

Surname	First name	Club	age	Cat	Race Number	Pos	Category Position	Time
Moss	Chris	Bridgend ac		sm	226	1	1	35.39
Davies	Steve	Bridgend ac		sm	227	2	2	36.09
Aggleton	Hugh	MDC	24	sm	49	3	3	37.10
Allen	Rob	Bridgend ac	28	sm	36	4	4	37.29
Wilder	Richard	reading road runners	35	sm	160	5	5	37.58
Stott	Matthew	Chepstow harriers	20	sm	51	6	6	38.01
Murrin	Paul	Chepstow harriers	35	sm	156	7	7	38.11
Hunt	Robert	Bridgend ac	46	vm	479	8	1	38.57
Woods	Adrian	Griffithstown harriers	48	vm	501	9	2	39.22
Teed	Iuan	Chepstow harriers	31	sm	65	10	8	39.24
Caldwell	Stephen	Chepstow harriers	37	sm	154	11	9	39.30
Hicks	Robert	TACH	29	sm	112	12	10	39.35
Beech	Joseph		18	sm	171	13	11	39.39
Harvey	Matthew	neath harriers	28	sm	28	14	12	39.47
Saunders	Mark	islwyn	49	vm	403	15	3	39.49
Bisson	John		45	vm	486	16	4	39.52
Griffiths	Kevin	trots	45	vm	305	17	5	39.58
Harvey	Mark	Chepstow harriers	21	sm	181	18	13	40.06
Saile	Patrick	wimbledon windmilers	29	sm	69	19	14	40.55
Pascoe	Dominic		34	sm	174	20	15	40.56
Blore	James	Chepstow harriers	19	sm	138	21	16	41.03
Lynch	Gareth	Les Croups	33	sm	7	22	17	41.05
Williams	Martin	Les Croups	44	vm	317	23	6	41.31
Jenkins	Philip	Bridgend ac	44	vm	432	24	7	41.33
Blackmore	Chris	cardiff harlequins	37	sm	40	25	18	41.38
Anderson	Mark	pewsey vale rc	47	vm	424	26	8	41.41
Bryant	MArk	MDC	45	vm	356	27	9	41.44
Jones	Matthew		21	sm	141	28	19	41.52
Griffiths	Bryn	Bridgend ac	34	sm	180	29	20	41.58
Self	Richard	Les Croups	43	vm	320	30	10	42.06
Williams	geraint		36	sm	120	31	21	42.10
Hall	Tom		41	vm	367	32	11	42.22
Harris	steven	Chepstow harriers	31	sm	215	33	22	42.28
Sullivan	Liam		46	vm	417	34	12	42.29
Davies	Keith		37	sm	71	35	23	42.31
Searle	Leigh		62	vm	492	36	13	42.31
Williams	Paris		19	sf	683	37	2	42.33
Lidgett	Paul	Chepstow harriers	42	vm	854	38	14	42.37
Samuel	Richard	cardiff harlequins	37	sm	153	39	24	42.43
Diffey	John	Les Croups	45	vm	315	40	15	42.45
Edwards	Jerome	san domenico	34	sm	195	41	25	42.46
Andrew	Thomas	sospan road runners	43	vm	491	42	16	42.47
Strange	Bethan	cardiff	21	sf	624	43	3	42.50
Chamberlain	Roger	sri chinmoy ac	40	vm	467	44	17	42.53
Allerton	Capucine		28	sf	614	45	4	42.56
Williams	Alex	RRC	41	vm	330	46	18	42.57
Dando	Martin		28	sm	151	47	26	43.01
Williams	Jonathan		31	sm	102	48	27	43.19

