

Pos	No	First	Name	Club	Time
1	59	ANDREW	ABBOTT	SARN HELEN	00:36:23
2	23	STEPHEN	THOMAS	ISLWYN RUNNING CLUB	00:36:49
3	46	PETER	OSBORNE	SWANSEA HARRIERS	00:37:38
4	7	MICHAEL	EVANS	TROTS	00:38:22
5	4	PHILIP	MARLAND	AMMAN VALLEY HARRIERS	00:38:35
6	54	CLIVE	DAVIES	SOSPAN ROAD RUNNERS	00:38:46
7	16	KEVIN	TAYLOR	AMMAN VALLEY HARRIERS	00:40:01
8	2	STEVE	COUPE	SOSPAN ROAD RUNNERS	00:40:12
9	21	MARK	DUNSCOMBE	SARN HELEN	00:41:04
10	3	PATRYK	HUCZKOWSKI	DYSTANS KRAKOW	00:41:43
11	53	HYWEL	JONES	NONE	00:41:59
12	29	SAM	GROSS	NONE	00:42:11
13	11	DEWI	JONES	TROTS	00:42:30
14	64	STEVEN	LEWIS	AMMAN VALLEY HARRIERS	00:42:43
15	31	ERIC	DAVEY	LLANELLI AAC	00:42:56
16	5	ALAN	PERKINS	PORT TALBOT HARRIERS	00:43:35
17	38	ROBERT	FOWLER	AMMAN VALLEY HARRIERS	00:43:42
18	6	DAVE	ROBERTS	AMMAN VALLEY HARRIERS	00:43:53
19	33	MALCOLM	HOWELLS	SOSPAN ROAD RUNNERS	00:44:08
20	43	LYNSEY	CHRISTOPHER	SEEK & REPAIR	00:44:21
21	18	NIGEL	HADDOCK	SOSPAN ROAD RUNNERS	00:44:48
22	28	DAVID	OAK	PORT TALBOT HARRIERS	00:45:01
23	65	OWEN	DERRICK	PEMBROKESHIRE HARRIERS	00:45:03
24	45	HUW	PRICE	SARN HELEN	00:45:59
25	8	DORIAN	JONES	NONE	00:46:44
26	14	MARK	WILLIAMS	SOSPAN ROAD RUNNERS	00:46:48
27	34	JOHN	FREEMAN	AMMAN VALLEY HARRIERS	00:47:07
28	40	NEIL	DAVIES	NONE	00:47:57
29	17	DAVID	BENNETT	NONE	00:48:17
30	44	JUDI	BOWSHER	LES CROUPIERS	00:48:48
31	25	ANDREW	OWEN	NONE	00:49:08
32	36	KATHY	BRADBURY	AMMAN VALLEY HARRIERS	00:49:26
33	27	DAVID	ANTHONY	PORT TALBOT HARRIERS	00:49:38
34	51	BRIAN	MOGFORD	AMMAN VALLEY HARRIERS	00:50:33
35	24	MARIO	RABAIOTTI	NONE	00:50:37
36	39	PETER	YOUNG	NONE	00:50:45
37	56	ALUN	LEWIS	NONE	00:50:50
38	60	SIMON	TAYLOR	NONE	00:51:01
39	67	EMMA	SIMPKINS	AMMAN VALLEY HARRIERS	00:51:17
40	13	GILLIAN	PHILLIPS	SOSPAN ROAD RUNNERS	00:51:41
41	10	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:51:45

42	15	JONATHAN	DAVIES	SOSPAN ROAD RUNNERS	00:52:15
43	35	TANIS	HAND	TROTS	00:52:37
44	52	PETER	DAVIES	SARN HELEN	00:53:03
45	61	GEORGINA	MIDDLE	NONE	00:53:10
46	12	ODETTE	WHITE	SOSPAN ROAD RUNNERS	00:53:25
47	48	HELEN	PHILLIPS	AMMAN VALLEY HARRIERS	00:53:50
48	22	GWYN	JONES	NONE	00:54:31
49	42	MATTHEW	FINCHER	SOSPAN ROAD RUNNERS	00:55:24
50	19	HAYDEN	WILLIAMS	AMMAN VALLEY HARRIERS	00:55:35
51	20	MATTHEW	TODD	AMMAN VALLEY HARRIERS	00:55:35
52	41	PAUL	SAVAGE	NONE	00:55:43
53	47	LYN	BROWN	NONE	00:56:23
54	32	ALAN	MORRIS	NONE	00:56:23
55	26	PAUL	BODEN	NONE	00:56:44
56	37	DAVID	ROSSER	AMMAN VALLEY HARRIERS	00:57:07
57	58	PAULINE	THOMAS	TROTS	00:57:28
58	68	NIGEL	JONES	NONE	00:59:10
59	66	AMANDA	BAYLISS	SOSPAN ROAD RUNNERS	01:00:07
60	62	DAVID	JONES	NONE	01:00:38
61	55	STEPHEN	PAYNE	AMMAN VALLEY HARRIERS	01:02:37
62	50	JOANNA	MOGFORD	AMMAN VALLEY HARRIERS	01:03:05
63	49	ANN	MOGFORD	AMMAN VALLEY HARRIERS	01:03:05
64	57	ELAINE	LEWIS	NONE	01:03:09
65	63	DAVID	TUCKER	NONE	01:04:51
66	9	ALLEN	WATTS	SARN HELEN	01:15:28
67	1	EDWARD	EVANS	AMMAN VALLEY HARRIERS	01:17:02
68	69	PAUL	DAVIES	NONE	01:22:57
69	70	ANNA	PARRY	AMMAN VALLEY HARRIERS	01:23:59
9999	30	LES	CHAPMAN	AMMAN VALLEY HARRIERS	