

POS	NO	FIRST NAME	SURNAME	AGE	CAT	CLUB	TIME
1	201	MARK	JENNINGS	34	SM	CARDIFF	34.07
2	180	AFAN	HUMPHRIES	20	SM	CWMBRAN HARRIERS	34.55
3	191	ALEX	DONALD	27	SM	CARDIFF AAC	36.37
4	Not Known						37.09
5	121	ROWAN	AXE	16	SM	CARDIFF	37.15
6	190	ELLIOT	COLE		SM	BRIDGEND AC	37.19
7	44	RICHARD	JONES	36	SM	PENCOED TRI	37.48
8	198	CHRIS	COWELL	22	SM	SWANSEA HARRIERS	38.00
9	185	ROB	ATHIN	27	SM	BRIDGEND AC	38.20
10	63	JAMES	MULVANY	29	SM		38.27
11	134	ROBERT	HICKS	28	SM	TACH	38.35
12	420	MARK	SAUNDERS	48	VM	ISLWYN RUNNING CLUB	38.40
13	361	ROBERT	HUNT	45	VM	BRIDGEND AC	38.45
14	170	MATTHEW	PARKES	20	SM	BRIDGEND AC	38.49
15	54	DAVE	MASON	35	SM	TAFF ELY	38.53
16	109	HUGH S	AGGLETON	23	SM	MDC	39.30
17	168	DEE	BUCHAMAN	29	SM		39.34
18	467	CHRISTOPHER	PARKER	42	VM	SWANSEA HARRIERS	39.48
19	489	JON	BISSON	44	VM		39.52
20	187						40.00
21	172	HUW	JENKINS	31	SM	SWANSEA HARRIERS	40.07
22	202	BRYN	GRIFFITHS	33	SM	BRIDGEND AC	40.09
23	367	PHILLIP	JENKINS	43	VM	BRIDGEND AC	40.29
24	135	LEWYS	YOUNG	18	SM		40.35
25	459	DIMITRI	VORRES	45	VM	GRIFFITHSTOWN HARRIERS	40.54
26	10	RICHARD	DANDO	29	SM	BROMSGROVE + REDDITON	40.59
27	70	DOMINIC	PASCOE	33	SM		41.02
28	205	STEFFAN	HUGHES	24	SM	CARMATTS	41.04
29	2	CHRIS	BLACKMORE	36	SM	CARDIFF HARLEQUINS	41.06
30	102	GERAINT	WILLIAMS	35	SM	PONTY RODENTS	41.09
31	133	DAVID	LERWAY	30	SM		41.42
32	178	DANIEL	WHATES	20	SM		41.44
33	479	JOHN	REES	42	VM	BARROW RUNNERS	41.52
34	41	KRISTIAN	JONES	16	SM	SWANSEA HARRIERS	41.57
35	461	RICHARD	BETTSWORTH	42	VM		42.02
36	127	OWAIN	STRANGE	23	SM		42.07
37	308	STEVEN	BRIDGES	42	VM	ABERDARE	42.10
38	429	MICK	TABOR	54	VM	LES CROUPIERS	42.12
39	115	JONATHAN	WILLIAMS	30	SM	STROUD AND DISTRICT AC	42.16
40	136	JASON	RAFFIL	30	SM		42.17
41	463	STEPHEN	GOULDING	45	VM	PEWSEY RUNNING CLUB	42.18
42	398	SIMON	OSBORNE	47	VM	BRIDGEND AC	42.20
43	331	JOHN	DIFFEY	44	VM	LES CROUPIERS	42.21
44	117	RICHARD	SAMUEL	36	SM		42.22
45	395	KNILL	MURRAY	46	VM	PENARTH AND DINAS RUNNERS	42.23

46	304	MARK	ANDERSON	46	VM	PEWSEY RUNNING CLUB	42.31
47	1	JOSEPH	BEECH	17	SM		42.40
48	182	CHRIS	LEWIS	26	SM		42.41
49	116	MARK	EMERY	26	SM	BRIDGEND AC	42.42
50	89	MATTHEW	TOWNSEND	38	SM	LES CROUPIERS	42.43
51	662	BETHAN	STRANGE	20	SF	CARDIFF	42.43
52	498	NICK	REES	49	VM	LES CROUPIERS	42.45
53	370	WILL	JOHN	41	VM	BRACKLA HARRIERS	43.02
54	164	DOUGIE	YOUNG	23	SM		43.06
55	13	SCOTT	EVANS	31	SM	SOSPAN ROAD RUNNERS	43.08
56	427	LIAM	SULLIVAN	45	VM		43.12
57	421	RICHARD	SELF	41	VM	LES CROUPIERS	43.14
58	649	BETHAN	WOODS	17	SF	CWMBRAN HARRIERS	43.18
59	104		ORTIZ-CANAVATE	37	SM		43.19
60	484	DAVID	HOLE	43	VM	PENARTH AND DINAS RUN	43.21
61	550	ANDREW	THOMAS	42	VM	SOSPAN ROAD RUNNERS	43.33
62	529	MARTIN	WILLIAMS	43	VM		43.40
63	333	MARK	DUNSCOMBE	46	VM	SARN HELEN	43.41
64	492	IAN	MCDONALD	44	VM	SAN DOMENICO	43.46
65	18	MARTIN	GEORGE	31	SM	SOSPAN ROAD RUNNERS	43.50
66	103		VAUGHAN-MORRIS	28	SM		44.03
67	189	RHYS	PITMAN	33	SM	PONTY RODENTS	44.06
68	132	STEPHEN	LERWAY	27	SM		44.12
69	183	JAMIE	REES	27	SM		44.13
70	61	JASON	MORRIS	37	SM		44.14
71	326	WILLIAM JOHN	DARBY	55	VM	MYNYDD DU	44.14
72	129	JUSTIN	HAM	39	SM		44.14
73	399	JOHN	O'SHEA	52	VM	LES CROUPIERS	44.18
74	175	PAUL	WILLIAMS	22	SM		44.18
75	316	DAVID	CLEVERLY	49	VM	BROMSGROVE + REDDITC	44.18
76	496	DAVE	ROSE	43	VM	BRACKLA HARRIERS	44.18
77	491	RICHARD	SEWELL	50	VM	LES CROUPIERS	44.26
78	67	ROBBIE	O'SHEA	17	SM		44.30
79	446	PETER	JOHNS	42	VM		44.31
80	40	JOS	JONES	31	SM	ABERYSTWYTH AC	44.34
81	534	DAVE	HUGHES	41	VM	BRIDGEND AC	44.34
82	451	JOHN P	AGGLETON	52	VM	MDC	44.44
83	611	ANNE	FALLOWS	29	SF	LES CROUPIERS	44.47
84	543	PAUL	BELCHER	57	VM		44.54
85	87	MIKE	TATE	38	SM	MULTISPORT	44.55
86	839	SHARON	LEECH	37	VF	AMMAN VALLEY HARRIER	44.56
87	526	PAUL	DAWES	42	VM	SAN DOMENICO	44.57
88	186	JON	EAST	33	SM		44.59
89	55	GAIR	MCADIE	31	SM	TEAM DEVIANT	45.01
90	79	MARTYN	RICHARDS	29	SM		45.02
91	330	ANTHONY	DEACY	49	VM		45.08

