

Llisswerry Runners -
Llisswerry Runners
2011 Results

Race Results - 31/01/11 10:58

Provisional Results
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Corrections

1 - Brian Gough was missed as he crossed the line and so his number was not recorded but actually finished in 140th place making him MV70 winner replacing Patrick Slavin. Appologies to both for that.

Top 3 Awards

Award	Time	Name	Club
1st Male	40:30	Simon Jones	Belgrave Harriers
2nd Male	41:29	Phillip Matthews	Swansea Harriers
3rd Male	43:41	Edward Donovan	Les Croupiers
1st Female	50:39	Charlotte wells	Brackla Harriers
2nd Female	52:28	Lou Summers	Chepstow Harriers
3rd Female	52:43	Angela Jones	Islwyn R C

Category Awards

Award	Pos	Name	Time	Cat	Pos	Club
MS00-1 MS00-1	1	Simon Jones	40:30	MS	1	Belgrave Harriers
MV40-1 MV40-1	11	Stefan Simms	45:33	MV40	1	Griffithstown Harriers
MV45-1 MV45-1	7	Peter Coles	43:59	MV45	1	Pontypridd Roadents
MV50-1 MV50-1	30	John Foster	48:19	MV50	1	Llisswerry Runners
MV55-1 MV55-1	69	David Rees	52:16	MV55	1	Hay Hotfooters
MV60-1 MV60-1	57	Ronald Morris	50:51	MV60	1	San Domenico
MV65-1 MV65-1	208	Tony Birt	60:50	MV65	1	Brackla Harriers
MV70-1 MV70-1	140	Brian Gough	57:04	MV70	1	Pontypridd Roadents
MV75-1	is missing					
WS00-1 WS00-1	50	Charlotte wells	50:39	WS	1	Brackla Harriers
WV35-1 WV35-1	83	Helen Duffield	53:08	WV35	1	Chepstow Harriers

Llswerry Runners -

wv40-1	72 Lou Summers	52:28	wv40	1	Chepstow Harriers
wv40-1					
wv45-1	160 Lisa Cleary	58:03	wv45	1	Penarth & Dinas Runners
wv45-1					
wv50-1	201 Libby Evans	60:14	wv50	1	Brackla Harriers
wv50-1					
wv55-1	216 Joyce Dodd	61:14	wv55	1	Chepstow Harriers
wv55-1					
wv60-1	217 Brenda Avery	61:15	wv60	1	Chepstow Harriers
wv60-1					
wv65-1	427 Val Collier	87:03	wv65	1	Bitton R R
wv65-1					

wv70-1 is missing

Complete List

Pos	Name	Time	Cat	Pos	Club
1	Simon Jones	40:30	MS	1	Belgrave Harriers
2	Phillip Matthews	41:29	MS	2	Swansea Harriers
3	Edward Donovan	43:41	MS	3	Les Croupiers
4	Chris Carpanini	43:45	MS	4	Newport Harriers
5	Jason Scanlon	43:54	MS	5	Pontypridd Roadents
6	Robert Farley	43:55	MS	6	Bitton R R
7	Peter Coles	43:59	MV45	1	Pontypridd Roadents
8	David Rees	44:29	MS	7	Swansea Harriers
9	Gareth Thomas	45:00	MS	8	Unattached, (non club)
10	Steve Davies	45:02	MS	9	Swansea Harriers
11	Stefan Simms	45:33	MV40	1	Griffithstown Harriers
12	Matthew Wells	45:42	MS	10	Brackla Harriers
13	Daniel Bodman	45:59	MS	11	Pontypridd Roadents
14	Daryll Barnby	46:10	MS	12	Fairwater Runners
15	Peter Morton	46:31	MS	13	Unattached, (non club)
16	Mark Palser	46:38	MS	14	Les Croupiers
17	Robin Smout	46:51	MS	15	Llswerry Runners
18	Eddy Ball	46:53	MV45	2	Rhondda Valley Runners
19	Stephen Thomas	46:54	MV40	2	Islwyn R C
20	Sean Taylor	47:20	MS	16	Griffithstown Harriers
21	Laurence Humphreys	47:24	MS	17	Fairwater Runners
22	Paul Speyer	47:26	MS	18	Brackla Harriers
23	Haydn Hartnell	47:40	MV45	3	Islwyn R C
24	Leighton Rawlinson	47:44	MS	19	Caerleon Running Club
25	Paul Murrin	47:49	MS	20	Chepstow Harriers
26	Geoff Brimble	47:50	MV45	4	Newport Harriers
27	Steve Hooper	47:51	MV40	3	Pontypridd Roadents
28	Chris Jones	47:52	MV40	4	Fairwater Runners
29	James King	48:16	MS	21	Caerleon Running Club
30	John Foster	48:19	MV50	1	Llswerry Runners
31	Steve Davies	48:24	MV50	2	Griffithstown Harriers
32	Steven Harries	48:34	MS	22	Chepstow Harriers
33	Rob Whitham	48:36	MS	23	Cardiff University
34	Gareth Green	48:46	MS	24	San Domenico
35	Mickey Havard	48:53	MV40	5	San Domenico
36	Iuan Williams	49:04	MS	25	Gwent Police
37	Andrew Hodgson	49:34	MS	26	Brackla Harriers
38	Mark Harvey	49:42	MS	27	Chepstow Harriers
39	Danny Clifford	49:45	MS	28	Unattached, (non club)
40	Glyn Sansom	49:48	MV45	5	San Domenico
41	David Setchfield	49:48	MS	29	Unattached, (non club)
42	Joseph Butcher	49:53	MS	30	Llswerry Runners
43	Sean Birch	50:07	MV40	6	Islwyn R C
44	Andrew Dawe	50:11	MV40	7	Llswerry Runners
45	Rich Brady	50:14	MS	31	Unattached, (non club)
46	Brian Lovett	50:20	MV40	8	San Domenico

