

NOS GALAN 2008 – Elite Race

Pos	Race No	Time	Name	Gender	Cat	Club
1	81	00:14:59	Jorge Thomas	M		Cardiff AAC
2	35	00:15:00	Stephen Davie	M		Belgrave Harriers
3	48	00:15:00	Matt James	M		Pontypridd Roadents
4	43	00:15:07	Neilson Hall	M		Beds & County
5	56	00:15:29	Daniel Steven	M		Cardiff AAC
6	8	00:15:31	Daniel Gurmin	M		Swansea Harriers
7	84	00:15:38	Dewi Griffiths	M	J	Carmarthen Harriers
8	31	00:15:47	James Thie	M		Cardiff AAC
9	98	00:15:59	Chris Discomb	M		Les Croupiers
10	905	00:16:00	Matthew Colli	M		Cardiff AAC
11	66	00:16:01	Rowan Axe	M	J	Cardiff AAC
12	13	00:16:07	Dave Kesterto	M	35	Halesowen AC
13	100	00:16:14	Stephen Pater	M		San Domenico
14	96	00:16:22	Edward Tanata	M		Cardiff AAC
15	240	00:16:24	Daniel Moore	M	45	Bristol & West AC
16	76	00:16:38	Lewys Winfiel	M		Cardiff AAC
17	503	00:16:41	Daniel Hiscox	M	J	Aberdare
18	904	00:16:46	Geraint Lewis	M		Cardiff AAC
19	55	00:16:57	Chris Prothero	M	J	Cwmbran Harriers
20	86	00:17:00	Daniel Lewis	M		Royal Air Force
21	57	00:17:09	Carl Thomas	M	J	Aberdare
22	902	00:17:12	Michael Bridge	M	35	Welwyn Garden City
23	18	00:17:14	Daniel Bodma	M	J	Aberdare
24	99	00:17:17	Sam Dalgleish	M		Westbury
25	5	00:17:27	Rhys Pitman	M		Pontypridd Roadents
26	396	00:17:35	Toby Laver	M		Reading Roadrunners
27	88	00:17:43	John Foster	M	45	Llisbury Runners
28	44	00:17:47	Matthew Raw	M		Beds & County
29	91	00:17:50	Ifan Lloyd	M	45	Swansea Harriers
30	49	00:17:51	Bryn Griffiths	M		Bridgend AC
31	12	00:17:53	Sam Ryall	M		Mynydd Du
32	4	00:17:54	Andrew Kench	M	35	Birmingham Rowheath AC
33	90	00:17:55	Gareth Fereda	M		Newport Harriers
34	10	00:17:57	Leah Dixon	F	J	Cardiff AAC
35	80	00:18:11	Gareth Lewis	M	J	Cwmbran Harriers
36	14	00:18:15	Matthew Jackl	M		
37	50	00:18:24	Elizabeth Hall	F		Herts Phoenix AC
38	25	00:18:26	Brett Davies	M	45	Newport Harriers
39	951	00:18:30	Catherine Dug	F		Swansea
40	42	00:18:36	Robert Hunt	M	45	Bridgend AC
41	27	00:18:40	Julian Davies	M	35	Pontypridd Roadents
42	51	00:18:43	Gethin Parhan	M	35	Bryn Bach RC
43	89	00:18:44	Dean Longley	M		Prestatyn Running Club
44	60	00:18:44	George Knowl	M	J	Vale of Aylesbury
45	94	00:18:46	Rosanna Iann	F		Vale of Aylesbury
46	68	00:18:50	Stuart Pearce	M		Newport Harriers
47	22	00:18:53	Michael Havar	M	35	
48	901	00:18:55	Carol Bridge	F		Pontypridd
49	908	00:18:58	Steve Williams	M	45	
50	11	00:18:58	Dave Stanfield	M	45	Wells City Harriers
51	201	00:19:00	Steven Bridge	M	35	Aberdare
52	906	00:19:00	Rob Sage	M		Les Croupiers
53	29	00:19:01	Elaine Laver	F		Reading Roadrunners
54	75	00:19:06	Neil Williams	M		
55	16	00:19:07	Jeff Thomas	M	35	Bridgend AC
56	47	00:19:07	Ben Curtis	M		Islwyn RC
57	21	00:19:10	Dave Griffiths	M	35	Newport Harriers
58	97	00:19:11	Sean Price	M	45	AVAAC
59	72	00:19:14	Peter Kellam	M	35	Les Croupiers
60	61	00:19:14	Matthew Town	M	35	Les Croupiers
61	9	00:19:22	Steven Hoope	M	35	Pontypridd Roadents
62	46	00:19:44	A Beynon-Tho	F	J	Carmarthen Harriers
63	17	00:19:45	Phil Meyler	M	45	Pontypridd Roadents
64	41	00:19:56	Kelly Morgan	F		Pontypridd Roadents
65	910	00:19:59	Alun Saunders	M	354	
66	65	00:20:02	Steven Bengo	M		
67	85	00:20:02	Angharad Dav	F	J	Camarthen Harriers
68	20	00:20:06	Clare Phillips	F	35	Swansea Harriers
69	40	00:20:07	Laurence Mag	M	35	Parc Bryn Bach
70	907	00:20:07	Nigel Lawrenc	M	35	
71	24	00:20:11	Richard Johns	M	35	Islwyn RC
72	19	00:20:13	Terrence Ellis	M	J	
73	2	00:20:14	Nick Shires	M	45	
74	59	00:20:23	Gareth Hall	M		Llisbury Runners
75	79	00:20:23	Gavin Crimmi	M		
76	54	00:20:24	Dominic Shiel	M	35	San Domenico
77	64	00:20:35	Lloyd Morgan	M		San Domenico
78	202	00:21:01	Carl Harris	M	35	
79	62	00:21:06	John Nudds	M	45	Manchester Harriers

