

Pos	Time	No	Name	M/F	Cat	Club
1	15:21	75	Simon Jones	M		Cardiff A A C
2	15:27	40	William Levett	M		Bedford & County
3	15:46	53	Jonathan Phillips	M		Cardiff A A C
4	16:05	635	Martin Rees	M	50	Swansea Harrs
5	16:11	634	Shaun Tobin	M	40	
6	16:43	104	Lewys Hobbs	M		Swansea Harrs
7	16:43	37	Gareth Jones	M		Neath Harrs
8	16:45	124	Alex Donald	M		Cardiff A A C
9	16:45	55	Edward Takata	M		Cardiff A A C
10	16:52	182	Richard Bullen	M	40	Les Croupiers
11	16:56	63	Sam Walsh	M		Swansea Harrs
12	16:57	232	Vince Clisham	M	40	Coventry
13	16:58	208	Dave Wilson-Evans	M	45	Swansea Harrs
14	17:14	1001	K Edwards	M		
15	17:15	97	David Kehoe	M		
16	17:20	317	Non Stanford	F		Swansea Harrs
17	17:25	178	John Williams	M	45	Neath Harrs
18	17:27	640	Peter Osborne	M	45	Swansea Harrs
19	17:29	641	Phillip Jenkins	M	40	Bridgend A C
20	17:29	81	Rick Velati	M		Swansea Tri
21	17:33	209	Andrew Doel	M	40	Neath Harrs
22	17:43	70	Chris Hill	M		Langport R C
23	17:48	266	Neil Davies	M	45	Cornelly
24	17:52	59	James Padfield	M		Swansea Uni
25	17:52	38	David Shroll	M		Neath Harrs
26	17:56	108	Andrew Davies	M		
27	18:00	109	Thomas Howells	M		Pontypridd Roadents
28	18:00	185	Jeremy Collins	M	50	Swansea Harrs
29	18:03	216	Richard Jones	M	45	Swansea Harrs
30	18:06	219	Steve Williams	M	45	Neath Harrs
31	18:07	173	Alan Davies	M		
32	18:13	207	Andi Morgan	M	45	Carmarthen Harrs
33	18:17	86	Jason Heath	M		
34	18:20	211	Kevin Lewis	M	40	Neath Harrs
35	18:22	28	Grant Howells	M	40	Swansea Harrs
36	18:23	193	Jon Sizer	M	45	
37	18:27	61	Steven Richards	M		Swansea Harrs
38	18:35	79	Charles T Walsh	M		Port Talbot Harrs
39	18:36	180	Robert Bamsey	M	50	Neath Harrs
40	18:44	35	Paul Reynolds	M		
41	18:46	215	Robert Hackett	M	45	Neath Harrs
42	18:46	201	Mike Tare	M		Multi Sport
43	18:47	166	Steve Coupe	M	55	Sospan R R
44	18:52	234	Christopher Morris	M		Llanelli Tri
45	18:54	54	Mike Hegarty	M		Morpeth Harrs
46	18:58	4	Lee Morris	M		
47	19:02	42	Peter Miskell	M		Reading R R
48	19:07	102	Will Roberts	M		Swansea Harrs
49	19:11	33	David Sullivan	M		3M's
50	19:13	58	Aled Anderson	M		
51	19:18	113	Adam Newton	M		Swansea Harrs
52	19:20	31	Kristian Jones	M		
53	19:21	34	Lynsey Christopher	M		Seek & Repair
54	19:23	206	Jonathan Barker	M	45	Leeds City
55	19:26	202	Graham Colvin	M	40	3M's
56	19:26	177	Derek Hegarty	M	45	RAF Careers
57	19:27	250	Paul Llewellyn	M	40	Visteon
58	19:28	99	Paul Flynn	M		
59	19:28	93	Jason Hughes	M		Multi Sport
60	19:38	230	Michael A Thomas	M	40	
61	19:40	205	Rhodri Evans	M	45	
62	19:41	157	Mark Jones	M	45	Llanelli Tri Club
63	19:42	265	Stephen Powell	M	40	Port Talbot Harrs
64	19:46	67	Gareth Hill	M		
65	19:51	45	Mat Ackland	M		
66	19:52	114	Gair McAdie	M		Team Deviant
67	19:57	161	Cyril Walters	M	55	Cardiff A A C
