

Nos Galan 2007 - Elite

Pos	RaceNo	Time	Name	Gender	Cat	Club
1	67	00:14:17	Rob Bugden	M		Bristol & West
2	58	00:14:48	David Bishop	M		Bristol & West
3	49	00:14:57	Richard Gardner	M		Cardiff AAC
4	28	00:15:38	Afan Humphries	M		Cwmbran Harriers
5	63	00:15:40	Chris Discombe	M		Les Croupiers
6	50	00:16:03	Alex Donald	M		Cardiff AAC
7	51	00:16:09	Stephen Paterson	M		San Domenico
8	54	00:16:19	Simon Wilson	M	V	Box Hill
9	7	00:16:22	Matthew Gurmin	M		Swansea Harriers
10	57	00:16:28	Rhys Jones	M		Rhondda Valley
11	62	00:16:31	Philip Crane	M	V	Neath Harriers
12	46	00:16:35	Rodri Jones	M		Westbury Harriers
13	55	00:16:44	Andrea Whitcombe	F	V	Swansea Harriers
14	33	00:16:46	Ali Solhjoo	M	J	Cardiff AAC
15	47	00:16:54	Carle Green	M		GWR
16	14	00:16:57	Stephen Thomas	M		Islwyn RC
17	11	00:17:12	Owain Jones	M		Swansea Harriers
18	69	00:17:36	Bryn Griffiths	M		Bridgend AC
19	59	00:17:37	Andy Jesson	M		Northampton
20	16	00:17:38	Mathew G J Williams	M		Aberdare V.A.A.C.
21	4	00:17:38	Leah Dixon	F	J	Neath Harriers
22	45	00:17:55	Dafydd Lambert	M		Islwyn RC
23	12	00:17:55	Rhys Pitman	M		Pontypridd Roadents
24	20	00:18:04	Phil Meyler	M	SV	Pontypridd Roadents
25	5	00:18:10	Steven Hooper	M	V	Pontypridd Roadents
26	17	00:18:11	Dave Stanfield	M	V	Wells City Harriers
27	24	00:18:39	Bethan Woods	F	J	Cwmbran Harriers
28	30	00:18:42	Paul Coker	M	SV	Les Croupiers
29	60	00:18:54	Maree Jesson	F	V	Northampton
30	19	00:18:57	Jeffrey Thomas	M	V	Bridgend AC
31	66	00:19:11	Aled Swain	M	J	Cardiff AAC
32	48	00:19:20	Alex Williams	M	V	RRC
33	438	00:19:24	David Lewis	M		
34	36	00:19:38	Clare Phillips	F	V	Swansea Harriers
35	29	00:19:47	Kelly Morgan	F		Pontypridd Roadents
36	26	00:19:59	Lee Davies Jones	M		
37	56	00:20:00	Doug Morgan	M		Team Pie
38	64	00:20:14	Dorian Hughes	M	V	Club 69
39	3	00:20:27	David King	M	V	Studdington Green Runners
40	9	00:20:42	John Weeks	M	SV	Islwyn RC
41	21	00:20:50	Rachel Morgan	F		Cardiff AAC

42	31	00:21:05	Jane Coker	F	SV	Les Croupiers
43	32	00:21:15	Terry Lewis	M	V	Islwyn RC
44	27	00:22:03	Fiona Davies	F	SV	Bridgend AC
45	18	00:22:08	Anne Marie Evans	F	V	Club 69
46	6	00:23:41	Paula Ace	F	V	
47	2	00:23:45	Lisa Castillo	F		
48	35	00:25:47	Lindsay Gauntlett	F	V	
49	53	00:49:05	Ceri Beynon Davies	F		

