

Merthyr Police 10K, Sunday 15th August 2010

Position	Time	Name	Team	Category	Pace/km	Rno.,	Pos.
1	0:33:50	PATERSON, Stephen	Les Croupiers R.C.	Senior Men	03:23.0	172	1
2	0:34:12	COLES, Peter	Pontypridd Roadents	Mens Master 40-49	03:25.2	210	2
3	0:34:56	TALBOT, Paul	Neath Harriers	Mens Master 40-49	03:29.6	252	3
4	0:35:04	DONOVAN, Edward	Les Croupiers R.C.	Senior Men	03:30.4	174	4
5	0:35:28	HALES, Stephen	Severn A.C.	Senior Men	03:32.8	242	5
6	0:35:54	REYNOLDS, Andrew	Neath Harriers	Senior Men	03:35.4	256	6
7	0:35:57	PRITCHARD, Stephen	Pontypridd Roadents	Senior Men	03:35.7	249	7
8	0:35:58	THOMAS, Stephen	Islwyn Running Club	Mens Master 40-49	03:35.8	35	8
9	0:36:03	EDWARDS, Jerome	Les Croupiers R.C.	Senior Men	03:36.3	257	9
10	0:36:34	HURFORD, Matt	Les Croupiers R.C.	Senior Men	03:39.4	126	10
11	0:36:54	SCANLON, Jason	Pontypridd Roadents	Senior Men	03:41.4	178	11
12	0:36:55	WILLIAMS, Oliver	Unaffiliated	Senior Men	03:41.5	65	12
13	0:36:56	WHITEHOUSE, Royston	Neath Harriers	Mens Master 40-49	03:41.6	253	13
14	0:37:14	HUGHES, Craig	Unaffiliated	Senior Men	03:43.4	164	14
15	0:37:22	HARTNELL, Haydn	Islwyn Running Club	Mens Master 40-49	03:44.2	298	15
16	0:37:32	MORRIS, Lee	Unaffiliated	Senior Men	03:45.2	278	16
17	0:37:59	PASCOE, Dominic	Unaffiliated	Senior Men	03:47.9	227	17
18	0:38:18	ABBOTT, Chris	Unaffiliated	Senior Men	03:49.8	168	18
19	0:38:35	WILLIAMS, Alex	Port Talbot Harriers	Senior Men	03:51.5	34	19
20	0:38:41	WINDSOR, Mark	San Domenico R.R.C.	Senior Men	03:52.1	150	20
21	0:38:44	BODMAN, Daniel	Pontypridd Roadents	Senior Men	03:52.4	208	21
22	0:38:47	BRUCE-SMITH, Adam	Unaffiliated	Senior Men	03:52.7	53	22
23	0:38:50	BROWN, Gary	Penarth and Dinas Runners	Senior Men	03:53.0	32	23
24	0:38:55	REES, Alun	Neath Harriers	Senior Men	03:53.5	153	24
25	0:39:22	POWELL, Paul	Parc Bryn Bach R.C.	Mens Master 40-49	03:56.2	218	25
26	0:39:27	RUTTER, Mark	Harwich Runners	Mens Master 40-49	03:56.7	107	26
27	0:39:28	MCCARTHY, Michela	Unaffiliated	Ladies Master 35-44	03:56.8	232	27
28	0:39:42	PHILLIPS, Clare	Port Talbot Harriers	Ladies Master 35-44	03:58.2	108	28
29	0:39:45	EVANS, Alun	Unaffiliated	Mens Master 40-49	03:58.5	226	29
30	0:39:52	MORGAN, Kelly	Pontypridd Roadents	Senior Ladies	03:59.2	170	30
31	0:39:53	HEMMENS, Scott	Les Croupiers R.C.	Senior Men	03:59.3	190	31
32	0:39:57	BARTLETT, Stephen	Unaffiliated	Mens Master 40-49	03:59.7	110	32
33	0:39:59	TURNBULL, Peter	Les Croupiers R.C.	Mens Master 40-49	03:59.9	55	33
34	0:40:03	WILLIAMS, Stephen	Neath Harriers	Mens Master 50-59	04:00.3	261	34

San Domenico

35	0:40:04	DAWES, Paul	R.R.C.	Mens Master 40-49	04:00.4	217	35
36	0:40:06	JACKSON-HOOKINS, Warren	Gosport Road Runners	Senior Men	04:00.6	241	36
