

day 14 August 2011. 10:30 am**Results**

Pos.	Time	Name	Club
1	0:30:13	GRIFFITHS, Dewi	Swansea Harriers
2	0:31:25	JONES, Carwyn	Cardiff A.A.C.
3	0:31:43	LANE, Nathaniel	Cardiff A.A.C.
4	0:31:49	MATTHEWS, Phillip	Swansea Harriers
5	0:32:01	CARE, Hywel	Woodford Green
6	0:32:17	MOUNTFORD, David	Deeside A.C.
7	0:32:47	REES, Steve	Port Talbot Harriers
8	0:33:12	ROSE, Matthew	Buckley Runners
9	0:33:18	WILLIAMS, Christopher	Neath Harriers
10	0:33:26	COLLINS, Matthew	Cardiff A.A.C.
11	0:33:42	JENNINGS, Mark	Fairwater Runners
12	0:33:55	EDWARDS, Jerome	Les Croupiers R.C.
13	0:34:10	DAMIANI, Desi	Wrexham A.C.
14	0:34:23	HOBBS, Lewis	Swansea Harriers
15	0:34:44	BAKER, Julian	Les Croupiers R.C.
16	0:34:50	DONOVAN, Edward	Les Croupiers R.C.
17	0:34:52	WHITCOMBE, Andrea	Swansea Harriers
18	0:34:57	SCANLON, Jason	Pontypridd Roadents
19	0:35:05	COLES, Peter	Pontypridd Roadents
20	0:35:14	SIMMS, Stefan	Unaffiliated
21	0:35:15	TALBOT, Paul	Neath Harriers
22	0:35:16	DUKES, Nick	Les Croupiers R.C.
23	0:35:18	GURMIN, Matthew	Swansea Harriers
24	0:35:20	KENDRICK, Philip	Brecon A.C.
25	0:35:25	BROWN, Jez	Buckley Runners
26	0:35:26	BLAZIER, Darren	Prestatyn Runners
27	0:35:27	MULVANY, Richard	Neath Harriers
28	0:35:31	SHIELDS, Stephen	San Domenico R.R.C.
29	0:35:45	LEWIS, Geraint	Porthcawl RunnersLife
30	0:35:49	WATHAN, Paul	Eryri Harriers
31	0:36:02	HURFORD, Matthew	Les Croupiers R.C.
32	0:36:10	BEYNON-THOMAS, Alaw	Swansea Harriers
33	0:36:22	WHITEHOUSE, Royston	Neath Harriers
34	0:36:25	PALETTA, Gina	Wrexham A.C.
35	0:36:31	RICHARDSON, Brian	Les Croupiers R.C.
36	0:36:32	BARTLETT, Stephen	Unaffiliated
37	0:36:33	SAYER, Steffan	Menai Track & Field
38	0:36:35	FULCHER, Chris	Port Talbot Harriers
39	0:36:46	WILLIAMS, Oliver	San Domenico R.R.C.
40	0:36:47	WINDSOR, Mark	San Domenico R.R.C.
41	0:36:55	EDWARDS, Andrew	Deestridders
42	0:37:21	HARTNELL, Haydn	Islwyn Running Club
43	0:37:25	HOPKINS, Matthew	Les Croupiers R.C.
44	0:37:32	JOHNSON, Richard	Islwyn Running Club
45	0:37:37	SHEEN, Rob	Leicester Coritanian A.C.
46	0:37:38	ROBINSON, Erica	Buckley Runners
47	0:37:50	WADLOW, Stuart	Islwyn Running Club
48	0:37:54	LYNCH, Gareth	Les Croupiers R.C.
49	0:38:02	HARRIS, Ian	3M Road Runners
50	0:38:04	DAVIES, Steve	Griffithstown Harriers
51	0:38:11	BARNBY, Daryl	Fairwater Runners
52	0:38:15	WEAVER, Adrian	Port Talbot Harriers
53	0:38:20	HAVARD, Mickey	San Domenico R.R.C.
54	0:38:27	FARAG, Ben	Les Croupiers R.C.
55	0:38:27	ROBERTS, Kate	Bridgend A.C.
56	0:38:43	CAMPBELL, Eric	Buckley Runners
57	0:39:04	PHILLIPS, Claire	Port Talbot Harriers
58	0:39:09	SANSOM, Glyn	San Domenico R.R.C.