Nos Galan 2007 - Adult

Pos	RaceNo	Time	Name	Gender	Cat	Club
1	190	00:17:24	Carl Hill	M	J	
2	479	00:18:25	Steve Bridges	M	V	Aberdare Valley
3	109	00:18:28	Daniel Bodman	M	J	Aberdare
4	369	00:18:31	Anthony Malarczyk	M		
5	516	00:18:34	Crispin Flower	M		Hay Bluffers
6	399	00:18:47	Julian Davies	M	V	Pontypridd Roadents
7	393	00:18:48	Gareth Hall	M		
8	125	00:18:57	Craig Sprod	M	J	Aberdare Athletics Club
9	126	00:18:58	Steven Meyrick	M	SV	
10	478	00:19:10	Gavin Crimmings	M		
11	328	00:19:12	Andrew Davies	M	V	Pontypridd Roadents
12	432	00:19:26	Lee Davies	M		Pontypridd Roadents
13	398	00:19:30	Ceri-anne Davies	F	V	Pontypridd Roadents
14	530	00:19:35	Peter Rodger	M	SV	Griffithstown
15	176	00:19:49	Gareth Griffiths	M		
16	131	00:19:51	Nick Shires	M	V	
17	499	00:19:55	Daniel O'Callaghan	M	J	
18	517	00:19:55	Colin Smith	M	V	
19	204	00:20:02	Colin Rees	M	V	
20	507	00:20:04	Martyn Richards	M		
21	493	00:20:06	Justin Phillips	M		
22	311	00:20:06	Matthew Hooper	M	J	Cardiff AAC
23	218	00:20:18	Margaret Kenchington	F	SV	Bournville Harriers
24	458	00:20:19	Andrew Gates	M	V	Totton RC
25	289	00:20:21	David Thomas	M	V	
26	274	00:20:25	Russell Dobbs	M		Islwyn RC
27	348	00:20:25	Andrew Brasington	M	V	
28	519	00:20:35	Mike Woods	M		

29	492	00:20:36	Kieran McBride	M	SV	
30	498	00:20:36	Lee Gwyn	M		
31	527	00:20:39	Keith Roberts	M	V	
32	283	00:20:42	Paul Price	M	V	
33	424	00:20:42	Neil Williams	M	V	
34	205	00:20:43	Gareth Jehu	M		Taff Ely Tri
35	496	00:20:51	Runner 496	M		
36	206	00:20:55	Ashford Davies	M	J	
37	273	00:20:57	Jim Dobbs	M	SV	Islwyn RC
38	425	00:20:59	Michael E Jones	M	SV	
39	122	00:21:01	Neil Davies	M		
40	457	00:21:06	John Mursell	M	SV	Totton RC
41	456	00:21:07	Gwilym Beech	M	V	
42	361	00:21:09	Meirion Williams	M	V	
43	312	00:21:10	Stuart Howe	M		Rhondda Tri Club
44	395	00:21:10	Gwyon Jenkins	M	V	
45	472	00:21:12	Richard Johnson	M		Islwyn RC
46	146	00:21:28	Stephen Jones	M	V	Islwyn RC
47	459	00:21:45	Peter Bradfield	M	V	
48	129	00:21:45	Stephen Pring	M	V	
49	400	00:21:45	Mark Roblin	M	V	Carmarthen
50	397	00:21:46	Ian Haines	M		Islwyn RC
51	521	00:21:46	Richard Jones	M	V	
52	453	00:21:46	Sara Griffiths	F		Neath Harriers
53	468	00:21:47	Kim Wheeden	F	SV	Islwyn RC
54	450	00:21:52	Andrew Lloyd	M		
55	554	00:21:52	Cornelius Corcoran	M		Pontypridd
56	269	00:21:54	David Proffitt	M	SV	Newport Harriers
57	379	00:21:55	Robert Ford	M	SV	Pontypridd Roadents
58	254	00:21:59	Christopher Comley	M		
59	215	00:22:02	James Williams	M	V	
60	201	00:22:04	Richard Day	M	V	
61	288	00:22:04	John Carroll	M	V	
62	223	00:22:06	Kerry Evans	M		
63	189	00:22:08	Nicola Damen	F	V	
64	375	00:22:11	Roger Heslop	M	SV	
65	149	00:22:13	Steve New	M	V	100 Marathon Club
66	462	00:22:14	Brigid Browne	F	V	Chippenham
67	482	00:22:16	William Fear	M	V	Les Croupiers
68	504	00:22:17	Stephen Lister	M		
69	174	00:22:18	Peter Alan Hawkins	M	V	
70	136	00:22:19	Mark Bryant	M	V	
71	318	00:22:19	Brian Watts	M	SV	