Llswerry Runners -			
47	Simon Lewis	50:28 MV40	9 Parc Bryn Bach
48	Mark Carpannini	50:29 MV45	6 Unattached, (non club)
49	Gareth Hall	50:35 MS	32 Llswerry Runners
50	Charlotte Wells	50:39 WS	1 Brackla Harriers
51	Rich Knight	50:40 MS	33 Chepstow Harriers
52	David Crane	50:43 MV50	3 Neath Harriers
53	John Morgan	50:44 MV45	7 Brackla Harriers
54	Phil Briston	50:46 MV50	4 San Domenico
55	David Medhurst	50:49 MS	34 Cardiff University
56	Paul Price	50:49 MV45	8 Unattached, (non club)
57	Ronald Morris	50:51 MV60	1 San Domenico
58	Gerard Gormley	51:14 MV40	10 Griffithstown Harriers
59	Tyrone Fowler	51:18 MS	35 Newport Harriers
60	Andy Thatcher	51:29 MV40	11 Bitton R R
61	Allan Meek	51:40 MV40	12 Spirit of Monmouth RC
62	David Lowthian	51:41 MV40	13 Severn A C
63	Gary Brown	51:48 MS	36 Penarth & Dinas Runners
64	Andrew Gardiner	51:51 MS	37 South Wales Police AC
65	Hugh Hughes	52:01 MV40	14 Unattached, (non club)
66	Anthony Johnston	52:01 MS	38 Unattached, (non club)
67	Howard Mason	52:02 MV45	9 Caerleon Running Club
68	Pete Clark	52:13 MV40	15 Bitton R R
69	David Rees	52:16 MV55	1 Hay Hotfooters
70	Stefan Trommler	52:19 MS	39 Cardiff University
71	David Smoult	52:26 MV60	2 Parc Bryn Bach
72	Lou Summers	52:28 WV40	1 Chepstow Harriers
73	Phil Miles	52:37 MV55	2 Parc Bryn Bach
74	Kevin Spares	52:39 MV55	3 South West Veterans A.C.
75	Russell Dobbs	52:42 MS	40 Islwyn R C
76	Angela Jones	52:43 WV40	2 Islwyn R C
77	Steve Harrhy	52:52 MV45	10 Llswerry Runners
78	Alan Walton	52:54 MV40	16 San Domenico
79	Sandy Johnston	52:58 MV60	3 Les Croupiers
80	Peter Carwardine	52:59 MV50	5 Hereford Couriers
81	Gerard Caispe	53:03 MV45	11 Les Croupiers
82	Thomas Hesselberg	53:07 MS	41 Cardiff University
83	Helen Duffield	53:08 WV35	1 Chepstow Harriers
84	Neil Grant	53:08 MV55	4 Chepstow Harriers
85	Kev Joyce	53:09 MV45	12 Pembroke Harriers
86	David Somersall	53:09 MV40	17 Chepstow Harriers
87	Nigel Lawrence	53:17 MV40	18 Parc Bryn Bach
88	Ruth Barrett	53:19 WS	2 San Domenico
89	Katie Beecher	53:24 WS	3 Les Croupiers
90	Alun Evans	53:25 MV45	13 Unattached, (non club)
91	Theodore d Campigneu	53:32 MS	42 Cardiff University
92	Martin Carter	53:41 MV45	14 Hay Hotfooters
93	Roger Mills	53:58 MS	43 Fairwater Runners
94	Jim Dobbs	54:04 MV55	5 Islwyn R C
95	David Proffitt	54:05 MV55	6 Newport Harriers
96	Jim Stewart	54:07 MS	44 Unattached, (non club)
97	Phil Meyler	54:08 MV55	7 Pontypridd Roadents
98	Simon Philpin	54:12 MS	45 Brackla Harriers
99	Robert Evans	54:15 MV45	15 Ebbw Vale Running Club
100	Simon Marks	54:16 MS	46 Parc Bryn Bach
101	Nicola Quinn	54:20 WV40	3 Emlyn Runners
102	Neil Williams	54:22 MV45	16 Unattached, (non club)
103	Peter Thomas	54:26 MV50	6 Caerleon Running Club
104	Eric Davey	54:28 MV60	4 Llanelli
105	Steven Selby	54:36 MV45	17 Quantock Harriers
106	Chris Nellins	54:49 MV55	8 Penarth & Dinas Runners
107	Andrew Herbert	55:02 MV40	19 Coros Multisport
108	Simon Marshall	55:06 MV40	20 Unattached, (non club)
109	Mark Everson	55:14 MS	47 Unattached, (non club)
110	Derek Rainbird	55:23 MV55	9 Parc Bryn Bach
111	Julie Davies	55:24 WV35	2 Griffithstown Harriers
112	James Dellanny	55:30 MV55	10 San Domenico
113	Andy Green	55:42 MV40	21 Chepstow Harriers
114	Damien Waite	55:44 MS	48 Gwent Police
115	Ben Morse	55:50 MS	49 Caerleon Running Club

