Senior Female	525		2580	01:20:32	01:17:20	RES
3214	3145	EVE	JONES		F55+	71		2581	01:20:44	01:17:03	RES
3215	4228	ELIN	EVANS		F35+	522		2582	01:20:45	01:18:13	RES
3216	3301	JANET	THOMAS		F45+	257		2583	01:20:49	01:17:40	RES
3217	1424	MALCOLM	JONES		M60+	97		2584	01:20:51	01:18:03	RES
3218	2487	JAMES	EVANS		Senior Male	826		2585	01:20:55	01:18:57	RES
3219	3215	JAMIE	BOWEN		M40+	535		2586	01:20:57	01:17:53	RES
3220	2663	DONNA	REES		F35+	523		2587	01:20:57	01:18:16	RES
3221	1733	CARYS	TANNER		Junior Female	61		2588	01:20:58	01:17:57	RES
3222	2220	LEA	TANNER		M40+	536		2589	01:20:58	01:17:57	RES
3223	1243	LAURA	REES		F35+	524		2590	01:20:59	01:17:19	RES
3224	2009	CHLOE	DRISCOLL		Senior Female	526		2591	01:21:01	01:18:18	RES
3225	3829	RACHEL	GARDINER		Senior Female	527		2592	01:21:10	01:18:13	RES
3226	2298	STEVE	EVANS		M50+	239		2593	01:21:10	01:17:28	RES
3227	2225	CHRISY	EVANS		F55+	72		2594	01:21:10	01:17:26	RES
3228	4077	RACHEL	WATERS		F35+	525		2595	01:21:14	01:19:21	RES
3229	3322	SHARON	TAYLOR		F35+	526		2596	01:21:19	01:17:37	RES
3230	1703	ELIZABETH	MILLS		Junior Female	62		2597	01:21:22	01:17:43	RES
3231	1767	EMMA	EVANS		F35+	527		2598	01:21:26	01:18:00	RES
3232	4288	CATLIN	ROMANIW		Senior Female	528		2599	01:21:46	01:18:20	RES
3233	4254	LEIGH	MUIRHEAD		F35+	528		2600	01:21:49	01:18:44	RES
3234	2610	HAYLEY	DAVIES		F35+	529		2601	01:21:50	01:18:33	RES
3235	3089	SARA	HEWITT		F35+	530		2602	01:21:51		RES

3236	457	ZOE	HUNT		Senior Female	529		2603	01:21:52	01:18:35	RES
3237	1430	KELLY	HUNT		Junior Female	63		2604	01:21:52	01:18:36	RES
3238	4047	BETHANY	ELIAS		Senior Female	530		2605	01:21:57	01:19:54	RES
3239	3672	CLAIRE	EDWARDS MATTHEWS		F35+	531	RUN4ALL RUNNING CLUB	48	01:22:00	01:19:57	RES
3240	2933	VICKY	O'CONNOR		F45+	258		2606	01:22:00	01:19:58	RES
3241	1702	CERI	BROWN		F35+	532	RUN4ALL RUNNING CLUB	49	01:22:00	01:19:58	RES
3242	1792	CLAUDIA	RIBEIRO		F35+	533		2607	01:22:06	01:18:22	RES
3243	3205	ANDREW	BUTTERY		M40+	537		2608	01:22:06	01:18:21	RES
3244	796	CLAUDINE	GERRARD		Senior Female	531		2609	01:22:22		RES
3245	2089	KAREN	JONES		F55+	73		2610	01:22:23	01:20:05	RES
3246	1695	SALLLY	BLOOMFIELD		F45+	259		2611	01:22:30	01:19:07	RES
3247	1714	WILL	OLIVER		M50+	240		2612	01:22:38	01:19:19	RES
3248	4195	NATALIE	MOYCE		F35+	534		2613	01:22:38	01:19:55	RES
3249	3335	PETER	COMPTON		M40+	538	FOREST OF DEAN AC	40	01:22:47	01:19:56	RES
3250	966	KAY	THOMAS		F35+	535		2614	01:22:47	01:19:55	RES