59	0:39:12	STRANGE, Bethan	Cardiff A.A.C.
60	0:39:14	WILLIAMS, Alex	Port Talbot Harriers
61	0:39:18	BRIERLEY, Jenny	Bangor University
62	0:39:19	JOHNSTON, Sandy	Les Croupiers R.C.
63	0:39:22	CLEMENT, Clem	Penarth and Dinas Runners
64	0:39:24	GARDINER, Andy	South Wales Police
65	0:39:37	JONES, Ian	Unaffiliated
66	0:39:39	LLOYD, Neil	Unaffiliated
67	0:39:40	BUTLER, Ellen	Swansea Harriers
68	0:39:47	JENNIONS, Jay	Deestridders
69	0:39:50	WILLIAMS, Philip	Islwyn Running Club
70	0:39:51	GOULDING, Jay	Unaffiliated
71	0:39:52	O'SHEA, John	Les Croupiers R.C.
72	0:40:00	CRISPIE, Gerard	Les Croupiers R.C.
73	0:40:07	SAUNDERS, Alun	Unaffiliated
74	0:40:08	WILDER, Sally	San Domenico R.R.C.
75	0:40:09	EVANS, Alun	Unaffiliated
76	0:40:30	HUGHES, David	Pontypridd Roadents
77	0:40:33	SMITH, Simon	Unaffiliated
78	0:40:39	PARFITT, David	Port Talbot Harriers
79	0:41:01	PINKHAM, Sandra	Port Talbot Harriers
80	0:41:04	ASHTON, Liz	Les Croupiers R.C.
81	0:41:06	DAVIES, Robert	Islwyn Running Club
82	0:41:08	HAMILTON-MORRIS, Alexia	Wrexham Tri Club
83	0:41:09	MORGAN, Kelly	Pontypridd Roadents
84	0:41:10	DAVEY, Gareth	Llanelli A.C.
85	0:41:12	STEVENS, Darren	Unaffiliated
86	0:41:14	REES, David	Hay Hotfooters
87	0:41:30	DUNSCOMBE, Mark	Sarn Helen
88	0:41:34	BEATTY, Claire	Les Croupiers R.C.
89	0:41:40	BELCHER, Jon	Unaffiliated
90	0:41:48	POCKNELL, Justin	Caerleon R.C.
91	0:41:52	O'NEIL, Michael	Merthyr Cycling Club
92	0:42:02	JONES, Angela	Islwyn Running Club
93	0:42:15	JONES, Justin	Pontypridd Roadents
94	0:42:16	WILLIAMS, David E	Les Croupiers R.C.
95	0:42:22	BASSETT, Jeremy	Unaffiliated
96	0:42:26	LEWIS, Alex	Unaffiliated
97	0:42:33	EVANS, Robert	Ebbw Vale R.C.
98	0:42:36	WILLIAMS, Ian	Ebbw Vale R.C.
99	0:42:38	KENT, Howard	Les Croupiers R.C.
100	0:42:42	MURPHY, Thomas	Pontypridd Roadents
101	0:42:45	RUSSELL, Tom	Mynydd Ddu Runners
102	0:42:48	OWEN, Stephen	Les Croupiers R.C.
103	0:42:50	DAVIES, Julie	Griffithstown Harriers
104	0:42:51	COLWILL, Carl	Unaffiliated
105	0:42:53	CULLINANE, Anthony	Pontypridd Roadents
106	0:42:56	TAYLOR, A	Parc Bryn Bach R.C.
107	0:43:02	COLLINS, Emma	Denbigh Harriers
108	0:43:08	CASWELL, Damian	Ebbw Vale R.C.
109	0:43:10	MAINE, Julian	Porthcawl RunnersLife
110	0:43:11	JOHNSTON, Alice	Unaffiliated
111	0:43:12	MAGEE, John	Les Croupiers R.C.
112	0:43:14	JONES, David	Forest of Dean A.C.
113	0:43:20	DAVIES, Gron	Unaffiliated
114	0:43:24	MORLEY, Lisa	Wrexham A.C.
115	0:43:26	McROBIE, Sarah	Liverpool Harriers
116	0:43:27	BRACE, Jacqueline	Bridgend A.C.