Llisbury Runners -		
116	Anthony Davies	55:51 MS 50 Brackla Harriers
117	Allan Jones	55:52 MV55 11 Brackla Harriers
118	Neil Pascoe	55:54 MV50 7 Hereford Tri Club
119	David Moore	55:57 MS 51 Unattached, (non club)
120	Kevin Corcoran	56:02 MV45 18 Swansea Harriers
121	Lawrence Pole	56:11 MS 52 Pontypridd Roadents
122	Rob Hook	56:14 MV45 19 Chepstow Harriers
123	Richard Day	56:17 MV45 20 Pontypridd Roadents
124	Richard Thomas	56:18 MS 53 Fairwater Runners
125	Ray Greenhouse	56:22 MV45 21 Ebbw Vale Running Club
126	Greg Tilston	56:23 MS 54 Unattached, (non club)
127	Andrew Miles	56:26 MV50 8 Unattached, (non club)
128	Ian Henry	56:31 MS 55 Unattached, (non club)
129	Jan Morris	56:32 WV40 4 Chepstow Harriers
130	Paul Chick	56:35 MV40 22 Newport & East Wales Tri
131	Suzanne Turvey	56:46 WS 4 Cardiff University
132	Dean Birt	56:47 MS 56 Pontypridd Roadents
133	Graham vyer	56:48 MV40 23 Celtic Tri
134	Amy Edwards	56:49 WS 5 Rhondda Valley Runners
135	Kirk Ford	56:53 MS 57 Caerleon Running Club
136	Nathan Mahlney	56:54 MS 58 Unattached, (non club)
137	Maria Richards	56:55 WV35 3 Islwyn R C
138	Chris Herdman	56:56 MS 59 Penarth & Dinas Runners
139	Gary Burgess	56:57 MV45 22 Unattached, (non club)
140	Brian Gough	57:04 MV70 1 Pontypridd Roadents
141	Jade Gittins	57:06 WS 6 Caerleon Running Club
142	Guy Mawson	57:08 MV40 24 Fetch Everyone RC
143	Matthew Mulcahy	57:08 MS 60 Unattached, (non club)
144	Ceri Cassidy	57:09 WS 7 Parc Bryn Bach
145	Ian Williams	57:17 MV50 9 Ebbw Vale Running Club
146	Paul Harmes	57:24 MV40 25 Unattached, (non club)
147	Bryan Meredith	57:30 MV45 23 Rhondda Valley Runners
148	John Scanlaw	57:35 MV50 10 Thornbury R C
149	Clive Denton	57:37 MV40 26 Rhondda Valley Runners
150	Keith Verheyden	57:38 MV50 11 Unattached, (non club)
151	Kevin Russell	57:40 MV50 12 San Domenico
152	Darren Way	57:42 MV40 27 Unattached, (non club)
153	Vanessa Lawson	57:44 WV35 4 Chepstow Harriers
154	Gavin Brace	57:44 MS 61 Unattached, (non club)
155	Matt Vanstone	57:44 MS 62 Cardiff University
156	Rhian Jinny-Jones	57:47 WS 8 Griffithstown Harriers
157	Lee Bodenham	57:47 MS 63 Porthcawl Runners Life
158	Richard Hammond	57:54 MV45 24 Rhondda Valley Runners
159	Antony Furlong	57:54 MS 64 Penarth & Dinas Runners
160	Lisa Cleary	58:03 WV45 1 Penarth & Dinas Runners
161	Michael Stewart	58:09 MV40 28 Fairwater Runners
162	Peter Short	58:09 MV55 12 Forest of Dean
163	Tony wertheim	58:15 MV45 25 Ebbw Vale Running Club
164	Damian Caswell	58:15 MS 65 Ebbw Vale Running Club
165	Seamus Gallagher	58:19 MS 66 Unattached, (non club)
166	Cornelius Corcoran	58:19 MV40 29 Pontypridd Roadents
167	Hywel Daniels	58:20 MV55 13 Islwyn R C
168	Charlotte Jones	58:23 WV40 5 Brackla Harriers
169	Adrian Gwilliam	58:26 MV40 30 Fairwater Runners
170	Mike Smith	58:31 MV50 13 Chepstow Harriers
171	Michael Thomas	58:33 MV45 26 Unattached, (non club)
172	Paul Arnold	58:42 MV40 31 Celtic Tri
173	Tim Washbrook	58:42 MS 67 Unattached, (non club)
174	Andy Marriner	58:44 MV40 32 Gwent Police
175	Alex Ulyet	58:46 MS 68 Cardiff University
176	Patrick Slavin	58:47 MV70 2 Bitton R R
177	Richard Bowie	58:55 MV45 27 Fairwater Runners
178	Helen Hicks	59:01 WV35 5 Unattached, (non club)
179	Andrew Calway	59:02 MV45 28 Chepstow Harriers
180	Barrie Parham	59:03 MV60 5 Griffithstown Harriers
181	Emma Williams	59:04 WS 9 Unattached, (non club)
182	Peter Heath	59:09 MS 69 Unattached, (non club)
183	Tim Knight	59:14 MS 70 Unattached, (non club)
184	Glyn Wise	59:17 MS 71 Cardiff University

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185	Thomas Russell	59:20 MS 72 Ebbw Vale Running Club
186	Andrew Parres	59:23 MS 73 TEAM 6
187	Karl Sepahpour	59:26 MS 74 Unattached, (non club)
188	Jayne Arnold	59:30 WV35 6 Celtic Tri
189	Lucy Allen	59:32 WV45 7 Spirit of Monmouth RC

185	Thomas Russell	59:20	MS	72	Ebbw Vale Running Club
186	Andrew Parres	59:23	MS	73	TEAM 6
187	Karl Sepahpour	59:26	MS	74	Unattached, (non club)
188	Jayne Arnold	59:30	WV35	6	Celtic Tri
189	Lucy Allen	59:32	WV45	2	Spirit of Monmouth RC
190	Andrea Hurman	59:33	WV40	6	Penarth & Dinas Runners
191	Malcolm Bradley	53:35	MV60	6	Penarth & Dinas Runners
192	Paul Anstice	59:38	MV50	14	Fairwater Runners
193	Emma Rees	59:39	WS	10	Unattached, (non club)
194	Chris Leonard	59:40	MV50	15	Bitton R R
195	Brian Robb	59:46	MS	75	Bitton R R
196	Richard Howe	59:50	MV40	33	Unattached, (non club)
197	Marc Teoman	59:54	MS	76	Unattached, (non club)
198	Luke Sullivan	59:56	MS	77	Unattached, (non club)
199	Liam Davies	59:59	MV50	16	Fetch Everyone RC
200	Mark Harvey	60:02	MV45	29	Chepstow Harriers
201	Libby Evans	60:14	WV50	1	Brackla Harriers
202	Andrea Starritt	60:20	WV40	7	Brackla Harriers
203	Alan Wilcox	60:24	MV40	34	Hogweed Trotters
204	Gareth Hart	60:27	MV40	35	Caerleon Running Club
205	Wendy Owen	60:28	WV35	7	San Domenico
206	Daniel Cloke	60:42	MS	78	Brackla Harriers
207	Adrian Mathias	60:45	MV45	30	Unattached, (non club)
208	Tony Birt	60:50	MV65	1	Brackla Harriers
209	Debbie Evans	60:51	WV40	8	Penarth & Dinas Runners
210	Michael Pritchard	60:55	MV50	17	Unattached, (non club)
211	Steve Hill	60:58	MV45	31	Penarth & Dinas Runners
212	Robert Ford	61:00	MV55	14	Pontypridd Roadents
213	Philip Hughes	61:03	MS	79	San Domenico
214	Helen Mann	61:07	WS	11	Unattached, (non club)
215	Paul Furlong	61:10	MV60	7	Unattached, (non club)
216	Joyce Dodd	61:14	WV55	1	Chepstow Harriers
217	Brenda Avery	61:15	WV60	1	Chepstow Harriers
218	Peta Daniels	61:25	WV40	9	Llswerry Runners
219	Clive James	61:35	MV60	8	Midland Masters
220	John Sibcy	61:47	MS	80	Unattached, (non club)
221	Brian Griffiths	61:47	MV65	2	3M Gorseinon
222	Rob Summers	61:54	MV45	32	Chepstow Harriers
223	Graeme Downes	61:57	MV50	18	Newport & East Wales Tri
224	Stephanie Davies	62:04	WS	12	Pontypridd Roadents
225	Mark Sullivan	62:09	MS	81	Unattached, (non club)
226	Stephenie Bishop	62:11	WS	13	Bitton R R
227	Malcolm Cox	62:14	MV60	9	Griffithstown Harriers
228	Paul Bigmore	62:15	MV55	15	Brackla Harriers
229	Steve New	62:17	MV45	33	100 Marathon Club
230	Andrew Taylor	62:27	MV50	19	Caerleon Running Club
231	Kim Pope	62:30	WV50	2	Bitton R R
232	Jo Price	62:31	WV35	8	Forest of Dean
233	Stuart Harris	62:46	MS	82	Unattached, (non club)
234	Joseph Ivins	62:49	MS	83	Unattached, (non club)
235	Anette Davies	62:56	WV50	3	Fetch Everyone RC
236	Bob Watson	62:58	MV40	36	Fetch Everyone RC
237	Emma King	63:02	WS	14	Spirit of Monmouth RC
238	Simon Dews	63:07	MS	84	Unattached, (non club)
239	Rebecca Comins	63:09	WV40	10	Chepstow Harriers
240	Dwayne McDaid	63:11	MS	85	Unattached, (non club)
241	Julie Roche	63:13	WV40	11	Fairwater Runners
242	Claire House	63:17	WV35	9	San Domenico
243	Sharon Casey	63:18	WV40	12	Unattached, (non club)
244	Paul Pearson	63:32	MV45	34	Sinfin Running Club
245	James Sullivan	63:33	MS	86	Unattached, (non club)
246	John Ivins	63:38	MV45	35	Unattached, (non club)
247	Glyn Hicks	63:40	MV60	10	Islwyn R C
248	Chris Lewis	63:42	MV45	36	Unattached, (non club)
249	Andrew Dickens	63:56	MV40	37	Unattached, (non club)
250	Judith Austerberry	63:59	WV35	10	Chepstow Harriers
251	Derek Gough	64:04	MV45	37	Unattached, (non club)
252	Allan McCall	64:05	MV40	38	Chepstow Harriers
253	Chris Hawkins	64:08	MV55	16	Forest of Dean

