

Pos	Time	Race No.	Name	M/F	Cat	Club	Opt
1	00:55:41	58	Phillip Matthews	M		Swansea Harriers	EW
2	00:57:19	162	Martin Shaw	M		Brecon A C	
3	00:57:28	118	Austin Davies	M	45	Brecon A C	EW
4	00:58:02	94	Nick Dukes	M	35	Les Croupiers	EW
5	00:58:19	208	Tim Iveson	M		Builth & District	EW
6	00:58:39	54	Edward Donovan	M		Les Croupiers	
7	00:58:41	156	Paul Talbot	M	40	Neath Harriers	
8	00:58:46	216	Chris Moseley	M		Wargrave Runners	
9	00:59:06	153	Andrew Reynolds	M		Neath Harriers	
10	00:59:29	224	Mark Mark	M		Les Croupiers	
11	01:00:10	159	Chris Parker	M	40	Port Talbot Harriers	
12	01:00:24	59	Stephen Shields	M		San Domenico	
13	01:00:36	217	Steven Pritchard	M		Pontypridd Roadents	
14	01:01:00	190	Crispin Fowler	M	40	Brecon A C	EW
15	01:01:15	89	Matthew Wells	M		Brackla Harriers	
16	01:01:30	210	Philip Kendrick	M	45	Brecon A C	EW
17	01:01:35	67	Richard Mulvany	M		Abinedon Amblers	
18	01:01:44	157	Royston Whitehouse	M	45	Neath Harriers	
19	01:01:53	152	Chris Fulcher	M	40	Port Talbot Harriers	
20	01:02:34	160	Lee Morris	M			
21	01:03:08	173	David Davies	M	50	Brecon A C	EW
22	01:04:35	124	Jon Emblin	M	50	Bridgend A C	
23	01:04:44	134	Ronald Morris	M	60	San Domenico	
24	01:05:17	175	Nick Hitchings	M	40	Malvern Joggers	
25	01:05:25	229	Alex Williams	M	40	Port Talbot Harriers	
26	01:05:28	225	Rob Lewis	M			
27	01:05:28	87	James Potts	M	40	San Domenico	
28	01:05:32	193	Paul Dawes	M	45	San Domenico	
29	01:05:44	187	Carl Davies	M			
30	01:05:49	11	Clare Phillips	F	40	Port Talbot Harriers	EW
31	01:06:03	185	Harry Allen	M			
32	01:06:05	206	Marianne Gittoes	F		Chepstow Harriers	EW
33	01:06:30	42	Matthew Herbert	M	35	Bridgend A C	
34	01:06:44	250	David Munro	M			
35	01:06:44	163	Katie Beecher	F		Les Croupiers	

36	01:06:51	50 Peter Cockett	M		
37	01:07:02	137 Phil Bristow	M	40 San Domenico	
38	01:07:05	35 Gareth Hall	M	Llswerry	EW
39	01:07:10	30 Jason Evans	M	35 Runners Life Porthcawl	
40	01:07:39	205 Martin Browne	M	40 SMB Fitness	
41	01:07:48	245 David Rees	M	59 Hay Hotfooters	EW
42	01:07:53	88 Charlotte Wells	F	Brackla Harriers	
43	01:08:07	51 Michael Lord	M	45 Hay Hotfooters	
44	01:08:09	275 Mathew Marshman	M		
45	01:08:11	195 John Parry	M	50 Builth & District	EW
46	01:08:13	129 Mike Murphy	M	56 Les Croupiers	
47	01:08:15	158 Gillian Davies	F	45 Swansea Harriers	
48	01:08:35	289 P Adams	M	45 Neath Harriers	
49	01:08:44	123 Maree Jesson	F	35 Northampton R R	
50	01:08:56	202 Andrew Murphy	M		
51	01:09:13	240 Grant Thomaas	M	Team Wecori	
52	01:09:18	239 Jason Morris	M	40 British Airways	
53	01:09:23	73 Colin Davies	M	45 Brecon A C	
54	01:09:24	2 Barri Edwards	M	40	
55	01:09:30	112 Darren Stevens	M	35	
56	01:09:30	8 David Moore	M	35	EW
57	01:09:31	146 Kev Joyce	M	45 Pembrokeshire Harriers	
58	01:09:40	69 Christopher Nellins	M	55 Penarth & Dinas Runners	EW
59	01:10:00	166 Dave Evans	M	40	
60	01:10:05	78 Julie Davies	F	35 Griffithstown	EW
61	01:10:11	139 Mark Terry	M	50 Trot	
62	01:10:19	181 Richard Boon	M	50	
63	01:10:22	270 Steve Connolly	M	55 Swindon Harriers	
64	01:10:27	125 Mr Gardner	M	40 Swansea Harriers	
65	01:10:28	244 Lewis Rikinglan	M		
66	01:10:38	255 Paul Evans	M	Brecon A C	EW
67	01:10:44	201 Ian Owen	M		
68	01:11:01	26 Clair Beatty	F	Les Croupiers	
69	01:11:14	17 Lyn Richards	M	45	EW
70	01:11:36	204 Daniel Thornton	M		
71	01:11:41	119 Philip Davies	M		