117	0:43:40	GOUGH, Brian	Pontypridd Roadents
118	0:43:42	DAVEY, Eric	Llanelli A.C.
119	0:43:48	MORGAN, Lloyd	San Domenico R.R.C.
120	0:43:48	DELANEY, James	San Domenico R.R.C.
121	0:43:49	REES, Gareth	Les Croupiers R.C.

122	0:43:50	GITTINS, Jade	Caerleon R.C.
123	0:43:52	SIBCY, John	San Domenico R.R.C.
124	0:43:53	EVANS, Dan	Unaffiliated
125	0:43:53	HURN, Tavis	Unaffiliated
126	0:43:56	BIRT, Dean	Pontypridd Roadents
127	0:43:56	CLEARY, Lisa	Penarth and Dinas Runners
128	0:43:57	VAUGHAN, Richard	Unaffiliated
129	0:44:03	DUFFIELD, Helen	Chepstow Harriers
130	0:44:04	MORDEY, Richard	San Domenico R.R.C.
131	0:44:05	TYPE, Robert	Unaffiliated
132	0:44:06	MULCAHY, Matthew	Unaffiliated
133	0:44:07	HILL, Gareth	Unaffiliated
134	0:44:08	JONES, Brendan	Les Croupiers R.C.
135	0:44:26	GRIFFITHS, Gafin	Les Croupiers R.C.
136	0:44:27	MACK, Graham	Unaffiliated
137	0:44:37	THOMAS, Michael	Unaffiliated
138	0:44:37	RICHARDS, Maria	Islwyn Running Club
139	0:44:38	HAYES, Alyson	Les Croupiers R.C.
140	0:44:46	HARRIS, Anne Marie	Parc Bryn Bach R.C.
141	0:44:47	LEAROYD, Michael	Village Vipers
142	0:44:50	HALSALL, Michael	Llanelli A.C.
143	0:44:51	REES, Emma	Unaffiliated
144	0:44:52	O'CONNOR, Lance	Ebbw Vale R.C.
145	0:45:01	KAPOOR, Neil	Unaffiliated
146	0:45:02	HINCHLIFFE, Michael	Spirit of Monmouth
147	0:45:03	BREEN, David	Porthcawl RunnersLife
148	0:45:10	JOHN, Gareth	Les Croupiers R.C.
149	0:45:15	PORTELLI, Kellinu	Les Croupiers R.C.
150	0:45:17	SHIELDS, Dominic	San Domenico R.R.C.
151	0:45:29	EDWARDS, Amy	Rhondda Valley Runners
152	0:45:34	BRADLEY, Malcolm	Penarth and Dinas Runners
153	0:45:40	EVANS, Rhodri	Penarth and Dinas Runners
154	0:45:45	WEBBER, Luke	Unaffiliated
155	0:45:46	DUNSCOMBE, Andrew	Pontypridd Roadents
156	0:45:50	MORGANS, Gemma	Eryri Harriers
157	0:46:00	JONES, Nigel	Unaffiliated
158	0:46:04	SKILTON, Joanne	San Domenico R.R.C.
159	0:46:05	GRAINGER, David	Plymouth Harriers
160	0:46:06	BRAMBLEY, Ceri	Port Talbot Harriers
161	0:46:07	DAVIES, Sue	Brecon A.C.
162	0:46:08	BOUNDS, Kevin	Unaffiliated
163	0:46:11	McDONOUGH, Jo	Prestatyn Runners
164	0:46:13	WARRELL, Stephen	Unaffiliated
165	0:46:16	FIROUZ, Mal	Les Croupiers R.C.
166	0:46:26	BRYSON, Liam	Unaffiliated
167	0:46:30	O'SULLIVAN, Tim	Les Croupiers R.C.
168	0:46:38	BODMAN, Gary	Les Croupiers R.C.
169	0:46:42	HUGHES, Philip	San Domenico R.R.C.
170	0:46:48	BANFIELD, Rachel	Les Croupiers R.C.
171	0:46:52	ALDWORTH, Gill	Brecon A.C.
