

# Nos Galan 2009

## Elites

Pos	RaceNo	Time	Name	Gender	Cat	Club
1	31	00:14:28	Chris Davies	M		Telford AC
2	110	00:14:32	Neilson Hall	M		Bedford & County AC
3	17	00:14:40	Steve Davies	M		Belgrave Harriers
4	52	00:14:40	Ieuan Thomas	M		Cwmbran Harriers
5	131	00:14:42	Rob Budgen	M		Bristol & West
6	80	00:14:43	Craig Hopkins	M		Swansea Harriers
7	69	00:14:45	Tom Marshall	M		Cardiff AAC
8	107	00:15:01	Kevin Skinner	M		Newham & Essex Beagles
9	115	00:15:16	Mark Davies	M	35	
10	116	00:15:28	Stephen Paterson	M		San Domenico
11	56	00:15:37	James Thie	M		Cardiff AAC
12	35	00:16:01	Afan Humphries	M		Cwmbran Harriers
13	48	00:16:13	Stephen Mears	M		
14	109	00:16:40	Kris Jones	M	J	Swansea Harriers
15	64	00:16:42	Stuart Crees	M		Les Croupiers
16	791	00:16:43	Andrea Whitcombe	F	35	Swansea Harriers
17	85	00:17:05	Caryl Jones	F		TROTS
18	7	00:17:14	Andrew Kenchington	M	35	Birmingham Rowheath AC
19	99	00:17:15	Laurence Humphreys	M		Fairwater Runners
20	90	00:17:19	Daniel Bodman	M	J	
21	73	00:17:21	Stephen Thomas	M	35	Islwyn RC
22	70	00:17:29	Stephen Morris	M		Aberdare AC
23	132	00:17:32	Crispin Flower	M	35	Brecon AC
24	60	00:17:34	Rich Matthews	M		Chepstow Harriers
25	67	00:17:45	Mark Harvey	M		Chepstow Harriers
26	77	00:17:49	Joshua Harris	M	J	Lliswerry Runners
27	63	00:17:54	Martin Williams	M	45	Les Croupiers
28	53	00:17:56	Natasha Cockram	F	J	Cwmbran Harriers
29	96	00:17:58	Matthew Leathard	M		Chepstow Harriers
30	50	00:18:04	Jeff Thomas	M	35	Bridgend AC
31	770	00:18:06	Ashley Owen	M	35	Ebbw Vale
32	785	00:18:07	Simon Wilson	M	35	Swansea Harriers
33	91	00:18:08	Elinor Kirk	F		Swansea Harriers
34	101	00:18:09	Matt Hurford	M	35	Les Croupiers
35	30	00:18:10	Craig Sprod	M	J	Aberdare AC
36	45	00:18:16	Laurie Carter	M	45	Chepstow Harriers
37	438	00:18:16	Katherine Matthews	F		
38	13	00:18:20	Steve Hooper	M	35	Pontypridd Roadents
39	39	00:18:25	Katie Beecher	F		Les Croupiers
40	124	00:18:26	Steven Bridges	M	35	Taff Ely Tri
41	117	00:18:32	Brian McCartney	M		
42	24	00:18:33	James Blore	M		Chepstow Harriers
43	23	00:18:35	Neil Williams	M		Bad Tri
44	4	00:18:36	Alex Williams	M	35	Port Talbot Harriers