Llisbury Runners -			
254	Dick Finch	64:10 MV65	3 Chepstow Harriers
255	Jacqui Wynds	64:12 WV55	2 Forest of Dean
256	Jackie Green	64:17 WV50	4 Forest of Dean
257	Nick Davies	64:19 MV40	39 Chepstow Harriers
258	Karen Gregory	64:21 WS	15 Cardiff University
259	Ivor Cardwell	64:21 MV45	38 Unattached, (non club)
260	Marc Jones	64:21 MV45	39 Unattached, (non club)
261	Peter Roberts	64:35 MV50	20 Griffithstown Harriers
262	Laura Jones	64:38 WV50	5 Unattached, (non club)
263	Dougal Wilson-Croome	64:38 MV55	17 Chepstow Harriers
264	Dennis A Collins	64:44 MV45	40 Rhondda Valley Runners
265	Stephen Job	64:49 MV40	40 Unattached, (non club)
266	Dave Andrews	64:59 MV60	11 Chepstow Harriers
267	Chris Moore	65:00 MV55	18 Forest of Dean
268	Rebecca Reynolds	65:15 WS	16 Fairwater Runners
269	David Webster	65:15 MV45	41 Unattached, (non club)
270	Andy Sutton	65:18 MS	87 San Domenico
271	Vicki Hopkins	65:20 WV50	6 Brackla Harriers
272	Jason Waite	65:25 MV45	42 Unattached, (non club)
273	Leah Jones	65:33 WV40	13 Quantock Harriers
274	Elspeth Jarman	65:36 WV45	3 Unattached, (non club)
275	Justine Lee	65:48 WV40	14 Spirit of Monmouth RC
276	Carl Seaman	65:50 MV40	41 Rhondda Valley Runners
277	Steven Kilbourne	65:55 MV45	43 Unattached, (non club)
278	Darren Little	65:59 MV40	42 Unattached, (non club)
279	Damien Johnson	66:04 MS	88 Llanelli
280	Liz Richards	66:04 WV45	4 Caerleon Running Club
281	Alison Sherwin	66:04 WV45	5 Bitton R R
282	Ian Price	66:08 MV40	43 Caerleon Running Club
283	Ray Ellingham	66:10 MV50	21 San Domenico
284	Paul Gillard	66:11 MV50	22 Unattached, (non club)
285	Delyth Murry-Lines	66:12 WS	17 Unattached, (non club)
286	Tracy Edwards	66:15 WV40	15 Rhondda Valley Runners
287	Stella Symons	66:25 WV45	6 Fairwater Runners
288	Simon Carter	66:27 MS	89 Brackla Harriers
289	Genevieve Thueux	66:29 WS	18 Griffithstown Harriers
290	Roberta Havers	66:30 WS	19 Chepstow Harriers
291	Peter Tanner	66:32 MV45	44 Great Western Runners
292	David Cross	66:32 MV55	19 Ebbw Vale Running Club
293	Rhys Parfitt	66:39 MS	90 Unattached, (non club)
294	John Martin	66:49 MV50	23 Unattached, (non club)
295	Jennifer Rawlinson	66:50 WS	20 Caerleon Running Club
296	Geoff Whalley	66:53 MV50	24 Unattached, (non club)
297	Aimee Hopkins	67:01 WS	21 Llisbury Runners
298	Richard Lewis	67:03 MS	91 Unattached, (non club)
299	Amanda Barrington	67:04 WV45	7 Penarth & Dinas Runners
300	Vivian Evans	67:04 MV40	44 Unattached, (non club)
301	Ian Stratton	67:04 MV40	45 Brackla Harriers
302	Alison Sheedy	67:09 WV45	8 Llisbury Runners
303	Patricia Jones	67:13 WV55	3 Brackla Harriers
304	Martin Wood	67:14 MV45	45 Hogweed Trotters
305	Lee Sutherland	67:14 MS	92 Pontypridd Roadents
306	Sarah Cox	67:18 WS	22 Unattached, (non club)
307	Jonathan Bussy	67:20 MS	93 Unattached, (non club)
308	Chris Carrel	67:28 MV45	46 Unattached, (non club)
309	Amy Rackham	67:32 WS	23 Newport Harriers
310	Clare Williams	67:34 WV35	11 Islwyn R C
311	Karen Payne	67:37 WV35	12 Caerleon Running Club
312	Daniela Woodbrodge	67:49 WV40	16 Griffithstown Harriers
313	John Watt	67:55 MV45	47 Thornbury R C
314	Sarah Jenkins	68:06 WS	24 Tredegar Triathlon Club
315	Tudor Davies	68:06 MV45	48 Unattached, (non club)
316	John Gardner	68:15 MV50	25 Unattached, (non club)
317	Alan Clarke	68:20 MV60	12 Unattached, (non club)
318	Tony Grandon	68:20 MV60	13 Unattached, (non club)
319	Joanne Powell	68:20 WV35	13 Unattached, (non club)
320	Andy George	68:23 MV45	49 Chepstow Harriers
321	Stephen Morgan	68:26 MS	94 Unattached, (non club)
322	Andrew Stone	68:29 MS	95 Unattached, (non club)