72	01:11:42	142 Jim Stewart	M	60	
73	01:11:44	107 Michael Davies	M	60 Les Croupiers	
74	01:11:57	114 Trevor Billinge	M	Brecon Multisport	
75	01:12:03	203 Michael Keddl203	M		
76	01:12:04	104 Clive Osmond	M	50 Les Croupiers	
77	01:12:05	15 Lucy Cundliffe	F		
78	01:12:13	140 James Delaney	M	55 San Domenico	
79	01:12:14	260 Michael Holloway	M		
80	01:12:27	288 Tim Price	M		
81	01:12:45	169 Robert Hector	M	40	
82	01:12:50	145 Chris Bennett	M	50 Black Pear Joggers	
83	01:12:52	237 David Atkinson	M	45 N V A C	
84	01:12:55	266 Hamish Parkinson	M	40 Brecon Multisport	
85	01:13:05	280 Caroline Jones	F	50 Trot	
86	01:13:15	174 Paul Sheppard	M		
87	01:13:37	147 Carol Moseley	F	Port Talbot Harriers	
88	01:13:38	264 Adrian Taylor	M	50	
89	01:13:45	83 Maran Carter	M	45 Hay Hotfooters	
90	01:13:49	22 Mike Green	M	50 Vegan Runners UK	
91	01:14:06	154 Mike Jones	M	45	
92	01:14:09	135 Graeme Donnan	M	55 Les Croupiers	
93	01:14:12	93 Denis Murphy	M	55 Les Croupiers	
94	01:14:18	194 P Dursley	M	55 Lliswerry	EW
95	01:14:21	117 Simon Thomas	M	40 Hirwaun Wheelers	
96	01:14:22	130 Stephen Bendle	M	45 Swansea Harriers	
97	01:14:26	120 Graham Vyner	M	40 Celtic Triathlon Club	
98	01:14:32	182 Wendy Boon	F	50 Les Croupiers	
99	01:14:35	65 Chris Herdman	M	35 Penarth & Dinas Runners	
100	01:15:06	207 K Crane	M		
101	01:15:06	233 Martyn Evans	M	45 Wecon	
102	01:15:11	257 Cyril Walters	M	60 Trot	
103	01:15:16	272 Ian Davies	M	50 Builth & District	EW
104	01:15:25	223 Gron Davies	M	50	
105	01:15:29	287 Kevin Russell	M	50 San Domenico	
106	01:15:33	61 Clive Denton	M	40 Rhondda Valley Runners	EW
107	01:15:41	95 Robert Wilson	M	50 Penarth & Dinas Runners	

108	01:15:51	188 Stephen Davies	M		
109	01:15:56	53 Edwin Evans	M	60 Welsh Masters A A	EW
110	01:16:08	276 Julie Scholey	F	50 Les Croupiers	
111	01:16:15	186 Rich Skinner	M		
112	01:16:16	241 Simon Dye	M		
113	01:16:25	151 Ben Sheppard	M		
114	01:16:29	222 Bev Davies	F		
115	01:16:37	247 Mike Hodges	M	55	
116	01:16:38	108 Sarah McCarthy	F	35 Les Croupiers	
117	01:16:40	258 Michael Thomas	M	40	
118	01:16:43	273 Chris Davies	M	50 Lliswerry	
119	01:16:50	18 Richard Palmer	M	45	
120	01:16:52	284 Richard Phillips	M		
121	01:16:54	178 Celia Speake	F	40 Builth & District	EW
122	01:16:56	263 Gill Aldworth	F	40 Brecon A C	
123	01:17:22	234 Mike Thurgood	M	40 Caerleon	
124	01:17:28	85 Menna Evans	F		
125	01:17:39	261 Tony Holloway	M	55	
126	01:17:40	132 Steve Cray	M	50 Penarth & Dinas Runners	
127	01:17:40	92 David Palmer	M	45 Vegetarian Cycling & A C	
128	01:17:41	121 David Jewell-Martin	M		
129	01:17:46	24 Kathrine Vinnicombe	F		
130	01:17:48	12 Mark Rooke	M	35	
131	01:17:50	103 Brenda Avery	F	55 Chepstow Harriers	
132	01:18:05	267 Alun Jenkins	M	45 Rhayader	
133	01:18:16	116 Cain Thomas	M	Village Vipers	
134	01:18:19	20 Laurence Pole	M	35	
135	01:18:33	113 Steve Collins	M		
136	01:18:39	100 Amy Edwards	F	Rhondda Valley Runners	
137	01:18:47	115 Tom Bourton	M	Brecon Multisport	
138	01:18:52	31 John Williams	M	55	
139	01:19:02	90 Peta Daniels	F	40 Lliswerry	
140	01:19:06	269 Stephen Quin	M	Les Croupiers	
141	01:19:07	172 Derek Rainbird	M	55 Parc Bryn Bach	
142	01:19:10	126 Howard Attwood	M	60 Lliswerry	
143	01:19:15	231 Lisa Cleary	F	45 Penarth & Dinas Runners	

