

Pos	Time	Name	Club	Category.
1	44:19:00	Peter Ryder	Cardiff AAC	SM
2	47:25:00	Hugh Aggleton	Mynyddwyr de Cymru	SM
3	47:59:00	Peter Coles	Pontypridd Roadents	M45
4	48:23:00	Jason Rowley	Clevedon	SM
5	48:25:00	Justyn Rowley	Clevedon	SM
6	48:35:00	Nick Frost	Pontypridd Roadents	M45
7	48:57:00	Laurence Humphreys	Fairwater	SM
8	49:08:00	Gareth Battle	Unattached	SM
9	49:29:00	Chris Harray	Lliswerry	M40
10	49:51:00	Huw Jones	Unattached	SM
11	50:17:00	Adrian Weaver	Port Talbot	SM
12	50:47:00	Thomas Burden	Unattached	SM
13	51:04:00	Jason Scanlon	Pontypridd Roadents	M35
14	51:14:00	Angela Heeley	San Domenico	SW
15	51:20:00	Chris Taylor	Mynyddwyr de Cymru	M50
16	51:27:00	Dimitri Vorres	Griffithstown	M45
17	51:35:00	Rhys Pitman	Pontypridd Roadents	SM
18	51:46:00	Steve Davies	Griffithstown	M50
19	53:05:00	Andrew Baker	Pontypridd Roadents	M40
20	53:15:00	Garga Chamberlain	Sri Chinmoy A.C	M40
21	53:57:00	Rhydian Reston	Unattached	SM
22	54:10:00	Rob Scott	Les Croupiers RC	SM
23	54:15:00	Leigh Searle	Unattached	M35
24	54:20:00	Ian McDonald	San Domenico	M45
25	54:25:00	Charles Daniel	Great Western Runners	M50
26	54:43:00	Alun Williams	Fairwater	M45
27	55:02:00	Matthew Townsend	Les Croupiers RC	M40
28	55:13:00	James Clemence	Mynyddwyr de Cymru	M45
29	55:30:00	Gareth Griffiths	Unattached	M40
30	55:58:00	Matt Unsworth	Mynyddwyr de Cymru	SM
31	56:11:00	Chris Bedford	Unattached	M35
32	56:23:00	Matthew Hooper	Cardiff AAC	JM
33	56:35:00	John O'Shea	Les Croupiers RC	M50
34	56:40:00	Andrew Davies	Pontypridd Roadents	M45
35	56:43:00	Rich Lloyd	Fairwater	SM
36	56:48:00	Graham Betty	Unattached	SM
37	56:55:00	Phil Holder	Cardiff Harlequins	M45
38	56:58:00	Dominic Shields	San Domenico	M40
39	57:01:00	Katie Beecher	Les Croupiers RC	SW
40	57:08:00	Matt Freeman	West Country Triathletes	SM
41	57:41:00	James Charles	Unattached	M35
42	57:41:00	Andy Evans	Unattached	M40
43	57:44:00	Lloyd Morgan	San Domenico	SM
44	57:54:00	Gwyn Lloyd	Pontypridd Roadents	M50
45	57:59:00	Richie Bristow	South Wales Police	M40
46	58:04:00	Phil Bristow	Unattached	M45
47	58:11:00	Cheryl Hudgell	Les Croupiers RC	SW
48	58:31:00	Andrew Davis	Unattached	M40
49	58:36:00	Heather Graz	Unattached	SW
50	58:37:00	Michael Graz	Unattached	SM
51	58:55:00	Alan Stone	Mynyddwyr de Cymru	M45