Llswerry Runners -			
323	Gary Illman	68:31 MS	96 Unattached, (non club)
324	Andy Rees	68:44 MV50	26 Unattached, (non club)
325	Ian Thomas	68:51 MS	97 Unattached, (non club)
326	Elizabeth Stokes	68:54 WV35	14 Griffithstown Harriers
327	Jacqueline Jones	69:01 WV40	17 Islwyn R C
328	Malcolm Carr	69:03 MV55	20 Thornbury R C
329	Jane Phillips	69:11 WV50	7 Bitton R R
330	Rhodri Evans	69:36 MV45	50 Penarth & Dinas Runners
331	Neil Coe	69:38 MS	98 Unattached, (non club)
332	Bernadette Wilkinson	69:40 WV45	9 San Domenico
333	Catherine Hall	69:45 WS	25 Bitton R R
334	Tim Carr	69:58 MV40	46 Unattached, (non club)
335	Bernadette Jones	70:03 WV40	18 Womens Running Network
336	Michael Brooks	70:06 MV50	27 Black Pear Joggers
337	Steve Millard	70:14 MV50	28 Unattached, (non club)
338	Geoffrey Bayliss	70:18 MV60	14 Chepstow Harriers
339	Billy McWilliams	70:24 MV40	47 Unattached, (non club)
340	Gary Evans	70:26 MV60	15 Unattached, (non club)
341	Karen Carr	70:30 WV50	8 Thornbury R C
342	Stephen Chadwick	70:36 MS	99 Unattached, (non club)
343	Andrew Williams	70:40 MV40	48 Unattached, (non club)
344	Julie Lewis	70:45 WV40	19 Islwyn R C
345	Karen Randell	70:51 WV35	15 Chepstow Harriers
346	Simon Leysdon	70:56 MV45	51 Unattached, (non club)
347	David James	71:02 MV40	49 Unattached, (non club)
348	Bill Bewg	71:04 MV70	3 Chepstow Harriers
349	Gareth Withers	71:07 MV50	29 Cardiff H/Quinns
350	James Evans	71:10 MS	100 Unattached, (non club)
351	Richard Brown	71:14 MV60	16 Sheen Shufflers
352	Rose Thomas	71:19 WV55	4 Rhayader Runners Club
353	Sian Jones	71:22 WS	26 Caerleon Running Club
354	Cecilia Thomas	71:26 WV55	5 Unattached, (non club)
355	Paula Kennedy	71:26 WV40	20 Unattached, (non club)
356	Andy Bray	71:33 MV50	30 Chepstow Harriers
357	Gareth Holyfield	71:34 MV45	52 Abergavenny Striders
358	Ian Warner	71:37 MV50	31 Unattached, (non club)
359	Dave Kempton	71:44 MV50	32 Unattached, (non club)
360	Gary Phillips	71:49 MV55	21 Bitton R R
361	Syd Wheeler	71:53 MV70	4 Chepstow Harriers
362	Jane Bayliss	71:55 WV55	6 Chepstow Harriers
363	Jane Rymer	71:58 WV45	10 Chepstow Harriers
364	Neil Rutter	72:06 MV50	33 Unattached, (non club)
365	Joshua Rogers-Evans	72:08 MS	101 Unattached, (non club)
366	Jacqueline Webb	72:14 WV45	11 Chepstow Harriers
367	David Phillips	72:39 MV65	4 Pembroke Harriers
368	Roxanne Wilham	72:59 WS	27 Unattached, (non club)
369	Matt Iles	73:01 MS	102 Bitton R R
370	Anne Masters	73:13 WV60	2 Chepstow Harriers
371	Brian Cox	73:32 MV65	5 Unattached, (non club)
372	Stephanie Evans	73:33 WV35	16 Bitton R R
373	Sharon Blore	73:34 WV50	9 Chepstow Harriers
374	Nigel Ferrand	73:58 MV55	22 Unattached, (non club)
375	Jim McCulloch	74:04 MV50	34 Penarth & Dinas Runners
376	Carys Davies	74:32 WV40	21 Unattached, (non club)
377	Nigel L Jones	74:32 MV55	23 Llanelli
378	Steve Madden	74:33 MV45	53 Unattached, (non club)
379	Kay Nellins	75:20 WV55	7 Womens Running Network
380	Natasha Williams	75:35 WV40	22 Chepstow Harriers
381	Beverley Meek-welch	75:35 WV50	10 Chepstow Harriers
382	Chris Williams	75:46 MV50	35 Unattached, (non club)
383	Alison Strong	75:56 MS	103 Unattached, (non club)
384	Sian Brown	75:57 WV50	11 Unattached, (non club)
385	Kathleen Cardwell	76:00 WS	28 Cardiff University
386	Anne Roberts	76:00 WV55	8 Unattached, (non club)
387	Susan Nosko	76:08 WV50	12 Bitton R R
388	Pauline Rees	76:32 WV50	13 Unattached, (non club)
389	Colin Harris	76:48 MV55	24 Chepstow Harriers
390	Susan Webster	76:55 WV45	12 Unattached, (non club)
391	Elaine Diosi	77:11 WS	29 Pontypridd Roadents