45	112	00:18:37	Ceri Beynon-Davies	M		
46	133	00:18:37	Carl Gilmour	M	35	Hay Hotfooters
47	88	00:18:42	Lee Watts	M		
48	93	00:18:42	Alun Evans	M	35	
49	106	00:18:48	Paul Lewis	M	35	Gorseinon Road Runners
50	81	00:18:50	Gethin Parham	M	35	Parc Bryn Bach RC
51	61	00:18:52	Richard Hayes	M		Taff Ely Tri
52	62	00:18:55	Gareth Hall	M		Lliswerry Runners
53	556	00:18:55	Gemma Leahy	F		Cardiff AAC
54	28	00:18:59	Gareth Hardman	M	45	Bridgend AC
55	42	00:19:00	Paul Lidgett	M	35	Chepstow Harriers
56	102	00:19:09	Alaw Beynon-Thomas	F		Caerfyrddin
57	100	00:19:12	Dean Trebilcock	M	35	
58	94	00:19:12	Marianne Gittoes	F		Chepstow Harriers
59	103	00:19:17	Zoe Thomas	F	J	Cardiff AAC
60	76	00:19:19	Bethan Woods	F	J	UWIC
61	105	00:19:24	David Munro	M	35	
62	40	00:19:29	Robert Davies	M	35	Islwyn RC
63	8	00:19:29	John Diffey	M	45	Les Croupiers
64	87	00:19:31	Natalie Allen	F	J	
65	9	00:19:38	Phil Bristow	M	45	San Domenico RRC
66	1	00:19:40	Nick Shires	M	45	
67	456	00:19:43	Andy Creber	M	45	Chepstow Harriers
68	22	00:19:44	Lou Summers	F	35	Chepstow Harriers
69	47	00:19:47	Ben Curtis	M		Islwyn RC
70	122	00:19:49	Richard Johnson	M	35	Clwb Rhedeg Islwyn
71	59	00:19:53	Martyn Richards	M		
72	130	00:19:57	Peter Rodger	M	45	Griffithstown Harriers
73	37	00:20:23	Ceri Bartley	F		Islwyn RC
74	41	00:20:24	David Profitt	M	45	Newport Harriers
75	32	00:20:31	Amanda Dalkins-Davies	F	35	Telford AC
76	46	00:20:33	Steve HARRY	M	45	Lliswerry Runners
77	68	00:20:36	Kelly Morgan	F		Pontypridd Roadents
78	55	00:20:36	Terry Lewis	M	45	Islwyn RC
79	113	00:20:40	Gavin Crimmings	M		Aberdare AC
80	33	00:20:45	Dominic Shields	M	35	San Domenico RRC
81	104	00:20:49	Deborah Reed	F	35	Gorseinon Road Runners
82	560	00:20:58	Cheryl Hudgell	F		Les Croupiers
83	71	00:21:21	Jonathan Hughes	M		
84	114	00:21:22	Andy Meek	M	45	
85	95	00:21:22	Sian Kirk	F		Swansea Harriers
86	34	00:21:24	Liz Ashton	F		Les Croupiers
87	54	00:21:26	Debbie Cockram	F	45	Fairwater Harriers
88	83	00:21:32	Fiona Davies	F	45	Bridgend AC
89	134	00:21:34	Jayne Arnold	F	35	Celtic Tri
90	389	00:21:39	Tom Russell	M		Parc Bryn Bach RC
91	119	00:21:48	Richard Jones	M	45	
92	44	00:22:00	Jayne Mumford	F	45	Coventry Godiva Harriers
93	57	00:22:08	Kathryn Vaughan	F	35	
94	5	00:22:09	Russell Dobbs	M		Islwyn RC
95	29	00:22:27	Andrea Hurman	F	35	Penarth & Dinas Runners
96	21	00:22:29	Niki Morgan	F	35	Chepstow Harriers

97	97	00:22:34	Terrence Fairbank	M	J	Neath & Port Talbot College
98	121	00:22:38	Holly Rees	F		Brecon AC
99	20	00:22:43	Veronica Singleton	F	45	
100	19	00:22:44	David Thompson	M	35	
101	781	00:22:58	Keith Wensley	M	45	
102	36	00:23:03	Brenda Avery	F	45	Chepstow Harriers
103	65	00:23:10	Susan Ashton	F	45	Chepstow Harriers
104	387	00:23:35	Andrew Bartley	M		
105	82	00:24:17	Vanessa Turnbull	F	35	Womens Running Network
106	2	00:25:00	Kate Russell	F		Parc Bryn Bach RC
107	782	00:29:21	Hayley Wensley	F		

## Adults

1	380	00:17:35	Liam Davies	M	J	
2	811	00:18:01	Lee Williams	M		
3	768	00:18:18	Carl Thomas Hill	M		
4	555	00:18:20	Jonathan Jones	M		
5	610	00:18:20	Richard Knight	M		Chepstow Harriers
6	790	00:18:21	Sonny Davies	M		Pontypridd Roadents
7	390	00:18:25	Justin Phillips	M	35	
8	275	00:18:41	Darren Jones	M	J	
9	322	00:18:48	Harry Allen	M		
10	395	00:19:06	Richard Bidwell	M		Black Pear Joggers
11	817	00:19:07	Martyn Rowling	M		
12	738	00:19:13	Geraint Williams	M	35	
13	698	00:19:30	David Williams	M		Aberdare Valley AAC
14	488	00:19:33	Edward Morgan	M	45	Taff Ely Triathlon Club
15	700	00:19:52	Darren Edwards	M		
16	663	00:19:59	Paul Scriven	M		
17	385	00:20:00	Adrian Hoffman	M	35	
18	402	00:20:00	Jonathan Williams	M		
19	655	00:20:10	Callum Crowley	M	J	
20	313	00:20:11	Steve Pring	M	45	
21	544	00:20:13	Steve Connolly	M	45	Swindon Harriers
22	262	00:20:15	Barri Edwards	M	35	
23	263	00:20:16	Jonathan Morris	M		
24	333	00:20:17	Andy Gates	M	45	Totton Running Club
25	667	00:20:19	Andrew Beaton	M	35	
26	288	00:20:21	Jamie Loftus	M	35	
27	494	00:20:22	Paul Price	M	45	
28	767	00:20:22	John Mursell	M	45	Totton RC
29	580	00:20:22	Ashford Davies	M	J	
30	684	00:20:23	Lee Davies	M	35	Pontypridd Roadents
31	368	00:20:33	Dave Stanfield	M	45	Wells City Harriers
32	319	00:20:34	Neil Davies	M	45	
33	841	00:20:34	Dominic Ryland	M	35	
34	363	00:20:37	Nathan Ever-Jones	M	35	Hereford Triathlon Club