72	268	00:22:20	Chris Lindley	M		
73	228	00:22:21	Paul Sander	M	SV	Les Croupiers
74	376	00:22:22	Eirian Heslop	F	V	
75	331	00:22:25	Wayne Preece	M	SV	
76	263	00:22:25	Paul Gillard	M	V	
77	272	00:22:26	Allen Bunney	M		
78	212	00:22:28	Paul Evans	M	V	
79	515	00:22:28	Naomi Law	F	V	
80	508	00:22:30	Paul Raymond	M		
81	299	00:22:30	Glyn Hicks	M	SV	Islwyn RC
82	383	00:22:32	Brendon Solik	M		
83	145	00:22:33	Mandy John	F	SV	Islwyn RC
84	373	00:22:33	John Davies	M	V	
85	209	00:22:41	James Thomas	M	V	Brackla Harriers
86	101	00:22:42	Leigh Jones	M		
87	463	00:22:45	Meil Lewis	M	V	
88	329	00:22:49	Phillip David White	M		
89	250	00:22:58	Huw Durham	M		Pontypridd Roadents
90	120	00:23:00	Keith Verheyden	M	V	
91	115	00:23:02	Jeff Morgan	M	V	
92	497	00:23:03	Ian Aithien	M	V	
93	221	00:23:08	Neil Coleman	M	V	
94	464	00:23:08	Gavin Jenkins	M		
95	264	00:23:09	Sean Birch	M		Islwyn RC
96	523	00:23:14	Matthew Whitney	M		
97	128	00:23:15	Liam Scannell	M	J	
98	488	00:23:16	Tony Edwards	M		
99	449	00:23:18	Robert Philips	M	V	Pontypridd Roadents
100	295	00:23:19	David John Brake	M	V	
101	226	00:23:20	David Hutchinson	M	V	
102	447	00:23:21	Gary Furlong	M		
103	127	00:23:23	Kevin Scannell	M	V	
104	210	00:23:24	Elizabeth Vaughan	F	V	
105	298	00:23:25	David Thompson	M	V	
106	224	00:23:26	Roger Fawke	M	SV	Islwyn RC
107	428	00:23:26	Michael J Davies	M	J	
108	502	00:23:28	Judith Oakley	F	V	
109	518	00:23:30	Runner 518	M		
110	429	00:23:30	Paul Jones	M	V	
111	321	00:23:31	Martyn Strange	M	SV	
112	466	00:23:36	Lyndon Davies	M	V	
113	310	00:23:38	Andrew Summers	M	V	
114	326	00:23:39	Melanie Jefferson	F	V	