37	0:40:11	ADAMS, Phil	Neath Harriers	Mens Master 40-49	04:01.1	280	37
38	0:40:14	PRICE, Paul	Unaffiliated	Mens Master 40-49	04:01.4	188	38
39	0:40:32	SANSOM, Glyn	San Domenico R.R.C.	Mens Master 40-49	04:03.2	119	39
40	0:40:37	WILDE, Richard	Unaffiliated	Senior Men	04:03.7	175	40
41	0:40:39	BEECHER, Katie	Les Croupiers R.C.	Senior Ladies	04:03.9	236	41
42	0:40:43	CHAMMINGS, Martin	Parc Bryn Bach R.C.	Senior Men	04:04.3	206	42
43	0:41:02	NANKIVELL, Matthew	Aberystwyth A.C.	Senior Men	04:06.2	93	43
44	0:41:07	GOSNEY, Mark	3M Road Runners	Senior Men	04:06.7	171	44
45	0:41:08	HARRIS, Ian	Unaffiliated	Senior Men	04:06.8	195	45
46	0:41:10	TOPALIAN, Jennifer	Les Croupiers R.C.	Senior Ladies	04:07.0	214	46
47	0:41:12	NORMAN, Andy	Severn A.C.	Mens Master 50-59	04:07.2	158	47
48	0:41:17	HALE, Laura	Unaffiliated	Senior Ladies	04:07.7	238	48
49	0:41:18	DUNSCOMBE, Mark	Sarn Helen	Mens Master 40-49	04:07.8	132	49
50	0:41:28	TOWNSEND, Matt	Les Croupiers R.C.	Mens Master 40-49	04:08.8	229	50
51	0:41:36	NELLINS, Christopher	Penarth and Dinas Runners	Mens Master 50-59	04:09.6	96	51
52	0:41:37	SAXTON, Luke	Unaffiliated	Senior Men	04:09.7	66	52
53	0:41:40	HUGHES, David	Unaffiliated	Senior Men	04:10.0	75	53
54	0:41:41	CRISPIE, Gerry	Les Croupiers R.C.	Mens Master 40-49	04:10.1	259	54
55	0:41:52	RAY, Rob	New Marske Harriers	Mens Master 40-49	04:11.2	133	55
56	0:41:54	STEVENS, Darren	Unaffiliated	Senior Men	04:11.4	297	56
57	0:42:03	SPARROW, Chris	Rhondda Valley Runners	Senior Men	04:12.3	248	57
58	0:42:04	GRIFFITHS, Gareth	Unaffiliated	Mens Master 40-49	04:12.4	258	58
59	0:42:18	ASH, Gareth	Road Runners Club	Mens Master 40-49	04:13.8	91	59
60	0:42:20	LEWIS, Alex	Unaffiliated	Senior Men	04:14.0	292	60
61	0:42:23	BEATTY, Claire	Les Croupiers R.C.	Senior Ladies	04:14.3	105	61
62	0:42:34	JONES, Adam	Chiltern Harriers AC	Mens Master 40-49	04:15.4	183	62
63	0:42:38	JESSOP, Helen	Les Croupiers R.C.	Senior Ladies	04:15.8	26	63
64	0:42:46	JACKSON, Drew	Unaffiliated	Senior Men	04:16.6	176	64
65	0:42:47	CASWELL, Damian	Ebbw Vale R.C.	Senior Men	04:16.7	197	65
66	0:42:50	DELANEY, James	San Domenico R.R.C.	Mens Master 50-59	04:17.0	187	66
67	0:42:53	EVANS, Paul	Brecon A.C.	Senior Men	04:17.3	52	67
68	0:42:55	EVANS, Robert	Ebbw Vale R.C.	Mens Master 40-49	04:17.5	127	68
69	0:42:57	JONES, David	Forest of Dean A.C.	Mens Master 50-59	04:17.7	99	69
70	0:43:08	FLETCHER, James	Unaffiliated	Mens Master 40-49	04:18.8	287	70
71	0:43:25	BAIRD-MURRAY, Knill	Penarth and Dinas Runners	Mens Master 40-49	04:20.5	151	71
72	0:43:28	MILLER, Lee	Unaffiliated	Senior Men	04:20.8	89	72

73	0:43:29	GRIFFITHS, Gafin	Unaffiliated	Senior Men	04:20.9	192	73