34	363	00:20:37	Nathan Fryer-Jones	M	35	Hereford Triathlon Club
35	321	00:20:42	Paul Hallett	M	45	Totton Running Club
36	500	00:20:43	Geraint Evans	M	45	
37	508	00:20:44	Jacqueline Brace	F	45	Bridgend AC
38	401	00:20:47	Allen Bunney	M	35	Aberdare AC
39	481	00:20:56	Mark Coles	M		
40	611	00:21:02	Paul Williams	M	35	
41	822	00:21:02	Graham Vyner	M	35	Celtic Tri
42	821	00:21:06	Sandra Pinkham	F	45	Port Talbot Harriers
43	274	00:21:09	Howard Owen	M		
44	682	00:21:11	Mike Woods	M	35	
45	327	00:21:11	Michael Letheren	M	45	Lordshill Road Runners
46	579	00:21:12	Paul Arnold	M	35	Celtic Tri
47	276	00:21:13	Marc Jones	M		
48	415	00:21:15	David Jones	M		
49	652	00:21:17	Dafydd Hughes	M		
50	806	00:21:20	Paul Cable	M	45	Taff Ely Tri
51	536	00:21:30	Graham Colvin	M	45	3m Gorseinon
52	769	00:21:31	Phil Jones	M	35	
53	735	00:21:34	Gavin Harris	M		
54	233	00:21:36	Carl Harris	M	35	
55	412	00:21:37	Sean Williams	M	J	
56	755	00:21:38	Neil Lewis	M	45	
57	719	00:21:41	Christopher Hughes	M	J	
58	413	00:21:45	Shaun Sims	M		
59	374	00:21:46	David Brittain	M	35	
60	584	00:21:51	David Morris	M		
61	528	00:21:54	Dafydd Davies	M	35	
62	512	00:21:55	Ian Wade	M	45	Chepstow Harriers
63	293	00:21:57	Rhydian Lewis	M		
64	312	00:21:57	Rob Summers	M	35	Chepstow Harriers
65	271	00:22:00	Paul Mitchell	M		
66	681	00:22:01	Paul Knight	M	35	
67	691	00:22:01	Menna Harris	F		
68	489	00:22:02	Andrew Davies	M	45	Pontypridd Roadents
69	535	00:22:03	Robert Wilcox	M	35	
70	712	00:22:04	Michael Jones	M	45	
71	763	00:22:10	Gareth Jehu	M	35	Aberdare AC
72	373	00:22:12	Dai Richards	M	45	Celtic Tri
73	510	00:22:16	Harry Williams	M	35	
74	844	00:22:19	Ceri Brambley-Tucker	F	35	Port Talbot Harriers
75	222	00:22:23	Anthony Williams	M	35	
76	564	00:22:24	Craig Davies	M	35	
77	827	00:22:28	Stiuart Laslett	M	35	
78	679	00:22:31	Russell Bown	M	45	Yeovil Town Running Club
79	369	00:22:32	Paul Morgan	M	45	
80	662	00:22:32	Robert Ford	M	45	Pontypridd Roadents
81	534	00:22:33	Grant Burrows	M	35	
82	268	00:22:35	Neil Davies	M	35	
83	428	00:22:36	Peter Carlick	M	35	
84	674	00:22:39	Thomas Horsfall	M		
85	398	00:22:40	David Hutchinson	M	35	