Llisbury Runners -				
392	Chris Sampson	77:15	MS	104 Unattached, (non club)
393	Angela Bowkett	77:34	WV45	13 Forest of Dean
394	Gareth Phelps	77:38	MV40	50 Unattached, (non club)
395	Liz Morgan	77:39	WV35	17 San Domenico
396	Karen Elvers	77:40	WV35	18 Chepstow Harriers
397	Dan Saxton	77:40	MS	105 Pontypridd Roadents
398	Joanna Margetts	77:43	WS	30 Unattached, (non club)
399	Nick Read	77:43	MV40	51 Unattached, (non club)
400	Katie Smith	77:43	WS	31 Bitton R R
401	Sally Powell	77:56	WS	32 Rhondda Valley Runners
402	Kiel Finiak	77:56	MS	106 Unattached, (non club)
403	Keith Lowther	78:00	MV50	36 San Domenico
404	Teresa Jeffries	78:02	WV45	14 Unattached, (non club)
405	Angela Williams	78:02	WV40	23 Unattached, (non club)
406	Helen Welch	78:22	WV35	19 Pontypridd Roadents
407	Graham Singer	78:28	MV55	25 Unattached, (non club)
408	Lizzie Culley	78:31	WS	33 Unattached, (non club)
409	Nanette John	78:44	WV50	14 Unattached, (non club)
410	Philip Scriven	78:55	MV40	52 Chepstow Harriers
411	Stephen Hoare	79:04	MV55	26 Chepstow Harriers
412	Charlotte Kent	79:23	WV35	20 Unattached, (non club)
413	Simon Hudd	79:28	MV40	53 Unattached, (non club)
414	Les Pugh	79:36	MV60	17 Mynyddwyr De Cymru
415	Julie Greenwood	79:36	WV40	24 Unattached, (non club)
416	Olugbenga Fakande	80:01	MV50	37 Unattached, (non club)
417	Amy Cross	80:14	WS	34 Unattached, (non club)
418	Leona Shanley	80:14	WV40	25 Rhondda Valley Runners
419	Steve Till	80:33	MV50	38 Basingstoke & Mid Hants AC
420	Lisa Harwood	80:47	WV40	26 Unattached, (non club)
421	Colin Parry	80:55	MV50	39 Chepstow Harriers
422	Patricia Cottnam	81:07	WV50	15 Penarth & Dinas Runners
423	Kath Duggan	81:28	WS	35 Unattached, (non club)
424	Sarah Stevens	81:59	WS	36 Penarth & Dinas Runners
425	Maryam Deghani	82:45	WV40	27 Unattached, (non club)
426	Jane Harvey-Hills	86:22	WV35	21 Quantock Harriers
427	Val Collier	87:03	WV65	1 Bitton R R
428	Jo Wood	95:33	MV40	54 Hogweed Trotters
429	Stephen Chandler	95:33	MV40	55 Hogweed Trotters
430	Lesley Bigmore	102:15	WV50	16 Brackla Harriers

Top 10 within each category

Entry No	Name	Cat	Position		Time	Club
			O/A	Cat		
347	Simon Jones	MS	1	1	40:30	Belgrave Harriers
252	Phillip Matthews	MS	2	2	41:29	Swansea Harriers
278	Edward Donovan	MS	3	3	43:41	Les Croupiers
350	Chris Carpanini	MS	4	4	43:45	Newport Harriers
248	Jason Scanlon	MS	5	5	43:54	Pontypridd Roadents
250	Robert Farley	MS	6	6	43:55	Bitton R R
314	David Rees	MS	8	7	44:29	Swansea Harriers
364	Gareth Thomas	MS	9	8	45:00	Unattached, (non club)
312	Steve Davies	MS	10	9	45:02	Swansea Harriers
196	Matthew Wells	MS	12	10	45:42	Brackla Harriers
231	Stefan Simms	MV40	11	1	45:33	Griffithstown Harriers
129	Stephen Thomas	MV40	19	2	46:54	Islwyn R C
150	Steve Hooper	MV40	27	3	47:51	Pontypridd Roadents
241	Chris Jones	MV40	28	4	47:52	Fairwater Runners
172	Mickey Havard	MV40	35	5	48:53	San Domenico
280	Sean Birch	MV40	43	6	50:07	Islwyn R C
282	Andrew Dawe	MV40	44	7	50:11	Llisbury Runners
342	Brian Lovett	MV40	46	8	50:20	San Domenico
386	Simon Lewis	MV40	47	9	50:28	Parc Bryn Bach
439	Gerard Gormley	MV40	58	10	51:14	Griffithstown Harriers
340	Peter Coles	MV45	7	1	43:59	Pontypridd Roadents
326	Eddy Ball	MV45	18	2	46:53	Rhondda Valley Runners

Llswerry Runners -					
177	Haydn Hartnell	MV45	23	3	47:40 Islwyn R C
420	Geoff Brimble	MV45	26	4	47:50 Newport Harriers
130	Glyn Sansom	MV45	40	5	49:48 San Domenico
351	Mark Carpannini	MV45	48	6	50:29 Unattached, (non club)
20	John Morgan	MV45	53	7	50:44 Brackla Harriers
416	Paul Price	MV45	56	8	50:49 Unattached, (non club)
435	Howard Mason	MV45	67	9	52:02 Caerleon Running Club
396	Steve Harrhy	MV45	77	10	52:52 Llswerry Runners
426	John Foster	MV50	30	1	48:19 Llswerry Runners
263	Steve Davies	MV50	31	2	48:24 Griffithstown Harriers
301	David Crane	MV50	52	3	50:43 Neath Harriers
40	Phil Briston	MV50	54	4	50:46 San Domenico
399	Peter Carwardine	MV50	80	5	52:59 Hereford Couriers
454	Peter Thomas	MV50	103	6	54:26 Caerleon Running Club
400	Neil Pascoe	MV50	118	7	55:54 Hereford Tri Club
362	Andrew Miles	MV50	127	8	56:26 Unattached, (non club)
165	Ian Williams	MV50	145	9	57:17 Ebbw Vale Running Club
371	John Scanlaw	MV50	148	10	57:35 Thornbury R C
387	David Rees	MV55	69	1	52:16 Hay Hotfooters
269	Phil Miles	MV55	73	2	52:37 Parc Bryn Bach
330	Kevin Spares	MV55	74	3	52:39 South West Veterans A.C.
41	Neil Grant	MV55	84	4	53:08 Chepstow Harriers
135	Jim Dobbs	MV55	94	5	54:04 Islwyn R C
61	David Proffitt	MV55	95	6	54:05 Newport Harriers
37	Phil Meyler	MV55	97	7	54:08 Pontypridd Roadents
51	Chris Nellins	MV55	106	8	54:49 Penarth & Dinas Runners
339	Derek Rainbird	MV55	110	9	55:23 Parc Bryn Bach
352	James Dellanny	MV55	112	10	55:30 San Domenico
333	Ronald Morris	MV60	57	1	50:51 San Domenico
390	David Smoult	MV60	71	2	52:26 Parc Bryn Bach
354	Sandy Johnston	MV60	79	3	52:58 Les Croupiers
402	Eric Davey	MV60	104	4	54:28 Llanelli
83	Barrie Parham	MV60	180	5	59:03 Griffithstown Harriers
137	Malcolm Bradley	MV60	191	6	53:35 Penarth & Dinas Runners
157	Paul Furlong	MV60	215	7	61:10 Unattached, (non club)
328	Clive James	MV60	219	8	61:35 Midland Masters
77	Malcolm Cox	MV60	227	9	62:14 Griffithstown Harriers
24	Glyn Hicks	MV60	247	10	63:40 Islwyn R C
66	Tony Birt	MV65	208	1	60:50 Brackla Harriers
149	Brian Griffiths	MV65	221	2	61:47 3M Gorseinon
377	Dick Finch	MV65	254	3	64:10 Chepstow Harriers
161	David Phillips	MV65	367	4	72:39 Pembroke Harriers
305	Brian Cox	MV65	371	5	73:32 Unattached, (non club)
126	Brian Gough	MV70	140	1	57:04 Pontypridd Roadents
180	Patrick Slavin	MV70	176	2	58:47 Bitton R R
319	Bill Bewg	MV70	348	3	71:04 Chepstow Harriers
192	Syd Wheeler	MV70	361	4	71:53 Chepstow Harriers
195	Charlotte wells	WS	50	1	50:39 Brackla Harriers
279	Ruth Barrett	WS	88	2	53:19 San Domenico
308	Katie Beecher	WS	89	3	53:24 Les Croupiers
225	Suzanne Turvey	WS	131	4	56:46 Cardiff University
217	Amy Edwards	WS	134	5	56:49 Rhondda Valley Runners
406	Jade Gittins	WS	141	6	57:06 Caerleon Running Club
273	Ceri Cassidy	WS	144	7	57:09 Parc Bryn Bach
322	Rhian Jinny-Jones	WS	156	8	57:47 Griffithstown Harriers
119	Emma Williams	WS	181	9	59:04 Unattached, (non club)
153	Emma Rees	WS	193	10	59:39 Unattached, (non club)
25	Helen Duffield	WV35	83	1	53:08 Chepstow Harriers
296	Julie Davies	WV35	111	2	55:24 Griffithstown Harriers
64	Maria Richards	WV35	137	3	56:55 Islwyn R C
16	Vanessa Lawson	WV35	153	4	57:44 Chepstow Harriers
34	Helen Hicks	WV35	178	5	59:01 Unattached, (non club)