80	73	00:21:12	Abyd Quinn A	M	45	Penarth & Dinas Runners
81	30	00:21:21	Fiona Davies	F	45	Bridgend AC
82	909	00:21:23	Carl Lewis	M	45	
83	78	00:21:25	Andrew Murph	M		
84	52	00:21:35	Steve Heringt	M	45	Hereford Couriers
85	903	00:21:41	Christina Brid	F		
86	786	00:21:48	Paul Nash	M	45	
87	95	00:21:54	Katie Hewitt	F	j	Cornwall
88	71	00:22:07	Gill Kellam	F	45	Les Croupiers
89	38	00:22:21	Clive Fallaize	M	45	Vale of Aylesbury
90	74	00:22:27	Catherine Jac	F		
91	92	00:22:41	Judith Oakley	F	35	Vegan Runners
92	36	00:22:58	Heather Fallai	F	45	Vale of Aylesbury
93	502	00:23:32	Michael Beyno	M	35	
94	93	00:24:57	Gemma Ianno	F		Vale of Aylesbury
95	28	00:57:27	Ceri-Anne Dav	F	35	Pontypridd Roadents

Adult Race

Pos	Race No	Time	Name	Gender	Cat	Club
1	282	00:17:56	Paul Thomas	M	35	
2	759	00:18:09	Patrick Blonde	M	35	Reading RR
3	506	00:18:51	Jason Scanlon	M	35	Pontypridd Roadents
4	740	00:18:53	Geraint Willia	M	35	
5	406	00:18:54	Ceri Beynon-D	M		
6	689	00:18:58	Mark Davies	M		
7	822	00:18:59	Dafydd Lambe	M	35	Islwyn RC
8	333	00:19:06	Sonny Davies	M	J	
9	267	00:19:22	Richard Bidwe	M		
10	699	00:19:26	Justin Phillips	M	35	
11	660	00:19:27	Brian Frampto	M	45	
12	392	00:19:50	Matthew Hoop	M	J	Cardiff AAC
13	645	00:19:52	Lee Williams	M		
14	487	00:19:52	Philip O'Dell	M	45	
15	143	00:19:53	Gareth Jehu	M	35	Aberdare Valley
16	534	00:20:05	Andy Davies	M	45	Pontypridd Roadents
17	398	00:20:08	Andrew Brasin	M	35	Brecon AC
18	819	00:20:08	Mike Murphy	M	45	Les Croupiers
19	697	00:20:09	Peter Rodger	M	45	
20	395	00:20:15	Neil Williams	M	45	
21	742	00:20:15	P Morris	M	35	
22	332	00:20:17	Paul Price	M	35	
23	629	00:20:23	Andy Gates	M	45	
24	249	00:20:26	Lee Gwyn	M	35	
25	299	00:20:30	Christine Harr	F	35	
26	779	00:20:38	Steven Hobbs	M	35	
27	626	00:20:41	Robert Oliver	M	35	
28	631	00:20:42	John Mursell	M	45	
29	329	00:20:42	Alice Reed	F		
30	250	00:20:48	Lee Williams	M		
31	814	00:20:53	Neil Jones	M		
32	501	00:20:54	Matthew Willia	M	J	
33	783	00:20:57	Jamie Loftus	M	35	
34	294	00:21:02	Edward Morga	M	45	Taff Ely Tri
35	344	00:21:04	Lee Davies	M	35	Pontypridd Roadents
36	157	00:21:04	Margaret Kenc	F	45	Bournville Harriers
37	199	00:21:04	Stephen Pring	M	35	
38	541	00:21:11	Anthony Willia	M	35	
39	204	00:21:25	Kim Wehden	M	45	Islwyn RC
40	761	00:21:29	Dai Richards	M	45	
41	175	00:21:29	Richard Day	M	45	Pontypridd Roadents
42	255	00:21:32	Jonathan Rho	M		
43	203	00:21:34	Andrew John	M	35	
44	194	00:21:37	Sean Birch	M	35	Islwyn RC
45	405	00:21:43	Rhydian Beyn	M		
46	123	00:21:44	Gareth Mahon	M		
47	663	00:21:44	Mike Woodas	M	35	
48	661	00:21:50	Paul Hallett	M	45	
49	210	00:21:55	Phil Bristow	M	45	
50	823	00:21:59	Steve Davies	M	35	Port Talbot
51	125	00:22:00	Neil Davies	M	35	
52	755	00:22:02	Mike Jones	M	45	
53	527	00:22:02	Jon Harris	M	45	
54	214	00:22:05	Gareth Slade-	M		
55	633	00:22:07	Callum Crowle	M	J	
56	843	00:22:12	Mandy Peace	F	35	Sospan
57	190	00:22:13	Jim Dobbs	M	45	Islwyn RC
58	691	00:22:14	Nick Johnson	M		

59	308	00:22:16	Jason Evans	M	35		
60	112	00:22:18	Kevin Anthony	M	35		
61	490	00:22:19	Huw Durham	M		Pontypridd Roadents	
62	721	00:22:20	Craig Evans	M			
63	481	00:22:23	Nick Pounder	M		Pontypridd Roadents	
64	801	00:22:25	Richard Davie	M	35		
65	285	00:22:28	Craig Davies	M	35		
66	117	00:22:28	Paul Sander	M	45		
67	567	00:22:34	Rhodri Morris	M			
68	794	00:22:39	Dafydd Hughe	M		Harrowby Harriers	
69	591	00:22:41	David Gibbon	M			
70	553	00:22:45	Brendan Bush	M	35		
71	186	00:22:46	Gareth Snook	M	45	British Airways AC	
72	733	00:22:47	Gavin Roiberts	M			
73	421	00:22:48	Victoria Coope	F		Pontypridd Roadents	
74	846	00:22:48	Jonathan Davi	M	35		
75	842	00:22:48	Gillian Phillips	F	45	Sospan	