92	85	JONATHAN	SLADE	16	SM		45.17
93	554	MARK	BALCH	40	VM		45.20
94	625	SOPHIE	JOHN	27	SF	BRIDGEND AC	45.21
95	906	LIBBY	O'DUFFY	39	VF	LES CROUPIERS	45.22
96	533	WAYNE	FREWEN	48	VM	BRACKLA HARRIERS	45.25
97	690	LAURA	JACKSON	25	SF		45.28
98	171	ALAN	WALTON	38	SM	SAN DOMENICO	45.34
99	468	ROGER	JAVIS	51	VM	BRIDGEND AC	45.35
100	131	HYWEL	SILVESTER	30	SM		45.35
101	423	DOMINIC	SHIELDS	42	VM	SAN DOMENICO	45.39
102	552	LEIGHTON	GARDENER	41	VM	SWANSEA HARRIERS	45.39
103	72	WOUTER	POORTINGA	35	SM	LES CROUPIERS	45.40
104	551	JEFFREY	THOMAS	41	VM	BRIDGEND AC	45.41
105	521	ANDREW	DAVIES	44	VM	PONTY RODENTS	45.44
106	214	LEIGH	SEARLE	35	SM		45.55
107	154	GERAINT	REES	43	SM	BRACKLA HARRIERS	45.45
108	325	CHARLES	DANIEL	51	VM	GWR	45.45
109	219	KEVIN	MADDERN	37	SM		45.55
110	677	CAROLINE	JONES	30	SF	TRICOACHINGUK	45.56
111	162	DAVID	EDWARDS	35	SM		45.57
112	437	CYRIL	WALTERS	60	VM	TROT	45.59
113	173	JOHN PATRICK	LEES	27	SM		46.06
114	223	ROBERT	MONGOMERIE	26	SM		46.06
115	151	KEVIN	FORD	30	SM		46.09
116	601	EMMA	BAYLISS	26	SF	GRIFFITHSTOWN HARRIE	46.12
117	680	JESSICA	PARRY	27	SF		46.14
118	392	JOHN	MCDONOUGH	52	VM		46.15
119	651	MICHELLE	MAHENEY	28	SF		46.22
120	397	IAN	OGILVIE	41	VM		46.24
121	19	SIMON	GEORGE	30	SM		46.29
122	501	GERARD	CRISPIE	46	VM	LES CROUPIERS	46.32
123	426	ALAN	STONE	47	VM	CARDIFF HARLEQUINS	46.34
124	130	NEIL	LEWIS	38	SM		46.39
125	374	BRIAN	JONES	44	VM		46.39
126	311	JEREMY	BUTCHER	42	VM	TORBAY AC	46.39
127	872	JULIE	SCHOLEY	48	VF	LES CROUPIERS	46.42
128	16	PAUL GWYN	GARSDIE	33	SM		46.42
129	386	MARTIN	LUCAS	54	VM	MYNYDDWYR DE CYMRU	46.42
130	389	HOWARD	MASON	42	VM	CAERLEON RUNNING CLU	46.42
131	654	AMELIA	LLOYD	26	SF	SRI CHINMOY AC	46.50
132	318	ALAN	COX	51	VM		47.06
133	122	GETHIN	DONOCHUE	17	SM		47.12
134	802	ALICE	BEDWELL	47	VF		47.12
135	77	TOM	REES	23	SM		47.24
136	334	PAUL	DURSLEY	54	VM	LLISWERRY RUNNERS	47.32
137	177	PAUL	FORD	38	SM		47.34

138	525	RICHARD	BOON	48	VM	LES CROUPIERS	47.38
139	478	PETER	CURRAN	44	VM		47.45
140	400	CLIVE	OSMOND	47	VM	LES CROUPIERS	47.48
141	354	WAYNE	HOLMES	45	VM		47.50
142	332	GRAEME	DONNAN	54	VM	LES CROUPIERS	47.51
143	188	TONY	HOWSON	38	SM		47.52
144	165	MORRIS	ATTARD	32	SM		47.56
145	31	IAN	HENRY	34	SM		48.01
146	340	GARY	GUNNER	61	VM	CROFT AMBREY RUNNERS	48.02
147	473	DAVID	PALMER	46	VM	VEGETERIAN CYCLING AC	48.04
148	418	DAVID	SALTER	50	VM		48.05
149	458	JOHN	MORGAN	45	VM	BRACKLA HARRIERS	48.06
150	548	MARTIN	HOOPER	46	VM	SOSPAN ROAD RUNNERS	48.06
151	858	CLARE	PHILLIPS	38	VF	SWANSEA HARRIERS	48.06
152	671	CHERYL	HUDGELL	31	SF	LES CROUPIERS	48.06
153	514	STUART	KEEPING	45	VM		48.06
154	49	BARON	KNOWLES	34	SM		48.06
155	192	JAMES	CAKETT	28	SM		48.06
156	124	MATTHEW	HOPKINS	26	SM	LES CROUPIERS	48.25
157	661	KELLY	MORGAN	29	SF	PONTY RODENTS	48.36
158	83	DOMINIC	RYLAND	39	SM	CARDIFF TRI	48.35
159	181	ALEX	LEWIS	28	SM		48.35
160	350	NEIL	HENDRY	52	VM	PENARTH AND DINAS RUN	48.50
161	323	WAYNE	CROSS	41	VM		48.51
162	39	GARETH E	JONES	34	SM		48.53
163	538	PETER	BURNE	33	SM		48.56
164	403	MARK	PEARCE	45	VM		49.03
165	125	DAVID W	MORRIS	30	SM		49.09
166	447	STEVE	MARTIN	45	VM		49.09
167	490	MICHAEL	DAVIES	57	VM	LES CROUPIERS	49.12
168	814	JILL	DAVIES	36	VF	GRIFFITHSTOWN HARRIE	49.17
169	60	DAVID	MOORE	32	SM		49.20
170	555	JULIAN	VANCE-DANIEL	50	VM		49.20
171	194	MARK	OVERTON	39	SM		49.20
172	84	OWEN	SHADICK	27	SM		49.20
173	66	SIMON	O'BRIAN	32	SM		49.20
174	629	HELEN	MARSHALL	28	SF	ABERYSTWYTH AC	49.20
175	76	ROBERT	REES	36	SM		49.30
176	88	SIMON	THOMAS	34	SM		49.30
177	101	MICHAEL	WILLIAMS	35	SM		49.33
178	532	JOHN GRAHAM	EVANS	53	VM		49.36
179	225	DAVID LEE	BUTLER	18	SM		49.40
180	112	LLOYD	MORGAN	33	SM	SAN DOMENICO	49.40
181	147	GARETH	JONES	28	SM		49.41
182	220	GARETH	SHERRINGTON	22	SM	CAERLEON RUNNING CLU	49.45
183	537	JOHN	SHANAHAN	51	VM	M.D.C.	49.50