74	0:43:38	DAVIES, Ceri	San Domenico R.R.C.	Senior Men	04:21.8	180	74
75	0:43:43	JAMES, Keith	Llswerry Runners	Senior Men	04:22.3	31	75
76	0:43:59	SHIELDS, Dominic	San Domenico R.R.C.	Mens Master 40-49	04:23.9	104	76
77	0:44:01	MAGEE, John	Les Croupiers R.C.	Senior Men	04:24.1	30	77
78	0:44:11	CROSS, Wayne	Unaffiliated	Mens Master 40-49	04:25.1	47	78
79	0:44:13	QUINN AZIZ, Abyd	Penarth and Dinas Runners	Mens Master 50-59	04:25.3	117	79
80	0:44:15	TAYLOR, Adrian	Unaffiliated	Mens Master 50-59	04:25.5	267	80
81	0:44:20	O'SULLIVAN, Tim	Les Croupiers R.C.	Mens Master 50-59	04:26.0	213	81
82	0:44:27	DONNAN, Graeme	Les Croupiers R.C.	Mens Master 50-59	04:26.7	211	82
83	0:44:35	SLACK, Glyn	Penarth and Dinas Runners	Senior Men	04:27.5	102	83
84	0:44:37	RUSSELL, Kevin	San Domenico R.R.C.	Mens Master 50-59	04:27.7	288	84
85	0:44:38	DENTON, Clive	Rhondda Valley Runners	Mens Master 40-49	04:27.8	98	85
86	0:44:47	KNIGHT, Paul	Unaffiliated	Senior Men	04:28.7	202	86
87	0:44:48	EVANS, Michael	Unaffiliated	Mens Master 50-59	04:28.8	260	87
88	0:44:55	LONG, Richard	Unaffiliated	Mens Master 40-49	04:29.5	268	88
89	0:45:09	WILLIAMS, Ian	Ebbw Vale R.C.	Mens Master 50-59	04:30.9	191	89
90	0:45:11	HODGES, Michael	Unaffiliated	Mens Master 50-59	04:31.1	273	90
91	0:45:14	RAINBIRD, Derek	Parc Bryn Bach R.C.	Mens Master 50-59	04:31.4	235	91
92	0:45:23	ASTON, Jeff	Les Croupiers R.C.	Mens Master 60-69	04:32.3	193	92
93	0:45:26	PRICE, Kevin	Unaffiliated	Senior Men	04:32.6	275	93
94	0:45:33	DAY, Richard	Pontypridd Roadents	Mens Master 40-49	04:33.3	263	94
95	0:45:36	ROWE, Leslie	Unaffiliated	Mens Master 50-59	04:33.6	243	95
96	0:45:52	THOMAS, Michael	Unaffiliated	Mens Master 40-49	04:35.2	284	96
97	0:45:54	BASSETT, Jeremy	Unaffiliated	Mens Master 40-49	04:35.4	266	97
98	0:46:00	WILSON, Robert	Penarth and Dinas Runners	Mens Master 50-59	04:36.0	204	98
99	0:46:07	THOMAS, Matthew	Unaffiliated	Senior Men	04:36.7	215	99
100	0:46:10	PHILLIPS, Rhys	Unaffiliated	Senior Men	04:37.0	33	100
101	0:46:15	BARTLETT, Ryan	Unaffiliated	Senior Men	04:37.5	111	101
102	0:46:17	QUIN, Stephen	Les Croupiers R.C.	Senior Men	04:37.7	282	102
103	0:46:21	DIAS, Brian	Cardiff A.A.C.	Senior Men	04:38.1	95	103
104	0:46:22	BANFIELD, Rachel	Les Croupiers R.C.	Senior Ladies	04:38.2	141	104
105	0:46:26	PEARCE, Sam	Hay Hotfooters	Senior Ladies	04:38.6	255	105
106	0:46:27	SAGE, Kathryn	Newport Harriers A.C.	Senior Ladies	04:38.7	103	106
107	0:46:38	DAVIES, Liam	Fetch Everyone R.C.	Mens Master 50-59	04:39.8	24	107
108	0:46:39	DUNSCOMBE, Andrew	Pontypridd Roadents	Mens Master 40-49	04:39.9	219	108

109	0:46:42	MURPHY, Denis	Les Croupiers R.C.	Mens Master 50-59	04:40.2	276	109