76	404	00:22:50	Paul Beynon-	M	45		
77	684	00:22:54	Robert Ford	M	45		
78	530	00:22:55	Ray Greenhou	M	35		
79	500	00:22:56	Keith Verheyd	M	45		
80	724	00:22:56	Christopher H	M	j		
81	720	00:22:58	Dean O'Brien	M			
82	323	00:22:58	Gavin Harris	M			
83	248	00:23:02	Russell Dobbs	M		Islwyn RC	
84	703	00:23:04	Graeme Manni	M	45		
85	102	00:23:07	Stephen Jones	M	45	Islwyn RC	
86	486	00:23:09	Roger Heslop	M	45		
87	709	00:23:11	Craig Johnson	M	J		
88	261	00:23:13	Shaun Sims	M			
89	773	00:23:13	Barrie Roberts	M	45	Bourneville Harriers	
90	575	00:23:15	Neil Davies	M	45		
91	577	00:23:15	Joanne Davies	F			
92	639	00:23:15	Nigel Brinn	M	35		
93	776	00:23:15	Paul Raymond	M	35	Bridgend AC	
94	701	00:23:16	Trevor Lloyd	M	45		
95	335	00:23:16	Mike Horwood	M	45	Clevedon A C	
96	845	00:23:18	Jacc Davies	F	j		
97	664	00:23:23	Chris Davis	M	35		
98	176	00:23:24	Phillip Woodro	M	35		
99	830	00:23:25	Tim Parfitt	M	35		
100	219	00:23:26	Harry Williams	M	35		
101	698	00:23:28	Peter Harrison	M	35		
102	678	00:23:32	Michael Hame	M	45		
103	312	00:23:33	John Carroll	M	35		
104	725	00:23:33	Thomas Wills	M	J		
105	775	00:23:33	John Williams	M			
106	256	00:23:34	Paul Gillard	M	45		
107	290	00:23:34	Lee Howells	M			
108	804	00:23:35	Philip Jones	M			
109	232	00:23:36	Rob Fearnley	M			
110	797	00:23:37	Gary Lewis	M	35		
111	311	00:23:39	David Hutchin	M	35		
112	183	00:23:39	Jonathan Bigg	M			
113	427	00:23:40	Steven Howar	M	35		
114	291	00:23:41	Gordon Symo	M	35		
115	387	00:23:41	Emma Edward	F			
116	420	00:23:41	Gareth Arnold	M			
117	700	00:23:43	Paul Wright	M			
118	504	00:23:44	David Brockw	M			
119	178	00:23:44	Nicola Damen	F	35		
120	284	00:23:47	Matthew Gillia	M			
121	713	00:23:49	Richard L Cart	M			
122	296	00:23:49	Wayne Preece	M	45		
123	259	00:23:51	Leslie John Ke	M	45		
124	298	00:23:52	Steve Harry	M	45		
125	803	00:23:53	Emma Shaw	F	35		
126	161	00:23:55	Andrew Timm	M	35		
127	274	00:23:56	Andrew Sum	M	35		
128	351	00:23:57	Kevin Scannell	M	35		
129	191	00:23:57	Neil Hawkes	M	35		
130	528	00:23:58	David Miller	M	45	Les Croupiers	
131	548	00:23:59	Elliot Davies	M	J		
132	808	00:23:59	Peter Davies	M	45		
133	551	00:23:59	Hywel Thomas	M			
134	341	00:23:59	Maria Williams	F	35	Islwyn RC	
135	416	00:24:01	Aled Thomas	M			
136	782	00:24:06	Cornelius Curc	M	35	Pontypridd Roadents	
137	817	00:24:07	Bryan Evans	M	35		
138	101	00:24:08	Mandy Jones	F	45	Islwyn RC	
139	657	00:24:09	Andrew Richar	M	J		
140	543	00:24:10	Terry Lewis	M	45	Islwyn RC	
141	301	00:24:10	David Proffitt	M	45	Newport Harriers	
142	124	00:24:11	Richard Jones	M	45		

143	498	00:24:12	Leigh Jones	M	35		
144	134	00:24:14	Gareth Ernest	M	45		
145	732	00:24:15	Jane Williams	F	35		
146	719	00:24:15	Marc Thomas	M			
147	766	00:24:16	Peter Cushion	M	35		
148	714	00:24:20	Andrew Herm	M	35		
149	247	00:24:21	Adrian Colley	M	45		
150	751	00:24:22	Matthew Whit	M			
151	275	00:24:22	Carwyn Harris	M			
152	192	00:24:24	Brian John Caf	M	45		
153	545	00:24:26	Martin Davies	M	35		
154	198	00:24:26	Phillip William	M	35		
155	676	00:24:27	Sarah Burke	F			
156	166	00:24:27	David Thomps	M	35		
157	485	00:24:29	Eirian Heslop	F	45		
158	350	00:24:30	David Boaler	M	45		
159	771	00:24:30	Steven Smith	M	35		
160	620	00:24:30	Gareth Swann	M	J		
161	388	00:24:31	Neil Edwards	M			
162	747	00:24:33	Lee Kwok	M			
163	120	00:24:35	Jamie Edward	M	J		
164	286	00:24:36	Allan Jones	M	45	Brackla Harriers	
165	114	00:24:36	Lee Hopkins	M			
166	187	00:24:37	Peter Alan Ha	M	35		
167	402	00:24:38	Edward Malarc	M	45		
168	424	00:24:38	Keith Ellis	M	45		
169	276	00:24:38	Lyndon Davies	M	45		
170	624	00:24:44	Colin Dixon	M	45		
171	679	00:24:45	Karen Hurd	F	45		