Ayres	Gareth	port talbot harriers	25	sm	96	49	28	43.21
Davis	Anthony	brackla harriers	32	sm	214	50	29	43.23
Raffill	Jason		31	sm	75	51	30	43.28
Mcdonald	Ian	san domenico	45	vm	351	52	19	43.34
Thomas	Jeff	Bridgend ac	42	vm	507	53	20	43.39
Murray	Knill	Penarth and dinas	47	vm	362	54	21	43.48
Falconer	Robert		50	vm	542	55	22	43.52
Leech	Sharon	aman valley	38	vf	805	56	1	44.00
Dunscombe	Mark	sarn helen	47	vm	465	57	23	44.09
Phillips	Tim		32	sm	208	58	31	44.14
Moon	Ben		29	sm	203	59	32	44.17
woods	Bethan	UWIC	18	sf	675	60	5	44.20
Maclean	Andrew	cardiff tri	38	sm	172	61	33	44.36
Butler	Neirin		22	sm	68	62	34	44.38
Scott	Rob	Les Croups	34	sm	25	63	35	44.39
Rose	Dave	brackla harriers	44	vm	521	64	24	44.39
Aggleton	John	MDC	53	vm	357	65	25	44.42
Hughes	Dave	Bridgend ac	42	vm	430	66	26	44.43
Evans	Huw	cardiff tri	37	sm	162	67	36	44.47
Bridges	Katy	aberdare	17	sf	650	68	6	44.49
Minshull	Melissa		27	sf	664	69	7	44.50
O'shea	John	Les Croups	53	vm	406	70	27	44.52
Gittoes	Marianne	Chepstow harriers	30	sf	672	71	8	44.54
Holder	Philip	cardiff harlequins	48	vm	522	72	28	45.06
Slade	Jonathan		17		229	73		45.07
Evans	John	southville RC	34	sm	74	74	37	45.12
Thompson	Anthony		31	sm	26	75	38	45.18
Trebilcock	Dean		34	sm	126	76	39	45.21
Halsall	Michael	llanelli	35	sm	122	77	40	45.21
Jellyman	Keith	Team Deviant	26	sm	34	78	41	45.23
Green	Edwin	Chepstow harriers	41	vm	526	79	29	45.32
Davies	Richard		35	sm	170	80	42	45.33
Heath	Rhys		31	sm	193	81	43	45.35
Morgan	Lloyd	san domenico	34	sm	104	82	44	45.37
Probert	Philip		42	vm	383	83	30	45.37
Edwards	David		36	sm	148	84	45	45.40
Stott	Andy	Chepstow harriers	49	vm	361	85	31	45.44
Price	Paul		43	vm	528	86	32	45.53
Lucas	Martin	mynyddwyr de cym rc	55	vm	481	87	33	45.58
Aziz	Abyd	Penarth and dinas	52	vm	390	88	34	46.02
Davies	Gary	MDC	31	sm	165	89	46	46.02
Hartley	Gregory		56	vm	371	90	35	46.03
Jones	Richard	cornelly striders	35	sm	108	91	47	46.06
Mason	Howard	caerleon rc	43	vm	435	92	36	46.09
Lewis	Alex		29	sm	105	93	48	46.14
Bayliss	Nick		34	sm	45	94	49	46.18
Brown	Patrick		22	sm	212	95	50	46.21
Osmond	Clive	Les Croups	48	vm	502	96	37	46.22
Evans	John Geraint	llandoverly rodents	39	sm	218	97	51	46.24
Allerton	Fergus		30	sm	35	98	52	46.27

Powell	Matthew	
Garside	Paul	
Williams	Michael	
Jones	Jack	
Cox	Alan	
Johns	Peter	
Morris	David	
Grant	Neil	Chepstow harriers
Walters	Cyril	trots
Davies	Simon	
Murphy	Mike	Les Croups
Chesterfield	Ian	
Dickinson	Barrie	
Shields	Dominic	san domenico
Weaver	Michelle	
Jenkins	Daymion	
Webster	Dean	3M road runners
Pilkington	Lewis	
Williams	Christopher	
Battersby	Nick	Chepstow harriers
Davies	Clive	sospan road runners
Day	Paul	Lliswerry runners
Prout	Greg	Bridgend ac
West	Lyndon	
Davies	Jason	
Shanahan	John	
Salter	Jenny	Les Croups
Lucy	Edward	
Overton	Mark	
Wehden	Kim	islwyn
Rees	Robert	
Bedwell	Alice	islwyn
Phillips	David	
Shadick	Owen	
Jones	Sam	
Shanahan	Andy	
Burne	Peter	
Morgan	Niki	Chepstow harriers
Cross	Wayne	
Barrett	Esther	Chepstow harriers
Gardner	Keith	
Cockram	Nigel John	
Thayer	Stephen	
Delaney	James	san domenico
Brown	Miles	
Williams	Chris	
Mundy	Andrew	brackla harriers
Davies	Andy	pontypridd rodents
Pollard	Joanne	Chepstow harriers

30	sm	192	99	53	46.31
34	sm	42	100	54	46.34
36	sm	157	101	55	46.41
41	vm	482	102	38	46.45
52	vm	313	103	39	46.47
43	vm	500	104	40	46.50
31	sm	143	105	56	46.51
57	vm	511	106	41	46.56
61	vm	382	107	42	46.58
33	sm	185	108	57	47.04
55	vm	529	109	43	47.08
47	vm	515	110	44	47.08
39	sm	186	111	58	47.15
43	vm	453	112	45	47.16
36	vf	873	113	2	47.17
39	sm	8	114	59	47.20
29	sm	173	115	60	47.27
30	sm	67	116	61	47.27
26	sm	12	117	62	47.28
49	vm	350	118	46	47.30
47	vm	398	119	47	47.30
57	vm	401	120	48	47.30
18	sm	166	121	63	47.34
33	sm	47	122	64	47.36
		nil	123		47.38
34	sm	196	124	65	47.39
52	vm	328	125	49	47.41
34	sf	903	126	9	47.47
22	sm	2	127	66	47.56
40	vm	342	128	50	47.58
46	vm	882	129	51	48.01
37	sm	200	130	67	48.06
40	vf	871	131	3	48.08
29	sm	56	132	68	48.11
28	sm	80	133	69	48.11
23	sm	211	134	70	48.15
33	sm	188	135	71	48.16
34	sm	18	136	72	48.17
41	vf	815	137	4	48.19
42	vm	446	138	52	48.27
35	vf	907	139	5	48.28
36	sm	27	140	73	48.36
57	vm	306	141	53	48.36
37	sm	197	142	74	48.37
53	vm	478	143	54	48.39
42	vm	464	144	55	48.40
52	vm	518	145	56	48.44
34	sm	225	146	75	48.46
45	vm	412	147	57	48.53
22	sf	689	148	10	48.55