110	0:46:47	HUGHES, Philip	San Domenico R.R.C.	Senior Men	04:40.7	143	110
111	0:46:57	HILL, Steve	Penarth and Dinas Runners	Mens Master 40-49	04:41.7	118	111
112	0:47:03	CLEARY, Lisa	Penarth and Dinas Runners	Ladies Master 45-54	04:42.3	58	112
113	0:47:10	POLE, Lawrence	Unaffiliated	Senior Men	04:43.0	25	113
114	0:47:14	DAVIES, Nathan	Unaffiliated	Senior Men	04:43.4	49	114
115	0:47:18	ALDWORTH, Gill	Brecon A.C.	Ladies Master 35-44	04:43.8	157	115
116	0:47:19	MCCARTHY, Kevin	Unaffiliated	Senior Men	04:43.9	290	116
117	0:47:28	DAVIES, Matthew	Unaffiliated	Senior Men	04:44.8	194	117
118	0:47:37	EVANS, Louise	Ebbw Vale R.C.	Ladies Master 35-44	04:45.7	128	118
119	0:47:44	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	04:46.4	43	119
120	0:47:45	FALCK, Malin	Les Croupiers R.C.	Ladies Master 35-44	04:46.5	234	120
121	0:47:50	STANTON, Hywel	Unaffiliated	Mens Master 50-59	04:47.0	182	121
122	0:47:58	DAVIES, Sue	Unaffiliated	Ladies Master 45-54	04:47.8	36	122
123	0:47:59	HUTCHINSON, David	Unaffiliated	Mens Master 40-49	04:47.9	225	123
124	0:48:15	SUTTON, Andy	San Domenico R.R.C.	Senior Men	04:49.5	140	124
125	0:48:17	HANKS, Benjamin	Unaffiliated	Senior Men	04:49.7	112	125
126	0:48:26	HURLEY, Andrew	Penarth and Dinas Runners	Senior Men	04:50.6	72	126
127	0:48:27	BODMAN, Gary	Les Croupiers R.C.	Mens Master 40-49	04:50.7	81	127
128	0:48:37	TURNBULL, Vanessa	Womens Running Network	Ladies Master 35-44	04:51.7	289	128
129	0:48:41	HAWKINS, Chris	Forest of Dean A.C.	Mens Master 50-59	04:52.1	83	129
130	0:48:42	EVANS, David	Unaffiliated	Senior Men	04:52.2	50	130
131	0:48:43	GOULD, Tessa	Unaffiliated	Ladies Master 45-54	04:52.3	240	131
132	0:48:50	RIDGE, Angela	Neath Harriers	Ladies Master 35-44	04:53.0	184	132
133	0:49:01	LLOYD, Chris	Islwyn Running Club	Senior Men	04:54.1	167	133
134	0:49:10	LEE, Sean	Unaffiliated	Mens Master 40-49	04:55.0	277	134
135	0:49:11	MACHIN, Fran	Les Croupiers R.C.	Ladies Master 35-44	04:55.1	114	135
136	0:49:15	WILLIAMS, David	Les Croupiers R.C.	Mens Master 40-49	04:55.5	80	136
137	0:49:28	WILLIAMS, Frank	Les Croupiers R.C.	Mens Master 50-59	04:56.8	201	137
138	0:49:35	MACKEN, Sasha	Les Croupiers R.C.	Ladies Master 35-44	04:57.5	212	138
139	0:49:38	DAVIES, Michael	Unaffiliated	Mens Master 50-59	04:57.8	285	139
140	0:49:39	DAVIES, Stephanie	Pontypridd Roadents	Senior Ladies	04:57.9	199	140
141	0:49:43	WOOD, Stephen	Unaffiliated	Senior Men	04:58.3	166	141
142	0:49:44	FERRIDAY, John	Unaffiliated	Senior Men	04:58.4	189	142
143	0:49:45	COWDELL, Lauri	Parc Bryn Bach R.C.	Senior Ladies	04:58.5	59	143
144	0:49:46	LAWRENCE, Nigel	Parc Bryn Bach R.C.	Mens Master 40-49	04:58.6	228	144
145	0:49:47	WILLIAMS, Gareth	Unaffiliated	Senior Men	04:58.7	272	145