3251	3042	LILLIAN MARY	DOBBY MBE		F55+	74		2615	01:22:56	01:21:24	RES
3252	2789	SOPHIE	HARRIS		Junior Female	64		2616	01:23:08	01:20:11	RES
3253	3456	LARA	HARRIS		Senior Female	532		2617	01:23:08	01:20:11	RES
3254	2449	MELANIE	PICTON		Senior Female	533		2618	01:23:08	01:20:31	RES

3255	2686	KYLE	MORGAN		Senior Male	827		2619	01:23:30	01:19:48	RES
3256	3057	STEWART	WILLIAMS		M60+	98		2620	01:23:33	01:20:16	RES
3257	1069	JO	DENNISS		F45+	260		2621	01:23:38	01:20:29	RES
3258	2451	JANE	ROGERS		F35+	536		2622	01:23:38	01:20:15	RES
3259	2884	SALLY ANN	WILLIAMS		F55+	75		2623	01:23:40	01:20:22	RES
3260	289	ANGHARAD	COLINESE		Senior Female	534		2624	01:23:41	01:20:20	RES
3261	1625	SAMANTHA	ELLSMORE		Senior Female	535		2625	01:23:46	01:20:20	RES
3262	1136	SARAH	STROUD		Senior Female	536		2626	01:23:50	01:21:00	RES
3263	3185	GROUNDS	SIAN		Senior Female	537		2627	01:23:57		RES
3264	3569	SUSAN	GROUNDS		F55+	76		2628	01:23:57	01:20:09	RES
3265	1497	JO	ROBERTS		F35+	537		2629	01:24:01	01:20:38	RES
3266	3828	JEN	NOBLE		Senior Female	538		2630	01:24:10	01:21:12	RES
3267	2557	JO	DEAN		F45+	261		2631	01:24:15	01:20:41	RES
3268	2041	WENDY	BRADY		F35+	538		2632	01:24:15	01:21:11	RES
3269	295	TRACY	DAVIES		F35+	539		2633	01:24:15	01:20:31	RES
3270	1205	CHRISTINA	WILLIAMS		F35+	540		2634	01:24:15	01:21:11	RES
3271	3011	JOANNA	LEWIS		Senior Female	539		2635	01:24:15	01:20:52	RES
3272	2538	GEORGIA	ROBERTS		Senior Female	540		2636	01:24:28	01:20:45	RES
3273	3626	AMY	COTTRELL		Senior Female	541		2637	01:24:28	01:20:56	RES
3274	1130	PAULA	LEWIS		F35+	541		2638	01:24:28	01:21:02	RES
3275	2077	ROBERT	EVANS		Senior Male	828		2639	01:24:29	01:21:02	RES

3276	1454	CHRISTIAN	TRUMPER		Senior Male	829		2640	01:24:29	01:21:03	RES
3277	2620	RONALD CRAIG	JAMES		Senior Male	830		2641	01:24:34	01:22:06	RES
3278	979	LORRAINE	ROGERS		F35+	542		2642	01:24:40	01:21:18	RES
3279	1956	CHRIS	BEVAN		Senior Male	831		2643	01:24:40	01:20:58	RES
3280	3638	KATHRYN	MORGAN		Senior Female	542		2644	01:24:40	01:21:18	RES
3281	1541	DAVID	JOHNSON		M40+	539		2645	01:24:47	01:22:43	RES
3282	3488	EMMA	JONES- THOMAS		F35+	543		2646	01:24:48	01:22:45	RES
3283	181	LESLEY	REES	ADMIRAL	F35+	544	ADMIRAL	100	01:24:48	01:20:58	RES
3284	1418	AMANDA	THOMAS		F45+	262		2647	01:24:55	01:21:15	RES
3285	2201	ANN	PATTERSON		F45+	263		2648	01:24:58	01:21:52	RES
3286	1913	CATRIN	REES		Junior Female	65		2649	01:25:02	01:22:17	RES