Boldero	Richard	
Beatty	Claire	Les Croups
Peacock	David	
Littlewood	John	
Reese	Tim	Lliswerry runners
Beauvois	Bastien	
Barnes	Richard	
Williams	Dilwyn	
Hudgell	Cheryl	Les Croups
Clatworthy	Joanne	
Phillips	Jenny	llanelli
Owen	Eifion	
Williams	David	
Heuze	Joanne	village vipers
Alexander	stephen	Les Croups
Webster	Richard	3M road runners
Williams	Bethan	
Morgan	Piers	mumbles milers
Beynon	Wayne	
Rawes	Victoria	
Declaire	Richard	
Jones	Gideon	
Summers	Sarah	Chepstow harriers
Sewards	Rick	
Griffiths	Gareth	
Rees	Gareth	sospan road runners
goodger	Mark	newport harriers
Beasley	Richard	
Webb	Matthew	
Perons	Rod	
Hall	Darren	
Crudwell	Charles	
Davies	Michael	
Sutton	Mark	Griffithstown harriers
Hughes	Richard	
Roberts	Aled Rhys	
Lott	Andrew	Lliswerry runners
Allen	Mark	
Stott	Jill	Chepstow harriers
Prentice	Richard	
Lucas	Ian	
Stovold	Neil	
Pearce	Mark	
Cahill	Rhys	
Braun	James	
Wilton	Matt	
Rothwell	Andrew	
Thomas	Simon	
Davies	Keith	
Sparkes	simon	

32	sm	119	149	76	48.56
31	sf	651	150	11	48.57
39	sm	201	151	77	48.58
30	sm	164	152	78	49.03
46	vm	327	153	58	49.04
25	sm	155	154	79	49.07
24	sm	209	155	80	49.07
34	sm	135	156	81	49.11
32	sf	631	157	12	49.12
32	sf	678	158	13	49.17
42	vf	896	159	6	49.25
53	vm	473	160	59	49.29
41	vm	463	161	60	49.33
30	sm	77	162	82	49.33
41	vm	488	163	61	49.34
54	vm	483	164	62	49.46
29	sf	662	165	14	49.50
28	sm	221	166	83	49.50
28	sm	95	167	84	49.53
27	sf	604	168	15	49.54
43	vm	386	169	63	49.56
49	vm	433	170	64	49.56
41	vf	948	171	7	50.00
43	vm	373	172	65	50.04
39	sm	179	173	85	50.06
33	sm	125	174	86	50.07
29	sm	182	175	87	50.08
41	vm	506	176	66	50.08
38	sm	9	177	88	50.10
46	vm	301	178	67	50.10
31	sm	189	179	89	50.13
39	sm	22	180	90	50.14
32	sm	133	181	91	50.17
47	vm	343	182	68	50.19
25	sm	216	183	92	50.21
43	vm	326	184	69	50.28
47	vm	402	185	70	50.29
37	sm	52	186	93	50.33
51	vf	839	187	8	50.36
23	sm	177	188	94	50.40
36	sm	66	189	95	50.44
26	sm	76	190	96	50.47
46	vm	409	191	71	50.48
21	sm	169	192	97	50.48
39	sm	194	193	98	50.53
33	sm	187	194	99	50.57
50	vm	370	195	72	51.01
35	sm	5	196	100	51.03
51	vm	505	197	73	51.22
41	sm	399	198	101	51.24

Riddler	Steve	pencoed tri
Davies	Jeffrey	
Hendry	Neil	Penarth and dinas
Phillips	Sian	swansea harriers
Welpton	Richard	Lliswerry runners
Finch	Dick	Chepstow harriers
Hughes	Nicola	sospan road runners
Palmer	Andrew	Penarth and dinas
Jones	Paul	
Majer	Ray	sospan road runners
Lynch	Geoffrey	
Parker	Steve	pencoed tri
Owen	stephen	Les Croups
North	Jeff	
Moore	David	
Cray	Stephen	Penarth and dinas
Keeping	Stuart	
Mcdonough	John	TACH
Scholey	Julie	Les Croups
Richards	Roy	
Ryland	Rhys	
Fitzgerald	Lyndsay	
Goodwin	Gavin	
Cowan	Nigel	
Padmisimha	Dharmacari	
Phillips	Martin	llandoverly rodents
Evans	Fiona	
Miller	Lee	
Martin	Ben	
Henson	Gareth	
Dix	Michael	Les Croups
Rabaiotti	Mario	port talbot harriers
Winter	Steven	pewsey vale rc
Davies	simon	
Chichester	Lisa	
Earnshaw	Gavin	
Perrott	Liam	
Powell	Pauline	
Brown	Celia	
Jones	Steve	
Phillips	Gillian	sospan road runners
Griffiths	Sian	Chepstow harriers
Newbould	Rachel	village vipers
Mogg	Shona	village vipers
Ferguson	William	
Armstrong	Sarah	amazing feet rc
Furlong	Antony	
Harmes	Paul	