115	531	00:23:41	Paul Bigmore	M	SV	
116	225	00:23:41	Craig James Jones	M		
117	285	00:23:42	Neil Edward Davies	M	V	
118	349	00:23:42	Mark Cooper	M		
119	123	00:23:43	Janet Richards	F	V	Griffithstown Harriers
120	124	00:23:44	Phil Bristow	M	V	
121	181	00:23:51	Kathryn John	F	V	3m Gorseinon
122	199	00:23:51	Mostyn Lineham	M	V	
123	367	00:23:53	Peter Young	M	SV	
124	505	00:23:55	Martin Davies	M	V	
125	327	00:23:57	Alun Robert Duckstein	M	SV	
126	534	00:23:57	Jonathan Davies	M	V	Sospan RR
127	448	00:23:58	Lyn Cartwright	M		
128	520	00:23:58	Dean O'Brien	M		
129	540	00:24:04	Mark Lampert	M		
130	227	00:24:04	Emily Evans	F		Birchfield Harriers
131	277	00:24:13	Peter Crabtree	M	V	
132	256	00:24:14	Mark Griffiths	M	V	
133	300	00:24:15	Donald Jones	M	V	
134	501	00:24:16	Michael Oakley	M		
135	555	00:24:22	Gareth Evans	M		
136	489	00:24:22	Richard Davies	M	V	
137	167	00:24:25	Ryan Jones	M		
138	470	00:24:27	Richard Nash	M		
139	220	00:24:30	Gareth Cooper	M		
140	142	00:24:31	Alan Stephen Jones	M	SV	
141	257	00:24:32	Philip Swann	M	V	Sospan Road Runners
142	116	00:24:34	Peter J Payton	M	SV	Islwyn RC
143	139	00:24:41	Clive Oliver	M	V	
144	362	00:24:44	Janet Williams	F	V	
145	207	00:24:47	Kevin Davies	M	V	
146	262	00:24:50	Blair Lundie	M	SV	Islwyn RC
147	113	00:24:52	Stephen Wiergowski	M	V	
148	509	00:24:52	Gill Masen	F	SV	
149	382	00:24:56	Gregory Solik	M		
150	197	00:24:58	Paul Shepperd	M	V	
151	319	00:25:03	Richard Davies	M	V	
152	192	00:25:04	Jeffrey Harvey	M	SV	
153	281	00:25:07	Allen Bevan	M	SV	
154	347	00:25:08	Gordon Symon	M		
155	219	00:25:08	Gareth Wilson Davies	M	SV	Aberdare Athletic Club
156	405	00:25:08	Terry Utting	M	V	
157	346	00:25:08	Lee Howells	M		

158	511	00:25:13	Sally Law	F	SV	
159	134	00:25:13	Mark Hughes	M		
160	396	00:25:14	Eryl James	M	V	
161	208	00:25:15	Les Davies	M	SV	
162	543	00:25:15	Guto Davies	M	V	
163	434	00:25:17	Kevin Mason	M	V	
164	279	00:25:19	Ceri Thomas	F	V	Bridgend AC
165	353	00:25:19	Beth Collins	F		
166	535	00:25:19	Jack davies	M	J	
167	114	00:25:24	Aseet Patel	M	V	
168	286	00:25:27	Miriam Gallagher	F	V	
169	474	00:25:33	Garry Hainnet	M		
170	387	00:25:39	Gareth Hamlin	M		
171	143	00:25:41	Patricia Jones	F	SV	Brackla Harriers
172	476	00:25:42	Gareth Howells	M		Hawthorn
173	431	00:25:43	Stephan Teicher	M	V	
174	194	00:25:44	Robert Davies	M	SV	Islwyn RC
175	177	00:25:45	Alan Evans	M	SV	Cardiff AAC
176	105	00:25:45	John Nugent	M	V	
177	526	00:25:47	Jacqueline Jones	F	V	Islwyn
178	381	00:25:48	Sarah Louise Smiles	F		Brackla Harriers
179	314	00:25:50	Alan Jefferies	M	SV	
180	374	00:25:51	Julie Lewis	F	V	Islwyn RC
181	410	00:25:53	Julie Owen	F	V	Aberdare Nos Galan Ladies
182	510	00:25:55	James mason	M		
183	552	00:25:55	Ian Leaves	M		
184	119	00:25:56	Trevor Turner	M	SV	
185	166	00:26:02	Gareth Ernest Jones	M	V	
186	467	00:26:04	Edward Malarczyk	M	SV	
187	506	00:26:07	Maria Williams	F		
188	102	00:26:08	Andrew Calderbank	M		
189	172	00:26:08	Paul Francis	M		
190	335	00:26:09	Karen Davies	F	V	
191	156	00:26:10	David Jones Protheroe	M	SV	
192	303	00:26:15	Jamie Edwards	M	J	
193	536	00:26:21	Stuart Davies	M		
194	325	00:26:25	Simon David Jones	M	V	
195	486	00:26:25	Arthur Phillips	M	SV	3 Ms
196	162	00:26:26	Sabina Meehan	F	V	
197	485	00:26:27	Garwyn Davies	M		
198	333	00:26:28	David McKay	M		
199	170	00:26:30	Sean Hicks	M	V	
200	169	00:26:30	Christine Evans	F	SV	