172	0:46:54	DAVIES, Andy	Pontypridd Roadents
173	0:46:55	CROSS, Wayne	Unaffiliated
174	0:47:12	WILLIAMS, Clare	Islwyn Running Club
175	0:47:12	CORCORAN, Cornelius	Pontypridd Roadents
176	0:47:30	JONES, Sam	Unaffiliated
177	0:47:41	GRIFFITHS, Jonathan	Village Vipers
178	0:47:47	ALLEN, Lucy	Spirit of Monmouth
179	0:47:57	PARFITT, Rhys	Unaffiliated
180	0:48:00	WILLIAMS, Pauline	Port Talbot Harriers
181	0:48:02	DAVIES, Liam	Fetch Everyone R.C.
182	0:48:03	THOMAS, Nicola	Porthcawl RunnersLife
183	0:48:10	EDWARDS, Carl	Pontypridd Roadents
184	0:48:17	ASTON, Jeffrey	Les Croupiers R.C.

185	0:48:19	DALLIMORE, Caroline	Les Croupiers R.C.
186	0:48:27	DAVIES, Richard	Unaffiliated
187	0:48:30	SCHOLEY, Julie	Les Croupiers R.C.
188	0:48:34	HURMAN, Andrea	Penarth and Dinas Runners
189	0:48:50	EVANS, David	Unaffiliated
190	0:48:53	JONES, Wayne	Unaffiliated
191	0:48:55	HICKS, Glyn	Islwyn Running Club
192	0:48:59	FERRIDAY, John	Pegasus R.R.C.
193	0:49:02	PIGOTT, Aisling	Outdoor Fitness
194	0:49:27	RHYS, Judi	Les Croupiers R.C.
195	0:49:28	JONES, Keri	Neath Harriers
196	0:49:36	KING, Emma	Spirit of Monmouth
197	0:49:40	ELLINGHAM, Ray	San Domenico R.R.C.
198	0:49:45	HILL, Steve	Penarth and Dinas Runners
199	0:49:46	EDWARDS, Tracy	Rhondda Valley Runners
200	0:49:51	DANIEL, Jamie	Unaffiliated
201	0:49:53	BOWEN, Rachel	Unaffiliated
202	0:49:55	NEWMAN, Lowri	Unaffiliated
203	0:49:57	BROOME, Tyrone	Gwent Police
204	0:50:03	EDWARDS, Janet	Pontypridd Roadents
205	0:50:14	GANDER, Paul	Unaffiliated
206	0:50:15	MARTIN, John	Unaffiliated
207	0:50:20	KENDRICK, Suzanne	Rhayader Running Club
208	0:50:21	JONES, Sian	Caerleon R.C.
209	0:50:21	OLIVANT, Michael	Brecon A.C.
210	0:50:32	BAYDOUN, Fadi	Unaffiliated
211	0:50:50	HILL, Mark	Unaffiliated
212	0:50:51	WILLIAMS, Grant	Unaffiliated
213	0:50:57	HEATON, Phil	Unaffiliated
214	0:51:02	DAVIES, Annette	Fetch Everyone R.C.
215	0:51:03	GRIFFITHS, Barry	Unaffiliated
216	0:51:22	DAVIES, Michael	Unaffiliated
217	0:51:26	MORGAN, Daniel	Ebbw Vale R.C.
218	0:51:27	LAFON, Chloe-Anne	Unaffiliated
219	0:51:30	DRYSDALE, Fiona	Unaffiliated
220	0:51:44	WHITING, Sam	Unaffiliated
221	0:52:02	HOSTELLER-DAVIES, Justin	South Wales Police
222	0:52:23	WOOD, Stephen	Pegasus R.R.C.
223	0:52:30	DAVIES, William	Winchester & District A.C.
224	0:52:37	WELHAM, Roxanne	Unaffiliated
225	0:52:48	DODD, Sarah	Unaffiliated
226	0:52:50	PRICE, Rob	Unaffiliated
227	0:53:15	SMITH, Alan	3M Road Runners
228	0:53:18	LAW, Rhiannon	Outdoor Fitness
229	0:53:25	KIERNAN, John J	Unaffiliated
230	0:53:27	CASWELL, Johnathan	Unaffiliated
231	0:53:28	GITTOES, Gemma	Unaffiliated
232	0:53:48	DAVIES, Rhian	Unaffiliated
233	0:54:08	MORGAN, Sara	Womens Running Network
234	0:54:18	McDUFF, Rhiannon	Unaffiliated
235	0:54:25	BARNETT, Claire	Islwyn Running Club
236	0:54:44	DENNIS, Heather	Penarth and Dinas Runners
237	0:54:47	EDWARDS, Roy	Unaffiliated
238	0:54:48	GILBERT, Andrew	Unaffiliated
239	0:54:58	DAWES-CLARK, Sarah	Les Croupiers R.C.