172	787	00:24:46	David Amos	M	45		
173	222	00:24:50	Stephen Wier	M	35		
174	628	00:24:50	Emma Pilbea	F			
175	826	00:24:53	Dean Thomas	M	35		
176	417	00:24:55	Rhys Ryland	M	45		
177	141	00:24:55	Scott Davies	M			
178	669	00:24:58	Paul Bigmore	M	45		
179	793	00:25:03	mark lampert	M	35		
180	718	00:25:05	Matthew Rees	M	j		
181	113	00:25:06	Peter Young	M	45		
182	799	00:25:06	Jamie Edward	M	35		
183	715	00:25:08	Justin Round	M	35		
184	840	00:25:09	Eirian Williams	M	j	Sospan	
185	106	00:25:10	Mostyn Lineha	M	45		
186	616	00:25:11	Robert Phillips	M	45	Pontypridd Roadents	
187	278	00:25:11	Clive Oliver	M	35		
188	394	00:25:13	David Jones	M	35		
189	423	00:25:15	Rachel Ellis	F			
190	179	00:25:15	Gareth Rhys T	M	35		
191	306	00:25:15	Paul Shepperd	M	45		
192	107	00:25:16	Mitchell James	M	J		
193	205	00:25:16	Ruth Treharne	F	35	Islwyn RC	
194	283	00:25:21	Sean Oliver	M	J		
195	556	00:25:22	Ashford Davie	M	J		
196	262	00:25:23	Stephen Sims	M	45		
197	650	00:25:24	Scott Cartwrig	M			
198	535	00:25:28	Peter Carlick	M	35		
199	536	00:25:28	David Bailyes	M	45		
200	813	00:25:29	David Edward	M	45		
201	223	00:25:30	Anthony Dally	M	35	Taff Ely Tri	
202	150	00:25:30	Andrew Calde	M	35		
203	566	00:25:31	Richard Crook	M	35		
204	529	00:25:35	Cher Gill	F	35		
205	422	00:25:36	Gareth Coope	M			
206	550	00:25:36	Paul Binding	M			
207	722	00:25:36	Janis Roberts	M	45		
208	625	00:25:38	Paul Fisher	M	45		
209	752	00:25:42	Robert Chapp	M	45		
210	834	00:25:43	Garwyn Davie	M	45		
211	622	00:25:43	Aled Rees	M	35		
212	562	00:25:45	Alison Allen	F	35		
213	109	00:25:45	Paul Evans	M	45		
214	115	00:25:48	Jeff Morgan	M	45		
215	228	00:25:49	Christopher C	M	J		
216	305	00:25:51	James Thoma	M	45	Brackla Harriers	
217	781	00:25:51	Martin Cahill	M	35		
218	727	00:25:52	Glenn Withers	M			
219	426	00:25:52	Ceri Prosser	M	35		
220	231	00:25:54	Daniel Ellis	M	J		
221	795	00:25:54	Ryan Clift	M		Harrowby Harriers	
222	767	00:25:54	Jason Sheppa	M	35		
223	212	00:25:55	Susan McMail	F	35		
224	401	00:25:56	Darren Carter	M			
225	746	00:25:56	Gillian mason	F	45		
226	108	00:25:57	Mark Hughes	M	35		

227	142	00:25:58	Neil Edward D	M	45		
228	835	00:25:59	Simon William	M	35		
229	716	00:26:00	Matthew Brer	M			
230	647	00:26:01	Edwin Hanly	M	45		
231	798	00:26:02	Ian Richards	M	45		
232	153	00:26:07	John Nugent	M	45		
233	690	00:26:08	Rhodri Brown	M	35		
234	213	00:26:11	Michelle Slade	F			
235	171	00:26:12	David Williams	M		Aberdare Athletic Club	
236	743	00:26:12	Kelvyn Davies	M	35		
237	185	00:26:13	Glyn Hughes	M	45	Islwyn RC	
238	193	00:26:13	Coleen Birch	F	35	Islwyn RC	
239	582	00:26:14	Jason Phibben	M			
240	493	00:26:14	Jason Cutts	M	35		
241	484	00:26:15	Gareth Davies	M			
242	337	00:26:17	Andrew Havar	M	35		
243	295	00:26:19	Darren Hanco	M	35		
244	802	00:26:22	Cicely Warren	F			
245	800	00:26:22	David McKay	M			
246	587	00:26:27	Andrew Lycett	M	35		
247	177	00:26:27	Philip Jones	M	35		
248	215	00:26:29	Dave Woan	M	45	Yeovil Town	
249	646	00:26:30	Gavin Bendon	M			
250	831	00:26:31	Ian Haines	M	35	Islwyn RC	
251	116	00:26:31	Gareth Davies	M	45	Aberdare Valley AAC	
252	731	00:26:34	Greg Veale	M	35		
253	462	00:26:36	Tracey Jenkins	F		Sobells R C	
254	160	00:26:38	Wayne Edmon	M	45		
255	749	00:26:39	Lee Griffiths	M			
256	686	00:26:43	Rachel Kennar	F	35		
257	692	00:26:43	Rhian Edwards	F			
258	702	00:26:48	Gareth Evelei	M			
259	491	00:26:50	Claire Griffiths	F			
260	571	00:26:51	Chris Jones	M	45		
261	309	00:26:52	Keith Cotter	M	45		
262	331	00:26:54	Beth Collins	F			
263	765	00:26:56	Ryan Belcher	M			
264	307	00:26:58	Ceri Thomas	F	35	Bridgend AC	
265	254	00:27:01	Dale Thomas	M			
266	708	00:27:02	Dewi John Wa	M	35		
