

Position	Time	FIRST NAME	SURNAME	GENDER	AGE	CAT	CLUB	EW	Number
1	1.15.33	GARETH	AYRES	M	33	S	PORT TALBOT HARRIERS		14
2	1.18.10	BEN	SINCLAIR	M	38	S	PONTYPOOL & DISTRICT	EW	80
3	1.19.32	IESTYN	RHODES	M	39	S	PONTYPWL & DISTRICT RUNNERS	EW	2
4	1.27.43	ROBERT	BICKEL	M	43	40+	CAERLEON RUNNING CLUB	EW	29
5	1.27.47	ANGELA	JONES	F	50	50+	USK RUNNERS	EW	66
6	1.28.38	ADRIAN	WOODS	M	56	50+	PONTYPOOL & DISTRICT	EW	86
7	1.29.09	COLIN	WILMOTT	M	59	50+	GRIFFITHSTOWN HARRIERS	EW	17
8	1.29.19	KRIS	BUTTON	M	38	S	MERTHYR RC		28
9	1.30.15	RAY	MORGAN	M	35	S	PONT-Y-PWL & DISTRICT RUNNERS	EW	34
10	1.31.06	FAYE	JOHNSON	F	28	S	PONTYPOOL & DISTRICT	EW	6
11	1.31.09	RICCI	WATTS	M	29	S	PONTYPOOL & DISTRICT	EW	71
12	1.31.22	MIKE	RIDD	M	33	S	LLISWERRY RUNNERS	EW	58
13	1.31.33	CHRIS	O'BRIEN	M	43	40+	PONTYPOOL & DISTRICT	EW	37
14	1.32.41	MARK	HIDDLESTONE	M	43	40+	PORT TALBOT HARRIERS		9
15	1.33.30	PHILLIP	MILES	M	65	60+	PARC BRYNBACH RUNNERS	EW	40
16	1.33.40	MICHAEL	SKYRME	M	47	40+	FAIRWATER RUNNERS	EW	60
17	1.33.49	MICHAEL	RICHARDSON	M	39	S	ISLWYN RUNNING CLUB	EW	72
18	1.34.09	ADRIAN	GWILLIAM	M	50	50+	FAIRWATER RUNNERS	EW	45
19	1.34.14	ANDREW	WRIGHT	M	47	40+	CAERLEON RUNNING CLUB	EW	87
20	1.34.31	CHRIS	JOHN	M	29	S	PORT TALBOT HARRIERS		10
21	1.34.50	SAMMI	TOOP	F	35	S	PONTYPOOL & DISTRICT	EW	81
22	1.37.43	BOB	WATSON	M	46	40+	LLISWERRY RUNNERS	EW	49
23	1.39.52	CHRISTOPHER	ROTHWELL	M	45	40+	PONTYPRIDD ROADENTS		21
24	1.40.18	ANDREW	DICKENS	M	46	40+	PONTYPOOL & DISTRICT	EW	44
25	1.41.06	STEWART	HARDING	M	31	S	CDF RUNNERS		41
26	1.41.13	JOHN	YOUNG	M	45	40+	PORT TALBOT HARRIERS		16
27	1.42.36	RUSSELL	DOBBS	M	41	40+	ISLWYN RUNNING CLUB	EW	65
28	1.43.53	NEIL	FITZGERALD	M	48	40+	PONTYPRIDD ROADENTS		22
29	1.44.47	ANTONY	LEWIS	M	47	40+	CWM OGWR RUNNING CLUB		12
30	1.45.15	MARK	TAYLOR	M	39	S	PORT TALBOT HARRIERS		15
31	1.46.02	MARK	PASSMORE	M	35	S			68
32	1.46.30	PETER	SHORT	M	63	60+	FOREST OF DEAN		85