144	01:19:20	211 Julie Knill	F	40 Rhayader	EW
145	01:19:38	165 Piers Morgan-Harvey	M	Mumbles Milers	
146	01:19:42	39 Gail Winter	F	35 Watford Joggers	
147	01:19:48	230 Philip Hughes	M	Port Talbot Harriers	
148	01:19:54	105 Cliff Thomas	M	60 Aberystwyth A C	
149	01:20:05	286 Ryan Bevis	M	Builth & District	EW
150	01:20:18	109 Nia Sutton	F		
151	01:20:26	110 Ray James	M	45 Port Talbot Harriers	
152	01:20:49	243 Bob Gardiner	M	50 Team Wecori	
153	01:20:56	33 Vanessa Turnbull	F	40 Women's Running Network	
154	01:21:37	84 Steve Hill	M	45 Penarth & Dinas Runners	
155	01:21:40	150 Tim Sheppard	M		
156	01:21:53	279 Shaun Davies	M	40	
157	01:21:56	265 Paul Jones	M		
158	01:21:57	27 Angela Price	F	40 Hay Hotfooters	
159	01:22:03	248 James Llewellyn	M	40	
160	01:22:14	259 Peter Tracey	M		
161	01:22:35	180 Ray Sharratt	M	65	
162	01:22:42	45 Mick Olivant	M	55 Brecon A C	
163	01:22:42	68 Stephen Segan	M	50 Pontypridd Roadents	EW
164	01:22:44	168 Bob Watson	M	40 F E R C	
165	01:22:56	161 Kevin Knight	M	40 Swansea Harriers	
166	01:23:02	102 Dennis Collins	M	45 Rhondda Valley Runners	
167	01:23:08	200 Robert Morgan	M	40	
168	01:23:13	52 Jo Lord	F	45 Hay Hotfooters	
169	01:23:16	143 Vanessa Davies	F	Brecon A C	
170	01:23:22	60 Simon Casebourne	M		
171	01:23:26	148 Ian Owen	M	40 Port Talbot Harriers	
172	01:23:26	99 Kate Williams	F	Watford Joggers	
173	01:23:27	106 Jane Ash	F	35 Les Croupiers	
174	01:23:33	141 Ruth Treharne	F	45 Islwyn R C	
175	01:23:56	149 Donna Matthews	F	45 Islwyn R C	
176	01:24:00	215 Gwen Smith	F	45 Swansea Harriers	EW
177	01:24:05	47 Bryn Burgess	M	50 Lliswerry	EW
178	01:24:15	122 Richard Sharpe	M	45 Thorney R C	
179	01:24:19	25 Nicky Claydon	F	35 Watford Joggers	

180	01:24:28	138 A Nicholls	M	55 Honiton R C	
181	01:24:30	271 Joanne Briam	F	40	
182	01:24:50	34 Fran Machin	F	Les Croupiers	EW
183	01:24:52	41 Carole Jones	F	55 Brecon A C	EW
184	01:24:53	167 Mike Gowing	M	55	
185	01:24:55	221 Claire House	F	35 San Domenico	EW
186	01:25:00	179 Alison Hughes	F	35 Malvern Joggers	
187	01:25:19	278 D Edwards	M	50	
188	01:25:50	70 Chris Morgan	M	40 Les Croupiers	EW
189	01:26:10	29 Jayne Morgan	F	45 Watford Joggers	
190	01:26:11	37 Gillian McCue	F	Les Croupiers	
191	01:26:21	242 Charles Orr-Ewing	M	55 Billys R C	
192	01:26:22	253 Alwyn Edwards	M	50 Billys R C	
193	01:26:30	9 Laura Read	F		
194	01:26:34	219 Lee Phelps	M		
195	01:26:35	80 Lee Sutherland	M	35 Pontypridd Roadents	EW
196	01:26:42	184 Nicola Griffiths	F	45 Sospan	
197	01:27:04	44 Cathrine Olivant	F	35 Brecon A C	EW
198	01:27:32	209 Suzanne Kendrick	F	45 Rhayader	
199	01:27:54	218 Paul Smith	M	45	
200	01:27:58	13 Cathrine Rooke	F	40	
201	01:28:06	170 Vicky Roderick	F	Women's Running Network	
202	01:28:08	23 Allan Havard	M	60 Watford Joggers	EW
203	01:28:11	63 Angela Champion	F	Village Vipers	EW
204	01:28:15	268 Ruth Epstein	F	35 Brecon Multisport	
205	01:28:33	77 Brian Woodbridge	M		
206	01:29:07	183 Sue Cobhun	F	45 Sospan	
207	01:29:12	226 Emily Luke	F	Penarth & Dinas Runners	EW
208	01:29:20	254 Andrew Williams	M	55 Billys R C	
209	01:29:23	82 Cheryl Davies	F	40 Sospan	
210	01:29:35	155 Carl Seaman	M	40 Rhondda Valley Runners	
211	01:29:42	76 Philip Savage	M		
212	01:29:43	236 Gwyneth Parry	F	60	
213	01:30:01	246 Nagaret Hodges	F	50	
214	01:30:07	48 Karen Chadwell	F	40 Women's Running Network	
215	01:30:18	212 Sara El-Khatib	F	Penarth & Dinas Runners	