49	vm	359	199	74	51.25
42	vm	333	200	75	51.42
53	vm	381	201	76	51.47
47	vf	849	202	9	51.48
25	sm	121	203	102	51.51
64	vm	466	204	77	52.00
43	vf	905	205	10	52.03
29	sm	37	206	103	52.03
42	vm	504	207	78	52.03
55	vm	462	208	79	52.11
49	vm	509	209	80	52.12
40	vm	493	210	81	52.13
51	vm	346	211	82	52.20
62	vm	510	212	83	52.23
33	sm	190	213	104	52.24
50	vm	363	214	84	52.26
46	vm	474	215	85	52.28
53	vm	441	216	86	52.29
		nil	217		52.31
49	vf	890	218	11	52.37
60	vm	358	219	87	52.43
49	vm	532	220	88	52.43
28	sf	659	221	16	52.46
31	sm	98	222	105	52.51
63	vm	407	223	89	52.52
48	vm	405	224	90	52.55
57	vm	688	225	91	52.55
35	vf	897	226	12	52.58
35	sm	134	227	106	53.01
34	sm	11	228	107	53.01
41	vm	538	229	92	53.01
54	vm	423	230	93	53.07
45	vm	316	231	94	53.10
48	vm	408	232	95	53.15
25	sm	83	233	108	53.17
37	vf	852	234	13	53.26
37	sm	207	235	109	53.27
26	sm	103	236	110	53.34
		nil	237		53.36
51	vf	804	238	14	53.38
24	sf	679	239	17	53.41
50	vm	455	240	96	53.47
50	vf	921	241	15	53.49
34	sf	623	242	18	53.50
24	sf	601	243	19	53.51
24	sf	616	244	20	54.04
44	vm	331	245	97	54.05
42	vf	947	246	16	54.06
27	sm	54	247	111	54.12
42	vm	387	248	98	54.15

Davies	Jeff	
Humphreys	Daniel Wyn	
Griffiths	Mike	Team Deviant
Naylor	David	
Mac	Davina	
Oakley	Judith	port talbot harriers
Henderson	Kirsty	
Aston	Jeffrey	Les Croups
Powell	Alun	
Davey	Eric	llanelli
Jones	Malcolm	brackla harriers
Harris	Jon	
Tucker	Matthew	
Ash	Gareth	road runners club
Donovan	Martin	
Cumines	Steven	
Morgan	steve	
Buckley	Paul	hogmeed trotters
Williams	Dave	glam health and RC
Abraham	Adam	Les Croups
Lewis	Julie	islwyn
Thomas	Jane	
Lipton	Sybil	
Potter	Mark	
Jones	Becca	
Jones	Teg	
Kwok	Lee	glam health and RC
Phillips	Leyton	
Ridgeway	Leigh	
Jones	Allan	brackla harriers
Cornelius	Thomas	
Hill	Steve	Penarth and dinas
Sedgmond	Andrew	Les Croups
Rees	Gary	
Webb	Dough	village vipers
Furlong	Paul	
Palmer	Daniel	
Mitchell	Dave	
Green	Darren	mumbles milers
Chanfi	Alaouidine	
Hannigan	Ben	pontypridd rodents
Williams	Dean	
Luke	Emma	Penarth and dinas
Deans	Andrew	cardiff
Cox	Simon	
Andrews	Dave	Chepstow harriers
Long	Richard	
Phillips	Robert	
Came	Daniel	
McWilliams	Billy	

42	vm	337	249	99	54.15
28	sm	33	250	112	54.19
37	sm	16	251	113	54.19
74	vm	496	252	100	54.21
34	sf	642	253	21	54.22
44	vf	891	254	17	54.30
38	vf	825	255	18	54.32
61	vm	531	256	101	54.33
50	vm	307	257	102	54.35
58	vm	438	258	103	54.36
	vm	545	259	104	54.39
47	vm	449	260	105	54.44
34	sm	111	261	114	54.48
43	vm	419	262	106	54.50
48	vm	411	263	107	54.54
45	vm	416	264	108	54.55
25	sm	85	265	115	54.57
44	vm	431	266	109	54.59
30	sm	150	267	116	55.04
24	sm	127	268	117	55.06
41	vf	809	269	19	55.07
41	vf	902	270	20	55.16
55	vf	886	271	21	55.17
34	sm	73	272	118	55.17
31	sf	682	273	22	55.24
60	vm	520	274	110	55.31
34	sm	206	275	119	55.34
41	vm	374	276	111	55.34
23	sm	92	277	120	55.42
54	vm	523	278	112	55.44
25	sm	13	279	121	55.50
45	vm	336	280	113	55.54
54	vm	348	281	114	55.58
64	vm	434	282	115	55.59
51	vm	321	283	116	56.01
60	vm	364	284	117	56.02
30	sm	81	285	122	56.02
50	vm	456	286	118	56.05
39	sm	222	287	123	56.07
39	sm	159	288	124	56.08
43	vm	335	289	119	56.09
37	sm	64	290	125	56.15
30	sf	612	291	23	56.20
42	vm	534	292	120	56.21
45	vm	457	293	121	56.23
61	vm	355	294	122	56.24
41	vm	314	295	123	56.25
27	sm	146	296	126	56.26
34	sm	6	297	127	56.27
40	vm	368	298	124	56.30