201	473	00:26:31	Sarah Hartrey	F		Brackla
202	469	00:26:33	Ruth Treharne	F	V	Islwyn RC
203	465	00:26:33	Nick John	M	V	
204	157	00:26:39	John Griffiths	M	SV	Mt Ash RFC
205	173	00:26:39	Grace Francis	F	V	
206	160	00:26:40	Dewi John Ward	M		
207	336	00:26:40	John Gregory	M	V	
208	196	00:26:46	Steve Williams	M	SV	
209	305	00:26:48	Phil Gibbon	M	SV	Taff Ely Tri
210	200	00:26:53	Heather Davies	F	V	
211	525	00:26:55	John Cronin	M	SV	
212	292	00:26:59	Matthew Gilliard	M		
213	366	00:26:59	Rhys Jones	M	J	
214	533	00:27:00	Paula James	F	V	Pontypridd Roadents
215	354	00:27:01	Louis Collins	M	V	
216	352	00:27:02	Andrew Collins	M		
217	539	00:27:02	K Hammett	M	V	
218	251	00:27:06	Rhian Durham	F		Pontypridd Roadents
219	265	00:27:08	Coleen Birch	F		Islwyn RC
220	130	00:27:11	Kevin Samuel	M	V	Bitton Road Runners
221	528	00:27:13	Celyn Williams	M	V	
222	161	00:27:13	Alan Williams	M	V	
223	153	00:27:14	Anthony Beer	M	V	
224	422	00:27:15	Melanie Hill	F	V	
225	409	00:27:20	Rhianyold Gardiner	F	V	Aberdare Nos Galan Ladies
226	365	00:27:23	Nigel Lewis	M	V	
227	255	00:27:24	Beth Griffiths	F	V	
228	253	00:27:24	Ceri Jones	M		
229	291	00:27:27	Kathryn Sweetman	F	V	Running 4 Women
230	544	00:27:29	Richie Evans	M	SV	
231	252	00:27:37	Rosalind Edmonds	F	SV	
232	232	00:27:37	Karen Davies	F	V	Aberpennar RC
233	500	00:27:37	Joanne Davies	F		
234	503	00:27:39	Neil Davies	M	SV	
235	553	00:27:44	J Cartwright	M	V	
236	408	00:27:45	Brett Utting	M	J	
237	195	00:27:45	Mandy Jayne Riby	F	V	
238	471	00:27:47	Clyde Baker	M		
239	532	00:27:47	Christine Davies	F	3V	Sospan RR
240	420	00:27:51	Anthony Dally	M	V	Taff Ely Tri
241	351	00:27:52	Gary Bartolet	M	V	Torpedo Windsor
242	350	00:27:53	Myles Hannon	M	V	Torpedo Windsor
243	222	00:27:57	Stephen J Morris	M	V	