184	314	GARY	CLAYTON	40	VM		49.53
185	943	MARIA	ZIBIZARRETA	37	VF	LES CROUPIERS	49.54
186	321	STEVE	CRAY	49	VM	PENARTH AND DINAS RUN	49.55
187	493	DAVE	KEYS	41	VM		49.59
188	499	TIM	O'SULLIVAN	49	VM	LES CROUPIERS	50.02
189	179	ANDREW	LOTT	46	VM	LLISWERRY RUNNERS	50.06
190	26	DARREN	HALL	30	SM		50.09
191	519	TIM	REESE	45	VM	LLISWERRY RUNNERS	50.15
192	36	DAFYDD	JOHN	33	SM		50.17
193	664	ABIGAIL	COOK	27	SF		50.20
194	407	MARK	POWELL	42	VM		50.28
195	566	PHILIP	PROBERT	41	VM		50.32
196	518	ANDY	DUNSCOMBE	42	VM	BRACKLA HARRIERS	50.35
197	527	ANDREW	THOMAS	45	VM		50.38
198	143	PAUL	WILLIAMS	36	SM		50.41
199	531	PHIL	NORTON	40	VM		50.41
200	556	CHRIS	WILLIAMS	51	VM		50.41
201	684	PARIS	WILLIAMS	18	SF	CARDIFF AC	50.49
202	56	LARRY	MCGEARY	37	SM		50.49
203	457	MICHAEL	DIX	53	VM	LES CROUPIERS	50.50
204	860	GILLIAN	PHILLIPS	49	VF	SOSPAN ROAD RUNNERS	50.52
205	469	PETER	HOWELL	41	VM		51.00
206	465	GWILYM	BEECH	40	VM		51.01
207	926	MANDY	PEACE	43	VF	SOSPAN ROAD RUNNERS	51.02
208	336	PETER	FOSTER	50	VM		51.03
209	204	GARY	ROBERTSON	34	SM		51.04
210	394	DENIS	MURPHY	55	VM	LES CROUPIERS	51.05
211	7	JON	COOKE	38	SM		51.05
212	212	MIKE	SMITH	38	SM		51.10
213	58	PAUL	MEMBERY	24	SM		51.17
214	98	PAUL	WHITTEMORE	20	SM		51.20
215	850	ELIN	MORRIS	42	VF		51.21
216	197	PIERS	MORGAN-HARVEY	27	SM	MUMBLES MILERS	51.24
217	487	DAVID	NAYLOR	73	VM		51.28
218	108	MICHAEL	WOODHAM	19	SM		51.29
219	380	DAVID	KING	44	VM	STUBBINGTON GREEN RU	51.36
220	45	STEVEN	JONES	37	SM		51.38
221	452	ALEXANDER	CURRAN	42	VM		51.40
222	196	ANDREW	ELLIOTT	34	SM	MUMBLE MILERS	51.45
223	80	ALED WYN	ROBERTS	35	SM		51.46
224	485	RHYS	RYLAND	48	VM		51.47
225	523	TIM	PHILLIPS	47	VM		51.50
226	919	FRANCES	WILLIAMS	42	VF	SAN DOMENICO	51.57
227	75	GARETH	REES	32	SM	SOSPAN ROAD RUNNERS	52.00
228	520	JEFF	NAUTES	41	VM		52.00
229	408	WAYNE	PREECE	54	VM		52.03

230	425	KEITH	STARR	59	VM		52.03
231	94	GUY	WATKINS	37	SM		52.03
232	835	HELEN	JONES	38	VF		52.14
233	864	MARIA	PROUT	42	VF	BRIDGEND AC	52.16
234	410	ABYD	QUINNAZIZ	51	VM	PENARTH AND DINAS RUN	52.17
235	681	RHIAN	EVANS	21	SF		52.18
236	120	JAMES	HORNER	28	SM	LES CROUPIERS	52.22
237	20	NICK	GOLUNSKI	28	SM		52.24
238	535	ROBERT	FORD	54	VM	PONTY RODENTS	52.28
239	910	JANET	THOMAS	40	VF		52.34
240	68	ANDREW	PALMER	38	SM	PENARTH AND DINAS RUN	52.35
241	156	ANDREW	RUSSELL	31	SM	LES CROUPIERS	52.30
242	409	RICHARD	PRICE	42	VM		52.39
243	503	STEVE	ALEXANDER	40	VM	LES CROUPIERS	52.40
244	481	MARK	RAMSEY	44	VM		52.41
245	29	SCOTT	HARRIS	24	SM		52.41
246	941	SARA	MACBRIDE-STEWART	38	VF	LES CROUPIERS	52.44
247	442	ALEX	WILLIAMS	40	VM	RRC	52.50
248	313	ROBERT	CHERRY	40	VM		52.51
249	416	MARTYN	ROSSER	58	VM	HAY HOTFOOTERS	53.02
250	480	SIMON	WARREN	41	VM		53.04
251	166	STEVE	PARKER	39	SM	PENCOED TRI	53.07
252	544	PAUL	JELLEY	42	VM		53.10
253	22	ANDREW	GOTT	27	SM		53.10
254	160	MATTHEW	HUMPHREYS	32	SM		53.10
255	904	JULIE	GOULDING	39	VF	PEWSEY RUNNING CLUB	53.12
256	152	LEE	KWOK	33	SM	GLAM HEALTH + RACKET	53.12
257	549	WILLIAM	GREGORY	41	VM		53.20
258	448	PHIL	BRISTOW	47	VM		53.20
259	939	SYBIL	UPTON	54	VF		53.21
260	414	ROY	RICHARDS	59	VM		53.24
261	176	ROBERT	HECTOR	37	SM		53.32
262	319	SIMON	COX	44	VM		53.33
263	349	NICHOLAS	HEGARTY	40	VM		53.47
264	801	JANE	ANDERSON	44	VF	BROMSGROVE + REDDITON	53.48
265	640	STELLA	RUDD	31	SF		53.53
266	12	WILL, LLOYD	DAVIES	24	SM		53.56
267	667	ROSALIND	NYBERG	24	SF	NEWPORT HARRIERS	54.01
268	813	CAROLINE	DALLIMORE	52	VF	LES CROUPIERS	54.02
269	368	SIMON	JENKINS	44	VM		54.03
270	455	LYNDON	SUTTON	57	VM	ISLWYN RUNNING CLUB	54.06
271	211	STEPHEN	BAYLES	38	SM		54.14
272	312	JOHN ANTONY	CARPANINI	43	VM		54.14
273	882	JULIE	WEBSTER	35	VF	BRACKLA HARRIERS	54.14
274	157	SIMON	BEER	38	SM		54.15
275	522	JOHN	CUNNANE	59	VM	100KM ASSOCIATION	54.16