Turnbull	Vanessa	womens running net
Travers-Jones	Joe	
Cram	Geoffrey	Chepstow harriers
Brown	Michael	
Hiscox	Aaron	
Scroggs	Debbie	Chepstow harriers
Jones	Paul	mumbles milers
Houghton	clare	Penarth and dinas
Thomas	David	
Leadbeater	Rhi	
Wilson	Jonathan	
Lewis	Beverly	
Curle	Dave	
Curle	John	
Morgan	Robert	
Jones	Gareth	Chepstow harriers
Simon	Scott	
Buckley	Melissa	
Martin	John	
Sutton	Nia	
Wood	Lisa	wimbledon windmilers
Brown	Naomi	
Thomas	Ian	
O'callaghan	Gareth	
Annetts	Tom	
Jones	Rob	
Canning	Jason	
Jenkins	Philip	
Williams	Andrea	RRC
Hart	Robert John	
Owen	Rhys Tudur	
Bond	Stephen	
Hunt	stephen	
Harlly	Alan	hay hotfooters
Wilson	Benjamin	
Bisson	Elspeth	
Hicks	Glyn	islwyn
Arnold	Gareth	
Evans	Sian	
Brown	Rhodri	
Diez	Lester	
Roberts	David Frazer	
Ezard	Andrew	
Davies	Michael	
Clinch	Mike	
Prosser	Colin	Chepstow harriers
Edwards	Tracy	Rhondda valley
Davies	sara	
Lewis	Neil	mumbles milers

42	vf	875	299	22	56.35
16	sm	100	300	128	56.36
62	vm	422	301	125	56.40
41	vm	413	302	126	56.45
24	sm	94	303	129	56.45
48	vf	835	304	23	56.46
36	sm	219	305	130	56.47
34	sf	629	306	24	56.48
29	sm	55	307	131	56.49
29	sm	198	308	132	56.53
39	sm	101	309	133	56.56
43	vf	802	310	24	56.58
49	vm	393	311	127	56.58
47	vm	392	312	128	57.03
34	sm	163	313	134	57.04
61	vm	451	314	129	57.09
34	sm	97	315	135	57.20
22	sf	685	316	25	57.23
51	vm	508	317	130	57.23
23	sf	610	318	26	57.31
30	sf	686	319	27	57.34
26	sf	665	320	28	57.36
43	vm	377	321	131	57.43
31	sm	184	322	136	57.43
30	sm	46	323	137	57.51
41	vm	537	324	132	58.10
36	sm	89	325	138	58.17
42	vm	341	326	133	58.19
36	vf	817	327	25	58.21
44	vm	302	328	134	58.24
23	sm	210	329	139	58.34
61	vm	468	330	135	58.34
61	vm	410	331	136	58.40
65	vm	443	332	137	58.47
39	sm	60	333	140	58.48
16	sf	670	334	29	58.49
59	vm	517	335	138	58.51
33	sm	44	336	141	58.51
29	sf	674	337	30	58.57
40	vm	499	338	139	59.00
34	sm	176	339	142	59.07
59	vm	546	340	140	59.08
44	vm	547	341	141	59.09
32	sm	142	342	143	59.09
		nil	343		59.11
49	vm	369	344	142	59.13
45	vm	527	345	143	59.15
42	vf	823	346	26	59.18
44	vf	853	347	27	59.18
49	vm	540	348	144	59.20

Bodenham	Lee	
Hobby	Andrew	
Woolley	Andrew	
Ward	Robert	caerleon rc
Lewis	Jeffrey	
Hughes	Gwenllian	
Bell	Jennifer	Chepstow harriers
Yeomans	Joanne	
Baggott	Michael	
Hayward	Geraldine	
Moles	Christian	village vipers
Shorney	Michelle	brackla harriers
Ash	Jane	Les Croups
Harries	John	
Lord	Jo	
Lewis	Tony	
Lister	Robert	pewsey vale rc
Cleverly	Lucy Ann	
Kahan	Gwen	
Alsworth	Michael	100 marathon club
Grandon	Tony	
Pickles	Christopher	
Floyd	Rhys	
Sullivan	Rebecca	
Machin	Fran	Les Croups
Harpin	Mike	
Treharne	Ruth	islwyn+F700
Williams	Rebecca	
Willams	Andrew	
Hughes	Nerys	monmouth tri
Martin	Rhian	
Fevre	Ralph	
Proffitt	David	newport harriers
Munn	Tim	
Padget	Lloyd	
johns	Martin	
Bisson	Jocelyn	
Bulbeck	Lynn	
George	Andy	Chepstow harriers
Bracey	Gary	
Thomas	cecilia	
Davies	Dawn	
Birch	Coleen	islwyn
Lawson	Venessa	Chepstow harriers
Bayliss	Jane	Chepstow harriers
Irving	Graham	
Vine	John	
Llewellyn	Nicola	cardiff tri