244	141	00:28:02	Kim Peacock	M	V	Islwyn RC	
245	183	00:28:03	Colin Gardner	M	SV		
246	480	00:28:06	Tanverjeet Dhindsa	M		Hawthorn	
247	558	00:28:14	Christine Thomas	F	SV		
248	137	00:28:18	Mark Humphries	M	V		
249	186	00:28:19	Karen Spiller	F	V		
250	151	00:28:19	Jacqui Spiller	F	V		
251	185	00:28:19	Julia Churton	F	SV		
252	155	00:28:24	Keith Ellis	M	SV		
253	154	00:28:24	Claire Ellis	F			
254	179	00:28:25	Heather Payton	F	SV	Trent Park	
255	180	00:28:25	Mike Matthews	M	SV		
256	290	00:28:28	Sara Morgan	F			
257	261	00:28:29	Suzanne Brown	F	SV		
258	307	00:28:30	Debbie Jones	F	V		
259	442	00:28:35	Eddie Savage	M	V		
260	287	00:28:35	Klaus Clark	M			
261	165	00:28:36	Tony Hall	M	SV		
262	168	00:28:36	Denise Williams	F	SV		
263	140	00:28:37	Jackie Spencer	F	V		Aberdare Ladies
264	324	00:28:40	Michael Andrew Nash	M	V		
265	545	00:28:41	Chris Wauman	M			Pontypridd Roadents
266	546	00:28:41	Phil Davies	M			
267	557	00:28:48	Neil Thomas	M			
268	117	00:28:52	Andrew Davies	M	V		Aberdare
269	276	00:28:57	Kate Crabtre	F	SV		
270	454	00:29:00	John Cooper	M	SV		Aberdare Valley
271	322	00:29:01	Maggie Strange	F	SV		
272	385	00:29:13	Mostyn Evans	M	SV		
273	386	00:29:13	Julie Lewis	F			
274	112	00:29:16	Clive Rowe	M			
275	330	00:29:19	Rodney Edwards	M	V		
276	187	00:29:20	Rebecca Davies	F			
277	188	00:29:20	Owen Thomas	M			
278	249	00:29:22	Chris Clark	M	SV		
279	293	00:29:24	Sally Reid	F	V		
280	547	00:29:25	Amanda Orrell	F	V		
281	443	00:29:25	Roanna Harstad	F			
282	548	00:29:25	Gary Foreman	M	V		
283	214	00:29:30	Rhys Cronin	M	J		
284	529	00:29:35	Jason james	M			
285	135	00:29:43	Deborah Stanfield	F	V	Wells City Harriers	
286	455	00:29:48	Simon Bradwick	M			

287	231	00:29:51	Jill Davies	F	SV	Aberpennar RC	
288	159	00:29:55	Andrew Morgan	M			
289	514	00:29:58	Poli Cardenos	F			
290	430	00:30:00	Isham Alhag	M			
291	104	00:30:00	Gareth Morris	M			
292	343	00:30:04	Matthew English	M			
293	355	00:30:04	Lisa Howells	F			
294	524	00:30:14	Lynne Cronin	F	SV		
295	178	00:30:20	Max James	M	V		
296	175	00:30:24	Stephen Pascoe	M	V		
297	426	00:30:24	Sarah Pascoe	F			
298	392	00:30:27	Wilmari Fourie	F			
299	297	00:30:29	Peter Cawley	M	V		Bedford Harriers
300	296	00:30:29	Veronica Singleton	F	SV		Les Croupiers
301	271	00:30:36	Cheryl Bunney	F	V		
302	202	00:30:37	Linda Turner	F	SV		
303	371	00:30:38	Mark David Evans	M			
304	241	00:30:40	Bethan Pryor	F		Aberpennar RC	
305	440	00:30:47	Matthew Rees	M	J		
306	439	00:30:47	Peter Rees	M	V		
307	148	00:30:47	Maria Berrett	F	SV	Aberdare Sports Centre	
308	551	00:30:55	Mike Leaves	M			
309	364	00:31:00	B Murphy	F	V		
310	363	00:31:00	April Young	F	SV		
311	108	00:31:03	Geoff Garner	M	SV		
312	182	00:31:08	Andrew John	M	V		
313	270	00:31:08	Margit Edwards	F	V		
314	414	00:31:09	Sian Griffiths	F	V		Aberdare Nos Galan Ladies
315	475	00:31:17	Vicky Stroud	F		Hawthorn	
316	477	00:31:17	Leanne Howells	F		Hawthorn	
317	203	00:31:24	Jane Voyle	F	V		
318	537	00:31:24	Allison Rees	F	V		
319	538	00:31:27	Steve Minney	M			
320	301	00:31:37	Deborah Harp	F	SV		
321	302	00:31:37	Jeff Harp	M	V		
322	150	00:31:42	Andrew Timms	M			
323	234	00:31:43	Beverley Jones	F	V		Aberpennar RC
324	191	00:31:43	Julie Zalar	F	SV		
325	445	00:31:44	Anthony Jenkins	M	V	Aberdare Valley	
326	437	00:31:56	Rebecca Lewis	F			
327	418	00:32:08	Claire Davies	F	V	Aberdare Nos Galan Ladies	
328	542	00:32:10	Julie Oatridge	F			
329	541	00:32:10	Gillian lampert	F	SV		