3287	3295	ANGHARAD	FORTEY		Senior Female	543		2650	01:25:03	01:22:41	RES
3288	188	SAMANTHA	DAVIES	ADMIRAL	Senior Female	544	ADMIRAL	101	01:25:05	01:22:14	RES
3289	3698	DAVID	WHITBREAD		Senior Male	832		2651	01:25:06	01:21:05	RES
3290	2872	SYLVIA	HOYLAND		F35+	545		2652	01:25:11	01:21:42	RES
3291	3113	KAYLEY	SULLIVAN		F35+	546	CWM OGWR RUNNING CLUB	14	01:25:19	01:22:01	RES
3292	830	ROSE	MATTHEWS		Senior Female	545		2653	01:25:20	01:21:37	RES
3293	3230	SARAH	WEBB		F35+	547		2654	01:25:26	01:22:08	RES
3294	602	STEVE	HALL		Senior Male	833		2655	01:25:27	01:24:36	RES

3295	4197	STEVEN	BRIDGES		M40+	540	ABERDARE VALLEY AAC	5	01:25:33	01:21:38	RES
3296	4196	KATY	BRIDGES		Senior Female	546		2656	01:25:33	01:21:38	RES
3297	3340	NICOLA	LENIHAN		F35+	548		2657	01:25:38	01:22:37	RES
3298	4301	LOUISE	PECK		F35+	549		2658	01:25:39	01:22:32	RES
3299	1312	NATALIE	HICKS		Senior Female	547		2659	01:25:39	01:22:35	RES
3300	4034	ROBERT	JELLEY		Senior Male	834		2660	01:25:45	01:22:06	RES
3301	2671	CARYS	EDWARDS		Junior Female	66		2661	01:25:48	01:22:06	RES
3302	249	LAURA	O'SHEA	ADMIRAL	Senior Female	548	ADMIRAL	102	01:25:49	01:22:59	RES
3303	3773	RICHARD	DAVIES		Senior Male	835		2662	01:25:51	01:21:58	RES
3304	1800	DEAN	WILLIAMS		M40+	541		2663	01:26:01	01:22:18	RES
3305	2531	MICHELLE	JONES		F45+	264		2664	01:26:02	01:22:19	RES
3306	1665	RHIANNON	DAVIES		Senior Female	549		2665	01:26:04	01:22:40	RES
3307	1506	SUSAN	WARREN		F55+	77		2666	01:26:07	01:22:29	RES
3308	1024	RHYS	HARRIS		Senior Male	836		2667	01:26:10	01:22:56	RES
3309	735	EMILY	WELCH- DAVISON		Senior Female	550		2668	01:26:10	01:22:56	RES
3310	3657	KEITH	REEVES		Senior Male	837		2669	01:26:13	01:22:28	RES
3311	2806	KATHRYN	PARKER		F45+	265		2670	01:26:23	01:23:16	RES
3312	1492	MARIE	CASEY		Senior Female	551		2671	01:26:26	01:23:02	RES
3313	2906	PHILLIP	ZANAZZI		Senior Male	838		2672	01:26:36	01:23:19	RES

3314	1797	HEATHER	STONE		F35+	550	RHONDDA VALLEY RUNNERS	8	01:26:38	01:22:56	RES
3315	3769	CLOE	BLASSBERG		Senior Female	552		2673	01:26:44	01:23:12	RES
3316	3869	MARTIN	YOUNG		Senior Male	839		2674	01:26:47	01:23:16	RES
3317	3868	LESLEY	YOUNG		Senior Female	553		2675	01:26:47	01:23:16	RES
3318	232	SARAH	BLYTH	ADMIRAL	Senior Female	554	ADMIRAL	103	01:27:18	01:23:52	RES
3319	719	JOHN	BOURNE		M60+	99		2676	01:27:18	01:25:34	RES
3320	553	EMMA	WILLIAMS		F35+	551		2677	01:27:27	01:23:44	RES
3321	229	ELIZABETH	ROZARIO	ADMIRAL	F35+	552	ADMIRAL	104	01:27:44	01:25:53	RES