26	sf	626	349	31	59.26
35	sm	57	350	144	59.26
39	sm	58	351	145	59.27
30	sm	107	352	146	59.30
45	vm	442	353	145	59.30
33	sf	660	354	32	59.41
35	vf	847	355	28	59.47
37	vf	949	356	29	59.51
43	vm	404	357	146	59.54
54	vf	930	358	30	59.56
38	sm	17	359	147	59.56
	vf	953	360	31	59.57
34	sf	673	361	33	59.58
55	vm	365	362	147	59.59
46	vf	868	363	32	60.10
46	vm	425	364	148	60.12
52	vm	444	365	149	60.19
30	sf	609	366	34	60.21
53	vf	856	367	33	60.26
57	vm	494	368	150	60.26
59	vm	379	369	151	60.29
56	vm	378	370	152	60.30
29	sm	145	371	148	60.32
35	vf	866	372	34	60.37
33	sf	658	373	35	60.38
	nil		374		60.39
	vm	550	375	153	60.39
44	vf	476	376	35	60.44
33	sf	605	377	36	60.46
44	vm	539	378	154	60.48
27	sf	657	379	37	60.52
30	sf	603	380	38	60.52
53	vm	360	381	155	60.54
	nil		382		60.57
55	vm	396	383	156	60.58
34	sm	79	384	149	60.59
30	sm	87	385	150	60.59
45	vm	394	386	157	61.15
19	sf	671	387	39	61.15
41	vf	832	388	36	61.20
45	vm	309	389	158	61.21
22	sm	88	390	151	61.23
54	vf	865	391	37	61.24
43	vf	952	392	38	61.25
35	vf	845	393	39	61.36
37	vf	124	394	40	61.42
56	vf	833	395	41	62.05
46	vm	536	396	159	62.11
67	vm	514	397	160	62.13
26	sf	617	398	40	62.13

Johnson	Clare	Les Croups
Hobbs	James	
Hunt	Catrin	
Lloyd	Gareth	
Bayliss	Geoffrey	Chepstow harriers
Cole	Aleqi	
Morris	Alun	
Ashwin	James	
Lear	Jason	
Robertson	Alun	
Farrar	Mark	
Veysey	Emma	
James	Ray	port talbot harriers
Wheeler	Syd	Chepstow harriers
Oatley	Andrew	
Thomas	Ceri	Bridgend ac
Humphreys	John	
Lavelle	Tina	hay hotfooters
Brown	P. Keith	road runners club
Moore	Jonathan	
Heery	catherine	
Matthews	Roland	brackla harriers
Vince	Roger	
Sheppard	Paul	
Gallop-Evans	Eve	
Helsing	Anna	Penarth and dinas
Gentley	Jackie	
Spice	Richard	
Williams	Iwan	
Cole	frankie	
Vrubleskis	John	team bath ac
Schelkle	Bettina	
Morris	Brian	
Burford	Larry	pegasus rc
Donne	Richard	3M road runners
Johnson	James	
Jones	Matthew	
Harrett	Stephen	
Jenkins	Sarah	
Thomas	Huw	
Birchwell	Debbie	
Pearce	Kathy	sospan road runners
Gott	Andrew	
Morris	Jan	Chepstow harriers
Fletcher	Denise	
Arbutnot	Sophie	
Samuel	Kevin	Bitton Road Runners
Tucker	Kate	
McCardle	Alan	hay hotfooters
Evans	Kathleen	brackla harriers

63	vf	942	399	42	62.14
41	vm	388	400	161	62.23
28	sf	625	401	41	62.27
35	sm	137	402	152	62.37
62	vm	349	403	162	62.44
23	sf	620	404	42	62.46
26	sm	131	405	153	62.52
25	sm	130	406	154	62.52
38	sm	205	407	155	62.55
52	vm	421	408	163	62.55
34	sm	110	409	156	63.07
34	sf	641	410	43	63.14
47	vm	480	411	164	63.17
71	vm	470	412	165	63.22
42	vm	544	413	166	63.49
43	vf	929	414	43	63.56
54	vm	519	415	167	63.58
51	vf	857	416	44	64.09
66	vm	498	417	168	64.09
42	vm	347	418	169	64.27
18	sf	648	419	44	64.28
45	vm	513	420	170	64.29
54	vm	418	421	171	64.32
38	sm	4	422	157	64.39
44	vf	841	423	45	64.41
45	vf	877	424	46	64.42
50	vf	934	425	47	64.43
22	sm	118	426	158	64.43
28	sm	161	427	159	64.44
20	sf	619	428	45	64.59
45	vm	477	429	172	64.59
23	sf	639	430	46	65.04
42	vm	448	431	173	65.08
46	vm	459	432	174	65.08
46	vm	414	433	175	65.15
72	vm	311	434	176	65.17
43	vm	310	435	177	65.29
41	vm	334	436	178	65.29
45	vf	822	437	48	65.48
56	vm	318	438	179	65.51
45	vf	846	439	49	65.52
50	vf	843	440	50	65.53
28	sm	149	441	160	65.53
40	vf	864	442	51	65.53
46	vf	954	443	52	66.04
32	sf	663	444	47	66.05
44	vm	325	445	180	66.13
35	vf	883	446	53	66.27
56	vm	354	447	181	66.30
59	vf	920	448	54	66.34

