

Bib No.	Name	Club	Category	Gender	Finish
130	Gareth Thomas	San Domenico	MO	M	34:30
102	Jason Scanlon	Pontypridd Roadents	MO	M	35:10
129	James Heaton	Parc Bryn Bach	MO	M	37:17
87	Anthony Powell	Porthcawl Runners	M40	M	37:33
59	Stephen Shields	SanDomenico	MO	M	37:57
85	Peter Crane	Neath Harriers	M40	M	38:15
117	Adrian Woods	Griffithstown Harriers	M50	M	38:43
90	Ashley Owen	Ebbw Vale	M40	M	39:11
24	Gareth Harvey		MO	M	39:15
84	David Crane	Neath Harriers	M50	M	39:45
111	Phil Bristow	San Domenico	M50	M	39:54
11	Philip Williams	Islwyn	MO	M	40:09
58	Terry Jones	Porthcawl Runners	MO	M	40:52
140	Andrew Morris		MO	M	41:53
121	William Edwards	Porthcawl Runners	MO	M	42:21
13	Robert Evans	Ebbw Vale	M40	M	42:59
131	Darren Stevens		MO	M	43:15
61	Emma McWilliams	Griffithstown Harriers	FO	F	43:36
126	Lawrence Pole	Pontypridd Roadents	MO	M	43:44
88	R Avioli		M40	M	43:47
78	Kelly Morgan	Pontypridd Roadents	FO	F	43:54
79	Bleddyn Jones		MO	M	43:56
127	Desmond Astley		M40	M	44:09
43	Ian Wiliams	Ebbw Vale	M50	M	44:34
116	David Robins		MO	M	44:44
93	Michael Williams	Ebbw Vale	M40	M	44:47
137	Adrian Taylor	Parc Bryn Bach	M50	M	44:55
3	Damian Caswell	Ebbw Vale	MO	M	44:57
56	Ray Greenhouse	Ebbw Vale	M40	M	45:20
107	Graham Mack		M50	M	45:44
67	Ed Taylor		MO	M	45:58
77	Seamus Gallagher	San Domenico	MO	M	46:07
69	Susan Tagg	Parc Bryn Bach	F35	F	46:33
119	Lea Mitchell		F45	F	46:58
112	Wendy Owen	San Domenico	F35	F	47:00
72	Clare Williams	Islwyn	F35	F	47:05
115	Malcolm Bradley		M60	M	47:10
99	Jacky Miles	Parc Bryn Bach	F55	F	47:29
81	Lee Davies	Dragons	M40	M	47:45
62	Lauri Cowdell	Parc Bryn Bach	FO	F	47:46
5	Dai Evans	Ebbw Vale	M50	M	47:47
14	Louise Evans	Ebbw Vale	F35	F	47:48
26	Phillip Mears	Pegasus	M40	M	47:57
30	Craig Andrews		MO	M	48:14
71	Marc Evans	San Domenico	MO	M	48:31
53	Blaine Jones		MO	M	48:34
6	Derek Mcintosh		M40	M	48:38
105	Richard Shaw		M40	M	48:39
89	Ceri Cassidy	Parc Bryn Bach	FO	F	49:02

103	Matthew Cunnell		M40	M	49:09
52	Jo Skilton	SanDomenico	F45	M	49:26
108	Alun Wood		MO	M	49:45
106	Paul Ellery		MO	M	49:53
101	Bernie Monk	Parc Bryn Bach	M60	M	50:05
25	Marc Atherton		MO	M	50:11
118	Michael Pritchard		M50	M	50:11
124	Antony Phillips	Porthcawl Runners	M40	M	50:19
29	Claire Drayton		FO	F	50:25
138	Robert Taylor		MO	M	50:31
123	Adrian Colley		M50	M	50:39
128	Anthony Cullinane		MO	M	50:41
35	Celwyn Spencer		M50	M	50:55
125	Elsbeth Jarman		F45	F	51:05
44	Mark Cadwallader		M40	M	51:05
70	Kevin Henley		M40	M	51:12
32	Jenna Williams		FO	F	51:23
94	Andrew Jones		M40	M	51:23
46	Rhys Morgan		MO	M	51:47
65	Peter Townsend		MO	M	51:48
66	Kathryn Holley	Ebbw Vale	FO	F	51:52
34	David Cross	Ebbw Vale	M50	M	51:54
82	Alan Jenkins		MO	M	52:09
7	Jonathan Jones		MO	M	52:52
98	Andy Sutton	San Domenico	MO	M	53:18
122	Helen Colley		F35	F	53:39
110	Josephine Ross		F45	F	53:49
141	Peter Jones		MO	M	54:01
134	Phil Heaton		M40	M	54:10
109	Stephen Locke		M40	M	54:46
96	Mark Harper		MO	M	55:21
136	Chris Williams		MO	M	55:50
54	Philip Price	Parc Bryn Bach	M40	M	55:51
64	Lizz Morris	Ebbw Vale	F45	F	56:37
139	Stewart Thomson	Griffithstown Harriers	M40	M	57:10
1	Ceri Jones		FO	F	57:45
8	Rachel Lewis		FO	F	57:51
83	Tony Dalley	Dragons	M40	M	58:07
42	Claire Bowen		FO	F	58:39
41	Tracy Morgan		FO	F	58:41
4	Alison Atkins	Womens Runing Network	F45	F	58:50
76	Catherine Llewellyn		F45	F	58:51
57	Louise Piper-Jones		FO	F	59:08
114	Jackie Aggett		F35	F	59:09
104	Jeremy Bassett		M40	M	59:10
113	Melanie Jenkins		F35	F	59:10
95	Katrina Harper		F45	F	59:17
21	Rachel O'Sullivan		FO	F	59:44
45	Nicola Peacock		FO	F	1:00:01
55	Jamie Lewis		MO	M	1:00:23