68	20:02	160	Robert Stuart Jones	M	50	Swansea Harrs
69	20:05	228	Alan Perkins	M	50	Port Talbot Harrs
70	20:06	259	Leonard Richards	M	50	Port Talbot Harrs
71	20:10	39	Mike Gleeson	M		Visteon
72	20:10	200	Tony Morris	M	45	
73	20:12	324	Emma Parry	F		
74	20:20	164	Andrew Lucas	M	40	3M's
75	20:21	262	Huw Jones	M	45	Swansea Unison
76	20:25	447	Ingrid Taylor	F	35	3M's
77	20:26	52	Jason Statham	M		Land Registry
78	20:27	123	Peter Lloyd	M		3M's
79	20:27	251	Roger Bell	M	40	3M's
80	20:28	112	Michael Johns	M		

Pos	Time	No	Name	M/F	Cat	Club
81	20:31	41	Dean Llewellyn	M		
82	20:32	60	Jon Parry	M		
83	20:33	72	Rob Griffiths	M		
84	20:36	179	Philip Bamsey	M	50	Neath Harrs
85	20:38	410	Jenny Phillips	F	35	
86	20:39	71	Rhys Harries	M		Llanelli
87	20:40	89	Phil Turner	M		Halifax Harrs
88	20:40	187	David Hopkins	M	45	
89	20:41	212	Tim Phillips	M	45	Neath Harrs
90	20:43	5	Chris Griffiths	M		Neath Harrs
91	20:45	280	Tony Baker	M	45	3M's
92	20:46	10	Benjamin Tucker	M		Neath Harrs
93	20:46	264	Gary Waters	M	55	Swansea Harrs
94	20:49	422	Sandra Pinkham	F	40	Neath Harrs
95	20:59	163	Stephen Chambers	M	40	
96	21:00	274	Andrew Thomas	M		3M's
97	21:01	188	David Oak	M	60	Port Talbot Harrs
98	21:05	22	Bruno Clarke	M		Swansea Harrs
99	21:08	66	James Robert O'Callaghan	M		
100	21:10	94	Alex Marsh	M		Great Western Runners
101	21:12	646	Phil Davies	M	45	South Wales Police
102	21:13	316	Joanne Howells	F		
103	21:14	46	Miles Willis	M		Dogs an Ropes
104	21:14	174	Phil Williams	M	45	Multi Sport
105	21:14	15	Ian Henton	M		Multi Sport
106	21:15	20	Ian Moss	M		
107	21:15	433	Anna David	F	35	
108	21:17	189	Brian Fox	M	60	Swansea Harrs
109	21:18	92	Paul Steven Osborne	M	45	Llanelli Tri
110	21:19	23	Anthony Higgins	M		
111	21:27	273	Kevin Tobin	M	45	Swansea Harrs
112	21:32	682	Huw Battenbo	M		
113	21:33	221	Alan Jefferies	M	60	Swansea Harrs
114	21:38	328	Emma Thomas	F		Hogweed Trotters
115	21:39	257	Michael Holding	M	40	
116	21:41	21	Alex Williams	M		
117	21:48	333	Louise Miskell	F		3M's
118	21:48	639	Dewi West	M	40	3M's
119	21:51	223	John Clement	M	40	
120	21:52	69	Steve Keogh	M		Land Registry
121	21:53	275	Andrew Dalrymple	M		
122	21:54	44	Michael Done	M		
123	21:55	150	Rob Walton	M	40	
124	21:57	125	Mike Griffiths	M		Team Deviant
125	21:58	88	Richard Wilson	M		
126	21:59	57	Steven Williams	M		
127	21:59	255	Bruce Morgan	M	50	Llanelli
128	22:00	14	Richard Simpson	M		
129	22:02	260	Jon Henderson	M		
130	22:04	76	Gerard Willis	M		
131	22:04	420	Yvonne Bullen	F	40	Les Croupiers
132	22:06	320	Sara Dobler	F		Swansea Harrs
133	22:07	241	Richard Howe	M		3M's
134	22:10	210	Lyn Johnson	M	50	Multi Sport
135	22:11	199	John Lovell	M	50	Neath Harrs
136	22:13	170	Paul Rowlands	M	50	