3322	2844	MICHELE	RAITHBY		F55+	78		2678	01:27:50	01:24:24	RES
3323	1627	PETER	MORSE		M60+	100		2679	01:27:58	01:24:43	RES
3324	1371	ALANA	CHARLES		F35+	553		2680	01:28:21	01:24:48	RES
3325	2002	YASMIN	JONES		Senior Female	555		2681	01:28:27	01:26:23	RES
3326	4270	SIGN	LLOYD		Senior Female	556		2682	01:28:27	01:24:44	RES
3327	1050	SEAN	GATTRELL		Junior Male	88		2683	01:28:37	01:24:51	RES
3328	1067	ROBERT	LATHAM		M60+	101		2684	01:28:41	01:26:47	RES
3329	1818	PEGGY	SPOONER		Senior Female	557		2685	01:28:55	01:26:20	RES
3330	1679	LAURA	MURRAY		Senior Female	558		2686	01:28:55	01:26:20	RES
3331	910	KATE	JOHNSON		F35+	554		2687	01:28:55	01:25:12	RES
3332	1018	HAYLEY	DAVIES		F35+	555		2688	01:28:55	01:25:50	RES
3333	1064	ANDREW	ABBOTT		Senior Male	840		2689	01:28:58	01:25:59	RES

3334	2330	CHRISTINE	HURDIDGE		F55+	79	3MS GORSEINON ROAD RUNNERS	24	01:28:59	01:24:55	RES
3335	2590	VICTORIA	HOLMES		Junior Female	67		2690	01:29:01	01:24:57	RES
3336	1010	LAURA	HALL		F45+	266	3MS GORSEINON ROAD RUNNERS	25	01:29:02	01:24:59	RES
3337	3357	FAY	SHARPE		F55+	80	3MS GORSEINON ROAD RUNNERS	26	01:29:02	01:24:58	RES
3338	2839	SARAH	DAVIES		Senior Female	559		2691	01:29:02	01:25:58	RES
3339	1580	SAMANTHA	ABBOTT		Senior Female	560		2692	01:29:03	01:26:03	RES
3340	732	SIONED AMELIA	EVANS		Senior Female	561		2693	01:29:04	01:25:20	RES
3341	228	JENNIFER	ROSS	ADMIRAL	Senior Female	562	ADMIRAL	105	01:29:18	01:25:39	RES
3342	4214	RACHEL	JONES		F35+	556		2694	01:29:21	01:26:56	RES
3343	3560	JULIE	LAWRENSON		Wheel Chair	2		2695	01:29:45	01:26:31	RES
3344	1868	STEVE	GODRICH		M40+	542		2696	01:29:47	01:26:27	RES
3345	873	CAROL	WHARRAD		F45+	267		2697	01:29:49	01:26:42	RES
3346	822	LAURA	CARRUTHERS		Senior Female	563		2698	01:29:52	01:26:31	RES
3347	4237	JEY	CASTELLO		Senior Female	564		2699	01:29:55	01:26:58	RES

3348	699	PAULA	STOCKLEY		F35+	557	3MS GORSEINON ROAD RUNNERS	27	01:29:59	01:26:44	RES
3349	3562	ALYS	GOLDING		Junior Female	68		2700	01:30:10	01:26:57	RES
3350	4243	ABIGAIL	DYMENT JONES		Junior Female	69		2701	01:30:40	01:28:04	RES
3351	1025	NIA	JOHNS		Senior Female	565		2702	01:30:43	01:27:32	RES
3352	1865	CARYS	ROSE		F35+	558		2703	01:30:45	01:26:59	RES
3353	2208	WENDY	MORGAN		F35+	559		2704	01:30:46	01:27:43	RES
3354	566	TINA	WILLIAMS		F35+	560		2705	01:30:46	01:27:43	RES
3355	1460	SHELLEY	OWEN		F35+	561		2706	01:30:50	01:27:54	RES
3356	1933	CATRIN	LEWIS		Senior Female	566		2707	01:30:54	01:28:17	RES