86	543	00:22:40	Christopher Banfield	M		
87	459	00:22:41	Dick Finch	M	45	
88	605	00:22:41	Mark Bailey	M	35	
89	281	00:22:42	Gareth Thomas	M		
90	818	00:22:42	Cornelius Corcoran	M	35	Pontypridd Roadents
91	485	00:22:45	Martin Davies	M	35	
92	277	00:22:46	Nick Jones	M		
93	745	00:22:49	Mark Robin	M	35	Carmarthen Harriers
94	783	00:22:50	Gareth Evans	M	J	
95	66	00:22:51	Gerry Ashton	M	45	Chepstow Harriers
96	812	00:22:55	Tony Edwards	M	45	
97	676	00:22:56	Steve Jones	M	45	Swansea Harriers
98	490	00:22:56	Stephanie Davies	F	J	Pontypridd Roadents
99	270	00:22:57	David Pilbeam	M	45	Totton Running Club
100	505	00:22:57	Ceri-Anne Davies	F	35	Pontypridd Roadents
101	617	00:22:59	Anthony Trow	M		Fernhill Raving Ramblers
102	608	00:23:05	Paul Brown	M	35	
103	815	00:23:05	Lee Gwyn	M		
104	310	00:23:11	Carwyn Harris	M		
105	439	00:23:12	Rachel Ellis	F		
106	731	00:23:13	Brian Caffell	M	45	
107	834	00:23:14	Rhys Ryland	M	45	
108	480	00:23:17	Warren Tilke	M	35	
109	282	00:23:18	Gareth Coopey	M		
110	239	00:23:19	Kevin Scannell	M	35	South Wales Police
111	722	00:23:19	Gavin Roberts	M		
112	210	00:23:20	Adrian Colley	M	45	
113	607	00:23:22	Phil Wightman	M	45	
114	789	00:23:23	Sarah Gibby	F		Emlyn Runners
115	498	00:23:25	Richard Davies	M	45	
116	484	00:23:26	Stephen Cale	M	45	
117	267	00:23:27	Paul Bigmore	M	45	Brackla Harriers
118	810	00:23:27	Naomi Law	F	35	Brecon AC
119	467	00:23:28	Huw Watts	M	35	
120	400	00:23:29	Terry Jones	M	45	Celtic Tri
121	737	00:23:33	Peter Cushion	M	35	
122	788	00:23:33	Barrie Roberts	M	45	Bourneville Harriers
123	205	00:23:34	Ray Donovan	M	45	
124	664	00:23:35	Richard Price	M		
125	411	00:23:38	Lyndon Davies	M	45	
126	356	00:23:39	Jan Richards	F	45	Griffithstown Harriers
127	416	00:23:41	Edward Malarczyk	M	45	
128	800	00:23:46	Jonathan Smith	M	45	
129	316	00:23:46	Michael Letwenjuk	M	45	Red Rose Road Runners
130	726	00:23:47	Paul Evans	M	45	
131	702	00:23:48	Matthew Lane	M		
132	649	00:23:49	Ryan Clift	M		
133	724	00:23:55	Gavin Rhys Powell	M		
134	784	00:23:59	Paul Raymond	M	35	Bridgend AC
135	648	00:24:01	John Carroll	M	45	
136	808	00:24:02	Jared Green	M		Chuffin Runners
137	825	00:24:02	N Davies	M	35	Chepstow Harriers

138	403	00:24:07	Mostyn Lineham	M	45	
139	845	00:24:09	Rob Chappell	M	45	
140	335	00:24:10	Roger Fawke	M	45	Islwyn RC
141	742	00:24:16	Richard Johnson	M	35	
142	264	00:24:16	Peter Young	M	45	
143	749	00:24:16	Lindy Beaton	F	45	
144	386	00:24:17	Trevor Hay	M	45	
145	582	00:24:17	Sharon Edelstyn	F	35	
146	408	00:24:18	Allan Jones	M	45	Brackla Harriers
147	713	00:24:18	Chris Jones	M	45	
148	452	00:24:18	Mike Ridout	M	45	
149	453	00:24:19	Wayne Preece	M	45	
150	476	00:24:19	Ray James	M	45	Port Talbot Harriers
151	405	00:24:19	James Thomas	M	45	Brackla Harriers
152	680	00:24:21	John Maiden	M	45	
153	357	00:24:25	Stewart Thomson	M	45	Griffithstown Harriers
154	807	00:24:28	Mathew Burns	M	35	Chuffin Runners
155	604	00:24:31	Gareth Davies	M	45	Aberdare Valley AAC
156	585	00:24:32	Jo Lord	F	45	Hay Hotfooters
157	551	00:24:32	Matthew James Rees	M	J	
158	826	00:24:33	Brendan Bush	M	35	
159	234	00:24:34	Richard Powell	M		
160	721	00:24:34	Lee Keepin	M	45	
161	732	00:24:34	Gerald Newman	M	45	Cotswold Allrunners
162	774	00:24:34	Stacey Evans	F		
163	696	00:24:35	Matthew Gilliard	M		
164	778	00:24:37	Jennie Lenton	F		Telford AC
165	709	00:24:37	Martyn Serpell	M		
166	565	00:24:38	Lee Kwok	M	35	Glamorgan Health & Racquet
167	665	00:24:38	Patrick Williams	M	45	
168	539	00:24:38	Wayne Bowler	M	35	
169	499	00:24:40	Karen Aubrey	F		
170	601	00:24:44	Christopher Bishop	M	35	
171	465	00:24:49	Ceri Thomas	F	35	
172	727	00:24:50	Jamie Luke Edwards	M		
173	440	00:24:52	Keith Ellis	M	45	
174	754	00:24:54	James Dodd	M		
175	470	00:24:58	David McKay	M		
176	466	00:24:59	Ros Edmonds	F	45	
177	514	00:25:01	Damian Jones	M		
178	660	00:25:05	Eve Keepings	F		
179	775	00:25:05	John Williams	M		
180	202	00:25:06	Glyn Hicks	M	45	Islwyn RC
181	451	00:25:10	Paul Gillard	M	45	
182	311	00:25:11	Luke Morgan	M	J	
183	795	00:25:12	John Weeks	M	45	
184	314	00:25:12	Andrew Ward	M		
185	728	00:25:14	James mason	M		Esporta
186	734	00:25:15	Rhys Jones	M		
187	699	00:25:15	Mark Edwards	M		
188	468	00:25:17	Allan Smith	M	45	
189	746	00:25:19	Steven Smith	M	45	