Williams	Matthew	
Edwards	Neil	
Jones	Patricia	brackla harriers
Brown	Emma	
Russell	Cathryn	
Lewis	Steven	port talbot harriers
Hodgson	Simon	
Phillips	Paul	
Sullivan	Judd	
Scrivens	Philip	Chepstow harriers
Emms	Shaun	hay hotfooters
johns	Colin	
Frazer	Stuart	
Widdrington	Peter	
Chappelle	Jane	
Battersby	Elisabeta	Chepstow harriers
Ashford	Dorothy	
Hafner	caroline	
Griffiths	Nicola	sospan road runners
Ridge	Julia	
Hunt	Helen	
Gething	Julie	womens running net
Heery	Edmund	
Haines	Carl	
Goward	Lynn	
Lynch	Paul	
Williams	Lisa	
Simon	Alison	
Morgan	Huw	
Owen	John	
Collier	Paul	
Jones	Luned	
Kavanagh	Vivienne	3M road runners
Derrick	Joanne	
Edwards	Sian	
Munn	Kirsten	
Wood	Dionne	
Morris	Sarah	village vipers
Newbould	Garry	village vipers
Gentley	Victor	
Wile	Ian	
Newman	Edward	coffin dodgers
Rowson	Marilyn	Les Croups
Leonard	Emma	
Dunn	Mairi	
Donald	Anne	Les Croups
Hafner	Muala	
Davies	Julie	
Roberts	Sian	womens running net
Hopkins	Helen	

38	sm	128	449	161	66.40
49	vm	525	450	182	66.52
54	vf	933	451	55	66.58
36	vf	878	452	56	67.00
52	vf	807	453	57	67.03
39	sm	24	454	162	67.04
37	sm	223	455	163	67.10
50	vm	461	456	183	67.15
19	sm	109	457	164	67.15
42	vm	340	458	184	67.50
69	vm	389	459	185	67.55
39	sm	152	460	165	68.07
38	sm	53	461	166	68.09
69	vm	304	462	186	68.10
45	vf	831	463	58	68.11
51	vf	834	464	59	68.14
47	vf	919	465	60	68.19
62	vf	909	466	61	68.32
43	vf	829	467	62	68.38
37	vf	904	468	63	68.39
58	vf	876	469	64	68.40
38	vf	908	470	65	68.41
52	vm	420	471	187	68.46
51	vf	899	472	66	68.46
43	vf	900	473	67	68.52
39	sm	41	474	167	69.07
34	sf	681	475	48	69.09
38	vf	870	476	68	69.10
16	sm	91	477	168	69.15
64	vm	471	478	188	69.16
29	sm	228	479	169	69.16
30	sf	690	480	49	69.19
46	vf	926	481	69	69.19
34	sf	677	482	50	69.20
34	sf	669	483	51	69.21
35	vf	862	484	70	69.31
33	sf	653	485	52	69.31
41	vf	810	486	71	69.31
56	vm	303	487	189	70.11
50	vm	524	488	190	70.23
46	vm	397	489	191	70.26
62	vm	385	490	192	70.36
59	vf	863	491	72	70.38
38	vf	819	492	73	70.43
40	vf	927	493	74	70.43
59	vf	940	494	75	70.45
32	sf	666	495	53	70.53
38	vf	895	496	76	70.56
30	sf	647	497	54	70.56
34	sf	607	498	55	71.05