216	01:30:28	38 Tina Lavelle	F	50	
217	01:30:30	144 Clare Johnson	F	65	Les Croupiers
218	01:32:18	197 Luke Roberson	M		
219	01:32:58	128 Gill Murphy	F	55	Les Croupiers
220	01:33:54	256 Mike Barham	M	65	
221	01:34:01	21 Bob Wallace	M	65	Watford Joggers
222	01:34:17	228 Rebekah Coveney	F		
223	01:34:29	227 Bernie Murphy	F	40	
224	01:34:55	235 Richard Parry	M	55	
225	01:35:09	282 Angela McLellan	F		
226	01:35:09	281 Claire Jarman	F	35	
227	01:35:28	164 Rebecca Gunstor	F		Mumbles Milers
228	01:36:18	189 Hadyn Davies	M	65	
229	01:36:24	214 Tara Fibes-Jackson	F	40	Brecon A C
230	01:36:29	176 Rachel Woolley	F		Village Vipers
231	01:36:30	177 Claire Davies	F		Village Vipers
232	01:36:57	66 Sheila King	F	40	
233	01:37:13	220 Catherine Llewellyn	F	45	
234	01:37:17	191 Carol Farrington	F	65	Rhayader
235	01:37:37	171 Heather Dennis	F	35	Penarth & Dinas Runners
236	01:37:48	81 Elaine Diosi	F		Pontypridd Roadents
237	01:37:55	232 Graham Singer	M	55	
238	01:38:43	14 Rachel Jones	F	40	Hay Hotfooters
239	01:39:12	133 Rita Kingdon	F		
240	01:39:13	101 Fadi Baydoun	M	35	
241	01:39:37	111 Sandra Stevens	F	60	
242	01:40:07	192 Dee Davies	F	35	Rhayader
243	01:41:06	285 Sally Fletcher	F		Spirit of Monmouth
244	01:41:22	49 Mary Harris	F	45	
245	01:42:02	36 Kelly Gaffney	F		Lliswerry
246	01:42:43	72 Alan Bladen	M	70	Les Croupiers
247	01:43:57	213 Claire Powell	F		Brecon A C
248	01:44:05	274 Julie Davies	F	50	Lliswerry
249	01:44:24	249 Kate Morgan	F	40	
250	01:44:52	198 Nina Brocklebank	F	35	3M Gorseinon R R
251	01:44:53	196 Lynne Parry	F	35	3M Gorseinon R R

EW

252	01:44:53	199 Eiri Evans	F	3M Gorseinon R R	
253	01:44:55	283 Claire Popham	F	35	
254	01:46:28	262 Alan Howell	M	65	
255	01:47:12	79 Helen Welch	F	35 Pontypridd Roadents	EW
256	01:50:02	251 John Kehoe	M	45 Gwent Triathlon	
257	01:50:02	252 Shona carle	F	45	
258	01:50:10	46 Rosalind Burgess	F	40 Lliswerry	EW
259	01:50:12	127 Yvonne Forsey	F	50 Lliswerry	
260	01:50:37	32 Clare Milner	F	55 Hay Hotfooters	
261	01:51:56	62 Nicola O'Sullivan	F	35 Women's Running Network	
262	01:52:35	96 Patrick Smith	M	50 Spirit of Monmouth	
263	01:53:35	97 Peggy Smith	F	50 Spirit of Monmouth	
264	02:14:05	1 Sally Sims	F	55	
265	02:14:05	7 Colin Duncan	M	70	
266	02:33:25	277 Robert Laller	M	60	
267	02:41:19	75 V Clarke	M	65	