240	0:55:17	LAMBETH, Jacqueline	Islwyn Running Club
241	0:55:30	CLARK, Andrew	Unaffiliated
242	0:55:36	GRIFFITHS, Jane	Unaffiliated
243	0:55:48	DAVIES, Luke	Griffithstown Harriers
244	0:55:56	WILLIAMS, David	Les Croupiers R.C.
245	0:56:14	SWANSON, Ian	Port Talbot Harriers
246	0:56:17	TATTERSALL, Mark	Neath Harriers
247	0:56:22	CADMORE, Andrew	Unaffiliated

248	0:56:50	ASHDOWN, Jeremy	Unaffiliated
249	0:57:06	SANDOR, Antal	
250	0:57:07	LLEWELLYN, Caroline	Unaffiliated
251	0:57:15	JONES, Nigel Leighton	Llanelli Strollers
252	0:57:22	HOLDERNESS, Steve	Unaffiliated
253	0:57:38	SION, Dafydd	Unaffiliated
254	0:57:42	STEVENS, Sandra	Unaffiliated
255	0:58:19	THOMAS, Jade	Unaffiliated
256	0:58:21	THOMPSON, Amanda	Les Croupiers R.C.
257	0:58:30	HUNT, Lindsey	Penarth and Dinas Runners
258	0:58:31	VAUGHAN, Terry	Ebbw Vale R.C.
259	0:58:35	BANFIELD, Robina	Unaffiliated
260	0:58:50	NELLINS, Kay	Womens Running Network
261	0:58:53	MILLER, Chris	Unaffiliated
262	0:59:10	KHUKAR, Stuart	Unaffiliated
263	0:59:29	WILLIAMS, Helen	Islwyn Running Club
264	0:59:38	ARWYN, Eirian	Les Croupiers R.C.
265	0:59:44	LANE, Jason	Unaffiliated
266	0:59:52	SINGER, Graham	Unaffiliated
267	0:59:55	OVERFIELD, Paul	Unaffiliated
268	0:59:56	DAVIES, Jeff	Unaffiliated
269	1:00:04	WESTREN, Sara	Les Croupiers R.C.
270	1:00:35	THOMAS, Martyn	Unaffiliated
271	1:00:49	WARBURTON, Paul	Rhondda Valley Runners
272	1:01:14	MARAGNA, Judith	Penarth and Dinas Runners
273	1:01:35	LUKE, Emily	Penarth and Dinas Runners
274	1:01:55	BAYDOUN, Judith	Unaffiliated
275	1:01:56	MORRIS, Emma	Unaffiliated
276	1:01:56	MORRIS, Bethan	Unaffiliated
277	1:02:06	GRIFFITHS, Paul	Unaffiliated
278	1:02:17	WELLS, Liam	Unaffiliated
279	1:03:08	LOVE, Phil	Maindy Harriers
280	1:03:13	KHAN, Alex	Unaffiliated
281	1:04:16	MORGAN, Liz	San Domenico R.R.C.
282	1:04:24	EMMS, Shaun	Hay Hotfooters
283	1:05:22	DAVIDSON, Alison	South Wales Police
284	1:05:48	DICKSON, Anne	Unaffiliated
285	1:05:58	GRIFFITHS, Agii	Unaffiliated
286	1:06:37	WILLIAMS, Shayla	Unaffiliated
287	1:07:27	WILLIAMS, Jennie	Unaffiliated
288	1:08:52	HOWCROFT, Jo	Unaffiliated
289	1:09:00	GILBERT, Amanda	Unaffiliated
290	1:09:25	AUSTERBERRY, Daphne	Unaffiliated
291	1:10:25	LOWE, Johanna	Unaffiliated
292	1:10:25	PETERS, Daniel	Unaffiliated
293	1:10:40	PARFITT, Angela	Unaffiliated
294	1:11:25	BLADEN, Alan	Les Croupiers R.C.
295	1:15:18	PETERS, Alan	Unaffiliated
296	1:25:58	SYMONDS, Sheila	Bro Dsystynni A.C.