276	388	JOHN	MARTIN	50	VM		54.17
277	834	RACHEL	JONES	38	VF	LES CROUPIERS	54.17
278	110	DUNCAN J	AGGLETON	20	SM		54.45
279	444	STEVEN	WINTER	47	VM	PEWSEY RUNNING CLUB	54.54
280	351	STEPHEN	HILL	52	VM	CHEPSTOW	55.03
281	888	SHARON	WOODS	47	VF	BRIDGEND AC	55.04
282	560	MICHAEL	BRACE	40	VM		55.09
283	174	DAVID	PEACOCK	38	SM		55.12
284	938	SIAN	EVANS	38	VF	LES CROUPIERS	55.13
285	169	ADAM	ABRAHAM	23	SM	LES CROUPIERS	55.14
286	203	DARREN	DENNIS	34	SM		55.15
287	373	ARWYN	JONES	57	VM		55.21
288	47	CRAIG J	JONES	35	SM		55.31
289	206	IAN	HARRIES	35	SM	ISLWYN RUNNING CLUB	55.32
290	438	DAVID	WAUGH	64	VM		55.34
291	659	MELISSA	BUCKLEY	21	SF		55.36
292	114	PATRICK	BROWN	21	SM		55.37
293	685	ALEXANDRA	FUDGE	34	SF		55.38
294	417	BEN	RUDDLE	42	VM		55.48
295	812	FIONA	CUMMINGS	37	VF	WOMENS RUNNING NETW	55.48
296	474	GARY	PASHLEY	59	VM	LES CROUPIERS	55.53
297	144	LEE	HARVEY	28	SM		55.54
298	208	NICHOLAS	JONES	36	SM		55.55
299	209	STUART	EASTON	35	SM		55.55
300	606	CATRIN	DANIELS	31	SF	BARNET AND DISTRICT AC	55.59
301	329	MICHAEL	DAVIES	51	VM		56.01
302	553	HUW REES	WILLIAMS	43	VM		56.02
303	100	DAVE	WILLIAMS	29	SM	GLAM HEALTH + RACKET	56.03
304	149	TONY	RICHARDS	39	SM		56.08
305	902	JACKIE	HALLET	50	VF		56.12
306	320	PETER	CRABTREE	45	VM		56.22
307	335	BRYAN J	EVANS	40	VM		56.26
308	315	CLEM	CLEMENT	48	VM	PENARTH AND DINAS RUN	56.28
309	140	PAUL	JONES	35	SM	MUMBLES MILERS	56.35
310	840	BEVERLY JAN	LEWIS	42	VF		56.38
311	948	CERI	JONES	36	VF	ISLWYN RUNNING CLUB	56.37
312		PAUL	DAVIES				56.42
313	650	SALLY	HASELHURST	28	SF	SAN DOMENICO	56.40
314	675	RHIAN	ROGERS	27	SF		56.40
315	645	EMMA	THOMAS	27	SF		56.40
316	683	VICKY	MCHALE	25	SF		56.42
317	15	MARK	FARRAR	33	SM	LES CROUPIERS	56.47
318	24	MIKE	GRIFFITHS	36	SM	TEAM DEVIANT	56.49
319	118	GARETH	O'CALLAGHAN	30	SM		56.48
320	353	STEVE	HOLE	45	VM		56.55
321	99	CARWYN V	WILLIAMS	30	SM		57.11

322	406	ALUN	POWEL	49	VM		57.14
323	870	MARGARET	SALTER	47	VF		57.22
324	69	DANIEL	PALMER	29	SM		57.25
325	362	STEPHEN	HUNT	60	VM		57.25
326	141	DARREN	GREEN	38	SM	MUMBLES MILERS	57.28
327	545	KEVIN	EMMERY	48	VM	PONTY RODENTS	57.30
328	646	REBECCA	WHITTEMORE	24	SF		57.30
329	615	CATHERINE	HEERY	17	SF		57.33
330	411	MARIO	RABAIOTTI	44	VM		57.34
331	43	NEIL	JONES	29	SM		57.34
332	195	JUSTIN	LOTT	29	SM		57.34
333	123	CLIVE	JENKINS	36	SM		57.34
334	475	PAUL	DONOCHUE	49	VM		57.37
335	450	D KEITH	BROWN	65	VM	VALE OF GLAM RC	57.40
336	148	TOMAS	CHAMP	36	SM		57.52
337	145	BEN	WILLIAMS	28	SM		57.56
338	33	ADRIAN	HUGHES	27	SM		57.58
339	30	JAMIE	HARRIS	24	SM		58.00
340	530	PAUL	DAVIES	57	VM	CARDIFF TRI CLUB	58.04
341	137	PAUL	MILES	32	SM		58.05
342	914	UTE	MEISTER	42	VF		58.07
343	146	TIMOTHY	WILLIAMS	27	SM		58.08
344	11	GERAINT	DAVIES	39	SM	GRIFFITHSTOWN HARRIE	58.19
345	842	JO	LORD	45	VF	HAY HOTFOOTERS	58.20
346	184	RICHARD	PENNELL	38	SM		58.20
347	25	STEVEN	GUNNINGHAM	28	SM		58.24
348	382	MARTIN	KITCHENER	41	VM		58.38
349	352	STEVE	HILL	44	VM	PENARTH AND DINAS RUN	58.40
350	51	ALEX	LORD	28	SM		58.44
351	4	ALAOUIDINE	CHANFI	38	SM		58.47
352	866	LYNN	REES	53	VF		58.47
353	486	DAVID	MORGAN	73	VM	RRC	59.02
354	436	BRIAN	WALTERS	44	VM		58.54
355	674	LLERI	ROGERS	29	SF		59.02
356	167	SAM	REESE	19	SM		59.10
357	547	ANTHONY	HOWELLS	45	VM		59.14
358	542	JOHN	IVINS	43	VM		59.15
359	510	NIGEL	BEST	49	VM		59.20
360	383	R C	LISTER	51	VM	PEWSEY RUNNING CLUB	59.20
361	471	NIGEL	FERRAND	51	VM		59.20
362	216	DERWYN	THOMAS	36	SM		59.20
363	810	JANICE	CLEMENT	49	VF	PENARTH AND DINAS RUN	59.25
364	317	MIKE	CLINCH	48	VM		59.25
365	307	ANDY	BRAY	46	VM		59.26
366	676	FRAN	MACHIN	32	SF	LES CROUPIERS	59.27
367	517	JEFFREY	WEBB	44	VM		59.28