267	346	00:27:02	Jason Keywoo	M	35		
268	119	00:27:03	Paul Hamer	M	35		
269	158	00:27:03	Peter Reddy	M	45		
270	619	00:27:04	Gareth Gillard	M			
271	277	00:27:05	Luke Smith	M	J		
272	508	00:27:05	Neil Eynon	M	35		
273	272	00:27:10	Simon David J	M	45		
274	246	00:27:11	Helen Colley	F			
275	741	00:27:14	Scott Owens	M	j		
276	634	00:27:15	Philip Swann	M	45		
277	348	00:27:16	Trevor Hay	M	45		
278	172	00:27:17	Mark Cooper	M			
279	324	00:27:20	Hannah Hones	F			
280	788	00:27:23	Cory Dobson	M	j		
281	789	00:27:23	Jordon Hughe	M	j		
282	809	00:27:24	James Johnso	M	45		
283	433	00:27:24	Suzie Hopkins	F	35	Cwmaman Dragons	
284	573	00:27:25	Brian Jones	M	45		
285	770	00:27:27	Roger Small	M			
286	258	00:27:28	John Davies	M	45		
287	444	00:27:28	Limara Davies	F		Cwmaman Dragons	
288	489	00:27:28	Dafydd Trysta	M			
289	407	00:27:28	Ioan Bellin	M			
290	672	00:27:29	Carol Vyner	F	35		
291	833	00:27:30	Mark Cull	M	35		
292	287	00:27:30	Patricia Jones	F	45	Brackla Harriers	
293	581	00:27:31	Ian Diamond	M	35		
294	209	00:27:31	Christopher B	M	35		
295	623	00:27:34	David Kaged	M	45		
296	603	00:27:35	Hannah Fraser	F		Nos Galan Running Club	
297	432	00:27:35	Amanda Orrell	F	45	Cwmaman Dragons	
298	760	00:27:35	Hannah Ward	F			
299	758	00:27:36	Ian Coxhead	M	45	Newbury AC	
300	466	00:27:36	Teresa Jeffries	F	35	Sobells R C	
301	675	00:27:38	Julie Owens	F	35		
302	674	00:27:38	Rhianydd Gar	F	35		
303	828	00:27:39	Richard Batten	M			
304	170	00:27:40	Mark Williams	M	35	Sospan Road Runners	
305	642	00:27:41	Steve Holdern	M	35		
306	349	00:27:41	Paul Clarke	M	45		
307	180	00:27:43	Paul Galea	M	35		
308	418	00:27:45	Stephen New	M	35	100 Marathon Club	
309	234	00:27:46	Alyn Tennant	M	45		
310	458	00:27:47	Ana Isobel Aih	F		Sobells R C	

311	816	00:27:49	Jeremy Maggs	M	35		
312	687	00:27:50	Chris Howarth	M			
313	496	00:27:51	Mark Griffiths	M	45		
314	241	00:27:52	Trevor Turner	M	45	Ebbw Vale	
315	507	00:27:53	Huw John Ree	M			
316	195	00:27:56	Liz Vaughan	F	35		
317	330	00:27:59	Louis Collins	M	45		
318	829	00:28:00	Joe Cartwright	M	45		
319	197	00:28:01	Jason Berrett	M			
320	431	00:28:02	Gail Benn	F	35	Cwmaman Dragons	
321	728	00:28:02	Kevion Hamm	M	45		
322	139	00:28:03	Molly Melhuish	F	35		
323	849	00:28:03	Dyfed Evans	M			
324	342	00:28:04	Rodney Edwar	M	35		
325	136	00:28:07	John Griffiths	M	45		
326	547	00:28:08	Susan John	F	35		
327	583	00:28:08	Deborah Hope	F	35		
328	152	00:28:10	Sara Morgan	F			
329	510	00:28:12	Simon Grey	M	45		
330	511	00:28:12	Julia Grey	F	J		
331	509	00:28:13	Julia Grey	F	45		
332	784	00:28:13	Bob Dalgleish	M	45		
333	717	00:28:15	Michael Davie	M	j		
334	565	00:28:17	Tom Hymns	M	35	Serpentine	
335	778	00:28:18	Steve Williams	M	45		
336	615	00:28:19	Kath Evans	F	45	Brackla Harriers	
337	494	00:28:20	Mathew Burns	M	35		
338	393	00:28:20	Gavin Wood	M		Cwmaman Institute	
339	638	00:28:21	Eddie Savage	M	45		
340	208	00:28:22	Paul Jones	M	35		
341	135	00:28:22	Allan Addiscot	M	45		
342	519	00:28:25	Melanie Hill	F	35		
343	168	00:28:29	Peter John Pa	M	45	Islwyn RC	
344	137	00:28:31	Andrew Davie	M	45	Aberdare	
345	266	00:28:33	Craig Thomas	M			
346	318	00:28:35	Cathy Thomas	F	35		
347	825	00:28:36	Ann Mogford	F	35	Am,man Valley	
348	824	00:28:37	Brian Mogford	M	45	Amman Valley	
349	658	00:28:42	Tamer Arzu	M			
350	681	00:28:48	Martin Lane	M	35		
351	317	00:28:49	Sian McGrath	F			
352	225	00:28:51	Owen Thomas	M	35		
353	224	00:28:54	Rebecca Davie	F	35		
354	694	00:28:54	Janet Terry	F	45		
355	820	00:28:57	Gill Murphy	F	45	Les Croupiers	
356	269	00:29:00	Martyn Miles	M			
357	730	00:29:01	Peter Avery	M	45		
358	361	00:29:03	Paul Andrews	M	45		