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33	1.46.31	RICHARD	DAY	M	53	50+			83
34	1.46.37	DEWI	GQYNEDD	M	42	40+	SOUTH WALES POLICE		27
35	1.46.56	ELAINE	GARDINER	F	33	S			4
36	1.47.23	NEILL	PARKER	M	49	40+	ISLWYN RUNNERS	EW	38
37	1.47.38	OWEN	HAGGER	M	33	S			48
38	1.47.57	GLYN	HICKS	M	67	60+	ROBERTTOWN RR		51
39	1.49.03	ROB	NOON	M	53	50+			78
40	1.50.01	ARRAN	VINCENT	M	28	S	PONT-Y-PWL & DISTRICT RUNNERS	EW	46
41	1.50.19	SARAH	FRANCIS	F	40	40+	LLISWERRY RUNNERS	EW	13
42	1.50.21	GARETH	BARRINGTON	M	42	40+	LLISWERRY RUNNERS	EW	19
43	1.50.40	SARAH	HOWARD	F	23	S	PORT TALBOT HARRIERS		11
44	1.51.25	ALISTAIR	CUMMINGS	M	37	S	PONTYPOOL AND DISTRICT RUNNERS	EW	3
45	1.51.40	SIAN	PRICE	F	35	S	CWM OGWR RUNNING CLUB		50
46	1.52.42	ALEX	WILLIAMS	M	48	40+	PORT TALBOT HARRIERS & AC		84
47	1.52.53	MIKE	GWYNNE	M	46	40+	PONTYPRIDD ROADENTS AC		24
48	1.53.28	TRACIE	WILLIAMS-ROWE	F	44	40+	LLISWERRY RUNNERS	EW	47
49	1.54.33	AMBER	JORDAN	F	32	S	CDF RUNNERS		42
50	1.55.01	RITCHIE	WELLS	M	26	S			79
51	1.55.14	CERI	STEPHENS	M	32	S			82
52	1.55.53	SARAH-JANE	RESTALL	F	41	40+	DIRTY DAPS MUDDY TRACKS		76
53	1.56.00	ANNE	WARD	F	45	40+			53
54	1.57.07	KARL	JOHNSON	M	31	S	ROBERTTOWN RR		52
55	1.58.09	MORRIS	URQUART	M	44	40+	CAERLEON RUNNING CLUB	EW	33
56	1.58.16	JULIE	DAVIES	F	45	40+	USK RUNNERS	EW	69
57	1.58.58	SIAN	RICHARDSON	F	40	40+	ISLWYN RUNNERS	EW	75
58	1.59.00	HEATHER	WILLIAMS	F	43	40+	CARDIFF TRIATHLETES		59
59	1.59.33	ROBERT	WILSON	M	59	50+	CARDIFF TRIATHLETES		61
60	1.59.35	DANIEL	NEWTON	M	43	40+	PONT-Y-PWL AND DISTRICT RUNNERS	EW	62
61	2.01.53	SYLVIE	BEER	F	37	S			55
62	2.02.12	JULIAN	SARSBY	M	48	40+			77
63	2.02.22	CHRISTIE	COLEMAN	M	49	40+	CWM OGWR RUNNING CLUB		7
64	2.04.21	KRISTIAN	SINCLAIR	M	38	S	LLISWERRY RUNNERS	EW	20

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65	2.05.56	ELAINE	MORSE	F	49	40+	WELSH TRIATHLON		26
65	2.08.00	ANNA	HELSING	F	53	50+	PENARTH AND DINAS RUNNERS		70
67	2.08.08	JOHN	HILL	M	65	60+	LLISWERRY RUNNERS	EW	39
68	2.08.23	ZOE	ELVER	F	45	40+	PONTYPOOL & DISTRICT	EW	5
69	2.10.52	RACHAEL	ROGERS	F	44	40+			54
70	2.15.24	MARK	WORRALL	M	54	50+	CWM OGWR RUNNING CLUB		8
71	2.16.23	ANNA	PARRY	F	37	S	PONTYPOOL & DISTRICT	EW	43
72	2.19.26	RICHARD	COLEMAN	M	55	50+			74
73	2.19.55	PAT	RICHARDSON	F	67	60+	ISLWYN RUNNERS	EW	73
74	2.19.57	SARAH	PASSMORE	F	33	S			67
75	2.23.49	MARK	O'DARE	M	42	40+	LLISWERRY RUNNERS	EW	18
76	2.31.41	ESTHER	DAWSON	F	42	40+	USK RUNNERS		63
77	2.31.41	ANNETTE	EXLEY	F	51	50+	USK RUNNERS		64
78	2.36.47	LISA	WILLIAMS	F	43	40+	PONTYPRIDD ROADENTS AC		30
79	2.36.47	GRAHAM	BINGHAM	M	52	50+	PONTYPRIDD ROADENTS		36
80	2.40.22	FIONA	CAMPBELL	F	41	40+	PONTYPRIDD ROADENTS AC		25
81	2.50.24	HELEN	WELCH	F	45	40+	PONTYPRIDD ROADANTS		32
82	2.50.24	JO	GWYNNE	F	44	40+	PONTYPRIDD ROADENTS AC		23
83	3.00.33	SARAH	BOOTHBY	F	30	S	PONTYPRIDD ROADENTS		31
84	3.00.33	HAYLEY	PUGH	F	43	40+	PONTYPRIDD ROADENTS		35
DNF		ALAN	WOODS	M		S	PONTYPOOL & DISTRICT	EW	56