368	494	PAUL	BUEWEN	43	VM		59.29
369	817	JOANNE	DAVIES	39	VF		59.30
370	647	BETHAN	WILLIAMS	31	SF		59.31
371	431	IAN	THOMAS	42	VM		59.37
372	158	ALUN	WILLIAMS	30	SM		59.39
373	434	JOHN	VRUBLEVSKIS	44	VM		59.40
374	947	JACK	GILLIAN	43	VM		59.41
375	6	JASON	CLARK	35	SM		59.42
376	302	MICHAEL	ALSWORTH	56	VM	ROAD RUNNERS CLUB	59.49
377	617	NERYS	HUGHES	26	SF	TEAM DEVIANT	59.50
378	673	STELLA	SURGESS	36	VF	PENARTH AND DINAS RUN	59.51
379	901	CHRISTINE	VORRES	48	VF	GRIFFITHSTOWN HARRIE	59.51
380	393	DAVID	MITCHELL	49	VM	SBOC	59.51
381	376	STEVE	JONES	49	VM		59.57
382	476	ROD	JONES	61	VM	LES CROUPIERS	60.03
383	819	RUTH	DAVIS	45	VF		60.22
384	922	GILLIAN	MASON	46	VF		60.25
385	337	IAN	GALL	46	VM		60.27
386	90	STEVEN	WATKIN	25	SM		60.27
387	639	EMMA	RIDGILL	27	SF	PENARTH AND DINAS RUN	60.32
388	440	PETER	WHITTEMORE	57	VM		60.41
389	375	DONALD	JONES	49	VM		60.45
390	524	NEIL	CROSBY	40	VM		60.45
391	113	DAVID	SWEETMAN	38	SM	WELSH ATHLETICS	60.45
392	610	DIANE	EVANS	32	SF	ABERGELE HARRIERS	60.52
393	925	SARA	BINKETT	36	VF	BRACKLA HARRIERS	61.00
394	931	JANE	ALLELY	41	VF		61.02
395	541	JULIAN	FRENCH	42	VM	LLISWERRY RUNNERS	61.03
396	843	AMANDA	LYNCH	36	VF		61.09
397	896	JULIE	LEWIS	40	VF	ISLWYN RUNNING CLUB	61.11
398	536	MICHAEL	HOPKINS	49	VM		61.12
399	207	MARTIN	JONES	39	SM		61.20
400	563	JOE	RUDDY	42	VM		61.20
401	502	STEPHEN	WILLIAMS	50	VM	LES CROUPIERS	61.21
402	343	ROBERT	HART	43	VM		61.28
403	838	LISA	KEAR	36	VF		61.29
404	424	ROBERT	SLADE	39	VM		61.30
405	470	DAVID	PROFFITT	54	VM	NEWPORT HARRIERS	61.35
406	193	OKROS	ZSOLT	33	SM		61.36
407	881	BARBARA	WATTS	50	VF	GRIFFITHSTOWN HARRIE	61.37
408	48	DAVID	KAGED	46	SM		61.52
409	301	JOHN	ALLEN	48	VM		61.52
410	217	STEVE	LAWRENCE	32	SM		61.56
411	126	MATTHEW	FINCHER	26	SM	SOSPAN ROAD RUNNERS	62.04
412	300	CHARLES	ALLEN	45	VM		62.07
413	630	JENNY	MCADIE	31	SF	TEAM DEVIANT	62.07

414	609	JENNIFER	EVANS	23	SF		62.14
415	641	BETTINA	SCHELKLE	22	SF		62.15
416	23	ELLIOT	GREENHILL	16	SM		62.16
417	561	ANGUS	MCFARLANE	41	VM		62.16
418	322	GORDON	CROSS	47	VM		62.17
419	221	GILES WYN	JONES	30	SM		62.24
420	905	SARAH	MORRIS	40	VF	VILLAGE VIPERS	62.28
421	59	CHRIS	MOLES	37	SM	VILLAGE VIPERS	62.28
422	310	LARRY	BURFORD	45	VM	PEGASUS RUNNING CLUB	62.28
423	559	JOHN	HARRIES	54	VM		62.28
424	199	KEITH	COLEMAN	39	SM		62.29
425	21	GAVIN	GOODWIN	30	SM		62.29
426	828	KIM	HOWELL	50	VF	CAERLEON RUNNING CLU	62.29
427	93	ROBERT	WARD	29	SM		62.30
428	508	PETER	WIDDRINGTON	68	VM		62.32
429	365	MIKE	JAMES	69	VM	LES CROUPIERS	62.32
430	624	HANNAH	JENKINS	32	SF		62.32
431	562	ANTONIO	PANICOLA	40	VM		62.34
432	558	GETH	JONES	42	VM		62.40
433	513	TIM	WEBB	58	VM	PEGASUS RC	62.45
434	940	JOANNA	YEOMANS	36	VF		62.44
435	381	CHRISTOPHER	KIRK	47	VM		62.54
436	826	RHIANNON	HODGES	37	VF		62.54
437	482	ROGER	VINCE	53	VM		63.02
438	672	JANE	ASH	34	SF		63.04
439	505	MARTIN	JOHNS	44	VM		63.05
440	557	JOHN	HUMPHRIES	51	VM		63.09
441	9	TOBY	DAMON	31	SM		63.11
442	915	PENNY	JOHNSON	38	VF		63.10
443	949	ANN	DAVIES	51	VF	PONTY RODENTS	63.15
444	355	WILLIAM ROBI	HOPKIN	53	VM		63.15
445	338	TONY	GRANDON	58	VM		63.17
446	665	RHIAN	DAVIES	32	SF	BRACKLA HARRIERS	63.25
447	951	JACKIE	GENTLES	50	VF		63.25
448	464	BARRY	JAMES	57	VM		63.30
449	540	NIGEL	WILLIAMS	46	VM		63.31
450	433	ANTHONY	VALLARIO	51	VM	PORT TALBOT HARRIERS	63.37
451	153	JAMES	MASON	20	SM		63.40
452	445	MIKE	WOODS	40	VM		63.44
453	435	PAUL CAMERC	WALLER	40	VM		63.45
454	401	JOHN	O'SULLIVAN	44	VM		63.53
455	687	CERI	OWEN	24	SF		63.54
456	668	JOCELYN	BISSON	18	SF		63.55
457	142	MARK	CLELAND	37	SM		63.59
458	565	STEPHEN	BOND	60	VM		64.01
459	92	ROSS	WALTON	27	SM		64.03