359	649	00:29:05	Steve Williams	M	45		
360	557	00:29:05	Kevin Davies	M	45		
361	310	00:29:05	Ros Edmonds	F	45	Aberdare Valley AAC	
362	844	00:29:06	Chjristine Dav	F	45		
363	133	00:29:08	Rhys Ellis Jon	M			
364	516	00:29:10	Geraint Jones	M			
365	552	00:29:10	Heather Payto	F	45	Trent Park RC	
366	239	00:29:11	Terry Lewis	M	45		
367	375	00:29:12	Helen Evans	F	35	Aberpennar Ladies R C	
368	419	00:29:12	Rachel Woolle	F		Village Vipers	
369	478	00:29:13	Claire Jones	F		Sobells R C	
370	848	00:29:13	Claire Rickets	F			
371	265	00:29:13	Sali Griffiths	F			
372	564	00:29:14	Carl Haines	M	45		
373	654	00:29:14	Ian Richards	M	J		
374	321	00:29:15	Tracey Hinton	F	35		
375	704	00:29:16	Bernard Davie	M	45		
376	665	00:29:16	Linda Waller	F	45		
377	230	00:29:18	Scott Summer	M			
378	412	00:29:21	John Cooper	M	45		
379	559	00:29:22	Julia Churton	F	45		
380	118	00:29:23	Tony Hall	M	45		
381	302	00:29:23	Jacqui Spiller	F	35		
382	558	00:29:23	Karen Spiller	F	35		
383	570	00:29:23	Michelle Davie	F			
384	315	00:29:30	Colin Gardner	M	45		
385	293	00:29:31	Anthony Lloyd	M	35		
386	430	00:29:32	Anne Blair	F	35	Cwmaman Dragons	
387	653	00:29:32	Nigel Williams	M	45		
388	439	00:29:32	Zoe Louise Hu	F		Cwmaman Dragons	
389	592	00:29:33	Terry Utting	M	45		
390	738	00:29:35	Ellen McSheed	F			
391	677	00:29:35	Paula James	F	35		
392	832	00:29:35	Bev Yanez	F	45		
393	476	00:29:36	Emma Dolan	F		Sobells R C	
394	739	00:29:36	Daniel Anbler	M			

395	362	00:29:37	M Maiden	F	45	Aberpennar Ladies R C
396	336	00:29:39	Gail Havard	F	35	
397	263	00:29:41	Mark O'Sullivan	M	35	
398	188	00:29:41	Phil Gibbon	M	45	
399	492	00:29:42	Beth Griffiths	F	45	
400	640	00:29:42	Stuart Cable	M	35	
401	155	00:29:43	John Rowan	M	45	
402	538	00:29:43	Karl Hall	M	J	
403	540	00:29:47	Mark Anthony	M		
404	300	00:29:49	Gareth Davies	M	35	
405	111	00:29:50	David Prother	M	45	
406	345	00:29:52	Mark Phillips	M	45	
407	447	00:29:57	Ceri Weston	F		Cwmaman Dragons
408	446	00:29:57	Sara Carter	F		Cwmaman Dragons
409	414	00:29:59	Peter Lyn Rees	M	45	
410	273	00:30:00	Simon Davies	M		
411	652	00:30:02	Mathew Inder	M		
412	651	00:30:02	Harriet Edwar	F	35	
413	499	00:30:02	Leah Lewis	F		
414	145	00:30:04	Steven James	M	35	
415	644	00:30:04	Huw Thomas	M		
416	264	00:30:05	Huw Griffiths	M		
417	229	00:30:06	Graham Sum	M	45	
418	320	00:30:08	Louise Ann Fai	F	J	
419	373	00:30:10	Jill Davies	F	45	Aberpennar Ladies R C
420	453	00:30:11	Angela Willia	F	35	Sobells R C
421	588	00:30:13	John Lee Willi	M		
422	235	00:30:14	Peter Jenkins	M	45	
423	648	00:30:16	Lee Goodwin	M		
424	560	00:30:19	Philip Norris	M	45	
425	585	00:30:21	Geoff Cheetha	M	45	
426	184	00:30:22	Michael Furlon	M	35	
427	454	00:30:23	Kelly Daniels	F		Sobells R C
428	218	00:30:26	Mary Williams	F	35	
429	513	00:30:28	Tim Weekes	M		
430	182	00:30:29	Joel Reed	M		
431	252	00:30:31	Samantha Joh	F		
432	253	00:30:31	Hannah Riley	F		
433	378	00:30:31	Nadine Morris	F		Aberpennar Ladies R C
434	688	00:30:36	Catherine Ho	F		
435	316	00:30:37	Clive Rowe	M	35	Islwyn RC
436	140	00:30:38	Anthony Beer	M	35	
437	815	00:30:38	Ben Beer	M	j	
438	385	00:30:39	Karen Evans	F	35	Aberpennar Ladies R C
439	796	00:30:39	Fiona McLoug	F		Harrowby Harriers
440	368	00:30:42	Rhian Parry	F		Aberpennar Ladies R C
441	613	00:30:43	Laura Elizabet	F		Sexy Midnight Runners
442	363	00:30:43	Beverley Jone	F	45	Aberpennar Ladies R C
443	132	00:30:46	Jeff Rosser	M	35	
444	609	00:30:47	Hayley Proud	F	35	Maerdy Kids R Us
445	382	00:30:48	Jane Voyle	F	35	Aberpennar Ladies R C
446	772	00:30:50	Jayne Palmer	F	35	Cwmaman
447	438	00:30:52	Vicki Avon	F		Cwmaman Dragons
448	445	00:30:53	Maureen Nott	F	45	Cwmaman Dragons
449	757	00:30:55	Emma Russell	F	35	