52	59:01:00	Darren Shaw	Unattached	SM
53	59:29:00	Steve Harrhy	Unattached	M45
54	59:38:00	Stephen Alexander	Les Croupiers RC	M40
55	59:45:00	Shane Swyies	Les Croupiers RC	SM
56	59:49:00	Morgan Adams	Unattached	SM
57	60:00:00	Nick Dallimore	Les Croupiers RC	M50
58	60:10:00	Kim Weliden	Islwyn	M45
59	60:11:00	Haydn Griffiths	Mynyddwyr de Cymru	M50
60	60:22:00	Adam Smith	Cardiff Harlequins	SM
61	60:36:00	Simon Sparkes	Unattached	M35
62	60:43:00	Phil Davies	Unattached	SM
63	60:57:00	Guy Watkins	Unattached	SM
64	61:37:00	Martin Lucas	Mynyddwyr de Cymru	M55
65	61:42:00	Eirwyn Rees	San Domenico	M45
66	61:58:00	Bob Hector	Unattached	SM
67	62:01:00	Rachel Allen	Unattached	SW
68	62:18:00	Kevin Russell	South Wales Police	M45
69	63:03:00	Peter Morfey	Cardiff Harlequins	M50
70	63:15:00	Alan Perkins	Port Talbot	M55
71	63:18:00	Michael Ellis	Unattached	SM
72	63:24:00	Caroline Spanton	Griffithstown	SW
73	63:44:00	Stephen Jones	Islwyn	M50
74	63:58:00	Gary Waters	Swansea	M55
75	64:20:00	Peter Maksimovic	Unattached	M45
76	64:22:00	Neill Parker	Islwyn	M40
77	64:30:00	Liz Ashton	Les Croupiers RC	SW
78	64:37:00	Mick Learoyd	Mynyddwyr de Cymru	M50
79	64:41:00	Sara MacBride-Stewart	Les Croupiers RC	W40
80	64:46:00	Graeme Donnan	Les Croupiers RC	M55
81	64:57:00	Garry Woods	Fairwater	M45
82	65:13:00	Steve Hill	Penarth & Dinas	M45
83	65:26:00	Christine Farr	Bristol Orienteering Club	SW
84	65:43:00	Duncan Innes	Bristol Orienteering Club	M45
85	66:16:00	Richard Bowie	Fairwater	M45
86	66:34:00	Lyndon Sutton	Islwyn	M55
87	66:49:00	Neil Coleman	Unattached	M40
88	67:27:00	Neil Pilliner	Unattached	M35
89	67:45:00	Jenny Topalian	Unattached	SW
90	67:49:00	Helena Pimm	Griffithstown	SW
91	67:53:00	Gareth Jones	Unattached	SM
92	67:55:00	Kim Williams	Cardiff Harlequins	M50
93	68:01:00	David Ewing	Mynyddwyr de Cymru	SM
94	68:05:00	Peter Howell	Unattached	M40
95	68:11:00	Philip Woodrow	Unattached	M40
96	68:13:00	Alexandra Fudge	Unattached	W35
97	68:21:00	Julie Scholey	Les Croupiers RC	W45
98	68:27:00	Clare Houghton	Penarth & Dinas	SW
99	68:41:00	Tim Knight	Unattached	SM
100	68:49:00	Caroline Dallimore	Les Croupiers RC	W50
101	69:09:00	Coleen Birch	Islwyn	W35
102	69:09:00	Glyn Hughes	Islwyn	M55
103	69:14:00	Richard Boon	Les Croupiers RC	M45

104	69:37:00	Roy Silver	Welsh Fell Runners	M50
105	71:17:00	Jeanette Jenkins	Fairwater	W45
106	71:57:00	Bob Watson	FERC	SM
107	72:38:00	Gareth Withers	Cardiff HSOB	M45
108	72:54:00	Christine Vorres	Griffithstown	W45
109	73:28:00	Rod Jones	Les Croupiers RC	M60
110	73:30:00	John Gwathn	Cardiff Harlequins	M55
111	73:37:00	Charlie Harris	Cardiff Harlequins	M55
112	74:05:00	Helen Watkinson	Vegan Runners	SW
113	74:11:00	Dave Gilbert	Mynyddwyr de Cymru	M60
114	74:13:00	Steven Morris	Unattached	SM
115	74:31:00	Alan Pyke	Unattached	M55
116	75:46:00	Roland Knight	Unattached	M60
117	76:39:00	Jemma Nurse	Les Croupiers RC	W35
118	78:00:00	Jon Abbott	Unattached	SM
119	78:08:00	Angharad Pocock	Unattached	SW
120	81:16:00	Carly Reagon	Unattached	SW
121	82:51:00	Gill Murphy	Les Croupiers RC	W55
122	82:53:00	Mike Murphy	Les Croupiers RC	M55
123	83:14:00	Dawn Headon	Unattached	W40
124	84:15:00	Sarah Payne	Griffithstown	SW
125	86:04:00	Geoff Wright	Les Croupiers RC	M55