460	564	ROY	SILVER	51	VM		64.04
461	887	JULIE	WINTER	41	VF	PEWSEY RUNNING CLUB	64.05
462	155	ANDREW	LEWIS	27	SM		64.22
463	506	NEIL	EDWARDS	48	VM		64.23
464	412	MIKE	REES	41	VM		64.24
465	865	EMMA	REES	35	VF		64.27
466	924	CLARE	JOHNSON	62	VF	LES CROUPIERS	64.29
467	602	CLOE	BOOTH	32	SF		64.29
468	891	CHRISTINA	LAVELLE	50	VF	HAY HOTFOOTERS	64.35
469	809	CAROLINE	CLARK	36	VF		64.36
470	898	SARAH	TUDOR	37	VF	PENARTH AND DINAS RUN	64.44
471	616	CLARE	HINGOTT	32	SF		64.44
472	642	HEATHER	SMITH	34	SF		64.44
473	305	JOHN DAVID	BALE	40	VM		64.56
474	806	EMMA	BROWN	35	VF		64.57
475	613	SARAH	GARLAND	34	SF		64.58
476	495	MARTIN	FORD	44	VM		64.59
477	50	G.D.R	LLOYD	34	SM		65.02
478	356	BARRY	HOPPER	65	VM	INSTINCTIVE SPORTS	65.07
479	74	DARREN	RAZNICK	27	SM		65.17
480	805	SIAN	BROWN	51	VF		65.19
481	413	GARY	REES	59	VM		65.21
482	911	ANNIE	CONROY	62	VF	LES CROUPIERS	65.25
483	515	ANDREW	OATLEY	41	VM		65.28
484	456	MIKE	KING	59	VM		65.29
485	648	MARIA	WILLIAMS	34	SF		65.29
486	460	SHAUN	EMMS	68	VM	HAY HOTFOOTERS	65.40
487	528	LESLIE	PUGH	61	VM		65.45
488	32	MARTIN	HILTON	39	SM		65.45
489	804	BEATRIX	BOWN	53	VF		65.50
490	844	MELANIE	MALLON	45	VF	ESPORTA	65.57
491	946	JOANNE	BREWSTER	39	VF	SOSPAN ROAD RUNNERS	66.00
492	869	CATHRYN	RUSSELL	51	VF		66.07
493	886	LISA	WILSON	37	VF		66.09
494	430	G	THELWELL	52	VM		66.14
495	603	SARA	CHARLES	30	SF		66.35
496	909	LISA	REES	39	VF	BARROW RUNNERS	66.41
497	621	NICOLA	INGERFIELD	34	SF		66.41
498	64	ANDREW	NICHOLSON	37	SM		66.45
499	899	SUE	LAWRENCE	49	VF		66.49
500	539	HOWARD	MORGAN	66	VM		66.50
501	863	ARANKA	PRATT	59	VF		66.55
502	933	DAWN	LEE	36	VF		67.00
503	345	GREG	HARVEY	55	VM		67.00
504	224	STEVE	MORRIS	34	SM	BRIDGEND AC	67.00
505	691	HANNAH	MANLEY	27	SF	BRIDGEND AC	67.12

506	218	PAUL	KENT	35	SM	HGWEEED TROTTERS	67.12
507	111	MARK	CLATWORTHY	36	SM		67.13
508	605	ALISON	CRAVEN	30	SF		67.14
509	379	ALLAN S	JONES	53	VM		67.15
510	836	PATRICIA	JONES	53	VF	BRACKLA HARRIERS	67.15
511	402	JOHN RICHAR	OWEN	63	VM		67.22
512	303	MIKE	ANDERSON	52	VM	SEVERN AC	67.44
513	954	ALISON	PORTER	41	VF		67.42
514	818	CHERYL	DAVIES	38	VF	SOSPAN ROAD RUNNERS	67.44
515	811	SUE	COGLIN	45	VF	SOSPAN ROAD RUNNERS	67.57
516	893	NICOLA	GRIFFITHS	42	VF	SOSPAN ROAD RUNNERS	67.57
517	845	KARA	MAYLOR	38	VF		67.57
518	852	SUE	NEAL	57	VF	LES CROUPIERS	67.57
519	841	ANDREA	LEWIS	41	VF		68.04
520	348	EDMUND	HEERY	51	VM		68.05
521	377	NICK	JONES	40	VM		68.08
522	920	SIAN	LLEWELLYN	36	VF	LES CROUPIERS	68.08
523	357	STEVEN	HOWARD	40	VM		68.08
524	855	RACHEL	OWEN	41	VF		68.08
525	929	KAREN	SPILLER	43	VF		68.08
526	930	JULIA	CHURTON	46	VF		68.08
527	669	RHIAN	LLEWELLYN	34	SF	LES CROUPIERS	68.08
528	385	D.J	LLOYD	64	VM		68.14
529	913	ANNA	HELSING	44	VF	PENARTH AND DINAS RUN	68.15
530	851	ANGELA	NEAL	52	VF	LES CROUPIERS	68.27
531	37	COLIN	JOHNS	38	SM		68.31
532	829	HELEN	HUNT	57	VF		68.31
533	91	STEVEN	WALSH	31	SM		68.31
534	128	GARETH	MCCARTHY	30	SM		68.31
535	159	SIMON	HODGSON	36	SM		68.35
536	682	MOLLY	MELHUISM	34	SF		68.35
537	82	CLIVE	ROWE	39	SM		68.35
538	472	GARRY	NEWBOULD	55	VM	VILLAGE VIPERS	68.50
539	808	JANE	CHAPPELLE	44	VF		68.52
540	907	CLARE	GREEN	40	VF	SAN DOMENICO	68.58
541	339	PETER	GREENHILL	48	VM		69.00
542	895	PHILIPPA	WALSH	40	VF		69.10
543	643	SUZANNE	THICKENS	32	SF		69.23
544	918	FRANCES	BETTSWORTH	37	VF		69.23
545	822	JULIE	GETHING	37	VF	WOMENS RUNNING NETW	69.35
546	396	EDWARD	NEWHAM	61	VM		69.41
547	862	PAULINE	POWELL	50	VF		69.48
548	867	HELEN	REYNOLDS	44	VF		69.58
549	803	JANE	BLACKER	53	VF		70.03
550	222	MARK	MILLER	30	SM		70.05
551	689	SARAH	MILLER	30	SF		70.05