for All Competitors in finish order.

Category	Pace	R. No.	Pos.
Senior Men	03:01.3	41	1
Senior Men	03:08.5	419	2
Senior Men	03:10.3	32	3
Senior Men	03:10.9	406	4
Senior Men	03:12.1	482	5
Senior Men	03:13.7	315	6
Senior Men	03:16.7	467	7
Senior Men	03:19.2	314	8
Mens Master 40-49	03:19.8	426	9
Senior Men	03:20.6	47	10
Senior Men	03:22.2	48	11
Senior Men	03:23.5	477	12
Senior Men	03:25.0	415	13
Senior Men	03:26.3	55	14
Mens Master 40-49	03:28.4	33	15
Senior Men	03:29.0	391	16
Ladies Master 35-44	03:29.2	40	17
Senior Men	03:29.7	308	18
Mens Master 40-49	03:30.5	439	19
Mens Master 40-49	03:31.4	119	20
Mens Master 40-49	03:31.5	407	21
Senior Men	03:31.6	392	22
Senior Men	03:31.8	49	23
Mens Master 40-49	03:32.0	376	24
Mens Master 40-49	03:32.5	325	25
Senior Men	03:32.6	326	26
Senior Men	03:32.7	399	27
Senior Men	03:33.1	34	28
Senior Men	03:34.5	409	29
Senior Men	03:34.9	318	30
Senior Men	03:36.2	442	31
Senior Ladies	03:37.0	463	32
Mens Master 40-49	03:38.2	425	33
Senior Ladies	03:38.5	319	34
Mens Master 50-59	03:39.1	1	35
Mens Master 40-49	03:39.2	73	36
Senior Men	03:39.3	316	37
Mens Master 40-49	03:39.5	476	38
Senior Men	03:40.6	386	39
Senior Men	03:40.7	478	40
Senior Men	03:41.5	317	41
Mens Master 40-49	03:44.1	16	42
Senior Men	03:44.5	447	43
Senior Men	03:45.2	475	44
Mens Master 50-59	03:45.7	304	45
Senior Ladies	03:45.8	323	46
Senior Men	03:47.0	446	47
Senior Men	03:47.4	300	48
Senior Men	03:48.2	106	49
Mens Master 50-59	03:48.4	81	50
Senior Men	03:49.1	118	51
Senior Men	03:49.5	494	52
Mens Master 40-49	03:50.0	44	53
Mens Master 50-59	03:50.7	495	54
Senior Ladies	03:50.7	37	55
Mens Master 40-49	03:52.3	448	56
Ladies Master 35-44	03:54.4	339	57
Mens Master 40-49	03:54.9	456	58

Senior Ladies	03:55.2	462	59
Mens Master 40-49	03:55.4	337	60
Senior Ladies	03:55.8	321	61
Mens Master 60-69	03:55.9	3	62
Mens Master 50-59	03:56.2	497	63
Senior Men	03:56.4	481	64
Mens Master 50-59	03:57.7	62	65
Mens Master 50-59	03:57.9	54	66
Senior Ladies	03:58.0	405	67
Senior Ladies	03:58.7	324	68
Senior Men	03:59.0	412	69
Senior Men	03:59.1	122	70
Mens Master 50-59	03:59.2	11	71
Mens Master 40-49	04:00.0	492	72
Mens Master 40-49	04:00.7	117	73
Senior Ladies	04:00.8	36	74
Mens Master 40-49	04:00.9	410	75
Senior Men	04:03.0	352	76
Senior Men	04:03.3	470	77
Mens Master 40-49	04:03.9	101	78
Ladies Master 45-54	04:06.1	15	79
Senior Ladies	04:06.4	454	80
Senior Men	04:06.6	64	81
Ladies Master 45-54	04:06.8	329	82
Senior Ladies	04:06.9	38	83
Senior Men	04:07.0	7	84
Mens Master 40-49	04:07.2	130	85
Mens Master 60-69	04:07.4	63	86
Mens Master 40-49	04:09.0	466	87
Senior Ladies	04:09.4	430	88
Senior Men	04:10.0	445	89
Mens Master 40-49	04:10.8	92	90
Senior Men	04:11.2	87	91
Ladies Master 45-54	04:12.2	45	92
Mens Master 40-49	04:13.5	68	93
Mens Master 40-49	04:13.6	375	94
Mens Master 40-49	04:14.2	57	95
Senior Men	04:14.6	82	96
Mens Master 40-49	04:15.3	416	97
Mens Master 50-59	04:15.6	89	98
Mens Master 50-59	04:15.8	334	99
Senior Men	04:16.2	123	100
Senior Men	04:16.5	85	101
Mens Master 50-59	04:16.8	381	102
Ladies Master 35-44	04:17.0	499	103