146	0:49:57	DIXON, Colin	Islwyn Running Club	Mens Master 50-59	04:59.7	270	146

147	0:50:10	EDWARDS, Tracy	Rhondda Valley Runners	Ladies Master 35-44	05:01.0	231	147
148	0:50:15	DAVIES, Andy	Pontypridd Roadents	Mens Master 40-49	05:01.5	200	148
149	0:50:20	WHITING, Sam	Unaffiliated	Senior Men	05:02.0	205	149
150	0:50:22	DAVIES, Mark	Unaffiliated	Mens Master 40-49	05:02.2	51	150
151	0:50:27	HUGHES, Jenny	Les Croupiers R.C.	Senior Ladies	05:02.7	209	151
152	0:50:37	THOMAS, Martin	Unaffiliated	Mens Master 40-49	05:03.7	71	152
153	0:50:41	NICHOLLS, Alan	Honiton R.C.	Mens Master 50-59	05:04.1	179	153
154	0:50:44	SIBCY, John	Unaffiliated	Senior Men	05:04.4	68	154
155	0:50:50	MARTIN, John	Unaffiliated	Mens Master 50-59	05:05.0	177	155
156	0:50:54	COTTNAM, Peter	Penarth and Dinas Runners	Mens Master 40-49	05:05.4	40	156
157	0:51:10	ELLINGHAM, Ray	San Domenico R.R.C.	Mens Master 40-49	05:07.0	281	157
158	0:51:18	GRANDON, Tony	Unaffiliated	Mens Master 60-69	05:07.8	294	158
159	0:51:20	KAMDA, Gobin	Unaffiliated	Mens Master 40-49	05:08.0	286	159
160	0:51:29	BRETT, James	Unaffiliated	Mens Master 40-49	05:08.9	186	160
161	0:51:33	DAVIES, Annette	Fetch Everyone R.C.	Ladies Master 45-54	05:09.3	23	161
162	0:51:35	NEWMAN, Lowri	Unaffiliated	Ladies Master 35-44	05:09.5	138	162
163	0:51:43	OLIVANT, Catherine	Brecon A.C.	Ladies Master 35-44	05:10.3	62	163
164	0:51:45	CROSS, David	Ebbw Vale R.C.	Mens Master 50-59	05:10.5	129	164
165	0:51:49	JENKINS, Alan	Unaffiliated	Mens Master 50-59	05:10.9	216	165
166	0:51:54	RICHARDS, Samuel	Unaffiliated	Senior Men	05:11.4	269	166
167	0:51:58	TUTHILL, Gwynne	Unaffiliated	Mens Master 40-49	05:11.8	185	167
168	0:52:18	CLEMENT, Edward	Unaffiliated	Senior Men	05:13.8	154	168
169	0:52:22	ROBERTSON, Natalie	Unaffiliated	Senior Ladies	05:14.2	87	169
170	0:52:32	PAYNE, Karen	Caerleon R.C.	Ladies Master 35-44	05:15.2	82	170
171	0:52:48	WESSON, Paul	Unaffiliated	Mens Master 40-49	05:16.8	42	171
172	0:52:54	ELLIS, Scott	Unaffiliated	Senior Men	05:17.4	73	172
173	0:53:00	HOLDERNESS, Stephen	Unaffiliated	Mens Master 40-49	05:18.0	245	173
174	0:53:02	ROPER, Alison	Unaffiliated	Senior Ladies	05:18.2	147	174
175	0:53:03	ROPER, Robert	Unaffiliated	Mens Master 60-69	05:18.3	149	175
176	0:53:05	JONES, Steve	Unaffiliated	Senior Men	05:18.5	265	176
177	0:53:06	DANIEL, Jamie	Unaffiliated	Senior Men	05:18.6	264	177
178	0:53:10	JONES, Chris	Unaffiliated	Senior Men	05:19.0	230	178
179	0:53:15	SEAMAN, Carl	Rhondda Valley Runners	Mens Master 40-49	05:19.5	181	179
180	0:53:22	LUKE, Emily	Penarth and Dinas Runners	Senior Ladies	05:20.2	106	180
181	0:53:28	TEBAY, Adrian	Unaffiliated	Mens Master 40-49	05:20.8	78	181