McCarthy	Roxanne		42	vf	928	499	77	71.14
jones	Nick		41	vm	376	500	193	71.32
Spiller	Karen		44	vf	931	501	78	71.32
Churton	Julia		47	vf	932	502	79	71.37
Lewis	Andrew		28	sm	30	503	170	71.38
Keates	Richard		21	sm	31	504	171	71.41
Spiller	Jacqui		44	vf	923	505	80	71.47
Pitt	Gerard		36	sm	43	506	172	72.00
Mcperson	Andre		35	sm	136	507	173	72.07
Blackshaw	Rachel		33	sf	622	508	56	72.07
Cook	Alison	Penarth and dinas	34	sf	630	509	57	72.08
Baydoun	Judith		53	vf	939	510	81	72.13
Shanahan	Alison		33	sf	676	511	58	72.25
Weatley	Garath		24	sm	84	512	174	72.25
Lloyd	David		65	vm	452	513	194	72.37
Winter	Julie	pewsey vale rc	42	vf	874	514	82	72.48
Ashford	Martin		50	vm	489	515	195	73.09
Taylor	Gary	mumbles milers	26	sm	220	516	175	73.17
Brown	Beatrix		54	vf	888	517	83	73.23
Evans	Dyfed		32	sm	204	518	176	73.23
Melhuish	Molly		35	vf	850	519	84	73.28
Thomas-Clelan	Jaqueline		35	vf	830	520	85	73.28
Cleland	Mark		38	sm	38	521	177	74.14
Hand	Polly		23	sf	654	522	59	74.21
Larrett	Damian		22	sm	117	523	178	74.21
Clifton-Hadley	Matthew		23	sm	113	524	179	74.21
Buselle	Michelle		26	sf	652	525	60	74.21
Sutton	Claire	Griffithstown harriers	42	vf	826	526	86	74.24
Jones	Peter		44	vm	490	527	196	74.24
Rees	Wendy	Griffithstown harriers	46	vf	828	528	87	74.33
Wyndham	Annette		41	vf	821	529	88	74.33
Wyndham	Steven		38	sm	32	530	180	75.29
Alexis	Errol		72	vm	497	531	197	75.34
Wolley	Rachel	village vipers	26	sf	602	532	61	75.37
Champion	Angela	village vipers	32	sf	608	533	62	75.51
Whitworth	Vicky		48	vf	922	534	89	75.51
Whitworth	Mick		46	vm	495	535	198	75.57
Powell	Sarah		35	vf	859	536	90	75.57
Powell	Mandy		32	sf	627	537	63	76.52
Thomas	Miriani	sospan road runners	43	vf	914	538	91	77.04
Evans	Scott	sospan road runners	32	sm	191	539	181	77.04
George	Martin	sospan road runners	32	sm	132	540	182	77.13
Evans	Jennifer		24	sf	640	541	64	77.15
Smith	Linda		47	vf	894	542	92	77.24
Jones	Fleur		33	sf	606	543	65	77.24
Scriven	Laura		22	sf	633	544	66	77.56
Nunnery	Margenna		40	vf	818	545	93	77.56
Nunnery	Christopher		43	vm	338	546	199	77.56
Loosemore	Elizabeth		33	sf	646	547	67	77.56
Williams	Natasha	Chepstow harriers	41	vf	881	548	94	77.58

Thomas	Kevin	
Hiscox	Andrew	
Cahill	Helen	
Lewis	David	
Thomas	Gwen	
Grest	Julia	
Stone	Jennifer	
Howells	Wayne	
Howells	Nicola	
Thomas	Alice	sospan road runners
Morgan	Alison	
Slack	John	
Hall-Edwards	Jayne	womens running net
Hall-Edwards	Toni	
Llewellyn	Carolyn	Les Croups
Neal	Angela	Les Croups
Llewellyn	Sian	Les Croups
Llewellyn	Rhian	Les Croups
Neal	Sue	Les Croups
Lynch	Amanda	
Thomas	Rhys	
Bigmore	Lesley	
Johnson	Jenny	
Davies	Joy	Les Croups
Murphy	Gill	Les Croups
Newman	Tracey	Les Croups
Phillips	Karen	Les Croups
Beavon	Joy	Les Croups
Allison	Louise	
Grostate	Rhiannon	
Morgan	Angela	
Roberts	Michelle	
Wright	Kate	
Hall	Roger	
Martin	Fiona	

50	vm	344	549	200	78.45
29	sm	93	550	183	78.48
52	vf	913	551	95	78.48
49	vm	512	552	201	78.56
32	sf	684	553	68	78.57
24	sf	632	554	69	79.49
42	vf	801	555	96	80.00
41	vm	469	556	202	80.08
40	vf	910	557	97	80.08
16	sf	621	558	70	80.12
44	vf	869	559	98	80.12
44	vm	400	560	203	81.03
39	vf	879	561	99	81.15
20	sf	644	562	71	81.15
62	vf	944	563	100	83.39
53	vf	945	564	101	83.39
35	vf	946	565	102	83.39
32	sf	687	566	72	83.39
58	vf	943	567	103	83.39
37	vf	827	568	104	85.36
30	sm	15	569	184	85.43
50	vf	951	570	105	88.34
43	vf	915	571	106	89.21
46	vf	937	572	107	89.21
55	vf	936	573	108	89.21
38	vf	824	574	109	89.21
41	vf	872	575	110	89.21
41	vf	912	576	111	89.21
44	vf	816	577	112	90.03
19	sf	636	578	73	93.57
52	vf	842	579	113	94.09
25	sf	667	580	74	94.34
25	sf	668	581	75	94.34
41	vm	440	582	204	98.02
36	vf	892	583	114	98.02