Mens Master 50-59	04:17.1	483	104
Mens Master 40-49	04:17.3	384	105
Mens Master 50-59	04:17.6	109	106
Ladies Master 35-44	04:18.2	331	107
Senior Men	04:18.8	90	108
Mens Master 50-59	04:19.0	464	109
Senior Ladies	04:19.1	2	110
Senior Men	04:19.2	312	111
Mens Master 50-59	04:19.4	343	112
Mens Master 50-59	04:20.0	107	113
Ladies Master 35-44	04:20.4	332	114
Senior Ladies	04:20.6	322	115
Ladies Master 45-54	04:20.7	313	116
Mens Master 70-79	04:22.0	303	117
Mens Master 60-69	04:22.2	8	118
Senior Men	04:22.8	30	119
Mens Master 50-59	04:22.8	51	120
Mens Master 40-49	04:22.9	301	121

Senior Ladies	04:23.0	21	122
Senior Men	04:23.2	408	123
Senior Men	04:23.3	83	124
Mens Master 40-49	04:23.5	451	125
Senior Men	04:23.6	115	126
Ladies Master 45-54	04:23.6	432	127
Senior Men	04:23.7	346	128
Ladies Master 35-44	04:24.3	22	129
Mens Master 40-49	04:24.4	111	130
Senior Men	04:24.5	349	131
Senior Men	04:24.6	59	132
Mens Master 40-49	04:24.7	27	133
Mens Master 40-49	04:24.8	417	134
Senior Men	04:26.6	421	135
Mens Master 50-59	04:26.7	369	136
Mens Master 40-49	04:27.7	121	137
Ladies Master 35-44	04:27.7	490	138
Ladies Master 35-44	04:27.8	56	139
Ladies Master 35-44	04:28.6	53	140
Mens Master 50-59	04:28.7	128	141
Senior Men	04:29.0	66	142
Senior Ladies	04:29.1	340	143
Mens Master 40-49	04:29.2	96	144
Senior Men	04:30.1	112	145
Senior Men	04:30.2	24	146
Mens Master 50-59	04:30.3	452	147
Mens Master 50-59	04:31.0	65	148
Mens Master 40-49	04:31.5	338	149
Mens Master 40-49	04:31.7	350	150
Senior Ladies	04:32.9	58	151
Mens Master 60-69	04:33.4	104	152
Mens Master 40-49	04:34.0	396	153
Senior Men	04:34.5	443	154
Mens Master 40-49	04:34.6	423	155
Senior Ladies	04:35.0	359	156
Mens Master 50-59	04:36.0	108	157
Ladies Master 45-54	04:36.4	429	158
Mens Master 40-49	04:36.5	485	159
Ladies Master 35-44	04:36.6	19	160
Ladies Master 45-54	04:36.7	88	161
Senior Men	04:36.8	370	162
Senior Ladies	04:37.1	320	163
Mens Master 40-49	04:37.3	110	164
Mens Master 50-59	04:37.6	305	165
Mens Master 40-49	04:38.6	362	166
Mens Master 50-59	04:39.0	102	167
Mens Master 40-49	04:39.8	71	168
Senior Men	04:40.2	473	169
Senior Ladies	04:40.8	488	170
Ladies Master 35-44	04:41.2	361	171
Mens Master 40-49	04:41.4	500	172
Mens Master 40-49	04:41.5	61	173
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Mens Master 40-49	04:43.2	67	175
Senior Men	04:45.0	120	176
Senior Men	04:46.1	373	177
Ladies Master 45-54	04:46.7	125	178
Senior Men	04:47.7	455	179
Ladies Master 45-54	04:48.0	14	180
Mens Master 50-59	04:48.2	306	181
Ladies Master 35-44	04:48.3	6	182
Mens Master 40-49	04:49.0	78	183
Mens Master 60-69	04:49.7	461	184

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Mens Master 40-49	04:50.7	342	186
Ladies Master 45-54	04:51.0	46	187
Ladies Master 45-54	04:51.4	434	188
Mens Master 40-49	04:53.0	377	189
Senior Men	04:53.3	368	190
Mens Master 60-69	04:53.5	23	191
Senior Men	04:53.9	438	192
Senior Ladies	04:54.2	487	193
Ladies Master 45-54	04:56.7	380	194
Ladies Master 35-44	04:56.8	498	195
Senior Ladies	04:57.6	124	196