190	340	00:25:23	Allan Addiscott	M	45	
191	581	00:25:24	Kevin Davies	M	45	
192	669	00:25:25	Kim Howell	F	45	Caerleon
193	236	00:25:27	Emily Evans	F		Birchfield Harriers
194	463	00:25:28	Stephen Jones	M	45	
195	283	00:25:29	Jeff Morgan	M	45	
196	258	00:25:34	Garwyn Davies	M	45	
197	334	00:25:35	Emma Pilbeam	F	35	Totton Running Club
198	304	00:25:39	Frances Stewart	F	45	Totton Running Club
199	764	00:25:39	Sian Louise Jenkins	F		Aberdare AC
200	230	00:25:40	Steve New	M	35	100 Marathon Club
201	211	00:25:46	Helen Colley	F		
202	295	00:25:47	Gareth Terrar	F	35	
203	486	00:25:48	Stuart Barnes	M	45	
204	562	00:25:48	Peter Reddy	M	45	
205	624	00:25:49	Julie Lewis	F	35	Cwmaman Dragons
206	656	00:25:49	Paul Hamer	M	35	
207	307	00:25:52	Peter Shanley	M	35	
208	324	00:25:52	Chay Thomas	M		
209	729	00:25:53	Gillian Mason	F	45	Glamorgan Health & Racquets
210	396	00:25:58	Jason Berrett	M		
211	530	00:26:00	Ryan Cook	M		
212	654	00:26:01	Sarah Pocock	F		
213	603	00:26:02	Simon Jones	M	45	
214	483	00:26:03	Ioan Davies-Cale	M	J	
215	208	00:26:03	Philip Jones	M	35	Heolddu C.S.
216	317	00:26:04	Mark Cooper	M		
217	219	00:26:07	Wayne Edmond	M	45	
218	496	00:26:08	Deborah Hope	F	35	
219	677	00:26:10	Rhodri Wyn Jones	M		
220	371	00:26:12	Chris Kirwan	M		
221	339	00:26:16	Melanie Hill	F	35	
222	241	00:26:16	Anthony Beer	M	45	
223	843	00:26:17	Nathan Davies	M		
224	823	00:26:17	Keith Walters	M	45	
225	507	00:26:19	Julie Lewis	F	35	Islwyn RC
226	658	00:26:22	Kelly Waite	F		Islwyn RC
227	501	00:26:22	Rachel Woolley	F		Village Vipers
228	773	00:26:22	Ian Rowbury	M		
229	229	00:26:23	Simon Davies	M		
230	502	00:26:23	Andrew Owen	M		
231	362	00:26:27	Alison Fryer-Jones	F	35	Hereford Triathlon Club
232	430	00:26:30	Ian Lewis	M	35	
233	437	00:26:36	Sally Richards	F	35	
234	520	00:26:37	Richard Crook	M	35	
235	786	00:26:37	Lee Vincent Rowley	M		
236	224	00:26:37	John Griffiths	M		
237	612	00:26:38	Mark Hughes	M	35	
238	563	00:26:39	Phillip Price	M	35	
239	772	00:26:39	Paul Viggers	M		
240	703	00:26:39	Charlotte Lindley	F	J	
241	701	00:26:39	Andrew Lindley	M	35	

242	521	00:26:39	Alan Williams	M	45	
243	532	00:26:40	Philip Amphlett	M	35	
244	352	00:26:44	Keith Verheyden	M	45	
245	294	00:26:45	Fiona Carroll	F		
246	630	00:26:45	Amanda Orrell	F	45	Cwmaman Dragons
247	759	00:26:47	David Bailyes	M	45	
248	736	00:26:49	Hannah Jones	F		
249	831	00:26:51	Beth Murphy	F	35	
250	671	00:26:52	Paul Lynch	M	35	
251	631	00:26:57	Anthony Dally	M	35	Cwmaman Dragons
252	441	00:26:58	Rob Brown	M	45	Chepstow Harriers
253	217	00:26:59	James Johnson	M	45	
254	218	00:27:00	Allan Downes	M	35	
255	448	00:27:02	Simon Grey	M	45	
256	446	00:27:02	Julia Grey	F	45	
257	519	00:27:02	Tom Hymns	M	45	Serpentine
258	424	00:27:04	Steve Holderness	M	35	
259	704	00:27:04	Carol Nicholas	F	45	
260	697	00:27:05	Russell Williams	M	35	
261	741	00:27:05	Clyde Baker	M	35	
262	678	00:27:06	Richard Brown	M		
263	606	00:27:06	Stuart Davies	M	35	
264	752	00:27:08	Tom Anderson	M		
265	751	00:27:09	Breige Lawrence	F		
266	803	00:27:10	Gavin Bendon	M		
267	733	00:27:10	Dewi Ward	M	35	Bridgend AC
268	410	00:27:11	Ross Davies	M	J	
269	409	00:27:14	Leanne Davies	F		
270	515	00:27:14	Robert Daniels	M		
271	686	00:27:18	Eddie Savage	M	45	
272	306	00:27:19	Leona Shanley	F	35	Rhondda Valley Runners
273	225	00:27:21	Trevor Turner	M	45	Ebbw Vale
274	328	00:27:22	Marlene Letheren	F	45	Totton Running Club
275	816	00:27:23	Philip Scrivens	M	35	Chepstow Harriers
276	537	00:27:25	Kathleen Evans	F	45	Brackla Harriers
277	320	00:27:25	Joanne Davies	F		
278	464	00:27:26	Aimee Smith	F		
279	227	00:27:26	Tony Hall	M		
280	223	00:27:28	Suzanne Williams	F	35	
281	272	00:27:28	Jo Hunt	F	35	
282	797	00:27:28	Rhian Adams Jones	F		
283	796	00:27:28	Phillip Jones	M		
284	583	00:27:29	Tina Lavelle	F	45	Hay Hotfooters
285	799	00:27:29	Mark Griffiths	M	45	
286	635	00:27:31	Wayne Richards	M	35	Cwmaman Dragons
287	558	00:27:31	Guy Flavell	M	35	
288	513	00:27:34	Rebecca Werner	F	45	
289	361	00:27:36	Geraint Kathrens	M	35	
290	546	00:27:36	Karen Spiller	F	45	
291	718	00:27:40	Robbie Hyde	M		NEWT
292	257	00:27:43	Mandy Riby	F	35	
293	632	00:27:46	Zoe Stephens- Kerzeola	F	35	Cwmaman Dragons