137	22:14	181	Terry Jones	M	50	3M's
138	22:15	101	Mark Morris	M		Port Talbot Harrs
139	22:19	419	Susan George	F	35	
140	22:20	239	Christopher Jones	M	40	Port Talbot Harrs
141	22:21	80	Geraint Higgins	M		
142	22:22	98	Richard L Mainwaring	M		
143	22:23	6	Matthew Fincher	M		Sospan R R
144	22:26	268	Mario Rabaiotti	M	40	
145	22:29	62	Edward Harris	M		
146	22:30	312	Angela Lewis	F		
147	22:32	122	Sam Rose-Mills	M		
148	22:33	73	O T Parkes	M		
149	22:34	48	Arfon Rees	M		Wecori
150	22:35	306	Sian Jones	F		Amman Valley Harrs
151	22:37	240	Geoff Hall	M	50	
152	22:38	65	Ian Lloyd Jones	M		
153	22:40	11	Phil Protheroe	M		Road Runners
154	22:41	197	Nigel Hugh Davies	M	45	
155	22:41	261	Ray James	M	40	Port Talbot Harrs
156	22:48	314	Janelle Duke	F		
157	22:49	236	Simon Cogger	M		
158	22:50	152	Raymond Boyce	M	40	Cornelly
159	22:51	190	Arthur Phillips	M	70	Sospan R R
160	22:54	78	Anthony Ward	M		

Pos	Time	No	Name	M/F	Cat	Club
161	22:56	47	Steve Press	M		Wecori
162	22:57	168	John Cunnane	M	55	
163	22:58	213	Kelwyn Harris	M	50	3M's
164	23:00	26	Ian Jones	M	40	Dubai Tri Club
165	23:01	117	Steve Birmingham	M		Brackla Harrs
166	23:01	13	Leigh James	F		
167	23:02	644	Chris Carter	M	45	
168	23:03	110	Neil Crawford	M		
169	23:05	220	Bob Gardiner	M	45	Team Wecori
170	23:07	198	Terry Jones	M	55	Visteon
171	23:09	91	Andrew Smart	M		
172	23:12	341	Sandra Irvine	F		
173	23:13	74	Ben Seabourne	M		
174	23:15	103	Jay Extence	M		
175	23:23	194	Steve Jones	M	45	
176	23:23	196	David Mitchell	F	45	SBOC
177	23:24	111	Greg Smith	M		
178	23:30	270	Tony Clements	M	50	
179	23:31	237	Gerwyn Evans	M	45	
180	23:31	642	Carlo Rabaiotti	M	40	
181	23:33	681	Gareth Phillips	M		
182	23:35	445	Linda Hutchinson	F	40	3M's
183	23:36	225	Paul Rees	M	40	3M's
184	23:38	24	Richard Dugate	M		
185	23:40	43	Warren Perkins	M		
186	23:40	195	Martyn Hann	M	40	
187	23:41	253	Paul Gillard	M	45	
188	23:53	50	Paul Skinner	M		
189	23:55	256	Robert Lewis	M		
190	24:05	231	Andrew Grovert	M	40	
191	24:07	84	Darren Green	M		Swansea Jack
192	24:09	87	Dean Morgan	M		
193	24:10	346	Kirsty Woolford	F		3M's
194	24:10	631	John Nicholls	M	50	3M's
195	24:11	645	Steve McLelland	M	50	3M's
196	24:11	315	Jenny Hart	F		3M's
197	24:11	96	Cris Vincent	M		
198	24:14	192	Michael Newman	M	55	Neath Harrs
199	24:26	120	Matthew Farrdy	M		3M's
200	24:28	458	Samantha Ward-Jones	F	35	W R N
201	24:29	1	Michael Shellard	M	60	Swansea Harrs
202	24:29	638	Colin Jenkins	M	45	
203	24:30	636	Gareth Rowlands	M	45	
204	24:33	235	Steven Thomson	M		
205	24:34	229	Mark Fleming	M	40	
206	24:38	269	Neil Lewis	M	45	Mumbles Milers
207	24:41	327	Catrin Evans	F		
208	24:43	191	Simon Franks	M	40	
209	24:46	428	Christine Davies	F	35	
210	24:46	106	Paul Hobson	M		
211	24:48	183	Bryan Shayle	M	40	3M's