330	513	00:32:22	Catrin Clarke	F	SV		
331	323	00:32:24	Kelvin Wayne Rumble	M			
332	342	00:32:26	Tracy Owen	F		Aberpennar RC	
333	230	00:32:27	Rachael Rebcca Veale	F		Aberpennar RC	
334	495	00:32:40	Amy Jackson	F			
335	338	00:32:45	Janet Jones	F	SV		
336	406	00:32:46	Ann Utting	F	SV		
337	491	00:32:47	Sian Davies	F			
338	487	00:32:48	Leah Davies	F			
339	317	00:32:50	Raymond Jones	M	SV		
340	266	00:32:55	Julie Williams	F	SV		
341	267	00:32:55	Richard Williams	M			
342	550	00:33:08	Jayne Leaves	F			
343	412	00:33:11	Helen Edwards	F	V		Aberdare Nos Galan Ladies
344	444	00:33:12	Rhian parry	F			
345	245	00:33:12	Susanne Willilams	F			Aberpennar RC
346	236	00:33:15	Paula Davies	F	V	Aberpennar RC	
347	243	00:33:24	Yvonne Hearn	F		Aberpennar RC	
348	441	00:33:24	Jaimie Roberts	M			
349	423	00:33:24	Karen Gainsborough	F			
350	282	00:33:37	Ronald Brown	M	SV		
351	280	00:33:37	Dinah Channing	F	V		
352	512	00:33:45	Sophie Francis	F	V		
353	103	00:33:54	Marco Vercelli	M	V		
354	411	00:33:55	Kelly ann Harris	F	J		Aberdare Nos Galan Ladies
355	483	00:33:56	Cerian Davies	F			
356	484	00:33:56	Nia Davies	F			
357	357	00:33:59	Irene Morgan	F	SV		
358	356	00:34:08	Catherine Morgan	F			
359	341	00:34:10	Laura Davies	F			
360	407	00:34:15	Emma Utting	F	J		
361	339	00:34:19	Lisa Jones	F			
362	242	00:34:22	Jayne Hughes	F	V		Aberpennar RC
363	304	00:34:22	Paul Hughes	M	V		
364	345	00:34:48	Tracey Morgan	F	SV		
365	332	00:34:48	Ceri Ford	F	SV		
366	549	00:35:05	Daniel Morgan	M			
367	433	00:35:14	Julie Hammett	F	V		
368	402	00:36:01	Jaime Griffiths	F			
369	522	00:36:01	Erica Hoare	F			
370	107	00:36:07	Mark Austin	M	V		
371	308	00:36:09	Lesley Maksimovic	F	V		
372	259	00:36:24	Sarah Johnson	M			

373	258	00:36:24	Carys Morgan	F		
374	435	00:36:37	Helen Jones	F		
375	436	00:36:37	Ryan Belcher	M		
376	240	00:36:48	Helen Hall	F	V	Aberpennar RC
377	451	00:37:10	Maria Brown	F	V	
378	452	00:37:10	Rhodri Brown	M		
379	427	00:37:11	Melanie Smith	F	V	
380	556	00:37:18	Tina Ward	F		
381	244	00:37:34	Joanne Lloyd-Roberts	F	V	Aberpennar RC
382	275	00:37:38	Katrina Jones	F	V	
383	394	00:38:50	Kelly Gaffney	F		
384	216	00:40:00	Shirley Rose	F	V	Brackla Harriers
385	359	00:40:13	Nicola Benney	F	V	
386	461	00:40:19	Cath Mogford	F	SV	
387	460	00:48:49	Nerys Thomas	F	V	