31	David Morgan		M60	M	1:00:24
92	Vanessa Roberts		F35	F	1:00:24
23	Hannah Johnson		FO	F	1:00:33
22	Rebecca Powell		FO	F	1:00:33
17	Terry Vaughan	Ebbw Vale	MO	M	1:00:37
132	Sandra Stevens		F55	F	1:00:52
40	Debra Walford-Jones		F35	F	1:00:56
39	Julie Wyburn		F35	F	1:00:56
20	Suzi Mckenzie		FO	F	1:02:41
68	Graham Singer		M50	M	1:03:02
91	Steven Powell		MO	M	1:03:04
63	Jonathan Lewis		MO	M	1:03:08
28	Stehen Drayton		MO	M	1:03:52
97	Leslie Pugh		M60	M	1:03:59
12	Clive Evans		MSV	M	1:04:46
2	Elizabeth Williams		F35	F	1:05:07
133	Paul Fox		M50	M	1:06:25
33	Nina Jarvis		FO	F	1:06:42
16	Paul Morgan		MO	M	1:07:48
73	Michael Nicholas		M50	M	1:08:08
74	David Pugh		M50	M	1:08:08
48	Zoe Davis		F35	F	1:10:01
50	Gary Welsh		MO	M	1:11:00
142	Kerry Livesy		M60	M	1:13:01
60	Sandra Hammerton		F35	F	1:13:37
47	Rachel Tutton		F35	F	1:13:37
36	Joanne Jones		F35	F	1:15:54
135	Michelle O'Dowd		FO	F	1:20:48
100	Sonia Powell		F45	F	1:21:23
75	Allen Watts	Sarn Helen	MSV	M	1:35:35
86	Angela Jones		FO	F	DNF
9	Bria Dickinson	Durham Uni	FO	F	DNS
10	Ceri Williams		FO	F	DNS
19	Christopher Woodbridge		M40	M	DNS
18	ClaireWoodbridge		FO	F	DNS
27	David Boucher		M50	M	DNS
15	David Kempton		M50	M	DNS
49	Edwin Evans	Welsh Masters AA	M60	M	DNS
37	Marianne Jenkins		F35	F	DNF
120	Rhian Jinny-Jones		FO	F	DNS
51	Robert Tyde		MO	M	DNS
80	Sarah Draper		F35	F	DNS
38	Tony Wertheim	Ebbw Vale	M40	M	DNS

Overall Pos	Cat Pos	Gender Pos.
1	1	1
2	2	2
3	3	3
4	1	4
5	4	5
6	1	6
7	1	7
8	2	8
9	5	9
10	2	10
11	3	11
12	6	12
13	7	13
14	8	14
15	9	15
16	3	16
17	10	17
18	1	1
19	11	18
20	4	19
21	2	2
22	12	20
23	5	21
24	4	22
25	13	23
26	6	24
27	5	25
28	14	26
29	7	27
30	6	28
31	15	29
32	16	30
33	1	3
34	1	4
35	2	5
36	3	6
37	1	31
38	1	7
39	8	32
40	3	8
41	7	33
42	4	9
43	9	34
44	17	35
45	18	36
46	19	37
47	2	38
48	10	39
49	4	10

50	11	40
51	2	41
52	20	42
53	21	43
54	2	44
55	22	45
56	8	46
57	12	47
58	5	11
59	23	48
60	9	49
61	24	50
62	10	51
63	3	12
64	13	52
65	14	53
66	6	13
67	15	54
68	25	55
69	26	56
70	7	14
71	11	57
72	27	58
73	28	59
74	29	60
75	5	15
76	4	16
77	30	61
78	16	62
79	17	63
80	31	64
81	32	65
82	18	66
83	5	17
84	19	67
85	8	18
86	9	19
87	20	68
88	10	20
89	11	21
90	6	22
91	7	23
92	12	24
93	6	25
94	21	69
95	7	26
96	8	27
97	13	28
98	14	29
99	33	70