552	655	DIANNE	WOOD	32	SF		70.11
553	821	MARY	GENT	46	VF		69.10
554	656	MICHELLE	BUSHELL	25	SF		70.12
555	916	SUE	BISSON	45	VF		70.13
556	391	JIM	MCCULLOCH	50	VM	PENARTH AND DINAS RUN	70.16
557	935	LIZ	MALLEN	42	VF		70.19
558	889	DENISE	FLETCHER	45	VF		70.37
559	215	GARY	TAYLOR	25	SM	MUMBLES MILERS	70.39
560	679	MARIA	LEIJERSTAM	29	SF	PORTSMOUTH	70.46
561	678	ALISON	COOK	33	SF		70.47
562	477	MARTIN	ASHFORD	49	VM		70.48
563	106	GARETH P	HARRIS	26	SM		70.52
564	428	PAUL	SYDENHAM	52	VM		71.08
565	432	NIGEL	THOMAS	54	VM		71.09
566	384	KERRY	LIVESY	58	VM		71.38
567	903	LISA	THOMAS	40	VF		71.53
568	816	LISA	DAVIES	41	VF		71.53
569	600	FIONA	BUTTREY	33	SF		71.58
570	622	POLLY	IVENS	28	SF		71.58
571	894	FRAN	CHAMBERLAIN	40	VF	SRI CHINMOY AC	72.17
572	107	ROGER	CHAMBERLAIN	39	SM	SRI CHINMOY AC	72.18
573	857	KATH	PEARCE	53	VF	SOSPAN ROAD RUNNERS	72.35
574	876	LINDA	THOMAS	44	VF	SOSPAN ROAD RUNNERS	72.38
575	404	CHRISTOPHER	PICKLES	55	VM		72.42
576	861	GWENNO	KAHAN	52	VF		72.42
577	927	ALISON	LIPP	49	VF		73.15
578	604	VERITY	COLE	21	SF		73.22
579	848	CLAIRE	MILNER	55	VF	HAY HOTFOOTERS	73.31
580	900	HELEN	FARDY	41	VF		73.40
581	14	TOM	FARR	28	SM		73.42
582	637	JESSICA	PLAYER	26	SF		73.50
583	405	RICHARD	PLAYER	56	VM		73.50
584	635	DEBI	PESKETT	34	SF		73.58
585	868	ANNE	ROBERTS	53	VF		73.58
586	892	HELEN	CAHILL	51	VF		73.58
587	52	PAUL	LYNCH	38	SM		73.58
588	628	EMILY	LUKE	29	SF	PENARTH AND DINAS RUN	74.10
589	360	WAYNE	HOWELLS	40	VM		74.12
590	885	NICOLA	WILLIAMS	39	VF	SOSPAN ROAD RUNNERS	74.15
591	620	MICHELLE	HURLEY-TYERS	29	SF		75.17
592	619	RACHEL	HURLEY	28	SF		75.19
593	847	ROXANNE	MCCARTHY	41	VF		75.45
594	820	MAIRI	DUNN	39	VF		75.45
595	815	JULIE	DAVIES	37	VF		76.00
596	873	LINDA	SMITH	46	VF		76.03
597	509	IAN	MANSELL	47	VM		76.07

598	950	CATHERINE	SENER	58	VF		76.22
599	627	VICKY	LITTLE	32	SF		76.25
600	309	LAWRENCE	BROPHY	75	VM	BRIDGEND AC	77.45
601	210	GARETH	PIPER	39	SM		78.02
602	952	SUE	MORGAN	38	VF		78.04
603	483	DAVID	JONES	46	VM		78.12
604	658	VIVIENNE	JONES	33	SF	SOSPAN ROAD RUNNERS	78.36
605	644	ALICE	THOMAS	16	SF	SOSPAN ROAD RUNNERS	78.36
606	837	SUE SHANNON	JONES	57	VF	WOMENS RUNNING NETW	78.52
607	890	DIANE	MCTANSH	43	VF		79.09
608	832	KAREN	JONES	43	VF		79.43
609	824	CAROLE	HANCOCK	60	VF		79.55
610	877	LYNNE	THOMAS	56	VF		81.03
611	800	JENNY	<b>ALLEN</b>	47	VF		81.03
612	880	MARGARET	VRUBLEVSKIS	49	VF		81.48
613	859	KAREN	PHILLIPS	40	VF	LES CROUPIERS	82.04
614	944	GILLIAN	MURPHY	54	VF	LES CROUPIERS	82.07
615	934	JENNY	JOHNSON	42	VF		82.08
616	936	JOY	BEVAN	40	VF		82.09
617	945	JOY	DAVIES	45	VF	LES CROUPIERS	82.10
618	912	YASMIN	FORD	37	VF		82.56
619	78	LEIGH	REYNOLDS	27	SM		82.59
620	634	DEBBIE	O'BRIAN	32	SF		83.57
621	953	DEANA	OWEN	61	VF		84.08
622	688	SIAN	VOWLES	32	SF		88.22
623	908	DOT	ASHFORD	46	VF		90.15
624	878	GAYNOR	THOMAS	44	VF		90.51
625	516	DAVID JOHN	MORRIS	50	VM		91.03
626	660	SARAH	WATKINS	33	SF		91.03
627	512	ALLEN	WATTS	79	VM	SARN HELEN	91.35
628	853	DOROTHY	NEWBERRY	50	VF	GILLINGHAM TROTTERS	92.15
629	633	VICTORIA	NEWBERRY	22	SF	GILLINGHAM TROTTERS	92.15
630	686	PAULINE	MARLEY	32	SF		92.20