3357	1838	JANET	MYCROFT		F45+	268		2708	01:30:55	01:27:01	RES
3358	1614	MIKE	GREEN		M50+	241		2709	01:30:56	01:27:59	RES
3359	1563	AMY	MCKAY		Senior Female	567		2710	01:30:56	01:27:59	RES
3360	1399	SONIA	LOGUE		F35+	562		2711	01:30:57	01:27:03	RES
3361	736	CARYL	MATTHEWS		F45+	269		2712	01:30:58	01:27:16	RES
3362	3594	NICKI (TEAM JEN)	DAVIES		F35+	563		2713	01:30:58	01:27:15	RES
3363	2331	NATHALIE	DAVIES		Senior Female	568		2714	01:31:03	01:27:16	RES
3364	1169	DARRAN	REES		M40+	543		2715	01:31:14	01:27:12	RES
3365	3511	ODETTE	REES		F45+	270		2716	01:31:16	01:28:30	RES
3366	970	EMMA	BAXTER		F35+	564		2717	01:31:25	01:27:53	RES
3367	1603	KIM	WILLIAMS		F45+	271		2718	01:31:42	01:28:50	RES
3368	1389	SARAH	MEADOWCROF T		F35+	565		2719	01:31:47	01:28:34	RES

3369	1483	HELENA	MORGAN		Senior Female	569		2720	01:31:52	01:28:21	RES
3370	2237	MARLINA	COSCHIGNANO		F35+	566		2721	01:32:02	01:30:35	RES
3371	2589	DONNA-LOUISE	DAVIES		F45+	272		2722	01:32:03	01:28:33	RES
3372	615	JODI	HILTON		Senior Female	570	LLISWERRY RUNNERS	24	01:32:20	01:28:36	RES
3373	489	REBECCA	BRAKE		Senior Female	571		2723	01:32:20	01:28:36	RES
3374	2064	RACHEL	GILBERT		Senior Female	572		2724	01:32:24	01:30:00	RES
3375	2542	BEN	WILLIAMS		Senior Male	841		2725	01:32:24	01:30:00	RES
3376	568	DEREK	HAWKINS		M60+	102		2726	01:32:31	01:30:55	RES
3377	2765	CHARLIE	DALE		Senior Male	842		2727	01:32:35	01:29:21	RES
3378	2683	ROBERTA	SIMPSON		F45+	273		2728	01:32:36	01:28:44	RES
3379	2659	DEBORAH	LONGMAN		F35+	567		2729	01:32:37		RES
3380	2153	JOHN	BAILLIE		M40+	544		2730	01:32:37		RES
3381	2524	JULIE	BAILLIE		F45+	274		2731	01:32:38	01:28:47	RES
3382	3514	SARAH	FULCHER		Senior Female	573		2732	01:33:24	01:31:07	RES
3383	3485	NERRISA	GUY		F35+	568		2733	01:33:44	01:30:35	RES
3384	2518	THOMAS	HOLBORROW		Senior Male	843		2734	01:34:13	01:31:45	RES
3385	3099	EMMA	MCCOMAS		F35+	569		2735	01:34:17	01:30:48	RES
3386	3573	ALEX	HILL		F35+	570		2736	01:34:17	01:30:47	RES
3387	2321	SOPHIE	BURDER		Junior Female	70		2737	01:34:25	01:31:57	RES
3388	1444	ANGIE	OLIVER		F45+	275		2738	01:34:32	01:31:14	RES

3389	2935	DAISY	COLE		Senior Female	574		2739	01:34:40	01:31:05	RES
3390	1529	LAURA	PROCTOR		Senior Female	575		2740	01:34:44	01:31:20	RES
3391	3090	AIMEE	WORSFOLD		Senior Female	576		2741	01:34:45	01:31:43	RES
3392	2895	NICOLE	CRIMMINGS		F35+	571		2742	01:34:48	01:31:06	RES
3393	708	LOREN	HALL		Senior Female	577		2743	01:34:56	01:31:54	RES