294	260	00:27:47	Stuart Kerr	M	35	
295	259	00:27:47	Chris Morris	M		
296	286	00:27:47	Cerianne Summerill	F	35	
297	636	00:27:49	Jayne Palmer	F	35	Cwmaman Dragons
298	457	00:27:50	Catherine Lloyd	F	35	Running4Women
299	251	00:27:57	Rhian Powell	F	35	
300	672	00:27:58	Mike Clinch	M	45	
301	269	00:27:59	Rene Pilbeam	F	45	Totton Running Club
302	244	00:27:59	Julie Rose	F	35	
303	832	00:28:03	Jacqui Spiller	F	45	
304	762	00:28:04	John Adams	M		
305	407	00:28:05	Patricia Jones	F	45	Brackla Harriers
306	629	00:28:06	Suzanne Hopkins	F	35	Cwmaman Dragons
307	626	00:28:07	Lee Davies	M	35	Cwmaman Dragons
308	552	00:28:07	Bruno Carpanini	M	35	
309	661	00:28:09	Ioan Bellin	M	35	
310	747	00:28:10	Steve Williams	M	45	
311	645	00:28:12	Gavin Cripps	M		
312	242	00:28:12	Claire Jenkins	F	35	
313	689	00:28:12	Steven Jones	M	45	
314	685	00:28:12	Owen Cawley	M	35	
315	668	00:28:13	Steve Howell	M	45	
316	429	00:28:18	Chris Arthur	M	35	
317	547	00:28:18	Julia Churton	F	45	
318	646	00:28:22	Rik Elderton	M		
319	360	00:28:22	Matthew Inder	M		
320	309	00:28:24	Robert Davies	M	35	
321	809	00:28:25	Simon Hudd	M	35	
322	692	00:28:30	Karen Burrows	F	45	Celtic Tri
323	533	00:28:31	Christopher Perry	M	J	
324	588	00:28:31	Rhys Caswell	M		RCT Homes
325	427	00:28:32	Sara Morgan	F		
326	301	00:28:32	Rhian Durham	F		Pontypridd Roadents
327	687	00:28:38	Julia Mason	F	35	Hay Hotfooters
328	659	00:28:38	Helen Williams	F		Islwyn RC
329	829	00:28:40	Ann Mosford	F	45	Amman Valley Harriers
330	828	00:28:40	Brian Mosford	M	45	Amman Valley Harriers
331	566	00:28:42	Maureen Maiden	F	45	Aberpennar Ladies RC
332	706	00:28:43	Denise Williams	F	45	
333	840	00:28:43	Ray Davies	M	35	
334	516	00:28:49	Michael Hanson	M	35	
335	472	00:28:51	Andrew Arthur	M	45	
336	643	00:28:52	Maria Berrett	F	45	Cwmaman Dragons
337	637	00:28:52	Lyn Davies	F	45	Cwmaman Dragons
338	776	00:28:54	Mark Cotter	M	45	
339	830	00:28:54	Jeeti Dhinosa	F	35	
340	367	00:28:54	Catherine Hopkins	F	45	
341	370	00:28:55	Andrew Hopkins	M	45	
342	591	00:28:55	Peter Seymore	M	35	RCT Homes
343	557	00:28:57	Mary Harris	F	45	
344	228	00:28:58	Karen Crimmings	F	35	
345	589	00:28:59	Geoff Cheatham	M	45	RCT Homes