182	0:53:38	DENNIS, Heather	Penarth and Dinas Runners	Ladies Master 35-44	05:21.8	244	182
183	0:53:40	ASHDOWN, Jez	Run Britain	Senior Men	05:22.0	77	183
184	0:53:41	WILLIAMS, Claire	Aberystwyth A.C.	Senior Ladies	05:22.1	94	184

185	0:53:44	MANN, David	Builth & District A.C.	Mens Master 40-49	05:22.4	113	185
186	0:53:49	THOMAS, Delme	Unaffiliated	Senior Men	05:22.9	271	186
187	0:53:55	JERVIS, Jeff	Parc Bryn Bach R.C.	Mens Master 60-69	05:23.5	291	187
188	0:53:57	WAITE, Kelly	Islwyn Running Club	Senior Ladies	05:23.7	165	188
189	0:54:11	HODGES, Margaret	Unaffiliated	Ladies Master 45-54	05:25.1	274	189
190	0:54:17	CONLON, Lewis	Unaffiliated	Senior Men	05:25.7	251	190
191	0:54:28	WILLIAMS, Christopher	Unaffiliated	Mens Master 50-59	05:26.8	299	191
192	0:54:40	TABER, Chris	Unaffiliated	Mens Master 40-49	05:28.0	136	192
193	0:54:44	WOOLLEY, Rachel	Village Vipers	Senior Ladies	05:28.4	131	193
194	0:54:46	COTTNAM, Patricia	Penarth and Dinas Runners	Ladies Master 45-54	05:28.6	39	194
195	0:54:58	BENZIMRA, Ruth	100 Marathon Club	Ladies Master 45-54	05:29.8	28	195
196	0:55:23	NEWNES, Gareth	Unaffiliated	Senior Men	05:32.3	250	196
197	0:55:26	WILLCOX, Matthew	Unaffiliated	Senior Men	05:32.6	122	197
198	0:55:33	JAMES, Kathryn	Unaffiliated	Senior Ladies	05:33.3	125	198
199	0:55:52	AITCHISON, Karen	Unaffiliated	Ladies Master 35-44	05:35.2	120	199
200	0:56:00	GIBBON, Phil	Unaffiliated	Mens Master 50-59	05:36.0	173	200
201	0:56:02	DRAPER, Sarah	Unaffiliated	Senior Ladies	05:36.2	262	201
202	0:56:10	SOUTHERN, Morag	Unaffiliated	Ladies Master 35-44	05:37.0	79	202
203	0:56:13	MORGAN, Sara	Unaffiliated	Senior Ladies	05:37.3	67	203
204	0:56:16	WILLIAMS, Helen	Islwyn Running Club	Senior Ladies	05:37.6	137	204
205	0:56:19	JONES, Bernadette	Womens Running Network	Ladies Master 35-44	05:37.9	92	205
206	0:56:20	MORRIS, Lizz	Ebbw Vale R.C.	Ladies Master 45-54	05:38.0	144	206
207	0:56:32	LLEWELLYN, Catherine	Unaffiliated	Ladies Master 45-54	05:39.2	293	207
208	0:56:35	VAUGHAN, Terry	Ebbw Vale R.C.	Senior Men	05:39.5	44	208
209	0:56:37	WOOTTON, Gayle	Penarth and Dinas Runners	Senior Ladies	05:39.7	101	209
210	0:56:39	WILLIAMS, Kim	Unaffiliated	Ladies Master 45-54	05:39.9	163	210
211	0:56:40	NELLINS, Kay	Womens Running Network	Ladies Master 55-64	05:40.0	97	211
212	0:56:45	WESSON, Anne	Unaffiliated	Ladies Master 35-44	05:40.5	41	212
213	0:56:57	WILLIAMS, David	Les Croupiers R.C.	Senior Men	05:41.7	207	213
214	0:57:14	SINGER, Graham	Unaffiliated	Senior Men	05:43.4	160	214
215	0:57:23	FLAVELL, Guy	Unaffiliated	Senior Men	05:44.3	159	215
216	0:57:25	WHITING, Katy	Unaffiliated	Senior Ladies	05:44.5	70	216
217	0:57:29	STEVENS, Sandra	Unaffiliated	Ladies Master 55-64	05:44.9	296	217