3394	13	CHRIS	CARPANINI	EAST WALES TEAM	Senior Male	844	SWANSEA HARRIERS	32	01:35:25		RES
3395	44	CASSIDY	SKINNER	EAST WALES TEAM	Senior Female	578	CARDIFF AC	1	01:35:25		RES
3396	15	RYAN	MCFLYNN	EAST WALES TEAM	Senior Male	845	MICKY MORRIS RUNNING TEAM	4	01:35:25		RES
3397	839	ANDREA	ACE		F35+	572		2744	01:35:44	01:33:13	RES
3398	2986	JONATHAN	WILLIAMS		Senior Male	846		2745	01:35:56	01:32:45	RES
3399	2853	THOMAS	EVANS		Senior Male	847		2746	01:35:56	01:32:47	RES
3400	2209	PAUL	PRICE		M50+	242		2747	01:36:20	01:32:35	RES
3401	3287	CAROLE	LEMONHEIGH		M40+	545		2748	01:36:51	01:33:40	RES
3402	1552	MICHELLE	POWELL		F45+	276		2749	01:36:52	01:33:45	RES
3403	1887	ELEANOR	MERTON		F45+	277		2750	01:37:00	01:33:42	RES
3404	3393	JOE	BIRD		Senior Male	848		2751	01:37:03	01:33:16	RES
3405	3447	REBECCA	ALFORD		Senior Female	579		2752	01:37:04	01:33:17	RES

3406	108	SHARON	BOWEN	ADMIRAL	F35+	573	ADMIRAL	106	01:38:10		RES
3407	933	KEITH	SKEGGS		M40+	546		2753	01:38:23	01:35:15	RES
3408	1302	JAMES	ANTHONY		M60+	103		2754	01:38:25	01:34:40	RES
3409	2374	CHLOE	JENKINS		Junior Female	71		2755	01:38:59	01:35:49	RES
3410	2808	MARIE	PEARSON		F35+	574		2756	01:39:07	01:35:55	RES
3411	1963	LOUIS	MORRIS-STOTT		F35+	575		2757	01:39:08	01:36:07	RES
3412	2156	SUSAN	MORGAN		F55+	81		2758	01:39:59	01:36:06	RES
3413	855	ELIZABETH	DAVIES		F55+	82		2759	01:40:00	01:36:08	RES
3414	516	KAREN	POPE		F45+	278		2760	01:40:14	01:38:08	RES
3415	611	KAREN	THOMAS		F45+	279		2761	01:40:15	01:38:09	RES
3416	2360	CHERYL	DITTON		F55+	83		2762	01:40:22	01:36:49	RES
3417	3266	NICOLA	LOCKHART		F35+	576		2763	01:43:07	01:39:46	RES
3418	1284	RUTH	BAINES		Senior Female	580		2764	01:43:45	01:41:36	RES
3419	2027	LAURA	BAINES		Senior Female	581		2765	01:43:45	01:41:36	RES
3420	2916	LAURA	STOCKLEY		Senior Female	582		2766	01:47:13	01:43:59	RES
3421	2322	YVETTE	THOMAS		F35+	577		2767	01:47:43	01:44:01	RES
3422	271	PUNAM	ONDHIA		F35+	578		2768	01:49:23		RES
3423	3168	JAN	SMITH		F55+	84		2769	01:50:09	01:46:20	RES
3424	1790	HAZEL	JENKINS		Senior Female	583		2770	01:50:11	01:47:17	RES
3425	813	KATY	GUY		F35+	579		2771	01:50:11	01:47:17	RES
3426	4285	KATHRYN	FLOWER		Junior Female	72		2772	01:55:27		RES
3427	1575	LISA	JONES		F35+	580		2773	01:56:22	01:52:28	RES
3428	2003	UZO	IWOBI		F45+	280		2774	01:56:58	01:53:06	RES
3429	3778	THEMBI	SIBANDA		F35+	581		2775	01:57:05	01:53:12	RES
3430	538	SIAN	JAMES		F45+	281		2776	02:03:46	02:00:27	RES