212	24:50	417	Ann Brown	F	35	
213	24:55	238	Anthony Vallario	M	45	Port Talbot Harrs
214	24:56	82	Mark Whittaker	M		
215	24:58	100	Dean Packer	M		
216	24:58	438	Sarah Packer	F	35	
217	24:59	305	Sara Griffiths	F		Neath Harrs
218	25:00	49	Andy Bellingham	M		
219	25:05	176	David Rosser	M	70	Amman Valley Harrs
220	25:07	318	Catherine Evans	F		
221	25:11	17	Gary Smith	M		
222	25:12	116	Remko De Lange	M		
223	25:14	421	Suzanne Moriarty	F	40	
224	25:15	204	Stephen Jones	M	45	
225	25:16	32	Andrew S Evans	M		
226	25:18	632	Gareth Jones	M		
227	25:19	83	Phil Lloyd	M		
228	25:20	271	Mike O'Shea	M	60	
229	25:29	64	Ceri Leighton Evans	M		
230	25:29	413	Kathryn John	F	35	
231	25:30	464	Pippa Poulton	F	40	
232	25:32	323	Lowri Randell	F		Sospan R R
233	25:36	425	Odette White	F	45	Sospan R R
234	25:36	339	Teresa Griffiths	F		
235	25:37	252	Rhidian Morgan	M	45	
236	25:40	90	Paul Jones	M		Mumbles Milers
237	25:44	401	Elena Zarate	F	55	
238	25:47	409	Caroline Berry	F	40	
239	25:48	105	Ben Lloyd	M		
240	25:49	680	Paul Darby	M		

Pos	Time	No	Name	M/F	Cat	Club
241	25:52	329	Anna Wake	F		3M's
242	25:52	322	Sally Williams	F		
243	25:53	444	Christine Hurdidge	F	50	3M's
244	25:54	405	Emma Cownie	F	35	
245	25:55	127	Graham Linnard	M		
246	25:55	443	Lucy Bryant	F		
247	25:57	171	Petar Maksinovic	M	40	
248	25:58	400	Kelly Gipson	F	35	
249	25:59	436	Fay Sharpe	F	45	3M's
250	26:01	326	Lisa Jayne Williams	F		
251	26:02	309	Kathryn Sweetman	F		
252	26:11	77	Peter Hurley	M		
253	26:19	633	Jeff Lewis	M	50	
254	26:20	119	Daniel Davison	M		
255	26:21	325	Charlotte Matthews	F		Vale Royal
256	26:22	437	Lynne Lewis	F	50	
257	26:28	227	Nigel L Jones	M	50	
258	26:29	648	Leighton Jenkins	M	45	
259	26:38	186	Andre Camilleri	M	55	
260	26:40	335	Caroline Jones	F		
261	26:43	453	Fiona Neill	F	35	Mumbles Milers
262	26:45	331	Sarah L Hawkins	F		
263	26:47	307	Amanda Jayne Bayliss	F		Sospan R R
264	26:50	431	Karen Burrows	F	40	3M's
265	26:50	630	Mark Jones	M	40	
266	26:53	466	Sian Hopkins	F		
267	26:53	418	Anita Howells	F	55	Aberdare
268	26:59	18	Michael Williams	M		
269	27:01	25	Liam Hughes	M		
270	27:03	468	Elaine Clarke	F	45	
271	27:06	442	Liz Lovell	F	40	
272	27:08	432	Tracey Williams	F	40	3M's
273	27:10	426	Carol Vynar	F	35	
274	27:13	429	Rosie Amesbury	F	55	
275	27:15	319	Michelle Chapman	F		
276	27:17	450	Ali Wood	F	35	
277	27:19	254	Chris Edmonds	M	50	
278	27:22	107	Owen Morgan	M		
279	27:24	448	Suzanne Oakley	F		
280	27:26	402	Pauline Williams	F	45	
281	27:29	121	Martin Nicholls	M		Multi Sport
282	27:31	224	Tony Lovell	M	40	
283	27:34	455	Shirley Davies	F	40	W R N
284	27:34	115	David Hollnad	M		
285	27:44	441	Linzi Johnstone	F	45	W R N
286	27:44	459	Joanne James	F	35	