Llswerry Runners -					
60	Jayne Arnold	WV35	188	6	59:30 Celtic Tri
87	Wendy Owen	WV35	205	7	60:28 San Domenico
345	Jo Price	WV35	232	8	62:31 Forest of Dean
35	Claire House	WV35	242	9	63:17 San Domenico
26	Judith Austerberry	WV35	250	10	62:50 Chepstow Harriers

60	Jayne Arnold	WV35	188	6	59:30	Celtic Tri
87	Wendy Owen	WV35	205	7	60:28	San Domenico
345	Jo Price	WV35	232	8	62:31	Forest of Dean
35	Claire House	WV35	242	9	63:17	San Domenico
26	Judith Austerberry	WV35	250	10	63:59	Chepstow Harriers
14	Lou Summers	WV40	72	1	52:28	Chepstow Harriers
446	Angela Jones	WV40	76	2	52:43	Islwyn R C
257	Nicola Quinn	WV40	101	3	54:20	Emlyn Runners
33	Jan Morris	WV40	129	4	56:32	Chepstow Harriers
240	Charlotte Jones	WV40	168	5	58:23	Brackla Harriers
147	Andrea Hurman	WV40	190	6	59:33	Penarth & Dinas Runners
65	Andrea Starritt	WV40	202	7	60:20	Brackla Harriers
260	Debbie Evans	WV40	209	8	60:51	Penarth & Dinas Runners
411	Peta Daniels	WV40	218	9	61:25	Lliswerry Runners
332	Rebecca Comins	WV40	239	10	63:09	Chepstow Harriers
375	Lisa Cleary	WV45	160	1	58:03	Penarth & Dinas Runners
169	Lucy Allen	WV45	189	2	59:32	Spirit of Monmouth RC
392	Elspeth Jarman	WV45	274	3	65:36	Unattached, (non club)
393	Liz Richards	WV45	280	4	66:04	Caerleon Running Club
90	Alison Sherwin	WV45	281	5	66:04	Bitton R R
182	Stella Symons	WV45	287	6	66:25	Fairwater Runners
122	Amanda Barrington	WV45	299	7	67:04	Penarth & Dinas Runners
275	Alison Sheedy	WV45	302	8	67:09	Lliswerry Runners
108	Bernadette Wilkinson	WV45	332	9	69:40	San Domenico
81	Jane Rymer	WV45	363	10	71:58	Chepstow Harriers
293	Libby Evans	WV50	201	1	60:14	Brackla Harriers
183	Kim Pope	WV50	231	2	62:30	Bitton R R
17	Anette Davies	WV50	235	3	62:56	Fetch Everyone RC
289	Jackie Green	WV50	256	4	64:17	Forest of Dean
264	Laura Jones	WV50	262	5	64:38	Unattached, (non club)
315	Vicki Hopkins	WV50	271	6	65:20	Brackla Harriers
94	Jane Phillips	WV50	329	7	69:11	Bitton R R
212	Karen Carr	WV50	341	8	70:30	Thornbury R C
361	Sharon Blore	WV50	373	9	73:34	Chepstow Harriers
323	Beverley Meek-welch	WV50	381	10	75:35	Chepstow Harriers
47	Joyce Dodd	WV55	216	1	61:14	Chepstow Harriers
124	Jacqui Wynds	WV55	255	2	64:12	Forest of Dean
191	Patricia Jones	WV55	303	3	67:13	Brackla Harriers
219	Rose Thomas	WV55	352	4	71:19	Rhayader Runners Club
107	Cecilia Thomas	WV55	354	5	71:26	Unattached, (non club)
72	Jane Bayliss	WV55	362	6	71:55	Chepstow Harriers
52	Kay Nellins	WV55	379	7	75:20	Womens Running Network
171	Anne Roberts	WV55	386	8	76:00	Unattached, (non club)
54	Brenda Avery	WV60	217	1	61:15	Chepstow Harriers
70	Anne Masters	WV60	370	2	73:13	Chepstow Harriers
42	Val Collier	WV65	427	1	87:03	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Swansea Harriers	20	2	Phillip Matthews	MS	41:29
			8	David Rees	MS	44:29
			10	Steve Davies	MS	45:02
2	Pontypridd Roadents	25	5	Jason Scanlon	MS	43:54
			7	Peter Coles	MV45	43:59
			13	Daniel Bodman	MS	45:59
3	Griffithstown Harrie	62	11	Stefan Simms	MV40	45:33
			20	Sean Taylor	MS	47:20
			31	Steve Davies	MV50	48:24
4	Fairwater Runners	63	14	Daryll Barnby	MS	46:10
			21	Laurence Humphreys	MS	47:24
			28	Chris Jones	MV40	47:52