450	617	00:31:00	Gemma Ryall	F		
451	599	00:31:07	Karen Crimmi	F	35	Nos Galan Running Club
452	340	00:31:12	Andrew Ward	M		
453	659	00:31:14	Chris Edwards	M		
454	397	00:31:15	Susan Davis	F	45	
455	821	00:31:17	John Cronin	M	45	
456	482	00:31:19	Martin James	M	35	
457	656	00:31:22	Peter Richards	M	45	
458	233	00:31:23	Lee Tennant	M		
459	807	00:31:26	David Rees	M	45	
460	121	00:31:27	Marjorie Edwa	F	45	
461	662	00:31:29	Carol Woodfor	F	45	
462	292	00:31:33	Nicola Lloyd	F	35	
463	546	00:31:33	David Brown	M		
464	569	00:31:39	Donna Hunkin	F		
465	456	00:31:39	Jackie Spence	F	35	Sobells R C
466	544	00:31:41	Leanne Howell	F		Hawthorn RC
467	460	00:31:41	Beth Murphy	F	35	Sobells R C
468	468	00:31:42	Tracy Thomas	F	35	Sobells R C
469	463	00:31:42	April Young	F	45	Sobells R C
470	211	00:31:43	Anthony Jenki	M	45	Aberdare AAC
471	165	00:31:44	Peter Lawley	M	45	
472	164	00:31:44	Veronica Singl	F	45	Les Croupiers
473	756	00:31:45	Louise Richard	F		
474	673	00:31:59	Paul Wilson	M	35	
475	805	00:32:01	Lisa Hudspeth	F	35	
476	806	00:32:02	Darren Willia	M	35	
477	126	00:32:05	John Snook	M	45	
478	130	00:32:08	Lyndhurst Parr	M	45	

479	614	00:32:13	Samantha Will	F	J	Sexy Midnight Runners
480	148	00:32:17	Lee-John Bake	M		
481	655	00:32:18	Emma Richard	F		
482	601	00:32:20	Runner 601	M		
483	602	00:32:20	Runner 602	M		
484	347	00:32:25	Paul Hancock	M	35	
485	505	00:32:29	Katie Hill	F	J	
486	415	00:32:31	Mark Cotter	M	45	
487	769	00:32:32	Gwyn Reddick	M	35	
488	442	00:32:32	Laura Scott	F	J	Cwmaman Dragons
489	576	00:32:32	Rhys Cronin	M	J	
490	736	00:32:33	Debbie Conwa	F	35	
491	196	00:32:34	Adrian Langle	M	35	
492	408	00:32:35	Steve Pascoe	M	35	
493	768	00:32:35	Martin Loose	M	35	
494	521	00:32:36	Carrie Newing	F		Hawthorn RC
495	726	00:32:39	Carla Addiscot	F		
496	443	00:32:40	Emily Jones	F	J	Cwmaman Dragons
497	483	00:32:40	Zoe Price	F		
498	729	00:32:41	Paul Lane	M		
499	497	00:32:44	Ray Davies	M	35	
500	475	00:32:46	Rebecca New	F		Sobells R C
501	533	00:32:47	Mike Brown	M	35	
502	837	00:32:47	Ronald Brown	M	45	
503	523	00:32:48	Christina Mak	F	45	
504	754	00:32:49	Max James	M	45	
505	568	00:32:50	Karen Akinci	F	35	
506	526	00:32:51	Helen Williams	F		Aberdare AAC
507	450	00:32:56	Julie Zalar	F	35	Cwmaman Dragons
508	409	00:32:58	Kate Lloyd Jon	F	35	
509	707	00:33:07	Leighton Ponti	M	35	
510	706	00:33:07	Martin Ellis	M	35	
511	578	00:33:08	Marilyn Evans	F	45	
512	635	00:33:09	Karen Thomas	F	35	
513	459	00:33:11	Lisa Hillman	F	35	Sobells R C
514	723	00:33:12	David Jones	M	45	
515	841	00:33:14	Karyn Swann	F	35	Sospan
516	425	00:33:16	Helen Jones	F	35	
517	146	00:33:17	Kirsty James	F	J	
518	364	00:33:18	Rhiannon Eliz	F		Aberpennar Ladies R C
519	242	00:33:20	Geoff Garner	M	45	
520	763	00:33:20	Shelly Godfrey	F		
521	792	00:33:23	Ms Oatridge	F		
522	791	00:33:23	Gillian lampert	F	45	
523	618	00:33:24	Kelly Gaffney	F		
524	243	00:33:29	Wayne Hoskin	M	45	Islwyn RC
525	811	00:33:32	Martyn Hart	M	35	
526	236	00:33:39	Anne Meredith	M	45	
527	110	00:33:39	Kim Peacock	M	45	Islwyn RC
528	666	00:33:42	Gwynfor Jacks	M	45	
529	537	00:33:45	Kay Hall	F	45	
530	449	00:33:48	Maria Berrett	F	45	Cwmaman Dragons
531	461	00:33:53	Kara McCue	F		Sobells R C
532	737	00:34:00	Andrea Richar	F	35	
533	319	00:34:02	Dan Woods	M		
534	297	00:34:03	Stan Woods	M	45	
535	810	00:34:03	Michael Nash	M	35	
536	251	00:34:14	Kimberly Kru	F		
537	790	00:34:15	Rhys Slade-Jo	M	j	
538	667	00:34:17	Anne Jackson	F	45	
539	780	00:34:17	I Haq	M	45	
540	777	00:34:20	Wilmavi Foui	F	35	CoCo
541	594	00:34:21	Brett Utting	M	J	
542	128	00:34:25	Allen Bunney	M	35	
543	127	00:34:25	Cheryl Bunney	F	35	
544	477	00:34:34	Elaine Hiscox	F	35	Sobells R C