287	27:38	452	Dianne Connor	F		3M's
288	27:45	313	Cathryn Hughes	F		
289	27:47	415	Lindi Lloyd	F	35	
290	27:48	332	Catherine Bewley-Taylor	F		
291	27:48	643	Steve Whyte	M	40	
292	27:49	430	Indira Hann	F	35	
293	27:51	184	Andrew John	M	45	
294	27:54	3	Christopher Hockley	M		
295	27:58	350	Maria Poole	F		
296	27:58	217	Christopher Plaice	M	60	
297	27:59	416	Kim Holohan	F	45	3M's
298	28:03	214	Alfryn Easter	M	55	3M's
299	28:05	85	Owen Gilson	M		
300	28:06	406	Karen Eynon	F	40	
301	28:10	465	Sandra Rees	F	40	
302	28:14	308	Dawn Moore	F		
303	28:25	411	Jenny Wyatt	F	40	Womans Running Network
304	28:30	434	Karen Churchill	F	45	
305	28:34	272	Keith Harris	M	40	Mumbles Milers
306	28:39	334	Lisa Willis	F		
307	28:45	304	Elizabeth Barclay	F		
308	28:45	9	Stephen Barclay	M		
309	28:51	342	Sarah Beedles	F		
310	28:58	118	Jon Eastwood	M		
311	28:59	36	Michael Moore	M		
312	29:07	95	Matthew Price	M		
313	29:07	451	Marcia Miles	F	40	
314	29:10	162	Phillip Dicks	M	45	Visteon R C
315	29:11	457	Catherine Richards	F	45	W R N
316	29:17	126	Gary Taylor	M		Mumbles Milers
317	29:19	414	Karen Dugate	F	40	
318	29:24	637	Dennis Lynch	M	65	Cornelly
319	29:30	321	Carol Prior	F		
320	29:50	175	Peter King	M	45	

Pos	Time	No	Name	M/F	Cat	Club
321	29:52	30	Nigel Kevin Rees	M		
322	29:57	469	Gaynor Jones	F		
323	30:03	88	Already Finished	F		
324	30:15	435	Margit Edwards	F	40	
325	30:16	154	Andrew John	M	40	
326	30:27	156	David Mogford	M	60	
327	30:32	345	Michelle Herd	F		
328	30:33	404	Gill Nicholls	F	45	3M's
329	30:45	440	Janet Jenkins	F	40	
330	30:46	267	Ian Clegg	M	60	Team Deviant
331	30:52	449	Debby Gould	F	45	
332	31:05	446	Julie Davies	F	50	3M's
333	31:16	337	Eleanor Bevan	F		
334	31:17	336	Sali Davies	F		
335	31:26	454	Beverley Crawford	F	35	Mumbles Milers
336	31:34	470	Louise Oram	F	35	
337	31:35	460	Linda Owens	F	50	
338	31:35	343	Sophie Clarke	F		
339	31:36	647	Brian Clarke	M	40	
340	31:41	427	Beverley Jones	F	45	
341	32:09	340	Delyth Higgins	F		
342	32:10	263	Tudor Phillips	M	60	
343	32:43	424	Cynthia Davis	F	40	
344	32:44	68	Richard Clarke	M		
345	32:49	423	Margaret Hammond	F	40	
346	33:16	349	Beth McNulty	F		
347	33:17	276	Charles McNulty	M	45	
348	33:18	463	Rachel Daniel	F	35	W R N
349	33:27	467	Hilary Davies	F	45	
350	34:00	301	Rhiannon Churchill	F		3M's
351	34:01	226	Eric Ricketts	M	60	3M's
352	34:16	462	Louise Sweetman	F	35	
353	34:21	344	Rachel Elimelech	F		
354	34:28	439	Kerry Bailey	F	35	Team Deviant
355	34:57	456	Kay Harris	F	40	
356	34:57	233	Wayne Harris	M	45	
357	35:23	258	Nathan Thomas	M		Team Deviant
358	35:24	218	David Thomas	M	40	Team Deviant
359	36:19	347	Molly Thomas	F		
360	36:20	348	Emily Mills	F		
361	41:47	461	Jane Elliott	F	50	
362	44:47	222	Eddy Lee	M	55	Mumbles Milers