Non starters

3	STU	BUTCHER	27	SM	
5	STANLEY	CHARLES	26	SM	
8	OWEN	COXALL	32	SM	
17	OWAIN	GEORGE	27	SM	
27	MICHAEL	HAMMETT	29	SM	
28	RHODRI	HARRIS	16	SM	NEATH HARRIERS
34	DANIEL	HUMPHREYS	31	SM	
35	RHYS	JENKINS	16	SM	
38	ANDREW	JONES	39	SM	NEATH HARRIERS
42	MATTHEW	JONES	20	SM	
46	SIMON	JONES	34	SM	
53	BRIAN	MALAWI	23	SM	CARDIFF UNI HARRIERS
57	RICHARD	MCWILLIAMS	29	SM	MYNYDD DU
62	PETER	MORTON	21	SM	
65	JAMES	NUNN	31	SM	CARDIFF TRI
71	MATTHEW	PHILLIPS	31	SM	
73	GREGORY	PROUT	17	SM	BRIDGEND AC
81	ANTONIO	RODRIGUEZ	37	SM	
86	JOHN	SYMS	36	SM	
95	PHILIP	WELCH	26	SM	VILLAGE VIPERS
96	BENJAMIN	WHITE	21	SM	EXMOUTH HARRIERS
97	IAN	WITHERS	19	SM	
105	ANDREW	MUNDY	33	SM	
119	TONY	GRIMLEY	38	SM	
138	MATTHEW	WREFORD	18	SM	NEWPORT HARRIERS
139	CHRIS	WREFORD	17	SM	NEWPORT HARRIERS
150	DAVID	PARRY	33	SM	
158	ALUN	WILLIAMS	30	SM	CLWB RHEDEG CAERDYDD
161	CHRIS	HUMPHREYS	35	SM	
213	GARETH	GIFFITHS	38	SM	
306	HOWARD	BRAITHWAITE	60	VM	
324	DOUGLAS	DALWOOD	58	VM	
327	NICK	DARROCH	49	VM	BRACKLA HARRIERS
328	JEFFREY	DAVIES	41	VM	
341	ALBERT	HALL	49	VM	
342	NEIL	HARRIS	47	VM	NEATH HARRIERS
344	JAMES	HARVEY	45	VM	
346	DAVID	HATTO	47	VM	SOSPAN ROAD RUNNERS
347	DAVID	HEBBES	58	VM	
358	KEVIN	HOWE	48	VM	
359	ROGER	HOWELL	62	VM	PENARTH AND DINAS RUNNERS
363	IAN	HURD	45	VM	
364	BRYAN	ISSAC	55	VM	

366	SIMON	JAMES	40 VM	LES CROUPIERS
369	GARETH E	JOHN	46 VM	
371	CHRIS	JOHNS	45 VM	
372	JAMES	JOHNSON	71 VM	
378	STEPHEN	JONES	49 VM	ISLWYN RUNNING CLUB
387	RAY	MAJER	54 VM	
390	TIM	MCCARTHY	49 VM	
415	ALED RHYS	ROBERTS	42 VM	
419	KEVIN	SAMUEL	43 VM	BITTON ROAD RUNNERS
422	JOHN	SHEWRING	41 VM	
439	ALAN	WHITECROSS	51 VM	
441	MICK	WHITWORTH	45 VM	
443	STEVE	WILLIAMS	49 VM	NEATH HARRIERS
449	PHILIP	HOLDEX	47 VM	CARDIFF HARLEQUINS
453	MARK	BRYANT	44 VM	MDC
454	RICHARD	LAWRENCE	51 VM	
462	BERNARD	CARROL	55 VM	
466	PHILIP	DICKS	50 VM	
488	DAVID F. R	GRIFFITHS	54 VM	
497	STEVEN	MILLANE	40 VM	
500	JOHN	PLAIN	59 VM	LES CROUPIERS
504	ALAN	JEFFRIES	65 VM	SWANSEA HARRIERS
511	GARETH	ASH	42 VM	RRC
546	RUSSELL	BRIGHT	45 VM	PENARTH AND DINAS RUNNERS
607	STEPHANIE	DAVID	20 SF	
608	EMMA	DUPAIN	21 SF	EXMOUTH HARRIERS
612	GEORGINA	FLEMING	29 SF	BROMSGROVE + REDDITCH
614	DEBORAH	GREEN	34 SF	LES CROUPIERS
618	ALICE	HURD	30 SF	LES CROUPIERS
623	HELEN	JEFFRIES	47 SF	
626	LOUISE	JONES	29 SF	PENCOED TRI
631	SARAH	MCMILLAN	29 SF	
632	ROWENA	MELBOURNE	27 SF	INSTINCTIVE SPORTS
636	SADIE	PHILLIPS	28 SF	
638	SUSANNE	RICHARDS	29 SF	
652	GEMMA	POLDING	26 SF	
653	SARAH	WHITEHEAD	27 SF	
657	KARLA	HANCOCKS	27 SF	
663	KATY	FINCH	30 SF	
670	ANDREA	BEETLES	33 SF	
807	JULIE	BURCHELL	37 VF	GRIFFITHSTOWN HARRIERS
823	ANITA	GRIFFITHS	51 VF	
825	TRACEY	HINTON	43 VF	WOMENS RUNNING NETWORK
827	SIMONE	HOWE	42 VF	
830	HELEN	HUTSON	40 VF	
831	LINDA	JENSEN	46 VF	LES CROUPIERS



833 MANDY	JONES	47 VF	ISLWYN RUNNING CLUB
846 JULIE ANNE	MCARDLE	41 VF	
849 ANGELA	MORGAN	51 VF	
854 ROSE	O'DRISCOLL	52 VF	
856 JANET	OWENS	41 VF	
871 LISA JANE	SAUNDERS	41 VF	
874 ANN	STARBUCK	50 VF	
875 CECILIA	THOMAS	53 VF	
879 LORNA	VEIDMAN	43 VF	
883 VICKY	WHITWORTH	47 VF	
884 MOLLY	WILLIAMS	48 VF	
897 LIBBY	HARRIS	37 VF	
917 DEB	LOWNDES	43 VF	
921 CAROLYN	LLEWELLYN	60 VF	LES CROUPIERS
923 MARIA	IZUBIZARRETA	37 VF	LES CROUPIERS
928 VANESSA	TURNBULL	41 VF	WOMENS RUNNING NETWORK
932 DEBBIE	COOKE	42 VF	BRIDGEND AC
937 CHRISTINE	WILSON	50 VF	