545	365	00:34:35	Joanne Davies	F	35	Aberpennar Ladies R C
546	473	00:34:36	Lorraine Swai	F	45	Sobells R C
547	518	00:34:36	Richard Hext	M		
548	369	00:34:43	Frances Davie	F	35	Aberpennar Ladies R C
549	162	00:34:43	David Davies	M	35	
550	380	00:34:44	Claire Lloyd	F	35	Aberpennar Ladies R C
551	381	00:34:44	Helen Hall	F	35	Aberpennar Ladies R C
552	637	00:34:45	Jaimie Roberts	M	35	
553	268	00:34:47	Alan Griffiths	M	45	
554	632	00:34:48	Jason Herbert	M		
555	630	00:34:48	Courtney Garl	F		
556	343	00:34:52	Helen Edwards	F	35	
557	413	00:35:00	Andrew Morga	M		
558	389	00:35:00	Karl Smith	M	35	
559	217	00:35:02	Deborah Stanf	F	35	Yeovil Town
560	216	00:35:02	Julia Thorne	F	45	Yeovil Town
561	366	00:35:08	Fiona O'Leary	F	35	Aberpennar Ladies R C
562	384	00:35:08	Maureen Griffi	F	45	Aberpennar Ladies R C

563	428	00:35:15	Abigail Dally	F	J	Cwmaman Dragons
564	441	00:35:15	Louisa Sexton	F	J	Cwmaman Dragons
565	189	00:35:17	Rhys Thomas	M		
566	104	00:35:18	Blair Alexande	M	45	Islwyn RC
567	512	00:35:23	Rebecca Moor	F		
568	479	00:35:28	Sian Hobson	F		Sobells R C
569	612	00:35:37	Victoria Kate	F	J	Sexy Midnight Runners
570	429	00:35:40	Sarah Hopkins	F	35	Cwmaman Dragons
571	159	00:35:41	Nicholas Baile	M		
572	589	00:35:46	Sarah Ellen St	F	35	
573	593	00:35:56	Ann Utting	F	45	
574	379	00:35:56	Nichola Summ	F		Aberpennar Ladies R C
575	377	00:35:57	Emma Smith	F		Aberpennar Ladies R C
576	668	00:36:01	Lesley Bigmor	F	45	
577	693	00:36:13	Sandra Lloyd	F	45	
578	524	00:36:15	Richard Willia	M	35	
579	525	00:36:15	Julie Williams	F	45	
580	734	00:36:20	Janet Welsh	F	45	
581	542	00:36:24	Alan Gordon T	M	35	
582	279	00:36:26	Emma Hughes	F		
583	257	00:36:26	Stephen Evan	M	35	
584	495	00:36:30	John Spencer	M	35	
585	472	00:36:30	Kay Spencer	F	35	Sobells R C
586	696	00:36:44	Ruth Bennett	F		
587	695	00:36:44	Simon Cronin	M	35	
588	400	00:36:50	Joanne Robert	F		
589	105	00:36:56	Julie Lineham	F	45	
590	847	00:37:03	Cath Mogford	F	45	
591	376	00:37:09	Philomena Sn	F	45	Aberpennar Ladies R C
592	374	00:37:09	Julie Davies	F	45	Aberpennar Ladies R C
593	289	00:37:15	Claire Davies	F	45	
594	812	00:37:21	Kelvin Rumble	M	35	
595	339	00:37:25	Nick Johns	M		
596	471	00:37:37	Erika Bennett	F	35	Sobells R C
597	532	00:37:39	Antony Chap	M	45	
598	764	00:37:42	Jan Coles	F	35	
599	762	00:37:53	Helen Jones	F		
600	605	00:38:20	Natasha Keog	F		Maerdy Wags
601	682	00:38:27	John Bounds	M	45	
602	156	00:38:27	Craig Jones	M	35	
603	683	00:38:27	Les Bounds	M	35	
604	173	00:38:34	Julie Wiltshire	F	35	
605	174	00:38:35	Neil Coleman	M	35	
606	563	00:38:52	Lynn Goward	F	35	
607	621	00:38:52	Gill Williams	F	35	
608	561	00:38:52	John Allen	M	45	
609	818	00:39:02	Sianm Young	F		
610	474	00:39:33	Katrina Jones	F	35	Sobells R C
611	636	00:39:52	Tim Cooper	M	35	
612	227	00:39:55	Helen Lloyd Jo	F	45	
613	838	00:40:13	Julia Arthur	F	45	
614	839	00:40:14	Richard Martin	M	45	
615	220	00:40:14	Dr Krys Willia	F	45	
616	774	00:40:14	Deborah Elsvy	F	35	
617	383	00:40:17	Reanna Willia	F		Aberpennar Ladies R C
618	386	00:40:17	Sian Griffiths	F		Aberpennar Ladies R C
619	597	00:41:26	Melanie Boaler	F		
620	670	00:41:32	Kaye Jones	F	45	
621	671	00:41:33	Rhys Jones	M		
622	744	00:41:48	Erica Hoare	F		
623	748	00:41:48	Jaime Griffiths	F		
624	326	00:41:52	Angela Crowle	F	45	
625	710	00:42:03	Debbie Cooke	F	35	
626	357	00:42:15	Paula Wooding	F	35	
627	359	00:44:12	Lee Barry	F	35	
628	358	00:44:12	Karen Ingram	F	35	
629	735	00:45:47	Sarah Garvey	F		
630	750	00:46:21	Emma Whitne	F		
631	711	00:49:38	Andrea Harris	F	45	
632	712	00:49:40	Jillian James	F	45	
633	353	00:51:25	Sally Stranks	F	45	
634	356	00:51:25	Trudy Rowlan	F	35	