346	477	00:29:00	Kelly Gaffney	F		Lliswerry Runners
347	549	00:29:04	Joanna Gardener	F	35	
348	548	00:29:05	Andrew Fletcher	M		
349	717	00:29:06	Keith Cotter	M	45	
350	792	00:29:08	David Williams	M		
351	793	00:29:08	Jessica Puttick	F		
352	798	00:29:08	Beth Griffiths	F	45	
353	423	00:29:09	Colin Gardener	M	45	
354	531	00:29:11	Emelye Allmark	F		
355	359	00:29:13	Kelly Bowen	F		
356	710	00:29:14	Mark Serpell	M		
357	341	00:29:14	Gavin Wood	M		Cwmaman Dragons
358	529	00:29:16	Philippa Crocker	F	45	
359	602	00:29:21	Martin Miles	M		
360	318	00:29:24	Catherine Jackson	F		Bad Tri
361	375	00:29:24	Karen Murray	F	35	
362	383	00:29:24	Peter Lewis	M	45	
363	245	00:29:25	Keith Turner	M	45	
364	503	00:29:28	Rhiannon Griffiths	F	J	
365	243	00:29:30	Andrew Jenkins	M	45	
366	253	00:29:34	John Morris	M	45	
367	280	00:29:34	Sarah Morris	F		
368	331	00:29:40	Thomas Crockett	M	35	
369	332	00:29:40	Rebecca Evans	F		
370	804	00:29:47	Jessica Osborn	F	35	
371	287	00:29:47	Lee-John Baker	M		
372	813	00:29:48	Ged Wood	M	45	
373	454	00:29:52	Leighton Aylward	M		
374	657	00:29:56	Claire Milner	F	45	Hay Hotfooters
375	388	00:29:57	Brenda Evans	F	45	
376	757	00:29:59	Darren Williams	M		
377	613	00:30:04	Arthur Phillips	M	45	
378	574	00:30:04	Diane Williams	F		Aberpennar Ladies RC
379	524	00:30:09	Brett Utting	M	J	
380	573	00:30:13	Elaine Hiscox	F	35	Aberpennar Ladies RC
381	842	00:30:20	Adrian Davies	M	35	
382	839	00:30:20	David Rees	M	45	
383	442	00:30:21	Paula James	F	35	Pontypridd Roadents
384	256	00:30:22	Tim Cooper	M	35	
385	206	00:30:26	Molly Melhuish	F	35	
386	207	00:30:26	Dyfed Evans	M		
387	650	00:30:29	Chris Edwards	M		
388	651	00:30:29	Matthew Evans	M		
389	302	00:30:38	Samantha Thompson	F	35	
390	303	00:30:38	Peter Lawley	M	45	
391	571	00:30:41	Cheryl Bunney	F	35	Aberpennar Ladies RC
392	545	00:30:42	Carol Woodford	F	45	Lliswerry Runners
393	760	00:30:43	Jonathan James	M	35	
394	592	00:30:51	Tony Shaw	M	45	
395	255	00:30:53	Cerian Davies	F		
396	478	00:30:53	Michael Richards	M	35	
397	538	00:30:59	David Carnev	M	45	Bromsgrove & Redditch AC

398	753	00:31:01	Marc Jones	M	35	
399	771	00:31:01	Lisa Jones	F	35	
400	711	00:31:03	Laura Jones	F		
401	436	00:31:04	Josie Willmot	F		
402	435	00:31:04	Richard Willmot	M		
403	628	00:31:05	Ceri Weston	F		Cwmaman Dragons
404	641	00:31:06	Lucy Scaccia	F		Cwmaman Dragons
405	720	00:31:09	J Cooper	M	45	Aberdare Valley
406	559	00:31:13	Chris Clark	M	45	
407	780	00:31:16	Catherine Morgan	F		
408	417	00:31:21	Andrew Teague	M	35	
409	627	00:31:27	Sarah Male	F	35	Cwmaman Dragons
410	378	00:31:27	Cynthia Richings	F	45	
411	422	00:31:28	Felicity Armstrong	F		
412	421	00:31:28	Rhydian Williams	M	45	
413	527	00:31:29	Daniel Utting	M	J	
414	522	00:31:32	Terry Utting	M	45	
415	835	00:31:37	Peter Thomas	M	35	
416	518	00:31:43	Sian Griffiths	F	35	
417	252	00:31:44	Gaynor Morris	F	45	
418	347	00:31:45	Antony Chapman	M	45	
419	432	00:31:46	Phil Williams	M	35	
420	431	00:31:46	Russell Williams	M	35	
421	595	00:31:46	Mark Humphries	M	45	
422	779	00:31:49	Michael Bennett	M	45	
423	653	00:31:55	Fiona McLoughlin	F		Harrowby Harriers
424	750	00:31:59	3 Morris	M		
425	420	00:31:59	Stuart Voyle	M	45	
426	337	00:32:03	Esther Martin	F		
427	338	00:32:04	Rhys Fawke	M		
428	638	00:32:07	Beverly Murphy	F	45	Cwmaman Dragons
429	802	00:32:11	John Davies	M	45	
430	725	00:32:11	Kathryn Withers	F	35	
431	504	00:32:11	Glenn Witner	M	35	
432	596	00:32:32	Deborah Ponting	F	35	
433	597	00:32:32	Paul Moore	M	45	
434	336	00:32:33	Nicola Fawke	F		
435	833	00:32:33	Terri Webster	F	35	Is;lwyn RC
436	348	00:32:39	Rhys Cronin	M	J	
437	297	00:32:44	Simon Riden	M	35	
438	298	00:32:45	Zoe Scaccia	F		
439	744	00:32:59	Darren Pratley	M		
440	743	00:32:59	Ryan Chopra	M		
441	330	00:33:05	Heather Payton	F	45	
442	329	00:33:06	Mike Matthews	M	45	
443	765	00:33:08	Gill Davies	F	35	Dragons
444	766	00:33:08	Gary Davies	M	45	Cwmamman Dragons
445	824	00:33:12	Ruth Walters	F	45	
446	739	00:33:24	Sali Griffiths	F		
447	399	00:33:44	Rosemarie Jones	F	45	Celtic Tri
448	471	00:33:48	Susan Arthur	F	45	
449	688	00:33:57	Darren Pennell	M		