Mens Master 50-59	04:58.0	94	197
Mens Master 40-49	04:58.5	355	198
Ladies Master 35-44	04:58.6	9	199
Senior Men	04:59.1	435	200
Senior Ladies	04:59.3	444	201
Ladies Master 35-44	04:59.5	414	202
Mens Master 40-49	04:59.7	31	203
Ladies Master 35-44	05:00.3	77	204
Senior Men	05:01.4	469	205
Mens Master 50-59	05:01.5	114	206
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Senior Ladies	05:02.1	50	208
Mens Master 50-59	05:02.1	347	209
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Mens Master 40-49	05:05.0	28	211
Senior Men	05:05.1	453	212
Mens Master 40-49	05:05.7	99	213
Ladies Master 45-54	05:06.2	307	214
Mens Master 40-49	05:06.3	367	215
Mens Master 50-59	05:08.2	18	216
Mens Master 50-59	05:08.6	91	217
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Senior Men	05:10.4	72	220
Senior Men	05:12.2	341	221
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Mens Master 80+	05:15.0	333	223
Senior Ladies	05:15.7	129	224
Senior Ladies	05:16.8	93	225
Mens Master 40-49	05:17.0	84	226
Mens Master 70-79	05:19.5	353	227
Senior Ladies	05:19.8	491	228
Mens Master 40-49	05:20.5	60	229
Mens Master 40-49	05:20.7	472	230
Senior Ladies	05:20.8	12	231
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Senior Ladies	05:25.8	10	234
Ladies Master 35-44	05:26.5	20	235
Ladies Master 35-44	05:28.4	379	236
Mens Master 60-69	05:28.7	127	237
Senior Men	05:28.8	390	238
Ladies Master 35-44	05:29.8	397	239
Ladies Master 35-44	05:31.7	105	240
Mens Master 40-49	05:33.0	398	241
Ladies Master 35-44	05:33.6	75	242
Senior Men	05:34.8	80	243
Senior Men	05:35.6	95	244
Mens Master 60-69	05:37.4	378	245
Mens Master 70-79	05:37.7	401	246
Mens Master 40-49	05:38.2	366	247

Senior Men	05:41.0	437	248
Mens Master 40-49	05:42.6	39	249
Ladies Master 45-54	05:42.7	43	250
Mens Master 50-59	05:43.5	69	251
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Senior Men	05:45.8	489	253
Mens Master 60-69	05:46.2	131	254
Senior Ladies	05:49.9	441	255
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Senior Ladies	05:51.0	457	257
Senior Men	05:51.1	395	258
Ladies Master 45-54	05:51.5	13	259
Ladies Master 55-64	05:53.0	458	260
Senior Men	05:53.3	98	261
Senior Men	05:55.0	97	262
Senior Ladies	05:56.9	496	263
Ladies Master 55-64	05:57.8	424	264
Senior Men	05:58.4	418	265
Mens Master 50-59	05:59.2	86	266
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Mens Master 40-49	05:59.6	431	268
Ladies Master 45-54	06:00.4	468	269
Mens Master 40-49	06:03.5	336	270
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Senior Ladies	06:11.6	427	276
Mens Master 40-49	06:12.6	364	277
Senior Men	06:13.7	394	278
Mens Master 40-49	06:18.8	70	279
Senior Men	06:19.3	480	280
Senior Ladies	06:25.6	52	281
Mens Master 70-79	06:26.4	100	282
Ladies Master 35-44	06:32.2	345	283
Senior Ladies	06:34.8	372	284
Ladies Master 35-44	06:35.8	363	285
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Senior Ladies	06:44.7	403	287
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Ladies Master 45-54	06:54.0	389	289
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