218	0:57:42	ROTHERFIELD, Hannah	Unaffiliated	Senior Ladies	05:46.2	60	218
219	0:57:44	KIERNAN, John	Unaffiliated	Mens Master 40-49	05:46.4	254	219
220	0:58:12	CLARK, Andrew	Unaffiliated	Mens Master 40-49	05:49.2	27	220
221	0:58:16	FREEMAN, Gareth	Unaffiliated	Senior Men	05:49.6	224	221

222	0:58:17	CLANCY, Pamela	Unaffiliated	Senior Ladies	05:49.7	38	222
223	0:58:18	WILLCOX, Gary	Unaffiliated	Mens Master 40-49	05:49.8	121	223
224	0:58:22	MILLER, Ceri	Unaffiliated	Ladies Master 35-44	05:50.2	88	224
225	0:58:52	LEWIS, Craig	Unaffiliated	Mens Master 40-49	05:53.2	169	225
226	0:59:14	GOULD, Amy	Unaffiliated	Senior Ladies	05:55.4	239	226
227	0:59:15	BAILEY, Leslie	Ebbw Vale R.C.	Ladies Master 35-44	05:55.5	196	227
228	0:59:18	WILKINSON, Bernadette	San Domenico R.R.C.	Ladies Master 45-54	05:55.8	145	228
229	0:59:58	JONES, Robert	Unaffiliated	Senior Men	05:59.8	246	229
230	1:01:09	MCCARTHY, Christopher	Unaffiliated	Mens Master 40-49	06:06.9	233	230
231	1:01:46	BLADEN, Alan	Les Croupiers R.C.	Mens Master 70+	06:10.6	130	231
232	1:02:08	FREEMAN, Huw	Unaffiliated	Senior Men	06:12.8	222	232
233	1:02:35	GOULD, Emma	Unaffiliated	Senior Ladies	06:15.5	237	233
234	1:02:44	STRONACH, Samantha	Unaffiliated	Senior Ladies	06:16.4	156	234
235	1:02:52	FURNEAUX- JOHNSON, Angela	Unaffiliated	Ladies Master 45-54	06:17.2	100	235
236	1:02:57	RICHARDS, Joanna	Parc Bryn Bach R.C.	Ladies Master 35-44	06:17.7	247	236
237	1:03:42	LANE, Jason	Unaffiliated	Senior Men	06:22.2	124	237
238	1:03:54	WILLIAMS, Clare	Unaffiliated	Ladies Master 35-44	06:23.4	279	238
239	1:03:54	PARFITT, Angela	Unaffiliated	Ladies Master 35-44	06:23.4	283	239
240	1:04:30	ELLIS, Lynne	Unaffiliated	Ladies Master 45-54	06:27.0	74	240
241	1:04:39	SMITH, Rachel	Unaffiliated	Senior Ladies	06:27.9	203	241
242	1:04:50	CAPLE, Philip	Unaffiliated	Mens Master 40-49	06:29.0	162	242
243	1:05:30	REES, Aled Wyn	Unaffiliated	Senior Men	06:33.0	115	243
244	1:05:30	AMOS, Eloise	Unaffiliated	Senior Ladies	06:33.0	116	244
245	1:06:00	MANTON, Margaret	Unaffiliated	Senior Ladies	06:36.0	220	245
246	1:06:00	EDWARDS, Siemon	Unaffiliated	Senior Men	06:36.0	221	246
247	1:07:38	HUDD, Simon	Unaffiliated	Mens Master 40-49	06:45.8	198	247
248	1:08:49	PETERS, Alan	Unaffiliated	Mens Master 60-69	06:52.9	155	248
249	1:08:50	HARDING, Katie	Unaffiliated	Senior Ladies	06:53.0	64	249
250	1:10:45	FRANCIS, Kay	Unaffiliated	Ladies Master 35-44	07:04.5	295	250
251	1:12:15	AUSTERBERRY, Daphne	Unaffiliated	Ladies Master 65+	07:13.5	61	251
252	1:14:14	MILLARD, Adam	Unaffiliated	Senior Men	07:25.4	161	252
253	1:23:32	FREEMAN, Marc	Unaffiliated	Senior Men	08:21.2	223	253
254	1:26:28	JUKES, Isabel	Ebbw Vale R.C.	Senior Ladies	08:38.8	134	254