5	Brackla Harriers	71	Lliswerry Runners -			
			12 Matthew wells	MS	45:42	
			22 Paul Speyer	MS	47:26	
			37 Andrew Hodgson	MS	49:34	
6	Islwyn R C	85	19 Stephen Thomas	MV40	46:54	
			23 Haydn Hartnell	MV45	47:40	
			43 Sean Birch	MV40	50:07	
7	Newport Harriers	89	4 Chris Carpanini	MS	43:45	
			26 Geoff Brimble	MV45	47:50	
			59 Tyrone Fowler	MS	51:18	
8	Lliswerry Runners	89	17 Robin Smout	MS	46:51	
			30 John Foster	MV50	48:19	
			42 Joseph Butcher	MS	49:53	
9	Chepstow Harriers	95	25 Paul Murrin	MS	47:49	
			32 Steven Harries	MS	48:34	
			38 Mark Harvey	MS	49:42	
10	Les Croupiers	98	3 Edward Donovan	MS	43:41	
			16 Mark Palser	MS	46:38	
			79 Sandy Johnston	MV60	52:58	
11	San Domenico	109	34 Gareth Green	MS	48:46	
			35 Mickey Havard	MV40	48:53	
			40 Glyn Sansom	MV45	49:48	
12	Caerleon Running Clu	120	24 Leighton Rawlinson	MS	47:44	
			29 James King	MS	48:16	
			67 Howard Mason	MV45	52:02	
13	Bitton R R	134	6 Robert Farley	MS	43:55	
			60 Andy Thatcher	MV40	51:29	
			68 Pete Clark	MV40	52:13	
14	Cardiff University	158	33 Rob Whitham	MS	48:36	
			55 David Medhurst	MS	50:49	
			70 Stefan Trommler	MS	52:19	
15	Parc Bryn Bach	191	47 Simon Lewis	MV40	50:28	
			71 David Smoult	MV60	52:26	
			73 Phil Miles	MV55	52:37	
16	Penarth & Dinas Runn	307	63 Gary Brown	MS	51:48	
			106 Chris Nellins	MV55	54:49	
			138 Chris Herdman	MS	56:56	
17	Rhondda Valley Runne	314	18 Eddy Ball	MV45	46:53	
			147 Bryan Meredith	MV45	57:30	
			149 Clive Denton	MV40	57:37	
18	Gwent Police	324	36 Iuan Williams	MS	49:04	
			114 Damien Waite	MS	55:44	
			174 Andy Marriner	MV40	58:44	
19	Ebbw Vale Running Cl	369	99 Robert Evans	MV45	54:15	
			125 Ray Greenhouse	MV45	56:22	
			145 Ian Williams	MV50	57:17	
20	Fetch Everyone RC	577	142 Guy Mawson	MV40	57:08	
			199 Liam Davies	MV50	59:59	
			236 Bob Watson	MV40	62:58	
21	Forest of Dean	682	162 Peter Short	MV55	58:09	
			253 Chris Hawkins	MV55	64:08	
			267 Chris Moore	MV55	65:00	
22	Llanelli	760	104 Eric Davey	MV60	54:28	
			279 Damien Johnson	MS	66:04	
			377 Nigel L Jones	MV55	74:32	
23	Thornbury R C	789	148 John Scanlaw	MV50	57:35	
			313 John Watt	MV45	67:55	
			328 Malcolm Carr	MV55	69:03	
24	Hogweed Trotters	935	203 Alan Wilcox	MV40	60:24	
			304 Martin Wood	MV45	67:14	
			428 Jo Wood	MV40	95:33	

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Chepstow Harriers	284	72	Lou Summers	wv40	52:28
			83	Helen Duffield	wv35	53:08
			129	Jan Morris	wv40	56:32
2	Brackla Harriers	419	50	Charlotte Wells	WS	50:39
			168	Charlotte Jones	wv40	58:23

		Llisserry Runners -		
3 Islwyn R C	523	201 Libby Evans	WV50	60:14
		76 Angela Jones	WV40	52:43
		137 Maria Richards	WV35	56:55
4 San Domenico	535	310 Clare Williams	WV35	67:34
		88 Ruth Barrett	WS	53:19
		205 Wendy Owen	WV35	60:28
		242 Claire House	WV35	63:17
5 Griffithstown Harrie	556	111 Julie Davies	WV35	55:24
		156 Rhian Jinny-Jones	WS	57:47
		289 Genevieve Thueux	WS	66:29
6 Penarth & Dinas Runn	559	160 Lisa Cleary	WV45	58:03
		190 Andrea Hurman	WV40	59:33
		209 Debbie Evans	WV40	60:51
7 Spirit of Monmouth R	701	189 Lucy Allen	WV45	59:32
		237 Emma King	WS	63:02
		275 Justine Lee	WV40	65:48
8 Caerleon Running Clu	716	141 Jade Gittins	WS	57:06
		280 Liz Richards	WV45	66:04
		295 Jennifer Rawlinson	WS	66:50
9 Bitton R R	738	226 Stephenie Bishop	WS	62:11
		231 Kim Pope	WV50	62:30
		281 Alison Sherwin	WV45	66:04
10 Forest of Dean	743	232 Jo Price	WV35	62:31
		255 Jacqui Wynds	WV55	64:12
		256 Jackie Green	WV50	64:17
11 Cardiff University	774	131 Suzanne Turvey	WS	56:46
		258 Karen Gregory	WS	64:21
		385 Kathleen Cardwell	WS	76:00
12 Fairwater Runners	796	241 Julie Roche	WV40	63:13
		268 Rebecca Reynolds	WS	65:15
		287 Stella Symons	WV45	66:25
13 Llisserry Runners	817	218 Peta Daniels	WV40	61:25
		297 Aimee Hopkins	WS	67:01
		302 Alison Sheedy	WV45	67:09
14 Rhondda Valley Runne	821	134 Amy Edwards	WS	56:49
		286 Tracy Edwards	WV40	66:15
		401 Sally Powell	WS	77:56
15 Pontypridd Roadents	1021	224 Stephanie Davies	WS	62:04
		391 Elaine Diosi	WS	77:11
		406 Helen Welch	WV35	78:22

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