450	705	00:33:57	Laura Watkeys	F		
451	509	00:34:00	Rob Vaughan	M	35	
452	568	00:34:03	Fiona O'Leary	F	35	Aberpennar Ladies RC
453	814	00:34:05	Jonathan Utting	M	J	
454	642	00:34:06	Rebecca Sullivan	F		Cwmaman Dragons
455	758	00:34:39	Caroline John	F	35	
456	756	00:34:39	Lisa Hudspeith	F		
457	249	00:34:45	Rev David Protheroe	M		
458	666	00:34:47	Andrew Morgan	M		
459	204	00:34:47	Kim Peacock	M	45	Islwyn RC
460	212	00:34:47	Anne Meredith	F	45	
461	482	00:34:48	Karl Smith	M	35	
462	590	00:34:52	Alun Dowling	M	35	RCT Homes
463	493	00:35:00	Anne Shaw	F	45	
464	675	00:35:01	Mercedes Gardner	F	35	
465	418	00:35:08	Tracy Smith	F	35	
466	201	00:35:14	Elaine Williams	F	45	Islwyn RC
467	690	00:35:15	Janet Jones	F	45	
468	445	00:35:16	Melanie Meade-Miles	F		
469	449	00:35:16	James Romans	M		
470	285	00:35:19	Gwyn Jackson	M	45	
471	523	00:35:33	Ann Utting	F	45	
472	220	00:35:54	Julie Wiltshire	F	35	
473	323	00:35:55	Neil Coleman	M	35	
474	639	00:36:33	Louise Jones	F	35	Cwmaman Dragons
475	730	00:36:34	Rhian Parry	F		
476	377	00:36:37	Paul Evans	M	35	
477	376	00:36:37	Mark Watton	M	35	
478	344	00:36:47	Wendy Garner	F	45	
479	343	00:36:47	Geoff Garner	M	45	
480	615	00:36:58	Gareth Turner	M		Fernhill Raving Ramblers
481	462	00:37:06	Leslie Bounds	M	35	
482	460	00:37:06	Lauren Bounds	F	J	
483	748	00:37:06	Ihsan Haq	M	45	
484	506	00:37:07	Craig Jones	M	35	BA Cymru
485	397	00:37:12	Janet Welsh	F	45	
486	308	00:37:22	Jonathan Davies	M		
487	325	00:37:43	Rhiannon Withey	F		
488	326	00:37:44	Jenny Dargavel	F		
489	695	00:38:20	Catherine Meredith	F	35	
490	694	00:38:21	Michael Brown	M	45	
491	250	00:38:33	Malcolm Williams	M	45	
492	379	00:38:33	Sue Williams	F	35	
493	517	00:39:31	Emma Alexander	F	35	
494	279	00:39:37	Martin Lewis	M	45	
495	278	00:39:45	Kathryn Hughes	F	45	
496	290	00:39:47	Helene Johnson	F		
497	525	00:40:11	Ross Edgar	M		
498	526	00:40:12	Emma Utting	F	J	
499	246	00:40:25	Blair Lundie	M	45	Islwyn RC
500	247	00:40:27	Caroline Lundie	F	45	
501	647	00:40:30	Joanna Harding	F	35	

502	616	00:40:48	Bev Morgan	F	45	Fernhill Raving Ramblers
503	618	00:40:52	Tammy Jones	F	45	Fernhill Raving Ramblers
504	620	00:40:52	Linda Brock	F	45	Fernhill Raving Ramblers
505	266	00:41:02	Lesley Bigmore	F	45	
506	820	00:41:57	Kaye Jones	F	45	
507	819	00:41:57	Rhys Jones	M		
508	586	00:42:24	Davine Hutchings	F	45	RCT Homes
509	708	00:44:17	Kelly Daniel	F		
510	707	00:44:17	Gay Lancaster	F	45	
511	355	00:55:16	Windsor Phillips	M	45	